

WOODSIDE HIGH SCHOOL

TASK GRID 3: YEAR 7

WHAT TO STUDY AT HOME?

Using your school timetable as a guide, work through the tasks outlined below. Use the 'how to study at home' sheet to help you plan your time and approach to self study.

SUBJECT	TASK	How long you should spend completing these tasks
ENGLISH	<p>Poetry Task 1: Read the following extract from a speech by Martin Luther King Jr:</p> <p>I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.</p> <p>I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."</p> <p>I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.</p>	Spend about 3 hours on English per week.

	<p>I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.</p> <p>I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today.</p> <p>I have a dream that one day down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of “interposition” and “nullification”, one day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers. I have a dream today.</p> <p>Answer the following question in one or two paragraphs: What is the effect of using repetition in this passage? Think about its effect on you as the reader as well as why repeating a phrase can be effective in a speech.</p> <p>Task 2: Using the speech above as inspiration, write a poem entitled: I have a dream... Success criteria: Use repetition (challenge: use anaphora to create a specific effect). You can either write in blank verse (does not rhyme) or use a rhyme scheme. Try to write 3 stanzas. Once finished, write down why you chose to write your poem in this style. How have you made it effective?</p> <p>Task 3: read 30mins a day at home.</p>	
<p>MATHS</p>	<p>https://whiterosemaths.com/homelearning/year-7</p> <p>Spring-block-1-addition-subtraction</p> <p>Spring-block-2 Multiplication & Division</p> <ul style="list-style-type: none"> ● Watch the videos for each block ● Make notes in your exercise book for each lesson (add the title for each lesson) ● Complete the questions and tasks in the videos ● Complete the worksheet uploaded to Google Classroom by your class teacher 	<p>One video lesson per day (30 minutes)</p> <p>One worksheet per day (30 minutes)</p>

	<ul style="list-style-type: none"> • Submit work for marking or request mark scheme from your class teacher once work is complete • Complete tasks on Mathswatch set by your class teachers <p>SMHW: Check for homework that your teacher has set. If you need more work, please contact your Maths Teacher.</p> <p>Websites you may need:</p> <p>https://completemaths.com/ Login: firstname.surname Password: unique 6 character password issued by Maths teacher</p> <p>https://www.teamsatchel.com/products/smhw.html Reminder!</p> <p>Mathswatch</p> <p>https://vle.mathswatch.co.uk/vle/ Individual Student logins e.g. login:1234@woodside p/w: maths1</p> <p>PixlMaths App https://mathsapp.pixl.org.uk/PMA.html https://timestable.pixl.org.uk/Timestables.html</p> <p>Sch ID: WS3410 Individual student logins and passwords.</p> <p>Create your own account https://www.stairwaylearning.com/ If you need your individual logins please email linda.yooyai@woodsidehighschool.co.uk</p>	
SCIENCE	<p>The Olympics:</p> <p>Task 1: Athletes often work with sports scientists to help to improve their performance. Olympic athletes often train for 6 to 8 hours a day and need to eat around 10,000 calories worth of food. Imagine that you are a sports scientist working for an Olympic athlete in any discipline of your choosing.</p> <p>Design a diet and exercise plan for the Olympic athlete, you need to include three meals a day and at least two snacks as well. Your athlete should do three</p>	2 to 3 hours per week. This could be split into smaller periods, for example you could do 6 30 minute sessions.

blocks of training during the day. Remember to keep the training varied as doing the same thing can lead to injuries.

Task 2: Aerobic respiration is the process that takes place in the mitochondria in our cells to produce energy. The word equation for aerobic respiration is below:

glucose + oxygen → carbon dioxide + water + (energy)

1. Explain how our body gets glucose and oxygen and identify the organs that are responsible for doing this.
2. Explain how our body removes carbon dioxide and water and identify the organs responsible for this.
3. Explain how the bodies of Olympic athletes are likely to be different to those of a regular person.

Task 3: Our lungs are responsible for absorbing oxygen and removing carbon dioxide. We have small structures called alveoli which increase the surface area of our lungs. This makes it easier and faster for our lungs to absorb oxygen. Some diseases such as asthma and emphysema can reduce the surface area of the alveoli in the lungs.

Explain how this would affect the ability of someone to exercise and train for an Olympic event and explain why they might feel like before and after they have exercised

Online Task 1: Performance drugs are drugs that athletes take illegally to improve their performance.

