

HOMEWORK BOOKLET

YEAR 7



BODMIN
COLLEGE

Name: _____



Homework Book 4

HOMWORK EXPECTATIONS

Homework is an essential part of the learning process. It reinforces what you've learned in class, helps you develop good study habits, and teaches you to work independently. Valuing homework and creating a positive homework culture is essential for academic success. By following a schedule, staying organised, seeking help if needed, and maintaining a positive attitude, you can make homework a productive and rewarding part of your education.

On the next page is a homework schedule which outlines which subjects you will self-quizzing on each night and how much time you should spend on this. We are trialling this schedule for Learning Cycle 1, and will be taking feedback from students to inform Learning Cycle 2. This is a two week timetable for Weeks A and B. You can expect the key knowledge each week to be assessed during your Do Now activities the following week. Advice about self-quizzing can be found after your schedule.

We also recognise the importance of having time to spend with friends and family, and for pursuing your own hobbies and interests, which is why we have deliberately kept Fridays lighter.

YEAR 7

- We expect you to spend 1 hour on English and Maths, 30 mins on Science and 15 minutes on other subjects.
- For Sparx Maths, this will always be set on a Tuesday and you should spend an hour on this homework. You will need to login to Sparx Maths to access this.



YEAR 7

HOMEWORK SCHEDULE

Between 30 and
60 minutes per
night = 4 hours per
week

Week A	60 minutes	15 minutes	15 minutes	15 minutes
Monday		Science		Music
Tuesday	Sparx Maths			
Wednesday		History	Languages	Art
Thursday	English			
Friday		Food / Technology	Geography	



Sparx Maths

Week B	60 minutes	15 minutes	15 minutes	15 minutes
Monday		Science		RE
Tuesday	Sparx Maths			
Wednesday		History	Languages	PE
Thursday	English			
Friday		Computer Science	Geography	

LONG-TERM MEMORY

Your memory is split into two parts:

1 the working memory

the long-term memory 2

Everybody's working-memory is limited, and can therefore become easily overwhelmed. Your long-term memory, on the other hand, is effectively limitless.

You can support your working memory by storing key facts and processes in long-term memory. These facts and processes can then be **retrieved**, to stop your working memory becoming overloaded.

Knowledge Organisers (KOs) are a key way to help you learn. Each KO has the key information that needs to be memorised to help you master your subject and be successful in lessons.

There is strong scientific evidence from cognitive psychology that shows the benefits of **self-quizzing** in promoting **retrieval strength**. This is your ability to recall facts related to your subject or topic.

SELF-QUIZ

There are lots of different ways to learn the material in your knowledge organiser. Use the QR codes to find out more.

1. Make **flashcards** based on the knowledge organiser and ask someone to quiz you.
2. Create a **revision clock**. Draw a clock and add the topic in the middle. Break the clock face into 10-minute sections. Add notes from the knowledge organiser in each section. Cover the clock face and recite the information aloud.
3. **Look - Cover - Write - Check**. Cover up one section of the knowledge organiser and try to write out as much information as you can from memory.
4. Draw a **mind map**, jotting down everything that you can remember from the knowledge organiser.
5. Make up **mnemonics** to help you remember key facts, then write these out from memory.



