



GLOUCESTER
ACADEMY



GREENSHAW
LEARNING TRUST

Gloucester Academy

Unit 2

Class of 2023

Knowledge Organiser

OPTIONS SUBJECTS

Knowledge is power. Information is liberating.

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Art Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Mind Map	A creatively drawn and written exploration of initial ideas.
2	Artist Transcription	A copy of an artist's work trying to replicate it by using similar materials.
3	Graphite Transfer	The process of carboning the back of a photograph, and tracing the image onto another surface.
4	Assessment Objectives	Four criteria that work is assessed by; develop, refine, experiment, present.
5	Success Criteria	The outline of a task that - when met - ensures positive impact on your project.
6	Urban Art	A genre which is a combination of street art and graffiti.
7	Tonal Shading	Use light and dark to create a sense of three dimensions.
8	Technique	The way an artist uses tools and materials to create their work.
9	Mixed-Media	To use different materials and different media in one piece of work.
10	Formal Elements	The components that make up art as a whole: line, colour, form, shape, pattern and texture.

Week 2	Piece of Information	Answer
1	Annotation	Written explanations that record and communicate thoughts about the artist or artwork.
2	Masking tape	An adhesive material that is temporarily used to secure surfaces together without ruining the surface.
3	Process	A set of steps or rules to follow when using a type of media.
4	Typography	The technique of creatively presenting visually appealing writing.
5	Relevant information	Picking out the important facts from a piece of text which will directly inform your work
6	Paper Orientation	Choosing whether your surface should be portrait or landscape.
7	Concept	An idea or thought process that informs an artwork.
8	Realism	Artwork that has been created in a realistic or photographic manner.
9	Socio Political art	Art that is created to help the public understand a social or political issue.
10	Mounting	The process of adhering one surface onto another.

Week 3	Piece of Information	Answer
1	Layering	When materials are placed on top of each other for effect.
2	Guillotine	A piece of equipment used to trim or cut paper in straight lines.
3	GSM Number	Grains per Square Meter refers to the quality of paper. The higher the number, the heavier the paper.
4	Primary Source	Using real objects or photographs you have taken yourself, for inspiration.
5	Secondary Source	An image from the internet or a book - one that you have not created yourself.
6	Mind Map	A creatively drawn and written exploration of initial ideas.
7	Artist Transcription	A copy of an artist's work trying to replicate it by using similar materials.
8	Graphite Transfer	The process of carboning the back of a photograph, and tracing the image onto another surface.

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Week 4	Piece of Information	Answer
1	Representation	To present a realistic version of what actually exists; a chair, face or landscape.
2	Analyse	To examine methodically, and in detail, typically in order to explain and interpret.
3	Subject matter	The topic represented within a piece of work.
4	Mood	Explaining how the work makes you feel.
5	Relate	Explaining how the work is associated with the chosen topic.
6	Urban Art	A genre which is a combination of street art and graffiti.
7	Tonal Shading	Use light and dark to create a sense of three dimensions.
8	Technique	The way an artist uses tools and materials to create their work.
9	Mixed-Media	To use different materials and different media in one piece of work.
10	Formal Elements	The components that make up art as a whole: line, colour, form, shape, pattern and texture.

Week 5	Piece of Information	Answer
1	Contact sheet	A print out of the total photographs taken in one session.
2	Photography	The art of capturing light with a camera.
3	Light source	An object which creates light. It can be natural or synthetic.
4	Photo editing	The process of altering a photograph digitally or manually.
5	Perspective	The art of representing three-dimensional objects on a two-dimensional surface.
6	Annotation	Written explanations that record and communicate thoughts about the artist or artwork.
7	Masking tape	An adhesive material that is temporarily used to secure surfaces together without ruining the surface.
8	Process	A set of steps or rules to follow when using a type of media.
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Week 6	Piece of Information	Answer
1	Recording Ideas	A series of observational drawings to support initial ideas.
2	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you, rather than using your imagination.
3	Accuracy	Drawings or artwork that is done correctly and precisely.
4	Highlight	The bright or reflective area of an object.
5	Pencil gradient	The density of the graphite within a pencil which determines how light or dark a pencil will appear on paper.
6	Paper Orientation	Choosing whether your surface should be portrait or landscape.

7	Concept	An idea or thought process that informs an artwork.
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Week 7	Piece of Information	Answer
1	Refinement	Improving an idea or piece of work.
2	Experimentation	To take risks with new materials, fuse different visual styles together.
3	Art journey	A visual and coherent story of artwork.
4	Scale	The size of an object in relation to another object.
5	Dry brush	A painting technique that uses a relatively dry paintbrush , but still holds some paint.
6	Mind Map	A creatively drawn and written exploration of initial ideas.
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Week 8	Piece of Information	Answer
1	Artist Response	Creating artwork which is clearly and directly influenced by artists.
2	Stencil	A fast, subtractive technique commonly used with spray paint.
3	Spray paint	A material within a tin can, commonly used by urban artists.
4	Developing Ideas	When you take a visual idea and expand them into a series of different pieces.
5	Monoprinting	A form of print-making that can only be done once.
6	Urban Art	A genre which is a combination of street art and graffiti.
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Business Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Sole trader	A business owned by one person, it has unlimited liability.
2	Partnership	A business owned by 2-20 people, it has unlimited liability.
3	Limited liability	You and the business have separate identities. You are not responsible for any debts the business makes. If the business goes bankrupt you only lose the money you invested.
4	Limited company	A business owned by shareholders with limited liability.
5	Shareholders	Owners of a limited company. They invest money into the company in return for a share of the profits. They are not usually involved in business decisions.
6	Dividend payment	A share of the profits given to shareholders.
7	Capital	Money invested into the business by shareholders, owners or the bank.
8	Credit	The amount of money that a finance institution will allow a business to use (it must be paid back).
9	Positive cashflow	More money coming into the business than out.
10	Negative cashflow	More money going out of the business than coming in.

Week 2	Piece of Information	Answer
1	Private limited company (LTD)	A business owned by shareholders who are personally invited to buy a share and cannot sell shares on the stock exchange. The business has limited liability and has to publish some financial data to Companies House.
2	Public limited company (PLC)	A business owned by shareholders that can sell shares on the stock exchange. The business has limited liability and has to publish all of its financial data as well as other key information to Companies House.
3	Stock exchange	An internationally recognised space for buying and selling shares.
4	Board of directors	The people chosen by shareholders to run the company.
5	Shares	A part of the business that can be bought and sold in exchange for investment.
6	Franchise	When a business sells the right to another to trade using its name, branding and product. Examples are Mcdonalds and Starbucks.
7	Franchisor	The person selling the rights to the business.
8	Franchisee	The person buying the right to use the franchise.
9	Brand	The personality of a business. The things the business is recognised by; logo, brand name, slogans.
10	Reputation	How the business is known to the general public.

Week 3	Piece of Information	Answer
1	Cash inflow	The money flowing into a business e.g. sales, loans.
2	Cash outflow	The money flowing out of a business e.g. costs such as wages, rent, bills.
3	Net cash flow	Cash inflow - cash outflow.
4	Opening balance	The money a business has in its bank account at the start of each month. This will be the same as the previous months closing balance.
5	Closing balance	The money a business has in its bank account at the end of each month.

6	Sole trader	A business owned by one person, it had unlimited liability.
7	Partnership	A business owned by 2-20 people, it had unlimited liability.
8	Limited liability	You and the business have separate identities. You are not responsible for any debts the business makes. If the business goes bankrupt you only lose the money you invested.
9	Limited company	A business owned by shareholders with limited liability.
10	Shareholders	Owners of a limited company. They invest money into the company in return for a share of the profits. They are not usually involved in business decisions.

