



The John of Gaunt School  
A Community Academy

Name

TG

*Year 7*

*Knowledge Organisers*

*Term 3 -2024*

## Year 7 Term 3 Quizzing Homework - Question Bank

Computer Science	Design Technology
<ol style="list-style-type: none"> <li>1. What is Decomposition?</li> <li>2. What is Abstraction?</li> <li>3. What is Pattern Recognition?</li> <li>4. What are the 3 Programming Constructs?</li> <li>5. What is Iteration?</li> <li>6. What is Selection?</li> <li>7. In a flowchart what does the diamond shape represent?</li> <li>8. Every flowchart should have a ..... And .... ?</li> <li>9. What is an algorithm?</li> <li>10. What is a sequence?</li> <li>11. What does SMART stand for</li> <li>12. True or False. Spamming someone repeatedly is a form of cyberbullying? of</li> <li>13. What is a Variable?</li> <li>14. What is Computational Thinking?</li> <li>15. What is a flowchart?</li> <li>16. What is a boolean?</li> <li>17. What is an integer?</li> <li>18. Give some examples of operators?</li> <li>19. A rectangle in a flowchart represents what?</li> <li>20. A rhombus in a flowchart represents what?</li> </ol>	<ol style="list-style-type: none"> <li>1. Name a soft wood</li> <li>2. What does the word Annotation mean?</li> <li>3. Why do we Annotate design drawing work?</li> <li>4. Name a hard wood</li> <li>5. What is a manufactured board?</li> <li>6. Give an example of a method of joining wood</li> <li>7. Name two methods of enhancing a drawing</li> <li>8. What does CAD stand for?</li> <li>9. On 2D design what colour do we use for cutting?</li> <li>10. Name a 3D drawing technique</li> <li>11. What does function mean?</li> <li>12. Why do we Analyse a product?</li> <li>13. What standard size paper is smaller than A4?</li> <li>14. How can we describe a piece of paper's orientation?</li> <li>15. What does Placement involve in graphics?</li> <li>16. What tool can we use to cut wood?</li> <li>17. Name a safety precautions you must take when using a machine</li> <li>18. Give an example of a temporary method of joining wood</li> <li>19. Name a pop-up folding technique</li> <li>20. Name a method for enlarging</li> </ol>

Drama	English
<ol style="list-style-type: none"> <li>1. What two genres did Greek plays fall into?</li> <li>2. What prop did Greek actors use to show which character they were playing?</li> <li>3. What is unison?</li> <li>4. What is canon?</li> <li>5. What are proxemics?</li> <li>6. What is sound-scape?</li> <li>7. What is slow motion?</li> <li>8. What is direct address?</li> <li>9. What is thought-tracking?</li> <li>10. What is role play?</li> </ol> <p>Documentary Drama</p> <ol style="list-style-type: none"> <li>1. What is Documentary Drama?</li> <li>2. What is a style?</li> <li>3. What is an interview?</li> <li>4. What is a reconstruction in drama?</li> <li>5. What is verbatim?</li> <li>6. What is body language?</li> <li>7. What are facial expressions?</li> <li>8. What is gesture?</li> <li>9. What is posture?</li> <li>10. What is eye-contact?</li> </ol>	<ol style="list-style-type: none"> <li>1. William Blake was born in L_____.</li> <li>2. William Blake was a w_____ and an a_____.</li> <li>3. How old was William Blake when he died?</li> <li>4. Name two other famous Romantic poets.</li> <li>5. What is the 'sublime'?</li> <li>6. The Romantics were 'romantic' people and only wrote about love and relationships. True or false?</li> <li>7. The Romantic period was during which centuries?</li> <li>8. Romanticism was a movement that reacted to the previous period of i_____ and s_____ discovery.</li> <li>9. Romantic poets focused on emotions, imagination, creativity and the power of the natural world. True or false?</li> <li>10. Romantics were ONLY a social movement, not a political one. True or false?</li> <li>11. "Marks of w_____, m_____ of woe"</li> <li>12. Where is Mont Blanc and what is it?</li> <li>13. What is juxtaposition?</li> <li>14. Structure is how a piece of writing is organised. True or false?</li> <li>15. A s_____ is a group of lines in a poem (a paragraph in a poem).</li> <li>16. "Far, far above, piercing the i_____ sky, Mont Blanc appears"</li> <li>17. What is free verse?</li> <li>18. Tone is the poet's a_____.</li> <li>19. A rhyming couplet is t__ lines that rhyme, normally of the same length.</li> <li>20. What is imagery?</li> </ol>

## Food

1. Thinking about our recipes – the ‘Maillard Reaction’ refers to which product we made?
2. What does the term ‘short’ mean?
3. What is the top of the cooker called?
4. Name 3 protein alternative foods.
5. What do you use to remove a hot dish from the oven?
6. A dish cloth is used for what?
7. Sugar turning brown refers to what?
8. Draw and label the vegetable cut – chiffonade.
9. Cream belongs to which section of the Eatwell Guide?
10. State 4 ingredients high in calcium.
11. How many portions of fish and seafood should we eat a week?
12. State 2 ways you can add more fruits and vegetables to your diet.
13. Name 2 healthy eating guidelines.
14. What is cross contamination?
15. Name 4 vegetable cuts.
16. Create a main meal that uses ingredients for each section of the Eatwell Guide.
17. Which section of the Eatwell guide should we eat at **least** 5 of?
18. Potatoes, can be found in which section of the Eatwell Guide?
19. Name 3 foods high in fibre.
20. How many glasses of water should we drink each and every day?
21. Name 2 oily fish

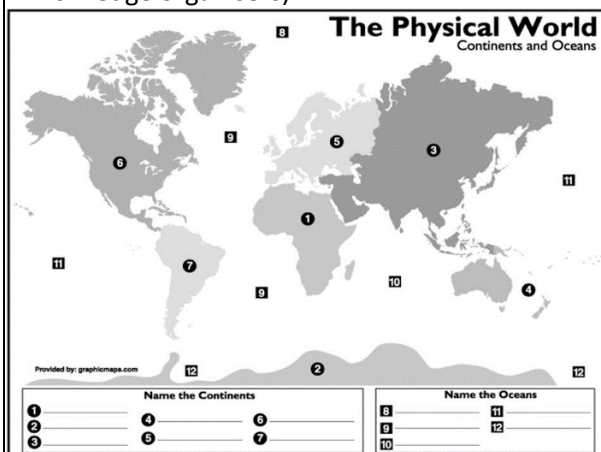
## Geography

Quiz one:

1. What is the capital city of Nigeria?
2. How quickly does it's economy grow?
3. What are the benefits of this economic growth?
4. Name Nigeria's largest city
5. Name the longest river in the world
6. Name the dam built on this river.
7. Name the lake that was created behind this dam
8. Identify 2 benefits of the dam
9. Identify 2 problems of the dam
10. How many people visit Kenya every year?
11. What are the benefits and problems associated with tourism

Quiz two:

Label the 7 continents and the 5 oceans (use previous knowledge organisers)



Quiz 3:



Give four figure grid references for each of the symbols on the grid (refer to term 1) Use the following website to help you:

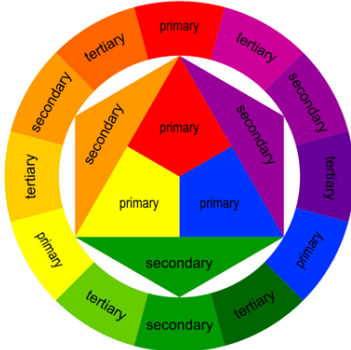
<https://www.bbc.co.uk/bitesize/guides/z6j6fg8/revision/4>

History	History Cont.
<p>1.What is a trebuchet?  Strengthened gateway  Main secure part of castle  Very large catapult  Iron gate which can be raised  Man-made hill to put a castle on</p> <p>2.What is a Palisade?  Iron gate which can be raised  Main secure part of a castle  Living area or space outside the keep  Tall wooden fence</p> <p>3.How many days did knights have to fight for their baron / lord under the <i>feudal system</i>?  10, 20, 30, 40, 50</p> <p>4.Which castle was vulnerable to rotting, fire or having walls and gateways smashed down?  Motte and Bailey  Stone Keep Castle  Curtain Wall  Concentric Castle  Gun-platform castle</p> <p>5.Which castle had extra towers and lower outer wall so that attackers could be killed?  Motte and Bailey  Stone Keep Castle  Curtain Wall  Concentric Castle  Gun-platform castle</p> <p>6.Which castle had extra-thick walls, no windows and was usually below ground-level to protect it from cannons?  Motte and Bailey  Stone Keep Castle  Curtain Wall  Concentric Castle  Gun-platform castle</p> <p>7.What was the 2 main weakness of a square Stone keep castle?  Attack by fire  Undermining/tunnelling under corners  Battering through the walls  Climbing walls using a siege tower or scaling ladder</p> <p>8.What name is given to the land held by a "lord" (This could be a Baron, Bishop or knight)?  Kingdom  Manor  Earldom  Barbican</p> <p>9.How many peasants and villains worked on the land as part of the <i>feudal system</i>?  1, 17, 200, 4,000, 1.5 million</p>	<p>10.How many barons and bishops held land from the king as part of the <i>feudal system</i>?  4,000 barons and 1.5 million bishops  17 barons and 200 bishops  200 barons and 4,000 bishops  200 barons and 17 bishops</p> <p>11.Who was interviewed for the Domesday Book?  All barons, knights and villains  Village elders, priests and stewards (who arranged the village work)  Bishops, priests and peasants  Stewards (who arranged village work), children and the king</p> <p>12.What could William collect the right amount of due to the details in the Domesday book?  Animals, slaves and taxes  Knights (for his army), taxes and rent for manors  Tithes, rent and knights (for his army)  Beef, fish and wine for his palaces</p> <p>13.What year was the Domesday book written?  1066, 1660, 1086</p> <p>14.Which word describes surrounding a castle or a place until the people inside surrender?  Stakeout, Vigil, Siege, Barricade</p> <p>15.Which castles usually followed on from the Stone Keep castles (1100 to 1300)?  Motte and Bailey Castle  Gun-platform Castle  Concentric Castle  Curtain Wall Castle</p> <p>16.What name is given to the man-made hill on which early castles were built (1066-1100)  Bailey, Motte, Keep, Barbican</p> <p>17.What would someone be doing if they swore an oath of fealty?  Insulting you  Promising you loyalty  Swearing at you  Promising to keep a secret</p> <p>18.Which castle was built from 1300-1500, and usually improved upon a Curtain Wall Castle?  Motte and Bailey Castle  Gun-Platform Castle  Stone Keep Castle  Concentric Castle</p> <p>19.Which part of the castle was the most secure?  Bailey, Barbican, Palisade, Keep, Battlements</p> <p>20.What improvement was made to castle walls to prevent them being undermined / tunnelled under?  Made thicker  Made Taller  Extra walls added  Made into a circular shape</p>

Music	PE
<ol style="list-style-type: none"> <li>1. What is the order of the notes on the lines on the treble clef stave?</li> <li>2. What is the order of the notes in the spaces on the treble clef stave?</li> <li>3. How many beats does a semibreve last for?</li> <li>4. How many beats does a minim last for?</li> <li>5. How many beats does a crotchet last for?</li> <li>6. How many beats does a quaver last for?</li> <li>7. What is the name of the person who leads an orchestra?</li> <li>8. What is a chord?</li> <li>9. How many people perform in a solo?</li> <li>10. How many people perform in a duet?</li> <li>11. What is the musical word for the main tune?</li> <li>12. What is the musical word for how the music is organised?</li> <li>13. What is the musical word for how loud or quiet the music is?</li> <li>14. What is the musical word for how fast or slow the music is?</li> <li>15. What is the musical word for the tone of the music?</li> <li>16. What is the musical word for what is performing the piece?</li> <li>17. What is the musical word for how many layers there are in a piece?</li> <li>18. What is the musical word for a combination of pitches and chords?</li> <li>19. What hand do you play the melody with on the keyboard?</li> <li>20. What hand do you play the chords with on the keyboard?</li> </ol>	

Science	Spanish
<p><b>C2 Atoms elements and the periodic table</b></p> <ol style="list-style-type: none"> <li>1. What is an element?</li> <li>2. What group number are the alkali metals on the periodic table?</li> <li>3. What are the rows known as on the periodic table?</li> <li>4. What are the columns known as on the periodic table?</li> <li>5. What group number are the halogens on the periodic table?</li> <li>6. Define a compound</li> <li>7. What do metals conduct?</li> <li>8. What is an atom?</li> <li>9. State the chemical symbol for hydrogen?</li> <li>10. State the chemical symbol for oxygen?</li> </ol> <p><b>B2 Health and the human body</b></p> <ol style="list-style-type: none"> <li>1. State the use of carbohydrates in the body</li> <li>2. State the use of protein in the body</li> <li>3. State the use of fibre in the body</li> <li>4. What types of food are fats found in?</li> <li>5. What is respiration?</li> <li>6. What is gas exchange?</li> <li>7. What food can fibre be found in?</li> <li>8. Which gas is used in respiration?</li> <li>9. Which gas is removed from the body during Gas exchange?</li> <li>10. Define the term balanced diet</li> </ol>	<p>Learn the hobbies verbs on the KO and write what these are in Spanish:</p> <ol style="list-style-type: none"> <li>1. To cook</li> <li>2. To sing</li> <li>3. To read a book</li> <li>4. To watch TV</li> <li>5. To play computer games</li> <li>6. To go to the cinema</li> <li>7. To swim</li> <li>8. To go out with my friends</li> <li>9. To go shopping</li> <li>10. To talk on the phone</li> </ol> <p>Write the English translations for these sentences. Check your answers with your KO. Revise the vocabulary, make up your own sentences</p> <ol style="list-style-type: none"> <li>1. Normalmente me gusta ir de compras con mis padres.</li> <li>2. Después del colegio odio hacer los deberes.</li> <li>3. Me interesa cocinar el fin de semana.</li> <li>4. De vez en cuando me aburre jugar al fútbol.</li> <li>5. Por la tarde prefiero montar en bicicleta.</li> </ol>

## Year 7 Art and Design Knowledge Organiser



**Key words:**  
**Acrylic.**  
**Layers**  
**Opaque/Opacity**  
**Transparent**  
**Saturation**  
**Colour theory**

### ACRYLIC PAINT

#### THE PROS

It's versatile. You can paint on any surface that is oil and wax free.  
 It dries quickly. This allows you to finish your project faster.  
 It's water-soluble. You can wash it off your hands and brushes (while they're still wet) with soap and water with no need for paint thinners. It's less toxic and safer around children and pets. It's more affordable. It's durable. As far as we know, acrylics are flexible and won't crack, peel, or turn yellow.  
It's vibrant. It's water-resistant when dry.

