

Oak National Academy Work for Self-Isolating Students – Year 7 and Year 8

Dates: Weeks beginning 31 January (week 1) and 7 February (week 2)	
English	Mathematics
<p>Year 7: Grammar:</p> <p>Subordinate conjunctions: although, unless and if.</p> <p>https://classroom.thenational.academy/lessons/subordinate-conjunctions-although-unless-and-if-c9gk0d</p> <p>Subordinate conjunctions: even though, because and whenever</p> <p>https://classroom.thenational.academy/lessons/subordinate-conjunctions-even-though-because-and-when-ever-cdhkac</p> <p>Subordinate conjunctions: even though, because and whenever</p> <p>https://classroom.thenational.academy/lessons/subordinate-conjunctions-even-though-because-and-when-ever-cdhkac</p> <p>Punctuating lists</p> <p>https://classroom.thenational.academy/lessons/punctuating-lists-68upat</p> <p>Punctuating speech correctly</p> <p>https://classroom.thenational.academy/lessons/punctuating-speech-correctly-crwp6c</p> <p>Year 8:Rhetoric</p> <p>Opinion and rhetoric</p> <p>https://classroom.thenational.academy/lessons/opinion-articles-and-rhetoric-70rp4d</p> <p>Writing a speech</p>	<p>Year 7</p> <p>Algebraic Expressions: https://classroom.thenational.academy/lessons/algebraic-expressions-71gp2t</p> <p>Collect like terms: https://classroom.thenational.academy/lessons/collecting-like-terms-6tgk8r</p> <p>Distributivity and expanding: https://classroom.thenational.academy/lessons/distributivity-and-expanding-cmr36t</p> <p>Year 8</p> <p>Area of paralellograms: https://classroom.thenational.academy/lessons/area-of-parallelograms-6wup2e</p> <p>Area of triangles: https://classroom.thenational.academy/lessons/area-of-triangles-6cwkar</p> <p>Further triangles: https://classroom.thenational.academy/lessons/further-triangles-68u6ae</p>

<https://classroom.thenational.academy/lessons/writing-an-effective-speech-using-rhetoric-6xj32r>

Rhetoric and adverts

<https://classroom.thenational.academy/lessons/an-exploration-of-rhetoric-and-advertisements-6dj38d>

Grammar

<https://classroom.thenational.academy/lessons/past-simple-verbs-and-capital-letters-6xk30e>

Grammar

<https://classroom.thenational.academy/lessons/subject-verb-agreement-6wtp2c>

Science

The links below contain the relevant lessons from Oak Academy for your Science lessons. Please use the link and choose the lesson after what you last studied in class. If you are unsure please ask your class teacher for guidance.

[Year 7 Particles](#)

[Year 7 Forces](#)

[Year 8 Genetics & Variation 1 \(lesson 7 onwards\)](#)
[Year 8 Genetics & Variation 2 \(lesson 12 onwards\)](#)

[Year 8 Separation Techniques \(lesson 6 onwards\)](#)
[Year 8 Rock Cycle](#)

Computer Science

Year 7

[Gaining Support for a Cause](#)

If you have not already done so, have a look at lesson 1-3 before moving on to the next tasks

Lesson 1: [Features of a Word Processor](#)

Lesson 2: [Licensing appropriate images](#)

Lesson 3: [Credibility of Sources](#)

Art

Year 7

Introduction to Art: Learning the basics – linking work to the self

Lesson 5 – [Approaches to Drawing](#)

Lesson 6 – [Drawing Still Life](#)

Lesson 7 – [Understanding Colour](#)

Lesson 8 – [Approaches to Painting](#)

Year 8

Architecture – Understanding the world around us

Lesson 3 – [Sunga Park \(part 1\)](#)

Lesson 4 – [Sunga Park \(part 2\)](#)

Design Technology

Yr 7 - DT (2 lessons)

[Key Stage 3, Design & Technology, Core design skills](#)

Lesson 3 – The world of design

Lesson 4 – Technical drawings

Yr 7 - Food (2 lessons)

[Key Stage 3, Design & Technology, Future food and the application of science](#)

