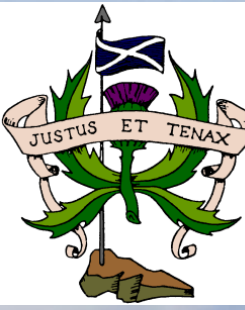


Boroughmuir High School

Activity and Health and Well Being Days

2020



Thursday June 25th and Friday June 26th

Boroughmuir High School – Vision Statement:

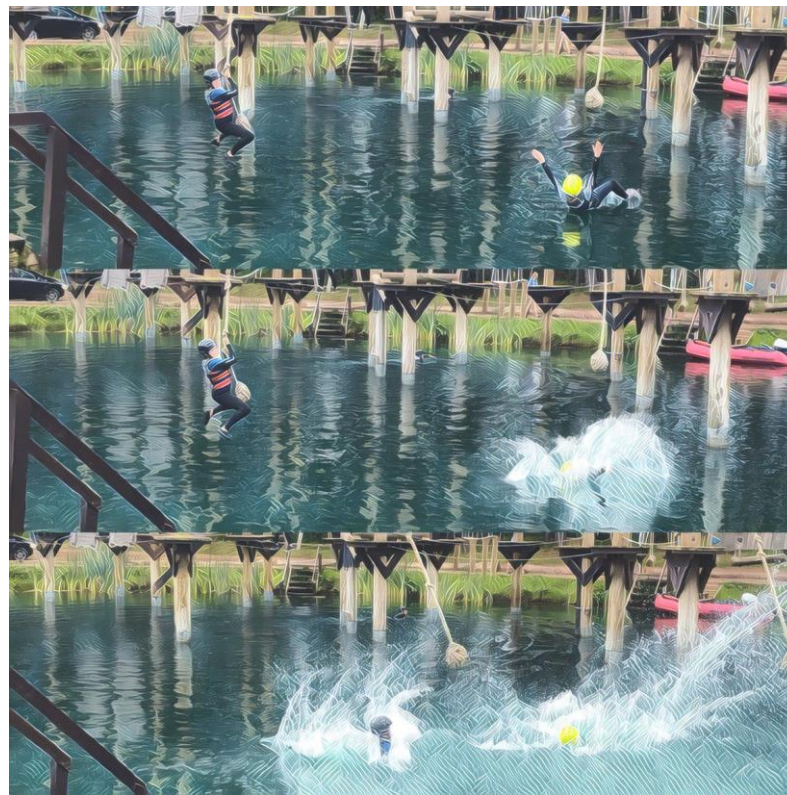
“Our vision is to ensure a confident, nurturing and inclusive learning community where all achieve their full potential and embrace life’s challenges.”

Activity Week has been an integral part of our school calendar for many years and helps to provide opportunities for all pupils to develop confidence, build relationships and nurture our school community beyond the classroom.

We are sorry that we can’t have the normal Activity Week experiences this year, but we hope you all can still get involved in our **Activity and Health and Well Being (HWB) Days** over the last two days of the school.

We know you'd love to be doing some of the following but please read on for some fun 2020 ideas!







Boroughmuir High School – Activity and HWB Days 2020

We would love to see some of your Activity Week 2020 experiences. Please **upload descriptions, pictures, videos, PowerPoint slides, pdf's or audio files** of what you have been up to over the last 2 days of the summer term. We hope these experiences give you lots of ideas for the summer holidays as well!!

Please **share** with us your experiences by **clicking on the link** below or **scanning the QR** code with a phone or tablet.

