



Year 8
Knowledge Organiser
M2 2019 (Foundation)

“Knowledge is a treasure, but practice is the key to it.”
– Lao Tzu

Sapere Aude

What is a Knowledge Organiser?

A Knowledge Organiser (KO) is a set of key facts or information that you need to know and be able to recall to help you master a unit or topic. Each subject has created a list of key facts which covers the basic information that you are expected to learn.

Do I need to bring my Knowledge Organiser to school every day?

Yes, your KO should be brought in every day like your community card and your planner. Your teachers may well want you to use your KOs in lessons. They are yours forever and you may want to annotate or highlight on them when your teacher talks about things in them. They will certainly be used in lessons when you have a cover teacher and you can use them whenever you find yourself with some spare time.

What do I do with my Knowledge Organiser at the end of term?

You should store it, along with previous KOs, in your folder. You are building a revision guide; the information in your KOs are things you will need to continue to know and understand.

What happens if I don't complete my KO homework each night?

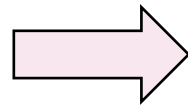
Your mentor will check your KO homework each day using the Homework Timetable and stamp the page for that day to acknowledge successful completion. If you have not completed your KO homework satisfactorily (as set out below) then you will have a compulsory 30 min prep session that same day. If you fail to attend the prep session you will spend the next day in ALC.

What happens if I lose my Knowledge Organiser?

If you lose your KO you will be required to purchase a new one via finance.

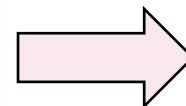
Beginning of each half term:

New Knowledge Organisers (KO) are given to you by your mentors. These are to be stored in your KO folder and brought to school every day.



Every week:

You are expected to show evidence of your learning in each subject. Teachers will start lessons with a "Do Now" activity based around the KOs. Mentors will give house points each morning for outstanding KO homework.



Last week of half term:

You are tested in each subject to show how much knowledge you have learnt.



John 10:10

I came to give life - life in all its fullness
High Expectations - No Excuses

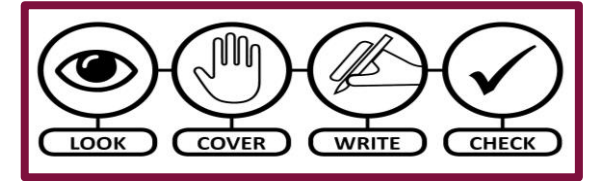


Sapere Aude

How to Self-Quiz

Your Knowledge Organiser is a vital document. It contains all the key things from your lessons that you will need to work on committing to your long-term memory.

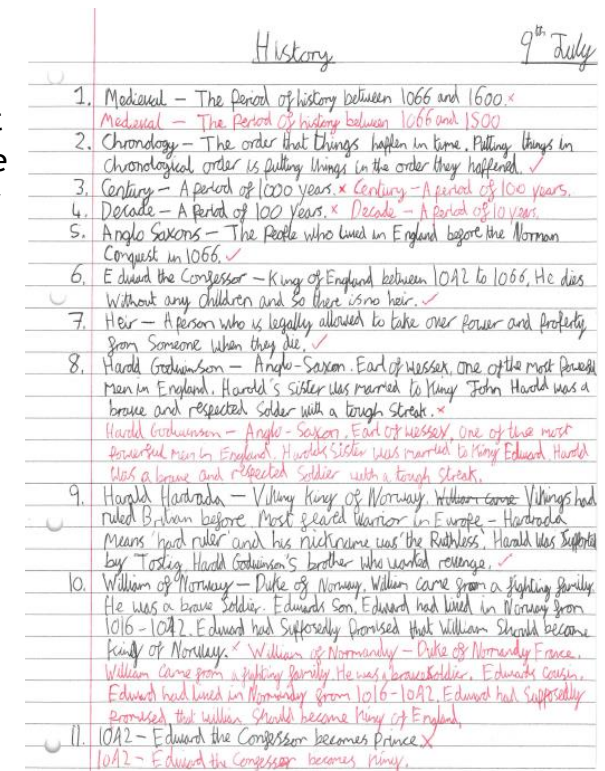
The best method when you are working on memorising things from your Knowledge Organiser is to self-quiz using the look, cover, write, check technique. Use your self-quizzing book for this.



Look	Read the piece of information carefully, two or three times.
Cover	Now cover up what you have just read.
Write	Now try and write down the piece of information you have just read.
Check	Did you write the information down correctly? If not, correct it with a red pen and then repeat!

Each night you should complete one full page (minimum) of self-quizzing in your quiz book. You should write the title (subject) and date at the top of each page. There should be no gaps on the page except for one line underneath the title. You should tick any correct answers and correct any incorrect answers in red pen.

Use the RAG column to self-assess how confident you are on each line once you have completed your self-quizzing.



I came to give life - life in all its fullness
High Expectations - No Excuses



John 10:10



Sapere Aude

The Bishop of Winchester Academy Weekly Homework Grid 2019 – 2020

Year 8, Michaelmas 2 – Commencing Monday 4th November

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1 4 th Nov	Self Quizzing	PE Lines 1 - 7 Computing Lines 1 - 15	Science Lines 1 - 10	Maths (Sets G, 1 & 2) Lines 1-14 Maths (3, 4 & 5) Lines 1-10	English Lines 1 - 15 (Language) Lines 1 - 9 (Literature)	Spanish (G&1) Lines 1-31 (from M1 KO) Spanish (2&3) Lines 1-108 (from M1 KO) Literacy Lines 1 - 8 R.S. Lines 1-5
	Reading	30 minute reading task and flipped learning challenge				
	Hegarty Maths	1 – 2 tasks				
2 11 th Nov	Self Quizzing	Creative Arts Lines 1 - 14	Music Lines 1 - 8 Music Tech Lines 1- 9 Drama Lines 1 - 2	English Lines 16 - 25 (Language) Lines 10 - 19 (Literature)	Maths (Sets G, 1 & 2) Lines 15-21 Maths (3, 4 & 5) Lines 11-18	History Lines 1 - 13 Geography Lines 1 - 13
	Reading	30 minute reading task and flipped learning challenge				
	Hegarty Maths	1 – 2 tasks				
3 18 th Nov	Self Quizzing	PE Lines 8 - 13 Computing Lines 16 - 30	Science Lines 11 - 20	Maths (Sets G, 1 & 2) Lines 22-33 Maths (3, 4 & 5) Lines 19-26	English Lines 26 - 35 (Language) Lines 20 - 24 (Literature)	Spanish (G&1) Lines 1-33 & 65-77 Spanish (2&3) Lines 1-41 & 102-105 Literacy Lines 9 - 16 R.S. Lines 6-10
	Reading	30 minute reading task and flipped learning challenge				
	Hegarty Maths	1 – 2 tasks				
4 25 th Nov	Self Quizzing	Creative Arts Lines 15 - 27	Music Lines 9 - 13 Music Tech Lines 10 - 17 Drama Lines 3 - 8	English Lines 36 - 45 (Language) Lines 25 - 43 (Literature)	Maths (Sets G, 1 & 2) Lines 34-42 Maths (3, 4 & 5) Lines 27-32	History Lines 14 - 26 Geography Lines 14 - 26
	Reading	30 minute reading task and flipped learning challenge				



Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	Hegarty Maths	1 – 2 tasks				
5 2 nd Dec	Self Quizzing	PE Lines 14 - 21 Computing Lines 31 - 45	Science Lines 21 - 30	Maths (Sets G, 1 & 2) Lines 43-57 Maths (3, 4 & 5) Lines 33-45	English Lines 46 - 55 (Language) Lines 44 - 53 (Literature)	Spanish (G&1) Lines 34-64 & 78-87 Spanish (2&3) Lines 42-101 Literacy Lines 17 - 24 R.S. Lines 11-14
	Reading	30 minute reading task and flipped learning challenge				
	Hegarty Maths	1 – 2 tasks				


***Music and Music Tech are on a rotation so you only need to do the homework for ONE of them (whichever one you are doing that half term) if you are unsure please speak to your music teacher**

***The Literacy KO is only for students who do not take Spanish. If you have Spanish lessons you are expected to complete Spanish homework, if you do not have Spanish lessons you are expected to do Literacy homework**



GEOGRAPHY - YEAR 8 - M2
Weather and Climate

RAG

1.	UK Physical Features		
2.	Weather	Weather is the day to day changes in the atmosphere.	
3.	Climate	Climate is the pattern of weather, usually based over a 30 year average.	
4.	Temperature	Temperature is how hot or cold it is, measured using a thermometer.	
5.	Wind	Moving air.	
6.	Wind Speed	Wind speed is how fast the air is moving.	
7.	Anemometer	Wind speed is measured by an anemometer . This has metal cups which rotate in the wind. The stronger the wind, the faster the anemometer turns.	
8.	Wind Direction	The direction that the wind is blowing in. Wind direction is measured using a wind vane .	
9.	Air Pressure	Air pressure is the force exerted on the Earth by the weight of the air above. Air pressure is measured using a barometer.	
10.	Precipitation	Precipitation is where water vapour in the air is cooled and condenses into water droplets. Types of precipitation are rain, snow, sleet, hail, dew or fog.	
11.	Microclimate	When the climate in a small area is different from the general surroundings.	
12.	Shelter	Trees, hedges, walls etc. can provide shelter from the wind. Places sheltered from cold winds will feel warmer.	
13.	Aspect	The direction a place is facing is called aspect. Places facing the sun will be warmer than the places in shade.	
14.	Surface	Dark surfaces such as tarmac will give off more heat than light surfaces such as grass.	



John 10:10

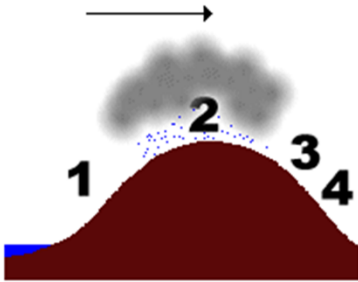
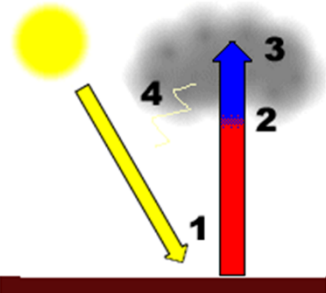
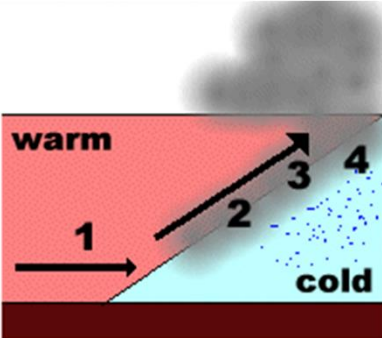
I came to give life - life in all its fullness
High Expectations - No Excuses



Sapere Aude

GEOGRAPHY - YEAR 8 - M2
Weather and Climate

RAG

15.	Clouds	<p>Clouds are made from tiny droplets of water vapour (a gas). Warm air contains much more water vapour than cold air. Condensation is the process of turning water vapour into water droplets. It happens when air gets cooler. Clouds form when air containing water vapour rises, cools and condenses.</p> <p>If condensation happens on a grassy surface it forms dew. Fog is simply 'ground level' cloud.</p>	
16.	Causes of Rain	<p>Rain is always formed the same way: air rises, cools, condenses and precipitates.</p> <p>Air can be forced to rise in three different ways, this gives the three main types of rainfall:</p> <ul style="list-style-type: none"> • Relief (or orographic - to do with mountains) • Convictional (movement of heat upwards) • Frontal (meeting of cold and warm air masses) 	
17.	Relief Rainfall	<p>Stage 1 Warm wet air is forced to rise over high land.</p> <p>Stage 2 As the air rises it cools and condenses. Clouds form and precipitation occurs.</p> <p>Stage 3 The drier air descends and warms.</p> <p>Stage 4 Any moisture in the air (e.g. cloud) evaporates.</p> 	
18.	Convictional Rainfall	<p>Stage 1 The sun heats the ground and warm air rises.</p> <p>Stage 2 As the air rises it cools and water vapour condenses to form clouds.</p> <p>Stage 3 When the condensation point is reached large cumulonimbus clouds are formed.</p> <p>Stage 4 Heavy rain storms occur. These usually include thunder and lightening due to the electrical charge created by unstable conditions.</p> 	
19.	Frontal Rainfall	<p>Stage 1 An area of warm air meets and area of cold air.</p> <p>Stage 2 The warm air is forced over the cold air.</p> <p>Stage 3 Where the air meets the warm air is cooled and water vapour condenses.</p> <p>Stage 4 Clouds form and precipitation occurs.</p> 	



