

Summer 2 - Year 7 Name:

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Just reading through your books or a knowledge organiser is not always an effective way to revise. Instead, you should do something with the information. Choose an example of the revision methods on the pages or see if you can come up with another method.

The knowledge is evolutionary not revolutionary. Approximately half the knowledge is new and half helps you revise. Many of the activities are changing. We hope you enjoy them.

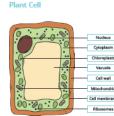
Subject	Page Number	Subject	Page Number
Reading	2	German	17
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Geography	15	A range of bonus ideas	29

Idea

Make some flash cards or PowerPoint slides. Make top trumps.



Make a poster.



Draw spider diagrams, or for the adventurous mind maps.





Write a story or comic strip.



Explanation

Write down key words, auotation, auestions or equations on one side of a card. On the other side, write the definition or answer. Use them to test yourself.

Turn your notes into posters with lots of colour and illustrations. Summarising the key information in a different way is an effective way of learning and your brain will remember the colours more easily. Do the title last!

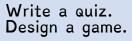
Write the topic/keyword in the centre of your page. Add everything you know in subtopics. Then explore each subtopic in turn adding more ideas. Colour/pictures help you recall.

Are there songs that stick your head. Change the lyrics to the information you want to learn. If you record and listen back it will be a more fun way of revising.

If you teach something to someone else the chance of recalling it is really high. This has been found to be the most effective way of learning something for the long term.

Take the keywords or facts that you need to learn and turn them into a story or a cartoon. The sillier the story the more likely you are to remember it.

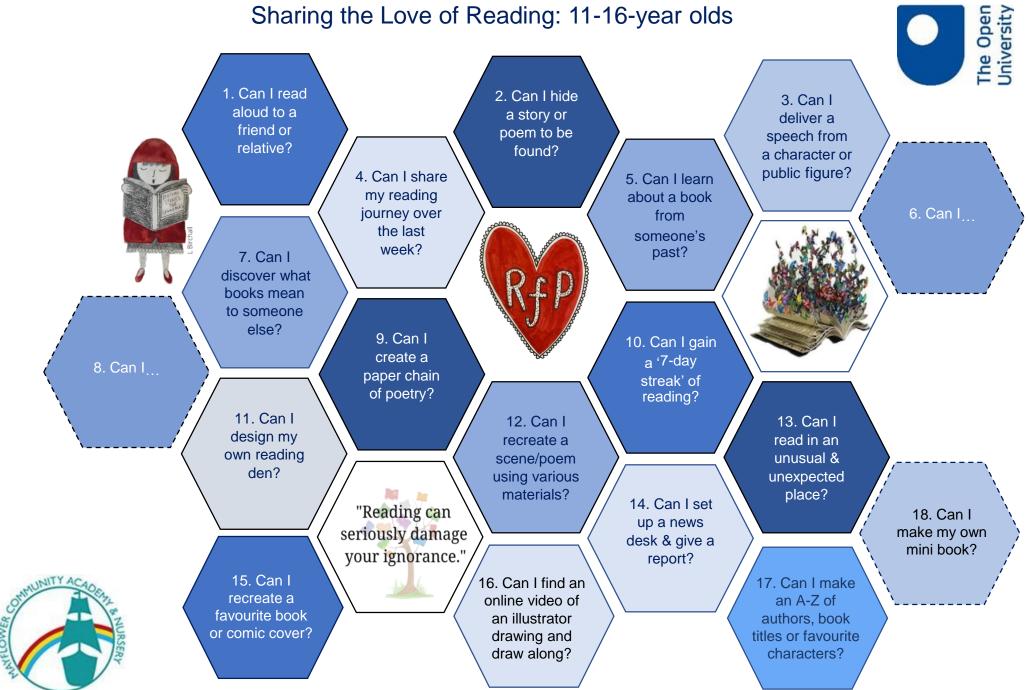
Playing is how we learn as young children and it is a very powerful way of learning throughout life. If we enjoy the game it helps us remember.







Sharing the Love of Reading: 11-16-year olds













During the summer term the year 7 students will be introduced to Angie Lewin. Students will explore how colour and patterns can be used together. Students will also develop their drawing skills through observation of organic objects and will be encouraged to further explore colour theory. Students will make studies of Lewin's work with the year culminating in the creation of their own Lewin style piece of work.

Methods of Recording	
Observational drawing	Drawing from looking at images or objects
First hand observation	Drawing directly from looking at objects in front of you
Second hand observation	Drawing from looking at images of objects
Photographs	Using camera or smartphone to record images will class as first hand observation
Sketches	Basic sketches and doodles can act as a starting point for development
Stages of Drawing Basic shapes Accurate sh	napes Detail Shade
Tonal shade Produce a range of tones by va the pressure and layering cons using softer pencils for darker	sider 🖉
Alternative shade technic	ques Stippling Scribble Pattern

Annotation

3

Describes writing notes, using images and explaining your thoughts to show the development of your work.

Step 1Describe What is this an image of? What have you done here? What was this stage of the project for?

Step 2Explain How was this work made? How did you produce particular effects? How did you decide on the composition?

Step 3Reflect

Why did you use these specific methods? Why do particular parts work better than others? Why might you do things differently next time?

1- Formal elements are taught e.g. how to sketch and use tone to create a 3D effect. You will explore the colour wheel and how to use the basic materials in Art. 2-"The Greenman" – This project introduces you to facial proportions and how to blend oil pastels effectively. We also learn about clay and create small 3D Greenman faces. Examples of world renowned pieces of art are discussed.

3-"Perspective Landscapes"- This project introduces students to the concept of perspective and distance in Art. You learn about the technique of one-point perspective to create a feeling of depth in a landscape.



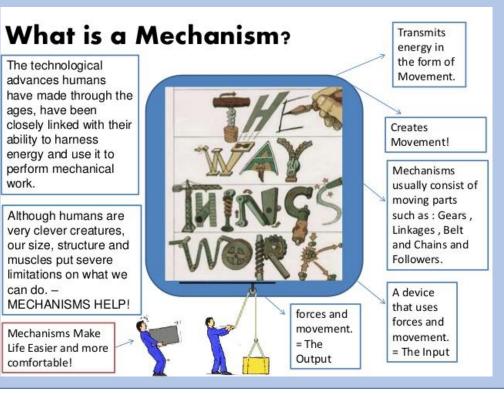
Year 7 Stem – Mechanisms/linkages

Stem stands for 'science, technology, engineering and maths'.

In year 7 you will be taught STEM for 2 hours every fortnight. Stem will encourage you to use your knowledge of science, technology, engineering and maths to explore ideas, materials and themes.

