

**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**English: Of Mice and Men**

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| **You will learn** | **Online Resources** | **Teaching Resources/ Links** |
| **Reading**   1. Develop inference skills and recognise the difference between explicit and implicit ideas. 2. Analyse the writers’ word and method choices to identify their intentions. 3. Identify and choose most appropriate quotes to support opinion when reading a text. 4. Analyse the structure and methods used in a variety of effective speeches. 5. How to structure a reading response answer effectively, including quotes and analysis. 6. Summarise the main ideas in a text & identify point of view. 7. To develop contextual knowledge of literary texts.   **Writing**   1. Extend your range of sentence structures. 2. How to make effective structural choices. 3. How to choose, develop & sequence ideas. 4. Explore appropriate tone and register. 5. Develop and experiment with a wider range of vocabulary. | **Of Mice and Men Exploration:** <https://app.senecalearning.com/classroom/course/092cd2fb-8e25-41c9-b577-877352b9d9a7/section/e59b7401-7004-42be-94cc-c962edafea47/session>  **Audio Book -** <https://www.youtube.com/watch?v=K6HHFYmWzCA&list=PLVin-e72zaDAFbqVlEgq9s5OvFoQoGoo1&safe=active>  **Context - The Great Depression:** <https://www.history.com/topics/great-depression>  **Spark Notes:** [**https:**//www.sparknotes.com/lit/micemen/](https://www.sparknotes.com/lit/micemen/)  **Inference:** <https://www.bbc.co.uk/bitesize/guides/zcxqg82/revision/1>  <https://www.bbc.co.uk/bitesize/topics/z43g87h/articles/z6h6wnb>  **Varied sentence openings:**  <https://www.bbc.co.uk/bitesize/guides/zybhcwx/revision/3>  **Range of sentences:** <https://www.englishclub.com/writing/sentence-variety.htm>  **Ambitious vocabulary:** <https://www.bbc.co.uk/bitesize/guides/zc4sk7h/revision/1>  **Writing to analyse:** <https://www.bbc.co.uk/bitesize/guides/z9ktpv4/revision/1> | **Collins KS3 English All-in-one revision & practice book:**  Reading pages 4-39; 148-158  Writing: pages 40-57; 62-63; 70-73; 160-166; 168; 171  **Oxford AQA KS3 English Language Year 8 – Preparing for Paper 1 & 2 pages 1-19**  **CGP Key Stage Three Spelling, Punctuation & Grammar Guide – The Work Book**  **CGP Key Stage Three Spelling, Punctuation & Grammar Guide – The Work Book** |
| **Additional Resources:**  Seneca Learning online learning platform; BBC Bitesize website, Young Writers online website; Jumpmag website (etymology for children). | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Maths**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** | |
| **Calculating with Fractions**   1. Identify fractions as more than a half or less than a half. 2. Order fractions. 3. Add and subtract fractions with any size denominator. 4. Multiply integers and fractions by a fraction. 5. Use appropriate methods for multiplying fractions. 6. Find the reciprocal of a number. 7. Divide integers and fractions by a fraction. 8. Use strategies for dividing fractions. 9. Write a mixed number as an improper fraction. 10. Use the four operations with mixed numbers.   **Straight Line Graphs**   1. Recognise when values are in direct proportion with or without a graph. 2. Plot graphs and read values to solve problems. 3. Plot a straight-line graph and work out its gradient. 4. Plot the graphs of linear functions. 5. Write the equations of straight-line graphs in the form 𝑦 = 𝑚𝑥 + 𝑐. | **Hegarty Maths Clips:**  60  66  68  69  70  70  71  80  80  80  N  N  205  206  201  207-209 | **KS3 CGP Textbook 2 Pages:**  Section 5 Page 57 – 68  Section 5 Page 57 – 68  Section 5 Page 57 – 68  Section 5 Page 57 – 68  Section 5 Page 57 – 68  Section 5 Page 57 – 68  Section 5 Page 57 – 68  Section 5 Page 57 – 68  Section 5 Page 57 - 68  Section 5 Page 57 – 68  N  N  N  N  N | **KS3 Pearson Core 2 Progress in Mathematics book:**  Unit 8.1 Page 198  Unit 8.1 Page 199  Unit 8.2 Page 200  Unit 8.3 Page 203  Unit 8.3 Page 204  Unit 8.4 Page 206  Unit 8.4 Page 206  Unit 8.4 Page 207  Unit 8.5 Page 209  Unit 8.5 Page 210  Unit 9.1 Page 223  Unit 9.1 Page 224  Unit 9.1 Page 225  Unit 9.2 Page 227  Unit 9.3 Page 231 |
| **Additional Resources:**  Pearson Purposeful Practice 2: Chapter 8 Page 83 - 91  Pearson Purposeful Practice 2: Chapter 9 Page 93 - 97 | | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Science**

