

# Knowledge Goals Homework Booklet 1 (Autumn Term 2023)

Year 7 and 8

Name: \_\_\_\_\_



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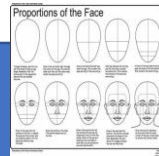
Suggested Homework Schedule  
(30 minutes of independent study per subject each week)

	Subjects to Revise	
Monday	English	History
Tuesday	Mathematics	Geography
Wednesday	Science	French
Thursday	Computer Science	Food Technology
Friday	Music	Physical Education
Saturday	Tier 2 Vocab	Drama
Sunday	Design and Technology	Art and Design

To help you get organised, we have planned out your weekly homework slot for each subject.

## Mind mapping

- Mind mapping is simply a diagram to visually represent or outline information.
- Use information gathered from your Knowledge Goals booklet to create mind maps, make sure to use colour and images and keep writing to the bare minimum.



## HOW TO MIND MAP VIDEO

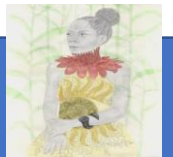
Parent  
information  
on  
knowledge  
retrieval:



## Flash cards

Use your Knowledge Goals booklet to make flash cards. Write the questions on one side and on the other record the answer.

Test yourself or work with a friend to make sure you know all of the key information for each topic.



## HOW TO FLASH CARD VIDEO

### How should students use the Knowledge Goals booklets?

Your **Knowledge Goals** booklet provide the essential knowledge that you need to learn in each subject this half term.

You are expected to spend **30 minutes per subject per week** 'learning' the content.

You will be assessed during lessons using 'low stake' quizzing.

**Your teacher may choose to set you additional homework.**

### How can parents support?

- Read through the booklet with your child – if you don't understand the content then ask them to explain it to you – 'teaching' you helps them to reinforce their learning.
- Test them regularly on the spellings of key words until they are perfect. Get them to make a glossary (list) of key words with definitions or a list of formulae.
- Read sections out to them, missing out key words or phrases that they have to fill in. Miss out more and more until they are word perfect.

# Literacy: Tier 2 Vocabulary

Tier 2 Vocabulary		
	Key word	Definition
1	Adequate	Barely sufficient or suitable.
2	Conformity	Action in accord with prevailing social standards, attitudes, practices, etc.
3	Diverse	To be of a different kind, form, character, etc.
4	Hindrance	To impede, stop, prevent, or the like.
5	Indifferent	To act without interest or concern; not caring; apathetic.
6	Turbulent	To be in a state of agitation or tumult; disturbed.
7	Valid	To be sound; just; well-founded.

These words are all tier 2 words; in other words, they are seen as 'academic vocabulary' and if you know them, can understand them and use them, you will do better in your exams and be able to communicate more precisely and effectively in life.

A blank graphic organizer template for vocabulary study. It features a central rounded rectangle labeled "word". Surrounding this central box are four quadrants, each with a label and horizontal lines for writing:

- definition** (top-left quadrant)
- synonyms** (top-right quadrant)
- sentence** (bottom-left quadrant)
- antonyms** (bottom-right quadrant)

**Synonyms** are words with the same or similar meaning:

- words such as happy, cheerful and merry.
- words such as sad, miserable and heartbroken.

**Antonyms** are words with opposite meanings:

- words such as angry and peaceful.
- words such as funny and serious.

You can use a **thesaurus** to find **synonyms** and **antonyms** for words.

Scan to view thesaurus

[click to view thesaurus](#)

Have a go at creating a Frayer Model for each of the 6 tier 2 words from this term (blank templates are at the back of the booklet for you to complete this activity).

## Tone & Mark making (Pencil & Pen) - Facts

- 1. Tone means how light or dark something is. The tones artists and designers use and the contrast between them can create very different moods and visual effects.
- 2. By applying more pressure when using your pencil, you can create a darker tone.
- 3. When applying mark making using pen (or pencil), darker tones can be created by placing marks closer together and/or layering marks and further apart for lighter tones.
- 4. To achieve control when shading with a pencil, hold your pencil part way up and use the side of the lead, making a short, repeated diagonal action (taking care to work within the edges of a space).
- 5. Pencils range from 9H (the hardest pencil) to 9B (the softest pencil). The harder the pencil, the lighter the mark, the softer the pencil, the darker the mark.
- 6. Value refers to how light or dark a tone is. Dark tones are described as having a low value and light tones a high value.

## Still Life (Pencil & Pen) - Keywords

- Pen

Pencil

Tone

Value

Contrast

Mark making
- Cross hatching

Hatching

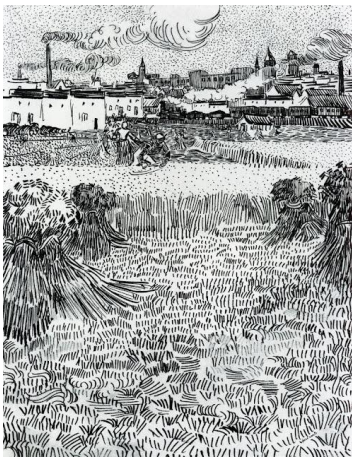
Stippling

Pointillism

Controlled Scribble


Shading

Artist Example (Landscape)



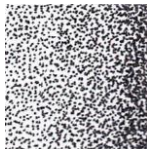
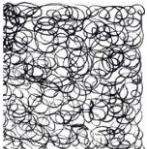





Vincent Van Gogh,  
1888 Arles, View  
from a Wheatfield,  
Pen & ink

Artist Example (Still Life)



Paul Cezanne -Still-life-with-Gingerpot-and-Fruit.

Mark Making - Examples			
Cross Hatching	Hatching	Stippling/Pointillism	Controlled Scribble
			

Additional Resources				
Tate Kids	The Big Draw	Making Marks	The Tate	Still Life
<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>
				

Tier 3 Vocabulary		
Key word		Definition
1	Composition	The arrangement of elements within an art work.
2	Ellipse	The shape of an oval, to describe the 3D qualities of an object with curved top and/or base.
3	Value	Determines the lightness or darkness of a colour.
4	Tone	(Similar to 'Value') Describes how light or dark something is.
5	Arrangement	A set up of components (similar to 'Composition').
6	Observational	An active acquisition of information from a primary source (e.g. drawing or painting from life).
7	Experiment	To investigate, try something out (ideas, materials or processes).
8	Refine	Make changes to improve.
9	Shading	Application of tonal value to a drawing (usually using a pencil).
10	Texture	The feel, appearance, or consistency of a surface or substance.
11	Blending	The action of mixing or combining things together e.g. blending one tone into another.
12	Hatching	A shading technique using thin parallel lines (cross hatching is when the lines go in opposite directions to each other).

Notes:

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Quiz QR Code	Quiz Link
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## How do I use a computer safely?

### What are the dangers of being online?

#### Some of the possible dangers of being online are:

- Strangers
- Exposure to inappropriate / illegal content e.g. sexual materials, violence
- Fraud (identity / financial)
- Viruses
- Cyberbullying

### What is Cyberbullying?

Cyber bullying is when someone uses the internet, mobiles or tablets to intentionally hurt someone.

#### Cyberbullying can include:

- "Hate" speech
- Racist messages
- Homophobic messages
- Sexual messages (Sexting)

### Social Media

**Social media are apps or websites that people use to communicate with others.**

Often the age limit for these websites and apps is 13 years old.

Users should regularly check their privacy settings to see who they are sharing information with.



### Digital Footprint

The things you share online will stay there forever and might be the first thing people notice about you, a bit like a tattoo. With every new profile, tweet or photo you post online, you are adding to a digital footprint. People that know you, and people who don't, can see it and learn a lot from it.



### Internet vs WWW

The internet is a Framework made up of a network of computers and cables. It can be compared to a skeleton as it is the structure of a network.

The World Wide Web (WWW) uses this network to help share information in the form of webpages. This is like the muscles, organs and skin that sits on the skeleton and allows it to function.



### URL's

URL stands for Uniform Resource Locator.

It is the web address that is unique to a particular website or page. Each part of the URL can tell us information.





