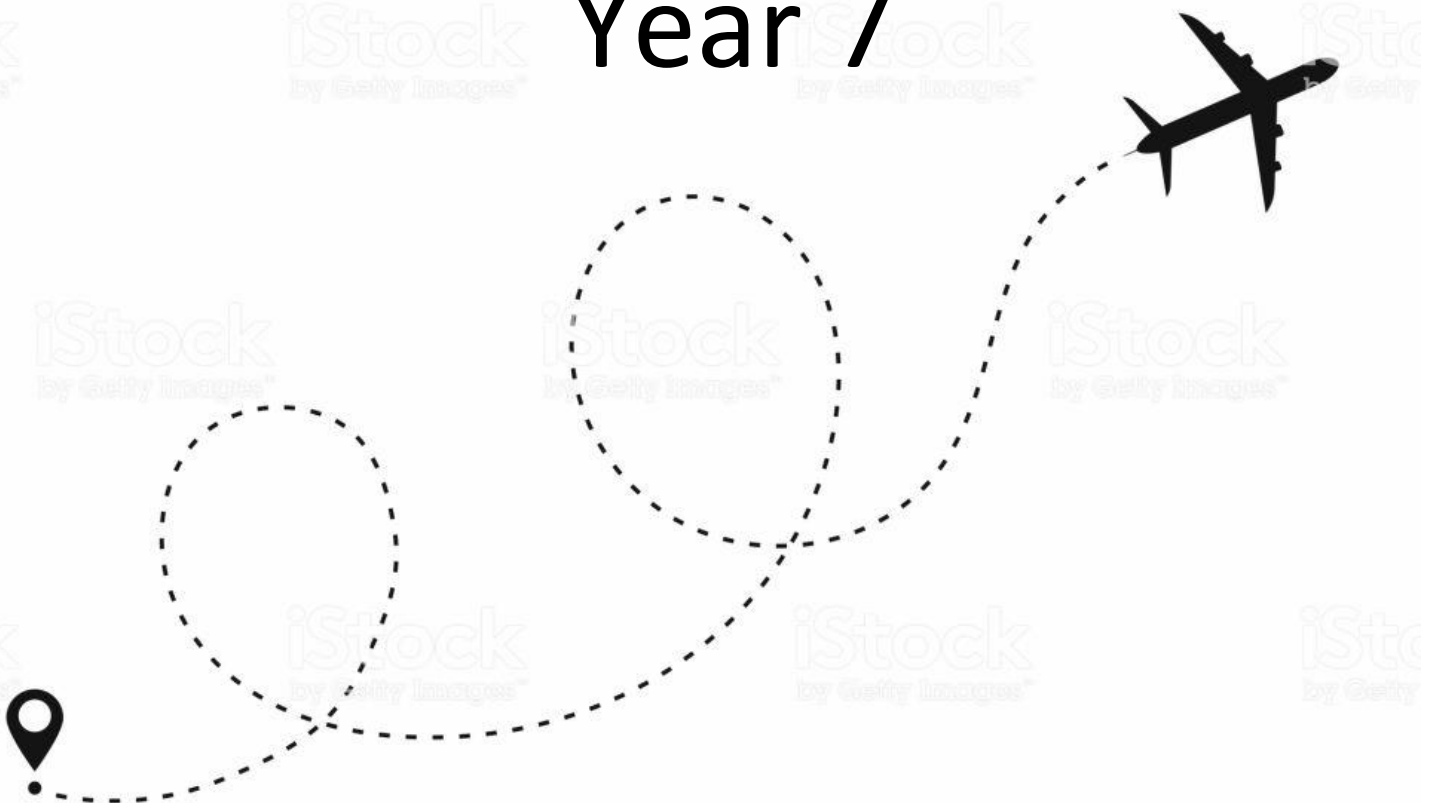




Park Vale
Academy

Welcome To Year 7



Contents:

Welcome	Page 3
English	Page 4
Maths	Page 5
Science	Page 6
History	Page 8
Geography	Page 9
Modern Foreign Languages	Page 10
Design and Technology	Page 11
Business and IT	Page 12
Drama	Page 13
Art	Page 14
Philosophy, Religion and Ethics	Page 15
Music	Page 16
PE	Page 17

