



# Year 7 Curriculum Support Booklet

What you need to know, to do well in school



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# How to use this booklet

This is a booklet designed to support you in your school studies. It is important you understand how to use it.

Your teachers have collected together all of the interesting facts, key words, techniques, and memory aides they think you need to know in their subject. There is a lot of helpful information in these pages that you can use to help you understand and enjoy your subjects.

You can use this booklet in the following ways:

- **To help you revise**. This might be for a test, or it might be in your own time. It is important to remind yourself of what you have learned, particularly if it was a tricky topic, so that you can build on what you know. You remember more if you revise regularly (e.g. during the holidays).
- To learn new information. You may come across words or ideas in this booklet that you haven't covered in your lessons. Don't worry this is an excellent opportunity to stretch yourself and learn new things. You can always ask your teacher in your lessons to explain a word or concept if you aren't sure or impress them with something you have remembered.
- **To help you with homework**. You can look up key words or strategies to help you with homework tasks. It is recommended that you keep this booklet at home: you will keep it safe, and you can also ask someone to help test you. If you only complete homework at school, it is best to keep it in your locker.

Your teachers want you to learn as much as possible, so it might seem at first that there is a lot of information here. Do not worry: it is designed to help you, and learning from it is not an impossible task. You could start by:

- Looking at each section when you do that subject for homework.
- Highlighting in different colours words you do and don't know.
- Choose 5-10 words or terms each weekend to memorise, in a subject you know you need some support in.
- Use the Look-Cover-Write-Check system to ensure you know things really well and keep testing yourself!



You need to be able to answer the question 'What is...?', or 'Can you define...?'

1.	a noun	A person, place or thing. Proper noun: A person, place or thing with a name that requires a capital letter e.g. Chris, East Anglia, Nimbus 3000. Abstract noun: An idea or emotion				
		e.g. anger, inspiro Concrete noun: A	ation, A noun	a plan. with a physical aspect	e.g. chair, boy, rain.	
	an adjective	<b>A describing wor</b> e.g. blue, sunny, f	<b>rd</b> . Tree.			
	a verb	<b>A 'doing' word</b> . e.g. to go, to play	, to lil	<e.< th=""><th></th></e.<>		
2.	an adverb	<b>A word that des</b> e.g. quickly, caref	<b>cribes</b> fully, p	<b>s a verb.</b> practically.		
3.	a pronoun	A word that can e.g. I, you, he, she	<b>repla</b> 2, it, t	<b>ce a noun.</b> hey, them, we		
4.	a co- ordinating conjunction	<b>A connective placed between clauses that are equally important:</b> For, And, But, Or, Yet, So (FANBOYS).				
5.	a subordinating conjunction	<b>A connective that links clauses to suggest time, reason or condition:</b> As, Because, Although, Though, Even Though, Whereas, If				
6.	a preposition	<b>of time: A word that indicates</b> <i>when</i> something happens e.g. ' <u>During</u> lesson one, the fire alarm rang.' <b>of place: A word that indicates</b> <i>where</i> something happens e.g. 'A fire broke out <u>in</u> Room 51.'				
7.	the comparative	An adjective tha e.g. better, stror	t sho nger, v	<b>ws comparison</b> . vorse.		
8.	the superlative	An adjective that shows the highest degree of a quality. e.g. best, strongest, worst.				
9	the subject	The person, place or thing that is carrying out an action or being something. e.g. 'The boy shouted loudly.'				
10	the object	<b>The person, place or thing that is having an action done to it.</b> e.g. 'The boy shouted loudly into <u>the megaphone</u> .'				
11	a definite article	the	13	the singular form	<b>A noun that is just one thing</b> . e.g. girl, memory	
12	an indefinite article	۵	14	the plural form	A noun that is more than one thing. e.g. girls, memories	

## **ENGLISH - GRAMMAR**



Sen	tence and clause	Types
15	a simple sentence	A simple sentence is made up of one main clause. e.g. The cat sat on the mat.
	a compound sentence	A complex sentence is made up of two main clauses, joined by a conjunction. e.g. The cat sat on the mat <b>and</b> he purred quietly.
	a complex sentence	A complex sentence is made up of a main clause and at least one subordinate clause. e.g. The cat sat on the mat, <i>eyeing the mouse in the corner</i> , and purred quietly.
16	a main clause	<b>A main clause is a complete sentence that makes sense by itself</b> . e.g. The shop closed at six o'clock.
	a subordinate clause	A subordinate clause is an incomplete sentence that depends on a main clause to make sense. e.ghaving been open all day. /after which everybody went home. /
Ten	se	
You	need to be able t	o define, recognise and use:

17	The present tense	The tense that describes what is happening now.	I am
18	The past tense	The tense that describes what happened in the past.	I was
19	The future tense	The tense that describes what will happen in the future.	I will be
20	The conditional tense	The tense that describes what might happen.	I would be / could be
Perspective		Homophones	

Homophones
You need to know the different spellings of these similar-sounding
· · · ·

21.	1 <sup>st</sup> person	Ι	1 <sup>st</sup> person (plural)	we
22.	2 <sup>nd</sup> person	you	2 <sup>nd</sup> person (plural)	уои
23.	3 <sup>rd</sup> Derson	he/ she	3 <sup>rd</sup> person (plural)	they

How to **parse** a sentence (label its grammatical features):

We waited for our best friend, but she didn't arrive.

/it

similar-s words:	similar-sounding words:				
24.	There	Indicating place.			
25.	Their	Indicating possession or belonging.			
26.	They're	Contraction of 'they are'.			
27.	Your	Indicating possession or belonging.			
28.	You're	Contraction of 'you are'.			
29.	Its	Indicating possession or belonging.			
30.	It's	Contraction of' it is'.			
31.	Το	A preposition.			
32.	Too	Indicating addition or excess (e.g. too much).			
33.	Two	A number.			

The pronoun 'we' means it's the 1<sup>st</sup> personal plural

Verb

Co-ordinating conjunction

Adjective

# **ENGLISH - GRAMMAR**

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# Punctuation

You need to be able to define, recognise and use:

-

- -

. .

...

34.	Capital letter	AIA	Used after a full stop to begin a sentence. Used to indicate a proper noun (name, place, organisation).			
35.	Full stop	•	Used to mark the end of a sentence.			
36.	Exclamation mark	!	Used at the end of an exclamatory sentence to show strong emotion. e.a. The rollercoaster was terrifying!			
37.	Question mark	` `	Used at t e.g. Can't	<b>the end of a question</b> you see my point?	•	
38.	Interrobang	) j	<b>Informall</b> e.g. What	y used to show disbe ?!	lief.	
39.	Semi-colon	;	<b>Used to j</b> e.g. Their	<b>oin two related main</b> shoes were muddy; th	<b>clauses.</b> Ieir feet w	ere painful.
40.	Colon	:	Used bef e.g. Pictur	<b>ore lists, or to intro</b> re this: you're walking	<b>duce an id</b> down the r	ea. .oad
41.	Dash	-	Used to s brackets. e.g. They	separate information had to sit at the back	from a mo	ain clause, or instead of vweren't happy.
42.	Comma	,	Used to s Used to s	separate subordinate separate items in a li	clauses fr st.	rom main clauses.
43.	Brackets	()	<b>Used to show an afterthought</b> . e.g. Ben would always choose an action film (except when he had to babysit his sister).			
44.	Apostrophe	1	A possessive apostrophe is used to show ownership. e.g. Joe's. A contraction apostrophe is used to merge two words into one e.g. they're, it's, don't, here's, you'll. The apostrophe replaces the missing letter.			
45.	Ellipsis		Used to show a long pause or omitted (left out) words. e.g. I couldn't believe it			
Spellir	ng: The 30 most com	monly m	isspelled w	ords in English		
46.	accommodation		56.	disappointed	66.	persuade
47.	beautiful		57.	embarrass	67.	queue
48.	because		58.	extremely	68.	queueing
49.	beginning		59.	friend	69.	quiet
50.	believe		60.	immediately	70.	quiet
51.	business		61.	minute	71.	receive
52.	ceiling		62.	necessary	72.	separate
53.	decided		63.	neighbour	73.	sincerely
		definitely		·		
54.	definitely		64.	nervous	/4.	surprised
54. 55.	definitely disappear		64. 65.	nervous opportunity	74. 75.	until

# ENGLISH – READING SKILLS

A

	- I Jini	: These and examples of how on			
Imagery (all fiction		thor uses language in writing.			
Simile	When a writer compares one thing to another u	using the words 'like' or 'as'			
Simile	E.g. The snow was like a blanket.				
Metaphor	When a writer compares one thing to another by saying it <u>is</u> something el				
	E.g. Love is a rollercoaster.				
Personification	on When a writer presents an object as having human emotions or feelings.				
	E.g. The chair looked lonely.				
Pathetic fallacy	When the writer describes the weather as	if it reflects the character's			
,	thoughts or feelings. E.g. Rainy weather whe	en a character feels sad.			
Poetic devices (poet	try)				
Alliteration	When a writer repeats the same sound at '	the start of several words.			
	E.g. The wild winds whisk to the west.				
Couplet	When the end of two lines rhyme together	•			
	'For sweetest things turn sourest by their de	eds;			
	Lilies that fester smell far worse than weeds	.' (Shakespeare's Sonnet 94)			
Enjambment	When the writer doesn't use punctuation at	the end of a line in poetry.			
·	(When the writer does use punctuation, it is a	called end-stopped.)			
Onomatopoeia	When the writer uses a word that sounds I	ike an action that is being			
	described. E.g. The car <u>crashe</u> d through the window.				
Rhyme	When the writer repeats the sound of wor	ds at the start or ends of lines.			
Rhythm	When the writer uses syllables and the nur	nber of syllables in a word and			
	line to create patterns.				
Sibilance	When the writer uses sounds such as sh and s, to create a hissing sound. E.g. Slow splashing shoots of water.				
Dramatic devices (p	blays)				
Dramatic irony	When the audience knows something that a e.g. The audience knows there is a killer in th	e <b>character on stage doesn't.</b> e house, but the character doesn't!			
Soliloquy	When a character, in a play, talks to the (	audience on stage.			
	e.g. Romeo talks to himself about his feelings	for Juliet.			
Stage directions	Extra information in italics that help the direct	tor and actors know what to do.			
5	e.g. Exit, pursued by a bear.				
Narrative devices (	novels, autobiographies)	Hint: These are examples of how an			
`		author uses structure in writing.			
Narrator	<b>The person telling the story</b> . A 1 <sup>st</sup> person n	arrator makes the story personal,			
	as the narrator shares things with the reader. A 3 <sup>rd</sup> person narrator keeps the				
	story more distanced and neutral.				
Plot	The storyline				
Flashback	When a character remembers something that happened in the past				
Chronological order	When the story is arranged in the order in	n which it happened			
Setting	Where the story is set				
Climax	A moment of great tension or excitement i	n the story			
Protagonist	A main character				
Antagonist	A villain or 'bad' character				
Dialogue	What the characters say. They usually use	e speech marks.			
-	Dialogue is important as it tells us about a ch	aracter e.g. their thoughts			
Description	Visual details of the scene. It allows a reade	er to build an image of it in their mind.			



