

### Corby Business Academy - Optional Extra-curricular activities

We are all too aware of the challenges for families and students during current national school closures. Therefore, please see below some optional choices for our community to engage with at their leisure. Please feel free to access these in your own time, after timetabled lesson or indeed the weekend. Whilst we will maintain our lesson delivery and academic communications with you, we are also keen to support your well-being.

Please feel free to keep us up-to-date with your activities on our social media accounts or direct messages / email to staff at the Academy.

This document is split into the five different sections indicated below.

Each section has its own page designed by specialist staff with lots of links and activities for you to engage with.

Active and Fitness	Creative	Literacy	Numeracy	Mindfulness
				

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## Active and Fitness



### Top Tips

- ✓ Fresh Air
- ✓ Eat, Drink and Sleep
- ✓ 40 Minutes and Move
- ✓ Healthy Routines
- ✓ Stay Up-to-Date

### Useful web-based links

- <https://www.youthsporttrust.org/>
- [www.darebee.com](http://www.darebee.com)
- [www.ace-races.co.uk](http://www.ace-races.co.uk)
- <https://www.northamptonshiresport.org/>
- Joe Wicks: Body Coach <https://www.youtube.com/user/thebodycoach1>
- @CBA\_PE

### Challenges

- [Couch to 5K](#)
- [Kilimanjaro- 62km](#)
- [Active 100 Minutes](#)
- [Active 250 Minutes](#)
- [Active 500 Minutes](#)

**Click on the titles to access the Challenges.**

Creative



Top Tips

- ✓ Use recycled materials to create sculptures, fashion accessories, or functional items.
- ✓ Create a recipe for your favourite meal
- ✓ Listen to music whilst you create
- ✓ Practise makes perfect
- ✓ Take risks
- ✓ Be an open book, and lookout for ideas and inspiration

Useful web-based links

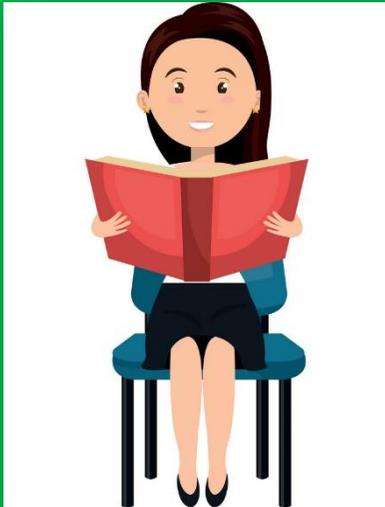
- Marble run <https://www.youtube.com/watch?v=IN0Wn0XgPXQ>
- 36 ways to cook an egg! (36) 36 CRAZY WAYS TO COOK EGGS - YouTube
- Make your own Stationary Organiser (36) 14 RECYCLED STATIONARY ORGANIZERS - YouTube
- Delicious Dinners in 30 minutes 60 healthy dinners you can cook in 30 minutes (delicious.com.au)
- Jon Burgerman [https://www.youtube.com/watch?v=pK0fZ0t-Nno&ab\\_channel=JonBurgerman](https://www.youtube.com/watch?v=pK0fZ0t-Nno&ab_channel=JonBurgerman)
- Cooking with Buddy Oliver [https://www.youtube.com/watch?v=eYUAXQLbibM&ab\\_channel=JamieOliver](https://www.youtube.com/watch?v=eYUAXQLbibM&ab_channel=JamieOliver)
- Mindful drawing [https://www.youtube.com/watch?v=y6LMuv21\\_4M&ab\\_channel=MindfulCreativeMuse](https://www.youtube.com/watch?v=y6LMuv21_4M&ab_channel=MindfulCreativeMuse)
- Grayson Perry Art Club <https://www.graysonsartclub.com/>
- How to make a Zine <https://www.readbrihtly.com/how-to-make-zine/>
- How to Read Music <https://ed.ted.com/lessons/how-to-read-music-tim-hansen>
- Daily doodle [https://www.youtube.com/watch?v=D4dIXfYd0XA&ab\\_channel=JonBurgerman](https://www.youtube.com/watch?v=D4dIXfYd0XA&ab_channel=JonBurgerman)
- Shadow puppet Art <https://shadowart.withgoogle.com/?lang=en-us>

Challenges

- Create a marble run that will last at least 30 seconds using items around your home.
- How many ways can you cook an egg?
- Cook your meal, photograph it and Tweet it @CorbyBusinessAc
- [Inktober](#)– a prompted ink drawing every day in October
- Create your own Sketchbook circle- swap sketchbooks with your classmates- everybody makes work in response to the work they have received and posts the book back to where it came from
- [Drawing Challenges](#)– here is a list of challenges you can use to inspire your art making. @CBACreative to share your challenge.
- Do an [online Rubiks](#) cube game to keep your brain ticking

