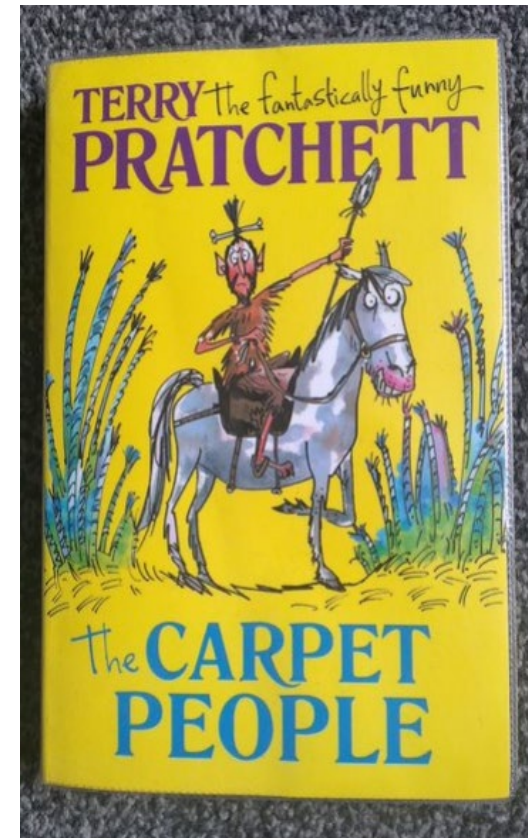
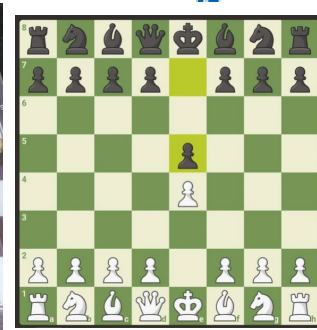


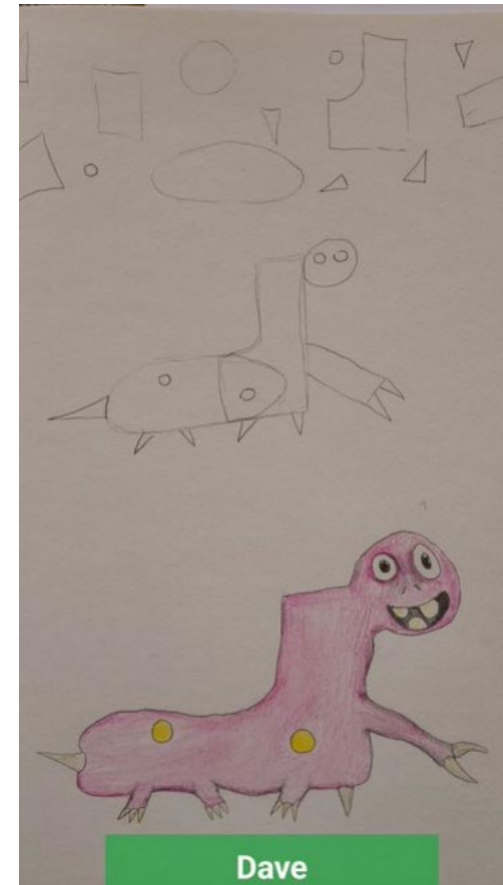
**Year 9
Enrichment
Week 1**



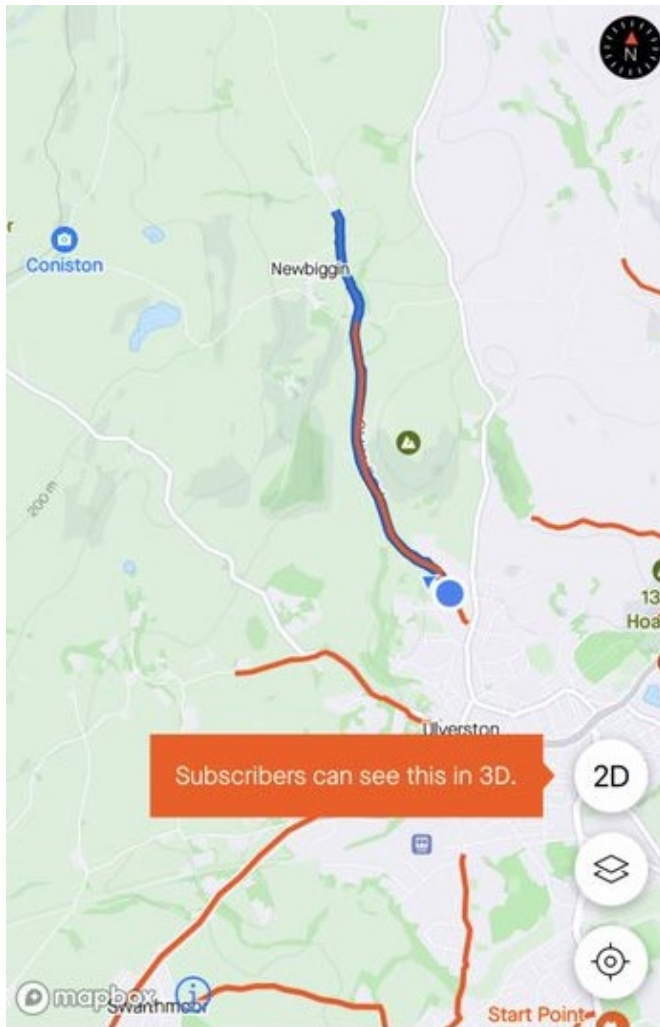
What enrichment activities have Y9 been up to this week?



