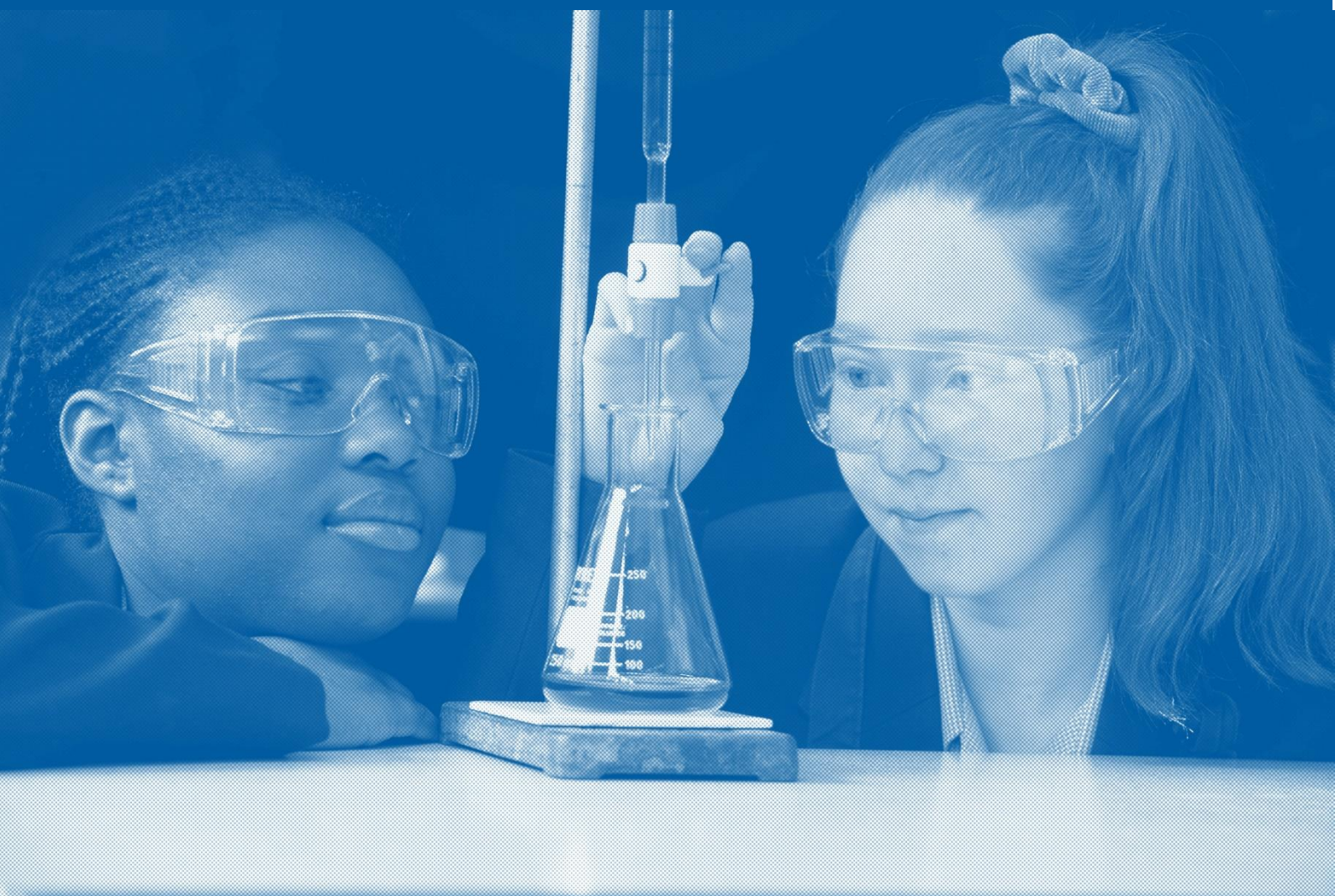


Carshalton High School for Girls
CHSG
Excellence: everywhere, every day

Stepping Out

Name:



#teamchsg

Welcome to 'Stepping Out'!

We're glad you're planning on spending a few hours each day 'with us' enjoying a variety of different activities.

Stepping Out is a week long opportunity for you to 'step out' of your daily routine and get involved with some fun challenges with us. In this booklet you will find a section for each day which consists of some puzzles, a main activity and an opportunity to review your activity.

The equipment list and instructions for each day are in this booklet which we encourage you to check before each session to help you be prepared! Each activity is accompanied by a video demonstration on our CHSG Year 7 Transition YouTube channel.

The videos will be uploaded to YouTube daily during the week beginning the **27th July** but if taking part during this particular week is difficult for you, please do take part in the activities at any point during the holidays.

We're looking forward to hearing about how you found each of the activities when you join us in September.

Enjoy!

The Year 7 Team

DAY ONE

Sudoku: The objective is to fill your 4 X 4 grid with numbers so that each column, each row, and each square all contain the numbers 1-4. We recommend doing this in pencil as you may need to do some jiggling around!

4			3
3	1		
2			1
		2	

Vegetables Crossword

DIRECTIONS: Fill in the crossword puzzle grid with the name of each vegetable following the numbers and direction indicated. Use the word bank if you get stuck.

