

# READY FOR...



## Garstang Community Academy 2020?

The jump up from Primary to Secondary School is an exciting and perhaps nervous time for you, as well as your parents and families. I want to support you with this even during the current restrictions. The staff here at Garstang Community College have been working hard to come up with some challenges for you to complete at home to ensure you are 'Ready for GCA' in September.

We have a set of different challenges from every subject for you to have a go at. Just look through the booklet and give something a try!







It would be great to see how you have been getting on with some of your challenges. Please email me with anything you have managed to complete or have a go at, pictures, photos, videos will all be welcome! Be sure to include your name and current school so I can get a reward to you!

My email address is [info@garstangcommunityacademy.com](mailto:info@garstangcommunityacademy.com) and I look forward to seeing what you have produced!

**Mrs Rainbow**  
Year 7 Progress Leader

# READY FOR... Art?









Research / Investigate	Skills	Watch
<p>Art timeline - what sort of styles can you find throughout time?            What is your favourite Art style?            Pick an artist from this style and create a poster all about them and their Art work.</p> 	<p>Colour wheel - can you find objects from around your home and arrange them into a colour wheel?            Observational drawing - draw things that represent you. This could be a self portrait, your favourite shoes, TV or game character.            Could you challenge yourself to draw a pet, flower or food item?            Think about dark areas of shadow, lighter areas and blending shades and colours together.</p> 	<p></p> <p>Museums in Quarantine series BBC 4            Virtual museum tours - why not explore an Art museum, what was your favourite piece and why?            Coco - Pixar (Mexican day of the dead) after watching could you create your own spirit animal or decorated skull?</p>
<p> Listen</p> <p>Listen to a piece of music or song that you like. Close your eyes and imagine the shapes and colours that the song makes you think of.            Draw and add colour as you listen.            Now do the same with a piece of music you have never heard before (you could ask a family member for a suggestion). Now compare your outcomes.            Artist link - Wassily Kandinsky</p>	<p> Read</p> <p>Do you have a favourite book? Using this or any other book open it onto a random page, read a paragraph from that page and now draw a picture to illustrate the content, to show what is going on.</p>	<p> Try out</p> <p>Try drawing without looking at your paper.            Try to draw something without lifting your pen and pencil (a continuous line)            Try to create your own logo, if you were a brand or had your own business.</p>

