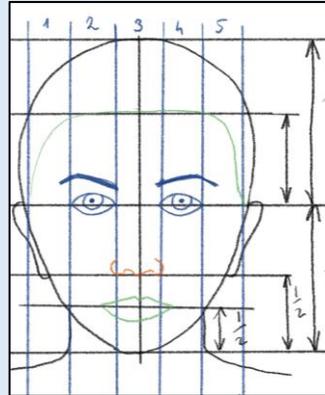


1 – Basic proportions of the face

Most faces fit in the following basic rules:

- The overall head is shaped like an upside down egg
- The eyes are positioned $\frac{1}{2}$ way up the head shape
- The space between the eyes is one eye length
- The bottom of the nose is $\frac{1}{2}$ way between the eyes and the chin
- The lips sit halfway between the bottom of the nose and the chin
- The ears sit between the eye line and the nose line



2 – Lino printing

lino printing: a form of printing where you carve a design out of a sheet of lino with a sharp instrument called a gouge. The raised (uncarved) areas represent show what is to be printed.

The lino sheet is then inked using a roller and printed onto a flat surface such as paper or fabric.



3 – Key vocabulary

brayer: small hand roller used to thinly apply ink or paint onto a printing surface



reduction lino cut: method of lino printing in which more lino is removed from the block for each layer and each colour is printed on top of the last



gouge: a tool for cutting and clearing areas from a block of wood or lino for printmaking.



ink: coloured or black paste used to printing

4 – Artist Focus – German Expressionists

German Expressionists (early 20th century)

- Used woodcut, a technique similar to lino printing
- Made dark and simplified woodcuts that used bold, flat patterns and rough effects.
- Wanted to express emotions though art
- Drew exaggerated features and expressions
- Used bold images to encourage reactions from the viewers



1 – What is Binary?

Key Vocabulary

binary: a numbering scheme in which there are only two possible values for each digit: 0 and 1

machine code (low level programming language): any low-level programming language, consisting of machine language instructions. It is used to control a computer's central processing unit.

high level language: includes Java, JavaScript, C++, Ruby, BASIC or Python and are closer to human languages and further from machine languages

machine code

```
0011110001110010111110001110
000111110011111110111110000
11110111101111111110001111
01110110000001001100110111
100000110111101101111011
100010010011111000100010000
11001001011100111111111111
11110000100001010111111000
1100001001111001000011000000
```

2 – Binary Units

Key Vocabulary

bit: the smallest unit of data in computing. It is represented by a 0 or a 1.

nibble: is 4 bits

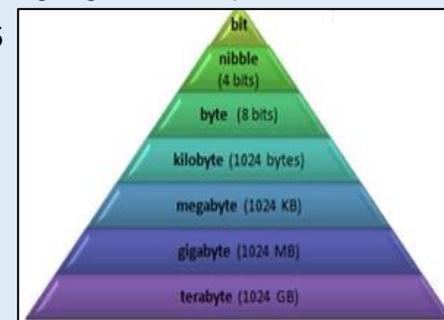
bytes: a byte is 8 binary digits (bits) working together to represent a number that can take a value between 0 and 255

kilo bytes: is 1,024 bytes

mega bytes: is 1,024 kilobytes

giga bytes: is 1,024 megabytes

tera bytes: is 1,024 gigabytes



3 – Binary to Denary

Key Vocabulary

ASCII table: abbreviated from American Standard Code for Information Interchange. ASCII codes represent text in computers.

unicode: universal character encoding standard. It assigns a code to every character and symbol in every language in the world

denary: we use numbers based on combinations of the digits between 0 and 9. This counting system is known as decimal, denary or base 10.

hexadecimal: is a base 16 system used to simplify how binary is represented. A hex digit can be any of the following 16 digits: 0 1 2 3 4 5 6 7 8 9 A B C D E F

4 – Binary in Images and Sound

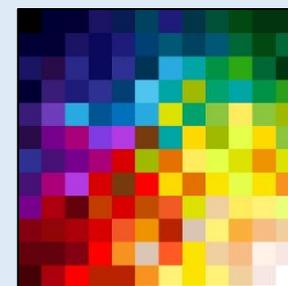
Key Vocabulary

pixels: one of the small dots or squares that make up an image on a computer screen

resolution: the resolution of a computer monitor or TV screen, is the number of pixels being used

colour depth: the number of bits used to store each pixel

pixelated: when an image looks blurry or stretched



pixelated

1 – Mickey and Edward

Mickey: Mickey has a rough-and-tumble childhood. Mickey has a hard life, getting laid off from his industrial job, to being arrested for a crime carried out by his brother Sammy. The audience watches as Mickey is hardened by his time in prison and addicted to antidepressants. His rage at Linda and Edward for carrying on an affair, and at his mother for keeping him, drives the play's tragic finale.

