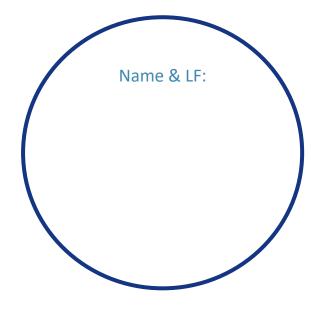
Year 7

Booklet 1 Knowledge Organiser 2022/2023

Independent Study







Cabot Learning Federation

How to do your independent study

For all subjects except Maths, Knowledge Organisers are used for IS tasks. You will have five pieces of I.S due every week, which will be checked by your teacher of the subject due. You can attend IS club at 3pm in the Art Barn to get your IS done or complete it at home.

- 1. Check the IS schedule for the week so that you can see which Knowledge Organisers you need to be learning and what the deadline date is.
- 2. Carefully study the sections of the Knowledge Organiser that you are learning.
- 3. Unless directed otherwise in SIMS or your booklet, write between 10 and 20 self-quizzing questions, a detailed mind-map or flash card style notes using the whole page.
- 4. Write your IS in your IS book. Put the deadline date at the top of the page, so that you can clearly see when the work will be checked.
- 5. On the next page there's some guidance on how to revise using your Knowledge Organisers.

	Contents.
Page Number	
1	Revision Techniques
2	Using Your Knowledge Organiser
3	Maths
4-9	English
10-14	Science
15-20	Computing
21	Drama
22	Art
23	Music
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27-28	Geography
29-31	RE
32-34	French
35-37	Spanish
38	PE
39	Space and Careers
40-41	Hand in Schedule

Contents.

Examples of Good IS:

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	receptors in brain

Monday 112 arbour

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- 3. What three through most up the SEE respects? The three aspects are Saint Economic and Community
- 4. What doe these these three three mean? Social -about Performation and y, Economic -watch may weater in more and the material work and had not aggret t
- 5. What so the dynamical between and other time and a far at anal anal? A urban were in people income writing due together, read areas are upon anone with not many times.
- 6. There are two topolds up goodbeography Physical and human what is the difference batteries theory? Tradifference is Physical loads at natural theops is an ominoment and human loads at People, phases and relatively?
-) the many zone are there in land use in waity? There are 5 zones and they we by block A to ε
- S what we be zone closer to the city wher called? These zone are zone doe cannot busines district withis the anthrop the bus with stops and oppositions and not many pupple fire than, , Zone B the inner ships with used to be particular and format correct toward go these are now chosed and not used.

Revision Techniques

Flash Cards

Great for revising key terms and remembering definitions, dates, facts etc.

Split the page of your I.S textbook into four using a ruler or use flash cards which you can collect from the LRC and keep in your I.S folder.

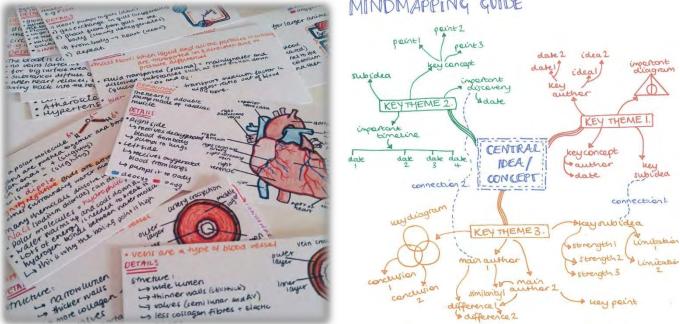
Make brief notes on the information in the knowledge organiser, use colour coding and diagrams where you can to highlight key information.

Mind Map

Great for revising if you are a visual learner, allowing you to select and link key information.

Use a full page to add as much detail as you can to your mind map, starting with a key concept or topic at the centre. Use the knowledge organisers and your own ideas.

You can use colour coding, diagrams and connections to support your learning.



Self-quizzing Questions

Here is a section of a Science Knowledge Organiser. You could test your grasp of this knowledge by asking yourself,

"What ions are found in acids? Acids contain hydrogen ions."

"What does corrosive mean? A corrosive acid can destroy skin cells and cause burns."

These are examples of self-quizzing questions. Write 10-20 self-quizzing questions and answers based on the subject knowledge organiser and focusing on the areas where you need to strengthen your knowledge.

2. Acids (pH 1-6)



- Acids are a family of chemicals, examples are lemon juice, vinegar and Coca Cola. There is also acid in our stomach.
- Acids contain Hydrogen (H+) ions.
- · Strong acids like hydrochloric acid are very corrosive this means they destroy skin cells and cause burns.
- Weak acids like vinegar are safe to eat but are still irritant to sensitive parts of the body.

MINDMAPPING GUIDE

How else can I use my Knowledge Organiser?



The Knowledge Organisers in this booklet will help you learn a wide range of knowledge to prepare you for your lessons as well as the multiple-choice tests at the end of this block of learning.

To get the most out of your Knowledge Organisers, you should be learning sections and then testing yourself. There will be set tasks each week based on the Knowledge Organisers, and there are some optional ideas below that you could try in addition to this if you wish.

Key vocabulary:

- Highlight key terms for a subject and look up the definitions
- Write a sentence using the key terms you have highlighted
- Practice spellings cover, write and check to learn the correct spellings of key terms

Quizzes/questions:

- Write some self-quizzing questions based on the information read
- Test your friends and family on their knowledge of a subject
- Get your parents/carers to ask you some questions
- Create exam style questions and then swap with a friend

Reflection:

- Before a topic rank order your confidence and then revisit at the end of the topic, rank again and consider where you have improved
- Add more detail to the Knowledge Organiser after you have been taught that topic
- Traffic light (red, amber, green) each box based on how confident you are

Revision:

- Create 2-3 flashcards each week based on each box
- Create a mind map showing the key information from the Knowledge Organiser
- Read ahead to develop skills, knowledge and understanding so you feel more confident before lessons

General use:

- 50 words, 30 words, 10 words summarise the information on the Knowledge Organiser from 50 words to 30 words to 10 words
- Pictionary learn the definitions then draw it for your friends/family to guess
- Elevator pitch summarise the information in a box/whole Knowledge Organiser for a 30 second presentation
- Generation game like the famous conveyor belt look at the Knowledge Organiser and then try to remember as many items as possible
- Key term stories write a short story using 6 key words that are found on the Knowledge Organiser
- Scavenger hunt read through the Knowledge Organiser with a friend/family member and see who can find specific information/facts first
- Read, cover, check read the box, write out what you can remember, check what you have missed (then add in purple pen)

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today. "

Malcolm X

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do. "

Pele

"Sticking to good habits can be hard work, and mistakes are part of the process. Don't declare failure simply because you messed up or because you're having trouble reaching your goals. Instead, use your mistakes as opportunities to grow stronger and become better."

Amy Morin

Hans Price Maths Department

All Independent Study in the Maths department is set using the following online platforms



You need to log in to your SPARX account, where there are 3 types of homework:

- Compulsory
 - XP Boost
 - Target

Every student needs to get **100%** of their compulsory homework completed every week. Students need to write out the bookwork codes of each of the questions in their homework book and complete the bookwork checks online.

XP boost and Target sections are additional resources that the students can complete if they wish. They will support the students to make greater progress in Maths, but do not form part of the compulsory Independent Study.

If students get stuck on any question, they should watch the associated video to help them complete the task.

We also subscribe to Times Tables Rock Stars. We encourage students to engage with this program to ensure their foundation of knowledge is solid. We will run College competitions and award prizes to those students with the most coins.



Hons Price

These homework platforms are designed to consolidate your knowledge, and students at KS3 can expect this to take up to 1 hour per week.

KS3 English I.S

Your task each week is to prove you understand the meaning of the 5 words. It is important that when you read a text in front of you, you are able to pick up the language when reading through the text.

Each week you can complete your I.S in two different ways:

Option 1:

Create two different sentences showing your understanding of each word. E.G.: hierarchy:

- 1. Hierarchy is shown in A View From the Bridge through the character of Eddie.
- 2. In Romeo and Juliet, women were lower than men in hierarchy.

N.B.: You can change the tense of your word to suit your sentences - you just need to make sure you are spelling it correctly and using the correct context. For example: absolve - absolving - absolved.

Option 2:

Create flashcards which display the words and their definitions written in your own words.



