

Research suggests that spending too much time on homework can have a negative impact on progress. As many of you will know, from experience, spending too long is also not good for the wellbeing of your child and/or family.

We suggest the following time frames for each year group (this excludes reading and TT Rockstars) and can be spread out over a week:

Year 3: 20 Minutes

Year 4: 25 Minutes

Year 5: 30 Minutes

Year 6: 40 Minutes



Here are some very helpful questions you can ask your child while they do their homework. These are questions which help children develop their metacognition - this means that children have an increased aware of their learning processes, and what helps them as a learner. They are particularly helpful in maths learning but are applicable across the curriculum - and in many general activities children take part in! Please do have a go at using these with your child.

BEFORE DURING AFTER What do you already know? Is this making sense? What helped you to What is this question asking Is your strategy working? understand? you to do? Are you using the best tools? Where did you struggle? · How did you overcome What level of challenge will · What connections are you this be? making? challenges? How can you organize your What predictions do you have? · How could you have tackled information? Are you making progress? this differently? What is the best way to tackle Do you need to slow down? How will this information help this task? What do you understand so far? you in the future?

HACKINGQUESTIONS.COM

Connie Hamilton, Author of Hacking Questions

Can explain what they need to do/remember Can 'explain the task' Scrap paper to jot spellings etc Eraser Paper/book Environment Sharp pencil/pen Reassurance Understands the task Sensory needs: **Temperature** Engaged with the task Writing position Posture comfort What to write on/with Time and place e.g. an appropriate time Light glare Distractions What are the cues that my child has reached their limit