



2025-2026

Year 7 Half Term 3

100% Book

Name:

Tutor group:

Self-Quizzing Schedule Year 7 Half Term Three

Expectations:

- Put the day and week as the title at the top of your page e.g. *Week 2 Monday*
- Draw a line around 5 cm in from the margin down the side of your page
- Self-quiz each of the days definitions once following the Nova self-quizzing process, this means each day you will have completed 8 items of self-quizzing in your exercise book
- Start the next day on a new page

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 15 Start: 5th January	English 1 - 4 Geography 1 - 4	Maths 1 - 4 French 1 - 4	Science 1 - 4 Drama 1 - 4	RS 1 - 4 Music 1 - 4	History 1 - 4 PE 1 - 4
Week 16 Start: 12th January	English 5 - 8 Geography 5 - 8	Maths 5 - 8 French 5 - 8	Science 5 - 8 Drama 5 - 8	RS 5 - 8 Music 5 - 8	History 5 - 8 PE 5 - 8
Week 17 Start: 19th January	English 9 - 12 Geography 9 - 12	Maths 9 - 12 French 9 - 12	Science 9 - 12 Drama 9 - 12	RS 9 - 12 Music 9 - 12	History 9 - 12 PE 9 - 12
Week 18 Start: 26th January	English 1 - 4 Geography 1 - 4	Maths 1 - 4 French 1 - 4	Science 1 - 4 Drama 1 - 4	RS 1 - 4 Music 1 - 4	History 1 - 4 PE 1 - 4
Week 19 Start: 2nd February	English 5 - 8 Geography 5 - 8	Maths 5 - 8 French 5 - 8	Science 5 - 8 Drama 5 - 8	RS 5 - 8 Music 5 - 8	History 5 - 8 PE 5 - 8
Week 20 Start: 9th February	English 9 - 12 Geography 9 - 12	Maths 9 - 12 French 9 - 12	Science 9 - 12 Drama 9 - 12	RS 9 - 12 Music 9 - 12	History 9 - 12 PE 9 - 12

Self Quizzing Process

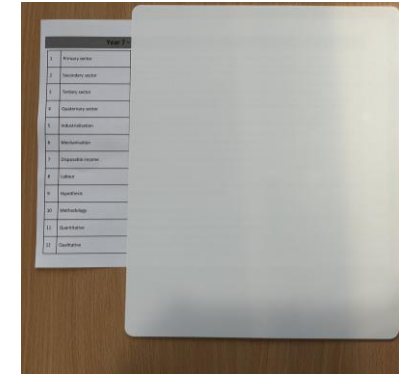
Week 2 Monday

Primary Sector	
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1. Write the keyword

Year 7 – Term 3 – Geography – World of Work and Investigations	
1	Primary sector Industries which collect raw materials such as farming, logging, oil rigging, mining, quarrying etc.
2	Secondary sector Industries which manufacture goods into products such as car manufacturers, food processing plants, toy assembly plants, builders etc.
3	Tertiary sector Industries which provide a service such as teaching, accounting, health care, sales assistants etc.
4	Quaternary sector Defined as hi-tech, research and design. They include hardware and software engineers and pharmaceutical companies.
5	Industrialisation When a country begins to move from primary employment to secondary employment, with a rise in manufacturing.
6	Mechanisation When machinery begins to do the jobs which people used to do
7	Disposable income The money a person has left to spend after they have paid all of their bills
8	Labour The work a person completes
9	Hypothesis A prediction about the results of an investigation
10	Methodology Planning ways to collect data
11	Quantitative Information that can be measured and written down with numbers
12	Qualitative Information that describes with words and images

2. Read the definition



3. Cover the definition

Week 2 Monday

Primary Sectors	Industries which collect natural resources from the environment, such as farming or fishing.
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4. Write out the definition from memory

Week 2 Monday

Primary Sectors	Industries which collect ^{or extract} natural resources from the environment, such as farming or fishing.
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5. Check and correct with green pen

Expected Standard

Keyword
written
on left
hand side

Single line left
between each
definition

All writing
completed on
the lines

Week 2 Tuesday

Solid	A substance made from particles that are touching and in an ordered arrangement while vibrating in ^{fixed} positions ✓
Liquid	A substance made from particles that are touching but randomly arranged while sliding past each other ✓
Gas	A substance made from particles that are not touching and randomly arranged while moving quickly in random directions ✓
Mixture	A substance containing two or more different types of substance that are not ^{chemically} joined together and can be physically separated.
Protagonist	The main character in a story, often the one the audience roots for. In <i>Treasure Island</i> , Jim Hawkins is the protagonist.
Archetypal Hero	A character who represents a typical hero across stories and cultures. Often brave, noble and on a quest. Jim shows qualities of an archetypal hero ✓
Explicit Characterisation	When an author directly describes a character's traits (eg. "He was a brave and honest boy.") ✓
Implicit Characterisation	When a character's traits are shown through actions, dialogue or thoughts, not directly stated ✓

