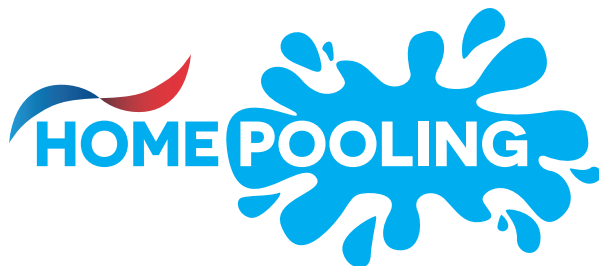


# HOME POOLING

## 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