#### THE CONS

Its colour becomes darker when dry, so the colour you paint with isn't necessarily what you'll end up with. It's fast-drying, meaning you need to work quickly. It's hard to remove from brushes, nails or clothing once dried. You should also wear protective clothing. It's considered by some art galleries and collectors as 'not as valuable' when compared with other paint mediums.



## Key Artists to Compare and Analyse:

### Michael Craig Martin

Makes large colourful paintings of 'everyday' things. Inspirational figure and teacher of the young British artists movement in the 1980's



### Extra Vocab.

Colour  
 Scale  
 Everyday  
 Bold

### Audrey flack

American artist making work from photographs and creating realistic looking paintings from everyday objects.



Still life  
 Photorealism  
 Birdseye view  
 Historical

### Shadi Ghadirian

Iranian photographer. Influenced by her experiences as a Muslim woman living in modern Iran.



Metaphor  
 Message  
 Shape  
 Limited-colour

## Key Words - definitions

**Shading** - the darkening or colouring of an illustration or diagram with parallel lines or a block of colour.

**Depth** - The apparent distance from front to back or near to far in an artwork. Techniques of perspective are used to create the illusion of **depth** in paintings or **drawings**.

**3D – three dimensional** - and object having or appearing to have length, breadth, and depth.

**Still life** - a painting or drawing of an arrangement of objects, typically including fruit and flowers and objects contrasting with these in texture, such as bowls and glassware.

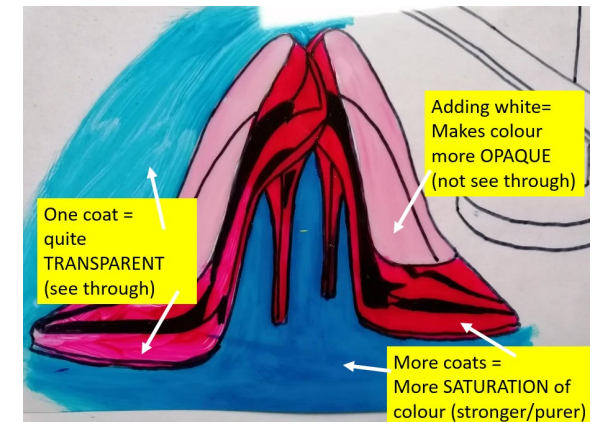
**Shape** - the external form, contours, or outline of someone or something.

**Scale** - If you refer to the **scale** of something, you are referring to its **size**

**Colour** – this refers to the full ranges of colours you may use, colour comes in different shades

**Complimentary colour** - Complementary colours are pairs of colours which are opposite each other on the colour wheel -When placed next to each other, they create the strongest contrast

**Harmonious colours** – are groups of colours that are next to each other on the colour wheel






# Computer Science

## Key content

**Sprites**  
A **sprite** is a character or object in your game or animation.  
In order to give the impression that a character is moving you can change the sprites' **costume**.



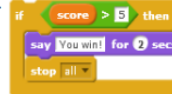
**Scripts**  
The commands in Scratch are split in to the following different sections:  
Motion, Events, Looks, Control, Sound, Sensing, Pen, Operators, Data and More Blocks

**Variables**  
A variable is used to store data for use in your program.

Variables can be used to store lots of different types of data such as names, numbers and scores.

score 0

The data stored in a variable can be changed or "varied" depending on certain conditions within a program.



**What is Scratch?**  
Scratch is a visual **programming language** that allows you to create programs by dragging blocks of scripts.



**Operators**  
Operators are used for **changing** or **comparing** data.  
They can **add**, **subtract**, **multiply** and **divide** data



They can also check if values are **less than**, **greater than**, or **equal** to other values.



**IF Statements**  
IF statements can be used to select different scripts of a program depending on a condition.

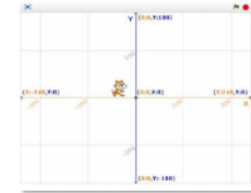
Also known as **selection**.



**Sensing**  
These are colour coded light blue and used to detect different factors of the program.



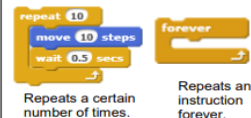
**Stage**  
The stage is the background of the project. Scratch uses co-ordinates to position different elements around the screen.



Different backgrounds can be imported or you can create your own.



**Loops**  
Loops are used as a way of repeating instructions. Also known as **iteration**.



# Problem Solving & Scratch

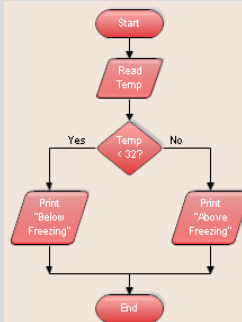
## Key Vocab

Word	Definition
Computational Thinking	The steps you take to find the best solution to a problem
Decomposition	Breaking a problem down into smaller problems and solving each one individually
Abstraction	Picking out the important bits of information from the problem and ignoring the details that don't matter
Pattern Recognition	Finding similarities and patterns to solve a problem more efficiently
Algorithm	A sequence of logical instructions for carrying out a task
Program	Sequences of instructions for a computer
Programming	The process of writing computer software
Sequence	The specific order in which instructions are performed in an algorithm
Selection	A decision in a program. Allows for more than one path through an algorithm (IF & Else)
Iteration	The process of repeating steps (While & For)
Flowcharts	A diagram to represent the solution using given shapes and basics
Variable	A place in memory to store data that can be changed
String	Used to store a combination of characters (letters, number & symbols)
Integer	Used to store whole numbers
Boolean	When the option is true/false, yes/no

## Diagrams:

### Data types

String	Float or Real	Integer	Boolean
Title	Rating	TimesViewed	Favourite
Zombie Attack	9.5	83	True
True Love	8.0	5	True
Mission: Pluto	2.5	1	False



### Flowcharts

- Flowchart symbols:

Symbol	Name
[Start/End symbol]	Start/end
[Arrow symbol]	Arrows
[Input/Output symbol]	Input/Output
[Process symbol]	Process
[Decision symbol]	Decision

## More info can be found here:

Scratch is free to download and can be found at: <https://scratch.mit.edu/>

BBC BiteSize Computational Thinking:

<https://www.bbc.co.uk/bitesize/topics/z7tp34j>

BBC BiteSize Algorithms: <https://www.bbc.co.uk/bitesize/topics/z7d634j>

## DESIGN TECHNOLOGY YEAR 7 MODULE 3 Properties of materials

### PHYSICAL PROPERTIES KEY WORDS

#### Density

This is mass per unit volume, how much matter is contained within a certain space.

#### Fusibility

This is the ability of a material to change into a liquid when heated to its melting point.

#### Electrical conductivity

The ability of a material to conduct electrical current.

