



## Edwinstree Distance Learning Year 7

We are sorry you are not in school. The learning below links to the curriculum threshold concepts so will support your learning in your absence.

You can contact your subject teacher through Satchel One (Show My Homework) if you have any questions.

Please bring your learning into school on your return; give this to your subject teacher, so you can receive feedback.

Note: With some links you need to scroll down for further lessons.

### English

Please click the links for the work available. From that one link, there will be various lessons for you to complete.

#### Reading



Click picture to be taken to the novel

#### Writing

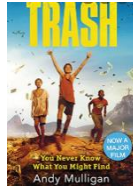
[Description writing](#)

[Dialogue writing](#)

#### Grammar

[Sentence Punctuation and word class](#)

#### Reading



Click picture to be taken to the novel

#### Writing

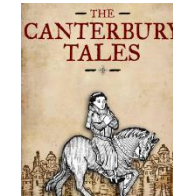
[Creative Writing](#)

#### Grammar

[KS2 Grammar recap](#)

[Complex Sentences](#)

#### Reading



Click picture to be taken to the text

#### Writing

[Introduction to the tales](#)

[The Knights Tale](#)

[Writing your own tale](#)

#### Grammar

[Subordinating and coordinating conjunctions](#)



# Edwinstree Distance Learning

## Year 7

### Maths

#### Year 7 Distance Learning

Developing number sense – White Rose video links

Activities are included in the video lessons and you can print the worksheets to write on if you wish, or just view them on the screen and write down your answers in your notebook. Have a pencil and paper with you to take part in the activities and be prepared to pause the video to do so.

Topic:	Lesson Links
Developing Number sense	1) <a href="#">Know and use mental additions and subtraction strategies for integers</a>
	2) <a href="#">Know and use mental multiplication and division for integers</a>
	3) <a href="#">Know and use mental arithmetic strategies for decimals</a>
	4) <a href="#">Use factors to simplify calculations</a>
	5) <a href="#">Use factors to simplify calculations</a>
	6) <a href="#">Use estimation as a method for checking</a>
	7) <a href="#">Use known numbers to derive other facts</a>
	8) <a href="#">Use known algebraic facts to derive other facts</a>
	9) <a href="#">Know when to use a mental strategy, formal written method or a calculator</a>



## Edwinstree Distance Learning Year 7

### Wellbeing

One of the very best things that can help with wellbeing is to practise a kind of meditation called Positive Affirmations.

These can seem a bit strange if you haven't done them before, yet they can be really helpful if you're feeling a bit down. People recommend that you give them a go first thing in the morning but personally I love to try them whilst I'm drifting off to sleep at night. Choose a time of day that works for you. To have the most benefit, you should listen to them every night for a few weeks.

I'd suggest that you use a good loudspeaker connected to your phone or computer and listen to one of the following whilst lying down:

Feel good Affirmations: <https://www.youtube.com/watch?v=ffXclh8cdkY> (15 minutes)

Positive Affirmations - Mindful and Calming: <https://www.youtube.com/watch?v=I55jCHTQwCA> (6 minutes)

Bedtime Affirmations: <https://www.youtube.com/watch?v=fO72tLz4ffk> (1 hour!)

If you have a bit of a questioning mind why not consider the following:

- How am I feeling after listening to these affirmations?
- Are there any of these affirmations that I found hard?
- What extra affirmations would have helped me?
- Can I write my own set of affirmations? Would it be helpful to read them out to yourself aloud each day for a week?

### STOP PRESS:

Several of you have asked me about the colouring meditations that I have on my desk. If, like me, you find this to be a great way to take your mind off things when you're stressed, then why not colour in one of these whilst listening to one of the positive affirmations. Three packs of colouring meditations (Colouring Meditations 1 to 3) are included as separate files on SMHW.



