



GLOUCESTER
ACADEMY



GREENSHAW
LEARNING TRUST

Gloucester Academy

Unit 2

Year 10

Knowledge Organiser

OPTIONS SUBJECTS

Knowledge is power. Information is liberating.

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Art Knowledge Organiser:

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

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

Week 3	Piece of Information	Answer
1	Layering	When materials are placed on top of each other for effect.
2	Guillotine	A piece of equipment used to trim or cut paper in straight lines.
3	GSM Number	Grains per Square Meter refers to the quality of paper. The higher the number, the heavier the paper.
4	Primary Source	Using real objects or photographs you have taken yourself, for inspiration.
5	Secondary Source	An image from the internet or a book - one that you have not created yourself.
6	Representation	To present a realistic version of what actually exists; a chair, face or landscape.
7	Analyse	To examine methodically, and in detail, typically in order to explain and interpret.
8	Subject matter	The topic represented within a piece of work.
9	Mood	Explaining how the work makes you feel.
10	Relate	Explaining how the work is associated with the chosen topic.

Week 7	Piece of Information	Answer
1	Contact sheet	A print out of the total photographs taken in one session.
2	Photography	The art of capturing light with a camera.
3	Light source	An object which creates light. It can be natural or synthetic.

4	Photo editing	The process of altering a photograph digitally or manually.
5	Perspective	The art of representing three-dimensional objects on a two-dimensional surface.
6	Recording Ideas	A series of observational drawings to support initial ideas.
7	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you, rather than using your imagination.
8	Accuracy	Drawings or artwork that is done correctly and precisely.
9	Highlight	The bright or reflective area of an object.
10	Pencil gradient	The density of the graphite within a pencil which determines how light or dark a pencil will appear on paper.

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

Week 9	Piece of Information	Answer
1	Harmonious Colour	Colours which are next to each other on the colour wheel.
2	Complimentary Colour	Colours which are opposite on the colour wheel.
3	Layout	The arrangement of artwork on a page
4	Accurate	Correct in all details
5	Characteristics	A feature or quality that an artwork has
6	Culture	The ideas and customs of a particular people or society.
7	Warm Hue	Colours which are in the red and yellow spectrums.
8	Cool Hue	Colours which are in the blue spectrum
9	Colour swatch	A small, neat stroke of paint to test the appearance of a colour.
10	Symbolism	Objects of an artwork holding a representation.

Child Development Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Rooting reflex	When a finger, breast or teat is brushed across the baby's cheek, they will turn their head towards it.
2	Full term	A baby that is born at or around 40 weeks of pregnancy.
3	Gestation	The period of time during which the baby develops in the womb.
4	Neglect	The failure to care for a child properly.
5	Holistic development	How different areas of development impact on each other and affect overall development.
6	Gross motor skills	Physical abilities involving large body movements, such as walking and jumping.
7	Fine motor skills	Physical abilities involving small body movements, especially of the hands and fingers, such as drawing and picking up a coin.
8	Babbling	The stream of sounds babies make before they can say actual words.
9	Perseverance	Continued effort and determination, despite difficulty.
10	Mirror/Rouge test	A test designed to check at what age children can recognise themselves in a mirror.

Week 2	Piece of Information	Answer
1	5 aspects of development	Physical, communication & language, cognitive & intellectual, social and emotional development.
2	Physical development	Changes in body structure and function over time, such as growth, motor skills, and physical health.
3	Communication and language development	The skills of speaking, listening and understanding.
4	Cognitive and intellectual development	The development of thinking, problem-solving, and decision-making abilities.
5	Social development	The development of relationships and learning to interact with others.
6	Emotional development	The development of feelings, resilience, independence, bonds and trust and managing emotions.
7	Security	The feeling of being cared for, being safe and loved.
8	Bonding	The process of forming a close emotional relationship.
9	Imitation	Learning by observing and copying the behaviour of others.
10	Resilience	The ability to recover quickly.

Week 3	Piece of Information	Answer
1	Innate	Something that is natural, that we are born with.
2	Physical factors	Factors in pregnancy, Disabilities/additional needs, Health status, Healthy balanced lifestyle, Amount of exercise
3	Environmental factors	Housing, Home Environment
4	Social factors	Discrimination, Relationship with primary carers, Siblings, Relationships with extended family
5	Financial factors	Low income, High income, Access to services
6	Rooting reflex	When a finger, breast or teat is brushed across the baby's cheek, they will turn their head towards it.
7	Full term	A baby that is born at or around 40 weeks of pregnancy.

8	Gestation	The period of time during which the baby develops in the womb.
9	Neglect	The failure to care for a child properly.
10	Holistic development	How different areas of development impact on each other and affect overall development.

Week 4	Piece of Information	Answer
1	Factors in pregnancy affecting child	prenatal and maternal nutrition/exercise, effects of parental smoking, drug or alcohol use, premature/low birth weight
2	Disabilities/additional needs	Hearing impairment, visual impairment, cerebral palsy, Down's syndrome
3	Health status	Chronic illness (asthma, eczema), repeated short-term illness (colds, ear infections, vomiting and diarrhoea), obesity.
4	Diet	Benefits of a healthy balanced diet, effects of nutritional deficiencies (vitamins, minerals), effects of unhealthy diet.
5	Exercise	Amount of exercise
6	Gross motor skills	Physical abilities involving large body movements, such as walking and jumping.
7	Fine motor skills	Physical abilities involving small body movements, especially of the hands and fingers, such as drawing and picking up a coin.
8	Babbling	The stream of sounds babies make before they can say actual words.
9	Perseverance	Continued effort and determination, despite difficulty.
10	Mirror/Rouge test	A test designed to check at what age children can recognise themselves in a mirror.

Week 5	Piece of Information	Answer
1	Housing	Positive aspects of housing (warm, dry, own space); experiencing housing needs (damp housing, overcrowding), temporary accommodation, access to garden, space to play
2	Effects of discrimination	Disability, race, home situation
3	Effects of relationships with primary carers	(parents/carers, early years practitioners), quality of warmth, affection and attention received.
4	Effects of siblings	New baby, number of siblings, no siblings, step-siblings
5	Effects of relationships with extended family and friends	Grandparents, step-relatives, aunts and uncles, close friends
6	5 aspects of development	Physical, communication & language, cognitive & intellectual, social and emotional development.
7	Physical development	Changes in body structure and function over time, such as growth, motor skills, and physical health.
8	Communication and language development	The skills of speaking, listening and understanding.
9	Cognitive and intellectual development	The development of thinking, problem-solving, and decision-making abilities.
10	Social development	The development of relationships and learning to interact with others

Week 6	Piece of Information	Answer
1	Low income	Poverty, unemployed families, more contact with parents, food banks, free school meals, funding for childcare (vouchers)
2	High income	Parental pressure of work, less contact with parents, extra resources and toys, extra opportunities, experience of travel.
3	Access to services	Health services (dentist, health visitor), early years education (preschool, nursery) and experiences (parent and baby singing groups, sports clubs, parent and tots groups)
4	Health services	Dentist, health visitor
5	Early years education	Preschool, nursery
6	Emotional development	The development of feelings, resilience, independence, bonds and trust and managing emotions.
7	Security	The feeling of being cared for, being safe and loved.
8	Bonding	The process of forming a close emotional relationship.
9	Imitation	Learning by observing and copying the behaviour of others.
10	Resilience	The ability to recover quickly.

Week 7	Piece of Information	Answer
1	Experiences	Parent and baby singing groups, sports clubs, parent and tots groups
2	Premature birth	Born before the expected date of arrival
3	Foetus	What a human baby in the womb is called
4	Effects of poor maternal nutrition	Poor development, Spina bifida
5	Effects of parental drug abuse	Born with deformities, premature birth, death, learning disabilities, born with withdrawal
6	Innate	Something that is natural, that we are born with.
7	Physical factors	Factors in pregnancy, Disabilities/additional needs, Health status, Healthy balanced lifestyle, Amount of exercise
8	Environmental factors	Housing, Home Environment
9	Social factors	Discrimination, Relationship with primary carers, Siblings, Relationships with extended family
10	Financial factors	Low income, High income, Access to services

Week 8	Piece of Information	Answer
1	Effects of premature birth	Poor muscle tone, smaller weight and height, developmental milestone delays, hearing difficulty, sight problems, cerebral palsy, learning difficulties
2	Disabilities from birth	Hearing impairment, visual impairment, Cerebral Palsy, Down's syndrome
3	Chronic	Long lasting
4	Chronic illnesses	Eczema, Asthma
5	Repeated short-term illnesses	Colds, ear infections, vomiting diarrhoea
6	Factors in pregnancy affecting child	prenatal and maternal nutrition/exercise, effects of parental smoking, drug or alcohol use, premature/low birth weight
7	Disabilities/additional needs	Hearing impairment, visual impairment, cerebral palsy, Down's syndrome
8	Health status	Chronic illness (asthma, eczema), repeated short-term illness (colds, ear infections, vomiting and diarrhoea), obesity.
9	Diet	Benefits of a healthy balanced diet, effects of nutritional deficiencies (vitamins, minerals), effects of unhealthy diet.

