



Bluecoat Beechdale  
Academy

Belong, Believe, Achieve

## Year 8 Work – 15<sup>th</sup> July 2021

Period	Subject	Work to be completed
<b>1 and 2 or 3 and 4</b>	Tech/Art	<p>Mr Jackson DT - Complete the worksheet regarding Ergonomics and Robotics. This should be completed on the worksheets and handed back to your class teacher at the start of next week's lesson.</p> <p>Mr Isman DT - Complete the worksheet regarding Ergonomics and Robotics. This should be completed on the worksheets and handed back to your class teacher at the start of next week's lesson.</p> <p>Miss Tozer Food – Complete the worksheet regarding Nutrition and Health &amp; Safety. This should be completed on the worksheets and handed back to your class teacher at the start of next week's lesson.</p> <p>Miss Dee Art – Complete the worksheet regarding an artist response for Charlotte Farmer. This should be completed on the worksheets and handed back to your class teacher at the start of next week's lesson.</p>
<b>1 and 2 or 3 and 4</b>	PE	<p>Task 1-Warm up before the circuit session making sure your stretch properly. Complete the following circuit session. Exercise for 40 seconds and rest for 20. The exercises you must do are: 1. running on the spot. 2. Sit ups. 3. Start jumps. 4.Press ups. 5.Squats. 6.Punches/jabs. 7.Lunges. 8.Plank. 9.Sumo squats. 10. Squat Jumps. Task 2- BBC iplayer- watch 'Gold Rush: Our race to Olympic Glory- list the athletes mentioned, the sport they compete in and the medals they won and in what Olympics. Did any of them have to overcome any adversities, if so what were they?</p>