



Ark Kings
Academy

Year 7 Distance
Learning Overview
Booklet Summer 2

Name:

Form:

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Introduction to this booklet

This booklet outlines the work that you will be completing in every subject over this half term.

LEARN

- Students should refer to the *Distance Learning Overview Booklets* to see what tasks they should be completing for each subject, each week.
- For students working **online**, they may be directed to online platform (e.g. BBC Bitesize, Seneca, Hegarty maths) to support them with the completion of the tasks or for additional online activities
- For students working **offline**, students should use the *Distance Learning Learn and Quiz* booklet to support them with the completion of the weekly tasks.

QUIZ

- You have only **learnt** something, if you can **remember** it. After students have finished their weekly activities for each subject, they should take the **quiz** to see how much they've remembered.
- For students working online, the links to the quizzes can be found in the *Distance Learning Overview Booklet*.
- For students working offline, there is printed versions of the weekly quizzes in the *Distance Learning Learn and Quiz Booklet*.

SUBMIT

- It is essential for students to submit their work each week so that their teacher can see how much they've **engaged** with the activities and how much they've **learnt**. Students should submit in the one of the following ways:
 - ✓ Completing an online quiz on Microsoft Forms or one of the other online platforms
 - ✓ Taking a photo of the quiz and sending it to their teacher
 - ✓ Dropping completed work into the Ark Kings post-box in reception

Your teachers, form tutors, Student Support Managers and Heads of Year will be checking your engagement through online platforms, Microsoft Forms or photos of your completed work

Timetable and Advice

Following a timetable will add structure to your day and support you in completing your work. Below is an example timetable which you may find helpful.

At the start of every day:

- Eat a healthy breakfast – have a bowl of cereal or a piece of toast
- Get washed and dressed so it feels like a normal day at school
- Read over your timetable for today – what do you need to do?
- Take out all the books and stationery you will need
-

At the end of every day:

- Submit work through the online quizzes or Microsoft Forms
- Email your teachers your work and your Form Tutor anything you're really proud of
- Tell parents what work you have done and what you're proud of
- Tidy away your things and have a relaxing evening with your family
- Stay safe and email your Form Tutor or SSM if you need anything

	Monday	Tuesday	Wednesday	Thursday	Friday
09:00 – 10:00	<u>PE with Joe Wicks</u> Get moving and start the day off well!	<u>Yoga with Adriene</u> Find a comfortable space and try this yoga session	Mr Smith's PE Challenge! Join Mr Smith for his weekly workout!	PE Challenge 20x star jumps 20x sit ups 15x push ups 15x burpees Time _____	Choose your favourite activity from the week and do it again! Or look here for some more ideas
10:00 – 10:45	Maths	Maths	Maths	Maths	Maths
10:45- 11:30	English	English	English	English	English
11:30- 12:15	Science	RE	Science	RE	Science
12:05 – 13:00	Lunch Eat a healthy meal, including at least 1 piece of fruit or veg. Drink some water Have a break – get some fresh air, if you can.				
13:00 – 13 :45	History	Geography	French	History	Geography
13 :45 – 14 :30	Dance	Art	Music	PE	Computer Science
14 :30- 15 :00	Reading	Reading	Reading	Reading	Reading

English

Week	Learn <i>Complete the following activities</i>	Quiz <i>Follow the link to complete the quiz</i>	Submit <i>Tick when complete</i>
1 w/c 1st June	<p>Oliver Twist <u>The Victorian Era:</u></p> <ul style="list-style-type: none"> - Read through the information about the Victorian Era on this information document. Write a summary of what life was like during the Victorian Era. - Read through the two different accounts of rich and poor in the Victorian Era here. Create a venn diagram showing the difference between rich and poor. - Read through information about the workhouse here. Write a diary entry describing a day in the life of someone living in the workhouse. 	Quiz	
2 w/c 8th June	<p>Oliver Twist <u>Plot</u></p> <ul style="list-style-type: none"> ○ Read through the plot summary of Oliver Twist on sparknotes. Identify the 6 key moments of Oliver Twist and create a storyboard of them. ○ Draw a picture of your favourite scene in Oliver Twist. 	Quiz	

<p style="text-align: center;">3 w/c 15th June</p>	<p>Oliver Twist. <u>Character.</u></p> <ul style="list-style-type: none"> ○ Read through the character profiles on sparknotes. <i>Imagine you are Oliver and write a letter back to people at the workhouse about your new life in London.</i> ○ <i>Imagine you are Nancy, write a letter to Bill Sikes.</i> ○ <i>Translate your letter into a modern day text conversation between the characters.</i> 	<p style="text-align: center;">Quiz</p>	
<p style="text-align: center;">4 w/c 22nd June</p>	<p>Oliver Twist. <u>Key Scenes</u></p> <ul style="list-style-type: none"> ○ Read through the three key scenes here. ○ <i>Highlight key quotations about each characters appearance</i> ○ <i>Select 3 quotations from each key scene and explode them.</i> ○ <i>Write a What, How, Why paragraph on one of the following questions:</i> <ol style="list-style-type: none"> 1. <i>How does Dickens present Dodger?</i> 2. <i>How does Dickens present Fagin?</i> 3. <i>How does Dickens present Bill Sikes?</i> 	<p style="text-align: center;">Quiz</p>	

