



Homework Booklet

Year 7

Autumn Half Term 1

'Practice of what is taught'

Name:

Tutor:

House:

Homework Timetable

You should spend 30 minutes on each subject. Your homework booklet will be checked (which will likely be your next lesson) and the knowledge will be referred to in your lessons. You should use knowledge organiser booklet alongside your homework booklet.

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 8.9.25	Science Sparx Maths	Religion and World Views Sparx Reader	Languages Reading article <i>Feathers</i>	Sparx Maths	History
Week 2 15.9.25	Science Sparx Maths	Sparx Reader	Languages Reading article: <i>To a Daughter Leaving Home</i>	DT Sparx Maths	Geography
Week 3 22.9.25	Science Sparx Maths	Religion and World Views Sparx Reader	Languages Reading Article: <i>Aurelia Dobre: World Champion Gymnast</i>	Food Sparx Maths	History
Week 4 29.9.25	Science Sparx Maths	Computing Sparx Reader	Languages Reading article: <i>Dreams</i>	DT Sparx Maths	Geography
Week 5 6.10.25	Science Sparx Maths	Religion and World Views Sparx Reader	Languages Reading article: <i>Dr Martin Luther King Jr.: Changing America</i>	Art Sparx Maths	History
Week 6 13.10.24	Science Sparx Maths	Music Sparx Reader	Languages Reading article: <i>Simone Biles</i>	PSHE Sparx Maths	Geography

Log Ins:

School email address:

School username:

Sparx username:

Sentence Builders username:

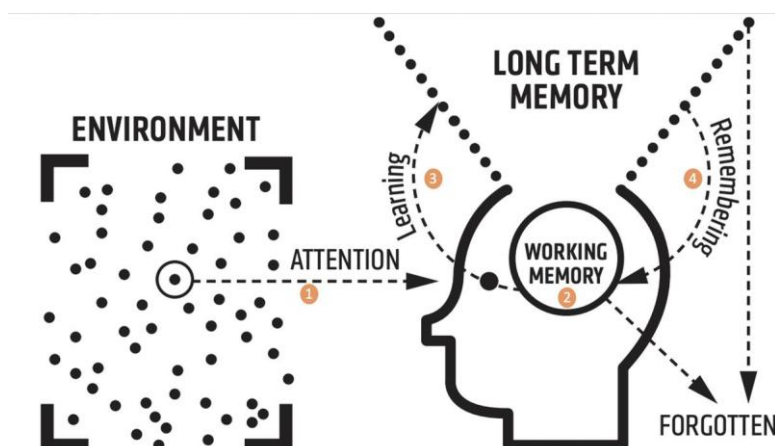
Quizlet username:

Duolingo username:

How We Learn and How Homework Helps

Homework allows you to develop independence, build your motivation and resilience to learning, and your confidence to be able to find solutions to problems through good habits. Additionally, homework will allow you to increase your knowledge and vocabulary in each subject so that you become more successful.

Homework has a positive impact of an additional 5 months' progress (EEF, 2021).



Source: [Coaching and Diagnosis: Part 1 | StepLab](#)

Homework will allow you to practise what has been taught. This will ensure knowledge enters your working memory more, increasing the chance of it being stored in your long-term memory.

If you successfully move the knowledge from the working memory to the long-term memory, this is learning. If you don't, it is forgetting. This can happen when you're trying to learn too much at once. Repeating this process increase the chances of it being stored successfully.

If you can remember what you have learnt before from your long-term memory and bring it back to your working memory, this is remembering. If you don't do this often, you can forget what you have learnt before.

Pre-Homework Checklist

1. Choose a quiet place away from distractions.
2. Try to get into a good homework routine for example, the same time each day.
3. Remember you can get ahead if you have other events coming up.
4. Try to avoid distractions – it's a good idea to put your phone aside when doing homework.
5. Note the start and finish time on your homework so that you spend 30 minutes on it

Support

The school library is open from 8 am to 5 pm every day where you can complete your homework before school, at break or lunch time or after school.

Cornell Note Taking Guide

1. Read through your knowledge organiser and write bullet points/notes in here. You should fill the whole space.

3. Create 5 questions. For example, what is the function of a nucleus?

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
<ul style="list-style-type: none"> 2. Summary 	5.
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4. Self-Quiz	
1.	
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QR code or
<https://www.castleschool.co.uk/parents/homework.htm> to a video explaining how to undertake the Cornell method or use the 'read aloud', 'dictate' and 'ICT' function for your homework.

2. Summarise the knowledge from the notes area into 3 bullet points. You should focus on the essential knowledge you need to remember.

4. Answer the 5 questions here in full sentences and then mark and correct in green pen.

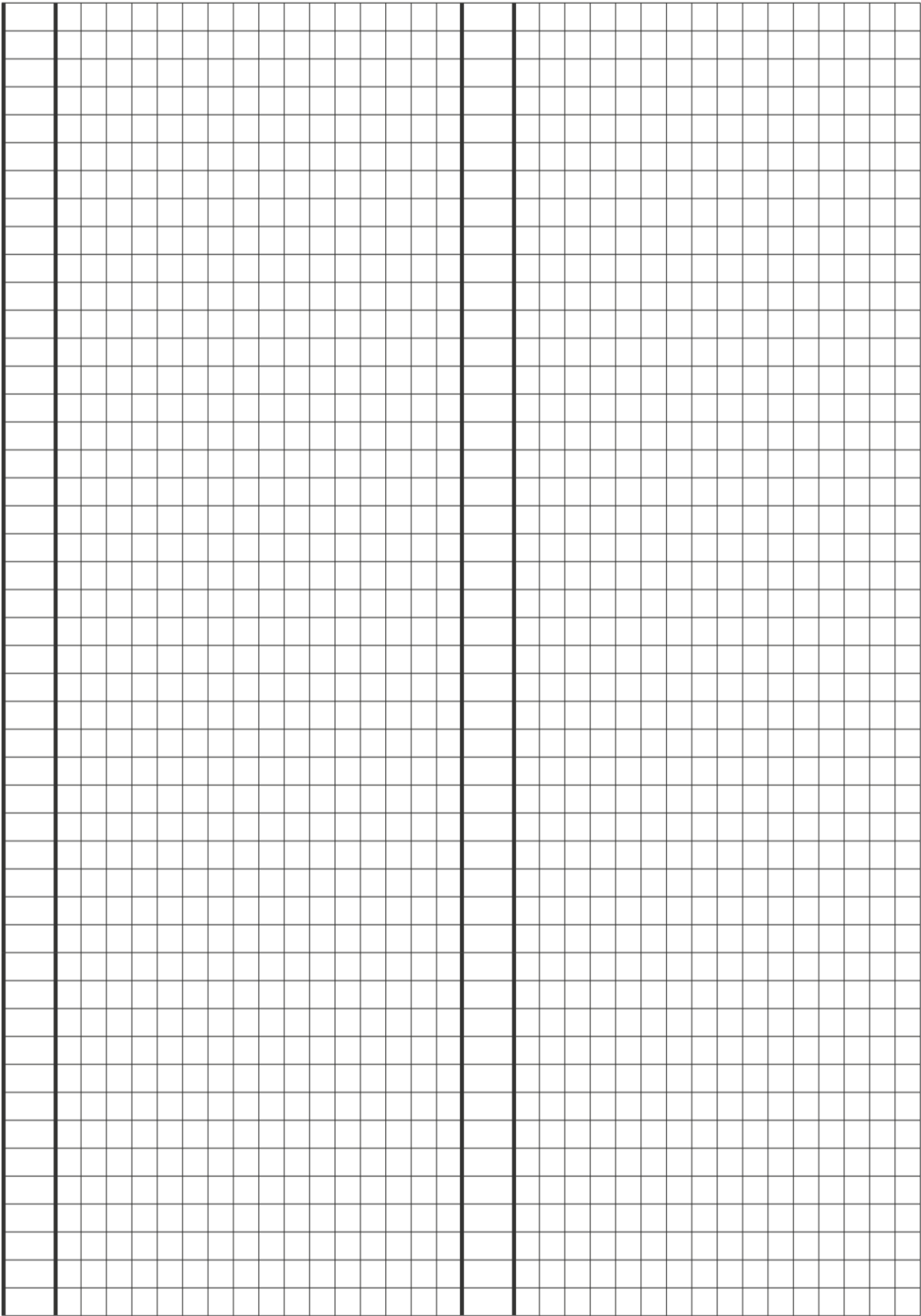


Monday Week 1 – 8/9/25 - Science

Use week 1 from your Biology, Chemistry or Physics KO in your KO booklet.

1. Notes	3. Cue Column (Questions)
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	4.
2. Summary	
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4. Self-Quiz	
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Monday Week 1 – Sparx Maths





Tuesday Week 1 – 9/9/25 – Religion and World Views

Use week 1 from your Religion and World Views KO on page 24 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
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Wednesday Week 1 – 10/9/25 – Languages

Your homework tasks will be set on Arbor. Use your French, German, Spanish or Mandarin sentence builder to help you in your KO booklet. If appropriate, you can use the space below to make notes or practise.

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Wednesday Week 1 – Reading Article

Read through the article and highlight three words you weren't sure of. Then write the definition for each word. You might want to include a drawing to help you remember. Use the space below.

Feathers

By Anonymous

In this short story by an anonymous writer, a woman spreads a rumor, unaware of the consequences of her actions. As you read, take notes on how the woman's understanding of rumors changes throughout the story.

- [1] A sharp-tongued woman was accused of starting a rumor. When she was brought before the village rabbi,¹ she said, "I was only joking. My words were spread by others, and so I am not to blame."

