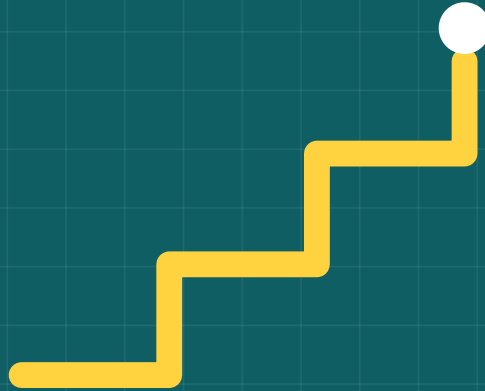




UpOnly Learning



GRADE 7

FREE SAMPLE WORKBOOK

English & Writing Grade 7

One step at a time. · Ages 12–13 · Free sample: 1 of 8 topics

UO-WRIT-7

One step at a time

I'm Dr. Evan J. Hasson. I've run a specific chiropractic practice for over twelve years, and I'm a dad of three. My work is about alignment: get the structure right, and everything else works better.

At home, nothing was aligned. I was spending thousands a month on tutors, extracurriculars and programs, and when I asked about enrolling a second or third child the answer was always the same: that'll be double, that'll be triple. The charter school had a waiting list. The good public school had a waiting list. The private schools had the kind of list where it helps to know someone, or to give generously first.

And underneath all of it, the same quiet threat: if you don't pay for this, your child will fall behind. Not sold with evidence. Sold with fear.

So I did my own research, and here is what I found: none of it is secret. The standards are published. The order a child should learn in is written down and freely available. It is just scattered. Nobody had done the work of pulling it together, putting it in order and handing it over. So I did.

When every step has its place, confusion has nowhere to hide.

I built this for my own kids. I'm giving it to yours.

Dr. Evan J. Hasson, DC

Founder and dad of three

Copyright, license and disclaimers

Copyright. © 2026 UpOnly Learning, LLC. All rights reserved. UpOnly Learning™ and the step logo are trademarks of UpOnly Learning, LLC.

Free sample. This free sample may be printed and shared freely, as long as it is shared whole and unchanged, with this notice and the UpOnly Learning name. It may not be sold.

Not a school. UpOnly Learning is a private educational publisher, not a school, and is not affiliated with or endorsed by the US Department of Education, any state board of education or school district. This workbook does not award grades or credits and does not replace any curriculum your state requires. You are responsible for meeting your local homeschool laws.

Standards. Topics are aligned to academic standards in our own interpretation; the owners of those standards do not review or endorse this workbook. Common Core State Standards © Copyright 2010. National Governors Association Center for Best Practices and Council of Chief State School Officers. All rights reserved.

No guaranteed results, and mistakes happen. Every student learns differently. We write and review every question and answer key carefully, and we still get things wrong — an answer key can be wrong, and a question can be worded badly or have two defensible answers. Check the answer key before you hand it over, and trust your own judgement over ours. Found a problem? **Photograph the page and email it to support@uponlearning.com** — the picture tells us more than a description, and we fix it for every family.

Safety. Some activities use household items such as scissors, coins or food. An adult should supervise and skip anything unsafe for the student.

Not professional advice. This workbook does not replace an evaluation by a qualified educator or specialist. The founder is a Doctor of Chiropractic; UpOnly Learning does not provide medical or health advice.

Full terms: uponlearning.com/legal

How to use this workbook

Each topic follows the same steps, so your student always knows what comes next.

1. ① **Quick Check.** 10 questions before you teach. Read them aloud for younger students. A high score means you can move faster.
2. ② **Learn It.** Key words, step-by-step teaching with lines you can read aloud, worked examples and the mistakes to watch for.
3. ③ **We Do It Together.** 10 questions you do side by side. The answer and the "why" are printed right after each question, so you can talk it through.
4. ④ **You Try.** 10 questions your student does alone.

Answers with short explanations for every question are in the **Answer Key** at the end of each topic, so students can work without peeking. Go over each wrong answer together using the explanation.

