



SARACENS
HIGH SCHOOL

Year 7 Knowledge Organiser

Summer Term
2023-2024

Knowledge
is power 

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Art Craft & Design - Page 1

KS3 Knowledge Organiser

1	Tone	Creating areas of light to dark on a piece of art
2	Line	The path left by a moving point. For example, a pencil or a brush
3	Shape	A shape is an area enclosed by a line
4	Form	A three dimensional shape or making a piece of artwork appear 3D
5	Pattern	A design that is created by repeating lines, shapes, tones or colours
6	Texture	How the artwork feels
7	Colour	Used to show what something looks like or to create a certain mood
8	Primary Colour	Blue, Red and Yellow. Cannot be made by mixing other colours together
9	Secondary Colour	Green, Orange and Purple. Made by mixing equal amount of 2 primary colours.
10	Harmonious Colours	Colours that sit next to each other on the colour wheel
11	Complementary Colours	Colours that sit opposite each other on the colour wheel and create contrast
12	Warm Colour	Red, Orange and Yellow
13	Cool Colour	Blue, Green and Purple

14	Monochrome	Using different tones of only one colour in a piece of art
15	Composition	How the elements in the work are arranged
16	Proportion	The size of something compared to something else
17	Scale	The overall size of a piece of artwork or the size of objects within the artwork
18	Focal Point	What you look at first is in a piece of art
19	Contrast	Using opposite elements within a piece of art. For example black and white
20	Foreground	The objects closest to you in a piece of art
21	Midground	The objects in between the foreground and background of a piece of art
22	Background	The objects furthest from you in a piece of art
23	Abstract	Art that does not represent an accurate image of reality
24	Realistic	Art that shows a realistic representation of reality
25	Shadows	The darkest tone to represent the darkest areas of a piece of art
26	Highlights	The lightest tone to represent the lightest areas of a piece of art
27	Mid tones	The tones in between the light and dark areas of a piece of art

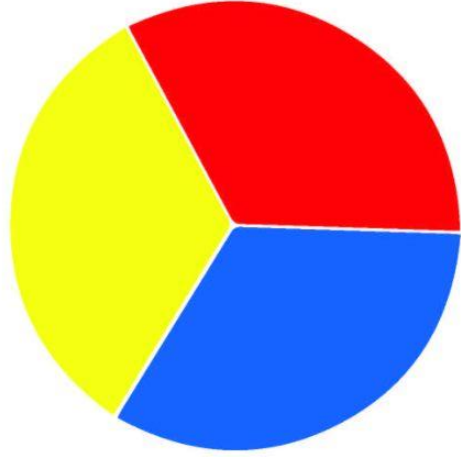
Art Craft & Design - Page 2

KS3 Knowledge Organiser

28	Landscape	Artwork of a natural scenery such as mountains, fields etc
29	Portrait	A piece of art that shows a persons face
30	Conceptual	Artwork that focuses an idea behind the work rather that the outcome
31	Mood	The atmosphere / emotion of feeling expressed in a piece of art
32	Expressive	Using shape, line, patterns and colour in an abstract way to create a thought / feeling
33	Pastiche	Art that copies the style of another piece of artwork
34	Minimalism	Artwork that consists of a simple design usually made up of shapes and or lines
35	Negative Space	The space around the artwork that has nothing there
36	Mural	Artwork that has been created on to a wall usually large scale
37	Typography	What text / words are referred to in your artwork
38	Media / Medium	The materials used to create art. For example pen, paint, pencil
39	Mixed Media	More than one media / medium used to create a piece of art

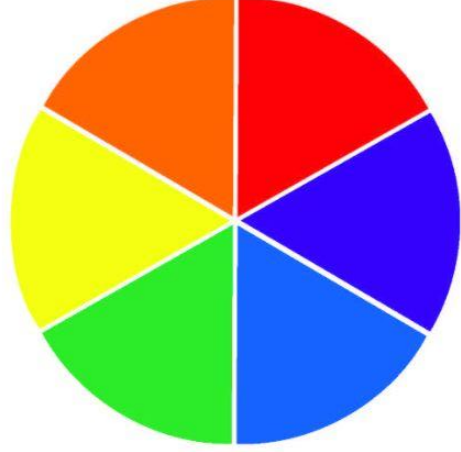
Techniques and Mediums		
40	Directional Shading	Shading following the direction of the object to build texture and tone
41	Stippling	Dots used to build texture and or tone
42	Cross-hatching	Lines that go in multiple directions used to build texture and or tone
43	Hatching	Line that go in the same direction used to build texture and tone
44	Scumbling	Overlapping lots of little circles used to build texture and tone
45	Bleeding	Running one colour into another
46	Blending	Mixing colours to create a gradual transition from one colour to another
47	Tonal Drawing	Drawing that consists of shading using tones of dark to light
48	Continuous Line Drawing	A drawing where the line is continuous and does not break
49	Line Drawing	A drawing that concentrates on the outline and main lines within a drawing but not tone
50	Applique	Joining one piece of fabric on top of another in a decorative way
51	Embellishment	Decorating fabric using buttons, beads and sequins etc
52	Embroidery	Decorating fabric through stitching

THE COLOUR WHEEL



Primary Colours

Cannot be made from any other colours. All other colours are made from these



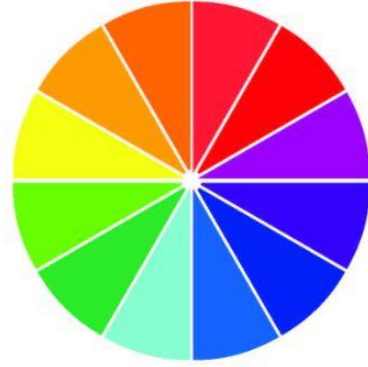
Primary and Secondary Colours

Made by mixing equal amounts of two primary colours



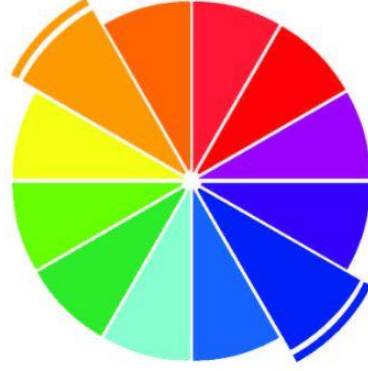
Primary, Secondary and Tertiary Colours

Made by mixing equal amounts of primary and secondary colours next to each other.



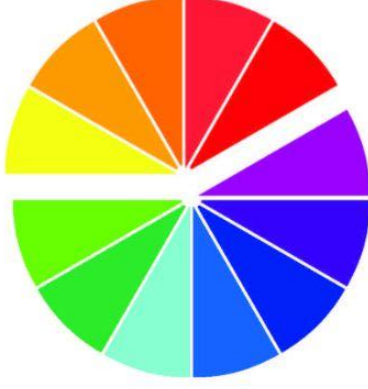
Harmonious Colours

Colours that are next to each other on the colour wheel are called harmonious.



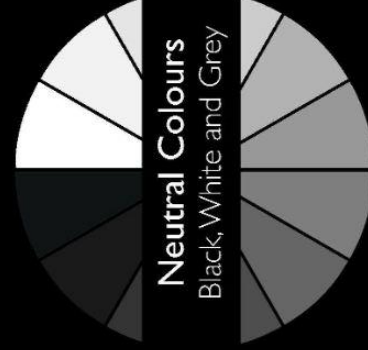
Complementary Colours

Colours that are opposite each other on the colour wheel. When complementary colours are used they create contrast.



Warm and Cool Colours

Warm colours are on the red side of the wheel.
Cool colours are on the blue side of the wheel.

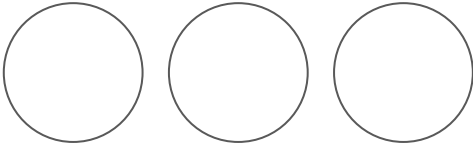
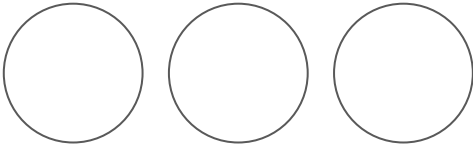




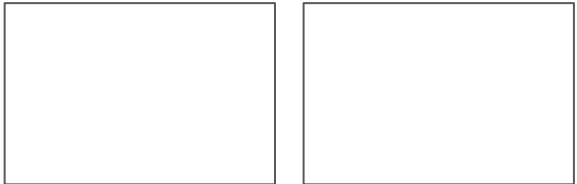

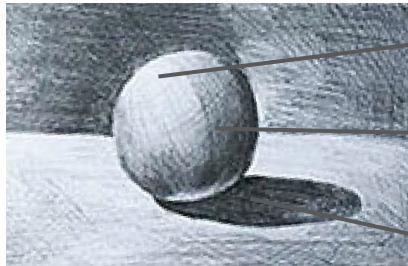
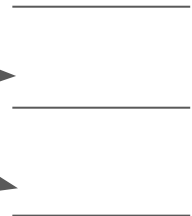
Neutral Colours

