

Year 7

Co-op Academy Grange

Academic Year 2021-2022

Transition Activities

This booklet contains lots of different activities for you to do over the summer holidays as you start to prepare for beginning secondary school.

Bring any of your completed work with you on the first day back in September. Your form tutor & subject teachers may ask you to explain how you completed certain tasks.

Do not worry if you cannot complete all the tasks - just do your best.

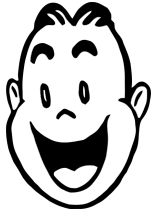
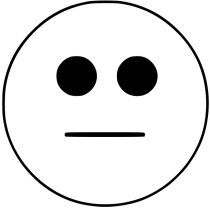
If you want to ask any questions about the work, or about starting at Co-op Academy Grange, then you could email your Achievement Leader, Mrs Gibb at deborah.gibb@coopacademies.co.uk

Activity 1- Getting to know you

Complete this chart considering key things your teachers may like to know


Full name:	
Preferred name / nickname:	
Date of birth:	
Nationality:	
Favourite colour:	
Favourite food:	
Amount of siblings:	
Best friends name:	

How are you feeling about starting at Co-op Academy Grange?

Things I am excited about: 	1.
	2.
	3.
Things I am nervous about: 	1.
	2.
	3.

Activity 2- Your Academic Profile

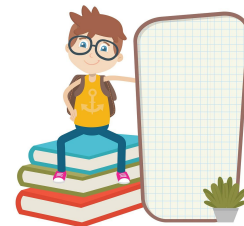
Reflect on your time at primary school to help you complete this page.

Favourite subjects:	1.
	2.
Strongest subjects:	1.
	2.
Subjects that you would like to improve in: 	1.
	2.

What are your personal targets for secondary school?

For example, my targets could be:

1. Improve my skills in Science
2. Join the football team



Target 1:	
Target 2:	
Target 3:	

Activity 3- English Task

Write about a memorable moment from primary school. Explain what happened using as much detail as you can.

You could write about:

- A school trip
- An incredible assembly
- A memorable lesson

Or any other moment that stands out to you!

To successfully describe this moment and make this an amazing piece of writing use:

- A variety of vocabulary
- Different sentence types
- A variety of punctuation
- A variety of sentence openers
- Language devices such as similes, metaphors, alliteration

Descriptive Writing success criteria

- Ambitious vocabulary
- Adjectives
- Verbs
- Adverbs
- Similes
- Metaphors
- Personification
- Onomatopoeia

Don't forget to check your spelling and punctuation!



Activity 4- Maths Tasks

Complete these questions. Bring your answers to your first Maths lesson in September.

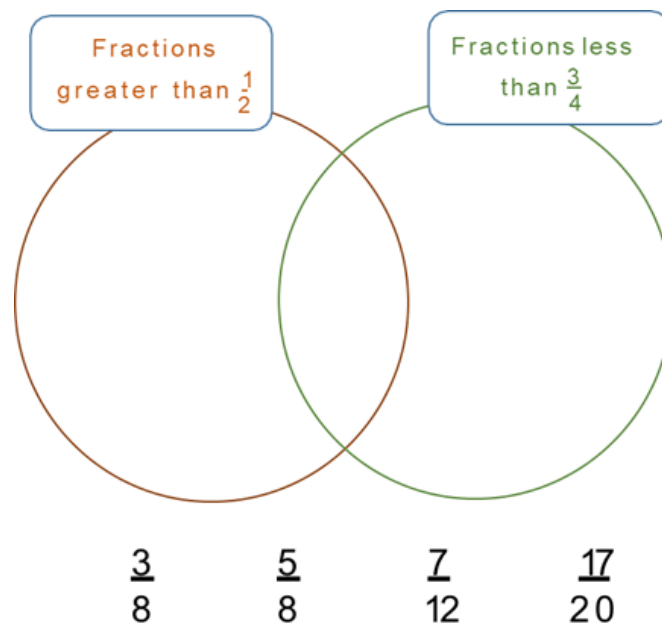
1) Maisie buys 5 boxes of eggs. Each box contains 12 eggs. Each box contains 12 eggs. What fraction of the eggs does she have left?

2) Max has some bags of apples and some bags of oranges.

- There are twice as many oranges as apples in a bag.
- Max has 4 bags of apples and 3 bags of oranges.
- Max has 70 apples and oranges in total

How many oranges are in one bag?

3) Put the fractions into their correct position in the diagram

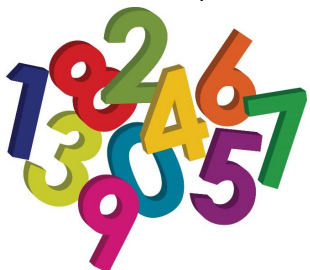


4) Amy makes a repeating Pattern.

