



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

MONDAY 18TH
JANUARY 2021

THE WALLINGTON WEEK

MESSAGE FROM THE HEAD TEACHER

Dear Parents and Carers,

I trust that everyone is keeping themselves safe and well.

As you are no doubt aware, the government has decided that this year's GCSEs and A Levels will not be assessed by formal external examinations in the summer. The announcement by the Secretary of State can be found [here](#) and OFQUAL's detailed response can be found [here](#). On Friday, the Department for Education and Ofqual published their consultation paper on how GCSE and A level grades should be awarded this summer. This paper can be found [here](#) and includes the proposed use of externally set tasks or papers to support schools in their assessment of students. The consultation is open to anyone, including students and parents – please note that it closes on Friday 29th January.

We held our Year 11 Parents' Evening last week using our new booking and video conferencing system enabling these consultations to be held remotely via video conferencing. Thank you to everyone that attended and I trust that it was a useful and informative evening. A reminder to Year 12 parents that the Parents' Evening takes place this Wednesday 20th January.

We are using the same system to conduct our Year 11 guidance meetings which started last week. These meetings are an opportunity for students to discuss their A level choices with a senior member of staff as well as learn more about life in the Sixth Form.

Finally a reminder that the school remains open for vulnerable children and for children of key workers and a reminder that if you are classified as a key worker and would like your child in school to access remote learning, then please email info@wallingtongirls.org.uk. During the school closure, Form Tutors, Head of Year and the Pastoral Team will still be able to provide pastoral support to students and should be the first point of contact for

concerns. Please also remember that, if your child is unwell and unable to engage in remote learning, to report the absence in the usual way. If it is Covid related, please use the email address covid@wallingtongirls.org.uk to report.

Kind regards

Mr R. V. Booth
Headteacher



REMOTE EDUCATION REMINDERS

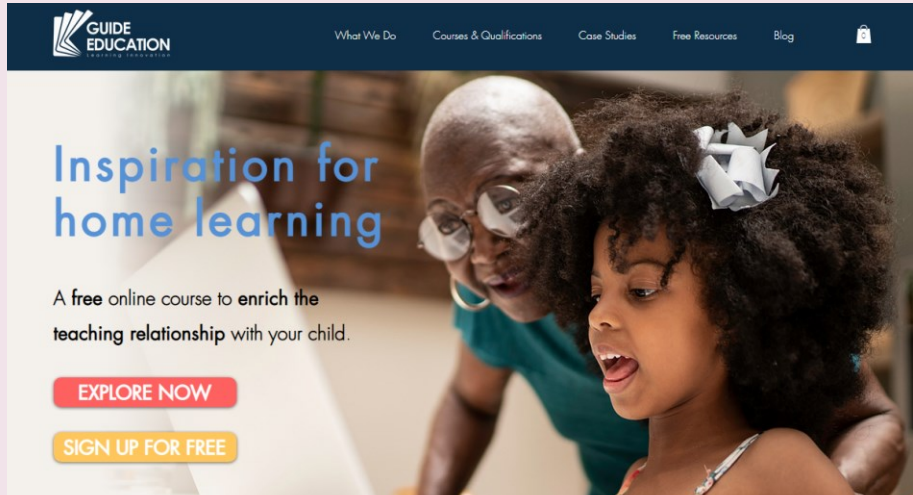
- When joining MS Teams students **must use their real name (first name and last name)**, for safeguarding purposes unrecognised names will not be let into the session,
- In addition, students **should never forward MS Teams invites**,
- Cameras should be on during remote lessons,
- Where possible the MS Teams desktop app should be used instead of the web app,
- Students should not use their email address to log in to MS Teams sessions.
- Attached is a copy of the most recent version of the Student Guide to MS Teams that reflects the points above. Students must read the guide before joining any session.

