

YEAR

10

Week

10

Message from Mr Mercer:

Hi Year 10! Hope you are all well. It has been great to see many of you in college again this week. Please remember to wear your coloured wrist band when you attend the site. Make sure you make the most of the weather and give the PE Virtual Sports Day a go. Be sure to submit your scores as there will be prizes for the top performers! Updates will be sent on Show My Homework, along with instructions how to complete each activity. Maybe you could even challenge members of your family too? My best speed bounce score was 74. Beat that! Please keep attending college on your allotted day next week and keep to your 'bubble' entrances/exits and break areas. Thanks, Mr M.



It is important that you look after yourself. Give **WELLBEING BINGO** a try! Can you get a 'full house' today?

Home Learning Updates:

I hope you enjoyed your first Friday zoom lessons. Make sure you familiarise yourselves with the time slots and arrive to your teacher's 'waiting room' by clicking on the link before the lesson. I was so impressed with my GCSE class and their mature attitude to remote learning. Other teaching staff have said some wonderful things about you in their lessons too so thank you and well done!

| Yr10 | School day | Working from home day 1 | Working from home day 2 | Working from home day 3 | Friday - Live Lessons |
|------|------------|-------------------------|-------------------------|-------------------------|--|
| 1 | English | MATH | Humanities | Science | Art / Animal care / Computer Science/ Catering / Dance / Music / PE / Product Design / Drama / Bussines Studies / Health and Social Care / IT / Textiles 9:00 - 10:30 |
| 2 | Maths | MFL | OPTION | English | Geography / History / Art 11:00 - 12:30 |
| 3 | Science | RECC | FITNESS | Catch up | French / German / Latin / Spanish / Mandarin / Performing Arts 1:00 - 2:30 |
| 4 | RECC | Catch up | Catch up | Catch up / Form time | Ensure all work from the week has been submitted 2:30 - 3:15 |

Tips of the week - How effectively do you do the following?

- ✓ Stay organized
- ✓ Manage your time
- ✓ Communicate with your peers and teachers
- ✓ Turn your notes into flashcards for the live lessons
- ✓ Take breaks
- ✓ Reward yourself for completing tasks
- ✓ Stick to a routine/timetable

Zoom Rules



Prayer of the week

Breath of Life, soften the hearts of your people. Teach us to love fully and radically, all of your children as their whole selves. As you have sent us your advocate in the Holy Spirit, help us to learn what it looks like to be advocates for all people, regardless of difference. Hear our prayer. Amen.
Oscar Romero. Pray for us.



This week's special mention goes to Lidia T for her fantastic effort engaging in the PE summer challenges. All the way through lockdown Lida has been sending in her workout updates. Keep it up!

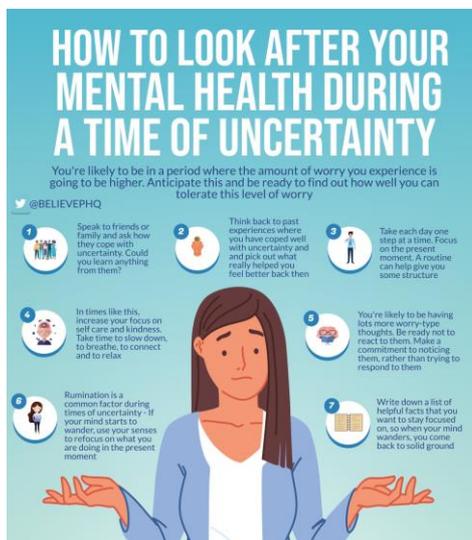
Hi miss, today I did the summer term challenge, I did a 3k walk with my dog this morning along the canal, and then I did a circuit using 7k and 5k weights to lift whilst doing squats and lunges, as well as using my punch bag to do kicks and punching, a hoola hoop to jump in and out of. Hope that is ok!



Well done to Erin M who has completed an amazing 620 km on her bike so far, raising an astounding £1800+. We look forward to hearing where you are up to at the end of this week Erin. You are demonstrating our core value of honourable purpose in abundance having the motivation to complete this every day and showing the resilience to keep going. Brilliant effort so far!

This week marks School's Diversity Week (22-29th June). As Christians we believe that all humans were created equal, In God's image and likeness. We therefore have a responsibility to speak out against any form of Injustice we see. Discrimination, based on race, colour, gender, sexuality, disability etc is contrary to our college value of RESPECT. You may have seen Premier League footballers 'taking the knee' in solidarity with the black lives matter movement, a global network which aims to bring justice, healing and freedom to black people across the globe.





How are you getting on with the PE challenge? Remember there are 50 to complete. My personal best time for the 5 km is now down to 21 minutes. Can you beat that?! There are varying difficulties for each challenge. Send in your scores 😊

AHCC PE DEPARTMENT

SUMMER TERM VIRTUAL PE CHALLENGE

Complete as many of the challenges as you can. Rewards are available for completing full rows and columns. There will be a special prize for completing a FULL HOUSE (50 challenges).

| | | | | |
|---|---|---|---|---|
| Run 2km | Run 3km | Run 5km | Run 3km | Run 10km |
| Complete a skill drill | Complete an agility drill | Complete a skill drill | Complete an agility drill | Complete a skill drill |
| 10 press ups/20 burpees/20 sit ups | 20 press ups/20 burpees/20 sit ups | 30 press ups/30 burpees/30 sit ups | 10 press ups/20 burpees/20 sit ups | 30 press ups/30 burpees/30 sit ups |
| Complete #pewwithjoe |
| Complete 8,000 steps | Complete 10,000 steps | Complete 12,000 steps | Complete 10,000 steps | Complete 12,000 steps |
| Walk 3km | Walk 5km | Walk 3km | Walk 5km | Walk 3km |
| Complete an online yoga class | Complete a Tik Tok dance | Complete an online yoga class | Complete a Tik Tok dance | Complete an online yoga class |
| Create your own circuit with 6 stations |
| Complete 8,000 steps | Complete 10,000 steps | Complete 12,000 steps | Complete 10,000 steps | Complete 12,000 steps |
| Cycle 5km |

This week a list of different challenges will be posted for you to complete as part of our Virtual Sports Day (in line with National School Sports Week). Updates on how to take part should have gone live for you on Show My Homework. Next week, as a follow up to this, we will be challenging you to 'beat the teacher/member of staff'. More information to follow. This could get interesting!!!



Monday 22nd - Friday 26th June, 2020