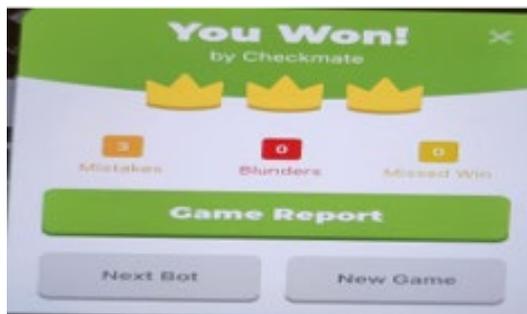


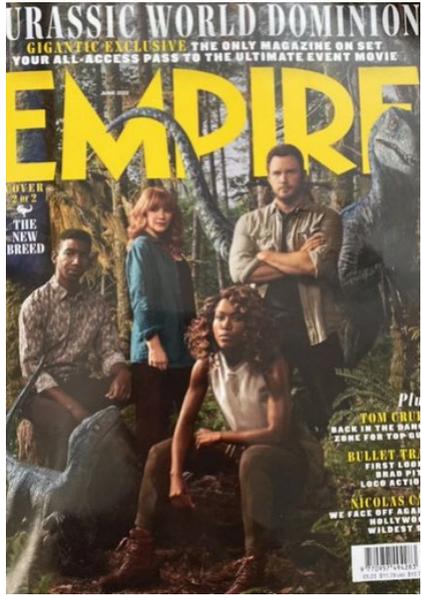
**Year 7  
Enrichment  
Week 1**



# What enrichment activities have Y7 been up to this week?



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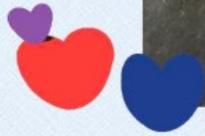


15 minute exercise

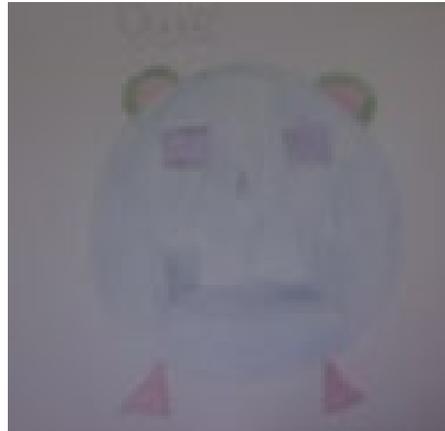
Today on the 24 April, 2022 I played a 40 minute rugby match against Dalton and I won.



# What enrichment activities have Y7 been up to this week?



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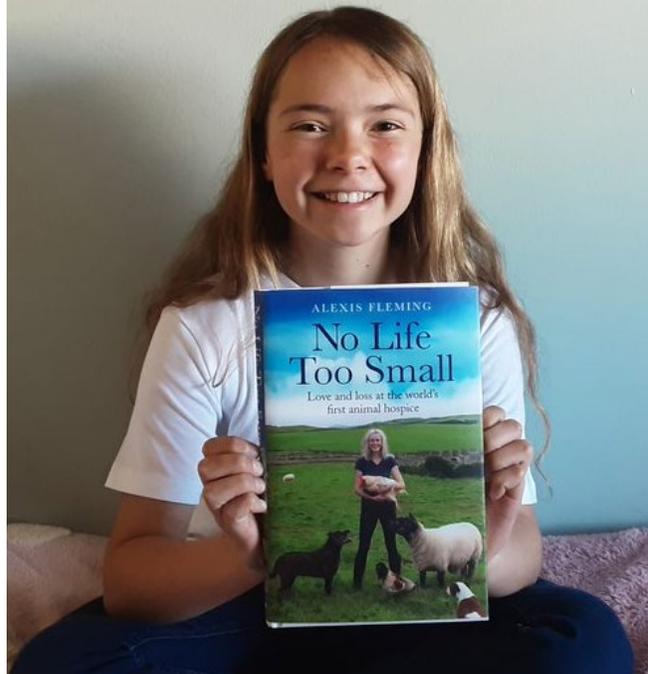
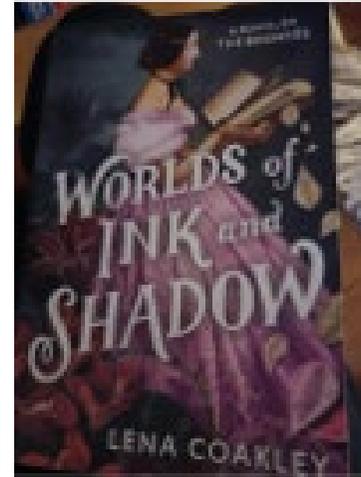
## A Poem for Summer

Oh Summer, what a lovely sight,  
Your warmth is felt through day and night,  
The flowers flaunt their gorgeous colours,  
And it seems the leaves will never wither.

