

Academic Year  
2023 - 2024

A GUIDE TO THE

# YEAR 7 CURRICULUM

BRITISH SCHOOL MUSCAT



BRITISH SCHOOL  
MUSCAT

# Welcome to our Senior School

## Welcome

Welcome to the Senior School at British School Muscat!

Year 7 brings a wealth of new experiences, not only for your child but for yourself also. My primary function, as Head of Key Stage Three, is to ensure that those experiences are positive and productive and this document will help provide valuable knowledge about where your child's educational journey will lead.

Each page of this booklet contains a brief curriculum outline for each subject and information related to the pastoral care of your child. I hope it answers many of the questions that you may have. However, if it does not, and if at any point you have any queries, please do not hesitate to contact me on the email below or click the link at the bottom right of this page, and we will endeavour to put your mind at rest.

### Robert Hughes

Head of Key Stage Three

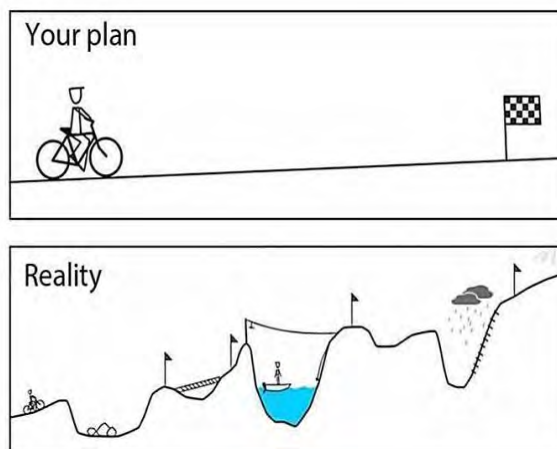
[hughesr1@britishschoolmuscat.com](mailto:hughesr1@britishschoolmuscat.com)



## Pastoral Care

The Pastoral Team of Year 7 tutors is led by Mr Short as Head of Year 7 and overseen by Mr Hughes as Head of Key Stage Three.

The Pastoral Vision at BSM is to ensure every individual student strives to fulfill or surpass their academic and creative potential; that they feel like a valued member of the school community and that they enjoy their time here at BSM during what is a crucial stage in their educational career.



Why is pastoral care relevant?

Students may believe that education is a simple road that can be travelled simply by turning up. However along the way there will be several obstacles that will need to be traversed. The Pastoral Team is in place to support, encourage and inspire students as they navigate this complex period.

### Mr Short

Head of Year 7

[shortc@britishschoolmuscat.com](mailto:shortc@britishschoolmuscat.com)



# What will students need?

## Student Kit List

The list below details all the equipment your child will need for their lessons at BSM, in addition to uniform items listed on our [uniform list](#) (see our website).

- Calculator
- Coloured pens and pencils
- Compass
- Glue
- Pencil case
- Pens, blue and black
- Protractor
- Eraser
- Ruler
- Scissors (small)
- Variety of pencils (HB, 2B, 4B)
- Water Bottle
- Laptop (see Bring Your Own Device)

## Planning and Organising

Students are expected to use Google Classroom and Google Calendar to plan and organise their studies online.

At the start of the year students are given guidance and training to ensure they are confident and comfortable using Google products effectively.

To ensure parents and guardians are kept informed they will receive regular automated emails from Google Classroom to monitor their child's homework, assignments and progress.

For an in depth explanation of how Google Calendar works [please see this video](#).

## Bring Your Own Device

All students in BSM's Senior School should bring their own device to school to use during lessons.

BSM is a Google School and we use Google Classroom and Google's free software for lessons and homework where required. There is no requirement for any software to be downloaded prior to the start of the year.

Students must ensure they bring their device fully charged for the entire school day.

Students should use their school Google Account to backup their data, students have access to unlimited storage in the cloud.

A student's mobile phone is not classed as a device and should be switched off between 7:30am and 2pm.

## Purchasing a device

If you would like to purchase a device for your child please follow these recommended minimum system requirements:

- Physical keyboard
- Minimum 6 hours of battery life
- Minimum 4GB RAM (memory)
- Minimum 120GB hard drive (storage)
- Less than 1.8KG weight
- Minimum screen size 11" and Maximum 14"
- Suitable case or cover for daily use

We are happy to provide advice for any device before you purchase, please contact IT Services on: [helpdesk@britishschoolmuscat.com](mailto:helpdesk@britishschoolmuscat.com).

If your child is unable to bring a device to school, please contact the Senior Office.



# Structure of the School Day

## Structure of the School Day

Arrive at school	07:00 - 07:25
Period 1	07:30 - 08:35
Period 2	08:35 - 09:40
Break	09:40 - 10:00
Period 3	10:00 - 11:05
Period 4	11:05 - 12:10
Lunch	12:10 - 12:40
Tutor Time	12:40 - 12:55
Period 5	12:55 - 14:00

Further information about drop-off and pick-up arrangements is available on the [Parents Page](#) of our website.