Black, White and Grey

Art Craft & Design - Page 4

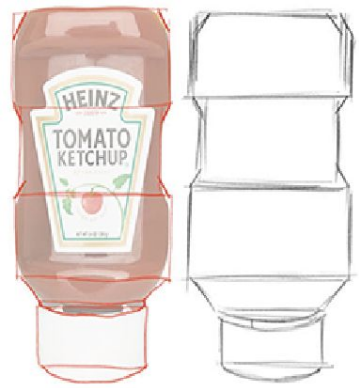

Year 7 Knowledge Organiser Practical tasks



1	Create a tonal bar using the technique stippling showing tones from dark to light	
2	Create a tonal bar using the technique hatching showing tones from dark to light	
3	Create a tonal bar using the technique scumbling showing tones from dark to light	
4	Create a tonal bar using the technique cross-hatching showing tones from dark to light	
5	Create a tonal bar using the technique directional shading showing tones from dark to light	
6	Colour in these circles using the 3 primary colours	
7	Colour in these circles using the 3 secondary colours	

8	Shade in the rectangle using warm colours only	
9	Shade in the rectangle using cool colours only	
10	Create your own pattern and colour in a monochrome style	
11	Colour in the rectangles using complementary colours	
12	Colour in the rectangles using harmonious colours	
13	Label the highlights, shadows and midtones on this image	 

Art Craft & Design - Page 5

Year 7 Knowledge Organiser Practical tasks

14	<p>Draw this bottle by breaking it down into basic shapes first</p> 	
15		<p>Create a list below of words that come to mind when looking at this piece of art. Think about how it makes you feel as well as trying to use words that are on your knowledge organiser but make sure they are relevant.</p>

16	<p>Label the background, foreground and midground on this image</p>	
17	<p>Create a pastiche of Angie Lewin's work</p>	
18	<p>Create your name using typography</p>	
19	<p>Create a tonal drawing of this leaf</p>	

KEY TERMS AND DEFINITIONS			SPREADSHEET KEY TERMS AND DEFINITIONS		
1	What is an algorithm?	An algorithm is a plan. A logical step-by-step process for solving a problem. A set of rules that <u>precisely</u> defines a <u>sequence</u> of operation	15	What is an axis labels	A label for a graph's horizontal or vertical axis that explains what the value relates to
2	What is programming?	The process or activity of writing computer algorithms	16	What is a cell?	An individual spreadsheet box where you enter data
3	What is pseudocode?	A description of the code written in simple English that can be understood by humans	17	What is a column?	Cells that go down the spreadsheet page
4	What is an instruction?	A single action that can be performed by a computer processor	18	What is a computer model?	Predicts and investigates how real-life devices or processes might behave in different situations
5	What is syntax?	The arrangement of words and phrases to create well-formed sentences in a language	19	What is data?	Values, typically letters or numbers
6	What is a variable?	A variable is a memory location within a computer program where values are stored	20	What is a format?	The appearance of a document, including the fonts, colours, size and rotation
7	What is assignment?	Setting the value of a variable in a computer program	21	What is a formula?	Makes automatic calculations that update when the data does
8	What is a constant?	A value in computer programming that does not change	22	What is a function?	Makes more complex calculations
9	What is debug?	The process of finding and correcting programming errors	23	What is a row?	Cells that go across the spreadsheet page
10	What does execute mean?	To run a computer program	24	What is a spreadsheet?	A piece of software used to manipulate data, often used in modelling
11	What is a High-Level language?	A computer programming language used to write programs. They need to be translated into machine code through a compiler, interpreter or assembler	DATA TYPES		
12	What is machine code?	A low-level language that represents how computer hardware and CPUs understand instructions.	25	What is a data type?	A data item which can be in different forms
13	What is runtime?	The period when a computer program is executing or running	26	What is an integer?	A whole number
14	What is a programming language?	A language used by a programmer to write a piece of software. There are many programming languages.	27	What is a character?	Any letter, number, space, punctuation mark, or symbol that can be typed on a computer
			28	What is a string?	A selection of characters
			29	What is a real/float?	A decimal number
			PROGRAMMING CONSTRUCTS		
			30	What is a sequence?	A set of related events that follow each other in a particular order
			31	What is iteration?	The repetition of a block of code in a computer program
			32	What is selection?	Used to make choices depending on information in a computer program

Characters

<p>1. Joey</p>	<p>Joey is the narrator of <i>War Horse</i>. He is a beautiful red bay horse with a white star on his head and four equal-length white socks. He is bought when still young by a farmer, and forms an incredibly close bond with the farmer's son, Albert. Joey is a quick learner, and is brave and loyal.</p>
<p>2. Albert Narracott</p>	<p>Albert is the gentle son of a farmer, who bonds deeply with Joey. He is very hard-working, and puts hours into training Joey. He often puts the needs of Joey above his own. When Joey is sold, Albert is still too young to join the army, but is determined to when he old enough, to bring Joey home safely.</p>
<p>3. Mother</p>	<p>Albert's mother is a kind but strong soul. She is restricted by the social norms of the time, which stop her from overruling her husband. She is very loving, caring, and protective of Albert.</p>
<p>4. Father Father is a bully of a man, who shows little empathy or compassion towards anyone else. He is very competitive, and this is what leads him towards buying Joey. He softens slightly after selling Joey to the army.</p>	
<p>5. Topthorn</p>	<p>Topthorn is a beautiful and grand black horse, who rides alongside Joey in the army. His bravery is shown in his efforts at the front of the cavalry – he almost dies at one point due to illness, but shows the resilience to fight his way back.</p>
<p>6. Captain Nicholls</p>	<p>Captain Nicholls buys Joey from Albert's father. He is the strong leader of a regiment, who loves and protects Joey – he makes sure that he receives extra rations and the best treatment. He confides in Joey about the futility of war and his fears.</p>
<p>7. Relationships</p>	<p>The deep and lasting bond between a horse and his rider is explored. From the moment that Albert and Joey meet, they are deeply connected, finding ways to communicate with one another. Both are willing to make the ultimate sacrifices to protect the other, and demonstrate a high level of commitment to keeping their relationship going.</p>
<p>8. The Futility of War</p>	<p>'Futility' means 'pointlessness.' At the beginning of the novel, those away from the war are told of the deaths of numerous young men. Whilst in war, Joey discusses how similar the soldiers on both sides are: brave, but unaware of why they are fighting. They are not true enemies, but fight because of the situation that they have been placed in.</p>

	Context
<p>9. Michael Morpurgo</p>	<p>Michael Morpurgo is an author, poet and playwright who is best known for his children's novels such as <i>War Horse</i> (1982) and <i>Private Peaceful</i> (2003). He has often been praised for his skill in 'magical story-telling' and he uses vivid descriptions in his writing. Morpurgo has revealed that he held fireside conversations with World War I veterans in pubs in Devon, which influenced him to write <i>War Horse</i>.</p>
<p>10. World War I</p>	<p>World War I, also known as the 'Great War', was a global war that started in Europe. It took place from July 1914 to November 1918. It involved all of the world's major powers: the Allies (including Russia, France, UK, and USA) against the Alliance (Germany, Austro-Hungary, the Ottoman Empire) Over 9 millions armed forces and 7 million civilians were killed in the war. Many millions more returned from the war injured.</p>
<p>11. Horses in World War I</p>	<p>Horses were of huge military value in World War I . Britain alone had over a million horses in active service. They were used for a many purposes, including attacking and moving food weapons, aid, and the injured. They were so important that by 1917, some considered the loss of a horse to be of greater concern than the loss of a soldier. Hundreds of thousands of horses were killed in the war.</p>

DESIGN AND TECHNOLOGY - Year 7

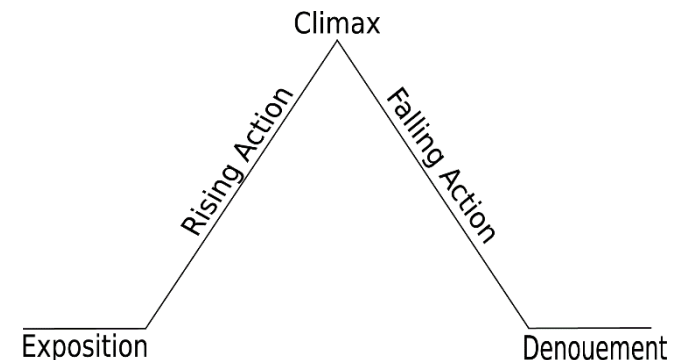
1	Cloths and fabrics are made from yarn.
2	Yarn is made from fibres that are twisted together or felted together.
3	The yarn can be knitted, woven or felted to form fabrics.
4	Fibres can be natural, synthetic or regenerated
5	Natural fibres are made from plants or animals
6	Examples of animal fibres are: Wool from goats, rabbits or sheep, silk from silk moths/worms
7	Examples of plant fibres are: bamboo, linen, hessian, cotton
8	Synthetic fibres are made from fossil fuels, usually Crude Oil.
9	Crude oil is a Finite resource.
10	Finite resources are resources that will eventually run out
11	Examples of synthetic fibres are nylon, polyester and acrylic
12	Advantages of synthetic fibres are that they are cheap, can be any colour, strong, water resistant, can be precreased
13	Disadvantages of synthetic fibres are that they are cheap but not biodegradable, don't breath and are therefore sweaty, break down into microplastics.
14	Microplastics are tiny microscopic pieces of plastic that can be ingested (swallowed) and enter the food chain
15	Biodegradable is the ability of a product to be broken down into small organic piece by micro-organisms.
16	Blending fibres is used to get the best properties from each fibre and create a new fabric; for example polycotton bedding.
17	Biomimicry is when the study of nature is used to influence design.
18	An example of biomimicry is Velcro imitating the hooks from Burrs
19	Applique is the joining of two or more fabrics together decoratively

