

# PASSMORES YEAR 10 PASSPORT CHALLENGE II

MAY 18<sup>TH</sup> – 19<sup>TH</sup> JUNE 2020



**This booklet comes with a number of challenges to engage your physical, mental and social well-being.**

**It also provides a range of challenges from your option subjects to help develop depth in your understanding.**

# 'OPEN CHALLENGE'

**How many challenges can you complete during the next four weeks?**

**Can you do more than last time?**

# WHAT TO DO NOW.....

1

Set a plan of how many challenges you want to complete each day – have a routine.

2

Complete the activity and get an adult to check. Send the work to your teacher on SMHW / via email.

3

Tick the activity you have completed to keep track of your points tally.

# WHAT TO DO AFTER 4 WEEKS.....

1

Fill in and sign the back page of your booklet and put it into the stamped addressed envelope (this will be in your next pack).

2

Add in any other work you would like your teachers to look at – we will make sure they get it if their name is on the work as well as yours!

3

Post the envelope to school and get cracking with your new challenges which will have arrived already!

# WELL-BEING

Choose a personal goal you want to achieve, make a step by step plan.	Watch the Passmores Staff Videos on YouTube under Passmores Academy.	Take notice of things when you are out walking, take photos and find out what they are e.g. a tree or flower	Get outside and get some fresh air for 20 minutes a day.	Talk to someone outside of your household, ring a family member or a friend.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
As a family, create a dance to your favourite song and share with others.	Find a quiet place at home to sit a relax for 15 minutes a day, breathe in and out slowly.	Skip for 10 minutes a day, use a dressing gown belt if you do not have a skipping rope.	Make a list of all the things you are grateful for and share them with someone.	Every day, do one thing that makes you happy; sing, bake, exercise, or play a game.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Create a 'Things I Appreciate' pot as a keepsake and add something every day.	Drink a pint of water as soon as you get up every day.	Read to someone else for 30 minutes a day.	Share your feelings with someone you trust.	Have a spring clean and get rid of anything you don't use anymore.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# KINDNESS

Contact someone you have not spoken to in a while.	Thank a teacher who has helped you throughout your time at Passmores.	Help out at home without being asked.	Take part in the 'Clap for the Carers' every Thursday at 8pm.	Share some of your completed challenges with your teachers or tutor.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Tidy a room in the house without being asked.	Plan, prepare and then get up early and make breakfast for everyone.	Leave notes or messages for family members to find that will make them smile.	Find some jokes and share them with friends or family members.	Share some of your best memories from growing up with your family.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Leave a note for the postman or the refuse collector to say thank you.	Look through some old pictures that make you smile and share them with people.	Give someone a list of the things you love about them.	Make a list of all the things you could do to brighten up someone's day and do one each day.	Give a compliment to a different person every day.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# PHYSICAL ACTIVITY

Complete a PE workout of the day.	Complete a Joe Wicks workout.	Go for a 6K run / walk / bike ride keeping to social distancing rules.	Complete at least four 'Just Dance' sessions.	Complete a PE workout of the day.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Complete an online Yoga / Pilates session. There are lots of great beginner videos on YouTube.	Practice keepy ups with different types of balls. Set a target. If you reach it set another. Always try and get better.	Complete the PE department 'Home Learning' fitness test - One min press ups One min sit ups Timed plank One min squats One min jumping jacks	Learn / teach yourself to juggle.	Complete the 'Home Made Hurdles' challenge from the Home School Athletics Style booklet shared on SMHW.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Complete the 'Lockdown Long Jump' challenge from the Home School Athletics Style booklet shared on SMHW.	Complete the 'On the Spot Sprinting' challenge from the Home School Athletics Style booklet shared on SMHW.	Complete the 'Stay at Home Shot Put' challenge from the Home School Athletics Style booklet shared on SMHW.	Complete the 'Isolation Javelin' challenge from the Home School Athletics Style booklet shared on SMHW.	Complete the 'Social Distancing 800m' challenge from the Home School Athletics Style booklet shared on SMHW.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**



