



Year 7 SAMPLES *from Semester 1*

Year 7 Semester 1 Overview - Modern Waldorf Online

Term 1		
Main Lesson	English	Mathematics
Cultural Tapestry: Exploring the World of India (HASS, Languages, Drama, Dance, Music) My Life: My Story (Health, Biology, Chemistry, Media Arts)	Narrative	Number and Place Values
Term 2		
Main Lesson	English	Mathematics
The Age of Discovery (History, Geography, Social Studies/Civics and Citizenship, Visual Arts) Rhythms of History: Dance Through Time (The Arts – Dance, Drama, Film and Media; Health and Physical Education; History)	Persuasive Texts & Oral Language	Algebra & Patterns

Key Learning Areas: Each main lesson has readings, activities to choose from, resources, and often a culminating activity/task to wrap up the unit of work.

English - Unit based with readings, exercises, activities, and assessments.

Maths - Unit based with explanations, exercises, and real-world tasks.

MAIN LESSONS - 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.



Age of Discovery: Key Timeline (1400s–1700s)

1415 – Portuguese capture Ceuta in North Africa, marking the start of European overseas expansion

1488 – Bartolomeu Dias rounds the Cape of Good Hope, opening the sea route around Africa

1492 – Christopher Columbus sails west across the Atlantic and reaches the Caribbean (the Americas)

1494 – Treaty of Tordesillas divides the newly discovered lands outside Europe between Spain and Portugal

1497–1498 – Vasco da Gama reaches India by sea, establishing a trade route to Asia

1519–1522 – Ferdinand Magellan's expedition becomes the first to circumnavigate the globe (Magellan dies en route; Elcano completes the journey)

1521 – Hernán Cortés defeats the Aztec Empire in present-day Mexico

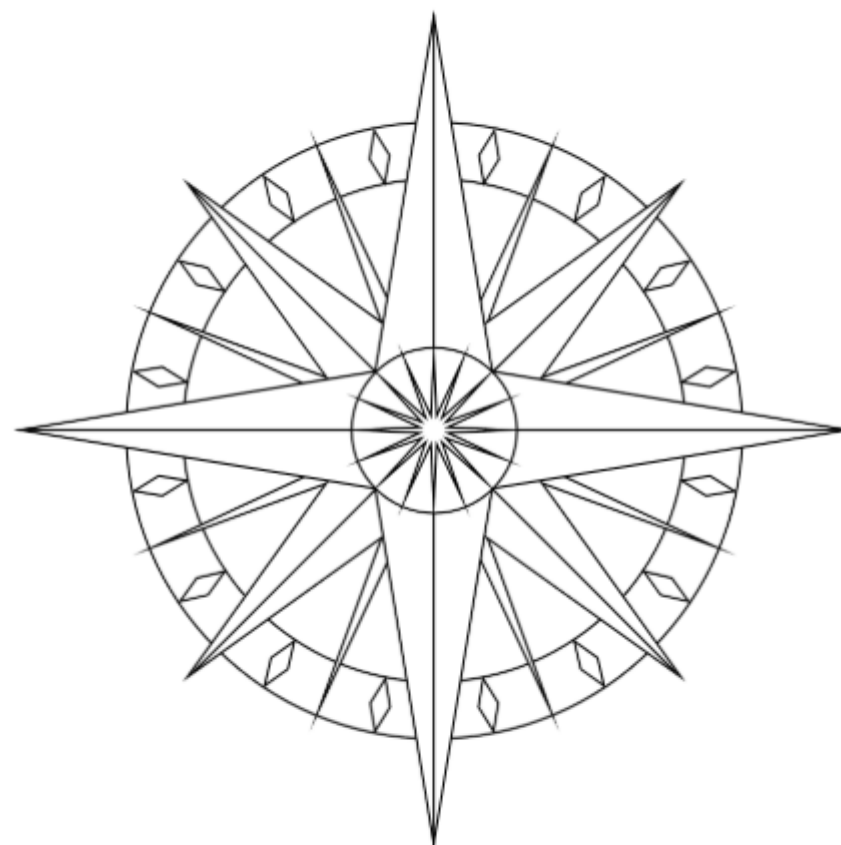
1533 – Francisco Pizarro captures the Inca capital of Cusco in present-day Peru

1602 – Founding of the Dutch East India Company (VOC), the world's first multinational corporation

1606 – Willem Janszoon makes the first recorded European landing on the Australian continent

1600s – Expansion of powerful trading companies like the Dutch VOC and British East India Company

1700s – The Age of Exploration gives way to colonisation, empire-building, and the Enlightenment



The Compass Rose Template



Dance Through Time - Resources

The Elements of Dance

1. Body: The body parts and shapes used in movement.

- Using arms, legs, torso, head in isolation or together.
- Making shapes: curved, angular, symmetrical, asymmetrical.
- Locomotor (travelling: walking, leaping, sliding) vs non-locomotor (on the spot: stretching, twisting).