Tier 3 Vocabulary		
Key word		Definition
1	eSafety	eSafety is the process or steps that need to be taken to stay safe online.
2	Social media	Social media are apps or websites that people use to communicate with others.
3	Cyber bullying	Cyber bullying is when someone uses the internet, mobiles or tablets to intentionally hurt someone.
4	URL	Uniform Resource Locator - The unique address of a web page
5	Digital footprint	The information about a particular person that exists on the internet as a result of their online activities
6	Internet	The internet is a global network of computers.
7	WWW	A collection of webpages found on the global network of computers (the internet)

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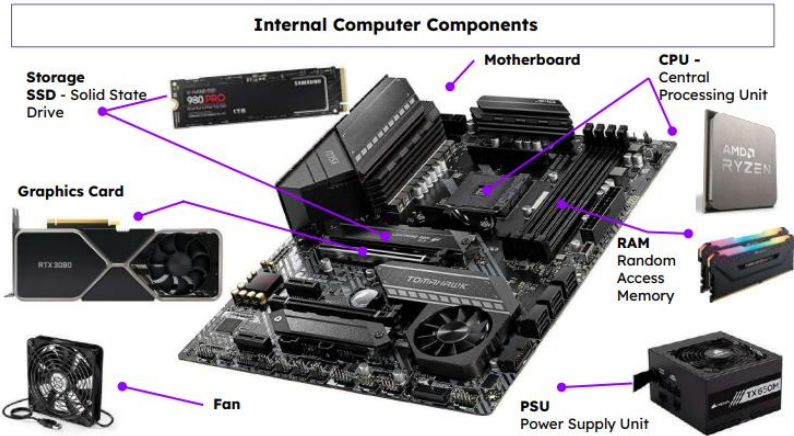
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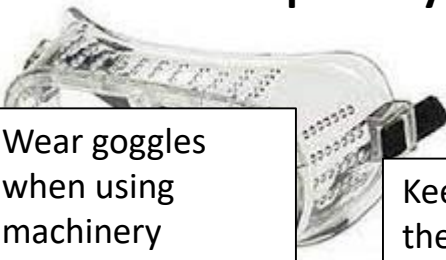
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## Basic workshop safety



Wear goggles when using machinery



Tie long hair back



Keep within the safety cordons

Wear an apron at all times

## Wood Saws



Tenon Saw

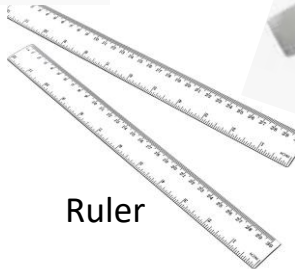


Coping Saw

Hand Saw



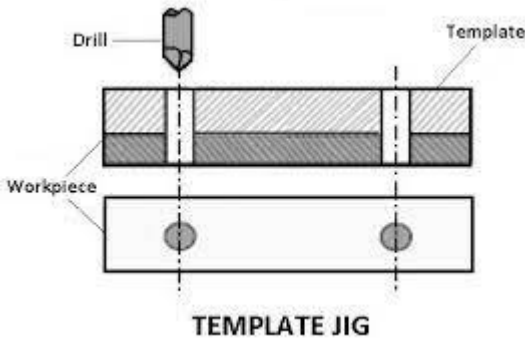
Tape Measure








Ruler

**THINK QUALITY!**  
**MEASURE**  
**TWICE**  
**CUT ONCE**

Jig: a template to help with a accurate, repetitive task.






**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.

Name	Image	Properties	Uses
Ash		Tough and flexible, wide grained, shock resistant and finishes well	Sports equipment, hand tools, kitchen cabinets
Beech		Strong, dense close grain but is prone to warping and splitting	Furniture, children's toys
Mahogany		Strong and durable, easy to work with and finishes well	High end furniture
Oak		Strong and relatively lightweight, finishes well.	Flooring, furniture, timber buildings
Balsa		Good strength for an extremely lightweight material, fast growing.	Insides of table tennis bats, modelling material



**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.

Name	Image	Properties	Uses
Western red cedar		Light weight very durable with a fine grain. Decay resistant, Good for outdoor use, Low shrinkage, Expensive	Fence post, cladding, decking...
Scots pine		Relatively durable outdoors and indoors. Medium weight. Relatively strong, Grows straight, Reasonably priced, Can have many knots, must be treated for outdoor use	Pulp in the making of paper and engineered board. Roof timber, skirting boards...
Parana Pine		Good strength and weight. Generally Knot free, Reasonably priced, not suitable for outdoor use	Staircases, Indoor furniture
Spruce		Medium weight and durability. If timber used outdoors and untreated will decay after 12 months. Fast Growing, Knotty, Not recommended for outdoor use.	Paper manufacture, pallets,



**Manufactured boards** are usually made from timber waste and adhesive. To make them more aesthetically pleasing they are often veneered. They are cheap to buy.



Tier 3 Vocabulary		
Key word		Definition
1	Hardwood	Denser, heavier wood such as oak.
2	Softwood	Softer, paler wood such as pine.
3	Manufactured board	Sheets of wood which are made from gluing thin pieces or offcuts together such as plywood or chip board.
4	Evergreen	Trees which stay green all year round such as pine trees.
5	Deciduous	Trees which loose their leaves in winter such as oak trees.
6	Jig	A template which allows the same process to be repeated accurately.
7	Coping Saw	A fine bladed saw for cutting shapes in thinner wood.
8	Tenon Saw	A short saw for cutting straight thicker pieces.
9	PPE	Personal protective equipment such as goggles.
10	Cordon	An area which is marked off for safety.
11	Template	A shape which can be used repeatedly to ensure accuracy.
12	Sustainable	The quality of being able to continue over a period of time.

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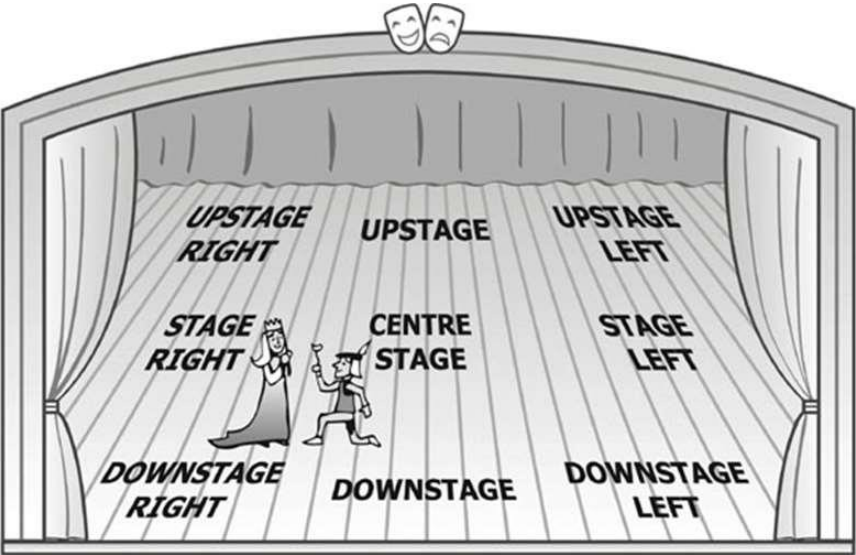
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Skills & Techniques		Techniques		
<div>1. A drama <b>technique</b> is a tool we use make our acting more interesting and engaging to an audience.</div> <div>2. A drama <b>skill</b> is a way of communicating verbal and non-verbal communication skills to portray a character and their ideas and/or feelings.</div>		Examples of drama techniques		
		Angel v's Devils	Narration	Flashback
		<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>
				
				
<div>Why do we use them?</div> <div><ul style="list-style-type: none"><li>• <b>Freeze frame</b> – to start and end a performance and to change scene. Also, to mark an important moment.</li><li>• <b>Angel vs Devil</b> – to show a character’s decision making based on their thoughts and feelings.</li><li>• <b>Narration</b> – to enhance a story and make it clear to the audience what is happening onstage.</li><li>• <b>Flashback</b> – used to reveal something important about the characters, something that adds depth to how we understand the story in the present line.</li></ul></div>		Used to show a characters conscience.	Narrating is adding a spoken commentary to a piece.	A flashback shows an even which happened in the past.



Tier 3 Vocabulary		
Key word		Definition
1	Vocal projection	The strength of speaking or singing whereby the voice is used powerfully and clearly.
2	Facial expressions	A way to show emotions and feelings using your face.
3	Body language	A way to show emotions and feelings using your body.
4	Gait	The way you walk.
5	Stance	The way you stand using your legs and feet.
6	Posture	The way you stand using your body.



Notes:

Quiz QR Code	Quiz Link
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7 STEPS

TO WRITE A POWERFUL

Memoir

1. NARROW YOUR FOCUS

2. INCLUDE MORE THAN YOUR STORY

3. TELL THE TRUTH

4. PUT YOUR READERS IN YOUR SHOES

5. USE ELEMENTS OF FICTION

6. CREATE AN EMOTIONAL JOURNEY

7. SHOW YOUR PERSONAL GROWTH

THE WRITE LIFE

Direct Speech

There are several rules that need to be followed when quoting direct speech (spoken words).

	Explanation	Example
1. Speech Marks	Speech marks are used to indicate direct speech. They enclose the spoken words.	What do you want to do this weekend? asked Abby.
2. Exact Words	Only use speech marks when quoting the exact spoken words. Indirect speech does not need speech marks.	Abby asked us what we wanted to do this weekend. <del>no speech marks needed</del>
3. Capital Letters	Use a capital letter at the start of direct speech, unless the speech is a continuation of an existing sentence.	"Stay there!" he shouted. "You can't leave now!" "We are going to France," he said, "but not until March."
4. Punctuation (inside speech marks)	Place any punctuation that belongs to the direct speech inside the speech marks.	"When are we having lunch?" asked Toby. "Get out!" shouted the teacher.
5. Punctuation (outside speech marks)	Place any punctuation that does not belong to the direct speech outside the speech marks.	Did Arnold really say, "I'll be back"?
6. Commas	Use a comma if the text continues after the direct speech. You also need to use a comma when introducing direct speech.	"That's an iconic movie quote," said Mike. Beth replied, "Yes, I know."
7. New Paragraphs	Start a new paragraph every time there is a new speaker.	"Do you like apples?" asked Will. "I always wondered." "Yes. Why do you ask?" replied Tomek.

doctstream

How to correctly insert Paragraphs using

TIP-TOP

TIME

USE A NEW PARAGRAPH WHEN CHANGING FROM ONE POINT IN TIME TO ANOTHER. E.G. FROM MORNING TO EVENING, OR IN THE PAST BEFORE CHANGING TO THE FUTURE.