# SPORT

Century Tech: complete these 3 nuggets - Physical components of fitness / Skill related fitness / Applying the physical components of fitness	Century Tech: complete these 3 nuggets; - Applying skill related components / measuring heart rate / training zones	Century Tech: complete these 3 nuggets - The Borg RPE scale / the principles of training – FITT / additional principles of training	Choose an athlete / sportsperson of your choice and plan a one week of a detailed training programme for –  A comprehensive diet plan for 3 meals a day / snacks / hydration. Having the correct amount of carbohydrates / fats / proteins / vitamins / minerals
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Century Tech complete these 3 nuggets; Flexibility training / muscular strength & endurance training / power training.	Century Tech: complete these 3 nuggets - Aerobic endurance training / speed training / application of training methods.	Century Tech: complete these 3 nuggets - Importance & requirements of fitness testing / Multistage fitness test Aerobic endurance / Forestry step test aerobic endurance.	Choose an athlete / sportsperson of your choice and plan a one week detailed training programme for-  A comprehensive fitness plan so that they can stay fit over the lockdown period. Think about specific exercises / duration / repetitions / sets / warmups / cool down / recovery
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Watch a game (re-run on TV) and create an analysis sheet for a team/s. Look at completed passes / shots on target / fouls / possession / tackles made. You can add in some of your own.	You must plan a lesson for a sport of your choice to deliver to a Year 4 class. It must include a full warm up pulse raiser / dynamic stretches. Main session focus on a skill with drills. Then a game focused on the skill taught then a cool down.	With items you have at home create the cardio - respiratory system and label it with the correct terminology. Where the air comes in and its journey to the lungs / heart / working muscles.	Choose an athlete / sportsperson of your choice and plan a one week detailed training programme of the following information.  For their first week back in training after the lockdown. For example, a professional rugby player going back his club Saracens. What training would they do for the week. It needs to be sports specific.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**

# CITIZENSHIP

Design a revision poster about the rights and responsibilities of the media "CAFÉ PI" (email Miss LeDain if you can't remember what it stands for)	Sit down with an adult and have a discussion expressing your views on a sensitive topic such as animal testing, abortion or euthanasia. Listen to the other persons point of view.	Produce a revision poster about the House of Commons. <a href="https://learning.parliament.uk/resources/what-is-the-house-of-commons-video/">https://learning.parliament.uk/resources/what-is-the-house-of-commons-video/</a>	Write your own multiple choice quiz about our political studies (voting, features of a democracy, role of the Houses of Parliament, different roles of MPs, the economy, local governments, the Prime Minister and his cabinet). Send the quiz to a friend from our course (or to Miss LeDain) to help them revise.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Produce a revision poster about the House of Lords. <a href="https://www.parliament.uk/what/ords">https://www.parliament.uk/what/ords</a>	Choose one or more of the five main religions in the UK. Devise a starter activity which could be used for a year 7 class.	Design a storyboard advising a member of the public what to expect if they are stopped by the police (rights and responsibilities). <a href="https://www.met.police.uk/advice/advice-and-information/st-s/stop-and-search/stop-and-search-process/">https://www.met.police.uk/advice/advice-and-information/st-s/stop-and-search/stop-and-search-process/</a>	Register for Barclays Life Skills for Young People to help you find out how your skills, interests and personality can help you with your future career. <a href="https://barclayslifeskills.com/young-people/">https://barclayslifeskills.com/young-people/</a>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Imagine you are campaigning to become the Mayor of Harlow (this is fictional – remember we don't have a Mayor). What changes would you bring in for the people of Harlow and why?	Write a letter to yourself to read in the future. In the letter explain about any achievements you are proud of during lockdown. (Did you learn to cook? Help care for a sibling? Cheered someone up? Helped with the housework?)	Make up your own key words list from our Citizenship Course. Add a definition to the key words. An example could be Black Rod. If you would like a key word list to complete definitions then email Miss LeDain.	Take the Citizenship test – this is given to people who wish to become a British Citizen. Give the test to a family member then produce a presentation with facts about one of the events asked in a question – e.g London 2012 <a href="https://www.theguardian.com/uk/quiz/2013/jan/27/british-citizenship-test-quiz-new">https://www.theguardian.com/uk/quiz/2013/jan/27/british-citizenship-test-quiz-new</a>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**

