



Hinchingsbrooke School

Inspiring excellence Fulfilling potential



Academic Review Days
Year 8 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



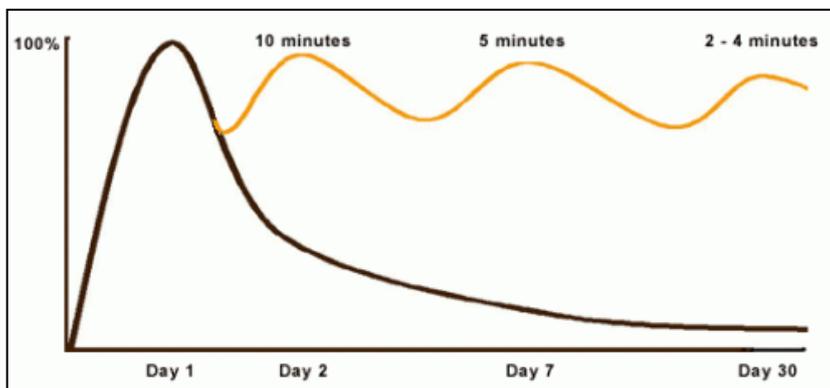


Reinforcement

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'.



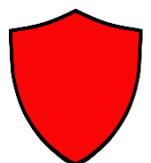
Another way of looking at this is with the 'Curve of Forgetting'. As you can see, coming back to information periodically, keeps it fresh in your mind and enables you to remember it better. The good news is that each time you repeat this, less time is needed. This is important to remember when you are 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 8 Menu

Extra Hot



	Art	<p>Complete 2 figure 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 in a seated position. Should be in a different position: seated on the floor, lying down, standing, running! <p>Consider:</p> <ul style="list-style-type: none"> Accuracy of proportions and relationship of body parts to each other. Pressure of drawing materials to create different types of marks. What angle are you sitting at from your subject? Draw what you see not what you know! <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	Find 3 examples of how ICT has been used in advertising a product or event and identify/explain the ICT tools or technologies involved in making and displaying them.	Research
	Drama	Individual tasks set on Doodle	Research
	DT	<p>Design a pen for sufferers of Arthritis</p> <ul style="list-style-type: none"> Using the NHS choices website, produce 2 research sheets, 1 on the different types of arthritis and the other on the ‘lifestyle’ living with arthritis. Now you need to do a google search of images that might help people that suffer with arthritis to use a pen. On a sheet of A3 paper produce at least 6 designs for a new pen which would make it more comfortable for them to write. Each design should be neatly rendered in coloured pencil and your annotation should include WWW and EBI – you could also ask other people to complete a peer assessment for you. Add notes about the aesthetics, cost, customer, ergonomics, size, safety, function and materials of each design. (If you don’t know what some of these terms mean then google them!). Using the results of our EBI produce a full size card model of your chosen design showing what improvements you have made. 	Research
	English	Create a brand new Disney character for a new contemporary animation. Colour and label your design. Write a pitch to Disney that persuades them that your new character is an appropriate character for 2018. You could comment on how your new character challenges stereotypes. You could suggest or design a range of merchandising to accompany your idea.	Reinforcement
	Food	Eating around the eatwell plate project - Details and support at http://www.hinchingbrookeschool.co.uk/food_textiles/foodandtextiles_home.html	Reinforcement
	French	Make a poster about the French Revolution. When did it happen? What happened? What caused it? What were the consequences of it? What was happening in the UK at the time? How is it marked today? What do French people do to celebrate it?	Research
	Geography	Work set on Doodle	Reinforcement
	German	Go on to www.languagesonline.org.uk and click on Deutsch – Logo 3 units – Filme in Kino and work through the activities	Research
	Maths	Work set on Doodle	Reinforcement
	Music	Go to: http://www.musictheory.net/exercises/keyboard and http://www.musictheory.net/exercises/keyboard-reverse to consolidate your knowledge of musical notes. <i>Then</i> practice your instrument for 20 minutes, and create a practise diary to explain what you have done in those 20 minutes.	Reinforcement

