Activities you can do from home - KS3

Aim for 100 points a day - cross them off once completed.

- Write a letter to a local care home to help cheer up the elderly people who may not have many visitors at this time, then post it. (10 Points!)
- Read 2 chapters of a book and summarise what you have read in 3 pictures. (10 Points!)
- ‘Humans are entirely dependent on technology’. Write points for and against this statement. (10 points! + 10 bonus points if you write a newspaper comment piece, arguing your point of view) (10 Points!)
- Watch an episode of BBC Newsround each day and write down 3 things that you have learned from it. (10 Points!)
- Spend 15 minutes learning your times tables. If your school has set you up, you could use the PiXL Timetables app to help you. (10 Points!)
- Read a non fiction article and write down the 5 most interesting things that you have learned. (10 Points!)
- Turn a page of a book into 5 pictures that summarise what you have just read. (10 Points!)
- Make and send a card to a next door neighbour who may living alone. (10 Points!)
- Record the weather for 5 days. You could measure rainfall, sunlight, cloud coverage. Record the information in a table. (10 Points!)
- Research a river near you. Find out how long it is. How many towns does it pass through? (10 Points!)
- Learn a card trick. (10 Points!)
- Make a scale drawing of a room in your house. (10 Points!)
- Play a board game with a friend or family or an online board game like ‘chess’. (10 Points!)
- Watch an informative video on a topic of your choice and write down 5 pieces of information that you didn’t know before you watched it. (10 Points!)
- Write a diary entry on your thoughts and feelings today. Aim to include 3 things you are grateful for. (10 Points!)
- Play a game of rock paper scissors with someone. Can you find a strategy to win? (10 Points!)
- Design a poster to revise any topic you have learned this year. (10 Points!)
- Create a coded message for someone. Ask them to crack the code and send you a message back. (10 Points!)
- Can you calculate how many hours you have been alive? (10 Points!)
- Look at a car number plate. How many different combinations can you make from the digits and letters? (10 Points!)
- Find a recipe and design a menu for you and your friends. How long would it take you to walk around the UK? (10 Points!)
- Make a set of loop cards. Each card needs a question and the following card has the answer. (10 Points!)
- Look out of a window and create a tally chart for the different colour cars you see. Represent this information in a graph. If your windows don’t overlook a road, you could do the same for birds, or insects in the garden. (10 Points!)

www.pixl.org.uk BETTER FUTURE BRIGHTER HOPE
Activities you can do from home - KS3

Aim for 100 points a day - cross them off once completed.

- Look at some flags of the world. Can you find lines of symmetry? How many shapes can you find? **10 Points!**
- Investigate whether shapes with the same areas have different perimeters. **10 Points!**
- Research different artists and discuss with someone at home what you see, what you think about the picture and how the artist has created what they have. Use this as inspiration for a piece of creative writing. **20 Points!**
- Use an opening line generator online (such as https://writingexercises.co.uk/firstlinegenerator.php) and continue writing the story you imagine based on it. **20 Points!**
- Choose a sentence from an article or book. How many words can you make from the letters in the sentence? **10 Points! + 10 Points**
- Read a book and then watch its film. Discuss the differences with someone and/or write a review for a magazine or blog. **40 Points!**
- Read a non-fiction article about a topic of your choice online. Summarise what you have read into six points and then rank these in order of importance. **10 Points!**
- Start a diary based on your experience of being at home. Try to include one new thing you’ve never done before each day. (10 points! + a bonus 10 points if you keep it up for a whole week!) **10 Points! + 10 Points**
- Watch an informative video on a topic of your choice and write down 5 pieces of information that you didn’t know before you watched it. **10 Points!**
- Read a text (online article or book, for example) and identify five words that you are unfamiliar with. Find the definition of these and learn them. Write two sentences using each of these new words. **10 Points!**
- Use the internet to find a variety of poems about different topics and from different time-periods. **20 Points!**
- Research the life of a famous scientist - write 10 sentences about them. **20 Points!**
- Use BBC Bitesize to research how vaccines work – explain this to your parents/carers. **20 Points!**
- Create a leaflet explaining to a primary school student how to plot a line graph. **10 Points!**
- Listen to an episode of the podcast ‘60 Second Science’. **10 Points!**
- Look at the stars and the Moon one clear night – can you identify any constellations? **10 Points!**
- Write a letter to a local newspaper explaining why you think climate change is an issue. **20 Points!**
- Use [BBC Bitesize](https://www.bbc.co.uk/bitesize/) to research how vaccines work – explain this to your parents/carers. **20 Points!**
- Create a leaflet explaining to a primary school student how to plot a line graph. **10 Points!**
- Look at the stars and the Moon one clear night – can you identify any constellations? **10 Points!**
- Find out about the scientist Dr Maggie Aderin-Pocock. **10 Points!**
Activities you can do from home - KS3
Aim for 100 points a day - cross them off once completed.

