



Year 8

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 8, Michaelmas 1 - Commencing Monday 8th September

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

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
M1.6 6 th October	KO on Seneca	Geography 33-40	History 33-40	Drama 33-40 Music 33-40	RS 33-40 Healthy Living 33-40	Food 33-40
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
M1.7 13 th October	KO on Seneca	Geography 41-48	History 41-48	Drama 41-48 Music 41-48	RS 41-48 Healthy Living 41-48	Food 41-48
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
M1.8 20 th October	KO on Seneca	Geography 49-56	History 49-56	Drama 49-56 Music 49-56	RS 49-56 Healthy Living 49-56	Food 49-56
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx

RS - Year 8 - M1 Sikhism			RAG
1.	Guru	Guru is a Sanskrit term for a "mentor, guide, expert, or master" of certain knowledge or field.	
2.	Guru Nanak	Gurū Nānak was the founder of Sikhism and is the first of the ten Sikh Gurus	
3.	Hindu	Hinduism is an Indian religion or way of life. It is the world's third-largest religion, with over 1.2 billion followers, known as Hindus.	
4.	Sikhism	Sikhism originated in the Punjab region of the Indian subcontinent around the end of the 15th century CE. Sikhism is one of the youngest of the major religions.	
5.	Punjab	Punjab, a state bordering Pakistan, is the heart of India's Sikh community. The city of Amritsar, founded in the 1570s by Sikh Guru Ram Das	
6.	Amristar	The second-largest city in the Indian state of Punjab.	
7.	Caste system	India's caste system is a social structure that divides different groups into ranked categories. Members of "higher" castes have a greater social status than individuals of a "lower" caste.	
8.	Social hierarchy	A system that ranks people based on various factors leading to differences in power and status.	
9.	Brahmins	The highest caste was made up of Priests and scholars.	
10.	Kshatriyas	The second caste was made up of rulers, warriors, and administrators.	
11.	Vaishyas	The third caste was made up of merchants, traders, and farmers.	
12.	Shudras	The fourth caste, made up of Laborers and servants	
13.	Dalits	Outside the caste system were the Dalits (formerly known as "untouchables"), who were often treated unfairly.	
14.	Chauri Sahib	A ceremonial fan waved over the Guru Granth Sahib as a mark of respect.	
15.	Guru Granth Sahib	The Sikh holy book is called the Guru Granth Sahib, the tenth Guru.	
16.	Gurmukh	Someone who follows the Guru's teachings and is spiritually focused on God.	
17.	Khanda	The symbol of Sikhism.	
18.	Mul mantra	The Mūl Mantar is the opening verse of the Sikh scripture, the Guru Granth Sahib. It consists of twelve words. The first sentence says "There is only one God".	



RS - Year 8 - M1 Sikhism			RAG
19.	Waheguru	A term used to refer to God, meaning "Wonderful Lord" in Sikhism.	
20.	Ek Onkar	A fundamental concept in Sikhism meaning "There is only one God." It is the opening phrase of the Guru Granth Sahib.	
21.	Satnam	Meaning "True Name," it emphasizes that God's name is the ultimate truth.	
22.	Akal	A Sikh term meaning "Timeless" or "Eternal," often used to describe God.	
23.	Sangat	The Sikh congregation or community that gathers for prayer and worship.	
24.	Guru Gobind Singh	Guru Gobind Singh was the last of the ten Gurus, the one who transformed the Sikh faith. In 1699 he created the Khalsa.	
25.	Khalsa	Khalsa refers to both a community that considers Sikhism as its faith, as well as a special group of initiated Sikhs who wear the 5ks.	
26.	Initiated	A Sikh who has undergone the Amrit Sanskar ceremony and joined the Khalsa.	
27.	Amrit Sanskar	A Sikh initiation ceremony that marks a person's entry into the Khalsa.	
28.	Amrit	A holy liquid of sugar and water	
29.	The 5 Ks	The 5 Ks taken together symbolise that the Sikh who wears them has dedicated themselves to a life of devotion and submission to the Guru.	
30.	Kesh	Uncut hair. Throughout history hair (kesh) has been regarded as a symbol both of holiness and strength. One's hair is part of God's creation. Keeping hair uncut indicates that one is willing to accept God's gift as God intended it.	
31.	Kara	A steel bracelet and symbol of restraint and gentility. It acts as a reminder that a Sikh should not do anything of which the Guru would not approve.	
32.	Kanga	A wooden comb. This symbolises a clean mind and body; since it keeps the uncut hair neat and tidy. It symbolises the importance of looking after the body which God has created	
33.	Kaccha	This is a pair of breeches that must not come below the knee. It was a particularly useful garment for Sikh warriors of the 18th and 19th centuries, being very suitable for warfare when riding a horse.	



