

KS5	Monday	Tuesday	Wednesday	Thursday	Friday
8.30 9.00	 <b>Assembly</b> Link on SMH	 <b>PDP lesson – link on SMH</b>	 <b>Read a book</b> <a href="#">Audible - Free during school closure</a>	<b>House Challenge</b> Link on SMH	 <b>Read a book</b> <a href="#">Audible - Free during school closure</a>
9.00 9.30	 <b>Start the day with some exercise to get the blood pumping to the brain for the day ahead, this will lead to a more positive, productive day.</b>				
	<a href="#">Joe Wicks online exercise</a>	<a href="#">Diverse Dance Mix workout</a>	<a href="#">Sport facts for kids</a>	<a href="#">nhs-fitness-studio</a>	<a href="#">Joe Wicks online exercise</a>
9.30 11.00	 <b>Spend 90 minutes a day on your first option. Look at SMH and see what has been set by your teacher. There are lots of online sites available too, for further study.</b>				
	Examples of Maths further study: Jack Brown <a href="https://sites.google.com/site/tlmaths314/home/a-level-maths-2017/full-a-level/">https://sites.google.com/site/tlmaths314/home/a-level-maths-2017/full-a-level/</a>  PPTS – on Dr Frost <a href="https://www.drfrstmaths.com/sow.php?year=A%20Level%202017&amp;term=Main">https://www.drfrstmaths.com/sow.php?year=A%20Level%202017&amp;term=Main</a>	Examples of Business further study: <a href="https://www.tutor2u.net/business">https://www.tutor2u.net/business</a> - some great u to date info on how the pandemic is affecting the economy <a href="https://www.senecalearning.com/">https://www.senecalearning.com/</a> Try SENECA Revise podcasts – simply search ‘SENECA A Level Business’ in any podcast app.	Examples of Psychology further study:  Useful sources for preparatory work and general background reading: <a href="http://www.bbc.co.uk/science/humanbody/mind">http://www.bbc.co.uk/science/humanbody/mind</a> <a href="http://www.simplypsychology.org/">http://www.simplypsychology.org/</a> <a href="http://digest.bps.org.uk/">http://digest.bps.org.uk/</a> <a href="http://www.tutor2u.net/psychology">http://www.tutor2u.net/psychology</a>	Examples of Sociology further study: <a href="http://www.sociology.org.uk/">www.sociology.org.uk</a> (see ‘student activities’ for stuff relevant to the textbook we use in class) <a href="http://www.sociology.org.uk/rload.htm">http://www.sociology.org.uk/rload.htm</a> (includes a load of class notes and PowerPoints on a range of topics) <a href="https://www.youtube.com/user/TheTEACHERSOCIOLOGY">https://www.youtube.com/user/TheTEACHERSOCIOLOGY</a> <a href="https://www.youtube.com/watch?v=iZhkBCOhar8">https://www.youtube.com/watch?v=iZhkBCOhar8</a> which is a good video on how to do well in a Methods in Context 20-marker).	Examples of English further study: <a href="https://www.senecalearning.com/blog/a-level-english-literature-revision/">https://www.senecalearning.com/blog/a-level-english-literature-revision/</a>  <a href="https://getrevising.co.uk/resources?q=&amp;level_id%5B%5D=a2&amp;level_id%5B%5D=as&amp;subject_id%5B%5D=english_literature">https://getrevising.co.uk/resources?q=&amp;level_id%5B%5D=a2&amp;level_id%5B%5D=as&amp;subject_id%5B%5D=english_literature</a>
11.00 11.30	 <b>TAKE A BREAK! – Make a snack and have a drink, carry out an activity from the choices below, remember this is only a 30 minute break!</b>				
	Get in the garden	Sit quietly and enjoy time alone	Play your games console	FaceTime a friend	Read a newspaper
11.30 1:00	 <b>Spend 90 minutes a day on your second option. Look at SMH and see what has been set by your teacher. There are lots of online sites available too, for further study.</b>				
	Examples of Geography further study: <a href="https://www.alevelgeography.com/">https://www.alevelgeography.com/</a>  <a href="https://www.physicsandmathstutor.com/geography-revision/a-level-wjec/">https://www.physicsandmathstutor.com/geography-revision/a-level-wjec/</a>	Examples of History further study: <a href="https://app.senecalearning.com/classroom/course/0d9d7ca3-3ae6-4a3b-989c-84f20a48182e/section/c743976a-8e9f-412e-b641-645f141d7bd0/session">https://app.senecalearning.com/classroom/course/0d9d7ca3-3ae6-4a3b-989c-84f20a48182e/section/c743976a-8e9f-412e-b641-645f141d7bd0/session</a> This is Seneca pod for civil rights There are lots of good documentaries on youtube for Britain . have a look. <a href="https://www.bing.com/videos/search?q=youtube+french+revolution+documentary&amp;docid=608018264631936329&amp;mid=1DABE9F8436C6E05762F1DABE9F8436C6E05762F&amp;view=detail&amp;FORM=VIRE">https://www.bing.com/videos/search?q=youtube+french+revolution+documentary&amp;docid=608018264631936329&amp;mid=1DABE9F8436C6E05762F1DABE9F8436C6E05762F&amp;view=detail&amp;FORM=VIRE</a> this