



Year 10 Essential Work – Summer 2020



Message from Mrs. Weller:

- This time away from school has been a real trial. Being away from normality, unsure of what comes next, a little nervous of what this means, is a challenge for everyone but, you have coped, you have had time and you have had each other. I would like to thank you all for your efforts as it has not gone unnoticed.
- What I would like more than anything to come out of this is a group of young people who are stronger, more determined than ever, appreciative of others and able to cope when life gets tough. You have proven you can do so much more than just work hard, you have come together to support your families and friends. We have a clearer idea of who we are and what is important. I have missed you all very much and the importance of each of you to me and my day has become very clear. I am excited to see you all again and although we are not back to normal, working with you all and your teachers is something I am really looking forward to.



Message from Mrs. Ourabi

Please listen to the message I have sent you and then look through the information I have added on mindfulness and different activities you could engage in.



Mindfulness

- **What is 'mindfulness'?**
- Mindfulness is the ability to know what's happening in your head at any given moment without getting carried away by it. Mindfulness activities help us to:
 - pay attention to the feelings we have
 - process those feelings
 - respond to the feelings in a controlled way.
- **Why do it?**
- Mindfulness has many benefits including reducing stress, helping us to pay attention, feel happier, learn more and be more patient. By don't just take or word for it, listen to what other young adults have to say about mindfulness:
- https://www.youtube.com/watch?time_continue=128&v=kk7IBwuhXWM&feature=emb_logo



Activities to do:

- Listen to music try and interpret the words, what emotions does the song bring out in you. If you are sad think of happy songs that remind you of happier time. Also listen to the sound behind the words, what instruments are been played, what sounds are made. Doing so can relax and calm you when you are feeling stressed.
- Build something or solve puzzles, it is a different way of thinking to what you are used and is engaging a different part of the brain that you might not ordinarily do.
- Tech Detox- have at least 30 mins a day where you have switched off all your gadgets, this is time to just stop and think.



Activities to do:

- It is easy to be negative at the moment but there is so much good in the world we just forget. Keep a good message jar and make it your aim to fill it up by the end of the summer. It might just be a kind word from a friend or something you have read in the news. When things don't seem good then go back and read your 'good memories'. It can be easy to forget them!
- Any creative activity is a mindful activity! Steal your little siblings' crayons, get out your sketch book, bake, knit or even head outside and make some 'mandala' art with natural materials.
- Take time to do the crafty things you never get to do now you're all grown up...



The Power of Poetry

- Reading poetry can be a helpful way to explore our emotions and experiences. Two poems which encourage mindfulness are:
- **“The Guest House” by Rumi**: Read the poem and think about **what it would be like to welcome each emotion**. *Have you ever had emotions that felt like unwelcome visitors? Have you ever had difficult experiences that you ultimately learned something from? What things do you do to avoid feeling your emotions? What happens when you avoid them? Can you try to welcome even your unpleasant emotions?*
- **“Autobiography in Five Chapters” by Portia Nelson**: *What holes do you often fall into? Why is it so easy to make the same mistakes over and over? What new streets do you think you could walk down? What changes could you make that will help you better take care of yourself?*



Key Pieces for each subject:

- Start by going through each subject and ticking off what you have already completed.
- Then go through each subject in turn and complete the essential tasks that you have not done. There is more detail for each task on SMHW. Give yourself a break once you have completed something.
- Once you have completed the essential tasks go back to SMHW and do the additional activities that will help consolidate knowledge and prepare you for exam style questions.
- You can do this you just need a plan and a positive mindset.
- Help is always at hand.



English

- Prepare a talk ready to be performed when we are back at school. (does not need to be submitted)
- Write the article that was set (basically a write up of their talk). This does need to be submitted as the content of the talk can then be adjusted to reflect feedback from the article.
- Watch and listen to the videos and audio Power points on the poetry
- Use the videos and power points to annotate each poem and make some notes – some evidence of this should be submitted or seen by the teacher in school.



Maths

- The first priority is to consolidate your understanding of Pythagoras in order to help you prepare for the face to face sessions. There's a revision poster to remind you of the basics and then you can practice using the Living Worksheets activities linked below:

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<https://vle.ecclesbourne.derbyshire.sch.uk/ecclesbourne/Curriculum/maths/Living%20Worksheets/Living%20Worksheets/PYTHAG01.xls>

<https://vle.ecclesbourne.derbyshire.sch.uk/ecclesbourne/Curriculum/maths/Living%20Worksheets/Living%20Worksheets/PYTHAG03.xls>

- For the other topics in maths do not worry about this as much as we will have time to go back over and revise them. However, if you know you are less confident on some topics go back over and revise using Manga High and the Diagnostics.



