



VYNNERS SCHOOL

A COVID-19 LOCKDOWN GUIDE TO SUPERCURRICULUM

With the country in lockdown, we appreciate how difficult it is to help your children keep occupied and engaged in activities beyond their classroom learning. As such, and to help them increase their cultural capital in these challenging times, please find below some suggestions for stay-at-home supercurriculum activities. We hope they enjoy them!

ART

For pupils /parents and staff:

<p>Movie on a Toilet Roll</p> <ul style="list-style-type: none"> Your challenge is to create your own 3D artwork in response to your favourite 2 movies, using a toilet roll as the starting point. You can use whatever materials you like (pens, paint, pencil, card, fabric etc) and can add or remove parts of the toilet roll to change the shape/form. You could explore the characters, soundtrack, setting, genre, location, quotes etc or combine different aspects of these. Use your research to give you ideas and also look at the examples by your teachers for techniques to use. You can also create digital versions using your Chromebook or apps and make stop motion animations. Share pics of your work with your Art teachers and we will post them on our CLV Art Dept Instagram and Twitter feeds. Enjoy! <p>Instagram @clv_artdept Twitter @CLV_A&T</p>		<p>Chitty Chitty Bang Bang by Mrs Clazey</p>	<p>Materials</p> <ul style="list-style-type: none"> Toilet roll Coloured paper/card PVA glue or Pritt stick Scissors
<p>Materials</p> <ul style="list-style-type: none"> Toilet roll, pencil, paint, brushes 	<p>It by Miss Conken</p>	<p>Forrest Gump (Bubba Gump Shrimp) by Miss Batchelor</p>	<p>Materials</p> <ul style="list-style-type: none"> Toilet roll, pencil, scissors, glue, paint, brushes



BUSINESS and ECONOMICS

Documentaries

- The Nine to Five with Stacey Dooley - **BBC iplayer**
- Tricky Business - <https://www.channel4.com/programmes/tricky-business> (4OD)
- Beauty Laid Bare - **BBC IPlayer**
- The True Cost - **Netflix**
- Broken – Episode on IKEA - **Netflix**
- Inside Cadbury chocolate secrets unwrapped - <https://www.youtube.com/watch?v=BB3IJuMNUek>
- Food unwrapped - **Channel 4 on demand**
- Inside the supermarket - https://www.youtube.com/watch?v=_qwucutFTsQ
- Panorama amazon: what they know about us – **Iplayer**
- BBC Panorama Amazon The Truth Behind the Click – <https://www.youtube.com/watch?v=JwrUYS9UTeU>
- Pepsi vs Coke – **Amazon prime video**
- Jobs Vs Gates: The Hippy And The Nerd – **Amazon prime video**
- Starbuck unfiltered – **Amazon prime video**
- Facebook – Cracking the code – **Amazon prime video**
- Data centre the true cost of the internet – **Amazon prime video**
- Learn From The Experts - Jeff Bezos, Amazon Founder – **Amazon prime video**

- Learn From The Experts - Elon Musk, Tesla and SpaceX – **Amazon prime video**
- The millennial dream – **Amazon prime video**
- Business mindset for success – **Amazon prime video**
- Steve jobs – Billion Dollar Hippie – Netflix
- American Factory – **Netflix**

Films

- The Founder – Dvd – **Amazon prime video or Netflix** – Franchising
- Deep Water Horizon – DVD - **Amazon prime video** – Ethical issues
- Trump – What’s the deal – **Amazon prime video**
- The Internship – **Amazon Prime video**
- The Social Network – **Netflix**
- The Big Short – **Netflix**
- The Great Hack – **Netflix**

Books/Audiobooks

- Anyone can do it – Duncan Bannatyne
- The Rise And Fall Of Marks & Spencer: ..and How It Rose Again – Judi Bevan
- What You See Is What You Get: My Autobiography by Alan sugar
- Management in ten words by Terry Leahy
- Screw it lets do it – Richard Branson
- <https://www.youtube.com/watch?v=h9FkeyvdA2M>
- The Virgin Way – Richard Branson
- Audio Book FREE - <https://www.youtube.com/watch?v=5wz40rdz7i4>
- The New One Minute Manager – Blanchard & Johnson
- Audio Book FREE - <https://www.youtube.com/watch?v=ar4lrwXM4ao>
- Wake Up and Change Your Life by Duncan Bannatyne
- https://www.youtube.com/watch?v=zqLVkMeJwE4&list=PLosYlgqowJvECmirOpdll_Ynw5Lb4M-Tf&index=10&t=0s

