

1 – Drawing exercises

Key vocabulary

observational drawing: a drawing what you see in front of you as realistically as possible

continuous line drawing: a drawing made in one single line, keeping your pen on the paper at all times

blind drawing: a drawing where you look carefully at the object you are drawing, without looking at the paper



Continuous line drawing

2 – Elements of art

Key vocabulary

tone: How dark or light something is. Tone is also called shade

texture: The way a surface feels to the touch. In art we use mark making to give an impression of texture

composition: composition is the placement of the elements on your page



Tone



Texture

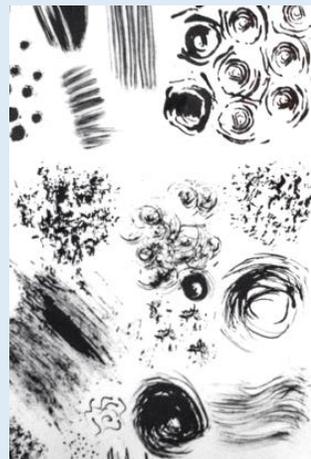
3 – Art techniques

Key vocabulary

mark making: the different lines, dots, marks and patterns we create in an artwork

wash: an art technique showing a semi-transparent layer of colour.

monoprint: A monoprint is a form of printmaking where the image can only be made once, unlike most printmaking which allows for multiple prints.

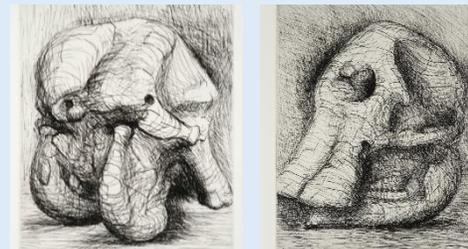


Mark making examples

4 – Artist focus – Henry Moore

British Sculptor from Yorkshire who lived from 1898 to 1986. He is best known for his large semi-abstract sculptures of human figures

Henry Moore also made a lot of drawings. He had an elephant skull in his studio. Moore became so interested by the skull that he made 49 drawings of it.



Elephant skull drawings (1969)



Recumbent Figure 1938

1 – Getting to Know Excel

Key Vocabulary

spreadsheets: document in which data is arranged in the rows and columns of a grid and can be manipulated

cell: spaces that hold data

column: letters going along the top (A,B,C,D)

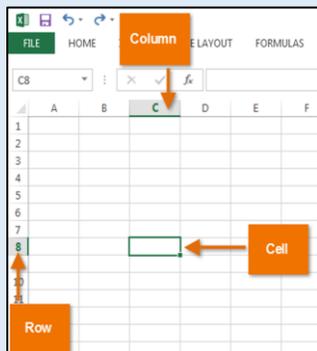
border: an outline around a cell

cell reference: is the cell number (for e.g. A6)

data: raw facts and figures (information)

row: numbers going down the side of the spreadsheet

range: a selection of cells highlighted for e.g. A2:A6



Excel spreadsheet

2 – Quick Calculations

Key Vocabulary

formula: it is used to perform calculations

autofill: It is used to replicate the data

calculation symbols

/ Divide

* Multiply

+ -Add

- Minus (takeaway)

e.g. = A5+B5

= A5/B5

1	/	Division	50 / 10	7.5
2	*	Multiplication	10 * 8	80
3	+	Addition	50 + 10	60
4	-	Subtraction	10 - 5	5

3 – Formulas

Key Vocabulary

SUM: calculates a range of cells

COUNTA: counts cells that contain data

MAX: gives you the largest value in the range

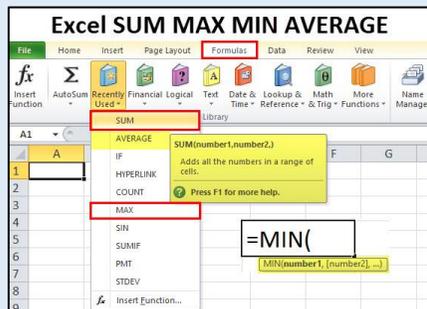
MIN: gives you the lowest value in the range

=SUM(A6:A9)

=COUNTA(A2:A7)

=MAX(C4:C12)

=MIN(D4:D25)



4 – Level Up

Key Vocabulary

COUNTIF: counts cells in a range that meet a single condition.

