

# Year 9 Distance Learning Plan

*Week Commencing 13th July 2020*

## Dear Parents and Students

We have produced a weekly Distance Learning Plan for your year group. It aims to provide a **suggested** structure for next week and some details relating to the work that will have been sent from your teachers. We understand that in these difficult times structuring your time and completing work set by teachers can be tricky. Please remember, as far as we are concerned at HHS, your health and wellbeing is of the upmost importance. We are also aware that you are receiving work from lots of different teachers and this weekly learning plan aims to give students and parents an overview of what work will be set by teachers each week, the platform it will be sent to you via, rough time frames you could spend on the work, possible offline activities and other suggestions of useful resources that may help you to stay safe, healthy and intellectually challenged.

This will be updated weekly and published on the school website to provide an overview of the work that will be set and suggested resources for the following week.

'Menu A' details the school work that is available for you to complete and 'Menu B' and 'Menu C' are the other activities we suggest you become involved with. We have provided a timetable with each of these for you to select from.

Please remember that this is a **suggestion** and that we understand that some students are struggling to complete work set. You can be assured that you **will not** be falling behind your peers. The curriculum has been suspended therefore the work teachers are setting is not essential knowledge or skills required for future learning. It will just complement the work you do in the future.

If you have any queries then please email your subject teacher in the first instance. Remember that general enquiries can be emailed to [hmail@hawardenhigh.flintshire.sch.uk](mailto:hmail@hawardenhigh.flintshire.sch.uk) and technical queries to [ictsupport@hawardenhigh.flintshire.sch.uk](mailto:ictsupport@hawardenhigh.flintshire.sch.uk)

## **Parent Support – Basic suggestions to reinforce if you can:**

- Set a regular time for your child to get up as they would for normal school day
- Encourage your son/daughter to email the class teacher if they are having difficulty with the topic or are unable to access the resources.
- If possible, create a quiet space for your son/daughter to work away from distractions
- Please do not worry if you feel unable to support with some or all of the work set. There are plenty of people in the same position and the class teacher will be available via email to answer any queries.

# Suggested Weekly Timetable

## Monday, 13 July 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – See Menu B
15 mins	Geography– See Menu A
15 mins	MFL– See Menu B
15 mins	Welsh– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Literacy– See Menu B

## Tuesday, 14 July 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	PE – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Art/Music– See Menu A
15 mins	Drama– See Menu A
15 mins	Technology– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See Menu B

## Wednesday, 15 July 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	STEM activity– See Menu B
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	IT– See Menu A
15 mins	Welsh– See Menu A
15 mins	MFL– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See Menu B

## Thursday, 16 July 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Creative activity – See Menu B
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Geography– See Menu A
15 mins	History– See Menu A
15 mins	RE– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Literacy– See Menu B

## Friday, 17 July 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Resilience– See Menu A
15 mins	IT– See Menu A
15 mins	Support activity– See Menu B
15 mins	Personal Reading—See Menu C
15 mins	Wellbeing and Mindfulness– See Menu B

# 'Menu A' week commencing

## 13th July



Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	Theme Park Project (two week -cycle of work)	Students received an email last week with instructions and tasks from their class teacher.	All work can be completed on paper.
Maths	Algebra: Multiplying algebraic terms : Expanding single brackets	Students will receive an email from their teacher with specific instructions of what to do. Work includes a video explanation to watch, a worksheet of questions, a Microsoft form to fill out and optional My Maths website task.	Worksheet questions can be done in their book.  Optional colour by numbers worksheets related to recent topics.
Science	Biology – Respiratory system	Email from Miss Simon with information about smoking and lung health. Educake quiz testing learning of this week and recent week's learning.	Educake quiz can be completed on phone or other device. Email teacher if unable to access
	Chemistry	Student will receive a set of questions based on the 'key chemistry' concepts covered in recent weeks.	Can be printed off or completed on paper.
	Physics – Circuits	Educake quiz on electrical circuits to review what has been covered in lockdown	Educake quiz can be completed on any internet connected device. Contact your teacher if you do not have access
Technology	Mars Space Vehicle Design.	Working as a specialised engineer on behalf of NASA (National Aeronautics and Space Administration) you have been asked to design and produce a prototype for a new Mars space vehicle that can be used in exploration missions on the red planet. It must also house astronauts for long periods of time away from the main base comfortably, when travelling on missions.	This can be completed as a design on A4 paper or as a card model. Further details will be emailed out.
Geography	Where in the world?	Students will be asked to create a fact file on one place they would love to visit and why	This week's task can be completed on paper if required
History	Personal project	We have had some amazing work in on personal projects, topics chosen by pupils and researched independently. Carry on this week and research further into your topic of choice. For inspiration – there has been a range of projects from the Russian Revolution, Wars of the Roses, aircraft in WWII and witchcraft in the Stuart era.	This can be completed in any way.
RE	Summer Bingo Challenge.	Students will receive an email reminding student of the optional tasks.	There is a range of tasks that can be chosen, and many do not require any device at all.
Welsh	Linguascope and Duolingo (password and class code needed)	Class teachers will email specific tasks.	
Art	Staying Connected	Pupils will receive an email from their teacher with a visual example attached to help with the completion of the activity. Pupils will create an illustration to show the importance of staying connected with friends and family over the summer.	Pupils will need paper, pens and pencils to complete this activity.