Lesson 3 – Food processing and organic farming

<p>Lesson 4: Researching In this lesson, we will conduct and document research on the causes that we have chosen to support. We will learn how to document and credit our sources to avoid plagiarism.</p> <p>Lesson 5: Promoting Your Cause In this lesson, we will start to construct a blog and put into practice all of the skills that we have learnt so far in this unit</p> <p>Year 8 Cyber Security</p> <p>If you have not already done so, have a look at lesson 1-3 before moving on to the next tasks</p> <p>Lesson 1: You and Your Data Lesson 2: Social engineering Lesson 3: Script kiddies</p> <p>Lesson 4: Rise of the Bots In this lesson, we will learn about malware and the different categories of malware, as well as understanding how they work and the damage they can do.</p> <p>Lesson 5: There's no place like 127.0.0.1 In this lesson, we will look at the risks that cyber threats pose to a network, followed by an exploration of some common methods of defending the network against attacks, such as firewalls and anti-malware.</p>	<p>Lesson 4 – Cooking techniques and preparing food safely</p> <p>Yr 8 – DT (2 lessons) Key Stage 3, Design & Technology, Pet tech Lesson 3 – Programming: music to my ears Lesson 4 – Bionic animals</p> <p>Yr 8 - Food (2 lessons) Key Stage 3, Design & Technology, Future food and the application of science Lesson 3 – Food processing and organic farming Lesson 4 – Cooking techniques and preparing food safely</p>
<p>Drama</p> <p>Year 7 2 hours on physical skills: part 1 and part 2. There is a presentation, quiz and video to watch and tasks to complete. Please do parts 1 and then for the 2 week part 2. https://teachers.thenational.academy/units/practising-physical-and-vocal-skills-a8c1# https://classroom.thenational.academy/lessons/physical-skills-part-2-chj3et</p> <p>Year 8 2 hours on Verbatim/ documentary Theatre and writing monologues and</p>	<p>Geography</p> <p style="text-align: center;"><u>Year 7 Topic: Rock into Soil</u> <u>Week Commencing: Monday 31st January</u></p> <p>For these lessons, complete the work in your exercise book or on lined paper. Bring the work with you into school on your return. Any questions, send a message on Class Charts to your teacher.</p> <p>Lesson 1: How Do We Use Different Types of Rock? https://classroom.thenational.academy/lessons/how-do-we-use-the-different-types-of-rock-cdk3er</p>

story making, which will help with your work on your Documentary piece on WW1. Please complete all tasks during the 2 weeks.

<https://classroom.thenational.academy/lessons/my-story-making-autobiographical-drama-c9hpcr>

Lesson 2: What is the Peak District Like?

<https://classroom.thenational.academy/lessons/what-is-the-peak-district-like-69hkjd>

Year 7 Topic: Population & Urbanisation
Week Commencing: Monday 7^h February

Lesson 3: What are the Factors That Influence Population Distribution?

<https://classroom.thenational.academy/lessons/what-are-the-factors-that-influence-population-distribution-6dhk0c>

Lesson 4: What is the Population Explosion?

<https://classroom.thenational.academy/lessons/what-is-the-population-explosion-65gk2r>

Year 8 Topic: Wicked Weather
Week Commencing: Monday 31st January

For these lessons, complete the work in your exercise book or on lined paper. Bring the work with you into school on your return. Any questions, send a message on Class Charts to your teacher.

Lesson 1: How do we Use Climate Graphs?

<https://classroom.thenational.academy/lessons/how-do-we-use-climate-graphs-cnhkee>

Lesson 2: How do High Pressure Events Affect the UK?

<https://classroom.thenational.academy/lessons/how-do-high-pressure-events-affect-the-uk-crukct>

Year 8 Topic: Wicked Weather
Week Commencing: Monday 7th February

Lesson 3: How do Low Pressure Events Affect the UK?

<https://classroom.thenational.academy/lessons/how-do-low-pressure-events-affect-the-uk-74t32r>