Week 4	Piece of Information	Answer
1	Insolvent	A business is unable to pay its debts.
2	Consumables	Items that get used up such as pens, paper, staples that a business has to replace regularly.
3	Overdraft	A bank allows you to borrow small amounts of money through your bank account when your bank account is empty. Interest rates are high so you should pay it back quickly.
4	Trade credit	Your supplier gives you the materials you need and gives you 1-3 months to pay them for the goods. This way you can gain cash inflow before paying off this particular outflow.
5	Personal savings	When an owner uses their own money.
6	Dividend payment	A share of the profits given to shareholders.
7	Capital	Money invested into the business by shareholders, owners or the bank.
8	Credit	The amount of money that a finance institution will allow a business to use (it must be paid back).
9	Positive cashflow	More money coming into the business than out.
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Week 5	Piece of Information	Answer
1	Venture capital	Businesses or individuals fund high risk business ideas in return for a stake in the company (a little like dragons den).
2	Share capital	Capital is raised through selling shares in the business.
3	Loan	Borrowing money from the bank and paying it back in monthly installments over a long period of time.
4	Retained profit	Using profits to fund the business rather than keeping them for yourself.
5	Crowdfunding	funding your business by raising money from a large number of people who each contribute a relatively small amount, typically via the internet.
6	Private limited company (LTD)	A business owned by shareholders who are personally invited to buy a share and cannot sell shares on the stock exchange. The business has limited liability and has to publish some financial data to Companies House.
7	Public limited company (PLC)	A business owned by shareholders that can sell shares on the stock exchange. The business has limited liability and has to publish all of its financial data as well as other key information to Companies House.
8	Stock exchange	An internationally recognised space for buying and selling shares.
9	Board of directors	The people chosen by shareholders to run the company.

10	Shares	A part of the business that can be bought and sold in exchange for investment.
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Week 6	Piece of Information	Answer
1	Factors influencing business location:	Proximity to: market, labour, materials and competitors.
2	E-commerce	Business transactions taking place online.
3	Bricks and clicks	A business that has a physical location as well as an online one.
4	The marketing mix	Product, price , place, promotion.
5	Marketing	The process of ensuring customers are aware of your business and want to turn that awareness into a purchase.
6	Franchise	When a business sells the right to another to trade using its name, branding and product. Examples are Mcdonalds and Starbucks.
7	Franchisor	The person selling the rights to the business.
8	Franchisee	The person buying the right to use the franchise.
9	Brand	The personality of a business. The things the business is recognised by; logo, brand name, slogans.
10	Reputation	How the business is known to the general public.

Week 7	Piece of Information	Answer
1	Advertising	Using the media to promote your business.
2	Sponsorship	Paying to have your business name/logo represented at an event/on a sports team/ in a place.
3	Public relations	Ensuring the business is being talked about by the public (i.e. in newspaper stories etc.
4	High volume low margin pricing	Charging a low price to ensure lots of items are sold.
5	High margin low volume strategy	Charging a high price but only selling a few items, a high profit margin per product is made to ensure high revenue.
6	Cash inflow	The money flowing into a business e.g. sales, loans.
7	Cash outflow	The money flowing out of a business e.g costs such as wages, rent, bills.
8	Net cash flow	Cash inflow - cash outflow.
9	Opening balance	The money a business has in its bank account at the start of each month. This will be the same as the previous month's closing balance.
10	Closing balance	The money a business has in its bank account at the end of each month.

Week 8	Piece of Information	Answer
1	Business plan	A document that allows you to map out the details of your business idea in order to reduce risk and obtain finance.
2	Financial forecasts	Predictions of what the money coming in and out of your business might look like.
3	Stakeholder	Any party with an interest in your business.
4	Employee	Someone who works for the business.
5	Manager	A person hired to manage employees within the business. They are still an employee but have added responsibility and power.

6	Insolvent	A business is unable to pay its debts.
7	Consumables	Items that get used up such as pens, paper, staples that a business has to replace regularly.
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Week 10	Piece of Information	Answer
1	Business plan	A document that allows you to map out the details of your business idea in order to reduce risk and obtain finance.
2	Financial forecasts	Predictions of what the money coming in and out of your business might look like.
3	Stakeholder	Any party with an interest in your business.
4	Employee	Someone who works for the business.
5	Manager	A person hired to manage employees within the business. They are still an employe but have added responsibility and power.
6	Pressure groups	Organisations with strong feelings about a cause such as the environment or testing on animals. Their actions are designed to disrupt business activity until they deem the business to have changed its immoral behaviour.
7	Business rates	A fee charged to businesses with a physical location to contribute to the upkeep of their local area.
8	Taxation	The money charged by the government to fund the running of the country.
9	Corporation tax	A tax on company profits.
10	Value added tax	A tax on the price of a product charge to consumers.

Citizenship Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Tolerance	This is a concept in modern society which people show understanding of others with different views and opinions.
2	Rules	These are regulations or statements that govern behaviour within a specific area of activity.
3	Laws	This is the system of formulated ideas how members, groups and bodies within a society should behave and be regulated.
4	Fairness	This is the impartial and just treatment for all people.
5	Justice	This is behaviour or treatment that is morally right and fair.
6	Criminal Law	The type of law where individuals are charged by the state with an offence and if they are found guilty, they are punished by the state.
7	Crown Prosecution Service (CPS)	An independent governmental body that determines whether charges should be brought. They prosecute charges on behalf of their state.
8	Custodial	A sentence that involves imprisonment.
9	Deterrence	Use of sentencing to prevent the offender committing the offence.
10	Director of Public Prosecutions (DPP)	The title given to the head of the CPS (Crown Prosecution Service).

Week 2	Piece of Information	Answer
1	Equality Act 2010	116 pieces of information brought together to protect individuals from their unfair treatment and promote an equal and fair society.
2	European Arrest Warrant	A system within the European Union that allows a police force in one country to ask a police force in another to arrest someone.
3	European Convention on Human Rights	A Convention that lays down basic rights. It is based on the UNDHR and is overseen by the Council of Europe.
4	Geneva Conventions	This is the most important convention on how civilians should be treated during a time of war.
5	Trade Union Congress (TUC)	This is a national body representing most trade unions in the UK.
6	The Independent Press Standards Organisation (IPSO)	This was set up to handle complaints and conduct investigations into standard and compliance.

7	The Rule of Law	This is a basic principle of a democratic society that the law applies equally to everyone.
8	Strike	The withdrawal of one's labour; refusing to work.
9	Boycott	This means refusing to buy goods or use a service to achieve a desired political outcome (the term comes from Captain Boycott whose tenants refused to pay their rent).
10	International Criminal Court	This is set up to try persons indicted for crimes against humanity or war crimes, 120 nations have agreed to work with this court.

Week 3	Piece of Information	Answer
1	Legal Executives	These are legally qualified specialists employed mainly by solicitors.
2	Lord Chief Justice	This is the senior Judge in the UK and head of the judiciary.
3	Magistrates	These are part-time community volunteers who after training determine verdicts and sentences in a local Magistrates' courts, they sit on a bench of three and agree their decisions.
4	Custodial	This is a sentence that involves imprisonment.
5	Crown Prosecution Service (CPS)	This is an independent governmental body that determines whether charges should be brought, they prosecute charges on behalf of their state.
6	Tolerance	This is a concept in modern society which people show understanding of others with different views and opinions.
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Week 4	Piece of Information	Answer
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1	Barristers	Graduates who become specialists in a narrow aspect of law and are employed by clients to represent them in the higher courts.
2	Aggravating Circumstances	Something that makes a crime more serious.
3	Chief Constable	The chief police officer with each regional police force responsible for day-to-day management of police resources to fight crime.
4	Civil Law	The type of law that deals with disputes between individuals where damages are awarded.
5	Common Law	A law based on judges' ruling in court.
6	Criminal Law	The type of law where individuals are charged by the state with an offence and if they are found guilty, they are punished by the state.
7	Crown Prosecution Service (CPS)	An independent governmental body that determines whether charges should be brought. They prosecute charges on behalf of their state.
8	Custodial	A sentence that involves imprisonment.
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Week 5	Piece of Information	Answer
1	Legal Executives	These are legally qualified specialists employed largely by solicitors.
2	Solicitors	These are mainly graduates who cover a range of both civil and criminal legal work.
3	Queens Counsel	This is when barristers apply to become QC's to become recognised as experts in their field.
4	Metropolitan Police Force	This is the police force responsible for the London area.
5	President of the Supreme Court	This is the head of the UK's highest domestic appeal court.
6	Equality Act 2010	116 pieces of information brought together to protect individuals from their unfair treatment and promote an equal and fair society.
7	European Arrest Warrant	A system within the European Union that allows a police force in one country to ask a police force in another to arrest someone.
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9	Geneva Conventions	This is the most important convention on how civilians should be treated during a time of war.
10	Trade Union Congress (TUC)	This is a national body representing most trade unions in the UK.