Edward: Edward is a sincere, honest, and good-natured boy. Despite having grown up in the lap of luxury, he is not entitled or arrogant. Unlike Mickey, however, Edward gets every opportunity in life. He becomes city councilman—but also begins an affair with Mickey's wife, Linda, whom Edward has been in love with for years and this fatal mistake leads directly to the play's bloody final scene.

3 - Characterisation skills

Key Vocabulary

facial expression: the appearance, mood or feeling shown by a person's face

posture: the position a character holds themselves in when sitting or standing

gesture: a movement made by part of the body e.g. arms, head to show a character's emotions

gait: a person's manner of walking

pitch: the degree of highness or lowness of the voice

tone: a quality in the voice that expresses the speaker's feelings or thoughts

intonation: the rise and fall of the voice in speaking

2 – 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.

4 – Theatrical Techniques

Status: our status is the level of power or influence we have over a social group or in a professional setting.

Stereotype: a stereotype is a generalised view of a group of people.

Conscience Alley: A useful technique for exploring any kind of dilemma faced by a character, providing an opportunity to analyse a decisive moment in greater detail.

Monologue: a solo speech.

Split Stage/Cross Cutting: where two scenes happen on stage at the same time. Cross-cutting is how you switch between the scenes, one will freeze while the other acts and vice versa.

Narration: The action or process of telling a story.

1 – Methods

formality: speaking with seriousness and by the rules

tone: the attitude of the writer shown through their writing

direct address: when a writer uses the words ‘you’ or ‘we’ to speak to the audience directly

rhetorical question: a question asked to make the audience think

2 – Vocabulary

faithfully (adverb): if you do not know the name of the person, end a letter with ‘yours faithfully,’

sincerely (adverb): if you know the name of the person, end the letter with ‘yours sincerely’

perspective (noun): someone’s viewpoint/opinion on something

salutation (noun): the way you greet someone in a letter

3 - Grammar (Paragraphing)

paragraph: a paragraph is a group of sentences all related in some way

A paragraph should:

- Introduce the paragraph's main point
- Be at least three or four sentences long
- There should be at least two to three paragraphs per page

When should I start a new paragraph?

- Start a new paragraph for each new point or stage in your writing

4 - Grammar (Semi Colon)

Use a semi-colon to link two independent (main) clauses that are about the same topic. This is instead of a full stop.

e.g. Some people write with a computer; others write with a pen or pencil.

Use a semi-colon between items in a list.

e.g. There are two ways to handwrite: with a pen or pencil, which is inexpensive and easily accessible; or by computer and printer, which is more expensive but quick and neat.

5 - Formal Letter Writing

When writing a formal letter your ideas should be clear, precise and written in the correct tone. You must remain formal and polite, avoiding the use of emotive language.

A formal letter should have:

- Addresses and date
- Start with ‘Dear’ before the name of the person that you are writing to
- a reason for writing / ask about the person you are writing to / invite the person to write back
- A summary where you say goodbye to the reader

6 – Article Writing

Key vocabulary:

headline: the title of an article

subheading: a sentence that outlines the article placed under the headline

article: non-fiction writing about news, topics and ideas

Top Tips for article writing:

- Ensure the article is led by factual information
- Use the 5 Ws to help structure the article: who, what , when, why and how .

1 – Social Media Vocabulary

un adolescent	a teenager	s'abonner	to subscribe
un étranger	a stranger	acheter	to buy
l'écran	screen	cliquer	to click
l'appareil	device	se connecter	to login
le harcèlement	bullying	enregistrer	to save
l'inconvénient	disadvantage	envoyer	to send
l'internet	internet	éviter	to avoid
le mot de passe	password	mettre	to put
le vol d'identité	identity theft	poster	to post
la confiance	trust	recevoir	to receive
l'informatique	ICT	supprimer	to delete
l'identité	identity	trouver	to find
la sécurité	safety	surfer	to browse
les réseaux sociaux	social media	tchatter	to chat
		télécharger	to download
		utiliser	to use
l'ordinateur	computer		
le portable	mobile		

2 – Giving opinions

j'adore	I love	amusant/e	funny
j'aime	I like	barbant/e	boring
je déteste	I hate	divertissant/e	entertaining
je n'aime pas	I don't like	effrayant/e	scary
j'aime bien	I quite like	émouvant/e	moving
je préfère	I prefer	fascinant/e	fascinating
		génial/e	great
		idiot/e	stupid
		nul/le	rubbish
		passionnant/e	exciting
		très	very
		un peu	a bit

j'adore I love
 j'aime I like
 je déteste I hate
 je n'aime pas I don't like
 j'aime bien I quite like
 je préfère I prefer

amusant/e funny
 barbant/e boring
 divertissant/e entertaining
 effrayant/e scary
 émouvant/e moving
 fascinant/e fascinating
 génial/e great
 idiot/e stupid
 nul/le rubbish
 passionnant/e exciting
 très very
 un peu a bit

parce que c'est because it is
 car c'est because it is

à mon avis in my opinion
 je pense que I think that

When using an opinion phrase, it must be followed by the **infinitive** form of the verb. e.g. J'aime **regarder** les films d'action. = I like **to watch** action films.

