



Gloucester Academy

Unit 3

Year 11

Knowledge Organiser OPTIONS 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	Accuracy	Drawings or artwork that is done correctly and precisely
3	Pencil gradient	The density of the graphite within a pencil which determines how light or dark a pencil will appear on paper
4	Refinement	Improving an idea or piece of work
5	Art journey	A visual and coherent story of artwork
6	Research	To 'develop' a theme you must explore your artists in visual and written form
7	Scale	The size of an object in relation to another object
8	Enlarge	To make an artwork bigger than the original
9	Originality	Creating artwork that no one has seen before
10	Formal Elements	The components that make up art as a whole: line, colour, form, shape, pattern and texture

Week 2	Piece of Information	Answer
1	Mark-making	Variations of lines to create tone and texture
2	Stippling	A series of multiple dots
3	Hatching	A series of parallel lines to create tone and texture
4	Cross-hatching	A series of criss-crossed lines to create tone and texture
5	Tonal Shading	Use light and dark to create a sense of three dimensions
6	Analyse	To examine methodically, and in detail, typically in order to explain and interpret
7	Highlight	The bright or reflective area of an object
8	Dry brush	A painting technique that uses a relatively dry paintbrush , but still holds some paint
9	Developing Ideas	When you take a visual idea and expand them into a series of different pieces
10	Subject matter	The topic represented within a piece of work

Week 3		
	Piece of Information	Answer
1	Photo Resolution	The number of pixels in any given digital photo or piece of work
2	Contact sheet	A print out of the total photographs taken in one session
3	Photography	The art of capturing light with a camera
4	Light Source	An object which creates light. It can be natural or synthetic
5	Photo editing	The process of altering a photograph digitally or manually

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 4		
	Piece of Information	Answer
1	Primary Source	Using real objects or photographs you have taken yourself, for inspiration
2	Secondary Source	An image from the internet or a book - one that you have not created yourself
2		A sketchbook based large scale piece that shows your final intention of an
3	Final Design	outcome
1		The art of representing three-dimensional objects on a two-dimensional
4	Perspective	surface
5	Composition	Refers to the layout and arrangement of elements within an artwork
6	Mark-making	Variations of lines to create tone and texture
7	Stippling	A series of multiple dots
8	Hatching	A series of parallel lines to create tone and texture
9	Cross-hatching	A series of criss-crossed lines to create tone and texture
10	Interpret	The explanation of the possible meaning of a piece of art

Week 5	51 (1 ())	
	Piece of Information	Answer
1	Intention	Making a prediction/statement about your next piece of work
2	Refine	The improvement of a drawing and/or idea
3	Brusho Colour	Highly pigmented watercolour ink powder
4	Visual Communication	Creating your thoughts and feelings through physical artwork
5	Socio-Political art	Art that is created to help the public understand a social or political issue
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	Final Design	A sketchbook based large scale piece that shows your final intention of an outcome

Week 6		
	Piece of Information	Answer
1	Mounting	The process of adhering one surface onto another
2	Review	A personal written response of an artwork or event
3	Juxtaposition	An act of placing things close together or side by side for comparison or contrast
4	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination
5	Organic Form	An object which typically comes from nature and has an irregular or asymmetric outline
6	Narrative Art	Artwork that tells a story
7	Genre	A style or category of art
8	Exaggerated	Enlarged or altered beyond normal proportions
9	Focal Point	The area in which your eye is first drawn to within a drawing, painting or photograph
10	Photo Resolution	The number of pixels in any given digital photo or piece of work

Week 7	Piece of Information	Answer
1	Urban Art	A genre which is a combination of street art and graffiti
2	Figurative	Artwork that is representational ie. artwork that is based on real life objects
3	Photorealism	An artist studies a photograph and attempts to reproduce the image using any media, in a realistic manner
4	Positive/ Negative space	The balance between the subject and the background
5	Annotation	Written explanations that record and communicate thoughts about the artist or artwork
6	Monoprinting	A form of print-making that can only be done once
7	Printing Ink	A type of ink that flows smoothly and dries quickly
8	Mixed-Media	To use different materials and different media in one piece of work
9	Photo Transfer	Moving the ink from a photograph onto another surface
10	Photography	The act of capturing light with a camera

Week 8		
	Piece of Information	Answer
1	Process	A set of steps or rules to follow when using a type of media
2	Final Piece	The final outcome of the art journey
3	Proportions	The dimensions of a composition and relationship of scale between components
4	Vibrant	Colours that are bright and highly saturated
5	Muted	Colours that have been grayed, dulled or desaturated
6	Brushwork	The way paint is applied in a painting
7	Urban Art	A genre which is a combination of street art and graffiti
8	Socio Political art	Art that is created to help the public understand a social or political issue
9	Mark-making	Variations of lines to create tone and texture
10	Stippling	A series of multiple dots

Week 9		
	Piece of Information	Answer
1	Grid method	The use of a series of horizontal and vertical lines to aid the accuracy of a drawing.
2	Tone	The lightness or darkness of a choice of media.
3	Typography	Arranging letters and text in a visually appealing way.
4	Watercolour	A type of media in which the pigment is mixed with a water based solution.
5	Refinement	Working back into a piece of artwork to further improve it.
6	Composition	The arrangement of a sketchbook or contents of an artwork.
7	Cartridge Paper	High quality, heavy paper used for drawing.
8	Proportion	The balance between two parts.
9	Photo resolution	The number of pixels in a photo.
10	Mark making	The process of using lines to create texture and tone.

Week 10		
	Piece of Information	Answer
1	Artist Response	To create artwork directly inspired by an artist
2	Graphite Transfer	The process of carboning the back of a photograph, and tracing the image onto another surface
3	Watercolour	A paint pigment which is suspended in water.
4	Technique	How an artist uses their tools and materials.
5	Bleeding	One media, merging with another.
6	Highlight	The light area of an object when drawn.
7	Colour Wash	A subtle layer of colour.
8	Dilution	When paint is thinned using a water-based solution.
9	Wet-on-wet	The process of adding a wet material into a wet surface.
10	Palette	A surface on which to mix paint.

Business Knowledge Organiser

Week 1		
	Piece of Information	Answer
1	Exchange rates	The value of one currency in another currency. E.g £1 converts to \$1.3
2		A fee charged to businesses with a physical location to contribute to the
	Business rates	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	Receipt	A record of items paid for, proof of purchase
7	Rising exchange rates /	This means you can buy things from abroad for cheaper but customers from

	strong pound	abroad buying your product it is more expensive.
	Falling exchange	This means buying from abroad is more expensive but customers from
l °	rates/Weak pound	abroad will buy more of your product as it's cheaper.
	Internal growth	Growing through your own business by opening new stores, hiring more staff,
9		selling new products
10	Impact of internal growth	Costly but no redundancies and no changes that might upset staff
	External growth	Growing by merging or taking over another business

Week 2		
	Piece of Information	Answer
1	_	Easier and sometimes cheaper (if merging) but can be tricky if staff and culture clash or if redundancies are needed
2	Merger	Two firms agree to join to make one large firm and work together
3	Takeover	When one firm buys another and runs it for them
4	Economies of scale	The cost savings when growing inside
5	Diseconomies of scale	The cost wastage of growing in size
6	Expenditure	What businesses spend their money on
	Break Even	Works out how many items a business must sell in order to make a profit
8	Margin of Safety	The difference between the sales made and the break even point
9	Fixed Costs	Costs which don't change with output (how many items you make or sell)
10	Variable Costs	Costs which do change with output (how many items you make or sell

Week 3		
	Piece of Information	Answer
1	Cash Outflow	The sources and destination of money leaving the business
2	start-up costs	the costs incurred when setting up a business
3	operating (running) costs	the costs incurred in the day-to-day running of a business. These can also be known as overheads
4	Fixed Costs	Costs which don't change with output (how many items you make or sell)
5	variable costs	Costs which do change with output (how many items you make or sell
6	Direct Costs	Costs that are directly linked to making the product
7	Profit	Sales made after the break-even point are a Profit for the company
8	Loss	Sales made before the break-even point are a Loss for the company
9	Reinvestment	If there is a cash surplus you can move your money elsewhere
10	Cash Deficit	When a business does not have enough money to pay the outflows. Negative number

Week 4		
	Piece of Information	Answer
1	Expenditure	What businesses spend their money on
2	Break Even	Works out how many items a business must sell in order to make a profit
3	Margin of Safety	The difference between the sales made and the break even point
4	Fixed Costs	Costs which don't change with output (how many items you make or sell)
5	Variable Costs	Costs which do change with output (how many items you make or sell
6	Gross Profit	Gross Profit is how much money is left from selling an item after you have deducted the cost of making it.
7		Net Profit is how much money is left after you have deducted all the costs of the business from your gross profit

8		Financial statements show whether or not a business is doing well. Their purpose is to record the financial activities of the business. Provide an overview of the financial position and whether the business is well managed and successful.
9	Income statement	Profit and Loss Account
10	Fixed Assets	Something of worth that lasts a long time.

Week 5		
	Piece of Information	Answer
1	Liabilities	DEBTS OWED by the business.
2	Current Liabilities	Debts that need to be paid soon
3	Long-term Liabilities	Funds borrowed over a long time such as a mortgage
4	Unemployment	The amount of able people in an economy who are not working
5	Consumer income	The amount of money people in an economy are earning.
6	Inflation	An increase in the price of all goods. The reason why a chocolate bar used to cost 30p in 1990 and now costs 80p.
7	Interest rates	The cost of borrowing money which banks charge you. They will also give you interest on your savings
8	Exchange rates	The value of one currency in another currency. E.g £1 converts to \$1.3
9	Consumer spending	The total amount of money spent by UK households
10	Recession	When an economy is seeing low levels of spending which can lead to unemployment.

Week 6		
	Piece of Information	Answer
1	Consumer spending	The amount of money people in an economy are spending.
2		Examples of these are unemployment, inflation, consumer spending and
	Economic factors	interest rates.
3	Inorganic growth	growing through external methods
	External growth	Merger & takeover
	PLC	Public Limited Company. A business that sells its shares on the stock
5		exchange.
6	Merger	When two firms mutually join together
7		Obtaining control of another business by buying more than 50% of its share
/	Takeover	capital.
8	Floatation	Listing company shares on the stock market
9	Share capital	The money invested into a business by shareholders.
10	Loan capital	Finance received from a bank when taking out a loan.

Week 7	Piece of Information	Answer
1	Retained profit	Profit left after the business has paid dividends and taxes.
2	Selling assets	the sale of times the business owns (Properties/Machinery).
3	Dividend	A sum of money paid regularly by a company to its shareholders out of its profits.
4	Inorganic growth	growing through external methods
5	External growth	Merger & takeover
6	Globalisation	The process of more companies acting on a global scale.
7	Imports	bringing goods and services into a county

8	Export	selling goods and services to international markets
9	Tariff	A tax on imports (paid by the buyer)
10	Trade bloc	A group of countries that agree to trade freely.

