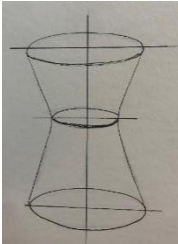



Contingency Learning Fourth Level Week 1

We have included a Self-Reflection Grid at the end of this pack to help you think about your learning at the end of each day.

<p style="text-align: center;">Literacy and English - Writing</p> <p>Write a piece of descriptive writing about something, somewhere or someone you love. Consider your word choice, imagery and structure to create a positive impression of this thing, place or person.</p>	<p style="text-align: center;">Numeracy and Mathematics – Integer Calculations</p> <p>This task helps you practise your addition, subtraction and multiplication of integers (positive and negative whole numbers). Look at the page later in this pack for the activities.</p>	<p style="text-align: center;">Social Studies (History) – Historical Event</p> <p>Choose a significant historical event, maybe one you've been learning about recently or something that really interests you. The task is on one of the later pages in this pack.</p>
<p style="text-align: center;">Health and Wellbeing – Taking Care of You (Sleep)</p> <p>The right amount of rest and sleep can improve your mood, self-confidence and sleep quality, as well as giving you more energy and reducing your stress levels. There is an activity to complete later in this pack.</p>	<p style="text-align: center;">Numeracy and Mathematics – Interest Rates</p> <p>An interest rate is a percentage charged on the total amount you borrow or save. Look for the activity later in the pack to explore interest rates.</p> <div style="text-align: center; font-size: 2em; font-weight: bold;">%</div>	<p style="text-align: center;">Technologies (Business Studies) – Social Responsibility</p> <p>Social responsibility is when you are sensitive towards social, cultural, economic and environmental issues. Some companies have a reputation for social responsibility e.g. The Body Shop. Complete the task in the later pages in this pack.</p>
<p style="text-align: center;">Numeracy and Mathematics – Volumes of 3D Objects</p> <p>Collect a variety of 3D objects from around your home. For example, tinned foods or storage boxes. Using the below formulae, calculate the volume of each item,</p> $V_{cuboid} = l \times b \times h \qquad V_{cylinder} = \pi r^2 h$ $V_{cone} = \frac{1}{3} \pi r^2 h \qquad V_{sphere} = \frac{4}{3} \pi r^3$ <p>What is the relationship between cm^3 and ml? Are the current shapes of these items the most practical for their use? Design this product as another 3D shape to maximise the volume or increase its practicality.</p>	<p style="text-align: center;">Literacy and English - Listening</p> <p>Listen to a documentary, TV news show, online video or podcast. Who do you think the text you have chosen is aimed at? How do you know? What do you think is the purpose of this text? How do you know that? Summarise the key ideas in your own words. Do you think the text you chose was biased or did it simply provide information? Give examples to back up your choice. Give examples of any content you thought was particularly interesting, dramatic or shocking. Identify any effective language used in the text, such as word choice, or imagery. Explain how these made the text interesting, shocking or dramatic. What is your opinion of the main topic discussed in the text? Explain why you hold that opinion.</p>	<p style="text-align: center;">Science (Biology) – Adaptation in Plants</p> <p>On paper design (draw) a plant that can survive in a cold environment that has very little sunshine and very little rain. There are also lots of herbivores (animals that eat plants) living in your plant's environment. Think about the structure of the plant. What features could it have to help it survive and make use of the resources around it? You must write notes/ label your plant to explain why you have designed it that way. Colour in or label the colours of your plant.</p>