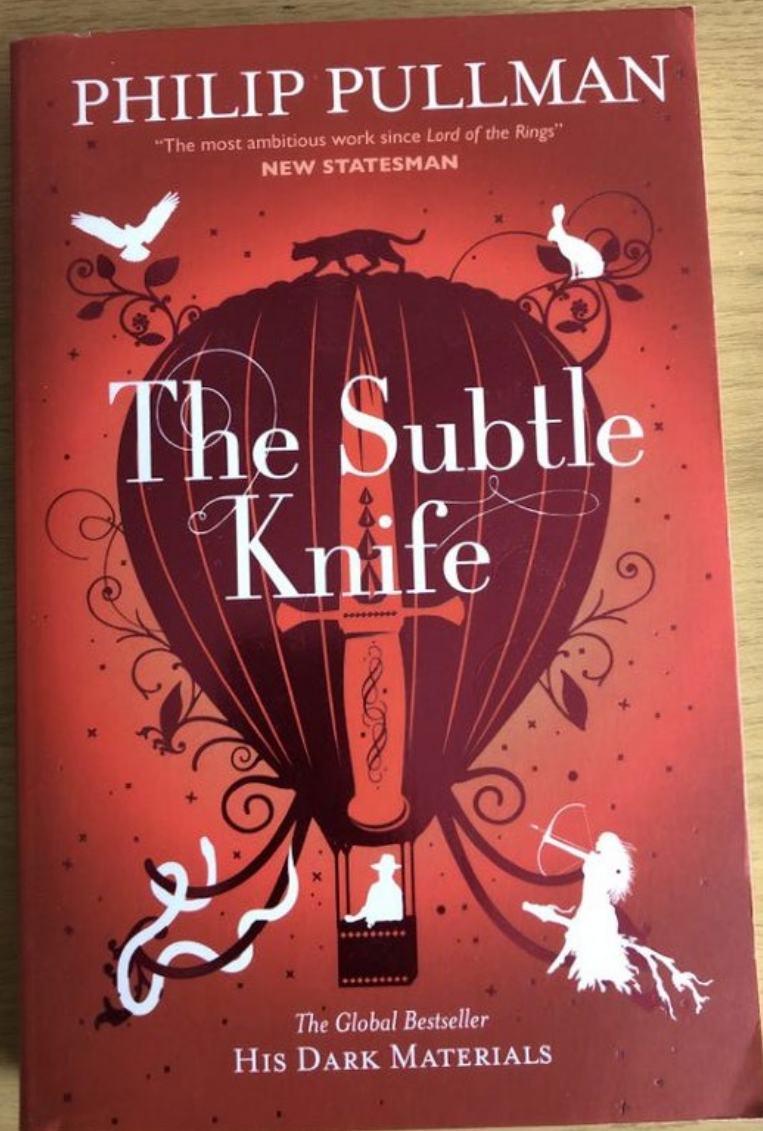
What enrichment activities have Y9 been up to this week?



What enrichment activities have Y9 been up to this week?



What enrichment activities have Y9 been up to this week?



What enrichment activities have Y9 been up to this week?



Analysing Harry Potter Theories - with Kirby

Chatty Potter

8 JUN 2021 • 16 MIN LEFT

Pause



Kirby.Alice, who makes in depth analysis videos about Harry Potter on Tiktok, joins us to talk about theories. Favourite theories, best theories, and most outlandish.