Find out about a famous living scientist – write 10 sentences about them.
Watch a science-based television programme.
Find out about a scientist at your nearest university, using their website.

Watch an episode of ‘Mythbusters’ on YouTube.
Name as many pieces of science equipment as you can.
Find out the science behind making food.

Listen to an episode of the podcast ‘The Show About Science’.
Watch an episode of Blue Planet II – write about how it made you feel.
Find out about the topic ‘carbon footprint’ - write a list of 3 things your family could do to reduce your carbon footprint.

Use BBC Bitesize to revise a KS3 topic area for 30 minutes. Wait an hour and write down everything you can remember.
Research how to make pH Indicator with red cabbage.
Carry out a 30-minute survey of the birds in your garden or outside your house. Use the RSPB Identify a Bird site to find out their names. Represent your information in a graph.

Find out about the differences between the American Robin and the British Robin.
Research how to make a home for bees, the different types of British bee and why it is important to protect them.
Carry out a survey of the trees in your local area. Represent your information in a graph.

Create a pitfall trap using a yogurt pot – what did you catch?
Take part in a ‘buglife’ survey https://www.buglife.org.uk/get-involved/surveys/
Explore the English timeline on the British Library website: https://www.bl.uk/englishtimeline. Identify ten things that you didn’t know before that you found interesting.

Create a pudding out of no more than three ingredients.
Choose a topic from the Museum of London website: https://www.museumoflondon.org.uk/schools/learning-resources?true&foundationAndPrimary=Secondary=1&specialSchoolAndSEN=International AndESOL=supplementary&ages=historicPeriod=Storics&Type=StartSearch. Identify ten things that you didn’t know before.
Create a structure out of two types of material, using what you have around the house. For example, blutack and matches. How strong can you build it? Can you create a structure that will hold various weighted items such as a letter or a book?

Create a small card/note for everyone who lives in your house. Tell them three things you like and appreciate about them and one thing you enjoy doing with them around the house, or would like to do more of.
List at least ten things that you are grateful for during this time. Remember, some things we may take for granted at times, but really recognise now. Do this every day to keep positive thoughts in your mind.

If you have access to social media, search #TogetheratHome and choose an artist to watch with your family. For example, on Monday 16th March, Chris Martin from Coldplay did a live video performance.

www.pixl.org.uk BETTER FUTURE BRIGHTER HOPE
Activities you can do from home - KS3

Aim for 100 points a day - cross them off once completed.