Analysi	ing writing usi	ng PEA			
Follow t	his structure whe	en analysing fiction and non-fiction:	How to improve your answer:		
Ρ	Point	Your answer to the question	<ul> <li>Turn the question around.</li> <li>Choose words that are clear and easy to understand.</li> </ul>		
E	Evidence	A quote A summary of something that happens in the text.	<ul> <li>Quotes must be short (1-10 words) and relevant to the question.</li> <li>Use quote marks.</li> <li>Pick out a one-word quote and explain why this is a key word.</li> <li>Use more than one quote to support your point.</li> </ul>		
A	Analysis	Your ideas and interpretation	<ul> <li>Explain your 'point' in further detail, using different words.</li> <li>Explain what you can infer from the quote.</li> <li>Explain what the writer is trying to do.</li> <li>Explain how the reader might feel.</li> <li>Explain the effect of a language technique.</li> </ul>		

What A Good One Looks Like	
Beginners' PEA:	
The writer <b>shows</b> that Fred is happy to see his dog.	<b>Point</b> - clear statement of point, using the adjective 'happy' and the analysis verb 'shows'.
He uses the phrase 'light as a feather' to describe his mood.	<b>Evidence</b> – short, relevant quote is embedded in the sentence.
I can <b>infer</b> from this that Fred is delighted to have him back from the vets, <b>because</b> when you're happy you feel like you're floating, which is how a feather falls.	<b>Analysis</b> - it explains the inference with a similar adjective ('delighted'), and it develops the explanation using the connective 'because'.
Advanced PEA:	
The writer intends to make the reader feel	<b>Point</b> - explains the writer's intentions.
sympathy for the homeless.	describing a precise emotion.
The adjectives ' <b>beaten</b> ' and ' <b>broken</b> ' describe people who have been living on the streets for a long time.	<b>Evidence</b> - uses one-word quotes, and more than one example.
The alliteration of these words emphasises the	Analysis -
difficult conditions faced by homeless people. It is	Llees analysis -
also an example of emotive language and might make	'highlights' 'nersuades' and 'aims':
the reader <b>feel auity</b> As this is a charity leaflet	Explains the reader's response and the writer's
the writer <b>aims</b> to <b>biablight</b> these conditions and	intentions:
<b>persuade</b> the reader to become a volunteer. The	Uses precise adjectives to describe the mood
language is powerful and thought-provoking and as	Refers to language techniques (alliteration and
these words are <b>at the beginning</b> of the paragraph	emotive language) and a structural feature (at
it draws the reader's attention to them.	the beginning of the paragraph).

## **ENGLISH – READING SKILLS: FICTION & NON-FICTION**

Adjectives for analysis	Explaining the effect on the reader			
How would you describe	You need to be able to explain the effect a piece of writing has on a reader. Use this for analysis ('A' in PEA).			
The extract/quote is	How does it make you feel? The writer's intention is to make the reader	Explain the reader's response The reader might		
frightening / alarming / creepy / intimidating / unsettling / gripping	scared	Feel nervous Feel the tension Prepare themselves for the unexpected Be horrified or frightened		
amusing / lighthearted	laugh	Be amused Be entertained Laugh / smile		
satisfying / uplifting / cheerful	happy	Feel positive or optimistic		
moving / emotional / touching	<b>sympathise/empathise</b> with someone	Understand how the writer is feeling Be affected by the writer's sadness		
shocking / outrageous	angry	Clearly or strongly agree or disagree Be offended Want to take action Be left open-mouthed		
powerful / thought-provoking	inspired or persuaded	Be convinced Think differently afterwards Be captivated / absorbed		
remarkable / impressive / dramatic	interested	Be struck by Be left with the impression that		

# Tone You need to be able to identify a writer's tone. This is the <u>attitude of the writer towards a subject</u>. It is created through deliberate word choices and putting these words in a certain order. E.g. The effect Formal There was a delay in the start of the project

	start of the project.	appropriate for formal communication.
Informal	Well, I suppose you're right.	The writer achieves a more personal connection with
(Colloquial)		the reader.
Humorous/light hearted	Of course I disagreed with him - he's my brother!	The writer entertains the reader.

## **ENGLISH – READING SKILLS: NON-FICTION**

## Understanding non-fiction

When you read a new piece of writing for the first time, you should consider:

G	Genre	What type of writing is this?	<ul> <li>Newspaper article, magazine article, recipe, a leaflet, an instruction manual, a poster advertisement, a travel guide.</li> </ul>
A	Audience	What type of person would read this?	<ul> <li>Are they young, old or middle-aged?</li> <li>Are they male or female?</li> <li>What are their interests?</li> <li>How wealthy are they?</li> <li>What are their life aims?</li> </ul>
Ρ	Purpose	Why did the author write this?	<ul><li>What is their opinion on the subject?</li><li>How do they hope the reader will react?</li></ul>



## Connectives

You should use these connectives to link together ideas in analysis (PEA) or in persuasive writing.

In addition,	However,	Therefore,	Finally,	Similarly,
In particular,	whereas	Indeed,	Ultimately,	Furthermore,

## Verbs for analysis

Use these verbs to explain a writer's purpose. You can use them in the P or A part of a PEA paragraph.

This <b>shows</b> that	This <b>suggests</b> that	This <b>emphasises</b> the idea that
This <b>implies</b> that	This <b>creates</b> a feeling that This <b>creates</b> a sense of	This <b>conveys</b> the idea that
The writer is <b>arguing</b> for/against	The writer is aiming to <b>convince</b> the reader that	The writer is <b>explaining</b> that

## Evaluation

Evaluation means understanding why a piece of writing is effective. It is different to analysis, which means interpreting meaning in language and structure. Use T.I.E.S. to generate ideas.

T - Themes	S S	Sentence starters:
What are the 'big' ideas?		
E.g. Friendship, failure.	<b>A</b> .	The writer successfully uses the
I - Ideas		[theme/idea/event/setting] of
What are the 'small' ideas?		to show the reader
E.g. A stereotype of boys is that they like to		
drive cars.	• • •	For example, this is shown when he/ she
E - Events		writes
E.g. We know the car chase ends in disaster.	▾.	It is effective because
S - Setting		It engages the reader because it makes us
E.g. A suburban town, late at night.		think/ feel

# A

# Language techniques: non-fiction

You need to be able to ide	<b>entify</b> these language techniques in no	on-fiction texts, such as articles,
leatlets and letters.	to use them vourself when you are w	riting to persuade inform or advise
Figurative language	E a	Why is it effective?
· ·ga: a o ·agaago		
simile	Life is like a game. You need to win it.	Figurative language allows the reader to visualise the argument more easily.
metaphor	Our future is a weight around our necks.	
personification	The guilt will eat you up!	
Rhetorical devices	E.g.	Why is it effective?
A - Alliteration	Health, happiness and hope for all.	It catches the reader's eye and the listener's ear.
(A - Anecdotes)	One time, a friend of mine fell off his bike.	It makes the argument more <b>realistic</b> .
F - Facts	You have to be in education until you are 18.	It makes the argument more <b>convincing</b> .
O - Opinions	Personally, I believe in equal opportunities.	It makes the argument more <b>personal</b>
R - Rhetorical questions	Why should we believe what we're told?	It <b>appeals directly</b> to the reader or listener.
(R - Repetition)	It's a joke. It's a joke and a lie.	It catches the reader's eye and the listener's ear.
E - Exaggeration	The entire planet knows it's a bad idea.	It makes the argument seem more <b>emotive</b> , and therefore more
(E - Emotive language)	Just think of all the families out there working hard.	important. It is clear the author is biased in favour of one opinion.
S - Statistics	80% of students with poor attendance don't succeed in later life.	It makes the argument more <b>convincing</b> .
T - Triplet/Rule of three	It is embarrassing, it's rude, and it's waste of time.	It catches the reader's eye and the listener's ear.
Vocabulary	E.g.	Why is it effective?
Dynamic verbs	Scorned, pleaded, cheered.	Vocabulary choices enhance your tone
Descriptive adjectives	Luminous, broken, fragile.	and purpose.
Emotive adverbs	Clearly, ultimately, naturally.	
Advanced techniques	E.g.	Why is it effective?
Oxymoron	A broken community.	These convey complex ideas in a
Juxtaposition	The best and yet the worst idea.	sophisticated way.
Direct address	You need to wake up and listen!	The personal pronoun 'you' makes the reader feel it is addressed to them.
Hypothetical situation	If you were to Put yourself in their shoes	The reader can empathise more easily.
Superlatives	The brightest and best.	It exaggerates the argument.



# Structural techniques: non-fiction

- 'Structure' refers to how writing is laid out; how ideas are developed; and other technical features.
- You need to be able to identify these structural techniques in non-fiction texts, such as articles and letters.
- You also need to be able to use them yourself when you are writing to persuade, inform or advise.

