

TOTTINGTON
HIGH SCHOOL



INDEPENDENT STUDY



Independent **Study** at THS

Independent study is an integral part of learning in order for students to achieve the best possible outcomes.

Not only is it important for students to get used to working at home so that they are able to prepare for the study skills necessary for their exams, but also it is a key skill required to cope with professional demands in many careers and industries.

Independent learning will always link to the curriculum studied in school with opportunities to consolidate and practise learning. We believe that home study should not place an unnecessary burden on children or parents and carers.

In order to support this, KS3 independent learning will be linked to the key learning objectives in students' Knowledge Organisers so parents and carers have a clear overview of what is being practised.

At KS4 we expect students to become more independent in readiness for their GCSE exams and beyond. Therefore, they will have a suite of resources for subject-specific independent practice, past papers and revision guides alongside assignments set by their teacher.

All Independent learning tasks will be set on Arbor by students' class teacher.

Home Learning Support

Here is a reminder about the resources that are on offer to you whilst learning at home.

Students are lucky enough to get above and beyond that of most schools and it's important these are taken advantage of for success.

Key Stage 3: Knowledge Organisers – broken down per each half term and contain content and questions to work from home on.

Independent Study Schedule – to support time management at home and a guide for teachers so work issuing is not given all in one go.

Key Stage 4: Exam Board Study – the list on the next page offers guidance of the vast range of online resources such as past papers etc. This should be used as a guide.

Revision Guides – ALL students have been given FREE guides which they should have at home. There are no excuses for loss



Independent Study Timetable

Engagement with Independent Learning

Pupils will be expected to complete independent learning on time and rewarded with green points for this. Independent learning will be monitored by the class teacher in the first instance and pupils who repeatedly fail to complete Independent Study will be asked to complete this during social times or after school and contact with parents will be made. Repeated failure to engage will lead to Head of Dept, Head of House and Senior Leader involvement.



Subject	Year 7, 8, 9	Year 10, 11
Maths, English and Science	Once per week	Once per week
Geography	Once per fortnight	Once per fortnight
History	Once per fortnight	Once per fortnight
MFL	Once per fortnight	Once per week
Personal Development	Once per half term	Once per fortnight
RE	Once per half term	Once per fortnight
ICT	Once per half term	Once per fortnight
Music	Once per half term	Once per fortnight
Art	Once per half term	Once per fortnight
Drama	Once per half term	Once per fortnight
Technology	Once per half term	Once per fortnight
PE	Once per half term	Once per fortnight

**All Independent
learning tasks will be
set on Arbor by
students' class
teacher.**

Online links & Software

Each subject area uses additional software to support learning - Below are links to these resources.

www.bbc.co.uk/bitesize



www.senecalearning.com



You can find lots of resources for all subjects on the sites above

There are also additional sites below.

www.internetgeography.net/aqa-gcse-geography/

www.coolgeography.co.uk/gcsen/revision_zone.php

Freesciencelessons - YouTube

Primrose Kitten Academy | GCSE & A-Level

Revision - YouTube

AQA GCSE Science Past Papers - Revision

Science

Mr Bruff's video guide Mr Bruff - YouTube

Musictheory.net

Teoria.com



KS4 Course Details 2026



Subject	Name of Qualification	Type of Qualification	Examination Board	Course Code	Past Papers	Revision Guide
Art	Art & Design (Art, Craft & Design)	GCSE	AQA	8201	https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206/assessment-resources?f.Resource+type%7C6=NEA+tasks	
Biology	Biology	GCSE	AQA	8461F 8461H	https://www.aqa.org.uk/subjects/science/gcse/biology-8461/assessment-resources?f.Resource+type%7C6=Question+papers	https://www.amazon.co.uk/stores/page/BA45E4B8-337F-4909-B7B3-4E7D8D39CAA3?ingress=0&visitId=898dd379-e878-44ed-a983-f2c8e102e905&lp_query=GCSE%20English%20Language%20AQA%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3B%20Practice%20%20includes%20Online%20Edition%20and%20Videos&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A05382822Q2GYHN6VEIGI-A0874119ARG0XSU7N7EH&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Business	Business (9-1)	GCSE	OCR	J204	https://www.ocr.org.uk/qualifications/past-paper-finder/	https://www.amazon.co.uk/Business-Complete-Revision-Practice-Quizzes/dp/1837742022/ref=sr_1_2?crid=3ARTULWV2XYK8&dib=eyJ2IjojMSJ9.ZEWBXoO3o-TFupzgrmWvIrNhK1dYuY1iUHwZEOIrfmCPE_LGHU1Mxc7Zf3mcUGEEY4BoacSt5JqDDPaq-WM_A.V8V-3K_9ZrGEPkAnq0YtvANafk5BV32tYOYXlQmNQvI&dib_tag=se&keywords=New+GCSE+Business+OCR+Complete+Revision+%26+Practice+%28with+Online+Edition%2C+Videos+%26+Quizzes%29&qid=1758890647&srefix=new+gcse+business+ocr+complete+revision+%26+practice+with+on

