

Strengthening Foundations at Chorlton High School



Year 8

Strengthening Foundations

In all the subjects there **are important concepts and ideas that help you to understand a topic** and provide the foundations on which you build future learning.

If you don't have solid foundations, the rest of your knowledge and understanding will be unstable and this can hinder progress

Your teachers have put together some **key pieces that cover this essential knowledge for their subjects**. The tasks will help ensure your foundations are secure and that you have a sound understanding of key topics.

**A STRONG
FOUNDATION
IS THE KEY TO
CREATING
LONG-TERM
SUCCESS.**

IF YOU ARE
PERSISTENT
YOU WILL *get it.*

IF YOU ARE
CONSISTENT
YOU WILL *keep it.*

We suggest that at the very least you choose two or three tasks from subjects you want to improve in. You can do this towards the end of the holiday – a week or so before you come back and over the transition days or maybe even – dip into tasks over the holiday period if you have time to spare or nothing else to do.

We all know that creating a stable foundation takes regular practice.

There is no specific expectation – it is totally down to you! BUT guaranteed – completing some of the tasks will help your progress and confidence.

Strengthening Foundations – Mental Fitness

Being successful is not just about how well you do in class, its also about how you feel. Everyone is different, everyone is special. Sometimes we need to remind ourselves of that! These are some simple tips to help you stop, breathe, reconnect and remind yourself of how brilliant you are. Make this a priority.

Use one of your strengths to overcome a challenge toady

Shift your mood by do something you really enjoy

Practice your 'Box breathing' – it's an excellent skill to have

Set yourself an achievable goal for today

Do something kind for others – it helps you too!

Write down 3 things you are grateful for (even small things)

Ask for help if you are not feeling good

Get the basics right, Eat, exercise and go to bed on time

Check in with a friend

Get some sunlight – go for a walk, sit outside, enjoy the fresh air

Try more ideas from your Mental Fitness Toolkit



Strengthening Foundations in Art

Using the link: <https://www.bbc.co.uk/bitesize/examspecs/zjymp9q> You will find all filmed lessons and demos to support your learning detailed in the bricks below. Upload work onto teams!

Lesson 4

<https://www.bbc.co.uk/bitesize/topics/ztw2p9q/articles/zyn4jfr>

STEPHEN WILTSHIRE

Lesson 3

<https://www.bbc.co.uk/bitesize/topics/ztw2p9q/articles/zmncdnb>

PICASSO

Lesson 5

<https://www.bbc.co.uk/bitesize/topics/zn76fdm/articles/zmfrdnb>

LUBAINA HIMID

Art Basics completed move up a level to prepare to make more developed artworks .

Lesson 1

<https://www.bbc.co.uk/bitesize/topics/zyxp3qt/articles/z8sg8p3>

MIXED MEDIA

Lesson 2

<https://www.bbc.co.uk/bitesize/topics/zhjmnk7/articles/zygkqyc>

Colour

Strengthening Foundations in Computing

Code.org

<https://studio.code.org/courses>

Learn Computer Science:

23,420,394,289 lines of code
written by 42 million students.

This will give students an
opportunity to practice writing
code

iDEA (Duke of York) award (register and start building your own Digital Portfolio

*The iDEA (Duke of York) is an online
digital skills experience that will
enable learners to gain relevant
experiences in Digital
communications and technology.*

Cybersecurity NOVA Labs Game

<https://www.pbs.org/wgbh/nova/labs/lab/cyber/>

WATCH - Terms and Conditions May Apply (Netflix/Sky)

Terms and Conditions May Apply examines the
cost of so-called 'free' services and the
continuing disappearance of online privacy.
People may think they know what they give up
when they click 'I Agree' on companies like
Facebook and Google.

Use these Weblinks to practice coding:

- Micro:bit Educational Foundation
(<https://makecode.microbit.org/#>)
- LightBot (<https://lightbot.com>)
- Scratch (<https://scratch.mit.edu>)
- Hour of Code <https://hourofcode.com/uk/learn>

VISIT - Bletchley Park, once the
home of the WW2 Codebreakers
(Milton Keynes)

- *Develop your understanding of
Computer Science issues and
coding in an out of classroom*

READ - How Algorithms rule the world

<https://www.theguardian.com/science/2013/jul/01/how-algorithms-rule-world-nsa>

WATCH: BBC Teach – Computer Science (You Tube)

https://www.youtube.com/playlist?list=PLcvEcrsF_9z_LgDzVvFrF1LC5E0FETaCxI

These videos cover a range of Computer Science elements
that are covered in the Year 7 and Year 8 curriculum.

