

NEWSLETTER



25th June 2020

www.bexleygs.co.uk

Emilia wins Jack Petchey Community Award!



It has been wonderful to see that even though we are on lockdown, Emilia Morgan of 8RPP has been helping out in her community by raising money for several charities, including Greenwich and Bexley Community Hospitals, who are experiencing a shortfall in funds due to the coronavirus. She has been completing charity runs and cooking home-cooked meals for her parents who are key workers.

She has also been supporting her scout group, hosting, virtual meetings and "inspiring others to work towards badges" during lockdown.

Local residents have been cheering her on as she ran past them to complete her charity runs.



Photo from the Newsshopper



Richard Short, who nominated Emilia, said he did so "for her outstanding efforts through the Covid-19 pandemic... I am very proud of her efforts and how strong she is during these difficult times."

Emilia won the Jack Petchey Community Award and was given £50 and a congratulatory letter back in the beginning of June. The award scheme recognises people from London and Essex who are helping their community during the coronavirus outbreak.

All of us here at BGS and particularly 8RPP are very proud of the work Emilia has been doing.

Congratulations Emilia!

Miss Pearson, Form Tutor

You can read the full Newsshopper story by clicking on the link below:

<https://www.newsshopper.co.uk/news/18493275.bexley-girl-13-celebrated-outstanding-effort-lockdown/>



April Award

The Head Teacher's Choice - Year 12

Calling all Year 12s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ♦ Send me an email and please 'cc' in Miss Aspill. Put as the subject of the email: 'April JP Nomination'.
- ♦ Give us the name of the person you wish to nominate.
- ♦ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ♦ Do this before **Friday 3rd July.**
- ♦ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

I look forward to receiving your nominations!

Best wishes,

Mrs Snelling
snelling_j@bexleygs.co.uk



May Award

The Head Teacher's Choice - Year 9

Calling all Year 9s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ♦ Send me an email and please 'cc' in Mrs Boulden. Put as the subject of the email: 'May JP Nomination'.
- ♦ Give us the name of the person you wish to nominate.
- ♦ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ♦ Do this before **Friday 3rd July.**
- ♦ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

I look forward to receiving your nominations!

Best wishes,

Mrs Snelling
snelling_j@bexleygs.co.uk



June Award

The Head Teacher's Choice - Years 7 & 8

Calling all Year 7 & 8s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ♦ Send me an email and please 'cc' in Mr Skinner (Year 7) or Mr Mackle (Year 8). Put as the subject of the email: 'June JP Nomination'.
- ♦ Give us the name of the person you wish to nominate.
- ♦ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ♦ Do this before **Friday 3rd July.**
- ♦ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

I look forward to receiving your nominations!

Best wishes,

Mrs Snelling

snelling_j@bexleygs.co.uk



Year 7 Art Diploma

Being Trapped by Malou Wagner Poedenphant

I got the idea for my art diploma piece from quarantine, and "being trapped" since we can't leave our homes. This piece shows being stuck and wrapped up in a small place. I used newspaper to cover up my dad and create the project and to make it stick I just used some water.

I wet the tips of the newspaper to make it stick, then for the face I soaked small strands of newspaper completely in water so I could shape them around the nose and head. The face was definitely the biggest challenge because if I didn't wet the paper it wouldn't be able to stick in the strange angles. When I did wet them they became very fragile and started ripping. After a couple of tries I managed to carefully place them on without sticking.

The impact I would like this piece to have on people, is for them to remember these times even after we can go outside again as it's an experience that most likely won't happen again. We need to make the most of it, and be able to create projects relating to it and turn it around in a positive way.

The message behind the piece is the feeling of being trapped in your own house and in an environment you normally wouldn't feel trapped in. The project is showing people that there are others that feel trapped too, or are maybe struggling in these times, and that it's ok. But overall it's replicating the feeling of being trapped or stuck in one place without being able to move.

The advice I would give to other artists doing something similar is don't only think about your struggles, but think about what other people are finding difficulty in these times. Ask others what their struggles in a situation is and try to include that as well as your own opinion.

Malou Wagner Poedenphant, Year 7



Biology Success!

Well done to the Year 12 students who participated in the recent Intermediate Biology Olympiad. As ever it was a challenging competition, which tested their knowledge beyond the scope of the syllabus. A particular mention should go to Sam Gee, who received a Gold Award- a great achievement!



Mrs Earl
Science Department





BEXLEY GS PE VIRTUAL CHALLENGE #3

HOUSE 1500M VIRTUAL CHALLENGE RESULTS



OVERALL RESULTS:

1st Kirkman
2nd Collins
3rd Prothero
4th Johnson
5th Wellman
6th Mabbs



INDIVIDUAL WINNERS

Year	1st	2nd	3rd
7F	Zara	Anna	Lottie
7M	Francis	Jack	Zachary
8F	Gunit	Summer	Emilia
8M	Henry	Jamie	Harry
9F	Lily	Laurel	Holly
9M	Ollie	Luke	Jonathan

Year	1st	2nd	3rd
10F	Anna	Milly	Isabel
10M	James	Rohan	Harrison
11F	Tallulah	Abbie	Olivia
11M	Lucas		
12F	Naomi	Niamh	Madison
12M	Sam		



ENTRIES PER HOUSE:

Kirkman	48
Collins	31
Prothero	31
Wellman	29
Johnson	29
Mabbs	19



TOP CONTRIBUTORS BY HOUSE:

COLLINS	Thomas, Yr 7 - 8 runs
JOHNSON	Catherine, Yr 11 - 6 runs
KIRKMAN	Anna, Yr 7 - 7 runs; Zachary, Yr 7 - 8 runs; Freddie, Yr 8 - 13 runs; Harry, Yr 8 - 8 runs
MABBS	Lily - Yr 9 - 6 runs
PROTHERO	Jamie, Yr 8 - 10 runs; Rohan, Yr 8 - 8 runs
WELLMAN	Edward, Yr 7 - 9 runs; Lucas, Yr 11 - 9 runs



THANK YOU TO EVERYONE WHO TOOK PART, ESPECIALLY
THOSE OF YOU WHO SUBMITTED MULTIPLE RUNS. WELL DONE!





