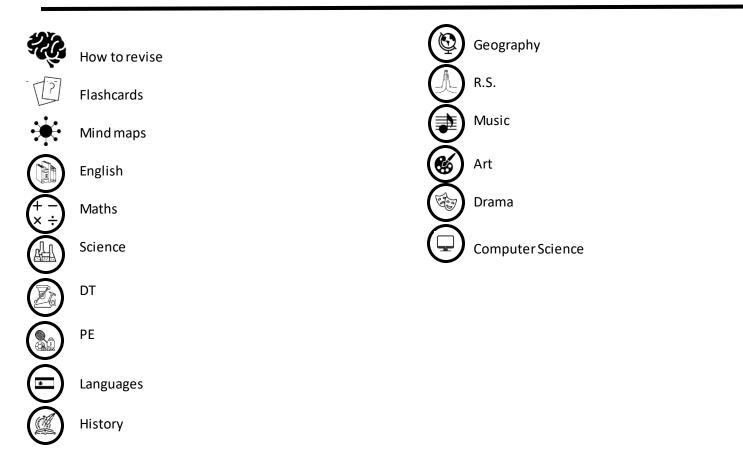
WINTERSTOKE HUNDRED ACADEMY



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1	Term 1 and 2
i	Year 8

Contents



How to revise

Successful Learning Takes Place Over Time

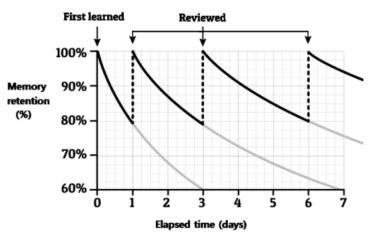


It's rare for anyone to be completely comfortable with something they learn for the first time. This could be a new piece of music, dance move, language or chemistry. We all have to practice. In most instances, the aim is to be at your optimum on the day it matters, e.g. the performance, ra œ or exam. Everything leading up to this point is part of the process of improving. It's about the long-term rather than the short-term, which also means there are no quick fixes. During this period, it's okay to make mistakes; it's okay to feel frustrated. What matters is what you do about it.

Space out your learning on a subject



Spacing out your learning over time is far more effective than last-minute cramming. This is based on research into how we forget and how we remember. The speed at which we forget something will depend on many factors such as the difficulty of the material, how meaningful it was to us, how we learned it and how frequently we relearn or remember it. The last factor tells us that when we learn something for the first time, we need to review it quickly afterwards. The more times we force ourselves to remember something, the longer the gap between reviews, which the diagram below illustrates nicely. The Leitner system and Cornell Notes mentioned earlier provides a wonderful way of a chieving this, but the principle applies to all of the learning strategies mentioned in this booklet



Revision strategies

List It

This is a simple free recall task that is very versatile. It can feel challenging, but this is a good thing, and it provides clear feedback on what you do and don't know. Choose a topic, set yourself a time limit and...



- List as many keywords as you can
- List as many facts as you can
- List as many key events/quotes/individuals as you can
- List as many causes of X as you can
- List as many consequences of Y as you can

Flashcards



Flashcards have the potential to be a powerful learning aid. However, how successful this is will depend on the thought you put into making them in the first place and then how they're used. It's very important to remember that they're for testing, not summarising

Mapping



Mapping is a brilliant way of organising and learning information, demonstrated on various pages in this booklet. It helps you break down complex information, memorise it, and see the connections between different ideas.

Self-testing



Research has shown that every time you bring a memory to mind, you strengthen it. And the more challenging you make this retrieval, the greater the benefit. Self-testing improves the recall of information, transfer of knowledge and making inferences between information. Equally, there are many indirect effects, such as a greater appreciation of what you do and don't know, which helps you plan your next steps.

Flashcards



Flashcards are small sheets of paper or card with matching pieces of information on either side. They are a useful tool for learning facts and allow you to quickly check whether you have remembered something correctly.

When making and using flashcards:

Do: ✓	make flashcards quickly. put a single piece of information of e a ch flashcard.	them.	1861	groynes	osmosis	Where is the pharmacy?
✓	sort your flashcards according to your confidence with them (see below). test yours elf on the flashcards from memory.	X revise the flashcards in the same order every time that you use them.	Pasteur published his paper about germ theory.	A low wall on the coastline which slows longshore drift	Net movement of water from a high concentration to low concentration across a partially permeable membrane	Où est la pharmacie?
		Xonlyread through flash cards.				

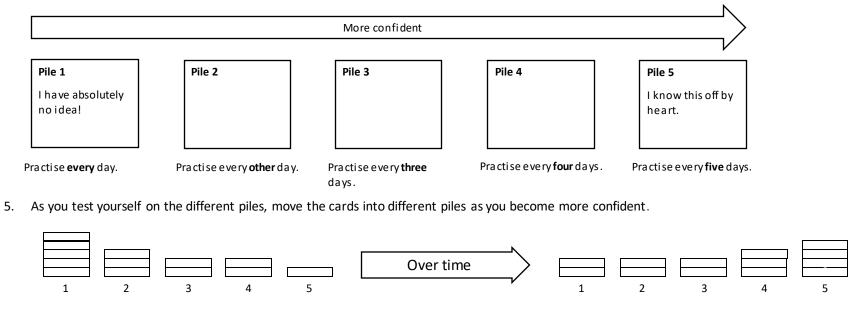
How to make flashcards:

- You can by a set of flashcards or use a free website such as Quizlet.
- Find the information you want to put onto flashcards using your existing revision resources (e.g. a knowledge organiser).
- •Fold a piece of A4 paper into 10.
- •Write the questions on the top half of the paper.
- •Write the answers on the bottom half of the paper.
- •Cut the paper along the dotted lines shown here.
- •Fold the strips of paper so that the writing is on either side.

Answer 1	Definition 1
Answer 2 Answer 3	Definition 2 Definition 3
Answer 4	Definition 4
Answer 5	Definition 5

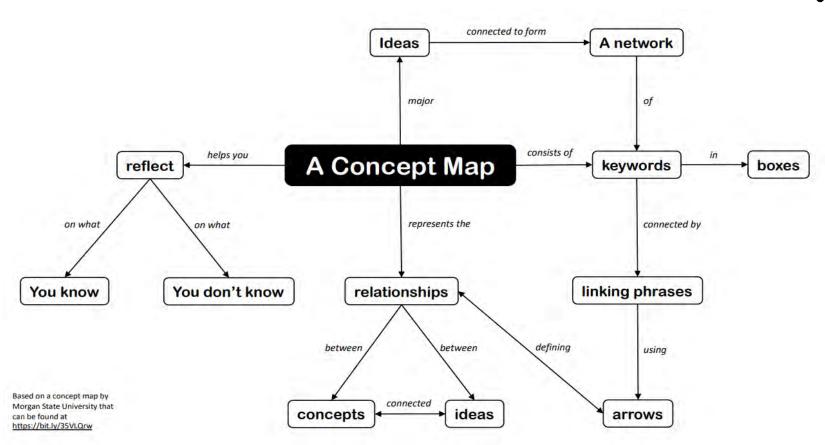
How to use flashcards:

- 1. Test yourself using the flashcards.
- 2. As you test yourself, sort the flashcards into up to five piles according to how confident you are with the content.
- 3. Put the piles into numbered envelopes (1-5).
- 4. Test yourself on the different piles on different days (see below):



Useful resources:

www.quizlet.com – This free website allows you to quickly create flashcards which you can print, use on a computer, or use on your phone.



Mapping



Interpreting & Comparing Data : Bar Charts

1	Number af Males A A A A A A A A A A A A A	SC. Panta Rome
2	On which day did Paula and Rose run the same distance?	Wednesday
3	What is Paula's total distance ran?	6+4+6+8=24
4	On which day did Rose run twice as far as Paula?	Monday
5	What can go wrong with drawing a bar chart?	Plot the wrong heights Join all of the bars together with no gaps

Angles

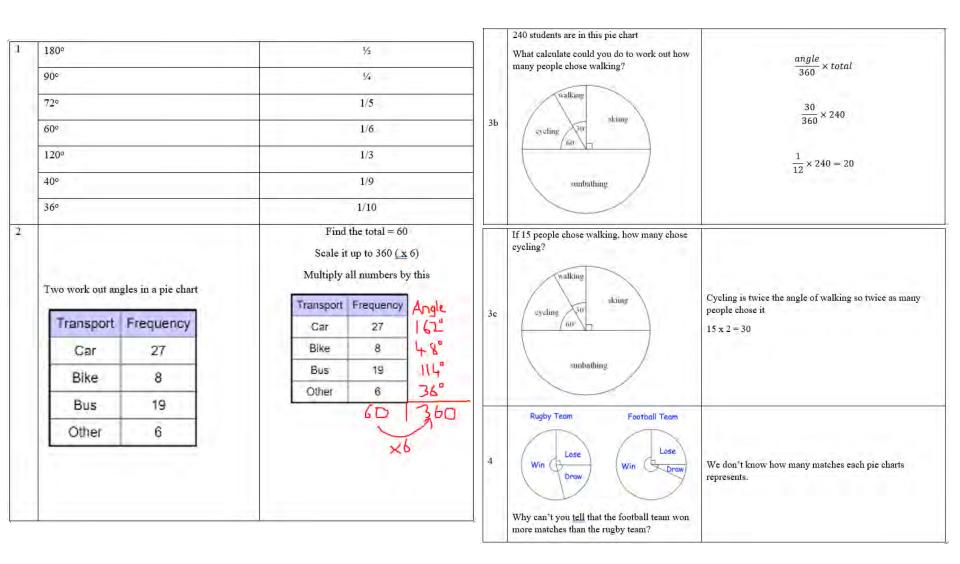
1	An acute angle is	Between 0 and 90°
2	An obtuse angle is	Between 90 and 180°
3	A reflex angle	Between 180 and 360°
4	A right angle is	90°
5	Angle fact: Angles on a straight line sum to	180°
6	Angle fact:	Vertically opposite angles are equal