Big Quiz

- <https://www.tutor2u.net/business/blog/the-biz-quiz-6-march-2020>
- <https://www.tutor2u.net/business/blog/the-biz-quiz-13-march-2020>
- <https://www.tutor2u.net/business/blog/the-biz-quiz-27-march-2020>

COMPUTER SCIENCE

1. **Build a Website:** This might seem like biting off more than you can chew if you’re just getting started with computer science, but there are many online tutorials and simple templates that now make web design easier than it’s ever been before.
WordPress and **Wix** are two user-friendly, free website builders that can help you get started.
2. **Develop a Game:** <https://developers.google.com/blockly>

Blockly in a browser allows web pages to include a visual code editor for any of Blockly's five supported programming languages, or your own. In Blockly Games, pictured here, users can solve a maze using Blockly's editor on the right.

Blockly is...

- Pure JavaScript library. Under 150kb over the wire.
 - 100% client side. No server side dependencies.
 - Compatible with all major browsers: Chrome, Firefox, Safari, Opera, and IE.
 - Highly customizable and extensible.
3. Try following tutorials to create games in KODU and Mircobit:
<https://www.kodugamelab.com/resources/>

DESIGN AND TECHNOLOGY

The Alu D&T Challenge has been created to inform and enthuse young people about aluminium, its use in our everyday lives, and the valuable contribution it can make towards a more sustainable way of life.

Design challenge guide:

1. An accessible vehicle for the future.
2. Design challenge guide: a garden building for a creative home worker.
3. Design challenge guide: a new way to use aluminium in packaging.
4. What the judges are looking for.
5. Previous successful entries

FOR STUDENTS

DESIGN CHALLENGE GUIDE

An accessible vehicle for the future



WHAT'S THE PROBLEM?

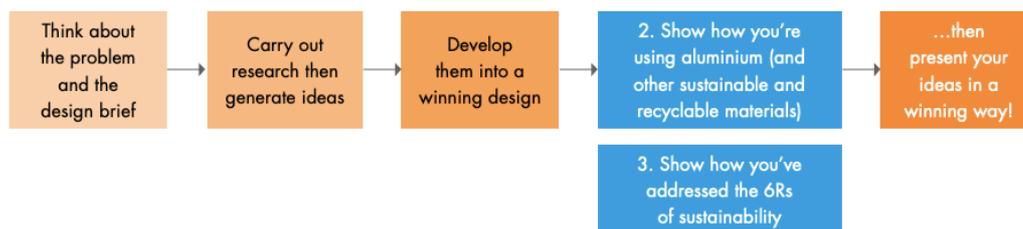
As people get older, using a car can become difficult. This includes getting in and out of a vehicle, as well as controlling and driving it. Populations in many countries around the world are getting older, so this will become an increasing challenge.

Design brief

Design a new vehicle for the future, suitable for one person, or one person and a passenger. Your design should make travel easier for elderly or disabled drivers.

Think about how an elderly or disabled person may find it difficult to use a car or other vehicle. How could you make it easier and quicker to get in and out, or to control the car's speed and direction? Think about how you'll use aluminium in your design and what other sustainable and recyclable materials you'll use. How can aluminium make your vehicle strong, stiff and stable? How might it form part of any assistive features you include? Make sure your vehicle has minimum impact on the environment throughout its life, and its component parts can be recycled when they are no longer functional.

GET CREATIVE!



GET INSPIRED!

- Read the brief carefully and look at previous successful entries.
- Carry out your own research on design, aluminium and the 6Rs.
- Think of your own original ideas – don't copy ours!
- Do some market research – can you talk to someone who knows about caring for older or disabled people?

JUDGES' TIPS

- Answer the brief with a really original design.
- Show us how you form, join and finish aluminium.
- Explain how you address all 6Rs of sustainability.

FOR STUDENTS

DESIGN CHALLENGE GUIDE

A garden building for a creative home worker



WHAT'S THE PROBLEM?