# ART

Recreate your favourite piece of art using people and objects around your home. Check out 'Between Art & Quarantine' for inspiration.	Create a 30 second video summing up 'Life in Lockdown'.	Have a go at calligraphy and write a letter to your art teacher.	Choose your favourite book and illustrate part of the story. Include sketches, colour swatches, annotations, photographs of inspiration and final illustration(s).
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Draw what you see from your window every day for a week, each time use a different material. Date your work.	Create a self-portrait using coffee, ketchup or spices. Check out our Pinterest for inspiration.	Write a letter to your favourite artist telling them why you like their artwork. This should be at least one page of A4.	Have a go at creating a large-scale piece of work. This could be part of your current project or for fun.. Try and work larger than A3... check out our Pinterest (Large Scale board ) for inspiration!
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Research the artist Michael Craig Martin or Audrey Flack and recreate a piece of their work using objects in your home.	Collect flowers, leaves and create #facethefoliage masterpiece	Create a detailed, textured drawing of something fluffy. (Pet, teddy, blanket) using a biro/ballpoint pen.	Research a Portrait artist and create either a research page, PowerPoint or video about their life and work.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**

# GRAPHICS

Choose a famous brand and redesign its logo.	Design a series of characters for a new cartoon.	Create a mood board for a season of your choice.	Make a mobile phone holder: <a href="https://designmuseum.org/digital-design-calendar/learn-with-the-design-museum/hack-workshop-with-paul-priestman">https://designmuseum.org/digital-design-calendar/learn-with-the-design-museum/hack-workshop-with-paul-priestman</a>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Look at the work of Morag Myerscough and create a piece of graphic design based on her style.	Make a collection of origami animals. Use the internet to find templates and ideas.	Find some packaging for a food product in your home. Re-design and draw out new packaging for the product themed for summer.	Use a footwear design program on the internet to customise a pair of trainers. Or you could draw out a design by hand. One website you could use is <a href="https://www.nike.com/gb/en_gb/c/nikeid.html">https://www.nike.com/gb/en_gb/c/nikeid.html</a>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Copy an album cover of your choice. Annotate the design and explain the ideas behind it. Talk about the typography, use of colour and images.	Make a lockdown leaflet for your peers with suggestions of fun activities and ways to stay happy and healthy.	Watch an animated film or cartoon. For one of the scenes in the film draw out a storyboard showing what happens. A storyboard is like a comic strip with sketches and limited words.	Develop your typography skills by drawing out a word in a style that represents it. For example, the word fire could be drawn made up of flames.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**

# PHOTOGRAPHY

<p>Create a step by step guide on how to create a "contact sheet".</p>	<p>Choose a fashion photographer of your choice and create a research page, PowerPoint or video on this photographer.</p>	<p>Using the research on the fashion photographer, choose a few of their images and recreate them yourself.</p>	<p>Research the technique 'Bokeh' and try to recreate this in a series of photographs.</p>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
<p>Research the technique 'Light Drawing' and try to recreate this in a series of photographs.</p>	<p>Experiment with scale and take a series of photographs from different angles. Try to make big things look small and small things look big!</p>	<p>Research David Hockney 'Joiners' and digitally recreate a photocollage in his style.</p>	<p>Try and find a jar at home and see if you can create a little world inside and take photos of it from different angles. Place the jar in different settings.</p>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
<p>Take four photos that story tell and sum up your lockdown life.</p>	<p>Take photos of food and make it colourful using different vegetables and fruits.</p>	<p>Research a black and white photography artist and create research page, PowerPoint or video on this photographer.</p>	<p>Take the same portrait style photo in different lightings showing different moods and facial expressions.</p>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**