John 10:10

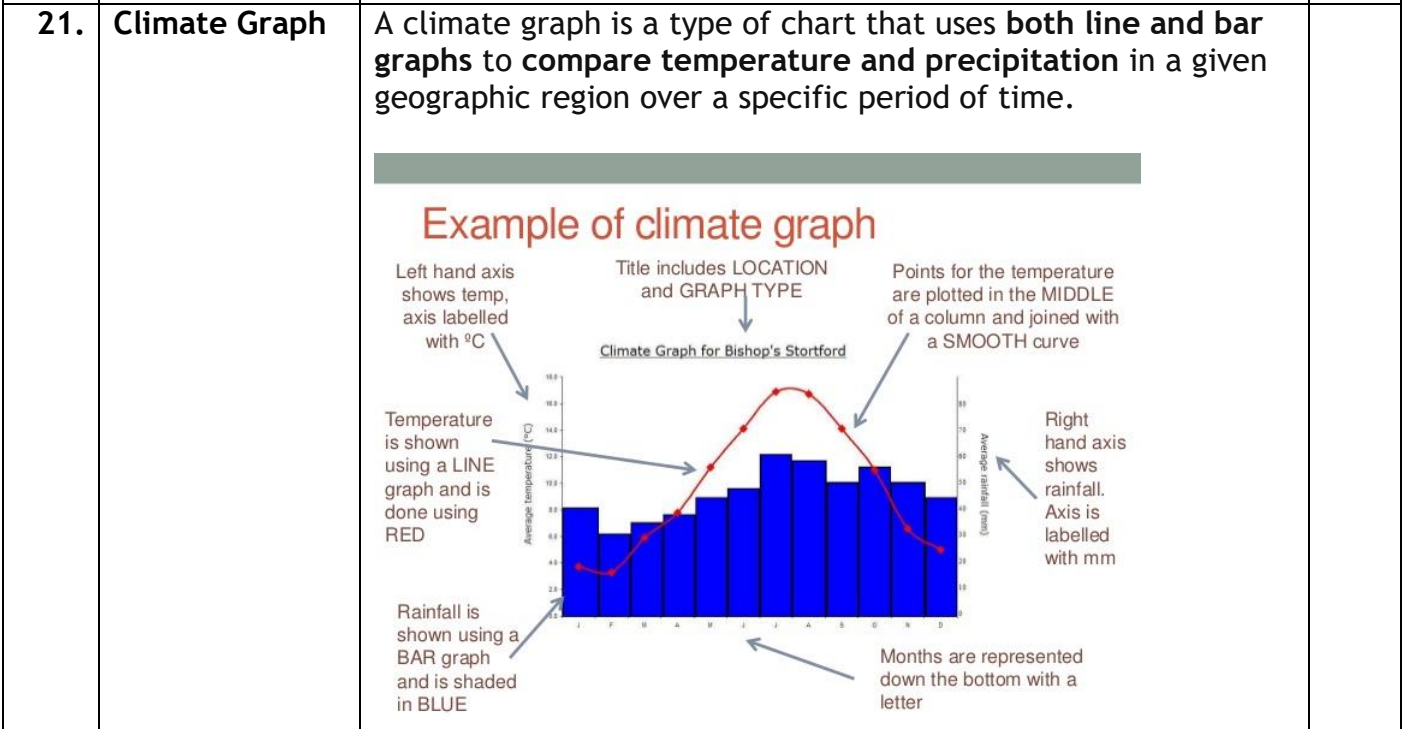
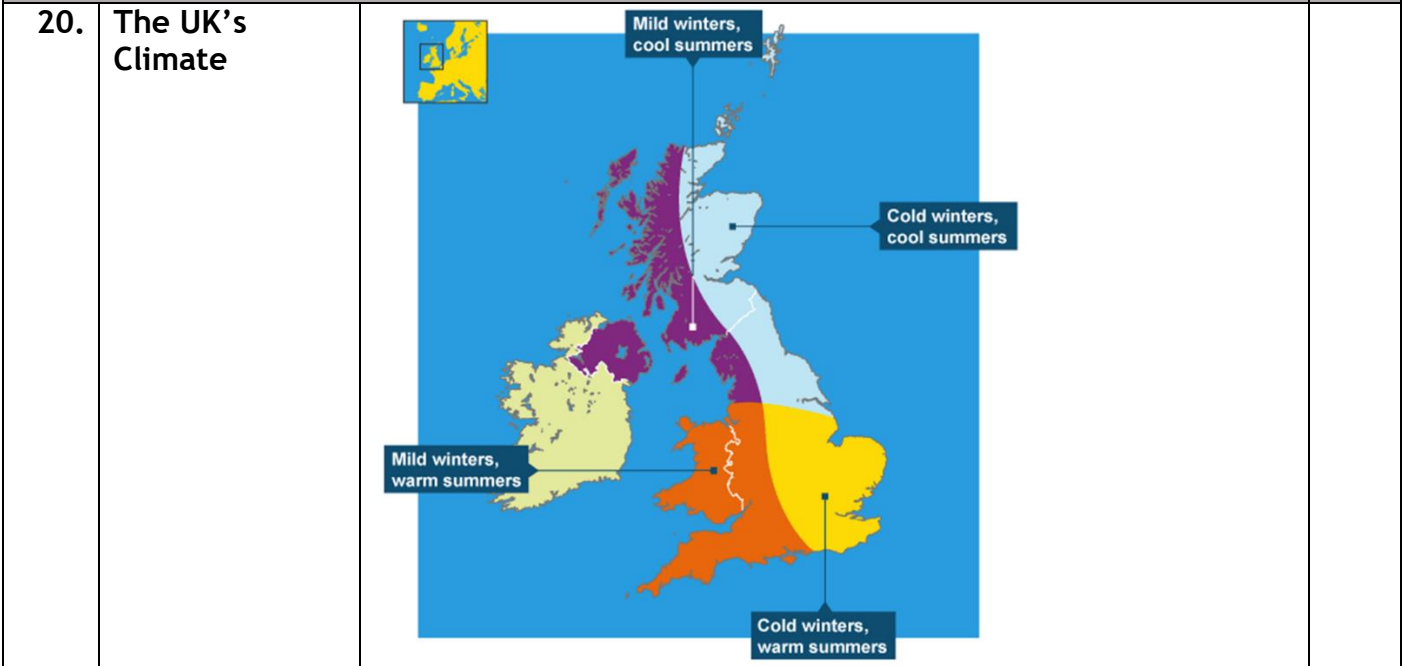
I came to give life - life in all its fullness
High Expectations - No Excuses



Sapere Aude

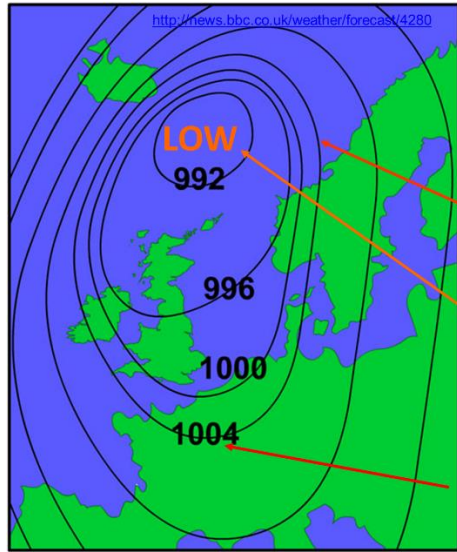
GEOGRAPHY - YEAR 8 - M2
Weather and Climate

RAG



22.	Low Air Pressure (Depression)	A fall in air pressure is a sign of wind and rain and of changeable weather.
23.	High Pressure (Anticyclone)	Clear skies with little clouds that give hot summers and cold winters.
24.	Warm Front	A warm front means that warm air is coming. At a warm front, warm air is rising over cold air. This usually produces clouds and rain.
25.	Cold Front	A cold front means that cold air is coming. At a cold front, cold air pushes under the warm air. This produces strong winds and heavy rain.

26. Synoptic Chart



Synoptic charts are charts of surface pressure. They help **meteorologists** predict the weather.

Isobars are lines joining areas of equal pressure.

Pressure is decreasing towards the middle. This is a **low** pressure system.

Pressure is shown in **millibars**.
1000mb or below = low pressure,
1020mb or above = high pressure.

