



**Whitmore High School
Independent Learning Activities**

**Independent Learning
Activities**

Spring / Summer 2020

Year 9



Whitmore High School

Independent Learning Activities

What are Independent Learning Activities (ILAs)?

Independent Learning Activities are specific pieces of work set as an activity to complete in their own time, outside of the classroom. Whilst they have a clear focus, students are able to work independently developing their own direction of learning and unique outcomes.

This booklet is designed to give pupils and parents a range of learning tasks to complete at home.

There are a range of activities for learners. Some refer to use of internet, some are written, some are drawing based and some are practical.

We suggest pupils work through the booklet at their own pace and in their own order. We suggest pupils manage their learning in small chunks throughout the day with appropriate rest breaks.

Please refer to the school website for further learning activities which will be uploaded in the forthcoming days and weeks.

Best wishes,

From the Staff of Whitmore High School



Whitmore High School

Independent Learning Activities

Year 9 Welsh

This project should take about 3 hours

Aim: To write an extended report about yourself in Welsh.

Objectives: To show that I can write a full report about myself in Welsh, giving a variety of details and I will use a variety of tenses, include a range of sentence patterns and idioms

What do you have to do: I will use a variety of sentence patterns to show I have a good grasp of the Welsh language and I will include idioms to create effects in my written work. I will try to vary the tense of the verb and include 3rd person sentence patterns.

What format can your work be in?

Your report will be a mini project about yourself. You can include photographs to enhance your work. You can use ICT or hand write your report.

Key points to help you complete the task:

Plan your report carefully. Make sure you include plenty of information about yourself.

Resources you will need to help you:

There are extra phrases on the grammar page of your Welsh booklet.

Success Criteria –

- A variety of sentence patterns
- Idioms
- A Variety of tenses
- Connectives
- Paragraphs, good punctuation and correct spelling.



Whitmore High School

Independent Learning Activities

Year 9 IT

This project should take about 2 hours

Aim: To produce a written explanation of how to use Prezi to help people who have never used the software before.

Objectives:

- Describe what Prezi is and what it can be used for.
- To provide step by step explanations of each of the features of the software with screenshots where appropriate.
- To produce a sensibly organised, well written and presented digital help document.

What do you have to do:

- Plan your writing before starting – what is a sensible order to teach somebody how to use Prezi?
- Ensure that each step is explained in full.
- Make sure that technical terms have been used.
- Sensible and useful screenshots have been used.

What format can you submit your work: Microsoft Word, Google Docs

Key points to help you complete the task:

Take clear, cropped screenshots that focus on the element you are explaining.

Resources you will need to help you:

Access to Google Classroom.

A computer or tablet. (All IT computer rooms are available at lunchtimes or after school)



Whitmore High School

Independent Learning Activities

Year 9 Science

Aim:

To summarise electrical circuits and explain how electricity flows

Objectives:

- To describe the components in an electrical circuit
- To explain differences between series and parallel circuits
- To suggest why electricity is so important and so dangerous

What do you have to do:

1. Draw and label 10 components (symbols) of a circuit
2. Draw a series circuit and explain the current around the circuit
3. Draw a parallel circuit and explain the current around the circuit
4. Design a poster on electrical safety in the home. You must include a slogan and at least 5 different ways to stay electrically safe!
5. Find out what voltage is and how it is measured
6. Watch the video on Electricity and write your own summary of Electricity
7. Make a board game or card game on energy resources or make a model island with a number of renewable energy resources on it.
8. Generate a glossary of the keywords from this topic. A glossary is a detailed list of keywords and their meanings or descriptions.

What format can your work be in?

Posters on an A4 sheet of paper
PowerPoint presentation or on Word

Key points to help you complete the task:

Make sure you label any diagrams
Check spelling of key words

Resources you will need to help you:

Watch this video: <https://www.youtube.com/watch?v=KYKVf6edvcA>

Success Criteria:

- A description of circuit symbols (use diagrams)
- An explanation of how current flows in series and parallel circuits
- A description of how you measure current and voltage
- A summary of what electricity is
- A safety poster outlining the risks of electricity
- A glossary with definitions of the key words you used in your project



Whitmore High School Independent Learning Activities

Year 9 Drama

This project should take about two and a half hours.