In addition to subject-specific learning, STEM aims to foster inquiring minds, logical reasoning, and team building skills

Mechanisms – What are they? What do they do? Can you find things that use mechanisms?



For this half term we will be looking at linkages. Linkages are a type of mechanism.



Types of linkages

For this half term you will make examples of linkages, understanding how they work and how they can be used to create moving parts.

Look for examples of linkages in every day products. Look at the products below. What type of linkages have been used to make them move? What would happen if linkages were not used? What impact do linkages have on our lives?





<u>Nutrients</u>

Macro nutrients - Needed in <u>large</u> quantities in the diet

- 1. Protein
- 2. Fats
- 3. Carbohydrates

Micro nutrients - needed in small quantities in the diet

- 1. Vitamins
- 2. Minerals

Dietary related health problems

Too much <u>sugar</u> can cause:

- 1. Weight gain (which can lead to obesity)
- 2. Tooth decay
- 3. Diabetes (your body cannot produce enough/any insulin to regulate your blood sugar levels)

Too much <u>salt</u> can cause:

1. High blood pressure (this can increase your risk of heart disease and a stroke).

Too much <u>saturated fat</u> can cause:

- 1. Weight gain (which can lead to obesity)
- 2. High cholesterol (this narrows arteries making it harder for the blood to travel around, putting you at risk of heart disease).

Example exam questions:

Explain three causes of obesity (3 marks)

What is the function of sugary and starchy carbohydrates (2 marks)

Why is protein especially important for children? (2 marks) What are the functions of fat? (3 marks)

List 5 food sources of plant based protein (5 marks)

Nutrition

Protein

Food sources

<u>Animal</u> -beef, pork, lamb, poultry (chicken, turkey, duck), fish, cheese, butter milk <u>Plant</u> - beans, chickpeas, lentils, peas, nuts, seeds, found in smaller amounts in some vegetables such as spinach and broccoli.

Function

Grown and repair of muscles and cells

<u>Carbohydrates</u>

There are two types of carbohydrates, complex and simple. They are also known as starchy (complex) and sugary (simple).

Food sources

<u>Starchy</u> - bread, rice, pasta, potatoes, bagels, oats, flour, cereal and some vegetables. Simple - fruit, some vegetables, chocolate, sweets, biscuits, cakes

Function

Starchy/complex carbohydrates are digested slowly and provide long term energy. Sugary/simple carbohydrates are digested slowly and provide short term energy

<u>Fat</u>

There are two types of fat, saturated and non saturated.

Saturated fats are classed as 'unhealthy fats', they are solid at room temperature and are generally animal based.

Unsaturated fats are classed as 'healthier fats' and are liquid or soft at room temperature and come from plant based sources.

Food sources

<u>Animal</u> -beef, chicken skin, processed meat (sausages, salami, pepperoni), bacon, butter, cheese, full fat milk

<u>Plant</u> - vegetable oils (sunflower, olive, rapeseed), avocado, nuts, seeds

Function

Keeps us warm (provides insulation), secondary source of energy, protects vital organs and bones.



The Eatwell guide



Example exam questions:

How can I make healthy choices when choosing foods from the 'beans, pulses, fish, eggs meat and other proteins' section of the guide? (3 marks)

How much of my plate should be made up of fruit and vegetables per day? (1 mark) How many grams of saturated fat is it recommended not to exceed per day? (1 mark) Why is recommended not to exceed 6g of salt per day? (2 marks)

How can someone use the traffic light system to help them make healthy choices? (6 marks) Health and Safety Example exam guestions:

What five conditions to bacteria need to grow and multiply? (5 marks) What is a high risk food? (5 marks)

<u>The Eatwell guide</u>

The Eatwell guide is a government guide designed to show you the proportions of different foods groups you should eat over a day or more.

Tips on making healthy choices from the eatwell guide:

<u>Fruit and vegetables</u>: eat 5 portions of fruit and vegetables a day, this should make up 1/3 of your plate a day, fresh, canned dried and fruit juice/smoothies all count, don't exceed 150ml of fruit juice/smoothie a day as it can cause tooth decay, try snacking on fruit over high sugar and fat foods,

<u>Potatoes, bread, rice, pasta and other starchy carbohydrates</u>: choose non-sugary cereals, leave the skin on potatoes, choose wholemeal options of foods such as bread, rice and pasta.

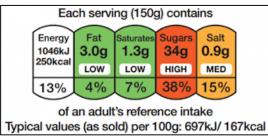
<u>Oils and spreads</u>: choose unsaturated fats such as vegetable oils and margarine over butter, use in small amounts. <u>Dairy and alternatives</u>: choose lower fat options such as skimmed milk and low fat and salt cheese, choose low sugar yogurts and add fruit as a natural sweetener.

<u>Beans, pulses, fish, eggs, meat and other proteins</u>: eat more beans and pulses as they are high in fibre and fill you up for longer, cut the visible fat off meat, choose lower fat meat options, eat 2 portions of fish a week. Water: drink 2-3 litres of water a day, choose lower sugar option drinks.

<u>Reference intake</u>

You'll see reference intakes referred to on food labels. They show you the maximum amount of calories and nutrients you should eat in a day. Most packaging has a colour coded label on the front to help you make healthy choices.

Reference in take amounts: Kcal (calories) - 2000 Total Fat -70g Saturated fat - 20g Sugar - 90g Salt - less that 6g



Red means HIGH in that nutrient Amber means MEDIUM in that nutrient Green means LOW in that nutrient

Reference intakes are not meant to be targets. They just give you a rough idea of how much energy you should be eating each day, and how much fat, sugar, salt and so on.

The percentages represent how much of your reference intake is in the product, e.g. the product has 3.0g of FAT in it, that is 4% of 70g of fat.



Watch

this!

Components of Physical Fitness

Aerobic Endurance

The ability of the heart and lungs to work hard to supply nutrients and oxygen to the muscles during exercise.

Muscular Endurance

The ability of the muscles to work efficiently for long periods of time

Speed

The ability to cover a distance quickly. There are 3 types of speed (Accelerative speed, Pure speed and Speed Endurance.

Muscular Strength

The maximum force, measured in kilograms (Kg) or newtons (N) that can be generated by a muscle or group of muscles.

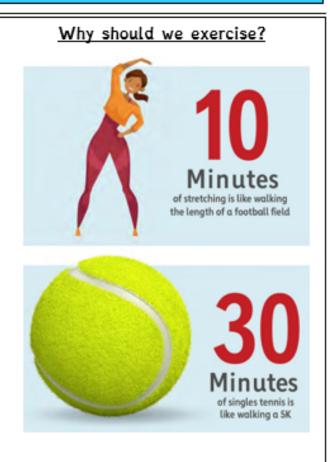
Flexibility

The range of motion in all joints of the body and the ability to move a joint fluidly through its complete range of movement.