1. Find out about different types of performance drugs and the effect that they have on athletes.
2. Find out how organisations like the Olympics ensure that athletes are not using performance drugs.
3. Describe the sanctions are put in place for athletes who use performance drugs.

If you can, email any work you have completed to your teacher

GEOGRAPHY

Task 1 - Online Learning Task

Introduction to Climate Change

<https://www.bbc.co.uk/bitesize/articles/zhvwjvhv>

1. Click the link above and work your way through each section - summarise the key points from each section in your books / on paper
2. **Activity 1 - After watching the above video, rank the reliability of each data source and decide which is the strongest evidence for climate change in the UK.**
3. **Activity 2 - Test your knowledge of climate change with this 10 question multiple choice quiz. Record your scores on your piece of paper and submit them to me.**

Task 2 - Online Learning Task

Global warming and climate change

<https://www.bbc.co.uk/bitesize/articles/zh8bcqt>

1. Click the link above and work your way through each section - summarise the key points from each section in your books / on paper

4 hours over 2 weeks - email your teacher if you need any help

Activity 1 - Greenhouse gases match and draw. See what you can remember about greenhouse gases using the worksheet from your study packs. You can either print the worksheet or write your answers down on a piece of paper.

Activity 2 - Solve a climate change issue

It's time to get your scientist hat on! Can you think of a climate issue in a country and come up with a solution to overcome it?. Use the downloadable sheet to give you some inspiration. If you don't have a printer, use a piece of paper to write your ideas down

Task 3 - Online Learning Task

Local and Global impacts of climate change

<https://www.bbc.co.uk/bitesize/articles/zhvwjihv>

Click the link above and work your way through each section - summarise the key points from each section in your books / on paper

	<p>Activity 1 - After reading each section, summarise the key points on a piece of paper including any keywords.</p> <p>Activity 2 - Test your knowledge of climate change with this 10 question multiple choice quiz!. Record your scores on your piece of paper and submit them to me.</p> <p>Task 4 - design a poster which illustrates and explains how the Greenhouse Effect works. Use the following keywords to help - heat, light, UV Rays, atmosphere, greenhouse gases, absorbs, insulates, reflects. Make your posters bold and colourful!</p>	
<p>HISTORY</p>	<p>Title: Why was Jerusalem worth dying for The rise of Islam</p> <p>1. Find the definitions for the following words and write them down</p> <ol style="list-style-type: none"> 1. Calligraphy 2. Mosque 3. Caliph 4. Dynasty 5. Pilgrim <p>2. What do you already know about Jerusalem? Mind map your ideas</p> <p>3. Read the information on page 77 and add to your mind map about Jerusalem</p> <p>Answer the following</p> <p>Why was Jerusalem important to Muslims in the 7th century?</p> <p>Why was Jerusalem important for Christians and Jews?</p> <p>In what year did the Muslim empire conquer Jerusalem?</p>	<p>4 hours over two weeks</p>

4. Read the information on page 78 and 79 and complete the Checkpoint questions
5. Look at sources C and D and think about the different approaches Christian and Islamic civilisations took to science. Draw a table, on one side write down all of the similarities, on the other side write down all the differences.

ART

Positive & Negative Space observation drawing task

From an artist perspective **Positive Space** is the subjects, object or the areas of interest. **Negative space** is the area around the subjects, object or areas of interest. ... If you are seeing a vase, then you are seeing the white area as the **positive space**. The black areas become the **negative space**.



1. Copy the following positive shapes drawing the negative shape of the object next to it.

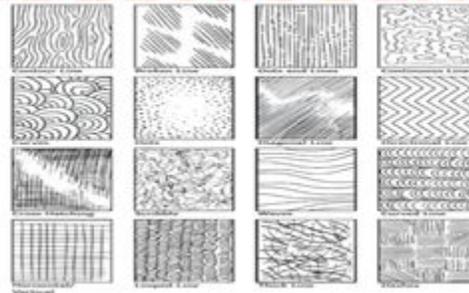
Draw each positive & negative shape in a box 5cm X5cm



2. Draw 2-3 more everyday objects you use at home. E.g scissors, mug comb etc
3. Select every day the object you have enjoyed drawing the most redrawing the object adding lots of different patterns to your object.