RS - Year 8 - M1 Sikhism			RAG
34.	Kirpan	A Steel sword. There is no fixed style of Kirpan and it can be anything from a few inches to three feet long. It is kept in a sheath and can be worn over or under clothing.	
35.	Singh	Guru Gobind Singh gave all Sikh men the last name "Singh" (Lion) to remove caste-based last names and create equality.	
36.	Kaur	Guru Gobind Singh gave all Sikh women the last name "Kaur" (Princess) to remove caste-based last names and create equality.	
37.	Amrit	Sugar water used in initiation ceremony when joining the Khalsa.	
38.	Gurdwara	A Gurdwara is a place of worship. The Punjabi word Gurdwara is 'the residence of the Guru', or 'the door that leads to the Guru'.	
39.	Granthi	Each Gurdwara has a Granthi who organises the daily services and reads from the Guru Granth Sahib. A Granthi is not a priest but is the reader/custodian of the Adi Granth.	
40.	Naam Japna	The practice of meditating on God's name to stay connected to the divine.	
41.	Nishan Sahib	It is the holy flag which can be seen either near the entrance or on the top of every Gurdwara. Great respect is shown to the flag as it has the symbol of Sikhism representing their beliefs in God.	
42.	Langar	Langar is a kitchen where food is prepared in the Gurdwara.	
43.	Diwan hall	Worship room with Guru Granth Sahib in it.	
44.	Karah Prashad	Sweet food offered at the end of Gurdwara services.	
45.	Akhand Path	A continuous, non-stop reading of the Guru Granth Sahib, lasting around 48 hours, is performed in some Gurdwaras for special occasions or prayers.	
46.	Daily Services	Gurdwaras hold morning and evening prayers and recitations from the Guru Granth Sahib.	
47.	Kirtan	Devotional singing.	
48.	Community Gatherings	Besides religious services, Gurdwaras serve as community centres, offering educational classes, support services, and cultural events.	
49.	Four entrances	Some Gurdwaras have four entrances symbolizing that all people from all directions are welcome.	



RS - Year 8 - M1 Sikhism			RAG
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Geography - YEAR 8 - L1 Population		
1.	Population	Population is all of the people which live in a particular geographical area.
2.	Population Change	Population grows because the number of babies being born is greater than the number of people dying.
3.	Birth Rate	The number of babies born per 1000 people.
4.	Death Rate	The number of people who die per 1000 people.
5.	Natural Increase	Where the birth rate exceeds the death rate meaning the population rises
6.	Population density	This is how closely together people live in a set area.
7.	Densely populated	A large number of people living closely together in one area
8.	Fertility Rate	The average number of children a woman is expected to have during her lifetime.
9.	Birth control programmes	A policy designed to reduce the birth rate of an area by offering incentives to not have a child
10.	Sparsely populated	Very few people in one area, they are very spread out
11.	Population distribution	The distribution is how the people are spread out. Are they closely packed together or well spread out.
12.	Population Projection	An estimate of future population size based on current data, trends, and assumptions about birth, death, and migration rates.
13.	The demographic Transition model	The demographic transition model (DTM) shows population change over time. It studies how birth rate and death rate affect the total population of a country.
14.	Carrying Capacity	The maximum number of people that an environment can support without environmental degradation.
15.	STAGE 1	High Death Rate, High Birth Rate. E.g. Tribes
16.	STAGE 2	Birth Rate Low, Declining Death Rate. E.g. Kenya
17.	STAGE 3	Rapidly falling Death Rate, Low Birth Rate. E.g. India
18.	STAGE 4	Low Death Rate, Low Birth Rate. E.g. The UK
19.	STAGE 5	Slowly Falling Death Rate, Low Birth rate. E.g. The Japan
20.	HIC	High income country
21.	LIC	Low income country
22.	Infant Mortality Rate	he number of children that die under one year of age in a given year, per 1,000 live births
23.	Life expectancy	the average period that a person may expect to live
24.	Population Pyramid	A graph that allows us to see the gender and age structure of a population.



Geography - YEAR 8 - L1 Population		
25.	Young dependent	Young people who are dependent on family members in order to live
26.	Elderly dependent	Older people who are dependent on family members in order to live
27.	Economically active	People who are old enough to work
28.	Migration	The movement of people from one place to another. Most migration in the world is within a country.
29.	Immigration	the action of coming to live permanently in a foreign country.
30.	Emmigration	the act of leaving one's own country to settle permanently in another; moving abroad.
31.	Economic migrant	A person who has left their country to make their quality of life better.
32.	Refugee	A person who has been forced to leave their country because it is not safe for them to stay and has been granted permission to stay in another country.
33.	Asylum Seeker	A person who has left their country where they feel unsafe because of persecution or war, and has applied to stay in another country where they feel safe.
34.	Seasonal Worker	A person who has a right to work and live in a country for a short time.
35.	Push factor	Things which persuade a person to move away from an area
36.	Pull factor	Things which attract people to a go to certain destination
37.	Urbanisation	The increasing number of people living in cities rather than rural areas, often due to migration and natural population growth.
38.	Rural - Urban Migration	Moving from the countryside to a built up urban area (town or city).
39.	Internal Migration	The movement of people within a country, often from rural to urban areas.
40.	Net Migration	The difference between the number of people entering (immigrants) and leaving (emigrants) a country or region.
41.	Overpopulation	Overpopulation is when there are too many people for the resources. It is usually caused by rapid population growth.
42.	Climate:	the weather conditions typical for an area over a long period of time (usually 30 years or more).
43.	Biome	a large area characterised by specific vegetation, soil, climate and wildlife.
44.	Megacity:	a city with a population over 10 million people.
45.	Birth rate:	the number of live births per 1,000 people per year.



