

# **Year 10 Lockdown Workbook**

**This is Free**

Please Take This Home to your Year 10 Child



Kia ora, Talofa lava, Kia ora, Fakaalofa lahi atu,  
Kia orana, Ni sa bula Vinaka, Namaste,  
Malo e lelei, Kam na Mauri, la orana,  
Talofa koutou, Taloha ni, Sa-laam, Hello, and Warm  
Greetings to you

Hopefully lockdown is going OK for you, and also for  
those who live with you.

If you are worried or concerned about something or  
anything please text or phone our Leonie Johnson, our  
Guidance Counsellor, on 021 871 094

She and our amazing Health & Wellbeing Team are on-  
call to you, and can help with all sorts of things.

This workbook has a lot of activities from different  
curriculum areas that you can choose from.

You can choose any order, but you will need to write this in  
your own exercise book or on your own paper please.

Please bring this work back with you when you return to  
school.

Some of you will also have Google Classrooms for some of  
your classes. Please join these if you can. Our school  
website has more information about learning in lockdown.

Please look after yourself and those around you. Remember the importance of this lockdown and  
why we are all doing it.

Please keep yourself and others safe by regular handwashing or sanitising; safe sneezing, wearing  
a face-mask when you are out.

If you or someone you know has symptoms, please encourage them to get a Covid test.  
Take care,