Week 8		
	Piece of Information	Answer
1	stock	the products held by a business in a shop or warehouse for sale to customers including raw materials.
2	bar gate stock graph	a chart used to indicate the level of stock a business is holding at any one time.
	Just in time (JIT)	procuring stock when it is needed rather (once the customer orders)
4	Procurement	the process of purchasing and obtaining materials, supplies, or equipment.
5	Logistics	the organisation and management within a business of the transport of raw materials and goods.
6	Gross product (formula)	Revenue – cost of sales
7	Net profit (Formula)	Gross profit – expenses
8	Gross profit margin (%)	(Gross profit ÷ Sales revenue) x 100
9	Net profit margin (%)	Net profit ÷ Sales revenue) x 100
10	formula for ARR	(total net profit ÷ no. years) ÷ initial cost x 100

Week 9		
	Piece of Information	Answer
1	Financial data	Includes information such as sales figures, business costs and profits.
2	marketing data	includes information on advertising spending, customer opinions and product performance.
3	market data	includes information on market size, market growth and characteristics of customers.
4	centralised structure	decisions are made at head office not within the branch
5	decentralised structure	decisions are made at a local level
6	part-time workers	Workers who work less than a full-time contract five days per week
7	full-time workers	Workers who work a full-time contract five days per week (40 hours)
8	flexible hours	Employees choose how they fulfil their contractual hours over a week
9	permanent	Workers do not have an end date to their employment contract
10	temporary	Workers have an end date to their employment contract

Week 10		
	Piece of Information	Answer
1	remuneration	all the financial rewards received from work, both direct and indirect
2	fringe benefits	rewards you get from work that are non-financial (company car)
_	commision	being paid a percentage of the value of a sale you made
4	job rotation	having several tasks to do at work to remove the boredom of doing the same thing all the time
5	job enrichment	being given a range of activities and responsibilities
6	motivation	reasons for behaving in a particular way e.g. working hard.
7	performance review	employee line manager review their performance against set targets
8	retention	the ability of a business to keep its staff
9	induction training	training that occurs when you first start a job or join a new business
10	Business plan	A document that allows you to map out the details of your business idea in order to reduce risk and obtain finance

Engineering

Week 1	Piece of Information	Answer
1	Hardness	The ability of a material to resist deforming when impacted.
2	Ductility	The ability of a material to be drawn or plastically deformed without fracturing.
3	Malleability	The ability of a material to be hammered, pressed or rolled into thin sheets.
4	Conductivity	The measure of how efficiently electricity or heat can pass through a material.
5	Environmental degradation	How the environment is degraded or compromised through a range of situations such as air pollution, deforestation, water contamination etc.
6	Elasticity	The ability of a material to resist a distorting effect and to return to its original size and shape.
7	Tensile strength	The ability of a material to resist elongating or breaking when stretched.
8	Toughness	The ability of a material to absorb energy (impacts) before it deforms.
9	Corrosive resistance	How well a material can withstand damage caused by oxidization or other chemical reactions.
10	Compressive strength	The capacity of a material to withstand loads without deforming.

Week 2	Piece of Information	Answer
1	Hardness	The ability of a material to resist deforming when impacted.
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Week 3	Piece of Information	Answer
1	Electricity	The flow of energy that powers our devices
2	Circuit	A path for electricity to flow through
3	LED	A small light that uses very little electricity
4	Wire	A thin metal that carries electricity in a circuit
5	Circuit board	A flat board that holds electronic components and connects them
6	3D Printer	A device that creates three-dimensional objects from digital files
7	Laser Cutter	A machine that uses a laser beam to cut materials
8	CNC Milling Machine	A computer-controlled machine used for precision milling tasks
9	Band Saw	A power tool with a sharp, continuous band for cutting
10	Jigsaw	A handheld power tool for cutting curved or irregular shapes

Week 4	Piece of Information	Answer
1	Assembly	Putting together components to create a finished product
2	Forging	Shaping metal using heat and pressure
3	Fasteners	Devices used to join or secure materials together
4	Jigs	Tool to guide and hold workpieces during manufacturing
5	Heat Treatment	Process of altering material properties through heating
6	CNC Milling	Automated precision cutting using a milling machine
7	Extrusion	Forcing material through a die to create a shape
8	Punching	Creating holes or shapes in materials
9	Thermoforming	Shaping plastic using heat and pressure
10	Sand Casting	Creating metal parts using

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Week 6	Piece of Information	Answer
1	Milling Machine	Tool for cutting and shaping solid materials
2	Drill Press	Machine for drilling precise holes
3	Welding	Joining materials using heat or pressure
4	CNC	Automated machining controlled by computer
5	Conveyor Belt	Moving belt for transporting materials
6	Injection Molding	Manufacturing process to create plastic parts
7	Assembly Line	Sequential process for product manufacturing
8	Robotics	Use of automated machines for manufacturing tasks
9	Casting	Pouring molten material into a mold
10	Quality Control	Ensuring products meet specific standards

Week 7	Diago of Information	Anguer
	Piece of Information	Answer
1	Stamping	Pressing shapes into materials
2	CNC Router	Machine for cutting and shaping materials
3	Grinding	Smoothing or sharpening a surface using abrasion
4	Molding	Shaping raw materials into a desired form
5	CNC Plasma Cutter	Tool for cutting metal using plasma
6	Press Brake	Machine for bending sheet metal
7	Saws	Tools for cutting materials
8	Deburring	Removing sharp edges or burrs from materials
9	Shearing	Cutting sheets or plates along a straight line
10	Sheet Metal	Thin and flat metal used for manufacturing

Week 8	Piece of Information	Answer
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Drama Knowledge Organiser

Week 1	Piece of Information	Answer
1	Fresnel Spotlight	A type of stage lantern which casts a beam with a softly defined edge.
2	Profile Spotlight	A type of stage lantern which casts a sharply defined beam of light onto the stage, creating a clear circle of light.
3	Lighting Rig	A structure above the stage and wings which holds the stage lanterns.
4	Sound Desk	The piece of equipment which controls all recorded sounds for a performance.
5	Lighting Desk	The piece of equipment which controls all the lighting effects for a performance.
6	Fourth Wall	The imagined barrier that separates the actors from the audience.
7	Climax	The turning point in a play, where the tension is highest.
8	Subtext	The underlying or hidden meaning behind a character's speech and actions.
9	Rising action	The section of the plot which develops the conflict and builds tension.
10	End on stage	A box shaped stage with the audience all facing one direction, without an arch.

Week 2	Piece of Information	Answer
1	Stage left	On the left side of a stage from the point of view of a performer facing the audience.
2	Stage right	On the right side of a stage from the point of view of a performer facing the audience.
3	Upstage	At or towards the back of a stage.
4	Downstage	At or towards the front of a stage.
5	End on staging	The audience is seated along one end of the stage, directly facing it
6	Traverse staging	When the audience is placed on either side of the actors' playing space or stage, facing each other.
7	In the round	Theatre in which the audience surrounds the stage on all sides.
8	Integrity	The quality of being honest and having strong moral principles
9	Hysteria	Extreme fear, excitement, anger, etc. that cannot be controlled and is often without cause.
10	Stage directions	An instruction in the text of a play indicating the movement, position, or tone of an actor, or the sound effects and lighting.

Week 3	Piece of Information	Answer
1	Context	The time period, social, economic and political events.
2	Soundscape	A collection of individual sounds that are layered to create a sense of place.
3	Incidental Music	Music which accompanies a performance and is used to create a certain mood or to build tension.
4	Diegetic Sounds	Sounds that are 'heard' by the characters on stage.
5	Gobo	A stencil allowing a pattern of light to be created on stage.

6	Strobes	Fast flashes of very bright light which create a unnatural slow motion effect.
7	Proxemics	The space between characters to show relationships
8	McCarthyism	The political repression and persecution of left-wing individuals and a campaign spreading fear of communists.
9	Symbolism	The use of design elements to convey a deeper meaning.
10	Spatial skills	Everything we do with the stage space to show status, relationships and emotions.

Week 4		
	Piece of Information	Answer
1	Non verbal	Using physical and spatial drama skills to give meaning without speaking.
2	Flood light	Covers the whole stage so is used when you want an effect to be spread all the way across the stage.
3	Levels	Placing characters on upper and lower levels to show status.
4	Props	A handheld sized object actors use on stage
5	Link to question	Fourth part of PEEL - Explain why/how this will communicate those specific emotions to the audience.
6	The capotain	A black, wide brimmed hat a Puritan would have worn.
7	Point	First part of PEEL - State what you're going to communicate to the audience.
8	Evidence	Second part of PEEL - Give SPECIFIC examples of what you'd do.
9	Explain	Third part of PEEL - How it'll bring the extract to life for the audience or how the character could show their feeling/status.
10	Point	First part of PEEL - State what you're going to communicate to the audience.

Week 5	Piece of Information	Answer
1	Mood	The atmosphere at a particular moment that creates a feeling or emotion for the audience.
2	Focus	Your ability to stay in character throughout a performance.
3	Energy	Your ability to perform with enthusiasm and commitment during a performance.
4	Characterisation	Your ability to interpret and perform a fully developed character.
5	Transition	The change between two separate scenes in a play.
6	Connection	Your ability to develop a link between yourself and the other performers, as well as the audience.
7	Strobe lighting	Fast flashes of very bright light which create an unnatural slow motion effect.
8	Gobo	A stencil allowing a pattern of light to be created on stage when attached to the lantern.
9	Gel	A film of coloured plastic which changes the colour of a beam of light when attached to the lantern.
10	Fresnel	A type of stage lantern which casts a beam with a softly defined edge.

Week 6	Diago of Information	Anguer
1	Piece of Information Soundscape	Answer 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 a unnatural slow motion effect.
6	Artistic Intentions	An explanation of what you set out to achieve through your performance.
7	McCarthyism	The political repression and persecution of left-wing individuals and a campaign spreading fear of communists.
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.
10	Mood	The atmosphere at a particular moment that creates a feeling or emotion for the audience.

Week 7		
	Piece of Information	Answer
1	Spotlight	A type of stage lantern which casts a sharply defined beam of light onto the stage, creating a clear circle of light.
2	Lighting Rig	A structure above the stage and wings which holds the stage lanterns.
3	Sound Desk	The piece of equipment which controls all recorded sounds for a performance.
4	Lighting Desk	The piece of equipment which controls all the lighting effects for a performance.
5	Fourth Wall	The imagined barrier that separates the actors from the audience.
6	Climax	The turning point in a play, where the tension is highest.
7	Subtext	The underlying or hidden meaning behind a character's speech and actions.
8	Rising action	The section of the plot which develops the conflict and builds tension.
9	End on stage	A box shaped stage with the audience all facing one direction, without an arch.
10	Black box studio	A simple performance space with black walls and a flat floor.

