



# Year 9

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

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
P1.1 13 <sup>rd</sup> April	KO on Seneca	Drama 1-8  Music 1-8	History 1-8	Geography 1-8	RS 1-8  Healthy Living 1-8	Food 1-8
	HWK on Sims InTouch	Science - Sparx	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet
P1.2 20 <sup>th</sup> April	KO on Seneca	Drama 9-16  Music 9-16	History 9-16	Geography 9-16	RS 9-16  Healthy Living 9-16	Food 9-16
	HWK on Sims InTouch	Science - Sparx	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet
P1.3 27 <sup>th</sup> April	KO on Seneca	Drama 17-24  Music 17-24	History 17-24	Geography 17-24	RS 17-24  Healthy Living 17-24	Food 17-24
	HWK on Sims InTouch	Science - Sparx	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet
P1.4 4 <sup>th</sup> May	KO on Seneca	Drama 25-32  Music 25-32	History 25-32	Geography 25-32	RS 25-32  Healthy Living 25-32	Food 25-32
	HWK on Sims InTouch	Science - Sparx	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	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	History 33-40	Geography 33-40	RS 33-40  Healthy Living 33-40	Food 33-40
	HWK on Sims InTouch	Science - Sparx	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet
P1.6 18 <sup>th</sup> May	KO on Seneca	Drama 41-48  Music 41-48	History 41-48	Geography 41-48	RS 41-48  Healthy Living 41-48	Food 41-48
	HWK on Sims InTouch	Science - Sparx	Maths - Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish - LanguageNut	Art - booklet

RS - YEAR 9 - P1 Philosophy			RAG
1.	<b>Arguments from design</b>	This is an argument for the existence of God. It points to evidence that suggests our world works well - ie that it was designed in a specific way.	
2.	<b>Truth</b>	That which is true or in accordance with fact or reality.	
3.	<b>Philosophy</b>	The study of fundamental questions about existence, knowledge, ethics, and truth.	
4.	<b>Philosopher</b>	Someone who studies or writes about the "big questions" of life, such as the nature of reality, existence.	
5.	<b>Creator</b>	The belief that God the Father has created everything.	
6.	<b>Genesis 1</b>	The 7-day creation story is based on Genesis 1 in the Old Testament.	
7.	<b>Genesis 2</b>	A detailed account of creation focusing on humanity, where God forms Adam from dust, breathes life into him	
8.	<b>William Paley</b>	William Paley is the Christian philosopher who put forward the design argument	
9.	<b>Stephen Fry</b>	A patron of Humanists UK for his exploration of the human condition through the arts and his humanist contributions to ethical questions in public life.	
10.	<b>Richard Dawkins</b>	A prominent secular humanist, atheist, and author, recognized for promoting scientific rationalism, evolutionary theory, and critical thinking	
11.	<b>Telos</b>	The Greek word for 'Purpose'.	
12.	<b>Thomas Aquinas</b>	Catholic priest, philosopher, and theologian who believed God has made everything with a purpose(telos).	
13.	<b>Argument from Observation</b>	Arguments which draw conclusions based on observation through experience	
14.	<b>Teleological argument</b>	the argument for the existence of God from the evidence of order, and hence design, in nature.	
15.	<b>Naturalism</b>	Naturalism is the idea or belief that only natural laws and forces operate in the universe.	
16.	<b>Theist</b>	Someone who believes that there is a creator God.	
17.	<b>Reason</b>	The power of the mind to think, understand, and form judgements logically.	
18.	<b>Catholic Morality</b>	Teachings about 'right' and 'wrong' are often based on things having a God given purpose.	



RS - YEAR 9 - P1 Philosophy			RAG
19.	<b>Chance</b>	The possibility of something happening.	
20.	<b>Scientific materialism</b>	The view that nothing exists outside the physical world (e.g., no supernatural entities or spirits).	
21.	<b>Charles Darwin 1809-1882</b>	The English naturalist who proposed the theory of evolution.	
22.	<b>Evolution</b>	the process by which different kinds of living organism are believed to have developed from earlier forms during the history of the earth	
23.	<b>Natural selection</b>	the process where organisms better adapted to their environment tend to survive and produce more offspring.	
24.	<b>The Blind Watch Maker</b>	A book written by Dawkins outlining why the Evidence of Evolution Reveals a Universe without Design.	
25.	<b>The Problem of evil</b>	The philosophical question of how to reconcile the existence of evil with an omnipotent, omnibenevolent, and omniscient God.	
26.	<b>Epicurus - 4th to 3rd BCE</b>	A Greek philosopher and empiricist who thought that only physical evidence is reliable information.	
27.	<b>Omnipotent</b>	All powerful	
28.	<b>Omnibenevolent</b>	All loving	
29.	<b>Natural evil</b>	Natural disasters, eg earthquakes or tsunamis, which humans have no control over	
30.	<b>Moral evil</b>	Moral evil - the acts of humans which are considered to be morally wrong, eg murder and theft.	
31.	<b>Inconsistent triad</b>	There is clear evidence and experience of evil, either God is not all-powerful, or God is not loving and good.	
32.	<b>David Hume</b>	David Hume was a Scottish philosopher who was best known for his highly influential system of empiricism.	
33.	<b>Empiricist</b>	Someone who bases their knowledge on sensory experience.	
34.	<b>Empiricism</b>	A theory that states that knowledge comes only or primarily from sensory experience.	
35.	<b>The Brothers Karamazov</b>	A novel written in Russian by F. Dostoyevsky, completed in 1880.	
36.	<b>Fyodor Dostoevsky</b>	Fyodor Dostoevsky was a Russian novelist, short story writer, essayist and journalist	



