



Perins School Summer Holiday Challenge Ideas

Staff at Perins have put this booklet together to give you ideas from each curriculum areas of things you could do over the summer holidays to keep you busy and give you new challenges. You do not have to do them, but you could choose a few! Lots of them are good fun and challenging, some will give you an insight into topics you will study in Year 7 and some will give you a chance to recap KS2 skills and knowledge.

Have fun!

Perins Staff



- Maths
- English
- Science
- Modern Foreign Languages
- Computing
- Design & Technology
- Physical Education
- Geography
- History
- RE
- Art
- Drama
- Music

Important - Check first!

When doing some of the activities to stay safe you may need to ask for adult help or supervision e.g. cooking if using the oven. Always check with an adult before doing any of the tasks in the booklet.

Maths

This website has some good online Maths puzzles to solve, have a go at trying some of them:

<https://www.transum.org/Software/Puzzles/>

This website has some good printable maths puzzles to try: <https://www.mathinenglish.com/puzzlemain.php>

There is also a separate Maths Booklet you can have a go at completing which contains lots of challenges.

There are lots of links below you could visit to check your understanding of topics we will be covering in Year 7:

Decimals <https://www.bbc.co.uk/bitesize/guides/zpf3k2p/revision/1>

Tables, charts and graphs <https://www.bbc.co.uk/bitesize/topics/z7rcwmn>

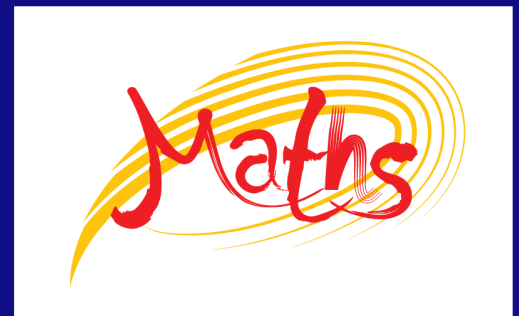
Fractions <https://www.bbc.co.uk/bitesize/topics/zhdwxnb>

Percentages <https://www.bbc.co.uk/bitesize/topics/znjqtfr>

Algebra <https://www.bbc.co.uk/bitesize/topics/zghp34j>

Co-ordinates <https://www.bbc.co.uk/bitesize/topics/zgthvcw>

Position and direction <https://www.bbc.co.uk/bitesize/topics/z2dqrwx>



Curriculum Topics in Year 7

Data

Place value

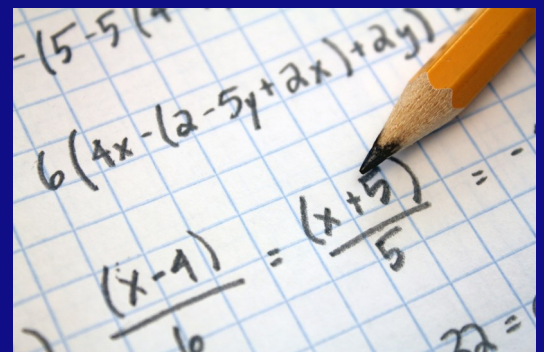
Calculations and checking

Fractions

Algebraic manipulation

Percentages

Shape properties and transformations





English

1. a) Prepare a list of 15 to 20 questions for use in determining if other people have read the book carefully. Must include some "thought" questions. "How?" "Why" and b. Make a crossword puzzle using ideas from a book. Need at least 25 entries.
2. Write a scene that could have happened in the book you read but didn't. After you have written the scene, explain how it would have changed the outcome of the book.
3. Write a plan for the plot of a sequel to this book and write out the first chapter.
4. Add another character to the book. Why would he be put there? What part would he serve? Write a character study about him.
5. Rewrite the story for younger children in picture book form.

Write another ending for the story as a chapter.

6. Create a newspaper for your book. Summarize the plot in one article, cover the weather in another, do a feature story on one of the more interesting characters in another. Include an editorial and a collection of ads that would be pertinent to the story.
7. Draw a comic-book page complete with bubble-style conversations showing an incident in your book.
8. Pretend that you are one of the characters in the book you read. Prepare a monologue of that character telling of his or her experiences.
9. Prepare an interview with one of the characters in the book you read. Pretend that this character is being interviewed by a magazine or newspaper reporter. You may do this project with a partner, but be sure to write a script.
10. Write and perform an original song that tells the story of the book.
11. Imagine that you are about to make a feature-length film of the novel you read. Create the storyboard for a trailer and film it. Write a 'pitch' where you explain your plans for the film, including who you would choose to star in the film and why you have chosen this person.
12. Design an advertising campaign to promote the sale of the book you read. Include each of the following: a poster, a radio or TV commercial, a magazine or newspaper ad, a bumper sticker, and a button.
13. Create a board game based on events and characters in the book you read. By playing your game, members of the class should learn what happened in the book. Your game must include the following: a game board, a rule sheet and clear directions, events and characters from the story.

