



# Year 7

# Knowledge Organiser

# M2 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 7, Michaelmas 2 - Commencing Monday 3<sup>rd</sup> November

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
M2.1 3 <sup>rd</sup> November	KO on Seneca	Drama 1-9  Music 1-8	Healthy Living 1-8	Food 1-8  Geography 1-8	RS 1-8	History 1-8
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M2.2 10 <sup>th</sup> November	KO on Seneca	Drama 10-18  Music 9-16	Healthy Living 9-16	Food 9-16  Geography 9-16	RS 9-16	History 9-16
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M2.3 17 <sup>th</sup> November	KO on Seneca	Drama 19-27  Music 17-24	Healthy Living 17-24	Food 17-24  Geography 17-24	RS 17-24	History 17-24
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M2.4 24 <sup>th</sup> November	KO on Seneca	Drama 28-35  Music 25-32	Healthy Living 25-32	Food 25-32  Geography 25-32	RS 25-32	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
M2.5 1 <sup>st</sup> December	KO on Seneca	Drama 36-43  Music 33-40	Healthy Living 33-40	Food 33-40  Geography 33-40	RS 33-40	History 33-40
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M2.6 8 <sup>th</sup> December	KO on Seneca	Drama 44-51  Music 41-48	Healthy Living 41-48	Food 41-48  Geography 41-48	RS 41-48	History 41-48
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet
M2.7 15 <sup>th</sup> December	KO on Seneca	Drama 52-60  Music 49-56	Healthy Living 49-56	Food 49-56  Geography 49-56	RS 49-56	History 49-56
	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 - M2 The Big Story			RAG
1.	<b>First Temple</b>	The Bible says the First Temple in Jerusalem was built by King Solomon and it was the only place where sacrifices could take place.	
2.	<b>Torah</b>	The <b>Torah</b> is the Jewish holy book containing God's laws given to <b>Moses</b> .	
3.	<b>Old Testament</b>	The <b>Old Testament</b> is the first part of the Christian Bible. It contains Jewish scriptures, including stories, history, and God's laws.	
4.	<b>Babylonians</b>	The First Temple was destroyed by the Babylonians in 586 BCE following the siege of Jerusalem.	
5.	<b>Babylonian Exile</b>	Many Israelites were taken captive into exile by the Babylonians, the exile ended in 538 BCE.	
6.	<b>Punished</b>	The Israelites believed they were being punished by God.	
7.	<b>Disobedience</b>	The Israelites did not follow the law and rules given to them by God.	
8.	<b>Leviticus</b>	The <b>Leviticus</b> is the third book of the <b>Torah</b> and the <b>Old Testament</b> .	
9.	<b>Second Temple</b>	The Second Temple was built after the exile ended and stood in Jerusalem until the Romans destroyed it in 70 CE.	
10.	<b>Jerusalem</b>	Jerusalem is an ancient city in the Middle East. Three major religions—Judaism, Christianity, and Islam—regard the city as holy.	
11.	<b>Holy of Holies</b>	The innermost and most sacred area of the Jewish Temple, accessible only to the Israelite high priest once a year.	
12.	<b>Western Wall</b>	The Western or Wailing Wall is part of the remaining wall of the Second Temple; it is the holiest site in Judaism and a place of prayer and pilgrimage.	
13.	<b>Sacrifice</b>	Jewish priests performed animal sacrifices in the Jewish Temple.	
14.	<b>Atonement</b>	Means 'to be made at-one with God by covering sin' (coming from the Hebrew word 'kaphar' - to cover). It was believed that the blood from the animal sacrifices atoned for people's sins.	
15.	<b>Yom Kippur</b>	Also known as the Day of Atonement, is the holiest day of the year in Judaism. On this day, while the Temple still stood, the High Priest entered the Holy of Holies to offer the blood of sacrifice and incense.	



