



# Year 7

# Knowledge Organiser

# P1 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, Pentecost 1 - Commencing Monday 13<sup>th</sup> April

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
P1.1 13 <sup>th</sup> April	KO on Seneca	Drama 1-8 Music 1-5	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
MP.2 20 <sup>st</sup> April	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
P1.3 27 <sup>th</sup> April	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
p1.3 4 <sup>th</sup> May	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
P1.5 11 <sup>th</sup> May	KO on Seneca	Drama 33-40  Music 33-40	Healthy Living 33-40	Food 33-40  Geography 33-40	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
p1.6 18 <sup>th</sup> May	KO on Seneca	Drama 41-48  Music 41-48	Healthy Living 41-48	Food 41-48  Geography 41-48	RS 41-48	History 41-48
	HWK on Sims InTouch	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Science - Sparx	Art - booklet

DRAMA - Year 7 - Pentecost			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.	



DRAMA - Year 7 - Pentecost			RAG
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.	
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.	



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Food - Year 7 - P1			RAG
1.	<b>Vegetable</b>	An edible part of a plant, such as roots, stems, leaves, flowers, or seeds, used as food.	
2.	<b>Root Vegetable</b>	Vegetables that grow underground, such as carrots, beetroot, and parsnips.	
3.	<b>Leaf Vegetable</b>	Vegetables with edible leaves, such as spinach, cabbage, and lettuce.	
4.	<b>Stem Vegetable</b>	Edible stems or shoots, such as celery or asparagus.	
5.	<b>Flower Vegetable</b>	Vegetables that are the flowering parts of plants, such as broccoli and cauliflower.	
6.	<b>Bulb Vegetable</b>	Underground food storage structures, such as onions and garlic.	
7.	<b>Seed Vegetable</b>	Edible seeds or seed pods, such as peas and sweetcorn.	
8.	<b>Fruit Vegetable</b>	Technically fruits, but used as vegetables in cooking, such as tomatoes, courgettes, and peppers.	
9.	<b>Pulses</b>	Dried seeds from legume plants, such as lentils, beans, and chickpeas.	
10.	<b>Seasonal Produce</b>	Vegetables grown and harvested during their natural growing season.	
11.	<b>Organic Vegetables</b>	Grown without synthetic pesticides, fertilizers, or GMOs.	
12.	<b>Local Produce</b>	Vegetables grown close to where they are sold or eaten, reducing transport impact.	
13.	<b>Freshness</b>	A key quality factor in vegetables, referring to how recently they were harvested.	
14.	<b>Storage</b>	Methods used to keep vegetables in good condition, e.g., refrigeration or cool dry storage.	
15.	<b>Preparation</b>	The process of cleaning, peeling, chopping, or trimming vegetables before cooking.	
16.	<b>Nutrient Loss</b>	The reduction of vitamins and minerals due to poor storage or overcooking.	
17.	<b>Vitamins</b>	Organic compounds required in small amounts to maintain good health.	
18.	<b>Minerals</b>	Inorganic nutrients needed by the body for growth and maintenance.	
19.	<b>Vitamin A</b>	Important for vision, skin health, and immune function; found in carrots and leafy greens.	
20.	<b>Vitamin B Group</b>	Includes several vitamins that help with energy release and nervous system health (e.g., B1, B2, B12).	
21.	<b>Vitamin C</b>	Essential for healthy skin, gums, and immune system; found in citrus fruits and peppers.	
22.	<b>Vitamin D</b>	Helps the body absorb calcium for strong bones; obtained from sunlight and oily fish.	
23.	<b>Vitamin E</b>	Acts as an antioxidant, protecting cells from damage; found in nuts and seeds.	
24.	<b>Vitamin K</b>	Important for blood clotting; found in green leafy vegetables.	
25.	<b>Calcium</b>	A mineral that strengthens bones and teeth; found in dairy and green vegetables.	