But the victim demanded justice, saying, "Your words soiled² my good name!"

"I'll take back what I said," replied the sharp-tongued woman, "and that will take away my guilt." When the rabbi heard this, he knew that this woman truly did not understand her crime.



"feather" by Jo Andre Johansen is licensed under CC BY-SA 2.0.

And so he said to the woman, "Your words will not be excused until you have done the following. Bring my feather pillow to the market square. Cut it and let the feathers fly through the air. Then collect every one of the feathers from the pillow and bring them all back to me. When you have done this, you will be absolved³ of your crime."

- [5] The woman agreed, but thought to herself, The old rabbi has finally gone mad!

She did as he asked, and cut the pillow. Feathers blew far and wide over the square and beyond. The wind carried them here and there, up into trees and under merchants' carts. She tried to catch them, but after much effort it was clear to her that she would never find them all.

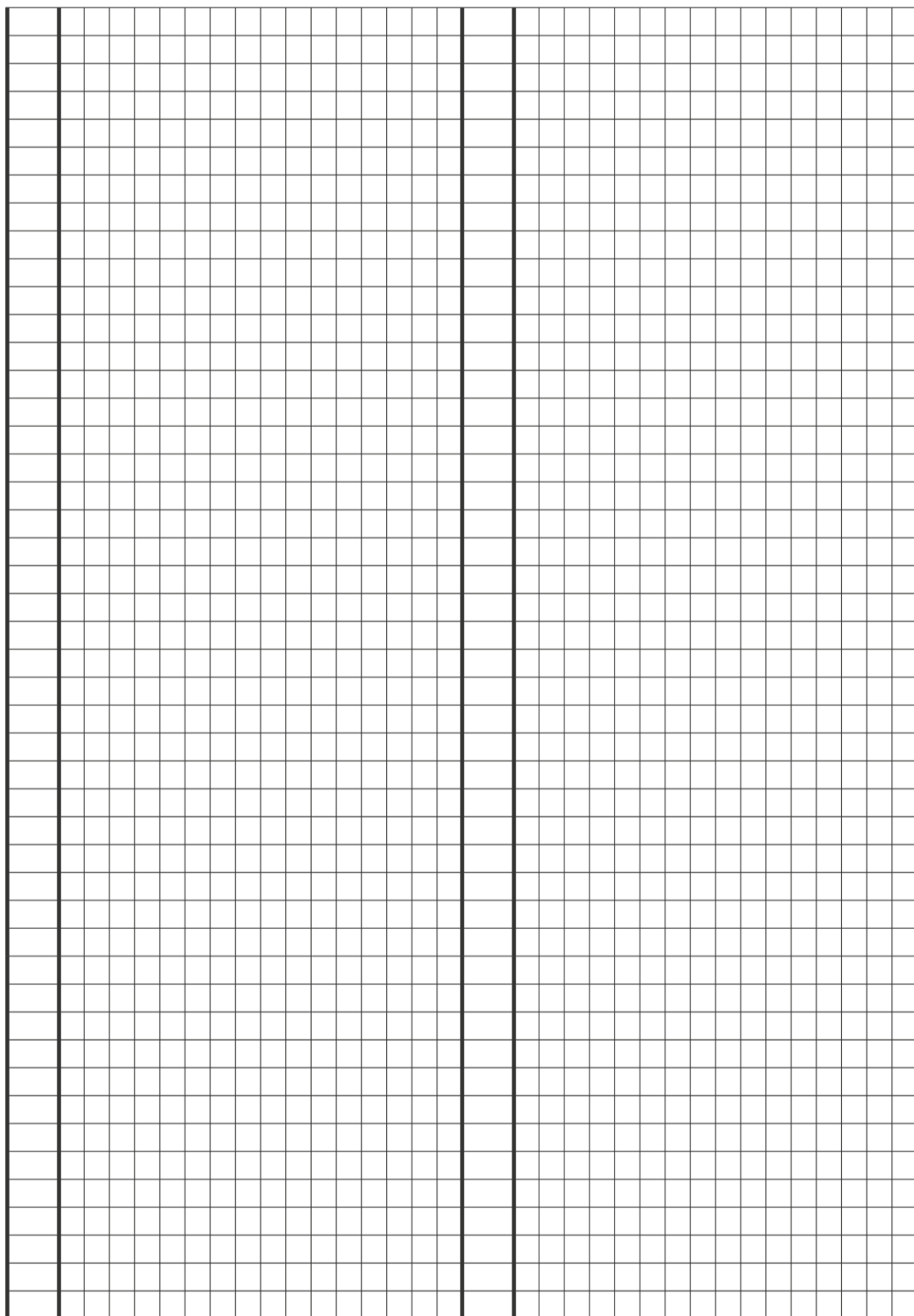
She returned to the rabbi with only a few feathers in her hand. Facing the rabbi, she said, "I could not take back the feathers any more than I could take back my words. From now on I will be careful not to say anything that would harm another, for there is no way to control the flight of words, any more than I could control the flight of these feathers." From that day, the woman spoke kindly of all she had met.

"Feathers" by Anonymous is in the public domain.

Use this QR code to access the reading articles being read by a teacher
(<https://www.castleschool.co.uk/parents/homework.htm>):



Thursday Week 1 – 11/9/25 - Sparx Maths



1. Read and make notes.

2. Summarise to 3 bullet points.

3. Create 5 questions in cue column.

4. Self-quiz and mark.

Friday Week 1 – 12/9/25 - History

Use week 1 from your History KO on page 10 in your KO booklet

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
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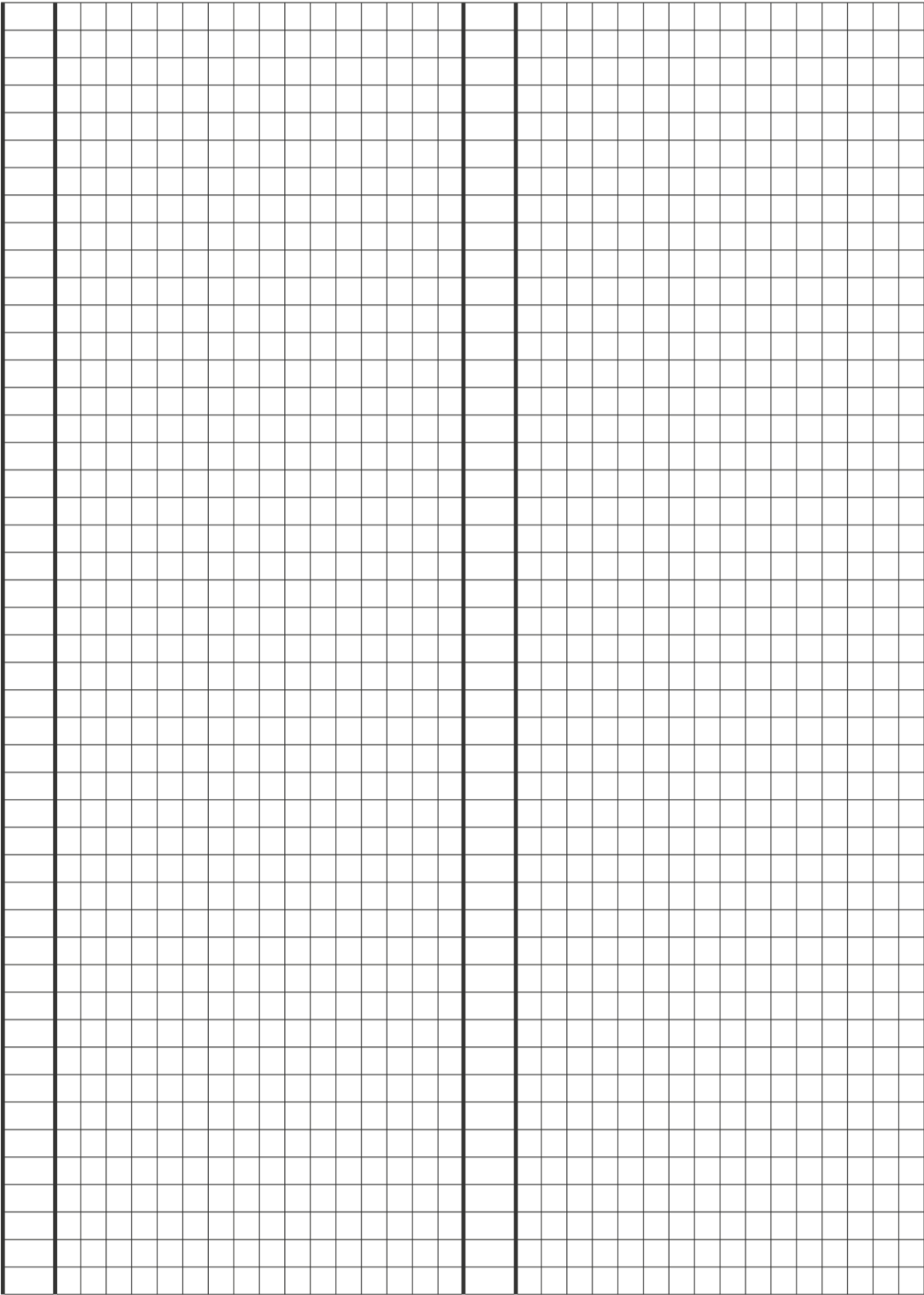


Monday Week 2 – 15/9/25 - Science

Use week 2 from your Biology, Chemistry or Physics KO in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
1.	
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3.	
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Monday Week 2 – Sparx Maths



Wednesday Week 2 – 17/9/25 – Languages

Your homework tasks will be set on Arbor. Use your French, German, Spanish or Mandarin sentence builder to help you in your KO booklet. If appropriate, you can use the space below to make notes or practise.

