





Name:	
Tutor Group:	
Tutor & Room:	

Contents_

1.	English	A Midsummer Night's Dream (1600) by William Shakespeare
2.	English	A Midsummer Night's Dream (1600) by William Shakespeare
3.	English	Oliver Twist by Charles Dickens (1837)
4.	English	Oliver Twist by Charles Dickens (1837)
5.	English	Oliver Twist by Charles Dickens (1837)
6.	English	Oliver Twist by Charles Dickens (1837)
7.	English	Oliver Twist by Charles Dickens (1837)
8.	English	Blood Brothers (1981) by Willy Russell
9.	English	Blood Brothers (1981) by Willy Russell
10.	Mathematics	Place Value, Perimeter, Adding & Subtraction, Rounding & Estimation
11.	Mathematics	Factors, Multiples, Primes & Area
12.	Mathematics	Fractions are my friends! Expanding and Factorising, Expressions and
	Substitution	
13.	Mathematics	Polygons, Lines of Symmetry in Regular Polygons & Rotational Symmetry
14.	Science	Unit 1: Particles
15.	Science	Unit 1: Particles
16.	Science	Unit 2: How Science Works Introduction
17.	Science	Unit 3: Cells
18.	Science	Unit 3: Cells
19.	Science	Unit 4: 7PE Energy
20.	Science	Unit 5: Forces
21.	Science	Unit 6: Reproduction
22.	Science	Unit 6: Reproduction
23.	Geography	What is a Geographer
24.	Geography	Development
25.	Geography	Rivers

26. History	Topic 1: World Views In 1000AD	52. Fr
27. History	Topic 2: Norman Conquest	53. Fr
28. History	Topic 3: Crusades & Medieval Religion	54. Fr
29. History	Topic 4: Challenges to Medieval Monarchs	55. Fr
30. History	Topic 5: Mali Empire And Black Death	50. Th
31. Art	The Elements of Art	57.11
32. Art	Exploring 21st Century Artists	50. Fr
33. Design Technology	Jitterbot Rotation	60 Fr
34. Design Technology	Clock Rotation	61. Fr
35. Design Technology	Food	62. Sr
36. Drama	Live Theatre Evaluation	63 Sr
37. Drama	Live Theatre Evaluation	64. Sr
38. Drama	Using Key Terms: Acting	65. St
39. Drama	Using Key Terms: Design	66. Sr
40. Drama	The Terrible Fate of Humpty Dumpty by David Calcutt (2012)	67. Sp
41. Drama	The Terrible Fate of Humpty Dumpty by David Calcutt (2012)	68. Sp 69. Sp
42. Drama	Ernie's Incredible illucinations by Alan Ayckbourn (1969)	70. Sp
43. Music	Music Theory	71. Op
44. Music	Year 7 Music - Keyboard	73 Sr
45. Music	Year 7 Music - Ukulele	74 PF
46. Computing	Term 1 – Using IT at TTA	75 PF
47. Computing	Term 1 – Using IT at TTA	76. PF
48. Computing	E-Safety	77. PF
49. Computing	E-Safety	78. PF
50. Computing	Spreadsheets	
51. Computing	Scratch	

Translation - Sentence Builders rench Translation - Sentence Builders rench Translation - Sentence Builders ench ench Translation - Sentence Builders Translation - Sentence Builders ench Year 7 - Sentence Builder canish Year 7 - Sentence Builder oanish oanish Year 7 - Sentence Builder Year 7 - Sentence Builder oanish oanish Year 7 - Sentence Builder panish Year 7 - Sentence Builder panish Year 7 - Sentence Builder canish Year 7 - Sentence Builder canish Year 7 - Sentence Builder KS3 - PE KS3 - PE KS3 - PE F KS3 - PE F KS3 - PE

English 1 of 9

A Midsummer Night's Dream (1600) by William Shakespeare

When?	Summary and Themes/Ideas	Quotations
	Egeus insists on Hermia marrying Demetrius, despite the fact that Hermia is in love with Lysander. Theseus supports Egeus' control over his daughter's marital decision, which establishes them as characters that uphold the Elizabethan patriarchy .	 1.1. Theseus (to Hippolyta): "I wooed thee with my sword and won thy love doing thee injuries." 1.1. Theseus (to Hermia): "Be advised, fair maid: to you your father should be as a god." 1.1. Theseus (to Hermia): "If you yield not to your father's choice, you can endure the livery of a nun." 1.1. Hermia (to Theseus): "So will I grow, so live, so die, my lord, Ere I will yield my virgin patent up unto his lordship, whose unwished yoke My soul consents not to give sovereignty." 1.1. Egeus (to Theseus): "Full of vexation come I, with complaint Against my child, my daughter Hermia. Stand forth, Demetrius. My noble lord, This man hath my consent to marry her."
ct 1	Lysander accuses Demetrius of being fickle in love , saying that he was once engaged to Hermia's friend Helena, but Demetrius abandoned her after he met Hermia.	 1.1. Theseus (to Hermia): "Demetrius is a worthy gentleman." 1.1. Lysander (to Hermia): "Demetrius, I'll avouch it to his head, Made love to Nedar's daughter, Helena, And won her soul; and she, sweet lady, dotes, Devoutly dotes, dotes in idolatry Upon this spotted and inconstant man." 1.1. Lysander (to Hermia): "The course of true love never did run smooth."
A	The complex nature of romantic relationships between the characters is established as Hermia and Lysander, deeply in love, navigate the challenges posed by Egeus' opposition. Helena, Hermia's friend whom Demetrius jilted, is lovesick and deeply upset because Demetrius no longer loves her.	 1.1. Hermia (to Lysander): "O, hell! to choose love by another's eyes." 1.1. Hermia (to Lysander): "If then true lovers have been ever crossed, It stands as an edict in destiny." 1.1. Lysander (to Hermia): "The course of true love never did run smooth."
	The rude mechanicals, a group of amateur actors, are established as comedic characters.	 1.2. Bottom (to Quince): "An I may hide my face, let me play Thisbe too." 1.2. Bottom (to Quince): "I will roar, that I will do any man's heart good to hear me."
Act 2	Puck, the mischievous fairy, is introduced as a character who delights in creating chaos and confusion through his magical pranks and mischief.	 2.1. Fairy (to Puck): "I do wonder everywhere swifter than the moon's and I serve the fairy queen." 2.1. Oberon (to Puck): "Fetch me that flower the juice of it will make or man or woman madly dote upon the next live creature that it sees." 2.2. Puck: "Weeds of Athens he doth wear this is he, my master said." 2.2. Puck: "When they next wake, all this derision shall seem a dream and fruitless vision."
	Jealousy emerges as a catalyst for action among the characters, igniting a series of conflicts and entanglements.	 2.1. Oberon (to Titania): "How canst thou thus for shame, Titania, glance at my credit with Hippolyta, knowing I know thy love to Theseus". 2.1. Helena (to Demetrius): "I am your spaniel; and, Demetrius, the more you beat me, I will fawn on you." 2.2. Helena: "Oh, that a lady of one man refused should of another therefore be abused". 2.2. Helena: "Love looks not with the eyes but with the mind, and therefore is winged Cupid painted blind." 2.2. Helena: "What wicked and dissembling glass of mine made me compare with Hermia's sphery eyne?"

English 2 of 9

A Midsummer Night's Dream (1600) by William Shakespeare

When?	Summary and Themes/Ideas	Quotations
	The comedic nature of Titania and Bottom's relationship is revealed as the mischievous Puck casts a spell on Titania, causing her to fall in love with Bottom, who has been transformed into a creature with a donkey's head.	 3.1. Titania: (to Bottom): "Thou art wise as thou art beautiful". 3.1. Bottom (to Titania): "Reason and love keep little company together nowadays." 3.1. Bottom (to Titania): "I see their knavery: this is to make an ass of me, to fright me if they could. But I will not stir from this place, do what they can." 3.1. Titania: "What angel wakes me from my flowery bed?"
Act 3	Puck's involvement with the lovers causes chaos and confusion as he mistakenly applies a love potion to Lysander's eyes instead of Demetrius, leading to Lysander falling in love with Helena instead of Hermia.	 3.2. Oberon (to Puck): "What hast thou done? Thou hast mistaken quite, and laid the love juice on some truelove's sight." 3.2. Puck (to Oberon): "Jack shall have Jill. Nought shall go ill." 3.2. Demetrius (to Helena): "O Helena, goddess, nymph, perfect, divine!" 3.2. Helena (to Lysander): "Your vows to her and me, put in two scales, will even weigh, and both as light as tales." 3.2. Helena (to Hermia): "Have you conspired, have you with these contrived to bait me with this foul derision?" 3.2. Lysander (to Demetrius): "If thou say so, withdraw and prove it too."
Act 4	The chaos and confusion is resolved through a series of reconciliations, interventions by the fairies, and the unveiling of true identities. Misunderstandings are cleared, love is restored to its rightful place, and harmony is achieved, bringing an end to the chaos and confusion that had plagued the characters' lives.	 4.1. Titania (to Oberon): "My Oberon, what visions have I seen! Me thought I was enamoured of an ass." 4.1. Oberon: "Now I have the boy, I will undo this hateful imperfection of her eyes." 4.1. Bottom: "I have had a most rare vision." 4.1. Theseus: "How comes this gentle concord in the world that hatred is so far from jealousy to sleep by hate and fear no enmity?" 4.1. Demetrius: "But as in health, come to my natural taste, now I do wish it, love it, long for it, and will for evermore be true to it." 4.1. Bottom: "Masters, I am to discourse wonders—but ask me not what, for if I tell".
Act 5 and Epilogue	Order is ultimately restored through the resolution of the text, as the tangled relationships are untangled, the spells are lifted, and the characters find themselves in their rightful places.	 5.1. Hippolyta (to Theseus): "But all the story of the night told over, and all their minds transfigured so together, more witnesseth than fancy's images and grows to something of great constancy." Epilogue Puck: "If we shadows have offended, think but this, and all is mended." Epilogue Puck: "Give me your hands if we be friends, and Robin shall restore amends."

When?	Summary and Themes/Ideas	Quotations
	The writer establishes the character of Oliver as a victim of social inequality as he faces poverty and prejudice in society due to his social status as he is born an orphan brought up as his mother dies at birth leaving him a gold locket that aets stolen by the nurse.	Chapter 1. Narrator: (About Oliver) 'He might have been the child of a nobleman or beggar.' Chapter 1. Narrator: (About Oliver) 'The orphan of the workhouse.'
Chapter 1-5	When Oliver grows a bit older, he works in the workhouse with other orphans and faces prejudice when asking for more food as all orphans are malnourished. After asking for more food, Oliver is beaten with a ladle for making a simple request and is punished after by being locked in a room in the parish. The writer also contrasts the harsh realities of being working class in the Victorian era creating disparity between the upper and lower class as Oliver faces ill-treatment in the workhouse. Mr. Sowerberry, the parish undertaker, takes Oliver on as his apprentice.	Chapter 2. Narrator: (About the orphans) 'The bowls never needed washing.' Chapter 2. Narrator: (About Oliver) 'A pale thin child.' Chapter 2. Narrator: (About Oliver) 'A pale thin child.' Chapter 2. Narrator: (Oliver tore the bits asunder with all the ferocity of famine.' Chapter 2. Narrator: 'Oliver tore the bits asunder with all the ferocity of famine.' Chapter 2. Narrator: 'The master aimed a blow at Oliver's head with the ladle.' Chapter 2. Narrator (about Mr. Bumble): 'The master was fat, healthy man' Chapter 3. Narrator: (About Oliver) 'Mr. Bumble, who prevented his catching cold, and caused a tingling sensation to pervade his frame, by repeated applications of the cane.' Chapter 4. Mrs Sowerberry: (to Oliver) "It doesn't much matter whether you do or don't, for
	Oliver also observes the clergyman perform a funeral service in four minutes during his time as an apprentice which again highlights the disparity between working and upper class.	you can't sleep anywhere else. Come !" Chapter 5. Narrator: (About the working class) 'Having read as much of the burial service as could be compressed into four minutes'
	Hope is highlighted for Oliver as his circumstances change after facing unfair treatment from the workhouse, but Noah Claypole, Charlotte and Mrs Sowerberry mistreat him even though Noah constantly makes hurtful comments towards Oliver's dead mother making him frustrated, so he hits him. As a result of his anger, the Sowerberry's also lock Oliver up in a room as a punishment.	 Chapter 6. Narrator: (About Oliver) 'For many months he had continued meekly to submit to the domination and ill-treatment of Noah Claypole.' Chapter 6. Narrator: (About Oliver) 'Crimson with fury, Oliver started up.' Chapter 6. Narrator: (About Oliver) 'Seized Noah by the throat; shook him, in the violence of his rage, till his teeth chattered in his head.' Chapter 6. Narrator: (About Oliver) 'The cruel insult to his dead mother had set his blood on
Chapter 6-8	Oliver manages to run away and move to London and meets with the Artful Dodger this highlights opportunity for change . The Artful Dodger offers Fagin's house to Oliver which for him is better than staying on the streets in a city he has never been to.	Tire." Chapter 8. Narrator: (About London) 'London was the very place for a homeless boy, who must die in the streets unless someone helped him.' Chapter 8. Narrator: (About Oliver) "He felt frightened at first, for the wind moaned dismally over the empty fields."
	When they approach Fagin's house, it is described as unhygienic but once again this is the best possible option for Oliver. Fagin and some boys are having supper. Silk handkerchiefs hang everywhere. The boys smoke pipes and drink liquor although none appear older than the Dodger reinforcing the Victorian stereotype that the lower class are immoral .	 Chapter 8. Narrator: (About London) "Drunken men and women were positively wallowing in filth." Chapter 8. Narrator: (About Fagin) 'The walls were perfectly black with age and dirt.' Chapter 8. Artful Dodger: "I've got to be in London to-night; and I know a 'spectable old gentleman as lives there" Chapter 8. Narrator: (About Oliver) 'This unexpected offer of shelter was too tempting to be resisted.'

When?	Summary and Themes/Ideas	Quotations
Chapter 9-11	Oliver is exposed to the criminality of Fagin and his gang, and he therefore exploited due to his vulnerability. Oliver doesn't understand what pickpocketing is and Fagin uses this opportunity to manipulate him into viewing this crime as a study. For days, Fagin keeps Oliver indoors practicing the art of picking pockets. Oliver notices that Fagin punishes the Dodger and Charley if they return home empty-handed. Finally, Fagin sends Oliver out with the Dodger and Charley to work. Oliver has his first experience of the justice system and corruption for a crime he did not commit as the other children	Chapter 9. Narrator: 'Oliver thought the old gentleman must be a decided miser to live in such a dirty place.' Chapter 9. Narrator: 'Oliver was rendered anxious by the stern morality of the old gentleman's [Fagin] character.' Chapter 9. Narrator: (About Mr Brownlow) 'The old gentleman [Brownlow] was a very respectable looking personage.' Chapter 9. Fagin: "Well," said the Jew, glancing slyly at Oliver. Chapter 9. Oliver: (to Fagin) "Very much, indeed, if you'll teach me, sir,". Chapter 9. Fagin: (to Oliver) "Certainly, my dear, certainly."
abandon him when caught. The criminal justice system views him as a criminal due to his social class even though he is innocent highlighting the upper class building a stigma around lower class being perceived as criminals.		Chapter 10. Narrator: (About Oliver) 'The offence had been committed in his view.' Chapter 11. Narrator: (About Oliver) 'His miserable dress, and proof of guilt upon his face. Bore witness against him.'
9	Oliver is delirious with a fever for days and Mr Brownlow's caretakers look after him. Oliver's situation temporarily changes for the better as he is taken in by Mr Brownlow after facing the criminal justice system , a moral character who doesn't see Oliver as a criminal but a child in desperate need of help.	Chapter 12. Narrator: (About Oliver) 'Gradually, he fell into a deep tranquil sleep.' Chapter 12. Narrator: 'Oliver opened his eyes and felt cheerful and happy.' Chapter 15. Mr Brownlow: "Call a coach, somebody, pray. Directly!" Chapter 15. Mr Brownlow: (About Oliver) "Poor boy, poor boy!" said Mr. Brownlow, bending over him
ipter 12-	We are introduced to a new character called Bill Sikes and he works for Fagin who is established as a morally corrupt and evil character due to his appearance and the treatment of his dog and other people around him.	Chapter 16. Narrator: (About Sikes) 'The man who growled out these words was a stoutly built fellow.' Chapter 16. Sikes: "That's very likely," returned Sikes with a malicious grin."
Cha	Fagin plans to get Oliver back by sending Nancy and Bill to kidnap him through Nancy pretending to be his sister. After kidnapping him, Bill Sikes threatens Oliver as he tries to escape and complain, but Nancy attempts to save Oliver from Bill Sikes hurting him, but she is instead faced with threats reinforcing Bill Sikes' immorality .	 Chapter 16. Narrator: (About Sikes) 'And two scowling eyes; one of which displayed various parti-coloured symptoms of having been recently damaged by a blow.' Chapter 16. Narrator: (About Sikes) 'This command was accompanied with a kick, which sent the animal to the other end of the room.' Chapter 16. Narrator: (About Sikes) 'Always look in an unfinished or incomplete state' Chapter 16. Sikes: (To Nancy) "Stand off me, or I'll split your head against the wall."

When?	Summary and Themes/Ideas	Quotations
		Chapter 17. Narrator: 'Oliver sat huddled in a corner of the cart, bewildered with alarm and apprehension.'
	Sikes plans to rob a house, but he needs a small boy for the job. Fagin offers Oliver's services. Sikes warns Oliver that he will kill him if he shows any signs of hesitation during the robbery. Oliver demonstrates a sense of morality but is powerless to stop his involvement in criminal activity as Bill Sikes threatens him with a weapon to stay silent and go inside their targeted house to carry out the robbery. Oliver is shot by a member of the house and abandoned during the robbery, highlighting the lack of compassion and immorality of Bill and his criminal associates	Chapter 17. Narrator: (About Oliver) 'He was about to throw himself on the ground and make a struggle for his young life.'
5		Chapter 18. Narrator: (About Oliver) 'Sikes commanded him to be silent.'
r 17.		Chapter 20. Narrator: 'Oliver, mad with grief and terror, saw that housebreaking and robbery were the objects of the expedition.'
apte		Chapter 21. Narrator: 'It was a cheerless morning () blowing and raining hard; and the clouds looking dull and stormy.'
ບ່		Chapter 21. Narrator: 'There was a faint glimmering of the coming day in the sky () but the sombre light only serving to pale that which the street lamps afforded.'
		Chapter 22. Narrator: 'A mist came before his eyes; the cold sweat stood upon his ashy face; his limbs failed him; and he sank upon his knees.'
		Chapter 22. Narrator: 'A cold deadly feeling crept over the boy's heart.'
	The nurse (Mrs. Corney) who stole Oliver's inherited gold locket confesses to Mr Bumble about her sinful deed in order to be	
23-28	forgiven before death. Mr. Bumble's prejudice against the working class is made evident.	Chapter 23. Narrator: 'Mrs. Corney shook her head () thrusting a silver spoon in (private property) into the inmost recesses of a tea-caddy.'
	The character of Monks is introduced foreshadowing Oliver's	Chapter 23. Mr. Bumble: "He went away; and he did die in the streets. There's an obstinate pauper for you!"
	established as immoral . Fagin returns to his house to find Monks waiting for him. Monks asks why Fagin has chosen to send Oliver	Chapter 23. Mr. Bumble: "Sick families have been relived with slices of cheese. That's the rule Mrs. Corney."
ote	out on such a mission rather than make the boy into a simple	Chapter 23. Monks: (About Nancy) "Throttle the girl!" Said Monks impatiently."
Chap	pickpocket.	Chapter 23. Monks: "I'll swear I saw it!" Replied Monks, trembling."
	It becomes clear that Monks has some interest in Oliver. Monks was looking for Oliver and saw him the day Oliver was arrested.	Chapter 26. Monks: (About Oliver) "You must get hold of him somehow never mind how."
	Moreover, Fagin notes that Monks wants Oliver to be made into a hardened thief. Monks becomes alarmed, thinking he sees the shadow of a woman. The two stop talking and leave Fagin's house.	Chapter 28. Monks: "I am as harmless as a little child, but you would have me treated as a criminal!"