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| **You will learn** | **Online Resources** | **Teaching Resources / Links** |
| **Waves 4.3 and 4.4**  To be able to explain:   1. The link between amplitude and energy. 2. The effect of radiation on living cells. 3. The differences between transverse and longitudinal waves. | **Kerboodle Digital book Activate 2** – Pages 56 to 65  Seneca learning –Science: KS3 – 3.3 Waves | **CGP Key Stage 3 Science book (green**) p.136 – 137 and 145 - 149 |
| **The Earth in the Universe 7.3 and 7.4**  To be able to explain:   1. How an increase in greenhouse gases has increased the temperature on the Earth. 2. How carbon is recycled. 3. How human activities affect the carbon cycle. 4. Why different extraction methods are used for different metals. 5. Why recycling some materials is particularly important? | **Kerboodle Digital book Activate 2** – Pages 106 to 119  Seneca learning – Science: KS3 – 2.8.3 Cycles, 2.8.5 Resources, 2.8.6 The Atmosphere | **CGP Key Stage 3 Science book (green)** p.97 to 100 |
| **Additional Resources:**  <https://www.bbc.co.uk/bitesize/>  <https://www.thenational.academy/>  <https://www.freesciencelessons.co.uk/> | | |



**Half Termly Overview 04/01/21 to 12/01/21**

**Year 8**

**Geography: Money, Money, Money**

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| **You will learn** | **Online Resources** | **Teaching Resources /Links** |
| 1.To understand what money is and where it comes from.  2. To understand the reasons behind Burnley’s growth as a town.  3. To understand the difference between primary and secondary jobs in the economy.  4. To begin to understand why the coal industry in Burnley declined.  5. To understand the reasons for the decline of the cotton industry in Burnley  6. To understand what makes Nike a TNC. | 1. <https://youtu.be/mrFc4cE2N9c>  Watch the video and make notes on how money has changed over time.  2. <https://www.nmrs.org.uk/mines-map/coal-mining-in-the-british-isles/> and <https://www.nmrs.org.uk/mines-map/coal-mining-in-the-british-isles/lancashire-coalfield/the-burnley-coalfield/>  Use the maps to describe where the coalfields are and the distribution of coalfields in Burnley.  6.<https://www.arcgis.com/apps/MapJournal/index.html?appid=4042fea79ec1407abc9ff171a823ba18> | Master pack of resources are available upon request from the Humanities Office  3. Geog.3 4th edition pages 48-51  4 Geog.3 4th edition pages 52-55 |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**History: Causes of World War One**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Causes of World War One**   1. Explain how the alliance systems worked. 2. Explain the MAIN causes of World War One. 3. To understand the reasons why countries built up their militaries. 4. To understand how Franz Ferdinand was assassinated. 5. To explain how the assassination of Franz Ferdinand caused World War One. 6. To explain what the Schlieffen plan was and how it caused World War One. 7. Explain why Britain joined World War One. 8. Explain who was to blame for the war. | Seneca Learning – This is a free interactive online learning site. You simply create an account and then click onto “Classes and Assignments” then “Join Class”.  You then enter this class code smjbafpozs this will then set you a series of assignments.  [www.senacalearning.com](http://www.senacalearning.com)  BBC Bitesize - read through the information in the revise section and then watch the video. There is then a test section with questions.  <https://www.bbc.co.uk/bitesize/topics/z4crd2p>  Consider everything you have studied and answer this question. You can then email the answer to your teacher, using your school email.  [g.hargraves@unity.lancs.sch.uk](mailto:g.hargraves@unity.lancs.sch.uk)  [l.wroe@unity.lancs.sch.uk](mailto:l.wroe@unity.lancs.sch.uk)  [t.shaun@unity.lancs.sch.uk](mailto:t.shaun@unity.lancs.sch.uk)  [a.rasul@unity.lancs.sch.uk](mailto:a.rasul@unity.lancs.sch.uk)  **Which was the most important cause of WW1? -The Alliance System -The assassination of Franz Ferdinand?**  Paragraph 1 – Say what the alliance system was and explain how it caused World War One  Paragraph 2 – Describe the assassination of Franz Ferdinand and explain how it caused World War One  Conclusion - Pick which you think was the most important reason and explain why you think this. | **KS3 History All-in-One Complete Revision and Practice** textbook / revision book published by Collins Page 74-77 |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**French**

