

Step up to Year 7 Summer Booklet



Wyvern St Edmund's
Learning Campus

Optional Tasks

FOR STUDENTS STARTING YEAR 7 IN SEPTEMBER 2020

Dear Year 7 Student,

We hope that you're as excited as we are about starting your learning journey at Wyvern St Edmund's in September. We cannot wait to have you here!

In the meantime, we want you to have a brilliant Summer holiday doing lots of the things you enjoy. It's really important to have a break, enjoy getting outdoors and see your family and friends if that's possible.

We thought you might also want to find out what you'll be learning in September and perhaps you might want to spend some time doing a little bit of work to help get ready for your time at Wyvern St Edmund's.

We've asked your new teachers to put together this booklet to help you prepare for year 7. It's filled with **optional** tasks that will give you a great foundation for your learning next year but it's entirely up to you how many of the tasks you do – none, some or lots!

What is most important is that you get time to relax and have fun. So, there's no pressure to complete the tasks, but just in case you wanted to do some work, or feel a bit bored over the holidays, these tasks will give you some insight and some extra knowledge about the year ahead at Wyvern St Edmund's.

Don't forget to bring any work that you complete in with you on your first day and remember to keep smiling – we know you will love learning at WSE!

See you in September,

The Teachers at Wyvern St Edmund's

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Art and Design

What will we be doing in September?

We're going to be starting KS3 with colour theory and then lead onto an exciting project that will help you learn a range of new art skills; such as printing, painting and felt making.

Optional Task

Record your summer through Art! Consider landscapes, views, objects that you see throughout the weeks and record them with a range of medium available to you, such as:

- Pencil
- Pen
- Paint
- Chalk
- Collage (newspaper, magazines etc)
- Photography etc.

Other things you might experiment with:

- Paper size
- Paper colour
- Mixing mediums in single outcomes
- Using photographs taken to create outcomes

Examples



Computer Science

What will we be doing in September?

We will be learning about the fundamentals of how computers work, how to design programs and how to code them. We will also be entering the Bebras Computational thinking competition.

Optional Task 1

Learn computer science by trying the lessons below at your own pace.

Learn to create computer programs, develop problem-solving skills, and work through fun challenges. Make games and creative projects to share with friends, family, and teachers.

https://studio.code.org/s/express-2020?section_id=2838141

You will need to follow the link to Code Studio express course. You start with a Dance Party, then try and escape the Zombies before making your own programme.

Optional Task 2

The Bebras challenges are made of a set of short problems called Bebras tasks and are delivered online. The tasks are fun, engaging and based on problems that Computer Scientists often meet and enjoy solving. The tasks can be solved without prior knowledge but instead require logical thinking. The aim is to solve as many as you can in the allotted time.

Challenges: https://challenge.bebbras.uk/index.php?action=user_competitions

Answer booklets <http://www.bebbras.uk/answer-booklets.html>

Dance

What will we be doing in September?

We're going to be building on your confidence through creative tasks as well as learning new dance skills and basic action content.

Your dance work will be influenced by a work choreographed by a theatre company called Motionhouse.

Optional Practical Tasks

Learn the 7 basic street dance tutting movements

<https://youtu.be/cBu3mTyjqho>

Learn a range of street dance phrases

<https://www.youtube.com/watch?v=dTj6PuzNmWY&list=PLCQAYzISm2gXyN1uraW38xpRm5A72MJQ2&index=1>

Watch "The Greatest Dancer" series on BBC iPlayer

<https://www.bbc.co.uk/iplayer/episodes/p06tww90/the-greatest-dancer>

Watch a range of "So You Think You Can Dance" clips on YouTube.

https://www.youtube.com/watch?v=zWvBdC_DkaM&list=PLnVoC5UywNhPfkCYKDwzF21Jw46FPdJMN

Optional Written Task

Research the dance company "Motionhouse"

<https://www.motionhouse.co.uk/>

Create a poster. Write about the company's dance works and skills. You could watch a dance listed on the website and talk about the movements, music, costumes and lighting.

Design and Technology

What will we be doing in September?

DT: We will be investigating and researching packaging including brands and logos. We will then design and make our own packaging for a mathematical puzzle game.

