



Gloucester Academy

Unit 1

Year 11

Knowledge Organiser

OPTIONS SUBJECTS

Knowledge is power. Information is liberating.

Art Knowledge Organiser:

Week 1 w/c 02/09/24	Piece of Information	Answer
1	Annotation	Written explanations that communicate thoughts about the artist or artwork.
2	Developing Compositions	Stages before your final design where visual ideas are resolved and refined.
3	Assessment Objectives	The evaluation criteria: Develop, Experiment, Record and Present.
4	Research	To 'develop' a theme you must explore your artists in visual and written form.
5	Juxtaposition	An act of placing things close together for comparison or contrast.
6	Artist Transcription	A copy of an artist's work trying to replicate it by using similar materials.
7	Observational Drawing	Creating drawings based on primary or secondary sources.
8	Experimentation	To use relevant and purposeful skills and techniques to help develop artwork.
9	Stippling	A mark-making technique made by creating a series of multiple dots.
10	Process	A set of steps or rules to follow when using a type of media.

Week 2 w/c 09/09/24	Piece of Information	Answer
1	Final Design	A sketchbook based piece that shows your final intention of an outcome.
2	Etching	Cutting into a solid surface with tools or acid in order to engrave a design.
3	Architecture	A term to describe buildings and other physical structures.
4	Light Source	An object that creates natural or artificial light in order to see other objects.
5	Organic Form	An object with irregular form, that typically comes from nature.
6	Figurative	Artwork that is representational ie. artwork that is based on real life objects.
7	Photorealism	Artwork that has the appearance of a digital photo.
8	Positive/ Negative space	The balance between the subject and the background.
9	Rule of Thirds	Splitting up a composition into three parts.
10	Golden Ratio	Mathematical proportion used for aesthetic effect.

Week 3 w/c 16/09/24	Piece of Information	Answer
1	Perspective	A drawing from a certain viewpoint to show depth or scale.
2	Proportions	The accurate balance between different parts i.e the human face.
3	Accuracy	Drawings or artwork that is done correctly and precisely.
4	Portrait	A piece of artwork that depicts a person - primarily head and shoulders.
5	Scale	The size of an artwork or objects in an artwork in relation to the human body.
6	Annotation	Written explanations that communicate thoughts about the artist or artwork.
7	Developing Compositions	Stages before your final design where visual ideas are resolved and refined.
8	Assessment Objectives	The evaluation criteria: Develop, Experiment, Record and Present.
9	Research	To 'develop' a theme you must explore your artists in visual and written form.
10	Juxtaposition	An act of placing things close together for comparison or contrast.

Week 4 w/c 23/09/24	Piece of Information	Answer
1	Chiaroscuro	An effect of contrasted light and shadow used a lot in Renaissance painting.
2	Impasto	Thickly applied acrylics or oils in painting layered to create texture.
3	Monochromatic	Only one colour and adding white or black to create a range of shades.
4	Hue	A pure pigment (colour).
5	Symbolism	Representing experiences or meaning through colour, line and shape.
6	Artist Transcription	A copy of an artist's work trying to replicate it by using similar materials.
7	Observational Drawing	Creating drawings based on primary or secondary sources.
8	Experimentation	To use relevant and purposeful skills and techniques to help develop artwork.
9	Stippling	A mark-making technique made by creating a series of multiple dots.
10	Process	A set of steps or rules to follow when using a type of media.

Week 5 w/c 30/09/24	Piece of Information	Answer
1	Concept	An idea or thought process before being developed into a final piece.
2	Light Box	A translucent illuminated surface to help transfer and trace drawings.
3	Quill Pen	A piece of drawing equipment, to be used with ink to create thin lines.
4	Dry brush	A painting technique that uses a dry paintbrush, but still holds some paint.
5	Monoprint	A form of printmaking that can only be done once.
6	Final Design	A sketchbook based piece that shows your final intention of an outcome.
7	Etching	Cutting into a solid surface with tools or acid in order to engrave a design.
8	Architecture	A term to describe buildings and other physical structures.
9	Light Source	An object that creates natural or artificial light in order to see other objects.
10	Organic Form	An object with irregular form, that typically comes from nature.

Week 6 w/c 07/10/24	Piece of Information	Answer
1	Opaque	When materials can not be seen through.
2	Translucent	Allowing light to be seen through work to see elements of detail.
3	Transparent	Allowing light to pass through so that distinct details can be seen.
4	Vibrant	Colours that are bright and highly saturated.
5	Muted	Colours that have been grayed, dulled or desaturated.
6	Figurative	Artwork that is representational ie. artwork that is based on real life objects.
7	Photorealism	Artwork that has the appearance of a digital photo.
8	Positive/ Negative space	The balance between the subject and the background.
9	Rule of Thirds	Splitting up a composition into three parts.
10	Golden Ratio	Mathematical proportion used for aesthetic effect.

Week 7 w/c 14/10/24	Piece of Information	Answer
1	GSM number	'Grains per Square Meter' refers to the quality of paper.
2	Brusho Colour	Highly pigmented watercolour ink powder.
3	Graphite transfer	The process of carboning the back of a photograph, and tracing the image.
4	Cartridge Paper	High quality paper used for drawing.

5	Canvas	A strong plain-woven fabric which is used as a surface on which to paint.
6	Perspective	A drawing from a certain viewpoint to show depth or scale.
7	Proportions	The accurate balance between different parts i.e the human face.
8	Accuracy	Drawings or artwork that is done correctly and precisely.
9	Portrait	A piece of artwork that depicts a person - primarily head and shoulders.
10	Scale	The size of an artwork or objects in an artwork in relation to the human body.

Week 8 w/c 21/10/24	Piece of Information	Answer
1	Avant-garde	New, experimental and sometimes controversial methods and ideas.
2	Impressionism	A movement characterised by small, thin visible brush strokes.
3	Refine	The improvement of a drawing and/or idea.
4	Highlight	A light source creates a light or reflective area of an object.
5	Calligraphy	Fine and stylised handwriting. Often done with a quill or paintbrush and ink.
6	Chiaroscuro	An effect of contrasted light and shadow used a lot in Renaissance painting.
7	Impasto	Thickly applied acrylics or oils in painting layered to create texture.
8	Monochromatic	Only one colour and adding white or black to create a range of shades.
9	Hue	A pure pigment (colour).
10	Symbolism	Representing experiences or meaning through colour, line and shape.

Week 9 w/c 04/11/24	Piece of Information	Answer
1	Concept	An idea or thought process before being developed into a final piece.
2	Light Box	A translucent illuminated surface to help transfer and trace drawings.
3	Quill Pen	A piece of drawing equipment, to be used with ink to create thin lines.
4	Dry brush	A painting technique that uses a dry paintbrush, but still holds some paint.
5	Monoprint	A form of printmaking that can only be done once.
6	Opaque	When materials can not be seen through.
7	Translucent	Allowing light to be seen through work to see elements of detail.
8	Transparent	Allowing light to pass through so that distinct details can be seen.
9	Vibrant	Colours that are bright and highly saturated.
10	Muted	Colours that have been grayed, dulled or desaturated.

Week 10 w/c 11/11/24	Piece of Information	Answer
1	GSM number	'Grains per Square Meter' refers to the quality of paper.
2	Brusho Colour	Highly pigmented watercolour ink powder.
3	Graphite transfer	The process of carboning the back of a photograph, and tracing the image.
4	Cartridge Paper	High quality paper used for drawing.
5	Canvas	A strong plain-woven fabric which is used as a surface on which to paint.
6	Avant-garde	New, experimental and sometimes controversial methods and ideas.
7	Impressionism	A movement characterised by small, thin visible brush strokes.
8	Refine	The improvement of a drawing and/or idea.
9	Highlight	A light source creates a light or reflective area of an object.
10	Calligraphy	Fine and stylised handwriting. Often done with a quill or paintbrush and ink.

Week 11 w/c 18/11/24	Piece of Information	Answer
1	Annotation	Written explanations that communicate thoughts about the artist or artwork.
2	Developing Compositions	Stages before your final design where visual ideas are resolved and refined.
3	Assessment Objectives	The evaluation criteria: Develop, Experiment, Record and Present.
4	Research	To 'develop' a theme you must explore your artists in visual and written form.
5	Juxtaposition	An act of placing things close together for comparison or contrast.
6	Artist Transcription	A copy of an artist's work trying to replicate it by using similar materials.
7	Observational Drawing	Creating drawings based on primary or secondary sources.
8	Experimentation	To use relevant and purposeful skills and techniques to help develop artwork.
9	Stippling	A mark-making technique made by creating a series of multiple dots.
10	Process	A set of steps or rules to follow when using a type of media.

Week 12 w/c 25/11/24	Piece of Information	Answer
1	Final Design	A sketchbook based piece that shows your final intention of an outcome.
2	Etching	Cutting into a solid surface with tools or acid in order to engrave a design.
3	Architecture	A term to describe buildings and other physical structures.
4	Light Source	An object that creates natural or artificial light in order to see other objects.
5	Organic Form	An object with irregular form, that typically comes from nature.
6	Figurative	Artwork that is representational ie. artwork that is based on real life objects.
7	Photorealism	Artwork that has the appearance of a digital photo.
8	Positive/ Negative space	The balance between the subject and the background.
9	Rule of Thirds	Splitting up a composition into three parts.
10	Golden Ratio	Mathematical proportion used for aesthetic effect.

Week 13 w/c 02/12/24	Piece of Information	Answer
1	Perspective	A drawing from a certain viewpoint to show depth or scale.
2	Proportions	The accurate balance between different parts i.e the human face.
3	Accuracy	Drawings or artwork that is done correctly and precisely.
4	Portrait	A piece of artwork that depicts a person - primarily head and shoulders.
5	Scale	The size of an artwork or objects in an artwork in relation to the human body.
6	Annotation	Written explanations that communicate thoughts about the artist or artwork.
7	Developing Compositions	Stages before your final design where visual ideas are resolved and refined.
8	Assessment Objectives	The evaluation criteria: Develop, Experiment, Record and Present.
9	Research	To 'develop' a theme you must explore your artists in visual and written form.
10	Juxtaposition	An act of placing things close together for comparison or contrast.

Drama Knowledge Organiser:

Week 1 w/c 02/09/24	Piece of Information	Answer
1	The Crucible	Play based on the Salem Witch Trials from 1692.
2	Arthur Miller	American playwright who wrote 'The Crucible.'
3	Historical Drama	A play set in a historical time period.
4	Tragedy	A genre of play which follows the downfall of the protagonist.
5	Salem	The name of the town 'The Crucible' is set in.
6	John Proctor	Main protagonist in 'The Crucible'.
7	Abigail Williams	Leader of the girls in 'The Crucible.'
8	Elizabeth Proctor	John Proctor's wife in 'The Crucible.'
9	Reverend Parris	Abigail Williams' uncle in 'The Crucible.'
10	Reverend Hale	The visiting witchcraft expert in 'The Crucible.'

Week 2 w/c 09/09/24	Piece of Information	Answer
1	Physical Skills	The way actors use their bodies to convey meaning to the audience.
2	Gesture	A specific movement made by a part of the body to convey meaning to the audience.
3	Facial Expression	The way an actor uses their face to convey meaning to the audience.
4	Contact	Moments of touch between actors to convey meaning to the audience.
5	Stance	The position a character holds themselves in when sitting or standing.
6	Eye Contact	Used to demonstrate a connection, or a lack of connection between characters.
7	Proxemics	The use of physical space between actors to convey meaning to the audience.
8	Gait	A manner of walking used to convey meaning to the audience.
9	Stillness	A pause in physical action to convey meaning to the audience.
10	Entrance	The moment a character appears in a scene.

Week 3 w/c 16/09/24	Piece of Information	Answer
1	Vocal Skills	The way actors use their voices to convey meaning to the audience.
2	Tone	The way actors change the sound of their voice to convey meaning to the audience.
3	Pace	The speed at which an actor speaks the lines of a script.
4	Volume	How loudly or quietly an actor speaks the lines of a script.
5	Clarity	How clearly an actor's lines can be understood by an audience.
6	Accent	A distinctive way of pronouncing language to reflect where a character is from.
7	Inflection	The pattern of pitch and tone in the way an actor speaks.
8	Pause	A moment of silence when speaking lines from a script.
9	Emphasis	Stressing a particular word or phrase within a script.
10	Projection	Use of a strong, loud and clear voice within a performance space.

Week 4 w/c 23/09/24	Piece of Information	Answer
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1	Backlighting	When the stage is lit from behind to produce silhouettes of the actors.
2	Blackout	When the stage lights are turned off between scenes.
3	Floodlight	A type of stage lantern which casts broad beams of light onto the stage.
4	Profile Spotlight	A type of stage lantern which casts a sharply defined beam of light onto the stage.
5	Cyclorama	A large, lit backdrop which can change colour throughout a performance.
6	Soundscape	A collection of individual sounds that are layered up to create a sense of place.
7	Fresnel Spotlight	A type of stage lantern which casts a beam with a softly defined edge.
8	Lighting Rig	A structure above the stage and wings which holds the stage lanterns.
9	Sound Desk	The piece of equipment which controls all recorded sounds for a performance.
10	Lighting Desk	The piece of equipment which controls all the lighting effects for a performance.

Week 5 w/c 30/09/24	Piece of Information	Answer
1	Mary Warren	The Proctor's house girls. Friends with Abigail.
2	Betty Parris	Reverend Parris' daughter, Abigail's cousin.
3	Ruth Putnam	The only surviving daughter of the Putnams.
4	Mercy Lewis	Abigail's closest friend. .
5	Tituba	Reverend Parris' slave.
6	Thomas Putnam	Local land owner, father to Ruth Putnam
7	Ann Putnam	Wife to Thomas Putnam, mother to Ruth Putnam.
8	Rebecca Nurse	Devout Puritan woman from Salem.
9	Giles Corey	Local farmer, friends with John Proctor.
10	Deputy Gov. Danforth	The judge in charge of the witch trials.

Week 6 w/c 07/10/24	Piece of Information	Answer
1	Artistic Intentions	An explanation of what you set out to achieve through your performance.
2	Intended Audience	An awareness of who the members of your audience will be and how they are likely to respond to the piece.
3	Symbolism	The use of design elements to convey a deeper meaning.
4	Semiotics	The use of signs and symbols within a piece to convey a deeper meaning.
5	Mood	The atmosphere at a particular moment that creates a feeling or emotion for the audience.
6	Focus	Your ability to stay in character throughout a performance.
7	Energy	Your ability to perform with enthusiasm and commitment during a performance.
8	Characterisation	Your ability to interpret and perform a fully developed character.
9	Transition	The change between two separate scenes in a play.
10	Connection	Your ability to develop a link between yourself and the other performers, as well as the audience.

