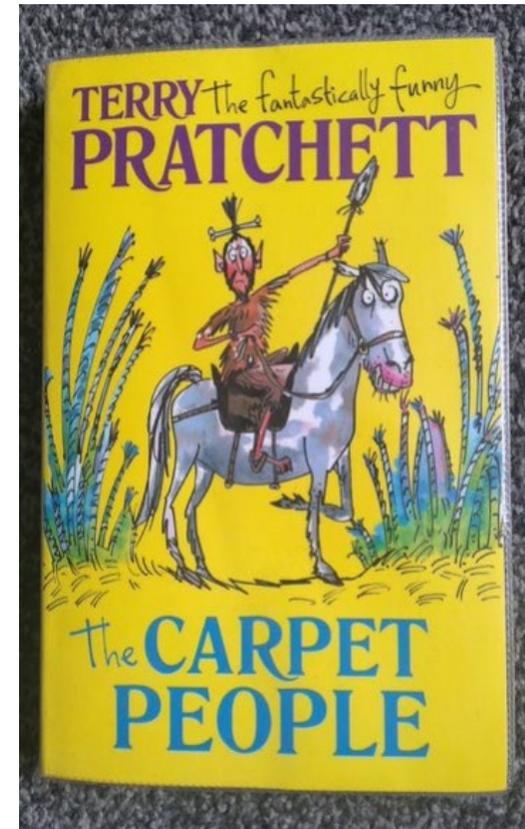
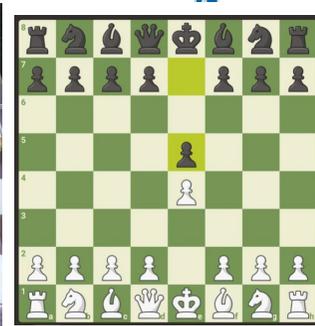


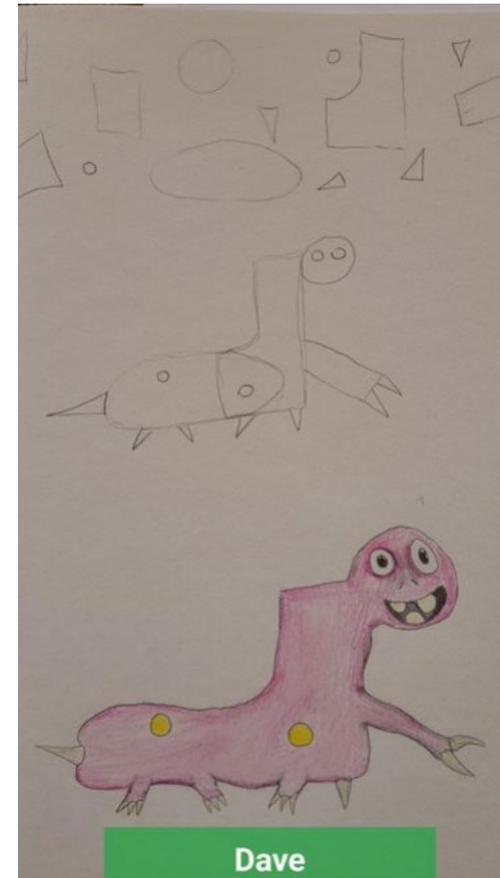
**Year 9
Enrichment
Week 1**



What enrichment activities have Y9 been up to this week?



