



# Year 8

# Knowledge Organiser

# L1 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 8, Lent 1 - Commencing Monday 5<sup>th</sup> January

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
L1.1 5 <sup>th</sup> January	KO on Seneca	Geography 1-8	History 1-8	Drama 1-10 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
L1.2 12 <sup>th</sup> January	KO on Seneca	Geography 9-16	History 9-16	Drama 11-20 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
L1.3 19 <sup>th</sup> January	KO on Seneca	Geography 17-24	History 17-24	Drama 21-29 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
L1.4 26 <sup>th</sup> January	KO on Seneca	Geography 25-32	History 25-32	Drama 30-38 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
L1.5 2 <sup>nd</sup> February	KO on Seneca	Geography 33-40	History 33-40	Drama 39-47  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
L1.6 9 <sup>th</sup> February	KO on Seneca	Geography 41-48	History 41-48	Drama 48-56  Music 41-48	RS 41-48  Healthy Living 41-48	Food 41-48
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx

RS - YEAR 8 - L1 The Development of Christianity			RAG
1.	<b>Roman Empire</b>	Christianity became the religion of the Roman Empire in the fourth century.	
2.	<b>Creed</b>	A statement that summarises key Christian beliefs.	
3.	<b>The Nicene Creed</b>	The creed agreed in 431CE by all Christians leaders.	
4.	<b>The Great Schism</b>	The split in Christianity between the West and East in 1054CE.	
5.	<b>Pope</b>	Christians in the West, influenced by Roman law, under the leadership of the Pope.	
6.	<b>Patriarch</b>	Christians in the East, influenced by Greek philosophy, under the leadership of a Patriarch.	
7.	<b>Excommunication</b>	When a person is officially banned from taking part in the religious ceremonies and activities of their church because of serious wrongdoing.	
8.	<b>Eucharist</b>	The central Christian practice where Christians takes bread and wine in remembrance of Jesus.	
9.	<b>Unleavened</b>	Christians in the West used unleavened bread (flat without yeast) in the Eucharist.	
10.	<b>Leavened</b>	Christians in the East used leavened bread served with wine in the Eucharist.	
11.	<b>Constantinople</b>	The base of the Patriarch of the East.	
12.	<b>Michael Cerularius</b>	The Patriarch of the East at the time of the Great Schism.	
13.	<b>Rome</b>	The base of the Pope in the East.	
14.	<b>Leo IX</b>	The Pope in the East at the time of the Great Schism.	
15.	<b>Excommunicate</b>	To be cut off from heaven.	
16.	<b>Denomination</b>	A recognised group of Christians e.g. Catholic.	
17.	<b>Catholic</b>	After the Great Schism Christians in the West became the Catholic or 'worldwide' Church.	
18.	<b>Orthodox</b>	After the Great Schism Christians in the East became the Orthodox or traditional Church.	
19.	<b>Papal Schism</b>	Between 1378 and 1417CE there were several Popes at the same time, each one claiming to be the 'right' one.	
20.	<b>Indulgence</b>	The practice of paying money to a priest to reduce the amount of time the person would spend in purgatory after death for their sins.	
21.	<b>Purgatory</b>	The state after death where the soul is prepared for heaven.	



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22.	<b>Clerical celibacy</b>	Where clergy members (such as priests) choose to remain unmarried and abstain from sexual relationships.	
23.	<b>Marriage</b>	Marriage is a legal and social union between two people.	
24.	<b>Clergy</b>	Priests and monks.	
25.	<b>Printing press</b>	Invented between 1440 and 1450CE.	
26.	<b>Protestant Christianity</b>	Formed from those Christians who protested against the corruption in the Catholic Church.	
27.	<b>Denomination</b>	The different groups within a religion, e.g. Protestantism.	
28.	<b>Eastern Orthodox Church</b>	one of the main branches of Christianity, with its roots in Eastern Europe, Greece, and parts of the Middle East	
29.	<b>Roman Catholic Church</b>	The <b>Roman Catholic Church</b> is the largest Christian church, with its leader being the Pope, who is based in Vatican City	
30.	<b>Wycliffe</b>	John Wycliffe (1330-84) in England argued against indulgences and translated the New Testament into English.	
31.	<b>Printing Press</b>	A machine for printing text or pictures from type or plates.	
32.	<b>Sola Scriptura</b>	The Bible is the only infallible source of authority for Christian.	
33.	<b>Sacred tradition</b>	Important beliefs and practices that have been handed on through the centuries.	
34.	<b>Apostolic Succession</b>	Authority to lead the Church and teach its teachings has been passed down from the apostles	
35.	<b>Luther</b>	Martin Luther (1483-1546) protested against the corruption in the Catholic Church in Germany. He was excommunicated in 1520 and went on to set up his own church, Lutheranism.	
36.	<b>Henry VIII</b>	King Henry VIII (1491-1547) in England broke away from the Catholic Church in order to divorce and remarry and set himself up as Head of the Church in England.	
37.	<b>Monastery</b>	A community of men who live together devoting their lives to God. Henry VIII closed ('dissolved') many monasteries, stripping them of their wealth.	
38.	<b>Mission</b>	The duty of Christians given by Jesus to his followers to go to non-Christians and spread the Gospel message.	
39.	<b>Authority</b>	The power or right to help guide, manage, and set rules for the beliefs.	