# READY FOR...

# COMPUTING & DIGITAL MEDIA ?




<b>Research / Investigate</b> 	<b>Skills</b> 	<b>Watch</b> 										
<b>Listen</b> 	<b>Read</b> 	<b>Try out</b> 										
<ul style="list-style-type: none"> <li>Watch the video on 'Fake News' <a href="https://www.bbc.co.uk/teach/class-clips-video/pshe-computing-gcse-fake-news/zkb4cq7">https://www.bbc.co.uk/teach/class-clips-video/pshe-computing-gcse-fake-news/zkb4cq7</a> Create a poster to show top tips on how to spot fake news.</li> </ul>	<ul style="list-style-type: none"> <li>Start learning programming skills using LightBot. Click here to access the website. <a href="https://lightbot.com/">https://lightbot.com/</a></li> <li>Idea (develop digital, enterprise and employability skills for free) - <a href="https://idea.org.uk/about">https://idea.org.uk/about</a></li> <li>Create your own Emoji's - <a href="https://emoji-maker.com/">https://emoji-maker.com/</a></li> </ul>	<ul style="list-style-type: none"> <li>How to stop cyber bullying - <a href="https://www.youtube.com/watch?v=4g8w7GV3-iA">https://www.youtube.com/watch?v=4g8w7GV3-iA</a></li> <li>How Technology is used to create bubblegum - <a href="https://www.youtube.com/watch?v=2kttVyakHN4">https://www.youtube.com/watch?v=2kttVyakHN4</a></li> <li>Absolute genius with Dick and Dom - <a href="https://www.bbc.co.uk/cbbc/watch/mobile-phones">https://www.bbc.co.uk/cbbc/watch/mobile-phones</a></li> <li>How to spot online scams <a href="https://www.bbc.co.uk/teach/class-clips-video/pshe-computing-gcse-online-security/z4kqjhw">https://www.bbc.co.uk/teach/class-clips-video/pshe-computing-gcse-online-security/z4kqjhw</a></li> <li>Tips on staying safe for video group chats <a href="https://www.bbc.co.uk/newsround/52228461">https://www.bbc.co.uk/newsround/52228461</a></li> </ul>										
<p><b>Pod Casts</b></p> <p>Tumble: How to Build a Robotic Eel <a href="http://www.sciencepodcastforkids.com/single-post/2017/12/22/How-to-Build-a-Robotic-Eel">http://www.sciencepodcastforkids.com/single-post/2017/12/22/How-to-Build-a-Robotic-Eel</a> Why not sketch your own robot based on an animal, and describe what it would do</p> <p>Brains on:How does the internet get to us <a href="https://www.brainson.org/shows/2016/12/20/how-does-the-internet-get-to-us">https://www.brainson.org/shows/2016/12/20/how-does-the-internet-get-to-us</a></p> <p>Brains on:How does GPS know where you are <a href="https://www.brainson.org/shows/2015/04/28/how-does-gps-know-where-you-are">https://www.brainson.org/shows/2015/04/28/how-does-gps-know-where-you-are</a></p>	<ul style="list-style-type: none"> <li>Covid 19 Robots - <a href="https://www.bbc.co.uk/news/technology-52340651">https://www.bbc.co.uk/news/technology-52340651</a></li> <li>Meet the video game characters inspired by animals. <a href="https://www.bbc.co.uk/newsround/50435120">https://www.bbc.co.uk/newsround/50435120</a></li> <li>Is Tech Taking over? <a href="https://www.bbc.co.uk/newsround/35707765">https://www.bbc.co.uk/newsround/35707765</a></li> </ul>	<div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Binary Challenge</b></div> <p>Watch the following YouTube video on how to convert a human number into a number a computer can understand. <a href="https://www.youtube.com/watch?v=70IM1qAD5u4">https://www.youtube.com/watch?v=70IM1qAD5u4</a> Now you have watched the video, attempt to convert these numbers below.</p> <table border="1" data-bbox="1368 1209 1955 1442"> <thead> <tr> <th>HUMAN NUMBER</th> <th>COMPUTER NUMBER</th> </tr> </thead> <tbody> <tr> <td>10</td> <td></td> </tr> <tr> <td>15</td> <td></td> </tr> <tr> <td>20</td> <td></td> </tr> <tr> <td>160</td> <td></td> </tr> </tbody> </table>	HUMAN NUMBER	COMPUTER NUMBER	10		15		20		160	
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10												
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# READY FOR...

# DESIGN & TECHNOLOGY ?



Research / Investigate	Skills - 3D Drawing and Rendering	Watch
<p><b>Product Design</b> - Research different types of wood that are used within manufacturing and production. Can you create a list, and include key points about the different types of wood.</p> <p><b>Textiles</b> - Research different materials that are used to make clothing. Can you find both natural and synthetic fabrics? Make a list of all the different materials you find and include their strengths.</p>	<p>Try drawing a range of 3D shapes - cube, square-based pyramid, cone, cylinder, cuboid, triangular prism.</p> <p>Try to colour render these. This means adding to colour to your drawings whilst making them look 3D. See video below for examples. <a href="https://www.youtube.com/watch?v=DG36Ne7P1c0">https://www.youtube.com/watch?v=DG36Ne7P1c0</a></p>	<p><a href="https://www.youtube.com/watch?v=Rnsk5IA52ps">https://www.youtube.com/watch?v=Rnsk5IA52ps</a> Watch the clip above about iterative design. This is the process, which we have to work in Design Technology, and how companies work within manufacturing.</p> <p><a href="https://www.youtube.com/watch?v=tRT6m3T-QbQ">https://www.youtube.com/watch?v=tRT6m3T-QbQ</a> Watch this video about the designer James Dyson. Can you think of ways in order to improve products within your home?</p>
Upcycling and recycling	Questions	Try out - Clothing Design
<p>Upcycling is where you take something you do not need or use anymore and making something new. Can you find something in your house or garden, and make it into something else? It could be an old t-shirt that is redesigned into another top or even a wall hanging. Can you recycle old card into a game, like a marble run below?</p> 	<p>Any product that uses batteries needs a mineral called cobalt for it to work. Cobalt comes from the ground in a place for Congo. Watch this news report about how cobalt is taken from the ground: <a href="https://www.youtube.com/watch?v=JcJ8me22NVs">https://www.youtube.com/watch?v=JcJ8me22NVs</a></p> <ul style="list-style-type: none"><li>• How does the video make you feel?</li><li>• What is the company mining cobalt doing wrong?</li><li>• How can companies stop bad things like this happening?</li><li>• What can the cobalt company do to improve their work?</li></ul>	<p>Sometimes, designers use other designers or artists as inspiration for their work. We want you to create a t-shirt or hoody design using an artist as your inspiration. A good artist to look at is Mr Doodle, who uses his skills in doodling to create his work.</p>

