



Year 7

Knowledge Organiser

M1 2025-2026

“Knowledge is power” Francis Bacon

I came to give life - life in all its fullness

High Expectations - No excuses

The Bishop of Winchester Academy Weekly Homework Grid 2025-2026
Year 7, Michaelmas 1 - Commencing Monday 15th September

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
M1.3 15 th September	KO on Seneca	Drama 1-10 Music 1-10	Healthy Living 1-8	Food 1-8 Geography 1-10	RS 1-10	History 1-8
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M1.4 22 nd September	KO on Seneca	Drama 11-20 Music 11-20	Healthy Living 9-16	Food 9-16 Geography 11-20	RS 11-20	History 9-16
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M1.5 29 th September	KO on Seneca	Drama 21-30 Music 21-29	Healthy Living 17-24	Food 17-24 Geography 21-29	RS 21-29	History 17-24
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M1.6 6 th October	KO on Seneca	Drama 31-40 Music 30-38	Healthy Living 25-32	Food 25-32 Geography 30-38	RS 30-38	History 25-32
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
M1.7 13 th October	KO on Seneca	Drama 41-50 Music 39-47	Healthy Living 33-40	Food 33-40 Geography 39-47	RS 39-47	History 33-40
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M1.8 20 th October	KO on Seneca	Drama 51-60 Music 48-56	Healthy Living 41-48	Food 41-48 Geography 48-56	RS 48-56	History 41-48
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet

RELIGIOUS STUDIES - YEAR 7 - M1 The Big Story			RAG
1.	BCE	A dating term, meaning before the common era. Christians would say 'BC', because they believe that Jesus was the Christ.	
2.	CE	The common era. Christians would say 'AD' as it stands for anno domini, Latin for "in the year of the lord" and refers specifically to the birth of Jesus Christ.	
3.	Symbol	Something that stands for or represents something else.	
4.	Bible	The holy book of Christianity, containing 66 sacred texts or books.	
5.	Old Testament	The Old Testament is the first part of Christian Bible, originally written in Hebrew. There are 39 books in the Old Testament.	
6.	New Testament	The New Testament is the second part of the Christian bible, originally written in Greek. There are 27 books in the New Testament.	
7.	KJV	King James Version	
8.	RSV	Revised Standard Version	
9.	NIV	New International Version	
10.	Literal Understanding	Some Christians believe that the Bible is the absolute word of God, written down exactly as God wanted by humans.	
11.	Liberal Understanding	Someone who understands the Bible in a different way to which it is written (a non-literal understanding).	
12.	Gospel	Gospel means 'good news'. There are four gospels in the New Testament (Matthew, Mark, Luke and John) that record the good news about Jesus.	
13.	Synoptic Gospels	Matthew, Mark and Luke are known as the Synoptic Gospels because they have similar stories and styles.	
14.	Mark's Gospel	Mark's Gospel was the first gospel to be written, around 70CE. It ends with the women discovering the empty tomb but does not record any appearances of the risen Jesus.	
15.	Epistle	An epistle is a letter. Most of the epistles in the New Testament were written by St Paul and they are the earliest Christian books.	
16.	Evangelist	Has two meanings: a person who seeks to convert someone to Christianity; or the writer of one of the four gospels.	
17.	John 10:10	"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John was the last Gospel to be written, dating from 90-110CE.	
18.	Omnipotent	'Omni' is Latin for 'all'. The belief that God is 'all powerful'.	



RELIGIOUS STUDIES - YEAR 7 - M1 The Big Story			RAG
19.	Omnipresent	'Omni' is Latin for 'all'. The belief that God is everywhere.	
20.	Omniscient	'Omni' is Latin for 'all'. The belief that God is all knowing.	
21.	Omnibenevolent	'Omni' is Latin for 'all'. The belief that God is all loving and good.	
22.	Genesis	'Genesis' (with a capital): the first book of the Bible. 'genesis'(without a capital): the origin (beginning) of something, e.g. an idea.	
23.	Creation	There are in fact two creation stories in the book of Genesis, written by 2 different authors. The first creation story is about the creation of the world in 7 days, the second creation story is about Adam and Eve in the Garden of Eden.	
24.	Anthropocentric	Centring on humanity or human beings; regarding humanity as the central or most important element of existence.	
25.	The Fall	The belief that sin has passed down from Adam and Eve giving in to temptation which allowed free will and sin into the world.	
26.	Sin	Behaviour which is against God's laws and wishes/against principles of morality.	
27.	Original Sin	The Christian belief that everyone is born sinful because of Adam and Eve's sin at The Fall.	
28.	The Ten Commandments	The 10 Commandments are found in the book of Exodus and are the most famous set of God's laws in the Old Testament. Jews believe there are a total of 613 laws (mitzvot).	
29.	Decalogue	The ten commandments, in the Septuagint (the Greek translation of the Hebrew Old Testament).	
30.	Justice	Our law is influenced by Christian principles. Most crimes break the Ten Commandments.	
31.	Social Injustice	When society treats people unfairly, e.g. discriminates against people because of gender, race or poverty.	
32.	Exodus	The second book in the Jewish and Christian bible, telling about the exodus (or departure) of the Israelites from slavery in Egypt.	
33.	Israelites	The Jewish people in the Bible are known as the Israelites. In the twentieth century after the Holocaust, Israel became the Jewish homeland again.	
34.	King David	An important king of Israel. In Jewish and Christian traditions the Messiah is going to be a descendent of King David.	
35.	David and Bathsheba	A story about how even important people can sin, even though they are favoured by God.	