RELIGIOUS STUDIES - YEAR 7 - M2			RAG
The Big Story			
16.	<b>Incense</b>	A blend of aromatic substances, usually spices and gums, that were burnt by the Jewish priests as an act of worship in the Temple.	
17.	<b>Scapegoat</b>	One of two kid goats; on Yom Kippur one goat was sacrificed (not a scapegoat) and the living “scapegoat” was released into the wilderness, taking with it all sins and impurities.	
18.	<b>Prophet</b>	A person who is in contact with God and who speaks on God’s behalf.	
19.	<b>Jewish Prophets</b>	The Jewish tradition recognises 48 male prophets and 7 female prophetesses.	
20.	<b>Elijah</b>	The Jewish prophet Elijah defended the worship of the God over that of the Canaanite deity Baal.	
21.	<b>Baal</b>	A weather god, with a particular power of lightning, wind, rain and fertility.	
22.	<b>Canaan</b>	The Bible defines Canaan as the land to the west of the Jordan River. The Bible renames the Land of Canaan as the Land of Israel after the Israelite conquest of it.	
23.	<b>Isaiah</b>	The Jewish prophet Isaiah is thought to be the author of the first 39 chapters of the biblical book of Isaiah. Christians believe that Isaiah prophesied the coming of Jesus as the Messiah.	
24.	<b>Jerusalem</b>	A holy city for Jews, Christians, and Muslims. It was the location of the ancient Jewish Temples and is important in many Bible stories.	
25.	<b>Messianic</b>	Means ‘relating to the messiah’. In the Hebrew Bible a ‘mashiach’ (messiah) is a king or High Priest traditionally anointed with holy anointing oil.	
26.	<b>King David</b>	In the Jewish tradition the Messiah was to be a human leader, physically descended from King David and King Solomon.	
27.	<b>Messiah</b>	Unlike the concept of the Messiah in Judaism, Jesus is considered by Christians additionally to be the Son of God.	
28.	<b>Son of God</b>	In Christianity the title ‘Son of God’ refers to the status as Jesus as the divine son of God the Father.	
29.	<b>Orthodox Jews</b>	Traditional (Orthodox) Jews do not believe that Jesus fulfilled the messianic prophecies in the Bible.	
30.	<b>Temptation</b>	Experiencing a challenge to choose between doing right and wrong.	
31.	<b>The New Adam</b>	St Paul calls Jesus the ‘new Adam’, because unlike Adam at The Fall he does not give in to temptation and so sin.	
32.	<b>The Fall</b>	<b>The Fall</b> is when the first humans disobeyed God in the Garden of Eden, bringing sin and separation from God into the world.	
33.	<b>Adam</b>	The first man God created in the Bible. He lived in the Garden of Eden and is central to the story of The Fall.	



RELIGIOUS STUDIES - YEAR 7 - M2 The Big Story			RAG
34.	<b>The Number 40</b>	In the Bible the number 40 generally symbolises a time of testing, trial or probation.	
35.	<b>Jesus' First Temptation</b>	"If you are the Son of God, tell this stone to become bread."	
36.	<b>Jesus' Second Temptation</b>	"I will give you all their authority and splendour; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours."	
37.	<b>Jesus' Third Temptation</b>	The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here."	
38.	<b>Decalogue</b>	The Ten Commandments: from the phrase οἱ δέκα λόγοι, the ten commandments, in the Septuagint (the Greek translation of the Hebrew Old Testament).	
39.	<b>Exodus</b>	The second book of the Old Testament.	
40.	<b>The First Commandment</b>	You shall have no other gods before me.	
41.	<b>The Second Commandment</b>	You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them.	
42.	<b>The Third Commandment</b>	You shall not misuse the name of the LORD your God.	
43.	<b>The Fourth Commandment</b>	Remember the Sabbath day by keeping it holy.	
44.	<b>The Fifth Commandment</b>	Honour your father and your mother, so that you may live long in the land the LORD your God is giving you.	
45.	<b>The Sixth Commandment</b>	You shall not murder.	
46.	<b>The Seventh Commandment</b>	You shall not commit adultery.	
47.	<b>The Eighth Commandment</b>	You shall not steal.	
48.	<b>The Ninth Commandment</b>	You shall not give false testimony against your neighbour.	
49.	<b>The Tenth Commandment</b>	You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbour.	
50.	<b>Idol</b>	In the Bible an image or representation of a god used as an object of worship.	
51.	<b>Covenant</b>	A promise or agreement which is made between two people or groups of people.	
52.	<b>Moses</b>	He is the person who helped God to save the Israelites. from slavery in Egypt. He is also important because of his role in sharing God's laws - The Ten Commandments.	
53.	<b>Sabbath</b>	In Judaism and Christianity, the Sabbath is the day of the week set aside for worship and rest.	
54.	<b>Torah</b>	The Torah is a sacred text in Judaism that provides guidance on how to live a good Jewish life and is the basis of Jewish teachings	



RELIGIOUS STUDIES - YEAR 7 - M2 The Big Story			RAG
55.	<b>Adultery</b>	Voluntary sexual relations between a married person and someone other than that person's current spouse.	
56.	<b>Covet</b>	To yearn (want) to possess something, especially something belonging to another.	