Body Composition

The amount of fat to fat-free muscle mass.

Can you now link each of the physical components to a sporting example? E.g. what sport would you usually see flexibility being used?



Sport England posted an infographic on Twitter to give reasons why

walking for 30 minutes each day was important. Scan this QR code to see the benefits.



9

Components of Skill-related Fitness

Agility - The ability of a sports performer to quickly change direction without losing balance or time

Balance — The ability to maintain your centre of mass over a base of support. There are two forms of balance (static which is maintaining balance in a stationary position and Dynamic which is maintaining balance while in motion)

Co-ordination - The ability of the body to work together to move smoothly and accurately

Power – The ability to use strength and speed. It is the work done in a unit of time and is calculated in the following way Power-= Force (Kg) x Distance (m) / time (mins or seconds)

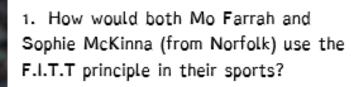
Reaction time — The time taken for a sports performer to respond to a stimulus, for example, the time taken for a sprinter to react to the starter gun.

<u>Athletics</u>

Athletics events consist of three main areas. Running, Jumping and Throwing.

Skill	Description
	An action to move quickly with the correct technique
Running	using arms and legs as efficiently as possible.
	Activities include 100m, 200m, 400m, 800m and relay.
	The technique to propel the body into the air to
Jumping	either cover distance, height or both. The events are
	long jump, triple jump and high jump.
	The ability to propel an object through the air as far
Throwing	as possible. The events are Javelin, Discus and Shot
	Putt.

British athletes and achieving their goals



- 2. Why is rest and recovery important for an athlete?
- 3. What components of fitness would Mo Farrah need which is different to Sophie McKinna and why would these be important?



	Diet and Nutrition for Sport
Nutrient	Function and Examples
Protein	Important for growth and development of muscle and tissue as well as making and repairing cells inside the body. Poultry, Fish, Nuts, Dairy and Soy are examples.
Carbohydrates	Provide energy for the body over a longer period of time and helps fight disease. Potatoes, Pasta, Pulses and Fruit are sources.
Fibre	Important for preventing constipation and also helps decrease the risk of Type 2 diabetes, heart disease and high cholesterol in later life. Fresh fruits (skin on) Dried fruit, Vegetables, Wholegrains such as brown rice and wheat bread are sources.
Calcium	Important for strong bones and teeth. It also helps with muscle function, blood clotting and nerve transmission. Dairy products, leafy green vegetables, orange juice are sources.
Vitamin	Vitamin A is important for eyesight, growth and the functioning of the immune system as well as healthy skin. Dark green
A, C and D	vegetables e.g. spinach. Sweet potatoes, papayas, milk and eggs.
	Vitamin C is important for decreasing the amounts of colds you get, fights infections, wound healing, healthy gums and skin
	and also acts as an antioxidant. Citrus fruits, broccoli, strawberries, tomatoes, peppers and kale are the sources
	Vitamin D is important for strong bones and teeth as it absorbs calcium. It is also good for immune function. Milk, oily fish,
	egg yolk and even the sunlight are sources.

Diet and Nutrition activities

REPAIR

YFEXSENERGYTBTRTBYIX BAHGN ОНВ RYE 0 JOBPBSLYSANOHETAJ 3 W S E H A S I I C D E V Z L M A K S L Z Q SOQQTFFISWPBRPWIQATQ YESVDWXZLUQOYOYHIENQ FCTYIOLTSKMJILDW IAZAITNVRHYQEEOFDEIW TRHAD S 0 D Ρ 0 TDRMXRRROEN F GGZ UACWTBYPIONHYDRA ΙΟΝ OFATSH TNUJLMVE ERJUDHOEOASIIIUIPPDV GISTKLIYOBNQYNDONALH ANTRENLAEJRGWEYCAQIN WIHHTOBWRXZAJRP G DKGTMUBSKYHHCAMUE ZJHZRXC TMOLDI XGOF USP N A V G F W Q Y D O R U Y S D X G J N R MUICLACXQFQEQHTEETAX ANTIOXIDANT BONES CALCIUM CARBOHYDRATES DEVELOPMENT DIET ENERGY FATS FIBRE GROWTH HEALTHY HYDRATION IMMUNE MINERALS MUSCLES PROTEIN

VITAMINS

WATER

TEETH

https://www.nhs.uk/live-well/eat-well/food-and-drinks-for-sport/

Click the link above or scan the code to see how diet and nutrition can affect sports performance

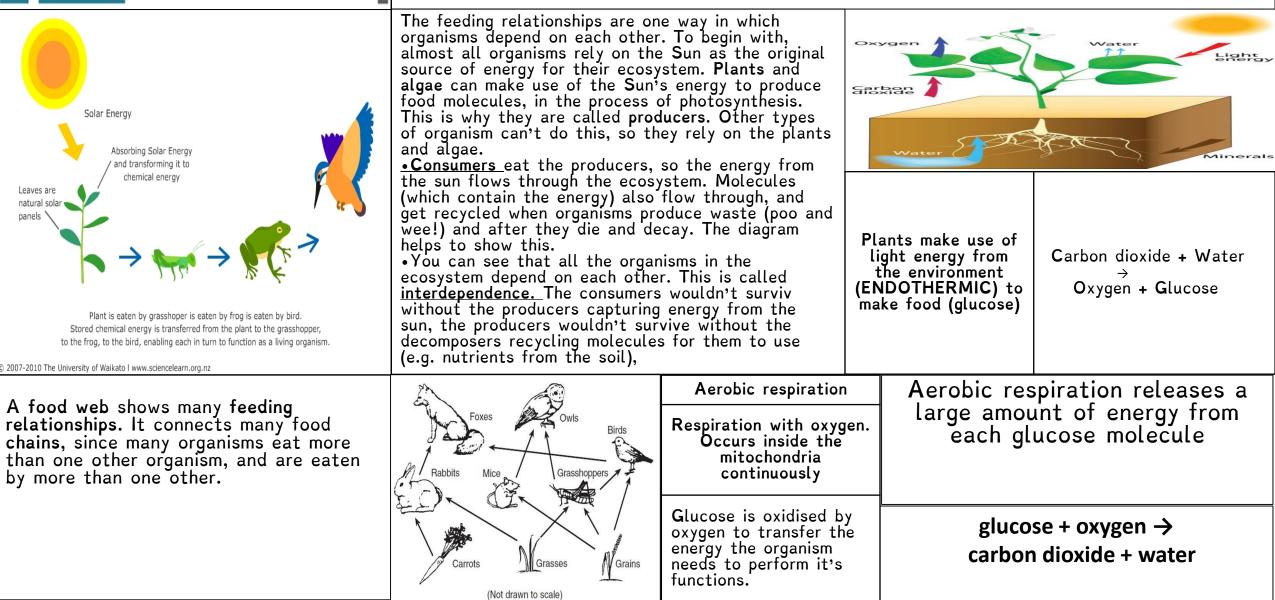


Create a one week diet plan for an athlete of your choice. Your athlete will be competing in the Olympic Games next week and needs some help with their nutrition. Create a 7-day diet plan for breakfast, lunch and dinner. For example:

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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BIO-ENERGETICS (ENERGY IN BIOLOGICAL SYSTEMS)



Knowledge Organiser: Year 7 Summer Term Part 2 Understanding computers and binary

Summary

Binary, is a number system that is made of two numbers. 1 and 0. Also known as base two.

