



Year 8

Knowledge Organiser

M2 2025-2026

“Knowledge is power” Francis Bacon

I came to give life - life in all its fullness

High Expectations - No excuses

The Bishop of Winchester Academy Weekly Homework Grid 2025-2026
Year 8, Michaelmas 2 - Commencing Monday 3rd November

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
M2.1 3 rd November	KO on Seneca	Geography 1-8	History 1-8	Drama 1-8 Music 1-8	RS 1-8 Healthy Living 1-8	Food 1-8
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
M2.2 10 th November	KO on Seneca	Geography 9-16	History 9-16	Drama 9-16 Music 9-16	RS 9-16 Healthy Living 9-16	Food 9-16
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
M2.3 17 th November	KO on Seneca	Geography 17-24	History 17-24	Drama 17-24 Music 17-24	RS 17-24 Healthy Living 17-24	Food 17-24
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
M2.4 24 th November	KO on Seneca	Geography 25-32	History 25-32	Drama 25-32 Music 25-32	RS 25-32 Healthy Living 25-32	Food 25-32
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
M2.5 1 st December	KO on Seneca	Geography 33-40	History 33-40	Drama 33-40 Music 33-40	RS 33-40 Healthy Living 33-40	Food 33-40
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
M2.6 8 th December	KO on Seneca	Geography 41-48	History 41-48	Drama 41-48 Music 41-48	RS 41-49 Healthy Living 41-48	Food 41-48
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
M2.7 15 th December	KO on Seneca	Geography 49-56	History 49-56	Drama 49-56 Music 49-56	RS 50-58 Healthy Living 49-56	Food 49-57
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx

RS - Year 8 - M2 Sikhism			RAG
1.	Guru	Guru is a Sanskrit term for a "mentor, guide, expert, or master" of certain knowledge or field.	
2.	Guru Nanak	Gurū Nānak was the founder of Sikhism and is the first of the ten Sikh Gurus	
3.	Hindu	Hinduism is an Indian religion or way of life. It is the world's third-largest religion, with over 1.2 billion followers, known as Hindus.	
4.	Sikhism	Sikhism originated in the Punjab region of the Indian subcontinent around the end of the 15th century CE. Sikhism is one of the youngest of the major religions.	
5.	Punjab	Punjab, a state bordering Pakistan, is the heart of India's Sikh community. The city of Amritsar, founded in the 1570s by Sikh Guru Ram Das	
6.	Amristar	The second-largest city in the Indian state of Punjab.	
7.	Caste system	India's caste system is a social structure that divides different groups into ranked categories. Members of "higher" castes have a greater social status than individuals of a "lower" caste.	
8.	Social hierarchy	A system that ranks people based on various factors leading to differences in power and status.	
9.	Brahmins	The highest caste was made up of Priests and scholars.	
10.	Kshatriyas	The second caste was made up of rulers, warriors, and administrators.	
11.	Vaishyas	The third caste was made up of merchants, traders, and farmers.	
12.	Shudras	The fourth caste, made up of Laborers and servants	
13.	Dalits	Outside the caste system were the Dalits (formerly known as "untouchables"), who were often treated unfairly.	
14.	Chauri Sahib	A ceremonial fan waved over the Guru Granth Sahib as a mark of respect.	
15.	Guru Granth Sahib	The Sikh holy book is called the Guru Granth Sahib, the tenth Guru.	
16.	Gurmukh	Someone who follows the Guru's teachings and is spiritually focused on God.	
17.	Khanda	The symbol of Sikhism.	
18.	Mul mantra	The Mūl Mantar is the opening verse of the Sikh scripture, the Guru Granth Sahib. It consists of twelve words. The first sentence says "There is only one God".	