Week 8	Piece of Information	Answer
1	McCarthyism	The political repression and persecution of left-wing individuals and a campaign spreading fear of communists.
2	Diegetic Sounds	Sounds that are 'heard' by the characters on stage.
3	Link to question	Fourth part of PEEL - Explain why/how this will communicate those specific emotions to the audience.
4	Hysteria	Extreme fear, excitement, anger, etc. that cannot be controlled and is often without cause.
5	Traverse staging	When the audience is placed on either side of the actors' playing space or stage, facing each other.
6	In the round	Theatre in which the audience surrounds the stage on all sides.

7	Subtext	The underlying or hidden meaning behind a character's speech and actions.
8	Connection	Your ability to develop a link between yourself and the other performers, as well as the audience.
9	Energy	Your ability to perform with enthusiasm and commitment during a performance.
10	Characterisation	Your ability to interpret and perform a fully developed character.

Week 9		
	Piece of Information	Answer
1	Point	First part of PEEL - State what you're going to communicate to the audience.
2	Evidence	Second part of PEEL - Give SPECIFIC examples of what you'd do.
3	Explain	Third part of PEEL - How it'll bring the extract to life for the audience or how the character could show their feeling/status.
4	Link to context	Addition to PEEL in question 3 - Describing the context in which it was created and performed. Mention both 1692 and 1953.
5	Context	The time period, social, economic and political events.
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 a unnatural slow motion effect.

Week 10	D: (1 ();	
	Piece of Information	Answer
1	Spatial skills	Everything we do with the stage space to show status, relationships and emotions.
2	Mood	The atmosphere at a particular moment that creates a feeling or emotion for the audience.
3	Focus	Your ability to stay in character throughout a performance.
4	Energy	Your ability to perform with enthusiasm and commitment during a performance.
5	Characterisation	Your ability to interpret and perform a fully developed character.
6	Transition	The change between two separate scenes in a play.
7	Connection	Your ability to develop a link between yourself and the other performers, as well as the audience.
8	Stage right	On the right side of a stage from the point of view of a performer facing the audience.
9	Upstage	At or towards the back of a stage.
10	Downstage	At or towards the front of a stage.

Geography Knowledge Organiser

Week 1	Piece of Information	Answer
1	What is a conservative plate margin?	This is a tectonic plate margin where two plates slide past each other.
2	What is a constructive plate margin?	This is a tectonic plate margin where two plates are diverging.
3	What is a destructive plate margin?	This is a tectonic plate margin where an oceanic and continental plate are converging.
4	What is a collision plate margin?	This is a tectonic plate margin where two plates of the same density are converging.
5	What is a primary effect of the Nepal 2015 earthquake?	9000 people died 20,000 people injured \$5 billion cost in damage
6	What is a secondary effect of the Nepal 2015 earthquake?	Avalanche on Mount Everest Landslides blocking roads
7	What is an immediate response to the Nepal 2015 earthquake?	Search and rescue teams 300,000 people migrated to Kathmandu
8	What is a long term response to the Nepal 2015 earthquake?	Roads were repaired and landslides cleared. Heritage sites reopening and repairs to Everest base camp.
9	What is the primary effect of Typhoon Haiyan 2013?	6,300 killed 40,000 homes damaged 600,000 people displaced
10	What is a secondary effect of Typhoon Haiyan 2013?	14 million people affected Power supplies cut off for a month Looting and violence broke out in Tacloban

Week 2	Piece of Information	Answer
1	What is the population of Bristol like?	It is 467,000 people with a life expectancy of 80 years.
2	What are some opportunities in Bristol?	Shopping e.g. Cabot Circus Employment e.g. Aerospace The integrated transport system
3	What are some challenges in Bristol?	Social inequality e.g. Clifton and Filwood Dereliction Building on greenfield sites e.g. Bradley Stoke
4	What are some opportunities from the Temple Quarter regeneration?	4,000 jobs being created 240,000 metres squared of refurbished buildings Electrification of the railways Building of Bristol arena.

5	What are some challenges from the Temple Quarter regeneration?	Expensive cost Delays Moving of the Bristol Arena to Filton
6	What are some opportunities in Lagos?	50% of people in formal employment Greater access to healthcare and water supply Education is free for the first 9 years
7	What are some of the challenges in Lagos?	40% of people in informal employment Lack of piped water supply (10%) Unreliable energy supply
8	What is our example of a squatter settlement in Lagos?	Makoko (the venice of Africa)
9	Lagos urban growth management	Settlements were upgraded between 2006-2013, 1 million people benefitted from this and was better than the 2012 demolishing.
10	Lagos Metropolitan Development and Governance Project (LMDGP)	A \$200 million project funded by the World Bank to improve infrastructure, giving 95,000 people water and 250 more classrooms.

Week 3	Diagonal Information	A
1	Piece of Information Ecosystem	Answer A community of plants and animals that interact with each other and their physical environment.
2	Buttress roots	These are wide roots that support the tree to grow into the emergent layer to get sunlight.
3	Drip tips	These are the pointed end of leaves that allow water to be filtered off so the leaf does not snap.
4	Polar bear adaptations	These include a thick layer of fat, black nose and foot pads and wide feet.
5	Bearberry adaptations	These include them being low growing, having hairy stems and being brightly coloured.
6	What is a conservative plate margin?	This is a tectonic plate margin where two plates slide past each other.
7	What is a constructive plate margin?	This is a tectonic plate margin where two plates are diverging.
8	What is a destructive plate margin?	This is a tectonic plate margin where an oceanic and continental plate are converging.
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10	What is a primary effect of the Nepal 2015 earthquake?	9000 people died 20,000 people injured \$5 billion cost in damage

Week 4		
	Piece of Information	Answer
	1 Trans-Alaska pipeline	This is a raised oil pipeline from Prudhoe Bay to Valdez that carries 1.8 million barrels of oil a day.

2	Antarctic treaty	This was signed in 1959 to demilitarise, promote scientific cooperation and set aside disputes over territory in Antarctica.
3	Transnational Corporation (TNC)	A business that operates in more than one country.
4	Shell Oil	A large English & Dutch business that operates in Nigeria.
5	Industry in Nigeria	Shell Oil has increased industry in Nigeria, creating 65,000 direct jobs which is increasing the country's income.
6	What is a secondary effect of the Nepal 2015 earthquake?	Avalanche on Mount Everest Landslides blocking roads
7	What is an immediate response to the Nepal 2015 earthquake?	Search and rescue teams 300,000 people migrated to Kathmandu
8	What is a long term response to the Nepal 2015 earthquake?	Roads were repaired and landslides cleared. Heritage sites reopening and repairs to Everest base camp.
9	What is the primary effect of Typhoon Haiyan 2013?	6,300 killed 40,000 homes damaged 600,000 people displaced
10	_	14 million people affected Power supplies cut off for a month Looting and violence broke out in Tacloban

Week 5		
	Piece of Information	Answer
1	Nigeria regional importance	Nigeria has the third largest manufacturing sector in Africa.
2	Nigeria global importance	Nigeria is the 5th largest contributor to UN peacekeeping missions.
3	Nigeria poverty	In Nigeria 100 million people still live on less than \$1 a day.
4	Post industrial economy	A country where the majority of jobs are in the tertiary and quaternary sectors.
5	UK industrial revolution	This is the growth of secondary industry which happened between 1750 and 1900.
6	What is the population of Bristol like?	It is 467,000 people with a life expectancy of 80 years.
7	What are some opportunities in Bristol?	Shopping e.g. Cabot Circus Employment e.g. Aerospace The integrated transport system
8	What are some challenges in Bristol?	Social inequality e.g. Clifton and Filwood Dereliction Building on greenfield sites e.g. Bradley Stoke
9	What are some opportunities from the Temple Quarter regeneration?	4,000 jobs being created 240,000 metres squared of refurbished buildings Electrification of the railways Building of Bristol arena.
10	What are some challenges from the Temple Quarter regeneration?	Expensive cost Delays Moving of the Bristol Arena to Filton

Week 6		
	Piece of Information	Answer
1	North South Divide	The real and perceived economic differences between the north and south of the UK.
2	HS2	A high speed railway line aimed at making the south of England better connected to the north.
3	HS2 positives	It has created 30,000 new jobs and 950 apprenticeships, which has increased income in the north.
4	Formal employment	A job that requires a contract to be signed, sick pay and holidays.
5	Informal employment	A job that pays someone in cash. There is no contract, sick pay or holidays.
6	What are some opportunities in Lagos?	50% of people in formal employment Greater access to healthcare and water supply Education is free for the first 9 years
7	What are some of the challenges in Lagos?	40% of people in informal employment Lack of piped water supply (10%) Unreliable energy supply
8	What is our example of a squatter settlement in Lagos?	Makoko (the venice of Africa)
9	Lagos urban growth management	Settlements were upgraded between 2006-2013, 1 million people benefitted from this and was better than the 2012 demolishing.
10	Lagos Metropolitan Development and Governance Project (LMDGP)	A \$200 million project funded by the World Bank to improve infrastructure, giving 95,000 people water and 250 more classrooms.

Week 7	Piece of Information	Answer
1	Swash	The movement of waves up the beach, determined by the prevailing wind.
2	Backwash	The movement of waves down the beach, determined by gravity.
3	Constructive waves	Waves that have a strong swash and weak backwash.
4	Destructive waves	Waves that have a strong backwash and weak swash.
5	Abrasion	The material within the waves scrapes against the bed and banks causing them to erode.
6	Ecosystem	A community of plants and animals that interact with each other and their physical environment.
7	Buttress roots	These are wide roots that support the tree to grow into the emergent layer to get sunlight.
8	Drip tips	These are the pointed end of leaves that allow water to be filtered off so the leaf does not snap.
9	Polar bear adaptations	These include a thick layer of fat, black nose and foot pads and wide feet.
10	Bearberry adaptations	These include them being low growing, having hairy stems and being brightly coloured.

I	Week 8		
l		Piece of Information	Answer
	1	Hydraulic action	The force of the waves against the coastline causes it to erode.
	2	Traction	This is when large sediment is rolled along the sea bed.

3	Saltation	This is when sediment is bounced along the sea bed.
4	Longshore drift	The zig-zag movement of material along the coastline.
5	Deposition	The process by which material is dropped when the river loses velocity
6	Trans-Alaska pipeline	This is a raised oil pipeline from Prudhoe Bay to Valdez that carries 1.8 million barrels of oil a day.
7	Antarctic treaty	This was signed in 1959 to demilitarise, promote scientific cooperation and set aside disputes over territory in Antarctica.
8	Transnational Corporation (TNC)	A business that operates in more than one country.
9	Shell Oil	A large English & Dutch business that operates in Nigeria.
10	Industry in Nigeria	Shell Oil has increased industry in Nigeria, creating 65,000 direct jobs which is increasing the country's income.