Aim: To produce a box set of the set for 'shakers' using recycled goods from home, with a full written justification of your decisions.

Objectives:

- You must draw a set design on paper as your first draft
- You must then create a box set of the design using recycled items such as a shoe box, cereal box and card/paper.
- You must accompany this box set with a written report which justifies all of your decisions within the design. Terminology of the set must be used, decisions on colour symbolism and stage space is also needed.
- You must write in full sentences with full justifications.

What do you have to do:

- Sketch your design and ideas for your first draft.
- Collect items for the box set in advance.
- Create your box set using craft tools such as paint, card, scissors, glue and any other accessories you may wish to add.
- Make sure you write up all of your decisions in a detailed report, this must have subject terminology (stage type, rostra, flats, back cloths, cycloramas etc.). How the set will move will also need to be recorded if items are brought in. The effect on the audience must also be reported on.

What format can your work be in?

A piece of written work that is about one side of A4, a diagram of the set (first draft) and a visual box set (3D).

Key points to help you complete the task:

Resources you will need to help you: Use the 'YOU TUBE' links given to you in the booklet and use www.designtheatresets.com to assist you.

Success Criteria -

- A brief report with little justification
- A full description of the key point with some reasonable/ plausible justifications.
- A full report with detailed justifications
- A full report with excellent justifications and subject terminology used throughout.



Whitmore High School Independent Learning Activities

Year 9 PR

This project should take about two hours to complete
‘Everyone must care for the world. ‘

Aim:

To produce a written discussion to evaluate the question:

‘Everyone must care for the world. ‘

Do you agree? Give reasons or evidence for your answer showing that you have thought of more than one point of view. You must include reference to religious beliefs in your answer.

Objectives:

- To be able to consider different viewpoints, including religious ones, on the question ‘Is it wrong to be in a same-sex relationship?’
- To be able to evaluate the statement giving arguing to support both viewpoints.
- To be able to give reasons to justify your viewpoint.

What do you have to do:

1. Complete research on the statement.
2. Plan your writing first noting down the key points or arguments you want to make.
3. Ensure you have an introduction, main body and conclusion to your piece of writing.
4. Argue for both viewpoints giving reasons and/or evidence.
5. Include religious teachings, viewpoints and quotes.
6. Include arguments and/or evidence.
7. Compare your viewpoint with that of other people’s, including religious ones.
8. Check you have used key religious words.
9. Check your literacy, ensuring you have spelt words correctly, used a range of connectives, openers and accurate punctuation.

What format can your work be in?

A piece of written work that is 1-2 pages of A4.

Key words: Stewardship humanity dominion responsibility duty

Resources you will need to help you:

<https://www.bbc.co.uk/bitesize/guides/zw9ky4j/revision/4>

<https://www.bbc.co.uk/bitesize/guides/zr3c7ty/revision/3>

Possible sentence starters:

- You could begin by giving your own opinion on the statement e.g. **I agree that everyone has a**



Whitmore High School Independent Learning Activities

duty to care for the world. This is because..... People could take better care of the world by.....

- **Stewardship is.....**
- **Examples of stewardship include....**
- Some people don't see it as their duty to take care of the planet. This could be because... also/as well as this...
- The impact of this is.....
- However.....
- Many Christians would also agree that we have a duty to care for the world.. This is because....
- In addition to this....
- A Jewish response to the statement.....
- Similarly, a Muslim response would be.....
- A non-religious organisation is Greenpeace. They believe the future of the world is in our hands. Greenpeace..... (explain what Greenpeace is and how they campaign).
- Finally/Overall/To sum up.....



Whitmore High School Independent Learning Activities

Year 9 Spanish

Aim: A report on the advantage of learning a language

This project should take about two hours

Objectives:

- To research the advantages of learning a language of learning a language, through reading information and searching the internet;
- To select important facts and information for your reader;
- To present a piece of writing in a report style to develop your literacy skills

What do you have to do:

- Decide on the advantages of learning a language – explain why and back up with facts?
- Research your advantage of learning a language – look at videos on youtube, look for books in the LRC, research information on the internet
- Plan your writing – what facts and interesting information are you going to include?
- Write a clear introduction that explains what your report is about.
- Write detailed paragraphs giving important information and interesting facts about your ideal celebrity, remember to add your own opinions too. Aim to cover information on University, Qualifications, Travel, Variety of jobs
Businesses in wales using languages, Positives of learning a language
Advantages of learning a language, Standing out from the crowd
TV/business celebrities that speak languages
- Write a conclusion that maybe adds a personal touch – what you believe the advantages are to learning a language?
- Write a bibliography, which lists where you got your information from (websites and books)
- Use the rubric to check your work and see if you can improve – do you think you would get Bronze, Silver, Gold or Platinum for this piece of work?