This workbook is printed in full color. To save ink, choose "Black and white" or "Grayscale" in your printer settings; every page still works in black and white.

Want online checks that score themselves and track each student's progress? Visit uponlylearning.com.



How to use this English & Writing book in Grade 7

Pace

Plan on 1 to 2 weeks for each of the 8 topics, about 8 to 16 weeks for the book, in 2 to 4 sessions a week.

A typical session

A 40 to 45 minute session runs Quick Check, Learn It, We Do It Together, and a block of You Try questions, with Show What You Know saved for its own day at the end of the topic.

Tips for this book

- Simple, compound, complex and compound-complex sentences is easier if your student circles the joining words and marks each clause.
- For Fixing misplaced and dangling modifiers, have your student ask who or what each phrase is describing before choosing an answer.
- Arguments that acknowledge alternate claims and Citing sources and avoiding plagiarism both go better with a topic your student cares about and two or three real sources.
- Encourage your student to check their own work with the answer key and rewrite any sentence they corrected.

Your seventh grader is learning to write with precision and fairness, and your encouragement helps them revise without discouragement.

GRADE 7

CONTENTS · UO-WRIT-7



English & Writing: Grade 7

Free Sample Workbook · Ages 12–13 · 1 of 8 topics, with a Quick Check, a lesson, We Do It Together, You Try and an answer key

Our story	2
Copyright, license and disclaimers	3
How to use this workbook	4
Topic 1 · Simple, compound, complex and compound-complex sentences	7
<i>Choose among sentence types to signal differing relationships among ideas L . 7 . 1b</i>	
Quick Check 7 · Learn It 9 · We Do It Together 11 · You Try 13 · Answer Key 14	



Simple, compound, complex and compound-complex sentences

The student will identify and write simple, compound, complex and compound-complex sentences, choosing the type that best shows how ideas are related.

① Quick Check

Do this before the lesson. It shows what your student already knows. Score: ____ / 10

- What does color-coding the clauses help you do?
A count the adjectives and the adverbs **B** check the spelling of every conjunction
C find the longest word in each clause **D** count the independent and dependent clauses
- What is an independent clause?
A any sentence that is longer than ten words in total **B** a group of words that must begin with because or although
C a group of words with a subject but no verb at all
D a group of words with a subject and verb that can stand alone
- Identify the type: The cat slept, and the dog watched.
A compound **B** simple **C** complex **D** compound-complex
- Which word is a coordinating conjunction?
A since **B** but **C** because **D** although
- Which sentence is a fragment?
A The storm knocked out the lights, so we waited. **B** The storm knocked out the lights.
C We waited because the lights were out. **D** Because the storm knocked out the lights.
- Which conjunction best fits? He did not call, ____ did he text.
A nor **B** and **C** so **D** yet
- Which sentence is punctuated correctly when the dependent clause comes last?
A We washed the dishes, after we ate. **B** We washed, the dishes after we ate.
C We washed the dishes after we ate. **D** We washed the dishes after, we ate.
- Which conjunction best fits? We wanted pizza, ____ the shop was closed.
A but **B** or **C** nor **D** so

9. A student labels this compound: Because Rosa baked, Tia decorated. What is the error?

- A** It has two independent clauses, so it is compound. **B** It has one subject, so it is simple.
C It has no verb, so it is a fragment. **D** It has a dependent clause, so it is complex.

10. Why does a dependent clause alone leave a reader confused?

- A** It contains no verb to finish the thought. **B** It signals a relationship but does not finish the thought.
C It has no punctuation to end the thought. **D** It is always too short to mean anything.