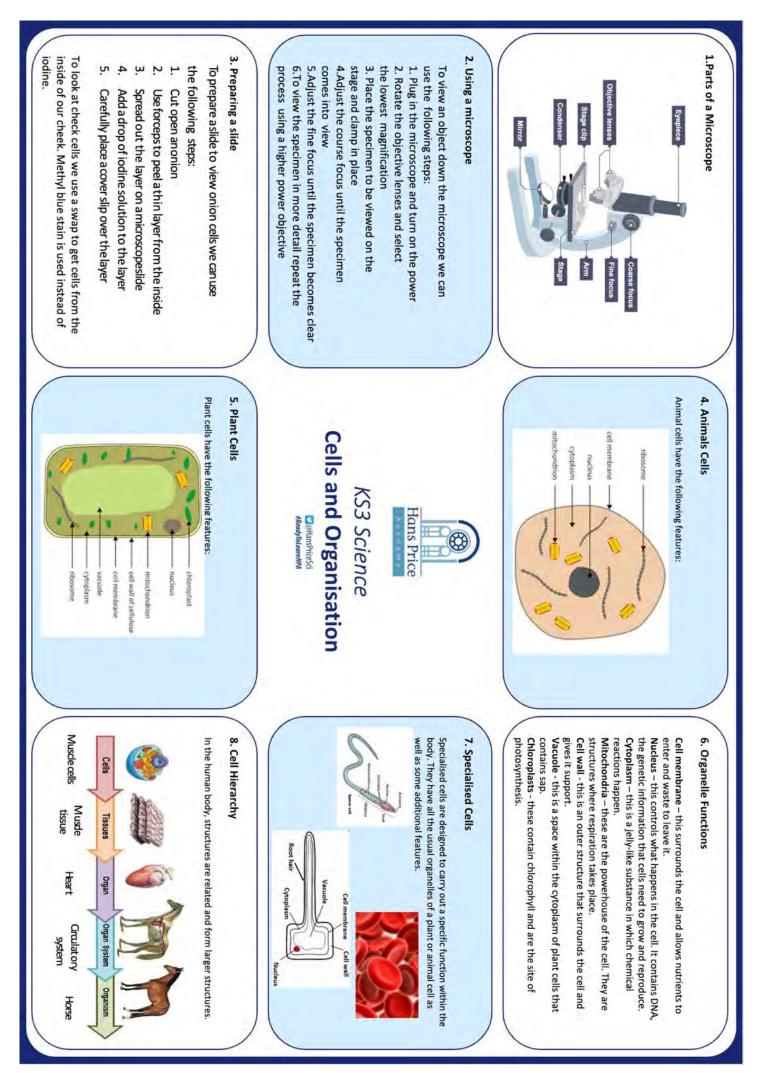
Due Date	Word	Definition
Week 1	Relationship	The way in which two or more people or things are connected.
	Identity	The things that people feel represent their life or personality.
	Justice	The quality of being fair and reasonable.
	Truth	Something that is a fact and can be proven.
	Honesty	To be truthful and fair.
Week 2	Creative	Having the quality or power to express or use imagination.
	Figurative	Describing something in a non-literal way e.g. using similes to describe something.
	Descriptive	To write in detail about something using sensory language.
	Narrative	A plot or storyline.
	Society	An organised group of people that share the same values and interests.
Week 3	Autobiography	An account of a person's life written or told by that person.
	Administer	To manage or supervise the conduct of something.
	Narrator	The person who tells a story.
	Protagonist	The main character of a book, play or film.
	Foreshadowing	A literary device - suggesting something will happen in the future.

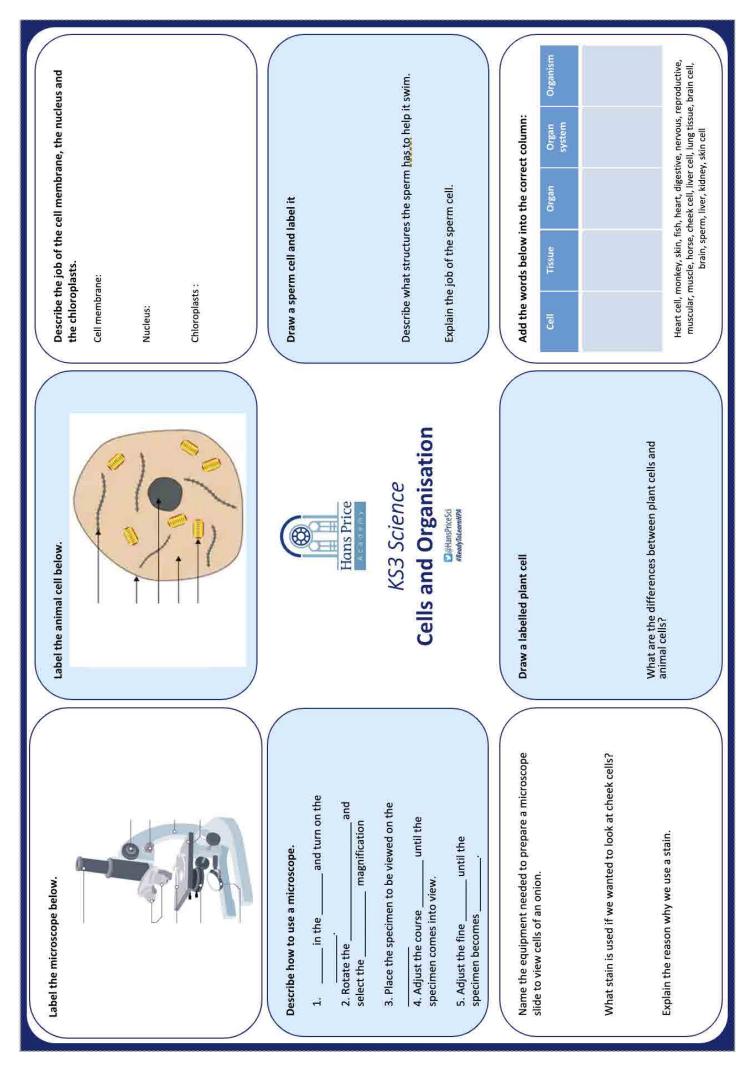
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Week 4	Climax	The highest or most intense point in a narrative.
	Setting	The surroundings or environment of anything.
	Dialogue	Conversation between two or more persons.
	Alternative	Providing or being a choice between two or more things.
	Structure	The relationship of the component parts of a work of art or literature; the way something is organised.
Week 5	Imagery	Pictures or words that are used to represent something.
	Appropriate	Suitable or fitting for a particular purpose, person or occasion.
	Exploitation	The act of using someone unfairly to your own advantage.
	Corrupt	Dishonestly using your position or power to get an advantage.
	Integrity	The quality of being honest and having strong moral principles; honesty.
Week 6	Prejudice	An unfair and unreasonable opinion or feeling formed without enough thought or knowledge.
	Poverty	The state or condition of having little or no money.
	Aspect	A particular part or feature of something.
	Simile	A comparison used to describe something, using 'like' or 'as'.
	Metaphor	A comparison used to describe, not using 'like' or 'as': describing something by saying it is something other than itself.

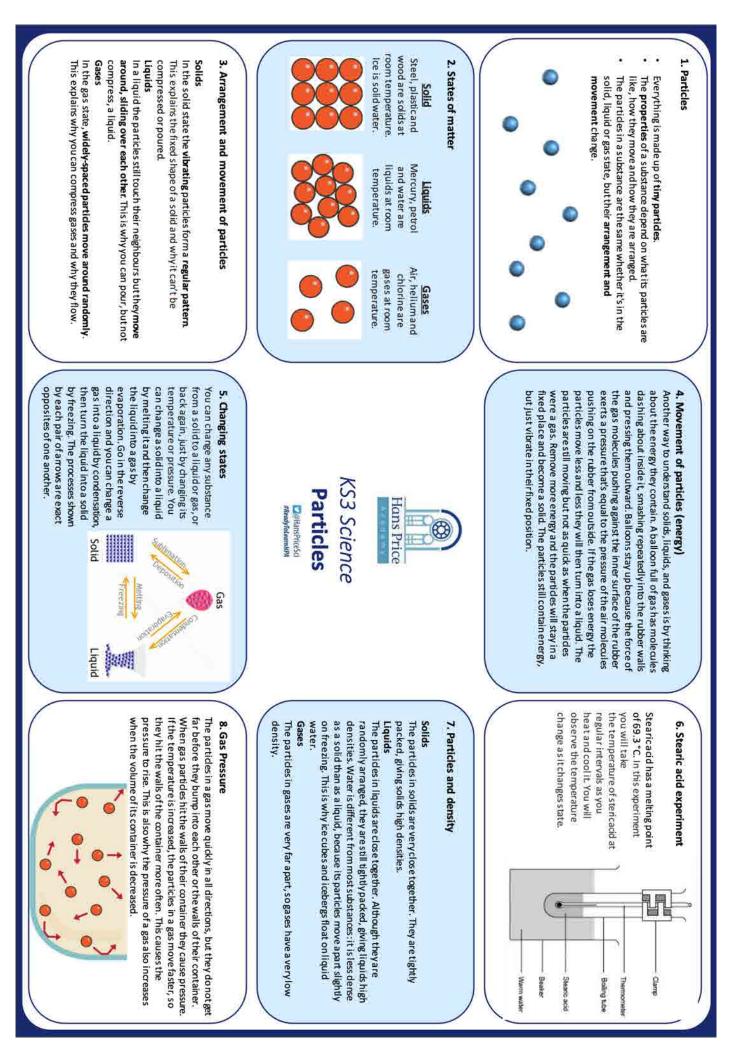
Due Date	Word	Definition
Week 7	Represent Symbolism Genre Perspective Chronological	 To serve, show, stand for, or to speak and act. When a thing or image represents an idea or concept. A type, class, or category of story such as horror, comedy, or drama. A point of view. Events arranged in the order they happened.
Week 8	Entire Repetition Heroine Moral Assume	 The whole of something; complete. When something occurs more than once. A woman noted for courageous acts or nobility of character: a female protagonist or hero. If something is ethically right; also a message or lesson about the correct thing to do To accept something to be true without question or proof.
Week 9	Imperative Pronouns Betrayal Vengeance Liberty	 Extremely important or urgent. A word used instead of a noun to refer to a person or thing that has already been mentioned, e.g: I, you, he, this, it, who, what. To break trust: to be disloyal. Violent revenge: to 'get someone back' for an insult or injury. Freedom from control.

