

Work for Key Stage 4 Students (Years 9 and 10) to complete at home

Year 10 will be in school on Wednesday 15 March and then have a range of workshops on Thursday 16 March which they will access from home.

Year 10 will be involved in a 'Positively You' webinar on 16 March. This will have 3 workshops:

9-10:30 – Exam Busters

11-12:30 – Study Skills

13:30-15:00 – Mind Mapping

Students will have a workbook (UPad) to follow along the webinar with and a link by which to sign in.

Year 9 will be at home on Wednesday 15 March and in school on Thursday 16 March.

Please remember that you are working at home for one day. There are five separate activities that you could complete during that day. You do **NOT** have to complete them all; do a reasonable amount of work, spending approximately the same amount of time as you would spend working during a normal day in school.

Activity 1

Using the PiXL Gaps and Growth – Strengthening the Foundations Workbook [KS4 English Language](#)

- 'Recapping the foundations' offers support for some of the key foundational skills that will help you succeed. Read the sections you feel you need extra support on.
- Answer the questions in the brick walls on pages 7 and 8, start at the bottom of each wall. You can refer to recapping the foundations to help, if you need to.
- When you have answered the question in a brick, colour in red, amber or green depending how confident you feel.

Activity 2

Using the PiXL Gaps and Growth – Strengthening the Foundations Workbook [KS4 Foundation Maths](#) or [KS4 Higher Maths](#):

- Read the 'recapping the foundations' section of the booklet (see below). You can refer to this when you answer the questions.
- Answer the questions in the brick walls on pages 5 and 6 - start at the bottom of each wall.
- When you have answered the question in a brick, colour it in red, amber or green depending how confident you feel.

Activity 3

Using the PiXL Gaps and Growth – Strengthening the Foundations Workbook [KS4 Biology](#), [KS4 Chemistry](#), [KS4 Physics](#) :

- Read the 'recapping the foundations' section of the booklet (see below). You can refer to this when you answer the questions.
- Answer the questions in the brick walls on pages 5 and 6 - start at the bottom of each wall.
- When you have answered the question in a brick, colour it in red, amber or green depending how confident you feel.

Activity 4

- GCSEPod – Sign in through Office 365 (no passwords required).
- Click on or search for the subject 'Study Smart'
- Watch the 6 pods on retrieval practice, spaced retrieval and interleaving and how to do this with GCSEPod
- Create a retrieval practice calendar ready for your exams (Year 9 – week beginning 24th April and Year 10 – week beginning 5th June).

Activity 5

Using GCSEPod:

- Click on the Keeping Fit and Healthy subject
- Click on the 'Mind' section
- Watch two or more of the pods from:
 1. Choosing your mood
 2. Managing our thoughts
 3. Mindfulness
 4. Relaxation
 5. Training your attention
 6. Visualisation
- How could you use what you have learnt to improve your own wellbeing? Write a plan or a mind map of the useful tips you have learnt.