



# Year 7

# Knowledge Organiser

# L2 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



Sapere Aude  
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 2 - Commencing Monday 23<sup>rd</sup> February

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
L2.1 23 <sup>rd</sup> February	KO on Seneca	Drama 1-8  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
L2.2 2 <sup>nd</sup> March	KO on Seneca	Drama 9-16  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
L2.3 9 <sup>th</sup> March	KO on Seneca	Drama 17-24  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
L2.4 16 <sup>th</sup> march	KO on Seneca	Drama 25-32  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
L2.5 23 <sup>rd</sup> March	KO on Seneca	Drama 33-40  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

RS - YEAR 7 - L2 Buddhism			RAG
1.	<b>Siddhartha Gautama</b>	Lived and taught in northern India approximately 2,500 years ago. According to tradition he was a prince.	
2.	<b>Lumbini</b>	The birth place of the Buddha, in southern Nepal, close to the border with India.	
3.	<b>Buddha</b>	After he was enlightened Siddhartha Gautama became known as 'Buddha' which means 'the enlightened one', or 'awakened one'.	
4.	<b>Queen Maya's Dream</b>	The Buddha's mother, Queen Maya, had a dream that a white elephant came down from heaven and entered her womb. The elephant told her that she would give birth to a holy child.	
5.	<b>Buddha's Birth</b>	The Buddha was born in Lumbini on Queen Maya's journey to her parents' home. Tradition says she gave birth beneath a sala tree, and the Buddha was born out of her side.	
6.	<b>Buddha's First Steps</b>	According to legend the Buddha could immediately walk and talk. He walked seven steps and with each step a lotus flower sprang up from the earth beneath his feet.	
7.	<b>Buddha's Early Life</b>	Queen Maya died when Siddhartha was just seven days old. He grew up in a palace surrounded by every luxury and protected by his father from any sadness, pain or suffering.	
8.	<b>Age 29</b>	Traditional Buddhist stories says that one day, aged 29, against his father's orders the Buddha went outside the safety and protection of the palace grounds with Channa (his charioteer).	
9.	<b>The First Sight</b>	Old Age: for the first time on his journey away from the palace Siddhartha saw an old man.	
10.	<b>The Second Sight</b>	Illness: for the first time Siddhartha saw a sick man lying at the side of the road.	
11.	<b>The Third Sight</b>	Death: for the first time Siddhartha saw a dead man being carried through the streets in a funeral procession. He realised that death comes to everybody, even kings.	
12.	<b>The Fourth Sight</b>	A holy man (sadhu): Siddhartha saw a contented holy man, who was happy despite being poor and carrying an alms bowl. Siddhartha decided to leave the palace and look for the answer to the problem of why people suffer and how to stop suffering.	
13.	<b>Leaving</b>	Siddhartha left both his wife and his new born son, Rahula, behind. He cut off his hair, took off his rings and bracelets and began his new life.	
14.	<b>Sangha</b>	The Buddhist community.	
15.	<b>The Three Jewels</b>	The Three Jewels of Buddhism are: the Buddha, the dhamma and the sangha. They are often represented by three wheels.	



