

TEAM YEAR 7



WORKINGTON
ACADEMY

'THIS IS ME'

TRANSITION PROJECT



TEAM YEAR 7 2020-21

THIS IS ME



Dear Team Year 7 2020-21 member,

We cannot wait for you to start with us at Workington Academy in September and to begin your secondary education. To help you to prepare for starting with us in September and to continue to help us to get to know you, we have set you a series of subject tasks that we would like you to complete over this next term.

Each 'This is Me' Task is linked to a different subject that you will study at Workington Academy in September. You can complete the tasks in any order – these may be set for you by your Primary School each week – however you must have completed all subject tasks before September and bring your completed task or a photo of this to your first lesson in each subject in September.

This will be very important – as your first lesson(s) in each subject will focus on your completed 'This is Me' Task.

If you don't have a printer at home – please don't worry about printing the specific pages of each task out. You can complete the tasks on paper. If you are stuck with anything, please contact us.

We would also love to see some of the work that you create and tasks that you complete as we move throughout this term – please email some of your completed tasks or photos of yourself with your work to me at teamyar7@workingtonacademy.org so that we can celebrate your 'This is Me' work produced.

We look forward to seeing you soon!

Miss Tweddle - Director of Learning—Year 7



TEAM YEAR 7 2020-21

THIS IS ME

Suggested Timetable:

Week	Subject Task	Subject Task	Subject Task	Subject Task
1 w/c 22 June	Fact file	Art	Geography	English Task – Starter, Main, Desert
2 w/c 29 June	Computing	History	Maths	English Task – Starter, Main, Desert
3 w/c 6 July	Science	PE	Performing Arts	English Task – Starter, Main, Desert
4 w/c 13 July	D&T	Music	RE/PD	French & German

We would also love to see some of the work that you create and tasks that you complete as we move throughout this term – please email some of your completed tasks or photos of yourself with your work to me at teamyear7@workingtonacademy.org so that we can celebrate your 'This is Me' work produced.

We look forward to seeing you soon!

Miss Tweddle - Director of Learning—Year 7



TEAM YEAR 7 2020-21

THIS IS ME – Photo and Video Task



We are delighted that you are joining Team Year 7 at Workington Academy in September! Over the coming weeks, we will be sharing lots of visual information with you about Workington Academy to help you to familiarise yourself with our academy, our staff, the new subjects that you will be studying and most importantly all of the exciting activities and experiences that are waiting for you!

However, we also want to be able to get to know you too!

If you have not already done so...

To help with this, I would really appreciate it if you could please send me two items:

1. A portrait photo of yourself
2. A short video clip of yourself telling us a few things about yourself, including—your name, primary school, favourite subject and a few of your hobbies and interests.

Please send these via email to teamyear7@workingtonacademy.org

This will help us to get to know you and to help to form our Team Year 7 2020-21 welcome video.

We look forward to seeing you soon!

Miss Tweddle - Director of Learning—Year 7



THIS IS ME - Fact File



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Name:

Birthday:

My Family:

Hobbies:

3 words to describe me:

My ambition for the future:

My Favourite Things

Subject:

Colour:

Film:

Music Artist/ Band:

Sport:

Drink:

Food:

My least favourite thing
about school:

My favourite thing
about school:

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THIS IS ME - Fact File



What I'm looking forward to at Workington Academy:

What I enjoyed most at Primary school:

Something I find difficult
in school is...

My target for Year 7 is:

My 3 favourite subjects:

In School at break and lunchtimes I
like to...

What I want to get better
at in Year 7:

Things that are worrying me about
moving to Workington Academy:

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TEAM YEAR 7



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'THIS IS ME'

ART

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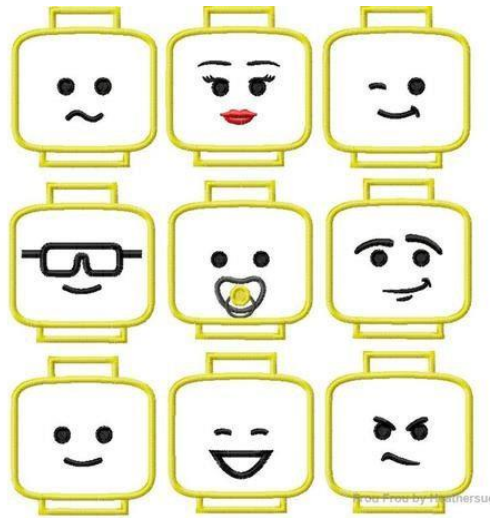


THIS IS ME - ART

LEGO CHARACTER



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THIS IS ME!

Describe the characteristics
of your appearance

Hair colour.

Length of hair.

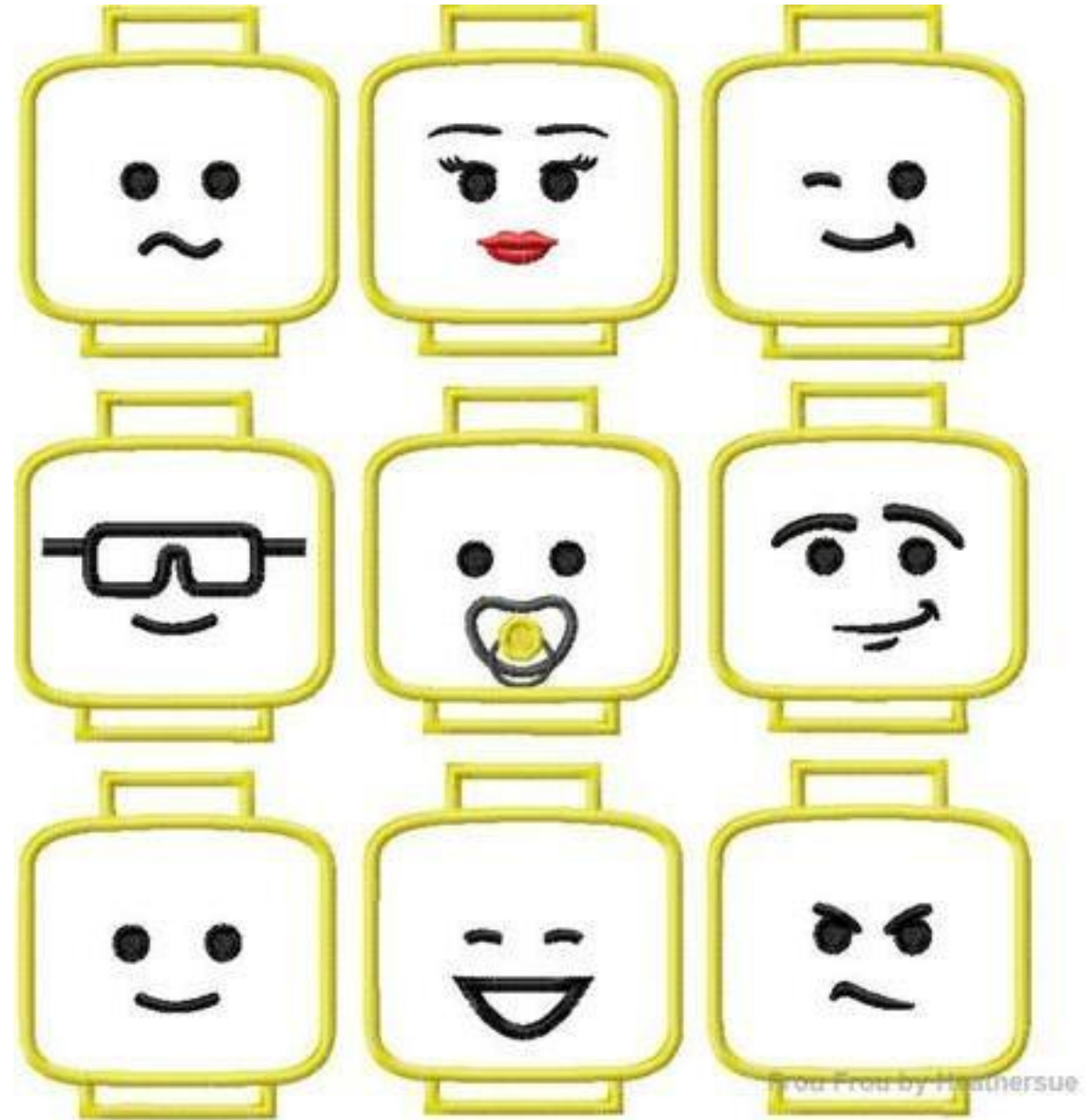
Favourite item of clothing.

