



**Whitmore High School
Independent Learning Activities**

**Independent Learning
Activities**
Spring / Summer 2020
Year 7



Whitmore High School

Independent Learning Activities

What are Independent Learning Activities (ILAs)?

Independent Learning Activities are specific pieces of work set as an activity to complete in their own time, outside of the classroom. Whilst they have a clear focus, students are able to work independently developing their own direction of learning and unique outcomes.

This booklet is designed to give pupils and parents a range of learning tasks to complete at home.

There are a range of activities for learners. Some refer to use of internet, some are written, some are drawing based and some are practical.

We suggest pupils work through the booklet at their own pace and in their own order. We suggest pupils manage their learning in small chunks throughout the day with appropriate rest breaks.

Please refer to the school website for further learning activities which will be uploaded in the forthcoming days and weeks.

Best wishes,

From the Staff of Whitmore High School



Whitmore High School

Independent Learning Activities

History Year 7

Aim: To produce a persuasive piece of written work, explaining the main reason why William I deserve the title of 'Conqueror'.

Objectives:

- To describe the events which led to William becoming 'The Conqueror'.
- To explain how each event led William to be known as 'The Conqueror'.
- To persuade others which was the most important event which led to William becoming known as 'The Conqueror'.

What do you have to do:

- Plan your writing first, making sure that you have information on each of the events.
- Make sure you have an opening paragraph which sets out your main argument.
- Check your work to make sure you are not just describing the events, and that you are explaining why William is a conqueror.
- Make sure that you have a convincing final paragraph which sums up your main arguments.
- Check that you have used History key words in your work.

What format can your work be in?

You need to produce a piece of written work. It can be presented as a word document, written in your exercise book or as a PowerPoint or on lined paper

Key points to help you complete the task:

Resources you will need to help you:

Class notes in your exercise book.

Success Criteria:

Written in paragraphs with good quality point, explain example sentences
Gives reasons why William deserves the title conqueror.
Gives reasons why William does not deserve the title
Has a conclusion which sums up your final view point



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Year 7 Design Technology

Aim: You are required to write a series of sequences to explain to a child of 5 – 7 years of age how to cut out and join together a cube net

This project should take about 2 hours

Objectives:

1. To cut and join together a cube net.
2. To use your knowledge to write a series of concise instructions on how you would mark out cut and join a paper cube net
3. To use sentence starters, imperative verbs and adverbs when describing the process

What do you have to do:

1. Cut out a paper cube, shade, fold and join together
2. Write a list of instructions in sequence on how to do this.
3. Make sure you use the correct vocabulary – using some of the examples of starters, connectives and adverbs along with the correct tools and equipment needed, check your spelling and grammar.

What format can your work be in?

On plain paper

Key points to help you complete the task:

Remember to cut and join the cube yourself this will allow you to understand the process
Use the terminology from the examples given (see the homework sheets).

You should draft your plans first to check your spelling and grammar and to make sure that you have used some of the example terminology given.

Remember you must also include what tools and equipment you are required to use

Resources you will need to help you:

Homework sheets

Pencil/Ruler/scissors/glue or cello tape

Success Criteria – see also rubric sheet

Pupils have completed a finished cube net

They have written a list of instructions in the correct order using correct terminology



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Year 7 Welsh

Aim: To write a detailed paragraph about a Welsh celebrity in Welsh.
This project should take about 1 hour

Objectives: To show that I can write a full report giving factual information in Welsh.

What do you have to do:

I need to research and then write paragraph about a Welsh celebrity giving details about them in Welsh.

I will use a variety of sentence patterns to show I have a good grasp of the Welsh language.

What format can your work be in?

Your work should look like a magazine article. You can use headings / sub-headings. You can include photographs to enhance your work. You can use ICT or handwrite your work.

Key points to help you complete the task:

Plan your work carefully. Make sure you include plenty of information about the celebrity.

Resources you will need to help you:

You can use the vocabulary sheets and dictionaries.
There are extra phrases on the grammar page of your Welsh booklet.
Use the Internet to research your chosen celebrity.