RS - YEAR 7 - L2 Buddhism			RAG
16.	<b>The Three Watches of the Night</b>	The three realisations that Siddhartha had during the night he became enlightened.	
17.	<b>The First Watch</b>	During the first watch Siddhartha gained a knowledge of his previous lives.	
18.	<b>The Second Watch</b>	During the second watch Siddhartha came to understanding the repeating cycle of birth, death and re-birth.	
19.	<b>The Third Watch</b>	During the third watch Siddhartha came to understand why suffering happens and how to overcome it.	
20.	<b>Touching the Earth</b>	At the end of his 12 hours of meditation under the Bodhi tree Siddhartha touched the earth with his hand and called upon it to witness to his right to sit under the Bodhi tree. The Earth shook in acknowledge to his right and answered 'I am your witness'.	
21.	<b>Enlightenment</b>	Achieving enlightenment is like waking from a dream and seeing things as they really are and the truth behind everything.	
22.	<b>The Bodhi Tree</b>	The sacred fig tree in Bodh Gaya, India, where Siddhartha Gautama achieved enlightenment.	
23.	<b>Nirvana</b>	The state of perfect bliss and happiness reached by those who have achieved enlightenment.	
24.	<b>Ascetic</b>	Living a simple and strict lifestyle with few pleasures or possessions. To start with after his enlightenment the Buddha lived such an extreme ascetic life that he began to ignore his appetite to the extent that he looked like a living skeleton.	
25.	<b>The Middle Way</b>	After accepting a bowl of rice and milk from a girl the Buddha realised that he needed to find a middle way between his contrasting experiences of extreme luxury and asceticism. The Middle Way is the Fourth Noble Truth: neither having too much or too little of anything.	
26.	<b>Samsara</b>	The repeated cycle of birth, life, death and rebirth.	
27.	<b>The Four Noble Truths</b>	In his teaching on The Four Noble Truths the Buddha can be compared to a doctor. When a doctor establishes that you have an illness, he first finds the cause of the illness (the first two noble truths). He then tells you what the cure is (the third noble truth). He then prescribes the cure (the fourth noble truth).	
28.	<b>Dukkha</b>	The First Noble Truth: Life is full of suffering.	
29.	<b>Samudaya</b>	The Second Noble Truth: Suffering is caused by craving.	
30.	<b>Nirodha</b>	The Third Noble Truth: Suffering can end.	



RS - YEAR 7 - L2 Buddhism			RAG
31.	Magga	The Fourth Noble Truth: Suffering can end by following The Middle Way.	
32.	The Three Poisons	Suffering is caused by: ignorance (the pig); greed and desire (the cockerel); anger and hatred (the snake). These stand in the way of a person's enlightenment.	
33.	Anatta	The idea that there is no permanent self or soul, meaning people are always changing.	
34.	Anicca	The Buddhist belief that everything in life is constantly changing and nothing stays the same.	
35.	The Wheel of Life	Represents the cycle of birth, death and rebirth which is always turning like a wheel.	
36.	Yama	In Tibetan paintings Yama, Lord of Death, holds up the Wheel of Life.	
37.	Mandalas	A circular picture used by Tibetan Buddhists to help them focus their attention as they meditate.	
38.	Kushinagara	A city in India where the Buddha died, aged 80.	
39.	The Five Precepts	Buddhists follow five moral guidelines: do not kill, steal, lie, misuse the senses, or take intoxicants.	
40.	The Eightfold Path	The Buddha taught eight steps to end suffering and reach enlightenment, including right speech, right action, and right mindfulness.	
41.	Right View	Understanding the truth about life, suffering, and the path to enlightenment.	
42.	Right Intention	Developing good thoughts and avoiding harmful intentions like greed or hatred.	
43.	Right Speech	Speaking truthfully and kindly, avoiding lies and hurtful words.	
44.	Right Action	Behaving morally by not harming others, stealing, or acting selfishly.	
45.	Right Livelihood	Earning a living in an honest way that does not harm others.	
46.	Right Effort	Always trying to think and act in a positive and helpful way.	
47.	Right Mindfulness	Being aware of your thoughts, feelings, and actions in the present moment.	
48.	Right Concentration	Focusing the mind through meditation to develop inner peace and wisdom.	