Week 9		
	Piece of Information	Answer
,	Nigeria regional	
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2	Nigeria global importance	Nigeria is the 5th largest contributor to UN peacekeeping missions.
3	Nigeria poverty	In Nigeria 100 million people still live on less than \$1 a day.
		A country where the majority of jobs are in the tertiary and quaternary
4	Post industrial economy	sectors.
5		This is the growth of secondary industry which happened between 1750 and 1900.
6	North South Divide	The real and perceived economic differences between the north and south of the UK.
	HS2	A high speed railway line aimed at making the south of England better
		connected to the north.
8	HS2 positives	It has created 30,000 new jobs and 950 apprenticeships, which has
		increased income in the north.
9	Formal employment	A job that requires a contract to be signed, sick pay and holidays.
10	Informal employment	A job that pays someone in cash. There is no contract, sick pay or holidays.

Week 10		
	Piece of Information	Answer
1	Swash	The movement of waves up the beach, determined by the prevailing wind.
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4	Destructive waves	Waves that have a strong backwash and weak swash.
5	Abrasion	The material within the waves scrapes against the bed and banks causing them to erode.
6	Hydraulic action	The force of the waves against the coastline causes it to erode.
7	Traction	This is when large sediment is rolled along the sea bed.
8	Saltation	This is when sediment is bounced along the sea bed.
9	Longshore drift	The zig-zag movement of material along the coastline.
10	Deposition	The process by which material is dropped when the river loses velocity

Health and Social Care Knowledge Organiser

Week 1	Piece of Information	Answer
1	Health and wellbeing	A combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness.
2	Emotional wellbeing	The feelings a person has and how they handle them.
3	Physical health	The condition of a person's body and how well it is working.
4	Social wellbeing	The person's ability to form and maintain healthy relationships with others.
5	Good physical health	Eating a healthy diet, getting enough sleep, exercising, having access to healthcare, having a safe place to keep warm.
6	Good emotional wellbeing	Positive self-image and high self-esteem, feeling positive emotions, ability to understand and express emotions, manage negative emotions.
7	Good social wellbeing	Confidence to meet new people, form new relationships, maintain supportive relationships, participate in communities, regularly socialise.
8	Physical factors	Inherited conditions, Physical ill health, Mental ill health, Physical abilities, Sensory impairments.
9	Effects of inherited conditions	P - Physical symptoms, pain, discomfort, more difficult to keep active E - Stressed and anxious about their health, poor/low self-image and self-esteem. S - Lack of confidence in forming relationships, symptoms make it difficult to join in social activities.
10	Lifestyle factors	Nutrition, Physical activity, Smoking, Alcohol, Substance misuse.

Week 2	Piece of Information	Answer
1	Social factors	Supportive/unsupportive relationships, Social inclusion/exclusion, Bullying, Discrimination.
2		Religion, Gender roles and expectations, Gender identity, Sexual orientation, Community participation.
3	Economic factors	Employment situation (employed/ unemployed/ part-time etc.), Financial resources (income, inheritance, savings, pension)
4	Environmental factors	Housing needs/condition/location, Home environment (Parental conflict, abuse), Exposure to pollution (air, noise, light).
5	Housing	Includes housing needs (size), housing conditions (good/ poor) and housing location (urban/ rural).
6	Types of pollution	Air, noise and light.
7	Financial resources	Include income, inheritance, savings and pension.
8	Gender identity	How a person feels about their gender.
9	Gender roles and expectations	Generalised ideas people have about the characteristics men and women have and how they should behave.
10	Sexual orientation	Who a person is attracted to.

Week 3	Piece of Information	Answer
1 1		Impact lifestyle choices (diet/ exercise), sense of purpose/ belonging,
		discrimination, social exclusion/ isolation.
2	Bullying	Behaviour that is intended to hurt another person.
3	Discrimination	When a group or person is treated unfairly due to particular characteristics.

4	Social inclusion	When a person is part of a group.
5	Social exclusion	When a person is left out of a group.
	Impacts of physical disabilities and sensory impairments	Reduced fitness, pain, loss of independence, decreased self-image/esteem, social isolation.
7	Impacts of mental ill health	Short-term: Muscle tension, stomach pain, breathlessness Long-term: High blood pressure, digestion problems, difficulty breathing Unhappiness, social isolation
8	Negative impact on unsafe home environments	P: Difficulty sleeping due to arguments, injuries, malnutrition I: Lack of concentration E: Scared, stressed, low self-esteem S: social isolation, difficulty trusting others
9	Negative effects of Illness/injury	P: Physical symptoms, reduce mobility I: Time off work or school, brain injury E: Fearful, anxious about recovery, frustrated, loss of independence, change in appearance = loss of self-esteem S: Social isolation
10	Positive effects of New relationships	P: Share interests and physical hobbies - motivates people I: Learn new things from relationship E: Feel loved, valued, cared for, improve self-esteem S Share social interactions

Week 4	Piece of Information	Answer
	Positive effects of	P: More motivation to exercise
	Relationship breakdowns	I: Learn to cope on their own
1		E: Happier out of negative relationship
		S: More time to socialise
	Negative effects of	P: Appetite changes, sleeping difficulties
	Relationship breakdowns	I: no impact
2	р	E: Anxiety about the future, low self-esteem
		S: Loss of relationship with partner
	Positive effects of	P: no impact
	parenthood	I: Developing skills in child care
3		E: Sense of purpose, improved self-esteem
		S: Meet other parents
	Negative effects of	P: Lack of sleep, less time to exercise
	parenthood	I: Time off work, delayed career progressions
4	•	E: Stress, anxiety
		S: Less time with friends, social isolation
	Positive effects of	P: no impact
5	bereavement	I: no impact
5		E: no impact
		S: Relationships may improve as people support each other through grief
	Negative effects of	P: Sadness causes change in appetite and difficulty sleeping, drugs/ alcohol
	bereavement	as a coping mechanism, reduce motivation to exercise
6		I: Distracted at school or work
		E: Grief, sadness, depression, reduced self-esteem
		S: Social isolation, loneliness
	Positive effects of moving	P: Better sports facilities for exercise, higher salary to pay for healthy food
7	school or job	I: Learn new things on the job, better teachers, better grades
,		E: Promotion can increase self-esteem
		S: Form new relationships
	Negative effects of school	P: Worse sports delivery or facilities
8	or job	I: New environment may disrupt learning
		E: Stressed about the move
		S: Loss of contact with people
9	Positive effects of moving	P: Improvement in health due to standard of living
	house	I: Learn about new area

		E: Happy/ excited about the new start S: Meet new people
	house	P: Reduction in health due to standard of living I: no impact E: Street, envious about the move/financial procesure
		E: Stress, anxious about the move/ financial pressure S: Loss of contact with friends, social isolation

Week 5	Piece of Information	Answer
	Positive effects of	P: Encourage them to avoid violence
4	Exclusion from school	I: no impact
'		E: no impact
		S: no impact
	Negative effects of	P: Less active as not in pe lessons
2	Exclusion from school	I: Fall behind in grades, less career prospects
4		E: Sadness, embarrassment, anger, negative self-image and self-esteem
		S: social isolation, not seeing school friends
	Positive effects of	P: More time to exercise
3	Redundancy	I: Retrain and gain new skills
١		E: no impact
		S: More time to spend with family
	Negative effects of	P: Reduced finances - less money for exercise and healthy diet
4	Redundancy	I: Miss out on learning opportunities at work
1 4		E: Stress, anxiety, reduced self-esteem
		S: Lose relationships with work colleagues
	Positive effects of	P: Get balanced diet and regular exercise
5	imprisonment	I: time to complete training and gain new skills
3		E: no impact
		S: no impact
6	Negative effects of	P: Victim of violence, difficulty sleeping
	imprisonment	I: Missing opportunities
	Positive effects of retiring	P: More time to exercise
7		I: More time to learn new skills
'		E: Reduced stress
		S: More time to meet new people and with family
	Negative effects of retiring	P: Less motivated to keep active
8		I: No longer working, not intellectually stimulated
"		E: Lack of purpose, low self-esteem
		S: Loss of friendships with colleagues
	Effects of good housing	P: No illness, outdoor space to exercise
9	conditions	I: Quiet - increases concentration
		E: Proud, high self-esteem, safe and secure
		S: Invite others over, enough space for privacy
	Effects of poor housing	P: Respiratory conditions, trigger allergies
10	condition	I: Overcrowding- difficulty concentrating
"		E: Embarrassed, lower self-esteem, stress
		S: Relationship breakdowns

Week 6	Piece of Information	Answer
1	Heart Rate	The number of heartbeats in a minute.
2	Resting heart rate	The heart rate at rest. Normal rate is 60-100 bpm.
	Abnormal heart rate short term risks	Light-headedness, dizziness, shortness of breath, chest pain, fainting, high blood pressure.
1 4	Abnormal heart rate long term risks	Increased risk of cardiovascular problems, heart failure
5	Blood pressure	The force of blood pushing on the walls of the arteries.
	Risk of high blood pressure	Short term: Headaches, shortness of breath, nose bleeds. Long term: Damage arteries, reduce blood flow, heart attack, stroke, vascular dementia.

7	Risk of low blood pressure	Short term: dizziness, blurred vision, fainted, feeling nauseous Long term: cold and clammy skin, rapid breathing, weak pulse.
8		A test used to decide whether someone is underweight, healthy weight, overweight or obese.
9	Lifestyle indicators	Nutrition, physical activity, smoking, alcohol, substance misuse.
10	Physiological indicators	Heart rate, resting heart rate, blood pressure, body mass index (BMI)

Week 7	Piece of Information	Answer
1	Risks of being overweight/ obese	Short term: reduced mobility, shortness of breath, high blood pressure, joint pain. Long term: Cardiovascular problems (heart attack, stroke), Joint problems (arthritis), Type 2 diabetes.
2	Risks of being underweight	Short term: Feeling weak/ tired, headaches, dizziness, irregular periods, weak immune system Long term: Slower/ abnormal growth, fertility problems, deficiency diseases (anaemia, osteoporosis)
3	Physical activity recommendations	Children and adolescents - moderate to vigorous exercise for 60 minutes a day, Adults - 150 minutes of moderate exercise or 75 minutes of vigorous exercise every week.
4	Risks of a lack of exercise	Cardiovascular problems, weak bones and muscles, joint problems, obesity, type 2 diabetes.
5	Risks of smoking	Respiratory problems, lung cancer, cardiovascular problems, complications during pregnancy, worsening asthma symptoms, reduce fertility.
6	Alcohol misuse	Drinking more than the recommended intake of (14 units per week)
7	Risks of alcohol misuse	High blood pressure, stroke, liver damage, reduced fertility, weaker immune system, weight gain, cancer, insomnia.
8	Substance misuse	Using illegal drugs, using prescription drugs incorrectly.
9	Risks of substance misuse	Coronary heart disease (CHD), heart attacks, complications during pregnancy, reduced fertility, kidney and liver damage, respiratory problems.
10	Person-centred approach	Allows the individual to be involved in their own care, treated with dignity, different services coordinating care, personalised care, support independent living.