RS - Year 8 - M2 Sikhism			RAG
19.	Waheguru	A term used to refer to God, meaning "Wonderful Lord" in Sikhism.	
20.	Ek Onkar	A fundamental concept in Sikhism meaning "There is only one God." It is the opening phrase of the Guru Granth Sahib.	
21.	Satnam	Meaning "True Name," it emphasizes that God's name is the ultimate truth.	
22.	Akal	A Sikh term meaning "Timeless" or "Eternal," often used to describe God.	
23.	Sangat	The Sikh congregation or community that gathers for prayer and worship.	
24.	Guru Gobind Singh	Guru Gobind Singh was the last of the ten Gurus, the one who transformed the Sikh faith. In 1699 he created the Khalsa.	
25.	Vaisakhi	Vaisakhi is a Sikh festival that celebrates the birth of the Khalsa in 1699 by Guru Gobind Singh . It's also a harvest festival in Punjab	
26.	Khalsa	Khalsa refers to both a community that considers Sikhism as its faith, as well as a special group of initiated Sikhs who wear the 5ks.	
27.	Panj Pyare	"The Five Beloved Ones." They were the first five Sikhs chosen by Guru Gobind Singh in 1699 to form the Khalsa	
28.	Initiated	A Sikh who has undergone the Amrit Sanskar ceremony and joined the Khalsa.	
29.	Amrit Sanskar	A Sikh initiation ceremony that marks a person's entry into the Khalsa.	
30.	Amrit	A holy liquid of sugar and water	
31.	The 5 Ks	The 5 Ks taken together symbolise that the Sikh who wears them has dedicated themselves to a life of devotion and submission to the Guru.	
32.	Kesh	Uncut hair. Throughout history hair (kesh) has been regarded as a symbol both of holiness and strength. One's hair is part of God's creation. Keeping hair uncut indicates that one is willing to accept God's gift as God intended it.	
33.	Kara	A steel bracelet and symbol of restraint and gentility. It acts as a reminder that a Sikh should not do anything of which the Guru would not approve.	
34.	Kanga	A wooden comb. This symbolises a clean mind and body; since it keeps the uncut hair neat and tidy. It symbolises the importance of looking after the body which God has created	



RS - Year 8 - M2 Sikhism			RAG
35.	Kaccha	This is a pair of breeches that must not come below the knee. It was a particularly useful garment for Sikh warriors of the 18th and 19th centuries, being very suitable for warfare when riding a horse.	
36.	Kirpan	A Steel sword. There is no fixed style of Kirpan and it can be anything from a few inches to three feet long. It is kept in a sheath and can be worn over or under clothing.	
37.	Singh	Guru Gobind Singh gave all Sikh men the last name " Singh " (Lion) to remove caste-based last names and create equality.	
38.	Kaur	Guru Gobind Singh gave all Sikh women the last name " Kaur " (Princess) to remove caste-based last names and create equality.	
39.	Amrit	Sugar water used in initiation ceremony when joining the Khalsa.	
40.	Gurdwara	A Gurdwara is a place of worship. The Punjabi word Gurdwara is 'the residence of the Guru', or 'the door that leads to the Guru'.	
41.	Granthi	Each Gurdwara has a Granthi who organises the daily services and reads from the Guru Granth Sahib. A Granthi is not a priest but is the reader/custodian of the Adi Granth.	
42.	Naam Japna	The practice of meditating on God's name to stay connected to the divine.	
43.	Nishan Sahib	It is the holy flag which can be seen either near the entrance or on the top of every Gurdwara. Great respect is shown to the flag as it has the symbol of Sikhism representing their beliefs in God.	
44.	Langar	Langar is a kitchen where food is prepared in the Gurdwara.	
45.	Diwan hall	Worship room with Guru Granth Sahib in it.	
46.	Karah Prashad	Sweet food offered at the end of Gurdwara services.	
47.	Akhand Path	A continuous, non-stop reading of the Guru Granth Sahib, lasting around 48 hours, is performed in some Gurdwaras for special occasions or prayers.	
48.	Daily Services	Gurdwaras hold morning and evening prayers and recitations from the Guru Granth Sahib.	
49.	Kirtan	Devotional singing.	
50.	Community Gatherings	Besides religious services, Gurdwaras serve as community centres, offering educational classes, support services, and cultural events.	



