



# **VSK Home Learning Resource Booklet**

## **Secondary**



# Welcome

**Hello!**

**Welcome to the brave new world of home learning...**

We know some of you might be feeling a bit confused by now with all the changes that have been affecting all our lives at the moment. You are not alone and VSK have put together this information to try and help support you.

It has a list of some websites you may find useful over the next few weeks, as well as some other things you might want to give a go.

Finding a routine that suits you will be really important right now. Some schools are sending out work and you **must** focus on this work first.

However, you may want to give these other ideas a try...

## **TOP TIP!**

You could follow the normal school timetable and find online learning that matches each subject – or you could get creative...

PE you could find a trainer on YouTube or get out the Wii Fit if you have one.

Try cooking - there are lots of ways you can meet your learning outcomes without making your brain explode!

So have fun with your new timetable, get creative and most of all look after your own wellbeing. Take breaks, get fresh air and some exercise and have fun with it!

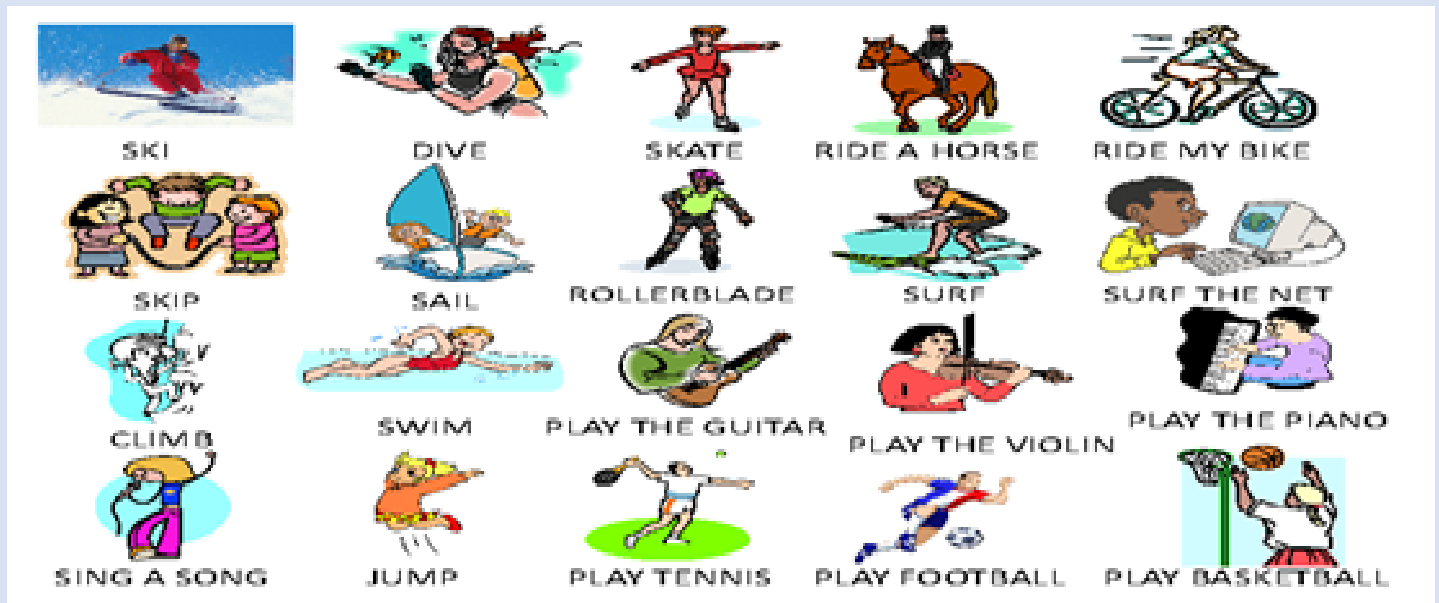
# Example Timetable

Day 1	Day 2
<b>7:30</b> Breakfast – Free time	<b>7:30</b> Breakfast – Free time
<b>8:30</b> Get some exercise – e.g., Joe Wicks (see links)	<b>8:30</b> Start a Journal – Set daily intentions and plan what you would like to achieve.
<b>9:00</b> English – School set work or write a ‘Good News’ Newspaper article about how people are helping each other during the current epidemic.	<b>9.00</b> Maths Wizz/School set Maths
<b>9:45</b> Read a book	<b>9:45</b> Do a 15 min exercise session
<b>10:00</b> Break	<b>10:00</b> Break
<b>10:15</b> Online learning BBC bitesize—do some Maths or Science (see links)	<b>10:15</b> Do set schoolwork or Online learning English (see links)
<b>11:00</b> Break <b>11:15</b> School set work	<b>11:00</b> Break <b>11:15</b> Look at the live Plays currently being screened on the internet
<b>12:00 12:30</b> Lunch Break—food and free time, board games, sending messages to friends	<b>12:00 12:30</b> Lunch Break—food and free time, board games, sending messages to friends
<b>13:30</b> Afternoon activity— Design a board game or make an indoor treasure hunt with clues for the people in your house.	<b>13:30</b> Afternoon activity— Create a menu for a family meal, what ingredients would you need and how much would it cost?
<b>15:00</b> Write up journal, scrap book or diary	<b>15:00</b> Write up journal, scrap book or diary

# Things to Remember.

## Remember to include important things such as...

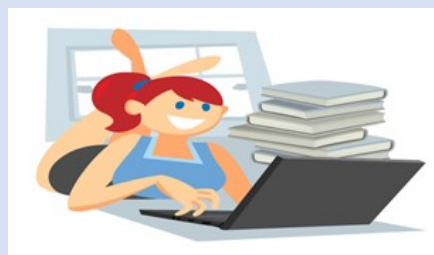
