

**Year 7
Enrichment
Week 5**



What enrichment activities have Y7 been up to this week?



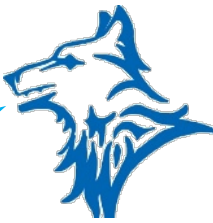
What enrichment activities have Y7 been up to this week?



Congratulations!



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Have a Debate
Today on the 22 May 2022 I had
a debate with my family about
is ~~it~~ ~~me~~ ~~the~~ ~~zoos~~ Should have
Zoo.

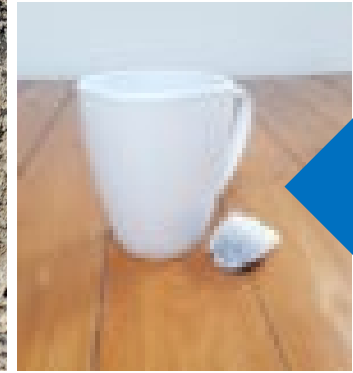
What enrichment activities have Y7 been up to this week?



Year 7 are fans of Joe Wicks!



"I did 5k and played a board game."



We played a family game 😊



What enrichment activities have Y7 been up to this week?



started of like this



became this



runners up



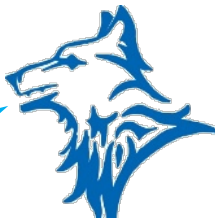
winners!



PIC-COLLAGE



What enrichment activities have Y7 been up to this week?



My Speech for the great debate!

Over the past 70 years, I think rural life has changed the most. Back in the day, though it may surprise some people, far more people lived a rural life but in the past few years lots of the population has been moving to the countryside.

As the population is growing, more people are moving out to the countryside for the views, serenity and cheaper land. Originally, the government was trying to prevent more people from moving out to the countryside because it would increase the necessity for more houses, shops and schools. Locals weren't very happy with the idea of their views being tarnished but as the population has escalated they have been left with no other choice but to start approving more planning permission. More houses have been built and along with that the number of shops, roads and entertainment areas has increased too. Over time, the places we know and love have become hardly recognisable.



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Regrowing Leftovers!



Winter

Autumn time has passed,

Winter may begin,

Crunch, crunch

Walking through the snow,

gathering the white snow,

ready for a snowball fight,

Skating on ice,

So cold so elegant,

gliding on the ice,

the 4:30pm sunset,

gleaming so bright

I close my eyes ready for another day,

What enrichment activities have Y7 been up to this week?



Stunning Summer!
Created by Mdly!

If you've read the title, you might have guessed
That I think Summer is the best!
Sunglasses on, welly jumpers off,
And say goodbye to Jack Frost.

No more snowmen, bring on the sun!
Let's all have a lot of fun.
Lots of ice-cream, plates and sprinkles too.
One for me and one for you.

Make the most of the Summer weather,
Because it won't be here forever.
When Winter comes and it starts to rain,
We will wonder why the hot weather was such a
complain!

Dig out your favourite shorts,
Go outside and think happy thoughts.
Breathe in the lovely, fresh air,
It's scorching hot out there!

Summer's time to have a break away,
For a few nights or even a day.
Spend time with family and friends,
Make it feel like you never want it to end!

Certificate

For Crossing the sands of
Morecambe Bay
Guided by the Queens Guide
Michael Wilson

