

Challenge Yourself!

A FUN RESOURCE FOR
MANCHESTER PUPILS

SPORT

Keeping fit and healthy is really important. Here are some ideas to help build skills and fitness in a range of different sports:

NETBALL

<https://www.Maiasnetball.com>

Free daily online netball challenges (streams on youtube)

<https://www.Solosessions.com>

Some solo and partner drills

HOCKEY

<https://hockeyperformanceacademy.com/3-field-hockey-drills-you-can-do-at-home/>

3 field hockey drills you can do at home

<https://www.youtube.com/watch?v=2HknbpzE0hw>

Individual skills - 5 minute skill up field hockey at home

<https://www.youtube.com/watch?v=atjj7TvUBIU>

3D skills - Just hockey skill up

Plus lots of other ideas and clips on youtube.

Why not reate your own obstacle course in the garden?

LACROSSE

<https://www.youtube.com/watch?v=WZIPy9vbUF8>

4 lacrosse drills to instantly improve your off hand

https://www.youtube.com/watch?v=k-6y9K_YjGs

5 lacrosse quick stick drills

ROUNDERS

Practice throwing and catching against a wall

TENNIS

Against a wall, keepie uppies

FOOTBALL

<https://www.youtube.com/watch?v=WljLkpq4fvU>

Lisa Zimouche, World Panna Female Champion, Freestyle Skills at Pillai's Alegria 2017

KNITTING

Knitting for beginners: go on! Have a try! Did you know that when you knit, the bilateral (two sided), coordinated hand movements fire neurons all over your brain? Just like playing the piano, the act of using both hands at once to make different movements stimulates a whole range of brain functions which, in turn, have wonderful health benefits. In these strange times, why not challenge yourself to something different? You might be frustrated to begin with but once you've cracked it, you'll be so chuffed with yourself!

GETTING STARTED...

What materials do I need?

We can't go rushing off to a craft shop...

You basically need a pair of knitting needles (any size will do but they should both be the same size) and a ball of wool.

Did you have a knitting kit when you were little (back of your wardrobe??), has your mum got any needles? Could your Gran leave some on the doorstep when you deliver her shopping? Or there's always online shopping. If anyone is shopping in Aldi there is often cheap wool in their centre aisles.

OK, you've got your needles and wool and you're good to go...

You need to cast on some stitches. This means create some loops on one of the needles. Here's a good You Tube link for this. Ignore her advice on what kind of wool and needles and just use what you've got! She didn't make her video in a National Emergency...

<https://www.youtube.com/watch?v=1vm6oaYzHyA>

Now you're ready to knit...

Follow this link to 'knit stitch'. Be patient and be kind to yourself, keep practising, it might take a few goes:

<https://www.youtube.com/watch?v=Egp4NRhIMDg>

There are hundreds of other tutorials online. Just have a play. When you're feeling confident, cast on 20 stitches and try to knit a square. Have fun and Good luck!

FINISHING OFF...

Now you have learned to cast on some stitches and to knit some rows by following the links opposite.

There is one more beginners' skill you need to master and that is to 'cast off'. This just means finish off your work so that it doesn't all come unravelling. Here's a nice clear link:

<https://www.youtube.com/watch?v=F9b7KS9jaAo>

When you have cast off your stitches, leave a tail of wool. Don't cut it off too close to the actual stitches or all your work could unravel.

Here are some examples to inspire you.



“Knitting helps me to de-stress and take my mind off studies”

“I really enjoyed learning a new skill and feel accomplished”

“Knitting is good to relax”

“Knitting is relaxing, peaceful, pressure-free”

“Knitting is a fab distraction from stress”

KNITTING CHALLENGE...

Over Easter why not knit some squares? Cast on 20 stitches and keep knitting till you think you have a square. It's not an exact science. Then cast off. If you and all of your friends do this you could stitch them together to make a blanket which you could raffle off or donate it to a suitable charity.

CHESS

Learning to play Chess dramatically improves the ability to think rationally, it develops patience and thoughtfulness. Playing Chess helps you to learn and increases your cognitive skills, it improves communication skills and aptitude in recognizing patterns.

