

What is the Y6 Be Awesome, 'Go Biddenham' Diploma?

The Y6 Be Awesome, 'Go Biddenham' Diploma is an award that you will gain by completing a range of activities.

It will allow you to:

- prepare yourself for the smooth transition to Secondary School life;
- gain new KS3 **academic knowledge**;
- **begin to gain and develop skills** such as time management, planning and research;
- demonstrate **creativity, independence and resilience**;
- **Help Biddenham staff learn about you**, how you learn, your interests and thus help us to help support you in your successes at Biddenham.

What you need to do to achieve this award:

In order to achieve this award, you will need to complete **all of the activities from the 'Core' section** and a certain number of the activities outlined in the **'Electives'** section, leading to a Bronze, Silver, Gold, or Platinum Diploma.

The Diploma activities are designed to ensure that you are ready for your transition to Secondary School. Complete all 3 core activities and then the elective activities you would like to do:

- **For Bronze Diploma** - Complete the **3 core activities plus 2 elective activities** from any subject
- **For Silver Diploma** - Complete the **3 core activities plus 4 elective activities** from any subject
- **For Gold Diploma** - Complete the **3 core activities plus 6 elective activities** from any subject
- **For Platinum Diploma** - Complete the **3 core activities plus 8 elective activities** from any subject

How do you record your work?

Please create an **'I'm Awesome'** folder (this could be electronic or a hardcopy as a scrapbook) to document your work. We would like you to then submit this work in September in whatever way suits you best, in your first week at Biddenham! The work will be displayed at school and certificates will be awarded to those who have completed the activities at the **Biddenham Diploma Awards Ceremony in September.**

What resources will you need to complete this award?

- The resource pack
- The workbook
- The Go Big sessions 1-4

These will all be available from your primary school teacher or on the Biddenham website.

Core Activities

You need to complete **all 3** of these core activities to achieve the award. Use your resource pack to help support your work.

Make sure you put all the evidence in your **'I'm Awesome'** folder.

1. Hello, I'm Awesome Activities	2. Go Big Activities	3. Record of your Awesome Activities
<p>Write a 'Hello, I'm Awesome' postcard/letter to Miss Copley (Assistant Head at Biddenham in charge of your transition). Tell her about yourself, your hopes and dreams, what you are looking forward to about joining Biddenham and why you are awesome!</p> <p>You could ...</p> <ul style="list-style-type: none"> post the letter prior to coming to Biddenham Make sure you address it to Miss Copley, Biddenham School, Biddenham Turn, Biddenham, Bedford, MK40 4AZ OR ... email Miss Copley with your 'Hello, I'm Awesome' letter to enquires@biddenham.beds.sch.uk For the attention of Miss Copley OR Pop it in your 'I'm Awesome' folder. <p>If English is your second language and you would prefer to write it in your home language then please do so.</p>	<p>If you are a soon to be Biddenham student use your 'Go Big' book when it arrives to support these activities. Watch this... https://vimeo.com/419864003</p> <p>Complete the following 'Be Awesome, Go Big' sessions -</p> <ul style="list-style-type: none"> Session 1 - Being Awesome Session 2 - Unlocking your mind Session 3 - Dare to take risks Session 4 - Making the change <p>and complete the 4 sections on these sessions in your 'Be Awesome, Go Big' workbook. Once complete add to your 'I'm Awesome' folder.</p> <p>If you don't have access to the internet don't worry, you don't need to watch the videos in the sessions. Just use the hard copies in your 'Go Big' resource pack and your workbook.</p> <p>If you would like to complete the remaining 5 sessions and/or if you would like to complete your workbook electronically here is the link 'Be Awesome, Go Big' electronic resources</p>	<p>1.</p> <p>Make a record in your 'I'm Awesome' folder of any additional awesome accomplishments you have achieved this term and over the summer. So, a list of films watched, books read, meals cooked (with photos and recipes), people you have helped, exercise undertaken etc.</p> <p>See your resource pack for a recommended reading list to support you select some books to read.</p> <p>OR..</p> <p>2.</p> <p>How many 'Getting ready to go big' challenges can you complete now until you start in September?</p>