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| **You will learn** | **Online Resources** | **Teacher Resources/Links** |
| 1. **Holidays (transport)** – to discuss what transport you normally use when travelling on holiday; to use a range of transportation in the past tense. 2. **Holidays (accommodation)** – to recognise a range of accommodation types; to use adjectives to describe what the accommodation is like. 3. **Holidays (facilities)** – to say what facilities a certain type of accommodation has and does not have. 4. **Holidays (activities)** – to describe what you normally do on holiday; to give opinions on these activities; to justify your opinions on holiday activities with a range of adjectives. 5. **Booking question words** – to recognise how to ask and respond to questions. | 1. <https://quizlet.com/139601584/les-transports-types-of-transport-french-flash-cards/>    1. <https://www.bbc.co.uk/bitesize/guides/zdy9hbk/revision/1>    2. <https://www.youtube.com/watch?v=G9xfqYr9Ces> 2. <https://quizlet.com/133381274/french-accommodation-flash-cards/>    1. <https://www.bbc.co.uk/bitesize/guides/zd6y8xs/revision/1>    2. <https://quizlet.com/8852159/le-logement-flash-cards/> 3. <https://quizlet.com/113913071/french-hotel-facilities-flash-cards/> 4. <https://www.french-games.net/frenchvocabulary?topic=Holiday%20activities&level=secondary>    1. <https://www.youtube.com/watch?v=KYAUIEa6LwI>    2. <https://quizlet.com/gb/468821769/frenchholiday-activities-flash-cards/> 5. <http://www.bbc.co.uk/languages/french/experience/hotel/> | Master pack of resources are available upon request from the MFL Office.    KS3 workbooks can be purchased from the MFL Office. |
| **Additional Resources:**  PowerPoints on the above subtopics for holidays are available upon request from the MFL Office. | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**German**

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| **You will learn** | **Online Resources** | **Teacher Resources/Links** |
| 1. **Holidays (activities)** – to describe what you normally do on holiday; to give opinions on these activities; to justify your opinions on holiday activities with a range of adjectives. 2. **TV (programmes)** – to recognise a range of programme types in German; to describe different programme types using a range of adjectives. 3. **TV (cinema)** – to recognise a range of film genres in German; to write a film review using relevant topic vocabulary with opinion phrases and adjectives. | 1. <https://quizlet.com/395804745/holiday-activities-german-flash-cards/>  <https://www.german-games.net/germanvocabulary?topic=Holiday%20activities&level=secondary>  <https://www.youtube.com/watch?v=QY67YkEF_HE>  2. <https://www.bbc.co.uk/bitesize/guides/zxb76fr/revision/2>  <https://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=tv>  3.<https://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=films>  <https://www.bbc.co.uk/bitesize/guides/zxb76fr/revision/1>  <https://quizlet.com/20812703/german-vocab-film-genres-flash-cards/> | Master pack of resources are available upon request from the MFL Office.    KS3 workbooks can be purchased from the MFL Office. |
| **Additional Resources:**  PowerPoints on Holidays, TV programmes and Cinema are available upon request from the MFL Office. | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Spanish**

