















Welcome to your PSHE 'Life Beyond School' session. Your task over the next two days is to complete at least 2 activities from the selection offered on this page. Complete 1 task on Tuesday 2nd P2-4 and the 1 task on Wednesday 3rd P1-3. Pick tasks which interest you and remember that you will need to provide evidence of completion to your tutor.

<h3>Education & Careers Activity Options</h3>		<p>KS3 into Y9 Education pathways: https://www.careerpilot.org.uk/information/gcse/choosing-your-gcse</p> <p>Read through the Career Pilot for information about possible GCSE subject you could take in Year 9 . Research 2 subjects you are interested in, then write a brief summary of the type of things you would study at GCSE in these subjects.</p> <p>Then research and describe two potential job roles linked to each subject. For this task you should find this link useful: https://careerpilot.org.uk/job-sectors/subjects</p>	<p>Beyond GCSE Education pathways: https://www.bbc.co.uk/bitesize/articles/z6ws47h</p> <p>Using BBC Bitesize, explore the options available to you after your GCSEs. Create an A4 page explaining the difference between A-Levels, Apprenticeships and Vocational qualifications. You can write and use diagrams to compare the different education routes available to you.</p> <p>Include a section explaining which of these options you find most interesting right now and why.</p>	<p>Screen Free option Career & Education paths</p> <p>Speak to a variety of adults you know and ask them about their education and career pathway.</p> <p>Write a summary of what you find out and explain why these may or may not appeal to you.</p> 
<p>If you know what job you might want to do in the future:</p> <p>Research this career and prepare an A4 page with the following summary information:</p> <ul style="list-style-type: none"> • how to gain this career, • the skills and knowledge you need • what the job involves on a day-to-day basis • the qualifications or training you might need • how much you'd earn when you start • what the career progression looks like <p>https://nationalcareers.service.gov.uk/explore-careers</p>	<p>If you do not know what job you might want to do in the future:</p> <p>Complete the National Careers Quiz: https://beta.nationalcareers.service.gov.uk/</p> <p>then research two out of the three options suggested to you.</p>  <p>Produce an A4 page showing which jobs have been suggested to you and reasons why they may be of interest, or not to you right now.</p>			
<h3>Money Matters Activity Options</h3>		<p>Setting up a Bank Account</p> <p>Listen to the podcast, do some research and then write a step-by-step report on how to set up a bank account and the different types of bank accounts available to those under 18.</p> <p>https://www.funkidslive.com/learn/co-op-money/setting-first-savings-account/</p> 	<p>Borrowings and Interest</p> <p>Watch the videos on the BBC website and produce an A4 page of information between the different types of financial borrowings that people can have -</p> <ul style="list-style-type: none"> • Credit Cards • Loans • Mortgages <p>Make sure you include some information about what interests' rates are and repayment options. https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3--ks4-financial-literacy/zkh8cqt</p> 	<p>Screen Free option Home Budget</p> <p>Talk to adults at home about their budget and how they balance how much finances are coming in and the outgoings.</p> <p>Create your own plan based on the information they gave you, to demonstrate how you would manage your own finances.</p> 
<h3>Personal Development Activity Options</h3>		<p>Reading for pleasure</p> <p>Spend at least 45mins reading a book of your choice. This doesn't have to be 45mins in one go!</p> <p>Be prepared to share a short summary of your reading with you tutor group if asked.</p> <p>If you don't have a book at home you can access all sorts of free eBooks here using Oliver: https://chsg.oliverasp.co.uk/library/home/browse/list?SAMLResponse=&clientAlias=&time=&digest=&corporationAlias=Carshalton</p> 	<p>Beyond work and study 1</p> <p>Success in life isn't just about education and work but also about you looking after yourself physically and mentally.</p> <p>Create a display showing the various ways in which people can look after their mental health and wellbeing at this time.</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/</p> 	<p>Screen Free option Beyond work and study 2</p> <p>We all have hobbies and interests. Use some time over Tuesday and Wednesday to enjoy a hobby of your choice, or even to try out something new.</p> <p>However, be aware that your tutor may ask you to share what you did.</p> <p>Ideas of hobbies, interest you may indulge in (but are not limited to):</p> <p>Cooking, crafting, exercising or even learning a language.</p>

Are you up for the screen free challenge?