IF: it allows you to make logical comparisons between a value and what you expect

AVERAGE: calculates the average (mean) of the supplied numbers

filter: allows you to view specific rows in excel

=AVERAGE(E5:E43)

=COUNTIF(A2:A8,F1)

=IF(C6>=70,"Pass","Fail")

	A	B	C	D	E	F
1						
2		Name	Quiz 1	Quiz 2	Quiz 3	Average
3		Belinda	8	7	9	8.0
4		Lonnie	9	9	7	8.3
5		Jacob	7	6	8	7.0
6		Marty	8	6	8	7.3
7		Ayako	10	10	10	10.0
8		Sabrina	9	10	9	9.3

1 – Accent and Dialect

Accent: A distinctive way of pronouncing a language, especially one associated with a particular country, area, or social class.

Dialect: a form of a language that is spoken in a certain region or by a certain group

Put simply, accent is the way you pronounce words and dialect is the words a particular group or country might use.

American Accent Rules

- Make 't' sounds into 'd' sounds.
- Make 'o' like a strong 'oo'
- Make the vowel sounds longer – 'haaaaav'

*Do you have
any little bottles
of water?*

3 – Conventions of a Script

Stage: the space in which the performance takes place.

Stage Directions: instructions in the script of a play that tell actors how to enter, where to stand, when to move.

Blocking: the positioning of actors on stage.

Proxemics: the distance between actors and what this tells the audience about the relationship.

Dialogue: the words that the actors speak.

Wings: the parts of the stage that you enter and exit from.

Director: a person who supervises the actors and other staff in a play.

2 – Plot

It is 1929 in New York and the city is divided by gang warfare. Dandy Dan's gang on one side, and Fat Sam's on the other.

When Fat Sam's gang is brutally splurged, he engages the help of Bugsy Malone, a smooth-talking man about town. While Bugsy simultaneously attempts to woo Blousey Brown, he helps Fat Sam steal a fresh delivery of splurge guns from Dandy Dan.

The rest of Fat Sam's crew are unaware of Dandy Dan's intent for revenge. His mob burst into the speakeasy and chaos ensues. Splurge, custard pies, and flour bombs fly across the bar.

As the pandemonium comes to a sticky end, there is finally peace between the two rival gangs.

4 – Choreography

Choreography: the art or practice of designing movement sequences.

Sequence: to put something in a particular order.

Transitions: the way you move from one thing to the next.

Synchronisation: two or more things happening at the same time.

Accuracy: being correct or precise.

Facial Expressions: the movements of the face to demonstrate emotions.

1 – Terminology

narrator: the storyteller who tells the events in the story

setting: the place or type of surroundings where a story is taking place

atmosphere: the tone or mood that comes about during a certain scene or event

chronology: The order in which something happens in a story

narrative arc: the typical chronology of a story – the exposition (opening), climax (the most intense or shocking part), the falling action, and denouement (ending)

2 – Vocabulary

sombre (adj.): a deep seriousness or sadness

desolate (adj.): a place that is empty and bare

melancholy (adj.): a deep feeling of sadness

eerie (adj.): something strange and frightening

sinister (adj.): a dark and nasty type of evil

3 – Grammar: Tense Maintenance

There are three tenses we use in writing: **past, present and future**. You must use the **same tense** when writing a story.

past – something that has already taken place, using words like 'went' or 'did'.
e.g. Steve was Darren's best friend.

present – something happening right now. This tense will usually involve 'ing' verbs or 'is'.
e.g. Madam Octa is getting ready to pounce!

future – something that will happen, usually using 'will'. e.g. Darren Shan's new book in the 'Cirque du Freak' series will come out soon – I'm so excited!

4 – Gothic Fiction

Gothic stories include certain conventions (features), such as:

the villain (usually supernatural): the evil character who creates problems for the heroes/protagonist

the hero: the character who usually saves the day and challenges the villain

the anti-villain: sometimes there will be a villain with some likeable qualities so the reader likes them, e.g. Mr Crepsley and his sense of humour

5 – Gothic Settings

In Gothic fiction there are often lots of **haunted houses, cobwebbed castles, empty churches, and other eerie buildings**.

You also see dark, cramped, and small rooms with hidden doors and secret passageways.

The outside world in Gothic literature is usually portrayed as being a **dark, wild, and treacherous (dangerous) place** full of terrible, stormy weather, evil forests, and ghostly graveyards.

6 – Gothic Methods

foreboding: a strong feeling that something terrible is going to happen

foreshadowing: a sign or indication of something to come in the story

pathetic fallacy: the attribution of human emotion and conduct to things found in nature that are not human

symbolism: where a motif or repeating image is used to represent a deeper meaning

1 – Family Members

mon père	my dad	ma mère	my mum
mon frère	my brother	ma soeur	my sister
mon grand-père	my granddad	ma grand-mère	my grandma
mon oncle	my uncle	ma tante	my auntie
mon cousin	my cousin	ma cousine	my cousin
mon copain	my friend	ma copine	my friend
mes parents	my parents		
mes cousins	my cousins		

Possessive adjectives:

'Mon', 'ma' and 'mes' are all possessive adjectives which mean 'my'. Possessive adjectives must agree in gender and number with the noun they describe:

	masculine	feminine	plural
my	mon	ma	mes

2 – Être

The verb être (to be) is a key verb in French. It does not follow a pattern, so you need to learn all of its forms by heart.