PLACE

CHANGE PARAGRAPH WHEN YOU START TALKING ABOUT A DIFFERENT PLACE. E.G. AT HOME BEFORE WALKING THE STREETS

TOPIC

YOU NEED A NEW PARAGRAPH WHEN YOU MOVE FROM ONE TOPIC (OR POINT) TO ANOTHER.

PERSON

START A NEW PARAGRAPH IF YOU CHANGE FROM ONE SPEAKER TO ANOTHER WHEN WRITING DIALOGUE

Personification

makes a non-human thing seem human.

The tree invited us to come and play.

Simile

uses "like" or "as" to make a comparison.

The ball streaked across the field like a meteor.

A metaphor

suggests that two different things are the same thing.

Life is a curly slide, full of twists and turns.

	Memoir Structure
1	Narrative hook, dramatic hint or intriguing question.
2	Opening – who, what, where, when?
3	Build up and development.
4	Dramatic peak – description.
5	Resolution and reflection

	Vocabulary Continuum
	angry
	miffed irritated displeased annoyed cross raging irate furious livid incandescent
	+ _____ -
	strolled ambled wandered rambled trudged plodded staggered stomped prowled
	walked

CREATIVE SENTENCE STRUCTURES TO LEARN:

1. Comma Sandwich

The expanse of trees, which shifted in darkness, fully surrounded me.  
*The sun, which had been absent for days, shone steadily in the sky.*

2. Colon Clarification

There was the faintest of sounds that seemed to touch the space between the trees; it was my own breathing.  
*A strange hint of something filled my nostrils and made my stomach lurch; it was blood.*

3. Three Verb Sentence

The hot air balloon billowed, swelled, rose up and up, high into the sky.  
*I pushed, crashed, smashed my way through the army of nettles.*

4. Adjective Attack

Steep and intimidating, the sudden rise of the forest floor ahead of me caused me to pause.  
*Cold and hungry, I waited for someone to take pity on me.*

5. Three Adjective Punch

Fraught, tired, confused, I was no longer the same person who walked innocently into the forest.  
*Ruthless, dangerous, lethal, the animal leaps for its prey.*

6. Present participle start (-ing)

Having no possibility of getting back to where I came from, the way ahead seemed suddenly less daunting.  
*Knowing I had no choice about it, I decided to agree with her.*

7. Past participle start (-ed)

Wracked with fear, I crept slowly towards the door.  
*Scared for her life, I searched frantically for the key.*

8. Simile Start

Like a bird knocked out of the sky, I was thrown to the ground as though for the last time.  
*Like a ghost caught in a fan, I spun round and round on the roundabout.*


9. Double Adverb Snap

Slowly, carefully, I scrambled down the sheer rockface.  
*Cautiously, apprehensively, I opened the official looking letter.*

10. Double Simile Sentence

It could have been Esther's, as black as jet, as dark as the night.  
*It's hard to describe how I felt - like an object no longer of use, like a parcel packed up in string and brown paper.*

	Sentence Types
1	<b>Minor or fragment sentence.</b> An incomplete sentence without a verb and/or subject. <b>Nothing. Silence.</b>
2	<b>Simple Sentence</b> A main clause with a verb and subject. <b>She was gone. It was over.</b>
3	<b>Compound Sentence</b> Two simple sentences linked by co-ordinating conjunctions. <b>She was gone <u>but</u> it was not over.</b>
4	<b>Complex Sentence</b> A sentence which contains a main clause and a subordinate clause. <b>Although she was gone, it was not over.</b>

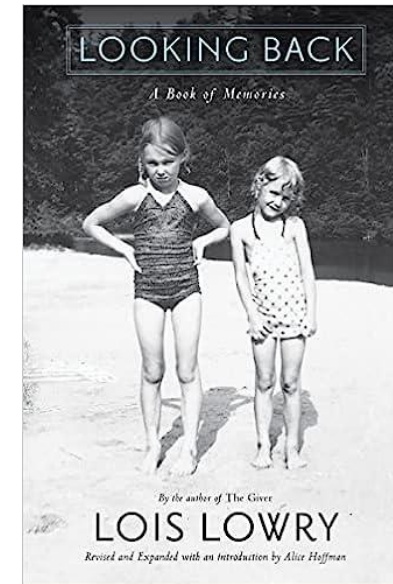
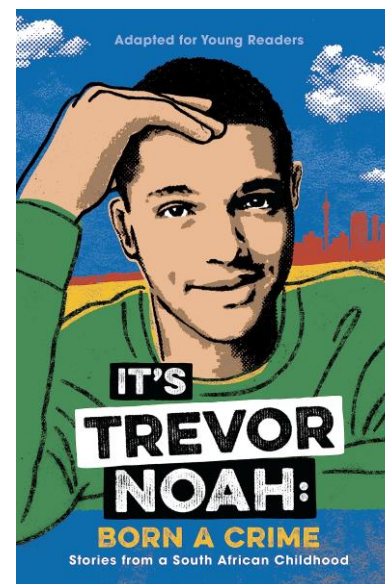
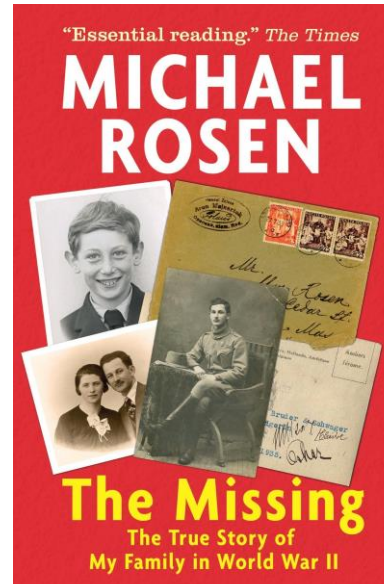
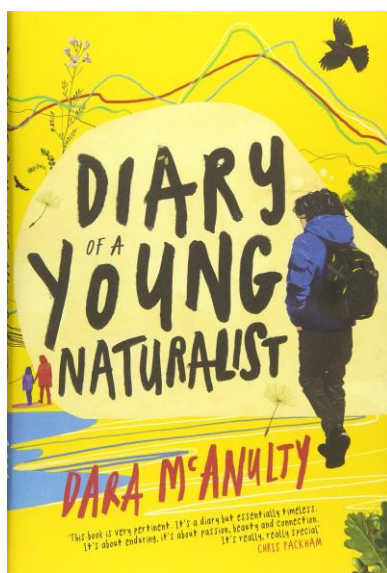
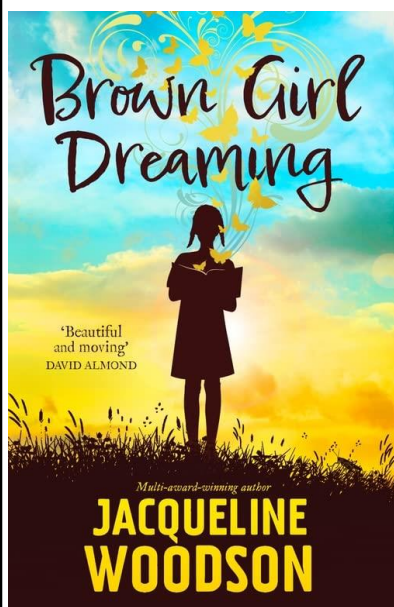
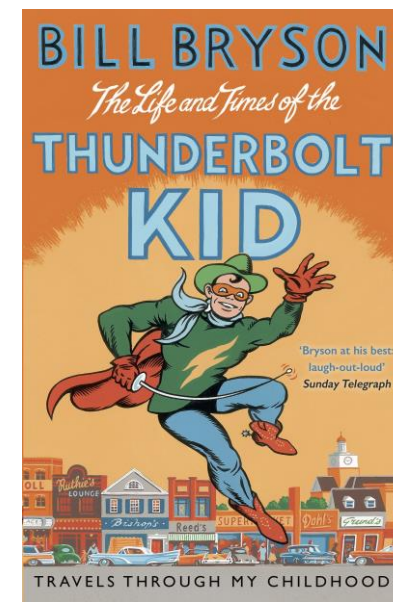
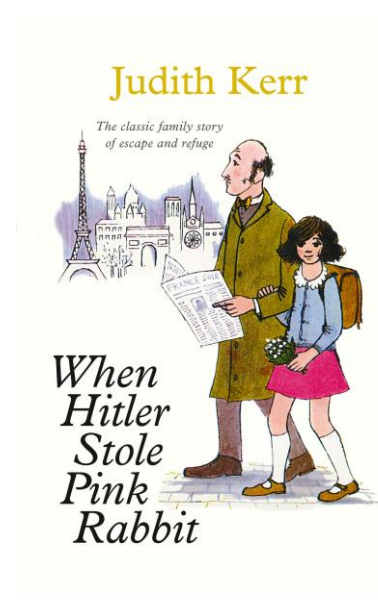
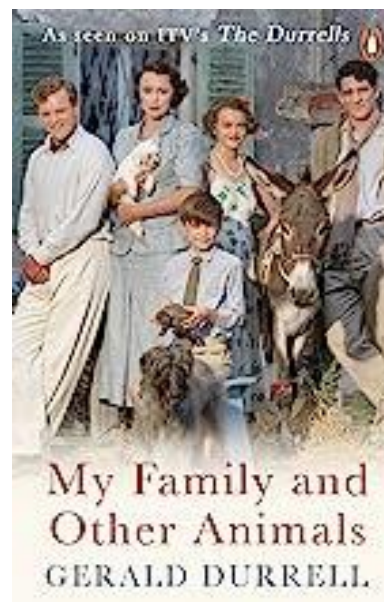
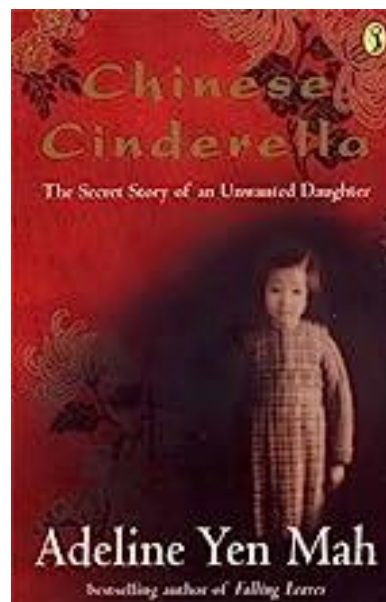
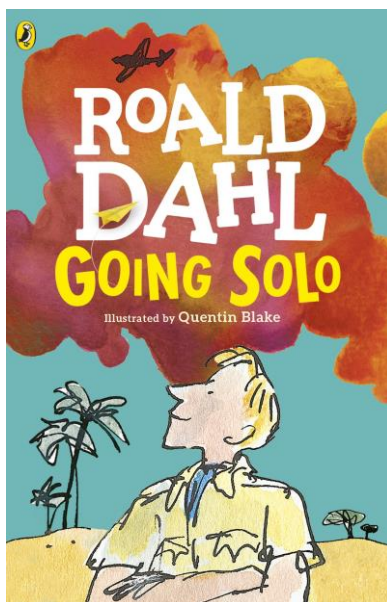
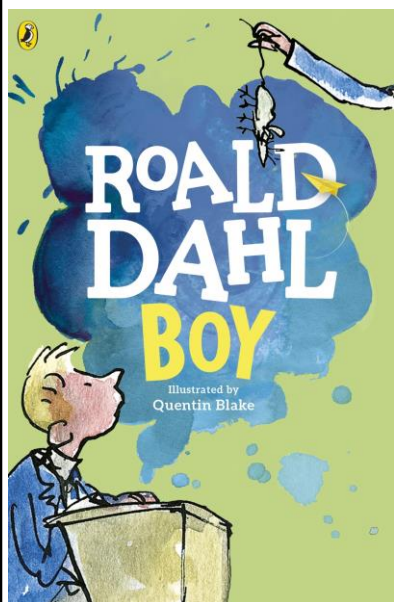
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Tier 3 Vocabulary		
Key word		Definition
1	Autobiography	An account of your life written by you.
2	Biography	An account of someone's life written by another person.
3	Memoir	A piece of writing focused on a particular memory and written by you.
4	Anecdote	A short, personal (and perhaps funny) story.
5	Narrator	The person telling the story.
6	First person narrative	A type of writing where the storyteller tells events from their point of view using 'I' or 'We'.
7	Chronological order	When events are recounted in time order.
8	Past tense	The verb tense we use when we are recalling something that has already happened.
9	Dialogue	Direct speech or conversation.
10	Sensory language	Language that appeals to the five senses: sight, sound, touch taste and smell.
11	Flashback	A scene or event from the past that interrupts the present narrative to provide background information or context.
12	Foreshadowing	A literary device in which the author hints at or suggests future events in the story.