When?	Summary and Themes/Ideas	Quotations
	Rose Maylie's character is introduced highlighting the importance of innate character vs environmental influences by demonstrating her compassion towards Oliver as she refuses	Chapter 30. Rose: (About Oliver) "But at so early an age!" Chapter 30. Rose: (About Oliver) "Think that he may never have known a mother's love, or the comfort of a home."
9-32	to see Oliver who has been injured as a criminal, but instead chooses to be sympathetic towards him never having a comfort of a home or a family.	Chapter 30. Surgeon: (About Oliver) "Ill-usage and blows, or the want of bread, may have driven him to herd with men who have forced him to guilt." Chapter 30. Rose: (About Oliver) "Have pity upon him before it's too late."
apter 2	Clear distinctions are made between the working and middle classes as the surgeon views Oliver as an immoral criminal due to his low social status.	 Chapter 30. Surgeon: (About Oliver) "He shall be left to his fate." Chapter 30. Narrator: (About Oliver) 'All the doubts that will be cast upon him.' Chapter 30. Narrator: (About Oliver) 'The youngest and fairest are too often its chosen
Oliver's life becomes more hopeful and peaceful as he stays with the Maylie household to recover. Over a period of weeks, Oliver slowly begins to recover. He begs for some way to repay his benefactors' kindness. They tell him he can do so after he recovers his health.		victims.' Chapter 32. Narrator: 'Oliver seemed to enter a new existence there.' Chapter 32. Narrator: (About Oliver) 'The days were peaceful and serene.' Chapter 32. Narrator: 'Oliver often wandered here; and, thinking of the wretched grave in which his mother lay.'
4	Rose suddenly falls ill and her health rapidly declines for a few weeks before miraculously recovering after receiving treatment.	Chapter 33. Narrator: (About Oliver) 'He was still the same gentle, attached, affectionate creature.'
Chapter 33-3:	Rose demonstrates her awareness of respectable society to assume the worst about individuals of low social standing as she listens to Nancy instead of dismissing her due to her social class	Chapter 33. Narrator: (About Oliver) 'He was dependent for every slight attention and comfort on those who tended him.'
	The importance of love and family values is reinforced as Rose deeply cares about Oliver being given an opportunity to have a loving home instead of caring about what other people might think of their actions to take an orphan in.	Chapter 37. Narrator: (About Nancy) 'The lady fell upon her knees and tried to fold her hands togethershe sank into the friendly arms which were extended to receive her.' Chapter 37. Rose: (About Oliver) "It is because I think so much of warm and sensitive hearts that I would spare them from being wounded."
pter 38-41	Nancy confesses to Rose that she is the one who kidnapped Oliver on his errand for Mr. Brownlow. She relates that she overheard Monks tell Fagin that he is Oliver's brother. Monks wants Oliver's identity to remain unknown so that Monks himself can claim their family's full inheritance. Monks would kill Oliver if he could do so without endangering himself. He has also promised to pay Fagin if Oliver is recaptured.	Chapter 39. Nancy: "Isn't there anybody here that will see a simple message, carried for a poor wretch like me?" Chapter 39. Nancy: "If you knew what I am sometimes, you would pity me indeed." Chapter 40. Nancy: "The truth, Iady, though it comes from my lips." Chapter 40. Nancy: "you won't be -too violent, Bill?"
Cha	Nancy's honourable act directly contradicts Victorian stereotypes of the poor as fundamentally immoral as she tries to help Oliver by going to Rose Maylie and warning them about Olive being in danger despite knowing the consequences of betraying Fagin and Bill Sikes can be deadly for her.	 Chapter 40. Narrator: (About Nancy) 'But there was something of the woman's original nature left in her still.' Chapter 40. Nancy: "Lady," cried the girl, sinking on her knees."

When?	Summary and Themes/Ideas	Quotations
	Fagin continues to manipulate by using his power in a corrupt	Chapter 42. Fagin: "A little fancy work?"
	way through trying to recruit Noah Claypole and Charlotte to work for him and rob children. He also lies to Nancy when she's hiding away due to knowing she is about to face deadly consequences. This is done through reassuring her that nothing huntful will be no to her but just after Nancy opens the door	Chapter 43. Fagin: "Only consider. You've done what's a very pretty thing, and what I love you for doing"
		Chapter 45. Fagin: (About Nancy) "She durst not refuse me then. Not for her life, not for her life! I have it all."
œ	Bill Sikes murders her.	Chapter 47. Fagin: (to Nancy) "You are as safe here as you could be."
42-7	Fagin tells Noah that he will pay him a pound to follow Nancy.	Chapter 47. Narrator: (About Bill): 'Without one pause or moment's consideration () his teeth so tightly compressed that the strained jaw seemed starting through his skin.'
ter	Sikes's residence. At eleven, Nancy leaves the apartment.	Chapter 47. Bill: "Get up!" said the man. "Get up."
hap	Noah follows at a discreet distance. Noah observes her meeting Mr Brownlow and Rose and hurries home to inform Fagin. Fagin	Chapter 47. Nancy: "Beg them, on my knees, to show the same mercy and goodness to you; and let us both leave this dreadful place."
U U	and Noah relate the details of Nancy's trip to Bill Sikes. In a rage, Sikes rushes home and beats Nancy to death while she	Chapter 47. Narrator: (About Nancy): 'She staggered and fell: nearly blinded with the blood that rained down from a deep gash in her forehead.'
	begs for mercy. Bill Sikes demonstrates paranoia and remorse for his actions of murdering Nancy as he hallucinates despite running away from	Chapter 48. Narrator: (About Bill) 'A vision came before him, more terrible than from which he had escaped.'
		Chapter 48. Narrator: (About Bill) 'Those widely staring eyes, so lustreless and so glassy.'
	his sinful actions, but he is constantly haunted by Nancy's eyes.	Chapter 48. Narrator: (About Bill) 'Trembling in every limb.'
Chapter 49- 53	Justice is served and order is restored in society as Fagin and Sikes are punished for their corrupt actions as Bill Sikes accidentally hangs himself and Fagin receives punishment by death	
	Sikes climbs onto the roof with a rope, intending to lower himself	Chapter 49. Narrator: (About Bill) 'There was a sudden jerk, and there he hung, with the open knife clutched in his hand.'
	to escape in the midst of the confusion. However, he loses his balance when he imagines that he sees Nancy's eyes before	Chapter 52. Narrator: (About Fagin) 'The court was paved, from floor to roof, with human faces. Inquisitive and eager eyes peered from every inch of space.'
	with his head in an accidental noose.	Chapter 52. Narrator: (About Fagin) 'He had never been able to consider more than the dim probability of dying so soon.'
	Fagin is sentenced to death for his many crimes. On his miserable last night alive, Brownlow and Oliver visit him in his jail cell to find out the location of papers verifying Oliver's identity, which Monks had entrusted to Fagin.	Chapter 52. Narrator: (About Fagin) 'To be hanged by the neck, till he was dead—that was the end. To be hanged by the neck till he was dead.'
	In the end, Brownlow adopts Oliver as his son.	

English 8 of 9

Blood Brothers (1981) by Willy Russell

When?	Summary and Themes/Ideas	Quotations
	We are introduced to fate as the writer foreshadows ideas about the brothers. We are told the twins will be separated, as one will be kept and the other given away to Mrs Lyons.	 1.1. Narrator: "Who stood and watched brother parted from brother; who saw her children wrenched apart" 1.8. Mrs Lyons: "They say if either twin learns he was one of a pair they shall both die immediately!"
Act	Class division is also apparent when the situations of the families are seen as very different. Mrs Johnstone is working class, struggles to provide for her family and is superstitious, whilst Mrs Lyons is upper middle class and can give Edward a comfortable life.	 1.1. The Mother: "With seven hungry mouths to feed and one more nearly due." 1.3. The Mother (to Mrs. Lyons): "It's such a lovely house." 1.3. The Mother (to Mrs. Lyons): "Never put new shoes on a table, Mrs Lyons. You never know what'll happen." 1.5. Mrs. Lyons (to The Mother): "Already you're being threatened by the Welfare."
Act 2	As years pass, fate brings Mickey and Eddie together. It is clear that nature vs nurture has had an impact on the brothers: Mickey behaves poorly and speaks informally whilst Eddie speaks formally and is well-educated as a result of his nurture . The boys decide to become blood brothers .	 2.2. Mickey (to Eddie): "[Taking a handful] Are you soft?" 2.2. Eddie (to Mickey): "[Awed] Pissed off! You say smashing things don't you?" 2.2. Eddie (to Mickey): "Don't you know what a dictionary is?" 2.2. Mickey (to Eddie): "Do you want to be my blood brother, Eddie?" 2.2. The Mother (to Eddie): "go on, go home before the bogey man gets you."
	Clear divides as a result of money and nurture are present. The policewoman discriminates against the Johnstones and treats the Lyons as friends. The two brothers are clearly on very different paths as they move homes and each is aware of their fate .	 2.7. Policewoman (to Mrs. Johnstone): "He was about to commit a serious crime." 2.7. Policewoman (to Mrs. Lyons): "It was more of a prank reallyI'd not let him mix with the liked of them in future." 2.8. Mrs. Johnstone: "We've tried to like turn over to a new page but like the blotches keep showing." 2.9. Mrs. Lyons (to Eddie): "Once the trees are planted we won't even see the estate."
Act 3	The children grow up and Mickey and Linda develop feelings for each other, but are initially too scared to share their feelings with each other.	 3.1. Linda (to Mickey): "You said forget school and come with you." 3.1. Linda (to Mickey): "I'm fourteen now. So are you! Don't you think we're a bit old for air guns and catapults?" 3.1. Mickey (to Linda): "I'll tell you what I want to do, Linda. I want to kiss you and put me arms around youBut I just don't know how to tell you."

English 9 of 9

Blood Brothers (1981) by Willy Russell

When?	Summary and Themes/Ideas	Quotations
Act 4	The writer comments on a society in which the impacts of class divide can lead to a lack of choice for the working class and negative consequences for the brothers' relationship. Edward can afford to go to university and spend money on going out, whilst Mickey struggles to find a job.	 4.1. Eddie (to Linda): "I go away to university tomorrow." 4.2. Narrator: "They were calling him Inflation and Recession was his son." 4.2. Eddie (to Mickey): "Why is a job so important?" 4.2. Mickey (to Eddie): "NO! I don't want your money. Stuff it." 4.2. Eddie (to Linda): "If Mickey takes this to my father's factory on Monday, he'll be fixed up with a job."
Act 5	Mickey has a job in Mr Lyons' factory and realises Eddie is the boss. Mickey feels uncomfortable when Eddie speaks to him due to the class divide between them. Linda sees Eddie at the housing office and he uses his status and privilege to organises a house for Mickey and Linda. Linda then agrees to meet Eddie without Mickey knowing and Sammy sees them coming out of a restaurant together. The writer presents Linda as a character who is just as trapped by her own upbringing and circumstances as the others – defined in her role as a working-class housewife.	 5.1. Eddie (to Mickey): "I didn't recognise you for a moment. You look a lot, a lot older." 5.1. Mickey (to Eddie): "Yeh we both work in the same place. But you own the place, Mr Lyons." 5.1. Mickey (to Eddie): "I got this job. An' it might be the worst bleeding job in the place but it's mine. I wasn't given it!" 5.2. Linda (to Mickey): "Eddie, we've been trying to get moved for five years. You fix it in five minutes!" 5.2. Narrator: "She's washed a million dishes and she's always making tea." 5.2. Linda (to Mickey): "But what am I supposed to do? Just grow old?"
	The final realisation that Mickey has not necessarily chosen his path in life – one's fate is essentially determined by the class you are born into and the attitudes of society. Mrs Lyons fulfils the superstition from Act 1 – both twins die.	 5.2. Linda (to Mickey): "How do you think you got your job? How do you think you escaped being one of those made redundant?" 5.2. Mickey (to Linda): "Have I got anything that doesn't belong to Eddie?" 5.4. Mickey (to Eddie): "Everything I thought was mineis yours. Is there anything in my life that isn't controlled by you, Eddie?" 5.4. Mickey (to Eddie): "You've got the powerand the control and you do all these things for me." 5.4. The Mother (to Mickey): "Mickeydon't. He's your brother!"

Mathematics 1 of 4

10-	Billion (1,000,000,000)	Hundred Million (100,000,000)	Ten Million Million (10,000,000) (1,000,000)	Hundred Thousand (100,000)	Ten Thousand (10,000)	Thousand (1,000)	Hundred (100)	Ten (10)	Units (1)	(0.1)	Hundre (0.01	dths Tho	usandths (0.001)
9 - 8 -		Place V	alue			Perime	ter	Perime	er	Squ	ares	Squ Ro	are ots
7 -	First comma	Thousands	1, 208, 000						1	12	1	$\sqrt{1}$	1
,	Second	Millions	,206,000	Perimeter	is gro	distance Ind a 2D	5 🗕			2 ²	4	√4	2
°7	comma		I have have a day thousand			hape		9	4	3 ²	9	√9	3
5 -			Write in descending order				P=5+5	+9+9	7	4 ²	16	√ 16	4
4 -	Ascending	Smallest to biggest	4.403, 4.3, 4.33, 4.03							5 ²	25	√ 25	5
		Discost to	UTHTH		Roundi	na and	Estimatio	n		6 ²	36	√36	6
3-	Descending	smallest	4.3 3 0 - add place				Round 58 624	to the nea	rest	7 ²	49	√ 4 9	7
2 -			4.3 0.0	Rounding	Find th	e decider	100	<u>nea</u>		8 ²	64	√64	8
1-	The decimal point	Never moves	4.0 3 0 Line up the				↓ ·			9 ²	100	√81 √100	9
	P		point	5 or above	Give i	a shove	58,62	4		112	121	√100 √121	10
0-	Crocodile	Eats the	-2 > -7	4 or below	/ Le	it go			ler	12 ²	144	√ <u>144</u>	12
-1-	0.0000	number	-2 /							13 ²	169	√ 169	13
2					Multiplic	ation c	and Division	on		14 ²	196	√ 196	14
-2	Ade	dition and S	Subtraction			2.0	6 × 176 = 2 .	6		15 ²	225	√ 225	15
-3 -	Product	Times	8 🗙 3	1			0 a	<u>]</u> 1				· 1	
-4 -	Sum	Add	8+3	- Multiplying decimals	Gelo	sia	1 3	7	ddecimal	Cu	be	Cube	Root
-5 -	Difference	Subtract	8 - 3				1 the	6 . m	integer.	13	1	³ √1	1
			Circle the integers below:	-						23	27	°√8 3√27	2
-0	Integer	Whole number	-5.2 1/4 3 1/7 56	Dividing numbers	Bus st	op w	ork out $3 \div 8$	0.37	5	4 ³	64	3√ 64	3
-7 -			-52, 74, 9, 11, 9		Goesint	he bus	= 81	<u>3</u> .³0°0*	S	5 ³	125	³ √125	5
-8 -			Write the largest even	First number	sto		= 0	.375		6 ³	216	³ √216	6
	Odd ends in	1, 3, 5, 7, 9	number using:		Fauivo	lent Co	alculate 0.0642	÷ 0.03		7 ³	343	³√ 343	7
- 7 -			J - largest	Dividing by	fractio	ons,	*	Ś		8 ³	512	³ √512	8
-10	Even ends in	2, 4, 6, 8, or 0	7324 must end with even	a decimal	denomi	nator	0.0642 =	3 = 2	ase are and and	9 ³	729	³√ 729	9
1					into an i	nteger	×			10 ³	1000	³ √1000	10

Factors, Multiples, Primes Area Area The space inside Factors of 2: Factors of 6: Have Area is Prime exactly two a 2D shape 1,2 16 numbers factors 2,3 A-bxh A = 7 × 7 Factors of a Go into a > number number number Length × Width A = Area of a OR MULTIPLES FACTORS rectangle 12,24,36,48 ... 12 Base × Height A-bxh 2 6 **Multiples of** Are the time a number 3 stables 4 A = 12 × 5 12 A =What is the HCF of 12 and 30? perpendicular 30 12 height 30 List the Base x = bxph **Highest** factors, 2 15 Area of a Perpendicular 6 base 7 Height divided triangle common circle the 3 = 8 × 6 10 highest in by 2 factor 6 5 both A = perpendicular height HCF=6 Base × Area of a What is the LCM of 2 and 5? Perpendicular A = b xph parallelogram Height 5 🕡 15, 20, 25, 30 ... 2, 4, 6, 8, 🔟, 12 ... A = 14 × 9 base > 14 List the times A = Lowest tables, circle common the lowest in multiple Split into both Compound LCM = 10separate shapes area and add A=bxh A = 6 x h = 3 × 10 = 4 × 6 = 24 cm² = 30 cm

Fractions are my friends!			
Equivalent Fractions Do it to the top	Do it to the bottom	$\begin{array}{c} \div 8 \underbrace{24}_{1} & \underbrace{24}_{1} & \underbrace{32}_{1} \\ \div 8 \underbrace{32}_{4} & \underbrace{32}_{4} & \underbrace{32}_{1} \\ \div 8 \underbrace{34}_{6} & \underbrace{32}_{6} & \underbrace{32}_{1} \\ \end{array}$	
Simplifying fractions	Find the HCF	$= \frac{3}{4}$ HCF=8	
Adding and subtracting fractions	Find the LCM	$\frac{7}{12} + \frac{2}{12} = \frac{12}{24} + \frac{12}{12}$ $= \frac{21}{36} + \frac{8}{36}$ $= \frac{29}{36}$	
Comparing fractions	Find the LCM	which is bigger 4 or 5 ? 5 un c 24 30 25 30 Bigger	
The line means	Divide	$\frac{3}{8} = 3 \div 8$	
The number at the top	Goes in the bus stop	$= \$ \boxed{3.375} = 0.375}$	

Order of Operations				
B I DM AS	Brackets Indices Division, Multiplication Addition, Subtraction	$10 - (5 - 2) + 1\overline{51}$ $10 - (5 - 2) + 1\overline{51}$ $10 - 3 + 1\overline{51}$ $10 - 3 + 9$ $3346 (99) + 9$ $3446 (99) + 9$		
One step at a time	Copy it down	7 + 9 =		

Basic Rule of Algebra			
Collecting like terms The sign before		2a+3b-4c	
The term includes		positive negative	

Expanding and Factorising			
Expanding BracketsMultiply the outside By every term inside2(x + 5) x x 2x + 10		2(x + 5) x + 10	
Factorising	Put in brackets	Factorise $6xy^2 - 9x^2y - 12xy$	
What do we look for?	Common Factors	3x y(2y-3x -4)	