RELIGIOUS STUDIES - YEAR 7 - M1 The Big Story			RAG
36.	Atonement	'To be made at one with God by covering sin'. Christians believe that Jesus' death brings about their reconciliation with God.	
37.	Prophet	A prophet is a person chosen by God to be God's messenger.	
38.	Exile	The condition or period of being forced to live away from one's native country or home, especially as a punishment. After the Temple was destroyed in 586 BCE the Jews were taken into exile in Babylon.	
39.	Messiah	'Anointed One'. 'Messiah' is the Hebrew and 'Christ' is the Greek term. In the Old Testament kings were anointed with holy oil by the prophets as a sign that they had been chosen by God.	
40.	The Greatest Commandment	In the New Testament Jesus sums up all the laws as 'Love the Lord your God with all your heart and soul and mind, and love your neighbour as yourself'.	
41.	Sermon on the Mount	Found in the Gospel of Matthew and is a collection of sayings and teachings of Jesus that emphasizes his moral teaching, e.g. on murder, adultery, divorce and the use of violence.	
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John 10:10

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High Expectations – No Excuses



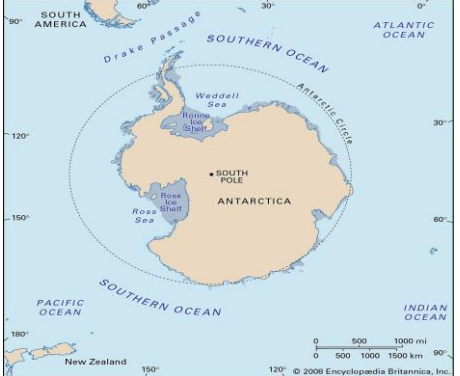




Sapere Aude

Geography - Year 7 - M1 Introduction to Geography			RAG
1.	Geography	The study of the Earth's landscapes, people, places and environment.	
2.	Physical Geography	The branch of geography dealing with natural features.	
3.	Human Geography	The branch of geography dealing with how human activity affects or is influenced by the earth's surface.	
4.	Environmental Geography	How people can harm or protect the environment.	
5.	Equator	An imaginary line across the middle of the earth separating the Northern and Southern Hemisphere.	
6.	Northern Hemisphere	The Northern Hemisphere is the half of the earth that is north of the equator.	
7.	Southern Hemisphere	The Southern Hemisphere is the half of the earth that is south of the equator.	
8.	Continent	Any of the world's main continuous expanses of land. There are 7 in total, these include: Europe, Asia, Africa, North America, South America, Australasia, Antarctica.	
9.	Ocean	An ocean is a large area of water between continents. There are 5 oceans in total, these include: Atlantic, Pacific, Arctic, Southern and Indian.	
10.	North America	 <p>North America is the 3rd largest continent, it consists of 23 countries including the United States, Canada and Mexico.</p>	
11.	South America	 <p>South America is the 4th largest continent with a total of 14 countries, including Brazil, Argentina and Peru.</p>	




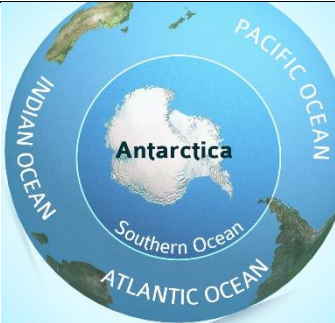

**Geography - Year 7 - M1
Introduction to Geography**

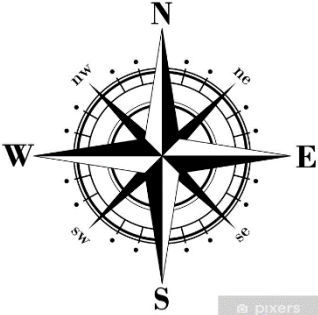
RAG

<p>12. Europe</p>			<p>Europe is the 6th largest continent, with 44 countries including the UK, France and Italy.</p>	
<p>13. Africa</p>			<p>Africa is the 2nd largest continent with 54 countries including Egypt, South Africa and Kenya.</p>	
<p>14. Antarctica</p>			<p>Antarctica is the 5th largest continent, it has no countries and no permanent residents. Antarctica is surrounded by the Southern Ocean.</p>	
<p>15. Asia</p>			<p>Asia is the largest continent and has a total of 48 countries, including Russia, China and India.</p>	
<p>16. Australasia/Oceania</p>			<p>Australasia is the smallest continent with a total of 14 countries, including Australia, New Zealand and Fiji.</p>	

