



Year 8

Knowledge Organiser

P2 2025-2026

“Knowledge is power” Francis Bacon

I came to give life - life in all its fullness

High Expectations - No excuses



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



The Bishop of Winchester Academy Weekly Homework Grid 2025-2026
Year 8, Pentecost 2 - Commencing Monday 1st June

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
P2.1 1 st June	KO on Seneca	Geography 1-8	History 1-8	Drama 1-8 Music 1-8	RS 1-8 Healthy Living 1-8	Food 1-8
	HWK on Sims InTouch	Maths – Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish – LanguageNut	Art – booklet	Science – Sparx
P2.2 8 th June	KO on Seneca	Geography 9-16	History 9-16	Drama 9-16 Music 9-16	RS 9-16 Healthy Living 9-16	Food 9-16
	HWK on Sims InTouch	Maths – Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish – LanguageNut	Art – booklet	Science – Sparx
P2.3 15 th June	KO on Seneca	Geography 17-24	History 17-24	Drama 17-24 Music 17-24	RS 17-24 Healthy Living 17-24	Food 17-24
	HWK on Sims InTouch	Maths – Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish – LanguageNut	Art – booklet	Science – Sparx
P2.4 22 nd June	KO on Seneca	Geography 25-32	History 25-32	Drama 25-32 Music 25-32	RS 25-32 Healthy Living 25-32	Food 25-32
	HWK on Sims InTouch	Maths – Sparx	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Spanish – LanguageNut	Art – booklet	Science – Sparx

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
P2.5 29 th June	KO on Seneca	Geography 33-40	History 33-40	Drama 33-40 Music 33-40	RS 33-40 Healthy Living 33-40	Food 33-40
	HWK on Sims InTouch	Maths – Sparx	English (Week 1 - AR/Spelling s Week 2 - Creative Writing)	Spanish – LanguageNut	Art – booklet	Science – Sparx
P2.6 6 th July	KO on Seneca	Geography 41-48	History 41-48	Drama 41-48 Music 41-48	RS 41-48 Healthy Living 41-48	Food 41-48
	HWK on Sims InTouch	Maths – Sparx	English (Week 1 - AR/Spelling s Week 2 - Creative Writing)	Spanish – LanguageNut	Art – booklet	Science – Sparx
P2.7 13 th July	KO on Seneca	Geography 48-56	History 48-56	Drama 48-56 48-56	RS 48-56 Healthy Living 48-56	Food 48-56
	HWK on Sims InTouch	Maths – Sparx	English (Week 1 - AR/Spelling s Week 2 - Creative Writing)	Spanish – LanguageNut	Art – booklet	Science – Sparx

RS - YEAR 8 - P2 Community			RAG
1.	Community	A group of people living in the same place.	
2.	Justice	Fair treatment for all people.	
3.	Morality	The principles or rules about what is right and wrong behaviour.	
4.	Sikhi	The word 'Sikh' means 'learner' or 'seeker of truth'. Sikhism advocates equality, social justice, service to humanity, and tolerance for other religions.	
5.	Social justice	Justice in terms of the distribution of wealth, opportunities, and privileges within a society.	
6.	Humanitarian	A person who works to improve the lives of others.	
7.	Tan	This involves physical work and tasks to show selfless service.	
8.	Man	This involves a Sikh using their mental skills and talents. For example, this could be teaching people.	
9.	Dhan	This involves Sikhs selflessly helping others by sharing their material wealth.	
10.	Injustice	When people are not treated fairly.	
11.	Emergency Aid	Help given to communities in times of disaster.	
12.	Natural disasters	A natural event such as a flood, earthquake, or hurricane that causes great damage or loss of life.	
13.	Poverty	Being without money, food or other basic needs in life.	
14.	Volunteer	An individual or group freely giving time and labour for community service.	
15.	Human Rights	Basic rights and freedoms to which all human beings should have.	
16.	Charity	The voluntary giving of help.	
17.	Donation	Something that is given to a charity.	
18.	Suffering	The state of undergoing pain, distress, or hardship.	
19.	Compassion	Sympathy and concern for the misfortunes of others.	
20.	Equality	An important part of Sikh and Christian teaching is that everyone is equal.	
21.	Respect	Considering the thoughts, beliefs and feelings of others.	