Expressions and Substitution			
Substitution	Replace with brackets	a = 5 and b = -2. Calculate 6a - 3b 6(5) - 3(-2) = 30 + 6 = 36	

Angles			
Angles in a triangle	Add up to 180°	a+b+c=180°	
Angles in a quadrilateral	Add up to 360°	a+b+c+d=360°	
Angles on a straight line	Add up to 180°	ab 180°	
Opposite angles	In a parallelogram are equal		
Vertically opposite	Angles are equal	a= b	
Angles around a point	Add up to 360°	x 2 x+y+2=360°	
Isosceles triangles	Base angles are equal	9 9	

Polygons			
Triangle	3 Sides		
Square	4 sides		
Pentagon	5 sides		
Hexagon	6 sides		
Heptagon	7 sides		
Octagon	8 sides		
Nonagon	9 sides		
Decagon	10 sides		

Coordinates			
X axis	Horizontal	4 (1.3)	
Y axis	Vertical	3 × (2/2)	
Coordinates	X then Y (x,y)	(-3,1) (-2,0)	
Start at the	Origin (0,0)	4 -3 -2 -10 1 2 3 -1 2	
Go along the	X axis $- \leftrightarrow +$	-2 (1,-1)	
Then go up or down the	Y axis	~	

Lines of Symmetry in Regular Polygons			
Regular polygon, lines of symmetry	Same as the number of sides		
Square	4 lines of symmetry		
Equilateral Triangle	3 lines of symmetry		
Regular Pentagon	5 lines of symmetry		
Regular Hexagon	6 lines of symmetry		

Rotational Symmetry					
Rotational symmetry	How many times it fits on itself in a single turn	Rotational symmetry of order 2			

Averages				
		Calculate the mean for the following data set 8, 1, 9, 3, 4		
Mean	Fair average	8 + 1 + 9 + 3 + 4 = 25		
		$25 \div 5 = 5$		
		Mean = S		

Unit 1: Particles

1	What is a particle?	An incredibly tiny part of matter
2	What is an atom?	A type of particle
3	What are the three states of matter?	Solids, liquids, gases
4	Draw a particle model for a solid	Should be at least nine particles, all same size, in ordered rows
5	Draw a particle model for a liquid	Should be at least nine particles, all same size, touching but not in an order
6	Draw a particle model for a gas	Should be at least three particles, all same size, not touching
7	What holds the particles in a solid together?	Strong forces of attraction
8	How do the particles in a solid move?	They vibrate around a point in space
9	Which state of matter can be compressed?	Gas
10	Why can't we compress solids and liquids?	Not enough space between the particles
11	Which states of matter can flow?	Liquids and gases
12	Why can't solids flow?	The force of attraction between particles is too strong
13	What is an area of high concentration?	Where there are lots of particles
14	What is an area of low concentration?	Where there are few particles
15	What is diffusion?	The movement of particles from an area of high concentration to an area of low concentration
16	What is kinetic theory?	That all particles are moving
17	What is a change of state?	When a substance goes from one state to another
18	What is the name for the process of solids turning to liquids?	Melting
19	What is the name for the process of liquids turning to gases?	Boiling (or evaporation)
20	What is the name for the process of gases turning to liquids?	Condensing
21	What is the name for the process of liquids turning to solids?	Freezing
22	What is the name for the process of solids turning to gases?	Sublimation
23	What happens to the size of an object when it is heated?	Increases

Unit 1: Particles

24	What is a melting point?	Temperature at which melting occurs
25	What is a boiling point?	Temperature at which boiling occurs
26	What is gas pressure?	The force caused by gas particles colliding with a container
27	In what three ways can you increase gas pressure?	Add more particles or make the container smaller or increase the temperature
28	Why does increasing temperature increase pressure?	Particles move faster so collide with the container more frequently
29	What is dissolving?	When a solute and a solvent form a solution
30	What is a solute?	The solid substance which dissolves
31	What is the solvent?	The liquid which the solute dissolves into
32	What is a solution?	The mixture containing the solvent and the solute
33	What is the conservation of mass?	That particles cannot be created or destroyed
34	What is a pure substance?	A substance with only one type of particle in it
35	What is a mixture?	When two or more substances are together but not chemically bonded
36	What is a separation technique?	A way of separating a mixture
37	What type of mixture can be separated by filtering?	Insoluble solid + liquid
38	What type of mixture can be separated by evaporation?	Dissolved solute + solvent
39	What type of mixture can be separated by distillation?	Two different liquids
40	What can we use paper chromatography for?	Separating colours in ink
41	In paper chromatography what is the stationary phase?	The paper
42	In paper chromatography what is the mobile phase?	Usually water
43	What is solubility?	How easily a solute dissolves
44	What is a saturated solution?	One in which more solute cannot dissolve
45	What is the effect of increasing the temperature on solubility?	Increases it
46	Why does increasing temperature increase solubility?	Particles have more energy so easier to break apart from each other

Science 3 of 9

Unit 2: How Science Works Introduction

1	What are the three types of variable?	Dependent, independent, controlled
2	What is the dependent variable?	The thing you measure
3	What is the independent variable?	The thing you change
4	What is a controlled variable?	Something that is kept the same
5	What is a fair test?	An experiment where all variables are controlled other than the independent one
6	Why are fair tests important?	So you know why your dependent variable is changing

Unit 3: Cells			
1	Name the parts of a microscope	Eye piece, objective lens, stage, lamp, focusing knob	
2	What does focus mean?	Making an image sharp enough to be viewed	
3	How do you focus an image using microscope?	By turning the focusing knob	
4	How do you record an image from a microscope?	Draw what can be seen through the eyepiece	
5	What does Magnification mean?	Increasing the size of an image	
6	How do you work out a microscope's total magnification?	Eyepiece magnification x objective magnification	
7	What is the "actual size" of an object?	How bit it really is	
8	What is the "image size" of an object?	How big it looks to you	
9	How do you work out the image size of an object?	Magnification x actual size	
10	What is an organism?	A living thing	
11	What is a cell?	Cells are the basic building blocks of all living organisms	
12	What is an organelle?	A small part of the cell	
13	What is the function of the nucleus?	Controls the activities of the cell	
14	What is the function of the cell membrane?	Controls what enters and leaves the cell	
15	What is the function of the cytoplasm?	Where the chemical reactions take place	
16	What is the function of the mitochondria?	Where respiration takes place	
17	What is respiration?	How energy is released from glucose	
18	What is the function of the ribosomes?	Where protein synthesis takes place	
19	What is the function of the cell wall?	It strengthens the cell	



20	What is the function of the permanent vacuole?	It keeps the cell rigid
21	What is the function of the chloroplasts?	Where photosynthesis takes place
22	What is photosynthesis?	How plants use light to make glucose
23	What are the key structural differences between an animal cell and a plant cell?	Plant has cell wall, chloroplast and vacuole, which the animal cell does not
24	What is a unicellular organism?	A living thing with only one cell
25	Give an example of a unicellular organism	Bacteria (or protozoa, euglena, unicellular fungi)
26	What is a flagellum and what is its function?	A tail-like structure that allows for movement
27	What is reproduction?	When an organism makes new organisms
28	Through what process do unicellular organisms reproduce?	Binary fission
29	How do cells do binary fission?	Copy their DNA and then divide in two
30	In cells, what three factors affect diffusion?	Concentration gradient, temperature, surface area of cell membrane
31	What is concentration gradient?	The size of the difference in concentration between two areas
32	How does concentration gradient affect rate of diffusion?	The greater the concentration gradient, the greater the rate of diffusion
33	How does temperature affect the rate of diffusion?	Increase temperature, increase rate of diffusion
34	What is the surface area of a cell membrane?	The size of the surface of the cell membrane
35	How does the surface area of cell membrane affect the rate of diffusion?	The greater the surface area of the cell membrane, the greater the rate of diffusion
36	What are the Principles of Organisation of living things?	Cells < Tissues < Organs < Organ Systems
37	What is a 'tissue'?	A tissue is a group of cells with a similar structure and function
38	What is an organ?	Organs are groups of tissues performing specific functions
39	How do organs make up organisms?	Organs are organised into organ systems, which work together to form organisms
40	What is a specialised cell?	A cell which has a specific function (job)
41	Give three examples of specialised cells in animals	Red Blood Cell, Nerve Cell, Muscle Cell
42	Give two examples of specialised cells in plants	Root Hair Cell, Palisade Cell



43	What is the function of a nerve cell?	Transmit (send and receive) electrical signals around the body
44	What are the three key structural features of a Nerve Cell?	Very long, lots of connections, insulation around it
45	How does a nerve cell's insulation support its function?	To help it keep electrical signals travelling quickly
46	How does a nerve cell's length support its function?	Allows electrical signals to be transmitted over long distances
47	How does a nerve cell's many connections support its function?	To transmit signals to lots of other nerve cells
48	What is the function of a muscle cell?	To contract
49	What are the two key structural features of a Muscle Cell?	Lots of mitochondria, connect well with each other
50	How does the amount of mitochondria in a muscle cell support its function?	Many mitochondria for energy release
51	Why is it important muscle cells connect well with each other?	It allows them to work together
52	What is the function of a red blood cell?	Transport oxygen round the body
53	What is surface area?	The size of the surface that is exposed to the surroundings
54	In a cell, what are the effects of large surface area?	Substances can enter and leave the cell more quickly
55	What are the three key structural features of a Red Blood Cell?	Biconcave shape, no nucleus, lots of haemoglobin
56	How does the shape of the Red Blood Cell support its function?	Biconcave shape, maximises surface area
57	How does Haemoglobin support the role of the Red Blood Cell?	Haemoglobin carries oxygen
58	Why does a Red Blood Cell not have a nucleus?	To maximise space for haemoglobin
59	What are the three key structural features of a Root Hair Cell which enable the cell to carry out its specialised function?	Large Surface area, long extension, no chloroplast
60	How does a Root Hair Cell's surface area support its function?	Large surface area means it can absorb substances quickly
61	What feature of a typical plant cell will we NOT find in a Root Hair Cell?	Chloroplasts
62	Why does the Root Hair Cell not contain chloroplasts?	It does not photosynthesise (No light underground)
63	How does the structure of the Root Hair Cell support its function?	Large surface area to absorb water, no chloroplasts as there is no light underground (no photosynthesis)
64	What are the two key structural features of a Palisade Cell which enable the cell to carry out its specialised function?	Lots of chloroplasts, at the top of the leaf
65	Why are Palisade Cells found at the top of the leaf?	So they can absorb as much light as possible (for photosynthesis)
66	Why do Palisade Cells contain many chloroplasts?	To absorb as much light as possible
67	Where in the leaf are palisade cells found?	At the top of the leaf

Unit 4: 7PE Energy

1	Name the five main energy stores	Thermal, kinetic, gravitational, chemical, elastic
2	Which energy store is involved in changes in temperature?	Thermal
3	Which energy store is involved in movement?	Kinetic
4	Which energy store is involved in objects being moving up or down?	Gravitational
5	Which energy store is involved in food and batteries?	Chemical
6	Which energy store is involved when objects are stretched or squeezed?	Elastic
7	Name the four energy transfers	Mechanical Work, aves, Heating, Electrical work
8	How is energy transferred when people or machines push or pull objects?	Mechanical Work
9	Name two types of wave energy transfer	Light and Sound
10	How is energy transferred through wires?	Electrical Work
11	How is energy transferred from hot objects to cold objects?	Heating
12	What is the unit and unit symbol for energy?	Joule, J
13	What is power?	How quickly energy is transferred
14	What is the unit and unit symbol for power?	Watt, W
15	What is the equation that relates power, energy and time?	Power x Time = Energy
16	State the law of conservation of energy.	Energy cannot be created or destroyed
17	What are fossil fuels formed from?	Ancient organisms
18	How long does it take for fossil fuels to form?	Millions of years

19	What do we use fossil fuels for?	Energy
20	How do we get energy from fossil fuels?	By burning them
21	Which energy store is involved with fossil fuels?	Chemical store
22	What is the purpose of burning fossil fuels in a power station?	To heat water and turn it to steam
23	Where does the energy generated in a power station go to?	The National Grid
24	Give two advantages of using fossil fuels to generate energy	Readily available, reliable
25	Why are fossil fuels considered reliable?	They always work
26	Give two disadvantages of using fossil fuels to generate energy	Non-renewable, release carbon dioxide
27	What is a renewable energy source?	One which won't run out
28	Why are fossil fuels non-renewable?	They will eventually run out
29	Why is releasing carbon dioxide a problem?	It causes global warming (which causes climate change)
29	Give two advantages of using wind power to generate energy	Renewable, doesn't release carbon dioxide
30	Give two disadvantages of using wind power to generate energy	Unreliable, noisy
31	Why is wind power considered unreliable?	The wind's strength changes
32	What do hydroelectric power plants use to generate energy?	Falling water
33	Give two advantages of using hydroelectric power to generate energy	Renewable, doesn't release carbon dioxide
34	Give two disadvantages of using hydroelectric power to generate energy	Can cause flooding, can damage local habitats

Unit 5: Forces

35	What is a force?	A push or a pull
36	What is a free-body diagram?	A diagram showing the forces acting on an object
37	What two things do the arrows in a free- body diagram represent?	Size of the force and its direction
38	What is the name of the force when a person pushes or pulls an object	Applied force
39	What is the name of the force produced when solid surfaces rub against each other?	Friction
40	What is the name of the force produced by engines?	Thrust
41	What is the name of the force produced when an object moves through the air?	Air resistance
42	What is the name of the force produced when an object moves through water?	Water resistance
43	What is the name of the force that stops objects sinking on water?	Upthrust
44	What is the name of the force that pulls objects towards Earth?	Weight
45	What is the name of the force that stops objects falling through solid surfaces?	Normal contact force
46	What is the name of the force that stops airplanes falling down through the air?	Lift
47	What is a contact force?	A force which requires objects to be touching
48	Give an example of a contact force	Applied force, friction, thrust, air resistance, water resistance, upthrust, normal contact force, lift
49	What is a non-contact force?	A force which does not require objects to be touching
50	Given an example of a non-contact force	Weight (also: magnetic attraction/ repulsion, electrostatic attraction/ repulsion)
51	What is the unit forces are measured in?	Newtons (N)

53	What piece of equipment do we use to measure forces?	Newton meters
54	What is the unit for speed?	m/s
55	What does 1 m/s mean?	One metre is travelled every second
56	What equation links speed, distance and time?	Speed x Time = Distance
57	What is a distance-time graph?	A graph showing how an object's speed changes over time
58	What does a horizontal line on a distance-time graph mean?	The object is not moving
59	What does a slope on a distance-time graph mean?	The object is moving
60	How do friction, air resistance and water resistance change with speed?	The greater the speed, the greater the friction, air resistance or water resistance
61	What is a resultant force?	The size of the total force acting on an object
62	What happens if the resultant force on an object is 0 N?	The object stays still or keeps going at a constant speed
63	What happens if the resultant force on an object is not 0 N?	The object speeds up or slows down
64	What is pressure?	A measure of how much a force is spread out
65	How does surface area affect pressure?	The greater the surface area, the smaller the pressure
66	How does force affect pressure?	The greater the force, the greater the pressure
67	Which equation links pressure, force and area?	Pressure x Area = Force
68	What is the unit for area?	m²
69	What is pressure measured in?	Newtons per metre squared (N/m²)
70	What does 1 N/m ² mean?	One newton acts on every metre squared

Unit 6: Reproduction

1	What is sexual reproduction?	The production of new living organisms from two different sexes.
2	What is a gamete?	A sex cell (sperm in males and ova/ egg cells in females)
3	What are the two human gametes?	Sperm (males), ovum (female)
4	What is fertilisation?	When two gametes fuse
5	What is the function of the sperm cell?	Swim to the ovum and fertilise it
6	What are the two key adaptations of the sperm cell?	Tail, lots of mitochondria
7	Why do sperm have lots of mitochondria	Release energy for swimming
8	What is the function of the ovum?	Be fertilised and provide nutrients for the embryo to grow
9	What are the two key adaptations of an ovum?	Very big, changeable cell membrane
10	Why is an ovum so big?	Contain lots of nutrients for the embryo
11	Why do ova have changeable cell membrane?	To stop more than one sperm entering it
12	What is a zygote?	The fertilised ova
13	What is DNA?	A chemical that contains instructions for all life processes
14	Where is DNA found?	In the nucleus
15	What are chromosomes?	Strands of DNA bunched up together
16	How many chromosomes do most human cells have?	46 (23 pairs)
17	How many chromosomes do gametes have?	23
18	What is variation?	Differences between living things (of the same species)

19	Where do humans get their first chromosomes from?	Half from the mother, half from the father (23 from each)
20	Why are siblings different if they are from the same parents?	They don't receive the same 23 chromosomes from each parent
21	What is an embryo?	An organism in the early stages of development, up to 8 weeks
22	What is a foetus?	An unborn baby, after 8 weeks from conception
23	What is the function of the ovaries?	To produce ovum (and secrete hormones)
24	What is the function of the oviducts?	Transport the ova from the ovary to the uterus
25	What is the function of the uterus?	To nourish and protect the developing embryo/foetus
26	What is the function of the uterus lining?	Provide an initial site for the embryo to develop
27	Describe the structure of the cervix	A ring of muscle at the lower end of the uterus
28	What is the function of the cervix?	It keeps the foetus in place while the woman is pregnant
29	What is the structure of the vagina?	A muscular tube that leads from the cervix to the outside of the woman's body
30	What is the function of the vagina?	Serves as a passage for the penis and menstrual flow from the uterus
31	What is the function of the testes?	To produce sperm (and secrete hormones)
32	What is the function of the glands?	Produce fluids that protect sperm cells
33	What is the function of the sperm ducts?	To transport sperm from the testes to the penis
34	What is the function of the penis?	To pass urine and sperm (semen)
35	What is the function of the urethra?	Carries urine and sperm (semen) out of the body

Science 9 of 9

Unit 6: Reproduction

36	What is the umbilical cord?	A tube going from the placenta to a developing foetus
37	What is the placenta?	An organ that connects the mother to the umbilical cord
38	What are the functions of the umbilical cord and placenta?	To pass oxygen and nutrients to the foetus and waste to the mother
39	How many days is a menstrual cycle?	Average of 28 days
40	What happens at the start of the menstrual cycle?	Menstruation
41	What is menstruation?	When the uterus lining starts to break down
42	How long does menstruation last?	Average of five days
43	What happens after menstruation?	Uterus lining starts to grow and thicken
44	Why does the uterus lining grow and thicken?	To provide somewhere for the zygote to develop into an embryo
45	What is ovulation?	When the ovaries release an ovum
46	When does ovulation occur?	Around day 14 of the menstrual cycle
47	What happens if fertilisation does not occur?	The uterus lining starts to break down and the cycle continues

48	In plants, what are the male sex cells?	Pollen
49	In plants, what are the female sex cells?	Ova
40	What are the anthers?	Where pollen is produced (male)
51	Where are plant ova produced?	Ovules
52	What is the stigma?	The part of the flower where pollen is collected (female)
53	What is pollination?	When pollen moves from an anther to a stigma
54	What are the two main types of pollination?	Insect pollination and wind pollination
55	Why do some plants have brightly coloured flowers?	To attract insects
56	What happens after pollination?	Fertilisation and seed growth
57	What is seed dispersal?	How seeds move away from the parent plant
58	How can seed dispersal occur?	By wind, eaten by animals, stuck to the outside of animals

Description of land

Steep hills

Sloping hills

What is a Geographer

Key Terms								
Latitude	How far north or south a place is from the equator.							
Longitude	How far east or west a place is from the Prime Meridian.							
Scale	A length on the map, in real life.							
Altitude	Height above sea level.							
Distance	How far two places are from one another.							
Human Geography	Studying what people do on the Earth.							
Physical Geography	Studying what is naturally occurring on Earth							



OS Map contour lines

Contour Lines

Contour Line Description

Lots of contour lines close

Contour lines far apart.

together.

