

Work for absent students Year 11 English

United Learning/Continuity Oak

1. Click the link associated with the topic you are studying
2. Select a lesson (starting at the beginning).
3. Play the lesson video – pausing it where required and completing the activities as directed.
4. Complete two lessons for every missed English Literature lesson
5. Bring these to your reintegration meeting

You Tube Video/Bitesize

1. Click the link associated with the topic you are studying
2. Watch the videos/read the information and take notes using the Cornell method of note taking. For information on how to do this, [click here](#).
3. Bring the notes to your reintegration meeting

Term	Topic	Oak Academy/Bitesize	YouTube Videos
Autumn 1	English Language Paper 1	BBC Bitesize Analysing Fiction 8 learner guides available	AQA English Language Paper 1 - YouTube 41 videos
Autumn 2	English Language Paper 2	BBC Bitesize Analysing Non-Fiction 5 learner guides available	AQA English Language Paper 2 - YouTube 42 videos
Spring 1	A Christmas Carol Revision	Curriculum - Curriculum (continuityoak.org.uk) Year 11 Unit 4: Revisiting: A Christmas Carol (12 lessons available)	A Christmas Carol Mr Bruff Playlist 16 videos
Spring 2	Macbeth Revision	Curriculum - Curriculum (continuityoak.org.uk) Year 10 Unit 5: Revisiting: Macbeth (12 lessons available)	Macbeth Playlist Mr Bruff 66 videos
Summer 1	An Inspector Calls Revision	Curriculum - Curriculum (continuityoak.org.uk) Year 10 Unit 7: Revisiting An Inspector Calls (12 lessons available)	An Inspector Calls Mr Bruff Playlist 32 videos

Work for absent students Year 11 Maths

Oak Academy

1. Click the link associated with the topic you are studying
2. Select a lesson (starting at the beginning).
3. Play the lesson video – pausing it where required and completing the activities as directed.
4. Complete two lessons for every missed Maths lesson
5. Bring these to your reintegration meeting

Topic	Oak Academy
Fractions	Adding/subtracting mixed numbers: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive
Multipliers	Increase/decrease: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive Reverse percentages: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive
Standard Form	SIF and ordinary form: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive
Transformations	Rotation: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive Enlargement: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive
Vectors	Column vectors: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive

	Harder vectors: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive
Scale drawings and maps	<p>Similarity: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive</p> <p>Map scales: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive</p> <p>Plans and elevations: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive</p>
Probability	<p>Relative frequency: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive</p> <p>Venn diagrams: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive</p>

Work for absent students Year 11 Science

You will need:

1. A blue or black pen
2. A pencil
3. A ruler
4. A calculator

For each topic, you will find links to either an Oak Academy or BBC Bitesize resource. Instructions on how to use each resource are below.

Oak Academy

1. Click the link associated with the topic you are studying.
2. Select the first lesson. It is useful to look at previously covered material – to build a solid foundation – and then move on to new stuff when you are secure.
3. Play the lesson video – pausing it where required and completing the activities as directed.

Bitesize resource

1. Click the link associated with the topic you are studying. Try to pick a lesson you have just done to recap material and then try the next lesson to cover new stuff.
2. Select the first topic from this section. It is useful to look at previously covered material – to build a solid foundation – and then move on to new stuff when you are secure.
3. You will be asked to read information or watch videos and you must take notes using the Cornell method of note taking. For information on how to do this, [click here](#).
4. Complete the multiple-choice quizzes (and for Year 9 upwards and sample exam questions).

Year 11 - Biology			
Term	Topic	Oak Academy	BBC Bitesize
1+2	Ecology		Ecology
3	Inheritance, variation and evolution		Inheritance, variation and evolution

Year 11 - Chemistry			
Term	Topic	Oak Academy	BBC Bitesize
1	Organic Chemistry		Organic Chemistry
1+2	Earth's Resources		Using Resources
3	Analysis		Analysis

Year 11 - Physics			
Term	Topic	Oak Academy	BBC Bitesize
1	Electromagnetism		Magnetism and Electromagnetism
2	Working Scientifically		

Work for absent students Year 11 Geography

Work to complete:

1. Identify the week in the term
2. Identify a topic you have not yet completed
3. Click on the link identified
4. Either read/watch the webpage and make notes or complete the tasks identified.

