



Remote Learning

Below are links to lessons for students to access in the event of school closure. Please refer to your child's timetable for the relevant subjects and select the links for their year group.

If the link does not work, please copy and paste into your browser. PE tasks are at the end.

Year 7

Subject	Link
English	https://www.thenational.academy/teachers/programmes/english-secondary-ks3/units/the-twisted-tree-fiction-reading/lessons (Lessons 1 + 2)
Maths	https://www.thenational.academy/teachers/programmes/maths-secondary-ks3/units/properties-of-number-factors-multiples-squares-and-cubes/lessons/divisibility-tests-for-2-and-3#slide-deck
Science	Cells KS3 Y7 Science Lesson Resources Oak National Academy (Lesson 1)
History	The successful expansion of medieval Mali KS3 Y7 History Lesson Resources Oak National Academy
Geography	The population of the UK: https://www.thenational.academy/teachers/programmes/geography-secondary-ks3/units/population-where-do-people-live/lessons/the-population-of-the-uk#slide-deck
RE	Prophethood: https://www.thenational.academy/teachers/programmes/religious-education-secondary-ks3/units/prophethood-how-are-abrahamic-faiths-connected-through-prophets/lessons/prophethood-in-abrahamic-religions#slide-deck
Drama	https://www.thenational.academy/teachers/programmes/drama-secondary-ks3-l/units/practising-physical-and-vocal-skills-a8c1/lessons?sid=3f0c50=0yMDieglcE&sm=1&src=3
Music	https://www.thenational.academy/teachers/programmes/music-secondary-ks3/units/making-music-together/lessons?sid=802bb1=gTF9fUR0q9&sm=1&src=3
CICT	Block programming: https://www.thenational.academy/teachers/programmes/computing-secondary-ks3/units/using-fundamental-programming-constructs-in-a-block-based-language/lessons
DT	https://www.thenational.academy/teachers/programmes/design-technology-secondary-ks3/units/principles-of-materials-and-manufacturing/lessons/material-sustainability



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Art	https://www.thenational.academy/teachers/programmes/art-secondary-ks3/units/art-craft-and-design-from-around-the-world/lessons/nature-and-architecture#slide-deck
French	Sept Couleurs Magiques (Mymi Doinet) KS3 Y7 French Lesson Resources Oak National Academy
German	What people have: 'haben' singular persons, indefinite article 'einen' KS3 Y7 German Lesson Resources Oak National Academy
Citizenship	What is the role of the media in a democracy? KS3 Y8 Citizenship Lesson Resources Oak National Academy
Food	https://www.thenational.academy/teachers/programmes/cooking-nutrition-secondary-ks3/units/the-eatwell-guide-meals-and-diets/lessons/making-better-food-and-drink-choices
Creative iMedia	https://www.thenational.academy/teachers/programmes/computing-secondary-ks3/units/clear-messaging-in-digital-media/lessons

Year 8

Subject	Link
English	https://www.thenational.academy/teachers/programmes/english-secondary-ks3/units/participating-in-effective-debates/lessons (Lessons 1 + 2)
Maths	https://www.thenational.academy/teachers/programmes/maths-secondary-ks3/units/sequences/lessons/securing-understanding-of-sequences#slide-deck
Science	Our solar system and beyond KS3 Y7 Science Lesson Resources Oak National Academy (Lesson 1)
History	https://www.thenational.academy/teachers/programmes/history-secondary-ks3/units/european-conquest-of-the-americas-why-was-its-impact-so-devastating/lessons/impact-of-european-settlement#worksheet
Geography	The rock cycle: https://www.thenational.academy/teachers/programmes/geography-secondary-ks3/units/rocks-weathering-and-soil-why-is-geology-important/lessons/the-rock-cycle#slide-deck
RE	The nature of human goodness: https://www.thenational.academy/teachers/programmes/religious-education-secondary-ks3/units/ethics-how-do-we-know-what-is-good/lessons/the-nature-of-human-goodness