16

15

14

13

12

11

10

9

8

7

6

5

4

3

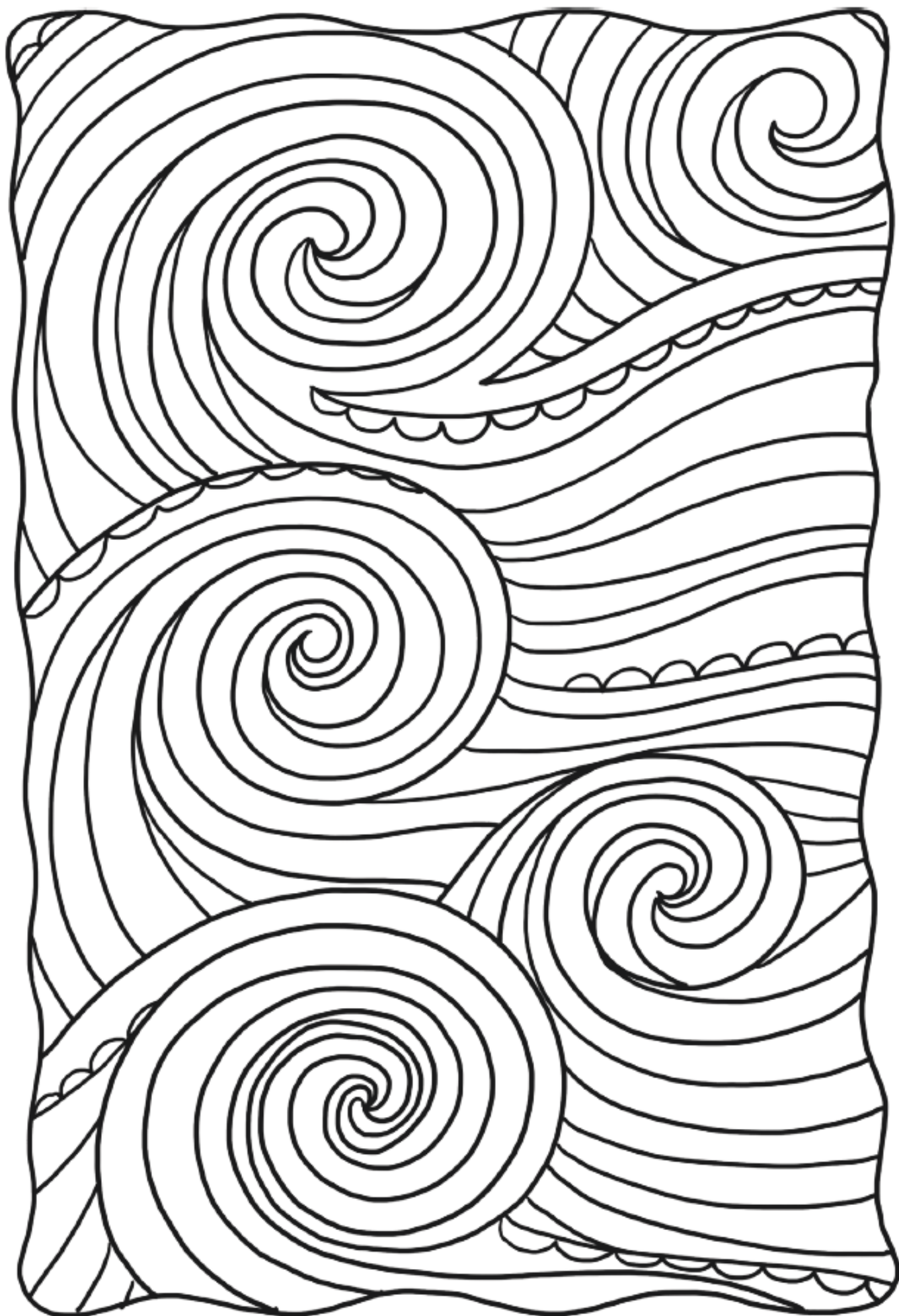
2

1

ARTICHOKE
BEET
BELL PEPPER
BROCCOLI
BRUSSEL
SPROUT
CABBAGE
CARROT
CORN

CUCUMBER
EGGPLANT
GARLIC
MUSHROOM
ONION
PEAS
POTATO
PUMPKIN
RADISH

COLOURING FOR MINDFULNESS



'Learning *A Linha Curva*' with Miss Johnson

What do I need?

A small, safe space to dance.
Appropriate dance clothes, bare feet/trainers.
No jewellery

Length of Activity 30 minutes

Introduction

Hello, I'm Miss Johnson and I am the Head of Dance here at CHSG. Today we will be learning a dance called *A Linha Curva* by the world famous Rambert Dance Company. This is one of the dances you will study in Year 7 and later in Year 9 if you choose GCSE Dance. *A Linha Curva* is a dance about celebrating Brazilian culture and combines the styles of Samba, Capoeira and Contemporary.

Let's get started!

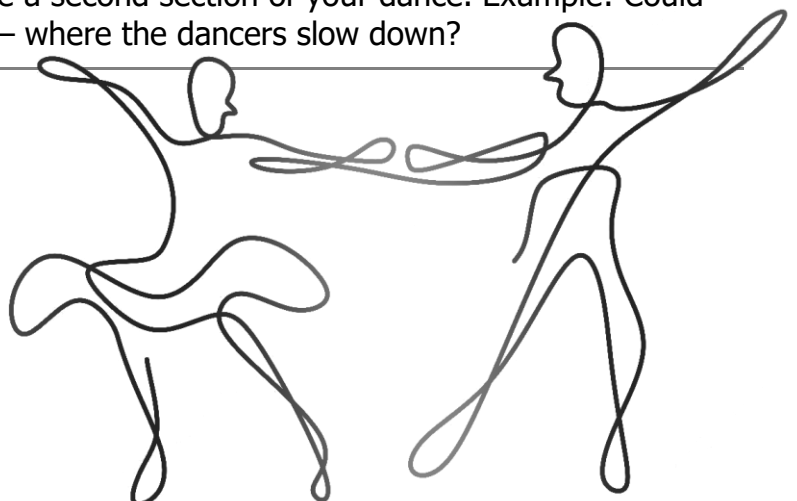
Step by step instructions

- Step 1:** Warm-up and stretch – Pop on one of your favourite tracks in the background as you do this with me if you want to.
- Step 2:** Learn the *A Linha Curva* phrase from the video.
6 counts of 8 including:
Arm wave motif -> walks and claps -> semi-circle arms -> walks and claps -> elbow twist -> walks and claps.
Pause the video after each count of 8 before moving on to the next. Once you have learnt all 6 counts of 8 confidently put on the track and practise to the music. The track is called *Bingo Bango* by Basement Jaxx.
- Step 3:** Develop the motif using change of direction (watch me for some examples). I would also like you to try different levels and tempo to create a longer phrase.
- Step 4:** Practise your new routine.
- Step 5:** Performance time!
-

Extra challenge

Watch the work and try and learn some more repertoire from this. Use the link below
<https://vimeo.com/225371580>.

Use the same choreographic devices to create a second section of your dance. Example: Could you learn some of the moves from section 2 – where the dancers slow down?



How much did you enjoy this activity today? Rate it from 1 – 5 stars.