OS Map symbols and their meanings.							
Symbols	Meaning						
	Bus station						
ø	Train Station						
∔ ± +	Places of Worship						
i	Information Point						
40 40	Deciduous Trees						
ネネ 余	Coniferous Trees						
	Youth Hostel						
Î	Museum						
Sch	School						
PO	Post Office						
312	View Point						
Ă	Campsite						

Development

	Key Terms	Key Diagrams					
Developed country	Normally has lots of money, many services, and a high standard of living.	Bilateral aid		Multilate	eral aid		
Developing countryWeaker economy, fewer services, and a lower standard of living.		donor mar country rel	petise recipient	tota at	160 - to Conserver		
	An imaginary line dividing the world into developed and developing countries.				Country		
	Developed	Advanto	ages of aid		Disadvantages of aid		
Brandt Line		1. People learn new sł farming techniques independent.	kills e.g. improvec ; so become	d 1. Count upon o remov	ries can become dependent aid, causing problems if it is red.		
		2. Can save lives after supplying clean wa	r a natural disaste Iter, food and me	er e.g. 2. Corrup edicines. on, so	ot governments can sell the aid it does not reach those in need.		
	Developing	3. Simple technology easy for the locals to	e.g. water pump o maintain.	s, are 3. The realized 3. The	3. The recipient can end up in debt if loans or deals are made.		
	World map showing the Brandt Line.		Advantag	es of Fairtrade	Disadvantages of Egirtrade		
Gross Domestic Product (GDP) <u>f</u>	The total number of goods and services sold by a country, divided by its population.		1. Farmers rec decent pric	ceive a fair and	Non-Fairtrade farmers may lose out. Salas age offen he low as the		
Infant mortality	The number of babies that die per 1000 before their first birthday.	conditions for 3. Farmers recei		for farmers. eive the Fairtrade	price of Fairtrade goods can be high.		
Life expectancy	The average age you are expected to live to in a country.	FAIRTRADE	premium.				
Literacy rate	The % of people that can read and write.	Fairtrade logo					
People per doctor	The number of people to one doctor.	Application: Tree Aid, Mali					
Human	Combines GNI per capita, life	Features		Successes			
Index (HDI)	expectancy and years in schooling.	1. Tree seeds given, so p develop tree nurserie	1. Tree seeds given, so people can develop tree nurseries.1.2.		 Reliable food source e.g. cashew nuts and fruits. Money made from the sale of cashew nuts can be 		
f = Economic	= Social	 2. 3,500 people taught 3. Bikes and donkey car 	tree skills. rts given.	used to send children to school. 3. Reduced desertification.			

Key Terms

	Types of Erosion
Hydraulic Action	The sheer force of the river causing the bed and banks to erode.
Abrasion	Material carried by the river erodes by scraping along the bed and banks.
Solution	The water dissolves certain rocks.
Attrition	Eroded material carried by the river, hits into each other becoming smaller, smoother, and rounder.

Key Diagrams

hard

Set.

rock



3

overhand

hard

soft rock

GEROSION

plungepool

<~ "



saltation

SUSPENSION

1 dution

traction

Types of Transportation								
Traction	Large boulders are rolled along the river bed.							
Saltation	Pebbles are bounced along the river bed.							
Suspension	Sand and silt are held in the flow of the water.							
Solution	Mineral are dissolved in the water.							
Deposition	The dropping of material when a river loses energy.							

Application: River Thames 2014

Cause

- In the South East of England, February was exceptionally wet, with twice the average monthly rainfall. South East and central southern England had 268% of the average rainfall!
- An artificial hydraulic channel specifically designed to reduce flooding along the Thames lowers the river level upstream as it passes through Windsor and Eton, by sending the water straight towards Datchet which on the 10 February resulted in the area being completely engulfed by water with water levels rising over half a metre in 24 hour.

Impacts

- The village of Wraysbury was targeted by looters after homes were evacuated.
- £500 million of damage mostly paid by insurance companies

Response

Immediate

- 1000 homes were evacuated in the town of Egham. 1000 homes were evacuated in the town of Egham.
- 150 people had to be rescued from flooded homes in a 24 hour period.

Long term

nutside

bend

nvtl

chff

- Building a new flood channel, making improvements to three of the existing Thames weirs, installing property-level products for up to 1200 homes (to make them more resistant to floods), and improved flood incident response plans.
- This would protect 9500 properties up to a 1 in 75 (1.33%) chance of a flood occurring in any year.



Topic 1: World Views In 1000AD

Timeline										
1. Emperor Constantine made the city of Constantinople the new capital of the Roman Empire	3. The western Roman Empire collapsed	5. The Prop died but hi continued through Are	5. The Prophet Muhammad died but his Muslim followers continued to spread Islam through Arabia and beyond 632		e Hermit onastery at n France	9. Guibert had his eye at miraculously restored b Saint Foy		11. Russian ships attacked the city of Constantinople		
324	Fifth century				1	983		1043		
380	537	76		2		th century		1042		
2. Christianity was made the official religion of the Roman Empire	Aristianity was made the al religion of the Roman Empire 4. The Hagia Sophia was built in Constantinople, the largest church in the eastern Roman Empire		6. Caliph Al-Mansur ordered the city of Baghdad to be built as the capital of the Islamic Empire		8. A mon body of So take to the	k, Arinisdus, stole the aint Foy from Agen to monastery at Conques	10	0. Empress Zoe's nephew tried to seize her throne		

	Key People	Key Words					
11. Al-Ma'mun	Abbasid caliph from 813-833.	23. Abbasid dynasty	The line of rulers of the Islamic Empire from 750 to 1258	39. Merchant	Someone involved in trading goods.		
12. Al-Mansur	The Abbasid Caliph from 754-775.		A metal instrument that uses the stars to find		An unusual event thought to have been		
13. Al-Masudi	An Arab geographer (896-956).	24. Astrolabe	direction and position.	40. Miracle	caused by God.		
14. Al-Razi	A physician in Baghdad who wrote books on medicine (854-925).	25. Astrology	Studying the movement of stars and planets and interpreting their influence on the world.	41. Monastery	A community of monks living together.		
	A monk who stole Saint Foy's body	26. Astronomy	The study of space, stars and planets.	42. Monk	A man who commits his whole life to God, living in a monastery.		
15. Arinisdus	in the 9th century to take to the monastery at Conques.	27. Baghdad	The capital of the Islamic Empire under the Abbasid dynasty.	43. Mosque	A Muslim place of worship.		
16. Bernard of Angers	A monk who wrote The Miracles of Saint Foy in the 11th century.	28. Bishop	The person in charge of the Church in a diocese (a group of parishes).	44. Nuns	A woman who commits her whole life to God, living in a convent.		
17. Emperor	Roman Empire who converted to Christianity and created a new	29. Byzantine Empire	The Greek-speaking eastern Roman Empire.	45. Pope	Head of the Roman Catholic Church.		
	capital at Constantinople.	30. Caliph	The religious and political leader of an Islamic empire.	46. Papyrus	A material made from reeds used to write on in the ancient world.		
18. Empress Zoe	Byzantine Empress, 1028-1050.	31. Christendom	Christian people or countries as a whole.	47. Parish	A small area with its own church.		
19. Euclid	A Greek mathematician from the	32. Constantinople	The capital of the eastern Roman Empire.	48. Pilgrim	Someone who travels to a holy place.		
	3rd century BCE. A girl from Agen, France, who was	33. Empire	A group of countries ruled by a single ruler (Emperor / Empress).	49. Priest	The person in charge of the church in each parish.		
20. Foy	killed for refusing to give up her Christian beliefs and became a saint.	34. Eucharist	A ritual when Christians eat bread and drink wine to remember Christ's death.	50. Relic	The remains of a saint's body or belongings.		
21. Galen	A Greek doctor from the 2nd century CE.	35. Geometry	Mathematics that deals with points, lines, angles and shapes.	51. Saint	A person recognised as being holy.		
21. Guibert	A servant who miraculously had his	36. House of Wisdom	A place in Baghdad where scholars met to learn and discuss knowledge.	52. Scholar	An expert in a particular subject.		
00 Photomer	A Greek astronomer from the 2nd	37. Madrasa	A Muslim school or college.	53. Silk Roads	The land route used for trade between China, the Middle East, Europe and North Africa.		
22. Prolemy	century CE.	38. Makkah	The holiest city in Islam.	54. Taxation	Money that must be paid to the government.		

Topic 2: Norman Conquest

	Timeline										
1. Edward the Confessor died		3. The Battle of Stamford Bridge		5. William I cr of Eng	5. William I crowned King of England		7. William the Conqueror invited Jewish migrants to settle in England		9. Death of William the Conqueror		
5 Jan 10	66		Sept 1066		25 Dec	: 1066	1	070		1088	
6 Jan 1066 2. Harold Godwinson was crowned King of England			Oc 4. The Batt	Oct 1066 4. The Battle of Hastings		1069 6. The Harrying of the North		8. ' comr	1086 8. William the Conqueror commissioned the Domesday Book		
	× 5		``				<i>"</i>				
	Key Peo	ple					Key	Words			
10. Edward the Confessor	An Anglo-Saxon King of England whose death triggered the Norman invasion.			14. Baron	The highest rank of medieval society.		18. Knight		Soldiers on horseback who belonged to the barons.		
11. Harald Hardrada	A fierce Viking warrior, who made a claim for the English throne in 1066.			15. Bishop	A senior person in the Church with authority over a large number of priests.		19. Lord		Anyone higher up the feudal system.		
12. Harold Godwinson	The last Anglo-Saxon King of England, who led the Saxons at the Battle of Hastings.		The last Anglo-Saxon King of England, who led the Saxons at the Battle of Hastings.			16. Domesday Book	A book commissioned by William to record who owned land and property in England.		nissioned record and and gland.		A castle built on a small hill with a courtyard.
						A system wh belonaed to	ere all land the king	ll land 21. Peasant		A poor farm worker who does not own their land.	
13. William, Duke of Normandy	A French duke who conquered England in 1066.			17. Feudal system	but some was given to people below in exchange for service and loyalty.		22. Vassal		Anyone who was below you in the Feudal System.		

Topic 3: Crusades & Medieval Religion

Timeline										
 'The Great Schism' – split between Catholic Christendom (west/ Rome) and Orthodox Christendom (east/ Constantinople). 	3. Emperor Alexios appeals to the Pope for help. Pope Urban Il does a tour to raise support for the First Crusade.	5. 80,000 people march in the Prince's Crusade. They captured Nicaea and Antioch after sieges		7. Melisende becomes Queen of Jerusalem		9. Muslim leader aladin recaptures Jerusalem	11. Tł up r inst	. The Fourth Crusade ends o not going to Jerusalem, nstead sacking (looting) Constantinople.		
1054	1095	1096-98		1131		1187		1204		
1071	1096	1099		1144		1192		1291		
2. Seljuq Turks defeat Byzantines	 'People's Crusade' led by Pet the Hermit massacres Jewish communities and ends in failure 	 6. The First Crusade ends the capture of Jerusalem. crusader states are established. 	with Four ished.	vith 8. The first Crusader state Four Edessa, is captured by the ned. Turkish leader Zangi.		e, 10. The Third Crusade end with peace between Richard I and Saladin		12. The fall of Acre ends the last of the Crusader States		

	Key People		Key Words						
13. Emperor Alexios I	Byzantine Emperor 1081-1118. His call for help in 1095 led to the start of the First Crusade. He		22. Crusade	A war fought for religious (Christian) reasons. 'The Crusades' refers to a series of wars fought over Jerusalem and other places from the 11th to 13th centuries.	31. Pope	The head of the Catholic Church (western Europe), who lives in Rome.			
	promised help to the Crusaders.		23. Crusader	Someone who went on Crusade. These included knights, peasants, monks, priests and women.	32. Pilgrimage	Journey taken for religious reasons.			
14. Pope Urban II	Leader of the Catholic Church 1088-99. His preaching tour in 1095 began the First Crusade.		24. Crusader states ('Outremer')	Land taken by the crusaders and ruled by Christians as separate kingdoms. These included Jerusalem, Antioch, Tripoli and Edessa.	33. Preach	To give religious speeches, often trying to teach or persuade people of something.			
15. Peter the Hermit	Leader of the popular but unsuccessful 'People's Crusade' in 1096.		25. Christendom	The Christian world. This was split into the Catholic West (based in Rome) and the Orthodox East (based in Constantinople).	34. Siege	When a castle or city is surrounded and cut off from supplies until it surrenders.			
16. Anna	Daughter of Emperor Alexios. She wrote the Alexiad, a book		26. Seljuq Turks	A group of Muslims who built up a powerful empire in the 11th century.	35. Looting/ plundering	Stealing money and other items from a city.			
Komnene	Komnene which includes an account of the Crusaders in Constantinople.		27. Fatimids	A Muslim group from Egypt who conquered Jerusalem from the Seljuqs in 1098, but lost to the Crusaders a year later.	36. Booty	Valuable items stolen by the winner after a siege or battle.			
17. Godfrey of Bouillon	Leading lord on the First Crusade who became King of Jerusalem.		28. Holy Land	An area of the Middle East which includes lots of places holy to Jews, Christians and Muslims (around Israel and Palestine today).	37. To sack a city	To plunder a city and take all valuable items, with lots of violence, often after a siege.			
18. Bohemond of Taranto	Son of Robert Guiscard of Sicily; later became king of Antioch.		29. Church of the Holy Sepulchre	A church in Jerusalem built over a cave where Christians believe Jesus rose from the dead.	38. Pogrom	Attacks on Jewish communities – destroying property, looting, and murdering large numbers.			
19. Baldwin of Boulogne	A leader during the First Crusade. Split off to become Count of Edessa. Later became King of Jerusalem (1100-1118).		30. Dome of the Rock/ al-Aqsa mosque	Beautiful, old mosque in Jerusalem, built on the site of the ancient Jewish temple. The third holiest site in the world for Muslims.	39. Alliance	When two groups promise to support each other, especially in wars.			

REASONS PEOPLE WENT ON CRUSADE

MONEY/POWER 1. People hoped to get rich from plunder (stealing) or trade.

- 1. Get forgiveness from sins/go to heaven.
- 2. Recapture the Holy City of Jerusalem/so they could go on pilgrimage.
- 3. Protect Christians in the East.

RELIGION

4. Get revenge on Muslims.

- 2. Nobles hoped to gain land/ rule new states. 3. Have adventures and escape their difficult lives.
- 4. Win glory for themselves or the Church.

20. Melisende

21. Saladin

Queen of Jerusalem 1131-1153.

Defended the city from an attack by her son.

Muslim Syrian leader 1174-93

who reconquered Jerusalem.

Topic 4: Challenges to Medieval Monarchs

Timeline							
1.The White Ship sinks Ieaving Henry I without a male heir	3. Henry II and Eleanor of Aquitaine marry	5. King John was crowned King of England	7. King John refused to let Stephen Langton enter England	9. The Pope excommunicated King John	11. King John failed to win back Normandy at the Battle of Bouvines	13. The barons forced King John to sign the Magna Carta at Runnymede	15. The Black Death (a deadly disease) arrived in England
1120	1154	1199	1205	1209	1214	Jun 1215	1348
1138-1153	1170	1204	1208	1210	Nov 1215	1216	1381
2. Stephen and Matilda are in conflict over the throne.	4. Henry II accidentally ordered the murder of Thomas Becket	6. King John lost Normandy	8. The Pope passed an interdict on church services, marriages and burials in John's lands	10. John imprisoned William de Braose's wife and son who starved to death	12. The barons invited Prince Louis of France to become King of England	14. John died and his son became King Henry III	16. The Peasants' Revolt

Key People			Key Words			
17. Matilda	The only surviving heir to Henry I, who ends up in conflict with her cousin, Stephen, over the throne.24. Arbitrary power		24. Arbitrary power	When somebody bases decisions on their own wishes rather than the law or agreed principles.	31. Magna Carta	Great Charter - a document where King John agreed to give up some of his powers in 1215.
18. Henry II	English king from 1154-89 who accidentally ordered the murder of his own Archbishop of Canterbury		25. Baron	The highest rank of medieval society, who ruled land directly on behalf of the king.	32. Papacy	The authority of the Pope and the Roman Catholic Church.
19. Eleanor of Aquitaine	A wealthy heiress, who married Henry II, and plotted against him.	26. Charter		A document that gave people rights.	33. Parliament	A collection of people representing all of a country who approve or refuse laws.
20. Thomas Becket	Archbishop of Canterbury 1162-70.		27. Clergy	Everyone who works for the Church.	34. Peasant	A poor farm worker who does not own their land.
21. King John	English king from 1199-1216 who was forced to sign Magna Carta.		28. Excommunication	A punishment from the Pope that banned somebody from being a member of the Catholic Church.	35. Poll Tax	A tax paid by all adults at the same rate to the government.
22. Stephen Langton	Archbishop of Canterbury 1207-28.		29. Homage	When somebody declared their loyalty to the king or queen.	36. Scutage	A tax on barons who did not provide knights to fight for the King.
23. Wat Tyler	Leader of the Peasants' Revolt.		30. Interdict	A punishment from the Pope that bans certain church services.	37. Tyranny	Government where a single person rules absolutely and in a cruel way.

History 5 of 5

Topic 5: Mali Empire And Black Death

	Timeline						
1. Mali empire was founded by Sunjata Keita	2. Mansa Musa became Mali Emperor	3. Mansa Musa's pilgrimage	4. The Black Death began to spread along sea and land trade routes	5. Black Death arrived in England	6. Statute of Labourers passed to stop peasants from requesting higher wages or moving in search of better conditions	7. The Peasants' Revolt	
c.1230	1312	1323	1346	1348	1351	1381	

Key People				
8. Mansa Musa	Ruler of the Mali Empire from 1312-37.			
9. Wat Tyler	Leader of the Peasants' Revolt.			
10. John Ball	A priest who encouraged ideas of equality amongst the English peasantry.			
11. Mali Empire	THE RAAL LENGTRE			
12. Walsham	WILSHAM LE VILLOVS. WHENHAM LE VILLOVS. WHENHAM 12 VILLOVS. WHENHAM 1			

Key Words				
13. Alliance	An agreement to work with someone else to try to achieve the same thing.	23. Oasis	A place in the desert where there is water and where plants grow.	
14. Bandit	A thief who attacks people who are travelling in a wild place.	24. Pastoralist	A farmer who breeds and takes care of animals.	
15. Caravan	A group of people with animals or vehicles who travel together across a desert.	25. Pilgrimage	A journey to a holy place.	
16. Emir	A ruler of an area in the Muslim world.	26. Plague	A serious disease that kills many people. The Black Death was one example and was the deadliest.	
17. Emperor	The ruler of a group of countries.	27. Savannah	A large, flat area of land covered with grass, usually with few trees, that is found in hot countries, especially in Africa.	
18. Hajj	The religious journey to Makkah that all Muslims try to make at least once in their life.	28. Sultan	A ruler, especially in the past, of some Muslim countries.	
19. Mansa	Emperor – the ruler of the Mali Empire.		An important city in the Mali Empire	
20. Makkah and Medina	20. Makkah and Medina Holy cities and sites of pilgrimage for followers of Islam.		which became a great centre of learning, boasting a university with about 25,000 scholars and a library with nearly a	
21. Merchant	A person whose job is to buy and sell products in large amounts, especially by trading with other countries.		million books.	
22. Niani	The capital city of the Mali Empire.	29. Timbuktu		

THIS PROJECT WILL BE EXTENDED OVER TWO TERMS

How Do Artists Use the Different Elements of Art?

