



Gloucester Academy Unit 3 Class of 2023

Knowledge Organiser CHOICES SUBJECTS

Knowledge is power. Information is liberating.

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Art Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Assessment Objectives	Four criteria in which the work is assessed by; develop, refine, record, present.
2	Developing Ideas	When you take a visual idea and expand it into a series of different pieces.
3	Refining Ideas	Improving and developing a piece based on feedback and personal reflection.
4	Experimenting	To take risks with new materials, fuse different visual styles together.
5	Presenting	The unveiling of the final piece that has been created
6	Annotation	Written explanations that record and communicate thoughts about the artist or artwork.
7	Tonal Shading	Use light and dark to create a sense of three dimensions
8	Ink	A writing and drawing medium in liquid form
9	Review	A personal written response of an artwork or event
10	Art mind map	A visual exploration of ideas surrounding a chosen topic. This can be demonstrated in words, images and drawings.

Week 2	Piece of Information	Answer
1	Art journey	A visual and coherent story of artwork
2	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you, rather than using your imagination.
3	Analyse	To examine methodically, and in detail, typically in order to explain and interpret.
4	Intention	Making a prediction/statement about your next piece of work
5	Mark-making	Variations of lines to create tone and texture
6	Stippling	A series of multiple dots
7	Hatching	A series of parallel lines to create tone and texture
8	Cross-hatching	A series of criss-crossed lines to create tone and texture
9	Interpret	The explanation of the possible meaning of a piece of art
10	YBA	The group of Young British Artists that use an experimental approach.

Week 3	Piece of Information	Answer
1		The components that make up art as a whole: line, colour, form, shape,
'	Formal Elements	pattern and texture.
2	Unaided	Working independently and without assistance (usually exam conditions).
3	Close up	To zoom in on, or crop a specific part of a piece of art or photograph.
4	Stencil graffiti	Graffiti using an image cut out from paper so that it is easily reproducible.
	Spray-paint	Paint held in an aerosol can.
6	Assessment Objectives	Four criteria in which the work is assessed by; develop, refine, record, present.
7	Developing Ideas	When you take a visual idea and expand them into a series of different pieces
8	Refining Ideas	Improving and developing a piece based on feedback and personal reflection.
9	Experimenting	To take risks with new materials, fuse different visual styles together.
10	Presenting	The unveiling of the final piece that has been created

Week 4	Piece of Information	Answer
1	Wash	Application of a thin or dilute colour to a surface

2	Typography	The technique of creatively presenting visually appealing writing
3	Sources	References such as artists work, internet images, objects
4	Composition	Refers to the layout and arrangement of elements within an artwork
5	Pigment	The colourant in paint. This can be natural or synthetic.
6	Annotation	Written explanations that record and communicate thoughts about the artist or artwork.
7	Tonal Shading	Use light and dark to create a sense of three dimensions
8	Ink	A writing and drawing medium in liquid form
9	Review	A personal written response of an artwork or event
10		A visual exploration of ideas surrounding a chosen topic. This can be demonstrated in words, images and drawings.

Week 5	Piece of Information	Answer
1	Narrative Art	Artwork that tells a story
2	Genre	A style or category of art
3	Exaggerated	Enlarged or altered beyond normal proportions
4	Focal Point	The area in which your eye is first drawn to within a drawing, painting or photograph.
5	Photo Resolution	The number of pixels in any given digital photo or piece of work.
6	Art journey	A visual and coherent story of artwork
7	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you, rather than using your imagination.
8	Analyse	To examine methodically, and in detail, typically in order to explain and interpret.
9	Intention	Making a prediction/statement about your next piece of work
10	Mark-making	Variations of lines to create tone and texture

Week 6	Piece of Information	Answer
1	Collage	A technique in which paper, photos and other materials are arranged and stuck down onto a surface.
2	Portfolio	A collection of self-made artworks through an art journey
3	Brushwork	The way paint is applied in a painting
4	Urban Art	A genre which is a combination of street art and graffiti
5	Socio Political art	Art that is created to help the public understand a social or political issue.
6	Stippling	A series of multiple dots
7	Hatching	A series of parallel lines to create tone and texture
8	Cross-hatching	A series of criss-crossed lines to create tone and texture
9	Interpret	The explanation of the possible meaning of a piece of art
10	YBA	The group of Young British Artists that use an experimental approach.

Week 7	Piece of Information	Answer
1	Monoprinting	A form of print-making that can only be done once
2	Printing Ink	A type of ink that flows smoothly and dries quickly
3	Mixed-Media	To use different materials and different media in one piece of work
4	Photo Transfer	Moving the ink from a photograph onto another surface
5	Photography	The act of capturing light with a camera

		pattern and texture. Working independently and without assistance (usually exam conditions).
8	Close up	To zoom in on, or crop a specific part of a piece of art or photograph.
9	Stencil graffiti	Graffiti using an image cut out from paper so that it is easily reproducible.
10	Spray-paint	Paint held in an aerosol can.

Week 8	Piece of Information	Answer
1	Canvas	A strong plain-woven fabric which is used as a surface on which to paint
2	Originality	Creating artwork that no one has seen before
3	Easel	An upright support, used by artists to hold a painting while working on it
4	Scale	The size of an object in relation to another object
5		A sketchbook based large scale piece that shows your final intention of an
3	Final Design	outcome.
6	Wash	Application of a thin or dilute colour to a surface
7	Typography	The technique of creatively presenting visually appealing writing
8	Sources	References such as artists work, internet images, objects
9	Composition	Refers to the layout and arrangement of elements within an artwork
10	Pigment	The colourant in paint. This can be natural or synthetic.

Week 9	Piece of Information	Answer
1	Narrative Art	Artwork that tells a story
2	Genre	A style or category of art
3	Exaggerated	Enlarged or altered beyond normal proportions
4	Focal Point	The area in which your eye is first drawn to within a drawing, painting or photograph.
5	Photo Resolution	The number of pixels in any given digital photo or piece of work.
6	Collage	A technique in which paper, photos and other materials are arranged and stuck down onto a surface.
7	Portfolio	A collection of self-made artworks through an art journey
8	Brushwork	The way paint is applied in a painting
9	Urban Art	A genre which is a combination of street art and graffiti
10	Socio Political art	Art that is created to help the public understand a social or political issue.

Week 10	Piece of Information	Answer
1	Monoprinting	A form of print-making that can only be done once
2	Printing Ink	A type of ink that flows smoothly and dries quickly
3	Mixed-Media	To use different materials and different media in one piece of work
4	Photo Transfer	Moving the ink from a photograph onto another surface
5	Photography	The act of capturing light with a camera
6	Canvas	A strong plain-woven fabric which is used as a surface on which to paint
7	Originality	Creating artwork that no one has seen before
8	Easel	An upright support, used by artists to hold a painting while working on it
9	Scale	The size of an object in relation to another object
10		A sketchbook based large scale piece that shows your final intention of an
10	Final Design	outcome.

Business Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Bricks	A reference to a business having a physical location that customers can enter
2	Clicks	A reference to a business using the internet as their place of sale
3	Proximity	How near or close you are to something. For example, a business might be in close proximity to a car park.
	Intermediary	Another business who sells the product on your behalf to the customer
5	Retailing	Selling products/services through a shop
6	E-tailing	Selling products/services over the internet
7	Sales revenue formula	Selling price x amount sold
8	Profit formula	Sales revenue - total costs
9	Total costs formula	Fixed costs + variable costs
10	Variable costs formula	Variable cost per unit x amount sold

Week 2	Piece of Information	Answer
1	Advertising	This involves a one-way communication through a medium such as TV or radio.
2	Product trials	Providing samples of your product to encourage customers to get hooked and continue purchasing.
3	Sponsorship	This is when a business supports an event, activity, person or organisation either financially or through providing products or services (for example providing kit to a sports team).
4	Special offers	Also referred to as sales promotions, this is used to boost sales over a short period of time usually through offering some sort of discount. Offers might include buy one get one free (BOGOF), 3 for 2, 20% off or added features or bonuses to your purchase (a free breakfast with your hotel stay).
5	Branding	Branding refers to strategies that give your business a personality or image in the eyes of the consumer. Branding helps to associate your product with a certain set of characteristics such as fun and sophisticated.
6	Digital promotion	Website adverts, social media, In-App advertising, text advertising, emails.
7	Viral advertising	Means advertising using social networking to boost sales or awareness
8	In-App promotion	Companies with an app to download may promote certain products or offers in their app.
9	m-commerce	Running your business via a mobile app.
10	e-commerce	Running your business via a website

Week 3	Piece of Information	Answer
1	Publicity	Any communication about a business created by the business, its customers or a third party. It could be a newspaper article, a tweet from a customer, a review on google. Publicity can be good and bad.
2	High Margin Pricing Strategy	This maximises the difference between the cost of the product and the price. Due to the price being high, the volume sold will be low as most people will not be able to afford it
3	High Volume Pricing Strategy	By producing a lot of one item you can produce them at a lower cost (this is called economies of scale). A low price can then be set.
4	Business plan	A formal document showing how a business sets out to achieve its aims and objectives.
5	Stakeholder	Anyone with a vested interest in the business

6	Bricks	A reference to a business having a physical location that customers can enter
7	Clicks	A reference to a business using the internet as their place of sale.
8		How near or close you are to something. For example, a business might be in close proximity to a car park.
9	Intermediary	Another business who sells the product on your behalf to the customer
10	Retailing	Selling products/services through a shop

Week 4	Piece of Information	Answer
1	Stakeholder conflict	When the objectives of two stakeholders are contradictory
2	Pressure groups	A Pressure Group is an organised group of people united in the promotion of a common cause. They are so-called because of their role in 'pressuring' organisations to act in line with their group objectives.
3	Contingency plan	A back up plan for what you might do if everything goes wrong!
4	E-tailing	Businesses retailing online
5	External environment	the factors outside a business that can affect its operation by influencing its activities and choices.
6	E-tailing	Selling products/services over the internet
7	Sales revenue formula	Selling price x amount sold
8	Profit formula	Sales revenue - total costs
9	Total costs formula	Fixed costs + variable costs
10	Variable costs formula	Variable cost per unit x amount sold

Week 5	Piece of Information	Answer
1		Examples of these are unemployment, inflation, consumer spending and
'	Economic factors	interest rates.
2	Unemployment	The amount of able people in an economy who are not working
		The amount of money people in an economy are spending. If consumer
3		spending rises that means households are willing to spend more money in
	Consumer spending	businesses.
1		The cost of borrowing money which banks charge you. They will also give you
4	Interest rates	interest on your savings
5		An increase in the price of all goods. The reason why a chocolate bar used to
3	Inflation	cost 30p in 1990 and now costs 80p.
6		This involves a one-way communication through a medium such as TV or
0	Advertising	radio.
7		Providing samples of your product to encourage customers to get hooked and
,	Product trials	continue purchasing.
		This is when a business supports an event, activity, person or organisation
8		either financially or through providing products or services (for example
	Sponsorship	providing kit to a sports team).
		Also referred to as sales promotions, this is used to boost sales over a short
9		period of time usually through offering some sort of discount. Offers might
9		include buy one get one free (BOGOF), 3 for 2, 20% off or added features or
	Special offers	bonuses to your purchase (a free breakfast with your hotel stay).
		Branding refers to strategies that give your business a personality or image in
10		the eyes of the consumer. Branding helps to associate your product with a
	Branding	certain set of characteristics such as fun and sophisticated.

