

**Year 8
Enrichment
Week 1**



What enrichment activities have Y8 been up to this week?

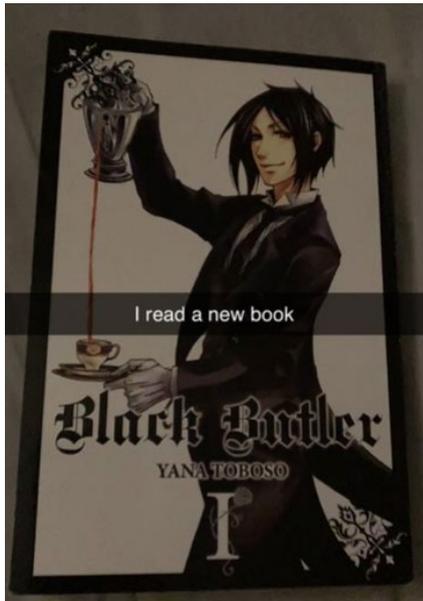


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**The workout:
(I did my last name)**

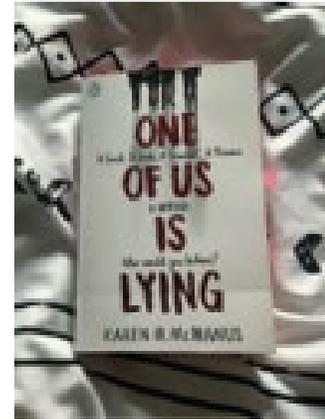
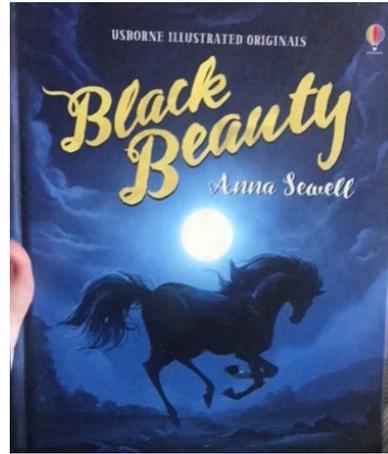
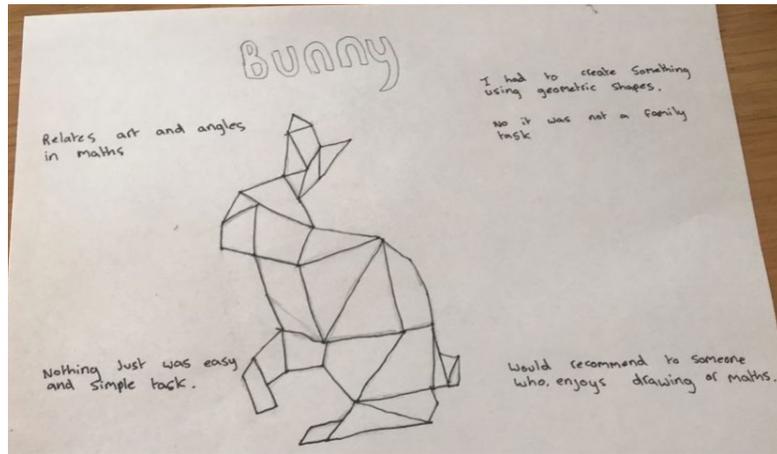
- T- ten squats**
- R- ten kicks**
- A- 15 ab crunches**
- C- 5 press ups**
- E- ten high knees**
- Y- ten lunges**



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EASTER EGG AND SPOON RACE



WALK ON WALNEY BEACH



PIC·COLLAGE

PIC·COLLAGE

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Exercise I've Done This Week
18th — 24th April