- 1. I will learn how artists use the different elements of art.
- 2. I will research and respond to a wide range of artists.
- 3. I will explore a range of materials, techniques, and processes.

Artists we will use to explore the Elements of Art: Sonia Delaunay; Wassily Kandinsky; Paul Klee





Sonia Delaunay 1885-1979



Wassily Kandinsky 1866



Paul Klee 1879-1940

All artists use the colour wheel to make decisions about their work.

You will learn how to paint with accuracy and how to create a colour wheel.



What are the Elements of Art? The Elements are LINE; COLOUR; VALUE; SPACE; SHAPE; FORM; TEXTURE.

You will be learning how the Elements of Art are the foundation of ALL Art created. Artists use the Elements in all forms.



You will explore mark making, creating tone and texture. Your sketchbook will become a pathway towards GCSE Art and Design as you become even more confident in Art.



Exploring 21st Century Artists



Takashi Murakami (born 1962) is one of the most visible and important Japanese artists working today. Murakami's influence on Japan rivals Andy Warhol's on the United States.

What do you notice about his work?

Where could you imagine this surface design being seen?

What do you like about his work?

How might we reproduce his work?

What do you think his work symbolises?

Bridget Riley (born 1931) created the first OP ART work in the 1960s influencing many artists since that time.

How do think she creates such accurate work?

Why do you think her work is called OP ART?



We will be exploring pattern, colour, and shapes by responding in the style of modern Aboriginal Art. We will use the dotting technique of the Aboriginal people, but only adopting their style of work for design purposes. Any idea why?

Why did the Aboriginal people make these kinds of images?

What do you think they symbolise?

Do you like this kind of Art?



Every artist uses the Elements and Principles of Art in their work. It all starts with an idea or inspiration from another source.

What Elements of Art are used by these three very different artists?

Want to learn more about Art, Craft and Design?

We are so fortunate living in London, as we have several Art Galleries and Museums practically on our doorstep. Here is a list of galleries you might want to visit at the weekend or in the school holidays:

The National Gallery The Victoria and Albert Museum The British Museum Tate Britain The Wallace Collection The Whitechapel Gallery Tate Modern The National Portrait Gallery



Most of the galleries and museums are FREE to visit.

Jitterbot Rotation

	Key Terms
Circuit	A path for electricity to flow from one point to another.
Current	A flow of electric charge in a circuit.
Wire	Metal used to transfer current around a circuit.
Switch	Used to $\ensuremath{\text{turn}}\xspace$ a $\ensuremath{\text{circuit}}\xspace$ on $\ensuremath{\text{or}}\xspace$ of $\ensuremath{\text{circuit}}\xspace$ and (in the ensuremath{\text{circuit}}\xspace) and (in th
Led	Light Emitting Diode – lights up when current flows.
Battery	Supplies a current to the circuit.
Soldering	A method of joining components in a circuit.
Dry Joint	A solder joint which doesn't allow current to flow.
Polymer	Technical term for what we commonly call plastics.
Molecule	A group of atoms bonded together.
Polymer Chain	A chain of molecules found in all polymers.
Thermoforming	A polymer which can be reheated and reformed repeatedly.
Cross Links	Connections between polymer chains.
Thermosetting	A polymer which cannot be reheated and reformed.
Raw Material	The natural material from which a product is made.
Extracting Oil	Drilling into the earth to remove oil.
Fractional Distillation	Separating oil into different parts, including what is needed to make polymers.
Moulding	Turning a polymer into a product shape.
Stock Form	How we buy polymers/plastics to use to make products at school e.g. sheet, tubular, square profile.



A **Vacuum Former** uses heat just like a grill at home to heat up thermoplastics like **Polystyrene**. They are then stretched over a mould with a draft angle and the air is sucked out by vacuum.

The resulting shape is left to cool and removed from the mould. Vacuum formers can also **blow air** into a mould to create domes and other shapes.



Soldering Iron	To heat up a component leg to allow it to be joined to the circuit through solder .
HIPS	High Impact Polystyrene, the material inside your fridge at home. The inside of fridges are vacuum formed.



DIA. 1













Clock Rotation

	Key Terms
Health and Safety	A set of rules and regulations enforced to keep people safe in the chosen environment.
Hazard	A risk of harm or injury.
Precaution	A measure taken to minimise the chance of harm or injury.
Pillar Drill	A drill mounted on a column or Pillar. It is used to drill holes in wood, metal and plastics. You must clamp your work.
Dowel	A hardwood rod made of ramin with a circular profile.
Sand Paper	Made from Aluminium Oxide comes in a variety of grades.
Isometric Drawing	A drawing with vertical lines and lines at 30dearees from the horizontal.
Manufactured Board	Large sheets of processed wood such as plywood and MDF.





Pine wood is g softwood that grows in the cold regions of the northern hemisphere. The stripes on the wood are called the grain, which in turn are the annual growth rings seen from a different angle.



MDF stands for medium density fibreboard. It is made from waste Wood that is reduced to wood Fibres and compressed into large sheets. MDF has to be assembled with knock down fittings.



Plywood is made from birch hardwood that is cut on a rotary cutter to make thin sheets or veneers. The veneers are then stuck together at 90 degrees to each other in an odd number of layers 3 5 9 etc.



Hardwood or deciduous trees have broad leaves that they lose in winter. Hardwood trees grow in the temperate regions of the world such as Europe and North America. Examples such as Oak. Ash, Beech, Walnut, Birch, Cherry, are used for furniture and flooring, construction and luxury goods.



Softwood, evergreen coniferous trees have needle-like thin leaves that stay on the tree all year round. They grow in the cold regions of the world such as northern Europe, Siberia and Canada and North America. Examples such as Douglas Fir, Pine, Spruce and Larch are used for joinery and construction work. Softwood trees grow quickly and can be harvested after 30-50 years.





A comb joint is a strong Interlocking wood joint. I is sometimes called a finger joint. It needs to be glued with PVA glue.



A lap joint is a simple wood joint. It is often used for making frames. It needs to be glued with PVA glue.
		Key Terms	
1	Fruits and vegetables	1st and largest food group. All fruits and vegetables – does not include potatoes. This is the one we should have the most of.	
2	Carbohydrates	2nd largest food group has two main categories: Starchy are slow-release energy – foods like porridge, whole grains. Sugary are fast-release energy – foods such as sweets, juice, white bread.	
3	Protein	3rd largest food group. All forms of meat. Includes eggs and other animal products – bacon and sausages. Non animal sources: beans, pulses, nuts, lentils.	
4	Dairy and alternatives	4th largest food group. Cheese, milk, cream from animals. Alternatives are options that are made from plant products as opposed to animal products, such as soya milk.	Prote
5	Fats and spreads	5th and last food group – Olive oil, margarine, for example, are in this group.	Lean be
6	The Eatwell Guide	Tool created by government to advise on healthy diet and what food should be consumed in each proportion. Can advise on food groups as an overall diet for daily or weekly planning.	
7	Macronutrients	The main and biggest (macro = big) nutrients we need each day for our bodies to function.	Tuna 19 g per 95 g
8	Carbohydrates - macronutrient	Its main function is to give us energy to perform daily activities.	PER-
9	Proteins - macronutrient	A macronutrient. Its main function is to help the body build muscles and repair body cells.	High protein 15 g per 174
10	Fats - macronutrient	A macronutrient. Its main function is to help protect organs from damage by providing a cushion.	SIMPLE CA
11	Cross contamination	A spread of harmful microorganism from one thing to another. For example, if kitchen environment is not kept clean or unhygienic preparation of food.	0
12	Hazard	A hazard is any source of potential damage , harm or adverse health effects on something or someone . Basically, a hazard is the potential for harm.	
13	Seasonality	Seasonality of food refers to the times of the year when a given type of food is at its peak, either in terms of harvest or its flavour.	

	Hob	Used for frying, boiling or other types of cooking using a saucepan. Top of the oven.		9	Washing Up Bowl	Filled with hot water to wash equipment.
	Grill	The top section of the oven (if it's a double oven).			Knife	Paring knife – small knife used to generally cut veg and meat.
The second	Tea Towel	Used for drying equipment.			Chopping boards	Used to cut food product on to protect work surface. Red for meat, white for veg.
Lean beef 35 g por 50 g (two)	hicken er So g (raw) So g p	hite fish er ISO 9 (rew) To 9	Hygie Person • Wasł • Wea	ne and Safe al rules: n your hands for r an apron Season	by in the kitc or 20 seconds al Pro	 Tie your hair back Remove jewellery duce Guide
De per Sis con 10 Per per Sis con 10 Per Sis	Milk operand operand Cheese COMPLEX CAR COMPLEX CAR	Kiced nuts So per cao S		Appropriate Appropriate Carlos Carlos Carlos Carlos Carlos Carlos Bosec Sereig Orion Sorie Orion Sorie Orion Sories Orion Sories Charlos Carlo		Som writeri Summer Service
0 ↓		Fats	wer fat spread	Addudavoor Field Mudavoor Hartene Narpelin Rochet Narpelin Sameton Martene Martene Barnens Barnens Barnens Barnens Barnens Barnens	n	Winter Busel Sport Caldon Caldon Caldon Caldon Caldon Red Cabages Red Cabages Sarde Tumps Apples Pens

Live Theatre Evaluation

Question areas

- 1. Evaluate Good and bad. Say whether the production element you are writing about was successful in communicating the intended effect/impact or not
- 2. Analyse Identify the techniques that were used and explain their intended impact on the audience (using drama key terms)
- 3. Describe Clearly and concisely describe the moment as it happened on stage so the examiner can visualise it in their mind

Key terms - Production elements



Live Theatre Evaluation

Key terms - Production elements

- Semiotics The acting and/or design can communicate abstract concepts, themes and symbols. As an example, a design could include a large, dead tree to suggest the themes
 of death in a play
- 6. Design elements Set/props, lighting, costume, sound (music and sound effects, live and/or recorded)
- 7. Character traits/aspects Characterisation, physical skills/movement, vocal skills/voice, use of space/proxemics
- 8. Staging Selecting a performance space, adapting/modifying the performance space designing ideas for a play. Includes ideas for all design elements
- 9. Performance space Thrust, in the round, traverse, proscenium arch, end on, apron, black box, promenade, site specific
- 10. Acting Vocal skills, physical skills, characterisation, use of stage space/proxemics, interaction with other characters, handling of props. Using all the key terms write notes on three key moments
- 11. Costume Type, period, fabric, colour, fit and condition, accessories, hair, make-up, masks
- 12. Set Type, period, size and scale, colours, entrances and exits, levels, ramps, revolves, drapes, curtains, flats, backdrops, projections/multimedia
- 13. Lighting Types, colours, angles and positions, special effects, transitions, blackouts, fades
- 14. Sound Types, music, volume/amplification/intensity, direction, live or recorded, positioning, sound effects

	Re	search the Play	
15. Plot	The storyline of a play	18. Context	When and where the play is set
16. Character	A person in the narrative/plot	19. Possible intentions of the playwright	Why the playwright wrote the play what message did they want to convey to an audience?
17. Theme	An idea or message that the writer highlights during the play	20. Original performance conditions	When and where was the play first performed?

	Making Notes About the Performance			
21. Director	Responsibility for the practical and creative interpretation of a dramatic script	23. Key scenes	As well as the beginning and end choose three key scenes to make notes on. You should consider the climax of the play, tension, something is revealed or changes, dramatic moments	
22. Artistic vision/ intention	What the director wants the audience to think, feel or learn by watching the play	24. Tension/Climax	When the audience are waiting for something to happen and the scene builds to a moment of climax. (Silence, stillness, sudden, slow, staring or pausing used by the actor.) Design elements and acting are used to create tension in the play	

Using Key Terms: Acting

	Costume		
48. Headwear	Hat, cap, scarf, headband, ribbon, clasp etc.	53. Fabric	Silk, cotton, wool, chiffon, rubber, fur
49. Wigs/facial hair	Colour, length, style/ moustache, sideburns, beards	54. Decorations/ trim	Sequins, rhinestones, lace/ buttons, braid, embroidery, fur
50. Make-up/mask	Natural, character, stylised or fantasy	55. Padding/ silhouette/fit	Character padding, tight, loose, high waisted
51. Accessories	Jewellery, ties	56. Colour	Palette=range of colour and/or coding= might be significant to the character
52. Style	Victorian, modern, comfy, fancy, Unique, 2000's, 1900's etc.	57. Condition	Distressed, worn out, old, clean, pressed, soiled, ripped, mended, faded

	Physical skiffs and Vocal Sills			
28. Movement	Changing positions or moving across the space	38. Pitch	The vocal register -high or low	
29. Posture	The way they stand and hold themselves	39. Pace	How quickly or slowly something is done	
30. Gesture	Movements of hands, head, leg usually convey a message/ meaning	40. Pause	A hesitation or silence	
31. Facial expressions	The feelings (or lack of them) shown on the face	41. Emphasis	Stressing or highlighting something	
32. Use of stage space	How an actor moves around the space, using levels, direction.	42. Inflection	Saying a word in a particular way to stress its meaning	
33. Interaction/ Proxemics	How a character reacts to other characters. Proxemics moving towards or away from another character distance between the characters	43. Accent	A way of pronouncing words associated with a country, r~J!.i.RQor social class	
34. Handling of props	How a prop is handled during a performance	44. Volume	Degree of loudness	
35. Choreography/ stage fights	Setting movements to create meaning/blocking movements to create the impression of violence	45. Delivery	How dialogue is said to convey meaning	
36. Stage business	Minor movements or blocking that an actor does to establish a Minor movements or blocking that an actor does to establish a situation (reading a book/closing a window)	46. Emotional range/tone	Feelings are expressed by the way the line is said	
37. Pace and pause of movement	The speed of the movement and use of stillness to convey a meaning, feeling or atmosphere	47. Phrasing	Use of hesitation, metre and/or grouping	

Using Key Terms: Design

	Lighting and Sound				
60. Backlight	Light projected from upstage	75. Fabric	Creates smoke		
61. Barndoors	Metal flaps used to shape the light	76. Gobos	Creates patterns of light		
62. Flood/wash	Unfocussed was of light/ light covers the whole stage	77. Pyrotechnics	Creates fire effect		
63. Floor lighting	Light on a low stand (creates shadows)	78. Smoke and maze machine	Creates mist or for		
64. Follow spot	Powerful lantern that follows the actor around the stage	79. Strobe	Short bursts of bright light		
65. footlights	Low lights downstage	80. Abstract	Not realistic		
66. Fresnel	A lantern with a soft beam	81. Motivational sound / sound Effects	Effect require by the script- gunshots		
67. General cover	Light on the acting areas	82. Musical theme or motif	Recurring section of music		
68. Pin spot	Tightly focused on a small area	83. Naturalistic	Realistic sounds		
69. Profile	Creates clear outlines	84. Recorder or live sound	Prerecord or happens during the performance		
70. Blackout	No lighting	85. Acoustics	Quality of sound		
71. Crossfade	Change from one state to another	86. Fade/snap	Gradual/sudden off or on		
72. Fade/snap	Light slowly on and off/quickly on and off	87. Soundscape	Build up of sounds to create an atmosphere or environment		
73. Colour filter	Plastic used to alter the colour	88. Reverb	Echoing		
74. Focus	How sharp or defined the light is				

		Set	
89. Box set	A setting of a complete room often naturalistic	94. Furnishings/stage furniture	Chairs, tables, (Set dressings -cushion, paintings etc)
90. Backcloth/ drop	Hangs at the rear of the scene	95. Fly	Raise and lower scenery from above the stage
91. Cyclorama	Curved screen filling the rear of the stage	96. Gauze or Scrims	Curtains that go transparent when lit a certain way
92. Trap/trapdoor	Door in the floor of the stage	97. Symbolic	Representing something usually non-naturalistic

The Terrible Fate of Humpty Dumpty by David Calcutt (2012)

- 1. Plot Victimised by Stubbs and his gang, Terry Dumpton, nicknamed Humpty Dumpty, resorts to truancy to avoid his bullies. Following pressure from his tormentors to prove he isn't a coward, Terry takes part in a dangerous activity resulting in a fatal outcome.
- 2. Structure The play starts at the end and uses flashbacks to show the events that lead to the death of Terry.
- **3. Genre is Tragedy** A type of drama in which characters undergo suffering or calamity and which usually ends with a death. A sad or catastrophic event causing suffering or death.

Question areas	Context/social/cultural/historical context; aspects of the character; actors' movement and voice; Set design;
Key words for question areas	4. Context/social/cultural/historical; Date-Place-Issue
Social/cultural/Historical context	5. The Terrible Fate of Humpty Dumpty context - The play was written and is set in contemporary times, David Calcutt wrote the play in 2012 and explores the contemporary issue of bullying in the British culture. The audience see how bullying affects not just the victim but his friends and family and even, sometimes, the bullies themselves. The play also explores gangs within modern British culture.

