

Challenges

Each week, ENL UTC challenge you to complete at least one of the four challenges. Submit your score via the Forms link that will be sent out and winners will be announced the following week.

The challenges are for staff and students and are designed to keep you happy and healthy during Lockdown.

Disclaimer: fitness activities should only be completed if you are well enough to do so. Ensure you warm up sufficiently for your body and wear suitable clothing. Activities can be scaled back to support your needs. Do not attempt movements if you cannot complete them safely or without injury.

-  Engineering UTC
-  Northern
-  Lincolnshire

WC 18-1

Challenge 1: Physical Fitness

Plank Attack!

Spent Christmas laying on the sofa? Try the PLANK CHALLENGE.

What is the longest amount of time you can plank for without breaking!

Challenge 2: Logic

Moon Landing

You are stuck on the moon and need to get back to the mother ship. Rank the objects you have in order of importance. All of the information is in the link: <https://www.enlutc.co.uk/moon-landing/>

Challenge 3: Reading

Start a new book. This could be one you bought, borrowed or received recently, or go here to read something new online:

[Barnes and Noble Free YA E-Books](#)
[Simon and Schuster Free YA E-Books](#)

Challenge 4: Just for Fun!

The challenge is to create a digital poster to be displayed across the Humber region to promote the understanding of 'phishing'.

Entries can be made on Word, Paint or PowerPoint.

- To view the full video from Alistair Kennedy please follow the link here - <https://youtu.be/aZuQ5zHaDI4>
 - Please send your entries back to Jen

To view our full 'Staying Safe Online' virtual talk, recorded in June 2020, please follow the link here -

<https://www.enlutc.co.uk/staying-safe-online/>

WC 25-1

Challenge 1: Physical Fitness

Sit Down and Squat

How many squats can you complete on a 2 minute timer?

Challenge 2: Logic

There was a robbery in which a lot of goods were stolen. The robber(s) left in a truck. It is known that : (1) Nobody else could have been involved other than A, B and C. (2) C never commits a crime without A's participation. (3) B does not know how to drive. So, is A innocent or guilty?

Challenge 3: Reading

Read this week's edition of *First News* – a weekly newspaper for students. Last week had a teacher from Grimsby on the cover, so it must be good ;) and it's free to read during Lockdown.

[First News - Read on-line](#)

Challenge 4: Just for Fun!

Grow a Carrot Top!

You will need the following:

- Carrot top (needs to have some root growth remaining on the top)
- Shallow dish or saucer
- Cotton wool balls

What to do

All you need to do is add a layer of cotton wool balls to the dish and place the carrot top on top. Add enough water to the cotton balls so that they are damp but not flooded with water, then place your dish in a sunny spot like a windowsill. Make sure to check that your cotton balls stay damp throughout your growing period. It will take a little while to get going, but once your carrot top starts it will grow quite quickly. If you catch the veggie-growing bug, leeks, spring onions and garlic can all be easily regrown from leftovers.

WC 1-2

Challenge 1: Physical Fitness

How low can you go?

Lower yourself to the bottom of the squat movement, ensuring your chest is up. What is the longest you can stay in this position without breaking it?

Challenge 2: Logic

You are in a room that has three switches and a closed door. The switches control three light bulbs on the other side of the door. Once you open the door, you may never touch the switches again. How can you definitively tell which switch is connected to each of the light bulbs?

Challenge 3: Reading

How are you getting on with that book you started in Week 1? **Struggling to motivate yourself?** Could you schedule 20 minutes a day to get it read? **Finished it already?** Send Kate the title and author and why you liked it, and she'll promote the book on our channel.

Challenge 4: Just for Fun!

Bake some Cookies

Let's see how good you are at following a recipe and bake some choc chip cookies!
Look out for the recipe and cook-a-long video by Zoe

WC 8-2

Challenge 1: Physical Fitness

Lightning Speed

Time yourself running or walking 1km
Fastest time wins.

Challenge 2: Logic

What makes this number unique: 8,549,176,320?

Challenge 3: Reading

Join Goodreads and log your reading.
[Goodreads](#) has its own target-setting programme where you can set a reading goal for yourself.
Share your success on our Team channel.

Challenge 4: Just for Fun!

WC 15-2

Challenge 1: Physical Fitness

Excuse You!

Complete 30 FULL burpees

(<https://www.youtube.com/watch?v=TU8QYVW0gDU>)

Quickest time wins.

If you need to, complete half burpees, but indicate this in your score. If a burpee is too challenging, complete star jumps instead.

Challenge 2: Logic

The water level in a reservoir is low, but doubles every day. It takes 60 days to fill the reservoir. How long does it take for the reservoir to become half full?

Challenge 3: Reading

Finished that book yet? It's been five weeks – you might have finished more than one!

Write a book review and send it in.

Not sure how? Try this guide:

[How to Write a Book Review](#)

Challenge 4: Just for Fun!

Cook a Spag Bol!

Let's see how good you are at following a recipe and learn to cook your own yummy spaghetti bolognaise from scratch.

Look out for the recipe and cook-a-long video by Zoe