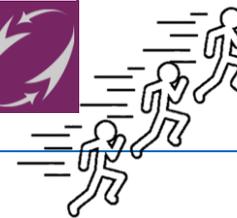




# The GREAT Unity College Homework Challenge



## The Great Unity Cook Off....

Try your hand at cooking/baking and make something utterly scrumptious. Try your hand at pizza making, cupcakes or even a trifle. It could just be something simple like beans on toast. Sweet or savoury it all counts. We can't wait to see your creations. Complete the challenge in your own time before taking pictures and uploading them here.

(Make sure an adult is around to supervise you at all times, do **not** attempt this on your own!)



## Current Affairs....



Watch or read the news each day

Why don't you see what is going on around the world? Pick up on a positive story from around the world and write a quick paragraph summarising **in your own words** the main points.

## The Great Exercise Challenge....

Exercising regularly is a source of well-being both physically and mentally. It's adaptable for all abilities, just choose which parts of the challenge work for you and then get out and get running, walking or cycling.

Through the week run/walk/cycle for at least one hour a day (7 days) and attach your evidence to this when completed. This could be in the form of a picture or a screenshot any fitness tracking app. Just take a screen shot and upload here.

If you are unable to leave the house or do these activities you could be active for an hour doing activities such as Joe Wicks PE or Just Dance.

## Community....



Check on someone you know in your community; ring a grandparent, ring a neighbour. (Stick to the government guidelines and do not meet anyone outside of your household).

Save the planet. Why don't you make a conscious effort to recycle more at home. Reduce your waste and save the planet. Remember you can recycle cardboard, aluminium and most plastics. Look on the material and see if it can be recycled. It will have this label on it.



## Read a Book...



Why don't you use this time to get lost in a book? This will help you relax and look after your mental wellbeing, but also improve your literacy skills whilst having fun. When you have read your book write a couple of sentences summarising the storyline.

You could even try and write your own short story after reading one of your favourite books!

## Independent Study...



Choose one of your subjects and create a revision project for a topic within it. This will help you better your knowledge for this subject.

There will be a number of £50 Tesco vouchers to be won in a prize draw.

## Represent your HOUSE!!



This is also a House competition. The House with the most entries at the end of the 5 weeks will win. A reminder of House colours are below. If unsure look at the colour on your tie.

House colours: Red= North (LDO) East= Green (MCO) South= Yellow (RBO) West= Blue (MWI)



How to take part.... All you have to do is email YOUR HOUSE LEADER (NOT your head of year) with the email title "HOMEWORK CHALLENGE" and your evidence attached. This could simply be a picture or a short write up! There will be rewards for completing challenges. If you complete **1 task you will earn 5 Reward points**. For 2 tasks you will earn 10 Reward points. For 3 tasks you will earn 15 reward points. For 4 tasks you will earn 20 reward points. For 5 tasks you will earn 25 reward points and for 6 tasks you will win a limited edition Unity College Challenge medal!

## The Rules and Regulations

The Great Unity Cook Off: Over the next 5 weeks why don't you try to improve your cooking/baking skills by attempting to make something you haven't made before in the kitchen at home. Remember to have an adult supervising you at all times and take care with sharp utensils and sources of heat. Once you have made your dish take a photo as your evidence and email it to your House Leader before enjoying your delicious meal!

The Great Exercise Challenge: We are currently all stuck at home which could potentially lead to you becoming unfit. This challenge will help you stay fit both physically and mentally. All you have to do is stay active for an hour each day for a week (7 days). You can track this on an app like Strava (which is free) and upload a screen shot of your walks/runs/cycles and email it to your House Leader. If you are doing something like Joe Wicks or a different type of home workout get someone to take a photo of you doing this as your evidence. Remember to be safe if you are out walking/running/cycling, keep an eye out on the weather and avoid busy roads. It gets dark very quickly this time of year, so try and get out during the day when it is light. If you do go out in the dark make sure you have a light or bright clothes on so you are visible.

Read a book: Whilst sat at home during lockdown why don't you immerse yourself in a new book. This challenge will involve you reading the book and then writing a short review or summary of the book. This challenge will help keep your mind busy and distracted but also help you improve your literacy skills. You can write your review/summary on a word document or email, or if you want to hand write it you can take a picture before sending it to your House Leader. You may want to try your hand after at writing your own short story or sequel to your book!

Community: Lockdown can be hard on so many people in your community for lots of reasons. Why don't you try to help someone and show the community how good students from Unity College are in these tough times. It could simply be you ringing your own grandparent, friend or elderly neighbour just to have a chat. This could have a massive positive impact on that person. Please remember the current lockdown rules and stay at home to save lives. Do not visit these people- use a phone to call them. Your evidence for this could be taking a picture of a note written by your parent/guardian explaining what you have done.

You could also try to save the world by recycling more at home. As people are stuck at home your household will be generating more waste than normal. Why don't you try to recycle as much of this waste as you can. Evidence for this challenge could include taking photos of recycled waste or keeping track of the amount of waste in your recycling bins throughout the week. Remember to send your evidence to your House Leader.

Independent Study: This is a great opportunity for you to increase your subject knowledge for one of your subjects. Why don't you choose one that you think is one of your subjects to improve on? All you need to do is head over to the half termly overviews on the school website and from this create a great a piece of work. This work could be a revision mind map, revision notes, revision flash cards or poster. All you need to do is evidence that you have done this piece of work. Again, it could be completed on a word document or you can handwrite it and send a photo to your House Leader.

Current Affairs: Whilst sat at home during lockdown take some time to watch the news in either the morning, lunchtime or in the evening. Instead of watching the news you could go onto the internet and read websites such as BBC news or Sky news. This is a great way to improve your general knowledge and learn more about what is going on in the world. We know the news can be negative at the moment so each day why don't you try to find a positive story. To evidence this you could write a summary on a positive story and email it over or take screen shots of the articles you have read and send them to your House Leader.

**£50 Tesco Voucher:** To be in with a chance of winning this voucher all you need to do is complete all 6 tasks and you will be entered into a Prize Draw. This will be drawn at the start of next half term and the winners will be notified then.

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