Full width
of the
page used

Definitions
corrected
in green
pen

Not Acceptable

Primary Sectors	Industries which collect or extract natural resources from the environment, such as farming or fishing.
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Writing not completed on the lines

Primary Sectors	Industries which collect or extract natural resources from the environment, such as farming or fishing
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Full width of the page not used

Primary Sectors	Industries which collect or extract natural resources from the environment, such as farming or fishing.
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No green pen (at minimum there must be a tick to show you got the definition correct)

Year7 – Half Term 3 – English – Conflict: Non-fiction and Poetry part 1

1	Context	when and where a text was written, including what was happening in society at that time
2	Perspective	a way of looking at or thinking about something, especially influenced by your beliefs or experiences.
3	Tone	the attitude or feelings a writer expresses towards a subject.
4	Inference	to draw a conclusion from evidence based on what is seen and what is already known.
5	Explicit and Implicit	(Explicit) said or written in a clear and direct way (Implicit) said or written in an indirect or more subtle way.
6	First-person narrative	A first-person narrative is a mode of storytelling in which a storyteller tells events from that storyteller's own personal point of view, using first-person grammar such as "I", "me", "my", and "myself" (also, in plural form, "we", "us", etc.).
7	Autobiography/Memoir	a personal narrative or account that focuses on specific aspects of an individual's life, experiences, and reflections.
8	Evidence	Information from the text that helps you form an opinion and answer to a question.
9	Embedding	To place your evidence into your own writing in a natural way.
10	Metaphor	A literary device where a writer says that one thing is another thing in order to convey their meaning more clearly to the reader.
11	Run-on sentence	A sentence which has more than one subject in it.
12	Persecution	unfair or cruel treatment over a long period of time because of race, religion or political beliefs

Year 7 – Half Term 3 – Geography – Development

Clima tech ange	1	The Greenhouse effect	The natural warming of the planet to its habitable temperature, caused by trapping solar radiation in the Earth's atmosphere .
	2	Enhanced Greenhouse effect	The unnatural warming of the Earth due to increased greenhouse gases in the atmosphere .
	3	Climate change	The change in the Earth's long-term weather patterns, including precipitation, wind and temperature .
Development	4	Development	The process of improving the economic and social factors and infrastructure of a country.
	5	Income	Money received for work.
	6	GNI per capita	The average income of a country's citizens.
	7	Life expectancy	The average number of years a person is expected to live.
	8	Infant mortality rate	the number of babies that do not survive to one year old per 1,000 births.
	9	Tax	The process by which a government collects money from individuals and businesses to spend on services and infrastructure.
	10	Tax revenue	The total income collected by a government through taxes.
	11	Top-down development	Funded through government intervention and try to address the needs of the country as a whole which is on a large scale.
	12	Bottom-up development	Experts work with communities to identify their needs and give people more control over their lives, often run by non-governmental organisations.

Year 7 – Half Term 3 – Maths – The mean average, Multiplication and division, Area of quadrilaterals and triangles

1	Data	information in the form of facts and numbers.
2	Average	a single number or value used to represent a set of data.
3	Mean	in mathematics, the mean average is the sum of all the values in a data set, divided by the number of values in the data set.
4	Equivalent	of equal value.
5	Commutative law	this means that numbers can be swapped in a calculation without changing the result, e.g. $a \times b = b \times a$
6	Product	the result of a multiplication.
7	Quotient	the result of a division.
8	Remainder	in a division, where the divisor does not go into the dividend exactly, the quotient will not be an integer value and we say there is a remainder.
9	Area	a measure of the space inside a closed two-dimensional shape.
10	Perimeter	the total distance around the outside of a closed two-dimensional shape.
11	Quadrilateral	a two-dimensional shape with four sides.
12	Compound shape	a shape made up of two or more geometric shapes.

