

**Week beginning – Monday 1<sup>st</sup> February 2021**

**PSHCE**

Learning Objective:

- To understand the impact of knife crime and who this affects.

Success Criteria:

- To study the facts about knife crime in the UK.
- To learn about the wider impact of knife crime.
- I can discuss solutions to knife crime.

These tasks are based on what you have already learnt about drugs and crime in your PSHCE lessons in class and through your remote learning tasks.

**Task 1**

What do you already know about knife crime? Write a few sentences or bullet points to explain your understanding.

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**Task 2**

Independently research to find out the answer to these questions.

You will need access to the internet to research the answers to these questions. You can access this through a smart phone, PC, laptop, tablet or, you can even gain access to this through game consoles such as PlayStation or Xbox.

1. How many knife crime offences were recorded in the year 2020?

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2. Which city currently has the highest number of knife-related offences in the UK?

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3. What crimes are knives used for?

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4. How many people died as a result of knife-crime in the year 2020?

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**Task 3**

Write answers in full sentences.

1. Who is affected by knife crime?

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2. How are they affected?

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**Task 4**

How can we solve knife crime?

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**Religious Studies**

**Year 10**

Learning Objective:

- To understand how to answer four- and five-mark exam-style questions.

Success Criteria:

- To recap the life of Jesus.
- To understand the meaning of exam-specific key words such as 'contrast'.
- To be able to successfully answer exam questions using advice provided.

This week, Miss Stringer would like you to complete the following tasks.

Using your GSCE AQA A Religious Studies CGP book, you will need to re-read Theme G (St Mark's Gospel: The Life of Jesus) Pages 90 – 100

This includes:

- The Start of Jesus's Ministry
- Jesus's Miracles
- The Later Ministry of Jesus
- The Final Days in Jerusalem

Once you have re-read this section, this week, please answer questions 9 – 16 underneath the 'Revision Summary' section on page 100.

The reasons for answering these questions are in the revision booklet ‘further explaining your points’ for four marks and ‘quoting and paraphrasing for five marks.’ The four- and five-mark questions now require a little more from you. Last week, you demonstrated your knowledge of the information you had read in Theme G. This week, you need to focus on your exam skills. Please ensure that your work is clear. The advice for the four- and five-mark questions on page 100 states; ‘make sure your answer is well organised so that is clear for the examiner.’

You will need to answer your questions on paper.

Below are some tips, as discussed in previous RS lessons, to help you answer the questions appropriately.

For the four-mark questions:

- Contrasting means different.

**“Explain two contrasting views about the meaning of the title ‘Messiah’.” 4 marks**

For full marks, you’ll need to further explain your point.

For the full four marks, include;

- 1 mark – Make your first point.
- 1 mark – Give reasons for your point and use the information you have read in Mark’s Gospel (p90-99) to support your point.
- 1 mark – Make your second point.
- 1 mark – Give reasons for your point and use the information you have read in Mark’s Gospel (p90-99) to support your point.

One view about the meaning of the title ‘Messiah’ is...

This is because/due to the fact that/it was believed.....

A contrasting view of this meaning is... (repeat above)

If you would like to, use the writing frame to help you set out your answer.

For the five-mark questions:

**“Explain two ways in which the story of Jesus’s baptism is important for Christians today.” 5 marks**

You’ll have to include references to Mark’s Gospel too. This can be quoting, paraphrasing or referring to a chapter and verse.

For the full 5 marks, include:

- 1 mark – Make your first point.
- 1 mark – Give reasons for your point and use references from Mark’s Gospel (p90-99) to support your point.
- 1 mark – Make your second point.
- 1 mark – Give reasons for your point and use references from Mark’s Gospel (p90-99) to support your point.
- 1 mark – The additional mark is given for effective use of referencing.

One way in which the story of Jesus’s baptism is important for Christians today is that...

The quote/point/reference ..... shows/demonstrates/justifies that.....

Another way in which the story of Jesus’s baptism is important for Christians today is.... (repeat above)

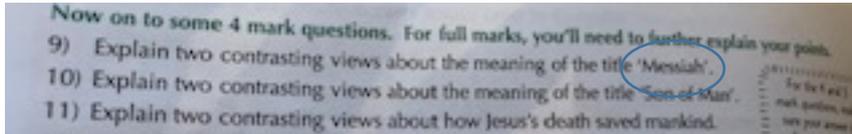
If you would like to, use the writing frame to help you set out your answer.

