

Work for absent students Year 10 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

Bitesize resource

1. Click the link associated with the topic you are studying
2. Select the first topic from this section
3. You will be asked to read information and 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
5. Bring this to your reintegration meeting

Term	Topic	Oak Academy	BBC Bitesize
Autumn 1	A Christmas Carol	Curriculum - Curriculum (continuityoak.org.uk) Year 11 Unit 1: A Christmas Carol (20 lessons available)	BBC Bitesize A Christmas Carol
Autumn 2	A Christmas Carol	Curriculum - Curriculum (continuityoak.org.uk) Year 11 Unit 1: A Christmas Carol (20 lessons available)	
Spring 1	Macbeth	Curriculum - Curriculum (continuityoak.org.uk) Year 10 Unit 1: Macbeth (20 lessons available)	BBC Bitesize Macbeth
Spring 2	Macbeth	Curriculum - Curriculum (continuityoak.org.uk) Year 10 Unit 1: Macbeth (20 lessons available)	
Summer 1	An Inspector Calls	Curriculum - Curriculum (continuityoak.org.uk) Year 10 Unit 3: An Inspector Calls (20 lessons available)	BBC Bitesize An Inspector Calls
Summer 2	Poetry Anthology	Curriculum - Curriculum (continuityoak.org.uk) Year 11 Unit 6: AQA Love and Relationships Poetry (18 lessons available)	BBC Bitesize Love and Relationships Poems (only Walking Away, Letters From Yorkshire and Neutral Tones)

Work for absent students Year 10 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
Number	<p>Decimals: https://classroom.thenational.academy/lessons/decimal-divided-by-decimal-cgu34c?from_query=decimals https://classroom.thenational.academy/lessons/add-and-subtract-decimals-c4rpcd?from_query=decimals</p> <p>Rounding: https://classroom.thenational.academy/lessons/round-up-to-three-significant-figures-68w66e?from_query=significant+figures</p> <p>Estimation: https://classroom.thenational.academy/units/rounding-and-estimating-2f3b?from_query=rounding https://classroom.thenational.academy/lessons/estimating-answers-6mw3jt?from_query=significant+figures</p>
Algebra	<p>Expanding brackets: https://classroom.thenational.academy/lessons/expand-and-simplify-double-brackets-cdhkjc?from_query=expanding+brackets https://classroom.thenational.academy/lessons/expand-2-brackets-and-simplify-expressions-part-1-crvk4c?from_query=expanding+brackets</p> <p>Factorising: https://classroom.thenational.academy/lessons/factorising-single-brackets-70rkgr?from_query=factorising https://classroom.thenational.academy/lessons/factorise-a-quadratic-cgukjt?from_query=factorising</p>
Shape	<p>Properties of shape: https://classroom.thenational.academy/lessons/diagonals-in-quadrilaterals-64u3ac?from_query=properties+of+quadrilaterals https://classroom.thenational.academy/lessons/identify-similar-shapes-and-show-shapes-are-similar-6rtkgt?from_query=similar+shapes</p>
FDP	<p>Multipliers: https://classroom.thenational.academy/lessons/decimal-multipliers-64w3et?from_query=multipliers</p> <p>4 Operations with fractions: https://classroom.thenational.academy/lessons/multiplying-a-fraction-by-a-fraction-71hk8c?from_query=fractions https://classroom.thenational.academy/lessons/dividing-a-fraction-by-a-fraction-65hk2c?from_query=fractions</p>

