Dear Parent / Guardian,

Thank you for all your support to date with our home learning programme.

Please find below a work schedule we have produced for students, to help provide a structure to their day. We highly recommend students have a routine that they follow each day, which can of course be adapted to your child’s individual needs.

<table>
<thead>
<tr>
<th>Time</th>
<th>Theme</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 – 9.30</td>
<td>Physical Wellbeing</td>
<td>Practical</td>
</tr>
<tr>
<td>9.30 – 9.40</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>9.40 – 10.40</td>
<td>Subject One</td>
<td>Topic based</td>
</tr>
<tr>
<td>10.40 – 11.00</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>11.00 – 12.00</td>
<td>Subject Two</td>
<td>Topic based</td>
</tr>
<tr>
<td>12.00 – 13.00</td>
<td>Subject Three</td>
<td>Topic based</td>
</tr>
<tr>
<td>13.00 – 13.45</td>
<td>Extended Break</td>
<td></td>
</tr>
<tr>
<td>13.45 – 14.45</td>
<td>Subject 4/ Personal Development</td>
<td>Topic based</td>
</tr>
</tbody>
</table>

We are very keen to support students further at home in any way we can. Below is a list of online resources we recommend. Students can independently refer to these websites for further learning, in addition to the work already set by their subject teachers, this will be updated fortnightly.
<table>
<thead>
<tr>
<th>Subject</th>
<th>Online Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well being</td>
<td><strong>Warm up / Stretches</strong></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=03JKamVnbfs">https://www.youtube.com/watch?v=03JKamVnbfs</a> – Helps to improve flexibility</td>
</tr>
<tr>
<td></td>
<td><strong>Joe Wicks – The Body Coach</strong></td>
</tr>
<tr>
<td></td>
<td>Joe Wicks uploads new workouts every week day. Try to complete ‘PE with Joe’ every weekday. These videos get uploaded Monday-Friday at 9am – 30 minutes of exercise.</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=K6r99N3kXME">https://www.youtube.com/watch?v=K6r99N3kXME</a> – PE with Joe Wicks</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=FiR-B7BFZ4s">https://www.youtube.com/watch?v=FiR-B7BFZ4s</a> – Home workout</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=Hr-p7TikhPl">https://www.youtube.com/watch?v=Hr-p7TikhPl</a> – Home HITT training</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=xvn3HISxYdM">https://www.youtube.com/watch?v=xvn3HISxYdM</a> – Home fat burner</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=okxbGxbj03s">https://www.youtube.com/watch?v=okxbGxbj03s</a> – Legs, bums and tums workout</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=fHfTCd2q-rC">https://www.youtube.com/watch?v=fHfTCd2q-rC</a> – High Intensity Interval Training</td>
</tr>
<tr>
<td></td>
<td><strong>Aerobics</strong></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=5if4cjO5nzo">https://www.youtube.com/watch?v=5if4cjO5nzo</a> – Family aerobics workout</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=MxL9Scvmzo">https://www.youtube.com/watch?v=MxL9Scvmzo</a> – Cardio workout</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=xfmHPW-AfQs">https://www.youtube.com/watch?v=xfmHPW-AfQs</a> – Zumba</td>
</tr>
<tr>
<td></td>
<td><strong>Yoga</strong></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=KWBFQjuwp4E&amp;list=PLui6Eyny-UzzFFpiii94CUrWKVMaqmkm">https://www.youtube.com/watch?v=KWBFQjuwp4E&amp;list=PLui6Eyny-UzzFFpiii94CUrWKVMaqmkm</a></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=v7AYKMP6rOE">https://www.youtube.com/watch?v=v7AYKMP6rOE</a> – Yoga for complete beginners, 20 minute home yoga workout.</td>
</tr>
<tr>
<td></td>
<td><strong>Dance</strong></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=q5FJ3oK4JCA">https://www.youtube.com/watch?v=q5FJ3oK4JCA</a> – Diversity Dance Tutorial Lesson 1</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=FDjkVpKluQQ">https://www.youtube.com/watch?v=FDjkVpKluQQ</a> – Diversity Dance Tutorial Lesson 2</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=yt6Ljst0yZ8">https://www.youtube.com/watch?v=yt6Ljst0yZ8</a> –</td>
</tr>
</tbody>
</table>
| **Diversity Dance Tutorial Full Routine** | https://www.youtube.com/watch?v=1UCgri6SG1w&t=569s – The greatest showman dance tutorial  
https://www.youtube.com/watch?v=o2X9RGYmm6w – Contemporary floor work tutorial Cool-down  
https://www.youtube.com/watch?v=7h_Pn7Nyj0k – Stretching routine for relaxation and stress relief |
|---|---|
| **Business** | https://www.senecalearning.com/  
- For review, consolidation and revision purposes  
https://www.tutor2u.net/business  
- A familiar resource.  
https://businesscasestudies.co.uk/  
https://www.bbc.co.uk/news/business/economy  
Current affairs and business in the news (e.g. bbc news), especially with recent impacts of Coronavirus  
Resources such as FT/The Economist (although subscription required) |
| **Computer Science** | https://www.physicsandmathstutor.com/computer-science-revision/a-level-ocr/ |
| **Economics** | https://www.senecalearning.com/  
- For review, consolidation and revision purposes  
https://www.bankofengland.co.uk/  
- Real life and theory explained.  
- Official statistics  
https://www.bbc.co.uk/news/business/economy  
- Instant access to all the latest economics stories. It provides a perfect overview written in a very accessible style.  
https://www.tutor2u.net/economics  
- A familiar resource.  
https://www.youtube.com/user/EconplusDal/playlists?app=desktop  
- Amazing YouTube tutorials  
http://www.metalproject.co.uk/  
- For economists who are also mathematicians  
http://ww1.theworldbank.org/  
- A great resource for looking at information regarding world banks, banking sector and some more generic material on world history and financial history.  
https://www.economicshelp.org/  
- Essays on topical issues, latest developments in UK and global economies.  
https://www.globaldata.com/timetric/ |
- A vast bank of economic data and research.
  https://www.physicsandmathstutor.com/economics-revision/a-level-edexcel-a/