Week 6	Piece of Information	Answer
1	Exchange rates	The value of one currency in another currency. E.g £1 converts to \$1.3.
2	Business rates	A fee charged to businesses with a physical location to contribute to the upkeep of their local area.
3	Taxation	The money charged by the government to fund the running of the country.
4	Corporation tax	A tax on company profits
5	Value added tax	A tax on the price of a product charge to consumers
6	Digital promotion	Website adverts, social media, In-App advertising, text advertising, emails.
7	Viral advertising	Means advertising using social networking to boost sales or awareness
8	In-App promotion	Companies with an app to download may promote certain products or offers in their app.
9	m-commerce	Running your business via a mobile app
10	e-commerce	Running your business via a website

Week 7	Piece of Information	Answer
1	Equal pay act	A law that says males and females must be paid the same for the same job
2	Consumer Protection Act	A law that protects customers from false advertising and faulty products
3	Health and safety Act	A law that states Employers must protect the 'health, safety and welfare' at work of all their employees and others on their business premises.
4	Disability Discrimination Act	This law says that you must not be discriminated against because: you have a disability. someone thinks you have a disability.
5	Equality Act	Protects employees (and the public) from discrimintation due to gender, ethnicity, religion, orientation etc.
6	Publicity	Any communication about a business created by the business, its customers or a third party. It could be a newspaper article, a tweet from a customer, a review on google. Publicity can be good and bad.
7	High Margin Pricing Strategy	This maximises the difference between the cost of the product and the price. Due to the price being high, the volume sold will be low as most people will not be able to afford it.
8	High Volume Pricing Strategy	By producing a lot of one item you can produce them at a lower cost (this is called economies of scale). A low price can then be set.
9	Business plan	A formal document showing how a business sets out to achieve its aims and objectives.
10	Stakeholder	Anyone with a vested interest in the business

Week 8	Piece of Information	Answer
1	Trademark	a symbol, word, or words legally registered or established as representing a company or product. Businesses will pay for a trademark on their business/product name or slogans.
2	Copyright	the legal right, given to the originator for a fixed number of years, to print, publish, perform, film, or record literary, artistic, or musical material. Businesses will pay for copyright to ensure their artistic ideas are kept unique.
3	Patent	The sole right to make and sell an invention that can be purchased for a number of years.
4	Invoice	A list of goods sent or services provided, with a statement of the sum due for these; a bill.
5	Receipt	A record of items paid for, proof of purchase

6	Stakeholder conflict	When the objectives of two stakeholders are contradictory
7		A Pressure Group is an organised group of people united in the promotion of a common cause. They are so-called because of their role in 'pressuring' organisations to act in line with their group objectives.
8	Contingency plan	A back up plan for what you might do if everything goes wrong!
9	E-tailing	Businesses retailing online
10		the factors outside a business that can affect its operation by influencing its activities and choices.

Week 9		
	Piece of Information	Answer
4		Examples of these are unemployment, inflation, consumer spending and
Į.	Economic factors	interest rates.
2	Unemployment	The amount of able people in an economy who are not working
		The amount of money people in an economy are spending. If consumer
3		spending rises that means households are willing to spend more money in
	Consumer spending	businesses.
1		The cost of borrowing money which banks charge you. They will also give you
4	Interest rates	interest on your savings.
5		An increase in the price of all goods. The reason why a chocolate bar used to
5	Inflation	cost 30p in 1990 and now costs 80p.
6	Exchange rates	The value of one currency in another currency. E.g £1 converts to \$1.3
7		A fee charged to businesses with a physical location to contribute to the
/	Business rates	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

Week 10		
	Piece of Information	Answer
1	Equal pay act	A law that says males and females must be paid the same for the same job
2	Consumer Protection Act	A law that protects customers from false advertising and faulty products
3	Health and safety Act	A law that states Employers must protect the 'health, safety and welfare' at work of all their employees and others on their business premises.
4	Disability Discrimination Act	This law says that you must not be discriminated against because: you have a disability.
5	Equality Act	Protects employees (and the public) from discrimintation due to gender, ethnicity, religion, orientation etc.
6	Trademark	a symbol, word, or words legally registered or established as representing a company or product. Businesses will pay for a trademark on their business/product name or slogans.
7	Copyright	the legal right, given to the originator for a fixed number of years, to print, publish, perform, film, or record literary, artistic, or musical material. Businesses will pay for copyright to ensure their artistic ideas are kept unique.
8	Patent	The sole right to make and sell an invention that can be purchased for a number of years.
9	Invoice	A list of goods sent or services provided, with a statement of the sum due for these; a bill.
10	Receipt	A record of items paid for, proof of purchase

Citizenship Knowledge Organiser:

Week 1		
	Piece of Information	Answer
1	Individual Liberty	This is the concept that in a modern democracy people have the freedom to make their own choices and decisions.
2	Multicultural Society	This is a society that comprises people from a range of cultural and religious backgrounds.
3	Office for National Statistics (ONS)	This is a government body that collects and provides background data.
4	Identity	These are the characteristics that determine who or what a person is.
5	Group Identity	This is the Identity associated with belonging to a group.
6	Global Identity	This is the concept that some aspects of nature are now global.
7	Multiple Identity	This means that a person can assume different identities and in different situations.
8	National Identity	This is an identity associated with being a citizen of a specific country.
9	Nature vs nurture	This means whether a person's identity and personality are affected by their biological background or how they are brought up.
10	Ofcom	This is the Office of Communications, a government regulator for the media industry

Week 2		
	Piece of Information	Answer
1	Commonwealth Charter	This is a document that lays down the principles associated with Commonwealth membership.
2	Hard Power	This is the ability to use military or economic power to achieve one's aims.
3	Security Council	This is the decision making body of the United Nations (UN) the UK is a permanent member.
4	Soft Power	This is the ability to influence others through your culture, or political values.
5	United Nations Charter	This is a document that lays down the aims of the United Nations.
6	Veto	This is the ability to vote down any decision.
7	Volunteering	This means to give up your time without pay to help others.
8	Referendum	This is a vote on a single issue when governments seek the views of electors.
9	Humanitarian Aid	This is non-military aid given to countries in need, for example, food or medical help.

10		This is a process of involving outsiders to resolve a dispute between two parties.
	Mediation	

Week 3	Piece of Information	Answer
	riece di illidillatidii	Allswei
,		These are measures taken by a state against others to achieve a change in policy or action.
	Sanctions	
2	GNO	These are non-governmental organisations, many of them charities, that seek to provide services for those in need, eg. Oxfam.
3	Pressure Groups	These are organised bodies of citizens who share a common interest in an issue.
4	Trade Unions	This is an employment based group who seek to represent workers in regard to their conditions of employment.
Į	Jury Service	This is when citizens are required to serve as a civic duty and are randomly selected from the voter register.
(Individual Liberty	This is the concept that in a modern democracy people have the freedom to make their own choices and decisions.
7	Multicultural Society	This is a society that comprises people from a range of cultural and religious backgrounds.
8	Office for National Statistics (ONS)	This is a government body that collects and provides background data.
ę	ldentity	These are the characteristics that determine who or what a person is.
10	Group Identity	This is the Identity associated with belonging to a group.

Week 4		
	Piece of Information	Answer
1	NI a la la la casa de NAVa Cala	This is a voluntary scheme which helps people in a community work with the
	Neighbourhood Watch	police to reduce crime.
2		This is a citizen that works to gather news and distribute it through social media.
	Citizens Journalist	
3	Gross Domestic Product	
3	(GDP)	This is the value of all the goods and services created in a country.
		This is someone who supports greater EU integration leading to a United
4	Federalist	States of Europe.
5		This is a pressure group who focuses on a single issue eg, those opposed to
	Single-cause Group	HS2 trainline.
6	Global Identity	This is the concept that some aspects of nature are now global.
7	Multiple Identity	This means that a person can assume different identities and in different situations.

8	National Identity	This is an identity associated with being a citizen of a specific country.
a		This means whether a person's identity and personality are affected by their
	Nature vs nurture	biological background or how they are brought up.
10		This is the Office of Communications, a government regulator for the media
	Ofcom	industry

Week 5		
	Piece of Information	Answer
1		This is a pressure group that seek to influence policy over a range of issues,
	Multi-cause Group	eg. Trade Unions.
2		This is a pressure group who works with the people they seek to influence, eg.
	Insider Group	Jamie Oliver's school meals campaign.
3		This is a pressure group that does not have access to those making decisions,
3	Outsider Group	eg. Fathers4Justice.
4		This is when a representative speaks on behalf of a person or organisation.
	Advocacy	
5		This is when a person actively takes responsibility in areas of public concern
	Active Citizen	and tries to make a difference.
6		This is a document that lays down the principles associated with
	Commonwealth Charter	Commonwealth membership.
7	Hard Brown	This is the ability to use military or economic power to achieve one's aims.
	Hard Power	
8	0 " 0 "	This is the decision making body of the United Nations (UN) the UK is a
	Security Council	permanent member.
9	Soft Power	This is the ability to influence others through your culture, or political values.
10		This is a document that lays down the aims of the United Nations.
	United Nations Charter	

Week 6		
	Piece of Information	Answer
1		These are actions or events organised by an individual or group to achieve an
!	Campaigning	aim.
2		These are local, national or international organisations which are set up to
	Charities	help those in need.
3	Censorship	This is the control of information or ideas within a society.
4	Demonstration	This is a public meeting or march protesting a specific issue.
5	Localism	This is when people in a particular area are able to make decisions about policies that affect their local area.
6	Veto	This is the ability to vote down any decision.
7	Volunteering	This means to give up your time without pay to help others.
8	Referendum	This is a vote on a single issue when governments seek the views of electors.

1	9	Humanitarian Aid	This is non-military aid given to countries in need, for example, food or medical help.	
	10	Mediation	This is a process of involving outsiders to resolve a dispute between two parties.	

Week 7		
	Piece of Information	Answer
1	Migration	This is the movement of people between different countries.
2	Immigration	This is the action of coming to live in a forgeign country.
3	The media	This is a means of communication, eg. New media, social media, e-media
4	Society	This is a group of people living together in an ordered community.
5	Petition	This is a formal written request which appeals to the authorities to bring about change in regard to a particular issue.
6	Sanctions	These are measures taken by a state against others to achieve a change in policy or action.
7	GNO	These are non-governmental organisations, many of them charities, that seek to provide services for those in need, eg. Oxfam.
8	Pressure Groups	These are organised bodies of citizens who share a common interest in an issue.
9	Trade Unions	This is an employment based group who seek to represent workers in regard to their conditions of employment.
10	Jury Service	This is when citizens are required to serve as a civic duty and are randomly selected from the voter register.

Week 8		
	Piece of Information	Answer
1	Freedom	This is the ability to act or think as you choose, within the law of that society.
2	Gross National Income (GNI)	This is GDP minus income earned by non-residents plus income received from non-residents.
3	Principles	This is a basic truth or idea that underpins the beliefs associated with a given society.
4	Responsibility	This is the state or fact of having to do something.

5	Right	This is a moral or legal entitlement to have or do something.
6	Neighbourhood Watch	This is a voluntary scheme which helps people in a community work with the police to reduce crime.
7	Citizens Journalist	This is a citizen that works to gather news and distribute it through social media.
8	Gross Domestic Product (GDP)	This is the value of all the goods and services created in a country.
9	Federalist	This is someone who supports greater EU integration leading to a United States of Europe.
10	Single-cause Group	This is a pressure group who focuses on a single issue eg, those opposed to HS2 trainline.

Week 9		
	Piece of Information	Answer
1		This is a pressure group that seek to influence policy over a range of issues,
	Multi-cause Group	eg. Trade Unions.
2		This is a pressure group who works with the people they seek to influence, eg.
	Insider Group	Jamie Oliver's school meals campaign.
3		This is a pressure group that does not have access to those making decisions,
	Outsider Group	eg. Fathers4Justice.
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4	Advocacy	This is when a representative speaks on behalf of a person or organisation.
	Auvocacy	This is when a person actively takes responsibility in areas of public concern
5	Active Citizen	and tries to make a difference.
	Active Ottizeri	These are actions or events organised by an individual or group to achieve an
6	Campaigning	aim.
	Campaigning	airri.
7		These are local, national or international organisations which are set up to
,	Charities	help those in need.
8	Censorship	This is the control of information or ideas within a society.
9		This is a public meeting or march protesting a specific issue.
	Demonstration	
10		This is when people in a particular area are able to make decisions about
	Localism	policies that affect their local area.

