



# Year 7

# Knowledge Organiser

# P2 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



John 10:10



Sapere Aude

**The Bishop of Winchester Academy Weekly Homework Grid 2025-2026**  
Year 7, Pentecost 2 - Commencing Monday 1<sup>st</sup> June

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
P2.1 1 <sup>st</sup> June	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
P2.2 8 <sup>th</sup> June	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
P2.3 15 <sup>th</sup> June	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/Spellin gs Week 2 - Creative Writing)	Spanish – LanguageNut	Science – Sparx	Art – booklet
P2.4 22 <sup>nd</sup> June	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/Spellin gs Week 2 - Creative Writing)	Spanish – LanguageNut	Science – Sparx	Art – booklet

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
P2.5 29 <sup>th</sup> June	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/Spellin gs Week 2 - Creative Writing)	Spanish – LanguageNut	Science – Sparx	Art – booklet
P2.6 6 <sup>th</sup> July	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/Spellin gs Week 2 - Creative Writing)	Spanish – LanguageNut	Science – Sparx	Art – booklet
P2.7 13 <sup>th</sup> July	KO on Seneca	Drama 49-56 Music 49-56	Healthy Living 49-56	Food 49- 56  Geography 49- 56	RS 49-56	History 49-56
	HWK on Sims InTouch	Maths – Sparx	English (Week 1 - AR/Spellin gs Week 2 - Creative Writing)	Spanish – LanguageNut	Science – Sparx	Art – booklet

RS - YEAR 7 - P2 Religion and Environment and Animals			RAG
1.	<b>St Francis of Assisi</b>	St. Francis of Assisi, patron saint of animals and ecology, was born in Italy around 1181-1182.	
2.	<b>Mirror of God</b>	St. Francis states that “that nature is a mirror of God, with its various elements reflecting His wisdom and beauty.”	
3.	<b>Franciscans</b>	In 1209 he received permission from Pope Innocent III to form a new religious order known as the Franciscans.	
4.	<b>Ecology</b>	The study of how living things interact with each other and their environment.	
5.	<b>Harmony with Nature</b>	Living peacefully and respectfully with animals and the environment, as taught by St Francis.	
6.	<b>Patron Saint</b>	In 1979, Pope John Paul II paid tribute to Francis' love for creation by declaring him the patron saint of ecologists.	
7.	<b>Canticle</b>	A canticle (from the Latin ‘canticulum’) is a hymn, psalm or other Christian song of praise with lyrics taken from biblical or holy texts other than the Psalms.	
8.	<b>The Canticle of the Creatures</b>	Francis’s Canticle (also known as the Canticle of the Sun) is thought to be the earliest piece of literature written in the Italian language, rather than in the language of the Church; Latin.	
9.	<b>Brother Sun, Sister Moon</b>	For Francis, as God is Our Father, he saw family relationships within all Creation. Birds, fire and wind are brothers. The moon, stars and water are sisters and our planet Earth who nourishes us is Mother.	
10.	<b>The Declaration of Assisi</b>	A statement made by people of different faiths (starting with Christians in Assisi, Italy) saying that we must protect the environment and live in peace with nature.	
11.	<b>Hilfield Friary</b>	Hilfield Friary in Dorset is part of the Society of St Francis, a Worldwide Anglican Franciscan Religious Order.	
12.	<b>Conservation Efforts</b>	Managing the surrounding land to support local wildlife and promote biodiversity.	
13.	<b>Faith in Action -</b>	Living out religious beliefs through positive actions, like protecting creation or helping others.	
14.	<b>A Rocha</b>	A Rocha UK is a Christian charity committed to nature conservation as an expression of Christian mission (important task).	
15.	<b>Sustainability</b>	Living in a way that doesn’t harm the environment and protects it for the future.	