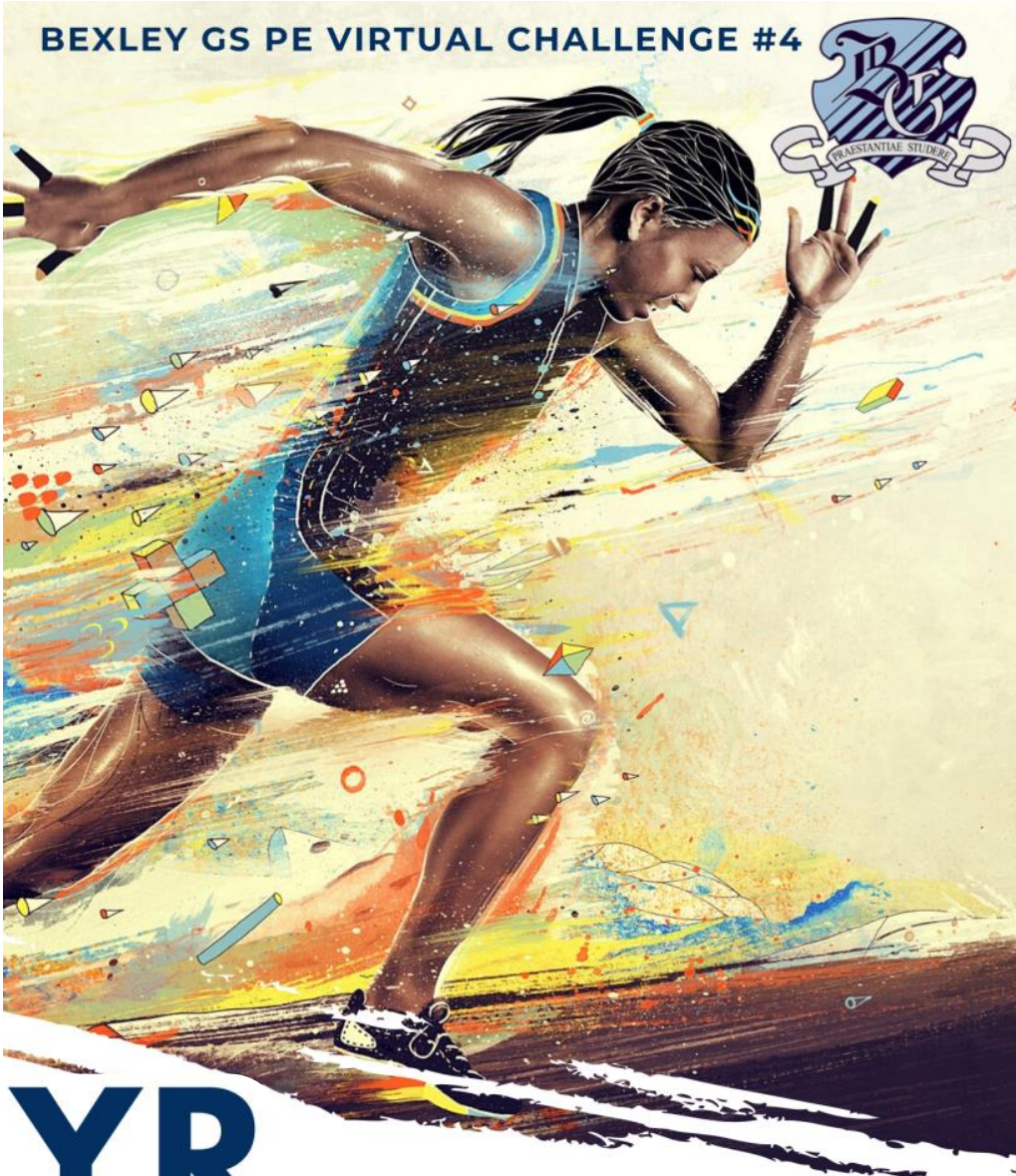
Virtual Challenge #4 - the year groups go head 2 head!

You can enter this one however you like, run/walk/skate/ride/scoot. Whatever you choose to do, record it on Strava, or similar, send it to Mr Lines and we will see which year group has collectively travelled the furthest.

Please be very careful in hot weather - use sun cream, ensure you have water with you and don't over-exert yourself. Please also take care on roads - make sure you are wearing a cycling helmet, only travel on roads if you are a competent cyclist and with the permission of your family.

Deadline for entries is 4pm on Friday 3rd July. Good luck!

Mr Lines, Head of PE



BEXLEY GS PE VIRTUAL CHALLENGE #4

YR vs YR

YEAR GROUP DISTANCE CHALLENGE
WHICH YEAR GROUP CAN TRAVEL THE FURTHEST?
RUN/RIDE/WALK/SKATE/SWIM/ROW - RECORD IT,
SCREENSHOT IT, SEND IT TO MR LINES.

