



# Year 8

# 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 8, Lent 1 - Commencing Monday 23<sup>rd</sup> February

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
L2.1 23 <sup>rd</sup> February	KO on Seneca	Geography 1-8	History 1-8	Drama 1-8 Music 1-8	RS 1-8 Healthy Living 1-8	Food 1-8
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
L2.2 2 <sup>nd</sup> March	KO on Seneca	Geography 9-16	History 9-16	Drama 9-16 Music 9-16	RS 9-16 Healthy Living 9-16	Food 9-16
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
L2.3 9 <sup>th</sup> March	KO on Seneca	Geography 17-24	History 17-24	Drama 16-24 Music 17-24	RS 17-24 Healthy Living 17-24	Food 17-24
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx
L2.4 16 <sup>th</sup> march	KO on Seneca	Geography 25-32	History 25-32	Drama 25-32 Music 25-32	RS 25-32 Healthy Living 25-32	Food 25-32
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
L2.5 23 <sup>rd</sup> March	KO on Seneca	Geography 33-40	History 33-40	Drama 33-40  Music 33-40	RS 33-40  Healthy Living 33-40	Food 33-40
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet	Science - Sparx

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.	
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.	



RS - YEAR 8 - L1 The Development of Christianity			RAG
24.	Clergy	Priests and monks.	
25.	Printing press	Invented between 1440 and 1450CE.	
26.	Protestant Christianity	Formed from those Christians who protested against the corruption in the Catholic Church.	
27.	Denomination	The different groups within a religion, e.g. Protestantism.	
28.	Eastern Orthodox Church	one of the main branches of Christianity, with its roots in Eastern Europe, Greece, and parts of the Middle East	
29.	Roman Catholic Church	The <b>Roman Catholic Church</b> is the largest Christian church, with its leader being the Pope, who is based in Vatican City	
30.	Wycliffe	John Wycliffe (1330-84) in England argued against indulgences and translated the New Testament into English.	
31.	Printing Press	A machine for printing text or pictures from type or plates.	
32.	Sola Scriptura	The Bible is the only infallible source of authority for Christian.	
33.	Sacred tradition	Important beliefs and practices that have been handed on through the centuries.	
34.	Apostolic Succession	Authority to lead the Church and teach its teachings has been passed down from the apostles	
35.	Luther	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.	Henry VIII	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.	Monastery	A community of men who live together devoting their lives to God. Henry VIII closed ('dissolved') many monasteries, stripping them of their wealth.	
38.	Mission	The duty of Christians given by Jesus to his followers to go to non-Christians and spread the Gospel message.	
39.	Authority	The power or right to help guide, manage, and set rules for the beliefs.	
40.	Papal Infallibility	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.	Magisterium	The teaching authority of the Catholic Church formed of the Pope and Bishops of the Church	
42.	Scripture	The Bible which is classed as the Word of God, including the teachings of Christ	



RS - YEAR 8 - L1 The Development of Christianity			RAG
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.	



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High Expectations – No Excuses



Geography - Year 8 - L2 Geology			RAG
1.	<b>Rocks</b>	Rocks are solid mineral material forming part of the surface of the earth and other similar planets, exposed on the surface or underlying the soil.	
2.	<b>Igneous Rock</b>	Formed from magma, either erupted from a volcano or cooled below ground. Examples: basalt, granite, pumice.	
3.	<b>Metamorphic Rock</b>	A rock which has re-crystallised due to heat and/or pressure. Examples: marble, slate, schist	
4.	<b>Sedimentary Rock</b>	Any rock made up of sediment grains. Examples: mudstone, sandstone, limestone, rock salt, coal.	
5.	<b>Metamorphism</b>	Process of changing rocks through heat and/or pressure	
6.	<b>Rock Cycle</b>	An idealised cycle of processes undergone by rocks in the earth's crust, involving erosion, transportation, deposition as sedimentary rock and metamorphism.	
7.	<b>Weathering</b>	Weathering is the breaking down of rocks and soils through contact with the Earth's atmosphere, water, and biological organisms.	
8.	<b>Erosion</b>	Breakdown and removal of rock material by flowing water, wind, or moving ice.	
9.	<b>Transport</b>	Movement of sediment by water, wind or glacier ice.	
10.	<b>Deposition</b>	Process of settling out of sediment grains from water or wind (usually as flow slows down) or ice (as it melts).	
11.	<b>Sedimentation</b>	The process of settling or being deposited as a sediment.	
12.	<b>Compaction</b>	The exertion of force on something so that it becomes denser.	
13.	<b>Deformation</b>	Where forces acting on rocks change their shape through folding, faulting and re-crystallisation	
14.	<b>Uplift</b>	When a region is literally lifted up as the crust is squeezed by tectonic forces or, sometimes, following the melting of ice sheets.	
15.	<b>Physical Weathering</b>	Mechanical breakdown of rock material at the surface, e.g. by changes in temperature.	
16.	<b>Freeze-thaw (physical)</b>	Weathering process where water seeps into cracks, freezes and expands, gradually wedging open cracks until the rock breaks.	



