



YEAR 7  
HOMEWORK  
KNOWLEDGE ORGANISER  
Spring Term 1

Name: \_\_\_\_\_

Tutor Set: \_\_\_\_\_



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HOMEWORK  
KNOWLEDGE ORGANISER  
Spring Term 1

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YEAR 7  
HOMEWORK

KNOWLEDGE ORGANISER

Spring Term 1

The timetable below shows you which subjects you will be studying each day, for 30 minutes each, it does not show you which section of the subject KO to learn. This information will be given to you by your subject teacher and you should write this into your **planner**. The planner is also where you will have your KO work signed off each week.

**Week 1: 6<sup>th</sup> January**

	Subject 1	Subject 2
Monday	English	Phil & Ethics
Tuesday	Science	Geography
Wednesday	Maths	Computer Sci
Thursday	Science	History
Friday	Spanish	DT

**Week 4: 27<sup>th</sup> January**

	Subject 1	Subject 2
Monday	English	Drama
Tuesday	Science	Geography
Wednesday	Maths	Music
Thursday	Head of School	History
Friday	Spanish	Art

**Week 2: 13<sup>th</sup> January**

	Subject 1	Subject 2
Monday	English	Drama
Tuesday	Science	Geography
Wednesday	Maths	Music
Thursday	Head of School	History
Friday	Spanish	Art

**Week 5: 3<sup>rd</sup> February**

	Subject 1	Subject 2
Monday	English	Phil & Ethics
Tuesday	Science	Geography
Wednesday	Maths	Computer Sci
Thursday	Science	History
Friday	Spanish	DT

**Week 3: 20<sup>th</sup> January**

	Subject 1	Subject 2
Monday	English	Phil & Ethics
Tuesday	Science	Geography
Wednesday	Maths	Computer Sci
Thursday	Science	History
Friday	Spanish	DT

**Week 6: 10<sup>th</sup> February**

	Subject 1	Subject 2
Monday	English	Drama
Tuesday	Science	Geography
Wednesday	Maths	Music
Thursday	Head of School	History
Friday	Spanish	Art