Week 6	Piece of Information	Answer
1	Burden of Proof	This means that the accused is innocent until proven guilty by the prosecution.
2	Sanctions	This is a non-custodial or custodial sentence given if found guilty.
3	Tribunals	These are inferior and more informal to courts and are more specialised.
4	Arbitration	This is the process where parties agree to have their dispute heard by a private arbitrator who will make a binding decision.
5	Recorded Crime	These are crimes that are reported and recorded by the police.
6	The Independent Press Standards Organisation (IPSO)	This was set up to handle complaints and conduct investigations into standards and compliance.
7	The Rule of Law	This is a basic principle of a democratic society that the law applies equally to everyone.
8	Strike	The withdrawal of one's labour; refusing to work.
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Week 7	Piece of Information	Answer
1	Magna carta	This was signed by King John in 1215 and established the rights and powers

		of the King and the people of England.
2	Human Rights Act	This was passed in 2000 and is an Act that brings together all pieces of Human Rights Legislation in the UK.
3	Secondary Action	This is when a worker not directly involved in a trade dispute takes action to support other workers.
4	Life sentences	These are sentences for the most serious crimes, that means they will never be released from prison, e.g. Ian Brady, Rosemary West.
5	Extended sentences	This is when prisoners are released 'on license' for a maximum of 8 years and they are bound by restrictions that if they break could see them returned to jail.
6	Tolerance	This is a concept in modern society which people show understanding of others with different views and opinions.
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Week 8	Piece of Information	Answer
1	Fines	This is a financial sentence given out by courts. Magistrates and Crown Courts have powers to set unlimited fine levels.
2	Community sentences	This is a sentence that combines punishment with activity, e.g. unpaid work, attending meetings, keeping to a curfew.
3	Suspended sentences	This is a custodial sentence of between 14 days and 2 years that is suspended unless they commit another crime in the period of 2 years.
4	Rehabilitation	This is the aim of sentencing seeking to change the behaviour of the offender.
5	Parole Board	This is the board that considers whether offenders can be released after the

		completion of their minimum term in prison.
6	Tolerance	This is a concept in modern society which people show understanding of others with different views and opinions.
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Geography Knowledge Organiser

Week 1	Piece of Information	Answer
1	Megacity	A city with a population of more than 10 million people.
2	Population of Lagos	It is 15 million making it a megacity and has a life expectancy of 54.5 years.
3	Lagos causes of growth	These are natural increase and migration.
4	Opportunities in Lagos	These are formal employment, access to health care, access to education, access to water supply, access to energy and development.
5	Challenges in Lagos	Informal employment, expensive healthcare, education, lack of piped water supply, unreliable energy supply, crime and urban growth.
6	Banbury management strategies	These include A361 was raised, new pumping stations, 4.5m soil embankment and a small reservoir.
7	Lagos environmental challenges	These are waste, air pollution, water pollution and traffic congestion.
8	Lagos management	These include the employment trust fund (2016), the water master plan (2020) and the introduction of rapid bus transport by the Lagos metropolitan transport authority (2003).
9	Lagos urban growth management	Settlements were upgraded between 2006-2013, 1 million people benefitted from this and was better than the 2012 demolishing.
10	Lyme Regis management scheme negatives	These include conflict with tourists over increased congestion and litter, sea defences are an eyesore and the sea wall interferes with natural processes causing issues elsewhere.

Week 2	Piece of Information	Answer
1	Lagos Metropolitan Development and Governance Project (LMDGP)	A \$200 million project funded by the World Bank to improve infrastructure, giving 95,000 people water and 250 more classrooms.
2	Population of Bristol	It is 467,000 people with a life expectancy of 80 years.
3	Opportunities in Bristol	These are sports, shopping, entertainment, employment, the integrated transport system and urban greening.
4	Challenges in Bristol	These are urban deprivation, social inequality, dereliction, building on greenfield sites, waste disposal, pollution and urban sprawl.
5	Temple Quarter regeneration	This includes 4,000 jobs being created, 240,000 metres squared of refurbished buildings, electrification of the railways and the building of Bristol arena.
6	Banbury social benefits	These include reduced disruption, improved quality of life and less anxiety.
7	Bristol management strategies	These include the integrated transport system, building on brownfield sites, increasing waste recycling and increasing electric vehicle charging points.
8	Bristol green capital	They were awarded this in 2015 and was the first UK city to win.
9	Bristol Temple Quarter before regeneration	It was an industrial area until the 18th century, then a floating harbour was built and finally in the 20th century terraced housing was removed for slum clearance.
10	Lyme Regis management	These include increased tourism, stronger local economy, new defences

	scheme positives	survived the stormy winter and the harbour is better protected.
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Week 3	Piece of Information	Answer
1	Banbury economic benefits	These include £18.5 million cost and 400 homes and 70 businesses are protected.
2	Nepal earthquake (2015) cause	It is located on a collision plate margin where the Eurasian and Indo Australian plates are converging.
3	Primary effects of the Nepal earthquake (2015)	These include: 9,000 people killed, 8 million affected, \$5 million damage and 20,000 people injured.
4	Secondary effects of the Nepal earthquake (2015)	These include: avalanches killing 19 people on Mt Everest, loss of income from poor harvests, thousands homeless and flooding caused by blocked rivers.
5	Nepal earthquake (2015) short-term responses	These include aid from NGOs, search and rescue, 'tent city' temporary housing and 300,000 migrated from Kathmandu.
6	Megacity	A city with a population of more than 10 million people.
7	Population of Lagos	It is 15 million making it a megacity and has a life expectancy of 54.5 years.
8	Lagos causes of growth	These are natural increase and migration.
9	Opportunities in Lagos	These are formal employment, access to health care, access to education, access to water supply, access to energy and development.
10	Challenges in Lagos	Informal employment, expensive healthcare, education, lack of piped water supply, unreliable energy supply, crime and urban growth.

Week 4	Piece of Information	Answer
1	Banbury environmental benefits	These include the creation of a local reservoir and new habitats.
2	Nepal earthquake (2015) long-term responses	These include repairing of roads, introduction of earthquake drills, creation of government task force and the clearing of landslides.
3	Chile earthquake (2010) cause	It is located on a destructive plate margin where the Nazca and South American plates are converging.
4	Chile earthquake (2010) primary effects	These include 500 people killed, 12,000 injured, 800,000 affected and \$30 billion in damage.
5	Chile earthquake (2010) secondary effects	These include landslides that isolated villages, tsunami destroyed coastal towns and chemical plant fire triggered evacuations.
6	Banbury management strategies	These include A361 was raised, new pumping stations, 4.5m soil embankment and a small reservoir.
7	Lagos environmental challenges	These are waste, air pollution, water pollution and traffic congestion.
8	Lagos management	These include the employment trust fund (2016), the water master plan (2020) and the introduction of rapid bus transport by the Lagos metropolitan transport authority (2003).
9	Lagos urban growth management	Settlements were upgraded between 2006-2013, 1 million people benefitted from this and was better than the 2012 demolishing.

10	Lyme Regis management scheme negatives	These include conflict with tourists over increased congestion and litter, sea defences are an eyesore and the sea wall interferes with natural processes causing issues elsewhere.
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Week 5	Piece of Information	Answer
1	Chile earthquake (2010) secondary effects	These include landslides that isolated villages, tsunami destroyed coastal towns and chemical plant fire triggered evacuations.
2	High Force waterfall	This is found in the upper course of the River Tees and drops 20m.
3	Chile earthquake (2010) immediate responses	These include roads repaired within 24 hours, 90% of power restored in 10 days and a \$60 million national appeal.
4	Chile earthquake (2010) long-term responses	These include reliance of foreign aid, a government project to build 200,000 homes and full recovery within four years.
5	Lyme Regis issues	These include an eroding coastline, unstable cliffs, powerful waves and damage to property.
6	Lagos Metropolitan Development and Governance Project (LMDGP)	A \$200 million project funded by the World Bank to improve infrastructure, giving 95,000 people water and 250 more classrooms.
7	Population of Bristol	It is 467,000 people with a life expectancy of 80 years.
8	Opportunities in Bristol	These are sports, shopping, entertainment, employment, the integrated transport system and urban greening.
9	Challenges in Bristol	These are urban deprivation, social inequality, dereliction, building on greenfield sites, waste disposal, pollution and urban sprawl.
10	Temple Quarter regeneration	This includes 4,000 jobs being created, 240,000 metres squared of refurbished buildings, electrification of the railways and the building of Bristol arena.