# READY FOR... English ?









Research / Investigate	Writing Skills	Watch
<p>Choose one of the following <b>famous authors</b> and produce a <b>fact file</b> on them. You could draw a picture of the writer and list all you discover:</p> <ul style="list-style-type: none"> <li>- William Golding</li> <li>- Malorie Blackman</li> <li>- William Shakespeare</li> <li>- John Steinbeck</li> </ul>	<p>Whilst lots of things you might like to do are currently "off limits", we would like you to create a piece of writing that describes your <b>perfect day</b>. Remember to think about: <b>paragraphs, spelling, punctuation, vocabulary choices and descriptive devices</b>. You can use this structure to help you:</p> <ol style="list-style-type: none"> <li>1. Beginning- You wake up in the morning- where are you? What do you have for breakfast? Describe the weather outside!</li> <li>2. Middle- What is the main activity in the day? Where do you go? Describe the journey and what you see on the way. How does freedom feel? Use the five senses to describe everything that you are enjoying about the activity.</li> <li>3. End- How does the day finish? What do you realise by the end of the day? Have you learnt anything from your experience?</li> </ol>	<p>At Garstang, you will be taught lots of amazing Shakespeare plays. The Royal Shakespeare Company have performed 6 brilliant Shakespeare plays so that you can share in British 'culture in quarantine'.</p> <p>Why not give some of them a watch?</p> <p>All six are now on iPlayer and will be broadcast on BBC 4 - dates to be announced:</p> <p><a href="https://www.rsc.org.uk/news/culture-in-quarantine">https://www.rsc.org.uk/news/culture-in-quarantine</a></p>
Listen	Read	Try out
<p><b>Audible.com</b> are offering a range of free audio books for you to listen to, categorised by age.</p> <p>Go to <a href="https://stories.audible.com/discovery">https://stories.audible.com/discovery</a> and select at least one book (if not more!) to listen to over the next few months.</p>	<p>Read as many books as you can and create a 'book review' magazine.</p> <p>On each page of your magazine, you could include:</p> <ul style="list-style-type: none"> <li>• The title of the book</li> <li>• A picture of the book</li> <li>• A star rating of the book</li> <li>• An introduction to the book</li> <li>• Your opinion on the book and why</li> <li>• Whether you would recommend it or not</li> </ul> <p><b>OR</b></p> <p>Read your all-time favourite book again and turn it into an amazing play script. Remember, plays only have characters speaking but you can put stage directions in square brackets if you need the actors to know more information e.g.</p> <p>Ron: Harry I think I'm in love [Ron pretends to faint] Harry: Don't be going all gooey on me, Ron Maybe you and your family could act it out - don't forget the props.</p>	<p><b>Presentation Time!</b></p> <p>Write a persuasive speech, in which you try to convince your audience to read something you have really enjoyed.</p> <p>In your speech you could:</p> <ul style="list-style-type: none"> <li>• Introduce yourself</li> <li>• Introduce the book - the title and author of it (challenge - can you include a metaphor or simile in your introduction to describe how amazing it is?)</li> <li>• Tell us what the book is about and give us 3 different reasons why you loved it - no spoilers</li> <li>• Tell us who you would recommend it to and why you would recommend it to that group in particular</li> <li>• Tell us where we can find the book if we like the sound of it</li> </ul> <p>Think about the following:</p> <p>Tone of voice - How you address the audience - Body language - How you can make your presentation engaging.</p>