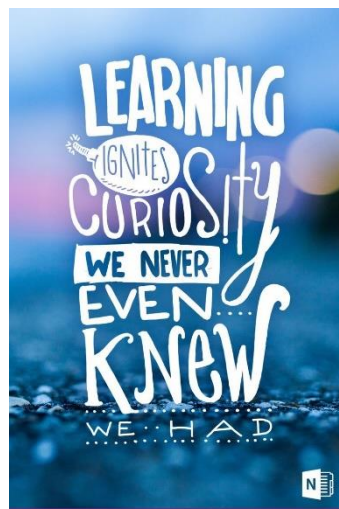
Welcome to Park Vale Academy and Year 7

We hope you are looking forward to joining us when schools fully re open. Who knows exactly what things will look like and when, but what we do know is that when we are able to fully re open, we have lots of exciting things in store for you both in lessons and with our programme of after school activities.

You have all worked really hard in year 6 preparing for your SATs and were most likely looking forward to all the end of year celebrations. By now you will have been out of “normal” school for a couple of months, and even when/if you do return on the 1st June, things may still feel very different to how they were before.

Here at Park Vale, we think it is beneficial to keep thinking and learning new things. Not only will learning at home help you stay on top of your education, it will help you to become more independent, self-motivated and inquisitive. Therefore, we have produced this booklet to let you know what you will be studying in your first term in year 7 and give you some suggestions for things to do over the summer.

There are lots of ideas here so dip in and see where it takes you. Get ready to make a flying start when you start!



Welcome to English

This is our YEAR 7 curriculum for the autumn term:

Half-term 1: POETRY

'*Invictus*': an inspirational poem about never giving up.

'*Slam Poetry*': study spoken word poems written by ordinary people about modern life.

'*Performance*': write and perform your own poem.

Suggested Poetry:

The poems of Roger McGough

<https://www.youtube.com/watch?v=RW36Bai3qL8>

The poems of Ben Zephaniah

<https://www.youtube.com/watch?v=v4AgPSjzXkw>

The poems of Kate Tempest

<https://www.youtube.com/watch?v=vM09uPsvWIM>

Half-term 2: CREATING CHARACTERS

'Learn how writers create interesting characters'

'Create your own characters using effective techniques'

Summer Challenge

Listen to the poems. Can you write your own poem about starting secondary school in the style of one of these poets– be creative!

Summer Challenge – Answer these questions

Who is your favourite character from a story?

What is their relationship to the other characters in the story?

How do they look, talk and behave?

Why do you like this character?

Now watch this video called '**The Present**' <https://www.youtube.com/watch?v=WjqiU5FgsYc>

Can you write a description of the character?

What is he like in the beginning?

How and why does he change?

What do you think might have happened to his leg?

EXTRA CHALLENGE: Complete one of the challenges below.

Summer Challenge

Find out about a famous person linked to Nottingham and write about them.

Summer Challenge

Make a video arguing a point of view about a subject you feel strongly about.

Summer Challenge

Think about an interesting place you have visited. Write a travel review about your experience.

Welcome to Maths

Maths kit

Bring this equipment to all your maths lessons.



In the autumn term we will be studying:

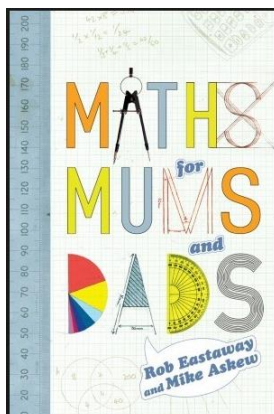
- Data
- Number skills
- Algebra
- Decimals and measures
- Fractions

Things you can do to prepare for September:

- **Equipment** – make sure you have a pen, pencil, ruler, rubber and calculator ready. Ideally, you should have a scientific calculator, but not to worry if you already have a normal one.
- **Familiarise yourself with some of the early topics** in the year. For example: recap knowledge from primary school on adding, subtracting, dividing and multiplying whole numbers and decimals. Make sure you can remember what a prime number is.
- **Try some problem solving tasks.** A good website for this is <https://nrich.maths.org>. The 'nrich' website will make different problems available each week. You can send in your solutions – they will publish the best ones on the website!

