**7th Grade Internet Based Assignments and Information**

***WEEK Seven: May11th-May15th***

**English Language Arts**

1. If you go to [youtube.com](http://www.youtube.com), Mr. McCarthy will read the entire *Divergent* novel to you by chapters. Just type in DIVERGENT AUDIOBOOK, and it should take you to his readings. You can also access the audio through [audible.com](http://www.audible.com) if you have an account.
2. [Noredink.com](http://www.noredink.com)- Sign in under your account and you should be able to practice anything you want, but pay special attention to skills dealing with combining sentences, FANBOYS, THAMOs, SWABIs, colons, and semicolons.
3. Go to [www.mpisd.net](http://www.mpisd.net) and download the 7th grade packet for week two. Read the passage and complete the activities. Please email your work to your teacher when completed. If you do not want to print the packet, just read it on the screen and type your answers in a document (something like word or google docs).

**Social Studies**

**Cotton, Cattle, and Railroads**

**Directions:  If you are using your device instead of paper copies… you will need to spend some time on EACH link.**

1. **Quizlet Study Guide for Assignment -** [**https://quizlet.com/20068489/flash-cards/**](https://quizlet.com/20068489/flash-cards/)
2. **Pupose Games - Cotton, Cattle, and Railroads -** [**https://www.purposegames.com/game/texas-history-cattle-cotton-and-railroads**](https://www.purposegames.com/game/texas-history-cattle-cotton-and-railroads)
3. **Quizlet Assignment - See Packet**

**Math/Pre-Algebra**

**Proportion Word Problems**

[**https://www.youtube.com/watch?v=96ZEmUbnuU8**](https://www.youtube.com/watch?v=96ZEmUbnuU8)

**Study Island: https://app.studyisland.com/cfw/login/**

**Steps:**

**1. Texas Programs**

**2. 7 th Grade, Math**

**3. 3a (Rates, Ratios, and Proportions)**

**Science**

We hope everyone is staying safe during this time and miss all of you. We currently have your work available as long as you log in under your stu.mpisd.net account in the following google drive link:

<https://drive.google.com/drive/folders/1-RdUw5ZLb0T23u3J1YgwoGh4JorMnlSw?usp=sharing>

Using this link, there are 4 weeks of science work currently uploaded. Please begin week 1 on March 30th and work from there. Record your answers for each question on a google doc or on notebook paper that you will keep up with.

Study Island is also a resource that may be used. Students know logins and passwords, if they have forgotten please contact the teacher via email.

[studyisland.com](http://studyisland.com)

**Elective Online Assignments Week 7**

**Health:**

<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important>

<https://www.cdc.gov/healthyweight/pdf/physical_activity_diary_cdc.pdf>

Please download and fill out activity log, then email it to me at the end of the week.

[cgrubbs@mpisd.net](mailto:cgrubbs@mpisd.net)

**Art:**

<https://www.youtube.com/watch?v=sZD8BjTK8dE>  One point perspective

**Business Marketing**

Our Learn AES online module it still available. I’ve reopened a few modules we’ve already covered if you’d like to get some extra practice. The next two weeks are business articles. Just look up any business article & write a summary. Write down what you’d normally say doing the presentation in class. You can use the front & back of this paper to write the summary. Send it to our emails or turn it in at the drop-off. Hope everyone is doing well & stay safe!!!

Coach Jones email: [jjones2@mpisd.net](mailto:jjones2@mpisd.net)

Coach Grubbs email: [cgrubbs@mipisd.net](mailto:cgrubbs@mipisd.net)

**Here is the website to our modules**: <https://learn.aeseducation.com/> Remember your login is your [studentID@student.mpis.net](mailto:studentID@student.mpis.net) Your password is one that you created. If you can’t login in email & I can reset everything.

**Outdoor adventure**

We have covered many topics over the past year in Outdoor Adventure and although the year did not end the way we had all planned we can still find value in the lessons learned.  For this week I would like for you to look back at the year and reflect on the topics we talked about.  It can be something we talked about during our walks or it can be something like our Hunters Education course that we completed.  I would like for you to write a 250 word paper about those things.  What you liked and what you didn’t like.  Also include why you did or did not like those things.  Talk about things you learned and things you were looking forward to learning.  250 words is not a lot once you get going so if you’d like to write more feel free.  I will use these papers to evaluate the class and make adjustments for the future and hopefully make the class better for future students.