HISTORY - YEAR 8 - M2 The Making of the Modern World			RAG
1.	Resistance	The act of opposing or standing up to something.	
2.	Passive Resistance	Non-violent actions that waste the slave master's time or money.	
3.	Active Resistance	Fighting back against the slave owners, often using violence.	
4.	Slave Spirituals	Songs the slaves sang in the fields to keep rhythm and morale. Some had secret messages of resistance.	
5.	The Underground Railroad	The network used by people to try and help slaves run away to safety from the southern slaves states to the free northern states of the USA.	
6.	Abolition	Getting rid of something.	
7.	Abolitionist	Someone who works to try and get rid of something.	
8.	Emancipation	Freeing people from something.	
9.	Abolition of the Slave Trade 1807	Slavery is abolished in the British Empire: no new slaves can be bought.	
10.	1833	Slavery is abolished altogether. Anyone still held as a slave is freed.	
11.	1865	Slavery is abolished in the USA after the American Civil War.	
12.	William Wilberforce	An English politician who became the voice of the abolition movement in Parliament. He introduced bills into Parliament and spoke out against the slave trade. He died three days after slavery was abolished in 1833.	
13.	Olaudah Equiano	Olaudah Equiano was a former enslaved African. He wrote a book depicting the horrors of slavery and lobbied Parliament for its abolition. His autobiography made him famous and it became a bestseller.	
14.	Thomas Clarkson	Clarkson hated slavery and fought for its abolition by travelling the country with a box of items from African nations showing the advanced culture of the African people who were being enslaved.	
15.	Josiah Wedgwood	Josiah Wedgwood was an English pottery factory owner. Because he was a respected businessman, people listened to his views and he was able to convince friends and colleagues of the evils of the slave trade.	
16.	Touissant L'Ouverture	L'Ouverture was the leader of history's largest slave revolt. In 1791 the slaves on the island of St Domingue in the West Indies rebelled against their masters. They took over the whole island, and called it Haiti.	
17.	Economic Reasons why Slavery Ended	Slave traders were making smaller profits - some plantation owners were losing money. Some people believed paid workers would work harder, and plantation products were now cheaper from farms in India and Brazil.	
18.	Emancipation of the Slaves	When enslaved people were set free. In Britain, this took place in 1833. In the USA it took place in 1865.	
19.	Jim Crow Laws	Laws designed to restrict the freedoms of African American people. They included not being able to marry white people, own property or access their right to vote.	



HISTORY - YEAR 8 - M2			RAG
The Making of the Modern World			
20.	Segregation	The name for the separation of people. Racial segregation is the separation of black and white people.	
21.	Non-violent Direct Action	Another term for peaceful protest. The main method of protest used by African Americans in the twentieth century.	
22.	Martin Luther King	Described as the most famous civil rights campaigner of his time. King was a Baptist minister whose powerful speeches inspired people to fight racial inequality in a non-violent manner.	
23.	Malcolm X	Another African American activist who promoted more violent methods to fight for equal rights.	
24.	Rosa Parks	A civil rights activist who refused to give up her seat on a bus to a white man and prompted a large protest.	
25.	The Montgomery Bus Boycott, 1955-1956	The protest against the segregation of black and white passengers on buses in the city of Montgomery, Alabama.	
26.	The March on Washington, 1963	A large protest march to the capitol, at which Martin Luther King delivered his "I have a dream" speech.	



COMPUTER SCIENCE - YEAR 8 - M2			RAG
1.	Integer	A whole number; a number which is not a fraction.	
2.	Binary	A number system that uses a base of 2 (the numbers 1 and 0).	
3.	Decimal	A number system that uses a base of 10 (the numbers 0-9).	
4.	Bit	Each unit of binary is called a bit. The term is derived from Binary digIT. 1 bit in binary can represent two numbers, 0 or 1.	
5.	Byte	A string of eight bits; for example, 10010101 is known as a byte.	
6.	Overflow	Overflow happens when the result of a calculation is too large to be stored in the available memory.	
7.	Instruction	In computer science, an instruction is a command to run some code.	
8.	Efficiency	A measure of how much work needs to be carried out to achieve a goal.	
9.	Encoded	When an instruction has been coded as a binary representation it has been encoded.	
10.	Instruction Set	The group of unique instructions a machine can carry out.	
11.	Procedure	A procedure is a section of code that can be used over and over again. It can accept input from other parts of the program.	
12.	Call	When the main part of a program wants to run a procedure it calls it.	
13.	Selection	The name given to the process of providing possible courses of action that will be selected as result of certain conditions being met.	
14.	Decompose	Breaking a problem down into a series of simpler problems that we can easily understand. The process of decomposing a problem is known as 'decomposition'.	
15.	Abstraction	Working with ideas or solving a problem by identifying common patterns in real situations, concentrating on general ideas and not the detail of the problem itself.	
16.	Boolean Operators	Connective works - AND, OR, NOT - which can be used to construct a more sophisticated condition from which a computer program can make decisions.	
17.	Nesting	Placing a section of code within another section of code.	
18.	Graphical User Interface (GUI)	An interface that used graphics rather than text. A GUI can be WIMP (Windows, Icons, Menus and Pointers).	
19.	Command Line	A simple, text-based user interface where commands are typed.	
20.	Directory	A technical name for a folder.	
21.	Batch File	A simple file in a Windows operating system that contains one or more commands.	
22.	Shell Script	A simple file in a Mac or Linux-based operating system that contains one or more commands.	
23.	Wildcard	A symbol that means 'anything', so '*.txt' means 'anything that ends in .txt'.	
24.	Integer	A whole number; a number which is not a fraction.	



COMPUTER SCIENCE - YEAR 8 - M2			RAG
25.	Binary	A number system that uses a base of 2 (the numbers 1 and 0).	
26.	Decimal	A number system that uses a base of 10 (the numbers 0-9).	
27.	Bit	Each unit of binary is called a bit. The term is derived from Binary digIT. 1 bit in binary can represent two numbers, 0 or 1.	
28.	Byte	A string of eight bits; for example, 10010101 is known as a byte.	
29.	Overflow	Overflow happens when the result of a calculation is too large to be stored in the available memory.	
30.	Instruction	In computer science, an instruction is a command to run some code.	
31.	Efficiency	A measure of how much work needs to be carried out to achieve a goal.	
32.	Encoded	When an instruction has been coded as a binary representation it has been encoded.	
33.	Instruction Set	The group of unique instructions a machine can carry out.	
34.	Procedure	A procedure is a section of code that can be used over and over again. It can accept input from other parts of the program.	
35.	Call	When the main part of a program wants to run a procedure it calls it.	
36.	Selection	The name given to the process of providing possible courses of action that will be selected as result of certain conditions being met.	
37.	Decompose	Breaking a problem down into a series of simpler problems that we can easily understand. The process of decomposing a problem is known as 'decomposition'.	
38.	Abstraction	Working with ideas or solving a problem by identifying common patterns in real situations, concentrating on general ideas and not the detail of the problem itself.	
39.	Boolean Operators	Connective works - AND, OR, NOT - which can be used to construct a more sophisticated condition from which a computer program can make decisions.	
40.	Nesting	Placing a section of code within another section of code.	
41.	Graphical User Interface (GUI)	An interface that used graphics rather than text. A GUI can be WIMP (Windows, Icons, Menus and Pointers).	
42.	Command Line	A simple, text-based user interface where commands are typed.	
43.	Directory	A technical name for a folder.	
44.	Batch file	A simple file in a Windows operating system that contains one or more commands.	
45.	Shell Script	A simple file in a Mac or Linux-based operating system that contains one or more commands.	