## Edwinstree Distance Learning Year 7

### Science

Please follow the links and click on the science icon. This will take you to the beginning of each learning cycle, these match approximately with what we are learning in class- some lessons say they are year 8 but we teach our topics in a slightly different order. Complete the lessons according to the order indicated by Continuity Oak. This learning will support your understanding of Science threshold concepts. Please complete at least three hours of learning each week.

Term		
Autumn	Winter	Summer
<a href="#">Curriculum - Curriculum (continuityoak.org.uk)</a> Year 7 Cells tissues and organs	<a href="#">Curriculum - Curriculum (continuityoak.org.uk)</a> Year 8 Atoms and the periodic table	<a href="#">Curriculum - Curriculum (continuityoak.org.uk)</a> Year 7 Forces in motion
<a href="#">Curriculum - Curriculum (continuityoak.org.uk)</a> Year 7 Particles	<a href="#">Curriculum - Curriculum (continuityoak.org.uk)</a> Year 8 Digestion and Nutrition	<a href="#">Curriculum - Curriculum (continuityoak.org.uk)</a> Year 7 Reproduction and variation
<a href="#">Curriculum - Curriculum (continuityoak.org.uk)</a> Year 7 Forces and motion		<a href="#">Curriculum - Curriculum (continuityoak.org.uk)</a> Year 8 Electricity and magnetisms



## Edwinstree Distance Learning Year 7

<b>Art</b> Hi Year 7 Please follow the links and then click on the Art Icon for your learning. This will support your understanding of the Art and Design threshold concepts. Please complete at least one hour of learning a week. You should aim to watch one video per lesson.		
<b>Autumn - Introduction to Art understanding the basics- introduction to self</b>	<b>Spring - Pop art -modern popular culture</b>	<b>Summer - Abstract art: beyond the normal</b>
<a href="http://continuityoak.org.uk">Curriculum - Curriculum (continuityoak.org.uk)</a>	<a href="http://continuityoak.org.uk">Curriculum - Curriculum (continuityoak.org.uk)</a>	<a href="http://continuityoak.org.uk">Curriculum - Curriculum (continuityoak.org.uk)</a>
<b>Computing</b>		
<b>Autumn term</b>	<b>Spring term</b>	<b>Summer term</b>
<b>Year 7 unit 1</b> Watch the videos and answer the questions. <a href="#">Working collaboratively</a>	<b>Year 7 unit 3</b> Watch the videos and answer the questions <a href="#">Binary</a>	<b>Year 7 unit 5</b> Watch the videos and answer the questions. <a href="#">Vector graphics</a>
<b>Year 7 unit 2</b> Watch the videos and answer the questions. <a href="#">Computing systems</a>	<b>Year 7 unit 4</b> Complete the following tasks from this <a href="#">site</a> <ul style="list-style-type: none"> <li>• Against the clock</li> <li>• Fortune teller</li> <li>• Frustration</li> </ul>	<b>Year 7 unit 6</b> Watch the videos and answer the questions. <a href="#">App development</a>



## Edwinstree Distance Learning Year 7

### French

Hi Year 7

Please follow the links for your learning. This will support your understanding of French threshold concepts. Please complete at least two hours of learning each week.

#### Autumn term

##### Year 7 unit 1

[Unit - Oak National Academy \(thenational.academy\)](#)

Watch the videos and answer the questions.

##### Year 7 unit 2

[Unit - Oak National Academy \(thenational.academy\)](#)

Watch the videos and answer the questions.  
(The work will also be posted on SMHW)

#### Spring term

##### Year 7 unit 3

[Unit - Oak National Academy \(thenational.academy\)](#)

Watch the videos and answer the questions.

##### Year 7 unit 4

[Unit - Oak National Academy \(thenational.academy\)](#)

Watch the videos and answer the questions.  
(The work will also be posted on SMHW)

#### Summer term

##### Year 7 unit 5

[French lessons for Key Stage 3 students - Oak National Academy \(thenational.academy\)](#)

Watch the videos and answer the questions

##### Year 7 unit 6

[Unit - Oak National Academy \(thenational.academy\)](#)

Watch the videos and answer the questions.