Geography - Year 8 - L2 Geology			RAG
17.	Onion skin (physical)	When a rock is heated it expands and when it cools it contracts. Over time, as this process is repeated it causes small pieces of rock to peel off like onion skin.	
18.	Chemical Weathering	Breakdown of rock (see weathering) by chemical reaction with air, water and dissolved acids.	
19.	Solution (chemical)	Chemical weathering process where water (usually slightly acidic) dissolves away rock material, especially limestone.	
20.	Acid rain (chemical)	When the sulphur dioxide dissolves in the water in the clouds, it makes acid rain - rainwater that is more acidic than normal. Acid rain harms fish and trees, but it also makes chemical weathering happen more quickly.	
21.	Biological weathering	Breakdown of rock (see weathering) by the action of bacteria, plants and animals.	
22.	Geology	Geology is the study of the Earth, the materials of which it is made, the structure of those materials, and the processes acting upon them.	
23.	Hard rock	Harder and more resistant types of rocks which are harder to erode, often resulting in mountainous landscapes.	
24.	Soft rock	Softer and less resistant rocks which are easier to erode often resulting in flat landscapes.	
25.	Jurassic Coast	The Jurassic Coast is a World Heritage Site on the south coast.	
26.	Fossils	The remains or impression of a prehistoric plant or animal embedded in rock and preserved in petrified form.	
27.	Limestone	A hard sedimentary rock, composed mainly of calcium carbonate or dolomite, used as building material and in the making of cement.	
28.	Limestone pavements	A horizontal area of bare limestone, consisting of large blocks (clints) separated by deep eroded cracks (grikes).	
29.	Stalagmite	A mound or tapering column rising from the floor of a cave, formed of calcium salts deposited by dripping water	
30.	Stalactite	A stalactite is a type of formation that hangs from the ceiling of caves formed of calcium salts deposited by dripping water.	



Geography - Year 8 - L2 Geology			RAG
31.	<b>Quarrying</b>	A quarry is a type of open pit mine in which stone, rock, sand, gravel, or slate is removed from the ground.	
32.	<b>Gorge</b>	A gorge is a narrow valley between hills or mountains, typically with steep rocky walls and a stream running through it.	
33.	<b>Cheddar Gorge</b>	Cheddar Gorge is a limestone gorge in Somerset, England.	
34.	<b>Tourism</b>	Tourists are people who travel away from their homes for pleasure.	
35.	<b>Overcrowding</b>	Too many visitors can destroy the environment that many people have come to see.	
36.	<b>Footpath erosion</b>	A common impact in many rural areas which attract visitors. Path can be created/trampled by visitors causing scars to appear on the ground.	
37.	<b>Minerals</b>	naturally occurring inorganic substances with a specific chemical composition and crystal structure	
38.	<b>Magma</b>	molten rock beneath the Earth's surface	
39.	<b>Lava</b>	molten rock that has erupted onto the Earth's surface	
40.	<b>Crystallisation</b>	the process by which molten magma or lava cools and solidifies to form crystals	
41.	<b>Intrusive igneous rock</b>	igneous rock that cools slowly beneath the Earth's surface, forming large crystals (e.g. granite)	
42.	<b>Extrusive igneous rock</b>	igneous rock that cools quickly at the Earth's surface, forming small crystals (e.g. basalt)	
43.	<b>Cementation</b>	the process by which sediments are glued together by minerals to form sedimentary rock	
44.	<b>Carbonation</b>	a type of chemical weathering where carbonic acid in rainwater reacts with calcium carbonate in limestone	
45.	<b>Strata</b>	layers of sedimentary rock laid down over time	
46.	<b>Permeable rock</b>	rock that allows water to pass through it	
47.	<b>Impermeable rock</b>	rock that does not allow water to pass through it	
48.	<b>Fault</b>	a crack in the Earth's crust along which movement has occurred	
49.	<b>Folding</b>	the bending of rock layers due to compressional forces in the Earth's crust	



