



20/04/2020

Hello and welcome back after the Easter break. We are still living in unprecedented times and we hope everyone is keeping safe and well. This will be the third week of independent home study and I hope everyone is engaged and completing work to successfully pass the year.

We are now aware of how GCSE grades will be awarded this summer to students. Grades will be predicted on evidence of progress, grades achieved and standard of work throughout the year. Ofqual (The Office of Qualifications and Exam regulators) are providing detailed guidance to be used for schools to follow when awarding GCSE grades.

Ofqual have also initially published information regarding vocational qualifications however this is still very much work in progress and depends on the type of qualification studied. It is likely that predicted grades will be used in the majority of cases however as sport is a practical subject, we are awaiting on additional guidance for this. In the meantime, to support achievement of qualifications for all our students we are asking them to continue to complete all work set. Predicted grades can only be given if students have completed the work according to our assessment schedule and this has been assessed at least at pass level.

To clarify, at the start of each academic year for vocational courses we send an assessment plan to the exam boards which outline which assignments have been set, the submission dates and the final decisions. The exam boards will then use this as a guide to predict our results in these uncertain times. They will also ask for student work to verify these decisions. For those units not yet complete, it is likely the exam boards will ask for evidence of assignments to date to predict an overall grade for the unit.

Therefore, in addition to the completed semester 1 units, the following for all levels need to be submitted.

**Exercise, Health & Lifestyle** – Spellow Yr 13 Assignment one

**Psychology** - Vauxhall & Spellow Yr 13 Assignment 1

**Research Methods** – Vauxhall Yr 13 Assignment 1

**Professional Development and Coaching**– Yr 12 Level 3 All sites – Tutor schedule set. These assignments should be completed where written work is asked for. The practical work will be completed at a later date.

**Sport Injuries and Effects of Exercise** – OCR Level 2 in addition to completing Practical Sport.

**NVQ and Level 1 BTEC** – Work/Unit booklets to complete and hand in when complete to individual tutors.

We understand that some of the year 13 students have unconditional offers for University however all units must have passed to enable them to complete the full 3 A Level equivalent qualification. Without work and marks for each unit which cannot be predicted without being up to date we cannot predict grades for the qualification.

Please note, students will receive emails from tutors on a regular basis to their school email accounts. This will include the setting of deadlines for assignment work to be emailed in. Tutors are also available on-line each weekday morning from 10-12pm for help and guidance and submission of work. A reminder of all work to complete can be found below.



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Students will also be asked to confirm their attendance and wellbeing via our heja app once a week (normally a Wednesday). They will see a schedule which will start with 'Keep in Touch' – students need to reply 'going'. If we do not hear from students then form tutors will contact home.

All students have office 365 accounts. If they have not yet accessed this, please follow the following guidance:

- Use the browser bar and type into the internet office365
- Use log in
- Enter the user name which is initial, surname @evertonfootballcollege.com (for example [jbloggs@evertonfootballcollege.com](mailto:jbloggs@evertonfootballcollege.com))
- Enter password
- If it is the first attempt to log in please use the password Freeschool1. It will then prompt you to change this.

In addition, please find attached a health and wellbeing schedule that one of our tutors has designed to help structure each day. We hope this is of use to all students.

There is also a weekly fitness plan below for all students across all sites. This will be published each fortnight on our website. This will help structure each day and build daily activity and exercise into your timetable. It is also important as rearranged football games and finals have been planned for the start of September, so we need to be match ready!