**YEAR GROUP THAT TRAVELS THE FURTHEST BY 4PM FRIDAY
3RD JULY WINS. YOU CAN ENTER AS MANY TIMES AS YOU LIKE!**



POETRY BY HEART

Poem of the Week

Jamaica Market
by Agnes Maxwell-Hall

Honey, pepper, leaf-green limes,
Pagan fruit whose names are rhymes,
Mangoes, breadfruit, ginger-roots,
Granadillas, bamboo-shoots,
Cho-cho, ackees, tangerines,
Lemons, purple Congo-beans,
Sugar, akras, kola-nuts,
Citrons, hairy coconuts,
Fish, tobacco, native hats,
Gold bananas, woven mats,
Plantains, wild-thyme, pallid leeks,
Pigeons with their scarlet beaks,
Oranges and saffron yams,
Baskets, ruby guava jams,
Turtles, goat-skins, cinnamon,
Allspice, conch-shells, golden rum.
Black skins, babel – and the sun
That burns all colours into one.



POETRY BY HEART

Here are recent
'Poems of the Week'
that you may have missed.

Double Trouble by Jackie Kay 31st May 2020

We were rich and poor. We were bought and sold.	We led a double life. We lived in a two-up-two-down.
We were black and white. We were young and old.	We were too much. We were entwined.
We were life and death. We were north and south.	We were a right pair. We were in two minds.
We were hand in hand. We were foot and mouth.	We peered through bifocals. We talked in double entendres.
We were good and bad. We were war and peace.	We walked double-quick. We never wandered.
We were day and night. We were man and beast.	We were a double act. We were Morecambe and Wise.
We were hunger and greed. We were water and land.	We were Laurel and Hardy. We were Jekyll and Hyde.
We were empty and full. We were lost and found.	We were Romeo and Juliet. We were tragedy and comedy.
We had two strings to our bow. We were in it together.	We spoke tête-à-tête. We were a carbon copy.
We were the spitting image. We were the doppelganger.	We dreamt in a double bed. We were fluently bilingual.
We were terrible twins. We were happy and sad.	We were in two minds. We were never single.
We were alter ego. We were sane and mad.	We drove on dual carriageways. We insisted on equal pay.
We were two-faced. We were two-a-penny.	We were twinned; we were mated. We loved and we hated.
We spat, 'Double or quits.' We sneered, 'Double the money.'	We could not be separated. We could not be separated.
We liked to two-time. We stayed in a twin-town.	

Little Trotty Wagtail by John Clare 14th June 2020

Little trotty wagtail, he went in the rain,
And tittering, tottering sideways he near got straight again.
He stooped to get a worm, and look'd up to catch a fly,
And then he flew away ere his feathers they were dry.
Little trotty wagtail, he waddled in the mud,
And left his little footmarks, trample where he would.
He waddled in the water-pudge, and waggle went his tail,
And chirrupt up his wings to dry upon the garden rail.
Little trotty wagtail, you nimble all about,
And in the dimpling water-pudge you waddle in and out;
Your home is nigh at hand, and in the warm pigsty,
So little Master Wagtail, I'll bid you a goodbye.

Song for a Banjo Dance by Langston Hughes 7th June 2020

Shake your brown feet, honey,
Shake your brown feet, chile,
Shake your brown feet, honey,
Shake 'em swift and wil'-
Get way back, honey,
Do that rockin' step.
Slide on over, darling,
Now! Come out
With your left.
Shake your brown feet, honey,
Shake 'em, honey chile.
Sun's going down this evening-
Might never rise no mo'.
The sun's going down this very night-
Might never rise no mo'-
So dance with swift feet, honey,
(The banjo's sobbing low)
Dance with swift feet, honey-
Might never dance no mo'.
Shake your brown feet, Liza,
Shake 'em, Liza, chile,
Shake your brown feet, Liza,
(The music's soft and wil')
Shake your brown feet, Liza,
(The banjo's sobbing low)
The sun's going down this very night-
Might never rise no mo'.



House Colours ~ Calling all Budding Photographers

House Activity - not a competition!

Most of you probably haven't thought about anything House orientated for a while and I want as many of you as possible to help me with this activity. I would like to collect a 'library' of colour photographs taken by students to be used in future power-points shown on the school's TV screens relating to anything to do with the House System: results competitions, announcements.

I would like you to gather together an assortment of colourful items, either competition subject based or just themed in your single House Colour, or if you prefer, the rainbow of House colours, take a photograph and share it with me. No faces in the pictures, please, just brightly coloured objects. You can take as many as you like, be as creative as you like, all will be kept and as many used as possible. We will keep them all as a collection of work taken during these unusual times.

Here is a reminder of the house competitions:

Sports Day, Cricket, Rounders, Basketball, Football, Netball, Table tennis, Tennis, Badminton, Key Stage 3 Swimming Gala, Chess, Photography, Y7 MFL Song, Cookery, Bridge, Planter, Harvest Challenge, Stem, Quiz, Music and Drama & Dance.

For the 'Current Standings' slides you could go with any theme, here are a few to get you started:

Autumn, Halloween, Winter, Christmas, Spring, Easter, Summer or any other that matches the time of year when these slides are normally produced.

Just take your photograph(s), upload to your drive and then share with me: snelling_j@bexleygs.co.uk, there is no closing date, just keep snapping! We'll publish a few each week in the Newsletter.

