

Strengthening Foundations at Chorlton High School



Year 7

Strengthening Foundations

In all the subjects there **are important concepts and ideas that help you to understand a topic** and provide the foundations on which you build future learning.

If you don't have solid foundations, the rest of your knowledge and understanding will be unstable and this can hinder progress

Your teachers have put together some **key pieces that cover this essential knowledge for their subjects**. The tasks will help ensure your foundations are secure and that you have a sound understanding of key topics.

**A STRONG
FOUNDATION
IS THE KEY TO
CREATING
LONG-TERM
SUCCESS.**

IF YOU ARE
PERSISTENT
YOU WILL *get it.*

IF YOU ARE
CONSISTENT
YOU WILL *keep it.*

We suggest that at the very least you choose two or three tasks from subjects you want to improve in. You can do this towards the end of the holiday – a week or so before you come back and over the transition days or maybe even – dip into tasks over the holiday period if you have time to spare or nothing else to do.

We all know that creating a stable foundation takes regular practice.

There is no specific expectation – it is totally down to you! BUT guaranteed – completing some of the tasks will help your progress and confidence.

Strengthening Foundations – Mental Fitness

Being successful is not just about how well you do in class, its also about how you feel. Everyone is different, everyone is special. Sometimes we need to remind ourselves of that! These are some simple tips to help you stop, breathe, reconnect and remind yourself of how brilliant you are. Make this a priority.

Use one of your strengths to overcome a challenge toady

Shift your mood by do something you really enjoy

Practice your 'Box breathing' – it's an excellent skill to have

Set yourself an achievable goal for today

Do something kind for others – it helps you too!

Write down 3 things you are grateful for (even small things)

Ask for help if you are not feeling good

Get the basics right, Eat, exercise and go to bed on time

Check in with a friend

Get some sunlight – go for a walk, sit outside, enjoy the fresh air

Try more ideas from your Mental Fitness Toolkit



Strengthening Foundations in Art

Using the link: <https://www.bbc.co.uk/bitesize/examspecs/zjymp9q> You will find all filmed lessons and demos to support your learning detailed in the bricks below. Upload work onto teams!

Lesson 4

<https://www.bbc.co.uk/bitesize/topics/ztw2p9q/articles/zyn4jfr>

STEPHEN WILTSHIRE

Lesson 3

<https://www.bbc.co.uk/bitesize/topics/ztw2p9q/articles/zmncdnb>

PICASSO

Lesson 5

<https://www.bbc.co.uk/bitesize/topics/zn76fdm/articles/zmfrdnb>

LUBAINA HIMID

Art Basics completed move up a level to prepare to make more developed artworks .

Lesson 1

<https://www.bbc.co.uk/bitesize/topics/zgpk7v4/articles/z7xcwsg>

ART GALLERY RESCUE

Lesson 2

<https://www.bbc.co.uk/bitesize/topics/zhjmnk7/articles/zygkqyc>

Colour

Strengthening Foundations in Computing

Code.org

<https://studio.code.org/courses>

Learn Computer Science:

23,420,394,289 lines of code written by 42 million students.

This will give students an opportunity to practice writing code

iDEA (Duke of York) award (register and start building your own Digital Portfolio

The iDEA (Duke of York) is an online digital skills experience that will enable learners to gain relevant experiences in Digital communications and technology.

Cybersecurity NOVA Labs Game

<https://www.pbs.org/wgbh/nova/labs/lab/cyber/>

WATCH - Terms and Conditions May Apply (Netflix/Sky)

Terms and Conditions May Apply examines the cost of so-called 'free' services and the continuing disappearance of online privacy. People may think they know what they give up when they click 'I Agree' on companies like Facebook and Google.

