



# Year 9

# Knowledge Organiser

# M1 2025-2026

*“Knowledge is power” Francis Bacon*

I came to give life - life in all its fullness

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High Expectations - No excuses

**The Bishop of Winchester Academy Weekly Homework Grid 2025-2026**  
Year 9, Michaelmas 1 - Commencing Monday 8<sup>th</sup> September

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

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

RS - YEAR 9 - M1 Judaism			RAG
1.	<b>Tanakh</b>	The Jewish Bible; derived from the letters of its three sections: Torah, Prophets, Writings.	
2.	<b>Torah</b>	The first section of the <u>T</u> anakh. The five books of Moses, or the written law. It consists of; Genesis, Exodus, Leviticus, Numbers and Deuteronomy. Reading the Torah in public is expected as part of Jewish life.	
3.	<b>Abraham</b>	Jews regard Abraham as the first Patriarch of the Jewish people. Abraham was the first person to teach the idea that there was only one God; before then, people believed in many gods.	
4.	<b>Isaac</b>	Abrahams son.	
5.	<b>Descendants</b>	People who come from a particular ancestor or family line. They are the children, grandchildren, great-grandchildren, and so on, of someone.	
6.	<b>Covenant</b>	An agreement established between God and the ancient Israelites, first through Abraham and later through Moses, that designates the Jews as God's Chosen People, with special rights and responsibilities.	
7.	<b>Abrahamic Covenant</b>	Agreement made between God and Abraham. God wanted the Jews to live their lives in such a way as to show the world that God actually was the one and only.	
8.	<b>Canaan</b>	The biblical name for the area of ancient Palestine west of the River Jordan and by some considered the Promised Land of the Israelites.	
9.	<b>Israel</b>	Kingdom in ancient Palestine comprising the lands occupied by the Hebrew people; established about 1025 b.c.	
10.	<b>YHWH(Yahweh)</b>	Yahweh is the name of the state god of the ancient Kingdom of Israel and, later, the Kingdom of Judah.	
11.	<b>Monotheistic</b>	The belief in one God. Judaism is a monotheistic religion. According to Jewish teachings, God does not have multiple parts.	
12.	<b>Reform</b>	Jewish movement that began in the 1800s in Germany, believes Judaism is compatible with surrounding culture and the law is adaptable.	
13.	<b>Moses</b>	Prophet and leader of Jewish people who led Israelites out of slavery. Law revealed to him by God on Mount Sinai.	
14.	<b>Pharoah</b>	A ruler in ancient Egypt.	
15.	<b>Mosaic Covenant</b>	The Mosaic Covenant was a conditional covenant made between God and the nation of Israel at Mount Sinai.	
16.	<b>Decalogue</b>	The Ten Commandments.	
17.	<b>The 10 Saying (commandments)</b>	God gave Moses a set of ten laws that they should follow in order to please him. The Ten Commandments may be the most well-known part of the Torah.	



RS - YEAR 9 - M1 Judaism			RAG
18.	<b>Idols</b>	Objects or images that people worship as gods.	
19.	<b>Covet</b>	To strongly want something that belongs to someone else.	
20.	<b>Adultery</b>	When a married person has a romantic or sexual relationship with someone who is not their husband or wife.	
21.	<b>Divine Command</b>	A command or instruction that comes from God, believed to be a rule or law that must be followed by believers.	
22.	<b>Sabbath day</b>	A day of rest and worship, traditionally observed every week.	
23.	<b>Israelites</b>	The ancient people of Israel, descended from the twelve sons of Jacob (also called Israel).	
24.	<b>Red Sea</b>	The sea that God parted to allow the Israelites to escape Egypt safely.	
25.	<b>Ten Plagues</b>	The disasters God sent to Egypt to convince Pharaoh to release the Israelites, such as blood, frogs, and darkness.	
26.	<b>David</b>	King who led the Israelite monarchy to its greatest height of power. Conquered neighbouring lands, along with the city of Jerusalem, which he made the capital.	
27.	<b>Chametz</b>	Any food made with leaven (yeast or similar) that Jews avoid during Pesach	
28.	<b>Passover</b>	The eight-day festival celebrated in early spring that commemorates the Exodus of the Jews from Egypt.	
29.	<b>Seder</b>	Passover meal - an occasion to personally relive and remember the exodus.	
30.	<b>Maror</b>	Bitter herbs eaten at the Seder to remember the bitterness of slavery.	
31.	<b>Haggadah</b>	The book used during the Seder that contains the story of the Exodus and instructions for the meal.	
32.	<b>Freedom</b>	The main theme of Pesach—celebrating being free from slavery and oppression.	
33.	<b>Unleavened</b>	Bread or food made without yeast—symbolising the haste of the Israelites' departure.	
34.	<b>Seder plate</b>	The Seder plate is the focal point of proceedings at the Seder. It bears the symbolic foods to celebrate Passover.	
35.	<b>Mitzvah</b>	A rule or commandment.	
36.	<b>10th plague</b>	The Tenth Plague: The Death of the Firstborn According to the Bible's book of Exodus, God struck down the ancient Egyptians' sons to punish pharaoh.	
37.	<b>Holocaust/Shoah</b>	The persecution of Jews by German Nazis from 1933 to 1945, resulting in the murder of some six million; commonly referred to by Jews as Shoah (shoah is Hebrew for "mass destruction").	
38.	<b>Persecution</b>	Hostility and ill-treatment, especially on the basis of ethnicity, religion, or sexual orientation or political beliefs.	