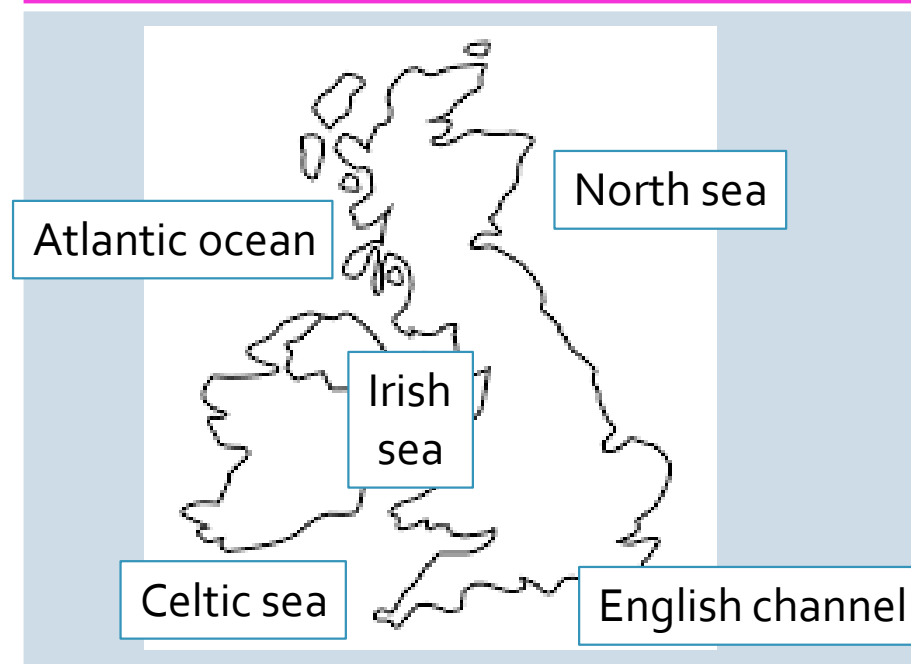
Spring  
Term 1  
Timetable



### A: Our World – tallest buildings in the world

Country	Name of Tower	Height (m)
Dubai	Burj Khalifa	828m
China	Shanghai Tower in Shanghai	632m
Saudi Arabia	Abraj Al Bait in Mecca	601m
China	Ping An International Financial Centre in Shenzhen	599m
China	Goldin Finance in Tianjin	597m
South Korea	Lotte World Tower in Seoul	555m
USA	One World Trade Centre in New York	541m
China	Chow Tai Fook Finance Centre in Guangzhou	530m
China	Tianjin Chow Tai Fook Binhai Centre in Tianjin	530m
China	China Zun Tower in Beijing	528m

### C: UK Facts – seas around the UK



### B: Flags



Dubai

China

Saudi Arabia

South Korea

USA

### D: The UK – Longest rivers

Name of River	Length (miles)
Severn	220
Thames	215
Trent	185
Great Ouse	143
Wye	134
Ure	74

### E: Academic Vocabulary: words to help you learn

Word	Definition
analyse	Examine something in detail in order to interpret it
annotate	Add notation or labelling to a graph, diagram or other drawing
assess	Make an informed judgement
calculate	Work out the value of something
comment	Present an informed opinion
compare	Identify similarities and/ or differences
consider	Review and respond to given information
criticise	Form and express a judgement
debate	Present different perspectives on an issue
deduce	Draw conclusions from information provided



## Our weekly homework routines...

- 1 You will always be set at least one homework a week by your teacher.
- 2 Your teacher will choose the lesson they want you to learn and will pick it so that you are revising an important maths topic for revision. As such, you have already probably covered it in class but might have forgotten so your homework is to revise as, to be a great learner, you need to revise all the time (not just before tests!).
- 3 You need to spend **between 30 minutes and 1 hour** on your homework as this shows effort and commitment and will ensure that you do quality homework.
- 4 You will always be expected to
  - i) watch the video + take notes;
  - ii) write down your quiz workings neatly;
  - iii) mark your own work, make corrections and write down your score at the end.
- 5 Homework will be checked by your teacher in class once a week during your starter. You will be expected to bring your homework book to class and leave it open on the desk for your teacher to inspect.

## 10 things a student should do when completing HegartyMaths homework


Student checklist for good HegartyMaths homework		✓ or ✗
1	I always write the date, title, clip number and H/W for all my tasks.	
2	I always watch the video before attempting the questions.	
3	I always take full notes of all the examples modelled in the video.	
4	I copy every question that I attempt in my book.	
5	I show all my workings for every question in the quiz that I do.	
6	I try to model my work the way I was shown in the video by Mr Hegarty.	
7	I use a pencil and ruler for all diagrams.	
8	I mark my work correct/incorrect as I go.	
9	I write down corrections when HegartyMaths tells me the correct answer.	
10	I write down my score at the end of quiz.	

## 5 things you should do when you want to do extra work

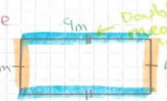
Action		✓ or ✗
1	I go back to my donut and pick lessons that are <b>red</b> (<70%) to redo them to make them <b>amber</b> (>70%) or <b>green</b> (100%).	
2	I go back to my donut and pick lessons that are <b>amber</b> (>70%) to redo them to make them <b>green</b> (100%).	
3	When working on lessons that are <b>red</b> or <b>amber</b> and I cannot make them <b>100%</b> , I rewatch the video and look at the building blocks which may help me.	
4	I complete a <b>Fix-Up-5</b> where HegartyMaths gives me 5 practice questions on parts of maths that I might be weak on.	
5	If my teacher has given me a revision list of clips on HegartyMaths, then I pick a topic on that list and complete a homework the normal way by myself.	