# CREATIVE MEDIA

Create a detailed mind map of "Digital Published Products."	Watch the new Cadbury "Eyebrow Dance" and identify the adverts key features.	Write a letter to one of your favourite film directors and tell them why you enjoy their style of work.	You as a sound designer have been asked to work on an opening scene for a horror movie. Write how the sound designer can use typical horror sounds in opening scenes to establish the genre.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Create a gaming review on your favourite games and the games you feel have had the best success.	Analyse three different film posters and explain the representation of props and setting.	Write a treatment for E4 on a new short action film.	You have started work for a digital media company. Your boss wants you to come up with an idea for a new online fashion feature magazine for teenagers.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Choose your favourite book and film an opening scene.	Create a comparison between an old game and new recreation version of it.	Create a newspaper that is aimed for 11-18 year olds.	Choose a music video from the 90's and analyse the narrative, camera angles and the props being used to represent the genre.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**

# DESIGN AND TECHNOLOGY

Design something to make your bedroom more organised and tidy. Pay close attention to the space you have and the things you want to organise. Use a ruler to measure the space and what you want it to organise. When you draw your design write down the sizes each part needs to be.	Practice your 3D design skills by drawing a handheld electronic device. Choose a device like a games controller, phone or computer mouse.	Some electronic products contain a light sensor. A smart phone, for example, senses the light level in the room and adjusts the brightness of its display to suit. A dusk-to-dawn security lamp senses the light level and switches on when it gets dark. Find a product which contains a light sensor and identify the exact position of the sensor. Photograph your findings.	Electronics investigation: Choose five electronic products from around your home (for example, kitchen scales, coffee machine, TV remote control, satnav, central heating room thermostat, burglar alarm control panel). Identify and list the product and it's input sensors and the output devices (some of these may not be visible). Make sure you consider sensors and components that may be hidden inside the product.
10 points	10 points	10 points	20 points
Design and make a desktop game that can be played with a small group of people.	Practice your 3D design skills by drawing a large wooden product in your home. This could be a chair or table. Be sure to draw the wood grain and texture.	Watch this video on graphene: <a href="https://www.youtube.com/watch?v=leslsKMjB4Y">https://www.youtube.com/watch?v=leslsKMjB4Y</a> Tell someone about this new material.	Learn more about : Sustainable Design Visit DT Task 1 on Show my homework for resources.
10 points	10 points	10 points	20 points
Conduct some research into biomimicry. Use the internet to: • Find out what Velcro ® has to do with <u>biomimicry</u> . • What is spider silk? • What have blue butterflies got to do with biomimicry?	Visit SMHW Task 2: Follow the web link on Show my homework. Watch the revision video and read through the page. Produce a mind map of all the different types of paper and board.	Use recycling materials to design and make a storage device. This could be to store: Loose change DVD boxes Keys Colouring pencils	A carbon footprint is a measure of the amount of greenhouse gases released as a result of our activities. The figure is expressed as kilograms or tonnes of carbon dioxide (CO2). Use an online carbon footprint calculator to work out your own carbon footprint for your lifestyle. There are many online calculators, such as the one below which compares your carbon footprint to the UK annual average. <a href="http://footprint.wwf.org.uk">http:// footprint.wwf.org.uk</a>
10 points	10 points	10 points	20 points

**NUMBER OF POINTS:**

# FOOD

Find out what fruit and vegetables the UK imports and from where.	Find out what fruits and vegetables are grown in the UK. You could draw a map to show which is grown in each region of the country.	Explain the advantages and disadvantages of importing fruit and vegetables.	Use the link to mind map the advantages and disadvantages of different ways of shopping: <a href="https://www.bbc.co.uk/bitesize/guides/ztqhh39/revision/">https://www.bbc.co.uk/bitesize/guides/ztqhh39/revision/</a>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Design a starter, main course and dessert for a restaurant menu that uses seasonal produce during the months of March to August.	Cook a vegetable using three different cooking methods. Taste test the cooked product and rate its appearance, flavour and texture.	Create a mind map to show all the different products that are produced from milk.	Cook a dish which contains a milk product in its recipe. Create a set of step by step instructions for each stage of making. You could include photographs.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Analyse a piece of food packaging by listing the information you can find on it e.g. logo, use by date, cooking instructions.	Find out about food packaging legislation and write about what food packaging must have listed on it and why.	Look at 10 different food items in your home and analyse how they are packaged. Is their packaging suitable? How could it be improved?	Create new food packaging logos for: Fair trade, Suitable for vegetarians, Recyclable, Vegan, Keep Britain tidy, Gluten free, Suitable for microwaves, Suitable for home freezing.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**



