



King's High School Friday Afternoon Activity Programme for Summer Term

Please choose one or more activity to take part in on Friday afternoons for this term and complete the link below to let me know what you are doing. This is your opportunity to do something of interest. I have put together ideas for you. Many of these can be used for your Duke of Edinburgh Award as well as contributing to your holistic development. Alternatively you may use this time to complete some of the activities in the Inspire booklet shared by Dr Seal. Keep in touch with Mrs Didlick – do send samples or photographs of your activities. Enjoy yourself!

Once you have chosen your activity (ies) complete this: [My Chosen Activity](#) to let Mrs Didlick know what you are doing. Complete this by **Monday 2b 7 April**.

Physical:

- Complete the couch to 5k, or many of the other [NHS fitness sessions](#)
- Yoga [Yoga](#)

The Development of Skills:

- Do a free online [money management course](#) with the Open University
- Complete [ICC Educate's](#) online **Awesome Exporting** course
- Complete weekly [Adventures At Home](#) with Girl Guiding
- Join the [virtual youth orchestra](#) **if you already play an instrument**
- Learn to play an instrument – use YouTube or other online videos to help you
- Complete an online typing course with <https://launchpad.classlink.com/warwickschools>
- Learn coding and programming skills online
- Learn to build a website
- Explore [The Great Indoors](#) with weekly activities from the Scouts
- Try Growing Minds' online [wellbeing and mindfulness course](#)
- Learn to cook in your own kitchen – recipes will be posted weekly by Mrs Didlick or Mrs Gregory - send us photographs.
- Learn first aid with [St John Ambulance](#)
- Learn to knit, sew or crochet
- Make birthday / greeting cards – learning to do decoupage or print screen
- Learn some DIY skills – help out with any jobs at home
- Learn to garden – set up a vegetable or herb plot at home
- Research your family: set up a family tree online and use resources to find out more about them – call your family to chat about their memories and family stories – ask them to send copies of birth and death certificates to help you in your research – how far can you go back?
- Reading: write and share a book review of each one you read or listen to audio books [stories.audible.com](#)

- Painting, drawing or model making
- Table top gaming
- Film making or vlogging
- Learn a language – [duolingo.com](https://www.duolingo.com)
- GeoCaching – As long as you are allowed out of your house for 60 minutes a day you can GeoCache. You just need to download the app, sign up from the free version and off you go! www.geocaching.com
- Beginners Chess:

There are a number of Chess websites where students can play against a computer:

<https://www.chess.com/play/computer>

This site allows you to set a 'level of difficulty' as well.

<https://lichess.org/>

or

<https://www.sparkchess.com/>

You could do games 'remotely' by setting up a board in each house and sending your moves to one other via the letter and number codes.

- Enrol on a free course of your choice [Free courses - Future Learn](#)

Art based activities:

- [Philip Mould Gallery](#) this link takes you to the Philip Mould Gallery channel and the videos 'Art in Isolation' are here to view. They are hugely insightful as his knowledge of British Art History is extensive.
- [Tate Gallery](#) this link takes you to the Tate Gallery to consider artists producing art in isolation.
- [David Hockney self portraits](#) use this Powerpoint created by Mrs Jordan for inspiration on self portraits.
- [Royal Academy of Arts](#) this is up-dated frequently with ideas for you to explore. Dip in once a week!

Voluntary:

- Prepare materials for nursing homes or hospitals as part of the Kissing it Better charity - email Mrs Didlick if you are interested.
- Call an older person once a day, either on the phone, or a video link. The point is to cheer them up and make them feel loved and remembered, so think about what you, might like to talk about before you call, and always start by asking them if it's a good time to talk. You might want to get your family involved, so you can keep the conversation flowing. If you're doing a regular video call, you could set up a weekly family reminiscence quiz, with clips of music, movies or pictures.
- Write a story or create a picture about an older person who inspired you or made a difference to your life. If they are not currently living with you, use a photo of them as your guide. Share your work with that person, and record their reaction.
- Research and write an article about an older person who was separated from their family when they were young, because of a period of quarantine, health isolation or wartime evacuation. Ask yourself, could we learn anything from their experiences?
- Take a selection of quirky/funny/lovely/ inspirational family photos to send to an older relative to make them smile and show them they are loved. You can send them digitally, or as a photo album.
- Prepare some sessions for future Beaver, Cub, Rainbow, Brownie or youth group meeting for once they resume.
- Prepare some resources to be used by the younger members of your youth group to be sent home to parents online to help them during isolation.
- Prepare some meal parcels, go shopping or walk the dog of people who are affected by Coronavirus.
- Skype talk / face time / WhatsApp call to the elderly neighbour to keep them from being isolated.
- Maintain Facebook or Instagram page / websites for a local group or charity.

