



**Year
6/7**



**Projects for
Summer
2026 - 2027**



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Introduction

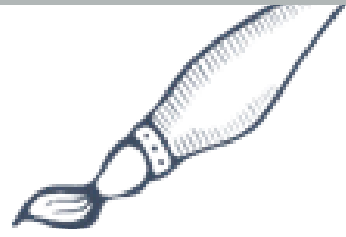
You may think that summer is all about relaxation and taking a break from the hustle and bustle of school. However, engaging in projects during the summer can be incredibly rewarding and beneficial for personal growth and to keep your brain working.

Try your best to complete the tasks, they will help you be ready for September and you will be able to gain achievement points.

Projects for Summer

Art

Your aim is to create a newspaper article for the 'Distorted News' This must be in a newspaper format/layout and on A4 paper.

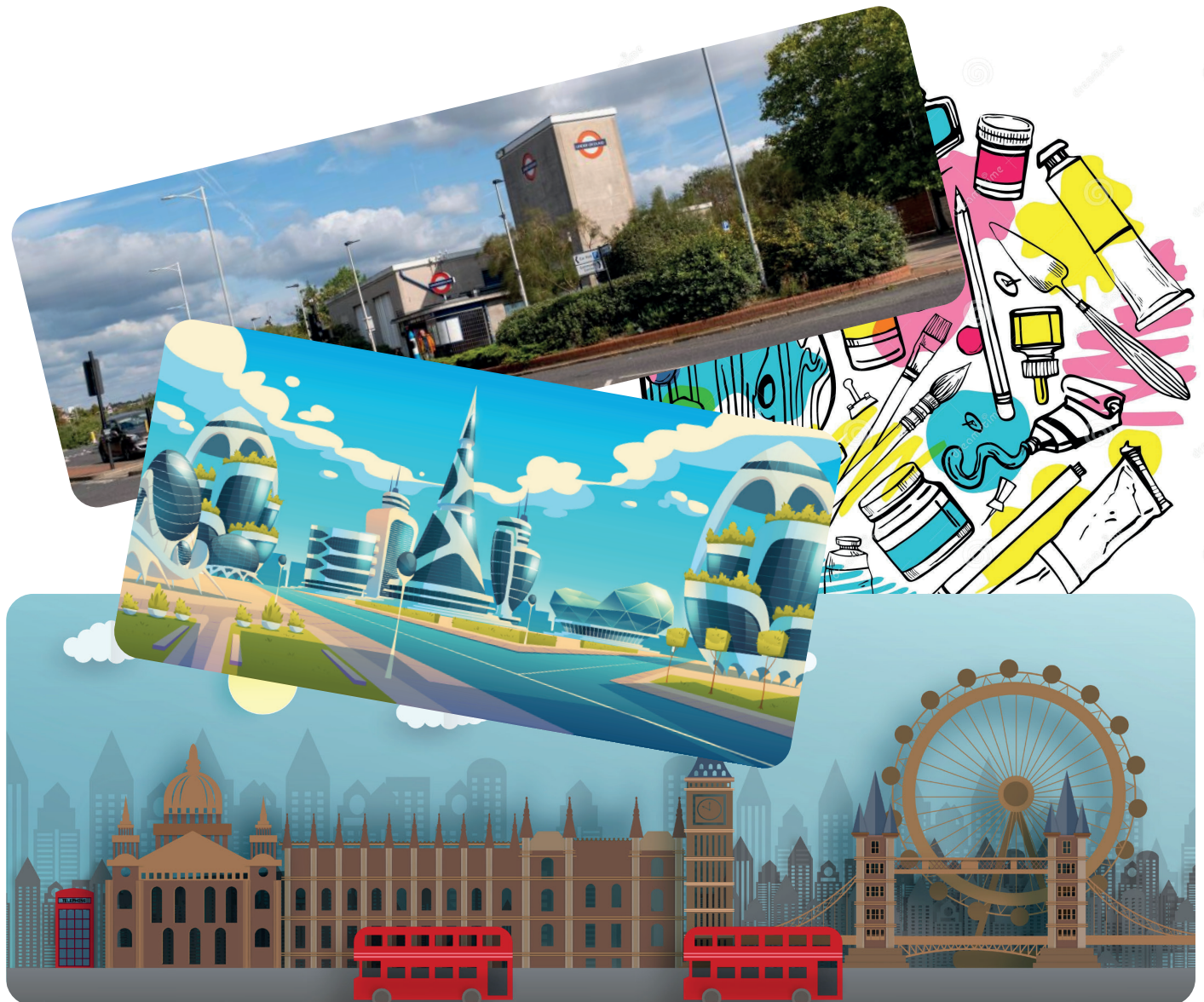


YOU MUST include:

- A photograph of somewhere in London or Wanstead. This could be a famous building, landmark, or place.
- **USING YOUR ARTISTIC SKILLS – DISTORT** the image; recreate it to how you imagine it to look in the future of 2100.