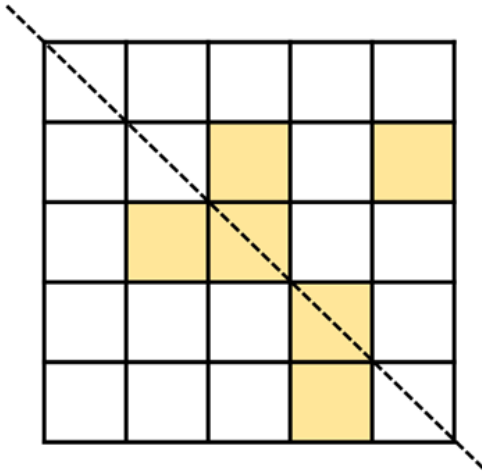


What shape will be in the 50th position?

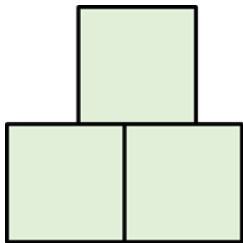
Explain how you know



5) Shade in 2 more squares so that the dotted line is a line symmetry



6) A shape is made of 3 identical Squares.



The area of the shape is 75cm^2 . What is the perimeter of the shape?

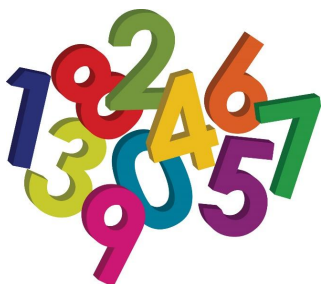
7) Tanya bakes some cookies to sell. By 1pm she has sold 29 cookies.

- By 3pm she had sold 50% of all the cookies.
- At 3pm she has 72 cookies left.

How many cookies does she sell between 1pm and 3pm?

8) David has 3 number cards.

The sum of A and B is 120, The sum of B and C is 150, If you subtract B from C you get 12. What is the value of A?



Activity 5- Science Task

Work through these activities and be ready to share ideas with your classmates and teacher in September.

Healthy eating

During the summer holiday, find three different chocolate bars of your choice, or three different soft drinks of your choice.

Look for the nutritional on the wrappers or bottles. Fill in the table below with the nutritional information about the bars or drinks.

Name of chocolate bar or soft drink	Carbohydrates (per 100 g)	Fats (per 100 g)	Protein (per 100 g)	Calories

Which of the chocolate bars or drinks is the healthiest? Use your table to help you decide.

.....

.....

The human heart

Answer these questions using what you know about the human heart.

Where is the heart found in your body?

What does the heart do?

Your pulse measures how many times your heart beats in one minute. Your pulse goes up when you exercise.

- Record your pulse when you are resting, and fill in the table.
- Now jog on the spot or do star jumps for two minutes.
- Measure your pulse again and fill in the table.

Resting pulse (beats per minute)	Pulse after exercise (beats per minute)

What is the effect of exercise on your pulse rate? Use your table to help you decide.

.....

.....

Materials matter

Chemists make materials that are suitable for their purpose. In this activity, you will work out why objects are made from certain materials.

What to do

- Find five objects at home that are made from different materials.
- Fill in the table to show why the objects are made from their materials. The first line is already filled in.

Object	Material the object is made from	Properties of the material that make it suitable for the object
frying pan	metal	<ul style="list-style-type: none"> • good conductor of heat • rigid

Sugar or salt?

In this activity you will plan and do an investigation to answer this question: **Can you dissolve more sugar, or more salt, in a glass of water?**

My plan

- Complete the table.

Variable	Will I change it or measure it or keep it the same?
substance (sugar or salt)	
amount that dissolves	
volume of water	
temperature of water	

- Write down what you will do.

.....

.....

My results

Substance	
Sugar	
Salt	

What I found out

.....

.....

Birthday chemistry

Every day, scientists do investigations and make observations to answer questions in chemistry. These scientists are called chemists. Chemists work out why materials have certain properties. They find out how materials change in chemical reactions. They create new materials, with perfect properties for particular purposes.

What to do

- Go to this website: <http://www.rsc.org/learn-chemistry/collections/chemistry-calendar>
- Click on your birthday.
- Fill in the form to show others in your new class why your birthday is important in chemistry.

Hints

- Fill in the form in your own words.
- If there is a word you don't understand, ask someone for help, or look it up in a dictionary or on the Internet.
- You can draw a picture or find one on the Internet, print it out, and stick it on the form.

Why is my birthday important in chemistry?

Name: _____

My birthday is on: _____

The name of my chemist is: _____

My chemist is from this country: _____

This is what my chemist did: _____

Here is a picture of my chemist, or of something my chemist discovered.

We use physics in lots of areas of our lives. Use what you know about science to help you carry out the tasks below.