Geography - YEAR 8 - L1 Population		
46.	Death rate:	the number of deaths per 1,000 people per year.
47.	Ageing Population	A population where the proportion of elderly people is increasing due to longer life expectancy and declining birth rates.
48.	Circular economy	an economic system aimed at eliminating waste and promoting the continual use of resources.
49.	Depopulation	a decline in the population of an area.
50.	Population Policy	Government strategies aimed at influencing population size, growth, distribution, or composition.
51.	Sustainable cities	Cities that protect their environments for the future generations.
52.	Informal settlement:	poorly-built housing constructed without land rights or planning permission that has limited or no access to services.
53.	Eco-city	a city designed to be sustainable.
54.	Ecological footprint:	the demand that a country's population places on its environment, per unit area.
55.	Carbon reduction	Reduction the amount of carbon dioxide given off, this helps reduce the impact of climate change.
56.	Renewable energy	Power sources such as solar, wind and wave energy. These don't rely on fossil fuels.



History - Year 8 - M1 The British Civil Wars			RAG
1.	Charles I	King of England and Scotland from 1625 to 1649.	
2.	What was Charles I like as king?	He was shy, spoke with a stammer, and stubborn. He relied too much on favourites. He also wasted money on luxuries.	
3.	Civil War	A war fought by two sides in the same country.	
4.	Summer 1642	When civil war broke out between Charles I and Parliament.	
5.	Royalist	Somebody who supported the King (Charles I) during the British Civil Wars.	
6.	Parliamentarian	Somebody who supported parliament during the British Civil Wars.	
7.	Roundhead	The nickname given to parliamentarians.	
8.	Cavalier	The nickname given to the royalist forces.	
9.	Parliament	A group of people, who are elected by the people in their area, to go to London and help govern the country.	
10	Divine Right	The belief that the monarch was chosen by God.	
11	Henrietta Maria	The French Princess whom Charles I married in 1625. She was Catholic which upset many Protestants in Britain.	
12	Tax	Money taken from the people to pay for the national needs.	
13	Ship Money	A tax that is raised from seaside towns to protect them from invasion. Charles I extends this tax to non-seaside towns which causes lots of dissatisfaction.	
14	Petition of Right	A letter in 1628 where Parliament told Charles he could not raise taxes without the approval from Parliament.	
15	Economic causes	Causes of the British Civil Wars related to money.	
16	Economic causes of the British Civil Wars	1) Parliament banned Charles I from raising taxes (Petition of Right) in 1628. 2) 1629 Charles spent a large amount of money on art and clothes and Parliament refused to give Charles more tax. 3) In 1634 Charles collected a tax called Ship Money without Parliament's agreement.	
17	Dissolving Parliament	This is when the monarch gets rid of parliament. Charles did this for 11 Years between 1629 and 1640. This made members of parliament, as well as those who supported parliament, very angry.	
18	Dual Monarchy	A situation where one monarch is in charge of two different countries.	
19	Grand Remonstrance	Parliament made a list of things that Charles had done wrong that they wanted him to change (the big complaint). He refused to agree to it.	
20	Summer 1642	When civil war broke out between Charles I and Parliament.	
21	British Civil Wars	A group of civil wars that took place between 1638-1652. The wars were mostly fought between Parliamentarians and Royalists.	
22	Scotland and the British Civil Wars	Charles tried to make the Scots use the English Prayer Book. They refused and started a war with England.	