10	Exercise	Amount of exercise
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Week 9	Piece of Information	Answer
1	Effects of premature birth	Poor muscle tone, smaller weight and height, developmental milestone delays, hearing difficulty, sight problems, cerebral palsy, learning difficulties
2	Disabilities from birth	Hearing impairment, visual impairment, Cerebral Palsy, Down's syndrome
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7	Disabilities/additional needs	Hearing impairment, visual impairment, cerebral palsy, Down's syndrome
8	Health status	Chronic illness (asthma, eczema), repeated short-term illness (colds, ear infections, vomiting and diarrhoea), obesity.
9	Diet	Benefits of a healthy balanced diet, effects of nutritional deficiencies (vitamins, minerals), effects of unhealthy diet.
10	Exercise	Amount of exercise

Week 10	Piece of Information	Answer
1	Effect of smoking on children	Respiratory difficulties, worsening asthma, ear and eye infections, cancer
2	Effects of discrimination	Shy, withdrawn, isolated, difficulty forming relationships, lack of identity, low motivation
3	Growth	An increase in size and mass.
4	Processes for measuring growth	Personal Child Health Record (PCHR)/ Red book, The 2-year-old's check, The National Child Measurement Programme (NCMP).
5	Personal Child Health Record (PCHR)/ Red book	Where information about a child's growth and development is stored.
6	Low income	Poverty, unemployed families, more contact with parents, food banks, free school meals, funding for childcare (vouchers)
7	High income	Parental pressure of work, less contact with parents, extra resources and toys, extra opportunities, experience of travel.
8	Access to services	Health services (dentist, health visitor), early years education (preschool, nursery) and experiences (parent and baby singing groups, sports clubs, parent and tots groups)
9	Health services	Dentist, health visitor
10	Early years education	Preschool, nursery

Drama Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Blocking	Deliberate choices about where the performers stand and how they move on stage to bring an extract to life.
2	Catharsis	Emotional release felt by the audience at the end of a tragedy; the audience is set free from emotional hold of the action, after sharing in the protagonist's troubles.
3	Development	Progression of the plot or conflict in a play.
4	Exposition	The part of the play that introduces the theme, main characters and current circumstances.
5	Fourth Wall	The invisible wall of a set through which the audience sees the action of the play.
6	Irony	An implied discrepancy between what is said and what is meant. When the audience perceives something that a character does not.
7	Mood	The tone or feeling of the play, often established or enhanced or by production or design elements.
8	Naturalism	Drama which attempts to represent real life on stage; actions tend to be shaped by determinism (societal or environmental forces)
9	Chorus	A group of performers who sing, move, or recite in unison/as one.
10	Conflict	The internal or external struggle between opposing forces, ideas, or interests that create dramatic tension.

Week 2	Piece of Information	Answer
1	Antagonist	The opponent or adversary of the hero or main character of a drama.
2	Climax	The point of greatest intensity in a series or progression of events in a play, often forming the turning point of the plot and leading to some kind of resolution.
3	Acting style	A particular manner of acting that reflects cultural and historical influences.
4	Gesture	Any movement of the performers head, shoulder , arm , hand , leg or foot to convey meaning.
5	Focus	In acting, the act of concentrating or staying in character.
6	Proxemics	'Spatial relationships' ,between different performers or a performer and elements of the set.
7	Vocal Expression	How a performer uses his/her voice to convey a character.
8	Aside	Lines spoken by an performer to the audience and not supposed to be overheard by other characters on stage.
9	Motivation	The reason or reasons for a character's behaviour ; an incentive or inducement for further action for a character
10	Characterisation	How a performer uses body, voice, and thought to develop and portray a character

Week 3	Piece of Information	Answer
1	Dramatic Irony	When the audience knows something the characters do not. (E.g., Mr. Birling claims the Titanic is unsinkable, but the audience knows it sank.)
2	Social Responsibility	The idea that people should care for others in society, a key theme of the play.
3	Capitalism	A system where businesses and individuals control wealth. Mr. Birling represents capitalist views.
4	Socialism	A system where wealth is shared to support society. Priestley promotes socialist ideals through the Inspector.
5	Status	A character's level of power or influence. (E.g., Mr. Birling starts with high status but loses it as the play progresses.)
6	Proxemics	The use of space between characters to show relationships and power dynamics.
7	Stage Directions	Instructions in the script that describe setting, movement, and tone.
8	Foreshadowing	Hints about future events. (E.g., The Inspector's warning about "fire and blood and anguish" foreshadows war.)
9	Tension	A sense of suspense or unease in a scene.
10	Dramatic Irony	When the audience knows something the characters do not. (E.g., Mr. Birling claims the Titanic is unsinkable, but the audience knows it sank.)

Week 7	Piece of Information	Answer
1	Dialogue	Spoken conversation used by two or more characters to express thoughts, feelings, and actions.
2	Pitch	The particular level of a voice, instrument or tune.
3	Improvisation	The spontaneous use of movement and speech to create a character or object in a particular situation; acting done without a script.
4	Mirroring	Copying the movement and / or expression or look of another performer exactly.
5	Ensemble	Unified effect achieved by all members of the cast working together, rather than a focus on individual performances. also be used to refer to the cast
6	Comic Relief	A break in the tension of a tragedy provided by a comic character, a comic episode, or even a comic line
7	Farce	An extreme form of comedy depending on quick tempo and flawless timing, based on improbable events are farfetched coincidences.
8	Form	Refers to the shape of each individual section or scene e.g movement/mime based ensemble scene, duologue, advert movements of thought-tracking
9	Dynamic	The energetic range of or variations within physical movement or the difference between levels of sound.
10	Resolution	How the problem or conflict in a drama is solved or concluded.

Week 8	Piece of Information	Answer
1	Stage crew	Employed to move/operate scenery
2	Given Circumstances	The who , what , when , where and why of any character you plan to take on for a role
3	Apron	The area between the front curtain and the edge of the stage
4	Arena stage	Type of stage without a frame or arch separating the stage from the auditorium, in which the audience surrounds the stage area
5	Magic if	The actor puts themselves into the characters situation
6	Platform stage	Acting area raised from the floor either in a non-theatre space or in an unusual part of a theatre space
7	EMU	Electrical Multiple Unit ,used to describe stage machinery composed from multiple moving parts
8	Tempo	The relative speed or rate of movement/voice/sound. Can be applied to dramatic contexts
9	Suspense	A feeling of uncertainty as to outcome,used to build interest and excitement on the part of the audience
10	Denouement	The moment in a drama when the essential plot point is unravelled or explained

Week 9	Piece of Information	Answer
1	Structure	The arrangement of and relationship between the scenes / acts within a play piece of devised theatre.
2	Genre	A French word meaning 'category' or 'type' e.g comedy , tragedy , docudrama , farce , or melodrama
3	Flashback	In a non-linear plot, to go back in time to a previous event; a flash forward would move the action into the future.
4	Contrast	Dynamic use of opposites, such as movement/ stillness, sound/silence , and light/darkness.
5	Stimulus	An object, image , piece of text , music or video that inspires devised work.
6	Plot	The events and sequences of action within a play, sometimes known as narrative or storyline.
7	Role	The character portrayed by a performer in a drama
8	Realism	An attempt in theatre to represent everyday life and characters as they are or appear to be.
9	Performance Skills	Skills used by performers including voice/ vocal skills, movement/ physical skills , use of space/proxemics and facial expression/ posture / non verbal skills.
10	Interaction	The action or relationship among two or more characters.

Engineering Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Stainless steel	Strong, corrosion-resistant steel with chromium content.
2	Mild steel	Soft, easily shaped steel used in general engineering.
3	Tool steel	Hard steel used for cutting tools and dies.
4	Aluminium	Lightweight, corrosion-resistant metal.
5	ABS plastic	Strong, impact-resistant thermoplastic.
6	PLA plastic	Biodegradable 3D printing plastic.
7	Rubber	Flexible, elastic material from natural or synthetic sources.
8	Copper	Conductive metal used in wiring and plumbing.
9	Brass	Alloy of copper and zinc; corrosion-resistant.
10	Carbon fibre	Strong, lightweight fibre-reinforced polymer.