But, Oh, I know you aren't always  
nice,  
You try to keep shining, and pay the price,  
And dead in the night, the clouds roll  
in,  
And the thunder cackles, 'I'm the spark within'

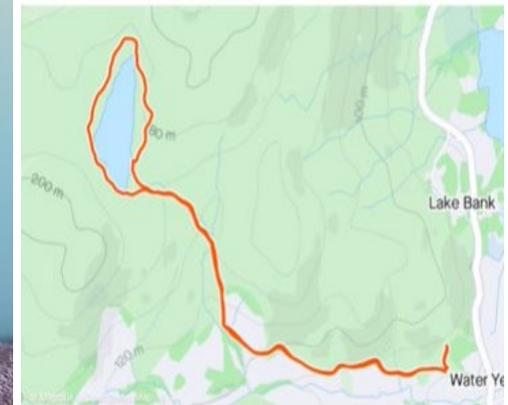
But then there's the days, you hold him back,  
But it all bottles up, it all starts to  
stack,  
And then one day, with no warning at all,  
A storm rolls in, and no, it's not small

So I do love thee, Summer  
dear,  
But don't hold it in, go on, shed a  
tear,  
Because you know what'll happen if you bottle it up,  
Your 'spark within' might just pop up'



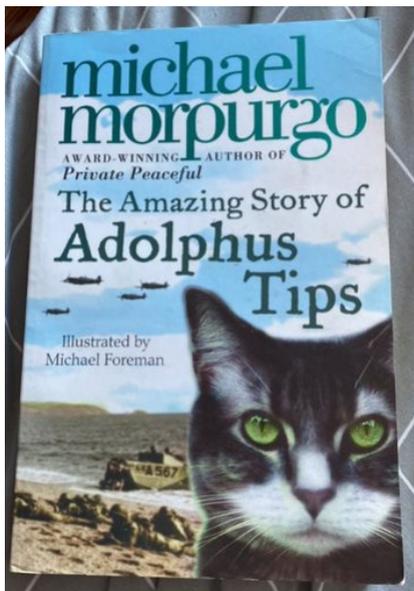
### Beacon tarn

Distance	Elev Gain	Time
2.98 mi	441 ft	1h 14m



 Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges

# What enrichment activities have Y7 been up to this week?



 Calories (kcal)  
**388/300**

 Steps  
**7835/10000**

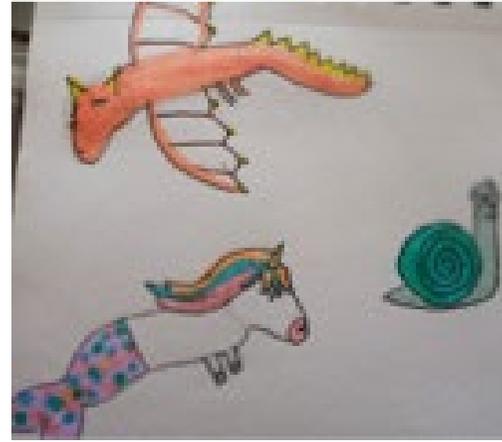
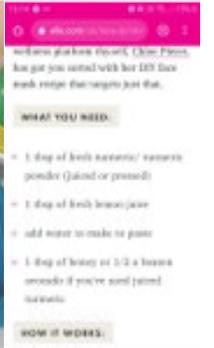
 Standing  
**0/8**



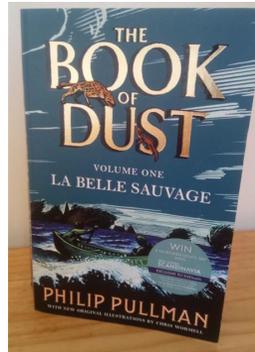
# What enrichment activities have Y7 been up to this week?