Week 7 w/c 14/10/24	Piece of Information	Answer
1	Clarity	How clearly an actor's lines can be understood by an audience.
2	Accent	A distinctive way of pronouncing language to reflect where a character is from.
3	Inflection	The pattern of pitch and tone in the way an actor speaks.
4	Pause	A moment of silence when speaking lines from a script.
5	Emphasis	Stressing a particular word or phrase within a script.
6	Projection	Use of a strong, loud and clear voice within a performance space.
7	Backlighting	When the stage is lit from behind to produce silhouettes of the actors.
8	Blackout	When the stage lights are turned off between scenes.
9	Floodlight	A type of stage lantern which casts broad beams of light onto the stage.
10	Profile Spotlight	A type of stage lantern which casts a sharply defined beam of light onto the stage.

Week 8 w/c 21/10/24	Piece of Information	Answer
1	Abigail Williams	Leader of the girls in 'The Crucible.'
2	Elizabeth Proctor	John Proctor's wife in 'The Crucible.'
3	Reverend Parris	Abigail Williams' uncle in 'The Crucible.'
4	Reverend Hale	The visiting witchcraft expert in 'The Crucible.'
5	Physical Skills	The way actors use their bodies to convey meaning to the audience.
6	Gesture	A specific movement made by a part of the body to convey meaning to the audience.
7	Facial Expression	The way an actor uses their face to convey meaning to the audience.
8	Contact	Moments of touch between actors to convey meaning to the audience.
9	Stance	The position a character holds themselves in when sitting or standing.
10	Eye Contact	Used to demonstrate a connection, or a lack of connection between characters.

Week 9 w/c 04/11/24	Piece of Information	Answer
1	Fresnel Spotlight	A type of stage lantern which casts a beam with a softly defined edge.
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	Mary Warren	The Proctor's house girls. Friends with Abigail.
6	Betty Parris	Reverend Parris' daughter, Abigail's cousin.
7	Ruth Putnam	The only surviving daughter of the Putnams.
8	Mercy Lewis	Abigail's closest friend. .
9	Tituba	Reverend Parris' slave.
10	Thomas Putnam	Local land owner, father to Ruth Putnam

Week 10 w/c 11/11/24	Piece of Information	Answer
1	Incidental Music	Music which accompanies a performance and is used to create a certain mood or to build tension.
2	Diegetic Sounds	Sounds that are 'heard' by the characters on stage.
3	Gobo	A stencil allowing a pattern of light to be created on stage.
4	Strobes	Fast flashes of very bright light which create a unnatural slow motion effect.
5	Artistic Intentions	An explanation of what you set out to achieve through your performance.
6	Intended Audience	An awareness of who the members of your audience will be and how they are likely to respond to the piece.
7	Symbolism	The use of design elements to convey a deeper meaning.
8	Semiotics	The use of signs and symbols within a piece to convey a deeper meaning.
9	Mood	The atmosphere at a particular moment that creates a feeling or emotion for the audience.
10	Focus	Your ability to stay in character throughout a performance.

Week 11 w/c 18/11/24	Piece of Information	Answer
1	Historical Drama	A play set in a historical time period.
2	Tragedy	A genre of play which follows the downfall of the protagonist.
3	Salem	The name of the town 'The Crucible' is set in.
4	John Proctor	Main protagonist in 'The Crucible'.
5	Abigail Williams	Leader of the girls in 'The Crucible.'
6	Elizabeth Proctor	John Proctor's wife in 'The Crucible.'
7	Reverend Parris	Abigail Williams' uncle in 'The Crucible.'
8	Reverend Hale	The visiting witchcraft expert in 'The Crucible.'
9	Physical Skills	The way actors use their bodies to convey meaning to the audience.
10	Gesture	A specific movement made by a part of the body to convey meaning to the audience.

Week 12 w/c 25/11/24	Piece of Information	Answer
1	Uta Hagen	Naturalistic drama practitioner who developed the '9 Questions' technique.
2	Cyclical Structure	A drama piece which starts with a dramatic end scene, then goes back to the beginning.
3	Episodic Structure	A drama piece which is made up of self-contained scenes which link, but have their own title and story.
4	Refining	Making changes to the performance piece during the rehearsal process.
5	Design Elements	Costume, sound, set and lighting choices made for a performance piece.
6	Language	The choice of vocabulary for a performance piece or character.
7	Ad-libbing	When an actor improvises some of their lines while performing.
8	Costume signifier	One item which helps represent and identify a character to an audience.
9	Soundscape	A collection of individual sounds that are layered to create a sense of place.
10	Incidental Music	Music which accompanies a performance and is used to create a certain mood or to build tension.

Week 13 w/c 02/12/24	Piece of Information	Answer
1	Stance	The position a character holds themselves in when sitting or standing.
2	Eye Contact	Used to demonstrate a connection, or a lack of connection between characters.
3	Proxemics	The use of physical space between actors to convey meaning to the audience.
4	Gait	A manner of walking used to convey meaning to the audience.
5	Stillness	A pause in physical action to convey meaning to the audience.
6	Entrance	The moment a character appears in a scene.
7	Vocal Skills	The way actors use their voices to convey meaning to the audience.
8	Tone	The way actors change the sound of their voice to convey meaning to the audience.
9	Pace	The speed at which an actor speaks the lines of a script.
10	Volume	How loudly or quietly an actor speaks the lines of a script.

Engineering Knowledge Organiser:

Week 1 w/c 02/09/24	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 w/c 09/09/24	Piece of Information	Answer
1	Elasticity	The ability of a material to resist a distorting effect and to return to its original size and shape.
2	Tensile strength	The ability of a material to resist elongating or breaking when stretched.
3	Toughness	The ability of a material to absorb energy (impacts) before it deforms.
4	Corrosive resistance	How well a material can withstand damage caused by oxidization or other chemical reactions.
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8	Malleability	The ability of a material to be hammered, pressed or rolled into thin sheets.
9	Conductivity	The measure of how efficiently electricity or heat can pass through a material.
10	Environmental degradation	How the environment is degraded or compromised through a range of situations such as air pollution, deforestation, water contamination etc.

Week 3 w/c 16/09/24	Piece of Information	Answer
1	Toughness	The ability of a material to absorb energy (impacts) before it deforms.
2	Corrosive resistance	How well a material can withstand damage caused by oxidization or other chemical reactions.
3	Compressive strength	The capacity of a material to withstand loads without deforming.
4	Hardness	The ability of a material to resist deforming when impacted.
5	Ductility	The ability of a material to be drawn or plastically deformed without fracturing.
6	Malleability	The ability of a material to be hammered, pressed or rolled into thin sheets.
7	Conductivity	The measure of how efficiently electricity or heat can pass through a material.
8	Environmental degradation	How the environment is degraded or compromised through a range of situations such as air pollution, deforestation, water contamination etc.

9	Elasticity	The ability of a material to resist a distorting effect and to return to its original size and shape.
10	Tensile strength	The ability of a material to resist elongating or breaking when stretched.

Week 4 w/c 23/09/24	Piece of Information	Answer
1	Malleability	The ability of a material to be hammered, pressed or rolled into thin sheets.
2	Conductivity	The measure of how efficiently electricity or heat can pass through a material.
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8	Compressive strength	The capacity of a material to withstand loads without deforming.
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Week 5 w/c 30/09/24	Piece of Information	Answer
1	Elasticity	The ability of a material to resist a distorting effect and to return to its original size and shape.
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Week 6 w/c 07/10/24	Piece of Information	Answer
1	Hardness	The ability of a material to resist deforming when impacted.
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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.
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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 7 w/c 14/10/24		
	Piece of Information	Answer
1	Elasticity	The ability of a material to resist a distorting effect and to return to its original size and shape.
2	Tensile strength	The ability of a material to resist elongating or breaking when stretched.
3	Toughness	The ability of a material to absorb energy (impacts) before it deforms.
4	Corrosive resistance	How well a material can withstand damage caused by oxidization or other chemical reactions.
5	Compressive strength	The capacity of a material to withstand loads without deforming.
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8	Malleability	The ability of a material to be hammered, pressed or rolled into thin sheets.
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Week 8 w/c 21/10/24		
	Piece of Information	Answer
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Week 9 w/c 04/11/24		
	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 10 w/c 11/11/24	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 11 w/c 18/11/24	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 12 w/c 25/11/24	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 13 w/c 02/12/24	Piece of Information	Answer
1	Malleability	The ability of a material to be hammered, pressed or rolled into thin sheets.
2	Conductivity	The measure of how efficiently electricity or heat can pass through a material.
3	Environmental degradation	How the environment is degraded or compromised through a range of situations such as air pollution, deforestation, water contamination etc.
4	Elasticity	The ability of a material to resist a distorting effect and to return to its original size and shape.
5	Tensile strength	The ability of a material to resist elongating or breaking when stretched.
6	Toughness	The ability of a material to absorb energy (impacts) before it deforms.
7	Corrosive resistance	How well a material can withstand damage caused by oxidization or other chemical reactions.
8	Compressive strength	The capacity of a material to withstand loads without deforming.
9	Hardness	The ability of a material to resist deforming when impacted.
10	Ductility	The ability of a material to be drawn or plastically deformed without fracturing.

Geography Knowledge Organiser:

Week 1 w/c 02/09/24	Piece of Information	Answer
1	Urbanisation	When an increasing percentage of a country's population lives in towns and cities.
2	Megacity	A city with a population of over 10 million people.
3	Push Factor	A reason people want to leave a place e.g. poorly paid jobs.
4	Pull factor	A reason people want to move to a place e.g. high paid jobs.
5	Lagos importance	Regional - thriving arts scene National - 80% of Nigeria's industry is located within Lagos. International - ICT centre for west Africa.
6	Lagos population	It is 15 million making it a megacity and has a life expectancy of 54.5 years.
7	Lagos opportunities	50% of people in formal employment Greater access to healthcare and water supply Education is free for the first 9 years
8	Lagos challenges	40% of people in informal employment Lack of piped water supply (10%) Unreliable energy supply
9	Lagos urban growth management	2012 demolition. Settlements were upgraded between 2006-2013, 1 million people benefitted. Floating school
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 2 w/c 09/09/24	Piece of Information	Answer
1	Erosion	The process by which material is worn away.
2	Hydraulic action	The force of the waves against the coastline causes it to erode.
3	Abrasion	The material within the waves scrapes against the bed and banks causing them to erode.
4	Attrition	When material within the waves collides together becoming smaller and more rounded.
5	Solution	When slightly acidic discharge erodes sediment e.g. limestone and chalk.
6	Transportation	The process by which material is moved along the coastline.
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	Suspension	This is when sediment is held within the sea.
10	Solution	This is when sediment is dissolved within the waves.

Week 3 w/c 16/09/24	Piece of Information	Answer
1	Lagos floating school	Built by NGOs in 2013 in order to give increased access to education for the urban poor.
2	Bristol population	It is 467,000 people with a life expectancy of 80 years.
3	Bristol importance	Regional - City full of culture and entertainment National - 8th most popular city in the UK for visitors International - International students e.g. from China come to attend university
4	Opportunities in Bristol	Shopping e.g. Cabot Circus Employment e.g. Aerospace The integrated transport system
5	Challenges in Bristol	Social inequality e.g. Clifton and Filwood Dereliction Building on greenfield sites e.g. Bradley Stoke
6	Urbanisation	When an increasing percentage of a country's population lives in towns and cities.
7	Megacity	A city with a population of over 10 million people.
8	Push Factor	A reason people want to leave a place e.g. poorly paid jobs.
9	Pull factor	A reason people want to move to a place e.g. high paid jobs.
10	Lagos importance	Regional - thriving arts scene National - 80% of Nigeria's industry is located within Lagos. International - ICT centre for west Africa.

Week 4 w/c 23/09/24	Piece of Information	Answer
1	Deposition	The process by which material is dropped when the river loses velocity
2	Upper course	This is a steep sided, v-shaped valley with a narrow and shallow channel with large bedload eg. large rocks found at the source of the river.
3	Middle course	This is gently sloping valley, with a wider and deeper channel with small bedload eg. small stones.
4	Lower course	This is a flat, u-shaped valley with a deep and wide channel with small bedload eg. sand and silt found at the mouth of the river.
5	Long profile	This is a way of showing the river's gradient from source to mouth.
6	Lagos population	It is 15 million making it a megacity and has a life expectancy of 54.5 years.
7	Lagos opportunities	50% of people in formal employment Greater access to healthcare and water supply Education is free for the first 9 years
8	Lagos challenges	40% of people in informal employment Lack of piped water supply (10%) Unreliable energy supply
9	Lagos urban growth management	2012 demolition. Settlements were upgraded between 2006-2013, 1 million people benefitted. Floating school
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 5 w/c 30/09/24	Piece of Information	Answer
1	Regeneration	Investing in the improvement of areas that have become run down or derelict.
2	Dereliction	This is an area of abandoned buildings and wasteland.
3	Bristol Temple Quarter before regeneration	It was an industrial area until the 18th century. Then a floating harbour was built. In the 20th century terraced housing was removed for slum clearance.
4	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	Challenges from the Temple Quarter regeneration	Expensive cost Delays Moving of the Bristol Arena to Filton
6	Erosion	The process by which material is worn away.
7	Hydraulic action	The force of the waves against the coastline causes it to erode.
8	Abrasion	The material within the waves scrapes against the bed and banks causing them to erode.
9	Attrition	When material within the waves collides together becoming smaller and more rounded.
10	Solution	When slightly acidic discharge erodes sediment e.g. limestone and chalk.

Week 6 w/c 07/10/24	Piece of Information	Answer
1	Urban sustainability	A city organised without over reliance on the surrounding rural areas and using renewable energy
2	Urban sustainability Bristol (traffic)	Bristol has encouraged urban sustainability by introducing the integrated transport system which encourages the use of public transport reducing the use of energy, air pollution and traffic congestion.
3	Urban sustainability Bristol (urban sprawl)	Bristol has encouraged the building of home son brownfield sites with only 6% of new developments to be on greenfield sites, reducing urban sprawl.
4	Channel capacity	This is how much water the river can hold.
5	Velocity	This is the speed of the discharge in a river channel.
6	Transportation	The process by which material is moved along the coastline.
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	Suspension	This is when sediment is held within the sea.
10	Solution	This is when sediment is dissolved within the waves.