Mr Donnelly

THE WALLINGTON WEEK

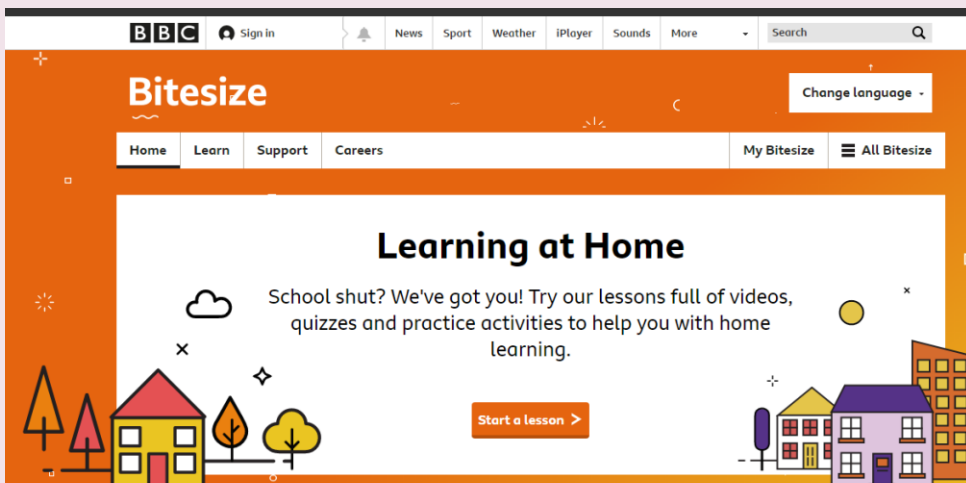
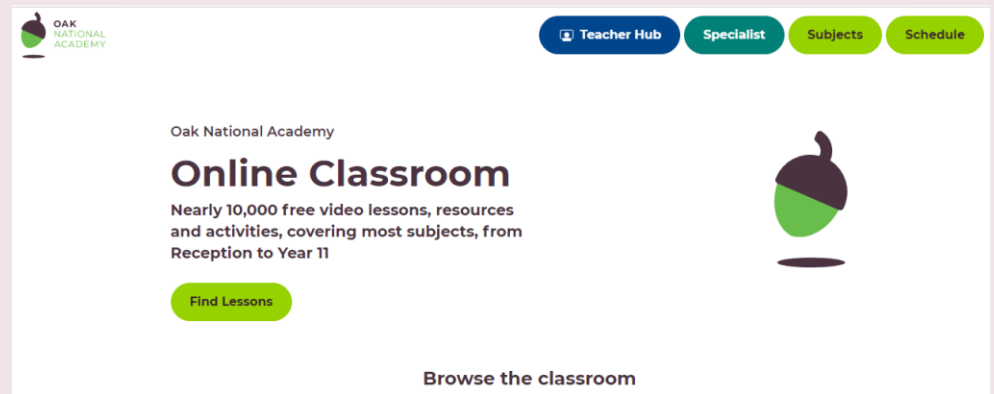
REMOTE LEARNING RESOURCES

Below are some links to some great online resources that we wanted to highlight to Parents/Carers.



[Parent Support Course | Guide Education](#)

[Oak National Academy Online Classroom \(thenationalacademy\)](#)



[Educational programmes to help children learn at home are available from the BBC.](#)

THE WALLINGTON WEEK




The school would like to introduce Mrs Hailey Antonio – the school's new Student Support Officer who will be working with the Pastoral Team and supporting our students.

Hayley has a wealth of experience working with children, supporting young people and their families for over past 20 years in and around Croydon. Some of our students may be contacted by Mrs Antonio during our period of remote learning in line with our on-going pastoral support.

If you have any concerns regarding your daughter at this time, please do email the Form Tutor, Head of Year or Mrs Antonio.

In the meantime I am available to contact if you wish:
Hailey Antonio: hantonio@wallingtongirls.org.uk



Child Exploitation and Online Protection command

If you need to hide this site quickly, just click here

Quick exit

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

What happens when I make a report? →

How can CEOP help me? →

Whilst we are in lockdown it is important to be aware of how to keep yourself safe online. Please do use the school website still for resources on this. There is a link to the CEOP button which directs you to advisers who support young people if they want to report an issue regarding feeling uncomfortable when communicating with them online.

Parents' Ultimate Guide to Discord

<https://www.common sense media.org/blog/parents-ultimate-guide-to-discord>

Over recent weeks we have received several alerts through the school system which seem to have arisen from students using their school email address to log in to the social media app 'Discord'. This app now has 100 million users and has become really popular in the last year. Please do use this link to update yourself if you are not familiar with this platform.

The app was used for gaming initially but significantly has become an easy-to-use group-chatting tool for friends which is clearly appealing at this time. The safest way to use Discord is to only accept friend requests and participate in private servers with people you already know.



We ask that students do NOT use their school email to log in to this app.

THE WALLINGTON WEEK

CAREERS INFORMATION



SPEAKERS
for schools

Speakers for Schools is pleased to announce that we will continue to run our live broadcasts this year for young people learning online, at school and at home.

Here is next week's schedule **LIVE BROADCASTS SCHEDULE**. Please feel free to share the schedule with your students!