What was your favourite part about the activity?

What was the most challenging part for you?

Perform your routine in front of your family at home. They can give you an overall performance star rating. Don't forget to smile!

Family review:



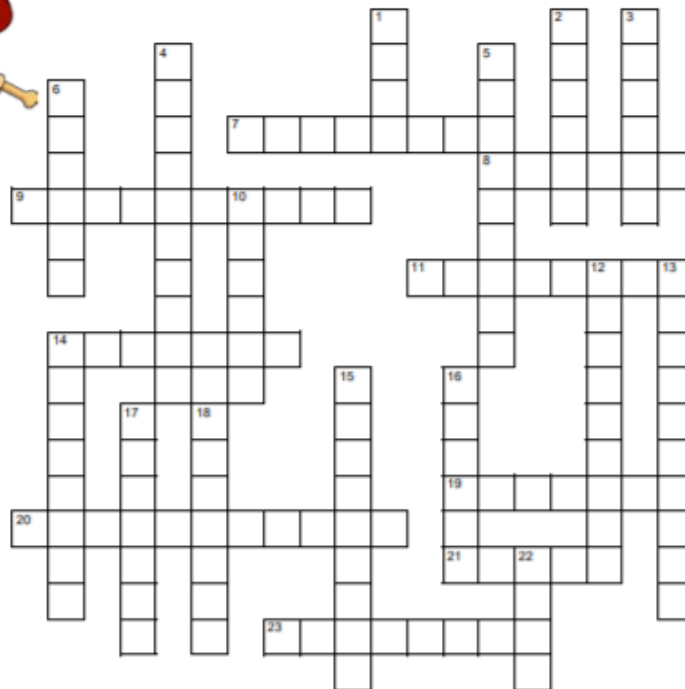
DAY TWO

Sudoku: The objective is to fill your 4 X 4 grid with numbers so that each column, each row, and each square all contain the numbers 1-4. We recommend doing this in pencil as you may need to do some jiggling around!

4	1	3	
		1	
1			4



Sports Challenge Crossword



Across

7. Oldest organized sport in North America.
8. You need snow for this sport.
9. Players score by throwing a ball through a hoop.
11. You need water for this sport.
14. Played on an indoor alley.
19. Bat and ball sport AND the name of an insect.
20. Another name for ping-pong.
21. Game with scrums and an oval ball.
23. It involves hiking, throwing, catching and

Down

1. Unarmed combat sport using holds and leverage.
2. Played with rackets.
3. Waling in the countryside.
4. Might be played on the beach.
5. Graeco-Roman contact sport.
6. Unarmed combat sport using the hands and feet to deliver blows.
10. Fist fighting.
12. Played by two teams on ice skates.

13. Might be done on parallel bars.
14. Played on a "diamond".
15. Played with a shuttlecock.
16. The US name for a sport the rest of the world calls football.

17. The Tour de France features this sport.
18. Might be done on concrete or ice.
22. Played with clubs.

Word Bank

Badminton	Golf	Skating
Baseball	Gymnastics	Skiing
Basketball	Hiking	Soccer
Bowling	Ice Hockey	Swimming
Boxing	Judo	Table Tennis
Cricket	Karate	Tennis
Cycling	Lacrosse	Volleyball
Football	Rugby	Wrestling

COLOURING FOR MINDFULNESS



'Chemistry in your Cupboard' with Mr Lewis

What do I need?

2-litre bottle	4 Straws
Tape	White Vinegar (568ml – 1 bottle)
Bicarbonate of soda (1 container)	Tissues
An orange	Outside space
Cork or something to put in the top of the bottle	

Length of Activity	30 Minutes
---------------------------	------------

Introduction:

Hello!

My name is Mr Lewis and I am one of the science teachers at Carshalton High School for Girls. Today we will be looking at reactions between acids and alkalis with things you might find in your cupboard at home.

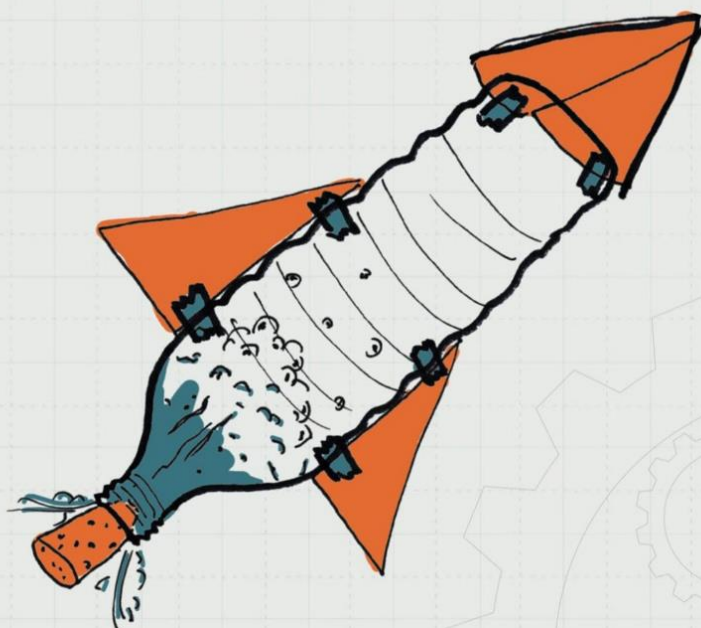
Don't worry if you haven't done anything like this before, I will talk you through each step and complete it alongside you. Make sure you are paying attention, have the correct ingredients and have your parents'/carers' permission to use things from their cupboards.

We are going to be looking at acids and alkalis and what happens when we mix them together.

You may have heard of acids before; oranges and lemons contain citric acid which gives them their sour taste. We are also going to use vinegar which we call ethanoic acid in science.

Alkalis are the opposite to acids; they are often used for cleaning and have a soapy taste and feel. Toothpaste, bleach, and bicarbonate of soda are all examples of things that are alkaline.

When acids and alkalis are mixed together, we get a chemical reaction happening. Today we will do some experiments to observe that reaction.



Step by step instructions

Make your own Rocket

You must have your parents'/carers' permission before beginning this activity

Equipment: 2 litre plastic bottle, 4 straws, tape, white vinegar, bicarbonate of soda, tissues, a cork (or something to put on the top of the bottle to seal it).