Geography - Year 7 - M1
Introduction to Geography

RAG

17.	Atlantic Ocean		<p>The Atlantic Ocean ranges through the Northern and Southern Hemisphere, extending between Europe and Africa to the east and North and South America to the west</p>	
18.	Indian Ocean		<p>The Indian Ocean is found mainly in the Southern Hemisphere, with Asia to the north, Africa to the west and Australasia to the east.</p>	
19.	Pacific Ocean		<p>The Pacific Ocean is found over both the Northern and Southern Hemisphere. It lies between Asia and Australasia on the west and North and South America on the east.</p>	
20.	Southern Ocean		<p>The Southern Ocean is at the very bottom of the Southern Hemisphere and surrounds the continent of Antarctica, the Pacific, Indian and Atlantic Oceans all border the Southern Ocean.</p>	
21.	Arctic Ocean		<p>The Arctic Ocean is at the very top of the Northern Hemisphere, it is the smallest ocean that has North America and parts of Asia to the south.</p>	
22.	Compass	An instrument used for navigation and orientation.		

Geography - Year 7 - M1 Introduction to Geography			RAG
23.	Compass Rose	 <p>A device printed on a map showing the points of a compass.</p>	
24.	Direction	The way something is facing.	
25.	Map	A diagrammatic representation of an area of land.	
26.	Cartography	The art and science of making maps.	
27.	Map Symbol	Using a symbol to represent something on a map.	
28.	Map Key	Shows the meaning of map symbols.	
29.	Scale	The relationship between the distance on a map and the corresponding distance in real life.	
30.	Calculate	Work out the value of something.	
31.	Estimate	To roughly calculate or judge the value or number. E.g. I will estimate the distance on the map.	
32.	Ordnance Survey	The national mapping agency of the UK.	
33.	Grid Square	Ordnance survey maps are made up of squares of blue lines, each representing 1 square kilometre.	
34.	Golden Rule	When working out 4 and 6 figure grid references use the rule: "Along the corridor and up the stairs"	
35.	Coordinates -	Numbers used to define a specific point on a map, often using latitude and longitude	
36.	Four figure grid reference	Shows the place on a map to the nearest square kilometre.	
37.	Six figure grid reference	Shows the place on a map to the nearest 100 square meters.	
38.	Height on a map	Height on a map represents the height above sea level in meters.	
39.	Elevation	The height of a point above sea level, important for understanding landforms like mountains.	
40.	Topography	The arrangement of natural and artificial physical features of an area, such as mountains, rivers, and cities.	
41.	Contour lines	Brown lines on a map joining places of equal height.	
42.	Spot Height	The height of the land shown at a specific point on a map.	
43.	Layer Shading	Using colours to shade areas of land at different height.	
44.	Relief	The variation in elevation and slope in a given area, like mountains or valleys.	

Geography - Year 7 - M1 Introduction to Geography			RAG
45.	Relief Map -	A type of map that uses raised surfaces to represent elevation differences, showing the physical features of the landscape.	
46.	Atlas	A map of a large area.	
47.	Lines of Latitude	Lines on an atlas that run from East to West.	
48.	Lines of Longitude	Lines on an atlas that run North to South.	
49.	Hemisphere	Half of the Earth, divided into Northern and Southern or Eastern and Western hemispheres.	
50.	Equator	An imaginary line around the middle of the Earth, equidistant from the poles, dividing the Earth into the Northern and Southern Hemispheres.	
51.	Prime Meridian	The zero-degree longitude line, running from the North Pole to the South Pole through Greenwich, England.	
52.	Time Zone	A region where the local time is the same, usually based on longitude and the Earth's rotation.	
53.	Distance	The amount of space between two points, often measured in kilometers or miles.	
54.	Grid -	A system of horizontal and vertical lines that help locate specific places on a map or chart.	
55.	Route	A planned path or way to get from one place to another, often used in map navigation.	
56.	Land Use	The way in which land is used or managed, such as for agriculture, industry, or residential purposes	



History - YEAR 7 - M1 Life in Britain before 1066			RAG
1.	Chronology	The order that things happen in time. Putting things in chronological order is putting things in the order they happened.	
2.	Century	A period of 100 years.	
3.	Decade	A period of 10 years.	
4.	Contemporary Sources	Contemporary sources are pieces of evidence created around the time of the event being studied.	
5.	Interpretation	A historical interpretation is the process by which we reflect on past events and explain what happened. A historian will look at different sources to create their interpretation of the past.	
6.	Causes	Things that directly lead to another event.	
7.	Consequence	A result or effect, this could be positive or negative.	
8.	Significance	The importance of something.	
9.	Inference	A conclusion reached on the basis of evidence and reasoning.	
10.	Evidence	The available facts or information indicating whether a belief is true.	
11.	Hypothesis	Proposed explanation made on the basis of limited evidence.	
12.	Culture	An accumulation of customs and beliefs, art, how people live, and social organisation of a group in a particular country, or area.	
13.	Society	A large group of people who live together in an organised way, making decisions about how to do things and sharing the work that needs to be done.	
14.	Economic	If something is economic it is about money. E.g. An economic cause would be a cause relating to money.	
15.	Prehistory	The period of time before written records.	
16.	Iron Age Britain	The years 1200-300BC.	
17.	Tribes	People living in Iron Age Britain were divided into groups of people, called tribes. Each tribe was led by a chief.	
18.	Archaeologists	A person who studies human history and prehistory through the excavation of sites and the analysis of artefacts and other physical remains.	
19.	Hillfort	Hillforts are defended places, surrounded by one or more circuits of banks and ditches, and generally placed on hilltops.	
20.	Maiden Castle	Located in Dorset. One of the largest and most complex Iron Age hillforts in Europe - the size of 50 football pitches.	
21.	Roundhouse	Houses made during the Iron age made from straw, wood and stone.	
22.	Crannogs	Conical dwellings built on wooden piled platforms over water.	