Week 2	Piece of Information	Answer
1	Steel-reinforced concrete	Concrete strengthened with steel bars.
2	Acrylic	Clear plastic, often used in windows and signs.
3	Cast iron	Hard, brittle iron alloy for heavy structures.
4	Titanium	Strong, lightweight, corrosion-resistant metal.
5	Nickel	Corrosion-resistant metal, often in alloys.
6	Bronze	Alloy of copper and tin; durable and corrosion-resistant.
7	Polycarbonate	Tough, transparent plastic; impact-resistant.
8	Nylon	Strong, flexible synthetic polymer.
9	Polypropylene	Lightweight, chemical-resistant plastic.
10	HDPE (high-density polyethylene)	Strong, durable, recyclable plastic.

Week 3	Piece of Information	Answer
1	LDPE (low-density polyethylene)	Flexible, soft plastic for packaging.
2	Glass fibre (fibreglass)	Strong, lightweight composite of glass strands.
3	Plywood	Engineered wood made from glued layers.
4	MDF (medium-density fibreboard)	Smooth, engineered wood from compressed fibres.
5	Epoxy resin	Strong adhesive and casting plastic.
6	Ceramic	Hard, brittle material used in insulators or tiles.
7	Lead	Heavy, soft metal used in batteries and shielding.
8	Zinc	Corrosion-resistant metal used for coating steel.
9	Magnesium alloy	Lightweight metal alloy used in aerospace.
10	Kevlar	Very strong, heat-resistant synthetic fibre.

Week 7	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 8	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	Steel-reinforced concrete	Concrete strengthened with steel bars.
4	Acrylic	Clear plastic, often used in windows and signs.
5	Cast iron	Hard, brittle iron alloy for heavy structures.
6	Titanium	Strong, lightweight, corrosion-resistant metal.
7	Nickel	Corrosion-resistant metal, often in alloys.
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 9	Piece of Information	Answer
1	Stainless steel	Strong, corrosion-resistant steel with chromium content.
2	Mild steel	Soft, easily shaped steel used in general engineering.
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.
6	LDPE (low-density polyethylene)	Flexible, soft plastic for packaging.
7	Glass fibre (fibreglass)	Strong, lightweight composite of glass strands.
8	Plywood	Engineered wood made from glued layers.
9	MDF (medium-density fibreboard)	Smooth, engineered wood from compressed fibres.
10	Nylon	Strong, flexible synthetic polymer.

Geography Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Swash	The movement of waves up the beach, determined by the prevailing wind.
2	Backwash	The movement of waves down the beach, determined by gravity.
3	Prevailing wind	The strongest direction of wind.
4	Fetch	The distance travelled by wind/waves over open water.
5	Constructive waves	Waves that have a strong swash and weak backwash.
6	Destructive waves	Waves that have a strong backwash and weak swash.
7	Weathering	The breaking down of rocks by day to day changes in the atmosphere.
8	Mechanical weathering	The disintegration of rocks through physical processes e.g. freeze-thaw weathering.
9	Chemical weathering	The wearing away of rocks through chemical processes e.g. carbonation.
10	Mass movement	The downward movement or sliding of material under the influence of gravity.

Week 2	Piece of Information	Answer
1	Landslide	A collapse of material on mass from a cliff or mountainside.
2	Rockfall	Where pieces of material fall from the cliff and land at the base forming a scree slope.
3	Slumping	When soil becomes saturated and sinks down on the curved slip plane.
4	Erosion	The process by which material is worn away.
5	Hydraulic action	The force of the waves against the coastline causes it to erode.
6	Abrasion	The material within the waves scrapes against the bed and banks causing them to erode.
7	Attrition	When material within the waves collides together becoming smaller and more rounded.
8	Solution	When slightly acidic discharge erodes sediment e.g. limestone and chalk.
9	Transportation	The process by which material is moved along the coastline.
10	Traction	This is when large sediment is rolled along the sea bed.

Week 3	Piece of Information	Answer
1	Saltation	This is when sediment is bounced along the sea bed.
2	Suspension	This is when sediment is held within the sea.
3	Solution	This is when sediment is dissolved within the waves.
4	Longshore drift	The zig-zag movement of material along the coastline.
5	Deposition	The process by which material is dropped when the river loses velocity
6	Discordant coastline	A coastline with alternating bands of resistant rock (hard rock) and less resistant rock (soft rock).
7	Concordant coastline	A coastline with the same type of rock e.g. resistant rock (hard rock).
8	Resistant rock	Rock that is harder and therefore more difficult to erode e.g. limestone.
9	Less resistant rock	Rock that is softer and therefore easier to erode e.g. clay.
10	Hard engineering	The use of artificial structure to control natural processes to protect the coastline e.g. a sea wall.

Week 7	Piece of Information	Answer
1	Soft engineering	The use of natural materials to work with natural processes to protect the coastline.
2	Resources	A stock or supply of something that is essential to life.
3	Supply	The amount of a resource available.
4	Demand	The amount of a resource that is needed.
5	Surplus	When supply of a resource exceeds demand.
6	Deficit	When demand for a resource exceeds supply.
7	Distribution	The way in which something is spread out.
8	Why is food important?	Food is important as you can only survive 7 days without it, you can become undernourished, malnourished and in worst cases starve to death.
9	Why is water important?	Water is important as you can only survive 3 days without it, you can become dehydrated and in worse cases die.
10	Why is energy important?	Energy is important as you need energy to heat your home, power transport, manufacture products ect.

Week 8	Piece of Information	Answer
1	Malnourishment	This is when you are not eating enough calories (2000-2400 a day) to maintain healthy levels of nourishment.
2	Exotic foods	Types of food that have to be imported from abroad as they cannot be grown in a country's climatic conditions e.g. bananas cannot be grown in the UK.
3	Seasonal produce	Food that is only grown and harvested at certain points (seasons) in the year.
4	Food miles	The distance travelled from producer to consumer.
5	Agribusiness	This is Intensive farming aimed at maximising the amount of food and profit produced.
6	Locally sourced food	This is food that is grown within a small radius of your location.
7	Organic farming	Food that is grown without the use of chemicals.
8	UK water distribution	Water in the UK is unevenly distributed; there is a higher supply of water in the north west but a higher demand for water in the south east.
9	Water intensive appliances	The access to technology has increased therefore more homes have appliances such as washing machines and dishwashers.
10	Water conservation	This is reducing the amount of water used through efficient appliances, domestic water meters and grey water recycling systems.

Week 9	Piece of Information	Answer
1	Nonrenewable energy	Energy that is finite (will run out) such as fossil fuels.
2	Renewable energy	Energy that is not finite and can be reused such as solar power.
3	Intensive farming methods	These include: irrigation, aeroponics, hydroponics, GM crops and intermediate technology.
4	Irrigation	This is the artificial watering of land to allow crops to survive in droughts.
5	Hydroponics and aeroponics	This is growing food without the use of soil, using nutrient rich solutions.
6	GM crops	These are genetically modified crops that have had their DNA altered to be drought or pest resistant.
7	Sustainable farming methods	These include: organic farming, urban farming and sustainable fishing.
8	Organic farming	This is growing crops and rearing livestock without the use of chemicals and pesticides.
9	Urban farming	This is growing crops and rearing livestock within the city, frequently carried out on rooftops.
10	Sustainable fishing	This is fishing according to reduced quotas, breeding restrictions and without net trawling.

Health and Social Care Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Health and Wellbeing	Events cause changes to the body, physical or mental health or mobility.
2	Relationship changes	The building or breakdown of friendships or relationships.
3	Life circumstances	The way a person lives their life, their day-to-day life and the choices they make.
4	Expected life events	Events that are likely to happen and can be planned for.
5	Unexpected life events	Events that are unlikely to happen and therefore cannot be planned for.
6	Physical illness	Illness affecting the body systems.
7	Mental illness	Illness affecting the mind.
8	Divorce	When a married couple is legally separated.
9	Parenthood	The act of being parents.
10	Bereavement	The death of someone close to you.