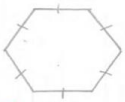
You will **always** produce a set of well-written notes of all the modelled examples in the video as we want you to be an expert note-taker and to revise before you try the quiz. **If you know the material, you still have to take the notes as sometimes you have to revise topics you already know and it's good for your long-term maths memory.**

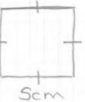
**VIDEO NOTES**  
HegartyMaths: Perimeter (2) 14<sup>th</sup> July 2016


**Example 1**  

  
Perimeter =  $7 + 7 + 7 + 7$   
 $= 4 \times 7$   
 $= 28 \text{ mm}$

**Key Words**  
 • Length  
 • Units  
 • Distance

**Example 2**  

  
Perimeter =  $4 + 9 + 4 + 9$   
 $= 18 + 18$   
 $= 36 \text{ m}$

**Example 3**  

  
Perimeter =  $6 \times 9$   
 $= 54 \text{ m}$

**Example 4**  
 Work out the perimeter of a square with side length 5cm.  
 Always draw a sketch from the information given.  

  
Perimeter =  $4 \times 5$   
 $= 20 \text{ cm}$

**Example 5**  
 Work out the perimeter of an equilateral triangle with side length 4.1mm.  
 Same as regular.  
 Use algebraic law of multiplication.  

  
Perimeter =  $3 \times 4.1$   
 $= 3 \times (4 + 0.1)$   
 $= 12 + 0.3$   
 $= 12.3 \text{ mm}$

**Notes:**  
 • Don't forget Units!  
 • Double dash means same length but not same as single dash.  
 • Regular means all sides are same length.  
 • Doesn't matter which method you use, they all work!

**Callout:** Here is an example of a great homework!



**A: WRITING SKILLS**

SPAG – Applying spelling, punctuation and grammar effectively. Capital letters, full stops, commas & apostrophes.  
 Challenge: colons, semi-colons, parenthesis, exclamation marks, hyphens.  
 Sentence structures – applying a variety for effect – simple, compound and complex. Using time and sequencing connectives.  
 Paragraphing.  
 Persuasion – Using a range of techniques effectively and suitably (AFOREST).

**B: Sample sentence openers**

- Many people perceive this as a fractious issue.
- Picture the scene:
- Now, let's be clear, the real issue here is....
- Yes, I can see why some people may think....
- The solution is simple:

**C: Synonyms**

Good: Outstanding, exceptional, remarkable  
 Bad: Abhorrent, abysmal, appalling  
 Boring: Tedious, lacklustre, monotonous  
 Angry: Irritated, exasperated, vexed  
 Pointless: Futile, inane, absurd

D: Vocabulary	Definition
Convey	To communicate a message, information, idea.
Colloquial	Language used in ordinary and familiar conversations. Not formal.
Precise	Exact and accurate
Concise	Giving a lot of information clearly and in a few words.
Criticism	Disapproval
Courteous	Polite and respectful
Facilities	Places, amenities or things that are provided for a particular purpose
Provision	Providing or supplying something.
Reiterate	To say something a number of times.
Elaborate	To develop or present something in further detail.
Proposal	A plan or suggestion
Insufficient	Not enough
Inadequate	Not good enough
Negligible	Small and unimportant.
Recipient	Someone who receives something.

E: Terminology	Definition
Purpose	What a text trying to do. Is it informative, advisory or persuasive?
Audience	Who a text is aimed at
Format	The type of text (eg: letter, speech, report etc)
Tone	The way a piece of text sounds e.g. sarcastic etc. The mood or atmosphere in the writing.
Hyperbole	Use of exaggerated terms for emphasis.
Anecdote	A short story using examples to support ideas.
Directives	Using you, we or us.
Repetition	When words or phrases are used more than once in texts.
Statistics	Facts and figures
Authoritative	Commanding and self-confident. Likely to be respected and obeyed.
Superlative	Declaring something the best i.e. the ugliest, the most precious.
Passive voice	When the subject of the sentence has an action done to it but something or someone else. E.g. the dog was being washed by the girl.