RS - YEAR 7 - P2 Religion and Environment and Animals			RAG
16.	<b>Climate Crisis</b>	A serious and urgent problem caused by global warming, where rising temperatures lead to extreme weather, melting ice caps, droughts, floods, and loss of wildlife. It affects people, animals, and the plane.	
17.	<b>Carbon Footprint</b>	The total amount of greenhouse gases a person or activity produces.	
18.	<b>Global Warming</b>	The increase in the Earth's temperature caused by greenhouse gases like carbon dioxide from cars, factories, and farming.	
19.	<b>Laudato Si' (Praise Be to You)</b>	Pope Francis' letter urging people to protect the planet and act on climate change.	
20.	<b>Eco Church</b>	Eco Church is A Rocha's award scheme for churches in England and Wales who want to demonstrate that the gospel is good news for God's earth. It includes how churches look after their buildings and land as well as Christians' personal lifestyles.	
21.	<b>Climate Justice</b>	The idea that poorer countries and people are often most hurt by climate change, even though they cause less pollution.	
22.	<b>Eco Church Lifestyle Survey</b>	Does your church hosts activities and/or events that facilitate the recycling and/or reuse of goods, e.g. clothes swap events or 'give and take' schemes?	
23.	<b>Eco Church Lifestyle Survey</b>	Does your church operates a communal Christmas and/or Easter card scheme among the congregation?	
24.	<b>Eco Church Lifestyle Survey</b>	Does your church promote personal use and consumption of Fairtrade and/or ethically sourced goods?	
25.	<b>Eco Church Lifestyle Survey</b>	Does your church encourage members to use food at home that is LOAF (Locally grown, Organic, Animal-friendly, Fairtrade)?	
26.	<b>Eco Church Lifestyle Survey</b>	Does your church run or partner with other organisations in running a food cooperative that enables members to bulk buy ethically sourced produce at wholesale prices?	
27.	<b>Wolf Fields</b>	An urban nature reserve located in Southall, West London. Once a neglected brickworks site, it has been transformed by A Rocha into a vibrant green space.	
28.	<b>Genesis 1</b>	In Genesis 1:29-30 God gave seed-bearing plants and trees to people for their use, and for food for animals.	



RS - YEAR 7 - P2 Religion and Environment and Animals			RAG
29.	<b>Stewardship</b>	The belief that humans have a responsibility to care for and protect God's creation.	
30.	<b>Steward</b>	A person who takes care of something for someone else. Christians believe we are stewards of the Earth for God.	
31.	<b>Dominion</b>	In Genesis, humans are said to have "dominion" over the Earth. Some think this means control, others think it means responsibility.	
32.	<b>Anthropocentrism</b>	Believing humans are more important than everything else. This idea is often questioned by people who care about the planet.	
33.	<b>Genesis 2</b>	In Genesis 2:8-9 God planted a garden, and in Genesis 2:15, God gave Adam the responsibility to tend it - which means to manage it properly.	
34.	<b>Fruit</b>	In Genesis 2:16-17 God gave both man and woman his first command, and it referred to the fruit of the tree (not to eat of it), but they disobeyed.	
35.	<b>Christ's Death</b>	In the gospels that Christ died on a tree for the forgiveness of our sins. Christians believe we can start again.	
36.	<b>Tree of Life</b>	In the Book of Revelation, at the end of the Bible, there are more references to trees. People will have the right to eat of the tree of life (Revelation 2:7). Trees are in the paradise of God.	
37.	<b>Leaves of Healing</b>	In Revelation 22, the leaves of the Tree of Life are for the healing of nations.	
38.	<b>Leaves</b>	In Revelation 22, the tree of life bears fruit crops 12 times a year, and its leaves are for the healing of the nations.	
39.	<b>The Dream of the Rood</b>	The Dream of the Rood is an Old English poem. In a dream the unknown poet beholds a beautiful tree—the rood, or cross, on which Christ died. The rood tells him its own story.	
40.	<b>Rood</b>	A cross (as in a crucifix).	
41.	<b>Lumbini's Grove</b>	The Buddha was born under a shala tree in Lumbini's Grove (as his mother Maya stood upright and grasped a branch with her right hand).	
42.	<b>Rose-apple Tree</b>	Siddhartha is left by his family alone under the shade of a rose-apple tree where he goes into his first deep meditation. Hours go by and when his family returns, they are all startled to see that the tree's shade over him never shifted as the sun crossed the sky.	
43.	<b>Bodhi Tree</b>	The Buddha was enlightened under the bodhi tree.	



RS - YEAR 7 - P2 Religion and Environment and Animals			RAG
44.	<b>Mindfulness</b>	A Buddhist practice often done in nature to develop awareness and inner peace.	
45.	<b>Parinirvana</b>	The sacredness of trees is expressed again at the time of the Buddha's death (or parinirvana). In his final hours, the Buddha lay reclining in a forest grove sheltered by two magnificent shala trees.	
46.	<b>Forest Monks</b>	In Thailand forest monks perform tree ordination ceremonies as a way to declare trees sacred and conserve the forests.	
47.	<b>Ahimsa</b>	A Buddhist and Hindu idea of non-violence, meaning not hurting people or animals.	
48.	<b>Theravada</b>	The Thai Forest tradition is one branch of the Theravada Buddhist tradition.	
49.	<b>Speciesism</b>	The (misguided) belief that one species is more important than another.	
50.	<b>Peter Singer</b>	In his ground-breaking book 'Animal Liberation', philosopher Peter Singer defines speciesism as "a prejudice or attitude of bias in favour of the interests of members of one's own species and against those of members of other species."	
51.	<b>Utilitarianism</b>	Utilitarianism is an ethical theory that has the central concept of "the greatest good of the greatest number". Singer is a utilitarian thinker.	
52.	<b>Animal Liberation</b>	Singer argues that the boundary between human and "animal" is completely arbitrary. There are far more differences between a great ape and an oyster, for example, than between a human and a great ape, and yet the former two are lumped together as "animals".	
53.	<b>Animal Rights</b>	The idea that animals should be treated with respect and not harmed.	
54.	<b>Sentient</b>	Sentient means 'able to perceive or feel things.' Singer argues in favour of the equal consideration of interests of all sentient beings.	
55.	<b>PEC</b>	Singer's principle of equal consideration of interests (PEC). Singer believes the PEC applies to animals, from which it follows that speciesism, like racism and sexism, is immoral.	
56.	<b>Immoral</b>	If you describe someone or their behaviour as immoral, you mean that their behaviour is bad or wrong.	
57.	<b>Racism</b>	Racism is the belief that people of some races are inferior to others, and the behaviour which is the result of this belief.	