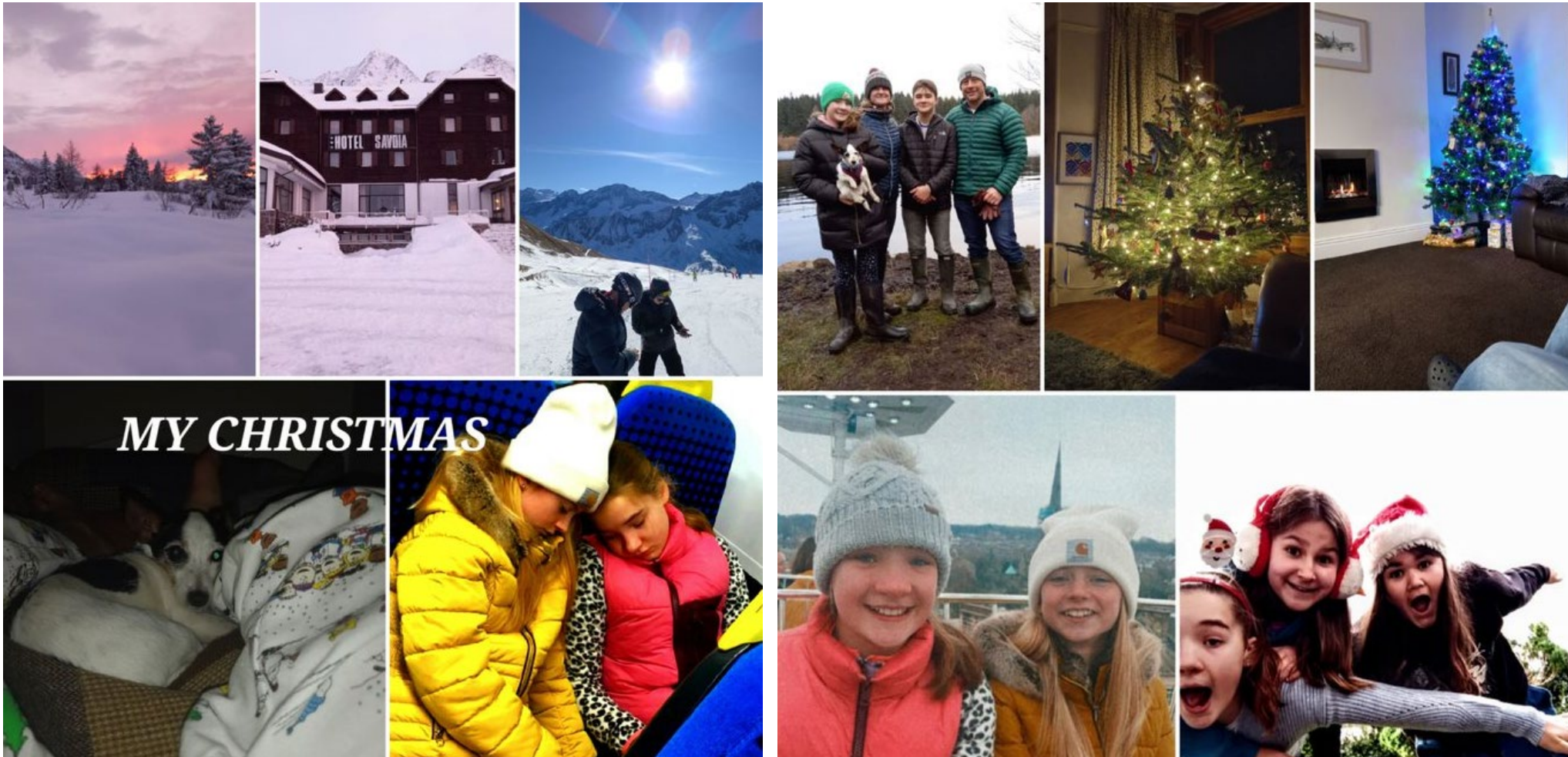


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"I played Monopoly with my family. It was very fun!"

"I did a HIIT workout. It was very tiring but a great way to keep fit"



What enrichment activities have Y7 been up to this week?



*"Oh, my word
I saw a bird
It pecked its food
Put me in a mood
It flew away
Up, up, up over the railway
I hope it survived because it thrived
Goodbye little bird my cat purred."*

Photo

What did you have to do for this activity?