être	to be
je suis	I am
tu es	you are (singular)
il est	he is
elle est	she is
nous sommes	we are
vous êtes	you are (plural/formal)
ils sont	they are (masculine)
elles sont	they are (feminine)

3 – Adjectives

Personality/ appearance

amusant/e	fun
bavard/e	talkative
drôle	funny
égoïste	selfish
ennuyeux/euse	boring
généreux/euse	generous
gentil/le	kind
grand/e	big
intelligent/e	intelligent
joli/e	pretty
marrant/e	funny
paresseux/euse	lazy
sérieux/euse	serious
timide	shy
tranquille	quiet

Adjective endings match whether the noun that they are describing is **masculine** or **feminine**.

masculine	feminine
amusant	amusante
généreux	généreuse
sportif	sportive
gentil	gentille

4 – Describing Appearance

j'ai...	I have...		
il a...	he has...		
elle a...	she has...	une barbe	a beard
chauve	bald		
raide	straight	les yeux	eyes
frisé/e	curly	les cheveux	hair
long/ue	long		
court/e	short		
blond/e	blond		

In French, adjectives come **after** the noun they describe in a sentence.

e.g. J'ai une barbe **courte**
I have a **short** beard.

5 – Colours

blanc/he	white	jaune	yellow
bleu/e	blue	orange*	orange
brun/e	brown	marron*	light brown
gris/e	grey	rose	pink
noir/e	black	rouge	red
vert/e	green	violet/te	purple
		en argent	silver
		en bronze	bronze
		en or	gold

Like other adjectives, colours should also come after the noun they describe in a sentence.

e.g. Il a une barbe **noire**.
He has a **black** beard.

6 – Adjective Agreement

Adjective endings match whether the noun that they are describing is **masculine**, **feminine**, **singular** or **plural**.

When describing a **feminine** noun, we must add an 'e' to the adjective:

e.g. **une** barbe **noire** - a black beard

When describing a plural noun, we must add an 's' to the adjective:

e.g. **les** yeux **bleus** - blue eyes
les cheveux **frisés** - curly hair

1. Geography of the UK

Key Vocabulary:
physical: is created by nature
human: is created by people

- There are four nations on the United Kingdom.
- These are England, Northern Ireland, Scotland and Wales.
- Three of these nations are located on the largest of the British Isles, Great Britain.
- The second largest island, Ireland, is split between the country of the Republic of Ireland and the nation of Northern Ireland.

2. Geology of the UK

Key Vocabulary:
geology: is the science of rocks and the structure of the Earth
igneous rocks: are formed by volcanic eruptions and tend to be the oldest type of rock. E.g. Granite.
metamorphic: are former igneous and sedimentary rock which have been changed due to high heat or pressure. E.g Slate
sedimentary: is rock formed by the deposition of sediment (sand or clay). Usually results in layers being formed. E.g. Limestone

3. Glaciers

Key Vocabulary:
glacier: are large blocks of ice that movement

- Glaciers are found in places that are cold.
- These places are at high latitudes or altitudes.
- The polar ice caps, are the largest glaciers.
- Also, they are found across mountain ranges.
- For example there are 56,000 glaciers in the Himalayas.
- Glaciers move due to the accumulation of snow at the top and the melting of ice at the bottom of the glacier.

4. Glacial erosional landforms

Key Vocabulary:
arête: a sharp ridge which is formed between two corries cutting back
pyramidal peak: where several corries cut back to meet at a central point
corrie: armchair shaped hollow in the mountain

- Plucking is when rock freezes onto the ice and is dragged along. Abrasion is when plucked rocks rub against the Earth's surface.
- Plucking and abrasion cause glacial erosion.

5. Glacial depositional landforms

Key Vocabulary:
drumlins: egg-shaped hills made out of glacial deposits

- Glacial deposits are called moraine.
- Deposits at the snout of a glacier are called terminal moraine. Deposits at the side of a glacier are called lateral moraine.
- Ice moves forward when accumulation is greater than ablation (melting of ice)
- Bulldozing is when material is pushed downhill. This often occurs after the bottom of a glacier melts.

6. Human uses of landscapes

Key Vocabulary:
landscape: part of the land

- Glacial landscapes are popular tourist destinations. These unique landscapes have been preserved and protected as National Parks. The Yorkshire Dales and the Lake District are two example of protect areas, as a result of the dramatic geography.
- Additionally, we use glacial landscapes for hydro-electric power and for sheep and beef farming.

