# Knowledge Goals Homework Booklet 2 (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 Technolog				
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.

# **HOW TO SELF TEST**

Parent

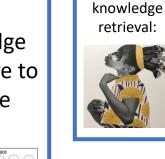
information

on



### 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

### 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.

### 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 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.

# **Retrieval Practice**





### HOW TO DO IT

Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.

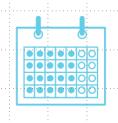






### HOW TO DO IT

Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.







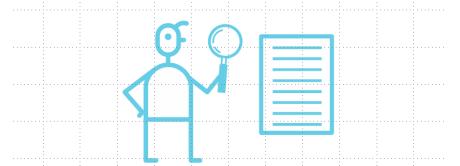
You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.





### HOLD ON!

Retrieval practice works best when you go back to check your class materials for accuracy afterward.



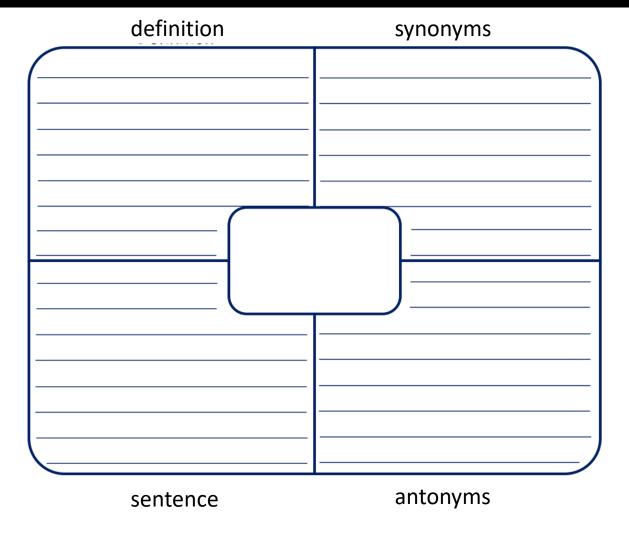
# Literacy: Tier 2 Vocabulary

Tier 2	Vocabulary	
	Key word	Definition
1	Turbulent	To be in a state of agitation or tumult; disturbed.
2	Valid	To be sound; just; well-founded.
3	Buoyant	Cheering or invigorating.
4	Altruistic	Showing selflessness and concern for the well-being of others, often placing their needs before one's own.
5	Exuberant	Extremely joyful and vigorous.
6	Pithy	Brief, forceful, and meaningful in expression.

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.

# Literacy: Tier 2 Vocabulary – Frayer Model





**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).

# Year7 and 8 Knowledge Goals: Art (Colour Theory)



# Colour Theory - Facts

- 1. A colour wheel helps us to organize knowledge about colour.
- 2. Primary colours are: red, yellow & blue. They can't be made by mixing other colours and are used to mix all other colours.
- 3. Secondary colours are made by mixing two primary colours. They are green, orange and purple.
- 4. Tertiary colours are made by mixing a primary and a secondary colour together.
- 5. Complementary colours are opposite each other on the colour wheel. They create contrast.
- Harmonious colours are next to each other on the colour wheel, they work in harmony. They can be broken down into warm and cool colours.
- 7. A tint is when you add white to a colour to make it lighter.
- 8. A shade is when you add black to a colour to make it darker.
- You can also make a colour darker by adding a small amount of its opposite colour.

# Colour Theory - Keywords

Pen Acrylic paint Harmonious Watercolour paint Pencil Complementary Tone Colour mixing Hue **Pointillism** Value Tints Contrast **Primary** Shades Brushstrokes Secondary Warm colours Monochromatic **Tertiary** Cool colours

## Artist Example (Complementary Colours)



# Henri Matisse André Derain (1905)

Matisse uses a master of colour and often uses complimentary colours in his work. Here he uses Green and Red. Yellow and Purple/Blue.

# Artist Example (Harmonious colours)



Claude Monet Water Lilies

### **Additional Resources**

Colour Coursework Guide | Tate

Go on a Colour Walk | Tate Kids

Colour and Shape | Tate

Colour - Colour - GCSE Art and Design Revision - BBC Bitesize

How to spin the colour wheel, by Turner, Malevich and more | Tate

# Brushstrokes - Examples Pointillism Flat block colour Broad & chunky Impasto The state of the

# Year 7 and 8 Knowledge Goals: Art (Colour Theory)



	Tier 3 Vocabulary				
Key word Definition		Definition			
1	Composition	The arrangement of elements within an art work.			
2	Colour Theory	Facts about colour & how we can use it.			
3	Value	Determines the lightness or darkness of a colour.			
4	Tone	(Similar to 'Value') Describes how light or dark something is.			
5	Complementary	Complementary colours are opposites.			
6	Harmonious	Harmonious colours are next to each other on the colour wheel. They are similar to each other.			
7	Brushstroke	A mark made by a paintbrush drawn across a surface.			
8	Refine	Make changes to improve.			
9	Hue	A colour or shade.			
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	Tint/Shade	Tint is adding white. Shade is adding black.			

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# Year 7 and 8 Knowledge Goals: Computing



### **Binary Addition**

### The Rules of Binary Addition

Work Right to Left and apply these simple rules:

5. 1+1+1=1 Carry 1

4. 1+1=0 Carry 1

1110 + 1100 =11010 26

### Hardware

Computer hardware refers to the physical parts of a computer and related devices. Internal hardware devices include motherboards, hard drives, and RAM.

### **Computer Components**

Motherboard





Hard Disk Drive

CPU (Central Processing Unit)







**PSU** Power Supply



RAM (Random Access Memory)

### Types of Computer Storage

Storage is a mechanism that enables a computer to retain data, either temporarily or permanently. Storage is among the key components of a computer system and can be classified into several forms, although the types we cover are:

### **Internal Storage:**

Most often refers to a computer's internal hard drive. This is the primary storage device used to store a user's files and applications. The computer's internal memory, RAM (Random Access Memory) and ROM (Read Only Memory) is also classed as internal storage.

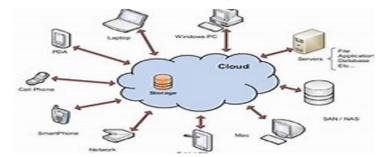
### **External Storage:**

Commonly referred to as an external drive, external storage is storage that's not part of the internal parts of a computer. These drives often connect to the computer using a connection, such as USB (Universal Serial Bus).

Common types of external storage are Flash Drives (USB Sticks) and DVDs.

### Cloud Storage

Cloud storage is a cloud computing model in which data is stored on remote servers accessed from the internet, or "cloud".



### Software

Computer software refers to the programs and other operating information used by a computer.

The main piece of software on a computer is the

### Operating System

The part of the operating system we see on screen is known as the User Interface.

- Graphical User Interface (GUI). The most popular type of system. They combine menu driven interfaces with icons.
- Command Line Interface (CLI). Users need to learn the commands to make it work.
- Menu Driven Interface. A list of options organised under various headings or menus

### Most used Operating Systems (OS)

- Microsoft Windows
- Apple IOS
- Google Android





Apple'

# Year 7 and 8 Knowledge Goals: Computing



		Tier 3 Vocabulary
	Key word	Definition
1	Computer	An electromechanical device which receives input, processes it and produces and output
2	Device	A piece of electrical or mechanical equipment made for a particular purpose
3	Program	A sequence of instructions written in a programming language that a computer can execute or interpret
4	Software	A set of programs used to operate computers and perform specific tasks
5	Hardware	The physical components of a computer
6	Data	Individual facts or statistics
7	Processor	The part of the computer that interprets and carries out instructions
8	Main memory	The part of the computer that stores data that is currently being used by the processor
9	Secondary storage	The part of the computer that stores data long term that is not currently being used by the processor
10	I/O (Input / Output)	Refers to input, any method of getting information into the computer, and output, any method of getting data out of the computer.
11	Computer architecture	The way in which the parts (components) of a computer system are organised
12	Operating system	Specialised software that communicates with computer hardware to allow other programs to run

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# Year 7 and 8 Knowledge Goals: Design and Technology (Engineering Fairground) Settlebeck



# **Engineering Fairground**

Types of motion:

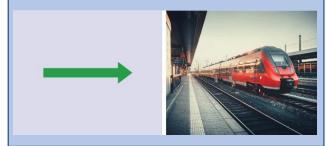
**Reciprocating motion** has a repeated up and down motion or back-and-forth motion, eg a piston or pump:



Oscillating motion has a curved backwards and forwards movement that swings on an axis or pivot point, eg a swing or a clock pendulum:



**Linear** motion moves something in a straight line, eg a train moving down a track:



**Rotary** motion is where something moves around an axis or pivot point, eg a wheel:



# Is it recyclable? The 7 key plastics



#### Polyethylene Terephthalate (PET)



PET has a gloss finish, is often clear but can be coloured. Plastic drinks bottles are nearly all manufactured from PET. This is a highly recyclable material and 94% of UK councils will now collect PET plastic bottles either from your doorstep or from recycling centres.



#### **High Density Polyethylene (HDPE)**

Low Density Polyethylene (LDPE)

Plastic bags and six pack rings are made from

LDPE. These two items are often cited as the most polluting plastic products - turning up in the

ocean where they cause havoc to the ecosystem. Although LDPE is recyclable - just 5% of what is

produced gets recycled. A greater recognition of plastic types and facilities for their separation and

disposal could improve this figure.



Very common rigid plastic, natural or coloured. Heavily utilised for bottles and packaging. Products made in HDPE are not biodegradable but can be easily recycled to create more HDPE.





#### Polyvinyl Chloride (PVC)



PVC can be rigid or flexible. In its rigid state, it can be used in window frames and bank cards and packaging. The flexible version can be used as insulation for electrical wiring. Recycling is a complicated chemical process.



### Polypropylene (PP)



Translucent or coloured rigid plastic. Used for pails, tubs, caps and closures. Often chosen for containers that need to withstand high temperatures due to its high softening point. Fully recyclable where facilities exist.



#### Polystyrene (PS)



Famously difficult to recycle; one common secondary use for Polystyrene is to shred it into tiny balls and use it as cavity wall insulation.



#### **Everything else**

Some common plastics that fall into this category include: Polyactide (used in 3D printing) and polycarbonate, (used in roofing).