Contingency Learning Fourth Level Week 1

<p>Health and Wellbeing – What Can I Do To Make a Difference? <small>Teaching and Learning</small></p> <p>Use images and words to explore how you can make a difference to you, your school, your local community and your world. Look for the activity later in the pack.</p>	<p>Technologies (CDT) – Design</p> <p>Choose a household item and discuss features of its design. You should include:</p> <p>Aesthetics – how it looks, what makes it look attractive?</p> <p>Function – what is its job and how well does it work?</p> <p>Ergonomics – how has it been made to be comfortable for the user?</p> <p>Materials – what is it made from and why?</p> <p>Market – who might buy this product and why?</p>	<p>Health and Wellbeing – Mindful Breathing <small>Teaching and Learning</small></p> <p>Think about your breath. Don't change it, just be aware of it as it is. Notice the breath in, and out. Are they the same? Focus on the part of your body where you feel the breath – maybe your nose, chest or stomach. Your mind might wander off. Don't worry. Notice it and bring your attention back to your breath. Try this for 3 or 4 minutes. How does it feel to notice and pay attention to your breath? Did you notice anything interesting or surprising? Take some time to try 'mindful breathing' every day this week.</p>
<p>Literacy and English – Personal Reading</p> <p>Think about what you read on a daily basis. For example, do you read fiction or non-fiction books, websites, social media posts, magazines or perhaps the sports section of a newspaper?</p> <p>Carry out research into reading by chatting to other members of your household about their reading habits. What do they like to read for enjoyment? How often and at what time of day do they read? Do they listen to audiobooks? Use the conversations you have with others to think about creating your own reading plan. What are you most interested in reading? You may wish to set yourself a personal reading target based on what is available to you. For example, think about the types of fiction you like to read or the non-fiction topics you are most interested in. Keep a reading log by briefly recording what you are reading, bearing in mind the reading target you set yourself. The 'Bookzilla' reading app from the Scottish Book Trust is a great way to receive reading recommendations from other young people: https://www.scottishbooktrust.com/reading-and-stories/bookzilla.</p>	<p>Expressive Arts (Art) – Still Life</p> <p>Select three objects from home which have an ellipse (for example, a cup, a vase, a bowl, a glass). Practice drawing the objects using centre lines (see examples), making sure your ellipses are symmetrical. When you feel confident, draw all three objects sitting together and add tone to make them look 3-dimensional.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>Modern Languages – Vocabulary (Retrieving Information)</p> <p>Choose a topic that you have been learning about recently. On small pieces of card, paper or post-it notes write the key vocabulary from this (one word/phrase on each card). Spend some time learning these and their English translation. Later in the day test yourself on them. Put the ones you know in one pile and the ones you don't in another. Go back and look over the ones you don't know again. Test yourself again the next day. Did you get more right? Now, once you know them all, increase the time between testing yourself e.g. a few hours later, the next day, a couple of days later, at the end of the week. Can you still get them right? What happens if you test yourself again in couple of weeks? Are they still in your long-term memory?</p>

Social Studies (History) – Historical Event



Choose a significant historical event and research it.

	What you should do
Research	<p>Use at least two sources of information to research your historical event. This could be:</p> <ul style="list-style-type: none"> • A book • A textbook • A trusted website (BBC bitesize; Britannica; History Learning Site) • A documentary on YouTube
Describe	List the key events that happened.
Explain	Can you explain why your historical event happened?
Make a judgement	Can you describe the impact of your historical event and why it's important in History?
Present your findings	<ul style="list-style-type: none"> ▪ a written report ▪ talk ▪ presentation ▪ information poster ▪ a Prezi

Health and Wellbeing – Taking Care of You (Sleep)

The right amount of rest and sleep can improve your mood, self-confidence and sleep quality, as well as giving you more energy and reducing your stress levels.

- Do you have a good sleep routine at the moment? Calculate how many hours sleep on average you get each night. Find out if you meet the recommended hours of sleep per night for your age.
- Discuss with a friend, or someone in your house, why sleep is important and list all the reasons. Now add in all the things which contribute to a good night's sleep. For example, cutting out caffeine and limiting screens in the bedroom.
- Create a sleep diary for a week. This is a daily log to record your sleep-wake pattern. It aims to measure the pattern and quality of your sleep, and factors that may affect your sleep. For example:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you go to bed last night?							
What time did you wake this morning?							
Approximately, how long did it take you to first fall asleep (in minutes)?							
How many times did you wake in the night and for how long each time?							
How long did you sleep last night in total?							
What, if anything, disturbed your sleep?							

- Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep (refer to your list above). If you notice a pattern, make one change at a time to try to improve your sleep pattern.

If you are worried about your sleep pattern, make sure you speak about it to a trusted adult.

Numeracy and Mathematics – Interest Rates

Imagine that your school's Parent Council have been fund raising. They are aiming to get a new covered area built to provide additional space for learning outdoors. So far, they have raised £7000 and they want to invest this while they raise the rest of the funds.

They have narrowed the options down to the following three:

	Interest Rate	Charges
OPTION 1	6% per annum	None
OPTION 2	7% per annum	£50 per annum
OPTION 3	3.2% per half year	None

It will take another two years to raise the funds needed. Which option will give them the most money after this time? You will find some reminders about calculating interest here:

<https://www.bbc.co.uk/bitesize/guides/z9rjxfr/revision/6>.

The parent council decide they want to build the covered area now. The total cost is £10 000. They will borrow the extra money needed. They have had three loan offers, all based on simple interest, as shown in the table below:

	Interest Rate	Length of loan
OPTION 1	8% per annum	3 years
OPTION 2	7% per annum	5 years
OPTION 3	0.5% per month	7 years

Which option would be best? You should think about the total amount of interest, the total amount to be repaid and the amount that will need to be repaid each year.