Strengthening Foundations in DT

- All your tasks use **BBC Bitesize**
- For each topics – start with the test so you can work out what you know and what you need to focus on.
- Once you have done the test – go back to the 'Revise' section and the 'video' section and learn what you did not know and then complete the questions/ tasks.

Designing

Why do designers use the iterative design process?

Can you have a go using a isometric grid to draw a phone case holder.
Use the iterative design process to help you come up with your design idea.

<https://www.bbc.co.uk/bitesize/guides/z6jkw6f/test>

Mechanical devices

Can you explain how these 4 types of motion work:

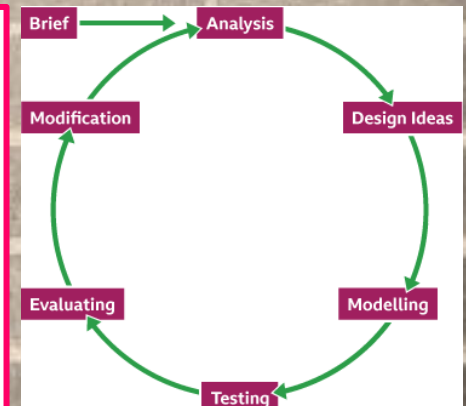
- linear
- rotary
- reciprocating
- oscillating

<https://www.bbc.co.uk/bitesize/guides/zvfhsrd/test>

Sustainability in Design

How can the **manufacturer** and the **consumer** to reduce negative impact on the environment?

<https://www.bbc.co.uk/bitesize/guides/z6xqmsg/revision/1>



Strengthening Foundations in Dance

Can you define?

Action
Space
Dynamics
Relationships

Create a short dance motif
that includes a range of
action, space, dynamics
and relationships

**a motif is a short piece of
dance*

Develop your motif
using choreographic
devices

Choose ONE dance style and
create a fact file/poster
detailing that style. Can you
find a professional dancer
within your chosen style and
talk about them? What
professional works have they
featured in? What is their
training background?

Create a dance quiz
that other students
could do (could be ONE
round of questions)

Create a #sofadance
using your home space.
The powerpoint on
TEAMS will support you
with this task

Create a 'Programme'
to educate someone
else on your
#sofadance

Strengthening Foundations in Drama

Getting Ready for GCSE
Drama

<https://s3-eu-west-1.amazonaws.com/cdn.gcsepod.com/assets/uploaded/3d0c313c-f896-492c-9ad3-5732abe64b67.pdf>

GCSE Pod
Brothers by Willy
Russell

<https://members.gcsepod.com/shared/podcasts/title/11765/72584>

Introduction and overview
of Blood Brothers

<https://www.bbc.co.uk/bitesize/guides/ztpdbk7/revision/1>

Blood Brothers
Performance

<https://www.youtube.com/watch?v=dvek0bj451Y>

Physical skills for
interpreting a
character

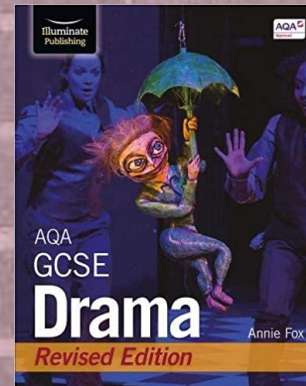
<https://www.bbc.co.uk/bitesize/guides/zhtgscw/revision/1>

Vocal interpretation of
a character

<https://www.bbc.co.uk/bitesize/guides/zbbj47h/revision/1>

AQA GCSE Drama: Revised
Edition

<https://www.amazon.co.uk/AQA-GCSE-Drama-Annie-Fox/dp/1911208217>



Strengthening Foundations in English



Watch the following Ted Talks on:

[Quitting social media](#)

[Why school should start later for teens](#)

[Why students should have mental health days](#)

Make notes as each one speaks and consider:

- Why are the points they raise so important?
- What is effective about the way in which they deliver these speeches?
- Which speech was the MOST effective at persuading you to agree with them and WHY?

Additional challenge – Watch [this GCSEPod on delivering a successful presentation](#) and make some notes. This will help further prepare for both writing and delivering discursive pieces!



Structuring your creative writing

Look through this CHS Solutions task called: [Structural techniques](#).

- Work through the first slide of the PowerPoint and develop your understanding of what structural techniques are and their impact. Complete the writing task on the second slide of the PowerPoint and try to incorporate everything you've learned!

Read through [this brilliant interview](#) with Malorie Blackman about another one of her novels you may look at next year called Noughts and Crosses.

When you have finished the interview, write your own thesis on why it is important that we look at a piece of work that explores topics such as **racism, slavery, friendship, heroes, forbidden love, injustice and terrorism**.