(The work will also be posted on SMHW)

Geography; We have matched our Schemes of work with the online video resources provided by the Oak Academy so that if you do spend a period of time at home you are studying the same topic areas being covered. Currently Oak Academy updating as an interim measure we are asking you to work on the following in order to develop your skills in geography around Ordnance Survey maps and navigating the landscape. We have also included links to how to practice your basic knowledge of the UK and the World map and continents.

[I am not confident with my map skills or knowledge of the UK and World maps](#)

[I am confident with my world map and continent knowledge](#)

[I am really confident in my knowledge of the world map both it's physical features and human features](#)



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History		
	Topic	Task - Click on the topic you have been looking at in lessons. Read the information and take the quiz at the end. Then you need to summarise your learning. Use the subheadings as ideas to write about. You could make a mind map, create a poster of key facts, a booklet about the topic or a PowerPoint presentation.
Topic 1	Britain pre 1066	<a href="#">Prehistoric - KS2 History - BBC Bitesize</a> – choose a period of time to make notes on – Stone Age, Bronze Age, Iron Age, Celts, Romans, Anglo Saxons or Vikings. Where are they from? Why did they settle in Britain. What is their period in history known for? How did they live? What did they dress like and believe in? What impact did they have on Britain?
Topic 2	The Norman Invasion - How the Normans changed Britain	<a href="#">The Norman Conquest - KS3 History - BBC Bitesize</a> -  <a href="#">William's control of England - KS3 History - BBC Bitesize</a>
Topic 3	Medieval Britain - Crusades, Black Death and Peasants revolt	<a href="#">Causes and effects of the Black Death - Medieval medicine - KS3 History - homework help for year 7, 8 and 9. - BBC Bitesize</a>  <a href="#">The Peasants' Revolt - The Peasants' Revolt - KS3 History - homework help for year 7, 8 and 9. - BBC Bitesize</a>  <a href="#">How did the Crusades begin? - The Crusades - KS3 History Revision - BBC Bitesize</a>
Topic 4	Medieval Britain - Monarchs	<a href="#">What was life like in medieval society? - Medieval society and life - KS3 History - homework help for year 7, 8 and 9. - BBC Bitesize</a> - -



Edwinstree Distance Learning  
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Topic 5	The Reformation of the Church (Tudors)	<a href="#">The Tudors - KS3 History - BBC Bitesize</a>
Topic 6	The English Civil War (Stuarts)	<a href="#">The English Civil Wars - KS3 History - BBC Bitesize</a>

**RE**

In RE the work that you complete will complement our schemes of work by focusing in term 1 on Christianity and then by looking at the two other monotheisms that of Islam. You finally study humanism. How does each belief, influence their faith and their way of life and decision making?

Autumn Term <https://classroom.thenational.academy/units/christianity-beliefs-and-teachings-d14f>

Spring Term <https://classroom.thenational.academy/units/judaism-beliefs-and-teachings-6de4>

Summer Term <https://classroom.thenational.academy/units/judaism-practices-63cb>

**PE**

<p>Choice 1</p> <p><b><u>Create a News Report</u></b></p> <p>Watch a sports game of your choice, a good example would be the cricket world cup final from last year, and create a report about the game. This could be written or a video.</p>	<p>Choice 2</p> <p><b><u>Sport Research</u></b></p> <p>Research a sport that is specific to a certain country and not widely played elsewhere. Some examples are American Football, Aussie Rules Football and Kabbadi. Create a poster that tells you about the sports and rules.</p>	<p>Choice 3</p> <p><b><u>Kit Designer</u></b></p> <p>Can you design an Olympic outfit Team GB. Challenge 1: Can you create a Summer Olympics one? Challenge 2: Can you create a tracksuit to go with it?</p>	<p>Choice 4</p> <p><b><u>#stayhomeworkout</u></b></p> <p>Try Jesse Lingard's #stayhomeworkout challenge. You need to kick a ball into the air, perform a burpee and then control the ball. Upload video evidence if you like!</p>
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### Choice 5

#### Chilli Challenge Workout

Complete one of the circuits from the chilli challenge worksheet.