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High Expectations – No Excuses



GEOGRAPHY - YEAR 7 - M2 Weather and Climate			RAG
1.	<b>Weather</b>	Weather is the day to day changes in the atmosphere.	
2.	<b>Climate</b>	Climate is the pattern of weather, usually based over a 30-year average.	
3.	<b>Weather Instruments</b>	A weather instrument is any device that measures weather-related conditions.	
4.	<b>Temperature</b>	Temperature is how hot or cold it is, measured using a thermometer.	
5.	<b>Wind</b>	Moving air.	
6.	<b>Wind Speed</b>	Wind speed is how fast the air is moving.	
7.	<b>Anemometer</b>	Wind speed is measured by an anemometer. This has metal cups which rotate in the wind. The stronger the wind, the faster the anemometer turns.	
8.	<b>Wind Direction</b>	The direction that the wind is blowing in. Wind direction is measured using a wind vane.	
9.	<b>Humidity</b>	Amount of water vapour in the air	
10.	<b>Air Pressure</b>	Air pressure is the force exerted on the Earth by the weight of the air above. Air pressure is measured using a barometer.	
11.	<b>Precipitation</b>	Precipitation is where water vapour in the air is cooled and condenses into water droplets. Types of precipitation are rain, snow, sleet, hail, dew or fog.	
12.	<b>Microclimate</b>	When the climate in a small area is different from the general surroundings.	
13.	<b>Shelter</b>	Trees, hedges, walls etc. can provide shelter from the wind. Places sheltered from cold winds will feel warmer.	
14.	<b>Aspect</b>	The direction a place is facing is called aspect. Places facing the sun will be warmer than the places in shade.	
15.	<b>Surface</b>	Dark surfaces such as tarmac will give of more heat than light surfaces such as grass.	
16.	<b>Condensation</b>	The process of turning water vapour into water droplets. It happens when air gets cooler.	
17.	<b>Fog</b>	Ground level cloud	
18.	<b>Prevailing Wind</b>	Most common wind direction.	
19.	<b>Relief Rain</b>	Rain caused by a cloud being forced over an area of highland	
20.	<b>Convictional Rainfall</b>	Rain caused by the sudden evaporation of water which forms clouds quickly	
21.	<b>Frontal Rainfall</b>	Rain caused when a warm front of weather is meets a cold front, forcing it to rise and vapour to condense to create clouds.	
22.	<b>Low Air Pressure (Depression)</b>	A fall in air pressure is a sign of wind and rain and changeable weather.	
23.	<b>High Pressure (Anticyclone)</b>	Clear skies with little clouds that give hot summers and cold winters.	



GEOGRAPHY - YEAR 7 - M2 Weather and Climate			RAG
24.	<b>Warm Front</b>	A warm front means that warm air is coming. At a warm front, warm air is rising over cold air. This usually produces clouds and rain.	
25.	<b>Cold Front</b>	A cold front means that cold air is coming. At a cold front, cold air pushes under the warm air. This produces <i>strong</i> winds and heavy rain.	
26.	<b>Air mass</b>	An air mass is a 'chunk' of air with the same temperature and humidity.	
27.	<b>Polar air mass</b>	An air mass which normally brings cold weather	
28.	<b>Tropical air mass</b>	An air mass which normally brings warm weather	
29.	<b>Maritime air mass</b>	An air mass which normally brings wet weather	
30.	<b>Continental air mass</b>	An air mass which normally brings dry weather	
31.	<b>Heatwave</b>	A long period of extremely high temperatures.	
32.	<b>Drought</b>	A prolonged period of abnormally low rainfall, leading to a shortage of water.	
33.	<b>Storm</b>	A violent disturbance of the atmosphere with strong winds and usually rain, thunder, lightning, or snow.	
34.	<b>Storm surge</b>	A rising of the sea as a result of wind and atmospheric pressure changes associated with a storm.	
35.	<b>Flooding</b>	The covering or submerging of normally dry land with a large amount of water.	
36.	<b>Social Impact</b>	A consequence affecting humans	
37.	<b>Economic Impact</b>	A consequence affecting money of an area	
38.	<b>Environmental impact</b>	A consequence affecting the landscape or the natural features of an area	
39.	<b>National Park</b>	A national park is a park in use for conservation purposes, created and protected by national governments.	
40.	<b>Renewable Energy</b>	Energy that can be used again and again. The use of renewable energy does not release greenhouse gases into the atmosphere.	
41.	<b>Local Scale</b>	Studying areas which are within our surrounding area. Such as Dorset and Hampshire.	
42.	<b>Forest</b>	A large area covered with trees and undergrowth.	
43.	<b>Pasture</b>	Land covered with grass and other low plants suitable for grazing animals, especially cattle or sheep.	
44.	<b>Heathland</b>	A heath is a shrubland habitat.	
45.	<b>Biodiversity</b>	A variety of plant and animal life in a particular habitat.	
46.	<b>Grazing</b>	Where livestock are allowed to consume wild vegetation.	



