

How to Use Essential Knowledge Sheets

We are pleased to continue using our Essential Knowledge Sheets - a valuable resource designed to support students with their classwork, home learning, and revision. Here's how you, as parents and carers, can use these sheets to help your child succeed:

1. **Review Key Information Together:** Sit down with your child and go through the Essential Knowledge Sheets. Use these sheets to discuss the main concepts, terms, and ideas covered in their lessons. This helps reinforce what they've learned in class.

2. **Create a Study Routine:** Set aside regular times for your child to review their Essential Knowledge Sheets. Consistent study sessions can improve retention and make revision more manageable.

3. **Use the Look, Cover, Write, Check Technique:** Encourage your child to use the Look, Cover, Write, Check technique. They should look at the information, cover it, write it from memory, and then check it for accuracy. This method helps reinforce their knowledge and identify areas that need more focus.

4. **Quiz and Test:** Use the information on the sheets to quiz your child on key facts and concepts. Ask them to explain ideas or recall important details, which can help them prepare for assessments.

5. **Encourage Questions:** Encourage your child to ask questions about the content. If they're unsure about something, use the Essential Knowledge Sheets as a starting point for finding answers together.

6. **Use Their A5 Booklets:** Each student was provided with a colour A5/A4 booklet at the start of the term containing their Essential Knowledge Sheets. These booklets are a handy resource for at-home study and revision.

How to Access Essential Knowledge Sheets

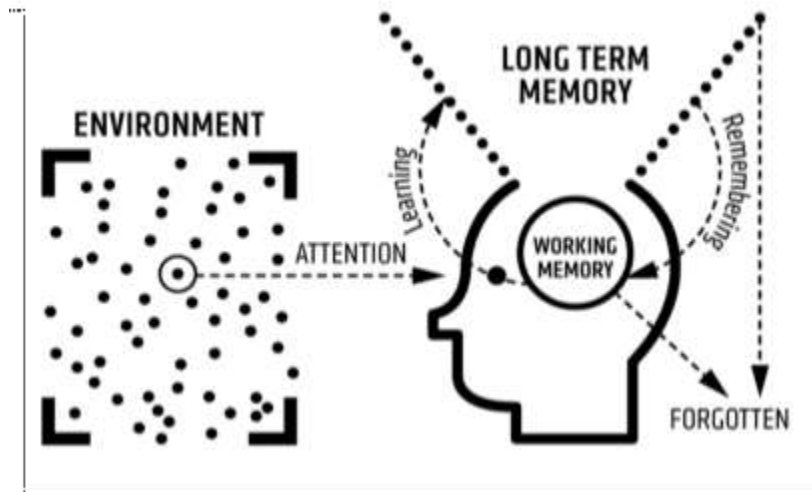
In addition to the A5 booklets, Essential Knowledge Sheets are available on our school website at the bottom of each subject page.



KS3 Essential Knowledge Sheets Curriculum Books

How we learn:

Research evidence states that for learning to take place there must be a change in a person's long-term memory. For students to make progress in their learning they must be able to know more, remember more and do more. The image below is a simple representation of how we learn.



1. Firstly, we pay attention to our environment and absorb information into our working memories
2. Our working memories can only hold between 4-7 pieces of information and process between 2-4 pieces of information at any one time
3. Therefore, for learning to take place we must transfer and store this knowledge in our long-term memories, where we seem to have an infinite capacity
4. The skill is then being able to remember and retrieve this knowledge and transfer to differing contexts
5. Finally, it has been proven that 'forgetting' is part of the learning process and the forgetting of information strengthens both the retrieval and storage capacity of our brains, as we have to work harder to retrieve knowledge previously learned.

Why Essential Knowledge Sheets Books:

To support and enhance our students' learning and progress we have provided all Y7, Y8 and Y9 students with two Essential Knowledge Sheet curriculum books. Students will receive a third book at the start of term 3. The contents of these books directly relate to the essential knowledge in each subject. For example, book 1 links to the subject content within term 1, Book 2 links to term 2 and so on. These books are to assist teaching and learning in the classroom, as an effective tool to support students retain, revise, and retrieve the essential knowledge within a subject. The essential knowledge sheet (EKS) for each topic within a subject is usually no more than two sides of A4, and will mostly include:



- the essential facts about the topic, usually laid out in easily digestible chunks
- subject-specific vocabulary or technical terms and their meanings
- images such as maps or diagrams
- famous quotations or examples

The main benefits of EKSs are that they provide children and teachers with an overview of a topic by having the essential knowledge, diagrams, explanations, and key terms on one place, allowing the opportunity for regular retrieval practice, quizzing and revision of this core foundational knowledge. The better students know the essential knowledge the better they will be able apply and transfer to it to problems, questions, assessments and home learning.

Inside the book is an explanation of five fundamental techniques to use the books as a self-quizzing and revision tool. These are:

1. Read – Cover – Write – Check – Quiz
2. Mind maps
3. Flash Cards
4. Revision clocks
5. Fill in blank/partially blank EKSs

We look forward to you encouraging your children to use these books at home and reminding them to bring them into school daily to assist with learning in the classroom.

