



# Cefn Saeson Home Learning Menu

# KS3

The following suggested schedule can be used as a guide to ensure that pupils study each of their subjects every week. The work can be found on pupils HWB account on Teams. A guide to get on to Teams can be found on our website. Please email the school if you are having any problems with this and we will do our best to help you.

Monday	Tuesday	Wednesday	Thursday	Friday
English Maths French	Science History Design Technology	Maths Welsh ICT	English Geography Music	Science Art RE

Health & Wellbeing (try to do some exercise and a mental health wellbeing activity every day)

Year 9 pupils may wish to spend more time working on the subjects that they have opted to study at GCSE

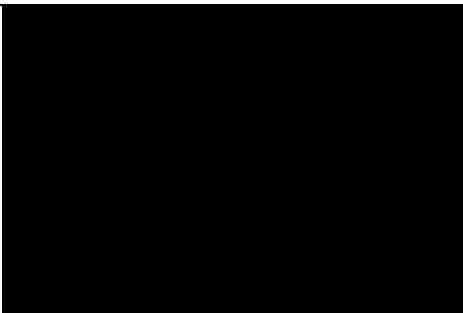
**In addition to the work uploaded already onto Teams pupils can also complete the following work**

Science & Technology	Language and Communication	Numeracy & Maths
<p>Science</p> <ul style="list-style-type: none"> <li>There are so many Science topics on BBC bitesize. Learn and revise them here: <a href="https://www.bbc.co.uk/bitesize/subjects/zng4d2p">https://www.bbc.co.uk/bitesize/subjects/zng4d2p</a></li> </ul> <p>Biology: <a href="https://www.bbc.co.uk/bitesize/subjects/z4882hv">https://www.bbc.co.uk/bitesize/subjects/z4882hv</a></p> <p>Chemistry: <a href="https://www.bbc.co.uk/bitesize/subjects/znxytyrd">https://www.bbc.co.uk/bitesize/subjects/znxytyrd</a></p> <p>Physics <a href="https://www.bbc.co.uk/bitesize/subjects/zh2xsbk">https://www.bbc.co.uk/bitesize/subjects/zh2xsbk</a></p> <p><a href="https://www.educationquizzes.com/ks3/science">https://www.educationquizzes.com/ks3/science</a>  <a href="https://www.teachitscience.co.uk/ks3-science">https://www.teachitscience.co.uk/ks3-science</a>  <a href="https://www.senecalearning.com/blog/free-key-stage-3-science-revision/">https://www.senecalearning.com/blog/free-key-stage-3-science-revision/</a>  <a href="http://www.docbrown.info/ks3science.htm">http://www.docbrown.info/ks3science.htm</a>  <a href="https://www.stemcrew.org/resources/?qclid=EA1aIQobChMI nKbv1rjJ6AIViLTtCh2SwwAmEAMYASAAEqIDJfD BwE">https://www.stemcrew.org/resources/?qclid=EA1aIQobChMI nKbv1rjJ6AIViLTtCh2SwwAmEAMYASAAEqIDJfD BwE</a></p>	<p><b>English</b></p> <ul style="list-style-type: none"> <li>Read a News Report: <i>Read a newspaper article or an article on the Newsround Website</i></li> <li>Write a News Report</li> <li>J2E Blast to test your spellings in a fun way</li> <li>Quiet reading</li> <li>How about a game of scrabble?</li> <li>Presenting information:</li> </ul> <p>Watch an episode on iPlayer and produce your own Google Docs page sharing what you have learnt. Parental consent and access to an iPlayer account is required.</p> <ul style="list-style-type: none"> <li>There are so many English topics on BBC bitesize. Learn and revise them here: <a href="https://www.bbc.co.uk/bitesize/subjects/z3kw2hv">https://www.bbc.co.uk/bitesize/subjects/z3kw2hv</a></li> </ul>	<p><b>Numeracy &amp; Maths</b></p> <ul style="list-style-type: none"> <li>Practice your times tables</li> <li>There are so many Maths topics on BBC bitesize. Learn and revise them here: <a href="https://www.bbc.co.uk/bitesize/subjects/zqhs34j">https://www.bbc.co.uk/bitesize/subjects/zqhs34j</a></li> <li><a href="https://corbettmaths.com/">https://corbettmaths.com/</a></li> <li><a href="https://www.bowlandmaths.org.uk/assessment/index.html">https://www.bowlandmaths.org.uk/assessment/index.html</a></li> <li>How about a game of chess?</li> </ul>

