

MHS P7 CHALLENGE WEEK



During the P7 Transition Week the School Captains will be setting daily challenges for you to take part in. We would love it if you can join the fun. For each challenge you can gain points and the main daily challenges are worth 20 points each. We also have a set of mini challenges to do during the week which are worth 5 or 10 points for each completed. Please try to send us your pictures and videos of your challenges. Entries should be sent by Wednesday 24 June - we don't mind what day you are able to do them on – we just want you to have fun.

Please use the PUPIL GLOW GUIDE and P7 ACCESS TO TEAMS to join the Glow Team to interact with us during the week!

DAILY CHALLENGE

	Challenge – 20 pts each
Monday	Ice breaker challenge- 'get to know you' questions! From the list of 12 (below) choose 5 and post in the Ice Breaker Channel. This is a quick fire round so you have 5 secs to respond to each question you pick!
Tuesday	Select the link and complete our Survey - LINK!
Wednesday	Bake off- bake a cake (this part is optional) and decorate it, best cake wins! (Recipe below)
Thursday	Lava Lamp (instructions below)
Friday	Write a letter to your future self! Write a letter to yourself that you can open at the end of S1 to see what your hopes, dreams and challenges were for the upcoming school year!

MINI CHALLENGES

		POINTS
1	Throw a teabag into a mug from the furthest distance	5
2	Paint a picture blindfolded	10
3	Take an impressive photograph whilst out on a walk	5
4	Make the best paper airplane	5
5	Create the Monifieth High badge out of arts and crafts materials	10
6	Make a tv advert for your favourite brand - (This is creating a fun cover of a famous Tv advert for Walker or Mcdonalds's, etc) Example: https://www.itv.com/peoplesadbreak	10
7	Monifieth Cold Bucket Challenge- fill a bucket with ice cold water, spin it around and around!	10
8	Tuck Shop challenge- using a realistic daily budget, plan the meals and snacks you would buy at high school (Price List below)	10
9	Draw or list your expected school bag contents	10
10	Send in a joke (Keep it appropriate!)	5
11	Basketball challenge- but with socks in a basket (Roughly 10 steps back from basket and see how many "hoops" you can get in a minute)	5
12	Keepie Uppy challenge (How many "Keepie up's" can you do with any ball in a minute)	5
13	Build a raft for a lego man out of household materials and try and float it in a basin of water (Household materials like: lollipop sticks, string and even the inner roll of toilet paper)	10
14	See how many words you can write using all of the letters in your full name	5
15	Emoji quiz (Famous Movie/Tv shows)	5

MONDAY – ICE BREAKER QUESTIONS

1. What is the most amazing fact you know?
2. What is your favourite type of day? (weather, temp, etc.)
3. If you had 1 wish granted, what would it be?
4. If you have an endless supply of any food, what would you get?
5. If you were an Olympic athlete, what sport would you compete in?
6. If you could be in the movie of your choice, what movie would you choose and what character would you play?
7. If you were an animal, what would you be and why?
8. What is your favourite cartoon character, and why?
9. If you were a chocolate bar, what would you be? and why.
10. What is your hidden talent?
11. Do you have any phobias (name it)?
12. Who was your childhood hero? why?

WEDNESDAY - BAKE OFF

Vanilla Sponge

175g (6oz) margarine or softened butter

175g (6oz) caster sugar

3 large eggs

175g (6oz) self-raising flour, sifted

1 tsp baking powder

1 tsp vanilla extract

pinch of salt

Method

1. Heat the oven to 180°C (gas mark 4). Lightly grease an 18cm (7in) round cake tin with a little extra butter or margarine and cut a piece of greaseproof paper or non-stick baking parchment to fit the base of the tin.
2. Put all the ingredients into a large mixing bowl and beat with a wooden spoon or a hand-held mixer for 1 minute, or until just combined. It's important not to beat the batter too much - just long enough to make it smooth.
3. Pour or spoon the mixture into the tin, smooth the top and bake on the middle shelf of the oven for about 45-50 minutes. The cake is cooked when it looks well risen and golden; the top should spring back when lightly touched with a fingertip. Another test is to insert a skewer into the centre of the cake - it should come out clean.
4. Let the cake sit in the tin for 5 minutes, then gently run a knife around the edge and turn the cake out onto a wire rack to cool. Serve dusted with icing sugar.

THURSDAY - LAVA LAMP

1. Fill the flask $\frac{3}{4}$ way with vegetable oil (you can use a clear bottle or jar)
2. Fill the rest of the flask with water
3. Add a few drops of food colouring; your choice of colour
4. Break an alka-seltzer tablet into a few small pieces and drop them in the flask one at a time – ensure the lid is secured
5. Watch your lava lamp erupt into activity!

MINI CHALLENGE - EMOJI QUIZ



Tuck Shop Prices (a full range of prices can be found in the Team>Files>Class Materials>P7 Challenges>Tuck Shop Prices)

Cakes and traybakes- 50p

Meal deal (snack, main meal and drink)- £2.20

Waffle- 65p

Bagel- 55p

Baguette (large)- £1.60

Baguette (small)- £1.20

Juice- 55p

Toastie- £1.45

Juice pot- 20p

Crisps and popcorn- 65p

Fruit pot- 40p

Water- 50p

Bacon or sausage roll- £1.40

Panini- £1.60