I made vegetarian chick pea curry. I had to soften an onion and then add curry paste. I added chick peas, tomatoes with coconut milk, spinach and coriander. This simmered together for 15 minutes.

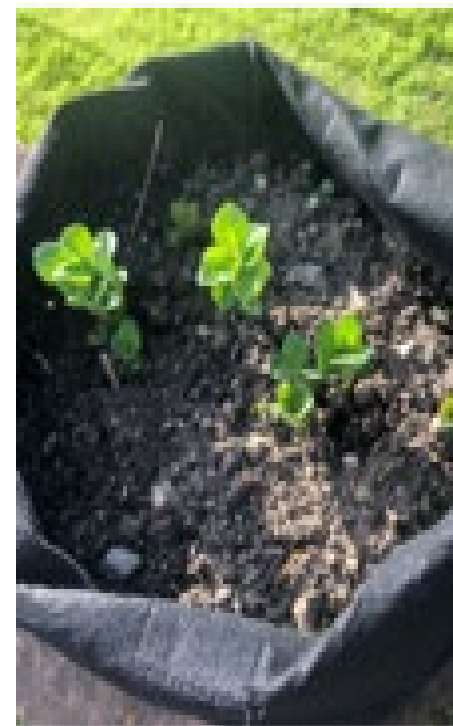
How did this activity make you feel?

I enjoyed cooking this meal. I enjoy cooking and creating a meal from different ingredients in the food cupboard.

Would you recommend this activity to anyone? Why?

Yes I would. It teaches a new skill and was quick and easy to do.