RS - YEAR 9 - P1 Philosophy			RAG
37.	Ivan	The character Ivan in the novel rejects belief in God because of the existence of horrific moral evil and suffering in the world.	
38.	Loss of Faith	Questioning or changing your belief.	
39.	Atheism	The belief that God does not exist.	
40.	Atheist	Someone who doesn't believe in a God.	
41.	Secularism	Separation of church and state or not connected with religious or spiritual matters.	
42.	Agnostic	Someone who believes the view that the existence of God, of the divine or the supernatural is unknown or unknowable.	
43.	Materialism	The belief that nothing exists outside the material world.	
44.	Empiricism	A theory that states that knowledge comes only or primarily from sensory experience.	
45.	Evidence	Facts and proof that something is true or false.	
46.	Critical Thinking	Analysing something using evidence and reason.	
47.	Truth	That which is true or in accordance with fact or reality.	
48.	Argument from Observation	Arguments which draw conclusions based on observation through experience	



Drama - YEAR 9 - P Social Media Devising			RAG
1.	<b>Still Image</b>	A still image (also called a tableau or freeze frame) is a moment in a performance where actors freeze in place, like a photograph.	
2.	<b>Thought Tracking</b>	Thought tracking is when a character "breaks the freeze" in a still image or during a scene to speak their inner thoughts out loud.	
3.	<b>Levels</b>	Levels refer to the height or position of actors on stage.	
4.	<b>Soundscape</b>	A soundscape is a collection of sounds (made by actors or recorded) that create the atmosphere or setting of a scene.	
5.	<b>Voice</b>	In drama, voice is how an actor uses tone, pitch, volume, and pace to create a character or convey emotion.	
6.	<b>Gesture</b>	A gesture is any movement of the hands, arms, or body to express an idea, emotion, or meaning.	
7.	<b>Physicality</b>	Physicality is how an actor uses their entire body to show a character's personality, age, or mood. It includes posture, movement, and gestures, and helps make characters more believable.	
8.	<b>Rehearsal</b>	Rehearsal is the practice time actors use to prepare for a performance.	
9.	<b>Cross Cutting</b>	Cross-cutting is a technique where two or more scenes are interwoven, switching back and forth between them. This is often used to show different events happening at the same time or to contrast characters or situations.	
10.	<b>Cue Lines</b>	Cue lines are the last few words in a line or speech that prompt another actor to begin their line.	
11.	<b>Unison</b>	In unison, a group of actors performs the same action, movement, or line at the same time.	
12.	<b>Canon</b>	In canon, each actor or group starts the same movement or line one after the other, in sequence.	
13.	<b>Volume</b>	Volume is how loud or quiet an actor speaks.	
14.	<b>Stimulus</b>	Stimulus is something that inspires a performance or idea.	
15.	<b>Non-Naturalistic</b>	Non-naturalistic drama is a style that does not try to recreate real life. It often includes exaggerated movements, symbolic props, or breaking the fourth wall (speaking directly to the audience) to make a point or create an impact.	
16.	<b>Conflict</b>	Conflict is a struggle between two or more characters, forces, or ideas in a drama, often driving the plot forward.	
17.	<b>Characterisation</b>	Characterisation is the way an actor or playwright creates and develops a character through dialogue,	