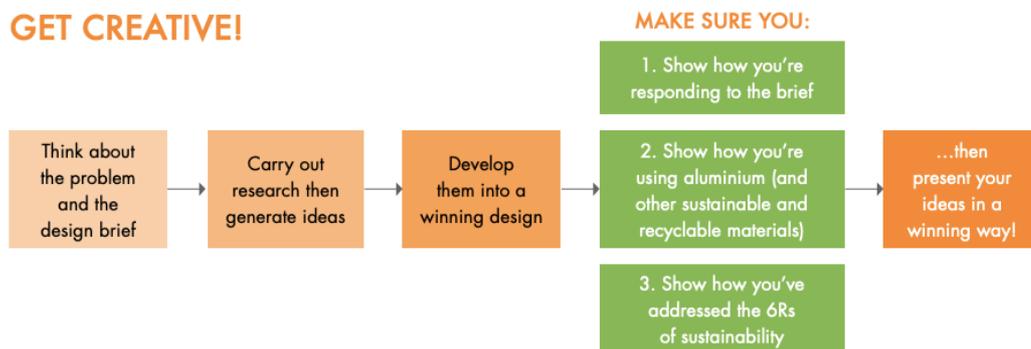
Many people with creative careers work at home and need a dedicated space that inspires them and reflects their personality.

Design brief

Design a garden building that's a working space for someone who is creative. Your building might be for a painter, musician, potter, cartoon artist, fashion designer, or any other creative career. It should use aluminium and be a strong statement about their personality.

Think about the person who might use your garden building. What do they create? What sort of space do they need? How will it look and feel? Will it blend into its natural surroundings, or stand out to impress? Think about how you could use aluminium in your design and what other sustainable and recyclable materials you could use to make sure your building is sustainable throughout its life.

GET CREATIVE!



GET INSPIRED!

- Read the brief carefully and look at previous successful entries.
- Carry out your own research on design, aluminium and the 6Rs.
- Think of your own original ideas.
- Do some market research – can you talk to someone who works from home?

JUDGES' TIPS

- Answer the brief with a really original design.
- Show us how you form, join and finish aluminium.
- Explain how you address all 6Rs of sustainability.

A new way to use aluminium in packaging



WHAT'S THE PROBLEM?

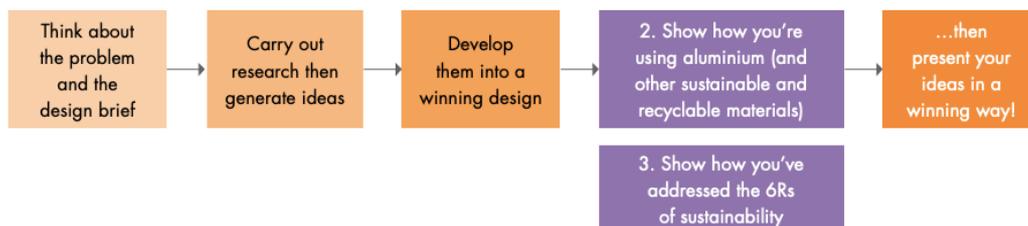
People buy all kinds of products which use packaging to transport, protect and promote them. Many of these products don't come in packaging which is easy to recycle. Buying them can add to waste and landfill.

Design brief

Redesign packaging for an existing product that people might buy but which doesn't currently use aluminium. Your packaging should keep the product safe and in great condition, and be easier to recycle.

Think about the products you use most often. How could you use aluminium to package one of these products safely and conveniently? How will using aluminium make the packaging perform better, or even perform another function so that it can be used in different ways? What size and shape would your packaging be? How would it open? How will you use aluminium to create a design that is eye-catching and appealing to young people?

GET CREATIVE!



GET INSPIRED!

- Read the brief carefully and look at previous successful entries.
- Carry out your own research on design, aluminium and the 6Rs.
- Think of your own original ideas – don't copy ours!
- Do some market research – talk to your friends and family about the products they buy and the packaging in which it comes.

JUDGES' TIPS

- Answer the brief with a really original design.
- Show us how you form, join and finish aluminium.
- Explain how you address all 6Rs of sustainability.

