Home working – Year 7

This work is designed to last for week commencing Monday 18th May 2020

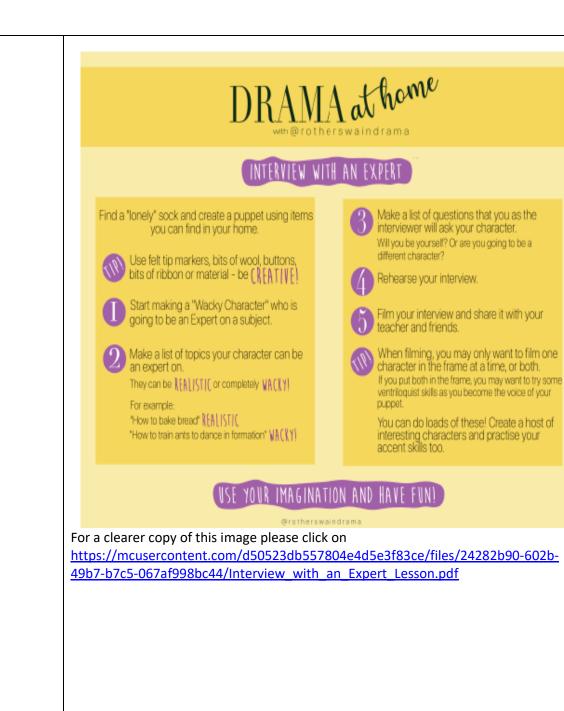
Art, food, textiles and media have 4 weeks' worth because some pupils will be at different stages of a rotation.

Subject	We recommend starting here	Additional work (for some subjects)	
Art	If we were in school right now and you would have rotated to another one of these subjects:	Week 1	
	Food, textiles, art, media, please can you now pick one or more of these subjects you have	Visual Element in Art:	
	not completed work for and find the subject on this document. If you are unclear about any	https://www.bbc.co.uk/bitesize/topics/z9kmhyc	
	of this, please email csmith@barrbeaconschool.co.uk.	Access the BBC link above and read through the various	
	Please also check your Microsoft Teams files as there are resources that have been	Visual Elements in Art.	
	uploaded.	Task 1 Create a poster on the Visual Elements Line and	
		Tone. Try to include key vocabulary and images. Also try to	
	Zentangle project	practice the technique.	
	Zentagle is a type of art that helps you exercise your creativity while also helping you	Task 2 Create a poster on the Visual Elements Shape and	
	relax and take care of your mental health. It is based on splitting images into sections	Pattern. Try to include key vocabulary and images. Also try	
	and filling these with various repeating patterns. In this project you will be exploring	to practice the technique	
	the visual elements line, shape, tone and pattern.		
	Week 3	Week 2	
	• These artists founded the zentagle movement. Write a short biography of	Activity - Find an object that is part of your identity	
		(hairbrush, games console, etc) and observe and draw.	
	each artist, select your hat materials have been used?	Follow the steps below when completing the task: 1.	
	What can you see in the artwork favourite artwork from each artist and	Complete the outline - Use a pencil to lightly draw the	
	describe the art:	outline of your object	
	• W?	• Scale (think about the size of the object. Which part is the biggest)	
	Which visual elements have been used?	Proportion (look at the different parts of the object, do	
	 What type of lines have they used? 	they look in scale to one another)	
	Have they used organic or geometric shape or a mixture of	2. Add Internal lines - Use your pencil to add any lines	
		you can see inside your outlines	
	 Why do you think the artist made the artwork? 	• Proportion (make sure you put the lines in the right	
	 What do you think about the artwork? 	places and double check)	
	 What do you like/dislike about it? 	3. Add shading - Use your pencil to add tone to your	
	 How does it make you feel? 	drawing If you finish your drawing and can take a picture,	
	These websites are a good place to start your research:	upload it to Microsoft Teams so we can all see your	
	https://mymodernmet.com/zentangle-art/	amazing artwork!	
	https://zentangle.com/pages/how-did-zentangle-begin	• Tone (add light, middle and dark shading inside you	
	Task 2: Creating zentagle patterns	outlines)	

	Practice different zentangle patterns. Below are some ideas for inspiration:	• Gradient (make sure you blend your tones from light to dark by thinking about the pressure of your pencil on the paper)
Computing	Unit 5: Components https://www.bbc.co.uk/bitesize/guides/zqg9q6f/revision/1 https://www.bbc.co.uk/bitesize/guides/zqg9q6f/revision/2 Topics to look at- • Digital devices • Software • CPU • Networks Revise and complete Tests	Extension: make a list of all key terms for each unit we have looked at this year in Computer Science.