CREATIVE ARTS - YEAR 8 - M2			RAG
1.	Folklore	The traditional beliefs, customs and stories of a community, passed through the generations by word of mouth.	
2.	Mythology	a collection of myths, especially one belonging to a particular religious or cultural tradition. For example: Greek Mythology.	
3.	Characteristics	A feature or quality belonging typically to a person, place or thing and serving to identify them.	
4.	Cross Hatching	A technique used to add shadow and dimension to drawn objects. It involves filling a space with a series of crosses.	
5.	Continuous Line	A technique used to create an image from a single continuous line. Often without taking the pen/pencil off the page.	
6.	Collage	The technique of assembling a series of different visual images to create a new whole image or background.	
7.	Proportion	Proportion refers to the relative size of parts of a whole.	
8.	Mark Making	A term used for the creation of different patterns, lines, textures and shapes.	
9.	Observation	The action or process of closely observing or monitoring something or someone.	
10.	Metaphor	A figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable.	
11.	Typography	The style, arrangement and appearance of letters, numbers and symbols created by a process.	
12.	Graphic Communication	Graphic communication is how graphic designers communicate messages without words.	
13.	Dietary Requirements	A person's dietary requirements can be set as a result of an allergic reaction or personal or religious belief. For example: gluten free; vegan; vegetarian; dairy free.	
14.	Allergens	A substance that causes an allergic reaction.	
15.	Mind Map	A mind map is a diagram used to visually organize information. A mind map shows relationships among pieces of the whole.	
16.	Cubism	A revolutionary new approach to representing reality from different perspectives invented in around 1907-08 by artists Pablo Picasso and Georges Braque.	
17.	Typography	The style, arrangement, and appearance of letters, numbers, and symbols created by a process.	
18.	Graphic Communication	Graphic communication is how graphic designers communicate messages without words.	
19.	Annotation	A note by way of explanation or comment added to a text, image or diagram.	
20.	Target Audience	A target audience is the intended audience or readership of a publication, advertisement or other message.	
21.	Design Brief	A design brief is a document for a design project developed by a person or team in consultation with the client.	



CREATIVE ARTS - YEAR 8 - M2			RAG
22.	Perspective	Representing three-dimensional objects on a two-dimensional surface so as to give the right impression of their height, width, depth and position in relation to each other.	
23.	Still Life	A still life is a work of art depicting mostly inanimate subject matter, typically commonplace objects which are either natural or man-made.	
24.	Viewpoint	A person's location having effect on their ability to view an object or area.	
25.	Contrast	The state of being strikingly different from something else. For example, a darker tonal drawing on a white piece of paper will stand out more than a lighter tonal drawing.	
26.	Still Life	A still life is a work of art depicting mostly inanimate subject matter, typically commonplace objects which are either natural or man-made.	
27.	Allergen	A substance that causes an allergic reaction.	

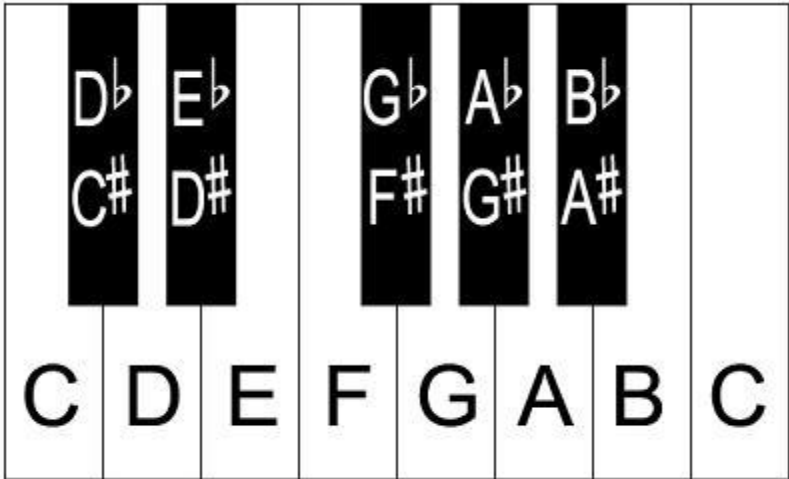


LITERACY - YEAR 8 - M2			RAG
1.	Conjunctions	A word used to connect clauses or sentences e.g. when, before, after, while, so, because.	
2.	Subordinate Clause	A clause that is dependent on a main clause in order to make sense. Often started with a conjunction e.g. <u>When the phone rang</u> , she answered it; She answered it <u>when the phone rang</u> .	
3.	Complex Sentence	A sentence that contains a main clause and a subordinate clause e.g. After I left the house, it started to rain.	
4.	Prefix	A prefix is added at the beginning of a word in order to turn it into another word e.g. <u>dis</u> appear.	
5.	Paragraphs	TiP ToP paragraphs: change paragraphs when you change time, person, topic or place.	
6.	Adverbial	Linking ideas across paragraphs using adverbials of time (e.g. the day before), place (e.g. up the road), manner (e.g. slowly) and number (e.g. secondly).	
7.	Fronted Adverbial	Words or phrases at the beginning of a sentence, used to describe the action that follows e.g. <u>Later that day</u> , I heard the bad news.	
8.	Determiner	A modifying word that determines the kind of reference a noun or noun group has e.g. a, the, every.	
9.	Speech Marks	Punctuation used around the part being spoken e.g. The conductor shouted, "Sit down!"	
10.	Direct Speech	Writing down the part being spoken e.g. Rachel shouted loudly, "Watch out!"	
11.	Indirect/Reported Speech	Summarising what has been said e.g. He said they'd already eaten when he'd arrived.	
12.	Suffix	A suffix is an 'ending', used at the end of one word to turn it into another word e.g. teacher <u>s</u> .	
13.	Relative Clauses	Clauses that begin with who, which, where, when, whose, that, or an omitted relative pronoun.	
14.	Synonyms	Words with similar meanings e.g. beautiful/pretty.	
15.	Parenthesis: Brackets, Dashes or Commas	A word or phrase inserted as an explanation or extra information e.g. Skip (the guard dog) had done a fantastic job.	
16.	Prepositions	A word which shows the relationship between two nouns in a sentence e.g. The book was <u>under</u> the table.	
17.	Semi-Colon	For lists and to mark the boundary between independent clauses e.g. It's raining; I am fed up.	
18.	Cohesion	Term used to describe the grammatical means by which sentences and paragraphs are linked and relationships between them established.	
19.	Antonyms	Words meaning the opposite e.g. awful/wonderful.	
20.	Active / Passive Voice	Affects the presentation of information in a sentence e.g. ACTIVE: I broke the window. PASSIVE: The window was broken.	



