

## **The Effective Athlete**

**Practices in moderate amounts each day, not crammed all in a single day**

**Does not start to prepare for a competition the day before**

**Views video of themselves, sees their mistakes, and makes corrections to their technique**

**Consistently does the things that are being coached to them**

**Regularly sees how much stronger and faster they are in becoming better competitors**

**Is introduced to a skill and masters it by creating their own style of it**

**Switches up what they do to keep the body strong**

**Realizes that cell phone use and training do not mix**

**Understands that sleeping well repairs muscle and restores energy**

**Knows successful performance involves effort, time, and the occasional setback**

## **The Effective Learner**

**Studies in moderate amounts each day, not crammed all in a single day**

**Does not start to study for an assessment the night before**

**Reviews test performance, sees their mistakes, and makes corrections in their cognition**

**Consistently thinks about the things that are being taught to them**

**Regularly tests their learning and acquisition of knowledge in becoming better students**

**Is introduced to an idea and masters it by creating their own meaning to it**

**Switches up what they study to keep the mind sharp**

**Realizes that cell phone use and studying do not mix**

**Understands that sleeping well consolidates memory and enhances brain function**

**Knows successful performance involves effort, time, and the occasional setback**



# Studley High School

An Academy Trust School - Always Aiming Higher

Ofsted  
Outstanding  
2011/2012



“BELIEF + HARD WORK + SUPPORT = SUCCESS.”

A gold star to any parent who rebels  
against homework

*Tom Bennett*

Finally, the parents' view: homework steals family time that doesn't get refunded elsewhere in the week. And that is indisputably true, and the theft is compounded when the return is so small in general. Those few hours between getting home and closing your eyes are precious to the inter-family relationship. If you're going to steal any of that, you better be damn sure that the reward is greater than the loss. And for a lot of homework, for a lot of





hegartymaths



TOP **10** FINALIST



GLOBAL  
TEACHER  
PRIZE  
WARKEY FOUNDATION



# What is Hegarty Maths?

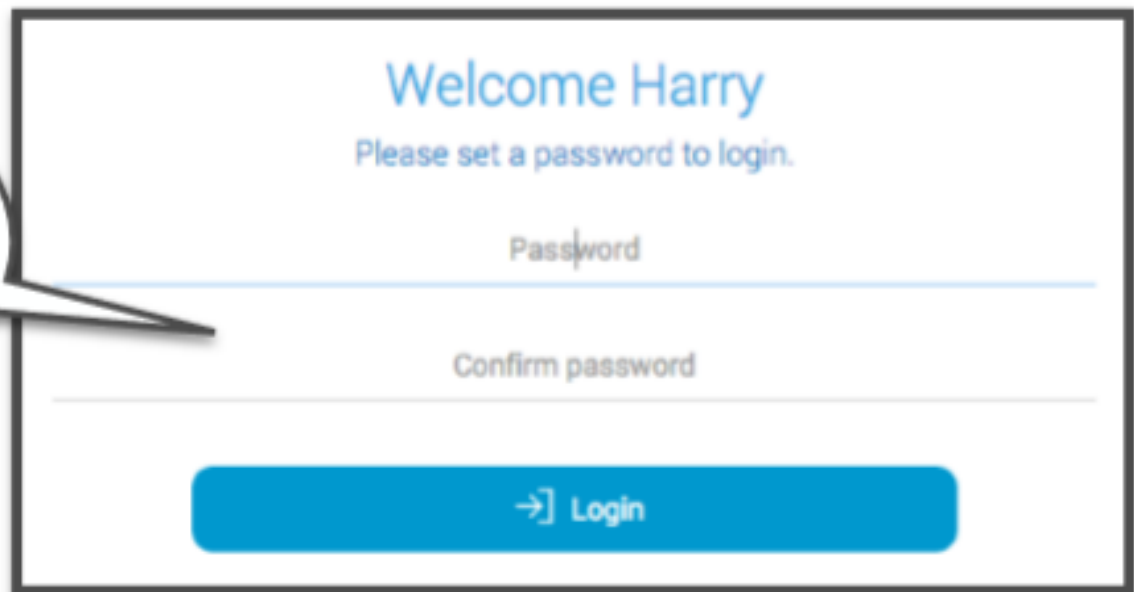
- An online platform for all year groups to help you learn, practice and revise maths;
- Each topic is broken into tiny pieces with a video and a quiz to test your understanding
- Topics range from simply learning your times tables all the way through to grade 9 topics at GCSE.
- There is something for everyone!