- Make a playlist of your favourite music to help keep you feeling upbeat. Share this with friends online and ask them to do the same. **10 Points**
- Create a picnic for your family to have on the floor with the windows open. Make sure there are no screens and that you enjoy each other’s company in the fresh air. If you have a garden, you could do this outside! You could even invite friends/family to join via Skype/FaceTime. **10 Points**
- Make homemade pizza with any leftovers in the fridge. Get creative: you could make your own dough, add leftovers to a plain frozen pizza or use a slice of toast, tomato purée/passata and any toppings you can find. **10 Points**
- Make your own play dough with something at home and then challenge each other to guess what you make with it! **10 Points**
- Create a time-capsule envelope or shoe box to remember this time. You could include a news article from the time and a diary notebook of your experiences. **10 Points**
- Get in touch with three people to ask how they’re doing and to share ideas for keeping upbeat. You could do this via phone/video call. Don’t forget people you may know elsewhere in the country or world may also be going through the same situation. **10 Points**
- Start writing a story, then share it with someone at home or a friend via email and ask them to continue it and send it back. Read what they have done and then continue it - send it back and repeat! **10 Points**
- Offer to do a job around the house that someone else normally does to give them a break. **10 Points**
- Choose a story you know (any story – from a film, book or even a fairytale). Pick a character from the story to write an ‘alternative’ narrative for. For example, the real story of the ‘big, bad wolf’. **10 Points**
- Keep a kindness diary and write down the things that you have done for others during this time. Challenge yourself to do more each week. **10 Points**
- Write to the local hospital thanking them for all the work they do, find the address and post it. **20 Points**
- Write a card to someone in your family explaining how you are handling this uncertain situation. Post it as soon as you are able to. **10 Points**
- ‘Science is all we need’. Write points for and against this statement. (10 points! + 10 bonus points if you write a newspaper comment piece, arguing your point of view) **10 Points! + 10 Points**
- If you have a younger sibling, play a game of their choice with them. Or create a new game together! **10 Points**
- Read to someone (a younger sibling or a relative who may appreciate it) over the phone/via video call. **20 Points**
- If you don’t already know how, learn to juggle. You will need a different method once you move from three to four – watch videos on YouTube to help you! **20 Points**
- Every morning, research positive news and text family and friends to share what you’ve found to help spread positivity. **10 Points**
- In light of the current situation, we are all aware that we don’t know what is around the corner. This can be both positive and negative. Spend time thinking about what you think the country (or world!) might look like in the future – or what you would like it to look like. Use this as a basis for a piece of dystopian fiction! **30 Points**
- Download an e-book to your phone or read a book that you haven’t read before. **20 Points**
- Experiment with ways to use leftover food. You could learn to make different meals such as frittatas, pies or try pickling vegetables. Avoid any food waste by using up as much as you can! **10 Points**
- Ask friends or family members for book recommendations – read a book they have recommended to you. Share your recommendations with them too. **20 Points**
- Choose a story you know (any story – from a film, book, or even a fairytale). Pick a character from the story to write an ‘alternative’ narrative for. For example, the real story of the ‘big, bad wolf’.
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<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Resources</th>
<th>Learning Opportunities</th>
<th>Stretch</th>
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</thead>
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<td>Share a story</td>
<td>Choose a novel that is appropriate for everyone in your home (please see additional resource for book suggestions) and take it in turns to read a chapter out loud to each other. After each chapter, ask your children to select three new exciting words they discovered and put them in a sentence. Then you can all predict what might happen next - write your predictions down to see who is right.</td>
<td>A novel. Pens and Paper.</td>
<td>Vocabulary building. Reading (comprehension and fluency) Listening. Empathy. Prediction and selection.</td>
<td>Try choosing a more challenging novel or a non-fiction book (science, history, politics - whatever sparks your interest as a family)</td>
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<td>Make a treasure hunt</td>
<td>a) Set your children challenges of things to find in the house or garden (things that are older than you, things that use magnetism, things that were manufactured in particular countries). b) Write a treasure hunt - each clue can lead to the next clue (perhaps the clues can build on things your child has been learning e.g. ‘Sodium Chloride’ or ‘NaCl’ can be a clue for something hiding in the cupboard with the salt!). The final clue could be any treat or surprise (the last penguin biscuit, a free pass to avoid washing up, the power to choose the evening’s television viewing) - or perhaps all the clues form a map to find the final ‘treasure’.</td>
<td>Pen and Paper. There are lots of ideas for clues on the internet.</td>
<td>Problem solving. Revision of key learning. Orienteering. Making connections</td>
<td>Get your children to create their own treasure hunt.</td>
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<td>Sing and Dance</td>