WORK TOGETHER

AIM HIGH

ACHIEVE SUCCESS

						line+edition+videos+%26+quizzes+%2Caps%2C8&sr=8-2
Chemistry	Chemistry	GCSE	AQA	8462F 8462H	https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/assessment-resources?f.Resource+type%7C6=Question+papers	https://www.amazon.co.uk/stores/page/BA45E4B8-337F-4909-B7B3-4E7D8D39CAA3?ingress=0&visitId=898dd379-e878-44ed-a983-f2c8e102e905&lp_query=GCSE%20English%20Language%20AQA%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3B%20Practice%20%20includes%20Online%20Edition%20and%20Videos&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A05382822Q2GYHN6VEIGI-A0874119ARG0XSU7N7EH&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Computing	Computer Science	GCSE	OCR	J277	https://www.ocr.org.uk/qualifications/past-paper-finder/	https://www.amazon.co.uk/stores/page/00345A16-8254-4D3E-AE8C-E9CFEEFE7F87?ingress=0&visitId=898dd379-e878-44ed-a983-f2c8e102e905&lp_query=GCSE%20English%20Language%20AQA%20Complete%20Revision%20%26amp%3Bamp%3B%20Practice%20%20includes%20Online%20Edition%20and%20Videos&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A05382822Q2GYHN6VEIGI-A0874119ARG0XSU7N7EH&ref=sbx_be_s_sparkle_dlcd_ls_dpc
English Language	English Language	GCSE	AQA	8700	https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessment-resources?f.Resource+type%7C6=Question+papers	https://www.amazon.co.uk/stores/page/F20B7462-D0B3-488D-A570-78F0428489BD/?encoding=UTF8&store_ref=SB_A05382822Q2GYHN6VEIGI-A0874119ARG0XSU7N7EH&pd_rd_plhdr=t&aaxi tk=6f6e32d149e451c6073a6e86f0adb2e7&hsa_cr_id=0&lp_asins=B08S12RSCJ%2C1789088763%2C1782943706&lp_query=GCSE%20English%20Language%20AQA%20Complete%20Revision%20%26%20Practice%20%20includes%20Online%20Edition%20and%20Videos&lp_slot=auto-sparkle-hsa-

WORK TOGETHER

AIM HIGH

ACHIEVE SUCCESS

						tetris&aref=iYdwxqSBzC&ref=sbx_be_s_sparkle_dlcd_ls_dpc&pd_rd_w=aewY5&content-id=amzn1.sym.7d8787df-7d4c-460d-ab31-21b0ba272b2f%3Aamzn1.sym.7d8787df-7d4c-460d-ab31-21b0ba272b2f&pf_rd_p=7d8787df-7d4c-460d-ab31-21b0ba272b2f&pf_rd_r=HFXB3CWY417MW9RJVKYB&pd_rd_wg=vpydS&pd_rd_r=d8cf1578-9c10-4f54-b5a6-061285dbe733
English Literature	English Literature	GCSE	AQA	8702	https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources?f.Resource+type%7C6=Question+papers	https://www.amazon.co.uk/stores/page/6E616DB5-56DF-4BBD-AB62-A572F1F7A3E1?ingress=0&visitId=898dd379-e878-44ed-a983-f2c8e102e905&lp_query=GCSE%20English%20Language%20AQA%20Complete%20Revision%20%26amp%3B%20Practice%20%20includes%20Online%20Edition%20and%20Videos&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A05382822Q2GYHN6VEIGI-A0874119ARG0XSU7N7EH&ref=sbx_be_s_sparkle_dlcd_ls_dpc
French	French	GCSE	AQA	8658F 8658H	https://www.aqa.org.uk/subjects/languages/gcse/french-8658/assessment-resources?f.Resource+type%7C6=Question+papers	https://www.amazon.co.uk/stores/page/8D56D0D7-63DD-4D62-8CF7-6290092C5880?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
German	German	GCSE	AQA	8668F 8668H	https://www.aqa.org.uk/subjects/languages/gcse/german-8668/assessment-resources?f.Resource+type%7C6=Question+papers	https://www.amazon.co.uk/stores/page/7F70591A-2935-4D3E-9AC7-0680B9496D83?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Bu