14. Complete a series of five drawings that show five of the major events in the plot of the book you read. Write captions for each drawing so that the illustrations can be understood by someone who did not read the book.
15. Construct a diorama (three-dimensional scene which includes models of people, buildings, plants, and animals) of one of the main events of the book. Include a written description of the scene.

16. Make a mobile using a coat hanger that shows at least five of the major events in the plot of the book you read. Write captions for each drawing so that the illustrations can be understood by someone who did not read the book.

17. If the book you read involves a number of locations within a country or geographical area, plot the events of the story on a map. Make sure the map is large enough for us to read the main events clearly. Attach a legend to your map. Write a paragraph that explains the importance of each event indicated on your map.

18. Imagine that you have been given the task of conducting a tour of the town in which the book you read is set. Make a tape describing the homes of your characters and the places where important events in the book took place. You may want to use a musical background for your tape.

19. If the story of your book takes place in another country, prepare a travel brochure using pictures you have found or drawn.

Curriculum Topics in Year 7

Creative Writing: Myths

Relationship and Identity: focus on Poetry

Novel Study: Close study of designated literature

Creative Writing: Non-fiction (Animal Rights)

Theme: The Supernatural (focus on Shakespeare).



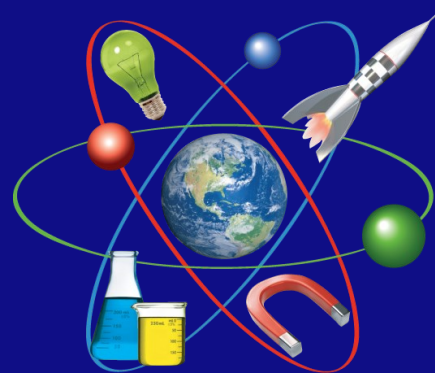
Science

1. Have a go at some of the challenges from the James Dyson Foundation: <https://www.jamesdysonfoundation.co.uk/resources/other-engineering-resources/challenge-cards.html>
2. Try out some of the 'Wonder seekers' activities <https://www.wonderseekers.charity/science-at-home>
3. Pick a random experiment from cat and dog duo, 'Marvin and Milo' each day, for you to do at home: <https://spark.iop.org/collections/marvin-and-milo#gref>
4. Investigate what cells are <https://www.bbc.co.uk/bitesize/topics/znyycdm/articles/zkm7wnb>
5. Can you make a plant and an animal cell? <https://www.bbc.co.uk/bitesize/topics/znyycdm/articles/zm9jdp3>
6. Watch How to be epic - Science for some at home experiment ideas: <https://www.bbc.co.uk/iplayer/episode/m000j4s3/how-to-be-epic-home-series-1-7-science>
7. Find inspiration and more information about these famous scientists: <https://www.dkfindout.com/uk/science/famous-scientists/>



Curriculum Topics in Year 7

Investigating Science
Cells and Respiration
Classifying Materials
Energy and Matter
Humans as organisms
Chemical Reactions
Forces
Electricity and Magnetism





Curriculum Topics in Year 7

FRENCH:

Introduction to Spelling Bee.

Identity: Greetings, numbers, days/months/seasons, birthday, age, describing your school bag., phonics.

Identity: Classroom description, articles, likes/dislikes, hobbies, colours, adjectives (+agreement), animals, family, possessive adjectives, where I live, food/drink, nationalities/countries, weather. Poetry competition.

My studies: Subjects, opinions, reasons, timetable, telling the time, recap of year, project and film work

SPANISH:

"Me, my family and friends: Family members, Personality, Physical description, Pets Intro to hobbies. Picture descriptions. Phonics. Spelling Bee competition.

Home, town, neighbourhood and region: Describing where you live, Places and activities in town.