Success Criteria

- A variety of sentence patterns
- Connectives
- Paragraphs, good punctuation and correct spelling.



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Year 7 IT

This project will take about four hours to complete
Aim: To produce a written explanation of how to use Microsoft Publisher to help people who have never used the software before. Using a range of screenshots provided on Google Classroom.
Objectives: <ol style="list-style-type: none">1. Describe what Microsoft Publisher is and what it can be used for.2. To provide step by step explanations of each of the features of the software with screenshots where appropriate.3. To produce a sensibly organised, well written and presented digital help document.
What do you have to do: <ol style="list-style-type: none">1. Plan your writing before starting – what is a sensible order to teach somebody how to use Microsoft Publisher?2. Ensure that each step is explained in full.3. Make sure that technical terms have been used.4. Sensible and useful screenshots have been used.
What format can you submit your work: Microsoft Word, Google Docs
Key points to help you complete the task: Use clear, cropped screenshots that focus on the element you are explaining.
Resources you will need to help you: Access to Google Classroom via school website A computer or tablet
Success Criteria: A set of clear instructions are given Screen shots have been used



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Year 7 Drama

Aim:

To write a monologue for a character recounting their experience on a school trip

Objectives:

- To write 'in roll' about a 'crazy' school trip (Where was it to? What could have happened out of the ordinary? How did the pupils behave?)
- To tell the audience what happened on trip from a personal point of view.
- Remember to in full sentences.

What do you have to do:

- Plan your writing first. What are the key points you want to make?
- Think of any interesting scenarios your character experienced that day.
- Think about how your character might speak.
- Write it in the form of a diary entry.

What format can your work be in?

- A piece of written work that is about one side of A4 (handwritten or typed)

Key points to help you complete the task:

Be creative in the experiences of the individual

Resources you will need to help you:

Watch the movie, "Our Day Out" by Willy Russell On you tube for inspiration (About 1 ½ hours long)

Success Criteria:

Creation of a recounted story using 'monologues'



Whitmore High School Independent Learning Activities

Year 7 PR

This project should take about two hours **'Festivals are no longer important.'**

Aim:

To produce a written discussion to evaluate the question:

'Festivals are no longer important.' Do you agree? In your answer you will need to give your opinion on the statement and include a range of religious and non-religious views.

Objectives:

1. To be able to consider different viewpoints, including religious ones.
2. To be able to give reasons to justify your viewpoint.

What do you have to do:

1. Complete research on the statement.
2. Plan your writing first noting down the key points or arguments you want to make.
3. Ensure you have an introduction, main body and conclusion to your piece of writing.
4. Ensure you argue for both viewpoints giving reasons and/or evidence.
5. Ensure you have included religious teachings, viewpoints and quotes.
6. Ensure your viewpoint is detailed and includes arguments and/or evidence.
7. Compare your viewpoint with that of other people's, including religious ones.
8. Check you have used key religious words.
9. Check your literacy, ensuring you have spelt words correctly, used complex connectives, openers and accurate punctuation.

What format can you your work:

A piece of written work that is 1-2 pages of A4.

Resources you will need to help you:

Research on the Internet

Sentence starters:

A festival is.....

I agree/disagree with the statement because.....

Examples of festivals include.....

For example, Christians celebrate (give examples of Christian festivals and explain how and why they are celebrated.)

Festivals are also important in Hinduism.....

Festivals are also important to non-believers (give examples ad say why)....

Festivals are important because.....

However, others might say.....