GEOGRAPHY - YEAR 7 - M2 Weather and Climate			RAG
47.	<b>Conflict</b>	A serious disagreement or argument, where two sides often have different views	
48.	<b>Erosion</b>	The breaking down or wearing down of material or rocks.	
49.	<b>Traffic Congestion</b>	Too many cars travelling through small roads which weren't designed for lots of traffic can cause traffic to build up and make areas in the national park too busy.	
50.	<b>Air Pollution</b>	Air pollution is the presence of substances in the atmosphere that are harmful to the health of humans and other living beings	
51.	<b>Noise Pollution</b>	Noise pollution created from cars and vehicles travelling through small areas.	
52.	<b>Environmental Damage</b>	Damage on the environment from tourists eroding footpaths, dropping litter, parking on grass due to a lack of parking spaces, picking flowers.	
53.	<b>Litter</b>	Rubbish such as paper, cans, and bottles left lying in an open or public place	
54.	<b>Over-crowding</b>	Overcrowding or crowding is the condition where there are too many people in a given space.	
55.	<b>Wild Fires</b>	A large, destructive fire that spreads quickly over woodland. Wildfires can be started from BBQ's or fires that haven't been put out or cigarettes.	
56.	<b>Impact</b>	An effect or influence on something. An impact can be good or bad.	



History - YEAR 7 - M2 Topic: Norman England			RAG
1.	<b>Medieval</b>	The name for the time between the end of the Roman Empire in 410AD (the end of ancient history) and 1500 (the start of the early modern period).	
2.	<b>Chronology</b>	The order that things happen in time. Putting things in chronological order is putting things in the order they happened.	
3.	<b>Century</b>	A period of 100 years.	
4.	<b>Decade</b>	A period of 10 years.	
5.	<b>Anglo-Saxons</b>	The people who lived in England before the Norman Conquest in 1066.	
6.	<b>Harold Godwinson</b>	Anglo-Saxon Earl of Wessex, one of the most powerful men in England. Harold was a brave and respected soldier with a tough streak and his sister was married to King Edward the Confessor.	
7.	<b>Harald Hardrada</b>	A Viking King of Norway who led an invasion fleet in 1066 to invade England. He was defeated at the Battle of Stamford Bridge.	
8.	<b>William of Normandy</b>	William was Duke of Normandy in France. William came from a fighting family, he was a brave soldier and King Edward's cousin.	
9.	<b>Normans</b>	Originating from Nordic/Scandinavian settlers who integrated their culture with French - creating a Norman identity.	
10.	<b>Edward the Confessor</b>	King of England from 1042 to 1066. He died without any children and so there was no heir.	
11.	<b>Heir</b>	The person next in line to the throne.	
12.	<b>Contender</b>	Someone who competes against others to win something (Harold Godwinson, Harald Hardrada and William of Normandy were all contenders to the English throne in 1066).	
13.	<b>1042</b>	Edward the Confessor becomes king.	
14.	<b>1051</b>	Edward the Confessor promises William of Normandy the throne.	
15.	<b>Tostig Godwinson</b>	The brother of Harold Godwinson who betrayed the Saxons to work with Harald Hardrada.	
16.	<b>1065</b>	Harold Godwinson and his brother Tostig Godwinson become estranged.	
17.	<b>Estranged</b>	To fall out or argue.	
18.	<b>5<sup>th</sup> January 1066</b>	The date in which Edward the Confessor died on the throne.	
19.	<b>The Battle of Fulford</b>	Fought on 20 <sup>th</sup> September 1066. Harald Hardrada's invasion force defeats Edwin and Morcar's Anglo-Saxon army.	
20.	<b>The Battle of Stamford Bridge</b>	Fought on 25 <sup>th</sup> September 1066 in Yorkshire. Harold Godwinson defeats the invasion force of Harald Hardrada.	
21.	<b>Viking Berserker</b>	The lone Viking who stood and held the bridge during the	



History - YEAR 7 - M2 Topic: Norman England			RAG
		Battle of Stamford Bridge to hold off the Anglo-Saxons.	
22.	Harald Hardrada's Death	Hardrada was shot in the neck by an arrow during the battle.	
23.	The Battle of Hastings	The Battle between William of Normandy and Harold Godwinson in October 1066. William of Normandy wins and becomes king of England.	
24.	Why did William win the Battle of Hastings?	Luck William's tactics Harold Godwinson's mistakes	
25.	Knights	William of Normandy's heavily armoured soldiers on horseback.	
26.	Archers	William of Normandy's force numbering 1,500 who used a bow and arrow to strike soldiers at long range.	
27.	Foot Soldiers	The main part of William's army who were armed with swords and kite-shaped shields.	
28.	Housecarls	Harold Godwinson's force of 2,500 professional soldiers and bodyguards.	
29.	Fyrd	The majority of Harold Godwinson's army (6,000). These soldiers weren't as well equipped as the Housecarls.	
30.	Senlac Hill	The hill where Harold Godwinson's army positioned themselves at the start of the Battle of Hastings.	
31.	Shield Wall	A formation in which soldiers stand shoulder to shoulder with their shields in front of them to prevent the enemy attacking them.	
32.	A fake retreat	Also known as a feigned retreat. When an army pretends to run away so that the opposing army breaks formation to chase them.	
33.	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.	
34.	Contemporary Sources	Pieces of evidence created around the time of the event being studied.	
35.	Harold Godwinson's death	An arrow to the eye is the traditional account, however, later historians have speculated Harold Godwinson may have been cut down by Norman knights.	
36.	Bayeux Tapestry	The embroidered cloth that depicts the events leading up to the conquest of England. Like a comic strip which is 70 metres long and 20 inches tall.	
37.	Disembowel	To cut open and remove the internal organs. According to one account this is how Harold Godwinson died.	
38.	Christmas Day, 1066	The date when William of Normandy was crowned King of England.	



