

Continuous Learning Plan: Grade 7

Week of March 27th - May 1st

English Language Arts Activities for the Week

(Choose 1-2 options per day to complete)

<p>Book report choices for <i>The Outsider</i> (sent to you as assignment 1)</p> <p>Choose 1 option. This is not optional</p>	<p>Spelling city list 16 Assignment posted</p>	<p>Vocabulary Evolution vocab Definitions and sentences (assignment 2 sent to you) Not optional</p>
<p>20 mins reading each day</p>	<p>Continue to keep your daily journal up to date, even if you do very little in a day.</p>	<p>Written Language Free choice for those who like this best or "A conversation with Dr Bonnie Henry" 2 page min. (This is speech, remember the correct punctuation))</p>

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Mathematics Activities for the Week

(Choose 1-2 options per day to complete)

<p>Continue with patterns and equations booklet 4 and 5 Not optional</p>	<p>"Yucky" math Problem solving (assignment 3 sent to you)</p>	<p>Number of the day One each day Try these and book a 1-1 if you would like help.</p>
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<p>Real World Math Try this every day</p>	<p>Look up the graphs of the Covid 19 cases in B.C. Explain what is happening? Why is a line graph the best graph to show the information? How else could it be displayed?</p>
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<p align="center">Continuous Learning Plan: Grade 7 Week of March 27th - May 1st</p>		
<p align="center">Social Studies/ Science Activities for the Week (Choose 1-2 options per day to complete)</p>		
<p>Evolution project This is huge Take your time and do each section carefully. I will check in each week with you all. (Assignment 4 sent to you)</p>	<p>STEM (Assignment 5 sent to you)</p>	<p>What in the world You can choose which story you want to do.</p>
<p>Cooking with your family Follow a recipe to prepare something for your family</p>	<p>List 10 things you love to do. It can be anything.(design, dance, daydreaming, rapping) Why did you choose this ? what is #1 ? Why?</p>	

HEBREW:

*Tefilah – Shacharit Prayer

Pray the morning prayer for 15 minutes.

Use any siddur you have at home or alternatively use this [online siddur](#).

Each day you pray earns you a ticket into a weekly raffle of \$20 Amazon gift card!

Last week winner: [Miri Grad](#)

After you have prayed, add your name [here](#).

Goal: practicing the morning prayers, staying connected and praying – specifically keeping in mind those affected by the current situation.

*Daily reading - 10 minutes

Any Hebrew reading book you have is good. If you don't have, here are a few options:

- [Online Stories](#)
Press on the purple link "הקליקו כאן" and the PDF will open up.
- [Stories online](#)
- [Short Stories](#)

If you need more reading texts, please email me.

JUDAICS:

This week we will commemorate Yom Ha'Zikaron on Tuesday. Please attend the Zoom call with Omer .

9:15 am – Group B

11:45 am – Group A

Wednesday, April 29:

Yom Ha'atzmaut

Special activities are planned for you today! Below are the ones that you have to Zoom in for. The others will be attached on the webpage as a special Yom Ha'atzmaut document.

- **9:00 -10:00 Zoom**– Shinshinim activity group B
- **10:30 Zoom** - Kahoot with Morah Riki
- **11:30-12:15 Zoom**- Shinshinim activity group A
- **2:00 Zoom** – School-wide assembly

FRENCH:	Continue working on Duolingo and tracking your progress on your log sheets.	
HOME-ECONOMICS Try one of these and email your work to Morah Shany scohen@rjds.c a	<u>Eating Healthy (Part 2) *continuation*</u> Create a grocery list for the 3 meals that you've put together. Be sure to include the amount of each food item you need. For example, if your recipe calls for tomatoes, how many tomatoes would you need? NOTE – you DO NOT need to go buy these items. Please just make a list 😊	<u>Help Around the House</u> Help with 5 tasks around the house this week. Some ideas: clean the dishes, dust, sweep, help make lunch, clean up after dinner, take out the garbage, water plants, help mow the lawn.
TECHNOLOGY Try one of these and email your work to Morah Shany scohen@rjds.c a	<u>Code.org</u> Continue to work on www.code.org for 30 minutes. Be sure to watch the instructional videos before completing a level. Morah Shany is here to help if you have a question. If this is your first time logging in, you will need our section code: WDCPTY	<u>Animate your Name</u> Animate your name on Scratch. Click on "Tutorials" tab on the top left-hand corner. Click on "Animation" and then "Animate a Name". Be sure to follow the instructions step by step! https://scratch.mit.edu/projects/editor/?tutorial=getStarted
Art Try one of these and email your work to Morah Shany scohen@rjds.c a	<u>Thank – You Card</u> Our loved ones do so much for us! Create a thank – you card for a family member in your household or your entire family. Please write what you are thanking them for. 😊	<u>All About ME!</u> Think of 10-15 things you like or things that represent you. Draw an outline of what you think your face looks like turned to one side. Inside your face, draw and colour the objects that you brainstormed. Colour the leftover space in your face with a colour of your liking. If you have black construction paper, glue your face outline on there. If not, leave it on the white piece of paper that you drew on. https://crayolateachers.ca/lesson/all-about-me-balance-symbolism-movement/
Music Try one of these and email your	<u>Music and Mood</u> How do you think music affects your mood? Give examples from experiences. Listen to a few different songs and see if or how it affects your mood!	<u>Create a Melody</u> Melody is a mixture of pitch and rhythm. Create your own melody: https://musiclab.chromeexperiments.com

work to Morah
Shany
scohen@rjds.c
[a](#)

[/Melody-Maker/](#)

NOTE – link will only work with chrome

PE MONTHLY CHALLENGE

ROLL in Spring!



Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
School-Wide Fitness Challenge!					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

Student: _____ Grade: _____ Days Completed: _____

Parent Signature: _____ Teacher: _____

Directions: Roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Your workout should consist of at least **10** rolls of the dice. However, if you're feeling extra motivated, roll a few extra times to intensify your workout!

Roll a **2** – **25** Forward Jumps (w/rope)
Roll a **3** – **25** Backward Jumps (w/rope)
Roll a **4** – **25** Hop Jumps (w/rope)
Roll a **5** – **10** Frog leaps
Roll a **6** – **25** Jumping Jacks
Roll a **7** – **10** Burpees
Roll an **8** – **30** Low Planks & **30** High
Roll a **9** – **5** Pushups
Roll a **10** – **25** Sit-ups
Roll an **11** – **20** Calf Raises
Roll a **12** – **15** High Knees

Complete
the *ROLL in Spring* fitness challenge
throughout the month of May. Using the
calendar, write your initials for each day you
complete a workout. At the end of the
month, have your parents sign the bottom of
the calendar and email it to [Morah
Tammy](#). The student(s) from each
grade who completes the most workout
days within the month gets an
award certificate and prize.

GOOD LUCK!