Week 8	Piece of Information	Answer
1	Considerations of person-centred approach	A person's needs, wishes and circumstances.
1	Benefits of a PCA for individuals	Feel comfortable about care, more confidence, follow recommendations, more positive, motivated, independent.
3	Benefits of a PCA for care services	Saves time, saves money, fewer complaints, increased job satisfaction.
	Examples of recommended actions	Reduce blood pressure, reduce RHR, maintain a healthy weight, eat a balanced diet, keep physically active, stop smoking, reduce alcohol consumption, stop misusing substances.
	Formal support	Support given from trained professionals (Care professionals (nurses, doctors etc), support groups, charities and trained volunteers.
6	Informal support	Support from people you are close to (friends, partners, family, neighbours, work colleagues).
7	Sensory barriers - Hearing impairment	Making an appointment, hearing name called, communicating with provider.
8	Sensory barriers - Visual impairment	Reading appointment letters, navigating into/ around buildings, seeing your name on screen.
9	Overcoming sensory barriers	Larger print, audio announcement, Quiet waiting area, sign language interpreter, alternative ways to book appointments.
10	Examples of physical barriers	Steps at entrance, multiple floors, small/ inaccessible toilet facilities, busy walkways, narrow corridors/ doorways, Uneven pavements/ floors, No parking.

Week 9	Piece of Information	Answer
1	Definition of physical barriers	Barriers that make it difficult for people to get into and around buildings that provide health and social care services.
2	Overcoming physical barriers	Installing ramps, stair lifts, larger toilet facilities, installing hoists, less busy appointment slots, wider doorways/ corridors, maintaining pavements.
3	Social/cultural barriers	Difficulty accessing a service due to lack of awareness, differing cultural beliefs, social stigma, traditions, beliefs, gender, education.
4	Overcoming social/cultural barriers	Awareness campaigns, educate people, choice or service provider, avoid prayer times, range for dietary requirements.
5	Language barriers	Do not speak the same language, do not understand the dialect, language or speech impairment, cannot read the language.
6	Overcoming language barriers	Use of interpreters, longer appointments, holding groups in other languages, leaflets in multiple languages, avoid using slang, staff training, use of simpler terms.
7	Geographical barriers	Location does not have enough parking, travelling a long distance for a service, poor transport links, lack of services in the area, unsafe route, long distance from public transport stop.
8	Overcoming geographical barriers	Community transport schemes, home visits, community clinics, telehealth schemes, offer free parking.
9	Text barriers	Unable to read complex information, cannot read direction signs, easily distracted, difficulty reading lots of information.
10	Overcoming text barriers	Communication cards, learning disability nurses, longer appointment times, Health passports/ All about ME document, low text leaflets, quiet clinics.

Week 10	Piece of Information	Answer
1	Financial barriers	Cannot afford treatment, cannot afford prescription, cannot afford disability aids.
2	Overcoming financial barriers	Exemption certificates (free prescriptions), Low income scheme, NHS vouchers, NHS travel cost schemes, charities.
3	Resources barriers	Service providers do not have enough resources (equipment or staff) to meet the demand for care.
4	Overcoming resource barriers	Voluntary organisations, referrals, private healthcare, employee assistance schemes
5	Obstacle	Something personal to an individual that blocks a person moving forward or when action is prevented or made difficult.
6	Psychological/ emotional obstacles	Lack of motivation, Low self-esteem, Stress/ Anxiety, Acceptance of current state.
7	Lack of support obstacle	Surrounded by risk situations: smokers, unhealthy eaters etc.
8	lobstacles	Unrealistic timescale, Target is too big, Too many targets.
9	Lack of resources obstacles	Cannot afford healthy food/ equipment/ exercise class.
10	Lack of time obstacles	Work commitments, family commitments.

History Knowledge Organiser

•	
Piece of Information	Answer
After the rebellions what was Williams main focus?	Settling the land and keeping the country under control
Give FOUR ways William gained control of England before he was crowned king	He made Edwin and Morcar submit to him He claimed all English lands as his own He led an armed force through East Anglia He put Bishop Odo in charge of the South East
Give the FOUR features of Gleichschaltung	Anti-Semitic laws Book burning The Civil Service Act The use of terror
Give TWO features of Nazi rule in Poland:	Renamed the General Government Shut down schools and universities
How did countries collaborate with the Nazis?	Members of the Dutch police force played a leading role in tracking down Jews The Croatian government built their own death camps
How did Nazi policies encourage women to have large families?	They were given marriage loans and celebrated with the Mother Cross
How did people resist the Nazis during the war?	By telling anti-Nazi jokes, saying 'Good Morning' rather than 'Heil Hitler' and listening to the BBC
How has Gloucester docks changed in the modern period	It is now used for tourism and leisure rather than a working dock
How was Hitler able to establish a dictatorship in Germany?	The Reichstag Fire The Enabling Act Gleichschaltung The Night of the Long Knives
How was Stigand corrupt?	He committed two sins, pluralism and simony
	After the rebellions what was Williams main focus? Give FOUR ways William gained control of England before he was crowned king Give the FOUR features of Gleichschaltung Give TWO features of Nazi rule in Poland: How did countries collaborate with the Nazis? How did Nazi policies encourage women to have large families? How did people resist the Nazis during the war? How has Gloucester docks changed in the modern period How was Hitler able to establish a dictatorship in Germany?

Week 2	Piece of Information	Answer
1	Identify TWO impacts of Nazi rule on Dutch people:	Most Dutch Jews were deported to death camps and murdered / The Nazis sent all Dutch men between 16 and 60 to Germany as forced labourers
2	In what FOUR ways did Nazi rule change the lives of German workers?	It Reduced unemployment Strength Through Joy Beauty of Labour Had to join the DAF
3	Name three alternatives to prison	Probation Tagging Community Service
4	Name three points about the Metropolitan Police	3,000 full time men They carried truncheons as their only weapon

	Force	Wore a dark blue tall hat and coat
5	Name three things about the Bow Street Runners	Created by Sir John Fielding 68 men formed the patrol They were paid part time constables
6	Name two key prison reformers	John Howards and Elizabeth Fry
7	What became the most important form of punishment after 1840?	Prisons
8	What did Alexander Peterson want prisons to do?	Wanted to rehabilitate prisoners so they had the desire to live an honest life
9	What did Harold Godwinson claim?	Harold claimed Edward named him successor on his death bed (Novissima Verba)
10	What did the 1865 Prisons Act emphasise?	Hard labour, hard fare, hard board

Week 3		
VVCCK O	Piece of Information	Answer
1	What did the Emancipation Proclamation do?	It declared that all slaves were freemen
2	What does accommodation mean?	Doing as you were told by the Nazis
3	What does collaboration mean?	Working with or for the Nazis and helping them rule
4	What made Anglo-Saxon England a 'Golden Age'?	The culture - art/literature/buildings The role of women Society - stable government and wealth due to trade
5	What three acts were passed after 1829?	1835 Municipal Corporations Act 1839 Rural Constabulary Act 1856 The County and Borough Police Act
6	What THREE ways did William use to gain authority?	He controlled the route back to the coast Built castles Torched the houses outside London's walls
7	What two docks can Gloucester Docks be compared to?	Liverpool and Bristol Docks
8	What was a bridewell?	'Houses of correction' for vagrants, where they would be put to work
9	What was Capital Punishment?	When a person was executed for the crime they committed
10	What was Corporal Punishment?	When a person was physically punished (like whipping) for the crime they committed

We	ek 4		
		Piece of Information	Answer
	1	What was discovered in	DNA

	1984 that changed policing?	
2	What was the customs house used for in the Industrial Period?	The upstairs was used for the officers and downstairs sold coal to the poor.
3	What was the Domesday Book?	A survey of England that recorded every piece of property, land, animals and people
4	What was the Feudal system?	A system of medieval government in which the king rented land to dukes or lords, who provided him knights and taxes.
5	What was the Homestead Act?	This was a law passed in 1862 which promised 160 acres of land to anyone willing to work it for five years
6	What was the impact of the Black Codes?	They limited the freedom of African Americans and ensured their availability as cheap labour despite the 13th, 14th and 15th Amendment
7	What was the impact of the Transcontinental Railroad?	It allowed for more settlement in the west The development of cow towns Destruction of Native Americans way of life
8	What was The Indian Removal Act?	A law that was passed by President Andrew Jackson that allowed for the removal of Native Americans in the East to 'Indian Territory'
9	What was the July 1944 bomb plot?	It was an attempt to assassinate Hitler led by Colonel von Stauffenberg
10	What was the long drop?	Where exactly the right length of rope was used to ensure the person's neck was broken when they dropped

Week 5	Piece of Information	Answer
1	What was The Missouri Compromise?	It was an agreement passed by the U.S. Congress in 1820 which stated that for every free state added to America a slave state would be added and vice versa.
2	What was the most common type of punishment in the medieval and Early Modern period?	Fines
3	What was the new drop?	A more humane form of hanging that allowed people to drop through a trap door, breaking the person's neck
4	What was The Oregon Trail?	This was a 2,170-mile east-west, large-wheeled wagon route and emigrant trail in the United States that connected the Missouri River to valleys in Oregon.
5	What was the separate system?	Prisoners were kept in individual cells where they worked, prayed and reflected on their crimes
6	What was the silent system?	Prisoners were allowed to work together but in total silence
7	What was the Wergild?	The cash value of someone's life
8	What was transportation?	When convicts were sent to Australia for 7 years, 14 years or life
9	What were reservations?	This was an area of land set aside for Indian settlement. It was usually much smaller than the land they had previously and Native Americans were forced to give up their culture when living there