Monday - 30 min Joe Wicks video
Walk around Tam Hovs

Tuesday - P.E

Wednesday - 2 hours swimming

Thursday - 1 hour 30 mins swimming

Friday - 1 hour 30 mins swimming

Sat Saturday - 2 hours swimming
morning

Saturday - Walk on Walney
afternoon beach

Sunday - 20 mins bike ride

J 10 hip raises

A 15 ab crunches

J 20 punches

M 20 leg raises

I 20 mountain climbers

N 20 star jumps

E 20 high knees

24

K 10 crunches

M 10 leg raises

A 15 ab crunches

G 10 Squats

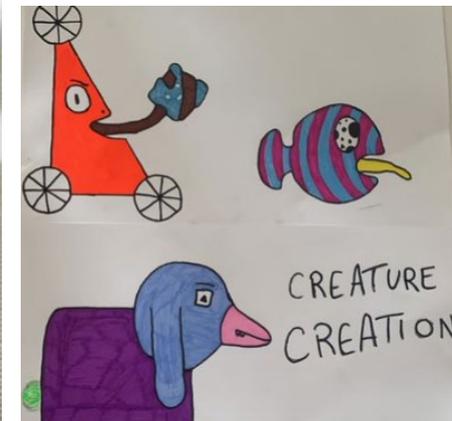
I 20 mountain climbers

C 5 pressups

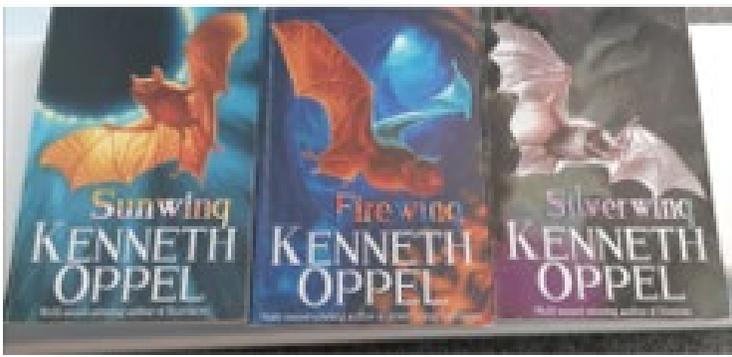
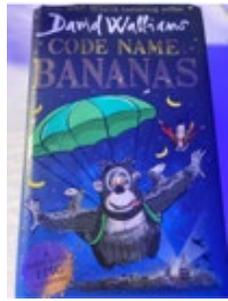
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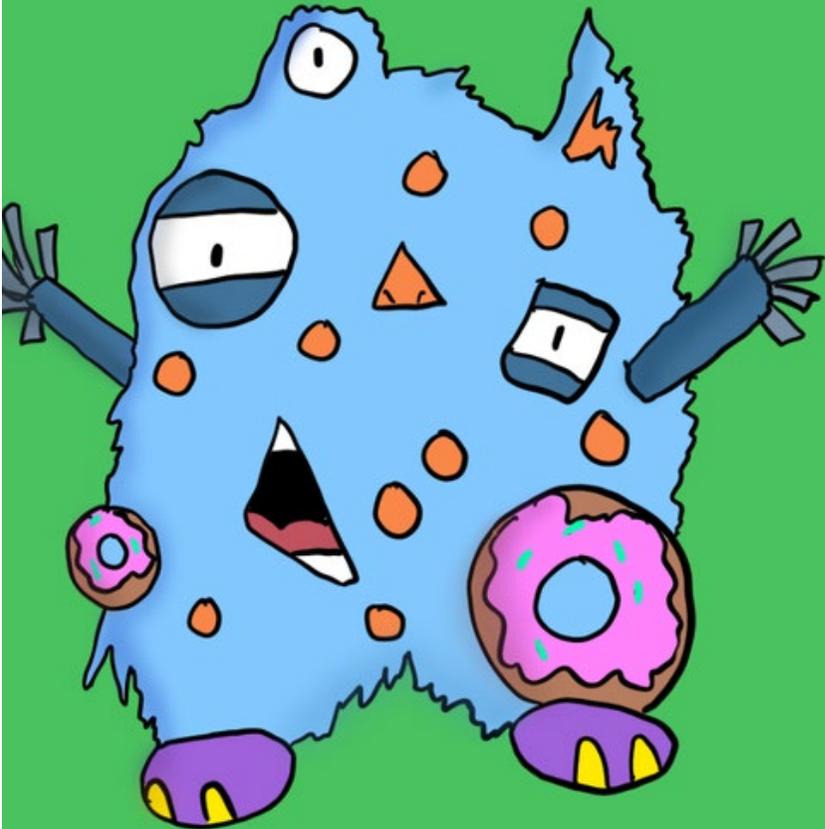
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The Doughnut Stealing Big Foot