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Drama	https://www.thenational.academy/teachers/programmes/drama-secondary-ks3-l/units/approaching-text-bringing-it-to-life-c00e/lessons?sid-e9da0b=ThEs6PXpn&sm=1&src=3
Music	https://www.thenational.academy/teachers/programmes/music-secondary-ks3/units/djembe-drumming-and-rhythms-from-the-regions-of-west-africa/lessons?sid-ff1136=la1znVZQrp&sm=1&src=3
CICT	Data representation: https://www.thenational.academy/teachers/programmes/computing-secondary-ks3/units/data-representation-text-and-numbers/lessons
DT	https://www.thenational.academy/teachers/programmes/design-technology-secondary-ks3/units/collaborative-design-tactile-toys-to-teach/lessons/collaborative-design-for-batch-production#worksheet
Art	https://www.thenational.academy/teachers/programmes/art-secondary-ks3/units/abstract-painting-sustainable-materials/lessons/mark-making-using-different-tools
French	How do you say that? Articles, 'il y a' and 'il n'y a pas' KS3 Y8 French Lesson Resources Oak National Academy
German	In Berlin and beyond: numbers 32-100, present tense of strong verbs KS3 Y8 German Lesson Resources Oak National Academy
Citizenship	How do citizens take action? KS3 Y8 Citizenship Lesson Resources Oak National Academy
Food	https://www.thenational.academy/teachers/programmes/cooking-nutrition-secondary-ks3/units/energy-and-nutrients-source-and-function/lessons/macronutrients-fibre-and-water
Creative iMedia	https://www.thenational.academy/teachers/programmes/computing-secondary-ks3/units/developing-for-the-web/lessons

Year 9

Subject	Link
English	https://www.thenational.academy/teachers/programmes/english-secondary-ks3/units/malevolent-characters-descriptive-and-narrative-writing/lessons (Lessons 1 + 2)
Maths	https://www.thenational.academy/teachers/programmes/maths-secondary-ks3/units/probability-possible-outcomes/lessons/equally-likely-outcomes#slide-deck



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Science	https://www.thenational.academy/teachers/programmes/combined-science-secondary-ks4-foundation-aqa/units/atomic-structure-and-the-periodic-table/lessons Lesson 1
History	https://www.thenational.academy/teachers/programmes/history-secondary-ks3/units/thematic-study-how-has-the-role-of-women-in-british-society-changed/lessons/the-changing-role-of-women#slide-deck
Geography	Natural resources: https://www.thenational.academy/teachers/programmes/geography-secondary-ks3/units/natural-resources-can-we-meet-the-earths-needs/lessons/natural-resources-the-things-we-use
RE	Interpreting 2021 census: religion: https://www.thenational.academy/teachers/programmes/religious-education-secondary-ks3/units/census-how-has-the-landscape-of-belief-changed-in-britain/lessons/interpreting-the-2021-census-data
Music	https://www.thenational.academy/teachers/programmes/music-secondary-ks3/units/film-music/lessons?sid-6bbf74=1SQqZ5e6z1&sm=1&src=3
CICT	Cyber security: https://www.thenational.academy/teachers/programmes/computing-secondary-ks3/units/introduction-to-cybersecurity/lessons
DT	https://www.thenational.academy/teachers/programmes/design-technology-secondary-ks3/units/developments-in-new-materials-supporting-new-parents/lessons/smart-materials-in-design#lesson-details
Art	https://www.thenational.academy/teachers/programmes/art-secondary-ks3/units/personal-identity/lessons/identity-art-and-self-expression
French	My everyday: numbers 32-69, time KS3 Y9 French Lesson Resources Oak National Academy
German	What I would like: 'möcht-' in one- and two-verb structures KS3 Y9 German Lesson Resources Oak National Academy
Citizenship	How can young people play an active role in democracy? KS3 Y9 Citizenship Lesson Resources Oak National Academy
Food	https://www.thenational.academy/teachers/programmes/cooking-nutrition-secondary-ks3/units/health-and-dietary-needs/lessons/health-conditions#slide-deck
Creative iMedia	https://www.thenational.academy/teachers/programmes/computing-secondary-ks3/units/data-representation-images-and-sound/lessons