What format can your work be in?

Hand written account on paper

Key points to help you complete the task:

- Visit the LRC and gather as much information as you can from books/magazines and the internet

Resources you will need to help you:

Internet

Books/magazines

Success Criteria –

- A wide range of interesting information
- A clear structure to the report – Introduction, paragraphs and conclusion (and bibliography)
- A range of accurate and extended vocabulary and sentence structures
- Accurate grammar, spelling and punctuation



Whitmore High School Independent Learning Activities

Year 9 French

Aim: A report on the advantage of learning a language

This project should take about two hours

Objectives:

- To research the advantages of learning a language of learning a language, through reading information and searching the internet;
- To select important facts and information for your reader;
- To present a piece of writing in a report style to develop your literacy skills

What do you have to do:

- Decide on the advantages of learning a language – explain why and back up with facts?
- Research your advantage of learning a language – look at videos on youtube, look for books in the LRC, research information on the internet
- Plan your writing – what facts and interesting information are you going to include?
- Write a clear introduction that explains what your report is about.
- Write detailed paragraphs giving important information and interesting facts about your ideal celebrity, remember to add your own opinions too. Aim to cover information on University, Qualifications, Travel, Variety of jobs, Businesses in wales using languages, Positives of learning a language Advantages of learning a language, Standing out from the crowd TV/business celebrities that speak languages
- Write a conclusion that maybe adds a personal touch – what you believe the advantages are to learning a language?
- Write a bibliography, which lists where you got your information from (websites and books)
- Use the rubric to check your work and see if you can improve – do you think you would get Bronze, Silver, Gold or Platinum for this piece of work?

What format can your work be in?

Hand written account on paper

Key points to help you complete the task:

- Visit the LRC and gather as much information as you can from books/magazines and the internet

Resources you will need to help you:

Internet

Books/magazines

Success Criteria –

- A wide range of interesting information
- A clear structure to the report – Introduction, paragraphs and conclusion (and bibliography)
- A range of accurate and extended vocabulary and sentence structures
- Accurate grammar, spelling and punctuation



Whitmore High School Independent Learning Activities

Year 9 Geography

This project should take one and a half hours.

Aim:

Pupils are to write a recount of a Day in the Life of Rosa.

Objectives:

- Identify things that Rosa would do on a daily routine working in the factory.
- Describe the conditions of the factory that Rosa works in.
- Emphasise with Rosa and how she might feel working in the poor conditions in the factory.

What format can your work be in?

- A piece of written work that is 1-2 pages of A4.
- Imagine it is a diary entry.
- Write about a day in the life of Rosa.
- Write about the things that Rosa would do on a daily routine working in the factory.
- Describe in detail the conditions of the factory that Rosa works in and give reasons why it is not safe.
- Emphasise with Rosa and how she might feel working in the poor conditions in the factory.
- Use key Geographical and descriptive words to complete your task.

What format can your work be in?

It can be on A4 writing paper or on the computer.

Key points to help you complete the task:

- Use the VCOP sheet in your planner
- Use your Geography key words sheet

Resources you will need to help you:

- Framework for answer
- paper

Success Criteria – see rubrics sheet:

- My recount has an effective introduction, main body and conclusion which are linked sequentially.
- The main body of my recount is organised chronologically, making effective links within and between paragraphs.
- I have selected and emphasised the most important details.
- I have included an appropriate conclusion, giving extra clarity to the reader
- I have used subject specific vocabulary and a challenging range of academic language for effect.



Whitmore High School Independent Learning Activities

Year 9 Food Technology

This project should take about two hours

Aim:

To write about two different influential food celebrities-Jamie Oliver and Heston Blumenthal looking at their styles of cooking and influence on food presentation.