Week 10	Piece of Information	Answer
1	Migration	This is the movement of people between different countries.
2	Immigration	This is the action of coming to live in a forgeign country.
3	The media	This is a means of communication, eg. New media, social media, e-media
4	Society	This is a group of people living together in an ordered community.
5	Petition	This is a formal written request which appeals to the authorities to bring about change in regard to a particular issue.

6	Freedom	This is the ability to act or think as you choose, within the law of that society.
7	Gross National Income (GNI)	This is GDP minus income earned by non-residents plus income received from non-residents.
8	Principles	This is a basic truth or idea that underpins the beliefs associated with a given society.
9	Responsibility	This is the state or fact of having to do something.
10	Right	This is a moral or legal entitlement to have or do something.

Drama Knowledge Organiser:

Week 1		
	Piece of Information	Answer
1	Portfolio	A written account of the devising process, answering six key questions.
2	AO1	Create and develop ideas to communicate meaning.
3	AO2	Demonstrate performance skills - physical and vocal.
4	AO4	Analyse and evaluate your own work.
5	Stimuli	Choice of starting points for the devised piece.
6	Initial Thoughts	The first collection of ideas which come out of group discussion of the stimuli.
7	Form	The type of performance piece you will create.
8	Genre	The type of story the performance will tell.
9	Structure	The order the story will be told in.
10	Style	How the story will be told in the performance space.

Week 2		
	Piece of Information	Answer
1	Improvisation	Developing the performance by creating a scene without preparation.
2	Hot seating	Developing characters by answering questions in role.
3	Scripting	Developing a scene by writing a script.
4	Research	Developing your piece by exploring the social, historical and cultural context of your idea.
5	Role on the Wall	Developing characters by profiling the character on paper.
6	Conscience Alley	The group offers a character various bits of advice to help develop the character and the plot.
7	Magic If	Actors imagine how their characters would react if they faced different situations.
8	Uta Hagen	Naturalistic drama practitioner who developed the '9 Questions' technique.
9	Cyclical Structure	A drama piece which starts with a dramatic end scene, then goes back to the beginning.
10	Episodic Structure	A drama piece which is made up of self-contained scenes which link, but have their own title and story.

Week 3		
	Piece of Information	Answer
1	Refining	Making changes to the performance piece during the rehearsal process.
2	Design Elements	Costume, sound, set and lighting choices made for a performance piece.
3	Language	The choice of vocabulary for a performance piece or character.
4	Ad-libbing	When an actor improvises some of their lines while performing.
5	Costume signifier	One item which helps represent and identify a character to an audience.
6	Portfolio	A written account of the devising process, answering six key questions.
7	Form	The type of performance piece you will create.
8	Genre	The type of story the performance will tell.
9	Structure	The order the story will be told in.
10	Style	How the story will be told in the performance space.

Week 4		
	Piece of Information	Answer
1	Soundscape	A collection of individual sounds that are layered to create a sense of place.
2	Incidental Music	Music which accompanies a performance and is used to create a certain mood or to build tension.
3	Diegetic Sounds	Sounds that are 'heard' by the characters on stage.
4	Gobo	A stencil allowing a pattern of light to be created on stage.
5	Strobes	Fast flashes of very bright light which create an unnatural slow motion effect.
6	AO1	Create and develop ideas to communicate meaning.
7	AO2	Demonstrate performance skills - physical and vocal.
8	AO4	Analyse and evaluate your own work.
9	Stimuli	Choice of starting points for the devised piece.
10	Initial Thoughts	The first collection of ideas which come out of group discussion of the stimuli.

Week 5		
	Piece of Information	Answer
1	Reflect	Thinking back carefully and considering the process objectively.
2	Analyse	Considering the impact of your creative decisions.
3	Evaluate	Examining what did and did not go well, the reasons why and what you would do differently.
4	Feedback	Collecting comments from your audience to gauge their understanding of the piece.
5	Process	A term for the overall journey when creating a piece of drama, from the stimulus to the final performance.
6	Improvisation	Developing the performance by creating a scene without preparation.
7	Hot seating	Developing characters by answering questions in role.
8	Scripting	Developing a scene by writing a script.
9	Research	Developing your piece by exploring the social, historical and cultural context of your idea.
10	Role on the Wall	Developing characters by profiling the character on paper.

Week 6		
	Piece of Information	Answer
1	Artistic Intentions	An explanation of what you set out to achieve through your performance.
2		An awareness of who the members of your audience will be and how they are
_	Intended Audience	likely to respond to the piece.
3	Symbolism	The use of design elements to convey a deeper meaning.
4	Semiotics	The use of signs and symbols within a piece to convey a deeper meaning.
5		The atmosphere at a particular moment that creates a feeling or emotion for
3	Mood	the audience.
6		The group offers a character various bits of advice to help develop the
6	Conscience Alley	character and the plot.
7		Actors imagine how their characters would react if they faced different
1	Magic If	situations.
8	Uta Hagen	Naturalistic drama practitioner who developed the 9 Questions technique.
0		A drama piece which starts with a dramatic end scene, then goes back to the
9	Cyclical Structure	beginning.
10		A drama piece which is made up of self-contained scenes which link, but have
	Episodic Structure	their own title and story.

Week 7		
	Piece of Information	Answer
1	Limited	Basic and inconsistent level of written work, according to the mark scheme.
2		Demonstrating some knowledge and understanding within written work,
2	Adequate	according to the mark scheme.
3		Clear and competent comments within the written work, according to the mark
3	Coherent	scheme.
1		Sustained and consistent levels of detail within the written work, according to
4	Secure	the mark scheme.
5		Comprehensive and confident levels of detail and expression within the written
3	Assured	work, according to the mark scheme.
6	Refining	Making changes to the performance piece during the rehearsal process.
7	Design Elements	Costume, sound, set and lighting choices made for a performance piece.
8	Language	The choice of vocabulary for a performance piece or character.
9	Ad-libbing	When an actor improvises some of their lines while performing.
10	Costume signifier	One item which helps represent and identify a character to an audience.

Week 8		
	Piece of Information	Answer
1	Focus	Your ability to stay in character throughout a performance.
2	Energy	Your ability to perform with enthusiasm and commitment during a performance.
3	Characterisation	Your ability to interpret and perform a fully developed character.
4	Transition	Your ability to move from one scene or one character to another smoothly.
5	Connection	Your ability to develop a link between yourself and the other performers, as well as the audience.
6	Soundscape	A collection of individual sounds that are layered to create a sense of place.
7	Incidental Music	Music which accompanies a performance and is used to create a certain mood or to build tension.
8	Diegetic Sounds	Sounds that are 'heard' by the characters on stage.
9	Gobo	A stencil allowing a pattern of light to be created on stage.
10	Strobes	Fast flashes of very bright light which create an unnatural slow motion effect.

Week 9		
	Piece of Information	Answer
1	Reflect	Thinking back carefully and considering the process objectively.
2	Analyse	Considering the impact of your creative decisions.
3	Evaluate	Examining what did and did not go well, the reasons why and what you would do differently.
4	Feedback	Collecting comments from your audience to gauge their understanding of the piece.
5	Process	A term for the overall journey when creating a piece of drama, from the stimulus to the final performance.
6	Artistic Intentions	An explanation of what you set out to achieve through your performance.
7	Intended Audience	An awareness of who the members of your audience will be and how they are likely to respond to the piece.
8	Symbolism	The use of design elements to convey a deeper meaning.
9	Semiotics	The use of signs and symbols within a piece to convey a deeper meaning.

40	The atmosphere at a particular moment that creates a feeling or emotion for
Mood	the audience.

Week 10		
	Piece of Information	Answer
1	Limited	Basic and inconsistent level of written work, according to the mark scheme.
2	Adequate	Demonstrating some knowledge and understanding within written work, according to the mark scheme.
3	Coherent	Clear and competent comments within the written work, according to the mark scheme.
4	Secure	Sustained and consistent levels of detail within the written work, according to the mark scheme.
5	Assured	Comprehensive and confident levels of detail and expression within the written work, according to the mark scheme.
6	Focus	Your ability to stay in character throughout a performance.
7	Energy	Your ability to perform with enthusiasm and commitment during a performance.
8	Characterisation	Your ability to interpret and perform a fully developed character.
9	Transition	Your ability to move from one scene or one character to another smoothly.
10	Connection	Your ability to develop a link between yourself and the other performers, as well as the audience.

Geography Knowledge Organiser

Week 1		
	Piece of Information	Answer
1	Natural hazard	When a natural event threatens property or people.
2	Hazard risk	Is the chance or probability of being affected by a natural event.
3	Plate margin	The border between two tectonic plates.
4	Oceanic crust	The outer layer of the earth found under oceans is denser, thinner and younger than continental crust.
5	Continental crust	The outer layer of the earth found under continents is less dense, thicker and older than oceanic crust.
6	Converging	When two things move towards each other.
7	Diverging	When two things are moving away from each other.
8	Destructive plate margin	A tectonic plate margin where two plates of different densities are converging and the oceanic plate is subducted causing composite volcanoes and earthquakes.
9	Constructive plate margin	A tectonic plate margin where two plates are diverging causing shield volcanoes and earthquakes.
10	Collision plate margin	A tectonic plate margin where two plates of the same density are converging causing fold mountains and earthquakes.

Week 2		
	Piece of Information	Answer
1	Conservative plate margin	A tectonic plate margin where two plates are sliding alongside each other causing earthquakes.
2	Composite volcano	A steep sided, tall volcano that has explosive eruptions involving ash.
3	Shield volcano	A gentle sided, shorter volcano that has less violent eruptions with no ash.
4	Earthquake	A sudden or violent movement within the earth's crust followed by a series of shocks.
5	Monitoring	Recording physical changes to help forecast when and where a natural hazard may strike.
6	Prediction	Forecasting when and where a natural hazard may strike by using monitoring information.
7	Protection	Actions taken before a hazard strikes to reduce its impact.
8	Planning	Actions taken to enable communities to respond to and recover from natural disasters.
9	GAC	The movement of air in circular movements within three cells (Hadley, Ferrel and Polar).
10	High pressure	An area of descending air that causes dry weather.

Week 3		
	Piece of Information	Answer
1	Low pressure	An area of ascending air that causes wet weather.
2	Tropical storm	An area of low pressure with winds moving in a spiral around a calm central point called the eye.
3	Tropical storm formation distribution	Tropical storms are formed between 5 and 15 degrees north and south of the equator.
4	Coriolis effect	This is the spin of the earth.
5	The eye	This is the calm centre of a tropical storm.

6	Natural hazard	When a natural event threatens property or people.
7	Hazard risk	Is the chance or probability of being affected by a natural event.
8	Plate margin	The border between two tectonic plates.
9	Oceanic crust	The outer layer of the earth found under oceans is denser, thinner and younger than continental crust.
10	Continental crust	The outer layer of the earth found under continents is less dense, thicker and older than oceanic crust.

Week 4		
	Piece of Information	Answer
1	Extreme weather	When a weather event is significantly different from the average or usual weather pattern.
2	Climate change	A long term change in the earth's climate.
3	Recent evidence for climate change	These include shrinking glaciers and ice, rising sea levels and seasonal changes.
4	Long term evidence for climate change	These include tree rings, ice cores and pollen analysis.
5	Natural causes of climate change	These include orbital changes, solar activity and volcanic activity.
6	Converging	When two things move towards each other.
7	Diverging	When two things are moving away from each other.
8	Destructive plate margin	A tectonic plate margin where two plates of different densities are converging and the oceanic plate is subducted causing composite volcanoes and earthquakes.
9	Constructive plate margin	A tectonic plate margin where two plates are diverging causing shield volcanoes and earthquakes.
10	Collision plate margin	A tectonic plate margin where two plates of the same density are converging causing fold mountains and earthquakes.