2. Space: Where the dancer moves and how they use the stage or area.

- Levels: high, medium, low.
- Directions: forward, backward, sideways, diagonal.
- Pathways: straight, curved, zigzag.
- Size of movement: big and expansive vs small and contained.

3. Time: The rhythm, tempo, and duration of movements.

- Fast vs slow. Steady beat vs irregular rhythm.
- Short, sharp movements vs sustained, flowing ones.
- Syncopation, pauses, or dancing in silence.

4. Dynamics (Energy): The quality or force of movement.

- Smooth and flowing vs sharp and percussive.
- Strong vs gentle.
- Sudden vs sustained.
- Heavy vs light.
- Bound (controlled, contained) vs free (loose, released).



Develop your TASK (choose 1 or more of the following)

1. Answer the questions directly below
2. Turn the analysis sheet into a short essay
3. Find images of the clips to show examples
4. Compare and contrast 2 performance clips

Example Main Lesson Tasks and Culminating Activities

Physical	Intellectual
Learn 16 counts of choreography from two distinct dance eras, for example the lively 1920s Charleston and modern hip-hop, and combine the sequences to create a unique blend of styles, focusing on smooth transitions between the eras. Begin each session with dynamic warm-ups and stretching to prepare the body, followed by posture alignment exercises. Practise jumps and turns with correct technique to ensure safety and reduce the risk of injury.	List and research the elements of dance, explaining what each one means and how it is used in different styles of performance. Watch two contrasting dance clips and carefully identify the movement elements such as space, time, and dynamics, as well as any notable staging choices that contribute to the overall effect. Explore a dance that makes social or political statements. Write a research piece/essay on its impact.
Socio-Cultural	Emotional/Connectedness
Cultural Conversations Choose a culture that was impacted by European exploration (e.g. First Nations Australians, Polynesians, West Africans, Indigenous Americans). Learn about their traditional ways of life before and after contact. Then discuss or write: <i>What changed? What stayed strong?</i> Share your reflections with a family member or friend.	Mindful Mapping Create a “<i>map of the heart</i>” instead of geography, draw or journal what’s important to you, what you’re curious about, what scares or inspires you. Compare this with what may have motivated explorers (fame, faith, curiosity, power). What would your inner compass point toward?



My Birth, My Story, Myself - Response



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

Responses should come in the form of a multimedia presentation such as a slideshow with music and/or voice over, a short film, or an audio story.

1. Create a narrative with photographs or illustrations showing your birth story. Include responses from family members.

4. Research and write about systems of governance before and after colonisation, and how contact influenced democracy or imperialism.
5. Analyse artworks (or create one), songs, or writings about exploration and colonisation, and reflect on how different perspectives are portrayed.



Illustration titled 'Embarkation and Departure of Columbus from the Port of Palos', On His First Voyage of Discovery, On the 3rd of August, 1492. Ricardo Balaca/Bettmann/Getty Images

Week 1 - Introduction to Persuasion

Big Idea: *Language influences how we think, feel, and act.*

We're stepping into the world of *persuasive language* – the kind of writing and speaking that inspires people to believe, to care, and to act. Persuasive texts are all around us: in speeches that move nations, advertisements that make us want to buy something, and everyday conversations when we try to convince someone to see our point of view.



This week, we'll explore how *words have power*, not just to share ideas, but to *shape them*. Whether it's Martin Luther King Jr. dreaming of freedom, Malala Yousafzai demanding education for all, or Charles Perkins standing up for equality in Australia, powerful messages begin with carefully chosen words and heartfelt conviction.

Persuasive writing uses techniques like:

Emotive language

The richest food source of the combined Vitamins B₁, B₂ and P.P. (the anti-pellagra factor)

He's doing his bit for his Dad...