A really good chess website is:

<https://www.chesskid.com>

If you click on 'New to Chess? Learn Now' you can choose from one of the following options:

- **Puzzles**

- **Learn**

- **Play Computer**

You can choose a level and whether you want a coach or not

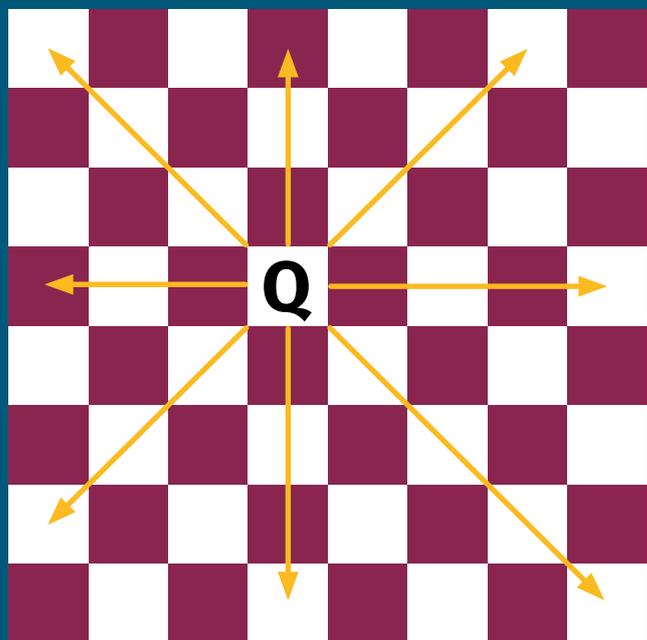
Hope you have fun!

CHESS CHALLENGE...

In a chess board, the queen piece can move horizontally, vertically and diagonally freely.

The picture represents this.

Can you place 8 queens on the board in a manner that none of the queens can attack each other?



NATURE

With all the lovely weather, nature is waking back up! Why not take a short break from studying this week and get outside into your garden? Reconnect with the animals and plants that live there. Look for new shoots, early flowers, insects, birds and other wildlife.

Why not take some pictures for the nature in your garden and send them to your friends so you can all share the joys of Spring!



ART & DESIGN

30 DAY DRAWING CHALLENGE...

| | | |
|---|------------------------------------|--|
| Day 1: Yourself | Day 11: Turning point in your life | Day 21: Something you want |
| Day 2: Favourite animal | Day 12: Most recent accomplishment | Day 22: Something you miss |
| Day 3: Favourite food | Day 13: Comic | Day 23: Something you need |
| Day 4: Favourite place | Day 14: Favourite fairytale | Day 24: A couple |
| Day 5: Best friend | Day 15: Family picture | Day 25: Scenery |
| Day 6: Favourite book character (can't be a movie) | Day 16: Inspiration | Day 26: Something you don't like |
| Day 7: Favourite word | Day 17: Favourite plant | Day 27: Someone you love |
| Day 8: Favourite animated character | Day 18: Just a doodle | Day 28: Anything you'd like |
| Day 9: Favourite TV show | Day 19: Something new | Day 29: A place you want to go |
| Day 10: Favourite candy | Day 20: Something orange | Day 30: A congratulations banner for finishing the challenge! |

MAKE A STRING BOWL...

You will need:

String
Craft glue
Cling wrap
Scissors
Bowl (as mold)
Paintbrush

How to:

1. Take a bowl and wrap it up with the cling wrap tightly.
2. Use the paintbrush to coat the outer layer of the cling wrap with glue. Cover it completely with glue.
3. Take one end of the string roll and wrap it around the open end of the bowl. Continue wrapping the string, creating a single layer below another, as shown in the image.
4. Carefully wrap until the entire dish is covered. You can paint the base in any color you want.
5. Let it dry and remove the bowl used as the mold.

https://www.momjunction.com/articles/cool-arts-and-crafts-ideas-for-teens_00377483/



ART & DESIGN

MAKE A CD FISH...

You will need:

Compact disc

Craft paper

Thick sheets of foldable paper

Scissors

Glue

Markers

How to:

1. Start by drawing fish scales on the blank or unprinted side of the CD.
2. On the thick sheet of paper, draw fish tails, and fins. Use scissors to cut them into shape and set aside.
3. Accordion-fold the craft paper, in the form of a fan.
4. Glue the fins, fish tail to the CD as shown in the image.
5. Glue the folded craft paper to the center of the CD and cover it with a small round, cut from the same craft paper.
6. Spread the folded craft paper like in the image. Add an eye made of white paper, and your fish is ready..

https://www.momjunction.com/articles/cool-arts-and-crafts-ideas-for-teens_00377483/



3D MODELLING

Work through this tutorial/online course using blender on their own computer (free software):

https://en.wikibooks.org/wiki/Blender_3D:_Noob_to_Pro

DRAW WITH ROB

<http://www.robbidulph.com/draw-with-rob>

LIBRARY

THE DAY ONLINE NEWS TO OPEN MINDS

'The Day' is currently offering a free subscription for parents (usual annual cost £120). Subscribers receive a daily email newsletter for the family each week day, suitable for young people across a wide age range. The newsletter includes a daily news summary, talking points, link and activities.