Tier 2 Vocabulary		
Key word		Definition
1	To recollect	To remember or recall.
2	To reminisce	To remember with pleasure.
3	To reflect	To think deeply or carefully about something.
4	To captivate	To engage and charm.
5	Nostalgic	Longing for or thinking fondly of a past time
6	Subjective	Personal feelings, tastes or opinions.
7	Introspective	Thoughtful and reflective.
8	Perspective	Point of view.
9	Authentic	Genuine, real, truthful.
10	Pivotal	Something that is crucial, significant or important.
11	Epiphany	A moment of sudden revelation or realisation.
12	Transformation	The process of undergoing change or development.



## Year 7 and 8 Knowledge Goals: English 'The Art of Memoir' Further Reading





## Personal Hygiene

Short finger nails

Wear clean apron

No jewelry



Wash hands before cooking, after blowing nose, visiting toilet or touching face

Cover cuts with a plaster

1. Wash up in hot soapy water.
2. Do not put hot food in the fridge.
3. Do not run.
4. Turn saucepan handles to the side.
5. Do not touch electrical appliances with wet hands
6. Store high risk foods in the fridge.
7. Use oven gloves

## Colour coded chopping boards.

Blue – fish  
White – bread and dairy  
Brown – potatoes  
Red – raw meat  
Yellow – cooked meat  
Green – vegetables and salad



## Kitchen equipment

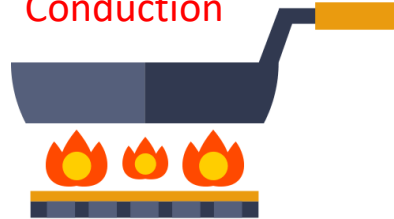


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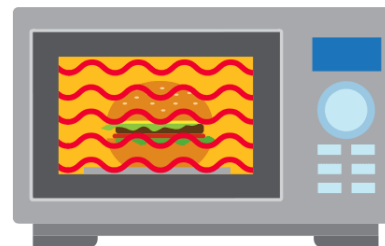


spatula

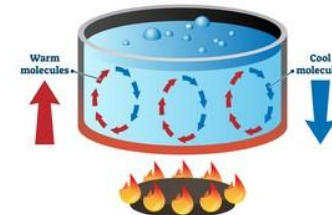
## Conduction



## radiation



## CONVECTION



shutterstock.com · 1636131082



More info on  
heat transfer



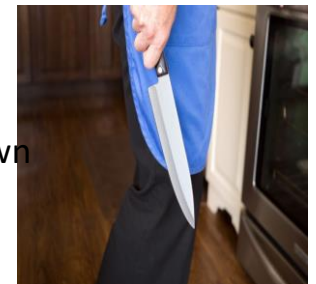
Claw hold



Bridge hold



Knife pointing down



Secure chopping  
board with paper  
towel



Tier 3 Vocabulary		
Key word		Definition
1	Claw hold	Holding hand in shape of an eagles claw to secure food when chopping
2	Bridge hold	Holding food with finger and thumb across the food
3	Recipe	A list of ingredients needed to make a dish
4	Personal hygiene	How we make sure we keep food safe by keeping ourselves clean and hygienic
5	evaluation	How we look at the dish for what went well and what went not so well
6	Food hygiene	How we make sure food is safe to eat
7	Enzymic browning	Enzymic browning is a reaction which requires the action of enzymes and oxidation in order to occur. What happens during enzymic browning? Oxygen in the air can cause sliced fruit to brown, a process called enzymic browning

Claw Hold



Bridge Hold



Notes:

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Quiz QR Code	Quiz Link
	<a href="#">QUIZ LINK</a>

Tier 3 Vocabulary		
Key word		Definition
8	Fair test	A fair test is a test which controls all but one variable when attempting to answer a scientific question. Only changing one variable allows the person conducting the test to know that no other variable has impacted the results of the test.
9	Control	When conducting an experiment, a control is an element that remains unchanged or unaffected by other variables. It's used as a benchmark or a point of comparison against which other test results are measured.
10	Conduction (year 8)	The transfer of heat through a material by transferring kinetic energy from one particle to another.
11	Convection (year 8)	The transfer of heat energy through a moving liquid or gas.
12	Radiation (year 8)	Energy carried by particles from a radioactive substance, or spreading out from a source.