John 10:10

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History - YEAR 7 - M2 Topic: Norman England			RAG
39.	<b>Conqueror</b>	The nickname (epithet) given to William after conquering England.	
40.	<b>The Harrying of the North</b>	The events of 1069, following an Anglo-Saxon rebellion in Durham. William of Normandy terrorised the North of England, killing thousands.	
41.	<b>75%</b>	The estimated percentage of the population of the North of England that was reduced as a result of the Harrying of the North.	
42.	<b>Wessex</b>	An area of south and south west England.	
43.	<b>Normandy</b>	An area in northern France - William was Duke of Normandy.	
44.	<b>The Pope</b>	The title of the person in charge of the Catholic Church.	
45.	<b>Hierarchy</b>	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.	
46.	<b>The Feudal System</b>	The hierarchical system that helped William of Normandy govern England with kings at the top and peasants at the bottom.	
47.	<b>Loyalty</b>	Staying true to someone - the feudal system ensured Williams subjects remained loyal to him.	
48.	<b>Feudal System in order</b>	King - Nobles - Knights - Peasants	
49.	<b>Nobles</b>	A rich landowner - also known as barons, lords etc.	
50.	<b>Knights</b>	Soldiers who were given land by the nobles in return for fighting for them when needed.	
51.	<b>Peasant</b>	A poor person of low social status who works the land.	
52.	<b>Castle</b>	A large building, fortified against attack with thick walls, battlements, towers, and a moat.	
53.	<b>A Motte and Bailey Castle</b>	A castle used by the Normans which consisted of a man-made earth hill (Motte) which had a keep on it and a Bailey (area for those within the castle to live).	
54.	<b>The Domesday Book</b>	The book commissioned by William of Normandy to find out what everybody owned in England so he could ensure they were paying the correct amount of tax.	
55.	<b>Commissioned</b>	Something that is produced specifically for somebody who has ordered or asked for it.	
56.	<b>1087</b>	The year in which King William died as a result of a horse-riding accident.	



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



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



DRAMA - Year 7 - MICHAELMAS INTRODUCTION TO DRAMA			RAG
49.	<b>Mime</b>	A theatrical technique of acting without words.	
50.	<b>Villain</b>	A character who causes problems for the hero and is disliked by the audience.	
51.	<b>Gesture</b>	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
52.	<b>Emphasis</b>	Stress given to a word or words when speaking to indicate particular importance.	
53.	<b>Scenario</b>	An outline of a story that gives detail of the plot and individual scenes.	
54.	<b>Slapstick</b>	Comedy based on deliberately clumsy actions and embarrassing events that are funny.	
55.	<b>Performer</b>	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.	<b>Director</b>	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.	<b>Costume Designer</b>	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.	<b>Lighting Designer</b>	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.	<b>Set Designer</b>	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.	<b>Sound Designer</b>	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 - M2			RAG
1.	<b>Nutrients</b>	Substances in food that the body needs for energy, growth, and repair.	
2.	<b>Infant Nutrition</b>	Babies need milk as their main food source for growth.	
3.	<b>Weaning</b>	The process of introducing solid foods to a baby's diet alongside milk.	
4.	<b>Toddler Nutrition</b>	Young children need small, frequent meals with plenty of fruit and vegetables.	
5.	<b>Childhood Nutrition</b>	Important for growth; includes balanced meals with calcium and iron.	
6.	<b>Adolescent Nutrition</b>	Teenagers need extra energy and protein for growth and development.	
7.	<b>Adult Nutrition</b>	Focuses on maintaining a balanced diet and healthy weight.	
8.	<b>Elderly Nutrition</b>	Older adults may need softer foods, smaller portions, and extra vitamin D and calcium.	
9.	<b>Pregnancy Nutrition</b>	A pregnant person needs more iron, folic acid, and calcium for baby's development.	
10.	<b>Obesity</b>	A condition where excess body fat affects health.	
11.	<b>Malnutrition</b>	When the diet lacks proper nutrients, leading to health problems.	
12.	<b>Energy Requirements</b>	The amount of energy a person needs depending on age, gender, and activity level.	
13.	<b>Portion Size</b>	The recommended amount of food served for one person.	
14.	<b>Calcium</b>	Strengthens bones and teeth; important for children and older adults.	
15.	<b>Iron</b>	Helps carry oxygen in the blood and prevents anaemia.	
16.	<b>Vitamin D</b>	Supports calcium absorption for healthy bones.	
17.	<b>Food Allergies</b>	The immune system reacting to certain foods, such as nuts or dairy.	
18.	<b>Hydration</b>	Maintaining enough water in the body for normal function.	
19.	<b>Oven</b>	An enclosed compartment used for baking, roasting, or heating food.	
20.	<b>Hob</b>	The top surface of a cooker used for boiling, frying, or simmering food.	
21.	<b>Refrigeration</b>	Keeping food cool (below 5°C) to slow bacterial growth and preserve freshness.	
22.	<b>Freezing</b>	Storing food at -18°C or below to prevent bacterial growth.	
23.	<b>Defrosting</b>	Thawing frozen food safely before cooking.	
24.	<b>Cross-Contamination</b>	The transfer of bacteria from raw to cooked food, often in the fridge.	