RS - Year 8 - M2 Sikhism			RAG
51.	Four entrances	Some Gurdwaras have four entrances symbolizing that all people from all directions are welcome.	
52.	Sewa	Selfless service – helping others without expecting anything in return.	
53.	Diwan hall	Worship room with Guru Granth Sahib in it.	
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Geography - YEAR 8 - M2 Glaciation			RAG
1.	Glacier	An sheet of ice that moves slowly down a river valley under the influence of gravity. This is often described as a river of ice.	
2.	Ice Age	A period of colder climate when ice sheets form on the land, causing a lowering of sea level.	
3.	Ice Sheet	Huge mass of ice covering the landscape that moves very slowly. Only the mountain peaks protrude above the ice	
4.	Erosion	The wearing away of the land by rivers, ice sheets, waves and wind.	
5.	Freeze-Thaw Weathering	It occurs in cold climates when temperatures are often around freezing point and where exposed rocks contain many cracks. Water enters the cracks during the warmer day and freezes during the colder night. As the water turns into ice it expands and exerts pressure on the surrounding rock, causing pieces to break off.	
6.	Abrasion	Erosion caused by rocks and boulders in the base of the glacier acting like a giant file scratching and scraping the rocks below.	
7.	Plucking	A type of erosion where melt water in the glacier freezes onto rocks, and as the ice moves forward it plucks or pulls out large pieces along the rock joints	
8.	Weathering	The break-down or decomposition of rock by biological, physical or chemical processes.	
9.	Corrie	Armchair-shaped hollow in the mountainside formed by glacial erosion and freeze-thaw weathering. This is where the valley glacier begins.	
10.	Glacial Trough	A U-shaped valley formed by the erosion of a V-shaped river valley by a glacier.	
11.	Arête	Sharp, knife-like ridge formed between two corries cutting back.	
12.	Pyramidal Peak	Where several corries cut back to meet at a central point, the mountain takes the form of a steep pyramid, e.g. the Matterhorn in the Alps.	
13.	Hanging Valley	A smaller side valley left 'hanging' above the main glacial trough, often with a waterfall.	
14.	Tarn	A deep circular lake filling a corrie hollow.	



Geography - YEAR 8 - M2 Glaciation			RAG
15.	Ribbon Lake	A long, narrow lake found in glacial troughs, formed by glacial erosion and later filled with meltwater.	
16.	Scree	A slope of loose, large angular rocks broken away from the mountainside by freeze-thaw weathering	
17.	Lateral Moraine	A narrow band of rock debris which runs along the sides of a glacier resulting from ice erosion of the valley sides and freeze-thaw weathering on the bare rock above.	
18.	Medial Moraine	A narrow band of weathered rock debris which runs down the centre of the glacier. It forms from the merging of the lateral moraines of two glaciers.	
19.	Moraines	Frost-shattered rock debris and material eroded from the valley floor and sides, transported and deposited by glaciers.	
20.	Terminal Moraine	This is the material deposited at the snout of the glacier at the furthest extent of its growth. The terminal moraine may act as a dam for a ribbon lake.	
21.	Ground Moraine	Otherwise known as boulder clay or glacial till, this is the material deposited on the valley floor by the glacier. It is usually the result of plucking and abrasion.	
22.	Recessional Moraine	Similar to a terminal moraine they were created when the glacier retreated and then stopped, allowing it to build up a pile of deposits	
23.	Erratic	A large boulder transported and deposited by a glacier, often found far from its origin.	
24.	Drumlin	A smooth, oval-shaped hill of glacial deposits, formed under a glacier and indicating its direction of movement.	
25.	Outwash Plain	A flat area of sediments deposited by meltwater in front of a glacier.	
26.	Waves	Waves start out at sea. As waves approaches the shore, friction slows the base making the top build up until it breaks over.	
27.	Fetch	The maximum distance of water over which winds can blow.	
28.	Constructive Waves	This wave has a swash that is stronger than the backwash. This therefore builds up the coast.	
29.	Destructive Waves	This wave has a backwash that is stronger than the swash. This therefore erodes the coast.	



Geography - YEAR 8 - M2 Glaciation			RAG
30.	Backwash	The return of water to the sea after waves break on a beach	
31.	Swash	The movement of water up the beach	
32.	Erosion	The break down and transport of rocks - smooth, round and sorted.	
33.	Attrition	Rocks that bash together to become smooth/smaller.	
34.	Solution	A chemical reaction that dissolves rocks.	
35.	Abrasion	Rocks hurled at the base of a cliff to break pieces apart.	
36.	Hydraulic Action	Water enters cracks in the cliff, air compresses, causing the crack to expand.	
37.	Cave	Hydraulic action and abrasion widens cracks in the cliff face over time. Eventually the cracks have eroded deep enough to form a cave	
38.	Arch	Caves from both sides of the headland break through to form an arch.	
39.	Headland	A point of high land jutting out into the sea, formed from resistant rock.	
40.	Bay	A curved, sheltered area between two headlands, often with a beach.	
41.	Stack	Weather above/erosion below -arch collapses leaving stack.	
42.	Stump	Continued erosion to a stack eventually undercuts it making it collapse, leaving a stump.	
43.	Transportation	A natural process by which eroded material is carried/transported.	
44.	Solution	Minerals dissolve in water and are carried along.	
45.	Suspension	Sediment is carried along in the flow of the water.	
46.	Saltation	Pebbles that bounce along the sea/river bed.	
47.	Traction	Boulders that roll along a river/sea bed by the force of the flowing water.	
48.	Deposition	When the sea or river loses energy, it drops the sand, rock particles and pebbles it has been carrying. This is called deposition.	
49.	Longshore drift	The movement of material along the shore when waves approach the beach at an angle. The swash (waves moving up the beach) carries material up and along the beach and backwash drags it back out	



