



Alderbrook School & Sixth Form

AMBITION | BRAVERY | KINDNESS

Independent Work for Year 8

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.	ENGLISH	<p>Use the link to complete the lesson on Writing Rhetoric</p> <p>Opinion articles and rhetoric (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 Understanding rate</p> <p>Understanding rate (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>Impact of poor 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 Insulation</p> <p>Insulation (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 Reactions in Sport</p> <p>How can we improve our reactions in sports situations? (thenational.academy)</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> <ul style="list-style-type: none"> ● Space if you wish to do the workout