	RPE	How does the Holocaust link to our previous topic of Evil and Suffering? Write a paragraph explaining issues for believers after this horrific event.	Reinforcement
	Science	Produce a leaflet about living a Healthy Lifestyle	Research
	Spanish	Research restaurant menus in Spanish and use them as inspiration / model to create your own. Include an all-round menu with all meals. Detail the ingredients of each dish and maybe also the amount used in each dish.	Research
<p style="font-size: 2em; font-weight: bold; margin: 0;">Hot</p> 	Art	<p>Complete 2 figure drawings of someone in your family. (1 hour)</p> <p>You can use any materials you like – pencil, pen, pastel, ink, paint, whatever you have available.</p> <ol style="list-style-type: none"> 3. Should be in a seated position. 4. Should be in a different position: seated on the floor, lying down, standing, running! <p>Consider:</p> <ul style="list-style-type: none"> - Accuracy of proportions and relationship of body parts to each other. - Pressure of drawing materials to create different types of marks. - What angle are you sitting at from your subject? Draw what you see not what you know! <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	With the use of Python programming language – Create a new program that incorporates a win and game over condition.	Reinforcement
	Drama	Individual tasks set on Doodle	Research
	DT	<p>Design a pen for sufferers of Arthritis</p> <ul style="list-style-type: none"> • Using the NHS choices website, produce 2 research sheets, 1 on the different types of arthritis and the other on the 'lifestyle' living with arthritis. • Now you need to do a google search of images that might help people that suffer with arthritis to use a pen. • On a sheet of A3 paper produce at least 4 designs for a new pen which would make it more comfortable for them to write. Each design should be neatly rendered in coloured pencil and your annotation should include WWW and EBI – you could also ask other people to complete a peer assessment for you. • Add notes about the aesthetics, cost, customer, ergonomics, size, safety, function and materials of each design. (If you don't know what some of these terms mean then google them!). 	Research
	English	Create a Disney timeline once you have researched how Disney films and the Disney brand has developed over time. Mark in important films and dates. Use illustrations or symbols to make your timeline interesting and appealing	Research
	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 the Cannes Film Festival. When does it take place? What is it for? What happens? Who goes? Where is Cannes? What is the history of the festival? Which films have won prizes in the last two years? Would you like to watch any of them? Would you like to go to the festival?	Research
	Geography	Work set on Doodle	Reinforcement
	German	Make a poster about a major city in Germany, e.g. Berlin, Munich, Cologne. Where is it? What can you do there? Major attractions? Industries? Famous people? Would you like to visit? Why?	Research
	History	Women and WWI 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	Go to: http://www.musictheory.net/exercises/keyboard and http://www.musictheory.net/exercises/keyboard-reverse to see how well you know the notes on the piano!	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	Write a diary entry as if you are a Holocaust survivor. Include your feelings, what happened to you, how you can move on now that it is over.	Revision
	Science	Produce a leaflet about living a Healthy Lifestyle	Research
	Spanish	Research and make a poster about a famous Hispanic chef, explaining why they are famous and describe their style/ work / achievements. Include your opinions in Spanish and state your reasons to like them.	Research

<p>Mild</p> 	Art	<p>Complete 2 figure drawings of someone in your family. (1 hour)</p> <p>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 in a seated position. 6. Should be in a different position: seated on the floor, lying down, standing, running! <p>Consider:</p> <ul style="list-style-type: none"> - Accuracy of proportions and relationship of body parts to each other. - Pressure of drawing materials to create different types of marks. - What angle are you sitting at from your subject? Draw what you see not what you know! <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	With the use of Python programming language – Create a program. You can make use of the tutorials or adapt an existing program.	Reinforcement
	Drama	Individual tasks set on Doodle	Research
	DT	<p>Design a pen for sufferers of Arthritis</p> <ul style="list-style-type: none"> • Using the NHS choices website, produce 2 research sheets, 1 on the different types of arthritis and the other on the 'lifestyle' living with arthritis. • Now you need to do a google search of images that might help people that suffer with arthritis to use a pen. • On a sheet of A3 paper produce at least 4 designs for a new pen which would make it more comfortable for them to write. Each design should be neatly rendered in coloured pencil and your annotation should include WWW and EBI – you could also ask other people to complete a peer assessment for you. • Say how each of your designs has been made more comfortable for a person with arthritis to hold. 	Research
	English	<p>Create a brand new female Disney character who can show that female characters can be strong and smart.</p> <p>Draw your new character out carefully and label her features. What costume does she wear? What props does she have? Does she have a friend or sidekick? Write a paragraph to introduce your new character.</p>	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 Easter in France. What is it called? What do people do? What do they eat? What similarities and differences are there between Easter in France and the UK? Would you like to celebrate Easter in France? Why?	Research
	Geography	Work set on Doodle	Reinforcement
	German	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?	Research
	Maths	Work set on Doodle.	Reinforcement
	Music	Go to: http://www.musictheory.net/exercises/keyboard and see how well you know your keyboard notes!	Reinforcement
	RPE	Create a fact file about the Holocaust. Include dates, times, important events etc.	Revision
	Science	Produce a leaflet about living a Healthy Lifestyle	Research
Spanish	Research at least 10 different typical dishes from Spain and/or any other Spanish-speaking countries. Pick the one you like the most, find the recipe in Spanish and copy it into your book. If possible, try to cook it!	Research	