Drama - YEAR 9 - P Social Media Devising			RAG
		actions, and interactions with others.	
18.	<b>Physical Theatre</b>	Physical theatre uses movement and the body to express emotions, themes, or ideas, often without relying on spoken dialogue.	
19.	<b>Dialogue</b>	Dialogue is the spoken words between characters in a play or performance.	
20.	<b>Monologue</b>	A monologue is a long speech delivered by one character, often revealing their thoughts or emotions.	
21.	<b>Soliloquy</b>	A soliloquy is a type of monologue in which a character speaks their thoughts aloud, typically while alone on stage.	
22.	<b>Blocking</b>	Blocking is the planned positioning and movement of actors on stage during a performance to tell the story clearly and effectively.	
23.	<b>Proxemics</b>	Proxemics refers to the use of space between actors in a performance. It can indicate relationships, emotions, and power dynamics.	
24.	<b>Subtext</b>	Subtext is the underlying meaning or theme in a character's dialogue or actions, often not directly stated but implied.	
25.	<b>Tempo</b>	Tempo is the speed at which a scene or performance moves, affecting the mood and tension.	
26.	<b>Pace</b>	Pace refers to the speed of the action, delivery, and movement in a performance.	
27.	<b>Cue</b>	A cue is a signal (verbal or physical) that prompts an actor to begin their lines or an action in a scene.	
28.	<b>Audience engagement</b>	Audience engagement is the way a performance connects with and involves the audience, often through direct interaction or emotional involvement.	
29.	<b>Metaphor</b>	A metaphor is a figure of speech where one thing is described as another to illustrate a particular idea or concept, often used in drama to express themes symbolically.	
30.	<b>Symbolism</b>	Symbolism involves using objects, actions, or characters to represent larger ideas or themes, such as social media representing connectivity or isolation.	
31.	<b>Overture</b>	An overture is the introductory section of a play or performance that sets the tone and introduces major themes or motifs.	
32.	<b>Breaking the fourth wall</b>	Breaking the fourth wall is when actors address the audience directly, creating a connection between the performers and the viewers.	
33.	<b>Narrative structure</b>	Narrative structure refers to the way the events of a play or performance are organized, including exposition, rising action, climax, falling action, and resolution.	



Drama - YEAR 9 - P Social Media Devising			RAG
34.	<b>Dramatic irony</b>	Dramatic irony is when the audience knows something that the characters do not, creating tension or humor.	
35.	<b>Choreography</b>	Choreography is the planned movement or dance sequences in a performance.	
36.	<b>Climax</b>	The climax is the peak of dramatic tension in a story, often the turning point that leads to the resolution.	
37.	<b>Denouement</b>	Denouement is the final part of a performance or play where the plot is resolved and the story concludes.	
38.	<b>Stage directions</b>	Stage directions are instructions written in a script that guide actors on movements, positions, and tone of voice.	
39.	<b>Improvisation</b>	Improvisation is acting without a script, where actors create dialogue and actions on the spot.	
40.	<b>Flashback</b>	A flashback is a scene that takes the audience to a time before the main action of the play, providing background or context.	
41.	<b>Contrast</b>	Contrast in drama is the juxtaposition of two opposing ideas, characters, or situations to highlight differences or create dramatic tension.	
42.	<b>Physical Expressiveness</b>	Physical expressiveness is the use of body language, movement, and posture to convey a character's inner feelings or thoughts.	
43.	<b>Gestural Language</b>	Gestural language refers to the use of physical gestures to convey meaning or emotions, particularly when words are insufficient.	
44.	<b>Flashforward</b>	A flashforward is a scene that shows events that will occur in the future, creating anticipation or foreshadowing	
45.	<b>Devising</b>	Devising is the process of creating a performance from scratch, often through improvisation, exploration of ideas, and collaboration with other performers.	
46.	<b>Resolution</b>	Resolution is the part of the story where conflicts are resolved, and the narrative concludes.	
47.	<b>Falling Action</b>	Falling action occurs after the climax and leads toward the resolution of the story.	
48.	<b>Rising Action</b>	Rising action is the series of events that build tension leading up to the climax of a story.	



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49.	<b>Exposition</b>	Exposition is the introduction of background information within a story, such as setting, characters, and prior events, often at the beginning.	
50.	<b>Breaking Character</b>	Breaking character occurs when an actor stops portraying their role and acts in a way inconsistent with their character, often for comedic effect or to address the audience.	
51.	<b>Status</b>	Status refers to the social or power relationships	



Drama - YEAR 9 - P Social Media Devising			RAG
		between characters, often conveyed through body language, tone, and dialogue.	
52.	<b>Direct Address</b>	Direct address is when an actor speaks directly to the audience, breaking the fourth wall and involving them in the	
53.	<b>Role on the Wall</b>	A role on the wall is a technique used in devising where actors draw or describe a character's traits, inner thoughts, and relationships, often before developing the character further.	
54.	<b>Genre</b>	Genre refers to the category or type of drama, such as tragedy, comedy, or documentary theatre, each with its own conventions and style.	
55.	<b>Tension</b>	Tension is the emotional or dramatic strain that builds up in a scene, keeping the audience engaged and creating anticipation.	
56.	<b>Representation</b>	Representation in drama refers to how characters, cultures, and issues are portrayed on stage, especially in relation to societal norms and values.	