LITERACY - YEAR 8 - M2			RAG
21.	Ellipsis	Indicates an intentional omission of a word, sentence or whole section from a text to create suspense e.g. The door opened ...	
22.	Root Words	The main word element from which other words grow (e.g. <u>uncomfortable</u>).	
23.	Present Perfect Form of Verbs	Instead of the simple part (e.g. He went out to play) the present perfect suggests that an action has happened at an unspecified time before now = He has gone out to play.	
24.	Hyphens	Hyphens can be used to avoid ambiguity [for example, man eating versus man-eating shark, or recover versus re-cover].	



MUSIC - YEAR 8 - M2 Blues C106			RAG
1.	Slavery	Slavery is any system in which principles of property law are applied to people, allowing individuals to own, buy and sell other individuals.	
2.	Slave Trade	The buying, transporting, and selling of human beings as slaves, in particular the former trade in black Africans as slaves by European countries and North America.	
3.	Blues	The blues is a distinctive, indigenous black-American song form and was a major element in the evolution of jazz and, later, rock'n'roll.	
4.	Jazz	A style of music distinguished by flexible tempo as a base, accompanied with improvisation of solo and ensemble on basic tunes and chord patterns. Historically, Jazz was started in the 1900s in New Orleans by the African American communities.	
5.	R&B	Rhythm and blues is a term describing popular African American music that originated in the 1940s.	
6.	Keyboard Layout		
7.	Chords	A chord is any set of pitches consisting of multiple notes that are heard sounding at the same time.	
8.	12 Bar Blues	The twelve-bar blues is one of the most prominent chord progressions in popular music. The blues progression has a distinctive form in lyrics, phrase, chord structure, and duration. In its basic form, it is predominantly based on the I, IV, and V chords of a key.	
9.	Improvisation	Composing and recording in the same time; in other words, it is inventing in that time!	
10.	Work Song	A piece of music closely connected to a form of work, either sung while conducting a task (usually to coordinate timing) or a song linked to a task which might be a connected narrative, description, or protest song.	



MUSIC - YEAR 8 - M2 Blues C106			RAG
11.	Bessie Smith	Bessie Smith was an American blues singer. Nicknamed the Empress of the Blues, she was the most popular female blues singer of the 1920s and 1930s. She is often regarded as one of the greatest singers of her era and was a major influence on fellow blues singers, as well as jazz vocalists.	
12.	B.B King	American blues singer, electric guitarist, songwriter, and record producer. King introduced a sophisticated style of soloing based on fluid string bending and shimmering vibrato that influenced many later electric blues guitarists. King was inducted into the Rock and Roll Hall of Fame in 1987, and is considered one of the most influential blues musicians of all time, earning the nickname "The King of the Blues".	
13.	Muddy Waters	American blues singer-songwriter and musician who is often cited as the "father of modern Chicago blues", and an important figure on the post-war blues scene. Muddy Waters grew up on Stovall Plantation near Clarksdale, Mississippi, and by age 17 was playing the guitar and the harmonica, emulating the local blues artists Son House and Robert Johnson.	

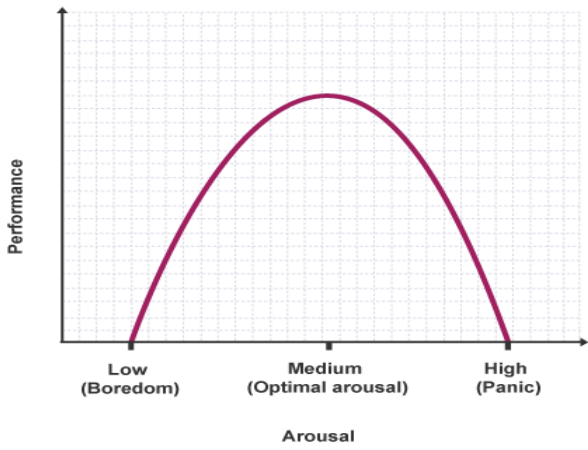


MUSIC TECH - YEAR 8 - M2 Logic Pro X M1			RAG
1.	DAW	Digital Audio Workstation. Software that allows you to record, mix and produce your own music.	
2.	Panning	Placing a sound in the stereo field e.g. in the left or right speaker.	
3.	Track	In software, tracks generally contain audio and MIDI layers. Tracks are nothing more than an organising tool commonly. Most sequencers allow an unlimited number of tracks within each song.	
4.	Stereo	Stereophonic is a signal carried on two channels, left and right to represent a sound image for the human ears.	
5.	Tempo	How fast or slow a piece of music is. 60bpm (beats per minute) is a tempo of 1 beat per second.	
6.	Loop	A repeated passage. Often used to refer to samples that are imported into a sequence and repeated.	
7.	Mixing	The process of combining sounds. A master mix is the final result of the combination of all the component signals after they have been processed and combined.	
8.	Structure	The way a piece of music is put together in sections. For example in a song, this would be verse, chorus. Binary is AB, Ternary is ABA, Rondo is ABACAD etc...	
9.	Timbre	The quality of a sound that distinguishes it from other sounds of the same pitch and volume. It is the distinctive tone colour of an instrument or a singing voice.	
10.	Software Synthesizer	MIDI sound-generating circuitry utilises mathematical functions which alter a stream of digital numbers.	
11.	Waveform	A sound signal which has a particular shape when displayed on an oscilloscope.	
12.	WAV file	A commonly used file for storing digital audio information. More common on PC-based computers.	
13.	MIDI	Musical Instrument Digital Interface. A standard for connecting and remotely operating electronic instruments and related devices such as computers and effects units.	
14.	Plugin	A computer program designed to extend your sequencer package with extra effects, audio processing or instrumentation.	
15.	Mono	Mono or Monophonic is a signal carried on a single channel. On a stereo system the signal would be duplicated.	
16.	Reverb	Reverb or reverberation is the natural reflection of sounds from surfaces giving the impression of space.	
17.	Layering	The process of combining sounds.	



PE - YEAR 8 - M2 Sport Psychology			RAG
Guidance			
1.	Guidance	<p>A method of conveying information to a performer.</p> <p>Visual, verbal, manual and mechanical guidance are used in different situations and to support performers in a range of different ways.</p>	
2.	Visual Guidance	<p>Visual guidance is when a performer can see the skill being performed or practised.</p> <p>For example:</p> <ul style="list-style-type: none"> • Demonstration - sometimes by the coach or another performer, usually highlighting certain aspects that are important. • Image - a photo, diagram or drawing of the skill. • Video - either an example of the skill being performed or a recording of the performer's own performance. • Observation - of a game or another performer. 	
3.	Verbal Guidance	<p>Verbal guidance is given by an observer after watching your performance.</p> <p>For example:</p> <ul style="list-style-type: none"> • Coaching points - given by the coach and relating to the technique of the performance. • Feedback - from the coach. • Peer feedback - from other performers. • Questioning - by the coach so the performer is prompted to self-evaluate. 	
4.	Feedback	<p>The information a performer receives about their performance.</p> <p>It also needs to be specific and accurate so the performer knows exactly what and how to improve. This requires coaches and athletes to understand and use the same language and terminology.</p>	
5.	Manual Guidance	<p>Manual guidance is when a performer is physically guided or supported by the coach.</p> <p>For example, manual guidance is provided when a coach guides an athlete's arm to mimic a javelin throw or when a coach supports a gymnast to do a backflip.</p>	
6.	Mechanical Guidance	<p>Mechanical guidance is when a piece of equipment or an aid is used to help a performer learn and practise a skill. It is generally used at the early stages of learning.</p> <p>Examples of this include using a float in swimming to develop leg action and body position in front crawl.</p>	