RS - YEAR 8 - P2 Community			RAG
22.	Morality	The distinction between right and wrong or good and bad behaviour.	
23.	Duty	A commitment to performing a moral action.	
24.	Gurdwara	Sikh place of worship.	
25.	Guru Nanak	The founder of the Sikh religion. Sikh comes from a word which means 'someone who learns'.	
26.	Langar	A community kitchen of a gurdwara, which serves meals free of charge to all visitors—without making a distinction of religion, gender, economic status or ethnicity.	
27.	The Khalsa	A special group of initiated Sikhs who seek to care and serve their community.	
28.	Khalsa Aid	A international charity is based upon the Sikh principle of "Recognise the whole human race as one".	
29.	Sewa	Sikh word for service; serving others.	
30.	Service	Helping others without expecting anything in return.	
31.	'There is no worship without good deeds' (Guru Granth Sahib)	For Sikhs, the way to worship God is by helping others. Sikhs give a tenth of their income to help other people.	
32.	Agape	Christian belief in unconditional love.	
33.	'Let us not love with words or speech but with actions and in truth' (1 John 3)	The Christian belief that they should actively help the disadvantaged.	
34.	Food bank	A food bank is a non-profit, charitable organization that distributes food to those who have difficulty purchasing enough to avoid hunger.	
35.	Tearfund	This organisation actively travels to places to help those who need help as a result of disasters and poverty.	
36.	Christian Aid	One of the largest Christian organisations which work to end poverty.	
37.	Fundraise	Raising money to tackle an issue such as poverty.	
38.	Fundraiser	An event or activity organised to raise money for a cause.	
39.	Non-profit organisation	An organisation that works to help people rather than make profit	



RS - YEAR 8 - P2 Community			RAG
40.	Christian Aid week	A week where Christians are encouraged to raise money in partnership with Christian Aid for a specific cause.	
41.	Worldwide Church	Christians all over the world.	
42.	Local Church	A group of Christians who regularly gather in Christ's name.	
43.	The Parable of the Good Samaritan (Luke 10)	This parable teaches the importance of caring for all people.	
44.	The Parable of the sheep and the goats	A parable taught by Jesus about judgement day emphasising the important of good deeds.	
45.	'Love your neighbour as yourself' (Mark 12)	Jesus's teaching telling people to look after others as you would yourself.	
46.	Neighbour	A person who should be treated with kindness and respect	
47.	Mercy	Showing forgiveness and kindness to someone.	
48.	'For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink' (Matthew 25)	Christian teaching encouraging people to look after others in society.	
49.	Advocacy	Public support for or recommendation of a particular cause.	
50.	Refugee	A person forced to leave their country because of danger or war.	
51.	Clean Water	Access Having safe water available for drinking and washing	
52.	Hunger	The feeling caused by not having enough food to eat.	
53.	Relief	Actions taken to help people after a disaster or crisis.	
54.	Campaign	A planned set of activities to raise awareness or bring change.	
55.	Morality	The distinction between right and wrong or good and bad behaviour.	
56.	Duty	A commitment to performing a moral action.	



DRAMA - YEAR 8 - Pentecost			RAG
1.	Commedia Dell Arte	A touring theatre company which performed improvised popular comedy in Italian theatres in the 16 th - 17 th centuries, based on stock characters.	
2.	Stock Character	Characters who represent specific stereotypes. For example, a doctor.	
3.	Slapstick	Type of comedy involving exaggerated violence and activities which exceed the boundaries of common sense - it is very physical.	
4.	Mime	Non-verbal communication. A theatrical technique of suggesting action, character or emotion without words, using only gesture, expression and movement.	
5.	Harlequin	Cheeky, likes to play jokes on people. His half mask is made up of colourful diamond shapes.	
6.	Pantalone	He is an old and mean man. Very greedy and thinks he knows best and will always try and get his own way.	
7.	Capitano	He will make up stories to impress the ladies - the stories are fibs and over-exaggerated which is why his half mask has such a big nose.	
8.	Il Dottore	He has never been to medical school but pretends to know everything about medicine and diseases. The doctor's half mask reveals the actor's cheeks.	
9.	Colombine	Pretty and intelligent but extremely vain. She moves very quickly in small, dainty steps.	
10.	Pierott	He is naïve and gullible. He has extreme mood swings. He loves everyone and everything.	
11.	The Four Groups of Stock Characters in Commedia Dell Arte	The servants (or Zanni), the old men (or vecchi), the lovers (or innamorati), and the military officers.	
12.	Reason for Masks Used	Each mask has to contain a combination of distinct characteristics to create their specific characters.	
13.	Lazzi	Comedic physical "bits" or moments within the story.	
14.	Physical Qualities of a Character	What makes the character distinctive in relation to their body: big nose, hunchback, figure, hair, clothes, short, tall.	
15.	Improvisation in Commedia Dell Arte	The unique talent of commedia actors was their ability to improvise comedy around a pre-established scenario.	
16.	Marking a Moment	A dramatic technique used to highlight a key moment in a scene or improvisation using freeze frame, slow motion or music.	
17.	Drama	The activity of acting.	