HOW TO JOIN THE LIVE BROADCASTS

- Join 10 minutes before the broadcast to be ready
- You can join without needing an account – **Watch how here**
For full speaker descriptions visit the **Broadcast Schedule here**

LIVE BROADCASTS LIBRARY & MORE

Watch pre-recorded broadcasts from our library **here**
Please see our **Schools Guide here**.



SPRINGPOD®

Virtual Work Experience Programmes

Take a look at the list of upcoming opportunities for 2021 (many of which will be closing soon!) with top employers such as Vodafone, Nestle, The NHS, Chartered Institute of Marketing and BT, by clicking **here**

Bloomberg is excited to invite you to our upcoming event Discover Bloomberg: Apprenticeships.

We are offering a group of talented students the exciting opportunity to visit to attend our webinar and experience the buzz of Bloomberg. You'll gain a unique insight into our business and the wide range of apprenticeships we have on offer. You'll get to network with our employees and current apprentices!

Bloomberg | Event registration (recsolu.com)

We would like to share with you some resources which might help families support our young people in these unusual times. The Education Wellbeing Practitioners in Sutton have created 3 videos which may be useful and can be viewed online.

Supporting your teenager with lockdown and the return to school: <https://www.youtube.com/watch?v=4xA4WWGpAcY&t=21s>

This is a video for parents, carers, or those working with adolescents, offering guidance around how to support teenagers during lockdown and help them cope with Covid-19. We also look at how to support them with the transition back into school.

Parenting teens in times of uncertainty: <https://www.youtube.com/watch?v=HcWV-3Dnh9sl>

This video is for parents and carers of teenagers recorded from a live workshop. It will look at the following topics: supporting your teenager with sleep, how to enable teens to hear what we're saying, recognising anxiety and low mood in teens, how to respond to heightened teen emotions

Supporting your teenager with anxiety: <https://www.youtube.com/watch?v=X5ZTggCEG98&t=286s>

This video is aimed at the parents or carers of teenagers and provides some ideas as to how you can support them if they are experiencing worry or anxiety.

WEEK 2 CHALLENGE

FUN WITH HANDSTANDS



How long can you hold a handstand for?
Follow #gymnasticswithmax or google handstand progressions to help you practice performing the perfect handstand!!
Prizes awarded to the student who manages to hold the handstand balance the longest!!
Send us your videos to be in with a chance of winning :)

THE WALLINGTON WEEK

ENRICHMENT

Hello Years 7 – 9,

Are you interested in **stem and science questions and puzzles**? Are you looking to **enrich your subject knowledge**, or perhaps **learn about new subjects**, such as psychology and economics? Or are you **looking for ways to earn some house points**? If so, Eureka magazine have the perfect opportunity for you!

TAKE PART IN THE EUREKA COMPETITION AND EARN HOUSE POINTS!!!!!!

Every week on the Student Bulletin and Wallington Week, Eureka Magazine will release some **questions/puzzles/activities for you to try!** Questions will be on all sorts of topics; from engineering, to medicine, and even to computer science, our aim is widen your knowledge, and help you have fun along the way. You don't have to do everything, but **the more tasks you try, the more points you will get!** **Impressive and creative responses to questions/tasks will earn house points!** This will count towards a running total of points; a running **leaderboard will be announced each half term with every release of Eureka Magazine**; look out for each release to keep up to date with the leaderboard. **At the end of the year, we will release the final leaderboard; high scorers can expect some house points!**

Email your answers each week to Neha at: nkanaginal15@wallingtongirls.org.uk and cc Miss Tucker at: stucker@wallingtongirls.org.uk into the email.

Feel free to email Neha and Miss Tucker if you have any questions.

Good luck,
Eureka Magazine Editors



Issue 1 Question 1

EUREKA COMPETITION FOR YEARS 7-9!

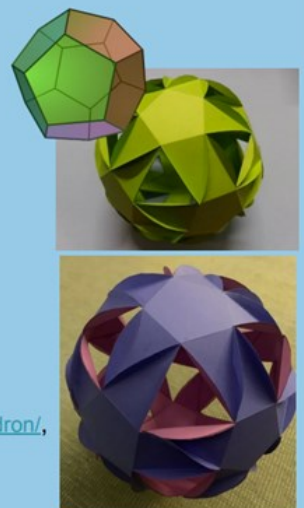
This is a great opportunity to earn housepoints and enrich your subject knowledge!

Conduct some research to evaluate whether the following statements are true or false. They all revolve around a mathematician called Pythagoras, who you will rely on A LOT in maths.