Structural technique	E.g.	Questions to ask yourself
Beginning	Look around you. What do you see?	How does it make the text interesting or appealing?
Ending	It needs to stop. Now.	How does it leave the reader with a strong impression?
Punctuation	A one-of-a-kind opportunity (except when everybody is doing it).	Is the punctuation varied, to create personality and a specific tone in the text?
Paragraph length	Long vs short	<ul> <li>Long paragraphs absorb the reader in the detail.</li> <li>Short paragraphs are more powerful. They also allow it to be read quickly, if it is meant to be entertaining and not demand too much attention.</li> </ul>
Sentence length	Long – several subordinate clauses Short – one or two words.	<ul> <li>Long sentences create a build-up of emotion. They increase the pace of the writing.</li> <li>Short sentences are punchy and dramatic.</li> </ul>
Word order	Be not afraid (formal tone). Don't be afraid (informal tone).	<ul> <li>Why is a certain word at the beginning of a sentence? Is it more important?</li> <li>Why is a certain word at the end of a sentence? Is the writer trying to focus attention on it by leaving it to the end, to create a bigger impact?</li> </ul>
Speech/quotes	The experience was 'one of a kind', reported theatre-goers.	Quotes from experts or witnesses make persuasive or informative writing more convincing.
Perspective	1 <sup>st</sup> person 2 <sup>nd</sup> person 3 <sup>rd</sup> person	<ul> <li>Why has the writer used a certain perspective?</li> <li>First person is more personal.</li> <li>Second person is more direct.</li> <li>Third person is more neutral.</li> </ul>
Tense	Present, past, conditional	<ul> <li>Why has the writer used a certain tense?</li> <li>Present tense is more immediate and dramatic, and involves the reader in the action.</li> <li>Past tense can be more neutral. Things are being reported that aren't happening now.</li> <li>The conditional tense is used to influence an opinion. It can be persuasive, by talking about what could or would happen.</li> </ul>

# ENGLISH – WRITING SKILLS: CREATIVE WRITING



20 V	vays to vary your sentences	
1	Colons to introduce an important idea	A strange hint of something filled his
	·	nostrils and made his stomach lurch:
		it was blood.
2	Adjectives at the start of the sentence	Cold and hungry, Martin waited for someone
	<b>3</b>	to take pity on him.
3	Adjective -ed opening	Wracked with fear, Tommy crept slowly
	<b>v</b>	towards the door.
		Scared for her life, Anna searched
		frantically for the key.
4	-ing clause before the main sentence	Having no choice about it, Chris decided to
	5	agree with her.
5	Sentences with a semi-colon in the middle to	Spider-Man was in trouble; he was
	connect two main clauses.	surrounded by his enemies.
6	The three verb sentence	The monster <u>pushed</u> , crashed, smashed its
		way through.
7	Sentence, comma and list of verbs ending in –	The road unspooled on and on <u>, rising, falling,</u>
	ing	<u>rising, turning, falling</u> .
8	Two -ings at the start sentence	<u>Raising</u> a hand to my brow, <u>shielding</u> my eyes
		from the rain once more, I saw no monster.
9	Comma sandwich: a sentence with a subordinate	The sun, <u>which had been absent for days</u> ,
	clause in the middle	shone steadily in the sky.
10	Two similes sentence	It's hard to describe how I felt - <u>like an</u>
		object no longer of use, like a parcel packed
		up in string and brown paper.
11	The as if and three verb sentence	<u>It was as if</u> the cold was <u>pulling</u> at Tansy,
		breaking her up, trying to take her away
		from them, back somewhere.
12	Start with a preposition (e.g. under, by, near,	<u>Under</u> the moon, the river snaked its way to
	beneath, over)	the sea.
13	The less, less, less sentence	<u>The less</u> I tried, <u>the less I</u> cared, <u>the less I</u>
		got.
14	More, more sentence	Every day, Kitty felt smaller, <u>more ugly,</u>
		more useless.
15	Three adjective 'of' sentence	I felt <u>full, full of</u> food <u>, full of</u> bad television,
		<u>full of</u> incessant chat.
16	Not, nor, nor sentences	Nobody, <u>not</u> the postman, <u>nor</u> the
		nousekeeper, <u>nor</u> Jim nimself knew now the
17	C	There and got onto the doormat.
17	So so sentence	Inere was one item, <u>so small, so</u>
10	The writer's eside contenes	<u>unrecognisable</u> , it didn't register.
10	The writer's aside sentence	T think to be honest it will neven work
10	Wheeven/Wheneven/Whicheven	Wheever had been at the scene whenever
19	WINGARLY WIRTIGARLY WITTCHEARL.	they had been there it was clean comething
		very sinister had taken place
20	However after the first word sentence	People however were watching approached
20		

# VOCABULARY

positive - greater than zero
negative - less than zero
Integer - whole number
sum - add the numbers together
product - multiply the numbers
difference - biggest take away the smallest

estimate - round the numbers first and give an

approximate answer solve – work out the value of the unknown correlation – the relationship between 2

variables, can be positive, negative or no

correlation. Draw a line of best fit if correlation is positive/negative.

**factorise** – put brackets back in  $x^2-3x = x(x-3)$ expand – multiply out brackets 2(x+3)=2x+6 tessellate – fit shapes together with no gaps

Parallel – lines that never meet meet (lines on the diagram) Unknown – a specific quantity Congruent - exactly the same Variable – a quantity that can Reciprocal – turn the fraction Perimeter – distance around Area - space on the inside EDGES – Where two faces Perpendicular – at a right FACES - Flat sides upside down to be found the outside change angle

VERTICES – Where three or more sides meet (corners,

# **Basic Mathematical Symbols**

# Elementary arithmetic symbols

	2 + 3 = 5	less" $3-2=1$	$2 \times 3 = 6$ $2 \cdot 3 = 6$	$6 \div 3 = 2$ $6/3 = 2$	$\frac{6}{100000000000000000000000000000000000$	c/ _ C/ _ C/
iquals	Addition or "plus"	subtraction, "minus" or "	<b>Multiplication</b>	Division	$\frac{erator}{erator} = \frac{(dividend)}{e^{-1}} = \frac{(dividend)}{e^{-1}} = \frac{1}{1}$	(divisor) (divisor)
	+		× or ·	÷ or /	or (num	(demoi

# Relational symbols

0

$x/y \equiv \frac{x}{y}$	$\frac{1}{3} \approx 0.33$	$a \times x \propto x$	3 > 2	$1 + x^2 \ge 1$	2 < 3	$1 \le 1 + x^2$	$100 \gg 1$	$1 \!\ll\! 100$
"Is equivalent to"	"Is approximately equal to"	"Is proportional to"	"Is greater than"	"Is greater than or equal to"	"Is less than"	"Is less than or equal to"	"Is much greater than"	"Is much less than"
Ш	≊	8	$\wedge$	$\wedge$ I	$\vee$	VI	≽	♦

# NUMBER

# Types of number:

odd – ends in 1, 3, 5, 7, 9 even – ends in 0, 2, 4, 6, 8 (is divisible by 2) factor – divides exactly into a number eg 5 is a factor of 10 multiple – in the times table of a number eg 20 is a multiple of 10 square number – can be written as a number multiplied by itself eg 9 is a square number because it can be written as 3x3. The first 7 square numbers are 1, 4, 9, 16, 25, 36, 49, ...

prime number - can only be divided by one and itself: 2, 3, 5, 7, 11, 13, 17... are prime

# Standard Form

A number is in standard form if it is written

a x 10<sup>n</sup> where 1 ≤ a < 10 and n is an integer

When +/-/ x/÷ with standard form remember the button on your calculator

Take care – should the final answer be in standard form or ordinary form?

# **Percentage means "fraction out of 100"** 50% = 0.5 = $\frac{1}{2}$ ..... divide by 2 25% = 0.25 = $\frac{1}{10}$ ..... halve then halve again 10% = 0.1 = $\frac{1}{10}$ ..... divide by 10 1% = 0.01 = $\frac{1}{100}$ ..... divide by 100

# Harder Percentages:

Remember that you have your calculator To find any percentage divide the amount by 100 and multiply by the percentage required. Eg to find 37% of £248

Eg to Tind 37% OT ± 248 you do 248 ÷ 100 × 37 and get £91.76 To calculate a **percentage increase** (or decrease), find the **percentage** and **add it on** (or take it away) Eg to increase 120m by 15% 15% of 120m = 120 ÷ 100 × 15 = 18m 120m + 18m = 138m



# GEOMETRY AND MEASUREMENT



Algebra represent of	letters (varia) nknown num tion 3x + y =	bles eric 16. J	0 can be used to al values. For exam c and y are variable	-
A term is a collection of numbers and letters. erms are separated by mathematical symbols.		m	c + 4xy = 18	8 + y
An expression includes terms and operational mathematical) symbols but not the equals symbol.			2x + 5j	1-2
un equation is made up of two expressions hat are equal.			4x + 5y =	= 23
monomial is another name for a term. binomial is made up of two monomials and a inomial is made up of three monomials connected by	Simplifying Algebra can be collected together	Like terr	essions: To simplify algebraic expressions or contain the same variable raised to the su Addition an	(like terms) ame power. d Subtraction
or-signs. polynomial is made up of more than three terms	a + a + a can be shortened to 3a	3a + 4a +	5a = 8a $a = 5a$ $a = 5a$ $a = 5a$ $a = 5a$	6b - b = 5b 5b - 3b = 2b
linear equation is a statement of equality between	Multiplication		10 T 10	
vo expression of the first degree. he value of a variable in an equation is called its root.	When multiplying $a \times b$ can be shorte $3 \times a$ can be shorte	) (like or ned to	unlike) terms, the multiplication symbol is $Ib$ $y \times y \times y \times y$ can be sh 3a This is an index (power). It shows	t removed. ortened to 1/4
Formulae			perti An mandri mui si A statuti Annou	
1. $(a + b)^{2} = a^{2} + b^{2} + 2ab$ 2. $(a - b)^{2} = a^{2} + b^{2} - 2ab$	Remember 4y is not the	e ours		Division
3. $a^{2} - b^{2} = (a + b) (a - b)$	$q \div p$	en dividi	ng like terms, the varible can be removed	from the answer.
1. $(a + b + c)^{2} = a^{2} + b^{2} + c^{2} + 2ab + 2bc + 2ca$ 5. $(a + b)^{2} = a^{3} + b^{3} + 3ab (a+b)$	Is written as $\frac{a}{b}$	15b 3b	can be shortened to 5 $\frac{12b}{3b}$ sho	can be rtened to 4
3. $(a - b)^{2} = a^{3} - b^{3} - 3ab (a - b)$	Expression	Like?	2.Aum	Simplified
$a^{1} + b^{2} = (a + b) (a^{2} - ab + b^{2})$	3b + 2b	Yes	Same variable	50
3. $a^{3} \cdot b^{3} = (a \cdot b) (a^{2} + ab + b^{3})$	X - Y	No	Different variables	
a"+ h"+ n" - 3ahn - la + h + n ) la" + h' + n" - ah - hn - na)	PX + X4	Ŷ	Variables raised to different powers	
	2ab + 2ba	Yes	Same variable (associative property)	4ab
0, II a + b + c = 0, then a' + b' + c' = 3abc	3x + 7y + 4x - 3y	Yes	Same variables	7x + 4y

- 1.(a+b)<sup>2</sup>=a<sup>2</sup>+b<sup>2</sup> +2ab 2. (a-b)<sup>2</sup>=a<sup>2</sup>+b<sup>2</sup> -2ab
- 3.(a+b+c)<sup>2</sup>=a<sup>2</sup>+b<sup>2</sup>+c<sup>2</sup> +2ab+2bc+2ac 4. (a+b)<sup>3</sup>=a<sup>3</sup>+b<sup>3</sup> +3ab(a+b)
  - - 5.(a-b)<sup>3</sup>=a<sup>3</sup>+b<sup>3</sup> -3ab(a+b

# Simplifying Algebraic Expressions:

To simplify algebraic expressions, like terms can be collected together. Like terms contain the same variable raised to the same power.