Week 5		
	Piece of Information	Answer
	Human causes of climate	
I	change	These include burning fossil fuels, using factories and agriculture.
2	The enhanced greenhouse effect	This is when a natural process is enhanced by human actions, therefore increasing the surface temperature.
3	Mitigation	Actions taken to reduce the long-term risk from natural hazards.
4	Adaptation	Actions taken to adjust to natural events to reduce damage and limit impacts.
5	Fieldwork	The process of observing and collecting data about people, cultures and natural environments.
6	Conservative plate margin	A tectonic plate margin where two plates are sliding alongside each other causing earthquakes.
7	Composite volcano	A steep sided, tall volcano that has explosive eruptions involving ash.
8	Shield volcano	A gentle sided, shorter volcano that has less violent eruptions with no ash.
9	Earthquake	A sudden or violent movement within the earth's crust followed by a series of shocks.
10	Monitoring	Recording physical changes to help forecast when and where a natural hazard may strike.

Week 6		
	Piece of Information	Answer
1	Enquiry question	A question that you set out as the basis of your fieldwork to answer.
2	Hypothesis	A statement that you set out as the basis of your fieldwork to prove or disprove.
3	Risk assessment	A careful examination of what could cause harm to people whilst undertaking their project and how this can be managed.
4	Methodology	The stage of fieldwork where you decide what data needs to be collected and how this is going to be carried out.
5	Primary data	Data that you have collected yourself.
6	Prediction	Forecasting when and where a natural hazard may strike by using monitoring information.
7	Protection	Actions taken before a hazard strikes to reduce its impact.
8	Planning	Actions taken to enable communities to respond to and recover from natural disasters.
9	GAC	The movement of air in circular movements within three cells (Hadley, Ferrel and Polar).
10	High pressure	An area of descending air that causes dry weather.

Week 7		
	Piece of Information	Answer
1	Secondary data	Data that you have got from another source eg. another person or the internet.
2	Quantitative data	This is data that shows values in the form of numbers.
3	Qualitative data	This is data that describes qualities or characteristics using words or phrases.
4	Sample size	This is where you choose the number of observations or tests you will carry out to gather enough information for your investigation.
5	Systematic sampling	This is sampling to a system eg. every 5th pebble.
6	Low pressure	An area of ascending air that causes wet weather.
7	Tropical storm	An area of low pressure with winds moving in a spiral around a calm central point called the eye.
8	Tropical storm formation distribution	Tropical storms are formed between 5 and 15 degrees north and south of the equator.
9	Coriolis effect	This is the spin of the earth.
10	The eye	This is the calm centre of a tropical storm.

Week 8	Piece of Information	Answer
1	Random sampling	This is sampling where things are chosen at random eg. putting your hand into the river and selecting the first pebble you touch.
2	Stratified sampling	This is sampling that introduces bias to ensure the sample addresses the question E.g. selecting specific samples of pebbles from different courses of the river.
3	Human error	This is the impact that we can have on data collection, potentially making it inaccurate.

4	Subjective	This is when data that is collected is based on personal feelings, tastes or opinions.
5	Average	This is a number expressing the central or typical value within a set of data.
6	Extreme weather	When a weather event is significantly different from the average or usual weather pattern.
7	Climate change	A long term change in the earth's climate.
8	Recent evidence for climate change	These include shrinking glaciers and ice, rising sea levels and seasonal changes.
9	Long term evidence for climate change	These include tree rings, ice cores and pollen analysis.
1 10	Natural causes of climate change	These include orbital changes, solar activity and volcanic activity.

Week 9		
	Piece of Information	Answer
1	Human causes of climate	
	change	These include burning fossil fuels, using factories and agriculture.
	The enhanced	This is when a natural process is enhanced by human actions, therefore
2	greenhouse effect	increasing the surface temperature.
3	Mitigation	Actions taken to reduce the long-term risk from natural hazards.
4	Adaptation	Actions taken to adjust to natural events to reduce damage and limit impacts.
F		The process of observing and collecting data about people, cultures and
5	Fieldwork	natural environments.
6	Enquiry question	A question that you set out as the basis of your fieldwork to answer.
_		A statement that you set out as the basis of your fieldwork to prove or
/	Hypothesis	disprove.
0		A careful examination of what could cause harm to people whilst undertaking
8	Risk assessment	their project and how this can be managed.
		The stage of fieldwork where you decide what data needs to be collected and
9	Methodology	how this is going to be carried out.
10	Primary data	Data that you have collected yourself.

Week 10		
	Piece of Information	Answer
1	Secondary data	Data that you have got from another source eg. another person or the internet.
2	Quantitative data	This is data that shows values in the form of numbers.
3	Qualitative data	This is data that describes qualities or characteristics using words or phrases.
4	Sample size	This is where you choose the number of observations or tests you will carry out to gather enough information for your investigation.
5	Systematic sampling	This is sampling to a system eg. every 5th pebble.
6	Random sampling	This is sampling where things are chosen at random eg. putting your hand into the river and selecting the first pebble you touch.
7	Stratified sampling	This is sampling that introduces bias to ensure the sample addresses the question E.g. selecting specific samples of pebbles from different courses of the river.

8	Human error	This is the impact that we can have on data collection, potentially making it inaccurate.
9	Subjective	This is when data that is collected is based on personal feelings, tastes or opinions.
10	Average	This is a number expressing the central or typical value within a set of data.

Health and Social Care Knowledge Organiser

Week 1		
WEEK I	Piece of Information	Answer
1	Food Safety Act(1990)	The act requires all food businesses to provide food that is safe to eat, labelled correctly and are of the quality that people expect.
2	Food Hygiene regulations	Regulate the production and sale of food to ensure that it is safe to sell.
3	HACCP	Hazard Analysis of Critical Control Points
4	COSHH	Control of Substances Hazardous to Health regulations
5	RIDDOR	Reporting ofInjuries, Diseases and Dangerous Occurrences regulations
6	Lactose intolerant	A digestive problem where the body is unable to digest a type of sugar mainly found in milk and dairy products.
7	Food miles	The distance food travels before it reaches your plate E.g. Travelled by boat, air, road or rail.
8	Carbon footprint	The amount of CO ₂ released into the atmosphere because of a person's activities.
9	Carbon emissions	The release of carbon into the atmosphere.
10	Fairtrade	Trade between companies in developed countries and producers in developing countries in which fair prices are paid to the farmers.

Week 2		
	Piece of Information	Answer
		When bones have the maximum amount of minerals and are at their strongest
I	Peak bone mass	and most dense.
2		A person who chooses to eat only plant foods and milk, milk products and
	Lacto-ovo vegetarian	eggs but no meat, poultry or fish.
2		A person who chooses to eat only plant foods and milk products but no eggs,
3	Lacto vegetarian	meat, poultry or fish.
4	Vegan	A person who chooses to eat only plant foods and no animal foods.
F		Sugars, honeys and syrups that are added to foods and drinks by
5	Free sugars	manufacturers.
6		Are micronutrients essential for health and include Vitamins A, B, C, D, E and
0	Vitamins	K.
7		Are micronutrients essential for health and include calcium, phosphorus,
	Minerals	sodium, iron, iodine and fluoride.
0		Micronutrients that can dissolve in water. They are carried to the body's
8	Water soluble vitamins	tissues but are not stored in the body. Vitamins B & C
		Micronutrients that can dissolve in fats and oils. They are absorbed along with
9		fats in the diet and can be stored in the body's fatty tissue. Vitamins A, D. C &
	Fat soluble vitamins	K.
10		Stages of development that people go through during their life E.g. infancy,
10	Life stages	childhood, adolescence, adulthood and later adulthood.

Week 3	Diagonal Information	A
	Piece of Information	Answer
1	Identify/ suggest/give a reason for	To make a list, write a short answer, select words from a diagram or table to complete gaps in a sentence.
2	Describe	To make a detailed explanation as to how and why something happens.
3	Explain	To clarify a subject or point by writing down the meaning of it and then showing you understand it by giving a reason.

4	Analyse	To break an issue down into its separate parts and look at each part in depth, using evidence and explanations to show your understanding.
5	Evaluate	To make a judgement about how successful or unsuccessful something is and say why it is important. Include evidence for your answer, and come to a final conclusion.
6	Food Safety Act(1990)	The act requires all food businesses to provide food that is safe to eat, labelled correctly and are of the quality that people expect.
7	Food Hygiene regulations	Regulate the production and sale of food to ensure that it is safe to sell.
8	HACCP	Hazard Analysis of Critical Control Points
9	COSHH	Control of Substances Hazardous to Health regulations
10	RIDDOR	Reporting ofInjuries, Diseases and Dangerous Occurrences regulations

Week 4		
	Piece of Information	Answer
1	Appetising	Food prepared, cooked and served so well that people want to eat it.
2	Senses	The ability of the body to react to things through sight, taste, sound, smell and touch.
3	Contingency	A back up plan to deal with either an emergency situation E.g the cooker breaks down.
4	Garnish	To decorate or embellish food.
5	Mise en place	This means having everything (ingredients, tools and equipment) ready and in place before you start cooking.
6	Lactose intolerant	A digestive problem where the body is unable to digest a type of sugar mainly found in milk and dairy products.
7	Food miles	The distance food travels before it reaches your plate E.g. Travelled by boat, air, road or rail.
8	Carbon footprint	The amount of CO ₂ released into the atmosphere because of a person's activities.
9	Carbon emissions	The release of carbon into the atmosphere.
10	Fairtrade	Trade between companies in developed countries and producers in developing countries in which fair prices are paid to the farmers.

Week 5		
	Piece of Information	Answer
4		A member of the kitchen brigade who is in charge of the kitchen.
ı	Executive chef/ Head chef	Responsibilities include planning menus and ordering stock.
2		A member of the kitchen brigade who is second in command. Responsibilities
2	Sous chef	include food production and day-to-day running of the kitchen.
2		A member of the kitchen brigade who is responsible for a section or area in
3	Chef de partie	the kitchen.
1		A member of the kitchen brigade who is a trainee or apprentice chef, learning
4	Commis chef	all basic skills required.
F		A member of the front of house staff who is responsible for looking after the
ວ	Housekeeper	cleanliness of the bedrooms in a hotel.
c		When bones have the maximum amount of minerals and are at their strongest
6	Peak bone mass	and most dense.
7		A person who chooses to eat only plant foods and milk, milk products and
1	Lacto-ovo vegetarian	eggs but no meat, poultry or fish.
8		A person who chooses to eat only plant foods and milk products but no eggs,
	Lacto vegetarian	meat, poultry or fish.
9	Vegan	A person who chooses to eat only plant foods and no animal foods.

10	Sugars, honeys and syrups that are added to foods and drinks by
Free sugars	manufacturers.

Week 6		
	Piece of Information	Answer
4		A system used to order the way food passes through the kitchen from delivery
ı	Workflow	to the dining room.
2		The design of a kitchen including the way work surfaces, storage and cooking
	Kitchen layout	are organised into different sections.
•		A method of stock rotation used in the industry. Stock is used on a 'First-In,
3	FIFO	First-Out' basis. This helps to prevent wastage.
4		A method of keeping food warm. The temperature must remain above 63°C
4	Hot holding	for no longer than 2 hours.
-		A policy that outlines the uniform requirements. It usually specifies it should be
5	Dress code	clean, ironed and changed daily with no jewellery worn.
c		Are micronutrients essential for health and include Vitamins A, B, C, D, E and
6	Vitamins	K.
7		Are micronutrients essential for health and include calcium, phosphorus,
,	Minerals	sodium, iron, iodine and fluoride.
0		Micronutrients that can dissolve in water. They are carried to the body's
Ö	Water soluble vitamins	tissues but are not stored in the body. Vitamins B & C
		Micronutrients that can dissolve in fats and oils. They are absorbed along with
9		fats in the diet and can be stored in the body's fatty tissue. Vitamins A, D. C &
	Fat soluble vitamins	K.
10		Stages of development that people go through during their life E.g. infancy,
10	Life stages	childhood, adolescence, adulthood and later adulthood.