② Learn It

Key words

- **independent clause:** A group of words with a subject and verb that can stand alone as a sentence
- **dependent clause:** A group of words with a subject and verb that cannot stand alone; it often begins with because, although, when, if or since
- **coordinating conjunction:** A joining word for equal ideas: for, and, nor, but, or, yet, so (FANBOYS)
- **subordinating conjunction:** A word that starts a dependent clause and shows a relationship such as cause, time or contrast
- **compound-complex sentence:** A sentence with at least two independent clauses and at least one dependent clause

Warm-up

1. Write: It rained. We stayed inside. We played chess.
2. Ask the student to combine these into one sentence in as many ways as they can.
3. Compare how each version changes the connection between ideas.

The way you connect sentences tells the reader how ideas relate. Today you will learn four sentence shapes.

Teach

1. Simple: one independent clause. The dog barked.
2. Compound: two independent clauses joined by a comma and FANBOYS or a semicolon. The dog barked, and the cat ran.
3. Complex: one independent and at least one dependent clause. When the doorbell rang, the dog barked.
4. Compound-complex: two or more independent clauses plus at least one dependent clause. When the doorbell rang, the dog barked, and the cat ran.
5. Show how the choice signals meaning: but shows contrast, so shows result, because shows cause, although shows unexpected contrast, when shows time.
6. Color-code: underline independent clauses in one color and dependent clauses in another.

Independent clauses can stand alone. Dependent clauses need a partner. Count each kind to name the sentence type.

Guided practice

1. Go through the two examples.
2. Do problems 1 to 4 together, color-coding the clauses.
3. Have the student write one of each type about their day.

Underline first, then count, then name.

Worked examples

Identify the type: Although the movie was long, Ava enjoyed every minute.

Complex. Although the movie was long is a dependent clause; Ava enjoyed every minute is an independent clause.

Combine into a compound-complex sentence: The power went out. We lit candles. We told stories.

When the power went out, we lit candles, and we told stories. It has one dependent clause (When the power went out) and two independent clauses.

Watch for these mistakes

Mistake: A long sentence must be compound or complex.

Fix: Show that The tall girl in the yellow raincoat ran quickly across the slippery wet field is long but simple, with only one subject-verb clause.

Mistake: A dependent clause like Because I was tired can be a sentence on its own.

Fix: Explain that it leaves the reader waiting for the rest of the thought. Attach it to an independent clause: Because I was tired, I went to bed early.

③ We Do It Together: 10 questions

Do these side by side. Read each question together, let your student answer, then read the answer and the "why" right below it and talk it through.

1. Which sentence is compound-complex?

- A** When the power went out, we lit candles, and we told stories. **B** When the power went out, we lit the candles.
C The power went out, and we lit some candles. **D** The power went out in the whole house.

Answer: **A** When the power went out, we lit candles, and we told stories.

Why: It has one dependent clause and two independent clauses.

2. Which conjunction shows contrast between two equal ideas?

- A** so **B** but **C** for **D** or

Answer: **B** but

Why: But shows that the two ideas pull against each other.

3. Identify the type: Because the road was icy, school was canceled.

- A** compound-complex **B** complex **C** compound **D** simple

Answer: **B** complex

Why: Because the road was icy is dependent, and school was canceled is independent.

4. Which part is the independent clause? Although it was late, we kept working.

- A** we kept working **B** it was late **C** Although **D** Although it was late

Answer: **A** we kept working

Why: We kept working can stand alone as a complete sentence.

5. Identify the type: Maya read a novel, and Leo cooked dinner for us all.

- A** simple **B** compound **C** complex **D** compound-complex

Answer: **B** compound

Why: There are two subjects and two verbs, each forming an independent clause, joined by and.

6. Which sentence shows time most clearly?

- A** The game ended, so the fans cheered loudly. **B** The game ended, yet the fans stayed seated.
C The game ended, but the fans cheered anyway. **D** After the game ended, the fans cheered.

Answer: **D** After the game ended, the fans cheered.

Why: After puts the events in order.

7. Which of these is a compound sentence?

- A** Dogs bark, and cats meow. **B** Dogs bark when cats meow. **C** Because dogs bark, cats hide.
D Dogs and cats make noise.

Answer: **A** Dogs bark, and cats meow.

