



Catch up and Grow Challenges

Catch up and Grow is an opportunity for students to catch up on their work and broaden their knowledge and creativity. No work will be set next week for KS3. Students must firstly finish and submit the work set over the lockdown period, then when they are up to date it is time to complete several our challenges:



How many can you do? There will be an award for the most creative, please post any evidence onto your Year group Google classroom for judging.

1. Watch a silent movie with a member of your family, the type your Great Grandparents would have watched at the Cinema: [Link 1](#) [Link 2](#)
2. Run 1Km (1000m) each day and submit your fastest time.
3. Learn to touch type to help you over the years [Link](#)
4. Learn a Ballet routine with English Youth Ballet [Link](#)
5. Every Thursday at 7pm [National Theatre](#) are showing free full length productions of their best shows [Link](#)
6. Make cake pops [Link](#)
7. Learn to juggle [Link](#)
8. Visit The Metropolitan Museum of Art, New York [Link](#)
9. Visit Van Gogh Museum, Amsterdam [Link](#)
10. Take a practice driving theory test [Link](#)
11. Complete an on line escape room with your family [Link](#)
12. Make a covid Time Capsule [Link](#)
13. Make an Anime [Link](#)
14. Plan and cook a 3 course meal for the family [Link](#)
15. Watch one of your parents favorite 80s teen film with them
16. Take a virtual tour of some of the worlds National Parks [Link](#)
17. Create a photo story of a lockdown day in your household
18. Enter the Generation Lockdown writing competition. [Link](#)
19. Go on a virtual Holiday to some of the best destinations in world [Link](#)
20. Tour the 'Museo del Prado' [Link](#)
21. Recreate a classic piece of Art with the family [Link](#)
22. A Galactic recipe for a living planet [Link](#)
23. Learn to Dance at Sadlers Wells Theatre [Link](#)
24. Watch a Shakespeare play at the Globe [Link](#)
25. Fill glasses with different amounts of water and try to play them to make your own tune [Link](#)
26. Learn all the words and perform the Rap from the Fresh Prince of Bell Air [Link](#)
27. Make some 3D shapes [Link 1](#)
28. Future engineer...do the Dyson Challenge [Link](#)
29. Join Cyber security school [Link](#)
30. Learn to Dance with Diversity [Link](#)
31. Learn about the great Ashes series ever [Link](#)
32. Learn to play Chess [Link](#)
33. Read a classic Book [Link](#)
34. Create a piece of Art that reflects your views on Lockdown and the Virus
35. Bake a cake for the family [Link](#)
36. Learn all about SpaceX [Link](#)
37. Awesome documentary on Sharks [Links](#)
38. How many 'keepy uppies' you can do, football, tennis ball, bat n ball
39. Learn a new card game and teach the family [Link](#)
40. Make a film using your phone.....



GENERATION
LOCKDOWN.



Best challenges will get House Points