<td>If you are musical, get the instruments out and sing together. If not - sing anyway. There are lots of karaoke youtube videos... You could also make a kitchen band - create a song or a beat only using items that can be found in the kitchen</td>
<td>Voices Instruments? Sound system?</td>
<td>Confidence Rhythm Listening Memory</td>
<td>Learn a song in another language</td>
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<tr>
<td>Family Olympics</td>
<td>Organise a sports day either in your garden if you have one or living room. Depending on the numbers in your family you</td>
<td>Bodies Any sports equipment</td>
<td>Coordination Strength</td>
<td>Get your children to use their maths skills to time events, create family record</td>
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<tr>
<td>Activity</td>
<td>Description</td>
<td>Materials/Tools</td>
<td>Skills/Topics</td>
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<tr>
<td>A Day at the Races</td>
<td>Find things in your house that you can race - paper aeroplanes, toy cars etc</td>
<td>Paper, Design, Calculation</td>
<td>Data and calculate the overall scores. (Maths skills)</td>
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<td><em>With paper aeroplanes, encourage your children to tweak their designs to create the most aerodynamic planes.</em></td>
<td></td>
<td>Create an opening ceremony (music, dance, the flags of different countries) or medal ceremony... (Performing Arts, Geography skills...)</td>
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<tr>
<td>Board Games</td>
<td>Enjoy a game of Monopoly, Cludo, Scrabble, Boggle ...whatever you have in your house</td>
<td>Board Games, Depending on the games: Risk taking, Collaboration, Prediction, Literacy</td>
<td>Encourage your children to make their own board game. For example a local monopoly board might include local landmarks and properties (have fun deciding which is most or least valuable) and ‘Chance’ cards based on shared experiences (the parking meter which never gives change, the traffic lights that always turn red on you...)</td>
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<tr>
<td>Storytelling</td>
<td>Take it in turns to create a story. On different slips of paper write down characters, settings, events, objects (e.g. a ghost, a forest, a storm, a locked door). Somebody starts a story ... “One cold January morning, Anita was preparing breakfast when she heard a tap at the window.” Then the next person takes a slip and continues the story, introducing the element written on the slip...</td>
<td>Slips of paper, Literacy, Oracy, Storytelling</td>
<td>Try telling stories in different genres - science fiction, gothic horror, action</td>
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</table>
| Parlour Games | Play games like charades and twenty questions.  
A particular favourite is ‘Who’s in the Bag?’. Write the names of famous people on slips of paper (or historical figures, key words from science etc) - aim to have around fifty names. Divide players into two teams. For the first round, one person from a team has a minute to see how many people they can describe for their team to guess (e.g. “We study him in English and he wrote Romeo and Juliet...” - Shakespeare). Both teams have equal turns and you keep score. For the second round use the same names, but this time you can only use one word clues linking to the previous round (e.g. “Romeo...”). For the third round use the same names but this time no words -only actions. | Slips of paper | This can be used as a revision tool for any subject | Instead of using famous people, use key words or concepts from subjects your children are studying. |
| Languages Challenge | Sign up to the free app DuoLingo pick a language to learn and see how many new words and phrases you and your children can learn in a week. | Smartphone or tablet | Languages  
Memory  
Cultural Awareness | Establish ‘Spanish time’ (or ‘French time’, ‘Zulu time’) when you are only allowed to communicate in your chosen language for a prescribed period of time (perhaps 20 minutes) |
| Master Chef | Give your children limited ingredients and kitchen equipment.  
First, get them to create a menu. If it sounds good, let them cook for you! | Cooking ingredients and equipment | Practical cooking skills  
Planning  
Measuring and counting  
Writing and expression | Ask your children to create a professional sounding restaurant menu or to write a review of the meal. |
| Choreography Challenge | Pick a song and get your children to create a dance routine | Sound system (phone, youtube, CD...) | Communication  
Coordination  
Planning  
Creativity | Encourage children to teach the dance routine to younger siblings or create a video tutorial for older or distant relatives. |
| Letter Writing | Encourage your children to hand write letters to their friends and family living in different homes | Pen and Paper | Language and communication  
Empathy | Encourage your children to write to their living heroes - |
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Map of the world (can be hand sketched)</th>
<th>Geography -making links and connections, understanding the world</th>
<th>Get your children to draw the journey of different household objects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Map of the World</td>
<td>Get your children to try to find as many household items as possible that come from different countries in the world (food, clothes, toys...) These could then be placed on a large sketch of a map of the world and promote a conversation about global citizenship</td>
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<tr>
<td>Make a Boredom Jar</td>
<td>On slips of paper, everyone in your family writes down non-screen related activity ideas (ten minutes of dancing, tidying our bedrooms, reading, weeding the garden). Whenever someone complains of boredom ... send them to the boredom jar.</td>
<td>Jar, box or bowl</td>
<td>Slips of paper</td>
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</tbody>
</table>
Easter Activities to Try