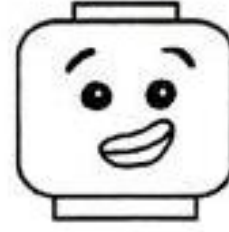
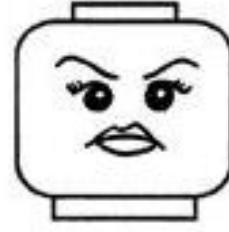
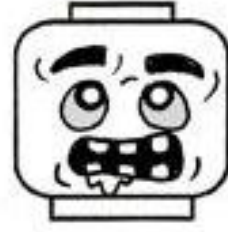
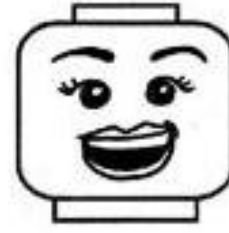
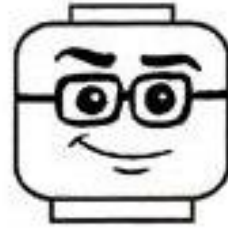
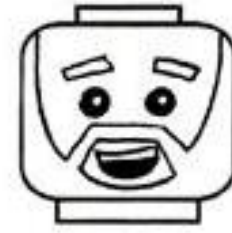
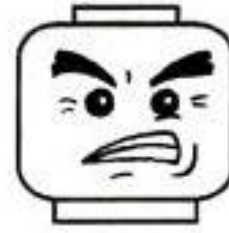
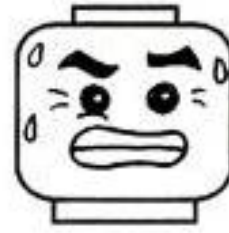
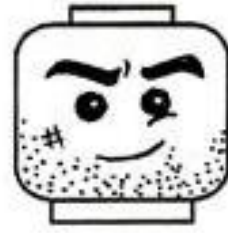
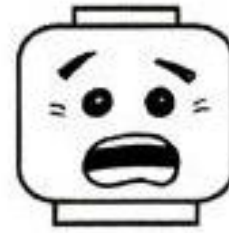
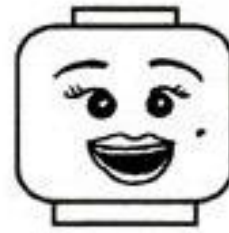
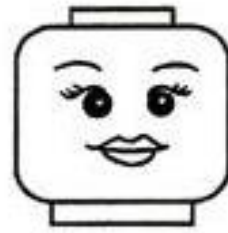
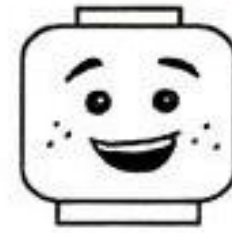
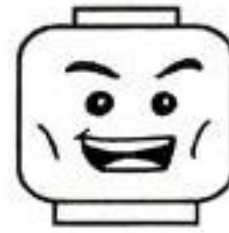
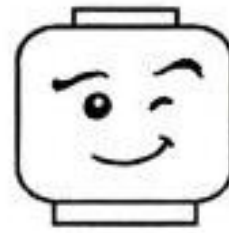
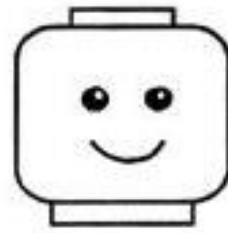
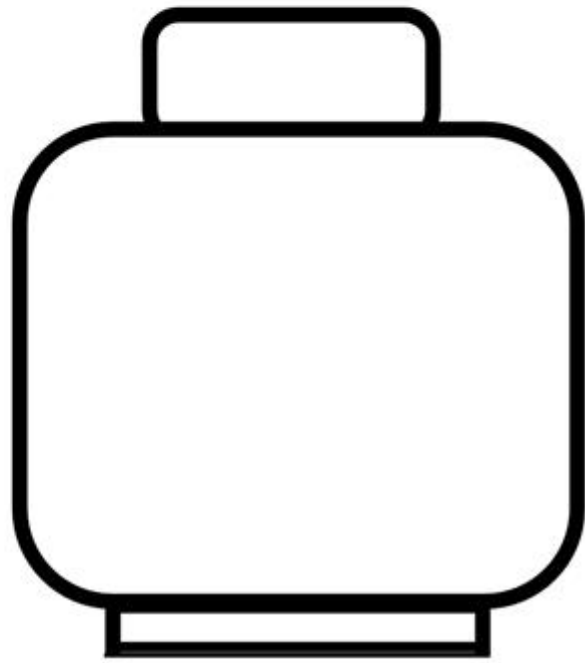
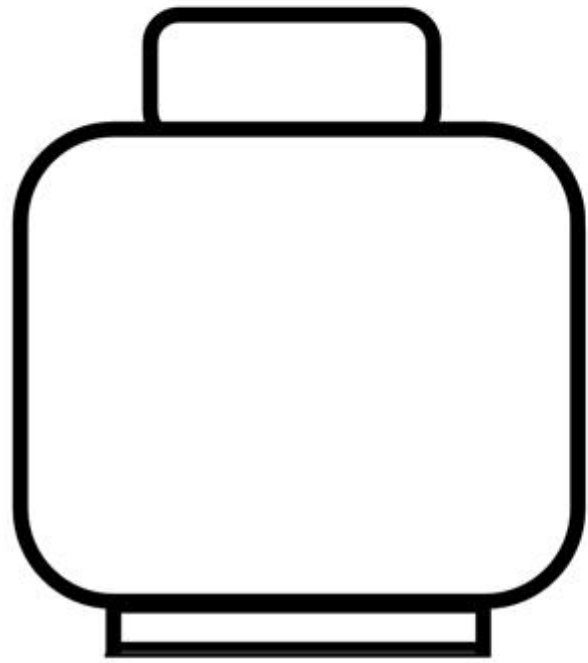
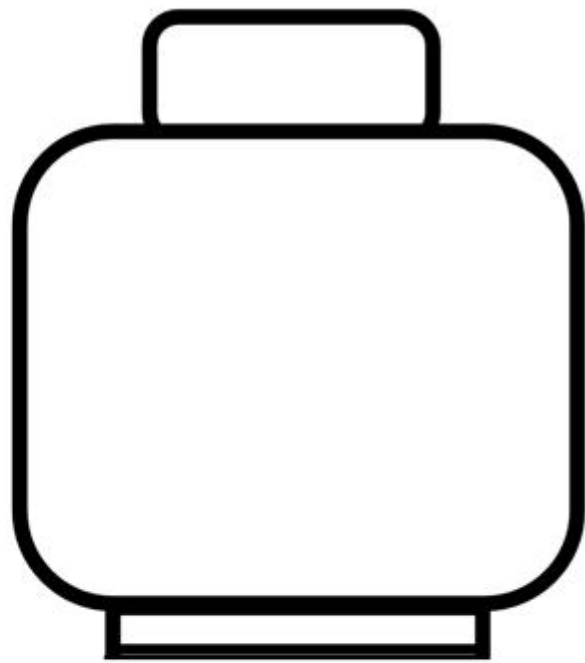
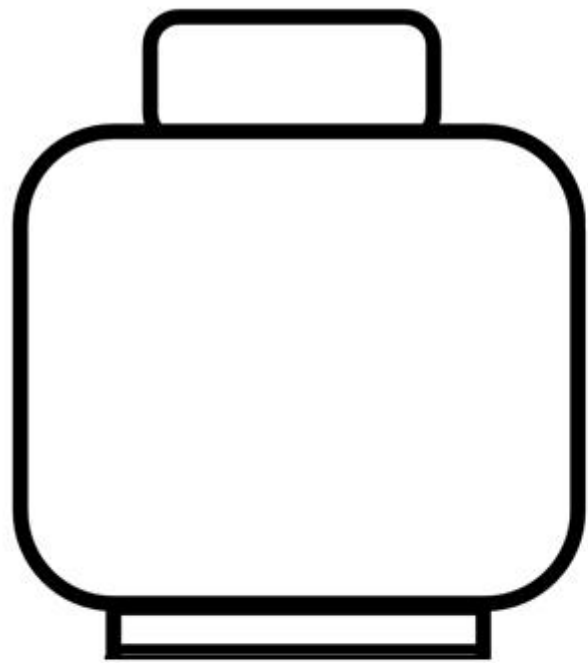
Any other defining features.

Use the next series of images to draw yourself as a Lego character!