DRAMA - YEAR 8 - Pentecost			RAG
18.	Stage	A raised floor or platform, typically in a theatre, on which actors, entertainers, or speakers perform.	
19.	Concentration	The action or power of focusing all one's attention.	
20.	Teamwork	The combined action of a group, especially when effective and efficient.	
21.	Audience	The assembled spectators or listeners at a public event such as a play, film, concert, or meeting.	
22.	Imagination	The ability of the mind to be creative or resourceful.	
23.	Movement	An act of moving.	
24.	Feedback	Reactions to a performance.	
25.	Focus	The centre of interest or activity.	
26.	Communication	The imparting or exchanging of information by speaking, writing, or using some other medium.	
27.	Body Language	The conscious and unconscious movements and postures by which attitudes and feelings are communicated.	
28.	Emotions	A strong feeling deriving from one's circumstances, mood, or relationships with others.	
29.	Facial Expressions	One or more motions or positions of the muscles beneath the skin of the face. These movements convey the emotional state of an individual to observers.	
30.	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
31.	Improvisation	A piece that is created on the spot.	
32.	Posture	The position in which someone holds their body when standing or sitting.	
33.	Stance	The way in which someone is standing.	
34.	Pitch	How high or low something is.	
35.	Pace	The speed at which someone talks.	
36.	Accent	A distinctive way of pronouncing a language, especially one associated with a particular country, area, or social class.	
37.	Projection	Speaking with a strong voice so the audience can hear you.	
38.	Gait	A person's manner of walking.	



DRAMA - YEAR 8 - Pentecost			RAG
39.	Eye Contact	The state in which two people are aware of looking directly into one another's eyes.	
40.	Diction	How clear your speech is.	
41.	Emphasis	Stress given to a word or words when speaking to indicate particular importance.	
42.	Intonation	The rise and fall of the voice in speaking.	
43.	Freeze Frame	A single frame forming a motionless image.	
44.	Physical Skills	The use of the body: posture, stance, facial expressions, body language, gesture.	
45.	Vocal Skills	The use of the voice: pitch, pace, accent, tone, projection.	
46.	Creativity	The use of imagination or original ideas to create something; inventiveness.	
47.	Stage Directions	A written instruction within a script for either actors, technicians and/or designers to follow on stage	
48.	Upstage	The back of the stage/performance area, furthest from the audience	
49.	Downstage	The front of the stage/performance area, nearest to the audience	
50.	Stage Left	The left hand side of the stage, from the actors perspective	
51.	Stage Right	The right hand side of the stage, from the actors perspective	
52.	Centre Stage	The middle of the performance area/stage	
53.	Dialogue	Dialogue is the exchange of spoken words between two or more characters which can be written in a scripted or devised.	
54.	Monologue	Monologue is dialogue spoken by only one actor on stage	
55.	Duologue	Duologue is dialogue between two characters on stage	
56.	Slow Motion	When the actors move or recreate an action very slowly to Mark the Moment within a scene	



FOOD - YEAR 8 - P2			RAG
1.	Hospitality & Catering	Generous and friendly treatment of visitors and guests, offering facilities to people, including food.	
2.	Hospitality	Friendly and generous treatment of guests and strangers.	
3.	Catering	Offering facilities to people, especially the provision of food.	
4.	Role	The function assumed or part played by a person or thing in a particular situation.	
5.	Dietary	Relating to or provided by diet.	
6.	Requirement	It is essential to do it.	
7.	Dietary Requirements	You are required to eat in a certain way.	
8.	Essential	Absolutely necessary; extremely important.	
9.	Nutrient	A substance that provides nourishment essential for the maintenance of life and for growth.	
10.	Adapt	Make (something) suitable for a new use or purpose; modify.	
11.	Techniques	A way of carrying out a particular task.	
12.	Preparation	Make (something) ready for use or consideration.	
13.	Commodities	A raw material or primary agricultural product that can be bought and sold.	
14.	Evaluate	Form an idea of the amount, number, or value of; assess.	
15.	Recipes	A set of instructions for preparing a particular dish, including a list of the ingredients required.	
16.	Design	A plan or drawing produced to show the look and function or workings of a building, garment or other object before it is made.	
17.	Dish	The food contained or served in.	
18.	Suitable	Right or appropriate for a particular person, purpose, or situation.	
19.	Gluten Intolerant	You cannot consume products that include wheat, rye or barley.	
20.	Lactose Intolerant	You cannot consume dairy products.	
21.	Vegan	You do not consume anything produced by an animal.	
22.	Vegetarian	You do not eat meat in your diet.	
23.	Pescatarian	You consume mainly fish in your diet.	
24.	Keto	You have a high protein diet.	
25.	Preserve	Maintain (something) in its original or existing state.	