1 – Contenders

Key Vocabulary

contender: someone who takes part in a competition

heir: someone who inherits something

monarch: a king or queen

throne: the position where the king or queen sits

throne



- Edward the Confessor was the king of England until 1066 when he died.
- There were three contenders who wanted his throne.
- One was Harald Hardrada, the king of Norway.
- Another was Harold Godwinson, an English Earl and friend of Edward.
- The final contender was William, a duke from Normandy in France.

2 – Battles in the North

Key Vocabulary

conflict: a disagreement or argument

defence: to protect something

preparation: to get ready for something

victory: someone who wins

- On 20th September 1066 the Battle of Fulford took place between Harald Hardrada and Harold Godwinson. Harald won this battle.
- On 25th September 1066 the battle continued at Stamford Bridge in York.
- The Norwegians lost the Battle of Stamford Bridge and Harald Hardrada died.
- Harold Godwinson then marched his soldiers 270 miles to Hastings on foot.

3 – Battle of Hastings

Key Vocabulary

archers: soldiers who shoot arrows from bows

battle: a physical fight between two sides

cavalry: soldiers fighting on horses

shield wall: a wall made out of shields for protection

cavalry



- The Battle of Hastings took place between the Saxons (the English) and the Normans (the French) on Senlac Hill in Hastings.
- The Normans won the battle of Hastings in October 1066 when Harold Godwinson was allegedly shot through the eye by a French arrow.
- William I, King of England, was crowned on Christmas Day.

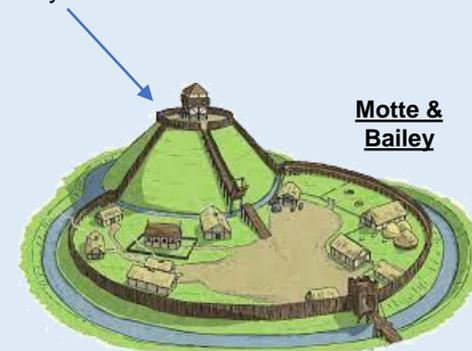
4 – Castles

Key Vocabulary

castle: a defensive structure originally made of wood and later made from stone

Motte and Bailey: the first type of castle built by the Normans after 1066

- The Normans conflicted with many Saxons who did not like the new rules.
- William – the new King – ordered for castles to be built to defend his land and his friends.
- The first stone tower was built in 1070 in London – it was called the White Tower.



Week 1 – v, ve

'v' and 've' both make the same sound



vampire: a made up monster that drinks blood!

positive: something good



Week 2 – z, zz, se, s

'z', 'zz', 'se' and 's' all make the same sound

quiz: a set of questions

fizz: something with bubbles

theirs: belongs to someone else

because: a reason for something

Week 3 – ti, sh, ci

'sh', 'ti' and 'ci' all make the same sound

share: lending/giving something

information: things you learn

special: something not normal



Week 4 – ng,nk

'ng' and 'nk' are very similar. To make the 'nk' sound, you add a 'k' onto the 'ng' sound

wrong: when something is not right



think: when you use your brain

Week 5 – b, bb

'b' and 'bb' both make the same sound

because: a reason for something

rubber: used to get rid of pencil marks



Week 6 – c,ck, ch, k

'c', 'k', 'ck' and 'ch' all make the same sound

class: a group of people

make: creating something

check: look at something

school: where you learn

1 – Integer Place Value

Key Vocabulary

digit: a single symbol used to make a numeral

integer: a whole number

place value: the value each digit of a number holds

place holder: zero holds the place for a particular value, when no other digit goes in that position.

rounding: when we write a number to a required degree of accuracy

approximation: a number that is not exact but close to the actual number for it to be useful

significant figure: the first digit in a number which holds the highest value

2 – Decimal Place Value

decimal: a number containing part of a whole

decimal point: separates the integer and non-integer parts of a number

decimal place: each place value after a decimal point

leading digit: the first digit (from the left) holding a value.

