

25 February 2021

Dear Parents & Students

Co-Curricular, Music & Sport Challenges w/c 1st March

I hope that you are all excited and looking forward to the return to school, it will be great to see you all again.

The response to the Co-Curricular, Music & Sport challenges has been phenomenal. The submissions from students across the varying challenges have shown incredible effort and creativity by the boys. I am also continually grateful to parents for your support.

We are all very much looking forward to seeing how you get on with this week's challenges. Details follow below so make sure you read through in full and most importantly have fun!

Co-Curricular Department – Ping Pong Pot & Pan Challenge

Bounce a ping pong ball off 3 or more pots and/or pans consecutively then into a cup/mug.

Begin with just two pots/pans. Practice bouncing the ball off each one then into the cup. As you learn about angles and make necessary adjustments, you'll begin to experience some success. Then introduce another pot/pan/object. This challenge will test your patience!

A few examples can be found here;

- <https://youtu.be/2xcrMT5BfrI>
- <https://youtu.be/Zyx-GTSJYdk>

Please upload your entry to a cloud-based platform (e.g. your school OneDrive and change sharing settings, YouTube etc) and send to dec@rgshw.com **by end of Sunday 7th March.**

Sport Department - Skipping Battle

You will need a skipping rope or a length of thin rope.

You can make as many attempts as you like but only submit one score. You have to complete as many consecutive, two-footed skips without stopping or pausing. If you stop then your score starts at zero when you start again. The highest number of consecutive skips wins, and all skips will be added up and added to the House competition.

Ask a parent/guardian to witness your best effort and email sportsadmin@rgshw.com, with your Name, Year group, House and score **by end of Sunday 7th March.**

Good luck and happy skipping!

Music Department – Improvisation on a Chord Sequence

You can choose one of 4 given chord sequences (shown here in C or Cm, but unless otherwise stated, can be transposed into any other key). The higher the level, the more kudos will be given.

- Level 1: C – G – Am – F (<https://youtu.be/FvLrG9iu17E>)
- Level 2: 12 bar blues in any key EXCEPT C or A (we do not want any Year 8 material regurgitated!)
- Level 3: F – C6 – Dm (see <https://youtu.be/MW7w6KgSCyY> for an example)
- Level 4: Cm – Bb – Eb – Ab (<https://youtu.be/kapiLWbcxGc> for an example)

Any style is OK, GarageBand is your friend for this challenge – unless you are a guitarist in your own right, feel free to use the SmartGuitar option to nail these chords down. Be adventurous! You can add as many tracks to your GarageBand project as you like...but be careful not to overdo things.

- Entries need to be from 1 to 3 minutes long
- Export your entry to an MP3 or WAV file format, unless you're uploading to a click-and-play platform such as YouTube
- We will rank Junior and Senior entries separately

Please send your reviews to RGSmusic@rgshw.com **by end of Sunday 7th March** and make sure to tell us which level you went for.

Keep it up, your work and effort has been amazing to see. Mr Clatworthy, Mr Mullaly and I are here to support; please do let us know if you have questions.

Yours sincerely

D Pettifer

Director of Sport