

The Market Weighton School

Personal Development Day

Non Screen Activities

Subject: Spanish

Task: Tortilla Española – Cook lunch for the family!

Instructions:

[HTTPS://WWW.SERIOUSEATS.COM/RECIPES/2016/07/TORTILLA-ESPANOLA-SPANISH-POTATO-OMELETTE-RECIPE.HTML](https://www.serious-eats.com/recipes/2016/07/tortilla-espanola-spanish-potato-omelette-recipe.html)

- **YIELD:** Makes 1 (10-inch) tortilla
 - **ACTIVE TIME:** 45 minutes
 - **TOTAL TIME:** 45 minutes
-

Ingredients

- 8 large eggs
- salt
- 2 cups (475ml) extra-virgin olive oil (see note)
- 1 1/2 pounds (700g) potatoes, peeled, halved, and thinly sliced crosswise
- 3/4 pound (350g) yellow onions, thinly sliced
- *Allioli*, for serving.

Directions

1. In a large bowl, beat eggs vigorously with a large pinch of salt until frothy. Set aside.
2. Meanwhile, in a 10-inch nonstick or well-seasoned carbon steel skillet, heat oil over medium-high heat until shimmering. Add potatoes and onions; they should gently (but not vigorously) bubble in the oil. Regulating heat to maintain a gentle bubbling, cook, stirring occasionally, until potatoes and onions are meltingly tender, about 25 minutes. Set a fine-mesh strainer over a heatproof bowl and drain potatoes and onions of excess oil. Reserve oil.

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3. Transfer potatoes and onions to a medium heatproof bowl and season generously with salt, stirring well to combine. Beat eggs vigorously to re-froth, then scrape potato and onion in and stir until thoroughly combined. Set aside for 5 minutes.

4. Meanwhile, wipe out skillet. Add 3 tablespoons (45ml) reserved frying oil to skillet and set over medium-high heat until shimmering. Scrape egg mixture into skillet and cook, swirling and shaking pan rapidly, until bottom and sides begin to set, about 3 minutes. Using a heatproof spatula, press the edges in to begin to form the tortilla's puck shape. Continue to cook, adjusting heat to prevent bottom of tortilla from burning, until beginning to set around edges, about 3 minutes longer.

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5. Working over a sink or garbage can, place a large overturned flat plate or lid on top of skillet, set hand on top (using a dish towel if you are sensitive to heat), and, in one very quick motion, invert tortilla onto it. Add 1 more tablespoon (15ml) reserved oil to skillet and return to heat. Carefully slide tortilla back into skillet and continue to cook until second side is beginning to firm up, about 2 minutes. Use rubber spatula to again press the sides in all around to form a rounded puck shape. Continue to cook tortilla until lightly browned on second side but still tender in the center when pressed with a finger, about 2 minutes longer. If desired, you can flip tortilla 2 to 3 more times during these last minutes of cooking, which helps to cook the center more evenly and reinforce the shape.

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6. Carefully slide tortilla out of skillet onto a clean plate (or invert it onto a clean plate using same method as before) and let stand at least 5 minutes before serving with [allioli](#). Tortilla can be cut into wedges for a larger meal or into cubes for an hors d'oeuvre-sized snack. It is just as good, if not better, at room temperature. Leftover tortilla can be refrigerated up to 3 days; allow to return to room temperature before serving. Remaining frying oil can be used in other dishes; it has an excellent flavour thanks to the long cooking with potato and onion.

Serve with tomato or green salad. Yum!!

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Special Equipment

10-inch nonstick, well-seasoned carbon steel skillet, fine-mesh strainer

Notes

This is a lot of olive oil, which can get expensive, but it's necessary for properly cooking the potato and onion, and adds tons of great flavor to the dish. The good news is that you can opt for a less expensive oil here, since cooking neutralizes a high-quality oil's nuances, and, after the draining step, you can reuse the leftover oil in other dishes (and it's extra delicious with the flavor of onion and potato infused into it).

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Subject: Society & Ethics

Task: Meditation

Instructions:

Everybody in Year 8 or above should remember our work on Buddhism and how they use meditation to focus their minds and attempt to achieve enlightenment like Buddha. Similarly, Muhammad was meditating when he was first visited by Jibril.

However, in the last 5-10 years meditation has expanded away from a religious practice and something many people do as a daily activity to support their mindfulness and wellbeing.

10 Benefits of Meditation:

- Reduces stress.
- Helps to control anxiety.
- Promotes emotional health.
- Enhances self-awareness.
- Lengthens your attention span.
- May reduce age-related memory loss (there is limited data on this, but some studies have been carried out)
- Can help to fight addictions.
- Improves sleep.
- Decreases blood pressure.
- It is free and accessible anywhere.

Your Task:

Meditation is simpler (and harder) than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot:

1) Take a seat

Find place to sit that feels calm and quiet to you.

2) Set a time limit

If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

3) Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

4) Feel your breath

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Follow the sensation of your breath as it goes in and as it goes out.

5) Notice when your mind has wandered

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6) Be kind to your wandering mind

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

7) Close with kindness

When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

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Non Screen Activities

Subject: Computing

Task: Create a 'World' using logo/blocks/playdoh/card

Instructions:

You are all used to building online worlds and sharing them with your friends.

This time we want you to get back to basics, think about all the time you were in primary school or nursery. You were very practical and imaginative.

Think back to this, here are some examples of the work we made, what can you do?



or something like this.



Be creative and off line, I am sure you can make something amazing.

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Subject: Health and Social Care

Task: *Design a proto type of a piece of equipment that may help someone in their daily life.*

Instructions:

Your target audience (who are you making it for? What do they struggle to do on their own?)

What do they need the equipment to do for them?

Will it need to be transported to different rooms of the house, or maybe even outside?

Will they be able to operate the equipment on their own?

Why is it important that they can do this task by themselves?

Now design your product!

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Non Screen Activities

Miss Suttons example.

Your target audience (who are you making it for? What do they struggle to do on their own?)

A disabled adult, who no longer has use of their legs and is in a wheelchair. He has access to an adapted car but cannot put fuel in himself.

What do they need the equipment to do for them?

He needs to equipment to be able to assist him to put fuel in his car

Will it need to be transported to different rooms of the house, or maybe even outside?

The equipment will need to fit in the car when he his driving places alone.

Will they be able to operate the equipment on their own?

This equipment must be able to be operated by the service user to be of any help.

Why is it important that they can do this task by themselves?

Being able to fill his car with fuel will give the man the freedom to go places on his own without being worried that he might run out of fuel and there will nobody there to help him. He will feel empowered to access more places on his own.

Now design your product!!!

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Example products already on the market.



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Mes crêpes idéales

Objective : To prepare and present your ideal crepe

Instructions: Get and measure the ingredients and follow the recipe, take some photos during your preparation and cooking. Present it as per suggested, in a storyboard or video. Upload your work onto Google Classroom.



While cooking your crêpes you shall take photos/videos of the different steps. You will need them to create a photo-story or a video explaining the recipe.

Les ingrédients



4 ... œufs

Un peu de ... sel

30 grammes ... sucre

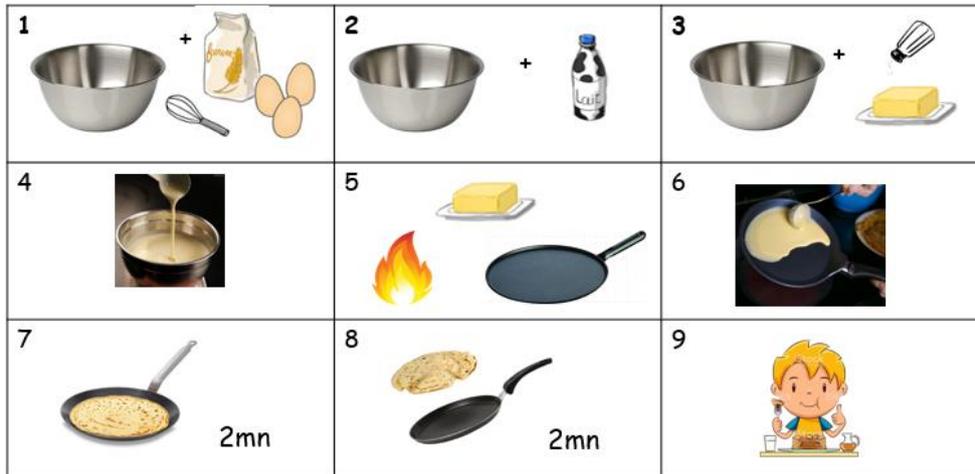
500 millilitres ... lait

50 grammes ... beurre fondu

250 grammes ... farine

La préparation

- 1) Mettez la farine dans un grand bol et cassez quatre œufs. Mélangez avec un fouet.
- 2) Ajoutez le lait.
- 3) Ajoutez le sel et le beurre fondu.
- 4) Mélangez tous les ingrédients.
- 5) Chauffez la crêpière avec un peu de beurre.
- 6) Versez de la pâte dans une crêpière chaude.
- 7) Laissez cuire pendant deux minutes.
- 8) Retournez la crêpe et laissez cuire pendant encore deux minutes.
- 9) Bon appétit!



Finalement ajoutez des ingrédients sucrés ou salé.

- | | |
|--------------------------|-------------------|
| 1. Du sucre | 1. Sugar |
| 2. Du citron | 2. Lemon |
| 3. Du chocolat | 3. Chocolate |
| 4. De la crème | 4. Cream |
| 5. Du sirop d'érable | 5. Maple syrup |
| 6. Du caramel | 6. Caramel |
| 7. Des noix | 7. Nuts |
| 8. Du miel | 8. Honey |
| 9. De la glace | 9. Ice cream |
| 10. De la confiture | 10. Jam |
| 11. Des fruits exotiques | 11. Exotic fruits |
| 12. Des fraises | 12. Strawberries |



An egg	Un œuf
(Grated) cheese	Du fromage râpé
Ham	Du jambon
Salad	De la salade
Salmon	Du saumon
Spinach	Des épinards
Tomatoes	Des tomates
Mushrooms	Des champignons
Onions	Des oignons
Crema fraiche	De la crème fraiche



On va présenter

If you choose...

- **to do a story board**: you must include **10-14 photos** explaining (see the following example).
- **to create a film**: then follow the style of the video seen in class (it doesn't have to be this long)

Your work must include:

1. Each step of the recipe: Under each photo/on each image, you need to write/say in French what step it is.
2. Your favourite crêpe: description, opinion and justification

Make sure you use the structures and vocabulary from last lesson! If you need a dictionary, don't forget www.wordreference.com

La revue de mes crêpes

		Etc.	
Pour faire des crêpes sucrées il faut ... 4 œufs etc..	Mettez de la farine dans un grand bol.	Etc.	

Ma crêpe préférée



Voici ma crêpe préférée.

C'est une crêpe sucrée avec du chocolat chaud, de la noix de coco et de la glace vanille.

C'est ma crêpe idéale parce qu'il y a beaucoup de chocolat et c'est délicieux. Aussi, j'aime manger les choses sucrées.

La crêpe idéale de ma mère/mon frère est ...

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Subject: Drama

Task

Create a scene from a book, play or painting using objects in your house.

Or

Get dressed up as a character using only items from your house.

Instructions:

Once you are happy with your scene or costume, take a photo as evidence and upload to Google Classroom using the code at the bottom of the page.

We will pick a winner and there will be prizes for the best ones!!!

Can't wait to see your creations...

Mrs Woodhead & Miss Collins 😊

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Subject: **Creative Design**

Task: **Salt Dough**

Instructions:



Making salt dough is a really fun and easy activity for you to do at home and the chances are you will have all of the ingredients in the cupboard ready to go. Use your imagination to create all sorts of exciting objects (although simple shapes do seem to work best) and hours of fun painting your creations. Do not eat the salt dough, it is not edible.

Makes 1 ball

Prep 10 minutes

Cook 3 hours

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)

Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint.



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Subject: Child Development

Task: Forest School

Instructions:



What is a Forest School?

Forest school is an outdoor education delivery model in which students visit natural spaces to learn personal, social and technical skills. Forest School takes place in a woodland or natural environment to support the development of a

lifelong relationship between the learner and the natural world. Forest School uses a range of learner-centred processes to create a community for development and learning.

Your task for today:

There are many activities that take place in a forest school, choose one from below or make up your own. Please take some photos as evidence.....

- Sensory walks (Take a walk in the woods or the park, what can you collect that catches your eye or feels funny to touch!)
- Shelter building
- Mini beast hunts
- Tree climbing
- Nature art
- Games like Hide and Seek
- Puddle and mud jumping

There is no such thing as bad weather, just unsuitable clothing!!!

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NOW...