# What will you get?

- 24/7 access, 365 days of the year;
- Your own username and password;
- All homework set through the website;
- An ICT room available each week after school if you need it;

**Set and confirm your own password.**

Remember to write it in your maths book and planner!



Welcome Harry

Please set a password to login.

Password

Confirm password

→] Login

# What does studying look like?

Number > Place value

Read and write positive integers

Big Idea: Place Value

A video explaining the topic by a real maths teacher

4,678  
40,687  
09:10

hegartymaths

## 13 - Read & write positive integers

Learn how to identify the place value of various numbers; some easy and some complex.

Video watched 0.00x

Your score **New lesson** HegartyMaths avg 89%

Do quiz

A self-marking quiz that is directly related to the video – no trick questions

Spotted a mistake in this video?

## Building blocks

Question preview

Evaluate

$8 + 9$

Number > Arithmetic with positive integers

**9 - Addition facts**

Video watched 0.00x

Your score **New lesson** HegartyMaths avg 97%

Question preview

Evaluate

Number > Arithmetic with positive integers

**10 - Multiplication facts (times tables)**

Video watched 1.00x

Building blocks – don't understand the video? Building blocks show you the topics you need to understand BEFORE you try this new topic. They act as more support for your learning.

# Maths Independent Study Book

Username:

Password:

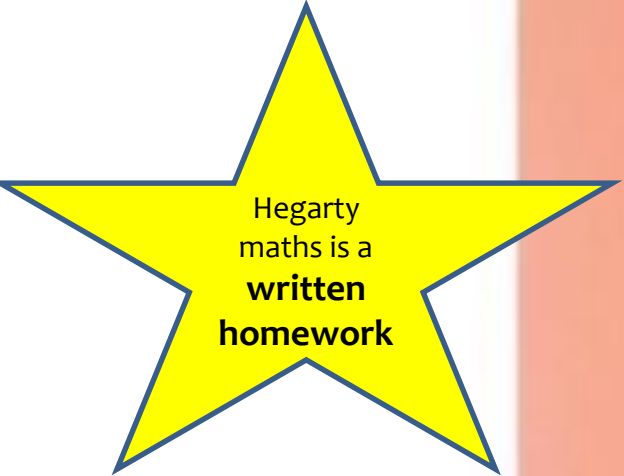
Your Name

[www.hegartymaths.com](http://www.hegartymaths.com)

Independent Learning Book

Teacher: Mrs Mathsteacher

Class: 11A3



Hegarty  
maths is a  
**written**  
**homework**



## Maths Independent Study (Homework) Book - Excellence Checklist

**“BELIEF + HARD WORK + SUPPORT = SUCCESS.”**

I know this is a weekly written homework & that my book must be ready for my teacher to check weekly.

I understand that these tasks will be revision of topics that were taught at least two weeks ago.

I will use the following checklist to make sure that my homework is of the correct standard...

<i>Underline the video title, video number and date with a straight line.</i>	
<i>Use a ruler and pencil on diagrams.</i>	
<i>Write /draw every quiz question in your book.</i>	
<i>Mark and correct questions (in different coloured pen) and write your score in your book as you go along.</i>	
<i>If you don't score 100%, try the quiz at least one more time (your teacher will know how many times you have tried and if you have watched the video)</i>	
<i>If you don't understand the video, watch the building blocks and aim for 100% score on those. You will be rewarded for effort.</i>	
<i>If you don't have internet access, tell your teacher, you must do your homework at school, homework club has been set up to support this.</i>	

I understand that detentions will be set for incomplete homework and must catch up ASAP to avoid further sanctions.

If I was absent, it is my responsibility to find out what homework was set and ask my teacher if support needed.

Parent / Carer Signature: \_\_\_\_\_ Student signature: \_\_\_\_\_

# Excellent Standards

- I know this is a weekly written homework & that my book must be ready for my teacher on a Friday.