(Use any material you wish and be as creative as possible. The image should be roughly A4).

Write an article to support the above.



Projects for Summer

Computing

(Get Ready For Year 7 Computing!)

In Year 7, you'll be diving into the exciting world of Computing. Here are some tips and a fun task to get you started.

Tips to Get Ready:

1. **Know Your Keyboard:** Practice typing without looking at the keys. This will help you get faster and more accurate.
2. **Explore Coding:** Try creating a simple animation or game in Scratch. Can you make a character move, speak, or collect points?
3. **Stay Safe Online:** Remember to keep your personal information private and always think before you click. Stay aware of internet safety rules.
4. **Get Organized:** Create folders on your computer for different subjects to keep your files tidy. This will help you find things quickly when you need them.

Fun Task: Create a Digital Poster

Create a digital poster about your favourite hobby or interest. Use a program like PowerPoint, Canva, or even Word to design your poster. Include:

- A catchy title
- At least one image or graphic
- 3-5 interesting facts
- Bright attractive colours

Save your poster and bring it on the first day of Year 7. We'll display some of the best ones in the Computing classroom!



Projects for Summer

Dance

- Ensure you have your Wanstead High Dance Kit (Wanstead High PE top, shorts, jogging bottoms or plain black leggings).
- Watch as many different dance styles as you can and learn a few key actions from each. We will have a competition when you start at WHS to see who can name the most dance styles.

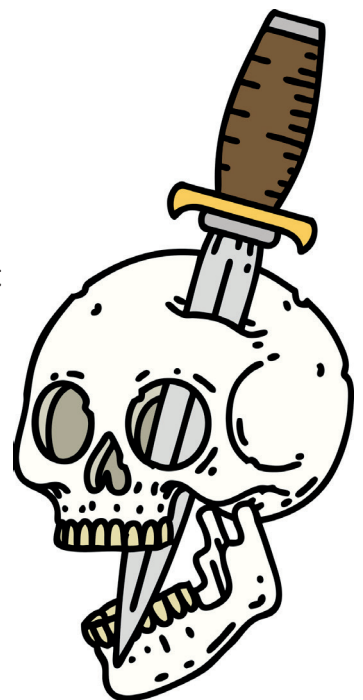


Drama

- Find a great tongue twister you could share with the rest of your class that would make a great vocal warm up.
- Learn the speech from Shakespeare's Hamlet, Act 3, Scene 2:

Speak the Speech

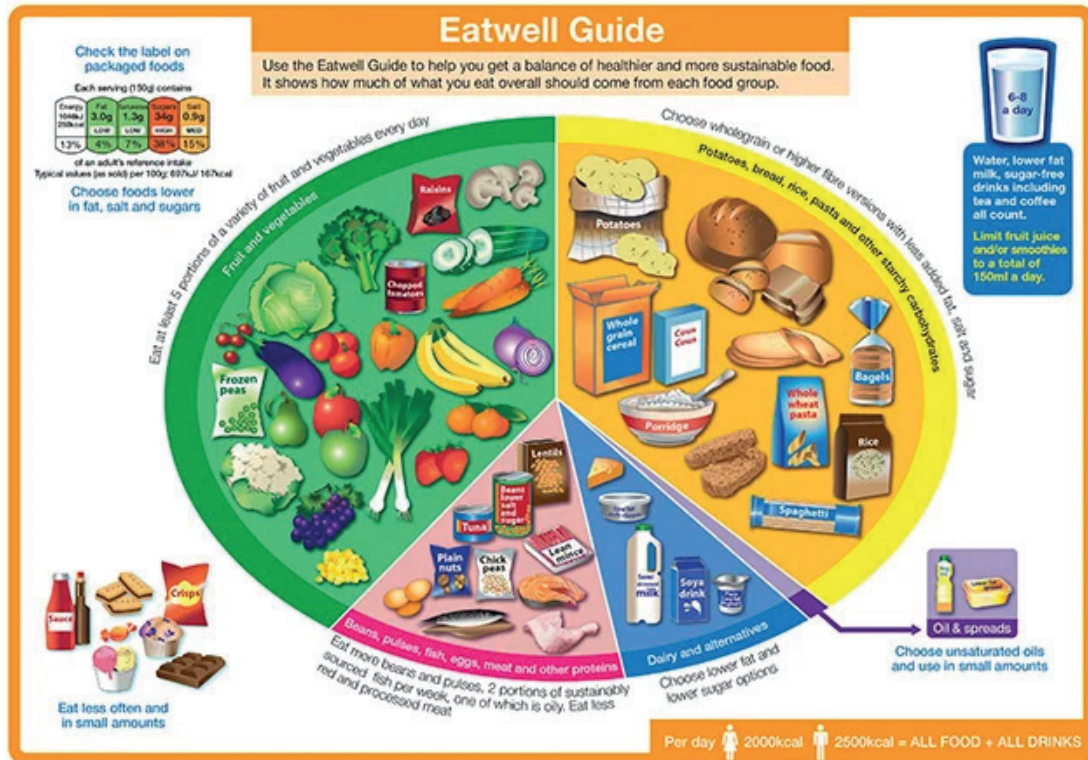
'I pray you, as I pronounced it to you, trippingly on the tongue: But if you mouth it, as many of your players do, I had as lief the town-crier spoke my lines. Nor do not saw the air too much with your hand, thus, but use all gently; for in the very torrent, tempest, and whirlwind of passion, you must acquire a temperance that may give it smoothness.'