# READY FOR...








# FOOD ?



Investigate	Skills	Watch
<p><b><u>RAID THE CUPBOARDS!!</u></b> </p> <p>Have a look in the kitchen cupboards in your house List 8 items you can find and then next to each one write down what you could make with that product An example has been done for you....</p> <ul style="list-style-type: none"> <li>Bread- blitz into breadcrumbs and make chicken nuggets!</li> </ul>	<p><b><u>FOOD OF THE WEEK!</u></b> </p> <p><b><u>CHOCOLATE CAKE</u></b></p> <p>Fill in the gaps below to have an ingredients list of what you need to make the product.</p> <p><u>CAKE</u> 200g S.... 200g B.... 4 E... 150g S...R....F.... 50g C....</p> <p><u>FILLING</u> 200g I....S.... 100g B.... 150g D...C.....</p>	<p></p> <ul style="list-style-type: none"> <li><u>Great British Bake off</u>- currently a stand up to cancer celebrity version on channel 4- last public series on catch up or you tube</li> <li><u>The Great British Menu</u>- currently on BBC 2</li> <li><u>Food Network channel</u>- all chefs on there are amazing and it gives an insight into lots of cultural and regional food</li> </ul>
Trivia	Read	Try out
<p>Can you work out what these popular ingredients are..... </p> <ul style="list-style-type: none"> <li>Guasr</li> <li>Roflu</li> <li>Hlmaweoel astpa</li> <li>Ccoblirio</li> <li>Cigral</li> <li>Otapoest</li> <li>Holaccteo</li> <li>Brswretaiser</li> </ul>	<p><a href="https://www.youtube.com/watch?v=YDm3J60oJmw">https://www.youtube.com/watch?v=YDm3J60oJmw</a></p> <p>Read/watch the above clip about Food banks ii If you had to make a box of food to be delivered to someone vulnerable what 15 items would you include in it and why? </p>	<p><a href="https://www.youtube.com/watch?v=mnczsbPnzYo">https://www.youtube.com/watch?v=mnczsbPnzYo</a></p> <p>Watch the clip and see if you can make a piping bag out of greaseproof paper. You could use this to decorate cakes, biscuits or pastry items with icing, buttercream or melted chocolate! </p>









# READY FOR... Geography?



Research / Investigate	Skills	Watch
<p><b>What Geography exists out of your window....</b></p>  <p>We want you to take a photo/<b>or</b> draw a picture and annotate it (can be on the computer) to show the Geography you can see! (Think about the different things around you)</p>	<p>Can you make a map of the area you live in?</p> <ul style="list-style-type: none"> <li>Add on the main features like:           <ul style="list-style-type: none"> <li>Your house,</li> <li>the shops,</li> <li>a bus stop,</li> <li>main road and your school.</li> </ul> </li> </ul> 	<ul style="list-style-type: none"> <li><b>Countryfile</b> – Sunday 6.15pm, BBC1</li> <li><b>Watch the news today</b> - How many different countries did it mention today? Do you know where they are on a map? Do you know which continents they are on?</li> </ul> 
Listen	Read	Try out
<p>If you like to listen to fascinating facts then click on the link below and learn About. <b>Tokyo Japan</b></p>  <p><a href="https://app.kidslisten.org/ep/Kid-Friendly-Geography-Fun-Facts-Podcast-Geography-Fun-Fact-of-the-Day-Episode-124-Tokyo-Japan">https://app.kidslisten.org/ep/Kid-Friendly-Geography-Fun-Facts-Podcast-Geography-Fun-Fact-of-the-Day-Episode-124-Tokyo-Japan</a></p>	<ul style="list-style-type: none"> <li>Dinosaurs walked through Antarctic Rainforests –</li> <li><a href="https://www.bbc.co.uk/news/science-environment-52125369">https://www.bbc.co.uk/news/science-environment-52125369</a></li> <li>How to predict threats to animals due to plastics –</li> <li><a href="https://www.bbc.co.uk/news/science-environment-52062158">https://www.bbc.co.uk/news/science-environment-52062158</a></li> </ul> 	<p>Can you work out these countries from their outlines?</p>  