<p>5 w/c 29th June</p>	<p>A Midsummer Night's Dream <u>Shakespeare's early life:</u></p> <ul style="list-style-type: none"> ○ Read through the information about Shakespeare's life and inspirations on BBC Bitesize. <i>Write a summary of Shakespeare's early life and inspirations</i> <p><u>Elizabethan England:</u></p> <ul style="list-style-type: none"> ○ Read pages 1-5 about the Elizabeth era on BBC Bitesize. <i>Imagine you are a poor person living in the Elizabethan Era, write a diary entry about your life.</i> 	<p>Complete the quiz for this week.</p> <p>Use the information sheets to help you.</p>	
<p>6 w/c 6th July</p>	<p>A Midsummer Night's Dream <u>Plot:</u></p> <ul style="list-style-type: none"> ○ Read the plot overview on BBC Bitesize. <i>Make a story board of the plot of a Midsummer Night's Dream</i> 	<p>Complete the quiz for this week.</p> <p>Use your storyboards to help.</p>	
<p>7 w/c 13th July</p>	<p>A Midsummer Night's Dream <u>Characters:</u></p> <ul style="list-style-type: none"> ○ Read the character overview on BBC Bitesize. <i>Create a text conversation between either Hermia and Helena, Hermia and Lysander or Helena and Demetrius.</i> 	<p>Complete the quiz for this week.</p> <p>Use your information sheets to help you.</p>	
<p>8 w/c 20th July</p>	<p>A Midsummer Night's Dream <u>Key scene analysis</u></p> <ul style="list-style-type: none"> ○ Read the key scenes and analyse them. Look for metaphors, similes, adjectives and imagery. ○ Explode out the key quotations. What is the most important word? What are the connotations? ○ <i>Answer comprehension questions about the scenes</i> ○ <i>Write a what how why paragraph explaining the quotation.</i> 		

Stretch			
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Getting Help

If you are stuck on a piece of work, work through this check-list until you can find a solution.

- *Read through the text again.*
- *Google the meaning of any words or key terms you are not sure of.*
- *Search for the topic on the BBC Bitesize website or sparknotes.*
- *Search for a video on the topic on Youtube with KS3 in the title. For example "KS3 Oliver Twist"*

If you are really stuck, make a note of what your question is, and e-mail your teacher

Mathematics

<i>Week</i>	<i>Learn</i> <i>Complete the following activities</i>	<i>Quiz</i> <i>Follow the link to complete the quiz</i>	<i>Submit</i> <i>Tick when complete</i>
1 w/c 1st June	<p>Equivalent Fractions and Simplifying Fractions</p> <p>Watch videos 59 and 61 on Hegarty Maths, or read through pages 4 and 9 in your booklet, and take notes, including notes on:</p> <ul style="list-style-type: none"> ○ What an equivalent fraction is ○ How to list equivalent fractions ○ How to simplify fractions ○ How you know a fraction is fully simplified <p>Complete Skills Challenge 2 in your home learning booklet (page 15).</p>	<p>Now complete Hegarty Quizzes 59 and 61.</p> <p style="text-align: center;">Or</p> <p>Complete the questions on pages 5, 6, 11, and 12 in your home learning booklet and self-mark.</p>	
2 w/c 8th June	<p>Converting fractions to percentages and decimals</p> <p>Watch videos 73, 75 and 76 on Hegarty Maths, or read through pages 16 and 19 in your booklet, and take notes, including notes on:</p> <ul style="list-style-type: none"> ○ What percentages are out of ○ How to use equivalent fractions to convert to percentages ○ Which denominators are needed to convert fractions to decimals <p>Complete Skills Challenge 2 in your home learning booklet (page 22).</p>	<p>Now complete Hegarty Quizzes 73, 75 and 76.</p> <p style="text-align: center;">Or</p> <p>Complete the questions on pages 17 and 20 in your home learning booklet and self-mark.</p>	
3 w/c 15th June	<p>Converting decimals to fractions, and FDP equivalence</p> <p>Watch videos 52 and 149 on Hegarty Maths, or read through pages 23 and 26 in your booklet, and take notes, including notes on:</p> <ul style="list-style-type: none"> ○ How place value is used to convert between decimals and fractions ○ A summary of how to convert between fractions, decimals and percentages <p>Complete Skills Challenge 3 in your home learning booklet (page 29).</p>	<p>Now complete Hegarty Quizzes 52 and 149.</p> <p style="text-align: center;">Or</p> <p>Complete the questions on pages 24 and 27 in your home learning booklet and self-mark.</p>	

<p style="text-align: center;">4 w/c 22nd June</p>	<p>Converting between improper fractions and mixed numbers and fractions of amounts</p> <p>Watch videos 63, 64 and 77 on Hegarty Maths, or read through pages 30 and 33 in your booklet, and take notes, including notes on:</p> <ul style="list-style-type: none"> ○ What improper fractions and mixed numbers are ○ How to convert between them, with an example ○ How to calculate a fraction of an amount <p>Complete Skills Challenge 4 in your home learning booklet (page 36).</p>	<p>Now complete Hegarty Quizzes 63, 64 and 77.</p> <p style="text-align: center;">Or</p> <p>Complete the questions on pages 31 and 34 in your home learning booklet and self-mark.</p>	
<p style="text-align: center;">5 w/c 29th June</p>	<p>Multiplying fractions</p> <p>Watch videos 68 and 69 on Hegarty Maths, or read through pages 37 and 40 in your booklet, and take notes, including notes on:</p> <ul style="list-style-type: none"> ○ How to multiply fractions ○ How to multiply fractions when one of both numbers are mixed numbers <p>Complete Skills Challenge 5 in your home learning booklet (page 43).</p>	<p>Now complete Hegarty Quizzes 68 and 69.</p> <p style="text-align: center;">Or</p> <p>Complete the questions on pages 38 and 41 in your home learning booklet and self-mark.</p>	
<p style="text-align: center;">6 w/c 6th July</p>	<p>Dividing fractions</p> <p>Watch videos 70, 71 and 72 on Hegarty Maths, or read through pages 44 and 47 in your booklet, and take notes, including notes on:</p> <ul style="list-style-type: none"> ○ What a reciprocal is ○ How the method links to the method for multiplying fractions ○ How to divide fractions when one of both numbers are mixed numbers <p>Complete Skills Challenge 6 in your home learning booklet (page 50).</p>	<p>Now complete Hegarty Quizzes 70, 71 and 72.</p> <p style="text-align: center;">Or</p> <p>Complete the questions on pages 45 and 48 in your home learning booklet and self-mark.</p>	

Stretch	<p>Complete the challenge task on Adding and Subtracting Fractions in your home learning booklet (using Hegarty videos 65 and 66 to help you).</p> <p>Create a poster that summarises all of the learning you have done on fractions this half term. Try to use mathematical language and diagrams to make it clear and easy to understand.</p>		
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Getting Help

If you are stuck on a piece of work, work through this check-list until you can find a solution.

