

**Continuous Learning Plan: Grade 7**

Weeks of March 23<sup>rd</sup>-April 3<sup>rd</sup>

**English Language Arts Activities for the Week**

(Choose 1-2 options per week to complete)

<p><b>Movie or television review</b> Watch a movie or television show. On a piece of paper or device, write at least one paragraph that answers the following questions</p> <ol style="list-style-type: none"> <li>1. what is the most interesting part? Why?</li> <li>2. If you could change anything about the show, what would it be? Why?</li> <li>3. Would you recommend this movie or show to a friend? Why or why not?</li> </ol>	<p><b>Vocabulary</b> Spend some time going through newspapers, books, or online materials What new Vocabulary words did you find? Write down prediction of what you think the word means. Look it up and see how accurate your prediction was.</p>	<p><b>Create a Diary</b> Write down your daily feelings about what is going on in your community/the country with regards to social distancing and the Covid 19 outbreak.</p>
<p><b>Create it</b> Please read at least 20 mins a day. Here are some activities to go along with your reading.</p> <ul style="list-style-type: none"> <li>-design a new book jacket for the book that you are reading</li> <li>- create a new character for the book and explain how this character would change the story.</li> </ul>	<p><b>Interview</b> Contact a relative by phone. Interview them about difficulties they had growing up. Was anything shut down when they were young Record or write their responses.</p>	<p><b>Creative Writing</b> How I survived the Covid 19 pandemic 2020 This will be worth keeping for your grandchildren!</p>

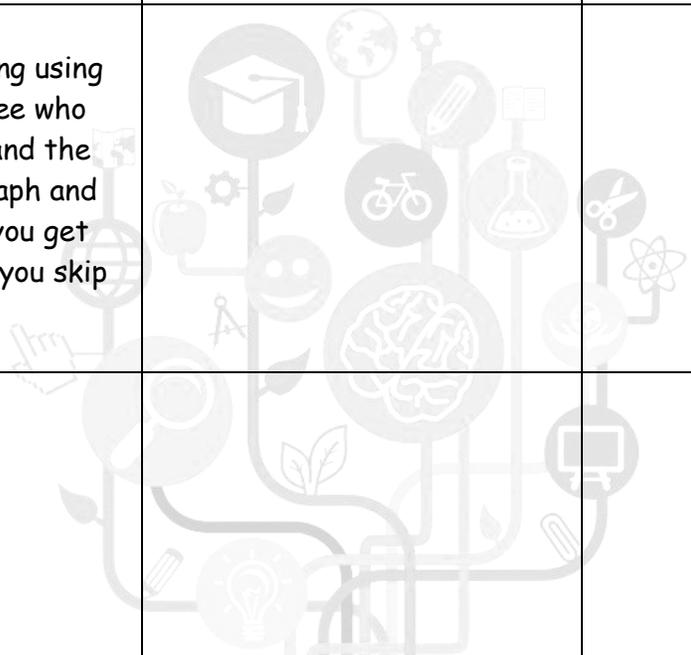


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**Mathematics Activities for the Week**