1. Make sure your bottle is empty.
2. Stick your straws onto the bottle. They will need to be at the top of the bottle and will be the legs of your rocket. Make sure the bottle is able to balance upside down when the straws are attached.
3. Pour in your white vinegar (the whole bottle)
4. Place a tissue on your surface and pour some bicarbonate of soda onto it
5. Put another tissue over the top of it and wrap it up like a sweet
6. Take everything outside to a clear space
7. Drop the wrapped-up bicarbonate of soda into the bottle and quickly put your bung in.
8. Turn the rocket upside down (with the hole at the bottom) and stand back!

Orange Fizz (Optional):

Equipment: An orange, bicarbonate of soda, a plate or bowl

1. Pour some bicarbonate of soda into a bowl
2. Peel your orange and take a segment of it
3. Dip the orange segment into the bicarbonate of soda
4. Put the orange segment covered with bicarbonate of soda into your mouth and bite down
5. You should feel a fizzing sensation in your mouth. This is a similar reaction to the rocket.

Extra challenge

Can you make your rocket more aerodynamic? How high/far can you make it go?
Have fun! Looking forward to seeing you in September.

How much did you enjoy this activity today? Rate it from 1 – 5 stars.



What was your favourite part about the activity?

What was the most challenging part for you?



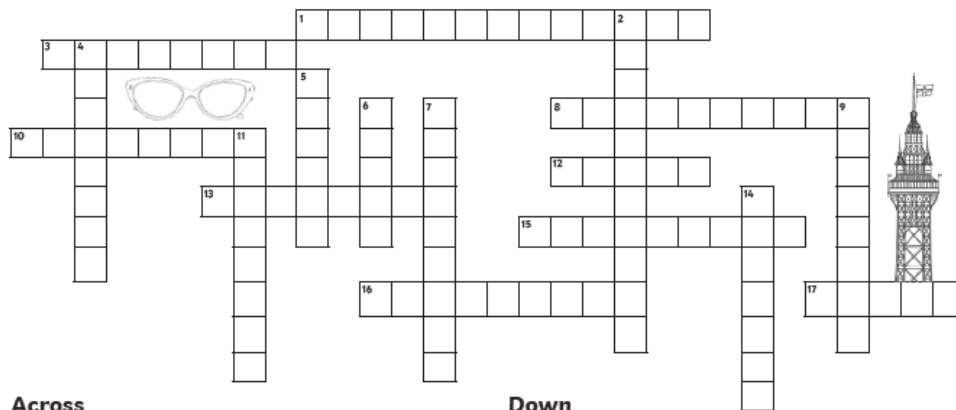
DAY THREE

Sudoku: The objective is to fill your 6 X 6 grid with numbers so that each column, each row, and each rectangle all contain the numbers 1-6. We recommend doing this in pencil as you may need to do some jiggling around!

	5			4	3
6				1	5
		6		3	
		3		6	
4	6	5	3		1
3			4	5	

Summer Holiday

Use the clues to help you complete this Summer holiday crossword.



Across

1. A UK landmark where the crown jewels are situated. (5,2,6)
3. Item used to carry your clothes and belongings when travelling. (8)
8. An item used to protect the eyes from sunlight. (10)
10. A UK county with hundreds of sandy beaches, culminating at Land's End. (8)
12. A holiday location where you might encounter pyramids, sarcophagi and a sphinx. (5)
13. A cold dessert usually eaten in a cone. (3,5)
15. A mode of transport often used to get to a holiday destination. (9)
16. A popular UK holiday town famous for its tower, illuminations and theme park attractions. (9)
17. The city where the Eiffel Tower is located (5)

Down

2. Theme park that has a fairy castle and a famous mouse. (6,5)
4. People often sit below this (especially at the beach) to protect them from sunlight. (8)
5. This holiday destination is famous for its history and famous buildings such as the Parthenon and the Temple of Zeus. (6)
6. Item taken to the beach to lie on or dry yourself with. (5)
7. An entertainment venue with rides, attractions and shows. (5,4)
9. Something you apply to your skin to protect it from burning whilst on holiday (3,5)
11. A famous tourist location in Scotland where a monster is said to live. (4,4)
14. During a trip to Wales, people often climb its highest mountain which is called...(7)

COLOURING FOR MINDFULNESS



'PE - Fitness Workout' with Miss Golightly

What do I need?

1. An open garden space or an area you can swing your arms side to side.
2. A towel
3. Water bottle

Length of Activity

30 minutes

Introduction:

Hello, I'm Miss Golightly and I teach PE here at CHSG. Today we will be completing a fun workout. If you have never done anything like this before, don't worry! I am going to walk you through it and complete it alongside you. Just make sure you are **listening** really carefully and have a bottle of water nearby. It is super important to stay hydrated when we exercise, if you have not got any water nearby, **pause this video** and quickly go and get some...