Extension: Imagine that you or your family are thinking about making a big purchase, for example a new bicycle, car or kitchen. Investigate interest rates on savings accounts and on different ways of borrowing. Do you think you should save or borrow? Discuss your findings with someone at home.

Health and Wellbeing – What can I do to make a difference?

You will need a piece of A3 and A4 paper divided into four quadrants.

On the A4 paper draw your ideal future using pictures and words, or create a collage using a mixture of drawings, writing and cut outs from magazines or newspapers. The four quadrants should represent 'me', 'my school', 'my local community' and 'my world'.

You should then place your 'ideal future' representation in the middle of the larger (A3) piece of paper.

Reflect on what you are already doing as an individual to create your 'ideal future'. These can be small or bigger actions, such as buying Fairtrade products, volunteering in your local community, or being part of the school Eco-council. Write down ideas in the quadrants of the larger piece of paper, so that each action corresponds with the quadrant of your 'ideal future' that it is most related to.

What other actions could you individually take to contribute to your ideal future? You should each write down these ideas in a different coloured pen in the related quadrants of your larger piece of paper.

Consider the following questions:

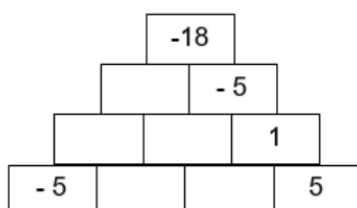
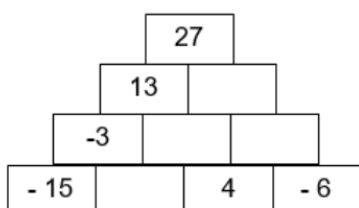
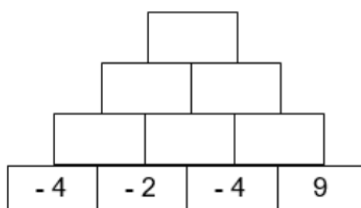
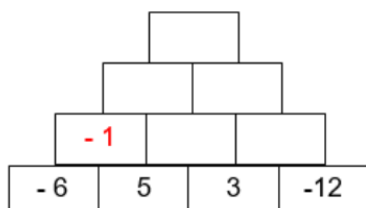
- How would this action make a difference?
- Is it achievable?
- What would you need to do to make sure this action takes place?

Numeracy and Mathematics – Integer Calculations

Complete the following pyramids using your knowledge of integers and the four operators.

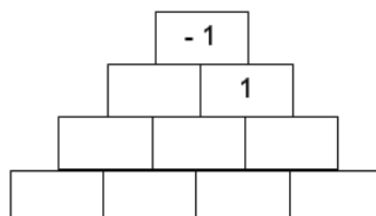
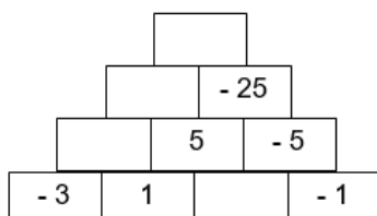
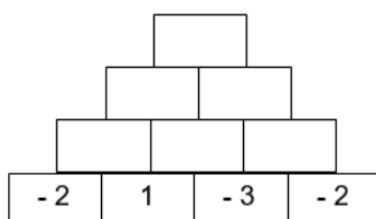
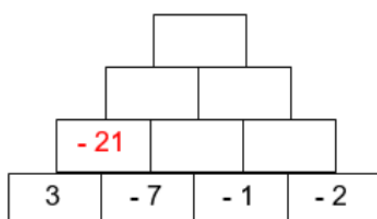
Part 1

Add the two numbers below to create the number above. The first entry is completed for you.



Part 2

Multiply the two numbers below to create the numbers above. The first entry is completed for you.



Can you find at least two solutions to this?
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Technologies (Business Studies) – Social Responsibility

Body Shop
Socially Responsible



The Body Shop is well known for being socially responsible.

<http://www.bodyshop.co.uk>

Go to the website and report on the ways in they have shown themselves to be socially responsible.

How does Body Shop demonstrate its social responsibility?

Can you find any other examples of businesses being socially or ethically responsible?

Self-reflection Grid

At the end of a day of learning you might like to roll a die to select a self-reflection question. You can look at them by yourself or, even better, discuss them with someone else.



1	2	3	4	5	6
Did I find it easy to stay on task? What helped/hindered this?	Am I worried about anything after today's work? What can do if I am worried?	Did I get stuck? How did I get past that? Did I give up or try something else? What did I try?	What made my learning stick today? What did I do that helped me understand a particular task?	Did I have everything I needed to complete the tasks? Did I use anything to help me?	Were there any tasks today that I found too easy? Why? Could I have added my own challenge?