RS - YEAR 7 - P2			RAG
Religion and Environment and Animals			
58.	<b>Sexism</b>	Sexism is the belief that the members of one sex, usually women, are less intelligent or less capable than those of the other sex and need not be treated equally.	



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High Expectations – No Excuses



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.	
49.	<b>Mime</b>	A theatrical technique of acting without words.	
50.	<b>Villain</b>	A character who causes problems for the hero and is disliked by the audience.	



DRAMA - Year 7 - Pentecost			RAG
51.	<b>Gesture</b>	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
52.	<b>Emphasis</b>	Stress given to a word or words when speaking to indicate particular importance.	
53.	<b>Scenario</b>	An outline of a story that gives detail of the plot and individual scenes.	
54.	<b>Slapstick</b>	Comedy based on deliberately clumsy actions and embarrassing events that are funny.	
55.	<b>Performer</b>	A performer might be an actor, singer or dancer, whose job is to perform within a production. They will usually audition in front of the director and a casting director to get their part. They begin their work in the rehearsal room with the director, before performing on stage in front of an audience. They must ensure to maintain a high-quality performance each night, during the run of the show.	
56.	<b>Director</b>	A director is responsible for the overall creative vision of the show. They have to bring the different elements of the production together to produce a cohesive final production, having meetings with the design team at various stages during a production. They will also direct the performers and help them develop their characters in rehearsals ahead of the final performance.	
57.	<b>Costume Designer</b>	A costume designer is responsible for designing the costume, hair and make-up for a production, working closely with the design team to ensure that the costumes match the style of the show. They will often create designs ahead of the production being cast and can then make changes once they have met the performers. The costume designer works closely with the costume department, who are responsible for making the outfits and wigs.	
58.	<b>Lighting Designer</b>	A lighting designer is responsible for designing the lighting within a production, working closely with the director and the design team to create lighting states for atmosphere and mood on stage. The lighting designer will often have an initial idea about how the lighting will look for a show and will then make adjustments during the rehearsal process. Once their design work is complete, technicians will rig and programme the lights.	
59.	<b>Set Designer</b>	A set designer is responsible for designing the set, working closely with the director and the design team to create the world of the show. They may begin by providing the director with a concept, before moving on to the technical drawing stage. Once the design is complete, the set is constructed and completed by various departments that specialise in materials such as metal, wood and paint.	
60.	<b>Sound Designer</b>	A sound designer is responsible for designing the use of sound within a production, eg sound effects or music, working with the director to create and develop sound that enhances a production. They will also advise the director on whether the production requires microphones and other technical equipment.	





John 10:10



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Sapere Aude

FOOD - YEAR 7 - P2			RAG
1.	<b>Nutrition</b>	The process of providing or obtaining the food necessary for health and growth.	
2.	<b>Knife Skills</b>	Improve the quality of the food you cook by ensuring a uniform cooking time and appearance.	
3.	<b>Dough</b>	A thick, malleable mixture of flour and liquid, used for baking into bread or pastry.	
4.	<b>Gluten</b>	A protein found in wheat flour that makes dough elastic.	
5.	<b>Pastry</b>	A dough of flour, fat and water.	
6.	<b>Boil (boiling)</b>	The change of state from liquid to gas that occurs when bubbles of the substance in its gas state form throughout the liquid. Boiling occurs at the boiling point of a substance.	
7.	<b>Recipe</b>	A list of ingredients and instructions for preparing food.	
8.	<b>Bacteria</b>	A group of micro-organisms, some of which can cause disease. Bacteria usually multiply by splitting into two and repeating.	
9.	<b>Food Spoilage</b>	When something happens which makes food unfit and unsafe to eat.	
10.	<b>Micro-Organism</b>	Tiny plants and animals that are only clearly visible under a microscope.	
11.	<b>Thermometer Probe</b>	A piece of equipment used in the kitchen to check the correct cooking temperature so the food can be safely eaten.	
12.	<b>Food Poisoning</b>	A common and unpleasant illness that can lead to serious health problems.	
13.	<b>Meat</b>	An animal source of protein, such as pigs, cows and sheep. Other animals used for meat include goats, rabbits and hares.	
14.	<b>Food Intolerance</b>	Difficulty digesting certain foods and having an unpleasant physical reaction to them.	
15.	<b>Food Allergy</b>	A condition where the body's immune system reacts unusually to specific foods and causes a range of mild to severe symptoms.	
16.	<b>Allergen</b>	Something that causes an allergy.	
17.	<b>Carbohydrate</b>	To provide energy.	
18.	<b>Protein</b>	For growth and repair.	
19.	<b>Calcium</b>	Main mineral in the body, teeth and bones. It needs vitamin D to help absorption.	
20.	<b>Lipids (fats and oils)</b>	To provide energy. Also to store energy in the body and insulate it against the cold.	
21.	<b>Sugar</b>	Found in food naturally, or added to food during manufacture.	
22.	<b>Fruit &amp; Vegetables</b>	Provides vitamins and minerals.	
23.	<b>Minerals</b>	Needed in small amounts to maintain health.	
24.	<b>Vitamins</b>	Needed in small amounts to maintain health.	
25.	<b>Thermometer Probe</b>	A piece of equipment used in the kitchen to check the correct cooking temperature so the food can be safely eaten.	