3 – Infinitive Structures

Impersonal expressions may start with 'il' but have nothing to do with 'he' - the 'il' refers to 'it' or 'one'.

il faut = it is necessary to (you must)
on peut = you can
il vaut = it is better to

These expressions are always followed by a verb in the infinitive. For example:

Il faut respecter les autres. - You must respect others.
On peut utiliser un portable. - You can use a mobile.
Il vaut tchatter avec les amis. - It is better to chat with friends.

We can also make these expressions negative:

Il ne faut pas = you must not
On ne peut pas = you cannot

4 – The Present Tense (ER verbs)

To **conjugate** verbs in the present tense we remove the –infinitive ending and add the correct ending to match the person doing that action:

Pronoun	ER verb ending	Example tchatter = to chat
je	e	je tchatte
tu	es	tu tchatte
il/elle/on	e	il/elle/on tchatte
nous	ons	nous tchattons
vous	ez	vous tchattez
ils/elles	ent	ils/ells tchattent

regarder → je regarde = I watch/I am watching
 finir → nous finissons = we finish/we are finishing
 attendre → vous attendez = you wait/you are waiting

5 – The Present Tense (IR and RE verbs)

To **conjugate** verbs in the present tense we remove the –infinitive ending and add the correct ending to match the person doing that action:

Pronoun	IR verb ending	RE verb ending
je	is	s
tu	is	s
il/elle/on	it	-
nous	issons	ons
vous	issez	ez
ils/elles	iissent	ent

finir → nous finissons = we finish/we are finishing
 attendre → vous attendez = you wait/you are waiting

6 – The Perfect Tense

We use the perfect tense to describe what has happened in the past. It is made up of three parts:

- A pronoun or noun (e.g. je, nous, or a name)
- The auxiliary verb (usually avoir, but sometimes être)
- A past participle (e.g. regardé, fait)

Past participles
Some past participles are irregular, for example:
 dire → dit (said) faire → fait (did)
 écrire → écrit (wrote) voir → vu (saw)

For verbs which take être the past participle must agree with the subject. For example:
 elle est allée – she went
 nous sommes allés – we went

1. Impacts of fossil fuels

Key Vocabulary:
fossil fuels: are energy resources formed from dead animals and plants, such as oil, coal and gas

- Advantages of burning fossil fuels: they can be burned at all times; jobs are created for people.
- Disadvantages of burning fossil fuels: pollution is created; mining for the fuels are dangerous; they cause breathing problems for living creatures; they will run out.

2. Global energy use

Key Vocabulary:
consumption: the usage of resource

- We use energy for things like transport, electricity, domestic use, industry, and agriculture.
- 4% of people in Chad have access to electricity.
- Over 99% of Chad's energy is currently provided by burning wood or fossil fuels.
- China needs so much energy to power factories, and to provide electricity for its massive population
- Over 70% of US energy comes from fossil fuels

3. Energy in Yorkshire

Key Vocabulary:
deindustrialisation: the moving of industries abroad

- In 2017, non renewables were 47.5% of UK energy.
- In 2017, renewables were 29% of UK energy.
- In 2017, nuclear were 21% of UK energy.
- The UK imports around 40% of its energy. In the UK we are expanding our technology to focus more on renewable energies.
- Many industries have left the UK because labour is cheaper in countries like China and India.

4. Nuclear energy

Key Vocabulary:
nuclear energy: uses uranium to power a thermal power plant

- The uranium generates heat, which turns water into steam to turn the turbines and power the generator.
- Advantages include: there are no greenhouse gases and they can be used 24/7; jobs created.
- Disadvantages include: unappealing to locals; expensive to set up; waste is toxic; increases house prices.

5. Wind and solar energy

Key Vocabulary:
sustainable: preserving resources now so future generations can benefit as well

- A wind turbine is a device that converts kinetic energy into electrical power.
- Advantages of wind energy: new technology means more energy; jobs created; no pollution.
- Disadvantages: falling house prices; noisy
- Solar lamps are safe, clean and affordable and available to 598 million people in Africa.

