



Year 9 Distance Learning Plan

Week Commencing 18th May 2020

Dear Parents and Students

We have produced a weekly Distance Learning Plan for your year group. It aims to provide a **suggested** structure for next week and some details relating to the work that will have been sent from your teachers. We understand that in these difficult times structuring your time and completing work set by teachers can be tricky. Please remember, as far as we are concerned at HHS, your health and wellbeing is of the upmost importance. We are also aware that you are receiving work from lots of different teachers and this weekly learning plan aims to give students and parents an overview of what work will be set by teachers each week, the platform it will be sent to you via, rough time frames you could spend on the work, possible offline activities and other suggestions of useful resources that may help you to stay safe, healthy and intellectually challenged.

This will be updated weekly and published on the school website to provide an overview of the work that will be set and suggested resources for the following week.

'**Menu A**' details the school work that is available for you to complete and '**Menu B**' and '**Menu C**' are the other activities we suggest you become involved with. We have provided a timetable with each of these for you to select from.

Please remember that this is a **suggestion** and that we understand that some students are struggling to complete work set. You can be assured that you **will not** be falling behind your peers. The curriculum has been suspended therefore the work teachers are setting is not essential knowledge or skills required for future learning. It will just complement the work you do in the future.

If you have any queries then please email your subject teacher in the first instance. Remember that general enquiries can be emailed to hmail@hawardenhigh.flintshire.sch.uk and technical queries to ictsupport@hawardenhigh.flintshire.sch.uk

Parent Support – Basic suggestions to reinforce if you can:

- Set a regular time for your child to get up as they would for normal school day
- Encourage your son/daughter to email the class teacher if they are having difficulty with the topic or are unable to access the resources.
- If possible, create a quiet space for your son/daughter to work away from distractions
- Please do not worry if you feel unable to support with some or all of the work set. There are plenty of people in the same position and the class teacher will be available via email to answer any queries.



Suggested Weekly Timetable

Monday, 18 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – See Menu B
15 mins	Geography– See Menu A
15 mins	MFL– See Menu B
15 mins	Welsh– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Literacy– See Menu B

Tuesday, 19 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	PE – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Art/Music– See Menu A
15 mins	Drama– See Menu A
15 mins	Technology– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See Menu B

Wednesday, 20 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	STEM activity– See Menu B
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	IT– See Menu A
15 mins	Welsh– See Menu A
15 mins	MFL– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See Menu B

Thursday, 21 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Creative activity – See Menu B
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Geography– See Menu A
15 mins	History– See Menu A
15 mins	RE– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Literacy– See Menu B

Friday, 22 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Resilience– See Menu A
15 mins	IT– See Menu A
15 mins	Support activity– See Menu B
15 mins	Personal Reading—See Menu C
15 mins	Wellbeing and Mindfulness– See Menu B