<p><b>ICT</b></p> <p>There are so many ICT topics on BBC bitesize. Learn and revise them here:  <a href="https://www.bbc.co.uk/bitesize/subjects/z8mtsbk">https://www.bbc.co.uk/bitesize/subjects/z8mtsbk</a></p> <p>Code.org - <a href="https://code.org/">https://code.org/</a>  Scratch - <a href="https://scratch.mit.edu/">https://scratch.mit.edu/</a>  J2Blast – Improve your times table, division and spelling  - <a href="https://www.j2e.com/j2blast">https://www.j2e.com/j2blast</a>  J2Code – Learn to code, resources and tools  - <a href="https://www.j2e.com/j2code/">https://www.j2e.com/j2code/</a></p> <p><a href="https://amazon.firetechcamp.com/python/">https://amazon.firetechcamp.com/python/</a></p>	<p><b>Welsh</b></p> <p><a href="https://www.learn-welsh.net/">https://www.learn-welsh.net/</a>  <a href="https://www.duolingo.com/">https://www.duolingo.com/</a></p> <p>There are so many Welsh topics on BBC bitesize. Learn and revise them here:  <a href="https://www.bbc.co.uk/bitesize/subjects/zswdmp3">https://www.bbc.co.uk/bitesize/subjects/zswdmp3</a></p>	<p style="text-align: center;"><b>Expressive Arts</b></p> <p><b>Music</b></p> <p>Create your own tracks on garage band</p> <p>There are so many Music topics on BBC bitesize. Learn and revise them here:  <a href="https://www.bbc.co.uk/bitesize/subjects/zmsvr82">https://www.bbc.co.uk/bitesize/subjects/zmsvr82</a></p>
<p><b>Design Technology</b></p> <p><a href="https://www.bbc.co.uk/bitesize/subjects/zfr9wmn">https://www.bbc.co.uk/bitesize/subjects/zfr9wmn</a></p> <p>Follow a recipe to cook. Take photos and write a brief summary about it</p> <p>You could make a variety of useful items from recycling in your home.</p> <p><a href="https://www.weareteachers.com/earth-day-crafts-classroom-activities/">https://www.weareteachers.com/earth-day-crafts-classroom-activities/</a></p>	<p><b>French</b></p> <p><a href="http://www.wordreference.com">www.wordreference.com</a> Very reliable online dictionary site with lots of examples.  <a href="http://www.languagesonline.org.uk">www.languagesonline.org.uk</a> Good for grammar explanations and exercises <a href="https://resources.wjec.co.uk/">https://resources.wjec.co.uk/</a>  In the dropdown menus, select French and KS3  <a href="https://www.duolingo.com/">https://www.duolingo.com/</a> A great way of practising and learning French</p> <p>There are so many French topics on BBC bitesize. Learn and revise them here:  <a href="https://www.bbc.co.uk/bitesize/subjects/zgdqxn">https://www.bbc.co.uk/bitesize/subjects/zgdqxn</a></p>	<p><b>Drama</b></p> <p>Cinema day: Watch your favourite film and write a review</p>
<p style="text-align: center;"><b>Health &amp; Wellbeing</b></p>	<p style="text-align: center;"><b>Humanities</b></p>	<p><b>Art</b></p>
<p><b>Health &amp; Wellbeing</b></p> <ul style="list-style-type: none"> <li>• PE Activity Menu posted in teams</li> <li>• HITT work out – Joe Wicks*</li> <li>• Just Dance</li> </ul>	<p><b>History</b></p> <p><b>Watch Horrible Histories:</b>  <i>Create a fact file about the episode you have watched</i></p> <p>There are so many History topics on BBC bitesize. Learn and revise them here:  <a href="https://www.bbc.co.uk/bitesize/subjects/zk26n39">https://www.bbc.co.uk/bitesize/subjects/zk26n39</a></p>	<p><b>Draw a Self Portrait</b>  <i>Upload to Teams. Reflect - Is there anything you could do to improve the drawing?</i></p> <p><b>Look at an artist and a piece of their famous work. Try to recreate this on paper.</b></p> <p>There are so many Art topics on BBC bitesize. Learn and revise them here:  <a href="https://www.bbc.co.uk/bitesize/subjects/z6f3cdm">https://www.bbc.co.uk/bitesize/subjects/z6f3cdm</a></p>