# READY FOR... History ?



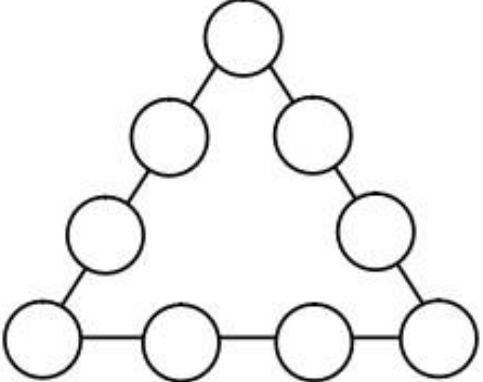


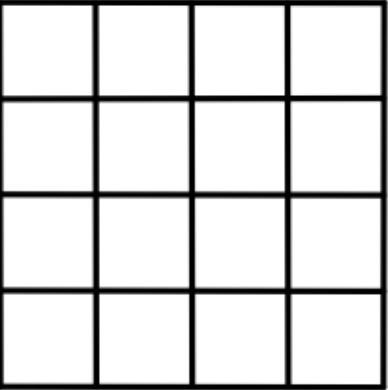




Research / Investigate	Skills	Watch
<p>You will study many important people during your time at GCA.</p>  <p>Can you find out at least three facts about each of the ones below:</p> <ul style="list-style-type: none"> <li>• William Duke of Normandy.</li> <li>• Wat Tyler.</li> <li>• Henry VIII.</li> <li>• Charles I.</li> <li>• Oliver Cromwell.</li> </ul>	<p>A good historian will look at evidence and ask questions. Is it accurate? They will look for anachronisms. An anachronism is something that is not in the correct historical period.</p>  <p>Look at this picture: <a href="https://www.historyonthenet.com/spot-the-anachronism">https://www.historyonthenet.com/spot-the-anachronism</a></p> <p>Can you spot the ten anachronisms?</p>	<p>BBC Teach has some fantastic videos.</p>  <p>Watch the first eight videos on the section called 'The Story of Britain'. This will tell you the story of Britain up until 1066.</p> <p><a href="https://www.youtube.com/watch?v=-DKXHi-udxg&amp;list=PLcvEcrsF_9zL7eufSRiWUYiC80khLsqz7">https://www.youtube.com/watch?v=-DKXHi-udxg&amp;list=PLcvEcrsF_9zL7eufSRiWUYiC80khLsqz7</a></p>
Listen	Read	Try out
<p>Horrible Histories has loads of videos you can watch. Can you learn any of the songs?</p>  <p>This one will help you list all the monarchs...</p> <p><a href="https://www.bbc.co.uk/cbbc/quizzes/the-monarchs-song-kings-and-queens-quiz">https://www.bbc.co.uk/cbbc/quizzes/the-monarchs-song-kings-and-queens-quiz</a></p>	<p>Non - fiction:</p> <ul style="list-style-type: none"> <li>• The Stormin; Normans - Horrible Histories.</li> <li>• The Normans and the Battle of Hastings - The History Detective investigates.</li> </ul> <p>Fiction:</p> <ul style="list-style-type: none"> <li>• Asterix and the Normans (Comic).</li> <li>• The Striped Ships - Eliose McGraw.</li> <li>• Knight's fee - Rosemary Sutcliffe</li> <li>• Man with a sword - Henry Treece.</li> </ul> 	<p>Shoe Box Challenge!</p> <p>Research what a medieval village or castle looks like -</p>  <p>you then need to create the scene using a shoe box.</p>  



# READY FOR... Maths ?









Investigate	Problem Solve	Sort and Classify
<p>How many different ways can you make a tower of four blocks if you have a red block, a blue block, a green block and a yellow block?</p>  <p>Think about what strategy you could use for listing them!</p> <p>If you find them all try towers of five blocks with an additional pink block.</p>	<p>Put the numbers 1-9 in the triangle so each side adds up to the same amount.</p>  	<p>How many different units of measure can you think of? Eg. Grams, inches, gallons, metres.</p>  <p>Can you classify them into metric and imperial units?</p> <p>Can you arrange them in size order?</p> <p>Can you think which ones are mainly used today?</p>
Analyse	Research	Communicate and Represent
<p>How many squares are shown below? (There are more than 16!)</p>  	<p>Below is a famous number sequence:</p> <p>1, 1, 2, 3, 5, 8, 13, 21.....</p>  <p>Find out what numbers come next. Research who first found this sequence, how the sequence is generated and where this sequence is found in nature.</p>	<p>How many different ways can you represent the calculation</p>  <p><math>6 \times 4 ?</math></p>