Young Peter loves Vegemite... and his mother loves giving it to him... but here we're getting on with the story, as his mother says, "It's nearly all going to Daddy, Peter... And that's right. The Vegemite is needed for our fighting men."

As you know, Vegemite is a concentrated extract of yeast, which contains three vital vitamins—B₁, B₂ and P.P. (the anti-pellagra factor). That is why Vegemite is so necessary to our fighting men at home and overseas.

B₁ is the Nerve Vitamin. To have a strong, well-muscled, and a nervous, healthy (nervous) body, we need an ample supply of vitamin B₁. Vegemite is one of the richest natural food sources of this vitamin.

B₂ is the Growth Vitamin. When you get on top of the vitamin B₂ it means your growth and under-

nourishment. Vegemite is rich in this vitamin B₂. It helps proper growth and all-round development of the body.

P.P.—(anti-pellagra factor). Vegemite keeps skin clear and healthy because it supplies the system with the right amount of the skin-building vitamin known as P.P. Vegemite is a concentrated food. Rich food and energy values are packed into Vegemite.

So if you notice how Vegemite is your best friend, you remember that until we know more that was a lot of it will be going to the troops! Vegemite—the concentrated extract of yeast—the richest food source of the combined vitamins B₁, B₂ and P.P. (anti-pellagra factor). The food that helps keep the troops fighting.

VEGEMITE is with the Troops!

Week 2 - PERSONAL and CULTURAL IDENTITY IN STORIES

Stories can reveal personal and cultural identity, and deepen our connection with both ourselves and others. Writers use detailed portrayals of people and settings to build mood and emotional richness. Personal experiences often influence the way individuals are represented in a story, or help us feel a stronger connection to them. When we recognise aspects of ourselves in a fictional figure, we are more likely to feel empathy and emotional engagement with their journey.

Think of some characters you can relate to or identify with.

Can you think of a character from a book, movie, show, or game that you really related to? What was it about them that felt familiar?

What do you and this character have in common? (e.g., personality, background, interests, struggles)

Has a character ever helped you understand something about yourself?

READ or LISTEN to The Paper Menagerie by Ken Liu (30-40 minutes)



-
1. Highlight or underline **three examples** of **descriptive language** in the story.
 2. Choose one and explain how it helps you **imagine the scene or feel the mood**:
-
-

3. What emotion or tone does the descriptive language create overall?

- ☐ Calm
☐ Scary
☐ Funny
☐ Mysterious
☐ Sad

Other: _____

Creative Response

Write a new ending (2–3 sentences) for ‘The Window’ in the same point of view.

Try to match the mood or add a twist of your own!

● Read the text, then rewrite it into 1st person into workbooks. You might like to completely change the mood or tone of the text as an exercise (make it scary/foreboding).

Criteria	Excellent	Proficient	Developing	Emerging
Narrative Structure (Beginning, conflict, climax, resolution)	Story is well-structured and flows logically with clear, engaging progression.	Narrative has a clear structure with logical sequencing of events.	Structure is present but may lack clarity or development in parts.	Structure is unclear or incomplete. Story may be hard to follow.
Expression of Identity or Theme	Theme or personal identity is powerfully expressed through story elements and visuals.	Theme or identity is clearly communicated through story and design.	Theme is somewhat present, but not fully developed or consistent.	Theme or identity is unclear or not effectively communicated.
Creativity & Originality	Highly original and creative approach to story and format; shows unique perspective.	Demonstrates creativity and some original ideas in storytelling or visuals.	Some original ideas are evident but may rely on familiar formats.	Lacks originality; heavily relies on familiar or copied formats.
Multimodal Elements (Visuals, layout, sound, design)	Uses a range of visuals or design elements that enhance and deepen meaning.	Visuals/design support the story and add interest.	Some visuals are included but may not clearly connect to story.	Limited or unrelated visuals; little to no multimodal integration.



Week 3 - ASSOCIATIVE, Commutative AND DISTRIBUTIVE LAWS

Apply the associative, commutative, and distributive laws to aid mental and written computation.

Introduction

The associative, commutative, and distributive laws are rules in maths that help us understand and solve problems more easily. Let's break down each law with examples and see why they are important.

1. Associative Law

The associative law is about how numbers are grouped. It tells us that the way in which numbers are grouped in addition or multiplication does not change the result.

Addition:

- $(a + b) + c = a + (b + c)$

Example: $(2 + 3) + 4 = 2 + (3 + 4)$

Both give us 9 because it doesn't matter how we group the numbers.

