PE

Sports Documentaries:

The mathematics of weight loss: <https://www.youtube.com/watch?v=vuIlsN32WaE>

Cristiano Ronaldo – testing to the limit <https://www.youtube.com/watch?v=4achmhzLNoY> Cristiano Ronaldo goes through a range of sporting tests to see why he is unique as a sportsmen.

Amazon Prime have a great documentary with Andy Murray.

Netflix has a range of documentaries one of the best is called the last dance about Michael Jordan and the Chicago Bulls

Exercise links

Joe Wicks the bodycoach: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Ferdinand Fitness with Kate and Rio[: https://www.youtube.com/channel/UCCLs9x0Fk53m-F2Lqic-uhQ](:%20https:/www.youtube.com/channel/UCCLs9x0Fk53m-F2Lqic-uhQ)

Dance

<https://www.youtube.com/watch?v=QBdXqhVPwcI> – Zoonation are a very famous hiphop dance crew and earlier in the year Miss Manders took a few students to see them live on stage. They have lots of their work online and are now releasing videos of their dancers teaching you some of their Rep (the dances that the dancers actually perform on stage.) so you can learn from professionals. Here is an example of this.

<https://www.sadlerswells.com/whats-on/2020/sadlers-wells-digital-stage/>   Sadlers Wells are one of the most famous theatres that showcase dance. They have been releasing videos of different dance performances that have been pre-recorded. This is an opportunity to improve your knowledge of different types of dance and get to watch professional performances for free online! Check the schedule to see what performances they will be releasing over half term.

<https://udancedigital.org/>   UDance are a famous and well established dance business. They are going to be putting on a summer school online from 17th 19th July were you can choose from up to 30 different sessions taught my professionals from a range of different styles. Try something new!

Music

Summer Music Activities

Please watch these videos of Glastonbury last year.

[Glastonbury 2019](https://www.youtube.com/watch?v=QVlfINuDdKE&list=RDQMZIjTOL0EK3A&start_radio=1)

[Glastonbury 2016](https://www.youtube.com/watch?v=bAsGFnLl2u0&list=RDQMyQuBFymUv8g&start_radio=1)

BBC Bitesize for KS3 – please visit this site and complete the activities

[Pop Music](https://www.bbc.co.uk/bitesize/topics/zbw7pv4/articles/zrrnpg8)

[Writing Songs](https://www.bbc.co.uk/bitesize/topics/z3dqhyc/articles/zrx3vk7)

[Composing Music](https://www.satchelone.com/homeworks/48392217-expressive-arts-sports-week-(6th-10th-july)/assess?ids=48392217-10382781)

[Writing Lyrics](https://www.bbc.co.uk/bitesize/topics/z3dqhyc/articles/zknqwty)

[Composing music for video games](https://www.bbc.co.uk/bitesize/topics/z3dqhyc/articles/zdvt6v4)

[Melody Writing](https://www.bbc.co.uk/bitesize/topics/z3dqhyc/articles/z7n2qp3)

Oak Academy – please complete these online lessons

Year 7

[Music Lessons](https://classroom.thenational.academy/subjects-by-year/year-7/subjects/music)

Year 8

[Music Lessons](https://classroom.thenational.academy/subjects-by-year/year-8/subjects/music)

Year 9

[Music Lessons](https://classroom.thenational.academy/subjects-by-year/year-9/subjects/music)

Year 10

[Music Lessons](https://classroom.thenational.academy/subjects-by-year/year-10/subjects/music)

ART

Check out Tate Gallery’s activities and quizzes - <https://www.tate.org.uk/kids>

Watch the Museums in Quarantine series (Andy Warhol @ Tate Modern) - <https://www.bbc.co.uk/iplayer/episode/m000hqml/museums-in-quarantine-series-1-1-warhol>

Visit the NPG BP PORTRAIT AWARD Virtual Exhibition  - <https://www.npg.org.uk/whatson/bp-portrait-award-2020/exhibition/?gclid=Cj0KCQjwo6D4BRDgARIsAA6uN18-tvw7S_n2XXKb5I0DbZrWcjVR7Y-OZq1cqtj53HbyNH4bOkLUrTEaAg9zEALw_wcB>

Learn about Photographer Richard Mosse’s work on Bloomberg’s Brilliant Ideas (there are loads of artists videos on here too) - <https://www.bloomberg.com/news/videos/2018-03-19/richard-mosse-on-brilliant-ideas-video>

Have a Virtual Stroll through the Royal Academy’s ‘Picasso & Paper Exhibition – tickets are SOLD OUT - <https://www.royalacademy.org.uk/article/picasso-and-paper-virtual-exhibition-tour>

Get Life drawing at home with the RA - <https://www.royalacademy.org.uk/article/7-life-drawing-shorts-at-home-lifedrawinglive>