

Home working – Year 10

This work is designed to last for weeks commencing Monday 29th June and 6th July

The work set for Year 10 is designed to complement the learning taking place in school but can be completed by pupils unable to get into school, for whatever reason.

The work includes videos featuring teacher instruction. These are all in the All Resources folders or available via direct links in this document.

Some 'videos' are PowerPoint files. Just start the presentation (press F5) and you should hear your teacher talking. You may also need to press the Play icon. Others are a variety of file formats. We recommend downloading and installing the free VLC player which is compatible with most formats:

<https://www.videolan.org/vlc/index.en-GB.html>

Subject	We recommend starting here...	Additional work (for some subjects)
Art	<p data-bbox="203 646 600 675">NEW TASKS YEAR 10</p> <p data-bbox="203 681 2107 742">We are going to continue to complete studies together as a class to help build our skill level. Please print off the image ready for the lesson. This is on the school website > Art > 04 Year 10 folder > W.C 29th June</p> <p data-bbox="203 778 2130 868">You will have the option to log into Microsoft Teams for 1.5 hours each week to watch me complete the study / ask me questions about techniques and your current project. <u>Can you please follow the link locations below and print out/download the shell image ready for your lesson.</u> If you are unable to join my Microsoft Team lesson, you can watch the videos following the links below.</p> <p data-bbox="203 900 595 928">Week Commencing: 29th June</p> <ul data-bbox="203 935 1738 995" style="list-style-type: none">• Grid up image and complete the outline of the shell taking into consideration proportion and scale• Start to add pen stipple to a section taking into consideration the full tonal range and gradient. make sure you layer your dots! <p data-bbox="203 1027 1532 1056">Visit Barr Beacon website > working from home > Art > Y10 folder > 05 W.C 29th June > Y10_Art_29.06.20</p> <p data-bbox="203 1062 1545 1091">Visit Barr Beacon website > working from home > Art > Y10 folder > 05 W.C 29th June > 01-Y10-Art-29June</p> <p data-bbox="203 1123 562 1152">Week Commencing: 6th July</p> <ul data-bbox="203 1158 1173 1251" style="list-style-type: none">• Build up your dots to show light and dark parts• Make sure you are concentrating on your mark-making technique and pen tilt• Add refined detailing <p data-bbox="203 1283 1509 1311">Visit Barr Beacon website > working from home > Art > Y10 folder > 06 W.C 6th July > Y10_Art_06.07.20</p> <p data-bbox="203 1318 1514 1347">Visit Barr Beacon website > working from home > Art > Y10 folder > 06 W.C 6th July > 03-Art-Y10-06July</p> <p data-bbox="203 1378 2085 1468">These skill building activities are to help you build confidence in your technique. If you feel you are making good progress with your project and feel you have a strong project journey, keep completing studies sticking to your own personal theme. I would still recommend that if you can, log into Microsoft teams when I am teaching and watch the lesson / ask questions about your current project. Use the time to get advice and feedback.</p>	

Visit my Pinterest account for more images/inspiration if you wish to also continue to complete studies towards your project direction:

https://www.pinterest.co.uk/miss_dutton/

Please feel free to **email me a photograph of your studies for feedback and targets**. This has already helped several students to improve their studies. Also, if you need any help or guidance with your project direction email me on edutton@barrbeaconschool.co.uk or speak to me via Microsoft Teams.

BTEC
Childcare

You are to continue to work on your assignment.

Component 2A: Understand how children play.

I have broken down the assignment into weekly tasks to help organise your time. The resources to help with each task can be found in the folder on the website 'childcare-Year 10'.

Click the link and go to the bottom and click free e books. <https://www.pearson.com/uk/learners/secondary-students-and-parents.html>

Download the child development book for free. This will help with your revision and assignment writing.

Week	Date	Task	Resource
1	Wb 23-03-20	P1 criteria: <u>Stages of play</u> Describe the 6 stages of play-use a sub heading for each stage of play.	For each lesson you will need the following resources to help you: Word document: component 2 check list
2	Wb 30-03-20	P1 criteria: How play is structured? Underneath each paragraph you have done for the stages of play you need to describe how the play is structured: is it adult-led, adult-initiated or child-initiated?	Word document: sentence starters & assignment structure
3	Wb 20-04-20	P2 Criteria What is the role of the adult? Underneath each of the paragraphs (stages of play) you need to write about the role of the adult in promoting the learning.	PowerPoint: Component 2 Word document Component 1: Booklet
4	Wb 27-04-20	Merit Add detail to your stages of play paragraphs above.	Btec Tech Award Child Development Student book (download for free from the link above).
5	Wb 04-05-20	Merit Add a new subheading to complete your M1.	
6	Wb 11-05-20	Distinction Add a new subheading to complete your D1. Please email your complete assignment to msorensen@barrbeaconschool.co.uk or send	

Revision:

Ensure you know the definitions of the following:

- Growth
- Development
- Holistic development
- Physical development
- Intellectual development
- Language and communication development
- Emotional development
- Social development

Use the component 1 booklet to learn the milestones.

Learning Aim B: Learning through play

0-18 Months:

For each area of development identify a toy or activity that would support a child in reaching their milestones in this area of development. Describe how the toy can encourage development in that area.

		it to me via microsoft teams.		
7	Wb 18-05-20	Distinction Add a new subheading to complete your D1. Please email your complete assignment to msorensen@barrbeaconschool.co.uk or send it to me via microsoft teams.		
8 9	Wb-01-06-20 Wb 08-06-20	<ol style="list-style-type: none"> Complete any corrections for your assignment following feedback from Mrs Sorensen Complete the extension task Use the videos to help you. in the powerpoint 1/6/20 I have added a video on how to use the resources to support writing your assignment. In the PowerPoint 8/5/20 I have added a video on how to structure your assignment using a model of the task.		
10	Wb 15-06-20	This week we are starting a new assignment-Component 2B. Complete the tasks in the PowerPoint 15.06.20. I have included a voice recording of the new assignment to help you.		
11	Wb 22-06-20	Complete the pass criteria for your assignment. Use the PowerPoint 22/6/20 to help you where I have gone through an example.		
12	Wb 29-06-20	This week we are completing the merit. Complete the tasks in the Powerpoint 29 th June. I have included a voice recording to help you.		
13	Wb 06-07-20	This week we are completing the distinction. Powerpoint 6 th July. I have included a voice recording to help you Deadline for assignment is Friday 19th July. Please email msorensen@barrbeaconschool.co.uk or send it via teams.		