Food - Year 7 - P1			RAG
26.	Iron	Helps form red blood cells; found in spinach, red meat, and fortified cereals.	
27.	Magnesium	Supports muscle and nerve function; found in nuts, seeds, and whole grains.	
28.	Potassium	Regulates fluid balance and muscle contractions; found in bananas and potatoes.	
29.	Zinc	Important for immune function and wound healing; found in meat, dairy, and legumes.	
30.	Deficiency	A lack of essential vitamins or minerals in the diet, leading to health problems.	
31.	Antioxidants	Substances that protect body cells from damage by free radicals.	
32.	Water-Soluble Vitamins	Vitamins (like B and C) that dissolve in water and are not stored in the body.	
33.	Fat-Soluble Vitamins	Vitamins (A, D, E, K) stored in body fat and the liver.	
34.	Blanching	Briefly boiling vegetables then plunging them into cold water to stop cooking and retain colour.	
35.	Boiling	Cooking food in water at 100°C; can cause vitamin loss if overdone.	
36.	Steaming	Cooking food using steam; helps retain nutrients, colour, and texture.	
37.	Roasting	Cooking vegetables in dry heat (oven) with little oil, giving a caramelized flavour.	
38.	Grilling	Cooking vegetables with direct heat for smoky flavour and grill marks.	
39.	Stir-Frying	Quickly cooking small pieces of vegetables in a small amount of oil over high heat.	
40.	Sautéing	Gently frying vegetables in a small amount of fat for short periods.	
41.	Braising	Slowly cooking vegetables in a small amount of liquid in a covered pan.	
42.	Microwaving	Quick cooking method using microwave energy; retains most vitamins.	
43.	Colour Retention	Keeping vegetables' natural colours during cooking; achieved by correct timing and method.	
44.	Texture	The feel of food in the mouth; vegetables should remain tender but slightly firm (al dente).	
45.	Flavour	The combination of taste and aroma; enhanced by correct cooking and seasoning.	
46.	Overcooking	Cooking for too long, causing loss of nutrients, texture, and colour.	
47.	Seasoning	Adding salt, pepper, herbs, or spices to improve flavour.	
48.	Presentation	The visual appeal of cooked vegetables on a plate.	

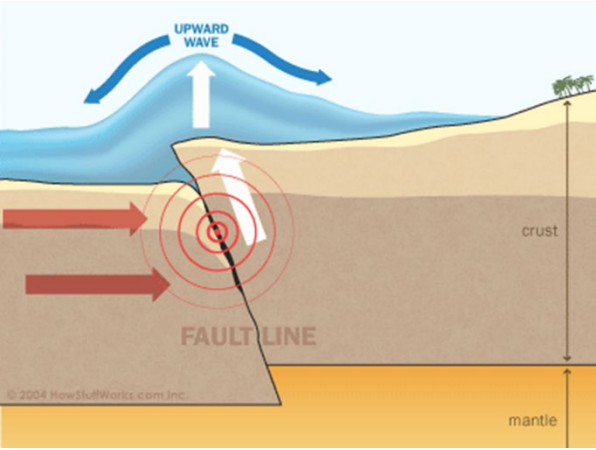


SUBJECT - YEAR - P1 Topic Tectonics			RAG
1.	The structure of the Earth	The Crust, the Mantle, the inner and outer core.	
2.	The Crust	Varies in thickness (5-10km) beneath the ocean. Made up of several large plates.	
3.	The Mantle	Widest layer (2900km thick). The heat and pressure means the rock is in a liquid state that is in a state of convection.	
4.	The Inner and Outer Core	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.	Tectonic plates	The crust is divided into tectonic plates which are moving due to convection currents in the mantle.	
6.	Convection Currents	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.	Destructive Plate Margin	When the denser plate subducts beneath the other, friction causes it to <b>melt and become magma</b> . The magma forces its ways up to the surface to form a volcano and earthquakes.	
8.	Constructive Plate Margin	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.	Conservative Plate Margin	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.	Causes of Earthquakes	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.	Epicentre	The point directly above the focus, where the seismic waves reach first, is called the <b>EPICENTRE</b> .	
12.	Seismic Waves	<b>SEISMIC WAVES</b> (energy waves) travel out from the focus.	
13.	Focus	The point at which pressure is released is called the <b>FOCUS</b> .	
14.	Warning Signs	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.	Predicting	Scientists using seismic records as well as satellite information to predict when the next event will occur.	



SUBJECT - YEAR - P1 Topic Tectonics			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.	



SUBJECT - YEAR - P1 Topic Tectonics			RAG
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.	

SUBJECT - YEAR - P1 Topic Tectonics			RAG
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.	