Step by step instructions

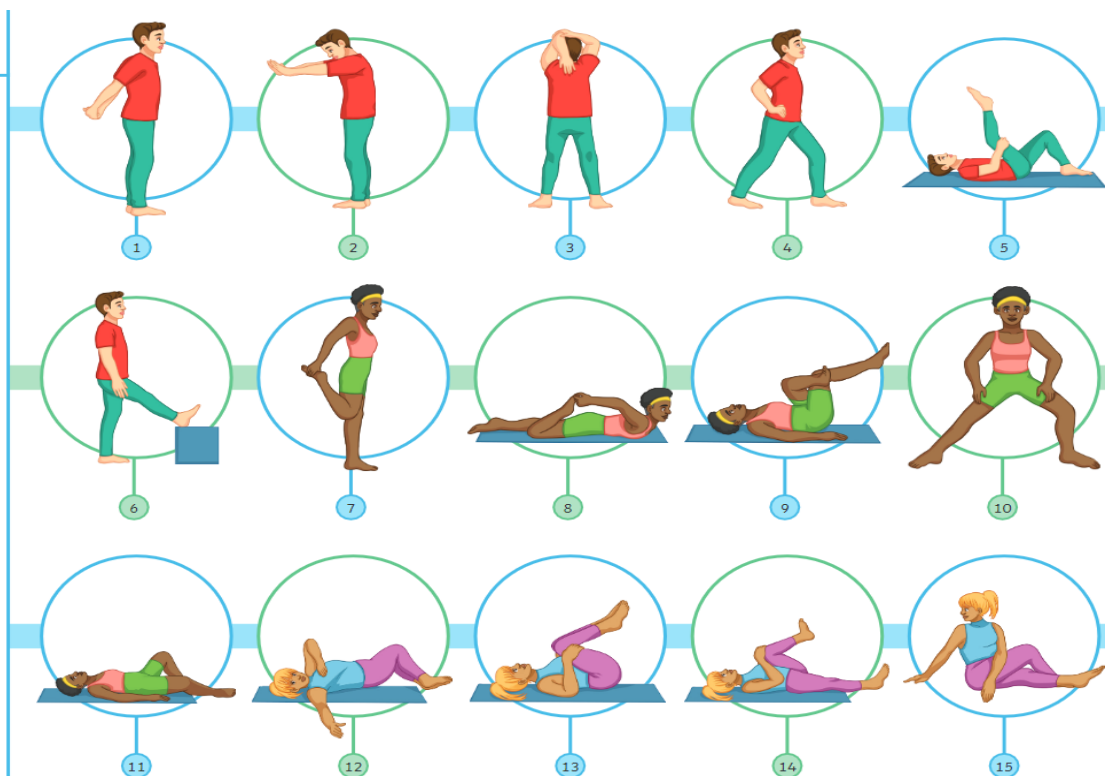
Step 1: We need to complete a pulse raiser and stretches. It is important to warm-up because it will prepare you physically and mentally so you can perform at your best, but also helps prevent injury. We also need to stretch our muscles we are about to use to increase their elasticity and range of movement.

I want you to jog on the spot or jog around an open space for 2 minutes. I want you to sprint as fast as you can on the spot for 30 seconds, rest for 10 seconds, then do it again.

Let's now complete the following stretches, you need to hold each stretch for 10 seconds.

Stretches

1.	chest
2.	upper back
3.	back of arms
4.	calf
5.	back of thighs
6.	back of thighs
7.	front of thighs
8.	front of thighs
9.	outer thighs
10.	inner thighs
11.	inner thighs
12.	lower back
13.	lower back
14.	lower back
15.	torso











Step 2: Today we are going to complete a fitness-based workout which will use a variety of muscles in our body.

Our exercises today are:

1. Sit ups (you need a towel for this)
2. Jumping jacks
3. Plank
4. Burpees
5. In and out sit ups (you need a towel for this)
6. Squats
7. Crunch toe taps
8. Walk in and out

Here are the images to help you.

<p>1. Sit ups</p> 	<p>2. Jumping jacks</p> 	<p>3. Plank</p> 	<p>4. Burpees</p> 
<p>5. In and out sit ups</p> 	<p>6. Squats</p> 	<p>7. Crunch toe taps</p> 	<p>8. Walk in and out</p> 

Ok, let's get started.... You need a towel and a water. We are going to perform each exercise for 30 seconds in round 1 with 15 seconds rest. It is very important to take this time to rest and drink water.

Are you ready.....3.....2.....1

- Exercise 1: Sit ups for 30 seconds
Now rest for 15 seconds
- Exercise 2: Jumping jacks for 30 seconds
Now rest for 15 seconds
- Exercise 3: Plank for 30 seconds
Now rest for 15 seconds
- Exercise 4: Burpees for 30 seconds
Now rest for 15 seconds
- Exercise 5: In and out sit ups for 30 seconds
Now rest for 15 seconds
- Exercise 6: Squats for 30 seconds
Now rest for 15 seconds
-

-
- Exercise 7: Crunch toe taps for 30 seconds
Now rest for 15 seconds
- Exercise 8: Walk in and out for 30 seconds
Now rest for 15 seconds

Well done that is round 1 complete! Now rest for 2 minutes and have a drink of water.
We are going to perform each exercise for 20 seconds in round 2 with 10 seconds rest. It is very important to take this time to rest and drink water.

Are you ready.....3.....2.....1

- Exercise 1: Sit ups for 30 seconds
Now rest for 10 seconds
- Exercise 2: Jumping jacks for 30 seconds
Now rest for 10 seconds
- Exercise 3: Plank for 30 seconds
Now rest for 10 seconds
- Exercise 4: Burpees for 30 seconds
Now rest for 10 seconds
- Exercise 5: In and out sit ups for 30 seconds
Now rest for 10 seconds
- Exercise 6: Squats for 30 seconds
Now rest for 10 seconds
- Exercise 7: Crunch toe taps for 30 seconds
Now rest for 10 seconds
- Exercise 8: Walk in and out for 30 seconds
Now rest for 10 seconds

Well done, you did it! Let's complete today with a light walk around an open space for two minutes and then stretch out your muscles.

Excellent effort today! I hope you enjoyed today's session and looking forward to meeting you all in September.

Extra challenge

Why not challenge yourself further and complete this workout again with an extra SET:

- Round 1- 30 rest 15 seconds
Round 2- 30 rest 15 seconds
Round 3- 20 rest 10 seconds

Or

Count how many reps you can complete in 30 seconds. Write down your number and try to improve your number every time you complete the exercises.

Enjoy!

How much did you enjoy this activity today? Rate it from 1 – 5 stars.



What was your favourite part about the activity?

What was the most challenging part for you?



DAY FOUR

Sudoku: The objective is to fill your 6 X 6 grid with numbers so that each column, each row, and each rectangle all contain the numbers 1-6. We recommend doing this in pencil as you may need to do some jiggling around!

6	3	2	4		
4		1	6	3	
	6	3	1		
1		5		6	
5			3		4
					6

Famous Characters Wordsearch

Find all the words in the puzzle. When you have found all the words, look at the first two lines. Can you spot a phrase about reading, using letters that haven't already been used?