6. Energy reduction

Key Vocabulary:
energy efficiency: using as little energy as possible and reducing energy waste

- 10% of heat is lost through single glazed window
- 25% of heat is lost through an uninsulated roof.
- Methods of energy reduction: loft insulation; double glazed windows; take shorter showers; smart meters; turning off electrical equipment.
- Britain's first solar powered bus— number 52 bus in Brighton has solar panels on roof.

1 – Long-term Causes of War

Key Vocabulary

cause: the reason for something

conflict: a disagreement or argument

long-term: something which happens for a long time

In 1938:

- In September Germany took the German-speaking part of Czechoslovakia – the Sudetenland.
- The Munich Agreement made Germany promise not to take more land.
- On 1st September Germany invaded Poland. This caused World War 2 between Britain and Germany.

2 – Phoney War

Key Vocabulary

phoney: not real

stalemate: no-one is winning

- Between September 1939 and April 1940, there was very little fighting. A stalemate was happening.
- The Phoney War ended when Germany invaded Norway by sea.
- Shortly after, Germany launched an attack on France and Belgium as well and so the war continued.
- At this time, Winston Churchill became the British Prime Minister in May 1940.

3 – Dunkirk

Key Vocabulary

defeat: to lose

evacuation: to remove someone from a dangerous situation

victory: to win

- Dunkirk is a beach in France where an evacuation happened in May 1940 and lasted for 10 days.
- The British Expeditionary Force was evacuated when the Nazis attacked British and French soldiers.
- It is debated whether Dunkirk was a victory or a defeat for the British and French.

4 – The Blitz

Key Vocabulary

bombing: to attack someone using bombs

raid: a surprise attack on an enemy

- The Blitz was an air raid on the British by the Germans between September 1940 and May 1941.
- The German air force (the Luftwaffe) dropped bombs on important areas including cities such as London.
- The British air force (the RAF) bombed Germany's capital – Berlin – in revenge.
- The Blitz caused the evacuation of children in Britain.

5 – Evacuations

Key Vocabulary

evacuate: to move someone for their protection

countryside: fields and farmland

countryside



- Children were evacuated at the start of the war, but many had returned home by 1940.
- When the Blitz began, 100,000 children were evacuated to the countryside again in just 6 days.

6 – Pearl Harbour

Key Vocabulary

harbour: a place on the coast where ships come

military: related to the army

navy: soldier at sea

harbour



- In December 1941, the Japanese launched a military attack on Pearl Harbour.
- Pearl Harbour was owned by America.
- The attack caused America to enter World War 2 on the side of Britain, France and Russia.

Week 1 – buy/by/bye

Week 2 – accept/except

Week 3 – whether/weather

buy: giving someone money for something
e.g. I am going to buy a car.



by: going past
e.g. The car drove by.



bye: what you say when you leave.
e.g. I said bye to my friends.



accept: when you take something given to you
e.g. I accept this gift.



except: when something is left out
e.g. I like all cars except green ones.

weather: what it's like outside
e.g. The weather is very cold today.



whether: making a decision between two options
e.g. I don't know whether to buy the top or the skirt

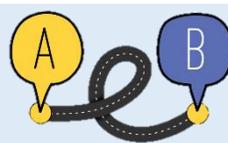


Week 4 – to/too/two

Week 5 – you're/your

Week 6 – bare/bear

to: going somewhere
e.g. I am going to the shop.



too: as well as
e.g. I have brown hair too!

two: 2
e.g. There are two apples left.



you're: contraction of you and are

your: it belongs to you

You're or Your?

<p>you're = </p> <p>you + are</p> <p>you're = you are</p>	 <p>It's yours!</p> <p>your = belonging to you</p>
---	---

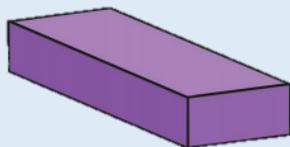
The verb *bare* has only one meaning: "to uncover."
 All other uses of the verb are for *bear*: "bearing children,"

Know the difference – Part 1		
Bare	vs	Bear
<p>Meaning: naked; to uncover</p> <p>An Example: The sky was bare, no clouds in sight.</p>		<p>Meaning: to carry; to put up with</p> <p>An Example: The chair was unable to bear his weight.</p>
 For those who desire to communicate better		

1 – 3D Shapes



Cube



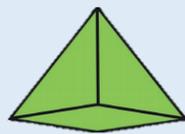
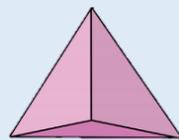
Cuboid



