

Nottingham City Virtual School



**Learning in the Home – Secondary Phase
Information and Support**



**Nottingham
City Council**

Welcome to your Help Guide...

We hope this guide will be helpful for the young people in your home that are currently not able to access education. This guide aims to provide useful advice and signposting to promote independent learning during this time.

In this booklet you will find:

- Useful links and ideas for self-study
- A brief guide to BBC Bitesize
- Advice and links for EAL students

We hope that you find this resource useful!

Nottingham City Virtual School Team



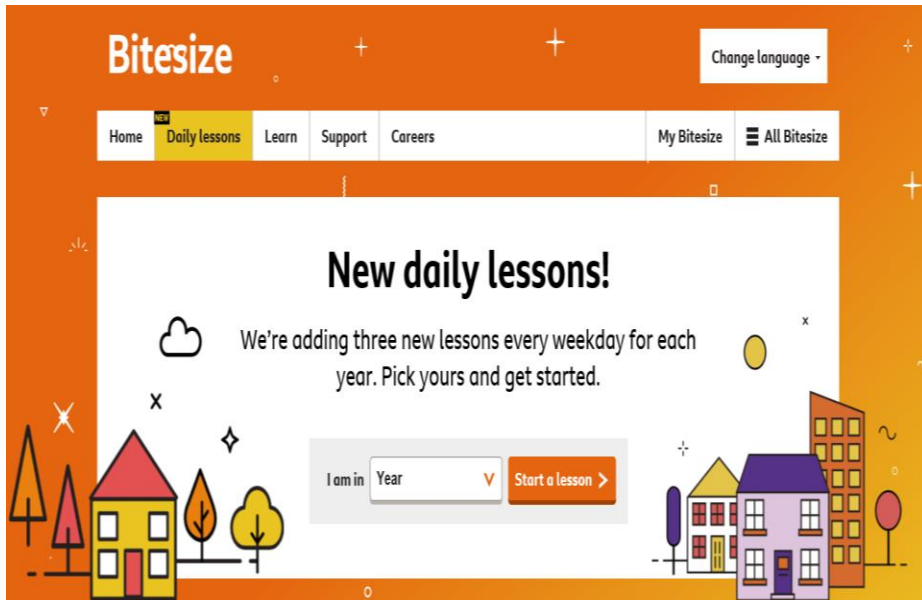
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How to use BBC Bitesize

Follow this link to the BBC Bitesize homepage - <https://www.bbc.co.uk/bitesize>



Pick your year and start learning from home

You'll find daily lessons for learning from home in Maths and English for every year group, as well as regular lessons in Science, History, Geography and more. The lessons started on April 20th and they are all saved. The lessons sometimes have links to worksheets and other resources and you can print these out if you wish.

It is advisable to explore the site.

You could try clicking on **All Bitesize** tab. This will take you to **Primary**, **Secondary** or **Post 16** where you can choose from so many different subjects and lessons, including GCSE's and Functional Skills.

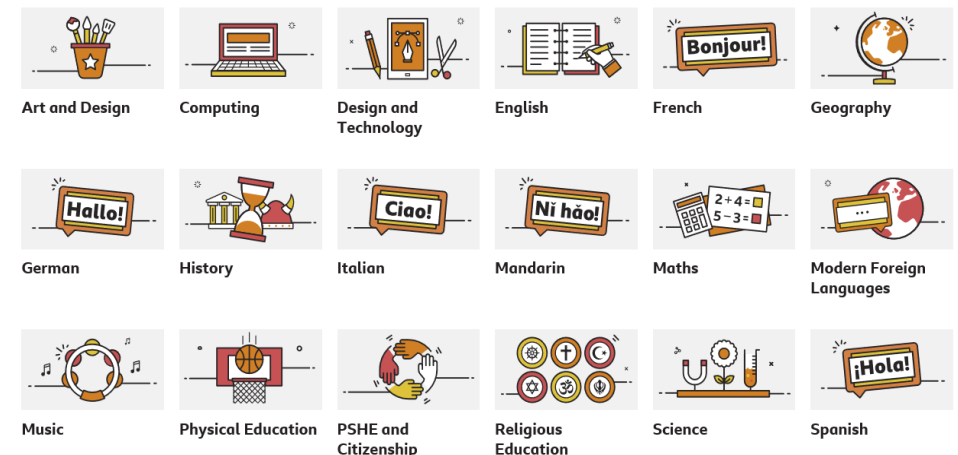
Bitesize just got better!

