







Be an Excellent PSHE Student!

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

Wednesday 25th March
to Wednesday 8th April

Watch 	Read 	Listen 
<ul style="list-style-type: none"> Financial Literacy - https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3--ks4-financial-literacy/zkh8cqt Growing Up Poor - https://www.bbc.co.uk/teach/class-clips-video/pshe-citizenship-ks4-gcse-growing-up-poor/zjx9bdm <p>As you watch this videos, write a summary of what you have learnt. Can you link your learning to work previously done on financial wellbeing.</p>	<ul style="list-style-type: none"> 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. Many sites are allowing free access to e-books as well as audio books – use this opportunity to find new books to read! Could you link your reads to your destinations after Shuttleworth? https://lifelifehacker.com/where-to-find-free-ebooks-during-the-coronavirus-shutdo-1842456736 You can also develop your knowledge of Content Authenticity by following this link and clicking on the Content Authenticity topic - https://cybersmileeducation.org/ 	<ul style="list-style-type: none"> 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 - https://stories.audible.com/discovery/enterprise-discovery-21122355011?ref=adbl_ent_anon_ds_ds_dccs_sbt0-2 <p>Could you be developing your knowledge ready for what you are choosing to do after life at Shuttleworth? Email myself or Mrs Ackroyd or your subject teachers if you would like more guidance.</p>
Keep Active! 	Routine, routine, routine 	CEIAG Link 
<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"> 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 - https://www.youtube.com/user/thebodycoach1 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! - https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/ 	<ul style="list-style-type: none"> Whilst you are off school, it is important to keep a routine so you can make the most of your day! Don't forget that even though you will not be sitting your exams this summer, there is still work you can do to keep yourself occupied. Can you do prep work for your courses from September? Check the school website for some ideas. Remember, exercise and healthy eating is just as important in your routines too. Make time for you whilst you are off school – including time away from screens! 	<p>BBC Teach has got some create videos you can watch about different careers. Use this link to watch these videos. https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-spark-fire-up-your-future/z4q2vk7</p> <p>Whilst you watch, create a fact file on the jobs being discussed.</p> <p>What skills have you learnt during your time at Shuttleworth College which will help you in your future?</p>