




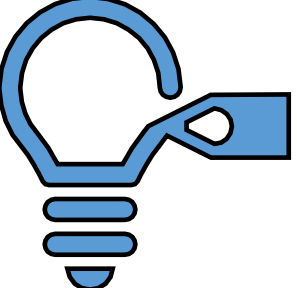


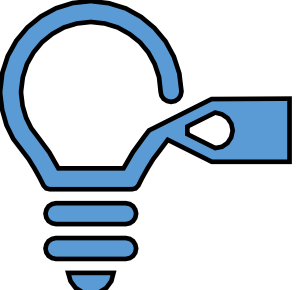


| KS5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|---|--|---|
| 9.00 9.30 |  Start the day with some exercise to get the blood pumping to the brain for the day ahead, this will lead to a more positive, productive day. | | | | |
| | Joe Wicks online exercise | Diverse Dance Mix workout | Sport facts for kids | nhs-fitness-studio | Joe Wicks online exercise |
| 9.30 11.00 |  Spend 90 minutes a day on your first option. Complete and activity from the Transition Subject Progression Task. There are lots of online sites available too, for further study. | | | | |
| | Examples of Maths further study: Jack Brown https://sites.google.com/site/tlmaths314/home/a-level-maths-2017/full-a-level PPTS – on Dr Frost https://www.drfrstmaths.com/sow.php?year=A%20Level%202017&term=Main | Examples of Business further study: https://www.tutor2u.net/business - some great u to date info on how the pandemic is affecting the economy https://www.senecalearning.com/ Try SENECA Revise podcasts – simply search ‘SENECA A Level Business’ in any podcast app. | Mid Week Skills Sessions On a Wednesday take a break from subject specific preparation and use the time to practice your academic skills or think about your next steps using the Skills Transition Programme. See CLCC Website for details.  | Examples of Sociology further study: www.sociology.org.uk (see ‘student activities’ for stuff relevant to the textbook we use in class) http://www.sociology.org.uk/rload.htm (includes a load of class notes and PowerPoints on a range of topics) https://www.youtube.com/user/TheTEACHERSOCIOLOGY https://www.youtube.com/watch?v=iZhkBCOHar8 which is a good video on how to do well in a Methods in Context 20-marker). | Examples of English further study: https://www.senecalearning.com/blog/a-level-english-literature-revision/ https://getrevising.co.uk/resources?q=&level_id%5B%5D=a2&level_id%5B%5D=as&subject_id%5B%5D=english_literature |
| 11.00 11.30 |  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! | | | | |
| | Get in the garden | Sit quietly and enjoy time alone | Read a book Audible - Free during school closure | FaceTime a friend | Read a newspaper |
| 11.30 1:00 |  Spend 90 minutes a day on your second option. Complete and activity from the Transition Subject Progression Task. There are lots of online sites available too, for further study. | | | | |
| | Examples of Geography further study: https://www.alevelgeography.com/ https://www.physicsandmathstutor.com/geography-revision/a-level-wjec/ Examples of PE further study: The EverLearner – Youtube https://ashpe.weebly.com/ | Examples of History further study: https://app.senecalearning.com/classroom/course/0d9d7ca3-3ae6-4a3b-989c-84f20a48182e/section/c743976a-8e9f-412e-b641-645f141d7bd0/session This is Seneca pod for civil rights There are lots of good documentaries on youtube for Britain . have a look. https://www.bing.com/videos/search?q=youtube+french+revolution+documentary&docid=608018264631936329&mid=1DABE9F8436C6E05762F1DABE9F8436C6E05762F&view=detail&FORM=VIRE this is a good French Revolution documentary | Mid Week Skills Sessions  | Examples of IT and Computing further study: https://mrfraser.org/ https://www.ocr.org.uk/qualifications/past-paper-finder/ http://www.teach-ict.com/2016/A_Level_Computing/OCR_H446/OCR_H446_home.html Computing: https://www.ocr.org.uk/qualifications/past-paper-finder/ | Examples of French further study: Grammar practice https://www.laits.utexas.edu/tex/ Watch news videos https://www.lci.fr/ https://www.rtl.fr/sujet/m6info Films to watch on youtube La haine; L’Etranger Les visiteurs; Le Grand Meaulnes Un sac de billes; Le flic |
| 1.00 1.30 |  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! http://www.clcc.college/wp-content/uploads/2018/03/Power-to-Perform-recipe-booklet.pdf | | | | |
| | Over 18’s can sign up to volunteer at https://www.goodsamapp.org/NHS | Try a MOOC – this one on mindfulness might be interesting https://www.futurelearn.com/courses/mindfulness-wellbeing-performance | Watch some theatre: https://www.nationaltheatre.org.uk/nt-at-home | Learn to cook with Jamie Oliver: https://www.jamieoliver.com/videos/ | Try a podcast: https://www.bbc.co.uk/podcasts |
| 1.30 3.00 |  Spend 90 minutes a day on your third option. Complete and activity from the Transition Subject Progression Task. There are lots of online sites available too, for further study. | | | | |
| | Examples of Chemistry further study: https://www.physicsandmathstutor.com/chemistry-revision/a-level-ocr-a/ http://chemguide.co.uk/ http://www.docbrown.info/page13/page13.htm A slightly more fun way to revise: http://www.rsc.org/learn-chemistry/resources/gridlocks/ Food Specification: https://www.wjec.co.uk/media/k1wfrisk/level-3-diploma-in-food-science-and-nutrition-specification-2019-2020.pdf | Examples of Media further study: https://www.youtube.com/channel/UCUKrxp4BcJrGLzmqAhCjASg Becky Fisher You tube channel for media terms and theories revision and application. https://guilboroughschoolmedia.wordpress.com/category/theorists/ media theory revision https://www.essentialmediatheory.com/ https://ocr.org.uk/qualifications/as-and-a-level/media-studies-h009-h409-from-2017/ OCR Media A Level specification, assessment materials and candidate exemplars and media term and theorist information. www.paperboy.com Access to newspapers and covers for news section of the exam. | Mid Week Skills Sessions  | Examples of Psychology further study: Useful sources for preparatory work and general background reading: http://www.bbc.co.uk/science/humanbody/mind http://www.simplypsychology.org/ http://digest.bps.org.uk/ http://www.tutor2u.net/psychology | Examples of Physics further study: <i>Isaac Physics:</i> https://isaacphysics.org/alevel Science Shorts You Tube Or https://www.alevelphysicsonline.com/ocr-spec-a Examples of Biology: further study: https://www.senecalearning.com/blog/a-level-biology-revision/ https://mathsmadeeasy.co.uk/a-level-biology-revision/ |