					siness%20OCR%20Complete%20Revision%20%26amp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Chinese	Chinese (Spoken language in Mandarin and Cantonese)	GCSE	Edexcel (Pearson)	1CN0F 1CN0H	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Chinese%20(2017)&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse17-chinese
Italian	Italian	GCSE	AQA	8633F 8633H	https://www.aqa.org.uk/subjects/languages/gcse/italian-8633/assessment-resources?f.Resource+type%7C6=Question+papers
Persian	Persian	GCSE	Edexcel (Pearson)	1PN0F 1PN0H	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Persian%20(2018)&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse18-persian
Urdu	Urdu	GCSE	AQA	8648F 8648H	https://www.aqa.org.uk/subjects/languages/gcse/urdu-8648/assessment-resources?f.Resource+type%7C6=Question+papers
Spanish	Spanish	GCSE	AQA	8698F 8698H	https://www.aqa.org.uk/subjects/languages/gcse/spanish-8698/assessment-resources?f.Resource+type%7C6=Question+papers https://www.amazon.co.uk/stores/page/D9CD9417-E91D-4FD3-B90A-E10DEA6FBA2A?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26a

WORK TOGETHER

AIM HIGH

ACHIEVE SUCCESS

						mp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Geography	Geography	GCSE	AQA	8035	AQA GCSE Geography Assessment resources	https://www.amazon.co.uk/stores/page/34435BBD-0DA2-45DD-A417-67E1A805D95C?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
History	History	GCSE	Edexcel (Pearson)	1HIOBR	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=History%20(9%E2%80%93931)%20from%202016&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse16-history	https://www.amazon.co.uk/stores/page/19F2FC3E-F560-46C7-8D63-6B200029325B?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Mathematics	Mathematics	GCSE	OCR	J560F J560H	https://www.ocr.org.uk/qualifications/past-paper-finder/	https://www.amazon.co.uk/stores/page/A07EC1F2-01CF-4149-B961-C6D728324F1A?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Bu

WORK TOGETHER

AIM HIGH

ACHIEVE SUCCESS

						siness%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Editio n%2C%20Videos%20%26amp%3Bamp%3Bamp %3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1 - A08306881R09VII3X1RQ8&ref =sbx be s spar kle dlcd ls dpc
Statistics	Statistics	GCSE	Edexcel (Pearson)	1STOF 1STOH	https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Statistics%20(2017)&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse17-stat	https://www.amazon.co.uk/GCSE-Statistics-Edexcel-Revision-Guide/dp/1782949496/ref=sr_1_1?crid=1QR9YNX2O932C&dib=eyJ2ljojMSJ9.54_YERJKlcpvxwj pZDHivAup_-WbB2V1-Sxr0cCxzAjnh8hPZfdALEXbHzlP6uy4jjE27Fai-Vi7h55yZuzQ-ZLSLFB32d14ypm46byoGe8nxvkkPAbjg6ueUlmDxyNGi_CjRpHukpZiG1OownliLM2xpqXKwFAqfZPZwX1ISqh-vTzrFssmKZP5tBRYzi5qV94gyZoFgsezWvXn-I_V9ZtnqZafxk2cTdkkGBJokU.FBRi1GJ_c2-xSj-mnlCkLF3Y2rQ3Wa_oDrX-9s86Lc0&dib_tag=se&keywords=edexcel+gcse+statistics+revision+guide&qid=1758892482&spr efix=edexcel+gcse+statistics+revision+guide%2C aps%2C89&sr=8-1
Additional Maths	Additional Maths	FSMQ	OCR	6993	https://www.ocr.org.uk/qualifications/past-paper-finder/	https://www.amazon.co.uk/Revision-Notes-Mathematics-Qualification-Additional/dp/1510449604/ref=sr_1_1?crid=1Z9CJPWWUR4O4&dib=eyJ2ljojMSJ9.yGqZXzS388NHrT3GNUPHYnF4v49cOvKvLIPrp9GbUCETCng9zau7h4f2EqCfbrBiB6zYDH637Z3C3og3tnbpBF0V Vyp9hqMvbRMBWgspWuneou8vntQQWobSj7Vsb1jxbMZR9m3Y0cvEZwRzWknERq9tcQ9eIVrsygp_KT8YsJRnmNBzlSX69Mcg2fiHAyR.1eUHLd-bO8cx9EmHZwsBNTTafaUlu-GifoCudl6qyKU&dib_tag=se&keywords=ocr+fsmq+revision+guide&qid=1758892512&srefix=ocr+fsmq+revision+guide%2Caps%2C135&sr=8-1

