
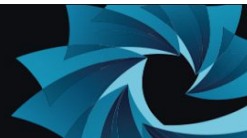
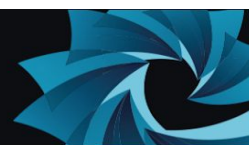


# KS3 CHALLENGES

Sport	Dance	Computer Science	Design Tech	Art	Drama	Music
<p>1.Create and execute a training programme for yourself that links to a specific component of fitness or sport that you are trying to improve. <a href="#">Example of training programme</a></p>	<p>1.Create your own warm up. Make sure you include a pulse raiser, mobilization and stretches.</p>	<p>1. Design a PicCollage based on the local area; we can tweet it out to show you care!</p>	<p>1.Try <a href="#">one point perspective</a>. Draw your room or hallway.</p> <p>Try drawing <a href="#">3 point perspective</a> buildings</p>	<p>1.How to draw an <b>Op Art Sphere</b> - step by step guide. There are plenty more <b>Op Art</b> demos online - practise others too. Explore techniques. How do you make something look 3D on flat paper?</p> <p><a href="https://www.youtube.com/watch?v=QqnN1B3MDxk">https://www.youtube.com/watch?v=QqnN1B3MDxk</a></p>	<p>1.Write a monologue as a character of your choice. Before you start writing, decide on your character's name, age and background as this will give you an understanding of them and help you decide on the language and content to include. The aim is for the character to be as realistic and believable as possible.</p>	<p>1.Write the lyrics for a song based on the months of the year. Use these songs for ideas. <a href="#">1. by Simon and Garfunkel</a> and <a href="#">2. The Cure</a>.</p>
<p>2. Create your own video workout that some of your friends may be able to try out at home.</p>	<p>2.Watch <a href="#">The Evolution of Dance 1950-2019</a>.</p> <p>Try to learn at least 3 different dances!</p> <p>If you are feeling brave, perform in front of someone else or film yourself dancing!</p>	<p>2.Use the Pixar tutorials to create a set of artistic images which uses the tools of the software.</p>	<p>2.Go on BBC iplayer and watch "Inside the factory". There are many to choose from showing how a factory makes foods like cakes and chocolate, often at speed, right to delivery.</p>	<p><b>2.Keith Haring, famous artist</b> - Try making artwork like his - step by step. Create this piece: a card to say <a href="#">thank you to someone in the family</a>.</p> <p>Try other designs. You could make cards from them and leave as gifts in the house to be found by others.</p>	<p>2.Learn your monologue (by heart if you can) and perform to an audience (This can be one person.).</p>	<p>2.Listen to 5 cover versions of the song "Walk on By" (<a href="#">original by Dionne Warwick</a>) and write a music review saying how they compare and contrast. You could start with <a href="#">this one</a>.</p>
<p>3.Watch Mr Knox's healthy eating video and have a go at creating your own healthy breakfast or lunch.  <a href="#">Smoothie</a></p>	<p>3.<a href="#">Emancipation of Expression</a> Watch the video and analyse <b>the actions</b> (describe the types of movement used), analyse <b>the space</b> (formations, levels, directions, pathways), analyse <b>the dynamics</b> (how it is it performed-speed, quality, flow), and <b>the relationships</b> (with other dancers, contact work, music).</p>	<p>3.Continue to learn to become a pro touch typist <a href="#">with typing club</a>. Make an account and see what level you can achieve!</p> 	<p>3.Make a domino / lego obstacle course and film the results!</p>	<p>3.<a href="#">Follow the guide</a> and <b>draw an eye in pencil</b>. What are your family's eyes like? Could you draw them and add colours to show the differences? Maybe try a portrait of them?</p>	<p>3.<a href="#">Les Miserables</a> Watch the first five minutes and then write a review of what you have seen. Consider: lighting, music, techniques and the acting. For each of these, reflect on the impact they have on the audience. Watch the rest of the play if you have time!</p>	<p>3.Use a household object or homemade instrument to create a piece of music and record your performance.</p>