Computer Science

For previous weeks' work (which leads into these activities) scroll to the bottom of

<http://barrbeaconschool.co.uk/working-at-home/>

Lessons can be found:

<http://barrbeaconschool.co.uk/working-at-home/>

Barr Beacon School Website – Working From Home/ All Resources/ Computer Science/ Y10/ Year 10 – CS – 29/6/20 & Year 10 – CS – 06/07/20

Videos & Sound Files:

The sound files in order to support your home learning are in the lesson PowerPoint. If you open each lesson by following the file path above in each lesson there are several sound files with a little speaker icon. If you select the sound icon it will explain the learning and tasks you need to complete.

Computer Science – Year 10 – Week ../.. / Lesson 1 or Lesson 2

Week Beginning 29/6/20

- Lesson 1 – Compression
- Lesson 2 – LAN & WAN

Week Beginning 06/07/20

- Lesson 1 – Defrag & Back Up
- Lesson 2 – Network Hardware

End of Topic Quizzes/ Practice Papers

<https://mathsmadeeasy.co.uk/gcse-computer-science/ocr-gcse-computer-science-past-papers/>

OCR computer science past papers – including mark schemes

<https://app.senecalearning.com/classroom/course/a1ce4570-6e27-11e8-af4b-35cf52f905c2>

Complete the tasks on Seneca. Complete some self-quizzing.

<https://www.bbc.co.uk/bitesize/examspecs/zmtchbk>

Complete independent reading on BBC Bitseize and complete the quizzes.

<https://quizizz.com/profile/5a99bfbf47e32a001af34f39>

Video Resources/ Self Help

Craig n Dave channel for J227:

	<p>https://www.youtube.com/channel/UC0HzEBLIJxlrwBAHJ5S9JQg/playlists?view=50&sort=dd&shelf_id=15</p> <p>Produce Knowledge organisers for each of the topics. Detail is important.</p> <p>General Tasks</p> <p>Use the websites given above to complete revision tasks and self-quizzing on the following topics:</p> <ul style="list-style-type: none"> • Programming • System Architecture • Memory & storage • Databases & SQL • Networking • Network Security • Logic Gates 	
Dance	<p>The following tasks have been planned and delivered as part of your online lesson this week.</p> <p><u>Watch the video 29.6 Year 10 recorded lesson (2) as you do these tasks to help you gain a better understanding. You will also need to have the PowerPoint 'Live Lesson (2)' open whilst you complete these tasks.</u></p> <p>Introduction to Component 3: Ideas log.</p> <p>If you have not completed live lesson 1, you will need to do this before following live lesson 2.</p> <p>The first thing you need to do is to read through the first five slides of the PowerPoint named 'Live lesson (2)'. This will give you key information about the ideas log as well as a recap from the previous lesson.</p> <p>Slide 6 – Task one.</p> <p>Prior to completing your ideas log, you must undergo research to back up your ideas in line with the assignment brief.</p> <p>Spend 30 minutes researching 3 different national charities that help to improve the lives of disadvantaged children and young people.</p> <p>1.What national charities can you find that improve the lives of disabled children and young people?</p>	

	<p>2. What disabilities do they support? 3. What do they do to support these young people?</p> <p>4. Find some statistics on disabled young people. How many are there? What is the comparison to abled? How many are born with disabilities.</p> <p>Once you have done this, return to slide 7 on the Powerpoint.</p> <p>Slides 7-12 will walk you through writing your ideas log. Use the normal font as your sentence starters and <i>the italic font</i> as support for you. Remember to use the video to help you.</p> <p>Slide 13 will then inform you of what you would do if you were doing this for your real exam. However, as you are not currently working in groups, you would not be able to do this effectively.</p> <p>Use slides 14-15 to help you finish off your ideas log by discussing what you would do next if you were in groups of 3-7.</p> <p>Please e-mail all work to lsalmon@barrbeaconschool.co.uk once you have finished.</p> <p>Remember you can ask for help anytime on Microsoft Teams.</p>	
Digital IT	<p>You are now going to look at the content for your exam (Component 3), you will have looked at some of this content before.</p> <p>All resources can be found in the ICT\Y10\Exam Folder</p> <p>The focus over next two weeks is cloud storage:</p> <p>Describe features and uses of cloud storage including: setting and sharing of access rights, synchronisation of cloud and individual devices, availability</p>	<p>Exam Break Down https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/information-technology/2017/specification-and-sample-assessments/in-depth-lead-examiner-talk-inf-tech-btec-tech.mp4 - watch a video that breaks down the structure of the exam paper</p> <p>Sample Paper https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/information-technology/2017/specification-and-sample-assessments/63296-BTEC-L2-TechAward-DIT-21193L-AddSAM-Unit3-FULL.pdf - have a go at the Past paper – answers at the end</p>

	<p>(24/7), scalability</p> <p>A1.2 - Features and uses of cloud storage:</p> <p>29th June</p> <ol style="list-style-type: none"> 1. Complete the background reading on chapter 2 (pdf) and complete one page of revision notes, these can include a mind maps and/or revision cards. 2. Complete the tasks outlined in Student Work, the theory will be reviewed in the live lesson 25th June. Take extra care when attempting the exam questions ensuring you answer in full sentences. 3. Sign up to quiz let and complete the flashcards adding to your revision notes. <p>6th July</p> <ol style="list-style-type: none"> 1a. Complete the remaining quiz let activities learn, write and test. Add your test result and any misconceptions to the quizlet slide in your student work. 1b. Self-assess and improve your exam questions using the mark scheme provided 2. Complete the background reading on chapter 3 (pdf) and complete one page of note 3. Complete the tasks outlined in Student Work. 4. Complete the quizlet learning activities <p>Improve any outstanding coursework as direct for Component 1.</p>	
Drama	<p>The following tasks have been planned and delivered as part of your online lessons these two weeks. In preparation for this it is recommended that you read the play DNA and take a look at the resources available to you in the home learning folder. For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <p>LESSON FOCUS FOR THIS WEEK: NEW PLAY TEXT DNA To explore the key themes of DNA. (Componet 3 focus)</p>	<p><u>LIVE THEATRE ON THE INTERNET</u></p> <p>Over the last few weeks Sir Andrew Lloyd Webber has been streaming his musicals on you tube for free for 48 hours only. The show starts at 7pm every friday.</p> <p>Watch them on #TheShowsMustGoOn</p> <p>https://www.youtube.com/channel/UCdmPjhKMaXNNe</p>