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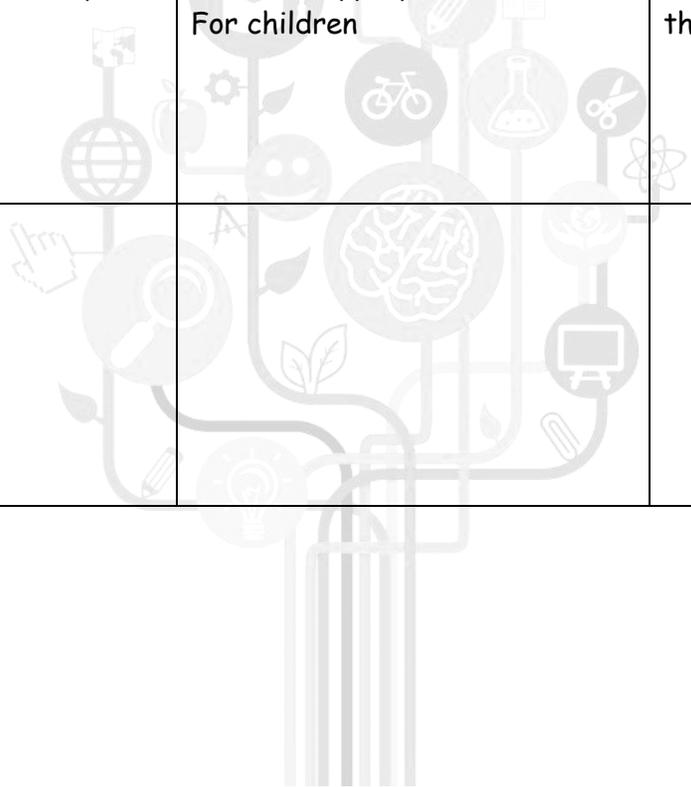
<p><b>Dream Space</b> Design your dream space. Use a scale factor to create it. 1cm = 1 metre.</p>	<p><b>Stocks</b> Pick a stock from the Dow Jones and track stock highs and lows for the week. Did your stock rise or fall for the week? Make a graph of the movement.</p>	<p><b>Cookie time</b> Look at a recipe for cookies. What would the measurements be if it was doubled, tripled, halved? Bake the cookies for your family if you have the ingredients and parent permission.</p>
<p><b>Measurement</b> Measure your foot in centimetres. Walk around the room (toe to heel) and see how many steps it is. Multiply the number of steps by the number of centimetres in your foot. Convert to metres.</p>	<p><b>Make a budget</b> With a food budget of \$100 per week make a grocery list Remember you have to feed your family 3 meals a day. Look up prices or use the ads in the local paper to plan meals.</p>	<p><b>Exponential growth</b> Research the exponential growth of the virus eg A 1:4 transmission ratio every one person infected could transmit to at least 4 different people. \Study containment and prevention measures Vancouver is taking.</p>
<p><b>Skip counting</b> Skip count with a sibling using different multiples, See who can do it the fastest and the furthest. Create a graph and track it each day. Do you get faster or slower? Can you skip count backwards.</p>		

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**Social Studies Activities for the Week**

(Choose 1-2 options per week to complete)

<p><b>Current Events</b> Find a current event You can use a newspaper, news on t.v. or the internet Write a paragraph about what you have learned. How does this event affect you?</p>	<p><b>What's happening in this photo?</b> Look at a photo in the newspaper of current events type magazine. Can you guess what the photo is about without reading the caption? Make 3 guesses before you check.</p>	<p><b>History of a Pandemic</b> What do you know about a pandemic? Has it ever happened before? Look up <a href="http://www.worldbookonline.com">www.worldbookonline.com</a> Write a list of questions you still have.</p>
<p><b>Interview</b> Ask an older person you know (by phone) about a significant event that happened in their life. Does it still affect their life?</p>	<p><b>Journal</b> Create a journal about what you are experiencing at home. You are creating an historical document about a world-wide even. Think of Anne Frank</p>	<p><b>Watch a movie</b> Watch an historical fiction movie. Tell an adult what happened in the movie. Do you think these things could happen today? The boy in the striped pyjamas, The Patriot are examples.</p>
<p><b>Songs and Poems</b> Write a rap about what you are passionate about. Check out you tube</p>	<p><b>Create a Bill of Rights</b> Create a Bill of Rights that you think are appropriate for now. For children</p>	<p><b>Read a Magazine</b> <a href="http://junior.scholastic.com/">http://junior.scholastic.com/</a> Choose an article to read and do the activities related to it.</p>



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**Science Activities for the Week**

(Choose 1-2 options per week to complete)

