

Year 7 Distance Learning Plan

Week Commencing 18th May 2020

Dear Parents and Students

We have produced a weekly Distance Learning Plan for your year group. It aims to provide a **suggested** structure for next week and some details relating to the work that will have been sent from your teachers. We understand that in these difficult times structuring your time and completing work set by teachers can be tricky. Please remember, as far as we are concerned at HHS, your health and wellbeing is of the upmost importance. We are also aware that you are receiving work from lots of different teachers and this weekly learning plan aims to give students and parents an overview of what work will be set by teachers each week, the platform it will be sent to you via, rough time frames you could spend on the work, possible offline activities and other suggestions of useful resources that may help you to stay safe, healthy and intellectually challenged.

This will be updated weekly and published on the school website to provide an overview of the work that will be set and suggested resources for the following week.

'Menu A' details the school work that is available for you to complete and **'Menu B'** and **'Menu C'** are the other activities we suggest you become involved with. We have provided a timetable with each of these for you to select from.

Please remember that this is a **suggestion** and that we understand that some students are struggling to complete work set. You can be assured that you **will not** be falling behind your peers. The curriculum has been suspended therefore the work teachers are setting is not essential knowledge or skills required for future learning. It will just complement the work you do in the future.

If you have any queries then please email your subject teacher in the first instance. Remember that general enquiries can be emailed to hmail@hawardenhigh.flintshire.sch.uk and technical queries to ictsupport@hawardenhigh.flintshire.sch.uk

Parent Support – Basic suggestions to reinforce if you can:

- Set a regular time for your child to get up as they would for normal school day
- Encourage your son/daughter to email the class teacher if they are having difficulty with the topic or are unable to access the resources.
- If possible, create a quiet space for your son/daughter to work away from distractions
- Please do not worry if you feel unable to support with some or all of the work set. There are plenty of people in the same position and the class teacher will be available via email to answer any queries.

Suggested Weekly Timetable

Monday, 18 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – See Menu B
15 mins	Geography– See Menu A
15 mins	MFL– See Menu B
15 mins	Welsh– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Literacy– See Menu B

Tuesday, 19 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	PE – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Art/Music– See Menu A
15 mins	Drama– See Menu A
15 mins	Technology– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See Menu B

Wednesday, 20 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See the box below
Wake up/Work out	Physical activity – See box below
30 mins	Mathematics – See summary in table below
30 mins	STEM activity– See box below
30 mins	Science– See summary in table below
Mindful Midday	Wellbeing and Mindfulness – see box below
15 mins	IT– See summary in table below
15 mins	Welsh– See summary in table below
15 mins	MFL– See summary in table below
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See box below

Thursday, 21 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Creative activity – See Menu B
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Geography– See Menu A
15 mins	History– See Menu A
15 mins	RE– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Literacy– See Menu B

Friday, 22 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Resilience– See Menu A
15 mins	IT– See Menu A
15 mins	Support activity– See Menu B
15 mins	Personal Reading—See Menu C
15 mins	Wellbeing and Mindfulness– See Menu B

'Menu A' week commencing

18th May



Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	JK Rowling (author of Harry Potter) The topic and tasks last for a two- week cycle.	Your main teacher will email you a PowerPoint with 12 tasks on. Aim to complete 5 tasks over the two-week period that the work is set for. You may complete more of the tasks if you would like.	All tasks can be completed on a device (computer, laptop, tablet etc) or on paper.
Maths	Angles: Angles in a triangle Angles In a quadrilateral	Students will receive an email from their teacher with specific instructions of what to do. Work includes a video explanation to watch, a worksheet of questions, a Microsoft form to fill out and optional My Maths website task.	Worksheet questions can be done in their book. Optional colour by numbers worksheets related to recent topics.
Science	Forces	Powerpoint will be sent out on email that has information about the forces involved in movement on rollercoasters. There are instructions to help students design a rollercoaster and build one if they wish.	Design a rollercoaster. Write about the forces involved as the rollercoaster starts, moves on different parts of the track and stops. Build one if you would like.
Technology	Fake away Challenge	Students will receive an e-mail with further information. Task – Are you missing your favourite takeaway during the lockdown? Design and make your own version of favourite takeaway. You could even make your own packaging.	Sketch your favourite takeaway. Use recipes books to make your dish.
Geography	#excellentgeographer challenge	Students will receive a template with a selection of geography activities to choose from this week	Geogglebox – a handy run down of what's on TV this week to support geographical learning.
History	Owain Glyn Dwr.	Move on and look at Glyn Dwr's actions in the battles against the English king. Look at the Battle of Bryn Glas.	Use books at home if available.
RE	What is Paganism?	Students will receive an email with a PowerPoint and Word document, both containing the instructions, and an information sheet.	All tasks can be completed on paper if necessary and the information sheet provided means that no additional research is necessary.
Welsh	Consolidation of this half term's work on the present tense and possessive 'Gan' and cultural activity.	Pupils will receive an email with 2 attachments - one the language tasks (3), one with cultural task. Pupils can also continue to use Duolingo and Quizlet.	Powerpoint, Duolingo and Quizlet can be opened from any device. Tasks can be printed and completed as worksheets.
Art	Portraiture- Capturing eyes through drawing and photography.	Students will receive an email from their class teacher. A visual example will be attached to help students complete the activity.	The activity can be completed using a digital camera, the camera on a phone or using paper.

