



Year 7

Knowledge Organiser

L1 2025-2026

“Knowledge is power” Francis Bacon

I came to give life - life in all its fullness

High Expectations - No excuses

The Bishop of Winchester Academy Weekly Homework Grid 2025-2026
Year 7, Lent 1 - Commencing Monday 5th January

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
L1.1 5 th January	KO on Seneca	Drama 1-10 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
L1.2 12 th January	KO on Seneca	Drama 11-20 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
L1.3 19 th January	KO on Seneca	Drama 21-30 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
L1.4 26 th January	KO on Seneca	Drama 31-40 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
L1.5 2 nd February	KO on Seneca	Drama 41-50 Music 33-40	Healthy Living 33-40	Food 33-41 Geography 33-41	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
L1.6 9 th February	KO on Seneca	Drama 51-60 Music 41-48	Healthy Living 41-48	Food 42-50 Geography 42-50	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

RS - YEAR 7 - L1 Hinduism			RAG
1.	Hinduism	The oldest religion, existing before humans had a written language; therefore, images of God are very important in Hinduism to help explain what God is like.	
2.	Brahman	One God, the one ultimate reality,	
3.	Trimurti	Means 'three forms', the three images of God, used by many Hindus to help understand Brahman.	
4.	Brahma	The quality of God as the creator.	
5.	Vishnu	The quality of God as the preserver.	
6.	Shiva	The quality of God as the destroyer.	
7.	Murti	An image or statue representing the quality of God.	
8.	Four heads	Brahma is shown with four heads so everything can be seen.	
9.	Four arms	Brahma and Vishnu are shown with four arms to show power.	
10.	Ladle	Brahma carries a ladle with water, from which the universe comes.	
11.	Beads	Brahma carries beads as a reminder to pray.	
12.	Book	Brahma carries a book representing the Vedas (Hindu holy book).	
13.	Blue	Vishnu is blue like the sky, showing that he is everywhere.	
14.	Conch shell	Vishnu carries a conch shell to represent the sound of creation.	
15.	Discus	Vishnu carries a discus to represent the sun.	
16.	Lotus flower	Vishnu carries a lotus flower to represent beauty, peace and freedom.	
17.	Mace	Vishnu carries a mace which is his magical weapon.	
18.	Third eye	Shiva has a third eye to show wisdom.	
19.	Cobra necklace	Shiva wears a cobra necklace to show his power over even the most dangerous of creatures.	
20.	Trident	Shiva holds a trident, a three-pronged spear, to represent the Trimurti.	
21.	Nataraj	Shiva is also known as Nataraj, seen dancing in a circle of flames as Lord of the Dance. This dance refers to creation, preservation and destruction.	
22.	Atman	Hindu word for the soul or spirit. The process of the soul being reborn in another body is called reincarnation.	



RS - YEAR 7 - L1 Hinduism			RAG
23.	Smriti	Scriptures that were 'heard and seen'. They were transmitted orally (by speaking) and later written down unchanged, e.g. the Vedas and the Upanishads (part of the Vedas).	
24.	Smriti	Scriptures that were 'remembered'. They are what people were told about God, e.g. the Ramayana, the Puranas, the Mahabharata and the Laws of Manu.	
25.	Mandir	Hindu temple.	
26.	Garba Griha	The main shrine in a mandir.	
27.	Arti Tray	Tray with central fire, plus other items including flowers, used in Hindu worship.	
28.	Bell	A bell is found in each shrine for the worshippers to ring to announce the presence of the worshipper to the deity.	
29.	Swastika	Not a symbol of Nazism in Hinduism, but an ancient symbol of good fortune, found in shrines.	
30.	Aum	The symbol of Hinduism found in shrines. Aum is thought to be the sound made at the time the universe was created.	
31.	Puja	Ceremonial worship of a deity via a murti that follows a set form.	
32.	Darshan	An act of personal worship to a particular deity.	
33.	Havan	A fire sacrifice where ghee and grains are thrown into the fire while a prayer is offered.	
34.	Vahana	An animal belonging to a deity that is used to carry it around.	
35.	Avatars	The different forms of a deity, e.g. Rama and Krishna are avatars of Vishnu.	
36.	Vaishnavism	The biggest group within Hinduism; Hindus who worship Vishnu.	
37.	Shaivism	A worshipper of Shiva. One of the four main groups within Hinduism.	
38.	Shaktism	A worshipper of the goddess Devi, also called Mother Shakti. One of the four main groups within Hinduism.	
39.	Smartism	A follower of Smriti (scriptures that were 'remembered'). One of the four main groups within Hinduism that believes that no deity is more important than another, all are equal.	
40.	Vrindavan	A sacred site of pilgrimage for Vaishnavites (followers of Vishnu).	
41.	Varanasi	A sacred site of pilgrimage for Shaivite Hindus (followers of Shiva).	



