



**COOMBE  
WOOD  
SCHOOL**

**Curriculum Booklet  
Year 7**



COOMBE WOOD  
SCHOOL

## Behaviour for Learning and Health Related Fitness at Coombe Wood School

### Teamwork

We communicate with confidence and inspire others through our actions and words.

We take part, never give up and cooperate with our whole community.

We show empathy and offer help if someone needs our support.

### Respect

We are polite and cooperative towards all members of the CWS community.

When someone is talking, we listen and offer positive body language.

We say thank you, open doors for people and cherish our learning environments.

### Enjoyment

We are positive learners and thrive on the challenges our teachers set us in class.

We approach every task with a positive mind-set and get the most out of every situation.

We train hard, perform at the top of our game and take enjoyment from what we achieve.

### Discipline

We show self-control at all times and understand that things may not always 'go our way.'

We know that our rules are there to help us and follow them first time, every time.

We find reasons to be focused, rather than finding reasons not to be.

### Sportsmanship

We recognise the importance of fairness and are prepared to be honest about what is fair.

We are proud of what we achieve and proud of what others achieve.

We value our community and say 'well done' to others when they achieve great things.

***(Contributions from the first ever students and parents / carers of Coombe Wood School have helped us to construct this picture of what an outstanding CWS learner looks like - thank you all for your cooperation.)***



TEAMWORK • RESPECT • ENJOYMENT • DISCIPLINE • SPORTSMANSHIP





**COOMBE WOOD  
SCHOOL**

## **Coombe Wood School Mission Statement**

Displaying and developing the human values of teamwork, respect, enjoyment, discipline and sportsmanship in our daily lives, as we journey together towards discovering and reaching our true personal bests.

**TEAMWORK   RESPECT   ENJOYMENT   DISCIPLINE   SPORTSMANSHIP**

**STRIVING TO BECOME THE HEALTHIEST SCHOOL IN THE COUNTRY**

### **Introduction to your curriculum booklet**

During the first term of Year 7, we will not be setting traditional homework to students.

Instead, students have this curriculum booklet which outlines many fantastic tasks that they can do in term one and indeed throughout the whole school year at home to support their learning in each subject. It includes websites, active learning, literature, places of interest to visit and much more!

The purpose of this booklet is for students to get interested and curious in their subjects. It is important that all students and parents / carers see this as an opportunity to inspire their love of learning.

Teachers will be very keen to celebrate and discuss with students anything they have learnt or any work they have produced from these booklets so please do bring work in to your teachers. Rewards points will be awarded for work completed.

During term 1, students will also be provided with self-regulation, revision and independent learning skills training through PSHE lessons.

As a result of these curriculum booklets and self-regulation training, by Christmas of Year 7 we want students to be fully engaged and curious about their subjects and be equipped with the skills to work independently at home.

Relevant and useful homework will then begin to be set from January of Y7 onwards, with a clear purpose to either reinforce learning done in class, or to prepare students with background knowledge for a task or assessment they will shortly be doing.

That does not mean though that you should discard your curriculum booklet at Christmas! There are some great ideas of fun things to do in here so work with it for the whole of year 7.

**Enjoy!**

**From the teaching staff at CWS.**



**TEAMWORK • RESPECT • ENJOYMENT • DISCIPLINE • SPORTSMANSHIP**



# English Curriculum

The English curriculum at Coombe Wood School has been carefully designed in order to ensure that students enjoy learning, make clear progress and achieve their full potential. Key exam skills have been embedded within every lesson in order to ensure that students feel fully prepared by the time they take their GCSE exams.

The teaching of English will build confidence in the skills of writing with creativity and technical accuracy as well as reading a wide range of texts with analytical understanding. Throughout the year students will also be supported to improve their speaking and listening skills in order to ensure that they can communicate with confidence.

In year 7 students will study a wide range of texts, including WW1 poetry, Shakespeare's *Macbeth* and a creative adaptation of Mary Shelley's *Frankenstein*. Students will also be learning how to both analyse and create a range of non-fiction texts. Students will also take part in a fortnightly reading lesson in order to build on evaluative skills and to promote a lifelong love of literature.

## **Get curious with the following optional activities:**

- Take a guided tour of the Globe Theatre and write a diary entry from the point of view of a 'groundling'.
- Visit your local library and check out a book that interests you - why not bring it to a reading lesson and give the class your review?
- Use the internet to check out some of Wilfred Owen's war poetry.
- Take one of London's literary walking tours in order to find out more about well-known local authors.
- Watch a video summary of the plot of Mary Shelley's *Frankenstein*.
- Read through your favourite magazine and take notes on what makes a non-fiction text successful.



## ***“The study of mathematics, just like the Nile, begins in minuteness but ends in magnificence”***

Charles Caleb Cotton

In year 7 we aim to ensure that all students become fluent in the fundamentals of mathematics, reason mathematically and solve problems by applying their mathematical skills. In addition, we plan to teach students to ensure enjoyment by using practical methods, promoting positive attitude towards the subject and developing confidence.