#### Thermal conductivity

The ability of a material to conduct heat.

### Testing Materials

The quality of a material going into a manufactured product is as important as the **reliability of the production process**. Materials testing helps us to understand and quantify whether a specific material is suitable for a particular application.

Materials testing is a well-established technique used to determine the physical and mechanical properties of raw materials and components from a human hair to steel, composite materials and ceramics.

Impact test is one method of testing materials; this **determines the amount of energy absorbed by a material during fracture**. This absorbed energy is a measure of a given material's toughness. This determines whether the material is brittle or ductile in nature. EG will the material break when dropped or hit.

### Forces

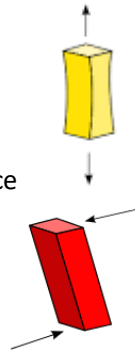
#### Tension

Pulling force

#### Shear

Tearing

force



### Torsion

Twisting force

### Compression

Squeezing force



### Functional requirements

This refers to the function of the finished product and what demands will be made of the material and how it will be used.

### Manufacturing demands

This is about choosing the right materials for the product and how that product could be made using that material.

Eg plastics can be melted and moulded into shape however woods would generally need to be cut and joined.

### Availability of supply

Most materials are available only in **standard forms and sizes**. The forms of materials are usually the cross-sectional shape of the material. Round, square, sheet, bar and tube.

### Economics

Cost is always an important part of the choice of materials. Cost also has to be considered in how that material can be formed or manufactured.

### MECHANICAL PROPERTIES KEY WORDS

#### Strength

The ability of a material to withstand a force without breaking.

#### Elasticity

The ability of a material to bend and stretch without breaking.

#### Plasticity

The ability of a material to have its shape changed permanently.

#### Malleability

The ability of a material to be changed when a force is applied.

#### Hardness

The ability of a material to resist wear or indentations.

#### Toughness

The ability of a material to withstand sudden impacts.

#### Brittleness

The opposite of toughness.

#### Durability

The ability of a material to stay the same over time without wear or deterioration.

**Extension Task:-** collect images of different products that use different materials and explain the properties required for each product and material?

## Drama

### Key Terminology about Documentary Drama

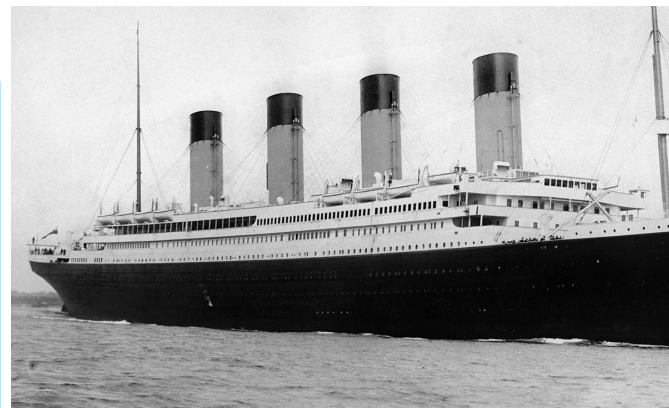
Documentary drama	A style of drama that looks at real events or an issue and presents this to the audience using evidence. Lack of knowledge is filled in with educated guesses.
Interview	Asking someone questions to gain information.
Reconstruction	Dramatizing an event that had already happened.
Verbatim	Using the exact words a person said
Style	How the drama is being presented on stage

A good example of Documentary Drama is the film 'Titanic' (1997). It is about the ship the 'Titanic' and how it sank in 1912 (110 years ago!) Although the characters have been made up, the events were real!

If you want to develop your skill in posture, gesture and voice in performance type 'Oak National Academy' into Google. Click KS3, Drama and 'Posture, gesture and voice'.

### Key physical and vocal skills

Word	Definition
Facial expressions	Use of face to communicate
Body language	Use of body to communicate
Gesture	Use of hands to communicate
Posture	The way we hold ourselves
Proxemics	The distance between actors
Pace	Fast/slow
Pitch	High/low
Pause	Stopping for effect
Tone	Emotion
Volume	Loud/quiet



## Documentary Drama

## ENGLISH - ROMANTICISM

### Key Poets of the Romantic Era (QLA R1/ QLA R5):

#### About William Blake:

1. He was born in London
2. He believed in the power of the imagination
3. He was an established artist and writer
4. He died a poor man at the age of 69
5. He was one of a group of poets named The Romantics
6. **Famous Poems:** The Tyger, London, The Chimney Sweeper

#### Other Poets of the Romantic Era:

<b><u>Poet:</u></b> William Wordsworth	<b><u>Famous Poem:</u></b> The Prelude
<b><u>Poet:</u></b> Lord Byron	<b><u>Famous Poem:</u></b> Childe Harold's Pilgrimage
<b><u>Poet:</u></b> Percy Shelley	<b><u>Famous Poem:</u></b> Mont Blanc
<b><u>Poet:</u></b> John Keats	<b><u>Famous Poem:</u></b> To Autumn

### Key Vocabulary, Spellings and Definitions (QLA R1 and R5):

1. **Rhythm** - the beat of a poem.
2. **Rhyme** - similar sounding words especially when these are used at the ends of lines of poetry.
3. **Stanza** - a group of lines in a poem (can be a single line separated from the poem).
4. **Structure** - how a poem or piece of writing is 'built'; how each stanza links and how endings link to beginnings, in what order and at what point.
5. **Free verse** - poem that does not rhyme or have a regular rhythm.
6. **Rhyming couplet** - a rhyming pair of two lines, usually of the same length that rhyme.
7. **Tone** - the poet's attitude towards a character, place, object, theme, idea.
8. **Juxtaposition** - when the poet places a person, concept, place, idea or theme parallel (next to or near) to another. It shows a contrast.
9. **Imagery** - words placed together that create a picture in the reader's imagination.
10. **Sublime** - The idea that nature is both beautiful and terrifying.

### Key Context (QLA R5):

#### THE ROMANTIC MOVEMENT:

1. Romanticism was a movement of the 18<sup>th</sup> and 19<sup>th</sup> century that reacted to the previous period of industrialism and scientific discovery.
2. The Romantics focused on raw emotions, imagination, creativity and the power of the natural world.
3. It was also social and political - it explored the idea of revolution, the world of children, the lives of people marginalised (left out/separated) in society, social class and the monarchy.

### Key Quotations (QLA R2):

**The Chimney Sweeper:** 'A little black thing among the snow,'

**London:** 'Marks of weakness, marks of woe.'

**Mont Blanc:** "Far, far above, piercing the infinite sky, Mont Blanc appears"

**The Prelude:** 'We hiss'd along the polish'd ice.'

**Echoing Green:** "The sun does arise, And make happy the skies"

## Food Preparation yr. 7

### Key content

#### The Eatwell Guide

1. Comprises 5 main food groups.
2. Is suitable for most people over 2 years of age.
3. Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.
4. Shows proportions representative of food eaten over a day or more.

#### 8 tips for healthier eating

These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.

1. Base your meals on starchy carbohydrates.
2. Eat lots of fruit and veg.
3. Eat more fish – including a portion of oily fish.
4. Cut down on saturated fat and sugar.
5. Eat less salt (max. 6g a day for adults).
6. Get active and be a healthy weight.
7. Don't get thirsty.
8. Don't skip breakfast.