Week 7 w/c 14/10/24	Piece of Information	Answer
1	Friction	This occurs between water and the riverbed slowing the river velocity down.
2	Discharge	This is the amount of water that flows through a river channel, in a given time.
3	Waterfall	A cascade of water falling from a height is found in the upper course.
4	Gorge	This is a steep sided valley created by a retreating waterfall, found in the upper course.
5	Meanders and Oxbow lakes	A meander is a bend in a river and ox-bow lake is a cut off meander (U-shaped lake)
6	Lagos floating school	Built by NGOs in 2013 in order to give increased access to education for the urban poor.
7	Bristol population	It is 467,000 people with a life expectancy of 80 years.
8	Bristol importance	Regional - City full of culture and entertainment National - 8th most popular city in the UK for visitors International - International students e.g. from China come to attend university
9	Opportunities in Bristol	Shopping e.g. Cabot Circus Employment e.g. Aerospace The integrated transport system
10	Challenges in Bristol	Social inequality e.g. Clifton and Filwood Dereliction Building on greenfield sites e.g. Bradley Stoke

Week 8 w/c 21/10/24	Piece of Information	Answer
1	Floodplain	A flat area of land found on either side of the river, normally found in the middle and lower courses.
2	Levee	A raised river bank, normally found in the middle and lower courses.
3	Estuary	This is the tidal mouth of a large river, found in the lower course.
4	Hard engineering	The use of artificial structure to control natural processes to protect the coastline e.g. a dam and reservoir.
5	Soft engineering	The use of natural materials to work with natural processes to protect the coastline e.g. floodplain zoning.
6	Deposition	The process by which material is dropped when the river loses velocity
7	Upper course	This is a steep sided, v-shaped valley with a narrow and shallow channel with large bedload eg. large rocks found at the source of the river.
8	Middle course	This is gently sloping valley, with a wider and deeper channel with small bedload eg. small stones.
9	Lower course	This is a flat, u-shaped valley with a deep and wide channel with small bedload eg. sand and silt found at the mouth of the river.
10	Long profile	This is a way of showing the river's gradient from source to mouth.

Week 9 w/c 04/11/24	Piece of Information	Answer
1	Regeneration	Investing in the improvement of areas that have become run down or derelict.
2	Dereliction	This is an area of abandoned buildings and wasteland.
3	Bristol Temple Quarter before regeneration	It was an industrial area until the 18th century. Then a floating harbour was built. In the 20th century terraced housing was removed for slum clearance.
4	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	Challenges from the Temple Quarter regeneration	Expensive cost Delays Moving of the Bristol Arena to Filton
6	Urban sustainability	A city organised without over reliance on the surrounding rural areas and using renewable energy
7	Urban sustainability Bristol (traffic)	Bristol has encouraged urban sustainability by introducing the integrated transport system which encourages the use of public transport reducing the use of energy, air pollution and traffic congestion.
8	Urban sustainability Bristol (urban sprawl)	Bristol has encouraged the building of home son brownfield sites with only 6% of new developments to be on greenfield sites, reducing urban sprawl.
9	Channel capacity	This is how much water the river can hold.
10	Velocity	This is the speed of the discharge in a river channel.

Week 10 w/c 11/11/24	Piece of Information	Answer
1	Friction	This occurs between water and the riverbed slowing the river velocity down.
2	Discharge	This is the amount of water that flows through a river channel, in a given time.
3	Waterfall	A cascade of water falling from a height is found in the upper course.
4	Gorge	This is a steep sided valley created by a retreating waterfall, found in the upper course.
5	Meanders and Oxbow lakes	A meander is a bend in a river and ox-bow lake is a cut off meander (U-shaped lake)
6	Floodplain	A flat area of land found on either side of the river, normally found in the middle and lower courses.
7	Levee	A raised river bank, normally found in the middle and lower courses.
8	Estuary	This is the tidal mouth of a large river, found in the lower course.
9	Hard engineering	The use of artificial structure to control natural processes to protect the coastline e.g. a dam and reservoir.
10	Soft engineering	The use of natural materials to work with natural processes to protect the coastline e.g. floodplain zoning.

Week 11 w/c 18/11/24	Piece of Information	Answer
1	Pull factor	A reason people want to move to a place e.g. high paid jobs.
2	Lagos population	It is 15 million making it a megacity and has a life expectancy of 54.5 years.
3	Velocity	This is the speed of the discharge in a river channel.
4	Lagos challenges	40% of people in informal employment Lack of piped water supply (10%) Unreliable energy supply
5	Hydraulic action	The force of the waves against the coastline causes it to erode.
6	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.
7	Traction	This is when large sediment is rolled along the sea bed.
8	Hard engineering	The use of artificial structure to control natural processes to protect the coastline e.g. a dam and reservoir.
9	Urban sustainability Bristol (urban sprawl)	Bristol has encouraged the building of homes on brownfield sites with only 6% of new developments to be on greenfield sites, reducing urban sprawl.
10	Estuary	This is the tidal mouth of a large river, found in the lower course.

Week 12 w/c 25/11/24	Piece of Information	Answer
1	Bristol importance	Regional - City full of culture and entertainment National - 8th most popular city in the UK for visitors International - International students e.g. from China come to attend university
2	Lagos opportunities	50% of people in formal employment Greater access to healthcare and water supply Education is free for the first 9 years
3	Megacity	A city with a population of over 10 million people.
4	Abrasion	The material within the waves scrapes against the bed and banks causing them to erode.
5	Levee	A raised river bank, normally found in the middle and lower courses.
6	Saltation	This is when sediment is bounced along the sea bed.
7	Challenges in Bristol	Social inequality e.g. Clifton and Filwood Dereliction Building on greenfield sites e.g. Bradley Stoke
8	Soft engineering	The use of natural materials to work with natural processes to protect the coastline e.g. floodplain zoning.
9	Urban sustainability Bristol (traffic)	Bristol has encouraged urban sustainability by introducing the integrated transport system which encourages the use of public transport reducing the use of energy, air pollution and traffic congestion.
10	Challenges from the Temple Quarter regeneration	Expensive cost Delays Moving of the Bristol Arena to Filton

Week 13 w/c 02/12/24	Piece of Information	Answer
1	Opportunities in Bristol	Shopping e.g. Cabot Circus Employment e.g. Aerospace The integrated transport system
2	Suspension	This is when sediment is held within the sea.
3	Urbanisation	When an increasing percentage of a country's population lives in towns and cities.
4	Attrition	When material within the waves collides together becoming smaller and more rounded.
5	Push Factor	A reason people want to leave a place e.g. poorly paid jobs.
6	Floodplain	A flat area of land found on either side of the river, normally found in the middle and lower courses.
7	Regeneration	Investing in the improvement of areas that have become run down or derelict.
8	Dereliction	This is an area of abandoned buildings and wasteland.
9	Discharge	This is the amount of water that flows through a river channel, in a given time.
10	Lagos importance	Regional - thriving arts scene National - 80% of Nigeria's industry is located within Lagos. International - ICT centre for west Africa.

Health and Social Care Knowledge Organiser:

Week 1 w/c 02/09/24	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 w/c 09/09/24	Piece of Information	Answer
1	Social factors	Supportive/unsupportive relationships, Social inclusion/exclusion, Bullying, Discrimination.
2	Cultural factors	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 w/c 16/09/24	Piece of Information	Answer
1	Impact of religion	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.

6	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 w/c 23/09/24	Piece of Information	Answer
1	Positive effects of Relationship breakdowns	P: More motivation to exercise I: Learn to cope on their own E: Happier out of negative relationship S: More time to socialise
2	Negative effects of Relationship breakdowns	P: Appetite changes, sleeping difficulties I: no impact E: Anxiety about the future, low self-esteem S: Loss of relationship with partner
3	Positive effects of parenthood	P: no impact I: Developing skills in child care E: Sense of purpose, improved self-esteem S: Meet other parents
4	Negative effects of parenthood	P: Lack of sleep, less time to exercise I: Time off work, delayed career progressions E: Stress, anxiety S: Less time with friends, social isolation
5	Positive effects of bereavement	P: no impact I: no impact E: no impact S: Relationships may improve as people support each other through grief
6	Negative effects of bereavement	P: Sadness causes change in appetite and difficulty sleeping, drugs/ alcohol as a coping mechanism, reduce motivation to exercise I: Distracted at school or work E: Grief, sadness, depression, reduced self-esteem S: Social isolation, loneliness
7	Positive effects of moving school or job	P: Better sports facilities for exercise, higher salary to pay for healthy food I: Learn new things on the job, better teachers, better grades E: Promotion can increase self-esteem S: Form new relationships
8	Negative effects of school or job	P: Worse sports delivery or facilities I: New environment may disrupt learning E: Stressed about the move S: Loss of contact with people

9	Positive effects of moving house	P: Improvement in health due to standard of living I: Learn about new area E: Happy/ excited about the new start S: Meet new people
10	Negative effects of moving house	P: Reduction in health due to standard of living I: not able to focus on studies as sad about moving E: Stress, anxious about the move/ financial pressure S: Loss of contact with friends, social isolation

Week 5 w/c 30/09/24	Piece of Information	Answer
1	Positive effects of Exclusion from school	P: Encourage them to avoid violence I: Might learn better at new school E: May be able to improve behaviour at new school S: Can make friends with people who will not influence you negatively
2	Negative effects of Exclusion from school	P: Less active as not in pe lessons I: Fall behind in grades, less career prospects E: Sadness, embarrassment, anger, negative self-image and self-esteem S: social isolation, not seeing school friends
3	Positive effects of Redundancy	P: More time to exercise I: Retrain and gain new skills E: Can be less stressed if not working S: More time to spend with family
4	Negative effects of Redundancy	P: Reduced finances - less money for exercise and healthy diet I: Miss out on learning opportunities at work E: Stress, anxiety, reduced self-esteem S: Lose relationships with work colleagues
5	Positive effects of imprisonment	P: Get balanced diet and regular exercise I: time to complete training and gain new skills E: Able to improve yourself S: Can build relationships that can be positive for your life
6	Negative effects of imprisonment	P: Victim of violence, difficulty sleeping I: Missing opportunities E: low self-esteem, poor self-image, negative contentment, negative feelings S: Build negative relationships, lose relationships with family, social isolation
7	Positive effects of retiring	P: More time to exercise I: More time to learn new skills E: Reduced stress S: More time to meet new people and with family
8	Negative effects of retiring	P: Less motivated to keep active I: No longer working, not intellectually stimulated E: Lack of purpose, low self-esteem S: Loss of friendships with colleagues
9	Effects of good housing conditions	P: No illness, outdoor space to exercise I: Quiet - increases concentration E: Proud, high self-esteem, safe and secure S: Invite others over, enough space for privacy
10	Effects of poor housing condition	P: Respiratory conditions, trigger allergies I: Overcrowding- difficulty concentrating E: Embarrassed, lower self-esteem, stress S: Relationship breakdowns

Week 6 w/c 07/10/24	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.
3	Abnormal heart rate short term risks	Light-headedness, dizziness, shortness of breath, chest pain, fainting, high blood pressure.
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.
6	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	Body mass index	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 w/c 14/10/24	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 w/c 21/10/24	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.
2	Benefits of a PCA for care services	Saves time, saves money, fewer complaints, increased job satisfaction.

3	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.
4	Formal support	Support given from trained professionals (Care professionals (nurses, doctors etc), support groups, charities and trained volunteers.
5	Informal support	Support from people you are close to (friends, partners, family, neighbours, work colleagues).
6	Sensory barriers - Hearing impairment	Making an appointment, hearing name called, communicating with provider.
7	Sensory barriers - Visual impairment	Reading appointment letters, navigating into/ around buildings, seeing your name on screen.
8	Overcoming sensory barriers	Larger print, audio announcement, Quiet waiting area, sign language interpreter, alternative ways to book appointments.
9	Examples of physical barriers	Steps at entrance, multiple floors, small/ inaccessible toilet facilities, busy walkways, narrow corridors/ doorways, Uneven pavements/ floors, No parking.
10	Considerations of person-centred approach	A person's needs, wishes and circumstances.

Week 9 w/c 04/11/24	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 of 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 w/c 11/11/24	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	Unachievable targets obstacles	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.