	Lesson 3: Hardware and Software	
	Define Hardware.	
	Define Software.	
	Draw a mindmap and give examples of hardware.	
	Draw a mind map and give examples of software	
	 Look at the following and add these to the mindmap for software: Operating systems Application systems- break down application software further into: 	
	entertainment, communication, productivity.	
	HELP - https://www.bbc.co.uk/bitesize/guides/z7qqmsg/revision/1	
Dance	MUSICALS!	Try singing along once you know the dance. This will help to
	If you were in school, dance and drama would have now rotated. However, I know	improve your stamina.
	that some of you have been completing the dance work when you were originally on	
	drama. So let's take a look at how to perform musical theatre dances.	l gotta
		Get my, get my head in the game
	https://www.youtube.com/watch?v=H_LQeYUHm4M	You gotta
		Get'cha, get'cha, get'cha, get'cha head in the game
	*Only use a basketball if it is safe to do so and you have permission from your	l gotta
	parent/carer*	Get my, get my head in the game
		You gotta
	Using the first section of the video only (up to 5:23), learn the steps and gestures of the first chorus.	Get'cha, get'cha, get'cha, get'cha head in the game Come on
		Get my, get my head in the game
	Aim to match the dancers' bodies and leg positions as accurately as you can. It's a mirrored tutorial to help master the directional changes whilst learning!	You gotta Get'cha, get'cha, get'cha, get'cha head in the game I gotta
	Listen to the counts to help you to understand that timing of the music. Practise it	Get my, get my head in the game
	slowly then build up the speed for each part to gain confidence in your performance.	You gotta
		Get'cha, get'cha, get'cha, get'cha head in the game
Drama	If you were in school, you would have by now rotated to Dance or back to Drama.	
		Task 1 instructions: This task is focusing on improving interviewskills and uses a bit of art and craft to develop a puppet of your own.

As many of you have been completing both subjects at the same time, Drama will By completing this lesson, you will also be improving your speaking continue to plan and deliver new creative tasks fortnightly. So far projects have been and listening skills. If you are brave enough, have a go at doing ventriloquism. brilliant, and I love seeing your creative ideas! As you are developing your puppet think about characterisation. Previous projects have been. What accents would you use? Does your puppet have any phrases 1- To create a set for Romeo and Juliet that they like to say or mannerisms that they like to do? Research on 2- To develop a Radio commercial for a new invention/ Romeo and Juliet advert the internet what ventriloguism is and see how the performer distracts the audience by keeping the focus on the puppet. You can Update: If you have not already completed your model set for Romeo and Juliet or use your mirror to practise and perform to family or friends via completed your radio commercial please see the previous weeks lessons (at the Teams. bottom of the Working From Home page http://barrbeaconschool.co.uk/working-at-Your character should be an expert on a topic of your choice. home/) or look at Teams for further information. Great topics for your interview could be... Project 3 Wacky Topics Lesson focus: To create an interview with an expert- USING PUPPETRY! How to make a smelly cheese. BOTH TASKS TO BE COMPLETED IN TWO WEEKS. How to juggle making Jelly Scroll down to follow the instructions. How to create the perfect flea circus **Realistic Topics** How to make a fruit salad Creating the perfect pizza Knitting for beginners This can be a comedy or serious, and you can make up your own topics so how you create this is totally up to you! Task 2 Instructions: Once you have completed your puppet expert interview, have a go at thinking of the characters in the play Romeo and Juliet. Create a puppet based on one of these characters. 1- Romeo 2-Juliet 3- Mercutio 4- Tvbalt 5- Friar Lawrence



Basing your ideas on what you have learned about the play, see if you could create an interview **hot seating** one of these characters about their characters' involvement in the story.

Research a little about past productions of the play and include some of this information if you can. Watch how the professional actors portray the characters and look at what their characters wear.

Clips of the RSC version of the play can be found here.

https://www.youtube.com/watch?v=YY85VwSHFmA

Extension: If you are unable to complete a puppet on Romeo and Juliet watch a live performance of any Drama on You Tube and use a character from that instead.

To help please look at the link below for some of Andrew Lloyd Webbers' musicals on #TheShowsMustGoOn

https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag

Or watch live stream Shakespeare from the Globe! This week it's Macbeth.

https://www.youtube.com/channel/UCwN-jwNNNQN-8sfKG-qg8uA

Remember your work can be shared to Mrs Wibberley through Teams or by email.