Activities at the weekend and food
Día de los Muertos project
Poetry competition

"My studies:

School subjects, facilities, opinions, break, general description
Spanish festivals project



Modern Foreign Languages

Learn how to introduce yourself in French <https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/z7ftwtw>

Can you find out what your birthday is in French? <https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/zhryxyc>

Can you describe your family in French? <https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/zmvpqp3>

Can you tell us what your favourite food is in French? <https://www.bbc.co.uk/bitesize/topics/zjx947h/articles/z4xjrj6>

Learn how to introduce yourself in Spanish <https://www.bbc.co.uk/bitesize/topics/zfgt6v4/articles/zhvppp3>

Can you find out what your birthday is in Spanish? <https://www.bbc.co.uk/bitesize/topics/zfgt6v4/articles/zjh292p>

Can you describe your family in Spanish? <https://www.bbc.co.uk/bitesize/topics/zfgt6v4/articles/zfryxyc>

Can you tell us what your favourite food is in Spanish? <https://www.bbc.co.uk/bitesize/topics/zfgt6v4/articles/zbw4f4j>

10.

11. Try learning some new language from the Duo Lingo <https://www.duolingo.com/>

12. Try learning some new language vocabulary from the Memrise <https://www.memrise.com/>

Computing

Code a dance party to your favourite song <https://code.org/dance>

1. Learn how to do some simple coding following the tutorials in scratch
<https://scratch.mit.edu/ideas>
2. Have a go at creating your own stop motion animation:
How to do Stop Animation guide: <https://www.youtube.com/watch?v=td2DgP56DP0>
Examples of Stop Animation:
 - **Morph** <https://bit.ly/2EUMd9s>
 - **Early Man trailer** <https://bit.ly/2wMOpg6>
 - **Snake animation** <https://bit.ly/2EXAOW6>
 - **Fruit and Veg** <https://bit.ly/2kvjYVo>
 - **Ebay Advert** <https://bit.ly/2PDS86E>
 - **Oreo** <https://bit.ly/27y1NiG>
4. Find some pictures that have been “photoshopped” on the internet.
5. Find some brainteasers and riddles in a newspaper or online and see if you can solve them.
6. Find out what parts you need to build your own computer



Curriculum Topics in Year 7

Baseline & introduction to network / software

E-Safety and advanced features of PowerPoint

Programming with Scratch

Photoshop image editing

Stop Motion Animations

Programming in Small Basic





Design & Technology

Curriculum Topics in Year 7

Food- Healthy Eating

Textiles- Felt Puppets

Graphics- Drawing Techniques

Timbers- Pencil Holder

1. Investigate the Eat Well Guide so see how to have a balanced, healthy diet <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/?tabname=recipes-and-tips>
2. Plan and cook a healthy meal for those who live in your home, there are recipes available on the link above, at <https://www.bbcgoodfood.com/> or in any cookbook you have at home. Take a photo to show your teacher in September.
3. Have a go at creating a mechanical, moving toy out of paper from this amazing choice of models <https://creativepark.canon/en/categories/CAT-ST01-0082/index.html>
4. Watch 'Inside the Factory' and note down all the different types of technology you see during the production process <https://www.bbc.co.uk/programmes/b07mddqk/episodes/player>
5. Try some of these STEM challenges at home <https://www.smallpeicetrust.org.uk/engineering-at-home>
6. Get creative with lolly sticks and create either a bird feeder <https://www.madewithhappy.com/popsicle-stick-bird-feeder/> or a photo frame or a house <https://www.wikihow.com/Build-a-Popsicle-House>



Physical Education

1. Athletic Challenges - can you improve your score with practice?
 - how far you can do a standing long jump
 - how quickly you can run 30m
 - how far you can throw a nerf howler or tennis ball
2. Play Small Game Rounders at the park with family
<https://www.roundersengland.co.uk/content/uploads/2020/05/Small-Game-1.pdf>
3. Learn some individual Basketball handling skills
<https://www.teachpe.com/sports-coaching/basketball/basketball-ball-handling-drills>
4. Check out the Street Dance skills at <https://www.bbc.co.uk/teach/class-clips-video/street-dance-masterclass/zh2vpg8> can you create a dance that includes grooves, locking and breaking?
5. Practise these Rugby skills in the garden to get your handing skills ready for action <https://www.rugbycoachweekly.net/rugby-drills-and-skills/10-rugby-pass-catch-skills-to-practise-at-home/> or https://www.youtube.com/watch?v=pZB-6kl_440 or <https://www.youtube.com/watch?v=eTlt0Am2xSQ>
6. Devise a warm up including a pulse raiser, some stretches for the major muscle groups and a small running game that you can use at Perins in September
7. Set yourself a fitness challenge and work towards achieving it, this could be a weekly step count, miles walked, sit ups in a minute, press ups in 30 seconds or to run 5Km (download the couch to 5K app <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>)
8. Watch a game of a sport that you have never played before and learn the skills, rules and tactics
9. Try out free sample of an exercise class by Les Mills - <https://watch.lesmillsdemand.com/free-content> or choose a Pop Sugar Workout <https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>
10. Have a go at creating a simple target game - like this badminton game to practise your accuracy in racket sports <https://www.youtube.com/watch?v=N4seqejBYpw&feature=youtu.be>