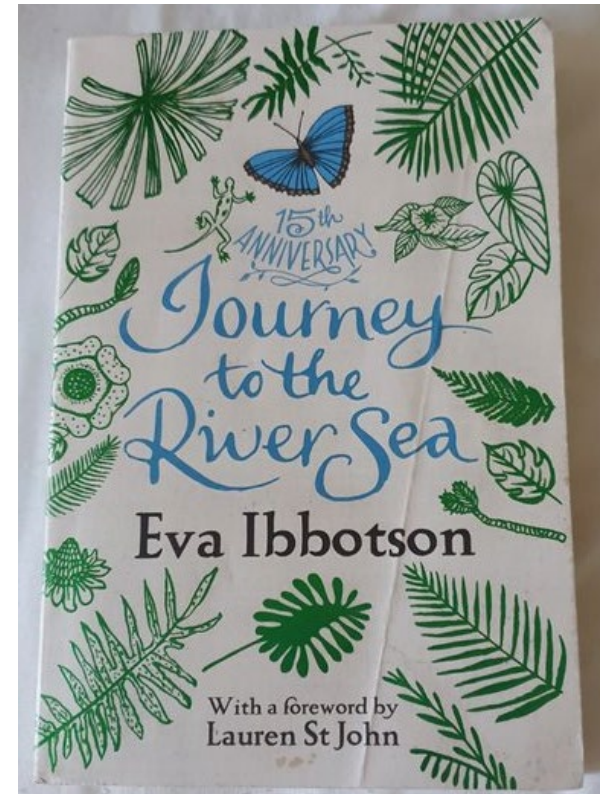
8 JUN 2021 • 20 MIN

See all episodes

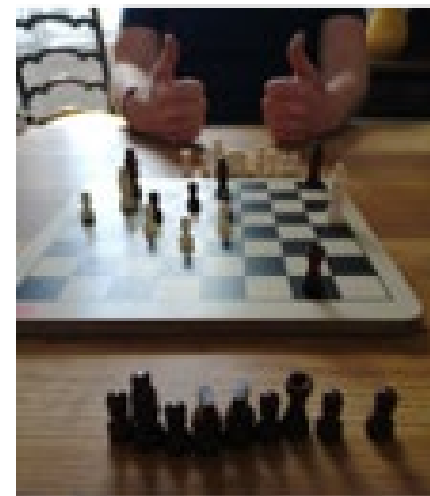
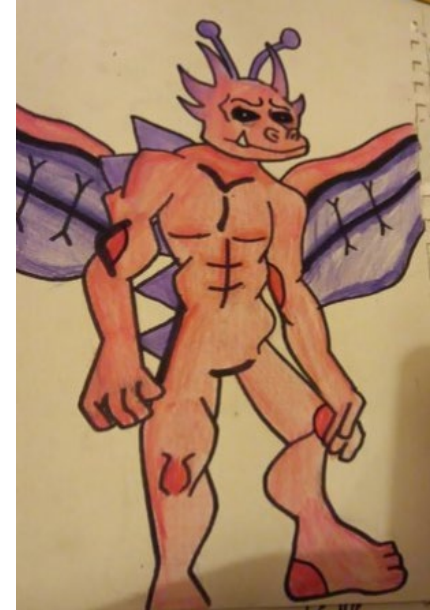
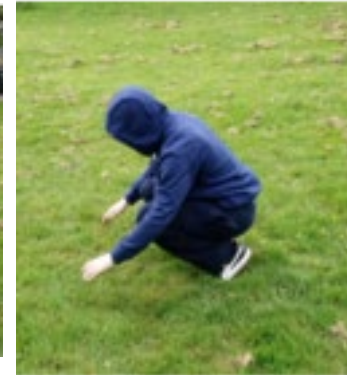
Connect to a device



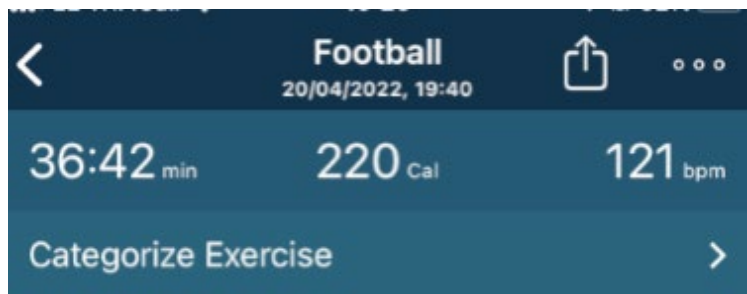
Analysing Harry Potter Theories - with Kirby
Chatty Potter



What enrichment activities have Y9 been up to this week?