I look forward to seeing your photographs.

Mrs Snelling, House Leader



***Elizabeth Smirnova
Year 7, Wellman***



Tonight

Students from the Music Department
present to you

Summer Soirees

Join us for our third 15-minute concert
streamed on YouTube at 6pm, on Thursday 25
June 2020.

Grab a glass of something refreshing and
enjoy some nearly-live music-making!

Watch the Music Department Twitter and
Instagram accounts for details on how to
access!



@bexleygsmusic



@BexleyGSMusic





Culture Club Corner

Sadly, live theatre is still in lockdown. However, this does give us all a chance to see some great performances absolutely free at home. If you are in Year 12, there's still time to create a creativity CAS project by watching live theatre and visiting galleries, virtually!

This week, why not try the Bridge Theatre's acclaimed production of *A Midsummer Night's Dream*, with Gwendoline Christie (from *Game of Thrones*) and the comedian Hammed Animashaun as Bottom!

Find it here for a week from 25th June:

<https://www.youtube.com/watch?v=Punzss5sHto&feature=youtu.be>

Or why not travel virtually to Bristol to see *The Grinning Man*, adapted from a story by Victor Hugo and a smash hit when it moved to the West End! This darkly comic story, set in a fairground, is available on Friday, Saturday and Sunday:

<https://bristololdvic.org.uk/whats-on/the-grinning-man>

Finally, don't miss the chance to visit the Frick Collection in one of the grandest areas of Manhattan. In addition to the Cocktails (and Mocktails) with a Curator already mentioned this term, they also have a splendid tour of the Galleries and Travels with a Curator to view great buildings across Europe which tourists often miss. Start your journey here:

<https://www.frick.org/>

If you have watched and enjoyed any of the Culture Club Corner recommendations, or any other culture in quarantine that you'd like to recommend, why not write a short review for the newsletter. This would be a great addition to a creativity CAS project!

Please share your reviews at hanington_l@bexleygs.co.uk


The English Department



News items you may have missed

Just in case you missed last week's Special Edition Black Lives Matters Newsletter you can read it by clicking on the link [here](#).

NEWSLETTER



Special Edition
12th June 2020
www.bexleygs.co.uk

Introduction

Welcome to a special edition of our weekly newsletter dedicated to BLACK LIVES MATTER. We have all been shocked and challenged by the murder of George Floyd. The subsequent worldwide protests to demand equality and justice for black people around the world have ensured that each one of us has looked anew at racial prejudice in our own communities. There has never been a better time for us to stand together and tackle injustice in all its forms.

BLACK LIVES MATTER

It has been so frustrating in the current lockdown that we have not been able to discuss and debate with our students in person, face to face with your energy and passion. Instead, I have been struck and often moved by the articulate and powerful responses that many of you, students both past and present, as well as parents and teachers, have expressed to me in emails and letters. Without exception, these responses express a determination to make the world a better place, through permanent change, starting with our shared context, our school life.

The media will focus elsewhere in time but I want this newsletter to help us to reflect on our personal responses, perhaps our unconscious bias, and help us to commit to a much longer-term collective resolve to eradicate racism in all its forms from our school community. It is through education that lasting change will be achieved, and that includes my education and our own staff training. This newsletter marks our first step.

This edition includes powerful personal experiences and thoughtful perspectives as well as information and resources to help us to educate ourselves. And it includes our aspirations as a school: The article - *'Black Lives Matter - a movement, not a moment'* - provides some detail about what we are setting out to achieve, together, as a school community; I am delighted that Ms Fuwa, Mrs Moore and Miss Contini, have been so active and insightful in setting out a clear vision for us to follow - I am deeply indebted to them.

We are a richly diverse community, which helps to power some of the clubs and societies we have, sometimes started by students, such as the Afro-Caribbean Society. You may be interested in the infographic showing the current ethnic profile of our students on page 2. It feels all the more shocking to reflect that, not so many years ago, the headquarters of the BNP were just up the road on Upper Wickham Lane here in Welling. Read Mrs Moore's moving reflection on her childhood which puts this in a personal context.



Year 7 Community Action Opportunity!

Calling all Year 7s to support a community project run by Charlton Athletic Community Trust.

They have approached BGS to ask our fabulous Year 7s to create short video clips to advise and reassure current local Year 6 students about the transition to secondary school. With the current restrictions due to Covid 19, students will not be able to visit their new schools to familiarise themselves and ask questions before September - so we are calling on you to be creative and set out some advice to them in a short clip (60-90 seconds). It could be about settling in, getting used to a bigger school environment, making friends etc.

Look out for the letter which has been sent via ParentPay to parents/ carers - all details are included there.

Deadline to submit video clips is Friday 26th June.

This is a great opportunity to be creative, helpful - and demonstrate empathy!

**Mrs Spencer
Year 7 SAM**



Easyfundraising - free money for the school when you shop online at absolutely no cost to you.

Thank you to all those who have signed up for the BGS EasyFundraising (320 supporters now). This scheme, at absolutely no cost to you, has now raised £5,111.18 for the school through the Parents' Association.

With the gradual lifting of travel restrictions in the coming weeks and the pull of a tentative holiday booking, this is the perfect time to join the 320 of us who book online with travel agents or airlines. Please take 3 minutes to sign up to support BGS whenever you make a purchase online.

Sign up at: <https://www.easyfundraising.org.uk/causes/bexleygrammar> and click on the pink "Support this Cause" box.

