

# Can you beat to the Kingsdown Beats....?

We champion each and every student

The  
Kingsdown  
Beats are at  
the heart of  
everything we  
do. Every  
student  
always shows  
these beats in  
every aspect  
of their  
learning and  
engagement.

### pride

*I am proud of who I am  
and our school.*

*I take advantage  
of every opportunity*

### stretch

*I really want to learn  
and will stretch myself  
to achieve what  
I didn't think possible.*

### respect

*I am considerate.  
I care about others and  
my surroundings.*

*I encourage and expect  
others to do the same.*

### ambition

*I expect the best  
from myself.*

*I have ambitious  
aspirations for my future.*

### challenge

*I am curious, determined  
and resilient.*

*Set me a challenge  
and I will always rise to it.*

### responsibility

*We are all part of  
something special and I am  
not going to let us down.*

*My attendance  
really matters.*

# Kingsdown school sets you an ambitious challenge....

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# Can you beat to the Kingsdown Beats....?

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**Here are 5 challenges  
for you to have a go  
at.....Good luck #stretch**

# Challenge 1 #pride

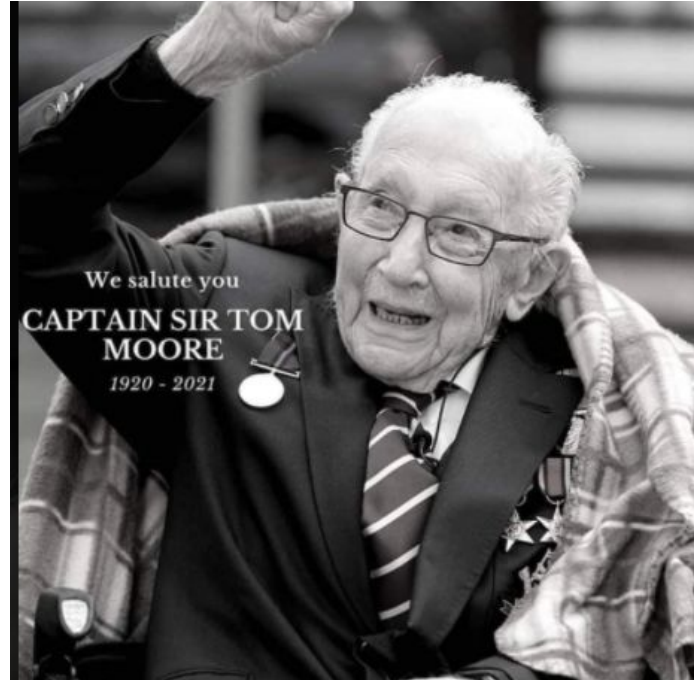
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# In tribute to Captain Sir Tom Moore

pride

*I am proud of who I am  
and our school.*

*I take advantage  
of every opportunity*



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# Always be ambitious, whatever you are talking about



## ambition

*I expect the best  
from myself.*

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# Sir Tom Moore



- On the 6th April 2020, Moore attempted to completed 100 x 25 meter lengths of his garden.
- He would achieve this by walking 10 lengths per day with his walking frame
- His initial goal was to raise £1000 for the NHS.
- On the morning of his 100th birthday he had raised over £30,000,000 . This broke the world record for the amount of money raised by a charity walk
- **#pride** **#ambition**

## challenge

*I am curious, determined  
and resilient.*

*Set me a challenge  
and I will always rise to it.*

# Marching miles for Moore



- In a tribute to Captain Sir Tom Moore, this week each year group in Kingsdown school will be marching 1000 miles.
- **#challenge** - Can you walk 10 miles in 4 weeks?
- This can be done around your house or during your exercise block in the day
- Your whole schools scores will be added together to give you a school total **#stretch**

## stretch

*I really want to learn  
and will stretch myself  
to achieve what  
I didn't think possible.*

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# Don't forget to log your miles

[illegible]

responsibility

**We are all part of  
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really matters.**

# Champion each and every student



# Always be ambitious, whatever you are talking about



## ambition

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# Challenge 2 #ambition

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# Be ambitious- World records



- Kingsdown school want you to have a go at some challenges **#challenge**
- Think about Sir Tom Moores message- Be ambitious.
- We have included some examples of records that you can attempts along with staff trying to break these. **#respect #responsibility**

# World records



- How many M&M's can you move with a straw in 1 minute? The world record is 62



# World records



- The Smartie challenge
  - The record for the number of Smarties eaten in one minute using chopsticks is **65**.





# World records



- The world record for the number of mini marshmallows in your mouth is 180....



# World records



- The world record for the number of large marshmallows in your mouth is 44..... Can you name this person?



# World records



- The world record for the most Post it notes on your face in 1 minute is **60**.



# World records



- The world record for the fastest time to stack a large brick right angle lego tower is **17.93** seconds. r



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# World records



- There are thousands of world records that you can have a go at at home, click [here](#) for a link to some other ones to try **#ambition**
- If your parents allow, capture a photo and share it with your teacher.

# Challenge 3 #stretch

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# Tin of Beans Challenge



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# Your challenge....

## Using a tin of beans and up to two slices of toast create a masterpiece...

Life gets dull during lockdown... so we want you to show off how creative you can be with a tin of baked beans.

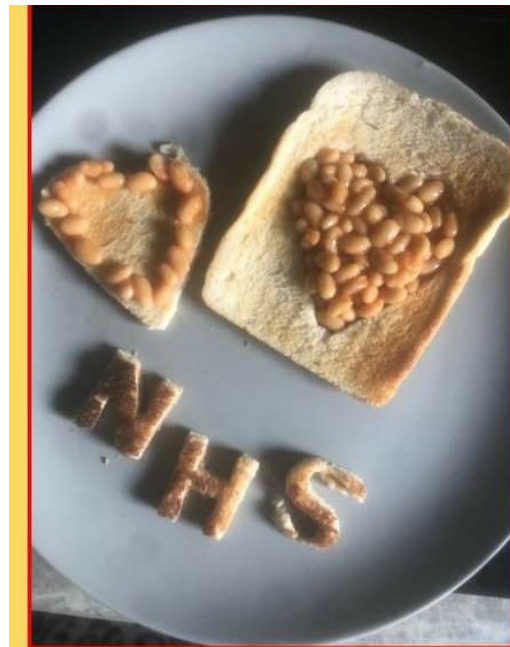
- consider how you could use them in a dish and present the food in a creative, appetizing and appealing way (think how a posh restaurant would use them)
- Or create a fun but smart looking plate of food dedicated to a noble cause or someone you look up to.
- Email your creation to your teacher

**If you don't like beans use spaghetti**



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Some creative ideas as a starting point...

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# Fine dining Baked beans ....



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# Challenge 4 #challenge

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# How can you transport a teabag?

Think of the most creative way to move a tea bag from one person to another without touching it.....  
How creative can you be?



# Or the recycling bin challenge

Well done to everyone  
that did #The  
RecyclingBinChallenge...

Click [here](#) to watch the video

# Challenge 5

## #responsibility

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# Kingsdown PE team

Squat challenge

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If you have enjoyed these,  
let your teacher know and  
we will send you some  
more **#challenge**