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Literacy



Top Tips

- ✓ Join your local virtual library service if you aren't already a member- there is a huge range of \*FREE\* e-books and audio books for you to choose from
- ✓ Lacking inspiration? Use *The Book Trust's* book finder facility to help you choose your new book
- ✓ Stop 'doom scrolling' and read positive and happy news 😊
- ✓ Listen to a podcast of inspiring stories that will uplift your mood
- ✓ You can read/download 'classic' e-books for free! Get your Austen and Dickens on!
- ✓ Create a Good Reads account – and share your reading with the online community

Useful web-based links

- Join your local virtual library service here <https://www.northamptonshire.gov.uk/councilservices/library-service/e-reads-and-audio/Pages/default.aspx>
- Book finder <https://www.booktrust.org.uk/books-and-reading/bookfinder/>
- Good Reads <https://www.goodreads.com/>
- Inspirational stories in podcast form <https://www.bbc.co.uk/programmes/articles/1nZs1n33gXsgQ8LfLdRrXxQ/inspiring-stories-from-young-people>
- The Happy Newspaper <https://thehappynewspaper.com/>
- Free classic e-books <https://www.freeclassicebooks.com/>
- Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams. <https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>

Challenges

- Write a daily gratitude list for 7 days and see if your mood changes – positive emotions open us up to more possibilities. They boost our ability to learn and make good decisions
- Read for pleasure for at least 15 minutes a day and Tweet what you're reading @CorbyBusinessAc
- Join a book club with your friends and meet virtually weekly/monthly to discuss the book you are all reading. Want to create a book club and need help? Ask Mrs Bichener for help getting you started
- Go for a walk every day and listen to a podcast

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Numeracy



Top Tips

- ✓ Play Games on Maths websites
- ✓ Problem solve like Sudoku
- ✓ Try the starter of the day on Transum
- ✓ Card Games are always good, online or with family and friends
- ✓ Board games are a great challenge, especially games like Monopoly, Risk, Strategy Games of resources, Chess, draughts and there are many apps now you can download for free, but how about playing with friends and family!!!!
- ✓ Have you tried doing the family budget with your parent/carer?
- ✓ Sit down and work out the meal recipes for the week, how much ingredients do you need? How much will it cost? Who is going to carry the heavy bags at the supermarket?
- ✓ Learn a new game like chess, or Gin Rummy, Spades, ....
- ✓ Think of seven impossible things a day

Useful web-based links

- Go onto any web browser and search for maths games!
- <https://www.transum.org> *have a go at the puzzles and games*
- <https://www.mathsisfun.com/games/index>, *loads of games*
- <https://www.palace-of-cards.com>, *learn or play new card games*

Challenges

- Tell us about the best maths websites you found
- Start a league with your friends, who can get the highest score? Who can solve the hardest puzzles
- Build the largest Tower out of anything you can and take a picture of it
- Throw a ball between you and a friend or family member, what was the shape of the flight? Could you catch it? How high did you manage to throw it? What was the maximum distance you could throw it? Did the ball stay in the air? How long for?
- Trying throwing something else, like a wellington boot!!!
- On your walk, observe something, like flowers or trees, why do they have the same basic shapes? Any other questions you want to ask, and the more ridiculous the BETTER!

Commit

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## Mindfulness



### Top Tips

- ✓ Pay it Forward
- ✓ 30 minutes of Yoga
- ✓ Get support with Mindfulness. Key links with anxiety, depression and coping strategies.
- ✓ Download the Kooth App

### Useful web-based links

- Daily Yoga  
[30 minute Full Body Yoga for Flexibility & Strength | Sarah Beth Yoga - YouTube](#)
- Mindfulness information for students, parents and carers  
[Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)
- Kooth App  
[Home - Kooth](#)
- Dr Mike Scanlan: The BOLD Mindfulness Exercise  
<https://www.youtube.com/watch?v=RZeCevZiBVQ>
- Dr Mike Scanlan: Coping well with the pressure of achieving  
[https://northampton.mediaspace.kaltura.com/media/1\\_h3bwjxug](https://northampton.mediaspace.kaltura.com/media/1_h3bwjxug)
- Dr Mike Scanlan: What works to feel less stressed?  
<https://www.youtube.com/watch?app=desktop&v=s3IRqhgqB04&feature=youtu.be>
- Dr Mike Scanlan: How do I stop anger from making me mess up?  
<https://www.youtube.com/watch?app=desktop&v=epzIFyFxfIs&feature=youtu.be>
- Dr Mike Scanlan: Learning how to face your fears and overcome them  
[https://northampton.mediaspace.kaltura.com/media/1\\_502yb93c](https://northampton.mediaspace.kaltura.com/media/1_502yb93c)
- Dr Mike Scanlan: Being calm enough to concentrate well  
<https://www.youtube.com/watch?app=desktop&v=ybuAAHQCVus&feature=youtu.be>

### Challenges

- Write someone a nice letter, send a nice text or write them a poem. (Someone from your form that you don't see all the time, or a member of staff)
- Complete a week or month of 30 minutes Yoga every day. What benefits have you felt?
- Choose one of the activities from the Mindfulness website above to have a go at, such as Pilates or crafts.
- Get help & support using the Kooth app, or support others.

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