History - YEAR 7 - M1 Life in Britain before 1066			RAG
23.	Torcs	Gold neck ornaments.	
24.	Celts	The Celts were a distinct ethnic group made up of tribes spread across Europe in prehistory.	
25.	Dwelling	Somewhere people live. A house, flat or property.	
26.	Civilisation	The society, culture, and way of life of a particular area.	
27.	Invasion	An instance of invading a country or region with an armed force.	
28.	Kingship	The position of being a king, with responsibilities and authority.	
29.	Social progress	Improvements made in terms of the economy, society and politics.	
30.	Empire	A group of nations or peoples ruled over by an emperor, empress, or other powerful sovereign or government.	
31.	Julius Caesar	A Roman general who took over Rome and became its first Emperor.	
32.	Britain joins the Roman Empire	Beginning in 43 AD and continuing until about 410 AD.	
33.	How did the Roman Empire effect Britain?	It brought new customs, technology and education to England. Including aqueducts, baths and libraries.	
34.	Britania	The Roman name for all of the British Isles.	
35.	Aqueducts	A large system for carrying water from one place to another.	
36.	Myth	A traditional story about history. It can involve supernatural characters and some basis of truth (e.g. King Arthur)	
37.	Anglo-Saxons	The people who lived in England before the Norman Conquest in 1066.	
38.	Vikings	The name given to seafaring people primarily from Scandinavia (present-day Denmark, Norway and Sweden), who from the late 8th to the late 11th centuries raided, traded and settled throughout parts of Europe.	
39.	Alfred the Great	King of the West Saxons from 871-886 and later King of the Anglo-Saxons from 886-899.	
40.	Danelaw	The area of Northern and Eastern England that was under the control of the Danish Viking empire.	
41.	Picts	A member of an ancient people inhabiting northern Scotland in Roman times.	
42.	The Dark Ages	The term some historians use to describe Europe after the Roman Empire fell. Also known as the Middle Ages.	
43.	Witan	Known as the 'wisemen' they were advisors to the king.	
44.	Earls	The third most powerful people among the nobility ranks in Anglo Saxon England.	



History - YEAR 7 - M1 Life in Britain before 1066			RAG
45.	Thegns	A lord who held his land directly from the king in return for military service in time of war	
46.	Golden age	A period of time where things are near perfect and society is at its peak.	
47.	Progress	Development towards an improved or more advanced condition.	
48.	Hierarchy	A system that organises people into different groups based on the amount of power they have. Usually the most powerful person is at the top of the hierarchy.	



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High Expectations - No Excuses



DRAMA - Year 7 - MICHAELMAS INTRODUCTION TO DRAMA			RAG
1.	Drama	The activity of acting.	
2.	Stage	A raised floor or platform, typically in a theatre, on which actors, entertainers, or speakers perform.	
3.	Concentration	The action or power of focusing all one's attention.	
4.	Teamwork	The combined action of a group, especially when effective and efficient.	
5.	Audience	The assembled spectators or listeners at a public event such as a play, film, concert, or meeting.	
6.	Imagination	The ability of the mind to be creative or resourceful.	
7.	Movement	An act of moving.	
8.	Feedback	Reactions to a performance.	
9.	Focus	The centre of interest or activity.	
10.	Communication	The imparting or exchanging of information by speaking, writing, or using some other medium.	
11.	Body Language	The conscious and unconscious movements and postures by which attitudes and feelings are communicated.	
12.	Emotions	A strong feeling deriving from one's circumstances, mood, or relationships with others.	
13.	Facial Expressions	One or more motions or positions of the muscles beneath the skin of the face. These movements convey the emotional state of an individual to observers.	
14.	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
15.	Improvisation	A piece that is created on the spot.	
16.	Posture	The position in which someone holds their body when standing or sitting.	
17.	Stance	The way in which someone is standing.	
18.	Pitch	How high or low something is.	
19.	Pace	The speed at which someone talks.	
20.	Accent	A distinctive way of pronouncing a language, especially one associated with a particular country, area, or social class.	
21.	Projection	Speaking with a strong voice so the audience can hear you.	
22.	Gait	A person's manner of walking.	
23.	Eye Contact	The state in which two people are aware of looking directly into one another's eyes.	
24.	Diction	How clear your speech is.	