Changing Cities

Week	Topic	Link to complete work
1	Global urban change	https://continuityoak.org.uk/Lessons?r=501
1	Factors affecting rates of urbanisation	https://continuityoak.org.uk/Lessons?r=501
2	Megacities	https://continuityoak.org.uk/Lessons?r=503
2	Location and importance of Liverpool	https://continuityoak.org.uk/Lessons?r=504
2	Impacts of migration on Liverpool	https://continuityoak.org.uk/Lessons?r=505
3	Opportunities of urban change in Liverpool	https://continuityoak.org.uk/Lessons?r=506 – Part 1
3		https://continuityoak.org.uk/Lessons?r=506 – Part 2
4	Challenges of urban change in Liverpool	https://continuityoak.org.uk/Lessons?r=509 – Part 1
4		https://continuityoak.org.uk/Lessons?r=511 – Part 2
4	An urban regeneration project in Liverpool: The Anfield project	https://continuityoak.org.uk/Lessons?r=511
5	Sustainable urban living	https://continuityoak.org.uk/Lessons?r=513
5	How urban transport strategies reduce traffic congestion	https://continuityoak.org.uk/Lessons?r=515
6	Location and importance of Lagos	https://continuityoak.org.uk/Lessons?r=573
6	Causes of urban growth in Lagos	https://continuityoak.org.uk/Lessons?r=575
6	Social opportunities of urban growth in Lagos	https://continuityoak.org.uk/Lessons?r=4993
7	Challenges of urban growth in Lagos	https://continuityoak.org.uk/Lessons?r=577
7		https://continuityoak.org.uk/Lessons?r=579
8	Urban planning in Lagos: Makoko floating school	https://continuityoak.org.uk/Lessons?r=582

Resource management

Week	Topic	Link to complete work
1	How well-being is affected by resource availability	https://continuityoak.org.uk/Lessons?r=665
1	Global inequalities in the supply and demand of resources	https://continuityoak.org.uk/Lessons?r=666
2	Issues with food resources in the UK	https://continuityoak.org.uk/Lessons?r=667
2	Issues with water resources in the UK	https://continuityoak.org.uk/Lessons?r=668
2	Issues with energy resources in the UK	https://continuityoak.org.uk/Lessons?r=2058
3	Reasons for increasing water consumption	https://continuityoak.org.uk/Lessons?r=2059
3	Factors affecting water availability (1)	https://continuityoak.org.uk/Lessons?r=669
4	Factors affecting water availability (2)	https://continuityoak.org.uk/Lessons?r=670
4	Impacts of water insecurity	https://continuityoak.org.uk/Lessons?r=11316
4	Strategies to increase water supply (1)	https://continuityoak.org.uk/Lessons?r=671
5	Strategies to increase water supply (2)	https://continuityoak.org.uk/Lessons?r=673
5	Large scale water transfer scheme: China	https://continuityoak.org.uk/Lessons?r=675
6	Sustainable water supplies (1)	https://continuityoak.org.uk/Lessons?r=677
6	Sustainable water supplies (2)	https://continuityoak.org.uk/Lessons?r=679
6	Increasing water supplies at a local scale: Kenya	https://continuityoak.org.uk/Lessons?r=680

Geographical skills

1. <https://continuityoak.org.uk/Lessons?r=5610>
2. <https://continuityoak.org.uk/Lessons?r=11329>
3. <https://continuityoak.org.uk/Lessons?r=5619>
4. <https://continuityoak.org.uk/Lessons?r=5624>
5. <https://continuityoak.org.uk/Lessons?r=5629>
6. <https://continuityoak.org.uk/Lessons?r=5634>
7. <https://continuityoak.org.uk/Lessons?r=5639>
8. <https://continuityoak.org.uk/Lessons?r=5644>

Revision

1. <https://app.senecalearning.com/classroom/course/c25820ce-c6f1-436f-b33b-917b620631dc/section/280ad565-493c-4d4b-a275-8e591a09ac54/session/start>
2. <https://www.bbc.co.uk/bitesize/examspecs/zsytxsg>
3. <https://www.internetgeography.net/topics/>

Work for absent students Modern Foreign Languages – MFL

To use the languages online resource click on the link and then scroll down the page to find the relevant section for what you are learning at the moment. Then complete all the exercises in that section.