Algebra	<p>Solving equations: https://classroom.thenational.academy/lessons/solving-equations-with-brackets-6rt3ec?from_query=equations</p> <p>Solving inequalities: https://classroom.thenational.academy/lessons/solving-inequalities-71hk4e?from_query=inequalities</p> <p>Equations of straight lines: https://classroom.thenational.academy/lessons/equations-of-lines-6xhkad?from_query=equations</p>
Geometry	<p>Pythagoras's theorem: https://classroom.thenational.academy/lessons/know-and-understand-pythagoras-theorem-70vp4t?from_query=pythagoras</p> <p>Trigonometry: https://classroom.thenational.academy/lessons/applying-trigonometry-6mup2c?from_query=trigonometry https://classroom.thenational.academy/lessons/solve-basic-trigonometry-equations-6cup6r?from_query=trigonometry</p>
Indices and standard form	<p>Indices: https://classroom.thenational.academy/lessons/laws-of-indices-6mr3je?from_query=indices https://classroom.thenational.academy/lessons/negative-indices-cgvpac?from_query=indices https://classroom.thenational.academy/lessons/fractional-indices-c4r64d?from_query=indices</p> <p>Standard form: https://classroom.thenational.academy/lessons/convert-large-numbers-to-standard-form-6wv36c?from_query=standard+form https://classroom.thenational.academy/lessons/convert-small-numbers-to-standard-form-cmup8e?from_query=standard+form</p> <p>Problem solving: https://classroom.thenational.academy/lessons/mixed-problems-with-standard-form-crw3cd?from_query=standard+form</p>
Area and volume	<p>Sectors: https://classroom.thenational.academy/lessons/find-the-area-of-a-semicircle-and-quarter-circle-ccrp2t?from_query=significant+figures</p> <p>Volume of a cylinder: https://classroom.thenational.academy/lessons/find-the-volume-of-a-cylinder-cmrpce?from_query=volume</p> <p>Surface area of prisms: https://classroom.thenational.academy/lessons/surface-area-problems-60ukjt?from_query=surface+area</p>
Probability	<p>Independent events: https://classroom.thenational.academy/lessons/calculate-probabilities-of-independent-events-6mw3jr?from_query=independent+events</p> <p>Mutually exclusive events: 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 10 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 10 - Biology			
Term	Topic	Oak Academy	BBC Bitesize
1	Infection and Response		Infection and response
2	Homeostasis		Homeostasis and Response
3+4	Ecology		Ecology

Year 10 - Chemistry			
Term	Topic	Oak Academy	BBC Bitesize
1	Quantitative Chemistry		Quantitative Chemistry
2	Structure and Bonding		Bonding, Structure, and Properties of Matter
3+4	Chemical Changes		Chemical Changes
5	Atmosphere		Chemistry of the Atmosphere

Year 10 - Physics			
Term	Topic	Oak Academy	BBC Bitesize
1	Atomic Structure		Atomic Structure
2	Forces		Forces
3+4	Waves		Waves
5+6	Forces 2		Forces

Work for absent students Year 10 Geography - Terms 1 and 2

Work to complete:

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

Week	Topic	Link to complete work
1	Physical landscapes of the UK	https://continuityoak.org.uk/Lessons?r=416
1	What are river long and cross profiles?	https://continuityoak.org.uk/Lessons?r=517
2	How do rivers erode, transport and deposit their load?	https://continuityoak.org.uk/Lessons?r=2040
2	Landforms of erosion: V-shaped valleys and interlocking spurs	https://continuityoak.org.uk/Lessons?r=518
2	Landforms of erosion: waterfalls and gorges	https://continuityoak.org.uk/Lessons?r=519
3	Landforms of erosion and deposition: meanders and oxbow lakes	https://continuityoak.org.uk/Lessons?r=520
3	Landforms of deposition: levees, floodplains and estuaries	https://continuityoak.org.uk/Lessons?r=521
4	Landforms in a UK river valley: The River Tees	https://continuityoak.org.uk/Lessons?r=522
4	How does the river basin system work?	https://continuityoak.org.uk/Lessons?r=523
4	What are the human and physical factors that increase flood risk?	https://continuityoak.org.uk/Lessons?r=1853
5	What are hydrographs and what do they show?	https://continuityoak.org.uk/Lessons?r=1854
5	How can rivers be managed using hard engineering strategies?	https://continuityoak.org.uk/Lessons?r=525
6	Soft engineering river management (1)	https://continuityoak.org.uk/Lessons?r=526
6	Soft engineering river management (2)	https://continuityoak.org.uk/Lessons?r=528
6	A UK flood management Scheme: Oxford	https://continuityoak.org.uk/Lessons?r=529