## Year 7 Healthy Living KO P1 – Skeletal System

			RAG
1.	<b>Location of bones</b>	Cranium, clavicle, sternum, humerus, ribs, ulna, radius, carpals, phalanges, femur, patella, tibia, fibula, tarsals, scapula, vertebrae, pelvis	
2.	<b>Function of the skeletal system</b>	Give shape and support to the body, allow movement, protect vital organs, produce blood cells, store minerals	
3.	<b>Joint</b>	Where two or more bones meet	
4.	<b>Synovial joint</b>	Freely moveable joint	
5.	<b>Bones</b>	Give muscles a point to attach to	
6.	<b>Synovial Fluid</b>	Lubricates the joint	
7.	<b>Joint Capsule</b>	Holds bone in place	
8.	<b>Articular Cartilage</b>	Protective covering on ends of bones	
9.	<b>Fixed joints</b>	They don't allow any movement. They are tough, fibrous tissue that lays between the end of the bones	
10.	<b>Slightly moveable joint</b>	This allow some movement. The end of the bones have tough and fibrous cartilage, which allows for shock absorption but also give stability.	
11.	<b>Function of the skeleton</b>	Support, posture, protection, movement, making blood cells, mineral storage.	
12.	<b>Support</b>	Skeleton supports soft tissue including skin and muscle.	
13.	<b>Posture</b>	Gives our body the correct shape.	
14.	<b>Protection</b>	Protect vital organs including the heart and lungs.	
15.	<b>Movement</b>	Muscles attach to bones at joints.	
16.	<b>Making blood cells</b>	Red blood cells are produced by bone marrow.	
17.	<b>Mineral storage</b>	Bones store minerals including calcium and phosphorus.	
18.	<b>Bones in the upper body</b>	Cranium, vertebrae, ribs, clavicle, sternum, humerus, ulna, radius, carpals, metacarpals, phalanges.	
19.	<b>Bones in the lower body</b>	Pelvis, femur, patella, tibia, fibula, tarsals, metatarsals, phalanges.	
20.	<b>Ball and socket joint</b>	Allows movement in every direction.	
21.	<b>Hinge joint</b>	Only allows movement in one direction.	
22.	<b>Ligaments</b>	Hold bones together and provide stability at the joint.	
23.	<b>Tendons</b>	Attach muscles to bones to allow bones to move when muscles contract.	
24.	<b>Cartilage</b>	Acts as a cushion between bones to prevent damage during joint movement.	
25.	<b>Flexion</b>	Closing a joint e.g bending your knee	
26.	<b>Extension</b>	Opening a joint e.g kicking a football	
27.	<b>Rotation</b>	Clockwise or anticlockwise movement e.g turning out your leg in ballet	
28.	<b>Circumduction</b>	Movement of the limb, hand or foot in a circular motion e.g bowling a ball in cricket	
29.	<b>Abduction</b>	Moving away from an imaginary centre line e.g outward jump in a star jump	



30.	<b>Adduction</b>	Moving towards an imaginary centre line e.g inward jump of a star jump	
31.	<b>Long bones</b>	Has a long thin shape e.g humerus and femur.	
32.	<b>Short bones</b>	Has a cubed shape e.g phalanges	
33.	<b>Flat bones</b>	Has a flattened, broad surface e.g sternum	
34.	<b>Irregular bones</b>	Has a shape unlike any other bone e.g vertebrae	
35.	<b>Sesamoid bones</b>	Bones surrounded by tendons e.g patella.	
36.	<b>Osteoporosis</b>	A condition that weakens the bones.	
37.	<b>Shin splints</b>	Pain and tenderness along the tibia bone.	
38.	<b>Osgood schlatters disease</b>	Condition that causes pain and swelling below the knee joint.	
39.	<b>Nutrition</b>	Getting the right types and amounts of food your body needs to stay healthy.	
40.	<b>Balanced diet</b>	Eating the right amount of different food groups to stay healthy.	
41.	<b>Protein</b>	A nutrient that helps build and repair muscles and body tissues.	
42.	<b>Carbohydrates</b>	The body's main source of energy, found in bread, pasta, and rice.	
43.	<b>Fats</b>	A nutrient that gives energy and helps the body absorb vitamins.	
44.	<b>Vitamins</b>	Nutrients that help your body work properly, like vitamin C for your immune system.	
45.	<b>Minerals</b>	Nutrients like iron and calcium that keep your bones and blood healthy.	
46.	<b>Fibre</b>	Found in fruits, vegetables, and wholegrains; it helps you digest food properly.	
47.	<b>Calories</b>	A measure of energy from food and drinks.	
48.	<b>Water</b>	A liquid your body needs to stay hydrated and work well.	