- Make sure you keep as active as possible, this could be dancing, work outs or getting out in the garden
  - Think about cooking /baking
  - Make sure you put in plenty of fun too
  - Think about some projects or bigger tasks or challenges you can set - for a week or fortnight
  - Make sure your plan is achievable, do not plan too much
  - If something does not work out, change it
- Also - Try out new hobbies!



## Keep connected with School:

Do not forget to keep in touch with school - check out their newsletters and websites to keep up to date with what is going on and any advice and resources they have put in place.

Make sure you use any online learning or lessons school offers.



# Really useful Websites

## Try these out!

	Link Address	KS 3	KS 4	KS 5	SEN
BBC-allows students to pick their exam board and subject to find everything they need to help with their studies	<a href="http://bbc.co.uk/bitesize/secondary">bbc.co.uk/bitesize/secondary</a> <a href="http://bbc.co.uk/bitesize">bbc.co.uk/bitesize</a>	✓	✓	✓	
Duolingo: Learn languages for free, website or app.	<a href="https://www.duolingo.com">https://www.duolingo.com</a>	✓	✓	✓	✓
Maths Genie: Free online GCSE and A 'Level revision	<a href="https://www.mathsgenie.co.uk/">https://www.mathsgenie.co.uk/</a>	✓	✓	✓	
Crest Awards: Science awards to complete at home (small joining fee applies)	<a href="https://www.crestawards.org">https://www.crestawards.org</a>	✓	✓	✓	✓
iDEA Awards: Digital Enterprise Awards to complete at home.	<a href="https://idea.org.uk">https://idea.org.uk</a>	✓	✓	✓	✓
BBC Bitesize: Support for learning, revision, and tips for working at home.	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>	✓	✓	✓	✓
Khan Academy: All subjects available, follows American grading system but mostly common material.	<a href="https://www.khanacademy.org">https://www.khanacademy.org</a>	✓	✓	✓	
Future Learn: Advanced courses for older learners.	<a href="https://www.futurelearn.com">https://www.futurelearn.com</a>			✓	
Seneca Learning: Online homework and revision. (Paid access to higher level learning).	<a href="https://www.senecalearning.com">https://www.senecalearning.com</a>	✓	✓	✓	
Open Learn: Free taster courses aimed at those considering Open University, but everyone can access it. Adult level, but some e.g., nature and environment courses could well be of interest to young people.	<a href="https://www.open.edu/openlearn/">https://www.open.edu/openlearn/</a>		✓	✓	
Scratch: Creative computer programming and online community.	<a href="https://scratch.mit.edu">https://scratch.mit.edu</a>	✓	✓	✓	✓
British Council: Resources for English Language learning	<a href="https://www.britishcouncil.org">https://www.britishcouncil.org</a>	✓	✓	✓	