20	Block printing is using a pattern cut or indented and paint to create a mirrored pattern
21	Examples of stitches are: running stitches, back stitches, blanket stitches.
22	Equipment for sewing consists of needles, pins, scissors, thread, fabric
23	Equipment for printing consists of foam, mdf squares, scissors, pen, paint, paper, paint brush, test paper
24	An electric circuit consists of a loop of conductive wire, a power source and an electrical element.
25	A conductor allows electricity through it. We use conductive thread.
26	LED stands for Light Emitting Diode
27	A design breif is a brief statement about what is to be designed
28	ACCESS FMM is a mnemoic to help us remember what to think about when designing.
29	A is for Aesthetic; what a product looks like
30	C is for cost of the product to make and to buy
31	C is for Client or end user
32	E is for the impact on the environment through manufacturing and using a product
33	S is for the size of the product
34	S is for safety considerations in making and using a product
35	F is for function, how a product work, what its job is etc.,.
36	M is for manufacturing. How is the product made?
37	M is for materials; what is the product made from?
38	Plastics are actually called polymers
39	Polymers are made from Crude Oil
40	Most polymers can be recycled
41	Some companies are making Bioplastic from Cane sugar, seaweed and algae.
42	The 6R's are Repair, Recycle, Refuse, Rethink, Reuse, Reduce

Key Vocabulary

1	Genre	A style or category of art, music literature.	13	Soliloquy	An act of speaking your thoughts aloud by yourself, when no one is around to hear you.
2	Freytag's Pyramid	A manner of structuring a play, always used in Shakespeare's tragedies.	14	Figurative Language	Non literal words or phrases to create meaning within a text.
3	Play	A body of literature specifically crafted to be performed onstage.	15	Similes	A figure of speech that describes something to be something else, but uses the words "like" or "as" to do so. E.g. as brave as a lion
4	Structure	The arrangement of a text, and how it is laid out.	16	Metaphors	A figure of speech that describes something by saying it's something else. E.g. Her eyes were diamonds.
5	Jacobean	Period of time that England was under the rule of King James I.	17	Personification	Gives human characteristics to nonhuman things or inanimate objects. E.g. The flowers danced to the wind.
6	Elizabethan	Period of time that England was under the rule of Queen Elizabeth I.	18	Oxymoron	A sentence with two contrasting elements in it. E.g, I was brutally overjoyed about missing my reparation.
7	Context	Additional information about society, the author, or time the text was written in to help in understanding it better.	19	Paradox	A statement that is seemingly untrue, but is found to be true. Usually features opposing language: E.g, fair is foul, foul is fair.
8	Sonnet	A poem with 14 lines, usually about love.	20	Alliteration	The repetition of usually initial consonant sounds in two or more neighbouring words or syllables. E.g. Tasty Tacos.
9	Rhyme Scheme	A pattern of rhyming sounds featured within a poem, song, or play.	21	Sibilance	Where a hissing sound is created in a group of words through the repetition of 's' sounds. E.g. "Sarah's silly sister swallowed her sweet."
10	Conventions	Traits and characteristics of different genres.	22	Repetition	Is when a word, phrase or statement is repeated several times to emphasise and develop a certain idea.
11	Rhyming Couplet	A pair of lines that both rhyme at the end.	23	Listing of three	A list of items or ideas
12	Stage Directions	Instructions in the text of a play that tell actors how to act, and that tell crew how to set up the stage and light the scene.	24	PEA Paragraphs	Point, Evidence, Analysis structure within your paragraph responses.
Discourse Markers: words used to start and to end conversations. Some are used to start new topics or to change topics.			Firstly, in addition, moreover, on the other hand, secondly, thirdly, in conclusion, to begin with, in summation, lastly, next, also, however.		

	Analytical verbs	Examples
25	Emphasises	Miss. Mansur's classroom display emphasises her love of music.
26	Amplifies	Mr. Malte makes jokes in the classroom, which amplifies his sense of humour.
27	Connotes	Ms. Ahmadi's strict rules connotes her excellence in teaching.



Weekly Spelling Test Words – You will need to know how to spell all the words listed below.

1. Exposition: The introduction or beginning of a story.	31. Unrequited: A feeling of love that is not returned.
2. Rising Action: The events that take place before the most tense moment in a story.	32. Impediments: Something that stops you from completing a task.
3. Climax: The most tense moment in a story.	33. Brawling: To fight or quarrel in a noisy way.
4. Falling Action: The events that take place after the most tense moment in a story.	34. Perspective: A particular attitude towards doing something.
5. Denouement: A point in the story where the main problem is resolved, usually the end.	35. Contemned: To treat something as if it is worthless.
6. Shakespearean: Referencing the time of Shakespeare.	36. Relatable: To understand or have sympathy towards a situation.
7. Connotations: Things you associate with a word or event.	37. Exchange: To give or receive something, or a conversation.
8. Playwright: A person who writes plays.	38. Midsummer: The middle of the summer season.
9. Christianity: The main religion practiced in England during Shakespeare's time.	39. Mechanicals: A manual worker.
10. Gender roles: The behaviour men and women are expected to show during a specific era.	40. Tragic: A description of an event that causes great sorrow.
11. Groundling: The audience that stand on the floor during a performance, instead of sitting.	41. Dictator: A ruler with total power over a country, typically obtained by force.
12. Monarchy: Royalty.	42. Senate: A state council, used to aid in government.
13. Society: People who live together within a community.	43. Jealousy: Thoughts of insecurity due to someone having something you lack.
14. Props: Things that are used within a performance to make it more realistic for audiences.	44. Villainous: Acting in a way that is evil or disloyal towards the main character.
15. Performance: The staging of a play.	45. Insecurity: Lack of confidence in yourself.
16. Insult: Speaking to someone in a disrespectful or abusive manner.	46. Hyperbole: An exaggeration of something.
17. Savage: A brutal or vicious person.	47. Commission: An instruction or command given.
18. Amiable: A friendly and pleasant way of acting.	48. Suspense: A state of anxiety or uncertainty caused by mystery within a story.
19. Tragedy: An event that causes great suffering and distress.	49. Superstition: An irrational belief of supernatural forces, that certain actions or occurrences will bring good luck or bad luck.
20. Romance: A style of writing which involves feelings of affection arising from different characters.	50. Tempest: A violent, windy storm.
21. Historical: Concerning past events.	51. Sympathise: To feel sorry for someone, or towards a situation.
22. Comedy: A piece of writing that is meant to be funny.	52. Empathise: To understand a situation and how someone feels.
23. Supernatural: Things or events that are strange, and do not normally occur.	53. Criticise: To question or express a judgement towards something.
24. Dramatized: To exaggerate the seriousness of a situation.	54. Evoke: To remind you of a feeling or thought.
25. Entertainment: An activity that is meant to be interesting and fun.	55. Capture: To take, or embrace, something.
26. Reconciliation: Restoration of friendship.	56. Opposing: In conflict or opposition with someone.
27. Identities: A unique set of characteristics that help identify a person.	57. Tenacious: To keep a firm hold onto something.
28. Marriage: A legal and religious recognition of a relationship.	58. Devine: Devoted to God.
29. Intention: A plan or aim you keep in your mind.	59. Potion: A mixture usually created in order to influence someone in a supernatural manner.
30. Comical: Something so absurd and silly, that it is found funny by people.	60. Effervescent: Extremely enthusiastic about something.

Key Vocabulary					
1	Speech	The expression of or the ability to express thoughts and feelings by articulate sounds.	11	Intonation	The rise and fall of the voice in speaking.
2	Performance	An act of presenting a play, concert, or other form of entertainment.	12	Triplet	A triplet in English writing is any group of three. This might be three sentences, three lines of a poem or even three individual words.
3	Purpose	The purpose of a text is simply the writer's reason for writing.	13	Direct address	Any construct in which a speaker is talking directly to an individual or group.
4	Audience	the assembled spectators or listeners at a public event such as a play, film, concert, or meeting	14	Rhetorical questions	a question asked in order to create a dramatic effect or to make a point rather than to get an answer.
5	Format	The way in which something is arranged or set out.	15	Anecdote	A question asked in order to create a dramatic effect or to make a point rather than to get an answer.
6	Register	The various ways people use language based on who they're talking to and their situation.	16	Persona	The aspect of someone's character that is presented to or perceived by others
7	Tone	The general character or attitude of a place, piece of writing, situation, etc.	17	Gestures	A movement of part of the body, especially a hand or the head, to express an idea or meaning.
8	Target audience	The specific group of consumers most likely to want your product or service	18	Humour	The quality of being amusing or comic, especially as expressed in literature or speech.
9	Formal	very correct and serious rather than relaxed and friendly, and is used especially in official situations.	19	Debate	Argue about (a subject), especially in a formal manner.
10	Informal	having a relaxed, friendly, or unofficial style, manner, or nature.	20	Slogan	A short and striking or memorable phrase.

Technique	Definition	Example	Effect on the reader
Direct address	Referring to the reader directly using the pronouns 'we' or 'you'.	'You need to do some revision.'	Engages the reader to read on as they feel that the text is specifically for them.
Alliteration	A group of words beginning with the same letter or sound.	'Revision rules!'	Makes the text catchy – it sticks in the reader's head.
Facts	Something which can be proven to be true.	'80% of teens perform better if they revise.'	Make the text seem authoritative, accurate and therefore believable.
Opinions	A belief which cannot be proven to be true – someone's own ideas.	'People who don't revise are lazy.'	Sways the reader towards the writer's viewpoint.
Rhetorical Questions	Any question in a piece of writing which does not require an answer.	'Do you want to fail your exams?'	Engages the reader to read on as they feel that they are being asked the question.
Emotive Language	Words which elicit a powerful response.	'Failing exams is painful and demoralising.'	Makes the topic of the text seem overly good or bad, depending on its purpose.
Statistics	Numerical facts and data used to support a point.	'8/10 students have tried to revise.'	Make the text seem authoritative, accurate and therefore believable.