FOOD - YEAR 8 - P2			RAG
26.	Ingredients	Substance that forms part of a mixture.	
27.	Nutrients	Compounds in foods essential to life and health, providing us with energy and the building blocks for repair and growth.	
28.	Fermenting	The process of converting carbohydrates to alcohol or organic acids using microorganism (yeasts or bacteria) under anaerobic conditions.	
29.	Culture	The ideas, customs and social behaviour of particular people or society.	
30.	Food Trends	What is popular in society in relation to food.	
31.	Fashionable	What is popular in society in relation to food, technology, clothing etc.	
32.	Prepare	To organise and sort before next stage.	
33.	Commodities	A raw material or primary agricultural product that can be bought and sold, such as copper or coffee.	
34.	Practical	Hands on with something.	
35.	Theory	To explain something.	
36.	Balanced Diet	Where someone consumes the five categories from the Eatwell Guide, leading a healthy lifestyle.	
37.	Carbohydrates	A category from the Eat Well Guide that provides you with essential energy.	
38.	Protein	A category from the Eat Well Guide that provides you minerals for growth and repair. Supports with the repair of tissues.	
39.	Vitamins	Essential for a healthy body and system to fight infections and diseases, e.g. Vitamin C.	
40.	Minerals	Essential for a healthy body and system to fight infections and diseases, e.g. Iron.	
41.	Micronutrients	The smaller vitamins and minerals, e.g. Vitamin C, Vitamin D, Vitamin A.	
42.	Macronutrients	The larger vitamins, needed to eat them in larger quantities, e.g. Protein, Carbohydrates, Fats/Oils.	
43.	Dairy	Essential for a healthy body providing you with a good source of calcium, essential for good teeth and bones.	
44.	Saturated Fats	The fats that are needed in smaller amounts and in moderation. Classed as the 'bad' fats, e.g. chips, chocolate and crisps.	
45.	Unsaturated Fats	Healthy fats that are good for you, providing insulation and protection of the organs, e.g. salmon, avocado.	
46.	Sodium	Another word for salt.	
47.	Calcium	Essential for a healthy teeth and bones.	
48.	Eatwell Guide	A diagram of a plate recommended by the government to consume per day to lead a healthy and balanced lifestyle.	
49.	Cross-contamination	The transfer of a substance from one area to another such as bacteria.	



FOOD - YEAR 8 - P2			RAG
50.	Fairtrade	Giving a fair deal to people who work in some of the poorest countries of the world.	
51.	Vegetarian	A vegetarian eats no meat, poultry or fish and avoids products made from animals.	
52.	Vegan	A person who does not eat any kind of food made from animals.	
53.	Lactose Intolerance	Digestive problem where the body is unable to digest lactose found in dairy products.	
54.	Coeliac	Person who is allergic to wheat.	
55.	Diabetes	A disease that occurs when your blood sugar is too high.	
56.	Pescatarian	A person who does not eat animal products with the exception of fish.	



GEOGRAPHY - YEAR 8 - P1 Urbanisation			RAG
1.	Urbanisation	The increase in the proportion of people living in towns and cities.	
2.	Urban growth	An urban area getting bigger.	
3.	Rural	Countryside - normally sparsely populated.	
4.	Urban	Cities - densely populated.	
5.	Population	The number of inhabitants in a particular place.	
6.	Overcrowding	Too many people in an occupied space leading to other social, economic or environmental issues.	
7.	Megacity	A city with over 10 million people.	
8.	Millionaire city	A city with over 1 million people.	
9.	Push factor	A reason that would be encouraging you to leave a place.	
10.	Pull factor	A reason attracting you to a new area.	
11.	Rural-urban migration	The process of people moving from countryside areas to towns and cities.	
12.	Food shortages	A lack of food in an area leading to a famine.	
13.	Sanitation	Factors relating to public health such as clean drinking water and sewage disposal.	
14.	Education	A social factor where people can get qualifications that leads to various employment.	
15.	Development	An improvement in the standard of living of people in a specific country.	
16.	Unemployment	Where people are without regular work.	
17.	Squatter settlements	Illegal settlements that lack basic services and amenities.	
18.	Slums	a residential area with substandard housing that is poorly serviced and/or overcrowded, and therefore unhealthy, unsafe, and socially undesirable.	
19.	Poverty	a state or condition in which a person or community lacks the financial resources and essentials for a minimum standard of living.	
20.	Favelas	Squatter settlements found in Brazil.	



GEOGRAPHY - YEAR 8 - P1 Urbanisation			RAG
21.	Quality of life	Indicating the populations access to wealth, jobs, education, nutrition, health, leisure and safety - as well as political and cultural freedom.	
22.	Litter	Rubbish such as paper, cans, and bottles left lying in an open or public place.	
23.	Pollution	the presence in or introduction into the environment of a substance which has harmful or poisonous effects.	
24.	Greenhouse gases	a gas that contributes to the greenhouse effect by absorbing infrared radiation. Carbon dioxide and methane are examples of greenhouse gases.	
25.	Congestion	A situation when a place gets blocked by traffic leading to other difficulties.	
26.	Economic	Factors relating to money.	
27.	Social	Factors relating to people.	
28.	Environmental	Factors relating to the natural environment.	
29.	Suburbanisation	The process of people moving from city centres to surrounding suburbs.	
30.	Counter-urbanisation	The movement of people from cities to rural areas.	
31.	Urban sprawl	The uncontrolled expansion of cities into surrounding rural areas.	
32.	Infrastructure	The physical and organizational structures (e.g., roads, bridges, utilities) needed for urban areas to function.	
33.	Regeneration	The redevelopment of old or rundown urban areas to improve living conditions.	
34.	CBD (Central Business District)	The commercial and business centre of a city.	
35.	Informal economy	Economic activities that are not regulated or taxed by the government, common in developing urban areas.	
36.	Sustainable city	An urban area designed to have minimal environmental impact and support future generations.	
37.	Brownfield site	Previously developed land that can be redeveloped.	
38.	Greenfield site	Undeveloped land used for new urban expansion.	
39.	Metropolitan area	A large city and its surrounding suburbs that function as one economic unit.	
40.	Natural Increase:	The growth in population that occurs when the birth rate is higher than the death rate.	