Projects for Summer

Food and Nutrition

Practice cooking healthy snacks with your parent/carer over the summer holidays.



HEALTHY FOOD	
VITAMIN CHART	
VITAMIN A (LIPID SOURCES) FOR Normal Growth and Development, Normal High Vision & Healthy Epithelium, Immune System. DEFICIENCY LEADS TO: Blindness, Night Blindness, Dry Skin, Dry Hair, Dry Eyes, Colds, Frequent Infections, Longevity.	Egg, Butter, Papaya, Carrot, Milk, Liver, Cabbage
VITAMIN B1 (WATER SOLUBLE) FOR Growth, Energy, Metabolism, Nervous System, Heart and Muscle Function. DEFICIENCY LEADS TO: Beriberi, Loss of Appetite, Irritability, Depression, Longevity.	Peas, Meat, Milk, Soya-beans, Potatoes, Wholegrain Cereals
VITAMIN B2 (WATER SOLUBLE) FOR Growth, Healthy Skin, Mouth & Eyes. DEFICIENCY LEADS TO: Bleeding Gums, Cracks in Corns, Mouth Sores, Dermatitis, Longevity.	Green Vegetables, Cheese, Meat, Canned Apples, Soya-beans, Milk
VITAMIN B (LIPID SOURCES) FOR Proper Cell Metabolism. DEFICIENCY LEADS TO: Bleeding Gums, Dermatitis, Longevity.	Tomato, Potatoes, Peanut, Banana, Vegetables
VITAMIN B6 (WATER SOLUBLE) FOR Proper Metabolism of Amino Acids, Energy Production, Immunity. DEFICIENCY LEADS TO: Anemia, Irritability, Depression, Longevity.	Dry Fruits & Nuts, Peas, Pulses, Fish, Meat, Milk
VITAMIN B12 (WATER SOLUBLE) FOR Red Blood Cells, Metabolism, Immunity, Healthy Nervous System. DEFICIENCY LEADS TO: Anemia, Irritability, Depression, Longevity.	Meat, Eggs, Milk, Cheese, Liver
VITAMIN C (WATER SOLUBLE) FOR Healthy Growth, Good Skin & Teeth, Good Blood Vessels, Immunity, Resistance against Pests & Colds. DEFICIENCY LEADS TO: Scurvy, Swelling, Bleeding Gums, Longevity.	Grape, Orange, Lemon, Grapes, Elderberry, Tomato
VITAMIN D (LIPID SOURCES) FOR Proper Metabolism of Calcium & Phosphorus, Formation of Bones and Teeth. DEFICIENCY LEADS TO: Osteoporosis, Rickets, Bone Pain, Longevity.	Cold-Liver Oil, Milk, Eggs, Fish, Sunlight
VITAMIN E (LIPID SOURCES) FOR Normal Reproduction. DEFICIENCY LEADS TO: Infertility, Muscle Paralysis.	Egg, Banana, Green Vegetables, Soya-beans, Almond, Wheat Germ Oil
VITAMIN K (LIPID SOURCES) FOR Normal Blood Coagulation, Liver Functioning. DEFICIENCY LEADS TO: Bleeding, Longevity.	Soya-beans, Tomato, Meat, Turnip, Lettuce

Projects for Summer

English Summer Reading and Wanstead Reading Challenge

Over the summer holiday break, all pupils are required to read widely. On the next page there are 4 books which we have suggested, however pupils can read their own choice of books too.