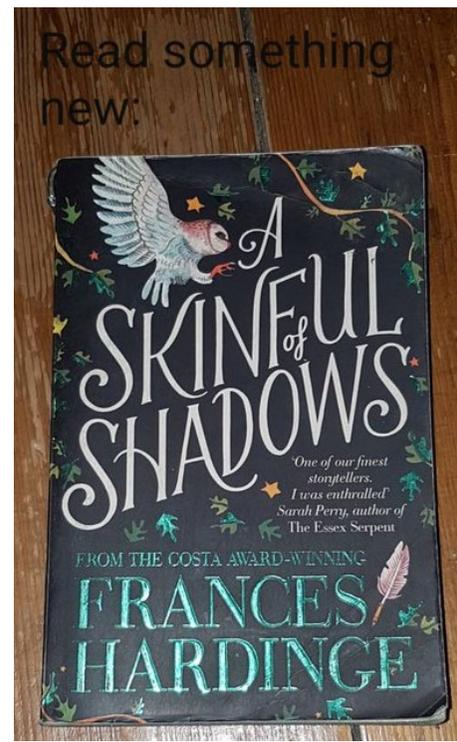
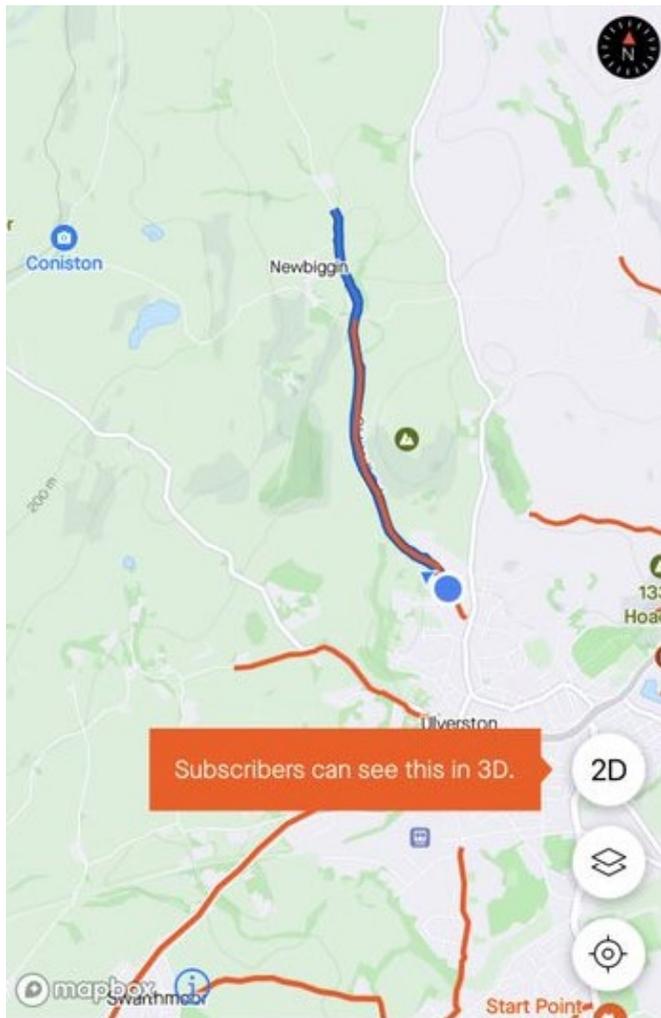
What enrichment activities have Y9 been up to this week?



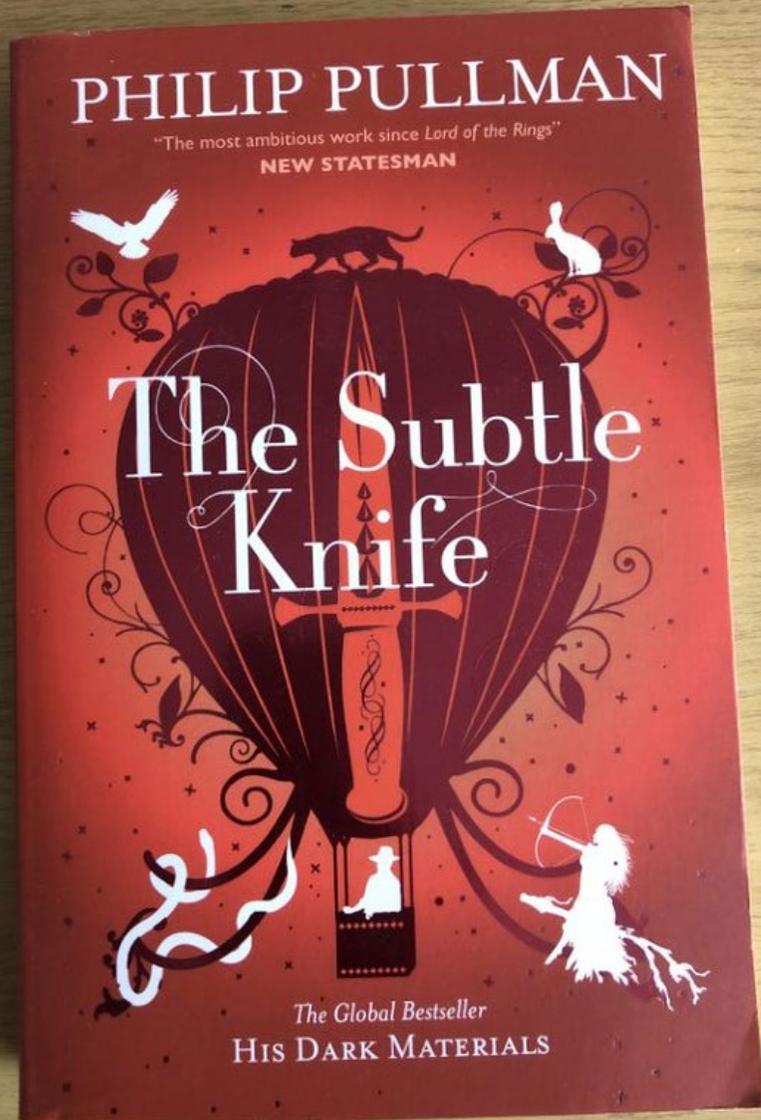
Dave



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.