Elective Activities

- For **Bronze Diploma** - Complete the **3 core activities plus 2 elective activities** from any subject
- For **Silver Diploma** - Complete the **3 core activities plus 4 elective activities** from any subject
- For **Gold Diploma** - Complete the **3 core activities plus 6 electives activities** from any subject
- For **Platinum Diploma** - Complete the **3 core activities plus 8 electives activities** from any subject

These activities are from the subjects you will take in Y7 at Biddenham.

Use the resource pack to support you if the activity refers to a support document.

Subject	Activity/Task 1	Activity/Task 2
Maths	Activity 1: You have £500 to refurbish your bedroom. Create a shopping list making sure that you do not overspend. You could use www.ikea.co.uk or Argo or Wayfair.	Activity 2: The total population of Shanghai is 21 million to the nearest million. If at lunchtime everyone in Shanghai eats a bowl of rice, how many grains of rice do you estimate are eaten each lunchtime?
	Extension: Compare these prices with some other stores. Find the cheapest option.	Extension: Calculate the total weight of all the rice needed for each lunchtime.
English	Activity 1: Plan a short story with one of these titles: <ul style="list-style-type: none"> • The Magic Box • The Best Holiday Ever! • The Secret Door • The Worst Teacher • Something else (use your imagination!) You could use the 'Story Mountain' sheet to help you in your resource pack.	Activity 2: Show creatively your experience of 'lockdown.' You could: <ul style="list-style-type: none"> • Write some diary entries or a poem (see example in your resource pack) • Take some photos and explain what is happening in them • Research what is happening and write a newspaper report • Interview someone in your family about what life is like at the moment • A step-by-step guide for how to survive lockdown with your sister / brother / other family member!
	Extension: Write your short story (or part of it).	Extension: Create a mini newspaper about lockdown.

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		<p>You could include:</p> <ul style="list-style-type: none"> • Research / a newspaper report on Coronavirus • Interviews (your family or make up a celebrity one!) <p>Creative work (diaries / poems / cartoons, etc)</p> <ul style="list-style-type: none"> • Adverts for things people might need / want
Oracy	<p>Activity 1: It is your chance to present the story you created for your English elective above to people in your household. or write down your thoughts on how it felt to present your story to your household before, during and after the performance.</p>	<p>Activity 2: using the stimulus sheet to help you create a really imaginative story that would engage an audience of 5 year olds. Take photos of you delivering the story and add any comments your household made about your performance or video yourself presenting it or create an animation with your voice over the top</p>
	<p>Extension: Take photos of you delivering the story and add any comments your household made about your performance around the photographs along with a copy of your story.</p>	<p>Extension:</p> <ul style="list-style-type: none"> • You could use the oracy framework to upgrade your performance. • You could add a reference to our school values into your story. Our school values are Friendship & compassion, inspiration, determination, enjoyment and success
Science	<p>Activity 1: Create an <i>infographic</i> (basically a big informative poster!) about the coronavirus, including answers to these key questions:</p> <ol style="list-style-type: none"> 1. What actually is a virus? Is it the same as bacteria? 2. How do you catch coronavirus? 3. How does the virus make you sick? 4. What is a pandemic? 5. Why do we stay at home and wash our hands so much? 	<p>Activity 2: Find out how the lockdown has had an impact on the planet in positive and negative ways. You might want to think about the following:</p> <ul style="list-style-type: none"> • China and India have blue sky for the first time in years • CO₂ levels have dropped for the first time in decades • Use of plastics and production of waste • Less use of cars, aeroplanes, lorries etc. • The impact on wildlife in the UK and abroad • Increased use of electricity
	<p>Extension: Scientists in the media are referring a lot to something called the 'R-value' in reference to the spread of coronavirus. Research what this means and write a short</p>	<p>Extension: What are renewable and nonrenewable energy sources? What does the UK currently use to generate electricity and do you think this will always be the case? What do other countries use and</p>