1. Pythagoras sacrificed 100 goats to celebrate the proof of his theorem about right-angled triangles
2. Pythagoras' belief in reincarnation meant that him and his followers were vegetarian, and were not allowed to eat beans.
3. After being accepted into his sect, new members had to take a vow of silence for three years!
4. Women were not allowed to be part of the Pythagorean Brotherhood.
5. If anyone left the Brotherhood, a tombstone would be erected in their memory.
6. Pythagoras allegedly drowned one of his students for breaking the vow of secrecy to publicly announce the discovery of the dodecahedron.

For extra keen students:

Use this link to build a Pythagorean dodecahedron: <https://www.instructables.com/Make-a-Pythagorean-Dodecahedron/>, and send us a picture to feature in our magazine!



Housepoints are up for grabs! Email your solutions to nkanaginal15@wallingtongirls.org.uk and Cc stucker@wallingtongirls.org.uk

THE WALLINGTON WEEK

ENRICHMENT

Hello Years 10-13,

The Eureka Magazine editors are looking for your help to **release WHSG's first ever STEM and Social Sciences focused Magazine!** We are looking for submissions, whether that be articles on a particular field, a book or movie recommendation, or even an interview with anyone you know who works in STEM, any submissions will be welcome! Why not **make improve your subject knowledge**, whilst also **making your personal statement stand out!**

We are looking for submissions on:

- Mathematics and Engineering
- Medicine and Life Sciences (including Biology and Chemistry)
- Computer Science - Economics and Business
- Design and Technology
- Psychology and Sociology

Submissions for this issue are due on the 1st of February.

Please submit your articles by saving them in correct section folder in the 'Eureka Magazine' Folder in Student Shared, which can be accessed via FROG. For example, if your submission is on maths, please save it in 'Maths and Engineering' in the Eureka Magazine folder on FROG. If you have any questions, please feel free to email any of the editors:

achow15@wallingtongirls.org.uk
ssuri15@wallingtongirls.org.uk
nkanagahal15@wallingtongirls.org.uk
zkhalid15@wallingtongirls.org.uk
tjayashanker15@wallingtongirls.org.uk
ssivanesavajah15@wallingtongirls.org.uk

Thank you,
Eureka Magazine Editors



MORE INFORMATION

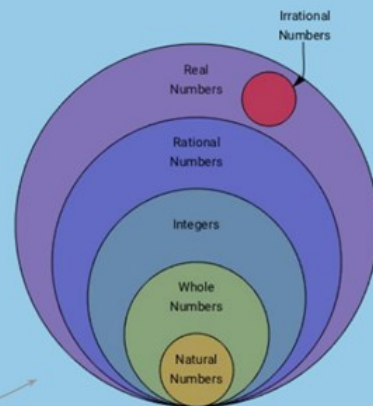
After acquiring knowledge through his travels in Egypt and the East, Pythagoras returned to Greece to set up an almost cult-like mathematical society called the **Pythagorean Brotherhood**. This was a highly secretive sect and in it Pythagoras taught that God ordered the universe with numbers, and so everything within the universe could be represented as a ratio of two whole numbers.

In mathematical terms, he believed that all numbers were **rational**. Rational numbers include positive and negative whole numbers and fractions. **Irrational numbers**, such as π or $\sqrt{2}$, have a never ending decimal expansion. This means that they cannot be expressed as a fraction of whole numbers. It is believed that the Pythagoreans discovered irrational numbers, but tried to keep this discovery a secret as it did not align with their beliefs.

The square root of two =

1.4142135623730950488016887242096980785696718753769480731766797379907324784621
 07038850387534327641572735013846230912297024924836055850737212644121497099935831
 41322266592750559275579995050115278206057147010955997160597027453459686201472851
 7418640891986095523292304843087143214508397626036279952514079896872533965463318
 08829640620615258352395054745750287759961729835575220337531857011354374603408498
 8471603868997069900481503054402779031645424782306849293691862150857846311159666
 87130130156185689872372352885092648612494977154218334204285686060146824720771435
 85487415565706967765372022648544701585880162075847492265722600208558446652145839
 88939443709265918003113882464681570826301005948587040031864803421948972782906410
 45072636881313739855256117322040245091227700226941127573627280495738108967504018
 36986836845072579936472906076299694138047565462372899718032680247442062926912485
 9052181004459842150591120249441341728531478105803603371077309182869314710171116
 839165817268894197587165821521282295184884720809694633862891562882765952635140542
 2676532396946175112916024087155101351045538128756085263146801712740265396947024
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 20605243362948531704901577175622854974143899918802176243096520656421182731672625
 7530504717735034637238637261487747672708671155830500976521176357608917540981593

An integer is a whole number (i.e. it has no decimal parts). Rational numbers include positive and negative integers, and fractions made up of integers. However, numbers like π or e can never be expressed as a fraction. Their decimal expansion goes on forever, without any parts of it repeating.