FOOD TECH - YEAR 9 - P1			RAG
1.	Good Nutrition	Eating a wide variety of foods, that are mostly unprocessed and drinking plenty of water.	
2.	Diet	The food people eat every day.	
3.	Whole Foods	Foods that have not had any nutrients removed during processing.	
4.	Basal Metabolic Rate	The amount of energy needed to keep a person alive and their body working normally. It varies according to age, gender, body size and their Physical Activity Level.	
5.	Physical Activity Level	How physically active someone is and the amount of energy they need.	
6.	Balanced Diet	Eating foods which provide a range of nutrients to meet daily needs.	
7.	Eat Well Plate	This helps to explain a balanced diet and is recommended by the Government.	
8.	Carbohydrate	To provide energy.	
9.	Protein	For growth and repair.	
10.	Lipids (Fats and Oils)	To provide energy. Also, to store energy in the body and insulate it against the cold.	
11.	Minerals	Needed in small amounts to maintain health.	
12.	Vitamins	Needed in small amounts to maintain health.	
13.	Dietary Fibre	To provide roughage to help to keep the food moving through the gut.	
14.	Vegetables	Provides vitamins and minerals.	
15.	Fruit	Provides vitamins and minerals.	
16.	Calcium	Main mineral in the body, teeth and bones. It needs vitamin D to help absorption.	
17.	Vitamin A	Needed to keep the skin healthy.	
18.	Vitamin D	Helps the body absorb calcium during digestion.	
19.	Vitamin E	Antioxidant which helps prevent the development of heart disease.	
20.	Vitamin K	Helps the blood clot after an injury.	
21.	Vitamin B1	Allows energy to be released from carbohydrates in the body.	
22.	Vitamin B9	Helps to make healthy red blood cells and prevent spinal cord defects in unborn babies.	
23.	Vitamin B12	Helps to make healthy nerve cells.	
24.	Vitamin C	Helps the body to absorb iron during digestion and maintain connective tissue which binds body cells together.	
25.	Bain-marie	Also known as a hot water bath, usually used to melt an ingredient gently and gradually over a pot of simmering water.	
26.	Batter	A mixture of dry and liquid ingredients such as eggs, flour and milk or water. It is similar to dough but has a much thinner consistency and cannot be kneaded.	



27.	<b>Caramelise</b>	Process of cooking sugar until it turns brown. Cooking can also caramelize the natural sugars found in various fruits and vegetables such as onions.
28.	<b>Consistency</b>	The texture and thickness of a substance.
29.	<b>Cool</b>	Allowing something to reduce in temperature.
30.	<b>Curdle</b>	When a liquid separates and forms curds and lumps.
31.	<b>Dilute</b>	Thinning a liquid by adding in water.
32.	<b>Dissolve</b>	To incorporate a solid ingredient to a liquid to form a solution or mixture.
33.	<b>Macerate</b>	The process of softening a food by soaking it in liquid.
34.	<b>Melt</b>	Heating a solid product to form a liquid.
35.	<b>Simmer</b>	The process of bringing a liquid to a temperature that is slightly below its boiling point and letting it bubble gently.
36.	<b>Shortening</b>	The effect of adding fat to a floury mixture, giving it a crumbly texture.
37.	<b>Pastry</b>	A dough of flour, fat and water.
38.	<b>Shortcrust Pastry</b>	Crumbly pastry typically used for pies, flans and tarts.
39.	<b>Choux Pastry</b>	Very light pastry made with egg, typically used for eclairs and profiteroles.
40.	<b>Puff Pastry</b>	Light flaky pastry typically used for piecrusts and sweet pastries.
41.	<b>Filo Pastry</b>	Thin flaky sheets of pastry that are layered with brushed melted butter.
42.	<b>Bake Blind</b>	Baking the crust of a pie or tart without the filling.
43.	<b>Crimp</b>	Technique of pinching the sides and tops of pie or tart crusts.
44.	<b>Crust</b>	The outer skin of a pie, typically hard in texture.
45.	<b>Egg Wash</b>	To brush a layer of beaten egg mixture over the surface of food, typically to add colour after it is baked.
46.	<b>Glaze</b>	To make the surface of food shiny by coating with a layer of sugar or butter.
47.	<b>Rubbing In</b>	The process of crumbling and breaking butter into small pieces rubbing them into flour.
48.	<b>Score</b>	Slashing the surface of food using a sharp knife.
49.	<b>Risk Assessment</b>	A way of identifying risks in activities, situations or when using objects.
50.	<b>Bacteria</b>	Microscopic, single-celled living organisms, some of which cause food poisoning.