Work for absent students Year 10 Geography - Term 3

Work to complete:

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

Week	Topic	Link to complete work
1	What is development?	https://continuityoak.org.uk/Lessons?r=432
1	Economic and social measures of development	https://continuityoak.org.uk/Lessons?r=433
2	Limitations of economic and social measures of development	https://continuityoak.org.uk/Lessons?r=434
2	The demographic transition model	https://continuityoak.org.uk/Lessons?r=435
2	Population pyramids	https://continuityoak.org.uk/Lessons?r=436
3	Physical causes of uneven development	https://continuityoak.org.uk/Lessons?r=1855
3	Economic and historic causes of uneven development	https://continuityoak.org.uk/Lessons?r=1858
4	Consequences of uneven development	https://continuityoak.org.uk/Lessons?r=1857
4	Strategies to reduce the development gap (1)	https://continuityoak.org.uk/Lessons?r=530
4	Strategies to reduce the development gap (2)	https://continuityoak.org.uk/Lessons?r=531
5	Strategies to reduce the development gap (3)	https://continuityoak.org.uk/Lessons?r=532
5 – 8	India case study	<ol style="list-style-type: none"> 1. https://continuityoak.org.uk/Lessons?r=2041 - Industrial structure (1) 2. https://continuityoak.org.uk/Lessons?r=556 - Industrial structure (2) 3. https://continuityoak.org.uk/Lessons?r=558 - TNCs 4. https://continuityoak.org.uk/Lessons?r=561 - Global relations 5. https://continuityoak.org.uk/Lessons?r=564 - International aid 6. https://continuityoak.org.uk/Lessons?r=566 - Impacts of development 7. https://continuityoak.org.uk/Lessons?r=568 - Development and QOL

Work for absent students Year 10 Geography - Term 4

Work to complete:

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

Week	Topic	Link to complete work
1	Wave types and characteristics	https://continuityoak.org.uk/Lessons?r=417
1	Coastal weathering and erosion	https://continuityoak.org.uk/Lessons?r=418
2	Mass movement	https://continuityoak.org.uk/Lessons?r=419
2	Transportation and erosion	https://continuityoak.org.uk/Lessons?r=420
2	Headlands and bays	https://continuityoak.org.uk/Lessons?r=421
3	Wave cut platforms	https://continuityoak.org.uk/Lessons?r=422
3	Caves, arches and stacks	https://continuityoak.org.uk/Lessons?r=423
3	Beaches and sand dunes	https://continuityoak.org.uk/Lessons?r=424
4	Spits and bars	https://continuityoak.org.uk/Lessons?r=425
4	Landforms on a UK coast	https://continuityoak.org.uk/Lessons?r=426
4	Coastal hard engineering	https://continuityoak.org.uk/Lessons?r=427
4	Coastal soft engineering	https://continuityoak.org.uk/Lessons?r=428
5	Managed retreat	https://continuityoak.org.uk/Lessons?r=429
5	Lyme Regis case study	https://continuityoak.org.uk/Lessons?r=430
5	Lyme Regis case study	https://continuityoak.org.uk/Lessons?r=431

Work for absent students Year 10 Geography - Terms 5 and 6

Work to complete:

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

Week	Topic	Link to complete work
1	Introduction to ecosystems	https://continuityoak.org.uk/Lessons?r=647
1	How can change affect a small scale ecosystem?	https://continuityoak.org.uk/Lessons?r=648
2	Global ecosystems – where are they and what are they like?	https://continuityoak.org.uk/Lessons?r=649
2	What are the physical characteristics of the tropical rainforest?	https://continuityoak.org.uk/Lessons?r=650
2	Interdependence in the TRF	https://continuityoak.org.uk/Lessons?r=651
3	Plant and animal adaptations	https://continuityoak.org.uk/Lessons?r=652 https://continuityoak.org.uk/Lessons?r=653
3	Changing rates of deforestation	https://continuityoak.org.uk/Lessons?r=655
3	Amazon – deforestation causes	https://continuityoak.org.uk/Lessons?r=654
4	Amazon deforestation causes (2)	https://continuityoak.org.uk/Lessons?r=2053
4	Amazon – deforestation impacts	https://continuityoak.org.uk/Lessons?r=2054
4	TRF Value	https://continuityoak.org.uk/Lessons?r=2055
4	TRF management	https://continuityoak.org.uk/Lessons?r=2056
5	TRF Management (2)	https://continuityoak.org.uk/Lessons?r=2057
5 - 7	Deciduous woodland case study	1. Background https://www.internetgeography.net/topics/what-is-a-temperate-deciduous-woodland/ https://www.internetgeography.net/topics/where-are-temperate-deciduous-woodlands-located/ 2. Interdependence https://www.internetgeography.net/topics/interdependence-in-deciduous-woodlands/ 3. Structure https://www.internetgeography.net/topics/what-is-the-structure-of-the-temperate-deciduous-woodland/ https://www.internetgeography.net/topics/how-did-the-temperate-deciduous-woodland-get-like-this/ 4. Adaptations https://www.internetgeography.net/topics/how-has-the-vegetation-adapted-to-the-climate-2/ https://www.internetgeography.net/topics/how-have-animals-adapted-to-deciduous-woodlands/ 5. Nutrient cycle https://www.internetgeography.net/topics/the-nutrient-cycle-and-biodiversity-in-deciduous-woodlands/ 6. Human activity https://www.internetgeography.net/topics/deciduous-woodlands-human-uses-and-impacts/ https://www.internetgeography.net/topics/what-is-the-impact-of-humans-on-the-temperate-deciduous-woodland/ 7. Dean Forest case study https://www.internetgeography.net/topics/management-of-the-forest-of-dean-case-study/ 8. Management https://www.internetgeography.net/topics/sustainable-development-in-the-temperate-deciduous-woodland/

Work for absent students Year 10 History - Term 3 and 4 - Civil Rights Movement

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and answer what do you think questions/make notes

Week	Topic	Link to complete work
1	Introduction to Civil Rights Movement	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/introduction-to-the-civil-rights-movement
	What was the experience for WW2 war veterans in USA?	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/african-american-veterans-and-the-civil-rights-movement
2	Explore the impact of Brown v. Topeka	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/brown-v-board-of-education
	Impact of Emmett Till's death	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/emmett-till
	What was the impact of events at Little Rock High School?	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/massive-resistance-and-little-rock
3	What was the impact of the Montgomery Bus Boycott?	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/the-montgomery-bus-boycott
	How much impact did CRA have?	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/the-civil-rights-act-of-1964-and-the-voting-rights-act-of-1965
4	Opposition to the above events	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/sncc-and-core
	Opposition to the above events	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/black-power
	Freedom Rides, 1961	https://www.bbc.co.uk/bitesize/guides/zdfcwmn/revision/8
5	Birmingham, 1963	https://www.bbc.co.uk/bitesize/guides/zdfcwmn/revision/9
	March on Washington, 1965	https://www.khanacademy.org/humanities/us-history/postwarera/civil-rights-movement/a/the-march-on-washington-for-jobs-and-freedom
6	Selma, 1965	https://www.history.com/news/selma-bloody-sunday-attack-civil-rights-movement
	How successful were acts passed in the 1960s?	https://www.bbc.co.uk/bitesize/guides/zdfcwmn/revision/10

Work for absent students Year 10 History - Term 5 and 6 - Vietnam

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and answer what do you think questions/make notes