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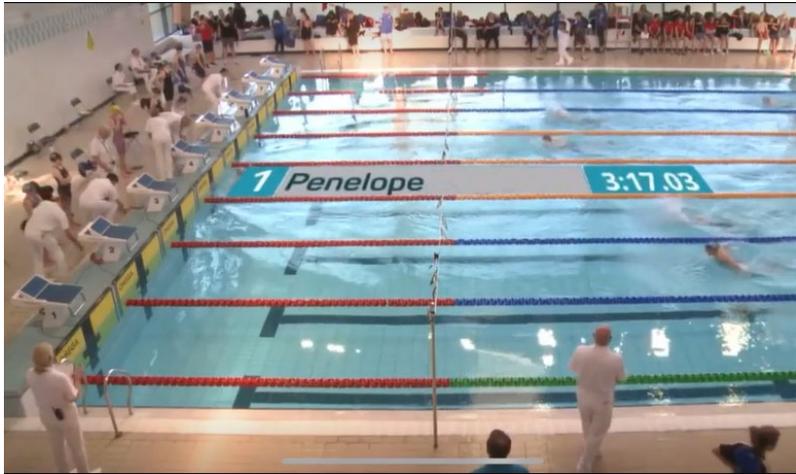
C- 5 press ups  
H- 15 lunges  
A- 15 ab crunches  
R- 10 Kicks  
L- 15 bicicle crunches  
I- 10 mountain climbers  
E- 10 High Knees



- B-15 star jumps
- L-15 bicycle crunches
- O-5 burpees
- S-10 punches
- S-10 punches
- O-5 burpees
- M-10 leg raise

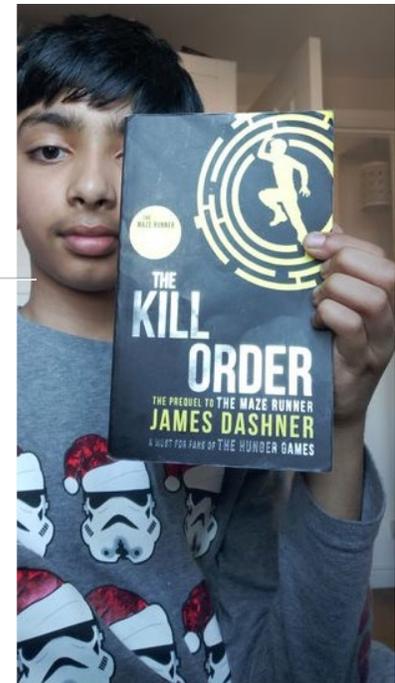
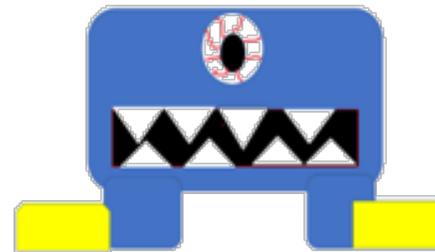
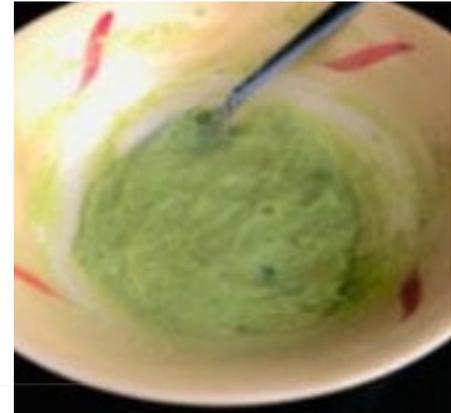


# What enrichment activities have Y7 been up to this week?

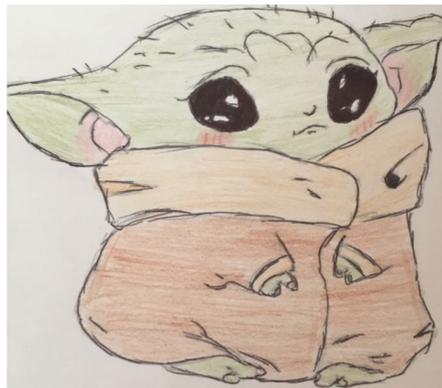
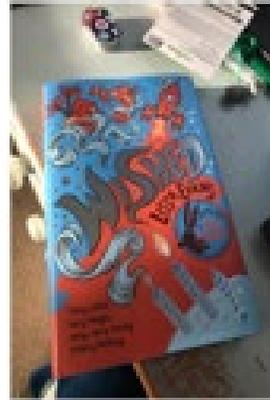
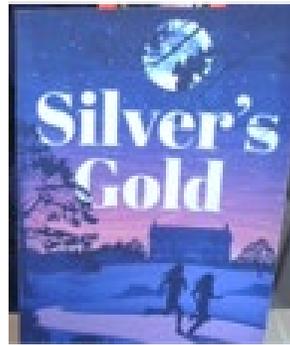