	paragraph explaining what it is and why it's so important to scientists.	are there any countries that are more environmentally-friendly than us?
Religious Studies	<p>Activity 1: Design a Place of Worship. Lots of religions use their places of worship to help the local community, especially with the unusual things going on at the moment. If you had to design a brand new church or other place of worship what features would you include to help people that are living nearby? You could include a vegetable garden where we could grow food for hungry people, or a dormitory for people with nowhere to sleep. Entirely up to you. Can you draw me a plan of all the things you would include and label each part? Remember - There <i>must</i> be space for reflection/prayer/weddings/festivals to be celebrated.</p>	<p>Activity 2: Watch a virtual tour around a place of worship. You can look up anyone you like from any religious background, but if you're not sure I've included one here for a Catholic Church https://www.youtube.com/watch?v=gsAc7bS7Nt0</p> <p>I wonder how it would feel to be in the building? Can you write some sentences using WOW words and your five senses to describe being there? e.g incredible, beautiful, enormous, stunning. Can you try to make me feel like I was there too?</p>
	<p>Extension: Are you able to produce a piece of writing that goes with your plan, so I know <i>why</i> you think each part you included is important?</p>	<p>Extension: Try looking at another virtual tour of a different place of worship and list all the similarities and differences you can see.</p>
Physical Education	<p>Activity 1: This challenge sees you take on one of the most iconic sporting events in the world! See resource pack. You will be taking on the Tour De France which is 2200 miles long! The event usually takes 21 days but how long will it take you. The Tour is broken down into 21 stages so you will need to complete all of the stages in order to complete the course! Can you reach 2200 repetitions?and if so how quickly? Can you beat Mr B who completed the course in 7 days.</p>	<p>Activity 2: Can you create an epic sporting moment in your home? This can be anything from an epic 1 v 1 football match in your living room using a toilet roll as a football to using kitchen utensils to recreate an epic fencing battle. Watch this clip for examples of people creating Epic Sporting Moments at Home. https://www.youtube.com/watch?v=pfR6cOTMM-o Here is Mr Birkinshaw's attempt: https://www.youtube.com/watch?v=NLsPEmiqkiM</p>
	<p>Extension: Can you create your own fitness routine? Design your fitness routine and list down the muscles you are using.</p>	<p>Extension: Find the sporting moment you have chosen on youtube and explain why you chose that sporting moment when recreating it. What was your inspiration for your sporting moment?</p>

Project Based Learning	<p>Activity 1: Create a how-to guide for students starting secondary school on preparing themselves for the journey to school. You can present this in any way you like (examples might be Draw my life , Vlog , Video , Diary entry, poster, list of instruction or top tips) You should make sure you have evidence of:</p> <ul style="list-style-type: none"> • Planning your how to guide (sketches, mindmap of ideas) • Research on what students want to know about when making the first journey to school • Final how to guide (make it really interesting and useful) 	<p>Activity 2:</p> <p>Planning</p> <ol style="list-style-type: none"> 1. List your top 3 interests 2. Create a mind map giving the reasons why they are your top 3 interests (you can do them separately or join onto one mind map) <p>Research</p> <ol style="list-style-type: none"> 3. Using the information you have put on your mind map select the interest you have written the most about and find out 3 interesting facts that you didn't know. <p>Student choice</p> <ol style="list-style-type: none"> 4. Using all of this information put together a 'show and tell' product on the one interest you selected. This will be presented to your new class. A great an opportunity to get to know you better (use this list in your resource pack to help you come up with some ideas)
	<p>Extension: You could show evidence of any feedback you got from household members and how it reflected in your final how to guide.</p>	<p>Extension: Review and refine</p> <ul style="list-style-type: none"> • List 3 excellent points you are really proud of when completing your project • List 1 wish if you were to do the project again what would you do differently and why
German	<p>Activity 1: Find out about the German speaking world - Germany, Austria and Switzerland. Can you write a factfile on each country finding out about the following: Capital city, population, highest mountain, sports, food and drink</p>	<p>Activity 2: Germany is famous for many things - can you make a poster of all the German brands you can find out about? This could be fashion brands, food manufacturers, electrical companies, car manufacturers and more! Draw and label all the logos of the brands - make it bright and colourful! Which is your favourite German brand?</p>
	<p>Extension: How does Germany differ in the North to in the South? Could you compare the two areas? Could you draw a picture to show the contrast? What would you notice</p>	<p>Extension: Find out about a famous German, known for doing something positive which has changed the world. It could be someone from science, film, the car industry or sport. Write about</p>

