



2025-2026

Year 7 Half Term 2

100% Book

Name:

Tutor group:

Self-Quizzing Schedule Year 7 Half Term One

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 8 Start: 3rd November	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 9 Start: 10th November	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 10 Start: 17th November	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 11 Start: 24th November	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 12 Start: 1st December	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 13 Start: 8th December	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 14 Start: 15th December					

Self Quizzing Process

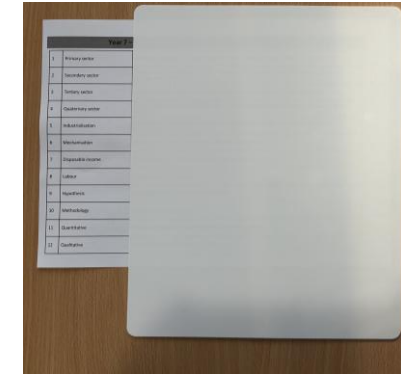
Week 2 Monday

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)

Year 7– Half Term 2 – English – Wolves of Willoughby Chase

1	Gothic	A style of writing that uses dark, mysterious, or eerie settings to create suspense or fear.
2	Victorian	Referring to the time of Queen Victoria's reign (1837–1901), often linked to strict social rules and class divisions.
3	Orphan	A child whose parents have died, often used in stories to create sympathy or show independence.
4	Dialogue	The words spoken by characters in a story or play.
5	Description	Writing that uses details to help the reader imagine what something looks, sounds, or feels like.
6	Mood	The feeling or atmosphere created by a writer's language.
7	Conflict	A struggle between characters or forces that drives the plot.
8	Climax	The most intense or exciting moment in a story, often a turning point.
9	Resolution	The part of the story where problems are solved and the story ends.
10	Pathetic fallacy	When weather or the environment reflects a character's emotions.
11	Motif	A repeated idea, image, or symbol that helps develop a story's message.
12	Inference	Using clues in the text to work out something that isn't directly stated.

Year 7 – Half Term 2 – Geography

Climate Change	1	Atmosphere	The collective name of the layers of gases that surround the Earth.
	2	Fossil fuel	A store of energy formed over millions of years from dead plants and animals such as oil, natural gas and coal.
	3	Greenhouse gases	Gases such as carbon dioxide that trap heat within the atmosphere.
	4	The greenhouse effect	The natural warming of the planet to its habitable temperature, caused by trapping solar radiation in the Earth's atmosphere.
	5	The enhanced greenhouse effect	The unnatural warming of the Earth due to increased greenhouse gases in the atmosphere.
	6	Climate change	The change in the Earth's long-term weather patterns, including precipitation, wind and temperature.
Development	7	Development	The process of improving the economic and social factors and infrastructure of a country.
	8	Income	Money received for work.
	9	GNI per capita	The average income of a country's citizens.
	10	Life expectancy	The average number of years a person is expected to live.
	11	Infant mortality rate	the number of babies that do not survive to one year old per 1,000 births.
	12	Tax	The process by which a government collects money from individuals and businesses to spend on services and infrastructure.

Year 7 – Half Term 2 – Maths – Primes, Factors and Multiples, Expanding and Factorising, Addition and Subtraction, Perimeter

1	factor	an integer that divides another integer exactly, without a remainder
2	Highest common factor	the largest number which appears in the list of factors for both numbers
3	prime number	a positive integer with exactly two distinct factors, 1 and itself
4	composite number	a positive integer which has more than two factors
5	multiple	a multiple of a number is a product of that number and an integer
6	Lowest common multiple	the smallest number which appears in the list of multiples for both numbers
7	expand	to remove the brackets from an expression
8	factorise	the reverse process of expanding brackets
9	sum	the result of an addition
10	difference	the result of a subtraction
11	perimeter	the total distance around the outside of a shape

