

**Langloan Primary School**

**Challenge Booklet**

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**Hi Primary 7, and welcome to your Langloan Primary Virtual Residential Week!!!**

This week we were supposed to be packing our bags and setting off to Kilbowie. We are SO SORRY that we are not able to do that and we understand that you all must feel very disappointed about it. I know the staff are! As you know, right now it is more important to look after each other by staying at home and staying safe. You have been doing such a brilliant job of this and we are super proud of you!

Just because we cannot actually go on a residential trip does not mean we cannot have a VIRTUAL one! We have created a timetable for the week ahead full of different activities and challenges for you to try. Some will include outdoor learning, some are creative and some are just for fun and giggles! We have worked hard to try to provide some realistic experiences that you would have had whilst being away from home.

We know that it will not compare with actually going away, but remember what you put in you will get out! So get involved with the activities and share photos with us because we miss you lots and it is so nice just getting to see your faces. It would be great to see the evidence of your hard work.

The staff have worked so hard to come up with as many challenges as we can, and they have even got involved too by recording themselves setting and doing the challenges first. We had lots of fun doing this, and we hope you will enter in to the fun and try them out. We would love to see your attempts by sharing your video footage or photos in Teams, in the SharePoint or by emailing them to [elainepaterson@langloan.n-lanark.sch.uk](mailto:elainepaterson@langloan.n-lanark.sch.uk)

It is at this time of the year we would normally fundraise for St Andrew’s Hospice by attending the Wear Yellow Walk and the Teddy Bears Picnic. Unfortunately, these events are cancelled and we thought we could fundraise by completing the challenges instead and texting a small donation, if you are able, to the hospice.

**So…..get stuck in, have fun and let’s see who can complete the whole Langloan Primary School Virtual trip????**

Mrs Paterson, Mrs Waddell and Mrs Smith

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|  | **MONDAY** |  |
| **Challenge 1- Make Your Bed**  One of the first things you are asked to do when you arrive at Kilbowie is make your bed- a very important life skill! This includes putting on your base sheet, duvet cover and pillowcase.  I know how competitive you all are, so let’s see if we can make this interesting. Time how long it takes you to make your bed from scratch. Get someone to film you too and put your time and video on Teams so we can see who the winner is! | **Challenge 2- Climb A Hill**  Kilbowie is located in Oban and is surrounded by water and hills. One of your activities during the week is hill climbing. Not only is this activity good for your physical wellbeing but it is great for your mental wellbeing too. Fresh air and a change of scenery is proven to increase your mood.  Mrs Leonard has set you a hill walking challenge of her own. Please click the link below to see the challenge set. Post any evidence you have in Teams and in the PowerPoint in SharePoint.  [Mrs Leonard's Climb a Hill Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/ESe11fQW7hBEu72s_h4XtTwBdZQ1EA7X6OaM2PL835oRpg?e=mmzXLz) | **Challenge 3-Water Shoe**  Many of your activities at Kilbowie involve water. In fact, many of the activities involve you getting rather wet and soggy. E.g. Coasteering, Canoeing, Gorge Walking and even the Night Line.  Mrs Brennan has set you the Water Shoe challenge. Click the link below to see the challenge set.  Can you keep avoid getting wet? Make sure someone films your efforts and share them with us.  [Mrs Brennan's Water Shoe Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/Ed--QXByi61Lk2GtlgvPHEwBHTDQgkE0mVt5oO5rxl3Cog?e=LdV0Qf) |
| Evening Entertainment- Star Gazing  If it is a clear night, go outside and look up at the sky. See if you can spot any constellations, planets or satellites. You can download the app Sky View and use it to help you find anything interesting in the sky. Even if it is cloudy, the app will still show you what is hidden beneath the clouds! You could take some blankets and hot chocolate outside and spend some time looking for shooting stars! | | |