History - Year 8 - M1 The British Civil Wars			RAG
23	Ireland and the British Civil Wars	Catholics in Ireland started a rebellion and killed a number of Protestants and their English landlords. Rumours spread through London that Charles had started the rebellion as part of a plot to make England Catholic again.	
24	Royalist	Somebody who supported the King (Charles I) during the British Civil Wars.	
25	Parliamentarian	Somebody who supported parliament during the British Civil Wars.	
26	Cavalier	The nickname given to the royalist forces.	
27	Act	A law after it has been agreed by the House of Lords and the House of Commons.	
28	Significance	The idea that something is important or deserves to be looked at.	
29	Thirty Years War	A war that took place in Europe between 1618-1648. England supported their allies Sweden, the Dutch, and the German Protestant states.	
30	Treaty of Westphalia 1648	The treaty that ended the Thirty Years War in Europe. This benefitted the French, and left Britain without benefit.	
31	Volunteers	Many British men volunteered in the Thirty Years War and got experience that helped them during the English Civil War.	
32	Prince Rupert	The most talented royalist commander. He was a cavalry officer who helped the royalists to victories in the early battles of the war.	
33	Prince Rupert and Charles I	Prince Rupert was Charles I's nephew.	
34	Battle of Edgehill, October 1642	The first battle in the civil war: A draw, but Charles I's choice not to march on London was a big error.	
35	Musket	A type of gun that fired a lead ball at a high speed. It took some time to reload after being fired.	
36	Pike	A long wooden stick with a sharp metal tip on the end. This was the perfect weapon for soldiers to use when fighting an opposing army.	
37	Double Line Formation	A Dutch formation (ordered line) that Parliament soldiers stood in when in battle that gave them an advantage against the Royalists.	
38	Printing Press	A machine that allowed for books to be produced significantly faster than before, allowing ideas to spread more quickly.	
39	Coffee Houses	Places where people had coffee and talked about politics (this allowed for ideas to spread)	
40	Propaganda	Messages, usually of a misleading nature, used to try and make people do or think something.	
41	Battle of Marston Moor, 1644	A big royalist defeat in Yorkshire which allowed Parliament to control the north of England.	
42	Battle of Naseby, 1645	Another important royalist defeat, due the royalist cavalry going after loot rather than fighting on the battlefield!	
43	Oliver Cromwell	A leading Parliamentarian officer, who then became 'Lord Protector' of the English Republic in 1653. He died in 1658.	
44	Lady Mary Bankes	The Lady in charge of the defence of Corfe Castle during the Civil War.	



History - Year 8 - M1 The British Civil Wars			RAG
45	Clubmen	Men from Dorset formed into these groups to protect their communities from both the Royalists and the Parliamentarians.	
46	Regicide	Meaning 'king killing'. Charles I was beheaded in 1649.	
47	Drogheda	A town in Ireland that Oliver Cromwell sacked. Many of the inhabitants were murdered by the Parliamentarians.	
48	Republic	A country that does not have a monarch. In Britain, there was a republic from 1649 to 1660 after the regicide.	
49	Interregnum	The name given to the period of time in which England did not have a king.	
50	Christmas	Cromwell and Parliament banned the celebration of this event during the Interregnum.	
51	Football	This sport was banned on the Sabbath (Sundays) during the Interregnum.	
52	Restoration	The name for when Charles II was put back on the throne of England and Scotland in 1660.	
53	King Charles II	King from 1660 to 1685. Charles I's son. He was invited to return as king when the English Republic collapsed.	
54	The Glorious Revolution	The name historians use to describe the events in 1688-9 where James II was deposed (kicked out) and replaced with Mary II.	
55	William of Orange	The Dutch nobleman who became king (married to Mary II) after the Glorious Revolution 1688-9.	
56	Revolutionise	When things in society change completely.	



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



DRAMA - YEAR 8 - MICHAELMAS COMMEDIA DELL ARTE			RAG
1.	Commedia Dell Arte	A touring theatre company which performed improvised popular comedy in Italian theatres in the 16 th - 17 th centuries, based on stock characters.	
2.	Stock Character	Characters who represent specific stereotypes. For example, a doctor.	
3.	Slapstick	Type of comedy involving exaggerated violence and activities which exceed the boundaries of common sense - it is very physical.	
4.	Mime	Non-verbal communication. A theatrical technique of suggesting action, character or emotion without words, using only gesture, expression and movement.	
5.	Harlequin	Cheeky, likes to play jokes on people. His half mask is made up of colourful diamond shapes.	
6.	Pantalone	He is an old and mean man. Very greedy and thinks he knows best and will always try and get his own way.	
7.	Capitano	He will make up stories to impress the ladies - the stories are fibs and over-exaggerated which is why his half mask has such a big nose.	
8.	Il Dottore	He has never been to medical school but pretends to know everything about medicine and diseases. The doctor's half mask reveals the actor's cheeks.	
9.	Colombine	Pretty and intelligent but extremely vain. She moves very quickly in small, dainty steps.	
10.	Pierott	He is naïve and gullible. He has extreme mood swings. He loves everyone and everything.	
11.	The Four Groups of Stock Characters in Commedia Dell Arte	The servants (or Zanni), the old men (or vecchi), the lovers (or innamorati), and the military officers.	
12.	Reason for Masks Used	Each mask has to contain a combination of distinct characteristics to create their specific characters.	
13.	Lazzi	Comedic physical "bits" or moments within the story.	
14.	Physical Qualities of a Character	What makes the character distinctive in relation to their body: big nose, hunchback, figure, hair, clothes, short, tall.	
15.	Improvisation in Commedia Dell Arte	The unique talent of commedia actors was their ability to improvise comedy around a pre-established scenario.	
16.	Marking a Moment	A dramatic technique used to highlight a key moment in a scene or improvisation using freeze frame, slow motion or music.	
17.	Drama	The activity of acting.	