GEOGRAPHY - YEAR 8 - P1 Urbanisation			RAG
41.	NEE (Newly Emerging Economy):	A country that has begun to experience high rates of economic development and rapid urban growth, such as India or Nigeria.	
42.	HIC (High-Income Country):	A nation with a high gross national income per capita, often having already undergone the majority of its urbanisation.	
43.	LIC (Low-Income Country)	A nation with low gross national income per capita, typically experiencing rapid current urbanisation	
44.	Urban Heat Island:	An urban area that is significantly warmer than its surrounding rural areas due to human activities and infrastructure.	
45.	Informal Sector:	Part of an economy that is neither taxed nor monitored by any form of government, common in squatter settlements.	
46.	Congestion	A condition on transport networks that occurs as use increases, characterized by slower speeds and longer trip times.	
47.	Social Segregation	When different groups of people live apart from each other, often based on wealth, ethnicity, or religion.	
48.	Dereliction:	Abandoned buildings and wasteland, often found in older industrial parts of a city.	
49.	Sustainable Urban Living:	Living in a way that meets the needs of the present without compromising the ability of future generations to meet theirs, often through green energy and waste reduction.	
50.	Commuter:	A person who travels some distance to work on a regular basis, usually from a residential area to a city centre	
51.	Conurbation:	An extended urban area, typically consisting of several towns merging with the suburbs of a central city	
52.	Counter-urbanisation	The movement of people out of cities and back into rural areas.	



GEOGRAPHY - YEAR 8 - P1 Urbanisation			RAG
53.	Urban Regeneration:	The investment in and redevelopment of derelict or run-down urban areas to improve the environment and economy.	
54.	Gentrification:	The process of renovating and improving a house or district so that it conforms to middle-class taste, often displacing lower-income residents.	
55.	Rural-Urban Fringe	The zone where the city meets the countryside, often characterized by a mix of land uses.	
56.	Self-Help Schemes:	Government or NGO projects where slum residents are provided with materials and tools to improve their own homes and local infrastructure.	
57.	Marginal Land:	Land that is undesirable or dangerous for formal building—such as steep hillsides or floodplains—where slums are often located.	
58.	Site and Service Schemes:	A development approach where the government provides a plot of land with basic services (water, electricity, roads) and the residents build their own houses on it.	
59.	Peripheral Settlements:	Informal housing developments located on the extreme edges of a city, often far from jobs and public transport.	
60.	Sanitation Gap:	The difference between the number of people living in an area and the number of people with access to hygienic toilets and clean water.	
61.	Community-Led Development:	When local residents work together to decide how to improve their neighbourhood, rather than having changes forced upon them by the government.	
62.	Deprivation:	A lack of basic necessities such as adequate housing, clean water, and healthcare, which is common in slum environments	



Year 8 Healthy Living KO P1 - Cardiovascular System

			RAG
1.	Respiratory system	External - exchange of gases between the lungs and heart Internal - exchange of gases between the blood and the body cells	
2.	Pathway of air through the respiratory system	Nose, mouth, pharynx, larynx, trachea, bronchi, bronchioles, alveoli, diaphragm	
3.	Inspiration	Breathing in - external intercostal muscles contract and move up, diaphragm contracts and moves down	
4.	Expiration	Breathing out - external intercostal muscles relax and move down, diaphragm relaxes and moves down	
5.	Breathing rate	How many breaths per minute	
6.	Tidal volume	Volume of air inspired or expired per breath	
7.	Minute ventilation	Volume of air inspired or expired in one minute ($VE = TV \times F$)	
8.	Aerobic exercise	Low to moderate intensity exercises that uses oxygen for a long duration	
9.	Anaerobic exercise	High intensity exercises that does not use oxygen for a short duration	
10.	Mechanics of breathing	Breathing is the physical process of inhaling oxygen and exhaling carbon dioxide. The mechanism of breathing involves two main processes: inspiration and expiration.	
11.	Diffusion	Diffusion is the movement of gas from an area of high concentration to an area of low concentration.	
12.	Breathing rate	The amount of breath you take per minute.	
13.	Residual volume	The amount of air left in the lungs after maximal exhalation.	
14.	Vital capacity	The maximum amount of air you can exhale after taking the deepest possible inspiration.	
15.	Lung Volumes Measuring	Lung volumes are measured using a spirometer - a piece of apparatus consisting of a chamber filled with oxygen that floats on a tank of water.	
16.	Health	A state of complete physical, mental and social well-being and not merely the absence of disease.	
17.	Fitness	To be able to carry out life's activities without getting tired. The ability to meet the demands of your environment.	
18.	Well-Being	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.	
19.	Physical Well-Being	Being able to complete daily tasks without tiring.	
20.	Obesity	The state of being grossly fat or overweight. Above 30 on the BMI scale.	
21.	Type 2 Diabetes	Physical activity increases the amount of glucose used by the muscles for energy, so it helps lower blood glucose levels. Being active also helps the body to use insulin more efficiently and regular activity can help reduce the amount of insulin diabetics have to take.	