Pay special attention to the expression on your face! Practice here and ask a friend if it looks like you yet!

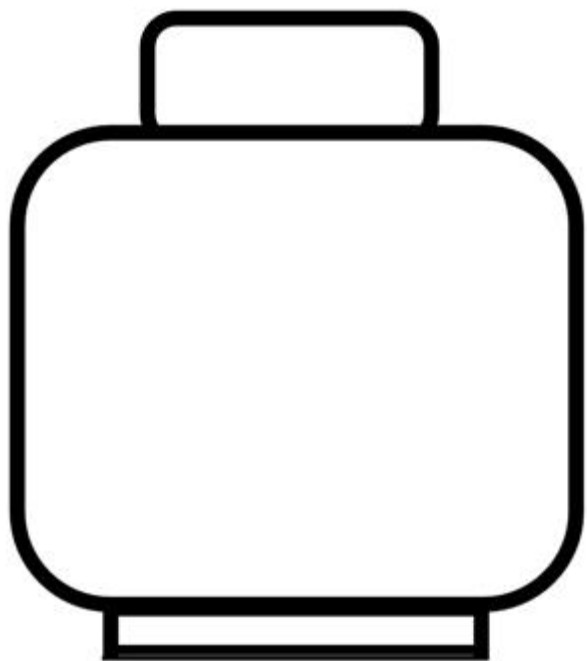




Make sure the character
has hair like yours!



Practice the hair and your expression below.