Don't forget to set up "**Donation Reminder**"!

BGS Parents' Association

easyfundraising
feel good shopping

Collect
FREE
funds
for

BEXLEY GRAMMAR SCHOOL

when you shop online
the
easyfundraising
way

amazon.co.uk John Lewis

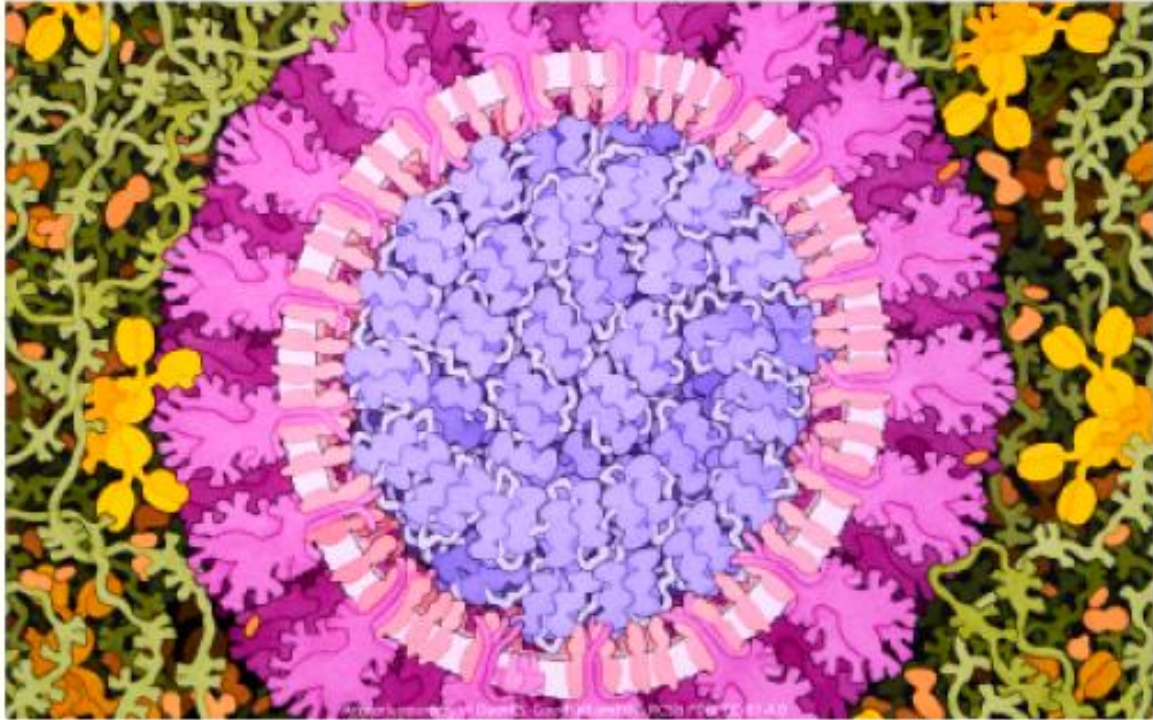
Thomson ebay

Viking Argos

Sainsbury's

1. Join 2. Shop 3. Collect

Visions of a world after COVID-19



Tell us about your vision for the world after COVID-19 for a chance to win!

www.opendemocracy.net/worldaftercovid

openDemocracy

UCL

STUDENTS' UNION UCL

schoolzone

London
world-
wide
central

"Never waste a good crisis"

This [competition](#), run by UCL openDemocracy, launches today, and is open to **school and university students** (aged 14 and up) to share their vision of the future, with prizes of **£200, £100 or £50** in book tokens plus the chance for personal **mentoring** from the panel of some of the world's foremost thinkers and some fantastic **work experience** with either UCL or openDemocracy.

Entrants can submit either a written **article**, short **video** or **image** that describes their vision for the world after the coronavirus crisis has passed.

The competition and public vote will close at 23:59 on 10th July 2020.

[FIND OUT MORE](#)

Keats House Creative Writing Summer School, 2020

Shadows Numberless

3 days of free online creative writing workshops for ages 16-19.



For our 2020 Summer School, we commemorate the end of John Keats's time at the house, which saw the brightest and the darkest times of his life.

Our theme for the week is Shadow and Light.

There will be workshops and readings by published authors, and opportunities to produce your own work.



Contributors include Francis Hardinge (*Cuckoo Song*, *Deeplight*, *The Lie Tree*) - Costa Prize winner 2015, and Keats House poet Dean Atta (*The Black Flamingo*).

On: Tuesday 30th June - Friday 3rd July, 1 - 3 pm

For further information or to book a place, contact Linda Carey,

linda.carey@cityoflondon.gov.uk





Bexley Grammar School Creative Writing Competition



**COMPETITION RULES:
TO PRODUCE AN ORIGINAL
PIECE OF CREATIVE WRITING**

THIS CAN BE IN ANY FORM:

- ◆ A POEM
- ◆ A SHORT STORY
- ◆ A MONOLOGUE
- ◆ A DIARY ENTRY
- ◆ A LETTER
- ◆ A SHORT PLAY!