'Menu A' week commencing

18th May



Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	Frankenstein (By Mary Shelley)	Your main teacher will email you a PowerPoint with 12 tasks on. Aim to complete 5 tasks over the two-week period that the work is set for. You may complete more of the tasks if you would like.	All tasks can be completed on a device (computer, laptop, tablet etc) or on paper.
Maths	Angles: Angles in a triangle Angles in a quadrilateral Angles in polygons	Students will receive an email from their teacher with specific instructions of what to do. Work includes a video explanation to watch, a worksheet of questions, a Microsoft form to fill out and optional My Maths website task.	Worksheet questions can be done in their book. Optional colour by numbers worksheets related to recent topics.
Science	Physics – Power Chemistry – global warming Biology - osmosis	You will receive an email with the task to complete offline along with the answers to last weeks task Resources and instructions emailed by Miss R. Williams. Research causes of global warming and answer 6 mark question. Email from Miss Simon on Monday with instructions for carrying out an osmosis practical.	This task can be completed off line. Task can be written into book or completed on paper. Practical can be carried out and any results and explanations written out on paper.
Technology	Fake away Challenge	Students will receive an e-mail with further information. Task – Are you missing your favourite takeaway during the lockdown? Design and make your own version of favourite takeaway. You could even make your own packaging.	Sketch your favourite takeaway. Use recipes books to make your dish.
Geography	#excellentgeographer challenge	Students will receive a template with a selection of geography activities to choose from this week	Geogglebox – a handy run down of what's on TV this week to support geographical learning.
History	The American West.	Look at the lifestyle of the Native Americans. Focus on the importance of the buffalo and the use of the tipi.	Use books at home if possible.
RE	The Problem of Evil	Students will be emailed a PowerPoint and Word document both containing the instructions and tasks. There are a couple of YouTube videos to watch where possible.	All tasks can be completed on a device or on paper. Where students cannot watch the videos, they can simply focus on other tasks.
Welsh	Consolidation of this half term's work on the present tense and possessive 'Gan' and cultural activity.	Pupils will receive an email with 2 attachments - one the language tasks (3), one with cultural task. Pupils can also continue to use Duolingo and Quizlet.	Powerpoint, Duolingo and Quizlet can be opened from any device. Tasks can be printed and completed as worksheets.
Art	Colour in the Environment.	Students will receive an email from their class teacher. Attached will be a visual example to help students complete the activity.	The activity can be completed using a digital camera, the camera on a phone or on paper.

'Menu A' week commencing 18th May



Subject	Topic	Overview of work set	Suggested offline activity where possible.
Drama	Devising from a Stimulus	Students will be creating their own stimulus material for a Theatre-in-Education project. Guidelines for the task will be sent via email.	All work can be completed using paper and pen.
PE	Recovery Methods	Week 7 of logbook - Pupils are to reflect on the importance of recovery after exercise and identify a range of recovery methods. Pupils may need to access the internet to extend their answers.	Complete week 7 of their 8-week fitness plan (practical). Using the logbook, complete the recovery methods task.
MFL	Cultural task	Students will receive an email from their teacher with the specific details of the task.	The task can be completed online as a Word, Powerpoint or any other suitable format – or on paper, with a photo of it sent to the teacher, if possible.
IT and Computer Science	Understanding ICT	Go to the BBC Bitesize Website and search for ICT KS4 - WJEC specification (or follow the link below) https://www.bbc.co.uk/bitesize/examspecs/zprwdmn Complete the 'Understanding ICT' section (revision notes) and then test yourself to see how much you have understood.	Create a poster to show the different ways in which ICT is used in society and within Business organisations today.
Music	Hooks and Riffs	Students will receive an email from their teacher with an audio file to listen to as they complete a worksheet.	Choose a new song/piece to learn as a solo performance. Keep a practice diary to log your practice time and evaluate your progress.

'Menu B' week commencing

18th May

Physical Activity (30 minutes)

It is recommended that we take part in 30 minutes of physical activity per day. Vary the types of activities that you take part in as much as possible.

Outdoor Activity

Steps Challenge – How many steps can you complete in 30 minutes? Use a phone/Fitbit to count the steps if available. If not, on average, you will complete 2000 steps per mile. Bronze = 500-1,000 steps Silver = 1,000-1,500 Gold = 1,500+

Outdoor fitness circuit – 6 stations using the equipment you have available safely! Fill a watering can and use it as a weight station....be creative!

Gardening! A great way to exercise muscles and develop endurance.

Indoor workouts

Take part in Joe Wicks 'workout' – search Joe Wicks on YouTube

Personal circuit (8-week session plan set by the PE department).

On YouTube search for 'School appropriate Just Dance'. Lots of fun work out videos that you can complete alone or with other members of the family.

Please see the link below as an example:

https://www.youtube.com/watch?v=hfY4y1fMkY&list=PL_ebO2e2plEFkgE-p313uMwC7ru6InFDi

Family Fun? Why not try some races in the garden, sounds simple but adding obstacles like situp's, star jumps, burpees etc is a great way of getting everyone fit in a fun way. Plus, you get to be the fitness instructor and can choose what obstacles your family have to face.

