

# Recommended Enrichment Activities

Dear Year 7,8 and 9 scholars,

As you know AGFS is committed to providing enriching opportunities for you and I am sure you are missing your enrichment clubs. Below you will find a list of activities and tasks that we have put together for you. You can complete this during Wednesday period 5 and 6 and/or during evenings and weekends if you wish. You can do any one of these activities and as many as you wish. Equally, you do not need complete activities linked to your current enrichment choice, you can do any of them. I hope you welcome the different skills you can develop and as always enjoy doing them.

Yours faithfully,  
Miss Reddy  
Assistant Headteacher - CoCurricular

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## Careers

1. START Career Log - continue to update your profile & complete activities on the career log: <https://www.startprofile.com/>
2. Uptree for students - research more information on careers and work experience (WEX). <https://uptree.co/students/>
3. Mock digital job interview: Digital Interviews and now online assessment centres have changed the way large companies recruit. Online applications are increasingly more important than your CV but if you haven't had the chance to practice it can be daunting. So take the Capgemini mock Digital Interview and see what it's like – get yourself ready for when it really matters. You do not need a CV to do the mock Digital Interview – but you should prepare for the interview in the same way you would if you were actually applying to Capgemini (or any other company). It won't matter if your career choice isn't tech but something different like Banking, Fashion or Travel – you can still have a go. Sign up [here](#)
4. Use this website to practice typing - just like Steph Curry from the NBA

<https://www.typingstudy.com/>

<https://warriorwire.usatoday.com/2020/04/18/watch-stephen-curry-is-refining-his-typing-skills-while-the-nba-season-is-on-hold>

## Competitions

5. Enter a competition. If do enter one please let Miss Reddy know as we would love to talk about it in our school newsletter/parent bulletin

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English - <https://schoolreadinglist.co.uk/category/competitions-for-children/>

Poetry - <https://www.youngwriters.co.uk/competitions>

Science- <https://www.rsb.org.uk/education/teaching-resources/secondary-schools/school-competitions>

STEAM - <http://www.schoolscience.co.uk/competitions>

## Cooking

6. Only try this with your parent/carer -  
<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

## Drama and Creative Arts

7. Watch live theatre

You can watch plays that have been live at the National Theatre. A new one is released every Thursday. It is currently 'Treasure Island' until tomorrow:

<https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>

You can watch musicals for 48hours starting on Friday 7pm every week. This week is 'Love Never Dies'

[https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag?sub\\_confirmation=1](https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag?sub_confirmation=1)

8. Think about your existence in lockdown and complete this little piece of creative work using the Art powerpoint attached. The world becomes so much more creative in isolation and lockdown!

9. [www.sketchup.com](http://www.sketchup.com)

You can use this design software to design and produce a three dimensional image of quite literally anything you can possibly imagine. The package is simple to learn but has the added bonus of tutorials.

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You need to ensure you sign up with an email address and set a password - Trimble will ask you to activate your account via a confirmation email and then you are set to go. Make sure you choose the Free online version.

Note real life Designers, Artists, Graphic Designers and Architects alike use this software to share their ideas with clients and colleagues. Give it a go and within a short space of time you may be surprised at how quickly you pick it up. You never know, this may be a skill you are able to apply later on in your time at AGFS!

## First Aid

10. Try a first aid course for free with the British Red Cross. There are plenty of quizzes on the website too.

<https://firstaidlearningforyoungpeople.redcross.org.uk/>

## Mindfulness

11. Try different mindfulness activities with this [Mindfulness Activity Pack](#) which was created by Time To Change.
12. Accelerated Reading - Take time out to chill and read a book that you have at home borrowed from the school library or electronically. Take the accelerated quiz associated with the book and increase your chances of becoming a Word Millionaire. The more books you read and quizzes you take, pushes up further up the league table. You can also take a Star Reading test to increase your inference and deduction. <https://ukhosted37.renlearn.co.uk/3264918/>