Year 7 – Half Term 2 – Unit 2 – Ma famille

1	Negation (making a verb negative)	To make a verb negative, in English we add 'don't/not' e.g. <i>I don't like</i> In French, we use <i>ne ... pas</i> and it surrounds (hugs) the verb. e.g. <i>J'aime (I like) Je n'aime pas (I don't like)</i>
2	Family members	mon père, ma mère, mon frère, ma sœur, mon oncle, ma tante, mes parents, mes grand-parents, mon cousin, ma cousine.
3	Indefinite articles (a or an)	<i>un</i> and <i>une</i> mean 'a' or 'an'. <i>un</i> 'a' (m.), <i>une</i> 'a' (f.) e.g. <i>un frère, une sœur</i>
4	Plural (pl.)	Plural means more than one or multiple. We can tell if a noun is plural by the addition of <i>-s</i> or <i>-x</i> at the end of a noun. We can make a noun plural by adding <i>-s</i> or <i>-x</i> too.
5	Possessive adjectives (my)	<i>mon, ma, mes</i> mean 'my'. <i>mon</i> my (m.), <i>ma</i> my (f.), <i>mes</i> my (pl.)
6	Describing appearance	J'ai <i>les</i> cheveux ... , j'ai <i>les</i> yeux ... , je porte des lunettes, je ne porte pas de lunettes.
7	Conjugation of avoir (to have)	j'ai, tu as, il a, elle a, on a, nous avons, vous avez, ils ont, elles ont.
8	Adjectival agreement	In French, adjectives must agree with the noun they are describing. We add an extra - e to the adjective describing a feminine noun; -s if it's masculine plural; or -es if it's feminine plural. Ex: <i>Il</i> est petit, <i>elle</i> est petite, <i>ils</i> sont petits, <i>elles</i> sont petites.
9	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
10	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)
11	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.
12	Conjugation of être (to be)	je suis, tu es, il est, elle est, on est, nous sommes, vous êtes, ils sont, elles sont.

Year 7 – Half Term 2 – Science

1	Mass	Measure of how much matter something contains - measured in kilograms (Kg).
2	Energy Store	The form and location where energy is held before it is transferred into another form – including chemical potential, kinetic, elastic potential, gravitational potential and thermal.
3	Energy Pathway	The mechanism by which energy is transferred between stores – including electrical, heating, radiation and mechanical.
4	Energy Transfer	Movement of energy from one store to another.
5	Nucleus	Contains the genome that controls the cell's activities. Found in plant and animal cells.
6	Cytoplasm	Where the chemical reactions of the cell take place. Found in plant and animal cells.
7	Cell Membrane	Controls which substances enter or leave the cell. Found in plant and animal cells.
8	Mitochondria	Where energy is released in respiration. Found in plant and animal cells.
9	Chloroplast	Where light is trapped for photosynthesis to happen. Found in plant cells only.
10	Vacuole	Stores a watery sap. Found in plant cells only.
11	Cell Wall	Strengthen and support the cell. Found in plant cells only.
12	Diffusion	The passive movement of particles from an area of high concentration to an area of low concentration.

Year 7 Half Term 2 Drama - Staging

1	End on stage	The audience are sat in rows facing the stage. Numerous entrances and exits.
2	Thrust stage	T shaped. The audience are sat around 3 sides of the stage. Entrances and exits happen on the main stage and through the audience.
3	Traverse stage	The audience in rows either side of the stage, facing each other. Entrances and exits are on the left and right of the stage.
4	In the round	The audience surround the stage, whatever shape it is. Gaps left between the audience which allow for entrances and exits.
5	Staging	The layout of the stage and all the set or scenery on it.
6	Blocking	Positioning yourself with your back to the audience or blocking the audience's view of another actor whilst on stage.
7	Devising	Creating an original performance.
8	Areas of the stage	Upstage, down stage, stage left, stage right, center stage.
9	Set	Items which are used to set the scene and are not easily carried for example, blocks, tables, chairs etc.
10	Scenery	Backdrops or large which are used to create an atmosphere or location.
11	Evaluation	The process of judging something's quality, importance or value.
12	Drama Key term	Any Drama specific word that can be used to describe an element of performance. EG Staging, Blocking, Accent etc

Year 7 – Term2 – Computer Science – Making games in Scratch

1	Block	A command or piece of code used in Scratch; blocks snap together.
2	Collectables	A sprite or an object that the play must collect or pick up as part of the game
3	Clone	Allows a sprite to create a copy of itself whilst the program is running
4	Debug	To find and fix errors in your code.
5	Event	Something that triggers code to start (e.g., “when green flag clicked”).
6	If Statements	Used to react to something – e.g. the sensing script
7	Loop	A block that repeats instructions (e.g., “forever” or “repeat 10”).
8	Motion	Movement that the sprite makes on the screen
9	Variable	A value that can change
10	Script	A sequence of blocks that tells a sprite what to do.
11	Sprite	A character or object that performs actions in a Scratch project.
12	Sensing	Allowing the Scratch project to interact with different dynamics