Use these Weblinks to practice coding:

- Micro:bit Educational Foundation (<https://makecode.microbit.org/#>)
- LightBot (<https://lightbot.com>)
- Scratch (<https://scratch.mit.edu>)
- Hour of Code <https://hourofcode.com/uk/learn>

VISIT - Bletchley Park, once the home of the WW2 Codebreakers (Milton Keynes)

- *Develop your understanding of Computer Science issues and coding in an out of classroom*

READ - How Algorithms rule the world

<https://www.theguardian.com/science/2013/jul/01/how-algorithms-rule-world-nsa>

WATCH: BBC Teach – Computer Science (You Tube)

https://www.youtube.com/playlist?list=PLcvEcrsF_9z_LgDzVvFrF1LC5E0FETaCxI

These videos cover a range of Computer Science elements that are covered in the Year 7 and Year 8 curriculum.

Strengthening Foundations in Drama

Stage positioning

<https://www.bbc.co.uk/bitesize/guides/zm2yt39/revision/1>

Acting and presenting skills Classroom videos

<https://www.bbc.co.uk/bitesize/topics/z387pv4/resources/1>

Performance Classroom videos

<https://www.bbc.co.uk/bitesize/topics/z8g97ty/resources/1>

Expressive and creative activity Classroom videos

<https://www.bbc.co.uk/bitesize/topics/zd6sr82/resources/1>

Vocal interpretation of a character

<https://www.bbc.co.uk/bitesize/guides/zbbj47h/revision/1>

Physical skills for interpreting a character

<https://www.bbc.co.uk/bitesize/guides/zhtgscw/revision/1>

Strengthening Foundations in DT

- All your tasks use **BBC Bitesize**
- For each topics – start with the test so you can work out what you know and what you need to focus on.
- Once you have done the test – go back to the 'Revise' section and the 'video' section and learn what you did not know!

Materials

What is the difference between a **hard wood** and **soft wood**?

<https://www.bbc.co.uk/bitesize/guides/zvs392p/test>



Thermoplastics

What is the difference between **thermosetting** and **thermoforming** plastics?

<https://www.bbc.co.uk/bitesize/clips/z869wmn>



Mechanical devices

Can you explain how these 4 types of motion work

- linear
- rotary
- reciprocating
- oscillating

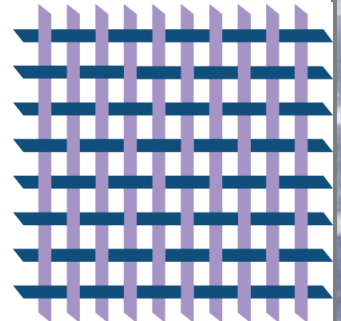
<https://www.bbc.co.uk/bitesize/guides/zvfhsrd/test>

Fabrics

Can you have a go at creating your own weave.

You could use paper, card, old fabric or tissue paper.

<https://www.bbc.co.uk/bitesize/guides/zdkr97h/revision/5>



Strengthening Foundations in English

Happy

Write a memoir

<https://teachers.thenational.academy/units/creative-writing-memoir-1f57>

Visit a local landmark and use it to inspire you to write a poem

Read a book from the Summer Reading Challenge list

Make a mood board of all the key moments in English that stood out to you this year

Successful

Recap the basics

<https://teachers.thenational.academy/units/recapping-the-basics-simple-sentences-statements-paragraphs-capital-letters-and>

Get your sentences secure

<https://teachers.thenational.academy/summer-learning-support/units/sls-sentences-1-9e8b>

Get your sentences sophisticated

<https://teachers.thenational.academy/summer-learning-support/units/sls-sentences-2-23e9>

Explore a coming-of-age story

<https://teachers.thenational.academy/summer-learning-support/units/sls-annie-john-e362>

Creative

Make a version of Shakespeare's Globe Theatre

Design a theatre set for Romeo and Juliet

Draw the front cover for a modern-day version of a traditional fairy tale

Write a short story

<https://teachers.thenational.academy/units/creative-writing-short-stories-cb59>

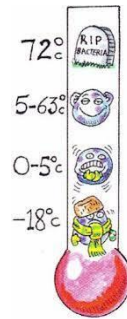
Strengthening Foundations in Food and Nutrition

- All your tasks use **BBC Bitesize**
- For each topic – **start with the test** - work out what you know and what you need to focus on.
- Once you have done the test – **go to the 'Revise' section and the 'video' section** and learn what you did not know!