Have fun!

Choose one or more of these books: New Boy by Tracy Chevalier Vinegar Girl by Anne Taylor Looking For Alaska by John Green Uglies by Scott Westerfeld Stone Cold by Robert Swindells Northern Lights by Philip Pullman The Hunger Games trilogy by Suzanne Collins Pig Heart Boy by Malorie Blackman Noughts and Crosses by Malorie Blackman Oliver Twist by Charles Dickens Alice in Wonderland by Lewis Carroll	 Complete the autobiography booklet. This is meant to be completed over a six-week period but feel free to complete the tasks sooner. Complete the story writing booklet – be as imaginative as possible to write what or however many stories you want! If you need any help or would like your teacher to check your work feel free to email them! Additional:
New Boy by Tracy Chevalier Vinegar Girl by Anne Taylor Looking For Alaska by John Green Uglies by Scott Westerfeld Stone Cold by Robert Swindells Northern Lights by Philip Pullman The Hunger Games trilogy by Suzanne Collins Pig Heart Boy by Malorie Blackman Noughts and Crosses by Malorie Blackman Oliver Twist by Charles Dickens	 completed over a six-week period but feel free to complete the tasks sooner. 2. Complete the story writing booklet – be as imaginative as possible to write what or however many stories you want If you need any help or would like your teacher to check your work feel free to email them!
 Week commencing 18th May - You will be using the following booklets 4. Creative Writing Booklet 5. Skellig Full Text 5. Skellig Workbook Any tasks that you have not completed in previous weeks, please complete them first and then continue with the work outlined below. Lesson 1: Skellig Text and Workbook: Complete page 5 'Chapter 1-6 Comprehension questions' in full sentences. Go through Chapters 1 and find quotations that engage the reader. Find a minimum of 3 quotations, if you find more, feel free to write them down. Explode the quotations - Which key words engage the reader? Why do they engage the reader? How does it make the reader feel? Make sure that your quotes are annotated in detail as this will help you with the next task! Use the BBC Bitesize: 'How to investigate language in fiction texts' to help you - https://www.bbc.co.uk/bitesize/topics/zfdh8xs/articles/z6w4xyc 	 Netflix watchlist: Dickensian (adaptations of Dickens's writings) Anne with an E (adaptation of L.M. Montgomery's 'Anne of Green Gables' (Book Adaptation) Emma (adaptation of 'Emma' by Jane Austen) Pride and Prejudice (adaption of 'Pride and Prejudice' by Jane Austen) Sense and Sensibility (adaption of 'Sense and Sensibility' I Jane Austen) Arrietty (anime adaption of 'The Borrowers' by Mary Norton) The Hobbit (adaptation of 'The Hobbit' by J.R.R. Tolkien) The Perks of Being a Wallflower (adapted from the novel Stephen Chomsky) Mary Shelley (a biopic of the author of 'Frankenstein') The Great Gatsby* (adapted from the novel by F. Scott Fitzgerald) The Sun is also a Star (Adaptation by Nicola Yoon) To All the Boys I've Loved Before (Adaptation of book by Jenny Han)

	1.	Watch BBC Bitesize:
	٠	'How to use evidence from a text' -
		https://www.bbc.co.uk/bitesize/topics/zfdh8xs/articles/zdq8hbk
	2.	Write 3 paragraphs answer the following question: How does David Almond engage
		the reader in Chapter 1 of Skellig?
	3.	Make sure you follow the structure provided. All the questions need to be included in
		one paragraph.
	4.	Read through your own work and self-assess by doing the following:
	•	Highlight and annotate where you have included a point that links to the question.
	•	Highlight and annotate where you have included a quote (evidence) that links to the
		question.
	•	Highlight and annotate where you have included a technique and included what it is called.
	•	Highlight and annotate where you have included your explanation on how your
		quotation engages the reader? Have you linked back to the question?
	•	Highlight and annotate where you have included the effect on the reader.
	•	Write down what you feel you have done well in your paragraphs, and write down
		what you need to improve next time - which colour isn't highlighted very much? That
		will help you see which skill you need to improve on.
	Lesson 1.	3: Watch BBC Bitesize:
	'Creativ	e and narrative writing' - https://www.bbc.co.uk/bitesize/guides/zwjsyrd/revision/1
	2. •	 4. Creative Writing Booklet: Select one of the 19 images that shown in the booklet (select one you have not done before). This lesson you will plana piece of creative writing using the image as inspiration. You can build a story around the image, just making sure your story links in some way. Annotate around the image provided in the booklet. Use the questions below to help you: What do you see? (Use your better words to help you describe) What do you think you could hear if you were there?
ļ	•	What could you smell?
	•	What could you touch?
	•	What devices (in the box labelled 'Toolkit') could you use to help describe the image?
	•	Think about a story behind the image - What is going to happen? Who is involved?
		Why has this happened?
- *		