Computers are made up of switches. If you turn on a light switch at home, a computer scientist would say that the light is 1. If you turned it off, a computer scientist would say that the light is 0. A typical computer has billions of switches. That's a million million switches. Another name for a switch is transist or.

Computer scientists love binary. Why? In simple terms, a computer is just switches. If we understand Yes/No questions we can code a computer to do what we want it to do. This is a form of

'Computational thinking'.

Imagine a billion people standing by their own light switch and working as a team to make a mobile phone respond to text message. To get close to moder n computer/smart phone speeds each person would have to turn the switch at the same time and have to do this 4,000,000,000 in one second. All of actions in life are based on a number of binary decisions.

What is a computer? A computer can be instructed to accept, process, store and output data. That could be a phone, a washing machine, a tablet, a TV or even the humble PC (personal computer).

Storage-stores programs and files long term, even when they are not in use. Devices such as hard drives, USB memory sticks or SD cards are used to store files such as photos, music and software applications long term.

An input device is any piece of computer hardware used to provide data to a computer system.

An output device is any piece of computer hardware used to communicate the results of data to audience.

A Switch	Input / O uput and storge devices
A B 1 0 0 1 The NOT gale	SPLANES Ideal To produce and to subject.
Binary and Decimal	Inditions for
10101 Level 1	RLEMY LOSS Lated for damp
0000 - 4	send amouth if this for hackup or to hackup or to have the first of the to send the first of the to send the first of
	NEYTONIE De CATERO DECI MEDIO
10010	device, used to tape Commonly used to deliver A painting device PLOPPY DBUS BOVY instructions into the programs and clinic large cased to make an Reads from and writes comparty. multimedia files. across electrons. to frappy date.
11011	

Key Vocabulary 1 or 0.Also known as base 2. Binary Computer A hard ware device made up of switches. A switch can have a state of 1 or 0. Methods that involve expressing problems and Computational thinking their solutions in ways that a computer could solve. Switch a device for making and breaking the connection in an electric circuit Decimal Base 10 also known as denary. Symbols include up of 012345678 and 9. The physical parts of a computer. Eg the Hardw are touchscreen. Input Hardware that sends data to a computer, allowing you to interact with and control it. Device Output Hardware which converts information into human-read able for m. It can be Device text, graphics, tactile, audio, and video. Hardware on which information can be stored Stor age Device Software Software is the programs that run on a computer., referenced as apps. Another name for a switch. Transistor





KEEP

CALM

GO

Bitesize





Topics covered

- ✓ Types of resources
- \checkmark Finite and Infinite

resources

- \checkmark Non-renewable energies
- ✓ Nuclear power
- \checkmark Renewable energies
- ✓ Wind energy
- \checkmark Waste and pollution
- ✓ The 3 R's
- \checkmark Saving energy in the home

Year 7 Knowledge Organiser: Go Green

Key Ideas:

- I can describe how fossil fuels form and can explain why people want to end their use
- 2. I can describe advantages and disadvantages of renewable energy types
- I can explain different opinions on some controversial (not all people agree upon) energy sources
- 4. I can design an eco-home

Skills

To read source information on energy types
 To use digital mapping (GIS) to investigate

- site factors
- \square To research energy types using ICT
- To use numeracy skills to cost an eco-home design

Places and Environments

- ♦ Scroby Sands,
- Norfolk Coast
- Sizewell power
 - station,
 - Suffolk



Key Terms Used in this Unit

D Fossil Fuels □ Finite □ Non-renewable Sedimentary Rocks Geological Carbon Dioxide □ Methane Greenhouse effect Global Warming □ Radioactive Landfill sites □ Recyclable □ Bio-degradeable □ Insulation Grey water Conservation

- Sustainable
- D Passive home



Topics covered

- \checkmark China facts
- ✓ China physical geography
- ✓ China human geography
- ✓ Traditional China
- ✓ Changing China
- ✓ Future China



Year 7 Knowledge Organiser: Explore China

Key Ideas:

- 1. I can describe the location of China and its neighbouring countries
- 2. I can describe the variety of physical landscapes in China
- 3. I can describe how cities of China have grown and their impacts
- 4. I can explain how and why population has changed over time
- 5. I can assess how China is changing for the future

Skills

- \square To research amazing facts using ICT
- $\hfill\square$ To use mapping to investigate features
- □ To understand different opinions and
- viewpoints
- □ To write a detailed piece of extended writing
- □ To draw/label line graphs
- □ To use ICT/MS Office to present to my class

Places and Environments

- ✤ Beijing
- ✤ Shanghai
- ✤ Shenzhen
- ✤ Hong Kong
- ✤ Plateau of
 - Tibet
 - ✤ Provinces
- ✤ Himalayas✤ Yangtze River



Key Terms Used in this Unit

- □ Province □ Beijing □ Shanghai □ Shenzhen □ Hong Kong □ Plateau of Tibet □ Himalayas □ Yangtze River □ Climate □ Population □ One Child Policy □ Communism □ Investment □ Economic growth □ Standard of Living □ Exports
- Technology