Why: Both clauses stand alone.

8. Which is the independent clause? When the bell rang, students lined up.

- A** students lined up **B** the bell rang **C** When the bell rang **D** When

Answer: **A** students lined up

Why: Students lined up can stand alone.

9. Which sentence is a run-on?

- A** The movie ended the lights came on. **B** The movie ended, and the lights came on.
C When the movie ended, the lights came on. **D** The movie ended; the lights came on.

Answer: **A** The movie ended the lights came on.

Why: Two independent clauses are jammed together without punctuation or a conjunction.

10. What is wrong with this rewrite? Original: It was cold. We went swimming. Rewrite: It was cold, so we went swimming.

- A** So cannot join two independent clauses at all. **B** The rewrite is a fragment with no verb.
C So suggests the cold caused the swimming, which changes the meaning.
D The rewrite has no subject, so it is a fragment.

Answer: **C** So suggests the cold caused the swimming, which changes the meaning.

Why: A conjunction changes how ideas relate, so the writer must choose the one that matches.

④ You Try: 10 questions

Now your student works alone. Check answers in the Answer Key at the end of this topic. Score: ____ / 10

1. Identify the type: Mira painted the fence.
A compound **B** compound-complex **C** complex **D** simple
2. Which word usually begins a dependent clause?
A and **B** but **C** nor **D** if
3. Which conjunction shows time?
A or **B** because **C** yet **D** when
4. Which sentence is NOT complex?
A Rosa set the table after Pedro cooked. **B** If Pedro cooks, Rosa sets the table.
C Pedro cooked, and Rosa set the table. **D** Pedro cooked while Rosa set the table.
5. Which dependent clause fits? ____, we turned on the lights.
A Dark **B** It got dark **C** It got dark, and **D** When it got dark
6. Which choice correctly explains why Because I was tired is not a sentence?
A It is too short, so it cannot be a sentence. **B** It leaves the reader waiting for the rest of the thought.
C It has no verb, so it cannot stand alone. **D** It has no subject, so it cannot stand alone.
7. Which revision combines these three simple sentences best? It rained. We stayed inside. We played chess.
A It rained and, we stayed, inside, playing chess. **B** It rained we stayed inside we played chess.
C Because it rained, we stayed inside and played chess. **D** It rained, we stayed inside, we played chess.
8. Which punctuation is correct in this compound-complex sentence?
A If it rains, we will stay home and, we will bake. **B** If it rains we will, stay home, and we will bake.
C If it rains, we will stay home, and we will bake. **D** If it rains we will stay home and we will bake.
9. A student writes: She smiled she waved. Which revision keeps both actions equal in importance?
A When she smiled she waved. **B** She smiled, and she waved. **C** Because she smiled, she waved.
D She smiled that she waved.
10. Which sentence has a dependent clause in the middle?
A The bus, which was late, was packed. **B** The bus was late, and it was packed. **C** Which bus was late?
D Because the bus was late, it was packed.

Simple, compound, complex and compound-complex sentences: Answers and explanations

① Quick Check

- What does color-coding the clauses help you do?
D count the independent and dependent clauses
Counting each kind of clause tells you the sentence type.
- What is an independent clause?
D a group of words with a subject and verb that can stand alone
An independent clause expresses a complete thought, so it can be a sentence by itself.
- Identify the type: The cat slept, and the dog watched.
A compound
Two independent clauses are joined by a comma and and.
- Which word is a coordinating conjunction?
B but
But is one of the FANBOYS words that join equal ideas. The others start dependent clauses.
- Which sentence is a fragment?
D Because the storm knocked out the lights.
The clause begins with because and has no independent clause to finish it.
- Which conjunction best fits? He did not call, ____ did he text.
A nor
Nor joins negative ideas and the sentence then flips the verb order.
- Which sentence is punctuated correctly when the dependent clause comes last?
C We washed the dishes after we ate.
A dependent clause at the end usually needs no comma.
- Which conjunction best fits? We wanted pizza, ____ the shop was closed.
A but
But shows that the closed shop worked against what we wanted.
- A student labels this compound: Because Rosa baked, Tia decorated. What is the error?
D It has a dependent clause, so it is complex.
Because Rosa baked cannot stand alone, so the sentence is complex.
- Why does a dependent clause alone leave a reader confused?
B It signals a relationship but does not finish the thought.
Words like because and although promise a missing second idea.

