

The low-cost or no-cost HA Session 3 Summer Challenge Booklet



Your name:

Birthday?

Favourite hobbies?

Favourite food?

Favourite subjects at school?

Favourite extra-curricular / after school club activity?

S3

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30 OUTDOOR ACTIVITIES FOR YOU AND YOUR FAMILY THIS SUMMER

Tick the box & date
when complete

1. **Make sailboats and race them.** Make a sail boat and see if it floats. You can race it too! Use only the natural wind power to make them go and see who makes it to the finish line first. (If you live near a ditch or other moving water source, you might consider racing them down a stream after it's been raining)

2. **Skipping Rope Challenge.** Learn tricks and challenges from @dantheskippingman on Instagram. This is such a good form of fitness.

3. **Beat the HA plank record.** Find some space and see if you can beat the current school record for a plank hold. Current record is held by Asya (going into Y8) at 8 mins 45 seconds.

4. **Have your own outdoor movie.** On a clear, dry night, find a nice spot outdoors and enjoy a movie on your device. For added fun, invite friends or neighbours to come along too. Don't forget the popcorn!

5. **Plant a container garden.** Many vegetables and herbs can be grown indoors or out inside containers. Collect some seeds from HA or pick some varieties to grow and tend to them over the summer. It may even convince you to eat a vegetable you don't like!

6. **Target squirting.** Set plastic cups on the top of a fence or balanced on your head and let someone else squirt them off with water guns or plastic water bottles (an empty fairy liquid bottle will work well). You can create points by writing on the plastic cups and keep score or just see who's the fastest to knock over the cups.

7. **Car wash.** Arm yourself with water, a bucket, soap and some sponges and set yourself to work washing cars on your street. You could even hang a sign around your local area advertising your car wash service as well.

8. **Dirt restaurant.** This one is great if you have younger siblings. Who doesn't love to play in the dirt?! Go to a local park or outside with plastic cups and plastic spoons, a few dishes and see what kind of gourmet meal you can create! You can make salads from leaves and flower petals, mud pies...so many options!

9. **Water balloons.** An always fun, but often forgotten activity, water balloons are easy to make and cheap! Fill some balloons with water and play water balloon catch - start standing close together and each time the balloon is caught without breaking everyone takes a step back!

10. **Go for a hike, walk or bike ride.** London has parks and areas that are perfect for this, but even if you have to make it a full day trip and travel a bit, this is a great activity to beat summer time boredom. Pack a picnic lunch and plenty of fluids and enjoy some exercise.

11. **Oversized painting.** Tape several large sheets of paper together on the backside, and flip them over in an outdoor space. Fill a few containers with different colours of finger-paints, and use household items to make your paintings. Try: spaghetti strainer, a balloon, a mop head, sponges, bottom of a shoe and any other objects you see lying around! You can also draw around your body and fill your shape with things that you like.

12. **Bubbles.** Everyone loves bubbles! Create your own bubble solution with dishwashing liquid, water, and a teaspoon of sugar. Pour into a shallow container with a wide open mouth and then use odd objects to create your bubbles. String, rubber bands, the spaghetti strainer, straws, slotted spoons and anything else you can think of make some fun bubbles!

13. **Bubble art.** When you get tired of making bubbles, add a few drops of food colouring to the bubble solution and blow bubbles that pop onto white paper. The result will be amazing!



Send your achievements to @hasession3 for a shout out!



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14. **Keepy uppy challenge.** By the end of the summer hit these keep yuppy targets: 10, then 15, then 20, then 25, then 30. If you can do that, go to 50, 100, 150, 200!

15. **Organize sports days.** With your friends you may be able to organise a day every week to play different sports. Try to play sports that you wouldn't normally play.

16. **Chalk pavement art.** Drawing on the ground is always fun. Make pictures and drawings on the street, or use it to make hopscotch and other games to play on the pavement.

17. **Organize a bike parade.** Gather some friends together and plan to go somewhere together on your bikes. Why not take a picnic too? Remember you can use public bikes – but don't forget to wear a bike helmet.

18. **Scavenger hunt.** Create a list of 20 or more things that can be either seen or found naturally outside in your area, things like different road signs, types of shops, specific flowers, etc. Go on a scavenger hunt to try and find & collect one of each item on the list. This can be done as a group effort, or you could compete against friends!