Week 7		
	Piece of Information	Answer
1	Zero hour contract	A type of employment contract in which no minimum hours are given and the worker does not have to accept work offered. The employee is not entitled to sick pay or holiday pay.
2	Service charge	A charge that is automatically added to the customer's bill for the service provided by the staff. The charge is optional for customers and is calculated as a percentage of the total bill. The money received from the service charge is divided between the staff on shift at the time of the bill.
3	National minimum wage	The minimum amount per hour that you should be paid depending on your age. This is set by the government.
4	National living wage	The minimum amount per hour that you should be paid, once you reach 25. This is set by the government.
5	A cover	A diner at a restaurant who orders food and drink.
6	Identify/ suggest/give a reason for	To make a list, write a short answer, select words from a diagram or table to complete gaps in a sentence.
7	Describe	To make a detailed explanation as to how and why something happens.
8	Explain	To clarify a subject or point by writing down the meaning of it and then showing you understand it by giving a reason.
9	Analyse	To break an issue down into its separate parts and look at each part in depth, using evidence and explanations to show your understanding.

10	Evaluate	To make a judgement about how successful or unsuccessful something is and say why it is important. Include evidence for your answer, and come to a final conclusion.
		final conclusion.

Week 8		
	Piece of Information	Answer
1	HASAWA	Health and Safety at Work Act
2	PPE	Personal Protective Equipment
3	Manual Handling	Transporting or supporting a load by hand or with the force of the body
4	MHOR	Manual Handling Operations Regulations. Guidance of lifting, carrying etc.
5	Risk assessment	A method of identifying risks in activities, situations or when using objects
6	Appetising	Food prepared, cooked and served so well that people want to eat it.
7	Senses	The ability of the body to react to things through sight, taste, sound, smell and touch.
8	Contingency	A back up plan to deal with either an emergency situation E.g the cooker breaks down.
9	Garnish	To decorate or embellish food.
10	Mise en place	This means having everything (ingredients, tools and equipment) ready and in place before you start cooking.

Week 9		
WOOK 0	Piece of Information	Answer
4		A member of the kitchen brigade who is in charge of the kitchen.
1	Executive chef/ Head chef	Responsibilities include planning menus and ordering stock.
0		A member of the kitchen brigade who is second in command. Responsibilities
2	Sous chef	include food production and day-to-day running of the kitchen.
2		A member of the kitchen brigade who is responsible for a section or area in
3	Chef de partie	the kitchen.
4		A member of the kitchen brigade who is a trainee or apprentice chef, learning
4	Commis chef	all basic skills required.
5		A member of the front of house staff who is responsible for looking after the
5	Housekeeper	cleanliness of the bedrooms in a hotel.
6		A system used to order the way food passes through the kitchen from delivery
O	Workflow	to the dining room.
7		The design of a kitchen including the way work surfaces, storage and cooking
1	Kitchen layout	are organised into different sections.
0		A method of stock rotation used in the industry. Stock is used on a 'First-In,
8	FIFO	First-Out' basis. This helps to prevent wastage.
0		A method of keeping food warm. The temperature must remain above 63°C
9	Hot holding	for no longer than 2 hours.
10		A policy that outlines the uniform requirements. It usually specifies it should be
10	Dress code	clean, ironed and changed daily with no jewellery worn.

Week 10		
	Piece of Information	Answer
		A type of employment contract in which no minimum hours are given and the
1		worker does not have to accept work offered. The employee is not entitled to
	Zero hour contract	sick pay or holiday pay.
2		A charge that is automatically added to the customer's bill for the service
	Service charge	provided by the staff. The charge is optional for customers and is calculated

		as a percentage of the total bill. The money received from the service charge is divided between the staff on shift at the time of the bill.
3	National minimum wage	The minimum amount per hour that you should be paid depending on your age. This is set by the government.
1	National living wage	The minimum amount per hour that you should be paid, once you reach 25. This is set by the government.
5	A cover	A diner at a restaurant who orders food and drink.
6	HASAWA	Health and Safety at Work Act
7	PPE	Personal Protective Equipment
8	Manual Handling	Transporting or supporting a load by hand or with the force of the body
9	MHOR	Manual Handling Operations Regulations. Guidance of lifting, carrying etc.
10	Risk assessment	A method of identifying risks in activities, situations or when using objects

History Knowledge Organiser

Week 1	Piece of Information	Answer
1	Chancellor	This was the term used in Germany for the leader of the government.
2	Democracy	This is a system of government where all adults vote to choose those who rule the country.
3	Deutsch	This means German.
4	Fuhrer	This is the German word for 'leader'.
5	Nazi	This is the short name for the National Socialist German Workers Party.
6	Reich	This is the German word for empire. The period 1933 - 1945 is known as the Third Reich.
7	Reichstag	This was the name of the German government and the German parliament building.
8	Weimar Government	This was the name of the government that ran Germany from 1918 - 1933.
9	Dictator	This is a person with complete power over one or more countries.
10	Volk or Volke	This is the German word for people.

Week 2	Piece of Information	Answer
1	Mein Kampf	This was the name of the book written by Hitler and means 'My struggle'.
2	Treaty of Versailles	This was the peace agreement signed by Germany after WWI.
3	Brot und Arbeit	This was the German slogan used to gain popularity. It meant 'Work and Bread'.
4	Untermenschen	This was the Nazi word for so called sub-human people, notably the Jews.
5	Aryan	These were pure Germans with blonde hair and blue eyes. The Nazis believed they were the master race.
6	Ubermenschen	This was the Nazi word for so called super-humans or the master race.
7	Lebensraum	This was the Nazi policy of taking land from other countries to gain extra 'living space'.
8	Reichstag Fire Decree	This was granted after the Reichstag Fire and allowed the Nazis to arrest leading Communists.
9	The Enabling Act	This was passed by Hindenburg and allowed Hitler to make laws without the agreement of the Reichstag in 1933.
10	Anti-Semitism	This is when a person/organisation is hostile or prejudiced towards Jews.

Week 3	Piece of Information	Answer
1		This is also known as the 'Night of Broken Glass' and was when Nazi
ı	Kristallnacht	members destroyed Jewish shops, homes and synagogues.
2		Sturmabteilung - The was the private army of the Nazis. Also known as
	SA	brownshirts.
3	Propaganda	This is the act of spreading a one sided message as widely as possible.
1		This is when one or more groups disagree with something, for example the
4	Opposition	government in power and will voice their opinion in some way.
5		Schutzstaffel - This was Hitler's personal bodyguard. Also known as
5	SS	blackshirts.
6	Chancellor	This was the term used in Germany for the leader of the government.
7		This is a system of government where all adults vote to choose those who rule
/	Democracy	the country.
8	Deutsch	This means German.

9	Fuhrer	This is the German word for 'leader'.	
10	Nazi	This is the short name for the National Socialist German Workers Party.	

Week 4	Piece of Information	Answer
1	Gestapo	This was the name of the secret police in Nazi Germany.
2	Concentration camps	This is a place where the government forces its enemies to live, under guard and in poor conditions.
3	Nazi Youth	This was an organisation created by Hitler for young boys aged 13 - 18 to educate them in Nazi principles.
4	League of German Maidens	This was an organisation created by Hitler for young girls aged 14 - 17 to train them in domestic duties and motherhood.
5	Edelweiss Pirates	These were a group of youths that opposed the Nazis strict regime from the late 1930s.
6	Reich	This is the German word for empire. The period 1933 - 1945 is known as the Third Reich.
7	Reichstag	This was the name of the German government and the German parliament building.
8	Weimar Government	This was the name of the government that ran Germany from 1918 - 1933.
9	Dictator	This is a person with complete power over one or more countries.
10	Volk or Volke	This is the German word for people.

Week 5	Piece of Information	Answer
1	DAF	This was the abbreviation for the German Labour Front, a Nazi organisation that workers had to belong to.
2	KDF	This is the abbreviation for the Strength through Joy programme introduced by the Nazis and was state operated leisure activities.
3	Kinder Kirche Küche	This means Children, Church, Kitchen in German.
4	Indoctrination	This is the process of teaching a person or group to accept a set of beliefs uncritically.
5	Eugenics	This was a new subject introduced to schools by the Nazis that taught them how to improve their race and the superiority of Nazis.
6	Mein Kampf	This was the name of the book written by Hitler and means 'My struggle'.
7	Treaty of Versailles	This was the peace agreement signed by Germany after WWI.
8	Brot und Arbeit	This was the German slogan used to gain popularity. It meant 'Work and Bread'.
9	Untermenschen	This was the Nazi word for so called sub-human people, notably the Jews.
10	Aryan	These were pure Germans with blonde hair and blue eyes. The Nazis believed they were the master race.

Week 6	Piece of Information	Answer
1	Nuremberg Laws	These were anti-semitic and racist laws introduced by the Nazis in 1935.
2	Total War	This is when a war directly involves civilians as well as soldiers.
2		This means non-violent opposition to authority, especially a refusal to
3	Passive resistance	cooperate with legal requirements.
4		This was an anti-Nazi group that was formed in Munich in 1942. They
4	White Rose Group	advocated for non-violent resistance to the Nazi regime.
5	Volkssturm	This is the German name of the National Militia.
6	Ubermenschen	This was the Nazi word for so called super-humans or the master race.

7		This was the Nazi policy of taking land from other countries to gain extra 'living
	Lebensraum	space'.
0		This was granted after the Reichstag Fire and allowed the Nazis to arrest
0	Reichstag Fire Decree	leading Communists.
0		This was passed by Hindenburg and allowed Hitler to make laws without the
9	The Enabling Act	agreement of the Reichstag in 1933.
10	Anti-Semitism	This is when a person/organisation is hostile or prejudiced towards Jews.

Week 7	Piece of Information	Answer
1	Occupation	This is the takeover of territory or a country using military force.
2	Ghettos	This was an enclosed area in the city where Nazis forced the Jews to live after 1939.
3	Einsatzgruppen	This was the mobile killing squad that carried out mass murders in the east after 1939
4	Zyklon B	The trade name for the gas used in the chambers to murder any undesirables.
5	Wannsee Conference	This was the meeting at which the Nazis decided to murder all European Jews.
6	Kristallnacht	This is also known as the 'Night of Broken Glass' and was when Nazi members destroyed Jewish shops, homes and synagogues.
7	SA	Sturmabteilung - The was the private army of the Nazis. Also known as brownshirts.
8	Propaganda	This is the act of spreading a one sided message as widely as possible.
9	Opposition	This is when one or more groups disagree with something, for example the government in power and will voice their opinion in some way.
10	SS	Schutzstaffel - This was Hitler's personal bodyguard. Also known as blackshirts.

Week 8	Piece of Information	Answer
1	Persecute	This is when someone/an organisation bullies or treats someone/groups of people unkindly.
2	Liberate	This means to free people from imprisonment or occupation.
3	Deport	This means to remove someone from a country by force.
4	Atlantic Wall	This was a system of defense built by the Nazis along the coast of Europe.
5	Concordat	This was an agreement made by the Pope and the Nazis.
6	Gestapo	This was the name of the secret police in Nazi Germany.
7	Concentration camps	This is a place where the government forces its enemies to live, under guard and in poor conditions.
8	Nazi Youth	This was an organisation created by Hitler for young boys aged 13 - 18 to educate them in Nazi principles.
9	League of German Maidens	This was an organisation created by Hitler for young girls aged 14 - 17 to train them in domestic duties and motherhood.
10	Edelweiss Pirates	These were a group of youths that opposed the Nazis strict regime from the late 1930s.

Week 9	Piece of Information	Answer
		This was the abbreviation for the German Labour Front, a Nazi organisation
1	DAF	that workers had to belong to.
2		This is the abbreviation for the Strength through Joy programme introduced by
	KDF	the Nazis and was state operated leisure activities.