DRAMA - Year 7 - MICHAELMAS INTRODUCTION TO DRAMA			RAG
25.	Emphasis	Stress given to a word or words when speaking to indicate particular importance.	
26.	Intonation	The rise and fall of the voice in speaking.	
27.	Freeze Frame	A single frame forming a motionless image.	
28.	Physical Skills	The use of the body: posture, stance, facial expressions, body language, gesture.	
29.	Vocal Skills	The use of the voice: pitch, pace, accent, tone, projection.	
30.	Creativity	The use of imagination or original ideas to create something; inventiveness.	
31.	Marking a Moment	A dramatic technique used to highlight a key moment in a scene or improvisation using freeze frame, slow motion or music.	
32.	Stage Directions	A written instruction within a script for either actors, technicians and/or designers to follow on stage	
33.	Upstage	The back of the stage/performance area, furthest from the audience	
34.	Downstage	The front of the stage/performance area, nearest to the audience	
35.	Stage Left	The left hand side of the stage, from the actors perspective	
36.	Stage Right	The right hand side of the stage, from the actors perspective	
37.	Centre Stage	The middle of the performance area/stage	
38.	Dialogue	Dialogue is the exchange of spoken words between two or more characters which can be written in a scripted or devised.	
39.	Monologue	Monologue is dialogue spoken by only one actor on stage	
40.	Duologue	Duologue is dialogue between two characters on stage	
41.	Slow Motion	When the actors move or recreate an action very slowly to Mark the Moment within a scene	
42.	Melodramatic	The combination of melody and drama to express exaggerated emotions.	
43.	Comic Relief	A moment where comedy is used to counterbalance a serious piece of theatre.	
44.	Silent Film	A style of film that has no recorded sound or dialogue.	
45.	Stock Characters	An archetypal character who represents a specific stereotype.	
46.	Hero	A courageous character who is sympathised by the audience.	
47.	Exaggeration	A statement or action that represents something as better or worse than it really is.	
48.	Facial Expressions	Using the face to show the emotion that the character is feeling.	



DRAMA - Year 7 - MICHAELMAS INTRODUCTION TO DRAMA			RAG
49.	Mime	A theatrical technique of acting without words.	
50.	Villain	A character who causes problems for the hero and is disliked by the audience.	
51.	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
52.	Emphasis	Stress given to a word or words when speaking to indicate particular importance.	
53.	Scenario	An outline of a story that gives detail of the plot and individual scenes.	
54.	Slapstick	Comedy based on deliberately clumsy actions and embarrassing events that are funny.	
55.	Performer	A performer might be an actor, singer or dancer, whose job is to perform within a production. They will usually audition in front of the director and a casting director to get their part. They begin their work in the rehearsal room with the director, before performing on stage in front of an audience. They must ensure to maintain a high-quality performance each night, during the run of the show.	
56.	Director	A director is responsible for the overall creative vision of the show. They have to bring the different elements of the production together to produce a cohesive final production, having meetings with the design team at various stages during a production. They will also direct the performers and help them develop their characters in rehearsals ahead of the final performance.	
57.	Costume Designer	A costume designer is responsible for designing the costume, hair and make-up for a production, working closely with the design team to ensure that the costumes match the style of the show. They will often create designs ahead of the production being cast and can then make changes once they have met the performers. The costume designer works closely with the costume department, who are responsible for making the outfits and wigs.	
58.	Lighting Designer	A lighting designer is responsible for designing the lighting within a production, working closely with the director and the design team to create lighting states for atmosphere and mood on stage. The lighting designer will often have an initial idea about how the lighting will look for a show and will then make adjustments during the rehearsal process. Once their design work is complete, technicians will rig and programme the lights.	
59.	Set Designer	A set designer is responsible for designing the set, working closely with the director and the design team to create the world of the show. They may begin by providing the director with a concept, before moving on to the technical drawing stage. Once the design is complete, the set is constructed and completed by various departments that specialise in materials such as metal, wood and paint.	
60.	Sound Designer	A sound designer is responsible for designing the use of sound within a production, eg sound effects or music, working with the	



DRAMA - Year 7 - MICHAELMAS INTRODUCTION TO DRAMA			RAG
		director to create and develop sound that enhances a production. They will also advise the director on whether the production requires microphones and other technical equipment.	