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Year 10

Subject	Link
English	https://www.thenational.academy/teachers/programmes/english-secondary-ks4-aqa/units/poetry-anthology-first-study-155/lessons/lessons 3 + 4
Maths	https://www.thenational.academy/teachers/programmes/maths-secondary-ks4-foundation/units/further-sequences/lessons/checking-and-securing-understanding-of-special-number-sequences#slide-deck
Science	Eukaryotic and prokaryotic cells KS4 Y10 Biology Lesson Resources Oak National Academy Lesson 1
History	https://www.thenational.academy/teachers/programmes/history-secondary-ks4-aqa/units/period-studies-5163/lessons/social-and-civil-progress-in-the-usa#slide-deck
Geography	Factors affecting Biome distribution: https://www.thenational.academy/teachers/programmes/geography-secondary-ks4-aqa/units/ecosystems-biomes-and-the-biosphere/lessons/the-factors-affecting-biome-distribution#lesson-details
RE	The work of Tearfund (Christian practices): https://www.thenational.academy/teachers/programmes/religious-education-secondary-ks4-gcse-aqa/units/christianity-practices/lessons/the-work-of-tearfund
Drama	https://www.bbc.co.uk/bitesize/guides/zd2vhbk/revision/1
Music	https://www.thenational.academy/teachers/programmes/music-secondary-ks4-ocr/units/rock-anthems/lessons?sid-d37346=VBWpiOs0ZO&sm=1&src=3
Computer Science	Data compression: https://www.thenational.academy/teachers/programmes/computing-secondary-ks4-gcse-aqa/units/data-compression/lessons
DT	https://www.thenational.academy/teachers/programmes/design-technology-secondary-ks4/units/iterative-design-nature-4775/lessons/materials-and-manufacturing-processes-polymers-and-timbers
Food Preparation and Nutrition	Use your Revision book to complete multiple choice and long answer questions on a new topic. Complete the written answers in your book.
Textiles	https://www.thenational.academy/teachers/programmes/art-secondary-ks4/units/foundation-workshops-an-introduction-to-the-areas-of-study-4820/lessons/machine-stitching



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Art	https://www.thenational.academy/teachers/programmes/art-secondary-ks4/units/foundation-workshops-an-introduction-to-the-areas-of-study-4818/lessons/experiment-with-collage#slide-deck
French	Mon temps libre: subject pronouns, -er verbs and 'aimer' + infinitive Edexcel KS4 Y10 French Lesson Resources Oak National Academy
German	Das Oktoberfest in Deutschland: plurals add umlaut/e, n, no change; translation Edexcel KS4 Y10 German Lesson Resources Oak National Academy
Business	https://www.bbc.co.uk/bitesize/guides/zk7jwty/revision/1
Media	https://www.thenational.academy/teachers/programmes/citizenship-secondary-ks4-gcse/units/how-powerful-is-the-media/lessons/who-is-more-powerful-the-media-or-the-government#lesson-details
Creative iMedia	https://www.thenational.academy/teachers/programmes/computing-secondary-ks4-core/units/digital-media/lessons
Citizenship	What is speaking truth to power? KS4 Y10 Citizenship Lesson Resources Oak National Academy

Year 11

Subject	Link
English	https://www.thenational.academy/teachers/programmes/english-secondary-ks4-aqa/units/modern-text-first-deep-dive-5033/lessons (Lessons 1 + 2)
Maths	https://www.thenational.academy/teachers/programmes/maths-secondary-ks4-foundation/units/arithmetic-procedures-index-laws/lessons/problem-solving-with-the-laws-of-indices#slide-deck AND https://www.thenational.academy/teachers/programmes/maths-secondary-ks4-higher/units/algebraic-manipulation/lessons/further-algebraic-terminology#slide-deck
Science	States of matter KS4 Y10 Chemistry Lesson Resources Oak National Academy Lesson 1
History	https://www.thenational.academy/teachers/programmes/history-secondary-ks4-aqa/units/wider-depth-study-conflict-and-tension-between-east-and-west-1945-1972/lessons/tensions-between-the-superpowers-by-the-late-1960s#additional-material
Geography	Evaluating geographical issues:



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	https://www.thenational.academy/teachers/programmes/geography-secondary-ks4-aqa/units/decision-making-in-geography/lessons/evaluating-geographical-issues
RE	Crime and Punishment: Good & Evil intentions: https://www.thenational.academy/teachers/programmes/religious-education-secondary-ks4-gcse-aqa/units/religion-crime-and-punishment/lessons/good-and-evil-intentions
Drama	https://www.bbc.co.uk/bitesize/guides/zrjsxyc/revision/1
Music	https://www.thenational.academy/teachers/programmes/music-secondary-ks4-ocr/units/the-concerto-through-time/lessons?sid-79005f=c-KfCb-m8-&sm=1&src=3
Computer Science	Cyber security: https://www.thenational.academy/teachers/programmes/computing-secondary-ks4-gcse-aqa/units/cyber-threats-and-security/lessons
DT	https://www.thenational.academy/teachers/programmes/design-technology-secondary-ks4/units/technical-principles-5119/lessons/physical-and-working-properties-of-materials
Food Preparation and Nutrition	Use your Revision book to complete multiple choice and long answer questions on a new topic. Complete the written answers in your book.
Textiles	https://www.thenational.academy/teachers/programmes/art-secondary-ks4/units/foundation-workshops-developing-skills-4891/lessons/fabric-manipulation-techniques-for-texture-and-form-28728
Art	https://www.thenational.academy/teachers/programmes/art-secondary-ks4/units/foundation-workshops-developing-skills-4888/lessons/revisiting-colour-theory-the-science-and-emotion-of-colour
French	Un pays francophone : present tense, prepositions 'à', 'de' and 'en' Edexcel KS4 Y11 French Lesson Resources Oak National Academy
German	Abenteuer im Ausland: perfect tense stem changes, perfect tense questions Edexcel KS4 Y11 German Lesson Resources Oak National Academy
Business	https://www.bbc.co.uk/bitesize/guides/z6sphbk/revision/1
Media	Audiences: https://www.bbc.co.uk/bitesize/guides/zy24p39/revision/1
Creative iMedia	https://www.thenational.academy/teachers/programmes/computing-secondary-ks4-core/units/digital-media/lessons
Citizenship	https://www.thenational.academy/teachers/programmes/citizenship-secondary-ks4-core/units/what-tools-can-we-use-to-challenge-injustice-in-our-communities/lessons/what-is-speaking-truth-to-power



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PE:

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SECONDARY LESSON 1

WARM UP 5

Roll The Dice
The Dice - Roll the dice twice, add the numbers up and complete a warm up movement for that amount of seconds or times. Examples could be high knees, jumping jacks, side steps, jogging on the spot.
What warm up movements can you think of?

ACTIVITY 1 10

Indoor Golf
Get creative in your house by playing golf using your hand, rolled up socks and a bowl! What items can you use in your house to create different golf holes?
Take a look at this [video](#) for inspiration!

ACTIVITY 2 20

Full Body Workout
Complete the following movements for a specific amount of time or set amount of reps.
Dynamic Hip Flexor Stretch - Stand with your feet together and begin by raising your right knee up and pulling it into your chest with your hands and then returning to the starting position. Repeat with your left knee.
Check out this [video](#) for further workout moves and don't forget to have a drink!

CHALLENGE 1 5

Basketball Shooting
Using a pair of rolled up socks, place a target (bin, sauce pan etc.) up against a wall. Try to shoot your socks into the target. Repeat 5 times and see how many you can score. For an added challenge, move your target away from the wall or place behind a chair in your house. How many can you score this time?
Use this challenge as practice for your entry into the SLSSP Quad Cup - Virtual Basketball Challenge. Click [here](#) for more information and to enter the competition!

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SECONDARY LESSON 2

WARM UP 5

Activity Cards
On a piece of paper, write down different warm up movements/stretches and then cut them out individually. Mix them up, spread them out and turn one over and complete the movement or stretch. Repeat with the other cards. Examples could be jumping jacks, hamstring stretch, high knees and sprinting on the spot.
What warm up movements can you think of?

ACTIVITY 1 20


Yoga with Adriene
Yoga is the perfect opportunity to exercise and relax at the same time. Take a look at this [video](#) for a great 20 minute yoga workout!

ACTIVITY 2 15

Workout with Anthony Joshua!
How many rounds of AJ's exercises can you complete in 10 minutes?
Complete each movement for 10 reps.
Squats
Press Ups
Reverse Lunge & Press
Row Boats
Bag Drag
See the [video](#) for how to complete AJ's workout moves!

CHALLENGE 1 10

Basketball Shooting
Using a pair of rolled up socks, place a target (bin, sauce pan etc.) up against a wall. Try to shoot your socks into the target. Repeat 5 times and see how many you can score. For an added challenge, move your target away from the wall or place behind a chair in your house. How many can you score this time?
Use this challenge as practice for your entry into the SLSSP Quad Cup - Virtual Basketball Challenge. Click [here](#) for more information and to enter the competition!

