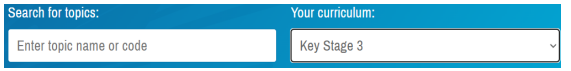
YEAR 7 CONTINUITY OF LEARNING 2 WEEK CYCLE FROM MONDAY 9 NOVEMBER TO FRIDAY 20 NOVEMBER 2026

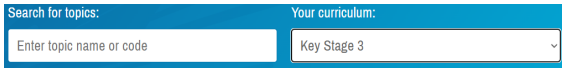
CORE Subjects	Lesson and Resources	Notes / Extension Task
ENGLISH	**Lesson 1** 13. GOIAS. What happens in Chapter 14.pptx **Lesson 2** 14. GOIAS. What happens in Chapter 15.pptx 14. Tension Resource.docx **Lesson 3** 15. GOIAS. What happens in Chapter 16 and 17.pptx **Lesson 4** 16. What happens in Chapter 18.pptx **Lesson 5** 17. What happens in Chapter 19.pptx **Lesson 6** 18. What happens in Chapter 20.pptx **Lesson 7** 19. What happens in Chapter 21.pptx	Students this week are continuing with the story of The Flowers Booklet of resources: Introduction to English Booklet.docx All year 7 students should be reading for 20 minutes per night and completing their reading logs. Bring your reading log to our library session every two weeks.

<table>
<tr><th>CORE Subjects</th><th>Lesson and Resources</th><th>Notes / Extension Task</th></tr>
<tr><td rowspan="4">MATHS</td><td><u>Lesson 1</u>
Adding and subtracting with negative numbers
Sparx: M106
Follow the links and answer the questions 1 to 4. Click the tick at the bottom to check your answers.
Add and subtract with negative numbers</td><td rowspan="4"><u>Notes:</u>
Where relevant, find the Sparx Task by clicking on Independent Learning:

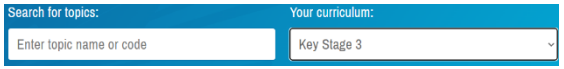
And then search for the relevant task in the Search bar:

Use the videos for support as you answer the questions.

<u>Extension Tasks:</u>
Complete all Compulsory, Target and XP Boost tasks at 100%</td></tr>
<tr><td><u>Lesson 2</u>
Perimeter of basic shapes Sparx: M920
Follow the links and answer all the question. Click the tick at the bottom to check your answers.
Perimeter on a grid</td></tr>
<tr><td><u>Lesson 3</u>
Perimeter of basic shapes Sparx: M635
Follow this link and answer the questions 1 to 6. Click the tick at the bottom to check your answers.
Perimeter of basic shapes</td></tr>
<tr><td><u>Lesson 4</u>
Perimeter of compound shapes Sparx: M690
Follow this link and answer question 7. Click the tick at the bottom to check your answers.
Perimeter of basic shapes</td></tr>
</table>

<table>
<tr><th>CORE Subjects</th><th>Lesson and Resources</th><th>Notes / Extension Task</th></tr>
<tr><td rowspan="3">MATHS</td><td><u>Lesson 5</u>
Using perimeter Sparx: M690
Follow this link and answer the Apply questions. Click the tick at the bottom to check your answers.
Perimeter of basic shapes</td><td rowspan="3"><u>Notes:</u>
Where relevant, find the Sparx Task by clicking on Independent Learning:

And then search for the relevant task in the Search bar:

Use the videos for support as you answer the questions.

<u>Extension Tasks:</u>
Complete all Compulsory, Target and XP Boost tasks at 100%</td></tr>
<tr><td><u>Lesson 6</u>
Multiplying and dividing by powers of 10 Sparx: M113
Follow this link and answer question. Click the tick at the bottom to check your answers.
Multiplying and dividing by powers of 10</td></tr>
<tr><td><u>Lesson 7</u>
Multiplying integers Sparx: M187
Follow the links and answer the questions. Click the tick at the bottom to check your answers.
Multiplying integers</td></tr>
</table>