Addition and Subtraction a+a+a 5a+ 3a = 8a can be shortened to 4a+a = 5a 3a

4b -b can be shortened to 3b

6b-b=5b 5b-3b=2b

# Multiplication

When multiplying (like or unlike) terms, the multiplication symbol is removed y x y x y x y can be shortened to y<sup>4</sup> a x b can be shortened ab

3 x a can be shortened 3b

how many times y is multiplied by itself

this is the index (power). It shows

Remember : 4y is not the same as y<sup>4</sup>

4y = y + y + y + y

15bcan be3bshortened to5

Division

a÷b

can be shortened to 4

12b 3b

Is written As a b



# ALGEBRA NOTATION & FUNCTIONS

# Parentheses and functions

A function is something that relates or "maps" One set of values Such as an "input" variable or "argument" *x* To another set of values which we could think of as an "output" For example, the function  $f(x) = x + \frac{1}{4}$ 



Parentheses and functions

Conventionally, we say "f of x" when we read f(x)Here obviously f(x) is not "f times x" Most commonly Only parentheses are used around the argument *x* not square [] or curly { brackets



# $\bar{\phi}$ R ÷ $\cos \theta$ Sine, cosine, and tangent Defined using a right-angled $\mu_{-}$ optionally omitted when Parentheses and functions For a few very commonly used the argument is simple $\cos\theta$ instead of $\cos(\theta)$ Such as the trigonometric ALGEBRA NOTATION & FUNCTIONS $\cos(-\theta) = \cos(\theta)$ The parentheses are Note, incidentally functions triangle functions Φ で ī $\sin \theta$ Parentheses and functions optionally omitted when For a few very commonly used the argument is simple Such as the trigonometric $\sin heta$ instead of $\sin( heta)$ $\sin(-\theta) = -\sin(\theta)$ The parentheses are Note, incidentally, functions functions

 $\tan \theta = \frac{\sin \theta}{\sin \theta}$  $\cos \theta$ Natural units for angles in mathematics are radians  $2\pi$  radians in a circle

1 radian ~ 57.3 degrees

side soddo" y, heigł "adjacent" side x, base or A

$$\ln \theta = \frac{y}{r}$$
  $\cos \theta = \frac{x}{r}$   $\tan \theta =$ 

$$\ln \theta = \frac{y}{r}$$
  $\cos \theta = \frac{x}{r}$   $\tan \theta =$ 

$$\sin\theta = \frac{y}{2} \quad \cos\theta = \frac{x}{2} \quad \tan\theta$$

$$\sin \theta = \frac{y}{r} \quad \cos \theta = \frac{x}{r} \quad \tan \theta$$

$$\sin \theta = \frac{y}{2} \quad \cos \theta = \frac{x}{2} \quad \tan \theta =$$

$$\sin \theta = \frac{y}{r} \quad \cos \theta = \frac{x}{r} \quad \tan \theta = \frac{1}{r}$$

$$n\theta = \frac{y}{x} \cos \theta = \frac{x}{x}$$
 ta

$$\sin \theta = \frac{y}{r}$$
  $\cos \theta = \frac{x}{r}$  tar

$$\sin \theta = \frac{y}{r} \quad \cos \theta = \frac{x}{r} \quad \tan \theta$$

$$\sin \theta = \frac{y}{r} \quad \cos \theta = \frac{x}{r} \quad \tan \theta$$

$$\ln \theta = \frac{y}{r}$$
  $\cos \theta = \frac{x}{r}$   $\tan \theta$ 

nt or sin 
$$\theta = \frac{y}{r}$$
 cos  $\theta = \frac{2}{r}$ 

hypotenuse 
$$\theta$$
 angle  $\theta$ 

hypotenuse 
$$\theta$$
 gle  $\theta$ 

hypotenuse 
$$\theta$$

S
う
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J.



Relative Frequency of event = <u>Number of times event occurs</u> Total number of trials

Relative frequency provides good estimate for probability, particularly as number of trials increases

Expected number of given event = probability of that outcome x number of trials

Tree diagrams: multiply along the branches and add between the branches

If events A and B are **independent** then  $P(A \text{ and } B) = P(A) \times P(B)$ If A and B are **mutually exclusive** then P(A or B) = P(A) + P(B) Watch out for successive events...does the number of items decrease by 1? Eg picking 2 sweets from 10, you will only have 9 sweets left for the second choice.

# Averages:

mode/modal - the most common value or values
median - the middle value when they are in order
mean - add up all the values and divide by the
number of terms

# Measure of spread:

range – highest value take away the lowest value The smaller the range the less varied the results

# Year 7 factsheets: Science

Unit: Chapter	Keyword	Definition/fact
	Observation	Carefully looking at an object or process.
		An experiment or set of experiments designed to
	Investigation	produce data to answer a scientific question or test
		a theory.
	Data	Words or numbers that you obtain when you make
	Data	observations or measurements.
	Independent	A variable you change that changes the dependent
	variable	variable.
	Dependant	A variable that changes when you change the
	variable	independent variable.
Working	Control	A variable that you have to keep the same in an
scientifically	variables	investigation.
Scientifically	Accuracy	Close to the true value of what you are measuring.
	Precision	This describes a set of repeat measurements that
		are close together.
	Repeatable	When you repeat measurements in an investigation
		and get similar results they are repeatable.
		When other people carry out an investigation and
	Reproducible	get similar results to the original investigation the
		results are reproducible.
	Risk	A description of how you will make it less likely that
	assessment	people will be injured, or equipment damaged, and
	abootomont	what to do if this happens.

	Organism	Living things.
		Organisms are made up of cells, the basic building
		block of life.
B1 1·1		To make something appear larger than it is, so it
		can be seen more clearly or in greater detail.
	Magnification	
		Total magnification = Eyepiece lens magnification X
		Objective lens magnification.
	Nucleus	The cell component that controls the cell and
	INUCIEUS	contains genetic material.
	Mitochondria	The site of respiration within a cell. Respiration is
1:2		the reaction that transfers energy to the organism.
		A jelly like substance that holds all the cells
	Cytoplasm	organelles, the place where chemical reactions take
		place within the cell.
		Cells have changed their shape and structure so
1:3		that they are suited to carry out a particular job,
		these are called specialised cells.
	Red blood cell	An animal cell that transports oxygen around the
		body.
	Plant cell	Cells that make up a plant. Consists of a cell wall

		and membrane, with a nucleus, a vacuole and
		chloroplasts as well as all other normal cell
		organelles such as mitochondria.
		The plant cell component where photosynthesis
	Chloroplasts	takes place.
		The movement of liquid or gas particles from a
	Diffusion	place of high concentration to a place of low
1.4	Diridolori	concentration
1.4		A measure of the number of particles of a
	Concentration	substance in a given volume
	Unicellular	
1:5	organism	Consisting of just one cell.
	Multicellular	
	organism	An organism made up of many cells
	organion	A group of similar cells working together to perform
2:1	Tissue	a function
		A group of tissues working together to perform a
	Organ	function
		The transfer of gases between an organism and its
	Gas exchange	environment.
2:2	Respiratory	
	system	The organs involved in gas exchange.
	Contract	
2:3	Diaphragm	The sheet of muscle used in breathing
	Diapinagin	Bones are made up of living tissue, supplied with a
	Skeleton	blood supply and together form the Skelton to
2:4	Choloton	support, protect, move and make blood cells
	Bone marrow	
		A part of the skeleton where two bones join
	Joint	together.
2:5	Ligament	Joins two bones together.
		The strong smooth tissue that covers the end of
	Cartilage	bones to prevent them rubbing together.
		A tissue that has the ability to contract and relax to
	Muscle	produce movement in the body.
		A pair of muscles that work together to control
2:6	Antagonistic	movement at a joint – as one muscle contracts, the
	,	other relaxes.
	Tendons	Joins a muscle to a bone.
		Adolescene involves both physical changes
3:1		(puberty) and emotional changes. Puberty takes
		place roughly between the ages of 9 and 14.
		All the changes that take place in the body during
		puberty are caused by hormones which are
		chemical messengers. Female sex hormones are
		produced in the ovaries. Male sax hormones are
		produced in the testes.
2.0		Male reproductive system consists of the testes
3.2		which produce sperm and the male sex hormones,

		the scrotum, sperm ducts, urethra which carries
		urine from the bladder or sperm from the sperm
		ducts out of the body and the penis which contains
		the urethra and swells with blood during an erection
		to release sperm during sexual intercourse.
		Female reproductive system consists of the ovaries
		which contain the eggs, the oviducts which carry
		the eggs to the uterus, the uterus where a baby
		develops during pregnancy, the cervix a ring of
		muscle that keeps the baby in place during
		pregnancy, the vagina where the penis enters the
		female during intercourse and the urethra which
		carries urine from the bladder out of the body.
		Reproductive cells. The male gamete is a sperm
	Gametes	cell and the female namete is an end cell
		The process where the nucleus of a sperm cell
3:3	Fertilisation	ioins with the nucleus of an erg cell
	Sovual	The process where the penis releases semen into
	intorcourso	the vegine
	Intercourse	Human dostation (prognancy) lasts around Q
		months (40 wooks), during this time the baby
		dovelops from the fortilized and
		The helps from the fertilised egg.
		The baby develops inside the motifier's diefus
		where it can be supplied with all the nutrients and
		oxygen it needs to develop. These numerics are
3:4		supplied to the baby through blood carried in the
		undificat cord which connects the mother at her
		At around 40 weeks ofter fortilization the baby is
		At around 40 weeks after refinisation the baby is
		ready to be born. The mothers cervix relaxes and
		the wall of the dierus contracts. This helps to slowly
		push the baby out followed by the placenta, through
		the vagina.
	Menstrual	I ne monthly cycle during which the uterus lining
0.5	cvcle	thickens, and then breaks down and leaves the
3:5	Ormulation	body if an egg is not fertilised.
	Ovulation	I he release of an egg from an ovary.
	Contraception	A method of preventing pregnancy.
	Pollination	The physical changes that take place during
3:6		adolescence.
		The stamen is the male reproductive part of plant it
		consists of the antier that produces pollen (the male
		gamete) and the filament which hols up the anther.
		I ne carpel is the temale reproductive part of the
		plant it consists of the stigma which is sticky to
		catch the pollen, the style which holds up the
		stigma and the ovary which contains ovules (the
-		female gamete).
3:7		The process of fertilisation of a plant begins when