### **Main areas studied this year**

<b>Autumn</b>	<b>Integers</b> Types of numbers Decimals Exploring fractions, decimals and percentages Introduction to Algebra ; Algebraic expressions Coordinates
<b>Spring</b>	Angles , Lines and triangles Reading scales and converting units Data collection ; Presentation and handling Charts and Graphs Symmetry and Congruence Construction
<b>Summer</b>	Patterns and sequences Properties of quadrilaterals Pie charts Fractions , Decimals and Percentages / application of Algebra using powers and brackets

### **Assessments and home learning**

Mini assessments are set after each topic in the form of a class test. Students are encouraged to continue home learning using the links and resources below. Students will sit a winter assessment towards the end of the first term, and an end of year exam combining all topics in June. The end of year exam is in two parts a non- calculator and calculator paper.

### **Useful websites and resources**

<https://vle.mathswatch.co.uk/vle>

<https://nrich.maths.org/secondary-lower>

<https://www.bbc.co.uk/bitesize/ks3/maths/>

<https://www.bbc.co.uk/bitesize/ks3/maths/>

<https://www.mrbartonmaths.com/students/>

<https://emaths.co.uk/ks3>



# Maths Curriculum

## What parents can do to support learning

Encourage students to practice what they have learned on a regular basis. To develop curiosity allow your children to use their number skills while shopping (paying and working out their change mentally) , telling the time (e.g. converting 12 to 24 hours), cooking (e.g. measuring, using scales) etc. When possible, try to get your child/children to teach you what they have learned. This will improve their fluency as well as getting an enjoyment for sharing their knowledge and develop their curiosity for the subject.

# Science Curriculum

Students will be learning chemistry, physics and biology; the topics are listed under each discipline below. We will be using the AQA Activate series that has a very strong link with the AQA GCSE specification for biology, chemistry, physics and combined science specifications. Students will benefit from a firm foundation focusing on enquiry processes, maths and literacy. Students will have hard and electronic copies of their textbooks.

## Chemistry

Topics	Examples of keywords	Out-of-school learning
Particle model	Particle model, diffusion, gas pressure, density, evaporate, boil, condense, melt, freeze, sublime	<p>Look for everyday examples where gases, solids, liquids and changes of state feature, in order to broaden your experience of the states of matter.</p> <p><a href="https://www.youtube.com/watch?v=jmm1J2y19tk&amp;t=0s&amp;index=29&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=jmm1J2y19tk&amp;t=0s&amp;index=29&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p> <p><a href="https://www.youtube.com/watch?v=T7rbEJrlyvk&amp;t=0s&amp;index=67&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=T7rbEJrlyvk&amp;t=0s&amp;index=67&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p> <p><a href="https://www.youtube.com/watch?v=lgflbPGFFyg&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s&amp;index=112&amp;t=0s">https://www.youtube.com/watch?v=lgflbPGFFyg&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s&amp;index=112&amp;t=0s</a></p>
Separating mixtures	Solvent, solute, dissolve, solution, soluble, solubility, pure substance, mixture, filtration, distillation, evaporation, chromatography	<p>Find out where distilled water is used and about other examples of distillation.</p> <p>Look at labels of household liquids to find out whether they are pure liquids or mixtures.</p> <p><a href="https://www.youtube.com/watch?v=XEAiLm2zuv&amp;index=58&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=XEAiLm2zuv&amp;index=58&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p> <p><a href="https://www.youtube.com/watch?v=PvHvx7k7UPU&amp;index=60&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=PvHvx7k7UPU&amp;index=60&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p> <p><a href="https://www.youtube.com/watch?v=V5ep0-ojPGw&amp;t=0s&amp;index=42&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=V5ep0-ojPGw&amp;t=0s&amp;index=42&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p>



# Science Curriculum

Acids and alkalis	pH, indicators, base, acid, alkali, concentration	<p>Research the uses and hazards of acids and alkalis.</p> <p>Observe hazard signs on transport vehicles and in public places.</p> <p>With the support of an adult, extract juice from red cabbage by crushing it in water. Use the juice to investigate the colour change with different household chemicals.</p> <p><a href="https://www.bbc.com/bitesize/clips/zbkfgk7">https://www.bbc.com/bitesize/clips/zbkfgk7</a></p>
Metals and non-metals	Metals, non-metals, displacement, oxidation, reactivity	<p><a href="https://www.youtube.com/watch?v=zD7W5O0BH7g">https://www.youtube.com/watch?v=zD7W5O0BH7g</a></p> <p><a href="https://www.youtube.com/watch?v=b0hUv2_NMbE">https://www.youtube.com/watch?v=b0hUv2_NMbE</a></p> <p><a href="https://www.youtube.com/watch?v=qd2B9yCKzc0&amp;t=0s&amp;index=85&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=qd2B9yCKzc0&amp;t=0s&amp;index=85&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p> <p><a href="https://www.youtube.com/watch?v=uSH4PQjxkWQ&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s&amp;index=110&amp;t=0s">https://www.youtube.com/watch?v=uSH4PQjxkWQ&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s&amp;index=110&amp;t=0s</a></p>
Earth structure	Rock cycle, metamorphic, igneous, sedimentary, weathering, erosion, minerals, strata	<p>Read books about the Earth and its history.</p> <p>Visit the Science Museum to see displays about the Earth and formation of rocks.</p> <p>Read science fiction books about earlier geological ages.</p> <p>Visit the seashore, river estuaries or cliffs to observe different types of rocks.</p> <p><a href="https://www.youtube.com/watch?v=24wOIG_7fyc">https://www.youtube.com/watch?v=24wOIG_7fyc</a></p>
Universe	Galaxy, light year, stars, solar system, orbit, exoplanet	<p>Read about the planets in the solar system and space travel including science fiction.</p> <p>Visit the Science Museum, planetarium or virtual laboratory through the internet.</p> <p>Use the internet to find out about eclipses.</p> <p>Make nightly observations of the Moon and stars.</p> <p><a href="https://www.youtube.com/watch?v=76-HAqNKqKA&amp;t=0s&amp;index=56&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=76-HAqNKqKA&amp;t=0s&amp;index=56&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p>



