

Week beginning – Monday 22nd February 2021

Please remember to submit all completed learning to the Remote Learning account of the Academy, the email address is:

- Remote-Learning@twapa.co.uk

PSHCE

Learning Objective:

- To understand the role of the prison service in the UK.

Success Criteria:

- Bronze: I can identify the reasons why people may be sentenced to a prison stay.
- Silver: I can identify the reasons why people may be sentenced to a prison stay and if this is always justified.
- Gold: I can identify the reasons why people may be sentenced to a prison stay if this is always justified and share my opinions about this.

Research the role of the prison service in the UK. To do this, you can read a newspaper article, research online, watch a programme about UK prisons or read a book / first-hand experience about prison.

Include:

What sort of crimes do people that warrant being sent to prison?

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Do you think it is always justified when people are sent to prison?

What are your reasons for this?

What processes are involved with sending someone to prison?

What jobs are available through the prison service?

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What alternatives are there to prison?

What is the ideal outcome for someone if they are sentenced to a prison stay?

Recommended reading:

<https://www.gov.uk/government/organisations/hm-prison-service>

Religious Studies

Year 10

Learning Objective:

- To understand Christian beliefs, teachings and practices.

Success Criteria:

- Bronze: I can define the meaning of certain topic-related words.
- Silver: I can define the meaning of certain topic-related words and identify Christian beliefs.

- Gold: I can define the meaning of certain topic-related words, identify Christian beliefs and explain how Christians celebrate Easter.

To follow on from the work completed in the Autumn term and the remote learning set in the Spring term, Miss Stringer would like you to complete the following tasks.

Answer questions 1-5 on page 23 in your GCSE CGP book. The information to answer these questions can be located between pages 1-22 – Beliefs, Teachings and Practices – Christianity and Catholic Christianity. It will be useful to read the pages in full but remember how skimming and scanning skills can help you.

The reasons for answering these questions are in the revision booklet ‘Let’s get cracking’ and ‘You’ve found your feet now, so let’s jump up to two marks.’ You may remember from the remote learning tasks you were set last half term that the reason for the one and two-mark questions are to give you the opportunity to demonstrate what you have learnt from reading/skimming and scanning through the information in this section. Next week, you will be expected to put additional effort into the ‘exam-style questions’.

Please ensure that your work is clear. You can answer the one-mark questions (Qs 1-2) in your CGP book, but you will need paper to answer the two-mark questions (Qs 3-5). Make sure that the questions you are answering are clear.

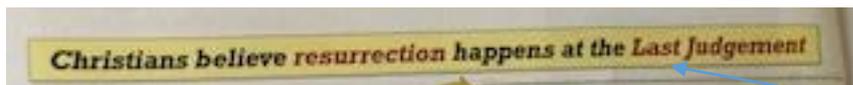
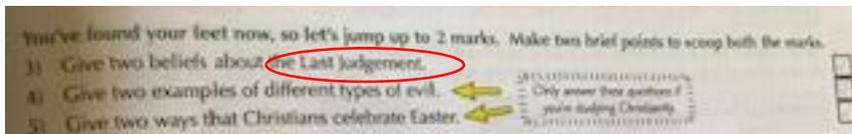
e.g.

Question 5. Two beliefs about the Last Judgement

1)

2)

*Quick tip – Use the **key words** and **headings** to help you answer the questions



Key word identified – Look for the appropriate heading.

Additional learning

Access this internet link;

<https://classroom.thenational.academy>

- Select subjects
- Select Key Stage 4
- Select Religious Education
- Select either: Christian beliefs and teachings or, Christian practices
- Select a lesson you feel is relevant to access, e.g. the resurrection (Christian beliefs and teachings) or festivals (Christian practices)
- 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 Islamic beliefs, teachings and practices.

Success Criteria

- Bronze: I can identify Islamic beliefs and concepts by name.
- Silver: I can identify Islamic beliefs and concepts by name and description.
- Gold: I can identify Islamic beliefs and concepts by name and description and give examples of Islamic practices.

To follow on from the work completed in the Autumn term and the remote learning set in the Spring term, Miss Stringer would like you to complete the following tasks.

