BPA Home Learning - Summer Term

Timetables for setting work

Year 7

Monday	English	Maths	Science	Creative Project
Tuesday	Geography	History	Spanish	PE
Wednesday	English	Maths	Science	Creative Project
Thursday	Geography	History	Spanish	Computing
Friday	English	Maths	Science	Creative Project

Year 8

Monday	English	Maths	Science	Creative Project
Tuesday	Geography	History	Spanish	PE
Wednesday	English	Maths	Science	Creative Project
Thursday	Geography	History	Spanish	Computing
Friday	English	Maths	Science	Creative Project

For years 9 and 10, the work setting schedule is now the same.

Monday	English, Maths, Biology
Tuesday	Options Subjects
Wednesday	English, Maths, Chemistry
Thursday	Options Subjects
Friday	English, Maths, Physics

Learning Content

Below is a brief summary of which topics/themes students can expect to cover in this final half term. This may deviate from our published Curriculum Plans which are followed in usual circumstances.

Subject	Topic(s)	Description
English	'Inspirational figures' nonfiction reading & writing skills	Students will read one nonfiction text about an inspirational figure per week. Based on this, they will complete a range of retrieval and comprehension tasks; some of these tasks will be online (via Google forms) so that we can assess their understanding. Students will analyse the language and structure of the article, looking at the effects created by the writer. They will also use this article as inspiration for their own article writing, focusing on one section per week. Students' understanding and use of spelling, punctuation, grammar, and vocabulary will be assessed each week through a Seneca assignment.
Maths		 Students will be using Mathswatch to watch video clips and answer interactive self-marking questions on the following topics: Addition and subtraction with links to perimeter and interpreting statistical diagrams Multiplication and division with links to area and calculating averages Fractions, decimals and percentages Students' understanding of the previous topics will be assessed once a fortnight in the form of a Mathswatch mini-quiz where multiple attempts are allowed to answer each question correctly. Optional extras will be added to Classcharts for those looking to extend their learning.
Science	Space and Reproduction	Students will study the Space module which includes: the night sky, day & night, the seasons, phases of the moon, planets and space exploration. Lessons will consist of step by step explanations and tasks in a PowerPoint or PDF document. There will be links to video clips and animations to enhance the learning experience. There are also two BBC lessons that Students can dip in to and a research task to extend learners. Students will be given an online learning assignment once a week to check engagement and understanding. Following this, students will

		study the Reproduction module: flower structure, pollination, seed dispersal and cuttings. Lessons will take a similar format to the Space lessons with the addition of lessons from Oak National Academy.
Geography	The United Kingdom	Students will be exploring the United Kingdom's geography, this will include the human, physical and environmental features. Lessons will consist of using a variety of learning platforms, including National Oak Academy, Seneca Learning, Quizzes along with extra supplementary activities and resources to enthuse their broader geographical thinking and engagement. Students will explore the UK's countries, flags, seas and oceans, as well as the UK's population, landscapes and weather and map work of our home island, eventually looking at our capital city and notable areas of interest.
History	Medieval Monarchy, Power and the Church	Students will cover some key parts of the Medieval era. Looking at the Feudal system and how England was controlled following the Norman conquest. We will look at castles and the power of the Monarchy and the Church. This will then link into Monarchy and the Church in the era 1500-1750. We will use a mixture of resources in PDF format along with supplementary content from BBC Bitesize, BBC Teach and Seneca learning.
RE	Christianity	Students in year 7 will be exploring the Christian faith in this program of study. Students will learn about the main beliefs, teaching and practices of Christianity and examine the role of Christianity within more a pluralist and secular society. This unit will be taught using a variety of resources including BBC Bitesize, BBC Teach videos and quizzes from Kahoot and/or Quizlet.
Spanish	Hobbies and Free Time	Students will learn vocabulary to describe what hobbies they do, including sports amongst others. They will be able to recognise key verbs such as "jugar" (to play), "hacer" (to do) and "ir" (to go) and their subsequent conjugations. They will learn the names of sports and and other activities in Spanish. This unit will be taught via a range of tasks including Sentence Builders, narrow reading comprehensions, Quizlet quizzes, carefully created Power Points and Senecalearning tasks.
Art/Design	Illustration	The unit starts asking you to engage with a variety of images you may recognise to discover any prior knowledge you have about Roald Dahl, Quentin Blake, stories, characters and what an illustrator does. You will watch clips of Quentin Blake and