## Physics

Topics	Examples of keyword	Out-of-school learning
Speed	Speed, average speed, relative motion, acceleration,	<p>Collect advertising material relating to streamlining and reducing friction.</p> <p>Research world records for different sports.</p> <p>Observe traffic speed cameras and speed limits.</p> <p><a href="https://www.bbc.com/bitesize/clips/zv9sb9q">https://www.bbc.com/bitesize/clips/zv9sb9q</a></p> <p><a href="https://www.bbc.com/bitesize/clips/zkx9jxs">https://www.bbc.com/bitesize/clips/zkx9jxs</a></p> <p><a href="https://www.bbc.com/bitesize/clips/z24pvcw">https://www.bbc.com/bitesize/clips/z24pvcw</a></p> <p><a href="https://www.youtube.com/watch?v=DGqV_cFOoI8">https://www.youtube.com/watch?v=DGqV_cFOoI8</a></p> <p><a href="https://www.bbc.com/bitesize/clips/z9wyb9q">https://www.bbc.com/bitesize/clips/z9wyb9q</a></p>
Gravity	Weight, non-contact force, mass, gravitational field strength, field	<p>Think about gravitational attraction when viewing films showing activities such as hang-gliding or skydiving.</p> <p><a href="https://www.youtube.com/watch?v=EwY6p-r_hyU">https://www.youtube.com/watch?v=EwY6p-r_hyU</a></p> <p><a href="https://www.bbc.com/bitesize/clips/zdvmpv4">https://www.bbc.com/bitesize/clips/zdvmpv4</a></p>
Potential difference and resistance	Potential difference, resistance, electrical conductor, electrical insulator	<p>Talk to adults about the control and use of domestic mains appliances, including fuses.</p> <p>Find out how dimmer switches work.</p>
Current	Negatively charged, positively charged, electrons, charged, electrostatic force, current, in series, in parallel, field	<p>Do not experiment with mains equipment.</p> <p><a href="https://www.bbc.com/bitesize/clips/ztdyr82">https://www.bbc.com/bitesize/clips/ztdyr82</a></p> <p><a href="https://www.youtube.com/watch?v=KYKVf6edvcA">https://www.youtube.com/watch?v=KYKVf6edvcA</a></p> <p><a href="https://www.bbc.com/bitesize/clips/zs7gkqt">https://www.bbc.com/bitesize/clips/zs7gkqt</a></p> <p><a href="https://www.bbc.com/bitesize/clips/zc6kq6f">https://www.bbc.com/bitesize/clips/zc6kq6f</a></p>



# Science Curriculum

Energy Costs	Power, energy resource, non-renewable, renewable, fossil fuels	<p>Compare energy values on food packets.</p> <p>Collect magazine pictures to show different energy resources.</p> <p>Read BBC news articles on renewable and non-renewable energy resources.</p> <p>With the support of an adult, survey the power rating of various devices in the home.</p> <p>Observe your electricity meter when different appliances are running.</p> <p>Ask your parents/carers to have a look at the electricity bill.</p> <p><a href="https://www.bbc.com/bitesize/clips/zqpkwmn">https://www.bbc.com/bitesize/clips/zqpkwmn</a></p> <p><a href="https://www.bbc.com/bitesize/clips/zc88qty">https://www.bbc.com/bitesize/clips/zc88qty</a></p> <p><a href="https://www.bbc.com/bitesize/clips/zwy7xnb">https://www.bbc.com/bitesize/clips/zwy7xnb</a></p>
Energy Transfer	Energy stores, thermal, chemical, kinetic, gravitational potential, elastic, dissipated	<p><a href="https://www.youtube.com/watch?v=7nUYhX2biz4">https://www.youtube.com/watch?v=7nUYhX2biz4</a></p> <p><a href="https://www.youtube.com/watch?v=nbXXFtF8Lzs">https://www.youtube.com/watch?v=nbXXFtF8Lzs</a></p>
Sound	Vibration, longitudinal wave, volume, pitch, amplitude, wavelength, frequency, vacuum, oscilloscope, absorption, auditory range, echo	<p>Think about how the musical instruments that you play or listen to make sounds.</p> <p>Think about the loud and distracting noises in the environment.</p> <p>Consider the effects of loud noises on hearing.</p> <p>Look for safety signs warning about loud noises.</p> <p><a href="https://www.bbc.com/bitesize/clips/zsfs39q">https://www.bbc.com/bitesize/clips/zsfs39q</a></p> <p><a href="https://www.bbc.com/bitesize/clips/ztppecw">https://www.bbc.com/bitesize/clips/ztppecw</a></p> <p><a href="https://www.youtube.com/watch?v=HMxOxHkWWmU8&amp;t=0s&amp;list=PLRmb5AxU-JXgajvrrcozhkhMeSWaOXIOZ&amp;index=11">https://www.youtube.com/watch?v=HMxOxHkWWmU8&amp;t=0s&amp;list=PLRmb5AxU-JXgajvrrcozhkhMeSWaOXIOZ&amp;index=11</a></p>
Light	Incident ray, reflected ray, normal line, angle of reflection, angle of incidence, refraction, absorption, scattering, transparent, translucent, opaque, convex lens, concave lens, retina	<p>Look for reflective materials in different situations e.g. road signs, safety clothing</p> <p>Observe the effects of coloured lighting in shops, in theatres and on TV.</p> <p><a href="https://www.youtube.com/watch?v=vt-SG7Pn8UU&amp;t=0s&amp;index=35&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=vt-SG7Pn8UU&amp;t=0s&amp;index=35&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p> <p><a href="https://www.youtube.com/watch?v=SeaWCamCHWQ&amp;index=121&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=SeaWCamCHWQ&amp;index=121&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a></p> <p><a href="https://www.bbc.com/bitesize/clips/z27r4wx">https://www.bbc.com/bitesize/clips/z27r4wx</a></p> <p><a href="https://www.bbc.com/bitesize/clips/zt66nbk">https://www.bbc.com/bitesize/clips/zt66nbk</a></p> <p><a href="https://www.youtube.com/watch?v=eDlma_AiRc">https://www.youtube.com/watch?v=eDlma_AiRc</a></p>