# DRAMA AND DANCE

GCSE: As an actor, how would you use your voice to show the aspects of the character Evelyn in Kindertransport? You can reference individual scenes or moment if it helps.	GCSE: Create a spidergram that focuses on the <b>visual aspects</b> of the live production of DNA we watched. Comment on how successfully or unsuccessfully these communicated the story.	GCSE: Choose one character from Kindertransport and complete a costume design. Explain what your costume communicates to the audience about the character and the time period of the piece. <a href="https://www.ocr.org.uk/Images/308117-kindertransport-teacher-guide.pdf">https://www.ocr.org.uk/Images/308117-kindertransport-teacher-guide.pdf</a>	GCSE: Spend approximately 30 minutes composing your evaluative essay on "DNA". Make sure you include the date, venue and production title in your opening paragraph. Use drama appropriate language whenever possible. <b>Question: Analyse the impact the visual aspects had on you as an audience member.</b>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
BTEC Acting: Research 'Frantic Assembly'. What do you already know? Who are they and what do they do? Give examples of their work.	BTEC Acting: Who is Bertolt Brecht? Research the time and place he lived in and how this influenced his work. Include a list of his plays.	BTEC Acting: Write a list of social or political issues in society, e.g. Poverty, racism, knife crime, Brexit. Pick <b>one</b> of these. What is <b>your</b> opinion on this issue? Interview 2 other people to find out their opinion.	BTEC Acting: Based on your/their responses: Write a monologue on your chosen theme. This can be written out and recorded.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
BTEC Musical Theatre: What styles of Musical Theatre are there? List them and give examples of each type.	BTEC Musical Theatre: What is Ballet? Where did it come from? What makes it different from other styles of dance? Name 5 ballets and ballet choreographers?	BTEC Musical Theatre: Plan your own ballet barre. You must use subject specific language, e.g. Plie, tendu	BTEC Musical Theatre: Find a video of 'The Frug' from Sweet Charity (there are lots on YouTube). This was choreographed by Bob Fosse. I would like you to learn a section from it and record yourself doing this.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Research the theatre practitioner Konstantin Stanislavski. Draw up bullet points that summarise your learning.	Research the theatre practitioner Antonin Artaud and the style he is known for: Theatre of Cruelty. Create a spider gram of your findings.	Create a drama workshop warm up – theme of your choosing. It must include at least one physical activity, one co-operation activity, one concentration activity and one relaxation activity.	<a href="https://www.franticassembly.co.uk/frantic-digital">https://www.franticassembly.co.uk/frantic-digital</a> Choose 2 or 3 videos from this website to watch that give detail on the creative processes and development that take place in the Frantic Assembly company. Summarise your learning in a document/format of your choice.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>




