



Hinchingsbrooke School

Inspiring excellence Fulfilling potential



Academic Review Days
Year 7 Study at Home Tasks

March 2019



Instructions for Students

During the Academic Review Day (ARD), you will spend some time in school speaking with your form tutor about academic targets to work at over the next few weeks. For the remainder of the day, you will undertake tasks at home to prepare you for future assessments or learning.

What will I have to do?

1. Complete work equating to four hours work.
2. There will be a 'menu' to choose from and **you only need to complete one task** but may choose to do a variety of tasks.
3. Produce the work in a format that your tutor can access for checking.

Your study at home tasks can be found on the school website here:

<http://www.hinchingsbrookeschool.net/ard>

Why are these tasks important to me?

Your Study at Home Tasks have been developed to reinforce important skills that are required for future employment, education and training. These skills include:

- Independent Learning
- Organisation
- Effective Planning
- Time Management
- Resilience

Each of the tasks will be split into one of three categories:

- 🌐 **Research** – finding out something new, linked to a topic you have studied
- 📖 **Reinforcement** – practising skills that you have been learning in lessons
- 🔍 **Revision** – looking back over previous work and presenting it in a new, reusable format

How will my work be checked?

Your form tutor will check this work following the ARD for:

1. **Quality** - is your work of a high standard, is it your own work and not copied?
2. **Quantity** - does your work represent 4 hours of work, does it fully answer the task(s)?
3. **Challenge** - have you selected tasks that will stretch you, have you pushed yourself?

What if I get stuck?

Your 'menu' offers a range of tasks specific to your year group that you can complete at different difficulty levels. You are welcome to complete more than one task and should always aim to challenge yourself with the work you select (remember your tutor will be checking for this).

There are three help sheets for each of the three categories: research, reinforcement and revision. These will give you an idea on how to complete each of the three tasks.

Finally, good preparation will help you. Have a look at the tasks ahead of time and speak to teachers of the subjects you want to focus on before the ARD so you are comfortable with what is expected of you.



Researching

When you are looking into something for the first time, it is important to remember what you are hoping to find out first. To do this, plan the areas that you want to research beforehand. When you are clear on what you are aiming to achieve think about where you are going to get your information from. Inevitably this may involve the use of Google as an internet searching tool so make sure you are careful with the websites that you choose to use. As a guide, use the below tips when looking at sources of information online.

1. **Bias:** is the website biased in any way? This means that it will present one side of an opinion or favour a particular view. When researching, make sure you balance out biased views with opinions from 'the other side'.
2. **Relevance:** is the website going to help your research? Websites are created for a range of reasons and this may not help you find the answer you are looking for. Refer back to your plan to see if the information is useful to you or irrelevant.
3. **Reliability:** is the website going to give you accurate information? Because anybody can create a website, information you look at should always be treated with caution. Always check the validity of the source: can you trust the author or not? Wikipedia is not a reliable source of information as it is open source (anyone can edit it) – click on the links at the bottom of the article to check sources.

Plagiarism of Work

When producing your final piece of work it is important to make sure it is a true representation of **your work**. This means you haven't just copied and pasted information. If you do this then you have **plagiarised** someone else's work which may be protected by **copyright law**. If you are quoting information directly, you should always **acknowledge the source** in your work. To do this, add a note to say where the information was taken from – use a bibliography or apply footnotes.

To help you avoid this, try to add some extra information to the text:

- **Point** – this will be your perspective or opinion about something
- **Evidence** – this can be a quote from your researched work
- **Explain** – answer the questions 'so what' and 'what does this mean'
- **Explore** – develop ideas further link to other points or opinions



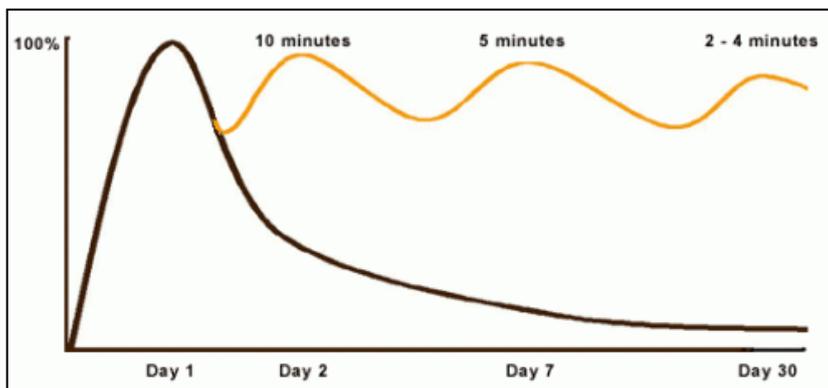


Reinforcement

When you are learning new information and skills, it is important to remember that 'practise makes perfect'. Often your teachers will set you homework which is needed to help you remember key information and skills.

