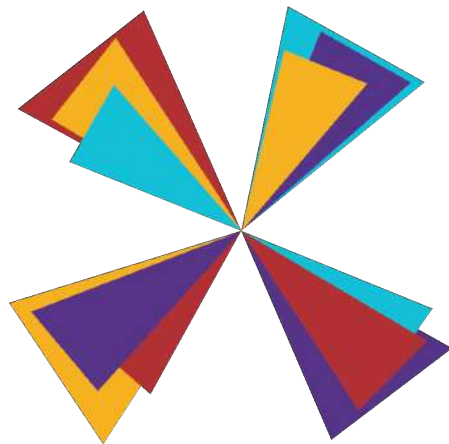


# TEAM BLATCH



Online Learning Bulletin

Friday 26th June 2020



# Online Learning Bulletin

Dear Team Blatch,

Welcome to our 12th edition of our online learning bulletin.

It's fantastic to see that our students have once again been learning about a whole range of different topics and putting their skills into practice in both written and practical work.

Our staff are continuing to work incredibly hard to support our students and make sure that they receive useful feedback that helps to move their learning on.

Thank you to everyone in our wider Blatch community who are continuing to support our students to work so hard and learn to the best of their ability - we are so proud of all our students continue to achieve.

We hope you enjoy reading this week's bulletin.



## Blatch Challenge - Mylo D





## English

Our year 7 English students have been working hard on forest descriptions inspired by the works of Shakespeare. Read some of their excellent writing below!

A path of golden sunlight lies in front of me. Small birds hop from branch to branch on delicate feet. Birdsong comes sweet and high; a soprano to the low creaks and rustles of this ancient forest. The ground is soft and springy from layers of fallen leaves. The air is warm but not scorching, humid but not stuffy. The path is lined with mighty oak trees, guardians of the forest standing strong. Lush moss clings to the branches, vines hang down like ropes. I stroll through the tunnel of green, breathing in the rich, earthy smell of the woods.

I freeze. A doe steps out in front of me. It stands there, staring at me with those wide, alert eyes. Its glossy fur is pale brown, speckled with white. A tiny fawn trots out from the trees and stops behind its mother. They stay there like perfect statues for a moment - I feel as if I'm looking at a photograph, a fragment of time. Still. And then they are gone; running into the forest.

After a while, I come across a clearing. The trees stand in a circle around me, a silent audience. I blink in the morning light as I tilt my face towards the sun and let the warmth wash over me. In the centre of the clearing, there is a huge tree, its trunk thick and its branches twisted, reaching out. Its roots dive in and out of the earth; its leaves are lush and colourful. I run my hand over the rough bark and trace the cracked pattern. I sit down at the base of the tree. I think I will stay here for a while.



## English

The forest had an eerie but magical feel, while the fog sailed in. This hasn't seen a human for decades; it was secluded and undisturbed. A dreadful smell flowed throughout the forest. Slowly, bluebells emerged as the trees whispered with the wind. Caterpillars strolled amongst the dangling vines crawling up the trees. Suddenly, a tree collapsed while a flock of birds escaped like an army of buzzing bees about to ambush a victim. Hastily, owls called as they seized their next innocent, furry meal. Night came, so the forest started to become a battleground; animals retreated. Who would survive? Moles courtered in their burrows as foxes inspected the woods. Fog made it near impossible to see more than ten metres away. While the trees became a hiding spot. Fireflies dazzling in between the spider like trees. Crickets made their instantly recognisable noise. Unexpectedly, shards of water shot from the sky like a bomb about to explode. The forest became much more mysterious than before. What would happen next...

Marco K

Shafts of sunlight broke through the trees, casting its golden light over the endless blankets of bluebells. Vermillion red poppies scattered their happiness throughout the forest. A crystal clear river glimmered like a silver ribbon laid across the land. Coils of vaporous mist wrapped the shaggy heads of the oak trees as a few intricate leaves kissed the sublime forest floor. Bottle green ivy cascaded down the tree trunks like a waterfall. There were so many melodic sounds that made up this enchanted wood; the mellow sound of the birds singing; the branches waving in the wind and the gentle trickle from the river.