| English | **English Literature**: Jstor Articles (related to Maud, She Stoops to Conquer and Twelfth Night); Twelfth Night: [https://www.rsc.org.uk/twelfth-night/](https://www.rsc.org.uk/twelfth-night/)
Maud: [https://www.youtube.com/watch?v=1dryb5Qnf6o&t=34s](https://www.youtube.com/watch?v=1dryb5Qnf6o&t=34s) She Stoops to Conquer: [https://www.bl.uk/restoration-18th-century-literature/articles/an-introduction-to-she-stoops-to-conquer#](https://www.bl.uk/restoration-18th-century-literature/articles/an-introduction-to-she-stoops-to-conquer#)
| EPQ | Jstor online journals. |
| A level History | Jstor online journals.
Seneca Learn AQA History
Year 12 Unit 1 Class code: r6lukhxlkw
Year 13 Unit 1 Class code: n54d8x2glp
Year 12 Unit 2 Class code: [https://app.senecalearning.com/dashboard/join-class/n9fpovieqe](https://app.senecalearning.com/dashboard/join-class/n9fpovieqe)
Year 13 Unit 2 Class code: [https://app.senecalearning.com/dashboard/join-class/86gcozy672](https://app.senecalearning.com/dashboard/join-class/86gcozy672) |
| Geography | Google Classroom -
Year 12 Code - puptb56
Year 13 Code - 55lr7bs
RGS Videos [https://www.youtube.com/user/RGSIBG/videos](https://www.youtube.com/user/RGSIBG/videos)
Dynamic Learning
A Level Magazine and Exam Paper practice
Code - 55334 [https://my.dynamic-learning.co.uk/](https://my.dynamic-learning.co.uk/)
<table>
<thead>
<tr>
<th>Subject</th>
<th>Resources</th>
</tr>
</thead>
</table>
| Maths and Further Maths | [https://www.examsolutions.net](https://www.examsolutions.net)  
For video lessons, worked solutions and exam practice.  
[https://www.drfrostmaths.com](https://www.drfrostmaths.com)  
For PowerPoints, videos and topic practice. We are setting up classes on here ready for use with some classes after Easter. If students register using their school accounts it will make this easier.  
[https://integralmaths.org](https://integralmaths.org)  
All students have accounts for this website, may need to email their teacher (or me) to have a password reset or login details.  
[https://www.madasmaths.com](https://www.madasmaths.com)  
Useful for practice papers.  
[https://www.youtube.com/channel/UCoxcjq-8xIDTYp3uz647V5A](https://www.youtube.com/channel/UCoxcjq-8xIDTYp3uz647V5A)  
Numberphile YouTube channel for interesting videos on maths related topics.  
[https://www.bbc.co.uk/programmes/b006qshd](https://www.bbc.co.uk/programmes/b006qshd)  
Link to the BBC more or less radio programme. Interesting look into facts and figures used in the media. |
[http://www.iep.utm.edu/religion/](http://www.iep.utm.edu/religion/)  
[https://www.thetablet.co.uk/student-zone/](https://www.thetablet.co.uk/student-zone/)  
[http://www.iep.utm.edu/ethics/](http://www.iep.utm.edu/ethics/)  
[http://peped.org/philosophicalinvestigations/](http://peped.org/philosophicalinvestigations/)  
[https://www.tutor2u.net/religious-studies](https://www.tutor2u.net/religious-studies)  
Crash course philosophy:  
[https://www.youtube.com/playlist?list=PL8dPuuaLjXtNgK6MZucdYldNkMybYlHKR](https://www.youtube.com/playlist?list=PL8dPuuaLjXtNgK6MZucdYldNkMybYlHKR) |
| Politics     | [https://www.senecalearning.com/](https://www.senecalearning.com/)  
For review, consolidation and revision purposes  
Current affairs and politics in the news (e.g. bbc news, The Guardian) |
| Psychology   | [https://www.psychboost.com](https://www.psychboost.com)  
[https://www.ted.com/topics/psychology](https://www.ted.com/topics/psychology)  
[https://app.senecalearning.com](https://app.senecalearning.com) class code: 2bpujm1rw  
[https://www.psychologytoday.com/gb](https://www.psychologytoday.com/gb) |
<table>
<thead>
<tr>
<th>Subject</th>
<th>Resources</th>
</tr>
</thead>
</table>
[https://sociologywynham.com/](https://sociologywynham.com/)  
[http://www.earlhamsociologypages.co.uk/](http://www.earlhamsociologypages.co.uk/)  
[http://www.bbc.co.uk/news](http://www.bbc.co.uk/news)  
[https://www.theguardian.com/uk](https://www.theguardian.com/uk)  
[https://www.senecalearning.com](https://www.senecalearning.com)  
[https://quizlet.com/](https://quizlet.com/)  
[https://www.tutor2u.net/sociology](https://www.tutor2u.net/sociology) |
| Science  |  
**Biology**  
[www.savemyexams.com.uk](http://www.savemyexams.com.uk) for exam questions  
[https://app.senecalearning.com/dashboard/join-class/eb5nwa81p5](https://app.senecalearning.com/dashboard/join-class/eb5nwa81p5)  