		describe the style of his work. Your drawing task will be aimed at getting you to become more confident with your lines, loosen your lines and become less precious and more "flowing". Using all this knowledge and experimentation you will then create your own family portrait in his style!
Computer Science	Python Programming	Students will learn the basics of Python Programming and how to create simple programs using input and output methods.
Drama	Characterisation	Students will be learning about characterisation. They will be creating their own character profile to help with background information.
Design and Technology	Design and Model Project	Students will undertake a design and model task based on the design of a mobile phone charging stand. Students will produce a range of ideas and develop a card model of the idea they think is appropriate to the task. Initially students will produce a 3d drawing of their own mobile phone with the help of a YouTube tutorial. They will produce a Moodboard of existing products and use this as inspiration for their own ideas. Finally, students will be asked to manufacture a card model of their best idea. Students are asked to submit photos of project via classcharts or email.
Food Technology	Food Choices & Food Provenance	Students will explore Food choice and consider different dietary needs and requirements (Vegetarian, Vegan and Coeliac.) Students will explore Food Provenance, understanding the source, seasonality and characteristics of a range of ingredient. Students will be issued with a range of recipes which they can make remotely
Music	The Keyboard	Students will be following a basic introduction to the keyboard. This will include listening to music played on a variety of different keyboard instruments. They will learn about naming notes on a keyboard, including the sharp and flat notes. There will be a task involving identifying tones and semitones. All work will be uploaded into student Showbie accounts.
PE	Principles and Methods of training	Students are looking at what are the different types of fitness components, how we train correctly, what different types of training methods can we use and why and how training methods can improve performances in different sports. Students will also learn how to apply different principles of training to achieve the most progress in fitness and practical performance.

Subject	Topic(s)	Description
English	'Heroes' nonfiction reading and writing	Students will read at least one nonfiction text per week about someone who is a 'champion'- from sport stars to charity fundraisers, they will read about a range of awe-inspiring people. Based on their reading, they will complete a range of retrieval and comprehension tasks; some of these tasks will be online (via Google forms) so that we can assess their understanding. Students will also analyse how the writer uses language and structure to present their viewpoint. They will use their reading to support their own writing, in the style of an article. Students' understanding and use of spelling, punctuation, grammar, and vocabulary will also be assessed each week through a Seneca assignment.
Maths		 Pupils will be using Mathswatch to watch video clips and answer interactive self-marking questions on the following topics. Ratio and proportion. Multiples, factors and primes. Graphs and equations. Speed distance and time. Transformations. Optional extras will be added to Classcharts for those looking to extend their learning.
Science	Space and Interdependence	Students will study the Space module which includes: the night sky, day & night, the seasons, phases of the moon, planets and space exploration. Lessons will consist of step by step explanations and tasks in a PowerPoint or PDF document. There will be links to video clips and animations to enhance the learning experience. There are also two BBC lessons that Students can dip in to and a research task to extend learners. Students will be given an online learning assignment once a week to check engagement and understanding. Following this, students will study the Interdependence module with topics such as food chains, adaptations and predator-prey. Lessons will take a similar format to the Space lessons with the addition of lessons from Oak National Academy.
Geography	Asia	Students will be exploring the continent of Asia and its geography, this will include exploring the human, physical and environmental features of the largest continent. Lessons will consist of using a variety of learning platforms, including National Oak Academy, Seneca Learning, Quizzes along with extra

		supplementary activities and resources to enthuse their broader geographical thinking and engagement. Students will explore Asia's rivers, mountains, population and cultures along with environmental issues with a focus on the superpower China.
History	The Slave Trade, Abolition and Civil Rights	Students will be studying the Transatlantic Slave Trade. Looking at the triangular trade route and the life and experiences of those Africans sold into slavery. This will then link into the abolition of slavery and the Civil Rights Movement in the 20 th century. We will use a variety of resources in PDF format and supplementary content from BBC Bitesize, BBC teach and Seneca learning.
RE		Students in year 8 will be exploring a variety of ultimate questions in this program of study. Students will examine questions of a philosophical nature including the nature of God, science vs religion, the teleological argument, the nature and problem of evil and life after death. This unit will be taught using a variety of resources in cluding BBC Bitesize, BBC Teach videos and quizzes from Kahoot and/or Quizlet.
Spanish	Useful language for visiting Spain	Students will learn build on a previous unit by learning new comprehension skills based around conversations. They will start by practising their understanding of conversations in cafés, restaurants etc by retrieving vocabulary covered last term. They will follow this on with new content using thye same skill and investigate language used in new scenarios such as in tourist offices etc. This will be complimented by additional work on directions and other useful "tourist" language. This unit will be taught via a range of tasks including Sentence Builders, narrow reading comprehensions, Oak Academy lessons with embedded instructions, Quizlet quizzes and Seneca learning tasks.
Art/Design	Hyperrealism	Investigating the work of the Artist Sarah Graham, a UK based Photorealist Artist who specialises in oil paint on canvas images of nostalgic items such as brightly coloured toys and sweets. You will develop skills with Line, Shape and Tone to create realistic pencil drawings of sweets. Refine your skills with colour blending and shading to achieve realistic 3-dimensional objects and look at new ways of creating texture and interest in your drawings using mark-making techniques. You will use the grid technique to improve your accuracy and look at the composition of your image, in doing this you can create your own photo shoot and position your own sweets and candies to create an interesting image.