	6. Status (How m Key characters ·	nuch power and control a character has in the scene/play) - – Key lines and stage directions that impact on the character	
High status	7. Stubbs - Leader of the gang. The antagonist (protagonist's enemy)	(There is a pause. Then Stubbs says)All right, Humpty? Up you go. Get Pete's Frisbee back for him (There is tension. Then Stubbs continues)	
	8. Pete – Gang member – the joker	(On waste ground. Stubbs, with the members of his gang Jimmy, Pete, Kathy, Kay, Janet and Tracey - are surrounding Terry Dumpton. Sammy stands to one side) See my Frisbee, Humpty? My best frisbee, this is. I've had this frisbee for ages. I love it. I'd hate to lose it.	
	9. Kathy – Gang member	You wanna go up there instead? (There is a pause)	
Low status	10. Terry - The Protagonist (leading character) Victim of the gang	(He –Stubbs- walks towards Terry) All right I'll get it	
	11. Sammy – Gang member (follower) and Terry's only friend	Terry starts to climb the pylon. Egged on by Pete, the members of the gang start to chant 'Humpty Dumpty!' over and over again, and then shout comments up at Terry. Sammy runs forward.) Don't Terry. Come down	

The Terrible Fate of Humpty Dumpty by David Calcutt (2012)

	Staging the Performance
24. End-on performance space	One audience side. This performance space is similar to a proscenium arch stage. The stage is at one end and the audience face it directly. In this type of stage there is no arch around the edge of the stage to 'frame' it
25. Blocking	Planning the space and the actor's movement
26. Set design	What the stage looks like and the furniture. As a set designer you will need to consider the practical aspects of set design. The play has lots of fast-paced scenes in various locations, the set design will need to be kept minimal to help with the quick changes

	Set design key words - The set should represent the context of the play.
27. Themes/symbols	The set design can also communicate abstract concepts, such as themes and symbols. As an example, a design could include a large, dead tree to suggest the themes of death in the play.
28. Style	Set design is also important in supporting the style of the production. For example, a play in a naturalistic style would aim to create the impression of reality through realistic-looking props and set items. A play performed in a minimalistic style would use just a few, simple props to represent a setting, such as a large, suspended window frame to suggest the performer is standing inside a grand manor house.
29. Colour	Colour can be used within set design to symbolise various ideas on stage. For example, the set designer for this play could include dull greys and a monochromatic palette (single colour) this could enhance the sad atmosphere and dark themes in the play.
30. Condition	The condition of a design can reveal important information about the setting or a character's circumstances. For example, shabby, ragged and decaying piles of rubbish might suggest that the area is run down and a waste ground.
31. Levels	A set designer can vary levels using a rostra, blocks, ramps and/or steps. Blocks, staging units, scaffolding and planks can be used to create levels and can be joined together to create steps or other shapes. Levels are often used in productions to portray a character's status, power or situation.
32. Projections	Projections- can be used to add detail and texture on stage. Scenery can be projected, for example the pylon and the waste ground, the problem is that if the image is not projected behind the set, the actors will cast shadows onto it.
33. Position	Where you put the items of set on the stage. Use the correct language upstage; downstage; centre stage; stage left; stage right; upstage centre; upstage left; upstage right, downstage centre; downstage left; downstage right.
34. Stage furniture	Items of set that can be moved on stage but are not props .
35. Stage flats	Short for scenery flat which is a flat piece of theatrical scenery which is painted and positioned on stage so as to give the appearance of buildings or other background.
36. Cyclorama	A large curtain or wall, often concave, positioned at the back of the stage (upstage). It often encircles or partially encloses the stage.
37. Backdrop	The background image, behind the set, on the back wall of the stage. This can set the imaginary location for the scene.
38. Location	The set can tell the audience where and when the scene takes place.
39. Symbolism	Items and actions on stage that represents a message.

Ernie's Incredible illucinations by Alan Ayckbourn (1969)

Plot Summary	The play follows the extraordinary powers of Ernie Fraser, a day-dreamer with a difference. Like all schoolboys Ernie has a vivid imagination, but Ernie's thoughts have a disturbing habit of turning into reality. After a number of embarrassing episodes, Ernie's parents decide to consult a doctor, who is sceptical. When Ernie fails to produce a Brass Band on demand, the doctor diagnoses group hallucination and recommends a visit to a specialist. However, 'Ernie's incredible illucinations' aren't to be dismissed quite so lightly.			
Genre	This play is a comedy.			
Style	This play has a naturalistic style with elements of non-naturalism.			
Context	The playwright Alan Ayckbourn was inspired by the idea of imagination. He stated that he wanted to write something that would draw on children's imagination and possibly inspire them to explore other 'Ernie' situations of their own.			
Structure	This is a one act play that follows Ernie through his illucinations. Several of Ernie's adventures are acted out in flashback.			

Key Characters				
Ernie	10/11 years old. A daydreamer who is said to have a big imagination that turns his dreams into reality.			
Mum	Mother to Ernie Fraser. She is very concerned about Ernie's condition and consults a doctor.			
Dad	Father to Ernie Fraser. Agrees with his wife's concerns surrounding Ernie's 'condition'.			
Doctor	The doctor that Ernie is sent to. They are very sceptical about whether there is any truth in Ernie's story.			

Themes					
Imagination	Ernie is described as having a big imagination. But are all his imaginings in his head? The playwright was inspired by the idea of imagination and wanted students to use their own to recreate the play.				
Creativity	This play needs the actors to think outside the box in order to bring Ernie's illucinations to life.				
Belief	Characters such as the parents and the doctor in this play don't believe Ernie's story				

Music Theory

	Exploring The Ele	ments of Music	
1. Pitch	2. Tempo	3. Dynamics	4. Rhythm/Duration
How high or low a piece of music or sound is.	The speed of the music FAST: Allegro, Vivace, Presto SLOW: Andante, Adagio, Lento GETTING FASTER – Accelerando (accel.) GETTING SLOWER – Ritardando (rit.) or Rallentando (rall.)	The volume of the music VERY LOUD: Fortissimo (ff) LOUD: Forte (f) QUITE LOUD: Mezzo Forte (mf) QUITE SOFT: Mezzo Piano (mp) SOFT: Piano (p) VERY SOFT: Pianissimo (pp) GETTING LOUDER: Crescendo (cresc.) GETTING SOFTER: Diminuendo (dim.)	How long or short a note is. The length of sound.
5. Texture	6. Timbre or Sonority	7. Articulation	8. Silence
How much sound we hear. THIN TEXTURE: (sparse/solo) – small amount of instruments or melodies. THICK TEXTURE: (dense/layered) – lots of instruments or melodies THICK TEXTURE: (dense/layered) – Lots of instruments THICK TEXTURE: (dense/layered) – Lots of instruments THICK TEXTURE: (dense/layered) – THICK TEXTURE: (den		How individual notes or sounds are played/techniques. LEGATO – playing notes in a long, smooth way shown by a SLUR. STACCATO – playing notes in a short, detached, spiky way shown by a DOT.	The opposite or absence of sound, no sound . In music these are RESTS .

	Rhythmic Notation					
9.		Crotchet 1 beat				
10.		Quaver	½ beat			
11.	0	Minim	2 beats			
12.	\$	Crotchet rest	1 beat			
13.	4	Quaver rest ½ beat				
14.		Minim rest	2 beats			



Year 7 Music - Keyboard

A. Keyboard Keywords					
1. Key (on the keyboard)	The white or black buttons on the keyboard				
2. Melody	The main tune of the piece				
3. Pitch	High or low				
4. Treble Clef	Shows that notes are high pitches, usually for the right hand to play				
5. Bass Clef	9: Shows that notes are low pitches, usually for the left hand to play				
6. Stave	The five lines on which musical notes are written				
7. Fingering	How the hands are used to play the keys				
8. Bass Line	The lowest part in the texture, played by the left hand on the keyboard				
9. Sharp	# The black note to the right of the key				
10. Flat	abla The black note to the left of the key				



C. Notes on the Treble Clef



D. Notes on the Bass Clef



E. Finger Numbers for Playing The Keyboard



Year 7 Music - Ukulele

A. Ukulele Keywords		B. C	hords	D. Parts of the Instrument
1. Chord	Multiple notes played in harmony	С	Am	3.
2. Fret	The thin strips of metal set into the neck of a ukulele to allow you to change notes			2. 7.
3. String	The four strings of the instrument $(G - C - E - A)$	3	Ť	
4. Fingerboard	The area of the neck over which the strings run and into which the frets are mounted on	F	G	م. ۹. ۵. م
5. Body	The rounded wooden main section of the instrument	ŢР	Å	5.
6. Neck	The piece of wood that holds the fingerboard and runs between the body and the headstock		3	E. Reading Ukulele Tablature
7. Peg	A term that refers to the tuning peg that is turned to tighten or loosen the string	C. Fir	ngering	Standard notation:
8. Strumming	A style of playing which involves running the fingers over the strings in rhythm	1	$\frac{2}{2}$ $\frac{3}{2}$	Tablature: C-string G-string
9. Down stroke	Strumming action moving from top to bottom (from G to A)	Ę		Open A-string
10. Up stroke	Strumming action moving from bottom to top (from A to G)	\leq		
11. Plucking	To play a single note/string		/	

Term 1 – Using IT at TTA

Rules For Creating Amazing Presentations:

- 1. Use a light colour background and dark colour text
- 2. The font should be at least size 32 and easy to read.
- 3. Don't write too much on each slide.
- 4. Keep text and images in the same positions on different slides.
- 5. Images should be good quality and not distorted or blurred.

Electronic Mail

The electronic transmission of mail allows you to send formatted text and images to someone else with an email address.

You can send and read emails from any device and anywhere. You can also attach files to an email, for example a word document, spreadsheets or photos. Without email, many businesses would not be able to operate. At TTA we use Microsoft Outlook application to send and receive email. Your email address is your school username followed by @tta.org.uk



Send Attach ~ @ Encrypt Discard ··· The main recipient, who the email is sent to A carbon copy for anyone else that might need the information but does not need to respond to the email. Bilind carbon copy for anyone else that might need the information but you don't want to share their involvement

Add a subject or email address with the people you have sent the email to.



Computing 2 of 6

Term 1 – Using IT at TTA

Layout and key features of a formal letter



MS 365 apps can be accessed from anywhere and on any	Арр	Main purpose of App
device, provided you are connected to the Internet.	Word	Create text based documents such as letters.
	PowerPoint	Create and show presentations using slides
IVIICTOSOTT 365	Outlook	Send, receive and store emails
	Excel	Creating spreadsheets and storing data
💁 💶 💶 🕒 🖉 💶 🔼 📥	OneDrive	Cloud based storage service. You can access your work anywhere on any device.
	Teams	Online collaboration medium. Teachers use Teams to upload assignments and class work.

Electronic Mail

E-safety is often defined as the safe and responsible use of technology.

This includes the use of the internet and other means of communication using electronic media (e.g. text messages, gaming devices, email etc).

What is Social Media?

Social media is the use of websites and applications that enable users to create and share content or to participate in social networking.



What is Phishing?

Phishing is an electronic message trying to trick you to give information

A phishing email is usually sent by a hacker, trying to get information from you, such as passwords or bank account log-in details. They can appear as though they have come from a genuine company.

What is fake news

False information distributed deliberately, usually for political or commercial purposes. Fake news is often

- Made up stories and information
- Meant to be widely shared, perhaps to shock or scare
- Its purpose is to persuade people to think a certain way or vote a certain way
- Or to make money from advertising clickbait

Secting

The term 'sexting' means the use of technology to share personal sexual content.

When you are under 18 it is illegal for anyone to take or have a sexual photo of you, even a selfie.

It's when someone shares sexual, naked or semi-naked images or videos of themselves or others, or sends sexually explicit messages.

Sexting can also be called 'trading nudes', 'dirties', 'pic for pic'

Inappropriate Content

Forms of inappropriate content you might find on Social media Malicious or personal attacks on others

- Impersonating another person or company without permission
- Sharing personal or confidential information about others
- Sending sexually explicit material (nudity)

What is Cyber Bullying?

Cyberbullying is bullying that takes place through the use of technology, for example a device (phone, tablet, laptop, computer) or the internet. Cyberbullying includes things like:

- Making threats
- Starting or spreading rumours
- Pretending to be someone else

Fake News R E A L check

Real - ask "is this real?"

Evidence - What's the source? Author, publication, web address, date & time, including pictures.

Add it all up - Ask around, use own knowledge, other's knowledge, the story detail and a little research.

Look around - any other sources carrying the story?

What is Online Grooming?

Online grooming is when someone builds a relationship of trust and/or an emotional connection with a person, usually a child or young adult, so they can manipulate or exploit them.

They usually say they are about the same age, have similar interests and live in a similar location. They usually pretend to be a friend and say nice things to get on the good side of the child

E-Safety

How to Spot a Phishing email?

- Legit companies don't request your sensitive information via email
- Legit companies usually call you by your name
- Legit companies have domain emails
- Legit companies know how to spell
- Legit companies don't force you to their website
- Legit companies don't send unsolicited attachments
- Legit company links match legitimate URLs

Keeping your Identity safe online

When sharing online remember that everyone you are 'friends' with, or that follows you, can see it too.

- What could they do with it?
- Could they recreate your online identity?
- Are they who they say they are?
- Only add people to your social network if only you know them.

What to do when you receive a Phishing email?

- Never open an unknown email
- Do not download or open any attachments
- Delete the email

0800 1111

• Report to your teacher, your parents or to the government report@phishing.gov.uk

www.ceop.police.uk/safety-centre



Internet Safety

Spreadsheets

What is a Spreadsheet?

Spreadsheets are made of Worksheets

Worksheets are made of cells organized into Columns and Rows Spreadsheets store data and information

The use formulas to run powerful calculations on the data they store The can present data in araphs and charts to make it easier to analyse.



Key Vocabulary

Workbook - A spreadsheet workbook is made up of many sheets (worksheets). You can enter data on any of these worksheets and link the data together. You can tell which sheet you are working on by looking at the tabs at the bottom of the window.

Row – a horizontal section of the spreadsheet Column – a vertical section of the spreadsheet **Cell** – a sinale box in a spreadsheet Cell Address – A cell address is made up of the column letter followed by the row number e.g. A5 Chant: Cell address - Column letter Row number



Cell Formatting

Formatting is when you change the way each cell looks to make parts stand out, like titles and headings, or to show that parts are grouped together.

A well-formatted spreadsheet is easy to read.

Now we will look at options for how we can change cells' individual formatting:

- **Number** tell the spreadsheet what type of data the cell contains. e.g. currency, percentage, date, time.
- Alianment alian the text in the cell vertically, horizontally or at an anale.
- Font change the font used, text size and colour.
- Border add a solid, dotted, dashed or coloured border to the cell.
- Fill choose what colour or pattern the cell is filled with

Wrap text - If the text in a cell exceeds the size, wrap text make the text appear on more than one line so it fits Merge Cells - It is also possible to join two or more cells together to make one single cell.

Sum	Symbol Used in a Spreadsheet	Example
Adding	+	= A1 + B2
Subtracting	-	= A1 – B2
Multiplying	* (star)	= A1 * B2
Dividing	1	= A1 / B2

Formula

A formula is a calculation in a spreadsheet. It uses the cell references instead of the values contained in the cells.

Chant: Formula - Must start with equals

Range - A cell range in a Spreadsheet is a collection of selected cells in a rectangle.

Ranaes are useful in functions because it means that we do not need to type out all the cells.

They are defined by the cell address of the upper left cell and bottom right cells of the range, which are separated by a colon.

 8	c	D	E	P	G
- +	†				
 _	_				

Chant: Formula - Top left : Bottom Right

Functions				
Functions make more complex	Function	Description		
calculations. Simple and regularly used	SUM	Adds values in selected cells/cell range		
functions include:	MIN	Finds smallest value in the range		
Like tormulas, all functions start with an equals sign (=) followed by the function's	MAX	Finds largest value in the range		
name and they must have brackets ().	AVERAGE	Finds the mean average value		
For example: =SUM (A1:A7) or =COUNT(A1:B5)	COUNT	Counts how many of the selected cells have numbers in them		

Scratch

Control/Event Blocks				
when 🏴 clicked	when I receive message1 -			
Used to identify the starting point of the program. When you click the green flag, the program will start by running the block after this one	Forces the program to wait a certain amount of time before moving onto the next instruction			
wait 1 seconds	broadcast message1 -			
Used to run sprite code when a certain message is received from another sprite	Used to send a message to other sprites			



Selection Blocks							
if then	Runs the code in the block if the condition is true						
if then A else B	Runs the code in gap A if the condition is true. Runs the code in gap B if the condition is not true (false)						

Iteration Blocks



K	Key Terms & Definitions							
Sequence	One of the three basic programming constructs. Instructions that are carried one after the other in order.							
Selection	One of the three basic programming constructs. Instructions that can evaluate a Boolean expression and branch off to one or more alternative paths.							
Iteration	One of the three basic programming constructs. A selection of code that can be repeated either a set number of times (count-controlled) or a variable number of times based on the evaluation of a Boolean expression (condition-controlled).							
Variable	A value that can change depending on conditions or information passed to the program.							
Boolean expression	An algebraic expression which has a Boolean value							
Comparison operator	Used to compare two expressions							
Computer bug	Code that causes your computer to behave in an unexpected way							
Decomposition	Breaking down a problem into smaller, more manageable parts in order to make the problem easier to solve							

Integrated Development Environment (IDE)



Je me présente! - I present myself!											
Comment How are	tu t'appelles? you called?		Quelle Which	e est ta nationali is your nationali	té? ty?		Où habites-tu? Where do you live?				
Bonjour! (Hello) Coucou! (Hi) Salut! (Hi)	Je m'appelle (I call myself) Tu t'appelle (You call yourself) II s'appelle (He calls himself)	et and	je suis (I am) tu es (you are) il est (he is)	anglais(e) English allemand(e) German espagnol(e) Spanish belge Belgian irlandais(e) Irish français(e)	japonais(e) Japanese albanais(e) Albanian polonais(e) Polish iranien(ne) Iranian algérien(ne) Algerian indien(ne)	J'habite (I live in) Ma famille habite (My family lives) Tu habites (you live)	à (in) used for towns	Londres (London) Berlin (Berlin) Madrid (Madrid)	en in (f) Used for countries	Angleterre (England) Allemagne (Germany) Espagne (Spain) Belgique (Belgium) Irlande (Ireland) France (France)	Écosse (Scotland) Algérie (Algeria) Albanie (Albania) Inde (India) Pologne (Poland) Chine (china)
Au revoir Goodbye À bientôt! See you soon!	Elle s'appelle (She calls herself)		elle est (she is)	écossais(e) Scottish portugais(e) Portuguese	gallois(e) Welsh chinois(e) Chinese	(he lives) Elle habite (She lives)		Bruxelles (Brussels)	au in (m) Used for countries	Pays de Galles (Wales) Portugal Japon (Japan)	3

C'est quand, ton anniversaire?								
Sentence Starter	Sentence Starter Verb Connective		Verb					
Bonjour/Salut hello	Je m'appelle I am called I am called	Et and Aussi also	J'habite en + fem country J'habite au + masc country I live in J'habite à + city					

Sentence Starter	Verb		Number Month					
Mon anniversaire My birthday	c'est le (it) is the	1 – Un 2 – Deux 3 – Trois 4 – Quatre 5 – Cinq 6 – Six 7 – Sept 8 – Huit	9 - Neuf 10 - Dix 11 - Onze 12 - Douze 13 - Treize 14 - Quatorze 15 - Quinze 16 - Seize	17 – Dix-Sept 18 – Dix-Huit 19 – Dix-Neuf 20 – Vingt 21 – Vingt et un 22 – Vingt-deux 23 – Vingt-trois 24 – Vingt-quatre	25 – Vingt-cinq 26 – Vingt-six 27 – Vingt-sept 28 – Vingt-huit 29 – Vingt-neuf 30 – Trente 31 – Trente et un	janvier – January février – February mars – March avril – April	may – May juin – June juillet – July août – august	septembre – September octobre – October novembre – November décembre – December

Tu es comment? - What are you like?									
Pronouns and VERB (être to be)	Adjective (Masculine)	Adjective (Feminine)	P	Adjective (Masculine)	Adjective (Feminine)				
Je suis I am Tu es You are II est He is Elle est She is	grand(s) tall petit(s) short beau handsome mince(s) slim maigre(s) skinny intelligent(s) calme(s) calm	grande petite belle beautiful intelligente(s)	et and aussi	blond(s) roux red-haired brun(s) brunette jeune(s) young sportif(s) sporty de taille moyenne of average height	blonde rousse brune sportive(s)				
Nous sommes We are Vous êtes You (pl) are Ils sont	amusant(s) funny barvard(s) chatty mignon(s) cute amical(s) friendly	amusante(s) bavarde(s) mignonne(s) amicale(s)	also	sympathique(s) nice/ sympathetic paresseux lazy grincheux grumpy	paresseuse(s) grincheuse(s)				
Elles sont They are(f)	IMPORTANT: When using pronouns nous, vous, ils, elles (plural ; describing many people) the adjective must agree by adding an 's' to the end, just like in English. Some verbs are exceptions. (Example: grincheux (mpl) paresseux (mpl)								