MARK MAKING



MUSIC

Title: Structure in Music

Task 1:

Find out the definition for the following keywords: Binary Form, Ternary Form and Ground Bass

Research the composer: Johann Pachelbel and the piece 'Pachelbel's Canon'

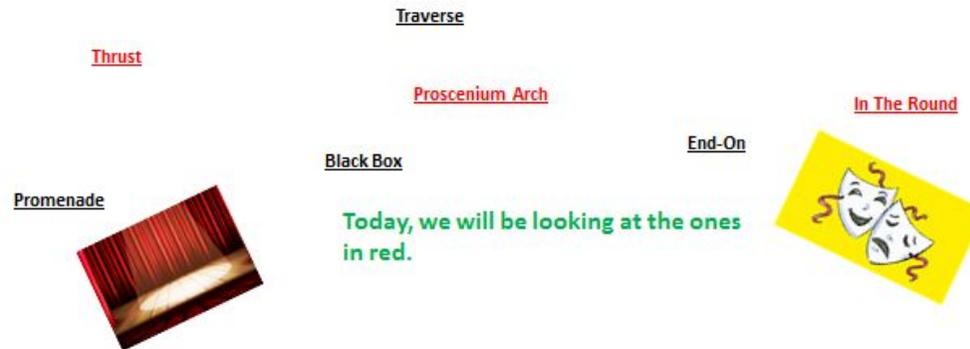
Task 2: Identify music features in the Baroque period and research the structure 'Ground Bass'

Task 3: Create your own ground bass or devise an arrangement of 'Pachelbel's Canon' turn the Baroque piece into a Modern hit song!

L.O. To learn about three different types of stages that can be used in theatre.

Stages:

Did you know that there were different types of stages?

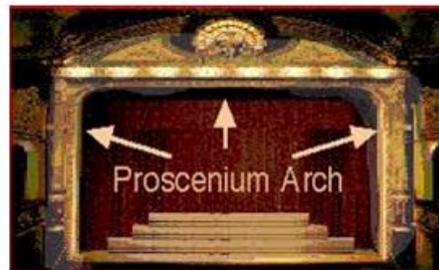


Stage Number One: Proscenium Arch

This is the most "traditional" stage in theatres.

You can see this type of stage at most West End theatres, including our own stage in the hall.

The "Arch" is the frame around the stage which differentiates it from other types of stage (see diagram).



Task:

1. Using this image write down between three and five positive things about performing on a Proscenium Arch stage.

2. Now think about between three and five negative things about performing on a Proscenium Arch stage.

Positives:

Easy to use large pieces of scenery.

Clear to see different technical effects (lighting etc)

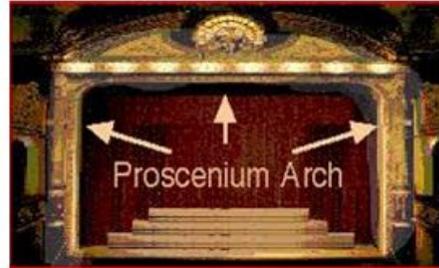
Audience can see the same images on stage – all facing the same way.

Set changes can be done when the curtain is closed.

Fourth wall is created between audience and actor

There is room to store sets in the wings or to fly sets in from above the stage.

**Stage Number One:
Proscenium Arch**



Negatives:

The formal look of the theatre and the distance between actors and audience isn't right for all plays / shows.

Can be seen as being old fashioned.

Some of the audience might be too far away from the stage and miss bits of the show.

Interaction with audience can be hard (fourth wall).

Some of the positioning on stage might seem a bit strange (i.e. everyone sat round a table.)

Areas of the stage – Task

Draw a rectangle on paper.

Now label where you think the following areas of the stage are.

1. Upstage
2. Downstage
3. Stage Left
4. Stage Right
5. Centre Stage
6. Apron
7. Wings



Areas of the stage – Task

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5. Centre Stage
6. Apron
7. Wings

Stage left and Stage right is always from the actor's perspective.

What do you think USL, USR, DSR and DSL mean and where are they?



Stages Number Two and Three:

Thrust and In The Round

Thrust Stage—
We have a Thrust stage at the
Crucible Theatre in Sheffield.



In The Round Stage—
The Crucible Stage can also be
used as In The Round.



Task:

Using these images – what do you think the positives and negatives are for these two stages?