RS - YEAR 7 - L1 Hinduism			RAG
42.	Ahimsa	The virtue of non-violence.	
43.	Karma	The law of cause and effect; every action has consequences that shape future experiences.	
44.	Dharma	A person's duty or moral responsibility based on their age, job, and position in life.	
45.	Moksha	Liberation from the cycle of rebirth (samsara); the ultimate goal of Hindu life.	
46.	Samsara	The continual cycle of birth, death and rebirth that the atman (soul) passes through.	
47.	Ganesha	The elephant-headed god, remover of obstacles and son of Shiva and Parvati.	
48.	Parvati	A powerful goddess, wife of Shiva and mother of Ganesha, representing love, fertility and devotion.	



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High Expectations – No Excuses



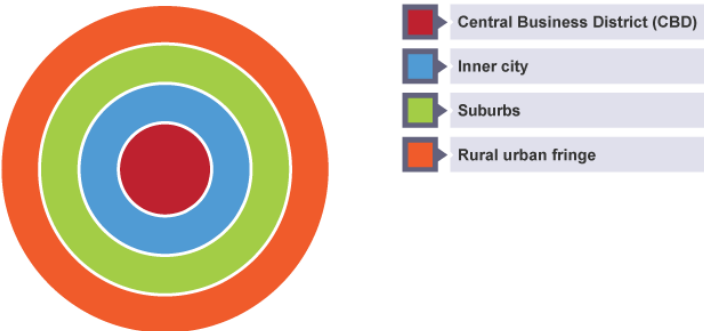
GEOGRAPHY - YEAR 7 - L1

Settlements

1.	Settlement	A place, typically one which has previously been uninhabited, where people establish a community.
2.	Hamlet	A small cluster of houses.
3.	Village	A settlement that can be variable in size which is usually up to a few thousand people.
4.	Town	A settlement with a population of several tens of thousands of people.
5.	City	A settlement with more than 100,000 people. Cities have many services including large hospitals, universities and sports stadium.
6.	Conurbation	Formed by the outward growth of a city capturing once separate villages and towns to form a large continuous urban region.
7.	Settlement Hierarchy	A settlement hierarchy is a way of arranging settlements into a hierarchy based upon their population.
8.	Function	A function of a settlement is the economic reason why the settlement exists.
9.	Natural Factors	Naturally occurring features of a site which encourage settlements to be built. E.g. a forest for shelter and fire wood.
10.	Early settlement features	Early settlements would have been built with access to raw (building) materials, dry land, a water supply, on a hill for defence, fertile land to grow lots of crops, shelter from the bad weather and near a river for transport links.
11.	Agriculture	A term often used for farming.
12.	Site	An actual place where a town grew up
13.	Situation	This describes where the settlement is in relation to other settlements.
14.	Patterns	A spatial pattern is a perceptual structure, placement, or arrangement of objects on Earth.
15.	Dispersed Settlement	Buildings that are well spread out, often found in highland areas where it is difficult to build houses close together.
16.	Nucleated Settlement	Buildings that are closely built together, they often grow around a road and spread out from the road. This is common in lower, flatter parts of Britain.
17.	Linear Settlement	A settlement built between a narrow valley, where there is little space to grow. Often the buildings in a line following a road.
18.	Permanent Settlement	Stays in one place for ever.
19.	Temporary Settlement	Can change - e.g. refugee camp.
20.	Wet point site	A settlement built reasonably close to a river to provide access to transport, drinking and food.
21.	Relief	The height and shape of the land which could affect where early settlements were built.