- A Christmas Carol: <u>https://www.bbc.co.uk/iplayer/episodes/m000csdp/a-</u> christmas-carol
- Novels That Shaped Our World (contains some strong language):

https://www.bbc.co.uk/iplayer/episode/m000b8mf/novelsthat-shaped-our-world-series-1-1-a-womans-place(contains some strong language)

Other:

- Watch theatre productions online: <u>https://www.whatsonstage.com/london-</u> <u>theatre/news/stage-shows-musicals-opera-free- stream-</u> <u>online_51198.html</u>
- Project Gutenberg offers free Ebooks of classic literature
- <u>https://www.gutenberg.org/browse/scores/top</u>
- Free audiobooks available here
 <u>http://www.openculture.com/freeaudiobooks</u>
- Creative writing prompts available here
 <u>http://www.pobble365.com/</u>
- <u>https://www.rsc.org.uk/education/live-lessons</u> Live Lessons by the Royal Shakespeare Company

Homework over half term:

- Choose another literature monster/creature that you have read before. How does the author describe the creature/monster? How does this creature's description differ to the creature in the garage? Write your answer into analytical paragraphs.
- Read Chapters 6 10 of Skellig. If you finished these chapters, feel free to read on!

	 Plan your story - what are you going to write in each paragraph? An example is below: Paragraph 1 - Describing the weather - the moon shone brightly through the devilish clouds. Lesson 4: Complete your plan of your story - what are you going to write in each paragraph Once you have a clear plan completed, start writing your piece of descriptive writing inspired by the image in the booklet. 	
	If you need any help or would like your teacher to check your work – feel free to email them!	
Food	If we were in school right now and you would have rotated to another one of these subjects: Food, textiles, art, media, please can you now pick one or more of these subjects you have not completed work for and find the subject on this document. If you are unclear about any of this, please email <u>csmith@barrbeaconschool.co.uk</u> . Please also check your Microsoft Teams files as there are resources that have been uploaded.	Watch: Food on the brain <u>https://www.youtube.com/watch?v=f78L_quecfM</u> Netflix: Theatre of Life (2016) - This documentary follows chef Massimo Bottura as he opens a soup kitchen to cook gourmet meals for the needy from food waste at the 2015 Milan Expo.
	Week 1 Health and Safety in food production: Watch the video and identify key safety points when undertaking food practical work <u>https://www.bbc.co.uk/bitesize/clips/zxfqxnb</u>	Additional worksheets: <u>https://matrixacademytrust-</u> <u>my.sharepoint.com/:f:/g/personal/revision_matrixacademytr</u> <u>ust_co_uk/EniLDHW7c1pNtfvZnWGwhCQBOf9mIQR97M_7w1</u>
	Week 2 How cola is produced: Watch the video and make detailed notes on the process involved in making cola <u>https://www.bbc.co.uk/bitesize/clips/z8sjmp3</u>	z5fVgl0A?e=8Yhk2m Where necessary use the PowerPoint to help you complete the worksheets Complete the Eco systems worksheet in number order The other worksheets can be completed in any order
	Week 3 Video: Watch an episode of MasterChef and identify 3 foods they use that you are unfamiliar with. Use the internet or books to research what these foods are and their origins.	
	Week 4 Restaurant review: Use the following website as a guide to help you in writing a review of a restaurant you once visited. <u>https://www.grammarly.com/blog/how-to-write-a-restaurant-review/</u>	

French	 Week 7: w/c 18th May This week Year 7 we want you to take a break from the normal MFL activities and have a bit of fun. We also want you to learn about the culture of the language you are studying. We have come up with 9 challenges for you to complete during this week and over half term if you want to. You should download the challenges and instructions from the resources part of the school website. Your teachers might have also uploaded them on Teams. As there is a competition element to this week's work, you will need to send proof to your MFL teachers via their email (aholmes@barrbeaconschool.co.uk, hmcgoldrick@barrbeaconschool.co.uk, sbey@barrbeaconschool.co.uk) *Important* - You should post any of your work to Teams but email it directly to your teachers. Any photos posted to Teams will be deleted. Good Luck! 	Year 7 Learning pack French to complete (in All Resources folder on Working At Home website)
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Geography Year 7

Create a mood board for your dream holiday. Imagine you can go wherever you want once lockdown ends.