**NUMBER OF POINTS:**

# MUSIC

<p>In full sentences, define what the following <b>music keywords</b> mean: Pitch, Tempo, Dynamics, Texture, Melody, Rhythm, Harmony, Tonality, Structure and Instrumentation.</p>	<p>Listen to the set work '<b>Killer Queen</b>' by <b>Queen</b>. Then listen to 3 tracks each from these <b>glam rock</b> bands/artists: David Bowie, T Rex, Sweet, Elton John &amp; Susie Quatro.</p>	<p>Listen to the <b>whole</b> of <b>Beethoven's 'Piano Sonata No.8 in C minor' Op 13 'Pathetique'</b> and another <b>Beethoven piano sonata</b> of your own choice.</p>	<p><b>FREE COMPOSITION TASK</b> Compose a piece of music for any instrument/s or voice, in any style. It should last up to a maximum of 2 minutes. You are welcome to use music technology, if you have access to it. Record your composition as an audio file and email it me: <a href="mailto:d.butler@passmoresacademy.com">d.butler@passmoresacademy.com</a></p>
<p><b>10 points</b></p>	<p><b>10 points</b></p>	<p><b>10 points</b></p>	<p><b>20 points</b></p>
<p>Listen to the set work '<b>Music for A While</b>' by <b>Purcell</b> a few times. Now listen to these closely linked pieces: 'The Trumpet Should Sound' and 'Every Valley by Handel; 'The Wedding Cantata' by JS Bach.</p>	<p>Listen to <b>John Williams' 'Main Title/Rebel Blockade Runner'</b>. Explain what the following key terms mean that occur in this set work: fanfare, pedal note, tremolo, trill, piccolo, triplet, march, rit., leitmotif, ostinato, main theme.</p>	<p>Listen to the set work '<b>Defying Gravity</b>' from 'Wicked'. Then listen 3 songs from each of these musicals: 'Matilda', 'Hairspray' and 'Les Miserables' and compare and contrast them.</p>	<p><b>PERFORMANCE TASK</b> Practice a piece of music for your own instrument or voice. It can be in any style and should last no more than 3 minutes. If you are singing you are allowed to sing to a backing track. When you are ready, record your performance as an audio file and email it me: <a href="mailto:d.butler@passmoresacademy.com">d.butler@passmoresacademy.com</a></p>
<p><b>10 points</b></p>	<p><b>10 points</b></p>	<p><b>10 points</b></p>	<p><b>20 points</b></p>
<p>Listen to '<b>Release</b>' by <b>Afro Celt Sound System</b>. Make a list of all the instruments and vocals that you can hear under the headings: African culture, Celtic folk music, Electronic music. Then write a musical description of the piece.</p>	<p>Make a <b>performing repertoire list</b> of all the pieces of music that you have learnt to play and perform throughout both years 9 and 10. These can include <b>solo and ensemble</b> pieces that you've played both inside and outside of school.</p>	<p>Make a list of your <b>5 musical strengths</b> and <b>5 areas</b> of music that you need to <b>improve on</b>. How will you continue to develop your strengths and how will you improve on your weaknesses? Create an <b>action plan</b> for when we return to school.</p>	<p><b>EXTENDED LISTENING TASK</b> Listen to the set work 'Killer Queen' by Queen. In full sentences, make notes under the following headings to create a full musical description of the piece using the Elements of Music: Instrumentation (instruments used), Tempo (speed), Dynamics (volume); Texture (dense/light); Tonality (key), Structure (intro, verse, chorus); Melody (conjunct/disjunct motion), Vocal Parts; Guitar Effects; Harmony (major/minor). Use PowerPoint link at <a href="https://www.passmoresacademy.com/page/?title=Music&amp;pid=68">https://www.passmoresacademy.com/page/?title=Music&amp;pid=68</a></p>
<p><b>10 points</b></p>	<p><b>10 points</b></p>	<p><b>10 points</b></p>	<p><b>20 points</b></p>