Previous successful entries (1/3)

AN ACCESSIBLE VEHICLE FOR THE FUTURE *

Our solution

Aluminum: Types, Where, Why

- The batteries are the most important parts of the bike, because if you don't do any pedaling they contain all the power that will drive you along.
- Typical electric bike batteries make about 200-500 W of power (that's about 25-50 volts and 10 amps), which is about a quarter as much as you need to drive an electric toaster.
- In theory, you could use any kind of battery on a bicycle.
- However, you want to use something that comes lots of power without being too heavy—or you'll be using half your power just moving the battery along.
- That tends to rule out heavy lead acid batteries like the ones that start cars, though some electric bikes do use them.
- Lightweight lithium-ion batteries, similar to those used in laptop computers, mobile phones, and MP3 players, are now the most popular choice, though they're more expensive than older rechargeable battery technologies like nickel cadmium.
- Typical batteries will give your bicycle a range of 20-40 miles between charges (depending on the terrain) and a top speed of 20-30 mph (which is about the maximum most countries allow for these vehicles by law).

Our final design idea

- Points for use help to charge the car.
- Glass dome tinted blue.
- Laminated glass.
- Shatter proof.
- Domed glass allows you see surroundings while driving.
- 10-20mph max.
- Light source that is shared with the power from the solar panels and the pedals.
- The design is based on a quad bike but with a glass dome around it.
- The door folds its inward.
- The pedals fold under to allow for exercise or to power the car when battery is low.
- There are solar panels on the roof of the car so it also powers the car as well as the pedals.
- The seat belt is in a cross shape for safety like a racing car, it also provides a comfy rest car seat.
- The inside is cast aluminium and the outside is anodised aluminium.
- The battery is stored in the back of the car.
- Wheels are rubber outside and have a metal base. The tyres are recyclable, they can be made into products or other types.

Our Model

- Rechargeable battery
- Domed glass
- Falcon door
- Solar panels
- Anodised aluminium

Our Aluminium Car

- We have used materials which are mainly recyclable, which will reduce the carbon footprint of the vehicle and an environmentally friendly.
- The vehicle is a lot less expensive than conventional vehicles so should be much easier to repair and maintain.
- A 16 the pedals battery is a great way to reuse energy.
- The vehicle can rechargeable energy, to reduce the amount of energy needed and emissions.
- Laminated glass is shatterproof, dome shaped light source built in right, then heated and moulded into a curve.
- The wheels are made from rubber and main body of vehicle is aluminium, both recyclable.
- This vehicle cost a different form of fuel, so we are reflecting how to power the movement.

How we have considered the 6Rs

- Reduce:** The vehicle is a lot less expensive than conventional vehicles so should be much easier to repair and maintain.
- Reuse:** A 16 the pedals battery is a great way to reuse energy.
- Recycle:** The vehicle can rechargeable energy, to reduce the amount of energy needed and emissions.
- Refuse:** The vehicle is a lot less expensive than conventional vehicles so should be much easier to repair and maintain.
- Reduce:** The vehicle can rechargeable energy, to reduce the amount of energy needed and emissions.

Shows multiple uses of aluminium

Shows all aspects of the design

Demonstrates original thinking about all 6Rs of sustainability

Puts aluminium at the heart of the design

Considers how other materials will be used sustainably and justifies their selection and use

Justifies the choices of finish used

This example entry was taken from the 2015 competition in which students were challenge to design a one-person vehicle.. Please note the brief has since shifted slightly in focus to take account of the identified industry trends surrounding the aging population and smarter technology.

SUBJECT INFORMATION

About design



Great designs start with people, not things. Great designers work out what the problems are and how design can solve them. People don't need to notice a great design, but they should notice that their problems have been solved.

Use these questions to come up with a great design:

WHO... ... is this product for and what benefits do they want from it?	WHY... ...will people use this product? ...would they prefer it to other products?	WHEN... ...will people use this product?
WHERE... ...would it be used and how does this affect the design?	HOW... ...will people use this product? ...can we make this simpler, easier, safer, better?	WHAT... ...will we make it out of? ...will happen at the end of its lifetime?

“THE ONLY IMPORTANT THING ABOUT DESIGN IS HOW IT RELATES TO PEOPLE.”