Tea bag game



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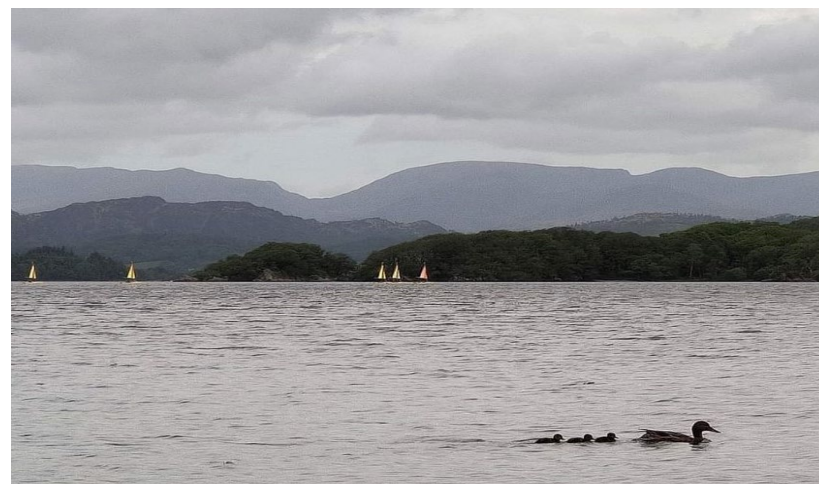
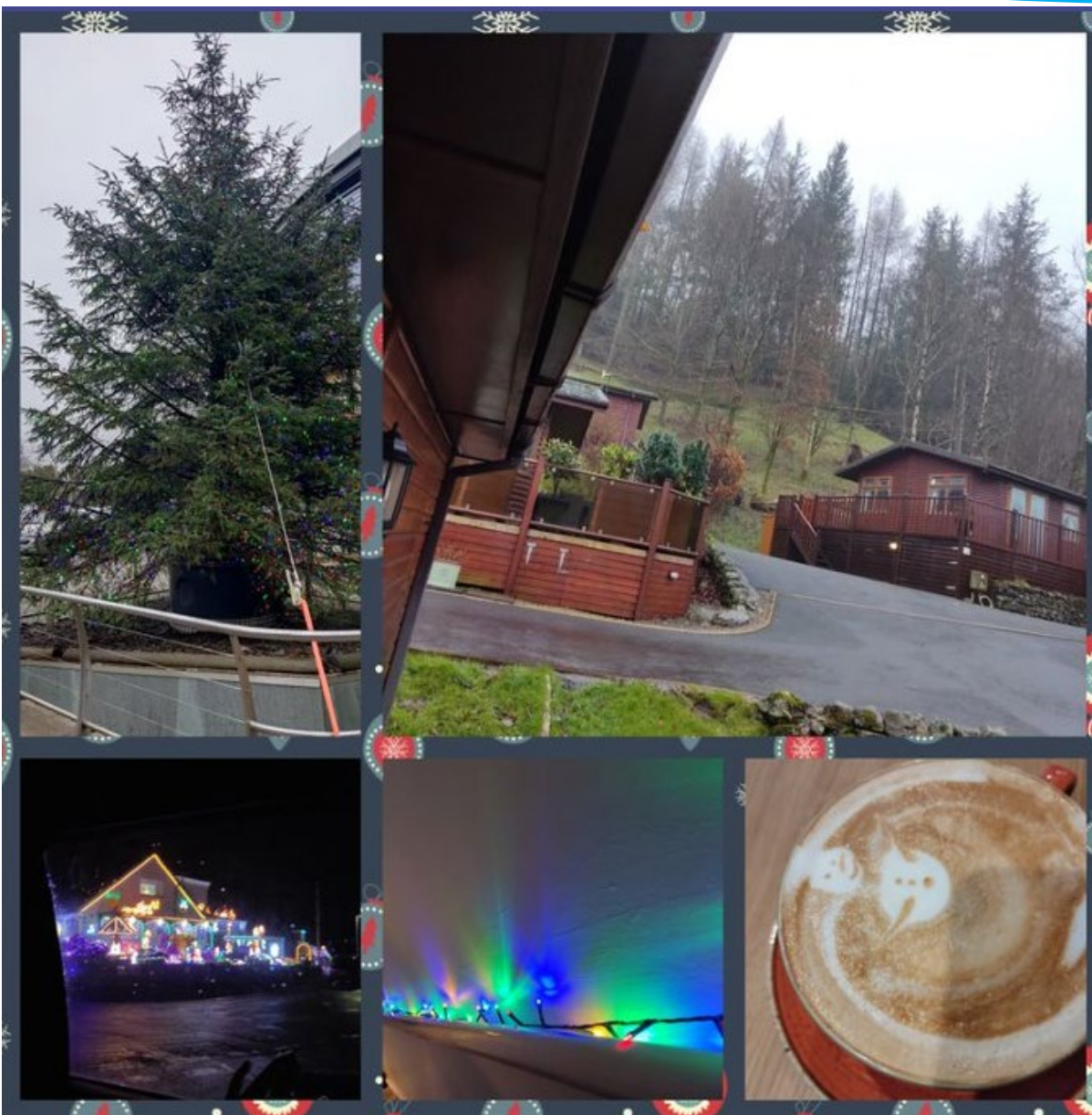
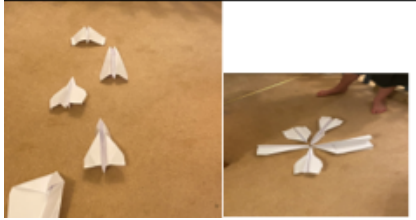



Photo	What did you have to do for this activity?
	<p>We all made paper airplanes and see who could throw them the furthest</p>
	<p>What did you have to do for this activity?</p> <p>In this activity I had pictures on my phone of 2021 christmas I went ice skating my baby cousin was born and we had a big fire with my family</p>

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My short poem:

"The leaf falls

As swift as a cheetah autumn came too fast"

"It has partly inspired me to try and do more family game nights with my mum."

Photo

What did you have to do for this activity?

Did anyone help you or take part?



There were many options for this task however I decided to do the tea bag one when you had to throw a teabag and try to get it in the cup

I did it by my self however this could definetly be a fun family activity

How did this activity make you feel?

