# 







08:50am Tutor Time

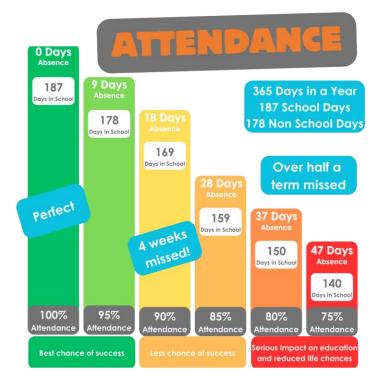
09:25am Lesson 1

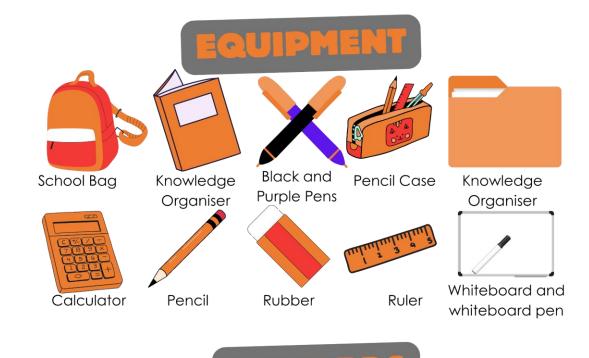
10.40am Break 1

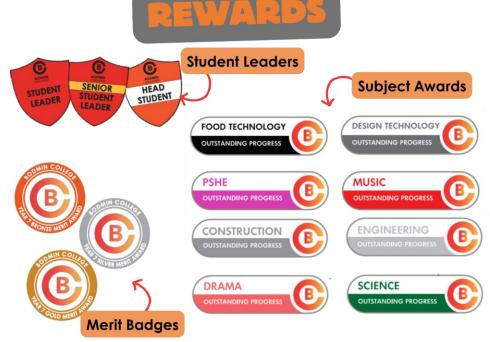
- 11:10am Lesson 2
- 12:25pm Lesson 3
- 1.40pm Break 2



- 2.10pm Lesson 4
- 3.25pm End of School Day

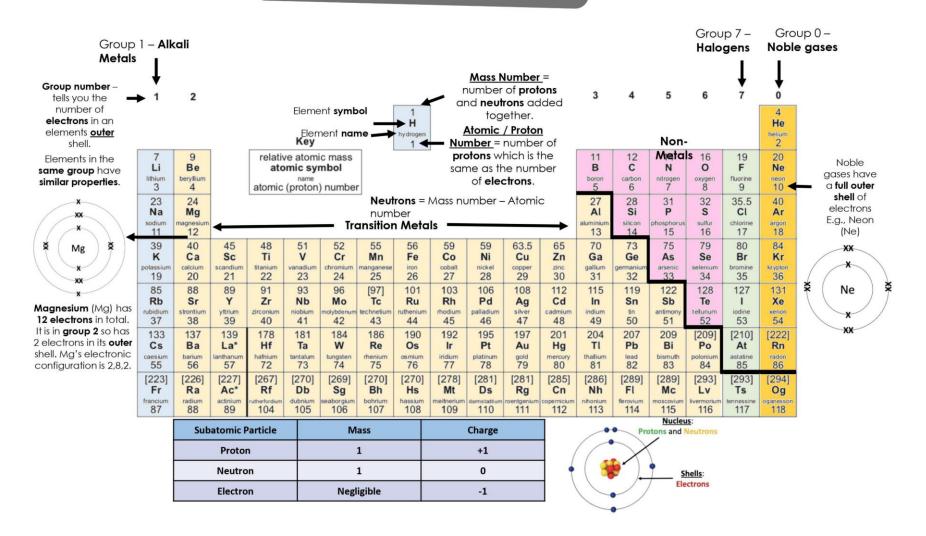






# THE PERIODIC TABLE

### OF THE ELEMENTS



### HOW CAN I USE THE PHYSICS EQUATION SHEET?

1

Give Give Want		
1.	What does it give	
	you? What does it	
	want you to	
	calculate?	
2.	Do you need to	
	rearrange?	
3.	Do you need to	
	convert?	
4.	Include the figures	
5.	Do you need to	
	put it into	
6	standard form?	
6.	Do you need to include the unit?	
7.	Do you need to	
1.	give the answer in	
	significant figures?	
	Significant ligures:	

	thermal energy for a change of state = mass × specific latent heat	E = m L	
L	For gases: pressure × volume = constant	p V= constant	
	weight = mass × gravitational field strength	W=m g	
	work done = force × distance (along the line of action of the force)	W = F s	
	force = spring constant × extension	F=ke	
	moment of a force = force × distance (normal to direction of force)	M = F d	
	pressure = force normal to a surface area of that surface	$p = \frac{F}{A}$	
нт	pressure due to a column of liquid = height of column × density of liquid × gravitational field strength	$p = h \rho g$	
	distance travelled = speed × time	s = v t	
	acceleration = <u>change in velocity</u> time taken	$a = \frac{\Delta v}{t}$	
	$(final velocity)^2 - (initial velocity)^2 = 2 \times acceleration \times distance$	$v^2 - u^2 = 2 a s$	
	resultant force = mass × acceleration	F = m a	
нт	momentum = mass × velocity	p = m v	
нт	force = change in momentum time taken	$F = \frac{m \Delta v}{\Delta t}$	
	period = 1 frequency	$T = \frac{1}{f}$	
	wave speed = frequency × wavelength	$v = f \lambda$	
	magnification = image height object height		
нт	force on a conductor (at right angles to a magnetic field) carrying a current = magnetic flux density × current × length	F= B I I	
нт	potential difference across primary coil potential difference across secondary coil number of turns in secondary coil	$\frac{V_p}{V_s} = \frac{n_p}{n_s}$	
нт	potential difference across primary coil × current in primary coil = potential difference across secondary coil × current in secondary coil	$V_p I_p = V_s I_s$	

kinetic energy = 0.5 × mass × (speed) <sup>2</sup>	
stic potential energy = $0.5 \times \text{spring constant} \times (\text{extension})^2$	
nal potential energy = mass × gravitational field strength × height	
ermal energy = mass × specific heat capacity × temperature change	
power = energy transferred time	

HT = Higher Tier only equations

Triple only equations

kinetic energy = 0.5 × mass × (speed) <sup>2</sup>	$E_k = \frac{1}{2} m t$
elastic potential energy = $0.5 \times \text{spring constant} \times (\text{extension})^2$	$E_c = \frac{1}{2} k c$
gravitational potential energy = mass × gravitational field strength × height	$E_p = m g$
change in thermal energy = mass × specific heat capacity × temperature change	$\Delta E = m c L$
power = energy transferred time	$P = \frac{E}{t}$
power = work done time	$P = \frac{W}{t}$
efficiency = <u>useful output energy transfer</u> total input energy transfer	
efficiency = useful power output total power input	
charge flow = current × time	Q = It
potential difference = current × resistance	V = I R
power = potential difference × current	P = VI
power = (current) <sup>2</sup> × resistance	$P = I^2 R$
energy transferred = power × time	E = P t
energy transferred = charge flow × potential difference	E = Q V
density = mass volume	$\rho = \frac{m}{V}$





### **CONTINENTS AND OCEANS**





Sexual





### Democracy

- I can **influence** the decisions that affect me in the school
- I can work effectively with others in the school

### Liberty

- I am free to think as I see fit
- I have the freedom to **make choices** that affect me but I **recognise** I am **accountable** for **all my actions**



### Respect

- I recognise that everyone is entitled to their opinion as long as it does not promote extremism
- I understand that everyone is **entitled to a voice** within the classroom and I will **listen to others**

### Law /

• I understand that the school **rules** are used to mirror **society laws** and must be respected



• I recognise that there will be consequences for my actions

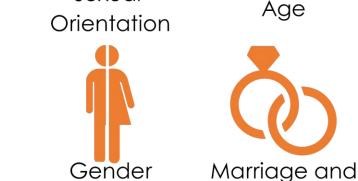
### Responsibility

- I recognise that I am as equally responsible for my learning as the teacher
- I take **responsibility** for my actions good or bad
- We all have a responsibility to promote and protect the wellbeing of others

### Tolerance

- I recognise that it is **unacceptable** to dismiss the **beliefs** and **opinions** of anyone
- I understand that discussions about **sensitive issues** will be **controlled** and **structured**





Reassignment Civil Partnership



Disability

Sex

Pregnancy and Maternity



Race

Religion or belief

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### STAYING SAFE AT SCHOOL

At Bodmin College we want to ensure that all of our students feel happy, safe and supported at all times. Everyone has a duty of care to safeguard your physical and mental health when at school.

During tutor and PSHE lessons you will be taught how to stay safe both in school, outside of school and online. There is always someone from the 'Safeguarding Team' to talk to during school hours, should you need to. However, you can talk to any member of staff that you feel comfortable talking to.



Bullying is not ok and we need to work together to stop it from happening.'Full Stop' is our online bullying report form, that allows you to report any occurrences of bullying, either in school, out of school, or online. You can complete the form through the QR code. A member of the pastoral team will then investigate the incident and behaviour sanctions will be issued if bullying has happened.





All staff, visitors and sixth form students where lanyards whilst on the college campus.

The purpose of lanyards are to keep our college campuses safe places to work and learn in. It is essential that all post-16 students, staff and visitors when on the college premises are easily identified and that we are aware of who everyone is on our campuses during all periods of the day. This is an important employability skill that you need to understand, as many sectors always require visible ID as a safeguarding requirement and a way of registering attendance.



Staying safe online is really important, especially now that we have smartphones and devices connected to the internet all of the time.

In school we use a system called **Smoothwall** so monitor the use of computers and devices connected to the internet. This helps us to keep you and our school community safe.

There are lots of tops to help you keep safe online. Checkout out the SMART Rules here.



# Staying Safe Online

### Follow the SMART Rules



### Do not SHARE or SEND

personal information, passwords, images or videos of yourself. If anyone asks you for images or videos tell an adult straight away



Do not **MEET** anyone who you have only become friends with online. Even a friend of a friend is a stranger

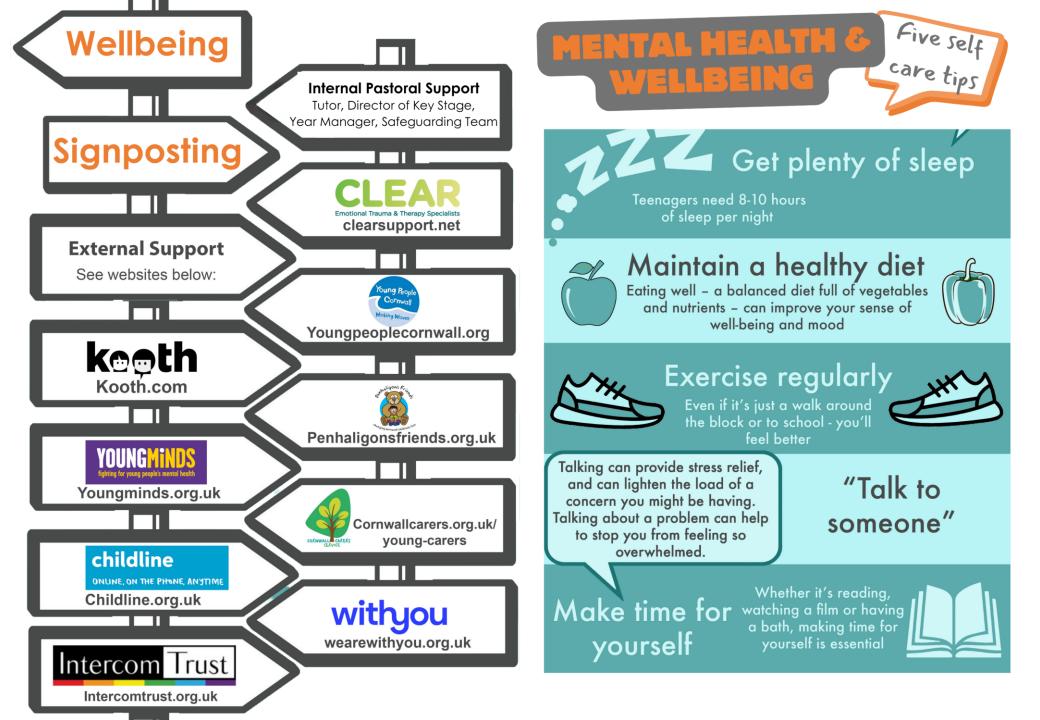


Do not **ACCEPT** messages, images, videos or friend requests from people you do not know



Not everything you see online is **RELIABLE**. Find at least 3 different sources to check information is correct

**TELL** a trusted adult if something happens online that makes you feel worried or uncomfortable



### Art

### Weeks 1 & 2

• **Monotype** - A monotype is a simple printmaking process that is used to create one off prints.

https://www.monoprints.com/page/directtracing-monotypes

- Composition Composition is the way in which different elements of an artwork are
- combined or arranged.
  Representation A type of description or portrayal of someone or something.
- **Ghost print** A ghost print refers to the faint impression left on a surface after the initial print has been made, often resulting from leftover



ink or residual material . This can sometimes transfer onto the next print by mistake.