Objectives:

1. To study the work of Jamie Oliver and Heston Blumenthal
2. Compare the different techniques and methods used for cooking food
3. Write a short essay describing their work and the impact they have had on the cooking, presentation and eating of food.

What do you have to do:

- plan your writing first, what are the key points you want to discuss
- Use the fact sheet to check you have covered the main points discussed in lessons
- For each point have you said why (explanation)
- check you have used the topic key words
- check your homophones and use of connectives

What format can your work be in?

A piece of written work that is about one side of A4.

Key points to help you complete the task:

Use the food technology toolkit including key words and sentence starters to help you write your essay

Resources you will need to help you:

A4 writing paper available from Food Technology department

Success Criteria –

- A brief description with little explanation, one element may be missing.
- A full description of the key point with some reasonable/ plausible explanations, one element may be missing
- A full description with good explanations, both elements completed
- A full description with valid reasons for features and a comparison to other places



Whitmore High School Independent Learning Activities

Year 9 Physical Education

This project should take about an hour and a half to complete
Aim: Design a 6 week training programme of your choice that you can follow (which makes reference to your fitness tests)
Objectives: <u>Persuasion writing</u> To complete a 6 week training programmes with specific goals.
What do you have to do: <u>Task 1:</u> Complete a 6 week training programme in your booklet (using the template provided)
What format can you your work: Complete it in the booklet provided
Key points to help you complete the task: Use the fitness testing results as your areas for improvement Use the key words (as displayed in the booklet) Add the time and sets or reps of the activity you are completing Please add progression (it should get harder every week)
Resources you will need to help you: The booklet and a pen



Whitmore High School Independent Learning Activities

Year 9 Art

This project should take about 2 hours
Aim: To produce a written report on the work of an artist whose portraiture has inspired or interested you.
Objectives: <ol style="list-style-type: none">1. Describe the work of an artist of your choice.2. Express your own opinion on the artist's work giving reasons to support your answers.3. To produce a well organised piece of writing.4. To use artistic vocabulary within your report.
What do you have to do: <ol style="list-style-type: none">1. Select an artist/paintings to write about.2. Introduction – state the facts about their work.3. Compare and contrast their work, explain what you have noticed and suggest reasons why the artists have done this.4. Write your own opinion about their work – remember to give reasons for each point, you must use artistic vocabulary in your work.5. A concluding paragraph summarising your research.6. Present your work in an artistic and creative way.
What format can you your work: A piece of written work 1-2 sides of A4.
Key points to help you complete the task: Remember to reflect on the work you have completed this year, e.g. specific artist references. Use artistic terminology within your vocabulary (see the sheets in your sketch book). You should draft your work first of all to check your spelling and grammar and to check how you are going to present it on the page.
Resources you will need to help you: Your sketch book, the internet, art books. General art equipment – these are available every lunch time or during after school club for you to use.
Success Criteria: <ul style="list-style-type: none">• Collect your own information about your chosen artist.• An introduction explaining the work of your chosen artist and why you have chosen it using artistic language.• Discuss the materials and techniques used and any similarities and differences between the works, you can include reflection on when you have used similar materials and compare the techniques.• Present the information in an interesting and visual way.• The artist research page must include a title, images, brief introduction, information, some analysis of selected images and your opinion of artwork



Whitmore High School Independent Learning Activities

Year 9 - Music

This project should take about 2 hours

Aim: To produce a written report describing the musical elements of three contrasting James Bond theme tunes.

Objectives:

1. To describe, explain and evaluate the musical elements of each version and compare their uses relating to the specific style of music.
2. To offer your own opinions on all versions, stating your preferred version and reasons behind your decision.
3. To produce a well organised, appropriately structured and detailed report.

What do you have to do:

- Listen to each version and create a mind map of the different elements you can hear.
- Select the most important/interesting elements from each version and analyse and evaluate HOW they are used and WHY you think they appear, relating your answers to specific musical genres.
- Organise your ideas into an introduction, main body and conclusion.
- Give your own opinions on all versions before deciding on your favourite at the end analysing its success.
- Give reasons for your decision and back up your points!
- Use creative and advanced musical vocabulary and words specific to the different genres of music.