19. **Make a fort and have a campout.** You don't have to actually go anywhere to go "camping". Make a fort or tent in your garden (or lounge) and enjoy not sleeping in your usual place! Check this out: <https://www.insider.com/ikea-furniture-fort-instructions-lockdown-2020-5>

20. **Set up an obstacle course.** Turn your street into an amazing obstacle course! Let the Create a course from toys, bikes, and other things you can find. See who can complete the course in the quickest time.

21. **Be a tourist.** Pretend to be a tourist in your own town and nearby locations. Use Google to discover landmarks, attractions and parks that you've never gone to, and plan trips to visit each.

22. **Build up your running endurance.** Ove the holidays aim to improve the distance you can run. Start with 5 minutes & increase by a minute each time. See how long you can go for!

23. **Volunteering.** Local foodbanks or charities might need your help. The school garden & bees will also need looking after. Do some investigating!

24. **12 minute challenge.** Download Strava (free app) and see how far you can run in twelve minutes. Let us know how you get on – we might throw some prizes your way for this one!

25. **How many press ups can you do in 1 minute?** Over the holidays see how you improve. You can try knees on the floor (easier), narrow press ups (harder) or even try diamond press ups or 1 arm press ups (very challenging!)

26. **Time to visit.** Go and visit someone you know that is lonely or struggling in some way. Cheer them up with your presence and be a good listener!

27. **Litter picking.** Go and do some good for your local community by picking up the litter.

28. **Pavement hop.** Next time you go outside, see how long you can walk for before you step on a crack in the pavement!

29. **Photo fun.** Next time you go outside, take 10 abstract pictures and edit them so that they look like they are from another planet. Why not experiment with forced perspective (play around with scale). Here are some apps you can use: Autodesk Sketchbook (iPhone or iPad), Fresh Paint (Android).

30. **Pick a landmark on the horizon and go and find it!** Time for an adventure! It could be a tree, a building or something completely random!



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See all of our content on Instagram at @hasession3

30 INDOOR ACTIVITIES FOR YOU AND YOUR FAMILY THIS SUMMER

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when complete

1. **Indoor camping.** Throw a sheet over your kitchen table and camp out underneath. You can eat marshmallows, play games and read books with your torch on your phone! If you have a small pop-tent, these can be set up indoors temporarily, too and provide hours of entertainment.

2. **Make a puzzle.** Draw a picture or cut one from a magazine. Cut it into puzzle shapes and then put it back together.

3. **Play volleyball.** Yes, you can play this version of volleyball inside. You just need a blow up beachball and your couch. Pull the couch into the middle of the room so you can stand or sit on either side of it, and use it as your volleyball net. (You could also drape a sheet over a couple of chairs to create your net)

4. **Papier-mâché stuff.** Mix water and flour in a bowl to create a paste. Cut up strips of newspapers and make papier-mâché objects. You can make piñatas, decorative items or animal creations. Just remember it takes several days for it to dry before you can paint and decorate it. Why not make something you can use – e.g. a bowl for snacks.

5. **Make puppets.** Use socks and pens or paint to create puppets and put on a puppet show.

6. **Get cooking.** Get creative in the kitchen! Get out as many ingredients as you can find and create a masterpiece with no recipe! Instead, let the creative juices flow and see what you come up with! Will anyone be brave enough to try your creation?!

7. **Become a dancing fool.** If you feel like you've been cooped up inside for too long due to bad weather or other reasons, put on some upbeat music and dance until you're too tired to dance anymore! The sillier you are the better!

8. **On paper, create a maze and get someone else to try to get to the end point.** If you have a hamster or guinea pig, create a maze out of cardboard and see if it can find the end of the maze.

9. **Indoor picnic.** Spread a blanket or towel out on the living room floor and have an indoor picnic. No bugs!

10. **Scrapbook.** Take lots of pictures throughout the summer and get the best ones printed. Alternatively, you could buy a few disposable cameras to use. Create a scrapbook!

11. **Make a dream book.** Using the internet and your imagination, make a dream book for yourself and your future. What would put in there?

12. **Start making birthday gifts for family.** Use all the free time you have in the summer to start your birthday gift list. You could make can make photo frames, mini scrapbooks, and craft items to give as gifts throughout the year.