**Remember skimming and scanning skills.**

You should have already read this section which will have taken you over an hour, if read carefully. Questions 1-8 set last week should only have taken around 15-20 minutes to answer.

Answering the questions will take much longer this week so skimming and scanning techniques are crucial. Again, use the key words and headings to help you.

For example:



Use the headings so that you know where to look to recap what is meant by the term 'Messiah.'

**Additional Learning**

Access this internet link:

- [Christian beliefs and teachings - Oak National Academy \(thenational.academy\)](https://www.thenational.academy/)
- Access Lesson 5 – The Crucifixion and/or Lesson 6 – Recap and Practice
- Answer the 'Introductory Quiz' questions – hopefully, you will know some of the answers from the work you have done in your CGP book.
- Watch the video.
- Answer the 'Final Quiz' questions – you should now know the answers from watching the video.

**Year 11**

Learning Objective:

- To understand how to answer four- and five-mark exam-style questions.

Success Criteria:

- To recap Christian and Islamic beliefs about Religion, Peace and Conflict.'
- To use 'skim and scan' skills to locate required information.
- To be able to structure answers to exam-style questions appropriately.

This week, Miss Stringer would like you to complete the following tasks:

Using your GCSE AQA A Religious Studies CGP book, re-read Theme D (Religion, Peace and Conflict) Pages 64 – 71.

This includes:

- General Peace and Conflict
- Christian and Islam views
- Weapons of Mass Destruction
- Peacemaking

Once you have re-read this section, this week, please answer questions 9 – 16 underneath the 'Revision Summary' section on page 71.

Last week, you demonstrated your knowledge of the information you had read in Theme D. This week, you need to focus on your exam skills.

The reasons for answering these questions are in the revision booklet.

For four marks, 'make two points, but this time develop them for full marks.' Questions 11 and 12 also direct you to 'refer to the main religious traditions in the UK and at least one other religious viewpoint.'

For five marks, 'You need to refer to religious texts in order to get all 5 marks.'

Please ensure that your work is clear. The advice for the four- and five-mark questions on page 71 states; 'make sure your writing is well structured and accurate in the longer questions – your points have to be clear to the examiner.'

You will need to answer your questions on paper.

Below are some tips, as discussed in previous RS lessons, to help you answer the questions appropriately.

**"Explain two similar religious beliefs about justice."** 4 marks

For full marks, you'll need to develop your point.

For the full four marks, include:

- 1 mark – make your first point,
- 1 mark – give reasons for your point and use the information you have read in the Theme D section (p64-70) to support your point.
- 1 mark – make your second point.
- 1 mark – give reasons for your point and use the information you have read in the Theme D section (p64-70) to support your point.

One religious belief about justice is...

This is because/due to the fact that/it was believed.....

A similar religious belief about justice is... (repeat above)

If you would like to, use the writing frame to help you set out your answer.

**For the five-mark questions:**

**"Explain two religious beliefs about the importance of peace."** 5 marks

You need to refer to religious texts in order to get all 5 marks.

For the full five marks, include;

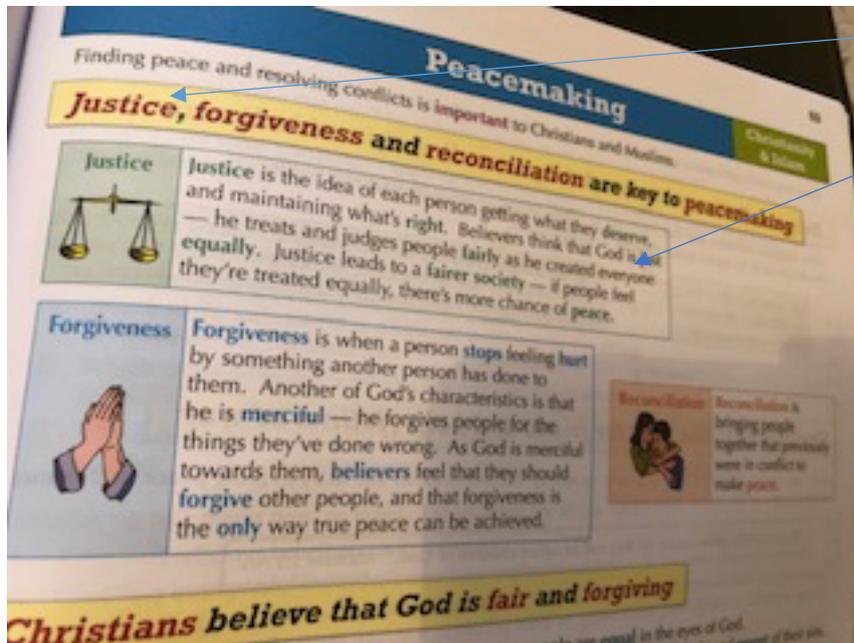
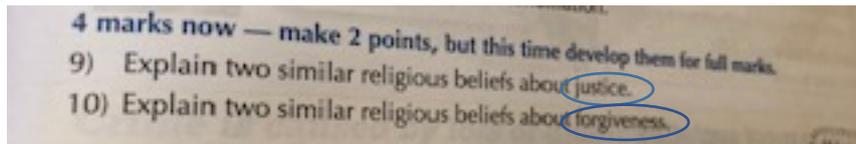
- 1 mark – make your first point,
- 1 mark – give reasons for your point and use references from the Theme D section (p64-70) to support your point.
- 1 mark – make your second point.
- 1 mark – give reasons for your point and use references from the Theme D section (p64-70) to support your point.
- 1 mark – the additional mark is given for effective use of religious texts.