Week 6	Piece of Information	Answer
1	Poole Harbour	This is one of the UK's natural harbours that has two spits formed at the mouth.
2	Lyme Regis management scheme negatives	These included: conflicts with tourists, defences are an eyesore and the seawall interferes with natural processes.
3	Typhoon Haiyan (2013)	It was on the 8th November 2013 and was a category 5 storm.
4	Primary effects of Typhoon Haiyan (2013)	These include: 6,300 people were killed, 600,000 people displaced, 71,000 hectares of farmland destroyed and \$5.8 billion damage.
5	Secondary effects of Typhoon Haiyan (2013)	These include: 6 million jobs lost, 4.1 million people made homeless and looting and violence in Tacloban.
6	Banbury social benefits	These include reduced disruption, improved quality of life and less anxiety.
7	Bristol management strategies	These include the integrated transport system, building on brownfield sites, increasing waste recycling and increasing electric vehicle charging points.
8	Bristol green capital	They were awarded this in 2015 and was the first UK city to win.

9	Bristol Temple Quarter before regeneration	It was an industrial area until the 18th century, then a floating harbour was built and finally in the 20th century terraced housing was removed for slum clearance.
10	Lyme Regis management scheme positives	These include increased tourism, stronger local economy, new defences survived the stormy winter and the harbour is better protected.

Week 7	Piece of Information	Answer
1	The mouth of the River Tees	This is in Middlesborough where the River Tees joins the North Sea.
2	Immediate responses of Typhoon Haiyan (2013)	These include aid from NGO, search and rescue, 1,200 evacuation centres and field hospitals.
3	Long-term responses to Typhoon Haiyan (2013)	These include rebuilding, cyclone shelters were built and UN and international aid.
4	Biodiversity Action Plan (BAP)	This has resulted in planting trees, hedgerows and constructing ponds.
5	Somerset levels (2014) location	It is on low lying flat land in south west England.
6	Megacity	A city with a population of more than 10 million people.
7	Population of Lagos	It is 15 million making it a megacity and has a life expectancy of 54.5 years.
8	Lagos causes of growth	These are natural increase and migration.
9	Opportunities in Lagos	These are formal employment, access to health care, access to education, access to water supply, access to energy and development.
10	Challenges in Lagos	Informal employment, expensive healthcare, education, lack of piped water supply, unreliable energy supply, crime and urban growth.

Week 8	Piece of Information	Answer
1	Somerset Levels (2014) social effects	These include 600 homes flooded, 16 farms evacuated and power supplies cut off.
2	Somerset Levels (2014) economic effects	These include £10 million in damage, 1,000 livestock evacuated and local roads cut off preventing travel to work.
3	Somerset Levels (2014) environmental effects	These include sewage contaminated water, stagnant water and large amounts of debris in the water system.
4	Immediate responses in the Somerset Levels (2014)	These include media interest, villagers used boats for transport and community groups were formed.
5	Long-term responses of the Somerset Levels (2014)	These include a £20 million flood action plan, 8km of rivers being dredged, road levels raised and more pumping stations.
6	Banbury management strategies	These include A361 was raised, new pumping stations, 4.5m soil embankment and a small reservoir.
7	Lagos environmental challenges	These are waste, air pollution, water pollution and traffic congestion.

8	Lagos management	These include the employment trust fund (2016), the water master plan (2020) and the introduction of rapid bus transport by the Lagos metropolitan transport authority (2003).
9	Lagos urban growth management	Settlements were upgraded between 2006-2013, 1 million people benefitted from this and was better than the 2012 demolishing.
10	Lyme Regis management scheme negatives	These include conflict with tourists over increased congestion and litter, sea defences are an eyesore and the sea wall interferes with natural processes causing issues elsewhere.

Week 9	Piece of Information	Answer
1	Lagos Metropolitan Development and Governance Project (LMDGP)	A \$200 million project funded by the World Bank to improve infrastructure, giving 95,000 people water and 250 more classrooms.
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3	Opportunities in Bristol	These are sports, shopping, entertainment, employment, the integrated transport system and urban greening.
4	Challenges in Bristol	These are urban deprivation, social inequality, dereliction, building on greenfield sites, waste disposal, pollution and urban sprawl.
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Week 10	Piece of Information	Answer
1	Megacity	A city with a population of more than 10 million people.
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4	Opportunities in Lagos	These are formal employment, access to health care, access to education, access to water supply, access to energy and development.
5	Challenges in Lagos	Informal employment, expensive healthcare, education, lack of piped water supply, unreliable energy supply, crime and urban growth.
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10	Lyme Regis management scheme negatives	These include conflict with tourists over increased congestion and litter, sea defences are an eyesore and the sea wall interferes with natural processes causing issues elsewhere.

Health and Social Care Knowledge Organiser

Week 1	Piece of Information	Answer
1	Physical factors	Genetic inheritance, Genetic disorders, Disease and illness.

2	Lifestyle factors	Diet, exercise, substance use, appearance.
3	Social/cultural factors	The influence of culture and religion, community involvement, gender roles, educational experiences.
4	Relationship factors	Personal relationships, Social isolation, Role models.
5	Economic factors	Income, wealth, material possessions.
6	Life events	Expected or unexpected events that can affect development.
7	Expected	A belief that something is likely to happen.
8	Unexpected	Something that is not thought of as happening.
9	Physical events	Events that make changes to our body, physical health or mobility e.g. ill health, accident and injury.
10	Relationship changes	Events that impact on formal or intimate relationships e.g. bereavement, new relationships, marriage, divorce, parenthood.

Week 2	Piece of Information	Answer
1	Life circumstances	Events that impact on day-to-day life and the choices you make e.g. moving house, starting or moving school, exclusion, redundancy, imprisonment, retirement.
2	Adapt	To adjust to new conditions or circumstances.
3	Resilience	A person's ability to come to terms with, and adapt to, events that happen in life.
4	Emotional support	Having someone to talk to to help people feel secure and come to terms with and adapt to change.
5	Information and advice	Help people to understand where to go, the choices available and how to make healthy choices.
6	Infancy	0-2 years
7	Early Childhood	3-8 years
8	Adolescence	9-18 years
9	Early Adulthood	19-45 years
10	Middle Adulthood	46-65 years

Week 3	Piece of Information	Answer
1	Types of practical help	Financial help, childcare, respite care, transport.
2	Respite care	Temporary care of an individual with ill health to provide relief for their parent(s) or usual carer.
3	Types of support	Formal support, voluntary support, informal support.
4	Formal support	Physical, emotional, practical support provided by trained professionals (doctors, social workers, teachers).
5	Voluntary support	Local or national groups and charities which support people with a specific need.
6	Physical factors	Genetic inheritance, Genetic disorders, Disease and illness.
7	Lifestyle factors	Diet, exercise, substance use, appearance.
8	Social/cultural factors	The influence of culture and religion, community involvement, gender roles, educational experiences.
9	Relationship factors	Personal relationships, Social isolation, Role models.
10	Economic factors	Income, wealth, material possessions.

Week 4	Piece of Information	Answer
1	Informal support	Unpaid physical, emotional or practical support from family or friends.
2	Provided by informal support	Reassurance, encouragement, advice, sense of security, someone to talk through options, practical help.
3	Professional	A member of a profession who is trained and skilled in their area of work.
4	Examples of formal support	Counsellors, teachers, careers advisers, occupational therapists, social workers, health specialists.
5	Volunteers	Someone that works for free.
6	Life events	Expected or unexpected events that can affect development.
7	Expected	A belief that something is likely to happen.
8	Unexpected	Something that is not thought of as happening.
9	Physical events	Events that make changes to our body, physical health or mobility e.g. ill health, accident and injury.
10	Relationship changes	Events that impact on formal or intimate relationships e.g. bereavement, new relationships, marriage, divorce, parenthood.

Week 5	Piece of Information	Answer
1	Examples of community support	Lunch/social clubs, food banks, transport, community organisations.
2	Genetic inheritance	The passing of genes from parents to their child.
3	Genetic disorders	Health conditions that are passed from parents to children through their genes.
4	Aspects of appearance	Body shapes, facial features, hair and nails, personal hygiene, clothing.
5	Gender roles	The role and responsibilities determined by a person's gender.
6	Life circumstances	Events that impact on day-to-day life and the choices you make e.g. moving house, starting or moving school, exclusion, redundancy, imprisonment, retirement.
7	Adapt	To adjust to new conditions or circumstances.
8	Resilience	A person's ability to come to terms with, and adapt to, events that happen in life.
9	Emotional support	Having someone to talk to to help people feel secure and come to terms with and adapt to change.
10	Information and advice	Help people to understand where to go, the choices available and how to make healthy choices.