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Wednesday Week 2 – Reading Article

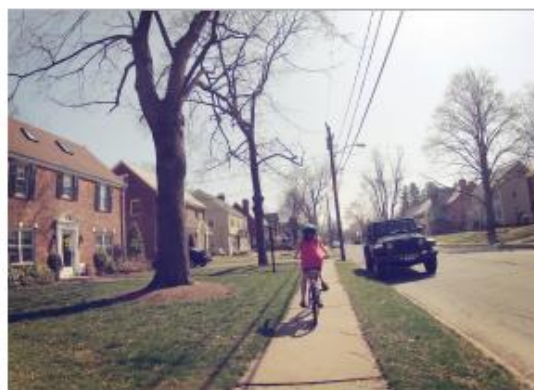
Read through the article and highlight three words you weren't sure of. Then write the definition for each word. You might want to include a drawing to help you remember. Use the space below.

To a Daughter Leaving Home

By Linda Pastan
1988

Linda Pastan (b. 1932) is an American poet of Jewish background. Pastan was named Poet Laureate of Maryland from 1991 to 1995. Her short poems address a wide range of topics: such as family, motherhood, the fragility of life, and much more. This brief poem describes a mother watching her daughter ride away on her bike. As you read, take notes on how the mother feels as her daughter learns how to ride a bike.

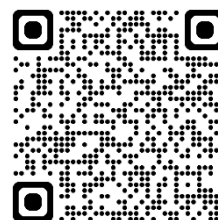
- [1] When I taught you
at eight to ride
a bicycle, loping¹ along
beside you
- [5] as you wobbled away
on two round wheels,
my own mouth rounding
in surprise when you pulled
ahead down the curved
- [10] path of the park,
I kept waiting
for the thud
of your crash as I
sprinted to catch up,
- [15] while you grew
smaller, more breakable
with distance,
pumping, pumping
for your life, screaming
- [20] with laughter,
the hair flapping
behind you like a
handkerchief waving
goodbye.



"Sunday Bike Ride" by Patrick is licensed under CC BY-NC 2.0.

"To a Daughter Leaving Home" from Poetry Magazine by Linda Pastan. Copyright © 1988. Used by permission of W.W. Norton & Company. All rights reserved.

Use this QR code to access the reading articles being read by a teacher
(<https://www.castleschool.co.uk/parents/homework.htm>):



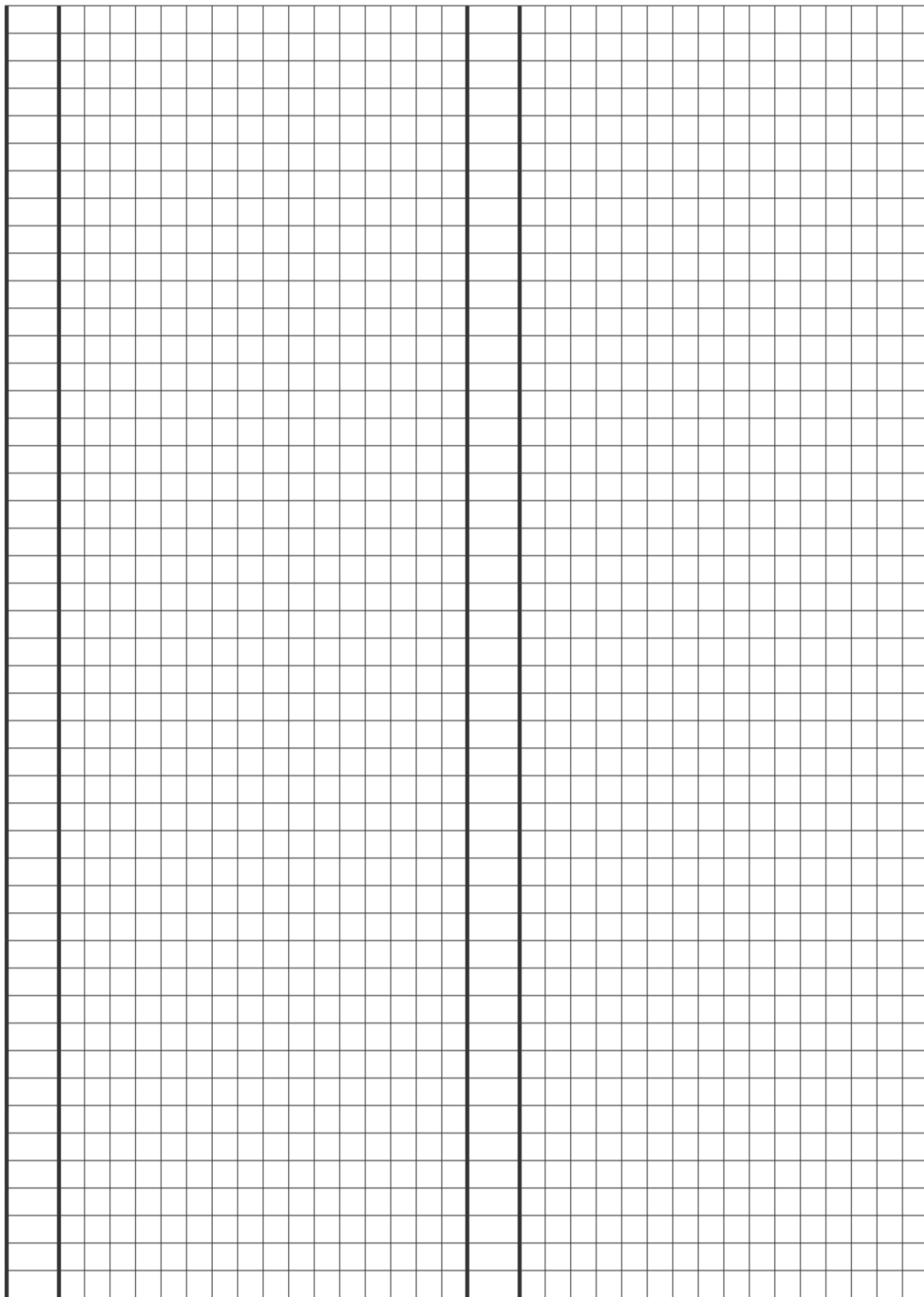


Thursday Week 2 – 18/9/25 – DT

Use week 2 from your DT KO on page 6 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
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	4.
2. Summary	
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4. Self-Quiz	
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Thursday Week 2 – Sparx Maths





Friday Week 2 – 19/9/25 - Geography

Use week 2 from your Geography KO on page 9 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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4. Self-Quiz	
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1. Read and make notes.

2. Summarise to 3 bullet points.

3. Create 5 questions in cue column.

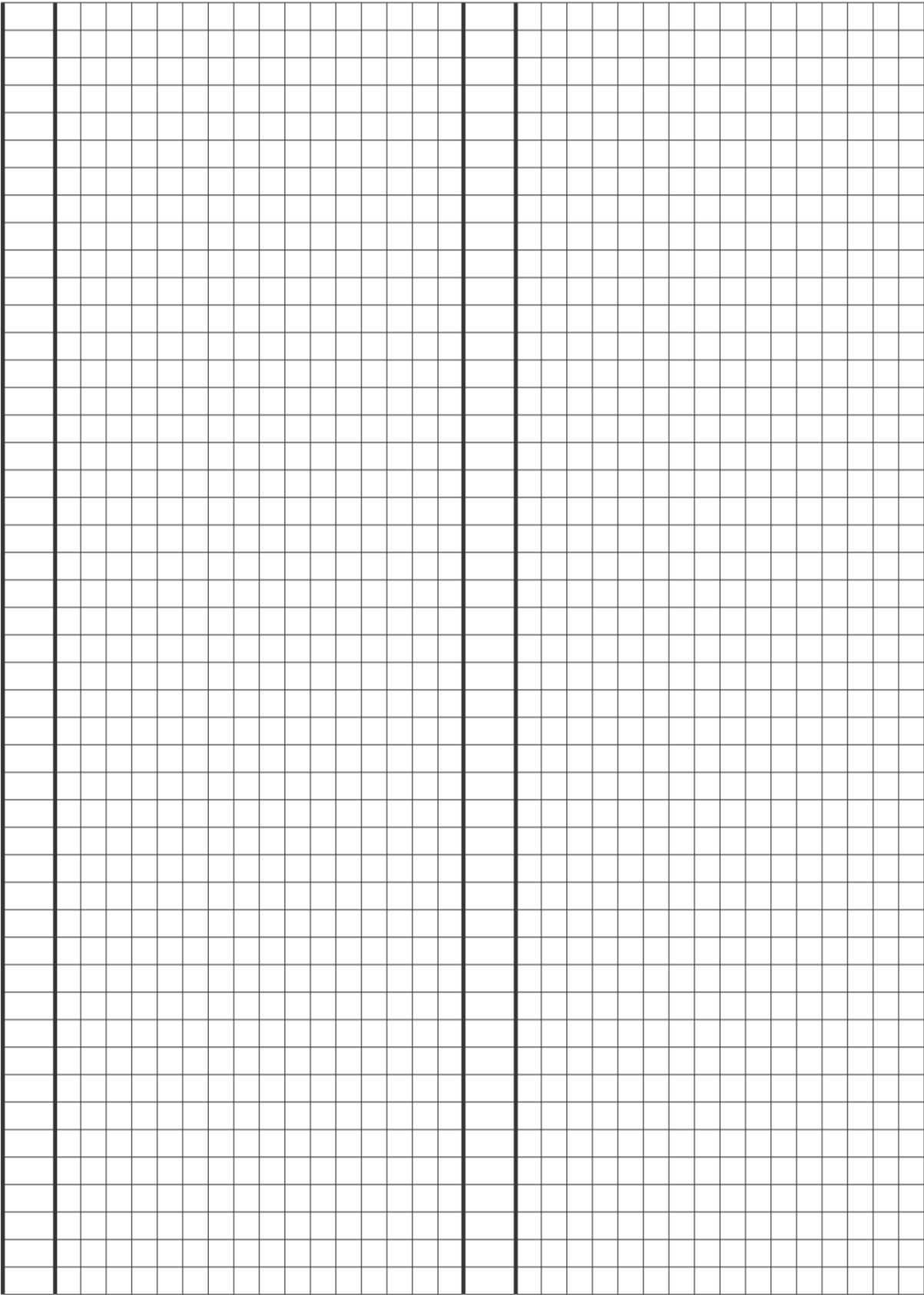
4. Self-quiz and mark.