<ul style="list-style-type: none"> <li>• Yoga <a href="https://www.youtube.com/watch?v=X655B4ISakg">https://www.youtube.com/watch?v=X655B4ISakg</a></li> <li>• Mindfulness meditation <a href="https://www.youtube.com/watch?v=Bk_qU7l-fcU">https://www.youtube.com/watch?v=Bk_qU7l-fcU</a></li> </ul> <p><b>Vimeo.com/platfformyp</b></p> <ul style="list-style-type: none"> <li>• Why not try some healthy baking? Make sure you have an adult nearby to supervise.</li> </ul>		
<p>There are so many PE topics on BBC bitesize. Learn and revise them here: <a href="https://www.bbc.co.uk/bitesize/subjects/zxf3cdm">https://www.bbc.co.uk/bitesize/subjects/zxf3cdm</a></p>	<p><b>Geography</b></p> <p>There are so many Geography topics on BBC bitesize. Learn and revise them here: <b><a href="https://www.bbc.co.uk/bitesize/subjects/z2nygk7">https://www.bbc.co.uk/bitesize/subjects/z2nygk7</a></b></p>	
<ul style="list-style-type: none"> <li>• Outdoor learning activities <a href="https://www.ltl.org.uk/free-resources/?swoof=1&amp;woof_text=week">https://www.ltl.org.uk/free-resources/?swoof=1&amp;woof_text=week</a></li> <li>• Sport Wales resources - <a href="https://www.sport.wales/media-centre/latest-news/2020-04-21-sport-wales-makes-education-resources-available-during-lockdown/">https://www.sport.wales/media-centre/latest-news/2020-04-21-sport-wales-makes-education-resources-available-during-lockdown/</a></li> </ul>	<p><b>RE</b></p> <p>There are so many RE topics on BBC bitesize. Learn and revise them here: <a href="https://www.bbc.co.uk/bitesize/subjects/zh3rkqt">https://www.bbc.co.uk/bitesize/subjects/zh3rkqt</a></p>	

There are lots of other resources available on HWB and J2E -watch the following videos to guide you through...





### Suggested daily timings – if you need some structure

Time	Activity	Link
9.00am	Joe Wicks/Joe Wicks Workout or another form of exercise	<a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
9:30am	Hwb/teams Subject 1	<a href="https://hwb.gov.wales/">https://hwb.gov.wales/</a>
<b>10:30am</b>	<b>Break – in the garden or different room if you can</b>	
11am	Hwb/teams Subject 2	<a href="https://hwb.gov.wales/">https://hwb.gov.wales/</a>
12.00am	Creative/Practical activity of your choice	(Music, Art, photography, baking, gardening etc)
12.30am	A mindfulness activity	See above
<b>12.45am</b>	<b>Lunch (Make sure you stay hydrated and try to eat something healthy)</b>	
1.30pm	Hwb/teams Subject 3	<a href="https://hwb.gov.wales/">https://hwb.gov.wales/</a>
2.30pm	Do something kind to help somebody else in your house	
3:00pm	A chance to finish and upload any work. If not required do a wellbeing activity	
3.30pm	Enjoy the rest of your day/evening	