

Please find below lists of various online resources. Most of these can be accessed for free (although some may require to register/login).

Many of our departments have their own Twitter page too where some helpful links are shared.

Pupils should also check their Glow emails and then Teams page as they may find that new Teams have been created and that they have been automatically added to them. For example, an S1 Design & Tech team.

Read & Write can also be installed via Glow should you require it.

At the end of this document there is a list of other activities that can be done that do not require online access and do not necessarily focus on the academic education but a wider health and well-being approach.

The school is currently exploring options for any pupils who do not have suitable electronic devices for accessing resources.

MATHS (@PortyMaths)

MyMaths
MangaHigh
Sumdog
Mathletics.com
https://rbs.mymoneysense.com/home/
Sumdog
www.k7maths.com
https://www.coolmath.com/ and https://www.coolmathgames.com/
https://www.math-aids.com/

MODERN LANGUAGES

https://www.seterra.com/
https://www.duolingo.com/

IT (@PortyIT)

www.iDEA.org.uk

<https://www.blockly.games/>

Code.org

EXPRESSIVE ARTS (@PortyMusic1)

https://www.classicsforkids.com/music/instruments_orchestra.php and

<https://www.youtube.com/watch?v=Sr-l2m8twX0>

<https://artfulparent.com/kids-arts-crafts-activities-500-fun-artful-things-kids/>

<https://www.artistshelpingchildren.org/>

<https://www.incredibox.com/>

https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR0TCiOnvhX6wPVc5htQFIbhSpbPkymyrlpbl2bQRTfrk3pGGhb_ogJwmYY

HEALTH PROMOTIONS (@PortyHE @PortyPE)

Movement Evolution Scotland daily challenge:

<https://www.facebook.com/MovementEvolutionScotland/videos/1083094128742704/>

<https://education.gov.scot/media/p2npeimj/nih145-home-learning-challenges.pdf>

SCIENCE (@PortyScience)

<https://mysteryscience.com/school-closure-planning>

http://www.schoolscience.co.uk/home?fbclid=IwAR3yxikMLifzfII7p4rT2NIXRYcCr_onBUgfsNNrkUZ60VfC0wxmOSwMII4

HUMANITIES (@PortyAcademyModStuds, @PortyRMPS @PortlethenH)

<https://www.bighistoryproject.com/home>

<https://www.seterra.com/>

<https://world-geography-games.com/>

DESIGN & TECHNOLOGY (@PortyTechy)

<https://www.youtube.com/user/sketchadaydotcom>

<https://www.youtube.com/channel/UCElt4nocnWDEnYJmov4zgyA>

<https://www.designclass.co.uk/>

<https://www.tinkercad.com/>

ENGLISH (@Porty_English)

<https://www.twinkl.co.uk/resources/curriculum-for-excellence-third/school-closures-third-secondary-scotland-cfe/literacy-and-english-school-closures-third-secondary-scotland-cfe>

<https://www.bbc.co.uk/bitesize/subjects/z3kw2hv>

<https://www.intofilm.org/news-and-views/articles/activities-for-young-people-to-do-at-home>

GENERAL (@PortyAcad @PortyDYW)

https://www.bbc.co.uk/bitesize	
https://ed.ted.com/lessons	Video based lessons
https://www.thecrashcourse.com/	At Crash Course, we believe that high quality educational videos should be available to everyone for free. The Crash Course team has produced more than 15 courses to date, and these videos accompany high school and college level classes ranging from the humanities to the sciences. From courses like Astronomy to US History and Anatomy & Physiology it's got you covered with an awesome variety of AP high school curriculum topics. With various witty hosts at your service, you won't even notice you're getting smarter.
https://thekidshouldseethis.com/	TKSST is an unprecedented collection of 4,300+ kid-friendly videos, curated for teachers and parents who want to share smarter, more meaningful media in the classroom and at home. Selections are grown-up-friendly, too. And thanks to our members, it's free for everyone.
https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR17781EEWBL09Wm-i_2f-9I8fTSc7Tdcl9yM0d0Ft10XYepKlibUB8brk	These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch. Experience the best museums from London to Seoul in the comfort of your own home.
https://www.thepark.org.uk/?s=exam+stress	Mental Health support

https://www.teachertoolkit.co.uk/2020/03/15/how-to-teach-online/	This is not just for teachers as the title suggests – it has a section for pupils too!
https://quizlet.com/en-gb/students	A range of subjects and levels. Various interactive revision activities.
https://homeschoolhideout.com/educational-shows-on-netflix/	Educational shows on Netflix
https://www.dkfindout.com/uk/	DKfindout! allows your child to search, learn, and explore information on a safe and secure site. Perfect for help with homework, DK's clear, reliable, and highly visual content covers all curriculum subjects and more! There are quizzes, videos and animations, and new content being added all the time to engage and fascinate your child. There are also articles for parents explaining the curriculum your child is being taught, ideas about how you can help them, and quick links to other DK products that will support your child's learning.
https://www.funbrain.com/	Games, reading and videos
https://www.gonoodle.com/for-families/	Online dance parties, yoga sessions, games, movement and mindfulness
https://insighttimer.com/	Free library of guided meditations for sleep, anxiety and stress (adults and kids)
https://www.learninggamesforkids.com/	These online learning games and songs for kids are fun, teach important skills for preschool and elementary school kids and they're free. Want educational games that help build skills in math, language, science, social studies, and more? You've come to the right place!
https://scratch.mit.edu/	With Scratch, you can program your own interactive stories, games, and animations — and share your creations with others in the online community. Scratch helps young people learn to think creatively, reason systematically, and work collaboratively — essential skills for life in the 21st century. Scratch is a project of the Lifelong Kindergarten Group at the MIT Media Lab. It is provided free of charge.
https://www.skillshare.com/	Join Skillshare to watch, play, learn, make, and discover. (free and paid options)

