



## What are you doing this summer?

### English and literacy

- Revise and ensure that you are confident on the plot, the characters and the themes of An Inspector Calls, Macbeth and are clear on the subject and themes of the poems that you have studied before returning in September.
- Watch films relevant to English literature in KS4 (Macbeth + A Christmas Carol + An Inspector Calls)
- Use GCSE Pod to help you revise the literature you have studied so far.
- Watch Mr Bruff videos to help you revise the literature you have studied so far.
- Research Charles Dickens' life and Victorian times.
- Read a fiction book or series
- Read a historical fiction book about an event or character which interests you
- Respond to articles/debates
- Write to your MP with ideas/concerns about the town

### Maths and numeracy

- Estimate cost of your shop around the supermarket and work out the 'best buys'.
- Estimate the price of the bill at the end of a meal (always a good game to play!)
- find some nice recipes for summery foods and drinks and then adapt the recipes to cater for your whole family or a gathering. You could then research and go online to find out the cost of ingredients and party supplies to create a real or imaginary summer party for after lockdown.
- plan a dream holiday anywhere in the world, set a budget...go with family perhaps take a friend. Can you find any good deals / discounts?
- Design your own water park. Include where in the world you would have it and why, how much they would charge etc. Research online for this too to find out about other water parks.
- look at your shopping receipts, work out what % you spend on each type of product, work out how much you spend a week/month/year. Could you get the same food / clothes / products cheaper elsewhere?

### Science and nature

#### Science:

- Watch the six online revision live lessons provided by Pearson Edexcel which are available on their STEM Learning have provided an online list of the best Science Apps to download: <https://www.stem.org.uk/sites/default/files/pages/downloads/Science-SmartPhone-Apps.pdf>
- Sign up with Exact Editions to read some of their free online science magazines. Examples include: The Biologist, Science Focus and Chemistry World <https://reader.exacteditions.com/>
- Listen to any relevant TED talks linked to STEM
  - [https://www.ted.com/playlists/253/11\\_ted\\_talks\\_by\\_brilliant\\_wome](https://www.ted.com/playlists/253/11_ted_talks_by_brilliant_wome)
  - [https://www.ted.com/playlists/484/jaw\\_dropping\\_science\\_breakthro](https://www.ted.com/playlists/484/jaw_dropping_science_breakthro)
- Watch the Core Practicals provided by Freesciencelessons.com on YouTube which will run through each of the assessed GCSE experiments: [https://www.youtube.com/watch?v=jBVxo5T-ZQM&list=PL9louNCPbCxU6sNg\\_x5rvlsLwA6gNCVzi](https://www.youtube.com/watch?v=jBVxo5T-ZQM&list=PL9louNCPbCxU6sNg_x5rvlsLwA6gNCVzi)
- Download the 'GCSE Physics Equation' App from the App Store to help you learn all of the necessary equations for your exams
- Participate in 'The Grand Challenges- Our Futures' Enrichment Programme <https://www.stem.org.uk/grand-challenges-our-futures>
- Join the Royal Society's Summer Science Exhibition which runs online from 13/07-17/07 [https://royalsociety.org/science-events-and-lectures/2020/summer-science-online/?gclid=EAIaIQobChMlio6M6q6k6gIVg-3tCh0-WgLSEAMYASAAEgKfd\\_D\\_BwE](https://royalsociety.org/science-events-and-lectures/2020/summer-science-online/?gclid=EAIaIQobChMlio6M6q6k6gIVg-3tCh0-WgLSEAMYASAAEgKfd_D_BwE)

- Access any of these relevant GCSE resources provided by STEM Learning <https://www.stem.org.uk/14-16-science-resource-packages>
- Watch any of the Feynman Lectures online: <https://www.feynmanlectures.caltech.edu/> or Albert Einstein archives for free <http://www.alberteinstein.info/>
- Complete a CREST Award Project- either Bronze (10+ hours) or Silver (30+ hours). Please email Mrs Spencer if you are interested and need some additional support <https://www.crestawards.org/what-is-crest>

#### **Nature:**

- Our woodlands and parks are full of amazing plant and tree life, ranging from ancient Oak and Ash trees to delicate flowers like Bluebells and anemones. Can you identify them? What is the difference between an Ash and Oak tree, for example?
- What is the most common tree in your local area/park? Is it oaks? Ash trees? Limes?
- Thanks to lockdown, our parks and streets are now full of wildlife that we might not normally see in such areas. What can you find? Have you seen any of our deer species? Chinese Water deer are very common, as are Muntjac – have you seen any?