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		Finally, you will have a go at creating a final piece for your project. You can use whatever materials you have available for your work, just make it fun and colourful. After that if you need an extra challenge there will be more creative candy inspired tasks for you to have a go at later on!
Computer Science	Python Programming	Students will learn the basics of Python Programming and how to create simple programs using input and output methods.
Design and Technology	Paper and Card	Students will undertake a design and model task based on the design of a wrapper or a new chocolate bar. Students will produce a range of ideas and develop a paper or card model of the idea they think is appropriate to the task. Initially students will do some research about paper and card. They will produce a Moodboard of existing products and use this as inspiration for their own ideas. Finally, students will be asked to manufacture a card model of their best idea. Students are asked to submit photos of project via classcharts or email.
Drama		Students will be learning about monologues. They will devise their own based on a given stimulus.
Food Technology	Food Allergies and Intolerance & Food Provenance	Students will explore the impacts of food allergies and food intolerances and how the food industry cater for these needs. Students will also study food packaging and labelling and the impact this has on the environment. Students will explore Food Provenance, understanding the source, seasonality and characteristics of a range of ingredients. Students will be issued with a range of recipes which they can make remotely
Music	Extending knowledge of the keyboard	Students will be developing their knowledge of the keyboard. They will listen to music played on a variety of different keyboard instruments. They will also revisit naming notes, with reference to the use of sharps and flats and the application of the terms, tones and semitones. Students will be encouraged to upload performances of them playing/singing music. All work will be uploaded into student Showbie accounts.
PE	Understanding Principles and methods of training	Students are looking at what are the different types of fitness components, how we train correctly, what different types of training methods can we use and why and how training methods can improve performances in different sports. Students will also learn how to apply different principles of training to achieve the most progress in fitness and practical performance.

Subject	Topic(s)	Description
English	Dr Jekyll & Mr Hyde	Students will be reading between one and two chapters of this novel per week, in preparation for their GCSE English Literature. Students are expected to listen to an audio recording of the chapter to support their reading and glossaries/vocabulary tasks will be used to decode the plot. After reading the chapter students will complete a variety of tasks. We will be assessing their understanding of the plot through online quizzes (either on Seneca or Google forms) and students will be researching & gaining an understanding of the historical and social context of the novel by reading relevant information on Victorian society.
Maths		 Pupils will be using Mathswatch to watch video clips and answer interactive self-marking questions on the following topics. Area and perimeter. Volume and surface area. Sequences. Probability. Transformations Linear graphs Optional extras will be added to Classcharts for those looking to extend their learning.
Biology	Ecology	Students will study the Ecology module which includes: ecosystems, competition & interdependence, predators & prey, adaptations, trophic levels and energy transfer. Lessons will consist of step by step explanations and tasks in a PowerPoint or PDF document. There will be links to video clips and websites to enhance the learning experience. All the tasks will provide opportunities for self-assessment and there are extension tasks throughout. Engagement and understanding will be tracked using Senecalearning, Educake or Microsoft Forms.
Chemistry	Chemistry of the Atmosphere	Students will study the following topics: Evolution of the atmosphere, greenhouse gases & climate change, carbon footprints, air pollution. Lessons will consist of PowerPoints with information, diagrams and videos to watch. The tasks will be embedded within these. The documents will also be available as PDF files. Engagement and understanding will be tracked using Senecalearning, Educake or Microsoft Forms.
Physics	Domestic Electricity	Students will study the Domestic Electricity module: Alternating and Direct current, 3 pin plugs and electrical safety, power of electrical appliances.