Freizeit; Mein Zuhaus

Sport	Sport	Freizeit	Free time
Ich spiele	I play	Was machst du in deiner Freizeit	? What do you do in your
Ich spiele gern	I like playing	free time?	
Ich spiele nicht gern	I don't like playing	Ich spiele Computerspiele.	I play computer games.
Er / Sie spielt gern	He / She likes playing	Ich spiele Gitarre.	I play the guitar.
Basketball.	basketball.	Ich gehe in die Stadt.	l go into town.
Federball.	badminton.	Ich gehe in den Jugendklub.	I go to the youth club.
Fußball.	football.	Ich gehe ins Kino.	I go to the cinema.
Rugby.	rugby.	Ich besuche meine Freunde.	l visit my friends.
Tennis.	tennis.	Ich fahre Rad.	l go cycling.
Tischtennis.	table tennis.	Ich faulenze.	I laze around.
Volleyball.	volleyball.	Ich höre Musik.	I listen to music.
Spielst du gern ?	Do you like playing?	Ich lese.	l read.
Ich gehe	lgo	Ich sehe fern.	I watch TV.
Ich gehe gern	I like going	Ich tanze.	I dance.
Ich gehe nicht gern	I don't like going	Hörst du gern Musik?	Do you like listening to music?
Er / Sie geht gern	He / She likes going	Fährst du gern Rad?	Do you like cycling?
angeln.	fishing.	Liest du gern?	Do you like reading?
klettern.	climbing.	Siehst du gern fern?	Do you like watching TV?
reiten.	riding.	Gehst du gern ins Kino?	Do you like going to the cinema?
schwimmen.	swimming.	Spielst du gern Tennis?	Do you like playing tennis?
segeln.	sailing.		
wandern.	hiking.	Lieblingssachen	Favourite things
windsurfen.	windsurfing.	Was ist dein	What is your
Snowboard fahren	snowboarding	Lieblingsauto?	favourite car?
Wildwasser fahren	whitewater rafting	Lieblingshaustier?	favourite pet?
Kanu fahren	canoeing	Lieblingssport?	favourite sport?
Mountainbike fahren	mountain biking	Was ist deine	What is your
		Lieblingsmannschaft?	favourite team?
		Lieblingssendung?	favourite programme?
		Lieblingsfarbe?	favourite colour?



Freizeit; Mein Zuhaus

Lieblingsmusik?	favourite music?	Nein, das mag ich ni
Lieblingszahl?	favourite number?	Nein, das ist langwei
Mein / Meine ist	My is	Wann treffen wir uns
		Um Uhr.
Wie oft?	How often?	Bis dann.
Wie oft spielst du Fußball? football?	How often do you play	Bis Samstag.
Wie oft gehst du schwimmen? swimming?	How often do you go	
Wie oft spielst du am Computer? the computer?	How often do you play on	
Wie oft siehst du fern?	How often do you watch TV?	
Wie oft liest du ein Buch?	How often do you read a book?	
Wie oft fährst du Rad?	How often do you go cycling?	
Jeden Tag.	Every day.	
Einmal pro Woche.	Once a week.	
Am Wochenende.	At the weekend.	
Nie.	Never.	
Pläne	Plans	
Hast du am Samstag Zeit?	Have you got time on Saturday?	
Möchtest du	Would you like to	
Fußball spielen?	play football?	
Tennis spielen?	play tennis?	
Basketball spielen?	play basketball?	
ins Kino gehen?	go to the cinema?	
in die Stadt gehen?	go into town?	
in die Disko gehen?	go to the disco?	
in den Jugendklub gehen	0	
Ja, gern.	Yes, I would.	
Ja, das mag ich.	Yes, I like that.	

Nein, das mag ich nicht.	No, I don't like that.
Nein, das ist langweilig.	No, that's boring.
Wann treffen wir uns?	When shall we meet?
Um Uhr.	At o'clock.
Bis dann.	See you then.
Bis Samstag.	See you Saturday.

Year 7 History - Native Americans, Tudor England and the Reformation

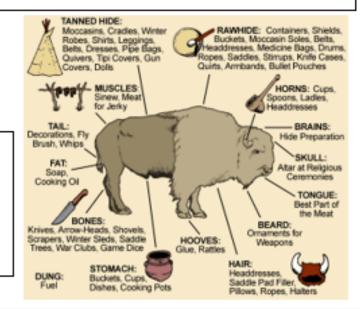
Key words	
Native Americans	General term used to describe the hundreds of different tribes who have lived in North America for thousands of years, long before it was settled by white Europeans
Buffalo	A large mammal living in North America. Many tribes relied on the Buffalo as a source of food, shelter, clothing, medicine and many other uses
Nomadic	A way of life in which a tribe or group travels and settles temporarily rather than setting up towns, villages or cities
The Great Plains	An area of the USA covered mostly with grassland - once home to Buffalo and tribes such as the Sioux and Apache.
The Reformation	A process of religious change in early modern Europe, where much of Europe converted from Catholicism to Protestantism
Catholicism	A type of Christianity that believes that the Pope is the head of the Church and that the Bible and church services should be in Latin
Protestantism	A type of Christianity that does not believe that the Pope is the head of the Church and that the Bible and church services should be read by people in the own language
Henry VIII	King of England between 1509 and 1547. Most famous for his six wives, Henry was also important in making England a more Protestant country with himself as head of the English Church
Martin Luther	A German Protestant who wrote several important books/articles about religion that helped spread the Protestant religion around Europe

Some tribes lived on the Great Plains (see key words above). These tribes mostly lived nomadically and hunted the Buffalo, of which they used the entire body. For example, they lived in Tipis, a type of tent build from Buffalo hide. Plains tribes also frequently raided each other, and the white settlers once they arrived. It was the Plains tribes who were some of the last to be defeated by the US military around the year 1900. On the right is a diagram showing the many different uses of the Buffalo.

Native Americans

Before white settlers arrived in North America it was known as 'Turtle Island' and was inhabited by millions of people organised into hundreds of different tribes. Each tribe had their own way of life, including different diets, spiritual beliefs, languages and customs.

Some of the largest tribes were the Sioux, Navajo, Cherokee, Apache and Iroquois. Although up to 90% of the population were killed by white settlers, most tribes still remain today. However most of their original territory was taken from them and some now live in different regions to their ancestors.



The Tudors

The Tudors were a family who ruled England between 1485 and 1603. They are remembered for the amount that they changed England. One of the biggest changes they introduced under Henry VIII, Edward VI and Elizabeth I was the English Reformation. This was when England changed from a Catholic country to being a Protestant country.

Causes of the Reformation	Consequences
The Reformation in Europe	Protestants throughout Europe like Martin Luther helped spread Protestant ideas. These books reached England and many people began to change their religion.
Anne Boleyn	Henry VIII's second wife and a Protestant, Anne encouraged Henry to end his first marriage and convert to Protestantism. Henry eventually did this and fell out with the Pope.
Corruption in the Catholic Church	Probably exaggerated by Henry VIII, monks and other Catholics were accused of drinking, gambling and being too wealthy. As a result, Henry closed down their monasteries.
Actions of Protestant monarchs	Although Henry VIII was the one to bring in the Protestant Reformation, it was actually under Edward VI and Elizabeth I that Protestant changes occurred much more rapidly. Both introduced a 'book of common prayer' that was in English and preached Protestant ideas.