History - YEAR 7 - L2			RAG
Topic: The Medieval and Early Modern Period			
1.	Pope	The head of the Catholic Church, he was considered God's living representative on earth.	
2.	Catholic	A form of Christianity which has the Pope as the head of the Church.	
3.	Purgatory	The space between heaven and hell where people, who are not destined for hell, spend time to pay for their sins before they can get into heaven.	
4.	Bishop	A senior member of the Christian clergy.	
5.	Archbishop of Canterbury	The most senior member of the clergy in England.	
6.	Parish	The area around a local church, that would attend the local church and get support from the local priest on religious matters.	
7.	Pilgrimage	A difficult journey to a Holy Place.	
8.	Holy Land	The lands of the Middle East surrounding Jerusalem, modern day Israel, Palestine and Syria.	
9.	Crusade	An armed pilgrimage to recover the holy lands.	
10.	Jerusalem	A city that was considered the centre of Christianity, the city was also a place of religious significance for Muslims.	
11.	The provenance of a source	The information about what type of source it is, who wrote it, when it was made, and why they wrote it.	
12.	The content of a source	What was actually created by the person in the past. E.g. a letter or a painting.	
13.	Holy Sepulchre	The church built above calvary (the place where Jesus was crucified).	
14.	Taking the Cross	The term for when a Christian decided to go on crusade, devoting themselves to the armed pilgrimage.	
15.	Thomas Beckett	The Archbishop of Canterbury from 1162 until 1170. He had been made Archbishop of Canterbury by his friend Henry II.	
16.	Henry II	King of England 1154-1189. He wanted to have greater control over the Church so made is good friend, Thomas Beckett, Archbishop of Canterbury in 1162.	
17.	Interdict	When a Pope punishes an area by banning sacraments.	
18.	Excommunication	When the Pope would exclude someone from the Church.	
19.	Sacraments	The important religious rituals, such as baptism, marriage, burials, and last rites.	
20.	Penance	Going through suffering to purify oneself from the sins that they have committed.	
21.	Canonise	When someone is made into a saint.	
22.	Literacy	Being able to read and write. As not many people were literate in the Middle Ages, they depended on monks to read the bible for them.	
23.	Chronicles	Medieval texts that recorded everything happening at the time. Most of our written records from the medieval	



History - YEAR 7 - L2			RAG
Topic: The Medieval and Early Modern Period			
		period come because the monks wrote these. The monks also made copies of ancient texts which is why we have them now too.	
24.	<b>Monastery</b>	The place where monks live, work and worship.	
25.	<b>Convent</b>	The place where nuns live, work and worship.	
26.	<b>Abbess</b>	The head of a nunnary. The nuns could vote them in.	
27.	<b>Abbott</b>	The head of a monastery.	
28.	<b>Protestant</b>	The Christians that protested against the Pope and the Catholic Church. While they were still Christian, they had their own beliefs about Christianity that was more focused on getting into heaven based on receiving God's grace rather than good deeds.	
29.	<b>Martin Luther</b>	The German priest who became famous for criticising the Catholic Church as corrupt, greedy and devoid of piety.	
30.	<b>Latin</b>	An old language that was used by the Catholic Church (most people could not speak or read Latin but priests could). Bibles were only available in Latin in the Medieval period.	
31.	<b>Vernacular</b>	The language of a given country. So, when bibles were written in the vernacular in Britain, they were being written in English.	
32.	<b>Indulgence</b>	A pardon from the clergy, paid for by the person wanting forgiveness.	
33.	<b>95 Theses</b>	The list of points that Martin Luther nailed to the church door in Wittenberg, Germany, 1517, to criticise the Catholic Church.	
34.	<b>Monarch</b>	The king or queen. In Protestantism a country's monarch was the head of the religion there, not the pope.	
35.	<b>Printing press</b>	The first printers. It allowed for the fast spread of books, specifically those made by Martin Luther and bibles in vernacular.	
36.	<b>Living God</b>	Protestants believed that, instead of the Pope, God's representative on earth was the monarch. They had already been selected to rule by God.	
37.	<b>Clergy</b>	Priests, nuns and those that are part of the church.	
38.	<b>The Reformation</b>	The period in history in which people around Europe began to challenge the authority of the Catholic Church. It led to the Protestant Church.	
39.	<b>The dissolution of the Monasteries</b>	When Henry VIII made a deliberate effort to get rid of monasteries when he broke with Rome. He took a lot of their wealth when he did.	
40.	<b>Vatican City</b>	The tiny independent city inside of Rome where the Pope is in charge and lives.	