Mr McMillan,  
Tumuaki•Principal

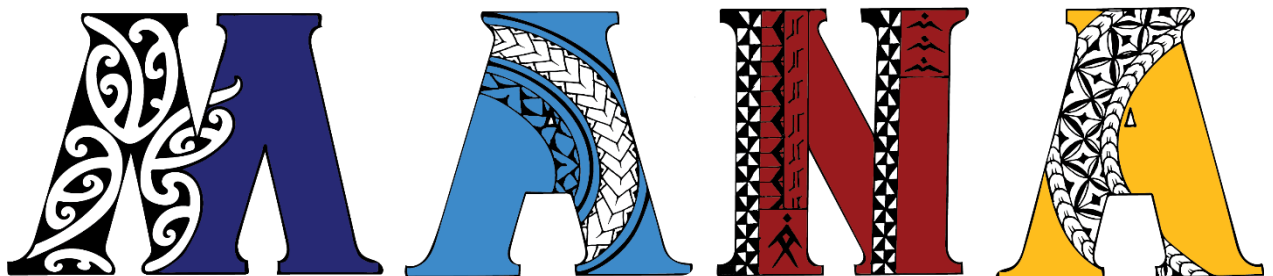


**JAMES COOK**  
HIGH SCHOOL

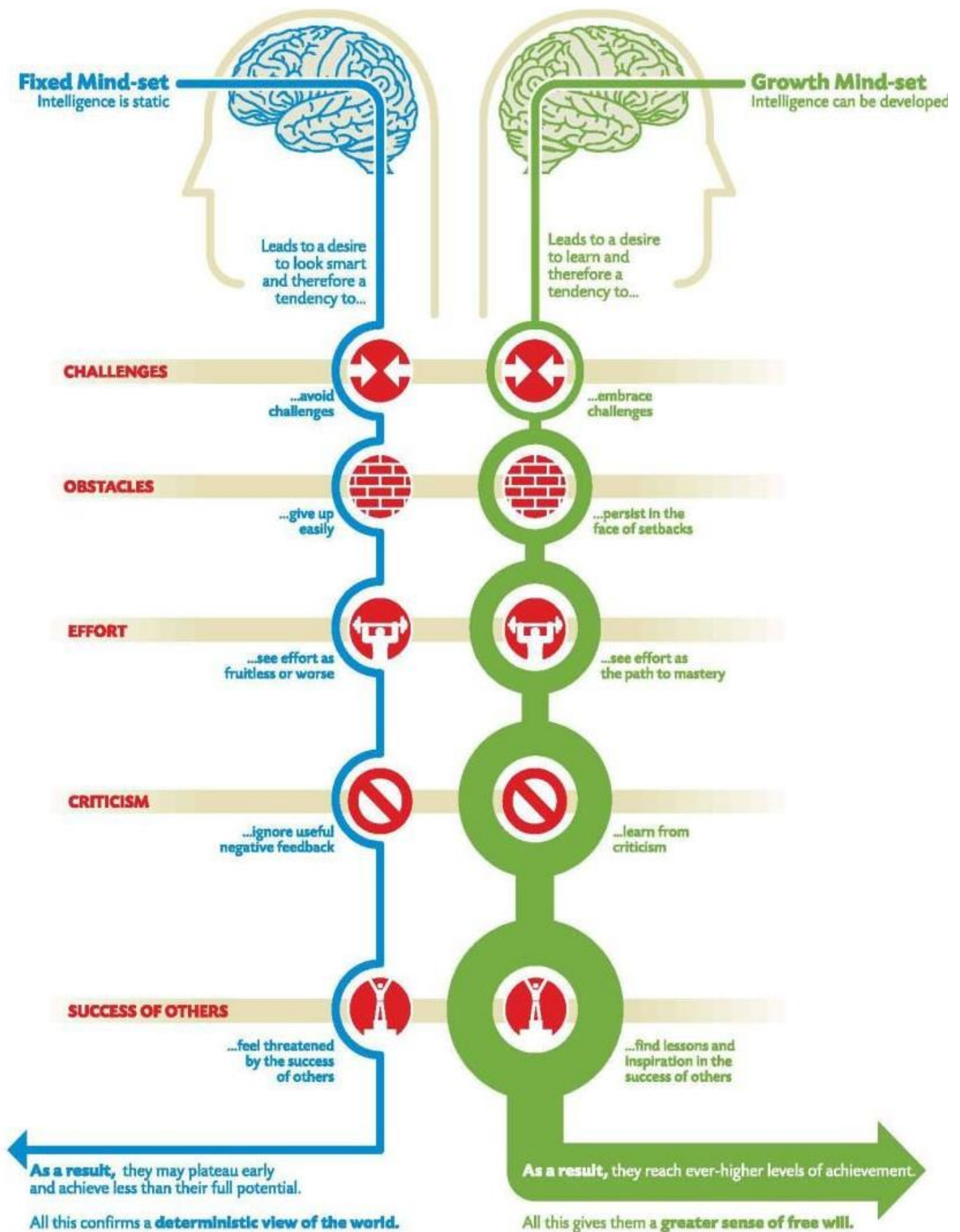
# **JUNIOR SCHOOL ACTIVITY BOOK**

**Home Learning Tasks for JC Scholars**

***August 2021***



# JC Scholars use a Growth Mindset! 😊



# Welcome to the JC Junior School Activity Book!

This booklet contains a collection of Home Learning Tasks for our Year 9 and Year 10 JC Scholars, drawn from several different Learning Areas. These tasks are designed to help you maintain your learning, keep engaged with your subjects – and to bust a bit of boredom during lockdown!

It is up to you which work you do – there is a wide selection in this booklet so there should be something to interest everyone.

There are instructions provided for the activities from each Learning Area. Read these carefully so you know what it is you are being asked to do.

You will need to complete the work tasks in an exercise book or on paper – this booklet is **not** a write-on workbook! It just contains the tasks and instructions, **not** spaces for actually completing the work.

**You can earn credits towards your 2021 JC Diploma by completing the tasks in this booklet!** The explanations about this are found on the instruction pages for each Learning Area – read them carefully! These are bonus credits to help you reach your targets – they're not compulsory, but perhaps they offer a little bit more motivation to complete these activities?!

We are proud of you for making the effort to do some of this work as Home Learning – you're developing great work habits and taking positive steps to get better every day. Congratulations on your excellent attitude 😊

Make sure you keep this booklet somewhere safe – and remember to bring in any completed work to your teachers when we return back to school.

**Stay safe, take care, be kind.**





# ENGLISH



## English Instructions

Below you will see a **Thinking Keys** grid about **Superheroes**.  
In that grid there are 6 different activities for you to attempt –  
the instructions for each activity are in the grid squares.