### Weeks 7 & 8

- **Proportion** The relative size of an object when compared to other objects in the same image.
- **Observation** Carefully looking at the subject and noticing and recording the shapes, details and tones that you see.
- Anthropomorphism Means attributing human characteristics to something that is not human, or vice versa. It usually takes the form of a melding of human and animal, bird, insect or plant forms.
- **Surrealism -** Is an artistic cultural movement that portrays a wide array of themes of the imagination.

### Weeks 3 & 4

- **Layering -** Layering in art is the process of building up different elements on top of each other to develop an artwork.
- Background Background in art refers to the background space or setting that an image is placed within. This background can include different objects and textures and can be used to create interesting visual effects.
- Foreground The area of the picture space nearest to the viewer, immediately behind the picture plane, is known as the foreground. An understanding of perspective developed in the early 15th century allowing painters to divide space behind the picture plane into foreground, middle ground and background.
- **Registration -** Registration marks are added to printing plates to ensure proper alignment of colours during the printing process.

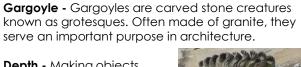
Weeks 9 & 10

### Weeks 5 & 6

- **Balance** Balance is the distribution of the visual weight of objects, colours, texture, and space.
- Focal point Think of the focal point as the star of your piece. The focal point of a painting is the main thing that you want the viewer to see or understand. Everything else becomes a supporting character visually.
- **Contrast** Contrast in art is all about creating major visual differences between multiple elements.
- **Harmony** Harmony in art refers to the use of colours, shapes, and other elements to create a pleasing or balanced effect.
- **Rule of thirds** the subject matter isn't centred; rather, the main focal point can be to one side or at the top or bottom of the image.

### Weeks 11 & 12

- Collage Collage describes both the technique and the resulting work of art in which pieces of paper, photographs, fabric and other ephemera are arranged and stuck down.
- **Planning** The process of organizing thoughts and actions in order to create a visual artwork or design.
- **Process** Process art is all about creating something new by experimenting with different materials and seeing what happens.



- **Depth** Making objects appear closer or farther away and making a two-dimensional image seem three-dimensional.
- **Detail –** Showing care for and attention to every feature or aspect, no matter how small or insignificant.
- Attribute -Is a quality, character, or characteristic ascribed to someone or something.

### **Computer Science**

#### Week 1 & 2 Week 3 & 4 Week 5 & 6 Input and Variables Data Types and Maths **The Print Command** When we code, we often need our programs to Data comes in different forms and in order for The print() script is set up like this: receive and store inputs from the user. For computers to store data efficiently and process example, if our program is to add two numbers data correctly, it must be made aware of the text displayed to user provided by the user, we need our program to type of data that it is storing/processing at any request these numbers and store them, so it can aiven time. later find their sum. print("Hello World" In python, this is achieved using the input() script, Data Type Description Combination of different assigned to a variable. String When it is executed (run), the text inside the keyboard characters brackets will display on the screen. The input() script is set up like this: Whole number Integer • Unlike the input()script, there will be no pause Real / Float Decimal number 'name' represents a memory text displayed to user and the program will immediately execute the location, which will store in the True / False Boolean user input \ next line of code in the program. name = input("What is your name?" Character Single keyboard character variable input statement Week 7 & 8 Week 9 & 10 Week 11 & 12 The IF-ELSE statement Selection If they do not match, the program will run the Selection is a programming construct which IF-ELSE statements are set up like this: code under the else statement. allows programs to take different pathways password = "pa\$\$wrd" (execute different lines of code), depending on password\_attempt = input("Enter your password: ") A double equals sign is used to see if the Condition being checked a condition. In other words, it allows programs to contents of the variables match. Remember, the if password == password\_attempt: Code executed if sinale equal sign operator is used to assign values make decisions. condition is TRUE print("Success!") <</pre> into variables and so it cannot also be used as a This is achieved using IF statements. comparison operator - so we use 'double print("Incorrect Password") Code executed if eauals'. condition is FALSE In the program above, the contents of the two variables (password and password attempt) are The colon that ends the IF statement line, and being compared. the indentation of code underneath. These are vital, so remember the colon and indentation IF this occurs, I will do this • If they match, the program will run the code when you write IF statements! ELSE, I will do that under the if statement. Outcome 1 Outcome 2

### **Design & Technology**

### Weeks 1 & 2

We are manufacturing our final design in the workshop accurately.

Tools that can help ensure accuracy:

#### Steel rule

It is used for measuring lengths and drawing straight lines.

#### Tri-square

It is used to mark and measure 90-degree angles on materials such as wood or metal. It helps ensure that cuts are perpendicular and that assemblies are square.

### Centre punch

It is typically used to mark the centre of a point before drilling, preventing the drill bit from slipping.

### Scribe

It is used to mark lines on materials such as metal or plastic. The sharp point scratches the surface to leave a visible mark for cutting or machining.

### Marking Gauge

It is used to mark out lines for cutting or other operations. The gauge can be adjusted to set the distance from the edge, ensuring consistent measurements across a workpiece.

### Weeks 3 & 4

We are manufacturing our final design in the workshop using hand tools safely.

#### Cutting tools commonly used in the workshop: Tenon Saw

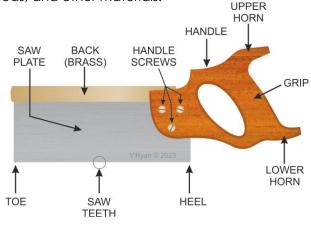
A tenon saw is a small, fine-toothed saw with a stiffening rib along its back, used for making precise cuts in woodworking, especially for tenons and other joints.

#### **Coping Saw**

A coping saw is a saw with a thin, flexible blade held in a U-shaped frame, designed for cutting intricate shapes and curves in wood, plastic, or metal.

#### Hack Saw

A hack saw is a hand tool with a fine-toothed blade, used primarily for cutting metal pipes, rods, and other materials.



### Weeks 5 & 6

We are manufacturing our final design in the workshop using power tools safely.

#### Power tools commonly used in the workshop: Pillar Drill

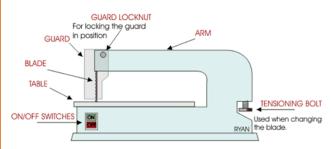
A pillar drill, also known as a drill press, is a stationary machine with a vertically aligned drill bit used for making precise holes in various materials.

### **Belt Sander**

A belt sander is a power tool with a continuous loop of abrasive sandpaper, used for rapidly sanding and smoothing large surfaces of wood or other materials.

### Scroll Saw

A scroll saw is a small electric or pedal-operated saw with a fine blade, used for making intricate cuts and detailed curves in wood.



### **Design & Technology**

### Weeks 7 & 8

### Weeks 9 & 10

### Weeks 11 & 12

#### We are decorating out final product. CAD (Computer-Aided Design)

CAD (2D & 3D) is the use of computer software to create, modify and test a design digitally.

#### CAM (Computer-Aided Manufacturing)

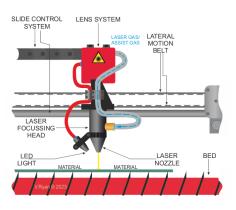
Using computer software and machinery to control and automate the manufacturing process, converting designs from CAD into manufacturing instructions.

#### CNC (Computer Numerical Control)

A method of automating control of machine tools through computer programming, where pre-programmed software dictates the movement of factory tools and machinery to create precise parts and products.

#### Laser Cutting

Laser cutting is a technology that uses a highpowered laser beam to cut materials with high precision and speed, commonly used for metals, plastics, wood, and other materials.



#### Assessment week:

- Identify key equipment and technical skills
- Recognise H&S rules
- Recall 'the manufacturing process
- Consider environmental issues

### We are applying a finish to our product. Common types of wood finishes:

#### Varnish

Varnish is a clear, hard protective finish that is typically applied over wood stains to provide a durable, glossy, and sometimes UV-resistant coating.

### Oil Finish

Oil finishes, such as linseed oil, penetrate the wood to provide a rich, natural appearance while offering protection from moisture.

#### Stain

Wood stains are used to change the colour of the wood while highlighting its natural grain, typically followed by a protective topcoat like varnish or polyurethane.

#### Wax

Wax finishes provide a soft, natural sheen and light protection, often used as a topcoat over other finishes for added depth and sheen.

#### **Acrylic Finish**

Acrylic finishes are water-based and provide a clear, durable coating that resists yellowing over time, available in various sheens.

GRADE	GRIT SIZE	DENSITY
EXTRA COARSE	60 TO 40	S.2, 2, 3
MEDIUM COARSE	80 TO 100	3.2, 2, 3
MEDIUM	120 TO 180	1, F.2, m.2
FINE	220 TO 280	2/0, 0, 1
VERY FINE	320 UPWARDS	FLOUR

### Drama

Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6	
<ul> <li>Key Words</li> <li>Physical Theatre – a style of theatre that uses predominantly movement to tell the story</li> <li>Safety</li> <li>Movement</li> <li>Collaboration – working together</li> <li>Ensemble – a group of performers working together to achieve the same goal.</li> </ul>	<ul> <li>Key Words</li> <li>Control - demonstrating focus and strong command over your movement</li> <li>Facial Expression - using your facial movements to express an emotion</li> <li>Gesture - movement of your hands, head or body to express something</li> <li>Projection - performing out to the audience</li> <li>Levels - Different heights e.g. standing or sitting to convey meaning on stage.</li> </ul>	<ul> <li>Key Words</li> <li>Choreography – the gathering and organization of movement into order and pattern.</li> <li>Proxemics – the use of space between actors and how that use of space communicates their relationship to the audience.</li> </ul>	
Weeks 7 & 8	Weeks 9 & 10	Weeks 11 & 12	
<ul> <li>Key Words</li> <li>Physical Theatre</li> <li>Safety</li> <li>Movement</li> <li>Collaboration</li> <li>Control</li> <li>Facial Expression</li> <li>Gesture</li> </ul>	<ul> <li>Key Words</li> <li>Imagination – the ability of the mind to be creative and resourceful</li> <li>Soundscape – using sound to create atmosphere or location</li> <li>Monologue – a speech by one character</li> <li>Antagonist – the opposer or combatant working against the protagonists main goal and creating conflict.</li> </ul>	<ul> <li>Key Words</li> <li>Performance</li> <li>Physical theatre</li> <li>Movement</li> <li>Facial expressions</li> <li>Gesture</li> <li>Text</li> </ul>	

### Week 1

### Chapter One – The Sound of the shell

**Utopia –** an imagined state or society in which everything is perfect.

**Dystopia** – an imagined state or society in which there is great suffering and injustice, typically one that is totalitarian.

**Microcosm** – a community, place or situation regarded as encapsulating the characteristics of something larger than itself. For example, a village could be a microcosm for a city.

**Symbolism –** when a writer uses a character, object or setting to represent something much wider. For example, Piggy's glasses become a symbol of his intelligence.

Author – William Golding

### Historical Context:

- Having witnessed the true horrors of war, Golding (the author) lost faith in the idea that humans are inherently good and innocent. He believed that even children could be evil.
- LOTF was published in 1954, therefore, Golding was inspired/affected by:
  - Time served in the Navy during WWI
  - The atomic bomb (Hiroshima & Nagasaki)
  - The Cold War
  - British Imperialism & Colonialism

### Key Quotations:

- "In colour the shell was deep cream, touched here and there with fading pink (...) covered with a delicate embossed pattern."
- "The toy of voting was almost as pleasing as the conch. Jack started to protest but the clamor changed from the general wish for a chief to an election by acclaim of Ralph himself."