There will also be a Wanstead Summer Reading Challenge that all pupils are encouraged to get involved in. Each book completed will earn 3 achievement points and entry into a prize draw. The form below will need to be signed by an adult at home to confirm the reading has taken place and then returned to the school librarian or their English teacher.

Deadline for entry is: Friday 11th September 2026



Full name: _____ Tutor Group: _____

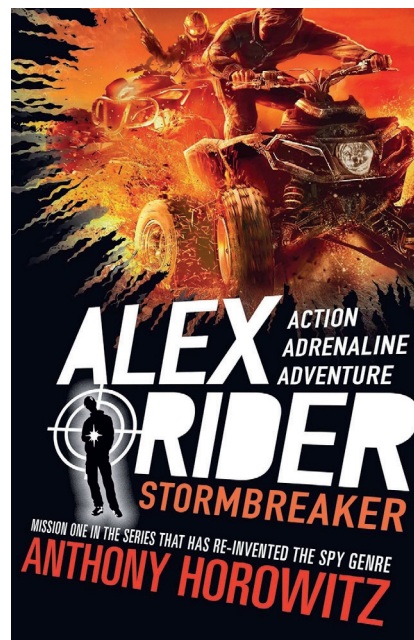
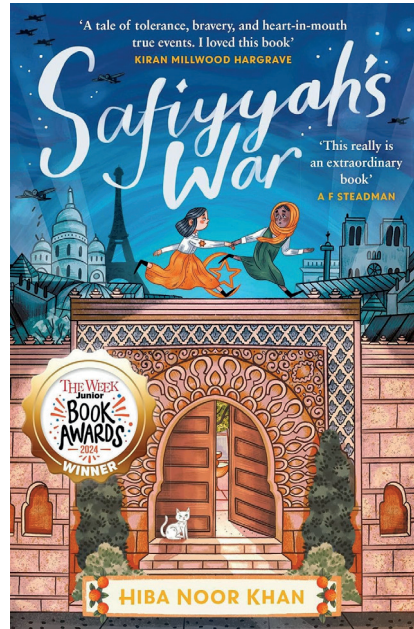
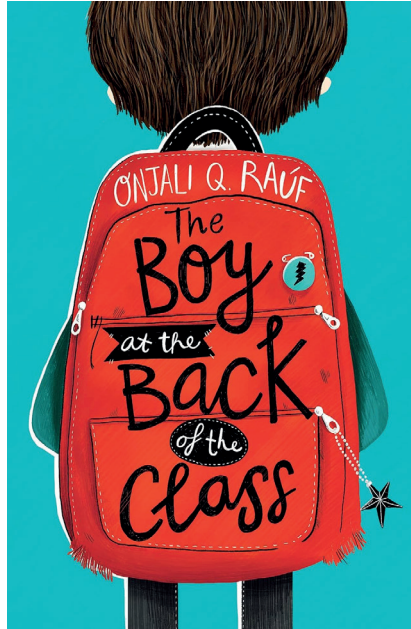
Parent/Carer signature: _____

	Book title	Author
1		
2		
3		
4		
5		
6		
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8		
9		
10		
11		

Projects for Summer

Reading Transition

Here are 4 books we know you will enjoy reading over the summer break:



These books are all available across the libraries in Redbridge which if you are a member you can borrow for free!

When you read them, we'd like you to complete 3 of the following activities, and bring to tutor times in the first week back in September.

The activities will be possible from reading all the books. We will have special praise points and small prizes for those that go the extra mile and complete all of the activities.