Week 6	Piece of Information	Answer
1	Role model	Someone a person admires and strives to be like.
2	Social isolation	Happens when individuals do not have the opportunity of regular contact with others.
3	Personal relationships	Relationships with parents/carers, family and friends.
4	Material possessions	Things owned by an individual.
5	Income	Dependent mainly on the type of work a person does.
6	Infancy	0-2 years

7	Early Childhood	3-8 years
8	Adolescence	9-18 years
9	Early Adulthood	19-45 years
10	Middle Adulthood	46-65 years

Week 7	Piece of Information	Answer
1	Bereavement	The process of coming to terms with the death of someone close.
2	Physical events impact	Affect diet, restrict mobility and dexterity, causes negative self-image and self-esteem, temporary/permanent loss of independence, impact on income, isolation.
3	Redundancy	A form of dismissal from a job when an employer needs to reduce their workforce.
4	Factors that affect development	Physical factors, lifestyle factors, social and cultural factors, relationship and isolation factors and economic factors.
5	Dexterity	The use of fine motor skills
6	Physical factors	Genetic inheritance, Genetic disorders, Disease and illness.
7	Lifestyle factors	Diet, exercise, substance use, appearance.
8	Social/cultural factors	The influence of culture and religion, community involvement, gender roles, educational experiences.
9	Relationship factors	Personal relationships, Social isolation, Role models.
10	Economic factors	Income, wealth, material possessions.

Week 8	Piece of Information	Answer
1	Intellectual Development	How people develop their thinking skills, memory and language
2	Emotional Development	How people develop their identity and cope with feelings
3	Physical Development	Growth patterns and changes in mobility of the large and small muscles in the body that happen throughout life
4	Social Development	How people develop friendships and relationships.
5	Mobility	The use of gross motor skills
6	Life events	Expected or unexpected events that can affect development.
7	Expected	A belief that something is likely to happen.
8	Unexpected	Something that is not thought of as happening.
9	Physical events	Events that make changes to our body, physical health or mobility e.g. ill health, accident and injury.
10	Relationship changes	Events that impact on formal or intimate relationships e.g. bereavement, new relationships, marriage, divorce, parenthood.

Week 9	Piece of Information	Answer
1	Examples of community support	Lunch/social clubs, food banks, transport, community organisations.
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3	Genetic disorders	Health conditions that are passed from parents to children through their genes.
4	Aspects of appearance	Body shapes, facial features, hair and nails, personal hygiene, clothing.

5	Gender roles	The role and responsibilities determined by a person's gender.
6	Role model	Someone a person admires and strives to be like.
7	Social isolation	Happens when individuals do not have the opportunity of regular contact with others.
8	Personal relationships	Relationships with parents/carers, family and friends.
9	Material possessions	Things owned by an individual.
10	Income	Dependent mainly on the type of work a person does.

Week 10	Piece of Information	Answer
1	Bereavement	The process of coming to terms with the death of someone close.
2	Physical events impact	Affect diet, restrict mobility and dexterity, causes negative self-image and self-esteem, temporary/permanent loss of independence, impact on income, isolation.
3	Redundancy	A form of dismissal from a job when an employer needs to reduce their workforce.
4	Factors that affect development	Physical factors, lifestyle factors, social and cultural factors, relationship and isolation factors and economic factors.
5	Dexterity	The use of fine motor skills
6	Intellectual Development	How people develop their thinking skills, memory and language
7	Emotional Development	How people develop their identity and cope with feelings
8	Physical Development	Growth patterns and changes in mobility of the large and small muscles in the body that happen throughout life
9	Social Development	How people develop friendships and relationships.
10	Mobility	The use of gross motor skills

History Knowledge Organiser

Week 1	Piece of Information	Answer
1	The President	This is the head of the American state, elected by voters every four years.
2	The constitution	These are the rules by which the American nation is governed.
3	The territories	This is the name given to areas of land that were owned by the USA but not yet ready to become states.
4	American expansion	This was the movement of settlers into the American West.

5	The cotton gin	This is a machine for separating cotton fibres.
6	The Missouri Compromise	This was an agreement passed by the U.S. Congress in 1820 in which Congress agreed to admit Maine as a free state and Missouri as a slave state.
7	Abolitionists	This is a person who opposed slavery.
8	The five civilised tribes	This refers to five Native American nations—the Cherokee, Chickasaw, Choctaw, Creek, and Seminole. These are the first five tribes that European Americans generally considered to be "civilised".
9	The Indian Removal Act	This law authorised the president to negotiate with southern Native American tribes for their removal to federal territory.
10	Trail of Tears	This was part of a series of forced displacements of approximately 60,000 Native Americans of the Five Civilised Tribes.

Week 2	Piece of Information	Answer
1	Buffalo Dance	This was a special dance to encourage the buffalo to return each year.
2	Congress	This is the name of the body that passes laws in the USA.
3	Founding fathers	These were the people that signed the Declaration of Independence.
4	The plains	This was the area of land between the Mississippi River and the Rocky Mountains.
5	A slave holder	This was a person who owned slaves.
6	Plantations	These were large farms which grow a single crop, for example cotton.
7	Segregation	This is the act of dividing or keeping something or someone apart, for example blacks from whites.
8	The American Dream	This was the view of the opportunities which the USA could offer immigrants.
9	Underground Railroad	This was a secret organisation which helped slaves to escape to free states.
10	Sharecroppers	These were people who rented land by giving up a share of their crops each year.

Week 3	Piece of Information	Answer
1	The Louisiana Purchase	This was the name given to a deal in 1803 when France sold a huge area of land in North America to the USA.
2	The Plains Indians	This was a member of any of various North American peoples who formerly inhabited the Great Plains.
3	Migrants	This is a person who moves from one place to another, especially in order to find work or better living conditions.
4	The Oregon Trail	This was a 2,170-mile east-west, large-wheeled wagon route and emigrant trail in the United States that connected the Missouri River to valleys in Oregon.
5	Manifest Destiny	This was a belief in a God-given right to take over the whole of America.
6	The President	This is the head of the American state, elected by voters every four years.
7	The constitution	These are the rules by which the American nation is governed.
8	The territories	This is the name given to areas of land that were owned by the USA but not yet ready to become states.
9	American expansion	This was the movement of settlers into the American West.
10	The cotton gin	This is a machine for separating cotton fibres.

Week 4	Piece of Information	Answer
1	The Mormons	These were followers of the teachings of Joseph Smith and the Book of Mormon.
2	Gold miners	This is a miner who digs or pans for gold in a gold field.
3	The Pike's Peak gold rush	This was the boom in gold prospecting and mining in the Pike's Peak Country of western Kansas Territory .
4	Civil War	This is a war between citizens of the same country.
5	War of Independence	This was the conflict between the American colonies and Great Britain, 1775-83.
6	The Missouri Compromise	This was an agreement passed by the U.S. Congress in 1820 in which Congress agreed to admit Maine as a free state and Missouri as a slave state.
7	Abolitionists	This is a person who opposed slavery.
8	The five civilised tribes	This refers to five Native American nations—the Cherokee, Chickasaw, Choctaw, Creek, and Seminole. These are the first five tribes that European Americans generally considered to be "civilised".
9	The Indian Removal Act	This law authorised the president to negotiate with southern Native American tribes for their removal to federal territory.
10	Trail of Tears	This was part of a series of forced displacements of approximately 60,000 Native Americans of the Five Civilised Tribes.

Week 5	Piece of Information	Answer
1	Union	This was a shorter name for the United States used by the Northern states in their war against the confederacy.
2	Confederacy	This was the name taken by the Southern states when they tried to break away from the Union and form their own nation.
3	Democrats	This is a person who believes in the political or social equality of all people.
4	Republicans	This is a system of government where power is held by the people or the representatives that they elect.
5	Reconstruction	This was the rebuilding of America after the Civil War.
6	Buffalo Dance	This was a special dance to encourage the buffalo to return each year.
7	Congress	This is the name of the body that passes laws in the USA.
8	Founding fathers	These were the people that signed the Declaration of Independence.
9	The plains	This was the area of land between the Mississippi River and the Rocky Mountains.
10	A slave holder	This was a person who owned slaves.

Week 6	Piece of Information	Answer
1	The Balck Codes	These were laws that discriminated against black Americans.
2	The Supreme Court	This is the highest court in the USA that has to decide if new laws fit into the constitution.
3	Ku Klux Klan	This was a violent, racist, white supremacist group.
4	Homesteaders	These were the people that settled on the plains.
5	Reservations	This was an area of land set aside for Indian settlement.
6	Plantations	These were large farms which grow a single crop, for example cotton.

7	Segregation	This is the act of dividing or keeping something or someone apart, for example blacks from whites.
8	The American Dream	This was the view of the opportunities which the USA could offer immigrants.
9	Underground Railroad	This was a secret organisation which helped slaves to escape to free states.
10	Sharecroppers	These were people who rented land by giving up a share of their crops each year.