Week 2	Piece of Information	Answer
1	Exclusion	When someone is removed from education.
2	Imprisonment	Spending time in jail.
3	Redundancy	Losing your employment as your role is no longer required.
4	Retirement	The act of leaving work or ceasing employment.
5	Character traits	A person's disposition and whether they are positive or negative about events and circumstances.
6	Disposition	A person's personality or character. Are they a positive or negative person?
7	Emotional intelligence	The ability to control and express emotions.
8	Resilience	The ability to recover from an incident.
9	Accepting change	Accepting what has happened in order to adapt to the event.
10	Adapt	Adjust to new conditions or circumstances.

Week 3	Piece of Information	Answer
1	Self-esteem	How we value ourselves and our abilities.
2	Examples of character traits	Emotional intelligence, Resilience, Self-esteem, Disposition.
3	Informal support provides...	Reassurance, encouragement, advice, a sense of security, practical help.
4	Reassurance	The action of removing someone's doubts or fears.
5	Encouragement	The action of giving someone support, confidence or hope.
6	Advice	Guidance or recommendations offered by someone.
7	Examples of practical help	Supporting with shopping, providing childcare, helping with transport.
8	Faith-based organisation	Groups formed by individuals who share religious or spiritual beliefs and traditionally support people with their religious or cultural needs.
9	Food banks	Provide food to people with financial difficulties.
10	Community groups	Non-profit groups that work at the local level to support the particular needs of the people living in the same neighbourhood.

Week 7	Piece of Information	Answer
1	Symptoms of Cerebral vascular accident	Sudden weakness in the body, sudden confusion, trouble speaking, difficulty understanding speech, trouble seeing, dizziness.
2	Obesity	A person who has a high level of body fat.
3	symptoms of obesity	breathlessness, increased sweating, snoring, difficulty in physical activity, often feeling very tired, joint and back pain, low confidence and self esteem.
4	Asthma	A chronic, potentially life threatening condition that affects the lungs.
5	Symptoms of asthma	weezing, coughing and chest tightening, breathing faster, fast heartbeat, fainting.
6	Chronic obstructive pulmonary disease.	a disease that causes breathing difficulties.
7	Symptoms of chronic obstructive pulmonary disease	frequent wheezing or coughing, shortness of breath, trouble taking a deep breath.
8	Additional needs	Sensory impairment, physical impairment, and learning disability are conditions which require access to health care and support.
9	Learning disabilities	Less able to understand complex information and learn new skills.
10	Symptoms of learning disabilities	Problem reading and writing, problem with maths, poor memory, problems paying attention, trouble following directions, clumsiness, trouble telling time, problem staying organised.

Week 8	Piece of Information	Answer
1	Physical disability	Multiple sclerosis, cerebral palsy, spinal cord injury.
2	Multiple sclerosis	Affects the brain and spinal cord and may cause problems with vision, arm or leg movement, sensation or balance.
3	Cerebral palsy	A lifelong condition that affects movement and coordination such as weak arms or legs and fidgety, jerky or clumsy movements. May also cause difficulties with speaking and swallowing.
4	Spinal cord injury	Can cause partial or complete loss of function or motor control of arms, legs and body. Severe spinal cord injury can affect bowel or bladder control, breathing, heart rate and blood pressure.
5	Dexterity	How skillfully and easily you can use your hands for fine movements and precise tasks.
6	Primary care providers	Pharmacist, Registered GP/doctor, walk in centre, Out-of-hours GP/doctor, accident and emergency department, dentist, optician/optometrist.
7	Accessing health care online.	Is designed to be as user-friendly as possible. It can also save time and the need to contact a surgery by phone or in person.
8	Secondary care	Is specialist treatment or care such as psychiatry usually given in a primary care service provider.
9	Tertiary care	Is advanced specialist treatment or care given in hospital such as cancer treatment referred from a secondary care service provider.
10	Allied health professional roles.	Work in a range of specialities. They support individuals who are experiencing both mental and physical health problems.

Week 9	Piece of Information	Answer
1	Neurological	Problems relate to the brain, spinal cord and nerves; for example a brain injury, stroke or multiple sclerosis.
2	Allied health professional qualifications	To work with the public they must register with the health and care professions council.
3	Clinical support staff	Allied health professionals are often helped in their work by clinical support staff.
4	Multi-disciplinary team working	A group of professionals working together. The aim of a multi-disciplinary team is to provide person centred care to support individuals with specific needs.
5	Team	A group of individuals with a shared purpose for which they are accountable and which requires interaction between team members.
6	Reasons for needing support	Parents or carers are ill, there are family-related problems such as a relationship breakdown, children may have behavioural issues or profound additional needs.
7	Types of support	Foster care, residential care, youth work.
8	Foster care	Provides a stable family life in a safe environment. It may be for a short while until they can return home or may move to a longer term support such as adoption.
9	Residential care	Provide a high quality of care. This kind of care can often be best for some children and young adults because they have more complex needs.
10	Youth work	Is a service that aims to support young people aged between 11 and 25 years. The service can help with someone's personal and social development.

History Knowledge Organiser:

Week 1	Question	Answer
1	What were the two main types of crimes in the Medieval period?	Serious crimes (felonies) and Petty crimes
2	Name one crime that was classed as a serious crime	Murder/Stealing goods worth more than 12d/Treason
3	Name one crime that was classed as a petty crime.	Stealing goods worth less than 12d/Getting into debt/Limited harm to a person or property
4	Why were crimes committed in the Medieval Period?	Anger/Debt/Hunger/Unemployment
5	Why was suicide classed as a crime?	They believed that only God could decide when a person's life should end.
6	What new crimes emerged between 1350 and 1400?	Scolding/Vagrancy
7	What new crimes emerged between 1400 and 1500?	Outlaw gangs/Bad behaviours and beliefs/Treason /Lords and retainers
8	Name one discovery historians found about crime 1500 - 1750?	Violence and disorder that was common amongst nobles declined./The types of crimes committed were similar to those in the Medieval Period /Certain crimes were seen as more of a problem than others
9	Why did vagrancy become a problem in the Early Modern Period?	Population increase and poor harvest led to large numbers wandering between towns and villages
10	Why did moral crimes become more prominent in the Early Modern Period?	Growing Puritan influences led to increased concerns about sinful behaviour

Week 2	Question	Answer
1	What three new crimes were introduced in the Early Modern Period?	<ul style="list-style-type: none"> • Witchcraft • Smuggling • Highway robbery
2	Why did theft increase during the Industrial Revolution?	Factories, warehouses and shops were full of goods/ new banks meant bank robberies and middle class homes had lots of possessions
3	Identify one new crimes that was introduced in the Industrial Period.	Fare-dodging/Vandalism on the railways/Failing to send your child to school/Stealing from water standpipes/White collar crime
4	What were the main features of crime in the Industrial Period?	Most common form of crime was petty theft/Violent crime was rare/Most offenders were young/teenage poor males
5	Why did crime increase in the Industrial period?	An increase in population led to a growth in industry and towns
6	What did radical thinkers do in the Industrial Period?	Make the link between poverty and crime
7	Who were people particularly worried about between 1750 and 1900?	The young and juvenile crime
8	What did radical thinkers place an emphasis on?	A lack of education, religion and useful work
9	What did conservative thinkers blame crime on?	The bad moral habits of the poor, especially drunkenness
10	What was the name of the organisation that wanted to ban alcohol?	The Temperance Movement

Week 3		Question	Answer
1	What did the Temperance Movement argue?	The public houses left the poor without money for food which led to gambling, prostitution and violence	
2	What did some people believe about criminals?	They made a deliberate choice to be criminals	
3	What was the criminal class?	Children born into this class inherited criminal tendencies from their parents	
4	How could the criminal type be identified?	Using their physical features; the shape of their skull and their hands	
5	Why did crimes increase dramatically after 1955?	The introduction of new types of crimes	
6	Name three examples of care crimes	<ul style="list-style-type: none"> • Stealing cars • Speeding • Drink driving 	
7	What is football hooliganism?	Crowd violence at a sporting event, commonly associated with football games	
8	What is a hate crime?	A crime committed against someone because of their race, religion, sexual orientation, disability or transgender identity	
9	Name one type of crime drugs can lead to	Theft/Organised crime (smuggling)/Gang crime	
10	What is cyber crime?	Criminal activities carried out using a computer or the internet	