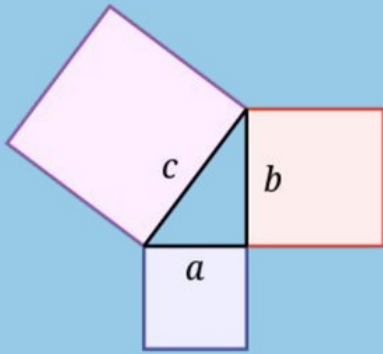


NASA has calculated the first 10 million digits of $\sqrt{2}$. Like π and e , it is an irrational number so it will never end.

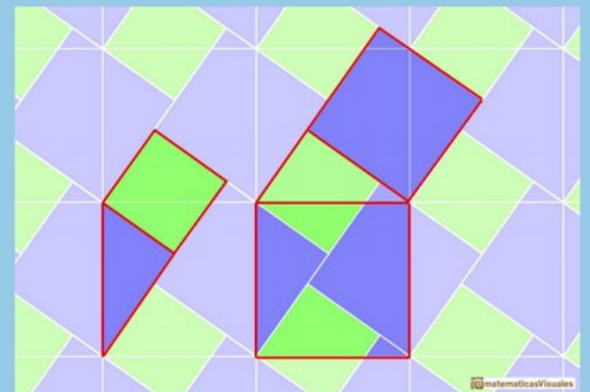
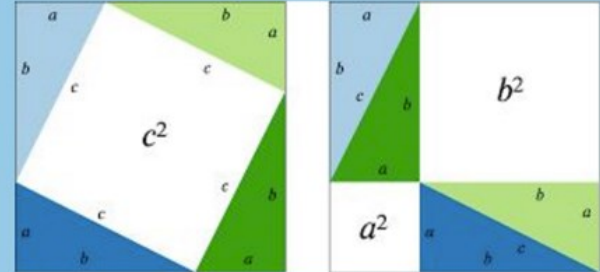
THE WALLINGTON WEEK ENRICHMENT

MORE INFORMATION

Pythagoras' Theorem: $a^2 + b^2 = c^2$



If you haven't already seen this before, it tells you about the relationship between the sides of a right-angled triangle. If you square the length of the two shorter sides, and add them together, it will always equal the square of the longest side. Can you spot how we can prove this from the tiles opposite?



If you are interested in the maths, try to research Hippasus' proof that $\sqrt{2}$ is an irrational number. This is a very elegant and simple proof, and is not too difficult to understand. (I recommend using this video:

https://www.youtube.com/watch?v=sbGjr_awePE)



WALLINGTON HIGH SCHOOL FOR GIRLS

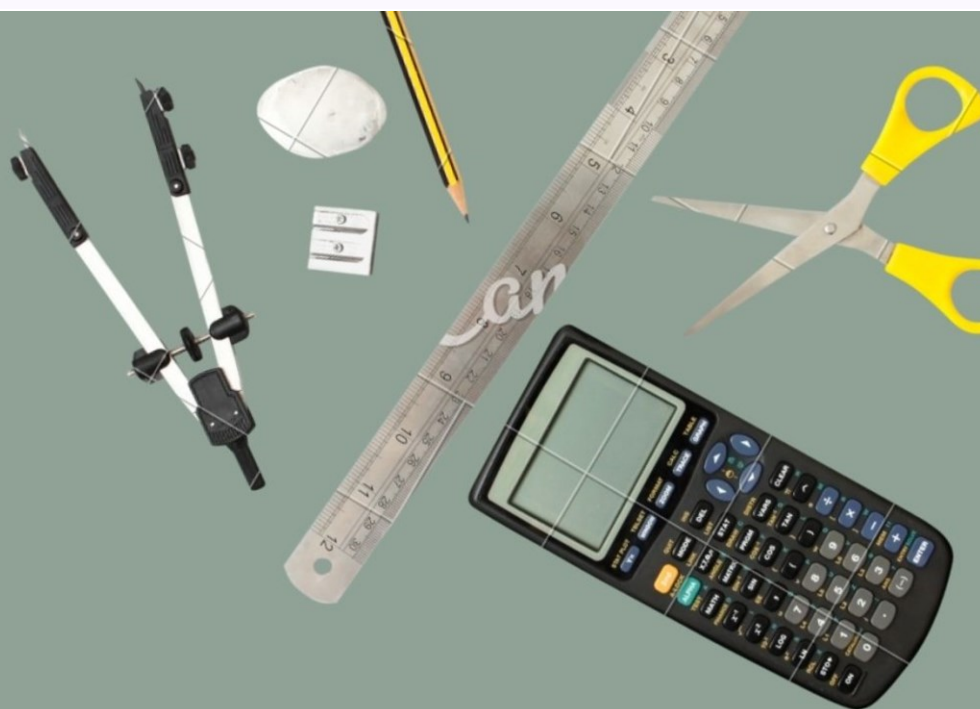
ENGINEERING SOCIETY

Problem 1: Designing a glider!