<https://theday.co.uk/subscriptions/pricing>

MANCHESTER LIBRARY SERVICES

<https://secure.manchester.gov.uk/info/500361/coronavirus/7928/coronavirus/10>

WELLBEING

RELAXATION

<https://www.nhs.uk/apps-library/catch-it/>
CBT app for help with anxiety

<https://www.elefriends.org.uk/>
Supportive online community

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>
Breathing exercise if feeling stressed

<https://www.youtube.com/watch?v=cyEdZ23Cp1E&feature=youtu.be>
Eight tips for relaxation

REFLECTION



SUPPORT ONLINE

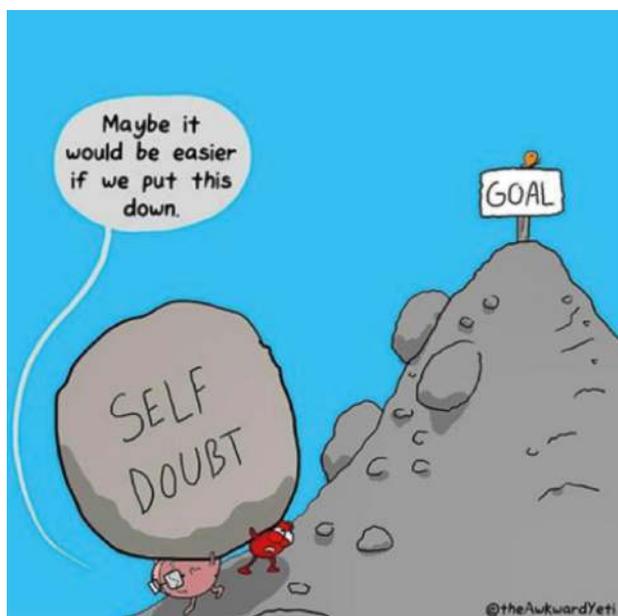
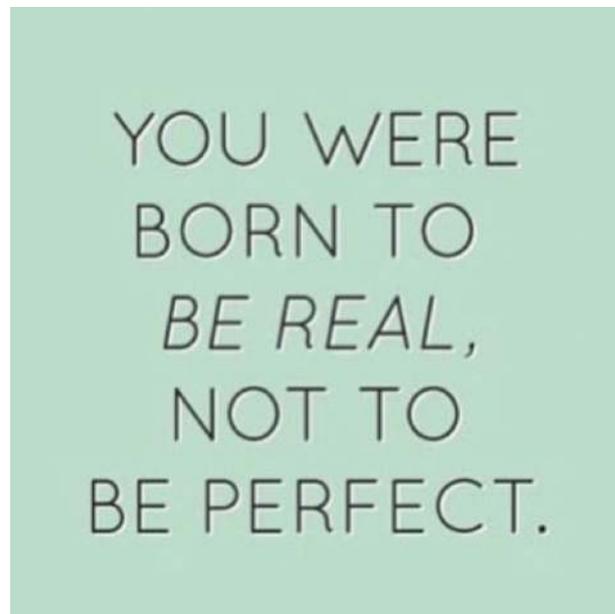
<https://www.childline.org.uk/>

<https://www.kooth.com/>

<https://www.giveusashout.org/>

<https://youngminds.org.uk/>

<https://www.annafreud.org/on-my-mind/self-care/>



FUN QUIZ

ROUND 1: COUNTDOWN LETTERS

Please give yourself 30 seconds to find the longest word possible from these selections of letters:

- 1: **M E N D O O A A G**
- 2: **A S O I Q O L T S**
- 3: **E E R T M T O I E**
- 4: **Q C N U A S N E I**
- 5: **T A J E N U A E S**

ROUND 2: COUNTDOWN NUMBERS

- Each number can only be used once, or not at all
- All normal mathematic operations can be used (+ - ÷ ×)
- 3 points are awarded if the target number is achieved
- 1 or 2 points are awarded depending on how close your answer is to the target number