- Try our new tests
- Add your subjects and exam boards
- See your most recent learner guides
- Save learner guides to your favourites

[Sign in](#) or [Register](#) to personalise your Bitesize now.

You can save any lesson or activity to My Bitesize to complete later.

Here are the range of subjects available at KS2.



Useful Links



- ✓ **BBC Bitesize** - <https://www.bbc.co.uk/bitesize>
Resources for students in a range of subjects from reception to Year 11
- ✓ **Duo Lingo** - <https://www.duolingo.com/>
Online interactive learning resource to support learning a range of modern languages
- ✓ **Technology Student** - <http://technologystudent.com/>
Online interactive learning resource to support learning across Design and Technology subjects.
- ✓ **My Maths** - <https://www.mymaths.co.uk/>
Online interactive learning resource to support learning in Mathematics. Requires login code from schools.
- ✓ **TES** - <https://www.tes.com/teaching-resources>
A range of lesson plans and resources available. Some available at no cost.
- ✓ **Every School** - <https://www.everyschool.co.uk/>
A range of resources available across many subjects.
- ✓ **World Geography Games** - <https://world-geography-games.com/world.html>
A range of resources available across many subjects.
- ✓ **Seneca** - <https://app.senecalearning.com/courses?Price=Free>
A suite of free resources available for students, teachers and parents across many subjects.



Amazing
FREE
Resources!!

For those

Learning English as an Additional Language

Rosetta Stone

<https://www.rosettastone.com/freeforstudents/>

Offers school children free access to its language courses for three months.

Learn English for Teens - British Council

<http://learnenglishteens.britishcouncil.org/>

A resource for learning English that includes: skills, grammar and vocabulary. All delivered through short videos and activities.

Agenda Web

www.agendaweb.org

Learning English activities for all ages

Flash Academy

<https://flashacademy.com/>

Supporting the independent learning of EAL, ESOL, English Literacy and MFL. Free resources trial available.

Collaborative Learning

<http://collaborativelearning.org/dailyactivity.html>

Includes a catalogue of activities, including a daily activity to encourage talking whilst learning.

Lit2Go

<https://etc.usf.edu/lit2go/>

Free online access to a full collection of popular books, classic stories and poems with audio – also available to print.

MANTRA

<https://uk.mantralingua.com/homereading>

Provides free access to dual language library books for EAL, ESOL, English Literacy and MFL. Free resources and a free trial available.

TWINKLE:

<https://www.twinkl.co.uk/resources/english-as-an-additional-language-eal>

Free membership and access to many resources.



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PRACTICAL IDEAS FOR LEARNING IN THE HOME



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Sport and Exercise



Outdoor Games



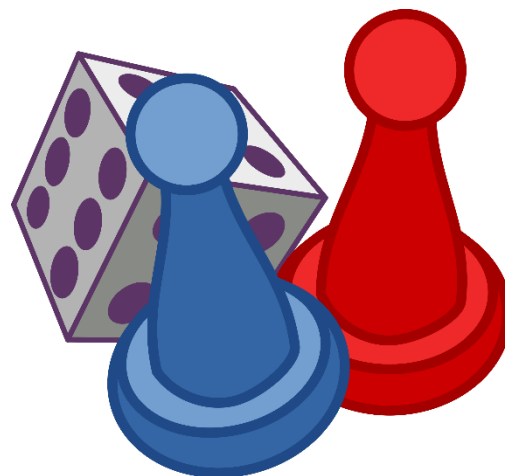
Creative Education



Cooking



Board Games



Drama and Role Play



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Ideas of things to do with children and young people...

Reading a story. Reading together.	Construction- Lego, Knex, bricks	Sand pit	Water play- plastic trays, containers, washing up bowls	Finger painting Handprints
Make dens using sheets and blankets	Watch films together	Pasta shape painting and collage	'Paint' in the garden with water	Measure things with a rule or tape.
Play board games	Puzzles	Play shops	Play cafes	Make a house with a cardboard box
Make obstacle course	Trampoline	Make puppets out of socks	Scrapbooks	Make collages out of old magazines
Look at photos of animals, places etc	Look after pet and do a project about it	Simple cooking, sandwich making.	Baking – measuring, recipes, decorating.	Make your own play dough-salt dough
Make musical instruments with containers and rice etc	Make a show	Dance to music	Do a workout	Play card games
Make up a quiz and send it to friends by email	Treasure hunt- e.g. in the house and garden find 10 items to go in a matchbox.	Word games - I spy, 20 questions, alphabet memory games	I-pad games/ tablet games	Make your own board game
Do origami and send photos to friends	Colouring in	Birdwatch in the garden and learn to identify birds	Take photos of nature	Write a diary
Make a recipe book	Do a chore in the house	Child led project about an interest	Audible books/ story tapes	Learn to draw Make cartoons
Research a country	Make a quiz for the family online.	Older children deliver a lesson to younger children- could do online.	Learn a new language e.g. Duolingo website	Practice a musical instrument-use YouTube to learn.
Find a virtual tour of a museum or zoo	Google virtual tours	Webcams of volcanoes etc	Have fun doing hairstyles	Create outfits and do a fashion show

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Ideas of things to do with children and young people...