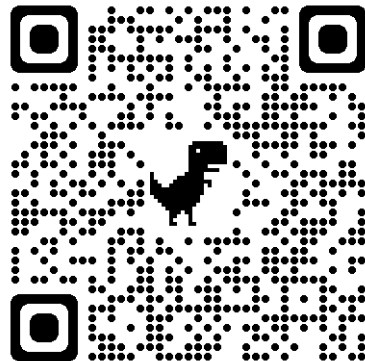
Notes:

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

[Click to watch video](#)



[Click to watch video](#)



**FILL IN THE MISSING NUMBERS**

1 = un

2 = \_\_\_\_\_

3 = trois

4 = \_\_\_\_\_

5 = cinq

6 = six

7 = \_\_\_\_\_

8 = \_\_\_\_\_

9 = neuf

10 = dix

11 = onze

12 = douze

13 = treize

14 = quatorze

15 = quinze

16 = seize

17 = \_\_\_\_\_

18 = dix-huit

19 = \_\_\_\_\_

20 = \_\_\_\_\_

21 = vingt-et-un

22 = vingt-deux

23 = \_\_\_\_\_

24 = vingt-quatre

25 = \_\_\_\_\_

26 = \_\_\_\_\_

vingt-six

27 = \_\_\_\_\_

28 = vingt-huit

29 = vingt-neuf

30 = \_\_\_\_\_

31 Trent-et-un

**What are these months and days in****English?**

janvier

lundi

juillet

mars

mercredi

décembre

avril

vendredi

mai

jeudi

juin

février

dimanche

octobre

août

mardi

septembre

novembre

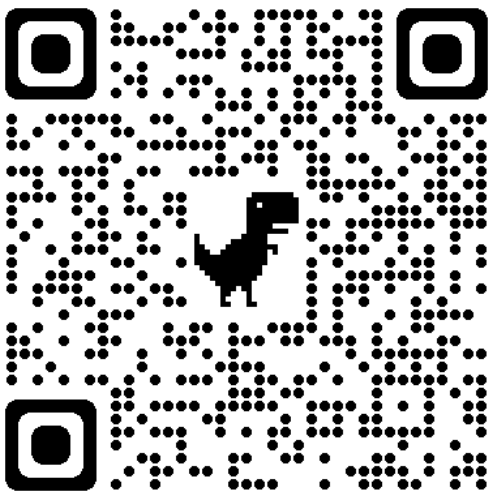
samedi

Tier 3 Vocabulary		
Key word		Definition
1	Verb	Doing word
2	Noun	Naming word
3	Adjective	Describing word
4	Gender words	Male and female words


Scan or use the QR codes below:

[Click to access Languagenut](#)

[BBC Bitesize](#)



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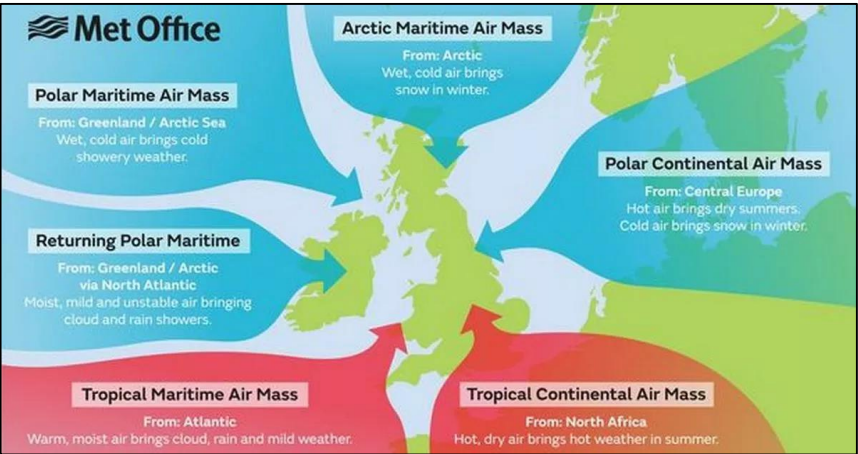
Quiz QR Code	Quiz Link
	<a href="#">QUIZ LINK</a>



## UK Weather



[LINK](#)



### THE BEAST FROM THE EAST – EXTREME WEATHER IN THE UK

#### PRIMARY IMPACTS OF THE BEAST FROM THE EAST

Ten people died  
Up to 50cms of snow fell on high ground  
Rural (countryside) areas experienced temperature lows of up to -12°C

#### SECONDARY IMPACTS OF THE BEAST FROM THE EAST

Hundreds of schools were forced to close  
Thousands of schools were closed across the UK, including more than 125 in North Yorkshire and more than 330 across Kent, and hospital operations were cancelled.  
Many rail services were cancelled.  
British Airways cancelled hundreds of short-haul flights from Heathrow, and London City Airport also cancelled many services.  
The National Grid issued a 'gas deficit warning' prompting fears of a shortage, but households were reassured domestic supplies would not be affected.  
Nearly all train operators warned of cancellations and disruption, and hundreds of flights were cancelled.  
Hundreds of motorists on the M80 near Glasgow were stuck for up to 13 hours, with some spending the night in their cars and others abandoning their vehicles. Around 1,000 vehicles were at a standstill, tailing back eight miles in both directions.  
There was a shortage of food in some supermarkets.  
Drifting snow led to the isolation of several villages.

## Global weather – Tropical storms

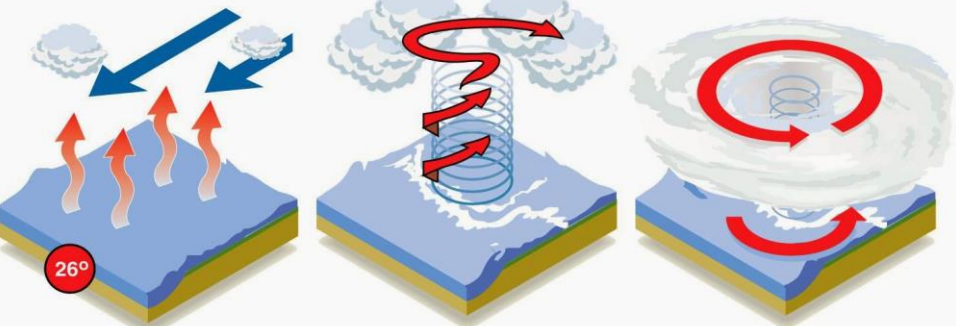
### How tropical storms are formed

High humidity and ocean temperatures of over 26°C are major contributing factors

Water evaporates from the ocean surface and comes into contact with a mass of cold air, forming clouds

A column of low pressure develops at the centre. Winds form around the column

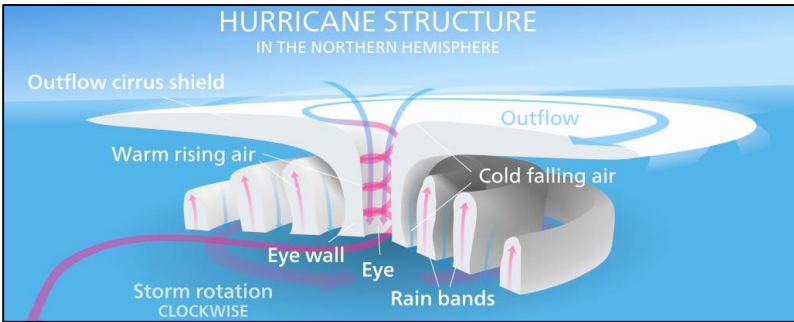
As pressure in the central column (the eye) weakens, the speed of the wind around it increases



### Saffir-Simpson hurricane wind scale

Category 1	Category 2	Category 3	Category 4	Category 5
Minimal damage	Moderate damage	Extensive damage	Extreme damage	Catastrophic
Winds 119-153 kph	Winds 154-177 kph	Winds 178-208 kph	Winds 209-251 kph	Winds 252 kph and more

Source: NHC



### Tier 3 Vocabulary

Key word		Definition
1	Tropical Storm	Very intense low-pressure wind system, forming over tropical oceans and with winds of hurricane force.
2	Drought	Long periods of time without enough water which will significantly impact the environment and the people living in that environment.
3	Monsoon	Long periods of time of heavy rainfall which will significantly impact the environment and the people living in that environment, specifically located in the Indian sub-continent.
4	wildfires	Fires that that are caused after long dry spells, they can spread rapidly and cause widespread environmental damage.
5	Saffir Simpson Scale	A 1 to 5 scale of measurement of a tropical storm by windspeed.
6	Climate	The average temperature and precipitation patterns that are seen of the course of a year in a given area.
7	Weather	A description of the precipitation, temperature and windspeed of a given area at any given time.
8	Storm surge	A rising of the sea as a result of wind and atmospheric pressure changes
9	Eye wall	The area of fastest moving wind in a tropical storm that surrounds the central 'eye' of the storm.
10	Rain-bands	The areas of rising warm air in a tropical storm, they are usually the areas with highest cloud cover and rainfall.
11	Equator	An imaginary line that circumnavigates the earth and splits the Earth into the northern and southern hemisphere.
12	Atmosphere	The layers of gasses and liquids that surround the earth.
13	Low pressure	An area of rising air creating low pressure, typical weather would include clouds rain and wind.
14	High pressure	An area of sinking air creating high pressure, typical weather would include clear skies, little wind and warm temperatures in the summer and cold temperatures in the winter.

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Quiz QR Code



Quiz Link

[QUIZ LINK](#)





Tier 3 Vocabulary		
Key word		Definition
1	Chronology	Organising events to be presented as they occurred in time
2	Anachronism	Something or someone that is not in its correct historical time
3	Source	An item that can provide information about the past
4	Historian	Somebody that studies the past
5	Interpretation	An opinion that has been formed about a person or event
6	Decade	10 Years
7	Century	100 years
8	Millennium	1000 years
9	Archaeology	The study of physical remains of past human life and activities
10	Turning Point	An important moment when history seems to change direction
11	Cause	Something that makes an event happen
12	Consequence	The results of the action

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- Place Value** is the numerical value that a digit has based on its position within a number.
- It is important to ensure the place value of your numbers are correct when using the **column method** (Line up decimals).
- The **Lattice method** and the **column method** can be used to **multiply** two numbers together.
- The **bus stop method** can be used to divide a number by another number.