- For review, consolidation and revision purposes |
| Chemistry |  
[https://www.youtube.com/user/MrERintoul](https://www.youtube.com/user/MrERintoul)  
[https://www.youtube.com/playlist?list=PLkocNW085uEFvnpnhj8fKN-KFUOlnKiT0](https://www.youtube.com/playlist?list=PLkocNW085uEFvnpnhj8fKN-KFUOlnKiT0)  
- Exam technique and revision  
[https://www.youtube.com/watch?v=lVjZTVEV87U](https://www.youtube.com/watch?v=lVjZTVEV87U) |
| Physics  |  
[https://www.senecalearning.com/](https://www.senecalearning.com/)  
- For review, consolidation and revision purposes  
[https://isaacphysics.org/account?authToken=EVC34X](https://isaacphysics.org/account?authToken=EVC34X)  
[https://app.senecalearning.com/dashboard/join-class/eb5nwa81p5](https://app.senecalearning.com/dashboard/join-class/eb5nwa81p5)  
| Level 3 BTEC Business |  
[https://www.senecalearning.com/](https://www.senecalearning.com/)  
For review, consolidation and revision purposes  
[https://www.tutor2u.net/business](https://www.tutor2u.net/business)  
A familiar resource. |
<table>
<thead>
<tr>
<th>Level 3 BTEC Performing Arts</th>
<th>Unit 1 Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Professional Works and Practitioners:</td>
</tr>
<tr>
<td></td>
<td><a href="https://new-adventures.net/">https://new-adventures.net/</a> Matthew Bourne</td>
</tr>
<tr>
<td></td>
<td><a href="https://new-adventures.net/swan-lake">https://new-adventures.net/swan-lake</a> Swan Lake</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.alvinailey.org/">https://www.alvinailey.org/</a> Alvin Ailey</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.rambert.org.uk/performance-database/people/christopher-bruce/">https://www.rambert.org.uk/performance-database/people/christopher-bruce/</a> Christopher Bruce</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.rosas.be/en/8-anne-teresa-de-keersmaeker">https://www.rosas.be/en/8-anne-teresa-de-keersmaeker</a> Anne Teresa De Keersmaeker</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.balletboyz.com/">https://www.balletboyz.com/</a> BalletBoyz</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.rambert.org.uk/">https://www.rambert.org.uk/</a> lots of video resources on this website</td>
</tr>
<tr>
<td></td>
<td>Genre, Style, Purpose, Intentions:</td>
</tr>
<tr>
<td></td>
<td>Physical, Interpretive, Performance Skills:</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.aqa.org.uk/subjects/dance/gcse/dance-8236">https://www.aqa.org.uk/subjects/dance/gcse/dance-8236</a> - many resources on this website</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.theatrecrafts.com/pages/home/topics/stage-management/theatrical-style/">http://www.theatrecrafts.com/pages/home/topics/stage-management/theatrical-style/</a></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.bbc.co.uk/bitesize/guides/zmn9382/revision/1">https://www.bbc.co.uk/bitesize/guides/zmn9382/revision/1</a> - Genre, Style, Purpose etc.</td>
</tr>
<tr>
<td></td>
<td>Video Resources:</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=rQsECoq9XGM&amp;t=2s">https://www.youtube.com/watch?v=rQsECoq9XGM&amp;t=2s</a> Swan Lake</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=1jleSq2FFhs&amp;t=3536s">https://www.youtube.com/watch?v=1jleSq2FFhs&amp;t=3536s</a> The Nutcracker</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=0bTW8tPL6qY&amp;list=PL4F3B261E734B7D91">https://www.youtube.com/watch?v=0bTW8tPL6qY&amp;list=PL4F3B261E734B7D91</a> Rooster</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=038BdfaaVVs">https://www.youtube.com/watch?v=038BdfaaVVs</a> / <a href="https://www.youtube.com/watch?v=nyG4UELeukg">https://www.youtube.com/watch?v=nyG4UELeukg</a> Swan Song</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 3 BTEC Sports Current units:</th>
<th>Unit 7: Practical Sports Performance:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><a href="http://www.badmintonengland.co.uk">www.badmintonengland.co.uk</a> – Badminton Association of England</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.britishcycling.org.uk">www.britishcycling.org.uk</a> – British Cycling</td>
</tr>
</tbody>
</table>
Unit 9 Research methods:
American College of Sports Medicine www.acsm.org
British Association of Sport and Exercise Sciences www.bases.org.uk
Human Kinetics www.humankinetics.com
Sport Science www.sportsci.org
Sports Coach UK www.sportscoachuk.org
Top End Sports www.topendsports.com