### Week 2

### Chapter One – The Sound of the shell

Foreshadowing – when a writer predicts something to happen later in the story.

**Democracy** - a system of government by the whole population or all the eligible members of a state, typically through elected representatives.

**Civilisation –** the stage of human social development that is considered its most advanced.

### The seven aspects of civilisation:

- 1. Economy & trade
- 2. Religion
- 3. Social structure & family
- 4. Geography & agriculture
- 5. Government & leaders
- 6. Arts & education
- 7. Science & technology

Garden of Eden – a reference to a biblical paradise, almost like the island.

**Climax –** the highest point of tension in a story which often leads to a turning point.

- Context:
- 'Lord of the Flies' is a phrase that translates to Beezelbub: the 'Prince of Demons'.
- Biblical reference: Jesus exorcises a demon into a herd of pigs.
- Set with the backdrop of war.

### Key Quotations:

- "In colour the shell was deep cream, touched here and there with fading pink (...) covered with a delicate embossed pattern."
- "The toy of voting was almost as pleasing as the conch. Jack started to protest but the clamor changed from the general wish for a chief to an election by acclaim of Ralph himself."

### Week 3

### Chapter Two – Fire on the mountain

**Dichotomy –** a division or contrast between two things that are or are represented to be entirely different. There is a dichotomy between Jack and Ralph, savagery and civilisation and good and evil.

**Savagery –** the condition of being cruel, primitive and uncivilised.

#### Symbols:

- Fire hope, rescue and security
- The Conch power, democracy, free speech
- Piggy's Glasses intelligence
- The Beast boys' fear of being on the island without any 'grownups'.

**Rising action –** the moment when tension begins to increase. This is when the boys realise one of them is 'missing'

**Chasm –** a profound difference between two people, ideas and feelings. There is a chasm between Jack's ideas and Ralph's ideas. **Hierarchy –** a system in which members of an organization or society are ranked according to relative status or authority. The boys begin to create a hierarchy by establishing Ralph as leader and Jack to lead the hunters. **Primal –** relating to an early stage of evolutionary

**Primal –** relating to an early stage of evolutionary development. Jack becomes more primal as he becomes obsessed with hunting.

### Key Quotations:

- Piggy "Here let me go!" His voice rose to a shriek of terror as Jack snatched the glasses off his face. "Give 'em back! I can hardly see! You'll break the conch?"
- The separate noises of the fire merged into a drumroll that seemed to shake the mountain.

### Week 4

#### Chapter Three – Huts on the beach

**Characterisation –** the creation and construction of a fictional character.

**Contrast** – when character/setting are presented or constructed differently. There is contrast between the way Jack and Ralph are characterised. Jack is more primal, whereas Ralph is more civilised.

**Darwin's theory of evolution –** Darwin put forward the theory that all life, including humans, has evolved from more primitive forms.

• The transformation of Jack to more primitive, animalistic forms links to this theory.

**Primitive –** something or someone in the very early stages evolutionary or historical development. Jack is considered primitive because he is obsessed with hunting, rather than developing shelter or helping to get rescued.

**Devolution –** to descend to a lower or worse state. **Devolve –** to pass into a worse state; to degenerate.

**Society –** a group of people living together in a more or less ordered community.

### Key Quotations:

- Jack himself shrank at this cry with a hiss of indrawn breath, and for a minute became less a hunter than a furtive thing, ape-like among the tangle of trees.
- 'Green candles,' said Jack contemptuously, 'we can't eat them. Come on.'
- Simon dropped the screen of leaves back into place.

### Week 5

### Chapter Four – Painted faces and long hair

- Sigmund Freud developed a psychological theory of: **The Superego, the Ego and the Id**.
- The Id drives us to fulfil our basic urges and needs as quickly as possible; these urges are usually aggressive, perhaps even savage. Golding characterised Jack and Roger to represent this.
- The Superego is the part of the brain known as the conscience. It is completely focused on doing what is right. This is usually enforced through guilt. Golding characterised Simon and Piggy to represent this.
- The Ego is the part of the mind that makes sure the ID is satisfied, but that it is satisfied in a realistic way which doesn't upset the morality of the superego. Golding characterised Ralph to represent this.

**Demise –** the death or gradual decline in something. Civilisation on the island suffers a demise as the boys begin to ignore the rules created at the beginning. As a result, the boys become more and more savage. The following aspects of civilisation start to crumble:

- Social structure & family
- Geography & agriculture
- Government & leaders
- Arts & education
- Science & technology

### Key Quotation:

• "Roger gathered a handful of stones and began to throw them."

### Week 6

### Chapter Five – Beast from water

**Metaphor –** when a writer literally compares one thing to another.

- The beast continues to be used as a metaphor for the boy's fear and their inherent evil.
- In a religious reading, for instance, the beast recalls the devil
- In a Freudian reading, it can represent the id, the instinctual urges and desires of the human unconscious mind.
- The monster rising from the sea terrifies the boys because it represents the beast's emergence from their own unconscious minds.

Allegorical tale – when a story has a literal meaning and a deeper, hidden meaning, usually a moral that teaches us something.

- Literal meaning: boys on an island who strive for survival, power and leadership.
- **Deeper meaning:** the story is a message of society and humanity as a whole.

### Key Quotation:

"Bollocks to the rules! We're strong – we hunt! If there's a beast, we'll hunt it down! We'll close in and beat and beat and beat - !" – Jack

### Chapter 6 (half) – Beast from Air

Mankind's essential illness – this is the evil side that Godling believes resides in every human. Golding intentionally reminds his readers of the backdrop of the war that is happening elsewhere in the world and the real savagery/'beast' that exists in man-kind.

### Week 7

### Chapter Six (second half) – Beast from air

Three-Part Thesis – a body of writing at the beginning of an essay that explores:
1. The overall purpose of the literature
2. What the writer uses to achieve this purpose and your overall arguments
3. Explore how the focus is presented at the beginning and end of the story

### How to write a three-part thesis for Lord of the Flies:

- 1. In William Golding's **allegorical tale** 'Lord of the Flies', he explores how the **absence of civilisation can lead humankind to savagery.**
- 2. Golding utilises the characterisation/theme of \_\_\_\_\_\_as a vehicle to

express/illuminate/criticise/magnify/manipula te/chastise...

3. At the beginning...at the end...

### Chapter Seven – Shadows and tall trees

### Key Quotation:

"Robert snarled at him. Ralph entered into the play and everybody laughed. Presently they were all jabbing at Robert who made mock rushes... The circle moved in and round. Robert squealed in mock terror, then in real pain... The butt end of a spear fell on his back as he blundered among them."

**Golding's purpose:** Golding implies that every individual, however strong his or her instinct toward civilization and order, has an undeniable, innate drive toward savagery as well.

### Week 8

### Chapter Eight – Gift for the darkness

Juxtaposition – two things being seen or placed near to each other with contrasting effect. Civilisation and savagery are two juxtaposed ideas, and Jack and Ralph are two juxtaposed characters who embody these ideas.

**Epitome –** a person or thing that is the perfect example of particular quality or type, e.g, Jack becomes the epitome of savagery whereas Piggy becomes the epitome of civilisation.

**Catalyst –** something that speeds up the reaction of other events. This chapter, the divide of the two groups of boys, becomes a **catalyst** for the decline of civilisation.

### Golding illuminates:

- "Humanity is inherently wicked and destructive"
- "Humanity requires rules and law. Without it, humans return to their natural primitive, savage state.
- "Fear is a catalyst for violence and the destruction of civilisation."

**Morality –** principles concerning the distinction between right and wrong or good and bad behaviour. Jack is obsessed with killing and showing aggression which suggests he is of poor morals, whereas Ralph, Simon and Piggy wanted to the right thing to get rescued.

### Key Quotations:

"And about the beast. When we kill we'll some of the kill for it. Then it won't bother us, maybe."

At last Simon gave up and looked back; saw the white teeth and dim eyes, the blood – and his gaze was held by that ancient, inescapable recognition. 18

### Week 9

#### Chapter Nine – A view to death

**Foreboding** – a feeling that something bad will happen; fearful apprehension. For example, a dark and gloomy night can create a sense of foreboding.

**Anarchy** – a state of disorder due to an absence or non-recognition of authority or rules. This is clear when the boys are out of control.

Mob mentality – the idea that people will adjust their own personal views in order to fit the group they are in. Some of the characters are seen to shift their morals in order to fit into the crowd. Irony – when words or actions provide the opposite outcome that what was intended. The boys have ended up on the island having been evacuated from a warzone and a time of division, only to recreate this themselves on the island. Pathetic fallacy – when a writer manipulates the description of weather to represent the mood in the story.

### Key Quotations:

So they had shifted camp then, away from the beast. As Simon thought this, he turned to the poor broken thing that sat stinking by his side. The beast was harmless and horrible; and the news must reach the others as soon as possible.

Simon was crying out something about a dead man on a hill... The sticks fell and the mouth of the new circle crunched and screamed. The beast was on its knees in the centre, its arms folded over its face. It was crying out against the abominable noise, something about a body on the hill... At once the crowd surged after it, poured down the rock, leapt on to the beast, screamed, struck, bit, tore.

Week 10	Wee
How to write a three-part thesis for Lord of the Flies:	WHY/Authorial Intent V
<ol> <li>In William Golding's allegorical tale 'Lord of the Flies', he explores how the absence of civilisation can lead humankind to savagery.</li> </ol>	Illuminate – to make some light on something.
2. Golding utilises the characterisation/theme of as a vehicle to express/illuminate/criticise/magnify/manipula	<b>Emphasise –</b> to place spe something.
te/chastise 3. At the beginningat the end	<b>Educate –</b> to give intellec instruction.
How to layer analysis for the main body of a literature essay	<b>Promulgate –</b> to make wid
Contextualise quotation: At this moment in the story	<b>Communicate</b> – to share ideologies.
• <b>Explain what quotation suggests:</b> This could suggest that	Reveal the importance of
Single word quotations analysis: The word     "" could tell the reader that	Foreground – to make sor
Multiple interpretations analysis: While on the	Maninulate to bandlo a

Multiple interpretations analysis: While on the one hand the word could suggest on the other hand it may also imply that...

### Character

- **Ralph** leader, ineffective, confident, protagonist, immature, democratic, passive
- **Piggy –** victim, intelligence, guide, caring, lower class, unchanged,
- Jack violent, bully, leader, antagonist, irresponsible, dictator, active, animalistic
- Simon sacrifice, perceptive, weak, appreciative of the natural world
- Sam and Eric Sam'n'Eric, samneric, identity, hopelessness,
- Roger sadistic, reckless, brutal, irresponsible

### ek 11

### Verbs to use in analysis

nething visible/to shine a

ecial importance on

ctual, moral and social

idely known.

information, ideas and

of...

omething more visible.

Manipulate - to handle and control something in a skilful way

Criticise - to indicate the faults in something in a disapproving way

**Expose –** to make something visible by uncovering something.

**Galvanise –** shock or excite an audience into action against something.

Advocate - publicly recommend someone or something.

### **Week 12**

### Success criteria for an English essay:

- Construct a three-part thesis and approach ٠ the essay in four parts.
- Main body with two different areas of ٠ exploration/arguments
- Front load with writer's name and intention. • (use the intent verbs. Warns, illuminates, foregrounds, depicts, suggests, resonates...)
- Use the academic essay phrasing. "It could ٠ be argued...in many ways this suggests"
- Layer analysis using "further, alternatively, ٠ also....
  - Zoom in on single word quotations • "The word "\_\_\_\_" could foreground the notion that...
  - Offer multiple interpretations "While it could suggest...it might also suggest that..."
  - Clear and concise conclusion
    - Overall..
    - Ultimately..
    - This leaves us as readers to assume that...because...