RS - YEAR 9 - M1 Judaism			RAG
39.	Anti-Semitism	Hostility toward Jews and Judaism; ranges from attitudes of disfavour to active persecution.	
40.	Inquisition	An institution established to persecute those who didn't follow Christianity in Spain.	
41.	Catholic	<i>A member of the Roman Catholic Church, which is the largest Christian denomination in the world.</i>	
42.	Inquisitor	People who were responsible for conducting official investigations or trials, often related to matters of religion or heresy.	
43.	Marrano	Marranos were Spanish and Portuguese Jews living in the who were forced to convert to Christianity but secretly practiced Judaism.	
44.	Dona Gracia	A prominent 16th-century Jewish woman who became famous for her wealth, influence, and strong leadership in the Jewish community.	
45.	Tolerance	The ability or willingness to accept and respect opinions, beliefs, practices, or behaviours that differ from your own.	
46.	Israel	A country in the Middle East, on the Mediterranean Sea.	
47.	Ottoman Empire	A vast and powerful empire that lasted from the late 13th century until the early 20th century, centered in modern-day Turkey.	
48.	Covenant	An agreement established between God and the ancient Israelites, first through Abraham and later through Moses, that designates the Jews as God's Chosen People, with special rights and responsibilities.	
49.	Abrahamic Covenant	Agreement made between God and Abraham. God wanted the Jews to live their lives in such a way as to show the world that God actually was the one and only.	
50.	Anti-Semitism	Hostility toward Jews and Judaism; ranges from attitudes of disfavour to active persecution.	
51.	YHWH(Yahweh)	Yahweh is the name of the state god of the ancient Kingdom of Israel and, later, the Kingdom of Judah.	
52.	Monotheistic	The belief in one God. Judaism is a monotheistic religion. According to Jewish teachings, God does not have multiple parts.	
53.	Reform	Jewish movement that began in the 1800s in Germany, believes Judaism is compatible with surrounding culture and the law is adaptable.	
54.	Moses	Prophet and leader of Jewish people who led Israelites out of slavery. Law revealed to him by God on Mount Sinai.	
55.	Pharaoh	A ruler in ancient Egypt.	
56.	Mosaic Covenant	The Mosaic Covenant was a conditional covenant made between God and the nation of Israel at Mount Sinai.	



**GEOGRAPHY - YEAR 9 - M1**

**Biomes**

1.	<b>Biomes</b>	A biome is a <b>large geographical area of distinctive plant and animal groups</b> , which are adapted to that particular environment.
2.	<b>Tropical Rainforest</b>	Location: centred along the Equator. Temperature: Hot all year 25-30°C. Rainfall: very high over 2000mm/year.
3.	<b>Tropical Grasslands</b>	Location: Between latitudes 5° - 30° north & south of Equator. Temperature: warm all year 20-30°C. Rainfall: Wet + dry season (500-1500mm/year).
4.	<b>Hot Desert</b>	Location: Found along the tropics of Cancer and Capricorn. Temperature: Hot by day (over 30°C) Cold by night. Rainfall: Very low (below 300mm/year).
5.	<b>Temperate forest</b>	Location: Between latitudes 40° -60° north of Equator. Temperature: Warm summers + mild winters (5-20°C). Rainfall: Variable rainfall (500-1500m /year).
6.	<b>Tundra</b>	Location: Far Latitudes of 65° north and south of Equator. Temperature: Cold winter + cool summers (below 10°C). Rainfall: Low rainfall (below 500mm/ year).
7.	<b>Coral Reefs</b>	Location: Found within 30° north - south of Equator in tropical waters. Temperature: Warm water all year round with temperatures of 18°C. Rainfall: Wet + dry seasons. Rainfall varies greatly due to location.
8.	<b>Equatorial</b>	Zone surrounding the equator. Similar climate pattern throughout the year.
9.	<b>Climate of Tropical Rainforests</b>	Hot and wet throughout the year. Cloud builds up during the day with most afternoons having heavy rain showers.
10.	<b>Distribution of Tropical Rainforests</b>	Tropical rainforests are <b>centred along the Equator</b> between the Tropic of Cancer and Capricorn. Rainforests can be found in South America, central Africa and South-East Asia.
11.	<b>The Amazon</b>	<b>The Amazon</b> is the world's largest rainforest and takes up the majority of northern South America, encompassing countries such as Brazil and Peru.
12.	<b>Biodiversity Hotspot</b>	An area rich in species that is under threat from human activity, such as tropical rainforests and coral reefs.
13.	<b>Emergent</b>	Highest layer with trees reaching <b>50 metres</b> .
14.	<b>Canopy</b>	Most life is found here as It receives <b>70% of the sunlight and 80% of the life</b> .
15.	<b>Crown Shyness</b>	A natural phenomenon where the uppermost branches of trees avoid touching, forming gaps in the canopy.
16.	<b>Understorey</b>	Consists of trees that reach <b>20 metres high</b> .
17.	<b>Forest floor</b>	Lowest layer with <b>small trees</b> that have adapted to living in the <b>shade</b> .
18.	<b>adaption</b>	How plants and animals change to the conditions they are in.
19.	<b>Rainforest Nutrient Cycle</b>	The <b>hot, damp conditions</b> on the forest floor allow for the <b>rapid decomposition</b> of dead plant material. This provides plentiful nutrients that are easily absorbed by plant roots.
20.	<b>Buttress Roots</b>	Large roots coming out from the sides of rainforest trees to support them in the shallow soils.