Interpreting & Comparing Data : Pictograms

ĩ	January	Key: represents 8 books
2	April How many books were sold in February?	8 x 3 = 24
3	How many books were sold in January?	8 x 2 = 16 Half of 8 = 4 16 + 4 = 20
1	Manuky O pinnikey O widnumday O 48 wheels were sold on Monday, Tuesday and Wednesday. Complete the key	48 ÷ 6 = 8 people
5	What can go wrong in pictograms?	Forget the key Use an inappropriate shape for the key that can't be easily equally divided into parts Use the wrong fraction of the shape

Interpreting & Comparing Data : Pie Charts

Maths



Maths

1	To find the mode you	Look for the most common	
1	To find the mode you		
2a	To find the median	Put in order	
		Find the middle number	
2b	To find the position of the median	$\frac{n+1}{2}$ where n is the number of data	
2c	What is there are two middle numbers?	Add them and half it	
2d	Find the <u>median 4</u> 12 5 6 8	Order 4 5 6 8 12 Middle $=$ $\frac{5+1}{2} = 3rd$ Median $= 6$	
2e	Find the median (numbers are in order) 5 6 8 12 21 39	Middle = $\frac{6+1}{2}$ = 3.5th (between 3rd and 4th) Add 8 and 12 and half it $20 \div 2 = 10$	
3a	To calculate the mean	Total ÷ frequency Add the numbers ÷ how many there are	
3b	Calculate the mean of $4 12 5 6 8$	$\frac{4+12+5+6+8}{6} = \frac{35}{5} = 7$	
3c	If the mean is 5 and there are 6 numbers, the total is	6 x 5 = 30	
4a	To find the range	Largest - smallest	
4b	The range shows	Spread/consistency	
5	When the question says compare using averages you need to mention 1. 2.	1. median/mean showing who's taller/faster/better 2. range with comment on spread	
6	Boys Girls Mean = 65 Mean = 89 Range = 10 Range = 20 Write 2 sentences to compare boys and girls test scores	 The means shows that girls got higher scores on average The range shows that girls results were more spread out 	
7	The higher the range the consistent the results The lower the range the consistent the results	The higher the range the <u>less</u> consistent the results The lower the range the <u>more</u> consistent the results	

U	Sca ⁻	tter Graphs		Solving Eq	quations Maths
1a		Positive	1	Solve means	Find the value of the unknown
	the second of th		2	We solve equations by	Isolating the unknown by eliminating and balancing
			3	The answer is called	The solution
				What are the inverse operations of	
1b	What type of correlation is shown? Write a sentence to describe the relationship above	The higher the temperature the higher the number of ice creams sold	4	+ ×	 ÷
2	000 000 000 000 000 000 000 000 000 000 000 000	Negative	5	The order in which we choose to eliminate using inverse operations is	+ - \times - \times - \times
20	What type of correlation is shown? Write a sentence to describe the relationship		6	Solve y + 3 = 9	y + 3 = 9 -3 -3 y = 6
2a	above	The higher the age, the lower the value	7	Solve y - 3 = 9	y - 3 = 9 -3 +3
3	14cyh+ ((a)) 14cyh+	No correlation – there is no relationship between a person's height and their IQ	8	Solve 3y = 9	$y = 12$ $3y \text{ means } 3 \times y$ $3y = 9$ $\frac{3y}{a} = \frac{9}{a} (9 \text{ divided by } 3)$ $y = 3$
	What type of correlation is shown?	Person o norga and and	9	Solve $\frac{y}{3} = 9$	$\frac{\frac{y}{3} \text{ mean y divided by 3}}{\frac{y}{3} = 9}$ x 3 x 3
4					y = 27
	To make estimations from a scatter graph you MUST draw	A straight line of best fit	10	Which inverse operation would you carry out to both sides first? Solve $2x + 9 = 20$	Subtract 9 from both sides Leaving $2x = 11$
5	The line of best fit does not need to pass through	(0,0)	11	Which inverse operation would you carry out to both sides first?	Add 9 to both sides Leaving $2x = 29$
6	200 Calulator 180			$Solve \ 2x \ - \ 9 \ = \ 20$	_
	Calculate 140 140 120 80 80	7 is outside the data set	12	Which inverse operation would you carry out to both sides first? $\underline{Solve \ 20} = \frac{x}{2} - 9$	Add 9 to both sides leaving $20 = \frac{x}{2}$
	Explain why it is not a good idea to use this scatter graph predict the paper 2 score of someone who scores 7 on the non-calculator paper?	We only have data from 20 marks or higher on paper 1	13	Which inverse operation would you carry out to both sides first? $\underline{Solve \ 20} = \frac{x-9}{2}$	The $x - 9$ is grouped $(x - 9)$ Dividing by two needs eliminating first by x2 $Solve \ 20 = \frac{x - 9}{2}$ $x \ 2 \ x \ 2$ Leaving $40 = x - 9$



Sequences

1	Linear sequence (arithmetic sequence) has	A common difference (add, subtract each time)	
2	Geometric sequence	Has a common ratio (multiplied each time)	
3	To find the next term in a Fibonacci sequence	Add the 2 previous terms	
4	Find the next term in this Fibonacci sequence 2 2 4 6	2 2 4 <u>6 10</u> <u>16</u>	
5	The nth term of 3 6 9 12 is	3n	
6	The nth term of -3 -6 -9 -12 is	-3n	
7	The nth term of 5 8 11 14 17 is	3 n + 2	
8	The nth term of 1 4 7 10 13	3n - 2	
9	If the nth term is $5n - 1$, the 20 th term would be	Let n=20 5 x 20 - 1 = 99	
10	What is the term to term rule for this geometric sequence 0.3 3 30 300	Multiply by 10	
11	The first 5 triangular numbers are	1 3 6 10	
12	What would the next triangular number be?	15	

Solving Equations continued

14	If there are unknowns on both sides	Eliminate the smallest unknown using inverse operations
15	What would you eliminate first and how? Solve $3x + 10 = x + 16$	Remove the x from both sides by -x Solve $3x + 10 = x + 16$ -x - x Leaving $2x + 10 = 16$
16	What would you eliminate first and how? Solve $3x + 10 = 16 - x$	Remove the -x from both sides by +x Solve $3x + 10 = 16 - x$ - $+x + x$ Leaving $4x + 10 = 16$
17	Equations with brackets Solve $3(x - 4) = 18$	Expand the bracket Solve by eliminating and balancing 3x - 12 = 18 +12 + 12 3x = 30 x = 10

UH English	Modern Novel	
Context		The Plot
		hapter 1
		hapter 2
		hapter 3
		hapter 4
		hapter 5
		hapter 6
		hapter 7
		hapter 8
		hapter 9
		hapter 10





Modern Novel

	Key Vocabulary 1 🦻
Utopia	an imagined place or state of things in which everything is perfect.
Dystopia	an imagined state or society in which there is great suffering or injustice, typically one that is totalitarian or post-apocalyptic.
Corruption	Dishonest behaviour by those who hold power. They may lie and deceive to get more power.
Propaganda	Information that is meant to make people think a certain way. The information may not be true.
Rebellion	A rebellion is a situation in which people fight against those who are in charge of them.
Communism	A type of government whose aim is to share wealth individual people do not own land, factories, or machinery. Instead, the government owns these things. Everyone is supposed to share the wealth that they create
Oppression	Cruel or unjust treatment by an authority over a less powerful group
Democracy	a system of government by the whole population where leaders are voted for and elected
Totalitarianism	a system of government that has total control over its people
Bias	leaning for or against someone or something, especially in a way considered to be unfair.
Tyranny	cruel and oppressive government or rule.
Fake News	false stories that appear to be news, spread on the internet or using other media, usually created to influence political views or as a joke
Commandments	- a divine rule, a rule that should be obeyed strictly

	Key Vocabulary 2	19
Vulnerable	a person in need of care	
Oppress	to keep someone in hardship	1
Subjugate	to bring under control	*
Coerce	to make someone carry out your commands through persuasion	The second
Dictatorship	a form of government where one pe rson or small group has absolute power	
Hierarchy	an order of importance within society	

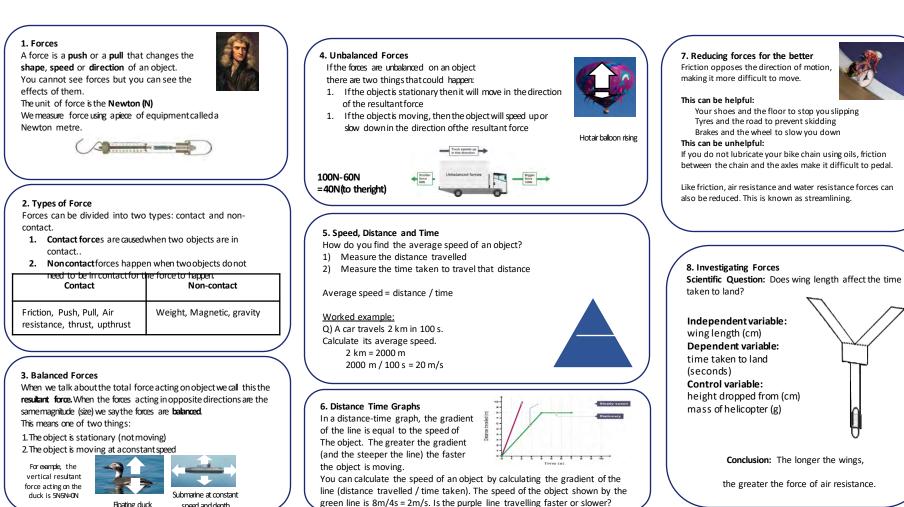


Modern Novel

			Story Structure
		Exposition	-the beginning of a story where the characters and setting are introduced
		Trigger point	-the event that triggers a problem or introduces tension
		Rising action	 a series of events that build tension in a story
	Language Features	Crisis/climax	- the turning point; the most dramatic part of the story
Direct address	When you speak to the audience using pronoun 'you'	Falling action	- after the tension has been released and an explanation takes place to solve a mystery/fill in the gaps
Hyperbole	Exaggerating – going over the top to make a point	Resolution	-the problem is resolved
Pronouns	Used persuasively to include everyone e.g. 'We stand together'	Denouement	- when the events of the story are finished



Block 1 - Forces and motion



Floating duck

speed and depth

IHA Science

1. Chemical Reactions

Atoms are

that:

rearranged in a

The substances

the products

2. Chemical Equations

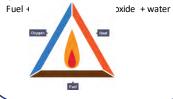
chemical reactio

Block 1 - Chemical reactions

3. Combustion

Combustion is the scientific term for burning. There are 3 things that are needed for a fire: oxygen, fuel and heat. These things form the fire triangle. If you remove anyone of these the fire will not start or go out. Complete combustion

occurs when there is good supply of oxygen. The general equation is:



A **balanced** equation gives more information about a chemical reaction because it includes the symbols and formulae of the substances involved. There are two steps in writing a balanced equation: 1. replace the name of each substance with its symbol or formula 2. Use numbers to ensure the number of each element is equal on both sides. For example: Copper + Oxygen \rightarrow Copper Oxide

include chemical symbols.