	<p>The following details are the three main tasks you are expected to complete in order to understand the context of the play. A ppt of the lesson is in the home learning folder named Year 10 resources for DNA / lesson 3 29th June. This will support the live lesson on the 1st July where we will discuss themes and of the play and start constructing responses to questions 1 and 2 of your concept proforma. You may have to download the sheets and print them off. If this is not possible you can create your own versions or write them out. It is essential that you do all of the tasks and keep a record of your work to enable you to write detailed responses. A copy of the concept proforma, supporting writing template and a copy of the play will be available in the year 10 folder also.</p> <p>Task 1- Blurb It! Write a short paragraph-long blurb for the play. This should require you to think beyond the characters and the plot. Focus on concepts and themes of the play. Share your blurb via Teams.</p> <p>Task 2- Go through the themes sheet (you can print off or edit a word doc version from the home learning folder) Develop a presentation based on one of the seven different themes shown through the play. Use your theme sheet to gather notes etc. Your presentation must be sent via teams or if you choose to work on this in pairs you can verbally present this on our Live Drama lesson on 1st June.</p> <p>Task 3- Revisit your burb written for the play. Make alterations to your work based on what you have found out.</p> <p>Task 4- Complete the Themes exam question sheet.</p> <p>Task 5- Go to the concept proforma template and edit your answer to question 1 involving the information you have found out about themes. You must link your reasons with evidence from the play text to prove you understand!</p>	<p>Cr1FjuMvag</p> <p>If you would prefer straight Drama (not Musicals) look at watching the following plays on...</p> <p>#National Theatre at Home</p> <p>https://www.youtube.com/results?search_query=national+theatre+at+home</p> <p>The website is a fantastic resource to watch live theatre filmed in a “Cinema” style. Each play is streamed every Thursday evening at 7pm.</p> <p>To see a range of shows refer to ...</p> <p>What’s on stage.com</p> <p>https://www.whatsonstage.com/guide/free-online-streams-theatre-drama-musicals</p> <p>And find out what is streaming for free at home each week. This is very helpful for CO4.</p> <p>Can pupils make sure please that they are sending work through to me via email or teams, so that I can monitor progress.</p>
English language	<p>For previous weeks’ work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <p>Use the 'HOW TO ANSWER EACH READING QUESTION' booklet to help you with the work provided below. Your teachers have produced videos to help you with your continued home learning. Specific videos are referenced below, and you can also find an audio reading of the extract ('Audio reading of Half of a Yellow sun extract') used in these videos on the school website.</p> <p>The upcoming Language lessons taught in school will focus on creative writing (AO5 & 6). The online tasks that have been</p>	<p>Practise your punctuation with these exercises https://www.bristol.ac.uk/arts/exercises/grammar/grammar_tutorial/page_41.htm</p> <p>Reading: Language Revision Textbook Mini Paper 1 Revision Booklet Practising analysing language on smaller texts – practice zooming in – use Literary Snapshots document.</p>

	<p>set for the next two weeks are to supplement this learning, Therefore, if you have not been in school, you can cover the same skills here. Yet for those of you who have been in school, you can still complete this work as additional learning <u>if you desire</u>.</p> <p>29th June 2020 All videos and resources mentioned here can be found on the school website > English > Year 10 > 1st June onwards.</p> <p>Question 5 practice (AO5 & 6) - narrative writing</p> <ol style="list-style-type: none"> Go to '8 Booklet 8 – Fiction Paper 1 Writing Practice' Rate your confidence on the grid on the first page and read the information on page 1. Watch the lesson on creating a narrative piece of writing - "29th June-narrative writing" Read the model and answer the questions on page 2 of the booklet. Complete the tasks from page 3 to 10 to prepare for your narrative writing task. Plan an answer based around the image on page 11. If needed, re-watch the video on narrative writing to see how a teacher would approach a piece of narrative writing ("29th June-narrative writing"). You can also go to page 7 of this booklet (command and click to follow link) and take a look at the recommended structure for a narrative piece of writing to supplement the information provided in the video. <i>You can also find this booklet on the school website, under Year 10 English Language, 'HOW TO ANSWER THE WRITING SECTION IN LANGUAGE'.</i> Finally, write a full narrative piece of writing using your plan. Spend about 45 minutes writing your piece. You can find a success criterion in the 'HOW TO ...' booklet to ensure that you are including all necessary features in your writing. <p>6th July 2020</p> <p>Paper 2, Question 2</p> <ol style="list-style-type: none"> Read the two sources about gender equality here: https://matrixacademytrust-my.sharepoint.com/:w:/g/personal/revision_matrixacademytrust_co_uk/EaAGZgUAzq1KnwQjeCXohWYBIOJAp_sUGZXZeaysZxSvig?e=BAbygm Complete the lesson on Paper 2, question 2 ("6th July – Paper 2, Question 2"). Plan your response by completing a table comparing Source A and Source B (modelled in video). Using the model (in the video), write 3 paragraphs of your own. Keep these paragraphs succinct and precise. Do not use the paragraph modelled in the lesson. Self-assess your response using the mark scheme (in video) as guidance. 	<p>Writing:</p> <p>Additional Paper 1 Writing booklet Additional Paper 2 Writing booklet</p> <p>Practice creative writing using the 'HOW TO ANSWER THE WRITING SECTION' booklet alongside the random image generator here: pobble365.com writingexercises.co.uk/random-image-generator</p> <p>Further Question 5 practice (AO5 & 6) - descriptive writing</p> <ol style="list-style-type: none"> Watch the video on writing a descriptive writing piece to see how a teacher would approach a piece of descriptive writing ("22nd June – Planning a Description"). Pause at 7:28. Go to page 7 of this booklet (command and click to follow link) and take a look at the recommended structure for a descriptive piece of writing (drop, zoom, flash, end) to supplement the information provided in the video. <i>You can also find this booklet on the school website, under Year 10 English Language, 'HOW TO ANSWER THE WRITING SECTION IN LANGUAGE'.</i> Start the video ('22nd June – Planning a description') from 7:28. After watching how a teacher would approach planning, plan your own description of the image in the video. If you have completed this, you could refer back to 'Booklet 5 – Versatile Vocabulary Booklet'. Go to page 21, the beginning of the writing section ('English Language Paper 1, Section B: Writing Fiction). Have a look at the second image on page 22 – plan a description of this image. Finally, write a full descriptive piece of writing using your plan. Spend about 45 minutes writing your piece. You can find a success criterion in the 'HOW TO ...' booklet to ensure that you are including all necessary features in your writing.
English Literature	<p>For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <p>Week 5 – 29th June How to annotate an extract in Romeo and Juliet (AO2)</p>	<p>Self quiz using the knowledge organisers for A Christmas Carol, Romeo and Juliet and Blood Brothers:</p> <p>Watch our instructional video that is available on the school website: http://barrbeaconschool.co.uk/working-at-home/ (scroll to the bottom)</p>