Biology - Trilogy

- The unit that we have covered while you have been away is Bioenergetics and covers the key topics of photosynthesis and respiration.
- **Topic One - Photosynthesis**
- To catch up the key ideas for this topic read the information on the web links for each section and answer the questions. This will form your basic notes for the topic.
- **Introduction to photosynthesis:**
- <https://www.bbc.co.uk/bitesize/guides/zs4mk2p/revision/1>
- **Factors that limit photosynthesis:**
- <https://www.bbc.co.uk/bitesize/guides/zs4mk2p/revision/2>
- **Photosynthesis required practical:**
- <https://www.bbc.co.uk/bitesize/guides/zs4mk2p/revision/5>
- **The importance of controlling photosynthesis in a greenhouse when producing crops.**
- <https://www.bbc.co.uk/bitesize/guides/zs4mk2p/revision/8>



Biology Trilogy

- **Topic two - Respiration**
- To catch up the key ideas for this topic make detailed notes on each of the numbered points below. The weblink at the start of each section will take you to a simple summary of the key ideas.
- **Introduction to respiration:**
- <https://www.bbc.co.uk/bitesize/guides/zp4mk2p/revision/1>
- and
- <https://www.bbc.co.uk/bitesize/guides/zp4mk2p/revision/2>
- **Respiration and exercise.**
- <https://www.bbc.co.uk/bitesize/guides/zp4mk2p/revision/4>
- **Metabolism.**
- <https://www.bbc.co.uk/bitesize/guides/zp4mk2p/revision/6>
- **Other useful resources:**
- Kerboodle text book pages: 124-14
- Cognito you tube video links:
- Photosynthesis:
- <https://www.youtube.com/watch?v=X81OIkeuHJw>
- <https://www.youtube.com/watch?v=J0KxRX3fyol>
- Respiration:
- <https://www.youtube.com/watch?v=U4WwWuVZSe4>
- <https://www.youtube.com/watch?v=PthdswsrM3Y>



Chemistry- Trilogy

- Work has primarily consisted of finishing off C6 Electrolysis and C7 Energy changes.
- •For C6 Electrolysis catch up, students should work through pages 102-109 of the online Chemistry Kerboodle textbook. Writing up the key points notes from each page. Any words in purple need a definition from the glossary writing down.
- •Complete the activities on the following BBC bitesize link to check your understanding <https://www.bbc.co.uk/bitesize/guides/z9h9v9q/revision/1>
- •For C7 Energy Changes catch up, students should work through pages 112-119 of the online Chemistry Kerboodle textbook. Writing up the key points notes from each page. Any words in purple need a definition from the glossary writing down.
- •Complete the activities on the following BBC bitesize link to check your understanding <https://www.bbc.co.uk/bitesize/topics/z27xxfr>



Physics-Trilogy

- Work has primarily consisted of finishing off P6 Molecules and Matter and P7 radioactivity.
- For P6 Molecules and matter catch up, students should work through pages 76-87 of the online Physics Kerboodle textbook. Writing up the key points notes from each page.
- Complete the activities on the following BBC bitesize link to check your understanding <https://www.bbc.co.uk/bitesize/topics/z3ybb82>
- For P7 Radioactivity catch up, students should work through pages 92-101 of the online Physics Kerboodle textbook. Writing up the key points notes from each page.
- Complete the activities on the following BBC bitesize link to check your understanding <https://www.bbc.co.uk/bitesize/topics/zshssrd>



Separate Science - Biology

- Principles of homeostasis
 - The structure and function of the human nervous system
 - Reaction time required practical
 - Reflex actions
 - The Brain
 - The Eye
 - Common problems of the eye
- Please use BBC Bitesize and TWIG to ensure you are clear on key facts. You can also use your Kerboodle online text book and your revision guide if you have one. A more detailed guide with links is available on the VLE.