The second part of this assignment is to get outside.  Go fishing, go hiking, build a shelter just get outside and enjoy being in the wonderful world we live in.  What we have gone through the past few months hasn’t been easy but the outdoors have never closed, it’s open for business 24/7 and 365.  Enjoy it, learn from it and when you have the chance, protect it.  I’d like each of you this week to spend at least 1 hour outside enjoying the outdoors and all our world has to offer.

**PE**

Here’s a link to a Virtual Dance video to keep you moving! ☺

<https://www.youtube.com/watch?v=bMZAuhadz2Y>

1. Mountain Climbers

Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat!

2. Bear Crawls

Palms and feet flat on the floor, arch your back so that you look like a momma bear. Race your kids across the room. Add some fun by having a competition! Who can "roar" the loudest?

3. Star Jumps

Kids love these! Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large “X” in the air. At the height of the jump, be sure to exclaim, “I’m a STAR!”

4. Push Ups

Straightforward and to the point. Just be sure your hands are in line with your pectorals and your booty isn’t arced in the air. If you want to make it harder, try for push–up claps, diamond push-ups, or “Y” wide push-ups. Drop to the knee if your form is compromised.

5. Sit Ups

Another classic. Feel free to tuck your toes under the sofa or coffee table if you need a bit of support, or, ask your kids to hold your feet and vice versa.

6. Burpees

Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.

7. Squats

Kids are naturally born squatters. See who can get the deepest squat or the most squats in 60 seconds. To do this one, stand with your feet shoulder’s width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.

8. Leg Raises

Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.

9. Lunges

Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes. To make it harder, carry (small) children in each arm and lunge as you walk across the room.

10. Planks

Elbows on the floor and balanced on your tiptoes, go eye-to-eye and see who can last the longest. 30 seconds is considered the gold standard. For fun, ask your smallest child to sit on your back and see how long you last.

11. Jumping Jacks

With many variations to the classics, this one can go on and on. From standard to reverse, this one will keep your heart rate up.

12. Butterfly Kicks

Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor.

Snag a fitness timer from the app store on your phone to time your workout. Aim for 40 seconds of work, followed by 10 seconds of rest. Alternate through the activities above and aim for a 30-minute workout.

**ESL**

**1st Period ESL ttps://quizlet.com/join/66zF3qjmz**

**Download the Duolingo app and join your class period. I can see you logs in and the activities that you do and for how long you stay in the app.**

**1st period ESL** [**https://www.duolingo.com/o/dqzgkz**](https://www.duolingo.com/o/dqzgkz) **or use this classroom code: DQZGKZ**

**Dance**

**Dance I and Dance II (ADT)-**

Hey guys!!! I hope everyone is doing well and STAYING HOME!!! Make sure you are stretching Every day and practicing your skills. I have set up a Remind in order for us to keep in contact- [www.remind.com/join/mpjhd](http://www.remind.com/join/mpjhd) I can’t wait to hear from you all. Feel free to send me videos of you dancing. LOVE AND MISS YOU!!!

COACH D ☺ ericadance13@hotmail.com

Mondays- Stretch (30 minutes; be sure to practice splits)

Tuesdays- Across the Floor Skills

Wednesdays- Center Skills

Thursdays- Review all Dances that we learned

Fridays- Freestyle Friday- (Learn any style dance routine from YouTube or

TikTok) If you do not have access to either of those, create your own.

**Band**

**From Ms. H:** If you would like to have a zoom lesson with me, please contact me and let me know. Also, if you want to send me a video of what you are working on do it!! I look forward to hearing from you!! You can even send me a TIKTOK. My contact info is: aliciaghargett@gmail.com Feel free to message or contact me on remind as well.

