

W/C 12/10/20: HOME LEARNING YEAR 8

Welcome to your 2020/2021 Home Learning Curriculum. Please be reassured that the tasks set by your teachers are designed to support you to continue working on content that is matched to the coverage planned for the rest of the learners in your year group. Engaging with the specific lessons identified will ensure that you are working in tandem with your class and will hook back in to learning at the correct place when you return to school.

So that you are aware, due to your two week timetable, you may not have every lesson every week.

A member of staff will be in touch within the first few days of absence to discuss your learning for this period of time.

Reading for pleasure is a serious business at the Castleman Academy Trust, read, read and read some more! We are currently reading extracts from a variety of authors, looking at use of figurative language for affect. Authors include Dickens, Dahl, Lawrence, Hemingway and L.J. Smith. If you don't have a copy of texts by these authors, daily reading of your chosen book from home will be fine.

CENTURY TECH – Maths and English	HISTORY
<p>Log in to Century Tech and continue your learning pathway. Your form tutor will be monitoring your access and progress so that they can assign future programmes in response to your outcomes.</p> <p>Complete 45 minutes of Maths and 45 minutes of English each day.</p>	8V
	8W https://classroom.thenational.academy/lessons/the-1807-and-1833-acts-70tp2d
	8X
	8Y
	8Z https://classroom.thenational.academy/lessons/the-1807-and-1833-acts-70tp2d

GEOGRAPHY	RE
8V	8V
8Z https://classroom.thenational.academy/lessons/how-do-waterfalls-form-6ct34e	8Z https://classroom.thenational.academy/lessons/chosen-people-crw3ad
8W https://classroom.thenational.academy/lessons/how-do-waterfalls-form-6ct34e	8W https://classroom.thenational.academy/lessons/chosen-people-crw3ad
8X	8X
8Y https://teachers.thenational.academy/lessons/erosion-and-transportation-ccvp4r	8Y
FRENCH	SCIENCE
8V	8V https://classroom.thenational.academy/lessons/the-digestive-system-6wv30t https://classroom.thenational.academy/lessons/adaptations-of-the-small-intestine-cgwkac https://classroom.thenational.academy/lessons/enzymes-6nk62e
8Z https://classroom.thenational.academy/lessons/what-i-do-and-dont-do-part-22-64u36c	8Z https://classroom.thenational.academy/lessons/the-digestive-system-6wv30t https://classroom.thenational.academy/lessons/adaptations-of-the-small-intestine-cgwkac https://classroom.thenational.academy/lessons/enzymes-6nk62e
8W https://classroom.thenational.academy/lessons/asking-how-to-say-and-write-new-words-in-french-part-22-65j36d	8W https://classroom.thenational.academy/lessons/the-digestive-system-6wv30t https://classroom.thenational.academy/lessons/adaptations-of-the-small-intestine-cgwkac

	https://classroom.thenational.academy/lessons/enzymes-6nk62e
8X	8X https://classroom.thenational.academy/lessons/the-digestive-system-6wv30t https://classroom.thenational.academy/lessons/adaptations-of-the-small-intestine-cgwkac https://classroom.thenational.academy/lessons/enzymes-6nk62e
8Y https://teachers.thenational.academy/lessons/asking-how-to-say-and-write-new-words-in-french-part-22-65j36d	8Y https://classroom.thenational.academy/lessons/the-digestive-system-6wv30t https://classroom.thenational.academy/lessons/adaptations-of-the-small-intestine-cgwkac https://classroom.thenational.academy/lessons/enzymes-6nk62e

THE ARTS

Monday - Rob Biddulph – drawing challenge! <http://www.robbiddulph.com>

Choose a character to sketch. Include your full name and tutor group and email a photo to Miss Matthews a.matthews.st@bmsweb.co.uk.

Tuesday - Kandinsky inspired sketching - Whilst listening to a piece of music, create a picture, shape or pattern to reflect what you are hearing.

Wednesday - Sketch book diary – re-vist and develop your picture from Monday. Consider improving it by adding tone and shade or adding colour.

Thursday - Draw a quote – chose a quote and paint or sketch and turn it into something inspiring!

Friday - Sketch book diary – choose a different object/view that inspires you and draw it.

PE

Monday - To play this game you just need a dice. Children/teacher take it in turn to roll the dice, whichever number it lands on, you have to perform the corresponding activity.

- 1 = Plank for 30 seconds

- 2 = Sprint on the spot for 20 seconds
- 3 = Jumping Jacks for 30 seconds
- 4 = Spotty Dogs for 30 seconds
- 5 = Hold a squat for 20 seconds
- 6 = Burpees for 30 seconds

Tuesday - Can you use the following to spell your name, completing the activities? Can you complete the whole alphabet? (See resource below)

Wednesday - **52 Card Pickup Workout** - Place all the cards face down and take turns to choose a card from the deck.
Complete the number of reps based on the number on the card, e.g. A = 1, J = 11, Q = 12, K = 13 (See resource below)
Can you complete the deck?

Thursday - **Ball challenge** (can use any ball)
Choose various activities from the list to create your own relay races:

1. Dribble to the line and dribble back
2. Dribble to the line, move the ball around your waist twice, then dribble back
3. Dribble to the line, move the ball around one leg, then the other, then dribble back
4. Dribble to the line, move the ball in a figure of 8 between the legs and dribble back.
5. Dribble backwards to the line and back
6. Dribble to the line and pass back

Feel free to change each of these up and create your own combinations of moves.

Friday - Head to www.youtube.co.uk and type 'just dance for children' into the search bar. Choose a song/dance that you think you'll enjoy and give it a go!

PE Resources:

Tuesday:

Wednesday:

A: 15 PUSHUPS
B: 50 JUMPING JACKS
C: 20 CRUNCHES
D: 10 BURPEES
E: 60-SECOND WALL SIT
F: 20 ARM CIRCLES
G: 20 SQUATS
H: 30 JUMPING JACKS
I: 60-SECOND PLANK
J: 20 MOUNTAIN CLIMBERS
K: 40 CRUNCHES
L: 12 BURPEES
M: 15 JUMP SQUATS

N: 10 PUSHUPS
O: 20 LUNGES (TOTAL)
P: 10 TRICEP DIPS
Q: 20 JUMPING JACKS
R: 60-SECOND PLANK
S: 30 BICYCLE CRUNCHES
T: 60-SECOND WALL SIT
U: 40 HIGH KNEES
V: 30 SQUATS
W: 15 TRICEP DIPS
X: 10 MOUNTAIN CLIMBERS
Y: 12 JUMPING LUNGES
Z: 30 CRUNCHES

red cards: cardio

diamonds = squat jumps
hearts = plank jacks
diamonds face cards = 10 burpees
hearts face cards = 10 high knees

black cards: strength

spades = pushups
clubs = triceps dips
spades face cards = lower leg lifts
clubs face cards = v sit ups