You must include:

Description of the location of your destination. Include a map of where the place is.

Research how much your flights/ transport will cost. How long will the flight be/drive be to your destination? When are you going to visit? Why that time of year? Do you need to consider any weather issues?

Where are you going to stay? How much will it cost you? Will you stay bed and breakfast or half board (breakfast and dinner) or all inclusive? What will you see when you are there? Include at least 5 sightseeing activities you will undertake in an itinerary.

How much will each of the sightseeing activities cost you?

There are loads of brilliant Geographical programs on Netflix. You can also find lots of brilliant programs on BBC iPlayer and other catch up channels.

BBC iPlayer has a whole section on Science and Nature. Here are my top picks.

- Seven Worlds One Planet (looks at the different continents)
- Climate Change The Facts
- Coast
- Equator
- Expedition Volcano

	What is the total cost of your trip? Write a 500 word "blurb" for your holiday. Why do you want to travel there? Tell us some fun facts about the place. Explain how this place might compare to other places you have visited. There will be a video produced after half term to help you with this.	
German	Week 7: w/c 18th May This week Year 7 we want you to take a break from the normal MFL activities and have a bit of fun. We also want you to learn about the culture of the language you are studying. We have come up with 9 challenges for you to complete during this week and over half term if you want to. You should download the challenges and instructions from the resources part of the school website. Your teachers might have also uploaded them on Teams. As there is a competition element to this week's work, you will need to send proof to your MFL teachers via their email (meszrenyi@barrbeaconschool.co.uk, jbrazier@barrbeaconschool.co.uk, avryaparj@barrbeaconschool.co.uk) *Important* - You should not post any of your work to Teams but email it directly to your teachers. Any photos posted to Teams will be deleted. Good Luck!	Once you have finished all of these activities: Research a town in Germany, for example Köln, Berlin, Stuttgart or Hamburg. Create a brochure on what you find in German.
History	For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/	If this is completed then please choose additional topics to research from the extended learning document. If age appropriate

Week beginning 18/05/2020	Write a film review on any of the following historical
	representations.
To commemorate the anniversary of VE Day on 8 th May there is a pack of work on the	
History resources area for you to work through including videos, tasks and lots of	Dunkirk. Netflix
interesting information on this topic. Please have a go at the activities and then send	Boy in the Striped Pyjamas.
any work to your teacher. In addition if you would like to create some artwork, a	The Horrible History Movie. Amazon Prime.
poem or another piece of work commemorating this anniversary please do so and	War Horse.
send a picture to your History teacher.	The Darkest Hour. Netflix.
	The Book Thief.
	List of Documentaries on BBC iPlayer.
	Suffragettes by Lucy Worsley
	Back in time for the corner shop.
	England's forgotten queens.
	Take the BBC Bitesize
	quiz!https://www.bbc.co.uk/bitesize/guides/zwbj6sg/test
	Create a knowledge organiser and 20 question and answer
	quiz of life in the Tudor and Stuart Times. Watch Horrible
	Histories. 'Terrible Tudors' and 'Slimy Stuarts,' clips as a
	supporting source for your project.
	Take the BBC Bitesize quiz!
	https://www.bbc.co.uk/bitesize/guides/zf7fr82/test Compare
	what you have learnt about the British Empire to another
	Empire of your choice. For example, the Roman Empire or
	Medieval Islamic World. Create an information page on your
	chosen Empire so you can teach it to someone else. Ensure
	there are at least 5-10 key pieces of information. You make
	use diagrams and sources to illustrate your points. Watch the
	9 class clips about the British Empire and create a film review
	of what you have learnt about this topic.
	https://www.bbc.co.uk/bitesize/topics/zsnp34j/resources/1
	BBC production of 'Victoria.'