## Tutor Time & Assemblies

Students are expected to be in their tutor room by 12:40 where they will spend 15 minutes discussing significant issues, important notices and creating a stronger tutor group community bond.

In addition to this daily session, students will also have 30 minutes with their tutor group per fortnight where team building exercises, target setting and other tutor related activities will take place. After this, students will join the rest of their key stage or the whole school for an assembly linked to developing their knowledge and understanding of key issues around the world or focusing on BSM values and the [BSM Learning Ethos](#).

## Break & Lunch Times

At break times all year groups have a designated break area which is air conditioned, close to a water fountain and toilet facilities whilst also being monitored by members of staff.

During the hot months these areas are primarily for eating and socialising but during the cooler months students also have access to the All Weather Pitch, where they can play a number of different games, and the Table Tennis room.

All students have access to a locker and can leave their snack box there or in the break area. We recommend a healthy snack for first break and a more substantial meal for lunch. Fizzy drinks are not included as part of a healthy diet but fruit, vegetables, cereals and water are. BSM has a no nut policy and nut products are not allowed on the school site.

## Uniform Expectations

BSM has a simple uniform, which changes slightly in style as pupils move through the school. Our uniform encourages a sense of belonging and pride in our students. All students from Foundation Stage to Year 11 wear school uniform. Sixth form students must follow the Sixth Form dress code.

Further information is available on the [Parents Page](#) of our website.

## PE Lessons

On days when students have PE, they should wear their PE kit to school and bring in their uniform to change into afterwards. If they have swimming, swim kit should be brought in a separate bag to change into at school.



## Form Groups & Sets

Year 7 are split into form groups which are created on a variety of factors including how students may perform alongside each other and relevant pastoral information made available to the senior school. Students will attend the majority of lessons with their form group such as Science, History and Drama.

For Maths and PE students are split into performance sets. If a student's performance changes over the year they can move up or down sets.

For language lessons (MFL), students are split based on language choice. There are no language sets in Year 7.

## Subject lessons per fortnight

English: 6  
Maths: 6  
Science: 6  
MFL: Arabic, French, Spanish: 6  
Physical Education: 4  
Geography: 4  
History: 4  
Art & Design: 3  
Design Technology: 3  
Computing 2  
Drama: 2  
Music: 2  
PSHE: 1

## Assessments

Assessments take place in class and will usually occur once per half term. Subjects with performance sets will usually only move students, if necessary, at the end of each term.



## Choosing a language

During the application process students will be asked to choose 2 languages to study from 3 options: Arabic, French or Spanish.

It is expected that students will continue to learn modern foreign languages for the whole of Year 7, 8 and 9 before choosing 1 to continue at GCSE level.



## Homework

All subjects, with the exception of Drama and PE, are set homework in Year 7 at BSM. Some subjects such as English, set homework weekly whilst others, such as Computing set homework fortnightly. Each student will be provided with a homework timetable with details of which day homework is due to be set for each subject.



# Learning Support

## Reports & Academic Monitoring

In Year 7 students will receive 3 Academic Reports: Typically this is December for term 1, March for Term 2 and June encompassing the whole year.

After each report the Year Leader will analyse student attainment and effort levels. If in the rare instance a student is working below the expected attainment level in a subject then the teacher will contact home with targets for the student to work on to progress before the next report.

If a student has been evaluated as having inconsistent or poor effort a meeting will be scheduled to discuss barriers to their learning and how best we can support their studies. Both the above strategies are designed to support pupil progress and provide clear strategies to progress. They should never be seen as a punishment.

## Mentoring

To further support students in KS3 they may be invited to mentoring sessions. These sessions are designed to:

- Help students settle in
- Identify any barriers to their learning
- Develop student's confidence so that they can challenge themselves
- Make provision for the student to work on homework, revision and study skills
- Help the student make progress and achieve their full potential

These sessions should be seen as an opportunity to develop skills rather than an indication of having done something wrong or a major concern. In the past students have greatly valued working more closely with teachers or Sixth Form Mentors to improve their progress.



## Inclusion Department

### Special Educational Needs (SEN)

The Inclusion department provides advice and assistance for those families with children who have mild to moderate learning needs. Through a programme of tailored support, where necessary, the progress of students on our Additional Needs Register is carefully monitored. Inclusion Assistants work both within lessons and with small groups, as well as alongside teaching staff, to ensure that your son/daughter's needs are met. In some instances, children may require the additional support of outside experts, such as speech therapists or educational psychologists, in which case the Inclusion team will work closely with professionals in the community.

### English as an Additional Language (EAL)

BSM offers a British curriculum and thus all teaching is in English. Students starting at BSM should have a high level of competence in English and are expected to attend all mainstream classes.