'Menu A' week commencing 18th May



Subject	Topic	Overview of work set	Suggested offline activity where possible.
Drama	Commedia Dell'Arte	Students will be performing a short speech using Gromolot as either Magnifico, Zanni or the Doctor. An email will be sent to students with guidance for the task.	Students can write their speech with paper and pen.
PE	Recovery Methods	Week 7 of logbook - Pupils are to reflect on the importance of recovery after exercise and identify a range of recovery methods. Pupils may need to access the internet to extend their answers.	Complete week 7 of their 8-week fitness plan (practical). Using the logbook, complete the recovery methods task.
Resilience	Juggling	Continuation of learning to juggle. An email will be sent from Mr MacDonald each week to explain the focus for the week and where to find support with juggling.	Pick up where you were last week, whether that is 1,2 or 3 balls. Try to make the next step in the process by introducing another ball or by gaining more confidence at your current point. Note down the progress that you have made this week.
MFL	Cultural task	Students will receive an email from their teachers with the specific details of the task.	The task can be completed online as a Word, Powerpoint or any other suitable format – or on paper, with a photo of it sent to the teacher, if possible.
IT and Computer Science	Software Applications	<p>Search for 'ICT bbc bitesize KS3' in Google – Click on 'Software Applications' (or you could follow the link below:)</p> <p>https://www.bbc.co.uk/bitesize/guides/z8f82hv/revision/1</p> <p>Complete the revision section on 'Software Applications' and then test yourself by completing the online test. See how many answers you get right.</p>	Create a poster to show and explain, the different software applications you have used on a PC/ Laptop/ handheld device, to complete work on for School.
Music	The Orchestra	Students will receive an email from their teacher with an audio file to listen to as they complete a worksheet.	Choose a song/piece to learn as a solo performance. Keep a practice diary to log your practice time and evaluate your progress.

'Menu B' week commencing

18th May



Physical Activity (30 minutes)

It is recommended that we take part in 30 minutes of physical activity per day. Vary the types of activities that you take part in as much as possible.

Outdoor Activity

Steps Challenge – How many steps can you complete in 30 minutes? Use a phone/Fitbit to count the steps if available. If not, on average, you will complete 2000 steps per mile. Bronze = 500-1,000 steps Silver = 1,000-1,500 Gold = 1,500+

Outdoor fitness circuit – 6 stations using the equipment you have available safely! Fill a watering can and use it as a weight station....be creative!

Gardening! A great way to exercise muscles and develop endurance.

Indoor workouts

Take part in Joe Wicks 'workout' – search Joe Wicks on YouTube

Personal circuit (8-week session plan set by the PE department).

On YouTube search for 'School appropriate Just Dance'. Lots of fun work out videos that you can complete alone or with other members of the family.

Please see the link below as an example:

https://www.youtube.com/watch?v=hfY4y1fMkY&list=PL_ebO2e2pIEFkgE-p313uMwC7ru6InFDi

Family Fun? Why not try some races in the garden, sounds simple but adding obstacles like sit up's, star jumps, burpees etc is a great way of getting everyone fit in a fun way. Plus, you get to be the fitness instructor and can choose what obstacles your family have to face.

Keep a record of your physical activity – and make sure that you vary the types of activity over the course of the week.

Support (15 minutes)

Being a part of the community and displaying support for each other and acts of kindness are important during this challenging time.

Choose out of the indoor and outdoor activity:

Outdoor

Tidy any outdoor spaces such as a garage or shed. Make sure that you give the floors a good brush and make sure that everything in there nice and tidy.

Indoor

Help write the shopping list for the week by auditing the cupboards and checking with parents/carers what you might need. You might even help to complete the order online or help to pack it away when it arrives in your house.

Keep your own record of the jobs that you have been helping with and the new skills that you may have learnt along the way.

Current Affairs and General Knowledge (15 minutes)

These are very unusual times we are living in and it is far too easy to listen to rumours and false news on social media and the internet.

By keeping informed and up to date with what is happening in the world it helps you not to worry about and be anxious about things.

Always use sources that are reliable and well respected and try to look at least 3 different sources so that you know information is reliable.