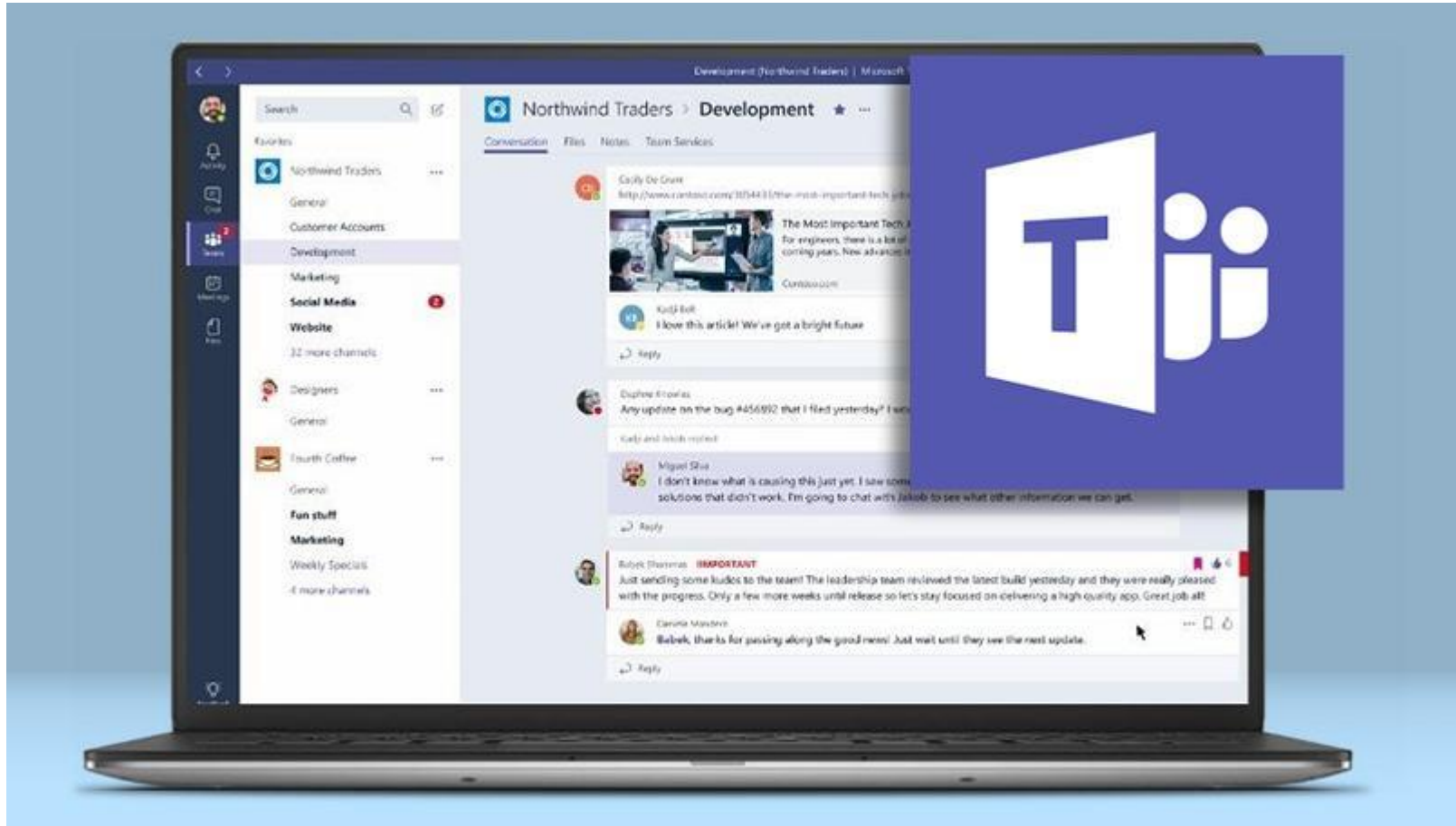
[Click here to record your Activity & HWB Days 2020 experiences!](#)



Activity and HWB Days 2020 – Summary of Activities

1. Boroughmuir 5000
2. Walk in the Woods
3. Create and Craft
4. Minecraft
5. Boroughmuir Bake Off
6. South Edinburgh Adventure Race
7. Edinburgh by Bike
8. Music, Drama & Dance
9. Cheer Experience
10. Young Activists
11. Scrapheap Challenge
12. Camping and Outdoor Cooking
13. Photography
14. Race across the City
15. Random Acts of Kindness
16. Mindfulness
17. Gardening
18. Microadventures – Into the Wild
19. Royal Observatory
20. Creative Writing: Gallery Tour

Activity and HWB Days 2020 – use TEAMS



Please see your **year group TEAMS** pages for more information on some of the activities.