Music	Music	GCSE	WJEC (Eduqas)	C660QS	https://www.eduqas.co.uk/qualification/s/music-gcse/#tab_pastpapers	https://www.amazon.co.uk/stores/page/9CC05AAA-0C12-45FB-BE8C-9EE7604B6045?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
PE	Physical Education	GCSE	AQA	8582	https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources?f.Resource+type%7C6=Question+papers	https://www.amazon.co.uk/stores/page/C5F0E835-9BBC-42B4-98CD-40B4B5989CC1?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Physics	Physics	GCSE	AQA	8463	https://www.aqa.org.uk/subjects/science/gcse/physics-8463/assessment-resources?f.Resource+type%7C6=Question+papers	https://www.amazon.co.uk/stores/page/BA45E4B8-337F-4909-B7B3-4E7D8D39CAA3?ingress=0&visitId=898dd379-e878-44ed-a983-f2c8e102e905&lp_query=GCSE%20English%20Language%20AQA%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3B%20Practice%20-%20includes%20Online%20Edition%20and%20Videos&lp_slot=auto-sparkle-hsa-

WORK TOGETHER

AIM HIGH

ACHIEVE SUCCESS

						=A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Engineering Design	Engineering Design	Cambridge National	OCR	J822	https://www.ocr.org.uk/qualifications/past-paper-finder/	https://www.amazon.co.uk/Cambridge-National-Engineering-Revision-Workbook/dp/100911929X/ref=sr_1_1?crid=SLNG0EPN8UWR&dib=eyJ2IjojMSJ9.qswFmuxTUQWX8k9QmgB82VR7LhmjBqglItfzI0N4IPrvG_xbuEcNyQnnbs-2sav5srwzR0ncJrwgaJgEXQ74G8KQsVUiLDIm3EW0GieY_yt1Lv_2zeJUPIltg3JavEZto93w55HZI_Bc9l-x8xnyq2J2jq88s5Gab9oY6tv4YVAGPLCRPQTJ4b4EPRo1smbWNBkAPrkIq4CDd3HnKiNIQ.lgskhEv8D0IPsxzEJtnfu_5_vcCEEUXaJ5R1P_rZvQA&dib_t_ag=se&keywords=ocr+cambridge+national+engineering&qid=1758892422&srefix=ocr+cambridge+national+engin%2Caps%2C84&sr=8-1
IMedia	Creative IMedia	Cambridge National	OCR	J834	https://www.ocr.org.uk/qualifications/past-paper-finder/	https://www.amazon.co.uk/stores/page/DF7538A2-8319-4245-9C0F-FB2420D5F630?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1=A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Sports Studies	Sports Studies	Cambridge National	OCR	J829	https://www.ocr.org.uk/qualifications/past-paper-finder/	https://www.amazon.co.uk/stores/page/DF7538A2-8319-4245-9C0F-FB2420D5F630?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-