**IT MUST BE NO MORE THAN 500
WORDS AND OPEN TO EVERYONE**

**COMPETITION THEME:
'ONLY CONNECT'**

**COMPETITION PRIZE:
A £10 AMAZON VOUCHER
FOR EACH KEY STAGE WINNER
(3, 4 AND 5)!**

**COMPETITION CLOSING
DATE: FRIDAY 17TH JULY 2020**

Competition hand in and queries: gabriel_k@bexleygs.co.uk

*Please put "creative writing competition"
in the title and specify whether you would like to be anonymous!*

PSHCE

Hello All,

I hope you and your PSHCE journey is coming along well. If any of you have any concerns then please feel free to email me, mitten_j@bexleygs.co.uk alternatively, here is the link again to work on your new sessions. Please do this from your school account so that it allows you access.

<https://drive.google.com/drive/folders/158D77k3QQbMk36y-3poz-sxf0Knx53Lf>

The PSHCE topics this term are:

Year 7: Democracy

Year 8: Money Management

Year 9: Extremism

Year 10: Life Skills

Year 12: Personal Statements (dealing with Miss N Aspill directly)

Please click the link above to find any work that must be completed/ done.

PSCHE Information and links you may have missed

CEOP Education Resources - activity packs as extension tasks can be found through the following links.

These activities come from the 'ThinkUKnow' team at CEOP, and they have released activity packs for children and young people. These are short activities, approx. 15 minutes each, that you can use at home.



11-13 year olds

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/11-13s>

14+

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus>

Mrs Mitten, PSHCE and Power Day coordinator



A to Z of Musical Challenges!

The Music Department challenges you to complete any or all of the following challenges during Lockdown. We'd LOVE to see your efforts - follow us on Instagram or Twitter and send in your work!



@bexleygsmusic



@BexleyGSMusic



Download the '**Acapella**' app and record a song of your choice with just your voice! Loads of examples on YouTube!



Try your hand at **beatboxing** - go to the BBC Bitesize Music pages for more information, or look to YouTube for lessons on beatboxing.



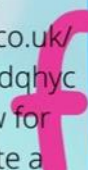
Learn to **conduct** your own orchestra! Find conducting lessons on YouTube. Can you film yourself conducting an orchestra?!

Chair **Drumming** performance - you've all had a go before, now try your hand at your own performance!



Make a poster to describe the **Elements** of Music - tempo, texture, dynamics, duration, timbre, pitch, structure. Draw pictures to illustrate what each one means!

Listen to some **Fusion** music (read <https://www.bbc.co.uk/bitesize/topics/z3dqhyc/articles/zr4fscw> for more info). Write a review of the piece you have listened to.



Got a guitar at home? Challenge yourself to learn 4 new chords. If you're a beginner, go for Em, G, D, A! OR Grab your friends and play some air **guitar**!



Happy Birthday to you if you're celebrating at home! On an instrument of your choice, work out the notes (or harmonise!) to Happy Birthday.

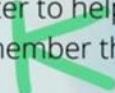


Make an **instrument** - check out 'BBC Now Learn - Make an Instrument'. Once you've made it, record a short piece for it!

You're in charge of your own **Jukebox** - what 10 tracks would be on your jukebox? Write them down on a social media post and tell us why you chose each one.



Learn the notes of the **keyboard** - draw a poster to help you remember them!



If you can already do this, can you play

Check out the **London Symphony Orchestra** LSO Play page - I love the Enigma Variations! - and toggle through the different sections of the orchestra as they perform.





M
Make your own music!

Go to <https://www.musical-u.com/learn/10-mini-songwriting-challenges/> and try out some of the challenges on here!

M

N
Can you read **notation** yet? Revise the treble clef. Know that? Then the bass clef. Pretty good still? Alto clef. Then Tenor clef. Let us know if you can do all 4!



O
Octaves are the one of the most recognisable intervals in music. Learn all the other intervals using this video: <https://tinyurl.com/y9cn4wa6>

P
Listen to Peter and the Wolf by **Prokofiev**. Each character has a musical theme played by a certain instrument. Get to know these instruments!

Q
Create a factfile on the members of **Queen**. Listen to Killer Queen - one of our GCSE set works - and write a review of why you like or dislike it.



R
Remix your favourite song - mash it up with another song, or write some new parts to it. Record a performance of this to share.

S
Write a **song** for a family, friend or for the NHS - just a verse and chorus, more if you're up for the challenge.



T
TikTok pretend instrument challenge! Don't worry if you don't have the app - 'mime' instruments using household objects! Check you out <https://tinyurl.com/yahdotst7>



U
Learn how to improvise! Improvising is essentially playing **unwritten** music that you make up on the spot. Find a YouTube lesson and start improvising today!

V
Have a good old sing! Use your **voice**, pick a song you like and sing sing sing! Can you get your family to join in too?



W
Watch a **West End production** - The Shows Must Go On broadcasts a live show every Friday, available for 48 hours. Catch it on YouTube!



X
Create your own **xylophone**! Fill glasses or jars with water to create your notes then perform a short tune! Check out <https://tinyurl.com/ycyh2t2>



Y
Your family - ask your family to tell you one or two songs they love, and why. Create a playlist on YouTube and share it with them all.



Z
Listen to any soundtrack by Hans **Zimmer** and learn one of the melodies from it using your instrument or voice.



Good luck!



BGS Physical Education

These are suggestions to keep you fit and active during this lockdown period. Feel free to have a try at any of the challenges we've been sending through the newsletter.

Remember to do a proper warm up before you workout and a cool down after. It is also important to take on plenty of water (and of course wash your hands afterwards!).

Please make sure you stay safe, healthy and follow the current Government guidelines. We hope to see you all very soon.