FOOD - YEAR 7 - P2			RAG
26.	<b>Moulds</b>	A fungus that grows in the form of multicellular filaments called hyphae.	
27.	<b>Food Poisoning</b>	A common and unpleasant illness that can lead to serious health problems.	
28.	<b>Nausea</b>	Feeling sick.	
29.	<b>Non Visible Symptoms</b>	Headache, weakness, feeling cold, stomach ache, loss of appetite.	
30.	<b>Visible Symptoms</b>	Diarrhoea, high body temperature, being sick (vomiting), dizziness.	
31.	<b>Meat</b>	An animal source of protein, such as pigs, cows and sheep. Other animals used for meat include goats, rabbits and hares.	
32.	<b>Joint of Meat</b>	Leg, shoulder, belly.	
33.	<b>Cut of meat</b>	Steak, fillet, chop, shin, mince.	
34.	<b>Fairtrade</b>	Giving a fair deal to people who work in some of the poorest countries of the world.	
35.	<b>Red Tractor Symbol</b>	Found on products to let customers know that the producer meets standards of food safety, hygiene, animal welfare and environmental protection set by the Assured Food Standards scheme.	
36.	<b>Halal</b>	The lawful animal is prepared in a specific way whilst being blessed, according to the Qur'an.	
37.	<b>Red Chopping Board</b>	Used for raw meat.	
38.	<b>Blue Chopping Board</b>	Used for fish.	
39.	<b>Yellow Chopping Board</b>	Used for cooked meat.	
40.	<b>Green Chopping Board</b>	Used for salad and fruit.	
41.	<b>Brown Chopping Board</b>	Used for vegetables.	
42.	<b>White Chopping Board</b>	Used for bakery and dairy.	
43.	<b>Food Intolerance</b>	Difficulty digesting certain foods and having an unpleasant physical reaction to them.	
44.	<b>Food Allergy</b>	A condition where the body's immune system reacts unusually to specific foods and causes a range of mild to severe symptoms.	
45.	<b>Allergen</b>	Something that causes an allergy.	
46.	<b>Anaphylaxis</b>	A severe and potentially life threatening allergic reaction, which affects body systems such as breathing, the heart and circulation, the digestive system and the skin.	
47.	<b>Vegetarian</b>	A vegetarian eats no meat, poultry or fish and avoids products made from animals.	
48.	<b>Vegan</b>	A person who does not eat any kind of food made from animals.	



FOOD - YEAR 7 - P2			RAG
49.	<b>Soup</b>	A liquid dish, typically savoury made, made by boiling meat, fish or vegetables in stock or water.	
50.	<b>Boil (Boiling)</b>	The change of state from liquid to gas that occurs when bubbles of the substance in its gas state form throughout the liquid.	
51.	<b>Boiling Point</b>	The temperature at which a substance boils.	
52.	<b>Simmer</b>	Food staying just below boiling point while bubbling gently.	
53.	<b>Saucepan</b>	A deep cooking pan, typically round, made of metal with one long handle and a lid.	
54.	<b>Plate Presentation</b>	The art of arranging or decorating a plate of food to enhance its visual appeal.	
55.	<b>Ingredient</b>	A component of a mixture in food.	
56.	<b>Recipe</b>	A list of ingredients and instructions for preparing food.	