WORK TOGETHER

AIM HIGH

ACHIEVE SUCCESS

					https://www.wjec.co.uk/qualifications/level-1-2-vocational-award-in-hospitality-and-catering/#tab_keydocuments	2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Hospitality and Catering	Hospitality and Catering	WJEC Award	WJEC (Eduqas)	5409QA	https://www.wjec.co.uk/qualifications/level-1-2-vocational-award-in-hospitality-and-catering/#tab_keydocuments	https://www.amazon.co.uk/stores/page/DF7538A2-8319-4245-9C0F-FB2420D5F630?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc
Drama	Drama	GCSE	AQA	8261	AQA GCSE Drama Assessment resources	https://www.amazon.co.uk/stores/page/151DB340-DA72-4C45-A808-A504DA56E463?ingress=0&visitId=44f4bff0-9aaa-4c26-9b8d-2445ea8b2353&lp_query=New%20GCSE%20Business%20OCR%20Complete%20Revision%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Practice%20(with%20Online%20Edition%2C%20Videos%20%26amp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot=auto-sparkle-hsa-tetris&store_ref=SB_A07044422EXZOA969Z3X1-A08306881R09VII3X1RQ8&ref=sbx_be_s_sparkle_dlcd_ls_dpc

						Bamp%3Bamp%3Bamp%3B%20Practice%20(wit h%20Online%20Edition%2C%20Videos%20%26a mp%3Bamp%3Bamp%3Bamp%3Bamp%3Bamp %3Bamp%3Bamp%3Bamp%3Bamp%3Bamp%3B amp%3Bamp%3Bamp%3B%20Quizzes)&lp_slot =auto-sparkle-hsa- tetris&store_ref=SB_A07044422EXZOA969Z3X1 = A08306881R09VII3X1RQ8&ref=sbx_be_s_spar kle_dlcd_ls_dpc
Health and Social Care	Health and Social Care	BTEC Level 1/2 Tech Award	Edexcel (Pearson)	603/7047/6	https://qualifications.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care-2022.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments	https://www.amazon.co.uk/BTEC-Tech-Award-Health-Social/dp/1789089093/ref=ast_sto_dp_puis
Sociology	Sociology	GCSE	AQA	8192	AQA GCSE Sociology Assessment resources	AQA GCSE 9-1 Sociology All-in-One Complete Revision and Practice: Ideal for home learning, 2022 and 2023 exams (Collins GCSE Grade 9-1 Revision): Amazon.co.uk: Collins GCSE: 9780008227456: Books

Wellbeing Support



It is so important to look after yourself. Check out some of the Apps below to help manage your time and build in time to relax.



HeadSpace

Guided Meditations and Mindfulness takes a calm, relaxed approach to bringing calm relaxation into the lives of adults and kids. The Headspace app, aims to keep children “calm and focused” through short meditation exercises. The app will help children fall asleep and wake up peacefully. It uses common meditation techniques like becoming aware of environmental sounds, breath awareness, breath counting, and more. Children can learn the basics of meditation and mindfulness. Children can follow the instructions and are reminded by the app to meditate each day. They can develop the habit of making time for personal growth and self-reflection in different situations, such as bedtime and waking up. It is also being used by mental health professionals and licensed therapists in medical sector.



Moodpath

Moodpath is an interactive depression and anxiety screening program. This app tracks psychological, emotional and physical health over a two-week period in order to generate a personalised mental health assessment that users can discuss with their doctor or counsellor. The app also contains an educational component to teach users about the psychology behind their mood, signs of depression, and psychotherapy. It's one of the best apps that help youth and young adults with mental health struggles that include CBT and wellness.



Mindshift

MindShift app is based on to help young adults cope with anxiety, by acting as a portable coach that guides users through challenging situations. Designed in collaboration with Anxiety Canada, this app teaches users how to relax and helps them identify active steps to directly face and take charge of their anxiety. The app provides a variety of methods for young people to respond to anxiety including; developing their knowledge of anxiety and symptoms, engaging in relaxation tasks, evaluating their level of anxiety in particular situations, developing realistic thinking patterns and changing behaviour.

Specific tools help users tackle issues such as improving their sleep quality, dealing with perfectionism, and handling conflict. These tools address everyday situations that contribute to increased levels of anxiety to help users change their overall relationship with anxiety. The goal is to help young people learn and practice anxiety coping skills.



Smiling Mind

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom. An especially good choice for the younger users out there, as it was created specifically with students in mind. Smiling Mind offers programs for a variety of age groups, including 7-9, 10-12, 13-15, 16-18 and adults. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change.