Projects for Summer

Reading Transition

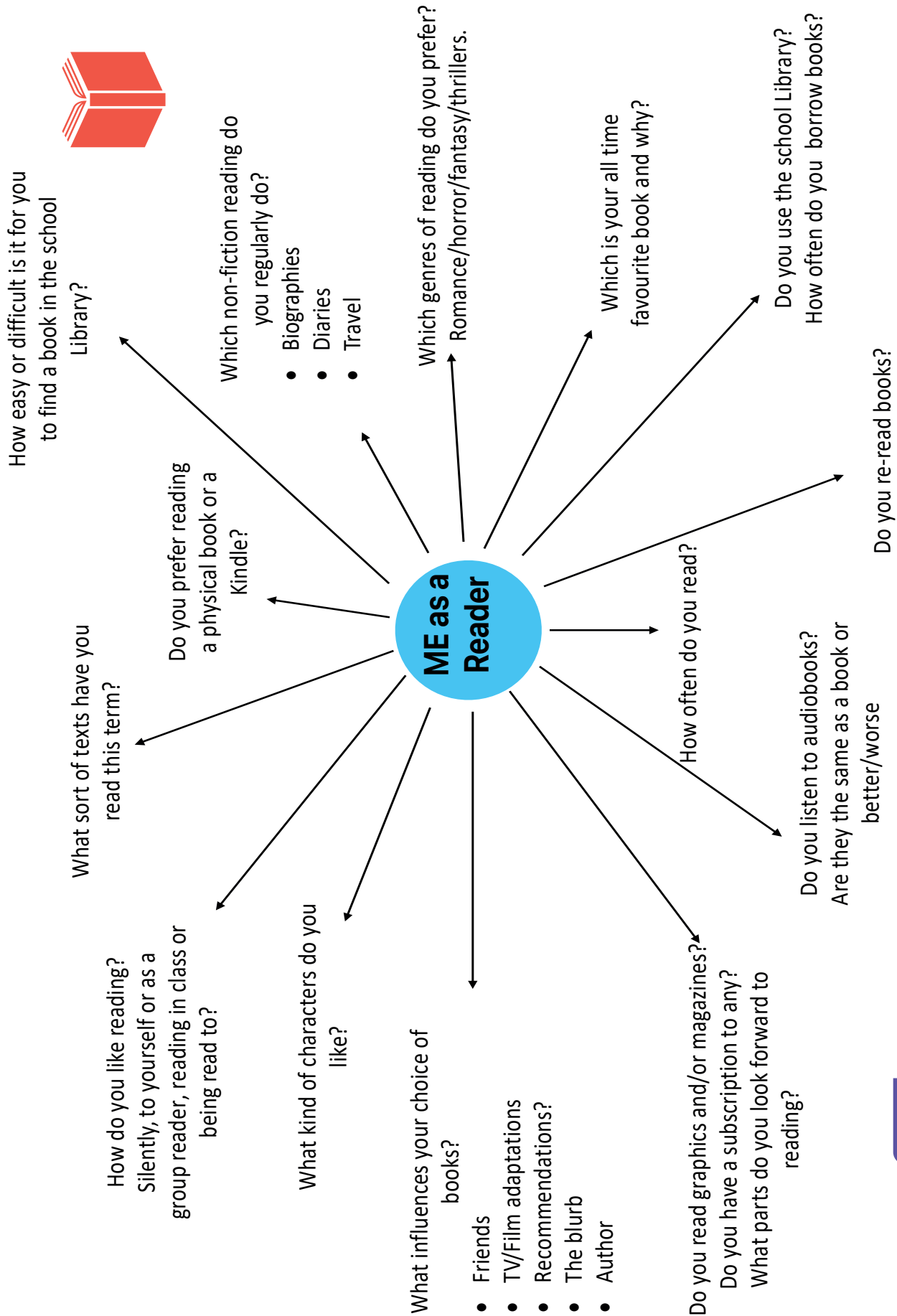
Activity	The challenge	Virtue(s) developed
1. The Integrity Dilemma	Pupils identify a moment when the main character faces a difficult choice. They create a short presentation explaining the options available, what the character chose, whether it was the right decision, and what they would have done differently.	Integrity
1. Curiosity Quest	Pupils choose something they wanted to know more about while reading—a historical event, a place, a social issue, a profession, or a theme. They research it and create a fact file, poster, or short presentation for others.	Curiosity
1. Respect Through Relationships	Pupils map the relationships in the story and analyse how characters show respect—or fail to do so. They then write advice for one character on how to improve a relationship.	Respect
1. Service in Action	Pupils identify examples of characters helping others or serving their community. They then design a small service project for their class or school inspired by the book, such as welcoming new pupils, fundraising, or helping younger children.	Service
1. Teamwork Challenge	Pupils could work in groups to create a visual representation of a key challenge in the book and explain how characters succeed (or fail) through teamwork. This could be a storyboard, role play, comic strip, or presentation.	Teamwork
1. Character Virtues Showcase	Pupils select one character and create a "Virtues Profile" showing examples of integrity, curiosity, respect, service, and teamwork from the text, supported by quotations and illustrations. They present their findings to the class.	All five virtues

We hope that this will get you actively engaged in reading over the summer and you will GO ALL IN for reading. See you in September!



Projects for Summer

Reading Transition



Projects for Summer

Geography

Future Geographers.... your task is to fill in the blank spaces for continent, capital city, currency and language.