What were the Bloody	
10 Codes?	Over 200 crimes that carried the death penalty

Week 6	Piece of Information	Answer
1	Where did young offenders start to go in 1902?	Their own type of prisons called Borstals
2	Who commissioned Gloucester as a customs port?	Queen Elizabeth I
3	Who was Witan?	Leading noblemen and clergy
4	Who were homesteaders?	These were White and Black Americans that settled on the plains
5	Who were the Einsatzgruppen?	Mobile killing squads that went to villages and towns in the East and murdered Jews
6	Who were the FOUR claimants to the throne?	Harold Godwinson William of Normandy Harald Hardrada Edgar Atheling
7	Why did William believe he had a claim to the throne?	He said Edward promised him the throne after he helped put down a rebellion for Edward.
8	Why was Manifest Destiny significant in American expansion?	White Americans believed they had a God-given right to take over the whole of America, this resulted in the takeover of Native American lands
9	Why was Pevensey a good spot for a Norman castle?	It had existing Roman fortifications that could be used to build the castle
10	Why was the barge arm built?	To allows the larger ships to enter the main basin and to allows the smaller ships/canal boats to load up

Week 7		
	Piece of Information	Answer
1	Why was there so little opposition to Nazi rule?	The German population was indoctrinated by propaganda The German population was deterred by terror
2	Why were castles significant to the Normans in 1066?	They played a vital role in helping the Normans invade and control England
3	Why were people opposed to a centralised police force?	Thought it would cost too much Didn't think it was the job of the government Feared it would be used to suppress protest
4	After the rebellions what was Williams main focus?	Settling the land and keeping the country under control
5	Give FOUR ways William gained control of England before he was crowned	He made Edwin and Morcar submit to him He claimed all English lands as his own He led an armed force through East Anglia

	king	He put Bishop Odo in charge of the South East
6	Give the FOUR features of Gleichschaltung	Anti-Semitic laws Book burning The Civil Service Act The use of terror
7	Give TWO features of Nazi rule in Poland:	Renamed the General Government Shut down schools and universities
8	How did countries collaborate with the Nazis?	Members of the Dutch police force played a leading role in tracking down Jews The Croatian government built their own death camps
9	Why was Pevensey a good spot for a Norman castle?	It had existing Roman fortifications that could be used to build the castle
10	Why was the barge arm built?	To allows the larger ships to enter the main basin and to allows the smaller ships/canal boats to load up

Week 8		
1100110	Piece of Information	Answer
1	Give TWO features of	Renamed the General Government
	Nazi rule in Poland:	Shut down schools and universities
	How did countries	Members of the Dutch police force played a leading role in tracking down
_	collaborate with the	Jews
	Nazis?	The Croatian government built their own death camps
	How did Nazi policies	
	encourage women to have	
	large families?	They were given marriage loans and celebrated with the Mother Cross
4	How did people resist the	By telling anti-Nazi jokes, saying 'Good Morning' rather than 'Heil Hitler' and
4	Nazis during the war?	listening to the BBC
	How has Gloucester	
5	docks changed in the	
	modern period	It is now used for tourism and leisure rather than a working dock
		The Reichstag Fire
6	How was Hitler able to	The Enabling Act
J	establish a dictatorship in	Gleichschaltung
	Germany?	The Night of the Long Knives
7	How was Stigand corrupt?	He committed two sins, pluralism and simony
	Where did young	
8	offenders start to go in	
	1902?	Their own type of prisons called Borstals
	Who commissioned	
9	Gloucester as a customs	
	port?	Queen Elizabeth I
10	Who was Witan?	Leading noblemen and clergy

Week 9	Piece of Information	Answer
1	Name two key prison reformers	John Howards and Elizabeth Fry
2	What became the most important form of punishment after 1840?	Prisons
3	What did Alexander Peterson want prisons to do?	Wanted to rehabilitate prisoners so they had the desire to live an honest life
4	What did Harold Godwinson claim?	Harold claimed Edward named him successor on his death bed (Novissima Verba)
5	What did the 1865 Prisons Act emphasise?	Hard labour, hard fare, hard board
6	What did the Emancipation Proclamation do?	It declared that all slaves were freemen
7	What does accommodation mean?	Doing as you were told by the Nazis
8	What does collaboration mean?	Working with or for the Nazis and helping them rule
9	What made Anglo-Saxon England a 'Golden Age'?	The culture - art/literature/buildings The role of women Society - stable government and wealth due to trade
10	What three acts were passed after 1829?	1835 Municipal Corporations Act 1839 Rural Constabulary Act 1856 The County and Borough Police Act

Week 10	Piece of Information	Answer
1	What was the Homestead Act?	This was a law passed in 1862 which promised 160 acres of land to anyone willing to work it for five years
2	What was the impact of the Black Codes?	They limited the freedom of African Americans and ensured their availability as cheap labour despite the 13th, 14th and 15th Amendment
3	What was the impact of the Transcontinental Railroad?	It allowed for more settlement in the west The development of cow towns Destruction of Native Americans way of life
4	What was The Indian Removal Act?	A law that was passed by President Andrew Jackson that allowed for the removal of Native Americans in the East to 'Indian Territory'
5	What was the July 1944 bomb plot?	It was an attempt to assassinate Hitler led by Colonel von Stauffenberg
6	What was The Missouri Compromise?	It was an agreement passed by the U.S. Congress in 1820 which stated that for every free state added to America a slave state would be added and vice versa.
7	What was the most	Fines

	common type of punishment in the medieval and Early Modern period?	
8	What was the new drop?	A more humane form of hanging that allowed people to drop through a trap door, breaking the person's neck
9	What was The Oregon Trail?	This was a 2,170-mile east-west, large-wheeled wagon route and emigrant trail in the United States that connected the Missouri River to valleys in Oregon.
10	What was the separate system?	Prisoners were kept in individual cells where they worked, prayed and reflected on their crimes

Hospitality and Catering Knowledge Organiser

Week 1		
WCCK 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	соѕнн	Control of Substances Hazardous to Health regulations
_	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.
'	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		
Trook 2	Piece of Information	Answer
1		When bones have the maximum amount of minerals and are at their
'	Peak bone mass	strongest and most dense.
,		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.
5		Sugars, honeys and syrups that are added to foods and drinks by
5	Free sugars	manufacturers.
6		Are micronutrients essential for health and includes Vitamins A, B, C, D, E
0	Vitamins	and K.
7		Are micronutrients essential for health and includes calcium, phosphorus,
	Minerals	sodium, iron, iodine and fluoride.
8		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	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
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	соѕнн	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.
	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.
,	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		
110010	Piece of Information	Answer
		A member of the kitchen brigade who is in charge of the kitchen.
]	Executive chef/ Head chef	Responsibilities include planning menus and ordering stock.
		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.
,		A member of the kitchen brigade who is responsible for a section or area in
3	Chef de partie	the kitchen.
		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.
6		When bones have the maximum amount of minerals and are at their
0	Peak bone mass	strongest 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	Lacto-vegetarian	A person who chooses to eat only plant foods and milk products but no eggs,

	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
		A system used to order the way food passes through the kitchen from
Į į	Workflow	delivery to the dining room.
		The design of a kitchen including the way work surfaces, storage and cooking
2	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.
		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
5	Dress code	be clean, ironed and changed daily with no jewellery worn.
		Are micronutrients essential for health and includes Vitamins A, B, C, D, E
6	Vitamins	and K.
7		Are micronutrients essential for health and includes calcium, phosphorus,
'	Minerals	sodium, iron, iodine and fluoride.
		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
9		with fats in the diet and can be stored in the body's fatty tissue. Vitamins A, D.
	Fat soluble vitamins	C & K.
40		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	Microorganism	Tiny forms of life that can only be seen under a microscope which include bacteria, fungi and yeast.
2	Hygiene	The practice of keeping clean to stay healthy and prevent disease.
3	Bacteria	Microscopic single-celled organisms without a nucleus.
4	Hazard	Something that causes danger or risk.
5	Contaminate	Make a food unsafe to eat by allowing it to come into contact with microorganisms.
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 8		
	Piece of Information	Answer
1	Food Poisoning	An illness caused by microorganisms contaminating food.
2	Cross-contamination	How bacteria are spread from one source onto food.
3	Toxins	Another name for a poison
4	Pathogenic	Something that causes illness

5	Mould	Microorganisms related to mushrooms
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.

Week 9		
	Piece of Information	Answer
1	Listeria	Bacteria found in fresh milk, soft cheese and pate
2	E.coli	Bacteria found in meat and dirty water
3	Campylobacter	Bacteria found in raw and undercooked poultry
4	Bacilllus Cereus	Bacteria found in the soil
5	Salmonella	Bacteria found in raw meat, and some eggs
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 10		
	Piece of Information	Answer
1	Micronutrient	A type of food that is required in small amounts in the diet.
2	Macronutrient	A type of food that is required in large amounts in the diet.
3	Dietary Fibre	Indigestible part of a plant that passes through the digestive system without being absorbed.
4	Deficiency	.Not enough of something
5	Excess	.Too much of something.
6	Listeria	Bacteria found in fresh milk, soft cheese and pate
7	E.coli	Bacteria found in meat and dirty water
8	Campylobacter	Bacteria found in raw and undercooked poultry
9	Bacillus Cereus	Bacteria found in the soil
10	Salmonella	Bacteria found in raw meat, and some eggs

Sport Science

Week 1		
	Piece of Information	Answer
1	Massage	Manipulating soft tissue to increase blood flow.
2	Ultrasound	Use of high-frequency sound waves to diagnose and treat injuries.
3	Electrotherapy	Use of electrical energy to treat injuries.
4	Hydrotherapy	Use of water to improve blood circulation, relieve pain and relax muscles.
5	Cryotherapy	Use of cold temperatures to treat injuries.
6	Contrast therapy	Use of quickly changing temperature from hot to cold and back again to treat injuries.
7	Painkillers	Medication used to relieve pain, for example; paracetamol.
8	Kinesiology tape	Stretchy tape applied strategically to provide support, lessen pain, reduce swelling and improve performance.
9	Neoprene	Synthetic rubber used to make supports, mainly for joints.
10	Bandaging	Used to prevent swelling, reduce pain, provide support or decrease blood flow to an injured area.

Week 2		
	Piece of Information	Answer
1	Cast	Hard fibreglass or plaster casing designed to prevent broken bones moving.
2	Splint	Plastic or fibreglass support for a limb injury.
3	Sling	Support, usually of folded cloth, designed to immobilise and rest the arm.
4	Asthma	A condition in which the airways narrow and swell, which can make breathing difficult.
5	Inhaler	Device that allows medicine to be breathed in.
6	Nebuliser	Medicine that allows medicine to be breathed in.
7	Diabetes	Condition in which blood sugar levels are not regulated by the body effectively.
8	Type 1	The body's immune system destroys the cells in the pancreas that makes insulin. This results in the pancreas not making insulin.
9	Type 2	The body does not make enough insulin or does not use insulin well.
10	Hypoglycaemia	Low blood sugar level.