- react together are called the reactants

The atoms in a compound are chemically

joined together by strong forces called

bonds. This is why the properties of a

compound are different from the

elements it contains. A word equation shows the names of each substance involved in a reaction, and must not

- are formed in the reaction are called

 $Cu + O_2 \rightarrow CuO$ $Cu + O_2 \rightarrow 2CuO$ $2Cu + O_2 \rightarrow 2CuO$

4. Incomplete combustion

Incomplete combustion is another form of combustion which occurs where there is a lack of oxygen. Water vapour and carbon dioxide are still produced, but two other **products** are also produced: carbon monoxide, CO, a colourless toxic gas and particles of carbon, which appear as soot and smoke, and which cause breathing problems. The general equation is: Fuel \rightarrow carbon monoxide + water + carbon (soot)

5. Oxidation

Combustion is an example of a type of reaction called **oxidation**. In an oxidation reaction, a substance gains oxygen. Metals react with oxygen in the air to produce metal oxides. Metal oxides are bases they react with acids and neutralise them. Some metal oxides dissolve in water to produce alkaline solutions. Non-metals react with oxygen in the air to produce non-metal oxides. Non-metal oxides are acids.

6. Thermal Decomposition

Some compounds break down when heated, forming two or more products from one reactant. This type of reaction is called thermal decomposition. Many metal carbonates can take part in thermal decomposition reactions. Metal carbonates undergo thermal decomposition to produce metal oxides and carbon dioxide. Thermal decomposition is an example of an endothermic reaction. a reaction that gains energy from the surroundings.

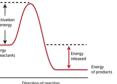
7. Exothermic Reactions

An **exothermic** reaction is one where energy is released to the surroundings shown as a temperature increase of the surroundings.

This means that the reactants produce both heat energy and products in the reaction. The energy level diagram shows the lower energy in the products.

Exothermic Reaction

inergy of reactants



8. Endothermic Reactions

An **endothermic** reaction is one where energy is absorbed from the surroundings shown as a temperature decrease in the surroundings. . This means that the

reactants combined Endothermic Reaction with heat energy produce products in the reaction. The energy level diagram shows the higher energy in the products. Energy

Direction of reaction

Science



Waves - Light and sound

1. Water waves

If you throw a pebble into a pond, ripples spread out from where it went in. These ripples are waves travelling through the water. The waves move with a transverse motion. The undulations (up and down movement) are at 90° to the direction of travel.

For example, if you stand still in the sea, the water rises and falls as the waves move past you.



3. Sound waves

Sound waves are **longitudinal waves** - the vibrations are in the same direction as the direction

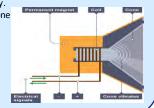
Ń			e

Sound travels fastest in a solid. Particles can pass energy on quickly because they are arranged in a regular pattern and are tightly packed

4. Loudspeakers

Sound waves are produced by all vibrating objects. Loudspeakers work by converting electrical energy into kinetic energy.

This moves the cone which creates the sound waves



6. Microphones

Mobile phones and telephones contain microphones. These devices contain a diaphragm, which does a similar job to an ear drum. The vibrations in air make the diaphragm vibrate, and these vibrations are changed to electrical impulses. In the lab, the electrical impulses can be sent to an oscilloscope, which represents them as a graph on a screen



7. Oscilloscope traces

Amplitude is the height of the wave from its resting position – the greater the amplitude, the louder the sound

Wavelength is the distance between the crests (tops) of two waves

Frequency is the number of waves per second – the higher the frequency, the closer together the waves are and the higher the pitch

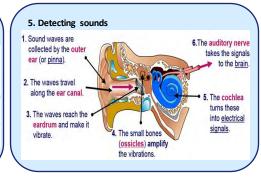


2. Superposition

When two waves meet, they affect each other, this

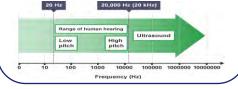
is called **superposition.** If waves meet 'in step' they will add together, increasing the **amplitude.**

If waves meet 'out of step' they subtract, cancelling each other out.



8. Human Hearing range

The frequency of sound waves is measured in hertz, which has the symbol Hz. The bigger the number, the greater the frequency and the higher the pitch of the sound. Human beings can generally hear sounds as low as 20 Hz and as high as 20,000 Hz (20



UH Science

Respiration and Gas exchange

Adaptations of the Alveoli

Alveoli are the small air sacs in the lungs are the site of gas exchange. There have several adaptations that make them suited to their function.

- · Large surface area to allow for maximum gas exchange
- · Walls one cell thick to minimise the diffusion distance. Large blood supply to ensure
- gases are transported quickly. Moist walls to allows gases to dissolve.

Ventilation

Ventilation is the scientific word for breathing. Breathing is a process that takes oxygen into the body and removes carbon dioxide. Breathing in is called inhalation and breathing out is called exhalation.

	Inholing	Exhaling
Diaphragm	Contracts and moves downwards	Relaxes and moves upwords
Intercostal muscles	Contract, moving the ribs upwards and outwards	Relax, letting the ribs move downwards and inwards
Volume of ribcage	Increases.	Decreoses
Pressure inside the chest	Decreases below atmospheric pressure	Increases above atmospheric press
Movement of air	Moves into the lungs	Moves out of the lungs

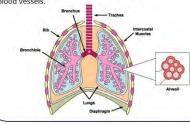
Aerobic Respiration

Respiration is the process of breaking down glucose to make energy. The energy is used to processes such as: growth, repair and movement. This process happens in the mitochondria of cells. Aerobic respiration needs oxygen in order to work. The equation for aerobic respiration is:

Glucose + oxygen → water + carbon dioxide + (energy)

The Respiratory System

The respiratory system consists of the lungs, heart and blood vessels.



Anaerobic Respiration

During intense exercise not enough oxygen can be supplied to our muscles. When this happens our bodies switch over to anaerobic respiration.

The equation for anaerobic respiration is:

Glucose → lactic acid

The lactic acid is later broken down into carbon dioxide and water after the period of intense exercise is over. This process is known as the oxygen debt.

Lactic acid + Oxygen → Carbon Dioxide + water

Respiration and Exercise

When our bodies undergo exercise several changes happen in our bodies. Our breathing rate increases and so does our heart rate.

Breathing rate increases in order to draw more oxygen into our bodies which is needed for respiration. This also removes the carbon dioxide which is being produced quickly through respiration.

Our heart rate increases in order to pump oxygen around the body faster to the muscles. This oxygen is needed for the increase in respiration. The increased heart rate also waste carbon dioxide to be removed from the muscles and taken back the lungs to be exhaled.

Smoking and Respiration

Smoking cigarettes cause damage in the lungs. Over time the alveoli become damaged and change shape. This reduces the surface area of the alveoli and reduces the amount of gas exchange that can take place. This causes symptoms like fatigue and shortness of breath.





Alveolus damaged by pulmonary disease

Asthma and Respiration

Asthma is a condition that affects the bronchioles in the lungs. The bronchioles become inflamed and produce mucus making it harder for air to enter and leave the lungs. This causes shortness of breath and tightness in the chest. Inhalers are used as a treatment for asthma and they cause the bronchioles to widen allowing air flow to return to normal.



Science

Block 1 - Chemical reactions

1. Chemical Reactions Atoms are rearranged in a chemical reaction The substances that:

- react together are called the **reactants** - are formed in the reaction are called

the products

The atoms in a compound are chemically joined together by strong **forces** called **bonds**. This is why the properties of a compound are different from the elements it contains. A **word equation** shows the names of each substance involved in a reaction, and must not include **chemical** symbols.

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A **balanced** equation gives more information about a chemical reaction because it includes the **symbols** and **formulae** of the substances involved. There are two steps in writing a balanced equation: 1. replace the name of each substance with its symbol or formula 2. Use numbers to ensure the number of each element is equal on both sides. For example: Copper + Oxygen \rightarrow Copper Oxide

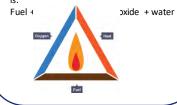
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compusuon

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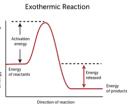
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This means that the reactants produce both heat energy and products in the reaction. The energy level diagram shows the lower energy in the products.



8. Endothermic Reactions

An **endothermic** reaction is one where energy is absorbed from the surroundings shown as a temperature decrease in the surroundings.

This means that the **reactants** combined with **heat energy** produce **products** in the reaction. The **energy level diagram** shows the higher energy in the products.