Week 11 w/c 18/11/24	Piece of Information	Answer
1	Impact of religion	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.
6	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 12 w/c 25/11/24	Piece of Information	Answer
1	Positive effects of Exclusion from school	P: Encourage them to avoid violence I: Might learn better at new school E: May be able to improve behaviour at new school S: Can make friends with people who will not influence you negatively
2	Negative effects of Exclusion from school	P: Less active as not in pe lessons I: Fall behind in grades, less career prospects E: Sadness, embarrassment, anger, negative self-image and self-esteem S: social isolation, not seeing school friends
3	Positive effects of Redundancy	P: More time to exercise I: Retrain and gain new skills E: Can be less stressed if not working S: More time to spend with family
4	Negative effects of Redundancy	P: Reduced finances - less money for exercise and healthy diet I: Miss out on learning opportunities at work E: Stress, anxiety, reduced self-esteem S: Lose relationships with work colleagues

5	Positive effects of imprisonment	P: Get balanced diet and regular exercise I: time to complete training and gain new skills E: Able to improve yourself S: Can build relationships that can be positive for your life
6	Negative effects of imprisonment	P: Victim of violence, difficulty sleeping I: Missing opportunities E: low self-esteem, poor self-image, negative contentment, negative feelings S: Build negative relationships, lose relationships with family, social isolation
7	Positive effects of retiring	P: More time to exercise I: More time to learn new skills E: Reduced stress S: More time to meet new people and with family
8	Negative effects of retiring	P: Less motivated to keep active I: No longer working, not intellectually stimulated E: Lack of purpose, low self-esteem S: Loss of friendships with colleagues
9	Positive effects of Exclusion from school	P: Encourage them to avoid violence I: Might learn better at new school E: May be able to improve behaviour at new school S: Can make friends with people who will not influence you negatively
10	Negative effects of Exclusion from school	P: Less active as not in pe lessons I: Fall behind in grades, less career prospects E: Sadness, embarrassment, anger, negative self-image and self-esteem S: social isolation, not seeing school friends

Week 13 w/c 02/12/24	Piece of Information	Answer
1	Positive effects of Relationship breakdowns	P: More motivation to exercise I: Learn to cope on their own E: Happier out of negative relationship S: More time to socialise
2	Negative effects of Relationship breakdowns	P: Appetite changes, sleeping difficulties I: no impact E: Anxiety about the future, low self-esteem S: Loss of relationship with partner
3	Positive effects of parenthood	P: no impact I: Developing skills in child care E: Sense of purpose, improved self-esteem S: Meet other parents
4	Negative effects of parenthood	P: Lack of sleep, less time to exercise I: Time off work, delayed career progressions E: Stress, anxiety S: Less time with friends, social isolation
5	Positive effects of bereavement	P: no impact I: no impact E: no impact S: Relationships may improve as people support each other through grief
6	Negative effects of bereavement	P: Sadness causes change in appetite and difficulty sleeping, drugs/ alcohol as a coping mechanism, reduce motivation to exercise I: Distracted at school or work E: Grief, sadness, depression, reduced self-esteem S: Social isolation, loneliness
7	Positive effects of moving school or job	P: Better sports facilities for exercise, higher salary to pay for healthy food I: Learn new things on the job, better teachers, better grades E: Promotion can increase self-esteem S: Form new relationships

8	Negative effects of school or job	P: Worse sports delivery or facilities I: New environment may disrupt learning E: Stressed about the move S: Loss of contact with people
9	Positive effects of moving house	P: Improvement in health due to standard of living I: Learn about new area E: Happy/ excited about the new start S: Meet new people
10	Negative effects of moving house	P: Reduction in health due to standard of living I: not able to focus on studies as sad about moving E: Stress, anxious about the move/ financial pressure S: Loss of contact with friends, social isolation

History Knowledge Organiser:

Week 1 w/c 02/09/24	Piece of Information	Answer
1	What problems did Elizabeth being a woman pose?	She couldn't lead a country or an army in battle
2	What is a key feature of Catholic beliefs?	The Pope is Head of the Church
3	What is a key feature of Protestant beliefs?	The monarch is Head of the Church
4	Why was Elizabeth's Religious Settlement known as the Middle Way?	It contained Catholic and Protestant beliefs
5	What was the system of patronage used by Elizabeth?	She rewarded loyal courtiers with jobs and money and punished disloyalty
6	What was the Royal Court?	Nobles and privy councillors who surrounded the Queen at all times
7	Why was the Royal Court significant?	It was the centre of political life
8	What was the Privy Chamber?	Elizabeth's private rooms
9	Who was invited into Elizabeth Privy Chamber?	Her favourite courtiers
10	What was the Privy Council?	Elizabeth's most trusted advisors

Week 2 w/c 09/09/24	Piece of Information	Answer
1	Who was part of the Privy Council?	Nobles and Gentry
2	How did Elizabeth control the Privy Council?	She appointed councillors with different viewpoints
3	Who were Elizabeth's most important ministers?	William Cecil and Sir Francis Walsingham
4	Why was the Earl of Essex a threat?	He plotted a rebellion to remove Elizabeth as Queen
5	Why did Elizabeth not have control of the Privy Council?	There was factional rivalry between Essex and Cecil
6	How long did Parliament sit for during Elizabeth's reign?	35 months
7	How did Elizabeth control Parliament?	She limited MPs freedom of speech by banning discussion of religion or her marriage

8	What did monopolies allow courtiers to do?	They could be the only ones to make or sell a particular product
9	How did Elizabeth want the people to see her?	As a strong ruler who kept them safe and wealthy
10	What two approaches did Elizabeth use in her powers of persuasion?	Censorship and Propaganda

Week 3 w/c 16/09/24	Piece of Information	Answer
1	What was a royal progress?	A royal tour
2	What happened to John Stubbs when he criticised Elizabeth	His hand was cut off
3	Who were the Lord Lieutenants?	Officers who had overall responsibility for each county
4	What was the role of the Justice of the Peace?	Keep Elizabethan society running smoothly
5	What was a church papist?	A Catholic who followed Elizabeth's laws and attended Protestant church services
6	What was a recusant?	A Catholic who refused to go to church
7	What law in 1559 said all worship should be the same?	Act of uniformity
8	What law said Elizabeth was the Supreme Governor of the Church of England?	Act of Supremacy
9	Why did the threat from Catholics increase in the 1580s?	the Pope stated that it would not be a sin for someone to kill Elizabeth
10	What were Jesuit priests trained to do?	Convert people back to Catholicism

Week 4 w/c 23/09/24	Piece of Information	Answer
1	What was Francis Walsingham's role?	Elizabeth's spymaster
2	What was the law that said people could be executed for helping priests?	Act against Priests
3	How much land could the government take under the 1587 recusancy act?	Two thirds of the land
4	What law stopped Catholics holding large	Act Restraining Recusants

	gatherings?	
5	What happened to Elizabeth in 1570?	She was excommunicated
6	Why was Mary Queen of Scots a threat to Elizabeth?	She had a legitimate claim to the throne
7	What was the Throckmorton Plot:	A plan to assassinate Elizabeth and put MQoS on the throne
8	What was the Babington Plot:	Philip planned to assassinate Elizabeth and put MQoS on the throne
9	What were the lives of the gentry like in Elizabethan England?	Lived in country houses with a rich and varied diet
10	What was life like for the middling sort in Elizabethan England?	Made a living as merchants and farmers

Week 5 w/c 30/09/24	Piece of Information	Answer
1	What was life like for the labouring poor in Elizabethan England?	One room houses and looked for seasonal work
2	Name the THREE classes in Elizabethan society:	The gentry, the middling sort, the labouring poor
3	What were the lives of the children of the labouring poor like?	Started to work as soon as they were old enough
4	What % of the population lived in poverty?	30%
5	How did the population increase in Elizabeth's reign?	The population rose from 2.4 million to 4.1 million
6	What was the 1601 Poor Law?	It divided the poor into deserving and undeserving poor
7	Who were the deserving poor?	People who wanted to work but couldn't
8	Who were the undeserving poor?	People who could work but didn't
9	How did Puritan ministers attack popular pastimes?	Persuaded JPs to ban maypoles and introduce licences for selling ale
10	Why did Puritan ministers attack popular pastimes?	To stop pagan practices

Week 6 w/c 07/10/24	Piece of Information	Answer
1	Who were the Lord Chamberlain's Men?	A theatre company, William Shakespeare was their playwright.
2	What was the yard?	Where the poor stood to watch plays
3	What was the gallery?	Covered seating where the rich sat

4	Who opposed the theatre?	Puritan ministers and city authorities
5	What did the Elizabethans believe about witchcraft?	They had a relationship with the devil
6	Who were the Algonquian?	One of the largest Native American peoples
7	Who was Wingina?	Chief of an Algonquian village
8	What was the Mughal Empire?	The most powerful and wealthy empire in India
9	Who ruled the Mughal Empire?	Akbar the Great
10	Why was Walter Raleigh motivated to establish Roanoke?	He hoped to earn patronage

Week 7 w/c 14/10/24	Piece of Information	Answer
1	How did the Algonquian respond to the Roanoke settlers?	Wingina attacked the colony
2	Why was Walter Raleigh's attempts to establish a colony in Roanoke a success?	Led to a successful colony in Jamestown
3	What motivated English adventurers to make journeys east?	Elizabeth supported trade with the East
4	What was the East India Company:	A company set up to trade with India
5	What was the impact of merchants who sailed east?	The East India Company became the most powerful company in the world
6	Why was Sir Francis Drake significant?	He was the first Englishman to sail around the world
7	Why was Walter Raleigh significant?	His various expeditions failed
8	How did they entertain themselves at court?	Bear-baiting, plays and banquets
9	Who was William Cecil?	Elizabeth's trusted advisor and Secretary of State
10	Why could Puritan MPs use their position in Parliament to blackmail Elizabeth?	Elizabeth needed the consent of Parliament to raise taxes

Week 8 w/c 21/10/24	Piece of Information	Answer
1	Why did Elizabeth not have control of the Privy Council?	There was factional rivalry between Essex and Cecil
2	Why was Elizabeth's Religious Settlement known as the Middle Way?	It contained Catholic and Protestant beliefs
3	What was the system of patronage used by Elizabeth?	She rewarded loyal courtiers with jobs and money and punished disloyalty
4	Why was the Royal Court significant?	It was the centre of political life
5	How did Elizabeth control the Privy Council?	She appointed councillors with different viewpoints
6	Why was the Earl of Essex a threat?	He plotted a rebellion to remove Elizabeth as Queen
7	How did Elizabeth control Parliament?	She limited MPs freedom of speech by banning discussion of religion or her marriage
8	What did monopolies allow courtiers to do?	They could be the only ones to make or sell a particular product
9	How did Elizabeth want the people to see her?	As a strong ruler who kept them safe and wealthy
10	What two approaches did Elizabeth use in her powers of persuasion?	Censorship and Propaganda

Week 9 w/c 04/11/24	Piece of Information	Answer
1	Who were the Lord Lieutenants?	Officers who had overall responsibility for each county
2	What was the role of the Justice of the Peace?	Keep Elizabethan society running smoothly
3	What was a church papist?	A Catholic who followed Elizabeth's laws and attended Protestant church services
4	What was a recusant?	A Catholic who refused to go to church
5	What law in 1559 said all worship should be the same?	Act of uniformity
6	What were Jesuit priests trained to do?	Convert people back to Catholicism
7	What was the law that said people could be executed for helping priests?	Act against Priests
8	What law stopped Catholics holding large gatherings?	Act Restraining Recusants

9	What were the lives of the gentry like in Elizabethan England?	Lived in country houses with a rich and varied diet
10	What was life like for the middling sort in Elizabethan England?	Made a living as merchants and farmers

Week 10 w/c 11/11/24	Piece of Information	Answer
1	Name the THREE classes in Elizabethan society:	The gentry, the middling sort, the labouring poor
2	What were the lives of the children of the labouring poor like?	Started to work as soon as they were old enough
3	Name the THREE classes in Elizabethan society:	The gentry, the middling sort, the labouring poor
4	What was the 1601 Poor Law?	It divided the poor into deserving and undeserving poor
5	Who were the deserving poor?	People who wanted to work but couldn't
6	Who were the undeserving poor?	People who could work but didn't
7	Who were the Lord Chamberlain's Men?	A theatre company, William Shakespeare was their playwright.
8	What was the yard?	Where the poor stood to watch plays
9	What was the gallery?	Covered seating where the rich sat
10	Who opposed the theatre?	Puritan ministers and city authorities

Week 11 w/c 18/11/24	Piece of Information	Answer
1	Who were the Algonquian?	One of the largest Native American peoples
2	Who was Wingina?	Chief of an Algonquian village
3	What was the Mughal Empire?	The most powerful and wealthy empire in India
4	Who ruled the Mughal Empire?	Akbar the Great
5	Why was Walter Raleigh's attempts to establish a colony in Roanoke a success?	Led to a successful colony in Jamestown
6	What was the East India Company:	A company set up to trade with India
7	What was the impact of merchants who sailed east?	The East India Company became the most powerful company in the world
8	Why was Sir Francis Drake significant?	He was the first Englishman to sail around the world

9	How did Puritan ministers attack popular pastimes?	Persuaded JPs to ban maypoles and introduce licences for selling ale
10	Why did Puritan ministers attack popular pastimes?	To stop pagan practices

Week 12 w/c 25/11/24	Piece of Information	Answer
1	What was a royal progress?	A royal tour
2	What happened to John Stubbs when he criticised Elizabeth	His hand was cut off
3	Who were the Lord Lieutenants?	Officers who had overall responsibility for each county
4	What was the role of the Justice of the Peace?	Keep Elizabethan society running smoothly
5	Who were Elizabeth's most important ministers?	William Cecil and Sir Francis Walsingham
6	Why was the Earl of Essex a threat?	He plotted a rebellion to remove Elizabeth as Queen
7	Why did Elizabeth not have control of the Privy Council?	There was factional rivalry between Essex and Cecil
8	How long did Parliament sit for during Elizabeth's reign?	35 months
9	What law stopped Catholics holding large gatherings?	Act Restraining Recusants
10	What happened to Elizabeth in 1570?	She was excommunicated

Week 13 w/c 02/12/24	Piece of Information	Answer
1	What was the 1601 Poor Law?	It divided the poor into deserving and undeserving poor
2	Who were the deserving poor?	People who wanted to work but couldn't
3	Who were the undeserving poor?	People who could work but didn't
4	What was the East India Company:	A company set up to trade with India
5	What was the impact of merchants who sailed east?	The East India Company became the most powerful company in the world
6	Why could Puritan MPs use their position in Parliament to blackmail Elizabeth?	Elizabeth needed the consent of Parliament to raise taxes
7	What was the Throckmorton Plot:	A plan to assassinate Elizabeth and put MQoS on the throne
8	What was the Babington Plot:	Philip planned to assassinate Elizabeth and put MQoS on the throne
9	What were the lives of the gentry like in Elizabethan England?	Lived in country houses with a rich and varied diet
10	What was life like for the middling sort in Elizabethan England?	Made a living as merchants and farmers

Hospitality and Catering Knowledge Organiser:


Week 1 w/c 02/09/24	Piece of Information	Answer
1	Hospitality	The industry that provides accommodation, food and drinks in a variety of places away from home.
2	Catering	The industry that provides food and drink in a range of settings.
3	Establishment	The premises (place) of a business or company e.g.: hotel, café
4	Provider - supplier	The company or business that supplies items such as food or delivers a service.
5	Commercial	A service provider whose aim is to make a profit from their work.
6	Non-Commercial	A service provider whose aim is not to make a profit from their work e.g.: hospital
7	Residential	A business or company whose services involve accommodation/somewhere to stay.
8	Accommodation	Establishment that provides overnight facilities e.g.: a hotel, Bed and Breakfast, caravan park.
9	Client	A customer that uses services or products.
10	Function	An event that involves gathering people together e.g.: wedding, conference, prom.