For BBC Bitesize click on the link and then scroll down the page to find the relevant section for what you're learning at the moment. Then complete all the exercises in that section.

Year 11 French

Term	Topic	Resource
1	Global issues Holidays	https://www.bbc.co.uk/bitesize/topics/z778scw https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Vocabulary unit: environnement
2	Life at school	https://www.bbc.co.uk/bitesize/topics/zmmwy9q https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 grammar
3	World of work	https://www.bbc.co.uk/bitesize/topics/z66q382 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 grammar
4	Revision	https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Topic units: GCSE writing exam model answers GCSE speaking exam role-plays GCSE speaking exam photocards GCSE reading practice questions GCSE: silly mistakes from essays – practice sentences GCSE spelling improvement programme
5	Revision	https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Topic units: GCSE writing exam model answers GCSE speaking exam role-plays GCSE speaking exam photocards GCSE reading practice questions GCSE: silly mistakes from essays – practice sentences GCSE spelling improvement programme
6		

Year 11 German

Term	Topic	Resource
1	Global issues Holidays	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 3: Die umwelt Meine Familie und die Umwelt Ein umweltfreundliches Haus Umwelt – Meinungen
2	Life at school	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr
3	World of work	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Topics: Jobs und Geld
4	Revision	https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Topics: GCSE speaking exam roleplays GCSE speaking exam Fotokarten GCSE writing Exam model answers GCSE reading practice
5	Revision	https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Topics: GCSE speaking exam roleplays GCSE speaking exam Fotokarten GCSE writing Exam model answers GCSE reading practice
6		

Year 11 Spanish

Term	Topic	Resource
1	Customs and festivals	https://www.bbc.co.uk/bitesize/topics/zrx6cqt https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Vocabulary Units: Las fiestas
2	Jobs and the future	https://www.bbc.co.uk/bitesize/topics/z73b2sg
3	Social and global issues	https://www.bbc.co.uk/bitesize/topics/zkpn8xs https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Vocabulary Units: El medio ambiente
4	Revision	https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Topic Units: GCSE Reading practice Grammar – any exercises
5	Revision	https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Topic Units: GCSE Reading practice Grammar – any exercises
6		

Fitness diary

How many sessions were complete?

What progress have you made?

How will I make it harder next time?

How hard did you work?

Rank the workout



Selfie

Workout review

Positives	Negatives
<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••

Rate of Perceived Exertion

10 Maximum Exertion

9 Very Hard

8 Extremely Hard

7 Hard (Heavy)

6

5 Somewhat Hard

4 Fairly Light

3 Light

2 Very Light

1 Rest

Joe Wicks

Workouts with children (Beginners)

<https://www.youtube.com/watch?v=d3LPrl0v-w&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=1>

<https://www.youtube.com/watch?v=mhHY8mOQ5eo&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=2>

<https://www.youtube.com/watch?v=SbFqQarDM50&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=3>

<https://www.youtube.com/watch?v=pnKCGY9ZocA&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=4>

<https://www.youtube.com/watch?v=uqLNxJe4L2l&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=5>

<https://www.youtube.com/watch?v=fAUckPMJKSY&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=6>

<https://www.youtube.com/watch?v=rN0h6EZd6TM&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=7>

<https://www.youtube.com/watch?v=EDC-plCTBbc&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=8>

<https://www.youtube.com/watch?v=5MBEyQllrfo&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=9>

https://www.youtube.com/watch?v=TUp2_VAHlrl&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=11

https://www.youtube.com/watch?v=9uw9ug_g-gM&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=12

<https://www.youtube.com/watch?v=xbVr38Bhe7E&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=13>

<https://www.youtube.com/watch?v=E5cmJpSFZB8&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=14>

https://www.youtube.com/watch?v=N7CX0_7sLTA&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=15

<https://www.youtube.com/watch?v=14ou-fpIEi4&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=16>

<https://www.youtube.com/watch?v=hvJXQT4gowg&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=17>

<https://www.youtube.com/watch?v=pLuM18p9zbM&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=18>

