

Academy Closure – July 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

Lesson One

LO: I understand how to maintain a healthy lifestyle on my journey to adulthood

Success Criteria:

Bronze – I can define topic-related key words.

Silver - I can define topic-related key words and identify ways we can maintain a healthy lifestyle throughout adulthood.

Gold - I can define topic-related key words, identify ways we can maintain a healthy lifestyle throughout adulthood and examine the benefits of a healthy lifestyle.

Year 10 – You have been learning about healthy relationships

The topic you will be studying today links to both of the topics you have been studying.

<https://classroom.thenational.academy/lessons/maintaining-a-healthy-lifestyle-74tk6c?activity=video&step=2&view=1>

Please access the link above and follow the instructions on the lesson. The remote teacher will tell you exactly what you need to do to be able to access the lesson.

Lesson 2

LO: To understand how exercise contributes to our positive mental wellbeing.

Success Criteria:

Bronze – I can define topic-related key words.

Silver - I can define topic-related key words and identify the chemicals and hormones that are produced when we exercise.

Gold - I can define topic-related key words, identify the chemicals and hormones that are produced when we exercise and how I can stay active whilst maintaining a busy lifestyle.

Year 10 – You have been learning about healthy relationships.

The lesson you will be studying today links directly to last week's lesson.

<https://classroom.thenational.academy/lessons/physical-activity-and-positive-mental-wellbeing-crwkct>

Please access the link above and follow the instructions on the lesson. The recap quiz at the start of the lesson will give you the chance to look over what you learnt last week. The remote teacher will tell you exactly what you need to do to be able to access the lesson.

This lesson has been specifically chosen to help you to keep you active and maintain your positive wellbeing over this week in isolation/off school as I'm sure you're missing us all terribly. If you are isolating and any of the physical activity suggests for you to go outside, please only do this from the comfort of your own garden.

Religious Studies

Lesson 1

LO: To explain ideas about the death penalty.

Success Criteria:

Bronze – I can define topic-related key words.

Silver – I can define topic-related key words and explain my own opinion about the death penalty.

Gold - I can define topic-related key words, explain my own opinion about the death penalty and

answer questions about the Muslim and Christian beliefs about the death penalty.

In class, we have been learning about the death penalty. You should have read this sheet in your last lesson.

- Abolished in the UK in 1969.
- Many people have been pardoned since their execution in the 1950's.

	For	Against
Christian views	<ul style="list-style-type: none"> • The Old Testament teaches-"Whoever sheds human blood, by humans shall their blood be shed." • "Life for life, eye for eye, tooth for tooth," • Justifiable retribution for serious crimes. • Deters people from committing the crimes. • The death penalty protects society by taking the criminal away for good, no chance of reoffending. • The principle of utility- if it promotes the maximum amount of happiness for the most amount of people it should be allowed. 	<ul style="list-style-type: none"> • Too many innocent people have been executed and you can't bring them back. • Does not show forgiveness and mercy. • Murder rates in other countries with the death penalty are the same as those without. (Not a deterrent) People who commit murder don't think of the consequences. (usually in rage) • Only God has the right to take life- Sanctity of Life argument. • No chance for reformation. • Takes away human dignity
Muslim views	<ul style="list-style-type: none"> • It is a deterrent- Carried out in public. • The principle of utility- if it promotes the maximum amount of happiness for the most amount of people it should be allowed. • Shari'ah law- God's law- allowed the death penalty for serious crimes. • "Do not take life that God has made sacred, except by right". • Acceptable if someone has gone against the faith. 	<ul style="list-style-type: none"> • Does not show forgiveness and mercy. • "If the culprit is pardoned by his aggrieved brother, he shall pay what is due. It is an act of mercy." • Some believe the passages in the Qur'an have been misinterpreted. • Muslims should promote non-violence.

Example: Timothy Evans
Wrongly accused of murdering his wife and daughter. Sentenced to death by hanging in 1950. John Christie was later executed for the murders.



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ht
e

'A criminals life should not be taken just because they have committed a crime.'

Evaluate this statement. [12 marks]

In your answer, you should:

Form an idea about the value of something.

- give developed arguments to support the statement,
- give developed arguments against the statement,
- refer to **religious** teaching/beliefs,
- May refer to non-religious arguments
- reach a justified conclusion.

Expand on each point. Make the point and explain it.

Use these to help you formulate your points.

What do YOU think and why?

Year 10**LO: To be able to answer exam-style questions about the religious beliefs about war.****Success Criteria:**

1. **Bronze:** I understand what 'Just War' and 'Holy War' are.
2. **Silver:** I understand what 'Just War' and 'Holy War' are and what the Muslim and Christian beliefs are.
3. **Gold:** I understand what 'Just War' and 'Holy War,' what the Muslim and Christian beliefs are and answer exam-style questions which demonstrate my understanding of this.

If you have a CPG book at home:

To follow on from the work completed so far this term about 'Just War' and 'Holy War', Miss Stringer would like you to complete the following tasks:

Read Page 65 in your GCSE AQA Religious Studies CGP book.

Once you have completed this, please answer Question 14 and 15 on page 71. **Use the guide below to help you set out your work if you wish.**

For these five-mark questions;

“Explain two religious beliefs about war.”

5 marks

The information to reference the beliefs can be found on p65
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 P65 to support your point.
- **1 mark** – make your second point.
- **1 mark** – give reasons for your point and use references from P65 to support your point.
- **1 mark** – the additional mark is given for effective use of referencing.

One religious belief about war is...

NOTE - MAKE SURE YOU MENTION WHETHER THIS IS A CHRISTIAN OR ISLAMIC BELIEF OR THE MARK WILL NOT COUNT!

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

Another religious belief about war is..... (repeat above)

If you do not have a CGP book at home and/or you would like to further develop your knowledge, please access:

<https://classroom.thenational.academy/units/peace-and-conflict-c461>

Select any, or all, of the following lessons:

- Lesson 5
- Lesson 6
- Lesson 8

The video will tell you exactly what you need and exactly what you should do in order to complete the tasks!

PE

LO: I will develop my understanding of the different components of fitness.

Day 1

Go for a 40 minute walk

Make sure you are wearing appropriate trainers and you make someone aware of where you are going. Try and walk at a consistent, but fast walk. This will push your heart and lungs which will improve your **Cardiovascular fitness**.

How many tricep dips can you do in a row?

Can you beat Mr. Nicholas-29

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**



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.

Day 2

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

Complete as many Sit-ups as possible
(Challenge someone else in your household for extra fun!)

Can you beat Mr. Nicholas – 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
(Workout with someone in your household for extra fun)



Pick a landmark on your road, whether it be 2 bins or 2 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!

Day 3

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 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.

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.

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.