



CO-CURRICULAR MENU OF OPPORTUNITY

Summer 2020 – Issue Two



CO- CURRICULAR

In addition to the scheduled curriculum time, the school has collated a selection of resources that pupils can dip into to keep them educated, entertained and exercised without having to leave the house.

The Core Subjects:

Watch children's author [Oliver Jeffers](#) read his stories at 6pm daily.

Looking for fun ways to help your child with SPAG (Spelling Punctuation and Grammar) Go to [Sirlinalot](#) that offers fun quizzes and challenges to make spelling fun.

TV star and children's author [David Williams](#) is releasing a series of 30 daily audio stories for children to listen to for free at 11am every day for 30 days.

Carol Vordeman has announced that access to her online school [The Maths Factor](#) will be free while schools are closed.

At 11am daily children's TV presenter [Maddie Moate](#) will be running science classes on weekdays via her YouTube channel.

For STEM related activities check out [Crest Awards](#). For a challenge children could enter the [Crest Bronze Award](#).

Learning about cute, weird, and fun animals is science. [Visit Sci Show Kids!](#)

[Make a stop motion animation video](#) – these look great and they're easier than you think.

Everything needed to learn computer programming the fun way! Go to [Tynker](#) to find out more.

[The Inspiring Digital Enterprise Award](#), known as iDEA is an international programme that helps young develop digital, enterprise and employability skills for free. Through a series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.

The online place to discover the magical world of the [Dr Seuss](#) books. Find out more about the stories and characters as well as the experiences for fans around the world.

[Coolmath4kids](#). This website pairs maths with games. Grand Prix Multiplication, Alien Addition, Dirt Bike Fractions and Jet Ski Addition are all great games to engage children in mathematics.

For lots of mathematical activities from KS2 through to Oxbridge papers visit [DrFrostMaths](#)

Pre-Prep | Junior | Senior | Sixth Form

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Humanities:

Check out the [National Geographic Association Kids](#) website for activities and games.

Explore bitesize, hands-on activities to use in the classroom or do at home during the holidays with [The Met Office](#).

Naturalist, writer and TV presenter, [Steve Backshall](#) is best known for BBC TV's Deadly 60. You can catch Steve every day on Facebook at 9.30am where he'll be answering questions about wildlife and conservation.

The [Brain Scoop](#) is an educational YouTube channel filmed at The Field Museum in Chicago and hosted by Emily Graslie.

Pretend to travel the world by going on a virtual tour of [12 famous museums](#), from London to New York and Berlin. While on the subject of travel, this is a great way to learn more about different countries at [Geo Focus](#).

From the [Royal Geographical Society](#) children of all ages can enter the 'Young Geogtapher of the Year' competition. *Email your geogrphy teacher if you are thinking about entering this competition.*

Design and Technology:

Design your own board game – [here's how](#)

The [30-day lego challenge](#) is a great activity for creative children.

If children want to enter a DT relted competition the [Product in a tin competition](#) from Boyd Education should support their creativity.

Are you ready for a challenge? [Dyson Challenge Cards for all Ages](#) is a free resource that will support children inquiring minds.

You're going to have plenty of toilet roll tubes lying around so get them to make a [cardboard tub construction set](#).

Binging with [Babish](#). Watch Babish recreate the iconic and obscure foods from your favourite movies and TV shows, all in dazzling 4k.

The BBC's [Get kids cooking](#) website is a great way to get your children cooking. Here you will find recepies for dishes including [tuna sundried tomato pasta bake](#), [paella](#), [beef broccoli noodles](#) and [quiche lorraine frittata](#)

Mummet also offer a range of recipies for budding chefs including [chocolate chip cookies](#), [microwave chocolate cake](#), [vanilla fudge](#), [one bowl chocolate cake](#), [orange yoghurt cake](#) and [thai fish cakes](#)



The Creative Arts:

Whether you're a parent looking for inspiration or a student wanting to get creative, [The Royal Shakespeare Company](#) has lots of resources and ideas you can use.

Ace children's picture book author Rob Biddulph is doing Draw With Rob, every Tuesday and Thursday on Facebook and Instagram. Grab some paper and a pencil and get drawing with him. [Watch Rob Biddulph here!](#)

Guitar maker Fender has made its online courses free for three months and you choose between acoustic, electric, bass or ukelele in a variety of different styles from country and pop to rock and blues. It normally costs £10 a month to do this course so this is a good deal. You'll need to be quick though to grab a code [here](#).

If you've got a creative steak - or even if you haven't - then this is another online resource you should check out [Creative Bug](#)

Stay inspired with 'Art is where the home is' – [First Site's](#) artist created activity packs, featuring contributions from UK artists including Antony Gormley, Sarah Lucas, Gillian Wearing, Grayson Perry and more.