	<p>Work through the document '29th June and 6th July literature to match video'</p> <ol style="list-style-type: none"> 1. Read the extract by following the link below. Answer the questions on the link to review your knowledge and understanding of the extract you have read. https://www.educationquizzes.com/gcse/english-literature/romeo-and-juliet-extract-1/ 2. Read the extract and the question in the document '6th July literature to match video' 3. Watch the video '29th June-annotating Romeo and Juliet. 4. Annotate the extract and spend 30 minutes writing your response to the question. 5. Self-assess your work by highlighting AO2 (terminology and reader effect). <p>Week 6 – 6th July</p> <p>How to answer a whole text question in Romeo and Juliet (AO1 and AO3)</p> <p>Work through the document '29th June and 6th July literature to match video'</p> <ol style="list-style-type: none"> 1. Click on the link below. Read through the plot overview and watch the video to review the plot of Romeo and Juliet. Click the 'test' tab and answer the quiz questions. https://www.bbc.co.uk/bitesize/guides/zpkmbk7/revision/1 2. Watch the video '6th July R+J Whole Text. Highlight the key words in the question below and plan your answer (write key quotations, key parts of the plot that link to the theme of family, contextual links) 3. Spend 30 minutes writing your written response. 4. Self-assess your work: highlight AO1 (understanding of the text, key quotes, key references to the plot/characters) and AO3 (links to the time period the play was written/set in). 	<p>Or go direct https://vimeo.com/385945716</p> <p>Select a chunk of knowledge related to the topic you would currently be studying in school. This may be in your exercise book, in a revision guide or on a knowledge organiser. Then, self-quiz until you have memorised it.</p> <p>Follow the links to watch Blood Brothers, Romeo and Juliet and A Christmas Carol.</p> <p>Blood Brothers: https://www.youtube.com/watch?v=dvek0bj451Y</p> <p>Romeo and Juliet: https://www.youtube.com/watch?v=VBDCDr4XWpY</p> <p>A Christmas Carol: https://www.bbc.co.uk/iplayer/episode/m000csdm/a-christmas-carol-series-1-episode-1</p>
Food Preparation and Nutrition	<p>To access the resources go to http://barrbeaconschool.co.uk/working-at-home/ scroll to the bottom of the page, find where it says "home learning resources for all", click on Design and Technology, then click Year 10 Food. or Click here to access the resources</p> <p>29th June</p> <p>Task 1: Live lesson on Nutrition and Health – Food Classification and Protein For those who cannot make the live lesson there are detailed instructions within the document. <u>When working through the PowerPoint you must work through it in presentation mode.</u></p> <p>Task 2: Nutrition and Health – Fats Work through the PowerPoint answering the questions or completing the tasks in the slide. <u>When working through the PowerPoint you must work through it in presentation mode.</u></p> <p>Slide 4: Copy down the information into your books so that it is clear Slide 5: Write down 4 reasons why we need fats in our diets. Write your answers in full sentences. Answer are on slide 6.</p>	<p>For previous PowerPoints and resources go to: http://barrbeaconschool.co.uk/working-at-home/ and open the folder Design and Technology</p> <p><u>Week 1 – 15th June - Functional and chemical properties of Carbohydrates (caramelisation, dextrinisation, the Maillard reaction)</u></p> <p>Live lesson on the functional and chemical properties of Carbohydrates (caramelisation, dextrinization and the Maillard reaction)</p> <p><u>Further detailed instructions are within the PowerPoint</u></p> <p><u>The live lesson will be on Functional and Chemical Properties of Carbohydrates – a version of this has been uploaded for those unable to attend the live lesson</u></p>

Slide 7: Copy the diagram on slide 7 – make sure it is clearly labelled

Slide 8: Draw a table in your book with the headings “**Saturated Fats – Bad**” and “**unsaturated Fats – Good**”. Use the information on the slide to fill in your table

Slide 10: Copy down the information clearly – make sure you underline the information in red, or write it in a way that stands out!

Slide 11: Answer the exam questions – mark your answer using the answers on slide 12

6th July

Task 1: Live lesson on Nutrition and Health – Planning meals for different groups

For those who cannot make the live lesson there are detailed instructions within the document. **When working through the PowerPoint you must work through it in presentation mode.**

Task 2: Health and Nutrition – Nutritional analysis and label analysis

Work through the PowerPoint answering the questions or complete the tasks in the slide. **When working through the PowerPoint you must work through it in presentation mode.**

Slide 4: Answer the questions in full sentences. Use your revision guide to help you mark your work in green pen

Slide 5 and 6: Read the information ready to complete the task on slide 7

Slide 7: Attempt the task of working out the total energy value of a food, you must show your working out. There is a formula for you to follow within the PowerPoint. Answers are on slide 8

Slide 9: Complete the 3 exam questions. For the questions where you have to calculate the energy value, don't forget to show your working out

Slide 10: Answer the questions in the red box in full sentences, then complete the task in the green box at the bottom of the page

Slide 12: Use explore food (as you have done previously) to analyse the Chilli Con Carne recipe.