# 'Menu A' week commencing

## 13th July



Subject	Topic	Overview of work set	Suggested offline activity where possible.
Drama	'Teechers' by John Godber	Pupils will be asked to create a programme for the play 'Teechers', demonstrating their understanding of the plot and the characters. They will receive an email from their teacher with guidelines of how to complete the task.	Pupils can complete their work either on a word document or on paper.
PE	The Importance of fitness testing	Pupils to identify and explain the importance of fitness testing in sport and exercise.	Pupils to physically complete week 6 of the logbook, considering 60 minutes of exercise, 5 times a week where possible.
MFL	Challenge activities	Your teacher will send a list of challenges and you can choose the challenge(s) you wish to complete	The challenge(s) can be completed on paper
IT and Computer Science	Computer Science	Computer Science programming – Please refer to your email from Mr Roberts for instructions. Focus will turn to section 2 and introduction of more interactive programming via the use of variables to capture data <i>As always, tutorial videos will be distributed via Office 365 to aid learning / skill development</i>	
Music	Soundtracks	Pupils will be sent a comprehension exercise based on background music used in film.	Pupils can answer either on the worksheet or on paper.

# 'Menu B' week commencing

## 13th July



### Physical Activity (30 minutes)

It is recommended that we take part in 30 minutes of physical activity per day. Vary the types of activities that you take part in as much as possible.

#### Outdoor Activity

Steps Challenge – How many steps can you complete in 30 minutes? Use a phone/Fitbit to count the steps if available. If not, on average, you will complete 2000 steps per mile. Bronze = 500-1,000 steps Silver = 1,000-1,500 Gold = 1,500+

Outdoor fitness circuit – 6 stations using the equipment you have available safely! Fill a watering can and use it as a weight station....be creative!

Gardening! A great way to exercise muscles and develop endurance.

#### Indoor workouts

Take part in Joe Wicks 'workout' – search Joe Wicks on YouTube

Personal circuit (8-week session plan set by the PE department).

On YouTube search for 'School appropriate Just Dance'. Lots of fun work out videos that you can complete alone or with other members of the family.

Please see the link below as an example:

[https://www.youtube.com/watch?v=hfY4yl1fMkY&list=PL\\_ebO2e2plEFkgE-p313uMwC7ru6InFDi](https://www.youtube.com/watch?v=hfY4yl1fMkY&list=PL_ebO2e2plEFkgE-p313uMwC7ru6InFDi)

Family Fun? Why not try some races in the garden, sounds simple but adding obstacles like situp's, star jumps, burpees etc is a great way of getting everyone fit in a fun way. Plus, you get to be the fitness instructor and can choose what obstacles your family have to face.

Keep a record of your physical activity – and make sure that you vary the types of activity over the course of the week.

### Support (15 minutes)

Being a part of the community and displaying support for each other and acts of kindness are important during this challenging time.

Your parents/ carers have had a long stretch of time with you over the last 4 months. Can you plan a special surprise for them? Some ideas are below:

- Prepare a special meal for them, which you plan, prepare, cook and then clean up everything and everywhere afterwards.
- Bake a cake or some treats to say thank you for the support that you have had at home.
- Plan a nice walk for the family or day out. You could prepare a picnic to take.
- Plan a barbeque or picnic in the garden at home.
- Give them a no chore day. You and any brothers or sisters do all of the housework for a whole day.

Keep your own record of the jobs that you have been helping with and the new skills that you may have learnt along the way.

### Current Affairs and General Knowledge (15 minutes)

These are very unusual times we are living in and it is far too easy to listen to rumours and false news on social media and the internet.

By keeping informed and up to date with what is happening in the world it helps you not to worry about and be anxious about things.

Always use sources that are reliable and well respected and try to look at least 3 different sources so that you know information is reliable.