SOMETHING A BIT DIFFERENT

Indoor Activities

Play a board game. Turn off the TV and challenge the family to a [board game](#). Introduce the children to a classic like *Snakes N Ladders* or *Monopoly*, or try a newer one like *Settlers of Catan* that you can all learn together. Card games are great fun and gooo numeracy practice too!

Put together an epic puzzle. When you've got lots of time on your hands, get your hands busy. It'll take your mind off boredom, and [completing a big puzzle](#) feels great.

Have a dance party. Turn on some tunes and get those socks hoppin'. Throw it back with some 'golden oldies' or find some chart-topping new stuff too.

Home cinema. Get a few snacks, put your feet up and enjoy a good movie – who doesn't love a rom-com?!

Sing along to some Disney songs. Get your endorphins flowing by taking it back to childhood. Belt out your [favorite hits](#) from Disney movies!

Plan your next getaway with £1000. [Make](#) a travel plan – look up destinations (your only limit is your cost), cost of travel (plane/train) and accommodation (hotels/Air BnB/hostels). Your money must cover all food and drink and any excursions or spending. Draft up your travel plan as if you were going to market it to others.

Outdoor Activities

Go for a walk. Go to your local park, or just around the neighborhood. (please consider social distancing advice)

Get a workout in. You don't need a gym membership to sweat it out. Pull on your [favorite leggings](#), choose a [workout app](#), and get your blood moving at home.

Start a garden. Roll up your sleeves and get your hands dirty [in the backyard](#) or your [windowsill](#), if you don't have outdoor space. In addition to the [de-stressing benefits](#), all that digging quickly turns into a workout.

Go for a bike ride. Take a tour of your surroundings *and* get some exercise in by jumping on a bicycle. Remember your helmet! (please consider social distancing advice)

Pamper Yourself

Paint your nails. Create an at-home spa experience with a mani-pedi. Choose a [trending summer hue](#), add an [interesting design](#), and finish it off with a [shiny top coat](#).

Take a bubble bath. Embrace your free time with a [mountain of bubbles](#) and a few drops of [essential oils](#). Bring a good book in there with you, if you don't mind it getting a tad damp.

Start journaling. Time will fly by as you jot down your thoughts in a journal. If you want to go even deeper, venture into the artistic world of [bullet journals](#).

Listen to a mediation video. When your mind starts to spiral, turn it inward. [Mediation videos](#) can easily guide you through mindful exercises and techniques to reach inner peace.

Organizing 101

Clean your whole house. When we get bored, we often feel helpless. But tackling even the simplest task, like doing the dishes, can [boost your mood](#) immediately. Start with these easy [cleaning tips](#) or try a full [schedule to tackle every inch](#) of the house.

Wash the windows. You'll be amazed how much brighter things look with sparkling clean windows. Let the sunshine in with these [tips for the best results](#).

Clean your makeup brushes. When was the last time you [cleaned all of your makeup tools](#)?

Sort through your purses. As the seasons change, so do our purses. While switching between bags, we all leave stuff in the bottom (receipts, gum wrappers, pens, etc). [Clean out your purses](#) and you just might find that lost lipstick – or at least some spare change.

Clean out your closet. Go through your clothes to rediscover some old faves. If you haven't worn it in the past year, consider posting it on a [clothing resale app](#) so it can find a new home.

Organize your kitchen. Already mastered the [KonMari Method](#)? You're ready to dive into the wonderful world of [drawer and cabinet organizers](#). Please hold the applause.

Get Creative

Start a new book. If you've run through your TV queue, go analog. Try one of the [best books of the year](#) to transport yourself to another world.

Download an audiobook. If you can't get out to the bookstore or want to lighten your load, try audiobooks for listening on the go. [The best of the best](#) will make the hours fly by.

Listen to a new podcast. If you've never tried podcasts, you're in for a treat. From [true crime](#) to [comedy](#), there are [endless options](#) to choose from.

Try a coloring app. [Adult coloring books](#) are available in-stores *and* in mobile app stores, so no need to head to the store. [Colorfy](#) and [Happy Color](#) will help you get creative without any supplies needed.

Make a custom photo book. You don't need the talent of Michaelangelo to create a memorable photo book. A variety of [online services](#) can help you collect your photos into a beautiful keepsake.

Try a new recipe. Stop opening and closing the fridge hoping new snacks will magically appear. Take matters into your own hand and [make your own tasty dish](#).

Make homemade ice cream. Give Ben & Jerry a run for their money and beat boredom. Simply [combine a few ingredients](#) in an [ice cream maker](#) and you'll be in awe.

Put together a care package. Take the focus off your own predicament by making a friend or family member feel extra special. Mail them a package full of their favorite things, perhaps with a theme like [self-care](#). Sometimes, a good, old-fashioned letter is the most welcomed gift 😊 .