Geography - YEAR 8 - M2 Glaciation			RAG
50.	Spit	A long, narrow accumulation of sand and shingle formed by longshore drift and deposited where the coastline abruptly changes direction. One end of the spit is connected to the land and the other end projects out.	
51.	Bar	A ridge of sand or shingle formed across the mouth of a bay by longshore drift.	
52.	Tombolo	A spit that connects the mainland to an island.	
53.	Beach	The temporary deposition of sand and shingle along the coastline. Without its beach a coast is vulnerable to erosion.	
54.	Sea level rise	An increase in the level of the world's oceans due to the effects of global warming.	
55.	Hard Engineering	Man-made structures built to control coastal erosion (e.g. sea walls, groynes).	
56.	Soft Engineering -	Sustainable, natural approaches to managing the coast (e.g. beach nourishment, managed retreat).	



History - YEAR 8 - M2			RAG
1.	Mansa	A Maninka and Mandinka word for a ruler, generally translated as "king".	
2.	Mali	An African country today and in the early 1300s was an African Kingdom ruled by Mansa Musa.	
3.	Mana Musa	The emperor of Mali and the richest person in History	
4.	Mansa Musa's Pilgrimage	Mansa Musa went on a pilgrimage to Mecca starting in 1324.	
5.	Mansa Musa and Egypt	Where Mansa Musa made the Egyptian economy collapse as he gave out too much gold.	
6.	Djenne	A walled city on the river Niger that was a hub for trade particularly for gold and salt traders in the late sixteenth century (1500s).	
7.	Society	The way people are organised together.	
8.	Slavery	When one person is owned and controlled by another.	
9.	Slave	A person who is living in slavery.	
10.	Chattel slavery	The type of slavery the West used in America, where they owned people as their own property for their entire life. This also meant their children were slaves.	
11.	Slave trader / factor	Someone who worked in the business of purchasing or selling enslaved people.	
12.	Slave Trade Triangle	The name for the trade route from Europe, to Africa, across the Atlantic to the Americas, and back to Europe, where cargo was taken and then sold at each port, with the money being used to buy another cargo.	
13.	Cargo	The items taken on a ship.	
14.	Britain and Europe	The first stop of the slave trade triangle where ships would collect guns, pots and pans.	
15.	West Africa	The second stop of the slave trade triangle where ships sold the guns, pots and pans and purchased enslaved people.	
16.	The Caribbean and the Americas	The last stop of the slave trade triangle where enslaved people were unloaded and sold for money and the ship would collect sugar, cotton and tobacco to take back to Europe to start the cycle again.	
17.	The Middle Passage	The name for the journey across the Atlantic Ocean where slaves were taken to America from Africa.	
18.	How were people enslaved?	Captured by slave traders. Sometimes they were prisoners of war and sold to slave traders by tribal chiefs.	
19.	Slave ships	The large ships that brought enslaved African people across the ocean.	
20.	Shackles	Enslaved people were shackled together on the voyage: shackles are chains that hold your hands and feet together.	