Keep a record of your physical activity – and make sure that you vary the types of activity over the course of the week.

Support (15 minutes)

Being a part of the community and displaying support for each other and acts of kindness are important during this challenging time.

Choose either the outdoor or indoor activity:

Outdoor

Mow the lawns and grassed areas or assist in trimming hedges, trees or shrubs if this is taking place. Make sure everywhere is nice and tidy afterwards with a brush to finish.

Indoor

Devise a fitness workout for the whole family to follow and deliver it as if you are the teacher. This could be an indoor or outdoor workout but make use of household objects where you can e.g. tins of food as weights. Make sure that you encourage everybody throughout.

Keep your own record of the jobs that you have been helping with and the new skills that you may have learnt along the way.

Current Affairs and General Knowledge (15 minutes)

These are very unusual times we are living in and it is far too easy to listen to rumours and false news on social media and the internet.

By keeping informed and up to date with what is happening in the world it helps you not to worry about and be anxious about things.

Always use sources that are reliable and well respected and try to look at least 3 different sources so that you know information is reliable.

RELIABLE online NEWS SOURCES -

bbc.co.uk/newsround

bbc.com/news/topics/c40rjmqdlljt/children

newsforkids.net

bbc.com/news

itv.com/news

channel4.com/news

You can also read newspapers and listen to the radio.

Talk to your parents and other adults for their views and see what they think is going on.

The most important thing though is to keep yourself informed and have your own opinion and not let the world carry on around you. Be a driver and a pilot and not just a passenger!

Wellbeing and Mindfulness (15 minutes)

In 'normal' times we have large numbers of interactions, meetings, chats and conversations with others throughout every day. This is so normal that we don't really notice it until it has gone.

It is really important to keep communicating with others to ensure we stay safe and well but also we should look out for others to keep them safe.

It is also important to look after your physical health with exercise and eating well.

Some useful resources worth checking out -

Mind.org.uk
Actionforchildren.org.uk
Mentalhealth.org.uk
Nurtureuk.org.uk
Nutrition.org.uk
NHS.uk
Kidshealth.org

Activity

The situation is changing again with lots of discussion happening about how the government are going to lift lockdown.

However, the media are still unfortunately guilty in many cases of helping to spread inaccuracies about what we can and cannot do.

Your task is to research how the next phase of lockdown will affect us and what we should do to help.

To do this spend about 15 minutes each day researching what the changes are and how they affect us. Consider the following -

What are the main changes to lockdown in Wales?

What can we now do that we couldn't before?

Why is it important we follow these guidelines?

When will these changes be reviewed next?

Remember, having the correct information helps us to keep an accurate sense of what to do and when.

MUSCLE MANIA

Find somewhere quiet, safe and comfortable. You can sit or lie down.

For each stage tense count to 10 and wait for a count of 10 before moving onto the next.

Start at your feet and curl your toes up as though you are making a fist with your hands and count to 10 before then totally relaxing your toes.

Point your feet as though you are a ballet dancer. Count and relax.

Pull your feet up towards you as though you were trying to get your toes to touch your shin. Count and relax.

Tense up your calf and lower leg muscles. Tense and relax.

Now slowly work your way up through the rest of your body all the way to your head counting to 10 each time and relaxing in between each time.

If anything hurts at any point then stop and don't tense so hard. If a particular muscle is too sore leave it and move on.

The purpose of this exercise is get you to stop and focus on just one thing and forget about anything else for a while. It makes you focus on your physical body but it is also allowing your mental wellbeing to relax and reset at the same time.

At first it will feel strange and it does not suit everyone but if you find it helps you feel better or more relaxed start to increase the count for each stage.

It is particularly good to do in bed if you are having trouble getting to sleep.