CORE Subjects	Lesson and Resources	Notes / Extension Task
SCIENCE	Key stage 2: Year 7> Cells, tissues and organs Lesson 1: Digestive System Curriculum - Curriculum Lesson 2: Respiratory System Curriculum - Curriculum Lesson 3: Inhaled and exhaled air Curriculum - Curriculum Lesson 4: Year 7 > Forces and Motion > What are forces Curriculum - Curriculum Lesson 5: Representing Force Curriculum - Curriculum	**Sparx - How to Use** Notes: Where relevant, find the Sparx Task by clicking on Independent Learning:  And then search for the relevant task in the Search bar: 

Foundation Subject	Lesson and Resources	Notes / Extension Task
ART	Copy a Cezanne still life painting	
DRAMA	Complete a factsheet explaining to future year 7s what mime is and how someone should do it. Use the internet to support. Include drawings.	
FRENCH	Here are the topics that we are studying this half term: **Greetings and introductions:** - Giving opinions - Free time activities - Describing your family - Describing your pets Find these topics here on BBC Bitesize: KS3 French topics Practise the vocabulary from the French page in your Knowledge Organiser.	**Notes:** 1. Watch the video on Bitesize and complete the activities. 2. Make a note of any new words in French and English. 3. Then go to ActiveLearn and complete the activities that your teacher has set you on Arbor. **Homework / Extension tasks:** 1. Write a short paragraph (50 words) about the topic. Use opinions and future tense. Revise writing it out from memory – ask someone at home to test you if possible! 2. Active Learn. Go to https://www.pearsonactivelearn.com/app/Home Your username is your Regis School email. Your password is Tr5Reset22 Complete set tasks.

Foundation Subject	Lesson and Resources	Notes / Extension Task
GEOGRAPHY	Follow the links below to watch and complete the Oak National lessons. Ensure you are in a suitable environment to work where you can listen to the teacher recording of the lesson. You will pause and complete all activities and record your work on the worksheet uploaded or in a notebook or on paper. Only complete the amount of lessons you would have missed had you have been in school. Website: https://continuityoak.org.uk/Lessons **Autumn Term 2/Spring Term 1: Development** Go to- Geography- Year 7- Unit 3- Development ***Week beginning 16/11*** L3- What is the human development index? L4- Where is the DRC and what is it like?	If you have finished all the tasks in the lesson and resources section and wish to continue some more geography work log on to Seneca using your school account. Search for KS3 Geography and work your way through the learning and quizzes for the topic you are currently learning. If you have finished all the tasks in the lesson and resources section and wish to continue some more geography work log on to Seneca using your school account. Search for KS3 Geography and work your way through the learning and quizzes for the topic you are currently learning.
HISTORY	Lessons 4, 5, 6 All lessons can be found at the link below: https://www.thenational.academy/pupils/programmes/history-secondary-year-7/units Select 'unit 3'	You will need headphones to listen to the lesson, lined paper and a pen to complete the lesson.

Foundation Subject	Lesson and Resources	Notes / Extension Task
MUSIC	02.11.26 Keyboard Fundamentals: Playing a melody in the C position on the keyboard https://thenational.academy/pupils/lessons/playing-a-melody-in-the-c-position-on-the-keyboard?share=true 16.11.26 Keyboard Fundamentals: Playing the melody: Ode to Joy https://thenational.academy/pupils/lessons/playing-the-melody-ode-to-joy?share=true	
RELIGIOUS STUDIES		
SPANISH	Here are the topics that we are studying this half term: **Greetings and introductions:** - Giving opinions - Free time activities - Describing your family - Describing your pets Find these topics here on BBC Bitesize: KS3 Spanish topics	**Notes** 1. Watch the video on Bitesize and complete the activities. 2. Make a note of any new words in Spanish and English. 3. Then go to ActiveLearn and complete the work that your teacher has set you on Arbor. **Homework / Extension tasks:** 1. Write a short paragraph (50 words) about the topic. Use opinions and future tense. Revise writing it out from memory – ask someone at home to test you if possible! 2. Active Learn. Go to https://www.pearsonactivelearn.com/app/Home Your username is your Regis School email. Your password is Tr5Reset22 Complete set tasks.