		PowerPoints will be available for each lesson. The Powerpoints will contain all learning content, paper-based tasks, exam questions and links to videos to watch. There may also be links to BBC Bitesize and Oak National Academy lessons. These documents will also be available as PDF files. Engagement and understanding will be tracked using Senecalearning, Educake or
Geography	Living World	Microsoft Forms. Student will study the diverse range of Earth's ecosystems including tropical rainforests, deserts and polar environments. PDF documents with clear instructions utilising a variety of learning platforms such as Seneca and Oak National Academy will allow students to explore the different characteristics, fauna and flora, and interrelationships within each ecosystem. Students will also explore the opportunities, challenges and threats associated with tropical rainforests and polar environments.
History	Public health and medicine	Students will complete an introductory unit for the GCSE looking at Public Health and Medicine. We will focus on the concepts of continuity and change and similarity and difference by looking at living conditions from the medieval period through to the 20 th century. We will be using Dynamic Learning resources and tests along with PDF resources shared through classcharts. We will also supplement this with content from BBC Bitesize and BBC teach.
RE		 Students in year 9 will begin to consider the attitudes towards and teachings about relationships of Christianity, Islam and the attitudes of a non-religious people, such as humanists. You will also consider a number of the most important issues regarding relationships. These include: The changing nature and role of family life in Britain, Changing attitudes to marriage as people are increasingly choosing to cohabit or marry in non-religious ceremonies, These changing attitudes raise issues about topics such as adultery, separation, divorce and remarriage, Different attitudes to sexual relationships. Both religions have specific teachings about the nature and purpose of sex and the conditions under which contraception may be used. Attitudes towards same-sex relationships.

		This unit will be taught using a variety of resources including BBC Teach videos, the Seneca learning platform and quizzes from Kahoot and/or Quizlet.
Spanish		Students starting their Spanish GCSE work will start off by recapping and building on a previous unit by significantly increasing their knowledge of vocabulary and grammatical structures. They will start by recapping vocabulary on family along with key verbs such as SER and TENER. They will follow this on with new content using more advanced skills and being able to talk in more depth about relationships and complex reasoning. This will be complimented by additional work on verbs. This unit will be taught via a range of tasks including Sentence Builders, Kahoot, reading comprehensions, Oak Academy lessons with embedded instructions, Quizlet quizzes, Memrise and Seneca learning tasks.
Art and Design	Art Journal	During LOCKDOWN/ISOLATION, you are going to collate a book/diary/journal of images, reflections and thoughts about this strange time we are living through. You will be asked to collect images, objects, mundane materials and household ephemera to document the things you interact with and the passing of time. Develop your imaginative and creative skills and focus on skilled drawings and detail. Also use writing/words and quotes as part of your work to share your thoughts, feelings, experiences and ideas. You will explore collage, layout, organisation and presentation skills.
Computer Science	Transition workbook	 Students will complete a workbook which prepares them for their GCSE in Year 10. The topic of Computer Science is at the heart of the modern world. Studying it can make you extremely sought after in today's job market. The transition from Key Stage 3 to GCSE is significant, this includes: An increased emphasis on technical content An increased emphasis independent research The workbook is designed to allow students to practice some of these skills and build on your existing knowledge which will be vital for KS4.
Design and Technology		Pupils who have opted to study the subject in year 10 will be set theory work and short research and design tasks. The theory work will be through Seneca learning and focus on the areas of 'Materials' and 'New and Emerging Technologies'. This will include reading and short tests. There will also be short research and design tasks set that will prepare them for the first design and make projects in year 10 when we return.

Drama		Students will focus on Section 2 of component 1 which is the written exam. The questions are related to the set text-Blood Brothers which students have read. They will be learning how to structure answers for 4,8,12 and 20 mark questions.
Food Preparation and Nutrition	Commodity: Fats, Oils and Sugars	Students will move onto our final food commodity of Fats, Oils and Sugars. This will be broken down into the following lessons, Nutritional aspects and Dietary Considerations, Food Processing, Classification of Fats and Sugars, Science of Sugars and Fats, Dietary Implications of excesses of Fats and Sugars. Students will be issued with a range of recipes which they can make remotely and will be using Seneca for interactive on line learning.
Music	Development of Performance skills, basic music theory and Film Music. Introduction to G.C.S.E. set works	Students will be encouraged to develop their performance skills and will complete a performance assessment. They will follow a series of structured exercises, to ensure that their knowledge of basic music theory is secure and will also study the composition techniques used in Film Music. They will also be introduced to the G.C.S.E set works. All work will be uploaded into student Showbie accounts.
PE	Fitness and methods of training	Students will be researching how to prepare correctly for physical activities, what are the components of fitness, how does each component improve performance and justify how important each component is in different sporting activities. Students will understand what training methods and principles can be used and applied to improve practical performance and how they would plan training sessions to improve their own personal performance.