	about each?	what they have done and why they have made such a fantastic difference to their industry.
Geography	Activity 1: Draw and label a volcano. Make sure you have labelled the following: Magma Chamber. Main Vent. Lava Flow. Crater. Ash Cloud	Activity 2: Create a model volcano. You can either do this as a paper pop up model or make a 3D model using the idea in your resource pack. Please make sure you ask permission from home before doing this. Remember to take a picture of your models - and if you are going to make it erupt then take a before and after shot.
	Extension: Research into the Eyjafjallajökull volcanic eruption in 2010 and write a short newspaper article on it. Include: When, where, and how it happened. Who it affected (which countries), how long it lasted, and at least 2 pictures of the eruption. Useful website: https://www.bbc.co.uk/bitesize/guides/zvnbkqt/revision/4	Extension: Make your volcano look like a real volcanic eruption. Pick a volcanic eruption that has happened in the past and design your volcano to look exactly like that. Make sure you include its surroundings!
History	Activity 1: Who is the most important person you know about in history? Think about what makes people important. Look at some historical people and tell us why they were important then tell us about the time periods you studied in the past.	Activity 2: What is the story of your street? Do some research on foot to tell us the story of your street. No computer needed!
	Extension: Imagine you are a lawyer and you are going to go to historical court. You have to prove to the panel of judges that the historical person you have chosen is important.	Extension: Do some research on the Bedfordshire Archives and Records Service website: Look for your street name or area of town on this website and add to the story of your street with events from the past http://bedsarchives.bedford.gov.uk/CommunityArchives/Bedford/BedfordStreetIndex.aspx

Design Technology	<p>Activity 1:</p> <ol style="list-style-type: none"> 1. Draw a bird's eye view of a room in your house. This means a view from above. You should show all the main furniture that is in the room. You can include small details if you want to but you don't need to. You should also pay careful attention to the shapes of the walls and doors in the room. 2. On a separate piece of paper, draw the room again but rearrange the furniture in a different way. How could you change things and what problems might you have? You could write these problems around the edge with arrows pointing to objects. 	<p>Activity 2:</p> <ol style="list-style-type: none"> 1. Using recycled cardboard from things like cereal packets or packing boxes create a model of a piece of furniture in your house. Your model needs to be freestanding. In this instance, any kind of tape can be used and it does not need to be hidden. Consider it invisible.
	<p>Extension: Use a tape measure to accurately add dimensions to your drawing. Look up on the internet at how dimensions are usually shown in these kinds of drawings.</p>	<p>Extension: Can you add an interesting design feature to your cardboard model to improve it? This could be something very simple or you could completely change the design. For example, if you make a model of your bed, you could add something that makes it more fun or useful like a dinosaur shaped headboard or a fold up tray to put your drink on.</p>
Music	<p>Activity 1: Me and My Music. Can you answer these questions:</p> <ol style="list-style-type: none"> 1. Do you listen to music a lot? 2. Who is your favourite band, artist, DJ, composer or MC? 3. What is your favourite song at the moment? 4. Do you play an instrument and if so, what is it and how long have you been playing it? 5. Would you like to learn to play an instrument at Biddenham and if so which one and, why? 6. Is there anything else that you would like your Music teacher to know about you and Music? 	<p>Activity 2: Quarantine Percussion</p> <p>Use household items to create your own drumming piece. Use your imagination to turn everyday items into drums and percussion. For example: Pots and pans for drums, saucepan lids for cymbals, wooden spoons for drum sticks. Watch the videos in the links below for inspiration. Drumming Link 1 Drumming Link 2</p>