Slide 14: Watch the YouTube video on recipe modification and make notes on what modifications they have made. Include reasons why they have made each swap

Slide 15: Copy the table of “General Modifying Suggestions” into your books

Task 1: Open the document titled Year 10 - Food Preparation and Nutrition - 15th June 2020 - Working properties of carbohydrates and work through the detailed instructions within the PowerPoint

Task 2: Slides 4 – 9

- Complete the exam question on slide 4, an example has been done for you. Mark your answer (answers are on slide 5) in **green** pen
- Complete the exam question on slide 6 – you have been given sentence starters. Mark your answers (answers are on slide 7) in green pen
- Using the missing words on slide 8, write out the passage filling in the blank spaces. Mark your answers (answers are on slide 9) in green pen

Week 2 – 22nd June – The functional and chemical properties of fats and oils

Live lesson the functional and chemical properties of fats and oils - a version of this has been uploaded for those unable to attend the live lesson

Task 1: Open the document titled Year 10 - Food Preparation and Nutrition - 22nd June 2020 - Functional and chemical properties of Fats, complete the tasks within the PowerPoint – all additional worksheets are in the resource folder

Task 1: Write a report detailing the functional and chemical properties of carbohydrates and fats and oils. You will need to use the PowerPoints from the live lessons on 15th and 22nd June, completed work, the internet, The reading task and your revision guide to help you. Your report must be 500-1000 words. There are further detailed instructions in the “Writing a report guidance” document

For task 1 you will need to use the following documents:
Year 10 Food Preparation and Nutrition 22nd June 2020
Writing a report guidance

		The PowerPoint has audio instructions to help you <u>YOU WILL NEED TO VIEW THE POWERPOINTS TO HELP YOU</u>
French	<p>For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <ul style="list-style-type: none"> • <u>Week starting 29th June</u> • <u>Lesson 1 (live lesson 90 minutes)</u> • work around chapter 2 of crime story • feedback on speaking starter • <u>Lesson 2: (90 minutes)</u> • Watch the video Madame Bey has prepared for you • Work on questions. From revision booklet, translation and role play questions <ul style="list-style-type: none"> • Week starting 6th July • <u>Lesson 1: (live lesson 90 minutes)</u> • Listening, reading, translation work for module 5 theme 2 • <u>Lesson 2: (90 minutes):</u> • Watch the video Madame Bey has prepared for you • Effective writing revision for theme 2 (module 5) using writing strips, and high grade structure planning. Applying with 130 words task. 	<p>Extension week starting 29th June: http://platea.pntic.mec.es/cvera/hotpot/liberte_enfoir.es.htm Complete the poem with the correct article. Try to complete without listening, just looking at the words following the gap, then listen to correct .</p> <ul style="list-style-type: none"> • In what context was the poem written? • What is the meaning behind the poem? <p>Extension 6th July: active teach module 5</p>
Geography	<p>Week commencing 29th June Attend the live online lesson and complete all activities as directed by your teacher. Complete the follow up lesson worksheet. Send this to your teacher to check. If for whatever reason you are unable to attend the live lesson, all resources will be shared in the Geography home learning folder. Please email your teachers with any questions in regards to this.</p> <p>Week commencing 6th July Attend the live online lesson and complete all activities as directed by your teacher. Complete the follow up lesson worksheet. Send this to your teacher to check. If for whatever reason you are unable to attend the live lesson, all resources will be shared in the Geography home learning folder. Please email your teachers with any questions in regards to this.</p> <p>Additional Tasks: Case Study Self Quizzing – Use the self-quizzing booklet to ensure that you can confidently recall the key case study facts ready for September.</p>	<p>In the shared area there are practice exam papers. Complete Paper 1 Section C of SAM3 to check your understanding. Send this to your teacher via email to have a look through.</p> <p>Knowledge Retention: How do you know it has stuck? Complete the multiple-choice quiz booklets and the case study quizzing booklet.</p>
German	For previous weeks' work (which leads into these activities) scroll to the bottom of	Use www.seneca.com - and revise vocabulary using German GCSE

	<p>http://barrbeaconschool.co.uk/working-at-home/</p> <p>w.c. 29th June</p> <p>-This week you will receive one live lesson at 9am on Thursday 2nd July -For the rest of the week, you should listen to the PPT called 'Year 10 29.06.20' which discusses how to give opinions in the past tense and write a detailed past tense answer. You should stop the PPT when instructed to by Miss Brazier and work through the relevant activities and then green pen when you replay the video.</p> <p>w.c. 6th July</p> <p>-This week you will receive one live lesson at 9am on Thursday 9th July -For the rest of the week, you should listen to the PPT called 'Year 10 06.07.20' which discusses how to use the future tense. You should stop the PPT when instructed to by Miss Brazier and work through the relevant activities and then green pen when you replay the video.</p>	<p>AQA course (not our specification but vocab is vocab!)</p> <p>Use 'Wider Reading for German' sheet and practise on some of the different websites.</p> <p>Use 'Padlets sheet' and pick a topic or a skill to work on.</p> <p>If you have more time to spend on your German, you should complete any of the main activities that you couldn't get done in your 90 mins. You could also revisi the websites from the 15.06 ppt and have a go at those again seeing if you score higher this time.</p>
<p>Health & Social Care</p>	<p>For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <p>We are now going to start looking at the questions and information you will need for the February 2021 exam. Access the lessons at http://barrbeaconschool.co.uk/working-at-home/ Health and Social Care, Level 2 CA Guidance, Unit 3 – Exam</p> <p>Make sure you have your speakers on so you can hear your teacher talking. Press the Play buttons on each slide if you need to.</p> <p>Here you will find lessons for the weeks commencing:</p> <p>Week commencing 29th June – Drug Misuse. We are looking at the difference between illegal and prescription drug use, the reasons people take / misuse drugs, addiction, the short – term and long-term effects on health and wellbeing of drug misuse and sources of support for people experiencing issues with drug misuse and addiction.</p> <p>Week commencing 6th July - Exercise. We are looking at the effect on health and wellbeing of exercise and the consequences of inactivity. We will be looking at both the short- and longer-term consequences of inactivity and will be looking at sources of support for those wanting to exercise more. We will also be looking at the government / NHS recommendations for different age groups regarding types and duration of levels of activity.</p>	