FLASHCARDS



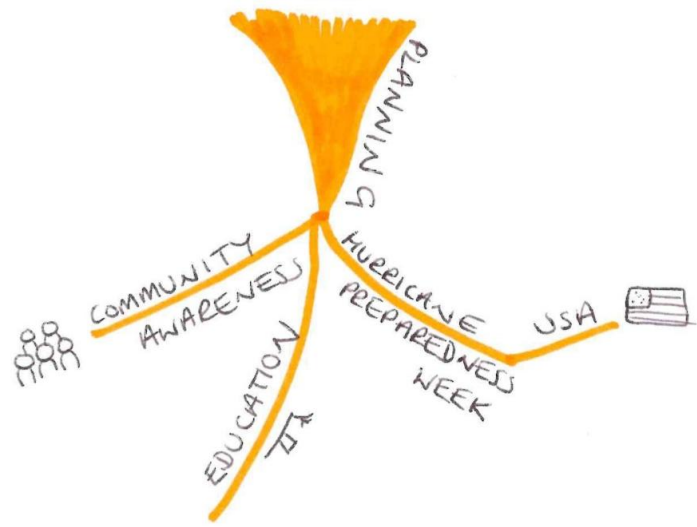
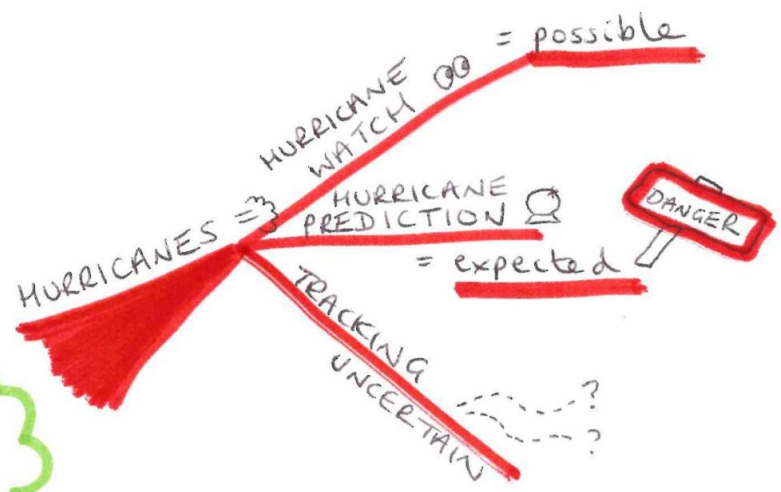
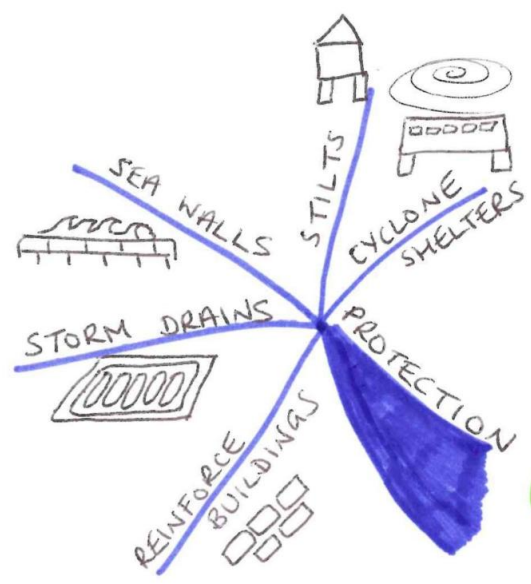
L-C-W-C

MIND MAPS



Mind-map Example

Geography - Week 10



This is a good mind-map because:

- ✓ Main topic in the centre
- ✓ Key ideas are organised in separate branches
- ✓ Each branch is a different colour to support visual memory
- ✓ Key words only, not full sentences or large chunks of text
- ✓ Use of images to support recall

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Learning Cycle 2 Dates

Learning Cycle 2	Week 1	A	w/c Mon 23 rd February
	Week 2	B	w/c Mon 2 nd March
	Week 3	A	w/c Mon 9 th March
	Week 4	B	w/c Mon 16 th March
	Week 5	A	w/c Mon 23 rd March
	Week 6	B	w/c Mon 30 th March
	EASTER – NEW HOMEWORK BOOK ISSUED		
	Week 7	A	w/c Mon 20 th April
	Week 8	B	w/c Mon 27 th April
	Week 9	A	w/c Tues 5 th May
	Week 10	B	w/c Mon 11 th May
Week 11	A	w/c Mon 18 th May	
MAY HALF TERM – NEW HOMEWORK BOOK ISSUED			
Y7 Assessment Fortnight	Week 12	B	w/c Mon 1 st June
	Week 13	A	w/c Mon 8 th June
Learning Cycle 2	Week 14	B	w/c Mon 15 th June
	Week 15	A	w/c Mon 22 nd June
	Week 16	B	w/c Mon 29 th June
	Week 17	A	w/c Mon 6 th July
	Week 18	B	w/c Mon 13 th July
B&B	Week 19	A	w/c Mon 20 th July – NO HWK