Stages Number Two : Thrust

Positives:
Audience feel
closer to the
performance.

Positives:
Backdrops and / or
projected images
can be used
without blocking
viewpoints.



Positives:
Interaction with
audience is
possible and very
effective.

Negatives:
Large, elaborate
scenery is harder
to use as you have
to be aware of
where the
audience are
seated.

Negatives:
Plays that need /
want a fourth
wall are harder
to do on a Thrust
stage.

Negatives:
Positioning of
Actors – someone
will always have
their backs to the
audience.

Stages Number Three : In The Round

Positives:
Creates an
intimate
atmosphere with
the audience.

Positives:
Acting can be
subtle and
naturalistic.

Positives:
Exciting use of
“breaking the
fourth wall” by
having actors
enter through the
audience.

Positives:
Sets can be
minimal allowing
audience to
interpret what is
happening.



Negatives:
Any set changes
will be done in
front of the
audience; losing
some of the flow
of the show.

Negatives:
Audience
members are
facing each
other – can be
distracting.

Negatives:
Positioning of
Actors – someone
will always have
their backs to the
audience.

Negatives:
Can be challenging
for lighting, set
and sound.

PRS

Title: Healthy lifestyle

Task 1

What does 'being healthy' mean? If you were going to find out if someone was a healthy person, what kind of questions would you ask them?

- List three examples of the questions you ask them

Task 2

Design a questionnaire that helps you find out if the students in your school lead healthy lifestyles. Come up with six questions for your questionnaire. Don't just think about exercise and 'junk' food. What else affects a person's health?

Task 3

Is your school a 'healthy school?' Imagine you are giving out awards for this. Think about how you would rate these areas in your school, and give reasons for why you chose these ratings.

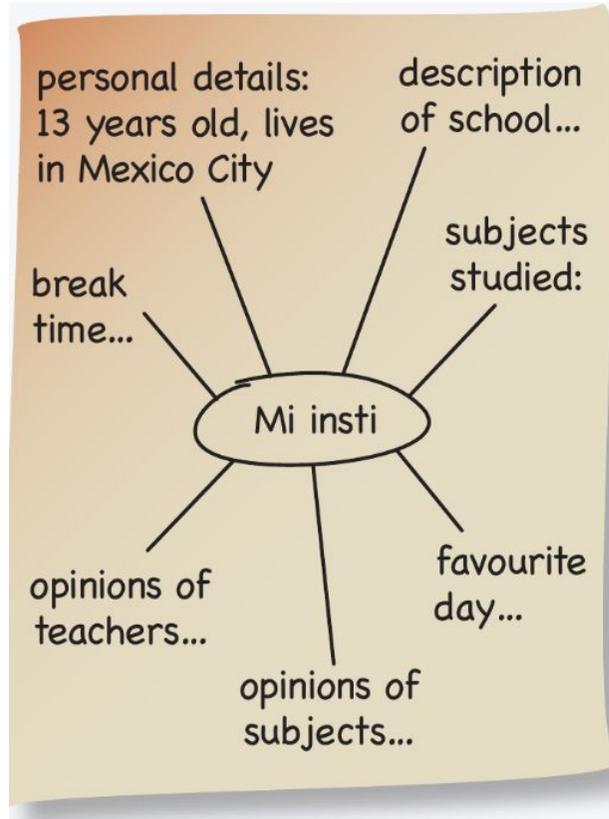
	Excellent	Good	Not bad	Poor	Awful
Food		E.g. I like the choices - it's good that healthy options are available			
Playground					
Getting around the school					
Effectiveness of lesson/teaching					
Behaviour					
Help and support					
Taking account of students' views					