		pollen lands on the stigma. If the pollen is the correct species, the pollen grows a tube in the style which when reaching the ovule carries the nucleus of the pollen grain to the nucleus of the ovule, bringing about fertilisation. A seed is then formed.
		A seed consists of a tough protective outer coat, an embryo that will develop into an adult plant and a
		food store of starch which helps the plant grow until it can photosynthesise.
	Germination	The period of time when a seed starts to grow.
3:8	Seed dispersal	The movement of seeds away from the parent plant.
		There are four different methods of seed dispersal: wind, animal, water and explosive

C1 1:1	Particles	The tiny things that materials are made from.
	Mixtures	A material whose properties are not the same all the way through.
	Substance	A material that is not a mixture. It has the same properties all the way through.
	Solid	In the solid state, a substance cannot be compressed and it cannot flow.
1:2	Liquid	In the liquid state, a substance can flow but cannot be compressed.
	Gas	In the gas state, a substance can flow and can also be compressed.
	Change of	The process by which a substance changes from
1:3	state	one state to another.
	Melting	The change of state from solid to liquid.
1:4	Boiling	The change of state from liquid to gas that occurs when bubbles of the substance in its gas state form throughout the liquid
		The change of state from liquid to gas that occurs
	Evaporation	when particles leave the surface of the liquid only. It
1.5		can happen at any temperature.
	Condensation	The change of state of a gas to a liquid.
	Sublimation	The change of state from solid to gas.
		The movement of liquid or gas particles from a
	Diffusion	place of high concentration to a place of low
1:6		concentration.
		Factors that affect diffusion – Temperature, particle
		size, state of diffusing substance
1:7		The measure of force exerted by particles of gas
	Gas pressure	within a certain area. The pressure of gas is
		calculated by calculating the force generated per
		square metre.
2:1	Element	A substance that cannot be broken down into other
		substances.

		A table of all the elements in which elements with
	Periodic table	similar properties are grouped together
	Chemical	A one- or two-letter code for an element that is
	symbol	used by scientists in all countries.
2:2	Atoms	The smallest part of an element that can exist.
		A substance made up of atoms of two or more
2:3	Compound	elements, strongly joined together.
	Chemical	A formula that shows the relative number of atoms
2:4	Formulae	of each element in a compound.
	Chemical	A change in which atoms are rearranged to create
	reaction	new substances.
		The ability of a reaction to turn the other way
3:1	Reversible	around, so that the products become the reactants.
		Chemical reactions are not easily reversible.
	Catalyst	A substance that increases the rate of the chemical
	Catalyst	reaction without being used up.
		Word equations show the process of a reaction in a
		simplified way. The reactants (the things you start
		with) are shown on the left and the products (the
3.0		things you end up with) are shown on the right. The
5.2		arrow between the two sides means reacts to
		make.
	Reactants	A starting substance in a chemical reaction.
	Products	A substance that is made in a chemical reaction.
	Fuel	A material that burns to transfer useful energy.
		A chemical reaction in which a substance reacts
	Combustion	quickly with oxygen and gives out light and heat.
		(Oxidation reaction)
0.0		Fossil fuels are a non-renewable source of energy
3:3		and their compustion in engines is damaging to the
		environment. Other alternatives that are not narmful
		nossibility is using hydrogen as a fuel as the waste
		product of the compustion of hydrogen is water
		which is not damaging
		A chemical reaction in which a compound breaks
3:4	Decomposition	down to form simpler compounds and/or elements.
••••		(Thermal decomposition)
		In a chemical reaction, the total mass of reactants
3:5	Conservation	is equal to the total mass of products. This is
	of mass	conservation of mass. Mass is conserved in
		chemical reactions and in physical changes.
	Balanced symbol	In a balanced symbol equation, chemical formulae
		represent the reactants and products. The equation
		shows how atoms are rearranged, and gives the
		relative amounts of reactants and products.
3:6		An exothermic change transfers energy to the
	Exothermic	
3:6	Exothermic	surroundings.

		surroundings.
	Acid	An acid is a solution with a pH value less than 7.
	Alkali	An alkali is a soluble base.
4:1	Concentrated	A solution is concentrated if it has a large number of solute particles per unit volume (litre or cubic metre).
	Dilute	A solution is dilute if it has a small number of solute particles per unit volume (litre or cubic metre).
	pH scale	The pH scale shows whether a substance is acidic, alkaline, or neutral. An acid has a pH below 7. An alkaline solution has a pH above 7. A solution of pH 7 is neutral.
4:2	Indicator	A substance that changes colour to show whether a solution is acidic or alkaline.
		Acidic: Hydrochloric acid in stomach ~ pH 1 Lemon juice ~pH 2 Neutral: Water pH 7 Alkali: Bicarbonate of soda ~ pH 9 Drain cleaner ~pH 13
4:3	Neutralisation	In a neutralisation reaction, an acid cancels out a base or a base cancels out an acid.
	Base	A base is a substance that neutralises an acid.
	Salt	A salt is a compound in which the hydrogen atoms of an acid are replaced by atoms of a metal element.
4:4		Many salts exist naturally but they can be made through a few different types of reactions Acid + Metal $\rightarrow$ Metal salt + Hydrogen Acid + Base $\rightarrow$ Metal salt + Water

D1 1.1	Contact force	(friction and air resistance)
	Non-contact	A magnetic, electrostatic, or gravitational force that
	force	acts between objects not in contact. (e.g. gravity)
	Newton (N)	The unit of force, symbol N.
	Deform	To change shape. (compress and stretch)
1.2	Poaction force	The support force provided by a solid surface like a
1.2	Reaction force	floor.
	Tension	A stretching force.
	Friction	The force that resists movement because of contact
1.2		between surfaces.
1.5	Drag forces	The force acting on an object moving through air or
	Diagioices	water that causes it to slow down.
	Magnetic force	The force between two magnets, or a magnet and a
1:4		magnetic material.
	Electrostatic	The force acting between two charged objects
	force	
		If you were to go in a space craft away for the
		earth, the further away you get, the gravitational

		field gets weaker. This means that you would not be able to stay standing on the ground. The amount
		of 'you', your mass, stays the same it's the
		gravitational force exerted on you that is less,
		affecting your weight.
	Balanced	Forces acting on an object that are the same size
	forces	but act in opposite directions.
4.5	Linkalanaad	Forces acting on an object that are different sizes,
1.5	forcos	acting in opposite directions. This leads to
	101065	strongest force
	Fauilibrium	Balanced
	Oscillation	Something that moves backwards and forwards.
		The key features of a wave include: the amplitude.
		which is the distance between the middle to the top
		or bottom of the wave; the frequency which is the
		number of waves that go past a point per second
2.1		and wavelength which is the distance from one
2.1		point on the wave to the same point on the next
		Wave.
	Transverse	I ne vibrations are at right angles to the direction
		A wave moves.
	Longitudinal	direction as the direction the wave moves
		Backwards and forwards motion of the parts of a
	Vibration	liquid or solid.
2:2	Vacuum	A space in which there is no matter.
		Sound travels at 340 m/s in air, 1500 m/s in water
		and 5000 m/s in solids
	Pitch	A property of sound determined by its frequency.
	Hertz	The unit of frequency (Hz).
2:3	Ultrasound	Sound at a frequency greater than 20 000 Hz,
	Infragound	beyond the range of human hearing.
	Initasound	To increase the amplitude of a sound so that it
	Amplify	sounds louder
		A commonly used unit of sound intensity or
	Decibel	loudness (dB).
0.4		Your ear detects sound waves by directing the
2:4		sound wave into the auditory canal to your
		eardrum, causing it to vibrate. These vibrations are
		eventually passed to the cochlea which sends an
		electrical message along the auditory nerve to the
	Eaba	brain which allows us to hear.
2:5		The persistence of a sound for a longer period then
	Reverberation	normal
	<u> </u>	Bats use ultrasound to find their way around and to
		find their food. Ultra sound can also be used by

		doctors to see unborn babies, used in
		physiotherapy and to look for some cancers. A
		special type of ultrasound used on ships is sonar,
		allowing boats to determine how close they are
		from the seabed.
	Emit	To give out.
	Reflect	Bounce off.
	Absorb	Taken into a material.
3.1		The speed of light is about 300 000 km/s. The
011		distance that light from the sun travels in a minute
		is a light-minute. The distance that light from the
		sun travels in a year is a light-year. Astronomers
		use these units to measure distance in space.
	Reflection	When a ray hits and bounces off an object.
3:2	Incident ray	The ray coming from a source of light.
	Reflected ray	I he ray that is reflected from a surface.
	Defraction	The change in direction of a ray or wave as a result
	Refraction	of its change in speed.
	Convex	A lens that produces converging rays of light
3.3		Light travels through different mediums at different
0.0		speeds, this leads to refraction, as light travels
		through different mediums it appears to bend
		objects due to the difference in speed that the light
		is travelling.
		When you look at an object, an image of that object
		is formed on the retina of your eye. Light reflected
		from the object enters your eye through the whole
		of the pupil. The image that is projected onto your
		retina is inverted; your brain turns the image the
3:4		correct way around.
		The retina is photosensitive, containing cells that
		respond to light. These photo receptor cells are
		called rods and cones. Rods are sensitive to
		movement in dim light. Cones are sensitive to bright
		Ight and colour.
	Spectrum	A band of colours produced when light is spread
	·	The colitting up of a ray of light of mixed
3:5	Dispersion	wavelengths by refraction into its components
		Prisms can be used to split white light into a
		spectrum, this is known as dispersion.
		The Sun and the planets and other bodies in orbit
4:1	Solar system	around it.
	O shi it	The path taken by one body in space around
	Orbit	another.
	Colorri	A number of stars and the solar systems around
	Galaxy	them grouped together.
1.2		There are a total of 8 planets that orbit the sun
7.2		within our solar system. These are Mercury, Venus,