PE - YEAR 8 - M2 Sport Psychology			RAG
7.	Technology and Coaching	In modern coaching, the wide variety of mechanical aids is growing all the time. In cricket there are bowling machines that provide consistency. In cycling there are ever more accurate and detailed trip computers, and in swimming the athlete will use a leg float to allow them to focus all of their attention on their arm action in isolation.	
Mental Preparation			
8.	Mental Preparation	To succeed and perform their best, athletes need to use their minds as well as their bodies. Mental techniques help to control emotions, manage stress and improve participation and performance.	
9.	Arousal	Arousal is the level of activation and alertness experienced by a performer. For example, a judo player may feel highly aroused the moments before a bout and much less aroused an hour after the contest has ended.	
10.	The 'Inverted U' Theory (Arousal)		
11.	Imagery	Imagery is a mental or psychological technique in which the performer imagines or visualises themselves being successful in their performance.	
12.	Mental Rehearsal	Mental rehearsal is where the performer pictures themselves executing a skill and practises the skill in their mind, focusing on the specific stages and correct technique. A trampolinist may mentally rehearse a backward somersault before performing the move.	
13.	Preparation Techniques	Breathing control is a physical - or physiological - process. This means it directly affects the body. The body and mind are interlinked, so breathing control also affects how an athlete feels. It affects their control of arousal. Self-talk is a psychological process. This means it directly affects the mind. Self-talk is the voices in our heads. It is what we tell ourselves about a situation.	



PE - YEAR 8 - M2 Sport Psychology		RAG
Target Setting		
14.	Target Setting	Setting SMART targets helps participants to plan their training, keep focused, stay motivated, track their progress and set performance and outcome goals.
15.	Value of Goal Setting	<p>Having relevant goals helps participants of all types in physical activity and sport. They are useful for beginners and elite performers, for people who take part for health and wellbeing and for those who are very competitive.</p> <p>For example, a less active person may join a gym because they want to get fit. A swimmer may aspire to take part in the Olympic Games.</p>
16.	The Value of Setting Goals	<pre> graph TD A[Goal-setting helps to...] --> B[Show success] A --> C[Give motivation] A --> D[Monitor progress] A --> E[Provide focus] A --> F[Plan/adapt training] F --> G[Start] F --> H[Middle] F --> I[End] </pre>
17.	Performance Goals	<p>A performance goal helps the athlete to focus on an aspect of performance that they are in total control of.</p> <p>A performance goal might be a 200m sprinter trying to beat their personal best or a hockey midfielder trying to score their highest level in the multi-stage fitness test.</p> <p>Performance goals allow the athlete to focus in on details of the performance, not just winning and losing.</p>
18.	Outcome Goals	<p>An outcome goal helps the performer to focus on the big picture of what they are trying to achieve.</p> <p>A youth rugby player may aim to be selected for a regional team before the end of the season.</p>
19.	SMART Targets	<p>Setting SMART goals can make that goal seem - and be - more achievable.</p> <p>Targets provide focus or act as stepping stones towards the final goal.</p>



PE - YEAR 8 - M2 Sport Psychology			RAG																		
20.	Goals that are SMART are:	<p>Specific - state exactly what will need to be done</p> <p>Measurable - clear what success will look like</p> <p>Accepted - decided on by all participants in the process</p> <p>Realistic - know it is practical - steps <i>can</i> be taken to do it</p> <p>Time bound - state when it will be achieved</p>																			
21.	Examples	<table border="1"> <thead> <tr> <th></th> <th>Person A</th> <th>Person B</th> </tr> </thead> <tbody> <tr> <td>S</td> <td>I will increase how much exercise I do</td> <td>I will attend a Para-swimming talent identification day</td> </tr> <tr> <td>M</td> <td>I will do an average of 60 minutes of moderate intensity activity a day</td> <td>I will swim the 50 m freestyle in under one minute</td> </tr> <tr> <td>A</td> <td>I can see myself doing it/I'm going to do it with a friend</td> <td>My times are close to the selection criteria/my coach and I agree</td> </tr> <tr> <td>R</td> <td>I can do it by walking daily and going to the gym twice a week</td> <td>I can do it by improving my technique</td> </tr> <tr> <td>T</td> <td>I will achieve it by the end of this summer term</td> <td>I will attend next year's talent identification day</td> </tr> </tbody> </table>		Person A	Person B	S	I will increase how much exercise I do	I will attend a Para-swimming talent identification day	M	I will do an average of 60 minutes of moderate intensity activity a day	I will swim the 50 m freestyle in under one minute	A	I can see myself doing it/I'm going to do it with a friend	My times are close to the selection criteria/my coach and I agree	R	I can do it by walking daily and going to the gym twice a week	I can do it by improving my technique	T	I will achieve it by the end of this summer term	I will attend next year's talent identification day	
	Person A	Person B																			
S	I will increase how much exercise I do	I will attend a Para-swimming talent identification day																			
M	I will do an average of 60 minutes of moderate intensity activity a day	I will swim the 50 m freestyle in under one minute																			
A	I can see myself doing it/I'm going to do it with a friend	My times are close to the selection criteria/my coach and I agree																			
R	I can do it by walking daily and going to the gym twice a week	I can do it by improving my technique																			
T	I will achieve it by the end of this summer term	I will attend next year's talent identification day																			



SPANISH - YEAR 8 - M2 Mi Tiempo Libre (Grammar and Set 1)			RAG
1.	¿Qué te gusta hacer?	What do you like to do?	
2.	me gusta...	I like...	
3.	me gusta mucho...	I really like...	
4.	no me gusta...	I don't like...	
5.	no me gusta nada...	I don't like at all	
6.	chatear	to chat online	
7.	escribir correos	to write emails	
8.	escuchar música	to listen to music	
9.	jugar a los videojuegos	to play videogames	
10.	leer	to read	
11.	mandar SMS	to send messages	
12.	navegar por internet	to surf the net	
13.	salir con mis amigos	to go out with my friends	
14.	ver la televisión	to watch television	
15.	porque es...	because he/she/it is...	
16.	porque no es...	because he/she/it isn't...	
17.	interesante	interesting	
18.	guay	cool	
19.	divertido/a	fun	
20.	estúpido/a	stupid	
21.	aburrido/a	boring	
22.	¿Qué haces en tu tiempo libre?	What do you do in your free time?	
23.	bailo	I dance.	
24.	canto karaoke	I sing karaoke.	
25.	hablo con mis amigos	I talk with my friends.	
26.	monto en mi bici	I ride on my bike.	
27.	saco fotos	I take photos.	
28.	toco la guitarra	I play guitar.	