Robot Tours and Gallery tours and the [wonderful gallery](#) on the shore in sunny Hastings, East Sussex. Situated on the dramatic seafront of Europe's oldest fishing beach, Hastings Contemporary – formerly the Jerwood Gallery – champions modern and contemporary art with a bold and ambitious exhibition programme

Sport and Exercise:

Joe Wicks Join the rest of the nation and do [P.E with Joe](#) Wicks every weekday morning at 9am on YouTube.

Have a kids' yoga session – great to calm them down after a high energy activity, visit [Cosmic Kids on YouTube](#) and for older children [Do You Yoga](#) offers free online sessions.

Strictly Come Dancing champion Oti Mabuse is offering dance classes for children and adults on her social media platforms, with help from her husband Marius Lepure. You can find the kids classes on her [Facebook](#), [Instagram](#) and [YouTube](#) accounts at 11:30am every day.

Fun curriculum-linked resources to get moving while children learn, visit [BBC's Super Movers](#). The [Youth Sport Trust](#) also offer a selection free PE related resources.

Create your own table football. [CBBC](#) has its own Blue Peter guide for making one.

[Headspace](#) is an app that teaches you how to meditate, relieving stress, encouraging better sleep.

You Tube Channel and App [12 Minute Athlete](#) is a short effective HITT workout for cardio, strength and rebalance. Body weight moves only and can be completed in your bedroom or elsewhere.

[Stay in, work out](#) tips and guidance from Sport England give advice on how to keep or get active in and around your home.

Apps designed for older children and teenagers to develop resistance training and fitness includes [Resistance Training for Teens](#).

[Gym Cube](#) is a great website that offers 700+ workouts videos and advice on how to stay fit and healthy. For fantastic fitness ideas you can also visit [Dare Bee](#).

To improve your fitness there are plenty of YouTube channels that offer HITT training from people including [George Grayson](#), [Jessica Ennis Hill](#) and [Nate Bower](#).

A great place to visit for PE sessions for the very young is [ThisIsPE](#).

[Chelsea FC](#) have created a set of resources for young footballers and [Sasha Corbin](#) (England international netball player) has lots of advice on her YouTube channel.

For athletic activities [Jenny Meadows](#) has some great challenges for children. There is also some good advice from [England Athletics](#) and mental health. Go to [Funetics](#) for a range of activity videos for younger children

For swimmers visit [Summer Solutions Swim](#) for *10 Dry Land Exercises for Swimmers You Can Do at Home*.

For tennis lovers check out the [Tennis Volleyball Challenge](#) and resources and activities from [Serve and Volley Tennis](#) and [The LTA](#)

There a range of resource and videos for cricket players including [Buzz About Cricket](#) and daily videos from [Chris Rushworth](#). The [ECB](#) website is a good place to look at for cricket lovers of all ages



Modern Foreign Languages:

Educational software company Rosetta Stone is offering schoolchildren free access to its language courses for three months to help kids who are learning from home. You can choose from French, Spanish, Italian or German. Find out more [here!](#)

[CLE International](#) is a great place to go if children need resources to develop their French speaking and reading skills. CLE is currently offering FREE access to their [digital manuals](#)

Visit [Languages Online](#) for a range of interactive tasks and printable worksheets for a range of languages including French, German and Spanish

For younger children [Duolingo](#) is a fun app for children and their parents to develop their vocabulary. It also helps making sentences.



Other Ideas:

[BBC Bitesize Daily](#) are delivering a range of lessons in different subject areas.

[Turtle Diary](#) introduces kids to new, exciting ways of learning with the help of fun online games, videos, experiments, puzzles and colouring sheets.

Download some free resources from [Twinkl](#) (used by school teachers all over the UK). You can access them by school year and topic.

Create a [scavenger hunt](#) around your house or garden.

Earn a Blue Peter badge. [There are instructions here](#) on exactly what your kids need to do, to earn different Blue Peter badges.

Get your kids immersed in all sorts of subjects with former Blue Peter presenter Konnie Huq. Find out more [here](#).

You can do 'Calm Kids' or 'Soothing Meditations' on the Calm app [here](#) or tap into a collection called 'Weathering the Storm' on Headspace [here](#).

Using their school log-in details (email and password) pupils have free access of [Minecraft Education](#).

[Brain Pop](#) is an online resource that ticks all the boxes when it comes to mixing learning with enjoyment.

For budding teachers [New Generation Teachers](#) offer a resource that is designed to give school students a selection of teaching skills to inspire their interest in teaching.