

Secondary

These activities are intended for students to work independently as much as possible. Start with the first exercises, even if they seem too easy, it is good revision.

The extension activities are marked with a 🚩

[All websites and searches are in a blue colour](#)

Coronavirus

Latest NHS Guidelines Translated into 34 Languages

<https://www.doctorsoftheworld.org.uk/coronavirus-information>

This is a useful website and the link provides translation of NHS information.



→ hand, fingers, knuckle (label)

↗ knee, bone, muscle (label)

→ foot, toes, ankle, heel, (label)

➤ **Science: The Human body:** Print/carefully draw a human body outline. Write the names/label <https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/body-> [Google- 'KS3 human body/organs'](#) or use a dictionary.

- 1) i) **Label:** head, neck, shoulders, arm, hand, back, fingers, thumbs, leg, foot, toe, nails, heart, bottom, stomach (Use a different colour and write the names in your first language)
🚩ii) **Label:** palm, wrist, waist, chest, mouth, throat, chin, ankle, heel, thigh, elbow, armpit, knee, hip, breast, calf, abdomen
🚩iii) **Label** internal parts: heart, lungs, liver, brain, skin, intestine, ribs, kidney, skull, skeleton, bladder, veins, arteries, muscle, nerves.
- 2) i) **Write 5 - 🚩20 sentences about it.** Starter: [*The human body has two legs, hands and arms. We walk on two legs. I have two feet and 10 toes. I play football using my feet. In my body is my heart. It helps me to live. My lungs help me breath...*]
🚩ii) From your diagram **write about** each internal body part. E.g. *The heart pumps blood...*
- 3) **Draw a picture of a face: label all the parts** in both English and if possible first language.
i) **Label-** face, hair, ear, nose, mouth, lips, teeth, eyes, tongue, eyebrow, forehead
🚩ii) cheek, gums, eyelid, eyelash, iris, pupil, beard, moustache, jaw, nostril, stubble,
- 4) 🚩**Draw a picture of the internal parts of the body and write about each one.**
[E.g. *The heart is inside our chest between the lungs. It pumps blood around the body. It takes in blood low in oxygen and pumps the blood to the lungs...*

➤ **Science/ DT Objects-**

1. i) **Draw a detailed picture of a room in your home.** Draw 20 things inside. Label: curtains, door, carpet, floor, ceiling, book case, lamp, chair, ceiling, wall etc. Materials: metal, fabric, wool, copper, wood, glass, brick, plastic. Colour objects: blue, red, pink, orange, brown, yellow, green, white, black, purple, navy, grey, gold, silver, turquoise.

<https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary/home>



ii) **Have a pad of Post Its.** 📄 **Write the names of things in both English, and your First Language** (get your parent to help if possible); stick it on. E.g. write the word 'window' and stick it on the window. (Be careful not to stick Post Its on anything which gets hot!)

- iii) **Write 5 sentences about 5 things:** The fork is metal. It is silver. We use it to eat food.
 iv) **Write detailed paragraphs about 5 items;** include colour, material, function, history...

2. Science/ DT Objects- Choose an appliance in the kitchen, for example, a kettle → 
Write 5 questions about it. E.g. *what is a kettle?* Search the web for answers. Write a description. [E.g. *A kettle is an electric appliance. It has a lid and a handle. Also it has an electric cord and an 'on-off' switch. It uses electrical energy*]
<https://www.bbc.co.uk/bitesize/topics/zc3g87h>

➤ **English Reading- Read a story/ fiction book:** Write notes about the main story and characters. Talk about it with your parent. Explain who, what, where, when, why, how does it make you feel, why? Write a book review: [See: Book review template](#) and copy/print the plan and write up. For free online books in English; Arabic, French, Farsi & more see <
<http://en.childrenslibrary.org/>
 For more advanced texts see: <https://ealresources.bell-foundation.org.uk/>

➤ **English Creative Language:** choose a special object or place you love. Write about it or write a story about it. Say why it is special, where is it from? Who gave it to you? How old is it? If it is a story, set the scene- develop the characters-build up the story, a problem, and then how did things get better? Use 5 senses: sight, smell, hearing, taste, touch.

OR Do the same task in your first language. If you need to, ask for help from your parent.
[Google 'senses word mat'](#)

➤ **P.E. Physical Education activities** Give yourself lots of space for this activity:
1- Lie down, lift up your right leg, hold it there, lift up your left leg, hold it there. Stretch out both arms. Stand up. **2-** Jump up and down 3 times. Stop, stand quietly, breathe in, breathe out, breathe in, hold your breath for 5 seconds, breathe out, relax. **3-** clap your hands x3, run on the spot for 20 seconds, walk slowly around the room, shake your parent's hand, say hello in two languages. **4-** Sit down, cross your legs, fold your arms, close your eyes, count to ten, open your eyes, tell a joke in two languages, (if you can). Laugh...pretend to sleep, have a break!
<https://www.yourdictionary.com/run>

➤ **Food-** 1. Get two pieces of paper. Draw a big balloon on each piece of paper. In balloon 1 write the names of **foods you like**. Include fruit, vegetables, sweets, meat, poultry, dairy products, meals. In balloon 2 write names of **foods you do not like**. Outside the balloon edges write names of foods that are 'OK'.

2. Cooking Look in the kitchen; on Post Its write the names in English/your first language of every kind of food you can find: Stick them on the fridge. Read up a recipe for a simple meal: E.g. **Write up instructions:** <https://www.bbcgoodfood.com/recipes/collection/kids-cooking>
 E.g. [For Omelette: Break 2 eggs in a bowl. Beat the eggs. Grate some cheese. Put a frying pan on the hob & heat. Add some cooking oil. Add the eggs. Wait for the eggs to cook. Add the grated cheese. Fold the omelette over. Put it on a plate and eat it!] **Now write your own delicious recipe.**

➤ **Geography- Find a Map of the World:** Make questions and write answers using the map: Include the seven continents; names of 5 countries in each continent (except Antarctica). Research one country; draw the map; label: capital, mountains, lakes, rivers, cities, bays. etc. Write a detailed description of the country you have chosen.
<https://play.google.com/store/apps/details?id=com.keywordsgeography.app>