Olivia F



# Maths

Mr Herbert's year 8 Maths students have constructed some brilliant 3D shapes this week! Here is some of their great work.

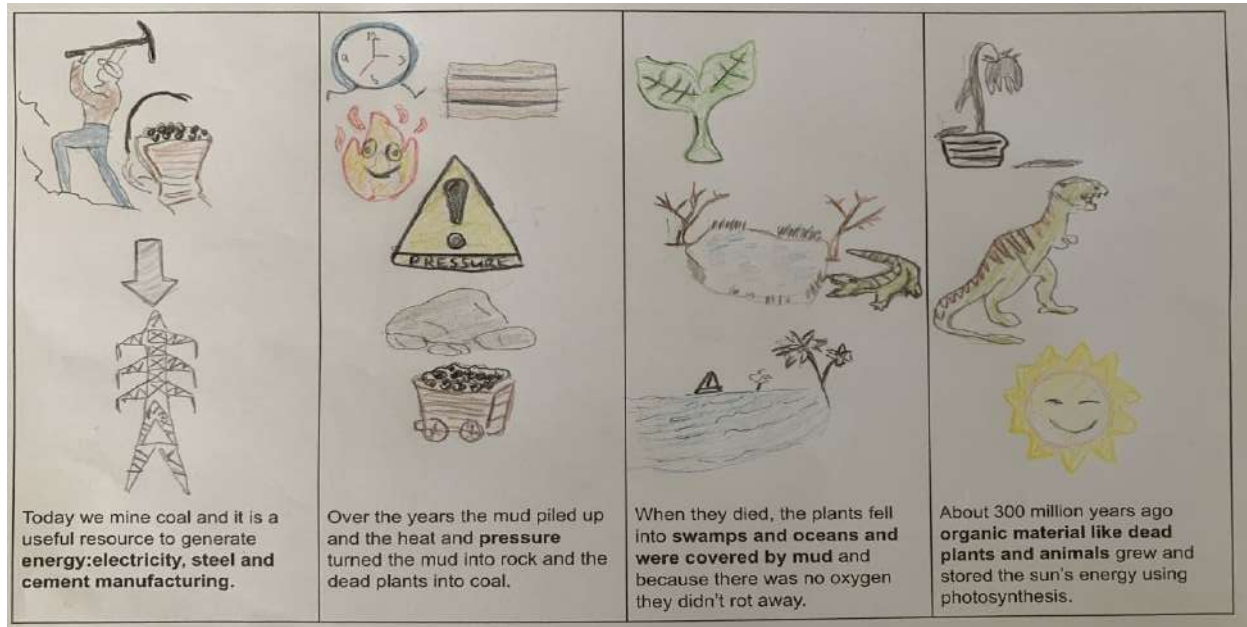






# Science

Mrs Hamilton's year 8 science class have been learning how fossil fuels are made!