	Earth, Mars, Jupiter, Saturn, Uranus and Neptune.
	There is also one dwarf planet within our solar
	system called Pluto.
	Earth is the only planet that is known to contain life.
	Day and night on the earth are results of the fact
	that the earth is constantly spinning on an axis. This
	means that at certain times, the face of the earth is
	facing the sun (day) and at other times it faces
	away from the sun (night).
Constellations	A collection of stars that make a pattern in the sky.
Phases of the	Shape of the Moon as we see it from the Earth.
meen	
Solar eclipse	An eclipse where the Moon comes between the
	Sun and the Earth.
	An eclipse that happens when the Earth comes
Lunar eclipse	between the Sun and the Moon.
	Constellations Phases of the moon Solar eclipse Lunar eclipse





## Drawing the Proportions of the face:



# Gallery Websites are always useful to start selecting artists for your projects:

http://www.nationalgallerv.org.uk/ http://www.tate.org.uk/visit/tate-modern http://www.npg.org.uk/ http://manchesterartgallerv.org/ http://www.moma.org/ http://www.tate.org.uk/visit/tate-britain http://www.britishmuseum.org/



## Art Vocabulary

The list of words below can be used to describe different elements of artwork.

Line and direction	Shape, form and composition	Colour and tone	Painting technique	Style and effect
Vertical	Silhouette	Bleached	Instinctive	Grandiose
Horizontal	Organic	Bold	Gestural	Evocative
Jagged	biomorphic	Brash	Painterly	Sublime
Broken	monumental	Clean	Impasto	Daring/bold
Straight	non-objective	Glowing	Fluid	Joyful
Continuous	Geometric	Harsh	Energetic	Emotive
hatching	Abstract	Warm	Dynamic	Intimate
Merged	Distorted	Cool	Rough	Improvised
Contours	Open	Complimentary	Smooth	Rousing
Crooked	Closed	Limited	Linear	Exhilarating
Fluid	Symmetrical	Dull	Strokes	Dominant
Expressive	Asymmetrical	Muted	Aggressive	Iconic
Thick	Flat	Harmonious	Brash	Luminescent
Thin	Block	Vibrant	Dripped	Unconventional
Congested	Exaggerated	Discordant	Soaked	Dynamic
Minimal	Plane	Chiaroscuro	Blended	Pure
	2D / 3D/Relief			Expression

Chiaroscuro in art is the use of strong contrasts between light and dark, usually bold contrasts affecting a whole composition





# **Clay Vocabulary**

# The stages of clay:

- 1. Slip
- 2. Plastic
- 3. Leather-hard
- 4. Greenware or bone dry
- 5. Bisqueware
- Glazeware



Other terms: Clay Ceramic Reclaiming Wedging Kiln Firing Score Glaze Underglaze



## Key Tips for Using Clay:

- When joining two pieces of clay, always cross-hatch and apply slip to each piece.
  - Never allow air bubbles in your clay, these will expand and crack your work when it goes in the kiln!



Artwork by Kate Malone



**Printmaking** 



Mono-print by Rachel Hames



Drawing is an important criterion for the GCSE Art and Design course; practice your skills by using the following types of drawings:

- 1. Line Drawing
- 2. Continuous Drawing
- 3. Blind Drawing
- 4. Tonal Drawing
- 5. Mark-Making Drawing



# Algorithm facts. Computing.

computers. An algorithm shows the order in which tasks are to be carried out. This is known as sequence. Often a task is repeated algorithms. You could even write an algorithm for making a cup of tea or making the perfect meringue. Remember an algorithm is until there is a required outcome. This is known as iteration. When a question is asked, and depending on the answer, a program can take one of two courses of action. This is known as selection. Sequence, Iteration and Selection are the building blocks of An algorithm is a step-by-step set of instructions for solving problems. It is something that can be followed by humans and something that can be followed by humans and computers.

# Spreadsheet facts

- Spreadsheets are used for storing data and working on data.
- They are especially good when working with numbers, as you can do all of your maths sums in a spreadsheet.
- All formula in a spreadsheet must begin with an = sign.
- You can also format a spreadsheet to make it look nice.
- Graphs are very useful and can be easily created in a spreadsheet to display your results.
- Spreadsheet modelling involves creating different What-if scenarios. So you can use the model to make predictions. For example, if the price of my chocolate bar went up by 2 pence, how much extra profit could I make, assuming I sold the same amount of chocolate bars.
  - Spreadsheets are used in a number of subjects, not just Computing and IT. You will use spreadsheets in Science, Maths and Business Studies for example.

# **Database facts**

- Databases are used by most organisations to store large amounts of data.
- A database is like an electronic filing cabinet. All important data can be filed and organised neatly in a computer database.
- Data held in databases is stored in files. In Microsoft Access these files are known as tables.
  - Tables can be joined together. This is known as a relational database.
- All of the data held on one person or thing is known as a record. For example a criminal record will hold all the details of a criminal, their name, date-of-birth, height etc. A patient record holds all the data on a doctor's patient. A student record contains all the data that a school holds on you! What data do you think they have?
- The data entered in each field will be a certain data type. For example it could be text data type, All of these headings, e.g. surname, first name, date-of-birth, are known as fields.
  - numeric data type, currency data type or image data type.

	<u>ICT Facts. E-Safety. What you need to know about cybe</u>	<u>er safety</u>
Virus	A program designed to cause other programs on a computer to malfunction or stop worki	ng altogether.
Trojan	A program that appears legitimate but which performs some harmful activity when it is ru make the systems vulnerable to future entry, or simply destroy programs or data on the h A Trojan is similar to a virus except that it does not replicate itself. It stays in the compuremote site to take control of the computer. Trojans often sneak in attached to a free gam	n. It may be used to locate password information, or lard disk drive. uter doing its damage or allowing somebody from a he.
Phishing	A form of Internet fraud that aims to steal valuable information such as credit card det often send an email pretending to be someone they are not, and try to trick the cust details.	ails, usernames and passwords. The fraudster will omer into giving away personal details, often bank
Spyware	Software that can be installed on your computer without your knowledge, which collects i Passwords and sends details to another computer on the Internet.	nformation about your logins and
Hacker	Someone who gains unauthorized access to a computer in order to obtain data stored or Hackers can be teenagers who are trying to prove that they can break into the most secu Hackers can also be state-sponsored, aiming to gain access to other state's sensitive dated and the terms of terms of the terms of the terms of term	i it. rre website servers. ta.
Firewall	Asystem designed to prevent unauthorized access to your computer when connected to	a network such as the Internet.
Fraud	Tricking someone for personal gain or to damage them.	
Identity theft	A crime that involves someone pretending to be another person in order to steal money c	or obtain other benefits.
Encryption	For security, data is translated into a secret code according to a set of rules in a specia receiver must also have the key.	Il 'key'. To convert the data back into plain text, the
Copyright	Gives the creator of an original work exclusive rights regarding that work for a certain per distribution and adaptation	iod of time, including its publication,
Copyright, Designs and Patents Act	This law protects people's original work from being used without their permission.	Top Tips when social
Computer Misuse Act	Tis law restricts people from accessing or modifying data without permission.	networking:
Data Protection Act	This law regulates how personal information is used and protects against misuse of personal details.	<ol> <li>Keep your profile private and not public.</li> </ol>
Online grooming	When users on social networking sites will pretend to be someone they're not in order to make friends with a younger person. This can then lead to further serious harm to the young person.	<ol> <li>2) Do you really want a stranger to see your address? keep these</li> </ol>
<b>Cyber-bullying</b>	when people use modern technology, for example their smart phones and computers	details private.







# The Importance of NUMERACY

Maintaining a **standard seam allowance** is one of the most All our sewing machines have markings on the needle bed pattern but occasionally you may have to add it yourself. to help your accuracy in measuring and maintaining this measurement is already added onto a dress-making The standard seam allowance is 15mm. Usually this important ways in which we use Quality Control to produce accurate and symmetrical products.

seam width.



Woven & Bonded Fabries Natural Materials ELECTRONICS

# **CONSTRUCTION TECHNIQUES** DECORATIVE TECHNIQUES

Embreidery

# Word Bank:

 $\mathfrak{X}_{mbellis \ell}$  Bondaweb  $\mathbb{C}_{ ext{onstruct}}$  Hand Embroidery Material Button Stitching

Conductive Thread LEDs Sequins Appliqué **Recycle** Machine Seams Sustainability Pencil Case Pocket Running Stitch Blanket stitch Back stitch Whipped Stitch

Electronics:

Case? Create a Circuit using LEDs (Light Emitting Diodes; Conductive Thread; Want Lights on your Pencil Battery Holders and a **Battery!** 

is why?

гулу?

inhy?

i why?

why?

Will young childl Does the produ Could it cause

Customer/Client

sport costs i abour costs

inhy?

SVHW lechnigu

much will it cost ke/manufacture

much will it sell a

Aesthetics How something looks. What it looks like?

# TOOLS & EQUIPMENT Pinking







# Electronics Cube Project -



# Ohm's Law Triangle



## Single-Pole-Single-Throw switch (SPST) (normally open) Single-Pole-Single-Throw switch (SPST) (normally closed) Push-To-Break switch (PTB) Single-Pole-Double-Throw switch (SPDT) Push-To-Make switch (PTM) Double-Pole-Double-Throw switch (DPDT Relay (with double-Note: Relay Symbol - The symbol consists of a relay coil and contacts. Contacts are usually drawn separate from the coil at convenient points on the circuit diagram and are always shown in the unoperated position. Dry-reed switch varies with type throw contacts. contact symbol Opto switch (pasr 0 11 ¥ ţ ╲ Դ⁴┘ ¢ Ч ÷ Electronic circuit diagram components (symbols) Primary or secondary cell Crossing conductors Light-Emitting Diode (LED) Battery (of cells) -no connection NPN transistor Resonator Amplifier Diode Fuse \* Symbol Y ф + ┉ -**||**-!≣ Ø ÷ Preset potentiometer Joined conductors Polarised capacitor Light-dependent resistor Non polarised capacitor Power supply Fixed resistor Potentiometer Thermistor t ) Mubol usually drawn with added detail e.g + T <mark>∱₁</mark>┸ , E 0 06 0 06 0 06 ļ







# French Grammar section

# <u>Nouns</u>

Nouns refer to a person, place, thing or concept. They are listed in the dictionary together with their gender (masculine or feminine) – collège MASC (school) and maison FEM (house).