Monday Week 3 – 22/9/25 - Science

Use week 3 from your Biology, Chemistry or Physics KO in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
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Monday Week 3 – Sparx Maths



1. Read and
make notes.

2. Summarise to
3 bullet points.

3. Create 5
questions in cue
column.

4. Self-quiz and
mark.

Tuesday Week 3 – 23/9/25 – Religion and World Views

Use week 3 from your Religion and World Views KO on page 24 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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4. Self-Quiz	
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Wednesday Week 3 – 24/9/25 – Languages

Your homework tasks will be set on Arbor. Use your French, German, Spanish or Mandarin sentence builder to help you in your KO booklet. If appropriate, you can use the space below to make notes or practise.

[illegible]

Wednesday Week 3 – Reading Article

Read through the article and highlight three words you weren't sure of. Then write the definition for each word. You might want to include a drawing to help you remember. Use the space below.

Aurelia Dobre: World Champion Gymnast

By Chris Woods
1993

Aurelia is a former gymnast from Romania and the 1987 world all-around champion. In this poem, a speaker describes Dobre participating in several gymnastics events. As you read, take notes on how the author uses figurative language to describe Dobre's gymnastics routine.

- [1] Spins clockwork,
then oscillates¹
between the bars.
Time waits
[5] as she unwinds.
Walks the plank.
Defies the natural order.
Points toes
to test the water.
[10] Walks on that.
Skims and ducks
and drakes²
across the mat.
Creates
[15] ripples of applause.
Computes³ her vault⁴
on magnetic
tape.
The kick
[20] is muscle memory.
Traces her geometry;
spirals, circles.
No straight edge,
all curves, curls,
[25] and smiles.



"Gymnast" by Lina Hayes is licensed under CC BY-NC 2.0.

"Aurelia Dobre: World Champion Gymnast" from Recovery by Chris Woods. Copyright © 1993. Used by permission of Enitharmon Press. All rights reserved.

Use this QR code to access the reading articles being read by a teacher
(<https://www.castleschool.co.uk/parents/homework.htm>):



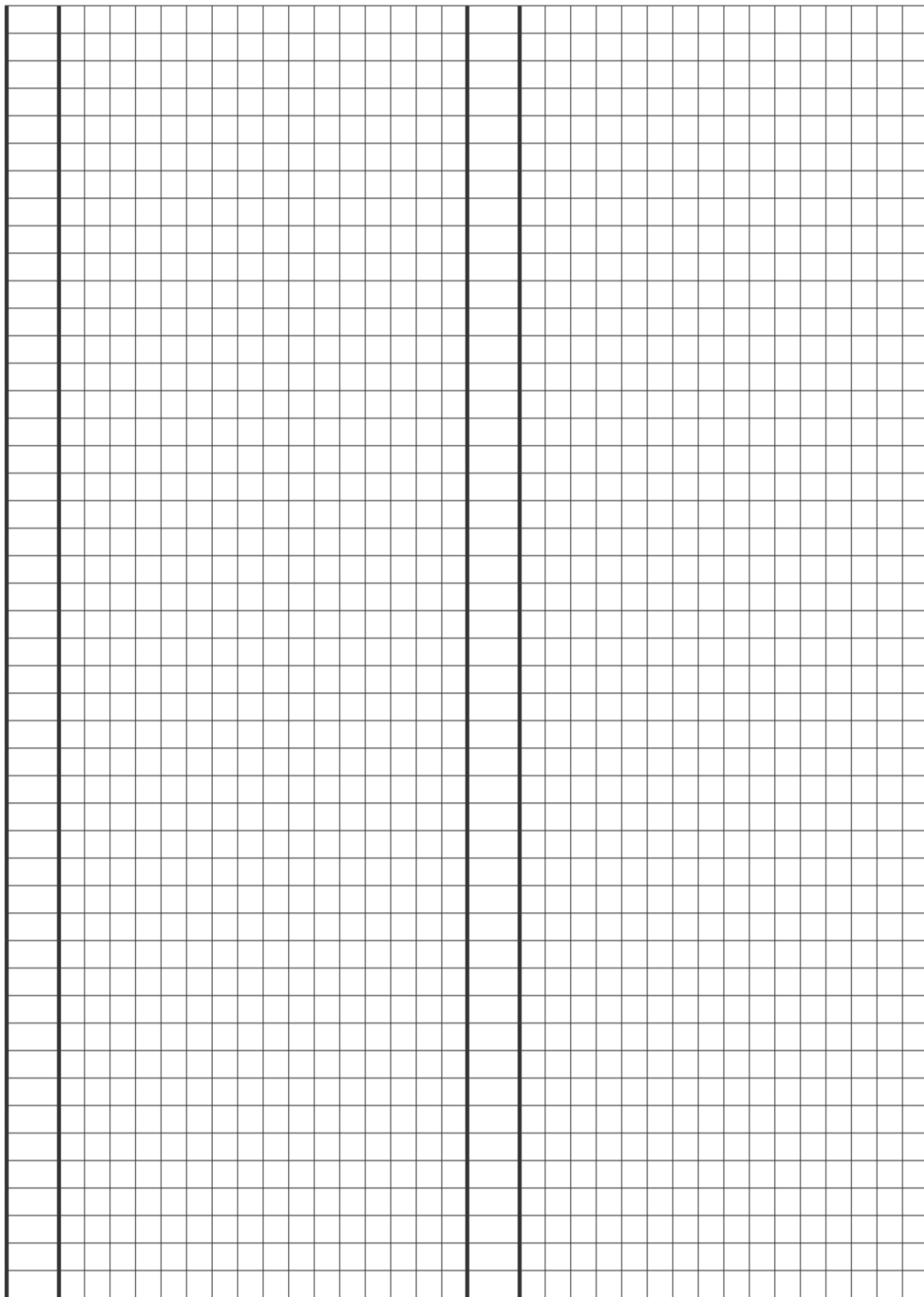


Thursday Week 3 – 25/9/25 – Food

Use your food KO on page 8 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
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	4.
2. Summary	
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	5.
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4. Self-Quiz	
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Thursday Week 3 – Sparx Maths





Friday Week 3 – 26/9/25 - History

Use week 3 from your History KO on page 10 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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4. Self-Quiz	
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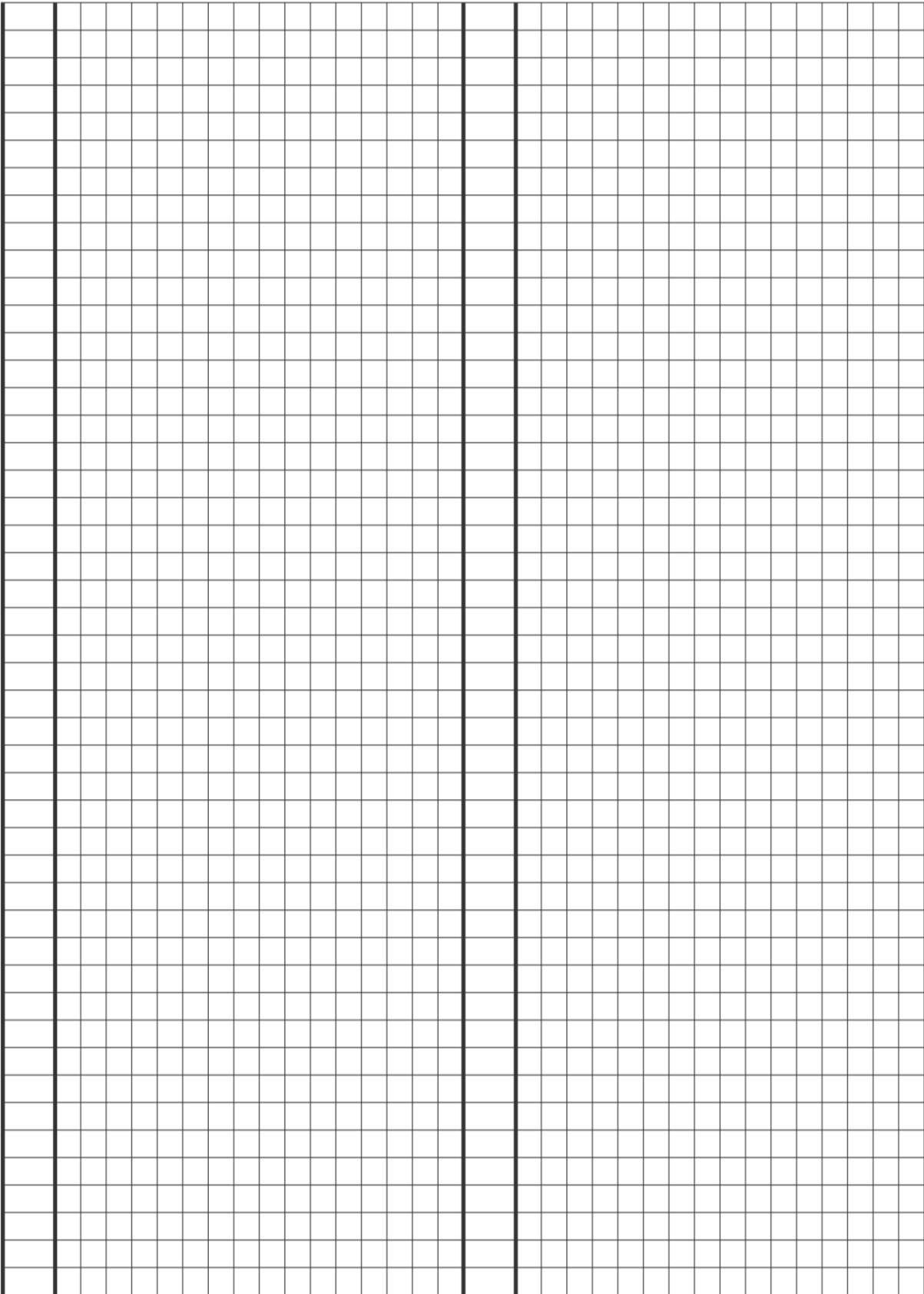