R E A D I N N G I S D R E A R A N M I N G D E H C W I T H Y
O U R E Y E A S O P E N Q E S A R I G J A Y S O H L L E P Q
T Y M R W L P V E W D Z G L M N S A F V A Q U O A E F E D Y
E L Y A W B R J F H G N A N X U B L I B E T O P R F K J R Y
X H E R Y E E N A J A N I W X O U D E X W E H E L J S U J U
S E B E J Y T X H R Z T I H Z P C D P F A A D H I N F S A J
N L U F P O E W G E E O Q E X O C O O D H D O T E S B Y Y T
A J G Y J P P E M H O X D T P F H R O F S L O E B S U A Z M
L B U X T U N A T H D H W P F G R O S I N O W I U X M J N E
N S Z L L O F S B G Y C E H M P I T K A R W A N C H F E X Q
U U H C I X H E M Z M R V E F I S H V V A K M N K K B F P H
R E L M F E N L F M F H O R E E T Y W B E X M I E A Y U A Z
N E R Y F U T Y G I R I R G L L O O N B E O E W T K W N U Z
N E T V O C G C E P P Y X H P I P H O J N E D K T F O V X A
H R D T F S F L A B C E M A R Z H J W Z I W Y L P E Z U O Q
M O D J O Z D L W P F R A M A A E J D O R P J N R V E F P G
C A T N L P G M N B U R R L M B R W T Q E X F W F R O X O A
Y A T A A N Y D M U C L Z E S E R N M A H N I Q R O G G X I
F Q P I H Y O R N Y Z J E T S T O J B E T P T W D R I Y G E
L A B T L W E T R J T H M T I H B E U G A T N O M O E M O R
J H E K A D W E P A Z W M H M B I O L V C Z B M B E S E V R
N I Q Q Z I A G D K H D O D V E N R B R J A B B L X U X E Y
A L I C E I N W O N D E R L A N D O Q D G C U F T O X V R P
F M O H W N N H O D E L Q L U N M E Y G X G J D T Y D G U D
M K X A M Q S I O R S W R V L E N O I B A L P J U E C G C H
E N Q I Y Z J Z P O M E L B K T T N W N O A C P I F E W A I
W N Z Q F W X D F R K W L E I W S O D S I I Z K S Y Y H S A
L J L O G D A J N R O J O R V N M A H S I V A H S S I M A Y
B T W N P O J O F Q O U B O P O L R F F P Y N A C U V P L C
Z H P L F Z R X X X Z Y F B D F P B B V L K V Q H J S V T E

ALICE IN WONDERLAND

ASLAN

CAPTAIN HOOK

CATHERINE EARNSHAW

CHARLIE BUCKET

CHRISTOPHER ROBIN

DAVID COPPERFIELD

DOROTHY

ELIZABETH BENNET

EMMA WOODHOUSE

FRODO BAGGINS

GANDALF

HAMLET

HARRY POTTER

HERMIONE GRANGER

JANE EYRE

JULIET CAPULET

MATILDA WORMWOOD

MISS HAVISHAM

MISS MARPLE

PETER PAN

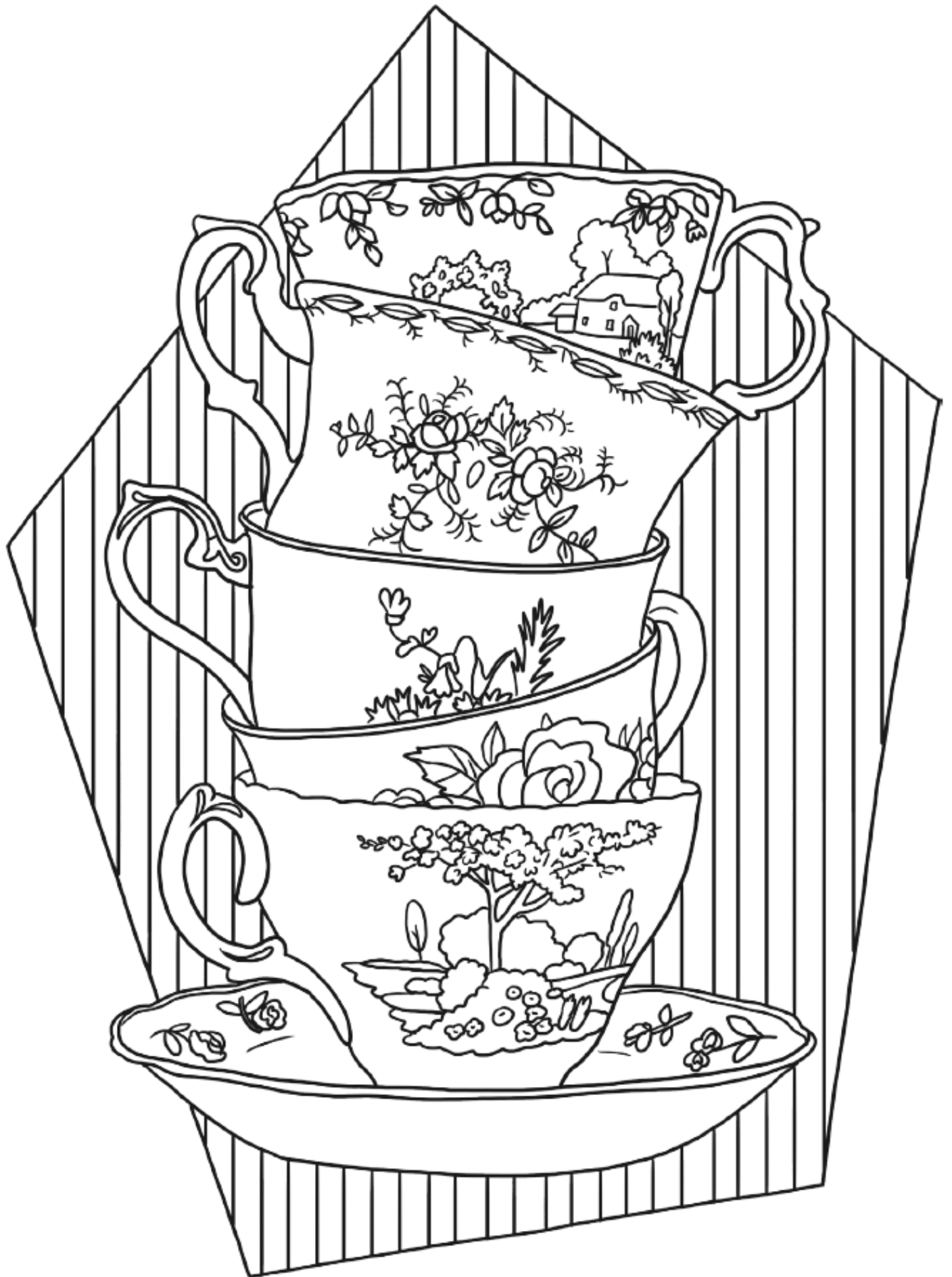
ROMEO MONTAGUE

THE TINMAN

VERUCA SALT

WINNIE THE POOH

COLOURING FOR MINDFULNESS



'Cake Pops and Brownie Mugs' with Miss Brice

What do I need?