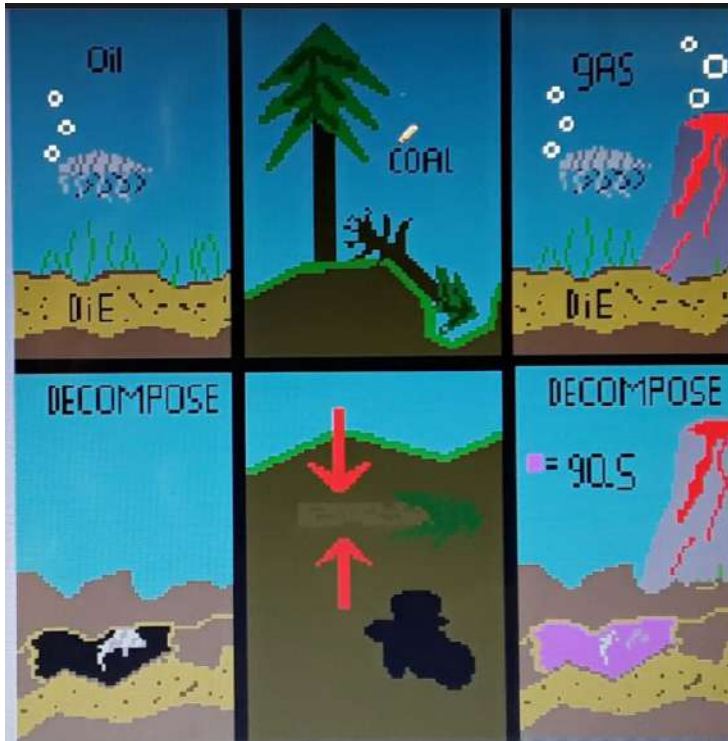


Libby R



Sam O





Willem S

## How Fossil Fuels are made

### Coal



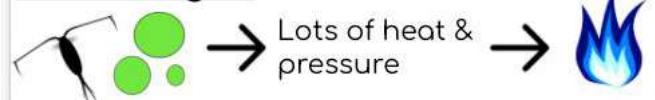
300,000,000 years ago, many plants died. Over hundreds of years, those plants got buried underneath sand and dirt. After many years of constant heat and pressure, those plants turn into coal.

### Oil



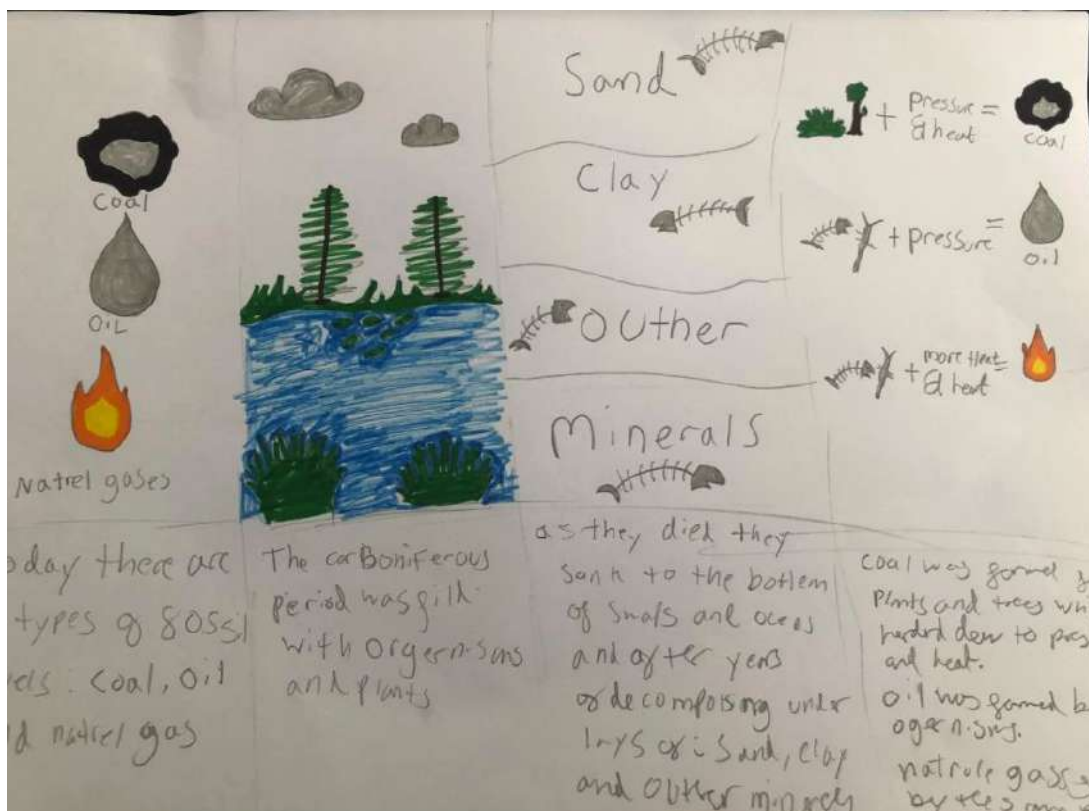
Tiny sea plants and animals died and were buried on the ocean floor. Overtime, they were covered by layers of silt and sand. Over millions of years, they were buried deeper and deeper and were exposed to heat and pressure turning them into oil.

### Natural gas



Tiny sea plants and animals died and were buried on the ocean floor. Overtime, they were covered by layers of silt and sand. Over millions of years, they were buried deeper and deeper and were exposed to lots of heat and pressure turning them into natural gas.