**Year 7 Healthy Living KO P2 – Skeletal System**

		RAG
1.	<b>Hinge joint</b>	Allows movement in one place eg. Elbow and knee
2.	<b>Ball and socket joint</b>	Allows a wide range of movement eg. Shoulder and hip
3.	<b>Pivot joint</b>	Allows rotation to happen eg. neck
4.	<b>Gliding joint</b>	Allows some movement in all direction eg. Carpal bone in wrist
5.	<b>Saddle joint</b>	Allows a wide range of movement eg. Thumb
6.	<b>Condyloid joint</b>	Allows a wide range of movement eg. Wrist between carpal and radius
7.	<b>Articulating bones</b>	Bones that make up a joint
8.	<b>Types of movement at joints</b>	Flexion, extension, abduction, adduction, rotation
9.	<b>Flexion</b>	Decrease the angle around a joint
10.	<b>Extension</b>	Increase angle around the joint
11.	<b>Rotation</b>	Bone turns at the joint
12.	<b>Abduction</b>	Movement away from the middle of the body
13.	<b>Adduction</b>	Movement toward the middle of the body
14.	<b>Health</b>	A state of complete physical, mental and social well-being and not merely the absence of disease.
15.	<b>Fitness</b>	To be able to carry out life's activities without getting tired. The ability to meet the demands of your environment.
16.	<b>Well-being</b>	A state of being comfortable, healthy and happy. These can be divided into the 3 areas of physical well-being, emotional/mental well-being and social well-being.
17.	<b>Physical well-being</b>	Being able to complete daily tasks without tiring.
18.	<b>Social well-being</b>	Being able to interact with a range of people and having a sense of belonging. Having respect, empathy and tolerance of others.
19.	<b>Emotional/mental well-being</b>	Having good self-esteem and self-respect Being able to recognise and express feelings
20.	<b>Sedentary Lifestyle</b>	A lifestyle that is inactive and involves sitting down.
21.	<b>Obesity</b>	The state of being grossly fat or overweight. Above 30 on the BMI scale.
22.	<b>Heart disease</b>	Flow of oxygenated blood to the hearts muscle is blocked or reduced.
23.	<b>Hypertension</b>	High blood pressure.
24.	<b>Diabetes</b>	A person's blood sugar level becomes too high.
25.	<b>Depression</b>	Feeling persistently sad for weeks or months.
26.	<b>Balanced Diet</b>	Ensuring you have a balance of all the nutrients needed to maintain good health. This should include carbohydrates, proteins, vitamins & minerals, good fats, fibre and water.



27.	<b>Regular Exercise</b>	The UK government recommends children aged 5-18 should participate in moderate to vigorous exercise for 60 minutes every day.	
28.	<b>Smoking</b>	Smoking can harm your heart, lungs, blood circulation and can cause cancer.	
29.	<b>Skill-related component of fitness</b>	Refers to your ability to perform physical tasks efficiently as it related to a particular sport.	
30.	<b>Agility</b>	How quickly you can change direction under control and maintain speed (dribbling in basketball)	
31.	<b>Balance</b>	The ability to keep your centre of body mass over your base of support (Gymnastics) a. Static balance- stationary position b. Dynamic balance - whilst in motion	
32.	<b>Coordination</b>	The ability of repeating a pattern or sequence of movement with fluency and accuracy (dribbling in basketball)	
33.	<b>Reaction Time</b>	The ability to react quickly in sport situations (Jumping off the blocks in swimming)	
34.	<b>Power</b>	The combination between strength and speed (Triple jump, Rugby)	
35.	<b>Health-related component of fitness</b>	Refers to your ability to perform physical tasks in your day-to-day activities.	
36.	<b>Muscular Strength</b>	The ability of a muscle to exert force for a short period of time. (Weightlifter)	
37.	<b>Muscular Endurance</b>	The ability of the muscle in the body to repeatedly contract without rest (Rowing)	
38.	<b>Flexibility</b>	The amount of range of movement that you will have around a joint (Gymnastics)	
39.	<b>Aerobic Endurance</b>	The ability to continuously exercise without tiring (Marathon)	
40.	<b>Speed</b>	The ability of the body to move quickly (100m)	
41.	<b>Body composition</b>	The amount of fat mass to fat free mass	
42.	<b>Specificity</b>	Making training suited to the movements, skills and muscles that are used in an activity.	
43.	<b>Progressive Overload</b>	Gradually making training harder as it becomes too easy.	
44.	<b>Overload</b>	Working harder than normal.	
45.	<b>FITT</b>	Frequency, Intensity, Time, Type.	
46.	<b>Frequency</b>	How often a person trains.	
47.	<b>Intensity</b>	How hard the training is.	
48.	<b>Time</b>	How long the training is.	
49.	<b>Type</b>	The type of training.	
50.	<b>Reversibility</b>	If you stop training, your fitness will reduce.	
51.	<b>Moderation</b>	Taking individual characteristics and circumstances into consideration when training - age, gender, environment, experience.	