### A: Key Words

morality – a code of right and wrong. vulnerable – in a situation in which you could be easily harmed  
brutal – very violent or cruel.  
corrupt – a word used to describe a person who uses their power in a dishonest or illegal way in order to make life better for themselves.  
villain – a ‘baddie’ who harms other people or breaks the law to get what they want.  
malicious – meant to hurt or upset someone.  
victim – someone who has been harmed  
workhouse – a place where people who couldn’t support themselves were sent to live and work

### C: Characters

Oliver: a ‘pale, thin’ orphan who is treated badly by almost everyone he meets.  
Mr. Bumble: runs the workhouse and gives Oliver his name.  
Fagin: an old man who runs the gang of pickpockets.  
Jack Dawkins (The Artful Dodger): a young boy who introduces Oliver to Fagin’s gang who has ‘all the airs and manners of a man’.  
Bill Sikes: a ‘rough man’ who has been a criminal for many years.  
Nancy: Bill’s girlfriend who risks her life to help Oliver escape from the gang.  
Mr. Brownlow: a wealthy older gentleman who takes Oliver in and looks after him.

### B: Context

1 Charles Dickens was born 7th February 1812 in Portsmouth.  
2 His novels are set in Victorian times (1830- 1900).  
3 Dickens had to work in harsh conditions as a child when his father was sent to prison.  
4 Dickens lived next to a work house until he was 19.  
4 Victorian London was a busy city growing bigger all the time due to the Industrial Revolution. Big cities were a place where  
crime developed and in the early 1800s the first police force was created.  
6 Poor Victorian children lived in poverty. In London, many lived in unsanitary slums.

### D: Plot summary

1. Oliver is born in the workhouse. When he is a bit older he is nominated to ask for more food because the boys are starving.  
2 He is kicked out of the workhouse and sold to the Sowerberry family to be an undertaker’s apprentice. He’s bullied by Noah, they fight and he is locked up.  
3 Oliver runs away to London, meets Dodger and is introduced to Fagin’s gang.  
4 Oliver is taken out with the gang and is horrified to see Dodger steal a gentleman’s handkerchief. Oliver is wrongly arrested for the theft.  
5 The gentleman, Mr. Brownlow, takes pity on Oliver and takes him in. The gang plot to get him back in case he reveals information about them.  
6 Oliver is abducted by the gang whilst running an errand for Mr. Brownlow.  
7 Oliver is used by Sikes in a burglary. They fail and Sikes runs away. Oliver is left behind but the people who live there feel sorry for him and look after him. They are called Fred and Rose Maylie.  
8 When Bill and Fagin realise what has happened, they plot to catch Oliver again. Nancy overhears and visits Mr. Brownlow to warn him.  
9 Fagin tells Bill about Nancy’s betrayal and Bill murders her. Fagin is discovered and sent to prison and Bill dies trying to run away.  
10 Oliver discovers who his parents were and joins Mr. Brownlow and the Maylies to live happily ever after



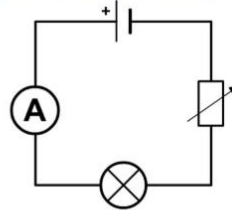
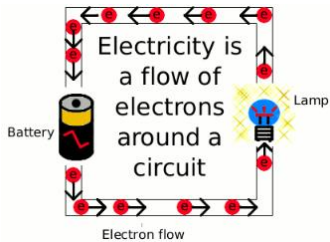
### A: WHAT IS ELECTRICITY?

The unit of measurement for **current** is the **ampere**, which has the symbol **A**.

Current is measured using a device called an **ammeter**.

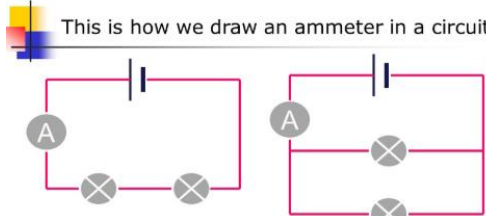
In a circuit diagram, an ammeter is shown by an 'A' in a circle.