Rouba M



Liv T



# French

Our year 9 students have begun their French GCSE course by learning how to talk about their family. Here are some great examples!

Je m'entends bien avec mon père, nous allons souvent à la parc pour jouer au foot. Aussi, mon père a un bon sens de l'humour et est toujours gentil. Le weekend dernier, j'ai regardé un match de foot avec mon père, c'était très divertissant. Par contre, je m'entends mal avec mes deux soeurs. Nous nous disputons toujours. Aussi, je les trouve casse-pieds parce que elles sont d'habitude fâchées et elles m'énervent. Mes soeurs sont les plus pénibles de ma famille.

Harvey W

Je m'entends bien avec mon père et ma mère toujours.

Je pense qu'ils sont très gentils et à mon avis ils sont le plus compréhensives de ma famille. Ma mere et moi nous faisons de la cuisine ensemble parce que c'est amusant.

Par contre je m'entends mal avec ma soeur parce que nous nous disputons souvent et elle n'est pas généreuse parfois. Ma soeur elle est plus gentille que mes frères. Cependant, elle peut être assez pénible.

A mon avis elle est très intelligente et un peu arrogante mais elle peut être assez timide parfois.

Omar H

Je m'entends très bien avec ma mère, nous faisons du foot ensemble. Je pense qu'elle n'est pas toujours fâchée et elle est plus généreuse que ma soeur.

Hier, j'ai écouté de la musique classique avec ma mère, c'était vraiment amusant!

Par contre je m'entends mal avec mon petit frère parce que nous nous disputons.

A mon avis il est souvent injuste et il m'énervent. Il est le plus fâché de ma famille.

Cependant le weekend dernier, j'ai fait vélo avec mon frère. Il est quelqu'un qui est pas très sportif.

Leo D





## Drama

In Drama, Ms Wilkinson's year 7 class have been studying productions of Bugsy Malone. Read Jasmine H's review of the film below!

I've probably watched Bugsy Malone about 6 times and I still don't get bored of it! All the costumes are just so... cool! I mean I really felt like I was there! I absolutely love how they interpreted using pies and guns filled with cream (splurge guns) to make it more kid-friendly. I don't think I would've been allowed to watch it, let alone even enjoy it as much as I do if they were real guns.

I really like how everyone in the film are kids, it brings in so many comedy factors and I can't begin to imagine how boring I would find it if the cast was all adults! Fat Sam's character is just so hilarious; I love how when he lost his gang he used cardboard cut-outs to pretend they were there.

My first impression of Bugsy Malone was that he seems like quite a ladies man, which is strange to say as he was only 16 at the time; it's as if he knows he's going to "get" Blousey Brown in the end. The movie is a cross between a romance, comedy and gangster. I think the combination is great because it makes it so much more intriguing. The music really sets the mood, I found myself singing along to all the songs and humming them for days after! Overall, it really does show that we can be anything that we want to be.



# Prince's Trust Award

Ellen P has been working hard on her Prince's Trust project. Take a look at her excellent work below.

## ELLENS BEACHSIDE CAFE

### Breakfast :

Beans on Toast

### Lunch :

Soup

### Dinner :

Pasta Pesto

Chicken Kebabs , with Rice and Salad

All Items on my menu are cooked to order by chef Ellen.  
Menu will be updated whenever I learn a new dish.

How I make my dishes

So far I have instructions for :

Beans on Toast

Soup of the day

Beans on Toast  
heat the Beans  
Toast the Bread  
butter the Toast  
add the Beans, cheese  
is optional

soup of the day  
Empty contents of Tin in sauce pan  
heat + serve in a bowl  
serve with a roll/bread



# Prince's Trust Award



4







# PE

In addition to our virtual Sports Day which has been taking place this week, our students have also been researching sport-specific skills. Here are a couple of excellent examples!

