

## Learning Timetable

We have FROG, which is a great online learning system: If you need any help accessing FROG, please email [FrogHelp@astreawoodfields.org](mailto:FrogHelp@astreawoodfields.org)

However, have you also considered the following activities:

Active	PE with Joe Wicks – Youtube – 9am1. Design your own 20 Minute workout using ideas from Joe Wicks PE and the 30 day challenges the PE department sent to the students. Learn a new card game "Muévete en casa": <a href="https://www.rtve.es/alacarta/videos/muevete-en-casa/">https://www.rtve.es/alacarta/videos/muevete-en-casa/</a> , also on Youtube
Online Learning	<a href="https://freerice.com/categories">https://freerice.com/categories</a> <a href="https://www.educationquizzes.com/ks3/english/">https://www.educationquizzes.com/ks3/english/</a> <a href="https://login.mymaths.co.uk/">https://login.mymaths.co.uk/</a> (See Frog for your Username and Password) <a href="https://www.facebook.com/diversedancemix/">https://www.facebook.com/diversedancemix/</a> - Darcy Bussell Daily Dance Workout <a href="https://www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A">https://www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A</a> - Geography with Steve Backshall <a href="https://tv.historyhit.com">https://tv.historyhit.com</a> History with Dan Snow <a href="https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ">https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ</a> Music with Myleene Klass <a href="https://www.themathsfactor.com/">https://www.themathsfactor.com/</a> Maths with Carol Vorderman <a href="https://www.youtube.com/channel/UCDI SobQTc4IifJEu6Lt22eA">https://www.youtube.com/channel/UCDI SobQTc4IifJEu6Lt22eA</a> Science with Carol Vorderman BBC Bitesize  Futurism.com Interesting Engineering.com Google the following people: Elon Musk Michio Kaku Professor Brian Cox Some Spanish basic vocabulary through an interactive programme on <a href="http://www.bbc.co.uk/languages/spanish/mividaloca/">http://www.bbc.co.uk/languages/spanish/mividaloca/</a>
Reading	Read a book that you have at home. If you have a Kobo/Kindle download a new book and read that. Listen to the David Walliams audio story of the day <a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a> Read non-fiction articles relating to the news Read some Spanish articles from the news: <a href="https://www.lasexta.com/noticias/">https://www.lasexta.com/noticias/</a> , <a href="https://www.rtve.es/noticias/">https://www.rtve.es/noticias/</a> Use the Amazon Audible website. They have released lots of audio books for free.
Writing	Begin to write a story, aim for a chapter a day.

	<p>Write a diary of this extraordinary time in your life – something that your family in the future might read.</p> <p>Google 'Earthpix' or 'Fantastic_earth' or go on their Instagram pages and select an image to describe, zooming in on specific aspects of the image following the 'whole, zoom, zoom, zoom, whole' approach</p> <p><b><i>“Every council should be expected to provide decent, high-quality services to support and care for homeless people in their area”.</i></b> Write an article for a local newspaper in which you persuade its readers to support your opinion on this statement.</p>
Practical	<p>Make you and your family something to eat.</p> <p>Use a recipe search engine to help you <a href="https://www.bbcgoodfood.com/">https://www.bbcgoodfood.com/</a></p> <p>Make sure you wash up after you have done!</p> <p>Do some weeding in the garden.</p> <p>Re-design the garden (like in 'groundforce') and price it up!</p> <p>Design a perfect menu for people in the household (do a survey, write and design the menu, price it up).</p> <p>Design (and make) garden features.</p> <p>Try to grow plants from seeds in other plants and food... which ones grow?</p> <p>Cycle maintenance! Create a 'manual'.</p> <p>Design (and make?) a board game for (and about) isolation!</p> <p>Design (and make?) clothes for the family or for fancy dress.</p> <p>Design a 100% sustainable home.</p> <p>Tech: Follow a Spanish recipe: <a href="https://www.recetas.com/">https://www.recetas.com/</a>, <a href="https://www.hogarmania.com/cocina/cocineros/karlos-arguinano/">https://www.hogarmania.com/cocina/cocineros/karlos-arguinano/</a></p>
Discovery	<p>Begin a project on:</p> <p>A moment from History</p> <p>A Historical person</p> <p>A country</p> <p>A religion</p> <p>Experience a virtual day at Chester Zoo</p> <p><a href="https://www.youtube.com/playlist?list=PLezrh9gR8RL3kkND8Pz2zOHHZPRk-a2VC">https://www.youtube.com/playlist?list=PLezrh9gR8RL3kkND8Pz2zOHHZPRk-a2VC</a></p> <p>A Spanish "comunidad autónoma"</p> <p>A Latin American country (other than Brazil)</p> <p>An important historical person from a Spanish speaking country</p> <p>The Civil War in Spain</p> <p>A famous artist from a Spanish speaking country (e.g. Dalí, Lorca, Cervantes)</p> <p>Research a famous Scientist and find out what they did</p> <p>Choose an item you love and find out who invented it</p> <p>Watch a sporting documentary (particularly at KS4) some ideas would include</p> <p>- The English Game (History of football), The Game Changers (Nutrition) , Dawn Wall/Free solo (Free climbing life stories), Icarus (Doping in Sport), Supersize v Super skinny (Nutrition), Katie (Rise of a female boxer), Coach Carter (Basketball Coaching), Losers (Facing Adversity in Sport).</p>
Arts	<p>Still life drawing of an object.</p> <p>Watch a film and evaluate what your opinion is of the acting.</p>

Produce exemplar posters to promote Extra curricular sports afternoons at school, the winning could be chosen at random and then this will be the advertisement for our club when we return.

Play charades.

Write a song and perform it.

Listen to a piece of classical music on Youtube with your eyes shut and see if you can pick out all the instruments.

Visit the Harry Potter Online Library via Google

<https://artsandculture.google.com/project/harry-potter-a-history-of-magic>

Read some interesting facts from the "Museo de las ciencias y las artes" in Valencia. <https://www.cac.es/es/museu-de-les-ciencies/sabias-que.html>