GEOGRAPHY - YEAR 7 - L1
Settlements

22.	Resources	Resources needed for a settlement to grow, such as, timber for building houses and fire wood.	
23.	Change	An act or process through which something becomes different.	
24.	Rural	A rural area is an area in the countryside, often with a lower population.	
25.	Urban	An urban area is a built-up human settlement with a high population and lots of infrastructure.	
26.	Positive change	A change which makes an area better.	
27.	Negative change	A change which can make an area worse.	
28.	Burgess Model	<p>The Burgess Model shows the idea of how settlements use their land.</p> 	
29.	Central Business District (CBD)	In the centre of an area used for leisure, recreation and business. CBD often has good transport links.	
30.	Inner City	Variety of land uses. Originally an area of nineteenth century terraced housing for factory workers.	
31.	Suburbs	An area which is a residential area, which semi-detached houses. It can be cheaper to live in compared to the inner city but prices increase due to popularity.	
32.	Rural-Urban Fringe	An areas with large detached houses with large gardens. Found on the edge of an urban area, where the urban area meets the rural area.	
33.	Commerce	Shops and offices.	
34.	Residential	Flats and houses.	
35.	Industrial	Factories.	
36.	Regeneration	Regeneration is the long term upgrading of existing places for urban, rural, industrial and commercial areas. Designed to tackle inequalities.	
37.	Boscombe Surf Reef	A regeneration project undertaken in Boscombe to encourage more surfers from across the UK to visit Boscombe.	
38.	Inequalities	Inequality in geography refers to the idea that different people experience different standards of living.	
39.	Sustainability	Understanding how to meet the needs of the present without compromising the needs of future generations to meet their own needs.	

GEOGRAPHY - YEAR 7 - L1
Settlements

40.	Water usage	The amount of water a city or country uses per day.	
41.	Xeriscaping	Planting particular plants that need less water to survive to reduce water usage.	
42.	Recycling water	Re-using water from household drains (sinks, dishwasher, and washing machine) to water your garden or clean your car. Recycled water cannot be used as drinking water.	
43.	Water transfer	Moving water from an area with a lot of water to an area with less water.	
44.	Greenfield Site	This is a zone of land surrounding a city where new building is strictly controlled to try to prevent cities growing too much and too fast.	
45.	Brownfield Site	The investment in the revival of old, urban areas by either improving what is there or clearing it away and rebuilding.	
46.	Push factor	A reason for leaving a settlement.	
47.	Pull factor	A reason to move into a settlement.	
48.	Deindustrialisation	The process of factories closing as a result of changes to industry.	
49.	Redevelopment	Using sites that previously had a factory on them to build new homes or places to work.	
50.	Urban greening	Improving the quality of the built environment by planting more trees and opening green spaces.	



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History - YEAR 7 - L1 Topic: Medieval Britain			RAG
1.	Medieval	The name for the period between the end of the Roman Empire in 410 AD and 1500 (the start of the Early Modern period).	
2.	Diversity	The difference of experience people had in the past, depending on whether they were male/female, rich/poor.	
3.	Rural	Meaning countryside.	
4.	Urban	Meaning those areas that are built up like towns.	
5.	Merchant	A person who would travel between towns selling products.	
6.	Fallow	When a field was left fallow it was left empty so that nutrients could get back into the soil so crops could be grown on it the year after.	
7.	Town Charter	A formal document given by a monarch to a town that gives it rights and privileges (i.e. holding a regular market).	
8.	Tolls	A payment to use a section of road or get through a gate. Merchants had to pay tolls to get into a town.	
9.	Guild	In a town lots of people who did the same job would join a guild (i.e. all the blacksmiths would join the blacksmith guild). You could not trade unless you were part of a guild.	
10.	Freeman	If a villein (lowest form of peasant) hid in a town for a year and a day then they would become a freeman (a peasant that could move freely from his lord's land).	
11.	Noble	A person of high status who owned lots of land and controlled lots of villeins. Also known as Barons and Lords.	
12.	King	The person in charge of England during the medieval period.	
13.	Common land	Land that everybody in the area could use to graze their livestock.	
14.	Livestock	Animals e.g. cattle, sheep, pigs.	
15.	Pottage	A thick vegetable soup, usually without meat.	
16.	Council	A group of people elected to manage a town or city.	
17.	Mayor	The leader of a town elected by the council.	
18.	Export	A product that is sold to another country.	
19.	Tournament	A medieval event in which included knights mounted on horseback jostled with blunted weapons.	
20.	Chivalry	The moral and social code followed by medieval knights.	
21.	Paying homage	When a man publicly showed respect and loyalty to his lord.	
22.	Squire	A young man (aged 14-21), in service to a knight who was training to become a knight himself.	
23.	Dowry	Money that a bride's family give to her husband when she marries, or to a nunnery when she becomes a nun.	
24.	Kingship	The position of being a king, with responsibilities and authority.	
25.	Richard I	King of England 1189 to 1199. Nicknamed the Lionheart.	