22.	Posture	Physical activity helps strengthen the core or postural muscles and mobilises the spine, keeping it flexible and alleviating back pain. Exercise also increases awareness of body position and improves motivation and confidence which can help with posture.	
23.	Fitness	Regular physical activity improves fitness so the body is more resilient and less prone to injury in both sport and everyday life. The ability to withstand and recover from illness is also related to fitness.	
24.	Social Well-Being	Being able to interact with a range of people and having a sense of belonging. Having respect, empathy and tolerance of others.	
25.	Friendship	Friendships increase as participants make friends with other members of the club, group or class.	
26.	Belonging to a group	Feeling of belonging gained from a common experience or shared activity.	
27.	Loneliness	Sadness because one has no friends or company.	
28.	Emotional/Mental Well-Being	Having good self-esteem and self-respect. Being able to recognise and express feelings	
29.	Self-esteem and Confidence	Completion or success in an activity can give a sense of satisfaction. Self-esteem is increased by doing well or sticking to an exercise or training routine.	
30.	Stress management	Exercise and physical activity can be enjoyable. Dynamic exercise or more intense physical activity can relieve tension and stress.	
31.	Image	When people exercise they may feel happier due to a release of endorphins into the body and see the long term health benefits on their appearance.	
32.	Sedentary Lifestyle	A lifestyle that is inactive and involves sitting down.	
33.	Obesity	The state of being grossly fat or overweight. Above 30 on the BMI scale.	
34.	Heart Disease	Flow of oxygenated blood to the hearts muscle is blocked or reduced.	
35.	Hypertension	High blood pressure.	
36.	Diabetes	A person's blood sugar level becomes too high.	
37.	Depression	Feeling persistently sad for weeks or months.	
38.	Coronary heart disease (CHD)	Physical activity improves cardiovascular fitness and keeps the heart, lungs and blood vessels strong and healthy, reducing the risk of CHD.	
39.	Food Labels	Quantities of food sources found in a particular type of food.	
40.	Positive Lifestyle Factors	Positive lifestyle choices that will benefit your health and wellbeing.	
41.	Balanced Diet	Ensuring you have a balance of all the nutrients needed to maintain good health. This should include carbohydrates, proteins, vitamins & minerals, good fats, fibre and water.	
42.	Regular Exercise	The UK government recommends children aged 5-18 should participate in moderate to vigorous exercise for 60 minutes every day.	



43.	Smoking	Smoking can harm your heart, lungs, blood circulation and can cause cancer.	
44.	Alcohol	The negative effects of alcohol are liver damage, vomiting, blurred vision and slurred speech.	
45.	Stress Management	Being able to cope with the daily demands of stress. Recognising the signs and symptoms of stress and how physical activity can help you cope with them.	
46.	Continuous training	<i>Continuous training</i> is a form of exercise that is performed at a ' <i>continuous</i> ' intensity throughout and doesn't involve any rest periods.	
47.	Fartlek training	Is a variation of speed/speed play whereas continuous more constant speed/no (little) rest.	
48.	Interval training	Training that involves running at two different intensities i.e. Walk, run.	
49.	Speed	The ability to put body parts into motion quickly.	
50.	HIIT	High intensity interval training	
51.	Hallow sprints	Hollow sprints have hollow periods of jogging or walking in between sprint intervals.	
52.	Acceleration sprints	Acceleration sprints have period of rest and recovery periods in between sprint intervals.	
53.	Weight training	Using free weights/resistance machines to improve muscular strength.	
54.	Circuit training	Stations are set out that train one or more components of fitness. The performer moves from one station to the next with exercise periods and rest periods.	
55.	Plyometric training	High intensity exercise involving explosive movements. The muscle is lengthened and then rapidly shortened to develop the explosive capability of the muscle.	
56.	Stretching	Straighten or extend one's body or a part of one's body to its full length	