	Continent	Capital City	Currency (money)	Language
Albania	Europe	Tirana	Lek	Albanian
Botswana	Africa			
Cambodia		Phnom Penh		
Denmark			Krone	
Ecuador				Spanish
Finland			Euro	
Gabon		Libreville		
Haiti	North America			
Indonesia		Jakarta		
Jordan			Dinar	
Kuwait				Arabic
Latvia			Euro	
Mexico		Mexico City		
New Zealand	Oceania			
Oman		Muscat		
Panama			US Dollar	
Qatar				Arabic
Rwanda			Rwanda Franc	
Seychelles		Victoria		
Tonga	Oceania			
Uganda		Kampala		
Vanuatu			Vatu	
Western Samoa				Samoan
Yemen			Rial	
Zambia		Lusaka		

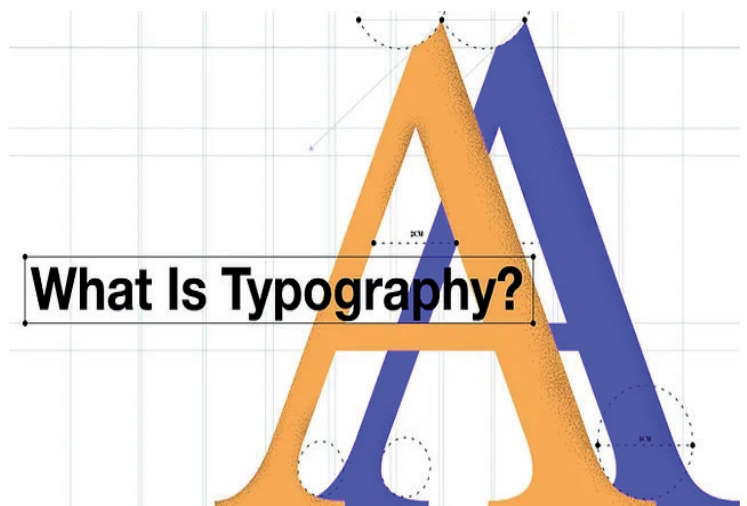
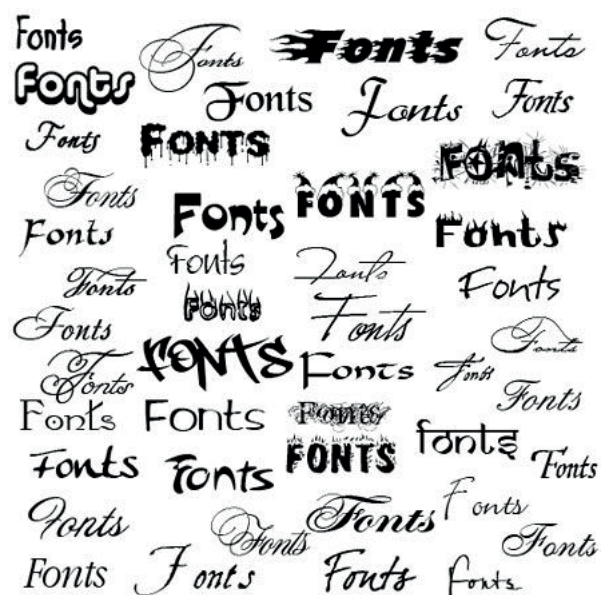
Projects for Summer

Graphics

Let's start with the history of typography, from early engravings to digital software. Typography has evolved greatly through the centuries. The serifs we see in fonts today can be traced back to Ancient Rome, where serif capital lettering was used to inscribe monuments and buildings.

In the 12th century, Johannes Gutenberg created a machine that could process movable type. This allowed a larger number of sheets to be printed using ink. Gutenberg then developed the first ever typeface: Blackletter.

Task: Create your own name in Roman font (A5 or A4)



Projects for Summer

History

Research the history of Wanstead (<https://kids.kiddle.co/Wanstead>) and create a timeline of the local area. Consider the following:

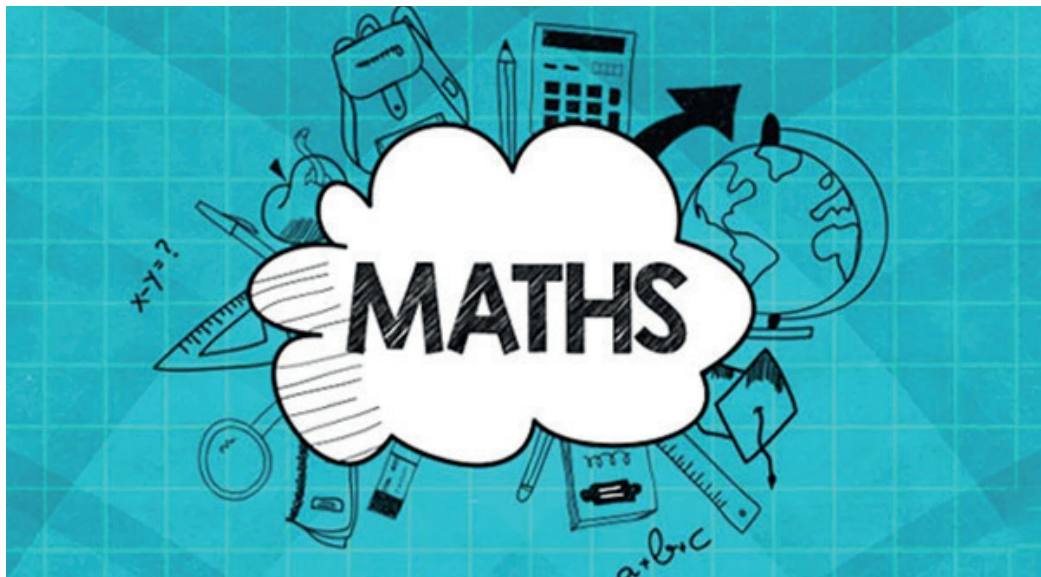
- when was the best time to live in Wanstead? Why?
- when was the toughest time to live in Wanstead? Why?



Maths

Please ensure you have a Geometry Set and Scientific Calculator. Achievement points will be awarded to pupils who can explain what each button on their calculator does.

- Design a fun Maths activity for World Maths Day or Pi Day that can be shared with your class.



Projects for Summer

Modern Foreign Languages

For French and Spanish: create a brochure about French or Spanish culture. This can include information about Music, Art, Sports, Food and Drink, and key helpful vocabulary for a beginner.

**FRENCH-SPEAKING COUNTRY:
A CULTURAL PROJECT**

STUDENT INFO:
Name & surname: _____
French teacher: _____
Tutor group: _____ French group: _____

COUNTRY:

**SPANISH-SPEAKING COUNTRY:
A CULTURAL PROJECT**

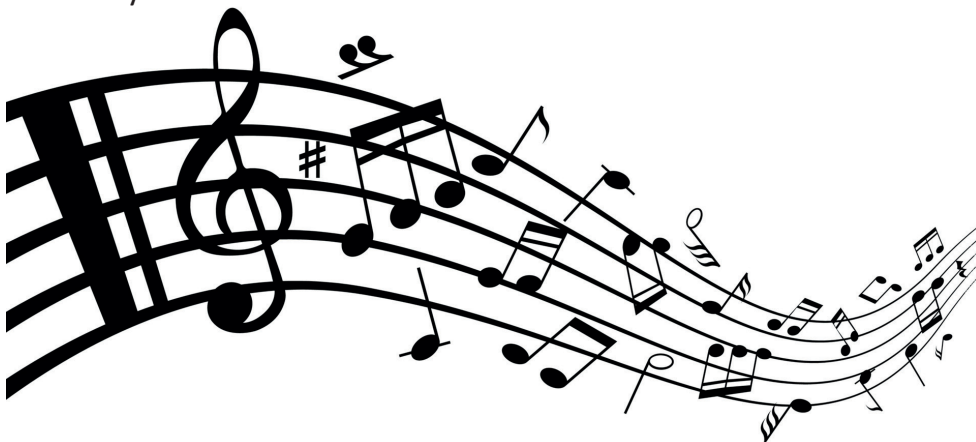
STUDENT INFO:
Name & surname: _____
Spanish teacher: _____
Tutor group: _____ Spanish group: _____

COUNTRY:

Music

Learn the position of the notes on the treble clef. If you already know these, learn them for the bass (or even alto) clef.

Learn the meaning of the elements of Music as defined here (<https://www.musictheoryacademy.com/how-to-read-sheet-music/the-elements-of-music>). If you already know these then explore the other Music theory material on this website.



