



HASTINGS HIGH SCHOOL

Working from Home Guidelines

Subject: Health and Fitness Year 10 Head of department: Mr Armstrong		
	What will my teachers do?	What do I need to do?
When will work be set?	Work has already been set on google classroom as a research project for revision.	Check on google classroom for assignments.
How will work be set?	Teacher to create assignments for pupils to produce knowledge organisers/revision notes for exam content.	Upload work onto google classroom assignments, this could either be a picture of your work or electronic.
What work will be covered until Easter?	Topics list 1. Skeletal System 2. Muscular System 3. Respiratory System 4. Cardiovascular System 5. Energy Systems 6. Effects of health and fitness activity on the body 7. Health and fitness 8. Components of fitness 9. Principles of training	Produce a knowledge Organiser or a power point for EACH topic within the external exam
What do I do if I am stuck or have a question?	All relevant resources are on the classwork tab on google classroom.	Can also look at YouTube clips, BBC bite site, revision guide or Qual hub. https://www.qualhub.co.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-4579
What do I do if I don't have access to a computer or the internet?	Year 10 have the opportunity to collect revision and student work booklet.	Come and collect your student work booklet. Create knowledge organisers on page, on topic areas.
How can I stay motivated?	I will be in regular contact and share relevant resources to vary methods of learning.	In chunks, vary the way you are learning. Listen to some music and have rest breaks of movement.



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Subject: KS4 Computer Science Head of department: Mr Gregson		
	What will my teachers do?	What do I need to do?
When will work be set?	Work is set already on Google Classroom, there is currently a lot of work on there to keep you going, which will be added to so that you don't run out of things to do.	You need to login to Google Classroom as the links have been provided there.
How will work be set?	You have been set up with a number of online accounts, linked on Google Classroom. These online websites are tracked and we can track your progress.	Work through the tasks on these links.
What work will be covered until Easter?	<ul style="list-style-type: none">• www.senecalearning.com is an online Computer Science course that you can work through, but you will need to click the link on Google classroom to ensure you're linked into the school account.• www.smartrevise.online is to recap knowledge covered so far to improve your knowledge retention.• www.erevision.uk contains different activities to recap topics we've covered and also contains a few topics we've yet to cover in lessons.• https://compsci.homelearning.outwood.com/ has online lessons covering some of the trickier topics that would be useful to recap and work through• https://academy.cs.cmu.edu/ is focused on developing your programming skills in python using visual programming	
What do I do if I am stuck or have a question?	We will respond as quickly as possible to any questions regarding the work set.	Please email Mr Gregson kgregson1@hastings.leics.sch.uk for further assistance.
What do I do if I don't have access to a computer	Paper based materials have been printed for those of you who do not have access to a computer/laptop with internet access.	Please collect paper based materials from Mr Gregson.



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or the internet?		
How can I stay motivated?	<p>You can check your progress on these platforms and identify areas you need to work on. Most of these enable you to see your progress against your peers. Also check out Tom's Discord channel to support and help each other:</p> <p>https://discordapp.com/channels/623537556968964117/623539507492552725</p>	