## Biology

Movement	Joints, bone marrow, ligaments, tendons, cartilage, antagonistic muscle pair	<p>Use sticks and cord to model how the skeletal and muscular systems work to cause movement.</p> <p><a href="https://www.youtube.com/watch?v=i42FSNA9bAY">https://www.youtube.com/watch?v=i42FSNA9bAY</a></p> <p><a href="https://www.youtube.com/watch?v=f_F5UwtdPOc&amp;t=0s&amp;list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XIOZ&amp;index=5">https://www.youtube.com/watch?v=f_F5UwtdPOc&amp;t=0s&amp;list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XIOZ&amp;index=5</a></p>
Cells	Cell, unicellular, multi-cellular, organ, diffusion, structural adaptations, cell membrane, nucleus, vacuole, mitochondria, cell wall, chloroplast, systems	<p>Use the internet to examine images of cells.</p> <p>Find out about the history of the microscope, including the light and electron microscope.</p> <p><a href="https://www.bbc.com/bitesize/clips/zhj34wx">https://www.bbc.com/bitesize/clips/zhj34wx</a></p> <p><a href="https://www.bbc.com/bitesize/clips/z7dyr82">https://www.bbc.com/bitesize/clips/z7dyr82</a></p> <p><a href="https://www.bbc.com/bitesize/clips/zhmcd2p">https://www.bbc.com/bitesize/clips/zhmcd2p</a></p> <p><a href="https://www.youtube.com/watch?v=nR-IsNDVhcY&amp;t=0s&amp;index=15&amp;list=PLRSle0MUxDnfAIPXESqPcGFpfhvZFis">https://www.youtube.com/watch?v=nR-IsNDVhcY&amp;t=0s&amp;index=15&amp;list=PLRSle0MUxDnfAIPXESqPcGFpfhvZFis</a></p>
Interdependence	Food web, food chain, ecosystem, environment, population, producer, consumer, decomposer	<p>Visit other habitats e.g. nature reserves, nocturnal houses at zoos and nature centres.</p> <p>Find out about the feeding requirements of a variety of species of animal.</p> <p>Watch wildlife programmes, read accounts of life in a habitat supporting different plants and animals.</p> <p><a href="https://www.youtube.com/watch?v=MuKs9o1s8h8&amp;list=PLhz12vamHOnZv8kM6Xo6AbluwIIVpulio&amp;index=4&amp;t=0s">https://www.youtube.com/watch?v=MuKs9o1s8h8&amp;list=PLhz12vamHOnZv8kM6Xo6AbluwIIVpulio&amp;index=4&amp;t=0s</a></p> <p><a href="https://www.youtube.com/watch?v=Vtb318VzIfg&amp;list=PLhz12vamHOnZv8kM6Xo6AbluwIIVpulio&amp;index=10&amp;t=0s">https://www.youtube.com/watch?v=Vtb318VzIfg&amp;list=PLhz12vamHOnZv8kM6Xo6AbluwIIVpulio&amp;index=10&amp;t=0s</a></p>



# Science Curriculum

Plant reproduction	Pollen, ovules, pollination, fertilisation, seed, fruit, carpel, stamen, seed dispersal	Visit botanical gardens to explore the diversity of plants. Plant seeds (eg. kidney, cress) and observe their growth. <a href="https://www.youtube.com/watch?v=2ycl2E9r-_o&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s&amp;index=43">https://www.youtube.com/watch?v=2ycl2E9r-_o&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s&amp;index=43</a> <a href="https://www.youtube.com/watch?v=TE6xptjgNR0&amp;t=0s&amp;index=12&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s">https://www.youtube.com/watch?v=TE6xptjgNR0&amp;t=0s&amp;index=12&amp;list=PLRSIe0MUxDnfAIPXESqPcGFpfhvhvZFi2s</a>
Variation	Species, variation, continuous variation, discontinuous variation	Visit zoos, farms or allotments to observe differences between particular breeds and varieties. <a href="https://www.bbc.com/bitesize/clips/zp8fgk7">https://www.bbc.com/bitesize/clips/zp8fgk7</a> <a href="https://www.bbc.com/bitesize/clips/z8sjxn">https://www.bbc.com/bitesize/clips/z8sjxn</a>
Human reproduction	Gamete, fertilisation, ovary, testicle, oviduct, uterus, ovulation, menstruation, foetus, gestation, placenta, amniotic fluid, umbilical cord	Find out about reproduction of, and breeding in, domestic pets. <a href="https://www.bbc.com/bitesize/clips/z6tkq6f">https://www.bbc.com/bitesize/clips/z6tkq6f</a> <a href="https://www.bbc.com/bitesize/clips/zqbxn39">https://www.bbc.com/bitesize/clips/zqbxn39</a> <a href="https://www.bbc.com/bitesize/clips/zxxcd2p">https://www.bbc.com/bitesize/clips/zxxcd2p</a>



