

**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 English: The Romantics**

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| **You will learn** | **Online Resources** | **Teaching Resources/ Links** |
| **Reading:*** Reading Romantic Poetry.
* Develop understanding of the themes.
* Develop inference skills and recognise the difference between explicit and implicit ideas.
* Analyse the writers’ word and method choices to identify their intentions.
* Identify and choose most appropriate quotes to support opinion when reading a text.
* Analyse the structure and methods used in a variety of Romantic poems.
* How to structure a reading response answer effectively, including quotes and analysis.
* To develop contextual knowledge of Romantic literary texts and poems.

**Writing:*** Extend your range of sentence structures.
* Focus on writing descriptively using MASSIVE techniques.
* Develop writing in an engaging style.
* How to make effective structural choices.
* How to choose, develop & sequence ideas.
* Develop and experiment with a wider range of vocabulary.
 | **Commenting on Context:** [Literary contexts - Commenting on context - English Literature Revision - BBC Bitesize](https://www.bbc.co.uk/bitesize/guides/z8kyg82/revision/5)**Writing Poetry:** [Writing poetry - Year 8 - S2 - English Collection - Home Learning with BBC Bitesize - BBC Bitesize](https://www.bbc.co.uk/bitesize/articles/z4w3n9q)**The Romantic Poets of Britain:** [10 of the Best Poems by English Romantic Poets – Interesting Literature](https://interestingliterature.com/2018/07/10-of-the-best-poems-by-english-romantic-poets/)**Glossary of Poetic Terms**: [Romanticism | Poetry Foundation](https://www.poetryfoundation.org/learn/glossary-terms/romanticism)**What is Romanticism:** [What is Romanticism? | National Trust](https://www.nationaltrust.org.uk/features/what-is-romanticism)**Semantic Field:** [50 Examples of Semantic Field - encyclopedia - 2021 (wvpt4learning.org)](https://en.wvpt4learning.org/campo-semantico-2a6c2a4)**Range of sentences:** <https://www.englishclub.com/writing/sentence-variety.htm>**Ambitious vocabulary:** <https://www.bbc.co.uk/bitesize/guides/zc4sk7h/revision/1> | Introduction to Romanticism WorkbookThe Romantics – Collection of PoemsCollins KS3 English All-in-one Revision & Practice Book Oxford AQA KS3 English Language Year 8 – Preparing for Paper 1 & 2: P1 - 19CGP 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** **07/06/2021 to 20/07/2021**

**Year 8 Mathematics**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Sequences and Graphs**1. Recognise, describe and continue number sequences
2. Generate terms of a sequence using a one-step term-to-term rule
3. Find missing terms in a sequence
4. Generate and plot coordinates from a rule
5. Find patterns and rules in sequences
6. Find the midpoint of a line segment
7. Describe and continue special sequences
8. Use the term-to-term rule to work out more terms in a sequence
9. Recognise an arithmetic sequence and a geometric sequence
10. Recognise, name and plot graphs parallel to the axes
11. Plot straight-line graphs using a table of values
12. Generate terms of a sequence using a position-to-term rule
13. Use linear expressions to describe the 𝑛th term of simple sequences

**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 equations
5. Write the equations of straight-line graphs in the form 𝑦 = 𝑚𝑥 + 𝑐
 | **Hegarty Maths**919920920N/A196200261197264N/AN/APlot206N/AN/A205206201207-209 | **Progress in Maths Textbook**Unit 9 Page 232 - 235Unit 9 Page 232 – 235Unit 9 Page 232 – 235Unit 9 Page 232 – 235Unit 9 Page 236 - 237Unit 9 Page 236 - 237Unit 9 Page 238 - 240Unit 9 Page 238 - 240Unit 9 Page 241 - 243Unit 9 Page 241 - 243Unit 9 Page 244 - 246Unit 9 Page 244 - 246Unit 9 Page 244 – 246Unit 9.1 Page 223 Unit 9.1 Page 224Unit 9.1 Page 225 - 226Unit 9.2 Page 227 - 230Unit 9.3 Page 231 | **GCP KS3 Book**Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152Section 11 Page 144 – 152N/AN/AN/AN/AN/A |
| **Additional Resources** |
| Pearson Purposeful Practice 1: Chapter 7 Pages 79 - 87Pearson Purpose Practise 2: Chapter 9 Page 93 - 97 |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 Science**

**Science**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Physics - Energy 3.3** * Describe what work is
* Describe what simple machines do
* Show how a lever works