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| **You will learn** | **Online Resources** | **Teacher Resources/Links** |
| 1. **Holidays (accommodation)** – to recognise a range of accommodation types; to use adjectives to describe what the accommodation is like. 2. **Holidays (facilities)** – to say what facilities a certain type of accommodation has and does not have. 3. **Holidays (activities)** – to describe what you normally do on holiday; to give opinions on these activities; to justify your opinions on holiday activities with a range of adjectives. 4. **TV (programmes)** – to recognise a range of programme types in Spanish; to describe different programmes using a range of adjectives. | 1. <https://quizlet.com/gb/520474753/holiday-accommodation-flash-cards/>   <https://www.rocketlanguages.com/spanish/lessons/accommodation-in-spanish/>   1. <https://quizlet.com/gb/490867252/holiday-facilities-flash-cards/> 2. <https://quizlet.com/215543866/holiday-activities-spanish-flash-cards/>   <https://www.youtube.com/watch?v=WSC7uzjFQfA>  <https://www.spanishgames.net/spanishlessons?topic=Holiday%20activities&level=secondary>  [Linguascope | Beginners | Spanish | Hobbies](https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=hobbies)   1. [Linguascope | Beginners | Spanish | Tv](https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=tv) | Master pack of resources are available upon request from the MFL Office.    KS3 workbooks can be purchased from the MFL Office. |
| **Additional Resources:**  Lesson PowerPoints are available upon request from the MFL Office. | | |



**Half Termly Overview 04/01/20 to 12/02/21**

**Year 8**

**Computer Science**

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| **You will learn** | **Online Resources** | **Teacher Resources/Links** |
| **Algorithms**  Lesson 5 – Pseudocode: write algorithms using pseudocode to create solutions for a variety of scenarios.  Lesson 6 – Boolean: using Boolean to search for data and becoming familiar with the Boolean operators.  Lesson 7 – End of unit test: complete paper test and multiple-choice test.  **Python**  Lesson 1 – What is Python? Investigate the use of Python and how to set up a new program.  Lesson 2 – Outputting data: Use the print statement to create simple programs.  Lesson 3 – Using calculations: Use basic operational operators to produce calculations using print.  Lesson 4 – Storing data in variables: Understand and use variables to store data in a program. | Office 365  <https://www.office.com/?auth=2>  Year 8 > Content Library > Algorithms  Download and save the workbook in the ‘Lesson Tasks’ section to view and complete the activities.  Make use of the ‘Lesson Notes’ section to help support your learning.  <https://www.office.com/?auth=2>  Year 8 > Content Library > Python  Download and save the workbook in the ‘Lesson Tasks’ section to view and complete the activities.  Make use of the ‘Lesson Notes’ section to help support your learning. | KS3 Computer Science CGP  p.77 – p.86 |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Art and Design: Portraits**

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| **You will learn** | **Online Resources** | **Teaching Resources**  **Links** |
| 1. You will learn about drawing proportions of the face. 2. You will be introduced to the grid system. 3. You will draw a family member, someone famous or selfie. 4. You will be asked to take photographs of family members, friends etc. 5. Digital development – use the editing software on your phone to change the colour, contrast and saturation. 6. Research portrait artists and present key features with images of their work. | <https://www.thedrawingsource.com/proportions-of-the-face.html>  <https://www.youtube.com/watch?v=Z4lsy2SOm_A>  <https://www.youtube.com/watch?v=HghRXE8cbmE>  <https://www.youtube.com/watch?v=OezMavBqWXc> | Master pack of resources are available upon request from the Art Office. |
| **Additional Resources:**  [www.tate.org.uk](http://www.tate.org.uk)  [www.craftscouncil.org.uk](https://www.craftscouncil.org.uk/)  [www.textileartist.org](https://www.textileartist.org/)  [www.vam.ac.uk](https://www.vam.ac.uk/collections)  [www.theartstory.org](https://www.theartstory.org/artists/)  [www.thestudentartguide.co.uk](http://www.thestudentartguide.co.uk)  [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize) | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Music**

