



Alderbrook School & Sixth Form

AMBITION | BRAVERY | KINDNESS

Independent Work for Year 9

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	<p>Use the link to complete the lesson on power & energy: Power and energy (thenational.academy)</p> <p>Complete the quiz, watch the video, complete the worksheet and complete the exit quiz.</p> <p>If you have time, you may wish to try this lesson: Energy in the home (thenational.academy)</p>	<p>Device to access lesson online via link in instructions.</p> <p>Book/paper to answer worksheet questions (or print if you have access to a printer)</p>
2.	Maths	<p>Use the link to complete the lesson on Pythagoras' theorem: Generalising: Pythagoras's theorem (thenational.academy)</p> <p>Complete the quiz, watch the video and presentation, complete the worksheet and complete the exit quiz.</p> <p>If you have time, you may wish to try this lesson: Pythagorean triples (thenational.academy)</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>

3.	PSHE – Healthy Lifestyles	<p>Complete the lesson on first aid: Assessing a casualty (thenational.academy)</p> <p>Complete the quiz, watch the video, read the transcript and complete the presentation and exit quiz.</p> <p>If you have time, you may wish to try this lesson: Recovery position (thenational.academy)</p>	Online Device to access lesson via link in instructions.
4.	English	<p>Use the link below and complete the grammar lesson on independent clauses: Independent clauses (thenational.academy)</p> <p>If you have time, you may wish to try this lesson: Subordinate clauses (thenational.academy)</p>	<p>Online Device to access lesson via link in instructions.</p> <p>Book/paper to make notes for future revision and to answer questions</p>
5.	PE	<p>Try this fitness workout with Joe Wicks: https://www.youtube.com/watch?v=JnCfnYPKc7w</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