

**Week beginning – Monday 1<sup>st</sup> March 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 experiences of those who have served a prison sentence.

**Success Criteria:**

- Bronze: I can share what I have learnt about the prison service.
- Silver: I can share what I have learnt about the prison service and answer questions about a relevant article.
- Gold: I can share what I have learnt about the prison service, answer questions about a relevant article and give reasons to justify my opinions.

Task 1

List five things you learnt from your research about the prison service last week.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Task 2

Access the following link:

<https://www.bbc.co.uk/programmes/articles/52XBpzxsQx7xRRRRMKfIByd/what-is-it-really-like-to-be-in-prison>

Read the article: **What is it really like to be in prison?**

Answer the following questions:

**Arrival**

Why do you think Brenda wanted to seem 'braver than she felt?

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Why do you think Brenda felt like her identity had been 'stripped away' when she arrived?

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**Ways of coping**

Why do you think Brenda's poetry writing helped her so much?

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**Helping other inmates**

Why do you think helping other inmates can help people cope with life in prison?

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**A turning point**

Why do you think some people decide to take their own life in prison?

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Why can some people become 'better people' as a result of prison?

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**A chance to reflect**

Why do you think prison offers a chance for reflection?

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**Religious Studies**

**Year 10 - Lesson 1**

Learning Objectives:

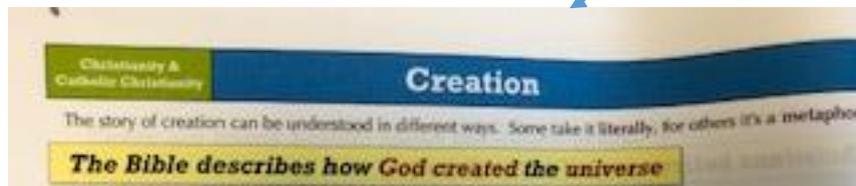
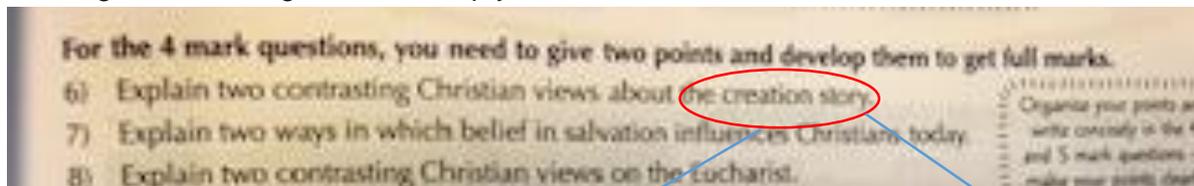
- To understand how to demonstrate my understanding to develop points.

Success Criteria:

- Bronze: I can make basic points in response to a question.
- Silver: I can make and develop points in response to a question.
- Gold: I can make and develop points in response to a question using relevant teachings from the text to expand my answer.

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 6-11 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 re-read the pages in full but remember how skimming and scanning skills can help you.



Use the key words in the questions to locate the information in the text.

You will need to answer your questions on paper.

Please ensure that your work is clear. The advice for the four- and five-mark questions on page 23 states; 'Organise your points and write concisely in the 4 and 5-mark questions – make your points clearly.'

→ This means, stick to the point. Don't witter!

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

**“Explain two contrasting Christian views about the creation story.”**

4 marks

**For the four-mark questions:**

**Contrasting means:** different, conflicting

**For the full 4 marks, include:**

- **1 mark** – make your first point,
- **1 mark** – give reasons for your point and use the information you have read in Christianity and Catholic Christianity (p1-22) 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 Christianity and Catholic Christianity (p1-22) to support your point.

One Christian view about the creation story is...  
This is because/due to the fact that/  
it was believed.....

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

Another contrasting Christian view about the creation story is ... (repeat above)

**For the five-mark questions:**

**“Explain two Christian teachings about the Trinity.”**

5 marks

Christianity and Catholic Christianity (p1-22)

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 Christianity and Catholic Christianity (p1-22) to support your point.
- **1 mark** – make your second point.
- **1 mark** – give reasons for your point and use references from Christianity and Catholic Christianity (p1-22) to support your point.
- **1 mark** – the additional mark is given for effective use of referencing.

One Christian teaching about the Trinity is...  
The quote/point/reference ..... shows / demonstrates /  
justifies that.....  
Another Christian teaching about the Trinity is is.....  
(repeat above)

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

**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. creation (Christian beliefs and teachings) or Eucharist (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 - Lesson 1

#### Learning Objective:

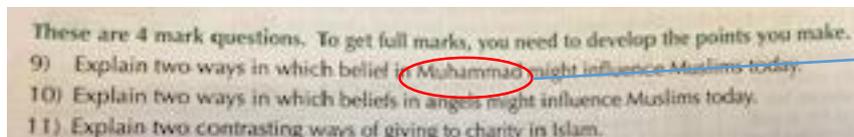
- To understand how to demonstrate my understanding to develop points.