# READY FOR...









# Modern foreign languages ?



Research / Investigate	Skills	Watch
<p>You will be learning French at Minsthorpe. What do you already know about France? </p> <p>Create a fact file with as many facts as possible about France and/ or French speaking countries.</p> <p>You could include the population, its location, some historical facts, food, cities, famous people.</p>	<p>When learning a language, we focus on 4 different skills: listening, speaking, reading and writing. One of the most important skills is being able to learn and remember new vocabulary. </p> <p>Create a learning mat (<i>vocabulary poster</i>) with all of the French words you already know and that you have learnt doing these tasks. You can add pictures and split it into categories. Make sure to write them in both French and English and bring it along when you start school here.</p>	<p>It's really important that when we speak French we pronounce the words correctly. Some words are spelt the same as English words but they do not sound the same. </p> <p>Watch these two videos and work through the lessons on phonics and silent letters:</p> <ul style="list-style-type: none"> <li><a href="https://www.bbc.co.uk/bitesize/topics/zkg/gbdrn/articles/zbj9y9g">https://www.bbc.co.uk/bitesize/topics/zkg/gbdrn/articles/zbj9y9g</a></li> <li><a href="https://www.bbc.co.uk/bitesize/topics/zkg/gbdrn/articles/zdh292p">https://www.bbc.co.uk/bitesize/topics/zkg/gbdrn/articles/zdh292p</a></li> </ul>
Listen	Read	Try out
<p>To work on your pronunciation of French words, listen to these songs and practice singing along. </p> <ul style="list-style-type: none"> <li>Numbers 1-20 - <a href="https://www.youtube.com/watch?v=lsc3qLMaCu8">https://www.youtube.com/watch?v=lsc3qLMaCu8</a></li> <li>Days of the week <a href="https://www.youtube.com/watch?v=Lpwf5N0rfVE">https://www.youtube.com/watch?v=Lpwf5N0rfVE</a></li> <li>Family members <a href="https://www.youtube.com/watch?v=MFk9YmJv-jc">https://www.youtube.com/watch?v=MFk9YmJv-jc</a></li> </ul> <p>Add the new vocabulary to your learning mat.</p>	<p>One of the first things you will learn about is how to talk about yourself and your family. </p> <p>Read through these two lessons online and see if you can complete the simple tasks:</p> <ul style="list-style-type: none"> <li>Introducing yourself - <a href="https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/z7ftwtj">https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/z7ftwtj</a></li> <li>Talking about family and pets - <a href="https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/zmvpqp3">https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/zmvpqp3</a></li> </ul> <p>Add the new vocabulary to your learning mat.</p>	<p>1. Make a poster about you and your family. Use the vocabulary that you have learnt in the "Read" </p> <p>sentences in French.</p> <p>2. One of the most famous French foods are <i>crêpes</i>. They are extremely delicious.</p> <p>Follow this simple recipe to make some of your own. <a href="https://www.bbcgoodfood.com/recipes/crepes-suzette">https://www.bbcgoodfood.com/recipes/crepes-suzette</a></p>

# READY FOR... MUSIC ?









Research / Investigate	Skills	Watch
<p>Music has many different note values that you learn when reading music, can you research what they all are and learn them?</p>  <p>For example this is a crotchet it is worth 1 beat. Can you find about the others and draw them?</p> 	<p>Can you write your own rap about lockdown and how you feel using techniques from Daniel Radcliffe you tube video.</p> 	 <p><a href="https://www.youtube.com/watch?v=aKdV5FvXLuI">https://www.youtube.com/watch?v=aKdV5FvXLuI</a></p> <p>Watch this cool video of Daniel Radcliffe who played Harry Potter and how he raps. What do you think?</p>
Listen	Read	Try out
<p>Music has lots of different genres (styles) can you listen to these genres and write a few sentences about why you like or dislike them, what makes them different?</p>  <ol style="list-style-type: none"> <li>1. Rock - Living on a prayer - By Bon Jovi</li> <li>2. Pop - Dance Monkey - by Tones and I</li> <li>3. Classical - Adagio for strings By Barber</li> <li>4. Rock - Eye of the tiger by Survivor</li> <li>5. Dance - Adagio for strings - By Tiesto</li> </ol>	<p>Do you know the difference between a composer and conductor? Research and read what the differences are and write your findings down. ☺</p> 	  <p>Do you know the note names of a keyboard? Draw out this picture and learn the note names until you can do it without looking. Then test yourself!</p>

# READY FOR...









# Performing Arts ?



Research / Investigate	Skills	Watch
<p>Who is your most favourite <b>actor</b>?</p>  <p>Find out all about them and design your own actor's biography.</p> <p>Tell us why they are your favourite actor. Include some of the following information: Name, age, family, nationality, films/theatre/TV productions they have starred in.</p>	<p><b>Communication</b> - Sit down with your family and have a conversation about a topic you feel strongly about. Music? Film? Politics? Food? Exercise?</p>  <p>Think about how long the conversation lasts for and who is contributing the most. Did the conversation go off the original chosen topic</p> <p>How did you feel once the conversation had finished?</p>	<p>Andrew Lloyd Webber has a recording of one of his famous shows on YouTube every Friday night at 7pm.</p>  <p>Why not watch a <b>musical</b> and pick up some tips for if you want to <b>audition</b> for our school musical next year?</p>
Listen	Read	Try out
<p><b>Listen</b> to your favourite song from a <b>musical</b>.</p>  <p>What do you like most about that song and scene?</p> <p>What is happening at this point in the story?</p> <p>What is the most important part of the song?</p>	<p>Read a classic nursery rhyme</p>  <p>Some examples are:          Little Red          Three little pigs          Hansel and Grettle          Jack and the bean stalk</p> <p>Try to re tell the story to someone in your family, using your <b>imagination</b> to change your voice for different characters in the story or you could re tell the story and change it slightly?</p>	<p>Can you get your family at home to create a short play with you?</p>  <p>You could give them a <b>character</b> from a story you already know, you could write a script to help them remember what they need to do and say.</p> <p>Or re-tell a classic nursery rhyme.</p> <p>You could film this and watch it back!</p>