### How to write your paragraphs:

- 1. Begin with writer's name
- 2. Answer the question
- 3. Include a quotation
- 4. Explore writer's intent of words and phrases with subject terminology
- 5. Explore/focus on writer purpose
- 6. Link back to thesis/question

### Food

Weeks 1 & 2	Weeks 3 & 4	Week 5 & 6
Practical – Sausage Rolls	Practical – Lemon Curd	<b>Practical</b> – Chicken Tikka Curry
<ul> <li>Puff Pastry - A light, flaky pastry made by layering dough with butter and folding it several times.</li> <li>Egg wash - A mixture of beaten egg and sometimes water or milk, brushed onto pastry before baking.</li> <li>Secondary processing - is when the primary product is changed to another product</li> </ul>	Basic equipment – Sharpe knife – used to cut ingredients Saucepan – used for heating foods on the hob Wooden spoon – used for mixing items Chopping board – use for cutting and preparing food items on Lemon juicer – used to extract juice from lemons or other citrus fruit.	Basic equipment – Mixing bowl – used for mixing items Sharpe knife – used to cut ingredients Saucepan – used for heating foods on the hob Wooden spoon – used for mixing items Chopping board – use for cutting and preparing food items on Masala - Definitions of key terms -
<b>Iron</b> - Needed to make haemoglobin in the red blood cells, requires Vitamin C for absorption	<b>Coagulation</b> - The setting or joining together of lots of denatured protein molecules during heating or change in PH. An irreversible change to the appearance and texture of protein foods.	A mixture of spices ground into a paste or powder, used in Indian cooking. The tikka masalc sauce is made with a tomato base and a blend of spices.
Basic equipment – Chopping board – use for cutting and preparing food items on Sharpe knife – used to cut ingredients	<b>Denature</b> - Chemical bonds in the protein food have broken, causing the protein molecule to unfold and change shape.	The Maillard reaction - is the reaction between sugars and proteins from the impact of heat.
Mixing bowl – used for mixing items Baking tray - is a flat, rectangular metal pan placed in an oven and used for baking.	Setting – when a liquid set form/to a solid	<b>Yogurt</b> - yogurt is a food produced by bacterial fermentation of milk
Greaseproof paper – paper which is used to line tins and baking trays with to prevent food items from sticking	<b>Poultry</b> – A domesticated bird used for food. Varieties include chicken, turkey, goose, duck etc	<b>Cross contamination</b> - the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.
<b>Iron deficiency - anaemia</b> is caused by lack of iron, often because of blood loss or pregnancy. It's treated with iron tablets and by eating iron- rich foods.	<b>Curd</b> - is a cooked mixture of eggs, lemon juice and zest, sugar, and butter. It's a versatile lemony spread or citrusy topping	Nutritional requirements -the amount nutrients needed to support normal health, growth and development

### Food

1000		
Weeks 7 & 8	Weeks 9 &10	Weeks 11 &12
Practical – Lemon Posset	Assessment Week	Theory
<b>Lemon posset</b> - Lemon posset, a classic British dessert made with just three ingredients -cream, sugar, and lemon juice	<ul> <li>Identity where food comes from and its classification</li> <li>Recall practical techniques</li> <li>Consider food safety and scientific terms</li> </ul>	Homogenisation - a process by which the fat droplets from milk are emulsified and the cream does not separate.
Lemon juice acidifies the cream, causing the proteins in the cream to clump. The sugar adds viscosity, giving the posset	<ul> <li>Recognise dietary conditions and basic nutrition</li> </ul>	Cheese categories – fresh, soft, semi, hard, blue and processed
<b>Pasteurisation</b> – the process of heating foods to a specific temperature of a certain amount of		<b>Omega 3</b> – types of fatty acids which the body cannot make itself, good for the heart
time, in order to kill any bacteria		<ul><li>Freshness of fish</li><li>Bright red gills</li></ul>
<b>Cream</b> - Cream is a dairy product composed of the higher-fat layer skimmed from the top of milk before homogenisation.		<ul> <li>Good fresh smell -should not smell of fish, just of the sea.</li> <li>Fins and scales in good condition.</li> </ul>
<b>Boiling</b> – a liquid which is at 100c and has visual bubbles		<ul> <li>Firm flesh</li> <li>Evaluation –</li> </ul>
Basic equipment –		<ul> <li>The quality of the products that you have made.</li> </ul>
<b>Chopping board</b> – use for cutting and preparing food items on		<ul> <li>The skills that you have developed.</li> <li>Equipment that you have learned how to use.</li> </ul>
<b>Mixing bowl</b> – used for mixing items <b>Grater</b> – Used to o grate foods into fine pieces.		<ul> <li>Skills or processes that you need to improve.</li> <li>How you could improve the way in which you</li> </ul>
Sharpe knife – used to cut ingredients Lemon juicer – used to extract juice from lemons or other citrus fruit.		work in practical lessons.
		<b>Reflect</b> – What went well? <b>React</b> - Even better if

**Retain –** Embedding knowledge

### French

Week 1 – School subjects		
Qu'est-ce que tu étudies?	What do you study?	
étudier	to study	
apprendre	to learn	
le théâtre	drama	
les sciences	science	
le commerce	business studies	
le dessin	art	
les langues	languages	
l'EPS	PE	
la religion	RE	
la technologie	DT	
actif/active	active	
animé(e)	lively / animated	
pratique	practial	
inutile	useless / pointless	
utile	useful	
difficile	hard / difficult	
facile	easy	
passionnant(e)	exciting	
heureux/heureuse	happy	
strict(e)	strict	
travailleur/travailleuse	hard working	
ça m'est égal	I don't mind	
la classe	class	
le cours	course	
les études	studies	

### Week 2 – School description

Qu'est-ce qu'il y a?	What is there?
dans mon lycée, il y a	In my school there is
mon collège a	My school has
une cour	a playground
un gymnase	a gym
une piscine	a pool
une bibliothèque	a library
un terrain de football	a football field
un bureau	an office
le bâtiment	a building
public/privé	state/private
nouveau/nouvelle	new
ancien/ancienne	old
moderne	modern
spacieux/spacieuse	spacious
petit(e)	small
nini	it is neithernor
non plus	neither
un élève	a pupil
un étudiant/une étudiante	a student
un(e) professeur(e)	a teacher
un(e) directeur/rice	a headteacher
un stylo	a pen
un cahier	an exercise book
les devoirs	homework
une chaise	a chair
une table	a table

### Week 3 – School Uniform

Qu'est-ce que tu portes?	What do you wear?
porter	to wear
mettre	to put on
une chemise	a shirt
une cravate	a tie
une veste / un blazer	a jacket / blazer
une jupe	a skirt
un t-shirt	a t-shirt
un chapeau	a hat
une robe	a dress
le pantalon	trousers
les chausseures	shoes
confortable	comfortable
pratique	practical
cher	expensive
nécessaire	Necessary

### French

Week 4 – So	chool Rules	Week 5-I	deal School	Week 6 – Fu	uture Study
Les règles	The rules	Dans mon collège	In my ideal school	Tes projets	Your plans
les règles	the rules	idéal	· ( · )	le baccalauréat	A Levels
il n'est pas permis	it is not permitted	si c'était possible	if it were possible	l'option	choice
nous devons	we have to	j'aimerais	l would like		success
c'est interdit	it is forbidden	il y aurait	there would be	l'échange	exchange
on ne doit pas	one must (not)	il aurait	it would have	la liberté	freedom
on ne devrait pas	one should (not)	je pourrais	I could / it could	le travail	work
utiliser le téléphone portable	use a mobile phone	Ine conditional tens	se – no chop just add ais	la note	grade / mark
menacer	threaten	You (singular)	ais	les stages professionnels	work experience
enregistrer	record	He / she	ait	le test	test
nvoyer des messages	send messages	We	ions	l'examen	Exam
porter des bijoux	wear jewellery	You (plural)	iez		
être ponctuel	to be on time		-		
le comportement	behaviour	They	aient		
Week 7 – Futu	re Aspirations	Week 8 – The	Imperfect tense	Week 9 – Descr	ibing a picture
Tes rêves	Your dreams	Qu'est-ce que tu	What did you do?	Décris la photo	Describe the photo
voyager	to travel	faisais?		il y a	there is / are
orendre une année	to take a sabbatical	j'allais	I used to go / I went	je vois / je peux voir	l see / l can see
sabbatique	year	j'étais / ils étaient	I was / it was/ they	il est / ils sont	he/ she is / they are
fonder une famille	to start a family		were	dans le salon / à la	in the lounge /
avoir des enfants	to have children	je voyais	l used to see	campagne	countryside
travailler	to work	il y avait	there was / were	dans la ville / le bureau	in the town / office
comme bénévole	as a volunteer	The imperfect tens	se – chop and swap	il fait chaud / soleil	it is hot / sunny
avec des enfants	with children		ais	il pleut	it is raining
à l'étranger	abroad	You (singular)	ais	il neige	it is snowing
		He / she / it	ait	un homme	a man
		We	ions	une femme	a woman
		You (plural)	iez aient	un garçon / une fille	a boy / girl

### French

Week 10 -	Comparing	schools
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### Week 11 - Developing our answers

Week 12 - Easter

Comparisons				
plus que	more than			
moins que	less than			
aussi que	as as			
mieux que	better than			
pire que	worse than			
Superlatives				
le meilleur	the best thing			
le pire	the worst thing			
le plus	the most thing			
le bon	the good thing			
le mauvais	the bad thing			

High-level connectives				
parce que	because			
étant donné que				
puisque	because / as			
comme	]			
cependant	however			
donc	so / therefore			
de même	also / likewise			
en outre	furthermore			

Le Pâques	Easter
la Semaine Sainte	Holy Week
le Carême	Lent
le printemps	Spring
le chocolat	chocolate
l'œuf	egg
le lapin	rabbit
une bougie	a candle
un char	a float (in a procession)
une croix	Cross
un crucifix	a crucifix
les fleurs	the flowers
un pénitent	a penitent

### Preparing for the speaking assessment

Before the assessment:

Experiment with the following techniques to revise the vocabulary and structures in this knowledge Organiser

- o Use the look-cover-write-check technique to test yourself
- o Create flashcards with the English on one side and the Spanish on the other test yourself and get a friend to test you
- o Practise bringing the vocabulary together to create your own written and spoken answers
- $\circ$   $\,$  Give the Knowledge Organiser to a friend and get them to test you
- Practise the vocabulary on Quizlet

During the test:

- Describe the people, location and activity
- Remember the rule of 3 develop your answer
- Give an opinion, a reason and a contrasting opinion
- Be brave! Say something! More marks are awarded for communication than anything else just go for it!

### Geography

### Week 1

**Climate change:** a long-term change in the Earth's climate, especially due to an increase in the average atmospheric temperature.

**Carbon footprint:** a measurement of the greenhouse gases individuals produce through burning fossil fuels.

**Natural causes of climate change:** orbital change; solar output and volcanic activity.

Human causes: burning of fossil fuels, deforestation and the greenhouse effect.

**Deforestation:** the cutting down of trees for human benefit.

### Week 4

**Ecosystem:** a natural system made up of plants, animals and the environment that are symbiotic (work together) to survive.

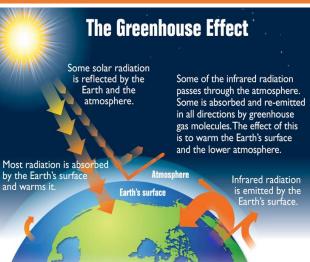
**Producers:** convert energy into food from the natural environment. E.g. grass.

**Consumers:** get energy from the producer. E.g. snail.

**Decomposers:** break down plant and animal material and return the nutrients to the ecosystem. E.g. bacteria.

Food chain: a simple diagram showing the connection between producers and consumers.

### Week 2



### Week 5

**Biotic factors:** factors in an ecosystem that are living e.g. fish.

Abiotic factors: factors in an ecosystem that are not living but still effect it e.g. soil, temperature and light.

**Natural changes to ecosystems:** disease and extreme weather events.

Human changes to ecosystems: fertilisers and eutrophication, ponds drained for human consumption, woods cut down, hedgerows removed.

Change in an ecosystem will affect the balance.