Circuits



Can you draw a simple circuit that you would find in a torch? Include these things:

battery bulb switch

The Sun

Check the Sun's position several times in one day and write the changes.

Warning: Never look directly at the Sun!

Time	Height in sky	Position
7 am		
Noon		
4 pm		
9 pm		

The Moon

Watch the moon every night for a week. Write down what it looks like each day. Think about its shape, and brightness.

Day	How the Moon looks
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Forces

Some types of force slow us down when we are moving. Fill in the blanks, using the words below:

water resistance air resistance drag

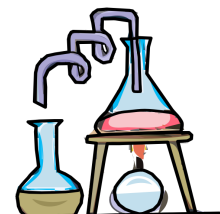
- A force that slows me down when I run is
- A force that slows me down when I swim is
- A force that slows me down when I cycle is

Magnets



List some objects that are magnetic and some that are not.

Magnetic Not magnetic





Activity 6- Geography Task

Welcome to the geography department. We will help you to understand your world and take part in the great debates and discussions of our time; from climate change to plastic pollution; from overcrowding to migration and from how a volcano erupts to why we have wind.

A small project that you could complete over a week is a weather diary. If you wanted to, you could then add to this by building some weather measuring equipment. I have included some instructions for you.

Make your own Anemometer

For measuring wind speed

Equipment


- ◊ 30cm of strong THREAD or fishing line
- ◊ A PING PONG or other small, light, plastic ball
- ◊ SELLOTAPE
- ◊ PROTRACTOR
- ◊ A piece of strong CARDBOARD 15cm x 10cm

Method

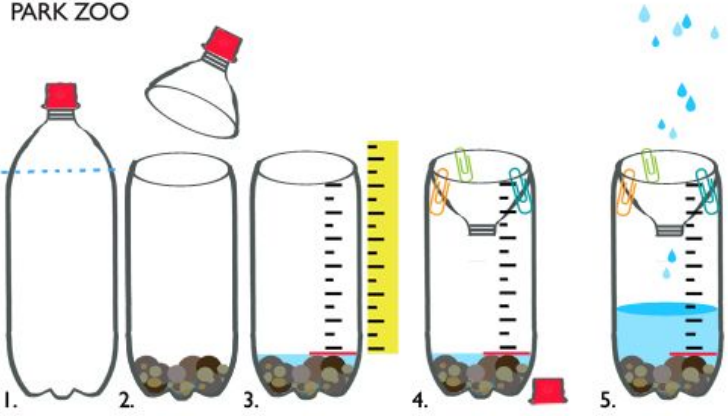
1. Stick the protractor to the cardboard with sellotape, with the straight edge at the top of the card.
2.

string angle degree	90	80	70	60	50	40	30	20
wind speed m/s	0	3.6	5.3	6.7	8.1	9.4	11.4	14.4

Write the above wind conversion chart onto the cardboard.
3. Using sellotape attach the thread to the ping pong ball. Tie or glue the other end of the thread to the centre of the top edge of the protractor.
4. Hold the cardboard in the direction that the wind is blowing, so the ball is caught by the wind. You will see the thread makes an angle that you can measure on the protractor.
Convert the angle the thread makes to a wind speed using the conversion chart. If you have one, compare your readings to those made with a 'real' anemometer - how does it compare? Otherwise, compare your readings with the Beaufort Scale (see reverse).



RECYCLED RAIN GAUGE




	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What was the weather like (consider temperature, cloud cover, and wind)							
Draw some of the weather symbols that are used on the television weather forecasts to best represent the day							
How did the weather affect everything? You could think about how it affected: <ul style="list-style-type: none"> ● what you wore; ● what you ate and drank; ● how you travelled; ● how you felt; ● your school, work or leisure activities 							

Activity 7- History Task

At Co-op Academy Grange you will have the amazing opportunity to investigate the past and discover how our world has changed and developed into what you know today!

As historians you will get to:



Investigate



Explore



Write



Read



Create



Learn



Write your own history

There are some activities that you can do on the next page but here are some good readings you might want to check out before you start your history journey here!



You will get to learn about all kinds of histories whilst here at Grange, here is just a taster of something you will do!

In 1066 there was a great fight for who should be the king of England. In 1066 this fight was one by William the Conqueror who defeated Harold Godwinson at the Battle of Hastings. But the fight was not over yet! William was French, so not everyone in England was happy with him being king. William the Conqueror decided to build fortifications all around England to keep an eye on the people and keep his armies safe.