## Student Impact Teams

All students will have the opportunity to apply for a place on the five Student Impact Teams (SIT). The teams are focused on: Teaching and Learning, Wellbeing, Charity, Sustainability and Diversity Equity and Inclusion. The SIT will allow students to develop the skills to plan and lead real change within the school and help prepare them further for later life.

## Rewards at BSM

BSM's reward system was launched by our Teaching and Learning SIT. It focuses on verbal positive praise, achievement postcards, Year led Star of the Fortnight and charity tokens. A student led explanation of the Reward System can be [found here](#). Celebration assemblies are held at the end of each term to showcase student achievements, both academic and practical, whilst also recognising those students who have exemplified BSM and HPL values.

## High Performing Learners (HPL)

High Performance Learning is an advanced pedagogy that helps schools become world class through systematically developing superior cognitive performance in all students.

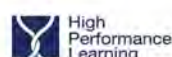
Its proven framework and methodology, when applied by good schools, leads to increasingly strong academic results; well-motivated, engaged and life-ready students; and happier parents.

The 13 characteristics below form BSM's Learning Ethos which all students should develop in their time at BSM.

## Progression to Y8

Once students complete Year 7 they are automatically enrolled into Year 8. Only in very exceptional circumstances may a student be asked to repeat the year again.

Year 8 is another important year during a child's educational journey as they begin to understand which subjects they wish to continue to GCSE (which they will choose in Year 9).



## BSM Learning Ethos HPL Values, Attitudes and Attributes



HARD WORKING and SECURE INDIVIDUALS	AGILE and RESOURCEFUL LEARNERS	EMPATHETIC and RESPECTFUL CONTRIBUTORS
<b>Practice</b> <i>Train and prepare through repetition of the same processes.</i>	<b>Motivated</b> <i>Work hard because it matters. Plan independently. Think and do things for myself.</i>	<b>Confident</b> <i>Talk about ideas clearly. Enjoy new challenges. Be confident in saying and doing.</i>
<b>Responsible</b> <i>Choose right from wrong. Be honest about mistakes. Come ready and prepared for school.</i>	<b>Curious and Enquiring</b> <i>Ask questions about what I have learnt. Explore new ideas in my learning. Question what I see, hear and read.</i>	<b>Collaborative</b> <i>Find out what other people think. Find answers with other people. Include other people.</i>
<b>Persevere and be Resilient</b> <i>Persist in effort, face obstacles but never give up. Work diligently and systematically. Not be satisfied until high quality, precision and the desired outcome are achieved. Change what I need to. Not be put off by mistakes.</i>	<b>Reflective</b> <i>Think and talk about what I have learnt. Improve what I have learnt. Use what I have learnt to make choices.</i>	<b>Community-minded</b> <i>Help others. Make a difference at BSM and in the community. Take care of the world around me.</i>
	<b>Creative and Enterprising</b> <i>Be willing to innovate and invent multiple solutions. Adapt my approach according to need. Show originality in work. Use initiative to find solutions.</i>	
	<b>Risk Takers</b> <i>Think, then have a go. Find new ways to solve a problem. Do things differently to do them better.</i>	
	<b>Open Minded</b> <i>Change my ideas because of what I've seen, heard or read. Think about things from another's point of view. Accept others have different ideas.</i>	



# Arabic

## Timetabled lessons per fortnight:

Lessons: 3 per fortnight

Homework Expectations: up to 60 minutes per fortnight

## Subject Overview

Students are given the chance to learn some spoken social Arabic that can be used in Oman (or any Arab country) on a daily basis. Students will learn the Arabic alphabet including the different vowels in the stand-alone and joined-up formation. Students will be taught to read and write in full Arabic script.

There are three main topics and one project to be covered in Year 7, all of which are based on the Modern Foreign Languages programme. Lessons will focus on all 4 skill areas; listening, speaking, reading and writing. Students will be guided and supported to cover all topics in Arabic script in preparation for the requirements they would later meet at GCSE.

Please note the Arabic course runs as a foreign language, beginners course.

## What students will learn

Using the Gianfranco Conti's method of teaching (EPI), we introduce the language to students via sentence builders at the start of each topic. This allows students to build self-efficacy and produce the language confidently.

- introducing yourself and others
- describing yourself and others (hair/eyes)
- describing your and others' character
- describing members of your family
- talking about your likes and dislikes
- talking about your free time activities
- Understanding how to read a Arabic letters and read words in Arabic

## Support for learning

To make progress in Arabic please immerse yourself in the culture, traditions and language by watching cartoons or films with subtitles. Change the settings in your phone or laptop to Arabic. Try out the different language learning apps like Linguascope or Quizlet.