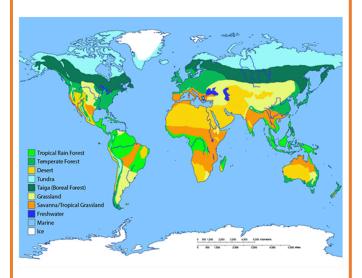
### Week 3

**Mitigation:** actions to reduce or prevent the emission of greenhouse gases, such as alternative renewable energy production, using new technologies such as carbon capture, planting trees and international agreements.

Adaptations: actions by individuals, communities and national/international authorities to manage the unavoidable impacts of climate change such as changing agricultural systems, managing water supply and reducing the risk from sea level rise.

Afforestation: planting trees to mitigate the effects of climate change and support biodiversity.

### Week 6



# Geography

Week 7	Week 8	Week 9
<ul> <li>Adaptation: changing a characteristic to be able to survive in a location.</li> <li>Ferns: have no flowers to not expend energy, have big leaves to get in as much light as possible, have waxy leaves to get water to their roots.</li> <li>Kapok trees: grow tall to reach sunlight, thin to not waste energy and have smooth bark to allow water to get to roots.</li> <li>Sloth: has brown fur to be camouflage, claws to protect itself from predators and moves slowly to not be seen.</li> </ul>	<ul> <li>Deforestation in Malaysia happens for logging, commercial farming, mineral extraction, population growth and subsistence farming.</li> <li>The impacts on the natural environment include economic losses, soil erosion and the contribution to climate change.</li> <li>TRFs are important as they provide homes for people, habitats for animals, food, medicine, control the climate and for water sources.</li> <li>Selective logging, conservation, education, ecotourism, international agreements and hardwood forestry helps to protect them.</li> </ul>	The nutrient cycle in the tropical rainforest hurdissolved in rain (from the atmosphere) Loss in runoff (water running over the surface taking away nutrients Luzient transfer Luzient transfer Loss by leaching (washed away by water) Luzient transfer Loss by leaching (washed away by water) Input from weathered rock
Week 10	Week 11	Week 12
<ul> <li>Hot deserts are found approximately 30 degrees north and south of the Equator. Notable examples include the Sahara Desert in North Africa and the Thar Desert in India and Pakistan.</li> <li>To be considered a desert an area must receive less than 250mm of rainfall per year.</li> <li>Although hot deserts reach high temperatures of around 45C in the day during summer they can be very cold at night.</li> <li>Camels have adapted to have long eyelashes to keep out sand, tough hooves to prevent burning and brown fur to blend in.</li> </ul>	<ul> <li>Opportunities for development: businesses that help people to make money and therefore improve the place they live.</li> <li>Tourism – safaris on camels and jeeps, local guides and festivals.</li> <li>Mineral extraction – gypsum for plaster, phosphorite for fertiliser.</li> <li>Coal, oil, wind and solar energy.</li> <li>Farming – wheat and cotton due to canals being built.</li> <li>Challenges to development: Things that make it difficult for businesses in the desert e.g. accessibility, extreme temperatures, water supply and population.</li> </ul>	<ul> <li>Desertification: the process of land being turned into a desert, due to the soil eroding. This can be natural or by human activities.</li> <li>Managing desertification: <ul> <li>Water and soil management projects.</li> <li>Creation of national parks to protect biodiversity from population growth.</li> <li>Planting trees to hold soil structure.</li> <li>Using appropriate technology for an area and its income e.g. stone walls to trap water and soil.</li> </ul> </li> <li>Biodiversity: the variety in different plants and animals in an ecosystem.</li> </ul>

### History

Week 1	Week 2	Week 3
<ul> <li>What problems did enslaved Africans face after emancipation?</li> <li>President Lincoln announced the end of slavery in 1863, it became law under the 13th amendment.</li> <li>'Jim Crow' Laws were passed in each state throughout the South of the USA. It established segregation which kept Black Americans separate from White Americans.</li> <li>The brutalities of white race prejudice continued. It was illegal for Black African Americans to serve on juries, testify against White Americans or serve in state militias.</li> <li>Many living in the South lived in rural poverty, forced to rent land from former slave owners.</li> </ul>	<ul> <li>What did early activists achieve for African- Americans?</li> <li>WEB Du Bois – an early Civil Rights Activist that helped establish the NAACP (National Association for the Advancement of Coloured People).</li> <li>Booker T Washington – built the Tuskegee Negro Normal Institute. He became a national figure, that would advise the American Government on Civil Rights.</li> <li>Marcus Garvey – figurehead of the early Civil Rights movement from Jamaica. He founded the UNIA (Universal Negro Improvement Association).</li> </ul>	<ul> <li>What did the NAACP achieve for African Americans?</li> <li>Founded by WEB Du Bois.</li> <li>The organisation aimed to fight for the abolition of segregation, discrimination in housing, education, employment, voting and transportation.</li> <li>Montgomery Bus Boycott (1955) - outlawed the segregation of public transportation services.</li> <li>Brown vs Board (1954) - outlawed the segregation of public schools.</li> <li>Little Rock Crisis (1957) - highlighted that segregation was still an issue despite being outlawed.</li> </ul>
Week 4	Week 5	Week 6
<ul> <li>What did Martin Luther King achieve for African- Americans?</li> <li>Found the SCLC (Southern Christian Leadership Conference). An organisation that drew on the power and independence of black churches to support their Civil Rights campaigns.</li> <li>Aimed to use peaceful protest to reach their goals of Civil Rights for all.</li> <li>He organised marches like the Birmingham Campaign and the March on Washington to highlight the need for a Civil Rights Act.</li> <li>In 1964, he got what he had campaigned for – The Civil Rights Act, which ended segregation of public places, banned employment discrimination and gave Black Americans the right to vote.</li> </ul>	<ul> <li>What did Malcolm X achieve for African- Americans?</li> <li>After 1965, many Civil Rights Activists began to turn towards a more violent approach to achieve their goals of equality.</li> <li>Malcolm X provided an alternative form of protest.</li> <li>He believed that violence could be used to some extent to gain further equality for Black African Americans.</li> <li>Malcolm X initially was part of the Nation of Islam but left the organisation in 1964. He felt that the Nation of Islam were not making enough progress.</li> <li>Malcolm X was assassinated in 1965 by three members of the Nation of Islam.</li> </ul>	<ul> <li>What methods did leaders of the Civil Rights movement use in their campaigns?</li> <li>Non-violent protest – used largely by the NAACP and SCLC. Peaceful protests such as marches, speeches or using the judicial system to gain Civil Rights for African Americans.</li> <li>Violent protest – used by Malcolm X, the Nation of Islam and the Black Panthers. Violent protest using force and causing chaos on the streets to provoke change.</li> </ul>

### History

Week 7	Week 8	Week 9	
<ul> <li>What did the Black Panther Party achieve for African-Americans?</li> <li>Founded and led by Huey P Newton, Bobby Seale and Eldridge Cleaver.</li> <li>The Black Panthers led marches and campaigns against police brutality, they produced newsletters and newspapers exposing racism and discrimination.</li> <li>They focused on strengthening their communities, building pride in Black identity The Black Power Movement.</li> <li>The Party provided help, such as education, legal aid, ambulance services and distribution of necessary items for free.</li> </ul>	<ul> <li>How did American presidents support the Civil Rights movement?</li> <li>John F Kennedy (1960-63) - he openly supported the Civil Rights Movement.</li> <li>He was prepared to intervene if there was evidence of state governments not implementing Civil Rights laws.</li> <li>In 1963, he gave a speech supporting Civil Rights.</li> <li>Before his assassination, Kennedy was trying to get Congress to pass a law ending segregation.</li> <li>Lyndon B Johnson (1963-68) - he continued to support the Civil Rights Movement.</li> <li>Pledged \$800 million to tackle poverty for African Americans. Provided aid in housing and medical support.</li> <li>Continued legislation of the 1964 Civil Rights Act.</li> </ul>	How did the Civil Rights Movement fit in with the wider social changes of the time? The Vietnam War and Muhammed Ali – Muhammed Ali risked his boxing career to protest the Vietnam War. He was drafted into the US Army in 1966. During the induction call Ali refused to step forward when his name was called. Feminism and Shirley Chisholm – Founded the National Women's Political Caucus in 1971. In 1977 she became the first Black woman and second woman ever to serve on the House Rules Committee. Hidden figures and the Space Race – female computers involved in NASA's Project Mercury during the 1960s. These African American women calculated the mathematics and physics needed to put men into space.	
Week 10	Week 11	Week 12	
Clever Connectives to use in your writing	What are primary sources?	What are secondary sources?	
To add information:To compare:FurthermoreSimilarlyMoreoverLikewiseIn additionJust asAdditionallyIn the same wayAlsoCompared toBesidesAs opposed toAs well asNot only but alsoTo show Cause and Effect:ThereforeAs a resultConsequentlyBecause ofThusHenceDue toFor this reasonSoSo	<ul> <li>Primary sources give you direct access to the subject that you're researching or learning about. They contain raw information. They can provide you with a first-hand account of an event or time-period, represent original thinking and give you new information. They're usually the centre of a piece of research.</li> <li>Examples of primary sources include: <ul> <li>diaries</li> <li>biographies and autobiographies</li> <li>interviews</li> <li>speeches and oral histories</li> <li>government data</li> </ul> </li> </ul>	<ul> <li>Secondary sources provide second-hand information and often offer explanations for primary sources. They were made after the event.</li> <li>Examples of secondary sources include: <ul> <li>textbooks</li> <li>dictionaries and encyclopaedias</li> <li>biographies</li> <li>Films or songs made about the event after it happened</li> <li>A documentary about the history of an event or a person</li> </ul> </li> </ul>	

### Maths

- 1) Go to sparxmaths.uk
- 2) Login using your username and password
- 3) Complete your compulsory homework as follows:
- Write the bookwork code
- · Write the question and then your workings and your answer
- Mark your answer in a different colour
- If you are struggling, watch the video
- Your homework is complete when you have answered every question correctly.
- If you are really struggling with one question, complete the other questions and ask your Maths teacher for help the next day or attend the Sparx Clinic.

X	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	б	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

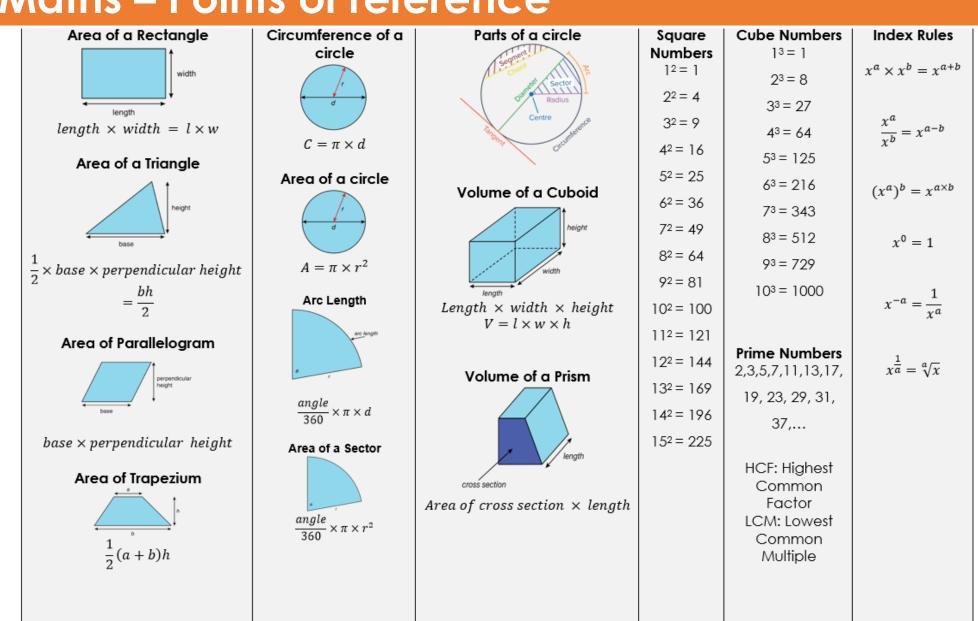






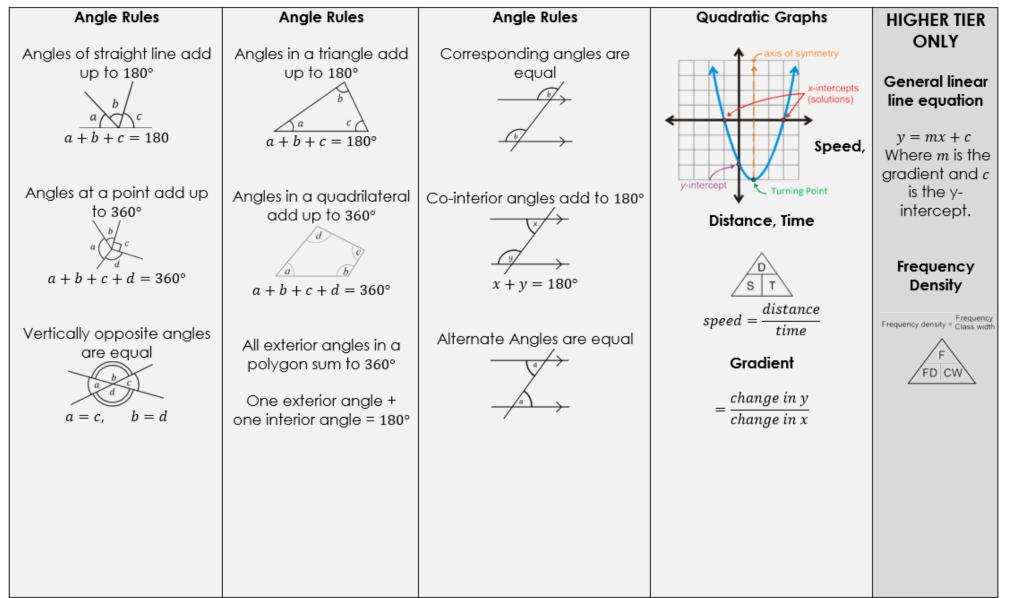
on a Tuesday.