History - YEAR 7 - L1 Topic: Medieval Britain			RAG
26.	King John	King of England from 1199 to 1216. Nickname Softsword.	
27.	Why was John considered an evil king?	He was a poor military leader. He lost a lot of England's lands in France. He taxed people unfairly and heavily. He spent money on luxuries.	
28.	Baron	A powerful nobleman who owned land and advised the King.	
29.	Magna Carta	1215, a group of barons forced King John to agree to reducing his power.	
30.	The Black Death	Also known as the Plague, a highly infectious disease that spread across Europe between 1348 and 1349.	
31.	1348	The year the Plague arrived in England	
32.	Weymouth, Dorset	The first place the Plague arrived in England.	
33.	How was it spread?	Infected fleas bit people. Fleas were carried on rats. Rats and people with the illness travelled on land or on ships.	
34.	What did medieval society believe spread the plague?	Miasma (corrupted air); a punishment sent by God for sin; the movement of the planets; poisoned wells by minority groups, especially Jewish people.	
35.	What were the symptoms?	Large buboes that turned black. Your fingers and toes turned black. Coughing and sneezing. High fever and muscle pain.	
36.	Impact	When something is affected by another event.	
37.	Depopulation	When there are a lot less people due to an event (like the Black Death). The percentage depopulated in England due to the Black Death was 33-50%.	
38.	How did people try and cure the Black Death?	-By praying. -By whipping themselves (self-flagellation) to show God how sorry they were. -Placing bald chickens and toads on the buboes to 'transfer' the illness to them. -Drinking vinegar.	
39.	What is the cure for the Black Death?	Antibiotics (not discovered until the twentieth century).	
40.	How did the Black Death change England?	-There were far fewer people left. -Whole villages were deserted. -Peasants felt more powerful.	
41.	1381	The Peasants' Revolt takes place.	
42.	Why did the revolt start?	-Peasants were angry at paying a Poll Tax. -Peasants were angry that the war against France was going badly.	
43.	Poll Tax	A tax where everyone must pay the same amount no matter how much they earned.	
44.	Wat Tyler	The peasant leader of the revolt.	



History - YEAR 7 - L1 Topic: Medieval Britain			RAG
45.	John Ball	A radical preacher who provoked the peasants to revolt.	
46.	King Richard II	King of England 1377-1399. The 14 year old king during the Peasants' Revolt.	
47.	What happened during the Peasants Revolt?	<ul style="list-style-type: none"> -The peasants marched to London. They attacked and beheaded the king's main advisors - the Archbishop and the Chancellor. -The king met with the peasants near London. -The King calmed the peasants down and told them to go home. -The King then sent out soldiers and had the leaders killed. 	
48.	Why was the Peasants Revolt important?	<ul style="list-style-type: none"> -It shows that peasants' attitudes towards society were changing. -It shows that the revolt was a failure, and that the king was still in control. 	



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



DRAMA - Year 7 - Lent			RAG
26.	Intonation	The rise and fall of the voice in speaking.	
27.	Freeze Frame	A single frame forming a motionless image.	
28.	Physical Skills	The use of the body: posture, stance, facial expressions, body language, gesture.	
29.	Vocal Skills	The use of the voice: pitch, pace, accent, tone, projection.	
30.	Creativity	The use of imagination or original ideas to create something; inventiveness.	
31.	Marking a Moment	A dramatic technique used to highlight a key moment in a scene or improvisation using freeze frame, slow motion or music.	
32.	Stage Directions	A written instruction within a script for either actors, technicians and/or designers to follow on stage	
33.	Upstage	The back of the stage/performance area, furthest from the audience	
34.	Downstage	The front of the stage/performance area, nearest to the audience	
35.	Stage Left	The left hand side of the stage, from the actors perspective	
36.	Stage Right	The right hand side of the stage, from the actors perspective	
37.	Centre Stage	The middle of the performance area/stage	
38.	Dialogue	Dialogue is the exchange of spoken words between two or more characters which can be written in a scripted or devised.	
39.	Monologue	Monologue is dialogue spoken by only one actor on stage	
40.	Duologue	Duologue is dialogue between two characters on stage	
41.	Slow Motion	When the actors move or recreate an action very slowly to Mark the Moment within a scene	
42.	Melodramatic	The combination of melody and drama to express exaggerated emotions.	
43.	Comic Relief	A moment where comedy is used to counterbalance a serious piece of theatre.	
44.	Silent Film	A style of film that has no recorded sound or dialogue.	
45.	Stock Characters	An archetypal character who represents a specific stereotype.	
46.	Hero	A courageous character who is sympathised by the audience.	
47.	Exaggeration	A statement or action that represents something as better or worse than it really is.	
48.	Facial Expressions	Using the face to show the emotion that the character is feeling.	
49.	Mime	A theatrical technique of acting without words.	
50.	Villain	A character who causes problems for the hero and is disliked by the audience.	