If you are in Year 12 and this sounds interesting, come along to the club!

**THURSDAYS 3-4 PM ON ZOOM
STARTING 21/1/21**

Please email: NGANESALINGAM15@wallingtongirls.org.uk
for the joining details

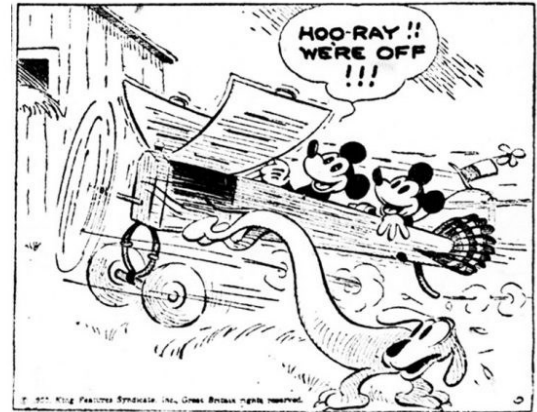


THE WALLINGTON WEEK

ENRICHMENT

DID YOU KNOW?

The "Mickey Mouse" comic strip 1st appeared in print on 13th January 1930 following on from the success of the initial mickey mouse cartoons. They became a huge success and were printed in 20 other countries within the next year.



**WORLD'S
LARGEST LESSON
NEWSLETTER**



Are you a student who would be keen to join **World's Largest Lesson's 2021 Student Advisory Panel**? We would love to hear from you! We are looking for 5 students aged between **11-14** to join a panel and work on a project right now!

What's involved?

We will ask you to join x3 Zoom calls over the next 3 months.

The first Zoom call will be for everyone to introduce themselves, get to know each other and learn more about the Advisory Panel role.

The second two calls will be asking for student input and feedback on an exciting new project that we're launching in March.

We will work to accommodate different time zones.

How Do Students Apply?

If you would like to join, please write a maximum of 75 words explaining why they would like to join the WLL 2021 Student Advisory Panel.

We will also need each student's
First Name
Age
Gender
Location

When's the deadline?

Please email all applications to kinvara@project-everyone.org by **12pm GMT Monday 18th January 2021**

THE WALLINGTON WEEK

ENRICHMENT

With what is happening in the world around us right now, we felt that it might be good to take some time and consider the differences that exist around the world and look back through history at some of the issues children faced in different times and examine what we can draw and learn from their experiences.

In our developed democratic world, there are many rights we take for granted, from the opportunity to vote, to the freedom to criticize the government, to the peaceful transition of power after free and fair elections. Tragically, throughout history, many people have discovered how fragile their rights — and their democracies — can be when extreme polarization leads to mob rule and the erosion of democratic norms.

We thought it may be interesting to showcase a variety of books about girls and women living under authoritarian regimes, that you may wish to read whilst remote learning. While some of these stories are fictional, all of them are based on real-life autocratic regimes from history or present day. In many cases, these regimes emerged due to an autocrat taking control of a weakened democracy, while others emerged in countries that have never established democratic systems of governance.

While the lives of the girls featured in these stories offer an often harrowing look at authoritarian oppression, they also speak to the power of the human spirit — the courage and determination of people daring to find their own ways to resist. Ultimately, their stories will can give you an important insight into the struggles of those who have suffered under authoritarianism, a sadly common experience in human history. And, most importantly, these powerful and poignant stories can provide a new appreciation of the rights and freedoms afforded within a democracy — and a deeper understanding of why it is so essential to protect democracy by becoming an informed and engaged citizen.



Escape From Aleppo

Written by: [N. H. Senzai](#)

Recommended Age: 9 - 13

Nadia's perfect twelfth birthday is interrupted by shocking news marking the beginning of the Arab Spring — and the start of the civil war in Syria. In mere months, her home city becomes a war zone, and her family decides to flee... but before they can, Nadia is buried in the rubble after a bombing, and her family is forced to go without her. As Nadia attempts to follow them, she receives help from an elderly bookbinder and encounters others like her: people young and old who just want safety and peace. Author N. H. Senzai uses Nadia's memories to explore both the everyday lives of most Syrians before the war and the dangers of life in a country ruled by a dictator like Bashar al-Assad.