#### Success Criteria

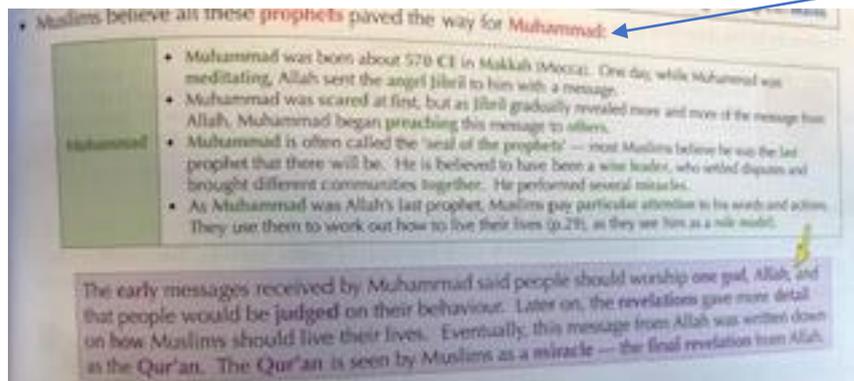
- Bronze: I can make basic points in response to a question.
- Silver: I can make and develop points in response to a question.
- Gold: I can make and develop points in response to a question using relevant teachings from the text to expand.

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 9-16 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 re-read the pages in full but remember how skimming and scanning skills can help you.



Use the key words in the questions to locate the information in the text.



This week, you need to develop your answers and explain the points you make to achieve full marks. The five-mark questions also require you to use the Muslim teachings to justify your answers.

Please ensure that your work is clear. The advice for the four- and five-mark questions on page 36 states; 'Your points need to be nice and clear in the longer answer questions. This means you need to make sure your writing is well organised.'

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 ways in which belief in Muhammad might influence Muslims today.”**

4 marks

**For the four-mark questions:**

**Influence means:** encourage, effect, influence

**For the full 4 marks, include:**

- **1 mark** – make your first point,
- **1 mark** – give reasons for your point and use the information you have read in The Islam beliefs, practices and teachings (p24-35) 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 Islam beliefs, practices and teachings (p24-35) to support your point.

One way in which belief in Muhammad might influence Muslims today... This is because/due to the fact that / it was believed.....

Another way in which belief in Muhammad might influence Muslims today ... (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 Muslim ideas about the Qur’an.”**

5 marks

The Islam beliefs, practices and teachings (p24-35)  
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 The Islam beliefs, practices and teachings (p24-35) to support your point.
- **1 mark** – make your second point.
- **1 mark** – give reasons for your point and use references from The Islam beliefs, practices and teachings (p24-35) to support your point.
- **1 mark** – the additional mark is given for effective use of referencing.

One Muslim idea about the Qur’an is...

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

Another Muslim idea about the Qur’an is..... (repeat above)

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

### 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. Lesson 2 Islamic beliefs and teachings, Muhammed
- 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.

**KS4 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.

**Step-Ups**

Using anywhere with at least one step, climb on to the stair one foot at a time until both feet are on the step. Once both feet are on the step, step back to the start position.



Complete 3 x 1 minute Sets.

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**

**High knee runs**

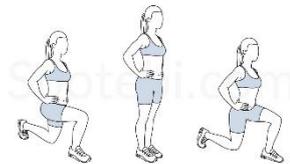
Can you beat Mr. Nicholas' score of 32?

Running on the spot, try and get your knees as high as you can – up to your tummy is possible! Run like this on the spot for 3 x 45 second sets.



**Lunges**

Starting with your hands on your hips and your feet together, take a step forward, planting one foot in front of your body and one foot behind. Lower your body till your back leg touches the floor.



**Weighted Step-Ups**

Using anywhere with at least one step, climb on to the stair one foot at a time until both feet are on the step. Once both feet are on the step, step back to the start position. Do this with either dumbbells or two bags of shopping or with a school bag on your back.



Complete 3 x 1-minute Sets.

**Day 3**

Go for a 30-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 two minutes to recover. Try and stretch out your running phases and shorten your walking phases as your run goes on.

### Burpees

Can you beat Mr. Dennis' score of 19 burpees in a minute?



### How many single leg squats can you do?

Can you beat Mr. Nicholas – 15