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**This activity is worth 3 JC Diploma credits.**

**In order to earn those credits, you need to correctly complete  
any 5 of the 6 available tasks in the grid.**

**These credits could be at Achieved, Merit or Excellence level, depending  
on the effort and quality of the work you do – so give it your best shot 😊**

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**JC Scholars do great work, develop great habits and build for success!**

### Thinker's Keys: Superhero Scenario

<b><u>The Different Uses</u></b>  If you could employ a superhero for a day who would it be and what would you make them do? Explain your choice	<b><u>The Commonality</u></b>  In today's world of Covid-19 what kind of superhero does the world need?	<b><u>The Forced Relationship</u></b>  Who would be the best duo if 2 superheroes had to work together? Why?
<b><u>The Ridiculous</u></b>  Choose a famous celebrity and turn them into a superhero. What powers would they have and what would they look like?	<b><u>The Interpretation</u></b>  Write a character profile for your superhero: Name; Age; Occupation; Appearance; Personality; Fears; Leisure/Hobbies; Family; Ambition; Past/Secrets	<b><u>The Picture</u></b>  Write a film review of your favourite superhero movie. Why should we watch it? What made it better than other movies? What do you think the message of the movie was?





## Maths Instructions

Below you will see a **Thinking Keys** grid about **Measurement**.  
In that grid there are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

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### Thinker's Keys: Measurement

<b><u>The Different Uses</u></b>  List 10 different items at home that could be used to measure length, weight, time or volume (capacity).	<b><u>The Interpretation</u></b>  Tai is measuring the length and width of his vegetable garden. What are different reasons why he might be doing these measurements?	<b><u>The Brick Wall</u></b>  To find the area of a rectangle we multiply the length and width. Are there other ways to find the area of a rectangle?
<b><u>The Ridiculous</u></b>  “We should get rid of all clocks and watches. There is no need to measure time.” Argue for this idea. What are your thoughts? Provide a reason.	<b><u>The Question</u></b>  The area of a rectangle is $24\text{cm}^2$ . What could the length and width be?	<b><u>The Alternative</u></b>  You are painting your bedroom. You want to measure the walls of your bedroom to see how much paint you need to buy, but you haven’t got a tape measure. What other things could you use to estimate the size of the walls?

# SCIENCE



A graphic featuring four large, stylized letters: 'K', 'A', 'N', and 'A'. Each letter is filled with a different color and pattern. The first 'K' is dark blue with white, swirling, vine-like patterns. The first 'A' is light blue with a white, wavy, scale-like pattern. The 'N' is red with black and white geometric patterns, including triangles and zig-zags. The second 'A' is yellow with a black and white geometric pattern, including triangles and zig-zags. The letters are arranged horizontally and are of a bold, sans-serif font.

## Science Instructions

Below you will see a **Thinking Key** grid about **Climate Change**.  
There are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

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**This activity is worth 3 JC Diploma credits.**

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**These credits could be at Achieved, Merit or Excellence level, depending  
on the effort and quality of the work you do – so give it your best shot 😊**