Endothermic Reaction

Direction of reaction

UH DT	Food Tech	
Health and Safety	Clean surfaces and equipment to kill bacteria.	White - Bakery and dairy
Knife Skills Always carry knives pointing downwards Always pass knives by the handle Never run or fight with knives Keep the knife blade away from your fingers when cutting Never cut towards yourself Never leave a knife in the sink Never try and catch a knife if it falls	When using a knife there TWO techniques we can ensure knife safety when cutting ingredients.	use to
Nutrient	Use in the body	Sources
Carbohydrates	To provide energy.	Potatoes, pasta, bread, rice, lentils, noodles, flour.
Protein	For growth, repair and some energy.	Eggs, milk, yoghurt, cheese, fish and seafood, nuts, seeds, soya, meat.
Fat	To provide energy. Also to store energy in the body and in	sulate it <u>Animal fats</u> : Lard, butter, fish. <u>Plant based</u> : Olive oil, sunflower oil.
	against the cold.	<u>- mart based</u> . Onve on, sufficience on.
Minerals	Needed in small amounts to maintain health e.g. calcium for bone health.	<u>Calcium</u> : Milk, cheese, dairy , green leafy vegetables. <u>Iron</u> : Clams, liver, sunflower seeds, nuts, beef, lamb, beans, whole grains, dark leafy greens.
Minerals Vitamins	Needed in small amounts to maintain health	<u>Calcium</u> : Milk, cheese, dairy , green leafy vegetables. <u>Iron</u> : Clams, liver, sunflower seeds, nuts, beef, lamb, beans,



Food Tech

Common Food Poisoning Pathogens

Pathogen	Sources	Symptoms
E coli	Raw meat, untreated milk and water.	Vomiting, blood in diarrhoea, kidney damage or failure.
Listeria	Soft cheese, pate, unpasteurised milk, under cooked meat.	Mild flu, meningitis and pneumonia.
Clostridium perfringens	Dirt from soil containing animal faeces.	Diarrhoea, stomach cramps.
Salmonella	Raw meat, eggs, seafood, dairy products.	Diarrhoea, vomiting, fever.
Bacillus cereus	Cooked rice, pasta, cereal foods.	Nausea, vomiting, diarrhoea.
Staphylococcus Aureus	Anything touched by hand, dairy products.	Nausea, vomiting, diarrhoea.

Common Food Allergies



A food allergy is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious.

A food intolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them. These include coeliac disease (allergic to gluten) and lactose intolerance (allergic to a type of sugar mainly found in milk and dairy).

Cooking Processes

<u>Radiation</u> Heat from an oven or grill.

<u>Denaturation</u> When the protein in cheese unravels (melting).

> <u>Gelatinisation</u> When starch granules swell.

<u>Coagulation</u> The process when something thickens from a liquid to a solid

Convection

The movement of particles through a substance, moving heat energy from hot areas to cooler areas.

<u>Stock</u> The juice from cooked meats, fish, and vegetables.

Enzymic Browning

A reaction that occurs in some fruit and vegetables when left to react with air.

<u>Gluten</u> The protein particles contained in flour.

Shortening

Rubbing flour and fat together to make a crumbly mixture.

Dextrinisation

A chemical process that turns food brown/black when cooking.



Timbers

Timber comes from trees. Trees have to grow to full maturity (between 25 and 100 years) before they can be cut down for wood. <u>Timber is grouped into three categories; hardwood, softwood and manufactured boards</u>.

Hardwoods

Hardwoods come from deciduous trees, which have large flat leaves that fall in the autumn. Hardwoods take longer to grow, are not easily sourced and are expensive to buy.

A tree has a ring for every year it grows, the darker part of the ring is strong. Hardwoods have closely packed rings because they grow slower. This makes them hard.

Ash, Beech, Mahogany, Oak and Balsa are examples of hardwoods.

Softwoods

Softwoods come from coniferous trees. These often have pines or needles, and they stay evergreen all year round - they do not lose leaves in the autumn. They are faster growing than hardwoods, making them cheaper to buy, and are considered a sustainable material.

A tree has a ring for every year it grows, the darker part of the ring is strong. <u>Softwoods have big growth gaps between</u> the rings making them softer.

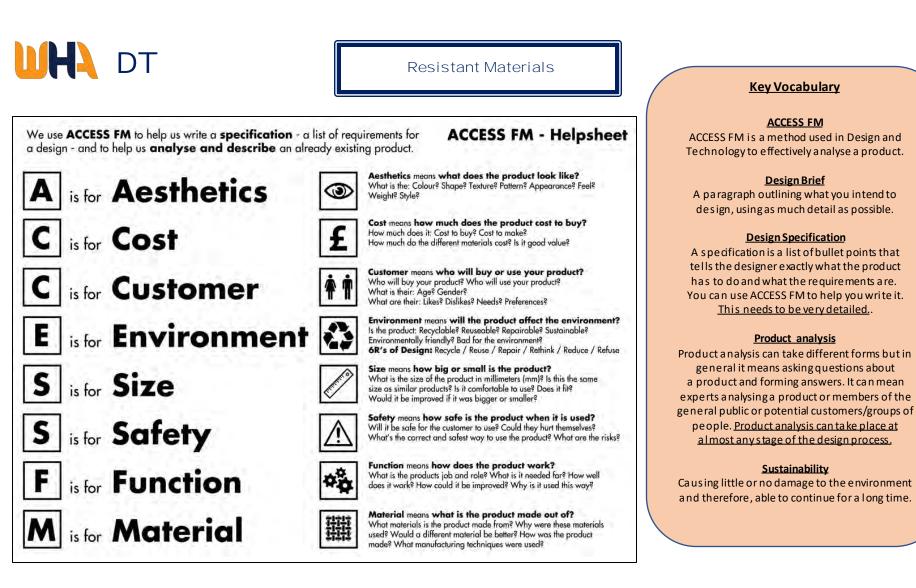
Larch, Pine and Spruce are examples of softwoods.

Manufactured boards Manufactured boards are usually made

from timber waste and adhesive.

To make them more aesthetically pleasing they are often veneered (a thin layer of wood, applied to give a nice surface). They are cheap to buy.

Medium-density fibreboard (MDF), Plywood and Chipboard are examples of manufactured boards.



ТΥ	PES	OF MAT	FRIAL		k (natural, anin perties/Charac	nal based fibre)			1. 10
					① Very absorbent	② Soft	③ Fine	④ Lustr	ous
discourse and an	0	Natural and Manmade, these	e are also divided into sectio	Jins.	S Very goo		(7) Can be damaged	by deodorants a	nd perfumes
Natural Polym These are from		ints and are all biodegrada	able (rot away) and are		resilience	elasticity			
sustainable as	s they will grow	again so are environmenta		Use	d in luxury clo	thing and beddir	ng, rugs and wall hanging	s.	
Plant Cotto		nen) Hemp Jute	Bamboo Soya						
Animal Wool	(sheep) Mohair	(goat) Cashmere Angora (lyester (synth operties/Charac				
Insect Silk (v	worm)				1 Extremely	y 2 Flame	(3) Thermoplastic	4 Poor	absorbency
	Cot	ton is produced from plants.	To be totally environmental	ly	strong	resistant			
1		ndly plant fibres must be			(5) Good	6 Damag	ed ⑦ Resistant to solve	ents and alkalis	
200		ton is produced using pesticid		ie i	elasticity and resilience	d by acids			
1	i inse	ects or diseases is also bad for							1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
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Section and	the	workers ill.	or the environment and mak			ts, uphoistery p	adding and low-cost cloth	ling.	
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DH PE

Anatomy and Physiology



1 Pulse raiser:

Parts of a warm up

Light continuous activity such as slow jogging, is used to increase heart rate and blood flow. Muscles, ligaments and synovial fluid in the joints are warmed, increasing flexibility

2 Stretch: Stretching the main muscle groups and joints increases their elasticity and mobility so that they are less likely to be strained. Dynamic stretching is a form of stretching whilst moving and therefore not holding a stretch e.g. lunges. Static stretching is holding a stretch for 8-10 seconds (before exercise).





3 Mobilisation:

Gently moving the joints through a full range of movement to promote synovial fluid the helps to lubricate the joint e.g. shoulder rotations. Shoulder rotations, open and close the gate, ankle plantar and dorsi flexion.

Effects of exercise

<u>4 Heart rate raises:</u> During exercise the heart rate increases so that sufficient blood is taken to the working muscles to provide them with enough nutrients and oxygen. An

increase in heart rate also allows for waste products to be removed.

5 Blood pressure increases: Your heart starts to pump harder and faster to circulate blood to deliver oxygen to your muscles. As a result, systolic blood pressure rises.

<u>6 Endorphins are released into the</u> blood:

When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine.

Benefits of exercise

7 Physical health and well-being: Improves fitness levels, heart function and efficiency of the body systems e.g. cardio-vascular system. Reduced risk of some illness e.g. diabetes, helps to prevent obesity, enables you to carry out everyday tasks without getting tired.

8 Mental health (emotional) and wellbeing:

Reduces stress, release feel-good hormones in the body such as serotonin, helps us to control our emotions and work productively.

<u>9 Social health and well-being:</u> Provides opportunities to socialise/make friends, encourages cooperation, teamwork and mental resilience.





