



Eastbrook School

**More Able (MABLE)
Independent Challenge**

BOOKLET

2024/25



YEAR 7

At Eastbrook School we recognise that as More Able, Gifted and Talented (MAGT) students you need access to a broad, balanced and challenging curriculum to enable you to reach your potential. Below are some suggested activities that will extend and enrich your learning and promote high attainment and progress. Should you complete any of the activities, let your teacher know, and show them your work.

Art (HOD: Mr Nathan – S.1.5)

- Great artists become fantastic by practising art every day. Complete a 7-day challenge:
 - o Pick a subject to draw. It could be a photo, or a portrait, or an object you have at home – anything that interests you.
 - o Spend 15 minutes each day completing a different drawing of the same subject. Consider using different media each day (pencil, pen, charcoal, watercolour, pastels etc.), or try drawing from different angles.
 - o At the end of the week, compare all your drawings and reflect on how you have improved. Carry on for longer if you wish!

Design and Technology (HOD: Mr Mugombe – SG.25)

- Investigate the impact of the Industrial Revolution on design movements in Britain. Who or what was the force behind the movement? This clip might be a useful:
<https://www.youtube.com/watch?v=CBq73yxha0o>

Drama (HOD: Mrs Bishop-S.1.28)

- Watch one of the ITV pantomimes on YouTube. Identify the features we've learnt about it class. Try some of your own set and costume design.

English (HOD: Ms Pearson B.G.3)

- Browse this website and listen to an episode from 'Book Club for Kids' where students discuss a book they have read. There are lots of fun choices which will help you to select your next book to read. Challenge

yourself by reading the book before listening to the episode and send a question in!

<http://www.bookclubforkids.org/>

Geography (HOD: Mr Ameen-E.2.1)

- Pick a Geography related event that has been in the news lately (for example: The Australian Bushfires, Floods in the UK) and produce a fact file or newspaper article on the event. Consider the

location of the event, why it has happened, the impact it has had and also its connection to other important issues such as global warming or climate change.

History (HOD: Ms Godfrey- E.2.16)

- Visit the 'Roman Empire' section of the British Museum

(<https://www.britishmuseum.org/collection/galleries/roman-empire>) and find the Portland Vase and Warren Cup.

- Write a report which answers the following questions: What materials are these items made of? What can we learn about the Romans when we look at them? Would you describe the Roman Empire as strong or weak? Why? Make sure you look around the rest of the Roman Empire section too, including the coins!

ICT (HOD: Mr Miah)

- The Hour of Code started as a one-hour introduction to computer science, designed to demystify "code", to show that anybody can learn the basics, and to broaden participation in the field of computer science. It has since become a worldwide effort to celebrate computer science, starting with 1-hour coding activities but expanding to all sorts of community efforts. Check out the tutorials and activities:

<https://hourofcode.com/uk/learn>

Maths (HOD: Mr Ahmad- E.1.1)

- Great mathematicians can think outside of the box and apply logical thinking to all kinds of problems. At Eastbrook, we take part in the prestigious UKMT Maths Challenge. Get familiar with the puzzles using this

link: <http://www.mathster.com/challenge/>.

Music (Ms Bishop S.1.9)

- Music doesn't stop at Primary school! Take up an instrument that you have always wanted to play, and see how far you can get – work towards taking part in the summer concert, either as a soloist or in an ensemble.

Look at the Barking & Dagenham Community Music Centre to see which instruments are available.

<https://www.bandmusiclub.co.uk/>

PE (S.1.18)

- Can you identify 10 bones and 10 muscles in the human body? Can you link these muscles and bones into movements that you do in your training sessions?

- Use the link attached to help: <https://www.bbc.co.uk/bitesize/guides/zpkq7ty/revision/1>

Religion and Philosophy (B.2.13)

- Read *The Lion, The Witch and The Wardrobe* by CS Lewis. Here is an online version:
http://www.samizdat.qc.ca/arts/lit/PDFs/LionWitchWardrobe_CSL.pdf
- Spend time thinking about how this story links to a religion. . Learn what the words 'salvation' and 'atonement' mean. Consider how they appear in the book.

Science (HOD: Mr Ibrar –S.2.3)

- At Eastbrook School, Science gives students an opportunity to question, investigate and research about all sciences. Use the following link to explore an area(s) in which you are interested. Why not present your findings to a relative or a friend? Or Join STEM club for fun activities.

<https://www.coolantarctica.com/Antarctica%20fact%20file/science/science-inantarctica.php>

Spanish (HOD: Mr Ifrek-B.2.1)

- Go on studyspanish.com and teach yourself a new tense or two. Try applying it in your writing in class and write a whole paragraph in that new tense.

For more information, contact:

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