Happy exercising everyone! Check out our Facebook page for more ideas:
[Facebook.com/BexleyGSPE](https://www.facebook.com/BexleyGSPE)



Creative

In our creative curriculum, we introduced 'Just Dance' in Key Stage 3. This would be perfect on a rainy day or for an indoor workout... All ages love this, students and parents give it a go! It would be good to break up the day of studying. Some ideas to get you moving.





Personal - Set yourself a challenge

While we are all spending extra time at home, why not utilise this time to put down the remote and test your fitness with a daily challenge? With the right attitude, you can take on your next big personal challenge. Set yourself something that is realistic and achievable. Could it be...

- 1) Couch to 5K running
- 2) Can you Plank for 3 minutes?
- 3) 15 minutes daily relaxation
- 4) 30 days of yoga
- 5) Are you inspired by the highlights from the charity challenges?
- 6) Can you reach 10,000 steps a day on your Fitbit?
- 7) Can you complete the 15 football skill moves to beat defenders?
- 8) Can you complete the UNO workout for a week?



- 9) Are you able to complete the 30 day 'We challenge you'?

WE CHALLENGE YOU! catch/ 88

30-DAY SQUAT CHALLENGE

Day 1: 50	Day 16: Rest
Day 2: 55	Day 17: 150
Day 3: 60	Day 18: 155
Day 4: Rest	Day 19: 160
Day 5: 70	Day 20: Rest
Day 6: 75	Day 21: 180
Day 7: 80	Day 22: 185
Day 8: Rest	Day 23: 190
Day 9: 100	Day 24: Rest
Day 10: 105	Day 25: 220
Day 11: 110	Day 26: 225
Day 12: Rest	Day 27: 230
Day 13: 130	Day 28: Rest
Day 14: 135	Day 29: 240
Day 15: 140	Day 30: 250



BEGINNER PUSH-UP CHALLENGE

Day 1: 5	Day 16: 20
Day 2: 5	Day 17: 20
Day 3: 6	Day 18: 20
Day 4: 6	Day 19: 25
Day 5: 7	Day 20: 25
Day 6: 7	Day 21: 30
Day 7: 10	Day 22: Rest
Day 8: 10	Day 23: 30
Day 9: 10	Day 24: 35
Day 10: 15	Day 25: 35
Day 11: 15	Day 26: 40
Day 12: 15	Day 27: 40
Day 13: Rest	Day 28: 45
Day 14: 18	Day 29: 45
Day 15: 18	Day 30: 50



30-DAY PLANK CHALLENGE

Day 1: 20 sec	Day 16: 2 min
Day 2: 20 sec	Day 17: 2 min
Day 3: 30 sec	Day 18: 2.5 min
Day 4: 30 sec	Day 19: Rest
Day 5: 40 sec	Day 20: 2.5 min
Day 6: Rest	Day 21: 2.5 min
Day 7: 45 sec	Day 22: 3 min
Day 8: 45 sec	Day 23: 3 min
Day 9: 1 min	Day 24: 3.5 min
Day 10: 1 min	Day 25: 3.5 min
Day 11: 1 min	Day 26: Rest
Day 12: 1.5 min	Day 27: 4 min
Day 13: Rest	Day 28: 4 min
Day 14: 1.5 min	Day 29: 4.5 min
Day 15: 1.5 min	Day 30: 5 min