**Physics energy and temperature 3.4*** Describe the difference between energy and temperature
* State what thermal energy depends on
* Explain why objects change temperature
* Describe how energy is transferred through particles
* Describe how insulators reduce energy transfer
 | Kerboodle Digital BookYear 8 P44 - 47 unit 3.3.1https://www.youtube.com/watch?v=h99ZbNN-bnIKerboodle Digital BookYear 8 P48 - 55 unit 3.4.1, 3.4.2, 3.4.3https://www.youtube.com/watch?v=XcKt3DyM9gk<https://www.youtube.com/watch?v=YS-Fw7sqsjE> <https://www.youtube.com/watch?v=9joLYfayee8> <https://www.youtube.com/watch?v=VxGIiOTuAIs> https://classroom.thenational.academy/lessons/insulation-ccup2r | CGP – Key stage 3 Science Study& Practice – Foundation: P116 - 124CGP – Key stage Science Study & Practice – Higher: P123 - 130 |
| **Biology – Genes 10.3*** Describe natural selection and explain why species evolve over time
* Describe peer review and evaluate the evidence for natural selection
* State factors that may lead to extinction
* Describe what biodiversity is and why it is important
* State techniques used to prevent extinction

**Biology - Inheritance 10.4*** Describe inherited characteristics
* Describe the structure of DNA and how DNA, genes and chromosomes are linked
* Explain how DNA mutations can affect future offspring
* Describe the difference between dominant and recessive genes
* Use a punnet square to show how genes are inherited
* Describe how products are made using genetic modification and give some advantages
 | Kerboodle Digital BookYear 8 P162 - 171 units 10.3.1, 10.3.2, 10.3.3, 10.3.4<https://www.youtube.com/watch?v=0fL1WwA8x0w> <https://www.youtube.com/watch?v=vnktXHBvE8s><https://www.youtube.com/watch?v=_bk2nnDI68g> Kerboodle Digital BookYear 8 P172 - 181 unit 10.4.1, 10.4.2, 10.4.3, 10.4.4<https://www.youtube.com/watch?v=sNU30T2EmQ8> <https://www.youtube.com/watch?v=zwibgNGe4aY>  | CGP – Key stage 3 Science Study& Practice – Foundation: P42 - 48CGP – Key stage Science study & practice – Higher: P41 - 47 |
| **Additional Resources** |
| <https://www.bbc.co.uk/bitesize/> <https://www.thenational.academy/>  |



**Half Termly Overview 07/06/2021 to 20/07/21**

**Year 8 Geography: Competing World**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| 1. To understand what MINT and BRIC’s are.
2. To understand how oil is formed and to describe the benefits of oil.
3. To understand the negative impacts of using oil.
4. To understand the impact of a gas plant in Russia.
5. To understand the impacts of Qatar hosting the world cup.
6. To understand in impacts of tourism. To describe the benefits sustainable investment in the aviation industry.
 | 1. [Where are the emerging countries? (thenational.academy)](https://classroom.thenational.academy/lessons/where-are-the-emerging-countries-cmtkcc?activity=video&step=1)
2. [Where Do We Get Oil From? - Geography for Kids | Educational Videos by Mocomi - YouTube](https://www.youtube.com/watch?v=xZ1HIBIIJU0)
3. [Non-renewable energy: fossil fuels - Non-renewable and renewable energy - KS3 Geography Revision - BBC Bitesize](https://www.bbc.co.uk/bitesize/guides/zh7hvcw/revision/1)
4. [See Russia’s massive new gas plant on the Arctic coast | National Geographic](https://www.nationalgeographic.co.uk/2019/03/see-russias-massive-new-gas-plant-arctic-coast) Read the article and identify 3 positives and 3 negatives of the gas plant
5. [Qatar World Cup Cities Map - Map of 2022 World Cup Venues | Roadtrips](https://www.roadtrips.com/world-cup/2022-world-cup-packages/qatar-map/) Produce an information leaflet about the venues and cities hosting the 2022 World Cup.
6. [Geography of Dubai - Location | Climate | Population](https://www.dubai.com/v/geography/) Produce an information booklet about Dubai using the website.
 | Work pack available on request from the Humanities office.4. Geog. 3 Textbook: P120-121 |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 History: Nazi Germany**