Music - YEAR 7 - P1			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.	Pitch	How high or low a musical note is - it is related to the frequency at which an instrument makes the air vibrate	
7.	Interval	The gap or space between the pitches of two notes	
8.	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	
9.	Chord	Three or more different notes that are played together at the same time	
10.	Chord Chart	A diagram showing the finger placement required to perform a chord on a guitar or ukulele	
11.	Major	A 'happy' sounding chord which consists of 3 main notes	
12.	Minor	A 'sad' sounding chord which consists of 3 main notes	
13.	Semitone	The distance in pitch between a note and its nearest neighbour, black or white, on a piano keyboard	
14.	Bar	A small segment of music that contains a certain number of beats, often a group of 4 in popular music	
15.	Beat	The ongoing pulse of a piece of music, what you would dance or move your feet to	
16.	Strumming	To play a stringed musical instrument by running the fingers lightly across the strings	
17.	Accent	When a note (or a chord) is given more emphasis or stress than the notes around it	
18.	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	
19.	Sharp	A symbol placed in front of a note which makes the pitch of that note a semitone higher - #	
20.	Flat	A symbol placed in front of a note which makes the pitch of that note a semitone lower - b	
21.	Rhythm	A pattern of sounds, long and short	
22.	Tab notation	A form of notation used to give visual information as to where notes should be played on the fretboard of an instrument	
23.	Picking	Using a finger or plectrum (pick) to strike a note on a specific string of a guitar or ukulele	
24.	Melody	The main 'tune' of a piece of music, what you would be able to	



Music - YEAR 7 - P1			RAG
		hum or sing back	
25.	Phrase	A passage of notes that work together to create a musical thought, similar to a sentence in English	
26.	Accompaniment	A musical part or parts that support the main idea	
27.	Syncopated	Rhythms in which notes are accented (made strong) that would usually not be accented. Syncopation is often described as being “off-beat”	
28.	Articulation	How notes in a rhythm or melody are grouped and given emphasis	
29.	Structure	The order in which different sections of a piece are played	
30.	Repeat	Playing a section of a piece more than once - a musical repeat has its own symbol	
31.	Tempo	The speed of a piece of music, given either in Italian terms or beats per minute (bpm)	
32.	Dynamics	The volume of a musical piece or individual part. Italian terms are often used to describe how loud or soft the music is	
33.	Improvise	The act of writing music while you are playing it - being able to create music ‘on the spot’	
34.	Blues scale	A set of 6 notes which are often used to make up solos in blues and jazz	
35.	Style	A particular type of music that has characteristics that make it different from other types of music. Examples would be <i>metal</i> , <i>swing</i> or <i>drill</i>	
36.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	
37.	Rehearse	Practise (a play, piece of music, or other work) for later public performance	
38.	Fluency	Performing without pauses or hesitation - being <i>fluent</i>	
39.	Technique	Using an instrument correctly	
40.	Accuracy	Performing using the correct pitches and durations of each note	
41.	Quantise	To limit the data to a set of fixed values, such as ‘rounding’ notes to the nearest beat or half-beat	
42.	Semitone	The distance in pitch between a note and its nearest neighbour, black or white, on a piano keyboard	
43.	Rhythm	A pattern of sounds, long and short	
44.	Crochet	A musical note with a duration of 1 beat	
45.	Rest	A pause, or silence in the music	
46.	Quaver	A musical note with a duration of half a beat	
47.	Phrase	A passage of notes that work together to create a musical thought, similar to a sentence in English	
48.	Accompaniment	A musical part or parts that support the main idea	



HISTORY - YEAR 7- P1 The Later Tudors 1547-1603			RAG
1.	Edward VI	King of England 1547-1553.	
2.	Why did Edward VI become king?	People at the time thought boys would be better monarchs than girls, even if they are younger.	
3.	Minority	When a king or Queen is considered too young to rule by themselves.	
4.	Edward Seymour, the Duke of Somerset	Edward's uncle, who became Protector of the Realm because Edward was too young to rule on his own.	
5.	Enclosure	Where nobles put fences around land that was originally free to use.	
6.	Pilgrimage of Grace 1536	A major rebellion that happened in Henry VIII's reign 1536, 30,000 people rebelled against the religious changes.	
7.	Protector	Someone who rules for a young or ill king.	
8.	The Book of Common Prayer 1549	A book created by Edward and his government to standardise religion in England. It was unpopular.	
9.	Prayer Book Rebellion, 1549	A large rebellion against the government's decision to bring in a new English Prayer Book.	
10.	Mary I	Queen of England, 1553-1558, also known as Bloody Mary.	
11.	Mary Mary Quite Contrary	The nursery rhyme written about Mary I to criticise her.	
12.	Wyatt's Rebellion 1554	A rebellion to replace Mary with her cousin, Mary wrongly saw it as a Protestant rebellion, and this led her to burn people.	
13.	Burning at the Stake	To execute heretics, they are tied to a thick wooden pole (a stake) and a fire is lit beneath them and they are burned to death.	
14.	Heresy	Going against the Church and its authority.	
15.	Heretic	Someone who is guilty of heresy.	
16.	About 300	The number of Protestants Mary I is said to have burned.	
17.	Philip II of Spain	King of Spain 1556-1598. Husband of Mary Tudor.	
18.	Elizabeth I	Queen of England 1558-1603. The last Tudor queen.	
19.	The Middle Way	The Middle way was Elizabeth I's religious policy.	
20.	Why was it known as the Middle Way?	Elizabeth's religious policy tried to please both Catholics and Protestants, adopting aspects of both religions.	
21.	The Religious Settlement 1559	A series of religious laws that created 'the Middle Way'.	
22.	Recusants	Catholics who refused to accept Elizabeth's religious policy, they paid a fine to avoid church.	
23.	Puritans	Extreme Protestants who thought that Elizabeth's religious policy did not go far enough.	
24.	What were Elizabeth's personal problems?	She was young, unmarried, and many considered this a weakness.	
25.	What were Elizabeth's political	She needed to sort out decades of religious unrest, deal with dangerous threats from abroad, and make sure she held on to power.	



