

# TRAILBLAZER

Finding your feet outside the classroom!  
Summer 8 2020

Hello,

This week, Teresa in our team has been challenged to grow a sunflower. Have you planted anything during lockdown? You can plant seeds in pretty much anything! We'd love to see some of your ideas!

Take care,

The Hampshire Outdoors Team

## Lifecycle of a strawberry?

Have you ever looked really closely at a plant as it grows? Look at the picture and see the process the strawberry goes through. Why don't you plant some seeds and watch them grow - can you identify parts of the lifecycle.



## Textures in Nature

Cut a shape out of cardboard that you can use as a viewer.

Take your viewer and see what you can find that has an interesting texture or colours.



## Eggshells?



Next time you eat an egg, why don't you keep the shell and plant some seeds. All you need is some soil and a few seeds. Keep your soil damp and your seeds will sprout. When they start to grow you can plant it all in the ground - shell and all.



**Hampshire  
Outdoors**  
Skills & Participation

[www.hants.gov.uk/hampshireoutdoors](http://www.hants.gov.uk/hampshireoutdoors)

## PE at home!

During the month of May, School Games Organisers (SGO's) across Hampshire produced 'Sports Mark May', a range of sport specific daily physical challenges for students to compete in. Portsmouth FC player Brandon Haunstrup, GB Paralympian Aaron Phipps and former England Netball player Tamsin Greenway, to name a few of the elite athletes, came out in show of support, providing video tutorials for students to follow.

### The HSG Daily Challenge is an easy to use resource for schools, as well as parents and students at home.

If you wish to join the movement, then it's not too late! Here is a schedule of weekly themes for the remainder of the academic year. Students have also been tasked with creating their own challenges using this template! Design entries need to be returned by Friday 19th June, and some may even be selected to be used for future challenges! For more information on how to get involved you can visit the Energise Me website, or access any of the social media platforms below:

[www.energiseme.org/news/hampshire-school-games-mark-may/](http://www.energiseme.org/news/hampshire-school-games-mark-may/)

HAMPSHIRE SCHOOL GAMES VIRTUAL DAILY CHALLENGES: SUMMER TERM	
Week Beginning:	Theme:
1 June 2020	Personal Skills Challenge
8 June 2020	Creative Skills Challenge
15 June 2020	Cognitive Skills Challenge
22 June 2020	National Schools Sport Week - Sports Day Challenge
29 June 2020	Olympic Inspired Challenge
6 July 2020	Well Being Inspired Challenge
13 July 2020	Most Popular Challenges

Well Being Dance Challenge released 15 June Entries by 3 July

## Stubbington Study Cente

### Homemade Birdfeeder

Things you will need:

- Water bottle
- Long elastic band or string
- Pencils or some twigs that are similar sized!
- Scissors
- Bird seed (ask a grown up) or try to find some seeds/nuts in your kitchen.



**Step 1** - Carefully cut some holes on each side of the bottle, enough for the pencils and medium sized holes or flaps for the birds to get to the food, but not too big! Ask an adult if you need some help with the scissors!

**Step 2** - Insert the pencils/sticks so they pass through the bottle and have enough poking out of each side for your visitors to perch on!

**Step 3** - Attach the elastic band or string by looping it around the highest pencil or tie the string around it.

**Step 4** - Fill with yummy bird food.



## Sunflower Diary



Last week a pot with 2 sunflower seedlings appeared on my doorstep with a challenge to see how tall I could grow them. I am not very good at keeping plants growing so this is a big challenge. So far they are 30cm tall, living on the very sunny living room windowsill. Once they are a bit stronger they will be transferred to a sunny spot in the garden.

**Do you have any top tips to grow a tall sunflower?**

Why not send us your ideas or images of the amazing things you've been up to!  
Email us at [outdoor.education@hants.gov.uk](mailto:outdoor.education@hants.gov.uk)