Recommended reading for parents:

If you'd like to update your maths skills to help with your child's homework, this is a good book to remind you of what you learned at school and explain some new methods in maths teaching.

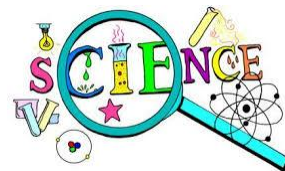


Flower Puzzle

$$\begin{array}{l} \text{Red flower} + \text{Red flower} + \text{Red flower} = 60 \\ \text{Red flower} + \text{Blue flower} + \text{Blue flower} = 30 \\ \text{Blue flower} - \text{Yellow flower} = 3 \\ \text{Yellow flower} + \text{Red flower} \times \text{Blue flower} = ? \end{array}$$

Why not try this?

Welcome to Science



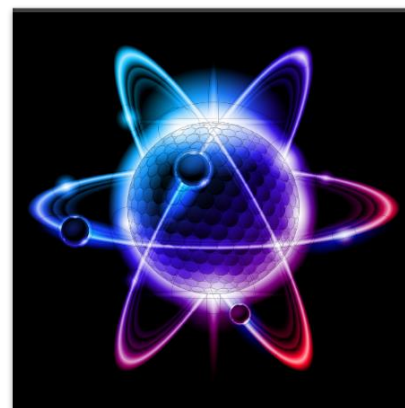
We have 6 laboratories and a classroom to help you study Science.

In the autumn term you will be developing your scientific skills by planning, carrying out, concluding and evaluating a variety of scientific investigations. You will also study “Cells” which we call the building blocks of life; “Elements, mixtures and compounds” where you will react and study chemicals and “Forces”, which make objects move, change shape and alter their direction.



Things to see and do

- Watch David Attenborough’s film “Climate Change – the Facts” on the BBC iPlayer.
- Track penguins on www.penguinwatch.org
- Make memories – take a picture of something interesting you’ve spotted over the holiday. Bring it in to share!
- Try to spot the International Space Station in the sky. Put your location into the website and see if it’s visible from where you live: <https://heavens-above.com>



Recommended reads

- [Ada Byron Lovelace and the Thinking Machine](#) (5+)

The story of a remarkable 19th-century female inventor who created algorithms for a machine that was a precursor to computers.

- [**Astrotwins \(9+\)**](#)

Retired astronaut Mark Kelly's novel of rocketry and NASA's space programme. The story is about growing up with twin brother, astronaut Scott Kelly. The science content is rich and deep, with patient, detailed explanations.

- [**Nick and Tesla's High-Voltage Danger Lab: A Mystery with Electromagnets, Burglar Alarms, and Other Gadgets You Can Build Yourself \(9+\)**](#)

Spending the summer with their mad-scientist uncle, 11-year-old twins Nick and Tesla use their creativity and scientific knowledge to get out of scrapes. The book includes step-by-step instructions for building their projects.

- [**Women in Science: 50 Fearless Pioneers Who Changed the World \(10+\)**](#)

This illustrated encyclopedia of women who've made important discoveries and contributions in a wide variety of STEM fields emphasizes their achievements and obstacles they overcame.



- [**Bomb: the Race to Build, and Steal, the World's Most Dangerous Weapon \(12+\)**](#)

This suspenseful, detailed account of the development of the first atom bombs includes chemistry and physics. It also shows how the bomb effectively ended World War II and led to the Cold War arms race between the United States and Russia.

- [**Planesrunner \(12+\)**](#)

A physicist is kidnapped from the streets of London, and his 14-year-old son follows his trail into another universe. The main premise in this fast-paced science fiction adventure, a multiverse of distinct universes, is based on current theories in cosmology and quantum physics.

- [**Destination Earth - Ali Sparkes \(11+\)**](#)

Imagine you're the only survivor from another planet. You've spent ten long years on a spaceship, learning how to be human. Now, all you have to do is land safely, convince the earthlings that you're a real teenager and start your new life on Earth. Piece of cake! However, the killer alien responsible for wiping out your people has hitched a ride, and consequently, the human race is in terrible danger... This exciting book won the Blue Peter Book of the Year Award.