Structure of a PE lesson:



French

	Quelle est ta matière	What is your favourite	
	préférée?	subject?	
10000 adv	L'anglais	English	
	L'espagnol	Spanish	
	Le français	French	
3	Le théâtre	Drama	
	Le dessin	Art	
\mathbf{x}	Le sport / l'EPS	PE	
	L'informatique	Computer Science	
	L'éducation civique	PSHE	
200 200	L' histoire	History	
	La musique	Music	
X	La technologie	Technology	
9	La géographie	Geography	
وه ج	La religion	RE	
	Les mathématiques	Maths	
Ţ	Les sciences	Science	
	Les sciences humaines	Humanities	
Que pe	<u>enses-tu?</u>	What do you think?	
C'est		Itis	
Ce n'es	st pas	ltisn't	
Créatif		Creative	
Intéres	sant	Interesting	
Pratiqu	le	Practical	
Utile		Useful	
	fortable	(un)comfortable	
Cher		Expensive	
Bon m		Cheap	
Àlam		Fashionable	
Démo	lé	Unfashionable	
Sale		Dirty	
Propre		Clean	
Moche		Ugly	

My life at school! Year 8 French ARE 1 Vocab list

	<u>Comment est ton</u> <u>uniforme?</u>	<u>What is your school</u> <u>uniform like?</u>
	Je porte	l wear
17	Une veste	Blazer
	Un pull	Jumper
	Une chemise	Shirt
T	Un T-shirt	T-shirt
	Un pantalon	Trousers
G	Une cravate	Tie
K	Une jupe	Skirt
*	Des chaussettes	Socks
40	Des chaussures	Shoes
)	Des collants	Tights

Verbes au collège	Verbs at school
Étudier	To study
Écouter	To listen
Bavarder	To chat
Travailler	To work
Passer	To spend
Jouer	To play
Se reposer	To rest
Se relaxer	To relax

<u>Comment est ton prof ?</u>	<u>What is your teacher</u> like?
Gentil (-le)	Kind
Agréable	Pleasant
Ennuyeux (-se)	Boring
Organisé (e)	Organised
Content (e)	Нарру
Difficile	Difficult
Facile	Easy
Amusant (e)	Fun
Coléreux (-se)	Angry
Strict (e)	Strict
Grincheux (-se)	Grumpy
Fort (e)	Strong
Joli (e)	Handsome/pretty
Horrible	Awful
Fascinant(e)	Exciting
Jeune	Young
Mature	Mature
Petit(e)	Small
Grand (e)	Tall
Parfait(e)	Perfect
Rapide	Fast
Riche	Rich
Bruyant(e)	Noisy
Sage	Wise
Sérieux(-se)	Serious
Timide	Shy
Travailleur(-se)	Hard working
Triste	Sad
Âgé(e)	Old

dix

vingt

et quart





My life at school! Year 8 French ARE 1 Vocab list School – Subjects, uniform and time. Sports and other hobbies with opinions + inf. including jouer and faire Weather.

Finir, jouer & vendre are regular verbs which follows the patterns below; which we have seen before. The verb "faire" is irregular but important, especially for this topic with sports.

Pronouns	Finir-tofinish	Jouer – to play	Vendre-to sell	Faire – to do Je fais - I do
je (I)	Je fin <mark>is</mark> – I finish	Je jou <mark>e</mark> – I play	Je vend <mark>s</mark> – I sell	Tu fais – you do Il/elle/on fait – he/she does/we do
tu (you)	Tu fin is – you finish	Tu jou <mark>es</mark> – you play	Tu vend <mark>s</mark> – you sell	Nous faisons –we do Vous faites – you (pl) do Ils/ellesfont – they do
il (he), elle (she), on (we)	il/elle/on fin <mark>it</mark> - He/she/we finishes	il/elle/on jou <mark>e</mark> - He/she/we play	il/elle/on vend– he/she/we sell	Now you should be able to create some of your own questions using the question words below.
nous (we)	Nous fin <mark>issons</mark> – we finish	Nous jou <mark>ons</mark> – we play	Nous vend <mark>ons</mark> – we sell	Quand?-When? Qui?-Who? Où?-Where?
vous (you) (pl. or formal)	Vous fini <mark>ssez</mark> – you finish (pl. or formal)	Vous jou <mark>ez</mark> – you play (pl. or formal)	Vous vend <mark>ez</mark> – you sell (pl. or formal)	Combien? – How many? Qu'est-ce que? What? Comment? – How? Pourguoi? – Why?
ils/elles (they)	ils/ elles fini <mark>ssent</mark> – they finish	ils/ elles jou <mark>ent</mark> – the y play	ils/ellesvend <mark>ent</mark> – theysell	Que?-What? Quel(le)?-Which?

Opinion phrases help to make your work more interesting – have a look at the list on your vocabulary list. Try to use a range of different ones in your work e.g. J'aime (I like)/je pense que (I think that)/ à mon avis (in my opinion).

Time phrases help to make our work more detailed by telling us when things happen have a look at the list on your vocabulary list e.g. Normalement (normally), rarement (rarely), deux fois par semaine (twice a week).

Est-ce que tu Do you like?						Food and Year 8	French	H F	rench
OPINION	NOUN		JUSTIFICATION	INTENSIFIERS	ADJECTIVES	ARE 2 Vo	cab List		
Je préfère I prefer	🗶 le po	in (bread) isson (fish)	parce que c'est because itis	très very	agréable (pleasant)	AU REST		IN THE RESTAUR	
J'adore I love	E le be	mage (cheese) urre (butter) t (milk) té (coffee)		assez quite	délicieux/euse (delicious) fantastique (fantastic)	manger? vous	e que vous voulez Est-ce que je peux	What would yo Can I help you?	u like to eat?
'aime like	🗗 leth 🍸 leco	é (tea) la (coke)		un peu a bit	<pre>savoureux/euse (tasty) sain/e (healthy)</pre>	aider?	ntráo	For the starter	
le n'aime pas I don't like	Ď le ja	c re (sugar) nbon (ham) ocolat chaud		trop too	horrible (horrible) terrible (awful)		olat principal	For the main For dessert	
le déteste hate	🐞 lapo	chocolate) mme (apple) nde (meat)			doux/douce (sweet) aigre (sour)	Comme b Je voudra Manger/	nis	For drinks I would like To eat/ to drink	
À mon avis In my opinion	🗟 la co 🔒 la gla	nfiture (jam) ce (ice-cream)			dégoûtant/e (disgusting) épicé/e (spicy)	Je prends Un serve	 ur/ une serveuse	I'll take (have) A waiter/waitre	620
e pense que	(gree	aricots verts n beans) gumes			salé (salty)	Le pourbo		The bill, please The tip	
	(vege Vege	etables) ites (chips) hips (crisps)			gras/se (fatty) bon/ne pour la santé (good for your health)	C'est com dix vingt vingt et u	10 20		
	les el'oeu	pinards (spinach) f (egg) (water)			mauvais/e pour la santé (bad for your health) REMEMBER TO MAKE THE	trente trente et	30		€
				ANS LE MARCHÉ/ PERMARCHÉ	ADJECTIVES AGREE WITH IN THE MARKET / SUPERMARKET	cinquante soixante soixante-e	60		
Quand est-ce q nanges?	quetu Wh	en do you eat?	Tu Ur	voudrais? paquet de	Would you like? A packet of	soixante-o soixante-o quatre-vir	dix 70 onze 71		A
e petit déjeun	ner Bre	akfast		i litre de I kilo de	A litre of A kilo of	quatre-vir	U		

Le déjeuner Lunch Snack Le goûter Le dîner Evening meal/tea

Half a kilo of

A bottle of

quatre-vingt-dix

cent

deux cents

quatre-vingt-douze

90

92

100 200

Un demi kilo de

Une bouteille de

H Frer	nch		l drink. Year nowledge O		Food, prices and quantities. Ordering food in a restaurant.
The infir When y form wh être, etc Forming Take of	id the present tense in Fren itive bu look up a verb in the dict ich is called the <u>infinitive</u> (re c.). The infinitive ends in –er , the present tense in French the last 2 letters of the infir gendings depending on the	ionary, you find its origina egarder, manger, boire, fi , - ir or –re. 1 nitive (–er, -ir or –re) and	nir, jouer, a voir,	are describin unless there plural. *But be care Adjective	adjectives have to agree with the noun they ng. Normally we add an —e to make it feminine e is already an e and we add an —s to make it eful! : is which end in —f change to —ve feminine is which end in —ux or -ur change to —se in
				Adjective feminine Check out th II est délicie II est sain – e II est savour	s which end in –il change to –ille in the ne examples below: ux – elle est délicieuse
Superlat Le /la pl	- more J - less F ive us – the most .	e a n est plus intéressant d Paul est moins intéressan Je a n est le plus intelligen Marie est la moins sympa	t que Jean		Opinion phrases help to make your work more interesting – have a look at the list on your vocabulary list. Try to use a range of different ones in your work e.g. J'aime (I like)/je pense que (I think that)/ à mon avis (in my opinion).