Incorrect

	5	.	8	3
+		2	.	4
<hr/>				
	7	.	8	7

Correct

	8	.	1	6
-	3	.	5	4
<hr/>				
	5	.	4	2

3	4	
1	2	5
5	0	
1	2	6
8	4	

3 and 5 "meet" so we multiply 3x5 and put the answer in the grid.

**8785 ÷ 7**

$$\begin{array}{r} 1255 \\ 7 \overline{) 8785} \\ \underline{7} \phantom{00} \\ 17 \phantom{00} \\ \underline{14} \phantom{00} \\ 38 \phantom{00} \\ \underline{35} \phantom{00} \\ 35 \phantom{00} \\ \underline{35} \phantom{00} \\ 0 \end{array}$$

$$8785 \div 7 = 1255$$

- Percentages, decimals and fractions** all represent parts of a whole
- To convert from **fractions to decimals** you divide the numerator by the denominator.
- To convert **decimal to a percentage** you multiply it by 100.
- To convert from **percentage to decimal** you divide it by 100.
- To convert from **decimal to fraction** you multiply the decimal by 100, use that value as your **numerator** and 100 as your **denominator** and then simplify as appropriate.

Numerator ÷ Denominator

x 100

$$\frac{37}{100}$$

0.37

37%

Decimal x 100  
 $\frac{\quad}{100}$   
 (Then simplify)

÷ 100

Tier 3 Vocabulary		
Key word		Definition
1	Place Value	Place value is the value represented by a digit in a number on the basis of its position in the number.
2	Column method	A method of calculation where the numbers to be added or subtracted are set out above one another in columns.
3	Lattice method	A written method of multiplying numbers.
4	Bus stop method	The bus stop division method is a formal written method for dividing numbers. It's also known as short division
5	Percentages	A percentage is a number or ratio that can be expressed as a fraction of 100.
6	Decimals	A decimal is a number that consists of a whole and a fractional part.
7	Fractions	Fractions represent the parts of a whole or collection of objects.
8	Numerator	A numerator is the part of a fraction above the line, which signifies the number to be divided by another number below the line.
9	Denominator	A denominator is the bottom number in a fraction. It shows the equal number of parts something is divided into.

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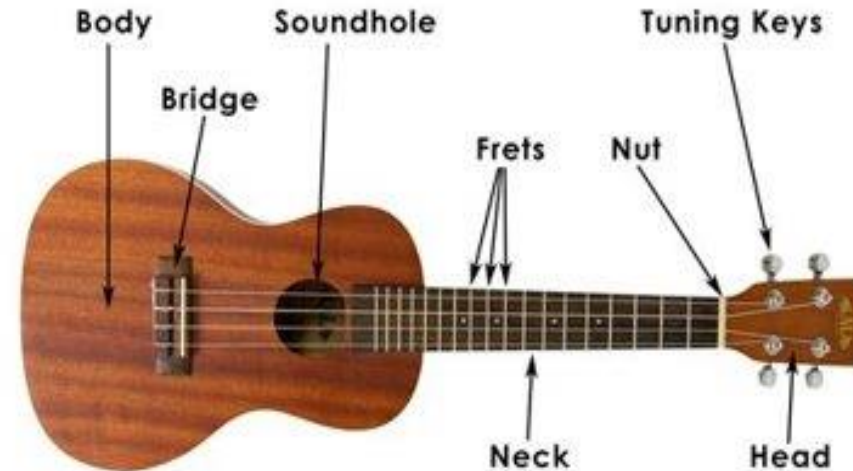
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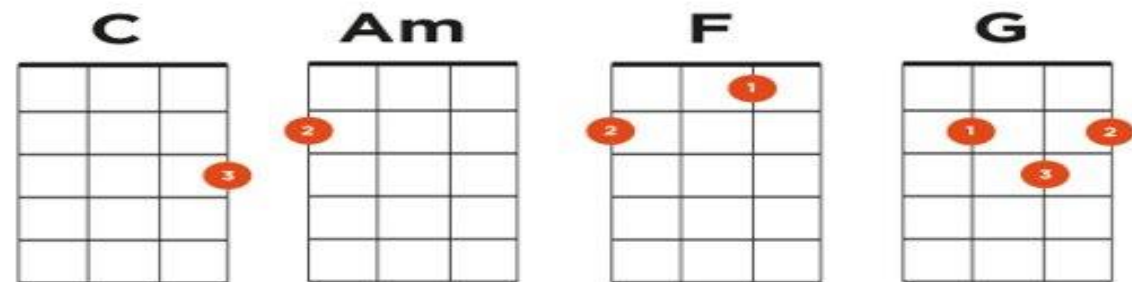
## Ukuleles

1. Learning the parts of the ukulele and the function of each part.
2. The 4 strings of the ukulele are G, C, E, A.
3. A note is 1 string played at a time.
4. A chord is 3 or more notes played at the same time.
5. Strumming is using your hand to playing all the strings at the same time. Different strumming patterns create strumming rhythms.
6. Describe how the musical elements dynamics and tempo can be applied to performing ukulele.

## Ukulele Diagram



## Identifying Ukulele Chords



## Additional Resources

[Ukulele Chords: charts and diagrams \(ukulele-chords.com\)](http://ukulele-chords.com)

Tier 3 Vocabulary

Key word		Definition
1	Tempo	The speed of the music.
2	Dynamics	The volume of the music.
3	Chord	3 or more notes played at the same time.
4	Melody	1 note played at a time to make a tune.
5	Strumming	Playing all strings at the same time.
6	Rhythm	A musical pattern using time.
7	Fret	The metal lines on the neck of the ukulele.
8	Fret Board	The space behind the frets.
9	Sound Hole	The large hole in the ukulele that sounds echoes in.
10	Tuning Pegs	Used to tune the ukulele and keep it in tune.
11	Neck, body and head.	The main sections of the ukulele.
12	Strings	There are 4 of them, used to make the sound.

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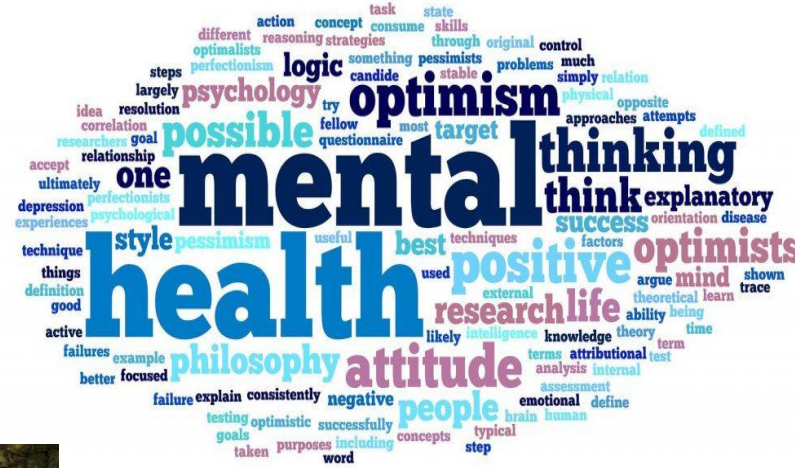


Quiz Link

[QUIZ LINK](#)

## How to challenge stigma associated with Mental health

1. 1 in 4 people suffer with mental health problems.
2. Most people manage and treat concerns.
3. Seeking help early makes a big difference.
4. You can not tell by looking at somebody that they are suffering.



1. Be open minded, try new ideas.
2. Practice patience and kindness especially towards yourself.
3. Optimistic, focus on things you are grateful for.
4. Live in the present.
5. Value and build up good relationships
6. Know your limits.

## How to cope if feeling overwhelmed, anxious or depressed

1. Breathe deeply
2. Acknowledge your feelings
3. Gain perspective
4. Remember strengths when things go wrong.
5. Remember a time when this has happened before and was ok
6. Talk
7. Use positive role models.
8. Smile and try to remain positive.
9. Refrain negative thoughts.

## Social media and mental health

Advantages of social media	Disadvantages of social media
Meet people	Peer pressure
Talk to friends (with minimal cost)	Sleep deprivation if playing late at night
Build confidence	Might see upsetting images
Time to think about replies.	Cyber bullying
Fun	Expected to always be there
Good games and apps	Jealousy of others social media accounts
Access to support and groups	Might feel excluded

## The Wellbeing Hub - Schools - Teen Tips

**childline**

**ONLINE, ON THE PHONE, ANYTIME**  
childline.org.uk | 0800 1111



Tier 3 Vocabulary		
Key word		Definition
1	Mental health	is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community
2	Anxiety	Anxiety is an emotion which is characterized by an unpleasant state of inner turmoil and includes feelings of dread over anticipated events.
3	Panic attack	A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause.
4	Depression	Depression is a common mental disorder. It involves a depressed mood or loss of pleasure or interest in activities for long periods of time.
5	Eating disorder	An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape.
6	Resilience	Psychological resilience is the ability to cope mentally or emotionally with a crisis or to return to pre-crisis status quickly
7	Optimism	Optimism is an attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable.
8	Open minded	Open-mindedness is receptiveness to new ideas. Open-mindedness relates to the way in which people approach the views and knowledge of others.
9	Stigma	a strong feeling of disapproval that most people in a society have about something
10	Overwhelmed	If you are overwhelmed by a feeling or event, it affects you very strongly, and you do not know how to deal with it

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Wellbeing QR Code	Wellbeing Link
	<u><a href="#">VIDEO LINK</a></u>



## Invasion Games...

1. Invasion games are team games in which the aim is to attack the opposing teams **space**.
2. Usually there is two teams and two goals. The aim is to try and **score the most goals or points** in a set time period.
3. You should begin to learn the **rules and regulations** of the following invasion games; Football, netball, rugby, basketball.
4. You should also learn the roles of the official in each sport.
5. The basis of invasion games come from good sportsmanship.
6. Success in invasion games is achieved by;
  - Using the space available to your advantage.
  - Working as a team to find space.
  - Marking your opponents.
  - Creating space to help other members of your team.