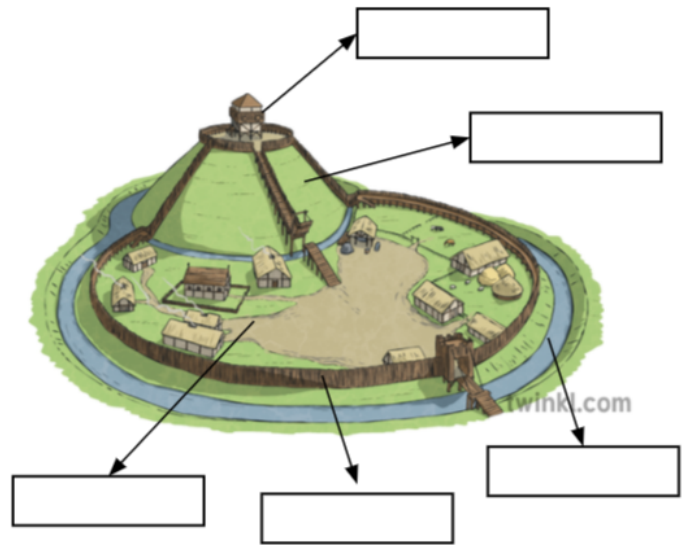
Here is a Motte-and-Bailey castle. It has important features that are important for defence – can you put them in the right place?

Motte: meaning hill in French
Keep: this is the part of the castle where money and jewellery were kept.

Palisade: This is a fence
Bailey: This is the village part of the castle where they could grow their own food.

Moat: This is a body of water around the castle that was good for defence.

CASTLES!



Can you explain why these castles would have been good at defence?

Lots of these castles are still standing. Can you name these famous ones?



Challenge: Can you build your own Motte-And-Bailey castle?
Send us a picture of your models!



Activity 8- Religious Studies Task

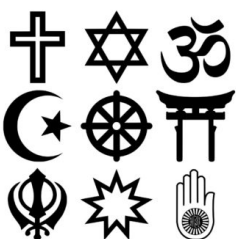
In Year 7 you will be exploring what religion is before looking at Buddhist and Hindu beliefs. Here are some activities to get you thinking.

How many different religions can you identify? List these below.

What makes these a religion? Explain your answer.

What rules do you think people should live by to lead a good life? Explain why you think each of your rules is important.

Can people who don't follow a religion lead a good life? Explain your answer.



Activity 9- Design & Technology Task

James Dyson Foundation

Sir James Dyson is one of Great Britain's most famous Design Engineers. He famously used the iterative design process to develop his first Dyson Vacuum Cleaner by making over 1000 models before perfecting his design.



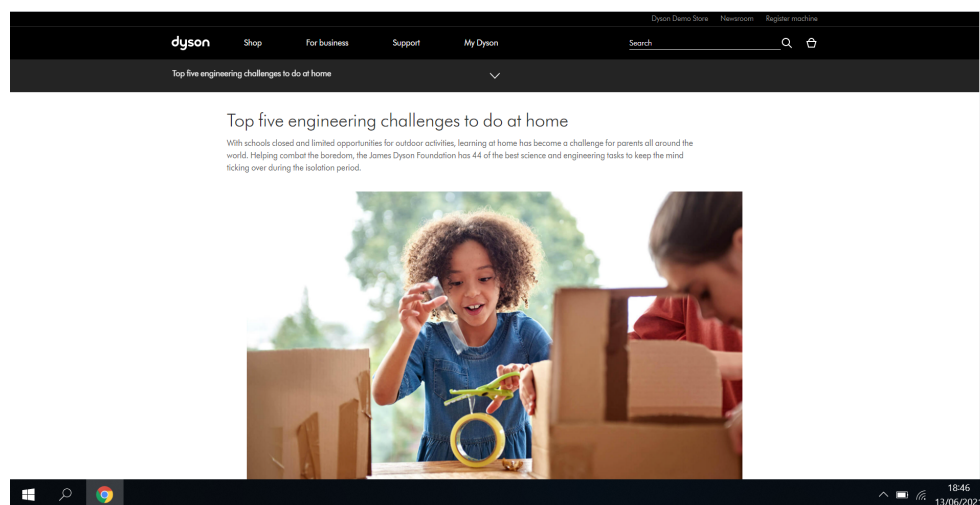
James Dyson is very interested in developing the next generation of young engineers and has dedicated an entire foundation to working with young people in schools around the country.

We would like you to use your own Design and Engineering skills to work on one of the challenges set by the Dyson Foundation. You can find all 5 challenges on their website, they have youtube links to explain each challenge.

In September when you join us we will ask you to upload a photograph of your completed challenge to google classroom, so make sure that you keep your model safe.

You can find the link to their website here...

<https://www.dyson.co.uk/newsroom/overview/update/top-five-engineering-challenges-to-do-at-home>



Activity 10- Performing Arts Task

The Cup Game!



You will need a circular plastic/paper cup or something similar.
If you can watch the video clip of Becca's audition in Pitch Perfect:

<https://www.youtube.com/watch?v=Grb1oa72kmk>

Using the chart below see if you can learn the cup song sequence.

