The following work has been provided for you if you are self-isolating during the first Autumn term. You should complete the activities below. We do not expect you to submit the work and you shouldn’t work for more than 4 hours a day. You may wish to follow your timetable to guide you.

**English**

Read a book for 30 minutes.  After you have finished reading, write a paragraph summarising what you have read.

Watch this video on **SONNETS**. Make notes as you watch and complete any tasks set.

<https://classroom.thenational.academy/lessons/introduction-to-sonnets-71hkjc>

Watch this video on **SHAKESPEARE’S SONNETS**. Make notes as you watch and complete any tasks set.

<https://classroom.thenational.academy/lessons/introduction-to-sonnets-71hkjc>

Watch this video **on RHYTHM in SONNETS**. Make notes as you watch and complete any tasks set.

**Maths**

Your work will be set on Maths Watch within 24 hours of your phone call. Please log into Maths Watch and contact Miss Hopper if you have any problems -[Catherine.hopper@westbourne.attrust.org.uk](mailto:Catherine.hopper@westbourne.attrust.org.uk)

**Science**

**Muscular and Skeletal Systems Unit**

There are two video lessons on this topic for you to watch. Complete all the tasks:

Lesson 1: Muscular and skeletal system: <https://classroom.thenational.academy/lessons/musculoskeletal-system-6tjkgt?activity=video&step=1>

Lesson 2: Muscles : <https://classroom.thenational.academy/lessons/muscles-64v68t>

**Earth & Atmosphere Unit**

If you complete the Muscular and Skeletal Systems Unit, there are video lessons on this topic for you to watch. Complete all the tasks.

Lesson 1: The Structure of the Earth: <https://classroom.thenational.academy/lessons/structure-of-the-earth-cgt3gd>

Lesson 2: The Earth’s Atmosphere: <https://classroom.thenational.academy/lessons/the-earths-atmosphere-6nk34t>

Lesson3: The Greenhouse Effect: <https://classroom.thenational.academy/lessons/the-greenhouse-effect-c4wpct>

Lesson 4: The Carbon Cycle: <https://classroom.thenational.academy/lessons/the-carbon-cycle-6gtkac>

**Geography**

**Human Geography of the UK.**

Lesson 1-4: Watch the videos about the parts of the UK. Complete the quiz at the end.

<https://classroom.thenational.academy/units/building-locational-knowledge-united-kingdom-4ae1>

Lesson 5: Where is the UK’s population? Watch the video and complete the quiz.

[**https://classroom.thenational.academy/lessons/what-are-the-factors-that-influence-population-distribution-6dhk0c**](https://classroom.thenational.academy/lessons/what-are-the-factors-that-influence-population-distribution-6dhk0c)

Lesson 6: What is globalisation? Watch the video and complete the quiz.

[**https://classroom.thenational.academy/lessons/what-is-globalisation-c8tk2e**](https://classroom.thenational.academy/lessons/what-is-globalisation-c8tk2e)

**History**

Why was the Church important to Medieval people?

Lesson 1. In this lesson you will learn about what medieval people believed happened after death? Click on the ‘Time to work’ icon and complete the work. There are also other links to websites where you can learn more about the topic. <https://www.johndclare.net/KS3/1-3-1.htm>

Lesson 2. In this lesson you will learn about the medieval nuns and monks; who devoted their lives to God. Click on the ‘Time to work’ icon and complete the work. There are also other links to websites where you can learn more about the topic. <https://www.johndclare.net/KS3/1-3-3.htm>

Lesson 3. In this lesson you will learn about the murder of Thomas Becket in Canterbury Cathedral. Click on the ‘Time to work’ icon and complete the work. There are also other links to websites where you can learn more about the topic. <https://www.johndclare.net/KS3/1-3-4.htm>

**Modern Foreign Languages: Spanish**

Watch the following videos to learn how to describe someone.