## Learning a skill in cricket

Leo c

### Skill - Forward Drive



Key points:

1. Watch the balls pitch and line
  - If full and straight a forward drive is required
2. First bring your front foot forward with your shoulder and elbow on a horizontal line And your hand 90 degrees below your elbow
3. Then bring your head level with your chin just over your knee
- Next bring your shoulders forwards
4. Then you need to bring the bat with an open face slightly tilted down next to your front foot
5. Lastly strike the ball with your elbows lifted high, chin up and eyes forward and look for any runs available

### Skill - Fast Bowling



1. The bowler should find a grip where the index and middle finger lie on or either side of the seam of the ball
2. A long run up is optimal so more speed can get behind the ball
3. When approaching the crease bring the ball up in front of the face and the opposite hand up inline with the stumps
4. Make a small jump whilst going forward so you can switch your feet and bring the elbow of the hand without the ball inline with the stumps and your face
5. Plant the back foot, bring the ball to the stomach and keep the front elbow inline with the stumps
6. Land your front foot facing the stumps and bring the ball behind your back with a straight arm over your head and release
7. After release keep your head up and remain balanced
8. Follow through down the strip with head and body forwards



### Skill - Flat Catching



Flat catching is catching the ball when it arrives to you between the ankle and neck

1. Make a steady and firm base with wide spread feet
2. Make a bowl with both your hands and watch the ball to see where you will need to catch it
3. Watch the ball all the way into your hands to avoid fumbles
4. Catch the ball and bring your hands past your hips to reduce the risk of dropping it with your eyes still watching the ball



# PE

## gymnastics

Learning new skills and developing them is really important in sport because it allows you to advance in the sport and have a better understanding of why the sport is played/done how it is.

By practicing skills you will not only improve your performance in the sport but you will be able to go on and learn more advanced moves that will keep you progressing.

I chose gymnastics because I enjoy this sport and there are many interesting skills and techniques across all the apparatus.



### Skills and techniques:

- tumbling
- vaulting
- kicks
- balance
- round off
- handspring
- cartwheel
- casts
- handstand
- jumps
- leaps
- rolls
- turns
- pull over

## How to perform a handstand- a basic gymnastics skill



The image above shows the simple steps of how to perform a clean handstand.

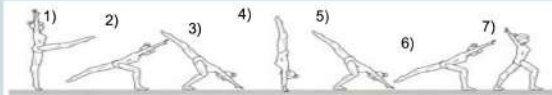
### Tips for when you are in the handstand:

- make sure your legs are inline with rest of your body as it will help keep your balance and you won't fall forwards.
- if you feel like you are going to fall make you sure you 'fall' backwards as seen in pictures 3 and 5.
- try to keep your arms straight because if you bend them you will not be able to hold the handstand

### Tips for beginners:

- try starting to learn handstand against a wall as it can support you and will stop you from falling forwards if your balance isn't strong.
- when exercising try to focus on core and arm strengthening as these are the key muscles needed to be able to perform a handstand.

### Explanation of each step and why they are important:



1) The first picture shows the position to begin in when you are about to go into a handstand. This is important because it's going to give some acceleration to get up into the handstand and it also looks clean for if you want to perform this skill in a routine.

5) This is the best dismount pose to aim for when coming out of a handstand because you are not putting pressure on your bones or joints as the leg is bent and also it allows you to cleanly transition into an ending pose.

2) and 3) the next picture is showing a lunge position with one leg slightly off the ground. This position is going to get you in the right place for position 3 and also going to allow you to make sure your strongest foot is on the ground so you have the most strength to push you up into the handstand. It's also important to do this so that if you don't make it into the handstand your legs can catch you.

6) this picture is showing how to land on your strong leg when you dismount the handstand. By doing this the handstand looks better and will help you if to be able to flow into another skill.

4) this is the actual handstand itself and shows the correct pose to aim for in a handstand. If you are learning this a new skill you may not be able to get to this exact pose but over time your technique will improve and it will allow you to hold the handstand for longer and looks clean.

7) This step is not necessary for performing a handstand but is useful if you are putting a handstand at the end of a routine as it is an ending position and helps indicate the routine is over. Also by using this pose it creates muscle memory for dismounts off of apparatus because it helps you to keep balance and posture.

