

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Fun-filled Friday</b>
<b>English</b>	<b>Maths</b>	<b>Science</b>	<b>RE</b>	
<b>Art</b>	<b>Technology</b>	<b>Music</b>	<b>Computing</b>	
<b>Drama</b>	<b>History</b>	<b>Geography</b>	<b>Languages</b>	CORE PE Catch up time Use this time to catch up here. Activities – your teachers will suggest some activities and challenges you may like to take part in. Watch out for our Well-Being blogs on FB.

Aim to stick to a routine. Try to start the day with Joe Wicks. Where possible all students should be logged on by 10am Mon – Fri. All work is posted on E-Praise, please up-load it back on E-Praise and send it back to your class teacher, not the teacher who set it, this can be done via email by attaching the document or sending a photograph. Message or email staff if you need support, we are here to help. Should you find you are finishing the work quickly make sure you have followed the instructions, go back over previous work to check you can remember it, and access the extra work available for each subject. If you can't finish the work set, do ask for help but don't get anxious, just do your best.

### Activities to further support your learning – Year 7

<b>Art</b>	<a href="https://artroommess.files.wordpress.com/2018/02/portraits-takeaway-homework-sheet-yr7.docx">https://artroommess.files.wordpress.com/2018/02/portraits-takeaway-homework-sheet-yr7.docx</a> <ol style="list-style-type: none"> <li>1. Choose your homework from the menu.</li> <li>2. The Peri-meter tells you how difficult or challenging the homework may be.</li> <li>3. Try to push yourself to attempt at least one HOT or EXTRA HOT task.</li> </ol>
<b>Computing</b>	<a href="http://www.iDEA.org.uk">www.iDEA.org.uk</a> Work through the badges – gaining bronze and then silver awards
<b>Design and Technology</b>	<a href="https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html">https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html</a> Have a go at one of the challenges created by James Dyson, take a picture and send it in.
<b>Drama</b>	<a href="https://www.bbc.co.uk/bitesize/guides/zsf8wmn/revision/1">https://www.bbc.co.uk/bitesize/guides/zsf8wmn/revision/1</a> Work through BBC Bite size for Drama
<b>English</b>	<a href="https://www.bbc.co.uk/bitesize/subjects/z3kw2hv">https://www.bbc.co.uk/bitesize/subjects/z3kw2hv</a> Visit BBC Bitesize for English. You can pick any of the topics listed to help you sharpen your skills! If you want to push yourself to add to your Shakespeare project or want to get ahead understanding the play, click on A Midsummer Night's Dream.
<b>Food Preparation &amp; Nutrition</b>	<a href="https://www.bbcgoodfood.com/recipes">https://www.bbcgoodfood.com/recipes</a> Have a look for a new recipe – maybe even a new food!! Give it a go and cook a meal for you and your family.
<b>Geography</b>	<a href="https://www.bbc.co.uk/bitesize/subjects/zrw76sg">https://www.bbc.co.uk/bitesize/subjects/zrw76sg</a> Go through on BBC Bitesize the topics that we have looked at this year (OS Mapskills, Weather and Climate and Rivers and Water)
<b>History</b>	<a href="https://www.bbc.co.uk/bitesize/guides/zrpcwmn/revision/1">https://www.bbc.co.uk/bitesize/guides/zrpcwmn/revision/1</a> Try the revise and test sections for the Reformation
<b>Languages Fr/Sp</b>	<a href="http://www.linguascope.com">www.linguascope.com</a> Your Username and Password will be sent on E-Praise Work through the beginner's section.
<b>Maths</b>	<a href="https://whiterosemaths.com/homelearning/year-7/">https://whiterosemaths.com/homelearning/year-7/</a> These lessons are not directly linked to the material we will be putting on Matshwatch but are good to recap/learn new skills.
<b>Music</b>	<a href="https://www.bbc.co.uk/bitesize/examspecs/zrnjwty">https://www.bbc.co.uk/bitesize/examspecs/zrnjwty</a> Work through BBC Bite size for Music
<b>PE activities</b>	<a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a>
<b>PE theory</b>	Nutrition- After a family member has done the weekly shopping, your challenge is to separate it into 3 categories, Carbohydrates, Fats and Proteins. You can then send a picture (try and be as creative as you can) of how you have separated your food into the 3 groups. Extension: can you design a healthy meal that contains (use the government eat well plate to help <a href="https://www.gov.uk/government/publications/the-eatwell-guide">https://www.gov.uk/government/publications/the-eatwell-guide</a> )
<b>RE</b>	<ul style="list-style-type: none"> <li>• Watch the 'My Life, My Religion' episodes on YouTube that focus on Christianity, Sikhism, Hinduism and Buddhism. Write down anything you didn't know or find interesting.</li> <li>• Research and write a newspaper article about the life of either St. Stephen, St. Peter, or St. Paul. Tell me what happened in their lives and what made them special.</li> <li>• Read the book and / or watch the film 'Wonder' in preparation for lessons after May half term about prejudice and discrimination.</li> </ul>
<b>Science</b>	Use Bitesize to review the units we have studied so far this year. Forces, cells, particles and separating techniques, chemical reactions, electricity, ecology, waves. <a href="https://www.bbc.co.uk/bitesize/subjects/zng4d2p">https://www.bbc.co.uk/bitesize/subjects/zng4d2p</a>