MAKE AN

INSTRUMENT



NO. 11

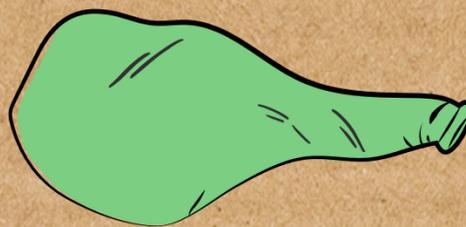
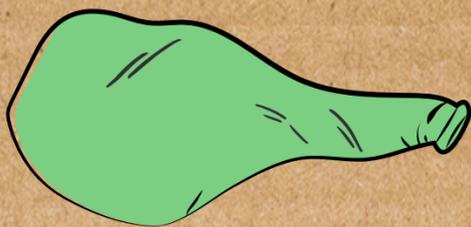
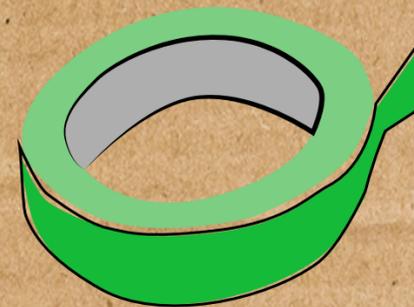
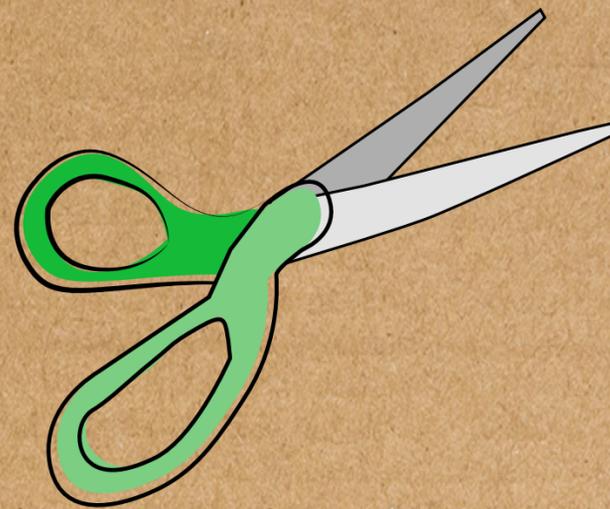
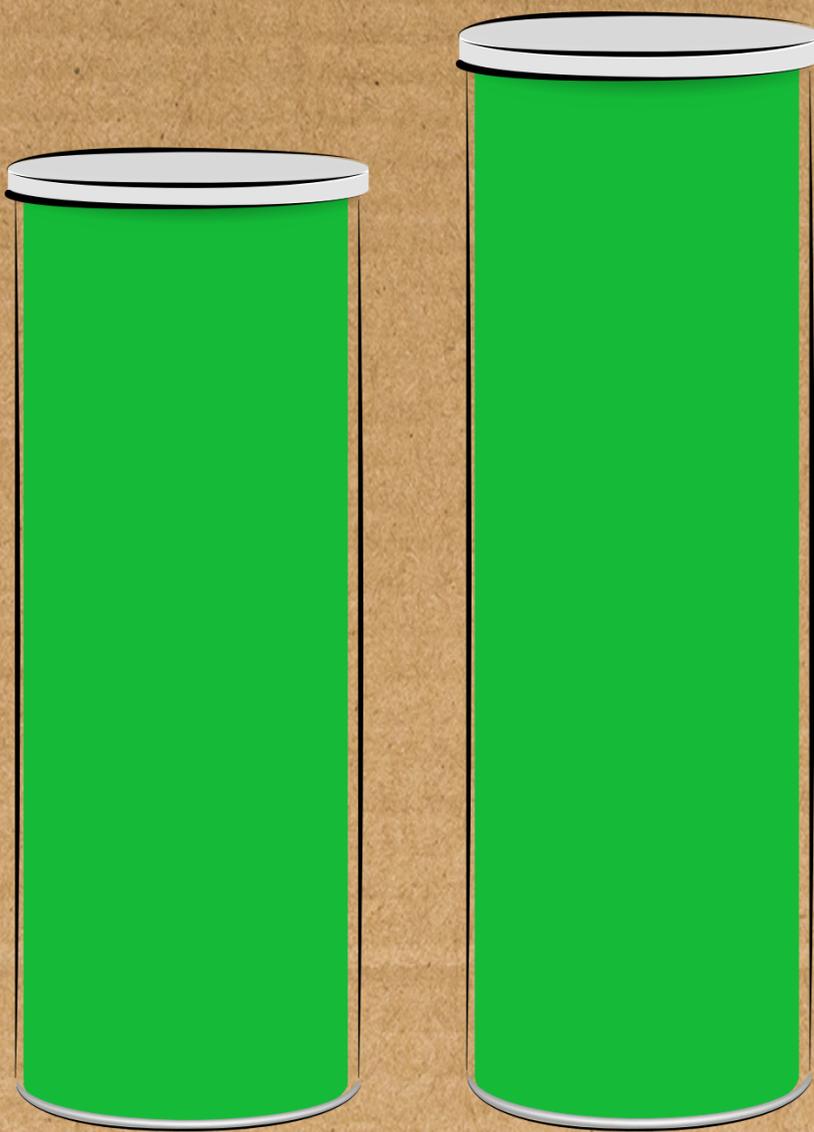
**CRISP TUBE
BONGOS**



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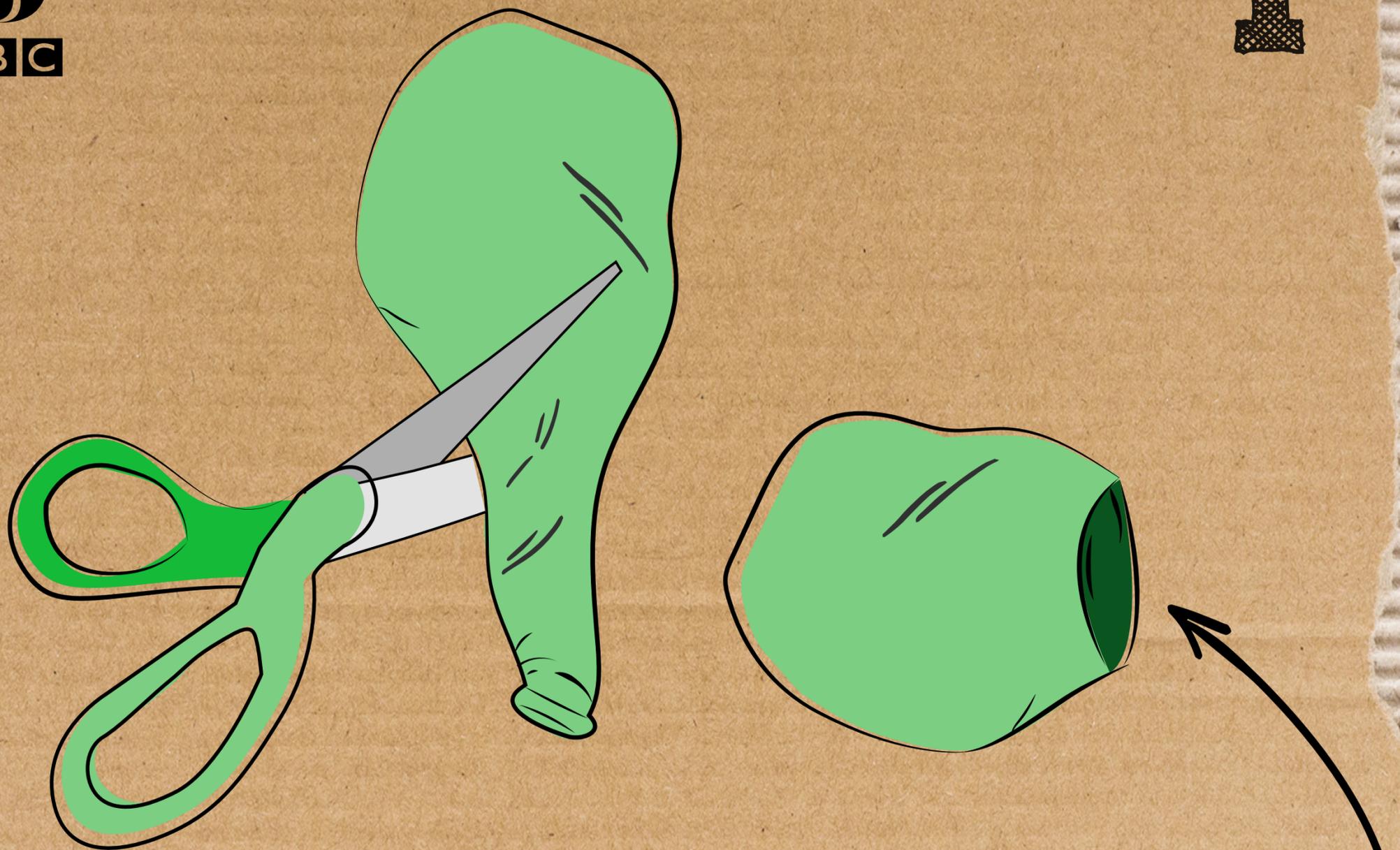


YOU'LL NEED

2 Crisp tubes (preferably 2 different lengths),
2 Balloons, Sellotape and Scissors.



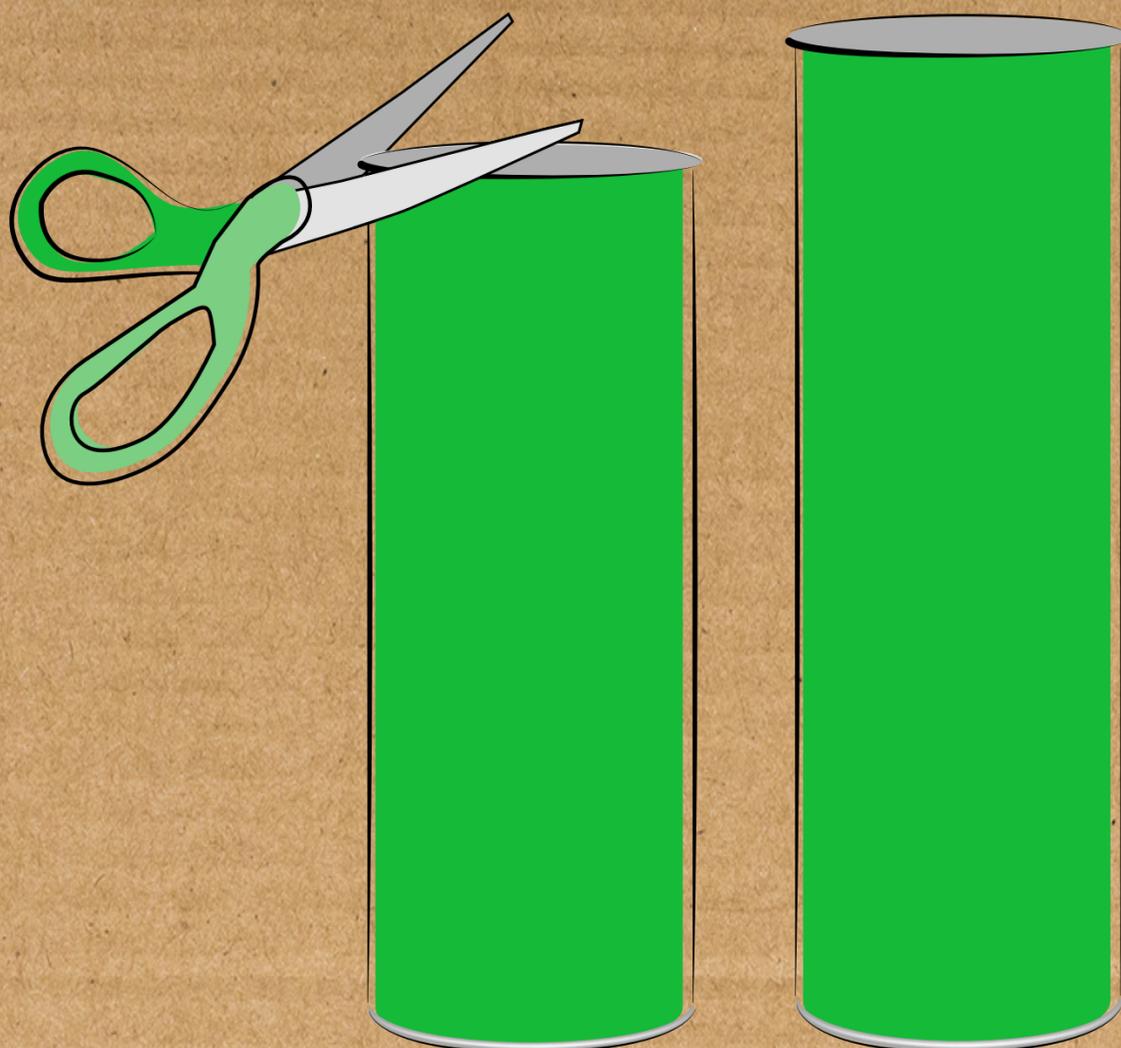
1



Take a balloon, and cut the straight bit off so you're left with just the bigger round bit. Repeat this step with the second balloon.



2

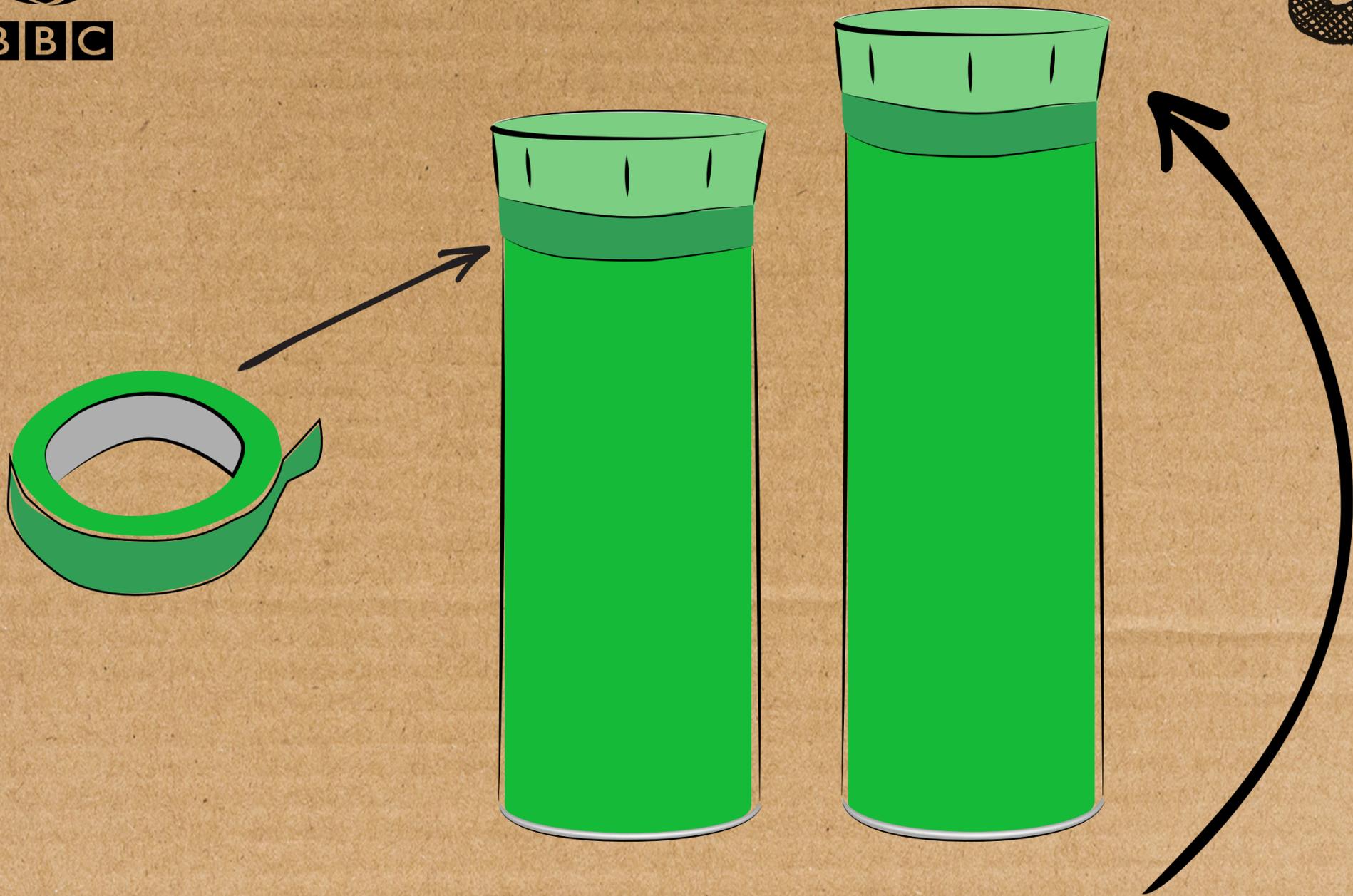


You may need an adult to help with this step. Using the scissors, carefully cut off the base of each crisp tube so both ends are open. If both of your tubes are the same length also cut about 10cm off one of them so you have 2 different length tubes.