DRAMA - YEAR 8 - MICHAELMAS COMMEDIA DELL ARTE			RAG
18.	Stage	A raised floor or platform, typically in a theatre, on which actors, entertainers, or speakers perform.	
19.	Concentration	The action or power of focusing all one's attention.	
20.	Teamwork	The combined action of a group, especially when effective and efficient.	
21.	Audience	The assembled spectators or listeners at a public event such as a play, film, concert, or meeting.	
22.	Imagination	The ability of the mind to be creative or resourceful.	
23.	Movement	An act of moving.	
24.	Feedback	Reactions to a performance.	
25.	Focus	The centre of interest or activity.	
26.	Communication	The imparting or exchanging of information by speaking, writing, or using some other medium.	
27.	Body Language	The conscious and unconscious movements and postures by which attitudes and feelings are communicated.	
28.	Emotions	A strong feeling deriving from one's circumstances, mood, or relationships with others.	
29.	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.	
30.	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
31.	Improvisation	A piece that is created on the spot.	
32.	Posture	The position in which someone holds their body when standing or sitting.	
33.	Stance	The way in which someone is standing.	
34.	Pitch	How high or low something is.	
35.	Pace	The speed at which someone talks.	
36.	Accent	A distinctive way of pronouncing a language, especially one associated with a particular country, area, or social class.	
37.	Projection	Speaking with a strong voice so the audience can hear you.	
38.	Gait	A person's manner of walking.	



DRAMA - YEAR 8 - MICHAELMAS COMMEDIA DELL ARTE			RAG
39.	Eye Contact	The state in which two people are aware of looking directly into one another's eyes.	
40.	Diction	How clear your speech is.	
41.	Emphasis	Stress given to a word or words when speaking to indicate particular importance.	
42.	Intonation	The rise and fall of the voice in speaking.	
43.	Freeze Frame	A single frame forming a motionless image.	
44.	Physical Skills	The use of the body: posture, stance, facial expressions, body language, gesture.	
45.	Vocal Skills	The use of the voice: pitch, pace, accent, tone, projection.	
46.	Creativity	The use of imagination or original ideas to create something; inventiveness.	
47.	Stage Directions	A written instruction within a script for either actors, technicians and/or designers to follow on stage	
48.	Upstage	The back of the stage/performance area, furthest from the audience	
49.	Downstage	The front of the stage/performance area, nearest to the audience	
50.	Stage Left	The left hand side of the stage, from the actors perspective	
51.	Stage Right	The right hand side of the stage, from the actors perspective	
52.	Centre Stage	The middle of the performance area/stage	
53.	Dialogue	Dialogue is the exchange of spoken words between two or more characters which can be written in a scripted or devised.	
54.	Monologue	Monologue is dialogue spoken by only one actor on stage	
55.	Duologue	Duologue is dialogue between two characters on stage	
56.	Slow Motion	When the actors move or recreate an action very slowly to Mark the Moment within a scene	



FOOD - YEAR 8 - M1			RAG
1.	Presentation	The art of modifying, processing, arranging or decorating food to enhance its aesthetic appeal.	
2.	Origin	The point or place where something begins, arises or is derived.	
3.	Fairtrade	Trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers.	
4.	Health and Safety	Regulations and procedures intended to prevent accident or injury in workplaces or public environments.	
5.	Senses	Sight, smell, hearing, taste and touch.	
6.	Appearance	The way that someone or something looks.	
7.	Preservation	The act of protecting something.	
8.	Contaminate	Make (something) impure by exposure to or addition of a poisonous or polluting substance.	
9.	Food Spoilage	The process where a food product becomes unsuitable to ingest by the consumer.	
10.	Knife Skills	A range of cutting skills using a knife to prepare different ingredients.	
11.	Aroma	The smell of something.	
12.	Appetising	Stimulating one's appetite.	
13.	Nutrition	The process of providing or obtaining the food necessary for health and growth.	
14.	Obesity	The state of being overweight according to Body Mass Index for your age, weight and height.	
15.	Journey	An act of travelling from one place to another.	
16.	Diet	The kinds of food that a person, animal or community habitually eats.	
17.	Saturated Fats	A fat that comes from animal food products.	
18.	Unsaturated Fats	A fat or fatty acid in which there is one or more double bond in the fatty acid chain.	
19.	Rubbing In	A technique where flour is rubbed into a fat to make dishes such as shortcrust pastry, crumbles and scones.	
20.	Glucose	A simple sugar which is an important energy source in living organisms and is a component of many carbohydrates.	
21.	Vegetarian	A person who does not eat meat or fish, and sometimes other animal products, especially for moral, religious or health reasons.	
22.	Fermenting	The process of converting carbohydrates to alcohol or organic acids using microorganisms, yeasts or bacteria.	
23.	Ingredients	Any of the foods or substances that are combined to make a particular dish.	
24.	Vegan	A person who does not eat or use animal products.	
25.	Danger Zone	The temperature range in which bacteria thrive (5°C to 63°C).	