Curriculum Topics in Year 7

Athletics

Badminton

Basketball

Core Game Principles

Dance

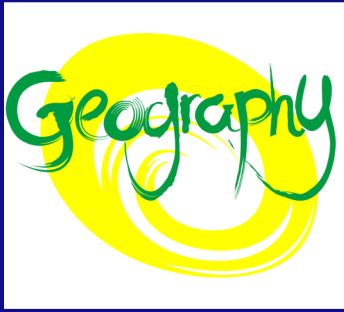
Hockey

Rounders

Rugby

Why We Do PE





Curriculum Topics in Year 7

Exploring Britain

Mapping Skills

Glaciation

Extreme Weather



Geography

1. Do you know where different countries in the World are? Test your World Geography knowledge using these quizzes <https://www.seterra.com/>
2. Explore places around the World using this website <https://www.geoguessr.com/>
3. Visit the Ordnance Survey Mapzone website to learn map skills, look at different Geography topics and try some quizzes <https://www.ordnancesurvey.co.uk/mapzone>
4. Get a local Ordnance Survey map and plan a route for a walk - identify the features you should be able to see on the way and what the landscape will look like e.g. rivers, hills etc. Take the walk and see if you are correct - can you follow the map as you go?
5. Explore how much you know about the United Kingdom <https://www.geographyinthenews.org.uk/issues/issue-25/the-united-kingdom/ks3/>
6. Test your knowledge of the United Kingdom using these quizzes <https://www.toporopa.eu/en/> (you will need to enable a flash player to be able to use these)
7. Watch some videos as to how Glaciation affects the landscape https://timeforgeography.co.uk/videos_list/glaciation/
8. Record a weather diary for a week. Challenge yourself to record Temperature, rainfall, wind direction and wind speed. Use your own observations or <https://www.bbc.co.uk/weather> Can you make weather predications for the next week?
9. Watch this video clip to see how the UK experienced extreme weather in 2012 <https://www.bbc.co.uk/news/av/uk-20829712/2012-a-year-of-extreme-weather>
10. Can you save a town from an extreme weather event or natural hazard? https://www.stopdisastersgame.org/stop_disasters/

History

1. Visit a Historical site such as a Castle, research and create a fact file on the history of that particular site.
2. Read a historical fiction book. Look for authors such as Michael Morpurgo.
3. Keep a diary of the six week holidays, either read a newspaper or watch the news every day and keep a record of any significant event you think could be remembered in the future.
4. Interview a family member and create a profile of their life and the key events they remember in History. You could produce a small presentation for the rest of your family.
5. Create a timeline of the year so far, include significant events in the world and in your life. You can add to this throughout the rest of the year including when you start at Perins in September.
6. Investigate what happened in 1066.... <https://www.english-heritage.org.uk/learn/1066-and-the-norman-conquest/what-happened-battle-hastings/>
7. Learn about the History of the Tower of London through this game: https://learning-games.hrp.org.uk/story-shuffle/?_ga=2.225471570.918266834.1593029893-45441227.1593029893
8. Find out about the story of the Tower of London here: <https://www.hrp.org.uk/tower-of-london/history-and-stories/the-story-of-the-tower-of-london/#gs.98wf7t>
9. Watch the Horrible Histories Terrible Tudors episode on BBC iplayer <https://www.bbc.co.uk/iplayer/episode/b0b2wr6q/horrible-histories-series-7-15-terrible-tudor-special>
10. These videos are good for learning about the year 1066 and why the Battle of Hastings was a significant event for Britain. https://www.youtube.com/watch?v=1sK4JX0co8I&list=PLcvEcrsF_9zK2bOCseaghBlucwf9pcsFX

- 11.
- 12.
- 13.
- 14.