<p><b>Observations</b> Go outside while the moon is out and sketch what it looks like each night. What changes to you observe?</p>	<p><b>Coronavirus Informational video</b> Go to <a href="http://www.brainpop.com/">http://www.brainpop.com/</a> Search the coronavirus video List ways we can prevent the spread of the virus</p>	<p><b>Create an Animal</b> You are a zoologist who has discovered a new species. As every good scientist does, you will document your exciting find. Include:- *your animal's name *basic needs *the ecosystem it lives in *a colour illustration</p>
<p><b>STEM project</b> *Using household supplies, create a wind powered vehicle *create a marble maze *Using tin foil, make a boat that will float and hold 2 quarters.</p>	<p><b>Design</b> Design a farm where the animals won't spread any diseases to each other.</p>	<p><b>Quarantine</b> Why is quarantine used to stop the spread of diseases. Find some other illnesses that use quarantine.</p>
<p><b>Changes in Nature</b> Pick an area of your yard or a park. Observe the same space each day. Write down any creatures, insects or changes that you observe.</p>		

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**Hebrew & Judaics Activities for the Week**

(Choose 1-2 options per day to complete)

<p><u>Hebrew</u> <u>Group A:</u> Continue your Weekly Schedule Project.</p> <p><u>Group B:</u> Follow along with <a href="#">this PowerPoint</a>. The PowerPoint includes Hebrew vocabulary, reading, writing and games!</p> <p>Enjoy!</p>	<p><a href="https://www.bimbam.com/vayikra-old/">https://www.bimbam.com/vayikra-old/</a></p> <p>Watch the video from this link and/or other information sources regarding the Parshat Vayikra</p> <p>Summarize the information and try to make a comparison to what sacrifices we are making now due to the covid-19 virus.</p>	<p><b>Daily Tefilla Challenge!</b></p> <p>Start your day with a morning prayer for at least 15 minutes.</p> <p>Each day you pray earns you a ticket into a <b>weekly raffle</b> of \$20 <b>Amazon gift card!</b></p> <p>Use any siddur you have at home or alternatively use this <a href="#">online siddur</a>.</p> <p>After you have prayed, add your name <a href="#">here</a>.</p>
	<p><u>Hebrew</u> <u>Groups A &amp; B:</u></p> <p><b>Daily reading - 15 minutes</b></p> <p>Read from your Bishvil Haivrit workbook, or any Hebrew books you have at your reading level.</p> <p>If you don't have any book at home, please email me at <a href="mailto:rikioire@gmail.com">rikioire@gmail.com</a></p>	<p><u>Hebrew</u></p> <p><u>Group A:</u> Call to interview a friend - <a href="#">Interview Questions Group A</a></p> <p><u>Group B:</u> Call to interview a friend - <a href="#">Interview Questions Group B</a></p>

Israeli studies - continue to work on your itinerary for the trip to Israel

- If you need the list of places from your folder, please email [mmoshkovitz@rjds.ca](mailto:mmoshkovitz@rjds.ca)
- Info for each place: <https://bit.ly/triptoIsraelrjds>



## Hebrew

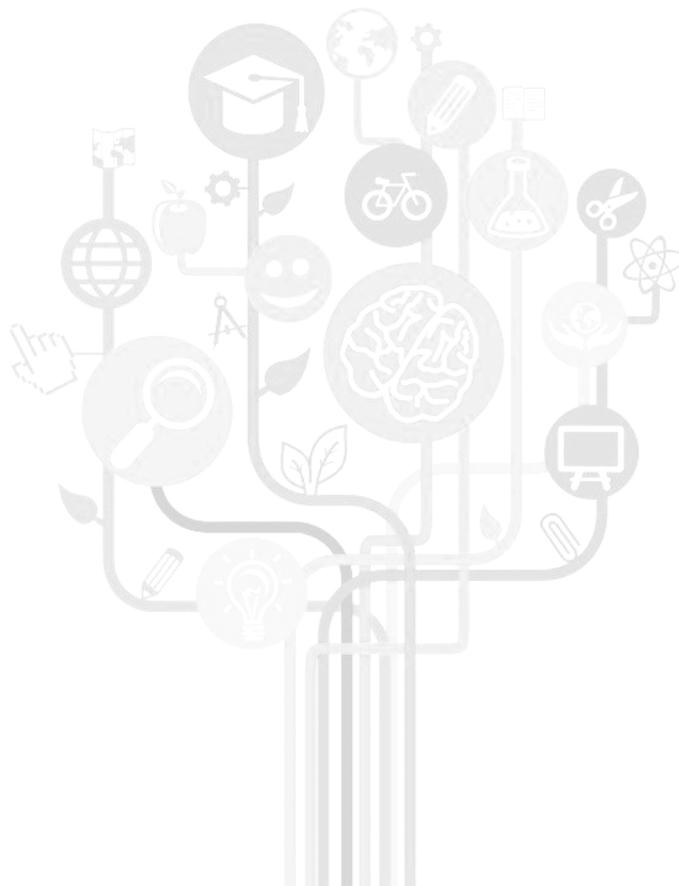
Call to interview a friend.  
Call the friend that is after you in the Alphabetical order.