Week 7	Piece of Information	Answer
1	Jim Crow Laws	These were racist laws which attempted to reduce the powers of black Americans.
2	Lynching	This was the murder of black people by white racists, often done by hanging.
3	Mass migration	This refers to the migration of large groups of people from one geographical area to another.
4	Capitalist	This is a system which encourages individuals to make money for personal profit.
5	Dawes Act	This was a law which allowed Plains Indians to become citizens in return for giving up tribal claims to land.
6	The President	This is the head of the American state, elected by voters every four years.
7	The constitution	These are the rules by which the American nation is governed.
8	The territories	This is the name given to areas of land that were owned by the USA but not yet ready to become states.
9	American expansion	This was the movement of settlers into the American West.
10	The cotton gin	This is a machine for separating cotton fibres.

Week 8	Piece of Information	Answer
1	Emancipation Proclamation	This was a statement made on 1st January 1863 by President Lincoln that stated that all slaves would be freed.
2	Frontiersmen	These were people who lived beyond the western borders of the American colonies.
3	Homestead Act	This was a law passed in 1862 which promised 160 acres of land to anyone willing to work it for five years.
4	Transcontinental	This is something that crosses a whole continent, for example a railroad in the USA.
5	Civil Rights	These are the rights that people have as citizens of a country, affecting their daily lives.
6	The Missouri Compromise	This was an agreement passed by the U.S. Congress in 1820 in which Congress agreed to admit Maine as a free state and Missouri as a slave state.
7	Abolitionists	This is a person who opposed slavery.
8	The five civilised tribes	This refers to five Native American nations—the Cherokee, Chickasaw, Choctaw, Creek, and Seminole. These are the first five tribes that European Americans generally considered to be "civilised".
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10	Trail of Tears	This was part of a series of forced displacements of approximately 60,000 Native Americans of the Five Civilised Tribes.

Week 9	Piece of Information	Answer
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2	Confederacy	This was the name taken by the Southern states when they tried to break away from the Union and form their own nation.
3	Democrats	This is a person who believes in the political or social equality of all people.
4	Republicans	This is a system of government where power is held by the people or the representatives that they elect.
5	Reconstruction	This was the rebuilding of America after the Civil War.
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7	The Supreme Court	This is the highest court in the USA that has to decide if new laws fit into the constitution.
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10	Reservations	This was an area of land set aside for Indian settlement.

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10	Civil Rights	These are the rights that people have as citizens of a country, affecting their daily lives.

Hospitality and Catering Knowledge Organiser

Week 1	Piece of Information	Answer
1	Yeast	A microorganism that is used as a raising agent, but it can also spoil food.
2	Water-soluble vitamins e.g. B and C	Cannot be stored in the body so are needed daily.
3	Fat-soluble vitamins e.g. A,D,E,K	Can be stored in the fatty tissue of the body.

4	Food miles	The distance a food travels from where it is grown/produced to where it is sold.
5	Vegetarian	Someone who chooses not to eat any meat.
6	Vegan	Someone who does not eat any products derived from animals.
7	Fortification	Extra nutrients are added to a food to improve the health of the population e.g. Folic acid.
8	Factory farmed	A method of intensive farming where animals have little room to move.
9	Gluten	A protein found in wheat flours which makes dough stretchy and elastic.
10	Coeliac disease	In sufferers, the digestive system is sensitive to gluten.

Week 2	Piece of Information	Answer
1	Use by date	A date mark that is a safety warning stating when the food is likely to be unsafe to eat.
2	Unsaturated fat	A group of fats that come mainly from vegetables which are liquid at room temperature.
3	Stabiliser	Something which is added to food to prevent ingredients separating.
4	Saturated fat	Fats primarily from animal sources that are solid at room temperature e.g. butter.
5	Raising agent	Used in baking to help foods rise; they release bubbles of gas when heated.
6	Poaching	Cooking food in a saucepan of water or other liquids below boiling point.
7	Marinate	To soak a food in a mixture of ingredients before cooking to add flavour.
8	Anaemia	A condition due to iron deficiency that causes a reduction in red blood cells
9	Basal metabolic rate	The minimum amount of energy required to keep you alive each day.
10	Best before' date	A date mark that tells you when the food is expected to deteriorate in quality.

Week 3	Piece of Information	Answer
1	Danger zone	The range of temperatures at which bacteria multiply very quickly (5°C to 63°C)
2	Cross contamination	The transfer of potentially harmful microorganisms from one item to another
3	Ambient food	A food that can safely be stored at room temperature
4	Halal	Meat slaughtered or prepared using a method demanded by Islamic dietary laws
5	Garnish	A small addition to a dish that adds extra colour or flavour e.g. coriander
6	Yeast	A microorganism that is used as a raising agent, but it can also spoil food.
7	Water-soluble vitamins e.g. B and C	Cannot be stored in the body so are needed daily.
8	Fat-soluble vitamins e.g. A,D,E,K	Can be stored in the fatty tissue of the body.
9	Food miles	The distance a food travels from where it is grown/produced to where it is sold.
10	Vegetarian	Someone who chooses not to eat any meat.

Week 4	Piece of Information	Answer
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1	Micronutrient	A nutrient needed by our bodies in relatively small amounts e.g. vitamins and minerals.
2	Mineral	A chemical element that our bodies need in small amounts.
3	Vitamin	Organic compounds that are needed by the body in small amounts.
4	Antioxidant	A substance found in 'superfoods' that protects our bodies from free radicals.
5	Macronutrient	A nutrient needed by our bodies in large amounts e.g. protein, carbohydrate, fat.
6	Vegan	Someone who does not eat any products derived from animals.
7	Fortification	Extra nutrients are added to a food to improve the health of the population e.g. Folic acid.
8	Factory farmed	A method of intensive farming where animals have little room to move.
9	Gluten	A protein found in wheat flours which makes dough stretchy and elastic.
10	Coeliac disease	In sufferers, the digestive system is sensitive to gluten.

Week 5	Piece of Information	Answer
1	Macronutrient	A nutrient needed by our bodies in relatively large amounts every day.
2	Microorganism	A microscopic organism e.g. bacteria, mould and yeast.
3	Obesity	A condition which is dangerous to health, where the body accumulates too much fat.
4	Organic farming	A more natural method of farming without artificial pesticides or fertilisers.
5	Pathogenic	Able to cause disease.
6	Vegan	Someone who does not eat any products derived from animals.
7	Fortification	Extra nutrients are added to a food to improve the health of the population e.g. Folic acid.
8	Factory farmed	A method of intensive farming where animals have little room to move.
9	Gluten	A protein found in wheat flours which makes dough stretchy and elastic.
10	Coeliac disease	In sufferers, the digestive system is sensitive to gluten.

Week 6	Piece of Information	Answer
1	Anaemia	A condition caused by iron deficiency that results in a reduced number of red blood cells.
2	Rickets	A condition in children, cause by a deficiency of calcium which causes bones to be soft and weak.
3	Scurvy	A disease caused by a deficiency of Vitamin C.
4	Beriberi	A disease caused by a deficiency of vitamin B1.
5	Osteoporosis	A bone disease that weakens bones and makes them more likely to break.
6	Poaching	Cooking food in a saucepan of water or other liquids below boiling point.
7	Marinate	To soak a food in a mixture of ingredients before cooking to add flavour.
8	Anaemia	A condition due to iron deficiency that causes a reduction in red blood cells
9	Basal metabolic rate	The minimum amount of energy required to keep you alive each day.
10	Best before' date	A date mark that tells you when the food is expected to deteriorate in quality.

Week 7	Piece of Information	Answer
1	Dry frying	A method of frying that does not involve the addition of fat.
2	Blanching	Cooking a food in boiling water for a short time.

3	Boiling	Cooking food in a liquid at very high temperatures.
4	Braising	Slow cooking in an ovenproof, lidded pot with some liquid.
5	Baking	Cooking food using dry heat, usually in an oven.
6	Yeast	A microorganism that is used as a raising agent, but it can also spoil food.
7	Water-soluble vitamins e.g. B and C	Cannot be stored in the body so are needed daily.
8	Fat-soluble vitamins e.g. A,D,E,K	Can be stored in the fatty tissue of the body.
9	Food miles	The distance a food travels from where it is grown/produced to where it is sold.
10	Vegetarian	Someone who chooses not to eat any meat.