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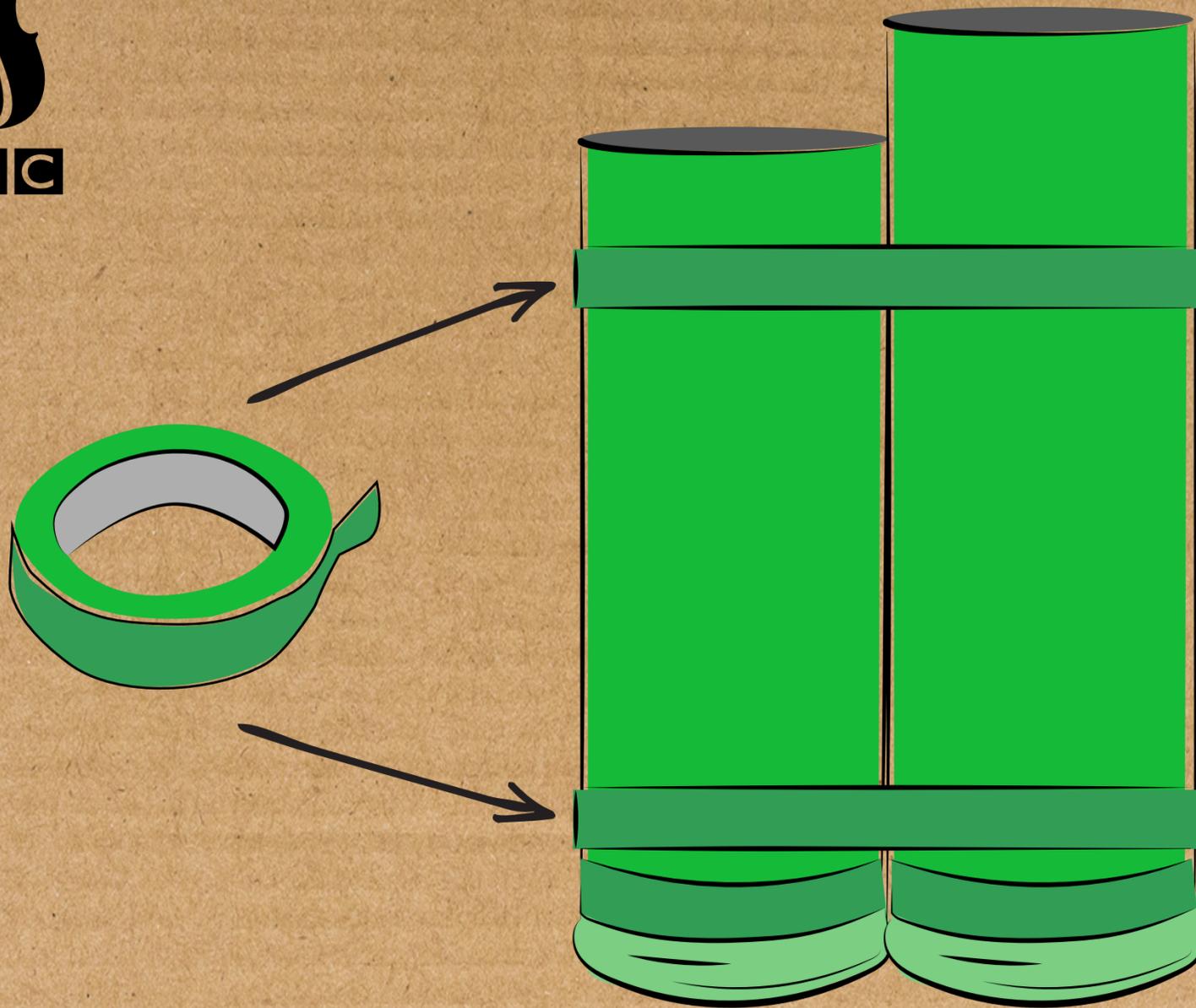
3



Take one of the crisps tubes and stretch one of the balloons over one end, then sellotape it in place. Repeat this step with the second balloon and tube.



4



Place both tubes on a table next to each other (make sure they're touching), balloon end down. Tape the tubes together about 5cm from the balloon end, then again about 5cm from the open end.



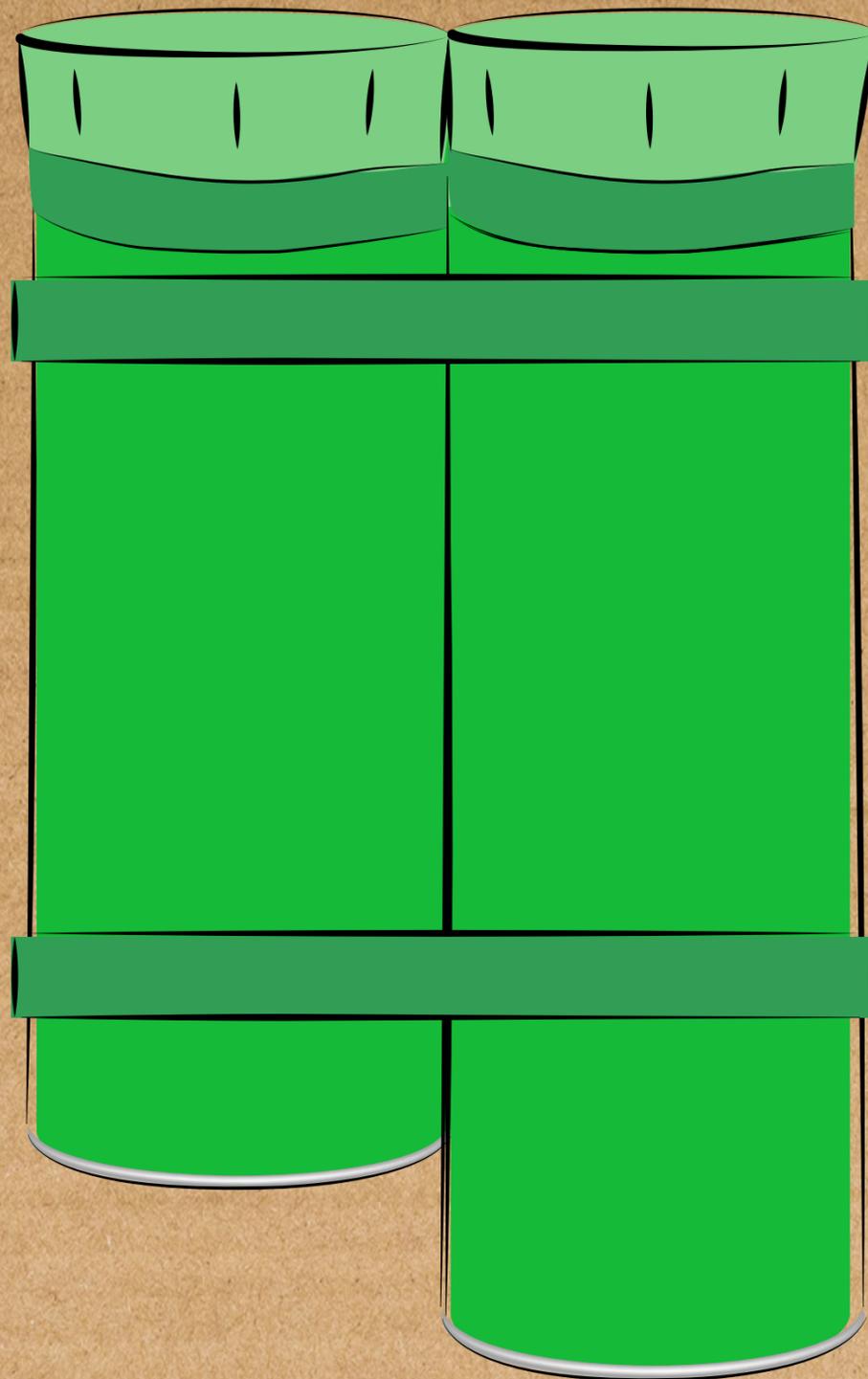
5



Hold the tubes, balloon end up, in one hand, then with the other hand tap each balloon in turn. What do you notice about the pitch of the different tubes?



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And there you have it, your very own
Crisp Tube Bongos!



7



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Don't forget to share
your pictures with us!



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NO.8



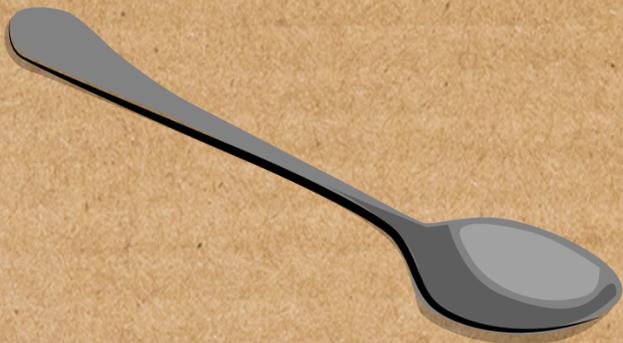
**GLASS
XYLOPHONE**



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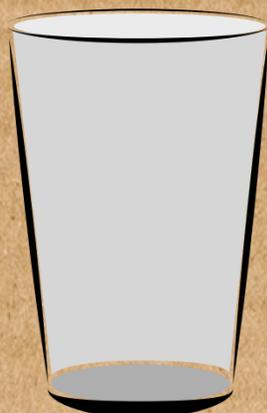
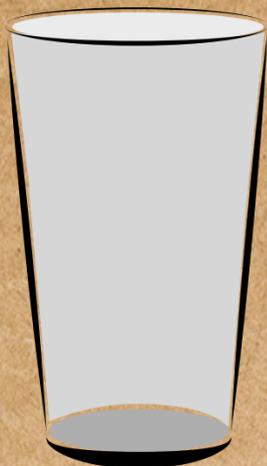
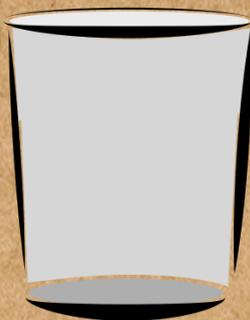
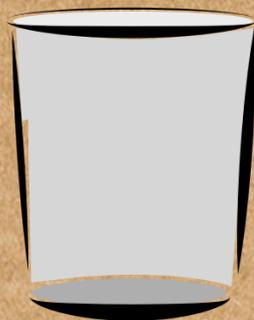
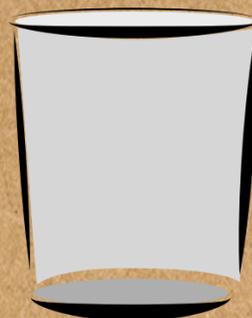
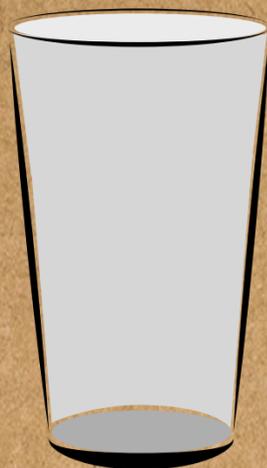


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YOU'LL NEED

8 thick/sturdy drinking Glasses, some Water, a Metal Spoon and a Smart Phone or Tablet.

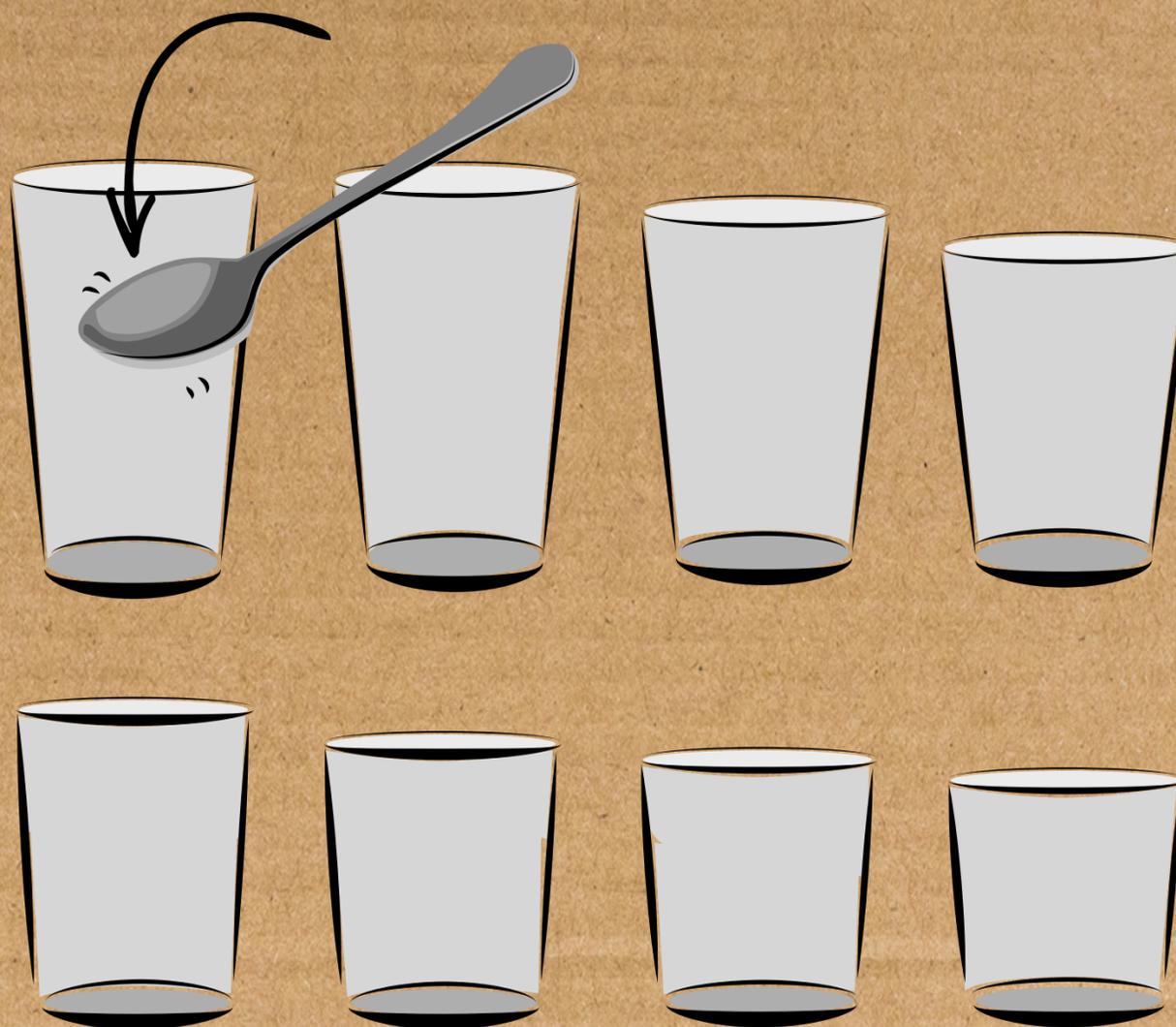


1

Download an instrument tuning app onto your mobile or tablet. Ask an adult to help you find 8 sturdy drinking glasses – they don't have to match, the more variety in size the better!