### Group A:

[Interview Questions Group A](#)

### Group B:

[Interview Questions Group B](#)



## Continuous Learning Plan: Grade 7

Weeks of March 23<sup>rd</sup>- April 3<sup>rd</sup>

### French Activities for the Week

(Use Duolingo daily then choose 1 other option per day to complete)

	<p>Use Duolingo! Use the app or website to do 15 minutes of French learning EVERY DAY!</p>	
<p>How are your rapping skills? Try your hand at <a href="#">this super speedy rap!</a></p>		<p>Listen to some French music while you relax or do chores. I recommend <a href="#">this playlist starting with Bonjour!</a> <a href="#">Bonjour!</a> Not into it? You know <a href="#">Sara'h</a> does great pop songs too!</p>
<p>Call or message a friend, in FRENCH! Use words like <i>bonjour, je m'appelle, comment ça va, bonne journée, etc!</i> See how long you can keep it going only using French!</p>	<p>Watch <a href="#">this song</a> and try to figure out what it says! Write out the translation of as many of the lyrics as you can</p>	
	<p>Listen to "<a href="#">Les Trois Petits Cochons</a>" - We are all familiar with the Three Little Pigs, but now try to follow along with the story in French!</p>	<p>Sing along to this <a href="#">delightful song</a> to practice your French numbers. It's catchy and you will smile!</p>

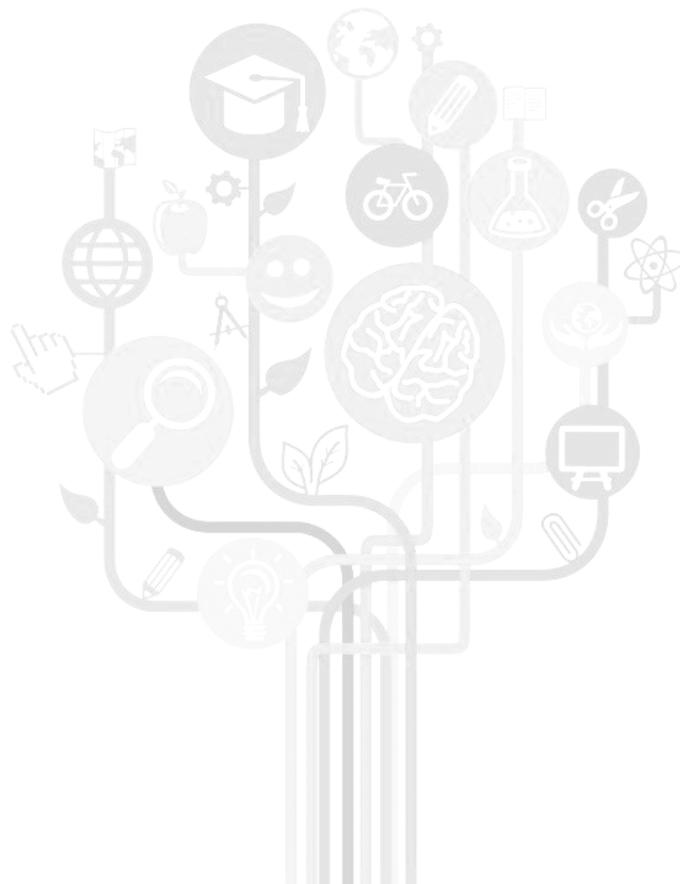
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**Technology Activities for the Week**

(Choose 1-2 options per week to complete)