DRAMA - Year 7 - Lent			RAG
51.	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
52.	Emphasis	Stress given to a word or words when speaking to indicate particular importance.	
53.	Scenario	An outline of a story that gives detail of the plot and individual scenes.	
54.	Slapstick	Comedy based on deliberately clumsy actions and embarrassing events that are funny.	
55.	Performer	A performer might be an actor, singer or dancer, whose job is to perform within a production. They will usually audition in front of the director and a casting director to get their part. They begin their work in the rehearsal room with the director, before performing on stage in front of an audience. They must ensure to maintain a high-quality performance each night, during the run of the show.	
56.	Director	A director is responsible for the overall creative vision of the show. They have to bring the different elements of the production together to produce a cohesive final production, having meetings with the design team at various stages during a production. They will also direct the performers and help them develop their characters in rehearsals ahead of the final performance.	
57.	Costume Designer	A costume designer is responsible for designing the costume, hair and make-up for a production, working closely with the design team to ensure that the costumes match the style of the show. They will often create designs ahead of the production being cast and can then make changes once they have met the performers. The costume designer works closely with the costume department, who are responsible for making the outfits and wigs.	
58.	Lighting Designer	A lighting designer is responsible for designing the lighting within a production, working closely with the director and the design team to create lighting states for atmosphere and mood on stage. The lighting designer will often have an initial idea about how the lighting will look for a show and will then make adjustments during the rehearsal process. Once their design work is complete, technicians will rig and programme the lights.	
59.	Set Designer	A set designer is responsible for designing the set, working closely with the director and the design team to create the world of the show. They may begin by providing the director with a concept, before moving on to the technical drawing stage. Once the design is complete, the set is constructed and completed by various departments that specialise in materials such as metal, wood and paint.	
60.	Sound Designer	A sound designer is responsible for designing the use of sound within a production, eg sound effects or music, working with the 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.	



FOOD TECH - YEAR 7 - L1			RAG
1.	Bacteria	A group of micro-organisms, some of which can cause disease. Bacteria usually multiply by splitting into two and repeating.	
2.	Food Spoilage	When something happens which makes food unsafe to eat.	
3.	Micro-Organism	Tiny plants and animals that are only clearly visible under a microscope.	
4.	Moulds	Tiny organisms related to mushrooms.	
5.	Pathogenic	Something that is capable of causing illness in people.	
6.	Toxins	Another name for poisons; if something is toxic, it is poisonous.	
7.	Contamination	The presence of unwanted substances or bacteria in food.	
8.	Cross Contamination	Transfer of bacteria from one surface or food to another.	
9.	Growth Conditions	The factors bacteria need to multiply (warmth, moisture, time, food).	
10.	Moisture	Water content in food that helps bacteria grow.	
11.	Warmth	Ideal temperature range where bacteria multiply fastest.	
12.	Time	Bacteria multiply quickly if food is left too long in the danger zone.	
13.	Food Source	Nutrients in food that support bacterial growth.	
14.	pH Level	How acidic or alkaline food is; neutral pH encourages bacteria.	
15.	Temperature Danger Zone	5 °C to 63 °C, where bacteria grow rapidly.	
16.	Binary Fission	The process by which bacteria multiply by splitting in two.	
17.	Lag Phase	Initial slow growth stage for bacteria.	
18.	Log Phase	Rapid growth stage when bacteria multiply quickly.	
19.	Stationary Phase	Growth slows as bacteria run out of food.	
20.	Yeast	A microorganism used in baking and fermentation.	
21.	Food Poisoning	Illness caused by eating contaminated food.	
22.	Symptoms	Signs of illness such as vomiting, diarrhoea, and stomach cramps.	
23.	Incubation Period	The time between eating contaminated food and feeling ill.	
24.	High-Risk Foods	Foods that bacteria grow on easily, e.g. cooked meat, dairy.	
25.	Campylobacter	Bacteria from raw poultry causing food poisoning.	