Answer questions 1-8 on page 36. The information to answer these questions are located between pages 24-35 – Beliefs, Teachings and Practices – Islam in your GCSE CGP book. It will be useful to read the pages in full but remember how skimming and scanning skills can help you.

You may remember from the remote learning tasks you were set last half term that the reason for the one and two-mark questions are to give you the opportunity to demonstrate what you have learnt from reading/ skimming and scanning through the information in this section. Next week, you will be expected to put additional effort into the ‘exam-style questions’.

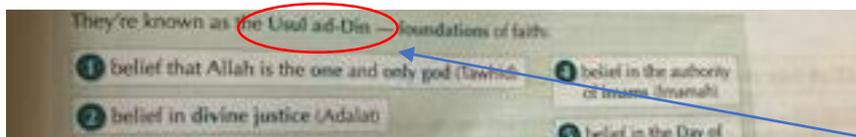
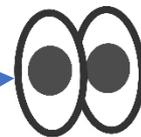
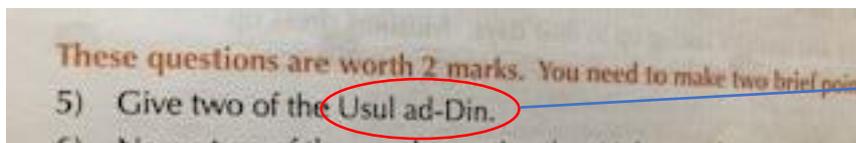
Please ensure that your work is clear. You can answer the one-mark questions (Qs 1-4) in your CGP book, but you will need paper to answer the two-mark questions (Qs 5-8). Make sure that the questions you are answering are clear.

e.g.

Question 5) Two of the Usul ad-Din

- 1)
- 2)

*Quick tip – Use the **key words** and **headings** to help you answer the questions.



Key word identified –
Look for the appropriate heading.
They're often written in a different colour.

Additional learning

Access this internet link;
<https://classroom.thenational.academy>

- Select subjects
- Select Key Stage 4
- Select Religious Education

- Select either: Islamic beliefs and teachings or, Islamic practices
- Select a lesson you feel is relevant to access, e.g. Sunni / Sha'I split (Islamic beliefs and teachings) or ten obligatory acts (Christian practices)
- 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 45-minute walk

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

Stair Climbs

- Can you beat Mr. Nicholas' 8 X 12stairs in one minute?

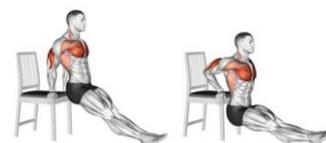


Using stairs at home, or anywhere local, see how many times you can run up the stairs. This should work your cardiovascular fitness (Heart and Lungs) as well as testing muscles in your legs (Quadriceps, Hamstrings and Gastrocnemius (Calf).

Safety! Walk down the stairs once you have run up, holding a hand rail if you need to. Run with your hands in front of you which should stop you if you fall,

How many Tricep Dips can you do in a row?

- Can you beat Mr. Dennis' score of 33?



Using a chair, table or step, place your hands out flat behind you and hold your body weight above your chair, table or step. With only your arms working, lower your body towards the floor flexing

Day 2

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).

Shuttle runs

Pick a landmark on your road, whether it be two bins or two lamp-posts, and see how many runs there and back you can do before you stop.

Remember! Focus on your breathing – this will make it easier in the long run!



Tricep Extenders

Grab two weight or fill two carrier bags with tins of food so that the weight is challenging. Starting with your arms holding the weight above your head with extended (straight) arms, slowly flex (bend) your arms so the weight is around your shoulder area. Then extend your arms out straight and repeat again.



Do this exercise for 10 reps, in three sets (groups of reps).

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’s core 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-up position. Whilst you are doing this, pull up the opposite leg so that it is almost like you are running laying down.



PHOTOGRAPH BY BETH BISCHOFF

How many Squats can you do in one minute?

- Can you beat Mr. Nicholas’ score of 50 Squats?

Stand up straight feet should width apart, lower body until knees are flexed (bent) keeping your back as straight as possible, then push up from your legs so you are back to your starting position and your legs are extended.

