



Subject Challenge Menu

Thursday 11th February 2021

We encourage all students to attempt 2 or 3 of the challenges below throughout the day. Pick the challenges you feel you will particularly enjoy undertaking. We look forward to seeing your work!

If students in Year 11 and EPCS6 would rather spend the day continuing working on coursework assignments, sharing their work with their subject teacher(s) at the end of the day, they are most welcome to.

Subject	KS3 Subject Challenge	KS4 Subject Challenge	If you have any questions, or to share your work, please email:
English	For Year 7, 8 and 9 please open the following document and find your challenge attached: Year 7, 8 and 9 - Challenge Task - February Wellbeing Week	Year 10 - find your challenge here: Year 10 - Challenge Task - Wellbeing Week Year 11 - find your challenge here: Year 11 - Challenge Task - Wellbeing Day February 2021	Mark.Wedge@epscho ol.org
Maths	Open this powerpoint for your instructions. Enjoy being mindful and enter our class competition! Mindful Mathematics Task	Open this powerpoint for your instructions. Enjoy being mindful and enter our class competition! Mindful Mathematics Task	Preeti.Devine@epscho ol.org

Science	<p>Investigate the effect of exercise on your breathing rate or heart rate.</p> <p>You should think about what you will compare (<i>the independent variable</i>), what you will measure (<i>the dependent variable</i>) and how. You also need to think about what you will keep the same to make the test fair (<i>the control variables</i>).</p> <p>Present your results in a scientifically accurate way.</p> <p>https://www.bbc.co.uk/bitesize/guides/zp4mk2p/revision/4 https://www.youtube.com/watch?v=HZtXLhm7ISA</p>	<p>Investigate the effect of exercise on your breathing rate or heart rate.</p> <p>You should think about what you will compare (<i>the independent variable</i>), what you will measure (<i>the dependent variable</i>) and how. You also need to think about what you will keep the same to make the test fair (<i>the control variables</i>).</p> <p>Present your results in a scientifically accurate way.</p> <p>https://www.bbc.co.uk/bitesize/guides/zp4mk2p/revision/4 https://www.youtube.com/watch?v=HZtXLhm7ISA</p>	Alex.Hird@epschool.org
Humanities	<p>Learn how to meditate. Looking at this link you will find that it's not always what you think! Five ways to incorporate mindfulness into your child's day - BBC Bitesize</p> <p>For the Weather enthusiasts; Our resources for 11-14 year olds - Met Office</p> <p>Choose an area such as - Forecasting and prediction - get to grips with the subjects at the heart of weather forecasting and climate prediction.</p> <ul style="list-style-type: none"> • Extreme weather - find out about extreme weather around the world and its impacts. • Weather and climate stories - discover who's most vulnerable to the impacts of severe weather and the people who help communities stay safe. 	<p>Find a movie about History or Geography, watch it and talk to a friend about it. Was it accurate? What could be done to improve it?</p> <p>For the Weather enthusiasts; Our resources for 11-14 year olds - Met Office</p> <p>Choose an area such as - Forecasting and prediction - get to grips with the subjects at the heart of weather forecasting and climate prediction.</p> <p>Technology and innovation in weather - find out how technology and innovation influence weather forecasting, climate prediction, and crucially, how they're communicated.</p> <p>People in weather and climate - bringing to life the work of the Met Office, and other roles influenced by weather and climate.</p> <p>For the Artists amongst you, choose any year from</p>	Simon.Blair@epschool.org

	<p>For the art-enthusiasts, draw your best portrait of any famous figure from history. Extra Challenge: use materials such as tin foil in order to create a textured finish to your portrait.</p> <p>For the disney lovers, research a character from history that appears in a disney film that you know (for example Pocahontas), how accurate is the disney version, how can you use your historical skills to compare the disney version to the official version? Which sources will you use to uncover the truth?</p>	<p>the twentieth century and create a collage using as many images as you can in order to create a piece of art that is unique to that year. Think about world history events as well as celebrities and cultural references (music, films, literature,products) in order to recreate the experience of people living at that time. For an extra challenge you could base your collage on a famous piece of art.</p> <p>For the politics enthusiast -James Gillray English caricaturist Britannica. We live in extraordinary times with big personalities in politics, as did cartoonist James Gillray. Your challenge is to create a political caricature of a modern day politician in the style of Gillray!</p>	
MFL	<p>Have a go at the Great German/Spanish Challenge!</p> <p>GERMAN CHALLENGE</p> <p>SPANISH CHALLENGE</p> <p>or try something different...</p> <p>MANDARIN CHALLENGE</p> <p>.....or change the language on your computer game/ social media account for 30 minutes!</p>	<p>Watch a film in German/Spanish!</p> <p>There are lots of German and Spanish films out there.</p> <p>If you have access to Netflix you can change the language of your favourite series/film into German/Spanish (and have English subtitles if you wish!) . Let us know what you have watched!</p> <p>Alternatively: PLAN AND (HOST if allowed!) A GERMAN/SPANISH EVENING for your family!</p> <p>Research: food, drink, music, party games, films.</p>	Kerry.Lees@epschool.org