FOOD - YEAR 8 - M1			RAG
26.	Bacteria	A group of micro-organisms, some of which can cause disease.	
27.	Fermentation	The process when yeasts convert sugars to give off carbon dioxide gas.	
28.	Free Range	Allowing animals outside to roam.	
29.	Cholesterol	Carried in the blood attached to proteins called lipoproteins.	
30.	Calorie (Kcal)	A unit of energy.	
31.	Cross-contamination	The transfer of a substance from one area to another such as bacteria.	
32.	Lactose Intolerance	Digestive problem where the body is unable to digest lactose found in dairy products.	
33.	Coeliac	Person who is allergic to wheat.	
34.	Diabetes	A disease that occurs when your blood sugar is too high.	
35.	Pescatarian	A person who does not eat animal products with the exception of fish.	
36.	Rickets	Deficiency of calcium in the bones, reducing bone mass.	
37.	Boil (Boiling)	The change of state from liquid to gas that occurs when bubbles of the substance in its gas state form throughout the liquid.	
38.	Boiling Point	The temperature at which a substance boils.	
39.	Simmer	Food staying just below boiling point while bubbling gently.	
40.	Saucepan	A deep cooking pan, typically round, made of metal with one long handle and a lid.	
41.	Plate Presentation	The art of arranging or decorating a plate of food to enhance its visual appeal.	
42.	Ingredient	A component of a mixture in food.	
43.	Recipe	A list of ingredients and instructions for preparing food.	
44.	Foil	Thin sheet of metal, such as aluminium baking foil.	
45.	Apron	Protective item of clothing.	
46.	Baking Sheet	Flat metal sheet used for baking, usually placed in the oven.	
47.	Dishcloth	Soft cloth used for washing dishes.	
48.	Bake	To cook in an oven.	
49.	Hygiene	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.	
50.	Healthy	Indicating or promoting good health.	
51.	Risk Assessment	Methods used to ensure that food operations are designed to be safe and potential hazards are identified.	
52.	Hazardous	Dangerous and involving risk, especially to someone's health.	
53.	Apron	A garment that is worn over other clothing and covers mainly the front of the body for protection.	
54.	Hand Washing	Prevents the spread of diseases.	
55.	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.	



56.	Five a Day	Campaign to encourage people to eat at least five portions of fruit and vegetables a day.	
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HEALTHY LIVING - YEAR 8 - M1 Healthy Lifestyles			RAG
1.	Injury	Damage to the body caused by an accident or overuse.	
2.	Acute Injury	An injury that happens suddenly, like a sprain or fracture.	
3.	Chronic Injury	An injury that develops over time, often due to repeated stress.	
4.	Sprain	An injury to a ligament caused by stretching or tearing.	
5.	Strain	An injury to a muscle or tendon caused by overstretching or tearing.	
6.	Fracture	A break in a bone.	
7.	Dislocation	When a bone is forced out of its normal position in a joint.	
8.	Concussion	A brain injury caused by a blow to the head.	
9.	Bruise (Contusion)	Damage to small blood vessels under the skin, causing discoloration.	
10.	Cut (Laceration)	A tear or opening in the skin.	
11.	Blister	A bubble on the skin filled with fluid caused by friction.	
12.	Overuse Injury	Injury caused by repetitive movements without enough rest.	
13.	Muscle Cramp	A sudden, painful tightening of a muscle.	
14.	Tendonitis	Inflammation of a tendon due to overuse.	
15.	Rest	Stopping activity to allow an injury to heal.	
16.	Ice	Applying cold to an injury to reduce swelling and pain.	
17.	Compression	Using pressure to reduce swelling.	
18.	Elevation	Raising an injured limb above heart level to reduce swelling.	
19.	R.I.C.E.	Rest, Ice, Compression, Elevation - a treatment method for injuries.	
20.	Rehabilitation	Exercises and therapy to help recover after injury.	
21.	Physiotherapy	Treatment to restore movement and strength after injury.	
22.	Warm-up	Light activity before sport to prepare muscles and prevent injury.	
23.	Cool-down	Gentle exercise after sport to help recovery.	
24.	Protective Equipment	Gear like helmets or pads that protect from injury.	
25.	First Aid	Immediate help given after an injury.	
26.	Bandage	Material used to cover or support an injury.	
27.	Splint	A device to keep an injured limb still.	
28.	Ligament	Tissue connecting bones to other bones.	
29.	Tendon	Tissue connecting muscles to bones.	
30.	Cartilage	Smooth tissue that cushions joints.	
31.	Joint	Where two or more bones meet.	