Subject	Topic(s)	Description
English	Language- Preparing the spoken Language presentation Literature- Unseen Poetry	English Language Students will be spending one hour per week preparing for the spoken language component of the course. They will be asked to select their topic of choice for their presentation and complete a google form to submit this choice to their teacher. After they have chosen their topic, students will spend a number of weeks researching information to include in their speech and planning how this will be delivered. By the end of the term, all students will be expected to have written their speech so that they are prepared to deliver their presentation in year 11. English Literature Students will spend two hours per week working on the unseen poetry aspect of this course. Each week, students will be given a poem they have not been previously taught and they will be asked to firstly read and understand the poem. Students will then be guided through a series of annotations (via powerpoint of pdf) for each of these poems. These annotations mimic the process they should follow in the exam and will then be used to plan practice exam questionnaires on google forms and they will also be asked to submit evidence of their annotations and exam plans via class charts. All year 10 students also have the opportunity to spend any additional time on the Dr Jekyll and Mr Hyde or Macbeth courses on Seneca so they are continually revising these texts.
Maths		 Pupils will be using Mathswatch to watch video clips and answer interactive self-marking questions on the following topics. Algebraic manipulation including solving different types of equation Averages Drawing and Interpreting statistical diagrams Probability Every fortnight students' will be set an online GCSE paper to practise exam questions. This will be completed across two sessions in the week.
Biology	Ecology	Students will study the Ecology module which includes: food webs, trophic levels & biomass, carbon cycle, decay, water cycle, biodiversity, human impact on environment. Lessons will consist

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		of step by step explanations and tasks in a PowerPoint or PDF document. There will be links to video clips and websites to enhance the learning experience. All the tasks will provide opportunities for self-assessment and there are extension tasks throughout. Engagement and understanding will be tracked using Seneca learning, Educake or Microsoft Forms.
Chemistry	Using Resources	Students will study the following topics: Finite & renewable resources, recycling, life cycle assessments, potable water, waste-water treatment and resources we get from the Earth. Lessons will consist of PowerPoints with information, diagrams and videos to watch. The tasks will be embedded within these. The documents will also be available as PDF files. Engagement and understanding will be tracked using Seneca learning, Educake or Microsoft Forms.
Physics	Magnets and Motors	Students will study the following topics: Magnetic fields, magnetic interactions, permanent magnets, electromagnets, uses of electromagnets, electric motors and the motor effect. PowerPoints will be available for each lesson. The PowerPoints will contain all learning content, paper-based tasks, exam questions and links videos to watch. There may also be links to BBC Bitesize and Oak National Academy lessons. These documents will also be available as PDF files. Engagement and understanding will be tracked using Seneca learning, Educake or Microsoft Forms.
Geography	Physical landscapes in the U.K.	Students will study the physical landscapes of the United Kingdom with a focus on river's. PDF documents with clear instructions utilising learning platforms such as Seneca will allow students to develop their understanding of the physical processes which shape our environments and the unique landforms which form as a result of these processes. Students will also explore how humans interact with their physical environment specifically looking at how they affect the risk of flooding and are affected by flood events.
History	Norman Conquest	Students will cover key parts of the Norman Conquest unit. We will be looking at Anglo Saxon England on the eve of conquest through to how the Normans took control of England following the events of 1066. Within in this we will look at rebellions against Norman rule and the brutal suppression of these rebellions by William and his lords. We will use Dynamic Learning resources and tests along with PDF documents shared on class charts. We will use supplementary content from BBC Bitesize and BBC Teach

