

Work of the week (Page 1) 1st February –2021

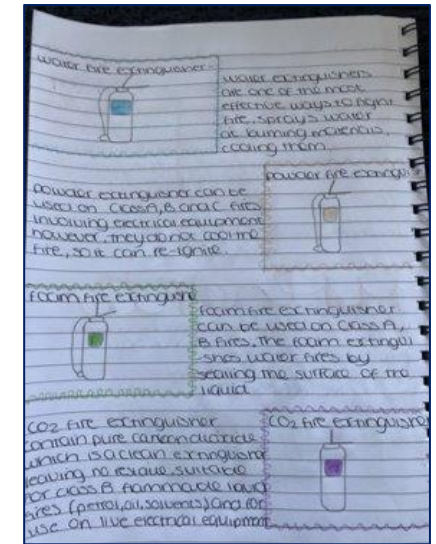
Explore how Dickens presents Scrooge's fears.

Dickens uses the character of Scrooge and his fears to demonstrate the concept that fear is a catalyst which can drive us towards change. This is evident in the extract when the Phantom begins to approach Scrooge, who "bent down upon his knee". This suggests that the spirit has an extremely powerful presence, so much that Scrooge feels overwhelmed and must kneel down as though submitting to its power. This demonstrates that Scrooge now accepts the fact that he needs to change, and despite his fear of the spirit's powerful supernatural, he accepts it and what it has come to teach him. This completely reverses the former Scrooge in Stave 1 who did everything possible to block out the teachings of Marley's Ghost, calling him an "undigested" piece of "beef" to confirm with himself that he was only seeing things, and that the real Marley's Ghost wasn't there. This would have a strong effect on Victorian readers as they were very religious people, who believed in and strongly feared the supernatural. Many of the richer members of society also feared change as they wanted to retain their state of wealth and power. An alternative interpretation of Scrooge's action of bending down could be that Scrooge still fears changing. The Ghost of Christmas Yet to Come is a vehicle for Scrooge's change, and he fears it tremendously, so much that the presence of such a forceful and powerful being paralyses him and prevents him from expressing any form of speech. The only way he feels as though he can demonstrate his acceptance is to kneel down; he is stunned and in shock from the sheer power of the change that the spirit will instill in Scrooge. Perhaps Dickens included this act of submission to demonstrate that despite our fears, as humans we cannot resist the power of change, we can only accept it. This encourages the reader to accept change more willingly into their own lives, just like Scrooge began to do.

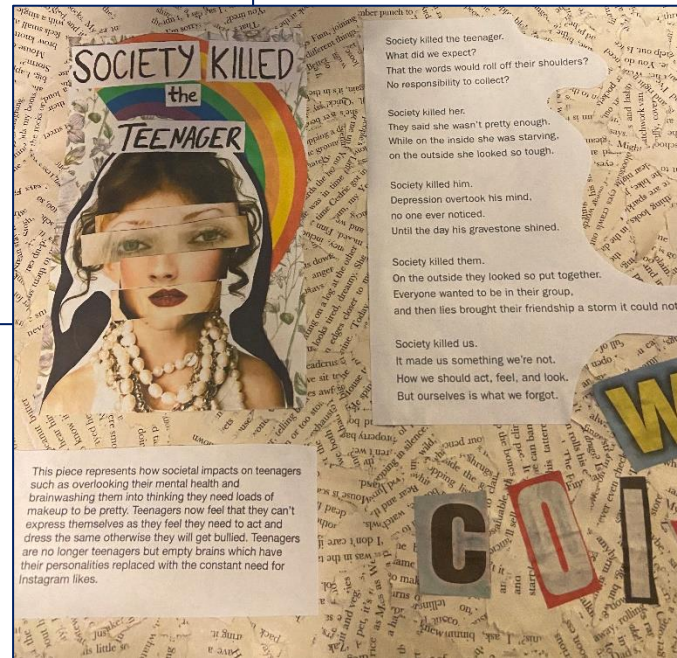
Later on in the extract, Dickens uses Scrooge's dialogue to present the idea that change is not possible without fear. This is evident when Scrooge states that he fears the Ghost of Christmas Yet to Come "more than any other spectre" but he is "prepared to bear" it "company" and do it with a "thankful heart". This demonstrates that throughout the night, Scrooge has gained internal strength from the teachings of the other spirits because his gratitude and desire to become a charitable man completely juxtaposes his former self who told Jacob Marley that he would "rather not" be visited by the spirits. This complete change in attitude and perspective demonstrates that Scrooge no longer fears change as much as before, and that he is trying to calm it. However, the fact that he fears this spirit "more than any other spectre" suggests that he believes this will be the most difficult teaching of all. Perhaps Dickens depicted Scrooge as fearing the final spirit to demonstrate that no personal transformation is fully complete without fear of what could happen to us if we don't change. It could be argued that Scrooge fears this spectre the most because he is concerned about what will happen to himself in the future. The previous spirits have shown him the joyous life he could live if he becomes a charitable man, but now he must see what his life will be like if he chooses to ignore the spirits' teachings and continue to lead a miserly life. Perhaps Dickens's intentions here were to demonstrate to the reader that the final turning