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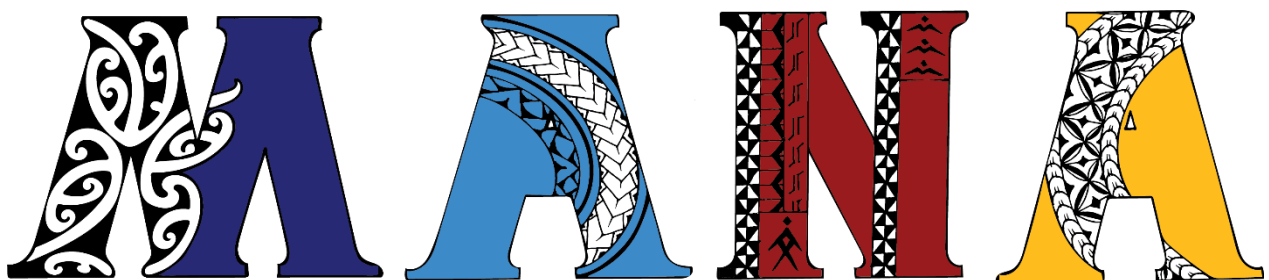
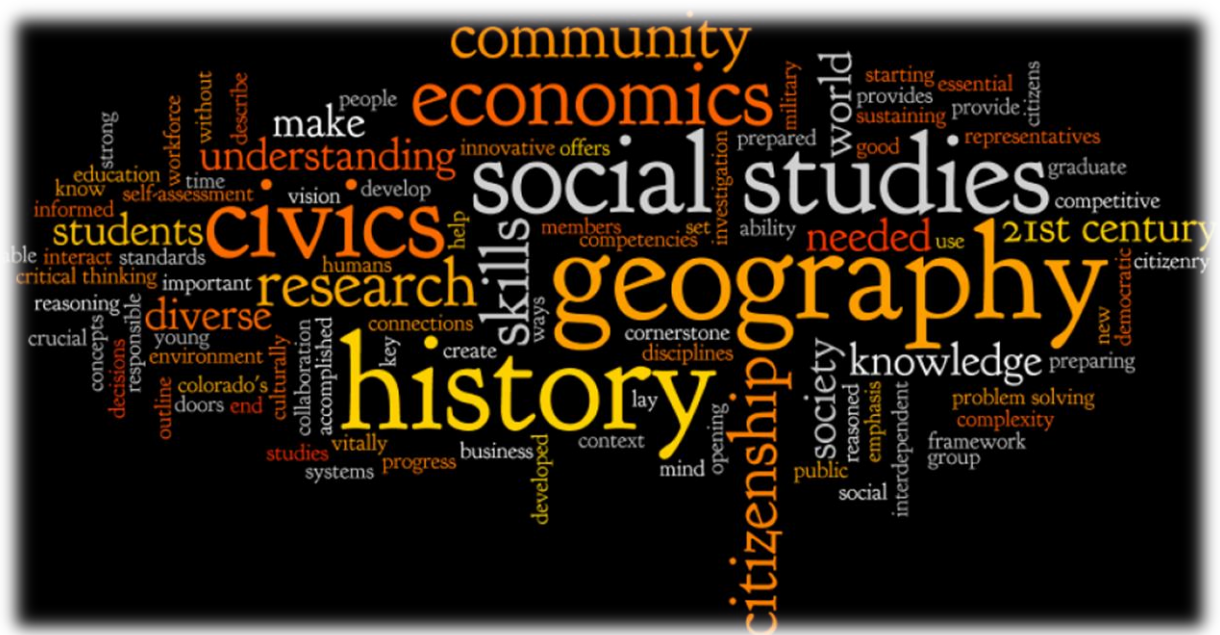
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### Thinker's Keys: Climate Change

<p><b><u>The Ridiculous</u></b></p> <p>All petrol cars should be scrapped immediately &amp; only electric vehicles be sold. Argue for this idea.</p>	<p><b><u>The Forced Relationship</u></b></p> <p>Your house lights are out, you need to make a homemade torch to see in the dark. The only stuff available are lemons, aluminium foil and a few torch light bulbs. Explain how by using pictures and words.</p>	<p><b><u>The Question</u></b></p> <p>“The sun’s energy can be harnessed for billions of years.” Write 5 questions linked to the above statement.</p>
<p><b><u>The Brick Wall</u></b></p> <p>Fossil fuels are more and more seen as a “dirty” source of energy Discuss why you agree or disagree.</p>	<p><b><u>The Commonality</u></b></p> <p>Find common points between solar energy and chocolate.</p>	<p><b><u>The Alternative</u></b></p> <p>Work out 3 ways to make cars stop at intersections without using traffic lights.</p>

# SOCIAL STUDIES



# Social Studies Instructions

Below you will see a **Thinking Keys** grid about **Governments**.  
In the grid there are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper – this booklet is **not** a write-on workbook! It just contains the tasks and instructions, **not** spaces for actually completing the work.

**This activity is worth 3 JC Diploma credits.**  
**In order to earn those credits, you need to correctly complete any 5 of the 6 available tasks in the grid.**  
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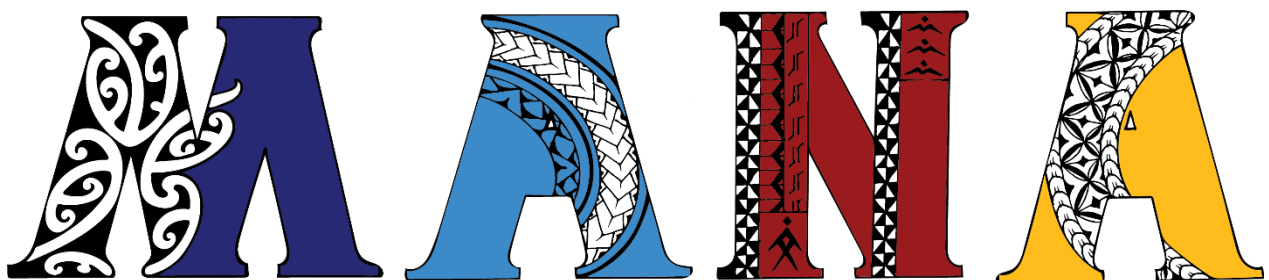
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## Thinker's Keys: Governments