53

Comment est ta famille?									
Person (Subject)	Verb (Avoir)	Object	Colour	Hair Style	Pronoun + Verb (Être)	Intensifier		Adjective	
Mon frère my brother Mon père my father Ma mère my mother Ma sœur my sister Moi, j' Me,	a has ai have	les yeux eyes et and les cheveux hair et and des taches de rousseur freckles	bleus blue verts green noirs black marron brown blonds blonde	courts short bouclés curly frisés. frizzy raides. straight	II est he is II n'est pas he isn't Elle est she is Elle n'est pas she isn't	assez quite très very too un peu a little	amusant e fun arrogant e arrogant bavard e chatty fort e strong grand e big intelligent e	petit e little timide shy sympa nice généreux / généreuse generous travailleur / travailleuse hardworking actif / active	
II / elle He/she Je I	(porter) porte wears porte wear	un chapeau a hat des lunettes glasses un foulard a headscar.	noirs black marron brown		Je suis I am Je ne suis pas I'm not		méchant e mean/naughty patient e patient	créatif / créative creative gentil / gentille kind	

Tu as des animaux?								
Verb	Noun Verb							
J'ai I have Je voudrais avoir I would like to have Je n'ai pas de/d' I do not have	un cochon d'Inde a guinea pig un chat a cat un lapin a rabbit un chien a dog un poisson a fish un serpent a snake un oiseau a bird un hamster a hamster une souris a mouse une tortue a turtle une araignée a spider d'animal any pets	marron brownmarron brownorange orangeorange orangerouge redrouge redrose pinkrose pinkjaune yellowjaune yellowbleu bluebleue bluenoir blacknoire blackvert greenverte greenblanc whiteblanche whiteviolet blueviolette blue						

French 4 of 10

Tu aimes danser? - (Do) you like to dance?										
Opinion	Infinitive verb + complement	Connective	Intensifier	Adjective						
J'adore I love J'aime I like Je n'aime pas I don't like Je déteste I hate Je préfère I prefer	faire du sport to do sports danser to dance chanter to sing manger de la glace to eat ice cream manger de la pizza to eat pizza manger du chocolat To eat chocolate jouer au foot To play football jouer au basket To play basketball	parce que c'est because it is parce que ce n'est pas because it is not	un peu a bit assez quite très very trop too	amusant fun intéressant Interesting délicieux delicious super génial great ennuyeux boring nul rubbish						

Qu'est-ce que tu aimes faire? - What do you like to do?									
Sentence Starter	Opinion verb	Infinitive verb	Complement	Adjective to express opinion					
Normalement Normally En général In general Pendant le confinement During the lockdown Après le confinement After the lockdown	je préfère I prefer J'adore I love J'aime I like Je n'aime pas I do not like je déteste I hate Je veux I want Je voudrais I would want J'aimerais I would like	jouer to play/playing manger to eat/eating écouter to listen/listening regarder to watch /watching aller to go/going faire to do/doing to go/going	au tennis tennis au basket basketball aux jeux video videogames au restaurant at the restaurant avec ma famille with my family de la musique music des films sur netflix movies on netflix des dessins animés cartoons au cinéma to the cinema au restaurant to the restaurant au bowling bowling les magasins/du shopping shopping du vélo/de la natation cycling/swimming	amusant amusing / fun intéressant interesting génial Great relaxant relaxing barbant Boring ennuyeux boring nul rubbish					

Qu'est-ce que ta famille aime faire? What does your family like to do?				Qu'est-ce que tu fais pendant la récré? What do you do during break?				
Sentence Starter	Opinion verb	Infinitive verb	Complement	Sentence Starter	Subject	Verb	Complement	Place
Normalement Normally En général In general Pendant le confinement During the lockdown	je préfère I prefer j'adore I love J love J like je n'aime pas I do not like je déteste I hate il/elle préfère he/she prefers il/elle adore he/she loves il/elle aime he/she likes il/elle n'aime pas he/she does not like il/elle déteste he/she hates	jouer to play/ playing manger to eat/eating cuisiner to cook/ cooking regarder to watch/ watching aller to go/going étudier to study/ studying faire to do/doing to make/ making	au tennis tennis au basket basketball aux jeux video videogames au restaurant at the restaurant at the restaurant avec ma famille with my family avec mon père with my dad avec ma mère with my dad avec ma mère with my num des films sur netflix movies on netflix des dessins animés cartoons au cinéma to the cinema au restaurant to the restaurant to the restaurant at home du shopping des gateaux cakes	Pendant la récré During breaktime Pendant le déjeuner During lunch hour Le lundi Monday Le mardi Tuesday le mercredi Wednesday Le jeudi Thursday Le yendredi Friday À huit heures et demie At half past 8 À midi et demi At half past 12 À trois / quatre / cinq heures At three / four / five O'clock	je (I) on (we) il (he) elle (she)	joue play mange eat visite visit bavarde chat rigole laugh	au foot / basket football/ basketball le déjeuner lunch la bibliothèque the library avec mes amis / amies with my friends	à la cantine at the canteen dans la cour in the playround sur l'AstroTurf on the AstroTurf au terrain de basket on the basketball court au terrain de foot on the football field

Qu'est-ce que tu veux faire? - What do you want to do ?										
Sentence Starter	Conjugated verb	Infinitive verb	Verb complement	Adjective to express opinion						
Ce soir Tonight Demain Tomorrow La semaine prochaine Next week L'année prochaine Next year Après le confinement After the lockdown	Je vais I am going J'espère I hope Je veux I want Je voudrais I would want J'aimerais I would like	jouer to play manger to eat cuisiner to cook regarder to watch aller to go étudier to study faire to do/make voyager to travel	au basket basketball aux jeux video videogames au restaurant at the restaurant avec ma famille with my family avec mon père with my dad avec ma mère with my mum des films sur netflix movies on netflix des dessins animés cartoons au restaurant to the restaurant en vacances on holiday à la maison at home à l'école at school du shopping shopping des gateaux cakes en France to France	Ça va être It is going to be • amusant • Amusing / fun • interesting • génial • Great • relaxant • relaxing • barbant • boring • nul • rubbish						

Qu'est-ce que tu vas faire cet été? - What are you going to do this summer								
Sentence Starter	Conjugated verb	Infinitive verb	Verb complement	Adjective to express opinion				
Cet été This summer En juillet In July En acût In August	Je vais I am going J'espère I hope Je veux I want Je voudrais I would want J'aimerais I would like	jouer to play voir to see aller to go visiter to visit faire to do/make voyager to travel	au basket basketball aux jeux vidéo videogames Une spectacle a show Un match de foot a football match au restaurant to the restaurant en vacances on holiday un musée a museum Le centre ville the town centre du shopping shopping des gateaux cakes en France to France	Ça va être It is going to be • amusant • Amusing / fun • intéressant • interesting génial • Great • relaxant • barbant • boring • nul • rubbish				

French 7 of 10

Quelle matières aimes-tu? - What school subject do you like?							
Sentence Starter	Opinion verb	Infinitive verb	Subject	Connective	Reason		
Normalement Normally En général In general Pendant le confinement During the lockdown	je préfère I prefer j'adore I love j'aime I like je n'aime pas I do not like je déteste I hate	étudier to study/studying	le français le dessin le théâtre l'EPS l'histoire l'anglais la géographie la religion la technologie les sciences les maths	parce que c'est because it is	intéressant interesting facile easy logique logical créatif creative difficile difficult ennuyeux boring		

Comment sont tes professeurs? - What are your teachers like?									
Sentence Starter	Sut	bject	Verb	Physical description	Add	ditional verb phrase	Pe	Personality	
Mon / Ma prof My teacher of	de français French de théâtre drama de dessin art d'EPS PE d'histoire history d'anglais English	de géographie geography de religion RE de technologie DT de sciences science de maths maths	est is a has	grand (e) tall petit (e) small les cheveux hair les yeux eyes des lunettes glasses un foulard a headscarf une moustache a moustache une barbe a beard	Je le I finc II est He is Elle o She i blonds roux noirs gris marron bleus verts II / e He/s II / e	I him/her	intéressant (e) interesting intelligent (e) intelligent amusant (e) fun / funny bavard (e) chatty strict (e) strict	créatif / -ive creative sportif / -ive sporty ennuyeux / -euse boring logique logical calme calm sympa nice sage wise	

Qu'est-ce que tu fais pendant la récré? - Vocabulary for this lesson							
Sentence Starter	Subject	Verb	Complement	Place			
Pendant la récré during breaktime	je =	joue play	au foot / basket football/ basketball	à la cantine at the canteen			
Le lundi / mardi / mercredi / jeudi / vendredi Monday / Tuesday / Wednesday / Thursday / Friday	on = we	mange eat	le déjeuner chat	dans la cour in the playround			
À huit heures et demie At half past 8	il = he	visite visit	la bibliothèque	sur l'AstroTurf			
À midi et demi At half past 12	elle = she	bavarde chat	the library	on the AstroTurf			
À trois / quatre / cinq heures At three / four / five O'clock	on = we	rigole laugh	with my friends				

Qu'e	Qu'est-ce que tu vas faire après le collège? - What are you going to do after school							
Sentence Starter	Subject	Auxiliary verb	Main verb	Complement				
Après le collège after school Le weekend At the weekend	je = I tu = you	vais am going vas are going	manger to eat Jouer to play écouter to listen	un goûter snack au foot / basket football/basketball aux jeux vidéos video games à la guitare the guitar				
D'abord First of all ensuite then / next puis then / next après after(wards)	il = he elle = she on = we	va is going va is going va are going	regarder to watch bavarder to chat rigoler to have a laugh diner to have dinner faire mes devoirs do my homework	de la musique music la télé / YouTube / Netflix TV / YouTube / Netflix avec mes amis / amies with my friends avec ma famille				
ça va être cool It's going to be ennuyeu nul rubbi divertissa relaxant génial gr	x boring sh int fun relaxing eat			with my family				

French 9 of 10

Qu'est-ce qu'il y a dans ton école? - What is there in your school?							
Dans mon collège In my secondary school	une piscine a swimming pool un gymnase	une bibliothèque a library des salles de classe	mais but	il n'y a pas de/d' = there is no	piscine(s) gymnase(s) cantine(s)		
In my school	a gym une cantine a canteen	some classrooms des labos de science some science labs	however	= there are many	cour(s) de sport cour(s) de récréation bibliothèque(s)		
il y a There is /are	un terrain de sport a sports field une cour de récréation a playground	des vestiaires some changerooms	et and	il y a peu de/d' = there are few	salle(s) de classe labo(s) de science vestiaires		

Où habites-tu? Tu aimes habiter ici? - Where do you live? Do you like living here?									
Habiter = to live		Туре с	of home	C	ountry	Opinion	Connective	Reason	
J'habite I live II habite He lives Elle habite She lives On habite We live Nous habitons We live	dans in	un appartement an apartment un petit appartement an apartment un grand appartement an apartment	un appartement an apartment un petit appartement an apartment un grand appartement an apartment	au Canada in Canada au Sénégal in Senegal en France in France en Écosse in Scotland	en Angleterre in England en Suisse in Switzerland en Côte d'Ivoire in Ivory Coast	J'aime habiter ici I like to live Je n'aime pas habiter ici I don't like living here	parce que because car because	c'est assez grand It's quite big c'est très confortable It's very comfortable c'est tranquil t's tranquil c'est bruyant It's noisy c'est trop petit It's too small	

	Qu'est-ce qu'il y a dans ta maison / ton appartement? - What is there in your house/ apartment?									
Sentend	ce starter	Verb phrase	Obj	ect	Opinion	Connective	Reas	on		
Chez moi At home/in my home Dans ma maison In my house Dans mon appartement In my apartment	Au rez-de- chaussée On the ground floor Au premier étage On the 1st floor Dehors Ouside	il y a there is / there are	[cinq] pieces [five] rooms la chambre the bedroom [deux] chambres Two bedrooms le salon the living room la salle à manger the dining room	la salle de bains the bathroom la cuisine the kitchen le jardin the garden le garage The garage	J'aime habiter ici I like to live Je n'aime pas habiter ici I don't like living here	parce que because	c'est assez grand It's quite big c'est très confortable It's very comfortable c'est moderne It's modern	c'est tranquille It's tranquil c'est bruyant It's noisy c'est trop petit It's too small		

French 10 of 10

Qu'est	Qu'est-ce qu'il y a dans ta ville / ton village? - What is there in your town / village?								
Sentence starter	Verb phrase	Object	Opinion	Connective	Reason				
Dans ma ville In my town II y a There Dans mon village In my village Je vo I wou Dans ma région In my region I wou	a re is / are voudrais avoir buld like to have y a pas de un/une re is no	un cinéma a cinema un stade a stadium un centre sportif a sports centre une piscine a swimming pool des restaurants restaurants des magasins shops cinéma stade centre sportif piscine restaurant	J'aime habiter ici I like to live Je n'aime pas habiter ici I don't like living here	parce que parce qu' car because	il y a beaucoup à faire there is a lot to do il n'y a rien à faire there is nothing to do c'est tranquille It's tranquil c'est bruyant It's noisy				

(Qu'est-ce qu'on peut faire dans ta ville? What can one/we do in your town?				nt Tense -
Sentence starter	Infinitive verb phrase	Connective	Reason		
Dans ma ville	visiter un musée /un château	donc	c'est super! =	I	Je
Dans mon village	aller au centre sportif	parce que	c'est génial! =	You (s)	Τυ
	faire du ski ou du snowboard	= because	c'est relaxant! =	He / She / One	II / Elle /
on peut We/ one can	faire les magasins	car = because	it is relaxing! c'est dommage! =	We	Nous
on ne peut pas We/ one cannot	aller au cinéma faire des promenades		it is a pity! c'est nul =	You (pl)	Vous
	faire de l'équitation		it is rubbish	They	lls / Elle

Prese	nt Tense - Verb	Endings		
		Regular ER Verbs		
I	Je	-E		
You (s)	Τυ	-ES		
He / She / One	ll / Elle / On	-E		
We	Nous	-ONS		
You (pl)	Vous	-EZ		
They	lls / Elles	-ENT		

iHola! Hello!	¿Cómo te llamas? What are you called?	Me llamo Emma. I am called Emma.	¿Y tú? And you?	?	Me llamo I am calle	Alí. d Alí.	
¿Qué tal? –	How are you?	ż	Cuántos año	s tienes? –	How old a	ire you?	
Fenomenal – Grea Bien – Fine Regular – Not bad Fatal – Awful ¿Dónde vives? – Vivo en Brasil – Hiv Vivo en Chile – Hiv	t ¿Y tú? – And you?	'engo – I have 'iene – He / she has	uno – 1 dos – 2 tres – 3 cuatro – 4 cinco – 5 seis – 6 siete – 7 ocho – 8	nueve – 9 diez – 10 once – 11 diecinuev veinte – 20 veintiuno – treinta – 30 treinta y u	e – 19) - 21) no – 31	años – years	
Vivo en Londres – Vivo en Mallorca -	I live in London	¿Cuándo es tu cumpleaños? – When is your birthday?					
Vivo en México – I Vivo en Perú – I live Vivo en Valencia – iAdiós! – Goodbye iHasta luego! – See	I live in Mexico e in Peru - I live in Valencia	Mi cumpleaños es el – My birthday is the	uno – 1st dos – 2nd tres – 3rd cuatro – 4th cinco – 5th seis – 6th siete – 7th ocho – 8th	nueve – 9t diez – 10th once – 11t diecinuev veinte – 20 veintiuno – treinta – 30 treinta y u	h h e – 19th Oth - 21st Oth no – 31st	de enero – of Jo de febrero – of Jo de marzo – of M de abril – of Apr de mayo – of M de junio – of July de agosto – of A de septiembre – de octubre – of de noviembre – de diciembre –	inuary iebruary arch il ay ie vugust - of September October of November of December

¿Dónde vives? – Where do you live?						
Vivo en – I live in	Inglaterra – England Escocia – Scotland Gales – Wales Irlanda – Ireland Francia – France Grecia – Greece España – Spain México – Mexico Argentina – Argentina Perú – Peru Australia – Australia Ios Estados Unidos – The USA	¿Cuál es tu nacionalidad? – What is your nationality?	Soy – I am	inglés / inglesa – English escoces / escocesa – Scottish gales / galesa – Welsh irlandés / irlandesa – Irish francés / francesa – French griego / griega – Greek español / española – Spanish mexicano / mexicana – Mexican argentino / argentina – Argentinian peruano / peruana – Peruvian australiano / australiana – Australian americano/americana – American		

¿Tienes hermanos? - Do you have any brothers or sisters?