3	Kinder Kirche Küche	This means Children, Church, Kitchen in German.
4	Indoctrination	This is the process of teaching a person or group to accept a set of beliefs uncritically.
5	Eugenics	This was a new subject introduced to schools by the Nazis that taught them how to improve their race and the superiority of Nazis.
6	Nuremberg Laws	These were anti-semitic and racist laws introduced by the Nazis in 1935.
7	Total War	This is when a war directly involves civilians as well as soldiers.
8	Passive resistance	This means non-violent opposition to authority, especially a refusal to cooperate with legal requirements.
9	White Rose Group	This was an anti-Nazi group that was formed in Munich in 1942. They advocated for non-violent resistance to the Nazi regime.
10	Volkssturm	This is the German name of the National Militia.

Week 10	Piece of Information	Answer
1	Occupation	This is the takeover of territory or a country using military force.
2	Ghettos	This was an enclosed area in the city where Nazis forced the Jews to live after 1939.
3	Einsatzgruppen	This was the mobile killing squad that carried out mass murders in the east after 1939
4	Zyklon B	The trade name for the gas used in the chambers to murder any undesirables.
5	Wannsee Conference	This was the meeting at which the Nazis decided to murder all European Jews.
6	Persecute	This is when someone/an organisation bullies or treats someone/groups of people unkindly.
7	Liberate	This means to free people from imprisonment or occupation.
8	Deport	This means to remove someone from a country by force.
9	Atlantic Wall	This was a system of defense built by the Nazis along the coast of Europe.
10	Concordat	This was an agreement made by the Pope and the Nazis.

Hospitality and Catering Knowledge Organiser

Week 1		
WEEK I	Piece of Information	Answer
1	Food Safety Act(1990)	The act requires all food businesses to provide food that is safe to eat, labelled correctly and are of the quality that people expect.
2	Food Hygiene regulations	Regulate the production and sale of food to ensure that it is safe to sell.
3	HACCP	Hazard Analysis of Critical Control Points
4	COSHH	Control of Substances Hazardous to Health regulations
5	RIDDOR	Reporting ofInjuries, Diseases and Dangerous Occurrences regulations
6	Lactose intolerant	A digestive problem where the body is unable to digest a type of sugar mainly found in milk and dairy products.
7	Food miles	The distance food travels before it reaches your plate E.g. Travelled by boat, air, road or rail.
8	Carbon footprint	The amount of CO ₂ released into the atmosphere because of a person's activities.
9	Carbon emissions	The release of carbon into the atmosphere.
10	Fairtrade	Trade between companies in developed countries and producers in developing countries in which fair prices are paid to the farmers.

Week 2		
	Piece of Information	Answer
1		When bones have the maximum amount of minerals and are at their strongest
	Peak bone mass	and most dense.
2		A person who chooses to eat only plant foods and milk, milk products and
	Lacto-ovo vegetarian	eggs but no meat, poultry or fish.
3		A person who chooses to eat only plant foods and milk products but no eggs,
3	Lacto vegetarian	meat, poultry or fish.
4	Vegan	A person who chooses to eat only plant foods and no animal foods.
F		Sugars, honeys and syrups that are added to foods and drinks by
5	Free sugars	manufacturers.
		Are micronutrients essential for health and include Vitamins A, B, C, D, E and
6	Vitamins	K.
7		Are micronutrients essential for health and include calcium, phosphorus,
·	Minerals	sodium, iron, iodine and fluoride.
		Micronutrients that can dissolve in water. They are carried to the body's
0	Water soluble vitamins	tissues but are not stored in the body. Vitamins B & C
		Micronutrients that can dissolve in fats and oils. They are absorbed along with
9		fats in the diet and can be stored in the body's fatty tissue. Vitamins A, D. C &
	Fat soluble vitamins	K.
10		Stages of development that people go through during their life E.g. infancy,
10	Life stages	childhood, adolescence, adulthood and later adulthood.

Week 3	Di	
	Piece of Information	Answer
1	Identify/ suggest/give a reason for	To make a list, write a short answer, select words from a diagram or table to complete gaps in a sentence.
2	Describe	To make a detailed explanation as to how and why something happens.
3	Explain	To clarify a subject or point by writing down the meaning of it and then showing you understand it by giving a reason.

4	Analyse	To break an issue down into its separate parts and look at each part in depth, using evidence and explanations to show your understanding.
5	Evaluate	To make a judgement about how successful or unsuccessful something is and say why it is important. Include evidence for your answer, and come to a final conclusion.
6	Food Safety Act(1990)	The act requires all food businesses to provide food that is safe to eat, labelled correctly and are of the quality that people expect.
7	Food Hygiene regulations	Regulate the production and sale of food to ensure that it is safe to sell.
8	HACCP	Hazard Analysis of Critical Control Points
9	COSHH	Control of Substances Hazardous to Health regulations
10	RIDDOR	Reporting ofInjuries, Diseases and Dangerous Occurrences regulations

Week 4		
	Piece of Information	Answer
1	Appetising	Food prepared, cooked and served so well that people want to eat it.
2	Senses	The ability of the body to react to things through sight, taste, sound, smell and touch.
3	Contingency	A back up plan to deal with either an emergency situation E.g the cooker breaks down.
4	Garnish	To decorate or embellish food.
5	Mise en place	This means having everything (ingredients, tools and equipment) ready and in place before you start cooking.
6	Lactose intolerant	A digestive problem where the body is unable to digest a type of sugar mainly found in milk and dairy products.
7	Food miles	The distance food travels before it reaches your plate E.g. Travelled by boat, air, road or rail.
8	Carbon footprint	The amount of CO ₂ released into the atmosphere because of a person's activities.
9	Carbon emissions	The release of carbon into the atmosphere.
10	Fairtrade	Trade between companies in developed countries and producers in developing countries in which fair prices are paid to the farmers.

Week 5		
	Piece of Information	Answer
1		A member of the kitchen brigade who is in charge of the kitchen.
	Executive chef/ Head chef	Responsibilities include planning menus and ordering stock.
2		A member of the kitchen brigade who is second in command. Responsibilities
	Sous chef	include food production and day-to-day running of the kitchen.
3		A member of the kitchen brigade who is responsible for a section or area in
	Chef de partie	the kitchen.
1		A member of the kitchen brigade who is a trainee or apprentice chef, learning
4	Commis chef	all basic skills required.
5		A member of front of house staff who is responsible for looking after the
	Housekeeper	cleanliness of the bedrooms in a hotel.
6		When bones have the maximum amount of minerals and are at their strongest
	Peak bone mass	and most dense.
7		A person who chooses to eat only plant foods and milk, milk products and
	Lacto-ovo vegetarian	eggs but no meat, poultry or fish.
8		A person who chooses to eat only plant foods and milk products but no eggs,
	Lacto vegetarian	meat, poultry or fish.
9	Vegan	A person who chooses to eat only plant foods and no animal foods.

10	Sugars, honeys and syrups that are added to foods and drinks by
Free sugars	manufacturers.

Week 6		
	Piece of Information	Answer
1		A system used to order the way food passes through the kitchen from delivery
	Workflow	to the dining room.
2		The design of a kitchen including the way work surfaces, storage and cooking
	Kitchen layout	are organised into different sections.
3		A method of stock rotation used in the industry. Stock is used on a 'First-In,
	FIFO	First-Out' basis. This helps to prevent wastage.
		A method of keeping food warm. The temperature must remain above 63°C
4	Hot holding	for no longer than 2 hours.
-		A policy that outlines the uniform requirements. It usually specifies it should be
5	Dress code	clean, ironed and changed daily with no jewellery worn.
c		Are micronutrients essential for health and include Vitamins A, B, C, D, E and
6	Vitamins	K.
7		Are micronutrients essential for health and include calcium, phosphorus,
1	Minerals	sodium, iron, iodine and fluoride.
0		Micronutrients that can dissolve in water. They are carried to the body's
Ö	Water soluble vitamins	tissues but are not stored in the body. Vitamins B & C
		Micronutrients that can dissolve in fats and oils. They are absorbed along with
9		fats in the diet and can be stored in the body's fatty tissue. Vitamins A, D. C &
	Fat soluble vitamins	K.
10		Stages of development that people go through during their life E.g. infancy,
	Life stages	childhood, adolescence, adulthood and later adulthood.

Week 7		
	Piece of Information	Answer
1		A type of employment contract in which no minimum hours are given and the
		worker does not have to accept work offered. The employee is not entitled to
	Zero hour contract	sick pay or holiday pay.
		A charge that is automatically added to the customer's bill for the service
2		provided by the staff. The charge is optional for customers and is calculated
		as a percentage of the total bill. The money received from the service charge
	Service charge	is divided between the staff on shift at the time of the bill.
3		The minimum amount per hour that you should be paid depending on your
	National minimum wage	age. This is set by the government.
4		The minimum amount per hour that you should be paid, once you reach 25.
4	National living wage	This is set by the government.
5	A cover	A diner at a restaurant who orders food and drink.
6	Identify/	To make a list, write a short answer, select words from a diagram or table to
	suggest/give a reason for	complete gaps in a sentence.
7	Describe	To make a detailed explanation as to how and why something happens.
8	Explain	To clarify a subject or point by writing down the meaning of it and then
		showing you understand it by giving a reason.
9	Analyse	To break an issue down into its separate parts and look at each part in
		depth, using evidence and explanations to show your understanding.

10	Evaluate	To make a judgement about how successful or unsuccessful something is and say why it is important. Include evidence for your answer, and come to a final conclusion.
		inal conclusion.

Week 8		
	Piece of Information	Answer
1	HASAWA	Health and Safety at Work Act
2	PPE	Personal Protective Equipment
3	Manual Handling	Transporting or supporting a load by hand or with the force of the body.
4	MHOR	Manual Handling Operations Regulations. Guidance of lifting, carrying etc.
5	Risk assessment	A method of identifying risks in activities, situations or when using objects.
6	Appetising	Food prepared, cooked and served so well that people want to eat it.
7	Senses	The ability of the body to react to things through sight, taste, sound, smell and touch.
8	Contingency	A back up plan to deal with either an emergency situation E.g the cooker breaks down.
9	Garnish	To decorate or embellish food.
10	Mise en place	This means having everything (ingredients, tools and equipment) ready and in place before you start cooking.

Week 9		
VVEER 3	Piece of Information	Answer
		A member of the kitchen brigade who is in charge of the kitchen.
1	Executive chef/ Head chef	Responsibilities include planning menus and ordering stock.
0		A member of the kitchen brigade who is second in command. Responsibilities
2	Sous chef	include food production and day-to-day running of the kitchen.
0		A member of the kitchen brigade who is responsible for a section or area in
3	Chef de partie	the kitchen.
4		A member of the kitchen brigade who is a trainee or apprentice chef, learning
4	Commis chef	all basic skills required.
_		A member of front of house staff who is responsible for looking after the
5	Housekeeper	cleanliness of the bedrooms in a hotel.
		A system used to order the way food passes through the kitchen from delivery
6	Workflow	to the dining room.
7		The design of a kitchen including the way work surfaces, storage and cooking
/	Kitchen layout	are organised into different sections.
0		A method of stock rotation used in the industry. Stock is used on a 'First-In,
8	FIFO	First-Out' basis. This helps to prevent wastage.
0		A method of keeping food warm. The temperature must remain above 63°C
9	Hot holding	for no longer than 2 hours.
40		A policy that outlines the uniform requirements. It usually specifies it should be
10	Dress code	clean, ironed and changed daily with no jewellery worn.