<b>GEOGRAPHY - YEAR 9 - P1</b>			<b>RAG</b>
<b>Climate Change</b>			
1.	<b>Atmosphere</b>	A highly complex mass of gases, liquids and solids that envelopes the Earth.	
2.	<b>Global warming</b>	The increase of global temperatures.	
3.	<b>Greenhouse effect</b>	The blanketing effect of the atmosphere in retaining heat given off from the Earth's surface.	
4.	<b>Greenhouse gases</b>	Atmospheric gases such as carbon dioxide and methane that can absorb heat.	
5.	<b>Fossil fuel</b>	A natural fuel such as coal or gas, formed in the geological past from the remains of living organisms.	
6.	<b>Ice sheet</b>	A huge, thick area of ice such as Antarctica and Greenland.	
7.	<b>Climate change</b>	A long-term change in the earth's climate, especially a change due to an increase in the average atmospheric temperature.	
8.	<b>Natural cause</b>	An event caused by natural reason.	
9.	<b>Human cause</b>	An event caused by human actions.	
10.	<b>Enhanced greenhouse effect</b>	The increased effectiveness of the greenhouse effect, believed to be the cause of recent global warming.	
11.	<b>Ice age</b>	A glacial episode during a past geological period.	
12.	<b>Ice cores</b>	Columns of ice that are extracted from ice sheets and used to reconstruct temperature patterns from the past 400,000 years.	
13.	<b>Quaternary period</b>	The geological time period that covers the last 2.6 million years.	
14.	<b>Glacier</b>	A slowly moving mass or river of ice formed by the accumulation and compaction of snow on mountains or near the poles.	
15.	<b>Sea level</b>	The level of the sea's surface, used in reckoning the height of geographical features such as hills and as a barometric standard.	
16.	<b>Axial tilt</b>	The angle of Earth's axis.	
17.	<b>Eccentricity</b>	The path of the Earth as it orbits the Sun.	
18.	<b>Milankovitch cycles</b>	Three distinct cycles of Earth's orbit around the Sun (Eccentricity, Precession, Axial tilt) which scientists believe affect the timings and seasons of Earth's climate.	
19.	<b>Precession</b>	The natural 'wobble' of Earth's axis as it orbits around the Sun.	



GEOGRAPHY - YEAR 9 - P1 Climate Change			RAG
20.	Sunspots	A dark patch that occasionally appears on the surface of the Sun.	
21.	Volcanic eruption	When volcanoes blast ash, gases and liquids onto the Earth's surface and atmosphere.	
22.	Renewable energy	A resource that cannot be exhausted, i.e. wind, solar and tidal energy.	
23.	Solar flare	Large explosions on the surface of the Sun.	
24.	Delta	An area of low, flat land shaped like a triangle where a river splits into several branches before entering the sea.	
25.	Great Pacific garbage patch	A huge area of plastic and other waste floating in the Pacific Ocean and trapped by the circulation of ocean currents (gyres).	
26.	Carbon sinks	The removal of CO <sub>2</sub> from the atmosphere.	
27.	Invertebrates	Animals without a backbone, such as worms, snails and crabs.	
28.	Microplastics	Tiny pieces of non-biodegradable plastic.	
29.	Mitigation	Action taken to reduce the long-term risk from natural hazards, such as earthquake-proof buildings.	
30.	Sustainable tourism	Tourism that has a positive effect on the local environment, society and economy.	
31.	Unsustainable tourism	Tourism that is harmful to the environment and the lives of local people.	
32.	Wilderness	A natural environment that has been largely undisturbed by human activity.	
33.	Evidence	Using information to show if a proposition is true or false.	
34.	Cause	Make something happen.	
35.	Effect	A change which is a result or consequence of an action or other cause.	
36.	Adaption	A process of change to become better suited to the environment.	
37.	Sustainable	Able to be maintained at a certain rate or level without harming future generations.	
38.	Impact	A marked effect or influence.	
39.	Managing	A way of dealing with an impact.	
40.	Adaptation	Actions taken to adjust to natural events such as climate change, to reduce damage, limit the impacts, take advantage of opportunities, or cope with the consequences.	



GEOGRAPHY - YEAR 9 - P1 Climate Change			RAG
41.	<b>Carbon footprint</b>	The total amount of carbon dioxide and other greenhouse gases produced by a person, organisation, or activity.	
42.	<b>Deforestation</b>	The large-scale removal of forests, often to clear land for farming or development.	
43.	<b>Carbon dioxide (CO<sub>2</sub>)</b>	A greenhouse gas released through activities such as burning fossil fuels and deforestation.	
44.	<b>Methane (CH<sub>4</sub>)</b>	A powerful greenhouse gas released from livestock, landfills, and natural gas production.	
45.	<b>Ocean acidification</b>	The decrease in the pH of the Earth's oceans caused by the absorption of carbon dioxide from the atmosphere.	
46.	<b>Albedo</b>	The measure of how much sunlight a surface reflects back into space.	
47.	<b>Carbon neutrality</b>	Achieving a balance between the carbon dioxide released into the atmosphere and the amount removed.	
48.	<b>Biodiversity</b>	The variety of plant and animal life within an ecosystem or on Earth as a whole.	



