



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 | Subject One | Topic based |
| 10.40- 11.00 | Break | |
| 11.00- 12.00 | Subject Two | Topic based |
| 12.00- 13.00 | Subject Three | Topic based |
| 13.00- 13.45 | Extended Break | |
| 13.45- 14.45 | Subject 4/ 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. Students can independently refer to these websites for further learning, in addition to the work already set by their subject teachers, this will be updated fortnightly.



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| Subject | Online Resources |
|------------|---|
| Well being | <p>Warm up / Stretches</p> <p>https://www.youtube.com/watch?v=03JKamVnbfs – Helps to improve flexibility</p> <p>Joe Wicks – The Body Coach</p> <p>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> <p>https://www.youtube.com/watch?v=K6r99N3kXME – PE with Joe Wicks</p> <p>https://www.youtube.com/watch?v=FjR-B7BFZ4s – Home workout</p> <p>https://www.youtube.com/watch?v=Hr-p7TikhPI – Home HITT training</p> <p>https://www.youtube.com/watch?v=xvn3HISxYdM – Home fat burner</p> <p>https://www.youtube.com/watch?v=okxbGxbj03s – Legs, bums and tums workout</p> <p>https://www.youtube.com/watch?v=fHfTCd2q-rg – High Intensity Interval Training</p> <p>Aerobics</p> <p>https://www.youtube.com/watch?v=5if4cjO5nxo – Family aerobics workout</p> <p>https://www.youtube.com/watch?v=MxLL9Scvmzo – Cardio workout</p> <p>https://www.youtube.com/watch?v=xfmHPW-AfQs – Zumba</p> <p>Yoga</p> <p>https://www.youtube.com/watch?v=KWBfQjuwp4E&list=PLui6Eyny-UzzFFpii94CUrWKVMaqmk https://www.youtube.com/watch?v=v7AYKMP6rOE – Yoga for complete beginners, 20 minute home yoga workout.</p> <p>Dance</p> <p>https://www.youtube.com/watch?v=q5FJ3oK4JCA – Diversity Dance Tutorial Lesson 1</p> <p>https://www.youtube.com/watch?v=FDjkVpKluOQ – Diversity Dance Tutorial Lesson 2</p> <p>https://www.youtube.com/watch?v=yt6LlSt0yZ8 –</p> |

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| | <p>Diversity Dance Tutorial Full Routine https://www.youtube.com/watch?v=1UCgri6SG1w&t=569s –</p> <p>The greatest showman dance tutorial https://www.youtube.com/watch?v=o2X9RGYmm6w –</p> <p>Contemporary floor work tutorial Cool-down https://www.youtube.com/watch?v=7h_Pn7NyJ0k –</p> <p>Stretching routine for relaxation and stress relief</p> |
| Business | <p>https://www.senecalearning.com/</p> <ul style="list-style-type: none"> • For review, consolidation and revision purposes <p>https://www.tutor2u.net/business</p> <ul style="list-style-type: none"> • A familiar resource. <p>https://businesscasestudies.co.uk/</p> <p>https://www.bbc.co.uk/news/business/economy Current affairs and business in the news (e.g. bbc news), especially with recent impacts of Coronavirus</p> <p>Resources such as FT/The Economist (although subscription required)</p> |
| Computer Science | <p>https://www.physicsandmathstutor.com/computer-science-revision/a-level-ocr/</p> |
| Economics | <p>https://www.senecalearning.com/</p> <ul style="list-style-type: none"> • For review, consolidation and revision purposes <p>https://www.bankofengland.co.uk/</p> <ul style="list-style-type: none"> • Real life and theory explained. <p>https://www.gov.uk/search/research-and-statistics?content_store_document_type=upcoming_statistics</p> <ul style="list-style-type: none"> • Official statistics <p>https://www.bbc.co.uk/news/business/economy</p> <ul style="list-style-type: none"> • Instant access to all the latest economics stories. It provides a perfect overview written in a very accessible style. <p>https://www.tutor2u.net/economics</p> <ul style="list-style-type: none"> • A familiar resource. <p>https://www.youtube.com/user/EconplusDal/playlists?app=desktop</p> <ul style="list-style-type: none"> • Amazing YouTube tutorials <p>http://www.metalproject.co.uk/</p> <ul style="list-style-type: none"> • For economists who are also mathematicians <p>http://ww1.theworldbank.org/</p> <ul style="list-style-type: none"> • A great resource for looking at information regarding world banks, banking sector and some more generic material on world history and financial history. <p>https://www.economicshelp.org/</p> <ul style="list-style-type: none"> • Essays on topical issues, latest developments in UK and global economies. <p>https://www.globaldata.com/timetric/</p> |