History - YEAR 8 - M2			RAG
21.	Cat o' nine tails	A type of whip used that has 9 tassels. Pieces of glass and metal barbs are often tied on the end to maximise the pain inflicted on its victim.	
22.	How did enslaved people travel on slave ships?	Below deck (in the hold of a ship); lying on wooden shelves like property; Not able to have fresh air, clean water or the chance to move to go to the toilet.	
23.	Overboard	Jumping or falling off the edge of a ship into the sea.	
24.	Auction	A way of buying something by competing with other people to buy what you want at the best price.	
25.	Bid auction	An auction where the person who can 'bid' (promise) to pay the highest price wins.	
26.	Scramble auction	An auction where people pay a set price without seeing what they are buying until they are allowed to rush in to get them.	
27.	What was the difference between the two auctions?	Fit and healthy enslaved men and women were often sold using the auction (bidding) system because slave traders could get more money; weak, sick, and old enslaved people were often sold at a scramble.	
28.	How and why were enslaved people prepared for auction?	They were washed with dirty water, and had their wounds painted over with hot tar, to hide the scars from whips. This was done to get the best price.	
29.	Plantation	Farms run by white settlers in America.	
30.	Field Holler	Songs sung by enslaved people whilst they worked.	
31.	Blues Music	A genre of music that originated from enslaved people's songs.	
32.	Cash Crop	A crop grown on a farm that fetches a high amount of money, i.e. sugar, tobacco.	
33.	Labour Intensive	Something that is hard to produce/ requires a lot of work.	
34.	Sugar	A product that was labour intensive to produce, and was the main cause for slavery in the Caribbean.	
35.	Branding	Where enslaved people were scarred with a hot iron, usually with the initials of the slave owner, to stop them from running away and pretending to be a freed slave.	
36.	A slave's working hours	On a plantation, enslaved people worked from dawn to dusk.	
37.	Punishments used on enslaved people	Enslaved people could be punished in any way their owner wanted. This often included being whipped, starved, hobbled or hanged.	
38.	Hobbling	A punishment where part of your foot or leg is maimed, to stop an enslaved person from running away.	
39.	Flagellation	When a slave or prisoner is whipped as a punishment.	
40.	Resistance	Fighting back against someone or something.	
41.	Active	Fighting back using violence or very public methods. For	



History - YEAR 8 - M2			RAG
	resistance	example, fighting, running away or trying to kill somebody.	
42.	Passive resistance	Fighting back using non-violent methods or using methods that are easy to hide. For example, working slower or pretending to be sick.	
43.	Abolition	The process of ending something permanently.	
44.	An abolitionist	Somebody who wants to end something permanently.	
45.	William Wilberforce	An English politician who became the leader of the abolition movement in Parliament.	
46.	Thomas Clarkson	An abolitionist who collected items made by people in Africa to show English people the humanity of the people who were being enslaved.	
47.	Toussant L'Overture	A former enslaved person who led the Haitian Revolution against the French, fought against the British, ultimately leading his people to freedom.	
48.	Olaudah Equiano	A former enslaved person who wrote a book on the horrors of slavery which became a bestseller.	
49.	Petition	A written request that is often signed by many people to show support for an idea.	
50.	Equality	When everyone has the same rights and chances to live a good life.	
51.	The Empire Windrush	One ship which brought a large number of migrants to Britain from the Caribbean in 1948.	
52.	The Windrush Generation	A term used to describe the generation of African-Caribbean migrants who arrived in Britain in or immediately after 1948.	
53.	Boycott	A protest method. Protesters stop using or buying something.	
54.	The Bristol Bus Boycott	A protest in which people in Bristol in 1963 stopped using the buses until the Bristol Omnibus company removed the colour bar.	
55.	The colour bar	A rule the Bristol Omnibus company had which prevented people of colour becoming bus drivers.	
56.	The Race Relations Act 1976	A law that stops people refusing service or work based on racial discrimination.	



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



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



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



Food - Year 8 - M2			RAG
1.	Fat	A macronutrient that provides energy, insulation, and protects organs.	
2.	Saturated Fat	A type of fat usually solid at room temperature, mainly from animal sources.	
3.	Unsaturated Fat	A type of fat usually liquid at room temperature, mainly from plant sources.	
4.	Monounsaturated Fat	A healthier type of unsaturated fat that can help lower cholesterol.	
5.	Polyunsaturated Fat	Includes essential fats such as omega-3 and omega-6, important for health.	
6.	Omega-3 Fatty Acids	Healthy fats found in oily fish and some plants that support heart health.	
7.	Omega-6 Fatty Acids	Fats found in vegetable oils and nuts, important in the diet in small amounts.	
8.	Cholesterol	A fatty substance in the blood; high levels can increase heart disease risk.	
9.	Trans Fats	Artificial fats formed by hydrogenation, linked to heart disease.	
10.	Animal Fats	Fats from meat and dairy, usually high in saturated fats.	
11.	Plant Oils	Fats from plants such as olive or sunflower oil, usually unsaturated.	
12.	Energy Dense	Foods high in calories, often due to high fat content.	
13.	Solid Fats	Fats that are solid at room temperature, usually saturated or trans.	
14.	Liquid Fats	Fats that are liquid at room temperature, usually unsaturated oils.	
15.	Fat-Soluble Vitamins	Vitamins A, D, E, K which require fat to be absorbed.	
16.	Cardiovascular Disease	Diseases of the heart and blood vessels, often linked to high saturated fat intake.	
17.	Moderation	Eating some fat is essential, but too much saturated fat can harm health.	
18.	Cross Contamination	The transfer of bacteria or allergens from one surface/food to another.	
19.	Bacteria	Microorganisms that can cause food spoilage or illness.	
20.	Pathogen	A harmful microorganism that causes disease.	
21.	Salmonella	A common food poisoning bacteria found in raw poultry and eggs.	
22.	E. coli	A bacteria that can contaminate raw meat and unwashed vegetables.	