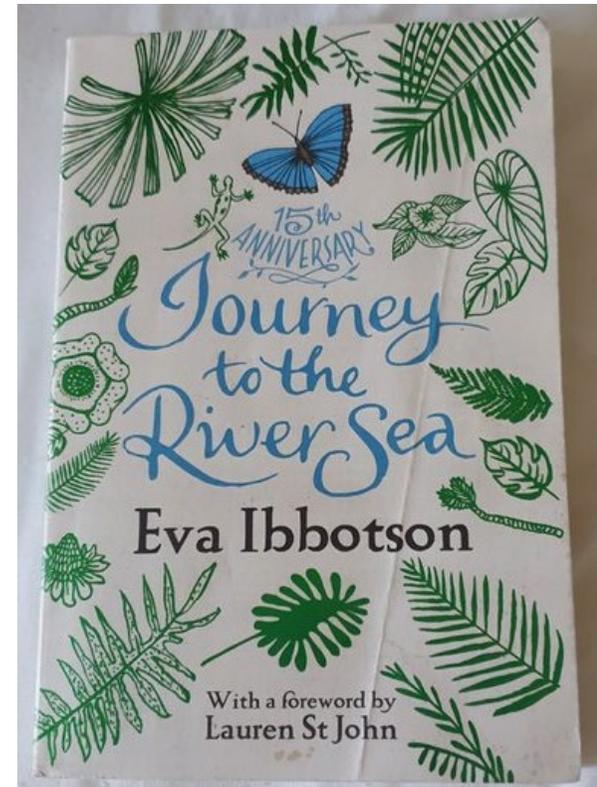
8 JUN 2021 • 20 MIN

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?



Football
20/04/2022, 19:40

36:42 min 220 Cal 121 bpm

Categorize Exercise >

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

13:10

Bigland Barrow

Remaining Distance: 7.17 mi

Remaining Time: 02:53:06

Current Elevation >: 139 ft

Average Speed: 2.1 mph

11:43

Summary Sat 23 Apr

Outdoor Walk
Open Goal
13:24 - 14:12
Ulverston

Total Time: 0:47:48

Distance: 2.98KM

Active Kilocalories: 94KCAL

Total Kilocalories: 131KCAL

Elevation Gain: 9M

Elevation: ▲ 17M MAX ▼ 6M MIN

Avg Heart Rate: 140BPM

Avg Pace: 16'00"/KM

Splits

What enrichment activities have Y9 been up to this week?



What enrichment activities have Y9 been up to this week?



Enrichment ENRICHMENT

I played Squash
Went Swimming
Played football 3 times
Went to gym twice
and went on a walk

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?

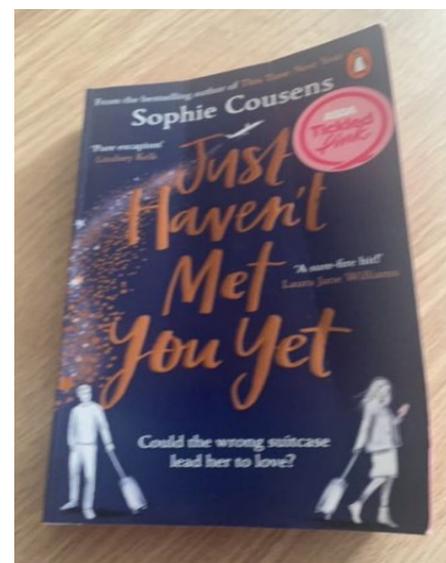
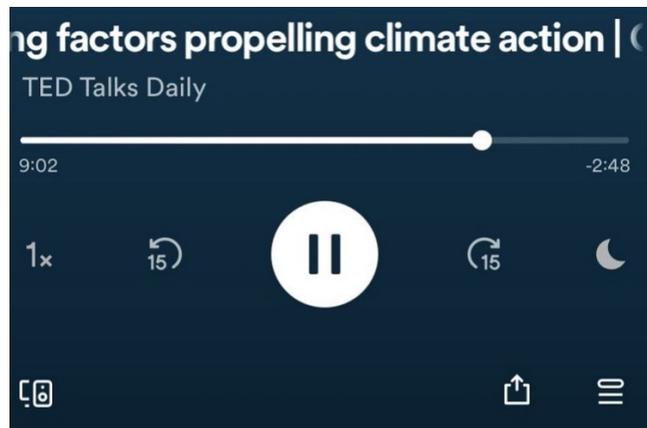


15 minutes of exercise

- 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.



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>