RS - YEAR 8 - L1 The Development of Christianity			RAG
40.	<b>Papal Infallibility</b>	When the Pope makes an official and serious statement about faith or morals that applies to the whole Church, he cannot make a mistake.	
41.	<b>Magisterium</b>	The teaching authority of the Catholic Church formed of the Pope and Bishops of the Church	
42.	<b>Scripture</b>	The Bible which is classed as the Word of God, including the teachings of Christ	
43.	<b>Icon</b>	The word "icon" comes from the Greek eikōn, so, "icon" simply means image.	
44.	<b>St Catherine's Monastery</b>	St. Catherine's Monastery is the oldest Christian monastery in the world,	
45.	<b>Venerate</b>	Regard with great respect.	
46.	<b>Byzantine</b>	Relating to Byzantium (now Istanbul), the Byzantine Empire, or the Eastern Orthodox Church.	
47.	<b>Iconoclasm</b>	The destruction of religious works of art.	
48.	<b>Idolatry</b>	Idolatry is the worship of a cult image or "idol" as though it were God.	

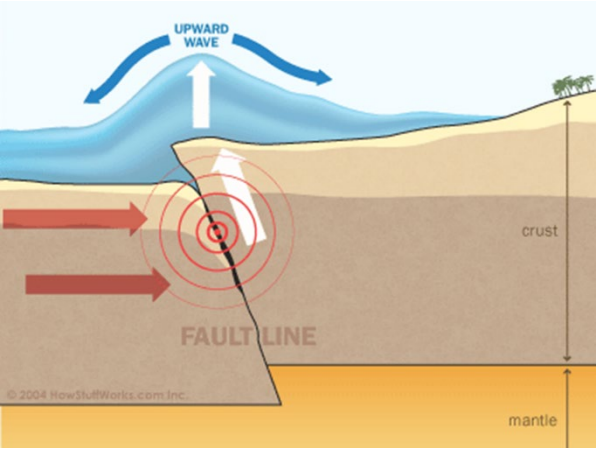


SUBJECT - YEAR - L2 Topic			RAG
1.	<b>The structure of the Earth</b>	The Crust, the Mantle, the inner and outer core.	
2.	<b>The Crust</b>	Varies in thickness (5-10km) beneath the ocean. Made up of several large plates.	
3.	<b>The Mantle</b>	Widest layer (2900km thick). The heat and pressure means the rock is in a liquid state that is in a state of convection.	
4.	<b>The Inner and Outer Core</b>	Hottest section (5000 degrees). Mostly made of iron and nickel and is 4x denser than the crust. Inner section is solid whereas outer layer is liquid.	
5.	<b>Tectonic plates</b>	The crust is divided into tectonic plates which are moving due to convection currents in the mantle.	
6.	<b>Convection Currents</b>	Due to the heating of the mantle by the core, the lower parts of the mantle become less dense and start to rise. As they move towards the crust, they cool, become denser and sink. This movement causes plates to move	
7.	<b>Destructive Plate Margin</b>	When the denser plate subducts beneath the other, friction causes it to <b>melt and become magma</b> . The magma forces its way up to the surface to form a volcano and earthquakes.	
8.	<b>Constructive Plate Margin</b>	Here two plates are <b>moving apart</b> causing new magma to reach the surface through the gap. Volcanoes formed along this crack cause a submarine mountain range such as those in the <b>Mid Atlantic Ridge</b> .	
9.	<b>Conservative Plate Margin</b>	A conservative plate boundary occurs where plates <b>slide past each other</b> in opposite directions, or in the same direction but at different speeds. This is responsible for earthquakes such as the ones happening along the San Andreas Fault, USA.	
10.	<b>Causes of Earthquakes</b>	Earthquakes are caused when two plates become locked causing friction to build up. From this stress, the pressure will eventually be released, triggering the plates to move into a new position.	
11.	<b>Epicentre</b>	The point directly above the focus, where the seismic waves reach first, is called the <b>EPICENTRE</b> .	
12.	<b>Seismic Waves</b>	<b>SEISMIC WAVES</b> (energy waves) travel out from the focus.	
13.	<b>Focus</b>	The point at which pressure is released is called the <b>FOCUS</b> .	
14.	<b>Warning Signs</b>	Small earthquakes are caused as magma rises up. Temperatures around the volcano rise as activity increases. When a volcano is close to erupting it starts to release gases.	
15.	<b>Predicting</b>	Scientists using seismic records as well as satellite information to predict when the next event will occur.	