- | | | |
|---|---|---|
| 1: TARGET 233 NUMBERS TO USE: 9 1 3 6 75 100 | 2: TARGET 510 NUMBERS TO USE: 2 9 7 3 100 50 | 3: TARGET 180 NUMBERS TO USE: 1 2 7 10 3 3 |
| 4: TARGET 733 NUMBERS TO USE: 5 50 3 7 7 5 | 5: TARGET 187 NUMBERS TO USE: 5 7 2 6 7 8 | 6: TARGET 133 NUMBERS TO USE: 5 6 3 100 6 2 |
| 7: TARGET 500 NUMBERS TO USE: 75 10 6 7 10 5 | 8: TARGET 552 NUMBERS TO USE: 3 9 5 5 1 9 | 9: TARGET 136 NUMBERS TO USE: 10 3 9 5 5 3 |
| 10: TARGET 869 NUMBERS TO USE: 10 1 50 100 4 75 | 11: TARGET 513 NUMBERS TO USE: 100 4 75 3 8 1 | 12: TARGET 784 NUMBERS TO USE: 50 6 100 8 2 9 |
| 13: TARGET 200 NUMBERS TO USE: 6 25 10 100 1 6 | 14: TARGET 646 NUMBERS TO USE: 75 5 1 8 2 1 | 15: TARGET 348 NUMBERS TO USE: 6 5 75 4 9 2 |

FUN QUIZ

ROUND 3: AROUND THE WORLD

- 1: In what country can more than 50% of the lakes in the world be found?
- 2: What's the largest city in the world (by population)?
- 3: Which country has the most islands in the world?
- 4: How tall is the tallest waterfall in the world-Angel Falls in Venezuela-approximately?
- 5: What's the longest river in the USA?
- 6: What's the most visited country in the world?
- 7: What is the name of the deep-fried pastry stick, rolled in sugar and served hot, popular in Mexico?
- 8: Which country outside the US uses the US dollar and is home to one of the world's largest waterfalls?
- 9: Which European countries display their own map on their national flag? (2 possible answers)
- 10: What is the hottest temperature ever recorded on earth? (Bonus point for where)

ROUND 4: SONG LYRICS

What is the next line of the song?

- | | | | |
|--|--|---|---------------------------------------|
| 1: I can show you the world... | 7: I love it when you call me... | 13: See the line where the sky meets the sea... | 19: And we danced all night to the... |
| 2: White lips, pale face... | 8: She said do you love me, I tell her only party... | 14: Gimme gimme gimme... | 20: I came in like a... |
| 3: If I was your boyfriend... | 9: Kiki do you love me... | 15: Tonight let's get some... | |
| 4: To the left to the left... | 10: When all is said and done... | 16: Apple bottom jeans... | |
| 5: Do you ever feel, like a plastic bag... | 11: havana oh na na... | 17: It's going down I'm yelling timber... | |
| 6: I'm in love with the shape of you... | 12: Vivat membrum quodlibet... | 18: Because I'm happy... | |

ROUND 5: COLLECTION!

Please collect all these items together from around your house and, if you are playing against friends on social media, post a photo. The first one with a complete collection (and a posted photo if playing online) wins 5 points.

- | | | | |
|---------------------|-------------------------|--------------|---|
| • Hair bobble x 3 | • Keys | • 5p coin | • Hairclip |
| • Pencil | • Packet of chewing gum | • 1p coin | • Necklace |
| • Pen | • Glasses | • Bus pass | • An unexpected object (Extra bonus point for player with best unexpected object) |
| • Packet of tissues | • Lip balm | • Earphones | |
| • Android Phone | • 20p coin | • Phone case | |

ROUND 6: LOCKDOWN LIMERICK

A limerick is a funny five line poem like this one:

**School closed to fight Covid 19
A lockdown like we've never seen
Although it's not cool
We really missed school
Thank goodness for Microsoft Teams...**

Write your own 'Lockdown Limerick' based on your experience of lockdown and remote learning and send your entry to the person who you have agreed will be your judge – this could be a parent, older sibling, friend. The best one wins 10 points.

QUIZ ANSWERS

ROUND 1: COUNTDOWN LETTERS

Here are the longest words that our dictionary corner team could find. Did anyone beat us?