Monday Week 4 – 29/9/25 - Science

Use week 4 from your Biology, Chemistry or Physics KO in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
1.	
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Monday Week 4 – Sparx Maths



1. Read and make notes.

2. Summarise to 3 bullet points.

3. Create 5 questions in cue column.

4. Self-quiz and mark.

Tuesday Week 4 – 30/09/25 - Computing

Use your computing KO on page 5 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
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Wednesday Week 4 – 1/10/25 - Languages

Your homework tasks will be set on Arbor. Use your French, German, Spanish or Mandarin sentence builder to help you in your KO booklet. If appropriate, you can use the space below to make notes or practise.

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

Wednesday Week 4 – Reading Article

Read through the article and highlight three words you weren't sure of. Then write the definition for each word. You might want to include a drawing to help you remember. Use the space below.

Dreams

By Langston Hughes
1941

Langston Hughes (1902-1967) was a poet, an author, and an activist. He was also an important leader in the Harlem Renaissance, an artistic and social movement of black artists in Harlem, New York during the 1920s. In this poem, a speaker describes the importance of dreams. As you read, take notes on what the speaker says life would be like without dreams.

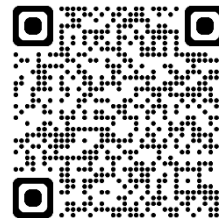
- [1] Hold fast¹ to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly
- [5] Hold fast to dreams
For when dreams go
Life is a barren² field
Frozen with snow



"Semi-frozen Lake Malta" by Hans Permana is licensed under CC BY-NC 2.0

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Use this QR code to access the reading articles being read by a teacher
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1. Read and make notes.

2. Summarise to 3 bullet points.

3. Create 5 questions in cue column.

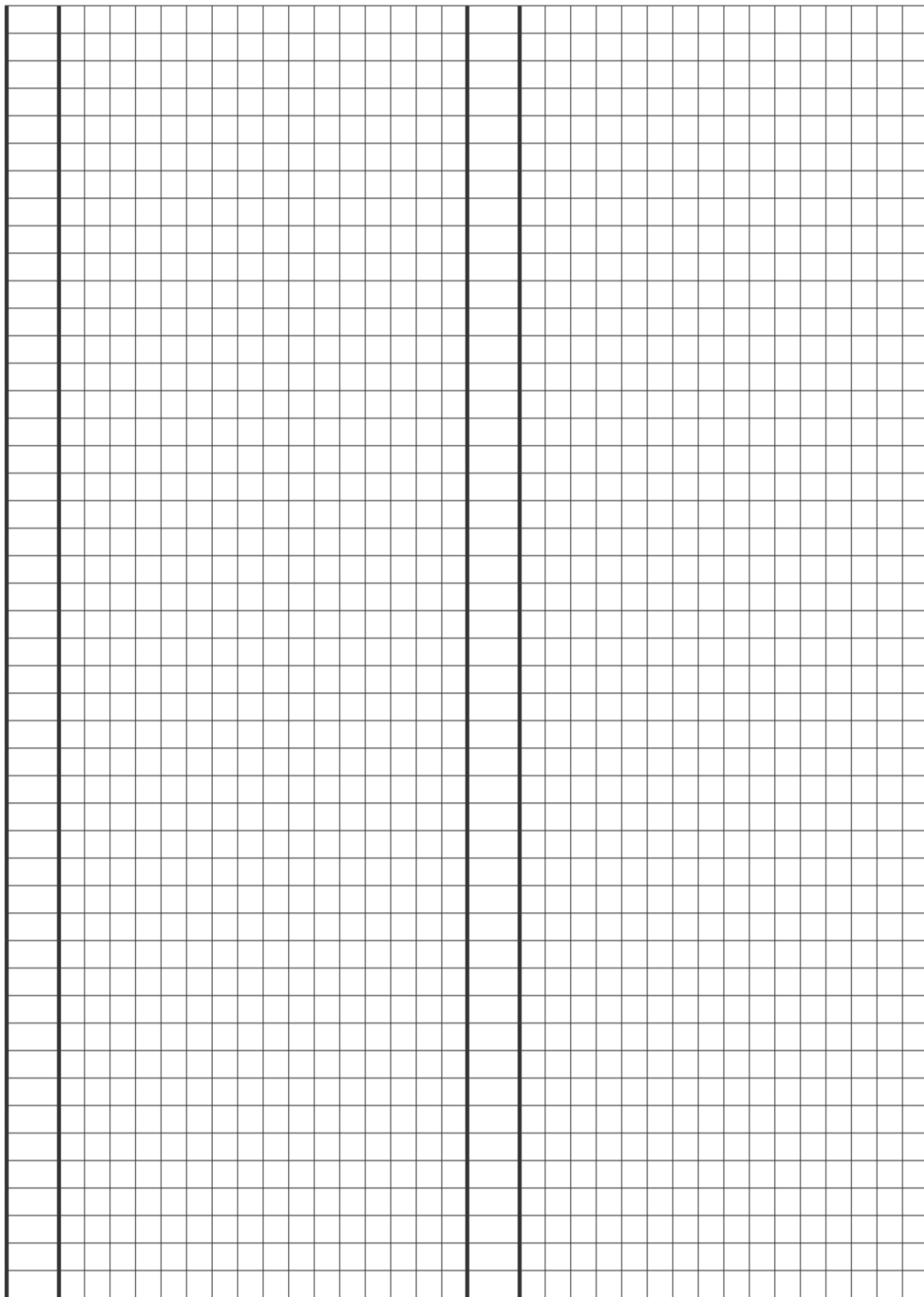
4. Self-quiz and mark.

Thursday Week 4 – 2/10/25 - DT

Use week 4 from your DT KO on page 6 of your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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4. Self-Quiz	
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Thursday Week 4 – Sparx Maths



1. Read and
make notes.

2. Summarise to
3 bullet points.

3. Create 5
questions in cue
column.

4. Self-quiz and
mark.

Friday Week 4 – 3/10/25 - Geography

Use week 4 from your Geography KO on page 9 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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4. Self-Quiz	
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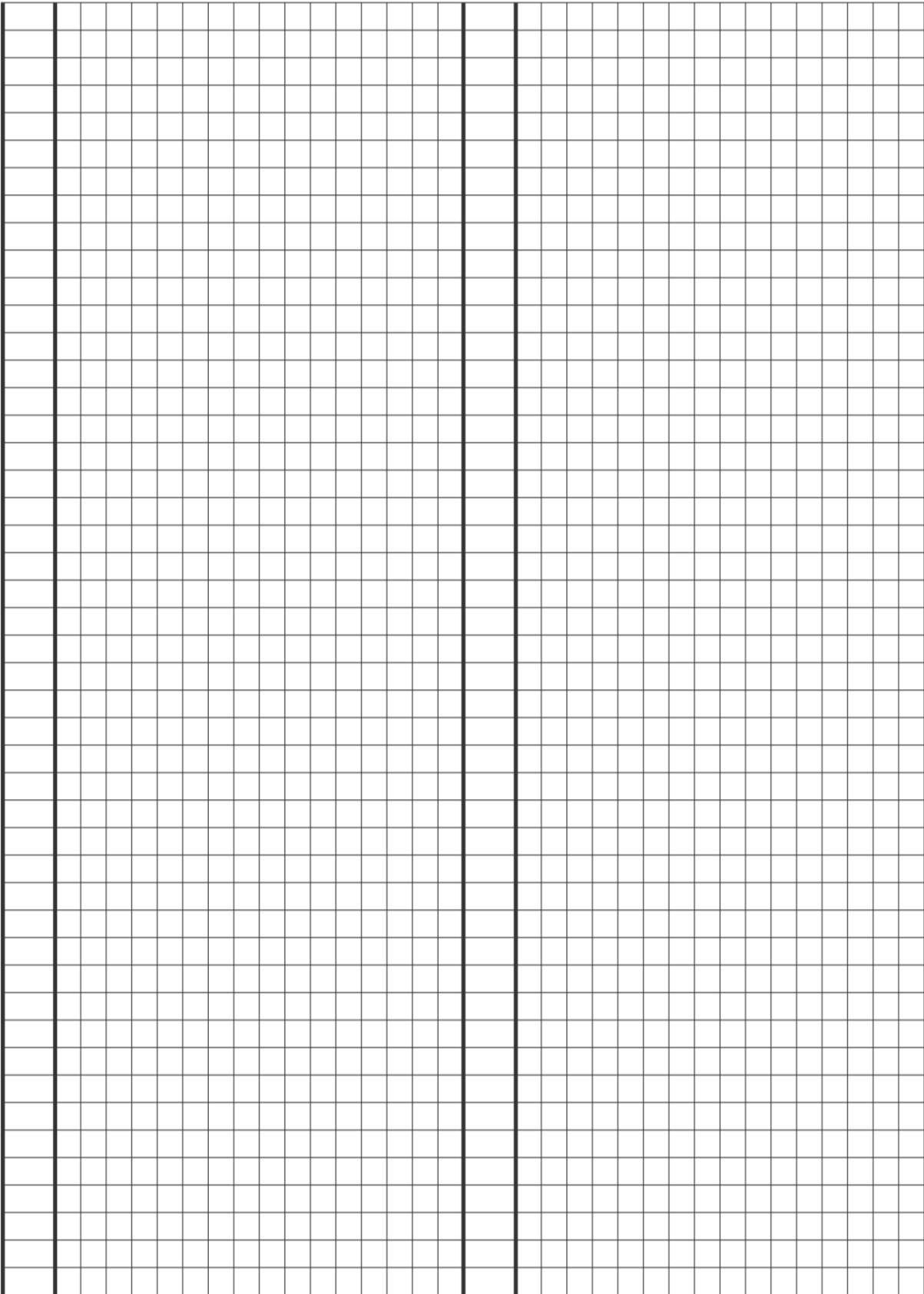