Food - Year 8 - M2			RAG
23.	Campylobacter	Bacteria often found in raw poultry that causes food poisoning.	
24.	Hand Washing	The most effective way to reduce cross contamination.	
25.	Work Surface Hygiene	Cleaning surfaces regularly to prevent bacterial spread.	
26.	Colour-Coded Chopping Boards	Boards used for different food groups to avoid cross contamination.	
27.	Raw and Cooked Separation	Keeping raw and cooked foods apart to prevent bacteria transfer.	
28.	Temperature Danger Zone	5-63 °C, where bacteria multiply rapidly.	
29.	Cooking Temperature	Food should be cooked to at least 75 °C to kill bacteria.	
30.	Chilling	Storing food below 5 °C to slow bacterial growth.	
31.	Use-by Date	The date after which food is unsafe to eat.	
32.	Best-before Date	A guide to food quality rather than safety.	
33.	Food Spoilage	When food becomes unfit to eat due to bacteria, mould, or decay.	
34.	Cleaning	Removing dirt and grease.	
35.	Disinfection	Using chemicals or heat to kill bacteria.	
36.	Personal Hygiene	Behaviours like tying hair back and washing hands to keep food safe.	
37.	Allergen Cross Contact	When traces of allergens are transferred onto non-allergenic foods.	
38.	Dietary Need	A specific nutritional requirement based on health or age.	
39.	Lactose Intolerance	Inability to digest lactose in dairy products.	
40.	Coeliac Disease	An autoimmune disorder where gluten damages the small intestine.	
41.	Nut Allergy	A severe reaction to nuts, requiring strict avoidance.	
42.	Diabetes	A condition where blood sugar levels are not properly controlled.	
43.	Low-Sugar Diet	Required for people managing diabetes or obesity.	
44.	Low-Fat Diet	Sometimes required for heart health or weight management.	



Food - Year 8 - M2			RAG
45.	Gluten-Free Diet	Necessary for people with coeliac disease.	
46.	High-Fibre Diet	Supports digestive health and prevents constipation.	
47.	Iron-Rich Diet	Important for those with anaemia or increased iron needs.	
48.	Calcium-Rich Diet	Supports bone development, especially for children and elderly.	
49.	Energy-Controlled Diet	Used for weight management or medical reasons.	
50.	Allergen-Free Diet	Avoids specific allergens for safety.	
51.	Modified Texture Diet	For people who have difficulty chewing or swallowing.	
52.	High-Protein Diet	Needed for growth, repair, or athletic training.	
53.	Vegetarian Diet	Excludes meat but may include dairy and eggs.	
54.	Vegan Diet	Excludes all animal products.	
55.	Pescatarian Diet	Includes fish but no other meat.	
56.	Religious Diet	Based on religious rules, e.g. halal, kosher.	
57.	Ethical Eating	Choosing foods based on environmental or animal welfare concerns.	