*"I am fortunate to learn Arabic at BSM and have the chance to practice it outside the classroom"*

Arabic is the 5th most commonly spoken native language in the world and is the official language of over 20 countries.





# Art & Design

## Timetabled lessons per fortnight:

Lessons: 3 per fortnight

Homework Expectations: up to 45 minutes per fortnight

## Subject Overview

Art & Design encourages innovative and imaginative responses from students in their interpretation of the subject matter presented.

The process of studying art is an ongoing visual enquiry that has an infinite number of creative possibilities. The Art & Design department uses a wide range of media from the traditional drawing & painting, printmaking, collage and ceramics through to photography & digital manipulation.

We are looking to engender creative thinking and originality through stunning visual vocabulary. We ensure all artwork produced has a political, social, cultural or historical context.

*"I enjoy the freedom you get in art. One topic could have endless possibilities in the ways you and others interpret it."*



## What students will learn

**Unit 1** Figurative: Multicultural Masks & Celebrations. Students design and make a mask using a variety of decorative and construction techniques after studying artwork, craft and ceremonial dress from a range of cultures.

**Unit 2** Landscapes: Architecture, The Grand Mosque. After a field trip to the Grand Mosque, students use their observational drawings and photos to design some Islamic inspired ceramic works.

**Unit 3** Still Life: Recording Observations. Learning and practicing different styles of paint application: Students will work in the style of the Fauves and Pointillists, to produce their own imagery.

## Support for learning

Appreciate that Art & Design can be found wherever you look- fashion, textiles, architecture, illustration, animation, interior design, graphics... everywhere!

Draw what you see, draw from your imagination. Be inspired by artists online, in books and in galleries or museums. Follow your favourite artists or designers on social media.

Download some art apps/ programmes and use them to doodle on your photos and to create new images

Be patient and enjoy the process from concept to realisation.

The aim of art is to represent not the outward appearance of things, but their inward significance. Aristotle



# Computer Science

## Timetabled lessons per fortnight:

Lessons: 2 per fortnight

Homework Expectations: One homework per fortnight, around 30 minutes.

## Subject Overview

Computing at Key Stage 3 focuses on the development of young Computer Scientists, problem-designers and problem-solvers.

Schemes of Work are designed to develop a more focused understanding and appreciation of the technology (and the digital principles behind these) we use in our daily lives. Students are also encouraged to think of the future and what might lie ahead.

There are six main units that we cover throughout KS3:

- Computational Thinking
- Data Representation
- Computing Hardware/Software
- Networking
- Issues and Impact of Computing
- Programming

These topics are of a cyclical nature each year, adding new skills and complexity.

*"I really enjoy learning how all of the parts in a computer work. Programming is really fun too as we get to make our own games!"*

Did you know that Python is a professional programming language used in the real world by many companies from NASA to Google, Netflix and Amazon!

## What students will learn

In Year 7 students gain an introduction to six computing topics, learning how to program in both a block based language (scratch) and their first steps into a high level language (Python). Students also have the opportunity to enter into the COBIS programming challenge and compete against other students around the world.

We would also highly encourage students to practice programming outside of lessons, so that they are able to consolidate their skills and techniques that we learn in class.

## Support for learning

There are lots of online resources that you can use to help support your learning, a few are linked below:

### Core

- [BBC Bitesize: KS3](#)

### Extended

- [BBC Bitesize: GCSE](#)

### Online Programming

- [Codecademy](#)
- [CodeinGame](#)
- [W3 Schools](#)

### Technical

- [Computer Science Tutor](#)

### Interest

- [Crash Course Computing](#)

### Tools

- [Replit Online IDE](#) (Sign in with Google)



# Drama

## Timetabled lessons per fortnight:

Lessons: 2 per fortnight

Homework Expectations: Occasional research or sourcing of props and learning lines.

## Subject overview

Drama in Year 7 is an active, creative and exciting subject.

Students participate in a range of projects, such as storytelling, designing a show and physical theatre. With plenty of drama games, improvisations and script work, students soon build up their confidence and their ability to work well with others.

Students are given several performance opportunities throughout the year in class, as part of class assessments and in the school productions.

Students are assessed on their progress throughout the course and towards the end of each unit.

*"Drama is the only lesson where I can be myself and someone else at the same time"*



## What students will learn

In the first introductory unit students have the chance to develop performance skills, using techniques such as freeze-frame and thought-tracking. Improvisations and script work are inspired by folk stories and fairy tales. Working in small groups, students enjoy creating a range of characters with opportunities to experiment with dramatic form.

Term two develops the ability to characterise and get familiar with more accessible theatre techniques and genres like Commedia Dell'arte. They will explore physicality and comedy in performance and explore performing with masks.

Throughout the year cross curricular opportunities are provided, supporting students learning in Music and English lessons.