### Motion in fairground rides: Rotary







#### Linear



### Reciprocating





# Year 7 and 8 Knowledge Goals: Design and Technology (Engineering Fairground) Settlebeck



	Tier 3 Vocabulary				
	Key word	Definition			
1	Rotary	Where something moves in a circle around a pivot point			
2	Oscillating	Where something swings from a fixed point			
3	Linear	Movement in a straight line			
4	Reciprocal	A repeated back and forth movement			
5	Pendulum	A weight that swings from an axis point			
6	Circular	Round, like a circle			
7	Recycling	Convert waste in a reusable material			
8	Axis	Centre point around which a rotation happens			
9	Engineering	The branch of science and technology concerned with the design, building, and use of engines, machines, and structures			
10	Modelling	The activity of making a 3D model			

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# Year 7 and 8 Knowledge Goals: Drama - Pantomime



# Pantomime Key Elements

- 1. Pantomime is communication by means of gesture and facial expression. They include music, dancing, acting and singing.
- 2. Originates from an Italian form of theatre, dating back to the 16<sup>th</sup> century; Commedia Del Arte.
- 3. Pantomimes are comedies and often involve slapstick scenes.
- 4. Pantomimes always include 'stock' characters.
- 5. Audience participation happens throughout, e.g. 'oh no he didn't, oh yes he did!'.
- 6. Normally, a pantomime is an adapted fairy tale so it is usually a magical love story. Something goes wrong (caused by the baddie) but the ending is always happy and results in true love.

Follow the link below for an example of a pantomime. Which stock characters can you recognise?

Cinderella (watch until 14:35)



### **Pantomime Stock Characters**



Panto Dame



Comedy Duo



Panto Baddie



Panto Fairy



Principle Boy



Principle Girl

### What are....?

# **Props**

An object used in a rehearsal or performance.

# **Costumes**

Clothes an actor wears when performing.

## <u>Set</u>

The scenery and furniture on stage.

# Year 7 and 8 Knowledge Goals: Drama - Pantomime



		Tier 3 Vocabulary
	Key word	Definition
1 Stock character		Stereotypical characters that you would expect to find within a certain genre of theatre.
2	Audience participation	The active involvement of an audience in a live show or broadcast.
3	Slapstick	Comedy based on deliberately clumsy actions and humorously embarrassing events.
4 Gestures		A movement of part of the body, especially a hand or the head, to express an idea or meaning.
5	Exaggeration	The over-emphasis of a movement or dialogue to add a dramatic effect.
6	Facial expression	Movements in the face that are used to express emotion.
		Taking or "playing" the role of another. For example, a man playing an 'Ugly step sister'.
8	Special effects	Illusions or visual tricks used in the theatre, film, television, video game, amusement park and simulator industries to simulate the imagined events in a story or virtual world.

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# Year 7 and 8 Knowledge Goals: English (Animal Farm)



#### Characters

#### Napoleon

The pig who emerges as the leader of Animal Farm after the Rebellion. Based on Joseph Stalin, Napoleon uses his dogs to intimidate the other animals and consolidate his power.

#### Snowball

The pig who challenges Napoleon for control of Animal Farm after the Rebellion. Based on Leon Trotsky, Snowball is intelligent, passionate, eloquent, and less subtle and devious than Napoleon.

#### Boxer

The cart-horse whose incredible strength, dedication, and loyalty play a key role in the early prosperity of Animal Farm, he naively trusts the pigs.

#### Squealer

The pig who spreads Napoleon's propaganda among the other animals.

#### Old Major

A respected boar; heavily influences Napoleon and his movement. Orwell used this character to represent Karl Marx and Vladimir llych Lenin

#### Clover

A good-hearted female horse and Boxer's close friend. Clover often suspects the pigs of violating one or another of the Commandments, but she repeatedly blames herself for misremembering them.

#### Mollie

A vain mare who pulls Mr. Jones's carriage. Mollie craves the attention of human beings and loves being groomed and pampered. She has a difficult time with her new life on Animal Farm.

#### Benjamin

The long-lived donkey who refuses to feel inspired by the Rebellion. Benjamin firmly believes that life will remain unpleasant no matter who is in charge.

#### Mr. Jones

The often drunk farmer who runs the Manor Farm, he over indulges while his animals have no food, he represents Tsar Nicholas II.

#### **Key Quotations**

"Four legs good, two legs bad."

"All animals are equal, but some animals are more equal than others"

"If you have your lower animals to contend with," he said, "we have our lower classes!"

"The pigs did not actually work, but directed and supervised the others. With their superior knowledge it was natural that they should assume the leadership."

"At this there was a terrible baying sound outside, and nine enormous dogs wearing brass-studded collars came bounding into the barn. They dashed straight for Snowball, who only sprang from his place just in time to escape their snapping jaws."

"The pigs now revealed that during the past three months they had taught themselves to read and write"

"The birds did not understand Snowball's long words, but they accepted his explanation, and all the humbler animals set to work to learn the new maxim by heart."

"Is it not crystal clear, then, comrades, that all the evils of this life of ours spring from the tyranny of human beings?"

"The flag was green, Snowball explained, to represent the green fields of England, while the hoof and horn signified the future Republic of the Animals which would arise when the human race had been finally overthrown."

"All that year the animals worked like slaves. But they were happy in their work; they grudged no effort or sacrifice, well aware that everything that they did was for the benefit of themselves and those of their kind who would come after them, and not for a pack of idle, thieving human beings."

#### Form, Structure and Language AO2

#### Tone

The tone of *Animal Farm* is initially playful and lighthearted, but it becomes bitter as the story unfolds. The story begins with a tone suggesting the reader is embarking on a superficially silly story about ridiculous humans and talking animals. At the same time, by making a silly, playful, fun story out of the horrifying events of Stalin's Terror, the novella also makes fun of Stalin, suggesting that ultimately the Soviet dictator is as laughable as a talking pig.

#### Foreshadowing

Animal Farm makes heavy use of foreshadowing. Most of the plot's main events are foreshadowed in the opening chapter. This foreshadowing emphasizes the inevitability of what happens, suggesting that violent revolution is doomed to fail, and that power always corrupts.

#### Narrative Perspective

Animal Farm is told from a collective limited third-person point of view sometimes known as "village voice." The narrator knows everything the animals see, say, know and do as a group. The narrator does not know what the pigs say and do when they are apart from the other animals, and we rarely see the action through the eyes of individual animals.. The collective point of view also shows how easily collective memory can be manipulated. Individual animals might remember what really happened at the Battle of the Cowshed, but because readers don't have access to individual points of view, they can't know for certain.

#### Setting

The Manor Farm—later called Animal Farm—is a small, independent farm somewhere in the English countryside. The name "Manor Farm" tells us that it was once owned by a local aristocrat, the lord of the manor. However, the farm has since come into the hands of Mr. Jones, an unsuccessful, lazy, drunken farmer. Within the novella's allegory, the Manor Farm represents Russia and also the countries of Europe more generally: places once ruled by aristocrats, now ruled by capitalists, and ripe for a Communist revolution. However, the Englishness of the Manor Farm is also important. Small, independent farms are a treasured part of the British national self-image, emblems of the coziness and tranquility of English political life. By imagining such a farm undergoing a revolution, *Animal Farm* suggests that the corruption and bloodshed of Stalinism is much closer to home than British readers may realize.

#### Features of Allegory

**Polarising Relationships** – There needs to be oppositional views in the story in order for the reader to reflect on morals e.g. the views of Benjamin vs. the other animals during the revolution.

Symbolic Level Story – There must also be a deeper, more symbolic meaning to the story, e.g. The Russian Revolution and subsequent duel for authority.

**Surface Level Story** – There must be a literal story that works on a surface level, e.g. The story of the animals taking over a farm and then some of the animals disputing power.

Writer's Values – The writer normally holds strong political or moral views about a topic, e.g. Orwell didn't like how the Soviet Union had realised communism.

#### Motifs

Motifs are recurring structures, contrasts and literary devices used by the author to communicate the text's major themes and ideas.

Eq. Songs

Animal Farm is filled with songs, poems, and slogans, including Major's stirring "Beasts of England," Minimus's ode to Napoleon, the sheep's chants, and Minimus's revised anthem, "Animal Farm, Animal Farm." All of these songs serve as propaganda, one of the major conduits of social control.

#### Context A03

An allegorical tale with direct links to the history of the Soviet Union in the early 20th century.

The book charts the corruptions of Communist ideals of equality, where workers are promised equality and freedom and are eventually repressed and treated as bad, if not worse, as under the previous rule of the capitalist 'Tsar'.

**George Orwell** – George Orwell was the writing name of Eric Blair (1903-1950). He was outspoken in his support of democratic socialism, and spoke out frequently against totalitarianism and social injustice. He wrote a wide range of fiction, poetry, literary criticism and polemical journalism, although without doubt his two most famous works are Animal Farm (1945) and Nineteen Eighty-Four (1949).

Nicholas II—Tsar Nicholas II was the last emperor of important. Russia. Tsar Nicholas was deemed to be a poor ruler — the country lost key battles against Japan and Germany during his reign, costing large military casualties and financial losses. There were also gross inequalities: Nicholas lived in luxury while thousands of unemployed peasants struggled to survive. Tsar Nicholas was eventually overthrown by the Bolsheviks and was executed in July 1917.

**Karl Marx and Communism**— Karl Marx was a German philosopher from the 19th Century, who rejected capitalism. He instead believed in the introduction of a system in which wealth was communal and labour was shared. He believed this would produce a fairer, more stable way of life. Whilst he lived a long time before the Russian Revolution (and in a different country) his theories formed the foundations for what became Communism

The Russian Revolution — The revolution was the movement that removed the reigning Tsarist autocracy from power and led to the rise of the Soviet Union. The Bolsheviks, led by Vladimir Lenin, were able to overthrow the provisional government and establish their own federal government, creating the world's first socialist republic. Eventually they became reconstituted as the Communist Party.

Jospeh Stalin — Following the death of Lenin in 1924, Stalin rose to power through discreetly canvassing, manipulating and intimidating others, sidelining other potential leaders such as Victor Trotsky. Under Stalin, the Soviet Union became more autocratic and totalitarian: he oversaw mass repressions, hundreds of thousands of executions and millions of non-combatant deaths. He has hence become known as one of the most significant and vilified figures of the 20th Century.