Week 2 w/c 09/09/24	Piece of Information	Answer
1	Event	A special function e.g.: a concert, the races, football match where a range of food is often available.
2	Contract caterer	A business from outside of the organisation that provides food and drink at a hospitality venue e.g.: burger van at Cheltenham Racecourse.
3	Café	An establishment that sells snacks, cakes and smaller meals.
4	Fast food restaurant	An establishment that sells 'quick-to-cook' food that can be taken away or eaten there, usually served in disposable packaging.
5	Fine dining restaurant	An establishment that sells high quality food that has taken skill and time to prepare by a chef. The food is usually made from fresh ingredients.
6	A la carte menu	A menu that offers a wide choice of dishes. Dishes are individually priced.
7	Table d'hote menu	A limited menu with 4-5 choices at a set price.
8	Table service	A type of service where the waiter takes your order at the table and brings your food to you.
9	Counter service	A type of service where you order and collect your own food from the counter.
10	Buffet	A type of service where you help yourself to as much food as you want from a counter.

Week 3 w/c 16/09/24	Piece of Information	Answer
1	Executive chef/ Head chef	A member of the kitchen brigade who is in charge of the kitchen. Responsibilities include planning menus and ordering stock.
2	Sous chef	A member of the kitchen brigade who is second in command. Responsibilities include food production and day to day running of the kitchen.
3	Chef de partie	A member of the kitchen brigade who is responsible for a section or area in the kitchen.
4	Commis chef	A member of the kitchen brigade who is a trainee or apprentice chef, learning all basic skills required.
5	Housekeeper	A member of front of house staff who is responsible for looking after cleanliness of


		the bedrooms in a hotel.
6	Hospitality	The industry that provides accommodation, food and drinks in a variety of places away from home.
7	Catering	The industry that provides food and drink in a range of settings.
8	Establishment	The premises (place) of a business or company e.g.: hotel, café
9	Provider - supplier	The company or business that supplies items such as food or delivers a service.
10	Commercial	A service provider whose aim is to make a profit from their work.

Week 4 w/c 23/09/24	Piece of Information	Answer
1	Silver service	A type of service where a waiter serves each item onto your plate individually.
2	Gueridon service (trolley service)	A type of service where food is cooked at your table e.g.: a steak or flambeed bananas.
3	Front of house staff	A member of staff that deals directly with customers both when they arrive and throughout their stay.
4	Concierge	A member of front of house staff that can assist customers with additional services. e.g.: by booking taxis/tickets and advising on local attractions.
5	Kitchen brigade	A tiered staff system that sets out and explains the roles and responsibilities of those who work in the kitchen.
6	Commercial	A service provider whose aim is to make a profit from their work.
7	Non-Commercial	A service provider whose aim is not to make a profit from their work e.g.: hospital
8	Residential	A business or company whose services involve accommodation/somewhere to stay.
9	Accommodation	Establishment that provides overnight facilities e.g.: a hotel, Bed and Breakfast, caravan park.
10	Client	A customer that uses services or products.
	Function	An event that involves gathering people together e.g.: wedding, conference, prom.

Week 5 w/c 30/09/24	Piece of Information	Answer
1	Food hygiene rating	A measure used to rank food establishments for cleanliness, correct food storage and preparation. Issued by an Environmental Health Officer (EHO).
2	Michelin star	A rating system used to grade restaurants on their quality. A restaurant can be awarded 1-3 stars. This is the highest level of rating.
3	AA rosettes	A rating system used to grade restaurants on their quality. A restaurant can be awarded 1-5 rosettes. Once an establishment has received three rosettes they can then go on to try to obtain a Michelin star.
4	AA stars	A rating system used to rate the accommodation provided. Hotels are awarded 1-5 stars depending on the quality of service and facilities they have available. The rating is issued by an inspector.
5	Michelin Star	
6	Event	A special function e.g.: a concert, the races, football match where a range of food is often available.
7	Contract caterer	A business from outside of the organisation that provides food and drink at a hospitality venue e.g.: burger van at Cheltenham Racecourse.
8	Café	An establishment that sells snacks, cakes and smaller meals.
9	Fast food restaurant	An establishment that sells 'quick-to-cook' food that can be taken away or eaten

		there, usually served in disposable packaging.
10	Fine dining restaurant	An establishment that sells high quality food that has taken skill and time to prepare by a chef. The food is usually made from fresh ingredients.

Week 6 w/c 07/10/24	Piece of Information	Answer
1	Workflow	A system used to order the way food passes through the kitchen from delivery to the dining room.
2	Kitchen layout	The design of a kitchen including the way work surfaces, storage and cooking are organised into different sections.
3	FIFO	A method of stock rotation used in the industry. Stock is used on a First In First Out basis. This helps to prevent wastage.
4	Hot holding	A method of keeping food warm. The temperature must remain above 63°C for no longer than 2 hours.
5	Dress code	A policy that outlines the uniform requirements. It usually specifies it should be clean, ironed and changed daily with no jewellery worn.
6	A la carte menu	A menu that offers a wide choice of dishes. Dishes are individually priced.
7	Table d'hote menu	A limited menu with 4-5 choices at a set price.
8	Table service	A type of service where the waiter takes your order at the table and brings your food to you.
9	Counter service	A type of service where you order and collect your own food from the counter.
10	Buffet	A type of service where you help yourself to as much food as you want from a counter.

Week 7 w/c 14/10/24	Piece of Information	Answer
1	Toque	A tall type of hat worn by a chef.
2	Front of house operations	An area of an establishment operated by the front of house staff. This includes the entrance or reception area, waiting area, bar and dining room.
3	Mise en place	Preparation that takes place before starting to cook. This includes weighing ingredients, preheating ovens and washing your hands.
4	Full-time	A type of employment contract. Usually 5 days a week. Days and hours are stated within the contract. The employee is entitled to sick pay and holiday pay.
5	Part-time	A type of employment contract. Usually less than 5 days a week. Days and hours are stated within the contract. The employee is entitled to sick pay and holiday pay but the time is reduced compared to a full time contract.
6	Food hygiene rating	A measure used to rank food establishments for cleanliness, correct food storage and preparation. Issued by an Environmental Health Officer (EHO).
7	Michelin star	A rating system used to grade restaurants on their quality. A restaurant can be awarded 1-3 stars. This is the highest level of rating.
8	AA rosettes	A rating system used to grade restaurants on their quality. A restaurant can be awarded 1-5 rosettes. Once an establishment has received three rosettes they can then go on to try to obtain a Michelin star.
9	AA stars	A rating system used to rate the accommodation provided. Hotels are awarded 1-5 stars depending on the quality of service and facilities they have available. The rating is issued by an inspector.
10	Michelin Star	

Week 8 w/c 21/10/24	Piece of Information	Answer
1	Zero hour contract	A type of employment contract in which no minimum hours are given and the worker does not have to accept work offered. The employee is not entitled to sick pay or holiday pay.
2	Service charge	A charge that is automatically added to the customer's bill for the service provided by the staff. The charge is optional for customers and is calculated as a percentage of the total bill. The money received from the service charge is divided between the staff on shift at the time of the bill.
3	National minimum wage	The minimum amount per hour that you should be paid depending on your age. This is set by the government.
4	National living wage	The minimum amount per hour that you should be paid, once you reach 25. This is set by the government.
5	A cover	A diner at a restaurant who orders food and drink.
6	Workflow	A system used to order the way food passes through the kitchen from delivery to the dining room.
7	Kitchen layout	The design of a kitchen including the way work surfaces, storage and cooking are organised into different sections.
8	FIFO	A method of stock rotation used in the industry. Stock is used on a First In First Out basis. This helps to prevent wastage.
9	Hot holding	A method of keeping food warm. The temperature must remain above 63°C for no longer than 2 hours.
10	Dress code	A policy that outlines the uniform requirements. It usually specifies it should be clean, ironed and changed daily with no jewellery worn.


Week 9 w/c 04/11/24	Piece of Information	Answer
1	Hospitality	The industry that provides accommodation, food and drinks in a variety of places away from home.
2	Catering	The industry that provides food and drink in a range of settings.
3	Establishment	The premises (place) of a business or company e.g.: hotel, café
4	Provider - supplier	The company or business that supplies items such as food or delivers a service.
5	Commercial	A service provider whose aim is to make a profit from their work.
6	Event	A special function e.g.: a concert, the races, football match where a range of food is often available.
7	Contract caterer	A business from outside of the organisation that provides food and drink at a hospitality venue e.g.: burger van at Cheltenham Racecourse.
8	Café	An establishment that sells snacks, cakes and smaller meals.
9	Fast food restaurant	An establishment that sells 'quick-to-cook' food that can be taken away or eaten there, usually served in disposable packaging.
10	Fine dining restaurant	An establishment that sells high quality food that has taken skill and time to prepare by a chef. The food is usually made from fresh ingredients.

Week 10 w/c 11/11/24	Piece of Information	Answer
1	Commercial	A service provider whose aim is to make a profit from their work.
2	Non-Commercial	A service provider whose aim is not to make a profit from their work e.g.: hospital
3	Residential	A business or company whose services involve accommodation/somewhere to stay.

4	Accommodation	Establishment that provides overnight facilities e.g.: a hotel, Bed and Breakfast, caravan park.
5	Client	A customer that uses services or products.
6	Function	An event that involves gathering people together e.g.: wedding, conference, prom.
7	A la carte menu	A menu that offers a wide choice of dishes. Dishes are individually priced.
8	Table d'hote menu	A limited menu with 4-5 choices at a set price.
9	Table service	A type of service where the waiter takes your order at the table and brings your food to you.
10	Counter service	A type of service where you order and collect your own food from the counter.
	Buffet	A type of service where you help yourself to as much food as you want from a counter.

Week 11 w/c 18/11/24	Piece of Information	Answer
1	Zero hour contract	A type of employment contract in which no minimum hours are given and the worker does not have to accept work offered. The employee is not entitled to sick pay or holiday pay.
2	Service charge	A charge that is automatically added to the customer's bill for the service provided by the staff. The charge is optional for customers and is calculated as a percentage of the total bill. The money received from the service charge is divided between the staff on shift at the time of the bill.
3	National minimum wage	The minimum amount per hour that you should be paid depending on your age. This is set by the government.
4	National living wage	The minimum amount per hour that you should be paid, once you reach 25. This is set by the government.
5	A cover	A diner at a restaurant who orders food and drink.
6	Workflow	A system used to order the way food passes through the kitchen from delivery to the dining room.
7	Kitchen layout	The design of a kitchen including the way work surfaces, storage and cooking are organised into different sections.
8	FIFO	A method of stock rotation used in the industry. Stock is used on a First In First Out basis. This helps to prevent wastage.
9	Hot holding	A method of keeping food warm. The temperature must remain above 63°C for no longer than 2 hours.
10	Dress code	A policy that outlines the uniform requirements. It usually specifies it should be clean, ironed and changed daily with no jewellery worn.

Week 12 w/c 25/11/24	Piece of Information	Answer
1	Food hygiene rating	A measure used to rank food establishments for cleanliness, correct food storage and preparation. Issued by an Environmental Health Officer (EHO).
2	Michelin star	A rating system used to grade restaurants on their quality. A restaurant can be awarded 1-3 stars. This is the highest level of rating.
3	AA rosettes	A rating system used to grade restaurants on their quality. A restaurant can be awarded 1-5 rosettes. Once an establishment has received three rosettes they can then go on to try to obtain a Michelin star.
4	AA stars	A rating system used to rate the accommodation provided. Hotels are awarded 1-5 stars depending on the quality of service and facilities they have available. The rating is issued by an inspector.

5	Michelin Star	
6	Event	A special function e.g.: a concert, the races, football match where a range of food is often available.
7	Contract caterer	A business from outside of the organisation that provides food and drink at a hospitality venue e.g.: burger van at Cheltenham Racecourse.
8	Café	An establishment that sells snacks, cakes and smaller meals.
9	Fast food restaurant	An establishment that sells 'quick-to-cook' food that can be taken away or eaten there, usually served in disposable packaging.
10	Fine dining restaurant	An establishment that sells high quality food that has taken skill and time to prepare by a chef. The food is usually made from fresh ingredients.

Week 13 w/c 02/12/24	Piece of Information	Answer
1	Executive chef/ Head chef	A member of the kitchen brigade who is in charge of the kitchen. Responsibilities include planning menus and ordering stock.
2	Sous chef	A member of the kitchen brigade who is second in command. Responsibilities include food production and day to day running of the kitchen.
3	Chef de partie	A member of the kitchen brigade who is responsible for a section or area in the kitchen.
4	Commis chef	A member of the kitchen brigade who is a trainee or apprentice chef, learning all basic skills required.
5	Housekeeper	A member of front of house staff who is responsible for looking after cleanliness of the bedrooms in a hotel.
6	Hospitality	The industry that provides accommodation, food and drinks in a variety of places away from home.
7	Catering	The industry that provides food and drink in a range of settings.
8	Establishment	The premises (place) of a business or company e.g.: hotel, café
9	Provider - supplier	The company or business that supplies items such as food or delivers a service.
10	Commercial	A service provider whose aim is to make a profit from their work.

