



## **Year 7 SAMPLE - Term 1**

*Main Lesson 1: Cultural Tapestry: Exploring the World of India*

*Main Lesson 2: My Life, My Story*

*English: Narrative*

*Mathematics: Number and Algebra*

## Year 7 Semester 1 Overview - Modern Waldorf Online

Term 1		
Main Lesson	English	Mathematics
<p>Cultural Tapestry: Exploring the World of India (HASS, Languages, Drama, Dance, Music)</p> <ul style="list-style-type: none"> <li>- Explore the history, culture and significant events that shaped India.</li> <li>- Explore myths and legends of India.</li> <li>- Create dramatisations, dance, music and artworks inspired by these stories.</li> <li>- Learn basic phrases in languages associated with the cultures studied</li> <li>- Study Indian music, dance forms, and spirituality.</li> </ul> <p>My Life: My Story (Health, Biology, Chemistry, Media Arts)</p> <ul style="list-style-type: none"> <li>- Personal identity projects: writing autobiographies and exploring family histories.</li> <li>- Sex education and relationships: Understanding body changes and building healthy relationships.</li> <li>- Study of biological systems related to human development.</li> <li>- Use media arts to create personal story presentations.</li> </ul>	<p>Narrative</p> <ul style="list-style-type: none"> <li>- Analyse how narrative structure and visual elements influence meaning.</li> <li>- Identify and reflect on personal and social identity in texts.</li> <li>- Develop creative texts that adapt narrative techniques from studied examples.</li> <li>- Build vocabulary, grammar, and punctuation skills, focusing on modality and complex sentences.</li> <li>- Use digital tools to create, edit, and publish a multimodal narrative.</li> </ul>	<p>Number and Place Values</p> <ul style="list-style-type: none"> <li>- Index notation.</li> <li>- Square roots and perfect squares.</li> <li>- Associative, commutative, and distributive laws.</li> <li>- Compare, order, add, and subtract integers.</li> <li>- Real Numbers</li> <li>- Comparing fractions</li> <li>- Addition and subtraction of fractions.</li> <li>- Multiply and divide fractions.</li> <li>- Express one quantity as a fraction of another.</li> <li>- Round decimals.</li> <li>- Revision.</li> </ul>
Term 2		
Main Lesson	English	Mathematics
<p>The Age of Discovery (History, Geography, Social Studies/Civics and Citizenship, Visual Arts)</p> <ul style="list-style-type: none"> <li>- Explore the new trade routes that connected faraway lands and enabled a wider sharing of ideas, plants, animals, and inventions.</li> </ul>	<p>Persuasive Texts &amp; Oral Language</p> <ul style="list-style-type: none"> <li>- Explore persuasive techniques in speeches, advertisements, and debates.</li> <li>- Write opinion pieces and letters to the</li> </ul>	<p>Algebra &amp; Patterns</p> <ul style="list-style-type: none"> <li>- Introduce variables and algebraic expressions.</li> <li>- Substitute values into algebraic</li> </ul>

- Investigate how the Age of Discovery marked the beginning of globalisation.
- Examine how scientific knowledge expanded through the study of new landscapes, animals, and cultures.
- Analyse the impact of exploration and colonisation
- Study the transatlantic slave trade.
- Create visual artworks inspired by exploration, trade, and the meeting of cultures.

Rhythms of History: Dance Through Time (The Arts – Dance, Drama, Film and Media; Health and Physical Education; History)

- Explore how dancers and choreographers use movement, music, and staging to express ideas.
- Develop safe dance practices.
- Use movement elements, choreography tools, and stagecraft to design and perform creative works.
- Appreciate the diversity of dance traditions, including those created and performed by First Nations.
- Trace the evolution of dance.
- Discover how film and media use camera angles, editing, and effects to enhance the storytelling power of dance.

editor on current social or ethical issues.

- Compare persuasive and informative language styles and identify their purposes and audiences.
- Build oral language skills through structured debates and persuasive presentations.
- Study and discuss *persuasive writing*.
- Create a multimodal persuasive campaign – combining poster, speech, and blog elements to convey a unified message.
- Analyse how language, imagery, and emotion influence audience response and engagement.
- Reflect through journal writing on the question: “*What makes a message powerful?*”

expressions.