Life in the Communist Soviet Union – The working class in the Soviet Union were supposed to be the country's ruling class under the doctrines from which their socialism was derived, and yet they grew increasingly repressed throughout the progression of the USSR's existence. It is generally accepted that the standard of living decreased, working conditions deteriorated, and personal freedoms were significantly violated.

#### Themes

- Leadership and Corruption
- Control over the intellectually inferior
- Lies and deceit
- Foolishness and naivety
- Violence
- Pride and Ceremony
- Dreams, hopes and future plans

# Year 7 and 8 Knowledge Goals: English (Animal Farm)



	Tier 3 Vocabulary				
Key \	word	Definition			
1	Stout	Bulky in figure; heavily built.			
2	Tremendous	Extraordinary in excellence.			
3	Prosperity	A successful, flourishing, or thriving condition, especially in financial respects; good fortune.			
4	Vivacious	Lively; animated; spirited.			
5	Comrade	A fellow member of a fraternal group, political party, etc.			
6 Elementary Pertaining to or dealing with elements, rudiments, or first principles.		Pertaining to or dealing with elements, rudiments, or first principles.			
7	7 Tyranny Arbitrary or unrestrained exercise of power; despotic abuse of authority.				
8	8 Communist A member of the Communist Party or movement.				
9	Cynical	Showing contempt for accepted standards of honesty or morality by one's actions, especially by actions that exploit the scruples of others.			
10	Majestic	Characterised by or possessing majesty; of lofty dignity or imposing aspect; stately; grand.			
11	Control	To exercise restraint or direction over.			
12	Succession	A number of persons or things following one another in order or sequence.			

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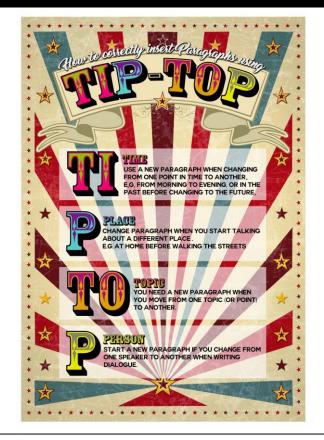
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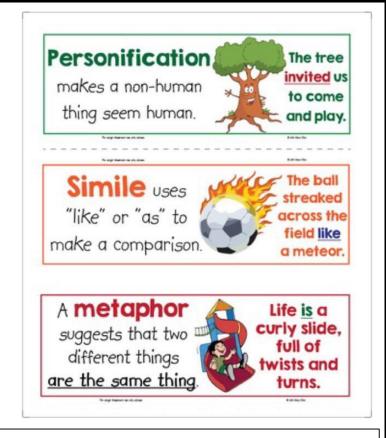
# Year 7 and 8 Knowledge Goals: English 'The Art of Memoir' (Autumn Term)











	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

# Year 7 and 8 Knowledge Goals: English 'The Art of Memoir' (Autumn Term)



#### **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 <u>pushed</u>, <u>crashed</u>, <u>smashed</u> 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 - <u>like</u> an object no longer of use, <u>like</u> a parcel packed up in string and brown paper.

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

Quiz QR Code	Quiz Link
	<u>QUIZ LINK</u>

# Year 7 and 8 Knowledge Goals: English 'The Art of Memoir' (Autumn Term)



	Tier 3 Vocabulary			Tier 2 Vocabulary			
	Key word	Definition		Key word	Definition		
1	Autobiography	An account of your life written by you.	1	To recollect	To remember or recall.		
2	Biography	An account of someone's life written by another person.	2	To reminisce	To remember with pleasure.		
3	Memoir	A piece of writing focused on a particular memory and written by you.	3	To reflect	To think deeply or carefully about something.		
4	Anecdote	A short, personal (and perhaps funny) story.	4	To captivate	To engage and charm.		
5	Narrator	The person telling the story.	5	Nostalgic	Longing for or thinking fondly of a past time		
6	First person narrative	A type of writing where the storyteller tells events from their point of view using 'I' or 'We'.	6	Subjective	Personal feelings, tastes or opinions.		
7	Chronological order	When events are recounted in time order.					
	Doct tonce	The verb tense we use when we are recalling	7	Introspective	Thoughtful and reflective.		
8	Past tense	something that has already happened.	8	Perspective	Point of view.		
9	Dialogue	Direct speech or conversation.		Authoratio	Comuine med twithful		
10	Sensory language	Language that appeals to the five senses: sight,	9	Authentic	Genuine, real, truthful.		
		sound, touch taste and smell.	10	Pivotal	Something that is crucial, significant or important.		
11	Flashback	A scene or event from the past that interrupts the present narrative to provide background information or context.		Epiphany	A moment of sudden revelation or realisation.		
12	Foreshadowing	A literary device in which the author hints at or suggests future events in the story.		Transformation	The process of undergoing change or development.		

# Year 7 and 8 Knowledge Goals: Food



## **Enzymic browning**



# Factory farm v Organic Farming







# Quality tips for making quality pastry

- Work in a cool environment to stop the butter melting and merging with the pastry.
- The initial dough should be rough in look. Don't overwork or it will become elastic and make rolling out very difficult.
- Rest the dough for 60 mins in the fridge before making the turns.
- Resting is key! Never roll out freshly made pastry because it will shrink when it's baked. Ideally refrigerate it overnight, or at least for a few hours. Once the tart tin is lined, place it in the freezer for another hour and blind bake from frozen.
- Don't over-work it or else it may become thick and crumbly.
- Always roll the pastry away from yourself on a lightly floured surface, and always keep it moving.



# Year 7 and 8 Knowledge Goals: Food



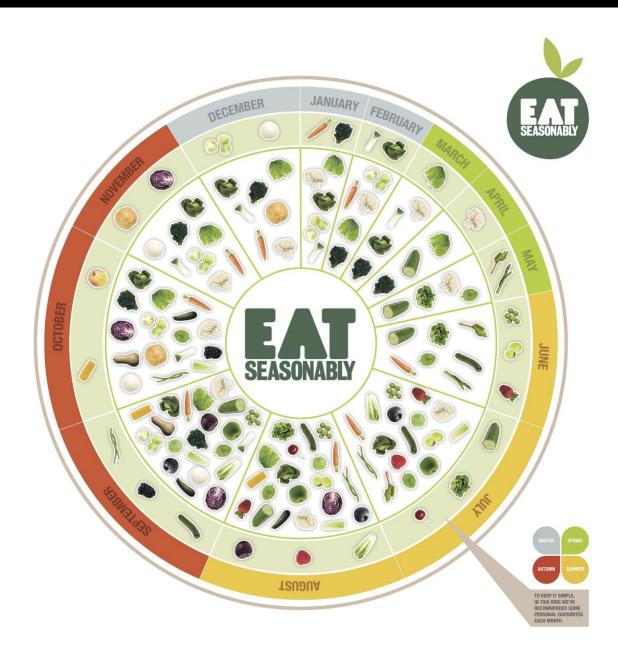
# THE EAT SEASONABLY CALENDAR

EVERY FRUIT OR VEGETABLE HAS ITS SEASON, THE TIME OF THE YEAR WHEN YOU CAN ENJOY IT AT ITS VERY BEST. THIS SIMPLE TOOL WILL GUIDE YOU THROUGH WHAT'S IN SEASON WHEN SO YOU CAN ENJOY FRUIT AND VEG THAT TASTES BETTER. IS BETTER VALUE AND IS BETTER FOR THE PLANET.



# FOR TIPS, RECIPES AND MORE VISIT EATSEASONABLY.CO.UK

Information on seasonal food production cycles has been provided by Bill Kirkup of the North East Improvement and Efficiency Partnership. It is based on data derived from several sources founding the NPU. Horticultural Development Company and AAPS. Data on testal proce variations across the year was spipiled by TRS Workforpeal. The "Efficiences for Senior than been





Watch this to find out more about the eat well guide

# Year \_ and \_ Knowledge Goals: Food



	Tier 3 Vocabulary				
	Key word	Definition			
1	Enzymic Browning	Enzymic browning is an oxidation reaction that takes place in some foods, mostly fruit and vegetables, causing the food to turn brown.			
2	Eatwell guide	The Eatwell Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet.			
3	High biological value protein	High Biological value (HBV) proteins contain all the 10 essential amino acids (EAA) examples are meat, fish and eggs.			
4	Starchy foods	Starchy foods are the main source of carbohydrate and play an important role in a healthy diet.			
5	Dairy produce	<b>Dairy products</b> include common grocery store food items in the Western world such as yogurt, cheese, milk and butter.			
6	Factory Farming	A system of <u>rearing</u> livestock using highly intensive methods, by which poultry, <u>pigs</u> , or cattle are <u>confined</u> indoors under strictly controlled conditions.			
7	Organic Farming	Organic farmers aim to produce high-quality food, using methods that benefit our whole food system, from people to planet, plant health to animal welfare.			
8	Seasonal Foods	The times of the year when a given type of food is at its peak, either in terms of harvest or its flavour.			
9	Pastry	A <u>dough</u> of flour, fat, and water, used as a base and covering in baked dishes such as <u>pies</u> .			
10	Resting dough	Resting the dough gives the gluten structure a chance to loosen and unwind, and it will give you a better final product.			

Notes	<b>:</b> :				
		 		 	-
					·

Quiz QR Code	Quiz Link
	<u>Quiz Link</u>

# Year 7 and 8 Knowledge Goals: French





# Familiarise yourself with these croissant idea which we will be covering. Find an example of each one in French



С	Connectives	Your Example	
R	Reasons	Your Example	
0	Opinions	Your Example	
_	Intensifiers	Your Example	
S	Sophisticated structures	Your Example	
S	Sentence starters	Your Example	
Α	Adjectives	Your Example	
N	Negative structures	Your Example	
Т	Tenses	Your Example	

# Year 7 and 8 Knowledge Goals: French



	Tier 3 Vocabulary				
	Key word	Definition			
1	1 Cognates A word that looks like the English.				
2	Infinitive	A word before it has been put into a sentence e.g. to go, to play.			
3	Masculine word	A word that has been assigned as a masculine word.			
4	Feminine word	A word that has been assigned as a feminine word.			
5	Plural	More than one.			
6	Opinion	To express likes or dislikes.			