*Hint!* Whenever you learn a new noun, remember to learn the gender of this noun too: *un frère* – a brother *une sœur* – a sister

Remember: Make sure that your nouns, adjectives and verbs agree with each other! (See the <u>adjectives</u> section below)

# **Adjectives**

Adjectives describe **nouns** and can refer to condition, colour, emotions etc. Remember to check your **agreement** – adjectives always agree with nouns in gender <u>(masculine or feminine)</u> and **number** <u>(singular and plural)</u> – for example: les chemises vertes.

# **Qualifiers**

Qualifiers explain or further describe adjectives or how an action (verb) occurs. They come **before the adjective** that they describe or **after the verb** that they describe. **Eg:** 

<b>très</b> – very (with <u>adjectives</u> )	<b>beaucoup</b> – a lot (with <u>verbs</u> )	<b>un peu</b> – a bit	<b>assez</b> – quite
trop – too	vraiment – really		

## <u>Verbs</u>

Verbs are doing words and can be found in the dictionary in their **infinitive** form (e.g. **habiter, vendre, finir**). In French, they can end in three ways - **-er**, **-re** and **-ir**.

*Hint!* If you are expressing an opinion, the verb which follows is an infinitive e.g. j'aime jouer au foot.

To make a verb <u>negative</u> – just put 'ne' in front of the conjugated verb followed by 'pas'. You can also add on the following words after the verb instead of using 'pas':

 personne – nobody
 jamais – never
 rien – nothing
 ne...plus = not anymore

 Opinions
 Opinions:
 A mon avis / Pour ma part / Selon moi – In my opinion...
 J'estime que – I consider that...

 Je pense que / Je crois que / II me semble que / II paraît que – I think / It seems that...

Concernant / En ce qui concerne – Regarding...

0		ass (followed by york infinitives):
<u>Opir</u>	mons you can expre	ess (tonowed by verb infinitives):
J'ado J'aim Je dé	ore – Elove ne – Elike éteste – Ehate	J'aime beaucoup – I really like Je n'aime pas du tout – I really don't like Je préfère – I prefer
Hint! To score	a higher level, justify y	your opinions with <b>parce que + c'est + adjective</b>
	<u>C</u> (	onnectives
Connectives (also known a we use to start new sente	as conjunctions) can b ences_and words that w	e divided into <u>two main categories</u> in French – words that ve use <u>to join sentences</u> :
To start sentences:		To join sentences:
D'abord / Premièrement	– Firstly	et – and
Deuxièmement	<ul> <li>Secondly</li> </ul>	<b>parce que / car</b> – because
Néanmoins	<ul> <li>Nevertheless</li> </ul>	aussi – also or as well
Pourtant / Cependant	<ul> <li>However</li> </ul>	<b>ansi</b> – thus
De plus / En addition	– Moreover	<b>ou (→ ou bien)</b> – or ( <del>→</del> rather)
Donc	<ul> <li>Therefore</li> </ul>	mais – but
D'une part	<ul> <li>On one hand</li> </ul>	puis – then
Par contre	<ul> <li>On the other har</li> </ul>	nd après – afterwards 🛛 🚽 🛑
Étant donné que	<ul> <li>Given that</li> </ul>	avant – before
Puisque	<ul> <li>Then / Since</li> </ul>	quand – when la grammair
Par conséquent	<ul> <li>As a result</li> </ul>	avec – with
	Ti	me phrases
These can be used to ever	ress when or how ofte	n you do a particular activity:
1 Referring to the <b>nast</b>	iess <u>when of now one</u>	
Hier	_	vesterday
Hier soir	_	last night
Le weekend dernier	_	last weekend
La semaine dernière	-	ast week $\mathbf{X} \cdot 7 \cdot 6 \cdot 5 \cdot 7$
Le mois dernier	_	ast month
L'année dernière	_	last vear
Il y a deux / trois jours	s / semaines / mois –	Two / three days / weeks / months ago
2. Referring to the <b>nrese</b>	nt:	. , . ,
Tous les iours		every day
Les weekends	_	at weekends
Chaque	_	every
Une fois / deux fois pa	ir –	once / twice a
3 Referring to the future	<b>-</b> .	·
Demain – tomorrow	<u>.</u>	
Après-demain	_	the day after tomorrow
La semaine prochaine	. –	next week
Pendant les vacances	-	in the holidays
L'année prochaine	-	next year <i>Hint!</i> You need to include your time
4. Referring to <b>frequency</b>	v:	phrases <b><u>next to the verb</u></b> you're using –
Toujours / tout le tem	- 201	always
Normalement	-	normally
Généralment	_	generally
Regulièrement	-	regularly
Souvent	-	often

# The Near Future Tense

The near future tense is used to say something that you are going to do. You should use a future time phrase with this tense.

To form the future tense:

- 1. Take the present tense of the verb 'aller'
- 2.Add the infinitive

I am going you (s) are going he/she is going we are going you (pl) are going they are going aller je vais tu vas il /elle va nous allons vous allez ils/elles vont

## Examples:

I am going to play football
 → Je vais jouer au foot.

2) We are going to watch TV Nous
 → allons regarder la télé.

Glossary of	Linguistic Terms Used in MFL Lessons
Word	Definition
accent	mark/sign on a letter to change the sound that it makes
adjective	a word that describes a noun
adverb	used to give additional information about verbs or adjectives (see <u>qualifier</u> ; ti <u>me phrase</u> )
agreement	when nouns, adjectives and verbs match each other in number and in gender
cognate	a word/part of word that looks, sounds and means the same (or similar) in two languages
conjugation (conjugate)	when a verb infinitive is written in its six different parts (see <u>subject</u> ; <u>verb</u> ; <u>infinitive</u> )
connective	words used to link sentences to each other
feminine	one option for <u>gender</u>
gender	either <u>masculine</u> or <u>feminine</u> (and also <u>neuter</u> in German)
infinitive	basic verb form meaning 'to do' an action, identified by its ending and found in a dictionary (see <u>verb</u> )
masculine	one option for <u>gender</u>
noun	a person, place or thing (including a concept)
number	the quantity of a noun present
plural	when there is more than one of a <u>noun</u> present
qualifier	adverbs used to give more information about adjectives e.g. 'very' (see <u>adverb</u> )
singular	when there is only one of a noun present
subject	person (referring to the six parts of the verb conjugation) doing the action
tense	the time when a verb takes place – past, present or future
time phrase	an adverb which refers specifically to time
verb	an action or 'doing word' (see infinitive; conjugation)

# High-frequency vocabulary

Les mots essentiels	High-frequency words
assez	quite
aussi	also
car	because
comme	as
et	and
mais	but
très	very
un peu	a bit
parce que	because
par exemple	for example
surtout	above all
à quelle heure?	at what time?
quand?	when?
combien?	how much/how many?
combien de temps?	how long?
comment?	how?
où?	where?
qui?	who?
avec qui?	who with?
Expressions de temps	Time sequencers
d'habitude	usually
de temps en temps	from time to time
en ce moment	at the moment
quelquefois	sometimes
souvent	often
tous les jours	every day
une ou deux fois par mois	once or twice a month
Conjonctions	Connectives
après (le dîner)	after (dinner)
avant (de me coucher)	before (I go to bed)
d'abord	first
ensuite	next
puis	then
un peu plus tard	a bit later

# High-frequency vocabulary

Les opinions	Opinions
à mon avis, c'est	in my opinion, it's
je pense que c'est	I think it's
je trouve ça	l find it
amusant	funny
assez bien	quite good
barbant	boring
chouette	excellent
effrayant	frightening
émouvant	moving
ennuyeux	boring
génial	great
intéressant	interesting
nul	rubbish
passionnant	exciting
pratique	practical
stupide	stupid
formidable	great
idiot	stupid
Les prépositions	Prepositions
dans/devant	in/in front of
derrière	behind
entre	between
sous	under(neath)
sur	on
à côté de	next to
à droite de/à gauche de	on the right of/on the left of
en face de	opposite



	Geography: Key Definitions
Human Geography	Human geography is the branch of Geography that deals with the study of people and their communities, cultures, economies and interaction with the environment.
Physical Geography	Physical geography is that branch of Geography which deals with the study of processes and patterns in the <i>natural</i> environment like the atmosphere, oceans, ecosystems.
Long- term	Occurring/ Lasting for a long period of time.
Short- term	Occurring/ Lasting for short period of time.
Economic	Relates to the economy: business, jobs, finance.
Environmental	Relates to the natural world and the general environment: animals, plants etc.
Social	Relates to people: relationships and everyday life.
Impacts	An effect/ influence/ consequence
Responses	A reaction to something that has happened.

**Geography: Map Skills** 



Maps are 2-D drawings of our world from above or a 'bird's eye view'. They help us find our way around and show where different places are in relation to each other (**distance and direction**). Maps can show small or large areas: from room plans to world maps.