Textiles: You will be introduced to the routines and expectations of the textiles workshop. You will learn how to thread up and use the sewing machines to make an item from fabric

Catering: You will be introduced to the kitchen safety rules and how to use knives correctly. You will also learn the key temperatures for food preparation and how to prevent food poisoning.

Optional Task 1

Design a sustainable packaging item.

Sustainable packaging design is designing product packaging with the main purpose of doing as little harm to the environment as possible. This can be achieved by using recycled material. You can also do this by designing your packaging with another purpose in mind. Find a product, or several items from your cupboard with packaging you think could be more environmentally friendly. Have a go at redesigning it to be more sustainable.

Visit <https://www.museumofbrands.com/online-resources/> for some design challenges!

Optional Task 2

Can you thread a needle?

Tie a knot at the end of a piece of thread.?

Sew a button on? Have a go!

https://www.youtube.com/watch?v=zca_gc-Qw7w

Optional Task 3

Watch Masterchef or the Great British Menu on iPlayer. Look at how they present foods, the shapes of plates used, colours, height and textures. How do they make the meals look interesting and appetizing?

Drama

What will we be doing in September?

We're going to be getting to know each other in our new classes. How exciting to be able to forge new wonderful friendships that can last a life time – we are going to be focussing on getting to each other and looking at all the skills we need for working on performances in Drama. Our focus will be storytelling and looking at the different ways we can tell a good story for an audience.

Optional Task 1

Think about your favourite story - imagine you are putting it on as a play.

Design an eye-catching poster advertising it to encourage an audience to attend.

Include the following things on your poster:

- A tag line – a short sentence that sums up the story e.g. The Sound of Music's tagline is, 'The Happiest Sound In All The World'
- The star of the story - you could be the starring role!
- The time and date
- Where it will be performed – you could make up a theatre or name one you know.
- A 5 star review from someone who has seen it e.g. "The best play I have ever seen" Time Out Magazine
- An image to draw the audience's eye! Think bright and colourful – what would make you look twice at a poster?

Optional Task 2

Can you retell/narrate your favourite story in your own words to family members in a fun and engaging way? Can your family guess the story?

You could:

- Mime it – using only actions can your audience guess the performance without any sound or words?
- Create your own mini musical by telling the story and adding songs in to help tell the story.
- You might recreate it in still statue pictures – like a human comic strip!
- Narrate the story using the book and inviting family members to join in and play the different characters – you can be director and tell them how to perform them!

English

What will we be doing in September?

We're going to be taking a journey back to Ancient Greece to one of the oldest and most important stories of all time: the story of Odysseus. You've possibly heard of some of his adventures in Primary school: the Trojan horse, killing the cyclops and listening to the deadly Sirens.

You'll be learning about how 'The Odyssey' has influenced so many of the stories that have been written since (from 'The Hobbit' to 'Big Fish') and how to tell your own exciting stories.

Optional Task 1

We're going to be talking about stories a lot next year - from what makes a great story to how writers keep us hooked.

We'd love to find out a bit more about you and what you enjoy reading. **Your first task is to** write a review of a BRILLIANT story that you love that you think everybody should read. Go on... convince us! Maybe it's a story you've loved for years or maybe it's something you've read during lockdown.

Fill in the review template (either print it off or complete it on a computer) and be ready to bring it in with you when you join us in September. We'll make a display of your reviews to inspire other Wyvern St Edmund's students to pick up a great story next year.

The review template is available on the school website.

Optional Task 2

We think that using ambitious vocabulary is really important. Next year, you'll be learning some brilliant new words which will help you to understand ideas in the books that we read but it will also help you to write really interesting ideas. To give you a bit of a head start, here's the first 5 adjectives from our year 7 ambitious vocabulary list with a short definition.

1. **Cunning** which means crafty.
2. **Decisive** which means being able to make decisions quickly and effectively.
3. **Deferential** which means respectful.
4. **Dejected** which means downhearted or miserable.
5. **Herculean** which means something that requires great strength or effort.

Your second task is to learn what these five words mean and how to spell them. Try writing your own sentence for each word.

French

What will we be doing in September?

We're going to be starting to learn how to talk about ourselves and others in French. We will be learning how to count and spell in French and we will also be learning lots about French culture.

