

## Year 10 Online Learning

**Tuesday 6<sup>th</sup> January 2026**

Please follow the instructions that have been left by your teachers

10 EKE

Period	Subject	Instructions
1	English	Write two paragraphs describing Christmas morning. Include examples of at least three REFRESHED LISA techniques.
2	Maths	Page 158 complete questions 1-3 Page 159 complete questions 7 and 8 Page 162, copy learning objectives for new chapter starting Wednesday
3	RE	Research Max Kolbe and write a summary of what happened to him and why is he a role model for Christians today.
4	PC	Go for a walk in the snow.
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8	PE	Go outside for a walk and complete 5000 steps if possible
9	PE Mr Mc Kenna Mrs Grimley Mr Mc Sorley	<p>Home workout for anyone that is unable to complete 5000 steps due to the weather conditions</p> <p>⌚ Warm-up (5 minutes)</p> <p>Do each for 30 seconds, repeat twice:</p> <p>Jumping jacks - <a href="https://www.youtube.com/watch?v=uLvt6u15L98">https://www.youtube.com/watch?v=uLvt6u15L98</a></p> <p>High knees (on the spot) <a href="https://www.youtube.com/shorts/embG30HtsF8">https://www.youtube.com/shorts/embG30HtsF8</a></p> <p>Arm circles (forwards &amp; backwards) <a href="https://www.youtube.com/watch?v=Gred163j8U4">https://www.youtube.com/watch?v=Gred163j8U4</a></p> <p>Toe touches + gentle twists <a href="https://www.youtube.com/shorts/RA-TVUPdTos">https://www.youtube.com/shorts/RA-TVUPdTos</a></p> <p>⌚ Main Workout (15–20 minutes)</p> <p>Circuit (repeat 2–3 times):</p> <p>Squats × 15 <a href="https://www.youtube.com/shorts/-5LhNSMBrEs">https://www.youtube.com/shorts/-5LhNSMBrEs</a></p> <p>Push-ups × 10 (knees down if needed) <a href="https://www.youtube.com/shorts/HHRDXEG1YCU">https://www.youtube.com/shorts/HHRDXEG1YCU</a></p> <p>Plank – 30 seconds <a href="https://www.youtube.com/shorts/v25dawSzRTM">https://www.youtube.com/shorts/v25dawSzRTM</a></p> <p>Mountain climbers – 30 seconds <a href="https://www.youtube.com/shorts/7W4JEfEKuC4">https://www.youtube.com/shorts/7W4JEfEKuC4</a></p> <p>Wall sit – 30 seconds <a href="https://www.youtube.com/shorts/mDdLC-yKudY">https://www.youtube.com/shorts/mDdLC-yKudY</a></p> <p>Rest 1 minute between rounds.</p>

		<p>🕒 Cool-down &amp; Stretch (5 minutes)</p> <p>Hold each stretch for 20–30 seconds:</p> <p>Hamstrings <a href="https://www.youtube.com/watch?v=T_I0AyZywjU">https://www.youtube.com/watch?v=T_I0AyZywjU</a></p> <p>Quads <a href="https://www.youtube.com/watch?v=DxBDqHL5NIM">https://www.youtube.com/watch?v=DxBDqHL5NIM</a></p> <p>Shoulders &amp; arms <a href="https://www.youtube.com/shorts/alq0fLi8iak">https://www.youtube.com/shorts/alq0fLi8iak</a></p> <p>Deep breathing (slow inhale through nose, exhale through mouth)</p>
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## 10 NWA

Period	Subject	Instructions
1	TD HE	<p>Task details on teams (Design Task: Flower Display)</p> <p><b>Research the following questions online:</b></p> <ul style="list-style-type: none"> <li>• How much food is wasted in the UK at Christmas?</li> <li>• What are the main reasons for increased food waste during the festive season?</li> <li>• What are 5 practical tips families can use to reduce food waste at Christmas?</li> </ul>
2	TD T&D	<p>As above (Specification, success criteria &amp; research on teams)</p> <p>-</p> <p>Mr. S. McCaughey - Design a holder to display 3 potted plants; All drawings in pencil and coloured with colouring pencils. Include notes to tell what materials are to be used and include 3 key dimensions.</p>