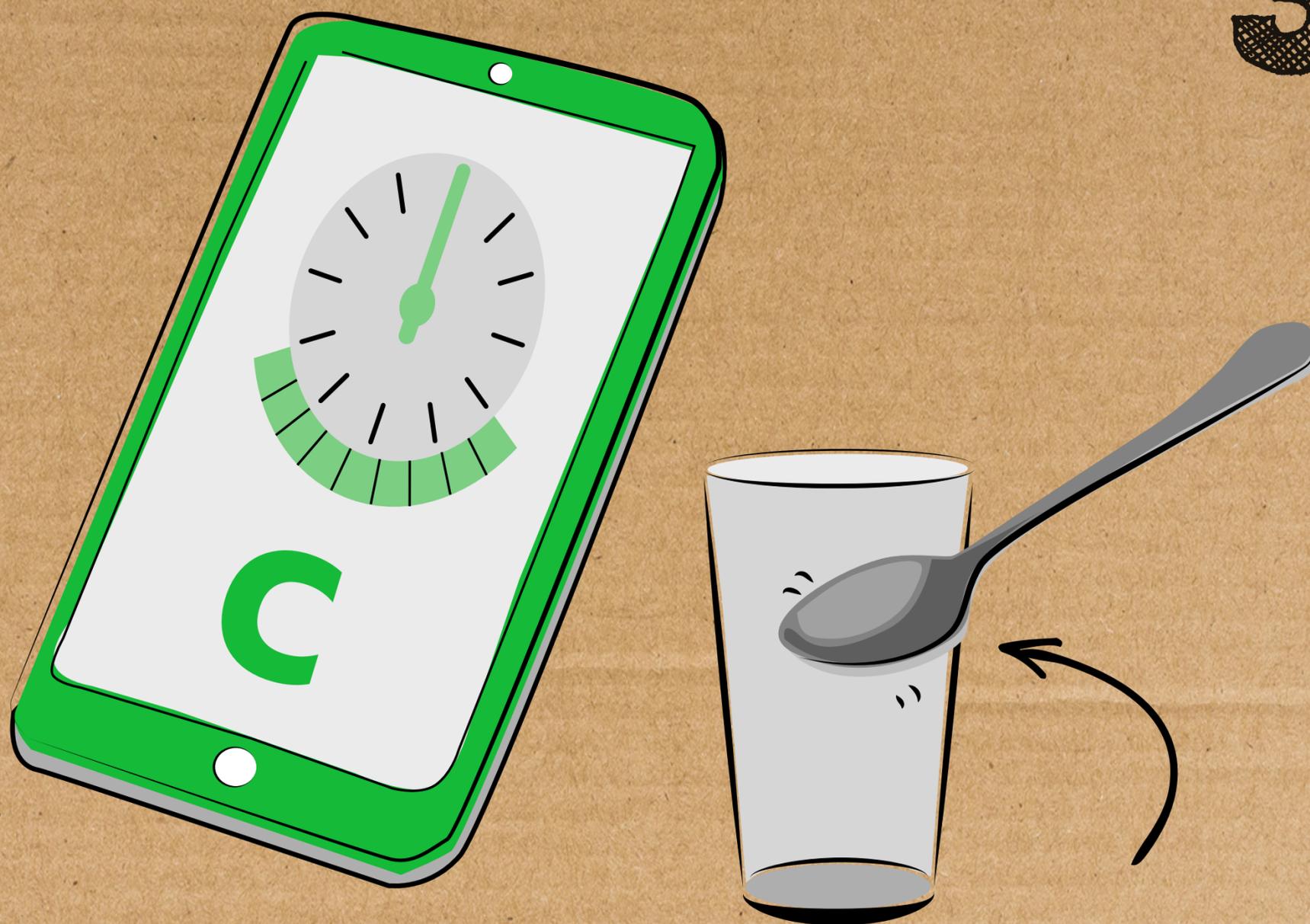
2



Lightly tap the side of each glass using the metal spoon (parents, you might want to stick around to ensure there's no broken glasses!). Line them up from lowest note on the left to the highest note on the right. If they sound similar don't worry, we can fix that!



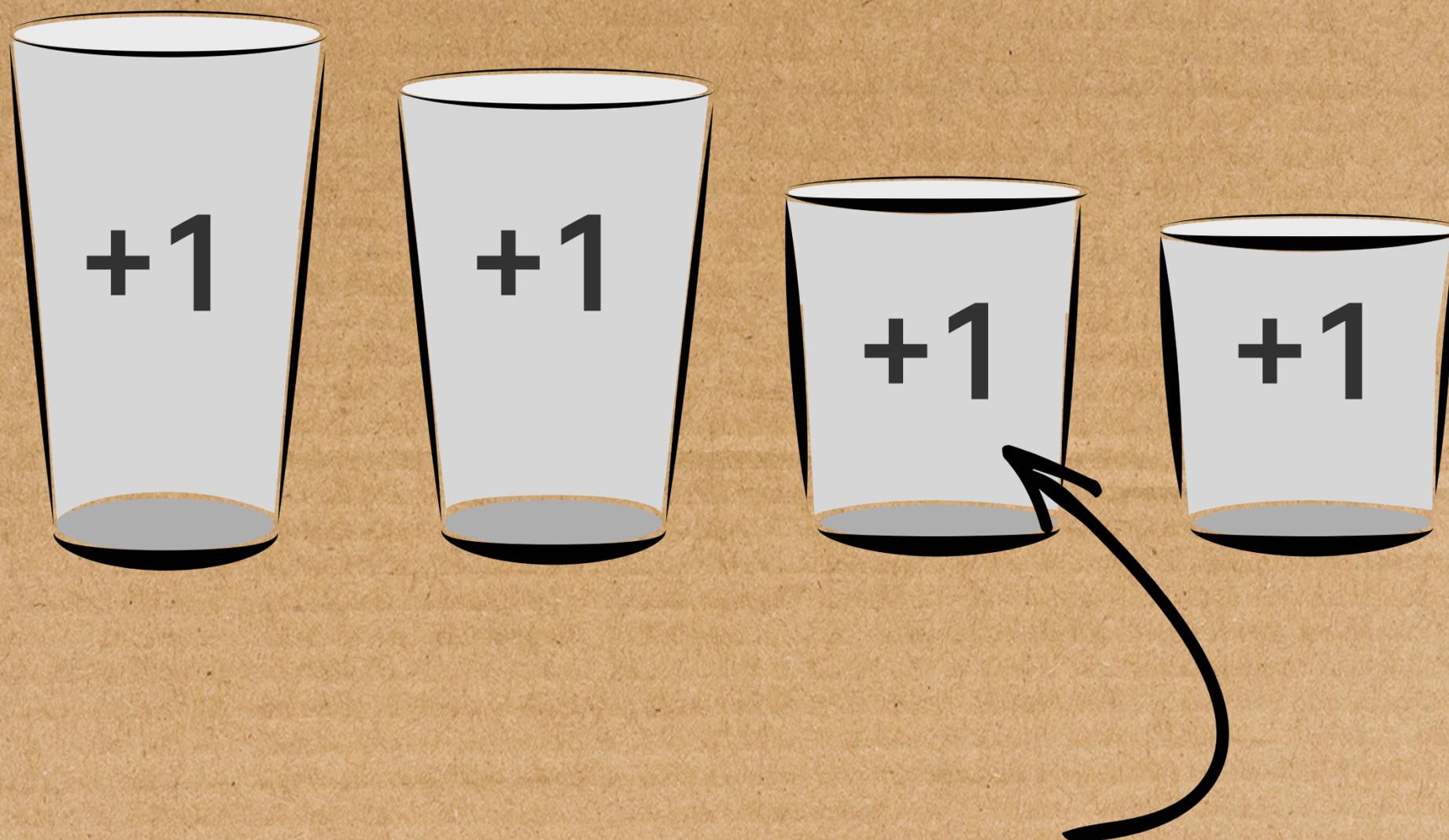
3



With your instrument tuner app open, put your smart phone/tablet next to the first glass. Gently tap the glass using the metal spoon and see what note it is on the instrument tuner app.



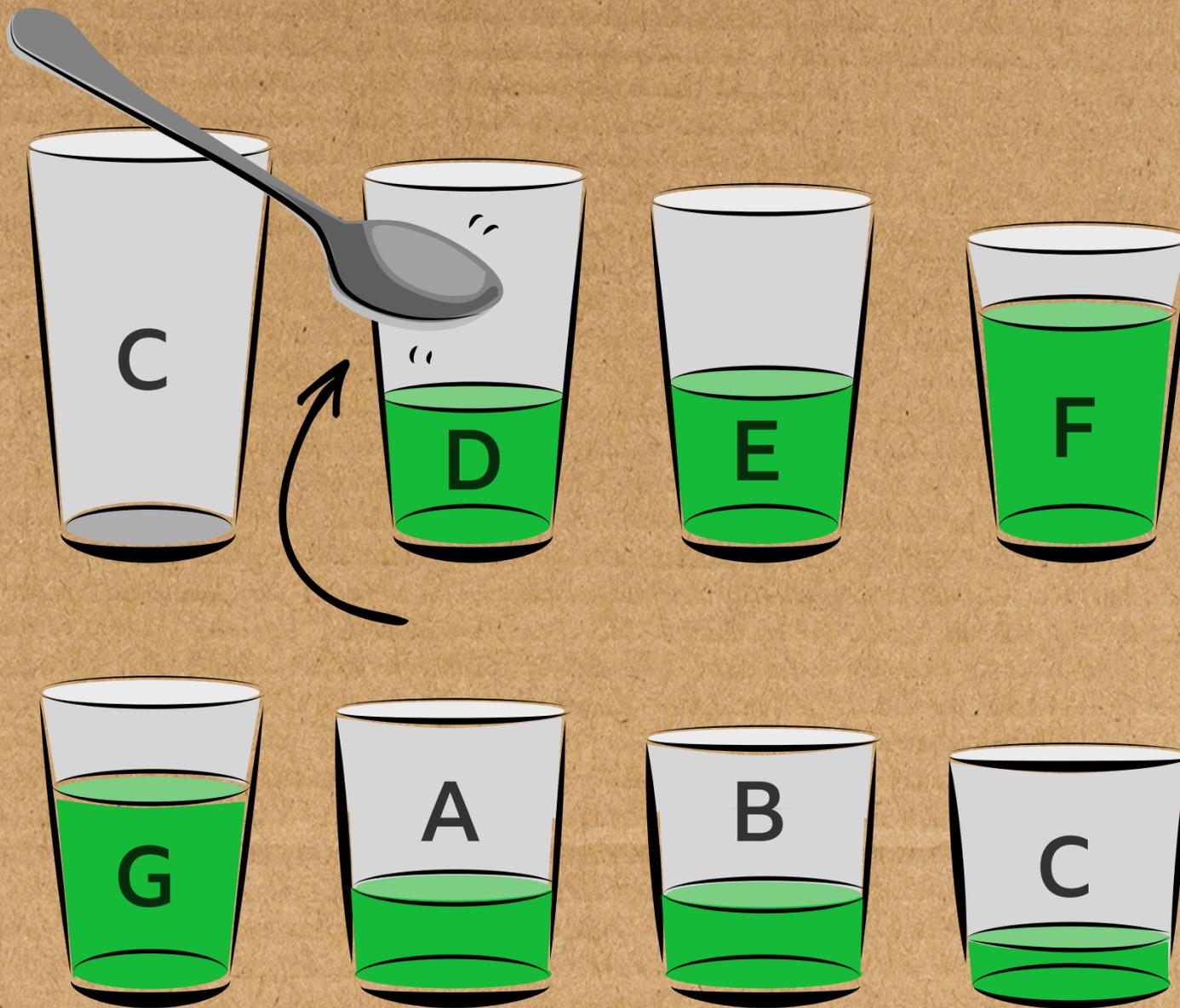
4



To make our xylophone, each glass needs to be one note higher than the one before, and that's where the fun part comes in...



To change the pitch of each glass we have to do a bit of experimenting. Try adding some water into the glasses – what happens to the pitch?



Remember, each glass needs to be one note higher than the one before. Once you've finished experimenting with the water, lightly tap each glass, from left to right, using the spoon and ta-dah you should have a whole scale!



7



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Why not film yourself playing your favourite tune and share it with us on Instagram, Facebook or Twitter?