Week	Topic	Link to complete work
1	Why did USA get involved in Vietnam?	https://www.bbc.co.uk/bitesize/guides/zv7bkqt/revision/2
	What role did Eisenhower play?	https://www.gcsehistory.com/faq/eisenhower_vietnam.html
2	What role did Kennedy play?	https://www.bbc.co.uk/bitesize/guides/zvmrr2p/revision/2
	How much impact did Gulf of Tonkin have?	https://www.history.com/topics/vietnam-war/gulf-of-tonkin-resolution-1
	Guerilla warfare	https://www.bbc.co.uk/bitesize/guides/zv7bkqt/revision/4
3	US warfare	https://www.bbc.co.uk/bitesize/guides/z89hg82/revision/4
	Tet Offensive	https://www.history.com/topics/vietnam-war/tet-offensive
4	Role of Nixon	https://www.bbc.co.uk/bitesize/guides/zvmrr2p/revision/7
	My Lai Massacre	https://www.history.com/topics/vietnam-war/my-lai-massacre-1
	Kent state university and protest	https://www.history.com/topics/vietnam-war/vietnam-war-protests
5	Support for the war	https://www.history.com/this-day-in-history/nixon-calls-on-the-silent-majority
	Peace process in Vietnam	https://www.bbc.co.uk/bitesize/guides/z89hg82/revision/9
6	Why USA failed in Vietnam	https://www.bbc.co.uk/bitesize/guides/z89hg82/revision/10

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 10 French

Term	Topic	Resource
1	Mobile phones technology	https://www.bbc.co.uk/bitesize/guides/zf8jf4j/revision/1 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Third year learning: En ligne!
2	Friends Family relationships	https://www.bbc.co.uk/bitesize/topics/zvvp8xs https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 grammar
3	Free time Sports Tv Cinema Reading Food and drink	https://www.bbc.co.uk/bitesize/topics/zrryp3 https://www.bbc.co.uk/bitesize/topics/z4432sg https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 grammar
4	Customs and festivals	https://www.bbc.co.uk/bitesize/guides/zhp3wty/revision/1 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Vocabulary unit: Noël
5	Where I live	https://www.bbc.co.uk/bitesize/topics/zddct39 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Vocabulary Unit: La ville où j'habite
6	Social issues Global issues	https://www.bbc.co.uk/bitesize/topics/zjj9pg8 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Topic units: Forme et santé