SUBJECT - YEAR - L2 Topic			RAG
16.	Protection	Building earthquake resistant buildings in order to minimise destruction caused by earthquakes	
17.	Preparation	Creating an exclusion zone around the volcano. Having an emergency supply of basic provisions, such as food. Being ready and able to evacuate residents. Trained emergency services and a good communication system.	
18.	Social impacts	Impacts of a tectonic event that affect humans	
19.	Economic impacts	Impacts of a tectonic event that affect the money and economy of an area	
20.	Environmental impacts	Impacts of a tectonic event that affect the environment	
21.	HIC	High income country	
22.	LIC	Low income country	
23.	Problems in a LIC	<ul style="list-style-type: none"> <li>• No early warning technology available</li> <li>• Too few ambulances, hospitals, nurses and doctors.</li> <li>• Buildings poorly constructed and easily damaged.</li> <li>• Shortage of emergency supplies.</li> </ul>	
24.	Pacific Ring of Fire	Is a path along the Pacific Ocean characterized by active volcanoes and frequent earthquakes	
25.	Mid-Atlantic Ridge	A north-south suboceanic ridge of volcanoes in the Atlantic Ocean from Iceland to Antarctica where several volcanic islands have been created	
26.	Composite volcano	It is COMPOSED of layers of ash and thick lava! These tend to be found by destructive plate boundaries	
27.	Shield volcano	It forms gently and has runny lava, but no ash. This causes it to form gently as the lava is able to move further from the vent before it cools and slow down. These are usually found by constructive boundaries	
28.	Sulphur mining	Extracting sulphur from the earth. Normally found in or near volcanoes	
29.	Fertile soil	Soil which is good for growing crops	
30.	Geothermal energy	Heat from below the earth's surface which is used to generate electricity in some countries. It is a very cheap and environmentally friendly way to create energy.	
31.	Ash Cloud	Small pieces of pulverised rock and glass which are thrown into the atmosphere.	
32.	Gas	Sulphur dioxide, water vapour and carbon dioxide come out of the volcano.	
33.	Lahar	A volcanic mudflow which usually runs down a valley side on the volcano.	



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34.	<b>Pyroclastic Flow</b>	A fast moving current of super-heated gas and ash (1000°C). They travel at 450mph.	
35.	<b>Volcanic Bomb</b>	A thick (viscous) lava fragment that is ejected from the volcano.	
36.	<b>Tsunami</b>	A large wave or series of waves that are caused by an earthquake in the ocean.	
37.	<b>What tectonic plates cause Tsunami?</b>	Destructive plate boundaries. As the plate slip upwards, it releases a large amount of energy into the sea. This creates the tsunami wave  	
38.	<b>How are they caused?</b>	The wave is moving faster in deeper ocean. As the wave nears land, it is squeezed upwards and increases in height. This causes the wave to head inland destroying everything in its path	
39.	<b>2004 Boxing Day Tsunami</b>	Massive earthquake between the Indian Plate and Burma plate which was measured as 9.3 on the Richter scale. This caused a massive Tsunami to fan out across the entire Indian Ocean.	
40.	<b>2004 Boxing Day Tsunami. Where?</b>	The tsunami of December 26, 2004, occurred in the Indian Ocean and impacted several nations including Indonesia, Thailand, Sri Lanka, India, The Maldives, and Somalia, killing over 230,000 people.	
41.	<b>Short Term Effects</b>	Have an immediate impact, which is resolved / finished relatively quickly (within weeks) -	
42.	<b>Long Term Effects</b>	Cause problems that last for a longer period of time, and are often permanent or difficult to resolve -	
43.	<b>Why the area was so badly effected?</b>	<ul style="list-style-type: none"> <li>• One of the most powerful earthquakes ever recorded.</li> <li>• Huge tsunami waves traveling at high speeds across the ocean.</li> <li>• Many coastal areas low lying</li> <li>• Many areas densely populated.</li> <li>• It occurred during the main tourist season.</li> <li>• No early warning system or disaster plans in place.</li> </ul>	
44.	<b>Aid</b>	When help is sent from one country to another in order to save lives, ease suffering and help rebuild a country during and after a disaster.	

