

Key Stage 3 – HRA Screen Free Day Challenges

Send us your pictures to: hrawebelong@houghtonregisacademy.org

<p style="text-align: center;"><u>Fitness Challenge</u> ‘Let’s get active’ Go for a walk/run/cycle. Record this on an app (which can be downloaded for free), fitbit, smart watch or any other device or app that you may have.</p> <p style="text-align: center;">Share your achievements via a photo/screenshot.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><u>Technology Challenge</u> Upcycle something in your house into something new. It could be furniture, toys, tech, clothing- the possibilities are endless! Copy and paste a photo of your creation and a short explanation of what you did.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><u>Food & Nutrition Challenge</u> Bake something celebration themed. It could be a cake, a dessert, a pie- anything. If you are unable to bake create a vision board including the following;</p> <ul style="list-style-type: none"> • Design a 3-course menu including a drink for your ideal celebration meal. • Write up a time plan/method as to what they would make. This would include list of ingredients for the shopping and equipment. • Draw or find images to share your perfect table setting for a celebration dinner.
<p style="text-align: center;"><u>Performing Art</u> ‘Bring a character to life’ Think back to a character you have studied, played or read about. Now gather clothes and household objects (with permission), from within your home, to make a costume for you to wear as a character of your choice. Take a picture of your final costume.</p> <p>Music – Create a rap/song about lockdown. Create your own album cover.</p>	<p style="text-align: center;"><u>Art Challenge</u> Create a portrait of yourself or your family. Create a piece of art from items collected from a walk. Paint/Colour a stone from the garden.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><u>Tutor Challenge</u> Your aim is to complete at least one of the well-being challenges below;</p> <ul style="list-style-type: none"> • To take 30 minutes out of your day to ‘drop everything and read’ • Play or create a board game with a member/members of your family • Listen to the radio/podcast/music • Complete some mindfulness activities such as colouring in, word searches, sudoku etc. <p style="text-align: center;">Share what you have been up to via a photo or a short explanation.</p>

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Student: Tutor Group:
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<u>Fitness Challenge</u>	<u>Technology Challenge</u>	<u>Food & Nutrition Challenge</u>
<u>Performing Art</u>	<u>Art Challenge</u>	<u>Tutor Challenge</u>