Curriculum Topics in Year 7

Intro to History, Me and my community, Interpretations and using sources.

Why is the year 1066 so famous? Who should be King and the Significance of Hastings

Medieval warfare, attacking and defending a castle and a castle case study - The Tower of London

Who was really in charge of England? - The power of the King and church. The Power of the Tudors.

Why do we study the British Empire? Was the Empire something to be proud of?

Why is the election of Barack Obama so significant? Slavery and the Civil Rights movement





Curriculum Topics in Year 7

Introduction to RE.

Concept of Religion"

Concepts of Agape and Ritual

Concepts of Sewa and
Commitment in Sikhism

Concepts of Pilgrimage and
Islam

Jesus. Concepts - Human/Divine
and - revolutionary

Jesus. Concept of Saviour



Religious Education

1. Visit a place of worship, if safe to do so, write down the answers to these questions: Which religion does this place belong to? Write down 3 artefacts that you can see. This could be for example in a church you might see a water font at the front. Is there a notice board up? What sort of things do they do for the local community? If you cannot access a local place of worship, research one that is near you and look at their website, what can you find out?
2. About Me task: a) Draw around your hand and write down 5 things about you in the fingers and thumb. b) In the middle of the hand, write down how you are different to other people around you. c) Underneath your hand, write down how you have worked well with someone who is different to you. What was the problem, or work you were trying to do? How did you discuss your different opinions or ideas?
3. Ask your family and friends this big question: Why do we study religion? Think about the other tasks you have completed to help you form to ideas to answer this question. In RE we study lots of philosophical questions, most of which don't have exact answers. They are they to be argued and discussed with one another.
4. Have a look at this: <https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks3-az-of-religion-and-beliefs/znt647h>
5. Research this: Marvel have created a new female Muslim superhero, find out about her. Why is this a good thing? What will be the benefit for society?
6. The 10 commandment challenge- In Christianity they follow the 10 Commandments, which are a set of rules they follow in their daily lives. Come up with your own 10 commandments that you think would make society better for all. Write a list.
7. When watching a TV programme or film, look out for any examples of different faiths which are mentioned - it might be a church wedding or a picture or statue of a God spotted in a character's home. Make a note of this.
8. Research a recipe or different types of food from different religions. You could have a go at making something or you could try and find it in your local supermarket. Examples: In Judaism they eat food that is Kosher, can you find the Kosher food aisle in your supermarket? Can you research a kosher recipe? In Islam they eat meat that is Halal, can you find out what this means can you find it the supermarket or a local butcher?
9. As well as studying religion, we also look at philosophy and ethics. Philosophy involves asking big questions. Have a go at this 'big question', also known as a thought experiment. Again, there isn't a right or wrong answer, philosophy is about asking the big questions, ideas and thoughts.

Gyges, a shepherd, one day discovered a magic ring that gave the wearer the power to become invisible. He used it to overthrow the king and take over the kingdom. What would you choose to do if you knew you would not get caught?

10. Research the 6 main world religion symbols then design your own. What do you think is the most important element for a symbol?

Art

1. Try this colour mixing game to see if you can make the colour on the screen <https://trycolors.com/game/>
2. Take a look at the FAUVES - a group of artists who loved to work with colour in a crazy way! Make your own painting of a place you love. You could also use IT for this..... Look at my example on the right....where is this?



3. Look at the wonderful patterns in nature on a range of bugs <https://www.nhm.ac.uk/discover/insects.html> see which ones you can find in your local area - you could draw/sketch a pattern from nature.
3. Take a look at portrait artists - a few names for you to consider; Pablo Picasso, Stanly Spencer, Francis Bacon - very different from one another! Try and make a self portrait working in the style of your preferred portrait artist - use collage, paint, pencil, pastel - make your work as creative and imaginative as possible. You could even combine artists!



Curriculum Topics in Year 7

Themes:

Colour Knowledge & Skills - Exploring relevant key artists

Bugs

Portraits

Skills:

Understanding of Colour theory, ability to mix colours for purpose. Development of painting skills.