Edward VI, reigned 1547-1553

Henry VIII's only son and just nine years old when he was crowned King and dead by the age of 15, Edward never really had the chance to rule England. Edward was raised as a Protestant so England became more Protestant during his reign.

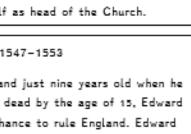


Henry VII, reigned 1485-1509

Henry VII took the throne by defeating the previous King, Richard III. Henry made efforts to control the barons in England. He taxed them heavily and punished them harshly for disobeying him.

Henry VIII, reigned 1509-1547

Determined to have a son of his own, Henry married six different women and had three surviving children. In the 1530s Henry claimed to have become a Protestant and changed the religion of England to Protestant with himself as head of the Church.





Mary I, reigned 1553-1558

Mary was Henry VIII's eldest daughter and a strong Catholic. Nicknamed 'bloody Mary' she is often remembered for executing many Protestants but was also a strong queen in a difficult time.

Elizabeth I, reigned 1558-1603

Elizabeth was Henry VIII's youngest child and a Protestant like her brother. Often remembered as one of England's greatest queens, she continued to make England more Protestant, with increasingly harsh punishments of Catholics who resisted.



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Consider Conflict

Exposition

Climax

Resolution

Activities:



- Look up and define any of the key words in the purple box that you don't feel confident with.
- Look, cover and copy the key words in the purple box. Do this each day until you get the spelling of them correct.
 You could complete your learning of these words by getting a parent or sibling to test you on all of them.
- Read the extract from The Witches by Roald Dahl on the next page. Write down all of the adjectives you can see.
 Next to them, using a thesaurus if you have one, write synonyms that are more ambitious. For example, 'nice' 'pleasant', 'gracious', 'congenial'.
- Draw a picture of a witch or wizard. Surround it with words you would use to describe them (adjectives).
- Using the blue box to help you, try to create 10 metaphors. Use the theme of witchcraft and wizardry to inspire them.
 Example the witch's nose was a crooked crow's beak, waiting to peck anyone to death who came too close.
- Using the blue box to help you, create 10 similes. Use the theme of witchcraft and wizardry to inspire them.
 Example my father's famous liver and kidney stew bubbled and frothed <u>like</u> the threatening contents of a witch's cauldron.
- Write a short story (200-300 words) that involves a wizard or witch. Use first or third person and past or present tense, but make sure that this is consistent throughout. Use as many of the literary devices in the blue box as you can and make sure you include nouns, adjectives, verbs and adverbs that are ambitious and effective. Plan your story before you begin, using the narrative arc model on the next page.
- Read a book that explores elements of magic, witchcraft or wizardry (see the page above for inspiration). Then, write a review of it (100-200 words), detailing what you found most enjoyable and perhaps, what you didn't like so much. Imagine you are writing it for a website that young readers will look at to decide what to read next. The link under 'Suggested Reading' will take you to free audio books... including Harry PotterI (0)
- Using your poetry writing skills that you learnt last half-term, write a poem about witchcraft and wizardry or magic.
 For example, you might write a witch's spell in the form of a poem using rhyme, alliteration and onomatopoeia to make it sound strange and hypnotic.

The Witches by Roald Dahl

As far as children are concerned, a REAL witch is easily the most dangerous of all the living creatures on earth. What makes her doubly dangerous is the fact that she doesn't look dangerous. Even when you know all the secrets (you will hear about those in a minute), you can still never be quite sure whether it is a witch you are standing at or just a kind lady. If a tiger were able to make himself look like a large dog with a waggy tail, you would probably go up and pat him on the head. And that would be the end of you. It is the same with witches. They all look like nice ladies.

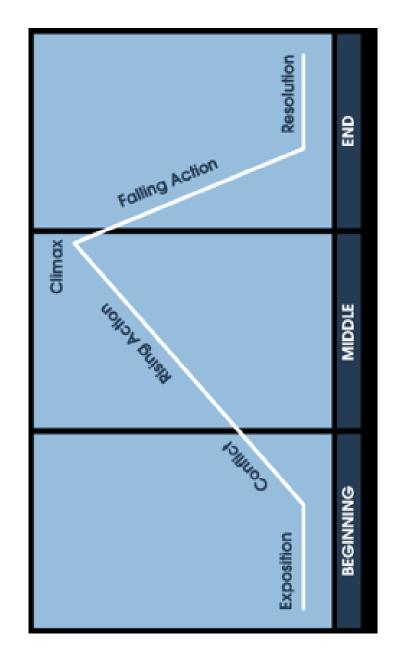
For all you know, a witch might be living next door to you right now.

Or she might be the woman with the bright eyes who sat opposite you on the bus this morning.

She might be the lady with the dazzling smile who offered you a sweet from a white paper bag in the street before lunch.

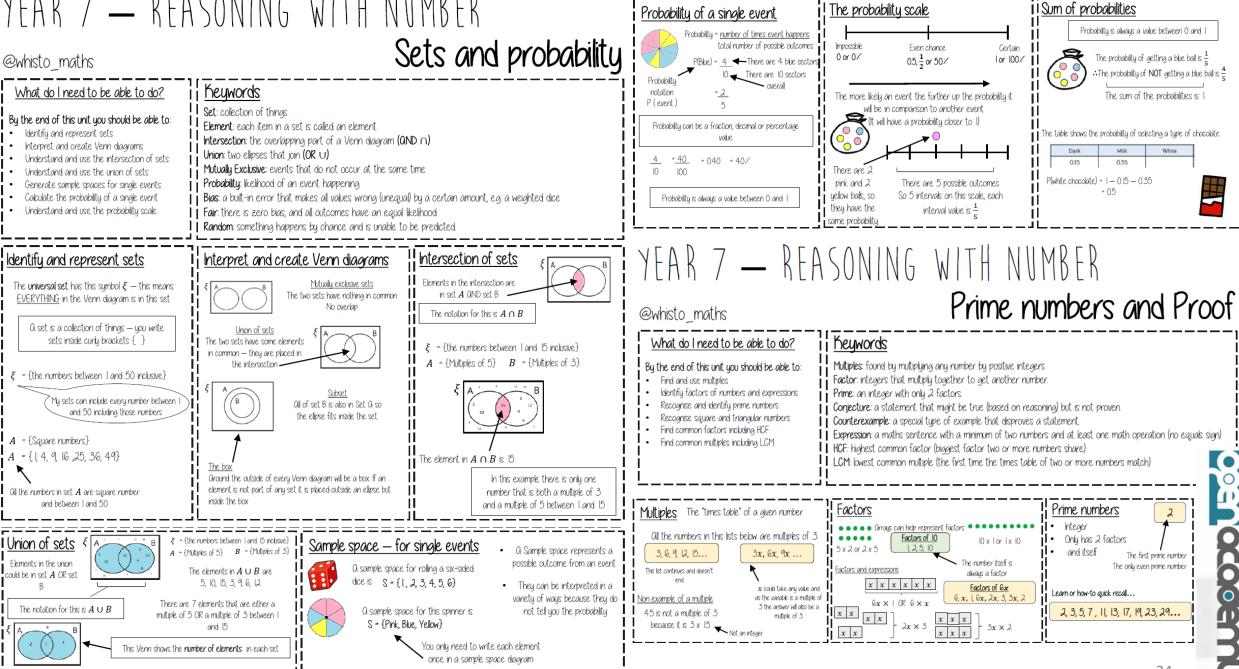
She might even — and this will make you jump— she might even be your lovely schoolteacher who is reading these words to you at this very moment. Look carefully at that teacher. Perhaps she is smiling at the absurdity of such a suggestion. Don't let that put you off. It could be part of her cleverness.