The player with the longest word for each set of letters wins the point.

| | | | | | | | | | |
|----|---|---|---|---|---|---|---|---|---|
| 1: | M | A | N | A | G | E | D | | |
| 2: | S | O | L | O | I | S | T | | |
| 3: | M | E | T | E | O | R | I | T | E |
| 4: | N | U | I | S | A | N | C | E | |
| 5: | N | A | U | S | E | A | T | E | |

ROUND 2: COUNTDOWN NUMBERS

1: MY ANSWER **233**

SOLUTION:
 $9 + 1 = 10$
 $10 + 75 = 85$
 $6 + 100 = 106$
 $106 \times 3 = 318$
 $318 - 85 = 233$

2: MY ANSWER **510**

SOLUTION:
 $2 + 9 = 11$
 $11 + 50 = 61$
 $7 + 3 = 10$
 $10 \times 61 = 610$
 $610 - 100 = 510$

3: MY ANSWER **180**

SOLUTION:
 $1 + 2 = 3$
 $3 + 7 = 10$
 $10 + 10 = 20$
 $20 \times 3 = 60$
 $60 \times 3 = 180$

4: MY ANSWER **733**

SOLUTION:
 $5 + 50 = 55$
 $55 - 3 = 52$
 $7 + 7 = 14$
 $14 \times 52 = 728$
 $728 + 5 = 733$

5: MY ANSWER **187**

SOLUTION:
 $5 + 7 = 12$
 $12 + 6 = 18$
 $2 + 8 = 10$
 $10 \times 8 = 80$
 $180 + 7 = 187$

6: MY ANSWER **133**

SOLUTION:
 $5 + 6 = 11$
 $11 - 3 = 8$
 $8 \times 100 = 800$
 $800 - 2 = 798$
 $798 \div 6 = 133$

7: MY ANSWER **500**

SOLUTION:
 $75 + 10 = 85$
 $85 + 6 = 91$
 $91 + 7 = 98$
 $98 \times 5 = 490$
 $490 + 10 = 500$

8: MY ANSWER **552**

SOLUTION:
 $3 + 9 = 12$
 $9 \times 5 = 45$
 $45 + 1 = 46$
 $46 \times 12 = 552$

9: MY ANSWER **136**

SOLUTION:
 $10 + 3 = 13$
 $13 + 9 = 22$
 $22 - 5 = 17$
 $5 + 3 = 8$
 $8 \times 17 = 136$

10: MY ANSWER **869**

SOLUTION:
 $10 + 1 = 11$
 $50 + 100 = 150$
 $150 + 4 = 154$
 $154 - 75 = 79$
 $79 \times 11 = 869$

11: MY ANSWER **513**

SOLUTION:
 $100 + 4 = 104$
 $104 + 75 = 179$
 $179 - 8 = 171$
 $171 \times 3 = 513$

12: MY ANSWER **784**

SOLUTION:
 $50 + 6 = 56$
 $100 - 56 = 44$
 $44 \times 2 = 88$
 $88 \times 9 = 792$
 $792 - 8 = 784$

13: MY ANSWER **200**

SOLUTION:
 $6 + 25 = 31$
 $31 + 1 = 32$
 $32 \times 100 = 3200$
 $10 + 6 = 12$
 $3200 \div 16 = 200$

14: MY ANSWER **646**

SOLUTION:
 $75 + 5 = 80$
 $80 + 1 = 81$
 $81 \times 8 = 648$
 $648 - 2 = 646$

15: MY ANSWER **348**

SOLUTION:
 $6 + 5 = 11$
 $11 \times 9 = 99$
 $99 + 75 = 174$
 $174 \times 4 = 696$
 $696 \div 2 = 348$

QUIZ ANSWERS

ROUND 3: AROUND THE WORLD

- | | |
|---|--|
| 1: Canada | 6: France |
| 2: Tokyo | 7: Churro |
| 3: Sweden | 8: Zimbabwe |
| 4: 3230 feet (approx. 3000 feet) / 985m (approx. 1000m) | 9: Cyprus, Kosovo |
| 5: Missouri River | 10: 58 degrees (Libyan Desert / or just Libya) |

ROUND 4: SONG LYRICS

What is the next line of the song?

- | | | | |
|--|---|--|--|
| 1: Shining shimmering splendid | 6: Push and pull like a magnet do | 11: how come my heart in is havana oh na na | 17: You better move, you better dance |
| 2: breathing in snow flakes | 7: Senorita | 12: Vivant membra quaelibet | 18: Clap along if you feel like a room without a roof |
| 3: Never let you go | 8: I only love my bed and my mum I'm sorry | 13: It calls me | 19: Best song ever |
| 4: Everything you own in a box to the left | 9: Are you riding | 14: A man after midnight | 20: Wrecking ball |
| 5: Drifting through the wind wanting to start again | 10: you'll believe God is a woman | 15: And live while we're young | |
| | | 16: Boots with the fur | |