Weekly Spelling Test Words – You will need to know how to spell all the words listed below.

1. Articulate - having or showing the ability to speak fluently and coherently.	31. Rhetorical - the art of written or spoken communication.
2. Conversation - a talk, especially an informal one, between two or more people, in which news and ideas are exchanged.	32. Static- lacking in movement, action, or change,
3. Performance - an act of presenting a play, concert, or other form of entertainment.	33. Engaging- charming and attractive.
4. Charisma- The ability to attract the attention and admiration of others, and to be seen as a leader	34. Patriotic- having or expressing devotion to and vigorous support for one's country.
5. Platform - A raised level surface on which people or things can stand.	35. Distinct - recognizably different in nature from something else of a similar type
6. Audience - The assembled spectators or listeners at a public event such as a play, film, concert, or meeting.	36. Respectful - Feeling or showing deference and respect.
7. Register -- The level of formality in language that's determined by the context in which it is spoken or written	37. Satisfied – Contented and pleased
8. Intonation- Intonation is primarily a matter of variation in the pitch of the voice	38. Consoling -serving to comfort someone at a time of grief or disappointment.
9. Voice - the sound or sounds uttered	39. Mocking -making fun of someone or something in a cruel way; derisive
10. Speaker - a person who speaks.	40. Defensive -used or intended to defend or protect.
11. Informal -Having a relaxed, friendly, or unofficial style, manner, or nature.	41. Linguistic - the study of human speech
12. Formality- compliance with formal or conventional rule	42. Atmosphere - a specific device that a writer employs to help a reader experience feelings, emotions, and moods.
13. Humorous - causing laughter and amusement	43. Overwhelming -very great in amount.
14. Clarity - The quality of being coherent and intelligible.	44. Sincere -saying what they genuinely feel or believe
15. Optimistic- hopeful and confident about the future	45. Sentimental - prompted by feelings of tenderness, sadness, or nostalgia.
16. Pessimistic - The state of mind of someone who always expects the worst.	46. Frustrated -feeling or expressing distress and annoyance resulting from an inability to change or achieve something.
17. Positivity - the quality or state of being positive	47. Sarcastic - says or does the opposite of what they really mean in order to mock or insult someone
18. Negativity -a tendency to be downbeat, disagreeable, and skeptical	48. Ironic - happening in a way contrary to what is expected,
19. Aggressive - behaving or done in a determined and forceful way.	49. Stylistic- of or concerning style, especially literary style
20. Uplifting -inspiring happiness, optimism, or hope.	50. Appreciative -feeling or showing gratitude or pleasure.
21. Cheerful -noticeably happy and optimistic.	51. Memorable - worth remembering or easily remembered, especially because of being special or unusual.
22. Curious -eager to know or learn something.	52. Voiceless -not able to speak or express opinions.
23. Tense- unable to relax because of nervousness, anxiety, or stimulation.	53. Projection -a aspect that extends outwards from something else.
24. Encouraging -giving someone support or confidence; supportive.	54. Highlight -draw special attention to.
25. Assertive - behaves confidently and is not frightened to say what they want or believe	55. Soothing - having a gently calming effect.
26. Enthusiastic - having or showing intense and eager enjoyment, interest, or approval.	56. Factual - concerned with what is actually the case.
27. Sympathetic - feeling, showing, or expressing sympathy.	57. Accuracy - the quality or state of being correct or precise.
28. Quirky - rather odd or unpredictable in their appearance, character, or behaviour	58. Technical - relating to a particular subject, art, or craft, or its techniques.
29: Unconventional - being out of the ordinary	59. Attitude -a settled way of thinking or feeling about something.
30. Energetic -showing or involving great activity	60. Entertaining - providing amusement or enjoyment.

YEAR 7 FOOD PREPARATION AND NUTRITION

1	Claw grip	arch thumb and index finger, cut underneath arch
2	Bridge hold	tuck fingers back in a claw, cut in front of knuckle
3	Rubbing in method	fat (butter or baking block is rubbed into flour using fingertips, used for crumble, pastry & biscuits
4	Creaming method	cream butter and sugar together until creamy, used for cake making
5	Roux	equal parts of fat and plain flour used to thicken a liquid by gelatinisation
6	Macronutrients	protein, carbohydrates and fats
7	Micronutrients	vitamins and minerals
8	Eatwell guide	a visual tool showing how much of each food group to eat for a balanced diet
9	Cross contamination	the transfer of harmful bacteria to food from other foods, equipment or people
10	Allergy	when a food substance triggers a damaging immune response in the body
11	Seasonality	the time of year when the harvest or flavour of food is naturally at its peak
12	Food Miles	the distance travelled by food commodities from producer to consumer - farm to fork

Oceans and Key Terms

1	Name the 5 Oceans of the world?	Pacific, Southern, Indian, Atlantic, Arctic.
2	How much of the Earth's surface is covered by Oceans?	71%
3	Largest Ocean in the world?	Pacific Ocean
4	What is an ocean current?	Wide bands of water that flow around the oceans in huge circles.
5	Role of the Ocean currents is to:	Regulate the ocean temperature and our climate
6	Deepest area of the Ocean?	Mariana Trench (10,994m deep!) in Pacific Ocean
7	How many people depend on the Oceans for a food source?	1 billion
8	How many people depend on the Oceans for fishing / work?	700 million
9	Smallest to biggest species in the Ocean?	Plankton to Blue Whale
10	What is the food chain	Where a series of species depend on each other a source of food
11	What are coral reefs?	A type of ecosystem home to over 25% of fish species but they make up less than 1% of our oceans and are under threat.
12	Where are coral reefs found?	In warm shallow waters typically in Tropical waters.
13	What is coral bleaching	An underwater ecosystem made of stony corals.
14	What is pollution?	Chemicals, noise, dirt or other substances that are harmful.
15	What is overfishing?	Taking too many fish from the water.
16	What is biodiversity?	The variety of living species in an ecosystem or area.
17	What is climate change?	Long-term changes in temperature and rainfall.

Damage to the Oceans

18	Damage to our oceans by overfishing?	Overfishing interferes with the natural balance of ocean and animal populations. It can disrupt the food chain and lead to species extinction.
19	Damage to our oceans by climate change?	Climate change could warm our oceans, changing the conditions for species. It could increase the levels of acid, causing coral bleaching.
20	Damage to our oceans by shipping?	Shipping accounts for 90% of global trade. They can leak oil and illegally dump waste into our oceans. They are now banned from flushing their oil tanks with seawater.
21	Damage to our oceans by plastic pollution?	plastic waste (8 million tonnes per year) is dumped into our oceans can be eaten by species (50% die) or they can get trapped in it and possibly suffocate.
22	Damage to our oceans by microplastics?	Microplastics are found in products such as toothpaste, as well as clothes made from synthetic materials. These can then enter the Oceans, into the food chain and poison and kill species.

Protecting Oceans

23	Protecting our oceans by international laws?	International laws provide legal protection to the marine life in Oceans such as Whales, which stops them being hunted
24	Protecting our oceans by national laws?	Country specific laws can ensure that Oceans and seas are protected against a threat which is specific to that area.
25	Protecting our oceans by sustainable materials?	Countries can ensure that materials are sustainable in terms of being made from less plastic and not to produce plastic bags or charge for them for example.
26	Protecting our oceans by habitat protection?	Involves the protection and maintenance of natural ecosystems to enhance biodiversity and prevent the loss of species.
27	Protecting our oceans by waste management?	Laws, enforcement and fines put in place for dumping waste illegally and fighting against raw sewage / chemical and toxic waste entering into the oceans

GEOGRAPHY YEAR 7 UNIT 5: POPULATION AND CHANGING CITIES

1. Cities (part 1)

1	What is a city?	An urban settlement with a high population density.
2	What is a megacity?	A large city with a population of over 10 million people. For example, Tokyo.
3	What is a primate city?	The largest city in a country which dominates the economy, politics and infrastructure.
4	What is urbanization?	The increase in percentage of people living in towns and cities, causing them to grow.
5	What is re-urbanisation?	The movement of people back towards the city
6	What does commercial mean?	An area where the built environment is mainly for shops and businesses where trade takes place.
7	What does residential mean?	An area where the built environment is mainly for housing where people live.
8	What does industry mean?	An area where the built environment is mainly for production and manufacture, for example where factories are.
9	What is suburbanisation?	The outward spread of the built up area of the inner city and CBD. This area is often residential
10	What is industrialisation?	The change in which factories developed and a country or regions economic activity changed from the primary sector to the secondary sector.
11	What is de-industrialisation?	The decline of industrial activity and employment within a region or economy.
12	What is counter-urbanisation?	The movement of people and employment from major cities to smaller settlements and rural areas beyond the city.
13	What creates the population of cities to grow?	National migration, international migration and natural increase.
14	What creates the population of cities to decline?	De-industrialization, net emigration, poor employment
15	Which Clark-Fisher model shows the:	Changing employment and therefore the economic development of the a country
16	What are the 4 employment sectors?	Primary, secondary, tertiary, quaternary
17	What is land use?	How land on a site is used, for what function.
18	What factors affect land use in cities?	Accessibility, cost, planning regulations and availability.
19	Two urban land use models	Burgess and Hoyt

2. Cities (part 2)

20	What is the CBD?	The central Business District is an area where the land use is mainly commercial and the price of land is high.
21	What is the inner city?	The inner city is the area which surrounds the CBD. The land is expensive here so the housing is usually smaller and crowded. This area used to be as an area to commute to work.
22	What are the suburbs?	Area which is dominated by residential land use, which surrounds the inner city. These homes usually have more space than those in the inner city.
23	What is the rural-urban fringe?	This is the area found around the suburbs or the edge of the city. It usually involves a rural and urban land use mix.
24	What does infrastructure mean?	Infrastructure is systems of physical structures such as transport links such as railways, roads, underground. It can also be buildings such as schools hospitals.
25	What is regeneration?	Reviving the economy and the environment (re-building) to improve quality of life.
26	What is a brownfield site?	Land which will be regenerated which has been previously built on for industrial or commercial purposes
27	What is a greenfield site?	Land which will be regenerated which has not been previously built on and remains natural.
28	What is sustainable development?	Where development meets the needs of the current population without compromising the ability of future generations to meet their needs.