Year 7 – Half Term 3 – Unit 2&3 – Ma famille & Mon collège

1	Adjectives of appearance and personality	mince, gros(se), grand(e), jeune, vieux/vieille, petit(e), de taille moyenne gentil(le), méchant(e), sévère, sympa, timide, rigolo(te), mignon(ne), bête
2	Colours	bleu(e/s), vert(e/s), jaune(s), rouge(s), rose(s), violet(te/s), orange(s), marron, noir(e/s), blanc(he/s), gris(e/s)
3	Pets	un chien, un chat, un cheval, un lapin, un oiseau, un poisson rouge, un cochon d'inde, un hamster, une souris, une araignée, je n'ai pas d'animal.
4	Conjugation of être (to be)	je suis, tu es, il est, elle est, on est, nous sommes, vous êtes, ils sont, elles sont.
5	Gender with abstract nouns	All nouns have a gender in French, inanimate objects and abstract nouns. E.g. <i>le français, la table</i>
6	School subjects	le français, le théâtre, le dessin, l'anglais, l'E.P.S, l'histoire, la technologie, la religion, la géographie, les sciences, les maths, les arts plastiques J'ai un cours de [SUBJECT].
7	Adjectives to describe subjects	Dans mon collège il y a ... un court de basket, un terrain de foot, un gymnase, un théâtre, une cantine, une piscine, une salle de classe, une salle de musique, une bibliothèque, une laboratoire de science
8	School facilities	c'est, ce n'est pas ... génial, amusant, intéressant, passionnant, simple, facile, créatif, actif, sportif ennuyeux, barbant, nul, mauvais, difficile, trop long, trop court
9	School vocabulary	je voudrais, plus de, moins de un livre, un ordinateur, une règle, les devoirs, les équipements sportifs
10	Connectives	et, aussi, mais, cependant
11	Definite articles (the)	<i>le, la, l', les</i> mean 'the'. <i>le</i> the (m.), <i>la</i> the (f.), <i>l'</i> the (before a vowel), <i>les</i> the (pl.)
12	Telling the time	Il est [number] heures e.g. <i>il est sept heures it's 7 o'clock</i> et quart, et demie, et quart, moins le quart, le matin, l'après-midi, la pause, la pause déjeuner

Year 7 – Half Term 3 – Science

1	Element	A pure substance consisting of one <u>type</u> of atom only.
2	Molecule	Two or more atoms joined together.
3	Compound	A substance made from atoms of different elements chemically bonded.
4	Precipitate	An insoluble solid formed when two solutions react together.
5	Oxidation	A reaction in which a substance joins with oxygen.
6	Combustion	Burning of a fuel in oxygen.
7	Endothermic	A chemical reaction that transfers energy from its surroundings. E.g. Thermal decomposition.
8	Exothermic	A chemical reaction that transfers energy to its surroundings. E.g. Combustion.
9	Unicellular	An organism made up of only one cell.
10	Multicellular	An organism made up of more than one cell.
11	Exhalation	The process of breathing air out of the lungs.
12	Inhalation	The process of breathing air into the lungs.

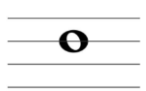
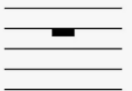

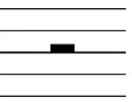




Year 7 Half Term 3 Drama - Melodrama

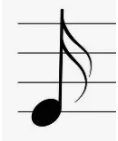
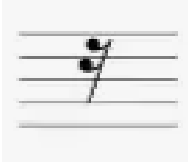
1	Melodrama	Theatrical genre that is characterised by its sensational plots, exaggerated characters and accompanying music. Melo – Music Drama - Acting
2	Exaggeration	Going over the top.
3	Industrial Revolution	A time when people were forced to move from the country and towns into cramped cities as machines were used to do more work. 1760-1840
4	Villain	A “ baddie” character in Melodrama, based on the Landlords of the time.
5	Hero	A protagonist who always saves the heroine and defeats the Villain. Based on “ normal” men during the time.
6	Heroine	A defenseless , female character who always needed rescuing from the villain.
7	Side kick	A foolish character who can belong to the villain or the hero. Often the comical relief . Often gets things wrong.
8	Cliff Hanger	A dramatic and exciting ending, leaving the audience in suspense and anxious to find out what happens next.
9	Sound effects	A sound, other than speech or music used in a performance to enhance meaning.
10	Plot	The main events of a play
11	Audience interaction	Where characters engage with the audience and expect typical responses eg “Boos” and cheers
12	An Aside	Where a character speaks to the audience “ aside” of the action on the stage, giving further plot information

Year 7 – Half Term 3 – Religious Studies – Study of Judaism

1	Moses	The prophet who led the Israelites out of slavery in Egypt and received the Ten Commandments.
2	Torah	The holiest Jewish text, containing God’s laws and teachings for how Jews should live.
3	Talmud	A collection of Jewish writings that explain and interpret the Torah.
4	Tanakh	The complete Hebrew Bible, made up of the Torah (Law), Nevi'im (Prophets), and Ketuvim (Writings).
5	Mitzvot	The 613 commandments in the Torah that guide Jewish behaviour and moral life.
6	Shema	A central Jewish prayer declaring belief in one God and faithfulness to Him.
7	Shabbat	The weekly day of rest and worship observed from Friday evening to Saturday evening in different ways by Orthodox and Reform Jews
8	Synagogue	The Jewish place of worship, learning, and community life which may differ between Orthodox and Reform Jews.
9	Pesach	The festival remembering how God freed the Israelites from slavery in Egypt.
10	Bar Mitzvah/Bat Mitzvah	Bar Mitzvah is the ‘coming-of-age ceremony’ for a Jewish boy (in Orthodox and Reform Judaism). Bat Mitzvah is when a girl (only Reform Judaism) takes on religious responsibility.
11	Tikkun Olam	The principle of “repairing the world” through justice, kindness, and moral action.
12	Messiah	The future anointed Jewish king who will bring peace and restore God’s kingdom on Earth.

