

Week beginning – Monday 11th January 2021

PSHCE

Learning Objective: To understand what county lines are.

Success Criteria:

1. I can explain what 'exploitation' means.
2. I understand what county lines are.
3. I understand why county lines are so dangerous for young people.

Write the definition of exploitation.

Exploitation _____

What is meant by the title; County Lines?

Click on the link to find out.

<https://www.childrenssociety.org.uk/what-we-do/our-work/child-criminal-exploitation-and-county-lines>

Task

Watch this video about County lines and answer the questions.

<https://www.youtube.com/watch?app=desktop&v=JPXlx9C0Rxs>

What is the job of the teenage drug runners?

How many county lines are there across the UK?

How much can county lines make in a day?

What is cuckooing?

Use three or more words to describe the flats where drugs are being dealt.

Why doesn't PC Barlow arrest the drug users for personal possession?

Why is it so important for the police to gain access to the houses?

How many children are estimated to be involved in county lines drug-dealing?

By what percentage have knife crimes risen in North Wales?

In January 2019, how many people were referred to safeguarding?

Why couldn't PCSO Baker protect the children?

How has one of the children got an iPhone?

Where do the children/teenagers hide the drugs?

Why are children in care more likely to be exploited?

Why are police so concerned that county lines are going to happen on a larger scale?

To consolidate
What are county lines and why are they dangerous?

Religious Studies

Year 10

Read Section 1 - Beliefs teachings and practices – Christianity and Catholic Christianity, in the CGP GCSE AQA Religious Studies guide and answer questions 1-6 on page 23.

Year 11

Read pages 24 to 36 in Section 2 - Beliefs, Teachings and Practices – Islam, in the CGP GCSE AQA Religious Studies guide and answer questions 1-8 on page 36.

PE

Day 1

Go for a 30-minute walk

Make sure to wear suitable shoes and clothing if it is cold outside and you are walking over different terrains.

Wall-sit for as long as possible

Challenge someone else in your household for extra fun.



Can you beat Mr. Nicholas' 58 seconds?

Back flat against the wall slide down into a 'seated' position and hold for as long as possible.

How many Star-jumps can you do in one minute?

Can you beat Mr. Dennis' 42 Star Jumps?

Arms down by your sides with feet together. Swing arms upwards and jump with feet going out to the side creating a 'star' or 'X' shape with your body



Day 2

Complete as many Press-ups as possible

Challenge someone else in your household for extra fun.

Can you beat Mr. Dennis' 46?



Press-up position: On the floor on all fours, positioning your hands slightly wider than your shoulders. Extend your legs back so that you are balanced on your hands and toes. Lower body until elbows are bent then return to starting position.

Farmers Walk

Workout with someone in your household for extra fun.

Grab two weight or fill two carrier bags with tins of food so that the weight is challenging. Walk 20 steps turn around and walk again making sure to stay upright keeping your back straight and feet in line with shoulders.



Repeat this exercise 5 times or as many times as you can for extra challenge.

Bicep Curls

Workout with someone in your household for extra fun.

Grab two weight or fill two carrier bags with tins of food so that the weight is challenging. Starting with your arms at the sides curl one arm towards your chest and return to your side. Then repeat for the other arm. Aim to complete 10 repetitions for each arm, so 20 repetitions in total.



Repeat this exercise 3 times or as many times as you can for extra challenge.

Day 3

Go for a 30-minute walk

Make sure to wear suitable shoes and clothing if it is cold outside and you are walking over different terrains.

Plank for as long as possible

Challenge someone else in your household for extra fun!

Can you beat Mr. Dennis' 83 seconds.

Plank position: On the floor on all fours, positioning your hands slightly wider than your shoulders then place forearms flat with hands and elbows on the floor. Extend your legs back so that you are balanced on your hands and toes and hold keeping your body straight.



How many Squat Jumps can you do in 1 minute?

Can you beat Mr. Nicholas' 39 squat jumps.

Stand up straight feet should width apart, lower body until knees are bent keeping your back as straight as possible, then push up from your legs as hard as possible into a jump.