You can get help with Sparx every Break 1 in BL07.



### Maths – Points of reference

### Maths – Points of reference



# Music

Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6
<ul> <li>Reggae <ul> <li>Reggae music started in Jamaica in the 1960s, mixing different styles like ska and rocksteady.</li> <li>It was influenced by African rhythms, American jazz, and R&amp;B music.</li> </ul> </li> <li>Offbeat rhythm: when the beats are played on the "and" between the main beats, creating a bouncy or unexpected feel.</li> <li>Bass lines: the part that plays the low, deep notes, usually with a bass guitar or another bass instrument.</li> <li>Instrumentation: the way different instruments are used in a song - the melody, rhythm, or harmony.</li> </ul>	<ul> <li>Three Little Birds</li> <li>Cultural Element: The song comes from Jamaican reggae music, which is known for its upbeat rhythm and messages of peace, love, and hope. Bob Marley, who was from Jamaica, used reggae to spread messages of positivity and unity around the world.</li> <li>Thematic Element: The song's main message is about staying positive and not worrying. It tells the story of three little birds who sing a song to remind you that everything will be okay, even when things seem tough. It's all about keeping a hopeful attitude, no matter what happens.</li> </ul>	<ul> <li>Ensemble: a group of musicians who play different instruments together to make music as a team.</li> <li>Chord progression: a series of chords played one after the other in a certain order. It's like a musical "story" where each chord leads to the next one, creating a feeling or mood in the song.</li> <li>Riff: a short, catchy series of notes or chords that are repeated throughout a song.</li> <li>Syncopation: when the rhythm goes against what you might expect, making the beats feel a little off or surprising.</li> </ul>
Weeks 7 & 8	Weeks 9 & 10	Weeks 11 & 12
<ul> <li>Percussion: refers to instruments that make sound by being hit, shaken, or scraped. These include drums, tambourines, cymbals, and even things like maracas or a xylophone. Percussion instruments help keep the rhythm and add excitement to the music.</li> <li>Syncopation: when the rhythm goes against what you might expect, making the beats feel a little off or surprising.</li> <li>Melodic riff: a short, catchy tune or pattern of notes that is repeated throughout a song. It's often played on instruments like the guitar or piano.</li> </ul>	<ul> <li>Assessment Fortnight, applying knowledge of:</li> <li>Bass lines: the part that plays the low, deep notes, usually with a bass guitar or another bass instrument.</li> <li>Offbeat rhythm: when the beats are played on the "and" between the main beats, creating a bouncy or unexpected feel.</li> <li>Melodic riff: a short, catchy tune or pattern of notes that is repeated throughout a song. It's often played on instruments like the guitar or piano.</li> </ul>	<ul> <li>Improvement Week: Steps to Success</li> <li>Focus on Rhythm: Learn the offbeat strumming pattern, emphasizing the "upstroke" on 2 and 4.</li> <li>Listen to Classics: Study songs by Bob Marley, Toots and the Maytals, and Peter Tosh for style and feel.</li> <li>Explore Basslines: Understand reggae's signature bass grooves and how they drive the music.</li> </ul>

### PE

Veel	ks 1	2.2	

### Weeks 3 & 4

### Weeks 5 & 6

### **Continuous Training**

- This type of training involves a steady but regular pace at a moderate intensity which should last for at least 30 minutes. Activities can include running, walking, rowing or cycling.
- Heart rate should be kept between 60-80 % of maximum heart rate.
- This type of training is good for long-duration sports including team games.

### Weeks 7 & 8

### **Circuit Training**

- Circuit training is a series of exercises completed one after another
- Each exercise is called a station. Each station should work a different area of the body to avoid fatigue.
- Stations can be designed to suit any sport
- When training for muscular endurance the focus should be on high repetitions and low load.



### Fartlek Training

- This means Speed Play in Swedish.
- It is a combination of different intensities
- Works on both aerobic and anaerobic fitness due to the varying intensities
- Fartlek training is used by team games performers as it suits the movements necessary for a game. This can be completed over different terrains, woods, hills and roads.



### Weeks 9 & 10

### **Plyometric training**

- Explosive power
- Plyometrics training refers to any exercise that enables the muscle to reach maximal force in the fastest possible time.
- Plyometrics exercises cause the muscle to lengthen (eccentric action) before a maximal muscle shortening (concentric action)



### Interval Training

- This training involves periods of work followed by periods of rest.
- This type of training can be adapted to any sport that has a change in intensity, for example racket sports

### HIIT Training

• High-Intensity Interval Training (HIIT) involves periods of high intensity work and rest breaks. This anaerobic burst is typically for 30-40 seconds with 15-20 seconds rest.

### Weeks 11 & 12

### Weight/resistance training

- Strength training uses progressive resistance against a muscle group to cause hypertrophy.
- Free weights are not attached to a machine. They allow a constant resistance but the risk of injury is higher than fixed-resistance machines.
- Fixed resistance machines use stacks of weights attached through pulleys to offer resistance

### **PSHE**

Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6
Where to get help about Alcohol and Drugs FRANK talktofrank.com 03001236600 Information, help and advice about drugs NHS Smokefree nhs.uk/smokefree NHS smoking cessation support service Nacoa nacoa.org.uk_08003583456 Information and support for anyone affected by a parent's drinking	Where to get help about Mental Health Shout: the UK's free, confidential and 24/7 mental health text service for crisis support Text 85258 www.youngminds.org.uk A charity designed to support young people with their mental health www.childline.org.uk A charity designed to help young people with all sorts of issues, including mental health. You can phone for free on 0800 1111 If you need help with your mental health, you can also speak to our safeguarding team	<ul> <li>Where to get help about Peer Pressure</li> <li>Know Your Values: Be clear about what matters to you and what you believe in. This helps you stay firm in your decisions, even when others try to influence you.</li> <li>Practice Saying No: It can be helpful to have a simple, assertive response ready, like "No, thanks" or "I'm not interested."</li> <li>Find Supportive Friends: Surround yourself with people who respect your choices and share similar values.</li> <li>Avoid Tempting Situations: If you know something is likely to lead to pressure, try to avoid it or leave before you feel uncomfortable.</li> <li>Be Confident: Trust your own judgment and remember that it's okay to say no, even if it's difficult.</li> </ul>
Weeks 7 & 8	Weeks 9 & 10	Weeks 11 & 12
Where to get help about Relationships	Where to get help about Stress	Where to get help about Bullying
<ul> <li>www.actonitnow.org.uk A website to support young people in their relationships</li> <li>www.brook.org.uk Sexual Health and wellbeing website</li> <li>www.youngminds.org.uk Has a really good section on developing relationships you could read</li> <li>If you need help with any of your relationships, you can also speak to our safeguarding team</li> </ul>	<ul> <li>Take Deep Breaths: Slow, deep breathing helps calm your nervous system and reduce immediate stress.</li> <li>Take Breaks: Step away from stressful situations for a few minutes.</li> <li>Exercise: Physical activity, even a short walk, can help release built-up tension and improve your mood.</li> <li>Stay Organized: Break tasks into smaller steps, and prioritize what needs to be done to avoid feeling overwhelmed.</li> <li>Talk to Someone: Sharing your thoughts with a friend or family member can help you feel supported and understood.</li> </ul>	www.youngminds.org.uk/young-person/coping- with-life/bullying www.childline.org.uk A charity designed to help young people with all sorts of issues, including mental health. You can phone for free on 0800 1111 Remember you can report bullying on the Bodmin College website under the tab "Parents and Students". You can also speak to any member of staff.

Weeks 1 & 2	Weeks 3 & 4	Weeks 5 & 6
Lesson 1 - Waheguru and Guru Nanak Waheguru: The Sikh word for God, it translates as 'wonderful lord'.	<b>Lesson 2 - The Living Gurus</b> The 10 living Gurus who established Sikhism and Sikh traditions.	<b>Lesson 3 - The Khalsa and Vaisakhi</b> The establishment of the community of inducted Sikhs by Guru Gobhind Singh
<b>Guru:</b> A human teacher sent by God to bring His word to the world.	Guru Nanak: The first Guru and founder of the religion.	<ul><li>The Panj Pyare: The 5 beloved ones who showed their faith in God by offering to die for the Guru.</li><li>Khalsa: The community of Sikhs who wear the 5Ks</li></ul>
Guru Nanak: The first Guru, chosen by God to bring his	Guru Gobhind Singh: The final living Guru who established the Khalsa community. Singh: Surname all Sikh men are given, it means	<ul> <li>Kirpan - sword</li> <li>Kalra - steel bangle</li> <li>Kesh - uncut hair</li> </ul>
message to the people. Having met with God in heaven, Guru Nanak undertook 4 great journeys to spread the new word of God.	Lion. <b>Kara:</b> The name all Sikh women are given, it	<ul><li>Kanga - wooden comb</li><li>Kachera - loose fitting underwear</li></ul>
Sewa: Sikh principle of selfless service to others	means Princess.	Vaisakhi: The Sikh festival celebrating the formation of the Khalsa.
Week 7-8	Week 9-10	Week 11-12
Lesson 4 - Guru Granth Sahib and the Gurdwaras Guru Granth Sahib: The Sikh Holy book containing the combined wisdom of the 10 living Gurus.	Lesson 5 - Living as a Sikh Naming Ritual: Sikhs use the Guru Granth Sahib to help choose the name of their child	Lesson 6 - Assessment A question paper worth 40 marks that should take 30 minutes to complete. It will consist of: • 20 multiple choice questions worth 1 mark
<b>Gurdwaras:</b> Sikh place of worship, it has 4 doors facing North, South, East and West so everyone is welcome.	Dastar Bandi: The Sikh turban-tying ceremony Amrit: The Sikh initiation ceremony used to join the Khalsa. It involves stirring a mix of sugar and	<ul> <li>each</li> <li>5 'state two' questions where you have to give examples of key words. These are worth 2 marks each</li> </ul>
Granthi: Person who runs the Gurdwara	water with a kirpan	• 2 'describe and explain' questions where
Langar: The community kitchen in the Gurdwaras	Funeral Rites: Sikhs believe in rebirth and the	you must explore a religious view on an issue covered in this Learning Cycle. These
Langar: The community kitchen in the Gurdwaras	Funeral Rites: Sikhs believe in rebirth and the reunion of the soul with God	issue covered in this Learning Cycle. These are worth 5 marks each.
Langar: The community kitchen in the Gurdwaras		issue covered in this Learning Cycle. These

### Week 1

#### Energy stores, the Particle model and Radiation

- Energy is stored in matter. There are 7 types of energy store: •Kinetic, stored in moving objects. The faster the movement, the greater the store.
- •**Thermal** (internal), stored in all objects. The hotter the object, the more thermal energy stored.
- •Chemical, stored in bonds.
- •Gravitational potential, stored in all objects in a gravitational field. •Elastic potential, stored in stretched or compressed objects.
- •Electrostatic, stored when charged objects interact.
- •Magnetic, stored when magnetic fields interact.
- •Nuclear, stored in the nuclei of atoms.
- Energy is transferred between stores by four methods: •Mechanically, when objects move.
- •Electrically, when charge flows.