The Danger Zone

What is the danger zone?
Why can food make us ill?

<https://www.bbc.co.uk/bitesize/guides/z77v3k7/test>



Healthy Eating

Name three tips for a healthy lifestyle.
How many portions of fruit and veg should we eat a day?

<https://www.bbc.co.uk/bitesize/guides/z8rqw6f/test>



The Eat well Guide

Why is the eat well guide important?
What should we base our meals on?

<https://www.bbc.co.uk/bitesize/guides/zkmpwty/test>

Food Production: Milk

What is meant by the term
homogenisation?

<https://www.bbc.co.uk/bitesize/clips/z2g6n39>

Food Provenance :Growing Food

How has the introduction of **polytunnels** change the way we grow food?

<https://www.bbc.co.uk/bitesize/clips/zrtkjsx>

Strengthening Foundations in Geography

EXTEND

FILM TIME

Watch any of the following 'classic' films:

- The Core; Dante's Peak; Twister; The Day After Tomorrow; 2012

ENRICH

OAK National Academy

LINK

And study any lessons that link to Migration & Urbanisation; Jobs or Resources

READ

Go onto **National Geographic** and find articles relating to the topics we have studied this year. Reading them will enrich your understanding of key themes in Geography.

FOUNDATION

MAP SKILLS

use the Ordnance Survey website to test your map skills

<https://getoutside.ordnancesurvey.co.uk/>

EXPLORE

BBC Bitesize - Population and Migration

KS3 Bitesize - Globalisation, trade and interdependence

VISIT

CIA World Fact book - Research a Country and identify its capital city and its population

Strengthening Foundations in History

Watch a video or listen to a podcast from the Year 8 History Enrichment list:

- *The Mill* (Channel 4)
- *Back in time for the Corner Shop* (BBC)
- *The Victorian Slum* (BBC)
- *Selma* (12A)
- *History Extra – The Windrush Generation* (Spotify)
- *Enslaved with Samuel L Jackson* (BBC)

Read a book from the Year 8 History Reading list:

- *Black and British* by David Olusoga
- *The Peterloo Graphic Novel*
- *Horrible Histories*
 - *Barmy British Empire*
 - *Terrible Tudors*
 - *Vile Victorians*
- *The 1000 Year Old Boy* by Ross Welford



Write a film/book review on something from the lists you have read/watched

Design a new 'history curriculum' detailing all the events we should study and why

Visit the Slavery Museum in Liverpool

Research India in 1600 and in 1800. What is the difference?

Research African Kingdoms before 1600. Who was Mansa Musa?

Visit the Science and Industry Museum (MOSI)

Strengthening Foundations in Languages: FRENCH



Can you use avoir and être?

<https://classroom.thenational.academy/units/year-7-unit-1-a482>

Can you say where you are going using aller?

<https://classroom.thenational.academy/units/year-9-unit-3-d71f>

Be sure you are present tense ready for year 8!

<https://classroom.thenational.academy/units/year-9-unit-1-d903>

Prove you can introduce yourself and say your age
<https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/z7ftwtv>

Immerse yourself in culture: make some French Crepes
<https://www.allrecipes.com/recipe/20931/french-crepes/>

Can you describe your family?
<https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/zmvpqp3>

Virtually visit the Louvre!
<https://www.louvre.fr/en/online-tours>

Strengthening Foundations in Languages: SPANISH



Feeling opinionated?
Check over your
opinions:

<https://classroom.thenational.academy/units/year-9-unit-5-ae87>

Can you say what you
do using “hacer”?

<https://classroom.thenational.academy/units/year-8-unit-1-1dfc>

Be Sure you're present
tense ready for year 8!