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| **You will learn** | **Online Resources** | **Teaching Resources/ Links** |
| **Unit of Work: Melody and Chords**  In this unit of work, you will learn how to read treble clef notation. You will also explore what makes a good melody before analysing and composing your own melody. You will also expand on this and begin to explore chords and how chords and melodies interact with one another.  **Learning Objectives:**   1. To understand treble clef notation. 2. To recognise note of the treble clef. 3. To recognise the features of a good melody. 4. To compose an effective melody. 5. To understand how to construct a chord. 6. To notate ideas accurately. | **UC Music Department YouTube Channel**  <https://bit.ly/2FEtouh>  **Focus on Sound**  <https://unity-college.musicfirst.co.uk>  School ID: unity-college (app only)  Username: Same as your college computer log in, e.g. JSmith20  Password: Unity123 (capital U)  **Musical Online Escape Room**  <https://forms.gle/7N8bye2UfKWF7GBc9> | Master pack of resources are available upon request from the Art Office. |
| **Additional Resources:**  [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize) | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Food Technology**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Food Safety & Food Hygiene**   1. To recap on the principles of hygiene and safety   **Healthy Eating**   1. To understand the 8 healthy guidelines (BEEDKEED) 2. To recognise how ‘snack foods’ are made and their content 3. To investigate how calories, work along with balancing energy consumption   **Nutrition**   1. To understand what nutrition is 2. To recognise the two main areas; Macro and Micro Nutrients 3. To understand the function and sources of the nutrients   **Practical Work (Optional)**  Encourage you to carry out practical work at home and also linking homework to the practical activities – Pineapple Upside Cake/ Quiche/ Pasties/ Bread | [www.foodafactoflife.co.uk](http://www.foodafactoflife.co.uk)  Section on 11-14yrs – use drop menu for healthy eating and nutrition  [www.bbcteach.co.uk](http://www.bbcteach.co.uk)  Design & Technology – Food Technology – Food Preparation & Nutrition – class clips on energy balance, nutrition and healthy eating  <https://royalrussell.planetestream.com>  (use of many videos on making of food – crisps, sweets, chocolate, pizza – Gregg Wallace BBC) | KS3 textbook on Explore Food  Digital Textbook  p.44 – 48  Master pack of resources available upon request from the Technology Office. |
| **Additional Resources:**  Resources on Show My Homework.  Videos to aid practical work at home as well as pictorial recipes. | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Design and Technology**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Metals - Pewter Gift:**  You will learn:   1. About metals, their properties, applications, uses and stock forms. 2. How to work with pewter and the pewter casting process. 3. How to design and communicate your ideas using a variety of different methods. 4. How to work safely when completing a practical. 5. How to develop and model your ideas.   **Challenges & Sketching Skills:**  You will learn:   1. One-point perspective. 2. Two-point perspective. 3. Obliques drawing. 4. Sketching skills. 5. About different designers. 6. What is Biomimicry. | Metal source and origin:  <https://www.youtube.com/watch?v=9l7JqonyoKA&safe=active>  Pewter casting process:  <https://www.youtube.com/watch?v=2SEnEY3Ef7w&safe=active>  Safety in the workshop:  <https://www.youtube.com/watch?v=RRLpzQBqjPs&safe=active>  Card modelling ideas:  <https://www.youtube.com/watch?v=jZYrwIpm8SI&safe=active>  One point, two point and isometric drawing:  <https://www.youtube.com/watch?v=fU8so10cXUo&safe=active>  Sketching using construction lines:  <https://www.youtube.com/watch?v=_uzSMAI5AuE&safe=active>  Who is Harry Beck?  <https://www.youtube.com/watch?v=iBErp8qvWZg&safe=active>  Who is Philippe Starke?  <https://www.youtube.com/watch?v=MSpgImZrgeI&safe=active> | Master pack of resources are available upon request for Pewter Gift and Sketching Challenges, from the Technology Office. |
| **Additional Resources:**  Watch the link videos in the middle column above and extend your work by describing each process using words or pictures. | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Religious Education: Islam**

