

# Easter Vance ? Moto Challenge?

1. Dance Selfie

2. Dance Leaps

3. Dance Splits

4. Dance Strength

5. Dance shoes

6. Dance Hair

7. Dance Movie

6,36,36,36,3

9. Ballet or Street

10. Dance Quote

8. Dance Inspiration 11. Dance Song

12. Tap or Jazz

13. Choreographer





Giant Cookies





#### Ingredients



200g butter

250g brown sugar



275g plain flour

2 egg yolks



1tsp 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



## Stability Challenge

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









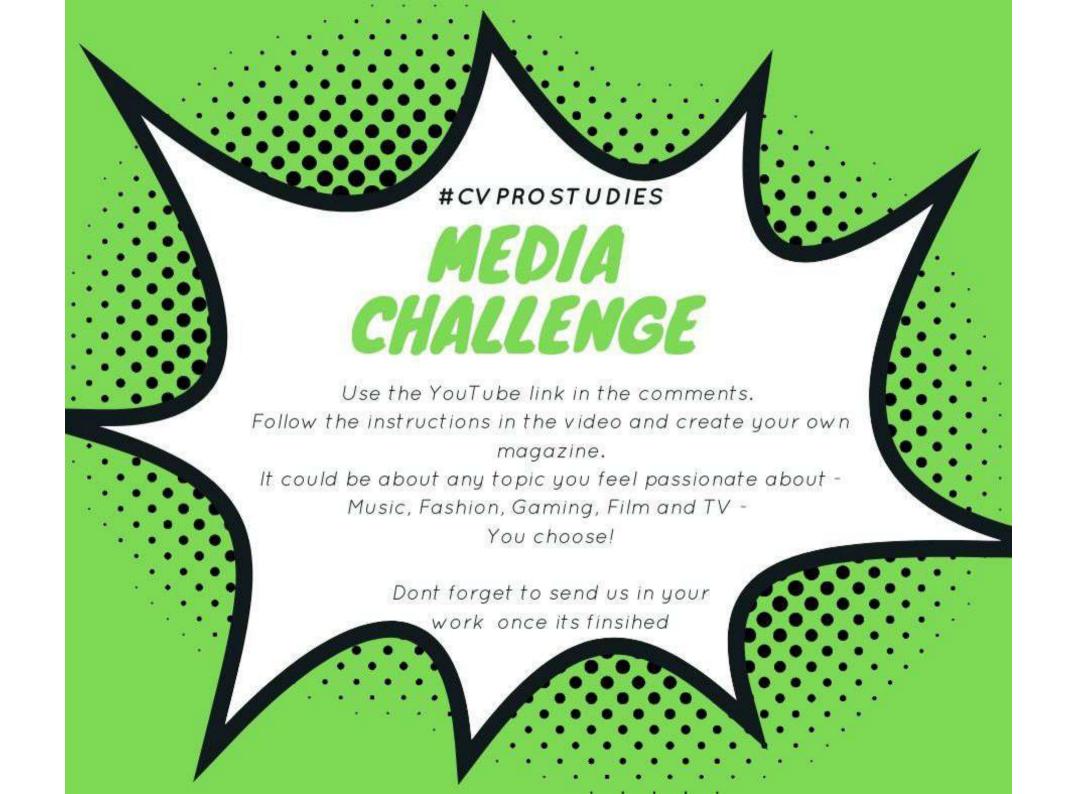
20 sec - Good 30 sec - Very Good

40 sec - Great

50 sec - Excellent

60 sec - Outstanding

**#PSPECHALLENGE** 







## Mental Health Awareness Week 18<sup>th</sup>-24<sup>th</sup> 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.

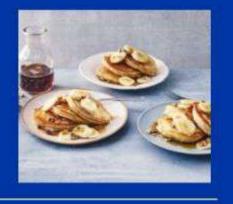
You will need to submit a photo for each letter N to Z on the 4th of May

13 photos in

total. Use Powerpoint to arrange the photos you have taken and share with eliza.beck@castleviewacademy.org.uk



Easy Banana Pancakes





#### Ingredients



350g self-raising flour



1tsp baking powder

2 very ripe bananas



2 medium eggs





250ml whole milk

#### Method

- 1. Sieve the flour, baking powder and a generous pinch of salt in to a large bowl
- 2. In a seperate mixing bowl, mash the very ripe bananas with a fork until smooth
- 3. Whisk in to the bananas, the eggs, vanila 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.

Classic Cheese Scones





#### Ingredients

225g plain flour

Pinch of salt



(optional)

1tsp baking powder



55g chilled butter

120g grated cheese



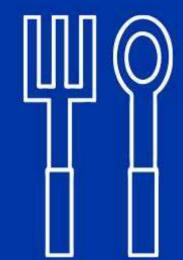
A little milk

#### 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.
- Pinch of cayenne pepper 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.

Simple Potato Soup





#### Ingredients



50g/2oz Butter



425g/15oz Potatoes -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







For this lesson you will need:
Small ball
Tennis Racket, book or frying pan

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

**#PSPECHALLENGE**