<b><u>The Ridiculous</u></b>  How well do you think our country would be run if you and your friends were in charge?! Give reasons for your answer 😊	<b><u>The Question</u></b>  Write FIVE questions you would like to ask the Prime Minister. (Make sure you ask a couple about the job she does!)	<b><u>The Different Uses</u></b>  Identify 5 ways in which high school students could influence government policy (not just about education, but anything!)
<b><u>The Interpretation</u></b>  Give some reasons why the government cannot make sure that students have 95% school attendance.	<b><u>The Brick Wall</u></b>  List at least 3-5 strategies or ideas that the Government could introduce that would make high school students like you want to be at school.	<b><u>The Alternative</u></b>  Education is not just about what the government can do for us; it's also about what we can do for ourselves. List 2-3 steps you could take to get a better education without having to rely on the government to help.





# Health and PE Instructions

In this section, you will see an **Activity Grid** about **Hauora**.  
In that grid there are 4 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper – this booklet is **not** a write-on workbook! It just contains the tasks and instructions, **not** spaces for actually completing the work.

You are allowed assistance from your family members, and the internet to help you achieve this. Read each task, if there is a resource or link required, it will be attached. You can complete them in any order if you wish.

**This activity is worth 3 JC Diploma credits.**

**In order to earn those credits, you need to correctly complete:**

- **any 2 or more of the available tasks in the grid for Achieved.**
- **any 3 or more of the available tasks in the grid for Merit.**
- **all 4 of the available tasks in the grid for Excellence.**

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## Hauora Activity Grid

### **TAKING CARE OF OURSELVES**

Research the 5 ways to wellbeing (use the website [wellplace.nz](http://wellplace.nz) to help you if you need). Attempt to complete 1 small thing for each of the ways to wellbeing over 5 days. For example:

- Be Active: Today I went for a walk with my family.

Keep a journal diary recording what you do 😊

### **DECK OF CARDS - FITNESS**

Participate in a deck of cards fitness challenge. The aim is to flip one card over at a time. Each suit represents an exercise (eg, squats, pushups, sit-ups, lunges, star jumps). The number on the card represents how many times you complete that exercise. Challenge yourself through all 52 cards.

Set a time limit for more of a challenge.  
Encourage the whānau to join in.

### **HAUORA POSTER**

Design a poster on A4 or A3 paper, otherwise using PowerPoint/Word etc based on Hauora and the 4 dimensions - draw or use pictures to create a visual poster.

### **IMPOSSIBLE CHALLENGES**

The following challenges are almost impossible, give them a go and reflect or discuss with someone else what made them hard.

- Sit in a straight-back armless chair, keeping your back against the back of the chair and your feet flat on the floor. Fold your arms across your chest. Keeping your feet flat and your back straight, stand up.

- Place an object on the floor about 50 cm from a wall. Stand with your back against the wall, feet together and heels against the wall. Try to pick up the object on the floor without moving your feet or bending your knees.

- Stand against a wall with your right side facing the wall, then put your right foot and cheek against the wall (you may need to move your right arm backwards). Lift your left foot off the floor for 5 seconds.

# PERFORMING ARTS



## Performing Arts Instructions

In this section, you will see a **Thinking Keys** grid about Celebrations. We all have celebrations throughout our lives -consider an occasion when you have been to or been a part of a celebration event. 😊  
In that grid there are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper, or as a voice or video recording – this booklet is **not** a write-on workbook! It just contains the tasks and instructions, **not** spaces for actually completing the work.