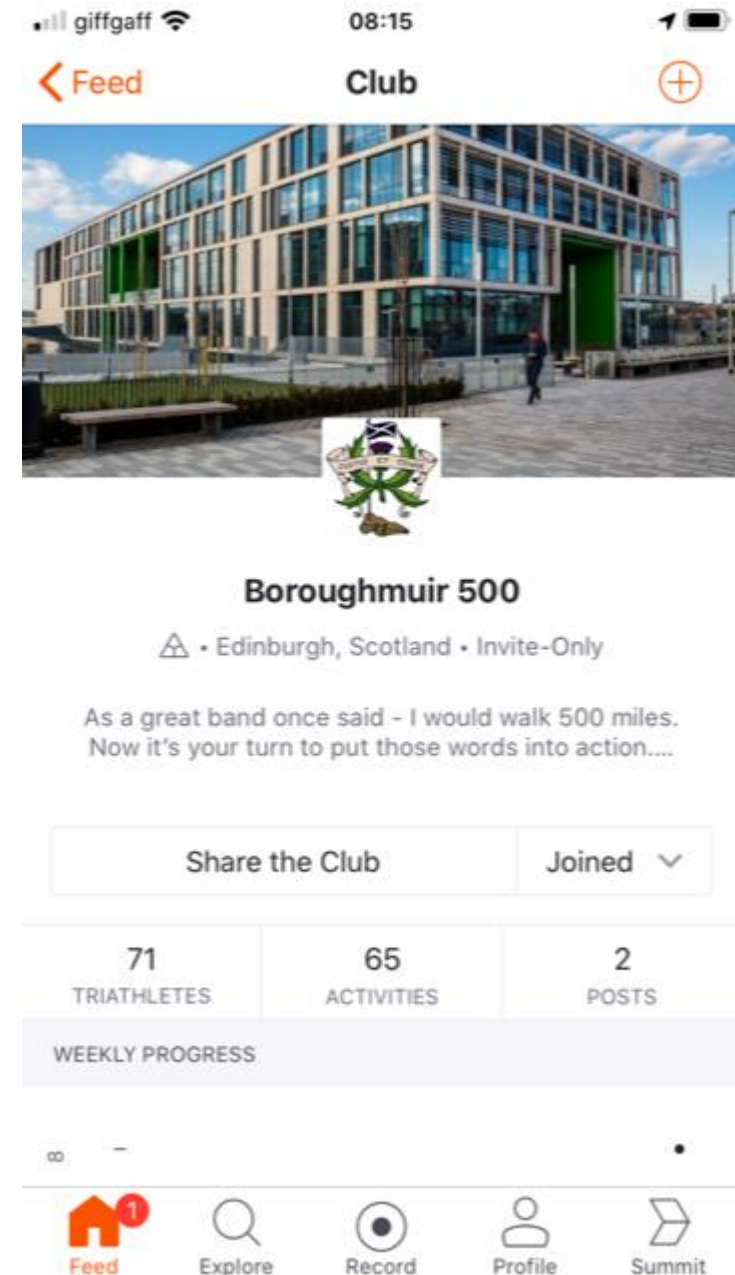
Activity Menus

1. Boroughmuir 5000

Lead by the PE Department, Boroughmuir 5000 has been operating for a few weeks logging the running, cycling, walking activity of pupils and staff. The initial target of 500 miles was smashed in days so they increased the target 10-fold, to 5000 miles. With 1 week to the end of term pupils and staff had completed **4435 miles!**

CAN YOU HELP TO GET THEM OVER THE FINISH LINE

Please watch the video that explains exactly how you can get involved <https://youtu.be/P6TJq--AByY>

The Strava logo is displayed in white, bold, sans-serif capital letters on a solid orange square background.

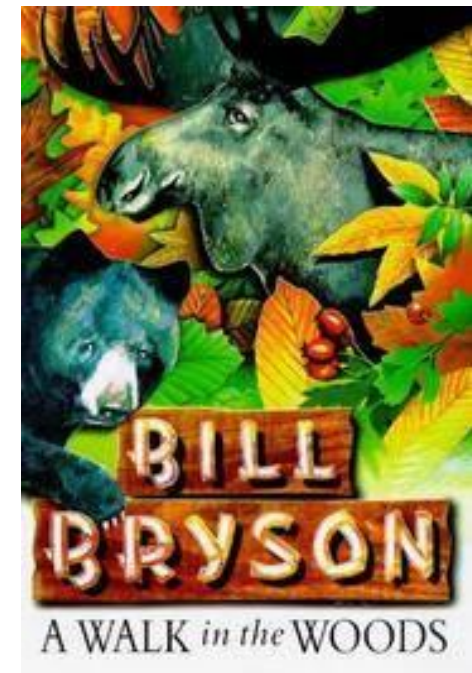
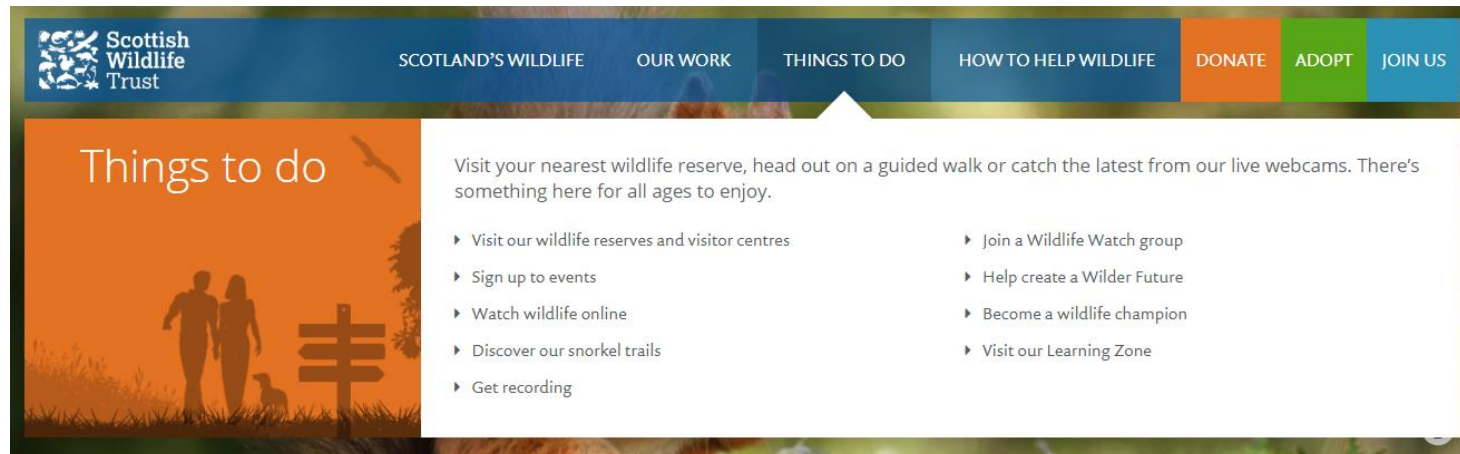
Activity Menus

2. Walk in the Woods

If, like Mr Hamilton in Science, you like to the outdoors, nature and wildlife, try a walk in the woods. Please click [here](#) so see Mr Hamilton's *48hrs in the Woods* short video it's worth the watch!!