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| **You will learn**  | **Online Resources** | **Teaching Resources/Links** |
| **Nazi Germany**1. What was Hitler’s early life like?
2. How did Hitler take power in Germany?
3. What is Fascism?
4. What was the Reichstag fire?
5. How did Hitler control Germany?
6. Nazi Party and Young People.
7. How were Jews persecuted in Nazi Germany?
 | (1-7) 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 isdjgq510i this will then set you a series of assignments.<https://app.senecalearning.com/dashboard/courses/add?Price=Free>(1-7) BBC Bitesize – Watch the videos and make spider diagrams on them.<https://www.bbc.co.uk/bitesize/topics/zfnp34j/resources/1> Watch the following video and make notes on life for women in Nazi Germany<https://www.youtube.com/watch?v=5jgKgondv0c> Watch the following video and make notes on the journey of the victim to and inside the concentration camp<https://www.youtube.com/watch?v=AAhFcf5uVr4> Consider everything you have studied and answer this question. You can then email the answer to you teacher, using your school email.g.hargraves@unity.lancs.sch.uk l.wroe@unity.lancs.sch.uk t.shaun@unity.lancs.sch.uk a.rasul@unity.lancs.sch.uk **Explain the different methods used by Hitler to control Germany.** Paragraph 1 – Pick a method of control and explain it. Paragraph 2 – Pick another method of control and explain it.  | “KS3 History Technology, war and identities” Textbook/Revision Book Published by Oxford: P58-71 |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 French**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Food and Drink** –To recognise a range of food and drinks in French. To give your opinions on different food and drink. **TV and cinema** To recognise a range of TV programmes and film types in French. To give our opinions on TV and films using a variety of adjectives.**Music**You recognise a range of music genres and give your opinions on them. You will learn how to say when and where you listen to music and you will compare today’s music with early music genres.   Linguascope: Login details:  Username: unity  Password: time4langs  | Food and Drink French food list Flashcards | Quizlet  French Food and Drink Flashcards | Quizlet  French Food Quiz | Euroclub Schools  Food and Drink - KS2 French - BBC Bitesize - BBC Bitesize TV and cinema <https://www.linguascope.com/secure/students/beginner/topic.php?language=french&topic=films><https://www.linguascope.com/secure/students/beginner/topic.php?language=french&topic=tv><https://quizlet.com/gb/575360678/french-tv-flash-cards/> Music https://quizlet.com/53567638/music-genres-french-flash-cards/ https://quizlet.com/95363899/french-music-adjectives-flash-cards/ https://www.bbc.co.uk/bitesize/guides/zhhvd6f/video   | Work pack available on request from the MFL Office.    KS3 workbook and revision guide can be purchased from the MFL office.   |
| **Additional Resources** |
| Power Points on these topics available on request.    |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 German**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Food and drink**To recognise a range of food and drinks in German. To give your opinions on different food and drink. **TV and cinema** To recognise a range of TV programmes and film types in German. To give our opinions on TV and films using a variety of adjectives. **Music** To recognise a range of music genres and give your opinions on them. You will learn how to say when and where you listen to music and you will compare today’s music with early music genres.Linguascope: Login details:  Username: unity  Password: time4langs  | Food and drinkhttps://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=fruit https://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=vegetables https://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=breakfast https://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=snacks https://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=kitchen https://quizlet.com/gb/503818339/german-fruit-and-veg-flash-cards/ https://quizlet.com/gb/503817996/german-dinner-flash-cards/ https://quizlet.com/gb/503837369/german-breakfast-flash-cards/ https://www.bbc.co.uk/bitesize/topics/zk7rgwx/articles/z6xwgwx  TV and cinema https://quizlet.com/114721643/german-film-types-flash-cards/https://quizlet.com/gb/525696155/german-types-of-tv-programmes-flash-cards/https://quizlet.com/93084186/gcse-german-adjectives-for-tv-shows-flash-cards/https://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=filmshttps://www.linguascope.com/secure/students/beginner/topic.php?language=german&topic=tvMusic https://quizlet.com/gb/256203649/types-of-music-german-flash-cards/https://quizlet.com/11480492/german-adjectives-for-music-film-etc-flash-cards/ | Work pack available on request from the MFL Office.    KS3 workbook and revision guide can be purchased from the MFL office.  |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 Spanish**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Food and drink**To recognise a range of food and drinks in Spanish. To give your opinions on different food and drink. **TV and cinema** To recognise a range of TV programmes and film types in Spanish. To give our opinions on TV and films using a variety of adjectives. **Music**To recognise a range of music genres and give your opinions on them. You will learn how to say when and where you listen to music and you will compare today’s music with early music genres.  Linguascope: Login details:  Username: unity  Password: time4langs  | **Food and drink**<https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=fruit><https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=vegetables><https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=breakfast><https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=snacks><https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=kitchen>**TV and cinema**<https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=films><https://www.linguascope.com/secure/students/beginner/topic.php?language=spanish&topic=tv><https://quizlet.com/gb/579539464/spanish-tv-and-cinema-flash-cards/> **Music**https://www.bbc.co.uk/bitesize/guides/zd7dt39/revision/3 https://quizlet.com/245032840/spanish-music-types-flash-cards/ https://quizlet.com/27794140/spanish-adjectives-to-describe-music-vgr-flash-cards/   | Work pack available on request from the MFL Office.    KS3 workbook and revision guide can be purchased from the MFL office.  |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 Computer Science**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Python** **Lesson 11** – Challenge tasks to encourage independent programming skills. **Lesson 12** – Challenge tasks to encourage independent programming skills. **Understanding Computers 2****Lesson 1** – Be able to recognise the key computer components and their use.**Lesson 2** – Be able to identify the main registers in the Von Neumann architecture and explain their roles.**Lesson 3** – Be able to explain the fetch decode execute cycle and link it to the registers.**Lesson 4** – Be able to identify the factors that affect the performance of the CPU and identify how to improve the performance. | Office 365<https://www.office.com/?auth=2>Year 8 > Content Library > 1.1 Understanding Computers[Introduction to what is a computer system (teach-ict.com)](https://teach-ict.com/2016/GCSE_Computing/OCR_J277/1_1_systems_architecture/computer_system/miniweb/index.php)Make use of the ‘Content Library’ section to help support your learning. | KS3 Computer Science CGP:P1 – 18 |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 Music**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **Unit of Work: Composing for Suspense**In this unit of work, you will begin by listening to some examples of music that build suspense and picking out the key features that do this. You will then go on to look at how minor scales are created before using these scales to create your own piece of suspense music intended for a film. You will also consider which instruments work best to build up the different layers to help create tension and compose a series of ideas.  | **BBC Bitesize**https://www.bbc.co.uk/bitesize/topics/z3dqhyc/articles/z7bphbk | Work pack and student workbook available on request from the Arts office. |