FOOD - YEAR 7 - M2			RAG
25.	<b>Food Rotation</b>	Using older food first (FIFO: First In, First Out) to reduce waste.	
26.	<b>Temperature Control</b>	Keeping appliances at correct temperatures to ensure food safety.	
27.	<b>Storage Zones</b>	Different parts of the fridge for raw meat, dairy, and vegetables to prevent contamination.	
28.	<b>Use-By Date</b>	The last date food can be safely eaten.	
29.	<b>Best-Before Date</b>	Indicates when food is at its best quality, not necessarily unsafe after this date.	
30.	<b>Cleaning Routine</b>	Regular cleaning of fridge and freezer to prevent bacteria build-up.	
31.	<b>Door Shelves</b>	The warmest part of the fridge, suitable for condiments and drinks.	
32.	<b>Fridge Temperature</b>	The ideal temperature for a fridge is 0°C to 5°C to keep food safe.	
33.	<b>Freezer Temperature</b>	The ideal freezer temperature is -18°C or below to stop bacterial growth.	
34.	<b>Perishable Foods</b>	Foods that spoil quickly if not stored in the fridge (e.g. milk, meat, fish).	
35.	<b>Raw Foods</b>	Uncooked foods such as raw meat, poultry, and fish that should be stored separately from ready-to-eat foods.	
36.	<b>Ready-to-Eat Foods</b>	Foods that can be eaten without further cooking (e.g. cooked meats, cheese, salads).	
37.	<b>Top Shelf</b>	The upper part of the fridge, best for ready-to-eat foods and dairy products.	
38.	<b>Middle Shelf</b>	Ideal for cooked meats and leftovers.	
39.	<b>Bottom Shelf</b>	The coldest part of the fridge, used for storing raw meat, poultry, and fish.	
40.	<b>Crisper Drawer</b>	The lower compartment used for storing fruit and vegetables to keep them fresh.	
41.	<b>Energy Efficiency</b>	How much energy a fridge uses; efficient models save power and cost.	
42.	<b>Compressor</b>	The part of the fridge that circulates coolant to keep the interior cold.	
43.	<b>Odour Absorption</b>	When strong-smelling foods transfer odours to others; can be prevented by sealing food.	
44.	<b>Defrost Drain</b>	A small outlet that allows melted frost to drain away.	
45.	<b>Freezer Burn</b>	Dry patches on frozen food caused by air exposure due to improper sealing.	
46.	<b>Humidity Control</b>	A feature in drawers that adjusts moisture levels for storing vegetables or fruit.	



FOOD - YEAR 7 - M2			RAG
47.	Oven	An enclosed compartment used for baking, roasting, and heating food.	
48.	Preheating	Warming the oven to the required temperature before cooking begins.	
49.	Baking	Cooking food using dry heat in an oven, typically for bread, cakes, and pastries.	
50.	Roasting	Cooking food such as meat or vegetables using dry heat in an oven with a higher temperature than baking.	
51.	Grilling	Cooking food under direct heat, often at the top section of the oven.	
52.	Gas Oven	An oven powered by gas, providing moist heat and quick temperature changes.	
53.	Electric Oven	An oven powered by electricity, providing even and consistent heat.	
54.	Temperature Control	The ability to set and regulate the oven's heat accurately.	
55.	Thermostat	A device that maintains the oven's temperature by turning the heat on and off automatically.	
56.	Cooking Rack	A removable shelf used to hold trays or dishes inside the oven.	