## Support for learning

Students are encouraged to watch a range of productions in order to develop their understanding of dramatic forms and performance techniques. BSM stages a school production every year, all Year 7 students are encouraged to participate, gaining valuable performance experience.

Students are also encouraged to explore the following website to learn more about Drama.

- [The Schooltrip: Shows you can watch for free](#)



Did you know that one of the most important skills developed through Drama is.....empathy.  
How to express myself with confidence.

# Design & Technology

## Timetabled lessons per fortnight:

Lessons: 3 per fortnight

Homework Expectations: up to 30 minutes per fortnight

## Subject overview

Students will complete 2 projects working from 2 different contexts.

There are four main areas that students will cover.

**Designing skills** - Students develop graphics and design skills allowing them to communicate their design intentions.

**Making skills** - As the year progresses the students will use a broad range of tools and equipment and learn how to manufacture with different materials.

**Evaluating** - Throughout their work students learn to evaluate what they have done, they also evaluate existing products to identify how they are fit for purpose.

**Technical knowledge** - Students will learn a range of technical knowledge and skills related to Design and Technology. They will have the opportunity to use these in their project work.



## What students will learn

**Project 1** is based around developing workshop skills and becoming familiar with tools and equipment with safety at the forefront of everything students do. Pupils will design and make a small storage container including using 2D design software and laser cutting/engraving (CAD/CAM).

**Project 2** will further develop students' skills both in designing and making. CAD and CAM skills will be developed further and students will make an electronic device holder using timber and acrylic assembled with both wood joints and metal fastenings.

## Support for learning

To make progress in Design and Technology students need to be aware of the world around them and why specific materials were chosen for a particular task. They need to be encouraged to think analytically. Students can also prepare for year 7 by practicing sketching and drawing skills by following videos on YouTube.

We recommend students explore these websites:

- [www.technologystudent.com](http://www.technologystudent.com)
- [www.tinkercad.com](http://www.tinkercad.com)

*"Design & Technology is the best subject of the week"*

Did you know that D&T makes links with all the other curriculum subjects?

You will use tools and equipment to make useable products



# English

## Timetabled lessons per fortnight:

Lessons: 6 per fortnight

Homework expectations: up to 30 minutes per fortnight in order to consolidate, research and present.

## Subject overview

The study of English (both fiction and non-fiction texts) is a wonderful opportunity to enhance our literacy skills, create, imagine and inspire. Through reading and writing, we are offered so many pleasures - some challenging but always worthwhile. Just think of the the following: we are able to shape our understanding of the world in which we live and our relationships with each other; we get to know ourselves better; we fire up fuel for our fantastic imaginations; we learn how to cope with uncertainties; we nurture our souls and heal ourselves. What's not to love?

In Year 7 English at BSM, you will join many characters on a learning journey from as far back as the energetic and exciting times of Shakespearean England to as far forward as the strange and mysterious worlds of the Sci-Fi genre. You will use your creativity in researching for projects; you will become an analytical thinker; you will question and debate ideas; you will share your imaginative writing with your peers and always support each other to seek further improvement.



Be prepared to:

- design Shakespeare's Globe Theatre or a scene from one of his plays
- inhabit the chaos and excitement of Shakespeare's London!

## What students will learn

You will study 5 units in English, as follows:

- Literary Heritage
- Power of Poetry
- Sci-Fi & Adventure genre
- Study of a Modern Novel
- Behold the Bard: Shakespeare

You will be assessed in a variety of ways: recall & retrieval quizzes, creative writing, extended essays project work.

## Support for learning

When you arrive in year 7, you will be given a handbook for English which has various links to some fantastic websites which you might find of interest.

You will also be given log in details to a vocabulary platform called [BEDROCK](#) which helps you to become a word wizard in no time at all!

We also have a KS3 Learning Resources area on our Google Classroom area which you can drop into at any time once you have set up your accounts with us.

Finally, we will give you a reading list to help you enhance your reading skills and broaden your reading choices so that you can escape into another world when all the hard work is done!

*"That's the thing about books. They let you travel without moving your feet." – Jhumpa Lahiri*



# French

## Timetabled lessons per fortnight:

Lessons: 3 per fortnight

Homework Expectations: up to 30 minutes per fortnight

## Subject overview

Students are given the vocabulary and the required structures to be able to communicate and understand day to day information, while exploring the culture in French speaking countries.

There are three main topics to be covered in Year 7: self and family, school life and free time. Lessons will be focused on all 4 skill areas, speaking, reading, listening and writing. Students will also discover different aspects of French culture through the study of French music and festivals.

Please note the French course runs as a foreign language, beginners course.

*Fais de ta vie un rêve, et d'un rêve,  
une réalité.*  
(Antoine de Saint-Exupéry)



## What students will learn

Using the Gianfranco Conti's method of teaching (EPI), we introduce the language to students via sentence builders at the start of each topic. This allows students to build self-efficacy and produce the language confidently.