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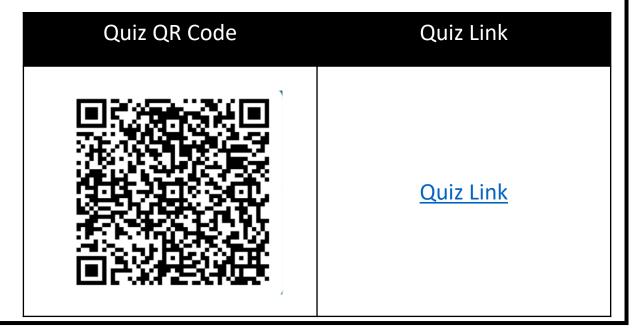
**BBC Bitesize** 



Scan or use the QR codes below:

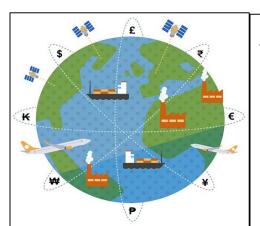
Click to access
Languagenut





# Year 7 and 8 Knowledge Goals: Geography – Globalisation





# **Globalisation:**

The process by which businesses or other organizations develop international influence or start operating on an international scale Globalisation - BBC
Bitesize



# Solutions to the development (wealth) gap Free trade Where countries or

Where countries or regions can trade products with each other free from tax or tariffs on those products.

Trade of products where the profit is shared more fairly between all companies and producers of those

products.

For more solutions follow the link: Coolgeography - GCSE - Managing disparities



### Impacts of globalisation:

#### **Positive consequences**

- •Multinationals provide new jobs and skills.
- •Multinationals bring money to local economies when they buy local products and services.
- •The mixing of people and cultures from all over the world enables the sharing of ideas and lifestyles, creating vibrant cultural diversity.
- •People enjoy a greater choice of goods and services at cheaper prices.
- •Migration of people can fill labour and skill shortages.
- •It enables governments to work together to tackle global issues or respond to events, such as a natural disaster.

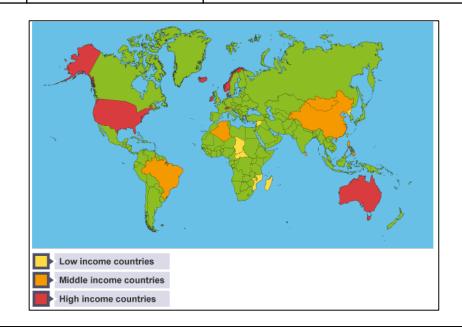
#### **Negative consequences**

- •It operates mostly in the interests of the richest countries.
- •Multinational companies may drive local companies out of business
- •Some nations feel that they are losing control over key decisions and sacrificing their sovereignty.
- •Migration of people across the world can cause social tensions and conflict of ideologies.

Globalisation - KS3 Humanities Geography -BBC Bitesize

Fair trade





# Year 7 and 8 Knowledge Goals: Geography - Globalisation



Definition  The process by which businesses or other organizations develop international influence or start operating on an international scale.  The state of a country or region wealth in terms of the production and consumption of goods and services.
influence or start operating on an international scale.  The state of a country or region wealth in terms of the production and
-conomy I
High Income Country. A country where the pay can be high and often the population have greater disposable money.
Low Income Country. A country where the pay is often low and the population tend to have smaller amounts of disposable money if any.
Newly Emerging Economy. A country which has seen a recent boost in its  overall wealth, often characterized by being heavily industrialised and dependent on low pay low skill jobs.
Where countries or regions can trade products with each other free from tax or tariffs on those products.
Trade of products where the profit is shared more fairly between all companies and producers of those products.
Wealth gap  The gap between countries, regions or groups of people of different levels of wealth.  Quiz QF
The distance that food takes from being produced to being consumed.
Carbon The amount of carbon dioxide that is used in the creation of products, transportation of products or by people.
Choropleth A map that uses colour as an indicator to show differences in the data.

# Year 7 and 8 Knowledge Goals: History

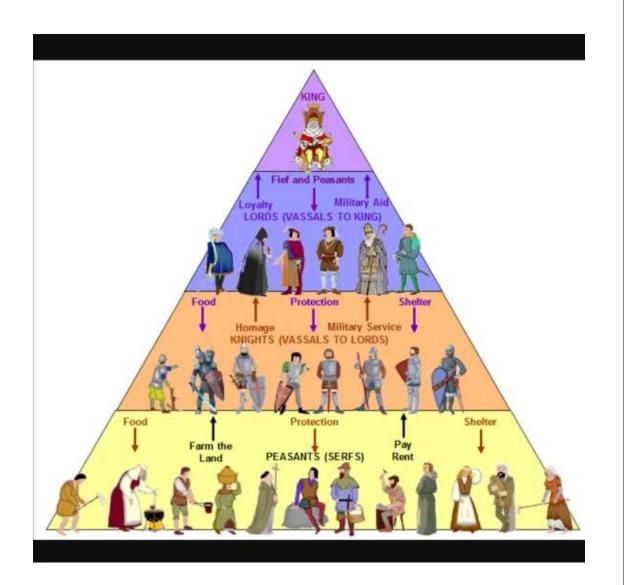


How tough was life for people in the Middle Ages and Tudor England?

The Feudal System

### Key knowledge for this half term:

- Understand the role of the peasant in the medieval village
- How the Feudal System worked
- The growth of towns in the Middle Ages
- What was the role of women in Medieval England?
- The creation of guilds and the development of a new Middle Class
- What did people believe was the cause of the Black Death?
- How did people try to cure the Black Death
- How did the Tudors try to enforce law and order?
- What was the system of justice in Tudor England?
- How were the poor treated in Tudor England?
- What were the main characteristics of Elizabethan society?
- What was the role of women in Tudor society?
- What was Tudor London like?



# Year 7 and 8 Knowledge Goals: History



#### Life for Nobles

In the feudal system, the King was at the top with all of the control. Beneath him, lords, barons and knights were provided with land in return for their loyalty and respect (homage). Each would have many peasants working for them. They offered the peasants protection and work, in exchange for their homage.

Food and Clothes



Nobles at a wide variety of foods, including different types of meat and sweet puddings. Nobles had cooks to prepare their meals for them. When there were guests, dinners would often be extravagant. The wealthy wore clothes made from fine wool, velvet and silk. Men wore a tunic, whilst women wore a long skirt called a kirtle and a long cloak.

Work and Education



Wealthy children were often the only ones who received an education. Most were taught by private tutors. Reading and writing was learnt in Latin or French, and some even progressed to universities, learning subjects such as maths, music & astronomy. The work of a noble was often to ensure that others were working properly, and to ensure that taxes were paid on time.

Homes



Many nobles lived in castles. At the centre of most castles was the great hall, which were normally decorated with tapestries. They also had early fireplaces. The Lord and Lady would have their own rooms with four poster beds and curtains for privacy. Servants were made to sleep on the floor.

Recreation and Religion



Nobles had more time for recreation than peasants. Men may practice fighting or jousting, or take part in hunting, jousting. Women may partake in embroidery, whilst men and women could play chess and backgammon. Religion played an important part in life, and prayers would be said each morning and evening.

### Top 10 Facts!

- Medieval towns needed to seek a charter in order to become a borough. This allowed them to choose a mayor and hold a market.
- Medicine was primitive doctors would often 'bleed' people by putting leeches on them.
- 3. Nobody was allowed to carry weapons.
- Marriages were often arranged. Noble girls often married aged 12, whilst boys were 14.
- Medieval punishments were extremely harsh.
   People may be put in the stocks or were hung.

- If a serf (low-class peasant) escaped his village/ town he would often be killed by his Lord.
- Furniture in a peasant house may only consist of a couple of stools and a trunk for bedding. They also had to leave room for the animals!
- 8. A poor harvest could cause peasants to starve.
- 'Sumptuary Laws' forbade peasants from wearing clothes that were above their class.
- 10. Most people could not read. Books at the time were in Latin or French.

	Life for Everyday People	
Food and Clothes	Food for peasants lacked variety. Bread, stew and vegetables were commonly eaten, sometimes with meat. Cheeses and eggs were normally savoured for special occasions. Wine was commonly drunk. Most peasants wore clothing that was plain and made from heavy wool. This would keep them warm in the winter. Tunics and gowns were common, often with a hood or coif on the head.	Key Vocabulary  Middle Ages  Medieval
Work and Education	-Very few people went to school in the Middle Ages. Most learnt their jobs and how to survive from their parents. Children would work from a young age. Some of the most common jobs included farmers, carpenters, weavers, ploughmen, sailors, blacksmiths and fishermen.	Hierarchy King Ownership Lords
Homes	-Most people lived in a small home with one or two rooms. These were very crowded, and generally everyone slept in the same room.  The most common type of houses were cruck houses. They had a timber frame, which was plastered with wattle and daub (a mixture of mud, straw and manure). The straw added insulation whilst manure bound it together.	Barons Knights Peasants/ Serfs Noble
Recreation and Religion	-The life of a peasant was almost entirely ruled by work and religion – there was very little time for recreation, aside from holy days. Activities included wrestling, shin-kicking & cock-fighting.  -People were deeply religious and their day was organised around Mass. Holy days would be marked with colourful processions.	Tapestry Wattle Thatch

# Year 7 and 8 Knowledge Goals: History



	Tier 3 Vocabulary				
	Key word	Definition			
1	Feudal System	A way of ensuring structure in society, of ensuring loyalty and distributing land.			
2	Tithe	Peasants were expected to pay a tax to the church of 10%.			
3	Wattle and Daub	Materials used to build peasant houses.			
4	Strip Farming	System of farming used in Medieval villages.			
5	Charter	The freedom given to a town.			
6	Guild	A group of people involved in the same trade or craft.			
7	Merchant	Somebody who buys and sells goods.			
8	Plague	Infectious disease which spread through Europe in the 14 <sup>th</sup> Century.			
9	Justice	A system of enforcing law and order.			
10	Treason	Trying to overthrow the Monarch.			
11	Poverty	Being poor compared to your peers.			
12	Vagabond	An Elizabethan beggar.			

### Notes:

This half term we will be learning about life of ordinary people in the Middle Ages and in Tudor England. We will be studying life in a Medieval town and village, the Black Death, and characteristics of Tudor society, including law and order, and treatment of the poor.