Sphere



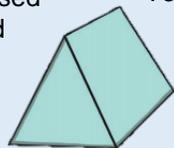
Cylinder

Square based
pyramid

Tetrahedron



Cone



Triangular Prism

2 – Geometric Language

faces: flat surfaces on a solid 3D shape

vertex: a corner where two or more line segments meet. A vertex can be on a 2D or 3D shape.

edge: a line segment that joins two vertices together

prism: a 3D shape that has identical end faces, flat faces and the same cross section all along its length

cross section: of a prism is the shape revealed by a straight cut through it

polygons: 2D shapes made up only of straight sides

plan view: view of an object from above it

side elevation: looking at an object from a side

front elevation: looking at an object from the front

3 – Volume and Surface Area

Key Vocabulary

volume: the amount of space that a 3 dimensional object takes up

surface area: the total area of all faces of a 3 dimensional shape.

net: a pattern made up of polygons that you can cut and fold to make a model of a solid shape.

- To find the **volume** of a **prism** you multiply the area of the **cross section** by the depth
- Volume is measured in **cubic** units e.g. cm^3
- Surface area is measured in square units e.g. m^2

4 – Congruency

congruent: shapes that are exactly the same size

To prove that two triangles are congruent you must use one of the four reasons:

- SSS** (Side Side Side) – All the sides are the same size.
- ASA** (Angle Side Angle) – An angle, a side, and another angle are the same size
- SAS** (Side Angle Side) – A side, an angle and another side are the same size
- RHS** (Right angle Hypotenuse Side) – There is a right angle and the hypotenuse and another side are the same size.

5 – Constructions

locus: a path of points that follow a rule

loci: the plural of locus

equidistant: points are the same distance from a point

bisecting: an angle or a line is to cut it into two equal parts

perpendicular: lines that intersect at a right angle

Some examples of constructions are:

- An angle bisector
- A perpendicular bisector
- Perpendicular line from a point
- Constructing different types of triangles

6 – Cube Numbers

$$1^3 = 1$$

$$7^3 = 343$$

$$2^3 = 8$$

$$8^3 = 512$$

$$3^3 = 27$$

$$9^3 = 729$$

$$4^3 = 64$$

$$10^3 = 1000$$

$$5^3 = 125$$

$$11^3 = 1331$$

$$6^3 = 216$$

$$12^3 = 1728$$

1 – Song Structure

Key Vocabulary:

intro: the first section of a song which sets the mood. Usually instrumental

verses: verses have the same melody, but will have different lyrics

pre-chorus: an optional section which is played before the chorus

chorus: occurs several times and will have the same lyrics and melody each time it's played

middle 8 or bridge: an 8 bar section which is a contrast to the rest of the song

outro: a short ending to the song

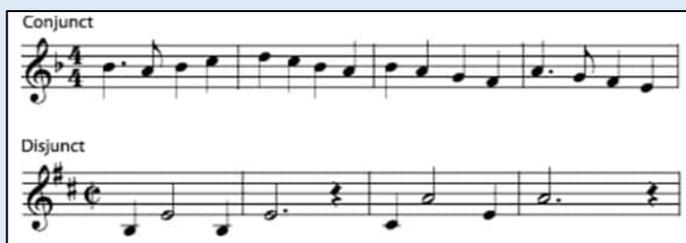
3 – Melody Writing

conjunct melodic movement: melodies which move mainly by step or use notes which are close to one another

disjunct melodic movement: melodies which leap around

interval: the distance between two notes

melodic range: distance between the lowest note and highest note of the melody



The image shows two musical staves. The top staff is labeled 'Conjunct' and shows a melody in 4/4 time with notes moving in small steps (half notes and quarter notes). The bottom staff is labeled 'Disjunct' and shows a melody in 4/4 time with notes that leap between different parts of the scale (e.g., G4, B4, E5, G5, B5, E6).

2 – Key Vocabulary

lyrics: the words of a song

hook: the 'catchy' section of a song which the listener will remember. Can be melodic, rhythmic or lyrical

riff: a repeated musical pattern usually used in the intro or instrumental sections. Can be melodic or rhythmic

melody the main tune of the song, sung by the lead singer

counter-melody: a second melody which will play with the original melody to add variation

texture: the different layers of sound

4 – Lead Sheet Notation and Arrangements

Key Vocabulary:

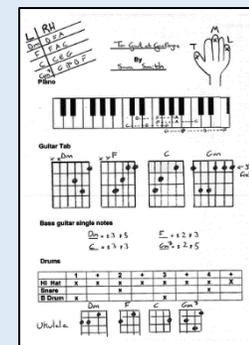
lead sheet: a form of notation which only contains the essential elements including the riff, lyrics, chords and bass line

cover: a new performance, remake or recording by someone other than the original artist

arrangement: a piece of music which has been changed to work with different performers and instruments

full score: when all parts are written meaning no interpretation. Usually used in classical music

lead sheet



The image shows a handwritten lead sheet for a song. It includes a key signature of one sharp (F#), a 4/4 time signature, and a melody line. Below the melody, there are guitar chords (Dm, F, C, Gm) and guitar tablature. There is also a bass guitar section with single notes and a drum section with a simple rhythm pattern.