Optional Task 1

French Cultural Monopoly –a monopoly board with a difference! As you work your way around this board, you will need to choose a Francophone (French speaking) country and do some research to find out key facts about it.

The cultural monopoly board document is available on the school website.

Optional Task 2

Ask your parents or guardians to help you make a start with your language learning journey. There are lots of online resources such as www.memrise.com and Duolingo that you can use to help you get started with learning some basics.

Geography

What will we be doing in September?

We're going to be starting with the topics of Map Skills and Climate Change.

Optional Task 1

Map skills introduction has some great introduction guides and quizzes for map skills to get started with - <https://www.ordnancesurvey.co.uk/mapzone>

Optional Task 2

Wider Geography is a free, new project developed by Internet Geography to encourage young people to engage in Geography in a fun way. Wider Geography aims to foster a love of Geography through challenging young people to try new experiences that will broaden their geographical horizons. Through its six themes, Wider Geography has something for geographers from primary age to 6th form. The 6 main themes are:

- [wider READING](#)
- [wider LISTENING](#)
- [wider WATCHING](#)
- [wider LEARNING](#)
- [wider TECHNOLOGY](#)
- [wider EXPLORING](#)

Each theme recommends activities for you to try out.

Wider Geography Summer Challenge

Internet Geography has launched the Wider Geography Summer Challenge. We are inviting Wyvern St Edmunds students to participate in the Wider Geography Summer Challenge. The challenge involves students experiencing a range of Wider Geography activities over the summer holidays. Record your experiences on the table on the back of the [wider GEOGRAPHY Summer Challenge flyer](#). You can then [submit a 400-word overview of their experience of the Wider Geography Summer Challenge](#). Three winners will be chosen from the submissions. Each winner will receive prizes including a £30 Amazon voucher.

History

What will we be doing in September?

We're going to be exploring life in the Medieval times and developing your key skills as a historian.

There will be invasions, plagues and murders, religion, society and power struggles - and that's just for starters! Be prepared to be transported to the dark and dangerous Middle Ages...

Optional Task 1

We live in (or close to) one of the most amazing examples of a Medieval city: Salisbury! Take a stroll around the city, or get busy on Google - what remnants of Medieval Salisbury can you see? Are there any street names, or features within the city that a historian could learn from? What do they tell us about the way people lived their lives in the Middle Ages?

If you are able to, visit the Church of Thomas Becket in Salisbury, or look on their website. They have the most amazing example of a Medieval Doom painting- why do you think this would have been so important to the Medieval people?

Once you've done your research, produce a poster of Medieval facts about Salisbury, try to include some photos or sketches of the key places/ features you discovered.

Optional Task 2

History is everywhere, and a great way to dip your toe into History is by watching a good documentary. Have a look at this one: 'The Worst Jobs in History: Middle Ages'

<https://www.youtube.com/watch?v=9JaxlCjuzqE>

Whilst you are watching, make a list of these disgusting jobs. Once you've got a thorough list, then rank them from your own opinion in order of most revolting, to least revolting.

Maths

What will we be doing in September?

We're going to be looking at how data can be analysed and displayed.

Over the last 6 months you would have seen lots of different types of charts and graphs displaying data about COVID-19, from time series detailing the number of cases to choropleth maps showing the infection rate in different locations, from pie charts showing how money is being spent to compound bar charts showing people's time priorities. We will look at how to draw and interpret these different types of graphs.

Optional Task 1

Knowing your times tables is really important and will help you work quickly and confidently in lots of different areas of Maths.

Practising your times tables is important. Use the times tables grids available on the school website. You could time yourself and try and improve your score or you could get people to test you. If you struggle with your times tables then just pick a 1 or 2 to practise.

Optional Task 2

There are lots of different types of number in Maths and we need to learn and use the correct terminology for them. Here are some key words to describe types of number

1. **Integer** – a whole number either positive or negative, e.g. -254, -18, 0, 4, 78, 3475
2. **Square Number** – A number multiplied by itself e.g. $5^2 = 5 \times 5 = 25$ so 25 is a square number. *What are the first 15 square numbers?*
3. **Product** – The result of multiplying one number by another e.g. the product of 4 and 6 is 18 since $3 \times 6 = 18$
4. **Factor** – When a number can be expressed as the product of 2 numbers e.g. 1, 2, 3, 4, 6, and 12 are factors of 12 because $1 \times 12 = 12$, $2 \times 6 = 12$ and $3 \times 4 = 12$
5. **Multiple** – A number which is the result of 2 numbers being multiplied e.g. multiples of 12 are 12, 24, 36, 48,
6. **Prime Number** – A whole number greater than 1 that has exactly 2 unique integer factors e.g. 2, 3, 5, 7, 11, *What are the first 15 prime numbers?*

Your task is to learn what these words mean and try answer the questions stated.