Week 7		Question	Answer
1	What were the Bloody Codes?	Over 200 crimes that carried the death penalty	
2	What was the new drop?	A more humane form of hanging that allowed people to drop through a trap door, breaking the person's neck	
3	What was the long drop?	Where exactly the right length of rope was used to ensure the person's neck was broken when they dropped	
4	What was transportation?	When convicts were sent to Australia for 7 years, 14 years or life	
5	What became the most important form of punishment after 1840?	Prisons	
6	Name two key prison reformers	John Howards and Elizabeth Fry	
7	What did prison reformers believe?	Prisoners should be able to live in safety and dignity. They should be helped to change their ways	
8	What was the separate system?	Prisoners were kept in individual cells where they worked, prayed and reflected on their crimes	
9	What was the silent system?	Prisoners were allowed to work together but in total silence	
10	What did the 1865 Prisons Act emphasise?	Hard labour, hard fare, hard board	

Week 8		Question	Answer
1	What happened to Corporal Punishment in 1948 and 1962?	1948 - Ended as a punishment for all offenders 1962 - Ended as a punishment for prisoners who misbehaved	
2	What was passed in 1965?	The Abolition of the Death Penalty Act	
3	Where did young offenders start to go in 1902?	Their own type of prisons called Borstals	
4	What did Alexander Peterson want prisons to do?	Wanted to rehabilitate prisoners so they had the desire to live an honest life	
5	Name three alternatives to prison	<ul style="list-style-type: none"> • Probation • Tagging • Community Service 	
6	How was Hitler able to establish a dictatorship in Germany?	The Reichstag Fire/The Enabling Act/Gleichschaltung/The Night of the Long Knives	
7	What was the Reichstag Fire Decree?	It removed civil liberties such as freedom of the press and from arrest/It was used to arrest communists	
8	What was Gleichschaltung?	<ul style="list-style-type: none"> • Bringing people into line 	
9	What types of activities did young Germans do in the Hitler Youth?	Physical exercise/rifle shooting/map reading/cooking and nursing (girls)	
10	How did the Nazis persecute the Jews before	1935 Nuremberg Laws removed all rights from German Jews /Banned from going	

1939?	to the cinema, running small businesses, or buying newspapers/Kristallnacht
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Week 9	Question	Answer
1	How did people resist the Nazis during the war?	By telling anti-Nazi jokes, saying 'Good Morning' rather than 'Heil Hitler' and listening to the BBC
2	Why did the Nazi plan for 'total war' after 1943	Russia won the Battle of Stalingrad/RAF and USAAF bombed Germany/D-Day
3	What was the Volkssturm?	A new unit of the German army created to defend Germany itself, most recruits were teenagers or older men who had four days training and wore no uniform
4	What were the impacts of Nazi rule on Polish people?	Almost 2 million Polish Slavs had been murdered/Over 3 million Polish Jews had been murdered/1.5 million Poles were sent to Germany as forced labourers
5	Who were the Einsatzgruppen?	Mobile killing squads that went to villages and towns in the East and murdered Jews
6	What does collaboration mean?	Working with or for the Nazis and helping them rule
7	What does accommodation mean?	Doing as you were told by the Nazis
8	What was the SD (terror)	The Nazi secret intelligence gathering service
9	Name one feature of the Gestapo:	They had the power to arrest and imprison anyone/Only 15,000 Gestapo officers, or 1 per 4,400 people/Had the power to tap telephones or intercept letters
10	What were the conditions like in a concentration camp?	Harsh punishments: beatings, bread and water rations, and executions/Run by the SS Death's Head guards

Hospitality and Catering Knowledge Organiser

Week 1	Piece of Information	Answer
1	Remuneration	Money paid for work or a service
2	Water-soluble vitamins	Cannot be stored in the body so are needed daily.
3	Fat-soluble vitamins	Can be stored in the fatty tissue of the body.
4	Food Miles	The distance a food travels from where it is grown/produced to where it is sold.
5	Vegetarian	Someone who chooses not to eat any meat.
6	Vegan	Someone who does not eat any products derived from animals.
7	High risk food	A food high in protein and moisture that is likely to cause food poisoning.
8	Cross-contamination	The transfer of bacteria from one food source to another.
9	Gluten	A protein found in wheat flours which makes dough stretchy and elastic.
10	Coeliac disease	In sufferers, the digestive system is sensitive to gluten.

Week 2	Piece of Information	Answer
1	Use by date	A date mark that is a safety warning stating when the food is likely to be unsafe to eat.
2	Unsaturated	A group of fats that come mainly from vegetables which are liquid at room temperature.
3	MHOR	Manual Handling Operation Regulations
4	Saturated	Fats primarily from animal sources that are solid at room temperature e.g. butter.
5	COSHH	Control of substances hazardous to health
6	Consumer Protection Act	Protects against unsafe goods and lack of safety information on products
7	Equality Act	Promotes equal opportunity for all individuals regardless of age, race, religion, disability, sexual orientation or gender
8	Consumer Rights Act	Protects consumers from misinformation on goods and services.
9	HASAWA	Health and Safety At Work Act
10	RIDDOR	Reporting of injuries, diseases and dangerous occurrences regulations

Week 3	Piece of Information	Answer
1	Danger zone	The range of temperatures at which bacteria multiply very quickly (5°C to 63°C)
2	Salary	Money paid monthly often expressed as a yearly amount e.g. £30,000 annual salary
3	Ambient food	A food that can safely be stored at room temperature
4	Halal	Meat slaughtered or prepared using a method demanded by Islamic dietary laws
5	Head Chef	A member of the kitchen brigade who is in charge of the kitchen. Responsibilities include planning menus and ordering stock.
6	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.
7	Chef de Parte	A member of the kitchen brigade who is responsible for a section or area in the kitchen.
8	Commis	A member of the kitchen brigade who is recently qualified junior chef
9	Apprentice	A trainee chef
10	Housekeeper	A member of front of house staff who is responsible for looking after cleanliness of the bedrooms in a hotel.

Week 7	Piece of Information	Answer
1	Vegan	Someone who does not eat any products derived from animals.
2	High risk food	A food high in protein and moisture that is likely to cause food poisoning.
3	Cross-contamination	The transfer of bacteria from one food source to another.
4	Gluten	A protein found in wheat flours which makes dough stretchy and elastic.
5	Coeliacs disease	In sufferers, the digestive system is sensitive to gluten.
6	Consumer Protection Act	Protects against unsafe goods and lack of safety information on products
7	Equality Act	Promotes equal opportunity for all individuals regardless of age, race, religion, disability, sexual orientation or gender
8	Consumer Rights Act	Protects consumers from misinformation on goods and services.
9	HASAWA	Health and Safety At Work Act
10	RIDDOR	Reporting of injuries, diseases and dangerous occurrences regulations

Week 8	Piece of Information	Answer
1	Danger zone	The range of temperatures at which bacteria multiply very quickly (5°C to 63°C)
2	Salary	Money paid monthly often expressed as a yearly amount e.g. £30,000 annual salary
3	Ambient food	A food that can safely be stored at room temperature
4	Halal	Meat slaughtered or prepared using a method demanded by Islamic dietary laws
5	Head Chef	A member of the kitchen brigade who is in charge of the kitchen. Responsibilities include planning menus and ordering stock.
6	Micronutrient	A nutrient needed by our bodies in relatively small amounts e.g. vitamins and minerals.
7	Mineral	A chemical element that our bodies need in small amounts.
8	Vitamin	Organic compounds that are needed by the body in small amounts.
9	Garnish	A small addition to a dish that adds extra colour or flavour e.g. coriander
10	Macronutrient	A nutrient needed by our bodies in large amounts e.g. protein, carbohydrate, fat.

Week 8	Piece of Information	Answer
1	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.
2	Chef de Parte	A member of the kitchen brigade who is responsible for a section or area in the kitchen.
3	Commis	A member of the kitchen brigade who is recently qualified junior chef
4	Apprentice	A trainee chef
5	Housekeeper	A member of front of house staff who is responsible for looking after cleanliness of the bedrooms in a hotel.
6	Silver	A type of service where a waiter serves each item onto your plate individually.
7	Gueridon	A type of service where food is cooked at your table e.g.: a steak or flambeed bananas.
8	Front of House staff	A member of staff that deals directly with customers both when they arrive and throughout their stay.
9	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.
10	Kitchen Brigade	A tiered staff system that sets out and explains the roles and responsibilities of those who work in the kitchen.

Week 9	Piece of information	Answer
1	Food poisoning	An illness caused by eating contaminated food containing pathogenic bacteria e.g. E Coli.
2	Listeria	A temperature resistant bacteria usually found in soft cheese, pate and shellfish.
3	Salmonella	A type of bacteria found in raw poultry, untreated milk and eggs.
4	Campylobacter	A type of bacteria found in raw meat; the most common source of food poisoning in the UK.