- introducing yourself and others
- describing yourself and others (hair/eyes)
- describing your and others' character
- describing members of your family
- talking about your likes and dislikes
- talking about school subjects
- describing your timetable
- describing your school life
- saying what you eat at school
- talking about your free time activities
- talking about the weather and free time

## 'Support for learning

To make progress in French please immerse yourself in the culture, traditions and language by watching cartoons or films with subtitles. Change the settings in your phone or laptop to French. Try out the different language learning apps like the Language Gym, Seneca or Quizlet.

### Did you know?

French is spoken across the entire globe. About 45% of modern English words are of French origin.

# Geography

## Timetabled lessons per fortnight

Lessons: 4 per fortnight  
Students can expect 1 piece of homework per fortnight.

## Subject overview

Students study a range of topics and Geographical Skills to enable them to make sense of data, interpret maps and understand their local and global context. The Year 7 course includes an exciting field trip to Wadi Dayqah in order to study the importance of water to settlements and the impact of the new dam in the region. Students then write this up as a project applying their knowledge and understanding.

## The Curriculum

### Term 1

Topics covered; Earth Story, Map skills, Settlement and water use in Oman.

During term 1, students are encouraged to ask deep questions about the origins of earth, evolution of life and our place on the planet. Students then acquire basic skills in the use of Ordnance survey maps and apply their maps skills and investigate site and settlement features.

### Term 2

Topics covered; Rivers, Flooding and Fieldwork involving a real coursework write up! (This is fully supported but also designed to challenge our intrepid Geographers!).

During term 2, Year 7 undertake fieldwork in Wadi Dayqah investigating the impact of the recent dam development. Students also investigate the structure and landforms created by rivers and look at the causes, impacts and management of flooding.

### Term 3

Topics covered; Africa, The Horn of Africa and Glaciation.

Students investigate the Physical Geography, Human History and Current Affairs on the diverse, unequal, conflicted and vibrant continent of Africa before investigating the issues and opportunities presented. As the weather gets hot, students investigate the coolest geography topic of all - the study of ice and its impact on the environment.

## Support for learning?

We encourage all our budding young geographers to participate in **'The Young Geographers'** competition. This is an exclusive competition held by the Royal Geographic Society and each year we send our winners to the awards ceremony in London. This prestigious event makes the headline reading of any young person's curriculum vitae and really broadens perspectives.

**'The World Scholars Cup'** is a regional and international tournament held each year by the top international schools. The Geography department at BSM host the regional round and in November each year we send several student teams to the finals at Yale University in New York, USA. We encourage all students to participate in this prestigious event. Additionally in recent years, students have also represented The British School Muscat in South Africa and Beijing, always returning with more silverware than we know what to do with!



## Did you know?

On the 18th of February 1979 it was snowing in the Sahara.

The Himalayas are getting higher 0.6 inches/1.5 cm every year.

Africa is the only continent situated in all the four hemispheres – the western, the eastern, the northern and the southern.

Amman – the capital of Jordan, used to be called Philadelphia.

# History

## Timetabled lessons per fortnight:

Lessons: 4 per fortnight

Homework Expectations: up to 30 minutes per fortnight. To consolidate, research and present.

## Brief overview

History is all around us; we are continually making history through our thoughts, words and actions. History is personal and global; it is everyday life and momentous occasions. History is about people. Throughout your studies at BSM you will consider a variety of themes - from the development of modern medicine, the similarities and differences of governments and political ideologies, to causes and consequences of imperial conquests and wars.

We will study six different topics in Year 7, all of which will help us to understand how the world was connected in 1000-1600. We will look at a variety of rich histories; through different narratives, sources and interpretations, and develop our understanding of global communities and the past.

*'The more you know about the past the better prepared you are for the future' - Theodore Roosevelt*

## What will I learn

### 'How was the world connected, 1000-1600?'

We offer a diverse history curriculum, and in year 7 we look at the Norman Conquest, and formation of England; the Islamic Empire; African Kingdoms; the History of Oman and the causes and impacts of the Black Death. With a focus on connections, we look at trade routes and the sharing of ideas and cultures.

You will be assessed in a variety of ways; from short knowledge quizzes, extended essays, and project work.

## How can I support my learning

A good historian will use the skills that they develop in the subject to sort out fact from fiction, opinions from facts and to use evidence to piece the jigsaw of history together.

Our school library is stocked full of fiction and non-fiction reads around each topic, and there are some great TV Shows (like Horrible Histories!) as well as interesting podcasts on a variety of topics too.

History Hit: Dan Snow:  
<https://www.historyhit.com/podcasts/>

Versus History Podcast:  
<http://www.versushistory.com/podcasts.html>.

Be prepared to design and create your own shield for our epic battle reenactments!