FOOD TECH - YEAR 7 - L1			RAG
26.	Salmonella	Bacteria found in raw meat and eggs.	
27.	E. coli	Bacteria that can cause severe food poisoning from raw meat or unwashed veg.	
28.	Listeria	Bacteria that can grow at fridge temperatures, found in soft cheeses.	
29.	Staphylococcus aureus	Bacteria from skin, nose, or cuts that can contaminate food.	
30.	Bacillus cereus	Bacteria often linked to reheated rice.	
31.	Allergies	Immune reactions to certain foods.	
32.	Food Intolerance	Difficulty digesting certain foods without immune response.	
33.	Hygiene	Practices to keep food, surfaces, and equipment clean.	
34.	Personal Hygiene	Actions such as washing hands and tying back hair.	
35.	Cleaning	Removing dirt and grease.	
36.	Disinfection	Killing bacteria using heat or chemicals.	
37.	Food Safety	Practices to prevent food poisoning.	
38.	Use-by Date	Tells you when food is no longer safe to eat.	
39.	Best-before Date	Indicates food quality, not safety.	
40.	Vulnerable Groups	People more at risk of food poisoning (e.g. babies, elderly, pregnant).	
41.	Recipe	A set of ingredients and instructions for preparing a dish.	
42.	Ingredient	A food item used to make a recipe.	
43.	Portion	A single serving amount of food.	
44.	Scaling Up	Increasing ingredient quantities to make more portions.	
45.	Scaling Down	Reducing ingredient quantities to make fewer portions.	
46.	Ratio	The relationship between amounts of different ingredients.	
47.	Substitution	Replacing one ingredient with another.	
48.	Dietary Need	Adjusting recipes for allergies, intolerances, or preferences.	
49.	Allergy Adaptation	Removing or swapping ingredients to avoid allergens.	
50.	Nutritional Modification	Changing ingredients to make a dish healthier.	



HEALTHY LIVING - YEAR 7 - L1 Training Programme			RAG
1.	Skill-related component of fitness	Refers to your ability to perform physical tasks efficiently as it related to a particular sport.	
2.	Agility	How quickly you can change direction under control and maintain speed (dribbling in basketball)	
3.	Balance	The ability to keep your centre of body mass over your base of support (Gymnastics) a. Static balance- stationary position b. Dynamic balance - whilst in motion	
4.	Coordination	The ability of repeating a pattern or sequence of movement with fluency and accuracy (dribbling in basketball)	
5.	Reaction Time	The ability to react quickly in sport situations (Jumping off the blocks in swimming)	
6.	Power	The combination between strength and speed (Triple jump, Rugby)	
7.	Health-related component of fitness	Refers to your ability to perform physical tasks in your day-to-day activities.	
8.	Muscular Strength	The ability of a muscle to exert force for a short period of time. (Weightlifter)	
9.	Muscular Endurance	The ability of the muscle in the body to repeatedly contract without rest (Rowing)	
10.	Flexibility	The amount of range of movement that you will have around a joint (Gymnastics)	
11.	Aerobic Endurance	The ability to continuously exercise without tiring (Marathon)	
12.	Speed	The ability of the body to move quickly (100m)	
13.	Body composition	The amount of fat mass to fat free mass	
14.	12 minute cooper run	Continuous walk/run for 12 minutes to measure cardiovascular endurance and VO2 max.	
15.	Multi-stage fitness test	Known as the Bleep test, where you complete shuttle runs that get progressively more difficult to measure cardiovascular endurance and VO2 max.	
16.	1 minute press up test	How many press ups can be completed in 1 minute to test muscular endurance.	
17.	1 minute sit up test	How many sit ups can be completed in 1 minute to test muscular endurance	
18.	30 meter sprint test	How fast you can sprint 30m to test speed.	
19.	Hand grip dynamometer test	Squeezing the handgrip with maximum force to test muscular strength.	
20.	1 repetition max test	Maximum weight moved in one rep to test muscular strength	
21.	Flexibility	Stretch and reach as far as possible to test the flexibility.	
22.	Body mass index test	Weight/height squared	
23.	Skinfold test	Estimates percentage of body fat using different sites using skinfold callipers	