Geography - Year 8 - L2 Geology			RAG
50.	<b>Tectonic forces</b>	forces caused by the movement of tectonic plates that deform the Earth's crust	



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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.	
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.	



DRAMA - YEAR 8 - Lent			RAG
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.	
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	



DRAMA - YEAR 8 - Lent			RAG
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	



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HEALTHY LIVING - YEAR 8 - L2 M1-L1 revision			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.	



HEALTHY LIVING - YEAR 8 - L2 M1-L1 revision			RAG
20.	<b>Continuous training</b>	<i>Continuous training</i> is a form of exercise that is performed at a 'continuous' intensity throughout and doesn't involve any rest periods.	
21.	<b>Health</b>	A state of complete physical, mental and social well-being and not merely the absence of disease.	
22.	<b>Fitness</b>	To be able to carry out life's activities without getting tired. The ability to meet the demands of your environment.	
23.	<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.	
24.	<b>Physical Well-Being</b>	Being able to complete daily tasks without tiring.	
25.	<b>Obesity</b>	The state of being grossly fat or overweight. Above 30 on the BMI scale.	
26.	<b>Type 2 Diabetes</b>	Physical activity increases the amount of glucose used by the muscles for energy, so it helps lower blood glucose levels. Being active also helps the body to use insulin more efficiently and regular activity can help reduce the amount of insulin diabetics have to take.	
27.	<b>Posture</b>	Physical activity helps strengthen the core or postural muscles and mobilises the spine, keeping it flexible and alleviating back pain. Exercise also increases awareness of body position and improves motivation and confidence which can help with posture.	
28.	<b>Fitness</b>	Regular physical activity improves fitness so the body is more resilient and less prone to injury in both sport and everyday life. The ability to withstand and recover from illness is also related to fitness.	
29.	<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.	
30.	<b>Friendship</b>	Friendships increase as participants make friends with other members of the club, group or class.	
31.	<b>Belonging to a group</b>	Feeling of belonging gained from a common experience or shared activity.	
32.	<b>Loneliness</b>	Sadness because one has no friends or company.	
33.	<b>Emotional/Mental Well-Being</b>	Having good self-esteem and self-respect. Being able to recognise and express feelings	
34.	<b>Self-esteem and Confidence</b>	Completion or success in an activity can give a sense of satisfaction. Self-esteem is increased by doing well or sticking to an exercise or training routine.	
35.	<b>Stress management</b>	Exercise and physical activity can be enjoyable. Dynamic exercise or more intense physical activity can relieve tension and stress.	
36.	<b>Image</b>	When people exercise they may feel happier due to a release of endorphins into the body and see the long term health benefits on their appearance.	