21.	Drip Trip Leaves	Leaves that allow the rain to drip off them quickly so the rain doesn't damage them.	
22.	Emerald tree boa snake	Can grow to 2m, hangs from branches and catches its prey at night.	
23.	Toucan	Lives high in the canopy, large beak allows it to get fruit, berries and seeds.	
24.	Three Toed Sloth	Has strong claws to allow it to hang from branches, hair is filled with algae which helps it to hide among the trees.	
25.	Epiphyte	A plant that grows on another plant (like trees in the rainforest) but is not parasitic; it gets moisture and nutrients from the air and rain.	
26.	Decomposer	Organisms such as fungi and bacteria that break down dead plants and animals, recycling nutrients back into the ecosystem.	
27.	Deforestation	Large scale removal of tropical rain forest.	
28.	Agriculture	Largescale growing of food. Increased demand for food means that large areas of forest are removed.	
29.	Logging	Most common reason for deforestation, logs used to make furniture or for building. Can lead to violent confrontation between indigenous tribes and logging companies.	
30.	Plantations	Large areas growing a single crop, palm oil, bananas and pineapples are main examples.	
31.	Shifting agriculture	Local tribes clear an area of rain forest to grow crops for a few years and then move on allowing that patch of forest to regenerate.	
32.	Economic impacts of deforestation	Mining, farming and logging creates employment and tax income for government. Products such as palm oil provide valuable income for countries.	
33.	Soil Erosion	Once the land is <b>exposed by deforestation</b> , the soil is more <b>vulnerable to rain</b> . With <b>no roots to bind soil together</b> , soil can easily <b>wash away</b> .	
34.	Climate Regulation	The role ecosystems like rainforests and coral reefs play in controlling the Earth's climate by storing carbon and influencing rainfall patterns.	
35.	Climate Change	Rainforests are major <b>carbon 'sinks'</b> . When trees are burnt, they <b>release more carbon in the atmosphere</b> . This will enhance the <b>greenhouse effect</b> .	
36.	Biodiversity Decline	<b>Decline in species</b> could cause tribes being unable to survive and may become extinct. Key medical <b>plants</b> may be lost preventing treatments being found.	
37.	Sustainability	Uncontrolled and unchecked exploitation can cause irreversible damage such as loss of biodiversity, soil erosion and climate change.	
38.	Agro Forestry	Growing trees and crops at the same time. It prevents soil erosion and the crops benefit from the nutrients.	
39.	Selective Logging	Trees are only felled when they reach a particular height.	



40.	<b>Education</b>	Ensuring those people understand the consequences of deforestation	
41.	<b>Afforestation</b>	If trees are cut down, they are replaced	
42.	<b>Ecotourism</b>	Tourism that promotes the environments & conservation	
43.	<b>Coral reef</b>	an underwater ecosystem made up of a ridge or mound of coral	
44.	<b>Coral</b>	very small animals with a hard exoskeleton	
45.	<b>Marine Protected Area (MPA)</b>	A section of the ocean where human activity is restricted to protect marine ecosystems like coral reefs.	
46.	<b>Barrier reef</b>	originally a fringing reef but now surrounded by deeper water due to sea level rise	
47.	<b>Fringing reef</b>	a coral reef developing along a coastline	
48.	<b>Coral atoll</b>	a circular coral reef commonly formed on top of an underwater volcano	
49.	<b>Polyp</b>	the animal which secretes calcium carbonate to create corals.	
50.	<b>Zooxanthellae</b>	Tiny algae that live in coral tissue and provide nutrients through photosynthesis; crucial for coral survival.	
51.	<b>Symbiosis</b>	the close and often long-term interaction between two or more different biological species.	
52.	<b>Salinity</b>	the saltiness of water.	
53.	<b>Algae</b>	simple organisms which produce food by photosynthesis.	
54.	<b>Bleaching</b>	coral loses its colour and dies when sea temperatures are raised.	
55.	<b>Acidification</b>	a decrease in the pH of the World's oceans.	
56.	<b>Siltation</b>	The process of fine sediments being deposited on coral reefs, often from deforestation or construction, which can smother corals.	



<b>HISTORY - YEAR 9 - M1</b>			<b>RAG</b>
<b>Germany: Democracy to Dictatorship</b>			
1.	<b>Democracy</b>	A form of government which depends on the people voting for who is in charge.	
2.	<b>Dictatorship</b>	A country governed by a dictator (one ruler in complete control), who passes very strict laws.	
3.	<b>Communist</b>	An anti-democratic system of government developed by Marx in Germany and implemented (used) by Lenin in Russia.	
4.	<b>Revolution</b>	A complete change in government. This is what the communists want in order to create the country they seek.	
5.	<b>Fascism</b>	An anti-democratic system of government developed by Mussolini in Italy and Hitler in Germany.	
6.	<b>Redistribute</b>	To reorganise something more fairly. The communists planned to redistribute wealth.	
7.	<b>Manifesto</b>	A plan for when someone gets in power. The Communist Manifesto was their plan to redistribute wealth.	
8.	<b>Marx and Engels</b>	Karl Marx and Friedrich Engels wrote the Communist Manifesto in the 1840s.	
9.	<b>Blackshirts</b>	Supporters of fascism.	
10.	<b>The Treaty of Versailles</b>	The Treaty signed at the end of World War One which decided what happened in Europe.	
11.	<b>Kaiser</b>	The German Emperor.	
12.	<b>November Criminals</b>	The German term for the Weimar Government after they signed the Treaty of Versailles which was such an embarrassment.	
13.	<b>Article 231</b>	The War Guilt Clause in the Treaty of Versailles, which blamed the whole of the war on Germany.	
14.	<b>Alsace-Lorraine</b>	Some land given back to France in the Treaty of Versailles.	
15.	<b>Reparations</b>	What Germany was asked to pay to repair the damage caused by the war. Germany had to pay because Germany had been solely blamed for World War One.	
16.	<b>£6.6 billion</b>	(£6,600,000) The amount of Germany's reparations outlined in the Treaty of Versailles.	
17.	<b>100,000 men</b>	The maximum number of soldiers Germany was allowed in their army, as outlined in the Treaty of Versailles.	
18.	<b>No Tanks</b>	Germany was allowed no tanks after 1919 as outlined in the Treaty of Versailles.	
19.	<b>No Airforce</b>	Germany was allowed no air force after 1919 as outlined in the Treaty of Versailles.	
20.	<b>The Weimar Republic, 1918-1933.</b>	The Weimar Republic was the government of Germany from 1918 to 1933.	
21.	<b>Abdicate</b>	When a monarch gives up a position of power (retires).	