	Lesson 4: What Was the Beast the East? https://classroom.thenational.academy/lessons/what-was-the-beast-from-the-east-c8tkcd	
History	Music	
<p>Year 7: Norman Conquest</p> <p>https://classroom.thenational.academy/units/how-much-did-england-change-during-the-norman-conquest-e464</p> <p>Lessons on Norman Conquest and aftermath.</p> <p>Year 8: British Empire</p> <p>https://classroom.thenational.academy/units/how-do-we-uncover-the-lived-experience-of-those-ruled-by-empire-in-africa-c289</p> <p>Lessons on the experience of those living under empires in Africa.</p>	<p>Complete tasks on the Music Padlet that can be found at the link below:</p> <p>Year 7 https://padlet.com/FHSMusic/6c8txri5g8pog5k5 Year 8 https://padlet.com/FHSMusic/tx0dw5msxcgozk4t</p>	
PE	RAVE YEAR 7	
<p>Year 7</p> <p>Fitness:</p> <ul style="list-style-type: none"> - Warm-up effectively by participating in on the spot jogging, high knees, and heel flicks etc. for at least 2mins non-stop. Complete stretches for major muscle groups (hold for 8-10 seconds) - Watch the video so that you know the correct technique for the different exercises. - Once you are happy with the exercises you should complete the following circuit: 45secs work: 45secs rest. You should perform each exercise for 45secs counting and recording the number of repetitions. You should then rest for 45secs before the next exercise. - Repeat the circuit twice - Effective cool down – stretching major muscle groups. 	<p>7F</p> <p>7O</p> <p>7R</p> <p>7M</p>	<p>https://youtu.be/cXLWka8Z-MI</p> <p>https://classroom.thenational.academy/lessons/what-are-the-holy-scriptures-of-sikhism-6nhpce?activity=video&step=2&view=1</p> <p>https://youtu.be/TR2ouC2Gk14</p> <p>https://youtu.be/cXLWka8Z-MI</p> <p>Lesson https://youtu.be/avrzdSCmJH0 Link to video https://www.youtube.com/watch?v=JavKCE2FAf0&t=607s</p> <p>https://youtu.be/TR2ouC2Gk14</p> <p>https://youtu.be/cXLWka8Z-MI</p>

<p>Year 8</p> <p>Volleyball:</p> <ul style="list-style-type: none"> - Warm-up effectively by participating in on the spot jogging, high knees, and heel flicks etc. for at least 2mins non-stop. Complete stretches for major muscle groups (hold for 8-10 seconds) - Watch the video and pause at the different volleyball drills/skills. Practice each one for 1min, then rest for 1min and repeat the same exercise. You should attempt all the drills (if possible). Please use a light ball. 		https://classroom.thenational.academy/lessons/what-are-the-holy-scriptures-of-sikhism-6nhpce?activity=video&step=2&view=1
	7B	https://youtu.be/TR2ouC2Gk14
		https://youtu.be/cXLWka8Z-MI
	7Y	https://youtu.be/TR2ouC2Gk14
https://youtu.be/cXLWka8Z-MI		

Spanish	RAVE YEAR 8	
<p>Complete tasks on Padlet that can be found at the link below:</p> <p>https://padlet.com/FormbyHighML/RemoteLearning</p>	8F	https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.formbyhighschool.com%2Fwp-content%2Fuploads%2F2022%2F01%2FFaith-and-Forgiveness-remote-lesson.pdf&data=04%7C01%7Ca.wake%40formbyhighschool.com%7C469760493c4f4cd05b1108d9d744b40f%7C5e1bc3d624b7429b9200b4172dee9aaa%7C1%7C0%7C637777512335567346%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ikk1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Uds7BK9kEF%2BaVfCDiwiWN5not6ju3eGVsZc3nMImY9Q%3D&reserved=0
		Assessment will be posted on class charts on the day of your lesson
	8O	Assessment will be posted on class charts on the day of your lesson

		https://classroom.thenational.academy/lessons/muhammad-ctgpad
	8R	https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.formbyhighschool.com%2Fwp-content%2Fuploads%2F2022%2F01%2FFaith-and-Forgiveness-remote-lesson.pdf&data=04%7C01%7Ca.wake%40formbyhighschool.com%7C469760493c4f4cd05b1108d9d744b40f%7C5e1bc3d624b7429b9200b4172dee9aaa%7C1%7C0%7C637777512335567346%7CUknown%7CTWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTil6lk1haWwiLCJXVCi6Mn0%3D%7C3000&sdata=Uds7BK9kEF%2BaVfCDiwiWN5not6ju3eGVSzc3nMImY9Q%3D&reserved=0 Assessment will be posted on class charts on the day of your lesson
	8M	Assessment will be posted on class charts on the day of your lesson https://classroom.thenational.academy/lessons/muhammad-ctgpad
	8B	Revision resources will be posted on class charts on the day of your lesson Assessment will be posted on class charts on the day of your lesson
	8Y	Assessment will be posted on class charts on the day of your lesson https://classroom.thenational.academy/lessons/muhammad-ctgpad