HEALTHY LIVING - YEAR 8 - L2 M1-L1 revision			RAG
37.	<b>Sedentary Lifestyle</b>	A lifestyle that is inactive and involves sitting down.	
38.	<b>Injury</b>	An injury is damage to your body.	
39.	<b>Chronic injury (overuse injury)</b>	Chronic injuries are those that develop over a long period of time are caused by continued and repeated stress to a particular area of the body.	
40.	<b>Shin Splints</b>	Shin splints is a type of shin pain, usually caused by exercise.	
41.	<b>Tennis elbow</b>	Tennis elbow is a condition that causes pain around the outside of the elbow.	
42.	<b>Tendonitis</b>	Tendonitis is when a tendon swells (becomes inflamed).	
43.	<b>Sever's disease</b>	Sever's disease can be common in physically active children where they have a pain in the heel from the inflammation of growth plates.	
44.	<b>Osgood-Schlatter's disease</b>	Osgood-Schlatter's disease is a pain in the knee which occurs in children as a result of growth spurts	
45.	<b>RICE</b>	Rest, Ice, Compression and Elevation	
46.	<b>Rest</b>	Stop activity to prevent further injury	
47.	<b>Ice</b>	Apply an ice pack to reduce blood flow, pain and swelling.	
48.	<b>Compression</b>	Wrap a bandage tightly around the area to reduce internal bleeding and swelling.	
49.	<b>Elevation</b>	Raise the injury above heart level to reduce swelling and throbbing.	
50.	<b>Acute injury</b>	Acute injuries are those that happen quickly and are caused by sudden impacts or trauma to the body.	
51.	<b>Fractures</b>	A fracture is a partial or complete break in a bone. There are two types of fractures: open and closed.	
52.	<b>Closed fracture</b>	Closed fractures have very little damage to the surrounding tissue because the bone has hardly moved.	
53.	<b>Open fracture</b>	Open fractures are when there is considerable damage to the tissue because the fractured bone has broken through the skin. They have high risk of infection.	
54.	<b>Concussion</b>	Concussion is caused by impacts to the head, either from a collision or contact with the group, piece of equipment or other people.	
55.	<b>Abrasions</b>	An abrasion is an acute injury involving surface damage to the skin (cuts and grazes).	
56.	<b>Contusions</b>	Contusion (bruising) are very common in physical activity and are often the result of colliding with another player or piece of equipment, falling, tackling or tripping.	
57.	<b>Blisters</b>	Blisters are a defence mechanism that help to repair skin damage caused by friction.	



History - YEAR 8 - L2 Topic: British Imperialism			RAG
1.	Mughal	A Muslim dynasty that lasted for seven generations and ruled most of northern India from the 1500s to the 1700s.	
2.	Dynasty	When there have been successive rulers of a country from one family.	
3.	Civilisation	A group of people with their own languages and way of life.	
4.	GDP (Gross Domestic Product)	The total money being made by a country.	
5.	Taj Mahal	An Islamic religious building, mosque and tomb built in the 17 <sup>th</sup> century, in India by Mughal King Shah Jahan in memory of his wife.	
6.	Meritocracy	A society in which people are chosen and moved into positions of success, power, and influence on the basis of their abilities and merit.	
7.	Rupee	The standard unit of money used in India.	
8.	Nawab	A Muslim ruling prince or powerful landowner in India.	
9.	Interpretation	A historian's view of the past that they have created using contemporary sources.	
10.	Contemporary Sources	Pieces of information made by people who were alive at the time being studied (e.g. letters, portraits, ruins)	
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.	The accuracy of a source	This is how valid the historian think the meaning in the source is. A historian will compare what the source says to see how accurate they think the source is.	
14.	Representative	The idea that a source from a period in history may represent a certain group. E.g the rich or the poor.	
15.	The weight of a source	This is how much credibility a source has. E.g. if a historian said a source holds a lot of weight, what they are saying is it is reliable and accurate.	
16.	Rajah	An Indian King or Prince.	
17.	Akbar the Great	Mughal emperor of India (1556-1605) who conquered most of northern India and exercised religious tolerance.	
18.	Emperor/Empress	A man or woman who runs an empire.	
19.	East India Company	A company employed by the English government in 1600 to carry on trade in the 'East Indies' (the modern day countries surrounding the Indian Ocean).	
20.	Empire	A term used to describe a group of territories ruled by one single ruler or state.	
21.	Robert Clive	An adventurer who saw great military success in India.	
22.	Battle of Plassey	A battle fought between the East India Company force headed by Robert Clive and Siraj-Ud-Daulah (Nawab of Bengal).	