- Simplify algebraic expressions using basic operations.
- Solve simple and two-step linear equations.
- Use brackets and apply the distributive law.
- Create and describe number patterns, identifying rules and relationships.
- Linear Relationships
- Apply algebra to real-life problem-solving contexts, linking patterns, formulas, and reasoning to everyday examples.

## Example Readings

### History

India's history is one of the oldest and most diverse in the world, dating back to the Indus Valley Civilisation around 2500 BCE. It has been home to numerous empires and dynasties, including the Maurya, Gupta, Mughal, and British Empires. The country's struggle for independence from British rule, led by figures such as Mahatma Gandhi and Jawaharlal Nehru, culminated in 1947, marking the birth of the Republic of India.

### Culture and Society

India is a mosaic of cultural diversity, with a multitude of languages, religions, and traditions. The official languages are Hindi and English, but there are 21 other officially recognised languages and over 1,600 dialects spoken across the country. Major religions practised in India include Hinduism, Islam, Christianity, Sikhism, Buddhism, and Jainism.

### Festivals and Traditions

India is renowned for its festivals, which are celebrated with great enthusiasm and fervour. Major festivals include Diwali (Festival of Lights), Holi (Festival of Colors), Eid, Christmas, Vaisakhi, and Pongal. Each festival has its own unique customs, rituals, and significance, reflecting the country's rich cultural heritage.



### Diwali: Festival of Lights



**Introduction to Diwali:** Diwali, also known as Deepavali, is one of the most significant festivals in Hinduism, celebrated with great enthusiasm across India and in various parts of the world. It signifies the victory of light over darkness, knowledge over ignorance, and good over evil. The festival spans over five days and holds deep spiritual, cultural, and social significance for Hindus, Jains, Sikhs, and some Buddhists.

### Significance and Legends:

1. **Return of Lord Rama:** Diwali commemorates the return of Lord Rama, along with his wife Sita and brother Lakshmana, to Ayodhya after 14 years of exile and his victory over the demon king Ravana. The people of Ayodhya welcomed them by lighting oil lamps (diyas) to illuminate their path and celebrate their return.
2. **Goddess Lakshmi:** Diwali is also associated with the worship of Goddess Lakshmi, the goddess of wealth and prosperity. It is believed that on the night of Diwali, Goddess Lakshmi visits homes that are clean and brightly lit, bringing wealth and blessings to the inhabitants.



## Lifespan Development - Readings

Humans go through different stages of life, from infancy to old age. At each stage, people grow and change physically, emotionally, and socially.



### From Baby to Toddler: The First Two Years

When a baby is born, they rely completely on caregivers for food, warmth, and comfort. In the first year, they learn to see, hear, touch, and move, developing important skills like smiling, sitting, crawling, and saying first words. By two years old, toddlers are full of energy, walking, talking, and exploring everything around them. Their brains are growing quickly, and they start showing emotions, like happiness and frustration, as they learn about the world.

### The Birth Process

Before birth, a baby develops inside the mother's womb for about nine months. During this time, all their body parts form, and they grow bigger and stronger. When it's time to be born, the baby moves into the birth canal, and contractions help push them out. After birth, newborns take their first breath, and doctors check that they are healthy. The first few hours are important for bonding with parents, as babies recognise voices and start adjusting to the outside world.

## Cultural Wellbeing Practises

### Denmark: Hygge

Focus: Creating a cosy and comfortable atmosphere to promote contentment.

Practices: Lighting candles, enjoying simple pleasures like warm drinks and intimate gatherings.

### Bhutan: Gross National Happiness

Focus: Measuring national progress through happiness and wellbeing instead of economic growth.

Practices: Focusing on sustainable development, cultural preservation, and environmental conservation.

### Japan: Shinrin-yoku (Forest Bathing)

Focus: Connecting with nature to reduce stress and improve overall mental wellbeing.

Practices: Spending mindful time in forests, focusing on the sights, sounds, and smells of nature.

## Example Activities

### Cultural Response

Choose one or more small projects to complete for your cultural response, or develop one of your own

1. Tell a story through dance inspired by Navarasas and perform it with costumes and props.
2. Write a biography on the Dalai Lama.
3. Create a script for a dramatisation based on a story from India.
4. Create some music influenced by Indian music (traditional or contemporary) and write about your inspiration. Reflect on and seek feedback for your work.
5. Research and write about the Four Noble Truths and the Noble Eightfold Path, sharing your views on these teachings of Buddha.
6. Analyse Indian music, dance, plays films, stories or poetry, sharing opinions and reflections with another.
7. Research and write a reflective piece or story about/set in Ancient India.