HEALTHY LIVING - YEAR 8 - M1 Healthy Lifestyles			RAG
32.	Swelling	Increase in size of tissue due to injury or inflammation.	
33.	Pain	The uncomfortable feeling signalling injury.	
34.	Inflammation	The body's response to injury, causing redness and swelling.	
35.	Bruising	Discoloration from broken blood vessels under the skin.	
36.	Shock	A dangerous condition when blood flow is too low after injury.	
37.	Emergency	A serious situation requiring immediate attention.	
38.	Safe Practice	Following rules to avoid injury.	
39.	Hydration	Drinking water to stay healthy and prevent injury.	
40.	Fitness	Being physically ready to play sport and avoid injury.	
41.	Balance	Ability to keep steady to prevent falls.	
42.	Coordination	Ability to use body parts together smoothly.	
43.	Fatigue	Tiredness that can increase injury risk.	
44.	Technique	The correct way to perform a movement to avoid injury.	
45.	Biomechanics	Study of how the body moves.	
46.	Impact	A strong force hitting the body.	
47.	Protective Padding	Soft material worn to protect body parts.	
48.	Heatstroke	Illness caused by overheating during exercise.	
49.	Strapping	Using tape to support and protect an injured area.	
50.	Medical Clearance	Approval from a doctor to return to sport after injury.	
51.	Recurrence	When an old injury happens again.	
52.	Immobilize	To keep an injured part from moving.	
53.	Antiseptic	Substance used to clean wounds to prevent infection.	
54.	Infection	When germs enter a wound and cause illness.	
55.	Dehydration	Lack of water in the body, which can cause injury or illness.	
56.	Prevention	Actions taken to stop injuries from happening.	



MUSIC - YEAR 8 - Michelmas THE BLUES			RAG
1.	Note	An individual musical sound which has a pitch and duration (length)	
2.	Pitch	How high or low a musical note is - it is related to the frequency at which an instrument makes the air vibrate	
3.	Interval	The gap or space between the pitches of two notes	
4.	Semitone	The distance in pitch between a note and its nearest neighbour, black or white, on a piano keyboard	
5.	Chord	Three or more different notes that are played together at the same time	
6.	Blues	A genre of music which was developed by African American slaves in the southern United States	
7.	12-bar blues	A pattern of chords which uses 3 different chords and lasts for 12-bars - it is often used in blues songs	
8.	Major	A 'happy' sounding chord which consists of 3 main notes	
9.	Minor	A 'sad' sounding chord which consists of 3 main notes	
10.	Chord Sequence	A set of chords in a particular order which is repeated	
11.	Swing	A type of jazz with a medium tempo and catchy melodies (tunes)	
12.	Bass line	The notes played by the lowest-pitched instrument	
13.	Walking Bass	A bass line which goes up and down through a set of notes	
14.	Sharp	A symbol placed in front of a note which makes the pitch of that note a semitone higher - #	
15.	Flat	A symbol placed in front of a note which makes the pitch of that note a semitone lower - b	
16.	Rhythm	A pattern of sounds, long and short	
17.	Notation	Musical ideas written in a common language so that others can understand and play them back	
18.	Crochet	A musical note with a duration of 1 beat	
19.	Rest	A pause, or silence in the music	
20.	Quaver	A musical note with a duration of half a beat	
21.	Semiquaver	A musical note with a duration of a quarter of a beat	
22.	Time Signature	A pair of numbers at the start of a piece or section that tell you how many beats are in a bar	
23.	Note head	The 'blob' or round part of a written music note	
24.	Stem	The straight line coming out of a music note. This can point up or down	
25.	Syncopated	Rhythms in which notes are accented (made strong) that	