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### Thinker's Keys: Celebrations

<b><u>The Alternative</u></b>  Design a costume for a celebration event with items from the environment.	<b><u>The Alphabet</u></b>  Using each letter of the alphabet, name celebration foods.	<b><u>The Question</u></b>  Write five questions that give the answer: <b>For a celebration.</b>
<b><u>The Interpretation</u></b>  Explain this: "Dancing is creating a sculpture that is visible only for a moment" <i>Erol Orzan</i>	<b><u>The Brick Wall</u></b>  Dance, Drama and Music should not be taught in New Zealand schools to all students. Discuss why you agree or disagree.	<b><u>The Commonality</u></b>  List ten different types of celebrations. List ten different children's TV programmes. Compare and find anything that is common.

# The JC9 Diploma

We're Building Success!

James Cook High School students do **great** work, develop **great** habits and **build for success** with your JC9 Diploma.

You earn it by gaining **JC Credits** for completing work in all your different subjects this year.

## JC9 Diploma Target:

Pass **75%** of the credits available this year

**Year 9 Scholars who are focused on their Diploma:**

- Work towards the best possible grades
- Ask teachers for help and trust their guidance
- Act with **MANA** and live our school values
- Are in the right place at the right time, all day, every day!

Let's Do This!



# The JC10 Diploma

We're Driving Success!



James Cook High School students do **great** work, develop **great** habits and **drive for success** with your JC10 Diploma.

You earn it by gaining JC Credits for completing work in all your different subjects this year.

## JC10 Diploma Target:

Gain **100** credits

**Year 10 Scholars who are focused on their Diploma:**

- Plan their work, one task at a time
- Are focused and committed to their learning
- Work with their teachers and trust their guidance
- Act with **MANA** and live our school values
- Are in the right place at the right time, all day, every day!

We've Got This!





# VISUAL ARTS



A row of four large, stylized letters: K, A, N, and A. Each letter is filled with a different pattern and color. The first 'K' is blue with white floral patterns. The first 'A' is red with a white geometric pattern. The 'N' is yellow with a black and white geometric pattern. The second 'A' is green with a white geometric pattern.

## Visual Arts Instructions

In this section, you will see a **Thinking Keys** grid about **The Da Vinci Code**.

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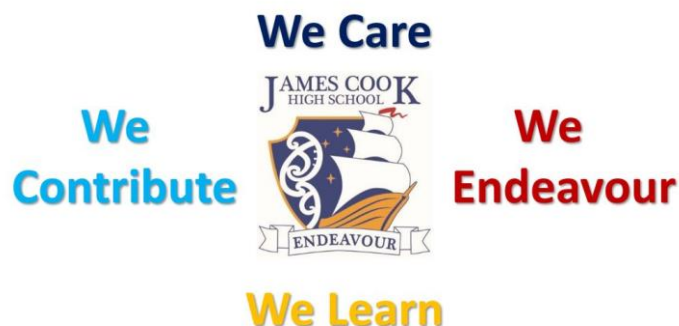
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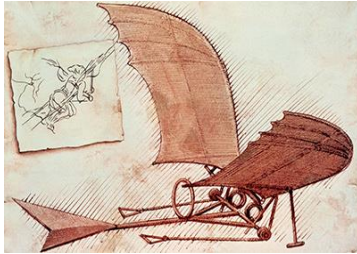
**JC Scholars do great work, develop great habits and build for success!**



# Thinker's Keys: The Da Vinci Code

## The Question

Da Vinci designed a Flying Machine, long before others did the same.



Come up with 5

questions you would ask Leonardo Da Vinci about his flying machine.

## The Brainstorming

Leonardo kept a **journal** he wrote in almost daily. Most of his writing is in **mirror script** (which means it can only be read when placed against a mirror), which makes it difficult to read.

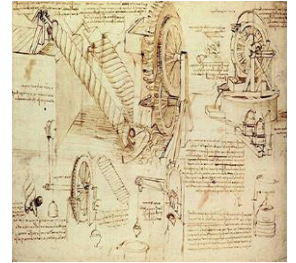
Brainstorm how you would make use of this awesome talent.

## The Inventions

Water Lifting Devices

Leonardo Da Vinci came up with an invention that carried water uphill.

Plan and sketch your own Water Lifting Device.



## The Interpretation

The Mona Lisa is famous for her smile. It is an important smile because traditional portraits created during, and before, that time period (portraits prior to 1517) had very serious expressions; and so having a smile in this portrait was very 'new' and 'different'. This makes the smile important. What do you think Mona Lisa was thinking when she was sitting for this portrait that would have caused her to smile? What do you think the artist Da Vinci was thinking when he decided to paint her portrait with the smile?