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45.	<b>International aid</b>	<ul style="list-style-type: none"> <li>International aid sent in to help - fresh water, water purification tablets, food, sheeting and tents.</li> <li>UK government promised £75 million and public donations of £100 million were also sent.</li> </ul>	
46.	<b>Emergency Relief</b>	Immediate help. To provide rescue for those in danger, safety for survivors and emergency care and food for those in need.	
47.	<b>Short Term Aid</b>	Help over the first few weeks and possibly months. It provides shelter, clothing, food, clean water and medical care for survivors.	
48.	<b>Long Term Aid</b>	This is to help people get back to normal. It includes repairing roads and buildings, providing jobs and preparing disaster plans for the future.	



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DRAMA - YEAR 8 - Lent			RAG
1.	<b>Commedia Dell Arte</b>	A touring theatre company which performed improvised popular comedy in Italian theatres in the 16 <sup>th</sup> - 17 <sup>th</sup> centuries, based on stock characters.	
2.	<b>Stock Character</b>	Characters who represent specific stereotypes. For example, a doctor.	
3.	<b>Slapstick</b>	Type of comedy involving exaggerated violence and activities which exceed the boundaries of common sense - it is very physical.	
4.	<b>Mime</b>	Non-verbal communication. A theatrical technique of suggesting action, character or emotion without words, using only gesture, expression and movement.	
5.	<b>Harlequin</b>	Cheeky, likes to play jokes on people. His half mask is made up of colourful diamond shapes.	
6.	<b>Pantalone</b>	He is an old and mean man. Very greedy and thinks he knows best and will always try and get his own way.	
7.	<b>Capitano</b>	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.	<b>Il Dottore</b>	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.	<b>Colombine</b>	Pretty and intelligent but extremely vain. She moves very quickly in small, dainty steps.	
10.	<b>Pierott</b>	He is naïve and gullible. He has extreme mood swings. He loves everyone and everything.	
11.	<b>The Four Groups of Stock Characters in Commedia Dell Arte</b>	The servants (or Zanni), the old men (or vecchi), the lovers (or innamorati), and the military officers.	
12.	<b>Reason for Masks Used</b>	Each mask has to contain a combination of distinct characteristics to create their specific characters.	
13.	<b>Lazzi</b>	Comedic physical "bits" or moments within the story.	
14.	<b>Physical Qualities of a Character</b>	What makes the character distinctive in relation to their body: big nose, hunchback, figure, hair, clothes, short, tall.	
15.	<b>Improvisation in Commedia Dell Arte</b>	The unique talent of commedia actors was their ability to improvise comedy around a pre-established scenario.	
16.	<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.	
17.	<b>Drama</b>	The activity of acting.	
18.	<b>Stage</b>	A raised floor or platform, typically in a theatre, on which actors, entertainers, or speakers perform.	