15th/16th Century

Century	End of 15 th and 16 th Century
Politics	monarchy and government (made up of aristocracy)
Society	Catholic (and Protestant) Christianity, rapidly growing population, multi-race

SUBJECT KEY CONCEPTS

1	Monarchy	A person who reigns over a kingdom/empire	14	Control	to command, direct, or rule
2	Succession	The process of inheriting a title/rank/property	15	Democracy	a political system of government where the people have a say in how the government is run (often through voting.)
3	Empire	a group of territories/countries/societies under the control of one ruler.	16	Excommunication	to banish someone from the Christian faith
4	Power	possession of control, authority, or influence over others.	17	Heretic (Heresy)	someone who has ideas that are different/opposed to what religion teaches.
5	Enslaved People	people who are forced to work for an owner without pay.	18	Puritan	a type of Protestant – wanted to purify/simplify the Church of England.
6	Conquest	to take over a territory/country.	19	Legitimacy	Proper and right, accepted by everyone
7	Treaty	a formal written agreement between countries.	20	Act/Law	a new law, created by the monarch and government.
8	Trade	the buying and selling of goods and services.	21	Parliament	Government in England, advised the monarch, created and passed laws
9	Christianity	Religion based on belief in God and the teachings of Jesus.	22	Archbishop	The head of the Church in England
10	Catholic (Catholicism)	One of three major branches of Christianity, led from Rome by the Pope	23	Migration	The movement of people from one place to another
11	Protestant (Protestantism)	One of three major branches of Christianity, emerged in 1500s in protest against Catholicism	24	Execution	Putting someone to death
12	Pope (Papacy)	Leader of the Catholic Church (world wide), lives in Rome	25	Propaganda	A piece of art or information used to promote a particular cause/point of view
13	Reform	Change or improve something to make it better (often a law, social system or institution)	26	Alliance	an agreement between two or more parties to help each other.

EQ 3.1a: Why have historians described 1492 as a turning point?

CORE KNOWLEDGE

- Columbus was funded by the King and Queen of Spain to find a new route to China/India but on 12th October 1492, he discovered land and named it San Salvador. Next was an island called Hispaniola.
- Columbus returned to Spain and eventually returned four times to the 'West Indies' and became Governor but he lost this position for being so cruel to the indigenous people.
- Eventually, the conquistadors conquered areas of South America.
- Cortés fought the Aztecs taking their capital Tenochtitlán resulting in the creation of Mexico City and New Spain.
- Many indigenous people were killed though smallpox brought over by the conquistadors.
- 1492 changed trade routes, provided new foods and resources but also had a range of negative impacts on the Americas, particularly for indigenous people.

KEY WORDS

27	Natives	people who are born in a place/are the natural inhabitants of a place
28	Convert	to change religion
29	Colonise	when another country or empire takes control of land and settles it with their own people
30	Smallpox	a deadly disease
31	Tribute	the forced payment of goods or food or weapons to someone
32	Conquistador	Conqueror - explorer-soldier from Spain/Portugal

KEY PEOPLE

33	Christopher Columbus	Italian explorer and navigator, named the West Indies in 1492 (1451-1506)
34	Hernán Cortés	Spanish conquistador – Founded New Spain (1485 – 1547)
35	Ferdinand and Isabella	King and Queen of Spain – reigned 1474 -1504

EQ 3.1b: Why did Henry VIII break with Rome?

CORE KNOWLEDGE


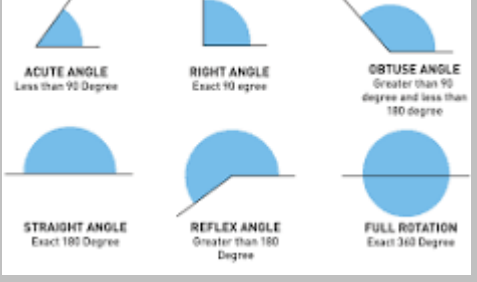
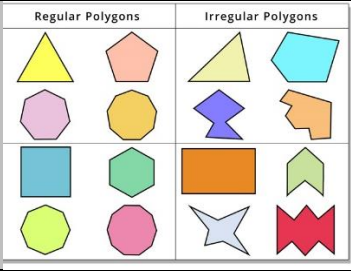
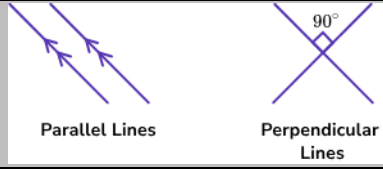
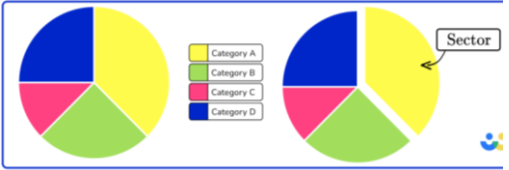
- Henry became king in 1509 he was well educated, strong, religious and wanted to be the most powerful ruler in Europe.
- He married Catherine of Aragon which created an alliance between England and Spain.
- Initially he was against the new protestant ideas spreading across Europe after Martin Luther criticised the Catholic Church.
- Henry had two types of concern, political and religious.
- Political: Henry had no male heir and had fallen in love with Anne Boleyn.
- Religious: Henry was being punished, the church had lots of power and concerns the Church had moved away from the teaching of the bible.
- To get a divorce Henry broke with Rome – 1534 The Act of Supremacy was passed making Henry head of the Church of England.

KEY WORDS

36	Break with Rome	England's decision to leave the Catholic Church in 1534
37	Heretic	Someone with beliefs that question/contradict the church
38	Indulgence	A forgiveness of one's sins that could be purchased from the Catholic Church
39	Corruption	The misuse of power for dishonest/immoral reasons
40	Dissolution of monasteries	The closure of all religious houses in England by Henry VIII
41	Act of Supremacy	A law passed by Parliament, led to the creation of the Church of England

KEY PEOPLE

42	Martin Luther	German monk who helped start the Reformation
43	Catherine of Aragon	Henry VIII's first wife
44	Henry VII	King of England 1509 – 1547

42	Angle	A measure of a turn between two lines around their common point	
43	Clockwise/Anti-clockwise	Going in the direction of or against a clock	
44	Acute angle	An angle less than 90 degrees	
45	Right angle	An angle of exactly 90 degrees	
46	Obtuse angle	An angle more than 90 degrees but less than 180 degrees	
47	Reflex angle	An angle more than 180 degrees but less than 360 degrees	
48	Polygon	A shape made with only straight sides	
49	Regular	A polygon where all sides are exactly the same length	
50	Parallel	Lines that never intersect	
51	Perpendicular	At right angles to	
52	Construct	Draw accurately using a ruler and a compass	
53	Pie chart	A circle divided into parts to show relative sizes of data	
54	Proportion	A part or a share, usually given as a fraction	
55	Sector	Part of a circle between two radii and an arc	

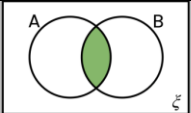
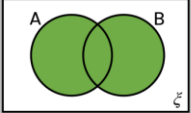
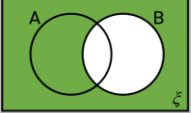
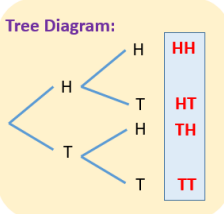
56	Adjacent	Next to each other	
57	Vertex	A point where two line segments meet	
58	Vertically opposite angles	Angles opposite each other when two lines cross	
64	Interior Angles	An angle inside a polygon	
65	Transversal	A line that crosses two or more parallel lines	
66	Alternate	Angles on the opposite side of the transversal that are equal	
67	Corresponding	Angles that have the same position in two intersections of a transversal and parallel lines and that are equal	
68	Co-Interior	Angles on the same side of the transversal that add up to 180°	

Corresponding, alternate and interior angles

The diagram illustrates three types of angle relationships between two parallel lines intersected by a transversal:

- Corresponding angles are equal:** Shows two angles, a and b , in the same relative position at the two intersections. A box below states $a = b$.
- Alternate angles are equal:** Shows two angles, a and b , on opposite sides of the transversal and between the parallel lines. A box below states $a = b$.
- Interior angles add up to 180° :** Shows two adjacent interior angles, a and b , on the same side of the transversal. A box below states $a + b = 180^\circ$.