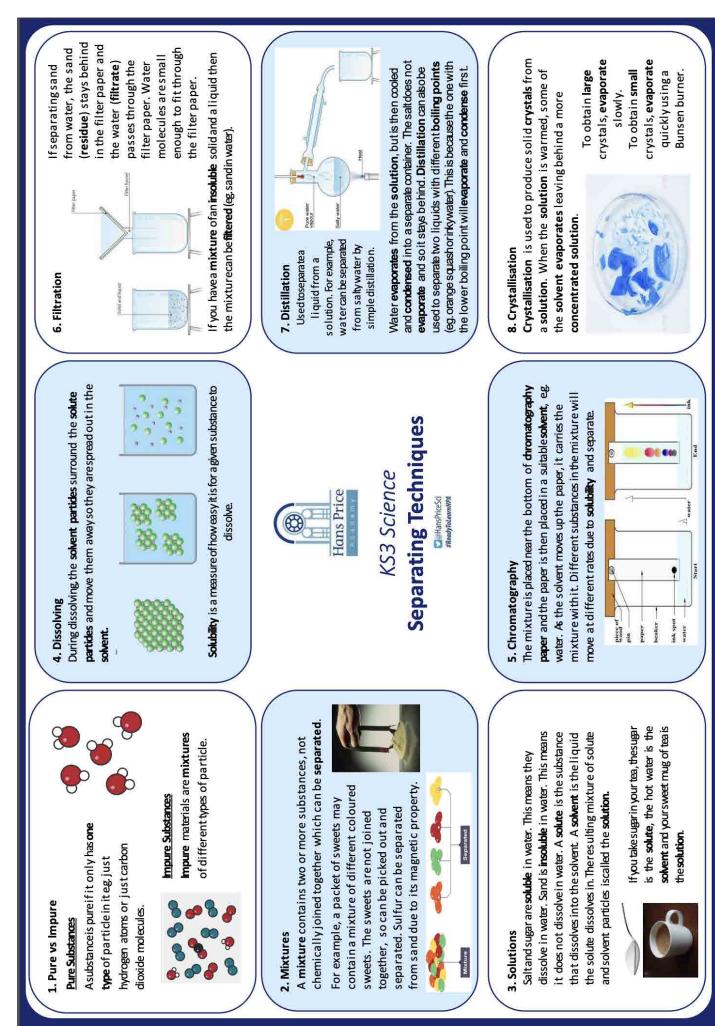
Week 10	Savage	Fierce, ferocious, or cruel; untamed.
	Obedience	Doing as you are told; to comply.
	Rebellion	Resistance to being controlled, to fight back.
	Dominate	To rule over or control harshly.
	Character	A person in a narrative.
Week 11	Patriarchy	When men are in control of an organisation, family or society.
	Significant	Something that is important.
	Circumstance Dominate	A situation related to the time and the place and events that have occurred.
		To rule over or control harshly.
	Emphasis	To highlight something to show it is important.
Week 12	Forgiveness	When somebody lets go of an insult or injury and moves on
	8	To have power over other people.
	Authority	To finish something or bring it to an end.
	Conclude Economy	The system of trade and industry by which the wealth of a country or region is made and used.
	Establish	To set something up.
Week 13	Native	When something is originally from a specific place.
	Colonialism	Taking control of another county and taking advantage of it.
		The result of an action.
	Consequence Interpret	To explain something and put it in your own words.
	Belonging	A feeling of being happy or comfortable as part of a particular group.

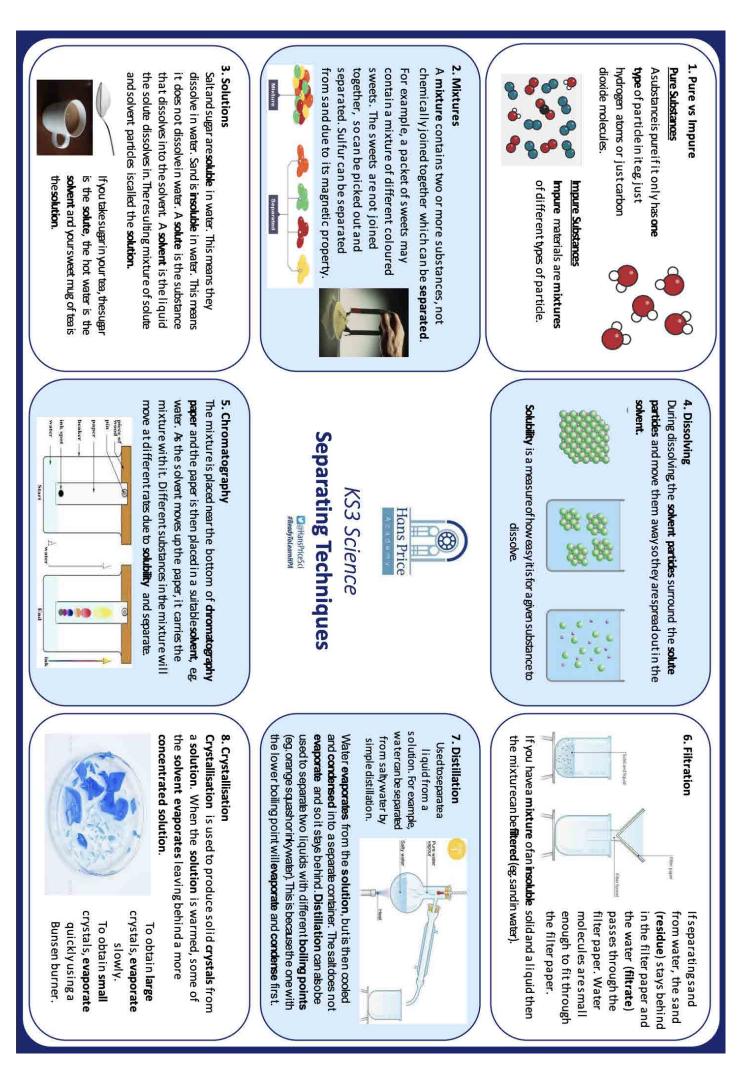
Week 14	Empire	Many countries are all ruled by the same ruler.
	Compensate	To pay someone money in exchange for something that has been lost or damaged.
	Legislate	To create a law or laws.
	Perceive	To become aware of or understand something.
	Significant	Something that is important.











7.4 - Computer Systems: Knowledge Organiser	Organiser		ð	@HPAComputing #ReadyToCode
	File	ш	Folder/Sub-folder	File Management
Keywords File Management Passwords	Anything you save. It could be a document, a piece of music, a collection of data or something else.		A place to store files that are related, eg. all of the files relating to one project. Folders help to keep work organised. Sometimes called a directory A sub-folder is a folder inside another folder.	The organisation of files and folders using suitable names (which gives the identity of a file) and placed into folders.
Server	Security		Password	Alphanumeric
A computer that holds data to be shared with other computers. A web server stores and shares websites	The protection of data or hardware from unauthorised users		A string of characters used to verify the identity of a user	A mixture of letters and numbers
Secure Password	Non-secure Password		Project Server	
A mixture of numbers, letters and symbols at least 8 characters	Name, pet etc		ktop/My Pani	
Use of symbols	Dictionary words		My Paris Trip Family Fireworks 01, pg Fireworks 02, pg Places Fireworks 03, pg	PEG image JPEG image JPEG image
Not easy to guess	Not complicated	CLICK	Ard de Triomphe Erriel Tower	
Example: 01DI2bB57Ss! "Oh I do like to be beside the seaside!"	57Ss! the seaside!"		•	

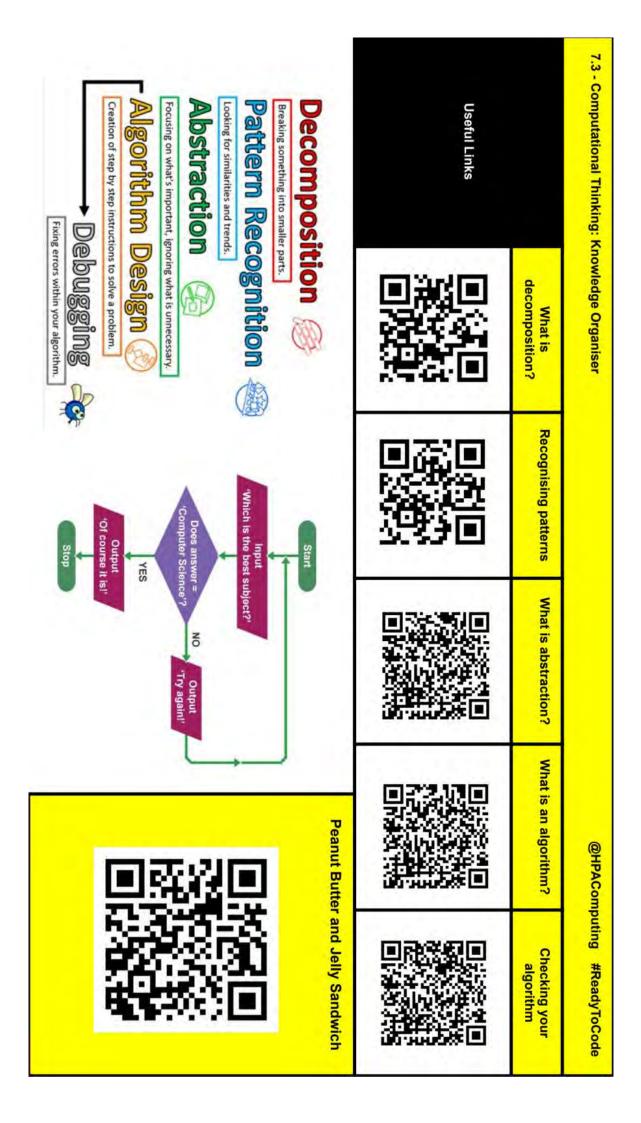
7.4 - Computer Syste @HPAComputing #	7.4 - Computer Systems: Knowledge Organiser @HPAComputing #ReadyToCode	er	Cloud Computing Advantages	Cloud Computing Disadvantages
Keywords E-safety Cloud Computing		·»))	Backing up - data backed up in the cloud with a reliable provider can be more reliable than storing your information on a hard drive or USB flash memory stick.	Connection – the user can only access their information if they have a network connection.
			Compatibility - documents and files are designed to be compatible across different machines and browsers.	Copyright – the user sometimes loses legal rights to their original material if they store it online.
Cloud	Collaborate	E-safety	Cost – the user doesn't need to buy the latest software as it might be freely	Security - data stored online is vulnerable to security attacks.
	Sharing documents and working together	 Do not share personal information (such as your date of birth) 	accessible through web apps.	
	meeting with different people around the world and using the same document.	 Avoid sharing your location on social networks eg snapchat If meeting someone you only know online, do so in a public place and take an adult with you. 	Independence – the user can work with their files on different computers.	Software - web apps do not usually have as many detailed functions as a full software package.
GLICK		 Don't troll! (upsetting people online) Change your passwords frequently and avoid using the same password across all accounts 	Reliable software - web software and browsers are updated online. The user doesn't have to download the latest updates.	Storage - it is not always possible to store more than a few gigabytes online with one provider, whereas it is possible to purchase a few terabytes of physical storage to save information at home.