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



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



Food Tech - YEAR 8 - L1			RAG
1.	<b>Danger Zone</b>	The temperature range in which bacteria thrive (5°C to 63°C).	
2.	<b>Bacteria</b>	A group of micro-organisms, some of which can cause disease.	
3.	<b>Fermentation</b>	The process when yeasts convert sugars to give off carbon dioxide gas.	
4.	<b>Free Range</b>	Allowing animals outside to roam.	
5.	<b>Cholesterol</b>	Carried in the blood attached to proteins called lipoproteins.	
6.	<b>Calorie (Kcal)</b>	A unit of energy.	
7.	<b>Cross-contamination</b>	The transfer of a substance from one area to another such as bacteria.	
8.	<b>Fairtrade</b>	Giving a fair deal to people who work in some of the poorest countries of the world.	
9.	<b>Vegetarian</b>	A vegetarian eats no meat, poultry or fish and avoids products made from animals.	
10.	<b>Vegan</b>	A person who does not eat any kind of food made from animals.	
11.	<b>Lactose Intolerance</b>	Digestive problem where the body is unable to digest lactose found in dairy products.	
12.	<b>Coeliac</b>	Person who is allergic to wheat.	
13.	<b>Diabetes</b>	A disease that occurs when your blood sugar is too high.	
14.	<b>Pescatarian</b>	A person who does not eat animal products with the exception of fish.	
15.	<b>Rickets</b>	Deficiency of calcium in the bones, reducing bone mass.	
16.	<b>Obesity</b>	Diet-related disease where the body contains too much stored fat.	
17.	<b>First Aid and Safety Equipment</b>	First aid kit, safety and emergency exit signs, fire extinguishers, smoke, gas and carbon monoxide alarms, safety and emergency lighting.	
18.	<b>Chopping Boards</b>	To prevent cross contamination of bacteria from one food to another, different types of food are prepared on specific coloured chopping boards.	
19.	<b>Customer Need</b>	Starts the relationship between a customer and a business.	
20.	<b>Customer Requirements and Expectations</b>	Factors that decide whether or not a customer is satisfied with the service they receive.	
21.	<b>Market Research</b>	Ways of finding out what customers' needs, requirements and expectations are, e.g. surveys, feedback.	
22.	<b>Presentation</b>	The art of modifying, processing, arranging or decorating food to enhance its aesthetic appeal.	
23.	<b>Origin</b>	The point or place where something begins, arises or is derived.	
24.	<b>Fairtrade</b>	Trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers.	
25.	<b>Health and Safety</b>	Regulations and procedures intended to prevent accident or injury in workplaces or public environments.	



Food Tech - YEAR 8 - L1			RAG
26.	<b>Senses</b>	Sight, smell, hearing, taste and touch.	
27.	<b>Appearance</b>	The way that someone or something looks.	
28.	<b>Preservation</b>	The act of protecting something.	
29.	<b>Contaminate</b>	Make (something) impure by exposure to or addition of a poisonous or polluting substance.	
30.	<b>Food Spoilage</b>	The process where a food product becomes unsuitable to ingest by the consumer.	
31.	<b>Knife Skills</b>	A range of cutting skills using a knife to prepare different ingredients.	
32.	<b>Aroma</b>	The smell of something.	
33.	<b>Appetising</b>	Stimulating one's appetite.	
34.	<b>Nutrition</b>	The process of providing or obtaining the food necessary for health and growth.	
35.	<b>Obesity</b>	The state of being overweight according to Body Mass Index for your age, weight and height.	
36.	<b>Journey</b>	An act of travelling from one place to another.	
37.	<b>Diet</b>	The kinds of food that a person, animal or community habitually eats.	
38.	<b>Saturated Fats</b>	A fat that comes from animal food products.	
39.	<b>Unsaturated Fats</b>	A fat or fatty acid in which there is one or more double bond in the fatty acid chain.	
40.	<b>Rubbing In</b>	A technique where flour is rubbed into a fat to make dishes such as shortcrust pastry, crumbles and scones.	
41.	<b>Glucose</b>	A simple sugar which is an important energy source in living organisms and is a component of many carbohydrates.	
42.	<b>Vegetarian</b>	A person who does not eat meat or fish, and sometimes other animal products, especially for moral, religious or health reasons.	
43.	<b>Fermenting</b>	The process of converting carbohydrates to alcohol or organic acids using microorganisms, yeasts or bacteria.	
44.	<b>Ingredients</b>	Any of the foods or substances that are combined to make a particular dish.	
45.	<b>Vegan</b>	A person who does not eat or use animal products.	
46.	<b>Boil (Boiling)</b>	The change of state from liquid to gas that occurs when bubbles of the substance in its gas state form throughout the liquid.	
47.	<b>Boiling Point</b>	The temperature at which a substance boils.	
48.	<b>Simmer</b>	Food staying just below boiling point while bubbling gently.	