History - YEAR 9 - P1 Topic Ireland			RAG
1.	<b>Animosity</b>	Strong dislike towards another person or people.	
2.	<b>Battle of the Boyne</b>	A battle on 11 <sup>th</sup> July 1690 between Protestant forces and Catholic forces which saw the end of James II's rule.	
3.	<b>The United Kingdom</b>	The United Kingdom, made up of England, Scotland, Wales and Northern Ireland.	
4.	<b>The Acts of Union</b>	The laws that meant Ireland became part of Great Britain and it became the United Kingdom of Great Britain.	
5.	<b>Republicans</b>	People that wanted an independent Ireland.	
6.	<b>Unionists</b>	People that wanted to remain part of the union. E.g. wanted Ireland to remain part of the United Kingdom of Great Britain.	
7.	<b>Catholic</b>	Christians that follow the Pope. Often Catholics wanted an independent Ireland.	
8.	<b>Protestant</b>	Christians that do not follow the Pope. Often Protestants wanted Ireland to remain part of the United Kingdom of Great Britain.	
9.	<b>Belfast</b>	The capital of Northern Ireland.	
10.	<b>Home Rule</b>	Having a level of independence from Britain. This was promised to Ireland before and after WWI.	
11.	<b>The Impact of World War One</b>	World War One meant that many British soldiers were away fighting and the British government was focussed on the war. Some historians highlight this as the reason the Ireland was able to obtain a greater level of independence from British rule.	
12.	<b>Easter Rising</b>	Also known as the Easter Rebellion, was an armed insurrection in Ireland during Easter week in April 1916. The rising was launched by Irish Republicans against British rule in Ireland.	
13.	<b>IRA</b>	Irish Republic Army.	
14.	<b>Members of the IRA</b>	The Irish Republican Army was originally joined by members of the Irish Volunteers and the Irish Citizen's Army, both groups wanted Ireland to be ruled by the Irish.	
15.	<b>Aims of the IRA</b>	To remove British rule in Ireland.	
16.	<b>Tactics used by the IRA</b>	The Irish Republican Army used a variety of tactics, including: -Bombings -Prison breaks -Street attacks utilising guns	
17.	<b>The RIC</b>	The Royal Irish Constabulary. This was the British policeforce of Ireland.	
18.	<b>The Black and Tans</b>	These were ex-soldiers from WWI who joined the the RIC in 1920. They were known for their brutality towards civilians in Ireland.	
19.	<b>UVF</b>	Ulster Volunteer Force.	



History - YEAR 9 - P1 Topic Ireland			RAG
20.	Members of the UVF	Members of the UVF were often people that had been part of the British Army and felt that their identity was British rather than Irish.	
21.	Aims of the UVF	To ensure Ulster (a province in Ireland) remained part of the union of Great Britain.	
22.	Tactics used by the UVF	The Ulster Volunteer Force used a variety of tactics, including: -Bombings -Street attacks utilising guns	
23.	Bobby Sands	Bobby Sands was a member of the Irish Republican Army, who died in prison whilst on hunger strike. Sands had helped plan the 1976 Balmoral Furniture Company bombing in Dunmurry, which was followed by a gun battle.	
24.	Sinn Fein	One of the largest political parties in Northern Ireland, who wanted Northern Ireland to re-unite with the Republic of Ireland. Typically, supporters were Catholic.	
25.	The DUP	The Democratic Unionist Party, wanted to remain part of Great Britain. Typically, supporters were Protestant.	
26.	Ian Paisley	The leader of the DUP from 1971-2008.	
27.	Gerry Adams	The leader of Sinn Fein between 1983-2018.	
28.	Paramilitary group	A group organised like an army but is not official and often not legal.	
29.	The Troubles	One of the bloodiest chapters in Northern Irish history from the late 1960s to 1998. Around 3,600 people died.	
30.	Bloody Sunday	On 30 January 1972, British soldiers opened fire on unarmed civil rights demonstrators in Derry/Londonderry protesting. 13 people died.	
31.	Consequences of Bloody Sunday	<ul style="list-style-type: none"> <li>- Bloody Friday</li> <li>- IRA escalating bombing campaigns</li> <li>- Murder of Lord Mountbatten (A member of the royal family)</li> </ul>	
32.	Devolved	When one government gives power to a political body that reports to them. The Northern Irish government reports to the government in Westminster, but can make some of their own laws for Northern Ireland.	
33.	Turning point	An event or point in history at which important change is caused.	
34.	Irish Free state	Established in 1922 under the Anglo-Irish Treaty. The treaty established the self-governing Irish Free State, as well as the creation of Northern Ireland, which were to remain part of the United Kingdom.	
35.	Terrorism	The illegal use of violence to try to scare people into meeting demands.	
36.	Hyde Park and Regents Park Bombings 1982	A series of bombings in London by the IRA, 11 people died.	
37.	Lord Mountbatten	A relative of Queen Elizabeth II who was killed by the IRA in a terrorist attack in 1979.	