- *Read through the question again.*
- *Remember to watch the Hegarty video in full.*
- *Google the meaning of any words or key terms you are not sure of.*
- *If you get stuck part of the way through a Hegarty quiz, click 'get help' on the right-hand side of the quiz to see the part of the video linked to that question.*
- *Follow the hyperlinks/QR codes in your home learning booklet to watch extra videos on Corbett Maths on that topic.*
- *Search for the topic on the BBC Bitesize website.*
- *Search for a video on the topic on Youtube with KS3 in the title. For example "KS3 dividing fractions".*

If you are really stuck, make a note of what your question is, and e-mail your teacher.

Science

Summer Science Distance Learning

Scientists have proven that when we do not use information we know, the pathways in our brain actually decay (breakdown) - this is what happens when we forget something.

By **engaging** with your study (reading and doing quizzes) you are not just learning *new* information you are actually **holding on** to the information you have already have!

Well done on all the work you have done to this point, you are not letting all your hard school work and study go to waste! 😊



How does distance learning work this term?

2) This is the link to GCSE Bitesize, it contains content and videos with a small practice quiz at the end (see A-D below for more information)

3) This is the link to the MS forms quiz that we will mark and give you feedback on.

This is how we know you have completed the lesson and if you need any help. Show what you can do!

1) This is the week that you should be completing your work

Week	Learn	Quiz	Done?
I (1st June)	<u>Cells and systems</u>	<u>Bio Sum 2</u> <u>Week 1 MS form</u>	

4) This is a space just for you to experience the sweet satisfaction of placing a tick in this box for a job well done!

Getting the most from GCSE bitesize

A) Use the revision tab to review content relevant to this lesson.

B) This is the number of pages left to review- scroll down to see all the information on each page, Sometimes there are small practice questions to check you are on track.

C) At the bottom is the glossary- click to see the definitions of key terms from the lesson

D) Click this tab to complete a quick practice quiz- this will mark itself instantly and give you feedback. You can repeat this quiz as many times as you like- keep going till you get full marks!

Having problems?

If you are stuck on a piece of work, work through this check-list until you can find a solution.

- Read through the question again. Google the meaning of any words or key terms you are not sure of.
- Read through the topic on BBC Bitesize again (online or in your work pack)
- Search for a video on the topic on Youtube with KS3 in the title. For example "KS3 cells"

If you are really stuck and you want to get in touch about your work please email your teacher.

Y8 Science summer 2			
Week	Learn	Quiz	Done?
1 (1st June)	<u>Reproductive Systems and Puberty (pages 1,2,6).</u>	<u>Bio Sum 2 Week 1 MS Form</u>	
2 (8th June)	<u>Menstrual Cycle and Fertilisation (pages 3,4,5).</u>	<u>Bio sum 2 week 2 MS form</u>	
3 (15th June)	<u>Diffusion</u>	<u>Bio Sum 2 week 3 MS form</u>	
4 (22nd June)	<u>Atoms, Elements and Compounds</u>	<u>Chem Sum 2 week 4 MS form</u>	
5 (29th June)	<u>The Periodic Table</u>	<u>Chem Sum 2 week 5 MS form</u>	
6 (6th July)	<u>Forces (pages 1-5)</u>	<u>Phy Sum 2 week 6 MS form</u>	
7 (13th July)	<u>Moments and Deformation (pages 6-9)</u>	<u>Phy Sum 2 week 7 MS form</u>	

Stay Sharp!

Log in or sign up to [Seneca](#) to continue to develop your understanding and stay on top of your studies so far.

The best Seneca learners of the week will receive shout outs in our weekly communications.

If you need any help accessing this platform please email one of your Science teachers.

RE



Week	Learn <i>Complete the following activities</i>	Quiz <i>Follow the link to complete the quiz</i>	Submit <i>Tick when complete</i>
1 w/c 1st June	<p>What is Judaism?</p> <ul style="list-style-type: none"> ○ Read through the information on key beliefs about Judaism on bitesize and/or on your knowledge organiser. ○ Create a mind map on their key beliefs and include why each even is important to Jews. ○ Complete the following question in the form of a PEEL paragraph: Explain the importance of one of the key Jewish beliefs (4 marks). 	<p style="text-align: center;">Now complete quiz 1.</p> <p style="text-align: center;">Do this online or the printed copy.</p>	
2 w/c 8th June	<p>Holy Books and Scriptures</p> <ul style="list-style-type: none"> ○ Read through the information on ‘The Tanakh’ using your knowledge organiser and/or read through the information on bitesize on ‘Holy Books.’ ○ Write down definitions for what the following books teach: <i>The Torah, Nev'im and Ketuvim</i> ○ Answer the following question: b) Explain what holy books teach Jews and why they are important (4 marks). 	<p style="text-align: center;">Now complete quiz 2.</p> <p style="text-align: center;">Do this online or the printed copy.</p>	
3 w/c 15th June	<p>Jewish Beliefs</p> <ul style="list-style-type: none"> ○ Read through the information on denominations within Judaism on bitesize and/or read through the information ‘different types of Jews’ on your knowledge organiser. ○ Write down a definition for two different types of Jews and what they believe. ○ In your own words, explain why these differences occur. ○ Do you think there is a right or wrong way to follow a religion? Explain your opinion. 	<p style="text-align: center;">Now complete quiz 3.</p> <p style="text-align: center;">Do this online or the printed copy.</p>	
4 w/c 22nd June	<p>Jewish Laws</p> <ul style="list-style-type: none"> ○ Read through the information on ‘Laws in Judaism’ from your knowledge organiser. ○ Create a mind map on the different types of laws, including rules and food laws. ○ Explain which food items cannot be mixed together and why. ○ Answer the following question: Explain why Jews have laws they must follow (4 marks). 	<p style="text-align: center;">Now complete quiz 4.</p> <p style="text-align: center;">Do this online or the printed copy.</p>	