Year 7 – Half Term 3 – Music – I've Got Rhythm and the Percussion Family

1	Pulse	A regular beat which is felt throughout music. Certain beats of a pulse can be emphasized to establish regular pulse patterns e.g. 1, 2, 3, 4 1, 2, 3, 4
2	<div> <div>4</div> <div>Semibreve</div>  <div>Semibreve rest</div>  </div>	<p>Semibreve = A note worth 4 beats</p> <p>Semibreve rest = Resting for 4 beats</p>
3	<div>2</div> <div>Minim</div>  <div>Minim rest</div> 	<p>Minim = A note worth 2 beats</p> <p>Minim rest = Resting for 2 beats</p>
4	<div>1</div> <div>Crotchet</div>  <div>Crotchet rest</div> 	<p>Crotchet = A note worth 1 beat</p> <p>Crotchet rest = Resting for 1 beat</p>
5	<div>1/2</div> <div>Quaver</div>  <div>Quaver rest</div> 	<p>Quaver = A note worth ½ beat</p> <p>Quaver rest = Resting for ½ beat</p>

6	<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;">1/2</div> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>Semiquaver</p>  </div> <div style="text-align: center;"> <p>semiquaver rest</p>  </div> </div>	<p>Semiquaver = A note worth a $\frac{1}{4}$ of a beat</p> <p>Semiquaver rest = Resting for a $\frac{1}{4}$ of a beat</p>
7	Rhythm	A pattern of sounds of different lengths.
8	Polyrhythm	Two or more different rhythms playing at the same time.
9	Rhythmic ostinato	A short repeated pattern made up of notes of different lengths but without a particular pitch
10	Syncopation	The emphasis of weak beats (or use of accent on a weak beat) to create rhythmic energy in a piece
11	Tuned percussion instruments	Instruments that produce a sound by being struck with hands or sticks, they can also play different pitches (e.g. xylophone, marimba)
12	Untuned percussion instruments	Instruments that produce a sound by being struck with hands or sticks, they can only play rhythms (e.g. bass drum, tambourine, woodblock)

Year 7 – Half Term 3 – History – The Significance of the Church

	Term:	Definition:
1	Clergy	People who work in the service of the Church, such as priests or bishops
2	The Archbishop of Canterbury	In the Middle Ages, the Archbishop of Canterbury led the Catholic Church in England on behalf of the Pope.
3	Bishop	A member of the clergy who leads a group of priests
4	The Pope	The Pope was the head of the Catholic Church and the Catholic Church in England (not the King).
5	Purgatory	A place where Catholics believe that people's souls go to be cleansed before they can go to heaven
6	Cathedral	A large Christian place of worship from which a bishop runs a large area on behalf of the Church
7	The tithe	A 10% tax which is paid in support of the Church
8	Doom painting	A painting in a Catholic church which would show people what would happen to them after they died if they did not obey the Church
9	Sacrament	A ceremony which some Catholics believe has to be performed to go to heaven
10	Pilgrimage	A journey to a place of religious importance
11	Monastery	A closed community of men who dedicated their lives to worship
12	Persecution	The act of attacking someone because of an aspect of their identity, such as race or religion

Year 7 – Half Term 3 – Physical Education

1	Body composition	The proportion of fat, muscle, bone, and other tissues that make up body weight.
2	Fitness	The ability to meet the physical demands of daily life or sport effectively and efficiently.
3	Aerobic exercise	Continuous, moderate-intensity activity that uses oxygen to produce energy (e.g., running, cycling).
4	Anaerobic exercise	Short, high-intensity activity that does not rely on oxygen for energy (e.g., sprinting, lifting weights).
5	Overload principle	Training must be made more challenging than usual to cause physical improvements.
6	Specificity	Training should be directly related to the sport or skill being improved.
7	Progression	Gradually increasing the difficulty or intensity of training to continue making gains.
8	Reversibility	Fitness levels decrease when training stops or intensity is reduced.
9	Adaptation	The body's ability to adjust and improve after repeated exposure to training.
10	Recovery	The period of rest that allows the body to repair and grow stronger after exercise.
11	FITT principle	A method for planning training: Frequency, Intensity, Time, and Type.
12	Smart targets	Goals that are Specific, Measurable, Achievable, Realistic, and Time-bound.