History - YEAR 9 - P1 Topic Ireland			RAG
38.	<b>Murals</b>	These were paintings on walls that supported different political aims during and after 'The Troubles'.	
39.	<b>Ceasefire</b>	When two groups who had previously been fighting decide to stop fighting for a set amount of time. This could be to help the wounded of both sides or to allow negotiations to occur.	
40.	<b>Amnesty</b>	An official pardon for those that have committed crimes.	
41.	<b>Peace negotiations</b>	Talks between two sides that have been fighting to try to create terms (agreements) that would lead to peace.	
42.	<b>Good Friday Agreement</b>	Signed on 10 <sup>th</sup> April 1998, the agreement is widely seen as the end of the Troubles, where power had to be shared by parties on both sides.	
43.	<b>Referendum</b>	A referendum is a direct vote by individuals in a country who are entitled to vote on a particular proposal or issue.	
44.	<b>Northern Irish Assembly</b>	The government for Northern Ireland that can make laws that effect Northern Ireland, but reports to the UK government in Westminster.	
45.	<b>Northern Ireland</b>	The area of what was the province of Ulster, that remained part of the United Kingdom when the rest of Ireland obtained its independence in 1922.	
46.	<b>Power sharing agreement</b>	Is an agreement that for the Northern Irish Assembly (government) to form it must have representatives of both unionists and republicans.	
47.	<b>George Mitchell</b>	A former US senator who was Bill Clinton's special envoy for Northern Ireland. He was the chairman for the talks on the Good Friday Agreement.	
48.	<b>Bertie Ahern</b>	The Irish Taoiseach (Prime Minister) for the Good Friday Agreement.	
49.	<b>Historical significance</b>	Importance given to an event by historians after the event.	
50.	<b>Chronology</b>	The order which events occurred in time.	



GCSE PE - Health, Fitness & Well-being			
1.	<b>World Health Organisation</b>	A specialised agency that is concerned about public health.	
2.	<b>Healthy Lifestyle</b>	Defined as 'a state of complete physical, mental and social well-being and not merely the absence of disease.	
3.	<b>Fitness</b>	Related to physical fitness where a person's capacity to carry out life's activities is effective before getting tired.	
4.	<b>Muscular Endurance</b>	The ability of the muscle or group of muscles to repeatedly contract or keep going without rest.	
5.	<b>Strength</b>	The ability of the muscle to exert force for a short period of time.	
6.	<b>Aerobic Endurance</b>	The ability to continuously exercise without getting tired.	
7.	<b>Flexibility</b>	The amount or range of movement that you can have around a joint.	
8.	<b>Power</b>	A combination of strength and speed, often referred to as fast strength.	
9.	<b>Speed</b>	The ability of the body to move quickly.	
10.	<b>Body Composition</b>	The way in which your body is made up.	
11.	<b>Agility</b>	The ability to change direction at speed whilst maintaining control.	
12.	<b>Co-ordination</b>	The ability of repeating a pattern of movements with fluency and accuracy.	
13.	<b>Balance</b>	The ability to keep your body mass over a base of support.	
14.	<b>Reaction time</b>	The ability to <b>respond</b> quickly in sports situations.	
15.	<b>Well-being</b>	Refers to a feeling or mental state of being contented, happy and healthy.	
16.	<b>Sedentary</b>	Involves a lifestyle that is inactive and involves much sitting down.	
17.	<b>Active lifestyle</b>	Promotes a feeling of well-being, promotes a better social life, reduces stress, which makes us feel better.	
18.	<b>Physical factors of sedentary lifestyles</b>	Injury, Coronary Heart Disease (CHD), high blood pressure.	
19.	<b>Emotional factors of sedentary lifestyles</b>	Self-esteem, stress management, good self- image.	
20.	<b>Social factors of sedentary lifestyles</b>	Friendship, belonging to a group, loneliness.	
21.	<b>Balanced diet</b>	Taking in the right amount of level of energy that the body needs in its expenditure of energy.	
22.	<b>Complex carbohydrates</b>	Cereal, pasta, potatoes, bread fruit.	
23.	<b>Simple carbohydrates</b>	Sugar, jam, confectionary, fruit juices.	



24.	<b>Saturated fats</b>	In the form of a solid (i.e. lard) and primarily from animal sources.	
25.	<b>Unsaturated fats</b>	In the form of liquid (i.e. vegetable oil) and comes from plant sources.	
26.	<b>Composition of a healthy diet</b>	Protein, carbohydrates, fats, vitamins and minerals, fibre, water.	
27.	<b>Glycogen stores</b>	Increasing the amount of glycogen available is through 'carb loading' before exercise.	
28.	<b>Fluids</b>	Could lose up to 1 litre of water per hour during endurance exercise, especially with hot environmental conditions.	
29.	<b>Factors to consider with sports performers and nutrition</b>	Timings of meals, balanced diet, adequate fluid intake.	
30.	<b>Bones in the body</b>	Cranium, clavicle, sternum, humerus, ribs, ulna, radius, carpals, phalanges, femur, patella, tibia, fibula, tarsals, scapula, vertebrae, pelvis.	
31.	<b>Function of the skeletal system</b>	Give shape and support to the body, Allow movement, Protect vital organs, Produce blood cells, Store minerals.	
32.	<b>Synovial joint</b>	Freely moveable joint.	
33.	<b>Hinge Joint</b>	Allows flexion and extension at the knee and elbow.	
34.	<b>Ball and Socket</b>	Allows wide range of movement at the shoulder and hip.	
35.	<b>Types of movement at joints</b>	Flexion, extension, abduction, adduction, rotation, circumduction.	
36.	<b>Components of a joint</b>	Ligaments, cartilage, tendons, muscles, bones, joint capsule, synovial membrane, synovial fluid.	
37.	<b>Ligaments</b>	Attach bone to bone (tissue) assists with stability.	
38.	<b>Cartilage</b>	Connective tissue reduces friction and acts as a shock absorber.	
39.	<b>Tendons</b>	Connects muscle to bone allow movement.	
40.	<b>Muscles in the body</b>	Trapezius, triceps, latissimus dorsi, gluteus maximus, hamstrings, gastrocnemius, soleus, deltoid, pectorals, biceps, rectus abdominis, hip flexors, quadriceps.	
41.	<b>Function of the muscular system</b>	Produce movement, either shorten, lengthen or remain the same length.	
42.	<b>Antagonistic pairs</b>	Muscles that work together to contract and relax.	
43.	<b>Agonist</b>	Working muscle that contract to produce movement.	
44.	<b>Antagonist</b>	Working muscle that relaxes, opposite to the agonist.	
45.	<b>Fixator</b>	Muscle that stabilises the agonist muscle.	
46.	<b>Short Term Effects on Muscular System</b>	Increase in muscle temperature, build-up of lactic acid.	