## STEAM and Science & Astronomy

13. Complete an online STEAM course (like a digital DoE) - <https://idea.org.uk/about>
14. Register with the Royal Society of Chemistry for free and access lots of secondary school science resources online-including fun practical demo videos and games. <https://www.rsc.org/>
15. Watch a video from British astronaut; Tim Peake - <https://www.stem.org.uk/news-and-views/news/launching-our-free-home-learning-support-children-aged-4-19-video-tim-peake>
16. Complete STEAM activities: [https://www.stem.org.uk/home-learning/family-activities?dm\\_t=0,0,0,0,0](https://www.stem.org.uk/home-learning/family-activities?dm_t=0,0,0,0,0)

<https://www.truetube.co.uk>

## Sport

17. Yoga for teenagers - <https://www.youtube.com/watch?v=7kgZnJqzNaU>

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18. PE with Joe - Joe Wicks (The Body Coach) - <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
19. Rugby, try and complete the solo hand drill challenge- <https://www.youtube.com/watch?v=wlmnajilcTA>
20. Tennis - How to improve your tennis game from home [https://www.youtube.com/watch?v=3LTUrzd\\_ey4](https://www.youtube.com/watch?v=3LTUrzd_ey4)
21. Football - How to improve basic foot skills from home <https://www.youtube.com/watch?v=g4KCpzTkHto>

## Virtual Trips

22. Take a virtual tour of the British Museum, London - <https://britishmuseum.withgoogle.com/>
23. Take a virtual tour of the National History Museum - including [virtual tour](https://www.nhm.ac.uk/take-part.html) <https://www.nhm.ac.uk/take-part.html>

## History

Year 8 and Year 9, you have had the chance to study both World Wars now. These tours may be something that might interest you.

24. Complete a life in the Trenches virtual tour [http://www.bbc.co.uk/history/worldwars/wwone/launch\\_vt\\_trench\\_life.shtml](http://www.bbc.co.uk/history/worldwars/wwone/launch_vt_trench_life.shtml)
25. Complete a World War One virtual tour [http://www.bbc.co.uk/history/worldwars/wwone/launch\\_vt\\_wwone\\_trench.shtml](http://www.bbc.co.uk/history/worldwars/wwone/launch_vt_wwone_trench.shtml)

There are lots of good films that are underpinned by real historical events. Often, it's easy to think of History as a series of dates and events. However, History is about people and films are an insight into how people lived in the past.

26. Hairspray *A musical I know AGFS are familiar with. This musical is not simply about a hair product as the name suggests! This film is set in 1962 in Baltimore, where racial segregation and discrimination affects everyday life for these American teens. It is set amidst the civil rights movement in the USA. Rating 12*
27. The Book Thief *The story of a young girl who is growing up under Nazi rule in Germany (This is one of Miss Belch's favourites!). Rating 12*
28. Hidden Figures *The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space programme (Another must watch!) Rating 12*
29. Dunkirk (2017) *A war film based on the Dunkirk evacuation Rating 12*
30. Forrest Gump - *a really funny film starring Tom Hanks. This film covers lots of historical events - when watching this, you could list them as an activity! Rating 12*
31. The Boy in Striped Pjs *A must read and a must watch. Rating 12*

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32. *The Zookeeper's Wife* A story based on real life events. This film is set in 1939 in Poland and follows a couple as they attempt to save the lives of Jewish people living in the Warsaw Ghetto. Rating 12

All of these films are rated 12, so please ask your parents permission before watching some of these films.

## Politics and Current Affairs - linked to Debating Enrichment

During this time, you may have a lot of questions about what you see in the news. Being 'News Literate' is having the knowledge and skills needed to form an accurate picture of what is happening in the world and justify opinions about the news with sound arguments. This sounds like what we do in our History lessons!!

There are some really good activities and resources you can view on the Economist Foundation on: What is the news; Covid 19; Numeracy in the News; Political Cartoons -

<https://economistfoundation.org/resources/>

## Quizzes

32. Have a go at these rugby related quizzes:

<https://www.funtrivia.com/playquiz/quiz3060512309a70.html>

<https://www.quizmoz.com/quizzes/Sports-Quizzes/s/Simple-Rugby-Quiz.asp>