History - YEAR 8 - P2 Topic: The suffrage movement			RAG
1.	Suffrage	The right to vote in political elections.	
2.	Franchise	The franchise is made up of those legally allowed to vote in elections (e.g. in the UK, today, the franchise is made up of everybody over the age of 18).	
3.	Chartists	A political movement which began in 1836 and was most active between 1838 and 1848. The aim of the Chartists was to gain political rights and influence for the Working Classes.	
4.	To protest	When somebody shows disapproval or objects to something.	
5.	Revolution	A change in the political and social structure of a country and is often associated with a change of government.	
6.	The Working Class	People who survived by earning a wage often working in factories or on farms.	
7.	The Middle Class	People who made a decent living in a job that required education such as: Teachers, Lawyers, Doctors, Engineers.	
8.	The Ruling Class	People who owned the factories or farms and were rich.	
9.	The French Revolution	A violent overthrow of the French Monarchy in 1789 that caused the British Monarchy and Ruling Class to become scared of any protest from the Working and Middle Class.	
10.	Censorship	To restrict free speech and restrict the access of sensitive information to the ruling class.	
11.	Member of Parliament	Somebody who is elected by an area (for example North Bournemouth) to represent that area in Parliament.	
12.	Parliament	The group who discuss issues facing the country and decide actions or new laws for the nation.	
13.	Constituency	The area that elects one person to represent them (their Member of Parliament) in Parliament.	
14.	Constituents	The people in a constituency who are represented by their Member of Parliament.	
15.	The Peterloo Massacre	In 1819, Working Class and Middle Class protestors demanded more political rights and increased wages. 20 people were murdered and 700 were injured by the British Army.	
16.	Joseph Thomas	A man who in 1832 managed to sell his wife for 20 Shillings (£1.00) and a dog. This demonstrated how few rights women had at the time.	
17.	Suffragette	Someone who used militant methods to campaign for the right for women to vote.	
18.	Suffragists	Someone who used peaceful, legal methods to campaign for the right for women to vote.	
19.	Militant	Confrontational or violent.	



History - YEAR 8 - P2 Topic: The suffrage movement			RAG
20.	Interpretation	The argument and conclusion of a historian, based on contemporary sources.	
21.	Democracy	A system of government in which the population of a country or all the eligible members (e.g. those over 18) elect people to represent them in government.	
22.	WSPU	The Women's Social Political Union. A suffragette group.	
23.	Emmeline Pankhurst	The leader of the Suffragette group.	
24.	NUWSS	National Union of Women's Suffrage Societies. The leading suffragist group.	
25.	Similarity	Something that is not exactly the same but shows some aspects that are the same. E.g. both the suffragists and the suffragettes used speeches to get their point across.	
26.	Hunger Strike	A form of protest where a person would stop eating. If the strike was not broken, the person would die from starvation.	
27.	Cat and Mouse Act 1913	An Act (law) that enabled the government to release Suffragettes who were on hunger strike, and re-arrest them when they were medically fit.	
28.	The Epsom Derby, 1913	A very famous horse race that took place in London. The King's horse was running, it was reported live and many important people were in attendance.	
29.	Emily Davison	The lady who died at the Epsom Derby whilst staging a protest for women to have the right to vote.	
30.	Intention	A thing intended. An aim or a plan.	
31.	Martyr	A person who is killed or suffers because of their religious or other beliefs.	
32.	Cause	An event or theme that leads to another event.	
33.	Peaceful tactics	Tactics that do not involve any violence e.g. petitions and speeches.	
34.	Munitionette	Women who made bullets and artillery rounds during the First World War.	
35.	Representation of the People Act 1918.	Allowed women over 30 who either owned their home or were married to a homeowner to vote in 1918.	
36.	1928	Women between the age of 21-30 now had the right to vote regardless of homeownership.	
37.	Militancy	Actions that would involve confrontational or violent actions, e.g. slashing paintings and burning houses.	
38.	Trigger	A cause that is the reason that an event happened when it did. E.g. Franz Ferdinand being shot meant World War One started in 1914.	
39.	Thematic	The way history can be divided if it is not being divided chronologically.	
40.	Power of the people	The concept that the population of a country has the power to influence the laws and actions of a country. E.g. through voting for a Member of Parliament to represent them or going on strike.	



History - YEAR 8 - P2 Topic: The suffrage movement			RAG
41.	Turning point	A moment of great change that causes long term effects.	
42.	Historical report	A piece of historical writing that goes into depth about an issue with the aim of explaining it.	
43.	Factors	A theme or idea that historians use to categorise or explain details, causes or changes in the past.	
44.	Continuity	When things remain the same.	
45.	Change	When things differ.	
46.	Contemporary Sources	Evidence from the time being studied, used by historians to find out what happened in the past.	
47.	Reform	To change.	
48.	Bill	A proposed law.	
49.	Act	A Bill, once it is passed by Parliament, becomes an Act. We often call them laws.	
50.	Election	When people vote to choose a leader or their Member of Parliament to represent them.	
51.	Suffrage	The right to vote in political elections.	
52.	Franchise	The franchise is made up of those legally allowed to vote in elections (e.g. in the UK, today, the franchise is made up of everybody over the age of 18).	
53.	Suffragette	Someone who used militant methods to campaign for the right for women to vote.	
54.	Suffragists	Someone who used peaceful, legal methods to campaign for the right for women to vote.	
55.	Chartists	A political movement which began in 1836 and was most active between 1838 and 1848. The aim of the Chartists was to gain political rights and influence for the Working Classes.	
56.	House of Commons	The main council in the Houses of Parliament, where 650 MPs from across the UK meet to discuss bills and possible laws.	