#### **Humanities and the world around us**

##### **Geography:**

**Listen + Watch** - Geographical Association podcasts – check out some experts talking about geography. Select the ones that you are most interested in! - <https://www.geography.org.uk/GeogPod-The-GAs-Podcast>

- The curious geographer – check out some interesting geography - <https://www.youtube.com/channel/UCv3KwaZkZPCPT7NI6KYnnew>

**Virtual fieldwork** - Impact of Coastal Management - from the Field studies Council (FSC) - <https://www.youtube.com/watch?v=a6HKPkEoKQ>

- How does quality of life vary in an urban area? - from the Field studies Council (FSC) - <https://www.youtube.com/watch?v=CI5mV6MF2NM>

**Walk or cycle** - Go to the Higgins Museum in Bedford – FREE ENTRY Discover the geology of Bedford and the history of settlement. Walk around the museum to discover how technology, migration and industry changed Bedford. Check the Old Bedfordians on the top floor! See if you can discover information about industrial change, de-industrialisation, gentrification.

- Field notes - Regeneration in Bedford – Eyes up and all around Geography As you walk around Bedford note down the changes that you see in the landscape, to buildings, shops, roads. For examples, what can you see that shows Bedford has been regenerated like the new Cinema, restaurants...? Then contrast this with what you can see that shows parts of Bedford declining. For example, derelict buildings. Keep a note of the location of these. How does quality of life vary around Bedford? Look for access to public transport, litter free environment, open space...

**Purposeful practice** - Seneca Learning - Use these sites to revisit, recall and practice difficult geographical content.

- GCSE Pod – revise key units
- Exam papers – AQA Geography - [https://www.aqa.org.uk/subjects/geography/gcse/geography-8035/assessment-resources?f.Resource+type%7C6=Question+papers&sort=date&num\\_ranks=20](https://www.aqa.org.uk/subjects/geography/gcse/geography-8035/assessment-resources?f.Resource+type%7C6=Question+papers&sort=date&num_ranks=20)

##### **History:**

To develop your wider historical understanding, your historical vocabulary and your written skills you could:

**WATCH** - [https://www.youtube.com/playlist?list=PLcvEcrcF\\_9zLBPrC0QDfASQ1MDqYzedVj](https://www.youtube.com/playlist?list=PLcvEcrcF_9zLBPrC0QDfASQ1MDqYzedVj) This will take you to an large collection of short video clips which cover a wide range of historical topics and issues. You could review your learning linked to the GCSE course and/or explore some areas new to you.

- Search out films and/or documentaries linked to our GCSE course (America 1840-1895, Health and the People c1000 – present day, Conflict and Tension in Asia 1950-1975, Norman England c1066-1100).
- See how many historical eras you can 'tick off' by watching selected films/documentaries/video clips. Can you watch them in chronological order? You could identify the biggest changes over time as you go.

**READ** - <https://www.bbc.co.uk/bitesize/examspecs/zxjk4j6> This will take you to an overview of Norman England – especially useful if you are starting back in Year 11 in September, but also useful for any Goldington Academy GCSE History student.

- Select a historical topic or issue that you enjoy and research what at least two different historians have said about it. Have ideas about the topic changed over time? (Just as an example - what have historians written about *the impact of the Norman Conquest*?)
- Read more generally around history by dipping into the historical magazines available in the following place:
  1. Visit the login page: <https://login.exacteditions.com/login.do>
  2. Select the "library card" option in the top right-hand corner.
  3. Enter your Goldington Academy 6 digit code into the "card number" bar and log in. The six digit code for Goldington Academy is 671098.
- Get more acquainted with a historical era/person/event/issue by reading some historical fiction. This is a great list: <https://www.history.org.uk/secondary/news/3700/historical-fiction-list>

**WRITE** - Make sure you have completed the work set on the Asia unit.

- Write a precis (short summary) of one or more of the films/documentaries/video clips you watch. You could limit yourself to 200 words.
- Research an individual/event/issue/era and then summarise your learning in a diagram. Focus on identifying key points and making the learning clear for someone who knows nothing about it.
- Create one big revision diagram for each of the units you have studied so far. Focus on ONLY the key points and label your diagram clearly.

**RS:**

- Visit a place of worship (if social distancing allows) – this could be one local to you. What do you notice about it? Can you identify any of its key features?
- Take a virtual tour of places of worship from all over the country, like this Gurdwara in London - <https://my.matterport.com/show/?m=CugXaGcSLBw>
- This link provides images to a range of mosques around the world <http://www.3dmekanlar.com/en/3d-large-mosques.html> .
- YouTube also has lots of tours too, like this episode of 'Holy Cribs' which walks you through a Synagogue - <https://www.youtube.com/watch?v=nwPt4ev2VY> .
- Explore different types of music linked to religion and spirituality. Here are some ideas of Christian bands to get you started - <https://www.godtube.com/news/top-40-christian-contemporary-bands-of-today.html> . Why do you think the bands choose to make music about their religion? What words or messages stand out to you in their songs? Extension - can you find an example from every genre of music (yes - there are heavy-metal Christian bands).
- Explore a religion you have never heard of before - (there is lots of information clearly laid out under the 'subject knowledge' tab at <https://www.reonline.org.uk/> .