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|  | **TUESDAY** |  |
| **Challenge 1- Rock, Paper, Scissors**  Who doesn’t love a good old game of rock, paper, scissors? I used to love playing this as child and could play for hours until I was satisfied that I had beaten everyone. However, this challenge has a twist! Watch the video link below to watch Mrs Waddell and I play against each other via FaceTime. We play the best to five and each time someone loses a round they have to dunk their face in a big pile of cream. I wonder who will come out victorious! Give it a go with your family and see who the champion will be. We would love to see your videos or photos too. Have fun!  [Mrs Paterson and Mrs Waddell's Rock, Paper, Scissor Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/Eb43iNZVLu9GqF16ra40oxABon07aK4ATosQyacRvUqNjg?e=I7nQd3) | **Challenge 2- Blinded Obstacle Course**  At Kilbowie, we would have been taking part in an activity called the Night Line. It is an outdoor activity where you wear your outdoor suits, wellies and yes, you heard me right, a BLINDFOLD! It also involves being soaked with water too!  We would love you to design an obstacle course for you and your family to complete. Use different objects to make it more challenging. Try it yourself without a blindfold first so you what the expectations are. Then get someone to do it blindfolded. Your instructions will have to be clear and simple for them to follow the course successfully. | **Challenge 3-Hula Hoop**  It is time to work those hips and take up Mrs Rankin’s hula-hoop challenge. Hula Hoops have been around for many years with people using them as toys, but they can be used for exercise too. People have also be known to use multiple hula-hoops at the one time to create what looks like a human slinky. The current world record for the longest time hula hooping is 74 hours and 54 mins. WOW! Let’s see how long you can keep your hula-hoop going! Click the link below to see Mrs Rankin’s attempt.  [Mrs Rankin's Hula Hoop Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/EekL6L8vbC1ChOIPeSoFYsIBA4QERy3631_5vDXJ2idMrA?e=tWGlpM) |
| Evening Entertainment- Family Quiz Night  Create your own quiz for your family or friends. This could be factual questions (e.g. geography, science, music, maths or sport) or it could be questions about your family. You could create a few different rounds if you want to challenge yourself and them. Another idea is to ask someone at home 10 questions about what they think another person in the house would say- then ask them to see how many they got right. E.g., ask your mum 10 questions about your sister- then ask your sister the same 10 questions to see how well your mum knows your sister! | | |

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|  | **WEDNESDAY** |  |
| **Challenge 1- Cartwheels**  Mrs McGoran is set to have you in a spin with this challenge. Click the link below to watch Mrs McGoran’s Cartwheel Challenge. How far and for how long can you cartwheel?  It might be helpful to have a wide-open space for this. It may also help to mark out a set area so you have a clear start and finish spot like Mrs McGoran had. Get someone to film you and put your number of cartwheels/ time and video on Teams so we can see if anyone can beat Mrs McGoran.  [Mrs McGoran's Cartwheel Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/EV-mBiLpqcFKkiEO4mWqNa8B3fLdt2ubUc_x2KeXuwa5dg?e=sLcDPk) | **Challenge 2- Plank**  Mrs Smith has set the Plank challenge! The Plank is an exercise that is used to strengthen your core muscles. Not only that but it is proven to improve your posture. During our time at Kilbowie, we would have taken part in lots of activities that would have helped to improve our physical fitness. Therefore, if we can’t do it there, we will bring the exercise to you!  Watch the video below to see how long Mrs Smith could hold the plank. I wonder if anyone will top Mrs Smith’s time. The challenge is set! Post your results in Teams or in the PowerPoint.  [Mrs Smith- Plank Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/Edg41HhgZx1GiJUlb3I6VhEBBGvNPwoaK4sMl8fmCB6sQQ?e=eJ6c5j) | **Challenge 3-Marshmallow Chubby Bunnies**  Now for a bit of fun after all the physical challenges. A firm favourite food activity at camp is toasting marshmallows at the campfire.  Find someone in your house to take on the Chubby Bunny challenge. Sit opposite one another and take it in turns to put a marshmallow in your mouth and then say chubby bunny. Continue this process until you can’t fit anymore in your mouth. Remember to count how many you managed to see who the winner is. Click the link below to watch Mrs Little’s take on the challenge. Can anyone beat her efforts? Let us know by uploading your videos or photos.  [Mrs Little's Chubby Bunny Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/EQziCGeXBBRBjgJAlQCbF0IBF7WLUQ6ZZb8PmsIAiEmi8w?e=pQBnxS) |
| Evening Entertainment- Movie Night  We have hit the halfway point and you will all be in need of a rest. What about a nice family movie night, where you get to choose the film? Gather all of your favourite movie time snacks, like popcorn, some sweets or chocolate and a nice cold drink. If you are like me, you may even want to get cosy, so why not bring your duvet downstairs too. Sit back, relax and enjoy the film! Let us know your film of choice, I love finding out about new ones I have never seen before. | | |