Spanish Knowledge Organiser:

Week 1 w/c 02/09/24	Piece of Information	Answer
1	hace dos semanas hice	two weeks ago, I did
2	mis prácticas laborales en un colegio	my work experience in a school
3	cada día me levantaba a las siete	each day I got up at seven
4	porque tenía que coger el autobús a las ocho	because I had to catch the bus at eight
5	me gustó mucho trabajar allí	I liked working there a lot
6	porque me llevé muy bien con mis compañeros	because I got on very well with my friends
7	soy una <u>persona</u> trabajadora	I am a hard-working <u>person</u>
8	cuando sea mayor me gustaría ser profesora	when I am older I would like to be a teacher
9	porque es un trabajo con mucha responsabilidad	because it is a job with a lot of responsibility
10	en casa, suelo ayudar a mi madre	at home, I tend to help my mum

Week 2 w/c 09/09/24	Piece of Information	Answer
1	para ganar dinero	(in order) to earn money
2	lavo los platos todos los días	I wash the dishes everyday
3	a veces limpio mi habitación	sometimes I clean my room
4	lo peor de todo es cuando	the worst of all is when
5	tengo que sacar la basura	I have to take out the rubbish
6	me gustaría pagar para un limpiador	I would like to pay for a cleaner
7	domino el inglés, pero en mi opinión	I am fluent in English, but in my opinion
8	es muy importante aprender otro idioma	it is very important to learn another language
9	puesto que te permite	since it allows you
10	descubrir nuevas culturas	to discover new cultures

Week 3 w/c 16/09/24	Piece of Information	Answer
1	y mejora tus <u>perspectivas</u> laborales	and it improves your job <u>prospects</u>
2	sin embargo, hay que estudiar mucho	however, you have (one has) to study a lot
3	pienso que es durísimo	I think that it's really hard
4	si saco buenas notas	If I get good grades
5	encontraré un trabajo con un buen sueldo	I will find a job with a good salary
6	two weeks ago, I did	hace dos semanas hice
7	my work experience in a school	mis prácticas laborales en un colegio
8	each day I got up at seven	cada día me levantaba a las siete
9	because I had to catch the bus at eight	porque tenía que coger el autobús a las ocho
10	I liked working there a lot	me gustó mucho trabajar allí

Week 4 w/c 23/09/24	Piece of Information	Answer
1	para mí, el mayor <u>problema</u> global	for me, the biggest global <u>problem</u>

2	es el problema del medioambiente	is the problem of the environment
3	en muchos países se destruyen la selva	in many countries they destroy the forest
4	y por eso, tenemos que hacer	and therefore, we have to do
5	<u>proyectos</u> de conservación	conservation <u>projects</u>
6	because I got on very well with my friends	porque me llevé muy bien con mis compañeros
7	I am a hard-working <u>person</u>	soy una <u>persona</u> trabajadora
8	when I am older I would like to be a teacher	cuando sea mayor me gustaría ser profesora
9	because it is a job with a lot of responsibility	porque es un trabajo con mucha responsabilidad
10	at home, I tend to help my mum	en casa, suelo ayudar a mi madre

Week 5 w/c 30/09/24	Piece of Information	Answer
1	y usar <u>productos</u> verdes	and use green <u>products</u>
2	otro <u>problema</u> grande	another big <u>problem</u>
3	es la <u>desigualdad</u> social	is social <u>inequality</u>
4	tenemos que apoyar	we have to support
5	<u>proyectos</u> de ayuda en el tercer mundo	aid <u>projects</u> in the third world
6	(in order) to earn money	para ganar dinero
7	I wash the dishes everyday	lavo los platos todos los días
8	sometimes I clean my room	a veces limpio mi habitación
9	the worst of all is when	lo peor de todo es cuando
10	I have to take out the rubbish	tengo que sacar la basura

Week 6 w/c 07/10/24	Piece of Information	Answer
1	me gustaría participar en más eventos	I would like to participate in more events
2	para ayudar a otra gente	(in order) to help other people
3	también en casa, hay mucho que podemos hacer	also at home, there is a lot that we can do
4	se debe apagar la luz para ahorrar energía	you should turn off lights in order to save energy
5	hay que evitar el uso de plástico	you must avoid using plastic
6	I would like to pay for a cleaner	me gustaría pagar para un limpiador
7	I am fluent in English, but in my opinion	domino el inglés, pero en mi opinión
8	it is very important to learn another language	es muy importante aprender otro idioma
9	since it allows you	puesto que te permite
10	to discover new cultures	descubrir nuevas culturas

Week 7 w/c 14/10/24	Piece of Information	Answer
1	se puede solucionar los <u>problemas</u> medioambientales	you can solve environmental <u>problems</u>
2	intento de comer una <u>dieta</u> sana	I try to eat a healthy <u>diet</u>
3	me gustaría practicar más deporte	I would like to practice more sports
4	y evitar demasiado azúcar	and avoid too much sugar
5	hay un <u>problema</u> serio del <u>consumo</u> de drogas	there is a serious <u>problem</u> with drug <u>consumption</u>
6	and it improves your job <u>prospects</u>	y mejora tus <u>perspectivas</u> laborales
7	however, you have (one has) to study a lot	sin embargo, hay que estudiar mucho

8	I think that it's really hard	pienso que es durísimo
9	if I get good grades	si saco buenas notas
10	I will find a job with a good salary	encontraré un trabajo con un buen sueldo

Week 8 w/c 21/10/24	Piece of Information	Answer
1	en mi opinión es un <u>problema</u> grave	in my opinion, it is a severe <u>problem</u>
2	porque muchos de mis amigos <u>las hacen</u>	because a lot of my friends <u>do them</u>
3	pienso que beber alcohol es una tontería	I think that drinking alcohol is silly
4	porque es muy perjudicial para la salud	because it is very harmful to health
5	y afecta tu capacidad para tomar decisiones	and it affects your ability to make (to take) decisions
6	for me, the biggest global <u>problem</u>	para mí, el mayor <u>problema</u> global
7	is the problem of the environment	es el problema del medioambiente
8	in many countries they destroy the forest	en muchos países se destruyen la selva
9	and therefore, we have to do	y por eso, tenemos que hacer
10	conservation <u>projects</u>	<u>proyectos</u> de conservación

Week 9 w/c 04/11/24	Piece of Information	Answer
1	and use green <u>products</u>	y usar <u>productos</u> verdes
2	another big <u>problem</u>	otro <u>problema</u> grande
3	is social <u>inequality</u>	es la <u>desigualdad</u> social
4	we have to support	tenemos que apoyar
5	aid <u>projects</u> in the third world	<u>proyectos</u> de ayuda en el tercer mundo
6	I would like to participate in more events	me gustaría participar en más eventos
7	(in order) to help other people	para ayudar a otra gente
8	also at home, there is a lot that we can do	también en casa, hay mucho que podemos hacer
9	you must turn off lights in order to save energy	se debe apagar la luz para ahorrar energía
10	you must avoid using plastic	hay que evitar el uso de plástico

Week 10 w/c 11/11/24	Piece of Information	Answer
1	you can solve environmental <u>problems</u>	se puede solucionar los <u>problemas</u> medioambientales
2	I try to eat a healthy <u>diet</u>	intento de comer una <u>dieta</u> sana
3	I would like to practice more sports	me gustaría practicar más deporte
4	and avoid too much sugar	y evitar demasiado azúcar
5	there is a serious <u>problem</u> with drug <u>consumption</u>	hay un problema serio del <u>consumo</u> de drogas
6	in my opinion, it is a severe <u>problem</u>	en mi opinión es un <u>problema</u> grave
7	because a lot of my friends do them	porque muchos de mis amigos las hacen
8	I think that drinking alcohol is silly	pienso que beber alcohol es una tontería
9	because it is very harmful to health	porque es muy perjudicial para la salud
10	and it affects your ability to make (to take) decisions	y afecta tu capacidad para tomar decisiones

Week 11 w/c 18/11/24	Piece of Information	Answer
1	hace dos semanas hice	two weeks ago, I did
2	mis prácticas laborales en un colegio	my work experience in a school
3	cada día me levantaba a las siete	each day I got up at seven
4	porque tenía que coger el autobús a las ocho	because I had to catch the bus at eight
5	me gustó mucho trabajar allí	I liked working there a lot
6	porque me llevé muy bien con mis compañeros	because I got on very well with my friends
7	soy una <u>persona</u> trabajadora	I am a hard-working <u>person</u>
8	cuando sea mayor me gustaría ser profesora	when I am older I would like to be a teacher
9	porque es un trabajo con mucha responsabilidad	because it is a job with a lot of responsibility
10	en casa, suelo ayudar a mi madre	at home, I tend to help my mum

Week 12 w/c 25/11/24	Piece of Information	Answer
1	para ganar dinero	(in order) to earn money
2	lavo los platos todos los días	I wash the dishes everyday
3	a veces limpio mi habitación	sometimes I clean my room
4	lo peor de todo es cuando	the worst of all is when
5	tengo que sacar la basura	I have to take out the rubbish
6	me gustaría pagar para un limpiador	I would like to pay for a cleaner
7	domino el inglés, pero en mi opinión	I am fluent in English, but in my opinion
8	es muy importante aprender otro idioma	it is very important to learn another language
9	puesto que te permite	since it allows you
10	descubrir nuevas culturas	to discover new cultures

Week 13 w/c 02/12/24	Piece of Information	Answer
1	y mejora tus <u>perspectivas</u> laborales	and it improves your job <u>prospects</u>
2	sin embargo, hay que estudiar mucho	however, you have (one has) to study a lot
3	pienso que es durísimo	I think that it's really hard
4	si saco buenas notas	If I get good grades
5	encontraré un trabajo con un buen sueldo	I will find a job with a good salary
6	two weeks ago, I did	hace dos semanas hice
7	my work experience in a school	mis prácticas laborales en un colegio
8	each day I got up at seven	cada día me levantaba a las siete
9	because I had to catch the bus at eight	porque tenía que coger el autobús a las ocho
10	I liked working there a lot	me gustó mucho trabajar allí

Sport Science Knowledge Organiser:

Week 1 w/c 02/09/24	Piece of Information	Answer
1	Chamber	Sections of the heart that allows blood flow through
2	Ventricles	Lower chamber of the heart that pumps blood out through arteries
3	Atria	Upper chambers of the heart that collect blood from veins
4	Deoxygenated blood	Blood that does not carry oxygen
5	Oxygenated blood	That carries oxygen
6	Valves	Prevent the backflow of blood
7	Carbon dioxide	Gas that is produced as a waste product during internal respiration
8	Diaphragm	Dome-shaped muscle causing inhalation and exhalation
9	Heart rate	The number of times the heart beats per minute
10	Radial pulse	Heart rate that can be felt at the wrist

Week 2 w/c 09/09/24	Piece of Information	Answer
1	Carotid pulse	Heart rate that can be felt at the neck
2	Cardiac output	The volume of blood that the heart is able to pump in one minute
3	Stroke volume	The volume of blood that leaves the heart during each contraction
4	Inhalation	Breathing in
5	Exhalation	Breathing out
6	ROM	Range of movement
7	Arteries	Blood vessels that mainly carry oxygenated blood away from the heart
8	Capillaries	Tiny, thin-walled blood vessels that join arteries
9	Alveoli	Tiny air sacs in the lungs
10	Veins	Blood vessels that mainly carry deoxygenated blood back to the heart

Week 3 w/c 16/09/24	Piece of Information	Answer
1	Trachea	Tube connecting the mouth and nose to the lungs
2	Lungs	Large spongy organs in chest; used for gas exchange
3	Bronchi	Airways that lead from the trachea into the lungs
4	Bronchioles	Air passages inside the lungs that connect the bronchi to the alveoli
5	Vasoconstriction	Reduction in the diameter of a blood vessel to reduce blood flow through that vessel
6	Vasodilation	Widening in the diameter of blood vessels to increase blood flow through that vessel
7	Vascular shunt	How the body directs blood to where it is needed by widening or reducing the diameter of arteries
8	Intercostal muscle	Muscle located between the ribs
9	Systolic blood pressure	Blood pressure when the heart is contracting
10	Diastolic blood pressure	Blood pressure when the heart is relaxed

Week 4 w/c 23/09/24	Piece of Information	Answer
1	Internal respiration	The exchange of gases between the cells of body and the blood
2	Diffusion	The movement of a gas from an area of high concentration to an area of low concentration
3	Fast twitch fibres	Muscle fibres that contract quickly and/or with high force; used during high intensity work
4	Slow twitch fibres	Muscle fibres that contract with a low force but do not fatigue
5	Lung capacity	The amount of air the lung can hold
6	Tidal volume	The amount of air breathed in and out at rest
7	Heart attack	Medical emergency in which the supply of blood to the heart is suddenly blocked
8	Technology	Putting scientific knowledge into practical use to solve problems or invent useful tools
9	Wearable technology	Technology worn on the body during exercise to provide data
10	Laboratory-based technology	The use of technology inside a laboratory to provide data

Week 5 w/c 30/09/24	Piece of Information	Answer
1	Field-based technology	Technology that can be used to provide data outside of a laboratory in the setting where sports take place
2	FITT	Principles of overload; Frequency, intensity, time and type
3	Frequency	The number of training sessions you complete over a period of time.
4	Intensity	How hard you train.
5	Time	How long you train for in each session.
6	Type	The method of training you use.
7	Validity	Refers to how well a fitness test measures the component of fitness that it aims to test.
8	Reliability	A fitness test is reliable if it can be repeated and gives similar results each time.
9	Maximal test	Fitness tests that require maximal effort in order to produce a valid, comparable result
10	Protocol	The accepted or established procedure for conducting a test

Week 6 w/c 07/10/24	Piece of Information	Answer
1	PAR-Q	Physical activity readiness questionnaire
2	Questionnaire	Series of questions to be answered truthfully.
3	Normative data	Data and statistics used to compare participants' scores against set standards.
4	Aerobic - methods of training	Continuous and Fartlek (periods of aerobic and anaerobic exercise).
5	Anaerobic - methods of training	HIIT, Interval, Plyometrics and resistance training.
6	Skill rehearsal - preparation	Athletes rehearse the skill or strategy by talking to themselves.
7	Specificity	Making training specific to the movements, skills and muscles that are used in the activity
8	Progression	Gradually making training harder as it becomes too easy.
9	Overload	Working harder than normal.
10	Reversibility	'Use it or lose it'. If you stop training you will lose fitness.
	SMART	Principles of goal setting: Specific, measurable, achievable, realistic and time bound

Week 7 w/c 14/10/24	Piece of Information	Answer
1	Electromyography (EMG)	A technique used to monitor the electrical activity within skeletal muscles.
2	Anticipatory Rise	Slight increase in heart rate before exercise.
3	ROM	Range of movement
4	Fast Twitch fibres	Muscle fibres that contract quickly and/or with high; used during high-intensity work.
5	Slow Twitch fibres	Muscle fibres that contract with a low force but do not fatigue quickly
6	Bradycardia	Decrease in the resting heart rate because of training.
7	Goniometer	Device used to measure flexibility (range of movement at a joint).
8	Lung Capacity	The amount of air the lungs can hold.
9	Tidal Volume	The amount of air breathed in and out at rest.
10	Bone Density	The amount of bone mineral in bone tissue.

Week 8 w/c 21/10/24	Piece of Information	Answer
1	Ribcage	Comprised of the ribs and sternum
2	Clavicle	The collarbone.
3	Scapula	The shoulder blade.
4	Radius	Bone of the forearm; attaches to the thumb side of the wrist.
5	Rotation	Turning part of the body around its axis
6	Circumduction	Conical movement of an extended limb
7	Abduction	Taking a limb away from the midline of the body
8	Adduction	Bringing a limb towards the midline of the body
9	Flexion	Angle between bones decreases (bending)
10	Extension	Angle between bones increases (straightening)

Week 9 w/c 04/11/24	Piece of Information	Answer
1	Cranium	Skull bone, which surrounds the brain.
2	Ribs	Bones surrounding the heart and lungs, forming the chest cavity.
3	Sternum	Flat bone at the front of the chest, sometimes called the breastbone.
4	Vertebrae	Many single bones joined together to form the backbone.
5	Ulna	Bone of the forearm; forms the point of the elbow.
6	Femur	Long bone of the thigh or upper leg, which extends from the hip to the knee.
7	Tibia	The shin bone; forms knee joint with the femur.
8	Fibula	Bone in the lower leg that forms the ankle.
9	Patella	The kneecap covers the knee joint.
10	Pelvic girdle	Legs are attached to the pelvic girdle.