What format can you submit your work:

- PowerPoint Presentation (at least 6 slides)
- Typed format (2 side of A4+)

Key points to help you complete the task:

- Use your understanding of the piece from your performance lessons.
- Use your elements descriptions to help you describe the music properly
- Use the knowledge organisers that have been uploaded to help you with extended vocabulary.

Resources you will need to help you:

- PC & Internet
- You can find all the songs on line either on Spotify, Amazon Music, Alexa or YouTube.

Success Criteria:

- **Musical elements** – *how are they used? How do they relate to the genre of music? Why might the artists have used them in that way, in your opinion?*



Whitmore High School Independent Learning Activities

Year 9 DANCE /PE

Aim:

To produce a report on Bollywood dancing.

This project should take about two hours

Objectives:

- To research this style of dance, through reading information and watching dance performances
- To select important information and interesting facts for the reader
- To present a piece of writing in a report style, to develop your literacy skills

What do you have to do?

1. Research the style – look at videos on youtube, look for books in the LRC, research information on the internet.
2. Plan your writing – what facts and interesting information are you going to include?
3. Write a clear introduction that explains what your report is about.
4. Write some detailed paragraphs giving important and interesting facts – maybe you could try adding some of your own opinions too. Try to cover information on:
Movements
Costumes
Music/accompaniment
Location – where do you see this style of dance?
Who – who does this style of dance?
When – is this style of dance done at particular times of year?
Origin – can you find any information about when this style started or how it has developed?
5. Write a conclusion that may be adds a personal touch – do you like this style? How did you find trying this style of dance in lessons?
6. Write a bibliography, which is a list of where you got your information from (websites and books)
7. Use the rubric to check your work and see if there is anything you could improve – do you think you would get a Bronze, Silver, Gold or Platinum for this piece of work?

What format can your work be in?

Hand written report on lined paper.

Key points to help you complete the task:

Use the rubric to see what your teacher is looking for and how it will be marked.

Visit the LRC and gather as much information as you can from books and the internet.

Resources you will need:

Pen and lined paper.

Success Criteria:

- A wide variety of interesting information
- A clear structure to the report – Introduction, paragraphs and conclusion (and bibliography)
- A range of vocabulary used accurately
- Accurate use of grammar and punctuation



Whitmore High School Independent Learning Activities

History Year 9

Aim: To conduct an historical enquiry into life in the trenches in WWI.

This project should take about 3 hours

Objectives:

- To select aspects of life in the trenches to study.
- To ask relevant questions about the aspects you have chosen to study.
- To investigate the aspects of life in the trenches, using contemporary and modern evidence.
- To plan and carry out your own research into life in the trenches of WWI.

What do you have to do:

- Choose the aspects of life in the trenches which you wish to study. Come up with relevant questions about those aspects.
- Use contemporary and modern evidence to find the answers to your questions. You will need to ensure that you have enough information on each aspect.
- Evaluate your own work and assess what you think you have done well, and where you could improve further.
- Evaluate the usefulness and reliability of the evidence you have used to conduct your enquiry.

What format can your work be in?

You need to produce a piece of written work. It can be presented as a word document, written in your exercise book or as a PowerPoint.

Key points to help you complete the task:

Use the History VCOP sheets.

Use the Life in the Trenches evidence booklet.

Use the Trenches ideas sheet.

Resources you will need to help you:

Class notes in your exercise book.

Evidence booklet.

Tactical teaching sheets.

Success Criteria – see also rubric sheet

- You select relevant sources and combine the information to describe three features of life in the trenches.
- You begin to explain why you chose certain sources to complete your enquiry.
- You can ask relevant questions about features of life in the trenches and put forward your own theories.
- You will explain why you chose certain sources and evaluate their usefulness and reliability.



Whitmore High School Independent Learning Activities

Year 9 Design Technology

This project should take about 1.5 - 2 hours

Aim: You are required to instruct a pupil of your own age how to make an electronic circuit to light up two LEDs. Research on technology student.com

Objectives:

5. To write a series of instructions.
6. To use your knowledge of the process to write a series of comprehensive instructions on how you would solder the circuit components together
7. To use sentence starters, imperative verbs and adverbs when describing the process

What do you have to do:

7. Make a circuit to light up LED bulbs
8. Write a list of detailed instructions in sequence on how to do this. Use illustrations to help demonstrate the correct procedures
9. Make sure you use the correct vocabulary – using some of the examples of starters, connectives and adverbs along with the correct tools and equipment needed, check your spelling and grammar.