# Really useful Websites

## Try these out!

Name of Provider	Link Address	KS5	KS4	KS3	SEN
The Artful Parent: Lots of free art activities.	<a href="http://artfulparent.com">artfulparent.com</a>	✓	✓	✓	✓
The Insider: free virtual tours around museums in America	<a href="https://www.insider.com/museums-the-me-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#several-exhibits-in-the-national-museum-of-natural-history-in-washington-dc-can-be-toured-virtually-11">https://www.insider.com/museums-the-me-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#several-exhibits-in-the-national-museum-of-natural-history-in-washington-dc-can-be-toured-virtually-11</a>	✓	✓	✓	✓
The Big History Project: Multi-disciplinary activities	<a href="https://www.bighistoryproject.com">https://www.bighistoryproject.com</a>	✓	✓	✓	✓
National Geographic Kids: Resources, games, and competitions	<a href="https://www.natgeokids.com/uk">https://www.natgeokids.com/uk</a>	✓	✓	✓	✓
EarthCam: view the world from your home.	<a href="https://www.earthcam.com/">https://www.earthcam.com/</a>	✓	✓	✓	✓
NSPCC- E-safety.	<a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety">https://www.nspcc.org.uk/keeping-children-safe/online-safety</a>	✓	✓	✓	✓
Big Life Journal: Science based journal and resources; costs apply.	<a href="https://biglifejournal-uk.co.uk">https://biglifejournal-uk.co.uk</a>	✓	✓	✓	✓
David Walliams free stories	<a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a>	✓			✓
Joe Wicks daily P.E: search his YouTube channel	<a href="http://www.youtube.com">www.youtube.com</a>	✓	✓	✓	✓
TT Rockstars: The VSK Team are ready to challenge the children to rockslams!	<a href="http://www.ttrockstars.com">www.ttrockstars.com</a>	✓			✓

# Your Physical and Mental Health

Why don't you just turn up the music and dance/sing along...



Check out the links below for some fun things to do and stay healthy.

Name of Provider	Link Address	KS 3	KS 4	KS 5	SEN
Rock Choir: Every day at 3pm you can join in with a guided session from a Rock Choir Leader	<a href="https://www.facebook.com/TheRockChoir/">https://www.facebook.com/TheRockChoir/</a> #keepbritainsinging	✓	✓	✓	✓
Action for happiness: ideas to keep happy.	<a href="https://www.actionforhappiness.org">https://www.actionforhappiness.org</a>	✓	✓	✓	✓
Young Minds: Mental Health Support	<a href="https://youngminds.org.uk/resources">https://youngminds.org.uk/resources</a>	✓	✓	✓	✓

# A Guide for Parents and Carers

This is a guide to help and support if for any reason your child has to stay at home for a period of time. You should always consider your child's needs and any medical or health conditions they have before you do any activity or make any plans. Please consider any other current Government public health advice also.

There are numerous links in this guide to agencies and organisations who provide information and resources. We are not able to validate these or guarantee they will be there forever. We accept no liability or responsibility for your use of these.

We hope you enjoy trying some of these things out with your young people...!