	Please follow the power points and produce the information required in the tasks.	
History	<p>For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <p>Sign up to use resources from the Historical Association https://www.history.org.uk/secondary/news/3814/secondary-resources-to-support-you-during-covid-19 Register as a free user and you can access topic guides and podcasts for each GCSE topic that we study. Click the student tab at the top of the page to access even more free resources. This will complement your self-quizzing, creation of knowledge organisers and pre-tutoring.</p> <p>29th June-Complete Mr Jackson's quiz to support your Britain: Health and the People Live lessons.</p> <p>6th July- Complete the Conflict and Tension exam questions to support your Conflict and Tension WW1 Live lessons.</p> <p>Live lessons will begin w/b 15th June and follow up tasks will also be added to the home learning resources to support the content in the Live teaching.</p> <p>You also need to continue using knowledge organisers to revise content for your GCSE topics.</p>	<p>Use AQA Master helper – read over responses and examiner feedback</p> <p>Workbooks inside the All Resources area</p> <p>Overview document and source booklet</p>
Maths	<p>For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <p><u>Weeks commencing 29th June and 6th July</u></p> <p>There will be a daily lesson which can be accessed through the home learning section every day from Monday to Friday.</p> <p>On a Monday to a Thursday this will consist of a topic to complete, for each of these topics there will be links to a selection of tutorial videos, questions, textbook exercises as well as exercise and worksheets provided by teachers in the home learning for that topic. If you would like guidance on which exercise to attempt from the home learning on that day then please contact your teacher via teams.</p> <p>On a Friday there will be a quiz day with instructions on the home learning area.</p>	<p>Use websites such as https://corbettmaths.com/ https://www.mathsgenie.co.uk/gcse.html https://mathsbot.com/ to work through topics with GCSE style questions</p> <p>Complete puzzles and UKMT maths challenge material found on the website.</p> <p>There are past exam papers and unit tests with answers available to complete on the home learning website.</p> <p><u>Oak Learning Instructions – Online Lessons</u></p> <ol style="list-style-type: none"> 1. Go on www.thenational.academy 2. Click on online classroom 3. Press subject and pick the appropriate year group 4. Pick maths (there are also loads of different subjects on this website) 5. Start the lesson you would like to do - then follow the on screen

		<p>instructions. Please note - more lessons will be added each week</p>
<p>GCSE Media Studies</p>	<p><u>Week commencing 29/06:</u> Home learning > GCSE Media > Year 10 > Y10 - "L5 – IND – Convergence, ownership & funding – 29.06"</p> <p><u>Week commencing 06/07:</u> Home learning > GCSE Media > Year 10 > "Y10 - L6 – IND – Exam questions – 06/07"</p> <p>Live lessons will continue to take place on Thursdays at 1.15</p> <p>If you have any issues or need any support please message on Teams or email me at cwinters@barrbeaconschool.co.uk</p>	<p>See previous week's work for extensive links to revision websites</p>
<p>BTEC Media Studies</p>	<p>Two week task – Starting June 29th</p> <p>Please see the video found within the school website > http://barrbeaconschool.co.uk/working-at-home/ > Media > BTEC Media > Year 10 > Year 10 – Media – 29th June.</p> <p>You will be finalising your entire component 2 work. This includes LAA, LAB and LAC. This will act as your first submission and will go towards your overall final mark of the entire course so it needs to be finished to the best of your ability.</p> <p>LAA – Production log</p> <p>LAB – Filming/editing of your advert</p> <p>LAC – Evaluation and skills audit</p> <p>Some of you will have already put so much effort into completing work that there won't be much to improve on. If you are one of these pupils, can you please focus on considering as many points of evaluation as possible for LAA production log and LAC your final evaluation. The more evaluative comments you make the better chance you will get at obtaining a higher grade.</p>	<ul style="list-style-type: none"> • Use self-quizzing https://vimeo.com/385945716 to revise camera angles. use the following websites if you need extra support with this: https://revision4gcse.wordpress.com/media-studies/camera-angles/movementshots/ https://revisionworld.com/gcse-revision/english-literature/studying-drama/camera-shots . https://www.slideshare.net/LouiseDownie/camera-shots-revise • Complete a video evaluation of the process from LAA all the way to you completing LAB filming and editing. Talk to the camera and record the stages you have taken, strengths and areas of improvement. This video can be used as further evidence supporting your LAC evaluation and skills audit.

	<p>Any questions please use the Microsoft Teams and direct them to Miss Watson and Miss Winters.</p>	
<p>PE (GCSE)</p>	<p>w/c 29th June You have been set an EverLearner Video and Test based of Performance Enhancing Drugs (PEDs) - Anabolic Steroids and Beta Blockers.</p> <p>w/c 6th July - You will be set an EverLearner Video and Test based of Performance Enhancing Drugs (PEDs) - Diuretics and Advantages and Disadvantages of PEDs</p> <p>*There are more than 3 performance enhancing drugs on the GCSE Specification, yet there are only anabolic steroids, beta blockers and diuretics on EverLearner. You may wish to do some further research and learning about these drugs independently to support your learning later.</p> <ul style="list-style-type: none"> • Unit 3.5.5 Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer lifestyle, including anabolic steroids, beta blockers, diuretics, narcotic analgesics, peptide hormones (erythropoietin (EPO), growth hormones (GH)), stimulants, blood doping. <p>Access to video voiceover - https://matrixacademytrust-my.sharepoint.com/:v/g/person/revision_matrixacademytrust_co_uk/EXso5LAAFYhDsrxDbtWiQ3UBHoq0bfKQdB14_kHf-OKnSg?e=azt2ET</p> <p>Complete the Everlearner assignment with taking effective notes from the videos <u>AND</u> completing the quiz</p> <p>Complete Edexcel GCSE PE 9-1 quizzes on http://www.gojimo.com/</p>	<p>Netflix watch List: Moneyball; Coach Carter; The Blind Side; Stop at Nothing; Icarus; The short game; Iverson; The Dawn Wall; Game Changers; Screwball</p> <p>Prime Watch List: The Unknown Runner; Eat. Race. Win; Running for Good; Salute; All or Nothing; Marching on Together- Leeds United; Supersize me</p> <p>Podcast List: The Real Science of Sport Podcast; 30 for 30; Sports? With Katie Nolan.</p> <p>Articles: Christian Coleman: World 100m champion provisionally suspended after third missed drugs test https://www.bbc.co.uk/sport/athletics/53075670</p> <p>Reduced drug testing during coronavirus pandemic a 'let-down', say athletes https://www.bbc.co.uk/sport/athletics/53017626</p>

