



PROFESSIONAL STUDIES

Weekly Challenges

Monday - Food Challenge

Tuesday - Media Challenge

Wednesday - Art Challenge

Thursday - PE Challenge

Friday - Music Challenge

Weekend Challenges - Dance
and Drama





CAN YOU COMPLETE OUR



Easter Dance Photo Challenge?

- | | | |
|-------------------|----------------------|---------------------|
| 1. Dance Selfie | 6. Dance Hair | 9. Ballet or Street |
| 2. Dance Leaps | 7. Dance Movie | 10. Dance Quote |
| 3. Dance Splits | 8. Dance Inspiration | 11. Dance Song |
| 4. Dance Strength | | 12. Tap or Jazz |
| 5. Dance shoes | | 13. Choreographer |



#CVDance

#CVPrud

RECIPE 5

Giant Cookies



Ingredients



200g butter

250g brown sugar



275g plain flour

2 egg yolks



1 tsp baking powder

100g choc chips



Extra toppings as required

Method

1. Heat the oven to 180c
2. Tip the butter and sugar in to a large mixing bowl, beat until combined, then stir in the yolks
3. Tip in the flour, baking powder, chocolate chips, a pinch of sea salt and any other fillings your want to add.
4. Mix until a crumbly dough forms.
5. Lightly butter a 25cm ovenproof frying pan.
6. spoon in and flatten the cookie mixture

For a gooey dessert, bake for 20 mins, leave to rest for 5 mins, then scoop straight from the pan and serve with ice cream, if you like.

For a firmer cookie, you can bake for 30 mins, then leave to cool completely before cutting in to wedges

PE CHALLENGE

Stability Challenge

See how long you can hold each of these exercises for:



20 sec - Good

30 sec - Very Good

40 sec - Great

50 sec - Excellent

60 sec - Outstanding

#PSPECHALLENGE



#CVPROSTUDIES

MEDIA CHALLENGE

*Use the YouTube link in the comments.
Follow the instructions in the video and create your own
magazine.*

*It could be about any topic you feel passionate about -
Music, Fashion, Gaming, Film and TV -
You choose!*

*Dont forget to send us in your
work once its finsihed*



Mental Health Awareness Week 18th-24th of May

Kindness Art Challenge

Create an eye catching poster with the word kindness at the top and a quote about kindness underneath. Take a picture of the poster either by itself on a flat surface or with you holding it and send to

eliza.beck@castleviewacademy.org.uk

Please be aware that these photos will be shared on social media.

Year 7,8 and 9 Art Challenge - Photo Letters

This is a photography and graphics project all in one! Over the next 5 weeks you are going to be completing weekly challenges that will help you create a photographic letter montage. Some examples of letter photos I have taken over the last week appear below.

It is lots of fun I promise!

Task 1: Read the PDF in Show My Homework this will explain this task in full and gives you lots of hints and tips.

Task 2: Take photos of objects that look like letters or letters in signs and graffiti.

You will need to submit a photo for each letter N to Z on the 4th of May 13 photos in total. Use Powerpoint to arrange the photos you have taken and share with eliza.beck@castleviewacademy.org.uk



RECIPE 3

Easy Banana Pancakes



Ingredients



350g self-raising flour



1 tsp baking powder

2 very ripe bananas



2 medium eggs

1 sp vanilla extract



250ml whole milk

Method

1. Sieve the flour, baking powder and a generous pinch of salt in to a large bowl
2. In a separate mixing bowl, mash the very ripe bananas with a fork until smooth
3. Whisk in to the bananas, the eggs, vanilla extract and milk
4. Make a well in the centre of the dry ingredients, tip in the wet ingredients and swiftly whisk together to create a smooth, silky batter.
5. Heat a little knob of butter in a large non stick pan over a medium heat
6. Add 2-3 tbsp of the batter to the pan and cook for several minutes or until small bubbles start appearing on the surface.
7. Flip the pancake over and cook for 1-2 mins on the other side.
8. Repeat with the remaining batter, keepig the pancakes warm in a low oven.

RECIPE 4

Classic Cheese Scones



Ingredients



225g plain flour

Pinch of salt



Pinch of cayenne pepper (optional)

1 tsp baking powder



55g chilled butter

120g grated cheese



A little milk

Method

1. Heat the oven to 200C with a large baking tray inside
2. Sift the flour, salt, cayenne pepper and baking powder into a bowl
3. Add the butter to the bowl and combine with your fingertips to make breadcrumbs
4. Sprinkle 100g of cheese into the breadcrumb mixture and rub together until evenly distributed.
5. Make a well in the centre of the mixture and pour in enough milk to give a fairly soft, but firm dough - do not put in all the milk at once as you may not need it all to get the right consistency.
6. Lightly flour a surface and roll out the dough to approx 2cm thick.
7. Cut out the scones with a medium cutter, then put on a sheet of baking parchment.
8. Glaze with a little milk and then sprinkle with the remaining cheese.
9. Slide on to the hot oven tray and bake for 15-20 minutes or until golden brown and cooked through.

RECIPE 1

Simple Potato Soup



Ingredients



50g/2oz Butter



425g/15oz Potatoes -
Diced



110g/4oz Onions - Diced

900ml/1.5Pints
homemade chicken or
veg stock



120ml/4fl oz creamy milk

Optional

Ground black pepper or
fresh herbs to garnish



Method

1. Melt the butter in a heavy saucepan.
2. When it foams, add the potatoes and onions and toss them in the butter until well coated.
3. Cover with the lid of the saucepan.
4. Simmer on a gentle heat for approximately 10 minutes.
5. Meanwhile, bring the stock to the boil.
6. When the vegetables are soft but not coloured add the boiling stock and continue to cook for about 10-15 minutes or until the vegetables are soft.
7. Add the milk and purée the soup in a blender or food processor.
8. Taste and adjust seasoning.
9. Serve sprinkled with a few freshly chopped herbs or some ground black pepper



#CVPROSTUDIES

MUSIC CHALLENGE



Can you make a functioning instrument
and compose a short piece for it?

Use things you can find around the
house.

Make more than one and form a family
band!

Email pictures of your instruments to dwaldren@castleviewacademy.org.uk or send
them in to the Professional Studies Facebook page

#PSMusicChallenge

#CVPROSTUDIES

MEDIA CHALLENGE



*Create a comicbook featuring your
own Superhero who saves the world*

PE CHALLENGE



Trap and Balance

For this lesson you will need:

Small ball

Tennis Racket, book or frying pan

Watch Mr Eldred's video and then give it a go at home.
Send in your videos to the Facebook page so we can share the
fab work being done.

#PSPECHALLENGE