

HOME LEARNING SCHEDULE – YEAR 9

Good morning Year 9,

This is your home learning schedule for the 1st February. We have made sure that lost learning is kept to a minimum so please make sure you follow your lesson instructions and complete as much work as possible to the best of your ability.

TIME	LESSON	ACTIVITY
08.40 – 09.40 Period 1	Science	Watch video links and make notes about energy stores and conservation of energy
09.40 – 10.40 Period 2	Humanities	Watch the OAKs academy lesson about the Treaty of Versailles Link to the video
10.40 – 11.40 Period 3	Maths www.dr frostmaths.com	Please log on to Dr Frost Maths and complete the activity
12.10 – 13.10 Period 4	English	Topic: Of mice and men Read the extract and complete the comprehension questions
13.10 – 14.10 Period 5	PE	Circuit Training Session with video Complete workout then design your own circuit

Any written work can be completed in your learning to learn books

See you back at school on Thursday morning!

If you need anything please feel free to get in touch

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YEAR 9 HOME LEARNING PLAN

Description of Task

Activity 1

Treaty of Versailles: Learn more about the infamous Treaty of Versailles by completing the lesson found at the link below –

<https://classroom.thenational.academy/lessons/was-the-treaty-of-versailles-a-peace-of-revenge-ccukat>

Activity 1

Place Knowledge: Find a map of your country and label it with the following key information to develop your knowledge of the nation:

- the capital city
- the highest mountain
- the longest river
- a famous building from outside of the capital
- a place of interest (e.g. a volcano, a landmark)

Year 9 English Home Learning

Topic: Of Mice and Men

Date: Wednesday 1st February 2023

Starter Task:

1. What is the American Dream?
2. What is George and Lennie's dream?

George's voice became deeper. He repeated his words rhythmically as though he had said them many times before. "Guys like us, that work on ranches, are the loneliest guys in the world. They got no family. They don't belong no place. They come to a ranch an' work up a stake and then they go into town and blow their stake, and the first thing you know they're poundin' their tail on some other ranch. They ain't got nothing to look ahead to."

Lennie was delighted. "That's it- that's it. Now tell how it is with us."

George went on. "With us it ain't like that. We got a future. We got somebody to talk to that gives a damn about us. We don't have to sit in no bar room blowin' in our jack jus' because we got no place else to go. If them other guys gets in jail they can rot for all anybody gives a damn. But not us."

Lennie broke in. "But not us! An' why? Because... because I got you to look after me, and you got me to look after you, and that's why." He laughed delightedly. "Go on now, George!"

"You got it by heart. You can do it yourself."

"No, you. I forget some a' the things. Tell about how it's gonna be."

"O.K. Someday- we're gonna get the jack together and we're gonna have a little house and a couple of acres an' a cow and some pigs and-"

"An' live off the fatta the lan'," Lennie shouted. "An' have rabbits. Go on, George! Tell about what we're gonna have in the garden and about the rabbits in the cages and about the rain in the winter and the stove, and how thick the cream is on the milk like you can hardly cut it. Tell about that, George."

"Why'n't you do it yourself? You know all of it."

"No... you tell it. It ain't the same if I tell it. Go on... George. How I get to tend the rabbits."

"Well," said George, "we'll have a big vegetable patch and a rabbit hutch and chickens. And when it rains in the winter, we'll just say the hell with goin' to work, and we'll build up a fire in the stove and set around it an' listen to the rain comin' down on the roof- Nuts!" He took out his pocket knife. "I ain't got time for no more."

[...]

"Let's have different colour rabbits, George."

"Sure we will," George said sleepily. "Red and blue and green rabbits, Lennie. Millions of 'em."

"Furry ones, George, like I seen in the fair in Sacramento."

"Sure, furry ones."

Task one:

Read the description of George and Lennie's dream.

What would your dream be?

Write a description about what your own dream is.

Task two:

Pick another character that you have studied from *Of Mice and Men*.

What do you think their dream is?

You could choose from:

- Candy
- The boss
- Curley
- Curley's wife
- Slim

YEAR 9 OHA PE LESSON

Exercise and Mental Health

You already know that exercise is good for your body. But did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more?

Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that can feed depression.

In the below link you will see Joe Wicks completing a 10-minute feel good workout:

<https://youtu.be/2Q06BFvKCEM>

Task:

- Click the link and complete the workout at home.
- Now design your own feel good workout.
- Pick 6-12 exercises.
- Decide how long you will work for.
- Decide how long you will rest between each station.
- Decide how many times you will complete your circuit.
- GIVE IT A GO!