Music

What will we be doing in September?

We're going to be creating music in a variety of different ways. You will have a chance to play lots of instruments, listen to a wide range of music and compose your own pieces. For our first topic we will learn how to write music and use this information to perform your first piece at the keyboard.

Optional Task 1

Design a poster with the title 'What music means to me' You could include your favourite band, or you might play an instrument that you want to draw. It might be that you are a dancer and when you hear music you just want to get up and dance. Music is extremely personal to everyone so express this however you like and have fun! If you want to bring them in to show your music teacher, we can then display any posters we receive in the music department.

Optional Task 2

Interview someone in your family about their favourite music. Is your Granny a secret heavy metal fan or is your Uncle into classical music? Everyone is different and we all enjoy different music. Ask them to play you something they enjoy and discuss it together. Play them something you like to listen to and explain to them why you enjoy it. Have a friendly debate with your family about musical choices.

Physical Education

What will we be doing in September?

At the start of year 7 we will be teaching you how to warm up properly ready for physical activity. You will be learning specific pulse raising activities and stretches along with joint mobilisation activities. In whatever sport you are doing it is essential you prepare your bodies to avoid injury. The tasks below will help you be prepared for September. This includes how to do the stretches and name of the muscle you are stretching.

Optional Task 1

Learn these following stretches and muscle names

Calf stretch

1. Stand near a wall with one foot in front of the other, front knee slightly bent.
2. Keep your back knee straight, your heel on the ground, and lean toward the wall.
3. Feel the **stretch** all along the **calf** of your back leg.
4. Hold this **stretch** for 10-20 seconds.



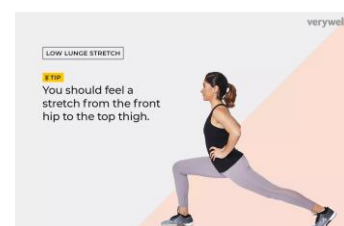
Quad Stretch

1. Stand straight (don't lean forward), lift the foot of your cramping leg up behind you, and grab your foot with your hand on that side.
2. Pull your heel gently toward your butt, feeling a stretch in your quad.
3. Keep your other leg straight and try to keep your knees as close together as possible.
4. Hold the stretch for 15 to 30 seconds. Release and repeat. Switch legs and repeat steps on the other leg.



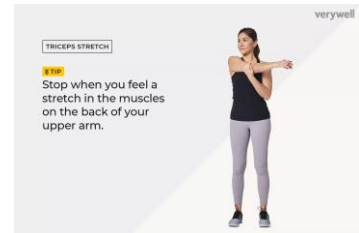
Low Lunge Stretch

1. Step into a lunge position.
2. Keep your toes pointed forward and your upper torso straight. Your back leg should be straight back behind you.
3. Press down with your hands and extend the hips forward until you feel a stretch from the front of your hip and the top of your thigh (of your back leg).
4. Hold 30 to 60 seconds, then switch sides.



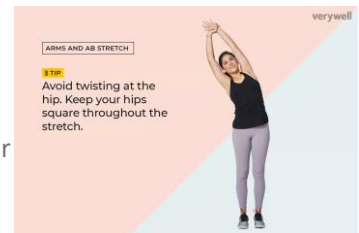
Triceps Stretch

1. Bring one of your elbows across your body, towards your opposite shoulder.
2. Use your other hand to bring your elbow closer to your shoulder.
3. Hold for 15 to 30 seconds, then switch sides.



Deltoid and Abdominal Stretch

1. Stand with your feet hip length apart.
2. Stretch your arms above your head, dropping your shoulders away from your ears.
3. Grab your opposite wrist, and lean back as far as you can without hurting your back.
4. Straighten up again and lean to the left and then to the right, to stretch your sides.