<p style="text-align: center;">5 w/c 29th June</p>	<p>Abraham and Moses</p> <ul style="list-style-type: none"> ○ Read through the information on your knowledge organiser on 'how did Judaism begin'. ○ Explain who Abraham was and why he is so important. ○ Explain who Moses was and why he was so important. ○ Complete the following question: Explain the significance of the Ten Commandments in Judaism (4 marks). 	<p style="text-align: center;">Now complete quiz 5.</p> <p style="text-align: center;">Do this online or the printed copy.</p>	
<p style="text-align: center;">6 w/c 6th July</p>	<p>What is Yom Kippur?</p> <ul style="list-style-type: none"> ○ Read through the information on Yom Kippur on bitesize. ○ Create a mind-map on what it is and what generally happens on this day for Jews. ○ Explain the story of Yom Kippur. ○ Answer the following question: Explain how Yom Kippur is celebrated by Jews (4 marks). 	<p style="text-align: center;">Now complete quiz 6.</p> <p style="text-align: center;">Do this online or the printed copy.</p>	
<p style="text-align: center;">Stretch</p>	<p>What is Passover?</p> <ul style="list-style-type: none"> ○ Read through the information on Passover on bitesize. ○ Explain when Passover is and what the story means. ○ Follow the information on the ten plagues and explain which one you think is the most powerful and why. ○ Answer the following question: Explain how Passover is celebrated by Jews today (4 marks). 	<p style="text-align: center;">Now complete quiz 7.</p> <p style="text-align: center;">Do this online or the printed copy.</p>	

Getting Help

If you are stuck on a piece of work, work through this check-list until you can find a solution.

- *Read through the question again.*
- *Google the meaning of any words or key terms you are not sure of.*
- *Search for the topic on the BBC Bitesize website.*
- *Search for a video on the topic on Youtube with KS3 RE in the title e.g. KS3 RE Judaism.*

If you are really stuck, make a note of what your question is and e-mail your teacher: e.stevenson@arkkingsacademy or a.rafiq@arkkingsacademy.org

Dance

Welcome to the Summer term in Dance. Over the next term we will be looking at creating motifs with a stimulus idea. You will need to complete all tasks that are on the work sheet and send back to me to mark each week. If you are unsure of any activities, then please email. (b.wells@arkkingsacademy.org) You have two ways to complete the tasks for each week, if you have easy access to a computer and the internet you can work online (on a computer), if you do not, you can work offline using a printed booklet which will be sent to you:

<i>I work online (on a computer)</i>	<i>I work offline (on paper)</i>
<ol style="list-style-type: none"> 1. Click on the link for each topic which takes you to a youtube video which you will need to watch 2. Create a motif linked to the weeks theme, outlined below 3. In the 'Quiz' column click on the link to complete the quiz on MS Forms 4. Tick the submit column when you've finished and email a picture of your work to Miss Wells (email above) 	<ol style="list-style-type: none"> 1. Read about this week's topic in your booklet whilst underlining/highlighting key information 2. Create a motif linked to the weeks theme, outlined below 3. At the back of the booklet find this week's quiz to complete 4. Tick in the submit column and send pictures of your work to Miss Wells or drop them in the school work letterbox

Week	Learn <i>Complete the following activities</i>	Quiz <i>Follow the link to complete the quiz</i>	Submit <i>Tick when complete</i>
1 w/c 1st June	Twister: Watch the following https://www.youtube.com/watch?v=44kKLeDKIIc Create a motif based on a theme around twister OR Complete the tasks on the sheet before creating a motif linked with moves you might see whilst you play twister	Online quiz- click here OR Complete reflection task in the booklet	
2 w/c 8th June	Clocks and time: Watch the following https://www.youtube.com/watch?v=aggUa2_CfX8 Create a motif based on a theme around clocks and time OR Complete the tasks on the sheet before creating a motif linked with moves you might link with telling the time	Online quiz- click here OR Complete reflection	

<p>3 w/c 15th June</p>	<p>Kandinsky artwork Watch the following: https://www.youtube.com/watch?v=E-opKBBNopo and create a motif using similar movements to the one in the video OR Complete the tasks on the sheet before creating a motif linked with moves you might link with the picture of Kandinsky's art work</p>	<p>Online quiz- click here OR Complete reflection task in the booklet</p>	
<p>4 w/c 22nd June</p>	<p>Emotions Watch the following: https://www.youtube.com/watch?v=8FSW_LfFjkh Create a motif using different emotions (happy, sad, angry, excited) OR Complete the tasks on the sheet before creating a motif linked with moves you might link with different emotions</p>	<p>Online quiz- click here OR Complete reflection task in the booklet</p>	
<p>5 w/c 29th June</p>	<p>Harry Potter Watch the following: https://www.youtube.com/watch?v=9ssHB7aThek Create a motif using different movements linked with Harry Potter seen in the video OR Complete the tasks on the sheet before creating a motif linked with moves you might link with Harry Potter</p>	<p>Online quiz- click here OR Complete reflection task in the booklet</p>	
<p>6 w/c 6th July</p>	<p>Elements Watch the following: https://www.youtube.com/watch?v=QE6IIA1M3wM Create a motif using different movements linked with different elements seen in the video OR Complete the tasks on the sheet before creating a motif linked with moves you might link with different elements (use the booklet to help you)</p>	<p>Online quiz- click here OR Complete reflection task in the booklet</p>	

Getting Help

If you are stuck on a piece of work, work through this check-list until you can find a solution. Read through the question again. Google the meaning of any words or key terms you are not sure of.

- Read through the topic on BBC Bitesize again (online or in your work pack)
- Search for a video on the topic on Youtube with GCSE in the title

If you are really stuck and you want to get in touch about your work you can email me or Miss Lloyd on the following email addresses

b.wells@arkkingsacademy.org

h.lloyd@arkkingsacademy.org

PE

Welcome to the Summer term in PE. Over the next term, we will be focusing on the YouTube LIVE workout and participating in that each Wednesday. If you do not have internet access you can complete your own workouts at home, which are attached to this document. Once you have completed the workout you need to complete the Microsoft form which will give me useful feedback on how you found the workout and any changes I may need to make. If you have any issues then please email Mr Smith (c.smith@arkkingsacademy.org).