Whitmore High School Independent Learning Activities

Year 7 Spanish

This project should take about two hours

Aim: To write a description of your ideal holiday to Spain or Spanish speaking country

Objectives:

- To research a city or area in Spain, through reading information and watching holiday shows;
- To select important facts and information for your audience;
- To recount your idea holiday to Spain or any Spanish speaking country to develop your literacy skills

What do you have to do:

- Decide on a city or area of Spain or a Spanish speaking country – Where is your idea holiday destination and why?
- Research that idea destination – look at videos on youtube, look for books in the LRC, research information on the internet
- Plan your description – what facts and interesting information are you going to include?
- Write a clear introduction that explains what this recount is about.
- Write detailed paragraphs giving important information and interesting facts about your ideal destination, remember to add your own opinions too. Aim to cover information on Location, Customs and tradition, Local speciality dishes for food, Do they speak any other language apart from Spanish? Festivals, Traditional costumes, Tourist attractions, Gifts you could bring home for your friends Favourite TV shows, Fashion, Currency, Types of housing, Schools, Festivals
- Write a conclusion that maybe adds a personal touch – why do you like this ideal holiday destination so much?
- Write a bibliography, which lists where you got your information from (websites and books)

What format can you your work:

Hand written account on paper

Key points to help you complete the task:

- Be factual and accurate with your research

Resources you will need to help you:

Internet

Books

Class teacher

Success Criteria – Refer to rubric sheet

- A wide range of interesting information
- A clear structure to the recount – Introduction, paragraphs and conclusion
- A range of accurate and extended vocabulary and sentence structures
- Accurate grammar, spelling and punctuation



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Year 7 French

This project should take about two hours

Aim: To write a description of your ideal holiday to France or French speaking country

Objectives:

- To research a city or area in France, through reading information and watching holiday shows;
- To select important facts and information for your audience;
- To recount your idea holiday to France or any French speaking country to develop your literacy skills

What do you have to do:

- Decide on a city or area of France or any French speaking country – Where is your idea holiday destination and why?
- Research that idea destination – look at videos on youtube, look for books in the LRC, research information on the internet
- Plan your description – what facts and interesting information are you going to include?
- Write a clear introduction that explains what this recount is about.
- Write detailed paragraphs giving important information and interesting facts about your ideal destination, remember to add your own opinions too. Aim to cover information on
Location, Customs and tradition, Local speciality dishes for food
Do they speak any other language apart from French? Festivals, Traditional costumes, Tourist attractions, Gifts you could bring home for your friends
Favourite TV shows, Fashion, Currency, Types of housing, Schools, Festivals
- Write a conclusion that maybe adds a personal touch – why do you like this ideal holiday destination so much?
- Write a bibliography, which lists where you got your information from (websites and books)

What format can you your work:

Hand written account on paper

Key points to help you complete the task:

- Be factual and accurate with your research

Resources you will need to help you:

Internet

Books

Class teacher

Success Criteria – Refer to rubric sheet

- A wide range of interesting information
- A clear structure to the recount – Introduction, paragraphs and conclusion
- A range of accurate and extended vocabulary and sentence structures
- Accurate grammar, spelling and punctuation



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Geography Year 7

This project should take about two hours

Aim:

To produce an instruction sheet about how to complete a traffic enquiry.

Objectives:

3. To identify what equipment will be needed to take on your traffic enquiry.
4. Describe why outside Tesco on Port Road is a good location to collect data.
5. Write a set of instructions about how to conduct your traffic enquiry step by step.
6. Identify two risks and complete a risk assessment.

What do you have to do:

10. To identify what equipment will be needed to take on your traffic enquiry e.g. clipboard and pencil. Give reasons why you might need these pieces of equipment.
11. Describe why Port Road is a good location to collect data. Give three reasons why we might go to Port Road to collect our data.
12. Write a set of instructions about how to conduct your traffic enquiry step by step. Write up to 10 clear steps about how to complete our traffic enquiry. These instructions should be clear so that another pupil would be able to carry out exactly the same data collection.
13. Identify two risks and complete a risk assessment.
14. Aim to use key words that we have used in class.

What format can your work be in?

A piece of written work that is 1-2 pages of A4. It can be completed on the computer if you wish.

Key points to help you complete the task:

- Use the VCOP sheet in your planner
- Use your Geography key words sheet

Resources you will need to help you:

- Paper
- Framework for answer

Success Criteria – see rubrics sheet

- I have written a comprehensive set of instructions with pertinent details and precise descriptive language.
- My style suits my purpose and targets my intended audience appropriately.
- A detailed list of items/equipment needed.
- Organised information mostly into sequential steps, using bullets/numbering.
- I have used subject specific vocabulary and a challenging range of academic language for effect.