5	E Coli	Bacteria living in the intestines of animals which can cause kidney damage.
6	Bacillus Cereus	Bacteria that cause symptoms within 1 hour and are often found in re-heated rice.
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.

Sport Science Knowledge Organiser:

Week 1	Piece of Information	Answer
1	FITT	Principles of overload; Frequency, intensity, time and type
2	Frequency	The number of training sessions you complete over a period of time.
3	Intensity	How hard you train.
4	Time	How long you train for in each session.
5	Type	The method of training you use.
6	Validity	Refers to how well a fitness test measures the component of fitness that it aims to test.
7	Reliability	A fitness test is reliable if it can be repeated and gives similar results each time.
8	Maximal test	Fitness tests that require maximal effort in order to produce a valid, comparable result
9	Protocol	The accepted or established procedure for conducting a test
10	PAR-Q	Physical activity readiness questionnaire

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

Week 3	Piece of Information	Answer
1	Specific	Goals should be specific to the person and make use of the muscles, movements and energy capabilities of that person.
2	Measurable	Goals should be able to be measured and assessed.
3	Achievable	Goals should be achievable.
4	Realistic	Goals should be realistic, for example, there should be enough time for the participant to reach them.
5	Time bound	Goals should be set over a realistic period of time.
6	High intensity interval training	Training that involves period of very high-intensity work and rest.
7	Repetition (rep)	The completion of one lift, pull or movement.
8	Set of repetitions (set)	A group of repetitions that should be completed before having a rest period.
9	Plyometric training	Repeated exercises such as bounding, hopping or jumping over hurdles,

		which are designed to create fast, powerful movements.
10	Resistance training	Training that involves working against some kind of force that resist the movement.

Week 7	Piece of Information	Answer
1	Normative data	Data and statistics used to compare participants' scores against set standards.
2	Protocol	The accepted or established procedure for conducting a test
3	Validity	Refers to how well a fitness test measures the component of fitness that it aims to test.
4	Reliability	A fitness test is reliable if it can be repeated and gives similar results each time.
5	Maximal test	Fitness tests that require maximal effort in order to produce a valid, comparable result
6	Sub Maximal	Fitness tests that do not require maximal exertion
7	PAR-Q	Physical activity readiness questionnaire
8	Questionnaire	Series of questions to be answered truthfully.
9	Aerobic - oxygen consumption	Enough oxygen to meet energy demands
10	Aerobic - methods of training	Continuous and Fartlek (periods of aerobic and anaerobic exercise).

Week 8	Piece of Information	Answer
1	Cardiovascular Endurance	The ability of the heart and lungs to get oxygen to the working muscles for use by the body.
2	Muscular endurance	The ability of the muscle to sustain repeated contractions
3	Speed	The maximum rate at which an individual is able to perform a movement.
4	Strength	The extent to which a muscle or muscle groups can contract against resistance.
5	Power	The exertion of rapid muscular strength; it can be remembered by strength x speed.
6	Agility	The ability to move and change direction quickly while maintaining control.
7	Balance	The ability to maintain a position; this involves maintaining the centre of gravity of mass over the base of support.
8	Flexibility	The range of movement possible at a joint.
9	Coordination	The ability to use two more body parts together (simultaneously) smoothly and efficiently .
10	Reaction time	The time taken from the onset of a stimulus to the start of the reactive movement.

Week 9	Piece of Information	Answer
1	Multistage fitness test	A maximal and progressive test of cardiovascular / aerobic endurance.
2	Cooper 12 minute run test	A fitness test for cardiovascular endurance in which participants run as far as they can for 12 minutes.
3	30 second sit up test	A maximal test, in which you need to perform as many sit ups as you can in 30 seconds.
4	1 minute press up test	A maximal test, in which you need to perform as many press ups in 1 minute.
5	30m speed test	Fitness testing method for speed.
6	Handgrip Dynamometer test	Fitness testing method for strength.
7	Vertical Jump test	Fitness testing method for anaerobic power.
8	Standing long jump test	Second fitness testing method for anaerobic power.
9	Illinois test	Fitness testing method for agility.

10	Standing stork test	Fitness testing method for balance.
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Spanish Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Todos los días	Every day
2	primero me ducho	first I shower
3	luego me visto	after I get dressed
4	desayuno	I eat breakfast
5	y voy al <u>colegio</u>	and I go to <u>school</u>
6	Antes de	Before
7	tomar el <u>desayuno</u>	having <u>breakfast</u>
8	bebo agua	I drink water
9	si tengo hambre	If I am hungry
10	como <u>huevos</u> con jamón	I eat <u>eggs</u> with ham

Week 2	Piece of Information	Answer
1	Para el <u>desayuno</u>	For <u>breakfast</u>
2	tomo	I eat
3	una gran <u>variedad</u> de	a big <u>variety</u> of
4	frutas y <u>queso</u>	fruit and <u>cheese</u>
5	y bebo café	and I drink coffee
6	Cuando era más pequeño	When I was younger
7	siempre	always
8	jugaba en el parque	I used to play in the park
9	y nunca	and never
10	estaba cansado	I was (never) tired

Week 3	Piece of Information	Answer
1	No me encuentro bien	I don't feel well
2	tengo dolor de	I have pain of
3	cabeza	my head
4	desde	since
5	el <u>domingo</u> pasado	last <u>Sunday</u>
6	Para llevar una vida sana	To lead a healthy lifestyle
7	comenzaré a hacer ejercicio	I will start to do exercise
8	dormiré mejor	I will sleep better
9	seré más feliz	I will be happier
10	y estaré en forma	I will be in shape

Week 7	Piece of Information	Answer
1	Si paso más tiempo en la naturaleza	If I spend more time in nature
2	cuidaré mi salud mental	I will look after my mental health
3	Si como más sano	If I eat more healthily
4	tendré una dieta más equilibrada	I will have a more balanced diet
5	y mejoraré mi salud física	and I will improve my physical health
6	Los días normales	On normal days
7	voy al <u>insti</u>	I go to <u>school</u>
8	en <u>bicicleta</u>	by <u>bike</u>
9	las clases empiezan	lessons start
10	a las ocho y media	at half past eight

Week 8	Piece of Information	Answer
1	Lo que más me gusta	What I like the most
2	es el <u>dibujo</u>	is art/ <u>drawing</u>
3	lo que menos me gusta	what I like the least
4	son las <u>matemáticas</u>	(are) is <u>maths</u>
5	me parece que son	I find it
6	aburridas y difíciles	boring and difficult
7	Lo malo de mi instituto es que	The bad thing about my school is that
8	las <u>instalaciones</u> son viejas	the school <u>facilities</u> are old
9	la <u>comida</u> es malísima	the <u>food</u> is really bad
10	Hay que	We have to

Week 9	Piece of Information	Answer
1	Si tuviera la oportunidad	If I had the opportunity
2	compraría una tableta	I would buy a tablet
3	para cada <u>alumno</u>	For each <u>student</u>
4	pintaría la biblioteca	I would paint the library
5	y cambiaría el color del <u>uniforme</u>	I would change the colour of the <u>uniform</u>
6	El <u>verano</u> pasado	Last <u>summer</u>
7	hicimos un <u>viaje</u> de fin de curso	we had an end of year <u>trip</u> to
8	visitamos Medellín e	we visited Medellín and
9	hicimos una excursión a	we did a trip to
10	Cartagena	Cartagena

RS Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Gospel	This literally means 'good news'. The good news is the message of Jesus as recorded in the four books of the New Testament: Matthew, Mark, Luke and John.
2	Son of God	This is a Hebrew title showing a special relationship between Jesus and God the Father, and not a literal 'son' or child.
3	Christ/Messiah	These are the Greek and Hebrew titles given to Jesus meaning 'the anointed one'. A leader of the Jews who is expected to live on the earth at some time in the future.
4	Blasphemy	This is a religious offence which includes claiming to be God.
5	Son of Man	This is a title that could refer to either just a human being, or a human who is given power by God.
6	Bat qol	This is the audible voice of God the Father. For example, heard at the baptism of Jesus.
7	'He was pierced for our iniquities.'	Isaiah 53 - The Suffering Servant is an Old Testament prophecy about the coming Messiah. This quote shows that the Messiah will be pierced.
8	Disciple	This is a follower of Jesus. It is also a term used for the 12 followers of Jesus.
9	Apostle	This means 'one who is sent out', the name given to those disciples who became the leaders of the early church.
10	Messianic Secret	This is a characteristic of Mark's Gospel where Jesus does not wish to be recognised as the Messiah.