Computer Science h	Computer Science Knowledge Organiser – Year 7 Block 2 - Hardware:	r-Year 7 Block 2 -	Hardware:			@HPAComputing	#ReadyToCode
	Hardware	Input	Output	Storage	Peripherals	Memory	Embedded
Keywords	The physical parts of a computer system, e.g. a graphics card, hard disk drive or CD drive.	An input device is any piece of computer hardware used to provide data to a computer system.	An output device is any piece of computer hardware used to communicate the results of data that has been processed.	A storage device is a piece of computer equipment which can be used to store data.	A peripheral device is defined as a computer device, such as a keyboard or printer, that is not part of the essential computer.	The part of a computer that stores data.	Embedded computers are used in car engines, spacecraft and MP3 players. They are dedicated systems that are designed for a fixed purpose.
Magnetic	Solid State	Optical	СРИ	RAM	Processing		
Principally used for backup of important files from the hard disk and for the long-term storage and archiving of data.	Solid state devices use non- volatile random access memory (RAM) to store data indefinitely.	Optical devices use a laser to scan the surface of a spinning disc made from metal and plastic.	The purpose of the CPU is to process data. The CPU is where processes such as calculating, sorting and searching take place.	Random Access Memory (RAM) is a fast temporary type of memory in which programs, applications and data are stored.	Carrying out a set of instructions.		
Ada Lovelace and Work on algorithms	1206 & 1940s Man Turring, onablematician and code-breaker	1904 Alexans computer at Blacking Park	terrole and terrole and terrole and terrole and terrole and the IBM PC	PC Smartphones		What next?	#ReadyToLearnHPA

)							
		tes to Blu-ray disks. Used ner HD recordings.	A laser reads fromand w rites to Blu-ray disks. Used to store HD movies and other HD recordings.	ilid state hard drives ional HDD in some new as a convenient and age medium.	USB flash drives and solid state hard drives have replaced the traditional HDD in some new computers. Memory cards are used as a convenient and portable removable storage medium.	e in most computer	The main storage device in most computer systems.
Ì	į	istics/Typical uses.	Characteristics	Characteristics/Typical uses.	Characteristic	s/Typical uses.	Characteristics/Typical uses
Portability: How easy it is to move it fromone computer to another	Durability: How tough the storage is.	Can lose data w hen scratched.		More vulnerable to abrupt pow er loss.	High speed of data transfer and low pow er consumption.	break over time. Slow er access than Solid State Drives.	Fast access and retrieval times compared to other storage devices.
Per storage unit (i.e. price per gigabyte or megabyte).	How quickly data can be accessed.	More expensive than DVDs. Requires a Blu-ray plaver.	Can hold a lot more data than a standard DVD, meaning it can	Considerably more expensive per unit	Very compact in size and therefore very	Can be easily damaged, w ill slow dow n and eventually	Relatively cheap per unit of storage.
Cost:	Speed:	Disadvantages	Advantages	Disadvantages	Advantages	Disadvantages	Advantages
Secondary Storage Keywords	Secondary St	Storage	Optical Storage	Solid State Storage	Solid Sta	Storage	Magnetic Storage
				2560E		Useful Links	Usefu
Embedded systems		Storage devices	Types of memory	rdware	Computer hardware		
#ReadyToCode	@HPAComputing #Re			Block 2 - Hardware:	Computer Science Knowledge Organiser – Year 7 Block 2 - Hardware:	ter Science Knowled	Compu

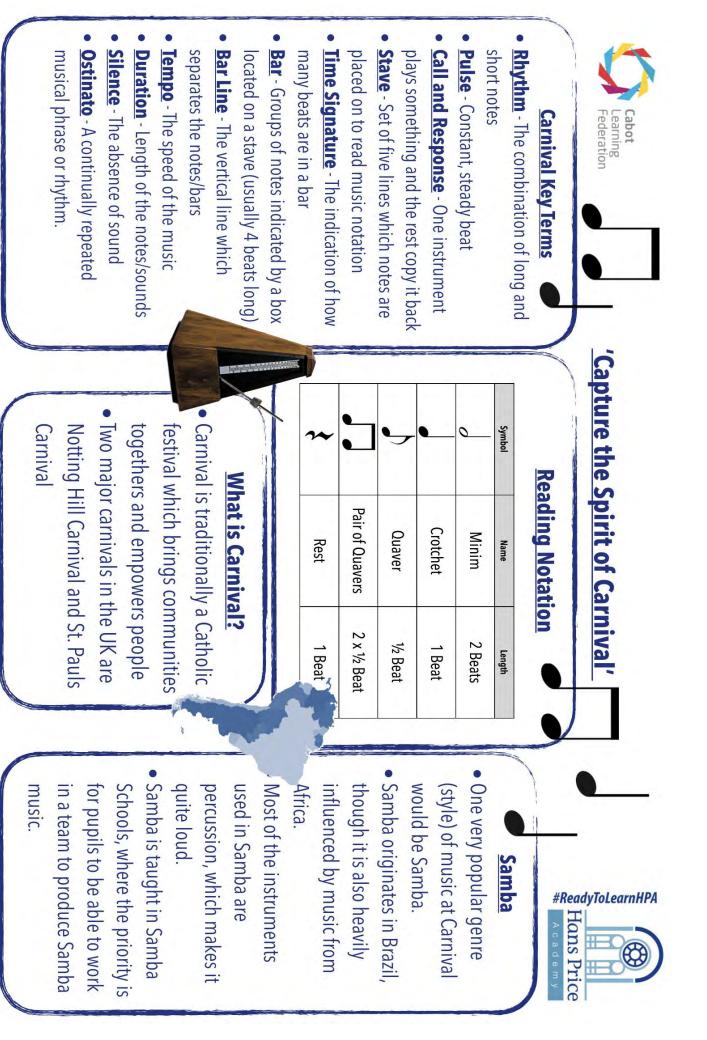


7.3 - Computational Thinking: Knowledge Organiser	inking: Knowledge O	rganiser				@HPAComputing	j #ReadyToCode
	Computational Thinking	Abstraction	Decomposition	Pattern Recognition	Algorithms	Sequence	Selection
Keywords	Computational thinking allows us to take a complex problem, understand what the problem is and develop possible solutions. We can then present these solutions in a way that a computer, a human, or both, can understand.	Focusing on the important information only. Ignoring the details that are not needed.	Breaking down a complex problem or system into smaller, more manageable parts.	Looking for similarities among and within problems. Looking for patterns.	Developing a step-by-step solution to the problem, or the rules to follow to solve the problem.	Following an ordered set of instructions.	Making a decision within a computer program to decide which instruction to carry out next.
	H	Flowchart shapes			Decomposition	Computational thinking	Abstraction
Terminator	Decision	Process	Input/Output	Connector	1000		0
	\bigcirc			Î	880 880	22	+
Shows the start and stop points of the algorithm (flowchart).	A decision, either yes or no. Deciding which instruction to carry out next in the algorithm.	An i nstruction or command.	An input is data received by a computer. An output is a data sent from a computer.	Connects the flowchart shapes. The arrow shows the direction or flow of instructions.	Pattern recognition	K.	Algorithms



	TECHNIQUE TOOLKIT You will gain knowle	You will gain knowledge and understanding of the basic performance techniques and skills that will be required throughout the Drama curriculum.		Proscenium Arch Thrust Stage	Stage Configurations
		Key Words			tage
H4	1 Stage Positions	This is the different parts of the stage. Stage Positions are always from the actor's point of view.	Prosce	1	
N	Stage Configurations	This is the different types of staging used for a performance.	11	1 8 1 8 1 88	
ω	Freeze-frame,	This is a frozen picture which is used at the			
		point of a performance. Freeze Frame can also be called a Still Image or Tableaux.	0 00	Upstage Right Stage Right	
4	Step-out	This is when actor's step out of a still image and speak their character's thoughts to the audience	10	Downstage Right	
		whilst the rest of the characters are frozen.	Stock		Ŧ
UI I	Split-stage	This is where the stage is split in two to show a different location or time.	18	Stock Characters	13 t 16 Definition
S	Thought Tracking			k Characters Hero	the second se
		g This is similar to stepping out, however the	19	k Characters Hero Heroine	
7	Narration		19 20	k Characters Hero Heroine Villain	-
00	-		19 20 21	k Characters Hero Heroine Villain Comedy Duo	T I
	Stock Characters		19 20 21 22	k Characters Hero Heroine Villain Comedy Duo Hero's Best Friend	7

			Analysis
Year / Portraitur	craiture		All artist research pages should
Contont: In this around the	1941		be annotated
CONTENT: IN LINE PROJECT YOU WIN			Artwork-
Develop knowledge- of portraiture and its importance.	importance.		Describe the work-what
			does it look like?
Understand-what inspired artists to create	Understand-what inspired artists to create their work and how to write about the work		 Use the formal elements i.e. colour, line etc.
Develop skills- drawing, shading, painting, showing the influence of	showing the influence of other artists in your	Keywords:	 What techniques/materials were used?
own work and presentation Outcome- a Julian Opie/Francis Bacon inspired self-portrait.	red self-portrait.	(Self)Portrait-representation of a person/representation of the artist by himself	 What is your opinion of the work? How is it relevant to your own idea?
		Shading/Tone-dark, light, flat, smooth, graduated, contrasting.	Sentence starters I like/dislike the way the artist has usedbecause I think the colour scheme used is
		Distorted-pulled or twisted out of shape; contorted.	effective because I think the artist has been inspired bybecause
		Colour Theory – Primary	Production of Version Antonial
ie)		Complimentary Colours, Complimentary Colours.	 What inspired you to create the piece? What techniques did you
		Assessment:	 use and why? What does it mean to
Francis Bacon is a British figurative painter known for his distorted		(D) Demonstrate a deepening- knowledge, understanding and skills	 you? How is it relevant to your idea?
unsettling imagery (1909 – 1992). His work consists of portraits of Popes, Self-	S Julian Opieis known for commissions that were the design of an	(O)On Track- Demonstrate some- knowledge, understanding and skills	Sentence starters
Portraits, and Portraits of close friends.	T 2000, for which he received a Music	(Y) Yet to be on Track- developing some-knowledge, understanding	The technique I have used is The skill/technique I found most difficult was herause
By 1989 Bacon was the most expensive living artist after one of his triptychs (set of 3 linked paintings) sold at Sotheby's for over \$6 million.	Veek CAUS award. He uses very riat colours and little detail in the facial features but we still get a sense of who they are.	anu skuts (A)Earller Stage-minimal knowledge, understanding and skills	I think my work is successful because