Whitmore High School Independent Learning Activities

Year 7 Food Technology

This project should take about 2 hours

Aim: To produce a written discussion of the advantages of good hygiene, safety and food storage in the kitchen.

Objectives:

1. To discuss the importance of good hygiene and safety.
2. To design a leaflet to advise a new member of the kitchen staffs the importance of good hygiene and safety.
3. to produce a well organised piece of homework with a topic sentence, point and explanation, make good use of connectives and use a conclusion

What do you have to do:

1. Plan your writing first, what are the key points you want to make.
2. Check you have covered the main points discussed in lessons.
3. For each point have you said why (explanation)
4. check you have used the topic key words
5. check your homophones and use of connectives

What format can you your work:

A piece of written work that is about one side of A4 and a leaflet no larger than A4
You could fold the paper if you like.

Key points to help you complete the task:

Use the food technology literacy toolkit and subject specific word list.

Resources you will need to help you:

Plain or coloured A4 paper available from food technology department.

Success Criteria – see also rubric sheet

A brief description with little explanation, one element may be missing.

A full description of the key point with some reasonable/ plausible explanations

Both elements completed.

A full description of the key point with some reasonable/ plausible explanations.

Both elements completed.

A full description with valid reasons for features. Both elements completed



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Year 7 Physical Education

This project should take about an hour to complete

Aim: Explain in a written piece what a gymnastic sequence is using the key words below.

KEY WORDS

Gymnastics

Extension Tension Clarity of Shape Flow Levels Travel Balance
Flexibility

Objectives: Explanation Writing

What makes a successful gymnastic sequence?

What do you have to do:

Task 1: In the first paragraph, you need to explain the process of a sequence, using the key words on page 18. For example: *At the start of a sequence the gymnast will be holding a shape. The beginning shape will then link into the next shape. This will include travel and a change of levels..... (Do not use I, we, you, etc.)*

Task 2: In the second paragraph, you need to evaluate the performance of your partner's sequence, explaining what went well and what they can improve on.

What format can you your work: You can either write in the space provided in your booklet or use a computer and type out your written piece.

Key points to help you complete the task: Use the key words to help you explain your work.

Resources you will need to help you: The booklet and a pen and/or a computer



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Year 7 Art

This project should take about 2 hours

Aim: Design and make a postcard that you are sending to someone that contains a short report about a visit to an exhibition you have been to on Aboriginal Culture.
To reflect on the work you have produced this year in Art on Aboriginal Culture.

Objectives:

- To produce a short report on an imaginary exhibition on Aboriginal Art you have visited.
- To use your knowledge of Aboriginal symbols, styles and techniques to design your own small piece of art suitable for a post card design.
- To use artistic vocabulary within your report.

What do you have to do:

- Design the front of your post card using your knowledge of Aboriginal Art.
- Write a rough draft of the report to go on your post card. Make sure the text fits suitably in the space you have, check your spelling and grammar.
- Make sure you use artistic vocabulary – check the sheet in your sketchbook.
- Refer to specific examples of Aboriginal art or artists, use your experience gained this year in Art lessons.

What format can you your work:

You will need to use A5 card / paper that you can use for your postcard. You can choose the materials that you will use for your design. The written report will be presented on the back of the post card.

Key points to help you complete the task:

Remember to reflect on the work you have completed this year, e.g. specific artist references.

Use artistic terminology within your vocabulary (see the sheets in your sketch book).

You should draft your message first of all to check your spelling and grammar and to make sure that you can fill the space on your postcard.

Resources you will need to help you:

A5 size white card /paper

The Internet

General Art equipment such as watercolour paints, coloured pencils. (Art department facilities will be available every lunch time and during after school club.)