We challenge you to complete **2** of the following activities on 'Take Care Wednesday P4 & 5' – 3rd February 2021 ● No laptop ● No phone ● No PC ● No Xbox ● No PS ●

Can you do it? Get household members to take picture of you on their phones completing the challenges below or complete an 'MV mini journal' documenting your day.

<p>TO START: Wake up at a good time ready for the day ahead</p> 	<p>NEXT: Make your mini journal – you'll surprise yourself at how easy it is!</p>		<p>Go for a WALK. Push yourself, STRIDE out and blast those cobwebs away!</p> 	<p>Make yourself a healthy breakfast and enjoy having time to eat it.</p> 	<p>Play a board game with your siblings.</p> 				
<p>Bake! Put your bake off skills to the test by trying a new recipe and testing it on your family. If it's successful, recommend the recipe to Miss Bevan or Miss Cherry, she'll create a file of them ready to support the MacMillan World's Biggest Coffee Morning in September.</p>			<p>Go for a run</p> 	<p>Do some colouring – adult colouring book, paint by numbers, doodle</p>	<p>Dance around your kitchen like nobody's watching</p>	 <p>Meditate</p>	<p>Play a card game. Teach someone how to play a card game or get them to teach you</p> 		
<p>WHO DO YOU THINK YOU ARE? Draw up a family tree. How many generations of grandparents can you go back to? Observe their names? Where did they live? What were their jobs?</p> 	<p>Knitting Ask someone in your household to teach you to knit!</p> 	 <p>Keepy Uppy! How long can you go for? Already the King or Queen of Keepy Uppy? Try using a tennis ball instead or throw in some hip moves to wow your friends post lockdown!</p>	<p>READ -a book, a newspaper, childhood favourite story, magazine... indulge in reading something that will whisk you away into another world....</p>	 <p>Contact a friend or relative you haven't seen for a while. Speak to them, DON'T text!</p>	<p>Talk to your parents about what it was like being a teenager in the 1980s or 1990s? What music did they listen to? Where did they hang out? What was their first job? Their first car?</p>	<p>De clutter your bedroom and redesign your living space. Sit back and RELAX!</p>	<p>Jigsaw puzzles Will you complete? 500? 1000? It's the new lockdown go to and surprisingly relaxing!</p> 	<p>Hand write a DIARY ENTRY of how lockdown is making you feel and what you are up to. Pop it in an envelope, seal it and place it somewhere to read in a year's time.</p> 	 <p>Do you have a musical instrument sat gathering dust? Not played since Year 9? Provide you family with an impromptu concert (after some practice of course...!)</p>
<p>Pamper your pet! Groom, walk, play ball. You and your pet will benefit!</p> 	 <p>Dig out some old photos.... Not on your phone, but actual printed photos... you're all of the age where they existed once! Enjoy looking back and reminiscing.</p>	<p>WRITE a card or letter to someone who has helped you since this lockdown started and post it to them.</p> 	 <p>Get in touch with nature: Take a NATURE WALK in your local area and look closely for signs of spring. This can be plants, animals, birds, insects.</p>	<p>GET CREATIVE! Draw, model or make something.</p> 	<p>Learn a new skill which DOESN'T require a YouTube video for instruction</p> 	 <p>Practice some YOGA</p>	<p>Make life easier for someone else in your home. Offer to do some household jobs, make the lunch or perhaps just offer a cuppa!</p>	<p>Listen to your favourite music – on a speaker.... ditch the ear pods!</p> 	<p>FINISH: Wow! Epic effort! How do you feel? Write up, draw or cut and stick images into your journal and post to us. Or, if you've got pics, pop them on a powerpoint and email. We'll be selecting our favourites and putting them into a prize draw.</p>  <p>Ride your bike</p>