When measuring the current through a component, the ammeter is always connected in **series** (in the same loop) with that component.



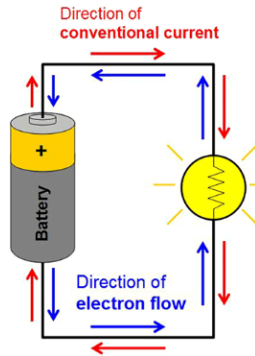
### Measuring Current

This is how we draw an ammeter in a circuit.



SERIES CIRCUIT

PARALLEL CIRCUIT



### B: WHAT IS POTENTIAL DIFFERENCE (VOLTAGE)?

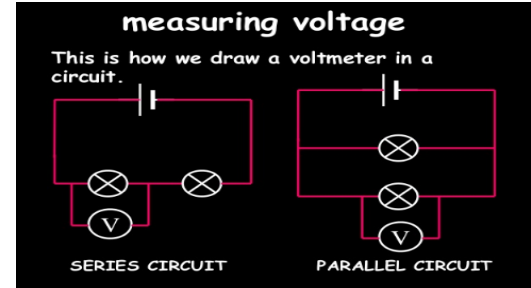
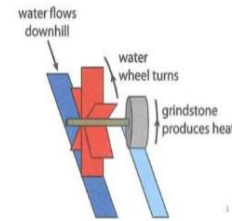
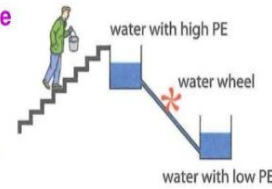
#### Potential Difference

The easiest way to think about what batteries do is to use a water analogy.

Batteries 'lift' **charges (Q)** to a higher **Potential (V)**.

There is a **Potential Difference (V)** between one end of the battery and the other.

Batteries store **Potential Energy** as **Chemical Energy**.

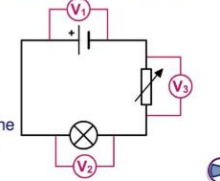


**Voltage** (also called **potential difference**) is measured using a device called a **voltmeter**. The unit of measurement for potential difference is the **volt**, which has the symbol **V**. In a circuit diagram, a voltmeter is given the symbol **V**.

When measuring the voltage across a component, the voltmeter is always connected in **parallel** with (or across) the component.

This is still a series circuit, as the voltmeter does not affect the circuit.

The voltage supplied by the battery is **shared** between all the components in a series circuit.



### C: WHAT IS RESISTANCE IN A CIRCUIT?

Resistance is a measure of how easy or difficult it is for charges to flow through components.

**Low resistance = easy** (current will be high)

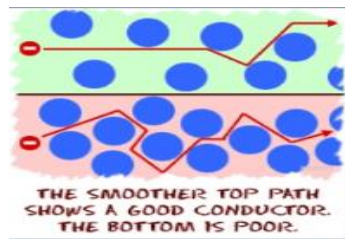
**High resistance = not easy** (current will be low)

$$\text{voltage} = \text{current} \times \text{resistance} \quad V = I \times R$$

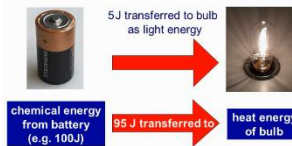
Resistance is measured in **ohms** ( $\Omega$ )

Some materials allow electric charges to pass through them easily, these materials are called **conductors**. Other materials do not allow electric charges to pass through them easily, these materials are called **insulators**.