Other:

- Watch Philosophy videos – on next page
- Visit Edinburgh Zoo – edinburghzoo.org.uk
- Visit San Diego Zoo – zoo.sandiegozoo.org
- Virtual holiday tours:
Yosemite - www.yosemite.com/yosemite-webcams/
Great Wall of China - thechinaguide.com
Yellowstone National Park - nps.gov
Taj Mahal - airpano.com
London – 360.visitlondon.com
- Virtual museum tours - timeout.com
- Amnesty – use the link to the Amnesty web-site where you will find ideas to support groups and political prisoners Amnesty

Philosophy Videos

KS4/5:

Abortion

Juno (2007)

Deals with unplanned pregnancy, abortion and adoption.

The Cider House Rules (1999)

Ethical issues surrounding abortion and medical ethics.

Animal Welfare

Earthlings (2005)

Documentary about society's treatment of animals.

Business Ethics

Norma Rae (1979)

Deals with Business ethics and the strength of human character.

Citizenship/Human Rights/justice

All the President's Men (1976)

Deals with journalism ethics and issues such as; trustworthiness, responsibility, fairness, and citizenship.

Gandhi (1982)

Trustworthiness, respect, responsibility, fairness, caring, and citizenship.

Euthanasia

Million Dollar Baby (2004)

Deals with gender equality and the ethics behind assisted suicide.

You Don't Know Jack (2010)

Based on the controversial doctor Jack Kevorkian, who facilitated assisted suicide in many cases.

The Sea Inside (2004)

Deals with assisted suicide from the perspective of a paraplegic.

Whose Life Is It Anyway (1981)

Deals with voluntary Euthanasia.

Genetic Engineering

My Sister's Keeper (2009)

Genetics, "Designer babies", Saviour siblings, and Child vs. Parent autonomy.

Gattaca (1997)

Deals with genetics and the high cost of seeking perfection.

Identity

Eternal Sunshine Of The Spotless Mind (2004)

Deals with the ethics of erasing someones memories and issues surrounding identity and love.

Being John Malkovich (1999)

Addresses issues surrounding identity and consciousness.

Inception (2010)

Ethical issues surrounding reality, memory and identity.

IVF

The Kids Are Alright (2010)

Deals with issues surrounding In-vitro fertilization (IVF), sperm donation and the meaning of family.

Medical ethics

Talk To Her (2002)

A Spanish film that focuses on patients in a coma/ persistent vegetative states (PVS) , the film deals professional ethics and boundary violations.

The Diving Bell And The Butterfly (2007)

The true story of Elle editor Jean-Dominique Bauby who suffers a stroke and has to live with an almost totally paralyzed body; only his left eye isn't paralyzed.

Mental illness

A Beautiful Mind (2001)

A story about a brilliant man struggling with mental illness. Presents a different perspective on mental illness.

Girl, Interrupted (1999)

Deals with mental illness and the treatment of the mentally ill.

Identity (2003)

An interesting exploration of the issue of responsibility and mental illness.

Privacy

Minority report (2002)

Deals with bio-ethical issues including brain scanning, and also issues such as privacy and freedom.

Racism

Remember the Titans (2000)

Deals with Issues of bigotry, tolerance, racism, respect, responsibility, fairness and citizenship.

American History X (1998)

A classic movie about racism, hate, anger, and reconciliation.

Responsibility

The Kite Runner (2007)

Deals with issues of loyalty, betrayal and responsibility.

All About My Mother (1999)

A film that deals with love and responsibility (it also briefly covers the issue of organ donation).

Ethical Dilemmas

The Adventures of Huck Finn (1993)

Responsibility, race, friendship, loyalty, contending with the influence of society's values; and making the decision to embrace that of equality.

Sophie's Choice (1982)

This movie deals with choosing between the greater of two evils - Situations that are so devastating; that a good choice is impossible.

The Dark Knight (2001)

Especially the boat scene involving the Joker

War/peace

Saving Private Ryan (1998)

Deals with military propaganda and the use of human beings as a "means to an end".

The Boy In The Stripped Pajamas (2008)

Set during World War II, a story seen through the innocent eyes of Bruno, the eight-year-old son of the commandant at a concentration camp, whose forbidden friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences. I also have a very interesting article if you chose to watch this about whether or not it is acceptable to use stories such as this to help educate about horrifying events- is it inappropriate- if you would like a copy please email me (a.jewell@kingshighwarwick.co.uk)

Artificial Intelligence

I, Robot

Deals with the inevitability of intelligent robots developing consciousness.

Others

The Matrix Reloaded (2003)

This Movie has Philosophical undertones, which shift to issues of free will and determinism.

Life as a House (2001)

Deals with issues of death, meaning, and relationships.

Dead Poets Society (1989)

One of the major questions in the film is, "What is the meaning of life?"

The Tru The Green Mile (1999)

The movie has a lot to do with dealing with how different people react to different situations

man Show

Based on the concept of Plato's cave, Discusses nature of reality and knowledge.

KS3:

My Sister's Keeper (saviour siblings/ designer babies)

The Help (racism)

Me before You (euthanasia)

An inconvenient truth (global warming)

Avatar (treatment of others/ globalisation)

Boy in the striped pyjamas (holocaust education/ discussion of ethical nature of the using film to portray harrowing events)