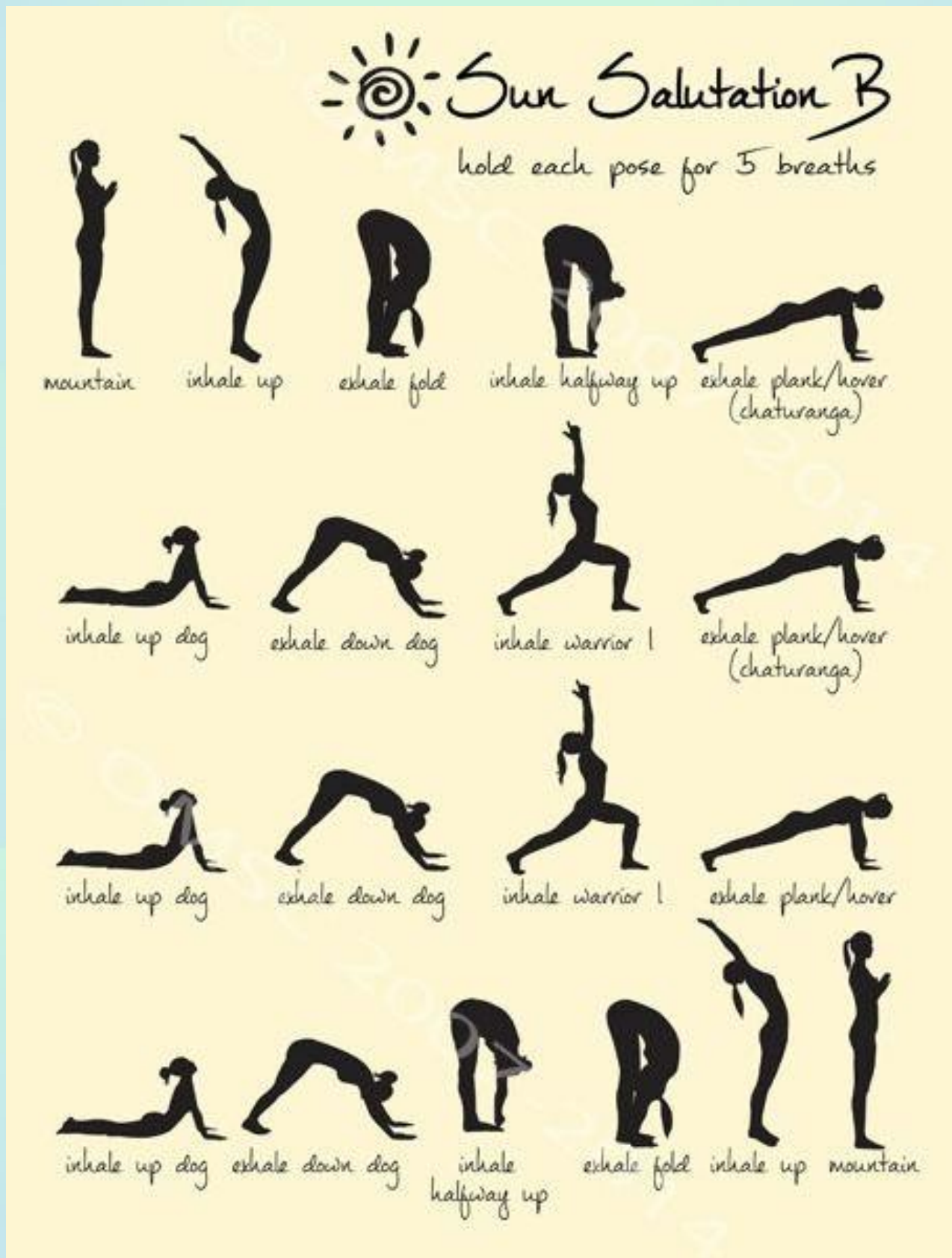
30-DAY CRUNCH CHALLENGE

Day 1: 25	Day 16: Rest
Day 2: 30	Day 17: 100
Day 3: 35	Day 18: 105
Day 4: Rest	Day 19: 110
Day 5: 40	Day 20: Rest
Day 6: 45	Day 21: 115
Day 7: 50	Day 22: 120
Day 8: Rest	Day 23: 125
Day 9: 60	Day 24: Rest
Day 10: 65	Day 25: 130
Day 11: 70	Day 26: 135
Day 12: Rest	Day 27: 140
Day 13: 80	Day 28: Rest
Day 14: 90	Day 29: 145
Day 15: 95	Day 30: 150





Health & Fitness





After **WAKE UP** **YOGA POSES**

TRIANGLE POSE



DEEP LUNGE



FORWARD BEND



GARLAND POSE



ELBOW PLANK



UPWARD DOG



PIGEON POSE





"The mind is like a parachute: it works much better when it's open."

Why not give this Rainbow Yoga a try - It's for all ages! With everyone in lockdown, it can be quite a lonely time for everyone. Maybe you could complete this challenge via group chat in your separate houses for a bit of fun? If you enjoyed this then you could follow the Yoga 30 day challenge. Just scan the code using your camera on your phone.

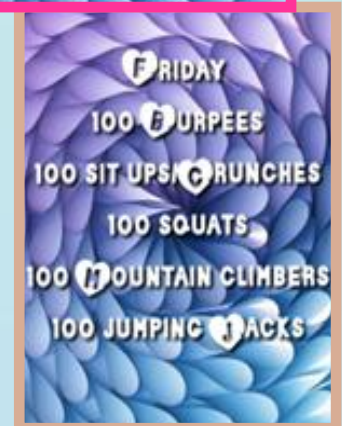
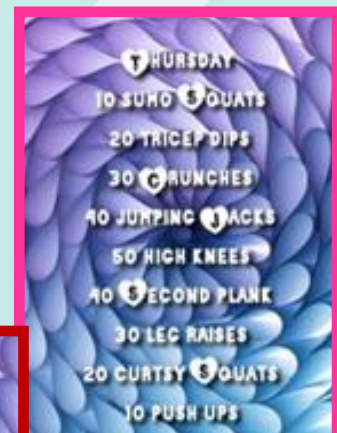
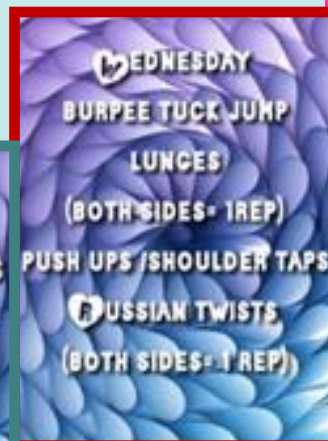
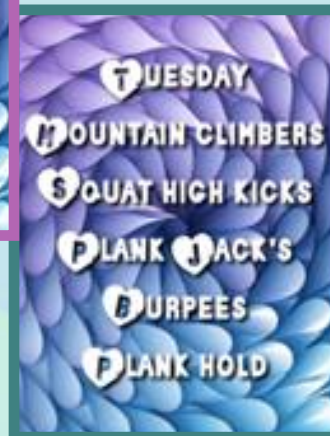


Physical

Can you complete this personal weekly challenge? Set yourself a number of sets or reps to complete. Repeat this every week challenging yourself by increasing either in:

- F – Frequency
- I – Intensity
- T - Time
- T - Type of exercise

You can adapt the exercises to make them easier or more difficult. Remember to complete a warm up before exercising and a cool down afterwards. If you experience any pain whilst exercising, please stop straight away.



If you would like to refer to any of our previous newsletter exercise sheets please click on the link [here](#).