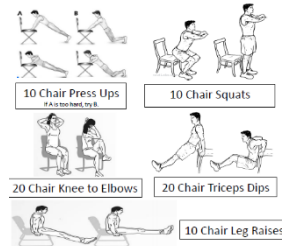
**Chilli Challenge Workout!**

1. 100m Jog	2. 100m Jog	3. 100m Jog	4. 100m Jog	1 minute rest between sets
5. 100m Jog	6. 100m Jog	7. 100m Jog	8. 100m Jog	45 seconds rest between sets
9. 100m Jog	10. 100m Jog	11. 100m Jog	12. 100m Jog	45 seconds rest between sets
13. 100m Jog	14. 100m Jog	15. 100m Jog	16. 100m Jog	30 seconds rest between sets

### Choice 6

#### Chair Workout

Complete the exercises on the workout sheet. They can all be done from your sofa/dining room chair.



### Choice 7

#### 2.6 Challenge

Do 2.6 or 26 of anything you like.  
Some examples could be holding a plank for 2.6 minutes, 26 laps of your garden, 26 trips up and down your stairs

### Choice 8

#### New Curriculum Sport

Can you write a persuasive piece convincing Mr McCarthy to add a new sport to our curriculum. You will need to research it and give ideas why it would work and its benefits

### Chilli Challenge



## Edwinstree Distance Learning Year 7

### Technology

Hello Year 7. Please follow the links for your learning.

If you are studying Textiles at the moment, please select one of the Textiles lessons. It does not matter which order you complete them in.

If you are studying Food & Nutrition, please follow the order. **There is no expectation for you to cook these recipes!**

You should be completing 1 hour of learning per week

Textiles	Food and Nutrition
<p><b>Lesson A</b> What's in your wardrobe? <a href="https://classroom.thenational.academy/lessons/what-is-in-your-wardrobe-74wp4t">https://classroom.thenational.academy/lessons/what-is-in-your-wardrobe-74wp4t</a></p> <p><b>Lesson B</b> True cost of fashion - what fabrics do we have in our home? <a href="https://classroom.thenational.academy/lessons/true-cost-of-fashion-what-fabrics-do-we-have-in-the-home-c8u32r">https://classroom.thenational.academy/lessons/true-cost-of-fashion-what-fabrics-do-we-have-in-the-home-c8u32r</a></p> <p><b>Lesson C</b> Designing products for different lifestyles <a href="https://classroom.thenational.academy/lessons/designing-products-for-different-lifestyles-60wpcd">https://classroom.thenational.academy/lessons/designing-products-for-different-lifestyles-60wpcd</a></p> <p><b>Lesson D</b> Designing products for the future <a href="https://classroom.thenational.academy/lessons/designing-products-for-your-future-c9hp6r">https://classroom.thenational.academy/lessons/designing-products-for-your-future-c9hp6r</a></p>	<p><b>Lesson A</b> Designing for a client <a href="#">When designing a chilled ready meal, what client needs should you be aware of? (thenational.academy)</a></p> <p><b>Lesson B</b> Balance of nutritional value <a href="#">How can we ensure that a meal has the correct balance of nutritional value for the body? (thenational.academy)</a></p>



## Edwinstree Distance Learning Year 7

### **Music**

Here is a sequence of 6 lessons relating to the pop music genres that we are studying this year as well as showing you some music technology in preparation for a topic we will do later in the year. Follow the sequence of lessons, starting at lesson 1.

#### **Autumn**

[Lesson 1](#)

[Lesson 2](#)

#### **Spring**

[Lesson 3](#)

[Lesson 4](#)

#### **Summer**

[Lesson 5](#)

[Lesson 6](#)