Fitness

- The Body Coach Joe Wicks is running cardio classes from his living room every morning at 9am. Although he’s said that these are classes for children, they’re pretty tough going for adults too: [https://www.youtube.com/user/thebodycoach1](https://www.youtube.com/user/thebodycoach1)

- Yoga is great to relax and get fit. Download the yoga app Down Dog which is currently free to students

- The couch to 5K workout guide—Follow each workout and build the endurance to run 5K! [https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

- Own Your Goals Davina McCall is offering free access to their site, which includes hundreds of workouts, yoga, HIIT, Pilates and dance, for 30 days. [https://ownyourgoalsdavina.com/](https://ownyourgoalsdavina.com/)

Dance

- Learn to dance with famous dance troupe Diversity. There is usually a monthly cost for this but classes are being offered for free until 1st May. [https://20dv.co.uk/](https://20dv.co.uk/)

- Dance with Darcey Bussel (and other dance ideas): [https://twitter.com/diversedancemix/status/1241098264373592065](https://twitter.com/diversedancemix/status/1241098264373592065)
**Reading**
- Listen to free audiobooks on Audible. They used to cost money but they’ve made them free for young people as long as schools are closed (try some classics like Frankenstein or Sherlock Homes or listen to a story with a younger sibling).

- Read some more classic books for free on Project Gutenberg.

- David Walliams is offering daily audio stories of his books every morning at 11am. [https://www.worldofdavidwalliams.com/elevenses/](https://www.worldofdavidwalliams.com/elevenses/)

- Libraries may be closed but you can still borrow e-books through your local library. Find your’s here: [https://www.gov.uk/local-library-services/richmond-upon-thames](https://www.gov.uk/local-library-services/richmond-upon-thames)

**Well Being**
- Try mindfulness/meditation with Headspace if you are feeling anxious which is now free for students.

**Watching**
- Watch some great films, documentaries and television - start with the 100 greatest films of all time, or ask teachers for recommendations that will help you with your A-Level subjects next year.

**International / MFL Films**
- How about watching a film from another country to boost your language skills: [MFL and International Films](#)

**Theatre**
- The National Theatre are streaming a recording of one of their plays each week. You can see major stars, including James Corden, for free: [https://www.nationaltheatre.org.uk/nt-at-home?queueittoken=e_safetyevent25mar20~q_abb5b9dc-3935-4048-99bf-abffdd3ee18d~ts_1585651723~ce_true~rt_safetynet~h_60ec4a3cd3bb45eb6bc4458b28a42c5355e2090336a68147b3f9d661ccb0b35c](https://www.nationaltheatre.org.uk/nt-at-home?queueittoken=e_safetyevent25mar20~q_abb5b9dc-3935-4048-99bf-abffdd3ee18d~ts_1585651723~ce_true~rt_safetynet~h_60ec4a3cd3bb45eb6bc4458b28a42c5355e2090336a68147b3f9d661ccb0b35c)

**Cooking**
- Why not cook Lunch or Dinner with Jamie Oliver? [https://www.jamieoliver.com/features/category/get-kids-cooking/](https://www.jamieoliver.com/features/category/get-kids-cooking/)

- Try cooking with Theo Michaels
  Chef Theo Michaels hosts live cooking sessions with his kids at home every Monday and Wednesday at 4pm. He posts the ingredients you’ll need on his website before so you can be ready to join in: [https://www.instagram.com/theocooks](https://www.instagram.com/theocooks)
• Pick a recipe from the thousands on offer on the BBC Good Food website and start cooking: https://www.bbcgoodfood.com/recipes