# Mathematics

## Timetabled lessons per fortnight:

Lessons: 6 per fortnight

Setting: Yes

Homework Expectations: 1 homework per week

## Subject overview

The national curriculum for mathematics is delivered in 13 modules in Year 7 and the progress of students is monitored through three Key Assessments spread over the school year: one per term.

Mathematics is taught in performance sets and at the start of the school year the setting of students is determined by considering their Year 6 End of Year Report, performance data from Year 6 (if available), school references and CAT scores.

Throughout the school year, students are encouraged to take Key Assessments very seriously as the results of these assessments are used to compare students' achievements and students may change set based on their performance in Key Assessments.

*"I really enjoy maths. My teacher always supports me when I need help, which allows me to improve further."*



## What students will learn

The Mathematics curriculum in Year 7 is delivered across four strands: Number, Algebra, Data Handling, and Shape, Space and Measures.

High Performance Learning (HPL) in Mathematics starts with a solid foundation. Therefore, a thorough understanding of Number and Algebra is particularly important.

In Year 7, students will consolidate the skills and knowledge taught in Primary School, with a specific focus on algebra and core numeracy skills, which will underpin much of their subsequent learning.

To support progression through the curriculum, pupils are placed into sets based on their academic attainment. These sets remain fluid throughout the journey through KS3 and KS4.

## Support and Learning

Although the philosophy of teaching Mathematics has changed over the years, the phrase 'practice makes perfect' has withstood the test of time; students get higher grades when they spend more time practising!

DrFrostMaths is the main website we use to support learning, although teachers will direct students to other sites if, and when, appropriate. DrFrostMaths will offer excellent support for independent practice at home, when pupils may wish to engage with practice above and beyond homework requirements.

To support their learning, Year 7 students will be given access to a wealth of practice questions throughout the year, including optional holiday work over longer breaks.

All Year 7 students will be entered into the UKMT Junior Maths Challenge and will be invited to take part in events such as the annual Pi Day challenges.

The number 1 is **not** a prime number, because it has only one factor.

# Music

## Timetabled lessons per fortnight:

Lessons: 2 per fortnight

Homework Expectations: 30 minutes per fortnight

## Brief overview

Students learn entirely through practical music making and playing instruments. All students will have the chance to play a variety of instruments and sing in class with well tried and tested online activities supporting classroom music making.

There are five units covered in Year 7, all of which are wholly based practical music making. Lessons focus on three skill areas; performing music, composing music and appraising music. Students will use different kinds of music notation, including traditional western music notation.

We are proud of our differentiated tasks and we cater for for all learners in lessons, from beginners to advanced musicians.

*"I really like that no matter how good or inexperienced you are, the friendly teachers always encourage you to keep playing and to have fun" (Year 7 student).*

## What students will learn

Units of work interlink the three key disciplines of performing, composing and appraising.

**Performing** involves playing instruments and singing in class and at home. In year 7, we focus mainly on singing and playing brass instruments but do cater for any instrument. We encourage students to bring in and use instruments they may be learning outside of their classroom environment.

**Composing music** involves creating and improvising music in a variety of styles. This is done using instruments, by singing and using technology.

**Appraising music** involves students listening to their own performances and compositions, evaluating their success and setting targets for future improvements. Students also appraise a wide variety of music from western music, non-western music, popular styles and more traditional music.

## Support for learning

All students are encouraged to take part in the wide range of extended curricular activities we offer. They are encouraged to learn instruments outside of their timetabled lessons. Students should get involved as much as they can, listen to as much varied music as possible and attend live music events when available. There are many concerts in school and the local community, and we have one of the finest opera houses and concert halls in the world in Muscat.

Interesting fact:  
Did you know that many highly accredited studies have found learning an instrument and listening to music can improve academic performance across the curriculum.

Best thing I will learn?  
You'll have the chance to learn an instrument, a skill that could bring you joy for the rest of your life.



# Physical Education (PE)

## Timetabled lessons per fortnight:

Lessons: 4 per fortnight

Setting: Yes in Year group lessons. No in tutor group lessons

Homework Expectations: None, students are encouraged to attend sporting ECAs and Community Clubs.

## Subject overview

Students are given the opportunity to develop key skills and concepts in a wide variety of sporting activities.

There are twelve different sporting activities to be covered in Year 7, of which some are based on team games and others on individual/aesthetic sports. Lesson content will be focused on health & safety (warm up/cool down), skill acquisition and development, competitive performance and challenge, collaboration, communication and leadership (amongst many other HPL values and attributes.)