Quiz QR Code	Quiz Link
	<u>Quiz Link</u>



1) 3 sides	Triangle	2) 4 sides	Quadrilateral
3) 5 sides	Pentagon	4) 6 sides	Hexagon
5) 7 sides	Heptagon	6) 8 sides	Octagon
7) 9 sides	Nonagon	8) 10 sides	Decagon
9) 11 sides	Hendecagon	10) 12 sides	Dodecagon
11) Equilateral triangle	• 3 equal angles • 3 equal sides	12) Isosceles triangle	2 equal angles     2 equal sides
13) Scalene triangle	All angles are different     All sides are different	14) Right- angled triangle	One angle of 90° Can be isosceles or scalene
15) Square	4 right angles     4 equal sides     2 pairs of parallel sides	16) Rectangle	4 right angles     2 pairs of parallel sides     2 pairs of equal sides
17) Parallelogram	2 pairs of equal sized angles     2 pairs of parallel sides     2 pairs of equal sides	18) Rhombus	4 equal sides     2 pairs of equal sized angles     2 pairs of parallel sides
19) Trapezium	• 1 pair of parallel sides	20) Right angled trapezium	2 right angles     1 pair of parallel sides
21) Isosceles trapezium	1 pair of parallel sides     2 pairs of equal sides     2 pairs of equal sized angles	22) Kite	1 pair of equal sized angles     2 pairs of equal sides

1) Line symmetry	2) Rotational symmetry
The mirror lines of a shape.  If a polygon is regular, the number of sides is equal to the number of lines of symmetry.	The number of positions in which the rotated object appears unchanged. The number of positions is called the order of the symmetry. For example, <b>Order</b> 3 tells us that a shape can be rotated into three positions where the shape appears unchanged.
Four lines of symmetry	Order 2
Three lines of symmetry  Equilateral Triangle	No rotational symmetry
Six lines of symmetry	Order 3
Regular Hexagon  Five lines of symmetry	Order 4
Regular Pentagon	Order 5

The 'F' can go in any direction.

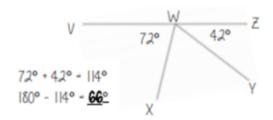


### What you need to know:

Angles on a straight line

Angles on a straight line add up to 180°

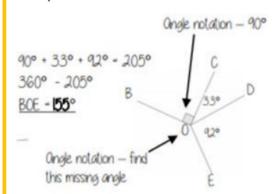
Example – Find angle XWY

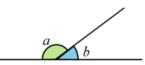


### Angles around a point

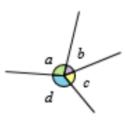
Angles around a point add up to 360°

Example – Find BOE





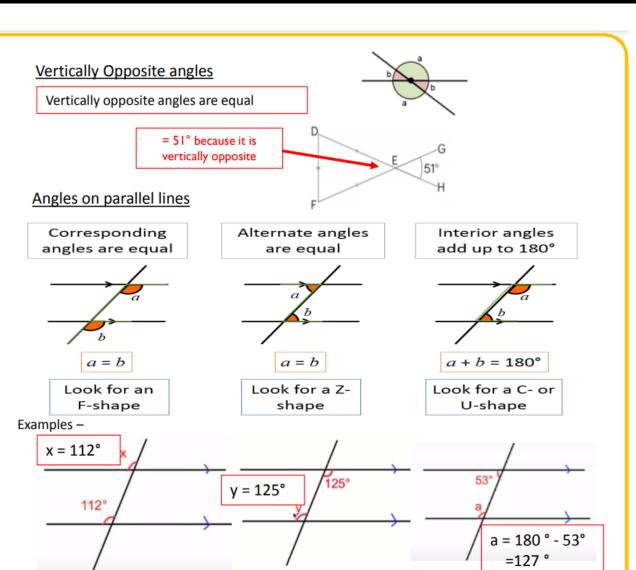
 $a + b = 180^{\circ}$  because there are 180° in a half turn.



 $a+b+c+d=360^{\circ}$ because there are  $360^{\circ}$  in a full turn.

### TIP -

Sometimes you will need to use more than one angle fact to solve a problem



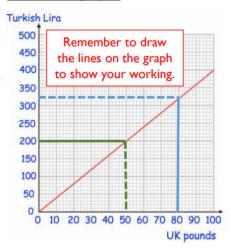
The 'Z' can go in any direction.

The 'C' can go in any direction.



### What you need to know:

### Conversion graphs



### Change £80 into Turkish lira

- Start at 80 on the horizontal axes as this for pounds and go up vertically until you reach the line
- From the line, read horizontally until you get to the axis showing lira

### **Change 600 Turkish lira to pounds**

As this value is not shown by the graph, we have to use a value that is to help.

- Start at 200 on the vertical axes and go across horizontally until you reach the line. From the line, read vertically until you get to the axes.
  - 200 lira = £50 600 lira = £150

### Gradient

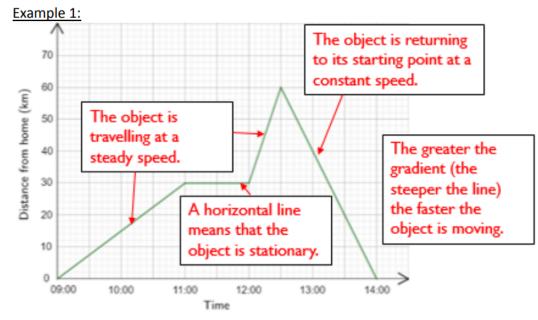
**Gradient**: This is the steepness of the line. The highest the number the steeper the line. We use the formula before to calculate it:

Gradient = 
$$\frac{difference \ in \ y}{difference \ in \ x}$$
(3, 4) and (5, 10)

Gradient = 
$$\frac{10 - 4}{5 - 3} = \frac{6}{2} = 3$$
Subtract the two x values.

Gradient = 3

### What you need to know: Interpret Real-life graphs



The speed of an object can be calculated from the gradient of the graph.

E.g. calculate the speed at which the object travelled between 9am and 11am.

Speed = 
$$30 \div 2$$
  
=  $15 \text{ km/h}$ 





	Tier 3 Vocabulary					
	Key word	Definition				
1	Direct Proportion	The relation between quantities whose ratio is constant.				
2	Trend	A trend is a change over time.				
3	Distance-Time	A distance-time graph shows how far an object has travelled in a given time				
4	Compound Measure	Compound measures are types of measure that involve two or more different units.				
5	Linear relationship	As one increases or decreases, the other must also increase or decrease at the same rate.				
6	Parallel	Lines that are side by side and having the same distance continuously between them.				
7	Perpendicular	At an angle of 90° to a given line				
8	Opposite angles	Opposite angles are the angles directly opposite each other where two lines cross.				
9	Corresponding angles	The angles which occupy the same relative position at each intersection where a straight line crosses two others.				
10	Alternate angles	Alternate angles are angles that occur on opposite sides of the transversal line and have the same size				
11	Symmetry	One shape becomes exactly like another when you move it in some way: turn, flip or slide.				
12	Rotational symmetry	A shape has rotational symmetry when it can be rotated and it still looks the same.				

Notes:				

Quiz QR Code	Quiz Link
	<u>Quiz Link</u>

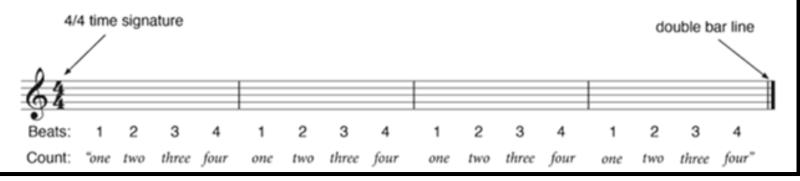


# Understanding Rhythm

- Each musical note has a name and a 'value'; this is the duration of the note, or how many beats it lasts for.
- 2. Notated music is divided into sections called 'bars'.
- 3. The time signature of 4/4 means there are 4 beats in every bar of music.
- 4. Notes with different values can go into each bar, but if the time signature is 4/4 then the total value of notes must be exactly 4.
- 5. Putting different note values together into bars will create **rhythms**.
- 6. You can play rhythms on pitched or unpitched instruments.

	Note Values				
1	Notes	Name		Value	
C	•	Semibreve	Whole note	4 beats	
		Minim	Half note	2 beats	
		Crotchet	Quarter note	1 beat	
	)	Quaver	Eighth note	½ beat	
	A	Semi-quaver	Sixteenth note	1/4 beat	
1.	]	2 Quavers	2 Eighth notes	1 beat	
J.,	Ţ	4 Semi- quavers	4 Sixteenth notes	1 beat	

# 4/4 Time Signature on Notated Music





Tier 3 Vocabulary				
Key word		Definition		
1	Semibreve	A note lasting 4 beats.		
2	Minim	A note lasting24 beats.		
3	Crotchet	A note lasting 1 beats.		
4	Quaver	A note lasting ½ beat.		
5	Semiquaver	A note lasting ¼ beats.		
6	Treble Clef	A musical symbol shown at the beginning of the music.		
7	Time Signature	How many beats in a bar.		
8	Duration	How long a note lasts for.		
9	Tempo	The speed of the music.		
10	Rhythm	A pattern of musical note values.		
11	Melody	1 notes played at a time to make a tune.		
12	Pitch	How high or low the notes are.		

Notes:				

Quiz QR Code	Quiz Link
	<u>Quiz Link</u>

# Year 7 and 8 Knowledge Goals: PSHE



Body image describes our idea of how our body looks and how we think it is perceived by others. This can include our thoughts and feelings about our height, weight, shape, skin, colour, and our appearance and attractiveness more broadly."

Some of the reasons that people may self-harm include:

- expressing or coping with emotional distress
- trying to feel in control
- •a way of punishing themselves
- •relieving unbearable emotional distress
- •a cry for help
- •a response to intrusive thoughts

Self-harm may be linked to bad experiences that are happening now, or in the past. But sometimes the reason is unknown.

The reasons can also change over time and will not be the same for

everybody.

There is usually not one specific reason why people develop eating disorders. Managing stress and anxiety levels can help protect against developing one.