### Socio-Cultural

Recommended: Research, interview and document family members surrounding your birth story. Include details of where and how you were born. What was the birth plan? Did things go smoothly? What were your family's expectations? This information can be used in the [My Birth Story - Response](#).

Read about and write notes on puberty and body changes. Discuss and reflect on emotional changes and healthy relationship building.

Study the portraits of famous artists.

Create an art project that represents your identity.

This could be a self-portrait, a collage, or a sculpture. Write a justification for your art work and share it.

## Week 1 - INDEX NOTATION

### Introduction

In Year 7 Mathematics, one of the important topics you'll explore is index notation and how to represent whole numbers as products of powers of prime numbers. This might sound complex at first, but it's a way of simplifying and understanding numbers better.

Index notation is a way of writing numbers using powers. For example, instead of writing

$2 \times 2 \times 2 \times 2 \times 2 \times 2 \times 2 \times 2 \times 2$  we can write  $2^9$ .

The small number (9) is called the exponent or index, and it tells us how many times to multiply the base (2) by itself.

Prime factorisation involves breaking down a whole number into prime numbers that, when multiplied together, give the original number. Prime numbers are numbers greater than 1 that have no divisors other than 1 and themselves, like 2, 3, 5, 7, etc.

### Example: Prime Factorisation and Index Notation

Let's take the number 60 and represent it as a product of powers of prime numbers.

- Find the prime factors of 60:
  - 60 is even, so divide by 2:
  - $60 \div 2 = 30$
  - 30 is even, so divide by 2 again:
  - $30 \div 2 = 15$
  - 15 is not even, but it's divisible by 3:
  - $15 \div 3 = 5$
  - 5 is a prime number.

So, the prime factors of 60 are 2, 2, 3, and 5.

## Week 1 - INDEX NOTATION

### 1. Simplifying Expressions:

- Simplify  $2^3$ .
  - Answer:  $2^3 = 2 \times 2 \times 2 = 8$ .
- Simplify  $5^2$ .
  - Answer:  $5^2 = 5 \times 5 = 25$ .
- Simplify  $3^4$ .
  - Answer:  $3^4 = 3 \times 3 \times 3 \times 3 = 81$ .

### 2. Writing in Index Notation:

- Write  $2 \times 2 \times 2$  in index notation.
  - Answer:  $2 \times 2 \times 2 = 2^3$ .
- Write  $7 \times 7 \times 7 \times 7$  in index notation.
  - Answer:  $7 \times 7 \times 7 \times 7 = 7^4$ .
- Write  $4 \times 4$  in index notation.
  - Answer:  $4 \times 4 = 4^2$ .

## Week 1 - STORY ANALYSIS

We're diving into the world of narratives – stories that capture our imaginations, take us on adventures, and sometimes even teach us important lessons. Whether it's a tale passed down in your family, a book you've loved, a movie you've watched a hundred times, or a game with an epic storyline, everyone has a favourite story.

Think about what made it stick with you. Was it the characters, the setting, a big twist, or how it made you feel?



### Why *Alice in Wonderland* Is a Timeless Classic

#### Full of Imagination:

The story is packed with strange and wonderful ideas, from shrinking potions to talking animals. It keeps readers surprised and entertained.

#### Memorable Characters:

Characters like the Mad Hatter and Cheshire Cat are unique and fun, making the story unforgettable.

#### A Curious Heroine:

Alice asks questions, takes risks, and tries to make sense of a confusing world which is relatable.

#### Clever Language:

Lewis Carroll uses puns, riddles, and silly words, which make the story fun and playful.

#### Deeper Meanings:

Underneath the weirdness, the story explores growing up, identity, and rules that don't always make sense.

## Activities and Exercises to Choose from...

Choose a minimum of 2 activities from below.

### ● Summarise *The Paper Menagerie* by Ken Liu

- Describe the characters and plot
- Add in thoughts and reflections

### ● Answer the following questions into books:

1. Where do you come from?
2. What values or experiences have shaped you?
3. What things do you sometimes feel torn between?
4. In the *Paper Menagerie*, how does Jack's identity conflict affect his relationship with his mum?
5. What role does the setting (home, language, culture) play in shaping who he is?
6. How do the magical paper animals represent his internal struggle?
7. How does Jack's thinking change throughout the story?