Tengo – I have	un hermano. – a brother. una hermana. – a sister.
Tienes – You have	un hermanastro. – a half-brother/stepbrother.
Tiene – He has She has	un padre. – a father. una madre. – a mother. un abuelo. – a grandfather. una abuela. – a grandmother. un tío. – an uncle. una tía. – an aunt. un primo. – a cousin (male). una prima. – a cousin (female).
No tengo hermanos – 1 a Soy hijo único – 1 am an Soy hija única – 1 am an	don't have any brothers or sisters only child (male) only child (female)

Spanish 3 of 12

	¿Qué deportes haces y por qué? - What sports do you do and why?							
Opinion	Infinitive verb	+ complement	Connective	Intensifier	Adjective			
Prefiero	jugar al fútbol	hacer deporte	porque es	un poco	aburrido	fantástico		
I prefer	to play football	to do sports	because it is	a bit	boring	fantastic		
Me encanta	jugar al tenis	comer pizza	porque no es	bastante	divertido	fenomenal		
I love	to play tennis	to eat pizza	because it is not	quite	amusing / fun	super		
Me gusta	jugar al baloncesto	comer chocolate		muy	interesante	genial/		
I like	to play basketball	to eat chocolate		very	Interesting	estupendo		
No me gusta I do not like Odio I hate Detesto I hate	jugar a los videojuegos to play videogames	bailar – to dance cantar – to sing		tan so	delicioso delicious emocionante exciting	great guay cool		

	¿Como eres? - What do you look	ike? ¿Como es t	tu? - What do	oes your lool	k like?
Verb	Eye Colour/Hair Style	Co	onnective	Verb	Descriptions
Tengo I have Tiene S/he has	los ojos verdes green eyesel pelo cortlos ojos azules blue eyesel pelo larglos ojos marrones brown eyesel pelo lisolos ojos grises grey eyesel pelo rizael pelo rubio blond hairel pelo ondel pelo casraño brown hairaparato bro	o short hair o long hair tright hair lo curly hair ulado wavy hair les ces	sién S más II ddition/ I ermore II S	am as S/he Wear Ievo Wear Ieva S/he wears	guapo/a good-looking delgado/a slim calvo/a bald pelirrojo/a ginger alto/a tall bajo/a short barba a beard bigote a moustache gafas glasses

	¿Qué tipo de persona eres? – What sort of person are you?							
Soy – I am Eres – You are Es – He is – She is	divertido/a – amusing, funny, fun estupendo/a – brilliant fenomenal – fantastic generoso/a – generous genial – great guay – cool	listo/a – clever serio/a – serious simpático/a – nice, kind sincero/a – sincere tímido/a – shy tonto/a – silly tranquilo/a – quiet, calm	y – and y también – and also pero – but pero no – but not	divertido/a – amusing, funny, fun estupendo/a – brilliant fenomenal – fantastic generoso/a – generous genial – great guay – cool	listo/a – clever serio/a – serious simpático/a – nice, kind sincero/a – sincere tímido/a – shy tonto/a – silly tranquilo/a – quiet, calm			

	¿Qué haces en tu tiempo libre? – What do you like to do in your free time?								
When	Weather	Time Expressions		Infinitiv	e	Reason	Adjective		
Cuando When	está nublado – It is cloudy	el fin de semana – at the weekend	me encanta - I love	descansar – to relax	ver la tele to – watch TV	porque es – because it is	genial – great		
	hace buen tiempo – the weather is	después del insti	me gusta – I like	montar en bici – to ride a bike	ir de compras to – go shopping	ya que es	emocionante – exciting		
	good hace mal tiempo	– dher school	prefiero – I prefer	jugar a los videojuegos – to play videogames	salir con amigos – to go out with	– OS IT IS	interesante – interesting		
	- the weather is bad		odio	hacer deberes	friends		guay		
	hace sol – it's sunny		– I hate	– to do homework	ir al cine to go to – the cinema		- cool		
	hace calor		descanso – 1 re				- relaxing		
	– it's hot		monto en bici	– I ride a bike			divertido		
	hace frío		juego a los via	deojuegos – I play videogo	ames		– fun		
			hago deberes	- I do homework			tedioso		
	– it rains		veo la tele – l	watch TV			- annoying		
	nieva		voy de compr	as – I go shopping			– borina		
	– it snows		salgo con am	igos – I go out with friends			9		
			voy al cine – I	go to the cinema					

	¿Qué deportes haces y por qué? - What sports do you do and why?								
Frequency Adverbs	Opinion	Infinitive Verb + Complement Connective Intensifier Adje			ljective				
Siempre Always	prefiero I prefer	jugar al fútbol to play football		porque es because it is	un poco a bit	aburrido boring	fantástico fantastic		
Normalmente Normally	me encanta I love	jugar al tenis to play tennis		ya que es as it is	bastante quite	divertido amusing / fun	fenomenal super		
A veces Sometimes	me gusta I like	jugar al baloncesto to play basketball		porque no es because it is	muy very	interesante Interesting	genial/estupendo great		
De vez en cuando From time to time	odio I hate	jugar a los videojuegos to play videogames	5	not ya que no es	tan so	delicioso delicious	guay cool		
Nunca Never	detesto I hate	hacer deporte to do sports		as it is not		emocionante exciting			
Everyday Una vez a la semana	juego	al fútbol al baloncesto al tenis	al rugby a los videojuegos						
Once a week	hago	natación swimming equitación horse riding gimnasia gymnastics	deporte sport atletismo athletics						

		¿Tiene	es mascotas? - Do yo	ou have an	y pets?	
	un – a	caballo – horse conejo – rabbit gato – cat perro – dog pez – fish ratón – mouse	blanco – white gris – grey marrón – brown naranja – orange negro – black	Es – I† is		divertido – amusing, funny, fun genial – great listo – clever simpático – nice, kind tímido – shy tonto – silly
Tengo – I	una – a	cobaya – guinea pig serpiente – snake	blanca – white gris – grey marrón – brown naranja – orange negra – black		un poco – a bit bastante – quite	divertida – amusing, funny, fun genial – great lista – clever simpática – nice, kind tímida – shy tonta – silly
have	dos – two tres – three	caballos – horses conejos – rabbits gatos – cats perros – dogs peces – fish ratones – mice cobayas – guinea pigs serpientes – snakes	blancos – white grises – grey marrones – brown naranjas – orange negros – black blancas – white grises – grey marrones – brown naranjas – orange negras – black	Son – They are	muy – very	divertidos – amusing, funny, fun geniales – great listos – clever simpáticos – nice, kind tímidos – shy tontos – silly divertidas – amusing, funny, fun geniales – great listas – clever simpáticas – nice, kind tímidas – shy tontas – silly

Escucha y escribe la letra correcta. (1-6)



	¿Qué estudias? -	What do study? ¿C	Cuál es tu dí	a favorito día	? - When is	your favo	urite day	?
1 - Verb	2 - Subject		3 - My favourite day			4 - Justification		
Estudio I study No estudio I don't study Estudiamos We study No estudiamos We don't study	dibujo art inglés English educación física PE música Music francés French español Spanish religión RE	geografía Geography historia History tecnología DT informática Computing ciencias Science matemáticas Maths teatro Drama empresariales Business studies	Mi día favorito es el My favourite day is	lunes Monday martes Tuesday miércoles Wednesday	jueves Thursday viernes Friday	porque because ya que since	Repeat columns 1+2	por la mañana in the morning por la tarde in the afternoon

Spanish 8 of 12

	te gus}ئ	tan tus as	ignaturas? - Do you li	ike your subjects'	?	
Me gusta	el dibujo – Art	porque	el profesor	es – is	un poco – a bit	divertido/a – amusing,
l like	el español – Spanish	because	the teacher (male)		bastante –	tunny, tun
Me austa	el francés – French			no es – is not	quite	paciente – patient
mucho	el inglés – English		la protesora		muy – very	raro/a – odd
l really like	la educación física – PE					severo/a – strict
Me encanta	la geografía – Geography		es – is	un poco – a bit	aburrido/a – bo	rina
l love	la historia – History				dificil – difficult	
	la informática – ICT			bastante – quite	divertido/a – ar	nusina, funny, fun
No me gusta	la música – Music			quite quite	fácil – easy	
TOOTTTIKE	la religión – RE			muv – verv	importante – im	portant
No me gusta	la tecnología – Technology				interesante – int	erestina
nada					práctico/a pr	actical
I really don't like						

¿Qué hay en tu insti?								
1. Verb	2	2. Facility	3. Description					
En mi insti hay In my school there is / there are	un patio A playground un comedor A dining hall un campo de fútbol A football pitch una biblioteca A library una piscina A swimming pool	un gimnasio A gym una clase de informática A computer room unos laboratorios Some laboratories unas aulas / clases Some classrooms	moderno/a/os/as Modern antiguo/a/os/as Old bonito/a/os/as Beautiful feo/a/os/as Ugly pequeño/a/os/as Small grande(s) Big	pero no hay but there isn't	un patio A playground un comedor A dining hall un campo de fútbol A football pitch una biblioteca A library una piscina A swimming pool	un gimnasio A gym una clase de informática A computer room unos laboratorios Some laboratories unas aulas / clases Some classrooms		

	¿Qué haces durante el recreo?							
Por lo general In general Durante el recreo During break time Normalemente Normally Durante la hora de come During lunch time	como I eat bebo I drink escribo I write juego I play	trabajo I work escucho I listen estudio I study	fruta chicle limonada agua zumo de Naranja un bocadillo una chocolatine unas patatas fritas unos caramelos	sms messages en la biblioteca In the library en el patio In the courtyard música music con mis amigos with my friends	(no) es It's (not) un poco – a little muy – very bastante – quite demasiado – too divertido fun delicioso delicious	guay cool bueno good interesante interesting saludable healthy		

¿Qué vas a hacer después del insti?					
Time marker		Going to (near future)	Infinitive verb	It's going to be	Adjective
Hoy Today Mañana Tomorrow Despues del insti After school Este fin de semana This weekend	El lunes El martes El miércoles El jueves El Viernes El sábado El dómingo Por la mañana Por la tarde Por la noche	voy aI'm going tovas aYou're going tova aHe/she is going tovamos aWe're going tovais aYou all are going tovan aThey're going to	hacer mis deberes ver la television jugar al fútbol jugar al baloncesto jugar videojuegos salir con amigos ir de compras montar en bici	Va a ser It's going to be	guay cool interesante interesting divertido fun aburrido boring
Year 7 - Sentence Builder

¿Dónde vives? - Where do you live? ¿Cómo es tu casa o tu piso? - What is your house or flat like?								
Verb	Noun	Preposition	Noun	Verb	Noun – place			
Vivo en (I live in)	Inglaterra (England)	en (in)	una casa (a house)	que está en (that is in)	el campo (the countryside)			
Vive en (He/she lives in)	Londres (London)				la costa (the coast)			
Vivimos en (We live in)	Barnet		un piso (a flat)		un pueblo (a town/village) una ciudad (a city)			

Verb	Noun	Preposition	Intensifier	Adjective	
Me encanta (I love)	mi casa	porque es	un poco (a bit)	antigua (old)	antiguo (old)
Me gusta mucho	(my nouse)	(Decause IT Is)	bastante (quite)	bonita (pretty)	bonito (pretty)
(I like a lot)		ya que es	muy (very)	cómoda (comfortable)	cómodo (comfortable)
Me gusta (I like)	ta (I like) gusta triko) mi piso (my flat)	(since it is)	demasiado (too)	fea (ugly)	feo (ugly)
No me gusta		porque no es (because it not is)	tan (so)	incómoda (uncomfortable)	incómodo (uncomfortable)
(i do rior rico)		va que no es		moderna (modern)	moderno (modern)
	(since it is no			pequeña (small)	pequeño (small)
				grande (big)	grande (big)

Year 7 - Sentence Builder

				¿Qué hay	en tu casa?				
En mi casa (in my house En mi piso (in my flat)	en la p (upsta en la p (down en la p (on the en la s (on the	olanta alta irs) olanta baja istairs) orimera planta e first floor) egunda planta e second floor)	hay (there is)	una cocina (a kitchen) una terraza (a terrace) un balcón (a ba un salón (a living un dormitorio (a un baño (a toile un jardín (a gara un comedor (a un ático (an atti un patio (a patie un sótano (a ba un cuarto de ba	Ilcony) g room) bedroom) t) den) dining room) c) c) sement) iño (a bathroom)	Me encanta (I love it) Me chifla (I'm nuts about it) Me gusta mucho (I really like it) rony) room) edroom) edroom) en) ning room) ement) o (a bathroom)		porque es (because it is)	bonito grande moderno luminoso espacioso bonita (pretty) grande (big) moderna (modern) luminosa (bright) espaciosa (spacious)
				¿Qué hay	en tu ciudad?				
En mi ciudad (in my city) En mi pueblo (in my town/ village)	hay (there is / are)	un castillo (a castle) un mercado (a market) un estadio (a stadium) un centro come (a shopping centre un polideportiva (a sports centre una piscina (a swimming por una universidad (a university)	un (sc un (sc ercial mi htre) (lo o mi) (lo pol)	as plazas ome town squares) os museos ome museums) uchos parques ots of parks) uchos restaurantes ots of restaurants) uchas tiendas ots of shops)	moderno/a(s) antiguo/a(s) bonito/a(s) feo/a(s) pequeño/a(s)	pero sin embargo	no hay (there is not / are not)	castillos mercados estadios centros commercial polideportivo piscinas	una universidad plazas museos es parques os restaurante tiendas

Spanish 12 of 12

Year 7 - Sentence Builder

	¿Qué vas a hacer el próximo fin de semana? - What are you going to do next weekend?							
lf	Weather	Time expressions		Infinitive	Reason	Adjective		
lf Si	Weather hace buen tiempo (the weather is good) hace mal tiempo (the weather is bad) hace sol (it's sunny) calor (it's hot) frío	Time expressions el próximo fin de semana (next weekend) después del insti (after school)	voy a (I am going) vamos a (we are going) me gustaría (I would like)	Infinitive descansar (to relax) montar en bici (to ride a bike) jugar a los videojuegos (to play videogames) hacer deberes (to do homework) ver la tele	Reason porque es (because it is) ya que es (as it is)	Adjective genial (great) emocionante (exciting) interesante (interesting) guay (cool) relajante		
	(it's cold) Ilueve (it rains)		(to watch TV) ir de compras (to go shopping) salir con amigos (to go out with friends) ir al cine (to go to the cinema)		(relaxing) divertido (fun) tedioso (annoying) aburrido (boring)			

Verb Endings

Present							
<u>ar</u> <u>er</u> <u>ir</u>							
I	- O	- 0	- O				
You	- as	- es	- es				
He / She / It	- a	- e	- e				
We	- amos	- emos	- imos				
You	- áis	- éis	- Ís				
They	- an	- en	- en				

		ire		
	1	voy		
_	Υου	vas		
_	He / She / It	He / She / ItvaWevamos		+ infinitive
_	We			
	Υου	vais		
	They	van		



Q R

KS3 - PE

	Identify three immediate effects of exercise.		Identify three negative influences on health.	
3A	 Sweating Red face Increased body temperature Increased heart rate Increased breathing rate 	3G	 Lack of exercise Unhealthy diet/too much fatty food Lack of regular sleep Lack of positive friendship groups Lack of education 	
	Identify three short-term effects of exercise.			
3B	Fatigue Muscle soreness (DOMS)		Identify three types of substance abuse.	
	Dizziness Nouseq		Alcohol Drugs	
3C	Identify three long-term effects of exercise.		Smoking cigarettes	
	Lower resting heart rate Weight loss Increased muscle mass Increased strength and cardiovascular endurance Define health. A state of complete physical, mental, and social well-being		Identify the negative effects alcohol can have on a person's health.	
			Dehydration Nausea	
3D			Memory lossLiver damage	
			Identify the negative effects drugs can have on a person's health.	
	Define fitness.			
3E	The ability to meet the demands of your environment	31	Feeling paranoidPoor judgment	
	Identify three positive influences on health.		Heart problems	
3F	Regular exercise Healthy diet Regular sleep Positive friendship groups High-quality education		Identify the negative effects smoking cigarettes can have on a person's health.	
			Lung cancerIncreased blood pressurePoor circulation	

Define the fe	ollowing	fitness co	mponents:
---------------	----------	------------	-----------

- a. Agility
- b. Balance
- c. Cardiovascular endurance
- d. Coordination
- e. Flexibility
- f. Muscular endurance
- g. Power
- h. Reaction time
- i. Maximal strength
- j. Static strength
- k. Speed
- **4A** a. The ability to move and change direction quickly with control.
 - b. Maintaining the centre of mass over the base of support.
 - c. The ability of the heart and lungs to supply oxygen to the working muscles.
 - d. The ability to use two or more parts of the body together with control.
 - e. The range of movement possible at a joint.
 - f. The ability of a muscle or muscles to repeat contractions without fatigue.
 - g. Maximum strength x maximum speed.
 - h. The time taken to respond to a stimulus.
 - i. The largest force possible in single contraction.
 - j. The amount of strength applied to an immovable object.
 - k. The maximum rate at which you can perform a movement or cover a distance.

Identify a sporting example for the following fitness components:

- a. Agility
- b. Balance
- c. Cardiovascular endurance
- d. Coordination
- e. Flexibility
- f. Muscular endurance
- g. Power
- h. Reaction time
- i. Maximal strength
- j. Static strength
- k. Speed
- **4**B
- a. When marking an opponent in netball.
- b. When performing a handstand in gymnastics.
- c. When running at the end of a marathon.
- d. When moving the arms and legs to serve a ball in tennis.
- e. When stretching out wide to catch a ball in cricket.
- f. When repeatedly punching an opponent in boxing.
- g. When jumping for a rebound in basketball.
- h. When returning a smash in badminton.
- i. When throwing a shot putt in athletics.
- j. When holding a handstand in gymnastics.
- k. When moving the legs quickly in the 100m.

5.4	Define aerobic.	51	Identify the fitness components developed through aerobic exercise.
JA	• With oxygen	51	Cardiovascular endurance
E D	Define anaerobic.	51	Identify the fitness components developed through anaerobic exercise.
50	• Without oxygen	- 23	Power and speed
50	Identify the equation for aerobic respiration.	EV	Identify how an athlete would calculate their maximum heart rate (MHR)?
50	• Glucose + Oxygen = Energy + CO ² + Water	5K	• MHR = 220 – age
	Identify the equation for anaerobic respiration.		Define heart rate.
50	• Glucose = Energy + Lactic Acid	51	• The number of times the heart beats per minute
	Describe aerobic exercise.	544	Define stroke volume.
5E	Describe aerobic exercise.Long duration and low intensity exercise	5M	 Define stroke volume. The volume of blood pumped from the left side of the heart per beat
5E	Describe aerobic exercise. • Long duration and low intensity exercise Describe anaerobic exercise.	5M	Define stroke volume. • The volume of blood pumped from the left side of the heart per beat Define cardiac output.
5E 5F	Describe aerobic exercise. • Long duration and low intensity exercise Describe anaerobic exercise. • Short duration and high intensity exercise	5M 5N	Define stroke volume. • The volume of blood pumped from the left side of the heart per beat Define cardiac output. • Heart rate x stroke volume
5E 5F	Describe aerobic exercise. • Long duration and low intensity exercise Describe anaerobic exercise. • Short duration and high intensity exercise Identify examples of an aerobic sporting activity.	5M 5N	Define stroke volume. • The volume of blood pumped from the left side of the heart per beat Define cardiac output. • Heart rate x stroke volume Define anticipatory rise.
5E 5F 5G	Describe aerobic exercise. • Long duration and low intensity exercise Describe anaerobic exercise. • Short duration and high intensity exercise Identify examples of an aerobic sporting activity. • A marathon • Long-distance cycling	5M 5N 5O	Define stroke volume. • The volume of blood pumped from the left side of the heart per beat Define cardiac output. • Heart rate x stroke volume Define anticipatory rise. • The slight increase in heart rate ahead of starting exercise
5E 5F 5G	Describe aerobic exercise. • Long duration and low intensity exercise Describe anaerobic exercise. • Short duration and high intensity exercise Identify examples of an aerobic sporting activity. • A marathon • Long-distance cycling Identify examples of an anaerobic sporting activity.	5M 5N 50	Define stroke volume. • The volume of blood pumped from the left side of the heart per beat Define cardiac output. • Heart rate x stroke volume Define anticipatory rise. • The slight increase in heart rate ahead of starting exercise Identify the aerobic and anaerobic training zones.

		Identify the seven nutrients which make up a healthy balanced diet.		Identify consequences of a sedentary lifestyle.
	6A	 Carbohydrates Fats Protein Fibre 		 Weight gain/obesity Heart problems (e.g. hypertension) Diabetes Low self-esteem
		 Vitamins Minerals Water 	61	Define obesity.
Ì		Identify the main benefit of each nutrient listed in Q8 40		
		identity the main benefit of each homen listed in Q8.40.		Identify causes of obesity.
	6B	 Carbohydrates = body's main energy source Fats = body's secondary energy source Protein = muscle growth and repair Fibre = supports digestive system Vitamins = supports immune system Minerals = helps maintain strong bones Water = helps maintain hydration 		• High calorie consumption combined with minimal physical activity
				Identify physical, mental and social effects of obesity.
				 • Physical effects: cancer, heart disease, diabetes • Mental effects: depression, loss of confidence • Social effects: inability to socialise
		Identify examples of each nutrient listed in Q8.40. • Carbohydrates = pasta, rice, potatoes • Fats = red meat, cheese, nuts • Protein = chicken, fish, eggs • Fibre = brown bread, cereal, porridge • Vitamins = fruit and vegetables • Minerals = milk (calcium) • Water = water		Define dehydration.
	10			The harmful reduction of water in the body
	6C			Identify causes of dehydration.
				 Not drinking enough fluids Over-exercising
		Define sedentary lifestyle		Identify three effects of dehydration.
	6D		61	• Blood thickens
80	A person's choice to engage in little physical activity		Increased heart rate Fatigue	











MIX