**Honors Band/Symphonic Band**

**(YOU MUST COMPLETE 1-3 DAILY)**

**1. 10 minutes- Mouthpiece warm-up/face buzz**

* Breathing exercises, Long tones, sirens, lip slurs

**2. 10 minutes- Instrument warm-up**

* Lip Slurs, scales in whole notes

**3. 10 minutes- Scale Studies**

* Work on all scales (SCALE PATTERN LIKE ALL-REGION)
* Blue Book Exercises
* If you don’t have scales, you can work on note recognition/memory

**4. 15-20 minutes- Band Repertoire**

* Work on Contest Music
* Work on fun music (you can find sheet music online to work on)

**5. 20-30 minutes- Friday Music Fun Day (send me your videos)**

* Play some music games
* Watch some fun music videos
* Learn any song your choice
* <http://www.musictechteacher.com/music_quizzes/music_quizzes.htm>

**Spanish**

**3rd Period Spanish** [**https://quizlet.com/join/xgu7qz8ER**](https://quizlet.com/join/xgu7qz8ER)

**7th period Spanish** [**https://quizlet.com/join/rrZnr4ge3**](https://quizlet.com/join/rrZnr4ge3)

**8th Period Spanish** [**https://quizlet.com/join/yKFtzRVvy**](https://quizlet.com/join/yKFtzRVvy)

**Download the Duolingo app and join your class period. I can see you logs in and the activities that you do and for how long you stay in the app.**

**3rd Period** [**https://www.duolingo.com/o/qdpyxt**](https://www.duolingo.com/o/qdpyxt) **or use this classroom code: QDPYXT**

**7th period** [**https://www.duolingo.com/o/zpqqhu**](https://www.duolingo.com/o/zpqqhu) **or use this classroom code: ZPQQHU**

**8th period** [**https://www.duolingo.com/o/evbjeg**](https://www.duolingo.com/o/evbjeg) **or use this classroom code: EVBJEG**

**STEM**

The link to the Google Classroom is:

<https://classroom.google.com/u/0/c/NDg2OTI2NDA1ODNa/a/NTc3ODQ3MDU5ODha/details>

**Theatre Production class**

A monologue is a speech given by a single character in a play. In Theatre it is a vocalization of a character’s thoughts.

Directions: write a monologue for a character from a famous story, fairytale or book.

**Steps to Creating a Monologue**

1. Think up a character. 3. Begin your dialogue.
2. Create a character profile. 4. Edit your monologue.

**Things to Remember**

* There is only one person speaking
* It should be clear and easy to understand.
* Get the audience to feel what the character is feeling.
* Pick an important moment to speak about.
* Have fun with it!

**Your Character Profile**

1. Name of Character 7. What they love to do.
2. History of the character. 8. What’s important to them.
3. Their age. 9. What they hate.
4. Hair color/style, eye color
5. Clothing style
6. How others see them, their tone of voice and so forth.

**Begin Writing Monologue**

* Keep it short and sweet (1page to 1 ½ page)
* Start by taking a part of your character's past and creating a flashback scene from it.
* **Use some of the info from profile and the story character is from.**

**Edit your monologue:**

* Make sure to edit your script a few times after you have finished it. You need to make sure that every single sentence and word is necessary and serves a purpose.
* Draft it and keep on going until you are happy with it. Only once you're happy with what you have and it checks all those "to remember" points in the list at the top should you consider it a final draft.

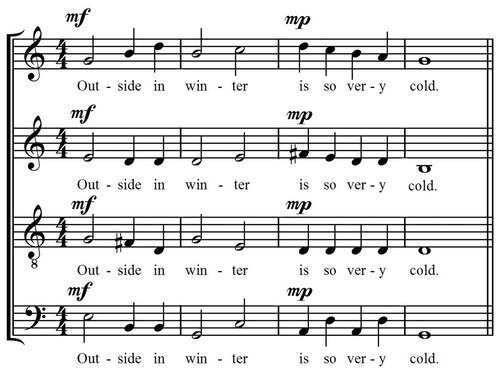
**Music History/Choir**

**Music History**

1. Last week you defined the role of art music. Now can you defend the role art music plays in the lives of everyone today? Even if they don’t like or listen to art music.
2. Think of one of your favorite songs. Why is that song your favorite? Is there another song that sounds the same or similar? If they are similar, why is the second song not your favorite?

**Choir**

Study the example below. What is the key? Hint: There is no key signature but only F# is used. Chant the rhythms and solfege. Audiate the music. Sing the example. Do this once a day until you know this piece.

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