### Diagrams:



## Healthy Eating

### Key vocab

Word	Definition
The Eatwell Guide	A healthy eating model showing the types and proportions of foods needed in the diet.
Hydration	The process of replacing water in the body.
Dietary fibre	A type of carbohydrate found in plant foods.
Composite/combi nation food	Food made with ingredients from more than one food group.
Balanced diet	A diet that maintains or improves overall health. A healthy diet provides the body with essential nutrition.
Saturated Fat	A type of fat predominantly comes from animals that contribute to weight gain, heart disease.
5 a day	There are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.

More info can be found here:

<https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/> - Food a Fact of Life

#### Task

Plan a menu for a day that applies the principles of The Eatwell Guide and the 8 tips for healthier eating. Make one of the dishes, complete a sensory evaluation and calculate the energy and nutrients provided using nutritional analysis.



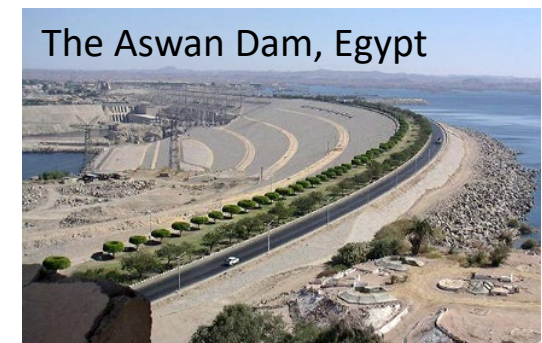
## Geography

- Africa is a vibrant continent made up 54 different countries. These countries are incredibly varied with a unit physical and human environment
- People often view Africa through a negative lens, this could not be further from the truth. We will challenge stereotypes and see the continent for the varied and vibrant group of diverse countries that it is.
- It has a varied physical environment including mountains, savanna and deserts
- Kenya: Tourism brings many benefits to countries such as Kenya who receive 2 million visitors every year. Many jobs are created and this boosts the economy. It also brings many challenges such as seasonal work and can be very poorly paid. Tourism has also damaged the environment with increased pressures on ecosystems. Kenya's capital city is called Nairobi. Kibera is an informal settlement on the edge of Nairobi.
- Egypt: The river Nile flows through Egypt. This river is the longest river in the world. In the 1960's a huge dam, called the Aswan Dam was built across the river. This provides sustainable energy called HEP. It also allows Egyptian farmers to irrigate their fields and grow crops in the desert. The Aswan dam also has it's negative side; tiny snails have been trapped in Lake Nasser (the lake created behind the dam) and these can cause a disease called schistosomiasis and this can make people very sick. When the dam was built many thousands of people were displaced from their homes
- Nigeria: This country is home to Nollywood, the second biggest film industry in the world. This country has the strongest economy in Africa, its economy is growing on average by 3%. People have benefited enormously from this as jobs are created and people are becoming wealthier. The capital city is called Abuja but the biggest city is called Lagos.

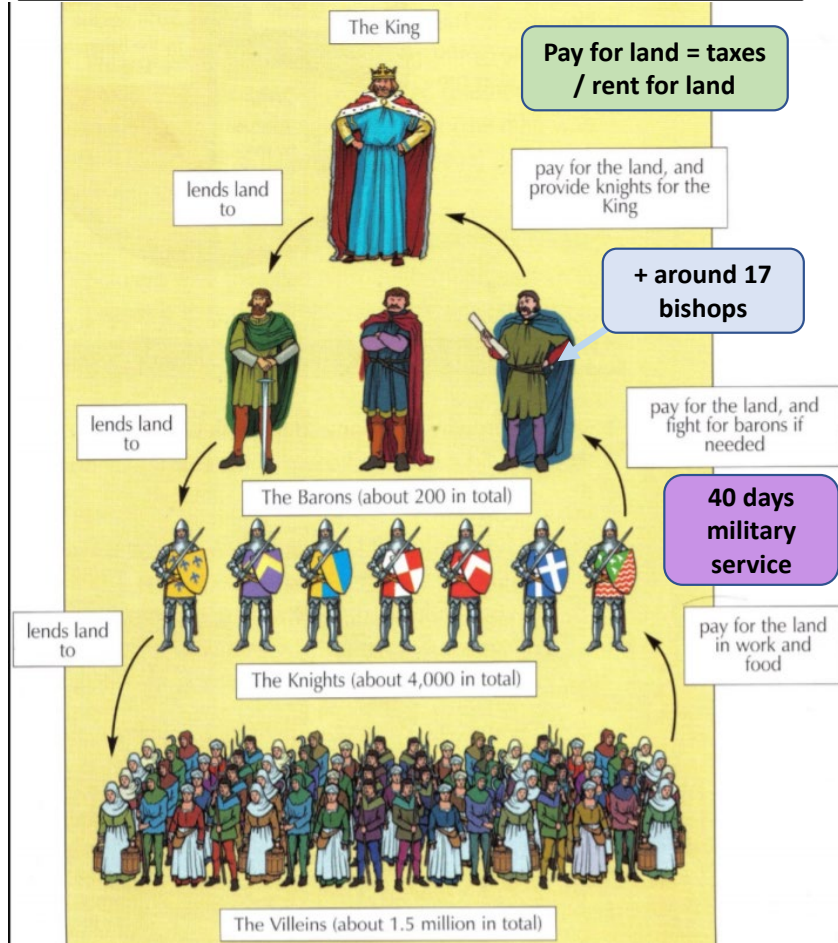
## Key vocab

Word	Definition
Tourism	Tourism is travel for business or pleasure, and the operation of businesses providing these services.
Safari	an expedition to observe or hunt animals in their natural habitat, especially in East Africa.
HEP	Hydro electric power
Seasonal work	Work that is only available for part of the year
Dam	An artificial structure that blocks a rivers natural course
Irrigate	To divert water from rivers onto farmland
economy	This is related to the money, jobs and industry in a country
Informal settlement	These used to be called slums, these are illegal settlements made of improvised housing. They typically have a strong sense of community and a range of job opportunities

## Africa



## The Feudal System (from 1066 – 1660)



**The Domesday Book** – William’s 1086 survey of land and property. Interviewed elders, priests and stewards. Gave William knowledge (so power) and allowed him to collect correct amounts of taxes.