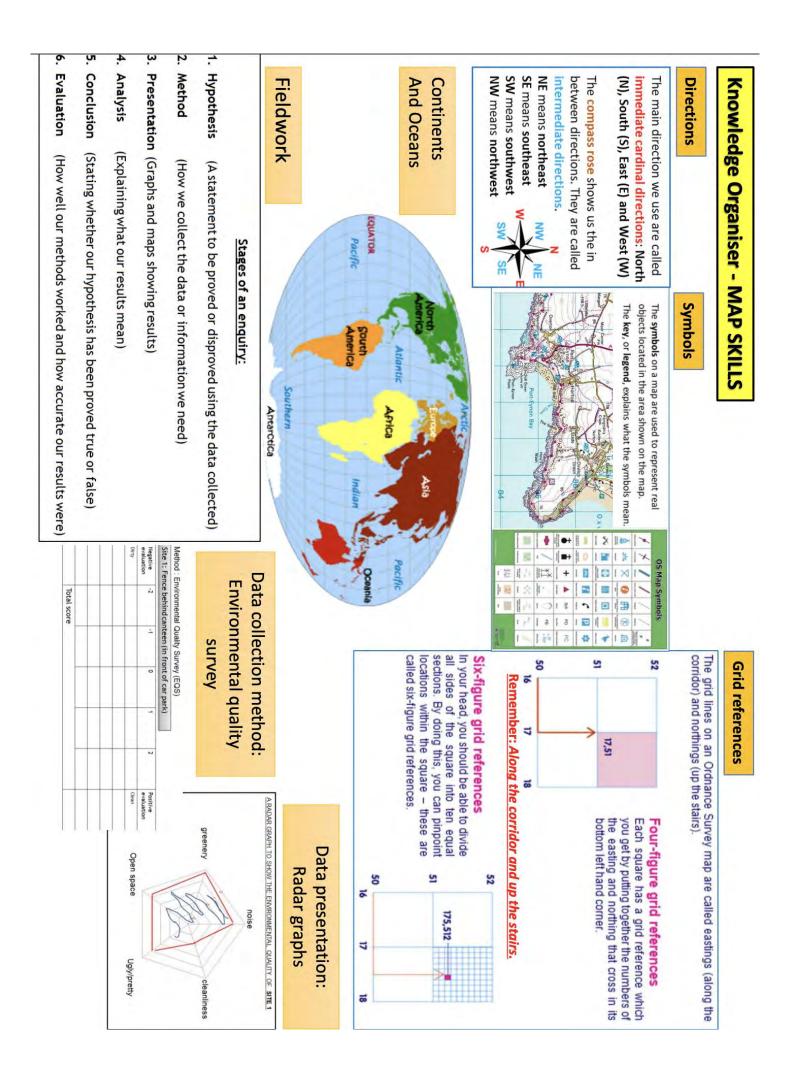
ACCESSFM (CA) Aesthetics Where did the designer get Hans Price their inspiration? Could the product look better? Cost Do you think it looks attractive or ugly, Why? Is it affordable to your customer? What does the product look like? THINK shape, Will it make a profit? form, materials, size, beauty, ugliness. Is it value for money? How much does it cost ££ Customer What impact would it have on a customers life? Environment What is the products impact on the environment? Why would a customer buy it? THINKbatteries, rethink, refuse, reduce, reuse, recycle, lifecycle What makes it suitable for them? How would the product be disposed of? Who would buy it? Is the product needed or wanted? Who would use it? How long will it last? Safety Size Is the product high quality? Is it an appropriate size? Does it meet safety standards? Would it work better if it was bigger or smaller? How has the designer considered safety? Does it come in different sizes ? Could the product hurt anyone? How big is it? Are there any sharp edges? Function Does the product work? Materials What impact could the Could the product work designer's choice better? of material have on the environment? How does the product work? Would a different material make it better? Why is the product needed? What material has it been made from? What does the product do?

Vear 7: Topic 1: The Battle of Hasting Prevent Sin the order that they happened Putting events in the order that they happened Something that can be proven true A statement of a person's or group's thoughts, feelings, or beliefs. 10 years Note that lived in England before the Norman Conquest Poople that lived in England before the Norman Conquest Poople from the Normandy region of France, led by King William Arnies at the Battle of Hastings Poople from the Normandy region of France, led by King an area by using force Portice at fact for Hand Golvinnon's army Note at fact for Hand Golvinnon's army	Year 7: Topic 1: The houghts, feelings, or beliefs. the Norman Conquest of France, led by King William h.
IC 1: The Battle Potential heirs to: Harald Hardraada Viking King of Norway Vikings had ruled Britz Most feared warrior in Hardraada means 'han his nickname was 'the Harald Godwinson's b wanted revenge. William's army His soldiers were equipped. They v	In the second
	Sadwinson adwinson axon. Earl of ost powerfi Harold was d solder was d solder wi han, wanted king.



	History Year 7	7 Block 2 The Black Death	
Middle Ages	The period between 1000-1500	Contemporary theories about the	Spread of the Black Death
Chronology	Putting events in the order that they happened	causes of the Black Death Gods punishment – believed they had	The Black Death is thought to have originated in Central Asia,
Fact	Something that can be proven true	sinned and God was punishing them	where it travelled along the Silk Road From there, it was most likely carried by fleas living on the black rats that
Opinion	A statement of a person's or group's thoughts, feelings, or beliefs.	conspiracy or the Jews – Jews were accused of poisoning the wells & casting magic spells.	traveried on ail merchant snips, spreading throughout the Mediterranean and Europe. It arrived in Britain in 1348 in Weymouth on the South Coast.
Decade	10 years	Astrological – the belief that the planets influence our lives.	SPECIA DO FILE BACK DOFINE
Century	100 years	Animals – cats and dogs were killed to	and the second second
Rural	In the countryside	Nice of the selief that bad air was	
Agriculture/ agrarian	To do with farming	poisoning people.	
Purgatory	A temporary punishment so the soul can enter heaven.	ven. What were the symptoms of the plague?	ague? Contemporary cures and preventions
Tithes	Either a percentage of the crops or money paid to th lord of the land.		Prevention: prayer, bonfire, sewers, smelling herbs, killing cats and dogs.
disease	Something that makes you unwell		Treatment: bleeding, lancing, potions,
plague	A deadly disease that spreads quickly		lotions.
revolt/rebellion	A violent uprising against authority		es este de termes aut formeses
bubonic/buboes	An infection of the lymph nodes		
Pneumonic	An infection of the lungs.	and the second se	
flagellants	People who thought they could avoid the plague by physically punishing themselves.	The Peasants Revolt	
The	The Feudal System	The Black Death killed 1/3 of the pop	The Black Death killed 1/3 of the population meaning there were not enough people to work on the land. To prevent workers moving to areas where they could get more pay the King
The Feudal Syste following the inv country by Willia It was a simple, b all land was own was kept by the k some was given t was leased out u	The Feudal System was introduced to England following the invasion and conquest of the country by William I (The Conqueror). It was a simple, but effective system, where all land was owned by the King. One quarter was kept by the King as his personal property, some was given to the church and the rest was leased out under strict controls	created the Statute of Labourers (13 . Richard II introduced a poll tax , this n how much money they had. The peas should be free and equal; for less har: marched in London, where they dest On 15 June, the 14-year-old king, Rich attacked and killed. Before the rebels	created the Statute of Labourers (1349). There was a lot of anger about this. Then in 1379, Richard II introduced a poll tax , this meant everyone had to pay the same tax regardless of how much money they had. The peasants began to rebel. They demanded that all men should be free and equal; for less harsh laws; and a fairer distribution of wealth. They marched in London, where they destroyed the houses of government ministers. On 15 June, the 14-year-old king, Richard II, met the rebels' leader Wat Tyler, who was attacked and killed. Before the rebels could react, Richard promised to abolish serfdom.

Pubsical Geography Intran Geography Image: description of the second	Physical geography is the study of all natural forms and processes in an environment. Human geography is the study of people and places – the relations between policies, cultures, social behaviours, economies and environments	Land use in a city	Zone B The inner city This used to be full of large factories and rows of terraced housing built in the nineteenth century. Houses were small and there as no open space as land was expensive. Today most of the big factories have closed and the oldest houses have been replaced or modernised.	Zone C The inner suburbs This is mainly semi-detached housing built in the 1920s and 1930s. There is some open space.	Zone D The outer suburbs This includes large, modern houses and some council estates built since the 1970s. Recently small industrial estates, business parks and large supermarkets have been built here. There are large areas of open space.	Zone E Rural-urban fringe This is the transition zone where urban and rural areas meet, mix and sometimes clash. Land is cheaper and there is less traffic congestion and pollution.
IK Entrugal Contand	Northern Treland Wates Gant England Ender	An urban area is an area where many people live and work close together. The population density is higher than in the surrounding area. e.g. city, town Urban area	A rural area is an open swath of land that has few homes or other buildings, and not very many people. e.g. countryside, village	Rural area	unities	rld and the impact of
KO - Intro to Geography & The UK Geography KS3 The difference between Great Britain, United Kingdom and British Isles.	Great Britain Kingdom sontwe	ONCENT SLAND	British Isles sootawo aggree maxim maxim maxim maxim maxim maxim maxim maxim maxim maxim maxim maxim	Crdnance Reven	SEE aspects Social - To do with people and their communities e.g. housing, education.	Economic - To do with money. Environmental - To do with the natural world and the i human activity on its condition.