		BBC Bitesize clip KS3 on the French Revolution.
		https://www.bbc.co.uk/bitesize/topics/zw8k7ty/resources/1
		Now research another Revolution of your choice in History.
		For example, the Industrial Revolution or the American
		Revolution. Write a summary of 10-20 learning points about
		your chosen Revolution.
Maths	For previous weeks' work (which leads into these activities) scroll to the bottom of	Use websites such as <u>https://corbettmaths.com/</u>
	http://barrbeaconschool.co.uk/working-at-home/	https://www.mathsgenie.co.uk/gcse.html_to work through
		topics with GCSE style questions
	There will be a mathswatch test each week to complete based on work completed	
	this year – these are timed so make sure you have gone through the topics prior to	Complete challenge puzzles and UKMT maths challenge
	completing the test.	material found on the website.
	Complete the follow up intervention work, these include videos and helpful hints for	
	the topics from each of the previous tests set on mathswatch.	Oak Learning Instructions – Online Lessons
	There is a selection of new investigations to attempt which can be found on the	1. Go on www.thenational.academy
	website.	2. Click on online classroom
	Every Monday, there will be a BBC bitesize document which will detail what topics are	3. Press subject and pick the appropriate year group
ł	being covered in the Daily lessons of BBC bitesize. These are recap topics from work	4. Pick maths (there are also loads of different subjects on this
	we have completed this year.	website)
		5. Start the lesson you would like to do - then follow the on
	Ongoing	screen instructions.
	Use mathswatch to review topics which have been covered this year, you may find it	Please note - more lessons will be added each week.
	useful to use the curriculum map on the website to see what has been covered this	
	year.	
	New material and tests will be added onto the website and mathswatch each	
	Wednesday after the Easter break by the maths department.	
Media	If we were in school right now and you would have rotated to another one of these subjects:	If you would like you experiment more with storyboards, you
Studies	Food, textiles, art, media, please can you now pick one or more of these subjects you have	can use this website to create your own online:
	not completed work for and find the subject on this document. If you are unclear about any	https://www.storyboardthat.com/
	of this, please email csmith@barrbeaconschool.co.uk.	
	Please also check your Microsoft Teams files as there are resources that have been	SKY COMPETITION:
	uploaded.	School have been contacted by Sky with an opportunity for
		you to create your own short film/vlog where you are able to
	Week 1:	"share your lockdown story". This can be fictional, factual or
	Complete research to find different types of camera angles (here is a youtube video	emotional and should be filmed and edited by yourself,
	that might help <u>https://www.youtube.com/watch?v=lrB7Ce0J0UM&t=2s</u>). Find out	although can include the people that you live with if you wish.
	why filmmakers use specific shots or angles and decide what you think they might use	If yours is picked it may feature on Sky news and you may also
	them for and how this affects the audience.	win new equipment for school which obviously benefits you
		with new equipment for school which obviously benefits you

Then, watch the Bruce vs. Cake scene on youtube (linked here <u>https://www.youtube.com/watch?v=EOQeU_6vbeg</u>) and identify the different camera angles used and why the filmmaker has chosen to use the different angles in that shot, if you want a challenge decide how using that specific shot has had an affect on the audience.

Week 2:

Choose your own film clip (this can be a film you have on dvd or online or it could just be a clip that you have found on youtube). Write down the camera angles that have been used in the scene and the affect that using these angles has had on the audience.

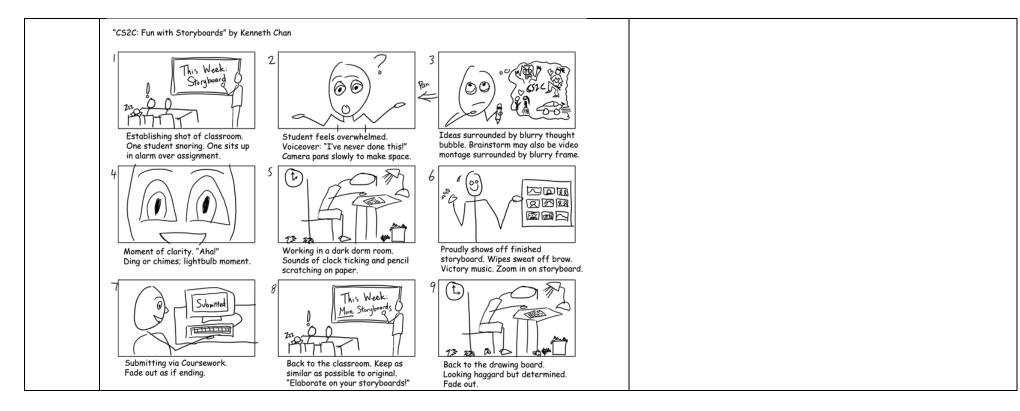
Week 3:

A film production company have approached you and asked you to produce your own horror film. Use your knowledge of camera angles to create your own storyboard for your horror film.