I Lived on Butterfly Hill

Written by: [Marjorie Agosin](#)

Recommended Age: 10 and up

Celeste's childhood in Chile is idyllic until warships appear in the harbour. The country's new government calls artists, protesters, and those who help the needy "subversive" and vows to eliminate them. Some of Celeste's classmates stop coming to school, and soon Celeste begins to feel that no one is safe. Celeste's parents realize they need to go into hiding, and they send Celeste to her aunt in Maine. Celeste must learn to cope with being exiled from the country and family she loves, and also with the fear that no one, anywhere, can truly be safe. Set during Augusto Pinochet's takeover of Chile in the 1970s, this powerful novel reveals the harsh realities of living under a dictator through one young girl's eyes.



Making Bombs for Hitler

Written by: [Marsha Forchuk Skrypuch](#)

Recommended Age: 10 and up

At first, Lida believes that she and her family are safe from the Nazis since they aren't Jewish. Lida is rounded up with other youth and sent to a brutal labour camp where she and other children will be forced to make German bombs. There, Lida comes up with a daring plan: sabotage the bombs. Her friends are eager to join her secret resistance, but if their deception is discovered, they'll surely be executed. Nevertheless, the chance to do their own, small part to end the war is too important to waste. Based on the real-life experience of countless Ukrainian and other Central and Eastern European children who were among the estimated 3 to 5 million Ostarbeiters (or "Eastern workers") used as slave labour in Nazi work camps, this historical fiction novel is not too graphic for younger readers.



In the Time of the Butterflies

Written by: [Julia Alvarez](#)

Recommended Age: 15 and up

On November 25, 1960, three sisters were found dead in the Dominican Republic, next to a wrecked Jeep at the bottom of a cliff. The state newspaper reported their "accidental" deaths, but many readers knew the truth: Minerva, Patria, and Maria Teresa Mirabal were Las Mariposas — The Butterflies — vocal opponents of Rafael Trujillo's dictatorship. In this extraordinary novel of courage and love, the voices of all three sisters, as well as their surviving sister, Dede, speak across the decades to tell their own stories, from hair ribbons and secret crushes to gunrunning and prison torture, and to describe the everyday horrors of life under Trujillo's authoritarian rule and the human cost of political oppression.

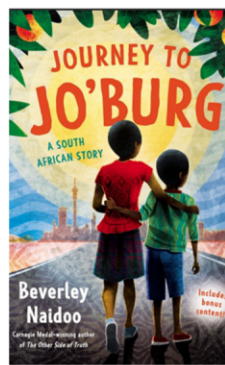


Red Scarf Girl: A Memoir of the Cultural Revolution

Written by: [Ji-li Jiang](#)

Recommended Age: 11 and up

12-year-old Ji-li Jiang is at the top of her class and anticipating a bright future in 1966 Communist China until the Cultural Revolution begins. Now, because her grandfather once owned property, Ji-li's family are classified as "Landlords" who are considered "Enemies of the People." People who were once her friends and neighbours turn on her and her family. When her father is arrested, Ji-li faces a terrible choice: criticize and denounce her father to prove her loyalty to the new regime, or stay silent and wonder what the future brings. This powerful autobiography explores one of the most terrifying authoritarian regimes of the 20th century through the eyes of a girl trying to understand it all. For two more books about the Cultural Revolution, both for ages 12 and up, check out [Girl Under A Red Moon](#) and [Snow Falling In Spring](#).



Journey to Jo'burg: A South African Story

Written by: [Beverley Naidoo](#)

Recommended Age: 9 - 12

While Mma works as a maid for a White household in Johannesburg, South Africa, Naledi, her brother Tiro, and her baby sister Dineo stay with family hundreds of miles away. But when Dineo gets sick, Naledi is sure that Mma is the only one who will know what to do, and she and Tiro set off on the journey to find her. It's the first time Naledi has travelled through South Africa, so she's never seen the truth of apartheid before: an innocent Black youth arrested, a girl who has lost her family fighting against the government. On her journey, she will have her eyes opened to the injustice around her — and the courage of those who defy it. Author Beverley Naidoo gives readers an unflinching look at the realities of apartheid and living in an authoritarian state in this searing novel.

THE WALLINGTON WEEK

ENRICHMENT

January Challenges

Hands up who has eaten too much over Christmas and feels down after the excitement of Christmas has passed and the dark and cold days of January loom ahead. On top of this we have the news of another lockdown!

Why not join the Enrichment team in 2 fun month long challenges for our minds and bodies? Send us picture or videos of you performing the deeds and record you achievements to see who wins?