1 – Ball familiarisation

Key Vocabulary

co-ordination: the ability to use two or more body parts at the same time. e.g., hand-eye co-ordination



2 – Tackling

Key Vocabulary

tower of power: safe technique used to tackle the opponent

muscular strength: the amount of force a muscle can put out.

Tower of power:

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

Components of fitness**required:**

- Power
- Muscular strength
- Body composition

3 – Invasive Running

Key Vocabulary

agility: the ability to change direction quickly without slowing down

acceleration: increasing speed

Attacking the defensive line

- Identify gap in line
- Slow down
- Accelerate through gap



4 – Positional Play

Key Vocabulary

forward line: players mainly involved in scrums and tackling

backs: players mainly involved in supporting the attack, with higher aerobic endurance levels.

Forward positions:

- Hooker
- Prop
- Flanker
- Number 8
- Lock

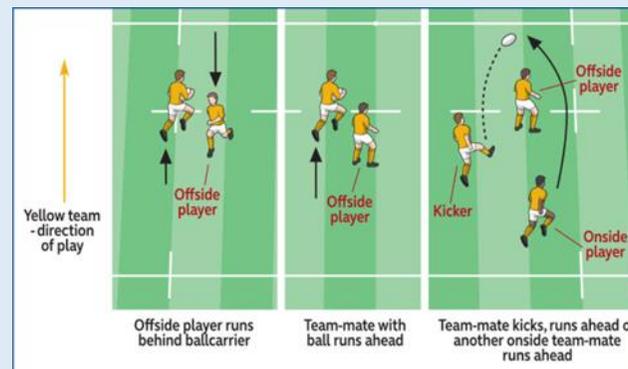
Backs positions:

- scrum-half
- Fly half
- Centre
- Wing
- Fullback

5 – Offside

Key Vocabulary

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



6 – Scrummaging

Key Vocabulary

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

muscular strength: the amount of force a muscle can put out.



1 – Dribbling

2 – Passing & Receiving

3 – Shooting

Key Vocabulary
co-ordination: the ability to use two or more body parts at the same time
agility: the ability to change direction quickly

Referee hand signals
 Illegal dribbling- wave of the hands up, down
 Travelling- rotating arms in a circular motion



Key Vocabulary
power:

- Transfer of weight from back foot to front foot to generate power
- Follow throwing arm through to target for accuracy and increase of power



Key Vocabulary
feint: a pretend movement to trick the defender

Components of fitness required:

- Power
- Co-ordination
- Speed



4 – Defending

5 – Attacking Phase of Play

6 – Defensive Phase of Play

Key Vocabulary
inside defender: defensive position located in front of the goal, outside of the crease
outside defender: defensive position located in the corners of the court.

Key Vocabulary
overload: to have a numerical advantage over the opponents
counter-attack: a fast and direct attack that occurs from a moment of transition

Key Vocabulary
compact: being tight and together leaving no gaps

Formations used to defend:



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.

- This is a powerful choreographic device because it creates an engaging effect for the audience.
- It's aesthetically pleasing and makes the dance look neat.

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

- This is a powerful choreographic device because it makes the dance look more complex without the choreography appearing chaotic.

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

- A powerful choreographic device because it creates an engaging effect for the audience.
- Adding leaps and jumps along with floor work makes it aesthetically pleasing



levels

5 – Formation

Key Vocabulary

formation: shape.

- Are you in a line, circle, square?
- Are there any changes to the formation throughout the dance?
- This is a powerful choreographic device because it creates an engaging effect for the audience.
- It's aesthetically pleasing.
- It maintains the interest as the dancers move around each other.

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 – Trampetting/Springboard

trampette/springboard- run towards the trampette, take off one foot on the floor to two feet on the trampette. Push through the knees for power which will give you height on your jump. Swing arms upwards for height.

Perform a basic shape in the air. Land with bent knees and then extend.

jumps-

- Make sure you always jump from two feet.
- Use your arms to gain more height on your jump,
- Bend from the knees to gain power.
- ⁴Make a stretched shape in the air extending both the arms and the legs.
- Keep toes pointed to make the more aesthetically pleasing.
- Straight, star, tuck, pike, straddle, split, dive forward rolls, half turn, full turn.