Week 8	Piece of Information	Answer
1	Food poisoning	An illness caused by eating contaminated food containing pathogenic bacteria e.g. E Coli.
2	Listeria	A temperature resistant bacteria usually found in soft cheese, pate and shellfish.
3	Salmonella	A type of bacteria found in raw poultry, untreated milk and eggs.
4	Campylobacter	A type of bacteria found in raw meat; the most common source of food poisoning in the UK.
5	E Coli	Bacteria living in the intestines of animals which can cause kidney damage.
6	Vegan	Someone who does not eat any products derived from animals.
7	Fortification	Extra nutrients are added to a food to improve the health of the population e.g. Folic acid.
8	Factory farmed	A method of intensive farming where animals have little room to move.
9	Gluten	A protein found in wheat flours which makes dough stretchy and elastic.
10	Coeliac disease	In sufferers, the digestive system is sensitive to gluten.

Week 9	Piece of Information	Answer
1	Macronutrient	A nutrient needed by our bodies in relatively large amounts every day.
2	Microorganism	A microscopic organism e.g. bacteria, mould and yeast.
3	Obesity	A condition which is dangerous to health, where the body accumulates too much fat.
4	Organic farming	A more natural method of farming without artificial pesticides or fertilisers.
5	Pathogenic	Able to cause disease.
6	Anaemia	A condition caused by iron deficiency that results in a reduced number of red blood cells.
7	Rickets	A condition in children, cause by a deficiency of calcium which causes bones to be soft and weak.
8	Scurvy	A disease caused by a deficiency of Vitamin C.
9	Beriberi	A disease caused by a deficiency of vitamin B1.
10	Osteoporosis	A bone disease that weakens bones and makes them more likely to break.

Week 10	Piece of Information	Answer
1	Dry frying	A method of frying that does not involve the addition of fat.
2	Blanching	Cooking a food in boiling water for a short time.
3	Boiling	Cooking food in a liquid at very high temperatures.
4	Braising	Slow cooking in an ovenproof, lidded pot with some liquid.
5	Baking	Cooking food using dry heat, usually in an oven.
6	Food poisoning	An illness caused by eating contaminated food containing pathogenic bacteria e.g. E Coli.
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9	Campylobacter	A type of bacteria found in raw meat; the most common source of food poisoning in the UK.
10	E Coli	Bacteria living in the intestines of animals which can cause kidney damage.

PE BTEC Knowledge Organiser

Week 1	Piece of Information	Answer
1	Aerobic endurance	The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.
2	Muscular endurance	The ability of the muscular system to work efficiently over a period of time against a light to moderate fixed-resistance load.
3	Flexibility	The ability to move all joints fluidly through their complete range of movement.

4	Speed	Distance travelled divided by time taken, measured in metres per second (m/s).
5	Pure speed	Sprints up to 60 metres.
6	Accelerative speed	Sprints up to 30 metres.
7	Speed endurance	Sprints with short recovery periods in-between.
8	Muscular Strength	The maximum force that a muscle or muscle group can produce. Measure in kilograms (kg) or Newtons (N).
9	Body composition	The relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body.
10	Optimal	The best or most favourable.

Week 2	Piece of Information	Answer
1	Agility	The ability to move quickly and precisely or change direction without losing balance or time.
2	Balance	The ability to maintain your centre of mass over a base of support.
3	Static balance	Maintaining balance in a stationary position. E.g. A gymnast performing a handstand.
4	Dynamic balance	Maintaining balance whilst in motion. E.g. A gymnast tumbling during a routine.
5	Coordination	The ability of parts of the body to work together to move smoothly and accurately.
6	Power (kgm/s)	Force (kg) x Distance (m) / Time (min or s).
7	Reaction time	The time taken for a sports performer to respond to a stimulus.
8	Variation	Varying your training programme to avoid boredom and maintain enjoyment.
9	Rest and recovery	Essential to allow the body to repair and adapt.
10	Static stretching	Slowly stretching a muscle to the limit of its range of movement and then holding the stretch for 10 to 20 seconds.

Week 3	Piece of Information	Answer
1	Frequency	The number of training sessions you complete over a period of time.
2	Intensity	How hard you train.
3	Time	How long you train for in each session.
4	Type	The method of training you use.
5	Reversibility	If you stop training, or the intensity of training is not sufficient to cause adaptation, training effects are reversed.
6	Aerobic endurance	The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.
7	Muscular endurance	The ability of the muscular system to work efficiently over a period of time against a light to moderate fixed-resistance load.
8	Flexibility	The ability to move all joints fluidly through their complete range of movement.
9	Speed	Distance travelled divided by time taken, measured in metres per second (m/s).
10	Pure speed	Sprints up to 60 metres.

Week 4	Piece of Information	Answer
1	Progressive overload	Gradually increasing your training workload in order to progress.

2	Specificity	Training should be specific to your preferred sport, activity, or goal.
3	Individual needs/differences	The programme should be designed to meet your training goals, needs, ability, level of fitness, skill level and exercise likes/dislikes.
4	Adaptation	Occurs during the recovery period after the training session is complete and is how your body increases its ability to cope with training loads.
5	Circuit training	Moving from one exercise to another at a series of stations.
6	Accelerative speed	Sprints up to 30 metres.
7	Speed endurance	Sprints with short recovery periods in-between.
8	Muscular Strength	The maximum force that a muscle or muscle group can produce. Measure in kilograms (kg) or Newtons (N).
9	Body composition	The relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body.
10	Optimal	The best or most favourable.

Week 5	Piece of Information	Answer
1	Plyometrics	Exercises in which muscles are quickly and repeatedly lengthened and shortened thus producing a large force E.g. jumping, skipping.
2	Continuous training	Performers train at a steady pace and moderate intensity for at least 30 minutes.
3	Fartlek training	The performer varies the intensity of the training by running at different speeds over different terrains. Training is continuous with no rest.
4	Interval training	The performer alternates work periods with rest or recovery periods.
5	VO2 Max	The maximum amount of oxygen uptake.
6	Agility	The ability to move quickly and precisely or change direction without losing balance or time.
7	Balance	The ability to maintain your centre of mass over a base of support.
8	Static balance	Maintaining balance in a stationary position. E.g. A gymnast performing a handstand.
9	Dynamic balance	Maintaining balance whilst in motion. E.g. A gymnast tumbling during a routine.
10	Coordination	The ability of parts of the body to work together to move smoothly and accurately.

Week 6	Piece of Information	Answer
1	Hollow sprints	Completing a series of sprints separated by a period of jogging or walking.
2	Acceleration sprints	The pace is gradually increased from a standing start to jogging, then to striding and a maximum sprint.
3	Sit and reach test	Fitness testing method for flexibility.
4	Grip dynamometer test	Fitness testing method for strength.
5	Multistage fitness test and forestry step test	Fitness testing methods for aerobic endurance.
6	Power (kgm/s)	Force (kg) x Distance (m) / Time (min or s).
7	Reaction time	The time taken for a sports performer to respond to a stimulus.
8	Variation	Varying your training programme to avoid boredom and maintain enjoyment.
9	Rest and recovery	Essential to allow the body to repair and adapt.
10	Static stretching	Slowly stretching a muscle to the limit of its range of movement and then holding the stretch for 10 to 20 seconds.

Week 7	Piece of Information	Answer
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1	Bioelectrical Impedance Analysis (BIA)	Method used for measuring body composition that predicts the percentage of body fat.
2	Skinfold testing	Method used for measuring body composition that uses skinfold calipers to measure sites on the body.
3	Reliability	Repeatability. If the fitness test was carried out again using the same conditions and environment, you should expect the same results.
4	Validity	The accuracy of the fitness test results.
5	Practicality	How easy is it to carry out the test in terms of the cost involved, time available and equipment requirements.
6	Aerobic endurance	The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.
7	Muscular endurance	The ability of the muscular system to work efficiently over a period of time against a light to moderate fixed-resistance load.
8	Flexibility	The ability to move all joints fluidly through their complete range of movement.
9	Speed	Distance travelled divided by time taken, measured in metres per second (m/s).
10	Pure speed	Sprints up to 60 metres.

Week 8	Piece of Information	Answer
1		
2		
3		
4		
5		
6	Accelerative speed	Sprints up to 30 metres.
7	Speed endurance	Sprints with short recovery periods in-between.
8	Muscular Strength	The maximum force that a muscle or muscle group can produce. Measure in kilograms (kg) or Newtons (N).
9	Body composition	The relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body.
10	Optimal	The best or most favourable.