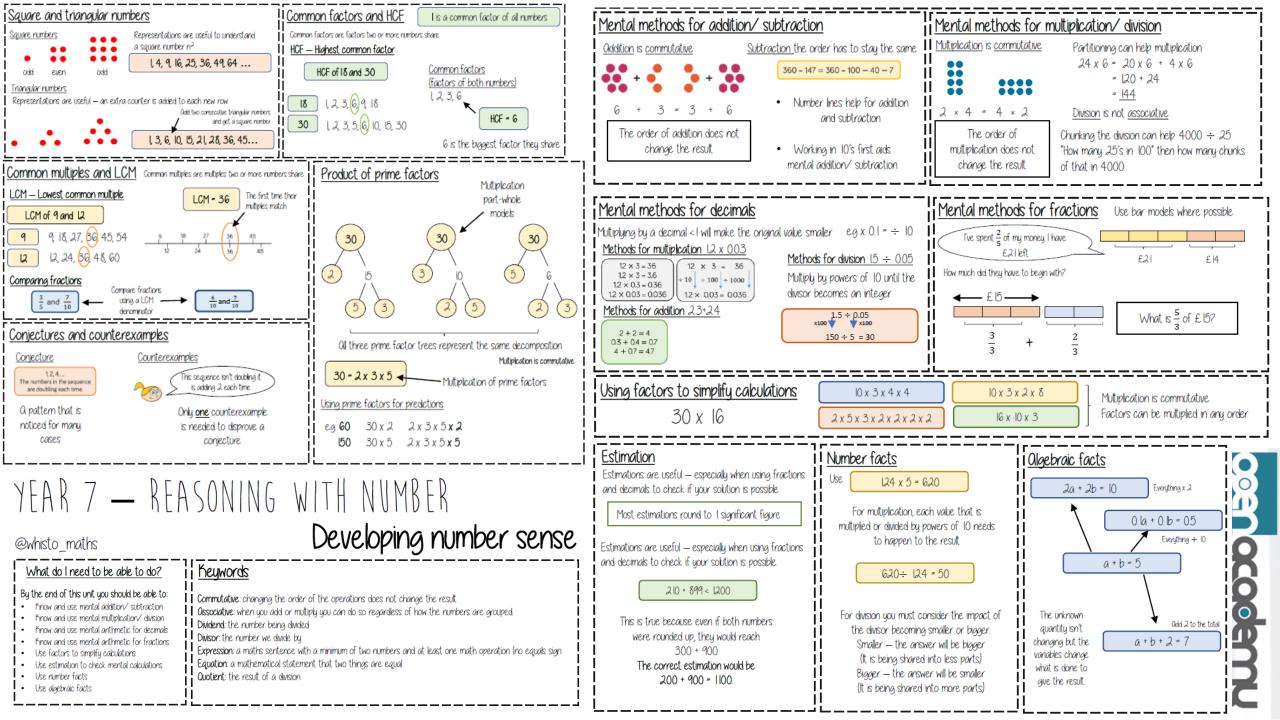
I am not, of course, telling you for one second that your teacher actually is a witch. All I am saying is that she *might* be one. It is most unlikely. But – and here comes the big 'but' – *it is not impossible*.



YFAR 7 — RFASONING WITH NUM

@whisto maths





Year 7 RS: How do Sikhs interact with culture and society ?

	Key words
Sikh	A follower of a religion called Sikhism.
Guru Nanak	The founder of Sikhism
Waheguru	The Sikh God
Punjab	An area in the Northern part of India were Sikhism was started by Guru Nanak.
Guru Granth Sahib	The holy book for Sikhs.
Gurdwara	The Sikh Temple-place of worship.
The Golden Temple	The Pilgrimage or spiritual place of worship for Sikhs.
Sewa	Serving others, showing love and kindness to all.
Langar	A community kitchen in a Gurdwara, food is cooked and served daily to everyone.

People of all religions are welcomed in and even allowed to say their own religion's prayers.

They must not take meat, alcohol or cigarettes into the Golden Temple and their head must be covered. They take off their shoes when they enter.

The central point of the Golden Temple is the known as the Divine Temple. Here one can see some of the earliest copies of the Guru Granth Sahib as during the day it is placed on the takht in this diwan hall. However, a newer copy is used in daily worship to protect the oldest one. The walls inside the Harmandir Sahib are carved with verses from the Guru Granth Sahib. People swim in the lake - it is known as a Sarovar (sacred pool) and is said to heal illnesses.

An Overview of Sikhism.

Sikhism is one of the world's major religions. It is the world's 5^{th} major religion, with about 28 million followers. It began over 500 years ago.

Sikhs are people who follow Sikhism. Sikhs believe in One God, who guides and protects them. Sikhs see everybody as being equal in Gods eyes.

Leading a good life and making important choices are important in Sikhism.

The Guru Granth Sahib is the holy book in Sikhism. Sikhs worship at home and also in a Gurdwara, their Sikh Temple.

Pilgrimage in Sikhism.

The Golden Temple's real name is Harmandir Sahib. This means 'temple of God.' (Har means God, mandir means temple - you should remember this from Hinduism and Sahib is a way of showing respect to something. It's very similar to sa'lah'lah'hu'alla'him/'peace be upon him' in Islam.) It is built on a platform in the middle of a man-made lake, on a site chosen by Guru Nanak. This is in the centre of Amritsar, a Sikh city. It was first built in 1574. However it was destroyed in 1740 by a Mogul emperor and then was recaptured by a Sikh army and rebuilt. It was later built again in the 19th century out of marble and then the top half covered in gold leaf. There are 4 doors, one on every side to show that people of all races, religions and nations are welcome. Continued on the left



<u>The 5 K's</u>

Sikhs display their commitment to their religion by adhering to the 5 K's, which are the Sikh Articles of faith.

