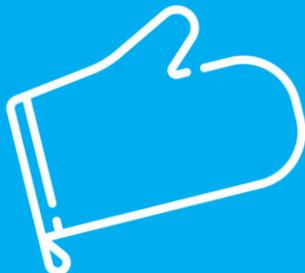


HOME POOLING

LESSON EIGHT HOME STUDIES





WELCOME TO THE EIGHTH LESSON OF OUR NEW HOME POOLING CLASSES

Welcome to the eighth of our new Home Pooling challenges! Each week, we will be releasing two challenges across a variety of subjects for parents and carers to work through with their children at home – with a British Swimming twist to each one.

Once your child/children have completed the relevant tasks, submit their work over social media by tagging @BritishSwimming using the hashtag #HomePooling – and one lucky child from each task will receive a personalised video message from one of our swimming, para-swimming or diving stars.

Good luck and have fun!

TASK –BUTTERFLY CAKE BAKING

For this task we want to get you baking, and what better to be inspired by than the flying motion of a certain swimming stroke!

The butterfly is renowned as one of the more difficult swimming styles to master as it requires good technique as well as strong muscles – luckily however these cakes are quick and easy and great for a party.

Please do however make sure there's a responsible adult supervising when using the oven and handling anything that could be hot or sharp!



DID YOU KNOW? THE BUTTERFLY ORIGINATED AS A VARIANT ON THE BREASTSTROKE TECHNIQUE BEFORE FIRST APPEARING AT THE 1956 MELBOURNE OLYMPICS AS ITS OWN COMPETITION.

INGREDIENTS

- 100g soft margarine
- 100g caster sugar
- 2 eggs
- 100g self-raising flour
- 1 tsp baking powder

FOR THE ICING

- 175g softened butter
- 350g icing sugar



METHOD

- Pre heat your oven to 200c and set aside 18 paper cake cases in a bun tin.
- Measure all the cake ingredients into a large bowl a mix well for 2-3 minutes or until the mixture is smooth.
- Half fill each of the paper cases with the mixture and place in the oven to bake for around 15-20 minutes so that the cakes are well risen and golden brown.
- Carefully lift the cakes out of the bun tin (it'll be hot!) and let them cool on a wire rack.
- To make the icing, simply beat the icing sugar and butter together until well blended.
- Next cut a slice from the top of your cakes and cut these slices in half.
- Pipe a small swirl of the butter cream icing into the centre of each cake and place the half slices into the centre of each cake to resemble the butterfly wings.
- Dust with a little icing sugar to finish and enjoy!

TOP TIP: IF YOU DON'T HAVE PIPING TOOLS FOR ICING, SPOON ON CAREFULLY AND CREATE A LITTLE SWIRL USING THE END OF A FORK