## How to do the splits

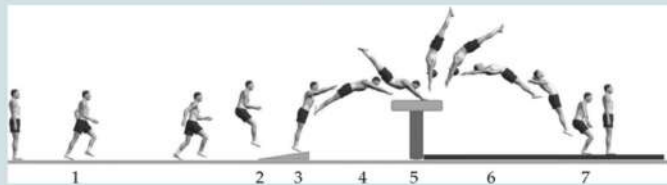


- 1) Step one is to make sure you done an efficient warm-up for your legs that includes stretches, especially focusing on stretching your hamstrings and hip-flexors as these muscles are key when performing the splits.
- 2) The next thing you want to do is get into a lunge position with your preferred leg in front and the other leg behind. Try to put your head as close to the ground to get the maximum stretch before going into the splits.
- 3) Once you feel like you have stretched enough and are ready begin to slide your front leg forwards as far as it can go and once have gone as far as you can stretch to try to hold the position for at least 30 seconds to begin with.
- 4) The more times you do this process the further down you will be able to go until eventually you will be able to slide all the way into the splits. Each time you practice try to hold the splits for as long as you can even if you're not properly in the splits.

Once you have mastered the splits and can confidently hold them you can either move onto the other leg or try box splits, or you can get a block or some sort of platform and with your best leg try doing over splits; to advance add more height to the platform.



## Front handspring- vaulting skill



Remember that :  
A front handspring on a vault is different to one on the floor and if you cannot do a handspring on the floor this is not an issue.

For beginners :  
When learning a front handspring on the vault you should start by landing flat on a mat which is sometimes called a 'handstand flat back' as seen in the image to the right. This will help you before advancing to the full skill.



## A guide to performing a front handspring on the vault :

- 1) You must make sure you are fully warmed up and your muscles are stretched because this move is very powerful and tough on your muscles.
- 2) Make sure you have enough space for a run up. Once you are ready run as fast as you can up to the springboard to get a good build up of acceleration and power.
- 3) once you're at the springboard get a strong jump to give you good height and power to go into the handspring. Make sure you jump a bit before the spring board otherwise you're not going to get a good bounce from it.
- 4) after you have jumped make sure your hands are in the air slightly in front of you and your chest is lifted and not bent over. Aim to place your hands on the center of the vault.
- 5) when your hands are firmly on the vault make sure your legs are in the air and not down otherwise you're not going to be able to get over. Push through your shoulders and keep them straight by your ears when vaulting to keep your strength.
- 6a) If you are more advanced on vault you should land on the floor once you have vaulted. To do this you need to bring your legs down once you are in the handstand position but keep your chest lifted.
- 7) To get the best landing keep your core engaged and chest up so that your body is tight and stable.
- 8) for the final step you should try and stick your landing for best vault. The first thing you need to do is make sure you have a bend in your legs and your chest is high so that you don't stumble or fall when you land. This is an important skill to learn if you are going to be competing as sticking your land will gain you more points and looks cleaner.





## Skills and techniques required for show jumping/riding.

By Amber Gilbert

### Jumping the fence

- When the jump the rider should bring their seat out of the saddle so there is less weight on on the horses back encouraging the horse to move forward/away actively. Their shoulders should be slightly forward allowing them to keep their balance. Their lower leg should be closed on the horses sides and all of the riders weight should be taken by the stirrup iron. The horse in a light, forward canter. (Image 1)
- As the rider approaches the jump they bring their seat back into the saddle keeping their shoulders in the forward position. Their legs closed tighter on the horses sides pushing the hocks under them, but the rider keeping the horses head back with the reins, the aim of this is to collect the horse so that it has more power going over the jump. (Image 2)
- Slightly before taking off the rider will loosen their grip on the reins to allow the horses head to go forward so that the jump is clean. The rider is now sitting deep in the saddle and her lower legs still closed against the horses side and now also closes their knees against the horses side this is to keep them balanced. (Image 3)
- As the horse begins the jump the rider will move their hands and arms forward following the movement of the horses head. Their body will also move forward and fold over close to the horses neck (Image 4) this follows the forward movement of the horses jump and makes it easier for the horse to jump.
- By sustaining the position described above as the horse lands the rider is able to maintain their balance and can be ready to prepare for their next jump on the course. On the exit out of the jump the rider now repeats the steps above preparing for the next jump. (Images 5 & 6)