<i>I work online (on a computer)</i>	<i>I work offline (follow booklet)</i>
<ol style="list-style-type: none"> 1. Click on the link for each workout which takes you to a YouTube video which you will need to complete the workout from. 2. Click on the link for the MS Form and give feedback on your workout. 3. When you've finished, email a picture of your workout to Mr Smith (email above) 	<ol style="list-style-type: none"> 1. Follow the correct week's workout on the sheet attached, using a Tabata training style, 20 seconds' work and 10 seconds' rest completing 5 rounds. 2. Complete the form attached to rate and feedback on your workout

Week	Learn <i>Complete the following activities</i>	Quiz <i>Follow the link to complete the quiz</i>	Submit <i>Tick when complete</i>
1 w/c 1st June	Workout Wednesday LIVE – 3rd June Live at 09:50 Complete the following workout: https://youtu.be/ZRw1YYHMKZ0 OR Complete workout number one, which is attached, following the Tabata timings of 20 seconds' work, 10 seconds rest and 5 sets.	Complete the feedback form on MS Forms - click here OR Complete reflection task 1 in the booklet	

<p>2 w/c 8th June</p>	<p>Workout Wednesday LIVE – 10th June Live at 09:50 Complete the following workout: https://youtu.be/m9sSaGHwvAE</p> <p>OR</p> <p>Complete workout number two, which is attached, following the Tabata timings of 20 seconds’ work, 10 seconds’ rest and 5 sets.</p>	<p>Complete the feedback form on MS Forms - click here</p> <p>OR</p> <p>Complete reflection task 2 in the booklet</p>	
<p>3 w/c 15th June</p>	<p>Workout Wednesday LIVE – 17th June Live at 09:50 Complete the following workout: https://youtu.be/-WfYqSnmZHE</p> <p>OR</p> <p>Complete workout number three, which is attached, following the Tabata timings of 20 seconds’ work, 10 seconds’ rest and 5 sets.</p>	<p>Complete the feedback form on MS Forms - click here</p> <p>OR</p> <p>Complete reflection task 3 in the booklet</p>	
<p>4 w/c 22nd June</p>	<p>Workout Wednesday LIVE – 24th June Live at 09:50 Complete the following workout: https://youtu.be/8Ytt1Z4XycA</p> <p>OR</p> <p>Complete workout number four, which is attached, following the Tabata timings of 20 seconds’ work, 10 seconds’ rest and 5 sets.</p>	<p>Feedback form on MS Forms - click here</p> <p>OR</p> <p>Complete reflection task 4 in the booklet</p>	
<p>5 w/c 29th June</p>	<p>Workout Wednesday LIVE – 1st July Live at 09:50 Complete the following workout: https://youtu.be/U_5OjrTxP1c</p> <p>OR</p> <p>Complete workout number five, which is attached, following the Tabata timings of 20 seconds’ work, 10 seconds’ rest and 5 sets.</p>	<p>Feedback form on MS Forms - click here</p> <p>OR</p> <p>Complete reflection task 5 in the booklet</p>	

6 w/c 6th July	<p>Workout Wednesday LIVE – 7th July Live at 09:50 Complete the following workout: https://youtu.be/tr9HBxgQK-w</p> <p>OR</p> <p>Complete workout number six, which is attached, following the Tabata timings of 20 seconds' work, 10 seconds' rest and 5 sets.</p>	<p>Feedback form on MS Forms - click here</p> <p>OR</p> <p>Complete reflection task 6 in the booklet</p>
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Getting help

If you are really stuck and you want to get in touch about your work you can email me or Miss Lloyd on the following email addresses

c.smith@arkkingsacademy.org

h.lloyd@arkkingsacademy.org

Art

Week	Learn <i>Complete the following activities</i>	Quiz <i>Follow the link to complete the quiz</i>	Submit <i>Tick when complete</i>
1 w/c 1st June	<p>Studying Guiseppe Arcimboldo Click https://www.giuseppe-arcimboldo.org/ and navigate your way through the wonderful paintings by Arcimboldo</p> <ul style="list-style-type: none"> • Read through the sections titled 'biography' and 'Home' then spend some time looking through the work in the section titled 'Gallery' • Neatly write your title 'Guiseppe Arcimboldo' and try to decorate this using images such as fruit and veg these can be drawn or collaged! 	<p>Now complete this quiz ! https://forms.office.com/Pages/ResponsePage.aspx?id=dBTLADSljUaCn2NuzjLCTOU0GHFWP6FGrhYe8qD2eihURFVBTE9NMENZMUI3MVVIUJUSFRaODBHM4u</p>	
2 w/c 8th June	<p>Return to the website Click https://www.giuseppe-arcimboldo.org/ <i>This week you will focus on accuracy of line</i></p> <ul style="list-style-type: none"> • Spend a few minutes looking through the gallery and select one of the portraits based on fruit and veg, books or fish and begin to sketch this on paper • Think carefully about the <i>scale</i> making sure your drawing takes up most of an a4 sizes piece of paper (like your sketch book at school !) • Take care to keep your lines accurate, pressing very lightly with your pencil. • Spend about 45 mins just drawing the outline, the lines, crinkles in the wrapper, any detail in the background and the lettering. <p>You will add tone next week.</p>	<p><i>Ensure your work is presented to a high standard</i></p>	

<p>3 w/c 15th June</p>	<p>Stippling  </p> <p>Scumbling  </p> <p>Shading  </p> <p>Smudging  </p> <p>Crosshatching  </p> <p><i>Return to your line drawing</i> Check again that your lines are as accurate as they can be and spend about 5 mins making any adjustments.</p> <ul style="list-style-type: none"> • Spend ten minutes reminding yourselves of these shading techniques <p>Identify the lightest parts of the work and remember to leave them white</p> <ul style="list-style-type: none"> • Work your way through the lighter tones pressing lightly as you shade • Remember to shade evenly, so build up tones gently using hatching and cross hatching • Its really important that you leave the light bits light! Take care not to overshade! 	<p><i>Your task instead of a quiz this week is to try and complete your drawing to the highest standard you can do!</i></p>	
<p>4 w/c 22nd June</p>	<p><i>You may need to spend a few minutes completing last weeks drawing</i> Reflect on last weeks drawing by annotating next to it or underneath, wherever you have space. Explain what you enjoy, found easy and what you are most pleased with. Explain how your work reflects the style of the artist Arcimboldo</p>	<p><i>Present all drawing and written work to the highest standard you can!</i></p>	
<p>5 w/c 29th June</p>	<p><i>Observational study!</i> You will work in the style of Arcimboldo to create your own version of a fruit face, using food objects that you can find at home, (or use google images if you are struggling to find something at home!) Remember to use the excellent drawing skills you have used in the past.</p>	<p><i>This weeks task is to present your work with an eye catching title</i></p>	
<p>6 w/c 6th July</p>	<p>Reflect on your drawing through annotation, see Art week 4 for advice. Focus on explaining how you have tried to use a similar style to Arcimboldo.</p>	<p><i>Ensure your page is beautifully presented</i></p>	
<p>Stretch</p>	<p><i>Choose another piece by artist Sarah Graham to copy in pencil, or in colour!</i></p>		