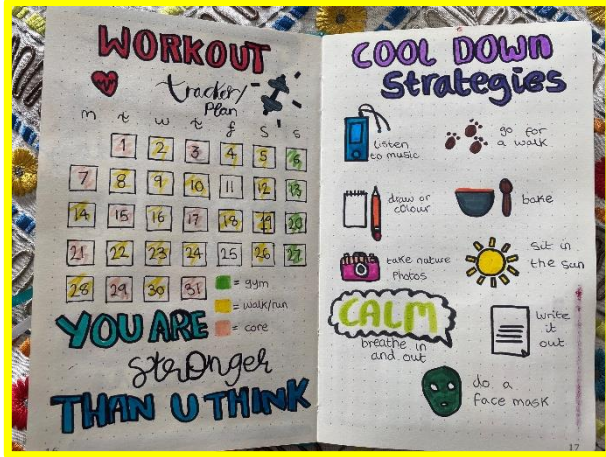
Lots of great ideas can be found here

<https://www.wildlifetrusts.org/looking-after-yourself-and-nature#activities>



3. Create and Craft

Could you use or develop your drawing skills and try journaling?



- Watch YouTube videos or search Pinterest for lots of tips and ideas but really there's no rules –make your journal personal to you
- You will need:
 - A notebook/journal (dotted paper can be helpful to set things out)
 - Scrap paper
 - Pictures/stickers
 - Coloured pens
 - Highlighters

How about creating paper 'Phuldani' Bengali for 'flowers in a vase'?

- Check out the video <https://m.youtube.com/watch?feature=youtu.be&v=XQuFKou4cGA> for the instructions

- You will need:
 - Scissors
 - Glue and/or sticky tape
 - Paper
- Optional extras:
 - Paints
 - Crayons
 - Stickers



3. Create and Craft cont.

Landscape Yarn painting looks fun!



Materials
+ Yarn
+ Cardboard
+ Glue
+ Pencil
+ Scissors

Steps

- 1 - Draw out a simple design, focusing on abstract patterns and natural shapes.
- 2 - Apply a small amount of glue to get going.
- 3 - Apply yarn in strips or spirals. Experiment with multiple colours and ways of laying.
- 4 - Use your fingers to shape the yarn. Apply more glue when necessary.
- 5 - Let yarn hang over the edges of your cardboard until the design is complete.
- 6 - Use scissors to trim. And voila! A landscape from your mind's eye.

Thanks to @craftcontemporary



Have a go at crochet! This rainbow design is perfect for a beginner



- Watch the video of how to make it https://youtu.be/O_U4SpmO80w
- You will need:
 - DK weight yarn in pink, purple, blue, green, yellow, orange and red
 - Crochet hooks 6mm, 7mm
 - Thin card
 - Darning needle
 - Pom-pom maker



If you need help please email sarah.cockerill@Boroughmuir.edin.sch.uk and I can email a PDF of instructions.

4. Minecraft

A team/collaborative effort to use Minecraft to build a scale model of the school and some of the surrounding area“

Click on the link below to joint the Minecraft Team.

www.tinyurl.com/BHSAWMinecraft

Mr Kastelein and Mrs Dighton will support the project.

You will be guided through the installation of the Minecraft Education Edition and then start designing, engineering and building



5. Boroughmuir Bake Off

Show off your skills in Boroughmuir's first ever 'Virtual Bake Off'. Are you a Paul Hollywood, Mary Berry or Prue Leith? Now is your chance to let us see. Use a family favourite recipe or try something completely new from one of our **HFTT Virtual Recipe Book**.

Step 1:

Pick a recipe, make and bake it:

- Use the Virtual Recipe Book to help with ideas. See various sections ; **No Flour**, **Speedy** and **Classics** sections. The **Virtual Recipe Book** is found on your **Year Group Teams page**. Use a family favourite tried and tested recipe or research online and try a new recipe .

Step 2:

Take a picture of your final baked item and share via the following:

<https://forms.office.com/Pages/ResponsePage.aspx?id=af6sSGo3tUKfacnke7-5xD4JoQtmYmBPiciO6KkVX81UM1kzTzhHTzg0TjRGN083TjhWNI VZQjNQNC4u>



5. Boroughmuir Bake Off

Some of the HFTT Virtual Recipe Book ideas are:

No-Flour treats:

Flapjacks

Apple coconut crunch

Bounty bites

Mars bar cake

Chocolate tiffin

Rocky road

Crispy squares

Truffles

Classics:

Carrot cake

Butterfly cakes

Chocolate brownies

Victoria sponge

Scones

Shortbread

Lemon drizzle

Whisked sponge

Empire biscuits

Jaffa cakes

Oat crunchies

Meringues



Speedy:

Microwave mug cakes

3 Ingredient scones 'magic scones'

6. South Edinburgh Adventure Race – Thursday 25th June

Register your interest by completing the form at this link: <https://bit.ly/2MGD47S>

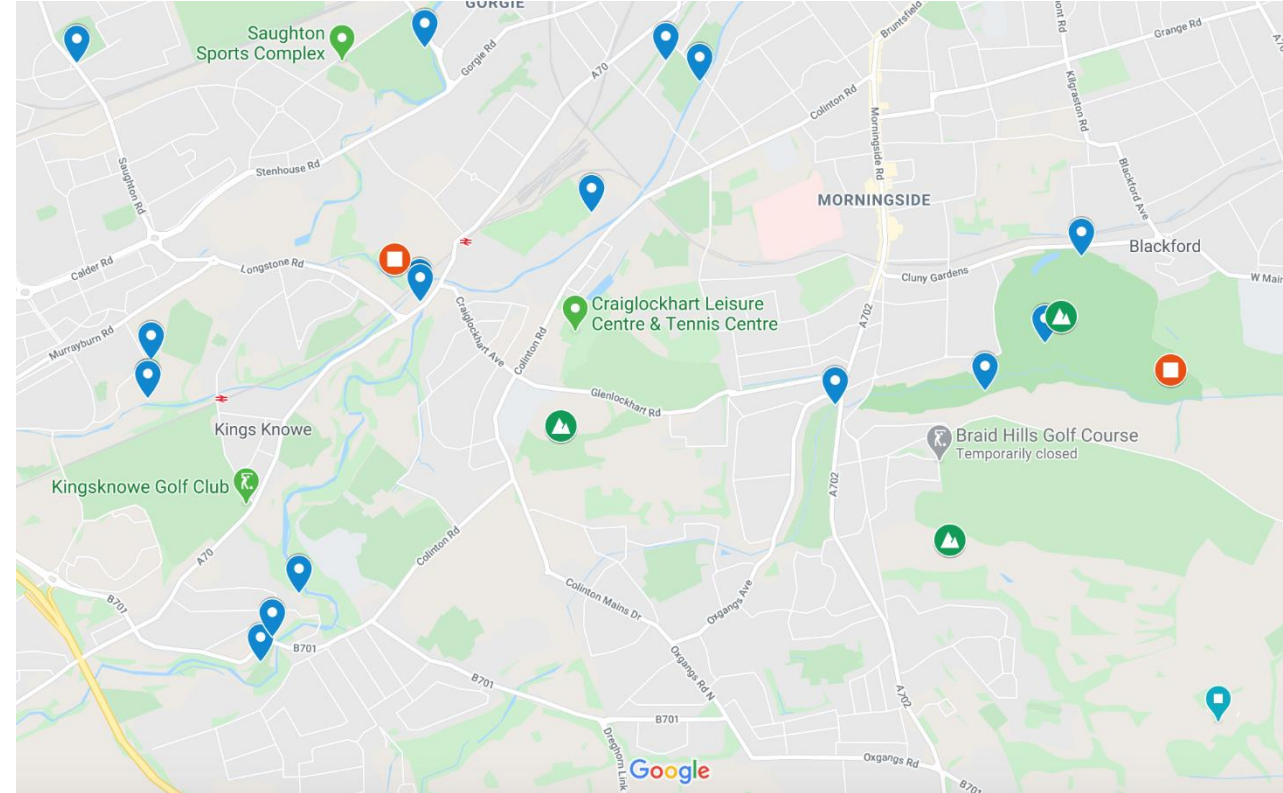
Compete against other Boroughmuir students in a within-the-lockdown-regulations Adventure Race!

Each participant will be provided with an online map compatible with Google Maps.

Grab a family member and race around the city on foot or by bike and collect as many points as you can by finding the answer to questions, summiting hills and completing tasks.

The race begins on Thursday 25th June at 0900 and finishes at 1530. Register your interest by completing the form at this link: <https://bit.ly/2MGD47S>

Further details and information, including map, will be sent directly to participants upon completion of the online form.



7. Edinburgh by Bike

Cycling in and around Edinburgh is a fun and healthy activity. Explore a longer stretch along the canal past the school and out to the Water of Leith by bike. Discover more of Edinburgh's cycle network.

The map showing where many of you live is here:

<https://www.edinburgh.gov.uk/downloads/file/26042/south-gorgie-craiglockhart-oxgangs-fairmilehead-marchmont-morningside-blackford-and-newington>

A full set of Edinburgh cycle maps can be found here:

<http://www.mobilemaplets.com/showplace/8758>

or
Edinburgh Council has some excellent maps and can be found here

<https://www.edinburgh.gov.uk/cycling-walking>

Remember to check your bike to make sure it's in good working order, always wear a helmet and try to cycle on quite roads and cycle paths.



8. Music, Drama & Dance

Could you and maybe a group of friends create your own music, drama or dance video whilst social distancing of course! You may need to use some of your video editing skills to knit the video together!