History - YEAR 8 - L2 Topic: British Imperialism			RAG
23.	<b>Monopoly</b>	When one group or company has complete control over a service or product within a given area.	
24.	<b>Credible sources</b>	A credible source must be a reliable source that provides information that one can believe to be true.	
25.	<b>Governance</b>	The act or process of governing or overseeing the control and direction of something.	
26.	<b>Independence</b>	When a country, person, nation or state seeks to gain self governance.	
27.	<b>Cultural customs</b>	A custom is a widely accepted way of doing something, specific to a particular society, place or time, and that has developed through repetition over a long period of time. E.g. British people drinking tea or eating fish and chips.	
28.	<b>Interpretation</b>	A historian's view of the past that they have created using contemporary sources.	
29.	<b>The Crown</b>	Is the headware worn by a monarch to show royal power. But also be used as a term to describe the office of the monarch. E.g. that land is owned by the crown. (meaning it is owned by the king).	
30.	<b>Mutiny</b>	When a group of people get together to openly oppose, change, or remove the people or person in authority.	
31.	<b>Rebellion</b>	When people refuse to obey orders and fight against authority.	
32.	<b>Culture</b>	All the ways of life including arts, beliefs and institutions of a population that are passed down from generation to generation, eg literature, cinema, music.	
33.	<b>Demonstrations</b>	When a lot of people come together to show others that they strongly like or are against an idea or event.	
34.	<b>Non violent direct action</b>	This is a form a peaceful protest in which people do things they are not allowed, or refuse to do things they have been asked to.	
35.	<b>Gandhi</b>	Indian lawyer, politician, social activist, and writer who became the leader of the nationalist movement against the British rule of India.	
36.	<b>World War II</b>	A global conflict between 1939 and 1945. India was drawn into the war as part of the British Empire. Also called the Second World War.	
37.	<b>The Second World War</b>	Another name for World War II. A global conflict between 1939 and 1945. India was drawn into the war as part of the British Empire.	



History - YEAR 8 - L2 Topic: British Imperialism			RAG
38.	<b>Government of India Act 1935</b>	A law which established Indian Federations, providing elections and more power for Indian rule away from British control.	
39.	<b>Hind Swaraj</b>	A book written by Gandhi where he criticised British rule.	
40.	<b>Ashram</b>	A place someone retreats to for spiritual reasons, often includes meditating and prayer.	
41.	<b>Spinning wheel</b>	A type of handpowered wheel that spun cotton. Gandhi encouraged other Indians to spin their cotton to boycott British made clothing.	
42.	<b>Partition</b>	The action of parting countries. Seen in India with the formation of East and West Pakistan.	
43.	<b>Indian National Congress</b>	A political party founded in 1885. Based on the idea of the creation of one independent Indian nation that was free of British rule.	
44.	<b>Viceroy</b>	The person who ran India for the British King or Queen.	
45.	<b>Lord Curzon</b>	A British diplomat who became Viceroy of India from 1899 to 1905.	
46.	<b>The Salt March</b>	Major non-violent protest action in India, in 1930, led by Gandhi against the British government's tax on salt.	
47.	<b>British Raj</b>	The rule of the British Crown over South Asia and some nearby areas from 1858 to 1947.	
48.	<b>Dominion Status</b>	When a country is still part of the British Empire but is still allowed to rule itself.	