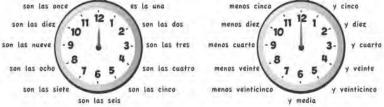
	Words come before the noun	masculine (sing.)	feminine (sing.)	feminine singular (vowel)	mas culine plural	feminine plural
saying ' some '. See the boxto the right.	some	du	de la	de l'	des	des

Spanish

<u>¿Cuál es tu asignatura</u>	What is your favourite		l Vocab list
<u>favorita?</u>	subject?		
El inglés	English	<u>کۆرۈر دۇرۇنى</u> <u>كۆر</u>	e <u>What is your schoo</u>
El español	Spanish	escolar?	uniform like?
El francés	French		
🖻 El teatro	Drama	Llevo	l wear
El dibujo	Art	🐘 Una chaqueta	Blazer
El deporte	PE	📓 Un jersey	Jumper
La informática	Computer Science	Una camisa	Shirt
, La música	Music	Una camiseta	T-shirt
La tecnología	Technology		
📱 🛛 La geografía	Geography	Una corbata	Tie
La historia	History	📓 Una falda	Skirt
La religión	RE	Unos calcetines	Socks
La educación personal y	social PSHE	Unos pantalones	Trousers
Las matemáticas	Maths		Shoes
Las ciencias	Science		
Las humanidades	Humanities) Unas medias	Tights
¿Qúe Piensas?	What do you think?	Verbos en el colegio	Verbs at school
Es	Itis		
No es	ltisn't	Estudiar	To study
Interesante	Interesting	Escuchar	To listen
Práctico	Practical	Charlar	To chat
Útil	Useful		
Fácil	Easy	Trabajar	To work
Difícil Aburrido	Difficult	Pasar	To spend
Emocionante	Boring Exciting		•
(in)cómodo	(un) comfortable	Jugar	To play
Caro	Expensive	Descansar	To rest
Barato	Cheap	Relajar	To relax
De moda	Fashionable		
Pasado de moda		son las once es la una	menos cinco

My life at school! Year 8 Spanish ARE 1 Vocab list

	¿Cómo es tu profe?	What is your teacher
		like?
	Amable	Kind
	Agradable	Pleasant
	Aburrido/a	Boring
	Asqueroso/a	Disgusting
	Cómodo/a	Comfortable
	Contento/a	Нарру
	Difícil	Difficult
	Divertido/a	Fun
	Enfadado/a	Angry
	Estricto /a	Strict
	Feo/a	Ugly
	Fuerte	Strong
	Grande	big
	Guapo/a	Handsome
	Horrible	Awful
	Emocionante	Exciting
	Joven	Young
	Limpio/a	Clean
	Maduro/a	Mature
	Pequeño/a	Small
	Perfecto/a	Perfect
	Rápido/a	Fast
	Rico/a	Rich
	Ruidoso/a	Noisy
	Sabio/a	Wise
	Serio/a	Serious
	Sucio/a	Dirty
	Tímido/a	Shy
	Trabajador/a	Hard working
	Triste	Sad
100	/a	old





My life at school! Year 8 Spanish ARE 1 Knowledge Organiser

School – Subjects, uniform and time Sports and other hobbies with opinions + inf. including, jugar and hacer Weather.

Llevar, vivir & comer a rearegular verbs which follow the pattern below. The verbs "jugar" and "hacer" are irregular but important verbs, especially for this topic on sports.

Pronouns	llevar-to wear	vivir-to live	comer-to eat	Hacer– to do
Yo (I)	Llev <mark>o</mark> –I wear	Vivo-Ilive	Com <mark>o</mark> -leat	Yo hago - I do Tu haces – you do Él/ella hace – he/she does
tú (you)	Llev <mark>as</mark> – you wear	Viv <mark>es</mark> – you live	Com <mark>es</mark> – you eat	Nos otros hacemos –we do Vos otros hacéis – you (pl) do Ellos hacen – they do
el (he), ella (she),	Llev <mark>a</mark> - He/she wears	Vi <mark>ve</mark> - He/s he lives	Com <mark>e</mark> – he/she eats	
nosotros (we)	Llevamos – we wear	Vivimos – we live	Com <mark>emos</mark> – we eat	Jugar-to play Yo juego-I play Tu juegas-you play
vosotros (you) (pl.or formal)	Llev <mark>áis –</mark> you wear(pl. or formal)	Viv <mark>is</mark> – you live (pl. or formal)	Com <mark>éis</mark> – you e a t (pl. or formal)	Él/ella juega – he/she plays Nos otros jugamos –we play Vos otros jugáis – you (pl) play
Ellos/ellas (they)	LLev <mark>an</mark> – they wear	Viv <mark>en</mark> – theylive	Com <mark>en</mark> – theyeat	Ellos/ellas juegan – they play 🌱 🧏

Opinion phrases help to make our work more interesting – have a look at the list on your vocabulary list. Try to use a range of different ones in your work e.g. Me gusta (I like)/Pienso que (I think that)/ En mi opinión (in my opinion).

Time phrases help to make our work more detailed by telling us when things happen have a look at the list on your vocabulary list e.g. Normalemente (normally), raremente (rarely), dos vecesa la semana (twice a week).

¿Te gusta? Do you like?					Food and drink. Year 8 Spanish	DH Spanis
OPINION	NOUN	JUSTIFICATION	INTENSIFIERS	ADJECTIVES	ARE 2 Vocab List	
Prefiero 🏼	el pan (bread)	porque es	muy	sabroso / rico (tasty)		<u> </u>
l prefer		because it is	very	delicioso (delicious)	EN EL RESTAURANTE ¿Qué quieres	IN THE RESTAURANT What do you want to eat?
Me encanta(n		porque son because theyare	bastante guite	sano (healthy)	comer?	···· , ··· · · · · · · · · · ·
	laleche (milk)		1	malsano (unhealthy)		
Me gusta(n)	el café (coffee) el té (tea)		un poco a bit	terrible (awful)	De primer plato De segundo plato	For the starter For the main
No me gusta(n	、 /			asqueroso (disgusting)	De postre	For dessert
No me gusta(n	el azúcar (sugar) el jamón (ham)		demasiado too	picante (spicy)	Quisiera Para mí	I wouldlike Forme
	el chocolate caliente			dulce (sweet)	Para beber	To drink
Odio I hate	(hot chocolate) la manzana (apple)			amargo (bitter)	Para comer Una ración de	To eat A portion of
En mi opinión 🖗	la carne (meat)			salado (salty)	Camarero/a	Waiter/waitress
In my opinion	la mermelada (jam)			grasiento (greasy)	¿Tienes?	Do you have?
, epe	el helado (ice-cream)				La cuenta, por favor	The bill, please
Pienso que				bueno para la salud (good for your health)	¿Cuánto cuesta?	How much?
I think that	las verduras				diez	10
				malo para la salud (bad for your health)	veinte	20
	(0)				veintiuno	21
I A A A A A A A A A A A A A A A A A A A) •			REMEMBER TO MAKE THE	treinta	30
0 4	las papas (crisps)			ADJECTIVES AGREE WITH	treinta y uno	31
0 ~	las espinacas			THE NOUN -o/-a/-os/-as	cuarenta	
	(spinach)				cincuenta	50
Cuándo comes?	When do you eat?		MERCADO /		sesenta	60
desayuno	Breakfast		MERCADO	IN THE MARKET /	setenta	70
comida	Lunch			SUPERMARKET	ochenta	80
merienda	Snack	- 0	ustaría?	Would you like?	noventa	90
cena	Evening meal/tea		quete de	A packet of	cien	
esayunar	To eat breakfast 💉	Stand Un lite		A litre of	dos cientos	200
omer	To eat lunch 🛛 🕥	Un kil		A kilo of	quinientos	500
lerendar	To snack		edio kilo de	Halfa kilo of	Euros	Euros
enar	To eat dinner	Una b	otella de	A bottle of	Libras	Pounds

Food and drink. Year 8 Spanish ARE 2 Knowledge Organiser

Food, prices and quantities. Ordering food in a restaurant.

Verbs and the present tense in Spanish

The infinitive

A / some

When you look up a verb in the dictionary, you find its original, unchanged form which is called the *infinitive* (comer, beber, jugar, visitar, vivir, ir etc.). The infinitive ends in **-ar**, **-er** or **-ir**.

Forming the present tense in Spanish

Take off the last 2 letters of the infinitive (**-ar**, **-er** or **-ir**) and add the following endings depending on the pronoun:

*Important! There are some key irregulars to learn which don't follow this pattern – ir (as shown here), ser, tener and hacer are really important!

<u>Comparisons</u> más - more menos - less			ás deliciosa que enos delicioso q	
Superlative El /la más–the most El /la menos–the lea		il quesoes a carne es l	el más rico l <mark>a menos</mark> sabros	sa
Words come before the noun	Masculine (sing.)	Feminine (sing.)	Masculine plural	feminine plural

una

unos

unas

un

Adjective agreement.

Remember a djectives have to agree with the noun they are describing. Normally we change the –o to an –a to make it feminine unless there is a lready an –a then it stays the same and we add an –s to make it plural. El helado es **delicioso** – La pizza es **deliciosa** El pan es **asqueroso** – La pasta es **asquerosa**

Other rules :

Adjectives which end in – e stay the same when feminine (just add –s to make it plural)

e.g. El café es terrible – La leche es terrible

Adjectives which end in -or change to -ora when feminine

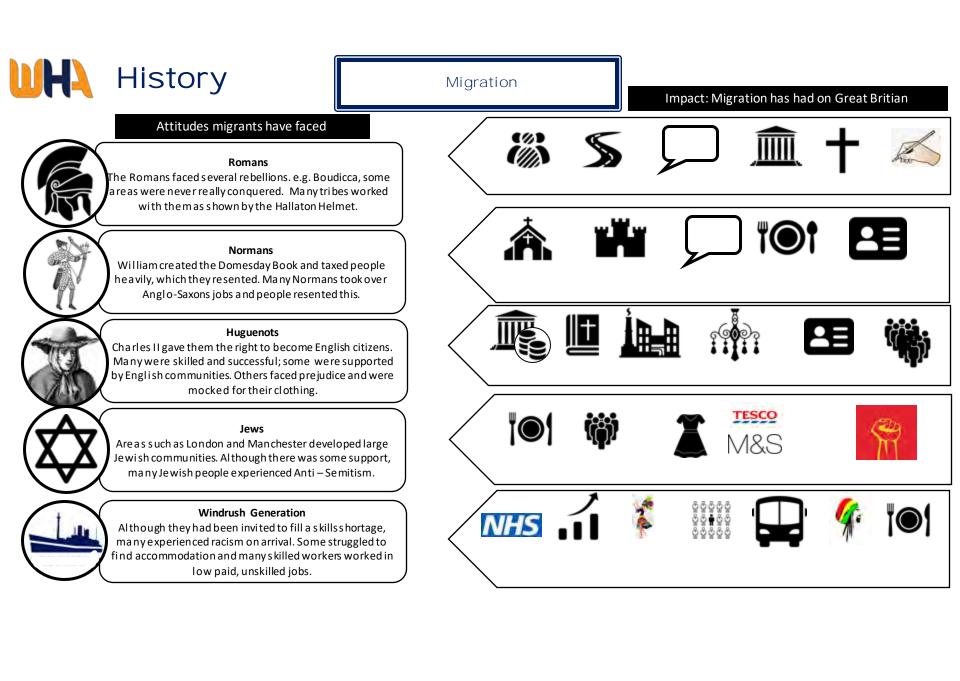
e.g. El deporte es agotador – La natación es agotadora

Adjectives which end in -I (or other consonants) stay the same whe feminine

e.g. El helado es genial-La mantequilla es genial

Opinion phrases help to make your work more interesting – have a look at the list on your voca bulary list. Try to use a range of different ones in your work e.g. Me gusta (I like)/ Pienso que (I think that)/ En mi opinión (in my opinion).