MUSIC - YEAR 8 - P1			RAG
1.	Hook	A lyrical line or melodic phrase that makes a song memorable	
2.	Riff	A repeated musical pattern often used in the introduction and instrumental breaks in a song or piece of music	
3.	Bass Line	The lowest pitched part of the music often played on bass instruments such as the bass guitar or double bass	
4.	Bass Clef	A musical symbol showing that notes are to be performed at a lower pitch	
5.	Repeat Symbol	A musical symbol consisting of two vertical dots followed by double-bar lines. It tells the performer to go back either to the start of the piece (or to the corresponding sign facing the other way) and repeat that section of music	
6.	Treble Clef	A musical symbol showing that notes are to be performed at a higher pitch	
7.	Bar	One small segment of music that holds a number of beats - in most forms of popular music a bar contains 4 beats	
8.	Beat	The ongoing pulse of a piece of music, what you would dance or move your feet to	
9.	Melody	The main 'tune' of a song	
10.	Texture	How the different layers of a piece of music are combined to produce the overall sound	
11.	Timbre	The quality of sound that makes voices or musical instruments sound different from each other	
12.	Synthesiser	An electronic instrument that uses some form of digital or analog processing to produce audible sound	
13.	Ostinato	A repeated musical pattern, similar to a <i>riff</i> , but used when describing repeated musical patterns in "classical" and some "world" music	
14.	Time Signature	A sign, consisting of 2 numbers, that indicates how many beats are in each bar of a piece of music	
15.	Note head	The 'blob' or round part of a written music note	
16.	Stem	The straight line coming out of a music note. This can point up or down	
17.	Triplet	Three notes, connected by a bracket and indicated with a number 3, that equally divide a beat (or fraction of a beat) into three pieces	
18.	Bolero	A lively Spanish dance in 3/4 time with a strongly marked rhythm	
19.	Pentatonic Scale	A musical scale with five notes per octave	
20.	Octave	The distance between two musical notes that have the same letter name	
21.	Phrase	A passage of notes that work together to create a musical thought, similar to a sentence in English	
22.	Section	A 'chunk' of a song, more than one of which are put together to create structure	
23.	Verse	A recurring section within a song that usually presents new lyrics while using the same or similar melody	



MUSIC - YEAR 8 - P1			RAG
24.	Chorus	The repeated section in a song that is usually the most memorable part	
25.	Homophonic	A texture consisting of either a melody and accompaniment or just chords	
26.	Percussion	Musical instruments played by striking with the hand, striking with a stick or beater, or by shaking	
27.	Opera	A staged drama entirely set to music	
28.	Conjunct melody	A melody that moves to next-door notes, also known as step-wise melody	
29.	Disjunct melody	A melody that moves by leaps, to notes that are a larger distance away	
30.	Tempo	The speed of a piece of music, given either in Italian terms or beats per minute (bpm)	
31.	Timing	Playing musical notes at the correct time relative to the beat and to the other performers	
32.	Repeat	Playing a section of a piece more than once - a musical repeat has its own symbol	
33.	Dynamics	The volume of a musical piece or individual part. Italian terms are often used to describe how loud or soft the music is	
34.	Performance	A performance involves entertaining an audience by doing something such as singing, dancing, or acting	
35.	Rehearse	Practise (a play, piece of music, or other work) for later public performance	
36.	Fluency	Performing without pauses or hesitation - being <i>fluent</i>	
37.	Technique	Using an instrument correctly	
38.	Accuracy	Performing using the correct pitches and durations of each note	
39.	Solo	One performer playing a single part without others	
40.	Ensemble	A musical group who perform with any combination of instruments or voices	
41.	Sharp	A symbol placed in front of a note which makes the pitch of that note a semitone higher - #	
42.	Flat	A symbol placed in front of a note which makes the pitch of that note a semitone lower - b	
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.	Plectrum	Tool used to pluck strings.	
50.	Harmony	How different notes sound together	
51.	Texture	How many layers of sound there are.	
52.	Timbre	The tone colour or quality of a sound.	



MUSIC - YEAR 8 - P1			RAG
53.	Duration	The length of a note.	
54.	Staff (Stave)	The 5 lines music is written on.	
55.	Clef (treble clef)	The symbol at the start showing pitch range.	
56.	Time signature	Tells you how many beats are in each bar.	
57.	Key signature	Sharps or flats at the start of a piece.	

