

**PE**

**Stay physically active during self-quarantine (who.int)**

Follow the above exercises to burn off those Christmas calories. They can all be done inside your front room so no need to go outside.

**MUSIC**

Using your phone, think about the song you want to perform for unit 5. Get some headphones and listen to it over and over again. Learn the lyrics and sing them aloud. Once you've done this, record yourself and watch it back. Pick out the parts you think you could improve on and repeat.

**ENGLISH**

1. Read for at least 20 mins every day (this can be online blogs/magazines/newspapers/fiction or non-fiction books).
2. Look at different Authors that you have liked over the years. Has your taste changed? What do you like to read now?

**KS4 HOME LEARNING TASKS - #1**

**MATHS**

**Measure maths activity (Centimetres)**

Forget treasure hunts – go on a measure hunt instead! Explore the different lengths of the everyday things you see in your home. You'll need a tape measure for this activity. If you don't have one, why not use string and then measure against a ruler to calculate the conversion to centimetres.

**SCIENCE**

Use the magic of the Google Journal app on your phone to record data for temperature, light and sound. What is the loudest sound someone at home can make?  
Where is the darkest/ lightest place at home?  
Take readings for air pressure over several days or until; your phone explodes.  
Send copies of charts and graphs please.

**ICT - E-Safety: Scenarios...What would you do?**

1. You have received an email from what appears to be 'Instagram' asking you to visit a specified website to update your password immediately.
2. You have found a blog website which has posts from people with comments about you.
3. The new iPhone is a gadget you MUST have but you cannot afford it. You come across an auction site which is selling the phone for £50 but requires you to enter your bank account details.
4. You enter a chat room online and start receiving abuse from other people in the room.

**ART**

1. Download the **Psychedelic I-Camera** app
2. Experiment with the app by taking pictures of your family and things around the house.

**FOOD TECH**

**Hearty soup**

Write a recipe for a warm Hearty soup, you need to list the ingredients and the equipment you need. Do not forget to use vegetables, meat and pulses. When you have done that, price up the ingredients searching a supermarket on the internet.

**PSHE**

Do some research into the new Astrazeneca vaccine. (There will be lots on the news and online all about it).

Where was it developed? How will it be administered? Who was the first person to receive it?  
Who do you think will be the first person you know (family/ friends) who will be offered the vaccine and why?