Parents with pupils wishing to start or continue lessons on an instrument in school (we use Redbridge Music Service for instrumental tuition) should use the following link to ensure that they have signed up for these:

<https://ukvisionrcl.speedadmin.dk/registration#/>

Projects for Summer

Personal Development



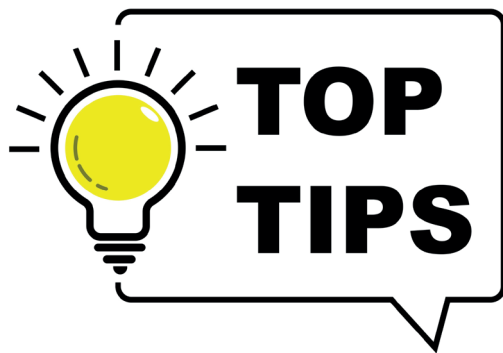
At Wanstead High School we want you to learn to be happy, healthy, safe and fantastic citizens ready for the modern world when you leave us as adults...

Task 1: Draw what your ideal future looks like when you finish school. Will you have a family, a house, what job will you do....?

Task 2: What do you think being healthy means?

Task 3: What would be your top tip for new year 6 pupils about staying safe?

Task 4: If you had one wish that would make you happier than anything else in the world, what would it be?



Projects for Summer

Physical Education (PE)

Ensure you have your Wanstead High PE kit and see if you can get changed into your PE kit and then your school uniform in under 4 minutes. Ready, set, GO! This will help us have a really fast start to our PE lessons.

Try and research the safety aspects of Trampolining and find out what the 3 shape jumps are – there will be achievement points on offer for those who can tell us a safety rule and the shape jumps!

Which athletics events do you know? Watch some highlights of the Olympic games to find out more. What does the following refer to - 'Faster, Higher, Stronger'?

Report - Choose one position from the below options and research a famous sports person in that position. Write a short report on what makes them talented in their position. Be ready to have this into your PE teacher when you join us in September.

- Football - Goalkeeper
- Football - Striker
- Netball - Centre
- Netball - Goal Defence
- Rugby - Winger
- Rugby - Centre
- Basketball - Point Guard
- Basketball - Centre



Religious Studies (RS)

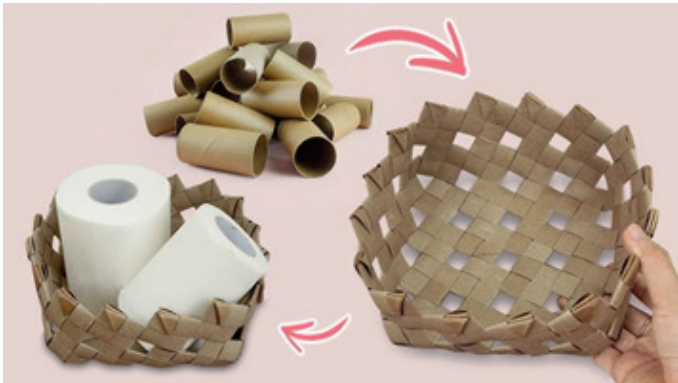
- Watch the video https://faithbeliefforum.org/aiovg_videos/safe-space-film-ks3/ and make a list of things that you need in order to feel safe expressing your views. Use the principles explained in the clip, but also come up with your own ideas.
 - Choose two different religions e.g. Christianity, Islam, Hinduism, Sikhism etc and come up with 3 similarities and 3 differences between the chosen religions.
- 



Projects for Summer

Resistant Materials

Use the waste that would be headed to your recycling bin, such as cereal boxes, Amazon corrugated boxes, toilet rolls, plastic drink bottles etc. to make a new useful end product.



Projects for Summer

Science

Explore the fascinating world of chemical and physical changes with some simple kitchen experiments! Here's what you need to know:

Chemical Change: This happens when a new substance is formed. You can tell a chemical reaction has occurred if you see changes in colour, temperature, bubbles forming, or if a new smell is produced.

Physical Change: This happens when the form of a substance changes, but no new substance is made. It's usually reversible, like changing from solid to liquid. Now, try these five activities at home and decide if each one is a chemical or physical change:

1. **Making Toast:** Watch how bread changes colour when you toast it. Is this a chemical or physical change?
2. **Melting Chocolate:** Melt chocolate in a bowl over hot water. Is this a chemical or physical change?
3. **Mixing Baking Soda and Vinegar:** Combine these two ingredients to see bubbles form. Is this a chemical or physical change?
4. **Freezing Fruit Juice to Make a Lolly:** Pour fruit juice into a mould and freeze it. Is this a chemical or physical change?
5. **Cooking an Egg:** Fry or boil an egg and see how it changes. Is this a chemical or physical change?

Try these experiments and think about what changes you see. Chemical changes create new substances, while physical changes only alter the form of the material. Have fun exploring Science in your kitchen!



Projects for Summer

Textiles

Practice your hand stitching skills, can you thread a needle and tie a knot?

We like to get creative in Textiles, can you produce some drawings of fashionable outfits?