History - YEAR 7 - L2			RAG
Topic: The Medieval and Early Modern Period			
41.	<b>Divine Right</b>	The belief that a king or queen was chosen to rule by God.	
42.	<b>Annuled</b>	When a marriage is canceled. Henry VIII annulled his marriage to Catherine of Aragon and Anne of Cleves, the first and fourth wives.	
43.	<b>Succession</b>	The order of the royal family in terms of who will take the throne.	
44.	<b>Heir</b>	The member of the royal family selected to rule after the current monarch dies.	
45.	<b>Sovereignty</b>	The exclusive power of a country or monarch to rule themselves without outside influence.	
46.	<b>Papal Bull</b>	A Pope's order or letter.	
47.	<b>Henry VIII</b>	King of England from 1509 to 1547	
48.	<b>Renaissance</b>	A period of rebirth in which Europe made new discoveries and begun to question the way things had been.	

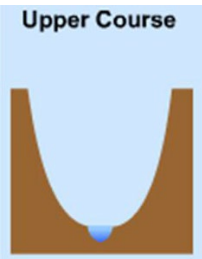

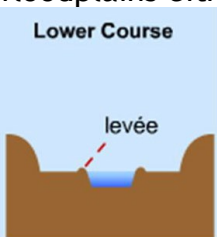


I came to give life - life in all its fullness  
High Expectations - No Excuses



Geography - Year 7 - L2 Rivers			RAG
1.	<b>The Water Cycle</b>	The cycle of processes by which water circulates between the earth's oceans, atmosphere, and land, involving precipitation as rain and snow, drainage in streams and rivers, and return to the atmosphere by evaporation and transpiration.	
2.	<b>Precipitation</b>	Rain, hail, sleet and snow. Anything that falls from the clouds	
3.	<b>Condensation</b>	When water vapour cools and turns into clouds.	
4.	<b>Evaporation</b>	When the sun heats up water from the sea and it goes into the air.	
5.	<b>Groundwater flow</b>	When water flows through the rocks and soil underground.	
6.	<b>Surface run-off</b>	When the water runs off the surface of the ground.	
7.	<b>Transpiration</b>	When the sun heats up water from the leaves of trees.	
8.	<b>River</b>	A river is a large natural stream of water flowing in a channel to the sea.	
9.	<b>Drainage basin</b>	Drainage basins refer to the area of land drained by a major river and its tributaries.	
10.	<b>Watershed</b>	The line which separates two drainage basins.	
11.	<b>Source</b>	The place where the river begins, usually on high land	
12.	<b>Tributary</b>	The name given to a smaller river which will eventually join the main river channel.	
13.	<b>Confluence</b>	The point where the tributary meets the main river.	
14.	<b>Mouth</b>	The end point of the river where it enters the sea.	
15.	<b>Erosion</b>	Erosion is the process that wears away the river bed and banks. Erosion also breaks up the rocks that are carried by the river.	
16.	<b>Abrasion</b>	Pebbles and rocks grind along the river bed this has a sand papering effect making the rocks smaller and rounder.	
17.	<b>Attrition</b>	Rocks that the river is carrying knock against each other and become smaller and more rounded.	
18.	<b>Hydraulic action</b>	The power of the water smashing against the banks, air gets trapped in the cracks and causes the rocks to break apart.	
19.	<b>Solution</b>	Where the water dissolves rocks	
20.	<b>Vertical Erosion</b>	Downwards erosion and it can create deep v-shaped valleys in the upper course of a river.	
21.	<b>Lateral Erosion</b>	Lateral erosion occurs on the outside bend of a river. The river erodes the banks and migrates sideways. This carves out a wider and flatter valley floor.	
22.	<b>Transportation</b>	Transportation is the movement of material across the Earth's surface by water, wind, ice or gravity.	
23.	<b>Suspension</b>	Lighter sediment is carried within the water.	