HISTORY - YEAR 7- P1 The Later Tudors 1547-1603			RAG
	and religious problems?		
26.	Philip II of Spain and Elizabeth	Philip assumed he would stay king of England after Mary's death. When Elizabeth was crowned he tried to marry her too.	
27.	Francis, Duke of Alencon	A French duke who was the little brother of the king of France. He was a serious contender to the throne and wanted to marry Elizabeth I.	
28.	Robert Dudley, Earl of Leicester	Elizabeth's childhood friend and sweetheart. It was suggested that Elizabeth and Robert were in love with each other. But Robert was married and when his wife died in 1560, people suspected scandal!	
29.	Sir William Cecil	Elizabeth's most important minister who helped her create 'the middle way' He often disagreed with Robert Dudley.	
30.	Portrait	A painting of somebody. In the early modern period they cost a lot so only the rich had portraits painted of themselves.	
31.	Portraits as propaganda	The rich, including monarchs would often use portraits to show people their power or religious devotion. This could be by ensuring they were wearing expensive jewellery in the painting or being painted reading the bible.	
32.	Mary Queen of Scots	Elizabeth I's cousin. Queen of Scotland until she fled in 1568 and was replaced by her infant son, James VI.	
33.	The Babington Plot, 1568	A plot to assassinate Queen Elizabeth and replace her with Mary Queen of Scots.	
34.	Sir Francis Walsingham	Elizabeth's spymaster. He uncovered the Babington plot.	
35.	The discovery of the Babington Plot	The plot was discovered when coded messages were translated coming from Mary's prison cell by Walsingham and Cecil.	
36.	Armada	A big fleet of ships.	
37.	The Spanish Armada	The big fleet of ships sent by Spain to attack England in 1588.	
38.	Sir Francis Drake	The commander of the English navy.	
39.	Drake's significance	His skill and tactics helped the English defeat the Spanish Armada.	
40.	The delay of the Spanish soldiers	The fact the Spanish soldiers were not ready in Flanders when the armada arrived gave the English navy time to attack.	
41.	Consequences of the delay of the Spanish soldiers	This meant the Armada had to wait which gave the English the chance to prepare fireships.	
42.	Fireships	Old ships filled with tar and barrels of gunpowder, set alight and sailed towards the Armada.	
43.	The effect of the fireships	These floating bombs forced the Armada to flee into the North Sea.	



HISTORY - YEAR 7- P1 The Later Tudors 1547-1603			RAG
44.	<b>Storms in the North Sea</b>	While trying to sail around Britain to attack again, the armada was hit by a number of storms at sea during which many sailors and ships were lost.	
45.	<b>1603</b>	The year Elizabeth dies	
46.	<b>Elizabeth's heir</b>	Elizabeth had no children so her nephew James VI of Scotland became king of England.	
47.	<b>The Gunpowder Plot</b>	A plot to assassinate James I and parliament by blowing up the Houses of Parliament on the 5 <sup>th</sup> November 1605.	
48.	<b>The Plotters</b>	A group of Catholics that wanted to get rid of James I, who was Protestant, and replace him with his daughter Elizabeth, who the plotters hoped they would be able to control. The plotters wanted Catholics to have more rights and freedoms in England.	



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



RS - YEAR 7 - P1 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 - P1 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 - P1 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.	