# Health Related Fitness

To support the effort you will be putting into HRF at Coombe Wood School as you endeavour to discover and reach your personal best, please look at the suggestions and support material included below.

- Join **at least 1 extra-curricular** school club.
- Download the **Myzone app** to view your MEPS and track your progress. *Myzone* is the most accurate and versatile wearable fitness tracker available. When using the device at school you will gain a whole new understanding of how the body adapts during exercise and be rewarded for the **EFFORT** you put in, regardless of your current fitness level. To find out more about this technology go to [www.myzone.org](http://www.myzone.org) or ask Mr Smith for details.
- Download the *Cardio: Heart Rate Monitor* app to instantly monitor your heart rate at home using a mobile phone camera. See how your heart rate has changed when having fun with your friends.
- Think about your food choices when possible.
- Make healthy lifestyle choices e.g. can you walk instead of using the bus?
- Try out a free outdoor gym if you have one near your house.
- Aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous intensity based exercise per week as recommended by the World Health Organisation (WHO).
- Try and keep to a maximum of two hours per day using electronic media including TV and turn off small screens before 9.00pm.
- For interesting and varied exercise ideas try out The Body Coach TV for kids & school workout videos [www.youtube.com/user/thebodycoach1/videos](http://www.youtube.com/user/thebodycoach1/videos)
- **Take part in organised sport outside of school.**  
**Get inspired by sport and find out how you can take part in a wide range of activities in your local area.** [www.bbc.co.uk/sport/get-inspired](http://www.bbc.co.uk/sport/get-inspired)

## We recommend the following Local Sports Agencies and clubs:

Future Gymnastics  
Volenti Academy  
Tollo Football Academy  
Futsal with Sean Sinclair  
Luol Deng Foundation  
Roundwood Netball Club  
Boulder Fitness with Adam Daniel



Share how you are being an independent learner outside of school with Mr Smith or your tutor to earn 'Enjoyment' Achievement Points.



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SCHOOL

# Headteacher's Period

All students will have a Headteacher's period once every two weeks. This is not a lesson that will take you forward to GCSE, A level or degree. Nor is it a lesson that will be assessed at regular intervals. However, it is a crucial opportunity for students to stop, think and learn about the world around them.

In the very first lesson you will be walking up to the very top of our permanent site and hearing from Mr Laker about the development of Coombe Wood School and the part you all have to play in that. It is an opportunity to hear directly from the Headteacher about how you can make the most of your CWS journey. You will be able to ask questions about any aspect of school life that is still unclear to you.

After the first lesson of looking at life inside CWS, you will begin to explore life outside of CWS. We will be looking at current affairs and how they affect our lives. The exact topics that we cover will depend on national and international events that occur throughout the year.

Through studying contemporary world issues and events, students will learn crucial skills that will serve them well in their GCSEs - debating, discussing, creating and articulating their views about the world around us.

## Get curious at home! -

- Follow national and international news stories either by watching the news, reading quality newspapers or going online and looking at apps or websites of reputable news agencies. BBC and Sky News are a pretty good benchmark to work from.
- Find a story or a report that interests you, whether environmental, musical, sporting, political or otherwise.
- We will have a section of each lesson set aside for students to talk to the class about things they have been finding out about. You could earn rewards points for talking passionately about a national or international issue that interests you, you could prepare this at home.
- You might choose to create a PowerPoint which emphasises your concerns, to show to your classmates.
- You may want to create a poster to show your feelings about a world issue and bring it in to Mr Laker.
- If you are musical, you could create a rap which puts across your views on a certain issue.

**GET PASSIONATE ABOUT THE WORLD AROUND YOU BECAUSE IT IS GOING TO BE YOUR WORLD FOR A VERY LONG TIME! FIND OUT ABOUT IT. IF YOU HAVE AN OPINION ON SOMETHING, DEVELOP IT AT HOME IN A WAY THAT SUITS YOU AND SHARE IT WITH THE CLASS.**



COOMBE WOOD  
SCHOOL

## Skills



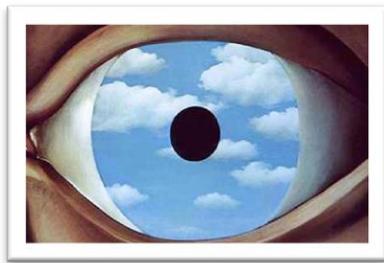
Drawing & Painting - Impressionism

In this topic students will learn about the fundamental skills of Art & Design. This will include lessons that focus on colour, pattern and mark making as well as an introduction into various forms of Art from different cultural contexts. To develop confidence, students will create a range of preparatory work in their sketchbooks. Final outcomes will include an original colour wheel, a colour reduction poly print and a final impressionist landscape to show students' understanding of the key skills explored.