69	Integer	Whole number positive or negative					
70	Decimal	A number that is less than 1 represented by digits in place values smaller than units	<table border="1"> <tr> <td>fraction</td> <td>decimal</td> </tr> <tr> <td>$\frac{3}{10}$</td> <td>0.3</td> </tr> </table>	fraction	decimal	$\frac{3}{10}$	0.3
fraction	decimal						
$\frac{3}{10}$	0.3						
71	Fraction	Part to whole comparison					
72	Factor	A number that divides into another number exactly					
73	Estimate	A value or calculation that is close to the actual answer					

74	Set	A collection of objects or numbers										
75	Element	A member of a set										
76	Intersection	The group that contains only the items in two or more sets	 <p>$A \cap B$ The intersect of A and B. The set of elements in both A and B.</p>  <p>$A \cup B$ The union of A and B. The set of elements in A or B or both.</p>  <p>B' The complement of B. The set of elements not in B.</p>									
77	Union	The group that contains all items in two or more sets										
78	Complement	The group that contains everything not in a specific set										
79	Probability	How like an event is to occur										
80	Sample Space	A way to show all possible outcomes	<p>List: HH HT TH TT</p> <p>Table:</p> <table border="1"> <tr> <td></td> <td>H</td> <td>T</td> </tr> <tr> <td>H</td> <td>HH</td> <td>HT</td> </tr> <tr> <td>T</td> <td>TH</td> <td>TT</td> </tr> </table> <p>Tree Diagram:</p> 		H	T	H	HH	HT	T	TH	TT
	H	T										
H	HH	HT										
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81	Biased	All possible outcomes are not equally likely																																					
82	Equally likely	Having the same chance of happening																																					
83	Outcome	The result of an event that depends on probability																																					
84	Multiple	A number in the timestable of another, smaller number																																					
85	Remainder	The amount left over after division																																					
86	Prime number	A positive integer with exactly two factors																																					
87	Square number	The answer to a number multiplied by itself	<table border="1"> <thead> <tr> <th>Perfect square</th> <th>Square root</th> <th>Perfect square</th> <th>Square root</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>$\sqrt{1} = 1$</td> <td>81</td> <td>$\sqrt{81} = 9$</td> </tr> <tr> <td>4</td> <td>$\sqrt{4} = 2$</td> <td>100</td> <td>$\sqrt{100} = 10$</td> </tr> <tr> <td>9</td> <td>$\sqrt{9} = 3$</td> <td>121</td> <td>$\sqrt{121} = 11$</td> </tr> <tr> <td>16</td> <td>$\sqrt{16} = 4$</td> <td>144</td> <td>$\sqrt{144} = 12$</td> </tr> <tr> <td>25</td> <td>$\sqrt{25} = 5$</td> <td>169</td> <td>$\sqrt{169} = 13$</td> </tr> <tr> <td>36</td> <td>$\sqrt{36} = 6$</td> <td>196</td> <td>$\sqrt{196} = 14$</td> </tr> <tr> <td>49</td> <td>$\sqrt{49} = 7$</td> <td>225</td> <td>$\sqrt{225} = 15$</td> </tr> <tr> <td>64</td> <td>$\sqrt{64} = 8$</td> <td></td> <td></td> </tr> </tbody> </table>	Perfect square	Square root	Perfect square	Square root	1	$\sqrt{1} = 1$	81	$\sqrt{81} = 9$	4	$\sqrt{4} = 2$	100	$\sqrt{100} = 10$	9	$\sqrt{9} = 3$	121	$\sqrt{121} = 11$	16	$\sqrt{16} = 4$	144	$\sqrt{144} = 12$	25	$\sqrt{25} = 5$	169	$\sqrt{169} = 13$	36	$\sqrt{36} = 6$	196	$\sqrt{196} = 14$	49	$\sqrt{49} = 7$	225	$\sqrt{225} = 15$	64	$\sqrt{64} = 8$		
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88	Highest Common Factor (HCF)	The highest factor shared by two or more numbers	<p>HCF and LCM Find the HCF and LCM of 24 and 36</p> <p>HCF: $2 \times 2 \times 3 = 12$</p> <p>LCM: $2 \times 2 \times 2 \times 3 \times 3 = 72$</p>																																				
89	Lowest Common Multiple (LCM)	The lowest multiple shared by two or more numbers																																					
90	Product	The result of multiplying																																					

GYMNASTICS

KEY WORDS		
1	Balance	A static position, which holds the body in a distinct shape and is usually used on beam.
2	Flight	Is a skill where the gymnast is suspended completely in the air without their hands or any other part of the body touching the ground.
3	Rotation	Is movement patterns that require the body to move through space, such as twisting, rolling or spinning.
4	Aesthetics	Is a part of gymnastics that is focused on exaggerating natural body movements, for example pointing your toes.
5	Tension	Is the tightening of the muscles so that Gymnasts can control the action of their body more easily.
6	Counter tension	Is when gymnasts perform a balance which involves two or more of them pulling away from each other where the weight is not even.
7	Canon	Is when the same movement is performed by people one after the other.
8	Unison	Is when the the same movement is performed by people at the same time.

GYMNASTICS

KEY WORDS		
9	Travel	Is formed when at least one player from each team are in contact, on their feet and over the ball which is on the ground.
10	Routine	Is a combination of skill elements and movements on one apparatus (piece of equipment) or event.
11	Extension	Is the Stretching or straightening your limbs to exaggerate the body more easily. For example straightening your arms and pointing your fingers.
12	Tuck	Is a gymnastics body position where the knees and hips are bent and drawn into the chest with the hands holding the knees.
13	Straddle	Is a body position in which the body faces forward and the legs are spread far apart to the side, ideally to a 180 degree split or more.
14	Pike	Is a body position with the body bent forward at the waist with the legs kept straight.



pike



straddle



tuck

The Heart

Key Words

1	Heart rate	The number of times the heart beats per minute.
2	Stroke Volume	The volume of blood pumped from the left side of the heart per beat.
3	Cardiac output	Heart rate x Stroke volume.
4	Cardiovascular	Relating to the heart and blood vessels.
5	Red blood cells	Carry oxygen from the lungs to the working muscles.
6	Function on the cardiovascular system	1. Transport O ₂ and CO ₂ around the body 2. Regulate body temperature 3. Clott open wounds
8	Resting heart rate	How many times your heart beats at rest.
9	Working heart rate	How many times your heart beats during exercise.
10	Heart rate recovery	How quickly your heart can return to resting after exercise.
11	Maximum heart rate	The greatest number of beats your heart can possibly reach (220 - Age).

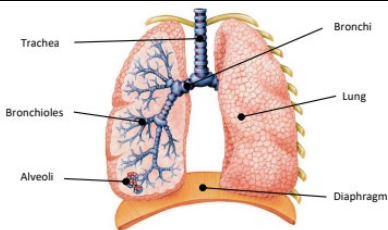
Positive and Negative Effects of the Media

Key Words

12	Participation	Media coverage of sport can lead to spectators and fans deciding to take part.
13	Raising the profile of a sport	Media coverage of sports vary, when a sport receives more coverage it raises the profile of that sport and increases participation.
14	Education	The media provides knowledge to its readers, listeners and viewers through statics, pundits, commentators etc.
15	Revenue	Revenue is the total amount of money generated by a organisation.
16	Commodity	A product that can be sold.
17	Ethical issues with sponsors	Ethics are the moral principles that govern a person behaviour,
18	Gender Divide	Media coverage of sport is largely male dominated.
19	Coverage of inappropriate behaviour	Media coverage can cover and sensationalise inappropriate behaviour for the viewing spectators to see.
20	Scrutiny and Criticism	Social media has given people the ability to give their own opinions publicly rather than simply accept the opinions of others. These opinions can be in the form of scrutiny and criticism.

The Lungs

Key Words		
1	Vital Capacity	The greatest volume of air that can be expelled from the lungs after the deepest breath possible
2	Tidal volume	The amount of air breathed in each breath
3	Breathing rate	The number of breaths per minute
4	Breathing depth	The amount of air inhaled or exhaled in a single breath
5	Effects on exercise on respiratory system	<ol style="list-style-type: none"> 1. Increase tidal volume 2. Increase breathing rate 3. Increase breathing depth
6	Respiratory system	The network of organs and tissues that help you breathe
7	Minute ventilation	The minute ventilation is the amount of air a person breaths in a minute



Ethical Factors in Sport

KEY WORDS		
8	Deviant Behaviour	Actions or behaviors that go against social norms or expectations.
9	Etiquette	The unwritten rules concerning player behaviour.
10	Sportsmanship	Involves playing within the letter and the spirit of sport. Using appropriate, polite and fair behaviour while participating in a sporting event.
11	Rules	Rules are issued by NGBs. They are the key ideas that sports people follow in order to compete within a sport.
12	Gamesmanship	Involves bending the rules, making use of dubious methods that are not strictly outside of the rules to gain an advantage.
13	Anti-doping	Opposing or prohibiting illegal doping to improve athletic performance
14	PEDs	PEDs (Performance Enhancing Drugs). Any substances that are used to improve any form of activity performance in human beings.
15	Ethics	The moral principles that govern a person's behaviour.

ATHLETICS

KEY WORDS

1	Shot putt	is a track and field event involving "putting" (throwing) a heavy spherical ball as far as possible.
2	Discus	is a track and field event where a weighted disc is thrown as far as possible.
3	Javelin	is a track and field event where the javelin, a spear about 2.5 m (8 ft 2 in) in length, is thrown as far as possible.
4	Long Jump	is a track and field event where an attempt to leap as far as possible from a takeoff point, landing in a sand pit.
5	High Jump	is a track and field event in which competitors must jump unaided over a horizontal bar placed at measured heights without dislodging it.
6	100m	is a sprint race in track and field competitions. It is the shortest common outdoor running distance.
7	200m	is a sprint running event. On an outdoor 400 metre racetrack, the race begins on the curve and ends on the home straight , so a combination of techniques is needed to successfully run the race.