Welcome to History

When you start at Park Vale Academy we will be learning about:

- The Battle of Hastings, 1066
- Life in a medieval town
- The Domesday Book and the Magna Carta
- Medieval Castles

To get an idea about what it might have been like in this period, you could:

Do some reading online:

<http://www.historyforkids.net/middle-ages.html>

http://www.bbc.co.uk/history/british/middle_ages/

<https://www.bbc.com/bitesize/guides/zm4mn39/revision/1>

Watch some videos on YouTube:

Go to the 'English Heritage' YouTube channel and watch some of the videos – the 'Animated History' ones are good.

Also Horrible Histories are great – type in 'Measly Middle Ages'. You can get some on YouTube or watch on BBC iPlayer.

Watch a film set in the Middle Ages. For example:

- 'A Knight's Tale'
- 'Robin Hood' (Lots of choices!)



Welcome to Geography

Geography is the study of the physical features of our world and how human activity can affect it or be affected by it. Geography is the news and what is happening in the world at a local, national and global level. I would like our young geographers to look at interesting photos of our natural and human world and ask good geographical questions such as:



Where is this place? What is it like? Why is it like this? How is it changing?
Who is affected by these changes? Be inquisitive!!

This is the curriculum for the autumn term:

What is the Geography of our local area? How do we use our planet as a natural resource?

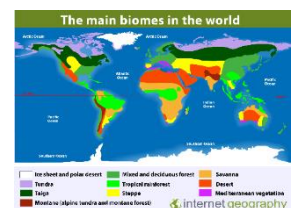
In the first term you will initially sharpen up your geographical skills. This might involve reading detailed maps or interpreting photographs of real places in order to make inferences. I would expect you to already be able to identify the world's continents and basic features of the United Kingdom including the location of Nottingham, so this is something you could practice.

We will then investigate how we use our planet as a natural resource: how humans harvest water, soil, rocks and minerals, oil, energy and the conflicts that can arise. How do we hope to keep up with the increasing global demand for electricity?



We will then study how the Earth's natural spheres interact to create unique biomes. A great place to start would be look at BBC Teach which offers many Geography video clips for KS3 students including a unit on Biomes. <https://www.bbc.co.uk/teach/class-clips-video/geography-ks3--gcse-ecosystems-and-biomes/zn7xgwx> Or you could watch the David Attenborough "Seven Worlds, One Planet" series on BBC iPlayer. <https://www.bbc.co.uk/iplayer/episode/m000b9f8/seven-worlds-one-planet-series-1-3-south-america>

Summer Challenge: Investigate what a "Biome" is. Why do the world's biomes all occur in horizontal belts? Could you choose a biome (apart from Tropical Forest) to investigate and produce a report which includes information on: location, climate, soil, plant adaptations and one animal that has successfully adapted to the unique conditions of that biome?



I look forward to meeting you all and sharing my passion for Geography with you!

Welcome to Modern Foreign Languages

Before September, you might want to practise some of the words that we will be studying in lessons. If you don't already know, or if you want to feel even more confident, these are the topics you should brush up on:

Days of the week	Colours
Months	Family members
Numbers	Things in the pencil case

To help you practise, your new MFL teachers have uploaded the vocabulary onto a cool website called Quizlet. To find the different vocabulary lists, learn the words and play the games, go to: <https://quizlet.com/join/u22sAG2Rz>

In the autumn term, our focus will be on studying: **Describiendo emociones y opiniones** (*Describing emotions and opinions*). By Christmas, we'll be able to:

Give accurate opinions
Talk about moods
Talk about how we're feeling

If you want to get ahead, you'll find additional study sets on Quizlet on:

Useful verbs	Useful nouns
Opinion phrases	Expressions with 'tener'

How to use Quizlet to learn vocabulary

- Sign up (top right of the screen)
 - Use your birthday
 - Create your own username (make it clear who you are for your teacher)
 - Your email/parent's email (in case you need to reset your password)
 - Create your own password (make it easy to remember)

2. Login in (top right of the screen)

- Find the study sets:
<https://quizlet.com/join/u22sAG2Rz>

Activities



- Flashcards (English and Spanish)
- Learn- type in the words in Spanish or English
- Speller- type what you hear
- Test- when you are ready
- Match- Drag and drop the words in Spanish and English to match against the clock
- Gravity- type the words before they fall off the bottom of the screen

Extra:

Free apps which may be of use in practising Spanish vocabulary:



A useful website for practising Spanish vocabulary:

Quizlet.com

A useful bilingual online dictionary:

www.wordreference.com



Welcome to Design and Technology

This is the curriculum for the **Design and Technology** and **Food Studies**.