# Excellent Standards

- I understand that these tasks will be revision of topics that have already been taught.

# Excellent Standards

- I will follow Studley High Schools Maths department expectations to make sure that my homework is of the correct standard...

# Excellent Standards

- I understand that detentions will be set for incomplete homework and must catch up ASAP to avoid further sanctions.



# Excellent Standards

- If I was absent, it is my responsibility to find out what homework was set and ask my teacher if support needed.

# Excellent Standards

**Underline the video title, video number and date with a straight line.**

**Use a ruler and pencil on diagrams.**

**Write /draw every quiz question in your book.**

**Mark and correct questions (in in red pen) and write your score in your book as you go along.**

**If you don't score 100%, try the quiz at least one more time (your teacher will know how many times you have tried and if you have watched the video)**

**If you don't understand the video, watch the building blocks and aim for 100% score on those. You will be rewarded for effort.**

**If you don't have internet access, tell your teacher, you must do your homework at school, homework club has been set up to support this.**

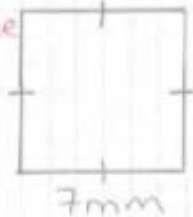
# What does excellence look like?

## VIDEO NOTES

Hegarty maths: Perimeter (2)

14<sup>th</sup> July 2016

Example ①



Dash means same length

Key words

- Length
- Units
- Distance

$$\begin{aligned} \text{Perimeter} &= 7+7+7+7 \\ &= 4 \times 7 \\ &= \underline{28 \text{ mm}} \end{aligned}$$

Don't forget units!

Example ②



Double dash means same as other double dash but not same as single dash

$$\begin{aligned} P &= 4+9+4+9 \\ &= 18+8 \\ &= \underline{26 \text{ m}} \end{aligned}$$

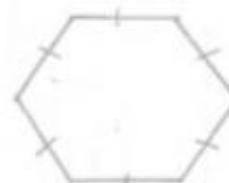
$$\begin{aligned} P &= 2 \times 9 + 2 \times 4 \\ &= 18 + 8 \\ &= \underline{26 \text{ m}} \end{aligned}$$

$$\begin{aligned} P &= 2 \times (4+9) \\ &= 2 \times 13 \\ &= \underline{26 \text{ m}} \end{aligned}$$

Doesn't matter which method you use, they all work 😊

Here is an example of a great homework!

Example ③



Hexagon has 6 sides

9m

$$\begin{aligned} P &= 6 \times 9 \\ &= \underline{54 \text{ m}} \end{aligned}$$

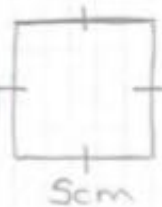
Regular means all sides are same length

Example ④

④

Work out the perimeter of a square with side length 5cm.

Always draw a sketch from the information given



$$\begin{aligned} P &= 4 \times 5 \\ &= \underline{20 \text{ cm}} \end{aligned}$$

Example ⑤

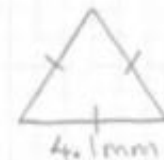
⑤

Work out the perimeter of an equilateral triangle with side length 4.1mm.

same as regular

use distributive law or multiplication

$$\begin{aligned} P &= 3 \times 4.1 \\ &= 3 \times (4 + 0.1) \\ &= 12 + 0.3 \\ &= \underline{12.3 \text{ mm}} \end{aligned}$$



What score did you get in the quiz?

100%

Great effort! Why not try the next HW or **improve some of your other scores.**

Below 70%

70 - 99%

**Try the quiz again** and work hard to learn from any previous mistakes.

**Don't give up.** If you have taken full notes of the video, worked on your building blocks and you're still struggling then leave comments for your teacher to ask for help. It's important you make sure you **ask your teacher for help** to make sure you can eventually get 100%.

# We are monitoring your efforts



Total time watching videos



Time spent in total



Total time spent on quizzes

17.2 hrs

Total time doing Fix Up 5s

15 hrs

20.1 hrs

52.3 hrs

Questions answered correctly



Number of questions answered

1219



1096

Minimum  
Target =  
30 mins  
per week