When comparing numbers we use the following symbols:

= Equal to	> Greater than
≠ Not equal to	≥ Greater than or equal to
< Less than	≤ Less than or equal to

3 – Median and Range

Key Vocabulary

ascending: ordering from smallest to largest

descending: ordering from largest to smallest

difference: the result of subtracting one number from another

greatest: the largest

least: the smallest

range: the difference between the largest and smallest values.

median: the middle of an ordered list of numbers

4 – FDP Conversion

Key Vocabulary

percent: out of one hundred. E.G. 15% is 15/100

equivalent: the same value. E.G. 1/4 = 2/8

convert: to change from one quantity to another equivalent

- A tenth = 1/10
- A hundredth = 1/100
- A fifth = 1/5
- A quarter = 1/4
- An eighth = 1/8

5 – Fractions

Key Vocabulary

numerator: top number in a fraction.

denominator: bottom number in a fraction.

dividend: number that is being divided

divisor: number that you are dividing by

quotient: result of a division

proper fraction: fractions with a numerator less than the denominator

improper fractions: fractions with a numerator greater than the denominator

mixed numbers: contain an integer and a proper fraction

6 – 8 Times Tables

1 x 8 = 8	7 x 8 = 56
2 x 8 = 16	8 x 8 = 64
3 x 8 = 24	9 x 8 = 72
4 x 8 = 32	10 x 8 = 80
5 x 8 = 40	11 x 8 = 88
6 x 8 = 48	12 x 8 = 96

1 – African Percussion

Vocabulary Builder

timbre: the sound quality of an instrument



Djembe



Talking Drum



DunDun



Gourd

2 – Building Texture

Vocabulary Builder

cyclic rhythm: rhythms which are repeated over and over

texture: different layers of sounds

monophonic: a single line of music

polyrhythm: many rhythms playing at the same time

pulse: the steady beat in music

master drummer: the leader of a drumming circle

unison: when everyone performs the same notes/rhythm at the same time

3 – Duration

NOTE NAME	NOTE SYMBOL	NOTE LENGTH
semibreve		4 beats
minim		2 beats
crotchet		1 beat
quaver		½ beat
semiquaver		¼ beat

4 – Exploring Syncopation

Vocabulary Builder

syncopation: the emphasis on the weak beat of the bar - sounds off-beat

regular rhythms: rhythms that are played on the beat

strong beat: the prominent beats of the bar these are beats 1 and 3 when performing 4 beats per bar

ensemble: three or more musicians playing together

improvisation: making music up without practise



ensemble

1 – Ball familiarisation

Key Vocabulary

'w' grip: the position your hands make when catching and carrying the rugby ball

pop pass: a short distant pass

W grip technique:

- Thumbs point together
- Fingers and thumb point to sky
- Elbows point down



2 – Tackling

Key Vocabulary

parachute fall: a safe way to fall to the floor when tackled

tower of power: safe technique used to tackle the opponent

Tower of power:

- Target: opponents' thigh
- Cheek-to-cheek
- Ring of steel



3 – Invasive Running

Key Vocabulary

agility: the ability to change direction quickly without slowing down

speed: the ability to move all or some of the body quickly

Invasive techniques:

- Side step
- Change of speed
- Hand off
- Swerved run



4 – Positional Play

Key Vocabulary

attacking line: a diagonal line that stretches across the pitch

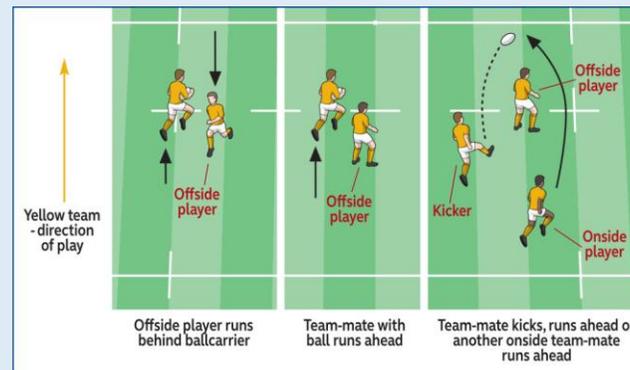
defensive line: a straight and compact line showing no gaps



5 – Offside

Key Vocabulary

offside: being in an illegal position e.g. in front of the ball or ball carrier.



6 – Scrummaging

Key Vocabulary

bind: linking the two teams together without driving forwards

scrum-half: player that places rolls the ball into the scrum for "hookers" to compete for.



1 – Dribbling

2 – Passing & Receiving

3 – Shooting

Key Vocabulary

3 steps: the maximum number of steps you can take when holding the ball

pivot: to turn to face a different direction without taking your foot off the floor

- Dribbling the ball- finger tips, head up, snap with wrist
- 3 steps with the ball before shooting of passing
- 3 seconds with the ball when standing still



Key Vocabulary

shoulder pass: throwing arm held high above the head

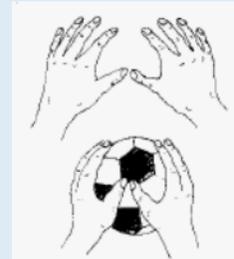
'w' grip: how to grip the ball when catching it

Different passes:

- Bounce, flick pass

Catching the ball:

- Moving around the 'crease' to find space



Key Vocabulary

standing shot: side on body position creating power to score

jump shot: more effective shot to increase the likelihood of scoring

Standing shot

technique:

- side on
- legs shoulder width apart
- throwing arm above head
- aiming low to high

Jump shot technique:

- one leg take-off
- throwing arm above head
- aim for corners

4 – Defending

5 – Attacking Phase of Play

6 – Defending Phase of Play

Key Vocabulary

face-to-face: in front of attacker preventing space to shoot, pass or dribble

Defending techniques:

Defending against a pass:

- single arm movement

Defending against a shot

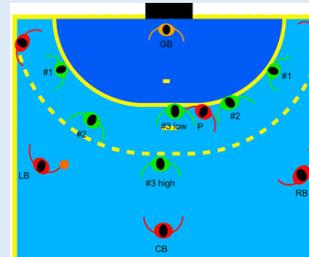
- both arms close together moving at the same time

Key Vocabulary

the crease: area around the goal that players can't enter

court: playing area of handball

- Moving up the court quickly
- Positions around the crease
- Passes around the crease



Key Vocabulary

reaction: responding to a change in situation

- Defensive positions around the crease
- Effective defensive stance



1 – Warm up, choreography and rhythm

Key Vocabulary

choreography: the sequence of steps and movements in dance.

rhythm: is a sense of timing. Dance music is counted in sets of 8 beats

3 stages of a dance warm-up include:

isolations: moving one part of the body at a time

aerobic: pulse raiser

flexibility: stretching

2 – Unison/Canon

Key Vocabulary

unison: when dancers use the same movement at the same time.

canon: when dancers perform the same phrase one after the other.

3 – Dance Style

genre: the style or category of dance

ballet: posture, toe pointing, and correct body positions, lines, and angles are all important.

hip hop: locking, popping, fast movements

street: dances are performed with soft knees, low, sharp and exaggerated moves

contemporary: strong controlled legwork of ballet, fall and recovery, improvisation characteristics of modern dance. Speed, rhythm and direction all change quickly.

tap: sounds of tap shoes striking the floor. The sound is made by shoes that have a metal "tap" on the heel and toe.

4 – Levels

levels: refer to whether the dancer is performing high, middle and low moves

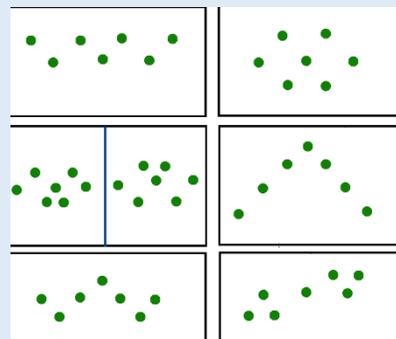


5 – Formation

Key Vocabulary

formation: shape.

- Are you in a line, circle, square?
- Are there any changes to the formation throughout the dance?



6 – Choreography & Performance

jump: feet leave the floor

gesture: movement to express emotions

turn: rotation

travel: move from one place to another

stillness: stationary

isolation: one body part

CHOREOGRAPHIC DEVICES	PERFORMANCE SKILL
unison canon formation levels	confidence focus audience

1 – Basic Shapes

tuck- Straight back, knees into chest, toes pointed, arms above head.

straddle- back straight, arms to toes, toes pointed, legs straight out to the side.

pike- back straight, legs in front of body, legs together, toes pointed and legs straight.



2 – Leaps & Jumps

split leap- take 1-3 steps forward, swing opposite leg up and forwards as if you are taking a large step. Push hard of the floor into a split position. Land on toes.



straight jump- facing forwards, one foot in front of the other, push through the toes and jump straight into the air keeping body in a straight line.

tuck jump- facing forwards, one foot in front of the other, push through toes and bend knees and lift to chest to tuck position.

3 – Rolls

forward roll- hands above head squeezing ears, squat with knees and place both hands flat on the floor, tuck head into chest, chin should be on chest. Push with the legs, back of head should make contact with the mat. Weight should be still on hands.



backwards roll- tuck chin into chest, squat on keeping shoulder close to knees. Roll backwards and reach with hands. Push off the floor while kicking feet over to land on feet and finish standing straight.

4 – Handstand

handstand-

- arms above head squeezing ears, lunge forward with dominant leg, keep weight evenly distributed between the feet.
- shift the weight forward onto the front foot whilst lifting the back foot.
- reach forward and down to the floor, keep body straight and tight.