ATHLETICS

KEY WORDS

8	400m	is a sprint event in track and field competitions. On a standard outdoor running track , it is one lap around the track. Runners start in staggered positions and race in separate lanes for the entire course.
10	800m	is a common track running event. It is the shortest commonly run middle-distance running event. It is run over two laps of an outdoor (400-metre) track
11	1500m	is the foremost middle distance track event in athletics . it is three and three-quarter laps around a 400-metre track.

KEY WORDS		
1	Buddha	'Awakened' or 'Enlightened One'; a person who has a deep understanding of the nature of life.
2	Dharma	'Universal law' or 'ultimate truth'; the teachings of the Buddha.
3	The Four Sights	The Buddha's teaching about the cause of Dukkha and how to overcome it.
4	Middle Way	Living between the extremes of luxury and hardship.
5	Enlightenment	Awakening to a profound profound understanding of the ultimate laws and nature.
6	Dukkha	'Suffering', 'unsatisfactoriness' or 'imperfection'; a characteristics of existence according to the first Noble Truth (Buddhism)
7	Anicca	'Impermanence' or 'transience'; refers to the instability of all things.
8	Anatta	'No self', 'no soul' or 'insubstantiality'; it is the denial of a real or permanent self or soul.
9	Morality	Sense of right and wrong.
10	Nibbana	'Blowing out' of wanting and desire; the state of secure peace that results.
11	Karma	'Action'; intentional actions that have consequences in this and future lives.
12	Vinaya	The first section of the Tipitaka containing rules for Buddhist monks and nuns.
13	Suttas	The second section of the Tipitaka containing teachings of the Buddha.
14	Stupas	A place of burial for religious objects.
15	Ahimsa	'Non-violence' or 'not hurting'; covers thought, word and action in Buddhism.
16	Wesak	Buddha day; the name of a festival and a month
17	Kathina	Buddhist festival at the end of the rainy day season, when lay believers donate robes to bhikkhus.
18	Rupas	'form' ; used to describe an image of the Buddha.
19	The Dharmachakra	Also known as 'Dharma Wheel'; a wheel with eight spokes symbolising the Buddha's teaching..
20	The Triratna	'Three jewels'; these are the Buddha, the Dharma and the Sangha; also called the 'Three Refuges'.

KEY BELIEFS AND KEY FIGURES	
1.What does 'Buddha' mean?	Founder of the religion of Buddhism.
2.What is Dharma?	The teachings that the Buddha gave to people.
3.What is the Middle way?	Having no more than is necessary to be content is called Middle way.
4.What is did Buddha mean by enlightenment?	Gaining wisdom to overcome suffering and realise deep happiness.
5.What did Siddhartha learn about the Four Sights?	The nature of aging, illness, death and the ascetic man?
6.What do the stories of Buddha's birth teach Buddhist?	It encourages Buddhists to follow his teachings as an extraordinary individual.

Place of worship and Holy Book	
1.What is the Theravada scripture commonly known as?	It is commonly known as the Pali Canon.
2.What are the Mahayana Scriptures called?	It is called the Mahayana scriptures.
3.Describe the process by which the Tipitaka came about?	After the Buddha died, three senior bhikkhus recited the teachings that they had memorised. Some time after that the teachings were written down on palm leaves and made into books.
4. Describe the History of the development of the Vihara?	The Buddha and his followers were 'homeless brothers' who wandered throughout northern India teaching for over 45 years. During the rainy season, they would need somewhere to stay. Many land owners would let them have land, caves or buildings to stay in. Overtime, these developed into Viharas.

Religious Festival:Wesak	
1.Why do Buddhist celebrate Wesak?	Wesak is the most widely celebrated Buddhist festival. It falls on the day of the first full moon in the month of Wesak. For Theravada Buddhist, it also marks the Buddha's enlightenment.
2.How do Buddhists celebrate Wesak?	Buddhist get up before dawn to go to their local Temple. They bring donations of incense, flowers or candles. Devout Buddhist spend much of the day at the Temple, dressed in white to symbolise a pure mind. Some Buddhist set free caged birds as a symbol of the freedom of enlightenment. They also set up stalls offering free food to poor people.

KEY WORDS

1	Guru Nanak	The Founder of Sikhism
2	Mool Mantar	Sikh poem by Guru Nanak describing God; starts every chapter (shabad) of the Guru Granth Sahib.
3	Mukti	Liberation from reincarnation; reunion with God (Sikhism).
4	Gurmukh	God-centered- Sikh belief that a person should live every day focused on God.
5	Manmukh	Self-centred living; focusing on one's own needs and desires.
6	Langar	Communal kitchen in a Gurdwara serving vegetarian meals free to anyone who comes; community meal offered to anyone attending Sikh worship.
7	Guru Gobind Singh	The tenth Guru.
8	Khalsa	Symbol of Sikhism
9	The Five K's	Five items Khalsa wears symbols of their faith.
10	Gurdwara	'Doorway to the Guru'; Sikh place of worship.
11	Khanda	Symbol of Sikhism; double edged sword.
12	Guru Granth Sahib	Holy book of Sikhism.
13	Gutka	Sikh prayer book which includes selected Hymns from the Guru Granth Sahib.
14	Nam Japna	Meditating on the name of God, singing hymns from the Guru Granth Sahib or thinking about the names of God; a Sikh duty.
15	Golden Temple	Sikh Gurdwara considered the most important and centre of spirituality.
16	Sewadars	Volunteers who run the gurdwara.
17	Sewa	Selfless service to others, a duty of Sikhism.
18	Khalsa Aid	Organisations set up by Sikhs to provide emergency relief and aid to those most in need, both in the UK and around the world.
19	Vaisakhi	Sikh festival first held in 1699 CE, at which Guru Gobind Singh set up the Khalsa.
20	Gurpurbs	Sikh celebration/festival for the birth/death of a Guru.

Key Beliefs and Religious Figures	
1.What does 'IK Onkar' mean?	It is a symbol which represents God and means 'God is One'.
2. Describe Sikh beliefs about God?	Sikhs believe in one Supreme God. They believe that God is timeless, without beginning or end, God created everything and God doesn't discriminate.
3. Who is Guru Nanak?	Guru Nanak was the first of the Ten Gurus, the founder of Sikhism.
4.Who is Guru Gobind Singh?	He was the last of the Ten Gurus. He wrote many hymns and had the Guru Granth Sahib (Holy Book) put together.

Place of Worship and Holy Book	
1. How could you recognise the Gurdwara from the outside?	Each Gurdwara has a saffron flag and it has the symbol of Sikhism on it.
2.How do Sikhs show their respect to the Gurdwara?	They take their shoes off before entering the prayer hall.
3.What does Guru Granth Sahib mean?	It means 'master book by the teacher'.
4. Which language is the Guru Granth Sahib written in?	The Guru Granth Sahib is written in Gurmukhi Script.

Religious Festivals: Vaisakhi	
1.What is does Vaisakhi remember?	It recalls the day that Guru Gobind Singh set up the Khalsa in 1699. It takes place in April and the central theme of the celebration is to remind Sikhs that they are fighting for justice while living spiritual lives.
2. How do Sikhs celebrate Vaisakhi?	The day begins with service in the gurdwara. The Guru Granth Sahib is brought out to be ritually washed. At noon, Karah parshad (sweet dough) is given out to everyone. The session end with everyone attending the langar. Later in the day, there will be dancing, drummers and bands playing music and people sing religious songs.

SCIENCE: Y7 BIOLOGY

TOPIC: BODY SYSTEMS

Organisation			Circulatory system		
1	Name the five levels of organisation.	cells → tissues → organs → organ systems → organisms	18	What is the structure of arteries?	Thick elastic walls and small lumen for high pressure.
2	Define tissue	A group of similar cells working together to perform a specific function	19	What is the structure of veins?	Thinner walls, wide lumen so low pressure, valves to prevent backflow of blood.
3	Define organ	A group of different tissues working together to perform a specific function.	20	What is the structure of capillaries?	Very thin walls one cell thick to allow substances to enter and leave the blood.
4	Define organ system	A group of organs working together to perform a specific function.	21	What is a double circulatory system?	Two circulations, one from the right side of the heart to the lungs and back and the other from the left side of the heart to the body and back again.
Musculoskeletal System			22	Describe the movement of blood through the heart.	Enters through the vena cava>right atrium>right ventricle> out to lungs through pulmonary artery>back to heart through pulmonary vein> left atrium> left ventricle> out through aorta to body
5	What is the function of the skeleton?	To protect, support and move the body and to produce blood cells	Respiratory system		
6	What is produced in bone marrow?	Red and white blood cells.	23	What are the main organs of the respiratory system?	Lungs and trachea (wind pipe)
7	What is a joint?	Where two bones meet. E.g. elbow, knee	24	Describe the passage of air into the lungs	Mouth/Nose > Trachea > Bronchus > Bronchioles > Alveoli
8	What types of joints are there?	Hinge, ball and socket and fixed joints.	25	What is the function of the respiratory system?	To get oxygen into the body and carbon dioxide out.
9	What is a ligament?	Joins bones to bones	26	Why does our breathing rate increase when we exercise?	To get oxygen into our body quicker and carbon dioxide out quicker.
10	What is a tendon?	Joins muscle to bones	Digestive System		
11	What is the function of cartilage?	To cushion the bone.	27	Name the organs in the digestive system in order	Mouth → oesophagus → stomach → (liver/pancreas) → small intestine → large intestine → rectum → anus
12	What three types of muscle are there?	Skeletal, smooth and cardiac.	28	What is the function of the stomach in digestion?	Contains hydrochloric acid to kill bacteria.
13	What are antagonistic pairs of muscles.	Muscles that work together to pull limbs and move them. When one contracts the other relaxes.	29	What is the function of the small intestine in digestion?	To absorb soluble molecules from the digestive system in to the blood.
Circulatory System					
14	What organs make up the circulatory system?	Heart and blood vessels.			
15	What is the function of the circulatory system?	To transport substances around the body in the blood.			
16	What does the blood deliver to cells?	Oxygen and glucose.			
17	What does the blood remove from cells?	Waste e.g. carbon dioxide.			