VICTOR PAPANEK (1923 – 1998)
DESIGNER, EDUCATOR AND ADVOCATE FOR
SOCIALLY AND ECOLOGICALLY RESPONSIBLE
DESIGN

“DESIGN IS NOT JUST WHAT IT LOOKS LIKE AND FEELS LIKE. DESIGN IS HOW IT WORKS.”

STEVE JOBS (1955 – 2011)
CO-FOUNDER AND CEO OF APPLE

DRAMA

1. In response to the school closures, National Theatre is now offering username and password access to the **National Theatre Collection**. Plays can be accessed remotely ensuring students studying from home can still watch them.

Your access details are:

<https://www.dramaonlinelibrary.com/series/national-theatre-collection-iid-190464>

Username: 8Hs%3Uq.

Password: 6Gu+3Qb-

Plays suitable for KS2 & 3 include Peter Pan & Treasure Island
For KS4 & 5 there is a variety of Shakespeare plays including GCSE & A Level set works Macbeth and Hamlet and One Man, Two Guvnors with James Corden for lighter entertainment

ENGLISH

1. Audible (by Amazon) has become a very popular resource whilst the schools are closed. There is a range of books to listen to, available in a few different languages for:
Littlest Listeners (for younger siblings)
Elementary age (Primary age)
Tween
Teen
Literary Classics
Folk and Fairy Tales for All
Click here: <https://stories.audible.com/start-listen>
2. Complete the Book Review set by your classroom teachers. This website provides a great precis, with pros and cons, for the websites where you can download books for free from:
<https://www.lifewire.com/download-free-books-3482754>
3. Stretch and Challenge Reading for Y9 and Y10:
https://www.balliol.ox.ac.uk/sites/default/files/balliol_english_reading_list_for_year_9-10_students.pdf
4. The RSC will soon be launching their 'Culture in Quarantine' initiative in partnership with the BBC. This will mean that anyone can watch six of Shakespeare's plays performed at the Globe Theatre on London's Southbank. The Education department

at the RSC are working hard to create resources for students to use as they watch these plays. Fortunately, the plays that will become available are those that we have taught at Vyners this year to each year group (Year 7 through to Year 13), meaning every pupil will have already studied at least one of the plays on offer, if not more. Further information can be found at:

<https://www.rsc.org.uk/news/bbc-culture-in-quarantine>

5. Despite the fact that the BBC's annual 500 word story challenge competition has closed for this year, pupils can still take inspiration from the competition and write their own 500 word short story. This will get their skills honed for next year's competition, should they wish to enter! Equally, if pupils enjoy creative writing, the following website posts writing prompts regularly for pupils to use as inspiration:

<https://www.pobble365.com/>

FRENCH

Baking

<https://www.eatlivetravelwrite.com/2016/03/french-fridays-french-baking-with-kids/>

Music

<https://www.youtube.com/user/ChristinetheQueens>

Programmes

<https://www.bbc.co.uk/iplayer/episode/b05zm7tv/horrible-histories-series-6-5-naughty-napoleon-special>

<https://www.channel4.com/programmes/travel-man-48-hours-in/on-demand/62523-002>

Television

<https://www.1jour1actu.com/info-animee/parle-t-on-francais-ailleurs-dans-le-monde>

<https://www.1jour1actu.com/info-animee/pourquoi-on-fait-des-poissons-d'avril>

Stories

https://stories.audible.com/pdp/B00TKSFFJE?ref=adbl_ent_anon_ds_pdp_pc_cntr-8-2

https://stories.audible.com/pdp/B072C2JDBQ?ref=adbl_ent_anon_ds_pdp_pc_cntr-8-4

[Amazon.co.uk - KS3](#)

[French Short Stories for Beginners: 20 Captivating Short Stories to Learn French & Grow Your Vocabulary the Fun Way! \(Easy French Stories t. 1\) \(French Edition\) Kindle Edition](#)

[Amazon.co.uk - KS4](#)

[Learn French with Fairy Tales: Interlinear French to English \(Learn French with Interlinear Stories for Beginners and Advanced Readers Book 3\) \[Print Replica\] Kindle Edition](#)