The best achievement for each physical activity at the end of the month and good deeds/mental health challenges will win a small care package!

Mental Challenges

As we start a new year, it is always a good time for a bit of reflection; This year more so than most. We have all been through a lot over the last year so take some time out and take stock of how that has impacted on you and your family.

We have set up some challenges for you to think about and consider every day over the course of this month. Have a go at trying some of these out over the course of January and share any pictures, accounts or good deeds with us. Lets see if we can all be a bit more positive by the end of January.



THE WALLINGTON WEEK

Out and About 2

Think of your outing yesterday. Draw or print out a picture as a memory. If you feel down in the future, look at the picture and remember that day.

Personal Boost

Make a list of the things that you are good at. Don't be shy, everyone is good at something whether it is talking, listening, drawing or make up.

Future You

What is one choice you could make today that your future self would look back on with pride?

ENRICHMENT

Family and Friends

Think of a friend or family member that may need a boost and share your comfort playlist.

Take a break

Slow things down today and take a break. Spend some time with just you, reading a book or listening to music.

Role Models

Write down your role models. List out any qualities you think you share with them.

Soulful Sounds

Create an emergency music playlist for times when you need some love and comfort.

Reflect

Think of the hurdles that you overcame in 2020. When you think about it, you will find a few! Be proud of how you overcame them.

Be proud

Moving forward, be proud of you, your individuality and personality. Do not put yourself down!

THE WALLINGTON WEEK

Physical Challenges

ENRICHMENT

The new year is an ideal time to make those changes you normally put off. Lets get some good endorphins flowing and undertake some physical challenges. Below we have provided challenges you may wish to undertake. You can do all or just one, do them daily or just once. Lets see if we can achieve more than we thought and why not see if we can improve over the course of the month. Some only take 60 seconds out of your day! We would love to here how much you have improved over the course of the month and beaten your personal best or just surprised yourself!

60 Second Challenge Squat Jumps

The Physical Challenge
How many squat jumps can you perform in 60 seconds?
Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold
30 Squat Jumps

Achieve Silver
20 Squat Jumps

Achieve Bronze
10 Squat Jumps

60 Second Challenge Speed Bounce

The Physical Challenge
How many times can you bounce over a pillow in 60 seconds?
Both feet must land over the pillow for the jump to count.

#StayHomeStayActive

Equipment
A pillow
If you do not have a pillow, jump over a safe object!

Achieve Gold
80 Bounces

Achieve Silver
60 Bounces

Achieve Bronze
40 Bounces

60 Second Challenge Climb the Mountain

The Physical Challenge
How many mountain climbers can you complete in 60 seconds?
Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold
40 Mountain Climbers

Achieve Silver
30 Mountain Climbers

Achieve Bronze
20 Mountain Climbers

60 Second Challenge Air Balloon

The Physical Challenge
Can you keep the balloon up in the air for 60 seconds?
If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

#StayHomeStayActive

Equipment
A balloon
If you do not have a balloon, use crumpled up tissue paper or a bag!

Achieve Gold
Lose 0 lives

Achieve Silver
Lose 1 life

Achieve Bronze
Lose 2 lives

60 Second Challenge The Plank

The Physical Challenge
Can you hold the 'plank' position for 60 seconds?
Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Who can hold the plank position longest in your family?

Achieve Gold
60 seconds or more

Achieve Silver
45 seconds or more

Achieve Bronze
30 seconds or more

60 Second Challenge Figure of 8

The Physical Challenge
How many times can you pass a ball through both of your legs in 60 seconds?
If you drop the ball you need to pick it up quickly and carry on.

#StayHomeStayActive

Equipment
A ball
If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold
35 times through your legs

Achieve Silver
25 times through your legs

Achieve Bronze
15 times through your legs

Longer Challenges Super Frisbee Run

The Physical Challenge
How quickly can you complete 5 bungee runs?
Place 4 objects 2m apart in a line. Start at 1st object, run to 2nd and back to 1st; run to the 3rd and back to 1st; run to the 4th and back to 1st. Repeat 5 times

Equipment
4 sturdy objects
Can you complete it quicker or beat a friend?

Achieve Gold
3 mins

Achieve Silver
5 mins

Achieve Bronze
7 mins

Longer Challenges 5km Run

The Physical Challenge
How quickly can you run 5km?
Try different routes and see which is the quickest, repeat them to beat your time

Equipment
Trainers and you!
Why not run with a friend or family member?

Achieve Gold
25min 5km

Achieve Silver
32min 5km

Achieve Bronze
40min 5km