Your storyboard should look something like this and should have at least 6 boxes and a description of what is happening in the scene under each box

Scene:	Scene:	Scene:	
•	6		
Scene:	Scene:	Scene:	
zate your own at Storyboard That			
	<u></u>		
		Ilthough you should include	colour in
o make it interest	• I		

guys too! This would also look great on college applications (especially arts colleges such as BoA). I've added the link below if you would like to read more about it. Email me at <u>cwinters@barrbeaconschool.co.uk</u> if you'd like to take part. <u>https://www.skyacademystudios.com/documents/-</u> <u>keepconnected-student-handout-age-12-16-3-.pdf</u>



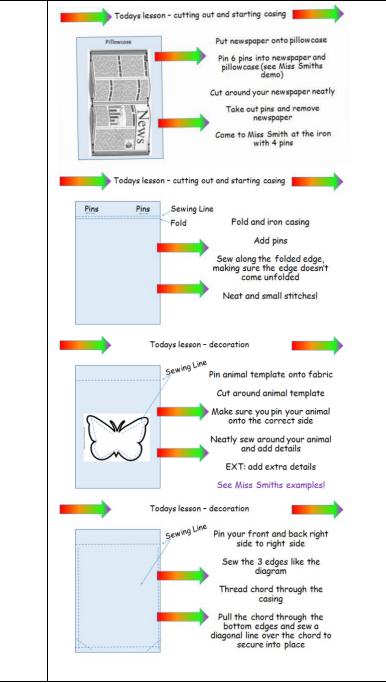
"CS2C: Fun with Storyboards" by Kenneth Chan	
Image: Constrained provided in the structure of the structure in a darm over assignment. 2	
4 Image: Source of clarity. "Aha!" 5 Image: Source of clarity. "Aha!" bing or chimes; lightbulb moment. Source of clock ticking and pencil scratching on paper.	
Submitting via Coursework. Fade out as if ending.	
Week 4:	
Finish off your storyboard, ensuring you have filled all boxes, included descriptions	
and images and included lots of colour! Evaluate how effectively you have used camera angles and appealed to your	
audience.	
Home workouts:	Netflix watch List:
https://www.youtube.com/user/popsugartvfit/videos Regular uploads on this channel	Losers; Sir Alex Ferguson Secrets of Success; Stop at Nothing; Becoming Champions; Katie; The Game Changers; The Last Dance
Just Dance workouts: Visit youtube.com and complete 5 just dance songs of your	
choice. (We recommend 'Waka Waka')	Moneyball; Coach Carter; The Blind Side; Stop at Nothing; The short game; Iverson;
 <u>https://www.youtube.com/watch?v=pWLEkO0MIXs</u> (Boxing Workout) 	

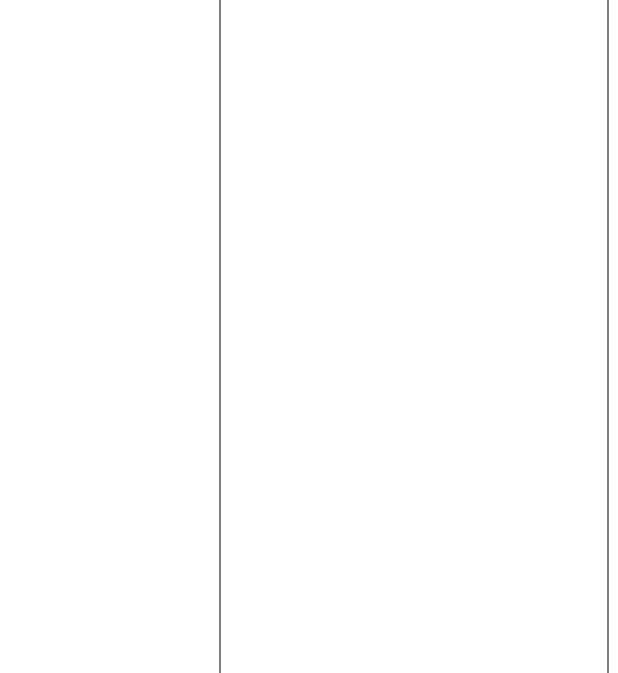
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	 <u>https://www.youtube.com/watch?v=XIeCMhNWFQQ</u> (Tabata Workout) Jog, brisk walk, cycle 20-40minutes (Try to do x3 a week) <u>https://www.youtube.com/watch?v=0NIvRAaOdIQ</u> Make a workout plan tailored to your specific needs and favourite activities. EXTENSION- Can you justify why you have picked each exercise and how it is suitable for you chosen sport. 	Prime Watch List: Eat Race Win; Breaking 60: Challenging the Impossible; Invictus The Unknown Runner; Eat. Race. Win; Running for Good; Salute; All or Nothing; Take Us Home: Leeds United; Class of 92
	Things to think about when exercising: How can I make these exercises easier/harder? What changes are happening to my body before I exercise? What changes are happening to my body during exercise? What is happening to my body after exercise? What muscles have I used by doing this exercise? Why is it important to warm-up, cool-down and stretch?	https://www.youtube.com/watch?v=A73HQwEct-o Podcast List: Families in Sport The Real Science of Sport Podcast 30 for 30
	 What is a HIIT workout? What is the difference between a HIIT workout and a normal circuit? Extension: Pick a skill or exercise that you want to develop, this could be skipping, burpees or any other skill you wish to master. Dedicate some time to improve your technique and efficiency of the exercise (think about some easier and advanced versions you could do) 	
PSHE	Using BBC Bitesize – <u>https://www.bbc.co.uk/bitesize/topics/zrr4jxs/resources/1</u> Week Commencing 18th May Using BBC Bitesize, Secondary, KS3, PSHE & Citizenship, Healthy Lifestyles, Mental and Emotional Health Watch the class clips on: Anorexia - then research the extent anorexia can affect sufferers lives, early indicators of the condition and the consequences of anorexia for sufferers and their families. What support is available both locally and nationally? How could we help support someone who we believe may be at risk? Pupils could present this in the form of a leaflet / presentation / web page.	Watch the class clips on: Anxiety disorder - then research what are the symptoms of anxiety disorders? What advice could be given to sufferers to help them cope / overcome the condition? Where could they go to obtain support with their condition? What would be the be the best way to obtain medical help? Pupils could present this in the form of a leaflet.