HISTORY - YEAR 9 - M1 Germany: Democracy to Dictatorship			RAG
22.	Friedrich Ebert	The new leader (Chancellor) of Germany after the Kaiser had abdicated.	
23.	Freikorps	The thugs and soldiers that Ebert had to rely on in order to maintain power.	
24.	Spartacists	Communists who tried to start a revolution in Germany after World War One.	
25.	Hyperinflation	When inflation (costs in a country) becomes 'out of control' as money loses its value.	
26.	Currency	The money used by a country. For example, Britain's currency is pounds (£).	
27.	Culture	All the ways of life, including arts and beliefs that are passed down from generation to generation.	
28.	Conservative ideas	If somebody has conservative ideas that means they don't like change and they often hold traditional values. In the Weimar Republic many rural communities were conservative.	
29.	Liberal ideas	If somebody has liberal ideas that means they are open to new ideas. In the Weimar Republic many urban communities were liberal.	
30.	Economic depression	An economic depression is when the economy is getting worse for a prolonged period.	
31.	The Great Depression	Starting in October 1929, a worldwide economic crisis that closed banks and businesses. Germany was the worst hit country in the world.	
32.	The Wall Street Crash	The event that started the Great Depression. Wall Street was America's financial district. When things went wrong there it effected the whole world.	
33.	Munich Putsch	Hitler's attempted takeover of Bavaria in Germany. This was his own revolution that he had planned to start in the city of Munich.	
34.	Mein Kampf, 1924 (published 1925)	Hitler's autobiography, written in prison after the Munich Putsch. It was full of his racist ideas and became a powerful piece of propaganda.	
35.	1933	The year Hitler becomes the German Chancellor of Germany.	
36.	Reichstag	The German Parliament and/or the German Parliament building.	
37.	Brownshirts	Also known as the SA, these were Hitler's thugs who beat up people who disagreed with him such as communists.	
38.	Reichstag Fire 1934	This was the date when the German Parliament (the Reichstag) was burned down, allowing Hitler to destroy his rivals - the communists.	
39.	How did the Nazis control education?	-Burnt old textbooks and replaced them with Nazi ones. -Ensured boys and girls learned different subjects. -Indoctrinated children with Nazi ideas and racist ideology.	



<b>HISTORY - YEAR 9 - M1</b>			<b>RAG</b>
<b>Germany: Democracy to Dictatorship</b>			
40.	<b>To indoctrinate</b>	To control what someone thinks; to brainwash.	
41.	<b>Propaganda</b>	Information, especially of a misleading nature, used to promote a point of view or convince people of something.	
42.	<b>Terror</b>	The use of extreme fear to intimidate people.	
43.	<b>Nazi use of Propaganda</b>	The Nazi's use of radios, newspapers, rallies, book burnings and films to convince people to follow Nazi ideas.	
44.	<b>Nazi use of Terror</b>	The Nazi's use of the SS, the Gestapo, informers and concentration camps to force people to follow Nazi ideas.	
45.	<b>What were Nazi aims for young men?</b>	-To train them as soldiers to get ready for the next war.	
46.	<b>What were Nazi aims for young women?</b>	-To train them to be 'ideal' wives to create a perfect world. -To have more children to help Germany's army expand.	
47.	<b>Conform</b>	To behave according to socially acceptable rules.	
48.	<b>Motherhood</b>	The Germans believed it was necessary that women be mothers so that the population of Germany would increase.	
49.	<b>To protect and provide</b>	Nazi propaganda often presented men as protectors and providers of the family, they considered that strong men were the best for Germany and for family values.	
50.	<b>Indoctrination</b>	To teach (a person or group) to accept a set of beliefs without them being questioned.	
51.	<b>Aryan</b>	The 'ideal' human according to the Nazis - strong, blond hair, blue eyes, athletic and Germanic (white European).	
52.	<b>Master Race</b>	The Nazi belief that German Aryans were the best race.	
53.	<b>Appeasement</b>	A political plan to make agreements to an aggressive power in order to avoid conflict.	
54.	<b>Remilitarise an area</b>	To send an army back into an area that had previously been demilitarised.	
55.	<b>Demilitarise</b>	When an area must have all its military bases and personnel removed.	
56.	<b>The Rhineland</b>	The area between Germany and France, owned by Germany.	



