

# Ysgol Clywedog

## Distance Learning LP5

### Year 10



#### **To the student**

- Remember to follow your daily plan for your wellbeing, physical and social activities. Personal time to relax is important.
- Here is this week's suggested plan, just do your best to work through it. It is not essential to complete everything.
- There is a suggested timetable if you would like a routine. Complete the activities at a time that suits you and your family.
- The resources and directions can all be found on Google Classroom.
- You can contact a teacher vis Google Classroom if you need help
- Enjoy the activities and have fun!

#### **To the parent and carer**

- Support and reassure your child. We do not expect you to be teachers!
- As always, please encourage your child to follow their daily plan for wellbeing, physical and social activities and helping you around the house!
- This week's plan suggests three sessions of work per day, available on Google Classrooms (GC)
- Not every subject is covered every day. You and your child can use the suggested timetable if a routine helps.
- The activities can be completed at a time that suits you and your family and your work commitments.
- Everything your child needs in terms of guidance should be on the PPT, worksheet etc, but teachers can also be contacted for additional guidance.
- If you as a parent need support or have any questions your contact in school is the head of year.
- Please remember to make sure your child understands how to stay safe online.
- Enjoy supporting your child and have fun!

#### **The school will**

- Ensure that the provision is allowing access to every student of all abilities and resources that are available at home to continue with their learning.
- Ensure coverage of all subjects during a weekly period: 4 hours per week each of English, Maths and Science and 2 hour per week of each other subject.
- Set appropriate tasks and a balance of online and offline activities.
- Ensure that the provision allows flexibility for students to complete their activities at a time that suits the home.
- Provide guidance and instructions to both students and parents on expectations of each activity.
- Allocate a person that will be the first contact for parents, Head of Year for all Year 10 or the form tutor.
- Allocate a subject teacher that will be the contact for students and parents for subject specific support.
- Ensure that there is an online safeguarding policy in place and understood by all staff.

## Suggestion on how to structure your week

4 session per week each of English, Maths, Science each week

2 sessions per week of each other subject

<b>Daily Activities – between 45 and 60 minutes everyday if possible - at a time to suit the home!</b>			
<b>Wellbeing and Physical</b>	<b>Core subjects</b>	<b>Non-core subjects</b>	<b>Social time and relax</b>
<p>Do one of these each day:</p> <p>Can include:</p> <ul style="list-style-type: none"> <li>● Take a walk locally - what do you see, hear, smell?</li> <li>● Workout <a href="https://www.nhs.uk/live-well/exercise/gym-free-workouts/">https://www.nhs.uk/live-well/exercise/gym-free-workouts/</a></li> <li>● 'Fitness Fifteen' - walk / run for a quarter of an hour around the garden, up and down the 'drive'</li> <li>● Football, netball / or basket (bin as basket) skip</li> <li>● Physical activity and your mental health <a href="https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/choosing-an-activity/">https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/choosing-an-activity/</a></li> <li>● Take part in online yoga / mindfulness classes</li> <li>● Create a dance routine</li> <li>● Draw up an obstacle course.</li> <li>● Joe Wicks on YouTube</li> </ul>	<p>Do 4 hours each week of these:</p> <ul style="list-style-type: none"> <li>● English</li> <li>● Mathematics and Numeracy</li> <li>● Science</li> </ul> <p>Complete tasks and activities that have been set by your teacher e.g. booklets or Google Classrooms</p>	<p>Do 2 hours each week of these:</p> <ul style="list-style-type: none"> <li>● Welsh 2<sup>nd</sup> language</li> <li>● Skills Challenge Certificate</li> <li>● Religious Education</li> </ul> <p>Option Subjects:</p> <ul style="list-style-type: none"> <li>● History</li> <li>● Business Studies</li> <li>● ICT</li> <li>● Geography</li> <li>● Art</li> <li>● Design and Technology</li> <li>● Physical Education</li> <li>● French</li> <li>● Music</li> <li>● Drama</li> <li>● Media Studies</li> </ul> <p>Complete tasks and activities that have been set by your teacher e.g. booklets or Google Classrooms</p>	<p>Do one of these each day:</p> <p>Can include:</p> <ul style="list-style-type: none"> <li>● Chore time - Help unstack the dishwasher, take the bins out, help prepare lunch and dinner</li> <li>● Bake a cake / biscuits</li> <li>● Keep in touch with a family member, friend on the phone, Skype chat, Facetime etc - talk more about what you've been doing</li> <li>● Play on your x-Box by yourself or with a friend.</li> <li>● Read a book / magazine of your choice independently or read a book to a family member. Discuss your reading with a family member / friend.</li> <li>● Play a board game with members of your family</li> <li>● Watch a film and have a discussion with a family member / friend to critically review the film.</li> </ul>

**So this is how a timetable could look for you**

<b>Monday</b>	Wellbeing and Physical	Science	Mathematics	Welsh	Option 1: History	Skills	Social time and relax
<b>Tuesday</b>	Wellbeing and Physical	English	Science	Mathematics	Option 2: Art	Option 1: History	Social time and relax
<b>Wednesday</b>	Wellbeing and Physical	English	Mathematics		Option 3:	Option 2: Art	Social time and relax
<b>Thursday</b>	Wellbeing and Physical	English	Science	Welsh	Skills	Option 3: French	Social time and relax
<b>Friday</b>	Wellbeing and Physical	Science	Mathematics	English	RE		Social time and relax