Would you recommend this activity to anyone? Why?

Has this activity inspired you to try something else relating to it?

This activity made me feel stressed at the beginning when I couldn't get the bag into the cup but successful one I managed to.

I would recommend this to people who are on a budget but still want to spend time with their family or by them selves playing fun games.

This activity inspired me to look deeper into games that you can play that are really fun and take barley any preparation.

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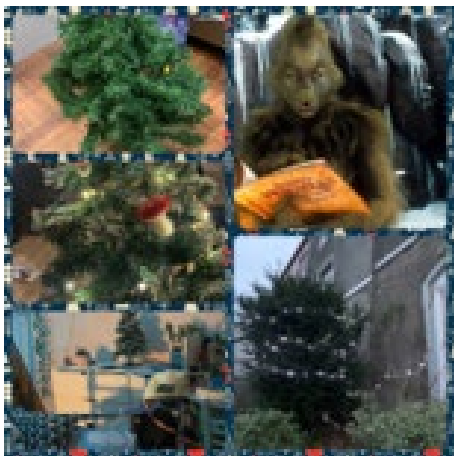

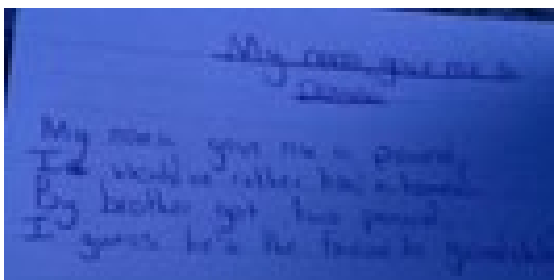
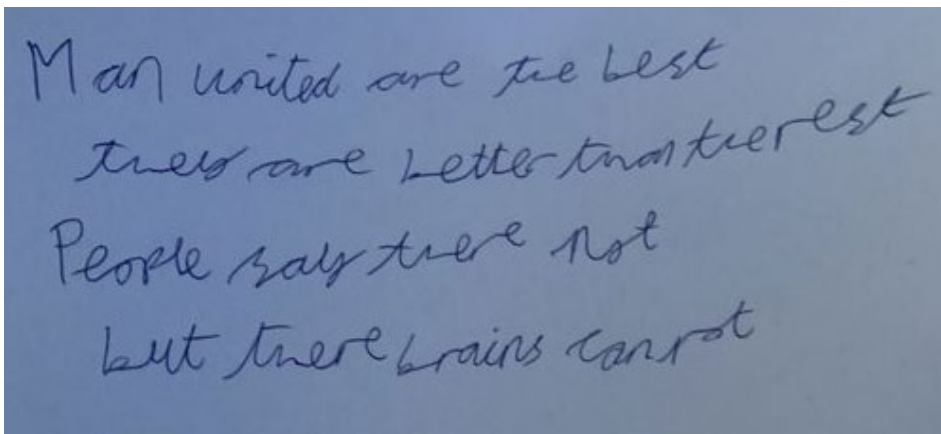


Photo	What did you have to do for this activity?
	I decided to make a memory book of our 3 Peak challenge from 2021. I had to send off my selected pictures to free print, which then printed out my book to keep.