	National Trail/Long Distance Route; Recreational Route	Museum	Nature reserve	Garden/arboretum	Public convenience	o W o Spr well: spring	Contours	
S	Bridleway	Recreation/leisure/	National Park boundary	Parking	PO	FB	Ωn_ Πn_ scrub	
oglu	Footpath	Building of historic interest	English Heritage	Telephone	School	Colery Colery	ر بالاید بر بالاید ( سالاله Bracken, heath or Fough grassland	PnW
lb SV	Trunk or main road	Access information	Lin Historic Scotland	2 Information centre	Youth hostel	۰ ۵ Electricity transmission line	ନ ନ ନ ନ Preserved	00 8 000 Sand; sand & shingle
5 2 2 2 2 3 2 3 3 3 3 3 3 3 3 3 3 3 3 3	Motorway	Picnic site	Cadox: Welsh Historic Monuments	ල්පීඩ් Cycle trail	Place of worship		All and a set of the s	Scree
0	Level Crossing	Viewpoint	Castle/fort	Access land	Place of worship with tower	Cliff	朱 余 Coniferous trees	e Explorer <sup>m</sup>
	Railway Station	Camp site	Site of battle	Access land in woodland area	Place of worship with spire, minaret	Bus or coach station	දි දි දි දි	1:25 000 scal





	HISTORY – Year 7
<u>Periods in early to early modern</u> <u>British History</u>	Template for an inference question 1) What can you infer from the source
43 AD — 410 AD = The Romans	about
410 AD — 1066 AD = The Vikings and Anglo Saxons	From the source I can injer that Jinsert what you can tell from the source] Details from the source that tell me this are
1066 AD — 1154 AD = The Normans	[ insert evidence from the source]
1154 AD — 1485 AD = The Middle Ages	
	Template for an explanation question
1485 AD — 1603 AD = The Tudors	2) Can you explain how/why
1603 AD — 1714 AD = The Stuarts	[Use a PEE paragraph]
and Civil War	P = The point you are making.
	E = Evidence — an example of why you are right
Key words:	(historical knowledge, quotations)
Source – a piece of evidence.	E = Explanation — what your evidence actually
AD- stands for Anno Domini which means	means and why it explains the point you are
dates after the birth of Christ	making.
Feudal system- a system of dividing up the land: men received land in return for	Do this X3.
offering to fight for their lord or king.	Make sure you focus on the question and only focus
	on one point per paragrapn.

![](_page_56_Figure_0.jpeg)

![](_page_57_Figure_0.jpeg)

Religious Studies: Key	Definitions		
		<b>Christianity</b>	<u>Islam</u>
the religion based on the person and teachings of Jesus Christ, or its beliefs and practices.	Followers Called	Christians	Muslims
	Name Means	followers of Christ	Arabic, "submission"
The name of the religion followed by Muslims; to surrender to the will of God; peace.		Messiah)	
A widespread Asian religion or philosophy, founded by Siddhartha Gautama in NE India in the 5th century BC.	Date Founded	c. 30 CE	622 CE
A major religious and cultural tradition of South Asia, which developed from Vedic religion. The God of Hinduism is	Place Founded	Palestine	Arabian Peninsula
Brahman.	Original Languages	Aramaic and Greek	Arabic
the monotheistic religion of the Jews,. The foundation of their beliefs derive from the Old Testament and in the teachings and commentaries of the rabbis as found chiefly in the Talmud.	Founders & Early Leaders	Jesus, Peter, Paul	Muhammad

# P.E.

![](_page_59_Picture_1.jpeg)

à		
	COMPONENT OF FITNESS	DEFINITION
M	uscular Endurance	When one or more muscles contract repeatedly when lifting or moving, for a certain length of time.
Во	dy Composition	The amount of body fat compared to muscle in the body.
Μ	uscular Strength	When the body has to exert a force against resistance.
Sp	beed	How fast the body can move from A to B or perform an action until it's complete.
Fle	exibility	The amount/range of movement around a joint.
Re	action Time	The time it takes for the body to respond to a stimulus.
Co	ordination	When a sequence of movements are performed smoothly and

Coordination	When a sequence of movements are performed smoothly and accurately together.
Power	The rate at which work is performed often strength x speed = this
Balance	The ability to maintain your centre of gravity when standing still or moving.
Agility	Being able to change direction whilst keeping the body under control.
Anaerobic	When the body is working at a level that demands the need for more oxygen.

Fitness tests	Example
Strength	Hand Grip Dynamometer test
Speed	30 metre sprint test
Aerobic endurance	20 metre multi-stage fitness test
Flexibility	Sit and reach test
Agility	Illinois Agility Test
Balance	The Standing Stork test
Reaction time	Ruler test

# SMART goal setting

This is used widely in sport, work and leisure to help make people's goals easier to achieve.

S - Specific means knowing exactly what the goal is.

**M** - **Measurable** means that it will be easy to know when a goal has been achieved.

**A** - Achievable. Running an extra 100m in the Cooper's run test after six weeks' training may well be achievable, however, running a marathon after four weeks of running 2 miles probably will not.

**R** – **Realistic**. A goal may well be achievable in theory, but if it is to be achievable in practice it is necessary to have the time and resources to complete it.

**T** - **Time-bound**. Does the goal have an end point? If not, it is easy to put off achieving it indefinitely.

						Year 7 – Performing Arts
rear	7 - Mus	ic				
	È	ie Elements of Music				Keyboard Skills
Pitch	High or lo	ow notes.		Ternary form		Music organised using an ABA structure.
Dynamics	The volu.	me of music.		Harpsichord		Keyboard instrument from the Baroque era.
Tempo	The spee	d of music.		123,12345		Order of fingers for right hand scale on the keyboard.
Rhythm	A patterr	ו made up of different note ו	engths.	Melody		A tune/pattern of single notes.
Pulse	A regula	· beat.		Chord		Two or more notes played at the same time.
Timbre	The qual	ity or character of an instrun	nent's sound.	Triad		A three note chord.
Mood	The feeli.	ng that music evokes.		Extended chor	ġ	A triad with additional notes (often $7^{\mathrm{th}}$ and $9^{\mathrm{th}}$ notes).
Structure	The way	in which music is organised.				
						Instruments of the Orchestra
Sign	Name	<b>Relative Length</b>	In <sup>4</sup> /4 Time	String	Violin, vi	ola, cello, bass, harp.
• •	Semi hreve	Whole note	4 heats	Brass	Trumpet	French horn, trombone, tuba.
. –				Woodwind	Flute, pic	colo, clarinet, oboe, bassoon, saxophone.
-0	Minim	Half note	2 beats	Percussion	Timpani,	snare, drum-kit, cymbals, bass drum.
	Crotchet	Quarter note	1 beat		ass oodwinds	Timpani French horns Trumpets Trombones
<b>4</b>	Quaver	Eighth note	1/2 beat	å ö	rrings	
			0	Peroussi	A	Bases
<b>.</b>	0		0	Harps		
)	A	C E Č E G	B D F			
Ġ	0		0 0		- 7 ₹ ₹	
Α	C	E G G B	D F A	First vi	siloi	econd violins Clarinets Bassoons Violas Cellos Coores

			Year 7 – Performing Arts
Year 7 - N	lusic		
	African Music		Folk Music
Oral tradition	A tradition passed down through generations by word of mouth.	Folk Music	A 'community' focused style of music. Every country and culture has it's own kind of folk music.
Call & response	Soloist followed by a group of musicians playing/singing a fixed response.	Oral tradition	A tradition passed down through generations by word of mouth.
Master Drummer	The leader of an Africa drumming ensemble.	Pentatonic	A five note scale. Folk melodies are often based on
Ensemble	A group of musicians playing together.		
Polyrhythm	More than one different rhythm played at the same time.	British Isles	The British Isles are a group of Islands that consist of Great Britain, Ireland and over six thousand smaller isles.
Slap, tone & bass	Three main hand techniques for djembe drumming.	Simple time	Time signatures/metre that use crotchet beats (e.g. 4/4 and 3/4). These time signatures usually have a '4' as the bottom
Texture	The way in which musical parts are 'layered'.		number.
Monophonic	One single layer of music.	Compound	Time signatures/metre that use quaver beats (e.g. 6/8 and
Homophonic	Melody accompanied by chords or parts moving in harmony.	time	12/8). These time signatures usually have an '8' as the bottom number.
Polyphonic	Two or more different musical lines performed at the same time.	Harmony	More than one different note playing at the same time.
			Impressionism
	BASS W. W. BASS	Impressionist music	An expressive style of music that came about in the 19/20 <sup>th</sup> Centuries. Impressionist music evokes emotions and moods and sometimes uses art as a stimulus.
	SLAP W. WISLAP	Tonality	The key of a piece of music (major/minor/atonal).
	Trone W	5/4 time signature	A time signature whereby each bar should add up to five crotchet beats per bar.
		Sharp	Raising a note by a semitone (#).
		Flat	Lowering a note by a semitone (b).

			Year 8 – Performing Arts
Year 7 - Dra	ama		
Dram	na skills, techniques and themes (T1-4)		
Facial expression	Using your face to communicate meaning to your audience (e.g raising your eyebrows to show surprise).	Status	Indicating clearly through the use of FBVM/levels, the status of your characters (this could be your character's social class
Body language	Using your body to communicate meaning to your audience (e.g Shrugging your shoulders to show that your	Still image	or his/her status in relation to others in your scene). A 'snapshot' that clearly communicates a story. An effective
Voice	Using your voice to communicate meaning to your audience.	Thought Track	When a character addressing the audience directly, breaking the 'fourth wall' and reveals new information about the
Movement	Using movement to communicate meaning to your		story/how he/she is feeling.
	audience (e.g. moving slowly, with confidence and with an	Greek Theatre	Ancient theatre from Greece, 700 BC.
	upright posture to show clearly that your character is a confident King).	Choral speech	A group of actors speaking at the same time.
Gesture	Using gesture to ensure that your character is clearly defined and to ensure the audience knows what vour	Choral movement	A group of actors moving at the same time.
	character means (e.g. using a 'thumbs up' to show that	Tragedy	A style of drama that is based on suffering or sad events.
Pitch	your cnaracter agrees with another). Changing the pitch (high or low) of your voice to	Comedy	A style of drama that is based on funny and light-hearted events and exaggerated characters.
	communicate meaning (e.g. using a high pitch to indicate that your character is scared or a low voice to show that your character is serious or sad).	Greek Chorus	A group of actors performing together in a piece of Greek theatre.
Dare	Changing the sneed with which vou deliver vour lines to	Exaggeration	Making your use of FBVM 'larger than life'.
1	communicate meaning to your audience (e.g. speaking in a	Ensemble	A group of actors performing together.
	rushed, fast pace to indicate that your character is panicked or worried).	Empathy	'Putting yourself in someone else's shoes' and recognising how they might feel in a certain situation.
Projection	Ensuring that your lines can be heard clearly by your audience.	Monologue	A speech delivered by one character in first person perspective, to the audience.
Duologue	A script comprising two characters.	Stimulus	Something that inspires us/gives us ideas in drama
Proxemics	The space between characters which communicates		(music/story/a photograph/a feeling etc).
	meaning and makes it clear to the audience how the characters feel about one another (e.g. characters standing far away from one another and back to back could suggest that thev are angry with one another).	Role on the Wall	A process which helps us understand our characters more fully and how they feel/are perceived by other characters.