RELIABLE online NEWS SOURCES -

bbc.co.uk/newsround
bbc.com/news/topics/c40rjmqdlljt/children
newsforkids.net
bbc.com/news
itv.com/news
channel4.com/news

You can also read newspapers and listen to the radio.

Talk to your parents and other adults for their views and see what they think is going on.

The most important thing though is to keep yourself informed and have your own opinion and not let the world carry on around you. Be a driver and a pilot and not just a passenger!

Activity:

Be a News Journalist

Spend approximately 15 minutes each day.

Imagine you have been employed to be a writer for a new magazine for teenagers. The magazine will be published and sold in shops but also available electronically online.

You are responsible for a news summary page of what the most important, stand out news and events of the week.

Spend approx. 15 minutes each day making note of the main news stories and then combine these together to be published together on the news summary page.

You don't need lots of detail but much check the information is correct and you include the main key bullet-points/information.

Make sure to include some positive, happy and humorous stories as well.

If you can scan your work or have completed it electronically, please share copies with

Mr Hughes at

Geraint.hughes@hawardenhigh.flintshire.sch.uk

Wellbeing and Mindfulness (15 minutes)

In 'normal' times we have large numbers of interactions, meetings, chats and conversations with others throughout every day. This is so normal that we don't really notice it until it has gone.

It is really important to keep communicating with others to ensure we stay safe and well but also we should look out for others to keep them safe.

It is also important to look after your physical health with exercise and eating well.

Some useful resources worth checking out -

Mind.org.uk
Actionforchildren.org.uk
Mentalhealth.org.uk
Nurtureuk.org.uk
Nutrition.org.uk
NHS.uk
Kidshealth.org

Activity:

Make a Coping Toolbox

You will need:

Any box or container - you could decorate it.

Life is upside down right now. Making a coping box can help you find ways to relax and cope. It is vital to help your mind and body switch off from any worries.

Spend about 15 minutes each day and fill your coping toolbox with things which remind you of good times or will help you feel better.

Examples: Photos, drawings, a gift which someone has given you, a sachet of hot chocolate, a bath bomb, a list of activities you can do to relax: such as cuddle a teddy, watch a favourite DVD, take 10 deep breaths etc.

If you don't have a box or container find a special place in your room to put the items or simply make a list.

If you start to feel negative about things you go to your toolbox and think about why you put those things in it, how do they make you feel and what is good about them?

When your Coping Box is getting full you might want to -

- Show your parents/family the things in your toolbox and tell them why you chose them.
- Ask family to create their own coping toolbox and show you what they have in there and why.

'Menu B' week commencing

18th May



Literacy (15 minutes)

It is important to develop your literacy every day. This can include using correct language when communicating with others, reading a suitable book/text every day, listening to suitable programmes / podcasts during the day.

Reading:

Make sure that you are reading for at least 15 minutes a day. This can be split into chunks to make it easier if you like. When you've finished a book, remember to quiz on it <https://ukhosted72.renlearn.co.uk/2145350/>.

Mrs Thomas will email out a link to the First News online newspaper each week. This features accessible up to date news articles, along with quizzes and activities. It's a great source of non-fiction reading material.

Writing:

Mrs Thomas will email out a writing 'menu' for you to choose from each week. Simply choose one of the writing skills (extra mild = easy, extra hot = more challenging) to complete each week. We recommend creating a 'literacy' Word document to record these. They shouldn't take more than 15 minutes each and are designed to be fun. It would be good to see you putting these skills into action in the writing you produce for your teachers in all subjects.

A reminder to use capital letters and full stops when sending emails please! You all know how to do this but some of you seem to have got a little rusty...

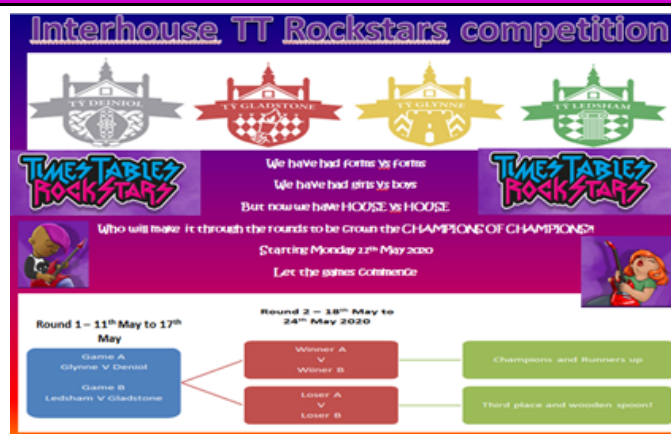
Oracy:

I'm sure few of you need an excuse to 'talk,' but think about the quality of what you're saying and how you're saying it. When you've read some of your book, have a chat with a sibling or parent about what happened in it. What are your predictions about what might happen next?