5 – Cartwheel

cartwheel-

- start in lunge, reach forward and turn shoulders just before touching the floor.
- kick back foot as first hand contacts floor, then push off second foot as second hand contacts floor.
- as 1st hand pushes off floor, 2nd foot contacts floor, then 2nd hand pushes off floor as 1st foot lands,
- arms reach up, finishing in lunge facing opposite

6 – Floor routines

floor routines- to create an aesthetically pleasing floor routine you must include elements of all the different skills. Keep your body tight and make sure all moves are fluent from one to the next. Ensure arms and legs are straight and toes are always pointed.

aesthetically pleasing – beautiful to watch

body tension – keeping muscles tight and controlled

start and finish position – show you are ready to start and have completed the routine by holding a shape.

1 – The Church

Key Vocabulary

Church: community of believers

church: the Christian religious building

church



liturgical worship: worship which follows a set format

non-liturgical worship: worship which follows no set format

- Church with a big C means the community of believers; church with a little c means the building.
- The Church provides a spiritual network of support to Christians.
- Church services, or 'mass', most often take place on a Sunday.
- The church is also where people gather to celebrate baptisms, weddings, funerals and other major milestones in a person's life.

2 – Denominations of Christianity

Key Vocabulary

denomination: a branch of a religion

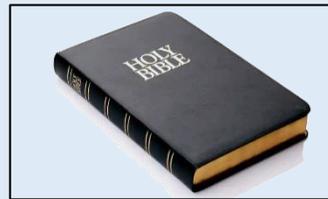
- Christianity is an umbrella term that actually describes the beliefs of several groups.
- The Roman Catholic Church is led by the Pope, who lives in the Vatican City in Rome (Italy). The current Pope is Pope Francis.
- There are many Protestant Churches E.G. the Church of England. This is the official religion of England, of which the Queen is the head.
- Many other denominations exist, including: Baptist Church, Methodist Church, Quakers.

3 – The Bible

Key Vocabulary

Bible: the Christian holy book

Bible



- The Bible is split into two sections: the Old Testament and the New Testament.
- The Old Testament starts with the book of Genesis, in which God creates everything.
- The Old Testament then continues to details the story of the Jewish people and their prophets.
- The New Testament details the life of Jesus. His story is told in four books called 'Gospels'. Each Gospel is named after its author: Matthew, Mark, Luke & John.

4 – Christmas

Key Vocabulary

festival: a period of celebration for religious reasons

immaculate conception: creation of a baby without sexual intercourse

- Christmas is the celebration of the birth of Jesus.
- Jesus was conceived immaculately, meaning that his mother Mary had not had sexual intercourse with her partner Joseph. The pregnancy was a miracle from God.
- The arrival of the Son of God on earth was announced to Mary by the Angel Gabriel.
- Christians celebrate Jesus' birthday by spending time with loved ones, exchanging gifts and attending special church services.

B1 – Nutrition and Diet

Key Vocabulary

diet: the kinds of food that an organism habitually eats

nutrient: a substance that is essential for survival

carbohydrate: a nutrient group required for energy

protein: a nutrient group required for growth and repair

lipid: a nutrient group required for insulation and energy

obesity: when someone has such a high excess of body fat that their health might be affected

C1 – The Periodic Table

Key Vocabulary

the periodic table: a chart showing all of the chemical elements

property: feature of a chemical substance or material

group: a column of elements in the periodic table

period: a row of elements in the periodic table

prediction: a statement about what you think will happen

variable: any factor that can be controlled, changed, or measured in an experiment

P1 – Forces

Key Vocabulary

force: a push or pull effect that can cause a change in shape, direction or speed of an object

magnitude: the size of a quantity

Speed: the rate at which something moves

acceleration: the rate of change of speed

resistance: the measure of how much something is opposed

particle: a single unit of a substance such as an atom or molecule

B2 – The Digestive System

Key Vocabulary

digestive system: the organ system responsible for taking in and breaking down nutrients

stomach: an organ in the body where food is stored and digested

large intestine: an organ in the body where water is absorbed into the blood

small intestine: an organ in the body where nutrients are absorbed into the blood

enzyme: a biological catalyst that speeds up chemical reactions in the body

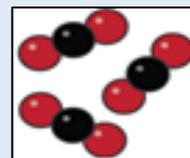
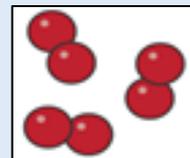
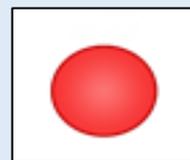
C2 – Atoms, Elements and Compounds

Key Vocabulary

atom: a small particle that makes up all matter

element: a substance that contains only one type of atom

compound: a substance that contains two or more different types of atoms chemically joined



P2 – Speed

Key Vocabulary

constant speed: when the speed of an object remains the same

stationary: to remain still, completely immobile

distance time graph: a way of representing the motion of an object

mean: the average of the numbers found by adding up all the numbers and dividing by how many there are

conclusion: a summary of an experiment that discusses the results and whether they support the prediction

1- Logos and Meanings

Fair Trade logo:

- Found on foods like coffee, tea, chocolate, sugar, bananas, pineapples and even fresh flowers.
- It means that the farmers have been paid a fair wage for their products.
- The logo allows them a good standard of education and welfare.