What format can you your work:

On worksheet handed out

Key points to help you complete the task:

Remember to list the tools and equipment needed to complete the task and estimate the time it will take to complete each process

Use the terminology from the examples given (see the homework sheets).

Use diagrams to help explain the correct sequence of processes

Make notes when making your circuit in class

You should draft your plans first to check your spelling and grammar and to make sure that you have used some of the example terminology given.

Resources you will need to help you:

Homework sheets

Pencil/Ruler/colour pencils

Finished circuit -

Success Criteria

Pupils have completed a series of written comprehensive instructions with diagrams

They have written a list of good detailed instructions in the correct order using correct terminology required from the DT rubric with tools/equipment and processes included



Whitmore High School

Independent Learning Activities

KEY STAGE 3 – MATHEMATICS

WORKING INDEPENDENTLY OUTSIDE OF SCHOOL

Top Tips to help improve your pupil's mathematics and numeracy skills:

1. Be positive about maths. Help your pupil realise they can do it! The harder YOU try, the better YOU will get.
2. Engage with homework – ensure your pupil is in a quiet place where they can concentrate and try and work through problems together. Use the numerous interactive and tutorial style resources we highlight below. Pupils have fortnightly, Basic Skills, mathematics homework's that are dependent on which class a student is currently in.
3. Do a little bit and often! More than most other subjects, you have to be active, doing, solving, making connections, learning! It's the only way to build skills and develop understanding.
4. If you are unsure of how to help yourself there are a huge range of websites out there to help you! Below are some of our favourites at Whitmore High are:

MATHEMATICS SKILLS – Online Homework System

In an event of prolonged absence staff are able to set relevant “Booster Packs” for each student using MyMaths.



Link: <https://www.mymaths.co.uk/>

SCHOOL USERNAME: **barry**

SCHOOL PASSWORD: **maths14**



Whitmore High School Independent Learning Activities

My Maths Online homework system bought into by the Maths department. Pupils can log in using “barry” and “maths14” followed by their own personal details (available from their maths teacher).

MyMaths takes pupils through lessons that are animated step-by-step. Pupils can then assess their learning against a carefully planned series of questions (homework task) that has the added feature of instant feedback, by automated marking. Pupils also get the chance to leave feedback which is sent directly to staff to provide quick and easy assistance/feedback.

We advise on pupils making notes after following each lesson. We also advise on pupils writing down their working in addition to answering the Homework Tasks online.

MATHEMATICS SKILLS



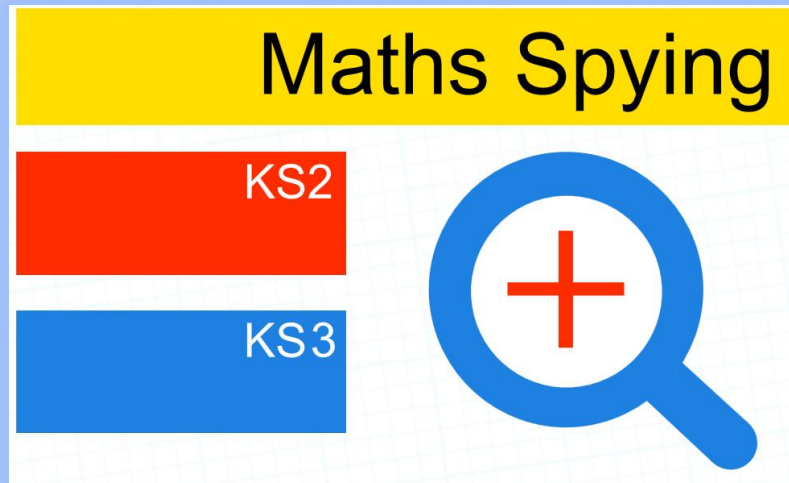
Link: <https://corbettmaths.com/contents/>

In addition to MyMaths staff regularly encourage and use “CorbettMaths”. A free and rich resource that provides everything from tutorial videos to textbook style worksheets, many of which have answers provided for quick and accurate self-assessment.