	<p>Extension: Interview a member of your family about the music they enjoy. You could use the questions you answered on the worksheet. Choose from <u>one</u> of the following:</p> <ol style="list-style-type: none"> 1) Audio record the interview to create a podcast/radio show. OR 2) Video record the interview to create a vlog/TV show. OR 3) Write up your conversation either using a pen and paper or type using a computer/laptop/chromebook to create a magazine interview/blog. 	<p>Extension: Learn to play David Benningfield's Gotta Get Through This</p> <ul style="list-style-type: none"> • Watch <i>drumming link 3</i>. Use your household percussion to learn to play the drum beat. Just like in the video. Have fun! • Drumming Link 3: https://youtu.be/T3yF3Kb-S1o <p>Super Music Challenge:</p> <ul style="list-style-type: none"> • Watch <i>drumming link 4</i>, try to add the special bass line to your performance • Drumming Link 4: https://youtu.be/ZiK9qhEI-k
Drama	<p>Activity 1: Miming & Characterisation Choose from the following and practice your miming and characterisation skills. If possible you can take a picture or record yourself.</p> <p>Mime - A weather presenter, an angry car driver, someone winning a race or a pickpocket Character Walks - Walk or move like... a lion hunting their prey, a fashion model, a head teacher, a butterfly, a tourist in a new city, you've just won the lottery, an elderly person or an elephant.</p>	<p>Activity 2: A Brave New World Choose one from the following and create your own story. The character must be brave! Record, film or write your story.</p> <p>Characters – A mad professor, a mysterious newcomer, a tribe of Eskimos, a person from the past or the richest person in the world. Setting – An underground city, in the middle of nowhere, the lost island, unknown territory An object – this one is up to you to decide! What will happen – Find a new city, you escape, tracking someone/something down or find a magic key</p>
	<p>Extension: Choose one of the characters from the miming/character walks activity. OR Pick your favorite character from a book, movie or TV show. Create a diary entry about their day. You could include: where they are from, what they look like, their likes and dislikes and how they are feeling. You can write, voice record or film your diary entry.</p>	<p>Extension: Create an eye catching poster or book cover for your new story</p>

	<p>OR If you prefer, you could draw a picture of your character and add information about them around the picture.</p>	
Dance	<p>Activity 1: Using Music as a starting point</p> <ol style="list-style-type: none"> 1) Choose your favourite piece of music. 2) Write down the answers to these questions on a piece of paper for your scrapbook: What do you think the music is about or trying to communicate? How does this music make you feel? If there are lyrics are there any words that stand out to you? What is the genre? Are there any changes in the volume? Are there pauses? 3) Create a short 30 second solo Dance to your chosen music. Try to reflect your answers above in your Dance. You solo must include : jumps, turns, traveling actions, balances and floorwork. Make sure you have thought about your arms and legs in each of the actions you chose. 4) Record your solo (you could do this on a mobile phone) so you can upload to your e-I'm Awesome folder 	<p>Activity 2: Creating a Character</p> <ol style="list-style-type: none"> 1. Select at least one thing you like doing (could be a hobby/sport etc) and at least two emotions/ characteristics that you think are most associated with yourself (i.e confident & funny). Write these on a sheet of paper so these can go in your scrapbook. 2. Create at least 3 actions that communicate your hobby/something you enjoy. E.g. Football - pretending to kick a ball 3. Create at least 3 actions for each of the emotions and characteristics you have chosen. E.g. Happy - a big star jump 4. Link your actions together with transitions to make 'character' solos. 5. Record your solo (you could do this on a mobile phone) so you can upload to your e-I'm Awesome folder
	<p>Extension: Consider adding a change in dynamics - could you speed something up? Slow something down? Make an action sharp or soft? Consider the directions you are using - could you explore facing different directions through your solo? Have you used diagonals as well as forward, back, left and right for your traveling?</p>	<p>Extension: Developing your character.. Dynamics are how we perform the action: fast, slow, heavy, light, soft, sharp, strong, gentle..... Basically adjectives to describe the action. Add at least two dynamic qualities to your hobby actions and at least two dynamic qualities to your emotions/characteristics. Your choice of dynamics should help to communicate your hobby/emotions/characteristics even more clearly.</p>