- *Astérix et Obélix* - Goscinny & Uderzo
- A group of invincible Gaul villagers fight against the Roman Empire during the era of Julius Caesar. Astérix and his friend Obélix go on extraordinary adventures.
- *le Petit Prince* - Antoine de Saint-Exupéry (1943)
- In this philosophic tale, a grown-up meets his inner child, embodied by a Little Prince. He leaves his planet to discover the universe. He visits many planets where all grown-ups embody humankind's most common vice.
- Fact: It's the most translated book in the French language

GEOGRAPHY

1. <https://www.internetgeography.net/wider-reading-in-geography/> - great list of Geography related books to enjoy and enhance your learning.
2. Take a world map; randomly select a country on the map (do not cheat, make sure it is completely random)! Complete a picture collage of images which best represent the physical and human geographical features of that country.
3. <https://www.listchallenges.com/david-attenborough-documentaries> - this is a list of a number of Attenborough documentaries - these are fantastic watching! How many have you watched?
4. <https://www.ordnancesurvey.co.uk/mapzone/> great games to play and improve your map skills.

GERMAN

[Music](#)

<https://lyricstraining.com/de/>

Peppa Pig in German

<https://www.youtube.com/channel/UCNclt7O1bO7hz8Mari68neg>

https://www.youtube.com/results?search_query=peppa+wutz+a1+verlangsam

German Disney songs

<https://www.youtube.com/watch?v=BjwDV1Is34U>

<https://www.youtube.com/watch?v=CHs4RDnK1Is>

Football quizzes for Bundesliga

<https://www.jetpunk.com/tags/german-football>

German tongue twisters

<https://www.thelocal.de/20160219/7-german-tongue-twisters-to-leave-your-mouth-in-knots>

German stories

<https://www.thegermanproject.com/stories>

German music

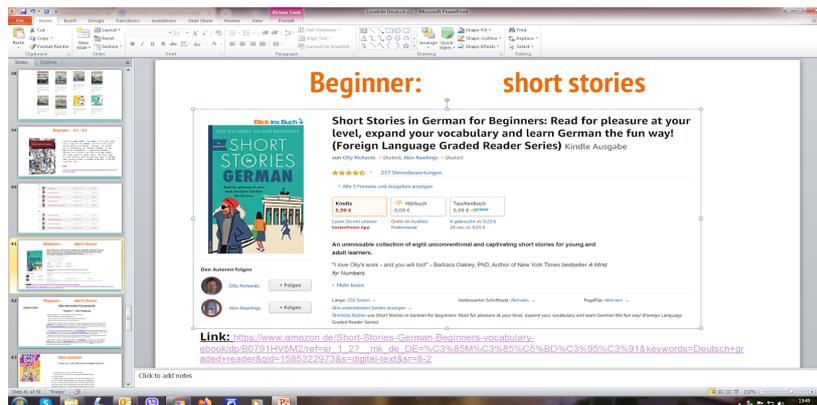
<https://www.offiziellecharts.de/charts/single>

Germany's got talent on you tube

<https://www.youtube.com/user/RTLSDSDS2012/videos>

On Amazon:

German Short Stories for Beginners + Audio Download: Improve your reading and listening skills in German (German Edition) Kindle Edition



Easy readers for German:

[http://www.easyreaders.eu/german/elementary/easy-reader-a-\(a2\).aspx](http://www.easyreaders.eu/german/elementary/easy-reader-a-(a2).aspx)

Intermediate German:

Link: 12 simplified fairy tales with audio

https://www.ndr.de/fernsehen/service/leichte_sprache/Maerchen-in-Leichter-Sprache,maerchenleichtesprache100.html

www.cornelsen.de/produkte/die-daf-bibliothek-pedro-kommt-an-ein-neues-leben-in-wolfsburg-lektuere-a2-b1-9783060244423

Detective stories for

German<https://www.cornelsen.de/reihen/die-daf-bibliothek-120002440000>

Year 12 /13 German:

https://www.buecher.de/rubrik/buecher/deutscher-jugendliteraturpreis/0102101005/#pid_44855885

HISTORY

1. Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch. Experience the best museums from London to Seoul in the comfort of your own home.
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
2. Compete in the school essay competition run by SHP. This has already been announced to pupils. The question is: "If 1066 is said to be the most important date in English history, what is the equivalent in another country?"
3. Create a Home History museum. What 10 artefacts sum up your family and your home? Create plaques for each exhibit that explains their significance.