Art	<p>Go out for a walk away from your laptop screen and get some fresh air. Photograph 20 different textures on your smartphone. These could be man made or organic textures. If it snows on this day then build a snow sculpture, submit a photograph of your sculpture to your Art teacher and a prize will be awarded to the most innovative creation.</p> <p>Understanding texture for beginner photographers - How to photograph texture. - YouTube</p> <p>Tips For Photographing Texture and Pattern - YouTube</p>	<p>Andy Goldsworthy Challenge Look at the website and be inspired to go outside and create our own natural form sculpture Andy Goldsworthy information pictures and videos</p> <p>Take a look at this website, watch the two videos and scroll through the gallery of his work. This will inspire ideas, then go outside and create your own response inspired by Goldsworthy. Remember to stay safe, get permission to go outside and follow social distancing rules. You can collect and bring back materials and create in your own garden or you can use what you have in your own garden. Take a photograph of what you create, share with Mrs Crallan and Mr Proctor</p>	Jonathan.Proctor@epschool.org
Food	<p>Pancake make, plate and photograph!</p> <ol style="list-style-type: none"> 1. Select a recipe of your choice from the link below. 2. Make your pancakes. 3. Plate them up and photograph them. 4. Then eat! <p>Savoury pancake recipes - BBC Good Food</p>	<p>The French classic challenge</p> <p>Select a dish, plate, photograph and eat (bon appetit).</p> <p>Tarte Tatin Tarte tatin recipe - BBC Good Food</p> <p>Quiche Leek and Stilton quiche recipe - BBC Food</p> <p>Omelette Omelette recipes - BBC Food</p>	Julie.Fear@epschool.org
IT	<p>Computing Outdoors Click on the link below to find a range of activities you can undertake in the great outdoors! There are 6 missions to choose from. You may wish to take a photo of the mission you are undertaking so you can read it while out and about. Take care and follow social distancing guidelines.</p>	<p>Digital Photography Tips While out for your daily exercise, use your smartphone/digital camera to practise some of the techniques on this website:</p> <p>Top 10 Digital Photography Tips Top 10 Photography Tips (exposureguide.com)</p>	Alison.Evans@epschool.org

	Computing Outdoors		
PE	<p>1. BVSG Event 2 - Winter Olympics https://docs.google.com/spreadsheets/d/15OFf7UR7kzwK-2vsbMbvgGM2CeKSiQF06ka3m6BiQaw/edit?usp=sharing</p> <p>2. Instagram Daily Challenges Follow @epschool on Instagram and try to complete at least three of the daily challenges which ran throughout January Alternatively, search #EPdailychallenge on Instagram to find the videos</p> <p>3. Level 1, 2 & 3 Rep Challenges Try to beat your previous score within the Level 1, 2 or 3 Rep challenges within your previous lessons</p>	<p>1. Instagram Daily Challenges Follow @epschool on Instagram and try to complete at least three of the daily challenges which ran throughout January Alternatively, search #EPdailychallenge on Instagram to find the videos</p> <p>2. Level 1, 2 & 3 Rep Challenges Try to beat your previous score within the Level 1, 2 or 3 Rep challenges within your previous lessons</p>	Sarah.Burrows@epschool.org
PA	<p>Set Design Challenge - 1st Edition https://docs.google.com/presentation/d/1ojFzWUkBYwfhuG6QnxrRKD_Nb_vf1RBOF5g4sCUFgPU/edit?usp=sharing</p> <p>Follow the instructions and video - I look forward to all your submissions!</p>	<p>Set Design Challenge https://docs.google.com/presentation/d/1ojFzWUkBYwfhuG6QnxrRKD_Nb_vf1RBOF5g4sCUFgPU/edit?usp=sharing</p> <p>Follow the instructions and video - but can you use this example to create the set for a performance you have studied or watched in y10/11? I look forward to all your submissions!</p>	Charlotte.Stevenson@epschool.org