	Migration:	R		Key Words
	have caused people to come to Britain? itudes towards migrants been in Britain?	Migration		nent of a person or people from one country, locality, place of etc., to settle in another; an instance of this.
what have at	itudes towards migrants been in Britain:	Aliens	The official	name given to people from other counties in the Middle Ages.
~	Timeline	Commonwealth		ional association consisting of the UK together with some states that usly part of the British Empire.
		Conquer	overcome a	and take control of (a place or people) by military force
	Algue North	Emigration	leaving one	's own country to settle permanently in another; moving abroad.
- 00 an an an	a da la	Huguenot	French Prot	estants.
	The Middle Ages/Medievel	Racism		r discrimination directed against someone of a different race based on nat one's own race is superior.
Re	asons for migration	Refugee		person who has been forced to cross national boundaries and who rn home safely.
Who?	Why?	Windrush	10000	emigrated from the Caribbean to Britain on the British ship the Empire
	Wandered across the land bridge which linked Britain	_	Windrush ii	1948.
First people 20,000BC.	to Europe.			
20,000BC.	Conquer new land, extend the Empire to obtain more			Key reasons for migration
20,000BC. Roman Empire,	Conquer new land, extend the Empire to obtain more goods and power. They also wanted revenge for British support of Gaul.		Employment	Key reasons for migration
20,000BC. Roman Empire,	Conquer new land, extend the Empire to obtain more goods and power. They also wanted revenge for British		Employment	Work
20,000BC. Roman Empire, 43 – 410 AD Normans, 1066 ench Huguenots,	Conquer new land, extend the Empire to obtain more goods and power. They also wanted revenge for British support of Gaul. William of Normandy invaded declaring he had a claim		2 11 11 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
20,000BC. Roman Empire, 43 – 410 AD Normans,	Conquer new land, extend the Empire to obtain more goods and power. They also wanted revenge for British support of Gaul. William of Normandy invaded declaring he had a claim to the English throne. Persecuted in Catholic France. Many were skilled		Empire	Work When one country rules over other countries , e.g. British Empire Hostility and ill-treatment, especially because of race or political or



	Definition		76.39 76.04 73.45
Development	Positive change over time	TUNISIA SI49K	228 54.74 5 b 63.32 42.51
Development { indicators	A numerical figure that identifies a level of development e.g. Gross National Income	ALGERIA \$9.1K \$61.7K \$3.7K \$61.7K EGYPT	E EXPECTANCY BIRTH:
Human development index - HDI	HDI is a figure between 0-1 that designates the development of country accounting for life expectancy, levels of education and GNI	ALLER CHAD SUDAN STAD STA	- 504 - 605 - 705 - 805 - 805
Gross National S Income - GNI	GNI is the total amount of money earned by a nation's people and businesses		Quick facts:
Birth/death rate	Number of people born or dying per 1000 of population	Social State	Africa is one of the world's seven
nfant mortality	Number of children dying before the age of 5	Trail I I monthermality	continents and contains 54 countrie
ife expectancy	Average age someone is expected to live		Some African economies are the
Literacy rate	Number of people who can read and write		fastest growing in th
Quality of life	The general well being of people, which includes income, health, education employment, happiness and environment	Eko Atlantic in Lagos, Nigeria To defend against the coastal	worldwith Kenya and Rwanda outperforming man countries in terms o
Standard of living	The degree of wealth and owned possessions available to a person or community	erosion and flooding, Lagos is being surrounded by the "Great	% GNI growth. Over 400 million
? Misconceptions	A view or opinion that is incorrect because based on faulty thinking or understanding.	Wall of Lagos", a sea defence barrier made of 100,000 five-ton concrete blocks.	people in Africa live extreme poverty.

Geography

Are Africa's landscapes more than just 'The Lion King'?

Keywords	Definition
Atmospheric circulation	The movement of air around the earth to maintain and balance the temperature.
Biome	An area with similar physical characteristics, climate, plants and animals e.g. rainforest
Climate graph	Climate graphs shows annual precipitation and temperatures typically experienced in a particular location
Tourism	The visiting of place that is not your home for a leisure activities and infrastructure involved in this
Multiplier Effect	Positive overall impact of economic change in a location
Ecotourism	Tourism directed towards unique environments, often threatened, natural environments, intended to support conservation efforts and observe wildlife.

Savanna Characteristics

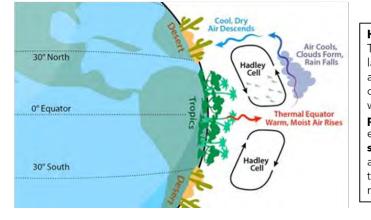
The African Savanna is a tropical grassland making Up **65% of Africa**, **covering 27 of its countries!**



It has warm temperatures year-round with its highest seasonal rainfall in the summer.

It is characterised by **grasses and small**, **dispersed trees** which allow sunlight to reach the ground.

It is found in between the Tropical Rainforest and Hot Desert.



Hadley Cell The Hadley cell is a large-scale

large-scale atmospheric convection cell in which **air rises (low pressure)** at the equator and **sinks(high pressure)** at medium latitudes, typically about 30° north or south.



Botswana is a country in the **south of Africa**, bordering South Africa, Namibia, Zimbabwe, Zambia and Angola.

The tropic of Capricorn goes through the country, meaning the biomes commonly found here are **deserts** and **savannas**. Popular tourist attractions in Botswana include the **Central Kalahari Game Reserve, Salt Pans Okavango Delta.**

Religion and World Views

<u>he Freewill Defence</u>

The

Picture	Key Loncept	Meaning
URDAG OF	Morality	Ways to decide if an action is right or wrong, for example, some people look at the consequence of an action to decide.
7	Natural evil	Suffering that is caused by nature, for example floods and earthquakes.
	Moralevil	Suffering caused by humans, for example bullying and murder.
*	Free will	Being free to make our own moral choices, God does not control our actions.
	Absolutism	What is right stays the same in ALL situations, for example believing that killing someone is always wrong.
	Relativist	What is right changes depending on the situation, for example believing that killing someone to save many others is the right thing to do.

Life is a Test

Some religious people would say that the whole point of life is for God to test us so he can know whether to send us to Heaven or Hell.

Some people believe that everyone can choose to do right and wrong, they follow God or the Devil.

God is in control but he gives the devil permission to tempt people away from him during their lives. The suffering we experience is a test to see if we will continue to follow God when times are hard.

These people think God has picked out just the right amount of suffering for us to go through in our lives. If you suffer a lot, it means God knows you have a strong faith and knows you can handle a difficult test.

The test results come out when the world ends: many people believe there will be a judgement day, the good things you have done will be weighed against the evil things. If there is more good than evil then you will go to Heaven.

The Problem of Evil (This is an important reason for why many people do not believe in God)

If God was all - knowing (omniscient), He would know that we were suffering.

If God was all - powerful (omnipotent), He would be able to stop our suffering.

If God was all -loving (omnibenevolent), He would want to stop our suffering.

We know evil and suffering exist so how can God exist?

Some religious people would say that all evil and suffering is caused by human Freewill.

They believe God created the world it was perfect, people were created, called Adam and Eve and they had free will: they were able to choose to make good or bad decisions. The people made bad decisions and disobeyed God which brought suffering and sin into the world so it was no longer perfect. This is called the Fall.

This is the same with us today - we can choose to greet people with a high five or a slap. What we choose to do will create suffering or happiness in the world. It is up to us to choose to do the right thing to make the world a better place.

God allows people to have **freewill**, and their actions to have consequences, this brings a lot of suffering into the world BUT ... people who have freewill can make real moral choices. If God had created humans like puppets (without free will) they would never be able to choose to do the right thing, it would just be automatic. They would also not be able to choose to love God or love other people.

God lets people have freewill, even though he knows we will cause suffering. But he thinks it is worth it so we can have freewill and real morality.

Some religious people would say that evil and suffering are actually good things because they help us learn and develop. This is the way we can make our souls.

They believe God created the world but it was not perfect. God has deliberately put some challenges and suffering in our world because through learning from suffering we can develop our own morality.

Soul-Making Defence By making mistakes and learning from the consequences we grow and learn not to make that mistake again because it causes suffering and evil to us and others. For example, if you choose not to revise for a test you will be disappointed with your grade, this suffering will help you to revise next time.

These religious believers think that God also **allows** other people to suffer because it gives us an opportunity to help. If we see someone starving, we have an opportunity to learn how to be **compassionate** and share our food. If someone is being bullied we can learn how to have courage to stand up for them. If there was no suffering in the world we would never develop these good qualities.