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Year 7 - Music

This project will take about two hours

Aim: To produce a written report describing the musical elements of two contrasting versions of 'Ode to Joy' in Sister Act 2

https://www.youtube.com/watch?v=OaEH1e_DLm0 &

<https://www.youtube.com/watch?v=oYJE2xy6K6w> .

Objectives:

1. To describe, explain and compare the musical elements of each version.
2. To offer your own opinions on both versions, stating your preferred version and reasons behind your decision.
3. To produce a well organised, appropriately structured and detailed report or presentation.

What do you have to do:

- Watch and listen to each version and create a mind map of the different elements you can hear.
- Select the most important/interesting elements from each version and describe HOW they are used and WHY you think they appear.
- Organise your ideas into an introduction, main body and conclusion.
- Give your own opinions on both versions before deciding on your favourite at the end.
- Give reasons for your decision and back up your points!
- Use musical vocabulary and specific words.

What format can you submit your work:

- Word document.
- PowerPoint of at least 6 slides.

Key points to help you complete the task:

- Use the knowledge you have of the piece from performing it to help.
- Use your element descriptions to help you describe the music properly.
- Use the knowledge organisers that have been uploaded to help you with extended vocabulary.

Resources you will need to help you:

- Paper or PC
- If you want to listen to the songs they are available on YouTube use the above hyperlinks to take you there.

Success Criteria:

- **Musical elements** – *how are they used? How do they relate to the genre of music? Why might the artists have used them in that way, in your opinion?*



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Dance Year 7

Aim:

This project should take about 2 hours

To produce a report on your favourite style of Dance.

Objectives:

- To research a style of dance, through reading information and watching dance performances
- To select important information and interesting facts for the reader
- To present a piece of writing in a report style, to develop your literacy skills

What do you have to do?

1. Decide on a style of dance –what is your favourite?
2. Research that style – look at videos on youtube, look for books in the LRC, research information on the internet
3. Plan your writing – what facts and interesting information are you going to include?
4. Write a clear introduction that explains what your report is about.
5. Write some detailed paragraphs giving important and interesting facts – maybe you could try adding some of your own opinions too. Try to cover information on:
Movements
Costumes
Music/accompaniment
Location – where do you see this style of dance? Theatre/TV/social gatherings
Who – who does this style of dance? Professional trained dancers/members of the public?
Groups/solo?
When – is this style of dance done at particular times of year?
Origin – can you find any information about when this style started or how it has developed?
6. Write a conclusion that may be adds a personal touch – why do like this style? Have you tried this style of dance?
7. Write a bibliography, which is a list of where you got your information from (websites and books)

What format can your work be in?

Hand written report on lined paper.

Key points to help you complete the task:

Gather as much information as you can from books and the internet.

Resources you will need:

Pen and lined paper.

Feedback:

Rubric sheet

Success Criteria: see also rubric sheet

- A wide variety of interesting information
- A clear structure to the report – Introduction, paragraphs and conclusion (and bibliography)
- A range of vocabulary used accurately
- Accurate use of grammar and punctuation



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Science Year 7

Aim:

To summarise cells in Biology; in terms of their structure and their function.

Objectives:

- To describe and compare differences between animal and plant cells
- To explain how cells work together to form organs
- To suggest how specific cells are adapted to do their job

What do you have to do:

1. Make a poster to show an Animal cell, Label the parts and explain the function
2. Make a poster to show a Plant cell, Label the parts and explain the function.
3. Visit the website cellsalive.com
4. Explain the difference between a plant cell and an Animal cell
5. Pick an organ in the body and explain its structure and function
6. Make a model or a poster of a specialised cell - Sperm cell, nerve cell, red blood cell
7. Define these key words - Nucleus, Cytoplasm, Cell membrane, tissue, organ, Specialised.
8. Make a mind map of all of your work on cells - include animal cells, plant cells and specialised cells.

What format can your work be in?