### Mounting

- Before mounting make sure the reins are over the head and the stirrup leathers are down by the horses side hanging.
- You must stand on the left side of the horse facing its tail and holding both reins in the left hand. (Image 1)
- Lift your leg that is closest to the horses side (left leg) and place it in the stirrup iron, then place your right hand on the back of the saddle (cantle). (Image 2)
- Push off the ground with your right leg and ping yourself up so that your right leg is no longer on the floor. (Image 3)
- When you are high enough off the ground having your right hand still holding onto the back of the saddle (this will help you balance). (Image 4)
- You can now swing your right leg over the back of the horse bringing your right hand to the front of the saddle (Pommel) to help you balance also. (Image 5)
- As your right leg starts to come down on the horses side move your weight onto your hands and arms so that you don't flop into the saddle damaging the horses back and lower gently into the saddle. (Image 6)

#### Top tip:

Use a mounting block instead of getting on from the ground. It can be helpful if the horse is too large so the rider can use the block/steps to make it easier but even if you can get on from the ground it is better for the horse if you use a mounting block as it is less strain on their back.

To use a mounting block bring the horses left side parallel to it and get on top of the block and mount as described on this page.



For any person to be good at a sport they must practice and refine the techniques and skills needed for the sport.

Through practice of these skills a person is able to enhance their performance and make it easier for themselves to do better in their sport. It also means that you can apply them to different types of situation, possibly unexpected situations and having these developed skills may be able to save your from an injury.

One of my favourite sports is Horse riding more specifically show jumping one of the many disciplines a rider can chose. This is a guide to the skills you would need for showjumping and how you would perform them.

### Show jumping



#### Skills and Techniques:

- Maintaining riding/jumping position
- Sitting a trot/canter
- Transitions
- Application of aids
- Basic school movements
- Having control
- Direction changes
- Mounting
- Jumping the fence

### Common mistakes when jumping the fence

- In the first image the rider has put themselves in front of the horses movement. This is the rider making the mistake to anticipate when the horse will jump instead of going with the horses movement. This will mean the horse will become unbalanced and can distract the horse resulting in knocking a pole down deducting points and affecting the overall performance. To fix this the rider must be following the horses movement and fold when the horse has started to jump not before.
- Some riders can use too much contact through the reins slowing the horse down when jumping and not giving them enough forward movement to successfully clear the jump or even take off to make the jump. To fix this the rider must not let the horse slow down when approaching the jump but use their heels to kick the horses side encouraging it to keep moving forward while keeping that contact in the reins allowing for the collected movement needed before jumping.
- In the second image the rider has chased the horse into the fence. When the horse approaches the fence the rider loses the rhythm of the horses and rushes driving the horse forward, this causes the horse to become unbalanced and they will take off too early (like in image 2) this could lead to the horse knocking the pole. Using speed instead of power will make it difficult for the horse to jump. To fix this the rider needs to follow the horses movement underneath them.



### Changing Direction

#### Turning Right

- The rider will open their right rein out to the side a little away from the horse's withers, encouraging the horses head/neck bend to the right.
- The riders inside leg (right leg) is used on the girth encouraging the horses forward motion and the outside leg (left leg) is used behind the girth to stop the horse behinds (quarters) from swinging too far left. At the same time the rider should soften the left rein to encourage the horse to keep turning right with the right rein still opened out.
- When the horse has turned to the right as far as the rider would like they return their hands and legs to their normal position.



#### Turning Left

- The rider will open their left rein out to the side a little away from the horse's withers, encouraging the horses head/neck bend to the left.
- The riders inside leg (left leg) is used on the girth encouraging the horses forward motion and the outside leg (right leg) is used behind the girth to stop the horse behinds (quarters) from swinging too far right. At the same time the rider should soften the right rein to encourage the horse to keep turning left with the left rein still opened out.
- When the horse has turned to the left as far as the rider would like, they return their hands and legs to their normal position.