<p>4.Be resourceful and see what skill based activities you can create and complete in your garden. Upload the videos or pictures.</p>	<p>4. Have a go learning this <a href="#">hip hop dance</a> which is taught by Diversity member Ashley Banjo.</p>	<p>4. Use <a href="#">lightbot</a> to start moving a robot in the least number of steps possible.</p>	<p>4. Have you been helping with the cooking? Make a set of <b>recipe cards</b> so you can pass on the recipes or just remember them. Use paper or card and decorate with colours similar to the product on the other side or around the edges. You can be very creative with this. They may last forever for you to share and remember.</p>	<p><b>4.Textiles:</b> Upcycle an old t-shirt (ask permission first!!). No sew options - watch all of it first! Ask for help. <a href="https://www.youtube.com/watch?v=VMrcpQiRkx8">https://www.youtube.com/watch?v=VMrcpQiRkx8</a>  You can also watch <a href="#">this video</a> about how t-shirts are manufactured.  And here's one about how <a href="#">jeans are made</a>.</p>	<p>4. Imagine you are a playwright and you have a great idea for a new play.  Write the opening scene for your play - make sure that it grabs the audience's attention.</p>	<p>4. Use this sheet and create your own cover version of one or more of these songs: <a href="#">Project Band</a>.</p>
<p>5. Complete a nutrition sheet with all of the foods that you have eaten. See how healthy you were for that day and then try to beat it. <a href="#">Nutrition Challenge</a></p>	<p>5. Complete the 'Oh Na Na Na' <a href="#">Challenge!</a></p>	<p>5. Watch <a href="#">BBC Click</a> for all the latest gadgets and gizmos on the market. Write a review on a product you see</p>	<p>5. Design a product to help the elderly in the garden. What would help them bend? Or pick things up? Could they sit on something very low? What about their knees on the ground?</p>	<p>5. <a href="#">Watch this video</a> on very good do's and don'ts for <b>drawing mouths</b>. Can you draw your families' mouths? Notice how different they all look.</p>	<p>5. Set design: Design and make the set for your play. You could draw your set or create a shoebox version!</p>	<p>5. Take a theme and create your own playlist. Include the song title, artist and a justification for why each song has a place in your list.</p>
<p>6. Complete Mr Randell's cricket skills challenges..  <a href="#">Challenge 1</a> <a href="#">Challenge 2</a> <a href="#">Challenge 3</a> <a href="#">Challenge 4</a> <a href="#">Challenge 5</a> <a href="#">Challenge 6</a> <a href="#">Challenge 7</a> <a href="#">Challenge 8</a> <a href="#">Challenge 9</a> <a href="#">Challenge 10</a></p>	<p>6. Imagine you are a dance critic. You need to watch the 'Gobstopper section' of Matthew Bourne's <i>Nutcracker</i> (The dancers are representing the Gobstopper sweet!)/ Provide your own review of the piece. Talk about the movement, music, set and costume design. Give a score out of 5 stars.  <a href="#">Matthew Bourne's Nutcracker!</a></p>	<p>6. Use <a href="#">Code Academy</a> to build your programming knowledge.</p>	<p>6. Design a chair for your bedroom. Will it be comfy and stylish to curl up and read in? Or is it much more practical and needed for many things but needs to be more stylish? Think about what you need or someone in the family needs. Colour and pattern could play an important part in this so maybe look up patterns from other cultures to really explore the variety available and to get ideas.</p>	<p>6. <a href="#">Noses</a>: watch the video and try drawing in colour pencils and/or felt pens if you don't have paint (Or just pencil). Do you really need realistic colours? Observe your family's noses.  Using the different sections of faces, <b>create cards</b> with different noses, eyes and mouths on. If you can make a few of each one, you could make and <b>play a game of 'misfits'</b> with the family. Or snap. Could you add a forehead and hairline card? Or find ears to copy and add too? You could even invent your own game.</p>	<p>6. Research physical theatre. Frantic Assembly is a <b>physical theatre</b> company who <b>devise</b> a wide range of plays. Watch the following clips:  One of the plays created by Frantic Assembly is called <a href="#">The Curious Case of the Dog in the Night Time</a>.  <a href="#">The Frantic Method</a></p>	<p>6. Design your ideal band for the ultimate gig. You should produce: - The band list - who is performing each instrument/role - A set list of songs to be performed - A stage set and outfits - A poster advertising the event</p>



<p>7. Complete your own gymnastics routine.</p>	<p>7. Try to learn this <a href="#">contemporary dance</a> phrase!</p> <p>Once you have learnt it, record yourself, watch it, and give yourself feedback.</p>	<p>7. Use <a href="#">CS unplugged</a> to develop your algorithmic thinking.</p>	<p>7. Design a recycling bin for the school canteen. Label it appropriately. Could it be a different shape so students are encouraged to use it? What would make someone use it often?</p>	<p>7. Draw an abstract Picasso portrait. Have fun with some wonky faces and fun colours. Try your own or <a href="#">follow the guide</a>. Draw each of your family members this way and see if they can guess who is who.</p> <p>Practise with <a href="#">this</a>.</p> <p>Even more <a href="#">tips</a>.</p>	<p>7. Choose a theme, character or idea.</p> <p>Create your own chair monologue inspired by Frantic Assembly.</p> <p>Perform this live or film the performance.</p>	<p>7. Learn a piece from scratch!</p> <p>Record yourself at the start, the end and the middle of the rehearsal process.</p> <p>The following sites might help (as can youtube tutorials): <a href="#">Ukutabs</a> <a href="#">Ultimate guitar tabs</a></p>
<p>8. Complete Mrs Russell's Rugby challenges.</p> <p><a href="#">Tackling Part 1</a></p> <p><a href="#">Tackling Part 2</a></p>	<p>8. Choreograph your own dance to '<a href="#">Run boy run</a>' by <a href="#">Woodkid</a>.</p> <p>Think about your chosen dance style and what your dance will communicate.</p> <p>Aim to create 4 counts of 8.</p>	<p>8. Head over to the <a href="#">hour of code</a> and have a go at coding challenges.</p>	<p>8. Design and make a family board game together.</p> <p>What sort of games do you like to play? What age group would you aim it at? Maybe very young? Look at the age group of the family. Is it doing things? Inventing? Spelling? Do you need a dice or two? Are there forfeits?</p>	<p>8. Topic: Mexican Day of the Dead <a href="#">Mandela skull</a></p> <p>There are many things you can do with this -many versions and many colours. Try to be accurate.</p> <p>You could start with learning how to <a href="#">draw a mandala</a>.</p>	<p>8. Choose either your realistic monologue, your new play idea or your monologue inspired by Frantic Assembly and create a storyboard of the play from start to finish and a mood board (collage) that you could use to pitch your idea to a director.</p>	<p>8. Watch these videos of songs from musicals set (but not filmed or written) at the turn of the 50s and 60s. What do they have in common? Which is your favourite and why?</p> <p><a href="#">You can't stop the beat - Hairspray</a></p> <p><a href="#">America - West Side Story</a></p> <p><a href="#">Greased Lightening - Grease</a></p>