Why is Reinforcement Important?

Your brain works by making neural connections between different brain cells holding information. This 'bridge' starts off with a very delicate connection that is easily broken which can be seen when you forget something. To ensure that you don't forget that vital information, you need to keep thinking about it. Each time to practise a skill or recall information, the stronger the neural connection becomes. If you recall information or repeat a skill six times, you are likely to remember it for life. It is important to use **reinforcement** over set time periods or increasing duration: go back to something a few hours later, then a few days, weeks, months etc to ensure it stays 'stuck in your brain'.



Another way of looking at this is with the 'Curve of Forgetting'. As you can see, coming back to information periodically, keeps it fresh in your mind and enables you to remember it better. The good news is that each time you repeat this, less time is needed. This is important to remember when you are preparing for assessments as well as examinations so it is good to get into the right habits from

Year 7.

Your teachers will offer a range of different ways in which you can reinforce knowledge and skills. Some will work for you and others may not. Some may work for a given task or subject and some may not. The trick is to work out which reinforcement skills suit you for a given subject.

Reinforcement Techniques

- **Exam questions:** often teachers will give you examination practise questions to help with this. This is useful for two reasons: to help you recall information and to improve your examination skills.
- **Vocab practise:** this helps you to remember what key words look like and what they mean so you can apply them later. Your brain remembers words as pictures so physically looking at them helps. Saying them aloud also triggers other parts of your brain, improving recall. This is used for English and Languages.
- **Problem solving:** in subjects such as Maths and Science, your teachers may give you problem solving. This enables learners to apply a particular skill to different scenarios for example expanding brackets or determining chemical equations and reactions.



Revising / Reviewing

When you are creating your revision resources, there are a range of different ways you can do this. Your teacher may have suggested some to you already but below are some examples of what you can create at home.

4. **Summary Document:** try to get the information on to a small number of PowerPoint slides and enhance this with images/graphs/maps/research. Alternatively you could create a 'one page summary' on Word in a similar way.
5. **Flashcards:** On small cards, summarise a case study/important event/definitions into one (or both) sides of the cards and refer to it regularly. Make sure that you include key facts and number as you condense the case study to fit the card.
6. **Colour coding:** Colour code large pieces of text into sections. For example, it could be positives/negatives, point/evidence.
7. **Concept Maps (mind maps):** Write a key theme in the centre of an A3 piece of paper. Write the sub-themes around it with important ideas evidence to back them up. Stick your finished spider diagram somewhere visible where you will be able to refer to it often (e.g. fridge door, bedroom wall).
8. **Summarising:** Condense a section of text into a set number of bullet points, a table or create an image.
9. **Personal podcasts:** For subjects where you need to remember a lot of detail, why not record it onto your phone in small, 1 minute podcasts. These are very versatile as you can share them with your friends. Your brain likes to hear its own voice so this technique will serve to increase your recall of information from 10% to 40%. They are good for on the go – you can play them back on the bus ride to school (no one will know you're not listening to music!).

There are many more techniques for revision/reviewing. This is an ideal opportunity for you to try out new ideas and approaches to see what works for you. Depending on the style of learning you have, you may prefer one technique over another. Typically students learn in one of three ways:

- **Visual** – learners who prefer images/pictorial ways of looking at information. You may like to have information presented in graphs or using colours to help you remember information.
- **Auditory** – learners who prefer sounds to help them remember information. Our brains particularly like the sound of our own voice which is why podcasts are a great way to learn for auditory learners.
- **Kinaesthetic** – learners who like to learn through movement or actions. This is particularly used when revising physical skills for subject such as PE but can also be used in other revision tasks.