Challenge yourself to learn more about Medieval here:  
<https://www.bbc.co.uk/bitesize/topics/zfphvcw>

## Castles Timeline of 1066

### 1. Motte & Bailey c.1066-c.1100

**WEAKNESS:** Catch fire / rotting / damp / small / wooden palisade & gateway can be climbed or smashed through

### 2. Stone Keep Castles c.1100 – c.1300

**IMPROVEMENTS:** Bigger / stone won’t rot, burn or smash easily, well (water), raised entrance, harder to climb

**WEAKNESS:** Smash door / crack walls by undermining towers / cold / small / no outside space / climb walls using scaling ladders or siege towers

### 3. Curtain Wall Castles c.1100 – c.1300

**IMPROVEMENTS:** Outside space / circular towers can’t be undermined / extra wall to protect / bigger / warmer / extra barbicans (gatehouses) / portcullises

**WEAKNESS:** Smash doors / climb walls using scaling ladders or siege towers

### 4. Concentric Castles c.1300-c.1500

**IMPROVEMENTS:** extra lower walls to kill attackers / extra circular towers / gatehouses / portcullises

**WEAKNESS:** Increasing use of cannons from c.1400

### 5. Gun-platform Castles c.1509-c.1950s

**IMPROVEMENTS:** No windows / thicker walls / circular walls / beneath ground level / platforms for cannons

**WEAKNESS:** Increasing use of cannons and various other powerful explosives up to 1950.

## History – KPI 3: Norman Conquest & Rule

Key term	Definition
Trebuchet	Large catapult
Barbican	Fortified (strengthened gateway)
Motte	Man-made hill to put castle on
Bailey	Living area or space outside a keep
Keep	Main secure part of castle
Siege	Surrounding a castle until it surrenders
Undermine / tunnelling	Dig under a wall or tower to make it collapse and crack
Scaling ladder	Ladder used to climb castle walls
Taxes	Money given to government / king
battlements	Defensive “teeth” designs of walls
Portcullis	Iron gate which can be raised
Palisade	Tall wooden fence
Villein / Peasant	Someone who works the land for their lord (so they can live on it)
Manor	Name given to land held by a lord
Oath of fealty	Swearing a promise of loyalty
Domesday Book	Report from 1086 listing owners of ALL property and land in England (for taxes)
Feudal System	System of “holding land” for person above you – but must be loyal to them.

# Music






# Notation Part I

## Key content

This term we will be learning to read and write traditional musical notation. Notation is just writing music down so players can easily read the **pitch (the actual note)** and **duration (how long it lasts)** of the notes they are supposed to play. The notes are written on 5 lines which we call the **stave**. You will be learning to read music on the stave and also compose (write your own) music on the stave.

## Diagrams:

### The different beat lengths

Note	Name	Beats
	Semi Breve	4 beats
	Minim	2 beats
	Crotchet	1 beat
	Quaver	½ beat
	Semi Quaver	¼ beat

### The order of the notes on the Treble clef stave



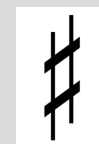
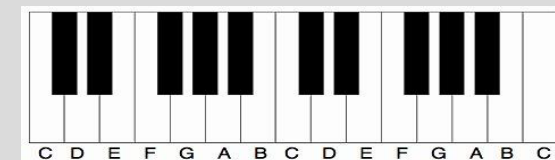
## Key vocab

Word	Definition
Stave	The 5 lines the music is written on
Treble Clef	A symbol that tells you the order of the notes on the stave
Sharp	A symbol that tells you to play ½ a tone up
Flat	A symbol that tells you to play ½ a tone down
Conductor	The person who leads a group of musicians
Semibreve	A note that lasts for 4 beats
Minim	A note that lasts for 2 beats
Crotchet	A note that lasts for 1 beat
Quaver	A note that lasts for ½ beat
Melody	The main tune

## Diagrams:



Treble Clef



Sharp

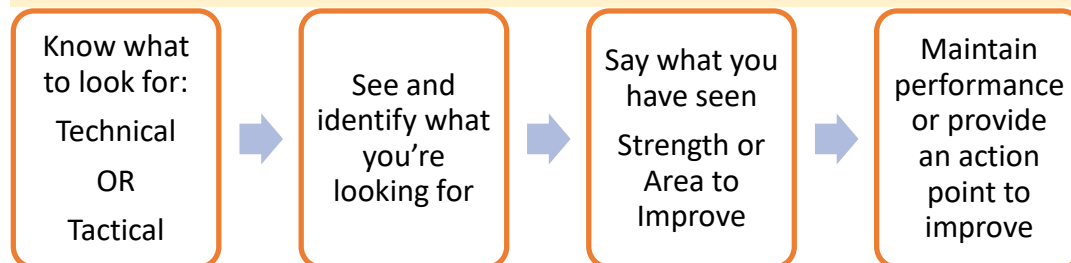


flat



**Key content**

- To know what is required to be a successful team member. This can include positioning, inclusion, encouragement & hard work
- Be able to lead by listening to instructions and relaying them to others.
- Give feedback using the following process:



Key Word / Term	Definition
Position	Where on the pitch / court are you playing
Discipline	To stay within the rules or requirements of a task
Organisation	Having the right equipment, set up and
Communication	How you interact with others through voice, body language and demonstration
Confidence	Displaying yourself well in front of others
Strengths	An identified area of skill performed well by yourself or others
Areas for Improvement	An identified area of skill that needs to be improved in order to achieve success
Feedback	Offering advice or guidance on what is successful or needs to be improved

3. SOCIAL ME			
TEAM WORK			
1. BE ABLE TO CONTRIBUTE TO A TEAM BY BEING POSITIONALLY DISCIPLINED			
LEADERSHIP			
2. BE ABLE TO LEAD AN INDIVIDUAL OR SMALL GROUP IN AN ACTIVITY OR DRILL			
FEEDBACK			
3. BE ABLE TO GIVE FEEDBACK TO YOURSELF AND OTHER INDIVIDUALS ACROSS A RANGE OF ACTIVITIES			

**Islam**

Key word	Definition
Allah	Arabic name for God
Qur'an	Islamic sacred book
Prophet	Messenger of God
Shahadah	Declaration of faith – 'There is no God but Allah, and Muhammed is the messenger of Allah'
Salah	Obligatory Muslim prayers
Zakah	Compulsory giving of 2.5% of ones wealth to charity
Sawm	Fasting from dawn until dusk during Ramadan
Hajj	A compulsory religious journey (pilgrimage) to Mecca that Muslims must take once in their life
Muhammed (pbuh)	Last messenger (prophet) of Allah
Hadith	A collection of traditions containing the sayings of Prophet Muhammed
Mecca	Birth place of Prophet Muhammed and the holiest city in Islam
Ka'aba	A small stone building in the court of the Great Mosque at Mecca. The direction Muslims face during prayer
Mosque	A Muslim place of worship
Islam	The religion of Muslims, submission to the will of God
Muslim	A follower of the religion of Islam, submitter to God
Eid-ul-Adha/Eid-ul-Fitr	The two most significant Muslim festivals. Celebrated at the end of Hajj/Ramadan

Useful websites for extended reading:

<https://www.bbc.com/bitesize/topics/zsdtsbk>  
<http://www.bbc.co.uk/religion/religions/islam/>

**Key Content:**

Islam is the second largest religion in the world, with over 1 billion followers. There are around 2 million Muslims in Britain, which makes up around 2.7% of the population.

The word Islam in Arabic means submission to Gods will, followers of Islam are called Muslims. Muslims believe that there is one true God Allah (the Arabic word for God). Muslims believe that Islam was revealed over 1400 years ago in Mecca through a man called Muhammed.

Muhammed is believed by Muslims to be the last prophet (messenger of Allah) sent by God. Muslims believe that Allah sent prophets to humankind to teach them how to live according to his rules. Jesus, Abraham and Moses are other well-respected prophets.