Monday Week 5 – 6/10/25 - Science

Use week 5 from your Biology, Chemistry or Physics KO in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
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Monday Week 5 – Sparx Maths



1. Read and make notes.

2. Summarise to 3 bullet points.

3. Create 5 questions in cue column.

4. Self-quiz and mark.

Tuesday Week 5 – 7/10/25 – Religion and World Views

Use week 5 from your Religion and World Views KO on page 25 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
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Wednesday Week 5 – 8/10/25 - Languages

Your homework tasks will be set on Arbor. Use your French, German, Spanish or Mandarin sentence builder to help you in your KO booklet. If appropriate, you can use the space below to make notes or practise.

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Wednesday Week 5 – Reading Article

Read through the article and highlight three words you weren't sure of. Then write the definition for each word. You might want to include a drawing to help you remember. Use the space below.

Dr. Martin Luther King Jr., Changing America

By Barbara Radner
2005

Dr. Martin Luther King, Jr. (1929-1968) was a Baptist minister and a leader of the African American Civil Rights Movement. This article shares key details about Dr. King's life and accomplishments, including his belief in equality and non-violence. As you read, take notes on the problems that African-Americans faced during the 1950s and 60s, and the strategies that Dr. King used to create social change.

- [1] Dr. Martin Luther King, Jr., was a great leader. He inspired many people. He brought about changes that are important to everyone in the United States. In fact, he is known around the world. He was the youngest person to win the Nobel Peace Prize. That is a prize given to a person who is important to the world. It is a peace prize. He wanted people to change things peacefully. He thought that violence only led to more problems.

Dr. King used a way of changing things called non-violent protest. He saw that people were not treated fairly. He protested for civil rights. When he led marches, people were angry. But he was determined. Even though people shouted at him, he kept marching.

People who had been afraid to protest before were encouraged. They joined him. He was able to give them confidence. Together they would overcome. Soon thousands of people were with him. He was changing America.

He organized boycotts. A boycott means that people do not buy something or shop at a store or use a service. The boycott he led was the Montgomery Bus Boycott. Before that boycott in 1955, African Americans could not ride in the front of buses. They had to sit or stand in the back even if there were seats in the front. Only whites could have those front seats. It took months, but they won. They got the right to sit anywhere in the bus.

- [5] Dr. King influenced many people. He reached them with his books and speeches. He gave a very inspiring speech in Washington, D.C. People call it his "I Have a Dream" speech. In it he told about what he had seen, the changes that had happened, and what would happen in the future.

Today the United States celebrates his life with a special holiday every year. On that day, people remember what he accomplished. They think about how he has made a difference to everyone in America.



"Martin Luther King, Jr. 1964 (source: Library of Congress)" by Mike Licht is licensed under CC BY 2.0.

Use this QR code to access the reading articles being read by a teacher (<https://www.castleschool.co.uk/parents/homework.htm>):



Thursday Week 5 – 9/10/25 - Art

You need to research into natural forms and **collect at least 10 different images** of them.

Here are some suggestions: leaves, flowers, seeds, shells, wood, plants, fruits, vegetables.

(Remember not animals as we study them later in year 8.)

You need to arrange these on a power point slide OR a word document and attach it to class charts to submit it. Try and be creative with your presentation, you could consider a title, a border or some notes about the natural forms you have found.

To submit please bring it printed to class OR submit a digital copy on Arbor so your teacher can print it off for you.

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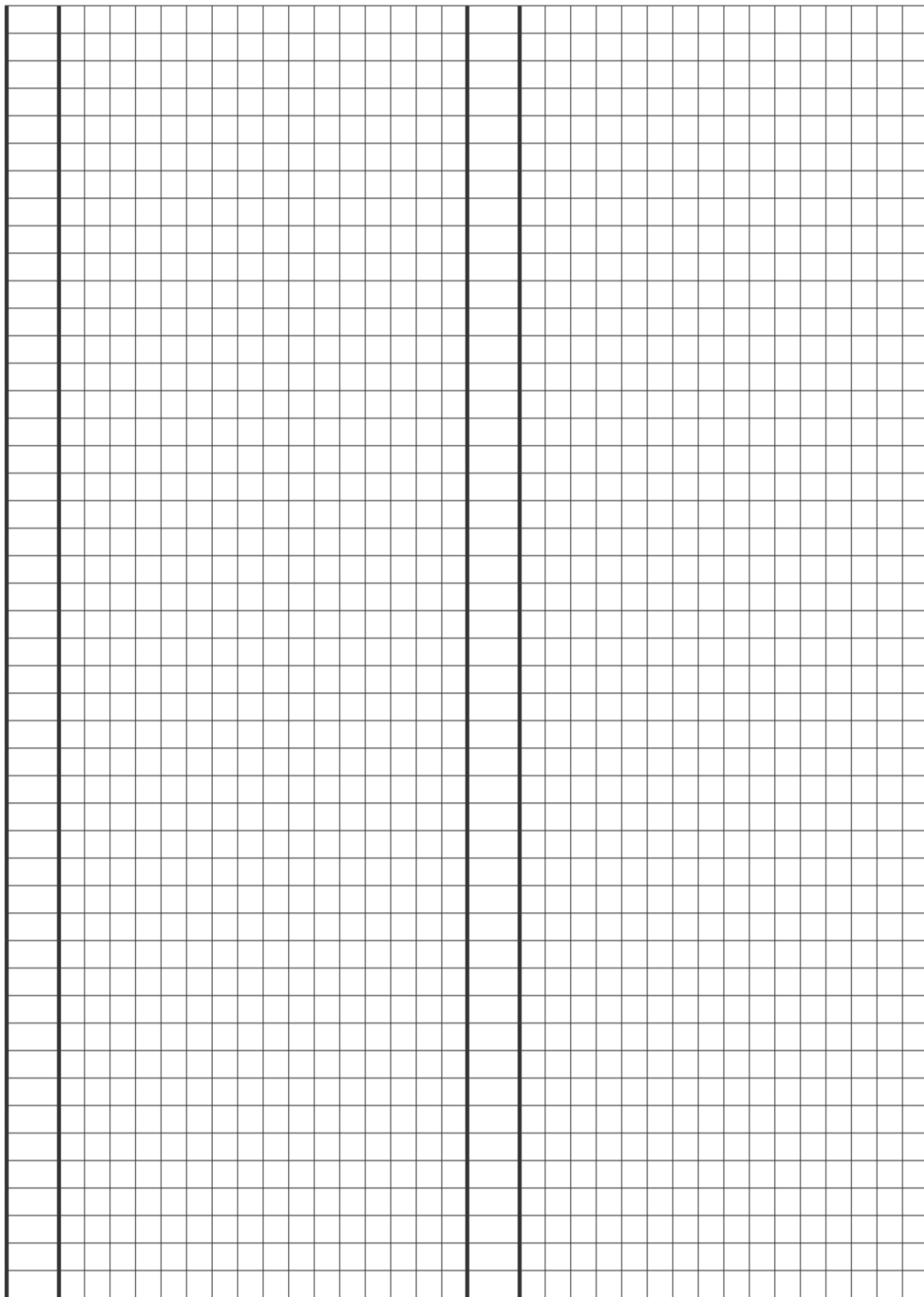
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Thursday Week 5 – Sparx Maths





Friday Week 5 – 10/10/25 - History

Use week 5 from your History KO on page 10 in your KO booklet.