1. Saying what someone is like in general (Part 1/2) - <https://classroom.thenational.academy/lessons/saying-what-someone-is-like-in-general-part-12-c5gkcr?utm_source=email&utm_medium=email&utm_campaign=sharing-button>

2. Year 7 Saying what someone is like (at the moment) (Part 1/2) - <https://classroom.thenational.academy/lessons/saying-what-someone-is-like-at-the-moment-part-12-6dk66t?utm_source=email&utm_medium=email&utm_campaign=sharing-button>

3. Saying what someone is like (at the moment) (Part 2/2) - <https://classroom.thenational.academy/lessons/saying-what-someone-is-like-at-the-moment-part-22-6cwkgc?utm_source=email&utm_medium=email&utm_campaign=sharing-button>

**Art**

Task 1: Watch this video on how to create a collage of a bowl of fruit. It might give you some ideas for a future home learning. <https://www.youtube.com/watch?v=MrYC5Z86JuE&t=225s>

Task 2: Watch this video on Cubism to assist your learning of this Art movement. We will be looking at Cubism shortly, so this is your chance to top up your knowledge. https://[www.youtube.com/watch?v=V6ZT1705Slw](https://www.youtube.com/watch?v=V6ZT1705Slw)

**Computing**

In Computing this half term, we are learning about Computational Thinking and solving a variety of Computational Thinking challenges and tasks.

If you have access to a computer, I would like you to open the CS4FN Puzzle Book in <https://westbourneacademy.sharepoint.com/:b:/g/EcuQNeirw0NBt4cprPDCzkABK65siPfVr8SzRHUzxhD8Vw?e=RX976b>

I would like you to complete as many of the challenges in the booklet as you have time to complete.

**Drama**

Positions on stage:

1. Watch <http://youtu.be/TowLHF1s3sw>. Draw and label your own stage with the nine stage positions.

2. A monologue is a solo speech by and actor on stage or in a film. Write your own monologue and choose one of the following starting lines: ‘This has been the best day ever...’ **or** ‘I’m so excited about tomorrow..’

3. Video yourself performing the monologue and send it to your teacher by email.

4. Practice your key Drama word spellings.

**DT**

1. Read through and revise the section on Timbers (this is what we are learning in lesson).

<https://www.bbc.co.uk/bitesize/guides/zjgyb82/revision/3>

2.Create a revision poster based on the information that you have read about on different timbers.

**Music**

Use the PowerPoint and Worksheet on Mars the Bringer of war. Describe the God of war and then listen to the music in the PowerPoint and describe it using the elements of music table.

<https://westbourneacademy.sharepoint.com/Learning%20Resources/Forms/AllItems.aspx?newTargetListUrl=%2FLearning%20Resources&viewpath=%2FLearning%20Resources%2FForms%2FAllItems%2Easpx&viewid=11c4f265%2D47c5%2D459d%2D8843%2D36d01e467f6b&id=%2FLearning%20Resources%2FMusic%2FSelf%20Isolating%20Work%2FYear%207>

**PE**

1. Read the Mo Farah article: <https://westbourneacademy.sharepoint.com/:w:/g/EQgRxyZMhLJMsGe8Jj-IcW8BwlTs83X4TGQenrgxMtFzKA>

2. Open the Forms document and follow the instructions: <https://forms.office.com/Pages/ResponsePage.aspx?id=UyUudcf3sEGK8GkwZaFwfc-AOXr0jrVIiDUN6qxcLIVUNVZBQlBWTE1BU0U1VElQSENKNFJFWkFFQi4u>

**RS**

1. Click on the following link: <https://westbourneacademy.sharepoint.com/Learning%20Resources/Forms/AllItems.aspx?FolderCTID=0x01200065D212F90F5FB441947685D3910623C9&viewid=11c4f265%2D47c5%2D459d%2D8843%2D36d01e467f6b&id=%2FLearning%20Resources%2FReligious%20Studies%2FYear%207%2FUnit%202%2D%20Christianity>

2. Open the file **‘Year 7 Self-Isolation Work’**. Read the information on each slide about Christianity. Watch any video clips where there are links given. Complete the activities.