**NUMBER OF POINTS:**

# HISTORY

<p>Anglo-Saxon Society   GCSE History Revision   Anglo-Saxon &amp; Norman England</p> <p>Watch this youtube clip or use your class notes and answer the following: 'Describe 2 features of Anglo-Saxon Society.' 4 marks</p>	<p>1700-1900: Highway Robbery   Crime &amp; Punishment   GCSE History Revision</p> <p>Watch this youtube clip or use your class notes and create a PLAN for this 12 mark question - 'Explain why highway robbery increased and then decreased in the period 1700 to 1900.'</p>		<p>Bloody Sunday, 1887. This engraving from <a href="#">The Illustrated London News</a> depicts a policeman being clubbed by a demonstrator as he wrests a banner from a female protester.</p> <p>How useful is this source in showing the difficulties of policing Whitechapel in the 1880s. (8 marks)</p> <p>Mention – details from the source The provenance (details about it – can we trust it?) Own knowledge – does it fit what you know?</p>
<p>10 points</p>	<p>10 points</p>	<p>30 points</p>	<p>30 points</p>
<p>1075: The Revolt of the Earls   GCSE History Revision   Anglo-Saxon &amp; Norman England</p> <p>Watch this youtube clip or use your class notes and answer the following: 'Describe 2 features of the Revolt of the Earls 1075.'</p>	<p>1880s: Housing in Whitechapel   Crime &amp; Punishment   GCSE History Revision</p> <p>Watch this youtube clip or use your class notes and answer the following: 'Describe 2 features of housing in the Whitechapel area between 1870 to 1900.' 4 marks</p>	<p>Blind-man's buff. (As played by the police.) - Punch magazine (Sept 1888) which was a very popular magazine read by the rich , and middle classes. 'How useful is this source in showing what the public thought of the Police's efforts to catch Jack the Ripper..' (8 marks)</p> <p>Mention – details from the source The provenance (details about it – can we trust it?) Own knowledge – does it fit what you know?</p>	 <p>BLIND-MAN'S BUFF. <small>How played by the Police.</small> <small>"TUDOR ASSOCIATED PRESS, LONDON."</small></p>
<p>10 points</p>	<p>10 points</p>	<p>30 points</p>	<p>30 points</p>
<p>The Feudal System and the Domesday Book</p> <p>Watch this youtube clip or use your class notes and answer the following: 'Describe 2 features of the Domesday Book.'</p>	<p>Trial by ordeal   History - The Strange Case of the Law</p> <p>Watch this youtube clip or use your class notes to answer the following: 'Explain one difference between Trial by Ordeal, and trials today.'" 4 marks</p>		<p>A Salvation Army shelter for women in Hanbury Street, Whitechapel drawn from life by Paul Renouard, The Graphic, 27 February 1892.</p> <p>How useful is this source in showing the housing problems in Whitechapel in the 1890s. (8 marks)</p> <p>Mention – details from the source The provenance (details about it – can we trust it?) Own knowledge – does it fit what you know?</p>
<p>10 points</p>	<p>10 points</p>	<p>30 points</p>	<p>30 points</p>

NUMBER OF POINTS:

# GEOGRAPHY

<p>Define and draw a doodle for the following key terms:</p> <p><b>Ecosystem</b>  <b>Food Chain</b>  <b>Food Web</b>  <b>Primary consumer</b>  <b>Nutrient Cycle</b></p>	<p>Draw an animal and a plant from a cold environment and label to explain how they have adapted to the colder climate.</p>	<p>Define and draw a doodle for the following key words:</p> <p><b>Swash</b>  <b>Backwash</b>  <b>Constructive Wave</b>  <b>Destructive Wave</b>  <b>Concordant coastline</b>  <b>Discordant coastline</b></p>	<p><b>Which is the odd one out and why?</b></p> <p>1 a)Deforestation    b) volcanic activity  c) orbital change    d) solar output</p> <p>2a)Agriculture    b) burning fossil fuels  c) deforestation    d) solar output</p>
10 points	10 points	10 points	10 points
<p><b>Explain the role of decomposers in the nutrient cycle</b> (4 marks)  <i>Because/ Therefore/ As a result/ This means that...</i></p>	<p><b>Describe four development opportunities that can be found in a cold environment you have studied.</b>  <i>Svalbard as the case study</i></p>	<p>Identify and describe the four processes of coastal transportation. Include a diagram.</p>	<p><b>Describe and explain two ways that climate change can be mitigated</b> (4 marks)  <i>Include what mitigation means</i></p>
10 points	10 points	10 points	10 points
<p>Create a mind-map to revise deforestation in Malaysia and include the following headings:</p> <p><b>Location</b>  <b>Causes</b>  <b>Impacts</b> (<i>Social, environmental, economic</i>)  <b>Solutions</b></p>	<p><b>Evaluate the effectiveness of strategies used to manage a cold environment</b> (9 marks)  <i>Intro</i>  <i>On the one hand</i>  <i>On the other hand</i>  <i>Judgement</i></p>	<p><b>For an area of coastline you have studied (Walton-on-the-Naze), assess the effectiveness of the management strategies used.</b> (6 marks)  <i>Give specific examples e.g. Crag Walk, sea wall, groynes</i></p>	<p>Explain why low-lying coastal areas are at risk due to climate change (6 marks)</p>
20 points	20 points	20 points	20 points