Optional Task 2

Learn how to do this short pulse raising activity from you tube (link below) and picture

<https://www.youtube.com/watch?v=hwNK1ROW3k0>

Or.....

Create your own pulse raising activity.



PSHE

What will we be doing in September?

PSHE is all about helping you keep healthy, safe and happy by gaining knowledge to empower you to be able to make the best choices and decisions in life now and into the future. Some year 7 topics are: settling in to your new school, bullying, friendships, the impacts of smoking and first aid.

Optional Task 1

Using pictures, graphics and words, mood boards can help capture and represent feelings and thoughts about the Covid 19 pandemic. Here's how to do it:

- 1) Get a big blank piece of paper, the bigger the better.
- 2) Think of a topic and write it at the top of the sheet.
- 3) Use magazines and or newspapers or images online - basically anywhere you can find a mixture of different texts and pictures.
- 4) Pick out words, quotes and images that help to express people's emotions. Used in this way images help to express feelings and emotions.

Optional Task 2

We often discuss politics in PSHE and so this is great to look at, start finding out about local elections and candidates and what each party represent.

Houses of Parliament Virtual Tour

Take a virtual school trip around the historic Houses of Parliament. The virtual tour gives a close-up view of famous rooms, halls and lobbies, including the House of Commons and House of Lords chambers.

<https://www.parliament.uk/visiting/virtualtour/>

Religious Studies

What will we be doing in September?

In September we will be introducing you to the religion of Christianity and building on the knowledge you have gained in your primary schools. As a Church School it is important that you understand the foundations of Christian beliefs and values. It is also important that you understand other people's beliefs and values, to explore what your own principles are and to understand why people do the things they do.

Optional Task 1

Take a virtual school trip around St Paul's Cathedral with their virtual tour. You can learn more about the Grand Organ, the monuments, Altar and features of the building.

Also see St Paul's Cathedral's teaching resources that can be adapted and used for home learning. Use the timeline to explore the 1,400-year history of the Cathedral, linking it to broader events in London and Britain's History.

Activities include:

- Teaching Resources
- Timelines
- Virtual Tours

<https://www.stpauls.co.uk/learning-faith/schools-families/resources-for-teachers>

Optional Task 2

Complete some Flip Learning by visiting BBC Bitesize and looking at the information about Christianity:

<https://www.bbc.co.uk/bitesize/topics/z4tb4wx/articles/zk4fxyc>

Science

What will we be doing in September?

We're going to be using Bunsen burners safely and you will be achieving your Bunsen burner license. We will also be working through Biology topics looking at the human body, Chemistry topics exploring reactions and properties of materials and Physics topics including energy resources and the world around us.

Optional Task 1

Make a Hotel for Bugs. These can be very simple or very elaborate structures to be placed in your garden, or outside of your house. These encourage insects to lay eggs and/or hibernate safely over the cold months.

Click the link to find out how to make one...

<https://www.redtedart.com/simple-bug-hotel-for-kids/>

Or just make your own version. You could then make a list of the insects that use the hotel throughout the summer. If you can please take a photo of the bugs and your bug hotel. This is linked to the work that you will be doing on Keys and classification in year 7 to learn how we organise species into different groups.

Optional Task 2

Visit the natural history museum virtual tours. Follow the link below:

<https://www.nhm.ac.uk/visit/virtual-museum.html>

There are 13 key areas to visit. Visit as many as you wish, the final tour of the Beetles would link nicely with your bug hotel.

There are also virtual expeditions to explore. We would encourage you to look at these, just because they are very interesting for students with a love of Science. Take your time with the visits, you can always go back and visit again. As with normal museums, when you return there is always something new to look at and learn about.

Spanish

What will we be doing in September?

We're going to be starting to learn how to talk about ourselves and others in Spanish. We will be learning how to count and spell in Spanish and we will also be learning lots about Spanish culture.

Optional Task 1

Spanish Cultural Monopoly –a monopoly board with a difference! As you work your way around this board, you will need to choose a Hispanic (Spanish speaking) country and do some research to find out key facts about it.

The cultural monopoly board document is available on the school website.

Optional Task 2

Ask your parents or guardians to help you make a start with your language learning journey. There are lots of online resources such as www.memrise.com and Duolingo that you can use to help you get started with learning some basics.