HEALTHY LIVING - YEAR 8 - L1 Physical Training			RAG
1.	<b>Specificity</b>	The training must be relevant to the activity/sport Volleyball player looking to improve their power when blocking will focus on plyometric training.	
2.	<b>Overload</b>	Training that works the body harder than normal	
3.	<b>Progression</b>	Training becomes progressively more difficult and adaptations occur.	
4.	<b>Reversibility</b>	Performance deteriorates if training stops or decreases in intensity.	
5.	<b>Tedium</b>	Repeating the same type of training will result in boredom	
6.	<b>Adaptation</b>	During the recovery period - body increases its ability to cope with training loads	
7.	<b>Individual Differences/Needs</b>	Program must be designed to meet your training goals, <ul style="list-style-type: none"> <li>• Needs,</li> <li>• Ability,</li> <li>• Level of fitness,</li> <li>• Skill level</li> </ul>	
8.	<b>Variation</b>	It is important to maintain interest; this helps an individual keep to their training schedule	
9.	<b>Rest and Recovery</b>	Allows the body to repair and adapt - progression will reduce if recovery is not achieved.	
10.	<b>Frequency</b>	The number of training sessions each week. Weight training 3-4 times per week	
11.	<b>Intensity</b>	How difficult the training is including intervals, rest, weight, reps Weight training increasing reps from 10 -15 per station	
12.	<b>Time</b>	How long you train for Weight training for 30 minutes	
13.	<b>Type</b>	What form of training are you completing Strength in weight lifting a performer will complete weight training	
14.	<b>Fitness Testing</b>	Measures your levels of fitness. Provides coach with baseline data to compare to normative data.	
15.	<b>Components of A Warm Up</b>	Pulse raiser, mobility exercises, stretching, dynamic movement, skill rehearsal.	
16.	<b>Components of A Cool Down</b>	Low intensity exercise, stretching.	
17.	<b>Benefits of A Warm Up</b>	Reduces injury, increases muscle temperature, increases oxygen in body.	
18.	<b>Benefits of A Cool Down</b>	Gradually lowers heart rate, removes waste products.	
19.	<b>Aerobic Endurance</b>	The ability of the heart, lungs and blood to transport oxygen during sustained exercise.	
20.	<b>Continuous training</b>	<i>Continuous training is a form of exercise that is performed at a 'continuous' intensity throughout and doesn't involve any rest periods.</i>	
21.	<b>Variety</b>	Is the training method interesting enough	



HEALTHY LIVING - YEAR 8 - L1 Physical Training			RAG
22.	<b>Purpose</b>	The method of training improves the correct component of fitness.	
23.	<b>Cost</b>	Does the method need expensive equipment	
24.	<b>Sport Specific</b>	Adapting the method to suit different sports.	
25.	<b>Safety</b>	Check the area to ensure it is safe.	
26.	<b>Fartlek training</b>	Is a variation of speed/speed play whereas continuous more constant speed/no (little) rest.	
27.	<b>Interval training</b>	Training that involves running at two different intensities i.e. Walk, run.	
28.	<b>Speed</b>	The ability to put body parts into motion quickly.	
29.	<b>HIIT</b>	High intensity interval training	
30.	<b>Hallow sprints</b>	Hollow sprints have hollow periods of jogging or walking in between sprint intervals.	
31.	<b>Acceleration sprints</b>	Acceleration sprints have period of rest and recovery periods in between sprint intervals.	
32.	<b>Weight training</b>	Using free weights/resistance machines to improve muscular strength.	
33.	<b>Circuit training</b>	Stations are set out that train one or more components of fitness. The performer moves from one station to the next with exercise periods and rest periods.	
34.	<b>Plyometric training</b>	High intensity exercise involving explosive movements. The muscle is lengthened and then rapidly shortened to develop the explosive capability of the muscle.	
35.	<b>Stretching</b>	Straighten or extend one's body or a part of one's body to its full length	
36.	<b>Passive stretching</b>	Is where another person or an object is used such as a wall or bench to carry out the stretch.	
37.	<b>Active stretching</b>	Is where the performer applies internal force from another muscle group to stretch and lengthen the muscle, for example when standing and holding the foot to stretch the quadriceps.	
38.	<b>Ballistic stretching</b>	Uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion	
39.	<b>PNF stretching</b>	Requires the help of a partner to provide resistance. Good for beginners or recovering from injury.	
40.	<b>Skill-related component of fitness</b>	Refers to your ability to perform physical tasks efficiently as it related to a particular sport.	
41.	<b>Agility</b>	How quickly you can change direction under control and maintain speed (dribbling in basketball)	
42.	<b>Balance</b>	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	
43.	<b>Coordination</b>	The ability of repeating a pattern or sequence of movement with fluency and accuracy (dribbling in basketball)	