<b>HEALTHY LIVING - YEAR 7 - M2</b>			<b>RAG</b>
<b>Healthy Lifestyles</b>			
1.	<b>Health</b>	A state of complete physical, mental and social well-being and not merely the absence of disease.	
2.	<b>Fitness</b>	To be able to carry out life's activities without getting tired. The ability to meet the demands of your environment.	
3.	<b>Well-being</b>	A state of being comfortable, healthy and happy. These can be divided into the 3 areas of physical well-being, emotional/mental well-being and social well-being.	
4.	<b>Physical well-being</b>	Being able to complete daily tasks without tiring.	
5.	<b>Social well-being</b>	Being able to interact with a range of people and having a sense of belonging. Having respect, empathy and tolerance of others.	
6.	<b>Emotional/mental well-being</b>	Having good self-esteem and self-respect Being able to recognise and express feelings	
7.	<b>Sedentary Lifestyle</b>	A lifestyle that is inactive and involves sitting down.	
8.	<b>Obesity</b>	The state of being grossly fat or overweight. Above 30 on the BMI scale.	
9.	<b>Heart disease</b>	Flow of oxygenated blood to the hearts muscle is blocked or reduced.	
10.	<b>Hypertension</b>	High blood pressure.	
11.	<b>Diabetes</b>	A person's blood sugar level becomes too high.	
12.	<b>Depression</b>	Feeling persistently sad for weeks or months.	
13.	<b>Balanced Diet</b>	Ensuring you have a balance of all the nutrients needed to maintain good health. This should include carbohydrates, proteins, vitamins & minerals, good fats, fibre and water.	
14.	<b>Regular Exercise</b>	The UK government recommends children aged 5-18 should participate in moderate to vigorous exercise for 60 minutes every day.	
15.	<b>Smoking</b>	Smoking can harm your heart, lungs, blood circulation and can cause cancer.	
16.	<b>Alcohol</b>	The negative effects of alcohol are liver damage, vomiting, blurred vision and slurred speech.	
17.	<b>Stress Management</b>	Being able to cope with the daily demands of stress. Recognising the signs and symptoms of stress and how physical activity can help you cope with them.	
18.	<b>Drugs</b>	A drug is a substance that has an effect on the body.	
19.	<b>Depressant</b>	Slows down nerve and brain activity.	
20.	<b>Hallucinogen</b>	Alters what we see and hear.	
21.	<b>Painkiller</b>	Blocks nerve impulses.	
22.	<b>Performance enhancing drug</b>	Improves sporting performance. For example, anabolic steroids increase muscle mass.	
23.	<b>Stimulant</b>	Increase nerve and brain activity.	
24.	<b>HIIT</b>	High intensity interval training	



HEALTHY LIVING - YEAR 7 - M2 Healthy Lifestyles			RAG
25.	Muscular Hypertrophy	When the muscles increase in size.	
26.	Balanced diet	A balanced diet contains the different nutrients in the <b>correct amounts</b> to keep us healthy.	
27.	Imbalanced diets	Imbalanced diets can cause <b>obesity, starvation and deficiency</b> diseases.	
28.	Eatwell plate	A balanced diet includes different foods from each of the <b>five main food groups</b> - carbohydrates, fat, protein, fruit and vegetables and dairy.	
29.	Carbohydrates	Provides quick and efficient energy for movement.	
30.	Fats	Provides energy very slowly, protects vital organs and help prevent heat loss.	
31.	Protein	Repair, growth and efficient working of all the body tissues.	
32.	Minerals	Essential for many processes such as bones growth/strength, nervous system, red blood cells, immune system.	
33.	Vitamins	Vital for the production of energy, the prevention of disease and the working of the metabolism.	
34.	Fibre	Effective bowel function and health digestion.	
35.	Water	The body needs to be hydrated to stay healthy. Failing to replace lost fluids can result in dehydration. This is a more serious condition than lack of food.	
36.	Energy expenditure	The amount of energy you get from your food compared to the amount of energy you need.	
37.	Drinking to excess	This could lead to liver damage.	
38.	Unbalanced lifestyle	High stress levels can lead to an unbalanced lifestyle.	
39.	Energy balance	To maintain weight - energy in = energy out. To lose weight - energy in < energy out. To gain weight - energy in > energy out.	
40.	Physical benefit of participation	People take part in physical activity to improve their performance.	
41.	Serotonin	A hormone released during exercise to make you feel good.	
42.	Stimulant	Something that increases nerve and brain activity. Coffee is an example of a stimulant.	
43.	Muscular hypertrophy	When the muscles get bigger in size.	
44.	Physical benefit of active lifestyle	Preventing blocked blood vessels can be a physical benefit of exercise.	
45.	Vigorous exercise	Having a heart rate above 150bpm for 60 minutes	
46.	BMR	Basal metabolic rate	
47.	Drugs	A drug is a substance that has an effect on the body.	
48.	Depressant	Something that makes you sad.	
49.	Painkillers	Painkillers are used to stop something from hurting.	
50.	Performance enhancing drug	A drug that can increase performance by either making you faster or stronger.	