9. Cheer Experience



- The Boroughmuir High cheer experience comes in 1 mandatory stage and 3 optional stages thereafter.
- **Stage 1: Warm up and Stretch (mandatory)**
 - A fun exercise to music warm up and stretch. This stage is essential to prepare the body for exercise. It will focus on improving core strength a flexibility.
- **Stage 2: Jumps (optional)**
 - This stage will focus on improving jump technique.
- **Stage 3: Tumbling for beginners (optional)**
 - Aimed at pupils with limited gymnastic experience. This will focus on developing key tumbling skills such as cartwheels, roundoffs and backbends.
- **Stage 4: Cheer dance (optional)**
 - An easy to follow intermediate cheer routine. The focus will be on rhythm, timing and creativity.

10. Young Activists

Are you interested in a range of topical issues - environmental concerns, social justice, racism, equity and fair society? What to make the world a better place?

Could you create a article based on an area of interest to you or get creative and creative and make a placard.

Remember we would love to see what you are interested. Please share with us!



11. Scrap Heap Engineering Challenge

The world's full of garbage and creative ideas – so let's make something of it!", said a wiseman! Join the upcycling revolution. Can you engineer a useful item using your creativity and imagination with any materials you have lying around the house, garden, shed or garage! Please remember to check that the materials are not required by asking your parents or carers!!



Here are a few examples of upcycled products I have made.

On the right is a cutting board made out of scraps of leftover wood



On the left is a spice rack that I put some holes in to make a watering can



Finally this spice rack was the back of a washing machine.

Have fun and be creative

12. Camping and Outdoor Cooking!

Spend **Thursday 25th June** in a tent in your garden?! Can you pitch your own tent, cook your own food on a bbq or outdoor fire.

Importantly for the biggest challenge can you put the tent back into it's carry case and also get your sleeping bag back into it's bag?!!



The weather forecast for Thursday night is for it to be warm and if you're lucky dry!!



13. Photography

'Do you have an interest in photography using cameras or just a phone?

Maybe you just want a new focus (*see what I did there?*) for your daily walk?

Join in for some creative photo challenges that will get you looking at your lock-down-world from whole new perspectives.

No experience or special equipment necessary.'



14. Race Across the City

Get your running shoes on, your compass out and explore the streets of Edinburgh in a orienteering task with a difference which combines the history and geography of the city centre. Get sweaty, get competitive and get racing across the clock and see just how much you know about your own city.”

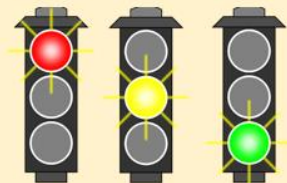


Your job is to race from point A to point B and identify features 1-10 along the way. Your starting point is Boroughmuir High School and your ending point is the Scottish Parliament at Holyrood. There are 10 features to investigate. Remember to take ‘sweaty selfies’ at each feature.

You can fill out the optional table on slide 15 (found on your Year Group Teams pages with your results but remember to include the time you finished in so that we can announce a winner and runner-up.

14. Race Across the City

Safety First!



Cross the road when the light turns **Green** and it is **safe**.

BE AWARE!

Look all round for traffic and **listen**. Be aware of other **pedestrians** and **keep 2 metres apart**.




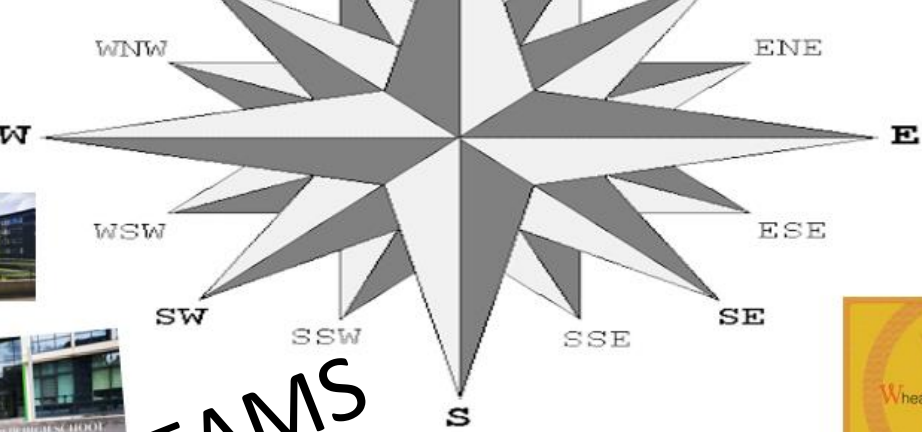
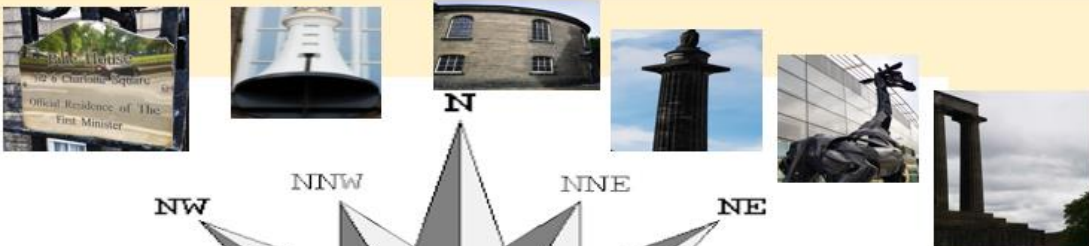
Find a **safe** place to cross.