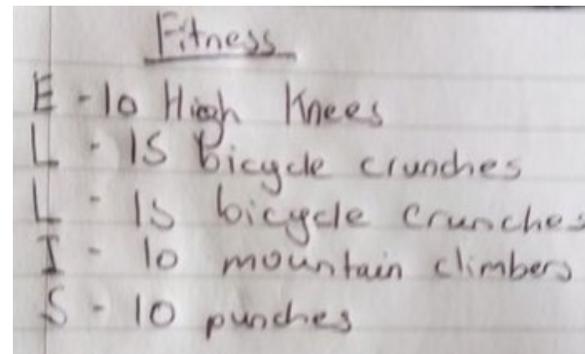
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I challenged my Dad to a game of Chess.



Kneading the dough for the cookies



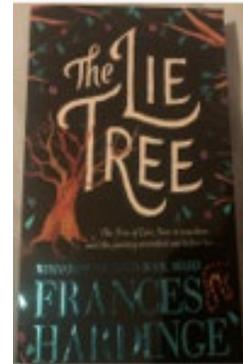
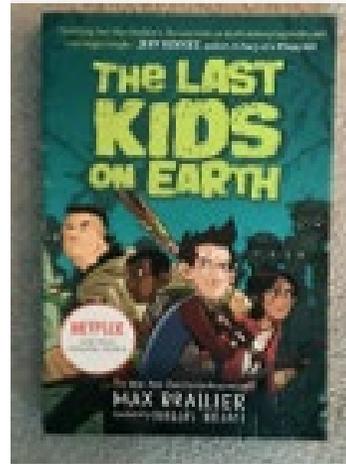
I Lost 😞 (AGAIN)



Me and my brother tried to make Easter cookies 🍪



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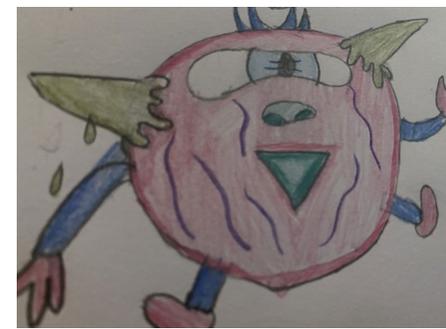
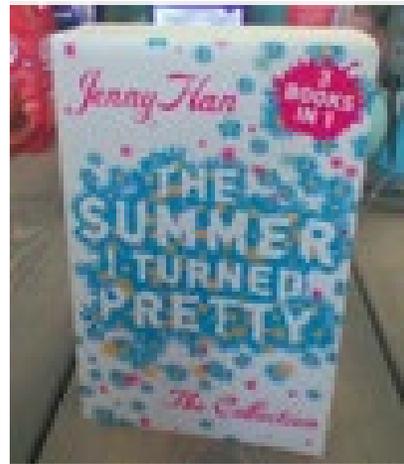
☆PLANET ELSEWHERE REPORT ☆