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SECONDARY LESSON 3

WARM UP 5

Pick a Card
Pick 4 activities and assign each activity to a suit in the deck of cards. For example, diamonds = high knees, hearts = squats, spades = heel flicks, clubs = star jumps. Pick a random card from the deck and perform the activity that relates to the suit you have chosen. The number on the card is the reps you need to complete (4 of hearts = 4 squats). Jack, Queen and King = 11 reps. Repeat 10 times.

ACTIVITY 1 10

Indoor Bowling
Get creative in your house by playing 6 pin bowling using everyday items such as bottles and boxes for pins and rolled up socks for the bowling balls. Check out this [video](#) for hints and tips for indoor bowling at home!

ACTIVITY 2 20

Gymnastics Balances
Points of Balance - Try to create balancing positions using 1 to 4 different points of contact. A 1 point balance is 1 body part touching the floor (standing on one leg), a 2 point balance is 2 body parts touching the floor (handstand) and so on. Try to make the most creative balance using different points of contact.

CHALLENGE 1 5

The Keep Up Challenge
Using a pair of rolled up socks, see how many keep ups you can do with your feet without the socks touching the ground. Alternatively, you can also see how many keep ups you can do with your hands.
Check out the [video](#) [here](#) for how to complete the challenge!

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SECONDARY LESSON 4

WARM UP 10

Tic-Tac-Toe
Create a 3x3 grid using items in your home. Roll up 6 pairs of socks (3 of one colour, 3 of another). Against someone else, stand next to each other and run to the grid and place your socks in one square of the grid (only 1 pair of socks per square). Return to the start and repeat with your second pair of socks. Once all socks are placed, move 1 of your own pair to try and create your line. First person to get 3 of their socks in a line wins. Repeat until someone has won 5 times. Check out the game [here](#)!

ACTIVITY 1 20

Home Olympics
Can you create and design your own home-style Olympics? You could include events such as standing long jump, 30 seconds hurdles speed bounce, balance walk with socks on your head (as many lengths of a room as possible), mini marathon (how many times can you run from one side of a room to the other in 2 minutes) and the weightlifting challenge (as many press ups in 30 seconds as possible). What other Olympic events can you recreate?

ACTIVITY 2 10

Design Your Own Yoga Routine
Can you design a yoga routine? Think about different yoga positions and how you could use them to unwind and cool down your body. Yoga stretches are great for relaxing your body and mind whilst also reducing your heart rate.
Take a look at this [video](#) for different yoga stretches you could use.

CHALLENGE 1 10

Favourite Sporting Moment
What is your favourite sporting moment? Close your eyes, replay it in your head and think about why it is special to you. Can you recreate your favourite moment using items you have available to you in your home? Be as creative as you like and take a photo or video to capture your recreated moment.

EXTENSION ACTIVITY

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ACTIVITY 1



Battleships - With someone else in your house, sit at opposite ends of a room and place 4 items each (boxes, tins, plastic cups etc.) in the middle of the room as your battleships. With a rolled up pair of socks, take it in turns to throw the socks and hit your opponents ships (it must hit directly, it can't roll and hit it). The winner is the first person to destroy all of the other players battleships.

WARM UP



Heads, Shoulders, Knees, Toes, GO - Stand opposite someone in your house, 1 metre apart. Place 1 object in between both of you and ask someone to sing the heads, shoulders, knees and toes lyrics. When they shout GO, race to pick up the item in between you. After each round, perform a stretch. First to 5 wins.

ACTIVITY 2



Seated Volleyball

With someone else in your house, mark out a court (A rug could be the playing court). Build a net in the middle of the court with household items. Players sit either side of the net. Using rolled up socks, balloon or soft ball, player 1 serves to player 2 using their hand, player 2 must return the serve with their hand without the ball bouncing and so on. You win a point if your opponent fails to return your shot, hits their shot out of the court or hits the net. There are no attacking shots in the game, as you can't hit the ball directly down and you must remain seated at all times. First to eleven points wins.

CHALLENGE 1



Boccia At Home

Roll up 7 pairs of socks (3 of one colour, 3 of another and 1 other colour). Sit down and throw the individual pair of socks and use this as 'the jack'. Players then take it in turns to throw their colour socks and get closest to the jack. Whoever is closest wins and you get 1 point for each sock of the same colour which is closest to the jack. First to 10 points wins. Use this challenge as practice for your entry into the **SLSSP Quad Cup - Boccia Challenge**. Click [here](#) for more information and to enter the competition!



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