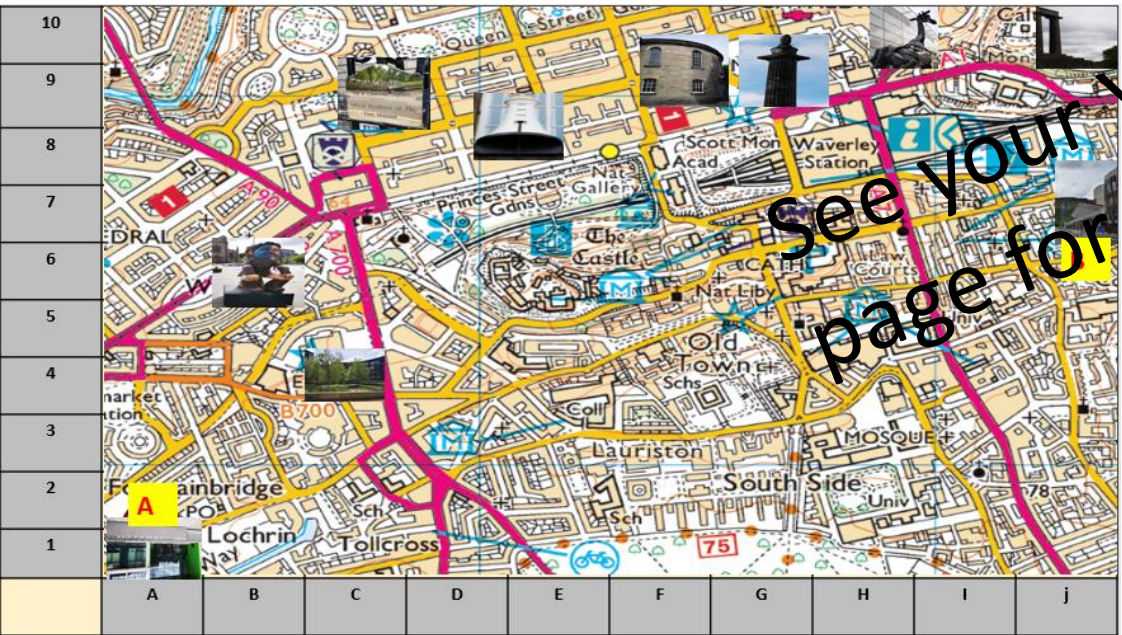


- Dress in your P.E kit
- Keep your belongings Safe
- Stretch before.



- It's not just a race, but an experience for all to be enjoyed.
- Enjoy the day and get those steps done!





See your Year Group TEAMS page for full instructions

Feature	Coordinate (optional)	Landmark/feature name	Direction of travel to next stop	Time at each feature	Sweaty Selfie! Post your photos below as evidence!
1	A1	Boroughmuir High School	North East	Start time:	
2					
3					
4					
5					
6					
7					
8					
9					
10				Finish time:	

15. Random Acts of Kindness

You can carry out an act of kindness for another person - this could be baking, or helping out at home.

Speaking (socially distantly) to the neighbours and asking how they are.

Creatively, maybe decorate a rock with a positive message and leave for people to see.

Or even acts of kindness towards yourself, taking some time to do something that makes you happy!



16. Mindfulness

Mindfulness can support us all to have positive wellbeing, supporting our emotional health. It can help us to understand ourselves and reduce the feelings that we all have when we are stressed and feeling overwhelmed.



Having some mindfulness strategies can help to increase our resilience and our capacity to cope and respond to challenging and uncertain situations.

Click here for lots of free online videos online, can be 2 mins or up to 30 mins.

<http://mindfulnessforteens.com/>

17. Gardening

See your **Year Group Teams** page for more ideas and information

Outdoor - grow a sunflower from seed and watch it grow quickly over summer, record its growth with photos and/or drawings or any other easy to grow plant (see link)



Indoor – grow a herb from seed and watch its progress over summer, record its growth with photos and/or drawings. Use it in cooking.