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High Expectations - No Excuses



FOOD - YEAR 7 - M1			RAG
1.	Hygiene	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.	
2.	Healthy	Indicating or promoting good health.	
3.	Risk Assessment	Methods used to ensure that food operations are designed to be safe and potential hazards are identified.	
4.	Hazardous	Dangerous and involving risk, especially to someone's health.	
5.	Apron	A garment that is worn over other clothing and covers mainly the front of the body for protection.	
6.	Hand Washing	Prevents the spread of diseases.	
7.	Eatwell Guide	A guide which divides the foods we eat into 5 main groups. Eating a variety of foods from each group helps the body to get the wide range of nutrients the body needs to stay healthy.	
8.	Nutrition	The process of providing or obtaining the food necessary for health and growth.	
9.	Carbohydrate	To provide energy.	
10.	Protein	For growth and repair.	
11.	Calcium	Main mineral in the body, teeth and bones. It needs vitamin D to help absorption.	
12.	Lipids (Fats and Oils)	To provide energy. Also to store energy in the body and insulate it against the cold.	
13.	Sugar	Found in food naturally or added to food during manufacture.	
14.	Water	Needed for cells and body fluid.	
15.	Fruit	Provides vitamins and minerals.	
16.	Vegetables	Provides vitamins and minerals.	
17.	Vitamins	Needed in small amounts to maintain health.	
18.	Minerals	Needed in small amounts to maintain health.	
19.	Five a Day	Campaign to encourage people to eat at least five portions of fruit and vegetables a day.	
20.	Dietary Fibre	To provide roughage to help to keep the food moving through the gut.	
21.	Bacteria	Tiny living organisms that can cause food to spoil or make us ill.	
22.	Measuring jug	Use to measure liquid ingredients accurately.	
23.	Chopping board	A durable board where you would place material for cutting.	
24.	Mixing bowl	A bowl used to mix ingredients together.	
25.	Saucepan	A deep cooking pan with a handle, used on an oven.	



FOOD - YEAR 7 - M1			RAG
26.	Colander	A bowl-shaped kitchen utensil with holes, used for draining food.	
27.	Spatula	A broad, flat, flexible blade used to mix, spread or lift food.	
28.	Grater	A kitchen utensil used to grate foods into fine pieces.	
29.	Whisk	A kitchen utensil used for whipping ingredients.	
30.	Rolling pin	A cylindrical tool used to flatten dough.	
31.	Peeler	A small hand tool used to remove the outer skin of vegetables or fruit.	
32.	Tongs	A tool used to grip and lift food.	
33.	Baking tray	A flat, rectangular metal tray on which food can be cooked in an oven.	
34.	Ladle	A large, long-handled spoon with a cup-shaped bowl, used for serving soup or stew.	
35.	Measuring spoon	Used to measure small quantities of ingredients precisely.	
36.	Blender	An electric appliance used to mix, puree, or emulsify food and other substances.	
37.	Oven gloves	Heat-resistant gloves used to handle pots, pans, or trays.	
38.	Kitchen scales	Used to weigh ingredients accurately.	
39.	Sieve	A utensil used to strain liquids or sift dry ingredients.	
40.	Garlic Press	A small device used to crush garlic cloves efficiently.	
41.	Pastry brush	A brush used to spread butter, oil, or glaze on food.	
42.	Can opener	A device used to open tin cans.	
43.	Timer	Used to measure and monitor cooking or baking time.	
44.	Cling Film	A thin plastic film used to cover and store food.	
45.	Oven	An enclosed compartment, usually part of a cooker, for cooking and heating food.	
46.	Hob	The flat top part of a cooker, with hotplates or burners.	
47.	Oven Glove	A padded glove for handling dishes in or from a hot oven.	
48.	Chef Hat	Worn to stop any stray hair from falling into the dish being prepared.	



HEALTHY LIVING - YEAR 7 - M1 Healthy Lifestyles			RAG
1.	Nutrition	Getting the right types and amounts of food your body needs to stay healthy.	
2.	Balanced diet	Eating the right amount of different food groups to stay healthy.	
3.	Protein	A nutrient that helps build and repair muscles and body tissues.	
4.	Carbohydrates	The body's main source of energy, found in bread, pasta, and rice.	
5.	Fats	A nutrient that gives energy and helps the body absorb vitamins.	
6.	Vitamins	Nutrients that help your body work properly, like vitamin C for your immune system.	
7.	Minerals	Nutrients like iron and calcium that keep your bones and blood healthy.	
8.	Fibre	Found in fruits, vegetables, and wholegrains; it helps you digest food properly.	
9.	Calories	A measure of energy from food and drinks.	
10.	Water	A liquid your body needs to stay hydrated and work well.	
11.	Obesity	Being very overweight in a way that can affect your health.	
12.	Sugar	A sweet substance that gives quick energy but can cause health problems if eaten too much.	
13.	Malnutrition	Not getting the right amount of nutrients, either too little or too much.	
14.	Salt	A mineral that helps your body but too much can raise blood pressure.	
15.	Portion size	The amount of food you eat in one sitting.	
16.	Exercise	Physical activity that helps keep your body fit and strong.	
17.	Fitness	How well your body can handle physical activity.	
18.	Aerobic exercise	Activities like running or swimming that make your heart beat faster.	
19.	Strength training	Exercise that builds muscles, like lifting weights.	
20.	Flexibility	How easily your joints and muscles move.	
21.	Endurance	How long you can keep doing physical activity without getting tired.	
22.	Warm-up	Light exercise to prepare your body for more activity.	