Geography - Year 7 - L2 Rivers			RAG
24.	<b>Solution</b>	This is the transport of dissolved sediment.	
25.	<b>Saltation</b>	Pebbles are bounced along the river bed.	
26.	<b>Traction</b>	Large heavy pebbles or rocks are rolled along the river bed.	
27.	<b>Deposition</b>	The dropping of material that the river is carrying, this occurs when the river loses energy or when the river meets the sea.	
28.	<b>Long Profile</b>	The shape of the river from source to mouth.	
29.	<b>Channel</b>	The main water course.	
30.	<b>Valley</b>	A valley is an long low area often running between hills or mountains, which will typically contain a river or stream running from one end to the other.	
31.	<b>Upper Course</b>	The upper course has steep sided valleys, thin channels, vertical erosion and more turbulent flow. 	
32.	<b>Middle Course</b>	At the middle course the valley floor starts to develop, the river channel gets wider and more lateral erosion occurs. 	
33.	<b>Lower Course</b>	At the lower course the river channel is at its deepest and widest point, there is a wide valley floor and wide floodplains either side of the river channel. 	
34.	<b>Landform</b>	A landform is a feature on the Earth's surface that is part of the terrain. The processes of erosion and deposition create different river landforms.	
35.	<b>V-Shaped Valley</b>	A steep-sided valley in the shape of a V.	
36.	<b>Waterfall</b>	A step in the long profile of a river usually formed when a river crosses over a hard (resistant) band of rock.	

<b>Geography - Year 7 - L2 Rivers</b>			<b>RAG</b>
37.	<b>Meander</b>	A wide bend in a river.	
38.	<b>Oxbow Lake</b>	An arc-shaped lake on a floodplain formed by a cut-off meander.	
39.	<b>Floodplain</b>	A relatively flat area forming the valley floor either side of a river channel that is sometimes flooded.	
40.	<b>Estuary</b>	The tidal mouth of a river where it meets the sea - wide banks of deposited mud are exposed at low tide	
41.	<b>Levee</b>	A raised bank found on either side of a river, formed naturally by regular flooding or built up by people to protect the area against flooding.	
42.	<b>Flooding</b>	Where the amount of water in a river exceeds river channel capacity and water spills onto the floodplain.	
43.	<b>Deforestation</b>	The removal of trees, this reduces the amount of water taken in by trees this water flows to the river increasing the amount of water in a river so increasing the risk of flooding.	
44.	<b>Urbanisation</b>	The increase of towns and cities. Towns and cities have concrete which cannot absorb water, this excess water travels to rivers increasing the risk of flooding.	
45.	<b>Impact</b>	A marked effect or influence on something.	
46.	<b>Social Factor</b>	The effect on humans.	
47.	<b>Economic Factor</b>	The effects on money.	
48.	<b>Environmental Factor</b>	The effects on the environment/living world.	
49.	<b>Flood Relief Channel</b>	Artificial channels that are used when a river is close to maximum discharge; they take the pressure off the main channels when floods are likely.	
50.	<b>Flood Warnings</b>	Providing reliable advance information about possible flooding.	