Whitmore High School Independent Learning Activities

KEY STAGE 3 – NUMERACY SKILLS



Link:

<http://resources.hwb.wales.gov.uk/VTC/2017/CiparFathemateg/index.html>

Maths Spying a fantastic resource for numeracy skills aligned with the National Numeracy framework here in Wales.

The applet is designed to allow easy navigation to the relevant skills for each school year group.

If you are after further information to help your child improve their everyday numeracy, there a number of brilliant ideas on the [Family Maths Toolkit](#) website!

If you have any questions regarding any of these resources or want to know a little bit more about the work we do at Whitmore High, please don't hesitate to get in contact with us at school!



Whitmore High School

Independent Learning Activities

KEY STAGE 3 – ENGLISH

WORKING INDEPENDENTLY OUTSIDE OF SCHOOL

We would also like all KS3 pupils to keep reading, at least 30 minutes per day, and taking Accelerated Reader quizzes. With this in mind, there is a reading list below with links to freely available online texts.

KS3

[*Lamb to the Slaughter*](#), by Roald Dahl

[*The Landlady*](#), by Roald Dahl

[*The Adventure of the Speckled Band*](#), by Arthur Conan Doyle

[*The Adventures of Tom Sawyer*](#), by Mark Twain

[*Little Women*](#), by Louisa May Alcott

[*The Time Machine*](#), by H. G. Wells

[*Alice's Adventures in Wonderland*](#), by Lewis Carroll

[*The Raven*](#), by Edgar Allan Poe

[*Treasure Island*](#), by Robert Louis Stevenson

[*Grimms' Fairy Tales*](#), by Jacob Grimm and Wilhelm Grimm

[*Great Expectations*](#), by Charles Dickens

[*Of Mice and Men*](#), by John Steinbeck

In addition, below there is a table of a range of activities for pupils to select from. These are ordered in challenge. The most challenging at the top. Try to have a go at a top challenge!



Whitmore High School Independent Learning Activities

<p>Write a poem or song which focuses on bias in the media. <i>Make it informative but catchy and remember to include key terms...</i></p>	<p>Write a formal letter to an institution explaining the necessity for objectivity in the media. <i>Use a letter layout, remember key terms and use persuasive language to explain key issues...</i></p>	<p>Write a newspaper article on doping in sport. <i>Include specific, accurate facts with good grammar. You should include quotes and images...</i></p>
<p>Create a leaflet which informs you about a dangerous sport. <i>Use key terms, make it informative and eye catching...</i></p>	<p>Create a factsheet summarising a dangerous sport, but also add additional research and facts. <i>Use correct terminology and use the internet to include extra facts (no copy & paste!)</i></p>	<p>Create a comic strip to a historical sporting event. <i>Use pictures and key words to explain the process in a clear way...</i></p>
<p>Create a poster on Lance Armstrong or another sport celebrity. <i>Use key terms, make it informative and eye catching...</i></p>	<p>Create a flow diagram/chart to explain the history of cheating in sport. <i>Use pictures and key words to explain the process clearly...</i></p>	<p>Create 10-15 challenging quiz questions about what we have covered so far about sport. <i>Write the questions with correct answers separate to test a peer...</i></p>
<p>Create a mind map summarising the key skills we have used in this topic. <i>Use key terms, make it informative and eye catching...</i></p>	<p>Identify key terms we've used in this topic and write a dictionary. <i>Find the definitions of key words and write a glossary to help you to learn spellings...</i></p>	<p>Write 3 Tweets that could summarise the skills we have used. <i>No more than 140 characters; use #'s for key words and they must be informative...</i></p>



Whitmore High School Independent Learning Activities

Year 9 PE Practical Activities

Aim: Individual practical activity in the home environment to improve health and mental well-being.

Objectives:

All pupils to complete regular physical exercise from a range of exercise regimes

What do you have to do:

Aim to complete a 20 – 30 minute exercise session at least 3 sessions per fortnight, ideally more than 2 per week.