Week 10 w/c 11/11/24	Piece of Information	Answer
1	Deltoids	Muscles on the shoulder joint that move the upper arm.
2	Trapezius	Muscles at the top of the back that moves the scapula and head.
3	Latissimus dorsi	Muscle at the side of the back that moves the upper arm.
4	Pectorals	Muscles in the chest that move the upper arm.
5	Biceps	Muscles at the front of the upper arm that causes bending at the elbow joint.
6	Triceps	Muscles at the back of the upper arm that cause straightening at the elbow joint.
7	Abdominals	Stomach muscles that protect internal organs.
8	Gluteals	Buttock muscles, which are used when running.
9	Hamstrings	Muscles at the back of the upper leg, they bend the knee.
10	Quadriceps	Muscles at the front of the upper leg, they straighten the leg.

Week 11 w/c 18/11/24	Piece of Information	Answer
1	Gastrocnemius	One of the calf muscles, used in walking.
2	Soleus	One of the calf muscles, used in walking.
3	Synovial joint	A freely moveable joint.
4	Ball and socket joint	Ball shaped end of one bone fits into the socket of another.
5	Hinge joint	End of the bone fits against another bone allowing movement in only one direction.
6	Gliding joint	One bone can slide over another,
7	Pivot joint	Rounded end of one bone fits into a ring formed by the other bone.
8	Connective tissue	White tissue providing support
9	Cartilage	Elastic tissue forms padding at the ends of long bones.
10	Tendons	Joins muscles to bone to cause movement.

Week 12 w/c 25/11/24	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	Contusion (Bruises)	Happens when a blood vessel leaks blood into the surrounding area.
4	Blister	Small bags of fluid that develop under the skin to protect the underlying tissue from damage caused by friction.
5	Fracture	A partial or complete break in a bone.
6	Open fracture	When there is considerable damage to the tissues because the fractured bone has broken through the skin.
7	Closed fracture	A broken bone with no break in the skin.
8	Dislocation	When a bone is dislodge from its position in a joint.
9	Concussion	Head injury in which the brain is shaken inside the skull.
10	Nausea	Uneasiness of the stomach that often accompanies the urge to vomit, but doesn't always lead to vomiting.

Week 13 w/c 02/12/24	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.

Religious Studies Knowledge Organiser:

Week 1 w/c 02/09/24	Piece of Information	Answer
1	'In the name of God, the most gracious, the most merciful.'	This is a quote to show the idea that Allah is merciful.
2	The Five roots of 'Usul ad-Din	Shi'a Islam: Tawhid, Prophethood, The justice of Allah (Adalat), The Imamate, Resurrection.
3	Supremacy	The belief that Allah's will is above all things.
4	The Six Articles of Faith	Sunni Islam: Tawhid, Angels, The holy books, The prophets, The Day of Judgement, The supremacy of Allah's will.
5	Muhammad	Arab religious, social, and political leader and founder of Islam. According to Islamic doctrine he was a prophet.
6	Prophet	An individual who is regarded as being in contact with a divine being; someone who has a message for mankind.
7	Sunni Islam	Branch of Islam who believed that the Caliph should be elected after the death of Muhammad. The larger of the two branches of Islam.
8	'We are closer to him than [his] jugular vein.'	This is a quote to show the idea that Allah is immanent, meaning Allah is close to all things on earth.
9	Shi'a Islam	Branch of Islam who believed that Ali, Muhammad's cousin and son-in-law was the rightful leader after the death of Muhammad.
10	Tawhid	The belief in one, indivisible God.

Week 2 w/c 09/09/24	Piece of Information	Answer
1	'There is no god but Allah and Muhammad is his messenger.'	This is the Shahadah, the first Pillar of Islam. It is the Muslim declaration of faith.
2	Sunnah	The writings contain the traditional social and legal customs and practices of the Islamic community.
3	Transcendent	The idea that Allah is beyond and outside of the universe; not being limited by the physical world.
4	Immanent	The idea that Allah is present everywhere in the world and universe, is in all things and involved with life on earth.
5	Angel Jibril	The angel of revelation, who revealed the Qur'an to the Prophet Muhammad.
6	Predestination	The idea that Allah knows or determines everything that will happen in the universe.
7	Akhirah	The belief in everlasting life after death.
8	Day of Judgement	Islamic belief that after the world is destroyed everyone who has lived will be resurrected from the dead and face the judgement of Allah according to their good and bad deeds.
9	Prophethood	Someone who is a messenger of God's word.
10	'Pilgrimage to the House is duty owed to God by people who are able to undertake it.'	This is a quote to support the Fifth Pillar of Islam - Hajj.

Week 3 w/c 16/09/24	Piece of Information	Answer
1	Adam	The father of the human race and the first prophet in Islam; married to Hawwa (Eve).
2	Ibrahim	Important prophet in Islam who showed faith and obedience to Allah.
3	Imamate	The leadership of the Imams - The leader of Shi'a Islam is called the Imam.
4	Qur'an	The main holy book in Islam.
5	'This is the scripture in which there is no doubt, containing guidance for those who are mindful of God.'	This is a quote to support the importance of the Qur'an to a Muslim.
6	Mihrab	In a mosque (Muslim place of worship) this shows the direction of Makkah.
7	Qiblah wall	The direction of the Ka'aba (the sacred building at Mecca) towards which Muslims pray.
8	Rak'ah	A set of sequences of actions and recitations (words repeated aloud).
9	Salah	Prayers.
10	Wudu	Muslims perform ritual washing before prayers to make themselves spiritually clean.

Week 4 w/c 23/09/24	Piece of Information	Answer
1	Monotheistic	Belief that there is only one God- Allah.
2	Merciful	To show compassion, care and understanding of the suffering of others.
3	Jumma prayer	Friday prayers are held at midday, all men are expected to attend the mosque, women can attend if they wish.
4	Five Pillars	The 5 most important duties for all Muslims, the key to living a perfect Muslim life: 1. Shahadah; 2. Salah - prayer; 3. Zakah - charitable giving; 4. Sawm - fasting; 5. Hajj - pilgrimage.
5	Makkah (Mecca)	Islam's holiest city in Saudi Arabia and the birthplace of Muhammed.
6	'Say, he is God the one, God the eternal. He begot no one nor was he begotten.'	This is a quote to support the Muslim belief in tawhid. Tawhid is the belief that Allah is One, indivisible. Allah was not born. Allah has no children.
7	Greater Jihad	Jihad is the struggle against evil. The Greater Jihad is the inward, personal struggle to live according to the teachings of Islam
8	Lesser Jihad	The outward, collective (group) struggle to defend Islam from threat.
9	Beneficent	The idea that Allah is all-loving and all-good.
10	Fair and Just	The idea that Allah treats everyone fairly and that Allah will judge all people equally and reward or punish accordingly.

Week 5 w/c 30/09/24	Piece of Information	Answer
1	Prostration	Position of prayer - kneel with forehead, nose, hands, knees and toes touching the floor - this shows complete obedience to Allah
2	Ramadan	The most important month in the Islamic calendar, when the angel Jibril started to reveal the Qur'an (Holy book) to Muhammad.
3	Night of Power	The night when Jibril first started to recite the Qur'an to Muhammad, Muslims celebrate this night during Ramadan.
4	Fasting	Muslims are required to fast during Ramadan. Food, drink, smoking or sex are forbidden during daylight hours. Children, people who are ill, pregnant,

		breastfeeding can be excluded from fasting. The fast shows self-discipline, obedience and dedication to Allah.
5	Mika'il	The angel of mercy, responsible for sending rain, thunder and lightning.
6	Jannah	Heaven, paradise.
7	Jahannam	Hell.
8	Barzakh	After death, the state of waiting until the Day of Judgement .
9	'Read! In the name of your Lord who created.'	This is a quote to support the idea that Muhammad received the revelation of the Qur'an from the angel Jibril.
10	'They dwell amid scorching wind and scalding water in the shadow of black smoke, neither cool nor refreshing.'	This is a quote to support the Muslim idea of hell, otherwise known as Jahannam.

Week 6 w/c 07/10/24	Piece of Information	Answer
1	'In the name of God, the most gracious, the most merciful.'	This is a quote to show the idea that Allah is merciful.
2	The Five roots of 'Usul ad-Din	Shi'a Islam: Tawhid, Prophethood, The justice of Allah (Adalat), The Imamate, Resurrection.
3	Supremacy	The belief that Allah's will is above all things.
4	The Six Articles of Faith	Sunni Islam: Tawhid, Angels, The holy books, The prophets, The Day of Judgement, The supremacy of Allah's will.
5	Muhammad	Arab religious, social, and political leader and founder of Islam. According to Islamic doctrine he was a prophet.
6	Mihrab	In a mosque (Muslim place of worship) this shows the direction of Makkah.
7	Qiblah wall	The direction of the Ka'aba (the sacred building at Mecca) towards which Muslims pray.
8	Rak'ah	A set of sequences of actions and recitations (words repeated aloud).
9	Salah	Prayers.
10	Wudu	Muslims perform ritual washing before prayers to make themselves spiritually clean.

Week 7 w/c 14/10/24	Piece of Information	Answer
1	Prophet	An individual who is regarded as being in contact with a divine being; someone who has a message for mankind.
2	Sunni Islam	Branch of Islam who believed that the Caliph should be elected after the death of Muhammad. The larger of the two branches of Islam.
3	'We are closer to him than [his] jugular vein.'	This is a quote to show the idea that Allah is immanent, meaning Allah is close to all things on earth.
4	Shi'a Islam	Branch of Islam who believed that Ali, Muhammad's cousin and son-in-law was the rightful leader after the death of Muhammad.
5	Tawhid	The belief in one, indivisible God.
6	Monotheistic	Belief that there is only one God- Allah.
7	Merciful	To show compassion, care and understanding of the suffering of others.
8	Jumma prayer	Friday prayers are held at midday, all men are expected to attend the mosque,

		women can attend if they wish.
9	Five Pillars	The 5 most important duties for all Muslims, the key to living a perfect Muslim life: 1. Shahadah; 2. Salah - prayer; 3. Zakah - charitable giving; 4. Sawm - fasting; 5. Hajj - pilgrimage.
10	Makkah (Mecca)	Islam's holiest city in Saudi Arabia and the birthplace of Muhammed.

Week 8 w/c 21/10/24	Piece of Information	Answer
1	'There is no god but Allah and Muhammad is his messenger.'	This is the Shahadah, the first Pillar of Islam. It is the Muslim declaration of faith.
2	Sunnah	The writings contain the traditional social and legal customs and practices of the Islamic community.
3	Transcendent	The idea that Allah is beyond and outside of the universe; not being limited by the physical world.
4	Immanent	The idea that Allah is present everywhere in the world and universe, is in all things and involved with life on earth.
5	Angel Jibril	The angel of revelation, who revealed the Qur'an to the Prophet Muhammad.
6	'Say, he is God the one, God the eternal. He begot no one nor was he begotten.'	This is a quote to support the Muslim belief in tawhid. Tawhid is the belief that Allah is One, indivisible. Allah was not born. Allah has no children.
7	Greater Jihad	Jihad is the struggle against evil. The Greater Jihad is the inward, personal struggle to live according to the teachings of Islam
8	Lesser Jihad	The outward, collective (group) struggle to defend Islam from threat.
9	Beneficent	The idea that Allah is all-loving and all-good.
10	Fair and Just	The idea that Allah treats everyone fairly and that Allah will judge all people equally and reward or punish accordingly.

Week 9 w/c 04/11/24	Piece of Information	Answer
1	Predestination	The idea that Allah knows or determines everything that will happen in the universe.
2	Akhirah	The belief in everlasting life after death.
3	Day of Judgement	Islamic belief that after the world is destroyed everyone who has lived will be resurrected from the dead and face the judgement of Allah according to their good and bad deeds.
4	Prophethood	Someone who is a messenger of God's word.
5	'Pilgrimage to the House is duty owed to God by people who are able to undertake it.'	This is a quote to support the Fifth Pillar of Islam - Hajj.
6	Prostration	Position of prayer - kneel with forehead, nose, hands, knees and toes touching the floor - this shows complete obedience to Allah
7	Ramadan	The most important month in the Islamic calendar, when the angel Jibril started to reveal the Qur'an (Holy book) to Muhammad.
8	Night of Power	The night when Jibril first started to recite the Qur'an to Muhammad, Muslims celebrate this night during Ramadan.
9	Fasting	Muslims are required to fast during Ramadan. Food, drink, smoking or sex are

		forbidden during daylight hours. Children, people who are ill, pregnant, breastfeeding can be excluded from fasting. The fast shows self-discipline, obedience and dedication to Allah.
10	Mika'il	The angel of mercy, responsible for sending rain, thunder and lightning.

Week 10 w/c 11/11/24	Piece of Information	Answer
1	Adam	The father of the human race and the first prophet in Islam; married to Hawwa (Eve).
2	Ibrahim	Important prophet in Islam who showed faith and obedience to Allah.
3	Imamate	The leadership of the Imams - The leader of Shi'a Islam is called the Imam.
4	Qur'an	The main holy book in Islam.
5	'This is the scripture in which there is no doubt, containing guidance for those who are mindful of God.'	This is a quote to support the importance of the Qur'an to a Muslim.
6	Jannah	Heaven, paradise.
7	Jahannam	Hell.
8	Barzakh	After death, the state of waiting until the Day of Judgement .
9	'Read! In the name of your Lord who created.'	This is a quote to support the idea that Muhammad received the revelation of the Qur'an from the angel Jibril.
10	'They dwell amid scorching wind and scalding water in the shadow of black smoke, neither cool nor refreshing.'	This is a quote to support the Muslim idea of hell, otherwise known as Jahannam.