Getting Help

If you are stuck on a piece of work, work through this check-list until you can find a solution.

Read through the question again.

- *Google the meaning of any words or key terms you are not sure of.*
- *Search for the topic on the BBC Bitesize website.*
- *Search for a video on the topic on Youtube with KS3 in the title. For example “KS3 ART”*

If you are really stuck, make a note of what your question is, and e-mail your teacher

Computing



The tasks in this document mostly focus on how you explore the online world, what devices you use to do this and how you are supported by the law. It builds on the work you've completed earlier in the year.

You have two ways to complete the tasks for each week, if you have easy access to a computer and the internet you can work online (on a computer), if you do not, you can work offline using a printed booklet which will be sent to you:

<i>I work online (on a computer)</i>	<i>I work offline (on paper)</i>
<ol style="list-style-type: none"> 1. Click on the link for each topic which takes you to BBC Bitesize, make notes to summarise what you've read (you will receive this in an email) 2. Create a mind map with the key information about each week's topic 3. In the 'Quiz' column click on the link to complete the quiz on MS Forms 4. Tick the submit column when you've finished and email a picture of your work to Mr Kolawole – m.kolawole@arkkingsacademy.org 	<ol style="list-style-type: none"> 1. Read about this week's topic in your booklet whilst underlining/highlighting key information 2. Create a mind map with the important information you've picked out 3. At the back of the booklet find this week's quiz to complete 4. Tick in the submit column and send pictures of your work to Mr Kolawole – m.kolawole@arkkingsacademy.org

Week	Learn <i>Complete the following activities</i>	Quiz <i>Follow the link to complete the quiz</i>	Submit <i>Tick when complete</i>
1 w/c 1st June	<p>Online Safety <i>The internet is a fantastic tool and resource. By taking simple precautions, online dangers can largely be avoided and we can stay safe while online.</i></p> <ul style="list-style-type: none"> ○ Read about online safety (click here) or in your booklet underline and highlight key information ○ Create a mind map about the internet and how to stay safe 	Complete the quiz (click here) Or Complete the printed copy in the back of your booklet.	
2 w/c 8th June	<p>Law and Ethics <i>Computer-related laws exist to protect users. By being aware of the laws we can stay safe whilst online.</i></p> <ul style="list-style-type: none"> ○ Read about the Law and Ethics (click here) or in your booklet underline and highlight key information ○ Create a mind map about how the law helps to protect you on the internet 	Complete the quiz (click here) Or Complete the printed copy in the back of your booklet.	

3 w/c 15th June	<p>Bias and Reliability <i>We use the internet to find information. However, finding information that is reliable and free of bias is as important as finding the information itself.</i></p> <ul style="list-style-type: none"> ○ Read about Bias and reliability (click here) or in your booklet underline and highlight key information ○ Create a mind map about the internet and how to stay safe 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
4 w/c 22nd June	<p>Search Engines <i>The internet contains billions of pages of information. You use search engines to help you filter through the pages to find the information you need.</i></p> <ul style="list-style-type: none"> ○ Read about Search Engines (click here) ○ Create a mind map about the internet and how to stay safe 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
5 w/c 29th June	<p>Internet and Communication <i>As a society we need to communicate and share. The internet allows us to communicate and share information in a matter of seconds.</i></p> <ul style="list-style-type: none"> ○ Read about Internet and Communication (click here) ○ Create a mind map about the internet and how to stay safe 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
6 w/c 6th July	<p>Digital Devices <i>Computers exist in many digital devices that we use on a day-to-day basis. Digital devices may be input, output or storage devices. On a basic level, they all operate through the use of logic gates.</i></p> <ul style="list-style-type: none"> ○ Read about Digital devices (click here) ○ Create a mind map about the internet and how to stay safe 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
Stretch	<p>Reflect on each of the sections, pick three pieces of information that you feel is the most important and explain why.</p> <p>In addition to this, choose your favourite app or program e.g., Tik Tok and write about:</p> <ol style="list-style-type: none"> 1. Steps you can take to stay safe 2. How law protects you 3. What new laws or rules you would put in place to protect users <p>Also, work towards your Digital Enterprise Award by signing up on the website www.idea.org.uk. You can choose any badge you wish to complete and I'll also email you each week with suggestions.</p>		

Getting Help



If you are stuck on a piece of work, work through this check-list until you can find a solution.