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| | <ul style="list-style-type: none"> • A vast bank of economic data and research. <p>https://www.physicsandmathstutor.com/economics-revision/a-level-edexcel-a/</p> |
| English | <p>English Literature: Jstor Articles (related to Maud, She Stoops to Conquer and Twelfth Night); Twelfth Night: https://www.rsc.org.uk/twelfth-night/ Maud: https://www.youtube.com/watch?v=1dryb5Qnf6o&t=34s She Stoops to Conquer: https://www.bl.uk/restoration-18th-century-literature/articles/an-introduction-to-she-stoops-to-conquer#</p> <p>English Language: Jstor Articles (related to Language and Gender or The Language of Advertising); Terminology and Theories: https://www.ocr.org.uk/Images/308613-glossary-of-terms-and-main-language-theories.pdf; Interesting Reads: https://allthingslinguistic.com/post/164874346205/how-to-teach-yourself-linguistics-online-for-free</p> |
| EPQ | Jstor online journals. |
| A level History | <p>Jstor online journals.</p> <p>Seneca Learn AQA History</p> <p>Year 12 Unit 1 Class code: r6lukhx1kw</p> <p>Year 13 Unit 1 Class code: n54d8x2glp</p> <p>Year 12 Unit 2 Class code: https://app.senecalearning.com/dashboard/join-class/n9fpovieqe</p> <p>Year 13 Unit 2 Class code: https://app.senecalearning.com/dashboard/join-class/86gcozy672</p> |
| Geography | <p>Google Classroom -</p> <p>Year 12 Code - puptb56</p> <p>Year 13 Code - 55lr7bs</p> <p>RGS Videos</p> <p>https://www.youtube.com/user/RGSIBG/videos</p> <p>Dynamic Learning</p> <p>A Level Magazine and Exam Paper practice</p> <p>Code - 55334</p> <p>https://my.dynamic-learning.co.uk/</p> <p>https://www.field-studies-council.org/2020/03/31/fsc-fieldworklive/?utm_source=Educationco&utm_medium=Email&utm_campaign=Fieldworklive&ref=email&dm_i=65YE,VTJ,N3E8R,315C,1</p> |
| Law | http://ybtj.justice.gov.uk/ |