point in a person's transformation, is the realisation of what may happen to them if they don't change.

Elsewhere in the text, in Stave 2, Dickens uses dialogue between Belle and Scrooge to demonstrate that many people live miserly lives, not because they are selfish, but because they fear becoming poor. This is evident when Scrooge is taken to his past life with Belle, who claims that "another idol has replaced her". She describes this "idol" as a "golden one", clearly demonstrating that this is the point in Scrooge's life when money and wealth become the centre of his whole belief system. Scrooge replies to Belle with many arguments about increasing poverty, and a need to store more wealth in order to survive. This clearly demonstrates that Scrooge fears becoming poor over all else, his fear of poverty gradually becoming stronger than his love for Belle. This was a common attitude in Victorian society as many people had to constantly fight to retain their position on the social ladder, no matter how uncomfortable or poor that position was. This demonstrates that Scrooge's obsession with money stems from a deep rooted fear of poverty and what could happen to him if he lost his money. Perhaps Dickens includes this to demonstrate to the audience that fear of poverty is an extremely powerful force, which can easily take over someone's life. If we fear poverty, we will do everything possible to prevent it, by focussing our lives entirely on gaining wealth and money. However, the reader already knows that Scrooge's fear of poverty spiralled out of control, and ultimately led him to the isolated and lonely life he currently lives. Perhaps Dickens uses this as a warning to the reader, that if fear of poverty becomes to great, it will cut us off from the people we love, and that this living fear will become our sole companion.



LS Year 11 English
An assessment for A Christmas Carol looking at how Dickens presents Scrooge's fears - it is phenomenal!



RC Year 10 Art and Design
He has not only analysed the artwork but also created his own piece inspired by it alongside a poem!

SC Year 10 Hospitality and catering
A leaflet to give out to new catering staff all about fire safety in the kitchen and which fire extinguisher to use on oil based fires etc as part of the Health and Safety unit.

Q1 – Know how technology is used in sport

Ro46 – LO1: how technology has developed in Sport to ENHANCE PERFORMANCE

Fitness testing is used to get information about physical fitness and how this can help them in the game, it will also help them work on their strengths and weaknesses. This also allows the coach to have a wider understanding on the health and the fitness of the player that can be used to therefore modify and work on their weakness in training. This can all be found out by HR monitors, VO2 machines and some other machines. For example, the HR monitors are used to track the heart rate of the players they do this by using a vest on their body for example in football, this could determine how fit certain people are because obviously the higher your heart rate the more out of breath you get. This will therefore increase their players performance if they have weaknesses and then track their progress. This is vital in professional football players because stamina and heart rate are a key part in football. As well as that stop watches are a safe way of testing your speed as they can enhance performance as they could try and beat their last lap time. By wearing a heart rate monitor this will help understand what your heart rate is and when you need to slow down your running pace to therefore control your heart rate. Obviously when the player or runner is working harder it will show up on the monitors because they are working harder and using more energy.

Fitness trackers such as ggg are used by many athletes to track how far you have run. This tracker allows endurance athletes such as a football team to track who has played the most parts in the game and to see how the physical side of the game is holding up such as stamina and heart rate. For an endurance runner this is vital so that you know that you are running at a steady pace and the monitor may make a beeping noise to show whether you are going too slow or fast. This will also give them data on the incline they were running at and how far for how long and where improvements may be needed. As well as that there is a golf simulator where you can practice in close conditions and then hit the ball onto the wall and then it gives you a virtual analysis on where the ball is on course. This is good so that you do not have to travel every time you want to go for a round of golf because you can just do it at home.

