



# Alderbrook School & Sixth Form

AMBITION | BRAVERY | KINDNESS

## Independent Work for Year 9

Friday 7<sup>th</sup> 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.	<b>Science</b>	<p>Use the link to complete the lesson on conduction: <a href="#">Conduction (thenational.academy)</a></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: <a href="#">Convection (thenational.academy)</a></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.	<b>Maths</b>	<p>Use the link to complete the lesson on rational and irrational numbers: <a href="#">Rational and irrational numbers (thenational.academy)</a></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: <a href="#">Introduction to Surds (thenational.academy)</a></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.	<b>PSHE – Healthy Lifestyles</b>	<p>Complete the lesson on CPR first aid:  <a href="#">CPR (thenational.academy)</a></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:  <a href="#">Defibrillators (AEDs) (thenational.academy)</a></p>	Online Device to access lesson via link in instructions.
4.	<b>English</b>	<p>Use the link below and complete the lesson on rhetoric writing:  <a href="#">Use a rhetoric framework for writing (thenational.academy)</a></p> <p>If you have time, you may wish to try this lesson:  <a href="#">Opinion articles and rhetoric (thenational.academy)</a></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.	<b>PE</b>	<p>Try this fitness workout with Joe Wicks:  <a href="https://www.youtube.com/watch?v=mvMPjDLBBrk">https://www.youtube.com/watch?v=mvMPjDLBBrk</a></p> <p><b>(Please do not attempt this if you have an injury or illness that could be aggravated by performing exercise)</b></p>	<p>Please make sure you have the following before completing the workout:</p> <ul style="list-style-type: none"> <li>• space suitable to complete the workout</li> <li>• Suitable sports clothing</li> <li>• Water</li> </ul>