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



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



DRAMA - Year 7 - Lent			RAG
54.	<b>Slapstick</b>	Comedy based on deliberately clumsy actions and embarrassing events that are funny.	
55.	<b>Performer</b>	A performer might be an actor, singer or dancer, whose job is to perform within a production. They will usually audition in front of the director and a casting director to get their part. They begin their work in the rehearsal room with the director, before performing on stage in front of an audience. They must ensure to maintain a high-quality performance each night, during the run of the show.	
56.	<b>Director</b>	A director is responsible for the overall creative vision of the show. They have to bring the different elements of the production together to produce a cohesive final production, having meetings with the design team at various stages during a production. They will also direct the performers and help them develop their characters in rehearsals ahead of the final performance.	
57.	<b>Costume Designer</b>	A costume designer is responsible for designing the costume, hair and make-up for a production, working closely with the design team to ensure that the costumes match the style of the show. They will often create designs ahead of the production being cast and can then make changes once they have met the performers. The costume designer works closely with the costume department, who are responsible for making the outfits and wigs.	
58.	<b>Lighting Designer</b>	A lighting designer is responsible for designing the lighting within a production, working closely with the director and the design team to create lighting states for atmosphere and mood on stage. The lighting designer will often have an initial idea about how the lighting will look for a show and will then make adjustments during the rehearsal process. Once their design work is complete, technicians will rig and programme the lights.	
59.	<b>Set Designer</b>	A set designer is responsible for designing the set, working closely with the director and the design team to create the world of the show. They may begin by providing the director with a concept, before moving on to the technical drawing stage. Once the design is complete, the set is constructed and completed by various departments that specialise in materials such as metal, wood and paint.	
60.	<b>Sound Designer</b>	A sound designer is responsible for designing the use of sound within a production, eg sound effects or music, working with the 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 - Year 7 - L2			RAG
1.	<b>Bolognese Sauce</b>	A traditional Italian meat-based sauce originating from Bologna, typically made with minced beef or pork, tomato, onion, carrot, celery, wine, and milk or cream.	
2.	<b>Ragù alla Bolognese</b>	The authentic Italian term for Bolognese sauce, focusing on slow-cooked minced meat with a small amount of tomato.	
3.	<b>Mirepoix</b>	A mixture of diced vegetables (onion, carrot, celery) used as a flavour base in Bolognese and many sauces.	
4.	<b>Simmering</b>	A slow cooking method used in Bolognese preparation to develop depth of flavour over time.	
5.	<b>Umami</b>	A savoury taste often associated with meat-based sauces like Bolognese, enhanced by slow cooking and ingredients such as tomato paste and Parmesan.	
6.	<b>Livestock</b>	Farm animals raised for meat production, such as cattle, pigs, sheep, and poultry.	
7.	<b>Carcass</b>	The body of a slaughtered animal after removal of the head, hide, and internal organs.	
8.	<b>Processing</b>	The series of actions taken to convert raw meat into products like sausages, burgers, or cured meats.	
9.	<b>By-products</b>	Secondary products derived from meat processing, including bones, fats, and hides.	
10.	<b>Traceability</b>	The ability to track the origin, processing, and distribution of meat products through the supply chain.	
11.	<b>Sustainability</b>	Practices in meat production that reduce environmental impact and support animal welfare.	
12.	<b>Animal Welfare</b>	Ethical treatment of animals during farming, transport, and slaughter.	
13.	<b>Food Safety</b>	Procedures that ensure meat products are safe for consumption, including h and temperature control.	
14.	<b>Plant-Based Meat</b>	Products made from plants (e.g., soy, pea protein, mushrooms) designed to mimic the taste and texture of meat.	
15.	<b>Mycoprotein</b>	A protein-rich ingredient made from fungi (e.g., Quorn), used as a meat substitute.	
16.	<b>Cultured Meat</b>	Meat grown from animal cells in a lab, also known as lab-grown or cell-based meat.	
17.	<b>Vegan Protein</b>	Protein sources derived entirely from plants, such as lentils, tofu, or beans.	
18.	<b>Textured Vegetable Protein (TVP)</b>	A soy-based product processed to resemble ground meat, often used in vegetarian Bolognese.	
19.	<b>Flexitarian Diet</b>	A diet that is primarily plant-based but allows for occasional meat consumption.	
20.	<b>Environmental Impact</b>	The effect food production has on the environment; meat alternatives often aim to reduce carbon emissions and water use.	
21.	<b>Nutritional Equivalence</b>	The concept that meat substitutes should provide similar nutrients (protein, iron, B12) to traditional meat.	
22.	<b>Tempeh</b>	A fermented soy product with a firm texture and nutty flavor, used as a meat substitute.	