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NO. 3



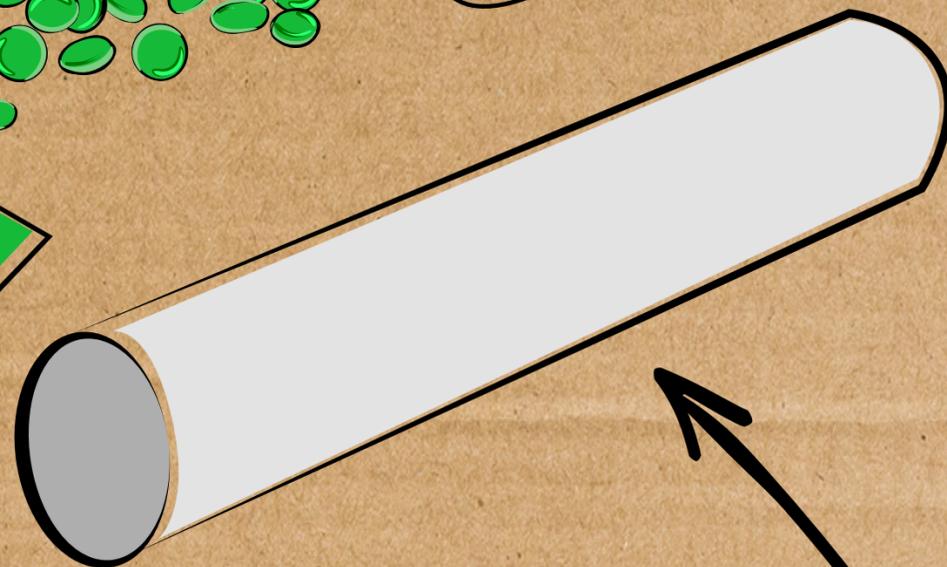
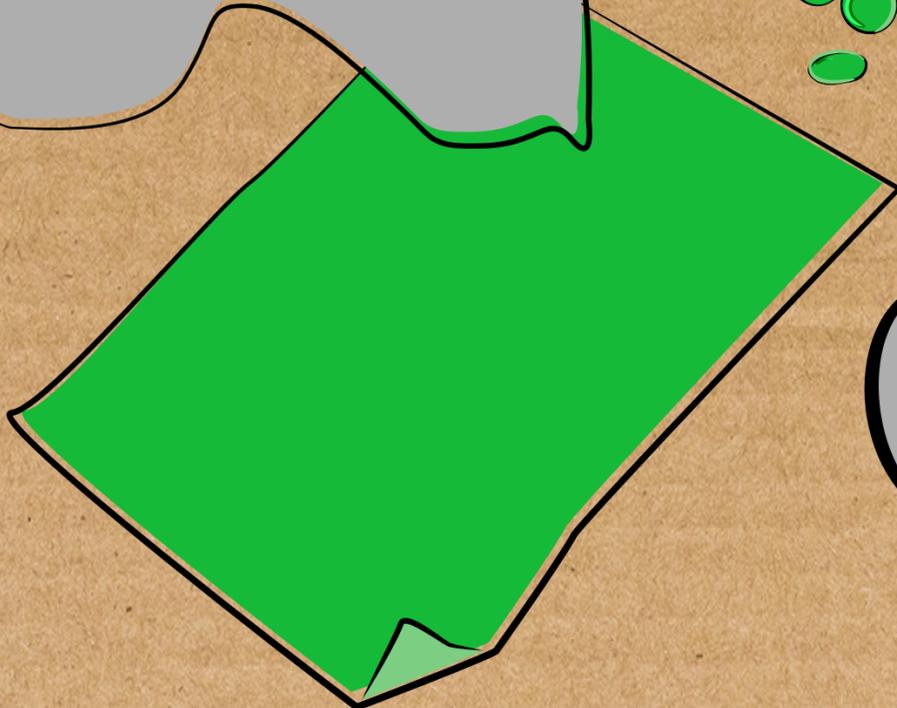
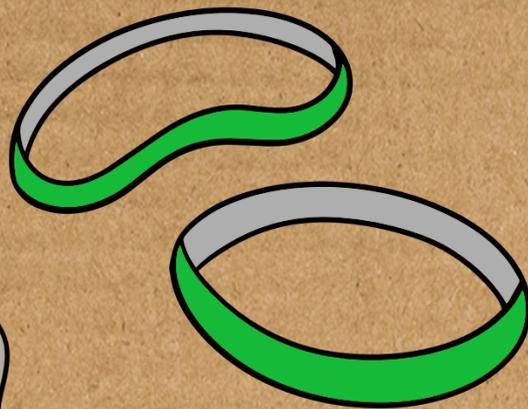
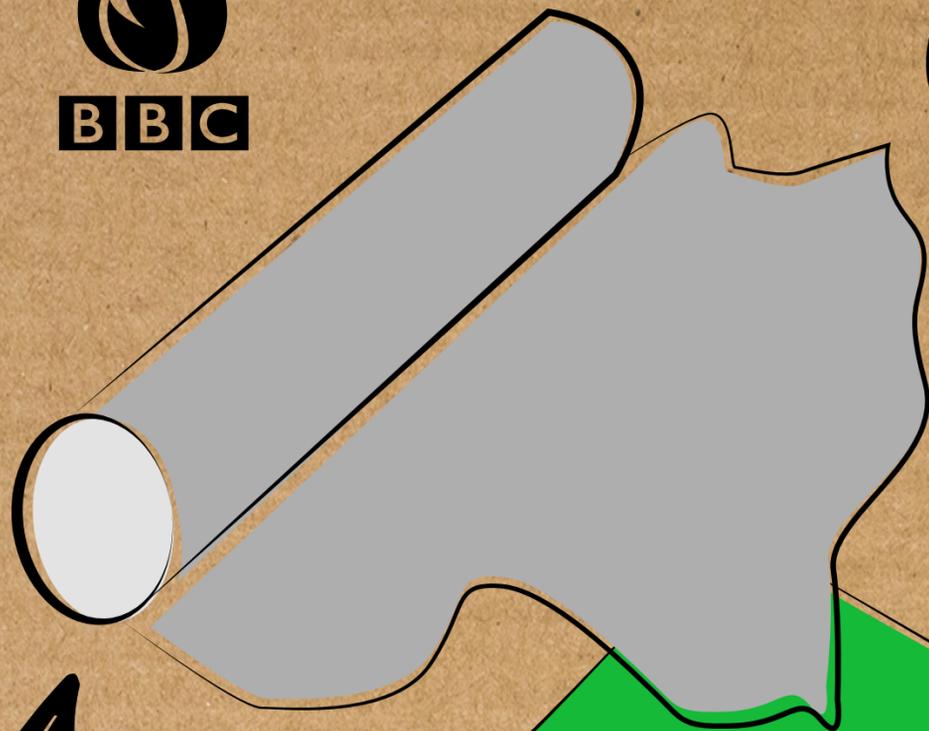
**KITCHEN ROLL
RAINSTICK**

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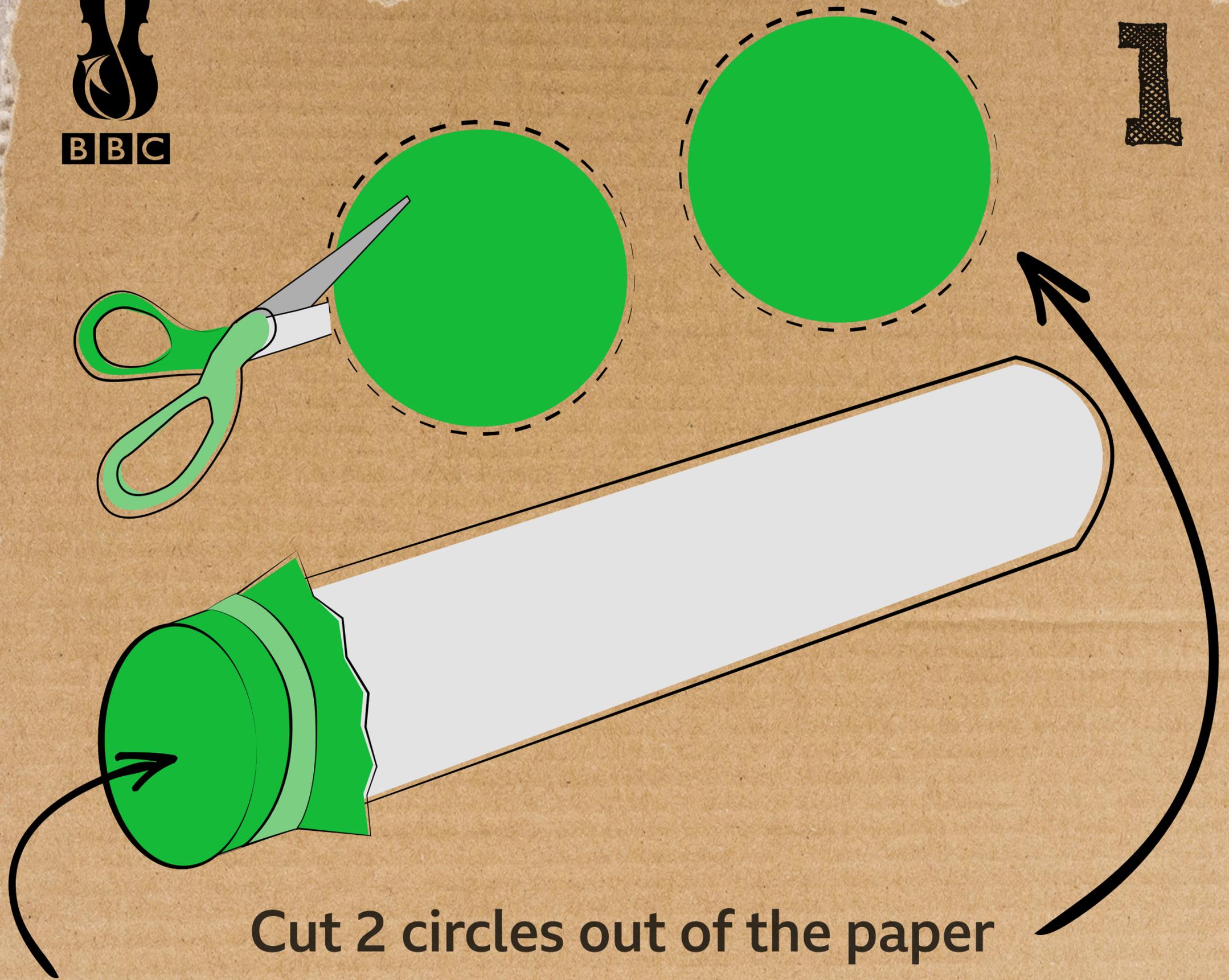


YOU'LL NEED

A cardboard tube (such as a kitchen roll),
Tinfoil, Paper, Elastic bands,
Rice or dried lentils and Scissors



1

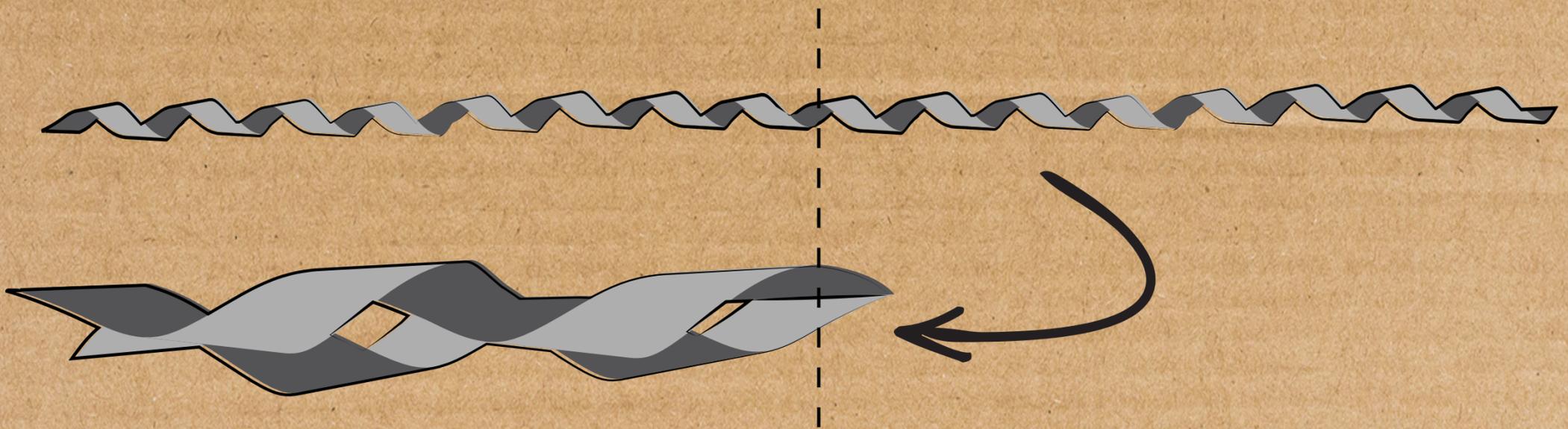
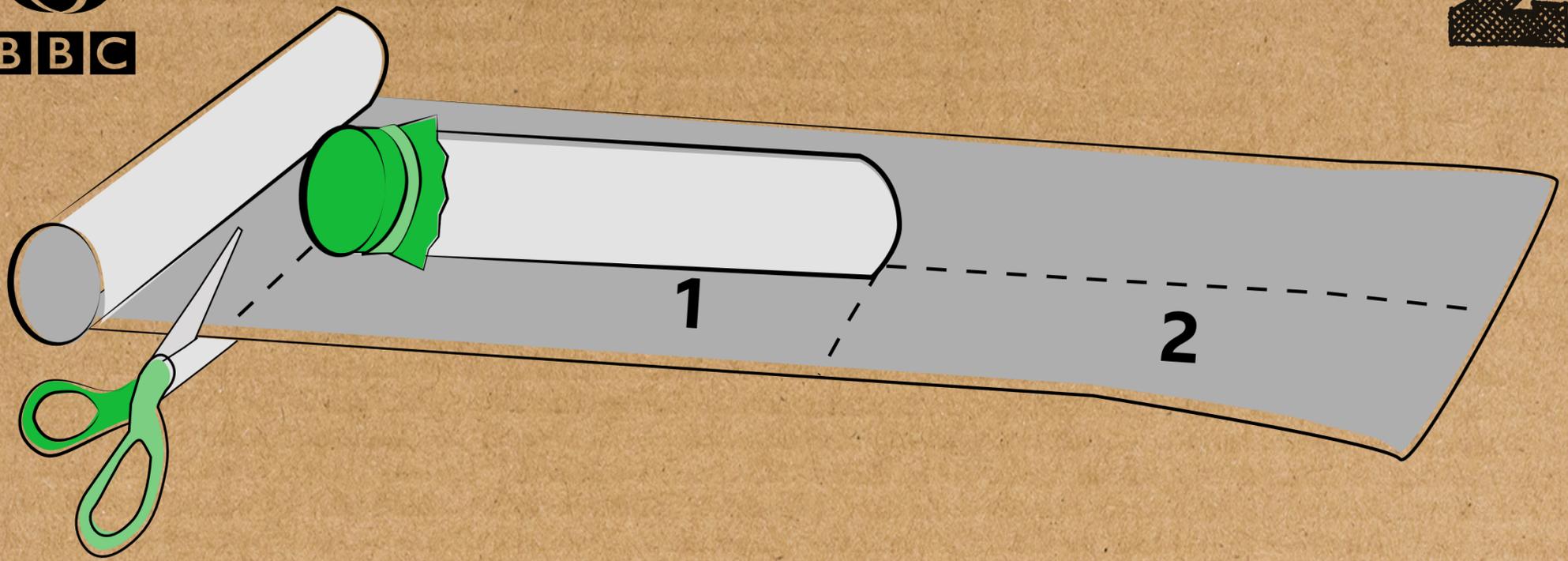


Cut 2 circles out of the paper
(larger than the end of the cardboard tube).
Put 1 circle over 1 end of the cardboard tube.
Secure with an elastic band.