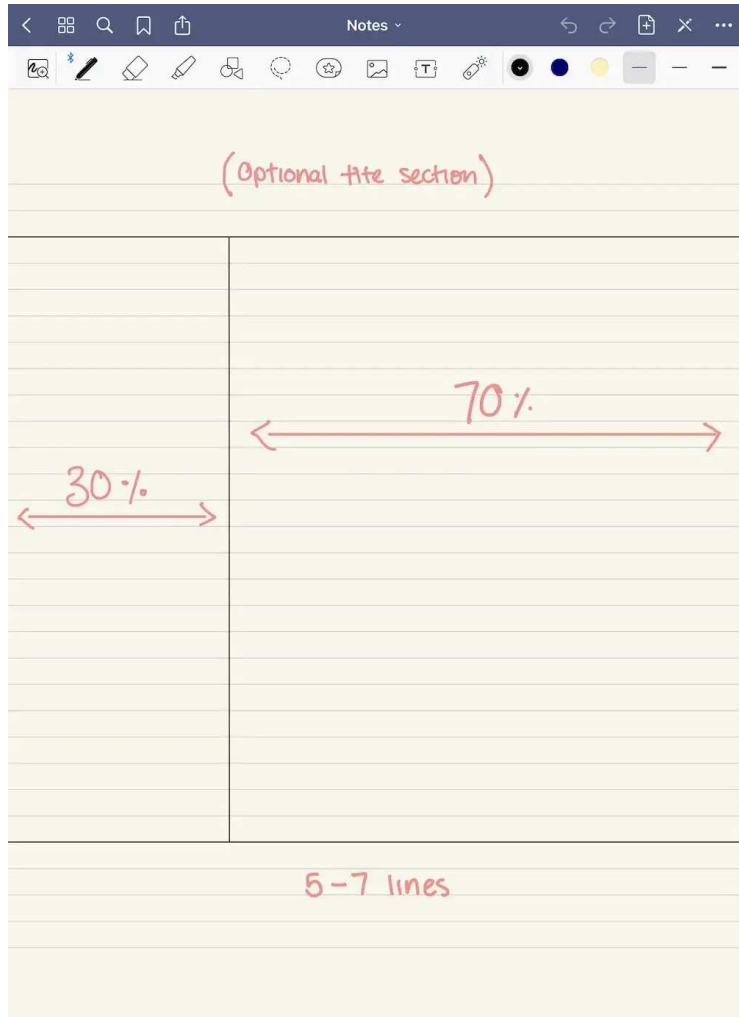
Year 10 German

Term	Topic	Resource
1	Mobile phones Technology	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 grammar
2	Friends Family Relationships	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 3: Verhältnisse
3	Free time Sports Tv Cinema Reading Food and drink	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 4: Freizeit und Hobbys
4	Customs and festivals	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 3: Feste und Traditionen Topics: Weihnachten
5	Where I live	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 4: Hausarbeit
6	Social issues Global issues	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 2: Körper und Krankheiten Fitness und Gesundheit

Year 10 Spanish

Term	Topic	Resource
1	School	https://www.bbc.co.uk/bitesize/topics/zjyvqp3 https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Vocabulary Units: en el instituto Caminos book 3: Unit 5 Unit 6
2	Friends Family Relation- ships	https://www.bbc.co.uk/bitesize/topics/znk8nrd https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Caminos book 3: Unit 4
3	Where I live	https://www.bbc.co.uk/bitesize/topics/z4th92p https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Caminos book 3: Unit 7 Unit 13 Unit 14
4	Where I live	https://www.bbc.co.uk/bitesize/topics/z4th92p https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Caminos book 3: Unit 7 Unit 13 Unit 14
5	Holidays	https://www.bbc.co.uk/bitesize/topics/zdsfwty https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Caminos book 3: Unit 9
6	Free time	https://www.bbc.co.uk/bitesize/topics/zfdwf4j https://www.bbc.co.uk/bitesize/topics/zvq7382 https://www.bbc.co.uk/bitesize/topics/zb2mgwx https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Vocabulary Units: La comida

Cornell Note Making



Split your page up (as shown on the left)

You need:

One row at the top for the title (2 lines)

One bigger row at the bottom (5-7 lines)

Two columns in the middle section in a 3:7



Title
You are going for clarity
eg Animal and Plant cells



The image shows a digital note-taking application interface. At the top, there is a dark blue header bar with navigation icons (back, home, search, bookmark, share) and a 'Notes' dropdown menu. Below the header is a toolbar with various drawing and editing tools. The main content area is a yellow notepad with a white grid. At the top of the grid, the word 'TITLE' is written in large, bold, black letters and underlined in pink. To the right of 'TITLE' is the word 'Date' in a smaller font. The grid is divided into three main sections by horizontal lines. The first section on the left is labeled 'Keywords' in pink and contains the text 'Main notes' and 'ideally using abbreviations'. The second section on the left is labeled 'Questions' in pink and contains the text 'Key thoughts'. The third section at the bottom is labeled 'SUMMARY' in large, bold, black letters.

Notes

TITLE Date

Keywords

- Main notes
 - ideally using abbreviations

Questions

- Key thoughts

SUMMARY

Main notes in the biggest section – you can pause the video/re-read the text if you need to but just think about short, summary statements.



Notes

TITLE Date

Keywords	<ul style="list-style-type: none">• Main notes<ul style="list-style-type: none">◦ ideally using abbreviations
Questions	<ul style="list-style-type: none">• Key thoughts
SUMMARY	

After the video has finished or you have finished reading the text -

Write questions in the left column that link to your key points, eg if your key point is 'cells are the building blocks of living things' then the question might be, 'What do we call the building blocks of living things?' This is where you think hard and remember, memory is the residue of thought.