HEALTHY LIVING - YEAR 7 - L1 Training Programme			RAG
24.	BIA	Estimates percentage of body fat using electrode attached to right wrist and ankle	
25.	Vertical jump test	Two footed vertical jump with hand in air and touching the wall. The difference between the standing with hand in the air and height touched on the wall to test power.	
26.	Standing jump test	Two footed horizontal jump as far as possible to test power.	
27.	Illinois agility test	Complete a certain route with change of directions in the quickest time possible to test a person agility.	
28.	Stork stand test	Standing on the tip toes of one foot with other foot resting on your knee for as long as possible which test balance.	
29.	Wall throw test	Standing 2m away from the wall throwing and catching the ball in alternate hands for 30 seconds which test co-ordination.	
30.	Ruler drop test	Holding a ruler and then when dropping it, trying to catch it as quickly as possible which test your reaction time.	
31.	Pre-test produces	What needs to be completed before the test can happen including warming up, calibration of test equipment and getting an informed consent form.	
32.	Reliability	Is the repeatability, you should obtain consistent results	
33.	Validity	Is the accuracy of the fitness tests	
34.	Practicality	How easy it is to carry out the tests (cost, time, equipment)	
35.	Specificity	Making training suited to the movements, skills and muscles that are used in an activity.	
36.	Progressive Overload	Gradually making training harder as it becomes too easy.	
37.	Overload	Working harder than normal.	
38.	FITT	Frequency, Intensity, Time, Type.	
39.	Frequency	How often a person trains.	
40.	Intensity	How hard the training is.	
41.	Time	How long the training is.	
42.	Type	The type of training.	
43.	Reversibility	If you stop training, your fitness will reduce.	
44.	Moderation	Taking individual characteristics and circumstances into consideration when training - age, gender, environment, experience.	
45.	Variance	Altering or changing elements of training in order to prevent boredom.	
46.	Static balance	Keeping a stationary position.	
47.	Dynamic balance	Balancing whilst moving.	
48.	Aerobic exercise	Using oxygen to produce energy during low-intensity, long-duration exercise.	
49.	Anaerobic exercise	Not using oxygen to produce energy during high-intensity, short-duration exercise.	