•By **heating**, when thermal energy is transferred from a hotter to a colder object.

•By radiation, transmitted by light or sound waves.

- Energy **cannot be created or destroyed**, only **transferred** from one store to another.
- The amount of **kinetic energy** stored in an object depends on the **mass** and the velocity of a moving object.

### Kinetic energy = 0.5 x mass x velocity<sup>2</sup>

The amount of **gravitational potential energy** stored in an object depends upon its **mass, its height** and the strength of the **gravitational field** acting on it. On Earth the gravitational field strength (g) is **9.8 N/Kg**.

Gravitational potential energy = mass x gravitational field strength x height

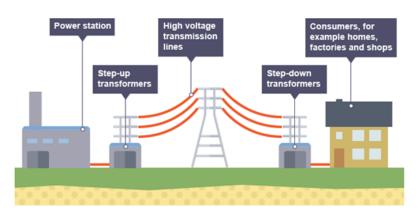
### Energy stores, the Particle model and Radiation

• The amount of elastic potential energy stored in a stretched spring depends on its spring constant and its extension.

Week 2

- When stretched past its **limit of proportionality** a stretched spring **no longer returns to its original length.**
- Electricity is generated when a **wire moves in a magnetic field**.
- Electricity can be generated by **burning a fuel. Chemical** energy stored in the fuel is transferred to a **thermal** store in water. The steam transfers the energy to a **kinetic** store, turning a turbine which moves wires through a magnetic field.
- Electricity flows through complete circuits. Direct Current (DC) flows in one direction only whilst Alternating Current (AC) flows in both directions.
- The National grid distributes energy across the UK. Energy is generated in a power station at approximately 25000 volts. A step up transformer increases this to 400000 volts before it flows through transmission lines. At the other end a step down transformer reduces the voltage to a safe 230 volts.

### The National Grid



### Week 3

#### Energy stores, the Particle model and Radiation

- Electrical appliances are dangerous. Precautions to protect us include:
- Circuit breakers detect surges in the supply and cut the supply off.
- Appliances are connected using 3 core cables. These are copper wires wrapped in differently coloured plastic to insulate us from the current in the wire.
- The **brown wire** is **live** and carries current at **230V**.
- The **blue wire** is **neutral** and at OV.
- The green and yellow wire is the Earth wire and is also at 0V. It prevents the appliance from becoming live in the event of a fault.
- Energy stored in resources can be used to generate electricity.
- Non renewable energy resources include fossil fuels (coal, oil and gas) and nuclear fuels since they will all run out.
- **Renewable energy** resources will not run out. They include wind, solar, wave and tidal, hydroelectric and geothermal.
- Renewable energy resources are less reliable than other sources, for example wind turbines do not work unless its windy and solar produces no energy at night.
- Bio fuels are renewable energy resources. They are usually produced from crops, which absorb carbon dioxide through photosynthesis whilst growing. They are theoretically carbon neutral because burning biofuels releases carbon dioxide.
- Deforestation to grow crops for biofuels can cause habitat loss.
- Combusting fossil fuels increases carbon dioxide in the atmosphere. Carbon dioxide is a greenhouse gas and contributes to global warming. This leads to climate change, unpredictable changes in weather patterns.

### Earth wire Neutral wire Cable grip

### Week 4

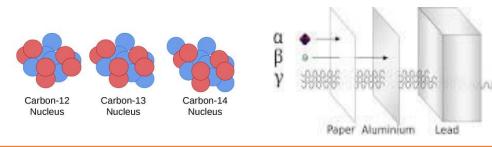
### Energy stores, the Particle model and Radiation Nuclear fuels are radioactive after use and extremely hazardous. The

- spent fuel needs to be stored safely for thousands of years.
- The forces of attraction between particles in a solid are strongest compared to a liquid or gas
- The particles in a **gas** have the greatest **kinetic energy** compared to a liquid or solid.
- Solids have the highest density since the particles are closest together.
- Density is the ratio of mass (in Kg) to volume (in m<sup>3</sup>). Its units are kg/m<sup>3</sup>.
- Internal energy is the total energy stored by particles. It is made up of their kinetic energy and the potential energy stored in the forces of attraction between particles.
- When heated particles gain kinetic energy and if they gain enough they overcome the forces of attraction and change state.
- Changes of state are physical changes since no new products are formed and they are easily reversed.
- Specific latent heat is the amount of energy needed to change the state of 1Kg of substance without changing its temperature.
- Latent heat of fusion is the amount of energy needed to melt or freeze a substance.
- Latent heat of vaporisation is the amount of energy needed to boil or condense a substance.
- Specific heat capacity is the amount of energy needed to raise the temperature of 1Kg of substance by 1°c.
- Gas pressure is caused by particles in a gas striking the surface of a container.
- The more frequently the particles strike the surface, the greater the pressure.
- Increasing the temperature of a gas increases its pressure since the particles have greater kinetic energy, so move faster and strike the surface of the container more often.
- Compressing a gas also increases its pressure since the particles are less spread out and strike the surface of the container more often.
- Compressing a gas increases its temperature since energy is transferred to the particles, increasing their internal energy.

### Week 5

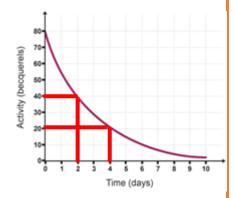
#### Energy stores, the Particle model and Radiation

- Atoms are made up of a nucleus of protons and neutrons with electrons orbiting in electron shells of specific energy levels.
- Isotopes are atoms of an element which have the
- same number of protons but different numbers of neutrons. This means they have the same atomic number but different mass numbers.
- Some isotopes are unstable. They can undergo radioactive decay, a random process which emits ionising radiation.
- Ionising radiation emitted from an atom can knock an electron off another atom, forming an ion.
- Alpha radiation is the most ionising and therefore the most damaging but can only travel a few cm in air and is stopped by a sheet of paper.
- An Alpha particle is a Helium nucleus, 2 protons and 2 electrons with a 2+ charge.
- Beta particles are electrons released from the nucleus of an atom when a neutron becomes a proton. Beta particles are much less damaging but can travel much further (a few metres in air) and are absorbed by 5mm of aluminium.
- Gamma radiation has no mass or charge. It is weakly ionising because it tends to pass through materials without hitting atoms. It is only stopped by very thick lead or concrete.
- **Decay equations** are written to represent nuclear decay. Like balanced equations, the **atomic numbers and mass numbers** on each side of the equation **are equal**.



#### Energy stores, the Particle model and Radiation

- A Geiger-Muller (GM) tube can be used to measure radioactivity, in Becquerels (Bq).
- Half life is the time taken for the number of nuclei in a radioactive sample to halve. It varies hugely from less than a second for some materials to thousands of years for others.
- An activity-time graph can be used to find half life. The time taken for activity to halve will be consistent.



- Background radiation is all around us and is contributed to by:
   Natural sources (eg isotopes in rocks)
  - •Radiation from space (eg cosmic rays)

•Radiation from human contamination (eg from nuclear weapons tests) Levels vary according to where you are and your occupation (eg a radiographer working with X ray machines).

Week 6

- Irradiation occurs when an object is near a radioactive source. The object does not become radioactive but may be damaged.
- **Contamination** occurs when radioactive isotopes come into contact with an object, which will also be irradiated.
- Gloves should be worn and tongs used to handle radioactive sources.
- Alpha particles are stopped by skin so are the least dangerous form outside the body. Inside the body they are the most dangerous as they are extremely ionising and in close contact with internal cells.

219 $\operatorname{Rn} \rightarrow_{84} \operatorname{Po} +_{2} \operatorname{He}$ 



#### Week 7 Week 8 The immune response – Communicable diseases Defence against disease **Communicable disease**: A disease that can be spread between individuals Non-specific defence system - General physical and chemical barriers that either directly or indirectly. defend the body against lots of different types of pathogen. Pathogen – microorganism which causes infectious disease 1. Skin – acts as a barrier and scretes antimicrobial substances to kill pathogens Prevention/ How it's spread Disease Pathogen Symptoms 2. Nose – hairs and mucus traps particles containing pathogens treatment Trachea and bronchi – mucus traps pathogens, and cilia waft mucus 3. Water, wind Removing and Rose black Fungus Black spots on up the throat so that is can be swallowed. spot leaves. destroying 4. Stomach – hydrochloric acid kills pathogens infected leaves. reduced Fungicides arowth Specific immune response - acts to destroy any pathogens which pass Malaria Protists Mosquito vector Fever, can be Mosquito nets through the non-specific immune response Stop mosquitoes fatal breeding 1. Phagocytes - They are attracted to pathogens and engulf them, enzymes destroy the pathogen. Salmonella -Bacterium Eatina Fever, cramps, Vaccination of 2. Lymphocytes (a type of white blood cell) - recognize antigens on the food contaminated vomitina, poultry surface of a pathogen, detect that these are foreign and produce specific diarrhoea Hygienic food poisoning food antibodies in response. The antibodies cause pathogens to stick together prep and make it easier for phagocytes to engulf them. Memory cells remain in Bacterium Gonorrhoea Sexual contact Pain when Condoms. the body. urinatina, Antibiotics vellow discharge from Vaccination and immunity vagina/penis Vaccines - a dead or altered form of the disease-causing pathogen to be introduced into the body, which contain a **specific antiaen**. This causes the Measles Virus Airborne droplets Fever, red skin Vaccination of children lymphocytes to produce specific antibodies. rash, can be fatal Memory cells remain in the body. Herd immunity - The protection given to a population against an outbreak Virus Sexual contact, Condoms, Avoid HIV Flu-like sharing needles of a specific disease when a very high percentage of the population have bodily fluids Damages immune system Antiretrovirals been vaccinated against it. Virus Direct contact Tobacco Mosiac pattern Not needed for Antibiotics, antiseptics and painkillers mosaic virus between plants on leaves, your spec. Antibiotics -substances that slow down or stop the growth of bacteria (TMV) reduces Antiseptics - substance that kills/stops the growth of microorganisms which cause photosynthesis and growth disease - applied to living tissue, not internally.

**Painkillers** - Chemicals that relieve the symptoms but do not kill the pathogens.

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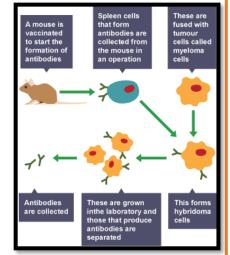
### Week 9

#### Monoclonal antibodies

**Uses: Cancer treatment**, Locating specific molecules, Measuring levels of substances in urine or blood, e.g. **Pregnancy tests** detect particular hormones in the urine.

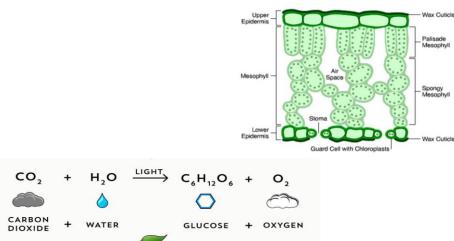
### + Targets cancer cells, whereas other treatments may kill any cells

- Can cause **side effects**, so aren't used widely



#### Leaves and photosynthesis

### Photosynthesis – an endothermic reaction in which energy is transferred to chloroplasts from light Diagram cross section of a leaf



### Week 10

#### Roots and stems

Xylem tissue – carries water in the transpiration stream to the leaves. Phloem tissue – carries food molecules up and down the plant, to be used immediately or stored.

Translocation – the process in which food is moved through phloem tubes. Transpiration - the loss of water vapour from the leaves or stems of plants, via the stomata

Guard cells – found on the (lower) epidermis of the leaf, control the opening and closing of the stomata

#### Plant diseases

**Signs of plant disease:** Stented growth, spots on leaves, discolouration, patches of decay, malformed stems or leaves, abnormal growths.