Unit 23 Skill Acquisition:
Brian Mac, Sports Coach www.brianmac.co.uk
British Association of Sport and Exercise Sciences www.bases.org.uk
British Broadcasting Corporation www.bbc.co.uk Peak Performance www.pponline.co.uk
Top End Sports www.topendsports.com

Unit 25 Rules, regulations and officiating in sport:
Amateur Swimming Association.
www.britishswimming.org
British Cycling
www.britishcycling.org.uk
British Gymnastics
www.british-gymnastics.org.uk
The British Olympic Association
www.olympics.org.uk
Coachwise
www.1st4sport.co.uk
English Basketball Association
www.englandbasketball.co.uk
The Football Association
Unit 26: Technical and Tactical Demands of Sport

www.britishswimming.org
Amateur Swimming Association
www.badmintonengland.co.uk
Badminton Association of England
www.britishcycling.org.uk
British Cycling
http://www.british-gymnastics.org
British Gymnastics
http://www.teamgb.com/
The British Olympic Association
www.britishvolleyball.org
British Volleyball Association
www.englandbasketball.co.uk
English Basketball Association
www.thefa.com
The Football Association
www.lta.org.uk
The Lawn Tennis Association
www.rfu.com
The Rugby Football Union
www.sportsleaders.org
Sports Leaders UK
www.sportsofficialsuk.com
Sports Officials UK
www.ukathletics.net
UK Athletics
www.uksport.gov.uk
UK Sport
Yours sincerely,

Mrs K Kerridge
Headteacher