Posters on an A4 sheet of paper
PowerPoint presentation or on Word

Key points to help you complete the task:

Make sure you label any diagrams
Check spelling of key words

Resources you will need to help you:

Watch this video: <https://www.youtube.com/watch?v=v2IHztS4sMU&t=7s>

The website www.cellsalive.com

Success Criteria:

- A description of an animal and plant cell
- A comparison of the differences between an animal and plant cell
- A definition of what an organ and examples of cells working together to form organs
- Definitions of the key words
- Examples of specialised cell and a description of how they are adapted to do their specialised job.



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KEY STAGE 3 – MATHEMATICS

MATHS - WORKING INDEPENDENTLY OUTSIDE OF SCHOOL

Top Tips to help improve your pupil's mathematics and numeracy skills:

1. Be positive about maths. Help your pupil realise they can do it! The harder YOU try, the better YOU will get.
2. Engage with homework – ensure your pupil is in a quiet place where they can concentrate and try and work through problems together. Use the numerous interactive and tutorial style resources we highlight below. Pupils have fortnightly, Basic Skills, mathematics homework's that are dependent on which class a student is currently in.
3. Do a little bit and often! More than most other subjects, you have to be active, doing, solving, making connections, learning! It's the only way to build skills and develop understanding.
4. If you are unsure of how to help yourself there are a huge range of websites out there to help you! Below are some of our favourites at Whitmore High are:

MATHEMATICS SKILLS – Online Homework System

In an event of prolonged absence staff are able to set relevant “Booster Packs” for each student using MyMaths.



Link: <https://www.mymaths.co.uk/>

SCHOOL USERNAME: **barry**

SCHOOL PASSWORD: **maths14**



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My Maths Online homework system bought into by the Maths department. Pupils can log in using “barry” and “maths14” followed by their own personal details (available from their maths teacher).

MyMaths takes pupils through lessons that are animated step-by-step. Pupils can then assess their learning against a carefully planned series of questions (homework task) that has the added feature of instant feedback, by automated marking. Pupils also get the chance to leave feedback which is sent directly to staff to provide quick and easy assistance/feedback.

We advise on pupils making notes after following each lesson. We also advise on pupils writing down their working in addition to answering the Homework Tasks online.

MATHEMATICS SKILLS



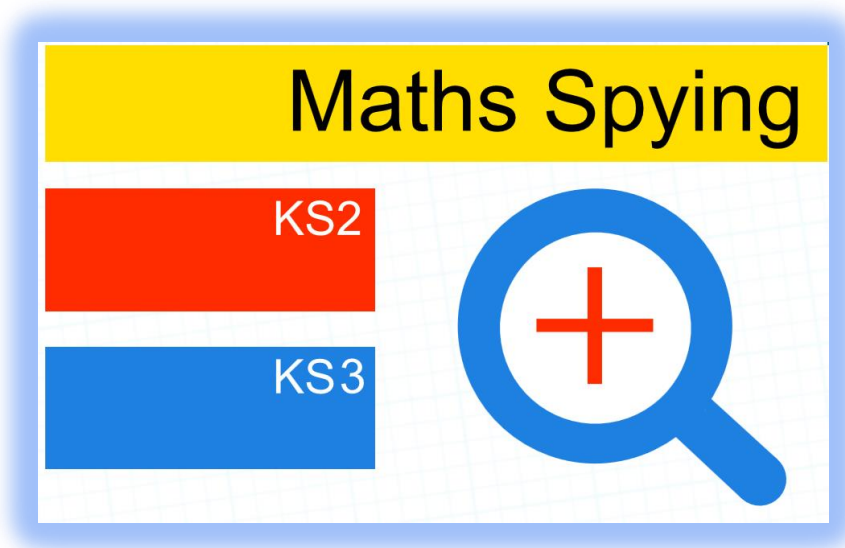
Link: <https://corbettmaths.com/contents/>

In addition to MyMaths staff regularly encourage and use “CorbettMaths”. A free and rich resource that provides everything from tutorial videos to textbook style worksheets, many of which have answers provided for quick and accurate self-assessment.