Week 10		
	Piece of Information	Answer
		A type of employment contract in which no minimum hours are given and the
1		worker does not have to accept work offered. The employee is not entitled to
	Zero hour contract	sick pay or holiday pay.
2		A charge that is automatically added to the customer's bill for the service
	Service charge	provided by the staff. The charge is optional for customers and is calculated

		as a percentage of the total bill. The money received from the service charge is divided between the staff on shift at the time of the bill.
3	National minimum wage	The minimum amount per hour that you should be paid depending on your age. This is set by the government.
4	National living wage	The minimum amount per hour that you should be paid, once you reach 25. This is set by the government.
5	A cover	A diner at a restaurant who orders food and drink.
6	HASAWA	Health and Safety at Work Act
7	PPE	Personal Protective Equipment
8	Manual Handling	Transporting or supporting a load by hand or with the force of the body.
9	MHOR	Manual Handling Operations Regulations. Guidance of lifting, carrying etc.
10	Risk assessment	A method of identifying risks in activities, situations or when using objects.

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	Muscular Strength	The maximum force that a muscle or muscle group can produce. Measure in kilograms (kg) or Newtons (N).
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	Coordination	The ability of parts of the body to work together to move smoothly and accurately.
9	Power (kgm/s)	Force (kg) x Distance (m) / Time (min or s).
10	Reaction Time	The length of time taken for a person or system to respond to a given stimulus or event.

Week 2	Piece of Information	Answer
1	Heart Rate	The speed at which the heart beats.
2	Borg (RPE) Scale	A way of measuring physical activity intensity level.
3	Training Zones	The target ranges (of heart rate, pace or perceived exertion) that will be used to prescribe workout intensities.
4	Principles of Training	The principles used when prescribing a training programme, ensuring that progression occurs.
5	Frequency	The number of training sessions you complete over a period of time.
6	Intensity	How hard you train.
7	Time	How long you train for in each session.
8	Туре	The method of training you use.
9	Specificity	Training should be specific to your preferred sport, activity, or goal.
10	Progressice Overload	Gradually increasing your training workload in order to progress.

Week 3	Piece of Information	Answer
1		Occurs during the recovery period after the training session is complete and is
I	Adaptation	how your body increases its ability to cope with training loads.
2		If you stop training, or the intensity of training is not sufficient to cause
	Reversibility	adaptation, training effects are reversed.
3	Validity	The accuracy of the fitness test results.
4	Variation	Varying your training programme to avoid boredom and maintain enjoyment.
5	Circuit Training	Moving from one exercise to another at a series of stations.
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	The maximum force that a muscle or muscle group can produce. Measure in
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	kilograms (kg) or Newtons (N).

Week 4	Piece of Information	Answer
1	Flexibility Training	Training method used to produce
2	Weight Training	A type of strength training that uses weights for resistance
3	Fitness Testing	Simply taking measurements of the body and its responses to exercise.
4	Validity	How accurate a set of results are.
5	Reliability	The ability to repeatedly carry out the same test and expect comparable results each time.
6	Agility	The ability to quickly and precisely move or change direction without losing balance or time.
7	Balance	The ability to maintain a centre of mass over a base of support.
8	Coordination	The ability of parts of the body to work together to move smoothly and accurately.
9	Power	The ability to use strength at speed.
10	Reaction Time	The time taken for a performer to respond to a stimulus and the initiation of a response.

Week 5	Piece of Information	Answer
1	35m Sprint Test	Fitness testing method for speed.
2	Multistage Fitness Test/ Forestry Step Test	Fitness testing methods for aerobic endurance.
3	Vertical Jump Test	Fitness testing method for anaerobic power.
4	Hand Grip Dynamometer	Fitness testing method for strength.
5	Sit and Reach Test	Fitness testing method for flexibility.
6	Heart Rate	The speed at which the heart beats.
7	Borg (RPE) Scale	A way of measuring physical activity intensity level.
8	Training Zones	The target ranges (of heart rate, pace or perceived exertion) that will be used to prescribe workout intensities.
9	Principles of Training	The principles used when prescribing a training programme, ensuring progression occurs.
10	Frequency	The number of training sessions you complete over a period of time.

Week 6	Piece of Information	Answer
1		Method used for measuring body composition that uses skinfold callipers to
ı	Skinfold Calliper Testing	measure sites on the body.
2		Method used for measuring body composition where a measure of body fat is
_	Body Mass Index	taken and used to check whether a person is overweight.
3	Bioelectrical Impedance	Method used for measuring body composition that predicts the percentage of
0	Analysis	body fat.
4	Muscular endurance	One minute press-up test and one minute sit-up test.
	fitness tests	
5	Illinois Agility Test	Fitness testing method for speed and agility.
6	Intensity	How hard you train.
7	Time	How long you train for in each session.
8	Tedium	The method of training you use.
9	Specificity	Training should be specific to your preferred sport, activity, or goal.

	10 Progressice Overload	Gradually increasing your training workload in order to progress.	
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Week 7	Piece of Information	Answer
1		Performers train at a steady pace and moderate intensity for at least 30
ı	Continuous Training	minutes.
2		The performer varies the intensity of the training by running at different speeds
	Fartlek Training	over different terrains. Training is continuous with no rest.
3	Interval Training	The performer alternates work periods with rest or recovery periods.
4		Exercises in which muscles are quickly and repeatedly lengthened and
	Plyometric Training	shortened thus producing a large force E.g. jumping, skipping.
5		Training method used to make a performer quicker both through acceleration
	Speed Training	and top speed.
		The ability of the cardiorespiratory system to work efficiently, supplying
	Aerobic Endurance	nutrients and oxygen to working muscles during sustained physical activity.
		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.
		Distance travelled divided by time taken, measured in metres per second
9	Speed	(m/s).
40		The maximum force that a muscle or muscle group can produce. Measure in
10	Muscular Strength	kilograms (kg) or Newtons (N).

Week 8	Piece of Information	Answer
		The combination of the cardiovascular (Heart, blood, blood vessels) and the respiratory system (Lungs, Airways).
2	Aerobic	Energy production in the presence of oxygen.
3	Anaerobic	Energy production without the presence of oxygen.
4	Body Composition	The percentage of fat, bone, and muscle in your body.
5 Power		The ability to use strength at speed.
6	Agility	The ability to quickly and precisely move or change direction without losing balance or time.
7	Balance	The ability to maintain a centre of mass over a base of support.
8	Coordination	The ability of parts of the body to work together to move smoothly and accurately.
9	Power	The ability to use strength at speed.
10	Reaction Time	The time taken for a performer to respond to a stimulus and the initiation of a response.

Week 9	Piece of Information	Answer	
1	35m Sprint Test	Fitness testing method for speed.	
Multistage Fitness Test/ Forestry Step Test Fitness testing methods for aerobic endurance.		Fitness testing methods for aerobic endurance.	
Vertical Jump Test Fitness testing method for anaerobic power.		Fitness testing method for anaerobic power.	
4 Hand Grip Dynamometer Fitness testing method for strength.		Fitness testing method for strength.	
5 Sit and Reach Test Fitness testing method for		Fitness testing method for flexibility.	
6	Skinfold Calliper Testing	Method used for measuring body composition that uses skinfold callipers to measure sites on the body.	
7	Body Mass Index	Method used for measuring body composition where a measure of body fat is taken and used to check whether a person is overweight.	

3	Bioelectrical Impedance Analysis	Method used for measuring body composition that predicts the percentage of body fat.
9	Muscular endurance fitness tests	One minute press-up test and one minute sit-up test.
10	Illinois Agility Test	Fitness testing method for speed and agility.

Week 10	Piece of Information	Answer
1	Continuous Training	Performers train at a steady pace and moderate intensity for at least 30 minutes.
2	Fartlek Training	The performer varies the intensity of the training by running at different speeds over different terrains. Training is continuous with no rest.
3	Interval Training	The performer alternates work periods with rest or recovery periods.
4	Plyometric Training	Exercises in which muscles are quickly and repeatedly lengthened and shortened thus producing a large force E.g. jumping, skipping.
5	Speed Training	Training method used to make a performer quicker both through acceleration and top speed.
6	Cardiorespiratory System	The combination of the cardiovascular (Heart, blood, blood vessels) and the respiratory system (Lungs, Airways).
7	Aerobic	Energy production in the presence of oxygen.
8	Anaerobic	Energy production without the presence of oxygen.
9	Body Composition	The percentage of fat, bone, and muscle in your body.
10	Power	The ability to use strength at speed.

Spanish Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Por la mañana, desayuno los huevos	
I	fritos	In the morning, I eat fried eggs for breakfast
2	A veces no tengo hambre	Sometimes, I am not (I do not have hunger) hungry
3	Por la tarde meriendo unas galletas y	
3	fruta	In the afternoon I snack on some biscuits and fruit
4	Soy vegetariano y también soy	
4	goloso/a	I am a vegetarian and also, I have a sweet tooth
5	Raramente como pasteles	I rarely eat cakes
6	Porque no son sanos	Because they are not healthy
7	Para el almuerzo como	For lunch I eat
8	Ceno a las seis y media	I eat dinner at six thirty
9	Y normalmente como con mi familia	And normally I eat with my family
10	Nunca veo la tele cuando como	I never watch the TV when I eat

Week 2	Piece of Information	Answer
1	No me encuentro bien desde hace un día	I haven't felt well for a day
2	Me he roto el brazo	I have broken my arm
3	Tiene que beber mucha agua	You have to drink lots of water
4	Me he quemado la boca	I have burnt my mouth
5	Tengo dolor de garganta	I have a sore throat
6	Tengo fiebre tengo que tomar aspirinas	I have a fever I must take aspirins
7	Me duele la cabeza	My head hurts
8	Estoy muy enfermo/a y también estoy cansado/a	I am very sick and also I am tired
9	Tengo que ir al hospital	I have to go to the hospital
10	Tengo una insolación	I have sunstroke

Week 3	Piece of Information	Answer
1	Me gustaría probar la comida	I would like to try the food
2	Compré una barra de pan	I bought a loaf of bread
3	En Chile probé los platos típicos	In Chile I tried the typical dishes
4	Contiene los pimientos, la harina y la mantequilla	It contains peppers, flour and butter
5	No me gustaba nada las cebollas ni la ternera	I didn't (used to) like the onions nor beef at all
6	Because they are not healthy	Porque no son sanos
7	For lunch I eat	Para el almuerzo como
8	I eat dinner at six thirty	Ceno a las seis y media
9	And <u>normally</u> I eat with my family	Y <u>normalmente</u> como con mi familia
10	I <u>never</u> watch the TV when I eat	Nunca veo la tele cuando como

Week 4	Piece of Information	Answer
1	Había una gran batalla y lanzamos	
I	huevos	There was a big battle and we threw eggs
2	Llevamos ropa blanca con un	
	pañuelo rojo	We wore white clothing with a red neck scarf
3	Esta costumbre era muy popular	This custom was very popular
4	Los niños Ilevaban unos disfraces	The children were wearing some costumes
5	Muchas personas decoraban las	
5	tumbas	Many people were decorating the graves
6	I haven't felt well for a day	No me encuentro bien desde hace un día
7	I have broken my arm	Me he roto el brazo
8	You have to drink lots of water	Tiene que beber mucha agua
9	I have burnt my mouth	Me he quemado la boca
10	I have a sore throat	Tengo dolor de garganta

Week 5	Piece of Information	Answer
1	me gusta porque	I like it because
2	no tengo que ponerme la ropa	I don't have to get dressed
3	siempre comemos pavo con verduras	we <u>always</u> 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	In the morning, I eat fried eggs for breakfast	Por la mañana, desayuno los huevos fritos
7	Sometimes, I am not (I do not have hunger) hungry	A veces no tengo hambre
8	In the afternoon I snack on some biscuits and fruit	Por la tarde meriendo unas galletas y fruta
9	I am a vegetarian and also, I have a sweet tooth	Soy vegetariano y también soy goloso/a
10	I <u>rarely</u> eat cakes	Raramente como pasteles