Get curious:

- Download and experiment with the 'Adobe Colour' application.
- Visit urban areas and take photographs of city skylines.

## Alice in Wonderland



Mixed Media/Illustration - Surrealism

During their second term, students will have the opportunity to use their imagination through developing and depicting bizarre ideas and scenes inspired by Surrealism and Alice in Wonderland. This project will begin with research into artists such as Salvador Dali and Rene Magritte, followed by planning and creating their own surreal pieces of work. Pupils will use a variety of mediums to develop their skill set and independence within Art and Design, and final outcomes will involve mixed-media works and experimentation with Adobe Photoshop.

Get curious:

- Visit Anthea Hamilton: 'The Squash' (Tate Britain) Free - on until 8th October).
- Read 'Alice's Adventures in Wonderland' or watch 'Alice in Wonderland' (1951/2010).

## 2D to 3D



Sculpture - The Figure

In the final project of the year, students will explore the many ways artists use 2D shapes and 3D forms to represent the figure. After studying different techniques for drawing the human body proportionally, students will research artists such as Alberto Giacometti and Barbara Hepworth, who broke these rules when forming their sculptures. Pupils will then design their own three-dimensional outcomes. The unit will focus on experimentation with more unusual materials such as string, wire and soap to create the final pieces, as well as the ability to transform 2D illustrations into 3D outcomes.

Get curious:

- Collect and experiment with unusual everyday materials to create artwork.
- Download the 'Megaphoto' application to distort yourself, your friends and family.



# Design & Technology Curriculum

## Branding



Design/Evaluate/Develop - Digital Logo

In this topic students will learn about branding and corporate identity through a series of scaffolded activities to develop confidence and skills in Graphic Design. Students will experience various development tasks which will highlight the importance of creative risk taking and target audience in the design industry. This topic includes a balance of hand drawn design activities and digital experimentation using Adobe Creative Cloud. As students gain more experience and confidence with the design process they are given the opportunity to apply the skills they have learned in this topic in Logo designs for our house teams. This will involve final logo designs and collaborative bunting to showcase each house.

Get curious

- Visit the permanent exhibition at the Design Museum (free)
- Download a logo apps quiz on your device.
- Collect different brands and adverts to share in class

## Architecture



Design/Manufacture - 3D Card Building

In their second project, students will explore different manufacturing skills using card to create a 3D architectural model. Students will learn how to plan in detail, illustrate their designs in various technical drawings and model different prototypes to develop their ideas. This project will also feature the use of different computer aided design software including Google SketchUp. Lessons will involve a series of problem solving activities where students are encouraged to take creative risks and reflect on how the accuracy and complexity of their final design can be developed to the best of their ability.

Get curious

- Download Google Sketch Up and experiment.
- Photograph any interesting buildings on your travels
- Collect different types of packaging and deconstruct them.

## Wayfinding



Research/Design - Wayfinding Designs

In this project students will explore different wayfinding systems. Students will learn how to write their own design brief and conduct their own primary and secondary source research to help inform their design process. The theme for their final outcome, a series of way finding signs around school, will come from lessons that teach students the key characteristics of different design styles. This includes Constructivism, Bauhaus and Swiss International Style. As students progress towards their final designs, they will use digital media and hand drawn techniques to combine images and typography.

Get curious

- Find and photograph design inspired by the styles explored in class?
- Create a Pinterest Board of the most creative wayfinding systems.

## What have the Romans ever done for us?

In your Classics lessons, you will be learning all about the ancient history of the Romans and the Greeks, and how to speak their languages. You will learn about gladiators, ancient theatre, Roman dining, the eruption of Vesuvius, ancient Olympics and Greek temples. You will also learn about how the ancient world has influenced us today, films, television, and even your favourite music.

Learning Classics is highly beneficial for students for a wide range of reasons. As well as being looked upon highly by employers later in life, it can help you with English, Languages, History, Art, Maths, Geography and Science, and can lead to a range of careers. J.K.Rowling (the writer of Harry Potter) and Tom Hiddleston (from *The Avengers* series) both studied Classics, whilst Frank Lampard (famous footballer!) did a GCSE in Latin!

Not many schools are able to teach Classics, so you are very lucky to be able to study this special subject at Coombe Wood School. Listed here are some excellent resources that you can use to get involved in your learning of Classics, and Mrs Rushton will recognise your hard work with Enjoyment reward points.

### Books:

- Horrible Histories' Groovy Greeks and Rotten Romans
- **Any** of the Harry Potter series (what language are the spells in?)
- The Percy Jackson series
- Any Greek/Roman myths and legends
- Asterix comics

### TV/Films:

- *Hercules* (Disney)
- *Percy Jackson and the Lightning Thief*
- BBC TV series Atlantis

### Online resources:

- Google 'Cambridge Latin Course Vocab Tester' to learn some words in Latin.

### Outside:

- Visit the British Museum and search through the Roman and Greek section.
- Visit the Museum of London that have an exhibit on what London was like during the Roman times.
- Visit Fishbourne Palace or Lullingstone villa to see a real Roman site!

### Food (yes, you can try some food as part of the curriculum!):

- Italian foods: pizza, pasta, dates, grapes, parma ham, you could try and make some honey cake!
- Greek foods: hummus, tzatziki, pitta bread, pomegranates, vine leaves, and many more.