Most equipment has evolved over time such as tennis rackets golf clubs and cricket bats. These have all changed for the good and has made players and professionals even better than what they already are. For example, cricket bats, the bat started off like a small paddle consisting of a long handle, after that it then evolved to the bat having wider shoulders which was coming into a bit like a v shaped ridge on the other side. After that, the bats have gotten a lot thicker therefore it comes off the bat a lot better (has a better middle) this is mostly due to the production of the bat and change in cricket balls. This has made the batters performance a lot better as the (sweet spot) of the bat has increased so therefore the ball hits of the bat a lot faster therefore there are more boundaries getting hit. There is also quite a difference from cricket helmets 20-30 year ago from now, as the bowlers started getting faster and faster, it will become a lot more dangerous because there will be a severe injury every time you have been hit in the face with the ball. Therefore, they have brought a lot more developed helmet in place so that there is less risk of injury. This can also be the same for tennis racket as the sweet spot of the tennis rackets has increased therefore you can hit the ball a lot harder with more control.

A good example over the years is football boots have changed for example in different material different colors and if there will be faces. Throughout the early 1900s there was only football boots in the color of black and there were no brands on them such as adidas or Nike. As well as that there is also a change in cyclists clothing for example, at first there was not any such thing as any cyclist clothes however this has changed throughout time because their cyclists now wear clothes like bodysuits this is because you do not want something very loose as you are cycling because it will slow you down. Therefore, that why cyclists wear tight clothes. This makes cyclist a

faster and aerodynamic and as well as that cyclists have good the cyclist's performance is. Another example of leather and also had leather studs that came high up of aluminum and a synthetic material that allows them move quicker.

There are many diverse types of injury prevention and gravity treadmill is used by flooding a tub a bit above to create some air pressure which therefore lifts them machine can run at a fraction of their actual weight, this mean that the impact on their joints and muscles are. Another example of injury prevention can be cricket hitting your head, as well as that, there is a certain machine the ball hitting your head, I have experienced this feeling before sports I've to wear a helmet for example look at this video <https://www.youtube.com/watch?v=mo-Ek...> if Steve smith did not have a helmet on, that could have easily ended in a severe injury or even death. Another example could be that shinpads have evolved over time to prevent the players getting injured. They have done this by adding a better material in the shin pad so that it is a lot more resistible therefore there will be less cause of injury.

How technology has developed in Sport to ENHANCE GAME PLAY

This is used in a decision in rugby to help the referee replay a tv monitor to see how dangerous a tackle was or if the ball way in or out of play. This is sometimes an effective way to help improve the game. However, it is not good because it slows the game down and the rules are too specific var for example is a big one because it can sometimes be misused. There are many different types of video referee used such as TMO rugby and VAR football. It is also used in sports like volleyball and in some high levels of ice hockey.