2 – Vaulting low level apparatus

table top- facing forwards, run towards the table top, place both hands flat on top of the box. Push through your feet to raise knees upwards and onto the box. Stand up straight and perform a basic shape off the table top.

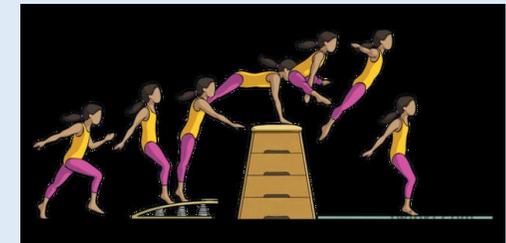
straddle- run towards the box, place both hands flat on top of the box. Push through your hands to lift feet off the floor. Straddle both your legs and bring extended legs outside of arms keeping head up



3 – Vaulting high level apparatus

through vault- run towards the box, take off from one foot on the floor to two on the trampette. Place hands wide onto the box at the top of your jump. Hands should be facing forward. Press your weight into the box with your chest and head up. Bring your knees to your chest and through, land on two feet.

straddle vault- run towards the box, place both hands flat on top of the box. Push through your hands to lift feet off the floor. Straddle both your legs and bring extended legs outside of arms keeping head up.



1 – Wesak

Key Vocabulary

festival: a period of celebration for religious reasons

enlightenment: the Buddhist belief that one has escaped suffering

temple: a Buddhist place of worship and reflection

monasteries: places where monks live

- There are many Buddhist festivals, but Wesak is one of the most important.
- Wesak celebrates the birth, Enlightenment and death of the first Buddha: Siddhartha Gotama.
- Wesak is held on the day of the full moon in either May or June.
- During Wesak, people visit temples and monasteries and show their respect to the Buddha.



temple

2 – The 5 Precepts

Key Vocabulary

precept: a rule to live by

- The 5 precepts are a set of rules which Buddhists try and live by.
- These rules help them stay on the right path and help them be the best people they can be.

The 5 precepts are:

1. I will avoid taking life
2. I will avoid taking what is not given
3. I will avoid harmful sexual activity
4. I will avoid saying what is not true
5. I will avoid drinking alcohol and taking harmful drugs

3 – Denominations of Buddhism

Key Vocabulary

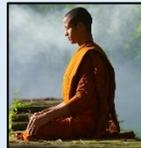
denomination: a branch of a religion

meditation: focusing ones mind

monks / nuns: a man or woman who dedicates their life to their religion

- There are two main denominations in Buddhism: Theravada and Mahayana.
- Mahayana Buddhists believe in Bodhisattvas: people who have become enlightened but remain on earth to guide others.
- Theravada Buddhists follow the original teachings of the Buddha and live a very simple life.
- Theravada Buddhists prioritise meditation over everything else and many choose to become monks or nuns.

monk



4 – Life and Death

Key Vocabulary

samsara: the cycle of life, death and rebirth

karma: the sum of a person's actions

nirvana: a state of perfect peace

- Buddhists believe in samsara. At the end of life, a person is reborn again.
- How they are reborn depends on the karma they have built up in their lives.
- All rebirths involve some form of suffering.
- A Buddhists ultimate aim is to become enlightened.
- Once they have reached enlightenment, they escape the cycle of samsara and reach a state of perfect peace known as Nirvana.

B1 – The Nervous System

Key Vocabulary

neurone: a single nerve cell that carries electrical impulses

central nervous system (CNS): the brain and the spinal cord

sensory organ: an organ that contains receptors and detects changes in the external environment

sensory neurone: a neurone that connects the receptor to the CNS

motor neurone: neurone that connects the CNS to an effector

C1 – Chemical Equations

Key Vocabulary

chemical reaction: a process which involves the rearranging of atoms to form new a substance

symbol equation: using symbols to represent the reactants and products in a reaction

state symbol: a symbol used to denote the state of matter of a substance *E.G. solid (s), liquid (l), gas (g) and aqueous (aq).*

reactant: the substances at the start of a reaction

product: the substances formed at the end of a reaction

P1 – Electricity in Parallel Circuits

Key Vocabulary

parallel circuit: a circuit that contains multiple loops

potential difference: a measure of difference in energy between two points in a circuit

current: the rate of flow of charge

ammeter: equipment used to measure the current which is place in series

voltmeter: equipment used to measure the potential difference and is placed in parallel to a component

B2 – Reflexes

reflex/involuntary response: a response that doesn't involve the brain which protects the organism from danger

reflex/involuntary response: a response that doesn't involve the brain which protects the organism from danger

stimulus: a change in the external environment

effector:

the organ that carries out the response

E.G. A muscle or gland.