All pupils in years 7 to 11 to complete at least 3 exercise sessions per fortnight in line with their PE lesson timetable. Having the opportunity to complete more sessions per week or fortnight.

Pupils will choose which type of activity they want to complete from Joe Wicks Body Coach, Just Dance, Insanity or they can devise their own Circuit Training session at home.

Examples to use –

Body Coach - Joe Wicks

<https://www.youtube.com/watch?v=bSxr6V9q6rM> – Beginners

<https://www.youtube.com/watch?v=mhHY8mOQ5eo> – kids workout

<https://www.youtube.com/watch?v=-TGEdzRzSbw> – School workout

<https://www.youtube.com/watch?v=iEsZITtRiWQ> – 15 minute HIT session

Just Dance

https://www.youtube.com/watch?v=gCzgc_RelBA – Waka Waka

<https://www.youtube.com/watch?v=a1zQ1xOjZnk> – Timber

https://www.youtube.com/watch?v=Ls_FWxWo9PI – Swish Swish

<https://www.youtube.com/watch?v=bjtWjGpPjqc> – One Direction Beautiful

Insanity Workout

https://www.youtube.com/watch?v=wwkrup_TG6I – Home Workout

<https://www.youtube.com/watch?v=jr6DuNMTQBC> – Furious Fat Burner 20 minute

<https://www.youtube.com/watch?v=sHgLdjyhbdA> – 20 minute Tabata workout

These are examples from Youtube, there are thousands of exercise sessions on Youtube that you could use. Search for 20 – 30 minute sessions. You can find and use your own if you prefer.

Yoga Workout



Whitmore High School

Independent Learning Activities

<https://www.youtube.com/watch?v=r7xsYgTeM2Q> 15 minute session beginners
<https://www.youtube.com/watch?v=GGJzZx4H2K4> 20 minute full body stretch
<https://www.youtube.com/watch?v=vGWKBGWOCs4> 20 minute beginners

Pilates Workout

<https://www.youtube.com/watch?v=6InI9nEuG0I> – 20 minute beginners
https://www.bbc.co.uk/sounds/play/live:bbc_radio_wales_fm – Pilates for core

Many of you may have an exercise machine at home that you could use such as a treadmill, rower or exercise bike. These could all be used for your session. Just make sure you record the details so you can then report on it afterwards.

Circuit Training

Plan a circuit session using at least 10 exercises from the list below. Each session work for 30 seconds on each exercise and give yourself 30 seconds rest between exercises.

Exercises

Press Ups	Sit Ups – elbows to knees	Step ups using stairs or bench	Plank	Squats
Burpees	Star Jumps	Skipping	Mountain climbers	Lunges
Tuck jumps	Squat jumps	Star jumps	Bicep curls using tins	Sit ups – Crunches

For every session you complete follow the same plan –

1. Take your resting hear rate and record it. Take your pulse for 30 seconds and double it to find your heart rate per minute.
2. Complete a simple warm up for 2 – 3 minutes and some dynamic stretching of major muscle groups.
3. Start the exercise session.
4. 10 minutes into the session take your heart rate again. Take your pulse for 30 seconds and double to find your heart rate per minute. Record it.
5. At the end of the session take your heart rate again. Take your pulse for 30 seconds and double to find your heart rate per minute. Record it.

Keep a record of the sessions you have completed - record the number of exercises completed in the circuit sessions.

Record your heart rate during each session.

Skills used –

Literacy – recording your scores and writing a review of the whole exercise programme



Whitmore High School Independent Learning Activities

process.

Numeracy – use of data for each of the exercise sessions completed. Using timings.

Calculating heart rate a number of times.

DCF- use of digital platforms for researching and recording sessions completed. Posting examples of sessions on the school and PE department Twitter sites.

ICT – developing graphs to show changes in heart rate and the number of exercise completed over time. Comparing data and graphs of each other.

MAT pupils – push yourself to work harder each time by increasing the intensity, the number of exercise completed in your circuit, or increasing the time you have worked for.

Resources you will need to help you: Smartphone / Laptop / Tablet

Success Criteria: Record your achievements each session. Post them on the school Twitter and PE site for other pupils and staff to see your work.

Write a report / review of the whole process. Include which exercises / activities you have included? How you found the regime? What you got from it? How you could change it if you did it again?