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| | <p>e-lawresources.co.uk https://getrevising.co.uk/resources/level/a_ib/subjects/law</p> |
| <p>Maths and Further Maths</p> | <p>https://www.examsolutions.net For video lessons, worked solutions and exam practice. https://www.drfrostmaths.com For PowerPoints, videos and topic practice. We are setting up classes on here ready for use with some classes after Easter. If students register using their school accounts it will make this easier. https://integralmaths.org All students have accounts for this website, may need to email their teacher (or me) to have a password reset or login details. https://www.madasmaths.com Useful for practice papers. https://www.youtube.com/channel/UCoxcjg-8xIDTYp3uz647V5A Numberphile YouTube channel for interesting videos on maths related topics. https://www.bbc.co.uk/programmes/b006qshd Link to the BBC more or less radio programme. Interesting look into facts and figures used in the media.</p> |
| <p>Philosophy</p> | <p>http://plato.stanford.edu/entries/philosophy-religion/ http://www.iep.utm.edu/religion/ https://www.thetablet.co.uk/student-zone/ http://www.iep.utm.edu/ethics/ http://peped.org/philosophicalinvestigations/ https://www.tutor2u.net/religious-studies Crash course philosophy: https://www.youtube.com/playlist?list=PL8dPuuaLjXtNgK6MZucdYldNkMybYIHKR</p> |
| <p>Politics</p> | <p>https://www.senecalearning.com/ For review, consolidation and revision purposes Current affairs and politics in the news (e.g. bbc news, The Guardian)</p> |
| <p>Psychology</p> | <p>https://www.psychboost.com https://www.ted.com/topics/psychology https://app.senecalearning.com class code: 2bpujm1rw https://www.psychologytoday.com/gb</p> |

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| Sociology | http://www.sociology.org.uk/ https://sociologytwynham.com/ http://www.earlhamsociologypages.co.uk/ http://www.bbc.co.uk/news https://www.theguardian.com/uk https://www.senecalearning.com https://quizlet.com/ https://www.tutor2u.net/sociology |
| Science | <p>Biology</p> <p>www.savemyexams.com.uk for exam questions</p> <p>http://www.bozemanscience.com/ap-biology</p> <p>https://app.senecalearning.com/dashboard/join-class/eb5nwa81p5</p> <ul style="list-style-type: none"> • For review, consolidation and revision purposes <p>Chemistry</p> <p>https://www.youtube.com/user/MrERintoul</p> <p>https://www.youtube.com/playlist?list=PLkocNW0BSuEFvnpnhj8fKN-KFUOlnKiT0</p> <ul style="list-style-type: none"> • Exam technique and revision <p>https://www.youtube.com/watch?v=lvJZTVEV87U</p> <p>Physics</p> <p>https://www.senecalearning.com/</p> <ul style="list-style-type: none"> • For review, consolidation and revision purposes <p>https://isaacphysics.org/account?authToken=EVC34X</p> <p>https://app.senecalearning.com/dashboard/join-class/eb5nwa81p5</p> <p>https://www.field-studies-council.org/2020/03/31/fsc-fieldworklive/?utm_source=Educationco&utm_medium=Email&utm_campaign=Fieldworklive&ref=email&dm_i=65YE,VTJ,N3E8R,315C,1</p> |
| Level 3 BTEC Business | <p>https://www.senecalearning.com/</p> <p>For review, consolidation and revision purposes</p> <p>https://www.tutor2u.net/business</p> <p>A familiar resource.</p> |

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| | <p>https://businesscasestudies.co.uk/</p> <p>https://www.bbc.co.uk/news/business/economy Current affairs and business in the news (e.g. bbc news), especially with recent impacts of Coronavirus</p> <p>Resources such as FT/The Economist (although subscription required)</p> |
| <p>Level 3 BTEC Performing Arts</p> | <p>Unit 1 Resources</p> <p>Professional Works and Practitioners:</p> <p>https://new-adventures.net/ Matthew Bourne</p> <p>https://new-adventures.net/swan-lake Swan Lake</p> <p>https://www.alvinailey.org/ Alvin Ailey</p> <p>https://www.rambert.org.uk/performance-database/people/christopher-bruce/ Christopher Bruce</p> <p>https://www.rambert.org.uk/wp-content/uploads/2015/08/Rooster-Resource-Pack-1.pdf</p> <p>https://www.rosas.be/en/8-anne-teresa-de-keersmaeker Anne Teresa De Keersmaeker</p> <p>https://www.balletboyz.com/ BalletBoyz</p> <p>https://www.rambert.org.uk/ lots of video resources on this website</p> <p>Genre, Style, Purpose, Intentions:</p> <p>Physical, Interpretive, Performance Skills:</p> <p>https://www.aqa.org.uk/subjects/dance/gcse/dance-8236 - many resources on this website</p> <p>http://www.theatre crafts.com/pages/home/topics/stage-management/theatrical-style/</p> <p>https://www.bbc.co.uk/bitesize/guides/zmn9382/revision/1 - Genre, Style, Purpose etc.</p> <p>Video Resources:</p> <p>https://www.youtube.com/watch?v=rQsECq9XGM&t=2s Swan Lake</p> <p>https://www.youtube.com/watch?v=1jleSq2FFhs&t=3536s The Nutcracker</p> <p>https://www.youtube.com/watch?v=0bTW8tPL6qY&list=PL4F3B261E734B7D91 Rooster</p> <p>https://www.youtube.com/watch?v=038BdfaaVVs / https://www.youtube.com/watch?v=nyG4UELeukg Swan Song</p> |
| <p>Level 3 BTEC Sports Current units:</p> | <p>Unit 7: Practical Sports Performance:</p> <p>www.badmintonengland.co.uk – Badminton Association of England</p> <p>www.britishcycling.org.uk – British Cycling</p> |