Year 7 Menu

Extra Hot



<p>Extra Hot</p> 	<p>Art</p>	<p>Complete 2 portrait drawings of someone in your family. (1 hour) You can use any materials you like – pencil, pen, pastel, ink, paint, whatever you have available.</p> <ol style="list-style-type: none"> Should be a continuous line drawing: not taking your drawing material off the page. Should be a tonal drawing: showing light and dark. <p>Consider:</p> <ul style="list-style-type: none"> Accuracy of proportions and positioning of features. Pressure of drawing materials to create different types of marks. Making the darks dark and the lights light to create form (three dimensionality) <p>. OR</p> <p>Continue your independent 'Where You Live Project. Research and working through a final outcome. The powerpoint is on Doodle to help.</p>	<p>Reinforcement</p>
	<p>Computing</p>	<p>Create a game that can be run on the BBC Micro:bit computer. Can you make use of both the A and B buttons as well as the shake function? (You can add features to an existing example game) (http://microbit.org)</p>	<p>Reinforcement</p>
	<p>Drama</p>	<p>Work set on Doodle</p>	<p>Research</p>
	<p>DT</p>	<p>Design a blister pack for an Aluminium key ring Before you start there are some things that you need to do:</p> <ul style="list-style-type: none"> * Find out what a blister pack is * Look at different types of packaging * Find out what type of information they contain * Find out what the key elements are. Regardless of what the products are there are certain pieces of information that are present on all packaging <p>Task 1 Sketch your idea in 2D or 3D</p> <p>Task 2 Add render to your design idea</p> <p>Task 3 Add the key elements. You will need to use your research here</p> <p>Task 4 Design your blister pack idea in a suitable software package you have available for your use at home. This may include Paint or Pages</p> <p>Task 5 Create a Power Point Presentation and upload your sketches</p>	<p>Research</p>
	<p>English</p>	<p>Research one of the Romantic poets (William Blake; Percy Shelley; William Wordsworth; Lord Byron etc.) and produce an illustrated factfile about their life and what they wrote about. Include pictures and illustrations as well as snippets of poetry they are famous for writing.</p>	<p>Research</p>
	<p>Food</p>	<p>Eating around the eatwell plate project - Details and support at http://www.hinchingbrookeschool.co.uk/food_textiles/foodandtextiles_home.html</p>	<p>Reinforcement</p>
	<p>French</p>	<p>Make a poster about a famous French painter, composer or musician. What are his/her most famous works? What do you think of them? Find out at least 15 facts about his/her life.</p>	<p>Research</p>
	<p>Geography</p>	<p>Your task is to plan a holiday for someone going to the South America for two weeks. You can present your plan and itinerary in any way you choose (e.g. poster, leaflet, PowerPoint, video). Details and support will be found on the Geography website http://www.hinchingbrookeschool.co.uk/geography/geography.html.</p>	<p>Reinforcement</p>
	<p>German</p>	<p>Make a poster about a famous German speaking sports personality. What are his/her major achievements? What do you think of them? Find out at least 10 facts about him/her.</p>	<p>Research</p>
	<p>Maths</p>	<p>Work set on Doodle</p>	<p>Reinforcement</p>
	<p>Music</p>	<p>Work through the online exercises in the same way as Year 7 – MILD work.</p>	<p>Reinforcement</p>



		<p>Then have a go at writing your own words with musical notes for both the treble <i>and</i> bass clefs! (eg: CABBAGE)</p> 	
	<p>RPE</p> <p>Science</p> <p>Spanish</p>	<p>Research Humanism. Do you think this is a good way of looking at the world? What might a Christian say about it?</p> <p>Produce a 2 page leaflet about Body Systems</p> <p>Make a presentation for the class about your school life. Include description of HBK, your subjects and teachers and your opinion + reasons.</p>	<p>Research</p> <p>Research</p> <p>Reinforcement</p>

Hot



Hot	Art	Complete 2 portrait drawings of someone in your family. (1 hour) You can use any materials you like – pencil, pen, pastel, ink, paint, whatever you have available. 3. Should be a continuous line drawing: not taking your drawing material off the page. 4. Should be a tonal drawing: showing light and dark. Consider: - Accuracy of proportions and positioning of features. - Pressure of drawing materials to create different types of marks. - Making the darks dark and the lights light to create form (three dimensionality) . OR Continue your independent 'Where You Live Project. Research and working through a final outcome. The powerpoint is on Doodle to help.	Reinforcement
	Computing	Create a poster to explain some of the commands that can be used to program the BBC Micro:bit computer. Can you show some example codes/programs on your poster? (http://microbit.org)	Reinforcement
	Drama	<ul style="list-style-type: none"> Work set on Doodle 	Research
	DT	Design a blister pack for an Aluminium key ring Before you start there are some things that you need to do: * Find out what a blister pack is * Look at different types of packaging * Find out what type of information they contain * Find out what the key elements are. Regardless of what the products are there are certain pieces of information that are present on all packaging Task 1 Sketch your idea in 2D or 3D Task 2 Add render to your design idea Task 3 Add the key elements. You will need to use your research here	Research
	English	Find a poem by a Romantic poet (you could try Chimney Sweep or The Tyger by William Blake or I Wandered Lonely as a Cloud (Daffodils) by William Wordsworth. Create a carefully designed and illustrated poetry poster for a display of Romantic poetry.	Reinforcement
	Food	Eating around the eatwell plate project - Details and support at http://www.hinchingsbrookeschool.co.uk/food_textiles/foodandtextiles_home.html	Reinforcement
	French	Make a poster about a region of France, e.g. Normandy, Brittany, Provence... Where is it? Mountains/sea/lakes/forests/cities? What can you do there? Typical foods? Industries? Regional produce? Famous people? Would you like to visit? Why?	Research
	Geography	Your task is to plan a holiday for someone going to the South America for two weeks. You can present your plan and itinerary in any way you choose (e.g. poster, leaflet, PowerPoint, video). Details and support will be found on the Geography website http://www.hinchingsbrookeschool.co.uk/geography/geography.html .	Reinforcement
	German	www.pearsonactivelearn.com Access Stimmt 1 exercises. Complete and submit 1 x Reading, 1 x Listening, a grammar and a vocab activity from your choice of Chapter 3 Unit 1, 2, 3 or 4.	Research
	History	Great Fire of London News Report. Details and support will be found on the History website http://www.hinchingsbrookeschool.co.uk/history/year7and8%20history.htm	Reinforcement
	Maths	Work set on Doodle	Reinforcement
	Music	Work through the online exercises in the same way as Year 7 – MILD work. Then have a go at writing your own words with musical notes! (eg: BAG) 	Reinforcement