Clap	Clap	Tap Tap	Tap	Clap	Move	over	
Clap	bring	Up	down	Exchange	over	hand	

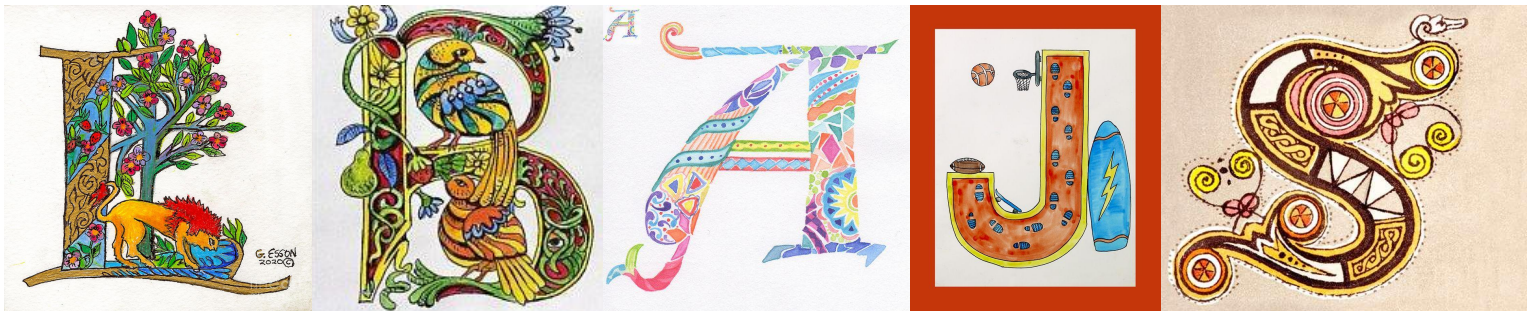
Now practise it whilst singing the lyrics too:

I got my ticket for the long way 'round
Two bottle o' whiskey for the way
And I sure would like some sweet company
And I'm leavin' tomorrow, what do you say?
When I'm gone
When I'm gone
You're gonna miss me when I'm gone
You're gonna miss me by my hair
You're gonna miss me everywhere, oh
You're gonna miss me when I'm gone

We would love to see and hear you perform this in your first Performing Arts lesson here at Grange.



Activity 11- Art Task



1. Begin by lightly sketching out your bold letter for your initial. When you're happy with it, go over your letter a little darker to make it stand out.
2. Think about what imagery you want to include around the outside – What will it tell the viewer about you?
3. Sketch these in, again lightly first and then when you're happy go over more darkly. Don't worry about mistakes, try and incorporate them into your work – Nobody knew what you were drawing to start with!
4. To really make your work stand out you might want to add some colour. Think carefully about what these colours might be saying about you.

Challenge


As well as drawing your letter try to incorporate borders into your work. Where does your letter sit with those borders? Inside, over the top, between layers?









Activity 12- PE Task

ESCAPE ROOM

TOWER



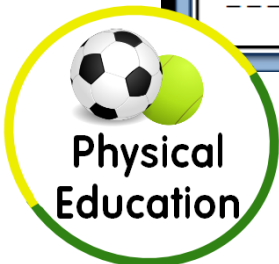
Instructions:
 Start at the top of the tower and answer each of the multiple choice questions on your way down the floors.
 Colour in the letter inside the circle of each correct answer
 Put the letters together to create the code word

Q1. Who Won the 2019 Cricket World Cup?			
INDIA	USA	ENGLAND	AUSTRALIA
(L)	(T)	(P)	(S)
Q2 WHO WON THE 2019 FIFA WOMENS WORLD CUP?			
ENGLAND	USA	SOMALIA	FRANCE
(E)	(U)	(O)	(T)
Q3 WHICH OF THESE VIDEO GAMES WAS THE MOST POPULAR IN AUGUST 2019?			
WORLD OF WARCRAFT	OVERWATCH	APEX LEGENDS	FORTNITE
(E)	(S)	(T)	(Z)
Q4 Who won the Premier League 2018-2019 season?			
MANCHESTER UNITED	MANCHESTER CITY	LIVERPOOL	CHELSEA
(L)	(Z)	(S)	(A)
Q5 WHAT IS THE DATE THAT BREXIT WAS DELAYED TO?			
8 TH MARCH 2025	25 TH DECEMBER 2019	31 ST OCTOBER 2019	12 TH OF NEVER
(M)	(S)	(L)	(C)
Q6 WHO WON THE 2018 FORMULA ONE CHAMPIONSHIP?			
VETTEL	HAMILTON	MICHAEL	ROSBERG
(E)	(S)	(K)	(W)