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|  | **THURSDAY** |  |
| **Challenge 1- Push Ups**  Our resident fitness fan is Miss Glencross and she is here with the ultimate challenge for you all- the Push Up Challenge. She was so impressed with the ability of all of her pupils at the Kids Fitness Club and this is what inspired this challenge. Fun fact- a Croatian man holds the world record for 140 push-ups in 1 minute.  Click the link below to find out how many push ups Miss Glencross could do in a minute. I wonder if anyone can beat her attempt. I know how competitive you all are, so get someone to film you and put your final number of push-ups and video on Teams so we can see who the winner is!  [Miss Glencross's Push Up Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/EckDpRm2DnBKsdk6uTC6UlIBbAE2pykz4HHRhCqfNsROJA?e=DJhPEL) | **Challenge 2-T-Shirt Handstand**  Tik Tok is full of wonderful dances and wacky challenges. Mrs Henderson thought she would give the Handstand whilst putting on a T-Shirt challenge a go!  Click the link below to watch her attempt. Do you think she will successfully manage to put the t-shirt on whilst doing a handstand? Who is up for the challenge? Please make sure you have an adult on standby, we don’t want any accidents. Record your efforts and share them with us. We can’t wait to see how many of you can do this!  [**Mrs Henderson's T-Shirt Handstand Challenge**](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/EZoNSzqv5l1KkHS1_XMwXxMBDHQLzkJB3giegxbUCya5HQ?e=wgvO0D) | **Challenge 3-After Eight**  Another food challenge and this time it is brought to us by our very own Miss Giblin. The aim of this challenge is to see who can get an After Eight Mint from the top of their forehead, down into their mouth without using their hands.  Miss Giblin has posted a video of her After Eight challenge. Click the link to watch it and then why not try it for yourself. Why not compete against someone in your house to see who can complete the challenge in the quickest time. Make sure someone films your efforts and share them with us.  [Miss Giblin's After Eight Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/EVrRcOvzW8lOpXX_nNuegywBFNi2bf3YeAEcMwHbmi5jIw?e=Hxu3cL) |
| Evening Entertainment- Disco  In true Kilbowie style, the disco always takes place on the Thursday night so why would we change it. Get ready to have a party. You may even want to pamper yourself and put on a nice outfit, or if you are like me, being in your comfy clothes doesn’t stop you enjoying the party. Why not record some of your favourite Tik Tok dances and set them as a challenge for us and for your friends or crank up the GBX party playlist and just have a good old dance. Whatever you choose to do, have a blast! | | |

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|  | **FRIDAY** |  |
| **Challenge 1- Keepy Uppy**  There is a large football pitch at Kilbowie that is used during the Summer term for ball games and nighttime challenges. Can you channel your inner Messi and give Miss MacKenzie’s Keepy Uppy challenge a go? Click the link below to see how Miss MacKenzie got on. How many Keepy Uppies can you do in a row without the ball dropping or touching the ground? We would love to see your efforts so make sure you share your photos and videos with us.    [Miss MacKenzie's Keepy Uppy Challenge](https://glowscotland-my.sharepoint.com/:v:/g/personal/gw14patersonelaine_glow_sch_uk/ET2VLmQ07ahOoqyIbQCxmMMBULrmSHXBArPTUOhUhTf2Qg?e=qesCGO) | **Challenge 2- Biking Adventure**  One of my favourite activities at Kilbowie is the biking adventure, even if I did do a spectacular fall whilst trying to go up a steep slope lol! I love the feel of the fresh air on my face, even if it is raining outside.  Get outside and go for a bike ride around your local area. Make sure you wear a helmet too! When you are out, look at things around about you. Take pictures of anything interesting you find. Can you use things you find to spell Langloan? | **Challenge 3-Den Building**  Many of your activities at Kilbowie involve teamwork and allowing your creative side to flourish. Ask permission from someone at home to create an indoor or outdoor fort or den with cushions, blankets, sheets, clothesline, branches, word etc. Use your imagination and give your den a name!  Your fantasy fort/den can be a treehouse, a blanket fort, a cushion castle or a tepee. This activity will help you develop your construction and engineering skills and concepts around sustainability. Post pictures of your den in Teams or in the PowerPoint in SharePoint. |
| Evening Entertainment- Final Feast  After a week away at Kilbowie the three home comforts I have missed the most are: my own bed, my own shower and food. I know we haven’t technically been away from home this week but you guys have still worked incredibly hard and are just an awesome all round year group. We think you deserve a massive treat. Why not pick your favourite things to eat and have a final feast. My final feast would include things like, Pizza, Chips and Ice Cream. What would your final feast look like? Share photos of your final feast in the PowerPoint on SharePoint or in our Teams page. | | |

We hope you have had fun this week, taking on the challenges set by our wonderful staff. We know that it is not the same as going to Kilbowie but we hope it gave you some entertainment at least.

If you can, donate to St Andrew’s Hospice by texting:

**SAH followed by your donation amount to 70085.**

**E.g.SAH2, SAH5, SAH10**

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