	<p style="text-align: center;"><u>Title: Healthy eating</u></p> <p>Tasks</p> <ol style="list-style-type: none"> 1. Write a short paragraph explaining what you think is meant by 'healthy eating'? 2. Are there foods that we are advised to avoid or cut back on? List four examples 3. What foods should we be including in our diets? List three examples 4. What is a reasonable portion size for a teenager? A small plate, medium plate or a large plate? What percentage of each food should be included on their plate? Explain 5. What drinks should a healthy teenager drink? List three examples 6. Why is it important to eat healthily? Write to a detailed sentence to explain 7. 'Young people don't know how to eat healthily' How far do you agree with this statement? Write a PEE paragraph explaining your opinion, then write a PEE explaining an opposing point of view. <ul style="list-style-type: none"> ➤ <i>I agree/ disagree with the statement because...</i> ➤ <i>An example to support my point of view is...</i> ➤ <i>This example shows that...</i> ➤ <i>However, some people may disagree with this point of view and argue that...</i> ➤ <i>An example they would use to support their point of view would be...</i> ➤ <i>This example shows that...</i> 	
FRENCH	<p>TASK 1: Complete QUIZLET quizzes. The links to the quizzes will be posted by your teacher on SHOW MY HOMEWORK.</p> <p>TASK 2: Complete online tasks on ACTIVE LEARN. The links to the tasks will be posted by your teacher on SHOW MY HOMEWORK.</p> <p>TASK 3: (HELP: vocab list Module 3)</p>	4 hours over 2 weeks. Email your teacher if you need any help.

	<p>Complete a piece of extended writing in French. You will need to talk about your school:</p> <ul style="list-style-type: none"> · Saying what subjects you study at WHS. · Say what subjects you like/dislike and why. · Say what facilities WHS has/hasn't. · Say what you normally do at school during break and lunch time. <p>More instructions will be posted by your teacher on SHOW MY HOMEWORK.</p> <p>TASK 4: (The best creation will get 50 PP)</p> <p>Create a poster about Woodside High School. You can print pictures and make a collage or draw it yourself. In your poster, you should include subjects and facilities. Include also opinions. Email your teacher if you need further guidance. Look at the two examples:</p> <ol style="list-style-type: none"> 1. You can design a poster like this BUT ALL the information MUST be in French. 2. You can create a more interesting task, by doing something more creative. Look at the following example (THE INFORMATION ADDED MUST BE IN FRENCH): 	
SPANISH	<p>TASK 1: Complete QUIZLET quizzes. The links to the quizzes will be posted by your teacher on SHOW MY HOMEWORK.</p> <p>TASK 2: Complete online tasks on ACTIVE LEARN. The links to the tasks will be posted by your teacher on SHOW MY HOMEWORK.</p> <p>TASK 3: (HELP: vocab list Module 3) Complete a piece of extended writing in Spanish. You will need to talk about your school:</p> <ul style="list-style-type: none"> · Saying what subjects you study at WHS. · Say what subjects you like/dislike and why. · Say what facilities WHS has/hasn't. · Say what you normally do at school during break and lunch time. <p>More instructions will be posted by your teacher on SHOW MY HOMEWORK.</p> <p>TASK 4: (The best creation will get 50 PP)</p>	<p>4 hours over 2 weeks Email your teacher if you need any help</p>

Create a poster about Woodside High School. You can print pictures and make a collage or draw it yourself. In your poster, you should include subjects and facilities. Include also opinions. Email your teacher if you need further guidance. Look at the two examples:

3. You can design a poster like this BUT ALL the information MUST be in Spanish.



4. You can create a more interesting task, by doing something more creative. Look at the following example (THE INFORMATION ADDED MUST BE IN SPANISH):



PE

Task 1

Complete the following online workouts.

<https://youtu.be/LY5Dp0s4lxI>

<https://youtu.be/8ortypveAL0>

Task 2

In your house design a circuit of 5 stations and perform different exercise at each station (press ups, sit ups, star jumps, burpees, mountain climbers, squats etc) Try and do 10 repetitions, complete the circuit and then complete another 2 times.

Go for a 20 minute run. Vary the pace.

Task 3

Choose 1 of these 3 workouts to complete:

Workout 1: HIIT Cardio workout (30 minutes)

<https://www.youtube.com/watch?v=50kH47ZztHs> (alternatively you can find a similar HIIT cardio workout to follow on youtube).

Workout 2: Choose a Joe Wicks 'PE with Joe' workout to complete
<https://www.youtube.com/playlist?list=PLyCLOPd4VxBs-Mlkx9dLsfmFeCB13nEpC>

Workout 3: Flexibility stretching routine
<https://www.youtube.com/watch?v=qULTwquOuT4>

If you do not have access to the internet to watch these videos you can complete this HIIT Cardio 20 minute workout written below:

18 minute HIIT Cardio workout:

-Instructions; Carry out each of the following exercises for 30 seconds each, no rest in between each exercise. Once all 6 exercises are completed you can have 1 minute rest, you will then complete all 6 exercises again back to back. Finally have a 1 minute rest again and then complete all of the 6 exercises back to back for the last time. (use a timer on your phone/clock to time your 30 seconds of each exercise and your 1 minute rest periods. Attempt to carry out each exercise as quick as you can with high intensity + good form).