my leading through the enrichment task this week instead of the 15 minute exercise task i went to swimming regionals in liverpool and the video is from my 200 butterfly where i won my heat. the next day (sunday) i went to black combe to race in an english championships fell race. i came 5th u15 girl.

Hello, I did the 'read something new activity' and I read 'geek girl' and it was very good.



# What enrichment activities have Y7 been up to this week?



# What enrichment activities have Y7 been up to this week?

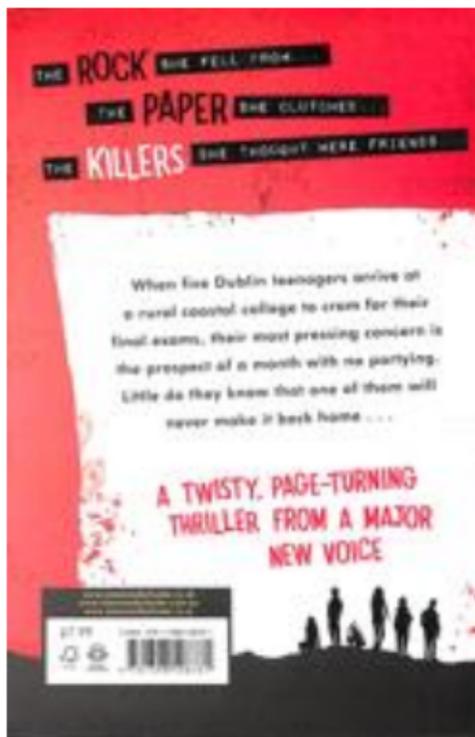
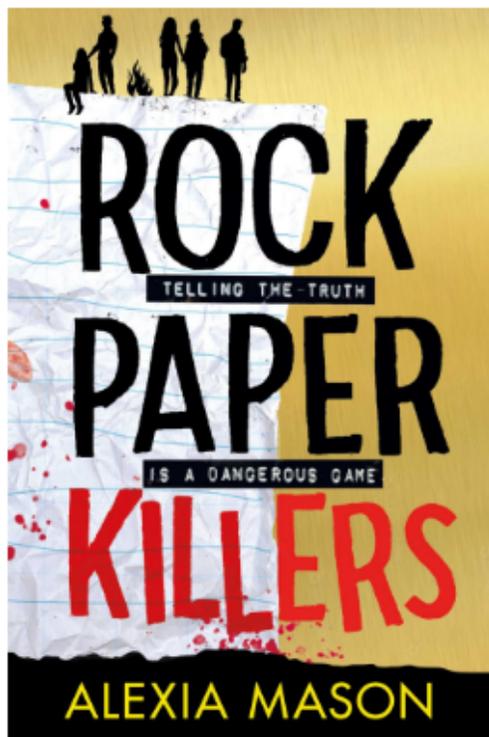


The new book I have been reading while I have been ill is Rock Paper Killers by Alexia Mason. It is a thriller/murder mystery based in an old asylum made into a collage in Ireland where 5 teenagers try and put in extra revision and practice for their final Irish exam. They explore the old asylum and its mysteries as tension between them rises until their last night where they go on the cliffs. They argue and one falls off. They get caught on a ledge and the others try to save her. Eventually one of the others stabs her hand with scissors when she fears saving them may cost the other's lives.

I recommend this book to 12 year olds and above who like crime and mysteries and there is a netflix series on it rated 15.



- L-15 bicycle crunches
- U-15 press ups
- K-10 crunches
- E-10 high knees
- T-10 squats



# What enrichment activities have Y7 been up to this week?



**Well done Year 7 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, writing poetry 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](https://www.uvhs.uk/_site/data/files/curriculum/enrichment%20pdfs/E67199D669994F847B621977F045C142.pdf)

**National  
Competitions:**

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