52.	<b>Variance</b>	Altering or changing elements of training in order to prevent boredom.	
53.	<b>Aerobic exercise</b>	Using oxygen to produce energy during low-intensity, long-duration exercise.	
54.	<b>Anaerobic exercise</b>	Not using oxygen to produce energy during high-intensity, short-duration exercise.	
55.	<b>Carbohydrates</b>	Provides quick and efficient energy for movement.	
56.	<b>Fats</b>	Provides energy very slowly, protects vital organs and help prevent heat loss.	



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



GEOGRAPHY - YEAR 7 - P2 National Parks			RAG
1.	<b>National Park</b>	A national park is a park in use for conservation purposes, created and protected by national governments.	
2.	<b>UK National Parks</b>	National Parks were created in 1949. There are 15 national parks in the UK: 10 in England, 3 in Wales and 2 in Scotland.	
3.	<b>Aims of National Parks</b>	National parks aim to conserve and enhance the natural beauty, wildlife and cultural heritage. They also promote and encourage people to understand and enjoy national parks.	
4.	<b>Importance</b>	Importance is the state or fact of being of great significance or value.	
5.	<b>Tourism</b>	Tourism is travel for pleasure or business	
6.	<b>Climate Change</b>	Climate change is a change in global or regional climate patterns (temperature and weather) which has largely been caused by increased levels of carbon dioxide in the atmosphere produced by using fossil fuels.	
7.	<b>Renewable Energy</b>	Energy that can be used again and again. The use of renewable energy does not release greenhouse gases into the atmosphere.	
8.	<b>Social Factor</b>	Anything to do with people.	
9.	<b>Economic Factor</b>	Anything to do with money.	
10.	<b>Environmental Factor</b>	Anything to do with nature or the living world.	
11.	<b>New Forest</b>	The New Forest is one of the largest remaining tracts of unenclosed pasture land, heathland and forest in Southern England, in the county of Hampshire. It was proclaimed a royal forest by William the Conqueror in 1079.	
12.	<b>Local Scale</b>	Studying areas which are within our surrounding area. Such as Dorset and Hampshire.	
13.	<b>Forest</b>	A large area covered with trees and undergrowth.	
14.	<b>Pasture</b>	Land covered with grass and other low plants suitable for grazing animals, especially cattle or sheep.	
15.	<b>Heathland</b>	A heath is a shrubland habitat.	
16.	<b>Biodiversity</b>	A variety of plant and animal life in a particular habitat.	
17.	<b>Grazing</b>	Where livestock are allowed to consume wild vegetation.	
18.	<b>Preserved</b>	To maintain something in its original or current state.	



<b>GEOGRAPHY - YEAR 7 - P2</b>			<b>RAG</b>
<b>National Parks</b>			
19.	<b>Conflict</b>	A serious disagreement or argument, where two sides often have different views	
20.	<b>Erosion</b>	The breaking down or wearing down of material or rocks.	
21.	<b>Traffic Congestion</b>	Too many cars travelling through small roads which weren't designed for lots of traffic can cause traffic to build up and make areas in the national park too busy.	
22.	<b>Air Pollution</b>	Air pollution is the presence of substances in the atmosphere that are harmful to the health of humans and other living beings	
23.	<b>Noise Pollution</b>	Noise pollution created from cars and vehicles travelling through small areas.	
24.	<b>Environmental Damage</b>	Damage on the environment from tourists eroding footpaths, dropping litter, parking on grass due to a lack of parking spaces, picking flowers.	
25.	<b>Litter</b>	Rubbish such as paper, cans, and bottles left lying in an open or public place	
26.	<b>Over-crowding</b>	Overcrowding or crowding is the condition where there are too many people in a given space.	
27.	<b>Wild Fires</b>	A large, destructive fire that spreads quickly over woodland. Wildfires can be started from BBQ's or fires that haven't been put out or cigarettes.	
28.	<b>Impact</b>	An effect or influence on something. An impact can be good or bad.	
29.	<b>Strategy</b>	A plan designed to achieve a long-term goal. For example an aim to reduce the impacts of conflicts in national parks.	
30.	<b>Protection</b>	A person or thing that protects someone or something.	
31.	<b>Sustainability</b>	Protecting resources, such as forests, so they can be used and enjoyed by present and future generations.	
32.	<b>Improvement</b>	Improvement is the process of a thing moving from one state to a state considered to be better.	
33.	<b>Geography Skills</b>	Anything that you learn in Geography, for example, 4 & 6 figure grid references and scale.	
34.	<b>Grid Square</b>	Ordnance survey maps are made up of squares of blue lines, each representing 1 square kilometre.	
35.	<b>Four Figure Grid Reference</b>	Shows the place on a map to the nearest square kilometre.	