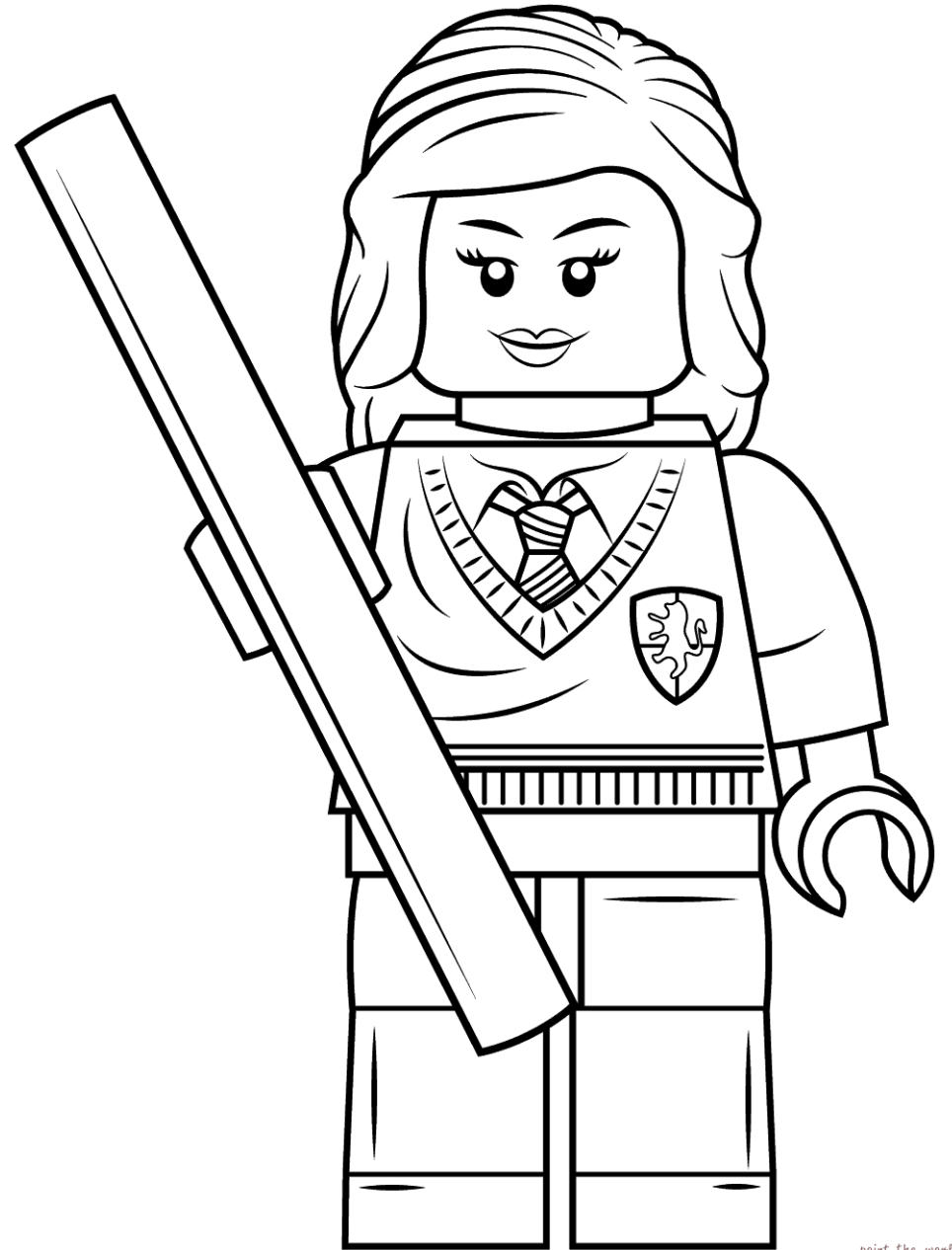


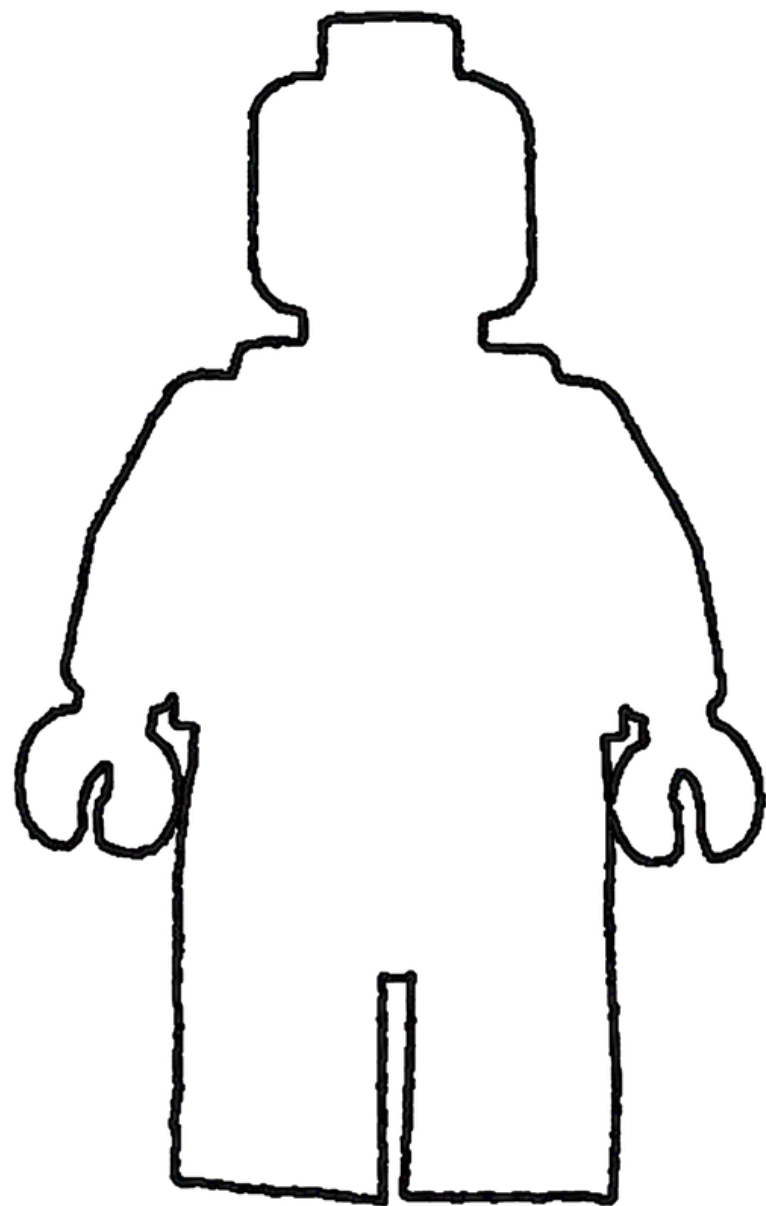
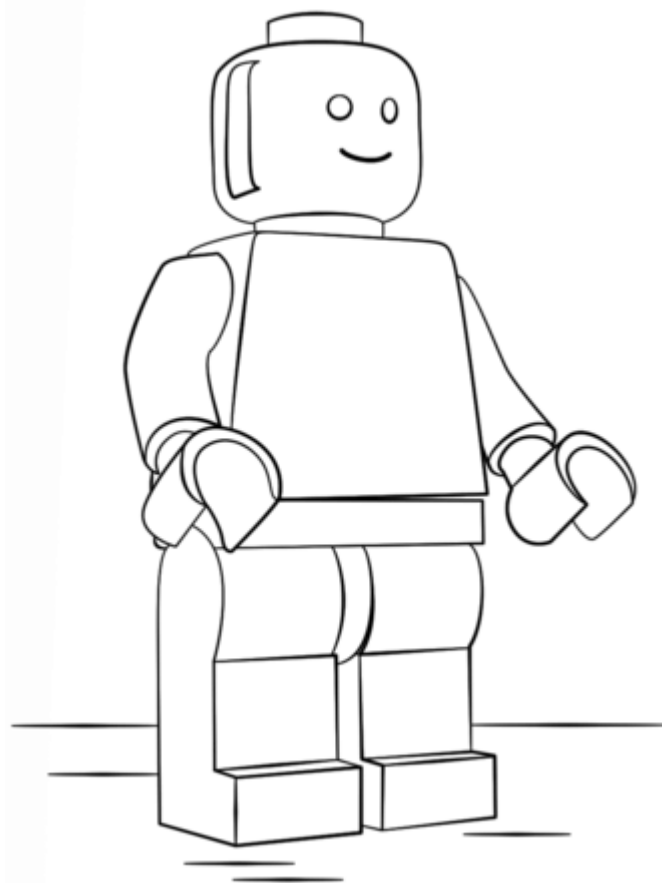
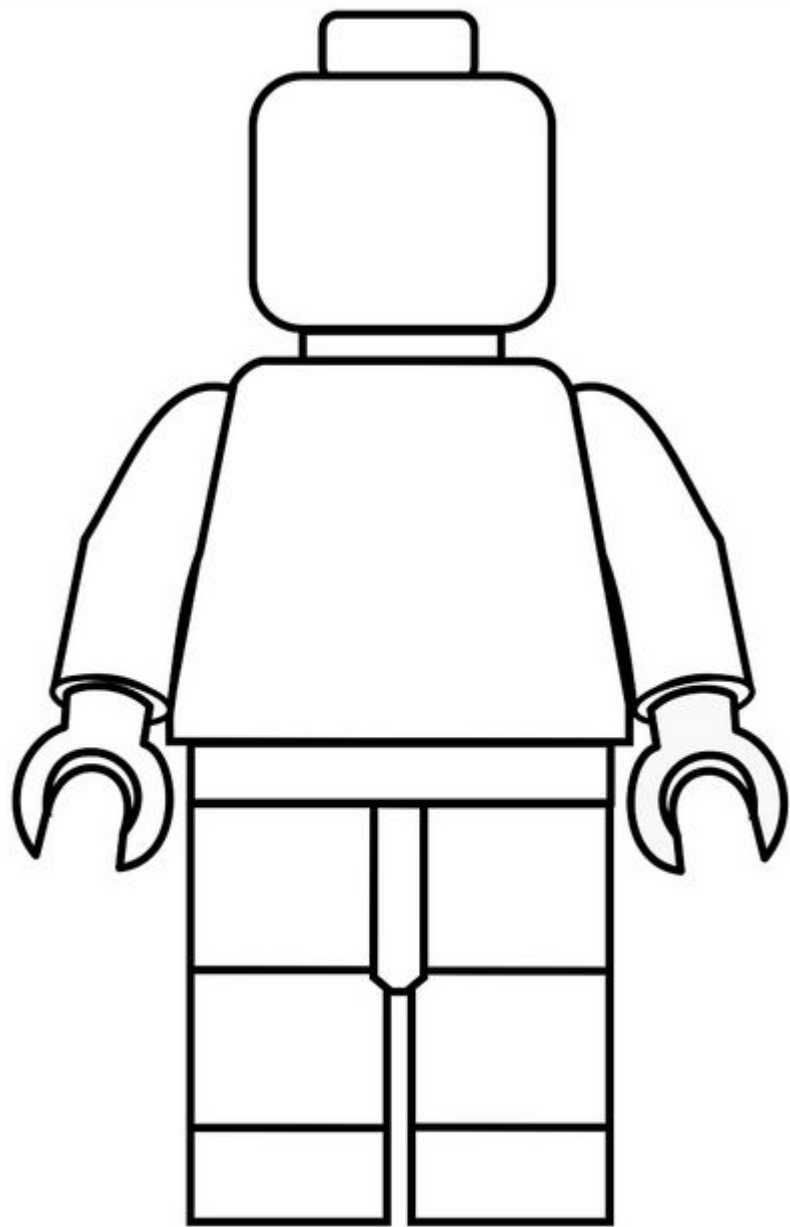


Here are some more ideas for how to further personalise your character.



- Next you will draw and colour a full Lego character that looks just like you! Add detail like favourite clothing and any accessories you like!
- Bring your finished Lego character with you to Workington Academy. We will use them in our first Art lesson!





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'THIS IS ME'

HISTORY



THIS IS ME - History



My Favourite Historical Figure



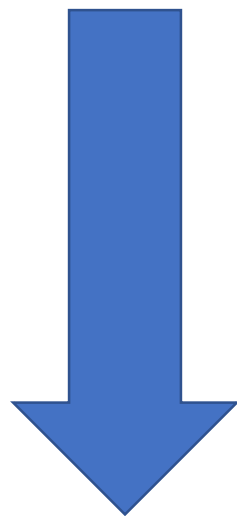
For your your first couple of lessons in History when you start in Year 7 we would like to find out who your favourite historical figure is. To do this we would like you to create a poster telling us about your favourite historical figure.

In your poster we would like you to make sure include:

- Pictures of your historical figure.
- Their name, when and where they were born.
- Include facts about their lives.
- Explain why they are an important historical figure.
- Explain why they are a special/significant historical figure to you.
- Can you find and include a quote from them?



WHO YOU COULD CHOOSE...



Rosa Parks



Date of birth: February 4, 1913



Date of death: October 24, 2005

Rosa Parks is significant because she fought for her rights in the African-American Civil Rights Movement. She was named as 'the mother of the freedom movement' and 'the first lady of civil rights'. She suffered for her beliefs and was fired from her job as a seamstress and received death threats for years.



A picture of Rosa Parks.



Interesting Fact

Her birthday, February 4th, and December 1st, when she was arrested, are now 'Rosa Parks' memorial days, celebrated in California and Ohio.



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Useful websites:

<https://www.youtube.com/watch?v=7sqiZ7agt4Q>

<https://www.youtube.com/watch?v=DcJMEDR-87w>

<https://www.natgeokids.com/nz/discover/history/general-history/rosa-parks/>

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Queen Victoria



Date of birth: May 24, 1819



Date of death: January 22, 1901

Queen Victoria is significant because she is one of the most famous queens in history. She was the Queen of Britain, as well as a vast empire. 'The Victorian Age' was a period in time which was named after her. If something is seen as 'Victorian' it usually means it would have been around in the 1800s.



A picture of Queen Victoria.



Interesting Fact

Queen Victoria's reign lasted for over 60 years. She also saw the start of the 20th Century.



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Useful websites:

<http://www.primaryhomeworkhelp.co.uk/victorians/victoria.htm>

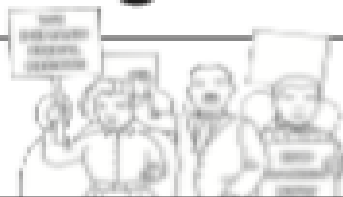
https://www.youtube.com/watch?v=XqPlj2_w_6M

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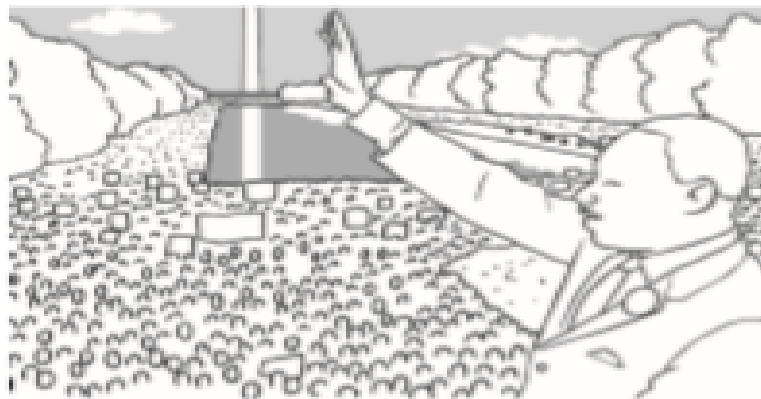
Martin Luther King

Date of birth: January 15, 1929

Date of death: April 4, 1968



Martin Luther King is significant because he was the leader in the African-American Civil Rights movement. He is famous for his 'I Have a Dream' speech, which was during a march in Washington, in 1963.