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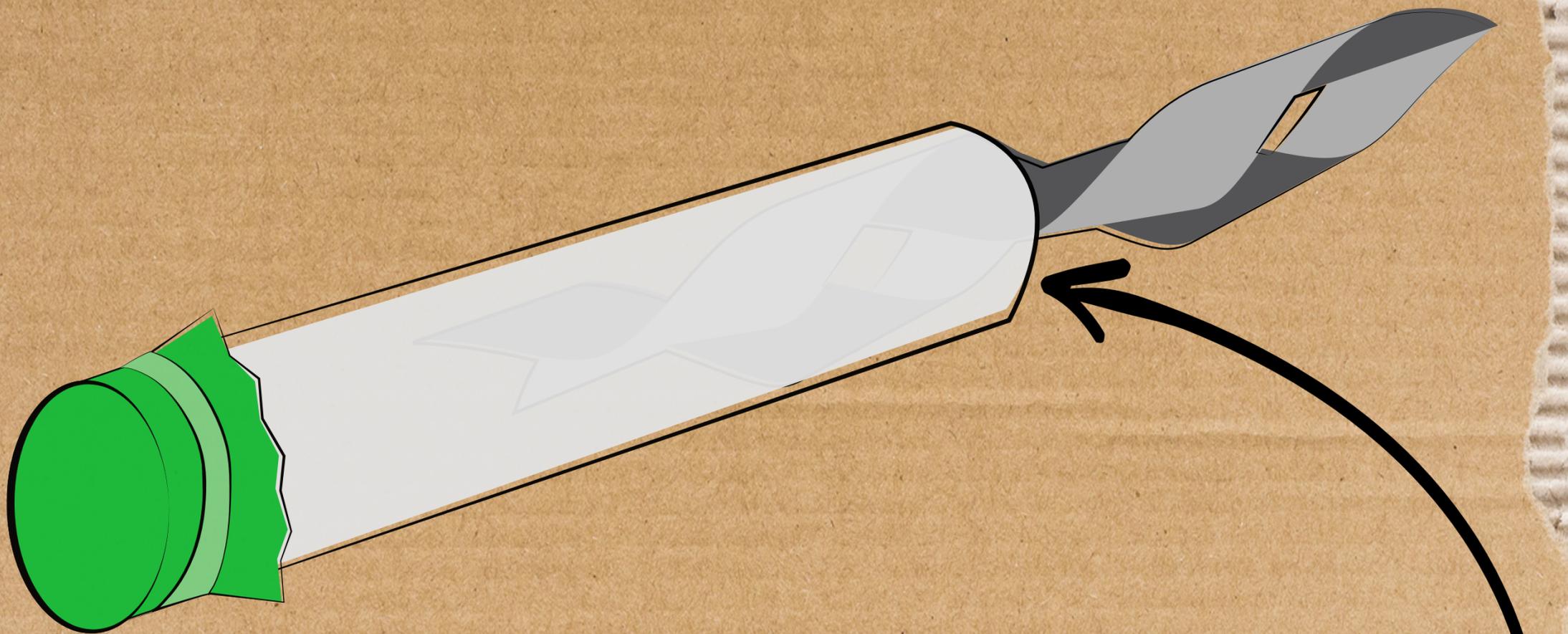
2



Cut some tinfoil twice the length of the tube.
Tightly twist the tinfoil into a long snake.
Fold the long snake in half and loosely twist.



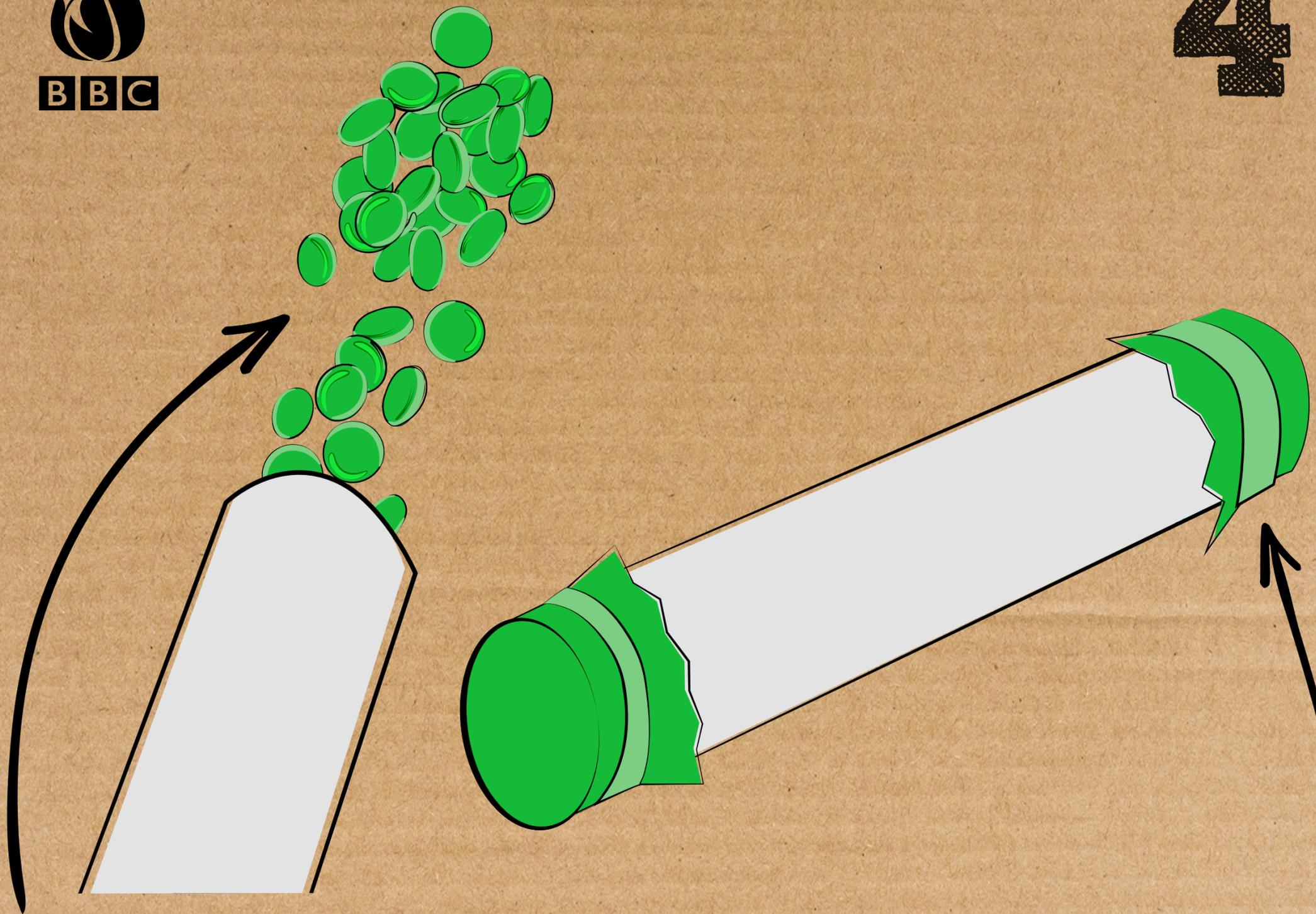
3



Make sure the twists in your tinfoil snake are loose enough for the rice/lentils to fit between. Slide the tinfoil snake into the cardboard tube.



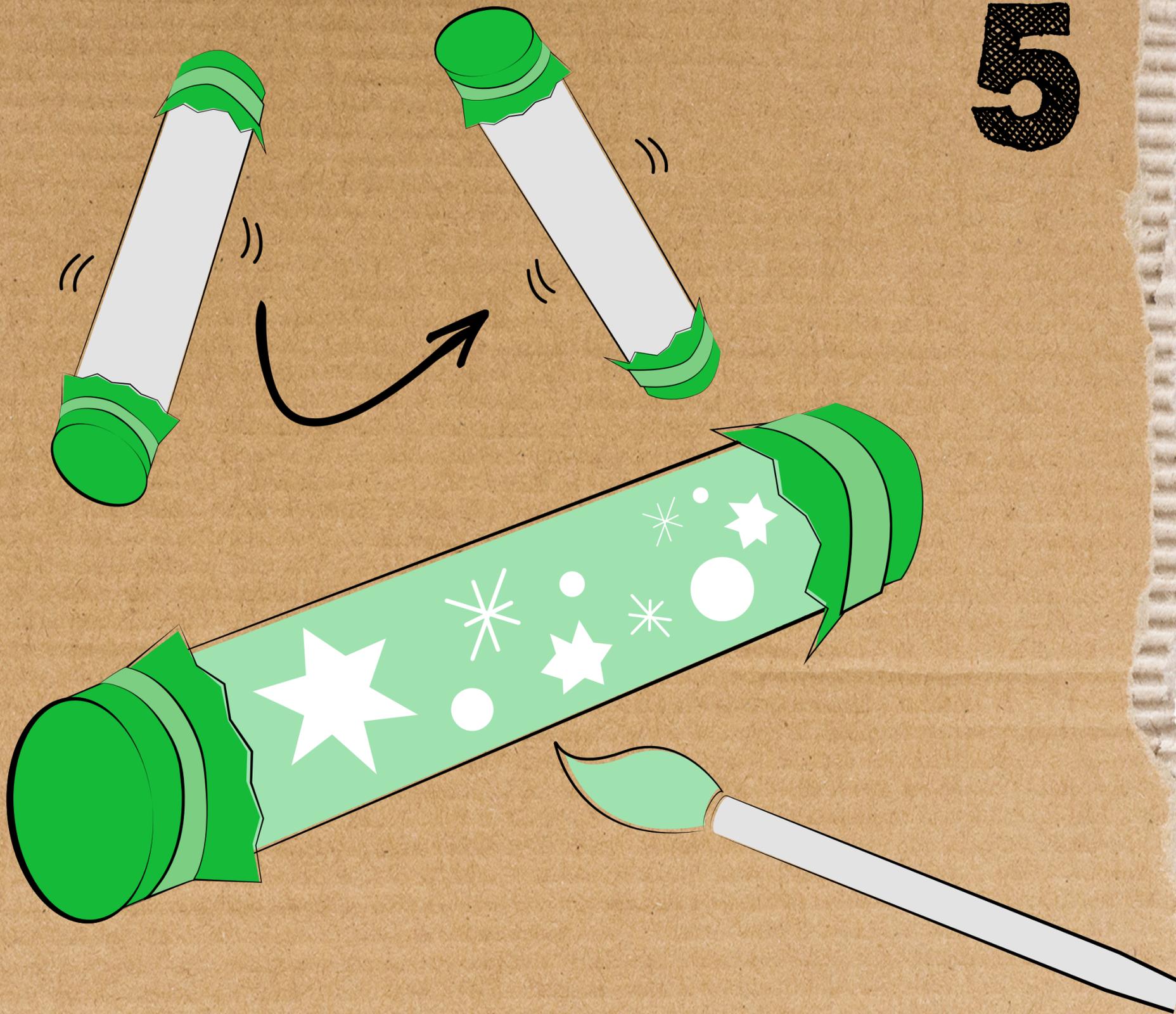
4



Pour a large handful of rice/lentils into the tube.
Put the 2nd paper circle on the open end
of the tube and secure with an elastic band.



5



Turn your rainmaker one way, then the other...
do you hear the rain? You can now decorate
your rainmaker however you like. 👍



BBC NOW LEARN



NOW...



