



THE APPLETON SCHOOL

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Achieving Excellence



Dear Parent / Guardian,

Thank you for all your support to date with our home learning programme.

Please find below a work schedule we have produced for students, to help provide a structure to their day. We highly recommend students have a routine that they follow each day, which can of course be adapted to your child's individual needs.

Time	Theme	Activity
9.00 – 9.30	Physical Wellbeing	Practical
9.30 – 9.40	Break	
9.40 – 10.40	Mathematics	Topic based
10.40- 11.00	Break	
11.00- 12.00	English	Topic based
12.00- 13.00	Science	Topic based
13.00- 13.45	Extended Break	
13.45- 14.45	Further Subjects/ Personal Development	Topic based

We are very keen to support students further at home in any way we can. Below is a list of online resources we recommend, for a wide variety of subjects. Students can independently refer to these websites for further learning, in addition to the work already set on the school's website by their subject teachers, this will be updated fortnightly.

Subject	Online Resources
Physical Wellbeing	<p>Warm up / Stretches https://www.youtube.com/watch?v=03JKamVnbfs – Helps to improve flexibility</p> <p>Joe Wicks – The Body Coach Joe Wicks uploads new workouts every week day. Try to complete 'PE with Joe' every weekday. These videos get uploaded Monday-Friday at 9am – 30 minutes of exercise.</p>



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	<p>https://www.youtube.com/watch?v=K6r99N3kXME – PE with Joe Wicks https://www.youtube.com/watch?v=FjR-B7BFZ4s – Home workout https://www.youtube.com/watch?v=Hr-p7TikhPI – Home HITT training https://www.youtube.com/watch?v=xvn3HISxYdM – Home fat burner https://www.youtube.com/watch?v=okxbGxbj03s – Legs, bums and tums workout https://www.youtube.com/watch?v=fHfTCd2q-rg - High Intensity Interval Training</p> <p>Aerobics https://www.youtube.com/watch?v=5if4cjO5nxo – Family aerobics workout https://www.youtube.com/watch?v=MxLL9Scvmzo – Cardio workout https://www.youtube.com/watch?v=xfmHPW-AfQs - Zumba</p> <p>Yoga https://www.youtube.com/watch?v=KWBfQjuwp4E&list=PLui6Eyny-UzzFFfpil94CUrWKVMaqmkm Yoga with Adriene – A 30-day yoga journey. https://www.youtube.com/watch?v=v7AYKMP6rOE – Yoga for complete beginners, 20 minute home yoga workout.</p> <p>Dance https://www.youtube.com/watch?v=q5FJ3oK4JCA - Diversity Dance Tutorial Lesson 1 https://www.youtube.com/watch?v=FDjkVpKluOQ - Diversity Dance Tutorial Lesson 2 https://www.youtube.com/watch?v=yt6Llst0yZ8 - Diversity Dance Tutorial Full Routine https://www.youtube.com/watch?v=1UCgri6SG1w&t=569s - The greatest showman dance tutorial https://www.youtube.com/watch?v=o2X9RGYmm6w - Contemporary floor work tutorial</p> <p>Cool-down https://www.youtube.com/watch?v=7h_Pn7NyJ0k - Stretching routine for relaxation and stress relief.</p>
Mathematics	<p>www.corbettmaths.co.uk www.mathsgenie.co.uk www.justmaths.co.uk These resources, have videos, work sheets and exam questions, with solutions for every topic. https://teaching.homelearning.outwood.com/</p>
English	<p>https://www.litcharts.com https://www.sparknotes.com/ https://www.gcsepod.com/ https://www.youtube.com/user/mrbruff http://www.theappletonschool.org/students/accelerated-reader</p>
Science	<p>1. https://www.kerboodle.com/app This is our online textbook that students can access. Username: First letter of your first name and whole surname</p>

	<p>e.g. jsmith Password: Same as username, unless pupils have changed it. Institution: qpx7</p> <p>2. https://www.bbc.co.uk/bitesize/levels/z4kw2hv BBC Bitesize for KS3 selecting AQA Science</p> <p>3. YouTube searching for KS3 science.</p>
<p>Further Subjects/ Personal Development</p>	<p><u>French and German</u> All pupils studying French and German: www.pearsonactivelearn.com www.vocabexpress.com For both these websites pupils have their own usernames and passwords. These will also be uploaded to show my homework from Monday for those who have lost them. The school code for vocab express is UKTAPS. www.linguascope.com Username: appleton Password: apple2019 Year 7 and 8 pupils should use the 'beginners' section</p> <p><u>BBC Bitesize:</u> KS3 French: https://www.bbc.co.uk/bitesize/subjects/zgdqxn KS3 German: https://www.bbc.co.uk/bitesize/subjects/zci2tfr</p> <p><u>Geography</u> Seneca Learning - KS3 Geography Course - https://app.senecalearning.com/dashboard/join-class/bsm6pf4g3f</p> <p><u>History</u> https://www.bbc.co.uk/bitesize/subjects/zk26n39 https://www.youtube.com/playlist?list=PLcvEcrsF_9zI2dNGU9uUOWo9tenQi93UG bbc teach videos https://www.english-heritage.org.uk/learn/</p> <p><u>Music</u> Y8: https://www.bbc.co.uk/bitesize/topics/zhdpsc https://www.bbc.co.uk/bitesize/topics/zm4ht39 Y7: https://www.bbc.co.uk/bitesize/topics/zvdqhy https://www.bbc.co.uk/bitesize/topics/z3dqhy</p> <p><u>D&T</u> https://www.bbc.co.uk/bitesize/subjects/zfr9wmn</p> <p><u>Art:</u> https://www.artistsnetwork.com/</p>

KS3 Computer Science

Teach-ICT Videos: <http://teach-ict.com/2016/videos/videos.html>

BBC Bitesize: <https://www.bbc.co.uk/bitesize/subjects/zvc9q6f>

Yours sincerely,

A handwritten signature in cursive script that reads "K. Kerridge". The signature is written in a dark ink and is positioned below the "Yours sincerely," text.

Mrs K Kerridge
Headteacher