



Dear St Ursula's students,

We know that many of you will be keen to keep busy whilst you cannot come to school so your teachers have collated some suggestions of activities/tasks you could do when you have finished your school work that is being set on Show my Homework.

We will update this list in the coming weeks as we become aware of more resources so please check back regularly. In the meantime, we're convinced there is plenty here to keep you entertained, whatever your interests may be.

Stay safe and take care of one another,

All the staff at St Ursula's

General:

- Make revision notes
- Make flash cards
- Organise your folders
- Make yourself some quizzes that someone can test you on

Revisit content using our school apps:

<https://www.educake.co.uk/>

<https://www.senecalearning.com/>

<https://www.memrise.com/>

<https://vle.mathswatch.co.uk/vle/>

<https://www.quizlet.com>

PiXL Unlock:

<https://vocab.pixl.org.uk/>

Microsoft users need to click the flash app, Apple users need to use the App store, androids the play store etc.

Pupils on home computers need to make sure that Flash player is enabled.

The Desktop flash app for microsoft is here:

<https://vocab.pixl.org.uk/Vocabulary.html>

If you're in **Year 10 and Year 11**, you could also use **PiXL Independence**:

<https://students.pixl.org.uk/#!/login>

School number: 701904

Password: Indep99

Useful websites:

Look at the school's lockdown wellbeing page. Mrs Woolgar has put together lots of suggestions and ideas for taking care of yourself and your family:

<https://www.stursulas.com/news/lockdown-wellbeing-guide/>

BBC Bytesize are also updating their content to support students working from home during school closures:

<https://www.bbc.co.uk/bitesize>

Help your family:

- Support a younger sibling with their school work
- Listen to a younger sibling read
- Play a game with a sibling
- Help around the house - help make a meal, tidy up, do some cleaning or make your parents/carers a cup of tea!
- Phone a family member

Learn a new skill:

There are thousands of free videos on YouTube which you can use to learn a new skill. Is this the time to take up Mrs Irvine's advice and learn how to knit?

Subject specific ideas:

Art

www.artuk.org a great website for exploring works of art through themes, stories and movements.

<https://www.tate.org.uk/kids> Tate gallery online has some really fun ideas for art projects. You can also access information about the artists they base their projects on. Take a virtual tour of the gallery too!

<https://www.udemy.com/topic/drawing/free/?ranMID=39197&ranEAID=vedj0cWlu2Y&ranSiteID=vedj0cWlu2Y-fee1G4F3JGvuf.iI1cQURA&LSNPUBID=vedj0cWlu2Y>

Udemy have a range of online drawing courses. Use the link above to access a small range of FREE ones. They are quite in-depth and cover some key drawing skills.

...and relax... colouring in is a relaxing and calming activity. Camille Walala is a London based pattern artist who has put some drawings of her decorated buildings on her website to colour in. <https://www.camillewalala.com/colouring-in-1>

There are also thousands of downloadable colouring in pages you can access online.

www.youtube.com searches: "learn to knit", "learn to crochet" (you will need needles and wool), "learn to embroider", "learn to cross stitch" (you will need sewing needles, thread and fabric), "learn to sew" if you have a sewing machine at home, "learn to draw" (you'll only need a pencil and paper!), and so on. Learn a new skill!

Computer Science

Minecraft is offering free lessons to students:

<https://www.bbc.co.uk/news/technology-52017873>

Drama

The National Theatre will be streaming a play every Thursday from 2nd April due to the theatres closing:

<https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>

The Royal Shakespeare Company will be streaming plays due to theatres closing

<https://www.rsc.org.uk/>

DT

20 day design challenge. There is a new design task for each day to help fill some free time

https://drive.google.com/file/d/12-IDqaObL4JewX14TfZOdirTk_oKXX9z/view?usp=sharing

Learn how to draw like a cartoonist. A fun youtube channel were you will learn to draw fun designs

https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg

Safe and comfortable home challenge

https://drive.google.com/file/d/120TVKvm_jx7D1vmpz09aXWWHoUGuLVxT/view?usp=sharing

Help fight the coronavirus. The aim of this project is to come up with a design to help the NHS fight the virus

<https://drive.google.com/open?id=12-K4rhDC8u-XiYLSJ7wGHP0BSm9ves65>

English

Ms Deegan has put lots of resources (including reading lists) on the library google drive:

<https://drive.google.com/open?id=1IcWI16c9VIIPDYb3pJr3uV2Rst7t8zoG>

Audible have made some of their audio books free during the worldwide coronavirus lockdown:

<https://www.radiotimes.com/news/radio/2020-03-20/audible-just-made-hundreds-of-titles-completely-free-to-help-during-coronavirus-crisis/>

Apple books have also made some of their books free:

<https://www.apple.com/uk/apple-books/>

Explore the British library

<https://www.bl.uk/#>

Watch some Ted Talks

<https://www.ted.com>

Food

LOOK out for our Lockdown Home Cooking Challenges

Lots of activities and resources for key stage 3

<https://www.foodafactoflife.org.uk/11-14-years/>

Lots of activities and resources for key stage 4

<https://www.foodafactoflife.org.uk/14-16-years/>

Jamie Oliver shares suggestions of dishes to cook at home. Take a look at his 'Keep Calm and Carry on Cooking' episodes on Channel 4 for ideas of meals to cook whilst we're all staying home!

<https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/episode-guide>

<https://www.jamieoliver.com/features/category/get-kids-cooking/>

Theo Michaels shares cooking suggestions on Mondays, Wednesdays and Fridays:

<https://www.instagram.com/theocooks/?hl=en>

Watch

- Secrets of our supermarket food - Channel 5 - Thursday
- Secrets of your Food - BBC2 - Saturday
- Living on Veg - ITV - Saturday

Geography

Work through the units in KS3 Geography Bitesize (see link below). You can make notes on units you have been taught already and can attempt the online tests and record your scores in your Geography books. There are also videos for each unit that you can watch and take notes from in their Geography exercise books. Once you have completed all of the units you have been taught, you can choose and work through any other units in the Geography section that interest you.

<https://www.bbc.co.uk/bitesize/subjects/zrw76sg>

Improve your Geographical Skills including how to read and interpret information on maps, four and six figure grid references, measuring distances using scale indicators and directions using compass points. The following websites are excellent for helping students to develop these key skills;

<https://www.bbc.co.uk/bitesize/topics/zm38q6f>

<https://www.ordnancesurvey.co.uk/mapzone/map-skills>

Log onto SENECA and work through the KS3 Geography units. See link below;

<https://app.senecalearning.com/classroom/course/e076bd9c-75b6-4095-a600-d2a84b0dd81f/section/65d21d76-5850-4c5a-8114-4ab838d1822f/session>

Improve your knowledge of the world including the names and locations of the continents, oceans, seas and major rivers, countries and their capital cities, political maps, world climate maps, the different biomes of the world and significant physical

features around the world including mountain ranges, deserts, coasts, rivers and the tectonic plates including their associated natural hazards. This can be done using an atlas, the maps in their planners and the following website;

<https://www.worldatlas.com/>

Make sure your Geography exercise books are well organised and that all loose worksheets have been glued flat into their books and that all work including classwork and homework has been completed.

The Royal Geographic society have made a range of resources available:

<https://www.rgs.org/schools/teaching-resources/geography-at-home/>

History

Explore the National Archives

<https://www.nationalarchives.gov.uk/education>

Dan Snow has a programme on his website which is free for 30 days:

<https://www.historyhit.com/podcasts/dan-snows-history-hit/>

He also has a series of videos on Youtube. Look for #stayhomelearnabout

<https://www.youtube.com/channel/UC88lvyJe7aHZmcvzvubDFRg>

Year 10

Make revision cards on all Germany and International relations topics and add as many key words as possible.

Years 9 and 10

Also some novels that might broaden your horizons in terms of the topics we have covered/will be covering; The Pillars of the earth (Ken Follett)/March Violets (Kerr)/Coming up for air/1984 (George Orwell)/Roots (Alex Haley)/Jane Eyre (Bronte)/Persuasion(Austen)/Great expectations (Dickens).

I recommend the series on Britain on Timelines TV (see YouTube) as well as the classic series (Netflix/Youtube) Simon Schama's History of Britain.

Year 7 to 9

Look at this website for some reading ideas;

<https://bookriot.com/2018/11/26/best-historical-fiction-books-for-kids/>

This website is fun as well: <https://www.bbc.co.uk/history/forkids/>

Lastly, for all students watching historical films is a great way to find out about History, I recommend:

Ben Hur/Spartacus/Downfall/Dunkirk/The Last Emperor/Schindler's list/Les Miserables/Gandhi/12 years a slave/Braveheart/Lincoln/The Great Escape/Invictus/Empire of the sun and War horse.