### Work to complete for all groups – April 2020

#### Level 1 Spellow:

<b>BTEC Units</b>	<p>The following BTEC units and work need to be completed.</p> <p>Unit 1 – 6 have been completed in class. Some students may have to make amendments.</p> <p>Units 7-8 are practical units to be completed in the summer term.</p> <p>Units 9 &amp; 10 have been sent home with students to complete. These are work booklets that can be easily completed and should be finished prior to the Easter break.</p>
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#### Level 2 OCR Spellow

<b>Unit 7 Effects of Exercise</b>	<p>Drugs in Sport assignment for Maxine. Students have been sent the brief via email and have images and a check list to complete this. Pass and merit work.</p> <p>Energy Systems brief and power point have been sent home via email. Guidance on how to complete this task has been delivered by the tutor and students are aware of what they need to do to complete this task.</p>
<b>Unit 1 Practical Sport</b>	Students have been sent assignment 4 brief via email. There are a few students who have outstanding work for rules and regulations and this should be completed ready to submit.
<b>Unit 8 Sport Injuries</b>	Work booklets to complete prior to the Easter break have been emailed to all students for this unit.
<b>Any outstanding work</b>	There are some students who have not yet passed core units from semester one. These need to be completed ASAP.





### Level 2 NVQ

<b>Unit 1, 2,3,4,8</b>	Should be complete. There will be some students who have not completed this. This needs submitting ASAP.
<b>Unit 6,7 &amp; 8</b>	Work booklets have been sent home via email for all these units. Students are able to complete these at home.
<b>Any outstanding work</b>	There are some students who have not yet passed core units from semester one. These need to be completed ASAP.

### Level 3 Year 12 All sites

<b>Coaching</b>	<a href="#">Deadlines set</a> All assignments sent home via email
<b>Leadership</b>	<a href="#">Resubmission for Assignment 2 is due – Jericho</a>
<b>Professional Development</b>	<a href="#">Assignment 1 presentation to be complete Monday 16<sup>th</sup> March – the rest of the assignment is due Monday 27<sup>th</sup> April – Jericho</a> Students have been sent both assignment briefs, guidance relating to how learners can achieve each grade, PowerPoint slides to help with relevant tasks and exemplar CV and application form templates. Students should follow the assignment brief step by step and use the criteria to complete relevant work.
<b>Fitness Testing</b>	Vauxhall – resubmissions to do
<b>Practical Sport</b>	Assignment 1 booklet for 2 sports should be completed
<b>Any outstanding work</b>	There are some students who have not yet passed core units from semester one. These need to be completed ASAP.

### Level 3 BTEC Yr 13

<b>Psychology</b>	The first assignment needs to be completed for tutors to predict a grade for this unit
<b>Exercise, Health &amp; Lifestyle</b>	X 1 assignment – Spellow  This includes any amendments for those completed in Semester 1 (Vauxhall)
<b>Research Methods</b>	Assignment 1 (Vauxhall) should be completed by 19/03/20)
<b>Rules &amp; Regs</b>	X 1 assignment
<b>Skill Acquisition</b>	X3 assignments. This is a semester one unit and should have been completed on all sites. Some students need to resubmit work
<b>Any outstanding work</b>	There are some students who have not yet passed core units from semester one. These need to be completed ASAP.

Year 12 BTEC students will also be set additional unit work to complete during the summer term. These will be emailed across during the start of the summer term. This will give us a head start on next academic year to consider any rearranged trips and activities.

As always, we appreciate your support,  
**Everton Football College**



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Hi all, please see below a timetable that you should aim to use in order to get a healthy work/life balance for working from home. Having a routine and structure will help you manage your time and hopefully ensure that you do not feel overwhelmed with the current lockdown procedures. There is an example and a blank on the following page for you to use at your discretion. Remember that **tutors are available online from 10-12pm** each day if you have any questions. **Hope that you're all well and staying safe.**

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9-10am</b>	Breakfast /Get college work ready	Breakfast /Get college work ready	Breakfast /Get college work ready	Breakfast /Get college work ready	Breakfast /Get college work ready
<b>10-11am</b>	College work	Reading / Physical Activity	College work	Reading / Learn something new	College work
<b>11am-12pm</b>	College work	College work	College work	College work	College work
<b>12-1pm</b>	Reading / Physical Activity	College Work	Break / Lunch	College work	Physical activity / Reading
<b>1-2pm</b>	Break / Lunch	Break / Lunch	College work	Break / Lunch	Break / Lunch
<b>2-3pm</b>	Learn something new	Break	Physical Activity	College work	College work
<b>3-4pm</b>	College work	College work	Reading / Learn something new	Physical activity	Learn something new
<b>4pm onwards</b>	Free Time	Free Time	Free Time	Free Time	Free Time

Please see below a blank timetable that may be helpful for you to use. Remember to take breaks regularly. For some of you, I know you prefer to work in the evening so flip the times around as you wish. If you need any support please let me know.