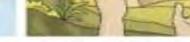
RWV 7.1 What are the stories of the Torah Knowledge Organiser

Jewish - Christian Creation Story

day two - sky



day one - heavens earth light



day three - land, water, plants



day four - sun, moon, stars



day five - fish, birds

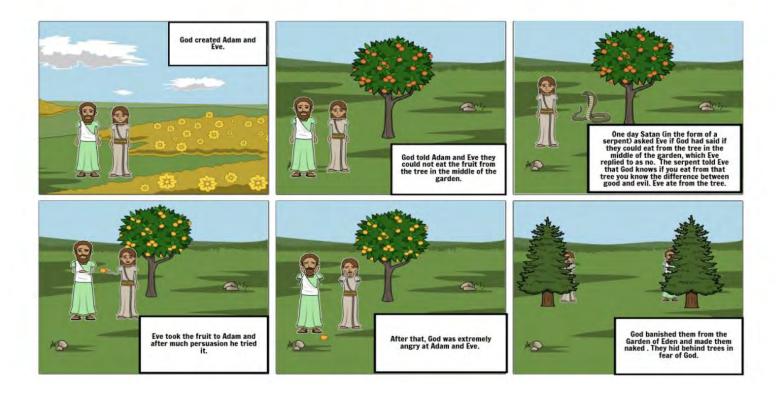


day six animals, man

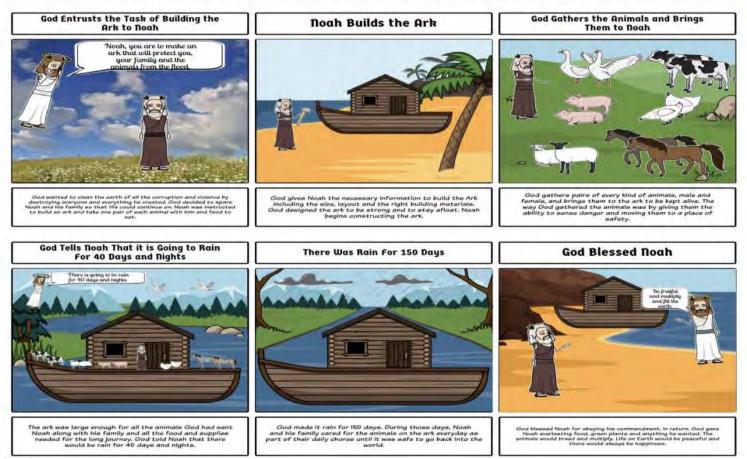


day seven rest, Sabbath God

The First Man - Adam and Eve

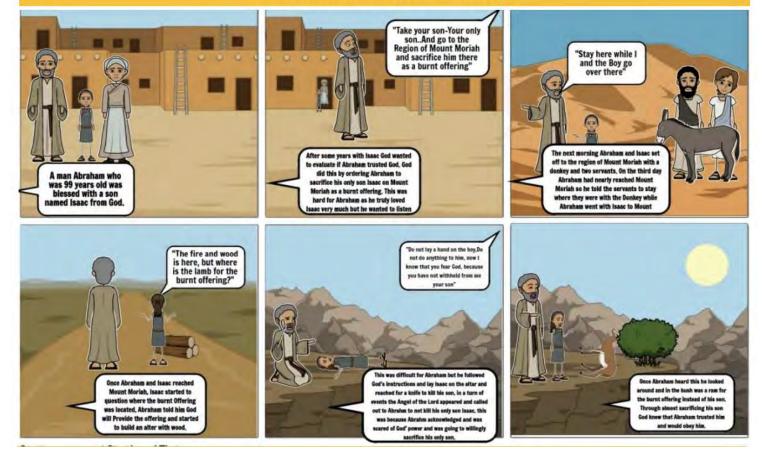


Noah and the Great Flood

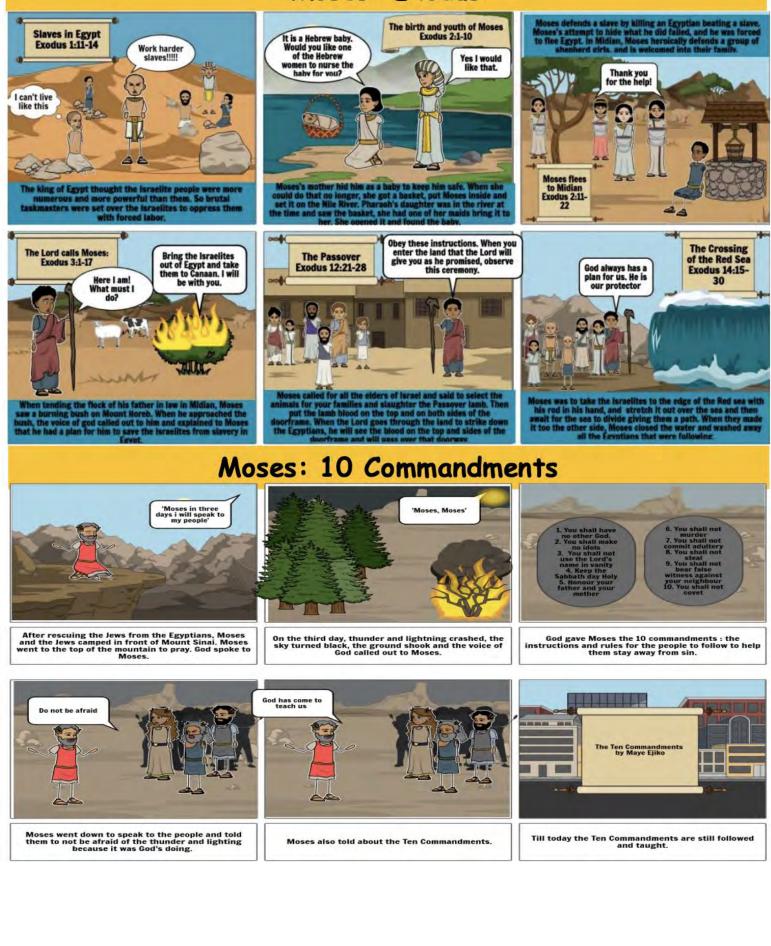


Create your own at Storyboard That

Abraham and Isaac



Moses: Exodus



																			1							C	6	C							
Ma grand-màre	Mon grand-nère	Ma cousine	Mon cousin	Ma tante	Mon oncle	Je suis mis/ mie unique	ine serie file (fille maining	Ma demi-sœur	Mon demi-frère	Masœur	Mon frère	Mes parents	Mon beau-père	Ma belle-mère	Mon père	Ma mère	Qui est dans ta famille?	Mon anniversaire est le	anniversaire	Quelle est la date de ton	J'ai ans	Quel âge as-tu?	À plus tard	À bientôt	Au revoir	Non, ça ne va pas	Pas mai	Oui, ça va bien, merci	Ça s'écrit	Comment ça s'écrit ?	Je m'appelle	Comment t'appelles-tu?	Salut	Bonjour	Ça va?
My grandmother	My grandfather	My cousin (female)	My cousin (male)	My auntie	My uncle	ram an only critic	blids when as more than	My half or step-sister	My half or step-brother	My sister	My brother	My parents	My step-dad	My step-mum	My dad	My mum	Who is in your family?	Ny birthday is the		When is your birthday?	l'myears old.	How old are you?	See you later.	See you soon.	Goodbye.	No, it's not going well.	Not bad.	It's going well thanks.	It's spelt	How is it spelt?	My name is	What's your name?	H	Hello	How are you?
ay I	P		1	1						4	00	. 1	1		1	7				_	_	_				0							Z		
Des ciseaux	Des leutres	loc fautroc	Une calculatrice	Une règle	Une tablette	cite Solution	ine gomme	Un carnet de texte	Un sac	Un baton de colle	Un taille-crayon		line trousse	Un portable	Un crayon	Un stylo/ un bic	Un livre	Un cahier	Je n'ai pas de	J'ai	ll n'y a pas de	ll y a	C'est	Qu'est-ce que c'est?	ta trousse?	Qu'est-ce qu'il y a dans ton sac					FRENCH	0-0-0-0	7.1 Languages and me!		
Some scissors	Joine leit t	Some felt tine	A calculator	A ruler	A tablet	~	A nihher	A planner	A bag	A glue stick	A stiat periet	A charmon	A nencil case	A mobile phone	A pencil	A pen /A biro	A book	An exercise book	I don't have	I have	There isn't	There is	It is	What is it?	case?	What's in y							d me!		
ors	cdr	ine	5							^	<u>u</u>		6	hone		iro		e book	P		E					What's in your bag/your pencil					ť	-	5		
*	Ģ.:		1	0.3		4	2	11	0		4			\$	10 m											our pencil				· rederation	Learning	Cabot	9		
Je n'ai pas d'animal de compagnie	Un serpent	Une araignee	olle toi tue	line tortue	Une souris	Un poisson	Un lézard	On crieval	Un charal	Un niseau	Un lanin	Un hamster	Una cochon d'Inde	Un chat	Un chien	maison ?	As-tu un animal à la	Multicolore	кауе	Fonce	Lar	GITS	Violet	Rose	NOIF	Marron	Jaune	Urange	Vert	India	DIdit	Diana	Rien	rouleur 2	C'est de quelle
I don't have a pet	A snake	A spider		A tortoice	A mouse	A fish	A lizard	ATIOISE	A horeo	A hird	A rahhit	A hamster	A guinea-pig	A cat	A dog		Do you have a pet?	Multi-coloured	striped	Dark	Light	Grey	Purple	Pink	Black	Brown	Yellow	Orange	Inanti	Crock	WINCE	White	Rillip		What colour is it?