Week 3	Piece of Information	Answer
1	Extrinsic factors	Where the factor or risk of injury comes from outside the body.
2	Equipment	Tools which can enable you to improve in a designated sport.
3	Environment	Can increase or decrease injury depending on the environmental conditions which an athlete must perform in.
4	Type of sport activity	Different activities which athletes perform in.
5	Coaching	The approach of managing people.
6	Instructing	Being able to organise and instruct others within a group.
7	Leading	An individual who holds a formal or informal leadership role and influences other groups members.
8	Communication	Verbal, visual and physical communication.
9	Hypothermia	A dangerous drop in body temperature below 35*C.

10	Dehydration	Caused by not drinking enough fluid or by losing fluid you take in.
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Week 4	Piece of Information	Answer
1	Heat exhaustion	Fatigue and collapse resulting from prolonged exposure to excessive or unaccustomed heat.
2	Playing surface	The type of surface or surrounding area, in which you will play your chosen sport.
3	Human interaction	Interacting with others and communicating while completing a task or spending time together.
4	Aggression	Intention to cause harm to others.
5	Spectator	A person who watches the event.
6	Official	Responsible for ensuring that the activity proceeds within the rules and regulations of the activity.
7	Referee	Help maintain the standards of play during the event/ game.
8	Umpire	Help maintain the standards of play during the event/ game.
9	Protective equipment	Specialised equipment, designed to protect/ prevent injuries.
10	Intrinsic factor	Where the factor or risk of injury comes from within the body.

Week 5	Piece of Information	Answer
1	Gender	Certain sports may be more suitable for a male, and vice versa for females.
2	Age	Older athletes may be vulnerable to injury, unlike young athletes who would not be.
3	Weight	Participants need to be reasonable weight for their chosen sport.
4	Fitness levels	A main cause of injury. Participants need to be prepared by making sure their body is fit enough to withstand the rigorous physical activity undertaking.
5	Medical conditions	Pre-existing medical conditions may make a performer more susceptible to injuries or may limit the involvement in sport.
6	Psychological factors	The mental factors that affect a performer's ability to be in the right frame of mind.
7	Motivation	The drive to do something.
8	Arousal	The level of activation of a performer, which ranges from being in a coma, to high excitement.
9	Anxiety	A negative emotional state concerned with feelings of worry and nervousness.
10	Stress	Often a reaction to mental or emotional pressure.

Week 6	Piece of Information	Answer
1	Confidence	The belief in our ability to master a situation.
2	Level of performance	Performers can become annoyed if they are not playing well, which could lead to aggression.
3	Retaliation	The act of harming someone because they have harmed you; it is a form of revenge.
4	Pressure to win	Pressure can come from themselves, coaches or spectators.
5	Performance enhancing drugs	Some performance enhancing drugs can lead to aggressive behaviour, such as anabolic steroids.
6	Anabolic steroids	Performance enhancing drugs that help performers increase muscle size and strength.
7	Mental strategies	By decreasing arousal, certain emotions such as aggression and stress will improve performance.
8	Mental rehearsal	The process of going over movements of a skill or a task in the mind before the action takes place.

9	l.	Can be used to recreate a successful image in the mind from a past performance.
10	Selective attention	A method of filtering relevant information from irrelevant information.

Week 7	Piece of Information	Answer
1	Warm up	Exercises to prepare the body for exercise so that the chances of injury or ill effects are reduced.
2	Cool down	Easy exercises done after a more intense activity to allow the body to gradually move to a resting condition.
3	Blood pooling	Occurs when the blood is unable to pump back up to your heart, and pools in your legs, ankles or feet.
4	Lactic acid	Waste products of anaerobic exercise; it causes fatigue.
5	DOMs	Delayed onset muscles soreness.
6	Acute injuries	Injuries caused by impacts or collisions.
7	Trauma	An immediate sensation of pain, discomfort or loss of functioning.
8	Soft tissue injury	This occurs when trauma or overuse occurs to muscles.
9	Strain	Are soft tissue injuries that are usually caused by over stretching.
10	Sprain	Usually acute injuries where the tissues that connect two bones together at a joint get stretched or tear.

Week 8	Piece of Information	Answer
1	Hard tissue injury	Injuries which involve the skeletal system and include fractures, dislocations and loss of teeth.
2	Torn muscle	Involves muscles fibres to be overstretched and could cause the muscles to be detached from its anchor point on the bone.
3	Torn tendon	Involves tendon fibres to be overstretched and could cause the tend to be detached from its anchor point on the bone.
4	Torn ligament	Involve torn fibrous tissues that connect bones together.
5	Anterior cruciate ligament (ACL)	Ligament that runs diagonally in the middle of the knee joining the femur to the tibia.
6	PRICE therapy	Protection, Rest, Ice, Compression and Elevation.
7	Skin damage	Playing sport exposes the skin to contact with other surfaces, which may lead to injuries.
8	Abrasion	Involves surface damage to the skin, which results in cuts and grazes.
9	Cut	An acute injury in which tissues of the skin become separated.
10	Laceration	A torn or jagged wound that is caused by a sharp object.

Week 9	Piece of Information	Answer
1	Contusion (Bruises)	Happens when a blood vessel leaks blood into the surrounding area.
2	Blister	Small bags of fluid that develop under the skin to protect the underlying tissue from damage caused by friction.
3	Fracture	A partial or complete break in a bone.
4	Open fracture	When there is considerable damage to the tissues because the fractured bone has broken through the skin.
5	Closed fracture	A broken bone with no break in the skin.
6	Dislocation	When a bone is dislodge from its position in a joint.
7	Concussion	Head injury in which the brain is shaken inside the skull.
8	Nausea	Uneasiness of the stomach that often accompanies the urge to vomit, but doesn't always lead to vomiting.
9	Dementia	General term for loss of memory, language, problem solving and other thinking abilities that are severe enough to interfere with daily life.
10	Alzheimer's disease	Irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out everyday tasks.

Week 10	Piece of Information	Answer
1	Chronic injuries	Injuries caused by continuous stress.
2	Tendonitis	Inflammation of the tendons.
3	Shin splints	Pain along the shinbone (tibia) that is common in long distance runners and dancers.
4	Epicondylitis	Inflammation of an epicondyle of a bone.
5	Rotator cuff tendonitis	Inflammation of the tendons that help move the shoulder joint.
6	Stress fracture	Tiny cracks in a bone caused by repetitive force, often from overuse.
7	SALTAPS	An Acronym for see, ask, look, touch, active, passive and strength.
8	DRABC	Acronym for danger, response, airway, breathing and circulation; these are the steps that should be followed when initially attending a casualty.
9	Recovery position	Position For an unconscious person that keeps their airway clear and open.
10	X-ray	Commonly used to detect fractured bones.

Spanish Knowledge Organiser

Week		
1	Piece of Information	Answer
1	en verano <u>siempre</u> hago natación	in the summer I always go swimming
2	a veces monto a caballo	sometimes I go horse riding
3	nunca veo la tele	<u>I never</u> watch TV
4	cuando hace buen tiempo, salgo con mis amigos	when the weather is good, I go out with my friends
5	cuando hace mal tiempo, voy de compras	when the weather is bad, I go shopping
6	hace un año fui de vacaciones a España	a year ago, I went on holiday to Spain
7	viajé en avión con mi familia	I travelled by plane with my family
8	nos alojamos en un hotel de cinco estrellas	we stayed in a five-star hotel
9	lo mejor fue cuando fui al acuario	the best thing was when I went to the aquarium
10	lo peor fue cuando perdí mi móvil	the worst thing was when I lost my mobile

Week		
2	Piece of Information	Answer
1	lo bueno del pueblo era que	the good thing about the town was that
2	it was very lively	era muy animado
3	lo malo del pueblo era que	the bad thing about the town was that
4	era demasiado turistico	it was too touristy
5	por desgracia perdimos el equipaje	unfortunately, we lost the luggage
6	cuando llegamos estaba cansado/a	when we arrived, I was tired
7	cuando sea mayor me gustaría ir a Francia	when I am older, I would like to go to France
8	iría de crucero	I would go on a cruise
9	me quedaría en una casa rural	I would stay in a house in the country
10	sería una experiencia inolvidable	it would be an unforgettable experience

Week		
3	Piece of Information	Answer
1	mi profesor de inglés enseña bien	my English teacher teaches well
2	mi profesora de historia nos pone muchos deberes	my history teacher gives us lots of homework
3	es obligatorio llevar uniforme escolar	it is compulsory to wear school uniform

4	por un lado ahorra tiempo por la mañana	on the one hand, it saves time in the morning
5	por otro lado limita la individualidad	on the other hand, it limits individuality
6	canto en el coro desde hace un año	I have been singing in the choir for one year
7	soy miembro del club de ajedrez <u>desde hace dos</u> <u>meses</u>	I have been a member of the chess club for two months
8	las actividades escolares te ayudan a hacer nuevos amigos	extra-curricular activities help you make more friends
9	también te ayudan a olvidar las presiones del colegio	also they help you forget the pressures of school
10	el trimestre pasado participé en un evento especial	last term I participated in a special event

Week		
4	Piece of Information	Answer
1	participé en un concurso	I participated in a competition
2	gané un trofeo	I won a trophy
3	dimos un concierto	we gave a concert
4	fue un éxito	it was a success
5	el próximo trimestre voy a sacar buenas notas	next term I am going to get good grades
6	en verano siempre hago natación	in the summer I always go swimming
7	cuando hace buen tiempo, salgo con mis amigos	when the weather is good, I go out with my friends
8	viajé en avión con mi familia	I travelled by plane with my family
9	lo malo del pueblo era que	the bad thing about the town was that
10	era demasiado turistico	it was too touristy

Week		
5	Piece of Information	Answer
1	estoy enganchado/a a mi móvil	I am addicted to my phone
2	uso las aplicaciones para contactar con mi familia	I use apps to get in touch with my family
3	es una aplicación gratis	it is a free app
4	las redes sociales son un canal de comunicación	social media are a means of communication
5	también son una pérdida de tiempo	also, they are a waste of time
6	por desgracia perdimos el equipaje	unfortunately, we lost the luggage
7	cuando llegamos estaba cansado/a	when we arrived, I was tired
8	a veces monto a caballo	sometimes I go horse riding
9	cuando sea mayor me gustaría ir a Francia	when I am older, I would like to go to France
10	iría de crucero	I would go on a cruise

Week 6	Piece of Information	Answer
1	me llevo bien con mi sobrino/a	I get on well with my nephew/niece
2	no es ni alto ni bajo	he/she is neither tall nor short
3	como persona, es gracioso/a y feliz	as a person he/she is funny and happy

4	tenemos mucho en común	we have a lot in common
5	me divierto con mis primos	I have fun with my cousins
6	mi profesor de inglés enseña bien	my English teacher teaches well
7	mi profesora de historia nos pone muchos deberes	my history teacher gives us lots of homework
8	canto en el coro desde hace un año	I have been singing in the choir for one year
9	dimos un concierto	we gave a concert
10	fue un éxito	it was a success

