







# Be an Excellent PSHE Student!

What could you do this week to improve your PSHE knowledge and understanding?

Wednesday 25<sup>th</sup> March  
to Wednesday 8<sup>th</sup> April

Watch 	Read 	Listen 
<ul style="list-style-type: none"> <li>Children at Work - <a href="https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3-ks4-gcse-children-at-work/z69s6v4">https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3-ks4-gcse-children-at-work/z69s6v4</a></li> <li>Seeking Refuge - <a href="https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-seeking-refuge/zn8bpg8">https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-seeking-refuge/zn8bpg8</a></li> </ul> <p>As you watch this videos, write a summary of what you have learnt. Reflect on how fortunate you are to live in a society where you have the right to education and do not have to work as a child.</p>	<ul style="list-style-type: none"> <li>It is important to keep up with current affairs, so each day find time to read the news. Use good sites such as BBC News and Sky News. Do not just rely on what you see on social media, as this is not always accurate and helpful.</li> <li>Many sites are allowing free access to e-books as well as audio books – use this opportunity to find new books to read! Your English teachers can guide you if you are struggling! <a href="https://lifehacker.com/where-to-find-free-ebooks-during-the-coronavirus-shutdo-1842456736">https://lifehacker.com/where-to-find-free-ebooks-during-the-coronavirus-shutdo-1842456736</a></li> <li>You can also develop your knowledge of Technology and Wellbeing by following this link and clicking on the Technology and Wellbeing topic - <a href="https://cybersmileeducation.org/">https://cybersmileeducation.org/</a></li> </ul>	<ul style="list-style-type: none"> <li>Many sites are allowing free access to audio books whilst school is closed – use this opportunity to introduce yourself to new books! Use the following website - <a href="https://stories.audible.com/discovery/enterprise-discovery-21122355011?ref=adbl_ent_anon_ds_ds_dccs_sbtp-0-2">https://stories.audible.com/discovery/enterprise-discovery-21122355011?ref=adbl_ent_anon_ds_ds_dccs_sbtp-0-2</a></li> </ul> <p>Once you have listened to a book, you could write a review and send it to me or your English teacher.</p>
<h2>Keep Active!</h2>  <p>Whilst you are off school, it is important that you are staying active. Here are some things you can do to keep active:</p> <ul style="list-style-type: none"> <li>Jo Wicks PE. Monday to Friday at 9am on his YouTube channel, Jo Wicks is leading a PE session. If you cannot do it at 9am, then the videos save on his channel - <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a></li> <li>You are allowed to go out the house for 1 form of exercise each day, so the Couch to 5k might be good for this. Don't forget – only do this with people you live with, there is no socialising at the moment! - <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a></li> </ul>	<h2>Routine, routine, routine</h2>  <ul style="list-style-type: none"> <li>Whilst you are off school, it is important to keep a routine so you can make the most of your day!</li> <li>Don't forget that your teachers can see what work you have been doing (or not doing!!), so keep checking Show my Homework for daily pieces of work to complete, as well as using ED Lounge.</li> <li>Remember, exercise and healthy eating is just as important in your routines too.</li> <li>Make time for you whilst you are off school – including time away from screens!</li> </ul>	<h2>CEIAG Link</h2>  <p>BBC Teach has got some create videos you can watch about different careers. Use this link to watch these videos. <a href="https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-spark-fire-up-your-future/z4q2vk7">https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-spark-fire-up-your-future/z4q2vk7</a></p> <p>Whilst you watch, create a fact file on the jobs being discussed.</p> <p>Could you create a fact file on a job you might like to do?</p>