#### RELIABLE online NEWS SOURCES -

[bbc.co.uk/newsround](http://bbc.co.uk/newsround)

[bbc.com/news/topics/c40rjmqljt/children](http://bbc.com/news/topics/c40rjmqljt/children)

[newsforkids.net](http://newsforkids.net)

[bbc.com/news](http://bbc.com/news)

[itv.com/news](http://itv.com/news)

[channel4.com/news](http://channel4.com/news)

You can also read newspapers and listen to the radio.

Talk to your parents and other adults for their views and see what they think is going on.

The most important thing though is to keep yourself informed and have your own opinion and not let the world carry on around you. Be a driver and a pilot and not just a passenger!

#### Activity

Looking at many of the images shown in the news and online at the moment you could be forgiven by thinking Lock Down was over. Sadly, it definitely is not and the more people who break the rules and regulations by getting together in large crowds and forgetting about social distancing rules, the more likely it is that we might see a second wave of the virus and things will have to go back into stronger Lock Down again.

Design a campaign that is intended to encourage people to continue to keep to the Lock Down rules.

This could use posters, leaflets, short films, an online campaign, TV adverts or any combination of these.

Make it age specific if you want to or keep it general and aimed at everyone.

Make sure it is factual and is clear and easy to understand.

### Wellbeing and Mindfulness (15 minutes)

In 'normal' times we have large numbers of interactions, meetings, chats and conversations with others throughout every day. This is so normal that we don't really notice it until it has gone.

It is really important to keep communicating with others to ensure we stay safe and well but also we should look out for others to keep them safe.

It is also important to look after your physical health with exercise and eating well.

Some useful resources worth checking out -

**Mind.org.uk**  
**Actionforchildren.org.uk**  
**Mentalhealth.org.uk**  
**Nurtureuk.org.uk**  
**Nutrition.org.uk**  
**NHS.uk**  
**Kidshealth.org**

#### Activity

One of the best ways to stay relaxed and unstressed can be to be focussed on a set task. In fact that is how some aspects of Mindfulness works by making you concentrate and focus on your breathing, body or senses.

A similar effect can be found by carrying out a task or challenge and there have been many ideas and new initiatives developed online for people during lockdown.

Use the free time you have to take up one of the following challenges -

**Create a photo story.** The average selfie obsessed teenager should love this idea. Take a photograph (or many) each day to document how you spend your "corona-cation." You can create an online diary and share with friends or even print them out and stick into an actual workbook/diary. I guarantee this is something you would look back at in 10 years time and remember these strange days.



# 'Menu B' week commencing

## 13th July



### Literacy (15 minutes)

It is important to develop your literacy every day. This can include using correct language when communicating with others, reading a suitable book/text every day, listening to suitable programmes / podcasts during the day.

#### Reading:

Make sure that you are reading for at least 15 minutes a day. This can be split into chunks to make it easier if you like. When you've finished a book, remember to quiz on it <https://ukhosted72.renlearn.co.uk/2145350/>.

Mrs Thomas will email out a link to the First News online newspaper each week. This features accessible up to date news articles, along with quizzes and activities. It's a great source of non-fiction reading material.

#### Writing:

Mrs Thomas will email out a writing 'menu' for you to choose from each week. Simply choose one of the writing skills (extra mild = easy, extra hot = more challenging) to complete each week. We recommend creating a 'literacy' Word document to record these. They shouldn't take more than 15 minutes each and are designed to be fun. It would be good to see you putting these skills into action in the writing you produce for your teachers in all subjects.

A reminder to use capital letters and full stops when sending emails please! You all know how to do this but some of you seem to have got a little rusty...

#### Oracy:

I'm sure few of you need an excuse to 'talk,' but think about the quality of what you're saying and how you're saying it. When you've read some of your book, have a chat with a sibling or parent about what happened in it. What are your predictions about what might happen next?

Read a First News article and report back to someone about it, taking care to cover the 5Ws (who, what, where, when, why). Discuss an issue or story raised in the news and really listen to the other person's opinion on it. How can you express disagreement with someone while still being polite?

**A reminder to use capital letters and full stops when sending emails and in all written work please! You all know how to do this but some of you seem to have got a little rusty...**

### Numeracy (15 minutes)

It is important that you regularly practice your numeracy skills and this should be a daily event. Richer tasks should happen less often but include more thought and the development of understanding. This should take 15 minutes every day.

## NUMERACY CHALLENGE

A snail is at the bottom of a 20 meter deep pit.