GEOGRAPHY - YEAR 7 - P2 National Parks			RAG
36.	<b>Six Figure Grid Reference</b>	Shows the place on a map to the nearest 100 square meters.	
37.	<b>Food Miles</b>	Food miles is the distance food is transported from the time of its making until it reaches the consumer.	
38.	<b>New Forest Marque</b>	A business set up to encourage local areas to sell and produce products which are from the New Forest Area.	
39.	<b>Locally Sourced Products</b>	Products, such as food and drink, which are made and produced in that local area.	
40.	<b>Support Local Businesses</b>	Ensuring you buy products which have been produced and developed in the local area to help boost the local economy.	
41.	<b>Erosion</b>	Erosion is the process that wears away the river bed and banks. Erosion also breaks up the rocks that are carried by the river.	
42.	<b>Abrasion</b>	Pebbles and rocks grind along the river bed this has a sand papering effect making the rocks smaller and rounder.	
43.	<b>Attrition</b>	Rocks that the river is carrying knock against each other and become smaller and more rounded.	
44.	<b>Hydraulic action</b>	The power of the water smashing against the banks, air gets trapped in the cracks and causes the rocks to break apart.	
45.	<b>Solution</b>	Where the water dissolves rocks	
46.	<b>Vertical Erosion</b>	Downwards erosion and it can create deep v-shaped valleys in the upper course of a river.	
47.	<b>Lateral Erosion</b>	Lateral erosion occurs on the outside bend of a river. The river erodes the banks and migrates sideways. This carves out a wider and flatter valley floor.	
48.	<b>Transportation</b>	Transportation is the movement of material across the Earth's surface by water, wind, ice or gravity.	
49.	<b>Suspension</b>	Lighter sediment is carried within the water.	
50.	<b>Solution</b>	This is the transport of dissolved sediment.	
51.	<b>Saltation</b>	Pebbles are bounced along the river bed.	
52.	<b>Traction</b>	Large heavy pebbles or rocks are rolled along the river bed.	
53.	<b>Deposition</b>	The dropping of material that the river is carrying, this occurs when the river loses energy or when the river meets the sea.	



GEOGRAPHY - YEAR 7 - P2 National Parks			RAG
54.	<b>Precipitation</b>	Rain, hail, sleet and snow. Anything that falls from the clouds	
55.	<b>Condensation</b>	When water vapour cools and turns into clouds.	
56.	<b>Evaporation</b>	When the sun heats up water from the sea and it goes into the air.	



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History - Year 7 - P2 British identity 900-1642			RAG
1.	<b>Conquer</b>	To capture land after defeating your enemy.	
2.	<b>Normans</b>	People from Normandy, a region of northern France. In 1066 they were led by William of Normandy who conquered England.	
3.	<b>Homage</b>	To pay (or give) homage is to promise loyalty and service to a lord or king.	
4.	<b>Marcher</b>	A marcher was someone who lived on the border between two countries, in particular the English borderlands with Wales or Scotland.	
5.	<b>Stone of Destiny</b>	A small stone which is a symbol of Scotland's monarchy and was used in the coronation of Scottish kings.	
6.	<b>The Scottish War of Independence</b>	The war between England and Scotland from the death of Scottish king Alexander III (who died without an heir), to the Treaty of Edinburgh (1357).	
7.	<b>Treaty of Edinburgh</b>	The treaty signed that ended the Scottish War of Independence that confirmed Scotland's demands to be an independent nation without English control.	
8.	<b>Robert the Bruce</b>	Robert the Bruce became King of Scotland during the Scottish War of Independence. He secured Scottish independence.	
9.	<b>James VI of Scotland and I of England</b>	A Scottish king (Henry VII's great great grandson), who became king of England and united England and Scotland when Elizabeth I died.	
10.	<b>Divine Right of Kings</b>	The belief that monarchs were chosen by God and therefore could not be questioned by other people about their choices.	
11.	<b>Mary, Queen of Scots</b>	Mary, Queen of Scots, was a great granddaughter of Henry VII and was heir to the childless Elizabeth I. Her son was James I.	
12.	<b>Single Parliament</b>	James I insisted that England and Scotland be ruled from London (where he lived) under one parliament.	
13.	<b>The Pale</b>	The area around the city of Dublin which the English/British controlled.	
14.	<b>King of England and King of Ireland</b>	Henry VIII was the first king to use this title. He protected the Irish lords in return for their loyalty.	
15.	<b>Marriage alliance</b>	Marriages to bring peace or wealth or benefit to the family, rather than marrying for love.	
16.	<b>Gaellic</b>	The language and people from Scotland, and Ireland.	
17.	<b>Chieftan</b>	An Irish lord who has power in a small area of Ireland.	
18.	<b>High King</b>	An Irish King who is in charge of all the other Chieftans.	
19.	<b>Overlord</b>	A position that Henry II created for himself over the Irish lords in 1171.	
20.	<b>Rivalry</b>	Competing for superiority in the same task.	
21.	<b>Angevin</b>	The medieval English royal family who owned lands in France and England.	