The Muslim holy book is called the Qur'an, it is written in Arabic and Muslims believe that it is the exact word of Allah. Muslims follow the five basic Pillars of Islam, they are an essential part of Muslim life:

1. Shahadah – declaration of faith
2. Salat – praying five times a day
3. Zakah – giving money to charity
4. Sawm – fasting
5. Hajj – a pilgrimage to Makkah at least once in a lifetime



Muslims worship in a building called a Mosque. On Friday at noon, the most important of the weekly services is held. When Muslims pray they must face Makkah.



## Science

### Key content

#### Key points

- **Atoms** are the building blocks of everything.
- Atoms can form strong bonds with each other, making **molecules**.
- A pure substance made from only one type of atom is called an element. Elements are listed on the periodic table.
- Elements can combine to make compounds.

#### The periodic table

In the modern periodic table:

- The elements are arranged in order of increasing atomic number.
- The horizontal rows are called **periods**.
- The vertical columns are called **groups**.
- Elements in the same group are similar to each other.

1	2	Group numbers										3	4	5	6	7	0																			
																	H																		He	1
Li	Be																		B	C	N	O	F	Ne	2											
Na	Mg																		Al	Si	P	S	Cl	Ar	3											
K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr	4																		
Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe	5																		
Cs	Ba	La	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn	6																		
Fr	Ra	Ac	Rf	Db	Sg	Bh	Hs	Mt	Ds	Rg	Cn	Nh	Fl	Mc	Lv	Ts	Og	7																		
																	Period numbers																			

## C2 Atoms, Elements and The Periodic Table

### Key vocab

Word	Definition
Atom	Building block of everything
Element	Made up of one type of atom and found on the periodic table
Alkali metals	Group 1 of the periodic table
Metal	Conducts electricity and heat
Halogens	Group 7 of the periodic table
Formulae	Using symbols from the periodic table to show the components of a compound
Compound	Made up of more than one type of atom, chemically bonded together

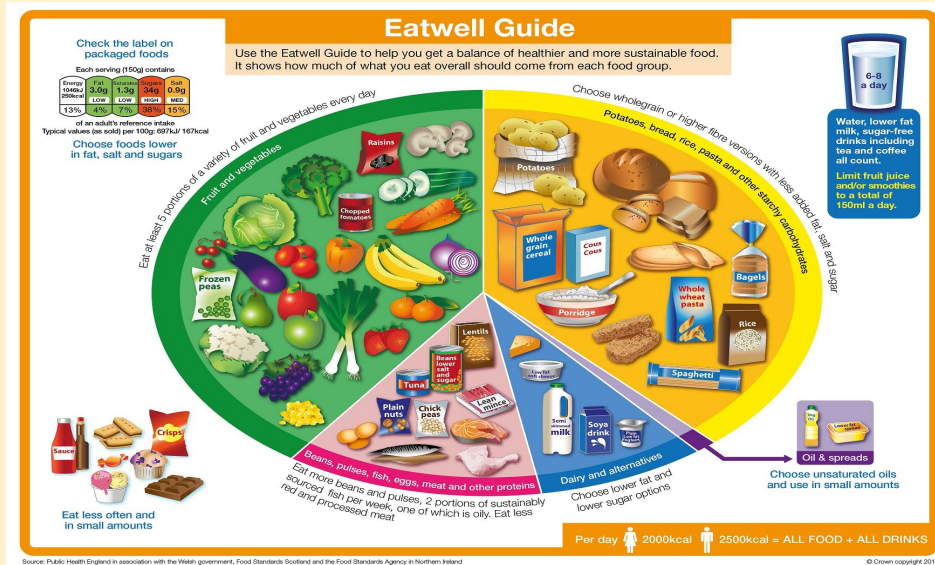
More info can be found here:

<https://www.bbc.co.uk/bitesize/topics/zstp34j/articles/zngddp3>

<https://www.bbc.co.uk/bitesize/topics/zv9nhcw/articles/zf4pp4j>

## Science

### Key content

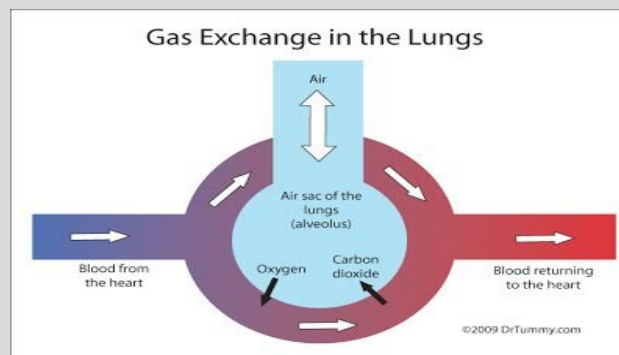


## B2 Health and the human body

### Key vocab

Word	Definition
Balanced diet	A diet containing all the food groups in the correct quantities
Carbohydrates	Used for energy, found in potatoes, pasta rice etc
Lipids	Also known as fats, found in dairy
Proteins	Used for growth and repair, found in meat and eggs
Vitamins	Needed for the body to work efficiently
Fibre	Used by the large intestine, found in bread, bran.
Respiration	Process of making energy by cells
Gas exchange	Happens in the lungs, removal of carbon dioxide and entry of oxygen

### Diagrams:



More info can be found here

<https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zmwvvgdm>



# Year 7

## Term 3: El tiempo libre y los deportes



¿Qué te gusta hacer en tu tiempo libre? (what do you do like to do in your free time?)

<b>En mi tiempo libre</b> (In my free time)	<b>me encanta</b> (I love)	<b>bailar</b> (to dance) <b>mandar mensajes</b> (to send messages) <b>dormir</b> (to sleep) <b>escuchar música</b> (to listen to music) <b>nadar</b> (to swim) <b>ir de compras</b> (to go shopping) <b>cocinar</b> (to cook) <b>hacer deporte</b> (to do sport) <b>leer libros</b> (to read books) <b>sacar fotos</b> (to take pictures) <b>jugar videojuegos</b> (play videogames) <b>jugar al fútbol</b> (to play football) <b>cantar</b> (to sing) <b>ver la tele</b> (watch tv)	<b>con</b> (with)	<b>mis amigos</b> (my friends) <b>mi familia</b> (my family) <b>mis hermanos</b> (my siblings) <b>mi perro</b> (my dog) <b>mi gato</b> (my cat) <b>mi amigo</b> (my friend who is a boy) <b>mi amiga</b> (my friend who is a girl) <b>mi padre</b> (my father) <b>mi madre</b> (my mother)	<b>porque es</b> (because it is)	<b>divertido</b> (amusing/fun) <b>estupendo</b> (brilliant) <b>fenomenal</b> (fantastic) <b>genial</b> (great) <b>guay</b> (cool) <b>tranquilo</b> (calm) <b>interesante</b> (interesting) <b>aburrido</b> (boring) <b>caro</b> (expensive) <b>barato</b> (cheap) <b>sano</b> (healthy) <b>peligroso</b> (dangerous)