1. Notes	3. Cue Column (Questions)
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	4.
2. Summary	
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4. Self-Quiz	
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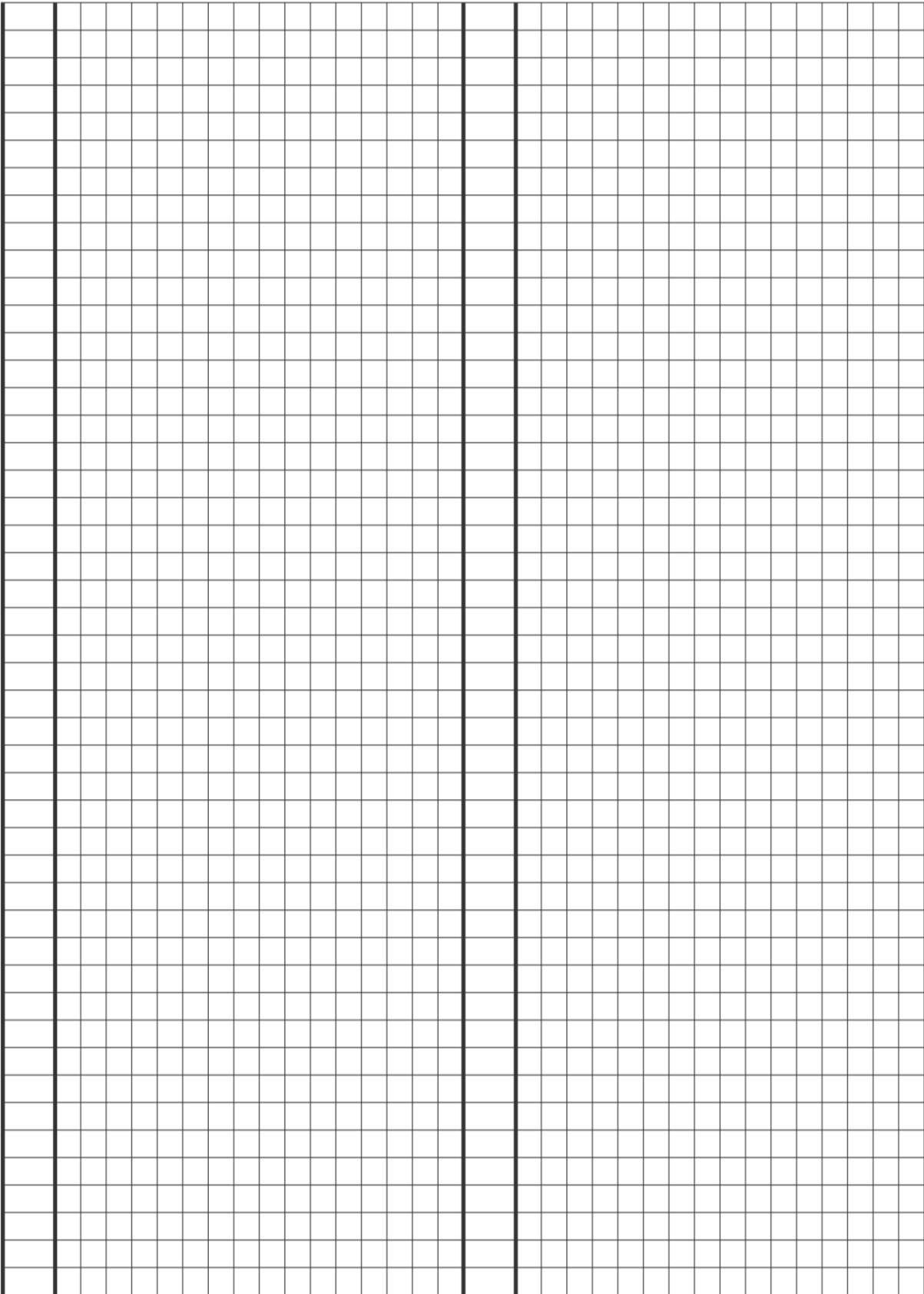


Monday Week 6 – 13/10/25 - Science

Use week 6 from your Biology, Chemistry or Physics KO in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
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	5.
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4. Self-Quiz	
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Monday Week 6 – Sparx Maths



Tuesday Week 6 – 14/10/25 - Music

Your Music homework is set on Arbor. Music homework is in 2 parts:

- Part 1 is teaching gadget.
- Part 2 is a forms quiz

Links to part 1 and part 2 are in the links section at the bottom of the Arbor homework.

Part 1 - Teaching Gadget

Log into Arbor, find and select your music homework. Click the link at the bottom of the Arbor homework to take you to the teaching gadget website. (you can do this on a computer, tablet or phone)

FAQ: “I can’t log onto Arbor, how can I get to teaching gadget?”

Answer: You can also go to teachinggadget.com on a computer or scan this QR code on your phone or tablet

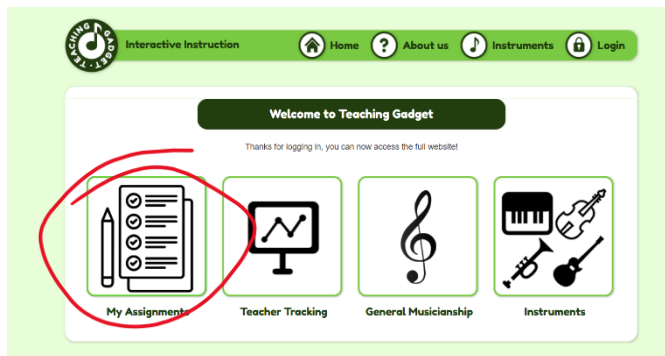


1) Click Log in

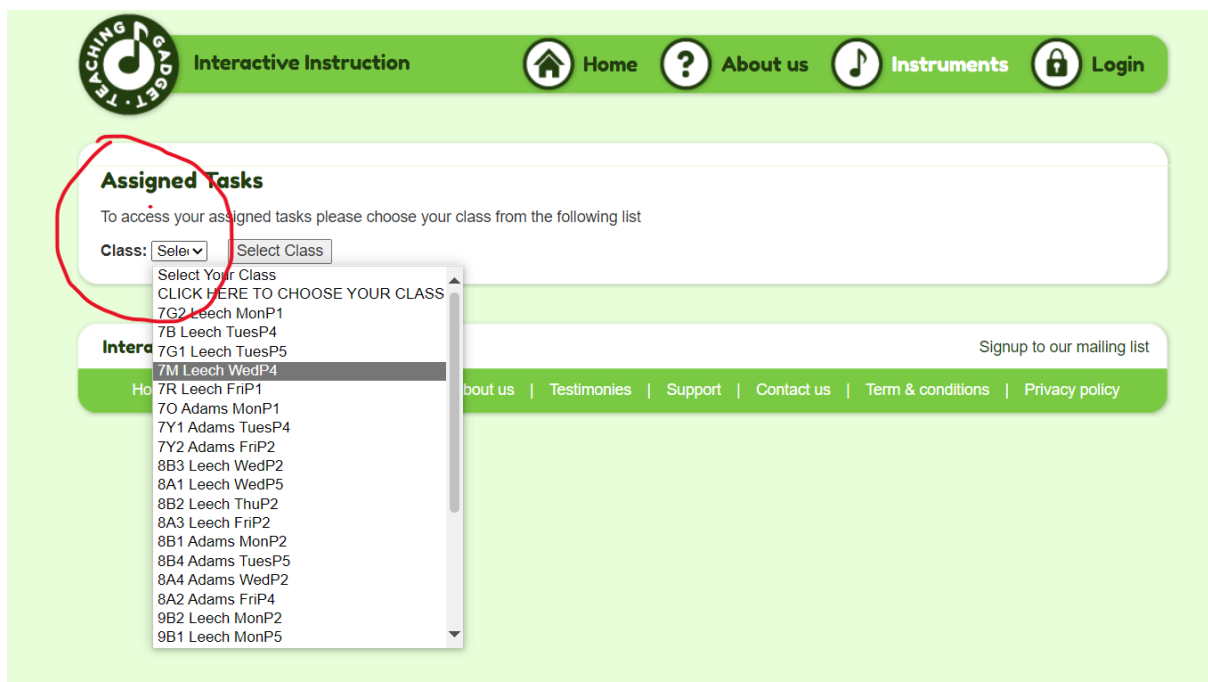


2) Type the username and password below

3) Click my assignments



4) Click the drop down box and select your class. Then click the box 'select class'



5) The next page will display the lessons or quizzes you will need to complete for homework. Below is an example of what you will see.

The screenshot shows the 'Assigned Tasks' page with a table of assigned tasks. The table has five columns: 'Class', 'Assignment', 'Description', 'Date Set', and 'Date Due'. The tasks are listed for the class '7G2 Leech MonP1'.

Class	Assignment	Description	Date Set	Date Due
7G2 Leech MonP1	Pitch Quiz – Treble Clef Spaces	1.	20-11-2023	20-11-2023
7G2 Leech MonP1	Pitch Quiz – Treble Clef Lines	2.	20-11-2023	20-11-2023
7G2 Leech MonP1	Pitch Quiz – Treble Clef Level 1	3.	20-11-2023	20-11-2023
7G2 Leech MonP1	Pitch Quiz – Bass Clef Spaces	4. Extension	20-11-2023	20-11-2023
7G2 Leech MonP1	Pitch Quiz – Bass Clef Lines	5. Extension	20-11-2023	20-11-2023
7G2 Leech MonP1	Pitch Quiz – Bass Clef Level 1	6. Extension	20-11-2023	20-11-2023
7G2 Leech MonP1	Pitch Quiz – Alto Clef Level 1	Xander	20-11-2023	20-11-2023

6) When you finish a quiz, if it asks you to submit a score, make sure that you enter your first name and last name **and select your class** e.g 7R1 MON P1 LEECH

The screenshot shows a web interface for a quiz titled "20 Questions – Rhythms Listening (Level 1)". The page has a green header with navigation links: "Interactive Instruction", "Home", "About us", "Instruments", and "Login". The quiz title is displayed in a stylized font. A "Submit Score" form is overlaid on the page. The form has a green header with the text "Submit Score". It contains four input fields: "First Name", "Last Name", a dropdown menu showing "7R1 MON P1 LEECH", and a text field showing "The Castle School". A red circle highlights the "First Name", "Last Name", and the class dropdown menu. A "Submit Score" button is at the bottom of the form. To the left of the form is a "BACK" button. To the right, the score is displayed as "SCORE 3 OUT OF 20". The page footer includes a QR code and the website URL "www.TEACHINGGADGET.COM".