<b>Drama – YEAR 9 – M</b>			<b>RAG</b>
<b>Stage Fighting and Body Combat</b>			
1.	<b>Body Combat</b>	The illusion of physical combat without causing harm to the performers.	
2.	<b>Physical Theatre</b>	Where physical movement is the primary method of storytelling.	
3.	<b>Non-Verbal Communication</b>	Transfer of information from one person to another without the use of words or spoken language.	
4.	<b>Tension</b>	The dramatic term tension identifies a state of uncertainty and lack of knowledge, sometimes also referring to the state of waiting.	
5.	<b>Heist</b>	A robbery.	
6.	<b>Pace</b>	How fast or slow movement or speech is.	
7.	<b>Posture</b>	The position of a person's body when standing or sitting.	
8.	<b>Pitch</b>	How high or low speech is.	
9.	<b>Gesture</b>	A movement of the head, hand or other body part to express meaning.	
10.	<b>Tone</b>	A way to suggest your mood and your intention towards the listener.	
11.	<b>Body Language</b>	Communication by movement or position, particularly facial expressions, gestures and the relative positions of a speaker and listener.	
12.	<b>Role-on-the-wall</b>	A technique used to build a character. It is a visual map that invites participants to explore the inner feelings and outer influences on a character, place, or idea.	
13.	<b>Marking the moment</b>	A dramatic technique used to highlight a key moment in a scene or improvisation using freeze frame, slow motion or music.	
14.	<b>Accent</b>	Accent refers to a particular way of talking and pronouncing words, and is associated with a geographical area or social class.	
15.	<b>Dialect</b>	Dialect refers to both the accent and the grammatical rules of the language.	
16.	<b>Proxemics</b>	Proxemics is how close or near you are to others on stage.	
17.	<b>Drama</b>	The activity of acting.	
18.	<b>Stage</b>	A raised floor or platform, typically in a theatre, on which actors, entertainers, or speakers perform.	
19.	<b>Concentration</b>	The action or power of focusing all one's attention.	
20.	<b>Teamwork</b>	The combined action of a group, especially when effective and efficient.	



<b>Drama – YEAR 9 – M</b>			<b>RAG</b>
<b>Stage Fighting and Body Combat</b>			
21.	<b>Audience</b>	The assembled spectators or listeners at a public event such as a play, film, concert, or meeting.	
22.	<b>Imagination</b>	The ability of the mind to be creative or resourceful.	
23.	<b>Movement</b>	An act of moving.	
24.	<b>Feedback</b>	Reactions to a performance.	
25.	<b>Focus</b>	The centre of interest or activity.	
26.	<b>Communication</b>	The imparting or exchanging of information by speaking, writing, or using some other medium.	
27.	<b>Body Language</b>	The conscious and unconscious movements and postures by which attitudes and feelings are communicated.	
28.	<b>Emotions</b>	A strong feeling deriving from one's circumstances, mood, or relationships with others.	
29.	<b>Facial Expressions</b>	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.	<b>Gesture</b>	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
31.	<b>Improvisation</b>	A piece that is created on the spot.	
32.	<b>Posture</b>	The position in which someone holds their body when standing or sitting.	
33.	<b>Stance</b>	The way in which someone is standing.	
34.	<b>Pitch</b>	How high or low something is.	
35.	<b>Pace</b>	The speed at which someone talks.	
36.	<b>Accent</b>	A distinctive way of pronouncing a language, especially one associated with a particular country, area, or social class.	
37.	<b>Projection</b>	Speaking with a strong voice so the audience can hear you.	
38.	<b>Gait</b>	A person's manner of walking.	
39.	<b>Eye Contact</b>	The state in which two people are aware of looking directly into one another's eyes.	
40.	<b>Diction</b>	How clear your speech is.	



<b>Drama – YEAR 9 – M</b>			<b>RAG</b>
<b>Stage Fighting and Body Combat</b>			
41.	<b>Emphasis</b>	Stress given to a word or words when speaking to indicate particular importance.	
42.	<b>Intonation</b>	The rise and fall of the voice in speaking.	
43.	<b>Freeze Frame</b>	A single frame forming a motionless image.	
44.	<b>Physical Skills</b>	The use of the body: posture, stance, facial expressions, body language, gesture.	
45.	<b>Vocal Skills</b>	The use of the voice: pitch, pace, accent, tone, projection.	
46.	<b>Creativity</b>	The use of imagination or original ideas to create something; inventiveness.	
47.	<b>Stage Directions</b>	A written instruction within a script for either actors, technicians and/or designers to follow on stage	
48.	<b>Upstage</b>	The back of the stage/performance area, furthest from the audience	
49.	<b>Downstage</b>	The front of the stage/performance area, nearest to the audience	
50.	<b>Stage Left</b>	The left hand side of the stage, from the actors perspective	
51.	<b>Stage Right</b>	The right hand side of the stage, from the actors perspective	
52.	<b>Centre Stage</b>	The middle of the performance area/stage	
53.	<b>Dialogue</b>	Dialogue is the exchange of spoken words between two or more characters which can be written in a scripted or devised.	
54.	<b>Monologue</b>	Monologue is dialogue spoken by only one actor on stage	
55.	<b>Duologue</b>	Duologue is dialogue between two characters on stage	
56.	<b>Slow Motion</b>	When the actors move or recreate an action very slowly to Mark the Moment within a scene	



FOOD - YEAR 9 - M1			RAG
1.	Good Nutrition	Eating a wide variety of foods, that are mostly unprocessed and drinking plenty of water.	
2.	Diet	The food people eat every day.	
3.	Whole Foods	Foods that have not had any nutrients removed during processing.	
4.	Basal Metabolic Rate	The amount of energy needed to keep a person alive and their body working normally. It varies according to age, gender, body size and their Physical Activity Level.	
5.	Physical Activity Level	How physically active someone is and the amount of energy they need.	
6.	Balanced Diet	Eating foods which provide a range of nutrients to meet daily needs.	
7.	Eat Well Plate	This helps to explain a balanced diet and is recommended by the Government.	
8.	Carbohydrate	To provide energy.	
9.	Protein	For growth and repair.	
10.	Lipids (Fats and Oils)	To provide energy. Also, to store energy in the body and insulate it against the cold.	
11.	Minerals	Needed in small amounts to maintain health.	
12.	Vitamins	Needed in small amounts to maintain health.	
13.	Dietary Fibre	To provide roughage to help to keep the food moving through the gut.	
14.	Vegetables	Provides vitamins and minerals.	
15.	Fruit	Provides vitamins and minerals.	
16.	Calcium	Main mineral in the body, teeth and bones. It needs vitamin D to help absorption.	
17.	Vitamin A	Needed to keep the skin healthy.	
18.	Vitamin D	Helps the body absorb calcium during digestion.	
19.	Vitamin E	Antioxidant which helps prevent the development of heart disease.	
20.	Vitamin K	Helps the blood clot after an injury.	
21.	Vitamin B1	Allows energy to be released from carbohydrates in the body.	
22.	Vitamin B9	Helps to make healthy red blood cells and prevent spinal cord defects in unborn babies.	
23.	Vitamin B12	Helps to make healthy nerve cells.	
24.	Vitamin C	Helps the body to absorb iron during digestion and maintain connective tissue which binds body cells together.	
25.	Hygiene	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.	
26.	Healthy	Indicating or promoting good health.	
27.	Risk Assessment	Methods used to ensure that food operations are designed to be safe and potential hazards are identified.	
28.	Hazardous	Dangerous and involving risk, especially to someone's health.	