Red Tractor logo:

- It means that the food inside the packaging has been produced in the UK.
- Products can be traced back to the farm.
- It gives animal welfare and environmental assurances.

Lion mark:

- Stamped on individual eggs as well as packaging.
- The hens have been kept in regulated conditions.
- Hens have been inoculated against salmonella food poisoning bacteria associated with eggs and poultry.

Halal symbol:

- The food has been produced and processed in line with the rules of the Muslim faith.

Kosher symbol:

- The food has been produced and processed in line with the rules of the Jewish faith.

2 – Definition

Key Vocabulary

oxidisation: damaged cell walls of some fruits and vegetables react with oxygen which makes the food turn brown E.G. a cut apple or potato

specification: a list of 'must haves' when designing an item or product

pollution: the damage to the land, sea or air caused by transport, production or processes

seasonality: when foods are ready naturally at that time of year

food miles: the distance a food item has travelled from where it is grown or produced to where it will be eaten

Fair Trade



Red Tractor



Lion



Halal



Kosher



3 – Specialist Diets

Kosher:

- Kosher is associated with people who follow the Jewish religion.
- Jews will not eat pork or pork products.
- Jews will not eat shellfish and cannot have milk and meat in the same meal.
- Meat is slaughtered in a ritualistic way.

Halal:

- Halal is associated with people who follow Muslim religion.
- Muslims will not eat pork or pork products.
- Meat is slaughtered in a ritualistic way.

Hindu:

- People who follow the Hindu religion will not eat beef or beef products as the cow is considered sacred.

Vegetarian:

- A vegetarian diet excludes meat and fish.
- Vegetarians will eat milk, cheese, eggs and other dairy products.

Vegan:

- Vegans will not eat or use anything from an animal.
- Protein is gained by eating a variety of vegetables and Soya items (Quorn) usually at least two together to provide all of the necessary amino acids.

1 – Healthy Relationships

Key Vocabulary

relationship: the way in which two or more people or things are connected

- As humans, we enjoy relationships with other people.
- Relationships can be family relationships, like the ones you have with parents or siblings.
- Relationships can be friendships, or they can be romantic relationships.
- It is important to remember that a relationship should be healthy. This means that it is a good thing for both people involved.
- Signs of a healthy relationship include:
 - Honesty, trust, respect

2 – Maintaining Friendships

Key Vocabulary

friendship: the emotions or conduct of friends; the state of being friends

- Building friendships and maintaining them is important throughout secondary school.
- Your friends will be your support network throughout school.
- Hints and tips for maintaining a healthy friendship include:
 - Be honest with each other
 - Show them you care
 - Provide support to them

3 – Bullying

Key Vocabulary

bullying: persistent behaviour that hurts someone else

Bullying can happen anywhere – at school, home or online.

- It is usually repeated over a long period of time and can hurt a child both physically and emotionally.
- Cyberbullying is bullying that takes place online.
- Bullying can effect people in many ways. Children who are bullied may:
 - Develop mental health problems
 - Have few friendships
 - Have problems adjusting to school

4 – Seeking Support

- Trinity Academy Grammar has a **ZERO TOLERANCE** approach to bullying.
- This means that it is not tolerated in any way.
- We conduct our bullying surveys once a term, which gives all students an opportunity to say if they are experiencing bullying. BUT you should not wait for this – speak to your year leader or any trusted adult if you experience any form of bullying.
- We also have an online Call It Out system, and concerns can be dropped off in paper form at the admin window by the canteen.



Look

Look at the information carefully.
Read it three times.
It may help to say it as you read it.



Cover

Cover it with your hand or a piece of paper.



Write

Write it out, from memory.



Check

Check what you have written matches the information exactly.
Have you got it correct?
If so, tick your work to show it is correct.



Correct

If it doesn't match exactly, use your purple pen to correct it.
Repeat the steps above.
If you get 100% correct, move on to the next piece of information.

Flash Cards

If you choose to make flashcards to help you revise, don't forget our top tips.

1. On one side of the card, write the question clearly
2. On the other side of the card, write the answer you want to remember
3. Only put one question on each flashcard
4. Test yourself regularly, until you can't get the answers wrong

Scan the QR code to access a short video on how to use your flashcards more effectively.