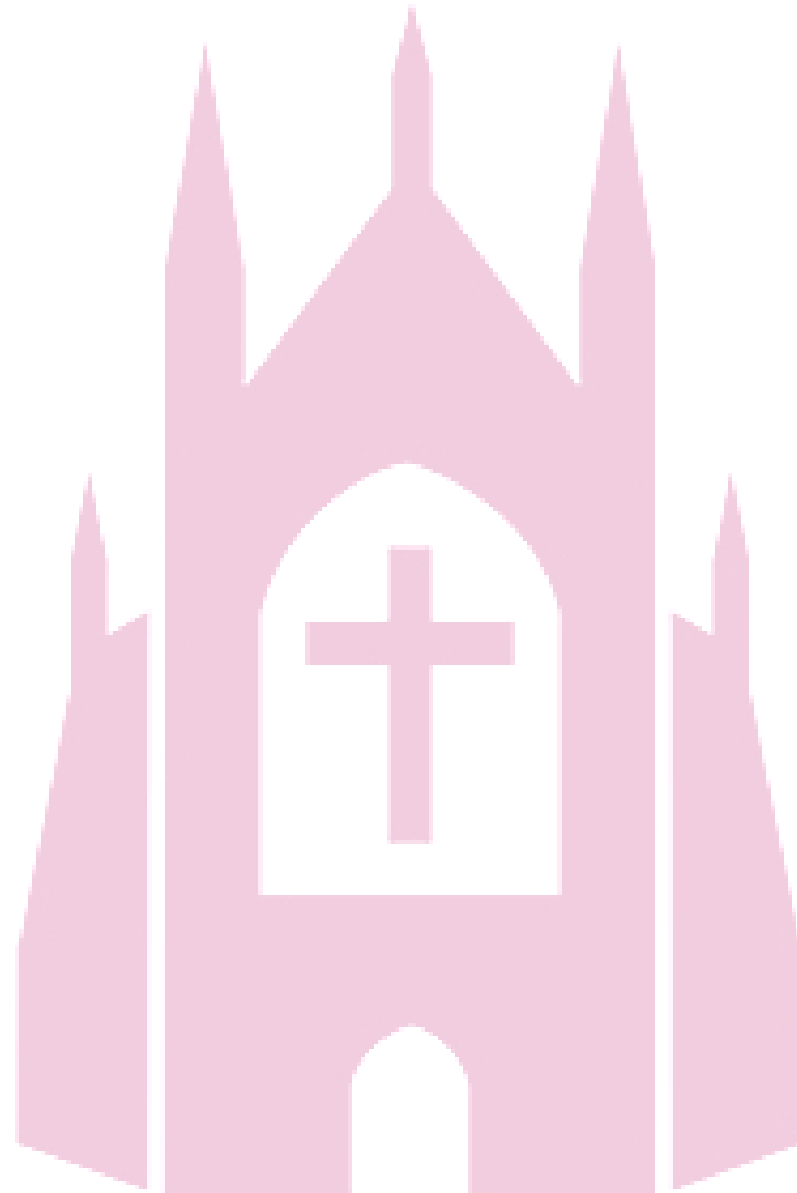


MUSIC - YEAR 7 - Lent			RAG
1.	Instrument	A device created or adapted to make musical sounds	
2.	Orchestra	A large group of people who play various musical instruments together, led by a conductor	
3.	Family	How musical instruments are grouped based on how they make sounds. In an orchestra, musicians sit together in these family groupings	
4.	Celesta	A small keyboard instrument in which felted hammers strike a row of steel plates, giving a bell-like sound	
5.	Timpani	A set of kettledrums (large metal drums with round bottoms) played in an orchestra	
6.	Beat	The ongoing pulse of a piece of music, what you would dance or move your feet to	
7.	Pulse	Another word sometimes used instead of beat	
8.	Rhythm	A pattern of sounds, short and long	
9.	String family	A musical instrument that has strings and that produces sound when the strings are touched or struck	
10.	Cello	A lower-pitched instrument of the string family, held upright on the floor between the legs of the seated player	
11.	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	
12.	Melody	The main 'tune' of a piece of music, what you would be able to hum or sing back	
13.	Sharp	A symbol placed in front of a note which makes the pitch of that note a semitone higher - #	
14.	Duration	How many beats - or fractions of a beat - a note lasts for	
15.	Texture	How the different layers of a piece of music are combined to produce the overall sound	
16.	Notation	Musical ideas written in a common language so that others can understand and play them back	
17.	Woodwind family	Instruments that produce sound by either being blown to make a reed vibrate, or by blowing across a mouthpiece	
18.	Reed	A thin strip of material (often wooden cane) that vibrates to produce a sound in some woodwind instruments	
19.	Clarinet	A woodwind instrument with a single-reed mouthpiece, a cylindrical tube with a flared end, and holes stopped by keys	
20.	Oboe	A woodwind instrument with a double-reed mouthpiece, a slender tubular body, and holes stopped by keys	
21.	Bassoon	A bass woodwind instrument of the oboe family, with a long doubled-back tube, played with a double reed	
22.	Crochet	A musical note with a duration of 1 beat	
23.	Rest	A pause, or silence in the music	



MUSIC - YEAR 7 - Lent			RAG
24.	Quaver	A musical note with a duration of half a beat	
25.	Brass Family	Musical instruments in which sound is created when the air within vibrates in sympathy with the vibration of the player's lips.	
26.	Trumpet	A brass musical instrument with a flared bell and a bright, penetrating tone	
27.	French Horn	A brass instrument with a coiled tube, valves, and a wide bell. It is played with the right hand in the bell.	
28.	Trombone	A large musical instrument of the brass family. It consists of two long oval tubes, one of which can be pushed backwards and forwards.	
29.	Tuba	A large brass instrument capable of playing low pitches	
30.	Time Signature	A pair of numbers at the start of a piece or section that tell you how many beats are in a bar	
31.	Note head	The 'blob' or round part of a written music note	
32.	Stem	The straight line coming out of a music note. This can point up or down	
33.	Percussion	Musical instruments played by striking with the hand, striking with a stick or beater, or by shaking	
34.	Rhythm	A pattern of sounds, short and long	
35.	Beat	The ongoing pulse of a piece of music, what you would dance or move your feet to	
36.	Pitched	An instrument which is able to produce specific musical notes	
37.	Beater	Also known as a mallet, an object used to strike or 'beat' a percussion instrument	
38.	Structure	The order in which different sections of a piece are played	
39.	Section	A 'chunk' of a song, more than one of which are put together to create structure	
40.	Repeat	Playing a section of a piece more than once - a musical repeat has its own symbol	
41.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	
42.	Accuracy	Performing the correct pitches and rhythms to fit with the music's beat and the other performers	
43.	Fluency	Performing without pauses or hesitation - being <i>fluent</i>	
44.	Technique	Using an instrument correctly, including using correct fingers and hand position	
45.	Feedback	Constructive reactions to a performance	
46.	Rehearse	Practise (a play, piece of music, or other work) for later public performance	
47.	Timing	Placing the notes accurately relative to the beat and the other performers	
48.	Solo	One performer playing a single part without others	





Sapere Aude

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