FOOD - YEAR 9 - M1			RAG
29.	Apron	A garment that is worn over other clothing and covers mainly the front of the body for protection.	
30.	Hand Washing	Prevents the spread of diseases.	
31.	Measuring jug	Use to measure liquid ingredients accurately.	
32.	Chopping board	A durable board where you would place material for cutting.	
33.	Mixing bowl	A bowl used to mix ingredients together.	
34.	Saucepan	A deep cooking pan with a handle, used on an oven.	
35.	Colander	A bowl-shaped kitchen utensil with holes, used for draining food.	
36.	Spatula	A broad, flat, flexible blade used to mix, spread or lift food.	
37.	Grater	A kitchen utensil used to grate foods into fine pieces.	
38.	Whisk	A kitchen utensil used for whipping ingredients.	
39.	Rolling pin	A cylindrical tool used to flatten dough.	
40.	Peeler	A small hand tool used to remove the outer skin of vegetables or fruit.	
41.	Tongs	A tool used to grip and lift food.	
42.	Baking tray	A flat, rectangular metal tray on which food can be cooked in an oven.	
43.	Ladle	A large, long-handled spoon with a cup-shaped bowl, used for serving soup or stew.	
44.	Measuring spoon	Used to measure small quantities of ingredients precisely.	
45.	Blender	An electric appliance used to mix, puree, or emulsify food and other substances.	
46.	Oven gloves	Heat-resistant gloves used to handle pots, pans, or trays.	
47.	Kitchen scales	Used to weigh ingredients accurately.	
48.	Sieve	A utensil used to strain liquids or sift dry ingredients.	
49.	Garlic Press	A small device used to crush garlic cloves efficiently.	
50.	Pastry brush	A brush used to spread butter, oil, or glaze on food.	
51.	Can opener	A device used to open tin cans.	
52.	Timer	Used to measure and monitor cooking or baking time.	
53.	Cling Film	A thin plastic film used to cover and store food.	
54.	Oven	An enclosed compartment, usually part of a cooker, for cooking and heating food.	
55.	Hob	The flat top part of a cooker, with hotplates or burners.	
56.	Oven Glove	A padded glove for handling dishes in or from a hot oven.	
57.	Chef Hat	Worn to stop any stray hair from falling into the dish being prepared.	



## PE Anatomy and Physiology - Skeletal and Muscular Systems

			RAG
1.	<b>Bones in the body</b>	Cranium, clavicle, sternum, humerus, ribs, ulna, radius, carpals, phalanges, femur, patella, tibia, fibula, tarsals, scapula, vertebrae, pelvis.	
2.	<b>Function of the skeletal system</b>	Give shape and support to the body, Allow movement, Protect vital organs, Produce blood cells, Store minerals.	
3.	<b>Synovial joint</b>	Freely moveable joint.	
4.	<b>Hinge Joint</b>	Allows flexion and extension at the knee and elbow.	
5.	<b>Ball and Socket</b>	Allows wide range of movement at the shoulder and hip.	
6.	<b>Types of movement at joints</b>	Flexion, extension, abduction, adduction, rotation, circumduction.	
7.	<b>Components of a joint</b>	Ligaments, cartilage, tendons, muscles, bones, joint capsule, synovial membrane, synovial fluid.	
8.	<b>Ligaments</b>	Attach bone to bone (tissue) assists with stability.	
9.	<b>Cartilage</b>	Connective tissue reduces friction and acts as a shock absorber.	
10.	<b>Tendons</b>	Connects muscle to bone allow movement.	
11.	<b>Muscles in the body</b>	Trapezius, triceps, latissimus dorsi, gluteus maximus, hamstrings, gastrocnemius, soleus, deltoid, pectorals, biceps, rectus abdominis, hip flexors, quadriceps.	
12.	<b>Function of the muscular system</b>	Produce movement, either shorten, lengthen or remain the same length.	
13.	<b>Antagonistic pairs</b>	Muscles that work together to contract and relax.	
14.	<b>Agonist</b>	Working muscle that contract to produce movement.	
15.	<b>Antagonist</b>	Working muscle that relaxes, opposite to the agonist.	
16.	<b>Fixator</b>	Muscle that stabilises the agonist muscle.	
17.	<b>Short Term Effects on Muscular System</b>	Increase in muscle temperature, build-up of lactic acid.	
18.	<b>Long term effects on the muscular system</b>	Muscular Hypertrophy, Increase muscular endurance, Increase muscular strength, Increase flexibility, Increase tolerance of lactic acid, Muscles can work harder for longer.	
19.	<b>Lactic Acid</b>	Occurs during anaerobic exercise lack of oxygen, causes muscle fatigue.	
20.	<b>Components of a Lever</b>	Lever, effort - muscle, fulcrum - joint, load - resistance.	
21.	<b>1<sup>st</sup> Class Lever</b>	Load, fulcrum, effort.	
22.	<b>2<sup>nd</sup> Class Lever</b>	Fulcrum, load, effort.	
23.	<b>3<sup>rd</sup> Class Lever</b>	Fulcrum, effort, load.	