47.	<b>Long term effects on the muscular system</b>	Muscular Hypertrophy, Increase muscular endurance, Increase muscular strength, Increase flexibility, Increase tolerance of lactic acid, Muscles can work harder for longer.	
48.	<b>Lactic Acid</b>	Occurs during anaerobic exercise lack of oxygen, causes muscle fatigue.	



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



Music - YEAR 9 - P1			RAG
1.	DAW	'Digital Audio Workstation' - a software application to record, edit and produce your music	
2.	MIDI	'Musical Instrument Digital Interface' - a standard method of sending digitally encoded information about music between electronic devices	
3.	Window	A visual area containing some of the graphical user interface of the computer program it belongs to	
4.	Piano Roll	A virtual grid representing time on the horizontal axis and MIDI notes on the vertical axis—it contains the entire range of notes that the DAW can play	
5.	Virtual Instrument	A computer program that emulates the performance of an analogue or digital synthesizer, a sampler or an acoustic instrument	
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.	Scale	A set of notes that can be used in any order to create melody or combined to create chords	
8.	Transport Bar	A floating tool which contains the main functions required for recording onto a DAW, such as record, play, rewind	
9.	Chord	Three or more different notes that are played together at the same time	
10.	Quantise	To limit the data to a set of fixed values, such as 'rounding' notes to the nearest beat or half-beat	
11.	Semitone	The distance in pitch between a note and its nearest neighbour, black or white, on a piano keyboard	
12.	Powerchord	A special 2 or more note chord which contains the first (or root) and fifth notes of the chord but NO THIRD.	
13.	Repeat	Playing a section of a piece more than once - a musical repeat has its own symbol	
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.	Synthesiser	An electronic instrument which can reproduce the sounds of acoustic (real) and other instruments	
17.	Harmony	The effect produced by two or more pitched notes sounding together at the same time.	
18.	Sharp	A symbol placed in front of a note which makes the pitch of that note a semitone higher - #	
19.	Flat	A symbol placed in front of a note which makes the pitch of that note a semitone lower - b	
20.	Rhythm	A pattern of sounds, long and short	
21.	Crochet	A musical note with a duration of 1 beat	
22.	Rest	A pause, or silence in the music	
23.	Quaver	A musical note with a duration of half a beat	



Music - YEAR 9 - P1			RAG
24.	Phrase	A passage of notes that work together to create a musical thought, similar to a sentence in English	
25.	Accompaniment	A musical part or parts that support the main idea	
26.	Syncopated	Rhythms in which notes are accented (made strong) that would usually not be accented. Syncopation is often described as being "off-beat"	
27.	Tempo	The speed of a piece of music, given either in Italian terms or beats per minute (bpm)	
28.	Structure	The order in which different sections of a piece are played	
29.	Section	A 'chunk' of a song, more than one of which are put together to create structure	
30.	Melody	The main 'tune' of a piece of music, what you would be able to hum or sing back	
31.	Pentatonic Scale	A set of 5 notes that can be used to create melody and riffs, often found in rock and pop music	
32.	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>	
33.	FX	Short for effects - using software to add different characteristics to a recorded sound	
34.	Locator	In a DAW, a flag at the start or end of a section or song	
35.	Region	A section of a DAW project between two locators	
36.	Mix	Altering the balance (volume) of instruments relative to each other to ensure each instrument can be heard	
37.	Distribute	Give a share or a unit of (something) to each of a number of recipients	
38.	Export	The process of creating an audio file from a DAW project	
39.	.mp3	A low-resolution audio file format, ideal for sharing or distribution online due to its small size	
40.	.WAV	A high-quality audio file format giving the listener more detail and frequency range	
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