13. **Room rearranging.** Get permission to design and draw a new layout of your bedroom & try it out!

14. **Develop your listening skills.** Make a list of people you could ring & be intentional about listening well & asking them questions about how they are doing.

15. **Set up a net.** Make a net from a clothes line and a sheet. Use anything you can find to play volleyball, badminton, silly ball games and more!



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16. **Football bowling.** Set up 10 empty cans or plastic bottles in a triangle or circle in your hallway or on a level section in your garden. You get three tries to knock down as many "pins" as possible by kicking or rolling an object at them from at least 20 feet away. Keep score like bowling.

17. **Make fruit lollies.** Make your own fruit juice lollies with juice in paper cups and sticks in them. Pop in the freezer until frozen and serve.

18. **Act out your favourite book or movie.** Get some of your family together and / or invite some friends over to help re-enact a fairy tale or favourite scene from a book.

19. **Learn a new language.** Use the internet to learn a new language.

20. **Play house games.** Put away the valuables, clear the furniture against the walls and have some fun! Set up a wrestling ring in the lounge, play hide & seek, have indoor races, change a room around – make sure you get permission first!

21. **Write and illustrate a book.** With paper, a pen and your imagination, write your own story and illustrate it. Check out 'Circle Line Art School' on YouTube for some technical drawing support – step by step guidance to help you illustrate anything.

22. **Google Earth.** Use Google Earth and Maps to explore new territory.

23. **Make your own board games.** Playing board games is fun for all ages, but can get a little boring when you play the same games, over and over. Spend some time creating your own board game - then play it! The real fun is the creation of the game itself!

24. **Junk modelling.** Use anything to make anything! Start with recycling and get creative!

25. **Treasure Hunt.** Hide a small treasure (sweets, a coin, chocolate etc) somewhere in the house. Then use post-its to write clues. Each clue will lead to another clue, until finally the last one will lead your searcher to the "treasure".

26. **Make music or a radio station together.** Write song lyrics and come up with a melody or host your own radio show. Use an app if you need to help create backing tracks. Record on your phone, be brave and publish it!

27. **Learn origami.** Go online and learn how to do origami. Create a range of shapes and animals.

28. **Cartoon flipbooks.** Fold or staple paper together or use a notebook and draw images that are slightly different from one page to the next so that when you flip through the pages, they appear to be moving. You can also make a movie using Stop Motion Studios (app for IOS & Android).

29. **Get a Rubik's Cube.** Vow to complete it before the end of summer. You may have to spend time on it every day, and it can be an individual activity or one for the whole family.

30. **Research & create your own family tree.** Find out information about your family & research how to make a family tree. Do a questionnaire and find out things about your family e.g. favourite song, most embarrassing moment, what they would do with a million pounds, where did your parents/carers grow up etc

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Which Session 3 clubs would you like to get involved in next year?

Highlight your favourites below:

PE:	English / Media:	Art:	Music:
<ul style="list-style-type: none">• Dodgeball• Trampolining• Basketball• Parkour• Football• Basketball• Boxing• Table tennis• Rugby• Fitness• Rock climbing• Hiking• Staff v student sport• Football freestyle• Street sports (skating)• House sport• Badminton• Yoga	<ul style="list-style-type: none">• Film club• Debate club• Creative writing• Library club• Photography <p>Performing Arts:</p> <ul style="list-style-type: none">• Dance• Drama / theatre• School production <p>Humanities:</p> <ul style="list-style-type: none">• Politics / current affairs club	<ul style="list-style-type: none">• Art club• Manga club• Anime club <p>Science:</p> <ul style="list-style-type: none">• Science club• Gardening <p>Languages:</p> <ul style="list-style-type: none">• Culture club (Spanish) <p>Maths / computing:</p> <ul style="list-style-type: none">• Minecraft / PS4 / fortnite / FIFA	<ul style="list-style-type: none">• Rock band• Choir• Orchestra• Music lessons <p>DT:</p> <ul style="list-style-type: none">• Cooking• Woodwork• STEM <p>Other:</p> <ul style="list-style-type: none">• Board games (inc chess)• Discussion group• Social action

Summer reflections...

Which activities were your favourite ones to complete over the summer?

- 1.
- 2.
- 3.
- 4.
- 5.

What have you learned about yourself over the summer? (Feel free to continue on a separate sheet if you need more space)