Food - Year 7 - L2			RAG
23.	<b>Thermometer Probe</b>	A device used to measure the internal temperature of food to ensure it is cooked or stored safely.	
24.	<b>Calibration</b>	The process of checking and adjusting a thermometer to make sure it gives accurate readings.	
25.	<b>Digital Probe Thermometer</b>	A thermometer with an electronic display that shows the temperature quickly and accurately.	
26.	<b>Infrared Thermometer</b>	Measures surface temperature of food without touching it, using infrared technology.	
27.	<b>Air Probe</b>	Used to measure the temperature of the surrounding air in fridges, freezers, or ovens.	
28.	<b>Hygiene Probe Cover</b>	A disposable or reusable cover placed over a probe to prevent cross-contamination between foods.	
29.	<b>Disinfection</b>	Cleaning the probe with an antibacterial wipe or solution before and after use to ensure food safety.	
30.	<b>Safe Cooking Temperature</b>	The minimum internal temperature food must reach to kill harmful bacteria (e.g., 75°C for cooked poultry).	
31.	<b>Danger Zone</b>	The temperature range (5°C-63°C) in which bacteria multiply quickly in food.	
32.	<b>Chilled Storage</b>	Keeping food at temperatures below 5°C to slow bacterial growth.	
33.	<b>Freezer Temperature</b>	The correct storage temperature for frozen food, typically -18°C or below.	
34.	<b>Temperature Control</b>	Monitoring and maintaining safe food temperatures during storage, cooking, and service.	
35.	<b>Food Safety</b>	Practices that ensure food is safe to eat, including correct temperature monitoring.	
36.	<b>HACCP (Hazard Analysis and Critical Control Points)</b>	A food safety system that identifies and controls hazards, including temperature checks as a critical point.	
37.	<b>Probe Sanitising Wipes</b>	Alcohol-based wipes used to clean thermometer probes before and after testing.	
38.	<b>Recording Sheet</b>	A document used to log temperature readings for food safety compliance.	
39.	<b>Accuracy</b>	The degree to which a thermometer's reading reflects the true temperature of the food.	
40.	<b>Response Time</b>	The time a thermometer takes to give a stable reading once inserted into food.	



HEALTHY LIVING - YEAR 7 - L2 M1-L1 revision			RAG
1.	<b>Skill-related component of fitness</b>	Refers to your ability to perform physical tasks efficiently as it related to a particular sport.	
2.	<b>Agility</b>	How quickly you can change direction under control and maintain speed (dribbling in basketball)	
3.	<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	
4.	<b>Coordination</b>	The ability of repeating a pattern or sequence of movement with fluency and accuracy (dribbling in basketball)	
5.	<b>Reaction Time</b>	The ability to react quickly in sport situations (Jumping off the blocks in swimming)	
6.	<b>Power</b>	The combination between strength and speed (Triple jump, Rugby)	
7.	<b>Health-related component of fitness</b>	Refers to your ability to perform physical tasks in your day-to-day activities.	
8.	<b>Muscular Strength</b>	The ability of a muscle to exert force for a short period of time. (Weightlifter)	
9.	<b>Muscular Endurance</b>	The ability of the muscle in the body to repeatedly contract without rest (Rowing)	
10.	<b>Flexibility</b>	The amount of range of movement that you will have around a joint (Gymnastics)	
11.	<b>Aerobic Endurance</b>	The ability to continuously exercise without tiring (Marathon)	
12.	<b>Speed</b>	The ability of the body to move quickly (100m)	
13.	<b>Body composition</b>	The amount of fat mass to fat free mass	
14.	<b>Health</b>	A state of complete physical, mental and social well-being and not merely the absence of disease.	
15.	<b>Fitness</b>	To be able to carry out life's activities without getting tired. The ability to meet the demands of your environment.	
16.	<b>Well-being</b>	A state of being comfortable, healthy and happy. These can be divided into the 3 areas of physical well-being, emotional/mental well-being and social well-being.	
17.	<b>Physical well-being</b>	Being able to complete daily tasks without tiring.	
18.	<b>Social well-being</b>	Being able to interact with a range of people and having a sense of belonging. Having respect, empathy and tolerance of others.	
19.	<b>Emotional/mental well-being</b>	Having good self-esteem and self-respect Being able to recognise and express feelings	
20.	<b>Sedentary Lifestyle</b>	A lifestyle that is inactive and involves sitting down.	
21.	<b>Obesity</b>	The state of being grossly fat or overweight. Above 30 on the BMI scale.	
22.	<b>Heart disease</b>	Flow of oxygenated blood to the hearts muscle is blocked or reduced.	
23.	<b>Hypertension</b>	High blood pressure.	