HEALTHY LIVING - YEAR 8 - M2 Injuries in Sport			RAG
1.	Injury	An injury is damage to your body.	
2.	Chronic injury (overuse injury)	Chronic injuries are those that develop over a long period of time are caused by continued and repeated stress to a particular area of the body.	
3.	Shin Splints	Shin splints is a type of shin pain, usually caused by exercise.	
4.	Tennis elbow	Tennis elbow is a condition that causes pain around the outside of the elbow.	
5.	Tendonitis	Tendonitis is when a tendon swells (becomes inflamed).	
6.	Sever's disease	Sever's disease can be common in physically active children where they have a pain in the heel from the inflammation of growth plates.	
7.	Osgood-Schlatter's disease	Osgood-Schlatter's disease is a pain in the knee which occurs in children as a result of growth spurts	
8.	RICE	Rest, Ice, Compression and Elevation	
9.	Rest	Stop activity to prevent further injury	
10.	Ice	Apply an ice pack to reduce blood flow, pain and swelling.	
11.	Compression	Wrap a bandage tightly around the area to reduce internal bleeding and swelling.	
12.	Elevation	Raise the injury above heart level to reduce swelling and throbbing.	
13.	Acute injury	Acute injuries are those that happen quickly and are caused by sudden impacts or trauma to the body.	
14.	Fractures	A fracture is a partial or complete break in a bone. There are two types of fractures: open and closed.	
15.	Closed fracture	Closed fractures have very little damage to the surrounding tissue because the bone has hardly moved.	
16.	Open fracture	Open fractures are when there is considerable damage to the tissue because the fractured bone has broken through the skin. They have high risk of infection.	
17.	Concussion	Concussion is caused by impacts to the head, either from a collision or contact with the group, piece of equipment or other people.	
18.	Abrasions	An abrasion is an acute injury involving surface damage to the skin (cuts and grazes).	
19.	Contusions	Contusion (bruising) are very common in physical activity and are often the result of colliding with another player or piece of equipment, falling, tackling or tripping.	
20.	Blisters	Blisters are a defence mechanism that help to repair skin damage caused by friction.	
21.	SALTAPS	Is an on-field assessment routine. SALTAPS involves an assessment of whether an injured performer should be allowed to continue to play or train.	



HEALTHY LIVING - YEAR 8 - M2 Injuries in Sport			RAG
22.	Extrinsic factors	Extrinsic factors that may cause injury are those where the risk comes from outside the body.	
23.	Incorrect techniques	If standards of coaching are poor or a coach were to pass on the incorrect techniques, the risk of injury would be higher.	
24.	Ineffective communication skills	If a coaching has poor or ineffective communication skills, this may lead to injury. A coach who cannot explain what is required accurately may allow dangerous situations to develop.	
25.	Adhere	To follow the rules	
26.	Protective equipment	Performers use specially designed protective equipment to help prevent injuries i.e. shin pads.	
27.	Performance equipment	Performers make use of equipment to that is necessary for performance, but it may also potentially cause injury i.e. a hockey stick.	
28.	Intrinsic factors	An intrinsic risk factor is a physical aspect of the athletes' body that can cause an injury.	
29.	Physical Preparation	To undertake sporting activities, performance should prepare by making sure their body is fit enough to withstand the demands of physical activity (baseline fitness level). This will involve training.	
30.	Warming up	Warming up makes sure that the body is ready for physical activity.	
31.	Cooling down	The cool down is used to allow the body to shift gradually back to a resting or near-resting state. A cool down include easy exercise completed after the training to prevent muscle soreness.	
32.	Muscle imbalance	Muscle imbalance can be a result of playing sport where one side of the body is used slightly more then the other. E.g. hitting a forearm shot in tennis	
33.	Individual variables	All people are different which means that different variables may suit one performer but may not suit another.	
34.	Action Plan	Action plans are used so the people in charge know what to do in the event of an emergency. It should be planned and practised in advance.	
35.	Emergency Personal	The EAP must detail who the key on-site emergency personal are and who is responsible in the event of an emergency i.e. first aider.	
36.	Emergency communication	The EAP must contain details of emergency communication; with relevant contact numbers for the emergency services (999), the location of the nearest telephone and any specialist provision on-site.	
37.	Emergency equipment	The EAP must contain details of the location of all emergency equipment at the facility. This could include where first-aid kits, stretchers, defibrillators and evacuation chairs are located in case they are needed in an emergency.	
38.	EAP	Emergency Action Plan	