• Simple family recipes and baking: https://www.brighthorizons.co.uk/family-resources/recipes

**Some fun games without a Computer!**

• Enjoy a family game time. Some simple ideas and lots of fun: https://playtivities.com/20-family-game-night-ideas/

**Visit a Museum**

• Take a trip through some of the world’s greatest collections on these virtual museum and gallery tours: https://www.timeout.com/travel/virtual-museum-tours

• Google’s Art and Culture section also gives students free access to some of the World’s best museums: https://artsandculture.google.com/partner?hl=en

**Blue Peter badge**

• Why not do something to try and earn a Blue Peter badge? When everything returns back to normal you’ll get free entry to over 200 attractions across the UK if you have a badge. Find out what you can do to earn one: https://www.bbc.co.uk/cbbc/curations/blue-peter-badges

**Music**

• Myleene’s Music Klass – learn the basics of reading music, clapping out rhythms, and some piano practice. Lessons twice a week.

  https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ/videos

**Character and Personal Development**

• Eton College’s online learning environment are offering free courses to state school students in public speaking, critical thinking, communication and impact: https://etonx.com/fast-track/

**Science and Nature**

• Science and nature with Maddie Moate and Greg Foot offers live classes daily at 11am. The first week’s theme was ‘the garden’ and they’ve had live sessions on bird spotting in your garden, dissecting a daffodil and minibeast photography already: https://www.youtube.com/user/maddiemoate/videos
• Or why not take a walk on the wild side with Steve Backshall?
  [https://www.youtube.com/results?search_query=steve+backshall](https://www.youtube.com/results?search_query=steve+backshall)

Relaxing and Reducing anxiety
• This is a worrying time for us all and many of us are anxious about what is going to happen over the next few months.

Safeguarding and Staying Safe:
There are lots of places that you or your child can go to for advice or help, and below are some links to some useful websites:

- [https://www.childline.org.uk/](https://www.childline.org.uk/)
- [https://youngminds.org.uk/](https://youngminds.org.uk/)
- [https://www.samaritans.org/](https://www.samaritans.org/)

Ways to help relax:
- [https://www.headsace.com/](https://www.headsace.com/)
- [https://copingskillsforkids.com/blog/calming-and-relaxing-coping-skills](https://copingskillsforkids.com/blog/calming-and-relaxing-coping-skills)

Please remember that you can contact your school’s safeguarding lead
STEM Club online sessions.

Every day a new opportunity to carry out with your family at home 😊

**Day 1: Walking water**

https://www.youtube.com/watch?v=k8YtroKjVxo

![Walking water](image1)

**Day 2: Slime with home ingredients**

https://www.youtube.com/watch?v=mtflkj3VljM

![Slime](image2)
Day 4: Colour changing carnations
https://www.littlepassports.com/blog/craft-diy/carnation-science-experiment/
https://www.youtube.com/watch?v=AMvEVnAFCNA&disable_polymer=true

Day 5: Lava lamps
https://www.youtube.com/watch?v=4bjwFLjPgpg

Day 6: Slush
https://www.youtube.com/watch?v=Qbcfajl6i10
Day 7: Diet Coke and Mentos
https://www.youtube.com/watch?v=Mf3aeuWFanI

Day 8: Spaghetti Marshmallow tower
https://www.youtube.com/watch?v=7DHs02PbWFs

Day 9: Bath bombs GREAT Gift ideas!!
https://www.youtube.com/watch?v=ARuoDB7R8WY
Day 10: paper planes
https://kidsactivitiesblog.com/77853/stem-paper-airplane-challenge/

Day 11: Colour mixing wheel
https://www.youtube.com/watch?v=37vPrNagz8M

Day 12: Surface tension
https://www.youtube.com/watch?v=Hr6dZ6aWpF4
Day 13: Density Tower

https://www.youtube.com/watch?v=4EMUsPjtCoc

Day 14: Candy crystals

https://www.youtube.com/watch?v=VpOU0Fo7QfU