● Think about how Jack's experiences in the story helped to shape his identity. Write about a time, moment, or story (real or fictional) that helped shape who you are. Reflect on:

Student Response Samples

### Main Lesson 1

## Cultural Tapestry: Exploring the World of India

### India - A Land of Many Worlds

India is the seventh largest country in the world. It is home to many different languages, religions, landscapes and cultures.

The land is surrounded by the Himalayas in the north, the Arabian Sea in the west, the Bay of Bengal in the east and the Indian Ocean in the south.

### Story of Ganesh

Once, Parvati wished for a son to guard her home. She shaped a boy from sandalwood paste and breathed life into him. She told him to guard the door while she bathed. When Shiva returned, the boy did not know who he was and stopped him. A great battle began. In the end, Shiva, in his anger, cut off the boy's head. Parvati was heartbroken. Shiva then promised to bring the boy back to life and gave him the head of an elephant. Thus, Ganesh was born a symbol of wisdom and new beginnings.

### Cultural Response

#### Warli Art

Warli art comes from a tribe in Maharashtra. They use simple shapes like circles, triangles and lines to show stories of nature, community and daily life. I used natural colours because they connect to the earth.

### Indian Instruments

**Sitar**

The sitar is a string instrument. It creates beautiful, flowing sounds.

**Tabla**

The tabla is a pair of drums. It keeps rhythm and adds energy to the music.

### Reflections

I enjoyed learning about the many stories and traditions of India. The story of Ganesh reminded me that every challenge can lead to new beginnings.

I was inspired by the colours, art and music. It makes me want to learn more about Indian culture and its beautiful diversity.

### Useful Hindi Phrases

नमस्ते	Namaste	Hello
धन्यवाद	Dhanyavaad	Thank you
कुपया	Kripya	Please
हाँ	Haan	Yes
नहीं	Nahin	No
मेरा नाम ... है	Mera naam ... hai	My name is ...
आप कैसे हैं?	Aap kaise hain?	How are you?
शुभ प्रभात	Shubh prabhat	Good morning
शुभ रात्रि	Shubh raatri	Good night

## ENGLISH - NARRATIVE

What is a narrative?

A narrative is a story that tells about events that happen to characters. It has a beginning, middle and end.

Examples:

- short stories
- novels
- myths and legends
- personal stories



## Elements of Narrative

- Setting - where and when the story takes place.
- Characters - the people or creatures in the story.
- Problem - the main conflict or challenge.
- Events - what happens in the story.
- Resolution - how the problem is solved.
- Theme - the message or lesson in the story.

## Narrative Techniques

1. Descriptive language - helps the reader imagine what is happening.

Example:

The wind howled through the trees, shaking the old wooden house.

2. Show, don't tell - instead of telling the reader how a character feels, show it through their actions.

Example:

She clenched her fists and looked away.

3. Foreshadowing - hints about what might happen later.

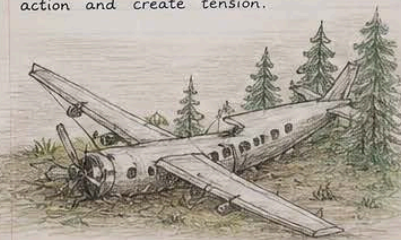
Example:

Dark clouds were gathering even though the sun was still shining. ☆

## Model Text Example from Hatchet by Gary Paulsen

The plane shuddered and lurched, and the pilot was shouting something. Then there was a roaring in my ears and the world tilted sideways. Everything changed.

This uses strong verbs (shuddered, lurched, shouting, tilted) to show action and create tension.



## My Narrative

### The Lost Key

I woke up to the sound of waves crashing on the beach. The sky was pink and orange from the sunrise. At first everything seemed normal, but then I realised I couldn't find the key to the food box.

I looked everywhere. I checked inside my bag, under the towel, even in the sand. Panic started to grow in my chest. We had enough food for three days. Without the key, we would go hungry.

Just as I was about to give up, I remembered I had put the key in my shoe the night before to keep it safe. Relief washed over me and I laughed out loud.

I learned to think carefully before panicking! 😊

## Analysis of My Narrative

Setting:

A beach campsite at sunrise. ☀️

Characters:

I (the narrator).