Separate Science -Chemistry

- Read p116-117 and complete the attached exam question, C7.3
- Read p120-121 the complete p121 Q1 and p125 Q03
- Complete the exam question on chemical cells set on SMHW due 18th May.
- Bottom half of p62 and all of p64 of the revision book will help.
- BBC GCSE Bitesize 'Energy Changes' section will also help



Separate Science- Physics

- Work has primarily consisted of finishing off P7 radioactivity and Revision of all paper 1 content.
- For P7 Radioactivity catch up, students should work through pages 92-109 of the online Physics Kerboodle textbook. Writing up the key points notes from each page.
- Complete the activities on the following BBC bitesize link to check your understanding <https://www.bbc.co.uk/bitesize/topics/zqtmw6f>
- For Paper 1 revision a summary revision pack will be issued on SMH this week.



History

- 1. Completed tasks in the Cromford work booklet (they are self-explanatory)
- 2. Any essays on Cromford set by staff to be done (ideally at least one if none done yet, so we can mark and feedback)
- 3. The first 'Chapter' of the Living in Nazi Germany course fully up to date (in terms of notes) - this is the Consolidation of Power section - there is a video on youtube and a single powerpoint version of this.
- 4. The notes on Terror (with card sort) and Propaganda completed - these are based on powerpoints and youtube videos.
- 5. The notes on Opposition complete to the point on SMH we will have reached - these will be based on youtube videos supporting the powerpoints as above.
- 6. (least priority) Any assessed work from the Living in Nazi Germany course (so far, a 7 marker, a 15 marker and an essay after half term).



Geography

- You will have a slightly different set of work dependant on your teacher, but you will likely have covered:
 - Natural Hazards
 - Climate change
 - Urban challenges
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- You can use SMHW to see what themes your teacher have set and then use either:
 - Senecalearning.com Geography AQA GCSE, The challenge of natural hazards
 - BBC Bitesize GCSE Geography AQA, Urban issues and challenges and challenge of the natural hazards.

To make notes and work through key examples.



Religious Studies

- AQA Spec theme A Relationships and Families. Please get up to speed on
- Christian marriage
- Muslim marriage
- Muslim divorce procedures
- The Divorce Law Reform Act of 1969.
- These are the essentials. The rest of this bit of the Specification will be during this half term



Art

- Below is a list of the 'Food and Drink Project' Art work which **must** be completed in time for the **Art** 'Face to Face' sessions in June.

All work should be brought to school to be reviewed.

Essential Tasks:

- 1. Thoroughly completed 'Food and Drink' **Canvas Painting**.
- 2. Thoroughly and creatively completed 'Food and Drink' **Motif Repeat Task** (9-12 repeats).
- 3. Thoroughly completed 'Food and Drink' **Artist Study** (with painted recreation).

Extension Tasks

- 1. Additional sketchbook 'Food and Drink' drawing tasks.
 - 2. Any other personalised tasks set by your teacher.
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- Regular posts and reminders have been and continue to be uploaded onto SMHW. Comments and feedback are made using SMHW and/or school email.



Music

- Go on the Music VLE which has all of the set works and PowerPoints for the exam.
- In regards to the priority order this is as follows:
 - 1. Revise all topics we have covered and make revision cards
 - 2. Practice and continue developing compositions
 - 3. Practice the piece for your GCSE performance in September



Drama

- Over the past few weeks you should have covered three mini projects:
- 1. Devised Performance focus
- You should have written a monologue that you can use as part of your devised performance.
- 2. Live Theatre Evaluation focus
- You should have watched the digital theatre performance of “Peter Pan.” You should have made notes on this following the PowerPoint guidelines. You should then have used these notes to respond to a series of Live Performance exam questions by following the examples provided on the power point. Click to add text The link to “Peter Pan” is:
<https://www.dramaonlinelibrary.com/plays/peter-pan-bristol-old-vic-nt-iid-190789>
- 3. Crucible Revision
- You should have revised exam style questions based on “The Crucible” by following the examples on the PowerPoint. You then should have completed an exam paper on “The Crucible”.

- All of the tasks that you have been set and examples of the work that you should have completed can be found on the PowerPoints that have been posted on SMH. This week I will upload all of the PowerPoints again in case you have deleted them.
- If you haven't managed to complete the work that has been set, please don't worry about trying to catch-up on everything. I would like you to focus on completing the exam paper for “The Crucible.” Make this your priority. Don't worry about the other tasks.