HEALTHY LIVING - YEAR 8 - L1 Physical Training			RAG
44.	<b>Reaction Time</b>	The ability to react quickly in sport situations (Jumping off the blocks in swimming)	
45.	<b>Power</b>	The combination between strength and speed (Triple jump, Rugby)	
46.	<b>Health-related component of fitness</b>	Refers to your ability to perform physical tasks in your day-to-day activities.	
47.	<b>Muscular Strength</b>	The ability of a muscle to exert force for a short period of time. (Weightlifter)	
48.	<b>Muscular Endurance</b>	The ability of the muscle in the body to repeatedly contract without rest (Rowing)	
49.	<b>Flexibility</b>	The amount of range of movement that you will have around a joint (Gymnastics)	
50.	<b>Aerobic Endurance</b>	The ability to continuously exercise without tiring (Marathon)	
51.	<b>Speed</b>	The ability of the body to move quickly (100m)	
52.	<b>Body composition</b>	The amount of fat mass to fat free mass	



Music - YEAR 8 - Lent			RAG
1.	Ukulele	A small four-stringed guitar originating from Hawaii	
2.	Fret	On a stringed instrument, a metal bar next to which the finger is placed in order to change the note	
3.	Neck	The part of a stringed musical instrument extending from the body and supporting the fingerboard and strings	
4.	Bridge	On a stringed instrument, a bar that the strings pass over to transmit vibration (and so sound) to the body	
5.	Body	The largest part of a ukulele or guitar in which the sound resonates to give greater volume	
6.	Note	An individual musical sound which has a pitch and duration (length)	
7.	Pitch	How high or low a musical note is - it is related to the frequency at which an instrument makes the air vibrate	
8.	Interval	The gap or space between the pitches of two notes	
9.	Tuning Peg	A short wooden or metal stick with a flat, rounded end that is turned to make the strings on a musical instrument tighter or looser	
10.	Chord	Three or more different notes that are played together at the same time	
11.	Chord Chart	A diagram showing the finger placement required to perform a chord on a guitar or ukulele	
12.	Major	A 'happy' sounding chord which consists of 3 main notes	
13.	Minor	A 'sad' sounding chord which consists of 3 main notes	
14.	Semitone	The distance in pitch between a note and its nearest neighbour, black or white, on a piano keyboard	
15.	12-bar blues	A pattern of chords which uses 3 different chords and lasts for 12-bars - it is often used in blues songs	
16.	Blues	A genre of music which was developed by African American slaves in the southern United States	
17.	Bar	A small segment of music that contains a certain number of beats, often a group of 4 in popular music	
18.	Beat	The ongoing pulse of a piece of music, what you would dance or move your feet to	
19.	Strumming	To play a stringed musical instrument by running the fingers lightly across the strings	
20.	Accent	When a note (or a chord) is given more emphasis or stress than the notes around it	
21.	Percussive Strum	A "down up down up" strum: on the second "down" you rest your palm against the strings and "mute" them as you strum to stop them ringing	
22.	Sharp	A symbol placed in front of a note which makes the pitch of that note a semitone higher - #	
23.	Flat	A symbol placed in front of a note which makes the pitch of that note a semitone lower - b	