**Half Term Overview 07/06/2021 to 20/07/2021**

**Year 8 Food Preparation & Nutrition**

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| **You will learn**  | **Online Resources**  | **Teaching Resources** **Links**  |
| You will learn: * Functional and scientific properties of the ingredients in pastry.
* To recognise keywords and define them.
* To understand the function of flour, fat, salt, liquid and eggs in relation to pastry making.
* To be able to make different pastry products such as profiteroles, fruit tartlet and savoury plait.

  | [www.illuminate.digital/eduqasfood](http://www.illuminate.digital/eduqasfood%E2%80%AF) (from P160) [www.bbcteach.co.uk](http://www.bbcteach.co.uk/) Design & Technology/ Food Technology/ Food Preparation & Nutrition – class clips.  www.foodafactoflife.co.uk  14-16yrs section – use the drop-down menu to find functions of ingredients. [https://royalrussell.planetestream.com](https://royalrussell.planetestream.com/) Use of many videos on making of food – crisps, sweets, chocolate, pizza – Gregg Wallace BBC.  | Power points relating to the module on Pastry, incorporating eggs. Work pack available on request from the Technology office.  |
|  **Additional Resources**  |
| AQA past questions on Pastry Products. |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 Design Technology: Levers and Linkages – Jumping Jack Project.**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| **7th June – Investigate the Design context and understand about 1,2,3rd class levers:** * Analyse an existing Jumping Jack puppet to see how it works.
* Learn about 1,2 and 3rd class levers.

**14th June – Responding to a Design specification and modelling:*** Read and understand the specification for the Jumping Jack.
* Use card to model the puppet mechanism, understand where the fixed and moving pivots are and how the mechanism works.
* Draw and label your findings, state improvements.

**21st June – Research and Design ideas:*** Find inspirational images to assist you in developing a suitable design idea.
* Drawing initial design ideas annotating and responding to a design brief and specification.

**28th June – Using modelling materials to produce a concept prototype:*** Understand what a concept prototype is and the different kinds of materials that could be used to make it.
* Using either Card and CAD or manual skills to start to mark out and produce the concept prototype.
* Making paper templates or drawing using CAD first.

**5th July – Manufacture:*** Use different methods, scroll saw, pillar drill, abrasive papers, coping saw, belt sander to make the final concept prototype.