24.	<b>Mechanical Advantage</b>	Moving a large load with a small effort - 1 <sup>st</sup> class and 2 <sup>nd</sup> class lever have a mechanical advantage over 3 <sup>rd</sup> class lever.	
25.	<b>Frontal Plane</b>	Divides the body front and back.	
26.	<b>Sagittal Plane</b>	Divides the body left and right.	
27.	<b>Transverse Plane</b>	Divides the body top and bottom.	
28.	<b>Frontal Axis</b>	Front to Back Axis.	
29.	<b>Transverse Axis</b>	Side to Side.	
30.	<b>Longitudinal Axis</b>	Top to Bottom.	
31.	<b>Double circulatory system</b>	Double circuit that includes blood flowing to the heart and lungs and then the heart to the rest of the body.	
32.	<b>Pulmonary system</b>	Transportation of blood between the lungs and the heart.	
33.	<b>Systemic system</b>	Transportation of blood between the heart and the body.	
34.	<b>Structure of the heart</b>	Vena cava, right atrium, tricuspid valve, right ventricle, semi-lunar valve, pulmonary artery, pulmonary vein, left atrium, bicuspid valve, left ventricle, semi-lunar valve, aorta	
35.	<b>Blood cells</b>	Transport oxygen to the body and carbon dioxide to the lungs	
36.	<b>Arteries</b>	Blood vessels carrying oxygenated blood at high pressure from the heart.	
37.	<b>Veins</b>	Blood vessels carrying deoxygenated blood at low pressure from the body back to the heart, have valves to prevent the backflow of blood.	
38.	<b>Capillaries</b>	Blood vessels that are one cell thick and allow gaseous exchange of oxygen and carbon dioxide.	
39.	<b>Heart rate</b>	Amount of beats per minute.	
40.	<b>Stroke volume</b>	Volume of blood pumped out the left ventricle per beat.	
41.	<b>Cardiac output</b>	Volume of blood pumped out of the left ventricle per minute ( $Q = SV \times HR$ ).	
42.	<b>Vascular Shunt Mechanism</b>	Redirection of blood flow from organs towards working muscles.	
43.	<b>External respiratory system</b>	Exchange of gases between the lungs and heart.	
44.	<b>Internal respiratory system</b>	Exchange of gases between the blood and the body cells.	
45.	<b>Pathway of air through the respiratory system</b>	Nose, Mouth, Pharynx, Larynx, Trachea, Lungs, Bronchi, Bronchioles, Alveoli, Diaphragm.	
46.	<b>Inspiration</b>	Breathing in - external intercostal muscles contract and move up, diaphragm contracts and moves down.	
47.	<b>Expiration</b>	Breathing out - external intercostal muscles relax and move down, diaphragm relaxes and moves down.	



48.	<b>Diffusion/gaseous exchange</b>	Involves CO <sub>2</sub> moving from blood to the alveoli and out of the body and O <sub>2</sub> moving from the alveoli to the blood and then to the heart and muscles.	
49.	<b>Breathing rate</b>	How many breaths per minute.	
50.	<b>Tidal volume</b>	Volume of air inspired or expired per breath.	
51.	<b>Minute volume</b>	Volume of air inspired or expired in one minute (VE = TV x F).	
52.	<b>Aerobic exercise</b>	Low to moderate intensity exercises that uses oxygen for a long duration.	
53.	<b>Anaerobic exercise</b>	High intensity exercises that does not use oxygen for a short duration.	
54.	<b>Warm up</b>	A warm-up is light exercise done before a workout to prepare your muscles and heart for harder activity. It helps prevent injuries.	
55.	<b>Fatigue</b>	Fatigue is when your muscles feel very tired after exercise because they have used up a lot of energy.	
56.	<b>Recovery</b>	Recovery is the time your body needs after exercise to rest and repair muscles so you can get stronger.	



MUSIC - YEAR 9 - MICHAELMAS INDIAN CLASSICAL MUSIC			RAG
1.	Indian Classical Music	The principal musical tradition of modern North India, Pakistan, Bangladesh, and Nepal	
2.	Raga	A collection of pitches, similar to a 'scale' or 'mode' in Western music	
3.	Scale	A set of notes which can be used to create melody over a specific chord or chords	
4.	Pitch	How high or low a musical note is - it is related to the frequency at which an instrument makes the air vibrate	
5.	An accidental	A sign placed immediately in front of a note to show that the note must be changed in pitch - sharp (#) or flat (b)	
6.	Drone	Long sustained notes, usually in the lowest part, which help identify the starting or 'home' note of the <i>Raga</i>	
7.	Accompaniment	A musical part or parts that support the main idea	
8.	Melody	The main 'tune' of a piece of music, what you would be able to hum or sing back	
9.	Improvise	The act of writing music while you are playing it - being able to create music 'on the spot'	
10.	Tala	A pattern which lasts for a particular number of beats to which you can clap your hands	
11.	Tintal	A Tala with 16 beats per cycle (16 beats before it is repeated)	
12.	Pulse	The ongoing beat of a piece of music, what you would dance or move your feet to	
13.	Mātrā	The smallest division that you can break a Tala into, the equivalent of the western 'beat'	
14.	An Upbeat	A note (or sequence of notes) which comes before the first strong beat of the bar	
15.	Vibhāg	Groupings of beats that fit together to form a Tala, similar to a 'bar' in European music.	
16.	Bol	A spoken syllable used to express the pattern of the Tala	
17.	Cycle	A section of music which is repeated straight away once complete	
18.	Alap	The first section of an Indian raga where the notes of the raga are introduced and explored in a free rhythm and with drone accompaniment	
19.	Jor	The second section of an Indian raga where the melody and drone instruments increase in tempo and play to a more steady pulse	
20.	Ornamentation	Decorating a melody with extra notes, trills or glissandos (slides)	
21.	Structure	The order in which different sections of a piece are played	