Invasion Games- Autumn Term Focus Sports Star			
Football	Netball	Hockey	
Georgia Stanway- Born in Barrow	Helen Housby- Born in Carlisle	Fiona Crackles- Born in Kirkby Lonsdale	
			
Positions: Attacking midfielder First National team- England U15'S 2014 UEFA Women's Championships 2022- Winners	Positions: GA & WA First senior international debut- 2015 Netball world cup 2019- Bronze Won BBC sporting moment of the year- 2019 Commonwealth games 2018- Gold	Position: Defender First senior international debut- 2020 Olympic 2020- Bronze Captained England's U18 team to bronze in the EuroHockey Youth Championships- 2018	
<b>Football: Sedbergh wanderers</b>	<b>Football: Kendal United</b>	<b>Netball: Kirkby Lonsdale</b>	<b>Hockey: Kendal</b>
			

Tier 3 Vocabulary		
Key word		Definition
1	Agility	The ability to move and change direction quickly whilst maintaining control.
2	Passing	To give the ball to another member of your team using power whilst maintaining accuracy.
3	Receiving	Take possession of the ball from a teammate.
4	Intercepting	To gain possession of the ball during a pass by the opposition.
5	Defending	Protect your goal/area. Stop the other team from scoring.
6	Attacking	To try and score a goal/point in the other teams area.
7	Goal	The way in which most points are recorded in games.
8	Offside	The player is in a position where playing the ball or puck is not allowed.
9	Foul	An unfair act by a player, deemed by the referee to break the rules of the game.
10	Travel	Travel occurs when an offensive player who is possession of the basketball takes an extra step.
11	Substitution	A substitution is when a player is replaced with a teammate who started the game on the bench.
12	Tackle	A tackle is when an opposing player dispossess you to win the ball fairly.

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## Narratives, Myths , Culture and Community

**Storytelling** is at the core of culture. It is how **histories** are passed down, **customs** are shared and traditions become widespread to a group. Shared culture is rooted in a shared tradition of communicating values and beliefs.

**Strong communities** are critical because they're often an important source of social **connection** and a sense of **belonging**. Participating in a community bonded by attitudes, values, and goals is an essential ingredient to enjoying a fulfilling life.



### The nature of families:

the role of parents and children in **extended and nuclear families** is important for:

- procreation
- stability and protection
- educating children (in shared norms and values)



## Subjective VS Objective

There are many words in the English language that sound very similar but have **completely opposite meanings**. One of the examples is the Subjective vs Objective pair: with only a couple of letters different, these two words are actually antonyms.

### MEANING

**SUBJECTIVE** information is anything that is based on **personal opinion, judgment, feelings, or point of view**.

### MEANING

**OBJECTIVE** information is **factual** and based on **observations and measurements**.

Our **experience** is **subjective**, yet it is held together by so called '**objective facts**'. People often mistake subjective thoughts for objective facts and push them onto others.

Our experience of reality links to values. **Values** are rooted in what we have been taught about what is **good or bad. Right or wrong. Fair or unfair**.

**Racism, war** and other forms of violence often arise because people are unable to understand that their view of the world is one but many.



Tier 2 Vocabulary		
Key word		Definition
1	Nuclear family	A couple or parent and dependent children.
2	Extended family	Grandparents, cousins, aunties, uncles and other relatives.
3	Objective	Facts NOT influenced by personal feelings and opinions.
4	Subjective	Based on or influenced by personal feelings, tastes & opinions.
5	Fact	A thing that is known or proved to be true.
6	Experience	An encounter which leaves an impression on a person.
7	Community	Group of people living in the same place with characteristics in common with each other.
8	Narrative	Spoken or written account of connected events (a story).
9	Myth	A traditional story, usually from an early history.
10	Reality	The state of how things ACTUALLY are.
11	Norms	Something that is usual, typical or standard.
12	Values	Standard of behaviour of what is important in life.

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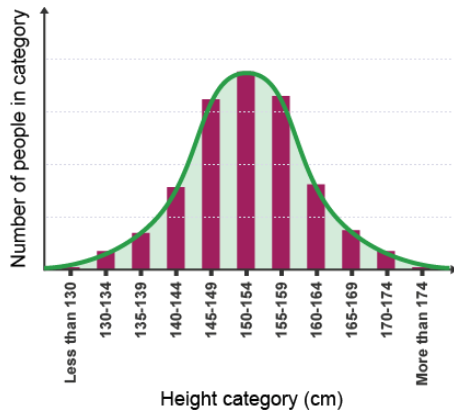


**Variation:**

Variation may be due to differences in:

- The genes that have been **inherited**
- Changes in the conditions of the surroundings (**environmental**)
- A **combination** of both inherited genes and the environment

Human height is an example of **continuous** variation. It ranges from that of the shortest person in the world to that of the tallest person. Any height is possible between these values, so this is continuous variation.



Human blood groups are an example of **discontinuous** variation. In the ABO blood group system, only four blood groups are possible - A, B, AB or O.



**Adaptations** are features of living organisms that help them **survive**. These can be to do with their physical appearance - **structural** adaptations - or they can be **behavioural** adaptations, which affect what the organisms do. Adaptations can also be **physiological**. A good example of this type of adaptation is the production of poison.

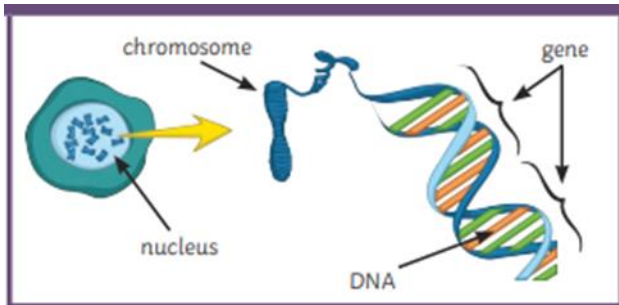
**Extremophiles** are organisms that live in extreme environments. These places have conditions outside of the normal range that most life can live in. Deserts are extreme environments because of the heat during the day, cold at night and lack of water.

**Inheritance**

The sperm and the ovum (egg cell) each carry half of the from the parent. These join together during to form a new organism, with approximately half of the DNA from each parent. So there are almost always two copies of each gene. Pairs of genes for a characteristic are called **alleles**. Therefore there are alleles for almost every one of your characteristics.

**Inheritance of genetic disorders**

A genetic disorder is an **inherited medical condition**. It can be passed from parents to their children. Examples include cystic fibrosis, sickle cell disease and haemophilia.

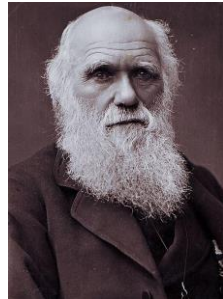


**Variation** is the slight changes in some organisms of the same . These tiny differences might give some organisms slightly better features and so make it more likely that they survive and have offspring with these same adaptations. Over time this process gives rise to new species of organisms. This is called .

Charles Darwin's theory of evolution suggested that different species have evolved from simpler life forms and that the organisms able to survive are those that have adapted best to their environment.

**Evolution** is a slow process that can take many thousands, even **millions**, of years to happen. Scientists have used fossil evidence to look at how organisms have adapted over millions of years and how their characteristics have changed. If a species is unable to adapt quickly enough to its environment, then it is at risk of becoming extinct. This can happen for many reasons:

- **New predators**
- **New diseases**
- **Destruction of habitats**
- **Changes to the environment**
- **Increased competition for resources**



**Natural selection** is a process by which a species **changes** over time in response to changes in the **environment**, or **competition** between organisms, in order for the species to **survive**.

The members of the species with the most desirable characteristics are able to produce the **best-adapted** offspring. If a species is unable to adapt then it is at risk of becoming **extinct**.

**Extinction** occurs when all organisms of a species die out. This may be because the organisms were not able to adapt to changing conditions fast enough. Evolution is a slow process and usually takes many generations. Extinction can be for other reasons than evolution. Many are caused by humans. For example hunting, destruction of habitats and global warming.

Tier 3 Vocabulary		
Key word		Definition
1	Variation	Small changes in living organisms.
2	Gene	A small section of DNA that gives a characteristic.
3	Inheritance	The passing of characteristics determined by genes from parents to offspring
4	Species	A group of organisms that can interbreed to have fertile offspring.
5	DNA	The store of genetic information for all living things, passed from parents to offspring.
6	Alleles	Pairs of genes that are inherited. One gene is inherited from each parent.
7	Chromosome	A coiled structure of DNA found in the nucleus of cells made from many genes.
8	Selective breeding	An artificial process in which organisms with desired characteristics are chosen as parents for the next generation.
9	Natural Selection	The <b>best adapted</b> organisms to the environment are able to <b>survive</b> .
10	Evolution	The process by which small changes in organisms occur over long periods of time and new species are formed.
11	Discontinuous	Data which is distinct groups.
12	Continuous	Data which is an a range.