Ingredients

6 to 8 plain fairy cakes
3 tbsp buttercream/frosting
100g chocolate (for melting)
Sprinkles (for decorating)
Cake pop sticks/lollypop sticks/cocktail sticks

Equipment

Mixing bowl
Tablespoon
Small microwaveable bowl
Parchment paper
Plate
Microwave

Length of Activity

30 minutes

Introduction:

Hello, I'm Miss Brice and I teach Food Tech here at CHSG. Today we will be having a go at making some Cake Pops and Brownie Mugs. If you have never done anything like this before, don't worry! I am going to walk you through it and complete it alongside you. Just make sure you are **listening** really carefully and have the correct items/ingredients ready to use. If you want to check, **pause this video** and have a quick look now...

Step by step instructions: Cake Pops

1. Break the cakes into small pieces (like crumbs) into the mixing bowl.
2. Add 1 tablespoon of buttercream to your cake crumbs and mix in using your hands. Then add 1 more tablespoon and again mix it with your hands.
3. You may need to add a little more buttercream until your mix sticks together. It should look and feel like the consistency of play dough.
4. Put some parchment paper onto your plate.
5. Now you need to take some of the mix and roll it in your hands until it looks like a small ball. Place this onto your parchment paper. You should be able to make about 12.
6. Place your cake balls into the fridge to set for 10 to 15 minutes.
7. Now you need to melt your chocolate. Break your chocolate and place into a microwaveable bowl. Microwave for 30 seconds and then stir, place back into microwave for another 30 seconds and stir again. Repeat until melted.
8. Dip the end of your stick into the chocolate and then carefully place into your cake balls on the plate. Leave to set for 5 minutes.
9. Now cover your cake balls in the melted chocolate. You can do this by dipping them or using a spoon. Gently tap off the excess chocolate.
10. Sprinkle over your decorative sprinkles and leave them to dry.

Now our cake pops are drying, we will move on to our next challenge and create our Brownie Mugs.

What do I need?

Ingredients

3tbs plain flour
2tbsp cocoa powder
2tbs brown sugar or caster sugar
Pinch salt
3 tbsp milk
1tbsp oil
1/4tsp vanilla extract
1 tbsp chocolate chips

Equipment

Microwaveable cup
Tablespoon
Fork
Microwave

Length of Activity

5 minutes

Step by step instructions: Brownie Mugs

1. Place flour, cocoa powder, sugar and salt into your microwaveable cup and mix together using the fork.
2. Add the milk, oil and vanilla.
3. Mix together with your fork until smooth.
4. Add your chocolate chips and mix through.
5. Microwave for 1 minute.
6. SERVE WITH YOUR FAVOURITE ICE CREAM!
7. Take a picture of your Brownie Mug.

Give your creation to family members or friends to try. They can be your food critics and give you a star rating.

Extra challenge

Could you design your very own cupcake which could be sold in the school canteen? It must include either a fruit or a vegetable. You need to sketch your design, colour and label it.

Create a recipe card for your cupcake. This needs to include the ingredients you will need and the method of how to make it.

Give your creation to family members or friends to try. They can be your food critics and give you a star rating.

Family review:

Presentation: /5
Flavouring: /5
Texture: /5



How much did you enjoy this activity today? Rate it from 1 – 5 stars.



What was your favourite part about the activity?

What was the most challenging part for you?



DAY FIVE

Sudoku: The objective is to fill your 6 X 6 grid with numbers so that each column, each row, and each rectangle all contain the numbers 1-6. We recommend doing this in pencil as you may need to do some jiggling around!

	6		5		
	4	3		2	
				5	
6					4
					1
	3		4		5

World's Biggest Cities Word Search

These are the 20 most populated cities in the world – can you find them all in the word search?

s	w	j	s	y	v	e	g	c	e	k	a	i	t	m	y	l	h
y	m	i	a	i	f	s	a	r	r	u	a	q	q	d	j	r	u
p	o	v	o	k	g	h	e	o	i	f	e	r	z	d	i	g	f
w	s	y	p	s	t	p	y	i	o	l	m	b	g	g	f	v	o
u	c	d	a	f	j	w	a	i	d	h	a	u	j	u	f	y	l
p	o	k	u	a	e	h	h	h	e	z	a	e	t	v	k	x	n
m	w	m	l	n	g	l	c	s	j	t	s	n	j	o	g	h	c
e	e	w	o	n	e	o	o	h	a	e	r	o	t	q	j	i	l
x	j	h	a	d	y	g	t	k	n	p	y	s	l	q	o	j	c
i	q	h	s	x	a	a	l	v	e	k	m	a	n	i	l	a	j
c	s	r	e	l	f	o	j	f	i	h	a	i	u	f	q	o	y
o	g	k	o	e	k	g	l	x	r	p	r	r	p	i	y	s	r
c	t	g	u	l	m	b	g	y	o	s	v	e	a	d	w	a	o
i	r	d	l	o	s	a	n	g	e	l	e	s	k	c	x	k	u
t	l	c	c	e	y	a	e	r	x	n	s	c	d	w	h	a	x
y	l	l	j	k	l	o	j	a	k	a	r	t	a	f	p	i	e
i	v	y	r	p	a	r	i	s	l	m	u	m	b	a	i	t	l
i	v	f	b	s	q	b	w	c	a	c	a	i	r	o	z	z	d

Buenos Aires	Kolkata	Moscow	Rio de Janeiro
Cairo	Lagos	Mumbai	Sao Paulo
Delhi	Los Angeles	New York	Seoul
Jakarta	Manila	Osaka	Shanghai
Karachi	Mexico City	Paris	Tokyo

COLOURING FOR MINDFULNESS



'Kitchen Chocolate Samba' with Miss Ogden

What do I need?