By clark Kent
The daily planet reporter

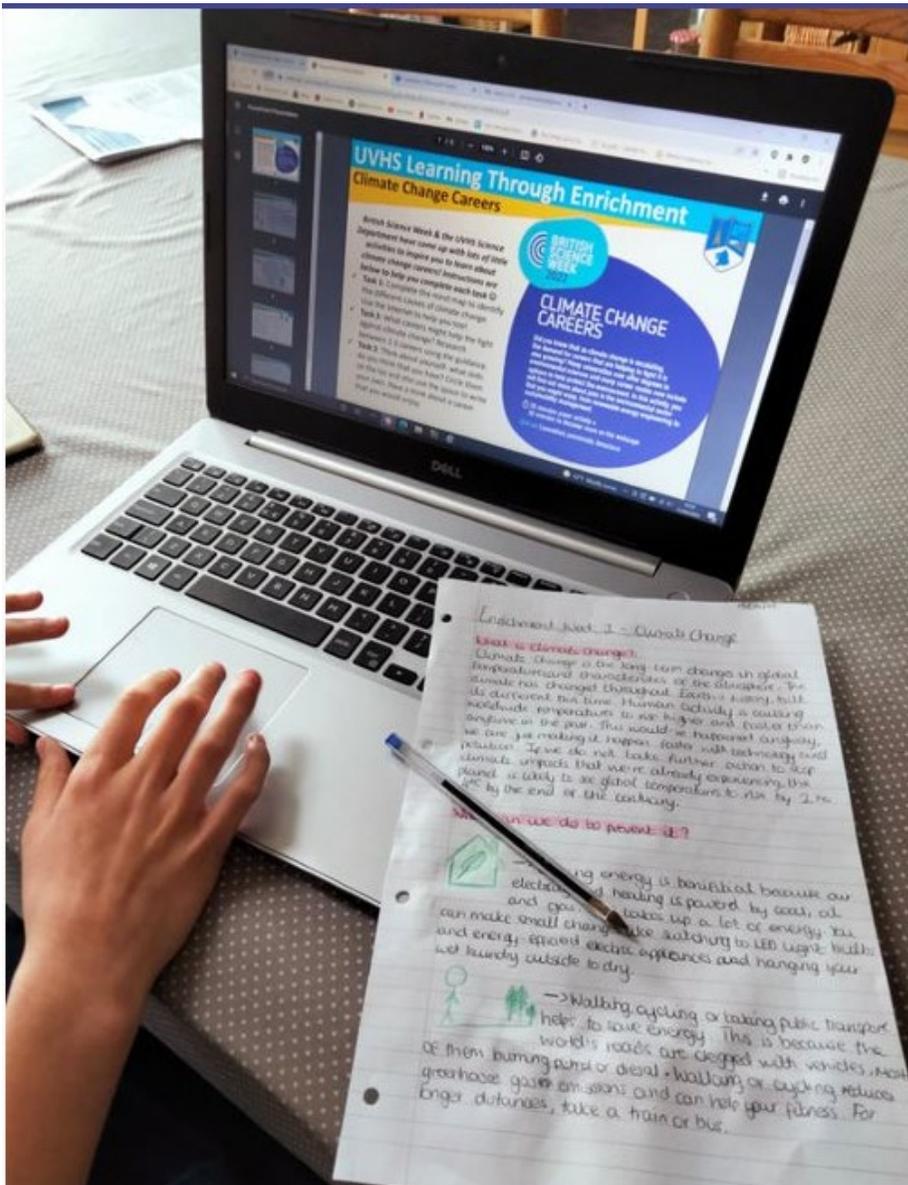
(Lola hodgson)



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← Pool swim

Segments Charts Details

22 April 2022, 18:48

1,875_m

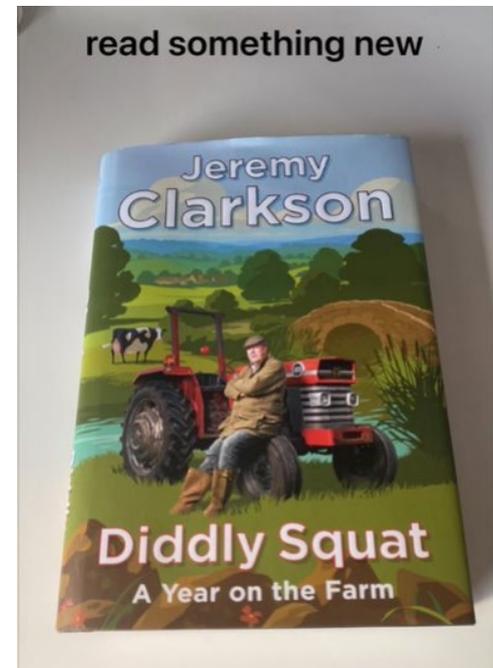
Duration	01:25:53	Calories	393 kcal
Main style	Medley	Strokes	882
Pool length	25m	Laps	75
Avg heart rate	127 bpm		