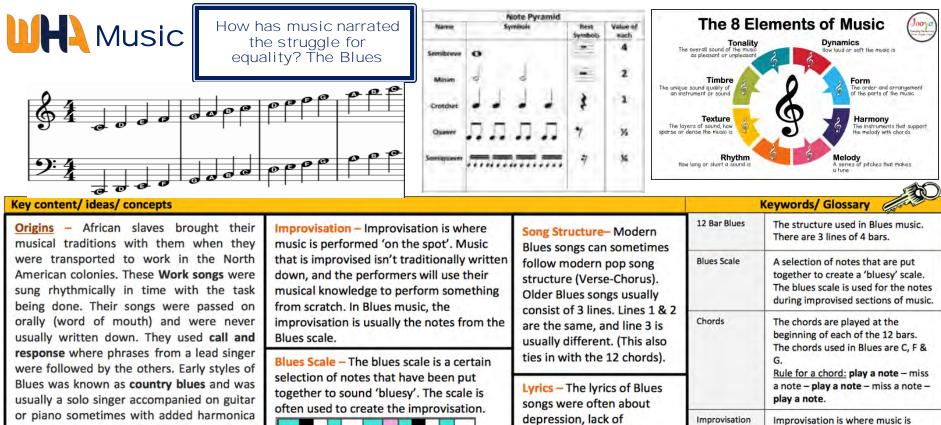
These believers think that is there was no suffering in the world, we would never learn how to do the right thing and become good people.

Religion

Humanists look for answers in scientific evidence and what their own experiences tell them. They rely on science for the answers to questions such as creation, and base their moral and ethical decision-making on reason, empathy and compassion for others.

The Christian faith teaches that after death, individuals will be taken into the presence of God and they will be judged for the deeds they have done or failed to do during their lifetime. Some Christians believe that this judgement will happen when they die.

Abrahamic faiths are religions that trace their story back to the Prophet Abraham



or drums.

12 Bar Blues – The 12 bar blues is the name of the structure used in blues music. It is split in to 3 sections, which have 4 bars each.

Chords – A chord is 3 notes played together at the same time. A chord is also called a triad. Blues music only uses 3 chords which are played at the start of every bar.

C/// C/// C/// C/// F/// F/// C/// C/// G/// F/// C/// C///



Walking Bass – The walking bass is the main part of any Blues song. This is usually played by the bass guitar. The tempo of the bass line should be steady, which is why it is called the "walking" bass.

Walking Bass				
©. ∳#_,,,,				
CEGA	BDAGECEGA BDAGE			
FACD G J / / /	EDDCA CEGA BOAGE			
GBDE	FACD CEGA BOAG			

12 Bar Blues	The structure used in Blues music. There are 3 lines of 4 bars.	
Blues Scale	A selection of notes that are put together to create a 'bluesy' scale. The blues scale is used for the notes during improvised sections of music.	
Chords	The chords are played at the beginning of each of the 12 bars. The chords used in Blues are C, F & G. <u>Rule for a chord: play a note – miss</u>	
	a note – play a note – miss a note – play a note.	
Improvisation	Improvisation is where music is played and made up 'on the spot'. Music that is improvised is not usually written down, and not pre- planned.	
Walking Bass	The name for the bassline heard in Blues music. It is usually played at a "walking" tempo.	
Call and Response	A performed plays/sings a 'call' and the other performers will 'respond'.	
Wider reading http://www.bbc.co.uk/schools/gcsebitesize/ music/popular_music/blues2.shtml		
https://www.misswardmusic.com/blues.html https://www.educationquizzes.com/ks3/mus ic/jazz-improvisation-01/		
	Blues Scale Chords Chords Improvisation Walking Bass Call and Response http://www. music/popul https://www https://www	

Creatures & Characters

Content: In this project you will develop knowledge- of mythological creatures. **Understand**-what inspired artists to create their work and how to write about the work

Develop skills- drawing, shading, painting, using materials to create 3 dimensional shapes and showing the influence of other artists in your own work and presentation **Outcome**- An original creature inspired by one or some of the characters you have studied.

Salvador Dali...

Was one of the leading artists of the Surrealist Art movement. He described his work as hand painted dream photographs.

Y8 Art



Emma Larsson



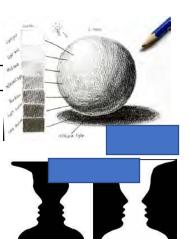
ARTISTS

Paride Bertolin

Buff Monster







POSITIVE SPACE NEGATIVE SPACE

Keywords:

Mythological-something that is fictitious (made up) or imaginary. Often found in mythology and fables.

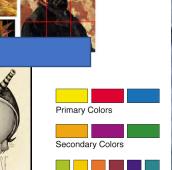
Typography - arranging letters and text in a way that makes the copy legible, clear, and visually appealing to the reader.

Surrealism-is an art style that focuses on imagination and dream like images.

Anthropomorphism- is giving human characteristics to animals or objects

SURREALISM (1910-20s): One of the most famous art movements of the Modernist era, thanks mainly to the indelible workThe Persistence of Memory (1931) by Salvador Dalí, Surrealism is remembered for its production of eye-grabbing images. Leaping off from the Dadaists and the psychoanalytical writings of Sigmund Freud, André Breton, a well-known poet and critic of his time, published "The Surrealist Manifesto" in 1924, in which he declared the group's intention to unite consciousness with unconsciousness so that the realms of dream and fancy could merge with everyday reality in an "absolute reality, a surreality." Although they were best-remembered for the work of their painters—such as Jean Arp, Max Ernst, and André Masson— Surrealists worked with a variety of mediums, including poetry, literature, sculpture, and the then-new medium of film.

Key Artists	Salvador Dali, Jean Arp, Max Ernst, Frida Kahlo and Andre	
	Masson	
Key Artworks	'The Persistence of Memory' (1931) by Salvador Dali. Heart to	
	heart The Two Fridas (detail), painted by Kahlo in 1939.	





Tertiary Colors



Year 8 Drama-Block 5 - Voice

Developing Vocal Skills

Knowledge and understanding of how to use the voice to a chieve a variety of effects, characters and geographical places.

To develop the ability to control their voice in performance and in everyday life

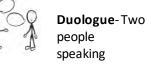
- To empathise with characters different from themselves
- To challenge self-consciousness by stepping out of your comfort zone



Script- Written dialogue



Audience-Spectators





Improvisation-Unscripted work

Pitch	This is how high or low a performer makes their voice when playing different roles. Pitch can show the age, gender and mood of the character.	
Accent	This informs the audience what country you are from e.g. England.	
Diction	This is how clearly you speak using enunciation and pronunciation.	
Volume	This is how loud you speak, this could be from a stage whisper to shouting.	
Emphasis	This is when a performer puts extra focus on a word or words within a sentence to make a point, this can be done by elongating, speaking louder or changing the tone of your voice.	
Intonation	This is varying your voice so that it goes up and done, this help the fluency of your speech and helps the audience stay engaged with your dialogue.	
Projection	This is speaking with strength. Opening your mouth wider creates a bigger projection.	
Dialect	This is similar to speaking with an accent except it is more specific i.e. it tells the audience what region you are from e.g. London.	
Tone	This is showing the mood that your character is feeling e.g. happy, sad, excited, frustrated etc.	
Received Pronunciation	This is when you speak with a posh accent, taking care to enunciate each letter in every word. Performers use the front of their mouths when they are delivering their dialogue to give a nasal sound.	
Cockney	This is speaking with an East End (London) dialect.	
Enunciation	This is how well a performer speaks e.g. good enunciation means sounding out every letter in every word.	
Pronunciation	This is the accent or mood you speak a line of dialogue with e.g. speaking English with a French accent.	
Pace	This is how fast or slow a performer speaks. A character who is tired or bored may speak with a slow pace compared with a happy, excited character who will speak with a fast pace.	





Understanding Computers

Knowledge Organiser: Understanding computers Discover how computers work

Summary

Computers require input hardware, processing hardware and output hardware. The hardware that defines a computer is the CPU and memory. Without these a computer could not function. The CPU and memory work together to run programs.

CPU - executes programs using the fetch-decode-execute cycle.

Memory - stores program operations and data while a program is being executed. There are several types of memory, including: registers, cache, RAM and virtual memory.

Storage - stores programs and files long term, even when they are not in use. Devices such as hard drives, USB memory sticks or SD cards are used to store files such as photos, music and software applications long term.

An **input device** is any piece of computer hardware **used to provide data to a computer system**. Examples include: keyboard, mouse, scanner, digital camera and webcam.

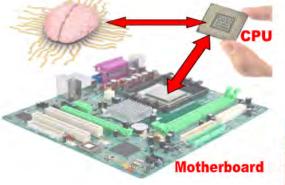
An **output device** is any piece of computer hardware used to communicate the results of data that has been processed.

Central Processing Unit

The **Central Processing Unit** or **CPU** is arguably the most important component of a computer.

You can think of the CPU is being like the brain in a human.

It is responsible for all of a computer's processing.





The Fetch – Decode – Execute cycle cy-

The CPU operates by repeating three operations:

FETCH – causes the next instruction and any data involved to be fetched from main memory DECODE – decodes the instruction to make sure it can be carried out EXECUTE – carries out the instruction Repeat...



Key Vocabulary		
Clock speed	The speed of a computer CPU, measured in hertz.	
Cache	A piece of temporary memory. It can refer to a part of the RAM, storage disk, CPU, or an area for storing web pages.	
СРО	Central Processing Unit - the brains of the computer that processes program instructions. Also called a microprocessor.	
Execute	To run a computer program.	
GHz	Gigahertz. One billion hertz per second = one gi- gahertz. This is a measure of frequency and is used to describe bus speeds and CPU clock speeds.	
Hardware	The physical parts of a computer system, e.g. a graphics card, hard disk drive and CD drive.	
Mother- board	The circuit board inside a computer that houses the CPU, memory and connections to other devices.	
RAM	Memory that is constantly being written to and read from. It does not retain its contents without a constant supply of power, i.e. when a computer is turned off, everything stored in its RAM is lost.	
Registers	The section of high speed memory within the CPU that stores data to be processed.	
Software	Software is the programs that run on a computer	
Virtual memory	A section of a computer storage drive which is temporarily used as RAM.	

Binary Units

Remember the units used in the binary system.

1 byte =	8 bits
1 Kilobyte =	1024 bytes
1 Megabyte =	1024 Kilobytes
1 Gigabyte =	1024 Megabytes
1 Terabyte =	1024 Gigabytes