

KSLT – Lock Down Challenges!

Hey everyone!

Are you feeling bored in quarantine? Are you tired of scrolling through your For You Page on TikTok? Well, we have come up with exciting new challenges which you can participate in. We will set four different challenges every fortnight; you can select whichever challenges appeal to you the most. If you decide to join in, send photos of your results to:

14mkrishna@kendrick.reading.sch.uk (Manya Krishna, Communications Prefect)

In the case of the General Crafts challenge, send to:

14lzhao@kendrick.reading.sch.uk (Letitia, Deputy Student Leader and Inclusion Prefect)

The deadline is on Friday 22nd May. Have fun!

Food: Make Dalgona Coffee

Have you seen that aesthetic drink that's been taking TikTok by storm? Now's your time to put your Food Tech skills to the test! The challenge is to make a Dalgona Coffee and take the most appealing photo you can. If you would prefer not to drink coffee, an alternative is to make the most scrumptious-looking hot chocolate you can (we are assuming that you don't need a recipe for this).

Make sure to watch Manya's take on it. Have fun!

<https://drive.google.com/file/d/1-bQS6m3fHkxVa3Mbv6HSbe6vol8RTJ15/view?usp=sharing>



Instructions

1. Add equal parts of instant coffee, sugar and boiling water in a bowl (you can easily double or triple this recipe).
2. Using a spoon or electric whisk, whip vigorously until you get a light and thick consistency. Scrape down the sides and whip any bits that didn't get whipped.
3. Taste (it'll be very strong! But of course diluted with your milk) and add more sugar IF desired. Remember it'll be diluted with the milk!
4. Add the coffee to a tall glass of your favourite milk. If you're doing iced, add a few ice cubes, then the milk, then spoon the whipped coffee on top. If using hot, just add it to the glass.
5. Using your spoon or straw, stir vigorously to swirl it into your milk.
6. Sip and enjoy! Also take a photo :)

Keeping fit: Alphabet workout

ALPHABET WORKOUT			
A 20 BICYCLE CRUNCHES	H 20 SQUAT JUMPS	O 30 HIGH KNEES	V 20 PUSH-UPS
B 15 TUCK JUMPS	I 30 JUMPING JACKS	P 20 RUSSIAN TWISTS	W 15 SKATER LUNGES
C 20 JUMPING LUNGES	J 15 REVERSE CRUNCHES	Q 25 LEG RAISES	X 20 CURSTY SQUATS
D 1 MIN CHAIR POSE	K 10 PUSH-UPS	R 1 MIN PLANK	Y 25 REVERSE LUNGES
E 20 FLUTTER KICKS	L 20 SKATER LUNGES	S 20 MOUNTAIN CLIMBERS	Z 15 TRICEP DIPS
F 20 SEC ARM CIRCLES	M 20 BURPEES	T 10 TUCK JUMPS	
G 10 BURPEES	N 25 BURPEES	U 20 SUMO SQUATS	

We're sure all of you know how to spell your name! So why don't you mix fitness and English together and join in on this fun workout! For each letter of your name, look at the corresponding exercise and insert this into your routine. Repeat for the rest of the letters of your name.

For example, if your name was Rhea, you would do a 1 minute plank, 20 squat jumps, 20 flutter kicks and 20 bicycle crunches! Make sure to stay hydrated and take regular breaks. Send a picture to Manya!

Music and Dance: Mood Music

Suggest a song that epiphanies how you've been feeling or what you've been doing this quarantine and explain why you chose it! For example, *"TikTok - Kesha"* best describes MY lockdown because I've spent a lot of time on the app!

Be as creative as possible! We'd love to hear what you've been up to!

General Crafts: Refer to Kendrick Arts Instagram

For this challenge category, we have decided to link challenges set on the Kendrick Arts Instagram account (link to account: <https://www.instagram.com/kendrickschoolarts/>), which has been up and running since the end of March. Art, music, poetry and all other artforms are welcome, as long as they adhere to the challenge!

The current theme set is, 'FUTURE'. Send your submissions based on this theme to:

14lzhao@kendrick.reading.sch.uk (Letitia, Deputy Student Leader and Inclusion Prefect)

Here are the themes which have been set previously;