Problem:

I lost the key to the food box. 🔑

Events:

Woke up, looked for the key, felt worried, remembered it was in my shoe.

Resolution:

I found the key and felt relief.

Theme:

Stay calm and think carefully.

This story is about problem solving and not giving up.

## Vocabulary

- shuddered - shook slightly
- lurched - moved suddenly
- clenched - squeezed tight
- gathered - came together
- relief - a feeling of happiness after worry
- panic - sudden fear
- foreshadow - to give a hint about something
- resolution - the solution to a problem

☆ My favourite word:

foreshadow

## Reflection

What is the message of my story?  
The message is to stay calm and think carefully before giving up.

Which techniques did I use?  
I used description, show don't tell and foreshadowing.

How did I make the reader feel?  
I tried to make the reader feel surprised, then worried, then relieved.

What could I improve next time?  
I could add more description of the setting and use more dialogue.



MATHEMATICS - Number and Algebra

1. Order the following integers from least to greatest.

-7, 3, 3, -12, 5, 0, -2, 8

$-12, -7, -2, 0, 3, 5, 8$  ✓

2. Add and subtract the integers.

a)  $7 + (-4) + (-6)$   
 $= 7 - 4 - 6$   
 $= 3 - 6$   
 $= -3$

b)  $-8 - (-5) + 2$   
 $= -8 + 5 + 2$   
 $= -3 + 2$   
 $= -1$

3. Find the value of:

a)  $\sqrt{64}$   
 $= 8$

b)  $\sqrt{125}$   
 $= \sqrt{25 \times 5}$   
 $= 5\sqrt{5}$

c)  $\sqrt{0.81}$   
 $= 0.9$

d)  $-\sqrt{49}$   
 $= -7$

4. Simplify using the order of operations.

a)  $3 \times (4 + 2)^2 - 10 + 2$   
 $= 3 \times 6^2 - 10 + 2$   
 $= 3 \times 36 - 10 + 2$   
 $= 108 - 5$   
 $= 103$  ✓

b)  $(18 - 6) \div 3 + 4 \times 2$   
 $= 18 - 6 \div 3 + 4 \times 2$   
 $= 12 \div 3 + 4 \times 2$   
 $= 4 + 8$   
 $= 12$  ✓

Remember BIDMAS!

5. Add or subtract the fractions. Simplify your answer.

a)  $\frac{2}{3} + \frac{1}{6}$   
 $= \frac{4}{6} + \frac{1}{6}$   
 $= \frac{5}{6}$

b)  $\frac{5}{8} - \frac{3}{4}$   
 $= \frac{5}{8} - \frac{6}{8}$   
 $= -\frac{1}{8}$

Need common denominators!

6. Multiply or divide the fractions. Simplify your answer.

a)  $\frac{2}{3} \times \frac{3}{5} = \frac{2 \times 3}{3 \times 5} = \frac{6}{15} = \frac{2}{5}$  ✓

b)  $\frac{5}{6} \div \frac{2}{3} = \frac{5}{6} \times \frac{3}{2} = \frac{5 \times 3}{6 \times 2} = \frac{15}{12} = \frac{5}{4}$

7. Express one quantity as a fraction of another.

a) 15 is what fraction of 60?  
 $\frac{15}{60} = \frac{1}{4}$  ✓

b) 24 is what fraction of 36?  
 $\frac{24}{36} = \frac{2}{3}$  ✓

8. Round the following decimals.

a) 3.467 to 1 decimal place  
 $= 3.5$  ✓

b) 7.892 to 2 decimal places  
 $= 7.89$  ✓

c) 12.3456 to the nearest whole  
 $= 12$  ✓

d) 0.0567 to 2 decimal places  
 $= 0.06$  ✓

9. Solve the equations.

a)  $2x + 5 = 17$   
 $2x = 17 - 5$   
 $2x = 12$   
 $x = 6$  ✓

b)  $3(x - 4) = 21$   
 $3x - 4 = 21$   
 $3x = 25$   
 $x = \frac{25}{3}$  ✓ - check!  
 $x = 8 \frac{1}{3}$

10. Write the rule for the pattern and find the next three terms.

a) 3, 7, 11, 15, 19, ...  
 Rule: add 4  
 Next three terms: 23, 27, 31 ✓

b) 2, 6, 18, 54, ...  
 Rule: multiply by 3  
 Next three terms: 162, 486, 1458 ✓

😊 Almost done!

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