Week 2	Piece of Information	Answer
1	Mystical experience	This is a religious event where people see and feel things that create a sense of awe and fascination.
2	'He poured out his life unto death.'	Isaiah 53 - The Suffering Servant is an Old Testament prophecy about the coming Messiah. This quote shows that the Messiah will give up his life.
3	Ascension	This is the event, 40 days after the resurrection, when Jesus returned to God, the Father, in heaven.
4	The Twelve	This is the title given to Jesus' disciples as a group.
5	Denial	This is the action of refusing something that has been requested.
6	Kingdom of God	This is a teaching of Jesus: the reign of God on earth now and in heaven and the afterlife.
7	Sanhedrin	This is the Jewish Council at the time of Jesus; it consisted of 71 members, met in Jerusalem and was led by the High Priest.
8	Passion prediction	This is a passage in Mark's Gospel where Jesus explains that he will suffer and die.
9	Transfiguration	This is an event in Mark's Gospel where Jesus is described as glowing dazzling white.
10	Rabbi	This is a Jewish teacher.

Week 3	Piece of Information	Answer
1	Universalism	This is the belief that God's Kingdom is for all, including those who are looked down upon by others.
2	Crucifixion	This is a Roman method of execution by which criminals were fixed to a cross.

3	Good Friday	This is the day Christians remember the execution and death of Jesus.
4	Resurrection	This means rising from the dead. Jesus rose from the dead on Easter day; this event is recorded in all four gospels and is a central belief for Christians.
5	'Like a dove.'	Genesis 1:2 is about the Spirit of God hovering over the waters. Links to Creation and the baptism of Jesus.
6	Parable	This is a story that is told with a spiritual meaning. Jesus often used them to teach people about their relationship with God.
7	Crucifixion	This is a Roman method of execution by which criminals were fixed to a cross.
8	'Son, your sins are forgiven.'	Mark 2:5 is what Jesus said to the paralysed man being lowered through the roof of the house. It made the religious leaders very angry.
9	Holy Spirit	This is the third person of the Trinity, God's presence in the world.
10	Commission	This is the occasion after the resurrection of Jesus when he gave his disciples instructions about their future mission.

Week 7	Piece of Information	Answer
1	Passion narrative	This is the part of Mark's Gospel that deals with the last week of Jesus' life and his suffering.
2	Lourdes	This is a town in France where the Virgin Mary appeared. Catholics visit as a place of pilgrimage.
3	'Hear, O Israel: The Lord our God is one.'	The start of 'The Shema', the Jewish statement of faith. Belief in the one God.
4	Mission	This is an organised effort to spread the Christian message.
5	Agape	This is the Christian word for unconditional love; the kind of love that Jesus has towards humans.
6	Prejudice	This is unfairly judging someone before the facts are known; holding biased opinions about an individual or group.
7	'Talitha cum, little girl, get up!'	Mark 5:41: This is the Aramaic for 'little lamb'. This is when Jesus raises Jairus' 12 year old daughter from the dead. Showing he has authority over life and death.
8	Trinity	This is the Christian belief that God is 3 in 1: the Father, the Son and the Holy Spirit.
9	Repentance	This is saying sorry, and a way of believers acknowledging to God that things have gone wrong.
10	Anoint	This is to put oil on the head to show that God has chosen a person.

Week 8	Piece of Information	Answer
1	'Daughter, your faith has made you well...go in peace.'	Mark 5:34 This is what Jesus says to the 'bleeding' woman. The word 'peace' is 'shalom' which means 'wholeness'.
2	Gentile	This is someone who is not Jewish.
3	Tax collectors	These are Jewish men who collected taxes on behalf of the Romans.
4	Parable of the Sower	The Farmer sows seed and it falls onto 4 different types of ground: path, rocks, thorns and good soil. Meaning the Kingdom of God can only grow if the message is heard e.g the good soil. Mark 4.
5	Parable of the Mustard Seed	The mustard seed is one of the smallest seeds, however it grows into a really large bush. Just like the Kingdom of God: it will start out small and grow really big. Mark 4.
6	'A Prophet like Moses.'	Deuteronomy 18:15 states how God, in the future, will give a prophet (Jesus) who will be like Moses. He will do the same kind of miracles. This is evidenced when Jesus miraculously feeds the 5000 with bread.

7	Dietrich Bonhoeffer	This Christian man experienced the cost of being a modern-day disciple. During WW2, he helped Jewish people escape the Nazi regime and was eventually executed.
8	'Lo, your king comes to you, ...humble and riding on a donkey.'	Zechariah 9:9 - Jesus' triumphal entry into Jerusalem.
9	Betel UK	This is a Christian organisation that helps those with addiction, homelessness and long term unemployment.
10	Brother Andrew	This man helped to smuggle Bibles into Communist countries where Christianity was illegal. He was arrested several times and suffered rejection because of his faith.

Week 9	Piece of Information	Answer
1	Shema	This is the Jewish statement of faith: 'Hear O Israel: The Lord is our God, the Lord alone...'
2	Exorcism	This is the driving out of evil spirits.
3	'Sir, even the dogs under the table eat the children's crumbs.'	Mark 7:28 is when the Greek Syrophenician woman - a Gentile (non-Jew) is asking the Jewish Messiah for help. The word 'dogs' means 'puppies' symbolising the Gentiles.
4	Ransom	This is usually a payment made to release a hostage; in Roman times, a payment made to get someone out of prison.
5	Discrimination	These are actions or behaviours that result from prejudice.
6	Satan	This is the name for the Devil - the power and source of evil.
7	Martyr	This is one who suffers or dies for their belief.
8	Eric Liddell	He was a famous Olympic athlete who refused to run on a Sunday because of his faith. He eventually became a missionary in China. WW2 broke out, Japan invaded, he was arrested but still continued to preach.
9	Vocation	This is the feeling of being called by God to undertake an action, work or to follow a particular career.
10	'Who do the people say I am?'	Mark 8:27 This is asked by Jesus during the conversation at Caesarea Philippi. Peter responds with, 'You are the Messiah.'

Media Studies Knowledge Organiser:

Week 1	Piece of Information	Answer
1	OMO	The CSP that advertises washing powder
2	Tatler	A CSP which has a name that reflects gossiping or telling stories.
3	Print Code	A code that denotes any part of the layout of a print product, e.g. masthead, article lines
4	Victoria Beckham	Is the main feature of <i>Heat</i> magazine.
5	Advertisement	A paid message created to promote a product, service, or idea and persuade an audience to take action, such as buying, supporting, or engaging with it.
6	Social Grade	A demographic approach that places consumers on a scale A-E which represents their profession, disposable income and place in society.
7	Gender Essentialism	A theory that states men and women belong in stereotypical roles that are fixed and binary.
8	Semiotics	The study of signs and their connotations.
9	CSP (Close Study Product)	19 media texts that must be studied prior to the exams.
10	Condé Nast	A global media company that owns <i>Vogue</i> , <i>Tatler</i> , and <i>Vanity Fair</i> .

Week 2	Piece of Information	Answer
1	Heat	A CSP that features photos taken by the paparazzi to provide inside information to celebrity lives.
2	Galaxy Chocolate	A CSP that is set in Italy and features an iconic Hollywood film star.
3	NHS Represent	A CSP that targets the global majority to encourage them to donate blood.
4	Technical code	A code that includes practical techniques used by media producers to shape how a story is told and how viewers respond to it.
5	Emma Weymouth	Stars on the front cover of <i>Tatler</i> magazine.
6	Reality	The state of things as they actually are, not necessarily how they are depicted by the media.
7	Global Majority	People who are not white, considered as a group comprising the majority of the world's population.
8	Denotation	The literal or surface meaning of something. What a media text actually shows before you analyse it.
9	Layering	Placing multiple elements on top of each other in a text, image, or audio track to create depth, meaning, or a particular effect.
10	Target Audience	A particular group at which a product such as a film or advertisement is aimed.

Week 3	Piece of Information	Answer
1	Kiss Breakfast	A CSP that is part of Bauer Media Group and stars Jordan Banjo and Perri Kiely.
2	Radio 1	A CSP that began in 1967 founded by the BBC.

3	Audrey Hepburn	Stars posthumously in the Galaxy chocolate advertisement.
4	Lady Leshurr	A British rapper who performs ' <i>Represent</i> ' in the NHS Blood & Transplant advertisement.
5	Celebrity	A person who is famous and widely recognised by the public, usually because of their work in entertainment, sports, media, or other high-profile fields.
6	CELS	The acronym used to cover a variety of technical codes.
7	Retouching	Digitally altering or enhancing images to improve their appearance or achieve a desired effect.
8	PEEP	A structure used to respond to exam style questions: <i>point, evidence, explain, purpose</i> .
9	Unseen Text	A media text given in the exam that students have not studied.
10	Image Manipulation	Refers to the process of altering or editing a photograph or visual to change its appearance, meaning, or impact.