HEALTHY LIVING - YEAR 7 - L2 M1-L1 revision			RAG
24.	Diabetes	A person's blood sugar level becomes too high.	
25.	Depression	Feeling persistently sad for weeks or months.	
26.	Balanced Diet	Ensuring you have a balance of all the nutrients needed to maintain good health. This should include carbohydrates, proteins, vitamins & minerals, good fats, fibre and water.	
27.	Regular Exercise	The UK government recommends children aged 5-18 should participate in moderate to vigorous exercise for 60 minutes every day.	
28.	Smoking	Smoking can harm your heart, lungs, blood circulation and can cause cancer.	
29.	Alcohol	The negative effects of alcohol are liver damage, vomiting, blurred vision and slurred speech.	
30.	Stress Management	Being able to cope with the daily demands of stress. Recognising the signs and symptoms of stress and how physical activity can help you cope with them.	
31.	Drugs	A drug is a substance that has an effect on the body.	
32.	Depressant	Slows down nerve and brain activity.	
33.	Hallucinogen	Alters what we see and hear.	
34.	Painkiller	Blocks nerve impulses.	
35.	Performance enhancing drug	Improves sporting performance. For example, anabolic steroids increase muscle mass.	
36.	Stimulant	Increase nerve and brain activity.	
37.	HIIT	High intensity interval training	
38.	Muscular Hypertrophy	When the muscles increase in size.	
39.	Balanced diet	A balanced diet contains the different nutrients in the <b>correct amounts</b> to keep us healthy.	
40.	Imbalanced diets	Imbalanced diets can cause <b>obesity, starvation and deficiency</b> diseases.	
41.	Eatwell plate	A balanced diet includes different foods from each of the <b>five main food groups</b> - carbohydrates, fat, protein, fruit and vegetables and dairy.	
42.	Carbohydrates	Provides quick and efficient energy for movement.	
43.	Fats	Provides energy very slowly, protects vital organs and help prevent heat loss.	
44.	Protein	Repair, growth and efficient working of all the body tissues.	
45.	Minerals	Essential for many processes such as bones growth/strength, nervous system, red blood cells, immune system.	
46.	Vitamins	Vital for the production of energy, the prevention of disease and the working of the metabolism.	
47.	Fibre	Effective bowel function and health digestion.	
48.	Water	The body needs to be <b>hydrated</b> to stay healthy. Failing to replace lost fluids can result in dehydration. This is a more serious condition than lack of food.	



**HEALTHY LIVING - YEAR 7 - L2**  
**M1-L1 revision**

**RAG**

<b>49.</b>	<b>Energy expenditure</b>	The amount of energy you get from your food compared to the amount of energy you need.	
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I came to give life – life in all its fullness  
High Expectations – No Excuses



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	





John 10:10

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



Sapere Aude