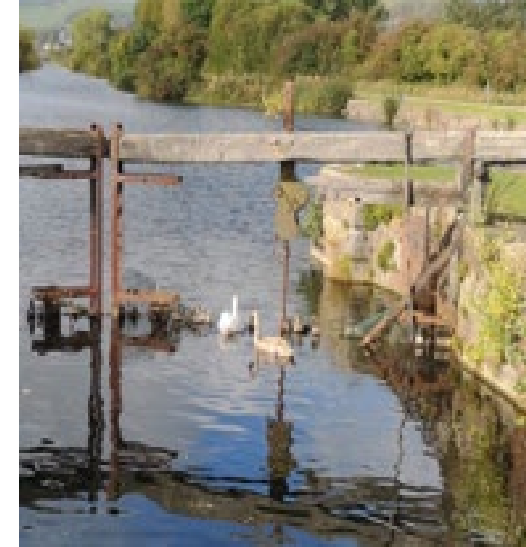
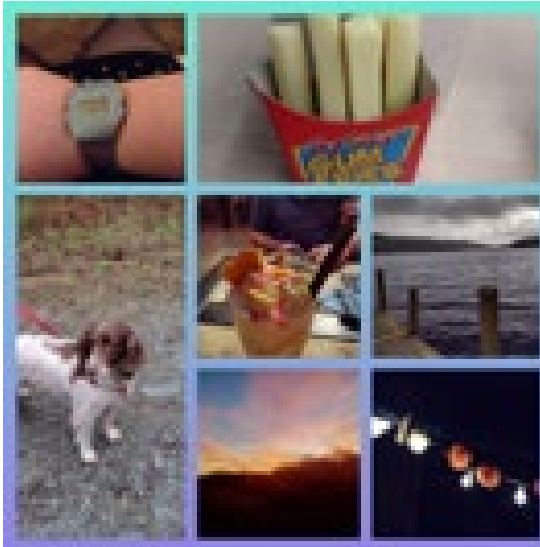
Y7 have been collaging memories!



What enrichment activities have Y7 been up to this week?



Squirrel spotting in Grizedale forest!



What enrichment activities have Y7 been up to this week?



So beautiful yet tragic

Darkness...

SWOOSH

There goes the wind
Tilting my head to the sky
To a graveyard of planets
So far yet high
Specks of white flutter
Taking over the black out
Hard to control
And hard not to let a gasp out!

Back on earth

Cameras are here

With flashes aiming at the
Sleeping mess

Children stare through the window
Waiting for it to fade
But how I want it to stay
All year long

The sun is crying


Nearly dyeing

OH, but from down here
The darkness and the stars
Shining more, so near!
10 minutes of magic
So beautiful yet tragic.



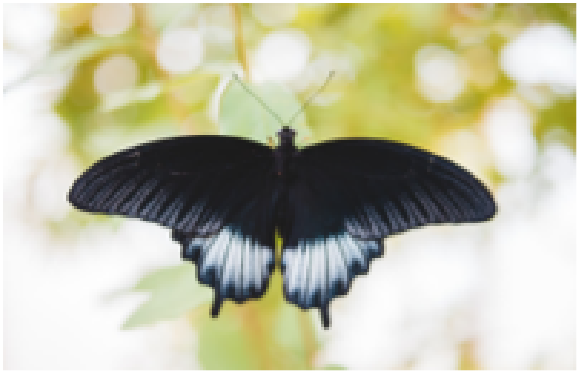
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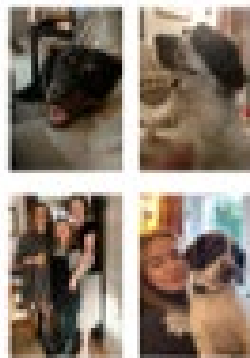
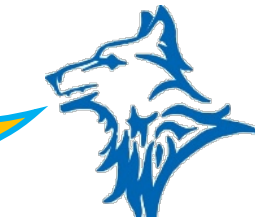
Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>For this activity I had to weigh out 500 g of seeds and dried fruit and then weighed out 250 g of lard. next I melted the lard and added the seeds after that I put It in a cupcake tin and let it dry again. The fat balls can then go into the bird feeder.</p>	<p>Yes my sister helped me.</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>This activity made me feel good because I wasn't just on my phone I was making something for the birds.</p>	<p>I would recommend this activity to anyone who wants to be a little bit messy.</p>	<p>This activity has made me want to try to make more food for birds or animals <u>e.t.c</u></p>

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Photo	What did you have to do for this activity?	Did anyone help you or take part?
	I went outside to a park and found this beautiful butterfly!	My mum drove me there and helped me find it.
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
Happy because nature is beautiful and just a lovely thing to see!	I recommend this activity because it's a way to learn how to take a photo, get outside and have fun!	This activity inspired me to try something else relating to it because it's fun and I would love to do it again or something like it!