**MAKE AN
INSTRUMENT**



NO. 1



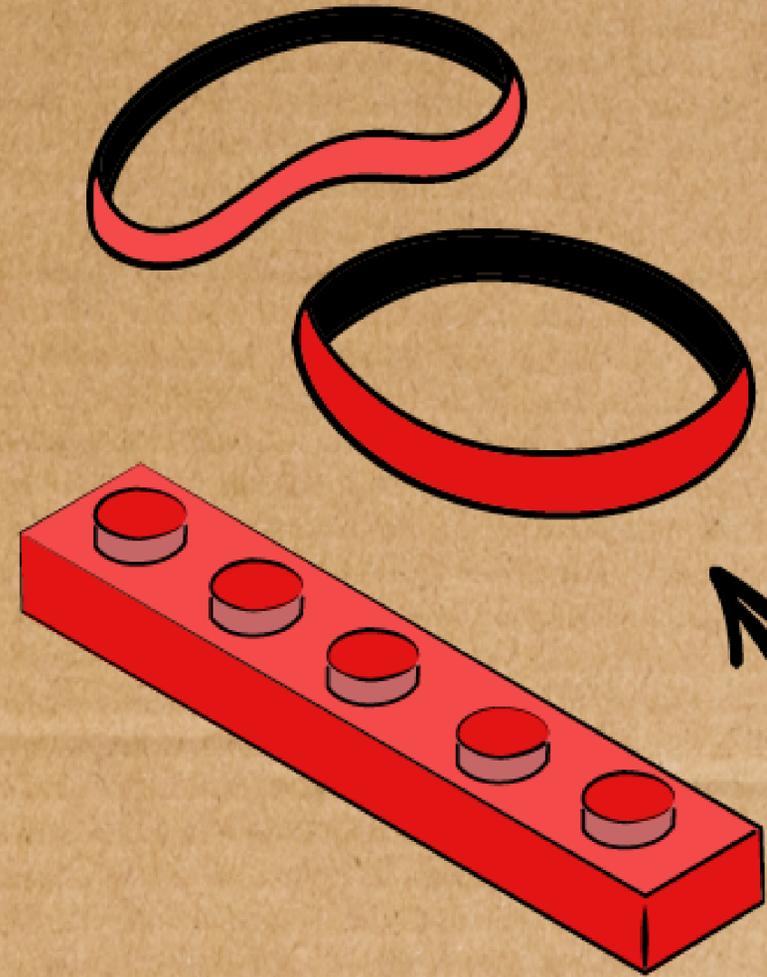
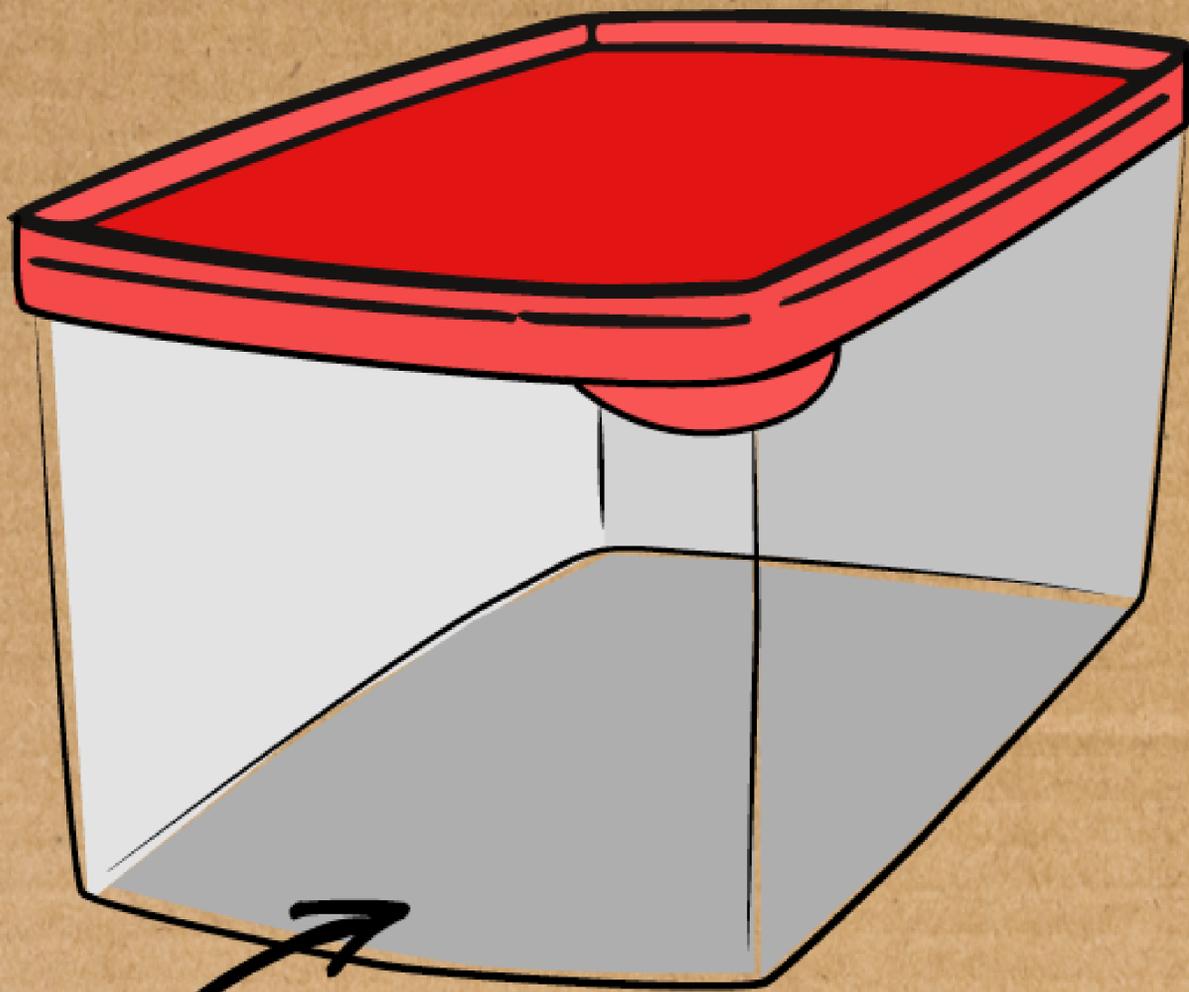
**BANGY
TWANGY THING**

#BBCNOWLEARN





BBC



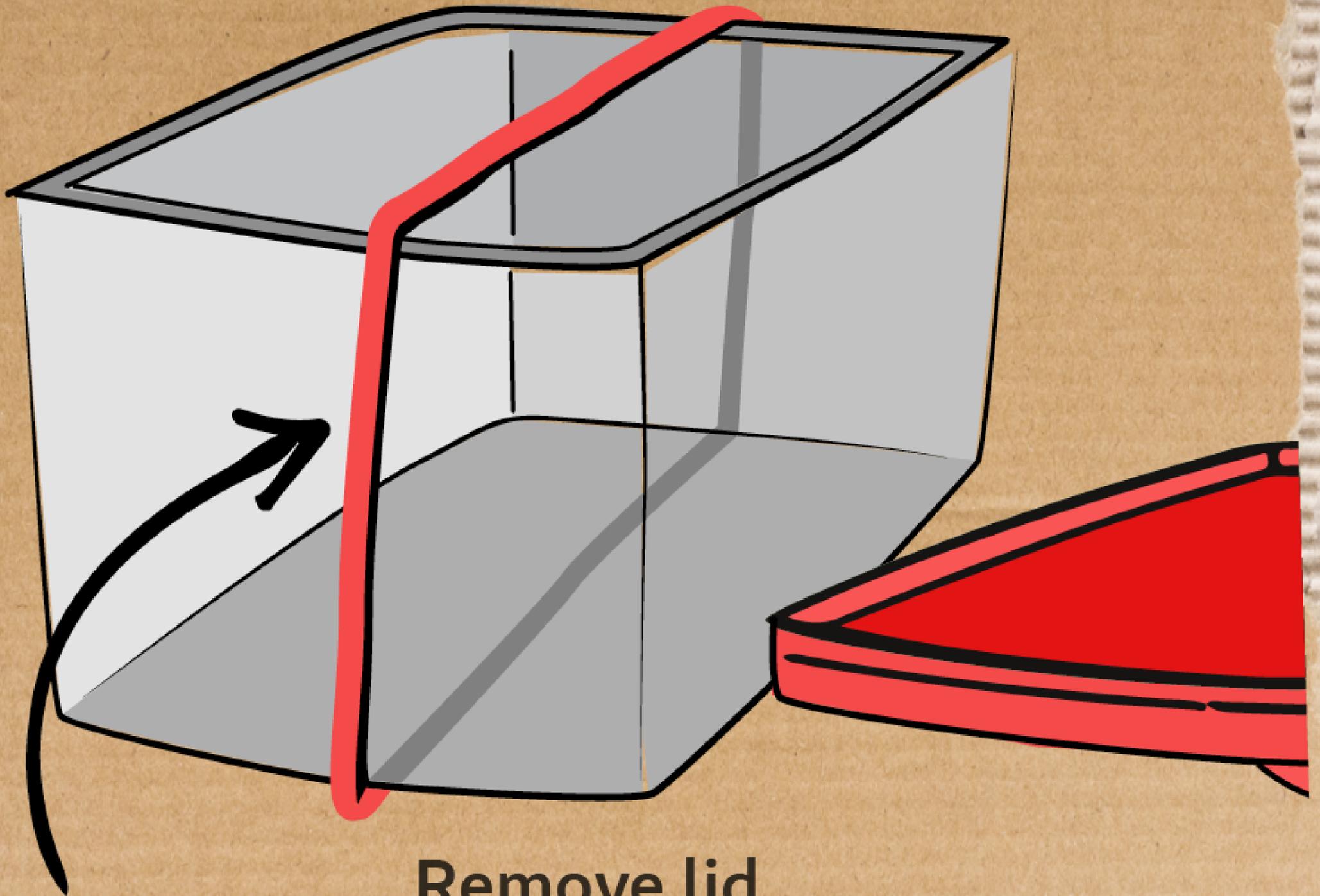
YOU'LL NEED

- A box with a lid (e.g tupperware)
- An elastic band (preferably a few)
- A small rigid block (Lego works well)



BBC

1



Remove lid

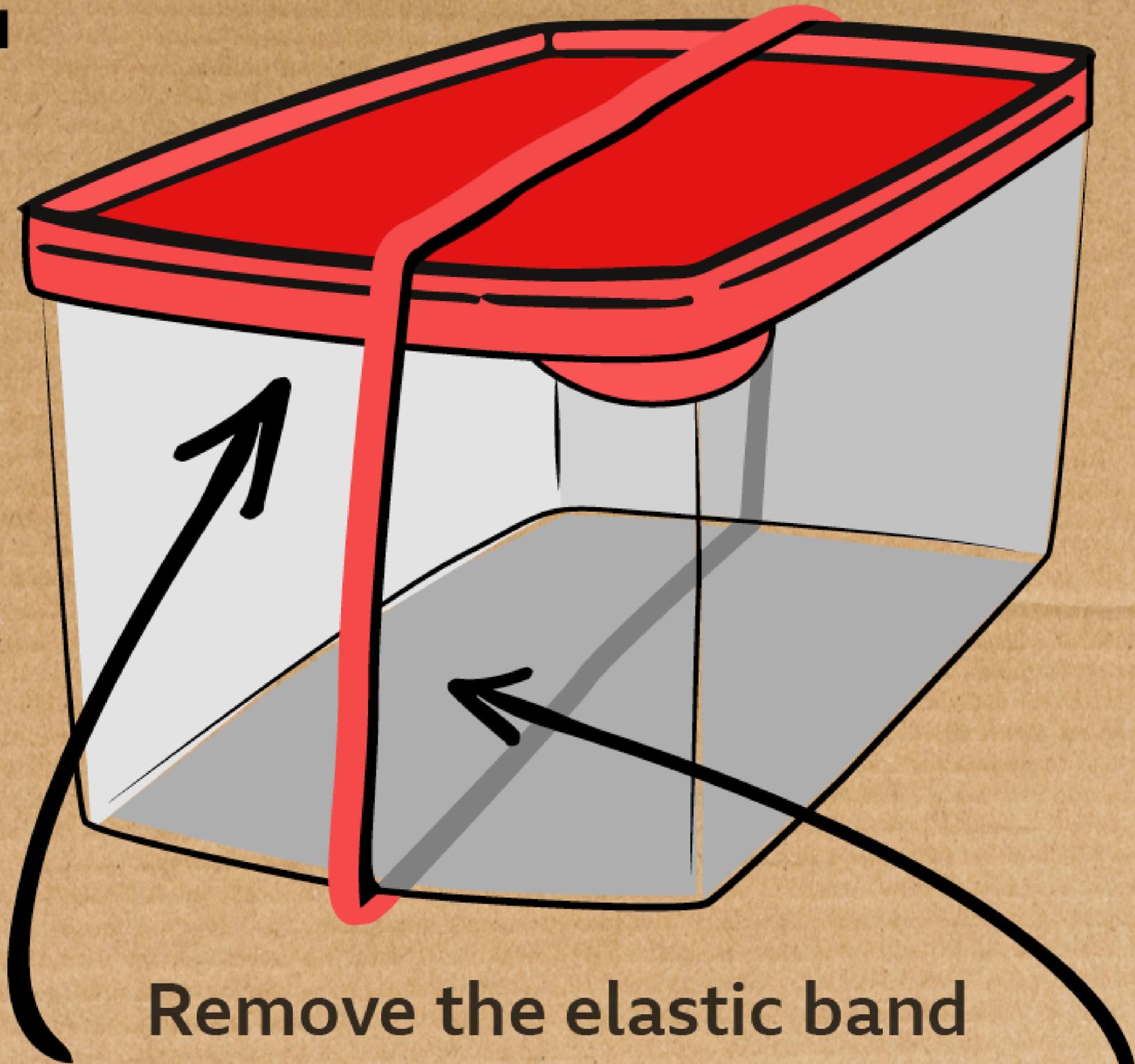
Wrap elastic band around the box and pull

Rubbish isn't it!