**A picture of
Martin Luther King**



Interesting Fact

Martin Luther King received the Nobel Peace Prize, for battling racial equality through nonviolence, on October 14th 1964.



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Useful websites:

<https://www.youtube.com/watch?v=qlllq284u20>

<https://www.youtube.com/watch?v=PyurjhRN0mw>

<https://www.historyforkids.net/martin-luther-king.html>

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Anne Frank

Fact Sheet

Anne was an outgoing and spirited young girl who lived in Germany. Growing up Anne had lots of friends. Her family was Jewish and followed some of the Jewish holidays and customs. Anne liked to read and dreamed of being a writer someday. In 1933 Adolf Hitler became the leader of Germany. He was the leader of the Nazi political party. Hitler did not like Jewish people. He unfairly blamed them for many of Germany's problems. Many Jewish people began to flee from Germany.

Anne Frank is significant because in order to escape the Nazi persecution of Jews, her family went into hiding for two years. During this time, Anne Frank wrote about her experiences and wishes. She was 15 when the family was found by the Nazis. She was sent to the concentration camps, where she died. Her work, 'The Diary of Anne Frank', has gone on to be read by millions.

Date and Place of Birth

June 12, 1929
in Frankfurt, Germany

Date and Place of Death

March 1945 aged 15 in the
Bergen-Belsen concentration camp,
Nazi Germany

Interesting Fact

Sadly, Anne died at the age of 15,
only weeks before the war ended
and Jewish people were freed from
the concentration camps.



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Useful websites:

<https://www.youtube.com/watch?v=au3bcxgfwLk>

<https://www.youtube.com/watch?v=yLSvdEUA2wI>

<https://www.natgeokids.com/uk/discover/history/general-history/anne-frank-facts/>

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TEAM YEAR 7



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'THIS IS ME'

GEOGRAPHY

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THIS IS ME - Geography



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Hi Year 6,
I can't wait to meet you in Year 7 and for you to take part in some Geography adventures! 😊

I would like you to create a diagram or model that represents you and your world. You can make this out of any material, such as cake, leaves, twigs, pebbles, biscuits etc.
Or, if you prefer, you can draw a picture to represent you and your world.

You should label your picture to explain why you have chosen certain materials or patterns and what they mean to you.

I have created my own model to introduce myself, as an example (on the next slide).

Please bring a photograph of your model, or your model, to school so that I can get to know you and we can choose which students get the prizes for best effort, best model, best diagram and most unique creation.

Good luck! Miss Fisher – Curriculum Leader for Geography



Me and my world by Miss Fisher

The most important thing in my world is my family and friends. I have made my heart out of a paper fish to symbolise my family and loved ones. I have made my hands out of smiley emoji's to represent how happy all of my friends make me!

My head is made out of cake! I love cake and one of my favourite things to do is to travel to different places all around the world and try different foods. With Workington Academy I have eaten 100 year old eggs in Taiwan, huge burgers in NYC, Apple strudel whilst skiing in Austria with Miss Twedde, Mr Freeland and Mr Holliday and tagine whilst trekking the Atlas mountains in Morocco with Mrs Ward.



This is my dog Magnus! My favourite thing to do is take him for walks and explore the UK with him in my campervan! I have made my body out of sticks to represent all of the forests we have walked through.

My legs are made out of plastic bottles. I am passionate about recycling and protecting our environment. In year 7 you will all help me out with local beach and park clean up's ☺



The bottles are full of water! I love swimming in the Cumbrian lakes with my friends (including Mrs Robertson), paddle boarding and windsurfing!

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'THIS IS ME'

D&T

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THIS IS ME – Design & Technology

Take a picture of something you have made and then write a set of instructions explaining :

- how you made it
- what materials you used
- Who helped you. (if anyone did)
- Any other detail you might want to include.

The instructions can be just writing or could be sketches with notes explaining how you did the work.

If you can't take a picture do a drawing instead.

Possible materials and some examples of what you could make:

Materials	Example
Wood	Bird box or bee hotel.
Food	A cake for a special occasion.
Textiles	Convert an old item of clothing into something new. (watch the Great British Sewing Bee for ideas)
Paper and card	Pop up card or book on a topic that interests you.

All of the ideas above are only examples, do something that interests you and that you can do with the materials you have at home.

Good luck, see you in September!

Mr Robinson, Curriculum Leader for Design and Technology

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'THIS IS ME'

COMPUTING

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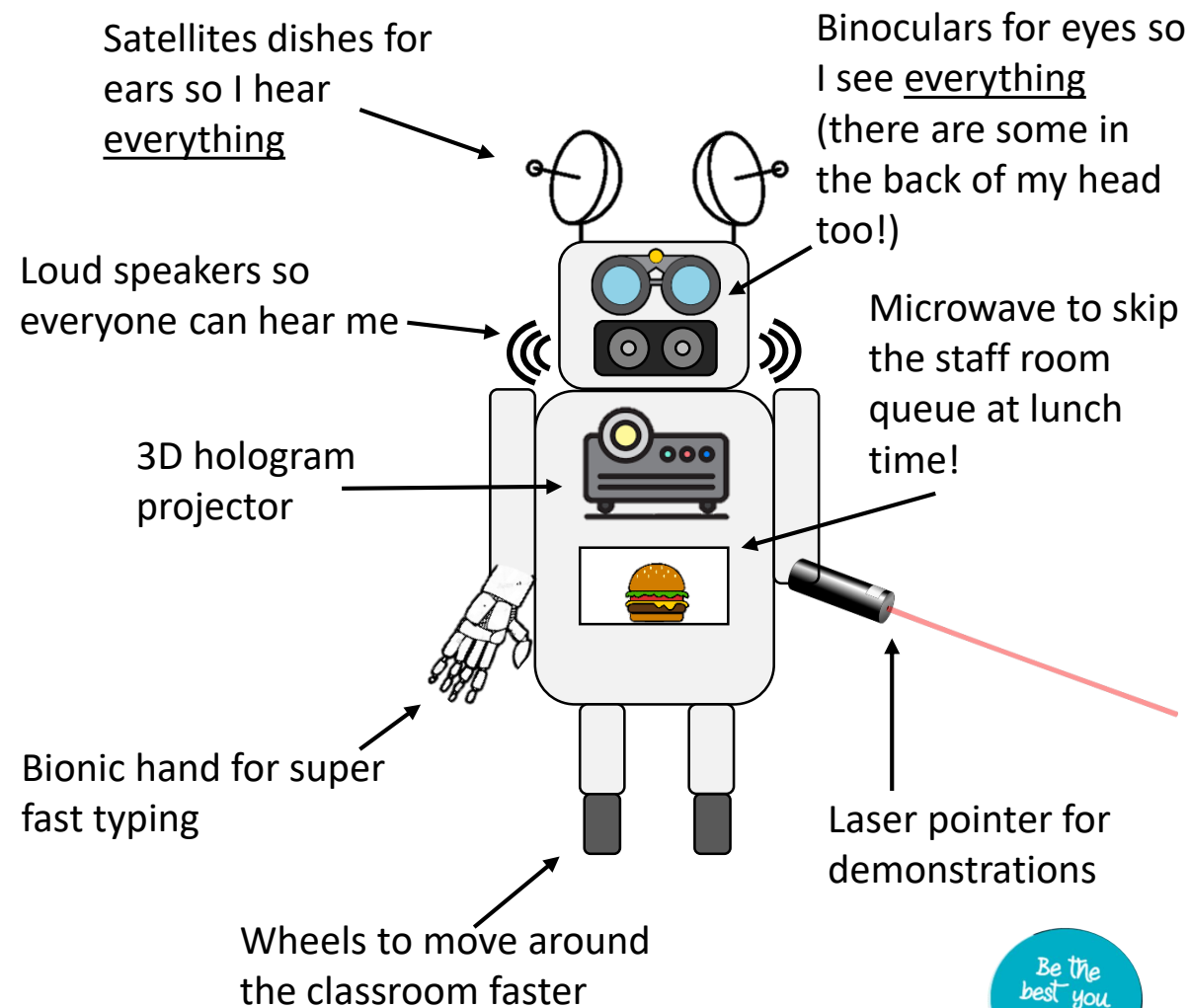
THIS IS ME - Computing

For this task, we would like you to design yourself as a robot. This can be on a computer or on paper, it is entirely up to you!