Exercises;

1- Star jumps 2- Jump squats 3- Jumping lunges 4- Sit ups/Plank

5- Burpees 6- High knees on spot

-At the end of the circuit do some light walking around your room and stretching for 3 minutes to cool down.

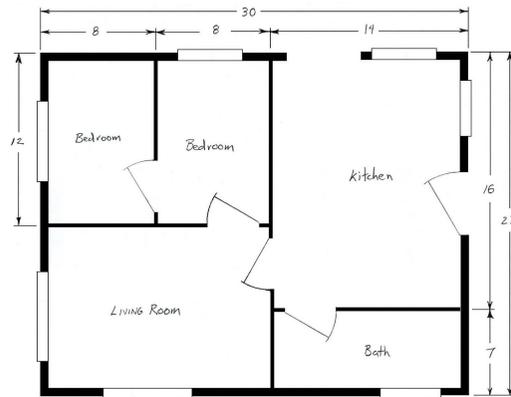
FOOD

Task 1

Hygiene in the kitchen

Food contamination is when something is where it shouldn't be

	<p>There are 3 types of contaminants</p> <p>Physical- ie :- fly</p> <p>Microbial ie:- bacteria</p> <p>Chemical ie:- detergent</p> <p>Research and name at least 3 more of each contaminates</p> <p><u>Task 2</u></p> <p><u>Storing food</u></p> <p>Storing food in a fridge or freezer helps to slow bacteria activity so prolongs /preserves the life of foods</p> <p>What is the temperature of a fridge?</p> <p>What is the temperature of a freezer?</p> <p>When looking inside a fridge .. draw where each of the following foods should be stored with a 2 shelves and 2 drawers</p> <p>Raw meat, cheese, raw vegetables, yogurt, cooked meat, milk, cooked rice, sea food, cooked pepperoni pizza, frozen raw meat (thawing slowly)</p>	
DT	<p>Task 1:</p> <p>Create floor plans for your ideal house! Your house should be two stories (2 levels) and include at a minimum one bedroom, one living room, one bathroom and one kitchen. You have full creative control over the other rooms, but make sure you write what each room is!</p> <p>Then, measure the area for each of these rooms... Consider the length and width of the rooms and calculate the total area sq from that. Use a ruler and measure in millimeters (mm); remember, it's 10mm to a cm.</p> <p>Below is an example floor plan with measurements, but not area calculated:</p>	<p>This task should take approximately one hour to complete.</p> <p>For an extension, add a further floor and perhaps even a garden?</p>



Task 2:

Design/plan your ideal desk layout and draw it in 3D. Consider all the different things you might like to have in your dream work space... Perhaps a screen dedicated to watching TV? Maybe some speakers? How about a hamster cage? Think about the ergonomics of your space, is it comfortable to work in and have you given yourself enough free space to work creatively? Make sure you are annotating your design, stating what you have added and why? Why have you added a fish tank, for example?

This task should take approximately 1 hour to complete.

Any questions please email joshua.price@woodsidehighschool.co.uk

COMPUTER SCIENCE

Watch this video: <https://www.youtube.com/watch?v=qDwb9KqseZw>

Answer the questions below:

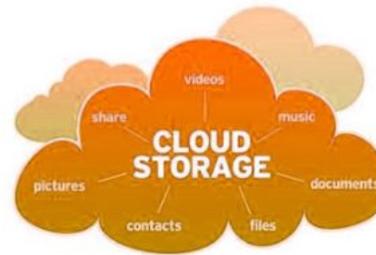
- 1) What are the 2 storage devices below?

Task 1-4 should take approximately 2 hours

2) Give their advantages and disadvantages



3) Pick two devices from the 4 below and explain what is the same and what is different?



4) Create a report explaining the following:

- What is secondary storage?
- What is primary storage?
- What is optical storage?

	<ul style="list-style-type: none">•What are the differences between a Hard Disk Drive (HDD) and a Solid State Drive (SSD)	
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