Half Term 1 Extra-Curricular Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Break		AWE Club Room 17- Mrs Willowley	AWE Club – Room 17- Mrs Willowley		
Lunch	Y10 Football South Yard - Mr Higham Y7&8 Girls Netball Gym -Mrs Deakin Y7&8 Football Sports Hall - Mr Baron GCSE PE Intervention S1 - Mr Scholes Fashion Club Room 7 - Miss Brady Y11 GCSE Art Club Room 27 - Miss Preston-Webb Board Game & D&D Room 22 - Mr Tait Warhammer and Gaming Networking Club C2 - Mr Brandwood Animal Care Club Farm - Mrs Stretton Y10 History J3 - Mr Hill KS3 Maker Space Club Room 8 – Mrs Willis	Y11 Football South Yard Y9 Dodge Ball Gym - Mr Higham Y10 Football Sports Hall - Mr Scholes Science Homework Club Room 12 – Dr Thomson Maths Homework Club C1 – Mr Sellers, Mr Pollock & Mr Mohammed Warhammer and Gaming Networking Club C2 – Mr Brandwood Board Game & D&D Club Room 22 - Mr Tait KS3 Film and Social Club SEND Hub- TA Team KS3 Homework Club C3 - TA Team Animal Care Club Farm – Mrs Stretton	Y9 Football South Yard – Mr Scholes KS3 Girls Basketball Gym - Mrs Carter Y11 Football Sports Hall - Mr Wilson GCSE PE Intervention S1 - Mr Higham GCSE Music Drop In Room 17 - Mrs Willowley Warhammer and Gaming Networking Club C2 – Mr Brandwood Board Game & D&D Club Room 22– Mr Tait Maths Homework Club C3 – Mr Sellers, Mr Pollock & Mr Mohammed Animal Care Club Farm – Mrs Stretton KS4 Film and Social Club SEND Hub- TA Team KS4 Homework and Revision/Study Skills C3- TA Team	Y7 Football South Yard – Mr Wilson Y8&9 Girls Netball Gym - Miss Thorne/ Mrs Carter KS3 Girls Football Sports Hall - Mr Stretton Sports Studies Intervention C3 - Mrs Carter Textiles Club Room 7 – Miss Brady UK Maths Challenge Club (Year 7&8 Invitation only) Room 2 – Mrs Beswick Y11 Geography Club J5– Mr Vale Warhammer and Gaming Networking Club C2 – Mr Brandwood Board Game & D&D Club Room 22 - Mr Tait Animal Care Club Farm – Mrs Stretton KS3 3D Virtual Modelling Room 8 – Mrs Willis	Y7 Football South Yard – Mr Wilson Y7&8 Dodge Ball Gym - Mr Higham Y9 Football Sports Hall - Mr Scholes Fashion Club Room 7 – Miss Brady Warhammer and Gaming Networking Club C2 – Mr Brandwood Board Game & D&D Club Room 22 – Mr Tait Historians Club J2 – Mr Wulkinson Maths Homework Club C3 – Mr Sellers, Mr Pollock & Mr Mohammed Animal Care Club Farm – Mrs Stretton KS4 Technology Coursework Room 8 – Mrs Willis
After School	School Show Hall – Mr Tait and Mrs Willowley Weight Lifting Club (Year 7,8&9) Old Library - Miss Alston KS3 Basketball Gym - Mr Higham KS4 Girls Netball Sports Hall - Mrs Carter KS4 Boys Football Field -Mr Wilson Animal Care Club Farm – Mrs Stretton	KS3 Girls Basketball Gym Rock Skool Room 17 -Mrs Willowley Textiles (Year 10 & 11) Room 7 –Miss Brady Science Club (Year 7,8&9) Room 13 – Miss Whelan Cricket South Yard - Mr Wilson Year 9 Boys Football Field - Mr Scholes All Years table Tennia Sports Hall - Mr Mlynarski Girls Football (all ages) Sports Hall/field - Mr Stretton Animal Care Club Farm – Mrs Stretton	School Show Hall – Mr Tait and Mrs Willowley Textiles (Year 10 & 11) Room 7 – Miss Brady Maths Intervention Maths Rooms – Maths Department SPARX Reader Homework Club C3 – Mrs McCool Sports Fixtures (TBC) Animal Care Club Farm – Mrs Stretton	STAFF CPD Animal Care Club Farm – Mrs Stretton	Y11 Music Intervention Club Room 17 - Mrs Willowley Animal Care Club Farm – Mrs Stretton