



Alderbrook School & Sixth Form

AMBITION | BRAVERY | KINDNESS

Independent Work for Year 8 Wednesday 5th July 2023

Please complete the work in your exercise book or on A4 paper. You may use a computer if it is appropriate to the task.

Period	Subject	Instructions	Resources/Links
1.	ENGLISH	<p>Use the link to complete the lesson on Rhetoric Writing</p> <p>Use a rhetoric framework for writing (thenational.academy)</p> <p>Complete the quiz, watch the video and presentation, complete the worksheet and complete the exit quiz</p>	Online Device to access lesson via link in instructions. Book/ Paper to answer worksheet questions (or print if you have access to a printer)
2.	MATHS	<p>Use the link to complete the lesson on Representing Ratio</p> <p>Representing ratio (thenational.academy)</p> <p>Complete the quiz, watch the video and presentation, complete the worksheet and complete the exit quiz</p>	Online Device to access lesson via link in instructions. Book/ Paper to answer worksheet questions (or print if you have access to a printer)

3.	PSHE- Mental Well being	<p>Complete the lesson on Health and Prevention</p> <p>Good quality sleep (thenational.academy)</p> <p>Complete the quiz, watch the video, read the transcript and complete the presentation and exit quiz Challenge:</p>	Online Device to access lesson via link in instructions.
4.	SCIENCE - Energy	<p>Use the link to complete the lesson on Radiation</p> <p>Radiation (thenational.academy)</p> <p>Complete the quiz, watch the video, complete the worksheet and complete the exit quiz</p>	Online Device to access lesson via link in instructions. Book/ Paper to answer worksheet questions (or print if you have access to a printer)
5.	PE	<p>Complete the lesson on components of fitness</p> <p>https://classroom.thenational.academy/lessons/how-can-we-train-agility-6tj36t</p> <p>Complete the quiz, watch the video, complete the worksheet and complete the exit quiz</p>	<p>Please make sure you have the following</p> <p>Online device</p> <p>Space if you wish to do the workout</p>