④ You Try

- Identify the type: Mira painted the fence.
D simple
There is one subject, Mira, and one verb, painted, so it is one independent clause.

UpOnly Learning · uponlylearning.com

2. Which word usually begins a dependent clause?
D if
If is a subordinating conjunction. And, but and nor join equal clauses.
3. Which conjunction shows time?
D when
When tells at what time something happened.
4. Which sentence is NOT complex?
C Pedro cooked, and Rosa set the table.
The other three have a dependent clause, but this one has two independent clauses.
5. Which dependent clause fits? ____, we turned on the lights.
D When it got dark
When makes it a dependent clause that fits before an independent clause.
6. Which choice correctly explains why Because I was tired is not a sentence?
B It leaves the reader waiting for the rest of the thought.
It has a subject and a verb, but the word because makes it incomplete.
7. Which revision combines these three simple sentences best? It rained. We stayed inside. We played chess.
C Because it rained, we stayed inside and played chess.
It shows the cause and avoids choppy sentences.
8. Which punctuation is correct in this compound-complex sentence?
C If it rains, we will stay home, and we will bake.
A comma follows the introductory clause, and another comma comes before and between independent clauses.
9. A student writes: She smiled she waved. Which revision keeps both actions equal in importance?
B She smiled, and she waved.
And joins equal ideas, while because and when make one idea depend on the other.
10. Which sentence has a dependent clause in the middle?
A The bus, which was late, was packed.
Which was late is a dependent clause set inside the independent clause.

Keep going with the full English & Writing workbook

You just tried one topic. The full Grade 7 workbook has every topic below, each with a Quick Check, a lesson, We Do It Together, up to 90 You Try questions, Show What You Know and a full answer key.

1. Simple, compound, complex and compound-complex sentences	L.7.1b
2. Fixing misplaced and dangling modifiers	L.7.1c
3. Commas between coordinate adjectives	L.7.2a
4. Precise language and cutting wordiness	L.7.3a
5. Narratives with point of view and precise detail	W.7.3
6. Informative writing with text structures	W.7.2
7. Arguments that acknowledge alternate claims	W.7.1
8. Citing sources and avoiding plagiarism	W.7.8

Get it, plus online lessons with self-scoring checks and progress tracking, at **uponlylearning.com**.

More from UpOnly Learning

Lessons, practice and books for every subject.



Membership

On-screen lessons, practice, Quick Checks and progress reports in every subject, for the whole household, in several languages, with rewards for practice.



Practice workbooks

Printable workbooks across every subject, ready to print at home, with the answers explained.



Summer preparation books

“Prepare for next grade” books that help students start each new school year with confidence.



Digital flashcards

Tap-to-flip cards with audio in several languages, plus printable versions.



Free resources

Free lessons, samples and guides for students, parents, teachers, tutors and homeschool families.



“Every student deserves what I want for my own kids: clear lessons, one step at a time.”

— Dr. Evan J. Hasson, founder

Visit

uponlearning.com

Scan to see everything we offer





UpOnly Learning

Your next step starts here

Free workbooks, practice sheets and parent guides, plus printable books for every grade we cover, in English, Spanish and Portuguese. We keep adding new grades and subjects, so see what's new on our website.

Visit uponllearning.com



Scan with your phone's camera

Help us make this better

We are constantly updating our material so it keeps getting better. If you spot a mistake, photograph the page and email it to support@uponllearning.com. We read every message.

One step at a time.

UO-WRIT-7 · © 2026 UpOnly Learning, LLC. Free sample · free to print and share.