<b>HEALTHY LIVING - YEAR 7 - M2</b>			<b>RAG</b>
<b>Healthy Lifestyles</b>			
<b>51.</b>	<b>Carbohydrates</b>	A food source that provides energy slowly.	
<b>52.</b>	<b>Vitamins</b>	Vitamins are vital for the production of energy, the prevention of disease and the working of the metabolism.	
<b>53.</b>	<b>Proteins</b>	Proteins help to repair and grow muscle tissue.	
<b>54.</b>	<b>Emotional wellbeing</b>	This is having good self-esteem and self-respect.	
<b>55.</b>	<b>Physical wellbeing</b>	Having good balance, coordination, agility, strength, muscular endurance and cardiovascular endurance.	
<b>56.</b>	<b>Social wellbeing</b>	This is being able to interact with a wide range of people.	



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High Expectations - No Excuses



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	

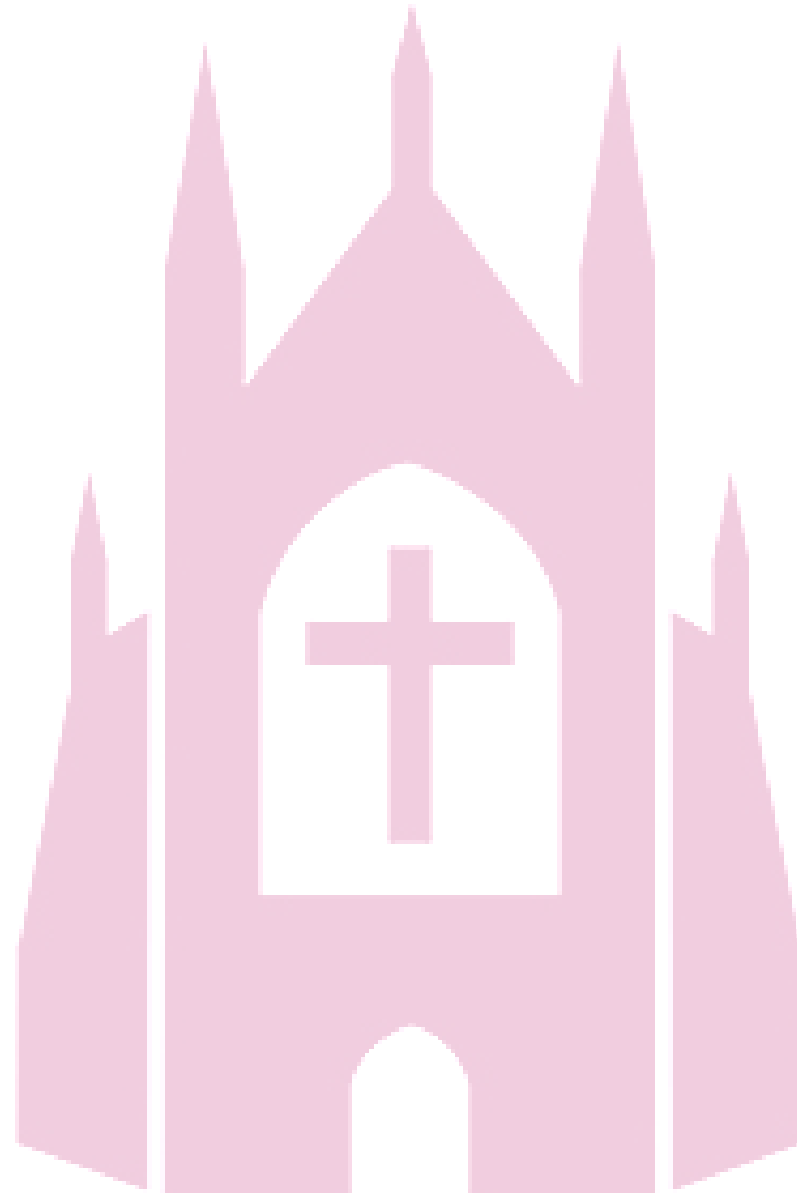


MUSIC - YEAR 7 - MICHAELMAS WEST AFRICAN DRUMMING			RAG
25.	Repeat	Playing a section of a piece more than once - a musical repeat has its own symbol	
26.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	
27.	Rehearse	Practise (a play, 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.	<b>Composer</b>	Someone who writes their own, original pieces of music.	
47.	<b>Composition</b>	A piece of original music.	
48.	<b>Melody</b>	The 'tune' in a piece of music.	
49.	<b>Programme Music</b>	Music that is composed to tell a story or describe visual images.	
50.	<b>Leitmotif</b>	A short melody that represents a character, place or feeling in a piece of music.	
51.	<b>Peter and the Wolf</b>	A piece of programme music composed by a Russian composer called Sergei Prokofiev.	
52.	<b>The Carnival of the Animals</b>	A set of short pieces composed by a French composer called Camille Saint-Sans. Each piece represents a different animal in the carnival.	
53.	<b>Brass</b>	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.	<b>Percussion</b>	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.	<b>Conductor</b>	A conductor stands in front of an orchestra or choir and guides them and keeps them together.	
56.	<b>Instrumentation</b>	The instruments chosen by a composer or performer	





Sapere Aude  
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