

HOME LEARNING SCHEDULE – YEAR 7

Good morning Year 7,

This is your home learning schedule for the 1st February. We have made sure that lost learning is kept to a minimum so please make sure you follow your lesson instructions and complete as much work as possible to the best of your ability.

TIME	LESSON	ACTIVITY
08.40 – 09.40 Period 1	Maths www.dr frostmaths.com	Please log on to Dr Frost Maths and complete the activity
09.40 – 10.40 Period 2	English	Topic: Gothic Complete the creative writing task
10.40 – 11.40 Period 3	Science	Watch video links and make notes about microscopes and cell structures
12.10 – 13.10 Period 4	Humanities	Create a fact file and a historical timeline of your country of choice.
13.10 – 14.10 Period 5	PE	Circuit Training Session with video Complete workout then design your own circuit

Any written work can be completed in your learning to learn books

See you back at school on Thursday morning!

If you need anything please feel free to get in touch

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Year 7 English Home Learning

Topic: Gothic

Date: Wednesday 1st February 2023

Starter Task:

You are going to create your own monster, but first, have a look at these famous examples from Gothic novels / films. Can you name them? What physical attributes do they have in common? What makes them frightening?



Task 2: Creative Task

Create and design your own Gothic character. Pay attention to detail including:

- Facial expressions
- Clothing
- Body language
- Props

Label your drawing to show important features:

Task 3: Write a descriptive paragraph to correspond to your drawing above. Describe your Gothic character using interesting adjectives and similes. Proofread your work afterwards to check for spelling, punctuation and grammar errors.

YEAR 7 HOME LEARNING PLAN

Description of Task

Activity 1	<p>Place Knowledge: Find a map of your country and label it with the following key information to develop your knowledge of the nation:</p> <ul style="list-style-type: none">• the capital city• the highest mountain• the longest river• a famous building from outside of the capital• a place of interest (e.g. a volcano, a landmark)
Activity 2	<p>Population: Create a fact file on your chosen country outlining the following:</p> <ul style="list-style-type: none">• how many people live there• percentage of the population = male/female?• percentage of the population younger than 18• percentage of the population older than 60 <p>Extension: research the same topics for Britain and add that information to your presentation. Then answer the question 'How does your country compare to Britain?'</p>
Activity 3	<p>Historical Timeline: research the history of your country and produce a decorated timeline that contains 10 important events. Remember they should be in the correct order of time (chronological).</p> <p>Extension: pick one of the events you have placed on your timeline and explain why this event could be considered important in the history of your chosen country.</p>

YEAR 7 OHA PE LESSON

Circuit Training

Circuit training is a combination of exercises performed with short rest periods between them for either a set number of repetitions or a set amount of time.

One circuit is when all of the chosen exercises have been completed. Multiple circuits can be performed in one training session.

Circuit training will usually involve 6-12 exercises and should be structured in a way that enables you to keep performing the exercises with good technique and very short rest intervals.

In the below link you will see Joe Wicks use a spinning wheel to design his circuit training workout:

https://youtu.be/Qjcw2Vov_5k

Task:

- Click the link and complete the workout at home.
- Design your own circuit.
- Pick 6-12 exercises.
- Decide how long you will work for.
- Decide how long you will rest between each station.
- Decide how many times you will complete your circuit.
- GIVE IT A GO!