Body weight / HIIT workouts (Advance)

https://www.youtube.com/watch?v=GS_z6FG_jqE

<https://www.youtube.com/watch?v=mUns8O4YL5M>

<https://www.youtube.com/watch?v=bSXR6V9q6rM>

<https://www.youtube.com/watch?v=5nZ2iBGvFhE>

<https://www.youtube.com/watch?v=i134sTtWHI>

<https://www.youtube.com/watch?v=rXPgToG3GVI>

<https://www.youtube.com/watch?v=dcSy1sWQqJo>

<https://www.youtube.com/watch?v=El9YG1Huq88&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=2>

<https://www.youtube.com/watch?v=El9YG1Huq88&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=2>

<https://www.youtube.com/watch?v=ZBC72AoTcCE&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=4>

<https://www.youtube.com/watch?v=myijq74fPY8&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=5>

<https://www.youtube.com/watch?v=IV0rwqHxMDs&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=6>

<https://www.youtube.com/watch?v=LDo05xQeKl0&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=7>

Zumba Workouts

<https://www.youtube.com/watch?v=jjlhU9D4isQ&list=UUmzRlnYu2x5l-kmjpF08Hnw>

<https://www.youtube.com/watch?v=LALFtRYwY8g&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=2>

<https://www.youtube.com/watch?v=1ZsN1b2eWFI&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=3>

<https://www.youtube.com/watch?v=F1oWDL0wVqs&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=6>

<https://www.youtube.com/watch?v=KSXNTc-26l4&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=7>

<https://www.youtube.com/watch?v=K2fpAY7YDgo&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=8>

<https://www.youtube.com/watch?v=5dYdNINWlUg&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=9>

<https://www.youtube.com/watch?v=5l50XfbE2Gw&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=10>

<https://www.youtube.com/watch?v=OkvF4hYfdNc&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=11>

<https://www.youtube.com/watch?v=NZq48Hitzdk&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=12>

<https://www.youtube.com/watch?v=o8fmykntPrg&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=14>

https://www.youtube.com/watch?v=Lm_uQ8li3HU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=15

<https://www.youtube.com/watch?v=lrXxIEAW5hU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=16>

<https://www.youtube.com/watch?v=ui7Lz9wT2-c&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=17>

<https://www.youtube.com/watch?v=oWP-fatPfAU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=16>

<https://www.youtube.com/watch?v=P9hY2likBTM&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=20>

<https://www.youtube.com/watch?v=68-UbEtjVOQ&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=21>

<https://www.youtube.com/watch?v=z80D2V1sXCE&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=22>

Boxercise Workouts

https://www.youtube.com/watch?v=8CkUrKDP-v0&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF

https://www.youtube.com/watch?v=sgwtp9mF8tl&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=3

https://www.youtube.com/watch?v=6oLg5fFe5ww&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=4

https://www.youtube.com/watch?v=SuMDenIN5s8&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=5

https://www.youtube.com/watch?v=xSUXMwqZ3z0&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=6

https://www.youtube.com/watch?v=6cKSzuyieYc&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=7

https://www.youtube.com/watch?v=NmMRFWlokK4&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=8

https://www.youtube.com/watch?v=jCTEVKRTuS8&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=9

https://www.youtube.com/watch?v=CfpAmX2ACzQ&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=10

https://www.youtube.com/watch?v=5mxYbg1bfqc&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=12

https://www.youtube.com/watch?v=lujcE3FGL_U&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=14

Yoga and Pilates

<https://www.youtube.com/watch?v=qjN5UYff9-w&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=2&t=0s>

<https://www.youtube.com/watch?v=2JdHUMXDS3w&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=3&t=0s>

<https://www.youtube.com/watch?v=9OLpDgOA4n4&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=5&t=0s>

<https://www.youtube.com/watch?v=9OLpDgOA4n4&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=5&t=0s>

<https://www.youtube.com/watch?v=yRCUfumiqhk&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=6&t=0s>

<https://www.youtube.com/watch?v=5eY4Au3pwQg&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=7&t=0s>

<https://www.youtube.com/watch?v=yhJFVK3GI5w&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=8&t=0s>

<https://www.youtube.com/watch?v=GiP1D86CU78&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=9&t=0s>

https://www.youtube.com/watch?v=D3TC-tz3TeQ&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=1

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