HEALTHY LIVING - YEAR 7 - M1 Healthy Lifestyles			RAG
23.	Cool-down	Gentle exercise to help your body recover after being active.	
24.	Heart rate	The number of times your heart beats in one minute.	
25.	Muscle	A body part that helps you move and get stronger with exercise.	
26.	Bone strength	How strong and healthy your bones are.	
27.	Mental health	How you feel, think, and handle emotions.	
28.	Stress	Feeling worried or under pressure.	
29.	Anxiety	Feeling very nervous or worried about something.	
30.	Self-esteem	How much you like and value yourself.	
31.	Confidence	Believing in your own abilities.	
32.	Mindfulness	Paying attention to the present moment to feel calm.	
33.	Relaxation	Resting your body and mind to feel less stressed.	
34.	Hygiene	Keeping your body and surroundings clean to stay healthy.	
35.	Handwashing	Cleaning your hands to stop the spread of germs.	
36.	Oral hygiene	Taking care of your teeth and gums by brushing and flossing.	
37.	Sleep	Resting at night so your body and mind can recover and grow.	
38.	Sleep hygiene	Good habits that help you sleep well.	
39.	Healthy lifestyle	A way of living that helps you stay physically and mentally well.	
40.	Habits	Things you do often, sometimes without thinking.	
41.	Addiction	When someone can't stop doing something that may be harmful.	
42.	Peer pressure	Feeling pushed to do something because your friends do it.	
43.	Screen time	The time you spend looking at screens like phones, tablets or TVs.	
44.	Smoking	Breathing in harmful chemicals from burning tobacco.	
45.	Alcohol	A drink that can affect the brain and body, not safe for children	
46.	Drugs	Substances that change how your body or brain works, sometimes harmful.	
47.	Decision-making	Choosing what to do in a way that's smart and safe.	
48.	Goal setting	Making a plan to achieve something healthy or positive.	



MUSIC - YEAR 7 - MICHAELMAS WEST AFRICAN DRUMMING			RAG
1.	Beat	The ongoing pulse of a piece of music, what you would dance or move your feet to	
2.	Pulse	Another word sometimes used instead of beat	
3.	Rhythm	A pattern of sounds, short and long	
4.	Accuracy	Performing rhythms that fit with the music's beat and the other performers	
5.	Call and Response	One person plays or sings a musical phrase, and another person (or group) answer with a musical phrase or rhythm, which can be the same or different to the first	
6.	Djembe	A goblet-shaped hand drum originating in West Africa	
7.	Bass	A note played in the centre of the djembe with the full flat of the palm and relaxed hand	
8.	Tone	A note played with the fingers together, about 2/3rds of the way to the edge of the drum	
9.	Slap	A note played at the edge of the djembe using the tips of the fingers	
10.	Duration	How many beats - or fractions of a beat - a note lasts for	
11.	Texture	How the different layers of a piece of music are combined to produce the overall sound	
12.	Polyrhythm	When two or more different rhythms that follow the same basic pulse are played at the same time	
13.	Notation	Musical ideas written in a common language so that others can understand and play them back	
14.	Crochet	A musical note with a duration of 1 beat	
15.	Rest	A pause, or silence in the music	
16.	Quaver	A musical note with a duration of half a beat	
17.	Semiquaver	A musical note with a duration of a quarter of a beat	
18.	Time Signature	A pair of numbers at the start of a piece or section that tell you how many beats are in a bar	
19.	Note head	The 'blob' or round part of a written music note	
20.	Stem	The straight line coming out of a music note. This can point up or down	
21.	Structure	The order in which different sections of a piece are played	
22.	Solo	One performer playing a single part without others	
23.	Unison	Multiple performers playing the same notes at the same time	
24.	Section	A 'chunk' of a song, more than one of which are put together to create structure	