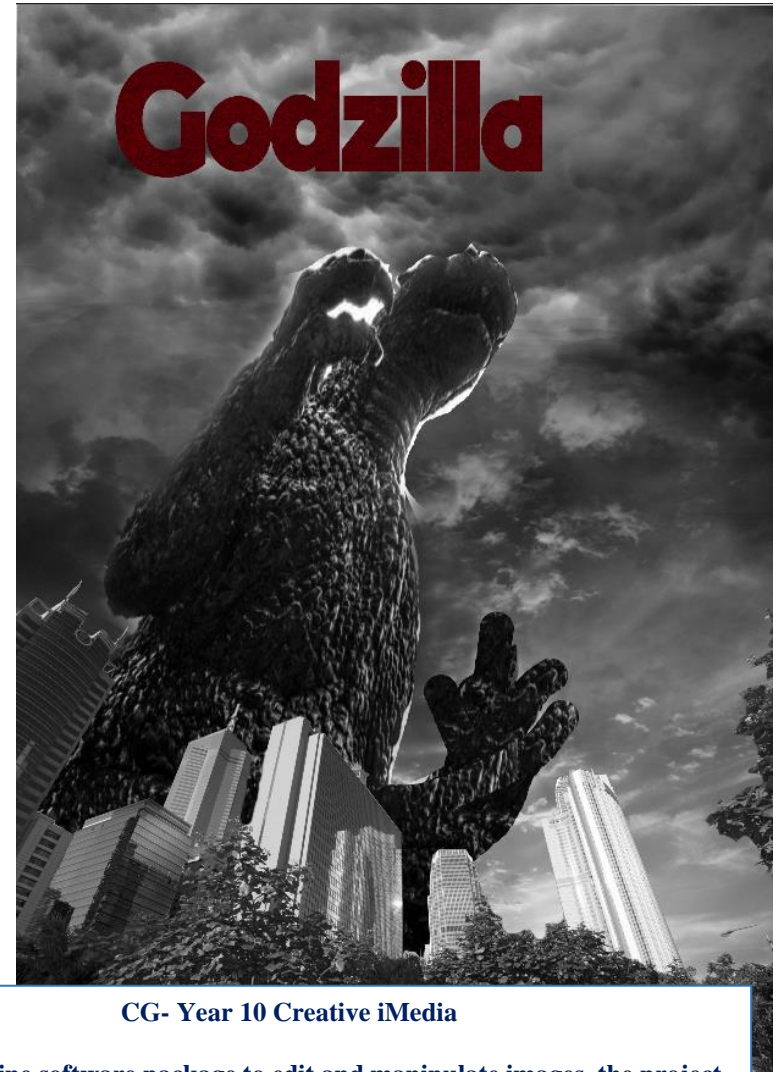
Hawk eye is used in tennis to see whether the ball is in or out of the line, it is extremely specific and the measurements are down to the millimetre which could determine a game quite easily. This is really good because it will keep the game very fair as no one can be cheated out of a point or match. A player would only get 3 challenges onto the umpire to see if the ball is in or if it is out if you think the umpire would make a mistake.

This is used to see whether the ball was in the pitch or out. The assistant referee would be able to tell whether the ball was in or out because the cameras are a high-definition addition to that the assistant referee will be able to talk the on-pitch referee and he will be able to see the decision that has been made to give it on the pitch, the watch will probably beep or make some sort of noise to alert the referee. There are soe good benefits because it fully improves how good the game is going because there will be no mistakes. This can also be used in sports such as hockey for the exact same reason. For example, when Lampard hit a volley in the 2010 world cup, the ball was clearly in the goal by a good 30cm and the referee didn't give it and England lost that game, if var was brought into that game the result may have been completely different.

Hot Spot Explain how hot spot is used in Cricket. Explain how this can enhance game play. Hot spot is used in cricket is used to see where the ball is hit for example, wherever the ball has hit, it would produce a lighter shade. This will determine where the ball has hit for example the batsman has only just slightly edged it towards the keeper, therefore he will be out. This is a good thing because there can be no sort of error unless the 3rd umpire has poor sight.

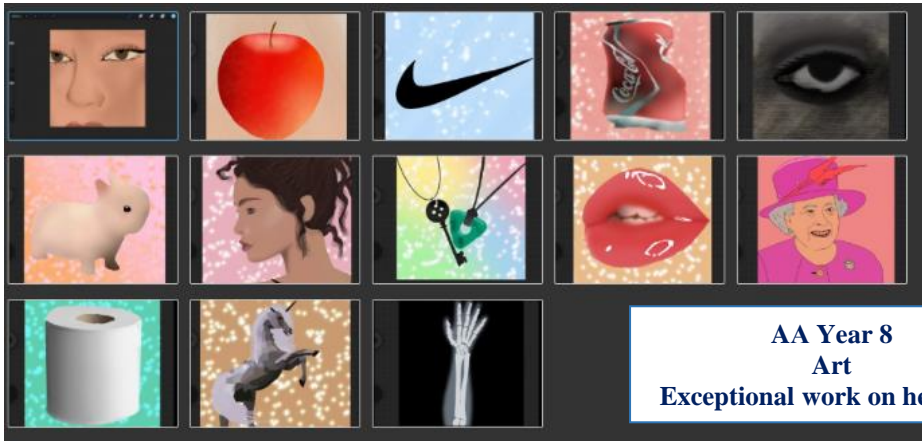
AS
Year 11 Sport

Technology in Sport – an excellent first draft for this assignment.



CG- Year 10 Creative iMedia

Using an online software package to edit and manipulate images, the project this week was recreating movie posters. This involves using layers, cutting out images, adding, using images to add effects to the text and much more.



AA Year 8
Art
Exceptional work on her ipad.