D&T: You will develop your knowledge, understanding and skills with polymers, timbers, metals and learn about their impact on the environment. Skills in CAD and technical drawing will also be developed.

Food Studies: An introduction to nutrition, food preparation and cooking including an insight into the hospitality and catering industries.



TV Programmes to watch:

- The Big Life Fix – Episodes available on BBC iPlayer
- How It's Made – Episodes available on YouTube and BBC iPlayer
- Do You Know? – Episodes available on BBC iPlayer
- Jimmy's food factory – Episodes available on YouTube
- Great British Menu - Episodes available on BBC iPlayer

Activities:

These websites contain lots of videos and activities to develop your knowledge and understanding of these subjects.

- www.technologystudent.com
- www.seneca.com

Free software downloads: 3D CAD modelling software such as Google Sketch up – tutorials available on YouTube

Welcome to Business and IT

You will start Park Vale Academy by exploring a unit entitled *Back to basics*. This unit has been designed to introduce you to the Park Vale Academy Network, Show My Homework and Office365.

In preparation for September, it would be worthwhile exploring the dangers of being online. Having access to technology on a daily basis offers up many benefits. For most of us, it would be impossible to live without it. However, as technology moves on at such a pace, it is sometimes difficult to keep up with the new developments and trends, particularly with regards to mobile technologies and safe and secure accessibility to online material.

For this reason, we would suggest visiting www.thinkuknow.co.uk and explore what potential threats are out there. More importantly, look at what precautions you can take to ensure you keep yourself safe.

As well as this, Cloud Computing is something that you will become very familiar with. Use the internet to find out a bit about it before we get started and make some notes in the boxes below.

What is Cloud Computing?

Pros

Cons

Welcome to Drama

This is the curriculum for the Autumn term:

Autumn 1:

- Introduction to Drama 'Fairy Tales'

Autumn 2:

- Cinderella



Summer activities you could try:

- Have a family cinema night in your lounge and **watch** a film. Observe the different characters and notice how they change their voice, face and body language to become someone different to their real self!
- **Watch** a new series on NETFLIX with a friend or sibling to get a sense of different types of film and series genre. What is your favourite? Sci-fi? Horror? Romance? Adventure? Thriller?
- Develop your **creative side** by designing some costumes for your favourite story. Could you design some Aladdin costumes? Or a Star Wars costume?
- Nurture your **imagination** by reading a new book. Take note of how the story develops and what parts of the story most interest you
- Try a new activity such as yoga, dance or running which gets you up and moving in a way you don't usually move. Activities like this develop **confidence** and a strong mental and physical **well-being**.
- If you get chance, watch **Matilda**. This will give you a deeper understanding of the characters you will be asked to play when we do script work in Year 7.



Welcome to Art

In your first term at Park Vale Academy, you will be studying shells and African art. You will start by completing an observational drawing of a shell focusing on the skills of pencil blending and colour tonal blending. You will learn about African art. This will be used as inspiration for a folder cover.

As the term progress, you will learn to explore and create pattern using the wax resist technique. You will also learn how to refine and improve your work to achieve more desirable outcomes and improve attainment.

Summer Activities:

- Take a look at these websites: <https://www.tate.org.uk/kids>

BBC bite size art and design: <https://www.bbc.co.uk/bitesize/subjects/z6f3cdm>

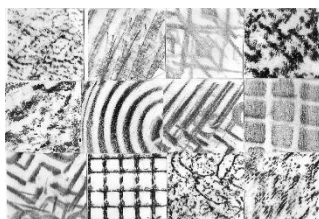
- Practise drawing a natural object, e.g. a leaf or a flower.



- Use the internet to research the artist Georgia O'Keeffe.
- Play about designing different patterns.



- Create rubbings of textures.