The image shows a digital note-taking application interface. At the top, there is a dark blue header with navigation icons (back, search, bookmark, share) and a 'Notes' dropdown menu. Below the header is a toolbar with various drawing and editing tools. The main content area is a yellow notepad with horizontal lines. At the top of the notepad, the word 'TITLE' is written in large, bold, black letters and underlined in pink. To the right of 'TITLE' is the word 'Date'. Below this, the notepad is divided into two columns by a vertical line. The left column contains the word 'Keywords' in pink, followed by 'Questions' in pink. The right column contains two bullet points: '• Main notes' with a sub-bullet '• ideally using abbreviations', and '• Key thoughts'. At the bottom of the notepad, the word 'SUMMARY' is written in large, bold, black letters.

TITLE		Date
Keywords	• Main notes • ideally using abbreviations	
Questions	• Key thoughts	
SUMMARY		

After the video has finished or you have finished reading the text, summarise the notes in 1-3 sentences.

There needs to be a summary box at the bottom of each page – so if you run out of room, you must summarise each page separately.

Benefits of this method

Active summarising

In order to, summarise a topic, you need to have a certain level of understanding. This note-taking method prompts you to get there.

Intentional note-taking

Cornell notes encourage mindfulness and focus when taking notes. You have to pull out key points and reflect on the material, instead of simply writing every little thing down.

Revision-ready notes

When it comes time to revisit your notes, they're logically organised.

Fitness diary

How many sessions were complete?

What progress have you made?

How will I make it harder next time?

Rank the workout


★ ★ ★ ★ ★

1 2 3 4 5

How hard did you work?

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

 Selfie

Workout review

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

Joe Wicks

Workouts with children

(Beginners)

<https://www.youtube.com/watch?v=d3LPrhI0v-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=i134sTtWHII>

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

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

<https://www.youtube.com/watch?v=EI9YG1Huq88&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=2>

<https://www.youtube.com/watch?v=EI9YG1Huq88&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=5dYdNINWIUg&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=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=2&t=0s>
<https://www.youtube.com/watch?v=2JdHUMXDS3w&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=3&t=0s>
<https://www.youtube.com/watch?v=9OLpDgOA4n4&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=5&t=0s>
<https://www.youtube.com/watch?v=9OLpDgOA4n4&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=5&t=0s>
<https://www.youtube.com/watch?v=yRCUfumiqhk&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=6&t=0s>
<https://www.youtube.com/watch?v=5eY4Au3pwQg&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=7&t=0s>
<https://www.youtube.com/watch?v=yhJFVK3GI5w&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=8&t=0s>
<https://www.youtube.com/watch?v=GiP1D86CU78&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=9&t=0s>
https://www.youtube.com/watch?v=D3TC-tz3TeQ&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=1
https://www.youtube.com/watch?v=dj3NUnxGG5o&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=2
https://www.youtube.com/watch?v=tUXC0lurKU4&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=5
https://www.youtube.com/watch?v=1gzT-FZ45i0&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=7
https://www.youtube.com/watch?v=aOYcySi-kpU&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=12

Learning log

Schools are required to provide a full-time education for all students. In exceptional circumstances, where a part-time timetable or alternative arrangements have been agreed, there is an expectation that students will continue to study for 25 hours per week. Where students are not attending full-time alternative provision, they are provided with online resources, including resources from Oak National Academy, Educake and Sparx Maths. As part of the agreement for alternative arrangements, parents/carers must log any learning agreed to take place at home using this form and return it weekly to school either by email, by post or by hand.

Name of student		Week beginning (Monday's date)	
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Date/Date	Timing	Subject and topic (eg English: Gothic poetry)	Quiz score
Monday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	
Date/Date	Timing	Subject and topic	Quiz score
Tuesday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	
Date/Date	Timing	Subject and topic	Quiz score
Wednesday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	
Date/Date	Timing	Subject and topic	Quiz score
Thursday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	
Date/Date	Timing	Subject and topic	Quiz score
Friday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	

Confirmed and signed by parent/carers	
Please return this form to a member of staff every week	