<https://www.bbc.co.uk/bitesize/topics/zg9mhy/articles/z63n7nb>

Prove you can
introduce yourself:
<https://www.bbc.co.uk/bitesize/topics/zfgt6v4/articles/zhvpqp3>

Immerse yourself in
Spanish Culture:
Make a Tortilla!
<https://www.bbcgoodfood.com/recipes/spanish-tortilla>

Can you describe your
Family?
<https://classroom.thenational.academy/units/year-9-unit-1-b5c2>

Take a virtual tour of
the Sagrada Familia
<https://sagradafamilia.org/visita-virtual>

Strengthening Foundations in Maths

Year 7 –Broaden your Maths knowledge!

To prepare you for year 8, we have linked 9 key topics on Hegarty Maths on the next slide. Follow the link with your personal login details. Remember 'Fix up Five' and 'Memri' on Hegarty that personalises revision to your performance over the year too. Your Year 8 teacher will be able to see your efforts 😊

Additionally, there are so many inspiring TED talks linked to so many Maths marvels as well as exciting opportunities to get involved with linked to problem solving in Maths. Click the links below to explore!

TEDTALKS
IDEAS WORTH SPREADING



United Kingdom
Mathematics Trust

https://www.ted.com/talks/roger_antonsen_math_is_the_hidden_secret_to_understanding_the_world?language=en

Play Maths games and learn at the same time!
<https://www.mathsisfun.com/games/index.html>

Sign up to the Cipher Challenge online using the link below!
<https://www.cipherchallenge.org/>

https://www.ted.com/talks/arthur_benjamin_the_magic_of_fibonacci_numbers?language=en

Practice some problem solving questions on the UKMT website using the link below!
<https://www.ukmt.org.uk/>



Strengthening Foundations in Maths

Where
you're going

Ratio

Sharing into a ratio
<https://hegartymaths.com/skills/334/preview>

Data

Mean from a frequency table
<https://hegartymaths.com/skills/417/preview>

Algebra

Expand and simplify
<https://hegartymaths.com/skills/161/preview>

Fractions

Adding fractions
<https://hegartymaths.com/skills/66/preview>

Angles

Angles in triangles
<https://hegartymaths.com/skills/485/preview>

Probability

Probability of an event
<https://hegartymaths.com/skills/351/preview>

Where
you're at

Where it
started

Sequences

Nth term
<https://hegartymaths.com/skills/198/preview>

Solving Equations

Solving two step
<https://hegartymaths.com/skills/179/preview>

FDP

Converting between FDP
<https://hegartymaths.com/skills/149/preview>
w

Strengthening Foundations in Music

READ -

The Orchestra by A. Nuovo & D. Doran

<https://www.amazon.co.uk/Orchestra-Avalon-Nuovo/dp/1911171208>

READ -

The Wizard of Oz by L. Frank Baum and Cornelia Funke

https://www.amazon.co.uk/Wizard-of-Oz-Puffin-Clothbound-Classics/dp/0241411203/ref=sr_1_1?keywords=wizard+of+oz+book&qid=1576495063&sr=8-1

VISIT - Spirit Studios and partake in a DJ Workshop –

65 - 69 Downing Street,
Manchester M1 7JE
0161 276 2100

WATCH - Britten's Guide to the Orchestra

<https://www.youtube.com/watch?v=TJOiZReM7m4>

To learn about different families and instruments in the classical orchestra

WATCH - Hairspray https://www.amazon.co.uk/Hairspray-John-Travolta/dp/B01DDP4I2O/ref=sr_1_2?keywords=hairspray+dvd&qid=1576495140&sr=8-2

To deepen your knowledge of musical theatre

VISIT - The Keegan Academy of Irish Dancing 10am-2:30pm Chorlton Irish Club

READ - The History of Hip Hop by Eric Reese

https://www.amazon.co.uk/History-Hip-Hop-Eric-Reese/dp/1979069417/ref=sr_1_5?crid=S1WDRIKC2UKL&keywords=hip+hop+book&qid=1576495283&srefix=hip+hop+%2Caps%2C259&sr=8-5

WATCH - West Side Story https://www.amazon.co.uk/West-Side-Story-Natalie-Wood/dp/B00FYQDHEQ/ref=sr_1_1?keywords=west+side+story&qid=1576495772&sr=8-1

Strengthening Foundations in PE

1. Work out your maximum heart rate? (220- your age)
2. Record your working heart rate the next time you exercise (beats per minute).
3. Calculate the percentage of your max heart rate that you were working at (Working heart rate divided by your max heart rate x by 100).
Example: 120bpm divided by 208 = 0.58 multiply by 100 = 58% max heart rate

Complete a one minute sit-up test?