Listen to one of [these](#) podcasts titled 'What Makes Us Human?' What is your opinion on this question if you had to summarise the core things that make up who we are?



One of the Year 9 English units is fear based creative writing. Use one of [these](#) sentence openers or [these](#) pictures to write the start of your own scary story.



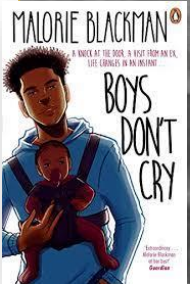
Take [this tour](#) of Shakespearean London. What do you think life was like in 1606? You could find out about how witches were seen in this period of history.



Watch [the trailer for Frankenstein](#) and **consider**: What do you already know about this story? What do you already know about Mary Shelley? Do some independent research about this text. Now, based on what you now know, what central themes do you think are present in the book?

Read this short extract from Boys Don't Cry by Malorie Blackman. What do you think the author is trying to say here about the how men are sometimes viewed in their role as a parent? Why do you think this character is so concerned? What do you think has happened?

'Damn, we'd be here until well into the next century if I went through the entire list,' I told him. 'I'm afraid of being a father. I'm afraid of being a bad father. I'm afraid of not being able to support my daughter properly. I'm afraid I might never meet a girl who wants a relationship with me 'cause I have a daughter to look after. I'm afraid that if I put my dreams on hold I might never get them back again. But most of all, I'm afraid of what will happen if Melanie returns and she wants Emma back. I dream about Melanie coming back and taking my daughter away and I wake up in a cold sweat.'



Strengthening Foundations in Food and Nutrition

- All your tasks use **BBC Bitesize**
- For each topics – **start with the test** so you can work out what you know and what you need to focus on.
- Once you have done the test – **go to the ‘Revise’ section and the ‘video’ section** and learn what you did not know!

Food Safety

How do I prevent food poisoning? What are the most common types of food poisoning pathogens?

<https://www.bbc.co.uk/bitesize/guides/zndnsrd/test>

Macro-nutrients

Why does the body need Carbohydrates, Fats and Proteins?

<https://www.bbc.co.uk/bitesize/guides/znnqqhv/test>

Food Labelling

What is the traffic light system used for?

<https://www.bbc.co.uk/bitesize/guides/zdjpgdm/revision/1>

Food energy

What is food energy and how much do we need?

<https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zm8yb82>

Malnutrition and Obesity

What causes **malnutrition** and **obesity**?

<https://www.bbc.co.uk/bitesize/topics/ztnnb9q/articles/zms7xfr>

Strengthening Foundations in Geography

EXTEND

FILM TIME

Watch any of the following 'classic' films:

- The Core; Dante's Peak; Twister; The Day After Tomorrow; 2012

ENRICH

OAK National Academy

LINK

And study any lessons that link to World Hazards; Development or Ecosystems

READ

Go onto **National Geographic** and find articles relating to the topics we have studied this year. Reading them will enrich your understanding of key themes in Geography.

FOUNDATION

RESEARCH

Go onto WHO (World Health Organisation) Global Health Observatory and look at the state of global health.

EXPLORE

BBC Bitesize – Tropical Storms; Typhoon Haiyan
KS3 Bitesize - Globalisation, trade and interdependence

YOUTUBE

Wildfires 101 National Geographic; Why is Guatemala's Volcano Deadlier Than Hawaii's?; How the Hawaii and Guatemala volcanoes differ

Strengthening Foundations in History

Watch a video or listen to a podcast from the Year 9 History Enrichment list:

- Small Axe – *Mangrove 9* (BBC iPlayer)
- Chicago Seven (Netflix)
- Selma (Amazon Prime)
- The Great Gatsby (Netflix)
- The Help (Amazon Prime)
- Hidden Figures (Amazon Prime)

Read a book from the Year 9 History Reading list:

- Turning 15 on the Road to Freedom: My Story of the 1965 Selma Voting Rights March by *Lynda Blackmon Lowery*
- Black and British by *David Olusoga*
- Black Boy by *Richard Wright*
- Girl, Woman, Other by *Bernardine Evaristo*
- The Help by *Kathryn Stockett*

Research Protest Culture and popular movements throughout History

Visit the International Slavery Museum in Liverpool

Visit the People's History Museum

Write a diary entry exploring the lives of immigrants throughout the 1950's and 60's

Create a resource that explores the Civil Rights Movement in the UK

Create a timeline of the world's superpowers across History

Strengthening Foundations in Languages - FRENCH



Be sure you are past tense ready for year 9!
<https://classroom.thenational.academy/units/year-8-unit-1-1dfc>

