



Alderbrook School & Sixth Form

AMBITION | BRAVERY | KINDNESS

Independent Work for Year 10 Friday 7th 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, Development of the atomic model</p> <p>Complete the quizzes, watch the video and complete the worksheet</p> <p>https://classroom.thenational.academy/lessons/development-of-the-atomic-model-fon1nm</p> <p>Challenge: Complete the lesson on Atomic structure</p> <p>https://classroom.thenational.academy/lessons/atomic-structure-b4j7jk</p>	<p>Online Device to access lesson via link in instructions.</p> <p>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 formulae	<p>Use the link to 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> <p>Complete the quizzes, watch the video and complete the worksheet</p>	<p>Online Device to access lesson via link in instructions.</p> <p>Book/ Paper to answer worksheet questions (or print if you have access to a printer)</p>

		<p>Challenge: Complete the lesson on, Change the subject of a formula</p> <p>https://classroom.thenational.academy/lessons/change-the-subject-of-a-formula-6hhp2t</p>	
3.	<p>PSHE – How well does the media hold those in power to account ?</p>	<p>Use the link to complete the lesson on, What is responsible journalism?</p> <p>https://classroom.thenational.academy/lessons/what-is-responsible-journalism-69k68r</p> <p>Complete the quiz, presentation and watch the video</p> <p>Challenge:</p> <p>Complete the lesson on, What is misinformation and what can we do about it?</p> <p>https://classroom.thenational.academy/lessons/how-well-does-the-media-hold-those-in-power-to-account-recapping-our-learning-crt34c</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>
4.	<p>English - Macbeth</p>	<p>Use the link below to access the BBC Bitesize page for Responding to a fiction text</p> <p>https://www.bbc.co.uk/bitesize/guides/zyxsv4j/revision/1</p> <p>Read the revision section, watch the video and have a go at completing the questions</p>	<p>Online Device to access lesson via link in instructions. Book/ Paper to make notes for future revision and to answer questions</p>

5.	PE	<p>Join Joe Wicks and complete his workout 20 minute workout.</p> <p>https://www.youtube.com/watch?v=ByGi92AC95M</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
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