HEALTHY LIVING - YEAR 8 - M2 Injuries in Sport			RAG
39.	Asthma	Asthma is a common, long-term lung condition that causes occasional breathing difficulties.	
40.	Diabetes	Diabetes is a serious condition that causes the body's blood sugar levels to be to change.	
41.	Epilepsy	Epilepsy is a condition of the nervous system where the brain has abnormal activity.	
42.	SALTAPS	An on-field assessment method - See, Ask, Look, Touch, Active, Passive, Strength.	
43.	Chronic injury	An overuse injury.	
44.	Examples of chronic injuries	Shin splints, tennis elbow, severs disease.	
45.	Acute injury	Caused by sudden impact or trauma to the body.	
46.	Sprain	Damage to the ligaments.	
47.	Strain	Damage to the tendons.	
48.	Intrinsic risk factors	When the risk comes from inside the body.	
49.	EAP	Emergency Action Plan.	
50.	Protective equipment	Equipment used in sport to protect areas of your body. For example, in Cricket a helmet.	
51.	Contusion	A bruise.	
52.	Concussion	Caused by impact to the head.	
53.	Abrasion	A cut or graze on the skin.	
54.	Asthma	A lung condition that can make it difficult for people to breathe.	
55.	Blister	This is caused by friction on the skin.	
56.	RICE	Rest, Ice, Compression, Elevation. Used to treat injuries.	



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

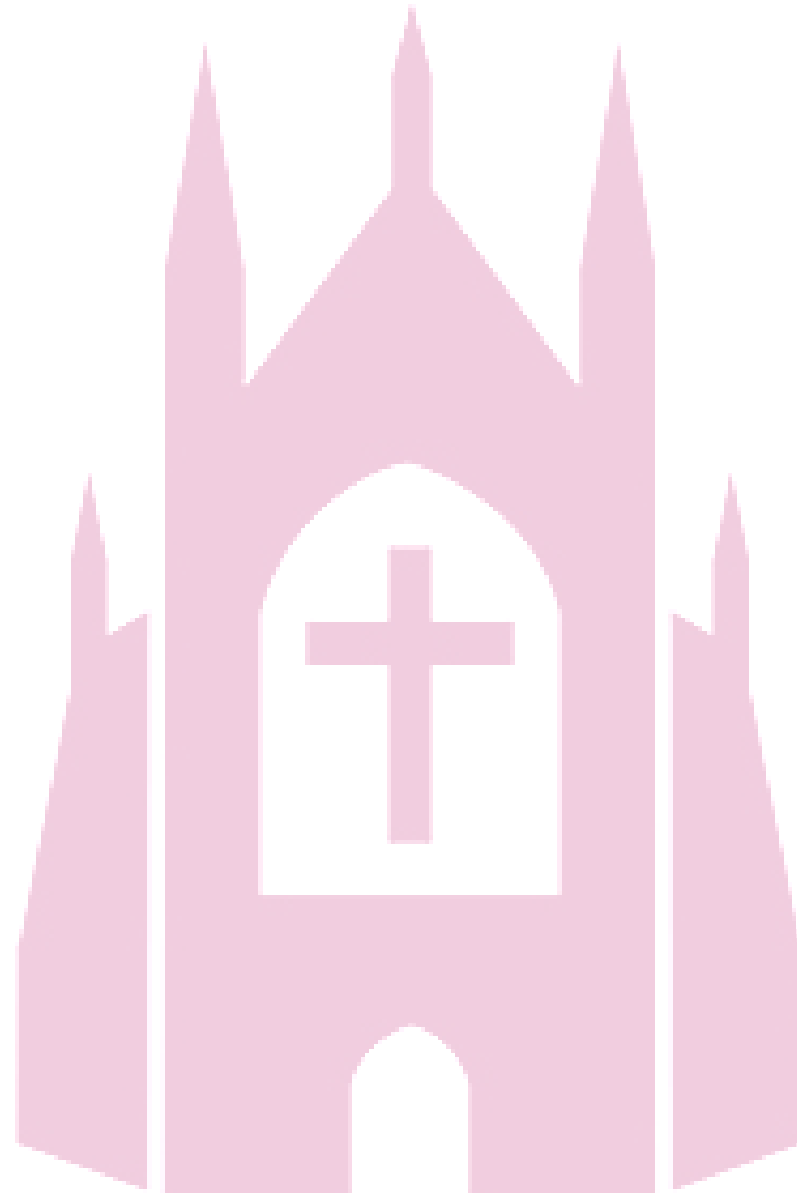


MUSIC - YEAR 8 - Michelmas THE BLUES			RAG
		would usually not be accented. Syncopation is often described as being “off-beat”	
26.	Melody	The main ‘tune’ of a piece of music, what you would be able to hum or sing back	
27.	Big Band	A type of musical ensemble (group) associated with playing the ‘Swing’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



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





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

