

## W/C 5/1/21: 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! We will be reading some poetry so don't have a current shared text. However, any poems about dragons, knights, honour and bravery will be fine! Just Google – there are lots to choose from online. In class, we will be particularly focussing on “The Lady of Shalott” by Alfred, Lord Tennyson and “Fafnir and the Knights” by Stevie Smith.

### CENTURY TECH – Maths, English and Science

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

You have been set an assignment for English, Maths and Science. Please complete these first, they will appear at the start of your pathway.

Complete 45 minutes of Maths and English each day.

Please spend a total of 30 minutes Science each day.

### MONDAY - HISTORY

#### Lesson 1: Black Death and the Silk Road

In this lesson, you will learn about what the Black Death was and how the Silk Road became responsible for spreading it across the world

**Click on the link below.**

<https://classroom.thenational.academy/lessons/black-death-and-the-silk-road-c4u3je>

1. Watch the video lesson.
2. Pause the video and complete the 5 questions (use the worksheet to help answer these questions)
3. Create a mind map to explain the changes that happened due to the Black Death.

	4. Complete the quiz at the end of the lesson.
<b>TUESDAY - GEOGRAPHY</b>	<b>RE</b>
<a href="https://classroom.thenational.academy/lessons/what-is-the-weather-forecast-60uk2c">https://classroom.thenational.academy/lessons/what-is-the-weather-forecast-60uk2c</a>	NA
<b>FRENCH</b>	<b>WEDNESDAY - ART</b>
NA	What is Cubism? Watch the video on Cubism and note down your thoughts. <a href="https://www.youtube.com/watch?v=V6ZT1705Slw&amp;ab_channel=nationalgalleries">https://www.youtube.com/watch?v=V6ZT1705Slw&amp;ab_channel=nationalgalleries</a>
<b>THURSDAY - COMPUTING</b>	<b>FRIDAY - MUSIC</b>
Part 1 <a href="https://classroom.thenational.academy/lessons/account-security-68rkee">https://classroom.thenational.academy/lessons/account-security-68rkee</a> Part 2 <a href="https://classroom.thenational.academy/lessons/respectful-communication-chh62e">https://classroom.thenational.academy/lessons/respectful-communication-chh62e</a>	<a href="https://classroom.thenational.academy/lessons/performing-pulse-and-rhythms-in-a-structure-6rup6r">https://classroom.thenational.academy/lessons/performing-pulse-and-rhythms-in-a-structure-6rup6r</a>
<b>MINDFULNESS/PSHE</b>	
<a href="https://classroom.thenational.academy/lessons/what-are-communities-like-6xhk4d">https://classroom.thenational.academy/lessons/what-are-communities-like-6xhk4d</a>	
<b>Mindfulness - daily</b> Please see Power point or PDF document for info. 3-4 activities - Here and now journal, relaxation and meditation and yoga.	
<b>PE</b>	

**Monday** – Wall ball throw. With a tennis ball, you need to stand 2 meters away from a wall. The aim is to see how many catches you can make in 1 minute.  
You may throw the ball at the wall and catch it with the same hand, but if you want to challenge yourself, see if you can throw the ball with one hand and catch it with the other and vice versa.

**Tuesday Challenge** – Set up a 10-metre shuttle area. How many shuttles can you complete in 20 minutes?

**Wednesday** - To play this game you just need a dice. You roll the dice and whichever number it lands on, you have to perform the corresponding activity.

- 1 = Plank for 30 seconds
- 2 = Sprint on the spot for 20 seconds
- 3 = Jumping Jacks for 30 seconds
- 4 = Spotty Dogs for 30 seconds
- 5 = Hold a squat for 20 seconds
- 6 = Burpees for 30 seconds

**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 and give it a go!