<p>Philosophy and Ethics</p>	<p>Ensure that all work for previous weeks has been completed then do the following:</p> <p>Weeks commencing 29th June and 6th July.</p> <p><u>Week commencing 29th June</u></p> <p>You will be looking at the beliefs and practices of Sikhs. In the live lesson we will focus on the key terms and beliefs that you need for a basic understanding of Sikhism. We will be looking at the Mool Mantra and how that influences the lives of Sikhs. This will mean that you will need to have completed both audio lessons from the previous weeks. You will need to complete the examination questions that are on the All Resources area.</p> <p><u>W/C 6th July.</u></p> <p>As before you will have a live lesson with Mrs Trainor and we will look at consolidating all that we have done this year. You will need to go on to the All Resources area to complete another set of exam questions. We will look at the answers in the last live lesson.</p> <p>Good luck and if you need any support email Mrs Trainor to support you.</p>	<p>Use the link to revise, watch clips and test your knowledge on Christianity https://www.bbc.co.uk/bitesize/topics/zbdy9g</p> <p>Use the link to revise, watch clips and test your knowledge on Sikhism https://www.bbc.co.uk/bitesize/topics/zdr692p</p> <p>Use the link to revise and play RE games: http://www.rsrevision.com/GCSE/index.htm</p> <p>Complete an information booklet on Sikh beliefs to compare to the Christian booklet.</p>
<p>PSHE</p>	<p><u>Week Commencing 29th June</u></p> <p>Teenage Pressures – Media and Body Image / Media and the Body Beautiful</p> <p>Using BBC Bitesize: https://www.bbc.co.uk/bitesize/clips/z2btfg8 and https://www.bbc.co.uk/bitesize/clips/zv24wmn</p> <p>Watch the video clips and consider the following questions:</p> <p>Why is there so much pressure today on teenagers specially to match the perfect images they see of famous people? What technology is enabling such perfect images to be distributed? Why are these perfect images not realistic for many young people? What pressures are being placed on individuals as a result? Is there any way around these unrealistic images and expectations?</p> <p>Based on what you have seen produce a mood board of images of celebrities that are divided into three categories – those who are valued for their achievements, those who are valued for their looks, those who are criticised for their looks. What do you notice in terms of numbers of images in each category? Are they evenly balanced?</p>	

	<p>Acting as an Agony Aunt or Uncle write a reply to a teenage boy or girl who are worried that they do not meet up to the 'perfect' standards of the celebrities that they see on TV and the internet. What advice would you give them?</p> <p>Week Commencing 6th July</p> <p>Healthy Lifestyles - Teenage Pressures - Smoking</p> <p>Using BBC Bitesize: https://www.bbc.co.uk/bitesize/clips/zjvxn39</p> <p>Watch the video clip and consider the following questions:</p> <p>What are the reasons why people choose to smoke? What are the effects on the body? Are there any safe limits for smoking? What are the longer-term effects on the body of smoking? What type of cancers can result from smoking? What are the effects on physical appearance from smoking? How can smokers quit the habit? What can they use to help in terms of will power, substitutes and medication? Why is will power so important in the quitting process? Who can support smokers whilst trying to quit? Do you feel the NHS should treat smokers - as their conditions could be considered 'self-inflicted'?</p> <p>Using the answers from above and your own extra research produce a webpage for smokers wishing to quit to use in order to give them information and motivation to do so successfully.</p>	
Psychology	<p>Work to be completed:</p> <ol style="list-style-type: none"> 1. Complete memory booklet and email to teacher 2. Complete perception booklet and email to teacher 3. Research project: Using google search the following information about Clive Wearing and then Phineas Gage. Create a fact file on them both by creating a title page and an A4 page including an introduction about the case and what happened to them, the methods used on them, what was found, a conclusion made and one strength of this case study and one weakness. <p>Online audio/live lessons</p> <p>10C Mrs Juss: June 29th Live lesson on Brain and neuro revision 1 and revision audio lesson. July 6th Live lesson on Brain and neuro revision 2 and revision audio lesson</p> <p>10C Miss Barber: June 29th Live lesson on synaptic transmission and revision audio lesson. July 6th Live lesson on localisation and revision audio lesson</p>	<p>Complete past paper questions using the past papers in the home learning area.</p> <p>https://quizlet.com/en-gb Make a quizlet account and complete AQA GCSE quizzes on memory, research methods or social influence</p> <p>www.hoddereducation.co.uk/myrevisionnotesdownloads Complete quizzes on topics covered</p>
Science	<p>Complete any previous work that has been set by accessing the old documents on: https://rebrand.ly/ScienceSUM1</p> <p>New work: https://rebrand.ly/ScienceSUM2 or you can scan this QR code with your device:</p>	<p>The National Oak Academy has produced some excellent resources for science:</p> <p>If you are looking for more science you can find them at: https://www.thenational.academy/online-classroom/year-10/science#subjects</p> <p>Also, if you want to do some practical activities and you're allowed to (ask permission)</p>



Go to your year group and there will be an instruction document in the folder for you which highlights what to do each week.

The work is no longer split into x and y/z bands because all the content we are covering is common to triple science and combined science.

The recorded lesson from the in school lesson is now in the year 10 folder if you want to watch.

There is at least one video to watch per week along with a variety of other activities.

Year 10 Biology:

Week 29.6.20 - Follow-up from In School: Complete the booklet including the PPQ and self-assess.

Week 6.7.20 (In school) - Metabolism

Year 10 Chemistry:

Week 29.6.20 - Follow-up from In School: Complete the booklet including the PPQ and self-assess.

Week 6.7.20 (In school) - Metal Extraction

Year 10 Physics

Week 29.6.20 - Follow-up from In School: Complete the booklet including the PPQ and self-assess.

Week 6.7.20 (In school) - Stopping distance

<https://www.science-sparks.com/kitchen-science-round-up/> has some great kitchen science activities.