Every day the snail climbs 5 meters upwards, but at night, it slides 4 meters back downwards.

How many days does it take before the snail reaches the top of the pit?

Also check out this week's edition of the Daily Rigour Newsletter. Can you answer all the questions posed?

<https://www.cdmasterworks.co.uk/the-daily-rigour/>

Please feel free to share your answers with Miss Peters via email.

Keep a record of the numeracy skills updated, and write a notecard for the topic that you have revised. Post your notecard online to your teacher and share with your class.

### STEM (30 minutes)

Science, technology and maths working together are critical to our future needs as a nation. Working with members of your family on these ideas is a great opportunity to widen your experiences.

Project ideas as a family:

Quarry reclamation design challenge: A local quarry has now come to the end of its life. The local council are looking for bids to turn this blot on the landscape into an exciting renovation. The quarry is just on the outskirts of Chester and Flintshire. Map attached to print icon or draw your own. <http://www.designoutthebox.com/quarryreclamation.html>

Dyson foundation – STEM challenges that can be completed at home <https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html>

Paper based construction challenges <https://creativepark.canon/en/categories/CAT-ST01-0071/top.html>

A community of curious makers, innovators, teachers, and life-long learners who love to share what they make <https://www.instructables.com>  
British Science Week – KS3 Activity Pack <https://www.britishscienceweek.org/plan-your-activities/activity-packs/?gclid=EALalQobCBig> Ideas -How can engineers help project the planet? <https://www.big-ideas.org/join1851/>  
Love my science – a series of different experiments you can undertake at home <http://www.lovemyscience.com/experiments.html>

Summarise your learning as a spider diagram (together with other members of your family if working together).

### Creative (30 minutes)

Looking at different artwork, performances and listening to a variety of styles of music allows us to explore the world we are living in from our own homes. By creating our own work, it allows us to express our emotions and feelings. This could be work done with siblings / family members rather than individually.

● Why not test your knowledge and take part in The National Theatre quiz, join hosts Imelda Staunton, Jim Carter, Lucian Msamati, Meera Syal, Simon Callow, Tamsin Greig and Jessie Buckley for questions on topics including Maths, Science and Nature, Literature and Theatre. You can play on Facebook or YouTube.

● Watch 'The Madness of George III' for free, starring Mark Gatiss, Adrian Scarborough and Debra Gillet in the acclaimed Nottingham Playhouse production of Alan Bennett's award-winning drama. Streaming from 7pm on 11 June, until 7pm on 18 June.

● The National Art Gallery in London are not currently open, but their amazing collection and stories are open to explore. Take a look: [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk). Why not have a look, get inspired and try creating your own masterpiece at home!

● Why not have a virtual Whodunit evening at home, with family and/or friends. Your chance to be creative and have fun at the same time. Help on how to do this can be found at: [www.ehow.com/how\\_4448968\\_host-clue-party.html](http://www.ehow.com/how_4448968_host-clue-party.html)

Try recording a soundscape of the noises you can hear in and around your house. In what ways do you think the noises have changed during lockdown. For example, are there more birds about? Is the road quieter?

Obviously feel free to enjoy a book at home. The current lockdown period does make it difficult to complete the recommended 1 book every 3 weeks. However, you are still able to engage with the accelerated reader program and complete quizzes. Also please see below for access to an online free digital library offered by Renaissance for the current period of school closure. There are a wide range of books which can be read digitally according to each student's reading ability.

The following link gives access to the library

<https://readon.myon.co.uk/library/browse.html>

This link gives pupils option to select books according to ATOS book level - Students should know their ATOS level as it should be written in their planner or on their login page, parents can access this using their home connect login.

<https://readon.myon.co.uk/library/search.html>

Here's the link for a parent guide to the AR home connect. Parents can check their child's' reading to date and their ATOS book level. This gives clear details for parents to set up and follow their child's reading. Use your son/daughter's login which should be located in their planner.

<https://help.renlearn.co.uk/HC/HCParentGuideEnglish#ARHC> and you can login through the school website under "students".

The final link enables pupils or parents to check if there is a quiz available on a particular book they may have at home and it will give details of the ATOS book level

<https://www.arbookfind.co.uk/default.aspx>

All pupils have their log in details written in their planners. If there are any issues with this please email the Librarian and she can help [sally.young@hawardenhigh.flintshire.sch.uk](mailto:sally.young@hawardenhigh.flintshire.sch.uk) or the Accelerated Reader Coordinator [susan.barnard@hawardenhigh.flintshire.sch.uk](mailto:susan.barnard@hawardenhigh.flintshire.sch.uk)