The 5 Ks are symbols of Sikh faith. Many non-baptised Sikhs will wear them, but all members, both male and female, of the khalsa (Sikh community) are obliged to wear them.

They will also change their name as a sign. Men who have joined the khalsa add Singh (meaning 'lion' to their name), showing they are strong & fearless, but also caring & kind.

Women add Kaur (meaning 'princess'), showing all women should behave & be treated like princesses. The commitment to the 5 Ks first came into place in 1699 when Guru Gobind Singh (the 10th guru) made the announcement that they should be worn as a display of faith and devotion to God. They are also a symbol of belonging to the Sikh Community. The 5 K's are Kesh- uncut hair, Kangha-comb, Kara-Steel bracelet, Kirpan- small sword and Kachera- shorts worn under their

Where and how do Sikhs worship?

Sikh temples are called Gurdwaras. They are built with a large central dome. Gurdwaras have 4 doors, one on each side of the temple. This shows that they are open to all people of any faith as Sikhs believe that everyone is equal and we all can and should worship together.

3 Principles all Sikhs live by:

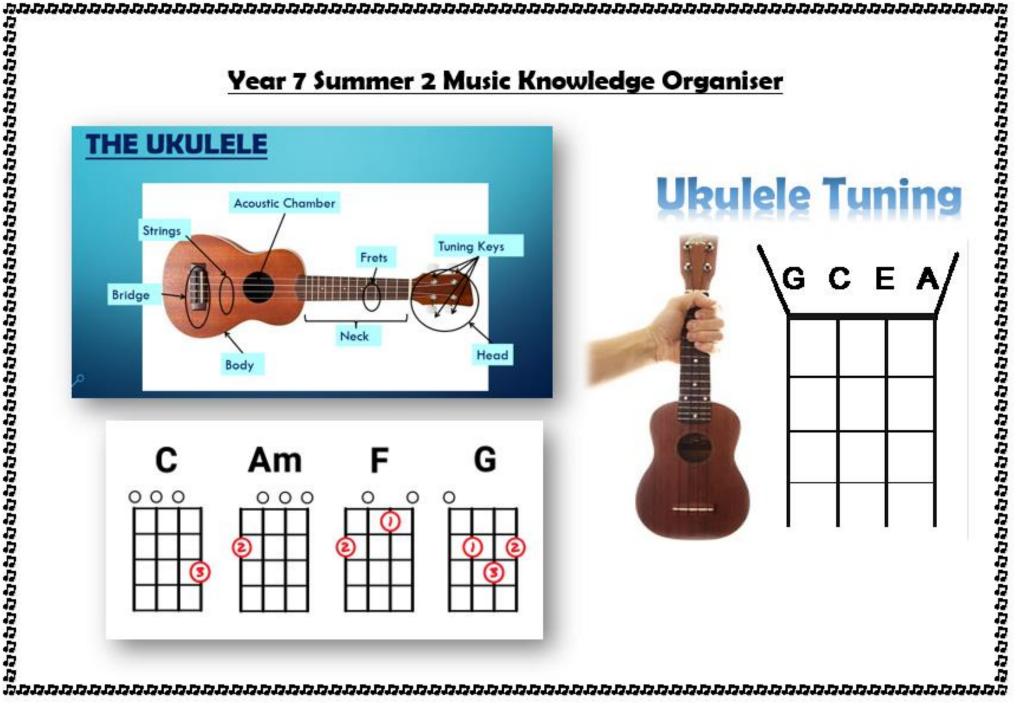
Nam Simran: Remember God's name always.

Kifat Karna: Earn an honest living.

Everyone is obligated to work hard to earn a living if they are able They cannot have a job which hurts others (running a gambling business, making pornography, dealing illegal drugs, etc.) Shouldn't be about getting rich but just to help them live life.

Vand Chhakna: Share in charity with those who are less fortunate. This shows generosity and self-sacrifice. Sikhs believe that the best way to worship God is by caring for other people. We cannot love God if don't take care of his creations. All beings and creatures are His; He belongs to all.' This means respect for all living things because God is in everythingincluding animals. As a result, many Sikhs are vegetarian. They think they are stewards of the Earth so they also have to care for it as God created it.





Going the extra mile activities. Here are some great ideas to do with family to avoid boredom that go above and beyond during the next half term.

The Arts	DT	English and Drama	Humanities	PE	Maths	Science
What different birds can you see? Can you make a diary with observational drawings.	Research what the difference between hard and soft woods is. What trees grow them and what do carpenters use them for?	Watch one of the briefings by the government. What makes a good information giving speech?	How is living in Norfolk special? Compare your lifestyle with others in Lima, Kazakhstan and Calcutta.	Create a new lockdown Olympic Sport. With the cancellation of Tokyo, your sport needs a name, at least 3 rules and a list of equipment needed.	Explain what a square root is to someone really not mathematical.	Try the home experiments.
Take one part of the knowledge organiser and make a piece of performance poetry about it.	How can you save money shopping for food (under normal circumstances)? Create a handy guide for a novice shopper.	Story Board a film that hinges on one of the key facts that you have just learned.	England was divided up into 7 Saxon kingdoms. Create a podcast describing what life would have been like at this time if you had lived then.	Get family members to play even by TEAMs or Zoom! Send it to the organisers of the Quarantine Olympics to include it in the next games!	Where can we find the Fibonacci sequence in nature? Do some research!	https://www.yout ube.com/watch?v =adwvwrTnF48
Podcast your feelings on a good day and a bad day.	Can you make a model of a Norwich landmark? Use any material to hand.	Write a newspaper article about a spy e.g. James Bond. Try to write their obituary.	What happened to the Colony of Roanoke? Create a presentation to explain as an archaeologist what would you expect to find and where.	Create a diary of your physical activity each week. This could be a simple grid or list of activities.	Make some mathematical art using materials at home like packets and boxes.	Can you find some epic science failures yourself? Science is the process of trial and error. It leads to mistakes that we learn from.
Create a playlist that takes you through a particular mood.	Invent a new recipe and test it. Send in photos of it to Ms Luter.	Watch a film. Be a film critic. You are being interviewed to review the film on radio 1. What would you say?	Imagine how Europe's history would have been different if there had been no monarchy. Write a new constitution.	Think about what exercise or activity you completed, how long did you exercise for and how you felt during and after the activity.	Play out a Roast Battle between Pascal's Triangle and The Bermuda triangle.	Find out how smoking effects young people.