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KEY STAGE 3 – NUMERACY SKILLS



Link:

<http://resources.hwb.wales.gov.uk/VTC/2017/CiparFathemateg/index.html>

Maths Spying a fantastic resource for numeracy skills aligned with the National Numeracy framework here in Wales.

The applet is designed to allow easy navigation to the relevant skills for each school year group.

If you are after further information to help your child improve their everyday numeracy, there a number of brilliant ideas on the [Family Maths Toolkit](#) website!

If you have any questions regarding any of these resources or want to know a little bit more about the work we do at Whitmore High, please don't hesitate to get in contact with us at school!



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KEY STAGE 3 – ENGLISH

WORKING INDEPENDENTLY OUTSIDE OF SCHOOL

We would also like all KS3 pupils to keep reading, at least 30 minutes per day, and taking Accelerated Reader quizzes. With this in mind, there is a reading list below with links to freely available online texts.

KS3

[*Lamb to the Slaughter*](#), by Roald Dahl

[*The Landlady*](#), by Roald Dahl

[*The Adventure of the Speckled Band*](#), by Arthur Conan Doyle

[*The Adventures of Tom Sawyer*](#), by Mark Twain

[*Little Women*](#), by Louisa May Alcott

[*The Time Machine*](#), by H. G. Wells

[*Alice's Adventures in Wonderland*](#), by Lewis Carroll

[*The Raven*](#), by Edgar Allan Poe

[*Treasure Island*](#), by Robert Louis Stevenson

[*Grimms' Fairy Tales*](#), by Jacob Grimm and Wilhelm Grimm

[*Great Expectations*](#), by Charles Dickens

[*Of Mice and Men*](#), by John Steinbeck

In addition, below there is a table of a range of activities for pupils to select from. These are ordered in challenge. The most challenging at the top. Try to have a go at a top challenge!



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<p>Write a poem or song which focuses on bias in the media. <i>Make it informative but catchy and remember to include key terms...</i></p>	<p>Write a formal letter to an institution explaining the necessity for objectivity in the media. <i>Use a letter layout, remember key terms and use persuasive language to explain key issues...</i></p>	<p>Write a newspaper article on doping in sport. <i>Include specific, accurate facts with good grammar. You should include quotes and images...</i></p>
<p>Create a leaflet which informs you about a dangerous sport. <i>Use key terms, make it informative and eye catching...</i></p>	<p>Create a factsheet summarising a dangerous sport, but also add additional research and facts. <i>Use correct terminology and use the internet to include extra facts (no copy & paste!)</i></p>	<p>Create a comic strip to a historical sporting event. <i>Use pictures and key words to explain the process in a clear way...</i></p>
<p>Create a poster on Lance Armstrong or another sport celebrity. <i>Use key terms, make it informative and eye catching...</i></p>	<p>Create a flow diagram/chart to explain the history of cheating in sport. <i>Use pictures and key words to explain the process clearly...</i></p>	<p>Create 10-15 challenging quiz questions about what we have covered so far about sport. <i>Write the questions with correct answers separate to test a peer...</i></p>
<p>Create a mind map summarising the key skills we have used in this topic. <i>Use key terms, make it informative and eye catching...</i></p>	<p>Identify key terms we've used in this topic and write a dictionary. <i>Find the definitions of key words and write a glossary to help you to learn spellings...</i></p>	<p>Write 3 Tweets that could summarise the skills we have used. <i>No more than 140 characters; use #'s for key words and they must be informative...</i></p>



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Year 7 PE Practical Activities

Aim: Individual practical activity in the home environment to improve health and mental well-being.

Objectives:

All pupils to complete regular physical exercise from a range of exercise regimes

What do you have to do:

Aim to complete a 20 – 30 minute exercise session at least 3 sessions per fortnight, ideally more than 2 per week.

All pupils in years 7 to 11 to complete at least 3 exercise sessions per fortnight in line with their PE lesson timetable. Having the opportunity to complete more sessions per week or fortnight.

Pupils will choose which type of activity they want to complete from Joe Wicks Body Coach, Just Dance, Insanity or they can devise their own Circuit Training session at home.