Link:

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

Record your **resting heart rate** (heart rate when resting) & **working heart rate** (heart rate during exercise)

Link:

<https://www.medicalnewstoday.com/articles/258118#finding>

Why is it important to warm-up before exercise?

Link:

<https://stretchcoach.com/articles/warm-up/>

What does a three part warm-up consist of?

Link:

<https://stretchcoach.com/articles/warm-up/>

What are the main leg muscles we use when running, kicking or jumping?

Link:

<https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/2>

Which upper body muscles do we use to throw, catch or block?

Link:

<https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/2>

What are the main rules in basketball?

Link:

<https://www.fiba.basketball/basic-rules>

Strengthening Foundations in Photography

Task 5

Select at least 3 of the reading tasks on the final slide to open your mind and explore context

Task 4

Choose a series of final image-6 at the most exploring the theme the senses. They could be sequences or comment on each other. (slide 12-17 to support)

When you have completed the literal tasks below it is time to build on those skills and move up to something more skilful. See the tasks above.

Task 1

Explore how mind mapping can enable you to generate ideas (slide 3)

Task 2

Research a range of photographers that you think explore the sense in your work (slide 4-9 for support or find your own) use your scaffolds to help you write your analysis.

Task 3

Make a series of images that explore the senses (Slide 10-11 for support)

Recall and interpret.

You will complete a set of 5 tasks exploring the theme of Senses. All tasks are explained in detail on Teams. Teams>Files>Class Materials> Strengthening Foundations Holiday Home Learning.

Strengthening Foundations in Respect/EPR

Watch the following speeches by:

Emma Watson

Hillary Clinton

Kennedy Cook

Make notes as each one speaks and consider:

- Why are the points they raise so important?
- What is effective about the way in which they deliver these speeches?
- Which speech was the MOST effective at persuading you to agree with them and WHY?



Write your own speech on something you feel PASSIONATE about!



Play the song The Exodus Song (This Land is Mine) by Andy Williams

What kind of images do the words of the song evoke?

What kind of feelings/emotions/thoughts do they express?

What were your reactions to hearing the song?



Next, watch this video which uses the same song, but with animation to tell a different story.

- How surprised or shocked were you by the video?
 - What images were memorable?
- How has it changed your understanding of the song?

You are the editor of the first ever Newspaper and you are going to produce the first Newspaper front cover. You must give your paper a name and use pictures / illustrations.

You are covering two stories which have just broken, the creation of the world in 6 days and Adam & Eve being kicked out of the Garden of Eden.

Make sure you get interviews with the people involved.

Think about celebrations and holidays that come from religion such as Christmas, Eid and Diwali. Write your own menu for a celebration meal to make the event extra special.

Watch the video clip about the Rights of a Child.

Which do you think is THE MOST IMPORTANT right? Explain your ideas.

Watch this clip on the Gurdwara (the Sikh place of worship). As you watch, make notes on what you learn and then design your own Gurdwara.

You have learned the story of The Good Samaritan which was about a person who did a good deed.

Your task is to do at least one good deed and write a diary entry explaining what you did and why it was a good deed.



Strengthening Foundations in Science

KS3 Science

Year 7 look back at the work you have completed this year in Science to help you get ready for next year.
Good Luck. Mr McCreath.

Y7 Scientific skills

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)

Y7 matter, space

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca matter](#)
[Seneca space](#)

Y7 Plants

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

Y7 Cells and Repro.

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca cells](#)
[Seneca repro](#)

Y7 Atoms and elements

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

Y7 Electricity

[CHS TEAMS –sharepoint](#)
[BBC Bitesize](#)
[Seneca](#)