#### Definition

"Any act which involves deliberately inflicting pain and/or injury to one's own body, but without suicidal intent. It is usually an attempt to stay alive in the face of great emotional pain"

The Basement Project



### **Spot the Difference**

Label the body to describe which features stand out and why:



MediaSmart

Label the body. Circle any differences you see

Approximately 1 in 3 people experiencing an eating disorder is <u>male</u>, according to the National Eating Disorders Association

### SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ **T**alk to your GP or local Doctor
- ☐ To find services in your area: helpfinder.beateatingdisorders.org.uk @BeatEDSupport
- □ VISIT <u>WWW.NHS.UK/LIVE-WELL</u> (ADVICE TO HELP YOU MAKE THE BEST CHOICES ABOUT YOUR HEALTH AND WELLBEING

https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/useful-contacts



# Year 7 and 8 Knowledge Goals: PSHE



Tier	Tier 3 Vocabulary						
Key v	word	Definition					
1	Body image	Body image refers to a person's emotional attitudes, beliefs, and perceptions of their own body.					
2	Anorexia	Anorexia is a serious eating disorder. Individuals with anorexia do not eat enough and have an intense fear of being fat.					
3	Bulimia	Bulimia, also called bulimia nervosa, is a serious, sometimes life-threatening eating disorder. Bulimia includes episodes of binge eating, commonly followed by episodes of purging/being sick.					
4	Binge eating	Binge eating disorder (BED) is a severe, life-threatening, and treatable eating disorder characterized by recurrent episodes of eating large quantities of food (often very quickly and to the point of discomfort) but do not purge or carry out extreme exercise afterwards.					
5	Self harm	The meaning of SELF-HARM is the act of purposely hurting oneself (as by cutting or burning the skin) as an emotional coping mechanism —called also self-injury, self-mutilation.					
6	Purging	Deliberate or induced vomiting or evacuation of the bowels.					
7	Emotional distress	feelings of guilt or hopelessness trouble making decisions or processing information unusual irritability or aggression sleep changes, including oversleeping, difficulty falling asleep, or waking.					

Notes:						
	 	 	 -			
	 	 	 -	-		
	 	 	 		<del></del>	

Quiz QR Code	Quiz Link
	<u>Quiz Link</u>

## Year 7 and 8 Knowledge Goals: Physical Education- Cumberland and Westmorland Wrestling



### CWWA-

- 1. The fascination of person-against-person combat with its simple rules and subtle mix of **speed**, **strength**, **agility**, skill and determination is there to see in the grass rings at sports meetings and agricultural shows throughout the Northern Counties of England and the Borders of Scotland.
- 2. The bout will commence once the referee has instructed the competitors to "wrestle".
- 3. The bout itself is judged by two judges and a referee. The judges decide who has won the bout, giving their decisions instantly without discussion. The referee is only consulted if they are unable to agree. The result is always a majority decision.
- 4. The aim of the bout is very simple to put your opponent on the ground. The wrestler who touches the ground first with any part of his body above his ankle is the loser. Any wrestler who loses his grip before the bout is completed is the loser.
- 5. The attraction of the sport is that it can be spectacular and intense but with a good sense of **sportsmanship** about it. The competitors shake hands before and after every bout.
- 6. A strong part of the heritage is the traditional costume which is still worn to this day.
- 7. Up to the age of twelve wrestling classes are mixed. After that they are generally split by age for the boys and by weight for the men. Most events now have categories for female wrestlers. 2016 marked the introduction of two annual female world championships.

### **LINKS TO OTHER STYLES OF WRESTLING**

Although called "Cumberland and Westmorland Wrestling" this style of wrestling is actually practiced all over the world. There are many variations of the sport practiced worldwide. Please click on the QR code to find out more.









**CCWA** website

Different moves in CWW:	How to conduct the moves:
Inside Click	
Back heel	
Outside Stroke	
Cross Buttock	
Inside Hype	
Cross Click	
Twist over the knee	

# Year 7 and 8 Knowledge Goals: : Physical Education



		Tier 3 Vocabulary	
Key word Definition		Definition	Notes:
1	Hipes	All the lifting throws or moves are called hipes	
2	Swinging hipe	Swing your opponent until their legs fly out from underneath them before bringing them down to the ground.	
3	Outside hipe	Knock the legs of your opponent out of the way with a foot or knee.	
4	Inside hipe	The hiper lifts not only with their arms but also with their knee between the opponent's legs. At the highest point of the manoeuvre, the knee becomes the pivot on which the person is turned in mid-air.	
5	Back heel	The opponent hacks a person's legs from under them from the outside.	
6	Inside click	Does the same as back heel but by hooking between an opponent's legs	
7	Hank	Where a wrestler twines their leg round an opponent's leg and the straightens it to pull them to the ground.	
8	Full buttock	This is a fall where one person moves ahead of the other and pulls them forward and down to the ground with a wrenching motion.  The wrestler slips right under their opponent and brings him over his back.	Quiz QR Code Quiz Link
9	Cross-buttock	Knocks the legs back when this chip is played	
10	Leg-up buttock	This is where a leg is pushed up between the opponent's legs to act as a fulcrum.	<u>Quiz Link</u>
11	Cross Click	Going across the body and using left leg to kick the back off their left leg, apply pressure and drive opponent backwards.	
12	Dog fall	When the judges are unable to declare a winner.	

### Year 7 and 8 Knowledge Goals: Religious Studies – Abraham & Islam

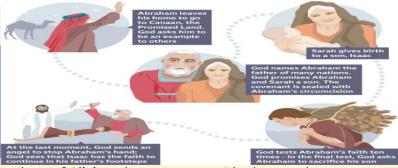


### Covenant and mitzvot

A covenant is an agreement. Jewish people believe they have a special responsibility to follow the mitzvot, which are God's laws in the **Torah**, because of the covenants they have made with him

### Abraham - Patriarch of Judaism, Islam and Christianity

For Jews, **Abraham** is known as the founder or first **patriarch** of Judaism, and Jewish people strive to follow his example. He was the first Jewish **prophet** who received the first **covenant** from God and took God's message to the people. Through Abraham the idea of the **Promised Land**, a homeland for Jewish people, was created.



### Islam ('Submission to God')

Abraham had a child with Sarah's servant Hagar. Their child, Ismail, is one of the great prophets of Allah and was sent to guide the people. He was the elder son of Ibrahim (Abraham) and together they rebuilt the Kaaba. Quran: Ismail was to be sacrificed by Ibrahim as per the order of Allah.

The Five Pillars – Sunni Islam. The five pillars incorporate the duties of ALL Muslims, accepted by ALL Muslims. The Five Pillars are often thought of as the House of Islam.

Shahada: This is a profession of faith and is the most sacred statement in Islam. It means "there is no God but Allah and Muhammad is the Messenger".

Zakat (purify wealth): An obligation for the Muslim to donate a certain proportion of wealth/disposable income each year to charitable causes. Zakat is regarded as a form of worship. To purify money means Muslims are protected from the corruptive power of monetary wealth. Those who qualify give 2.5% of their total savings and wealth.

Sawn (fasting during Ramadan): All adult Muslims must give up all food and drink, smoking and sexual activity during the daylight hours. Some Muslims are excused, such as those who are physically or mentally unwell, under 12, very old, pregnant, breast-feeding, menstruating, or travelling. If an adult does not fast, then they should try to make up the fast later or donate to the

poor instead. Muslims must also do their best to avoid evil thoughts and deeds as well. Sawn is a way of:

\*Learning self-discipline \*Becoming spiritually stronger \*Sharing the sufferings of the poor \*developing sympathy for them

Salah (connection/contact): Refers to the daily prayer. Sunni Muslims pray 5 times a day.

Hajj: The pilgrimage to the holy city of Mecca in Saudi Arabia, which every adult Muslim must make at least once in his or her lifetime.

### Key events in Muhammad's life

- Born around AD570 into the Quraysh tribe in Arabia.
- Muhammad was orphaned and brought up by his uncle, Abu Talib.
- Following the **Night of Power**, Muhammad began preaching, which angered leaders.
- He left Makkah (Mecca) to live in Madinah (where the first mosque was built).
- There was a war between Muhammad and the Quraysh tribe, and Muhammad won.
- He smashed all the statues of gods (idols) in the **Ka'aba**, teaching Muslims that they should believe in one God, Allah.
- Muhammad is thought to have had a personality that enabled him to convert people by clearly delivering his message from God.
- Muslims also believe that Muhammad had the qualities to be a strong leader and Muslims today still hold the Hadith as an authority as it contains the prophet's words and teachings.

  Wudu is an important ritual of washing oneself that occurs before prayer.

### Key differences between Sunni and Shi'a Islam

- The split originated with a dispute over who should **succeed the Prophet Muhammad**, following his death in 632 C.E.
- The successor is seen as the true representative of the Islamic faith.
- The name "Sunni" is derived from the phrase "Ahl al-Sunnah", or "People of the Tradition".
- The name "Shi'a" literally means "Shiat Ali" or the "Party of Ali". They claimed that **Ali ibn Abi Talib** was the rightful successor to the Prophet Muhammad.
- The disagreement on the rightful successor has led to not only divisions in practices and belief, but also great conflict

Shia majority

Sunni majority

Lebanon-Syria

Iraq

Iran

Egypt

Saudi Arabia

Wudu is an important ritual of washing oneself that occurs before prayer begins. It is performed differently for Sunni and Shi'a Muslims.

# Year 7 and 8 Knowledge Goals: Religious Studies



	Tier 2 Vocabulary						
	Key word	Definition					
1	Omnipotent	All-powerful					
2	Omnibenevolent	All-loving or unlimited goodness					
3	Submission	Act of accepting or giving in to a superior authority					
4	Covenant	An agreement					
5	Patriarch	A society or family where the father or eldest male is in charge					
6	Torah	The first 5 book of the Hebrew Bible					
7	Prophet	A person who is an inspired teacher or preacher of God's will					
8	Prophecy	A prediction of what will happen in the future					
9	Kaaba (Ka'ba)	Small stone building in the Great Mosque at Mecca, Saudi Arabia					
10	Quran	The holy book for Muslims					
11	Mitzvot	A rule (commandment) in Judaism					
12	Hadith	A collection of saying from the Prophet Muhammad					

Notes:			

Quiz QR Code	Quiz Link
	<u>Quiz Link</u>

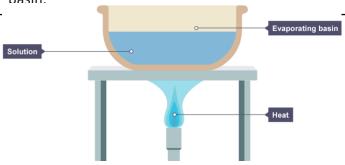
## Year 7 and 8 Knowledge Goals: Science (Separation Techniques)



### Using evaporation to separate a solution

Evaporation can be used as a technique to separate the solid from the in a . The solvent is the liquid, and when the solution is heated, the solvent evaporates. The solute is left behind as crystals.