Business

- Please ensure you have notes on the following topics:
- The Purpose and Methods of Market Research
- Selecting the correct Marketing Mix for small and large businesses
- Price- the different pricing strategies and how you make a choice
- Place- where to sell and how to distribute
- Promotion- include types of promotional activity
- Product- including the Boston Matrix and Product Life Cycle

- Websites to help; Seneca Learning, Tutor 2 U



French

- You have all been working on '*the environment*', and have been doing so since the beginning of the quarantine. We will move on after half-term and revise all the topics we have studied this year.
- <https://www.bbc.co.uk/bitesize/topics/zd8xvcw>
- For speaking just reading out loud would be a tremendous boost! You can use BBC bitesize to help with this and send audio recordings to your teacher if you would like it checking.



German

List of topic areas to be covered by year 10 as follows:

- Kerboodle Textbook Unit 5 (p82-95)
- Talking about my house and local area
- Describing rooms of the house and furniture
- Talking about my town
- Describing what is in the town
- Giving my opinion of where I live
- Grammar
- Asking questions
- Using prepositions that take the dative case
- Using the future tense
- Using the conditional tense
- Using the verb können

Students should also use Quizlet to continue to learn vocabulary from unit 5 and any of the previous units

Most important is vocab learning, students need to work through the scaffolded writing tasks to help them with the writing exam / speaking prep



Spanish

- We have worked through the topic of Technology in everyday life and have completed answers to the speaking questions below. Answers to all these questions must be copied up into **Speaking Books** once they have been marked.
- 1. ¿Qué importancia tiene el móvil para ti?
- 2. ¿Utilizas Facebook, Twitter o otras redes sociales? ¿Por qué?
- 3. ¿Cómo utilizas el internet?
- 4. ¿Qué has hecho con tu móvil recientemente?
- 5. ¿Cuáles son las ventajas y las desventajas del internet?
- 6. ¿Podrías sobrevivir sin teléfono móvil? ¿Por qué? ¿Por qué no?
- Catch up work on listening, reading and grammar activities can be done via Kerboodle and selecting pages 30 to 37 in both the **AQA Spanish Foundation Tier** or **Higher Tier** online textbook.
- Over the next 6 weeks we will work through the new topic of **Travel & Tourism**.
- We will complete answers to these speaking questions:
 - 1. ¿Cuál es tu destino preferido?
 - 2. ¿Cómo sueles pasar las vacaciones de verano?
 - 3. ¿Adónde fuiste de vacaciones el año pasado?
 - 4. ¿Has visitado España?
 - 5. ¿Cómo vas a pasar las vacaciones este verano?
 - 6. ¿Cómo pasarías tus vacaciones ideales?
- Catch up work on listening, reading and grammar activities can be done via Kerboodle and selecting pages 126 to 135 in both the **AQA Spanish Foundation Tier** or **Higher Tier** online textbook.



Food

The topics covered so far in lock down include:

- Seasonal Foods
- Nutritional Analysis
- Minerals
- Eggs
- Food Labelling
- Macronutrients
- Dietary Fibre
- Please use the Powerpoints and sheets from SMHW to support you.



Resistant Materials

- ***Since lock down you have had work set but the priority order is laid out below:***
- ***1) Live coursework launch (being launched by Miss Gregory on Monday 8th June) This is coursework that will be submitted as 50% towards students final GCSE grade, so is really important students complete this work. This work is to be done in the format of a PowerPoint set to A3, but Miss Gregory will email out a template starter so the file is in the correct format.***
- ***2) Distance learning assignments (56 slides of work sheets and information based on our examination unit- various topics)***
- ***3)***
 - ➤ Investigation into the work of Philippe Stark
 - ➤ Smart Materials research
 - ➤ Kinetic pumped storage Systems
 - ➤ Modern & Composite materials
 - ➤ Levers, Forces, Seasoning of timber & Annealing



Textiles

- The list of work that Y10 students have completed throughout lock down include:

Natural and Synthetic fibres

Social footprint

Woven and non woven fabrics

Selecting natural and synthetic textiles

The impact of forces and stresses on Textiles products and reinforcement

Typical stock forms

Processes used to manufacture and scales of production

specialist techniques used for high quality prototypes

surface treatments and finishes.