MATHS

1. N-rich problem solving activities: <https://nrich.maths.org/secondary>
2. Ted-Ed riddles:
https://www.youtube.com/playlist?list=PLJicmE8fK0EiFRt1Hm5a_7SJFaikIFW30
3. Brilliant.org problem solving: <https://brilliant.org/>
4. Alex Bellos' weekly puzzles in The Guardian:
<https://www.theguardian.com/science/series/alex-bellos-monday-puzzle>

5. Watch videos on the Vihart Youtube page. The videos include doodling in math class, edible math, mathemusician, and Pi videos.
<https://www.youtube.com/user/Vihart/featured>
6. Watch videos on the Numberphile Youtube page:
<https://www.youtube.com/user/numberphile>
7. More advanced (KS5)- problem solving questions: <https://nrich.maths.org/10622>

MEDIA

Expand cultural capital via a selection of films and television programmes linked to set products within the media studies GCSE/A LEVEL courses (self-regulate choices depending on the age of student), these include:

Films

- John Hughes - The Breakfast Club
- Alfred Hitchcock - The Birds, Psycho
- Clint Eastwood - Unforgiven
- Tim Burton - Mars Attacks, Sleepy Hollow
- Luis Brunel - Un Chein...
- Wes Anderson - The Grand Budapest Hotel
- Jared Hess - Napoleon Dynamite
- Peter Weir - Dead Poets Society
- Ridley Scott - Gladiator, Alien Trilogy
- Quentin Tarantino - Inglorious Basterds

Television

- Luther (BBC1/Netflix)
- The Killing (BBC4)
- Line of Duty (BBC1/Netflix)
- Starsky & Hutch (Youtube)
- The Sweeney (Youtube)
- Westworld (Sky Atlantic)
- The Good Doctor (Sky Atlantic)
- Life on Mars (BBC)

For additional cultural capital, read the following print products (if unavailable for purchase, visit the online publication/download the app):

Magazines

- GQ
- Pride
- Vogue
- The Big Issue
- Adbusters
- Empire

Newspapers

- The Guardian
- The Times
- The Sun
- The Daily Mirror
- The Daily Mail
- The Independent

Follow the work of vlogger/YouTuber to gain some perspective on how they market themselves to their desired audience and how they generate revenue through advertising and product placement/promotion. Some examples of vloggers/YouTubers to follow:

- Zoella
- Pointless
- Mattybraps
- All4tubekids

MUSIC

1. Watch a streamed concert by the LSO on their youtube channel. The schedule is in the this link, <https://lso.co.uk/whats-on/2019-20-season/alwaysplaying.htm>
2. Find your favourite pop star or music star online and they will most likely be doing live concert from their houses. Watch one!
3. Learn to play the ukulele. You can still buy them from Amazon for less than £20. https://www.amazon.co.uk/Soprano-Ukulele-Beginners-Gig-Bag/dp/B019QNK7OA?ref=s9_apbd_omwf_hd_bw_bRbKFD&pf_rd_r=WT9XB304B0W3HSJE6DCV&pf_rd_p=20caa959-fe03-5672-8e26-07e2297325ff&pf_rd_s=merchandised-search-10&pf_rd_t=BROWSE&pf_rd_i=407857031
4. Learn to play the piano without a piano. Download the flowkey app! Available on Apple and Android phones.
5. Make your own instrument and create a video demonstrating how to play it. See the videos below for ideas:

https://www.youtube.com/watch?v=_jF-4QRoQ7U

<https://www.youtube.com/watch?v=7sUNXA4NYKI>

<https://www.youtube.com/watch?v=0TPkDPJmoA8>

<https://www.youtube.com/watch?v=MbE6Zs3Oqq0>

PE

1. Complete Joe Wicks' daily PE lesson: The 30-minute sessions called PE with Joe are [streamed live on Wicks' YouTube channel](#) at 9am every weekday morning, and will not require any specialist equipment or large amounts of space.

2. Option 2: Netflix

Below is a link to 'Netflix'. Netflix has a range of workouts for you to complete, targeting different body parts. During your PE lesson, please select a video to complete at home.