# READY FOR... PHYSICAL EDUCATION ?



Sport Research	Physical Skills	Watch
<p>Use the internet/your knowledge to create an A4 sheet on a chosen sport. Find out the following;</p> <ol style="list-style-type: none"> <li>1. How many players are in a team?</li> <li>2. Name a famous player.</li> <li>3. What equipment is needed to play?</li> <li>4. Give 1 rule of the sport?</li> </ol> <p>Make it colourful/put pictures on and then share them with the PE department on twitter: @GCA_PE</p> <p>Try to do sports which you don't know much about to make it more interesting to research.</p>	<p>Watch the Twitter video, link attached below and here, it should play even if you don't have a twitter account.  <a href="https://twitter.com/i/status/1267360632304697344">https://twitter.com/i/status/1267360632304697344</a>            NEW  <a href="https://twitter.com/LancSchoolGames">@LancSchoolGames</a>            CHALLENGE: VOLLEYBALL            Have a go at "Bottoms Up!" Email your entries to <a href="mailto:pe@garstangcommunityacademy.com">pe@garstangcommunityacademy.com</a>  <a href="https://twitter.com/GarstangAcademy">@GarstangAcademy</a> @GCA_PE</p> 	<p>Watch the following YouTube clip and make notes on what skills/attributes/qualities you think this performer needed to have to be successful.</p>  <p><a href="https://www.youtube.com/watch?time_continue=512&amp;v=iPESjpJsFtU&amp;feature=emb_title">https://www.youtube.com/watch?time_continue=512&amp;v=iPESjpJsFtU&amp;feature=emb_title</a></p> <p>Maybe you could try to bring some of these to your PE lessons in September?</p> 
Cooking up a storm	Read	Research
<p>Research a health meal/snack and then either draw it or make it for yourself/household member.</p> <p>Consider the following;</p> <ul style="list-style-type: none"> <li>☑ What ingredients do you need?</li> <li>☑ Does it include some fruit/vegetables?</li> <li>☑ Is it quick and easy to make?</li> </ul>  <p>If you draw it use colour to make it look tasty.</p> <p>If you make it, take a photo and share it on our twitter @GCA_PE</p>	 <p>Read page 1 on the link below and make a poster on it.</p> <p><a href="https://www.bbc.co.uk/bitesize/guides/z2d9j6f/revision/1">https://www.bbc.co.uk/bitesize/guides/z2d9j6f/revision/1</a></p>  <p>Your poster must include;</p> <ul style="list-style-type: none"> <li>☑ 1 Physical benefit of PE</li> <li>☑ 1 Emotional benefit of PE</li> <li>☑ 1 Social benefit of PE</li> </ul>	<p>Do some research into what a warm up is and why we do one. Use either;</p> <ul style="list-style-type: none"> <li>• Online resources,</li> <li>• Ask household members.</li> </ul> <p>Try to plan your own 10 minute warm up using the knowledge you have gained.</p>  <p>Include:</p> <ul style="list-style-type: none"> <li>☑ Pulse Raiser</li> <li>☑ Stretches.</li> </ul> 