Performance ⓘ

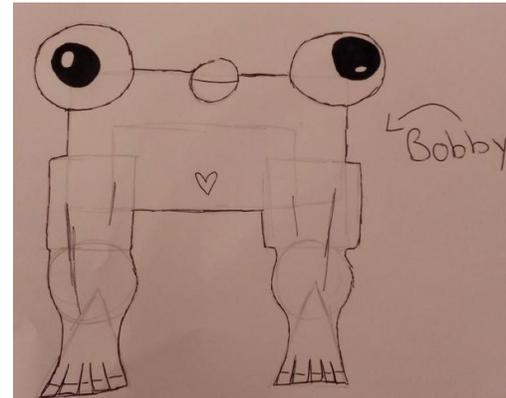
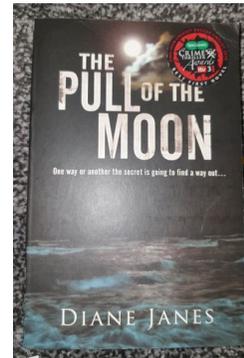
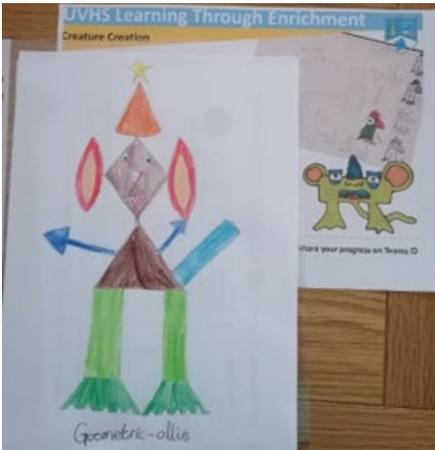
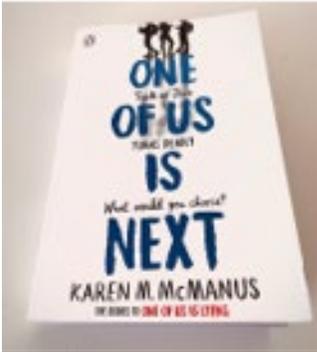
Average pace	4'35" /100 m
Average stroke rate	10 times/min
Average SWOLF	75



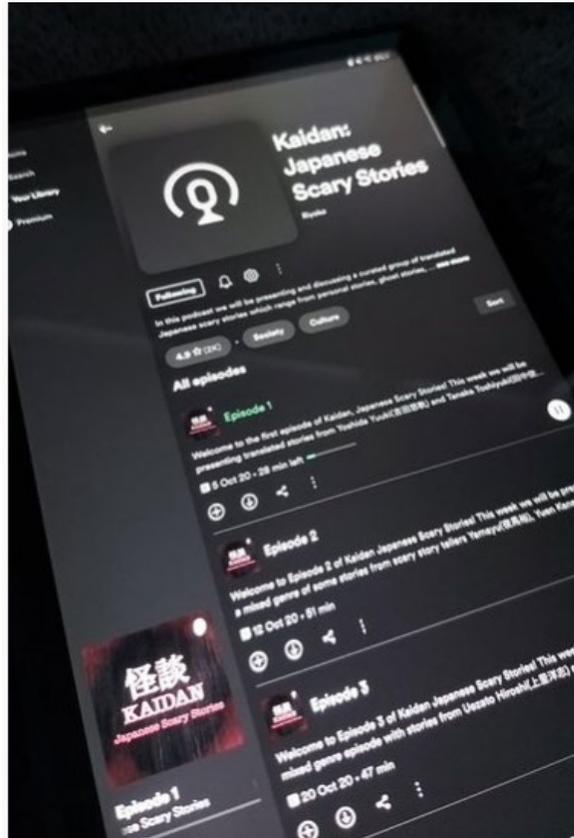
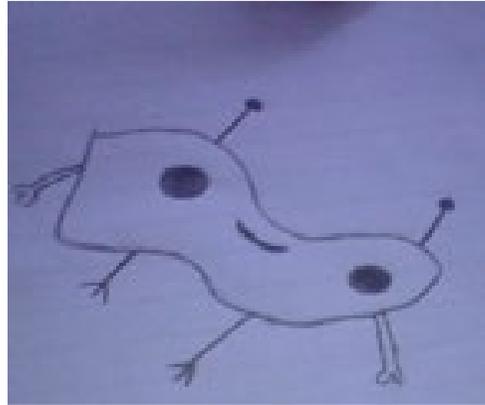
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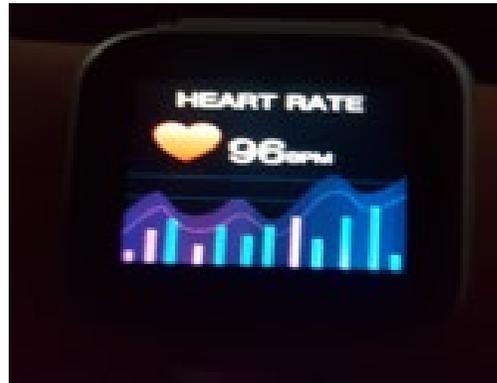
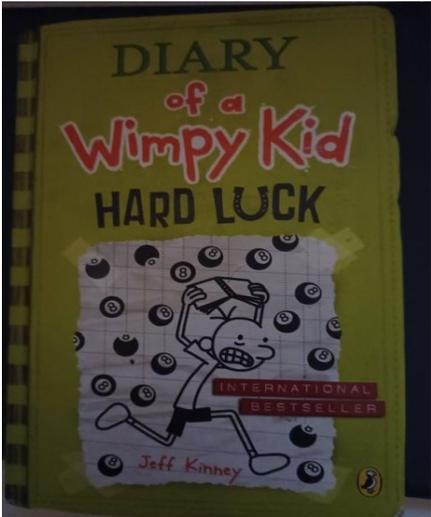
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This is Oddvice
Oddvice