In a lab the heat is usually supplied by a Bunsen burner, and the solution is heated in an evaporating basin.



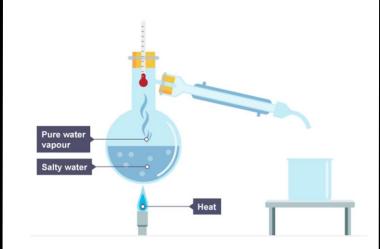
### **Crystallisations**

- Rather than heating the evaporating basin directly with a Bunsen burner, it is often better to warm it gently and slowly over a beaker of boiling water.
- 2. Heat the solution until half the solvent (water) has evaporated, which makes the solution more .
- 3. Leave the solution to cool and large crystals will form slowly.
- 4. Put the evaporating basin in a warm place so the rest of the water evaporates.

### **Distillation**

### **Key points**

- Distillation is a separation technique used to separate a liquid (solvent) from a mixture. For example, water can be separated from salt by distillation.
- Distillation involves boiling the mixture and then condensing the gas to produce a liquid.

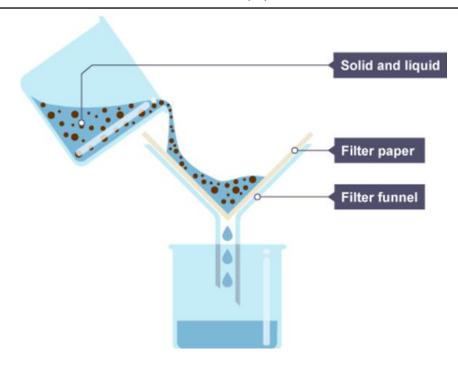




Click to watch video

#### **Filtration**

- 1. Filtration is used to separate an solid from a pure liquid or a .
- 2. Filtration usually involves a circle of folded to make a cone and placed into a filter funnel.
- 3. The filtrate is the liquid which passes through the filter paper and the residue is the solid left on the filter paper.



# Year 7 and 8 Knowledge Goals: Science (Separation Techniques)



### **Chromatography**

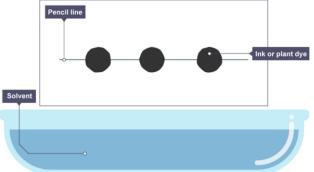
#### **Key points**

- Chromatography is a separation technique used to separate mixtures of soluble substances.
- These are often coloured substances such as food colourings, inks, dyes or plant pigments.
- can be used to match known pigments with those in a mixture.
- On a chromatogram, one spot means that the substance is pure. An impure substance produces two or more spots.

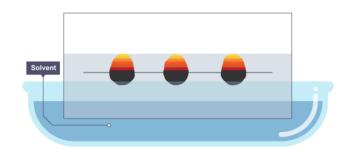
#### Method

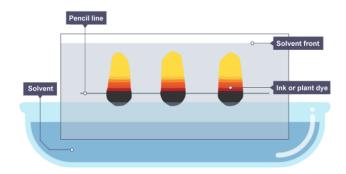
- 1. Follow these steps to try out standard chromatography. You will need: a pencil, a ruler, a piece of paper, a coloured mixture such as a food dye.
- Draw a horizontal line with a pencil and ruler about 1 cm above the bottom of a piece of chromatography paper.
- 3. Place a small spot of the coloured you are investigating onto the pencil line and allow it to dry.
- 4. You might like to add spots of some pure coloured pigments alongside it, so that you can see if they are present in the mixture.
- 5. Gently lower the piece of chromatography paper into a beaker which contains a small amount of a suitable solvent, for example, water. The solvent must not cover the pencil line or touch the spots at this stage. You might need to hang the piece of paper from a pencil or a stick resting across the top of the beaker.
- 6. Observe as the solvent rises up the piece of paper and reaches the spots on the pencil line.
- 7. As the solvent continues to rise, it will dissolve the pigments in the spots and they will start to move. Coloured mixtures will start to separate into spots or ovals which are positioned vertically above where they started.





В





# Year7 and 8 Knowledge Goals: Science (Separation Techniques)



	Tier 3 Vocabulary						
	Key word	Definition					
1	Evaporation	Occurs when a liquid slowly turns into a gas below its boiling point.					
2	Crystallisation	A separation technique used to obtain crystals of a solid solute.					
3	Solute	A solid which dissolves in a liquid solvent to form a solution.					
4	Solvent	A liquid which solids can dissolve into.					
5	Filtration	Filtration is used to separate an insoluble solid from a pure liquid or a solution.					
6	Dissolve	The process when a solute is mixed with a solvent and the solute breaks into much smaller particles and spreads out.					
7	Insoluble	A solid is insoluble if it does not dissolve in a specific solvent. For example, wax is insoluble in water.					
8	Independent variable	The variable that is altered during a scientific experiment.					
9	Dependent variable	The variable being tested or measured during a scientific experiment.					
10	Mixture	A mixture consists of two or more substances that are not chemically joined together.					
11	Pure	A substance of only one element or one compound.					
12	Chromatogram	The piece of paper showing results after chromatography has occurred. Analysing the chromatogram allows conclusions to be made about the pigments in the mixture.					

Notes	i:				

Quiz QR Code	Quiz Link
	<u>Quiz Link</u>

## Year 7 and 8 Knowledge Goals: Science (Solids, Liquids and Gases)



### States of Matter

### **Key points**

- · Almost everything is made of particles.
- Particles can be atoms, molecules or ions.
- Particles behave differently in solids, liquids and gases.
- The particle model explains the differences between solids, liquids and gases.

#### The three states of matter are:

- Solid
- Liquid
- Gas

### **Particle Model of Matter**

State	Solid	Liquid	Gas
Closeness of particles	Very close	Close	Far apart
Arrangement of particles	Regular pattern	Randomly arranged	Randomly arranged
Movement of particles	Vibrate around a fixed position	Move around each other	Move quickly in all directions
Energy of particles	Low energy	Greater energy	Highest energy
2D diagram	******		• •



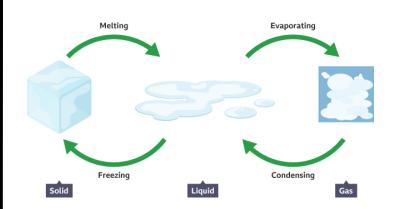
### Video Link

### **Changes of State**

The four main changes of state:

- Melting
- Freezing
- Evaporating
- Condensing

To change the state of a substance energy must be transferred to, or from, the substance.



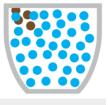
#### There are four main:

- melting the process of a solid turning into a liquid
- freezing the process of a liquid turning into a solid
- evaporating the process of a liquid turning into a gas
- condensing the process of a gas turning into a liquid

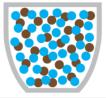
### **Diffusion**

### **Key points**

- Diffusion is the movement of a substance from an area of high concentration to an area of low concentration.
- Diffusion occurs in liquids and gases when their collide randomly and spread out.
- Diffusion is an important process for living things
   it is how move in and out of cells.







Highly concentrated coffee molecules enter the cup of hot water.

2. Coffee molecules begin to spread out in between the water molecules.

 Coffee molecules are now in a lower concentration than they started in.

### Why doesn't diffusion happen in solids?

Diffusion doesn't happen in solids because the particles in a solid cannot move around, instead they vibrate about a fixed position.



Video Link

# Year7 and 8 Knowledge Goals: Science (solid, Liquids and Gases)



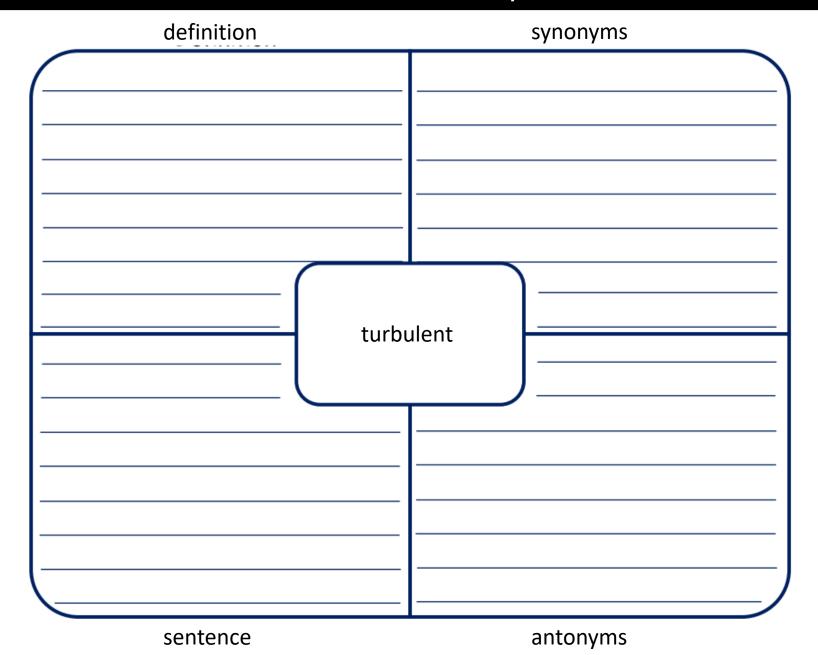
Tier 3 Vocabulary					
	Key word	Definition			
1	Particle	A particle is an extremely tiny piece of matter, and scientists believe that everything in the universe is made up of particles.			
2	Element	An element is a pure substance that cannot be broken down into any other substances.			
3	Solid	The state of matter where the particles hold a regular arrangement and have the least amount of energy.			
4	Liquid	The state of matter where the particles are arranged randomly and close together and are able to move past each other.			
5	Gas	The state of matter where the particles have the most energy. The particles in a gas are relatively spread out and move randomly in all directions.			
6	Melting	The process of a solid turning into a liquid.			
7	Freezing	The process of a liquid turning into a solid.			
8	Evaporating	The process of a liquid turning into a gas.			
9	Condensing	The process of a gas turning into a liquid.			
10	Particle Theory	The theory which models the three states of matter by representing the particles as small solid spheres. Particle theory can help to explain melting, boiling, freezing and condensing.			