**12th July – Application of finishes and final evaluation:*** Know and understand that surface treatments and finishes are applied for functional and aesthetic purposes. Prepare different surfaces for treatments and finishes.
* Final testing, evaluation and modifications.
 | **7th June – Understand about 1,2,3rd class levers:** [Classes of Lever - YouTube](https://www.youtube.com/watch?v=kHKZIVWg-RM)**14th June – Responding to a Design specification and modelling:** [GCSE DT NEA :- The Specification! - YouTube](https://www.youtube.com/watch?v=emwlyKCOtow)**21st June – Research and Design ideas:** [GCSE DT initial ideas (sustainable lifestyle) - YouTube](https://www.youtube.com/watch?v=dXQShuAyHc8&list=PLe35K0hFmSlYx5d9df95FRT7EceXmCPg6&index=19)**28th June – Using modelling materials to produce a concept prototype:** [GCSE DT - modelling your idea (examples) - YouTube](https://www.youtube.com/watch?v=tD2mxoTWosU&list=PLe35K0hFmSlYx5d9df95FRT7EceXmCPg6&index=8)**5th July – Manufacture:** [How to Use a Coping Saw | Woodworking - YouTube](https://www.youtube.com/watch?v=aH1C98YYpFM)[Antelope/Deer Bandfacer - YouTube](https://www.youtube.com/watch?v=Be8i2HgOYGo)**12th July – Application of finishes and final evaluation:**[Material Finishes - GCSE/KS3 Design & Technology | Product Design - YouTube](https://www.youtube.com/watch?v=YfFZGDvxsds) | Work pack for the Jumping Jack project is available on request from the Technology office.PowerPoints will be available remotely via Teams and Satchel. This has a breakdown of each lesson. |
| **Additional Resources** |
| [Gunfight at the Grassy Knoll by Paul Spooner (Jan. 2021) - YouTube](https://www.youtube.com/watch?v=CGGXdk4qffI)[Answering Machine (2012) by Paul Spooner - YouTube](https://www.youtube.com/watch?v=H7zsqo1MxmI)[Cabaret Mechanical Theatre Automata - YouTube](https://www.youtube.com/watch?v=igRd5kmyebE) |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 RE**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| To understand what a Mandala is.Explain what Mandalas are.To explain the importance of Mandalas.To Complete a multiple-choice assessment.Understand the meaning of Buddhist stories.Link the Buddhist stories to other situations.Consider the impact of the Buddhist stories.Recognise features of a Buddhist garden.Explain the importance of garden features.Consider the importance of gardens to Buddhist’s. | [What is Buddhism? - BBC Bitesize](https://www.bbc.co.uk/bitesize/topics/zh4mrj6/articles/zdbvjhv) [BBC - Religion: Buddhism](http://www.bbc.co.uk/religion/religions/buddhism/)  | Work pack of worksheets, information and assessment sheets available on request from the Humanities office.Buddhist stories sheets. |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**Year 8 iD**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| * You will learn about your digital footprint, and how social media can influence you.
* To understand what personal information is and describe techniques for keeping your personal information safe online.
* You will learn about the meaning and impact of bullying and cyberbullying, as well as exploring appropriate ways of responding to discriminating, hurtful or intimidating behaviour.
 | <https://riseabove.org.uk/article/do-most-fights-start-online/><https://www.youtube.com/watch?v=6j4xMDXDJMY&safe=active><http://riseabove.org.uk/article/helen-talks-body-image><https://riseabove.org.uk/article/tobi-shinobi-talks-body-image/><https://www.youtube.com/watch?app=desktop&v=yrjT8m0hcKU> | Work pack available on request from the Humanities office. |
| **Additional Resources** |
| [Bullying and cyberbullying | Childline](https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/)[Bullying and cyberbullying | NSPCC](https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/)[Safer Internet Day 2021 | Safer Internet Centre](https://saferinternet.org.uk/safer-internet-day/2021) |



**Half Termly Overview 07/06/2021 to 20/07/2021**

**KS3 Core PE**

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| **You will learn** | **Online Resources** | **Teaching Resources/Links** |
| * To know how to factor in exercise at home.
* 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 too long and making the learning fun e.g. timetable squats.   <https://burnleyleisure.co.uk/category/news/home-workouts/> | [Unity College PE- Home activities (padlet.com)](https://padlet.com/mwilliams393/j08dqdvaa3kmozht)  Use the above PE Padlet link to plan and carry out your own exercise sessions at home. A hard copy is also available on request from the Technology Office. There are lots of videos for you to watch and activities for you to have a go at.  <https://padlet.com/mwilliams393/j08dqdvaa3kmozht> |