Que penses-tu? l'adore	What do you think?	Tu es comment/Décris-	What are vou like?			[Leavent
J'aime Je n'aime pas Je déteste À mon avis Je pense que Je crois que Selon moi	I like I don't like I hate In my opinion I think that I believe that According to me	toi? Je suis Gentil (-le) Agréable Joyeux (se) Bavard(e) Beau/belle	/Describe yourself I am Kind Pleasant Happy Chatty Beautiful	Connectives Mais Pourtant Aussi En plus Parce que/car Et	ves Connectives But However Also Furthermore e/car Because And	res <u>Quelle-est ta</u> nationalité? Je suis Anglais(e) Belge Suisse	What is your nationality? I am English French Belgian Swiss
<u>Tu es comment?</u> J'ai 11 /elle a les cheveux longs courts traides bouclés ondulés Afro / crépus blonds châtains les yeux bleus marron verts foncés	What are you like? I have He/she has hair long short straight curly wavy afro blond light brown eves blue brown green dark	Fort (e) Mignon(ne) Joli(e) Jeune Propre Parfait (e) Rapide Riche Sage Travailleur(se) Triste Travailleur(se) Triste Vieux (vieille) Ennuyeux(se) Casse-pieds Sérieux (se)	Strong Cute Pretty/Handsome Young Clean Perfect Fast Rich Wise Shy Hard working Sad Old Boring Annoying Serious	Extra detail Je porte J'ai Des lunettes Des piercings Le voile Des lentilles Des tâches de rousseur Une barbe Une moustache	Extra detail I wear I have glasses piercings a hijab contact lenses freckles a scar a beard a moustache		Spanish Spanish Somalian Polish Portuguese Bangladeshi Chinese Italian Welsh Pakistani Scottish Irish American
noirs gris Je suis II / elle est grand (e) gros (-se) mince	plack grey I am He/she is tall short fat thin	severe Moche Bruyant Impoli(e) Horrible Paresseux(se) Gourmand(e) Sportif(ve)	strict Ugly Noisy Rude Horrible/Awful Lazy Greedy Sporty	Intensifiers Très Assez Un peu Trop Extrèmement Tellement	Intensifiers very quite a bit too extremely really	G · D	

People around me 7. Pronouns	People around me 7.2 Knowledge Organiser Pronouns Avoir - to have		earance and pers ets, To say "my"	ionality). Fam	ny, must chang	P /
Pronouns	Avoir - to have	<u>Être – to be</u>	To say "my" in French	in French w	we must change how we say it to	
Je (I)	J'ai I have	Je suis - l am	I match the noun (whether it is masculine, teminine or plural). Whether you are male or female doesn't change which word you use.	oun (wnetne her you are ou use.	er it is mass male or fem	<u> </u>
Tu (you)	Tu as (you have)	Tu es – You are	Examples : Mon père = my dad	ny dad		
il (he), elle (she)	II a (he has), elle a (she has)	il /elle est - He is/she is	Ma mère = my mum Mes parents = my pa	nère = my mum parents = my parents		
Nous (we)	Nous avons (we have)	Nous sommes – we		Masc	Fem	
		are	my	mon	ma	
Vous (you) (pi)	Vous avez (you have) (pl)	Vous êtes – you are (pl)	your	ton	ន	
ils /elles (they)	Ils ont /elles ont (they have)	ils / elles sont – they are	his/her	son	S	
Comparisons	-		Adjective agreement. Remember adjectives have to agree with the noun.	ement. iectives have	to agree with	4
Plus - more	Jean est plus	Jean est plus intéressant que Paul	Normally you would add an 'e' to make the adjective	would add an	'e' to make t	ē
Moins - less Superlative	Paul est moi	Paul est moins intéressant que Jean	feminine but check out the following rules	heck out the	following rule	S
Le /la plus – the most	Jean est le plus intelligent	us intelligent	Il est paresseu	paresseux – elle est paresseuse	aresseuse	
Le /la moins – the least		noins sympa	Il est sportif – elle est sportive	sportif – elle est sporti ve travaill eur – elle est travaill euse	ive availleuse	
Je m'appelle - My name is	e is / I am called		ll est gent il – e Il est mignon –	gent il – elle est gent ille mignon – elle est migor	e	
Elle s'appelle - she is called	alled 1		ll est beau – el	beau – elle est belle		
Ils s'appelient - they are called	e called		II est vieux – elle est vieille Il est sympa – elle est sympa	elle est symp	0	

	¿Que tal?	How are your				SDe	¿De qué color es?	What colour is it?
	Hola	Hello				Azul		Blue
	¿Cómo te llamas?	What's your name?	7.1 Languages and me!	and me!	5	Blanco/a	e/us	White
	Me Ilamo	My name is			Labot	Roin/a	19	Rad
	¿Cómo se escribe?	How is it spelt?	SPANISH	T	Federation	1000		Green
	Se escribe	It's spelt						Orange
3	Bien gracias	It's going well thanks.				Ama	o/a	Yellow
3	Regular	Not bad.				Marrón	ón	Brown
1	Fenomenal	Amazing	¿Qué bav en tu mochila/tu	What's in vou	What's in your bag/your pencil	Negro/a	o/a	Black
3	Fatal	Awful.		case?		Rosa		Pink
	Adiós	Goodbye.	iOué ac7	What is it?		Mor	Morado/a	Purnle
	Hasta luego	See you later.	Coduc cos: Ec	It is		Gris		Grev
	Hasta la próxima	See you next time.	Hav	There is		Claro/a	o/a	Light
	¿Cuántos años tienes?	How old are you?	No hav	There isn't		Oscu	Oscuro/a	Dark
	Tengo años	l'myears old.	Tentro	l have		De ravas	was	Strined
1991	¿Cuándo es tu cumpleaños?	When is your birthday?	ieigo	1 110VC		M.It	Multicolor	Multi-colourad
)	Mi cumpleaños es el	Miv hirthday is the	No tengo	I don't nave		IniAi	ICOLOL	iviuiti-colonien
			Un cuaderno	An exercise book	ook			
	¿Quién hay en tu familia?	Who is in your family?	🔵 Un libro	A book		ζTiel	¿Tienes mascotas en	Do you have a pet?
	Mi madre	My mum	Un boli	A pen /A biro		casa?	ż	
	Mi padre	My dad	📈 Un lápiz	A pencil		Un p	Un perro	A dog
	Mi madrastra	My step-mum	🚺 Un móvil	A mobile phone		D Un gato	ato	A cat
	Mi padrastro	My step-dad	Un estuche	A pencil case		-	Una cobaya	A guinea-pig
	Mis padres	My parents	🕐 Un sacapuntas	A sharpener		Un h	Un hámster	A hamster
	Mi hermano	My brother	💉 Un pegamento	A glue stick	-	Un c	Un conejo	A rabbit
	Mi hermana	My sister	Una mochila	A bag			Un pájaro	A bird
	Mi hermanastro	My half or step-brother	Una agenda	A planner		L Un o	Un caballo	A horse
	Mi hermanastra	My half or step-sister	🧳 Una goma	A rubber	Ť.		Un lagarto	A lizard
	Soy hijo/a único/a	I am an only child	述 Una tableta	A tablet		👘 Un pez	ez	A fish
	Mitío	My uncle	Vuna regla	A ruler		Unr	Un ratón	A mouse
	Mi tía	My auntie	💓 Una calculadora	A calculator		🗶 Una	Una tortuga	A tortoise
	Mi primo	My cousin (male)	Unos rotuladores	Some felt tips		Nua 🐂	Una araña	A spider
	Mi prima	My cousin (female)	🔆 Unas tijeras	Some scissors		🔒 Una	Una serpiente	A snake
	Mi abuelo	My grandfather			~	No t	No tengo mascota	I don't have a pet
	Mi abuela	My grandmother						
	A A A A A A A A A A A A A A A A A A A	A. A. S.						

Lan	Languages and me! Year 7 ARE 1 Knowledge Organiser	l Year 7 ARE rganiser	μ.	My belongii feminine nc	My belongings – Cognates. Gender; masculine and feminine nouns. Plurals. Use of 'tener'.	d Cabot Desiring Federation
A noun is a In Spanish, feminine (1 If there is (n)	A noun is an object, place or thing. In Spanish, all nouns are either masculine (masc) e.g. <i>un</i> boli or feminine (fem) e.g. <i>una</i> goma. If there is more than one item e.g. 3 pens, we call this plural <i>fol</i>	thing. 1er masculine a. tem e.g. 3 pe	e (masc) ens, we d	e.g. <i>un</i> boli or call this plural	Most Spanish nouns ending in "o" and "ma" are masculine e.g. un libro, un problema Most Spanish nouns ending in "a", "sión" "dad" and "tud" are feminine eg. una tableta, una televisión, la felicidad, la gratitud All plurals end with the letter 's' like in English	and "ma" are masculine "sión" "dad" and "tud" are feminine felici dad, la grati tud e in English
	masculine	feminine		plural	A pronoun is a word that states who is doing the verb e.g. She plays	o is doing the verb e.g. She plays
Ð	un	una		unos/ unas	Pronouns	Tener – to have
the	<u>e</u>	<u>a</u>		los/las	yo (I)	tengo – I have
my	<u>n</u> .	<u>.</u>		mis	tú (γοu)	tienes – You have
An adjectiv In Spanish,	An adjective describes a noun e.g. a red pen. In Spanish, adjectives normally go after the word it's describing	n e.g. a red p lly go after th	en. e word it	's describing	él (he), ella (she)	tiene - He has/she has
e.g. un boli If the noun	e.g. un boli rojo (a pen red). If the noun is feminine the adjective has to agree	djective has to	o agree		Nonstran Jacobian (up)	
e.g una goma blanca If the noun is plural v	e.g una goma blanc a If the noun is plural we also add an 's' to make it agree	add an 's' to m	nake it ag	ree	NOSOTROS/ NOSOTRAS (WE)	tenemos – we nave
e.g. dos go	e.g. dos gomas blancas				Vosotros/vosotras (you) (pl)	tenéis – you have (pl)
	masc	fem	masc plural	fem plural	ellos/ellas (they)	tienen- they have
white	blanco	blanca	blanc os	blancas	No tengo=I don't have When w e.g. No tengo boli	No tengo=I don't have When we use this phrase there is no un/una e.g. No tengo boli