Read a First News article and report back to someone about it, taking care to cover the 5Ws (who, what, where, when, why). Discuss an issue or story raised in the news and really listen to the other person's opinion on it. How can you ex-

Numeracy (15 minutes)

It is important that you regularly practice your numeracy skills and this should be a daily event. Richer tasks should happen less often but include more thought and the development of understanding. This should take 15 minutes every day.



Email c.peters@hawardenhigh.flintshire.sch.uk for any log in issues

A reminder to use capital letters and full stops when sending emails and in all written work please! You all know how to do this but some of you seem to have got a little rusty...

Keep a record of the numeracy skills updated, and write a notecard for the topic that you have revised. Post your notecard online to your teacher and share with your class.

STEM (30 minutes)

Science, technology and maths working together are critical to our future needs as a nation. Working with members of your family on these ideas is a great opportunity to widen your experiences.

Project ideas as a family:

Quarry reclamation design challenge: A local quarry has now come to the end of its life. The local council are looking for bids to turn this blot on the landscape into an exciting renovation. The quarry is just on the outskirts of Chester and Flintshire. Map attached to print icon or draw your own. <http://www.designoutthebox.com/quarryreclamation.html>

Dyson foundation – STEM challenges that can be completed at home <https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html>

Paper based construction challenges <https://creativepark.canon/en/categories/CAT-ST01-0071/top.html>

A community of curious makers, innovators, teachers, and life-long learners who love to share what they make <https://www.instructables.com>

British Science Week – KS3 Activity Pack <https://www.britishschoolscienceweek.org/plan-your-activities/activity-packs/?gclid=EALalQobCBig Ideas -How can engineers help project the planet?> <https://www.big-ideas.org/join1851/>

Love my science – a series of different experiments you can undertake at home <http://www.lovemyscience.com/experiments.html>

Summarise your learning as a spider diagram (together with other members of your family if working together).

Creative (30 minutes)

Looking at different artists, sculptures, graffiti, and other mediums of expression provides is with a different medium to express this time that we're living in. This could be work done with siblings / family members rather than individually.

Have a look at The National Theatre site on YouTube, which is streaming high quality free performances over the next few weeks. This week there is the opportunity to see 'A Streetcar Named Desire' <https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>

Try creating your own unique instrument. Percussion instruments can easily be created using recycled boxes filled with pasta or rice, or you could be more adventurous by creating your own guitar with recycled boxes and elastic bands. See www.wikihow.com/Make-a-Simple-Musical-Instrument for some inspiration.

Practise your photography skills next time you go for a walk. It's amazing what you see when you look closely. Or try taking a portrait photo of yourself or a member of your family, copy and paste it several times onto MSPaint. Convert the photo to a negative image and click the OK button. In the menu bar, click Image and select the Invert Colours option to change the picture to look like a negative. You will end up with your very own Andy Warhol painting!

Choose a title from your learning this week, and use an artist's style to create your own work. Write a brief description that would be suitable for your work if displayed in a gallery. Send an electronic picture of your work and the description to your class and ask for others to critique your work.

Obviously feel free to enjoy a book at home. The current lockdown period does make it difficult to complete the recommended 1 book every 3 weeks. However, you are still able to engage with the accelerated reader program and complete quizzes. Also please see below for access to an online free digital library offered by Renaissance for the current period of school closure. There are a wide range of books which can be read digitally according to each student's reading ability.

The following link gives access to the library

<https://readon.myon.co.uk/library/browse.html>

This link gives pupils option to select books according to ATOS book level - Students should know their ATOS level as it should be written in their planner or on their login page, parents can access this using their home connect login.

<https://readon.myon.co.uk/library/search.html>











Here's the link for a parent guide to the AR home connect. Parents can check their child's' reading to date and their ATOS book level. This gives clear details for parents to set up and follow their child's reading. Use your son/daughter's login which should be located in their planner.

<https://help.renlearn.co.uk/HC/HCParentGuideEnglish#ARHC> and you can login through the school website under "students".

The final link enables pupils or parents to check if there is a quiz available on a particular book they may have at home and it will give details of the ATOS book level

<https://www.arbookfind.co.uk/default.aspx>

All pupils have their log in details written in their planners. If there are any issues with this please email the Librarian and she can help sally.young@hawardenhigh.flintshire.sch.uk or the Accelerated Reader Coordinator susan.barnard@hawardenhigh.flintshire.sch.uk

 About Me 1,864 books	 Animals 1,216 books	 Genres 3,759 books	 Hobbies & How To 330 books	 Literacy Skills 325 books
 Maths Fun 316 books	 Science 2,106 books	 Social Studies 1,896 books	 Sports & Vehicles 828 books	 Weird & Weirder 453 books