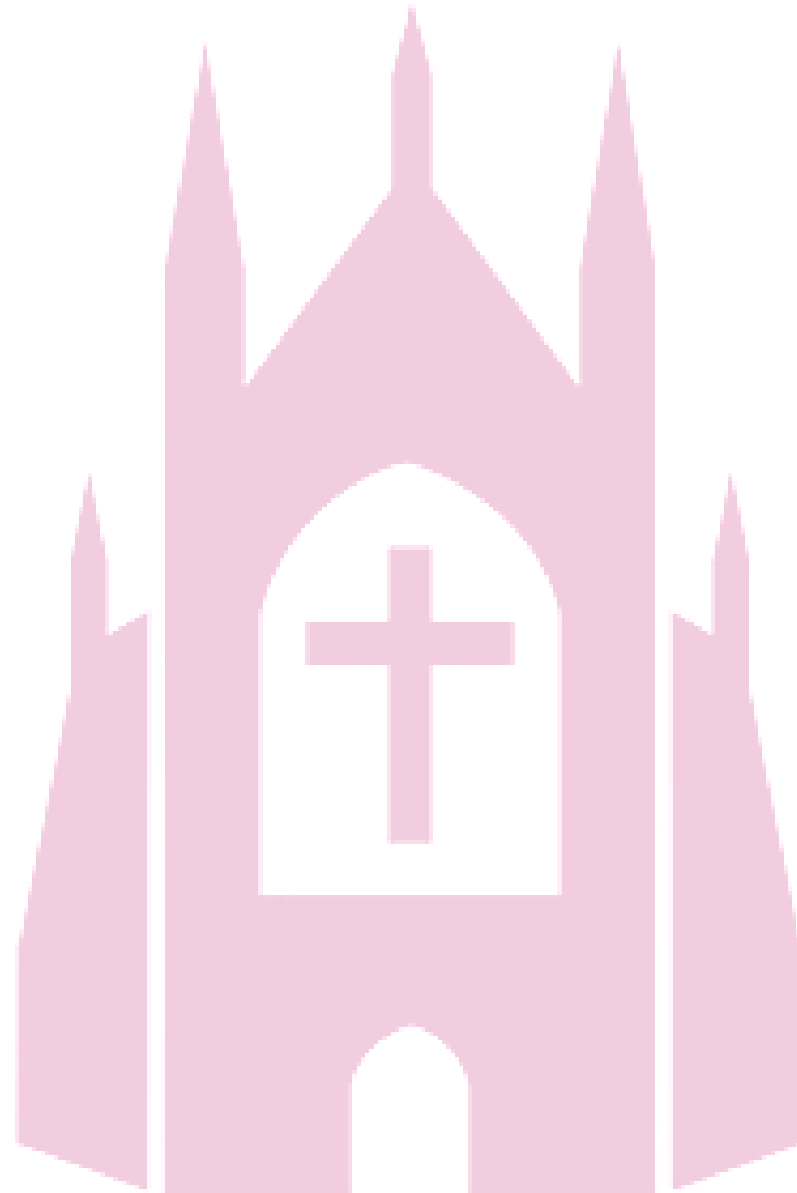


MUSIC - YEAR 9 - MICHAELMAS INDIAN CLASSICAL MUSIC			RAG
22.	Gat	The third section of an Indian raga where the tabla enters playing the tala rhythm and then improvises on the tala while the melody player improvises on the notes of the raga	
23.	Jhalla	The fourth and final section of an Indian raga where all the instruments play together with increased tempo and a rhythmic climax	
24.	Dynamics	The volume of a musical piece or individual part. Italian terms are often used to describe how loud or soft the music is	
25.	Tempo	The speed of a piece of music, often given either in Italian terms or beats per minute (bpm)	
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.	Tab notation	A form of notation used to give visual information as to where notes should be played on the fretboard of an instrument	
32.	Picking	Using a finger or plectrum (pick) to strike a note on a specific string of a guitar or ukulele	
33.	Melody	The main 'tune' of a piece of music, what you would be able to hum or sing back	
34.	Phrase	A passage of notes that work together to create a musical thought, similar to a sentence in English	
35.	Accompaniment	A musical part or parts that support the main idea	
36.	Structure	The order in which different sections of a piece are played	
37.	Section	A 'chunk' of a song, more than one of which are put together to create structure	
38.	Repeat	Playing a section of a piece more than once - a musical repeat has its own symbol	
39.	Tempo	The speed of a piece of music, given either in Italian terms or beats per minute (bpm)	
40.	Dynamics	The volume of a musical piece or individual part. Italian terms are often used to describe how loud or soft the music is	
41.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	



MUSIC - YEAR 9 - MICHAELMAS INDIAN CLASSICAL MUSIC			RAG
42.	Rehearse	Practise (a play, piece of music, or other work) for later public performance	
43.	Fluency	Performing without pauses or hesitation - being <i>fluent</i>	
44.	Technique	Using an instrument correctly	
45.	Accuracy	Performing using the correct pitches and durations of each note	
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