The second second	20. 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1						Federation
¿Qúe Piensas?	What do you think?	¿Cómo eres?/	What are you like?	Connectives	Connectives	¿Oué es tu	What is vour
Me encanta	IIOVE	Describete	Describe vourself	Daro	But	nacionalidad?	nationalitv?
Me gusta	1 like	Amahla	Kind	Sin ambana			we
No me gusta	I don't like		Discont.	Sin embaigo	Iavawon	····	
Odio	I hate	Agradable	riedsdilt	lambién	Also	Ingles/a	English
En mi poinión	In my opinion	Aburrido/a	Boring	Además	Furthermore	Francés/a	French
Dianen nua	I think that	Asqueroso/a	Disgusting	Porque	Because	Belga	Belgian
	I helieve that	Contento/a	Нарру	Y	And	Suizo/a	Swiss
Septin vo	According to me	Difícil	Difficult		1	Alemán	German
-Pain la	ann ar Gruppana	Divertido/a	Fun			Español	Spanish
¿Cómo eres?	What are you like?	Emocionante	Exciting	Extra detail	Extra detail	Somalí	Somalian
Tengo	I have	Enfadado/a	Angry	Llevo	I wear	Polaca	Polish
Tiene	He/she has	Estricto /a	Strict	Tengo	I have	Portugués/a	Portuguese
al nelo	hair	Een/a	Uelv	Gafas	glasses	Bandadoci	Bandadachi
- book	200	Elierto	Strong	Piercings	piercings	Chino/a	Chinoco
laigu	1018	נמפונה	Suone .	El hiyab	a hijab		cunese
corto	short	gracioso/a	tunny	Lentillas	contact lenses	Italiano/a	Italian
liso	straight	Grande	big	Pecas	freckles	Galés/a	Welsh
rizado	curly	Guapo/a	Handsome	Una cicatriz	a scar	Paquistani	Pakistani
ondulado	wavy	Horrible	Awful	Barba	beard	Escoses/a	Scottish
afro	afro	interesante	interesante	Bigote	moustache	Irlandés/a	Irish
castaño	brown	Joven	Young			Americano/a	American
rubio	blond	Limpio/a	Clean				
pelirrojo	ginger	Maduro/a	Mature			ſ	1
Los ojos	Eyes	Pequeño/a	Small	Intensifiers	Intensifiers		
azules	blue	Perfecto/a	Perfect	Muy	very		
marrones	brown	Rico/a	Rich	Bastante	quite		
verdes	green	Ruidoso/a	Noisy	Un poco	a bit		
Soy	I am	Sabio/a	Wise	Demasiado	too		Ì
Es	He/she is	Serio/a	Serious	Extremamente	extremely		
alto/a	Tall	Sucio/a	Dirty	Kealmente-	really		
bajo/a	short	Tímido/a	Shy				
gordo/a.	fat	Trabajador/a	Hard working				
delgado/a	thin	Triste	Sad				
mediano /a	medium-size	Vieio/a	old				

2 1	Hans Price Pulse raiser Stretch	Hans Price Academy Key Stage 3 Knowled Year 7 & 8 Core PE Unit 1: Anatomy & Parts of a warm up Light continuous activity such as slow jogging, is used to increase heart rate and bl warmed, increasing flexibility. Stretching the main muscle groups and joints increases their elasticity and mobilit	rice ar 7 8 joggi	Academy & 8 Core Pl ng, is used to		Key Stage 3 Knowle E Unit 1: Anatomy & increase heart rate and b their elasticity and mobili	Hans Price Academy Key Stage 3 Knowledge C Year 7 & 8 Core PE Unit 1: Anatomy & Phy: h as slow jogging, is used to increase heart rate and blood fil	Key Stage 3 Knowledge Organiser – E Unit 1: Anatomy & Physiology increase heart rate and blood flow. Muscles, ligaments and synovial fluid in the joints are their elasticity and mobility so that they are less likely to be strained. Dynamic stretching
2	Stretch	Stretching the main muscle groups and joints increases their elasticity and mob 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).	nd joii there or 8-1	nts inci fore nc 0 secoi	reases the ot holding nds (befor	reases their elasticity and mobili ot holding a stretch e.g. lunges. nds (before exercise).	reases their elasticity and mobility so th tholding a stretch e.g. lunges. nds (before exercise).	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).
ω	Mobilisation	Gently moving the joints through a full range of movement to promote synovial flu rotations, open and close the gate, ankle plantar and dorsi flexion. Effects of exercise	ıll rang nkle pl	ge of mover antar and c	nent lorsi i	nent to promote synovial fi lorsi flexion.	mote synovial flu	nent to promote synovial fluid the helps to lubricate the joint e.g. shoulder rotations. Shoulder lorsi flexion.
4	Heart rate increases.	During exercise the heart rate increases so that sufficient blood is take An increase in heart rate also allows for waste products to be removed	es so or wa	that sufficien ste products	tot	It blood is taken to the wo to be removed.	it blood is taken to the working n to be removed.	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.
U	Blood pressure increases.	Your heart starts to pump harder and faster to circulate blood to deliver oxygen to	faste	r to circulate b	ō	lood to deliver oxygen to		lood to deliver oxygen to your muscles. As a result, systolic blood pressure rises
σ	Endorphins are released into the blood.	When you exercise, your body release perception of pain. Endorphins also t	es che rigger	micals called e a positive feeli	3 3	ndorphins. These endor ng in the body, similar t	ndorphins. These endorphins in the body, similar to that c	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. car helps to prevent obesity, enables you to carry out everyday tasks without getting	on and	l efficiency of th arry out everyda		ne body systems e.g. can ay tasks without getting	ne body systems e.g. cardio-va: ay tasks without getting tired.	
8	Mental health (emotional) and well-being	Reduces stress, release feel-good ho	rmone	es in the body	SU	such as serotonin, helps	such as serotonin, helps us to c	Reduces stress, release feel-good hormones in the body such as serotonin, helps us to control our emotions and work productively.
9	Social health and well-being	Provides opportunities to socialise/n	nake f	riends, encou	Зе.	ages cooperation, team	ages cooperation, teamwork ar	Provides opportunities to socialise/make friends, encourages cooperation, teamwork and mental resilience
	Trapezius	Pectorals Deltoid		Muscle		Static stretch	Static stretch	Static stretch Muscle
T	Triceps	Bicep	10	Triceps			15	15 Biceps
Latiss			H	Hamstring		~	16	16 Deltoids
0	Gluteals	Abdominals	12	Pectorals		7°	7	17 Abdominals
Ham	Hamstrings	Quadriceps	13	Quadriceps	-		18	18 Gastrocnemius
Gast	Gastrocnemius		14	Gluteals		-	19	19 Latissimus dorsi

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Careers Independent
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This year you will take a Quizizz at the end of your SPACE topics to demonstrate your understanding of key topics. This will be uploaded to SIMS the same as your other subject with the instructions and Quizizz code you will need to use.

- When you enter your name, you must add your SPACE teacher's initials in brackets to show us which class you are in. E.g. Polly Thomas (DDA)
- When completed write your score and percentage in your knowledge organiser booklet on your SPACE page. Write the title and score along with 2 WWW's / EBI's in your IS textbook. These will be based on the questions you felt most confident about and ones you got wrong.

	a second of	100 miles	and the second		dimension of the				
Topic	Quizizz Code	Score	Percentage	OUIZIZZ PARA	104	Q. W Home	Bavary G.	2) Clones	
Being me in my world									
Celebrating difference									
				1		Fritar a	mar a jain codo		٩

unifrog

Once a term you will have a careers lesson using Unifrog and one piece of I.S which will be to complete a Unifrog activity which will be explained in SIMS.

- You will find your login details in an email sent by Unifrog. If you have forgotten your details go to www.unifrog.org - sign in - reset password / resend welcome email.
- If you are still having issues logging in, please email Mrs Daw or go to I.S Club in A3 after school.

You can use Unifrog at any time to find out information about career pathways, post 16, post 18 and which jobs are There will be termly rewards for students who complete the most activities, log the most and spend the most time best suited to your personality, likes and dislikes.

unifrog	ABOUT BLOG	-
Sign in		
Vour email address		
Your pussivord		
Sign in		

using Unifrog.

Independent Study Hand in dates:

Week	Subject
10/10/22	English
	Maths
	Science
	French
	Space
17/10/22	English
	Maths
	Science
	Geography
	Careers
	Autumn Half Term
31/10/22	English
	Maths
	Science
	RS
	History
07/11/22	English
	Maths
	Science
	Tech
	Spanish
14/11/22	English
14/11/22	Maths
	Science
	French
	Geography
	Coography
21/11/22	English
	Maths
	Science
	Art
	RS
28/11/22	English
	Maths
	Science
	History
	Spanish
05/40/00	En altala
05/12/22	English

	Maths
	Science
	Drama
	Careers
12/12/22	English
	Maths
	Science
	Computing
	Space
	Christmas Holiday
02/01/23	Bank Holiday
	Inset Day
04/01/23	English
	Maths
	Science
	Spanish
	History
09/01/23	English
	Maths
	Science
	French
	PE
16/01/23	English
	Maths
	Science
	Music
	Geography
23/01/23	English
	Maths
	Science
	History
	RS
30/01/23	English
	Maths
	Science
	Space
	Spanish
06/02/23	English
	Maths
	Science
	French
	Geography