Notes				

Quiz QR Code	Quiz Link
	<u>Quiz Link</u>

# Frayer Model: Turbulent





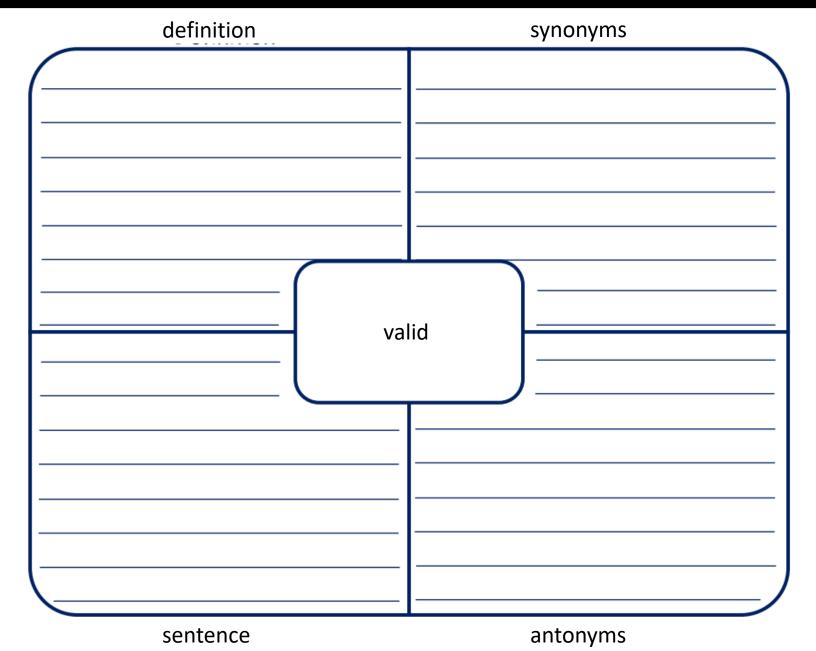
Complete a Frayer Model for the word **turbulent.** 



Scan to view thesaurus

# Frayer Model: Valid





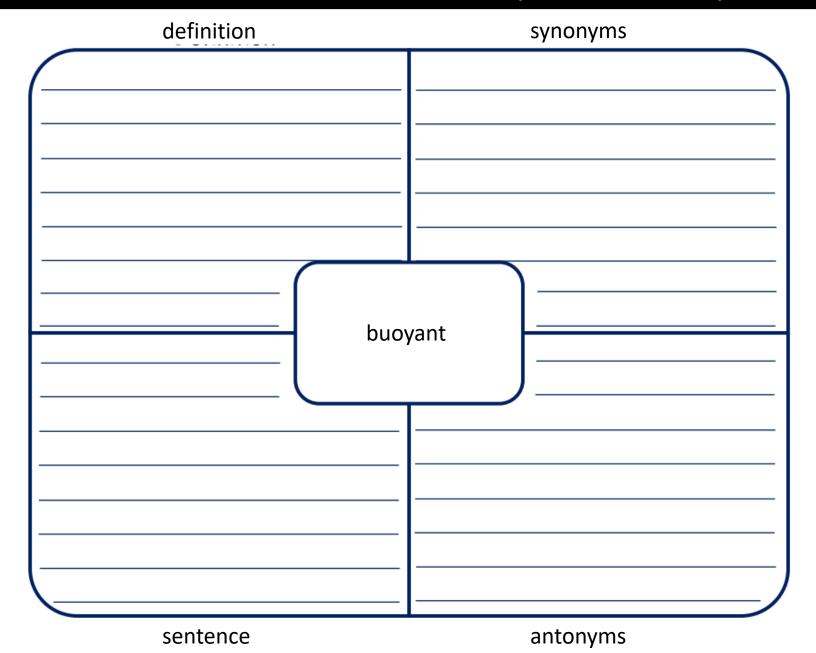
Complete a Frayer Model for the word **valid.** 



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# Frayer Model: Buoyant





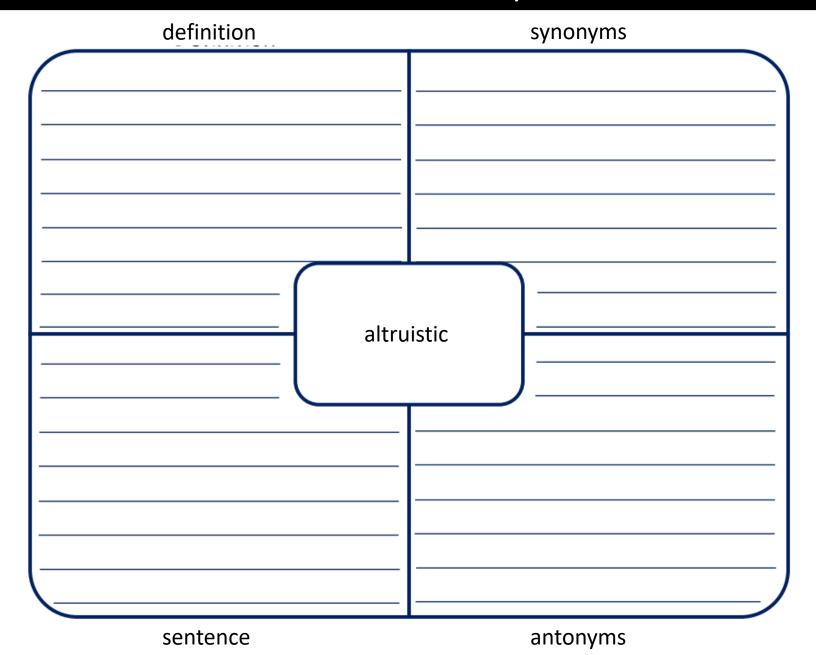
Complete a Frayer Model for the word **buoyant.** 



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# Frayer Model: Altruistic





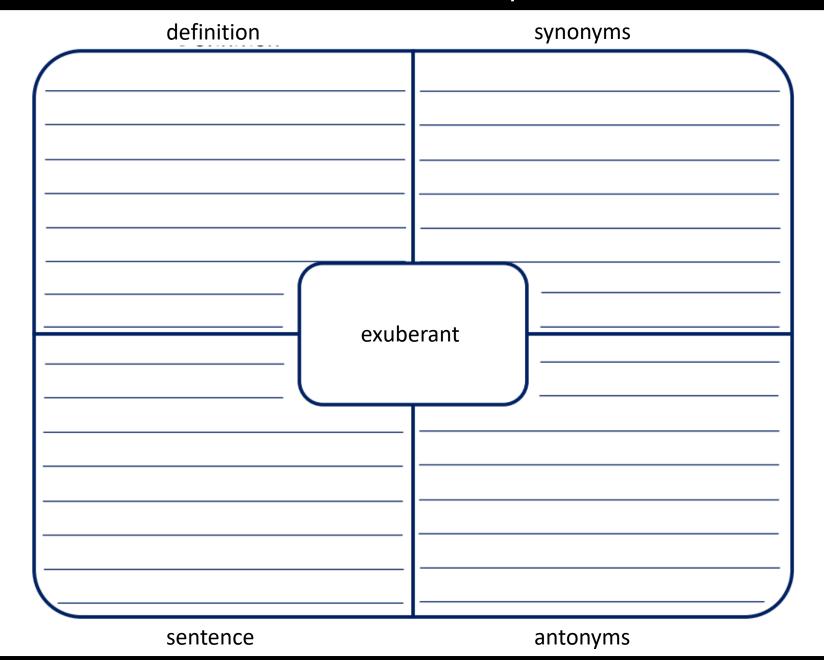
Complete a Frayer Model for the word **altruistic.** 



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# Frayer Model: Exuberant





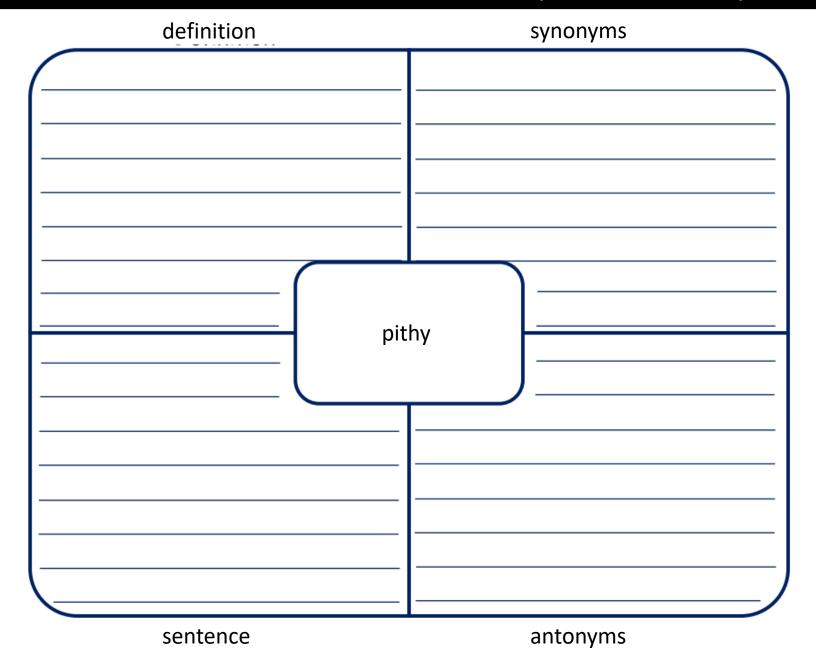
Complete a Frayer Model for the word **exuberant.** 



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# Frayer Model: Pithy





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



Scan to view thesaurus

## Test Your Knowledge – House points earned for each quiz you complete



Weekly Quiz								
30 <sup>th</sup> October	6 <sup>th</sup> November	13 <sup>th</sup> November	20 <sup>th</sup> November	27 <sup>th</sup> November 4 <sup>th</sup> December		11 <sup>th</sup> December		
<u>Click here</u>	Click here	Click here	<u>Click here</u>	<u>Click here</u>	Click here	<u>Click here</u>		

- 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 to show the work you have been doing independently at home to increase your knowledge (e.g. mind maps/brain dumps/flash cards).