#### Causes of plant disease:

Pathogens – Viruses, Bacteria and Fungi

Insects - e.g. aphids

**Mineral deficiencies** – e.g. lack of nitrates – stunts growth, due to lack of proteins. Lack of magnesium – causes yellow leaves, due to lack of chlorophyll.

#### Plant defences:

**Physical – Waxy cuticle** on leaves, **Bark**, **Cellulose cell walls** – all provide a barrier to pathogen entry.

**Mechanical – Thorns and hairs**, **leaves that droop or curl**, **mimicking** other organisms.

Chemical – antibacterial chemicals, some plants produce poisons

#### Photosynthesis and limiting factors

An increase in any of these four factors leads to an increase in the rate of photosynthesis:

- 1. Light intensity
- 2. Temperature
- 3. Carbon dioxide concentration
- 4. Amount of chlorophyll

Any of these factors can become the **limiting factor** and **reduce the rate of photosynthesis**. These can be **controlled in a greenhouse**.

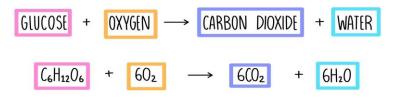
### Week 11

#### Aerobic respiration in plants and animals

Respiration – an exothermic reaction, in which energy is transferred from glucose, occurring in all living cells.

#### Energy is needed:

- 1) To contract muscles for **movement**
- 2) To keep warm (in mammals and birds)
- 3) To build up larger molecules from smaller ones



### Anaerobic respiration in plants and animals

Aerobic respiration - uses oxygen, releases lots of energy

Anaerobic respiration – doesn't use oxygen. Produces lactic acid in animal cells and less energy

Anaerobic respiration in animals: Glucose  $\rightarrow$  lactic acid

Anaerobic respiration in plants and some fungi (e.g. yeast): Glucose  $\rightarrow$  ethanol + carbon dioxide This reaction is called fermentation and is used to make bread and alcoholic drinks.

### Week 12



Steps to success:

- Attempt all questions
- Write out calculations and give units
- Plot data with crosses
- 1 mark per minute
- Plan your 6 mark questions before you write
- Give, give, want when using mathematical formulae
- If it states tick one box, then only tick one box Guess if you are unsure
- HUG the question (Highlight the command words, underline keywords and glance at the number of marks)
- Keep writing until you see end of questions

### BITESIZE

Use BBC bitesize to make mind maps and test yourself using the quizzes



### Spanish

Week 1	– School	subjects
<b>NCC</b> K I		

¿Qué estudias?	What do you study?
estudiar	to study
aprender	to learn
el teatro	drama
las ciencias	science
el comercio	business studies
el dibujo	art
los idiomas	languages
la educación física	PE
la religion	RE
la tecnología	DT
activo	active
animado	lively / animated
práctico	practial
inútil	useless / pointless
útil	useful
duro	hard / difficult
fácil	easy
emocionante	exciting
alegre	happy
estricto	strict
trabajador	hard working
me da igual	I don't mind
la clase	class
el curso	course
los estudios	studies

### Week 2 – School description

¿Qué hay?	What is there?
en mi instituto hay	In my school there is
mi colegio tiene	My school has
un patio	a playground
un gimnasio	a gym
una piscina	a pool
una biblioteca	a library
un campo de fútbol	a football field
una oficina	an office
el edificio	a building
público / privado	state/private
nuevo	new
antiguo	old
moderno	modern
amplio	spacious
pequeño	small
no es / son ni…ni	it is neithernor
tampoco	neither
un alumno	a pupil
un estudiante	a student
un/a profesor/a	a teacher
un/a director/a	a headteacher
un bolígrafo	a pen
un cuaderno	an exercise book
los deberes	homework
una silla	a chair
una mesa	a table

### Week 3 – School Uniform

¿Qué llevas?	What do you wear?	
llevar	to wear	
poner	to put on	
una camisa	a shirt	
una corbata	a tie	
una chaqueta	a jacket / blazer	
una falda	a skirt	
una camiseta	a t-shirt	
un sombrero	a hat	
un vestido	a dress	
unos pantalones	trousers	
unos zapatos	shoes	
cómodo	comfortable	
práctico	practical	
caro	expensive	
necesario	necessary	
Useful acronyms		

ESO (Educación Secundaria Obligatoria) secondary education

año siete / primero de E.S.O Y7 año ocho / segundo de E.S.O Y8 año nueve / tercero de E.S.O Y9 año diez / cuarto de E.S.O Y10 año once / quinto\* de E.S.O Y11

### Spanish

Week 4 – School Rules		Week 5 – Ideal School		Week 6 – Future Study		
Las normas	The rules	En mi insti idea	l In my i	deal school	Tus planes	Your plans
las reglas	the rules	si fuera posible	if it v	vere possible	el bachillerato	A Levels
no se permite	it is not permitted	me gustaría	1,	would like	la opción	choice
tenemos que	we have to	habría	the	re would be	el éxito	success
está prohibido	it is forbidden	tendría	it v	vould have	el intercambio	exchange
(no) se debe	one must (not)	podría	lсо	uld / it could	la libertad	freedom
(no) se debería	one should (not)	The conditional	tense – no ch	op just add	el trabajo	work
usar el móvil	use a mobile phone			Ía	la nota	grade / mark
amenazar	threaten	You (singular)		Ías	las prácticas laborales	work experience
grabar	record	He / she / it		ĺa	la prueba	test
mandar mensajes Ilevar joyas	send messages wear jewellery	We		Íamos	el exámen	exam
ser puntual	to be on time	You (plural)		Íais		
el comportamiento	behaviour	They		ían	4	
Week 7 – Futu	re Aspirations	Week 8-Th			Week 9 – Desc	ribing a picture
Week 7 – Futu Tus sueños	re Aspirations Your dreams	Week 8 – Th ¿Qué hacias?		c <b>t tense</b> I you do?	Week 9 – Desc Describe la foto	
Tus sueños	Your dreams		What did			
Tus sueños viajar	Your dreams to travel	¿Qué hacias?	What did	l you do?	Describe la foto	Describe the photo
Tus sueños	Your dreams	¿Qué hacias? iba	What did I used to g I was / it wa	l you do? go / I went	Describe la foto hay	Describe the photo there is / are I see / I can see
Tus sueños viajar tomar un año sabático	Your dreams to travel to take a sabbatical	¿Qué hacias? iba era / era / eran	What did I used to g I was / it wa I used	l you do? go / I went s/ they were	Describe la foto hay veo / puedo ver está / están en el salón / el	Describe the photo there is / are I see / I can see he/ she is / they are in the lounge /
Tus sueños viajar tomar un año sabático	Your dreams to travel to take a sabbatical year	¿Qué hacias? iba era / era / eran veía	What did I used to g I was / it wa I used there wa	l you do? go / I went s/ they were to see cs / were	Describe la foto hay veo / puedo ver está / están en el salón / el campo	Describe the photo there is / are I see / I can see he/ she is / they are in the lounge / countryside
Tus sueños viajar tomar un año sabático formar una familia	Your dreams to travel to take a sabbatical year to start a family	¿Qué hacias? iba era / era / eran veía había	What did I used to g I was / it wa I used there wa	l you do? go / I went s/ they were to see cs / were	Describe la foto hay veo / puedo ver está / están en el salón / el campo en la ciudad / oficina	Describe the photo there is / are I see / I can see he/ she is / they are in the lounge / countryside in the town / office
Tus sueños viajar tomar un año sabático formar una familia tener hijos	Your dreams to travel to take a sabbatical year to start a family to have children	¿Qué hacias? iba era / era / eran veía había	What did I used to g I was / it wa I used there wa ense – chop a	l you do? go / I went s/ they were to see as / were and swap	Describe la fotohayveo / puedo verestá / estánen el salón / elcampoen la ciudad / oficinahace calor / sol	Describe the photo there is / are I see / I can see he/ she is / they are in the lounge / countryside in the town / office it is hot / sunny
Tus sueños viajar tomar un año sabático formar una familia tener hijos trabajar	Your dreams to travel to take a sabbatical year to start a family to have children to work	¿Qué hacias? iba era / era / eran veía había	What did I used to g I was / it wa I used there wa ense – chop a -ar	go / I went s/ they were to see as / were and swap -er -ir	Describe la fotohayveo / puedo verestá / estánen el salón / elcampoen la ciudad / oficinahace calor / solllueve	Describe the photo there is / are I see / I can see he/ she is / they are in the lounge / countryside in the town / office it is hot / sunny it is raining
Tus sueñosviajartomar un año sabáticoformar una familiatener hijostrabajarcomo voluntario	Your dreams to travel to take a sabbatical year to start a family to have children to work as a volunteer	¿Qué hacias? iba era / era / eran veía había The imperfect t	What did I used to g I was / it wa I used there wa ense – chop a -ar aba	l you do? go / I went s/ they were to see as / were and swap -er -ir ía	Describe la fotohayveo / puedo verestá / estánen el salón / el campoen la ciudad / oficinahace calor / sollluevenieva	Describe the photo there is / are I see / I can see he/ she is / they are in the lounge / countryside in the town / office it is hot / sunny
Tus sueñosviajartomar un año sabáticoformar una familiatener hijostrabajarcomo voluntariocon niños	Your dreams to travel to take a sabbatical year to start a family to have children to work as a volunteer with children	¿Qué hacias? iba era / era / eran veía había The imperfect f I You (singular)	What did I used to g I was / it wa I used there wa ense – chop a -ar aba abas	l you do? go / I went s/ they were to see as / were and swap -er -ir ía ías	Describe la fotohayveo / puedo verestá / estánen el salón / el campoen la ciudad / oficinahace calor / sollluevenievaun hombre	Describe the photo there is / are I see / I can see he/ she is / they are in the lounge / countryside in the town / office it is hot / sunny it is raining
Tus sueñosviajartomar un año sabáticoformar una familiatener hijostrabajarcomo voluntariocon niños	Your dreams to travel to take a sabbatical year to start a family to have children to work as a volunteer with children	¿Qué hacias?         iba         era / era / eran         veía         había         The imperfect to         I         You (singular)         He / she / it	What did I used to g I was / it wa I used there wa ense – chop a -ar aba abas abas	l you do? go / I went s/ they were to see as / were and swap -er -ir ía ías ía	Describe la fotohayveo / puedo verestá / estánen el salón / el campoen la ciudad / oficinahace calor / sollluevenieva	Describe the photo there is / are I see / I can see he/ she is / they are in the lounge / countryside in the town / office it is hot / sunny it is raining it is snowing

### Spanish

Comparisons		
más que	more than	
menos que	less than	
tan como	as as	
mejor que	better than	
peor que	worse than	
Superlatives		
lo mejor	the best thing	
lo peor	the worst thing	
lo más	the most thing	
lo bueno	the good thing	
lo malo	the bad thing	

Week 10 - Comparing Schools

### Week 11 – Developing our answers

#### Week 12 – Easter

High-level connectives		
porque	because	
dado que		
puesto que	because / as	
ya que		
no obstante	however	
asi que	so / therefore	
asimismo	also / likewise	
además	furthermore	

La Pascua	Easter
la Semana Santa	Holy Week
la Cuaresma	Lent
la primavera	Spring
el chocolate	chocolate
el huevo	egg
el conejo	rabbit
las hojas de palmeras	palm leaves
una vela	a candle
un paso	a float (in a procession)
UN CrUZ	cross
un crucifijo	a crucifix
las flores	the flowers
un Nazareno	a penitent
un capirote	a conical hat

### Preparing for the speaking assessment

#### Before the assessment:

Experiment with the following techniques to revise the vocabulary and structures in this knowledge Organiser

- Use the look-cover-write-check technique to test yourself
- o Create flashcards with the English on one side and the Spanish on the other test yourself and get a friend to test you
- Practise bringing the vocabulary together to create your own written and spoken answers
- Give the Knowledge Organiser to a friend and get them to test you
- Practise the vocabulary on Quizlet

During the test:

- Describe the people, location and activity
- Remember the rule of 3 develop your answer
- Give an opinion, a reason and a contrasting opinion
- o Be brave! Say something! More marks are awarded for communication than anything else just go for it!