FOOD- YEAR 8 - L2			RAG
1.	<b>Preserve</b>	Maintain (something) in its original or existing state.	
2.	<b>Ingredients</b>	Substance that forms part of a mixture.	
3.	<b>Nutrients</b>	Compounds in foods essential to life and health, providing us with energy and the building blocks for repair and growth.	
4.	<b>Fermenting</b>	The process of converting carbohydrates to alcohol or organic acids using microorganism (yeasts or bacteria) under anaerobic conditions.	
5.	<b>Culture</b>	The ideas, customs and social behaviour of particular people or society.	
6.	<b>Food Trends</b>	What is popular in society in relation to food.	
7.	<b>Fashionable</b>	What is popular in society in relation to food, technology, clothing etc.	
8.	<b>Prepare</b>	To organise and sort before next stage.	
9.	<b>Commodities</b>	A raw material or primary agricultural product that can be bought and sold, such as copper or coffee.	
10.	<b>Practical</b>	Hands on with something.	
11.	<b>Theory</b>	To explain something.	
12.	<b>Balanced Diet</b>	Where someone consumes the five categories from the Eatwell Guide, leading a healthy lifestyle.	
13.	<b>Carbohydrates</b>	A category from the Eat Well Guide that provides you with essential energy.	
14.	<b>Protein</b>	A category from the Eat Well Guide that provides you minerals for growth and repair. Supports with the repair of tissues.	
15.	<b>Vitamins</b>	Essential for a healthy body and system to fight infections and diseases, e.g. Vitamin C.	
16.	<b>Minerals</b>	Essential for a healthy body and system to fight infections and diseases, e.g. Iron.	
17.	<b>Micronutrients</b>	The smaller vitamins and minerals, e.g. Vitamin C, Vitamin D, Vitamin A.	
18.	<b>Macronutrients</b>	The larger vitamins, needed to eat them in larger quantities, e.g. Protein, Carbohydrates, Fats/Oils.	
19.	<b>Dairy</b>	Essential for a healthy body providing you with a good source of calcium, essential for good teeth and bones.	
20.	<b>Saturated Fats</b>	The fats that are needed in smaller amounts and in moderation. Classed as the 'bad' fats, e.g. chips, chocolate and crisps.	
21.	<b>Unsaturated Fats</b>	Healthy fats that are good for you, providing insulation and protection of the organs, e.g. salmon, avocado.	
22.	<b>Sodium</b>	Another word for salt.	
23.	<b>Calcium</b>	Essential for a healthy teeth and bones.	
24.	<b>Eatwell Guide</b>	A diagram of a plate recommended by the government to consume per day to lead a healthy and balanced lifestyle.	
25.	<b>Cross-contamination</b>	The transfer of a substance from one area to another such as bacteria.	
26.	<b>Fairtrade</b>	Giving a fair deal to people who work in some of the poorest countries of the world.	



FOOD- YEAR 8 - L2			RAG
27.	<b>Vegetarian</b>	A vegetarian eats no meat, poultry or fish and avoids products made from animals.	
28.	<b>Vegan</b>	A person who does not eat any kind of food made from animals.	
29.	<b>Lactose Intolerance</b>	Digestive problem where the body is unable to digest lactose found in dairy products.	
30.	<b>Coeliac</b>	Person who is allergic to wheat.	
31.	<b>Diabetes</b>	A disease that occurs when your blood sugar is too high.	
32.	<b>Pescatarian</b>	A person who does not eat animal products with the exception of fish.	
33.	<b>Rickets</b>	Deficiency of calcium in the bones, reducing bone mass.	
34.	<b>Eat Well Guide</b>	A guide that the government recommends for people to eat in their everyday lives.	
35.	<b>Fermentation</b>	The act of something rotting.	
36.	<b>Yeast</b>	A micro-organism to support the rise in bread.	
37.	<b>Preservation</b>	The act of keep something for a long time.	
38.	<b>Nutrients</b>	Vitamins and minerals that are beneficial for the body.	
39.	<b>Food Trend</b>	Something that is common and fashionable in the food industry.	
40.	<b>Ingredients</b>	Products to make a dish.	
41.	<b>Minerals</b>	Vitamins to benefit the body.	
42.	<b>Quantity</b>	An amount of something.	
43.	<b>Anaerobic</b>	Absence of oxygen.	
44.	<b>Knife Skills</b>	A range of cutting skills using a knife to prepare different ingredients.	
45.	<b>Aroma</b>	The smell of something.	
46.	<b>Appetising</b>	Stimulating one's appetite.	
47.	<b>Nutrition</b>	The process of providing or obtaining the food necessary for health and growth.	
48.	<b>Obesity</b>	The state of being overweight according to Body Mass Index for your age, weight and height.	



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	



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High Expectations – No Excuses