Be sure you are past tense ready for year 9!
<https://classroom.thenational.academy/units/year-9-unit-4-8c4f>

Be sure you are present tense ready for year 9!
<https://classroom.thenational.academy/units/year-9-unit-1-d903>

Can you use avoir and être?
<https://classroom.thenational.academy/units/year-7-unit-1-a482>

Immerse yourself in culture: make some French Crepes
<https://www.allrecipes.com/recipe/20931/french-crepes/>

Can you describe a holiday?
<https://classroom.thenational.academy/units/year-9-unit-6-a7c6>

Virtually visit the Louvre!
<https://www.louvre.fr/en/online-tours>

Strengthening Foundations in Languages - SPANISH



Be sure you're past
tense ready for year 9
<https://classroom.thenational.academy/units/year-8-unit-1-1dfc>

Be sure you're future
tense ready for year 9!
<https://classroom.thenational.academy/units/year-8-unit-2-ee0b>

Be Sure you're present
tense ready for year 9!
<https://www.bbc.co.uk/bitesize/topics/zg9mhy/articles/z63n7nbyc>

How do you use the
internet?
<https://classroom.thenational.academy/units/year-7-unit-5-d26b>

Immerse yourself in
Spanish Culture:
Make a Tortilla!
<https://www.bbcgoodfood.com/recipes/spanish-tortilla>

Feeling opinionated?
Check over your
opinions:
<https://classroom.thenational.academy/units/year-9-unit-5-ae87>

Take a virtual tour of
the Sagrada Familia
<https://sagradafamilia.org/visita-virtual>

Strengthening Foundations in Maths

Year 8 –Broaden your Maths knowledge!

To prepare you for year 9, we have linked 9 key topics on Hegarty Maths on the next slide. Follow the link with your personal login details. Remember 'Fix up Five' and 'Memri' on Hegarty that personalises revision to your performance over the year too. Your Year 9 teacher will be able to see your efforts 😊

Additionally, there are so many inspiring TED talks linked to so many Maths marvels as well as exciting opportunities to get involved with linked to problem solving in Maths. Click the links below to explore!



https://www.ted.com/talks/roger_antonsen_math_is_the_hidden_secret_to_understanding_the_world?language=en

Sign up to the Cipher Challenge online using the link below!
<https://www.cipherchallenge.org/>



https://www.ted.com/talks/arthur_benjamin_the_magic_of_fibonacci_numbers?language=en

Practice some problem solving questions on the UKMT website using the link below!

<https://www.ukmt.org.uk/>



United Kingdom
Mathematics Trust

Strengthening Foundations in Maths

Where
you're going

Algebra

Factorise quadratics
<https://hegartymaths.com/skills/223/preview>

Shape

Transformations
<https://hegartymaths.com/skills/657/preview>

Number

Fractions, decimals
and percentages
<https://hegartymaths.com/skills/80/preview>

Number

Rounding to
significant figures
<https://hegartymaths.com/skills/130/preview>

Shape

Angles in parallel
lines
<https://hegartymaths.com/skills/483/preview>

Probability

Venn diagrams and
probability
<https://hegartymaths.com/skills/388/preview>

Where
you're at

Where it
started

Ratio

Sharing into a ratio
<https://hegartymaths.com/skills/334/preview>

Data

Mean from a
frequency table
<https://hegartymaths.com/skills/417/preview>

Algebra

Expand and simplify
<https://hegartymaths.com/skills/161/preview>

Strengthening Foundations in Media

Make a list of the adverts aimed at you on your social media platforms.

Are they similar or very different?.

How do you think these adverts are chosen?

<https://blog.hubspot.com/marketing/advertising>

Start to become aware of the range of adverts in your life.

Make a list of all of the television adverts you see in between a television programme in the morning

Repeat for a television programme in the afternoon.
And for one on in the evening.

How are they different?
How do you think adverts are chosen?

Strengthening Foundations in PE

1. Complete a 12 minute cooper run.
2. Compare your results to national averages for a similar age

Link: <https://www.brianmac.co.uk/gentest.htm>

What training methods can we carry out to improve our fitness?

Link:

<https://www.bbc.co.uk/bitesize/guides/zyqd2p3/revision/2>

What does the cardiovascular system consist of?

Link:

<https://www.bbc.co.uk/bitesize/guides/z9n6sg8/revision/1>

Which bones protect us?

Link:

<https://www.bbc.co.uk/bitesize/guides/zq3sbk7/revision/2>

What are the 5 components of health related fitness?

Link:

<https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2>

What are the 6 components of skill-related fitness?