- Saucepan
 - Wooden or plastic spoon/utensil
-

Length of Activity 25 minutes

Introduction:

Hi everyone! Hope you are all having a lovely summer. I am Miss Ogden, Head of Music at CHSG. Today we are going to be looking at Samba music and creating our own Samba piece using everyday objects from the kitchen!

For this task you will need:

A saucepan, a wooden/plastic spoon or utensil and some space to perform and create music. Whilst there may be chocolate in the title, we aren't eating any today, but there may be some rewards in September for those who can remember these rhythms.

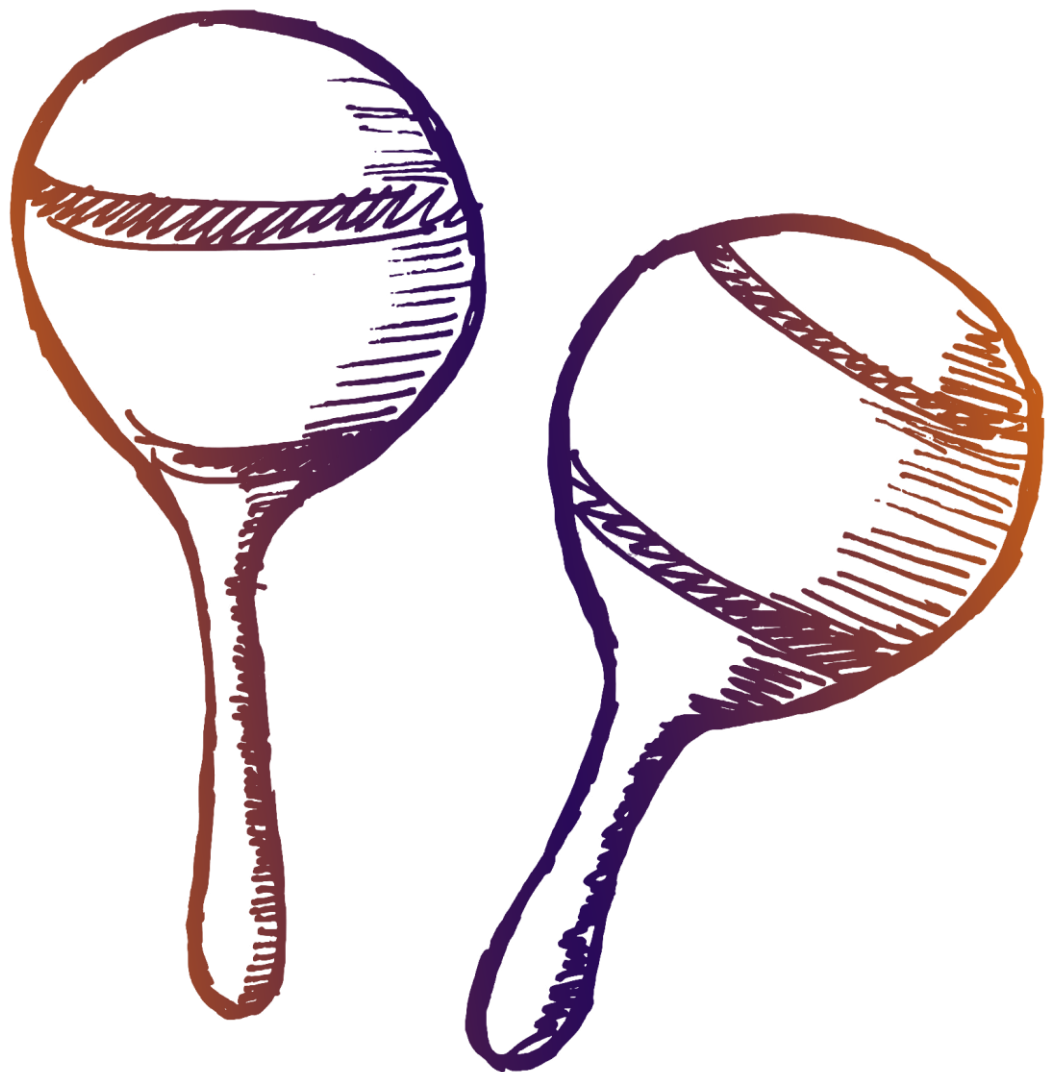
Enjoy everyone.

Step by step instructions:

- 1) **Warm up** – First we need to warm our bodies up! Do 10 jumping jacks on the spot and then stretch your body. Some across the body arm stretches are the best here.
 - 2) **Samba** – Listen to Miss Ogden discuss what Samba is and where it comes from. Remember this as it may come in useful when you come back to school.
 - 3) **Grab your "instrument"** – Using your kitchen items (saucepan and spoon) how many different sounds can you make with them in 30 seconds? Try now and make as much noise as you can.
 - 4) **Learn some Kitchen Samba rhythms** – Watch Miss Ogden go through the chocolate Samba rhythms. Can you try and use a different sound on your saucepan for each? The words to rhythms are:
 - a. **Rhythm 1** – A Mars, a Boost, a Flake, a Twix.
 - b. **Rhythm 2** – I like chocolate, I like chocolate, I like chocolate, I like chocolate
 - c. **Rhythm 3** – Give me some chocolate, give me some chocolate.
 - 5) **Compose your own rhythms** – Can you now compose (create) your own Samba rhythms for your Kitchen Samba? It doesn't have to be related to chocolate and you don't have to put words to it, but it may help some people to do this. Some examples could be:
 - a. *I like music lessons*
 - b. *PE is my favourite subject*
 - c. *I enjoy dancing*
 - 6) **Now you have your Kitchen Samba piece – well done! I look forward to seeing you all in September.**
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Extra challenge

- 1) Can you add multiple rhythms together at the same time? With different “instruments” from the kitchen (please be careful and ask permission first!)
 - 2) Could you record your performance and email it to the Year 7 team?
 - 3) Can you compose a full piece of Samba using your kitchen instruments? – Well done if you get this far!
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How much did you enjoy this activity today? Rate it from 1 – 5 stars.



What was your favourite part about the activity?

What was the most challenging part for you?





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