Year 7 – Half Term 2 – Religious Studies – Abrahamic Faiths

1	Abrahamic faith	Religions that trace their spiritual heritage to the prophet Abraham . These include Judaism, Christianity, and Islam .
2	monotheism	The belief in the existence of only one God . Monotheistic religions include Judaism, Christianity, and Islam .
3	polytheism	The belief in or worship of multiple gods . Each god may have different roles, powers, or domains.
4	covenant	A sacred agreement or promise between God and a human being or group of people.
5	sin	An act that goes against God's will or moral law .
6	idol	A physical object or image worshipped as a god or as representing a god.
7	atonement	The process by which humans are reconciled with God .
8	sacrifice	The act offering something valuable to God as an act of worship or devotion .
9	sermon	A religious speech or talk delivered by a religious leader to offer spiritual guidance or moral instruction .
10	prophet	A person chosen by God to deliver messages or guidance to others.
11	resurrection	The belief that the dead will be brought back to life .
12	theologian	A scholar or thinker who studies theology, the nature of God, religious beliefs, and doctrines .

Year – Half Term 2 – Music – What Makes A Good Song

MAD T SHIRT	1	Melody	A sequence of single notes that is musically satisfying and creates a tune.
	2	Articulation	The way you play your instrument (eg. Legato is smooth and staccato is detached)
	3	Dynamics	How quietly or loudly a piece of music is performed e.g. Pianissimo, PP (very quietly) Piano, P (quiet), Mezzo Forte, MF (medium volume,) Forte, F (loud) Forte Fortissimo, FF (very loud).
	4	Texture	How different layers of sound are combined to create the overall sound of a piece. Monophony: a single melody Polyphony: Multiple independent melodies
	5	Structure	How a piece of music is put together.
	6	Harmony	In singing, harmony is the addition of another complementary melody to the main melody.
	7	Instrumentation	The different instruments used in a piece of music. Each instrument has a different timbre.
	8	Rhythm	A pattern of sounds of different lengths.
Brass Family	9	Trumpet	A brass instrument used in classical and jazz music. Sound is created through lip vibrations against a cup mouthpiece. The player uses valves to change the pitch.
	10	French Horn	A brass instrument used in classical music with a circular shape. Has a lower pitch than the trumpet and uses valves.
	11	Trombone	A brass instrument used in classical and jazz. It has a slide to change the pitches. Lower pitched than the trumpet and french horn.
	12	Tuba	The largest and lowest pitched instrument from the brass family.

Year 7 – Half Term 2 – History – The Norman Conquest

	Question:	Answer:
1	People from which country ruled England between 1016 and 1042?	The country ruled England between 1016 and 1042?
2	Give one reason why Edward the Confessor's death caused a struggle for the English throne in 1066.	Edward the Confessor had no children.
3	Give three people who thought they were the rightful King of England after Edward the Confessor's death in 1066.	Harold Godwinson, Harald Hardrada, and William the Conqueror
4	How far did Harold Godwinson have to fight to fight Harald Hardrada at the Battle of Stamford Bridge?	300 miles there and back
5	Give an example of William the Conqueror successfully changing his tactics during the Battle of Hastings.	William the Conqueror watched Anglo-Saxons leave the shield wall and so organised faked retreats.
6	Give an example of William the Conqueror experiencing good luck during the Battle of Hastings.	Early in the battle, Harold Godwinson's brothers were killed.
7	Which type of intimidating structure did the Normans build throughout England?	Castles
8	What was the name of the event in 1070 during which William the Conqueror destroyed property around York?	The Harrying of the North
9	How much land was held by Normans (as landlords) 20 years after the Battle of Hastings?	95%
10	Why did the Normans want the first-born son of each family to inherit land?	The Normans introduced primogeniture to ensure that land stayed in Norman hands.
11	How would forest law have made it difficult for ordinary people in royal forests to survive?	Forest Law meant that people living in Royal Forests were not allowed to fence off their crops.
12	Give a type of impressive religious building which the Normans built across England after 1066.	Cathedrals

Year 7 – Half Term 2 – Physical Education

1	Agility	The ability to change direction quickly and with control.
2	Balance	Keeping the body's centre of mass over the base of support.
3	Coordination	The smooth and efficient movement of different body parts together.
4	Reaction Time	How quickly you can respond to a stimulus
5	Speed	The ability to move all or part of the body as quickly as possible.
6	Power	A combination of strength and speed (explosive strength).
7	Muscular Endurance	The ability of muscles to work repeatedly without getting tired
8	Strength	The maximum force a muscle or group of muscles can produce.
9	Flexibility	The range of movement possible at a joint
10	Technique	The way in which a skill is performed to achieve the best result
11	Sportsmanship	Fair and respectful behaviour towards opponents, officials, and teammates
12	Teamwork	Working effectively with others to achieve a shared goal.