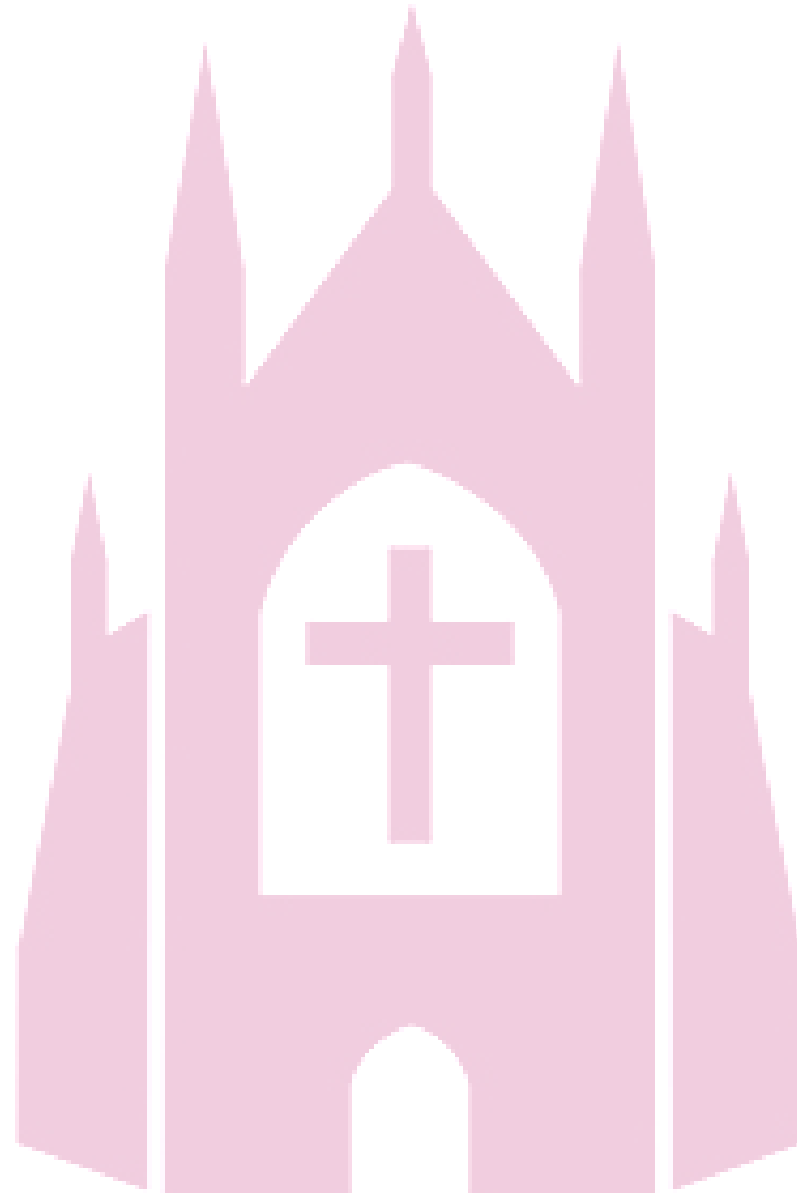


MUSIC - YEAR 8 - Michelmas THE BLUES			RAG
		would usually not be accented. Syncopation is often described as being “off-beat”	
26.	Melody	The main ‘tune’ of a piece of music, what you would be able to hum or sing back	
27.	Big Band	A type of musical ensemble (group) associated with playing the ‘Swing’ jazz style which became popular during the early 1930s	
28.	Duration	How many beats - or fractions of a beat - a note lasts for	
29.	Texture	How the different layers of a piece of music are combined to produce the overall sound	
30.	Articulation	How notes in a rhythm or melody are grouped and given emphasis	
31.	Tempo	The speed of a piece of music, given either in Italian terms or beats per minute (bpm)	
32.	Improvise	The act of writing music while you are playing it - being able to create music ‘on the spot’	
33.	Jazz	A genre of music developed by African-American musicians in the early 20 th century, often using syncopated rhythms and improvisation	
34.	Blues scale	A set of 6 notes which are often used to make up solos in blues and jazz	
35.	Style	A particular type of music that has characteristics that make it different from other types of music. Examples would be <i>metal, swing or drill</i>	
36.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	
37.	Rehearse	Practise (a play, piece of music, or other work) for later public performance	
38.	Fluency	Performing without pauses or hesitation - being <i>fluent</i>	
39.	Technique	Using an instrument correctly	
40.	Accuracy	Performing using the correct pitches and durations of each note	
41.	Structure	The order in which different sections of a piece are played	
42.	Verse	A recurring section within a song that usually presents new lyrics while using the same or similar melody	
43.	Chorus	The repeated section in a song that is usually the most memorable part	
44.	Solo	One performer playing a single part without others	
45.	Unison	Multiple performers playing the same notes at the same time	
46.	Intro	The opening section of a song, used to ‘set the scene’ - the word is shortened from ‘introduction’	



MUSIC - YEAR 8 - Michelmas THE BLUES			RAG
47.	Harmony	A set of notes that is different to but complements another musical part	
48.	Rehearse	Practise (a play, piece of music, or other work) for later public performance	
49.	Timing	Playing musical notes at the correct time relative to the beat and to the other performers	
50.	Fluency	Performing without pauses or hesitation - being <i>fluent</i>	
51.	Technique	Using an instrument correctly, including the voice	
52.	Accuracy	Performing using the correct pitches and durations of each note	
53.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	
54.	Ensemble	A musical group who perform with any combination of instruments or voices	
55.	Projection	Using your voice or instrument carefully in order to deliver the sound to the audience clearly	
56.	Posture	The position in which someone holds their body when standing or sitting	





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