is a good French Revolution documentary	Examples of PE further study:  The EverLearner – Youtube  <a href="https://ashpe.weebly.com/">https://ashpe.weebly.com/</a>	Examples of IT and Computing further study: <a href="https://mrfraser.org/">https://mrfraser.org/</a> <a href="https://www.ocr.org.uk/qualifications/past-paper-finder/">https://www.ocr.org.uk/qualifications/past-paper-finder/</a> <a href="http://www.teach-ict.com/2016/A_Level_Computing/OCR_H446/OCR_H446_home.html">http://www.teach-ict.com/2016/A_Level_Computing/OCR_H446/OCR_H446_home.html</a>  Computing: <a href="https://www.ocr.org.uk/qualifications/past-paper-finder/">https://www.ocr.org.uk/qualifications/past-paper-finder/</a>	Examples of French further study: <b>Grammar practice</b> <a href="https://www.laits.utexas.edu/tex/">https://www.laits.utexas.edu/tex/</a> <b>Watch news videos</b> <a href="https://www.lci.fr/">https://www.lci.fr/</a> <a href="https://www.rtl.fr/sujet/m6info">https://www.rtl.fr/sujet/m6info</a> <b>Films to watch on youtube</b> La haine; L’Etranger Les visiteurs; Le Grand Meaulnes Un sac de billes; Le flic
1.00 1.30	 <b>MAKE LUNCH AND TAKE A BREAK! – Why not cook something to give you brain power? Carry out a creative activity from the choices below, remember this is a 30 minute break!</b>				
	Over 18’s can sign up to volunteer at <a href="https://www.goodsamapp.org/NHS">https://www.goodsamapp.org/NHS</a>	Try a MOOC – this one on mindfulness might be interesting <a href="https://www.futurelearn.com/courses/mindfulness-wellbeing-performance">https://www.futurelearn.com/courses/mindfulness-wellbeing-performance</a>	Watch some theatre: <a href="https://www.nationaltheatre.org.uk/nt-at-home">https://www.nationaltheatre.org.uk/nt-at-home</a>	Learn to cook with Jamie Oliver: <a href="https://www.jamieoliver.com/videos/">https://www.jamieoliver.com/videos/</a>	Try a podcast: <a href="https://www.bbc.co.uk/podcasts">https://www.bbc.co.uk/podcasts</a>
1.30 3.00	 <b>Spend 90 minutes a day on your third option. Look at SMH and see what has been set by your teacher. There are lots of online sites available too, for further study.</b>				
	Examples of Chemistry further study: <a href="https://www.physicsandmathstutor.com/chemistry-revision/a-level-ocr-a/">https://www.physicsandmathstutor.com/chemistry-revision/a-level-ocr-a/</a> <a href="http://chemguide.co.uk/">http://chemguide.co.uk/</a> <a href="http://www.docbrown.info/page13/page13.htm">http://www.docbrown.info/page13/page13.htm</a>  A slightly more fun way to revise: <a href="http://www.rsc.org/learn-chemistry/resources/gridlocks/">http://www.rsc.org/learn-chemistry/resources/gridlocks/</a>	Examples of Media further study: <a href="https://www.youtube.com/channel/UCUKrxp4BcJrGLzmqAhCjASg">https://www.youtube.com/channel/UCUKrxp4BcJrGLzmqAhCjASg</a> Becky Fisher You tube channel for media terms and theories revision and application. <a href="https://guilbsboroughschoolmedia.wordpress.com/category/theorists/">https://guilbsboroughschoolmedia.wordpress.com/category/theorists/</a> media theory revision <a href="https://www.essentialmediatheory.com/">https://www.essentialmediatheory.com/</a> <a href="https://ocr.org.uk/qualifications/as-and-a-level/media-studies-h009-h409-from-2017/">https://ocr.org.uk/qualifications/as-and-a-level/media-studies-h009-h409-from-2017/</a> OCR Media A Level specification, assessment materials and candidate exemplars and media term and theorist information. <a href="http://www.paperboy.com">www.paperboy.com</a> Access to newspapers and covers for news section of the exam.	Food Specification: <a href="https://www.wjec.co.uk/media/k1wfrisk/level-3-diploma-in-food-science-and-nutrition-specification-2019-2020.pdf">https://www.wjec.co.uk/media/k1wfrisk/level-3-diploma-in-food-science-and-nutrition-specification-2019-2020.pdf</a>	Examples of Physics further study:  <i>Isaac Physics:</i> <a href="https://isaacphysics.org/alevel">https://isaacphysics.org/alevel</a>  Science Shorts You Tube Or <a href="https://www.alevelphysicsonline.com/ocr-spec-a">https://www.alevelphysicsonline.com/ocr-spec-a</a>	Examples of Biology: further study:  <a href="https://www.senecalearning.com/blog/a-level-biology-revision/">https://www.senecalearning.com/blog/a-level-biology-revision/</a>  <a href="https://mathsmadeeasy.co.uk/a-level-biology-revision/">https://mathsmadeeasy.co.uk/a-level-biology-revision/</a>