**Independent Home Learning**

Whilst you are unable to be learning in school, please complete the following online lessons provided by the Oak National Academy to all you to continue learning and making progress, provided you are well enough to do so. Completed work can be emailed to your class teacher for feedback.

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| Year Group: | 10 | Subject: | CPR |

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| Lesson | Description and link |
| 1 | **Either** complete lessons 1 and 2 on mental health. If do not feel comfortable completing your learning on this topic at home, please see the alternative task in lesson 3.  Lesson 1:  Everyday stress triggers we can try to control:  <https://classroom.thenational.academy/lessons/everyday-stress-triggers-we-can-try-to-control-60u34d>  Issues with school work:  <https://classroom.thenational.academy/lessons/issues-with-school-work-65h38t> |
| 2 | The impact of drugs and alcohol:  <https://classroom.thenational.academy/lessons/impact-of-drugs-and-alcohol-cnhk6c>  Bullying:  <https://classroom.thenational.academy/lessons/bullying-65k3ad> |
| 3 | **Or** complete the following tasks thinking about careers and your future:  Log in to [Unifrog - The complete destinations platform.](https://www.unifrog.org/) – email Miss Colmer if you cannot remember your login. Spend some time completing the quizzes and exploring the careers library.  Use the BBC Bitesize Careers page to find out more about your options for the future <https://www.bbc.co.uk/bitesize/careers> |

Equipment required:

* Laptop;
* Pen, pencil and paper;
* Calculator;
* Dictionary;
* Highlighter.

If you have any questions, please email your class teacher.

Head of Subject email: [colmer-rachael@mayfield.portsmouth.sch.uk](mailto:colmer-rachael@mayfield.portsmouth.sch.uk)