Music - YEAR 8 - Lent			RAG
24.	Rhythm	A pattern of sounds, long and short	
25.	Tab notation	A form of notation used to give visual information as to where notes should be played on the fretboard of an instrument	
26.	Picking	Using a finger or plectrum (pick) to strike a note on a specific string of a guitar or ukulele	
27.	Melody	The main 'tune' of a piece of music, what you would be able to hum or sing back	
28.	Phrase	A passage of notes that work together to create a musical thought, similar to a sentence in English	
29.	Accompaniment	A musical part or parts that support the main idea	
30.	Syncopated	Rhythms in which notes are accented (made strong) that would usually not be accented. Syncopation is often described as being "off-beat"	
31.	Articulation	How notes in a rhythm or melody are grouped and given emphasis	
32.	Tempo	The speed of a piece of music, given either in Italian terms or beats per minute (bpm)	
33.	Structure	The order in which different sections of a piece are played	
34.	Section	A 'chunk' of a song, more than one of which are put together to create structure	
35.	Repeat	Playing a section of a piece more than once - a musical repeat has its own symbol	
36.	Tempo	The speed of a piece of music, given either in Italian terms or beats per minute (bpm)	
37.	Dynamics	The volume of a musical piece or individual part. Italian terms are often used to describe how loud or soft the music is	
38.	Improvise	The act of writing music while you are playing it - being able to create music 'on the spot'	
39.	Blues scale	A set of 6 notes which are often used to make up solos in blues and jazz	
40.	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>	
41.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	
42.	Rehearse	Practise (a play, piece of music, or other work) for later public performance	
43.	Fluency	Performing without pauses or hesitation - being <i>fluent</i>	
44.	Technique	Using an instrument correctly	
45.	Accuracy	Performing using the correct pitches and durations of each note	
46.	Note	An individual musical sound which has a pitch and duration (length)	
47.	Pitch	How high or low a musical note is - it is related to the frequency	

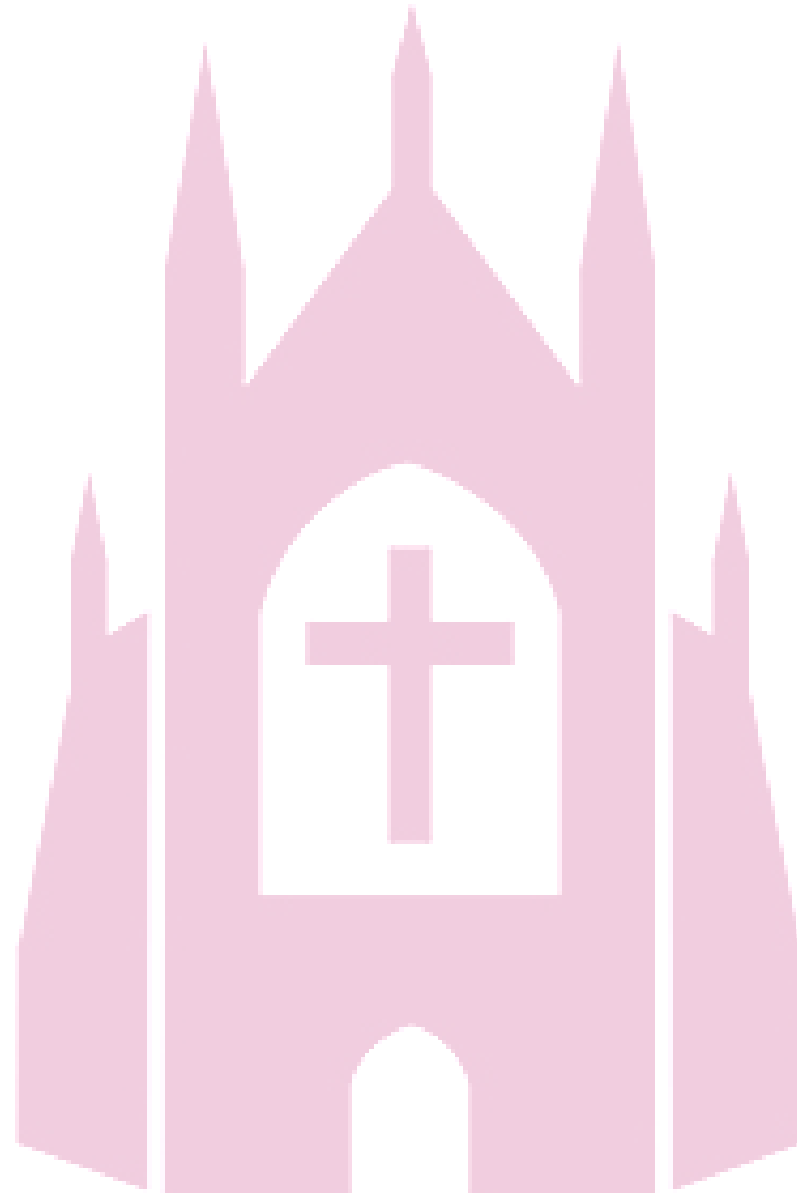


Music - YEAR 8 - Lent			RAG
		at which an instrument makes the air vibrate	
48.	Chord	Three or more different notes that are played together at the same time	



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





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