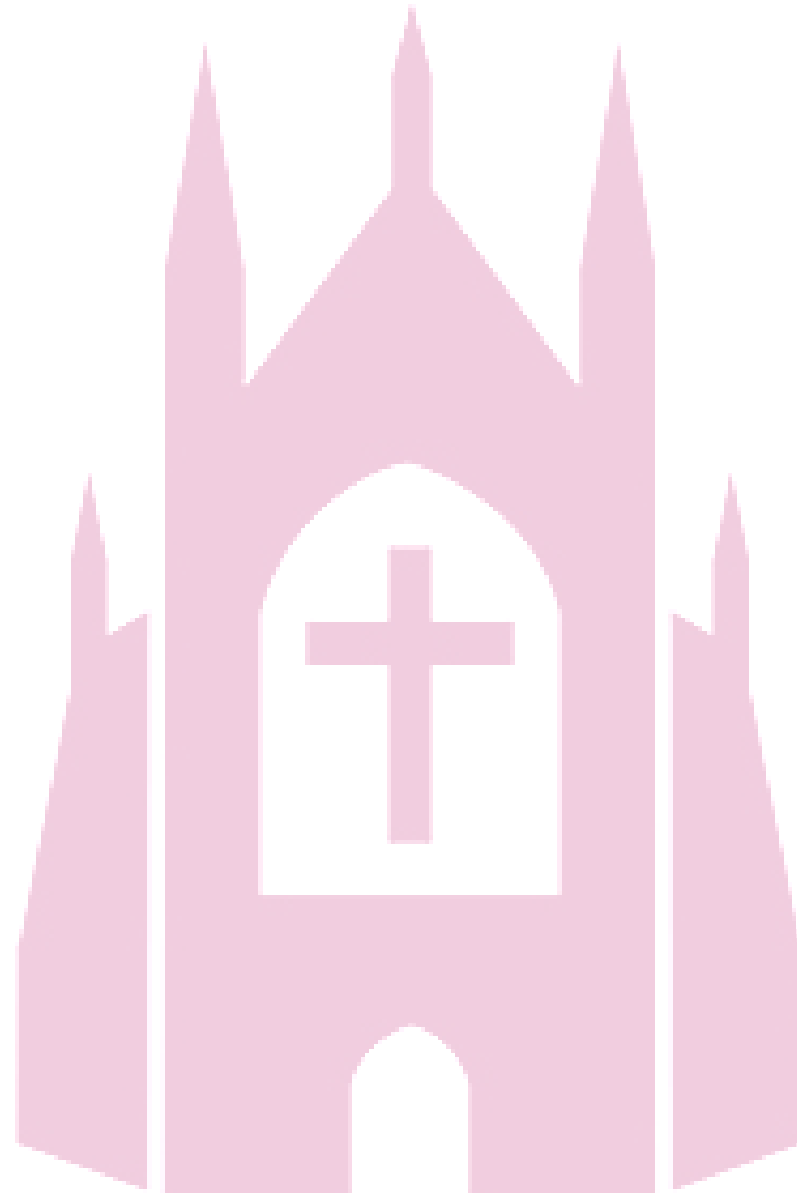


MUSIC - YEAR 7 - MICHAELMAS WEST AFRICAN DRUMMING			RAG
25.	Repeat	Playing a section of a piece more than once - a musical repeat has its own symbol	
26.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	
27.	Rehearse	Practise (a play, piece of music, or other work) for later public performance	
28.	Fluency	Performing without pauses or hesitation - being <i>fluent</i>	
29.	Technique	Using an instrument correctly	
30.	Timing	Placing the notes accurately relative to the beat and the other performers	
31.	Instrument	A device created or adapted to make musical sounds	
32.	Orchestra	A large group of people who play various musical instruments together, led by a conductor	
33.	Family	How musical instruments are grouped based on how they make sounds. In an orchestra, musicians sit together in these family groupings	
34.	Celesta	A small keyboard instrument in which felted hammers strike a row of steel plates, giving a bell-like sound	
35.	Timpani	A set of kettledrums (large metal drums with round bottoms) played in an orchestra	
36.	String family	A musical instrument that has strings and that produces sound when the strings are touched or struck	
37.	Cello	A lower-pitched instrument of the string family, held upright on the floor between the legs of the seated player	
38.	Double Bass	The largest and lowest-pitched instrument of the string family, providing the bassline of the orchestral string section and also used in jazz	
39.	Melody	The main 'tune' of a piece of music, what you would be able to hum or sing back	
40.	Sharp	A symbol placed in front of a note which makes the pitch of that note a semitone higher - #	
41.	Woodwind family	Instruments that produce sound by either being blown to make a reed vibrate, or by blowing across a mouthpiece	
42.	Reed	A thin strip of material (often wooden cane) that vibrates to produce a sound in some woodwind instruments	
43.	Clarinet	A woodwind instrument with a single-reed mouthpiece, a cylindrical tube with a flared end, and holes stopped by keys	
44.	Oboe	A woodwind instrument with a double-reed mouthpiece, a slender tubular body, and holes stopped by keys	
45.	Bassoon	A bass woodwind instrument of the oboe family, with a long doubled-back tube, played with a double reed	



MUSIC - YEAR 7 - MICHAELMAS WEST AFRICAN DRUMMING			RAG
46.	Composer	Someone who writes their own, original pieces of music.	
47.	Composition	A piece of original music.	
48.	Melody	The 'tune' in a piece of music.	
49.	Programme Music	Music that is composed to tell a story or describe visual images.	
50.	Leitmotif	A short melody that represents a character, place or feeling in a piece of music.	
51.	Peter and the Wolf	A piece of programme music composed by a Russian composer called Sergei Prokofiev.	
52.	The Carnival of the Animals	A set of short pieces composed by a French composer called Camille Saint-Sans. Each piece represents a different animal in the carnival.	
53.	Brass	Section of instruments that you blow into to make a sound and are made of brass. They are: trumpet, trombone, French horn and tuba.	
54.	Percussion	Section of instruments that are either hit or shaken to make a sound. There are lots of different percussion instruments from around the world but here are the most common in an orchestra: timpani, xylophone, cymbals, glockenspiel, tambourine, triangle, piano and drum kit.	
55.	Conductor	A conductor stands in front of an orchestra or choir and guides them and keeps them together.	
56.	Instrumentation	The instruments chosen by a composer or performer	





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