**Being Creative**

- Create an Art Journal- using an A5 sketchbook, or paper, research artists you like. A good place to start is the Tate Gallery website, or Pinterest. Perhaps visit a gallery if it is safe to do so. Make notes about what you find out about the artist's work and do some sketches too.



- Recreate a mode of transport e.g. car, bike, plane moving. Use several loose lines to represent movement.



- Pick a theme you like e.g. architecture, portraiture, manmade objects, Natural world etc. and produce mixed media experimental studies



- Watch recordings of live performances. Good places to access these are: National Theatre, Shakespeare's Globe, Royal Opera House, BBC iPlayer) See: [https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online\\_51198.html](https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html) for a full list of providers.
- Watch Alan Bennett's Talking Heads series on BBC iPlayer. (Parental Guidance)
- Conduct some research into a SMSC topic and write a script/screenplay in response to your findings.

### **Keeping healthy over the summer**

*The NHS recommend that young people do a minimum of 60 minutes of moderate exercise a day, with a mixture of aerobic and strengthening exercises.*

- Start the couch to 5k running initiative from the NHS - <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>
- There are 354 steps from the bottom to the top of the Statue of Liberty – can you climb the equivalent number of steps in one day?
- Make a ball out of a pairs of socks or a toilet roll and see how many keepy ups you can do in a row. Challenge the people you live with.
- Reportedly Mike Tyson used to perform 500 push ups a day and 2000 sit ups. How close can you get to this insane number?
- Burpee challenge....can you build up to and complete 50 burpees a day? Google it if you're not sure what it is.

### **Cooking and nutrition**

With the summer approaching, why not learn to cook? Use 'food a fact of life' website and click on the 14-16 tab to revise health and safety in the kitchen and watch the food preparation videos. You could create any of the dishes from the website.

You could also research and try creating one of the cultural dishes below:

- Bunny chow – Korma – Ramen – Spring onion and prawn Empanadas – Shepherd’s Pie.

### **Staying safe over the summer**

#### *1. Out and about*

- When going out, ensure that an adult knows where you are going, who with and when you will be back.
- Take your phone in case of emergency.
- Wear a helmet if you are riding a bike or a scooter and ensure that you have reflectors and adequate lights if riding at night.
- Avoid unfamiliar places or meeting up with unfamiliar people.
- Don’t take or ‘hold’ anything for anybody else, unless you know what the item is and it is safe to do so.
- If you are approached by someone you don’t know and they are unusually friendly, question this. It might be that they are just a nice person! Or it may be that they are not a nice person, but want you to think they are so to gain your trust.
- If somebody offers you ‘gifts’ or expensive items like phones, trainers etc and it seems too good to be true, then it probably is! You must question why somebody would do this and what they want in return!

#### *2. Being safe online*

- Do not meet with people you have met online and don’t already know in real life – you never *really* know who you’ve been talking to.
- Be very cautious about adding people you don’t know to your friends list/contacts.
- Ensure your social media privacy settings are turned on, for example enable ‘ghost mode’ in snapchat.
- Turn your location off to stop unwanted people knowing where you are.
- Think carefully before posting anything online – ask yourself, ‘*If my nan saw this what would her reaction be?*’ Laws apply online, just like in real life!
- You should report anything that concerns you to your parents and the police – if it can happen to you it can happen to anyone!
- Look at the school website for further information.

#### *3. Finding help*

- Children’s social services at Bedford Borough – 01234 718700 + out of hours 0300 300 8123
- Bedfordshire Police non-emergency - 101
- NSPCC Childline 0800 1111
- Talk to family and friends
- Think you know – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- CEOP – [www.ceop.police.uk](http://www.ceop.police.uk)
- Don’t be afraid – say something – 116 000
- Kidscape anti bullying – [kiscap.e.org.uk](http://kiscap.e.org.uk)
- Shout mental health counselling – [www.giveusashout.org.uk](http://www.giveusashout.org.uk)
- Kooth mental health support – [www.kooth.com](http://www.kooth.com)
- You can use the ‘Raise a concern’ form on the homepage of the school website to raise any concern
- See the school website for further information relating to safeguarding and mental wellbeing