Food	<p>Activity 1: research into healthy eating using www.foodafactoflife.org.uk. Make some notes showing your knowledge of healthy eating. Create a poster using your notes to advise your classmates on the importance of a healthy diet</p>	<p>Activity 2: Seasonality of foods In the UK there are four main seasons: winter, spring, summer and autumn which occur throughout the year. At these times, certain foods can be planted, grown and harvested. Use the internet to look at what is available now throughout the UK . Answer the questions below</p> <ul style="list-style-type: none"> • Why do we get different foods at different times of the year? • Can we get food which is not in season? • Can you give any examples? • Where does this food come from? • What are the benefits of consuming seasonal foods? <p>Create a poster (possibly based around a UK map) indicating what is available in the UK during one of the seasons.</p>
	<p>Extension: plan a meal for your best friends which follows the healthy eating guidelines. Create a menu card of this meal</p>	<p>Extension: Cook a dish with seasonal ingredients. Take a photograph of any dishes you make and put in your 'I'm Awesome' folder.</p>
Art	<p>Activity 1: Show off your creative side: Select either a picture of an animal and create a copy of your own version or print it off and cut in half and stick half onto paper then using your skills, finish off the other half. Alternatively, merge two animals together to create a new unique species. See examples in your resource pack.</p>	<p>Activity 2: Create a chatterbox of art that you like. Remember art can be anything and everything. From traditional art, colours, designs, fashion, product design, buildings, food, cartoons, game design, beauty, artists, mehndi. We want to learn about what inspires and interests you, so make sure it reflects your personal taste. See your resource pack for a chatterbox template.</p>
	<p>Extension: Add patterns, design, colour and tonal range to your piece</p>	<p>Extension: Create another chatterbox that you could share with your family about famous artists, the middle section could be a copy of a famous piece of art</p>

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Textiles	<p>Activity 1: Create your own paper weave after watching the video: https://www.youtube.com/watch?v=eX_E4qiecVE</p> <p>Use recycled paper from newspapers or magazines to create interesting patterns.</p>	<p>Activity 2: Recycling and upcycling is really important to reduce the harm we are doing to the planet. Choose an item of clothing you no longer wear or another textile item such as a fabric bag you no longer use. Create designs on a piece of paper to show how you could improve your item so it can be used again. E.g. add new buttons, patch or embroider holes, shorten sleeves or legs, add tassels, turn it into something new - a dress to a skirt, a skirt to a top, trousers to shorts etc.</p>
	<p>Extension: Experiment with different recycled materials to create your own weave e.g. paper straws, old ribbon, plastic bags cut into strips, strips of old fabric - you could plait them first, biscuit or crisp wrappers cut up. You could use thick card from delivery boxes or cereal boxes as a base.</p>	<p>Extension: With your parents' permission take an old unused textile item and put your ideas into practice. Take a photo of the finished piece. If you would like ideas and inspiration you can watch The Great British Sewing Bee on the BBC to see how they redesign clothes to create something new.</p>