Examples to use –

Body Coach - Joe Wicks

<https://www.youtube.com/watch?v=bSXR6V9q6rM> – Beginners

<https://www.youtube.com/watch?v=mhHY8mOQ5eo> – kids workout

<https://www.youtube.com/watch?v=-TGEdzRzSbw> – School workout

<https://www.youtube.com/watch?v=iEsZITtRiWQ> – 15 minute HIT session

Just Dance

https://www.youtube.com/watch?v=gCzgc_RelBA – Waka Waka

<https://www.youtube.com/watch?v=a1zQ1xOjZnk> – Timber

https://www.youtube.com/watch?v=Ls_FWxWo9PI – Swish Swish

<https://www.youtube.com/watch?v=bjtWjGpPjqc> – One Direction Beautiful

Insanity Workout

https://www.youtube.com/watch?v=wwkrup_TG6I – Home Workout

<https://www.youtube.com/watch?v=jr6DuNMTQBC> – Furious Fat Burner 20 minute

<https://www.youtube.com/watch?v=sHgLdjyhbdA> – 20 minute Tabata workout

These are examples from Youtube, there are thousands of exercise sessions on Youtube that you could use. Search for 20 – 30 minute sessions. You can find and use your own if you prefer.



Whitmore High School

Independent Learning Activities

Yoga Workout

<https://www.youtube.com/watch?v=r7xsYgTeM2Q> 15 minute session beginners

<https://www.youtube.com/watch?v=GGJzZx4H2K4> 20 minute full body stretch

<https://www.youtube.com/watch?v=vGWKBGWOCs4> 20 minute beginners

Pilates Workout

<https://www.youtube.com/watch?v=6lnI9nEuG0I> – 20 minute beginners

https://www.bbc.co.uk/sounds/play/live:bbc_radio_wales_fm – Pilates for core

Many of you may have an exercise machine at home that you could use such as a treadmill, rower or exercise bike. These could all be used for your session. Just make sure you record the details so you can then report on it afterwards.

Circuit Training

Plan a circuit session using at least 10 exercises from the list below. Each session work for 30 seconds on each exercise and give yourself 30 seconds rest between exercises.

Exercises

Press Ups	Sit Ups – elbows to knees	Step ups using stairs or bench	Plank	Squats
Burpees	Star Jumps	Skipping	Mountain climbers	Lunges
Tuck jumps	Squat jumps	Star jumps	Bicep curls using tins	Sit ups – Crunches

For every session you complete follow the same plan –

1. Take your resting hear rate and record it. Take your pulse for 30 seconds and double it to find your heart rate per minute.
2. Complete a simple warm up for 2 – 3 minutes and some dynamic stretching of major muscle groups.
3. Start the exercise session.
4. 10 minutes into the session take your heart rate again. Take your pulse for 30 seconds and double to find your heart rate per minute. Record it.
5. At the end of the session take your heart rate again. Take your pulse for 30 seconds and double to find your heart rate per minute. Record it.

Keep a record of the sessions you have completed - record the number of exercises completed in the circuit sessions.

Record your heart rate during each session.



Whitmore High School Independent Learning Activities

Skills used –

Literacy – recording your scores and writing a review of the whole exercise programme process.

Numeracy – use of data for each of the exercise sessions completed. Using timings.

Calculating heart rate a number of times.

DCF- use of digital platforms for researching and recording sessions completed. Posting examples of sessions on the school and PE department Twitter sites.

ICT – developing graphs to show changes in heart rate and the number of exercise completed over time. Comparing data and graphs of each other.

MAT pupils – push yourself to work harder each time by increasing the intensity, the number of exercise completed in your circuit, or increasing the time you have worked for.

Resources you will need to help you: Smartphone / Laptop / Tablet

Success Criteria: Record your achievements each session. Post them on the school Twitter and PE site for other pupils and staff to see your work.

Write a report / review of the whole process. Include which exercises / activities you have included? How you found the regime? What you got from it? How you could change it if you did it again?