Artist appreciation and ability to link back to practical work

Observational drawing skills/tonal shading and sense of form

3D ceramic skills & realisation of intentions

Observational drawing skills/tonal shading and sense of form

Research skills, ability to realise a final intention





Drama

1. The Show Must Go On - <https://www.youtube.com/channel/UCdmPjhKMaXNNcCr1FjuMvag>
2. Look at the range of physical skills you can use to convey a character's feelings <https://www.bbc.co.uk/bitesize/guides/zhtgscw/revision/1> try acting out some different emotions and getting others to guess.
3. Look at some of the BBC bitesize Drama resources - <https://www.bbc.co.uk/teach/ks3-drama/zrjhcqt> including Musical Theatre, Shakespeare and what makes a great theatre actor.
4. Try any (or all) of these Drama Activities!

Curriculum Topics in Year 7

Themes:

The Tree

Fairy Tales/ Pantomime Theatre Review

Terrible Fate of Humpty Dumpty

Ernie's Incredible Illucinations

Pick & Mix

The Island/ Darkwood Manor/ Murder of George

Skills:

Devising Drama

Group Work

Application of Skills Performance

History of Theatre

Group work

Independent Enquirer

Pupil in Role/Teacher In Role

Suspend, Disbelief

DRAMA 10 ACTIVITIES YOU CAN DO AT HOME

- 1. Tongue Twisters** HOW FAST CAN YOU SAY THESE TRICKY TONGUE TWISTERS?
 "Betty Botter bought some butter" "If a dog chews shoes, whose shoes does he choose?" "Unique, New York"
 "She sells seashells by the seashore"
- 2. Write and Perform a Monologue** ✖
 Write your own monologue- It could be funny or it could be serious. You could do it as a character or write your own thoughts and feelings down in a speech. Try some different styles and topics out. Focus on your vocal skills as you perform your monologues to your audience.
- BONUS!** MAKE A SOCK PUPPET!
 Put your design skills to the test and...
3. Lip Sync Battle
 Put together a playlist of your favourite songs and mime along! You can film your lip syncs and challenge your friends. Don't forget to use overexaggerated facial expressions and movements!
- 4. Accent Challenge**
 Choose one of the tongue twisters from task 1 and perform it in different accents. Get your friends and family to guess what accent you are doing. French? Polish? Northern? Australian?
- 5. Charades**
 Put your mime skills to the test in a game of charades! You will need to use clear gestures and movements to recreate key moments of your favourite books, films of plays for your family to guess!
- 6. FaceTime Duologues**
 Get together with a friend or family member who you have not seen for a while. Write a short script and rehearse it. Grab some costumes and you could even make a backdrop for your scene. FaceTime each other to perform your duologue. Make sure you both get into character by using clear facial expressions and gestures.
- 7. Research Playwrights**
 Find out about the lives and work of some of the greatest playwrights. William Shakespeare, Arthur Miller, Lucy Prebble, Caryl Churchill, Sophocles...plus many more!
- 8. Drama Games**
 Gather the family round for some classic Drama games! Whether it is SPLAT! or Wink Murder, Mafia or Park Bench... there's loads of fun to be had with your favourite Drama Games!
- 9. Family Performances**
 Direct your family in your own performance. It could be your own interpretation of a play you know or you could pen your own. Find some costumes around the house and create a make-shift performance space in your house.
- 10. Watch a play (online)**
 WhatsOnStage.com have compiled a fantastic list of all the performances you can watch including The Wind In The Willows and Eugenius! Check out the list: <https://bit.ly/3b59uTw>

HORSE BOX THEATRE COMPANY
 CREATED BY JOE PLUMB



Music

1. Try creating your own music using <https://musiclab.chromeexperiments.com/Song-Maker/>
2. Have a go at mixing your own music at <https://www.incredibox.com/demo/>
3. Have a go at creating your own music www.beepbox.co
4. Make your own melody: <https://musiclab.chromeexperiments.com/Melody-Maker/>
5. Make your own synthesizer: <https://musiclab.chromeexperiments.com/Oscillators/>
6. Explore rhythms: <https://musiclab.chromeexperiments.com/Rhythm/>
7. Begin to understand music theory: <https://www.musictheory.net/lessons>
8. Explore how music can be created with graphics and art: <https://musiclab.chromeexperiments.com/Kandinsky/>



Curriculum Topics in Year 7

Rhythm Sticks

Boomwhackers

Chair Drumming

Music Theory

Ukulele

Intro to Music Technology





PERINS SCHOOL

We are all looking forward to welcoming you to Perins School in September and hearing about all your holiday activities, stay safe and have a great fun summer!