$$\text{resistance} = \frac{\text{voltage}}{\text{current}}$$



### D: CELLS, BATTERIES AND CIRCUITS.



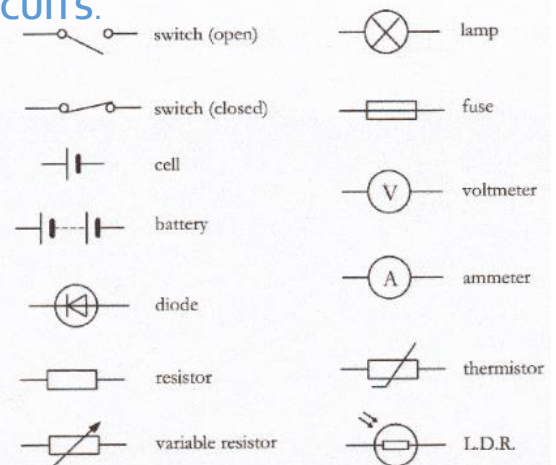
Most of the energy from the battery does not produce light – most of it is wasted as heat!

#### Circuits and Symbols

##### Circuit symbols



Circuit symbols are used to draw diagrams of electrical circuits, with straight lines to show the wires. Let's have a look at some of the more common circuit symbols used.

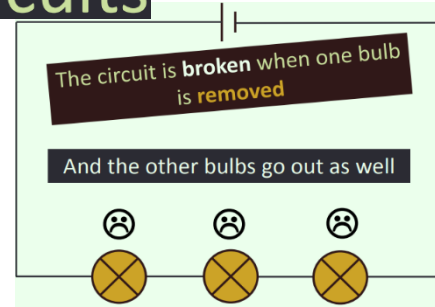
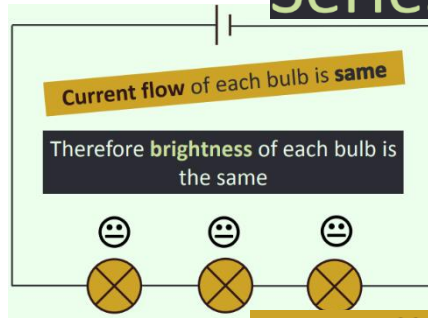
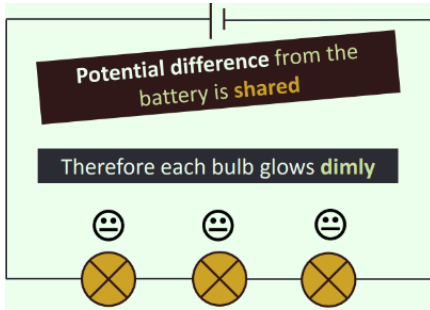




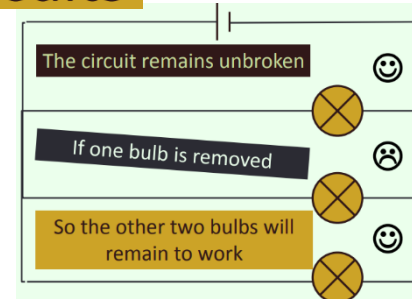
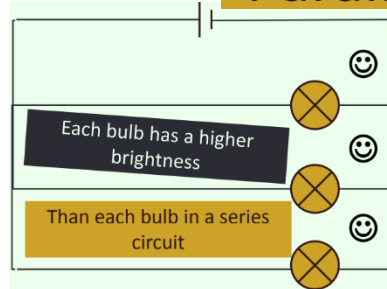
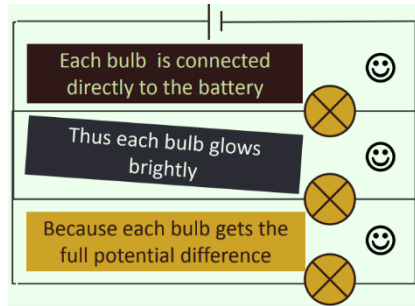