SPANISH - YEAR 8 - M2 Mi Tiempo Libre (Grammar and Set 1)			RAG
29.	Expresiones de frecuencia	Expressions of frequency	
30.	a veces	sometimes	
31.	de vez en cuando	from time to time	
32.	nunca	never	
33.	todos los días	everyday	
34.	¿Qué tiempo hace?	What is the weather like?	
35.	Hace calor.	It is hot.	
36.	Hace frío.	It is cold.	
37.	Hace sol.	It is sunny.	
38.	Juego al baloncesto.	I play basketball.	
39.	Juego al fútbol.	I play football.	
40.	Juego al tenis.	I play tennis.	
41.	Juego al voleibol.	I play volleyball.	
42.	¡Me gusta!	I like it!	
43.	¡Me gusta mucho!	I like it a lot!	
44.	¡Me gusta muchísimo!	I really, really like it!	
45.	¡Me encanta!	I love it!	
46.	Los días de semana	The days of the week	
47.	el lunes	Monday	
48.	el martes	Tuesday	
49.	el miércoles	Wednesday	
50.	el jueves	Thursday	
51.	el viernes	Friday	
52.	el sábado	Saturday	
53.	el domingo	Sunday	
54.	el fin de semana	the weekend	
55.	los lunes	every Monday	
56.	los fines de semana	every weekend	
57.	Algunas preguntas	Some questions	
58.	¿Qué...?	What?	
59.	¿Cuándo...?	When?	
60.	¿Dónde...?	Where?	
61.	¿Cómo...?	How?/ What?	
62.	¿Cuántos...?	How many?	
63.	¿Quién...?	Who?	
64.	¿Adónde?	Where to?	
65.	palabras muy frecuentes	High frequency words	
66.	con	with	
67.	cuando	when	
68.	generalmente	generally	
69.	mucho	a lot	
70.	no	no	
71.	o	or	
72.	pero	but	
73.	porque	because	
74.	sí	yes	



SPANISH - YEAR 8 - M2 Mi Tiempo Libre (Grammar and Set 1)			RAG
75.	también	also	
76.	y	and	
77.	¿Y tú?	And you?	
78.	Las estaciones	The seasons	
79.	La primavera	spring	
80.	El verano	summer	
81.	El otoño	autumn	
82.	El invierno	winter	
83.	¿Qué deporte haces?	What sports do you do?	
84.	Hago artes marciales.	I do martial arts.	
85.	Hago atletismo.	I do athletics.	
86.	Hago equitación.	I do/go horse riding.	
87.	Hago natación.	I do/go swimming.	



SPANISH - YEAR 8 - M2 ¿Cómo es tu Ciudad? (Sets 2 & 3)			RAG
1.	Mi ciudad	My city/ town	
2.	Vivo en...	I live in	
3.	un pueblo	a village	
4.	una ciudad	a city/ town	
5.	¿Cómo es tu pueblo?	What is your city like?	
6.	es un poco/muy	it is a little/ very	
7.	bonito/a	pretty	
8.	feo/a	ugly	
9.	histórico/a	historical	
10.	modern/a	modern	
11.	pequeño/a	small	
12.	tranquillo/a	calm	
13.	industrial	industrial	
14.	importante	important	
15.	grande	big	
16.	Es la capital de mi zona.	It is the capital of my area.	
17.	En la ciudad	In the city/town	
18.	¿Qué hay en tu ciudad?	What is in your city?	
19.	Hay...	There is.... There are...	
20.	No hay...	There isn't....	
21.	un castillo	a castle	
22.	un centro comercial	a shopping centre	
23.	un cine	a cinema	
24.	un estadio de futbol	a football stadium	
25.	un hospital	a hospital	
26.	un mercado	a market	
27.	un museo	a museum	
28.	un parque	a park	
29.	un polideportivo	a sports centre	
30.	una estación de autobuses	a bus station	
31.	una estación de trenes	a train station	
32.	una piscina	a swimming pool	
33.	una playa	a beach	
34.	una plaza	a plaza	
35.	una plaza de toros	a bullring	
36.	una tienda	a shop/ store	
37.	unos museos	some museums	
38.	muchos museos	a lot of museums	
39.	unas tiendas	some shops	
40.	muchas tiendas	a lot of shops	
41.	Me gusta porque...	I like it because....	
42.	Invitaciones	Invitations	



SPANISH - YEAR 8 - M2 ¿Cómo es tu Ciudad? (Sets 2 & 3)			RAG
43.	¿Quieres ir...?	Do you want to go...?	
44.	Quiero ir...	I want to go....	
45.	al castillo	to the castle	
46.	al centro comercial	to the shopping centre	
47.	al cine	to the cinema	
48.	al estadio de futbol	to the football stadium	
49.	al mercado	to the market	
50.	al museo	to the museum	
51.	al parque	to the park	
52.	al polideportivo	to the sports centre	
53.	a la piscina	to the pool	
54.	a la playa	to the plaza	
55.	a la plaza de toros	to the bullring	
56.	¿Cuándo?	When?	
57.	cuando	when	
58.	el lunes	Monday	
59.	el martes	Tuesday	
60.	el miércoles	Wednesday	
61.	el jueves	Thursday	
62.	el viernes	Friday	
63.	el sábado	Saturday	
64.	el domingo	Sunday	
65.	los sabados	every Saturday	
66.	el fin de semana	the weekend	
67.	los fines de semana	every weekend/ the weekends	
68.	¿A qué hora?	At what time?	
69.	a las diez de la mañana	at 10 in the morning	
70.	a las siete de la tarde	at 7 in the evening	
71.	de acuerdo	I agree	
72.	está bien	that's ok	
73.	bueno	good	
74.	vale	ok	
75.	Lo siento, no puedo.	I am sorry, I can't.	
76.	El tiempo	The weather	
77.	¿Qué tiempo hace (en Madrid)?	What is the weather like (in Madrid)?	
78.	Hace buen tiempo.	The weather is good.	
79.	Hace mal tiempo.	The weather is bad.	
80.	Hace calor.	It is hot.	
81.	Hace frio.	It is cold.	
82.	Hace sol.	It is sunny.	
83.	Hace viento.	It is windy.	
84.	Hay niebla.	It is foggy.	
85.	Hay tormenta.	It is stormy.	
86.	Llueve.	It is raining.	
87.	Nieva.	It is snowing.	
88.	Cuando llueve, voy al cine.	When it rains, I go to the cinema.	



SPANISH - YEAR 8 - M2 ¿Cómo es tu Ciudad? (Sets 2 & 3)			RAG
89.	Cuando hace sol, voy a la playa.	When it is sunny, I go to the beach.	
90.	Las estaciones	Seasons	
91.	la primavera	spring	
92.	el verano	summer	
93.	el otoño	autumn	
94.	el invierno	winter	
95.	normalmente	normally	
96.	ahora	now	
97.	los fines de semana	every weekend	
98.	mañana	tomorrow	
99.	por la mañana	in the morning	
100.	este fin de semana	this weekend	
101.	en las vacaciones	during the holidays	
102.	Palabras muy útiles	Very useful words	
103.	aquí	here	
104.	cuando	when	
105.	pero	but	





I came to give life - life in all its fullness
High Expectations - No Excuses