Once you have drawn your robot self, we would like you to label it to explain the features you have given yourself.

The more weird and wacky the better!

Check out Mr Allgood for some inspiration ->



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'THIS IS ME'

FRENCH &

GERMAN



THIS IS ME – FRENCH / GERMAN

Welcome to Workington Academy. The four German and French teachers are looking forward to meeting you in September. We have a short task for you. Please bring this to your first lesson with us.



TASK

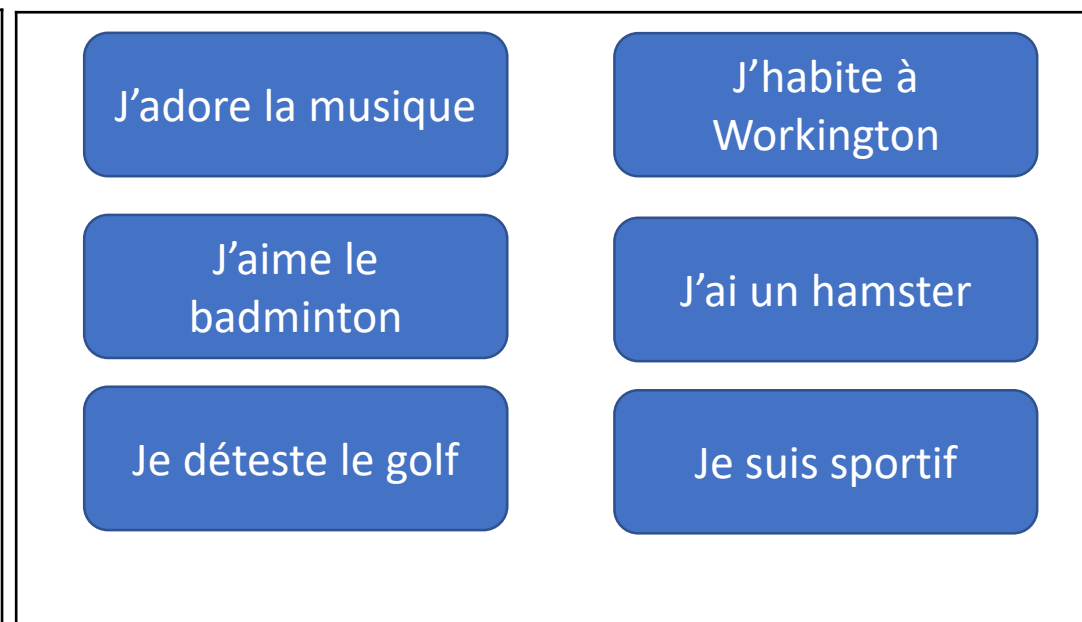
Design two posters about yourself. We would like to see at least 10 words in French and German about you. You may need to use the Internet to look up some words. Make this nice and colourful as the best posters will be awarded French and German stickers.

e.g.

German



French





**YOU COULD USE
THESE PHRASES ...**

**Or change them to
suit you**

German



French

Ich habe blonde
Haare

I have blond hair

Ich heiße Mark

My name is Mark

Rugby ist
fantastisch

Rugby is fantastic

Borussia
Dortmund ist
wunderbar

Borussia
Dortmund is
wonderful

Ich habe einen
Goldfisch

I have a goldfish

mein Lieblingsspiel
ist Fußball

My favourite sport
is football

Ich liebe
Gymnastik

I love gymnastics

J'adore la musique

I love music

J'aime le
badminton

I like badminton

Je déteste le golf

I hate golf

J'habite à
Workington

I live in
Workington

J'ai un hamster

I have a hamster

Je suis sportif

I am sporty

Mon jeu préféré
est le football

My favourite sport
is football

TEAM YEAR 7



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'THIS IS ME'

PERFORMING ARTS



THIS IS ME – Performing Arts

Drama – Favourite Film Character



- Create a character profile for your favourite film/cartoon character. *E.g. Woody from Toy Story, Moana from the Moana Film, Belle from Beauty and the Beast, Bart from the Simpsons, Simba from the Lion King, Spiderman or Hulk from Marvel.*
- Once you have had a go at creating one for your favourite character create one about you so that we can get to know you a bit better!

We will explore your characters in your first lesson in September.

Miss Martin – Performing Arts Teacher



THIS IS ME – Performing Arts

My favourite character is: _____

Describe your character in a few sentences.

Find or draw a picture of your favourite film character.



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THIS IS ME – Performing Arts

My name is: _____



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Describe
yourself in a
few
sentences.

Find or
draw a
picture of
yourself.

Be the
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TEAM YEAR 7



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'THIS IS ME'

ENGLISH



THIS IS ME –ENGLISH

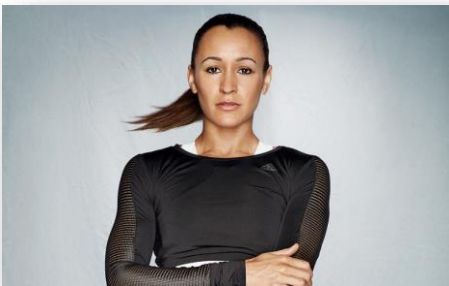
For English, you are given a home-learning menu.

Instructions: Starters are the easier tasks which should take no more than 20 minutes. These are worth 4 points each. The main course tasks are a little but more time consuming and may longer (or more effort) to complete. These are worth more points though (8 points). The desserts are the tasks are fun but might take up a bit more of your time and effort. These are worth 10 points. Resources can be found here:

<https://vle.workingtonacademy.org/english/year-6-english-bridging-work>

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	Research activities:	Creative activities:	Literacy skills activities:
Starter: 4 points	<u>Your favourite author:</u> Research your favourite author and present ten facts about them to someone at home. These could be personal facts about or details about their work. Present your findings as a poster or a mind-map. An example can be found on the school website .	<u>Dear Future Me...</u> Write a letter to your future self. Address this to yourself at the end of Year 7. What do you hope to have learned? What advice would you ask yourself? Could you talk about your hopes for Year 7 at Workington Academy? For more on letter writing, click here .	<u>Roy the Zebra: Sentence Work</u> <u>Play the Roy the Zebra game:</u> https://www.roythezebra.com/reading-games/sentences-that-make-sense-2-1.html Send us a photo of you playing the game!
Main course: 8 points	<u>Reading autobiographies:</u> Read one of the extracts from a published autobiography (on the next slide) or read part of an autobiography of your choice. Produce a summary of what you have learned from the reading. This can be presented as a poster, a video, a voice recording... the options are endless.	<u>What makes you special?</u> Create a mood board (examples can be found on the website) telling us all about yourself. What do you like? What do you dislike? Who is your favourite celebrity? What books do you like? Who are your family members? What are your hobbies? We can't wait to learn all about you!	<u>Adverbs and verbs game:</u> <u>Play the verbs and adverbs game:</u> http://www.scootle.edu.au/ec/viewing/L6187/index.html Can you write your own short paragraphs using some of the verbs and adverbs from the game?
Dessert: 10 points	<u>Interview skills:</u> Interview a family member or a friend (if you can do so by socially distancing). Come up with a range of interesting questions to ask them, and record their answers. You can present your interview however you want. Be as creative as you can be! There is an example of interview questions that you <u>may</u> use if you want. These can be found here .	<u>Write your own autobiography:</u> As you're coming to a new school, why not tell your English teachers all about yourself? Write your own autobiography. Remember: 1. Write in the first person (I, me, we, us) 2. Write in the past tense (you're telling us about things that have already happened). Tell us about anything fun, interesting or special! It's your story. Enjoy this. You can use a computer to word process this, or write it by hand. Why not film yourself reading your own work to us?	<u>Spelling patterns to remember:</u> <u>Visit this link</u> https://spellingframe.co.uk/guest/word-list/36409 Complete activities on Spelling Frame of your choice using this word list. *Why not create a way to remember the spelling patterns that you find tricky? *



Jessica Ennis



I would depend on my diary and hope for the best, but that was not much help against these scary girls who were taking over my thoughts.