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Keep looking out for different butterflies over the summer months!

Garden butterflies



Photo



What did you have to do for this activity?

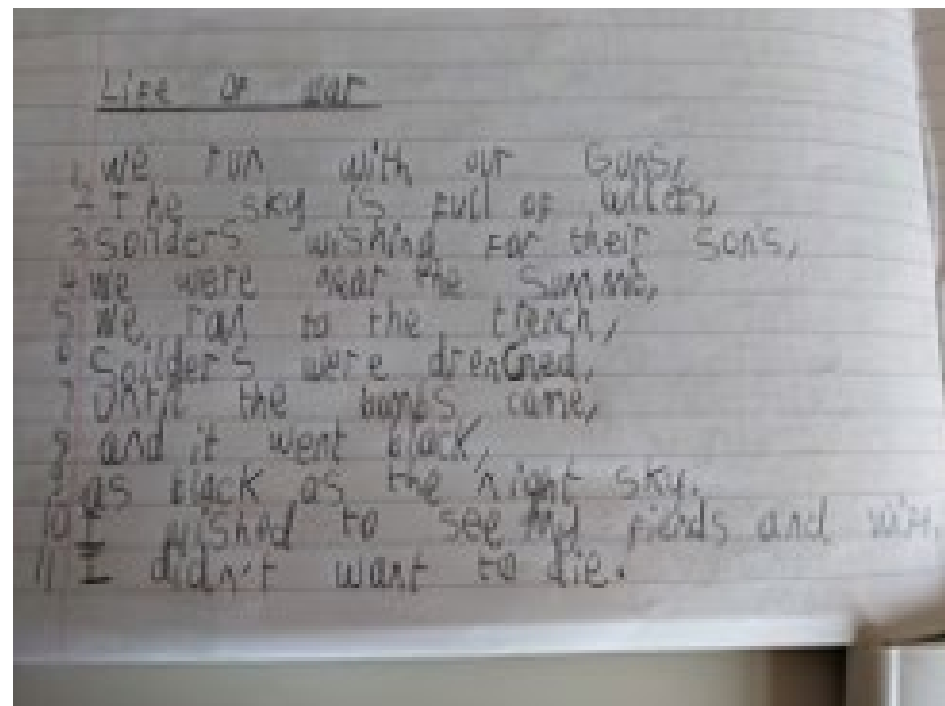
For this activity I swam 4 times this week - 7.5 hours and 12.25km.

How did this activity make you feel?

Swimming makes me feel good just like any exercise when you have completed it. I also enjoy it because i see my lots of my friends i have made through it.


Would you recommend this activity to anyone? Why?

Like any sport, I would recommend swimming because it's fun and makes you feel good.



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Photo	What did you have to do for this activity?	Did anyone help you or take part?
	<p>I had to go onto my street and do a Tally to collect information about my street. I then had lots of other research to do comparing my street to an Urban area of Ulverston</p>	<p>My mum helped me as some of the questions were a little tricky</p>
How did this activity make you feel?	Would you recommend this activity to anyone? Why?	Has this activity inspired you to try something else relating to it?
<p>I felt good, but also a little frustrated as I struggled to understand some of it</p>	<p>Yes, But I think you need more time to do a <u>really good</u> project. And <u>at the moment</u> I have lots of revision to do, So I didn't get to take lots of time as I would have liked</p>	<p>Yes, But for Now I am concentrating on revising for My geography and German Exam</p>

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River bird spotter



"I have done a Joe Wicks exercise class and it was very tiring! I was very out of breath but I persevered and it was worth it"