Sociology	<p>For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <p>Do not move on to this new work before completing the previous work.</p> <p>Work to be completed from: Week beginning 29th June– This work is to be completed in addition to the live lesson by Mrs Gill. Complete audio lesson on Research Methods. This will be focused on going over sampling methods. Ensure you complete all activities and attempt all exam questions. Week beginning 6th July – Complete audio lesson Families Revision. This is in addition to your live lesson. Complete all quizzes and go back over your notes to fill gaps in your knowledge.</p>	<p>Use your sociology revision guide to attempt some extra exam questions.</p> <p>Watch documentaries on the topics we cover: Benefits street The Stephen Lawrence case The 7 up series on Youtube Ross Kemp on gangs Keep up to date with current affairs. Download the BBC News app and follow Education and Families. BBC bitesize to help with self quizzing and information. https://www.bbc.co.uk/bitesize/subjects/zbbw2hv</p>
Spanish	<p>For previous weeks' work (which leads into these activities) scroll to the bottom of http://barrbeaconschool.co.uk/working-at-home/</p> <p>Week beginning 29/06 - All resources available in Spanish folder on school website. This work is to be completed in addition to the live lesson given by Mr Light Complete video lesson entitles 'Making our answers sound more natural' Complete video comprehension quiz from links given in 'Video comprehension' Document</p> <p>Week beginning 07/06 - All resources available in Spanish folder on school website. This work is to be completed in addition to the live lesson given by Mr Light Complete video lesson entitled 'Time phrases, not the ones you usually use' Complete translation work sheet based on theme 2</p>	<p>All 14 pages of vocabulary booklet to be completed</p> <p>Activities on ActiveLearn (All already released to pupils)</p>
Sport	<p>Week beginning 29th June and 6th July Watch the video in the PE home learning folder on assignment B You task is to ensure you have a definition, causes, symptoms and related rehabilitation for each injury. Deadline for the work set is the 12th July</p> <p>Week beginning 15th June & 22nd June Watch the video in the PE home learning folder. Complete work on your assignment A – Body systems PowerPoint. The video will give you guidance on how to do this. Your work will be emailed to on the 15th. The deadline for this work to be completed and emailed back to me is the 28th June 2020.</p> <p>Unit 3 Health and safety whilst planning a session - https://www.bbc.co.uk/bitesize/guides/zx4gk7h/revision/1 Methods of training and the structure of a session- https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1 Planning a session https://www.leadershipandsport.com/sports-session-planner-template/</p>	<p>Make notes on each area. Plan a session for your chosen sport.</p> <p>Netflix watch List: Moneyball; Coach Carter; The Blind Side; Stop at Nothing; Icarus; The short game; Iverson; The Dawn Wall; Game Changers</p> <p>Prime Watch List: The Unknown Runner; Eat. Race. Win; Running for Good; Salute; All or Nothing; Marching on Together- Leeds United;</p> <p>Podcast List: The Real Science of Sport Podcast; 30 for 30; Peter crouch podcast; Sports? With Katie Nolan.</p>

	Planning a session- https://prezi.com/ra48qwdqkvo/planning-a-sports-coaching-session/	
Textiles	<p><u>Week commencing 29th June</u> <i>Starting NEA work.</i></p> <p><i>This will lead on from 1st live lesson.</i></p> <p>Task 1: Begin by investigating the selected CONTEXTUAL CHALLENGE, to identify design possibilities / design problems. Consider these in-depth. Production of page 1 of NEA.</p> <p>May get onto the follow tasks:</p> <p>Task 2: You will identify a suitable client / potential customer, as well as write a suitable justified design problem, that will be solved through a portfolio.</p> <p>Task 3: You will define the needs and design requirements of the client / potential customer, after a enquiry and analytical research.</p> <p>Task 4: You may need to consider the inspirational work of designers and design movements.</p> <p>Task 5: You will produce a Design Brief and Justified Specification.</p> <p><u>Week commencing 6th July</u> <i>Starting NEA work.</i></p> <p><i>This will lead on from 1st live lesson.</i></p> <p>Task 1: Begin by investigating the selected CONTEXTUAL CHALLENGE, to identify design possibilities / design problems. Consider these in-depth. Production of page 1 of NEA.</p> <p>May get onto the follow tasks:</p> <p>Task 2: You will identify a suitable client / potential customer, as well as write a suitable justified design problem, that will be solved through a portfolio.</p> <p>Task 3: You will define the needs and design requirements of the client / potential customer, after a enquiry and analytical research.</p>	<p>Work through the past exam papers you have been given. Use the exam pack I have created for you. If you need a digital copy of the past papers please email me.</p> <p>http://www.gojimo.com/gcse-designtechnology-revision/ This might be an effective app to download</p>

	<p>Task 4: You may need to consider the inspirational work of designers and design movements. Task 5: You will produce a Design Brief and Justified Specification.</p> <p>Additional work: Watch the Great British Sewing Bee on BBC or Next in Fashion on Netflix. Attempt to make a practical item at home if you have the facilities and equipment. Try to keep your practical skills up to date by watching programmes like this for tips and also use YouTube as a support.</p> <p>Keep up your revision! Use the files on the school website for this. barrbeaconschool.com, then click working from home. Scroll down to all resources. Click on design and technology, download here. Click on Textiles > GCSE DT Textiles</p>	
PE	<ul style="list-style-type: none"> • Use the hyperlink on Barr Beacon School website and go to the Year 10 Core PE Area • Watch the video – Core PE Voiceover, where Mr Totty will be speaking to you about this fortnight’s work • Click on the Workout Powerpoint and complete the workouts throughout the fortnight as you wish • Create your own fitness log /diary and record the physical activities you are taking part in (on Microsoft Word, PowerPoint or a piece of paper) • Send these to your PE teacher for them to see how active and physical you have been for the past 2 weeks. <p>Below are examples of some of the new workouts, feel free to complete others or previous activities that you enjoyed.</p> <p>https://www.youtube.com/watch?v=YWrYohggUYU</p> <p>https://www.youtube.com/watch?v=j77wT96jHCl</p>	<p>Netflix watch List: Losers; Sir Alex Ferguson Secrets of Success; Stop at Nothing; Becoming Champions; Katie; The Game Changers; The Last Dance</p> <p>Moneyball; Coach Carter; The Blind Side; Stop at Nothing; The short game; Iverson;</p> <p>Prime Watch List: Eat Race Win; Breaking 60: Challenging the Impossible; Invictus</p> <p>The Unknown Runner; Eat. Race. Win; Running for Good; Salute; All or Nothing; Take Us Home: Leeds United; Class of 92</p> <p>Podcast List: Families in Sport</p> <p>The Real Science of Sport Podcast 30 for 30</p>

<https://www.youtube.com/watch?v=kTTP82Vhcww>

<https://www.youtube.com/watch?v=yplP5cLuyf4>

<https://www.youtube.com/watch?v=7iSm6rLBt20>

<https://www.youtube.com/watch?v=JkVHrA5o23o>

<https://www.youtube.com/watch?v=GfUpbhaCK7Y>

Remember to try different activities (you may enjoy something you thought you wouldn't!)