Welcome to Philosophy, Religion and Ethics

When you start at Park Vale Academy we will be learning about:

- Key features of a religion
- Five Pillars of Islam

Suggested reading:

- 'The Philosophy Files' by Stephen Law
- 'Children's Book of Philosophy: An Introduction to the World's Greatest Thinkers and their Big Ideas' by Sarah Tomley

Watch something:

- Follow the link below for a brilliant series of 26 short videos exploring different aspects of faith and belief from lots of different perspectives:

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks3-az-of-religion-and-beliefs/znt647h>



to

Possible (virtual!) trips:

- Follow the link below for a virtual tour of 5 of the most famous and breath taking religious sites/holy buildings around the world.

<https://religionunplugged.com/news/2020/4/5/travel-5-religious-sites-you-can-visit-virtually-while-you-stay-home>

Online census statistics about religion and belief:

<https://www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/religion/articles/religioninenglandandwales2011/2012-12-11>

www.ons.gov.uk A snapshot of religious affiliations throughout England and Wales in 2011. Despite falling numbers, Christianity remained the largest religion with 59.3% of the population identifying themselves as Christian.

Welcome to Music



By the end of the first term, you will be able to:

- Read some simple music notation
- Find specific notes on the keyboard
- Perform rhythms and short melodies with a developing sense of pulse
- Improvise rhythms using percussion instruments
- Identify some notes on a musical staff

A range of extra-curricular opportunities will be on offer including:

- Choir
- School Band
- Music Tech Club
- One to one instrumental tuition

During the summer holidays you can prepare yourself by:

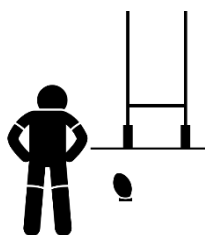
- Listening to lots of different styles of music on YouTube
- Trying your hand at making electronic music online using samplerator.com, onlinesequencer.net, soundation.com and splice.com/sounds/Beatmaker
- Practising an instrument at home using YouTube tutorials for guidance
- Starting a diverse music collection of CDs, tapes, records or MP3s or even YouTube playlists of genres from different countries and historical periods.

Welcome to PE

In PE our aim is that you achieve in each of our 4 strands:

- Enjoyment – have fun and enjoy your PE lessons
- Health and well-being – explore how physical activity and sport can improve your physical, social and emotional health and well-being
- Skills – develop physical skills and personal skills
- Lifelong participation – experience a range of activities to inspire you to continue being active once you leave PVA

So to get you started, all groups will begin the year by completing our Fundamentals project based around team building, problem solving, physical challenges and learning about PE at Park Vale Academy. You'll then work through the following activities and skills throughout the year.



Rugby

Active
Listening



Handball

Collaboration



Trampolining

Innovation



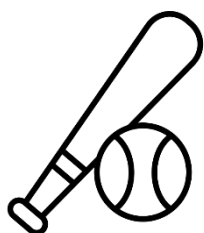
Badminton

Resilience



Football

Responsibility



Rounders

Integrity



Athletics

Evaluation

Self-motivation



Cricket

Motivating
others



Netball

Speaking



Gymnastics

Dance

Empathy

Have a go at PE Bingo over the Summer – can you complete a line? Or even all the tasks before you start in September?

Health and Well-being	Skills	Lifelong Participation and Enjoyment
<p>Try an online work out – Joe Wicks, Just Dance and Yoga are some examples that are great.</p>	<p>Practice your throwing, catching, running jumping and balance by completing these challenges. https://gg.gg/strikingtasks https://gg.gg/throwing-catching https://gg.gg/footyskills https://gg.gg/locomotion https://gg.gg/balance-coordination</p>	<p>Watch live performances, TV, or YouTube clips of 3 sports (particularly those above!).</p>
<p>Make a balanced, nutritious meal for you and your family that follows the eat well guide. https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</p>	<p>Create your own game! Think about how to score, the playing area and the number of players.</p>	<p>Research the basic rules of 2 sports you have never played before.</p>
<p>Have a go at meditating. (try an app like Calm)</p>	<p>Take a family trip outdoors, try using a map or following a route and work as a team.</p>	<p>Meet the government guidelines and complete 60 minutes of activity every day for a week.</p>

**I THINK.
I QUESTION.
I DESIGN.
I CREATE.
I STRUGGLE.
I COLLABORATE.
I TRY.
I SOLVE.
I INVENT.
I REFLECT.
I LEARN.**