Week 6	Piece of Information	Answer
1	Todos los días me despierto a las siete y	
I	media	Every day I wake up at seven thirty
2	Me levanto y luego me ducho en el cuarto	
	de baño	I get up and then I shower in the bathroom
3	Me lavo los dientes y salgo de casa	I brush my teeth and I leave the house
4	Si tengo tiempo me afeito	If I have time I shave
5	Cuando vuelvo a casa hago mis deberes	
5	enseguida	When I return home, I do my homework straight away
6	There was a big battle and we threw eggs	Había una gran batalla y lanzamos huevos
7	We wore white clothing with a red neck	
,	scarf	Llevamos ropa blanca con un pañuelo rojo
8	This custom was very popular	Esta costumbre era muy popular
9	The children were wearing some	
9	costumes	Los niños Ilevaban unos disfraces
10	Many people were decorating the graves	Muchas personas decoraban las tumbas

Week 7	Piece of Information	Answer
1	Hola, quisiera reservar una mesa	
I	por favor	Hello, I would like to reserve a table please
2	De primer plato, voy a tomar	For starter, I am going to have
3	Las gambas al ajillo con pan	Garlic prawns with bread
4	El plato está sucio y no hay aceite	The plate is dirty and there is no oil
5	Me hace falta un cuchillo y un vaso	I am missing a knife and a glass
6	I would like to try the food	Me gustaría probar la comida
7	I bought a loaf of bread	Compré una barra de pan
8	In Chile I tried the typical dishes	En Chile probé los platos típicos
9	It contains peppers, flour and butter	Contiene los pimientos, la harina y la mantequilla
10	I didn't (used to) like the onions	
10	nor beef at all	No me gustaba nada las cebollas ni la ternera

Week 8	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	Every day I wake up at seven thirty	Todos los días me despierto a las siete y media
7	I get up and then I shower in the bathroom	Me levanto y <u>luego</u> me ducho en el cuarto de baño
8	I brush my teeth and I leave the	
0	house	Me lavo los dientes y salgo de casa
9	If I have time I shave	Si tengo tiempo me afeito
10	When I return home, I do my homework straight away	Cuando vuelvo a casa hago mis deberes enseguida

Week 9	Piece of Information	Answer
1	Hello, I would like to reserve a	
'	table please	Hola, quisiera reservar una mesa por favor
2	For starter, I am going to have	De primer plato, voy a tomar
3	Garlic prawns with bread	Las gambas al ajillo con pan
4	The plate is dirty and there is no oil	El plato está sucio y no hay aceite
5	I am missing a knife and a glass	Me hace falta un cuchillo y un vaso
6	I would like to try the food	Me gustaría probar la comida
7	I bought a loaf of bread	Compré una barra de pan
8	In Chile I tried the typical dishes	En Chile probé los platos típicos
9	It contains peppers, flour and	
9	butter	Contiene los pimientos, la harina y la mantequilla
10	I didn't (used to) like the onions	
10	nor beef at all	No me gustaba nada las cebollas ni la ternera

Week 10	Piece of Information	Answer
1	There was a big battle and we	
	threw eggs	Había una gran batalla y lanzamos huevos

2	We wore white clothing with a red neck scarf	Llevamos ropa blanca con un pañuelo rojo
3	This custom was very popular	Esta costumbre era muy popular
4	The children were wearing some costumes	Los niños Ilevaban unos disfraces
5	Many people were decorating the graves	Muchas personas decoraban las tumbas
6	I haven't felt well for a day	No me encuentro bien desde hace un día
7	I have broken my arm	Me he roto el brazo
8	You have to drink lots of water	Tiene que beber mucha agua
9	I have burnt my mouth	Me he quemado la boca
10	I have a sore throat	Tengo dolor de garganta

RE Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Gospel	This literally means 'good news'. The good news is the message of Jesus as recorded in the four books of the New Testament: Matthew, Mark, Luke and John.
2	Holy Spirit	This is the third person of the Trinity, God's presence in the world.
3	Disciple	This is a follower of Jesus. It is also a term used for the 12 followers of Jesus.
4	Apostle	This means 'one who is sent out', the name given to those disciples who became the leaders of the early church.
5	Son of God	This is a Hebrew title showing a special relationship between Jesus and God the Father, and not a literal 'son' or child.
6	Christ/Messiah	These are the Greek and Hebrew titles given to Jesus meaning 'the anointed one'. A leader of the Jews who is expected to live on the earth at sometime in the future.
7	Blasphemy	This is a religious offence which includes claiming to be God.
8	Messianic Secret	This is a characteristic of Mark's Gospel where Jesus does not wish to be recognised as the Messiah.
9	Son of Man	This is a title that could refer to either just a human being , or a human who is given power by God.
10	Baptism	This is a cleansing, using water, to show repentance. In the time of Jesus this meant being completely submerged for a brief time.

Week 2	Piece of Information	Answer
1		This is saying sorry, and a way of believers acknowledging to God that things
I	Repentance	have gone wrong.
2	Satan	This is the name for the Devil - the power and source of evil.
3	Miracle	This is a seemingly impossible event, usually good, that cannot be explained by natural or scientific laws, and is thought to be the action of God.
4	The Twelve	This is the title given to Jesus' disciples as a group.
E		This is a place of worship for Jewish believers where the scrolls of the Law are
5	Synagogue	kept.
6		This is the Jewish holy day of the week; beginning at sunset Friday and
0	Sabbath (Shabbat)	continuing to nightfall on Saturday.
7		This is the giving of bread and wine as a memorial of Jesus in church services; it is also referred to as Eucharist (thanksgiving), Mass or the Lord's
	Holy Communion	Supper.
0		This is a passage in Mark's Gospel where Jesus explains that he will suffer
8	Passion prediction	and die.
9		This is an event in Mark's Gospel where Jesus is described as glowing
9	Transfiguration	dazzling white.
10	Rabbi	This is a Jewish teacher.

Week 3	Piece of Information	Answer
1	Mystical experience	This is a religious event where people see and feel things that create a sense of awe and fascination.
2	Gentile	This is someone who is not Jewish.
3	Ransom	This is usually a payment made to release a hostage; in Roman times, a payment made to get someone out of prison.
4	Vocation	This is the feeling of being called by God to undertake an action, work or to

		follow a particular career.
5	Passion narrative	This is the part of Mark's Gospel that deals with the last week of Jesus' life and his suffering.
6	Gospel	This literally means 'good news'. The good news is the message of Jesus as recorded in the four books of the New Testament: Matthew, Mark, Luke and John.
7	Holy Spirit	This is the third person of the Trinity, God's presence in the world.
8	Disciple	This is a follower of Jesus. It is also a term used for the 12 followers of Jesus.
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10	Son of God	This is a Hebrew title showing a special relationship between Jesus and God the Father, and not a literal 'son' or child.

Week 4	Piece of Information	Answer
1		This is the Jewish festival held in the spring which commemorates the freeing
I	Passover	of the Hebrew slaves from Egypt.
2		This is an agreement between God and the Jews that he would be their God
	Covenant	and that they would be his people.
3		This is a teaching of Jesus: the reign of God on earth now and in heaven and
3	Kingdom of God	the afterlife.
1		This is the belief that the bread and the wine actually become the body and
-	Transubstantiation	blood of Christ.
5		This is the Jewish Council at the time of Jesus; it consisted of 71 members,
3	Sanhedrin	met in Jerusalem and was led by the Hlgh Priest.
		These are the Greek and Hebrew titles given to Jesus meaning 'the anointed
6		one'. A leader of the Jews who is expected to live on the earth at sometime in
	Christ/Messiah	the future.
7	Blasphemy	This is a religious offence which includes claiming to be God.
Q		This is a characteristic of Mark's Gospel where Jesus does not wish to be
0	Messianic Secret	recognised as the Messiah.
9		This is a title that could refer to either just a human being , or a human who is
9	Son of Man	given power by God.
10		This is a cleansing, using water, to show repentance. In the time of Jesus this
10	Baptism	meant being completely submerged for a brief time.

Week 5	Piece of Information	Answer
1	Martyr	This is one who suffers or dies for their belief.
2	Crucifixion	This is a Roman method of execution by which criminals were fixed to a cross.
3	Good Friday	This is the day Christians remember the execution and death of Jesus.
4	Resurrection	This means rising from the dead. Jesus rose from the dead on Easter day; this event is recorded in all four gospels and is a central belief for Christians.
5	Parable	This is a story that is told with a spiritual meaning. Jesus often used them to teach people about their relationship with God.
6	Repentance	This is saying sorry, and a way of believers acknowledging to God that things have gone wrong.
7	Satan	This is the name for the Devil - the power and source of evil.
8	Miracle	This is a seemingly impossible event, usually good, that cannot be explained by natural or scientific laws, and is thought to be the action of God.
9	The Twelve	This is the title given to Jesus' disciples as a group.
10	Synagogue	This is a place of worship for Jewish believers where the scrolls of the Law are

kept.	
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Week 6	Piece of Information	Answer
1		This is a story where the spiritual message is given using non-spiritual
	Allegory	images.
2	Shema	This is the Jewsih statement of faith.
3	Tax collectors	These are Jewish men who collected taxes on behalf of the Romans.
4	Prejudice	This is unfairly judging someone before the facts are known; holding biased opinions about an individual or group.
5	Discrimination	These are actions or behaviours that result from prejudice.
6	Sabbath (Shabbat)	This is the Jewish holy day of the week; beginning at sunset Friday and continuing to nightfall on Saturday.
7	Holy Communion	This is the giving of bread and wine as a memorial of Jesus in church services; it is also referred to as Eucharist (thanksgiving), Mass or the Lord's Supper.
8	Passion prediction	This is a passage in Mark's Gospel where Jesus explains that he will suffer and die.
9	Transfiguration	This is an event in Mark's Gospel where Jesus is described as glowing dazzling white.
10	Rabbi	This is a Jewish teacher.

Week 7	Piece of Information	Answer
1	_	This is communication with God, either silently or through words of praise,
	Prayer	thanksgiving or confession, or requests for God's help and guidance.
2	Exorcism	This is the driving out of evil spirits.
3	Universalism	This is the belief that God's Kingdom is for all, including those who are looked down upon by others.
4	Anoint	This is to put oil on the head to show that God has chosen a person.
5	Call	This is the feeling that a person has to follow a particular lifestyle or career; very often linked to a 'vocation'.
6	Mystical experience	This is a religious event where people see and feel things that create a sense of awe and fascination.
7	Gentile	This is someone who is not Jewish.
8	Ransom	This is usually a payment made to release a hostage; in Roman times, a payment made to get someone out of prison.
9	Vocation	This is the feeling of being called by God to undertake an action, work or to follow a particular career.
10	Passion narrative	This is the part of Mark's Gospel that deals with the last week of Jesus' life and his suffering.

Week 8	Piece of Information	Answer
1	Disciple	This is the term used for the followers of Jesus.
2	Haemorrhage	This is bleeding which is persistent and potentially life threatening.
3	Denial	This is the action of refusing something that has been requested.
4		This is the occasion after the resurrection of Jesus when he gave his disciples
	Commission	instructions about their future.
5		This is the event, 40 days after the resurrection, when Jesus returned to God,
	Ascension	the Father, in heaven.

6		This is the Jewish festival held in the spring which commemorates the freeing
0	Passover	of the Hebrew slaves from Egypt.
7		This is an agreement between God and the Jews that he would be their God
	Covenant	and that they would be his people.
8		This is a teaching of Jesus: the reign of God on earth now and in heaven and
	Kingdom of God	the afterlife.
9		This is the belief that the bread and the wine actually become the body and
	Transubstantiation	blood of Christ.
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	Sanhedrin	met in Jerusalem and was led by the HIgh Priest.

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7	Shema	This is the Jewsih statement of faith.
8	Tax collectors	These are Jewish men who collected taxes on behalf of the Romans.
9	Prejudice	This is unfairly judging someone before the facts are known; holding biased opinions about an individual or group.
10	Discrimination	These are actions or behaviours that result from prejudice.

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1	D	This is communication with God, either silently or through words of praise,
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