### Interesting PE Fact?

*By taking part in physical activity the body releases endorphins (serotonin) which makes you happy (a positive wellbeing outlook).*

### Best thing I will learn?

*Taking part in PE & Sports will promote a healthy, active lifestyle increasing enjoyment, social opportunity and physical attributes for a long and healthy life!*

## What students will learn

The following sporting activities are covered in Year 7:

- Net and wall games
- Invasion games
- Aquatics
- Track & Field (Athletics)
- Dance
- Trampolining (Gymnastics)

## Support for learning

To make progress in PE, students may opt to bring in their own specialised equipment, however, the school does provide all items. The learner should be ready for PE lessons by wearing full BSM PE kit, being open minded and willing to participate fully in all activities, safely. Students will be asked to learn independently, in partnerships or small groups (single and mixed gender) gaining a full understanding of our DEI values.

Students may accelerate their learning by attending ECAs. There are a large number of activities on offer which are designed to encourage participation. There is an opportunity through the ECAs to be selected for teams that play local and International fixtures.

*"Physical Education makes every child stronger and every life longer"*



# PSHE

## Personal, Social, Health & Economic Education

### Timetabled lessons per fortnight:

Lessons: 1 per fortnight

Homework - none set

### Brief Overview

PSHE stands for personal, social, health and economic education and is taught to all students to ensure that they have age appropriate knowledge of all vital aspects of life that they need to be aware of in order to thrive in life, both now and in the future. PSHE Education helps students to stay healthy and safe and also prepares them for life as a successful adult.



### What will I learn

During these lessons there will be a variety of topics covered that will equip our students to grow into successful young people and thrive now and in later life.

### Topics include

- Personal Safety and Health
- Relationships and Sex Education
- Economic Wellbeing
- Careers

### How can I support my learning?

To make maximum progress in PSHE lessons, it is important to be open to discussion, to challenge your current thinking and listen to varying view points and also to reflect on the learning from the lessons to help you deal with situations that may arise in your daily life.

PSHE at BSM is integral to enabling students to be #bestfortheworld





# Science

## Timetabled lessons per fortnight:

Lessons: 6 per fortnight

Homework Expectations: Up to 30 minutes per week. The focus is either on retrieval practice of key concepts using the Carousel Learning program or engaging interest beyond the curriculum with a Wider Reading homework. There is also an extended homework project in Term 3 researching the UN Sustainable Development Goal of Clean Water and Sanitation

## Subject overview

The Science syllabus includes biology, chemistry and physics in order to provide a general science education. We sequence key concepts in a way that increases in complexity over time and ensures that prerequisite knowledge from all three disciplines has been covered. As a consequence students will be working with familiar subjects that build on previous ideas. Students will be working in laboratories, carrying out experiments and recording and analysing their results. The focus in Year 7 is on developing students knowledge of scientific principles in order to practice applying key skills such as critical thinking, practical and enquiry skills, critical understanding of evidence, creativity, collaboration and communication.

*"Science is fun and interesting with lots of practicals and explosions"  
(Year 7 student survey)*



## What students will learn

### TERM 1

Chemistry: Particles and Reactions

Physics: Forces and Energy

### TERM 2

Biology: Cells and Tissues

Chemistry: Materials

Physics: Electricity

### TERM 3

Biology: Ecology and Reproduction

## Support for learning

Here are some useful websites to support your learning.

[Seneca Learning](#)

[BBC Bitesize](#)

[Science Journal for Kids](#)

### Did you know?

1. Babies have around 100 more bones than adults
2. Some metals are so reactive that they explode on contact with water
3. A teaspoonful of neutron star would weigh 6 billion tons

# Spanish

## Timetabled lessons per fortnight:

Lessons: 3 per fortnight

Homework Expectations: up to 30 minutes per fortnight.

## Subject overview

Students are given the opportunity to learn conversational Spanish, whilst exploring the culture in Spanish speaking countries.

There are four topic areas to be covered in Year 7, all of which centre around self, family, hispanic festivals and personal interests. Modern Foreign Language lessons focus on all 4 skill areas, speaking, reading, listening and writing. Students are encouraged to use transactional skills.

Please note the Spanish course runs as a beginners course.

## What students will learn

Using the Gianfranco Conti's method of teaching (EPI), we introduce the language to students via sentence builders at the start of each topic. This allows students to build self-efficacy and produce the language confidently.

The topics covered are as follows:

1. All about me - greetings, age and birthdays, where I live, about my family.
2. Life at school - expressing opinions, the present tense.
3. Free Time - irregular verbs.

Throughout the year, we also take the opportunity to celebrate and discuss Hispanic festivals. This is the perfect opportunity to culturally immerse oneself in Spanish speaking traditions. Students also have the opportunity to complete an individual project.

## Support for learning.

To make progress in Spanish students should immerse themselves in the culture, traditions and language by watching films, listening to podcasts and music in Spanish. Students can change the settings on their phone or laptop to Spanish and try out different language learning apps such as The Language Gym, Seneca or, Quizlet.



Did you know? Spanish is the second most spoken language in the world today!



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