reflex arc: the pathway an impulse takes during a reflex

C2 – Conservation of Mass

Key Vocabulary

the law of conservation of mass: matter is neither created nor destroyed during chemical or physical changes

compound: a substance containing 2 or more different atoms chemically joined together

balanced equation: a symbol equation to show the same number of atoms of each element in the reactants and products

P2 – Electromagnets and Motors

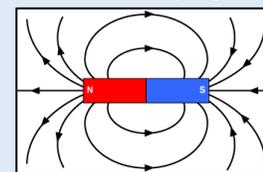
Key Vocabulary

magnetic field: the region around a magnet where attraction or repulsion occur between magnetic materials

wire coil: continuous loops of conductive material

electromagnet: a magnet which is induced by a current carrying wire

motor effect: a force exerted on a current carrying within a magnetic field



magnetic field

1 – Types of Flour

plain flour:

- Contains just the seed head's endosperm.
- It is much more shelf-stable than whole wheat flour.
- it contains less nutritious qualities, like fibre and protein.
- Plain flour can be bleached or unbleached.



bread flour/strong plain flour:

- High protein content
- Made from hard wheat and
- Contains a greater amount of gluten
- The gluten is developed during bread making and gives a chewier consistency



self-raising flour:

- It contains a protein level of about 8-9%
- Self-raising flour is milled to an ultra-fine consistency.
- Bleaching slightly damages the flour's starches.
- It is an ideal quality for fairy cakes.



'00' flour:

- Ground to extreme fineness.
- Used in Italian pasta.
- '00' dough easy to roll to extreme thinness (necessary for pasta).



corn flour:

- It is used as a binding agent for puddings and similar recipes.



2 – Key Temperatures

Key Vocabulary:

chiller: a place to keep food cold but generally has one side open to allow for display

hot holding: keeping food warm once cooked e.g. in a school canteen

The Food Safety Act (Temperature Control) Regulations: the legislation (laws) surrounding food temperatures

Key Temperatures:

freezers: from -18°C to -24°C

chillers: from 3°C to 8°C

fridges: from 1°C to 5°C

cooked: core temperature at 75°C or above

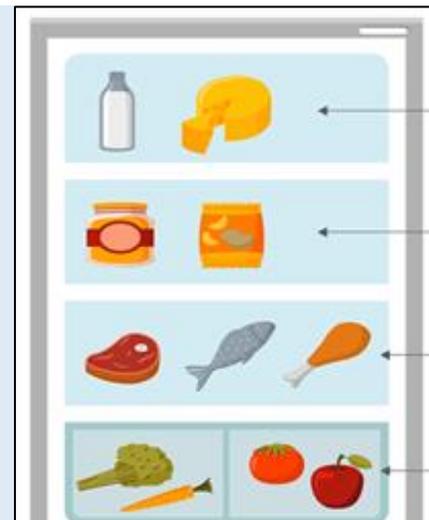
hot holding: above 63°C

danger zone: $5^{\circ}\text{C} - 63^{\circ}\text{C}$

Bacteria need 4 conditions to thrive

1. time
2. moisture
3. food
4. warmth

3 – Fridge Layout



READY TO EAT FOOD

E.G Dairy products, yoghurt and cream

READY TO EAT FOOD

E.G. Cream cakes, butter, cooked meats, leftovers and other packaged food.

RAW MEAT, POULTRY & FISH

E.G Always cover and keep in sealed containers.

SALAD, FRUIT & VEGETABLES

Keep ready-to-eat fruit and vegetables in

1 – Healthy Relationships

Key Vocabulary

relationships: the way in which two or more people know each other and are connected

- There are many different types of relationships: family relationships, friendships, people we work with or go to school with, romantic relationships
- All relationships should be healthy.
- Healthy relationships include honesty, trust, respect and an ability to speak without fear.
- In a healthy relationship, there should not be fear of another person.

2 – Types of Families

Key Vocabulary

family: a group of two or more people related by birth, marriage, adoption or people living in the same household

divergent: things that are different from expected

- There are many different types of family and it's important to respect all of them.
- There are families such as stepfamilies; single-parent families; families headed by two unmarried partners, either of the opposite sex or the same sex; adoptive families; foster families; and families where children are raised by their grandparents or other relatives.

3 – Family Changes

Key Vocabulary

divorce: the legal end of a marriage

conflict: a serious disagreement or argument

- Sometimes when there is conflict in relationships, families change as relationships change.
- Nobody has the right to harass or harm someone else because they end a relationship.

4 – Dealing with Conflict

Key Vocabulary

support: help with a situation

- Everyone should feel safe with adults and children inside and outside of their family.
- Everyone has a right to help if they need support when dealing with conflict.



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.

