

## W/C 16/11/20: HOME LEARNING YEAR 7

Welcome to your 2020/2021 Home Learning Curriculum. Please be reassured that the tasks set by your teachers are designed to support you to continue working on content that is matched to the coverage planned for the rest of the learners in your year group. Engaging with the specific lessons identified will ensure that you are working in tandem with your class and will hook back in to learning at the correct place when you return to school.

**A member of staff will be in touch within the first few days of absence to discuss your learning for this period of time.**

Reading for pleasure is a serious business at the Castleman Academy Trust, read, read and read some more! Our current shared read is 'Skellig' by David Almond. If you don't have a copy of the text, daily reading of your chosen book from home will be fine.

### CENTURY TECH – Maths, English and Science

Log in to Century Tech and continue your learning pathway. Your form tutor will be monitoring your access and progress so that they can assign future programmes in response to your outcomes.

Complete 45 minutes of Maths and English each day

Please spend a total of 1.5 hours on Science each week

### HISTORY

Our big question is '**How far did the Normans change England?**' This week we are looking at how far you agree or disagree with the statement: '**Did the Norman Conquest 'annihilate one kind of England?'**' Click on the link below to assess the changes and continuities over the Norman Conquest and reach your own conclusion to the question.

Before you start the lesson, watch this clip from the BBC recapping changes that have happened from 1066-1086 <https://www.bbc.co.uk/teach/class-clips-video/history-ks3-ks4-1066/zhwygwx>

Now watch the lesson.

<https://teachers.thenational.academy/units/how-much-did-england-change-during-the-norman-conquest-e464#>

	<p>1) Pause the video at 11:15 to sort the statements.</p> <p>2) Read through the questions and answers 1-7 to recap knowledge.</p> <p>3) Complete the extension question: 'Did the Norman Conquest 'annihilate one kind of England?' Use the sentence starters to help you answer. Think about how a noble and a peasant might answer this question.</p>
<b>GEOGRAPHY</b>	<b>RE</b>
NA	NA
<b>FRENCH</b>	<b>ART</b>
Go through the Powerpoint about countries and nationalities.	<p>Just like Henri Rousseau, create your own jungle scene.          Use tutorials from this website to help you:  <a href="https://easydrawingguides.com/how-to-draw-a-jungle/">https://easydrawingguides.com/how-to-draw-a-jungle/</a>          In the scene, include animals that would live in your jungle.          Use this website to support you:  <a href="https://easydrawingguides.com/how-to-draw-mammals/">https://easydrawingguides.com/how-to-draw-mammals/</a></p>
<b>MINDFULNESS/PSHE (2HRS)</b>	

<https://classroom.thenational.academy/lessons/life-is-all-about-balance-crwk6r>

What is mindfulness? <https://www.youtube.com/watch?v=ny0d20TBc7s> Watch the link.

## PE

**Monday** - Obstacles to be laid out to replicate the course as detailed below. Children are to be timed whilst they run around the course following the arrows as shown with each child's time being recorded. Once child has completed the course and recorded a time all children to repeat the exercise and try and beat their first recorded time.

**Tuesday Challenge** – Wall throw challenge. Find yourself a ball of some kind (if you don't have a ball at home then you can use a pair of socks and throw to an adult), how many times in 2 minutes can you throw the ball against a wall and catch it again?

**Wednesday** - How well can you balance? Firstly, how long can you balance on one leg for before falling over? Time yourself. Can you beat your score on the opposite leg? Set up your own assault course at home, using objects from around the house that you can find. How quickly can you complete the course? How quickly can you complete it using one leg? Can you switch legs?

**Thursday challenge** - Click and load this link [https://www.youtube.com/watch?v=bql6sIU2A7k&ab\\_channel=FocusedFitness](https://www.youtube.com/watch?v=bql6sIU2A7k&ab_channel=FocusedFitness)

- STEP 1:** See if you can complete the “Bring Sally Up” challenge. For every squat you complete, it equals 1 point. In the video there are 31 squats in total, so the maximum you can score for this is 31. Once you stop, stop counting but remember your score.
- STEP 2:** Once you have completed this, sit in the wall sit position. Knees must be at a 90 degree angle, and arms and back flat against the wall. For every minute you hold this position, you score an extra point.
- How long can you last?!

**Friday** - Head to [www.youtube.co.uk](http://www.youtube.co.uk) and type ‘just dance for children’ into the search bar. Choose a song/dance that you think you'll enjoy