BBC

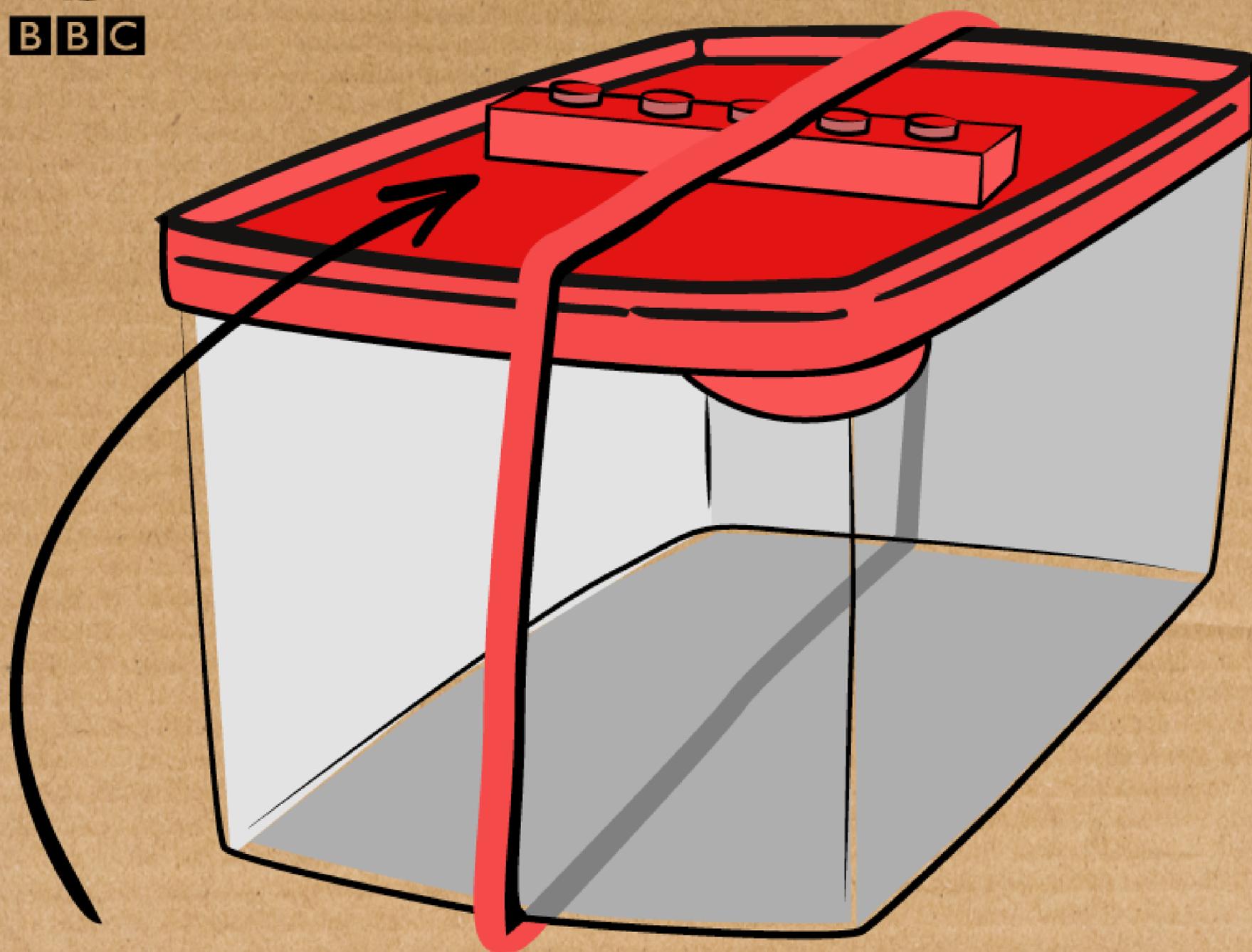
2



Remove the elastic band

Put the lid back on the box

Put the elastic band back around the box

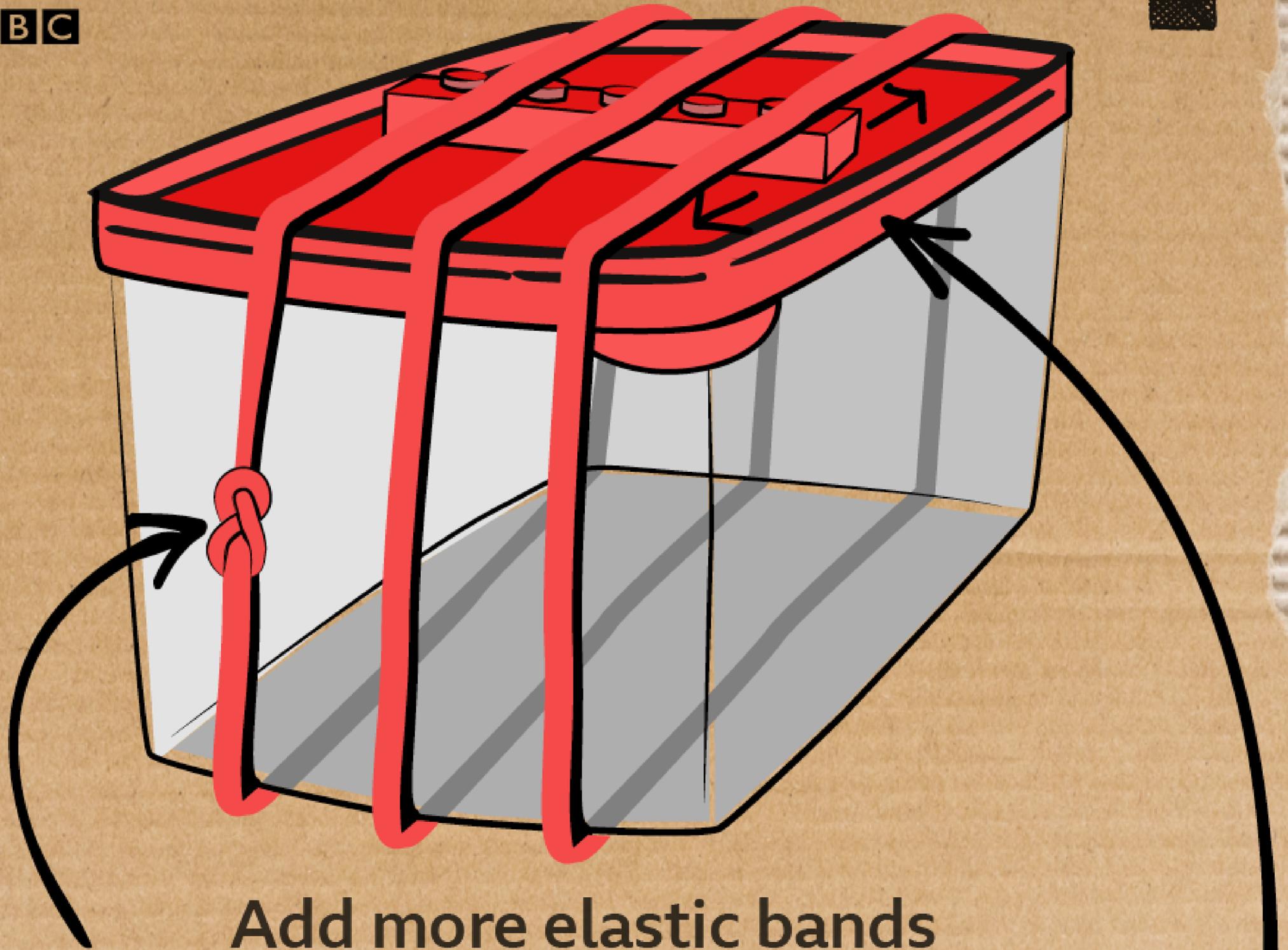


Put the small rigid block under the elastic band
'Twang' the elastic band with your finger...
It now sounds much better!



BBC

4



Add more elastic bands

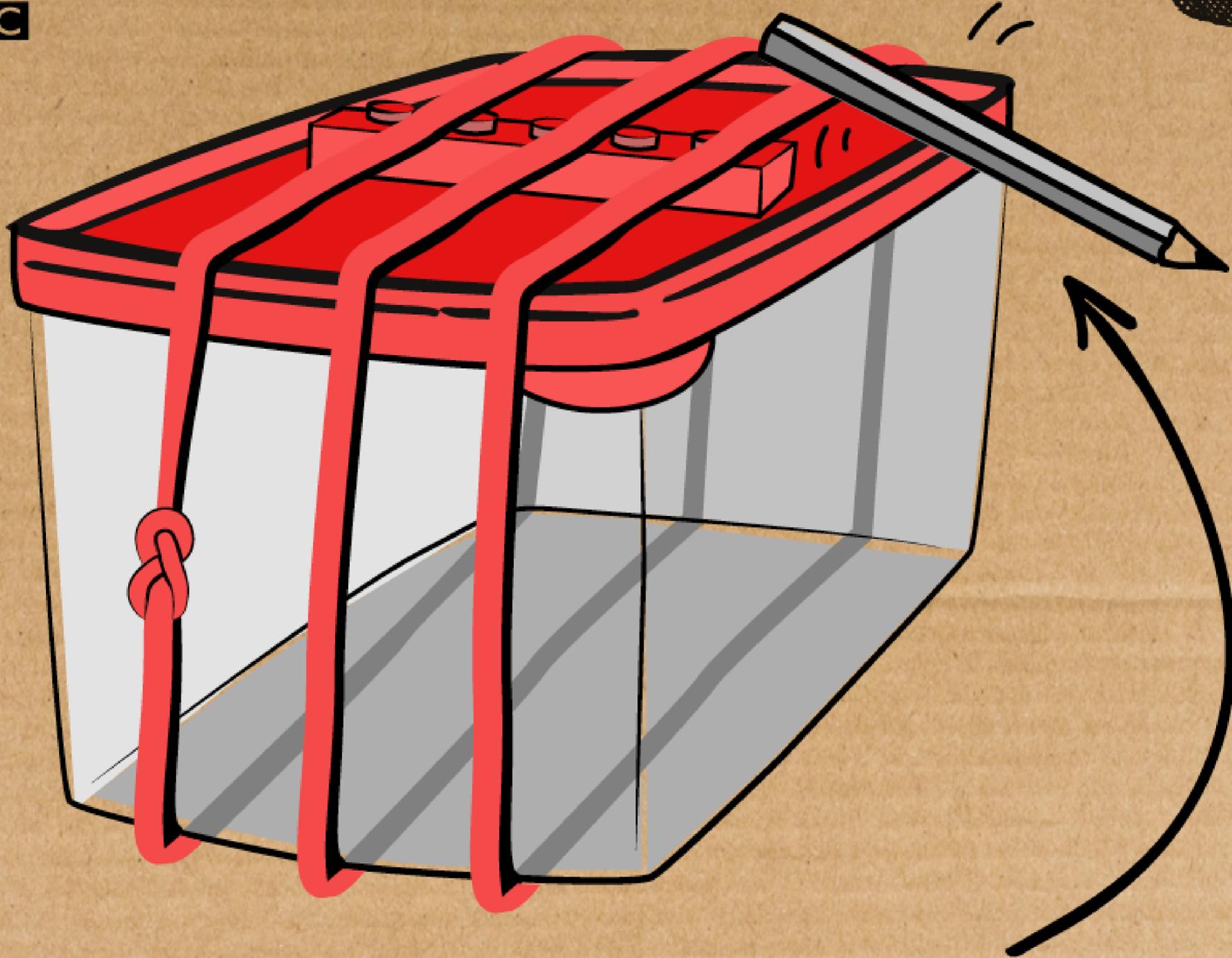
Play with their tightness (by adding knots)

Move the small rigid block to change the pitch



BBC

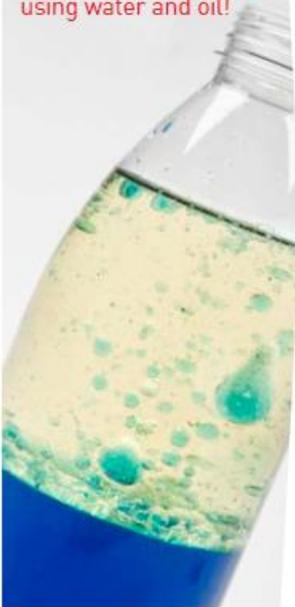
5



Try banging the bands with a pencil rather than twanging them to make a different sound with your bangy twangy thing!

Lava Lunacy

Create a vigorous reaction inside a bottle using water and oil!



Grab this stuff:

- A** Plastic bottle
- B** Funnel
- C** Vegetable oil

- D** Water
- E** Food colouring
- F** Alka-Seltzer tablet

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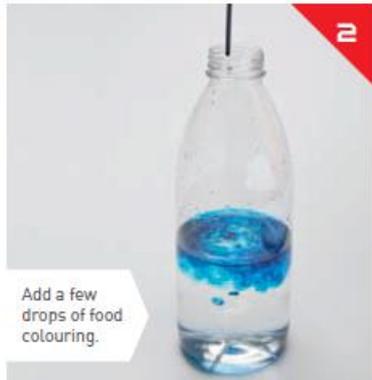
Lava Lunacy



Pour water into a clean bottle until it is one-third full.



1



Add a few drops of food colouring.

2



Then fill the rest of the bottle with vegetable oil.

3



Break the Alka-Seltzer tablet in half and add it to the bottle. Watch the lava blobs!

4

Cornflour Slime

Solid or liquid?
You be the judge!



Grab this stuff:

- A** Cornflour
- B** Water
- C** Plastic tray
- D** Tablespoon

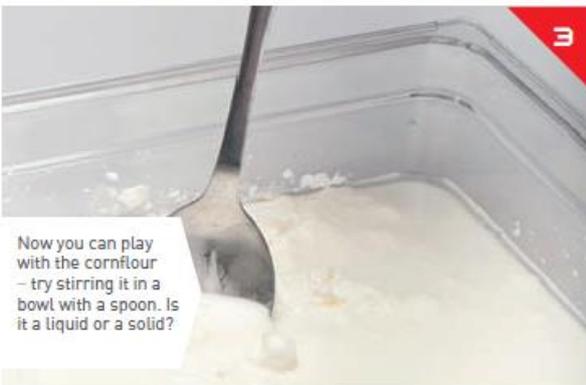
Cornflour Slime



Put 4
tablespoons
of cornflour
in a bowl.



Slowly add
the water
a
small amount
at a time until
the cornflour
resembles
a very thick,
viscous liquid.



Now you can play
with the cornflour
– try stirring it in a
bowl with a spoon. Is
it a liquid or a solid?



Roll the cornflour
into a ball in your
hand and see what
happens when
you stop.

Milk Magic

Create your own rainbow patterns in milk!



Grab this stuff:

- A** Whole milk
- B** Flat plastic tray
- C** Food colouring (red, yellow, blue and green)
- D** Washing-up liquid
- E** Cotton buds
- F** Pipettes

Milk Magic



Gravity-Defying Water

Can water defy gravity?
Find out for yourself!



Grab this stuff:

- A** Water
- B** A glass
- C** Thick laminated card
- D** Plastic tray

Gravity-Defying Water



Fill the glass with water.

1



Place the card on top and turn the glass over, while holding onto the card and making sure the card always stays flat. Do this over the plastic tray.

2



When the glass is upside down let go of the card... and it should stay where it is!

3

Blow-Up Balloon

Blow up a balloon without using your own breath



Grab this stuff:

- A** Small plastic bottle
- B** Vinegar
- C** Water
- D** Baking soda/bicarbonate of soda

- E** Balloon
- F** Teaspoon
- G** Funnel

Blow-up Balloon



Put a small amount of water in the bottom of the bottle, and then add the same amount of vinegar.



Using a funnel, half fill the balloon with baking soda (between 1/2 and 1 teaspoonful should be enough).



Carefully place the balloon over the neck of the bottle and allow it to droop over to the side, making sure none of the baking soda falls into the bottle.



Now lift the end of the balloon and pour all the baking soda into the bottle. Shake well and place the bottle on a table. Watch the balloon inflate all by itself.

The Market Weighton School

Personal Development Day

Non Screen Activities

Subject: PE

Task: Mrs Townends KM Challenge

Instructions:

House KM challenge has started. Mrs T had an Cold face early run this morning to get 10 points for Wicstun. You need to record any kms you walk, run or cycle and send these with your house to Mrs Townend. Let the competition begin.

Post your KM's to <https://forms.gle/FW6RqVEHBXHiKMdw6>

At the end of the day please upload evidence of your activity to the assignment on google classroom
You will need to join the class using this code: **7e7lve6**