3	French	Complete the assignment 'Mon Pays' on MS TEAMS.
4	English	Write two detailed paragraphs describing your Christmas Day or New Year's Day; use at least four language techniques – for example: simile, metaphor, personification, onomatopoeia.
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6	Maths	<p>Starter of the day-  <a href="https://www.transum.org/Software/SW/Starter_of_the_day/starter_January6.asp">https://www.transum.org/Software/SW/Starter_of_the_day/starter_January6.asp</a></p> <p><b>Try some of the maths puzzles on</b>  <a href="https://www.transum.org/Software/Puzzles/">https://www.transum.org/Software/Puzzles/</a></p>
7	T&D	Design a holder to display 3 potted plants; All drawings in pencil and coloured with colouring pencils. Include notes to tell what materials are to be used and include 3 key dimensions. Mr. S. Mc Caughey
8	T&D	
9	LLW	Work on Teams

10 AME

Period	Subject	
1	LLW Mr Mc Sorley	<p><b>Scenario A</b></p> <p>You see a job online promising <b>lots of money</b> but asking for your personal details.</p> <ul style="list-style-type: none"> <li>• Is this safe? YES / NO</li> <li>• What should you do?</li> <li>• Who could you ask for help?</li> </ul> <p><b>Scenario B</b></p> <p>A friend tells you they feel unsafe but says "<b>don't tell anyone.</b>"</p> <ul style="list-style-type: none"> <li>• Should you keep it a secret? YES / NO</li> <li>• What is the right thing to do?</li> <li>• Name one trusted adult.</li> </ul> <p><b>Scenario C</b></p> <p>You feel stressed about school and can't sleep.</p> <ul style="list-style-type: none"> <li>• Name <b>one sign</b> of stress</li> <li>• Name <b>one way</b> to help yourself</li> <li>• Who could support you?</li> </ul> <p>Answers can be <b>bullet points or short sentences.</b></p>
2	Maths	<p>Complete the following two worksheets into your maths book</p> <p><a href="https://corbettmaths.com/wp-content/uploads/2021/01/Jan-Numeracy-Book_Part5.pdf">https://corbettmaths.com/wp-content/uploads/2021/01/Jan-Numeracy-Book_Part5.pdf</a></p> <p><a href="https://corbettmaths.com/wp-content/uploads/2014/02/jan-6-numeracy-pdf.pdf">https://corbettmaths.com/wp-content/uploads/2014/02/jan-6-numeracy-pdf.pdf</a></p>
3		

4	PC	Identify 2 new year's resolutions for 2026 to share and discuss in next week's PC class.
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6		
7	English	Write two detailed paragraphs describing your Christmas Day or New Year's Day; use at least four language techniques – for example: simile, metaphor, personification, onomatopoeia.
8	History	<p><b>TASK- Newspaper Front Cover</b></p> <p>Imagine that you are reporting on the formation of a new organisation called the Gaelic Athletic Association (GAA). Create a Newspaper Front Cover on page 12M of your booklets.</p> <p>What to include:</p> <ul style="list-style-type: none"> <li>• Explain why it has been formed</li> <li>• The sports that it is aiming to organise and promote</li> <li>• The impact that you think it may have for schools, clubs and counties in Ireland.</li> </ul>
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## 10 KMG/DBG

Period	Subject	Instructions
1		
2	DBG English	<p>See Teams page. Complete the vocabulary tasks to help you understand the word 'Adversary'.</p> <p>This will be a key word this term.</p>
3	Maths	<p>Complete the following two worksheets</p> <p><a href="https://corbettmaths.com/wp-content/uploads/2014/02/jan-6-numeracy-pdf.pdf">https://corbettmaths.com/wp-content/uploads/2014/02/jan-6-numeracy-pdf.pdf</a></p> <p><a href="https://corbettmaths.com/wp-content/uploads/2021/01/Jan-Numeracy-Book_Part5.pdf">https://corbettmaths.com/wp-content/uploads/2021/01/Jan-Numeracy-Book_Part5.pdf</a></p>
4	History	<p><b>TASK- Newspaper Front Cover</b></p> <p>Imagine that you are reporting on the formation of a new organisation called the Gaelic Athletic Association (GAA). Create a Newspaper Front Cover on page 12M of your booklets.</p> <p>What to include:</p> <ul style="list-style-type: none"> <li>• Explain why it has been formed</li> <li>• The sports that it is aiming to organise and promote</li> <li>• The impact that you think it may have for schools, clubs and counties in Ireland.</li> </ul>
5	Careers	Researching subject choices for Key Stage 4 Options. Task and instructions on Year 10 Careers Team.
6	French	Complete the assignment 'Mon Pays' on MS TEAMS.
7	Mrs McAshea HE Class	<b>Research the following questions online:</b>