'Menu B' week commencing

18th May

Literacy (15 minutes)

It is important to develop your literacy every day. This can include using correct language when communicating with others, reading a suitable book/text every day, listening to suitable programmes / podcasts during the day.

Reading:

Make sure that you are reading for at least 15 minutes a day. This can be split into chunks to make it easier if you like. When you've finished a book, remember to quiz on it <https://ukhosted72.renlearn.co.uk/2145350/>.

Mrs Thomas will email out a link to the First News online newspaper each week. This features accessible up to date news articles, along with quizzes and activities. It's a great source of non-fiction reading material.

Writing:

Mrs Thomas will email out a writing 'menu' for you to choose from each week. Simply choose one of the writing skills (extra mild = easy, extra hot = more challenging) to complete each week. We recommend creating a 'literacy' Word document to record these. They shouldn't take more than 15 minutes each and are designed to be fun. It would be good to see you putting these skills into action in the writing you produce for your teachers in all subjects.

A reminder to use capital letters and full stops when sending emails please! You all know how to do this but some of you seem to have got a little rusty...

Oracy:

I'm sure few of you need an excuse to 'talk,' but think about the quality of what you're saying and how you're saying it. When you've read some of your book, have a chat with a sibling or parent about what happened in it. What are your predictions about what might happen next?

Read a First News article and report back to someone about it, taking care to cover the 5Ws (who, what, where, when, why). Discuss an issue or story raised in the news and really listen to the other person's opinion on it. How can you express disagreement with someone while still being polite?

A reminder to use capital letters and full stops when sending emails and in all written work please! You all know how to do this but some of you seem to have got a little rusty...

Numeracy (15 minutes)

It is important that you regularly practice your numeracy skills and this should be a daily event. Richer tasks should happen less often but include more thought and the development of understanding. This should take 15 minutes every day.

Link to document below at <https://www.cdmasterworks.co.uk/the-daily-rigour/>



The Daily Rigour
Sun 10th May 2020 Issue No. 203
Your free weekly numeracy newspaper!

VE Day: 75th anniversary of the end of WW2 in Europe
Friday saw celebrations and tea parties up and down the country as people celebrated the 75th anniversary of VE Day.
Victory in Europe Day marks the day in 1945 when Britain and its allies accepted the unconditional surrender of Nazi Germany, bringing the war in Europe to an end.
But did you know that in WW2 British soldiers got a ration of just 3 sheets of toilet paper per day? Germany and Great Britain were at war for a total of 2077 days.
There are 1000 sheets in a "big standard" roll of toilet paper!
How many toilet rolls would be needed in order to give a British soldier his full quota of paper?

'World's clearest picture of the moon's craters is captured by a Californian astrophotographer'
A photographer has taken the world's clearest pictures of the moon's craters by combining multiple shots of the lunar line where light meets dark.
The Full Moon is the moment the entire face of the Moon is illuminated by the Sun's rays. This happens once a month.
The last Full Moon in the UK was three days ago and the next Full Moon is 3 weeks next Friday from the date of this newspaper.
(a) On what date was the last Full Moon in the UK?
(b) On what date is the next Full Moon in the UK?

Ten-year-old footballer aims for 7.1 million keepy-uppies
A 10 year old footballer has urged people to help her reach 7.1 million keepy-uppies, one for each UK key worker, to raise money for charities. She is managing about 2000 each day but has also asked for keepy-uppy donations to help her reach her target.
At this rate, how many days would it take her to meet her target on her own?

Do you want sauce with that? Sachets of McDonalds sauce selling for big bucks on Facebook Marketplace
For those of you missing your McDonalds fix you can currently buy a tomato sauce for £26, a BBQ sauce for £50, a Big Mac 'special sauce' for £49 and a sweet chilli dip for a staggering £10 000 on Facebook Marketplace.
How much does it cost for all 4 sauces? Give your answer in WORDS.