Part 2 - Teams Form Quiz

Click on the 2nd link on Arbor. This will take you to a forms quiz. Please answer the multiple-choice questions based on this half terms music lessons.

Wednesday Week 6 – 15/10/25 - Languages

Your homework tasks will be set on Arbor. Use your French, German, Spanish or Mandarin sentence builder to help you in your KO booklet. If appropriate, you can use the space below to make notes or practise.

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Wednesday Week 6 – Reading Article

Read through the article and highlight three words you weren't sure of. Then write the definition for each word. You might want to include a drawing to help you remember. Use the space below.

Simone Biles

This gymnast lets her power and personality shine.

By Marty Kaminsky
2016

Simone Biles is an American gymnast who competed in the 2016 Summer Olympics. In this informational text, Marty Kaminsky discusses Biles' life and success in gymnastics. As you read, take notes on how Biles became an Olympic gymnast.

- [1] The crowd stirs as 16-year-old gymnast Simone Biles mounts the balance beam at the 2013 World Artistic Gymnastics Championships in Belgium.

The beam is 4 feet high, 16 feet 5 inches long, and only 4 inches wide. Walking across its surface would be a challenge for most people, but Simone must do far more than that to earn a gold medal. During her 90-second performance, Simone must leap high in the air, spin completely around on one foot, and execute handsprings¹ and flips without falling off the beam or landing awkwardly.



"Simone Biles" by Courtesy of iStock/mustafahacalaki and iStock/KrizzDaPaul is used with permission.

To start her routine, the 4-foot-8-inch athlete pirouettes² on one foot two and a half times, then pulls off a flawless split leap. The audience gasps with each move, but Simone is calm as she dances on the beam. She completes her routine with a full twisting double back.³ After flying high through the air, Simone lands on her feet, and the crowd roars.

The judges are impressed, too, rewarding Simone with her first All-Around⁴ title.

Making Her Mark

- [5] Since then, Simone has taken the gymnastics world by storm. She is the first female to win three straight All-Around World Championships, earning a total of 14 medals, 10 of them gold.

At the 2016 Olympics in Rio de Janeiro, Brazil, Simone added five medals to her total: golds in team, individual all-around, vault, and floor exercise, and bronze on beam.

Talent at a Young Age

Life was not always easy for Simone. Her birth mother was unable to care for her children. Simone's grandparents, Ron and Nellie Biles, adopted Simone and her younger sister, Adria. Their new dad and mom moved the girls from Ohio to their home in Texas.

Simone loved to climb their five-foot-high mailbox and somersault to the ground. On a field trip with her daycare class, six-year-old Simone was introduced to her sport at Bannon's Gymnastix. In no time flat,⁵ she started copying the gymnasts, drawing the attention of the instructors.

"I loved the idea of flipping around, and the center saw something in me, so they sent home a letter to my parents encouraging me to join," Simone explains. "Right from the start, I was fearless and willing to try anything and everything."

- [10] Simone advanced quickly. At age seven, she began performing competitively. In 2011, she placed first on vault and balance beam at the American Classic. Her debut⁶ as an international gymnast was in March 2013 at a World Cup event.

Bubbly and Genuine

Simone is known for her power and upbeat personality. She often plays to the crowd, flashing a big smile as she performs in the floor exercise.

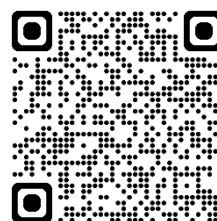
In order to master the variety of skills needed to excel⁷ at the four events in her sport, Simone trains five to six hours a day, year-round.

Simone's coach, Aimee Boorman, appreciates her hard work and personality. "Simone is bubbly. She loves to laugh, is genuine and real. When she wins and is given flowers on the medal podium, she searches out the shyest child in the crowd and gives her the flowers."

How does Simone handle the pressures of life as an athlete? "It is important to embrace the moment," she says. "Remember to have as much fun as you can, but keep in mind, win or lose, you still have your whole life ahead. You can achieve anything that you put your mind to."

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Use this QR code to access the reading articles being read by a teacher
(<https://www.castleschool.co.uk/parents/homework.htm>):



1. Read and make notes.

2. Summarise to 3 bullet points.

3. Create 5 questions in cue column.

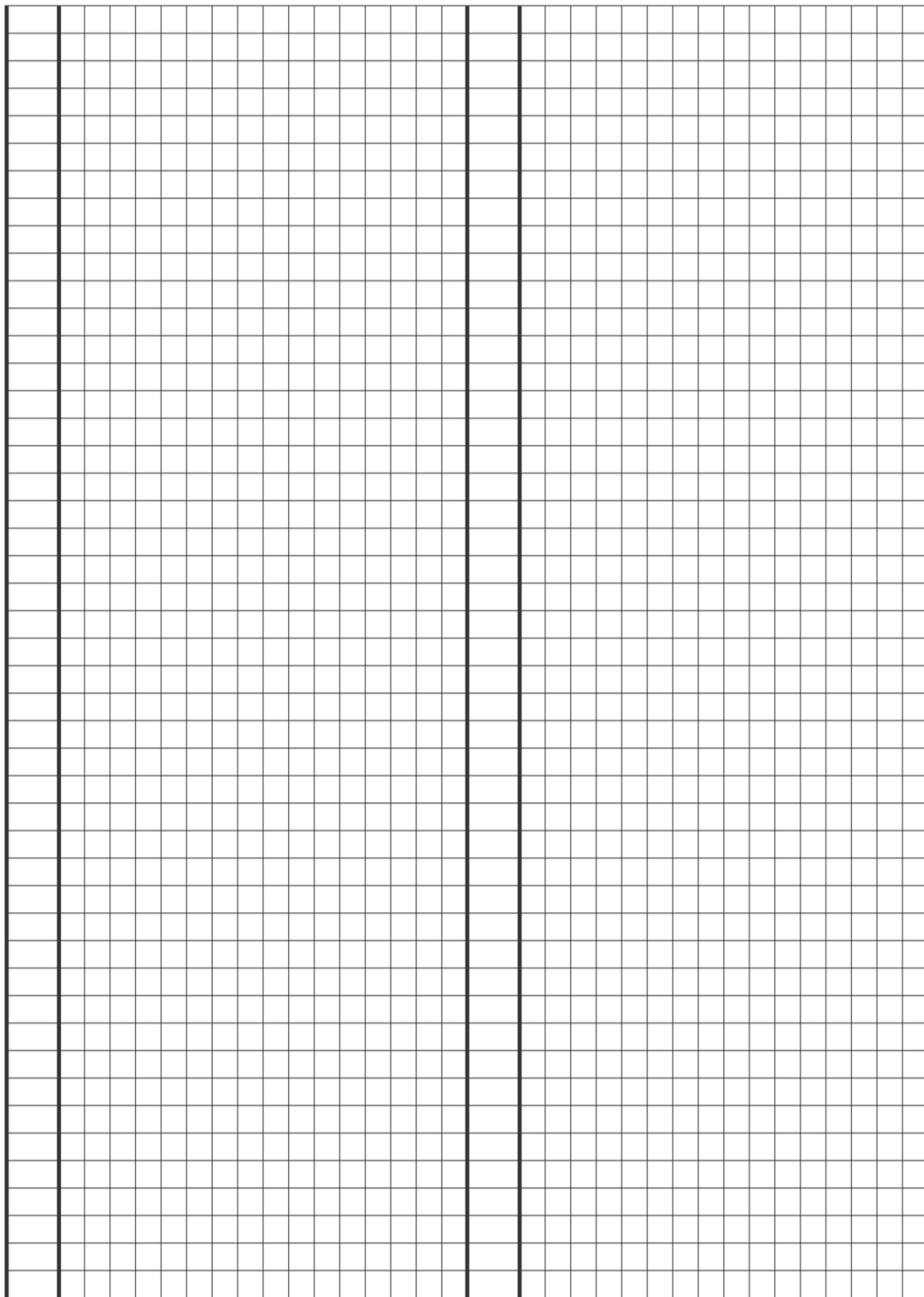
4. Self-quiz and mark.

Thursday Week 6 – 16/10/25 - PSHE

Use your PSHE KO on page 23 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
•	
	5.
•	
•	
4. Self-Quiz	
1.	
2.	
3.	
4.	
5.	

Thursday Week 6 – Sparx Maths



1. Read and make notes.

2. Summarise to 3 bullet points.

3. Create 5 questions in cue column.

4. Self-quiz and mark.

Friday Week 6 – 17/10/24 - Geography

Use week 6 from your Geography KO on page 9 in your KO booklet.

1. Notes	3. Cue Column (Questions)
	1.
	2.
	3.
	4.
2. Summary	
•	
	5.
•	
•	
4. Self-Quiz	
1.	
2.	
3.	
4.	
5.	