



Alderbrook School & Sixth Form

AMBITION | BRAVERY | KINDNESS

Independent Work for Year 10 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.	Science - Chemistry	<p>Use the link to complete the lesson on Complete lesson on Atoms, elements and compounds</p> <p>https://classroom.thenational.academy/lessons/atoms-elements-and-compounds-h3hasv</p> <p>Complete the quizzes, watch the video and the worksheet</p> <p>Challenge: Complete the lesson on, Development of the atomic model</p> <p>https://classroom.thenational.academy/lessons/development-of-the-atomic-model-fon1nm</p>	<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)</p> <p>You will need to be able to view the periodic table</p>
2.	Maths - Substitution and Rearranging	<p>Use the link to complete the lesson on, Substitute a positive term into a formula</p> <p>https://classroom.thenational.academy/lessons/substitute-a-positive-term-into-a-formula-cdgkge</p>	<p>Online Device to access lesson via link in instructions. Book/ Paper to answer worksheet questions (or print</p>

	formula e	<p>Complete the quizzes, watch the video and complete the worksheet</p> <p>Challenge: Complete the lesson on, Substitute a negative term into a formula</p> <p>https://classroom.thenational.academy/lessons/substitute-a-negative-term-into-a-formula-75j3cc</p>	if you have access to a printer)
3.	PSHE – How well does the media hold those in power to account ?	<p>Use the link to complete the lesson on, What is the role of the media in a democracy?</p> <p>https://classroom.thenational.academy/lessons/what-is-the-role-of-the-media-in-a-democracy-cmw32c</p> <p>Complete the quiz, presentation and watch the video</p> <p>Challenge: Complete the lesson on What is responsible journalism?</p> <p>https://classroom.thenational.academy/lessons/what-is-responsible-journalism-69k68r</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)
4.	English -	<p>Use the link below to access the BBC Bitesize and complete the work on Language and Structure</p> <p>https://www.bbc.co.uk/bitesize/guides/z839dmn/revision/1</p> <p>Read the revision section, watch the video and have a go at completing the questions</p>	Online Device to access lesson via link in instructions. Book/ Paper to make notes for future revision and to answer questions

5.	PE	<p>Join Joe Wicks and complete his workout 15 minute workout.</p> <p>https://www.youtube.com/watch?v=9blqQeTkau8</p> <p>(Please do not attempt this if you have an injury or illness that could be aggravated by performing exercise)</p>	<p>Please make sure you have the following before completing the workout:</p> <ul style="list-style-type: none"> • space suitable to complete the workout • Suitable sports clothing • Water