		<ul style="list-style-type: none"> <li>• How much food is wasted in the UK at Christmas?</li> <li>• What are the main reasons for increased food waste during the festive season?</li> <li>• What are 5 practical tips families can use to reduce food waste at Christmas?</li> </ul>
8	PE	Get outside for a walk and complete 5000 steps
9	PE Mr Mc Kenna Mrs Grimley Mr Mc Sorley	<p>Home workout for anyone that is unable to complete 5000 steps due to the weather conditions</p> <p>⌚ Warm-up (5 minutes)</p> <p>Do each for 30 seconds, repeat twice:</p> <p>Jumping jacks - <a href="https://www.youtube.com/watch?v=uLVt6u15L98">https://www.youtube.com/watch?v=uLVt6u15L98</a></p> <p>High knees (on the spot) <a href="https://www.youtube.com/shorts/embG30HtsF8">https://www.youtube.com/shorts/embG30HtsF8</a></p> <p>Arm circles (forwards &amp; backwards) <a href="https://www.youtube.com/watch?v=Gred163j8U4">https://www.youtube.com/watch?v=Gred163j8U4</a></p> <p>Toe touches + gentle twists <a href="https://www.youtube.com/shorts/RA-TVUPdTos">https://www.youtube.com/shorts/RA-TVUPdTos</a></p> <p>⌚ Main Workout (15–20 minutes)</p> <p>Circuit (repeat 2–3 times):</p> <p>Squats × 15 <a href="https://www.youtube.com/shorts/-5LhNSMBrEs">https://www.youtube.com/shorts/-5LhNSMBrEs</a></p> <p>Push-ups × 10 (knees down if needed) <a href="https://www.youtube.com/shorts/HHRDXEG1YCU">https://www.youtube.com/shorts/HHRDXEG1YCU</a></p> <p>Plank – 30 seconds <a href="https://www.youtube.com/shorts/v25dawSzRTM">https://www.youtube.com/shorts/v25dawSzRTM</a></p>

		<p>Mountain climbers – 30 seconds  <a href="https://www.youtube.com/shorts/7W4JEfEKuC4">https://www.youtube.com/shorts/7W4JEfEKuC4</a></p> <p>Wall sit – 30 seconds <a href="https://www.youtube.com/shorts/mDdLC-yKudY">https://www.youtube.com/shorts/mDdLC-yKudY</a></p> <p>Rest 1 minute between rounds.</p> <p> Cool-down &amp; Stretch (5 minutes)</p> <p>Hold each stretch for 20–30 seconds:</p> <p>Hamstrings <a href="https://www.youtube.com/watch?v=T_l0AyZywjU">https://www.youtube.com/watch?v=T_l0AyZywjU</a></p> <p>Quads <a href="https://www.youtube.com/watch?v=DxBDqHL5NIM">https://www.youtube.com/watch?v=DxBDqHL5NIM</a></p> <p>Shoulders &amp; arms <a href="https://www.youtube.com/shorts/aiq0fLi8iak">https://www.youtube.com/shorts/aiq0fLi8iak</a></p> <p>Deep breathing (slow inhale through nose, exhale through mouth)</p>
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10 PMS

Period	Subject	Instructions
1	Mrs Bogues HE Class	<p><b>Research the following questions online:</b></p> <ul style="list-style-type: none"> <li>• How much food is wasted in the UK at Christmas?</li> <li>• What are the main reasons for increased food waste during the festive season?</li> <li>• What are 5 practical tips families can use to reduce food waste at Christmas?</li> </ul>
2	French	Complete the assignment 'Les matières' on MS TEAMS.
3	Maths	Read page 164 on reflection. Complete questions 1,2 3 and 4 page 165
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5	IT	See assignment on Teams – join code for Team 83z3173. Most of class already joined – <a href="#">Click here to go to Team</a>
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7	PC Mr Mc Sorley	Identify 2 new year's resolutions for 2026 to share and discuss in next week's PC class.
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## 10 ACO

Period	Subject	Instructions
1	LLW	Task on TEAMS – design a poster on your new years resolutions/targets for 2026 at SHC
2	English	Write 2 paragraphs describing the weather outside using 4 language techniques. Underline and label each.
3	PC	<a href="#">10 ACO</a> work also on TEAMS
4	HE	<p><b>Research the following questions online:</b></p> <ul style="list-style-type: none"> <li>• How much food is wasted in the UK at Christmas?</li> <li>• What are the main reasons for increased food waste during the festive season?</li> <li>• What are 5 practical tips families can use to reduce food waste at Christmas?</li> </ul>
5	HE	
6	French	Complete the assignment entitled 'Mon Pays' on MS TEAMS.
7	Maths	Read page 164 on reflection. Complete questions 1,2 3 and 4 page 165
8	Careers	Researching subject choices for Key Stage 4 Options. Task and instructions on Year 10 Careers Team.
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