Religious Studies	18 th May (2hours)-Complete the worksheets on the festivals of light. You will need to write the answers on a separate piece of paper. You then need to research at least 1 festival to do with light from any of the main world religions and produce an	Watch the clips and use the interactive pages on this link: <u>https://www.bbc.co.uk/teach/ks3-religious-studies/z72qf4j</u> Then choose one of the clips or pages that you found
	information sheet on it.	interesting to do further research on. Write a magazine article
		outlining what you researched and learnt about this aspect of
	Using the knowledge organisers do self-quizzing of key topics.	religious studies.
	Test and develop your knowledge and play these online quizzes	
	https://www.educationguizzes.com/ks3/religious-education/	
Science	Resources are available on https://drive.google.com/open?id=1Qo5WfuRyRE	
	There is an instruction document with further instructions. Your main focus is	
Textiles	content through use of knowledge organisers, self-quizzing and other resource If we were in school right now and you would have rotated to another one of these subjects:	Try out new stitches.
	Food, textiles, art, media, please can you now pick one or more of these subjects you have	There are helpful videos on YouTube as well.
	not completed work for and find the subject on this document. If you are unclear about any	mere are neiprar videos on rourabe as wen.
	of this, please email <u>csmith@barrbeaconschool.co.uk</u> .	
	Please also check your Microsoft Teams files as there are resources that have been	
	uploaded.	Even Backstitch
	Week 1	SMARTY
	Watch this video:	Cross Stitch - Blanket Stitch
	https://www.youtube.com/watch?v=WfLep31Icz0	decorative stitch PANTS
	Create a sewing machine manual on how to thread a sewing machine. You can also	Can you
	use other videos on Youtube.	do any
	Create a safety poster for the textiles classroom.	Fagoting Stitch - decorative stitch
	Week 2	
	If you have materials at home:	
	Attempt an applique sample!	
	https://www.youtube.com/watch?v=mFAFobPR3CQ	
	You can do this without bondaweb	
	If you have dyes at home:	

Attempt tie dye	
https://www.youtube.com/watch?v=abjpy72Sf6U	
Week 3	
Attempt the spellings:	
Sewing	
Thread	
Environment	
Stitch	
Scissors	
Machine	
Measuring	
Tacking	
Safety	
Ironing	
Needle	
Pinking shears	
Tailors chalk	
Printing	
Pinning	
Applique	
Molar	
Batik	
Create 4 design ideas for your bag	
Create a final design idea for your bag	
Week 4	
If you would like to attempt to make a drawstring bag, here are the instructions.	
You will need:	
A pillow case	
A JD bag	
Scrap materials for decoration	





Create a promotional poster for your bag	
Create a range of accessories to go with your bag.	