- Read through the question again. Google the meaning of any words or key terms you are not sure of.
- Read through the topic on BBC Bitesize again (online or in your work pack)
- Search for a video on the topic on Youtube with KS3 in the title. For example “KS3 Hardware and Software”

If you are really stuck and you want to get in touch about your work you can email me or Mrs. Chetwynd using the following email addresses:

m.kolawole@arkkingsacademy.org

a.busby@arkkingsacademy.org

French

Welcome to your French work for the next 6 weeks. You will be using the following booklet, which you can access online. Each week, we will be testing your learning on the [Active Learn Quiz](#)

Week	Learn <i>Complete the following activities</i>	Quiz <i>Follow the link to complete the quiz</i>	Submit <i>Tick when complete</i>
1 w/c 1st June	Describing Yourself and Others <ul style="list-style-type: none"> ○ Work through week 1 of the booklet, (click here) ○ You should write your answers in an exercise book, on OneNote or into the booklet itself 	Complete the Week 1 quiz on active learn (click here)	
2 w/c 8th June	What You Study at School <ul style="list-style-type: none"> ○ Work through week 2 of the booklet (click here) ○ You should write your answers in an exercise book, on OneNote or into the booklet itself 	Complete the Week 2 quiz on active learn (click here)	
3 w/c 15th June	Using Jouer, Aller and Faire in the Present Tense <ul style="list-style-type: none"> ○ Work through week 3 of the booklet (click here) ○ You should write your answers in an exercise book, on OneNote or into the booklet itself 	Complete the Week 3 quiz on active learn (click here)	
4 w/c 22nd June	Using ‘jouer à’ ‘faire de’ and ‘aimer + infinitive’ <ul style="list-style-type: none"> ○ Work through week 4 of the booklet (click here) ○ You should write your answers in an exercise book, on OneNote or into the booklet itself 	Complete the Week 4 quiz on active learn (click here)	

<p style="text-align: center;">5 w/c 29th June</p>	<p>Describing Your Town and What You Can Do There</p> <ul style="list-style-type: none"> ○ Work through week 5 of the booklet (click here) ○ You should write your answers in an exercise book, on OneNote or into the booklet itself 	<p>Complete the Week 5 quiz on active learn (click here)</p>	
<p style="text-align: center;">6 w/c 6th July</p>	<p>Saying What you can do in town with 'on peut'</p> <ul style="list-style-type: none"> ○ Work through week 5 of the booklet (click here) ○ You should write your answers in an exercise book, on OneNote or into the booklet itself 	<p>Complete the Week 6 quiz on active learn (click here)</p>	
<p style="text-align: center;">Stretch</p>	<p>To go further with your learning visit BBC Bitesize French, you could even try a different language – what about Spanish or German! https://www.bbc.co.uk/bitesize/subjects/zgdqxn</p>		

Getting Help

If you are stuck on a piece of work, work through this check-list until you can find a solution.

- Read through the question again. Use an online dictionary such as www.wordreference.com to help
- Search for a video on the topic on YouTube with KS3 in the title. For example “KS3 French perfect tense”
- If you are really stuck and you want to get in touch about your work you can email many of the French teachers for help.

j.brocklebank@arkkingsacademy.org

l.poneau@arkkingsacademy.org

j.tomknison@arkkingsacademy.org

v.moothialoo@arkkingsacademy.org

Geography

Week	Learn	Quiz	Submit
	Complete the following activities	Follow the link to complete the quiz	Tick when complete
1 w/c 1st June	<p>Settlement in Urban Areas</p> <p>Read through the information on BBC Bitesize</p> <p><i>Answer: Explain why people like to live in the central areas of cities.</i></p>	<p>Now complete Quiz 1</p> <p>Do this online or the printed copy.</p>	
2 w/c 8th June	<p>Population and Migration</p> <p>Read through the information on BBC Bitesize</p> <p><i>Answer: Create a fact file explaining why people migrate. Include both push and pull factors. Make it eye-catching!</i></p>	<p>Now complete Quiz 2</p> <p>Do this online or the printed copy.</p>	
3 w/c 15th June	<p>Population and Migration in Europe</p> <p>Read through the information on BBC Bitesize</p> <p><i>Research: 'An ageing population is a bad thing' Do you agree? Explain why. Write a short report summarising your findings with examples.</i></p>	<p>Now complete Quiz 3</p> <p>Do this online or the printed copy.</p>	
4 w/c 22nd June	<p>Development</p> <p>Read through the information on BBC Bitesize</p> <p><i>Answer: Write a newspaper article explaining how China and India have developed, and the issues with development in these countries.</i></p>	<p>Now complete Quiz 4</p> <p>Do this online or the printed copy.</p>	
5 w/c 29th June	<p>Volcanoes</p> <p>Read through the information on BBC Bitesize</p> <p><i>Answer: Draw a labelled diagram of volcano to show the key features (e.g: where is the magma chamber and what is it?).</i></p>	<p>Now complete Quiz 5</p> <p>Do this online or the printed copy.</p>	

6 w/c 6th July	Earthquakes Read through the information on BBC Bitesize <i>Answer: Create an eye-catching fact file about the 2010 Haiti Earthquake. Include information on causes, impacts and responses.</i>	Now complete Quiz 6 Do this online or the printed copy	
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Getting Help

If you are stuck on a piece of work, work through this check-list until you can find a solution.

- *Read through the question again.*
- *Google the meaning of any words or key terms you are not sure of.*
- *Search for the topic on the BBC Bitesize website.*
- *Look in your Knowledge Organisers and Self Quizzing packs*
- *Search for a video on the topic on Youtube with KS3 in the title. For example "KS3 energy"*
- *Have a look on Wikipedia around the topic (but be careful)*

If you are really stuck, make a note of what your question is, and e-mail your teacher

Don't forget to submit any work you do to your teachers either through the school work postbox or emailing pictures or copies of any work done to either:

Ms Coton - l.coton@arkkingsacademy.org

Mr Jennings - j.jennings@arkkingsacademy.org

History

<i>Week</i>	<i>Learn</i> <i>Complete the following activities</i>	<i>Quiz</i> <i>Follow the link to complete the quiz</i>	<i>Submit</i> <i>Tick when complete</i>
1 w/c 1st June	<p>The End of Roman Britain</p> <ul style="list-style-type: none"> ○ Read through the information on the End of Roman Britain in your knowledge organiser and on BBC Bitesize. ○ Create a bullet point list of changes that the Romans brought to Britain, highlight where you think those changes disappeared with the Romans. 	<p>Now complete Quiz 1</p> <p>Do this online or the printed copy.</p>	
2 w/c 8th June	<p>The Anglo-Saxons</p> <ul style="list-style-type: none"> ○ Read through the information in your knowledge organiser ○ Make a mindmap of everything you know from this year about who the Anglo-Saxons were before they came to Britain 	<p>Now complete Quiz 2</p> <p>Do this online or the printed copy.</p>	
3 w/c 15th June	<p>Alfred the Great and the Vikings</p> <ul style="list-style-type: none"> ○ Read through the information in your knowledge organiser and on BBC Bitesize ○ Write a timeline of Anglo-Saxons kings starting with Alfred and ending with Cnut. Give each king a ranking out of ten. 	<p>Now complete Quiz 3</p> <p>Do this online or the printed copy.</p>	
4 w/c 22nd June	<p>The Succession Crisis of 1066</p> <ul style="list-style-type: none"> ○ Read through the information in your knowledge organiser and on BBC Bitesize ○ Write a character profile for Harold Godwinson, Harald Hardrada and William of Normandy. Say who you think should be king, 	<p>Now complete Quiz 4</p> <p>Do this online or the printed copy.</p>	