<p><b>Photography</b> Take a series of pictures that tell a story.</p>	<p><b>Community</b> Reflect on how the internet impact how you interact with your community of your age. What are the negatives?</p>	<p><b>Music</b> Create a song using garageband. Share it with a friend.</p>
<p><b>Music Discovery</b> Listen to a complete song from each genre *Jazz *country *R&amp;B *Chamber</p>	<p><b>Sketch/drawing</b> Using an i-pad sketch a self portrait</p>	<p><b>How -To</b> Create a step-by step process on how to do something that most people don't know how to do. Teach it to a family member.</p>



<p align="center"><b>Continuous Learning Plan: Grade 7</b>            Week of March 23<sup>rd</sup>-April 3<sup>rd</sup></p>	
<p align="center"><b>PE Activities for the Week</b>            (Choose 1-2 options per week to complete)</p>	
<p>Israeli Dancing!</p> <p><a href="https://youtu.be/9Zwphf3kWBk">https://youtu.be/9Zwphf3kWBk</a></p>	<p>Get Outside!</p> <p>Take a walk, ride your bike, jump rope, roller blade, shoot some hoops, bounce a ball, go for a hike, jump on the trampoline, scooter. 40-50 minutes!</p>
<p>Boot Camp!</p> <p>Jumping jacks x30            Frog leaps x30            High knees x30            Run in place x30            Walk for 30 seconds            Do it all again!</p>	<p>Israeli Dancing!</p> <p><a href="https://youtu.be/hMyqqwdGJDo">https://youtu.be/hMyqqwdGJDo</a></p>
<p>Dance, dance, dance!</p> <p>Find an age appropriate dance video on Youtube and dance to an upbeat, fun song!</p> <p><a href="https://www.youtube.com/watch?v=ymigWt5TOV8">https://www.youtube.com/watch?v=ymigWt5TOV8</a></p> <p>Here's one to get you started!</p>	<p>Game ideas to play solo!</p> <p><a href="https://www.verywellfamily.com/games-for-kids-to-play-alone-1256807">https://www.verywellfamily.com/games-for-kids-to-play-alone-1256807</a></p>
<p>Israeli Dancing!</p> <p><a href="https://youtu.be/67kVFHrSi1g">https://youtu.be/67kVFHrSi1g</a></p>	<p>Brain Pop  <a href="http://www.brainpop.com">www.brainpop.com</a>            Search Health &amp; SEL;            Suggestions:            Nutrition            Sports &amp; Fitness            Relationships            Emotions</p>

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**Extracurricular Activities for the Week**

(Choose 1-2 options per day to complete)

<p>Complete about 30 minutes of coding (section assigned by your teacher) at: <a href="http://www.code.org">www.code.org</a></p> <p><b>*Please see note below*</b></p>	<p>Step outside and listen to the different sounds you hear. Compare those sounds to musical instruments! For example, what instrument does a bird sound like? How?</p>	<p>Explore <a href="https://tonematrix.audiotool.com/">https://tonematrix.audiotool.com/</a> How does the sound vary? How can you unite a sound? Create a tune and slowly turn it off, one by one. How does the sound differ when less blocks are turned on?</p>
<p>Create a portrait of any member of your family using same coloured materials! (for example, if you chose the colour white, you might use empty glue bottles, Kleenex, blank paper, etc.). Make sure you plan out your portrait first.</p>	<p>Help a family member with 2 chores around the house! Take a picture of you helping!</p>	<p>Using a word document, design a poster for a club you want to be a part of (example, art club, robotics club, food club, etc.). Don't forget to include important information on your poster such as the club name, the date and time you will meet, and what your club is about.</p>
<p>Sort materials at home in two categories: "warm" and "cold" colours and take a picture of it. Do</p>	<p>Draw a picture of a setting of your choice (park, lake, mountains, desert, beach)</p>	<p>Take a deep breath, count to 10, and take another deep breath. Then watch 1-2 of the attached videos to relax. <a href="https://family.gonoodle.com/channels/think-about-it">https://family.gonoodle.com/channels/think-about-it</a></p>