And then, around that time, my mum saw an advert for a summer sports camp at the Don Valley Stadium in Sheffield.

It was my first taste of sport and it would be the first step towards fighting back and getting my own quiet revenge on the bullies.

I started at King Ecgbert's School in the little village of Dore in South Sheffield in September 1997. I was still terrified on the first day.

There were two buildings, Wessex and Mercia, separated by a path, and as I was edging along it one day, I heard an older girl say: 'Oh, look at her, she's so tiny and cute.' That made me feel 10 times worse.

Sport, though, I found I was good at it. Gradually, I became more popular.

The two bullies were still there, but if I was talking to anyone going through something similar I would stress things change quickly.

It does not seem like it at the time, of course, with every week an endless agony of groundhog days, but it soon fades.

I slowly made friends and the tide turned. The same girls who had bullied me now wanted to be friends.

It was all part of being a young girl.

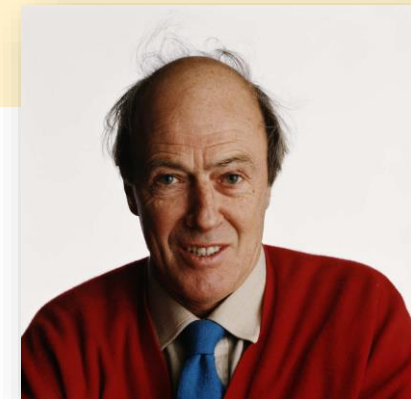
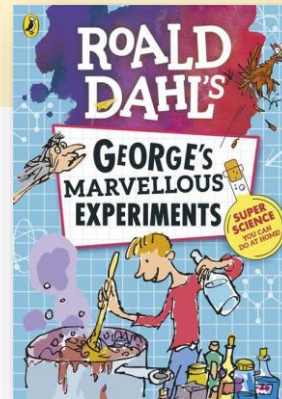
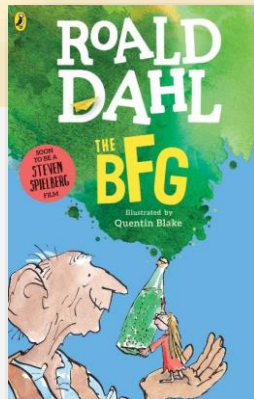
Now I do not think they were really nasty people, but I know what I have done with my life and I think I am in a better position.

Be the
best you
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Roald Dahl

... Both Roald and Pat were close to the accident, but they didn't see it. Roald was in an apartment, writing. Pat, who had only finished shooting a small role in a film, was in a local shop. She heard the police sirens, but did not know her own son had been injured. An ambulance rushed the child to the nearby Lenox Hill Hospital, along with Susan, Tessa, and the dog. There, Theo was told he had a bad brain injury. Almost everyone thought he was going to die. When Roald and Pat arrived in the emergency room, they faced a bad situation. Not only was their child horribly injured, but the doctors were unsure about what should be done.

Dahl rushed the baby back to hospital. Ed Goodman said that when he looked at him, his head felt "like a bag of marbles". There was a bad risk not only of being blind but also of brain damage and even death. The doctors quickly helped Theo. At the beginning, they were no sure that the child's sight would return, but it did, and eventually Theo was declared fit enough to go home.



TEAM YEAR 7



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'THIS IS ME'

RE / PD



THIS IS ME – Religion, Philosophy & Ethics



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We would like you to think about the world around you and what you think and believe about it.

You need to either draw or print the tree outline and answer the philosophical questions that you are being asked.

They are all based on what you think and believe because it is all about you!

The more explanation you can give the better. Feel free to draw pictures and make it as colourful as you like.

Please bring your completed tree to your first lesson in September – we look forward to seeing you then.

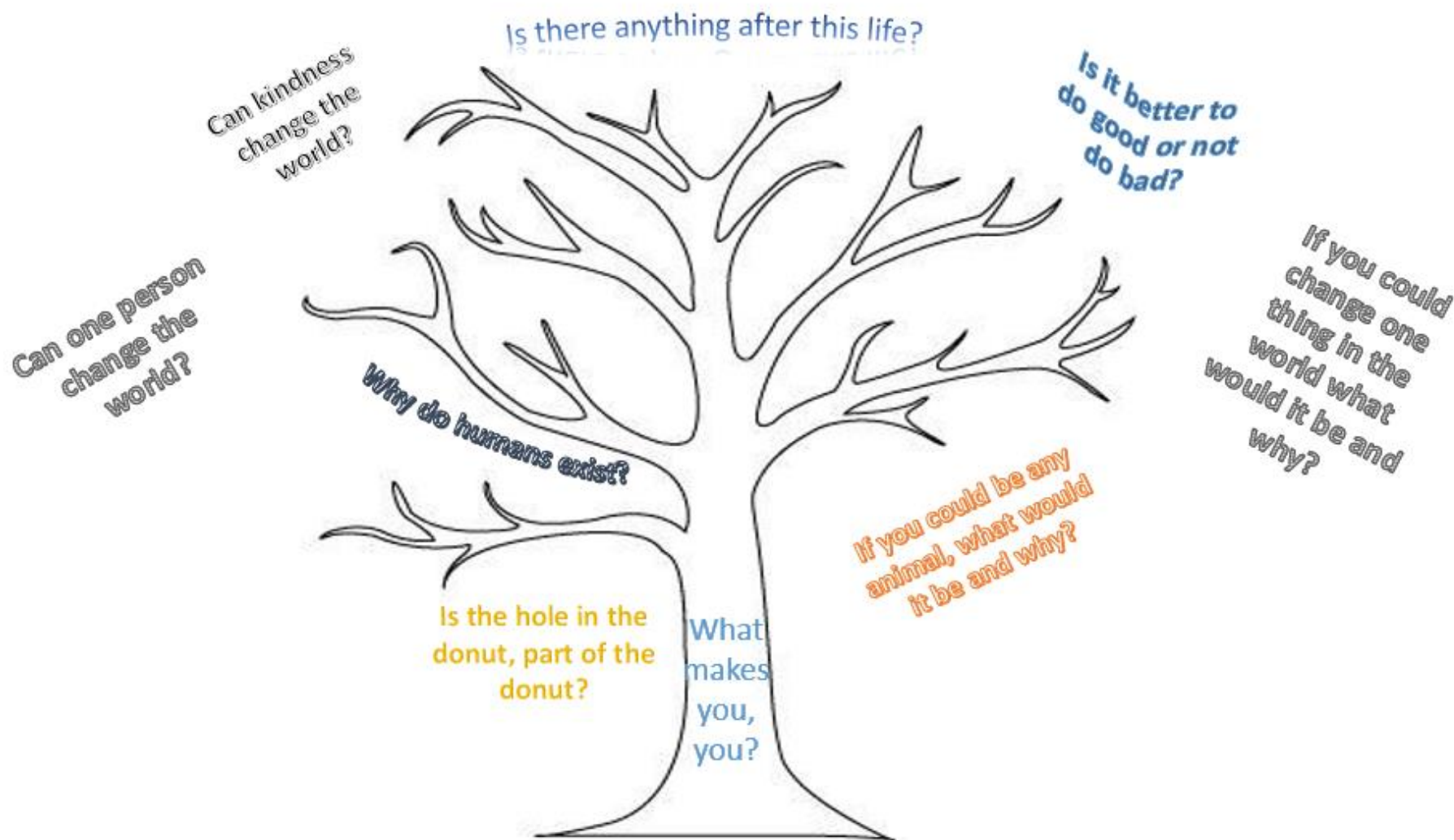
Miss Alston – Curriculum Leader – Religion, Philosophy and Ethics



THIS IS ME – RE & Personal Development



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This is me – beliefs tree

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TEAM YEAR 7



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ACADEMY

'THIS IS ME'

MUSIC



THIS IS ME – Music

TASK 1 - Think about your favourite artist or band and research five facts about them – can you create a poster about them including pictures and your key facts.

TASK 2 - Think about your favourite song or a song that means a lot to you. Why is it your favourite song, what do you like about it, how does it make you feel when you hear it and/or what does it remind you of?

Write out your favourite lyrics from the song – what do these mean to you / what do they remind you of?

TASK 3 – Create your own verse or song about yourself or about a favourite memory or experience in your life. You may want to change the words of a well-known song to do this. Please write out your song lyrics to your own song or make a sound byte or video recording of you performing this if you want to.