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| **You will learn** | **Online Resources** | **Teaching Resources/ Links** |
| 1. What does the Quran teach Muslims? 2. How do Muslims see God? 3. Where do Muslims get their guidance from? 4. To describe what fasting is/involves. 5. To explain the significance of fasting. 6. To consider why fasting is not the same for all Muslims. 7. Understand what geometric designs are and why they are used. 8. Be able to distinguish between geometric designs and other designs with reasons for their use. 9. Explain why geometric designs are used in Islam | <https://www.youtube.com/watch?v=JE4MT-4wwU4>  <https://www.bing.com/videos/search?q=adhan+in+a+child%27s+ear&ru=%2fvideos%2fsearch%3fq%3dadhan%2bin%2ba%2bchild%2527s%2bear%26FORM%3dHDRSC3%26adlt%3dstrict&adlt=strict&view=detail&mid=3E038B0D89F216DE9AA73E038B0D89F216DE9AA7&&FORM=VDRVRV>  <https://www.bbc.co.uk/bitesize/topics/zfwhfg8/articles/znhjcqt>  <https://www.bbc.co.uk/religion/religions/islam/texts/quran_1.shtml>  <https://www.truetube.co.uk/film/great-british-ramadan>  <https://www.youtube.com/watch?v=AkhstBO43u8>  <https://www.youtube.com/watch?v=1eLsz3-gZ9w&safe=active>  <https://www.youtube.com/watch?v=-SvOW9RZNa8>  <https://www.youtube.com/watch?v=uszqzulHbuw>  <https://www.youtube.com/watch?v=Z5P1N0-B4gU>  <https://www.youtube.com/watch?v=MwzQkBKjNhQ>  <https://www.youtube.com/watch?v=ud6PBptUGaY>  <https://www.youtube.com/watch?v=lvRDMZT-GyQ>  <https://www.bbc.com/bitesize/clips/zw37tfr>  <https://www.youtube.com/watch?time_continue=283&v=pg1NpMmPv48&feature=emb_logo> | Master pack of resources are available upon request from the Humanities Office. |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**iD**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| 1. Money management and the importance of this. 2. Why is a Budget important? 3. Look at what jobs would suit your desired lifestyle and help you make the right decisions for the future. 4. Understanding why democracy is important and how it fits into the British way of life. | Money and budget  <https://www.youtube.com/watch?v=x6ZFndKG0gg>  Careers  [Careers - BBC Bitesize](https://www.bbc.co.uk/bitesize/careers)  Democracy  <http://www.bbc.co.uk/newsround/30880972>  <https://www.youtube.com/watch?v=GbLTwQwXqWc> |  |
| **Additional Resources:**  Barkley’s life skill lesson age 11 -14 | | |



**Half Termly Overview 04/01/21 to 12/02/21**

**Year 8**

**Core PE**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| 1. To know how to factor in exercise at home. 2. To know how to carry out your own exercise session at home using minimal equipment. | <https://www.youtube.com/user/thebodycoach1>  Joe Wicks 30-minute PE lesson for everyone to have a go at – Fitness and fun.  <https://www.youtube.com/channel/UCu-rJFVlr7ZAZ0en3RRALPw>  Max Whitlock gymnastics sessions at home. Every Tuesday & Friday at 3:30pm.  <https://www.youthsporttrust.org/pe-home-learning>  PE activities that can be done individually or in pairs/small groups with a focus on the development of physical competence and actively learning the importance of personal skills to support social, emotional and mental wellbeing.  <https://www.youthsporttrust.org/60-second-physical-activity-challenges>  A fun ‘compete against yourself’ approach to physical activity with a focus on resilience and perseverance and the aim to achieve bronze, silver or gold medal aims. We have a range of activity cards and videos.  <https://www.youthsporttrust.org/active-learning>  Teaching wider school subjects such as English and Maths in a physical way so as to reduce children sitting for to long and making the learning fun e.g. timetable squats.  <https://burnleyleisure.co.uk/category/news/home-workouts/> | Master pack of resources are available upon request from the PE Office with examples of how you can exercise at home with minimal equipment. |