Take photos of things close up - challenge people to guess	Junk modelling	Papier Mache	Ready steady cook challenge- What can be made?	Press flowers collect leaves.
Make pretend potions in the garden.	Science experiments- float or sink in the washing up bowl or bath.	Make decorations like paper chains, pom poms, paper bunting.	Make a video to share with the family	Write stories or make a comic book
Make a joke book	Paint on pebbles	Karaoke? Find lyrics on google	Chalk drawing on the patio/doorstep.	Sewing activities. Learn to knit or crochet.
Grow cress seeds or grow an apple pip etc	Sketch in the garden or items in the house.	Create a playlist	Listen to podcasts	Relaxation exercises
Learn a new word a day	Watch a nature programme	Make up a 'Strictly' routine	Design a dream island/theme park on plain paper	Make shadow puppets using hands and a lamp on the wall
Paper plate crafts- make faces, decorate	Make jewellery from pasta shapes or rolled newspaper tubes	Doodle/ scribble and make pictures from the doodle	Make paper planes and see who's can fly the furthest	Indoor games – e.g. bowling alley out of plastic bottles, indoor cricket with a wooden spoon.
Tea party for toys	Hide and seek/ Simon says	Make a picnic and have it indoors or in garden	Create a time capsule with messages, pictures etc	Write letters or cards
Fact learning challenges- counties of the UK, capital cities, Kings and Queens	Make your own word searches	Learn magic tricks	Learn the alphabet in sign language	Play charades with movie/book/TV titles. Play Pictionary on scrap paper
Cutting and sticking activities	Write a play script	Make up stories using model characters such as lego/ play mobile	Ice cube experiments- melt, float, shine light through	Make ice lollies with squash and water.

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HEALTH AND WELL-BEING



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Health and Wellbeing Tips

Managing Stress: self-care

1. Prioritise

- Break up stresses into smaller and more manageable chunks.
- Make “To do” lists – divide items into Must vs Should vs Could.
- Forgive yourself if you don’t achieve something – priorities can change

2. Routine

- Minimise the impact of stress by maintaining structure and routine.
- Keep doing things which are familiar and meaningful.
- New decorating projects and clear-outs can give you goals to work towards.
- Plan a new meal, start a new book or try different genres for movie nights.



3. Focus

- Disrupt negative thinking by paying attention to the present moment.
- Look at and listen to the sights and sounds in the garden or driveway.
- Notice how your feet hit the floor when walking from room to room.
- Tune in to the smell and texture of your food as you eat.

4. Exercise

- Find creative ways of being active when indoors.
- Do push-ups during TV adverts.
- Perform star jumps, lunges, planks and chair/wall
- Learn a dance routine using YouTube.
- Schedule toning and bodyweight exercises each day: <https://tinyurl.com/y57d6cf7>



Health and Wellbeing Tips (continued)

Managing Stress: self-care

5. Connect

- Maintain support networks to promote belonging, safety and emotional regulation.
- Get in touch with friends that you haven't spoken to in a while.
- Use text, email, video chats or letters to check in and share news/gossip.
- Prioritise positive social media and avoid too much news coverage

6. Breathe

- Take control of your breathing to stifle panic.
- Perform slow and rhythmic breathing in and out.
- Consider movement & vocalisations from the Breath-Body-Mind approach:
<https://tinyurl.com/tk4nkq4>



7. Gratitude

- Take more notice of the pleasures in life.
- Thank others for what they do and say more often.
- Get into the habit of listing or reflecting on three good things which you are grateful for each day.

Young Minds

More information to support your mental wellbeing can be found at Young Minds:
<https://youngminds.org.uk>

Cosmic Kids

Mindfulness and exercise to well known stories can be found at:
<https://www.youtube.com/user/CosmicKidsYoga>

Whilst every effort has been made to ensure that the links provided are accurate, we are not endorsing companies/providers.



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