<b>Time</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>9-10am</b>					
<b>10-11am</b>					
<b>11am-12pm</b>					
<b>12-1pm</b>					
<b>1-2pm</b>					
<b>2-3pm</b>					
<b>3-4pm</b>					
<b>4pm onwards</b>					

## TIPS FOR WORKOUTS

- Always do a warm-up before workout.
- Always do a cool down after workout
- Try to drink 2 litres of water a day
- Take photos or videos of workouts
- Download a running app to your phone and send us the image of the completed run
- If you do not understand the exercises, look for them on YOUTUBE.

**WEEK 1 WORKOUT (Week beginning: 20/04/20).** *These are suggested work outs, you may change the days of exercise and rest and run to suit.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Set 1</b> 30 Jumping Jacks 15 Push ups 30 Squats 30 Leg raises</p> <p><b>Set 2</b> 20 Jumping Jacks 15 Push ups 20 Squats 20 Leg Raises</p> <p><b>Set 3</b> 20 Jumping Jacks 15 Push ups 20 Squats 20 Leg Raises</p> <p><b>Set 4</b> 20 Jumping Jacks 10 Push ups 10 Squats 10 Leg Raises</p> <p><b>Set 5</b> 20 Jumping Jacks 5 Push ups 10 Squats 10 Leg Raises</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p><b>Set 1 – 6</b> 30 Seconds Low Plank 20 Mountain climbs</p> <p><i>Repeat these exercises for 6 sets with a 40 second rest in-between.</i></p> <p>15 minute slow jog.</p>	<p><b>REST DAY</b> <i>(Light exercise advised)</i></p>	<p><b>Sets 1 - 4</b> 50 Jumping Jacks 10 Press Ups 20 Mountain Climbs 45 Second Wall Sits 10 Up downs</p> <p><i>30 second rest before next set</i></p> <p><i>Repeat x 4 sets</i></p>	<p><b>Sets 1 – 4</b> 10 High Plank Knee-to-Elbow 30 walking Lunges 10 Flat Out Burpees 50 Punches 20 Sit Ups 10 Press Ups</p> <p><i>Repeat with no or limited rest in-between</i></p>	<p><b>REST DAY</b> <i>(Light exercise advised)</i></p>	<p>30 minute Run (timed)</p>

**WEEK 2 WORKOUT (Week beginning: 27/04/20)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Sets 1-5</b> 10 Pike Push Ups 45 Second - Low Plank 40 High Knees 45 Second - Wall Sit 15 Tricep Dips</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p><b>Sets 1 – 3</b> 30 Mountain Climbs 40 Second Low Plank 40 Sit Ups 20 High Plank - Knee to Elbow</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p><b>REST DAY</b> <i>(Light exercise advised)</i></p>	<p><b>Sets 1 - 5</b> 30 Jumping Jacks 15 Push ups 30 Squats 30 Leg raises</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p><b>Set 1</b> 15 Push ups 20 Jump Squats 10 Up Downs 60 Second Rest <b>Set 2</b> 10 Push ups 20 Jump Squats 10 Up Downs 60 Second Rest <b>Set 3</b> 15 Push ups 20 Jump Squats 10 Up Downs 60 Second Rest <b>Set 4</b> 10 Push ups 20 Jump Squats 10 Up Downs</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p><b>REST DAY</b> <i>(Light exercise advised)</i></p>	<p>30 minute Run (timed)</p>