**NUMBER OF POINTS:**

# FRENCH AND SPANISH

Create your own Kahoot quiz on a chosen topic.	Complete exercises from BBC GCSE (listening) bitesize (Edexcel).	Complete a reading end of module activity from Active learn (Viva/Studio GCSE).	Take a picture of you doing something alone or with family and describe it (20-30 PALM-O).
<b>10 points</b>	<b>10 point</b>	<b>10 points</b>	<b>20 points</b>
Create a poster or revision guide on a grammar point eg. Present tense.	Create your own Quizlet quiz on a chosen topic.	Complete 30 minutes of exercises on Duolingo every week.	Create or describe your perfect French/Spanish dish.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Complete a writing end of module activity from Active learn (Viva/Studio GCSE).	If you could go on holiday anywhere in the world, describe where would you go and why in French or Spanish. (80-90)	Write about your daily routine. Include what you like and don't like (40-50 or 80-90).	Teach a family member some French/Spanish and record the mini conversation.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Complete some exercises from Oak Academy (reading/grammar).	Complete a listening end of module activity from Active learn (Viva/Studio GCSE).	Create a TikTok video of a 'funny' translation.	Watch a film or TV programme and give a review (80-90 or 130-150)
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**

# COMPUTER SCIENCE

Describe three differences between magnetic media and optical storage media. Identify which is an advantage and which is a disadvantage.	Give 3 reasons why solid state media is used in portable computer devices rather than magnetic or optical media.	Suggest why some people might be concerned about metadata being stored with photographs taken using smart phones.	Create a poster to display the storage capacities from one bit, one byte up to 1 terabyte. Create an image to display how many books, mp3 or videos could be stored for each capacity.
<b>10 points</b>	<b>10 points</b>	<b>10 point</b>	<b>20 points</b>
Research an item of wearable technology. Give one positive and one negative comment about ethical, legal and environmental issues regarding it.	Create two 12 x 12 images one with 2 bit colour the other with 8 bit colour. Calculate the storage for both images in bits and bytes.	Create a poster to explain the structure and function of a CPU and the fetch decode execute cycle.	Create a display that shows the 4 level model of the TCP/IP stack. Add a label at what happens at each stage.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>
Watch an episode of BBC Click and write a short report about an article that you found interesting.	Complete the "PA COVID binary test" on SMHW.	Complete the "PA COVID hardware and software test" on SMHW.	Create a flowchart or pseudocode to play the game rock, paper, scissors.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>20 points</b>

**NUMBER OF POINTS:**

**Name:**

**Year:**

**Tutor  
group:**

<b>ACTIVITY</b>	<b>NUMBER OF POINTS</b>	<b>ADULT SIGNATURE</b>
<b>WELL-BEING</b>		
<b>KINDNESS</b>		
<b>PHYSICAL ACTIVITY</b>		
<b>SPORT</b>		
<b>CITIZENSHIP</b>		
<b>ART</b>		
<b>GRAPHICS</b>		
<b>PHOTOGRAPHY</b>		
<b>CREATIVE MEDIA</b>		

**Name:**

**Year:**

**Tutor  
group:**

<b>ACTIVITY</b>	<b>NUMBER OF POINTS</b>	<b>ADULT SIGNATURE</b>
<b>DESIGN AND TECHNOLOGY</b>		
<b>FOOD</b>		
<b>DRAMA AND DANCE</b>		
<b>MUSIC</b>		
<b>HISTORY</b>		
<b>GEOGRAPHY</b>		
<b>FRENCH AND SPANISH</b>		
<b>COMPUTER SCIENCE</b>		

**PASSPORT CHALLENGE NUMBER OF POINTS**