# Geography Curriculum

Geography is a subject which creates a sense of appreciation for the vastly different cultures and conditions that exist across different continents. Overall, geography aims to use knowledge to bridge divides and bring people together.

The teaching of geography will encourage students to consider the ever changing nature of the human, physical and environmental landscape of our earth.

Throughout Year 7, students will be introduced to key themes in our earth's past, present and future. Throughout the first half of the year, we will study the physical landscape of our current world and the vast differences across it. In the second half of the year, students will focus upon human geography in regards to work and population.

## Get Curious

Our Current World	Watch these documentaries and make a poster comparing the temperature, water supply, greenery, landscape and wildlife in your local area with different locations across the world.  <a href="https://www.youtube.com/watch?v=i8Zo1_FN6xw">https://www.youtube.com/watch?v=i8Zo1_FN6xw</a>  <a href="https://www.youtube.com/watch?v=cTnmECQBY5g">https://www.youtube.com/watch?v=cTnmECQBY5g</a>  <a href="https://www.youtube.com/watch?v=Hy5-Jw3Mzq8">https://www.youtube.com/watch?v=Hy5-Jw3Mzq8</a>
Human Movement	Read the information, watch the video and complete the knowledge test <a href="https://www.bbc.com/bitesize/guides/zkg82hv/revision/1">https://www.bbc.com/bitesize/guides/zkg82hv/revision/1</a>



## ***"Those who do not learn from history are doomed to repeat it."***

Edmund Burke

History is a dynamic and engaging subject that challenges students in many ways. The teaching of history not only develops analytical skills, but also crucial life skills such as essay writing, the articulation of arguments and how to use evidence effectively.

The teaching of history will encourage students to understand the present world more deeply by studying the past as well as developing key skills that are applicable to many other subjects.

In Year 7, we will study a broad period of history that will start in 1050 and will end in 1750. By the end of the year, students will have studied the impact of the Norman Conquest of England, the friction between church and state which led to the assassination of Thomas Becket, as well as two of the most turbulent events in English history: the English Reformation and the English Civil War.

### **Learning Quest**

Norman Conquest	Watch the videos 1 - 6 ( <a href="https://www.youtube.com/watch?v=1sK4JX0co8I&amp;list=PLcvEcrsF_9zK2bOCseaghBlucwF9pcsFX">https://www.youtube.com/watch?v=1sK4JX0co8I&amp;list=PLcvEcrsF_9zK2bOCseaghBlucwF9pcsFX</a> )  Read the information, watch the video and complete the knowledge test ( <a href="https://www.bbc.com/bitesize/guides/zsjnb9q/revision/1">https://www.bbc.com/bitesize/guides/zsjnb9q/revision/1</a> )
Assassination of Thomas Becket	Watch the video ( <a href="https://www.youtube.com/watch?v=DtJX0430bQw">https://www.youtube.com/watch?v=DtJX0430bQw</a> )  Read the information, watch the video and complete the knowledge test ( <a href="https://www.bbc.com/bitesize/guides/zw3wxnb/revision/1">https://www.bbc.com/bitesize/guides/zw3wxnb/revision/1</a> )
English Reformation	Watch the video ( <a href="https://www.youtube.com/watch?v=1o8oIELbNxE">https://www.youtube.com/watch?v=1o8oIELbNxE</a> )  Read the information, watch the video and complete the knowledge test( <a href="https://www.bbc.com/bitesize/guides/zrpcwmn/revision/1">https://www.bbc.com/bitesize/guides/zrpcwmn/revision/1</a> )
English Civil War	Watch the video ( <a href="https://www.youtube.com/watch?v=k7jfpGfdX2E&amp;list=PLQxqjVmR2R3agHF51_dYtTtHUmkJdv8a&amp;pbjreload=10">https://www.youtube.com/watch?v=k7jfpGfdX2E&amp;list=PLQxqjVmR2R3agHF51_dYtTtHUmkJdv8a&amp;pbjreload=10</a> )  Read the information, watch the video and complete the knowledge test( <a href="https://www.bbc.com/bitesize/guides/zky82hv/revision/7">https://www.bbc.com/bitesize/guides/zky82hv/revision/7</a> )



## French & Spanish

**Lessons per week: 2**

### **What will students study in Year 7?**

Students will study a range of topics during the course of Year 7 using contexts familiar to them and giving them insight into the everyday life and culture of France / Spain and other French / Spanish-speaking countries. Topics include giving information about themselves, talking about their school, free time, family, where you live and what you do on the weekend. The four attainment targets are Listening, Speaking, Reading and Writing and most lessons will contain all four elements. There is a strong focus on translation and use of authentic materials in line with the new GCSE Modern Foreign Language specification and students will also learn about key, grammatical concepts as they go along.

### **What can parents/carers do to support their child?**

Ensure your child has a French / Spanish bilingual dictionary that they bring to every lesson (The Oxford or The Collins dictionaries for French or Spanish are suitable and can be purchased at a reasonable price from shops such as The Works or at online stores.)

Encourage your child to put 'post-its' around the house to label the vocabulary recently learnt and key phrases. Learn and 'test' vocabulary together in small chunks regularly. Research has shown that the best and most effective way to learn a foreign language is 'little but often'.

Encourage your child to take an interest in French / Spanish events in the news and to try to pick up any associated vocabulary.

Discuss with your child what topic they are working on – they will probably be pleased to try and teach you and be keen to talk to you in the newly learnt language.