Week 7	Piece of Information	Answer
1	I Bet You Look Good on the Dance Floor	A CSP released by the Arctic Monkeys in 2005 that showed major changes in the music industry.
2	Non-Verbal Code	A code that denotes anything that is not communicated through spoke/written language, e.g. body language, wardrobe
3	Roland Barthes	The founder of a narrative theory that analyses a variety of narrative codes.
4	Verbal Code	A code that denotes anything said, e.g. dialogue or anything written, e.g. body copy
5	3%	According to NHS Represent, this is the percentage of Black and Asian blood donors.
6	Equilibrium	Todorov's narrative: The story begins with a stable, normal situation.
7	Disruption	Todorov's narrative: Something happens that upsets the normal order.
8	Recognition	Todorov's narrative: The characters realise the disruption has occurred.
9	Repair	Todorov's narrative: Characters take action to fix the disruption.
10	New Equilibrium	Todorov's narrative: A new state of balance is established (which may be different from the original).

Week 8	Piece of Information	Answer
1	How You Like That	A CSP released by Blackpink in 2020, one of the most successful K-Pop bands in the world.
2	CASE	An acronym that represents the different narrative codes Barthes discusses in his narrative theory.
3	Cultural Code	A narrative code that relies on a shared knowledge and meaning amongst the audience, e.g. a police badge, a cowboy hat.
4	Action Code	A narrative code that implies an action is going to occur which will move the narrative forward.
5	Semantic Code	A narrative code that explores a deeper meaning in the text, e.g. shattered glass may connote danger or threat.
6	Symbolic Code	A narrative code that emphasises binary opposites or contrasts, e.g. red and green lightsabers symbolising good and evil.
7	Enigma Code	A narrative code that presents the audience with mystery so they are intrigued, e.g. a locked door that will not open.
8	Todorov	A narrative theory that states stories fall into 5 stages across 3 acts.
9	Music Video	What does the NHS Represent video first appear as?
10	Symbolic Code	A code that represents or suggests a meaning beyond its literal appearance.

Week 9	Piece of Information	Answer
1	I, Daniel Blake	A CSP directed by Ken Loach and released in 2016 that showcases the difficulties of funding for the independent film sector.
2	Black Widow	A CSP directed by Cate Shortland in 2021 that is an example of a Hollywood Blockbuster.
3	Hero	Propp's main character who goes on a quest or faces challenges.
4	Villain	Propp's character who opposes the hero and creates problems.
5	Donor	Propp's character who provides the hero with a tool, advice, or magic object to help them.
6	Helper	Propp's character who assists the hero in achieving their goal.
7	Princess (or prize)	Propp's character or thing that the hero seeks or wins (often a reward).
8	Princess' Father	Propp's character that rewards the hero for completing their quest.
9	Dispatcher	Propp's character who sends the hero on their quest.
10	False Hero	Propp's character that pretends to be good or heroic but opposes the true hero or takes credit.

Music Knowledge Organiser:

Week 1	Piece of Information	Answer
1	Call and Response	A person performs a musical phrase (call), this is then copied and performed back by another (response) .
2	Rhythm	The organisation of particular sounds depending on their length.
3	Djembe	A goblet shaped, small-ish West African drum, that is played by the bare hands.
4	Bass Tone	The alignment of your palm and flat fingers near the centre of the drumhead.
5	Open Tone	The alignment of your hands around the edge of the drumhead.
6	Balafon	A large xylophone with hollow gourds that resonate, used in West African music.
7	Syncopation	Accenting the off beat.
8	Crotchet	A note with the duration of 1 beat.
9	Quaver	A note with the duration of 1/2 a beat.
10	Minim	A note with the duration of 2 beats.

Week 2	Piece of Information	Answer
1	Thumb Piano	African boxlike musical instrument that has tuned strips of metal or wood that vibrate when played with the thumbs.
2	Rest	An unspecified duration of silence.
3	Accent	Emphasise a certain beat, note or chord.
4	Kora	A long-necked harp lute used in West African music.
5	4/4	Four crotchet beats in a bar.
6	Dynamics	How loud or quietly the music is played.
7	Time Signature	Tells you how many beats are in a bar.
8	piano (<i>p</i>)	A dynamic marking telling the performer to play softly.
9	forte (<i>f</i>)	A dynamic marking telling the performer to play loudly.
10	Harmony	The combination of musical notes sounding simultaneously.

Week 3	Piece of Information	Answer
1	Early Music	refers to Music from the Medieval Period (the years 1150 - 1400) and the Renaissance Period (the years 1400 - 1600).
2	John Dowland	A composer from the time of Early Music, specifically the Renaissance Period. His most famous composition is Flow My Tears.
3	Baroque Music	refers to music from the years 1600 - 1750. Introduced many more instruments like the harpsichord and use of Stringed instruments (Violin and Cello).
4	classical Music	refers to music from the years 1750 - 1820. It often sounded pleasant as it used diatonic harmony.

5	Johann Sebastian Bach	A composer from the Baroque Period. His most famous composition is Toccata and Fugue in D minor, BWV 565.
6	Joseph Haydn	A composer from the Classical Period. His most famous composition is Symphony No. 94 'Surprise'.
7	Ludwig Van Beethoven	A composer who bridged the gap between the Classical Period and the Early Romantic Period. His most famous composition is Moonlight Sonata.
8	Clara Schumann-Wieck	A composer from the Early Romantic Period, Her most famous composition is Piano Trio No. 1 in G minor.
9	Hector Berlioz	A composer from the Early Romantic Period. His most famous composition is Symphonie fantastique.
10	Lute	String instrument with a neck, a deep, rounded back, a flat top with a sound hole, and a pegbox that typically bends backward.

Week 7	Piece of Information	Answer
1	Harpichord	Keyboard musical instrument in which strings are set in vibration by plucking.
2	String Section	A group of instruments that is played with a bow or plucked.
3	Sonata Form	A structure of music with three sections, exposition, development and recapitulation.
4	Conjunct	Moving by Step melody
5	Disjunct	Moving by Leap melody
6	Orchestra	A large group of musicians who play many different instruments together and are led by a conductor.
7	Early Romantic Music	Refers to music from the years 1820 - 1850. Focused on smaller, intimate settings to perform music, and so would mainly write for solo piano or small chamber ensembles.
8	Dynamics	Music shows how loud or quiet the music is.
9	Piano Trio	A piano and two other musical instruments, typically violin and cello.
10	Programme Music	A type of instrumental music that tells a story through music.

Week 8	Piece of Information	Answer
1	Blues Scale	A series of notes used in blues. Usually C, E-flat, F, G-flat, G and B-flat.
2	Chord	A set of musical notes, usually three or four, played at the same time
3	Chord Progression	A sequence of chords.
4	Triad	A set of three notes played at the same time, played in thirds
5	Melody	A sequence of single notes that uses a combination of rhythm and pitches; a tune
6	Blues	A style of music created by African Americans in the late 19th century to help them through the working day.
7	Riff	A short catchy melodic idea.
8	12 Bar Blues	A chord progression of 3 chords, C Major, F Major and G Major. Typically in this order CCCC,FFCC,GFCC.
9	Lyrics	The words of a song.

10	Accompaniment	The backing part to the song.
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Week 9	Piece of Information	Answer
1	Muddy Waters	An American Blues singer and songwriter. He is regarded as the 'Father of Modern Chicago Blues'.
2	Walking Bass	A bass line that walks up and down in pitch on every beat of the bar.
3	Jazz	A style of music that grew out of the Blues.
4	Tonic	The first and root note of a key. Often called 'home'
5	Blue Note	A note that has been altered to sound moody.
6	Improvisation	Performing a melody spontaneously in performance.
7	Shuffle	It is a rhythmic feel of tripleted quavers.
8	Chord Chart	A symbol which shows a section of the fretboard, demonstrating where to put your fingers on the strings and frets.
9	Robert Johnson	was an American Blues singer and songwriter, He influenced many Blues artists that came after him.
10	Willie Mae 'Big Mama' Thornton	Willie Mae Thornton was an American Blues singer and songwriter. She would go on to record 'Hound Dog' and pave the way for women in Blues music.