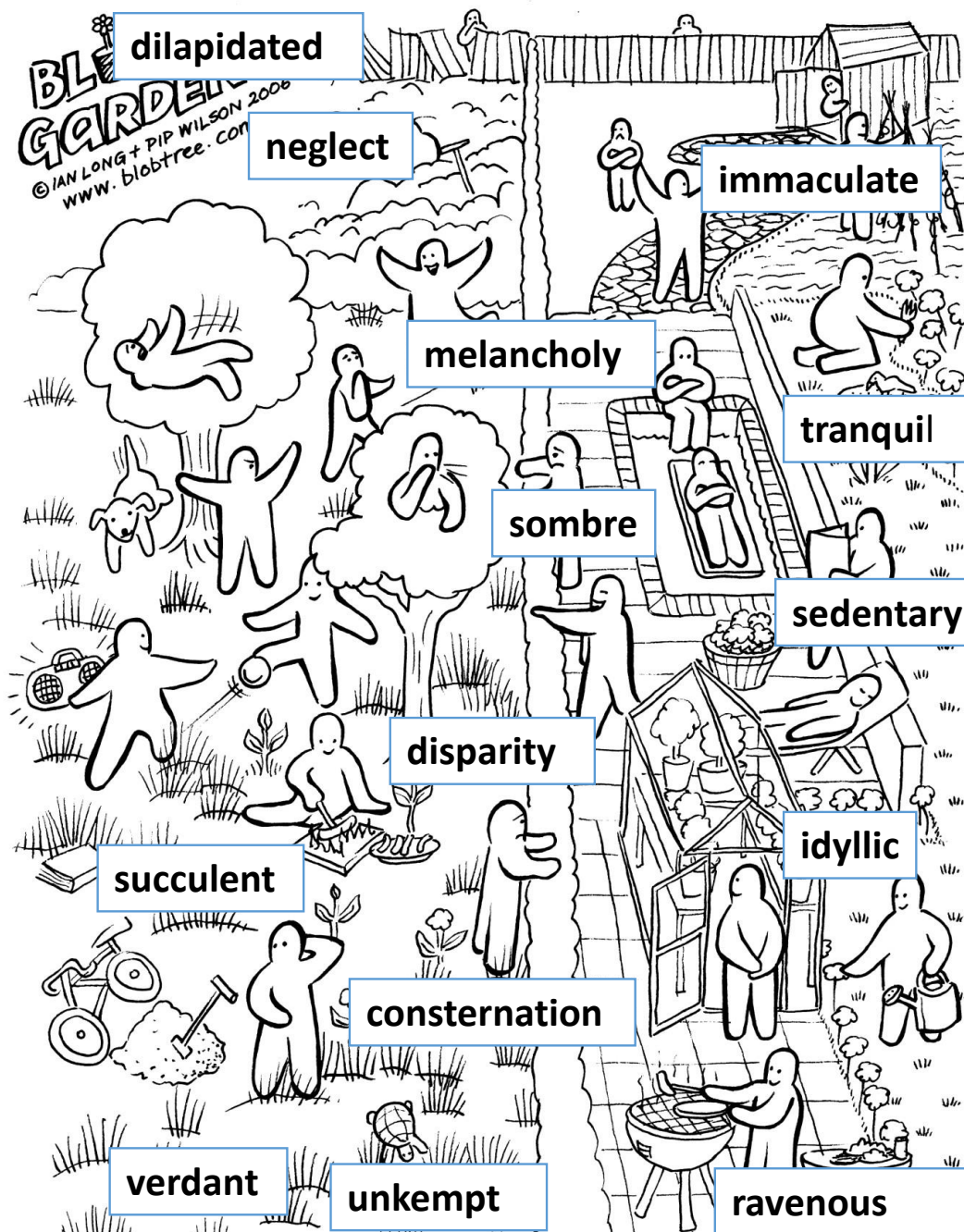
**y** – and  
**pero no** – but I don't  
**también** – also  
**sin embargo** - however

**muy** – a lot  
**bastante** – quite  
**un poco** – a little bit

¿Qué deporte haces/practicas/juegas? (what sport do do/practise/play?)

<b>Todos los días</b> (Every day) <b>De vez en cuando</b> (From time to time) <b>A veces</b> (Sometimes) <b>Los lunes</b> (On Mondays) <b>Siempre</b> (Always) <b>Una vez a la semana</b> (once a week) <b>Cuando tengo tiempo</b> (when I have time) <b>Los días de la semana</b> (on week days) <b>Los fines de semana</b> (on the weekends) <b>Nunca</b> (never)	<b>juego</b> (I play)	<b>al fútbol</b> (football) <b>al baloncesto</b> (basketball) <b>al tenis de mesa</b> (table tennis) <b>al voleibol</b> (volleyball) <b>al ajedrez</b> (chess) <b>a las cartas</b> (card) <b>al rugby</b> (rugby) <b>al tenis</b> (tennis) <b>al hockey</b> (hockey)	<b>porque es</b> (because it is)	<b>divertido/a</b> (amusing/fun) <b>estupendo/a</b> (brilliant) <b>fenomenal</b> (fantastic) <b>genial</b> (great) <b>guay</b> (cool) <b>relajante</b> (relaxing) <b>interesante</b> (interesting) <b>aburrido/a</b> (boring) <b>competitivo/a</b> (competitive) <b>sano/a</b> (healthy) <b>peligroso/a</b> (dangerous) <b>emocionante</b> (exciting) <b>difícil</b> (difficult)
	<b>hago</b> (I do)	<b>el patinaje</b> (skating) <b>la natación</b> (swimming) <b>la equitación</b> (horse riding) <b>el atletismo</b> (athletics) <b>la gimnasia</b> (gymnastics) <b>la vela</b> (sailing) <b>el judo</b> (judo) <b>el esquí</b> (skiing) <b>el ciclismo</b> (cycling) <b>el baile</b> (dancing)		
	<b>practico</b> (I practise)			





Dilapidated = falling apart.

Neglect = not looked after.

Immaculate = kept perfectly.

Melancholy = feeling sad for no obvious reason.

Tranquil = peaceful

Sombre = sad / dull

Sedentary = not much physical movement

Disparity = big difference

Succulent = juicy and tasty

Idyllic = peaceful & picturesque

Consternation = anxiety and unhappiness

Verdant = lush & green

Unkempt = untidy

Ravenous = very hungry

**Dilapidated** and in desperate need of repairing, the panels that made up the back fence on the left were in a state of ruin due to neglect. This failure to look after the fence extended into the rest of the garden, which grew wild and **unkempt**. The lawn's tufts of grass made it look particularly untidy. In contrast, the garden on the right was in excellent condition.

This **immaculate** garden was perfectly neat and tidy, with its well-kept lawn, path and thoughtfully tended to flower beds. Despite the clam and neatness, which created a **tranquil** atmosphere, not all of the blobs were feeling tranquil. Some blobs felt rather **melancholy** and **sombre**. Sad perhaps that they could not help the lonely blob stuck in the tree.

Perhaps the **disparity**, the enormous differences between the two gardens, was the cause of one Blob's **consternation**. He had not expected to see such a difference; he couldn't help thinking that it all looked so **idyllic** and picturesque on the other side of the hedge. What Blob was not considering was that although the other side was immaculate, his side of the fence was verdant. Untidy yes, but it was rich with a green lawn and mature trees and Blob's enjoying football and music. On the other side, Blobs were sitting **sedentarily**.

One thing both sides did share was the **succulent** and juicy sausages being cooked on the BBQs! The blob cooking, could not wait to tuck in as he was extremely hungry, some might even say that he was ravenous!

**LAST PAGE**