History - Year 7 - P2 British identity 900-1642			RAG
22.	<b>Gascony</b>	A region of south west France that England had controlled from 1154 (through inheritance) to 1453 (when England finally lost the Hundred Years War).	
23.	<b>Sallic Law</b>	This law meant that in France women could not inherit a throne, whereas in England women could. One cause for the Hundred Years War was that the English believed that they had a claim to the French throne because of this law, whereas the French thought that the English did not.	
24.	<b>The Hundred Years War</b>	The 116 year long period where England and France were regularly at war for the control of the French throne.	
25.	<b>Battle of Sluys</b>	A big naval battle during the Hundred Years War in 1340 where England beat France.	
26.	<b>Battle of Crecy</b>	A big land battle during the Hundred Years War in 1346 where England beat France.	
27.	<b>Battle of Poitiers</b>	A big land battle during the Hundred Years War in 1356 where England beat France.	
28.	<b>Battle of Agincourt</b>	A big land battle during the Hundred Years War in 1415 where the French were decisively beaten by the English.	
29.	<b>Longbow</b>	The English equipped their armies with this bow, often shooting down French armies before they could reach them.	
30.	<b>Joan of Arc</b>	A peasant girl whom the French believed was blessed by God. Leading their armies, she turned the tide for the French.	
31.	<b>Puritan</b>	Extreme protestants who wanted to simplify worship, and often thought of normal Protestants like Elizabeth I as not going far enough to get rid of Catholicism.	
32.	<b>Christopher Columbus</b>	An Italian explorer who discovered America in 1492.	
33.	<b>Spanish Empire</b>	A European country that set up a large empire in South America, mostly in Mexico and the Caribbean Islands.	
34.	<b>Portuguese Empire</b>	A European country that set up a large empire in South America and Asia mostly in Brazil and India.	
35.	<b>Circumnavigation</b>	To sail around the globe.	
36.	<b>Sir Francis Drake</b>	The second person (and first Englishman) to circumnavigate the globe.	
37.	<b>South America</b>	A continent that consists of countries such as Brazil, Argentina, and Chile.	
38.	<b>North America</b>	A continent consisting of three countries: Mexico, Canada, and the USA.	
39.	<b>Pilgrim</b>	A person who goes on a religious journey.	
40.	<b>Pilgrim Fathers</b>	People who left England in search of religious freedom in the American colonies.	



History - Year 7 - P2 British identity 900-1642			RAG
41.	<b>Colonies</b>	Areas controlled by another foreign country, e.g. part of an empire.	
42.	<b>Colonists</b>	People who moved to colonies to start a new life.	
43.	<b>Mayflower</b>	The ship that the Pilgrim Fathers sailed on to settle in America in 1620.	
44.	<b>Factors</b>	A theme or an idea that helps historians categorise information or explain change in the past.	
45.	<b>Culture</b>	The art and traditions of a country or group of people.	
46.	<b>Identity</b>	How someone knows where they fit in the world. For example, identifying as middle class, British or Christian.	
47.	<b>Ethnicity</b>	People who share a common cultural heritage or common descent.	
48.	<b>Introduction</b>	The start of a piece of work which highlights what the argument is and how the work will be structured.	
49.	<b>Multi-cultural</b>	Where multiple cultures are existing in the same society.	
50.	<b>Conclusion</b>	A judgement that sums up your argument.	
51.	<b>Angevin</b>	The medieval English royal family who owned lands in France and England.	
52.	<b>King of England and King of Ireland</b>	Henry VIII was the first king to use this title. He protected the Irish lords in return for their loyalty.	
53.	<b>James VI of Scotland and I of England</b>	A Scottish king (Henry VII's great great grandson), who became king of England and united England and Scotland when Elizabeth I died.	
54.	<b>Single Parliament</b>	James I insisted that England and Scotland be ruled from London (where he lived) under one parliament.	
55.	<b>Colonies</b>	Areas controlled by another foreign country, e.g. part of an empire.	
56.	<b>Pilgrim Fathers</b>	People who left England in search of religious freedom in the American colonies.	



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	



Music - YEAR 7 - P1			RAG
		to 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	
49.	Harmony	How different notes sound together	



<b>Music - YEAR 7 - P1</b>			<b>RAG</b>
<b>50.</b>	<b>Texture</b>	How many layers of sound there are.	
<b>51.</b>	<b>Timbre</b>	The tone colour or quality of a sound.	
<b>52.</b>	<b>Duration</b>	The length of a note.	
<b>53.</b>	<b>Staff (Stave)</b>	The 5 lines music is written on.	
<b>54.</b>	<b>Clef (treble clef)</b>	The symbol at the start showing pitch range.	
<b>55.</b>	<b>Time signature</b>	Tells you how many beats are in each bar.	
<b>56.</b>	<b>Key signature</b>	Sharps or flats at the start of a piece.	