Before watching any films, you must check the age certificate and get parental permission of course.

Maths

Revisit some key concepts with Khan Academy:

<https://www.khanacademy.org/>

Maths Genie - this website has revision notes, videos and past exam questions arranged by topic.

<https://www.mathsgenie.co.uk/>

NRICH - The NRICH Project aims to enrich the mathematical experiences of all learners. Develop your mathematical thinking and problem-solving skills through the online activities.

<https://nrich.maths.org/>

Mayor's Fund for London special Count on Us Challenge

<https://www.mayorsfundforlondon.org.uk/secondary-virtual-challenge/>

Carol Vorderman Maths:

<https://www.themathsfactor.com>

Maths Head Start A Level text:

<https://www.amazon.co.uk/Head-Start-Level-Maths-2017-2018/dp/1782947922>

MFL

Revisit and retrieve some previously learnt vocabulary - set yourself a 15 minute a day Quizlet challenge to practise key vocabulary at www.quizlet.com

Learn a new language together in your house! The Duo Linguo app is an excellent resource for learning a language gradually and regularly day by day. A perfect activity for the next few weeks for the whole family, with a huge range of languages available and podcasts at an accessible level: www.duolingo.com

The well regarded and (usually expensive) online language learning website Rosetta Stone has made all its resources free for the duration of the lockdown
<https://www.rosettastone.com/freeforstudents/>

Memrise has more free language learning with video clips at
<https://www.memrise.com/>

The Great Languages Challenge offers treasure hunt style activities to find out more about the cultures of the languages you are studying as well as others you'd like to find out more about:
www.britishcouncil.org/school-resources/find/classroom/great-languages-challenge

Watch some French / Spanish movies and TV shows together (!look out for age appropriate ratings though!). There are plenty of options on Netflix, Now TV, Apple TV and Amazon. Channel 4 ALL4 offers a fantastic collection of foreign language TV at Walter Presents: <https://www.channel4.com/collection/walter-presents>

Into Film is also offering a catalogue of family friendly films with educational value at <https://www.intofilm.org/>. There are a few foreign language films available alongside a range of English language films with suggested educational activities.

Music

A guide to the Orchestra from the BBC:
<https://www.bbc.co.uk/orchestras/learn/guidetotheorchestra/>

Listen to classical music and complete quizzes:
<https://www.classicsforkids.com/>

Do some singing! It is SO good for you! This website builds your singing skills, but any karaoke youtube video of your favourite song would do.
<http://www.bbc.co.uk/sing/learning/>

And if you are lucky enough to have an instrument at home - do some practice!
Imagine how good you could be if you did 30 minutes a day!

A brilliant website with loads of information about Music and the Arts:

<https://www.brainpop.com/artsandmusic/>

There is a "Learn and listen" section and the building blocks of music with Dallas Symphony Orchestra:

<https://www.mydso.com/dso-kids/learn-and-listen/building-blocks-of-music>

Listen to all the instruments in the Orchestra:

<https://www.mydso.com/dso-kids/learn-and-listen/instruments>

If you have a small keyboard here are some good piano lessons:

<https://pianonanny.com/page1.html>

Free music software for recording and editing sound. Record yourself and edit the recording: <https://sourceforge.net/projects/audacity/>

Experiment with this free notation app to compose your own music:

<https://www.noteflight.com/>

Mylene Klass is running music lessons on Youtube each day:

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

Learn about Music Theory: <https://www.mymusictheory.com/>

Excellent way to practise your rhythms: <http://www.therhythmtrainer.com/>

More excellent Music Theory: <https://www.musictheory.net/>

Some fun games:

<https://www.learninggamesforkids.com/art-and-music-games.html>

More games and quizzes:

http://www.musictechteacher.com/music_quizzes/music_quizzes.htm

PE

Daily PE with Joe Wicks:

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Daily dance class with Strictly Come Dancing's Oti Mabuse

<https://www.radiotimes.com/news/tv/2020-03-25/oti-mabuses-dance-lessons-for-kids-how-to-watch/>

Use the app 'Down Dog' to do some yoga

<https://www.downdogapp.com/>

Gymnastics with Max Whitlock MBE Tuesday and Friday's at 3.30pm

@MaxWhitlock

Dance with Darcey Bussell:

<https://diversedancemix.com/>

One You initiated by the NHS, helps you to be active for 10 minutes indoors and outdoors- click the link to access what One you is about and download an app to track your progress. <https://www.nhs.uk/oneyou/active10/home>

Calisthenics is now becoming one of the best bodyweight sports. Click the link to access free tutorial works from beginner to advanced. This is free to access till the 30th April 2020.