## The Brick Wall

The Art Historian Dr Maurizio Seracini, believes that there is a secret hidden Da Vinci painting buried behind a brick wall in Florence. For years he has claimed that this very important painting is buried inside the largest hall of the Palazzo Vecchio, and that it is the most "highly praised work of art ever achieved by mankind".

Given that Da Vinci usually painted a range of wealthy peoples' self-portraits or historical biblical scenes such as 'The Last Supper', and that he was also a very creative inventor, What do you imagine the subject matter of this secret painting would be about?

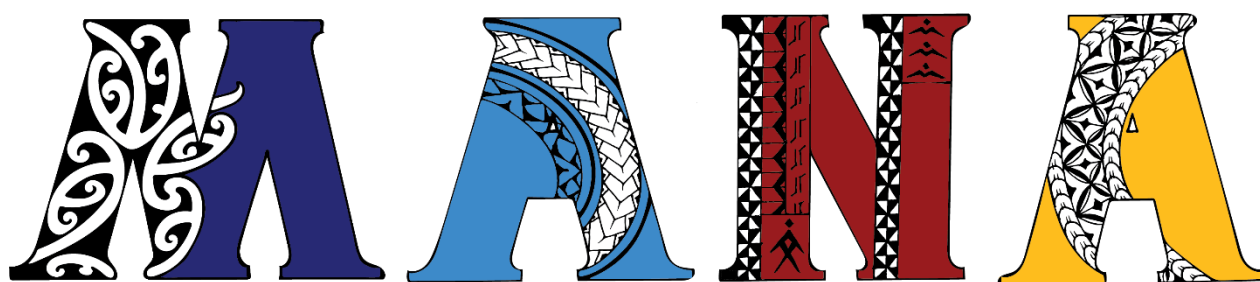


## The Predication

1. List 10 predictions Leonardo Da Vinci made that actually came true.
2. Predict 10 things we might have in the future that we do not have today
3. Predict something unrealistic that might happen in the next 100 years

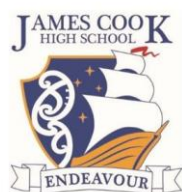


***We're all about***



**We  
Contribute**

**We Care**



**We  
Endeavour**

**We Learn**

# KOWHEORI-19

## Āraia te kino whānau



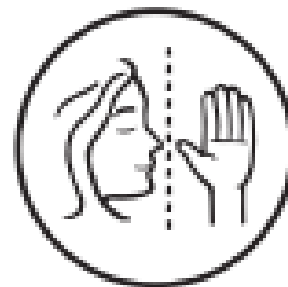
### **Mahia te hopi. Horoi ō ringa.**

Wash your hands with soap and water often (for at least 20 seconds). Then dry.



### **Whakamātihetihe te ihu ki te tuke.**

Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



### **Mēnā ka paru ō ringa, kaua e pā te kanohi.**

Don't touch your eyes, nose or mouth if your hands are not clean.



### **Whakapūputu ai te patuero i ngā mea katoa. Hei tauria: Ngā kakau, ngā papa, ngā taputapu.**

Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



### **Rauatu te aikiha ki te ipupara.**

Put used tissues in the bin or a bag immediately.



### **Mēnā ka māuiui koe, herea ki te kāinga.**

Stay home if you feel unwell.

Protecting our whānau from Mate Korona is about manaaki tangata: [Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government  
Te Kāwanatanga o Aotearoa

**Mā tātau  
katoa e  
ārai atu te**

**COVID-19**



# Protect yourself and others from COVID-19



Wash your hands  
with soap and water  
often (for at least 20  
seconds). Then dry.



Cough or sneeze  
into your elbow or by  
covering your mouth  
and nose with tissues.



Clean and disinfect  
frequently touched  
surfaces and objects,  
such as doorknobs.



Don't touch your eyes,  
nose or mouth if your  
hands are not clean.



Put used tissues  
in the bin or a bag  
immediately.



Stay home if you  
feel unwell.

For updates and more information on  
keeping yourself safe, visit **Covid19.govt.nz**

New Zealand Government

Unite  
against  
**COVID-19**