What enrichment activities have Y9 been up to this week?



TIME IN HEART RATE ZONES



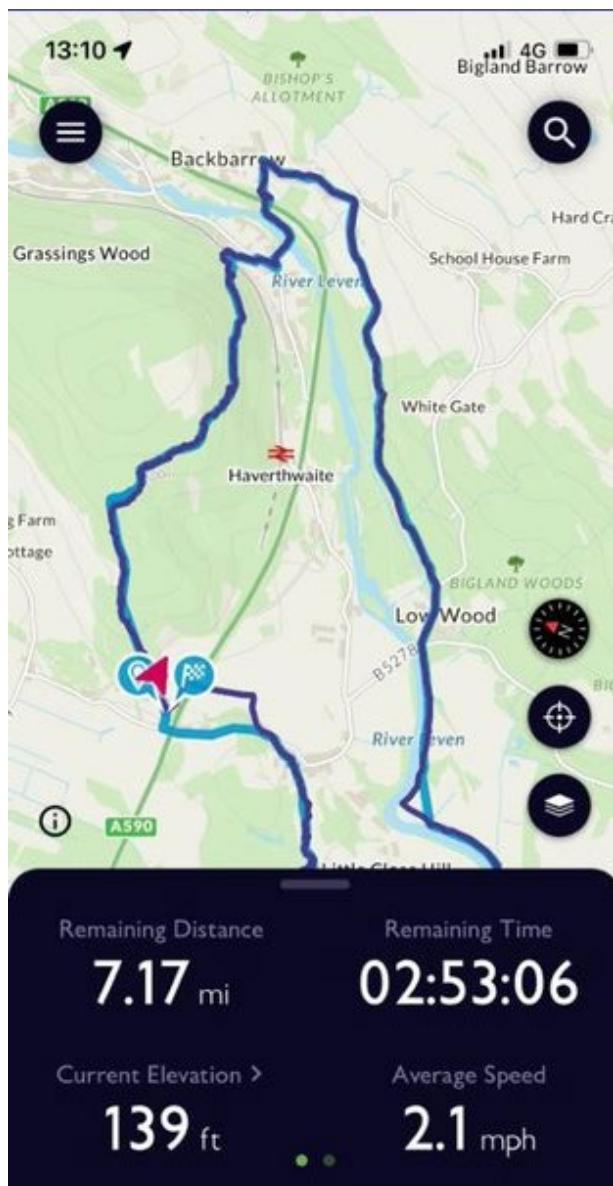
Your heart zones are now personalized to your cardiovascular fitness and age. [Learn More](#)

ACTIVE ZONE MINUTES

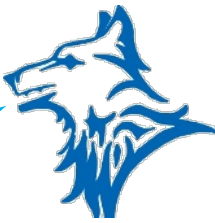
28 Zone Min



- 0 Zone Min cardio & peak
- 28 Zone Min fat burn



What enrichment activities have Y9 been up to this week?



What enrichment activities have Y9 been up to this week?



Enrichment

I played Squash
Went Swimming
Played Football 3 times
Went to gym twice
and went on a run

Daisy went
for a dog
walk with her
family 😊



Enrichment week 1

Exercise :

- 60 min rugby training x2
- 60 min football training
- 30 min running x2



Me pouring the flour to make
easter cookies.

What enrichment activities have Y9 been up to this week?



15 minutes of exercise

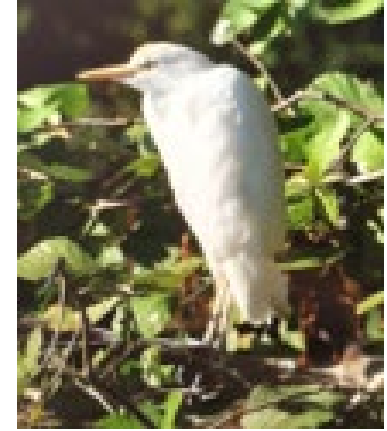
- I - 10 mountain climbers
- S - 10 punches
- A - 15 ab crunches
- B - 15 star jumps
- E - 10 high knees
- L - 15 bicycle crunches
- L - 15 bicycle crunches
- E - 10 high knees.



2022/04/23 19:58, Cumbria, England



What enrichment activities have Y9 been up to this week?



What enrichment activities have Y9 been up to this week?



Well done Year 9 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>