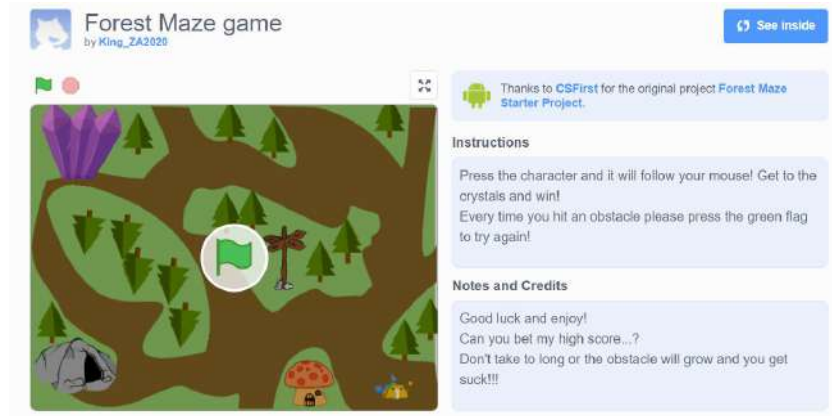


# Computing

Mr Ahmad's year 7 students have been programming some excellent games in their Computing lessons this week using Scratch. You can check out their work below and even follow the links to have a go at playing their games!

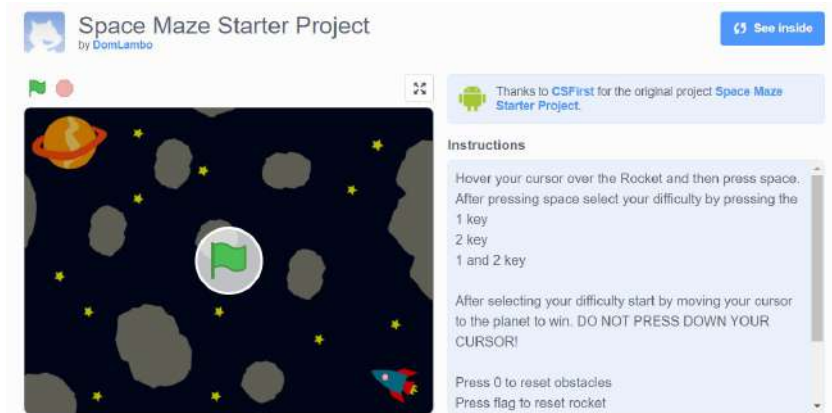
Zain A - 7RR

<https://scratch.mit.edu/projects/404070287/>



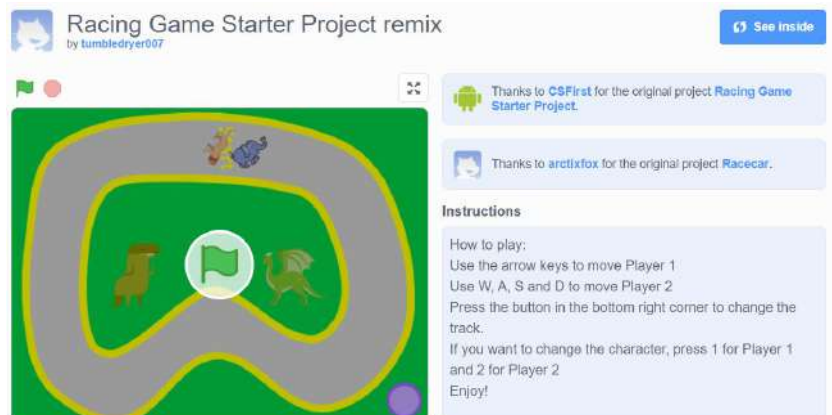
Dom Szita 7RR

<https://scratch.mit.edu/projects/404030081/>

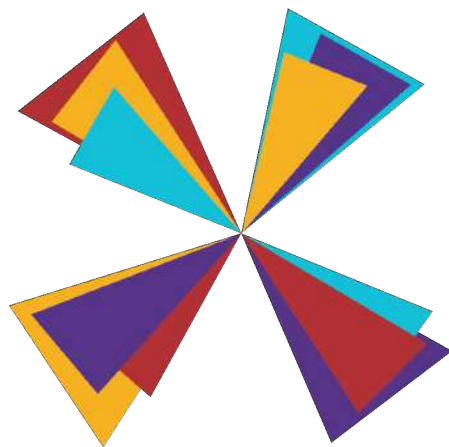


Ashleigh Dyer - 7JK

<https://scratch.mit.edu/projects/397689610>



Don't forget to share work, photos and  
tips with us on Twitter [@blatchmill](https://twitter.com/blatchmill)



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