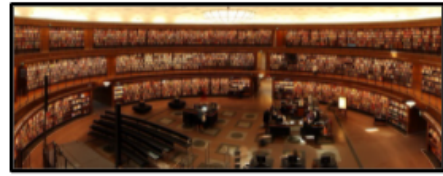
TOPIC – NEWS AND SPORT - TOPIC

CODEWORD



ESCAPE PATH

UNIVERSITY



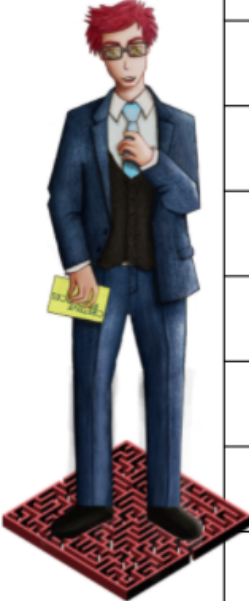

INSTRUCTIONS

1. EVERY LETTER ON THE GRID BELOW BELONGS TO A WORD
2. DRAW A PATH FROM THE START TO THE FINISH FINDING THE WORDS ALONG THE WAY.
3. THE NEXT WORD WILL ALWAYS CONTINUES FROM WHERE THE LAST ONE FINISHED
4. TWO OF THE WORDS LISTED ARE NOT FOUND ON THE GRID THIS IS YOUR **PASSWORD**

IMPORTANT INFORMATION

EVERY LETTER IS USED ONLY ONCE
THE PATH DOES NOT CROSS ITSELF
WORDS CAN SNAKE UP DOWN LEFT AND RIGHT

START

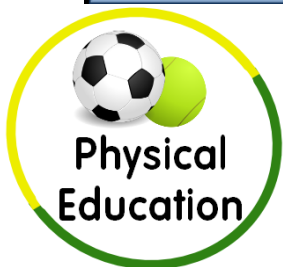



F	O	D	I	V	I	N	G	R	S
T	O	G	N	I	E	R	W	O	P
B	L	B	O	X	S	O	C	T	O
A	L	N	E	T	T	H	K	O	R
S	R	N	I	G	L	E	Y	M	T
E	O	H	S	N	I	C	I	O	P
R	U	D	O	C	T	R	N	O	L
A	J	L	R	U	S	I	A	E	T
C	G	I	D	A	E	U	Q	N	N
I	N	N	G	R	T	S	E	S	I

PATH WORDS

FINISH

FOOTBALL	DARTS	CURLING	BOXING	WRESTLING	ICE HOCKY
JUDO	EQUESTRIAN	MOTOR SPORT	HORSE RACING	TENNIS	VOLLEY BALL
POOL	TENNIS	CRICKET	DIVING		

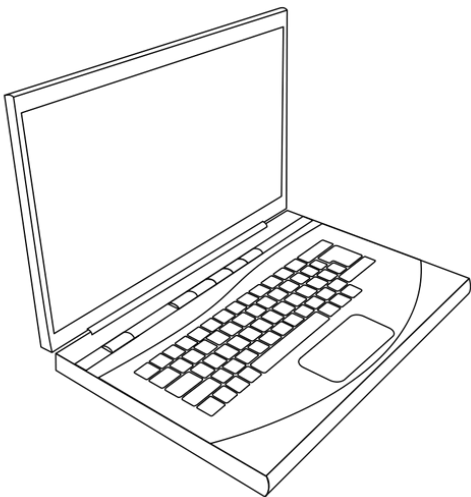


Activity 13- ICT Task

If you have access to a computer / device at home, you may wish to have a go at the activities on the following websites:

<https://hourofcode.com/uk/learn>

<https://www.lightbot.lu/>



Activity 14- Citizenship Task

Task 1

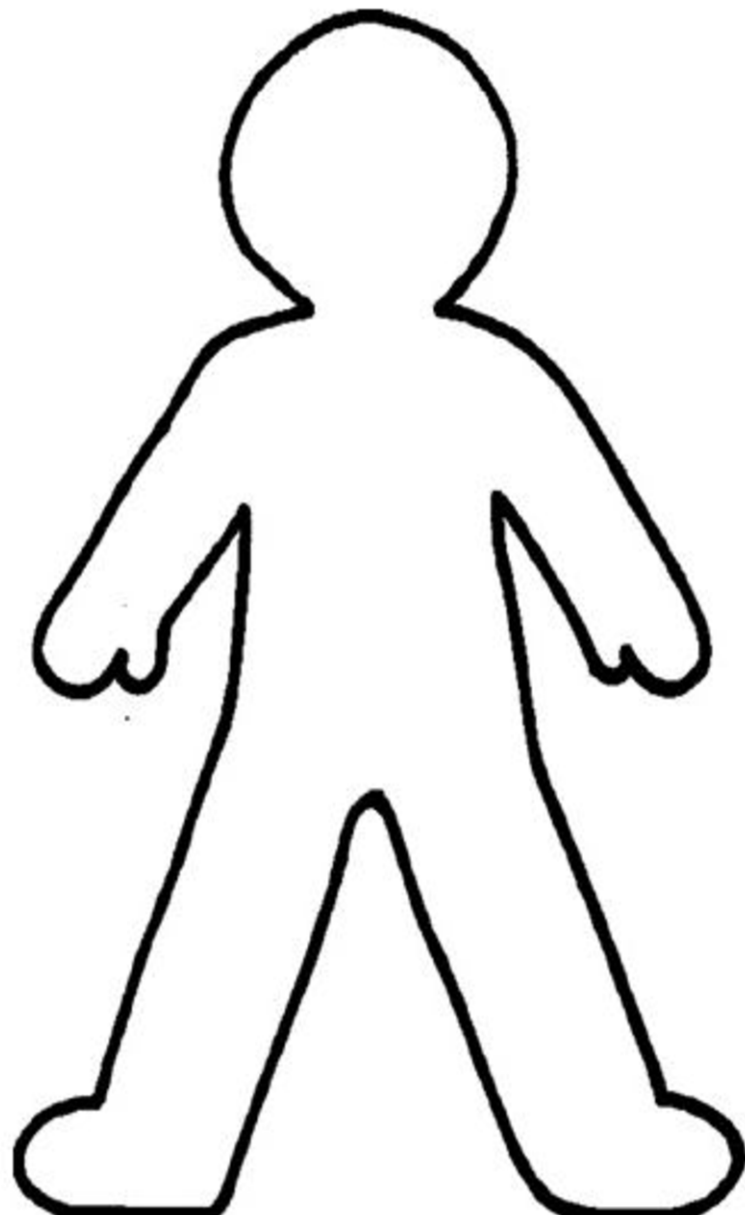
Your task is to Create 'A Good Citizen' but first, you must understand what the key term citizen means.

Key word- **Citizen:**

1: A person who lives in a particular place the citizens of Bradford.

2: A person who legally belongs to, gives loyalty to, and has the rights and protections of a country.

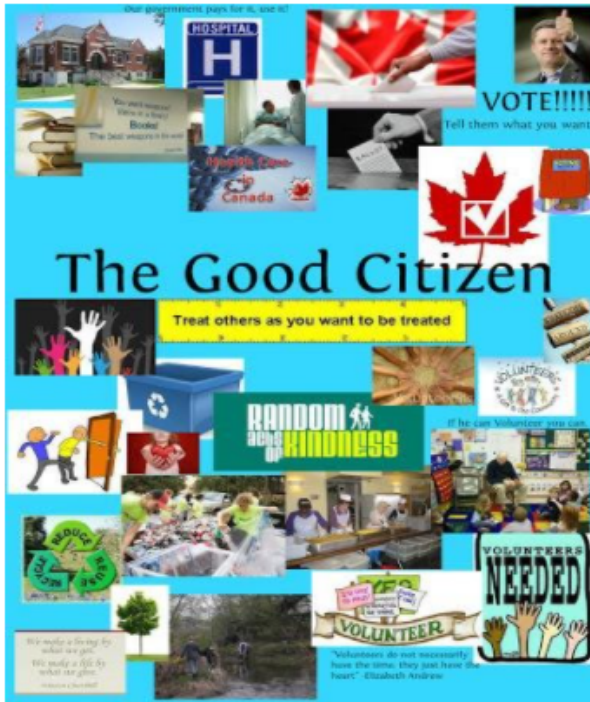
1. Form a list of what it takes to be a good citizen, write good traits you have to be a good citizen inside the shape of your bodies.
2. You can decorate this outline too by adding clothes and colour to your good citizen.
3. Challenge:
Consider how you can be a good citizen at school and at home!



Task 2

Cut out words and pictures from spare magazines/newspapers to create a "A Citizenship collage".

Examples of pictures that can be included on your collages:



Activity 15- French Task

You are now going to be exploring some aspects of France and its culture by completing a series of tasks to work through.

To start off our discovery about France, let's start with a quiz of 10 questions that will test your basic knowledge about France!

If you need additional support, you can search the information online!

1. What is the capital city of France?

- A Saint-Tropez
- B. Marseille
- C Lyon
- D. Paris

2. Which of these famous landmarks is in Paris?

- A. The Pyramid of Giza
- B. The Eiffel Tower
- C. The Great Wall
- D. The Tower of Pisa

3. Name the country's second largest city, after Paris?

- A. Marseille
- B. Lyon
- C. Nice
- D. Cannes

4. Which French king built the Palace of Versailles?

- A. Louis XIV
- B. Louis XV
- C. Louis XVI
- D. Louis XVII

5. Who is Astérix le Gaulois?

- A. A famous French general
- B. A famous French author
- C. A famous French wine producer
- D. A famous French comic book character