Keep a record of the numeracy skills updated, and write a notecard for the topic that you have revised. Post your notecard online to your teacher and share with your class.

STEM (30 minutes)

Science, technology and maths working together are critical to our future needs as a nation. Working with members of your family on these ideas is a great opportunity to widen your experiences.

Project ideas as a family:

Quarry reclamation design challenge: A local quarry has now come to the end of its life. The local council are looking for bids to turn this blot on the landscape into an exciting renovation. The quarry is just on the outskirts of Chester and Flintshire. Map attached to print icon or draw your own. <http://www.designoutthebox.com/quarryreclamation.html>

Dyson foundation – STEM challenges that can be completed at home <https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html>

Paper based construction challenges <https://creativepark.canon/en/categories/CAT-ST01-0071/top.html>

A community of curious makers, innovators, teachers, and life-long learners who love to share what they make <https://www.instructables.com>

British Science Week – KS3 Activity Pack <https://www.britishsienceweek.org/plan-your-activities/activity-packs/?gclid=EALalQobCBig>

How can engineers help project the planet? <https://www.big-ideas.org/join1851/>

Love my science – a series of different experiments you can undertake at home <http://www.lovemyscience.com/experiments.html>

Summarise your learning as a spider diagram (together with other members of your family if working together).

Creative (30 minutes)

Looking at different artists, sculptures, graffiti, and other mediums of expression provides is with a different medium to express this time that we're living in. This could be work done with siblings / family members rather than individually.

Have a look at The National Theatre site on YouTube, which is streaming high quality free performances over the next few weeks. This week there is the opportunity to see 'A Streetcar Named Desire' <https://www.youtube.com/channel/UCUDq1XzCY0NIQYVjvEMOjqw>

Try creating your own unique instrument. Percussion instruments can easily be created using recycled boxes filled with pasta or rice, or you could be more adventurous by creating your own guitar with recycled boxes and elastic bands. See www.wikihow.com/Make-a-Simple-Musical-Instrument for some inspiration.

Practise your photography skills next time you go for a walk. It's amazing what you see when you look closely. Or try taking a portrait photo of yourself or a member of your family, copy and paste it several times onto MSPaint. Convert the photo to a negative image and click the OK button. In the menu bar, click Image and select the Invert Colours option to change the picture to look like a negative. You will end up with your very own Andy Warhol painting!

Choose a title from your learning this week, and use an artist's style to create your own work. Write a brief description that would be suitable for your work if displayed in a gallery. Send an electronic picture of your work and the description to your class and ask for others to critique your work.

Obviously feel free to enjoy a book at home. The current lockdown period does make it difficult to complete the recommended 1 book every 3 weeks. However, you are still able to engage with the accelerated reader program and complete quizzes. Also please see below for access to an online free digital library offered by Renaissance for the current period of school closure. There are a wide range of books which can be read digitally according to each student's reading ability.

The following link gives access to the library

<https://readon.myon.co.uk/library/browse.html>

This link gives pupils option to select books according to ATOS book level - Students should know their ATOS level as it should be written in their planner or on their login page, parents can access this using their home connect login.

<https://readon.myon.co.uk/library/search.html>

Here's the link for a parent guide to the AR home connect. Parents can check their child's' reading to date and their ATOS book level. This gives clear details for parents to set up and follow their child's reading. Use your son/daughter's login which should be located in their planner.

<https://help.renlearn.co.uk/HC/HCParentGuideEnglish#ARHC> and you can login through the school website under "students".

The final link enables pupils or parents to check if there is a quiz available on a particular book they may have at home and it will give details of the ATOS book level

<https://www.arbookfind.co.uk/default.aspx>

All pupils have their log in details written in their planners. If there are any issues with this please email the Librarian and she can help sally.young@hawardenhigh.flintshire.sch.uk or the Accelerated Reader Coordinator susan.barnard@hawardenhigh.flintshire.sch.uk