Week 9	Piece of Information	Answer
1	Plyometrics	Exercises in which muscles are quickly and repeatedly lengthened and shortened thus producing a large force E.g. jumping, skipping.
2	Continuous training	Performers train at a steady pace and moderate intensity for at least 30 minutes.
3	Fartlek training	The performer varies the intensity of the training by running at different speeds over different terrains. Training is continuous with no rest.
4	Interval training	The performer alternates work periods with rest or recovery periods.
5	VO2 Max	The maximum amount of oxygen uptake.
6	Hollow sprints	Completing a series of sprints separated by a period of jogging or walking.
7	Acceleration sprints	The pace is gradually increased from a standing start to jogging, then to striding and a maximum sprint.
8	Sit and reach test	Fitness testing method for flexibility.
9	Grip dynamometer test	Fitness testing method for strength.
10	Multistage fitness test and forestry step test	Fitness testing methods for aerobic endurance.

Week 10	Piece of Information	Answer
1	Bioelectrical Impedance Analysis (BIA)	Method used for measuring body composition that predicts the percentage of body fat.
2	Skinfold testing	Method used for measuring body composition that uses skinfold calipers to measure sites on the body.
3	Reliability	Repeatability. If the fitness test was carried out again using the same conditions and environment, you should expect the same results.
4	Validity	The accuracy of the fitness test results.
5	Practicality	How easy is it to carry out the test in terms of the cost involved, time available and equipment requirements.
6		
7		
8		
9		
10		

Spanish Knowledge Organiser:

Week 1	Piece of Information	Answer
1	vivo en Gloucester	I live in Gloucester
2	que es una <u>ciudad</u> <i>bastante</i> pequeña	which is <i>quite</i> a small <u>city</u>
3	cerca de Bristol	near Bristol
4	está situado en el suroeste de Inglaterra	it is located in the southwest of England
5	hay un supermercado <u>muy grande</u> y muchos restaurantes	there is a <u>very big</u> supermarket and lots of restaurants
6	lo que más me gusta es visitar el zoo	what I like most is to visit the zoo
7	porque me chiflan los animales	because I love animals
8	además hay muchos museos y <u>eventos</u> artísticos	furthermore, there are lots of museums and artistic <u>events</u>
9	donde se puede disfrutar la cultura	where one (you) can enjoy culture
10	este fin de semana	this weekend

Week 2	Piece of Information	Answer
1	me gustaría comprar un <u>vestido</u> rojo	I would like to buy a red <u>dress</u>
2	en una <u>tienda</u> de segunda mano	in a second hand <u>shop</u>
3	si hace calor este fin de semana	if it is (makes) hot this weekend
4	iremos al parque	we will go to the park
5	antes mi pueblo era muy tranquilo	before my town was quiet
6	pero ahora lo peor de mi pueblo	but now the worst thing about my town
7	es que hay tanto tráfico	is that there is so much traffic
8	¡ He tenido bastante de eso!	I've had enough of that!
9	personalmente trato de usar <u>transporte</u> público	personally I try to use public <u>transport</u>
10	porque es mejor para el medioambiente	because it is better for the environment

Week 3	Piece of Information	Answer
1	el <u>año</u> pasado fui a Manchester	last <u>year</u> I went to Manchester
2	que es una <u>ciudad</u> grande en el norte de Inglaterra	which is a big <u>city</u> in the north of England
3	lo mejor fue cuando visitamos el estadio	the best thing was when we visited the stadium
4	porque me chifla el fútbol	because I love football
5	vi un partido en el <u>estadio</u> famoso	I saw a match in the famous <u>stadium</u>
6	I live in Gloucester	vivo en Gloucester
7	which is <i>quite</i> a small <u>city</u>	que es una <u>ciudad</u> <i>bastante</i> pequeña

8	near Bristol	cerca de Bristol
9	it is located in the southwest of England	está situado en el suroeste de Inglaterra
10	there is a <u>very big</u> supermarket and lots of restaurants	hay un supermercado <u>muy grande</u> y muchos restaurantes

Week 4	Piece of Information	Answer
1	mi <u>fiesta</u> favorita es la navidad	my favourite <u>holiday</u> is Christmas
2	se celebra en diciembre	it is celebrated in December
3	<u>la celebros</u> cada año	I celebrate <u>it</u> each year
4	con mis padres, mis abuelos y mis hermanos	with my parents, my grandparents and my siblings
5	típicamente celebramos en mi casa	typically we celebrate at my house
6	what I like most is to visit the zoo	lo que más me gusta es visitar el zoo
7	because I love animals	porque me chiflan los animales
8	furthermore, there are lots of museums and artistic <u>events</u>	además hay muchos museos y <u>eventos</u> artísticos
9	where one (you) can enjoy culture	donde se puede disfrutar la cultura
10	this weekend	este fin de semana

Week 5	Piece of Information	Answer
1	me gusta porque	I like it because
2	<u>no tengo</u> que ponerme la ropa	I don't have to get dressed
3	<u>siempre comemos</u> pavo con verduras	we always eat turkey with vegetables
4	en mi opinión es muy importante	In my opinion it's very important
5	celebrar las fiestas	to celebrate holidays
6	I would like to buy a red <u>dress</u>	me gustaría comprar un <u>vestido</u> rojo
7	in a second hand <u>shop</u>	en una <u>tienda</u> de segunda mano
8	if it is (makes) hot this weekend	si hace calor este fin de semana
9	we will go to the park	iremos al parque
10	before my town was quiet	antes mi pueblo era muy tranquilo

Week 6	Piece of Information	Answer
1	porque se puede pasar tiempo	because you can spend time
2	con las <u>personas</u> más importantes	with the most important <u>people</u>
3	hace dos semanas	two weeks ago
4	fui a la <u>fiesta</u> de cumpleaños	I went to a birthday <u>party</u>
5	fue divertidísima	it was really fun
6	but now the worst thing about my town	pero ahora lo peor de mi pueblo
7	is that there is so much traffic	es que hay tanto tráfico

8	I've had enough of that!	¡He tenido bastante de eso!
9	personally I try to use public transport	personalmente trato de usar transporte público
10	because it is better for the environment	porque es mejor para el medioambiente

Week 7	Piece of Information	Answer
1	escuchamos música y bailamos	we listened to music and we danced
2	durante toda la noche	throughout the whole night
3	me mola la música	I love music
4	y en el futuro quiero ir a un festival	and in the future I want to go to a festival
5	me gustaría ir a todos los festivales	I would like to go to every festival
6	last year I went to Manchester	el año pasado fui a Manchester
7	which is a big city in the north of England	que es una ciudad grande en el norte de Inglaterra
8	the best thing was when we visited the stadium	lo mejor fue cuando visitamos el estadio
9	because I love football	porque me chifla el fútbol
10	I saw a match in the famous stadium	vi un partido en el estadio famoso

Week 8	Piece of Information	Answer
1	pero son demasiados caros	but they are too expensive
2	el año que viene	next year
3	voy a ir a Reading	I am going to go to Reading
4	porque pienso que es increíble	because I think that it is incredible
5	quiero mucho hacerlo	I really want to do it
6	my favourite holiday is Christmas	mi fiesta favorita es la navidad
7	it is celebrated in December	se celebra en diciembre
8	I celebrate it each year	la celebro cada año
9	with my parents, my grandparents and my siblings	con mis padres, mis abuelos y mis hermanos
10	typically we celebrate at my house	típicamente celebramos en mi casa

Week 9	Piece of Information	Answer
1	I like it because	me gusta porque
2	I don't have to get dressed	no tengo que ponerme la ropa
3	we always eat turkey with vegetables	siempre comemos pavo con verduras
4	In my opinion it's very important	en mi opinión es muy importante
5	to celebrate holidays	celebrar las fiestas
6	because you can spend time	porque se puede pasar tiempo
7	with the most important people	con las personas más importantes

8	two weeks <u>ago</u>	<u>hace</u> dos semanas
9	I went to a birthday <u>party</u>	fui a la <u>fiesta</u> de cumpleaños
10	it was really fun	fue divertidísima

Week 10	Piece of Information	Answer
1	we listened to music and we danced	escuchamos música y bailamos
2	throughout the whole night	durante toda la noche
3	I love music	me mola la música
4	and in the future I want to go to a festival	y en el futuro quiero ir a un festival
5	I would like to go to every festival	me gustaría ir a todos los festivales
6	but they are too expensive	pero son demasiados caros
7	next year	el año que viene
8	I am going to go to Reading	voy a ir a Reading
9	because I think that it is incredible	porque pienso que es increíble
10	I really want to do it	quiero mucho hacerlo