# READY FOR... SCIENCE ?



Research / Investigate	Skills	Watch										
<p>Carry out your own scientific investigation! A scientific investigation involves <u>changing</u> something and taking <u>measurements</u> or making <u>observations</u> to see what effect that change has. Examples could be - <b>changing</b> the <b>temperature</b> of water (be careful) and <b>measuring</b> how much sugar/salt will dissolve, using <b>different sized</b> or <b>shaped</b> objects and <b>timing</b> how long they take to fall from the same height. Have a go and record your findings!</p> 	<p>A key skill in science is <b>measuring</b>. Can you find ways to <b>measure these objects around your home</b> and complete the table? Take pictures if you can!</p>  <table border="1" data-bbox="855 558 1444 774"> <thead> <tr> <th>Object</th> <th>Measurement</th> </tr> </thead> <tbody> <tr> <td>Length of a spoon</td> <td></td> </tr> <tr> <td>Liquid in a cup</td> <td></td> </tr> <tr> <td>Cereals in a bowl</td> <td></td> </tr> <tr> <td>Size of your T.V.</td> <td></td> </tr> </tbody> </table> <p>What else can you measure at home?</p>	Object	Measurement	Length of a spoon		Liquid in a cup		Cereals in a bowl		Size of your T.V.		<p><b>Science in TV!</b></p> <p>Next time you're watching your favourite T.V. show or a film with your family see how many examples of <b>science</b> you can spot! You could make it into a competition to see which member of your family spots the most!</p> <p><b>Biology</b> - Living things like plants, animals and humans. <b>Chemistry</b> - substances changing into new/different products E.g. cooking. <b>Physics</b> - energy, forces, mechanics, space.</p> 
Object	Measurement											
Length of a spoon												
Liquid in a cup												
Cereals in a bowl												
Size of your T.V.												
<p><b>Listen</b></p>  <p><b>Listen to a science podcast!</b> Podcasts can be a great way to keep up to date! The link below will take you to the list of episodes of the Exploring stories of science discovery. <a href="https://beta.prx.org/series/38125">https://beta.prx.org/series/38125</a></p>	<p><b>Read</b></p>  <p>Choose one of the links below to read about a topic you will study in year 7!</p> <p><b>Biology</b> Animal adaptations to a hot climate <a href="https://www.bbc.co.uk/bitesize/clips/zp8fgk7">https://www.bbc.co.uk/bitesize/clips/zp8fgk7</a></p> <p><b>Chemistry</b> Alkali metals and their reactions to air and water <a href="https://www.bbc.co.uk/bitesize/clips/zfrtfg8">https://www.bbc.co.uk/bitesize/clips/zfrtfg8</a></p> <p><b>Physics</b> The solar system <a href="https://www.bbc.co.uk/teach/class-clips-video/physics-ks3ks4-professor-brian-cox-the-solar-system/zr9jmyc">https://www.bbc.co.uk/teach/class-clips-video/physics-ks3ks4-professor-brian-cox-the-solar-system/zr9jmyc</a></p>	<p><b>Try out</b></p>  <p>Place <b>two fingers</b> on the side of your <b>neck</b> or on your <b>wrist</b>. You may need to move them around a bit until you feel little regular pushes against your fingers - this is your <b>pulse!</b></p> <p><b>Measure</b> how many times you feel a beat in a <b>minute</b> (your <b>heart rate</b>). Try this <b>before and after exercise</b> (like the Joe Wicks P.E. lesson) and see what happens to your heart rate? Can you explain why this happens?</p>										

# READY FOR...

# Personal, Social and Health Education?

<p><b>Research / Investigate</b></p> <p><a href="https://www.youtube.com/watch?v=MdVTq6a2tZM">https://www.youtube.com/watch?v=MdVTq6a2tZM</a> Watch the clip and have a look at how your body works. Think about why a healthy diet is so important.</p>  <p>Go to <a href="http://www.truetube.co.uk">www.truetube.co.uk</a>. If you type 'cribs' into the search bar it will bring up different places of worship. Watch a selection of them, thinking about similarities and differences between the different places.</p>	<p><b>Skills</b></p>  <ul style="list-style-type: none"> <li>Have you thought about how you are going to get to and from GCA? It might be by car, bus, walk or bicycle.</li> <li>Plan your route so it is safe, how long is it going to take you? You might want to do a practice and time yourself.</li> </ul>	<p><b>Watch</b></p>  <ul style="list-style-type: none"> <li>'Good Sam' on Netflix – what would you do with the money if a stranger left £100,000 on your doorstep?</li> </ul>
<p><b>Listen</b></p>  <ul style="list-style-type: none"> <li>Listen to Stormzy 'Blinded by your Grace'.</li> <li>Think about its meaning, what do you think he was singing about?</li> <li>Can you find other songs that can be linked to religion?</li> <li>Which is your favourite and why?</li> </ul>	<p><b>Reflection</b></p>  <ul style="list-style-type: none"> <li>What place is special to you and why?</li> <li>What foods make you happy or have a happy significance to you can you explain why?</li> <li>Is there a certain food that you link with your family or has importance?</li> <li>If you could invite two people to dinner who would they be and why?</li> </ul>	<p><b>Try out / be creative</b></p>  <ul style="list-style-type: none"> <li>Can you create a symbol that reflects who you are, your likes and dislikes?</li> <li>Looking around your house can you find materials to help you create your own place of worship (think about the purposes of a place of worship)</li> </ul>