www.british-gymnastics.org.uk – British Gymnastics
www.britishswimming.org – Amateur Swimming Association
www.britishvolleyball.org – British Volleyball Association
www.englandbasketball.co.uk – English Basketball Association
www.lta.org.uk – The Lawn Tennis Association
www.olympics.org.uk – The British Olympic Association
www.rfu.com – The Rugby Football Union
www.sportofficialsuk.com – Sports Officials UK
www.thefa.com – The Football Association
www.ukathletics.net – UK Athletics
www.uksport.gov.uk – UK Sport

Unit 9 Research methods:

American College of Sports Medicine www.acsm.org
British Association of Sport and Exercise Sciences www.bases.org.uk
Human Kinetics www.humankinetics.com
Sport Science www.sportsci.org
Sports Coach UK www.sportscoachuk.org
Top End Sports www.topendsports.com

Unit 23 Skill Acquisition:

Brian Mac, Sports Coach www.brianmac.co.uk
British Association of Sport and Exercise Sciences www.bases.org.uk
British Broadcasting Corporation www.bbc.co.uk Peak
Performance www.pponline.co.uk
Top End Sports www.topendsports.com

Unit 25 Rules, regulations and officiating in sport:

Amateur Swimming Association.
www.britishswimming.org
British Cycling
www.britishcycling.org.uk
British Gymnastics
www.british-gymnastics.org.uk
The British Olympic Association
www.olympics.org.uk
Coachwise
www.1st4sport.co.uk
English Basketball Association
www.englandbasketball.co.uk
The Football Association

www.thefa.com
The Lawn Tennis Association
www.lta.org.uk The Rugby Football Union
www.rfu.com
Sports Leaders UK
www.sportsleaders.org
Sports Officials UK
www.sportofficialsuk.com
UK Athletics
www.ukathletics.net

Unit 26: Technical and Tactical Demands of Sport

www.britishswimming.org
Amateur Swimming Association
www.badmintonengland.co.uk
Badminton Association of England
www.britishcycling.org.uk
British Cycling
<http://www.british-gymnastics.org>
British Gymnastics
<http://www.teamgb.com/>
The British Olympic Association
www.britishvolleyball.org
British Volleyball Association
www.englandbasketball.co.uk
English Basketball Association
www.thefa.com
The Football Association
www.lta.org.uk
The Lawn Tennis Association
www.rfu.com
The Rugby Football Union
www.sportsleaders.org
Sports Leaders UK
www.sportofficialsuk.com
Sports Officials UK
www.ukathletics.net
UK Athletics
www.uksport.gov.uk
UK Sport

Yours sincerely,

A handwritten signature in cursive script, appearing to read 'K. Kerridge'. The signature is written in a dark ink on a light background.

Mrs K Kerridge
Headteacher