Good luck, see you in September!
Mr Marshallsay, Music Teacher



TEAM YEAR 7



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'THIS IS ME'

SCIENCE



THIS IS ME – Science – Chemistry

My Birthday Chemistry



Every day, scientists do investigations and make observations to answer questions in chemistry. These scientists are called chemists. Chemists work out why materials have certain properties. They find out how materials change in chemical reactions. They create new materials, with perfect properties for particular purposes.

What to do

Go to this website: <http://www.rsc.org/learn-chemistry/collections/chemistry-calendar>

Click on your birthday.

Fill in the form to show others in your new class why your birthday is important in chemistry.

Hints

Fill in the form in your own words.

If there is a word you don't understand, ask someone for help, or look it up in a dictionary or on the Internet.

You can draw a picture or find one on the Internet, print it out, and stick it on the form.

Why is my birthday important in chemistry?

Name: _____

My birthday is on: _____

The name of my chemist is: _____

My chemist is from this country: _____

This is what my chemist did: _____

Here is a picture of my chemist, or of something my chemist discovered.



THIS IS ME – Science – Biology



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Healthy Eating

During the summer holiday, find three different chocolate bars of your choice, or three different soft drinks of your choice.

Look for the nutritional on the wrappers or bottles. Fill in the table below with the nutritional information about the bars or drinks.

Name of chocolate bar or soft drink	Carbohydrates (per 100 g)	Fats (per 100 g)	Protein (per 100 g)	Calories

Which of the chocolate bars or drinks is the healthiest? Use your table to help you decide.

.....

.....

The Human Heart

Answer these questions using what you know about the human heart.

Where is the heart found in your body?

.....

What does the heart do?

.....

Your pulse measures how many times your heart beats in one minute.

Your pulse goes up when you exercise.

Record your pulse when you are resting, and fill in the table.

Now jog on the spot or do star jumps for two minutes.

Measure your pulse again and fill in the table.

Resting pulse (beats per minute)	Pulse after exercise (beats per minute)

What is the effect of exercise on your pulse rate? Use your table to help you decide

.....

.....

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THIS IS ME – Science – Physics



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My Own Lava Lamp

Equipment

Water
Food Colouring
Vegetable Oil*
Effervescent Tablets (Alka Seltzer / Berocca)
Clear Plastic Bottle or Jar

* Please dispose of oil safely and responsibly

Method

1. Fill the bottle or jar a quarter full with water.
2. Top up, almost to the top with the vegetable oil
3. They should separate into two layers, water at the bottom and oil sitting on top.
4. Add about 6-8 drops of food colouring once the oil and water separate.
5. The colour will mix with the water at the bottom.
6. Pop in half an effervescent tablets and watch the bubbles form. Add more effervescent tablets bit by bit to keep the bubbles rising and falling.

If you are unable to do this experiment yourself – please watch the video here to see what happens:

https://www.youtube.com/watch?v=evIPJSP_qwo



Please take a picture or video of your Lava Lamp and post it on our Science Facebook page at:

<https://www.facebook.com/workingtonacademyscience/>

If you were not able to do it, please draw a nice image of what happens and send that over instead.

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TEAM YEAR 7



'THIS IS ME'

MATHS



THIS IS ME - Maths

First of all pick your favourite number, then come up with as many ways as you can think of, of representing that number. Try to be as imaginative and creative as possible so that you are working to your full mathematical potential.



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10

$9 + 1$

$\frac{1}{2}$ of 20

5×2

$11 - 1$

$4 + 4$

Top Tip

Think about including fractions, decimals and percentages. Use the correct order of operations and maybe even some algebra if you would like.

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TEAM YEAR 7



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'THIS IS ME'

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PE



THIS IS ME – PE



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Hi Year 6 – Not long until your part of ‘Team Year 7’ at our wonderful Academy!

Before you start we want to find out about you and your sporting interests, so we would like you to create a personal Top Trump or Fifa Ultimate Team card for your favourite sport.

If you play or take part in more than one sport you can create more than one card and if you don't play sport you can create a card for your favourite sporting activity you have may have done at Primary School.

You can make these either on the computer or on a piece of paper or card. When giving yourself ratings you can choose any attributes you like.

We have created some cards as an example.

Please bring your card or a photograph of your card, when you start at the Academy, so that we can get to know you and we can choose which activities to run for your year group in September.

BElieve in Yourself



THIS IS ME – PE



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TOP TRUMPS

MISS TWEDDLE - GYMNASTICS

Balance	9	/	10
Coordination	9	/	10
Flexibility	7	/	10
Strength	8	/	10
Agility	7	/	10

87

DCM/LB

MR HOLLIDAY

75 PAC

75 SHO

55 PAS

90 DRI

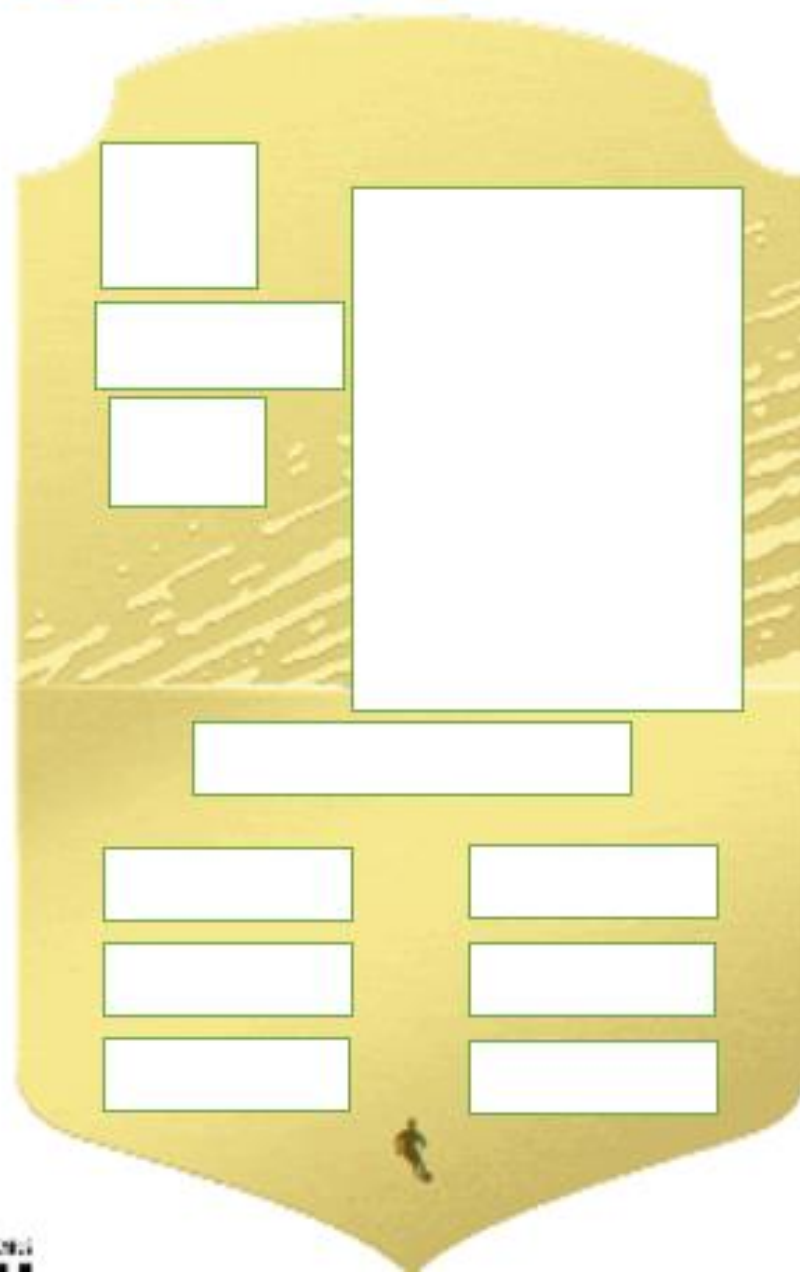
65 DEF

85 PHY



THIS IS ME – PE

TOP TRUMPS		
<hr/>		
<div></div>		
Balance	<input type="checkbox"/>	/ 10
Coordination	<input type="checkbox"/>	/ 10
Flexibility	<input type="checkbox"/>	/ 10
Strength	<input type="checkbox"/>	/ 10
Agility	<input type="checkbox"/>	/ 10



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TEAM YEAR 7



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Don't forget to please email some of your completed tasks or photos of yourself with your work to me at teamyear7@workingtonacademy.org so that we can celebrate your 'This is Me' work produced.