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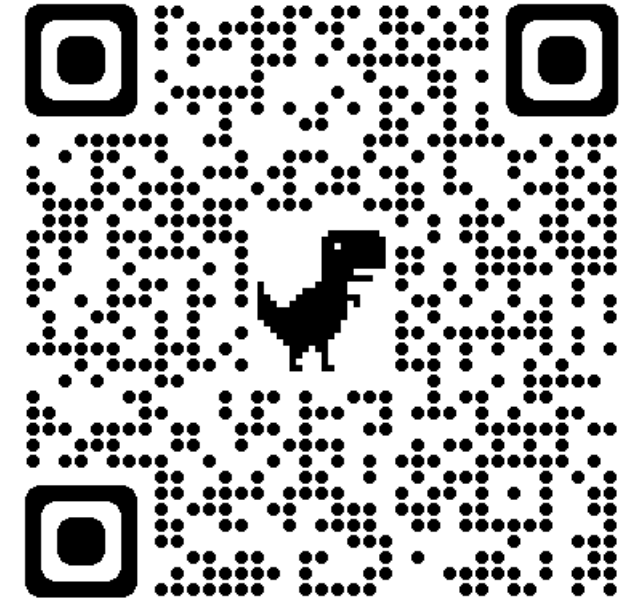
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[illegible]

Complete a Frayer Model for the word **adequate**.

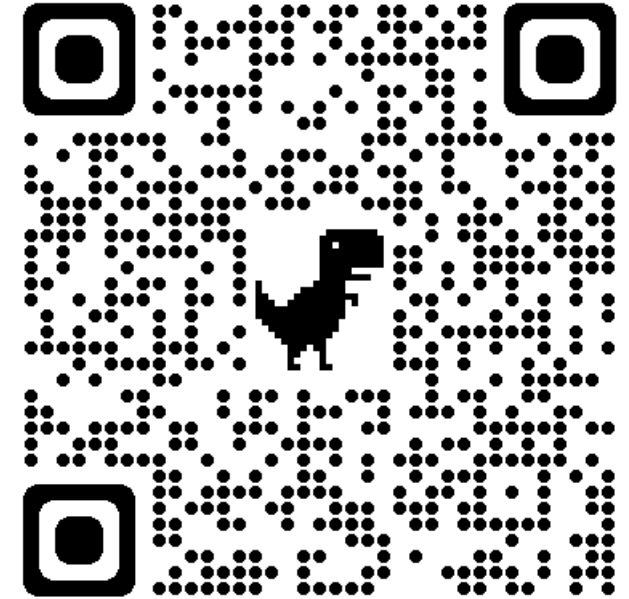


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[illegible]

Complete a Frayer Model for the word **conformity**.



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synonyms

diverse

sentence

antonyms

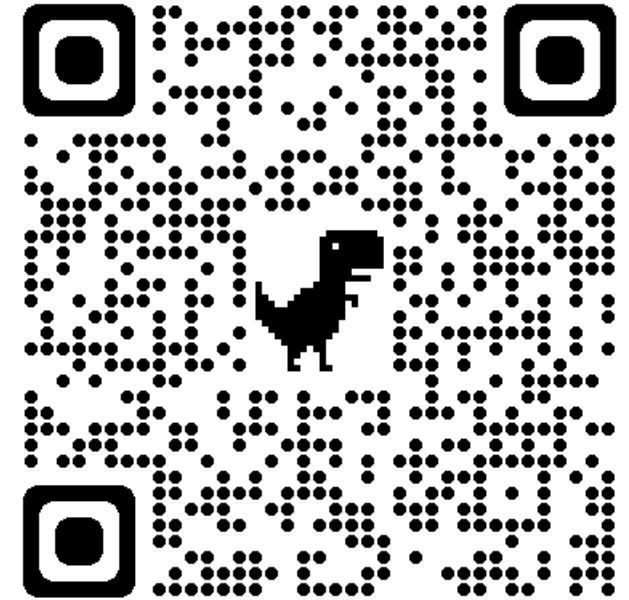


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[illegible]

Complete a Frayer Model for the word **hindrance**.

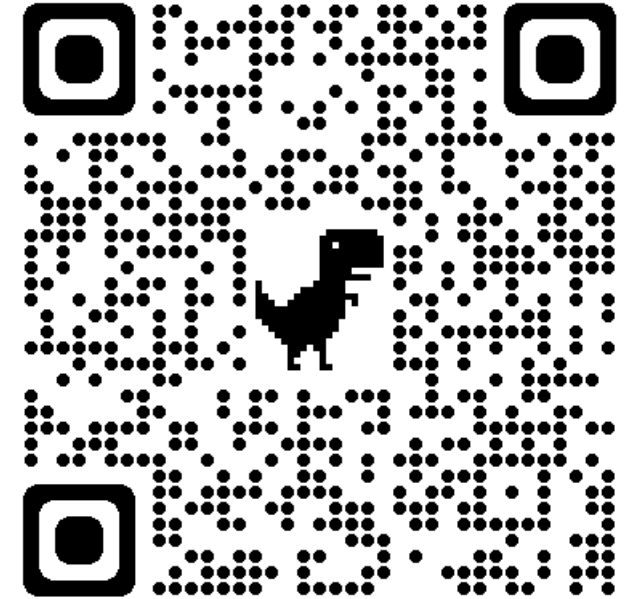


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[illegible]

Complete a Frayer Model for the word **indifferent**.

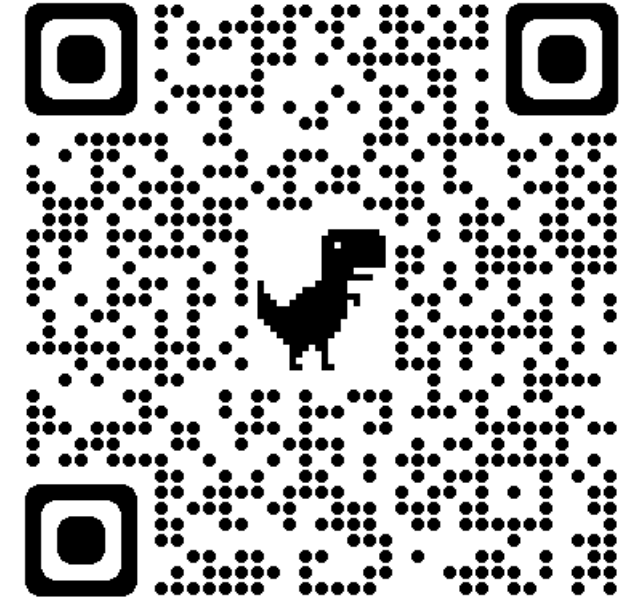


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[illegible]

Complete a Frayer Model for the word **turbulent**.

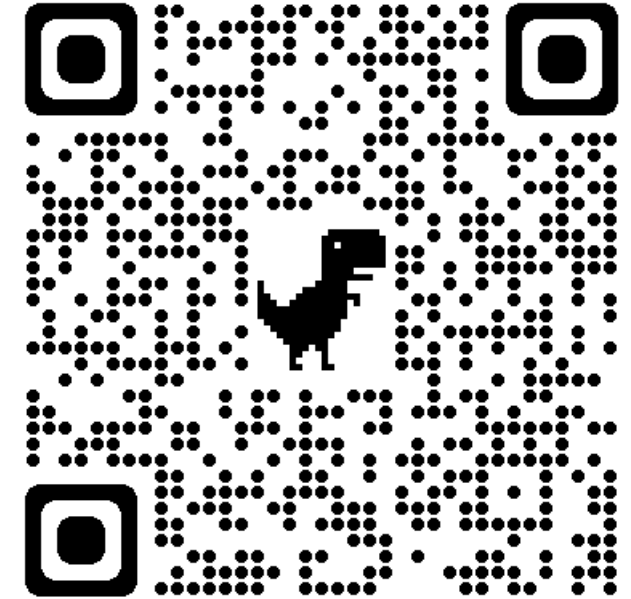


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[illegible]

Complete a Frayer Model for the word **valid**.



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Weekly Quiz						
4 <sup>th</sup> September	11 <sup>th</sup> September	18 <sup>th</sup> September	25 <sup>th</sup> September	2 <sup>nd</sup> October	9 <sup>th</sup> October	16 <sup>th</sup> October
 <p>Y7/8 4th September 2023</p>	 <p>Y7/8 11th September 2023</p>	 <p>Y7/8 18th September 2023</p>	 <p>Y7/8 25th September 2023</p>	 <p>Y7/8 2nd October 2023</p>	 <p>Y7/8 9th October 2023</p>	 <p>Y7/8 16th October 2023</p>
<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>	<a href="#">click</a>

- Each quiz will open on the date above and be available for you to complete.
- You can earn house points for completing the quiz.
- You will be entered into a prize draw if you upload evidence (question 2) to show the work you have been doing independently at home to increase your knowledge (e.g. mind maps/brain dumps/flash cards).