<https://www.thompson-morgan.com/top-10-easy-to-grow-flowers>

Benefits of Growing your Own

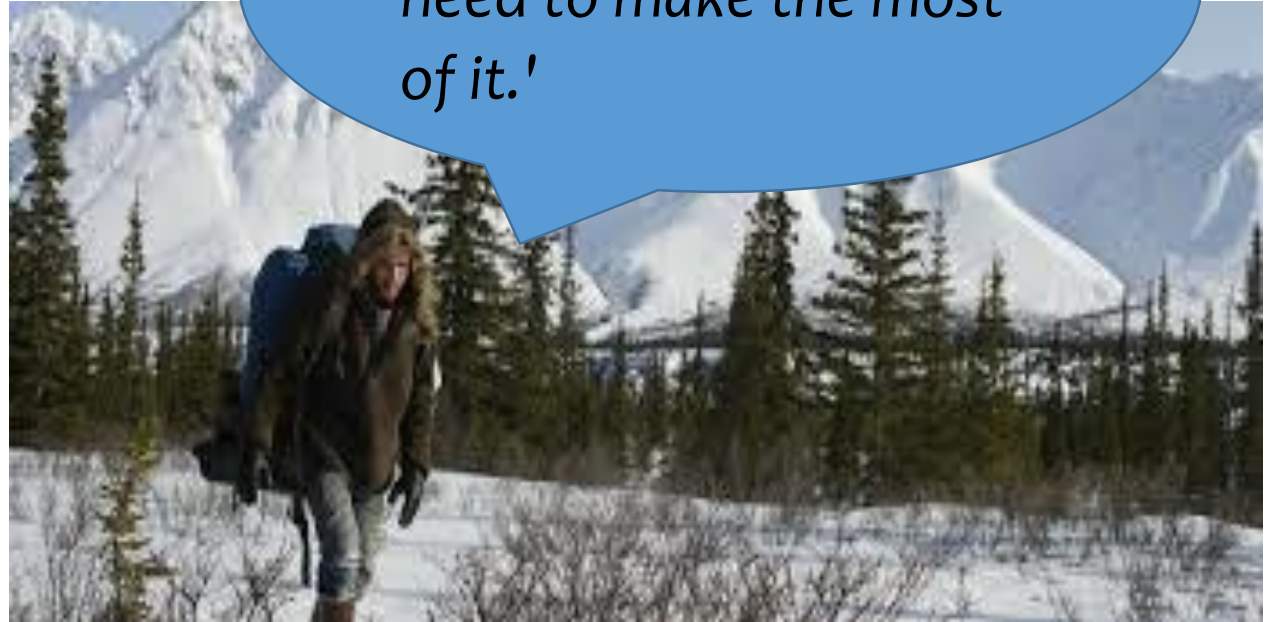
- Growing your own means can get fruit, veg and herbs for less.
- It helps to cut down on food miles and wasteful packaging
- Whatever you grow it will be more nutritious, taste better and be super fresh.
- It promotes seasonal eating
- If outdoors it creates biodiversity.
- It's rewarding seeing food grow!



18. Microadventures – Into the Wild

You don't have to be the adventurer, *Alexander Supertramp* to get out into the wild this June...!

Edinburgh has a treasure-trove of green spaces to discover, with wild-life that might surprise and astonish you with its diversity and beauty. Challenge yourself physically, discover a local wild place, and open up the possibilities of having micro-adventures from home.



Have a look at this other adventurer <https://alastairhumphreys.com/microadventures-3/> to see where that could take you...)

What it is:

- Fun activities for doing on your own or with others
- A mix of activity and times of reflection
- Adventure, new places, wild places

Get involved... !!!

19. Royal Observatory, Edinburgh

Want to explore space from the comfort of your own home? Then join the Royal Observatory, Edinburgh (ROE) as they take you on a narrated planetarium-style tour through space using.

Stellarium

ROE will also provide resources for you to explore further including a link to the Stellarium software which you can – with parents'/carer's permission - install and use on a home computer.

The link here takes you to the ROEs home-learning website. Could you make a scale model of the solar system?

<https://www.roe.ac.uk/vc/home-learning/index.html>



20. Creative writing: Gallery tours and writing activities.

Visiting art galleries and museums can be a great source of inspiration for writing a story. In most galleries, you will find portraits that are great for character creation, and landscapes that are great for setting. Some paintings may detail or hint at an event that makes you think- how did that happen? What is the story behind that? Even still life paintings and sculptures can inspire a story based on a particular object or person. This activity will take you on various tours of various galleries, in the hope of inspiring some creative writing.



Let's start with a visit to the National Portrait Gallery: <https://www.npg.org.uk/visit/360-gallery-views/> Choose a painting where the character intrigues you. Create a quick character chart, thinking about who that person was, what they were like, what their life was like etc. Look for emotion in the eyes, the colours used? Is there an interesting story there?

Now, let's think about setting. For this, let's visit room 6 of the Tate Gallery in London: <https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art/1810>. Again, choose a painting where the setting is interesting. What would life be like in that setting? What could have happened? Make some quick sensory setting notes- what can you see? What would you be able to smell? Hear? Taste? What would things feel like?

Now, put your character in to your setting. Why are they there? What has happened to take them there? What are they doing?

Finally, use your notes to create a piece of writing based on your character and setting, inspired by your chosen paintings. This could be a few paragraphs of descriptive writing, a full story, or even a poem!

If you are still stuck for ideas, why not take some more gallery tours. Why not visit the Delacroix exhibition at the Met?: <https://www.metmuseum.org/exhibitions/listings/2018/delacroix> or go to Paris and visit The Louvre?: <https://www.louvre.fr/en/visites-en-ligne?page=3&tab=1>

For any questions, character profile sheets, planning sheets, or anything help at all, just email Ms Bellamy at msjbellamy@gmail.com

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