6. Which country does not border mainland France?

- A. Luxembourg
- B. Belgium
- C. Austria
- D. Italy



7. Who is not a French sportsman?

- A. Paul Pogba
- B. Novak Djokovic
- C. Pierre Gasly
- D. Antione Griezmann

8. Who is not a French designer?

- A. Giorgio Armani
- B. Christian Dior
- C. Chanel
- D. Louis Vuitton

9. What is a typical French dessert?

- A. Boeuf Bourguignon
- B. Soupe à l'oignon
- C. Moules Marinières
- D. éclair au chocolat

10. In which French town will you be if you walk on "La promenade des Anglais?"

- A. La Rochelle
- B. Marseille
- C. Nice
- D. Avignon



Answers: 1. D, 2. B, 3. A, 4. A, 5. D, 6. C, 7. B, 8. A, 9.D, 10. C

Salutations!

Below are some questions and answers related to greetings in French!

1 Et ça s'écrit comment?	4 À plus, Olivia!	7 À plus!
2 O-L-I-V-I-A.	5 Je m'appelle Olivia.	8 Salut! Comment t'appelles-tu?
3 Salut!	6 Ça va?	9 Non, ça ne va pas.

Match the French sentences with the meanings in English. Write your answers below in letters:

1. ___ 2. ___ 3. ___ 4. ___

5. ___ 6. ___ 7. ___ 8. ___

- a) Hello.
- b) Hello, what's your name?
- c) My name is Olivia.
- d) How is it spelled?
- e) O-L-I-V-I-A
- f) How are you?
- g) Not good.
- h) See you later, Olivia.
- i) See you later.



Les Nombres!

Complete the grid: below by writing the French numbers Ex.: 01 - un

Juin							onze
lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche	treize
	01 un	02 a)	03 trois	04 b)	05 cinq	06 c)	vingt-trois
07 sept	08 huit	09 neuf	10 dix	11 d)	12 douze	13 e)	quatre
14 quatorze	15 f)	16 seize	17 g)	18 dix-huit	19 dix-neuf	20 h)	trente
21 i)	22 vingt-deux	23 j)	24 vingt-quatre	25 vingt-cinq	26 vingt-six	27 vingt-sept	quinze
28 vingt-huit	29 vingt-neuf	30 k)	31 trente-et-un				vingt-et-un
							dix-sept
							deux
							six

Les jours et mois!

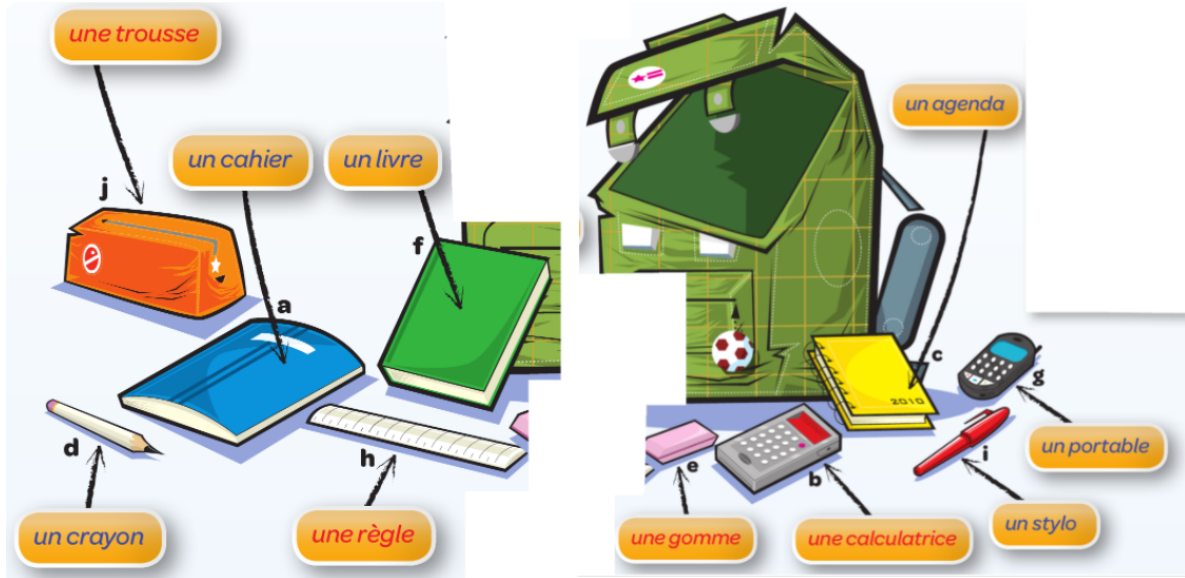
Use the words below and put the months and the days of the week in chronological order.



Months	Days

Dans ma Trousse...!

Using the pictures of the stationery below, describe the two pencil cases (a. and b.) by making a list of the stationery in French.



My descriptions:

a.

b.