ICT

- **You should now have spent 1 hour per week on the theory side of the course and made notes / spider diagrams on the following areas, having used BBC Bitesize and the Internet.**
- **ICT Legislation:**
- Data Protection Act 1998
- Copyright, Designs and Patents Act 1988
- Computer Misuse Act 1990
- Health and Safety at work act 1974
- Freedom of information Act 2000
- **Storage devices:**
- Hard disk drive
- Solid State drive
- Optical device (CD / DVD / Blu-Ray)
- Flash memory device (USB memory stick)

As the course is very practical, you should have been spending 2 hours per week working on your practical skills so you are ready to start the coursework when we come back. We have done lots of Access in School, so you should be working through the tutorials on Word, Excel and web design

- You should be following the tutorials on the website: <https://www.homeandlearn.co.uk> for Excel, Word and Web design. Work through these to boost your skills.



ICT

You should also be in the process of researching and making notes on real time data systems:

Real time data and systems that use it:

What is real time data?

- Sat Nav uses real time data. What are the features of a SAT Nav?
- What are the features of a PDA (personal digital assistant)
- What is the Cloud?
- What is a cloud based distribution service?
- Explain the features of and how the following messaging services are used by individuals and businesses:
 - E-mail
 - Social Media
 - Internal messaging services
 - Websites
 - Intranet
 - VOIP (e.g. Zoom, Facetime, teams)
 - Multimedia (a mix of text, sound, video and graphics) e.g. Youtube is multimedia



Computing

GCSE Computer Science

- **Theory**
- You should now have spent 1 hour per week on the theory side of the course and be well under way, reading making revision notes and answering questions from the revision guide provided.
- Make sure that you send us regular updates of your progress in this area so that we know this is being done and can check the answers you have given to questions.

- **Practical Programmingskills**

- **You should have been spending 2 hours per week on programming.**

- At the moment, you should have sent us your previous programming tasks (Password Program and Celebrity Dogs) **even if incomplete** and you should now be working on the new task: **Trips Travel Calculator**



Computing

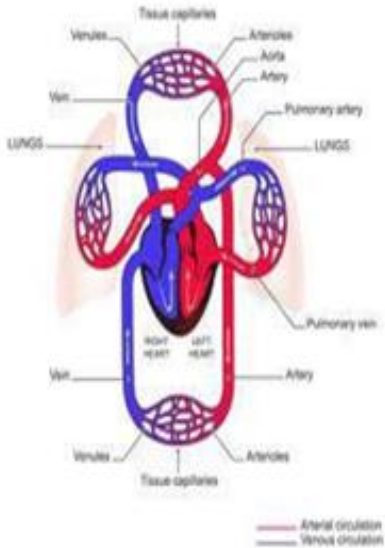
- Completion of the following tutorials which have been provided on Show My Homework will put you in good stead to help you to complete this task.
- 2D Arrays and classes
- 2D Arrays and CSV Files
- Advanced Menus
- Regex for text strings 1 & 2

- **Please send us an update of progress on the Trips Travel Calculator task at the end of every week.**
- We plan to release the NEA coursework task to you before the Summer so that you can begin to look at it in readiness for September. If we are able to provide any in school lessons during this half term, we will use these to look at the NEA with you.
- **If you are struggling with anything, please contact Mr Harrison or Mr Hewitt for support.**



GCSE PE

GCSE PHYSICAL EDUCATION
WORKBOOK 4
Applied Anatomy and Physiology
The human body and movement.
Paper 1



- All notes should be completed in work book 4 – The cardiorespiratory system – PowerPoints have been sent to you via SMH for this to be completed
- The end of unit test should have been completed, emailed to your teacher and then annotated with your corrections in GREEN and emailed back to your teacher (many of you have not done this final part)
- By the 15th June you should have completed notes in booklet 5 – Sports Psychology up to page 25
- Notes should have been completed on
- skills and ability
- The skills continuums
- Goal setting
- SMART targets

Name

OCR SPORTS SCIENCE

- Students should have completed the following tasks:
- **Diet and Nutrition:**
- **Assignment 2:**
- Create a 10 slide presentation on what athletes need to eat before, during and after exercise. You also need to include information on dietary supplements and their contributing factors.
- **Assignment 3:**
- Create 4 posters on the effects of malnutrition, overeating, undereating and dehydration. They must include practical examples in sport of how these would affect performance.
- **Assignment 4:**
- Create a two week diet plan for either someone in the class/family member. Remember to evaluate the success of the plan using a questionnaire and be specific in your meal plans, e.g. 100g of pasta / 500ml of water etc.