	PSHE	How did we get in this mess?" creative writing task. Please log onto doddle and choose from a menu of scenarios and write a story/comic strip explaining the antecedent events.	Reinforcement
	RPE	Research Jesus' baptism. Write a diary entry as if you are John the Baptist at this event.	Research
	Science	Produce a 2 page leaflet about Body Systems	Research
	Spanish	Imagine you are a student in Spain. Draw your own timetable in Spanish and fill up with at least 12 subjects you learned in Spanish. Then write a few sentences stating your opinions on them.	Reinforcement



<p>Mild</p> 	Art	<p>Complete 2 portrait drawings of someone in your family. (1 hour) You can use any materials you like – pencil, pen, pastel, ink, paint, whatever you have available.</p> <ol style="list-style-type: none"> 5. Should be a continuous line drawing: not taking your drawing material off the page. 6. Should be a tonal drawing: showing light and dark. <p>Consider:</p> <ul style="list-style-type: none"> - Accuracy of proportions and positioning of features. - Pressure of drawing materials to create different types of marks. - Making the darks dark and the lights light to create form (three dimensionality) <p>. OR</p> <p>Continue your independent 'Where You Live Project. Research and working through a final outcome. The powerpoint is on Doodle to help.</p>	Reinforcement
	Computing	<p>Create a poster to explain some of the commands that can be used to program the BBC Micro:bit computer. (http://microbit.org)</p> <ul style="list-style-type: none"> • Work Set on Doodle 	Reinforcement
	Drama		Research
	DT	<p>Design a blister pack for an Aluminium key ring</p> <p>Before you start there are some things that you need to do:</p> <ul style="list-style-type: none"> * Find out what a blister pack is * Look at different types of packaging * Find out what type of information they contain * Find out what the key elements are. Regardless of what the products are there are certain pieces of information that are present on all packaging <p>Task 1</p> <p>Sketch your idea in 2D or 3D</p> <p>Task 2</p> <p>Add render to your design idea</p>	Research
	English	<p>Write a poem of your own inspired by something from nature – an animal, a plant, extreme weather etc. You could choose to use a poetry form like an acrostic or a collection of similes or a shape poem to do this.</p>	Reinforcement
	Food	<p>Eating around the eatwell plate project - Details and support at http://www.hinchingsbrookeschool.co.uk/food_textiles/foodandtextiles_home.html</p>	Reinforcement
	French	<p>Find out about 10 typical French dishes. What are they called? What ingredients are used to make them? When would you eat them? Would you like to try them, and why?</p>	Research
	Geography	<p>Your task is to plan a holiday for someone going to the South America for two weeks. You can present your plan and itinerary in any way you choose (e.g. poster, leaflet, PowerPoint, video). Details and support will be found on the Geography website http://www.hinchingsbrookeschool.co.uk/geography/geography.html.</p>	Reinforcement
	German	<p>Make a poster about Easter in Germany. What is it called? What do people do to celebrate? What do they eat? What similarities and differences are there between Germany and the UK? Would you like to celebrate Easter in Germany? Why?</p>	Research
	Maths	<p>Work set on Doodle</p>	Reinforcement
Music	<p>Go to: http://www.musictheory.net/lessons/10</p> <p>Work your way through the steps of the lesson to learn the notes of the staff</p> <p>Then go to: http://www.musictheory.net/exercises/notes</p> <p>And have a go at naming the notes correctly!</p>	Reinforcement	
RPE	<p>Create a leaflet for primary school children about Jesus. Include: did Jesus really exist? What did Jesus look like? What stories did Jesus tell?</p>	Reinforcement	
Science	<p>Produce a 2 page leaflet about Body Systems</p>	Research	
Spanish	<p>Research the main differences between UK schools and Spain or any other Spanish-speaking country. Prepare a presentation for the class.</p>	Research	