<https://sharelearnteach.com/wp-content/uploads/youzer/Netflix-Board-at-home-PE-board-1.pdf>

3. Plan a healthy routine: Use the following websites to ensure you are staying healthy during lockdown.

<https://www.ecowatch.com/staying-healthy-coronavirus-lockdown-2645583333.html?rebellitem=4#rebellitem4>

<https://www.express.co.uk/life-style/health/1259625/staying-healthy-in-lockdown-how-can-i-stay-healthy-while-self-isolating>

4. Complete as many bodyweight WOD's as possible: Aim for one a day

<https://wodfever.com/blogs/new-posts/top-20-bodyweight-wods-for-crossfit>

<https://www.workoutfrolic.com/20bodyweight-crossfit-workouts/>

5. On youtube find a classic sports fixture and watch

RE

Continue the debate: go to Youtube channel **Cross examined** on debating many different questions about the existence of God, the debate whether Jesus was actually God and is God the creator?

<https://www.youtube.com/watch?v=QepTGHISsn4&t=245s>

<https://www.youtube.com/watch?v=-u8L3VSnsTk>

<https://www.youtube.com/watch?v=VY9O0h3yLdU>

SCIENCE

1. VIRTUAL TOURS:

Take a virtual trip to the zoo or the aquarium to learn more about the biology of the animals.

<https://www.midgetmomma.com/virtual-zoo-tours/>

There are science and engineering museums to visit too

<https://interestingengineering.com/11-science-and-tech-museums-you-can-tour-virtually>

Were you going to go to the US for a holiday? What about trying some of their world famous zoos and museums?

<https://naturalhistory.si.edu/visit/virtual-tour>

2. BIODIVERSITY CHALLENGE

Try to identify the range of organisms that you have in your garden. To help there are lots of websites to help with identification.

<https://www.rhs.org.uk/science/conservation-biodiversity/wildlife/encourage-wildlife-to-your-garden>

<https://www.wildlifewatch.org.uk/spotting-sheets>

Can you increase biodiversity by trying some of the following:

- Adding a bird feeder
- Adding a small pond or bowl of water
- Sowing some seeds/buying some native plants
- Adding a pile of sticks/logs/bark chips

3. CODE BREAKERS:

Can you solve problems? Could you be a code breaker like the ones who saved thousands of lives by breaking the Nazi code?

If so try the code breaker challenge hosted by southampton University.

<https://www.cipherchallenge.org/home/about-the-challenge/>

4. EXPERIMENT FUN

With your parents permission, there are loads of experiments you can try at home. Use the link below for some ideas

<https://interestingengineering.com/11-science-and-tech-museums-you-can-tour-virtually>

SPANISH

Baking

<https://www.bbcgoodfood.com/recipes/real-spanish-omelette>

<https://www.bbcgoodfood.com/recipes/churros-chocolate-dipping-sauce>

Youtube

<https://www.youtube.com/watch?v=Z4Kbjif52pQ>

<https://www.youtube.com/watch?v=8fvj1olbr7A>

<https://www.youtube.com/watch?v=u6hAUiAeSCU>

Television

<https://www.channel4.com/programmes/travel-man-48-hours-in/on-demand/58579-001>

<https://www.channel4.com/programmes/travel-man-48-hours-in/on-demand/62523-005>

Audio stories

https://stories.audible.com/pdp/B01862SNUC?ref=adbl_ent_anon_ds_pdp_pc_cntr-6-1

https://stories.audible.com/pdp/B018465HWW?ref=adbl_ent_anon_ds_pdp_pc_cntr-6-3

Duolingo

<https://www.duolingo.com>

Basic level reading

<https://lingua.com/pdf/espanol-texto-familia-pequena.pdf>

<https://lingua.com/pdf/espanol-texto-escuela.pdf>

<https://lingua.com/pdf/espanol-texto-tiempo-libre.pdf>

Intermediate level reading

<https://lingua.com/pdf/espanol-texto-casa.pdf>

<https://lingua.com/pdf/espanol-texto-sevilla.pdf>

<https://lingua.com/pdf/espanol-texto-familia.pdf>

Advanced level reading

<https://lingua.com/pdf/espanol-texto-barcelona.pdf>

<https://lingua.com/pdf/espanol-texto-mejor-amigo.pdf>

<https://lingua.com/spanish/reading/topicos-falsos/>

<https://lingua.com/pdf/espanol-texto-pasatiempos.pdf>