Week 7	Piece of Information	Answer
1	un buen amigo siempre te apoya	a good friend always supports you
2	conocí a mi mejor amigo/a hace diez años	I met my best friend ten years ago
3	nos gustan las mismas cosas	we like the same things
4	a veces nos peleamos	sometimes we argue
5	nunca me critica	he/she never criticises me
6	lo bueno del pueblo era que	the good thing about the town was that
7	it was very lively	era muy animado
8	me quedaría en una casa rural	I would stay in a house in the country
9	sería una experiencia inolvidable	it would be an unforgettable experience
10	el próximo trimestre voy a sacar buenas notas	next term I am going to get good grades

Religious Studies Knowledge Organiser

Week 1		
	Piece of Information	Answer
1	Worship	The act of religious praise, honour or devotion to God.
2	Prayer	A way to communicate with God, either silently or through words.
3	Sacraments	Holy rituals through which believers receive grace. Some Christian denominations recognise seven, while others acknowledge fewer.
4	Believers baptism	For people who are old enough to understand the ritual, it involves the use of water to symbolise the washing away of sin.
5	Infant baptism	For babies and young children to become a member of the Church, it involves the use of water to symbolise the washing away of sin.
6	Street Pastors	People who are trained to patrol the streets in urban areas, they may help the vulnerable or just be a reassuring presence on the street.
7	Pilgrimage	A journey made by a believer to a holy site for religious reasons.
8	Christmas	A festival to commemorate (remember) the incarnation and birth of Jesus. Celebrated on the 25th December and lasting for 12 days, ending with Epiphany.
9	Easter	A festival to celebrate the resurrection of Jesus from the dead. Celebrations begin before Easter Sunday and finish with the feast of Pentecost.
10	'So God created mankind in His own image'	Genesis 1:27. Christianity - Humansare created by God.

Week 2		
	Piece of Information	Answer
1	Omniscient	This means all-knowing.
2	Omnipotent	This means all-powerful.
	Personal	This means relatable; humans can meet and connect with God.
4	Genesis 1:1-2	'In the beginning God created the heavens and the earth. Now the earth was formless and empty'
5	Reality	This is what is real or actual.
6	Revelation	This relates to God revealing or showing Himself.
7	Special revelation	This is direct revelation, for example, seeing God in a vision.
8	Teleological argument	This is the idea for the existence of God through the design of the world.
9	Theist	This is a person who believes in God.
10		This is an Italian philosopher and Catholic priest in the thirteenth century, who wrote Five arguments for the existence of God, including the Argument from
	Thomas Aquinas	Cause.

Week 3		
	Piece of Information	Answer
1	Transcendent	This is the belief that God is beyond space and time, controlled by neither.
2	Ultimate Reality	This is the idea of One God which is absolute.
3	Vision	This is an image seen in the wind or in a dream, especially as part of a religious or supernatural experience.
4	William Paley	This is an English clergyman who in the eighteenth century put forward the Design argument for the beginning of the world.
5	Tawhid	This is the islamic belief in the oneness of God, in the sense that he is one and there is no god but he, as stated in the shahādah.
6	Qur'an 7:54	'Your Lord is God, who created the heavens and the earth in six days.' Allah is seen as the creator of the universe.
7	'The Word became flesh and made His dwelling among us'	John 1:14. Christianity - The Incarnation, God as immanent.
8	Great Commision	Jesus' instructions to his disciples and the Church to spread his teachings.
9	'God is the sum of all perfections'	Rene Descartes - French Philosopher writing about how God is above understanding.
10	Genesis	The first book of the Holy Bible, containing the Creation account.

Week 4		
	Piece of Information	Answer
1	Charles Darwin	This is the author of a book called 'The Origin of Species by Means of Natural Selection' written in 1859.
2	Adapt	This is the ability to change to their surroundings and thrive.
3	Abortion	This is the removal of the foetus from the womb to end pregnancy. This is legal in the UK.
4	Ensoulment	This is the Muslim belief that a foetus is given a soul somewhere after 40 days.
5	Sanctity of Life	This is the idea that life is holy and given by God, therefore only God can take it away.
1 6	The Five roots of 'Usul ad-Din	Shi'a Islam: Tawhid, Prophethood, The justice of Allah (Adalat), The Imamate, Resurrection.
7	Angel Jibril	This is the 'bringer of good news' in Islam. The angel who brought Allah's words to the Prophet Muhammad.

	8	'Do not take life, which God has made sacred.'	Qur'an. Islam - relating to the idea of sanctity (holy) of life.
	9	Humanism	This is a belief system which does not include God, but sees as central the morally good behaviour of human beings.
Г	10	Genesis 1:27	'So God created mankind in His own image.'

Week 5		
	Piece of Information	Answer
1	'Do not kill your children for fear of poverty killing them is a great sin.'	Qur'an 17:31. Islam - abortion is forbidden for the reason of poverty.
2	The Six Articles of Faith	Sunni Islam: Tawhid, Angels, The holy books, The prophets, The Day of Judgement, The supremacy of Allah's will.
3	Adam	The father of the human race and the first prophet in Islam; married to Hawwa (Eve).
4	Ibrahim	Important prophet in Islam who showed faith and obedience to Allah.
5	Imamate	The leadership of the Imams - The leader of Shi'a Islam is called the Imam.
6	Qur'an 7:54	'Your Lord is God, who created the heavens and the earth in six days.' Allah is seen as the creator of the universe.
7	Genesis 1:27	'So God created mankind in His own image.'
8	'God is the sum of all perfections'	Rene Descartes - French Philosopher writing about how God is above understanding.
9	Jannah	Heaven, paradise.
10	Jahannam	Hell.

Week 6		
	Piece of Information	Answer
1	'No soul may die except with God's permission at the predestined time.'	Qur'an 3:145. Islam - all life is a gift from Allah and Allah predestines all things.
2	Night of Power	The night when Jibril first started to recite the Qur'an to Muhammad, Muslims celebrate this night during Ramadan.
3	Jannah	Heaven, paradise.
4	Jahannam	Hell.
5	The Pope	Also known as supreme pontiff or Roman pontiff, he is the bishop of Rome and head of the worldwide Catholic Church.
6	Worship	The act of religious praise, honour or devotion to God.
7	Prayer	A way to communicate with God, either silently or through words.
8	Sacraments	Holy rituals through which believers receive grace. Some Christian denominations recognise seven, while others acknowledge fewer.
9	Believers baptism	For people who are old enough to understand the ritual, it involves the use of water to symbolise the washing away of sin.
10	Infant baptism	For babies and young children to become a member of the Church, it involves the use of water to symbolise the washing away of sin.

Week 7		
	Piece of Information	Answer
1	General revelation	This is indirect revelation, for example, through seeing God through nature.
		Holy Bible, Genesis 2:15. Christianity - quote linking to the idea of human stewardship (care) of the earth.

3	Illusion	This is something that is not real, but a trick of the mind.
4	Immanent	This is the idea that God is at work in the world, for example, performing miracles.
5	Anoint	This is to put oil on the head to show that God has chosen a person.
6	Street Pastors	People who are trained to patrol the streets in urban areas, they may help the vulnerable or just be a reassuring presence on the street.
7	Pilgrimage	A journey made by a believer to a holy site for religious reasons.
8	Christmas	A festival to commemorate (remember) the incarnation and birth of Jesus. Celebrated on the 25th December and lasting for 12 days, ending with Epiphany.
	Easter	A festival to celebrate the resurrection of Jesus from the dead. Celebrations begin before Easter Sunday and finish with the feast of Pentecost.
10	'So God created mankind in His own image'	Genesis 1:27. Christianity - Humansare created by God.

Week 8	Piece of Information	Answer
1	Mihrab	In a mosque (Muslim place of worship) this shows the direction of Makkah.
2	Qiblah wall	The direction of the Ka'aba (the sacred building at Mecca) towards which Muslims pray.
3	Rak'ah	A set of sequences of actions and recitations (words repeated aloud).
4	Maghrib	Prayer after sunset.
	Good Friday	This is the day Christians remember the execution and death of Jesus.
6	Qur'an 7:54	'Your Lord is God, who created the heavens and the earth in six days.' Allah is seen as the creator of the universe.
7	'The Word became flesh and made His dwelling among us'	John 1:14. Christianity - The Incarnation, God as immanent.
	Great Commision	Jesus' instructions to his disciples and the Church to spread his teachings.
9	'God is the sum of all perfections'	Rene Descartes - French Philosopher writing about how God is above understanding.
10	Genesis	The first book of the Holy Bible, containing the Creation account.

Week 9		
	Piece of Information	Answer
,	The Five roots of 'Usul	Shi'a Islam: Tawhid, Prophethood, The justice of Allah (Adalat), The
ļ l	ad-Din	Imamate, Resurrection.
,		This is the 'bringer of good news' in Islam. The angel who brought Allah's
2	Angel Jibril	words to the Prophet Muhammad.
3	'Do not take life, which	Qur'an. Islam - relating to the idea of sanctity (holy) of life.
3	God has made sacred.'	
4		This is a belief system which does not include God, but sees as central the
4	Humanism	morally good behaviour of human beings.
5	Genesis 1:27	'So God created mankind in His own image.'
6	Revelation 21:4	'There will be no more death or mourning or crying or pain, for the old order
		of things has passed away.' Christianity - Heaven.
7		This is the 'bringer of good news' in Islam. The angel who brought Allah's
	Angel Jibril	words to the Prophet Muhammad.
8	'Do not take life, which	Qur'an. Islam - relating to the idea of sanctity (holy) of life.
	God has made sacred.'	
9		This is a belief system which does not include God, but sees as central the
9	Humanism	morally good behaviour of human beings.

	10 Maghrib	Prayer after sunset.	
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Week 10		
	Piece of Information	Answer
1	General revelation	This is indirect revelation, for example, through seeing God through nature.
2	'The Lord God to the man and put him in the Garden of Eden to work and take care of it.'	Holy Bible, Genesis 2:15. Christianity - quote linking to the idea of human stewardship (care) of the earth.
3	Illusion	This is something that is not real, but a trick of the mind.
4	Immanent	This is the idea that God is at work in the world, for example, performing miracles.
5	Anoint	This is to put oil on the head to show that God has chosen a person.
6	Angel Jibril	This is the 'bringer of good news' in Islam. The angel who brought Allah's words to the Prophet Muhammad.
7	'Do not take life, which God has made sacred.'	Qur'an. Islam - relating to the idea of sanctity (holy) of life.
8	Humanism	This is a belief system which does not include God, but sees as central the morally good behaviour of human beings.
9	Genesis 1:27	'So God created mankind in His own image.'
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