One religious belief about the importance of peace is...  
 The quote/point/reference ..... shows / demonstrates / justifies that.....  
 Another religious belief about the importance of peace is.... (repeat above)

If you would like to, use the writing frame to help you set out your answer.

**Remember skimming and scanning skills.**

You should have already read this section which will have taken you over an hour, if read carefully. Questions 1-8 set last week should only have taken around 15-20 minutes to answer. Answering the questions will take much longer this week so skimming and scanning techniques are crucial. Again, use the key words and headings to help you.  
 e.g.



Look carefully at the headings to help you locate the key words in the questions.

**Additional Learning**

Access this internet link:

[Peace and conflict - Oak National Academy \(thenational.academy\)](https://www.thenational.academy/peace-and-conflict)

- Access Lesson 7 – Recap and Practice and/or Lesson 13 – Exam Practice.
- Answer the 'Introductory Quiz' questions – hopefully, you will know some of the answers from the work you have done in your CGP book.
- Watch the video.

Answer the 'Final Quiz' questions – you should now know the answers from watching the video.

**PE**

**Day 1**

**Go for a 20-minute jog.**

Make sure you are wearing appropriate trainers and you make someone aware of where you

are going. Try and run at a steady pace for three or more minutes, the walk for two minutes to recover. Try and stretch out your running phases and shorten your walking phases as your run goes on.

**Bicep Curls**

Grab two weights 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 three times or as many times as you can for extra challenge.



**How long can you hold a weight out in front of you for?**

**Can you beat Mr. Dennis' time of 3 minutes 24 seconds?**

Using a dumbbell or a bag with some tinned food in, see how long you can hold your arms out straight in front of your body for. As soon as your arms start to drop, stop the clock.



**Day 2**

**Quick step runs**

**Do this is three sets for one minute a go!**

**Can you beat Mr. Nicholas' time of 59 in one minute?**

Using the bottom two steps on a staircase, step up with your left foot and then your right foot and then back down with each foot. Do this as fast as you can for one minute! This is a cardiovascular exercise, so it is strengthening your heart and lungs.



**Farmers Walk**

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 five times or as many times as you can for extra challenge.



**Complete as many Sit-ups as possible**

**Can you beat Mr. Nicholas' score of 32?**

Lie on the ground with your shoulders in-line with your knees. Raise your legs up so that your knees are the highest part of your body and the soles of your feet are on the ground. With your hands on your head, see how many times you can sit up using your core muscles. (Abdominals)



**Day 3**

**Go for a 15 minute jog**

Make sure you are wearing appropriate trainers and you make someone aware of where you are going. Try and run at a steady pace for 3 or more minutes, the walk for 2 minutes to recover. Try and stretch out your running phases and shorten your walking phases as your run

goes on.

### Mountain Climbers

**Can you beat Mr. Dennis' score of 41 mountain climbers?**

Set yourself up in the press-up position (Pose A). Bring your right knee up towards your chest and then kick back into the press- position. Whilst you are doing this, pull up the opposite leg so that it is almost like you are running laying down.



**Complete as many Press-ups as possible**

**Can you beat Mr. Dennis' score of 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.