Multiplication:

- $(a \times b) \times c = a \times (b \times c)$

Example: $(2 \times 3) \times 4 = 2 \times (3 \times 4)$

Both give us 24 for the same reason.

2. Commutative Law

The commutative law is about the order of numbers. It tells us that the order in which we add or multiply numbers doesn't affect the result.



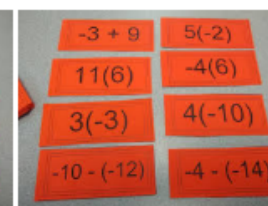
The player with the highest number wins and takes both cards for safe keeping.

The player with the most cards at the end wins.

Practise version



Challenge version



1. Compare the following pairs of integers using $>$, $<$, or $=$:

a. -7 ___ -3

b. 4 ___ -2

c. -5 ___ -8

d. 0 ___ -1

e. 6 ___ 6

2. Order the following sets of integers from least to greatest:

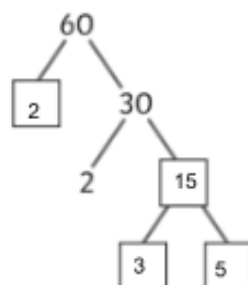
a. $-1, 5, -3, 2, 0$

b. $7, -4, -2, 3, 1$

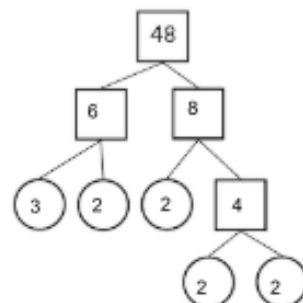
c. $-6, 4, -2, 3, -5$

d. $0, -3, 6, -1, 2$

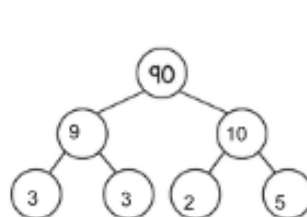
e. $-8, 7, 0, -4, 5$



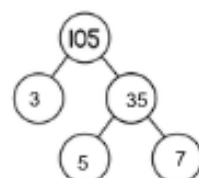
$$60 = 2^3 \times 3 \times 5$$



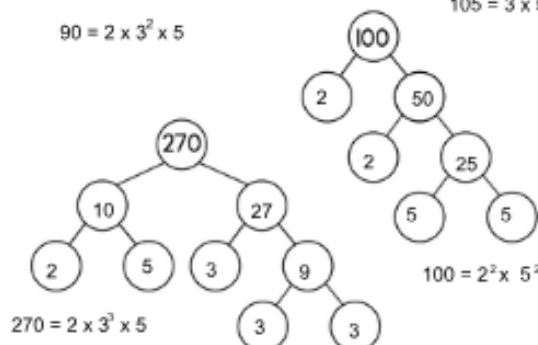
$$48 = 2^4 \times 3$$



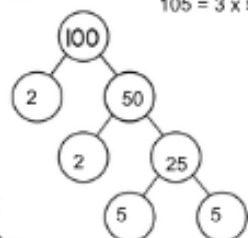
$$90 = 2 \times 3^2 \times 5$$



$$105 = 3 \times 5 \times 7$$



$$270 = 2 \times 3^3 \times 5$$



$$100 = 2^2 \times 5^2$$

Week 8 - EXPRESS ONE QUANTITY AS A FRACTION OF ANOTHER

Introduction

Expressing one quantity as a fraction of another involves showing how one part compares to a whole. For instance, if you have 5 green apples out of a total of 20 apples, you can express the green apples as a fraction of the total by writing it as $\frac{5}{20}$, which simplifies to $\frac{1}{4}$. We can reduce some fractions all the way down, such as in the example below.

$$\frac{48}{80} = \frac{24}{40} = \frac{12}{20} = \frac{6}{10} = \frac{3}{5}$$

Paper Method

We can also express the fraction as a percentage by changing the denominator to 100 (%) and changing the numerator accordingly. Note: what we do to the bottom we do to the top - as shown.

$$\frac{17}{20} = \frac{85}{100} = 85\%$$

$$\frac{48}{50} = \frac{96}{100} = 96\%$$

$$\frac{18}{40} = \frac{9}{20} = \frac{45}{100} = 45\%$$

$$\frac{33}{25} = \frac{132}{100} = 132\%$$

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