Science - Biology YEAR 7 TERM 3.1

Reproduction

1	Adolescence	The period of time when a child changes into an adult.	23	Fruit	The part of a plant that contains seeds.
2	cervix	The ring of muscle at the entrance to the uterus. It keeps the baby in place while the woman is pregnant.	24	Germination	The period of time when a seed starts to grow.
3	cilia	Tiny hairs on the surface of cells.	25	Ovule	Female gamete of the plant
4	contraception	A method of preventing pregnancy.	26	Pollen	The male gamete of the plant
5	embryo	A ball of cells that forms when the fertilised egg divides.	27	Pollination	The transfer of pollen from the anther to the stigma.
6	fertilisation	The process where the nucleus of a sperm cell joins with the nucleus of an egg cell.	28	Seed	The structure that develops into a new plant
7	foetus	The name given to an unborn baby from eight weeks of development.	29	Seed dispersal	The movement of seeds away from the parent plant.
8	Fluid sac	Acts as a shock absorber, protecting the foetus from bumps.	30	Sepal	The special leaves found under the flower, which protect unopened buds.
9	gametes	Reproductive cells.	31	Stamen	The male reproductive part of the flower
10	gestation	The time from fertilisation until birth	32	Style	The part of a flower that holds up the stigma.
11	implantation	The process where an embryo attaches to the lining of the uterus.	32	Stigma	The part of a flower that is sticky to catch grains of pollen.
12	menstrual cycle	The monthly cycle during which the uterus lining thickens, and then breaks down and leaves the body if an egg is not fertilised.	33	State 3 changes that take place in females during puberty	breasts develop, ovaries start to release egg cells, periods start, hips widen,
13	ovulation	The release of an egg from an ovary.	34	State 3 changes that take place in males during puberty	voice breaks, sexual organs develop, testes start to produce sperm, shoulders widen, hair grows on face and chest
14	placenta	The organ where substances pass between the mother's and the foetus's blood. It acts as a barrier, stopping infections and harmful substances reaching the foetus.	35	What happens on day 1 of the menstrual cycle?	blood from uterus lining leaves the body through the vagina.
15	puberty	The physical changes that take place during adolescence.	36	What happens on day 5 of the menstrual cycle?	bleeding stops. Uterus lining begins to re-grow.
16	sex hormones	Chemical messengers that travel in the blood and cause the changes that take place during puberty and reproduction.	37	What happens on day 14 of the menstrual cycle?	an egg cell is released from one of the ovaries (ovulation). The egg cell travels through the oviduct towards the uterus.
17	umbilical cord	Connects the foetus to the placenta.	38	What is the stamen made up of?	the anther and the filament
18	uterus	Where a baby develops until its birth	39	What is the carpel made up of?	the stigma, the style and the ovary which contains ovules
19	Urethra	Tube that carries urine or sperm out of the body.	40	What are the 2 main types of pollination?	Cross-pollination and self-pollination
20	anther	The part of a flower that produces pollen.	41	What are the 2 ways pollination can take place?	Insects and the wind
21	carpel	The female reproductive part of the flower.	42	What 3 things do seeds need to germinate?	Water, oxygen and warmth
22	Filament	The part of a flower that holds up the anther.			

SCIENCE: CHEMISTRY YEAR 7

TOPIC: ACIDS AND ALKALIS

1	What is an acid?	A group of chemicals that contain all react similarly and contain at least one hydrogen atom that can be released	13	What is the pH of acids?	pH less than 7
			14	What is the pH of water?	7
2	What is an alkali?	A group of chemicals that can neutralise an acid	15	What is the pH of alkalis?	pH of more than 7
3	What is the hazard of acids?	Corrosive and Irritant	16	Name 3 common lab acids?	Hydrochloric, Sulphuric, Nitric
4	What is the main safety precaution when using acidic chemicals	Wear goggles	17	Name 3 household acids	Lemon Juice, Vinegar, battery acid
			18	Name a common lab alkalis?	Sodium hydroxide
5	What is an indicator?	A substance which tells you if something is acidic or alkaline	19	Name 3 common alkalis in the home	Soap, Toothpaste and Baking Powder
			20	What is a neutralisation reaction?	The reaction between acids and a alkali
6	Give 1 example of a single indicator	Litmus paper	21	Give an example of everyday neutralisation	Bee sting (acid) putting on bicarbonate of soda (Alkali)
7	Give 1 example of a multi-indicator	Universal indicator			
8	What does a multi-indicator tell you which a single indicator does not?	Strength of acid/alkali	22	Finish the equation: Acid + Alkali	Salt + Water
			23	What is a salt?	A compound made of a metal and a non-metal
9	What colour does universal indicator turn in acidic solutions?	Red			
10	What colour does universal indicator turn in neutral solutions?	Green	24	What type of salt is made with hydrochloric acid?	Chloride
11	What colour does universal indicator turn in alkali solutions?	Purple	25	What type of salt is made with sulphuric acid	Sulfate
			26	What type of salt is made with nitric acid?	Nitrate
12	What does pH tell us?	How acidic or alkaline a solution is			

SCIENCE: CHEMISTRY YEAR 7

TOPIC: INTRODUCTION TO CHEMICAL REACTIONS

1	What is a chemical change?	A process where new substances are made (reactants turn into products) e.g. a chemical reaction	7	What are products?	Substances you end with in a reaction
2	What is a physical change?	A change of state or dissolving	8	How do scientists represent chemical changes?	Word equation
3	Give an example of a physical change?	Melting, boiling, freezing, cutting			
4	What do we call something that we see in science?	Observation	9	What symbol do scientists use to show a chemical change has happened?	→
5	What do we call the substances that we put into a chemical reaction?	Change in temperature, a change in colour, a gas formed, solid formed			
6	What are reactants?	Substances you start with in a reaction	10	What is the law of conservation of mass?	That atoms cannot be created or destroyed Mass of reactants = Mass of products
			11	What is reactivity?	The ease with which a substance can react

A: Where	B: Verb	C: Location	D: Adjective
<p>En mi ciudad (in my city)</p> <p>En mi pueblo (in my town)</p> <p>En mi barrio (in my neighbourhood)</p>	<p>hay (there is/are)</p>	<p>un castillo (a castle)</p> <p>un centro commercial (a shopping centre)</p> <p>un estadio (a stadium)</p> <p>un mercado (a market)</p> <p>un museo (a museum)</p> <p>un parque (a park)</p> <p>un polideportivo (a sports centre)</p> <p>un restaurante (a restaurant)</p> <p>una tienda (a shop)</p> <p>una universidad (a university)</p> <p>una piscina (a swimming pool)</p> <p>una plaza (a square)</p> <p>unas tiendas (some shops)</p> <p>unos parques (some parks)</p> <p>muchos restaurantes (lots of restaurants)</p> <p>muchas tiendas (lots of shops)</p>	<p>antiguo/a/os/as (old)</p>
	<p>había (there used to be)</p>		<p>bonito/a/os/as (pretty)</p>
<p>Mi ciudad (my city)</p> <p>Mi pueblo (my town)</p> <p>Mi barrio (my neighbourhood)</p>	<p>tiene (has)</p>		<p>feo/a/os/as (ugly)</p>
	<p>tenía (used to have)</p>		<p>grande/s (old)</p>
			<p>pequeño/a/os/as (small)</p>
			<p>histórico/a/os/as (historic)</p>
			<p>nuevo/a/os/as (new)</p>
			<p>horrible/s (horrible)</p>
			<p>moderno/a/os/as (modern)</p>
			<p>práctico/a/os/as (practical)</p>
			<p>ruidoso/a/os/as (noisy)</p>
			<p>tranquilo/a/os/as (calm/quiet)</p>
<p></p>			
<p>Mi ciudad (my city)</p> <p>Mi pueblo (my town)</p> <p>Mi barrio (my neighbourhood)</p>		<p>es (is)</p> <p>era (used to be)</p>	

E: When	F: Verbs	G: Location
Ahora (now)	voy a ir (I am going to go) me gustaría ir (I would like to go) quiero ir (I want to go) tengo la intención de ir (I intend to go)	al cine (to the cinema) al parque (to the park) a la bolera (to the bowling alley) a la playa (to the beach) de compras (shopping) de paseo (for a walk)
A la una (at 1)		
A las dos (at 2)		
A las diez (at 10)		
A las cinco y media (at 5:30)		voy a salir con mis amigos (I am going to go out with my friends) voy a ver una película (I am going to watch a film) no voy a hacer nada (I am not going to do anything)
Este fin de semana (this weekend)		
El próximo fin de semana (next weekend)		
Mañana (tomorrow)		
Los domingos (on Sundays) Los fines de semana (at weekends)	voy al cine (I go to the cinema) salgo con mis amigos (I go out with my friends) hago gimnasia en el polideportivo (I do gymnastics at the sports centre) no hago nada (I don't do anything)	