Week 11 w/c 18/11/24	Piece of Information	Answer
1	'In the name of God, the most gracious, the most merciful.'	This is a quote to show the idea that Allah is merciful.
2	The Five roots of 'Usul ad-Din	Shi'a Islam: Tawhid, Prophethood, The justice of Allah (Adalat), The Imamate, Resurrection.
3	Supremacy	The belief that Allah's will is above all things.
4	The Six Articles of Faith	Sunni Islam: Tawhid, Angels, The holy books, The prophets, The Day of Judgement, The supremacy of Allah's will.
5	Rak'ah	A set of sequences of actions and recitations (words repeated aloud).
6	Salah	Prayers.
7	Wudu	Muslims perform ritual washing before prayers to make themselves spiritually clean.
8	Prophet	An individual who is regarded as being in contact with a divine being; someone who has a message for mankind.
9	Sunni Islam	Branch of Islam who believed that the Caliph should be elected after the death of Muhammad. The larger of the two branches of Islam.
10	Shi'a Islam	Branch of Islam who believed that Ali, Muhammad's cousin and son-in-law was the rightful leader after the death of Muhammad.

Week 12 w/c 25/11/24	Piece of Information	Answer
1	'We are closer to him than [his] jugular vein.'	This is a quote to show the idea that Allah is immanent, meaning Allah is close to all things on earth.
2	Tawhid	The belief in one, indivisible God.
3	Monotheistic	Belief that there is only one God- Allah.
4	Merciful	To show compassion, care and understanding of the suffering of others.
5	Jummah prayer	Friday prayers are held at midday, all men are expected to attend the mosque, women can attend if they wish.
6	Five Pillars	The 5 most important duties for all Muslims, the key to living a perfect Muslim life: 1. Shahadah; 2. Salah - prayer; 3. Zakah - charitable giving; 4. Sawm - fasting; 5. Hajj - pilgrimage.
7	Makkah (Mecca)	Islam's holiest city in Saudi Arabia and the birthplace of Muhammed.
8	'There is no god but Allah and Muhammad is his messenger.'	This is the Shahadah, the first Pillar of Islam. It is the Muslim declaration of faith.
9	Sunnah	The writings contain the traditional social and legal customs and practices of the Islamic community.
10	Transcendent	The idea that Allah is beyond and outside of the universe; not being limited by the physical world.

Week 13 w/c 02/12/24	Piece of Information	Answer
1	Immanent	The idea that Allah is present everywhere in the world and universe, is in all things and involved with life on earth.
2	Angel Jibril	The angel of revelation, who revealed the Qur'an to the Prophet Muhammad.
3	'Say, he is God the one, God the eternal. He begot no one nor was he begotten.'	This is a quote to support the Muslim belief in tawhid. Tawhid is the belief that Allah is One, indivisible. Allah was not born. Allah has no children.
4	Greater Jihad	Jihad is the struggle against evil. The Greater Jihad is the inward, personal struggle to live according to the teachings of Islam
5	Lesser Jihad	The outward, collective (group) struggle to defend Islam from threat.
6	Beneficent	The idea that Allah is all-loving and all-good.
7	Fair and Just	The idea that Allah treats everyone fairly and that Allah will judge all people equally and reward or punish accordingly.
8	'Pilgrimage to the House is duty owed to God by people who are able to undertake it.'	This is a quote to support the Fifth Pillar of Islam - Hajj.
9	The Five roots of 'Usul ad-Din	Shi'a Islam: Tawhid, Prophethood, The justice of Allah (Adalat), The Imamate, Resurrection.
10	The Six Articles of Faith	Sunni Islam: Tawhid, Angels, The holy books, The prophets, The Day of Judgement, The supremacy of Allah's will.

Music Knowledge Organiser:

Week 1 w/c 02/09/24	Piece of Information	Answer
1	Beat	Is a unit of time in music; also named the pulse.
2	Pulse	Is a unit of time in music; also named the beat.
3	Rhythm	A rhythm is a combination of long and short sounds.
4	Semibreve	A note that lasts the duration of four beats.
5	Minim	A note that lasts the duration of two beats.
6	Crotchet	A note that lasts the duration of one beat.
7	Quaver	A note that lasts the duration of a quarter of a beat.
8	Rest	A symbol which represents a silence in the music.
9	Bar	Is a section of written music, marked off by a vertical line called a bar line.
10	Bar Line	A vertical line which shows the end of a bar of music and the start of another bar.

Week 2 w/c 09/09/24	Piece of Information	Answer
1	Time Signature	A time signature is a symbol, which informs the musician how many beats in a bar there are in the music.
2	Simple Time	In simple time, each beat can be divided into two. 2/4, 3/4 and 4/4 are examples of simple time.
3	2/4	A time signature which informs the musician there are two crotchet beats in a bar.
4	3/4	A time signature which informs the musician there are three crotchet beats in a bar.
5	4/4	A time signature which informs the musician there are four crotchet beats in a bar.
6	Compound Time	In compound time, each beat can be divided into three. 6/8, 9/8 and 12/8 are examples of compound time.
7	Dotted Note	A note with a dot written after it has one and a half times the length of the same note without a dot.
8	3/8	A time signature which informs the musician there are three quaver beats in a bar.
9	6/8	A time signature which informs the musician there are six quaver beats in a bar.
10	9/8	A time signature which informs the musician there are nine quaver beats in a bar.

Week 3 w/c 16/09/24	Piece of Information	Answer
1	Tempo	The speed of the music.
2	Beats per Minute	The Beats per Minute refers to the tempo or speed of a song. The higher the number, the faster the music.
3	Metronome Marking	A metronome mark shows the speed of the music, indicated in beats per minute or BPM.
4	Accelerando	A tempo marking which tells the musician to gradually play the music quicker.
5	Rallentando	A tempo marking which tells the musician to gradually play the music slower.
6	Interval	A difference in pitch between two sounds.
7	Perfect 5th	The interval from the first to the last of the first five consecutive notes in a diatonic scale. e.g. C to G or D to A.
8	Perfect 4th	an interval of 5 semitones between 2 notes. e.g. C to F or D to G.

9	Woodwind instruments	A section of instruments in the orchestra that you must blow into to create a sound; often made up of Piccolo, Flute, Oboe, Clarinet and Bassoon.
10	Anacrusis	An unstressed pickup or lead-in note or group of notes that precedes the first accented note of a phrase.

Week 4 w/c 23/09/24	Piece of Information	Answer
1	Largo	A tempo marking which tells the musician to play very slow
2	Andante	A tempo marking which tells the musician to play at a walking pace
3	Moderato	A tempo marking which tells the musician to play at a moderate speed
4	Allegro	A tempo marking which tells the musician to play fast and lively; not as fast as presto
5	Presto	A tempo marking which tells the musician to play fast very fast
6	Crotchet	A note that lasts the duration of one beat
7	Quaver	A note that lasts the duration of a quarter of a beat
8	Rest	A symbol which represents a silence in the music
9	Bar	A bar is a section of written music, marked off by a vertical line called a bar line
10	Bar Line	A vertical line which shows the end of a bar of music and the start of another bar

Week 5 w/c 30/09/24	Piece of Information	Answer
1	Dynamics	The volume of the music
2	Piano	A dynamic marking which tells the musician to play softly
3	Forte	A dynamic marking which tells the musician to play loudly
4	Crescendo	A dynamic marking which tells the musician to gradually play louder
5	Diminuendo	A dynamic marking which tells the musician to gradually play softer
6	Rock 'n' Roll	characterised by a heavy beat and uncomplicated melodies. It first emerged as a fusion of rhythm and blues with country music.
7	British Invasion	musical movement of the mid-1960s composed of British rock-and-roll ("beat") groups whose popularity spread rapidly to the United States.
8	Folk Revival	largely an urban affair, driven by a growing population of young people who embraced the nation's populist folk tradition while also protesting the injustices of modern society.
9	Motown and Soul	the sound of soul music and popularised the genre in the 1960s.
10	Psychedelic	Surreal, whimsical, esoterically or literary-inspired lyrics are often used. There is often a strong emphasis on extended instrumental segments or jams.

Week 6 w/c 07/10/24	Piece of Information	Answer
1	Fortissimo	A dynamic marking which tells the musician to play very loudly
2	Pianissimo	A dynamic marking which tells the musician to play very softly
3	Mezzo Forte	A dynamic marking which tells the musician to play moderately loud
4	Mezzo Piano	A dynamic marking which tells the musician to play moderately soft
5	Sforzando	A dynamic marking which tells the musician to play the note with a sudden, strong emphasis
6	Baroque	the period or dominant style of Western classical music composed from about 1600 to 1750. J.S. Bach is a key composer of this style.
7	classical	the period or dominant style of Western classical music composed from about 1750

		to 1827.
8	Romantic	the period or dominant style of Western classical music composed from about 1827 - 1911.
9	Minimalism	emphasises repetition, shifting rhythmic patterns, and composition concepts that extend beyond traditional classical music.
10	Serialism	a method of composition using a series of pitches, rhythms, dynamics, timbres or other musical elements.

Week 7 w/c 14/10/24		
	Piece of Information	Answer
1	Instrumentation	The arrangement of instruments in a piece of music
2	Strings	A section of instruments in the orchestra that have strings attached to the instruments; often made up of Violin, Viola, Cello and Double Bass
3	Brass	A section of instruments in the orchestra made from a yellow metal; often made up of Trumpets, Trombones, French Horns and Trombones
4	Woodwind	A section of instruments in the orchestra that you must blow into to create a sound; often made up of Piccolo, Flute, Oboe, Clarinet, Bassoon and Contrabassoon
5	Percussion	A section of instruments in the orchestra that you can hit, shake or scrape.
6	Tempo	The speed of the music
7	Beats per Minute	The Beats per Minute refers to the tempo or speed of a song. The higher the number, the faster the music.
8	Metronome Marking	A metronome mark shows the speed of the music, indicated in beats per minute or bpm
9	Accelerando	A tempo marking which tells the musician to gradually play the music quicker
10	Rallentando	A tempo marking which tells the musician to gradually play the music slower

Week 8 w/c 21/10/24		
	Piece of Information	Answer
1	Texture	The texture describes how many layers of sound are in a piece of music
2	Monophonic	A texture that contains one melody
3	Homophonic	A texture that contains two or more harmonising parts moving at the same time
4	Heterophonic	A texture that contains two or more melodies playing at the same time
5	Polyphonic	A texture that contains two or more melodies playing at the same time
6	Largo	A tempo marking which tells the musician to play very slow
7	Andante	A tempo marking which tells the musician to play at a walking pace
8	Moderato	A tempo marking which tells the musician to play at a moderate speed
9	Allegro	A tempo marking which tells the musician to play fast and lively; not as fast as presto
10	Presto	A tempo marking which tells the musician to play fast very fast

Week 9 w/c 04/11/24		
	Piece of Information	Answer
1	Timbre	The character or quality of a musical sound
2	FX	An abbreviation for sound effects used in music.
3	Acoustic	An acoustic sound refers to music that does not have electrical amplification.
4	Electronic	Electronic music refers to any music that involves electronic processing or manipulation.

5	Techniques	A musical technique refers to how an instrument or vocals are played
6	Dynamics	The volume of the music.
7	Piano	A dynamic marking which tells the musician to play softly.
8	Forte	A dynamic marking which tells the musician to play loudly.
9	Crescendo	A dynamic marking which tells the musician to gradually play louder.
10	Diminuendo	A dynamic marking which tells the musician to gradually play softer.

Week 10 w/c 11/11/24	Piece of Information	Answer
1	Tonality	Tonality refers to how a piece of music sounds defined by the key it is played in
2	Major Scale	A major scale consists of eight ascending notes and follows the following pattern; TTSTTTS
3	Minor Scale	A major scale consists of eight ascending notes and follows the following pattern; TSTTSTT
4	Chord	A set of musical notes, usually three or four, played at the same time
5	Key	A key is a group of pitches or scale that forms a musical composition
6	Fortissimo	A dynamic marking which tells the musician to play very loudly
7	Pianissimo	A dynamic marking which tells the musician to play very softly
8	Mezzo Forte	A dynamic marking which tells the musician to play moderately loud
9	Mezzo Piano	A dynamic marking which tells the musician to play moderately soft
10	Sforzando	A dynamic marking which tells the musician to play the note with a sudden, strong emphasis

Week 11 w/c 18/11/24	Piece of Information	Answer
1	British Invasion	A musical genre where bands in the United Kingdom became popular in the United States.
2	Lead Guitar	A guitar part which consists of melodies and solos rather than chord progressions.
3	Rhythm Guitar	A guitar part which consists of chord progressions rather than melodies and solos.
4	Vocal Harmonies	More than one vocal line sang at the same time.
5	Record Player	A machine on which you can play a record in order to listen to the music or other sounds on it.
6	Jukebox	A machine that plays a selected musical recording when a coin is inserted.
7	Riff	A short, repeated musical phrase, often played on a guitar.
8	Chord Progression	A sequence of chords.
9	Bass Line	The lowest part in a piece of music, often played by a bass guitar.
10	Line Up	The instruments used in a piece of music.

Week 12 w/c 25/11/24	Piece of Information	Answer
1	Reggae	A musical genre where there is a strongly accented off beat, originating in Jamaica.
2	Off Beat	To put a note on the weak beat of the song and a rest on the strong beat.
3	Social Issues	A problem that affects many people within a society.
4	Strophic Form	A verse/chorus structure.
5	Rastafari	A religion that developed in Jamaica during the 1930s.
6	Staccato	A short and detached note.
7	One Drop	A drum line where the emphasis is on the off-beat.
8	Steppers	A drum line that is similar to a One Drop drum line but with the bass drum playing on every beat of the bar.
9	Rockers	A drum line that is similar to a One Drop drum line but with the bass drum playing quaver beats.
10	Drum Fill	A short transitional beat played on the drums between sections of a song.

Week 13 w/c 02/12/24	Piece of Information	Answer
1	House Music	A musical genre characterised by a four on the four drum beat and a tempo of 120 bpm.
2	Four on the Floor	A rhythm pattern in 4/4 time where the bass drum is played on every beat.
3	Kick-Clap Pattern	A drum beat which mainly uses kick and clap sounds.
4	Drum Machine	A programmable electronic device able to imitate the sounds of a drum kit.
5	DAW	Digital Audio Workstation
6	Reggae	A musical genre where there is a strongly accented off beat, originating in Jamaica.
7	Off Beat	To put a note on the weak beat of the song and a rest on the strong beat.
8	Social Issues	A problem that affects many people within a society.
9	Strophic Form	A verse/chorus structure.
10	Rastafari	A religion that developed in Jamaica during the 1930s.