[https://classroom.schoolofcalisthenics.com/course?3.](https://classroom.schoolofcalisthenics.com/course?3)

[courseid=bodyweight-basics&gclid=EAIaIQobChMIgI69qaq66AIViLHtCh3jMwDYEAA YASAAEgK27_D_BwE](https://classroom.schoolofcalisthenics.com/course?3.courseid=bodyweight-basics&gclid=EAIaIQobChMIgI69qaq66AIViLHtCh3jMwDYEAA YASAAEgK27_D_BwE)

If you're really into your dance routines, why don't you learn the classic Electric slide (Candy Cameo)? Lots of you may know this as a popular party song for all to join in. Play it out loud and add some freestyle movements!

<https://www.youtube.com/watch?v=jnp49VbbFqY>

Chair based exercise – This video is inclusive for all, take part in an abs routine from a chair!!! It's harder than you think.

https://www.youtube.com/watch?v=ipS_j0UuYwM

RE

RE Online Festivals calendar

<https://www.reonline.org.uk/festival-calendar/> is useful for research on current festivals

REOnline - Subject knowledge

<https://www.reonline.org.uk/subject-knowledge/> and contains reliable info on main religions/worldviews

Guardian online - Religion

<https://www.theguardian.com/world/religion> for news/current religious issues

BBC Bitesize KS3

<https://www.bbc.co.uk/bitesize/subjects/zh3rkqt>

BBC Bitesize GCSE

<https://www.bbc.co.uk/bitesize/subjects/zb48q6f> Don't forget to select correct exam board- we are AQA SPEC B

RE Videos:

BBC KS3 and GCSE videos:

<https://drive.google.com/open?id=1rccZoIahqH4eFcPM6Nn1KxQ5flZgwD5wgsyrg6oXN0s> contains relatively new films from young people from main religions

Truetube

<https://www.truetube.co.uk/> for lots of great videos

REquest - Christianity

<https://request.org.uk/> for videos and research information

The Bible society videos - Christian

<https://www.youtube.com/user/biblesocietytv/videos> has videos on some useful concepts in Christianity.

The Bible project

<https://www.youtube.com/user/jointhebibleproject/playlists>

RE Revision/quizzing:

Seneca

<https://www.senecalearning.com/> for exam board specific GCSE content - we are doing AQA SPEC B

Quizlet

<https://quizlet.com/en-gb> You will need to find relevant/reliable pre-made quizzes

MrMcMillanREvis

<https://www.youtube.com/user/MrMcMillanREvis/playlists> for Catholic Christianity revision videos

Science

KS3:

Mastery book: <https://shop.masteryscience.com/products/mastery-practice-book-1>
almost free (just postage)

Extend

<https://drive.google.com/file/d/10HX4VdiprmGeGDJoY61d5S4kpGSijQWY/view?usp=sharing>

KS4:

Physics extension work: <https://www.gcsephysicsonline.com/covid-19>

A LEVEL transition books are now free as a digital download:

Chemistry:

<https://www.amazon.co.uk/Head-Start-level-Chemistry-Level-ebook/dp/B00VE2NIGG>

Biology: <https://www.amazon.co.uk/Head-Start-level-Biology-Level-ebook/dp/B00VE2NIOI>

physics:

<https://www.amazon.co.uk/Head-Start-level-Physics-Level-ebook/dp/B00VE2NII4>

Maths:

<https://www.amazon.co.uk/Head-Start-Level-Maths-2017-2018/dp/1782947922>

All year groups:

Mental health:

<https://youngminds.org.uk/>

Kurzgesagt - Very detailed videos on interesting topics, all backed up with scientific research

<https://www.youtube.com/user/Kurzgesagt>

ASAP SCIENCE - Complex answers to simple questions

<https://www.youtube.com/user/AsapSCIENCE>