Link:

<https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2>

Which bones do we use to move our body?

Link:

<https://www.bbc.co.uk/bitesize/guides/zq3sbk7/revision/1>

What are the rules of the table tennis serve?

Link:

<https://www.youtube.com/watch?v=s9ELscafqVs>

Strengthening Foundations in Music

READ -

The Orchestra by A. Nuovo & D. Doran

<https://www.amazon.co.uk/Orchestra-Avalon-Nuovo/dp/1911171208>

READ -

The Wizard of Oz by L. Frank Baum and Cornelia Funke

https://www.amazon.co.uk/Wizard-Oz-Puffin-Clothbound-Classics/dp/0241411203/ref=sr_1_1?keywords=wizard+of+oz+book&qid=1576495063&sr=8-1

VISIT - Spirit Studios and partake in a DJ Workshop –

65 - 69 Downing Street,
Manchester M1 7JE
0161 276 2100

WATCH - Britten's Guide to the Orchestra

<https://www.youtube.com/watch?v=TjOiZReM7m4>

To learn about different families and instruments in the classical orchestra

WATCH - Hairspray https://www.amazon.co.uk/Hairspray-John-Travolta/dp/B01DDP4I2O/ref=sr_1_2?keywords=hairspray+dvd&qid=1576495140&sr=8-2

To deepen your knowledge of musical theatre

VISIT - The Keegan Academy of Irish Dancing 10am-2:30pm Chorlton Irish Club

READ - The History of Hip Hop by Eric Reese

https://www.amazon.co.uk/History-Hip-Hop-Eric-Reese/dp/1979069417/ref=sr_1_5?crid=S1WDRIK2UKL&keywords=hip+hop+book&qid=1576495283&sprefix=hip+hop+%2Caps%2C259&sr=8-5

WATCH - West Side Story https://www.amazon.co.uk/West-Side-Story-Natalie-Wood/dp/B00FYQDHEQ/ref=sr_1_1?keywords=west+side+story&qid=1576495772&sr=8-1

Strengthening Foundations in Photography

Using the link: <https://classroom.thenational.academy/units/photography-f7ab>
Or go to : www.thenational.academy then Lessons>subjects> Key Stage 2> Art and Design>Photography . You will find all filmed lessons and demos to support your learning detailed in the bricks below. Upload work onto teams!

Lesson 4
Photography and
Mixed Media

Lesson 5
Creating a gallery

Lesson 1
Introduction to
Photography

Lesson 2
Investigating Light

Lesson 3
Exploring
Photography with
Everyday items

Strengthening Foundations in Respect /EPR

Watch the following video:
What Makes You, You?

Make notes as you watch and consider:

- What do you think makes us unique as humans?
- What is unique about you?
- How would an alien see you?
- Can you change who you are deep down? Explain.



Create a mood board about what makes you unique – who are you?

Watch this clip on the Mandir (the Hindu place of worship). As you watch, make notes on what you learn and then design your own Mandir.

You are an editor at a national newspaper and you going to write an edition of the newspaper specifically discussing whether the world will ever be rid of prejudice and discrimination and whether you think we deal well with it in the UK.

WHAT YOU WILL NEED TO DO TO COMPLETE THE TASK:

1. Come up with a relevant catchy title for your article/s.
2. You will need to explain to your reader what prejudice and discrimination is and give examples in order for the reader to understand clearly what these terms mean.
3. You will look at the issues of discrimination in the past with the Jews during the Second World War (the holocaust), why did it happen, what were the results.....what should we have learned from it?
4. How have individuals tried to stop racism occurring in different countries during the 20th Century, in particular Mahatma Gandhi and Martin Luther King Junior. Was their faith important to them? What were the results of their efforts?
5. Explain how you think the UK has been affected by prejudice and discrimination, research and look at the Stephen Lawrence

Watch the following clips and answer the questions:

Creation
Darwinism

1. What different beliefs about our origins come from religious creation stories?
2. If you believe in God, does that mean you have to take Genesis 1 – 3 literally?
3. Is the human race made from love, for love, or are we an almighty accident, a huge slice of cosmic luck?

14-21 November is National Inter-Faith Week – a celebration of all religions coming together in solidarity.

Design a poster to be displayed in your classroom.



Strengthening Foundations in Science

KS3 Science

Year 8 look back at the work you have completed this year in Science to help you get ready for next year.
Good Luck. Mr McCreath.

Y9 Organisation

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

Y8 Energy

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

Y8 Genes and evo.

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

Y8 Forensics

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

Y8 Health and nutrition

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

Y8 Microbes

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