*A podcast I
enjoy
listening to*

0:01 -0:37

1x

15



15



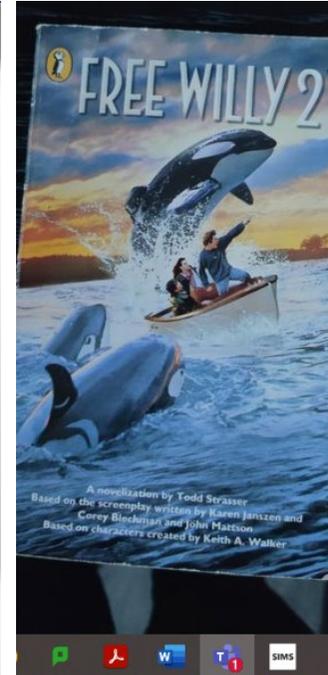
Evening Run

A map showing a run route in an area labeled 'Dartmouth Furness'. The route is marked with an orange line.

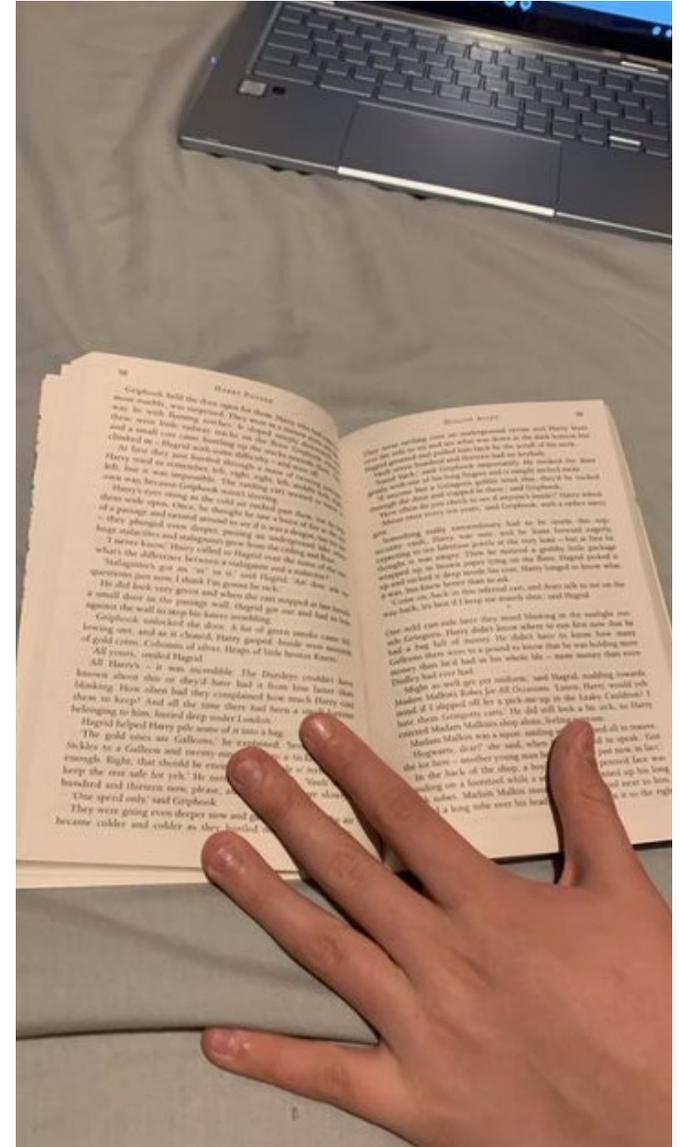
Start and end address

Nicey done! Keep moving by joining a challenge [Get More](#)

Distance	1.43 mi	Elevation Gain	190 ft
Moving Time	14:22	Avg Pace	10:02 /mi



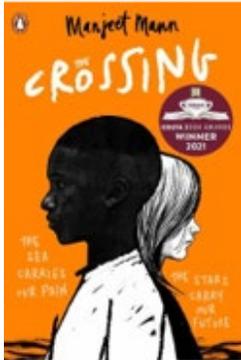
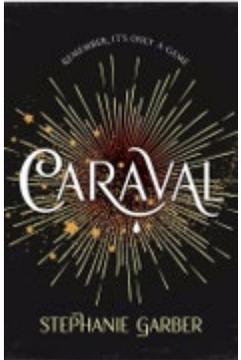
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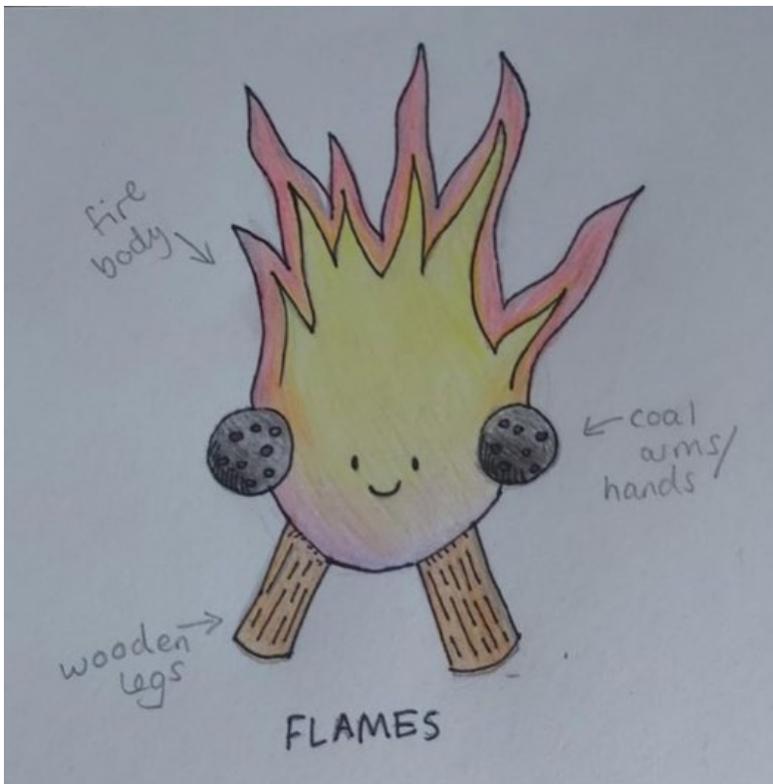


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Well done Year 8 on a fantastic first week of enrichment activities!

It looks like you have had lots of fun with Easter baking and crafts, making fresh facemasks, drawing, playing chess, reading new things and being active both inside and out!



**Enrichment
Homepage:**
<https://www.uvhs.uk/ks3-learning-through-enrichment>

**Academic
Enrichment:**
<https://www.uvhs.uk/page/?title=Y7%2D9+Academic+Enrichment&pid=526>

**Coast Roads
Festival
Enrichment:**
https://www.uvhs.uk/_site/data/files/curriculum/enrichment%20pdfs/E67199D669994F847B621977F045C142.pdf

**National
Competitions:**
<https://www.uvhs.uk/ks3-competitions>