Whatever you do, please be positive, encouraging and do listen to and read through their work - even if you don't understand it all!

### **What independent learning can students do to make progress and get curious?**



#### **Watching Tasks:**

- Watch a Disney film you know in French / Spanish with English subtitles.
- Watch a French / Spanish film with English subtitles.

Think about words that you hear and recognise, consider the sound of the language, gestures people use to express themselves. In what way is it different to English or other languages that you know.



#### **Trip or Visit**

- If you have visited a French / Spanish speaking country recently, complete a short project on the region you visited.
- Write a diary about a trip to France / Spain you have been on and include photos.
- Prepare a vocabulary booklet for a trip to France / Spain with key vocabulary and phrases.





## **Creative Task:**

- Create a video, poem or a song such as a rap to summarise a grammar point that you have learnt in class.



## **Student Led Task:**

- Put the settings on your phone into French / Spanish to practise useful language.
- Put the settings into French / Spanish on your favourite computer game. On FIFA, for example you can set the commentary to French or Spanish.

## **What are some great websites that can help with this year's studies?**

Show my Homework – keep an eye out for resources put on there to support learning.

[www.wordreference.com](http://www.wordreference.com) is a fantastic online dictionary. Please avoid using Google translate to translate phrases and sentences as the quality of translation is poor. Work submitted using Google translate will not be marked and will need to be redone.

To learn and practise vocabulary and grammar, try some of the following websites:

[www.linguascope.com](http://www.linguascope.com)

user name: coombewood

password: fantastic1

Click 'Elementary' and select: houlala (for French) **OR** caramba (for Spanish)

For a greater challenge, click on 'Beginners' and select the French / Spanish flag.

<http://www.bbc.co.uk/languages/french/> **OR** <http://www.bbc.co.uk/languages/spanish/>

[www.duolingo.com](http://www.duolingo.com)

<https://www.education.vic.gov.au/languagesonline/default.htm>

[www.language-gym.com](http://www.language-gym.com)

<https://www.quia.com/web> Select your language under the 'Shared activities' heading.



# Performing Arts Curriculum

Welcome to Performing Arts. Over the coming year students will explore the medium of performing arts through the study of music, dance and drama.

## Music

In music we will be exploring a range of musical styles and developing important skills. In particular we will be developing vocal skills and learning how to create music using computer programmes, with a particular focus on musical theatre and modern dance music.

Task: Watch the 2007 film 'Hairspray'. This is a musical theatre show turned into a movie. What can you learn about the musical theatre style of singing through listening to the songs? What other musical theatre shows have been turned into films recently? Do your best to find and watch them and then have a go at singing along to your favourite musical theatre song.

## Drama

In drama we will be exploring creative expression and story telling through developing expressive skills such as body language, vocal tone and facial expression and we will be exploring traditional fairy tails, folklore, myths and legends across a range of cultures.

Task: Find and read a book of fairy tales. Can you think of a creative way to adapt one of the stories to make it somehow different or modern whilst still preserving the recognisable story line? Write a short explanation of how you would change the story.

## Dance

In dance we will explore several different styles of dance including 60s dance styles and street dance. We will develop skills such as timing, posture, style, expression and musicality as well as developing creative skills through exploring choreography.

Task: Use the Internet to find out the kind of dance that was popular in the 1960s. Can you teach yourself one of the dance moves that were popular at the time?



# Philosophy, Beliefs & Ethics

## Why study Philosophy, Beliefs & Ethics PBE?

Religious Education is now known as Philosophy, Beliefs & Ethics, a title which better describes the breadth of the subject. Students no longer merely study religious texts: they examine religious beliefs, moral, ethical and cultural issues and the interaction between them. There is, of course, no shortage of topics for discussion: genetic engineering, war, the paranormal, illegal and legal drugs, relationships and many more.

England is a multi-cultural and multi-faith society, a fact that brings great benefits, but can also lead to misunderstandings and conflict. Prejudices are easily formed; if students are not to misunderstand different beliefs and attitudes, they must be well-informed. Yet, under pressure from testing and bombarded by the mixed messages of the media, students are often short of time to reflect on life's larger questions.

Students in English schools are required to study PBE.

## Successful PBE students are:

- Knowledgeable about a wide range of current topics; not a week goes by when one of our topics isn't in the news;
- Literate; our students learn to express ideas orally and in writing;
- Good listeners; they learn to respect the opinions of others with whom they disagree;
- Able to evaluate different perspectives using relevant evidence and reasoned argument;
- Highly employable because they are aware of current affairs and of the different beliefs and cultures they are likely to encounter in the workplace;
- Self-aware because they have reflected on their own identity, the meaning of life and moral issues;
- Media savvy, because they have learnt to assess the information provided by the media.

## Get Curious

With mosques, churches and temples all around Croydon, there is certainly no shortage of places to visit. As part of their studies at the school, students will visit places of worship, allowing them to see how beliefs affect behaviour first-hand.

## What can you do to support your child?

Encourage your child to read a newspaper at least once a week; this develops their literacy skills and keeps them informed of current ethical issues that they can discuss in their work.

Encourage your child to complete additional research, either through using books and the internet (under your supervision) or through discussing the issues with members of your community.

Help your child master the ability to reason and evaluate by debating issues with them. Make sure they learn to use evidence and clear examples to support their points, whether arguing about politics or about doing the washing up!





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