<p style="text-align: center;">5 w/c 29th June</p>	<p>The Aztecs</p> <ul style="list-style-type: none"> ○ Read through the information on the Aztecs on Aztec History complete the quizzes on the website ○ Write a paragraph describing differences between Aztec society and European Medieval Society or society today 	<p>Now complete Aztec Quiz</p> <p>Do this online or the printed copy</p>	
<p style="text-align: center;">6 w/c 6th July</p>	<p>Egyptian Civilisation</p> <ul style="list-style-type: none"> ○ Read through the information on BBC Bitesize ○ Make a poster describing Egyptian medicine 	<p>Now complete Quiz 6</p> <p>Do this online or the printed copy.</p>	

Getting Help

If you are stuck on a piece of work, work through this check-list until you can find a solution.

- *Read through the question again.*
- *Google the meaning of any words or key terms you are not sure of.*
- *Search for the topic on the BBC Bitesize website.*
- *Search for a video on the topic on Youtube with KS3 in the title. For example “KS3 energy”*
- *Have a look on Wikipedia around the topic (but be careful)*

If you are really stuck, make a note of what your question is, and e-mail your teacher

Don't forget to submit any work you do to your teachers either through the school work postbox or emailing pictures or copies of any work done to either a.mcewan@arkkingsacademy.org or c.peacock@arkkingsacademy.org

Music

The tasks in this document mostly focus on how you to create a song composition, write the lyrics, add the melody, add the bass line, how to rap and how music can be fused together from different genres. It builds on the work you've completed earlier in the year.

You have two ways to complete the tasks for each week, if you have easy access to a computer and the internet you can work online (on a computer), if you do not, you can work offline using a printed booklet which will be sent to you:

<i>I work online (on a computer)</i>	<i>I work offline (on paper)</i>
<p>5. Click on the link for each topic which takes you to BBC Bitesize, make notes to summarise what you've read (you will receive this in an email)</p> <p>6. Create a mind map with the key information about each week's topic</p> <p>7. In the 'Quiz' column click on the link to complete the quiz on MS Forms</p> <p>8. Tick the submit column when you've finished and email a picture of your work to Mr Bull – p.bull@arkkingsacademy.org</p>	<p>5. Read about this week's topic in your booklet whilst underlining/highlighting key information</p> <p>6. Create a mind map with the important information you've picked out</p> <p>7. At the back of the booklet find this week's quiz to complete</p> <p>8. Tick in the submit column and send pictures of your work to Mr Bull – p.bull@arkkingsacademy.org</p>

Week	Learn Complete the following activities	Quiz Follow the link to complete the quiz	Submit Tick when complete
1 w/c 1st June	<p>How to sing, rap and beatbox - improvising Learn about different styles of improvisation including singing, rap and beatboxing.</p> <ul style="list-style-type: none"> Read about how to sing, rap and beatbox when improvising (click here) or in your booklet underline and highlight key information Create a mind map about the how to sing, rap and beatbox using improvising techniques 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
2 w/c 8th June	<p>How to sing, rap and beatbox - performing Learn about how the voice can be used in different ways and different styles including singing, rap and beatboxing</p> <p>Read about how to sing, rap and beatbox when performing (click here) or in your booklet underline and highlight key information</p>	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	

	<ul style="list-style-type: none"> ○ Create a mind map about how the voice can be used in different ways 		
3 w/c 15th June	<p>Improvising with instruments <i>Learn about improvising and different styles of music</i></p> <ul style="list-style-type: none"> ○ Read about improvising (click here) or in your booklet underline and highlight key information ○ Create a mind map about how you can improvise in different ways 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
4 w/c 22nd June	<p>Percussion, drums and beats <i>Find out how a beat is put together on a drum-kit</i></p> <ul style="list-style-type: none"> ○ Read about beats (click here) ○ Create a mind map about how a beat is put together on a drum-kit 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
5 w/c 29th June	<p>Playing together as a band <i>Learn out what will make a great group performance</i></p> <ul style="list-style-type: none"> ○ Read about playing together as a band (click here) ○ Create a mind map about what makes a great group performance 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
6 w/c 6th July	<p>Musicals and musical theatre <i>Find out what are the characteristics of musical theatre</i></p> <ul style="list-style-type: none"> ○ Read about Digital Musicals (click here) ○ Create a mind map about the characteristics of musical theatre 	<p>Complete the quiz (click here)</p> <p>Or</p> <p>Complete the printed copy in the back of your booklet.</p>	
Stretch	<p>Reflect on each of the sections, pick three pieces of information that you feel is the most important and explain why.</p> <p>In addition to this, choose your favourite software programme e.g. logic , Garageband, Soundtrap or Bandlab and write about:</p> <ol style="list-style-type: none"> 4. How do you compose music with the software? 5. What shortcuts have you found when using it to create music? 6. How do you edit one of the given loops? 		

	Also, work towards completing several compositions using Bandlab in different styles that you started recently with your other distance learning work.	
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Getting Help



If you are stuck on a piece of work, work through this check-list until you can find a solution.

- Read through the question again. Google the meaning of any words or key terms you are not sure of.
- Read through the topic on BBC Bitesize again (online or in your work pack)
- Search for a video on the topic on Youtube with KS3 in the title. For example “KS3 beats”

If you are really stuck and you want to get in touch about your work you can email me or Mr Collier using the following email addresses:

p.bull@arkkingsacademy.org

p.collier@arkkingsacademy.org