RE		GCSE Religious Education students will be completed the unit Good and Evil. Students will explore the concept of forgiveness according to Christianity and Islam and will be taking a look at a number of case studies including the case of Gee Walker. Thereafter students will examine good, evil and suffering in light of Christianity, Islam and Humanism before moving on to the problem of evil and suffering. Once complete students will move to the next unit, Human Rights and Social Justice. Students will look at moral issues and religious beliefs concerning practices to promote human rights, censorship, prejudice and discrimination and wealth and poverty This unit will be taught using a variety of resources including BBC Teach videos, the Seneca learning platform and quizzes from Kahoot and/or Quizlet.
Spanish	Free Time	Students studying for their Spanish GCSE work will build extensively on units briefly covered at a basic level in KS3 by significantly increasing their knowledge of vocabulary and grammatical structures. They will start by recapping vocabulary on pastimes along with key complex verbs such as SOLER and by using a variety of tenses to add complexity to their descriptions. They will follow this on with advancing other key skills such as listening and reading and will be able to talk in more depth about the topic in order to prepare for their exams next year. This will be complimented by additional grammar work. This unit will be taught via a range of tasks including Memrise, TeachVid, Exam- style reading questions, Oak Academy lessons with embedded instructions, Quizlet quizzes, Photo card tasks and Senecalearning tasks.
Art and Design	Personal Exploration: Photography/Photo manipulation	Over the next six weeks you will investigate and try out the following Photographic techniques and subject matter. This will give you an insight into how to visually interpret different subjects. To visually investigate light, its properties and how it affects other objects and subjects. You will be given opportunity to create a work of art and to discover some beauty and interest in everyday items that may not appear interesting at first glance. You will be focusing on the following aspects of Photography: Shadows, Shape and Pattern, Distortion, Symmetry, Natural and Artificial Lighting Indoors, Surrealist Photo Hacks, Flat Lay, Still Life, Line and Repetition.
Computer Science	Wired and Wireless Networks	Students will cover the topic 1.4 Wired and Wireless Networks. This will cover:

	Python Programming	 Types of networks including LANS and WANS. Factors that affect the performance of networks. The different roles of computers in a client-server and a peer-to-peer network. The hardware needed to connect stand-alone computers into a Local Area Network. The internet as a worldwide collection of computer networks Students will also revisit some Python Programming.
Creative iMedia	RO81 Unit 1 exam revision	Students are building a revision guide. This guide should include definitions on the topics, illustrations if appropriate and worked exam style questions. The topics that they will be covering include; Hardware & software, Health & safety, Legislation and File formats. There will be weekly online quizzes on quizizz to check understanding.
Design and Technology	GCSE NEA task	Pupils will begin the NEA task based upon the theme 'Nature and the environment' set by the examining board on the 1 st June 2020. This accounts for 50% of their GCSE grade. Each week they will be set one sheet / slide of their project to complete. A good example of each sheet will be attached to the class charts work and they should submit their work weekly either through class charts or emailed to their class teacher.
Drama		Students will start to study component 2 which is a devised performance and devising log from a given stimulus. They will receive the stimulus and will begin their research and work towards completion of section 1 of the devising log.
Food Preparation and Nutrition	The Science of Food 1 & 2	Students will start to develop a deeper understanding into the reasons we cook food and what happens to the structure of the food when we do this. Students will study what happens to protein, carbohydrate and fat based foods when heat is applied. The second Food Science section covers micro-organisms, enzymes and preservation methods and how these are used and applied in the Dairy and Meat Industry to make the foods we eat safe. Students will have the opportunity to carry out remotely food Science Experiments using a series of Food Preparation and Nutrition on line experiments. Students will have a variety of platforms to learn from including Seneca and an ebook containing all the subject content.

Music	Individual Performance, Original Compositions and Popular Music	Students will continue to develop their practical skills and will complete a performance and composition assessment. They will also be focusing on the Area of Study 'Popular Music' and developing the necessary techniques for answering the Listening paper. They will improve their knowledge of music theory by studying minor scales. All work will be uploaded into student Showbie accounts.
PE	Sport Psychology, Prevention of Injury in Physical Activity and Training and Health, Fitness and Well Being.	 2.2. Sports Psychology - Students will be looking at mental preparation, types of guidance and types of feedback. 1.2.c. Preventing injury in physical activity and training – Students will look at how risks can be minimised in sport/exercise and identify different hazardous in sport using practical examples. 2.3. Health, Fitness and Wellbeing – Students will learn and understand health benefits on exercise and consequences of a sedentary lifestyle with 3 elements; physical, emotional and social. 2.3. Diet and Nutrition – Students will look at a balanced diet and study the different components of a balanced diet; different food groups like carbohydrates, protein etc. All these topics will be set on a combination of different learning platforms such as PowerPoints, BBC Bitesize and Seneca Learning will be available to students to offer a wide range of teaching resources and offers appropriate levels of challenge. Students will also get the opportunity to complete activities and exam styled questions to help them apply their new knowledge and understanding. At the end of each topic, an assignment will be set on Seneca Learning to test their retention and knowledge.