E: COMPARING SERIES AND PARALLEL CIRCUITS

Series Circuits

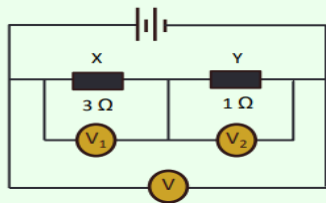


Parallel Circuits



Compare the Circuits' Potential Difference

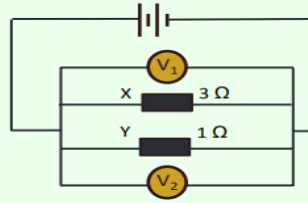
Series Circuit



Reading on  $V$  = Reading of  $V_1 + V_2$

Potential Difference is shared by the two resistors

Parallel Circuit

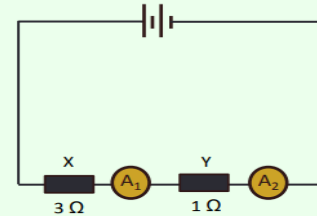


Reading on  $V_1$  = Reading on  $V_2$

Potential difference is the same across each resistor

Compare the Circuits' Current

Series Circuit

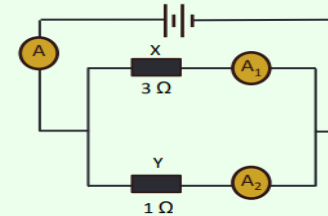


Current has only one path to flow

Reading on  $A_1$  = Reading on  $A_2$

Same current flows through each resistors

Parallel Circuit



Current splits into different paths

Reading on  $A$  = Reading on  $A_1 + A_2$

Main current is shared between the two resistors

## Forces (part 1)



### A: WHAT IS A FORCE? Force is measured in Newtons – symbol: N

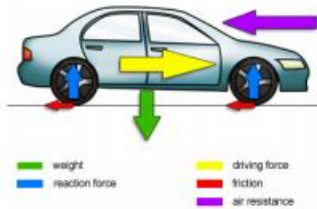


A force is a push or pull

Key Terms	Definitions
Newton	The unit of force
Newton meter	A piece of equipment that can be used to measure the size of the force
Contact Force	A force caused by the contact between two objects
Non Contact Force	A force between two bodies that are not in contact for example gravity
Free body force diagram	A diagram which shows all the forces acting on an object

When a force is applied to an object it can lead to a change in the objects

- Speed
- Direction of movement
- Shape (think about a rubber band)



### C: INTERACTION PAIRS.

**A force is always a part of a mutual action that involves another force.**

– Forces always occur in pairs.



When you push on the wall, the wall pushes on you.



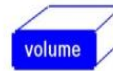
The interaction that drives the nail is the same as the one that halts the hammer.

### B: WHAT IS A VECTOR?

A scalar quantity has only **magnitude**.  
A vector quantity has both **magnitude and direction**.

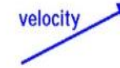
#### Scalar Quantities

length, area, volume  
speed  
mass, density  
pressure  
temperature  
energy, entropy  
work, power



#### Vector Quantities

displacement  
velocity  
acceleration  
momentum  
force  
lift, drag, thrust  
weight



**Contact forces:** interactions between objects that touch



applied force



spring force



drag force



frictional force

**Non-contact forces:** attract or repel, even from a distance



magnetic force



electric force



gravitational force

**D:** Hooke's Law states the amount a spring stretches is proportional to the amount of force applied

$$F = k \times e$$

F = Force in Newtons, N

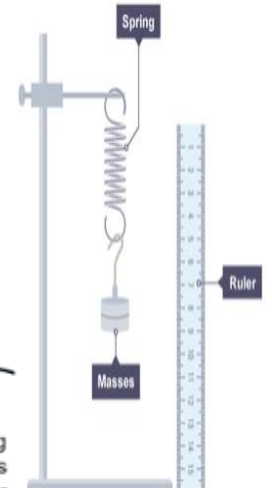
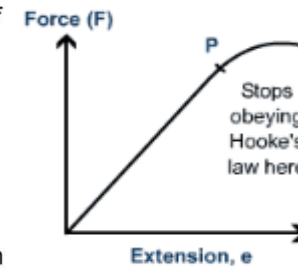
e is the extension in metres, m

K = is the 'spring constant' in Newtons per metre, N/m

When a material fails to return to its original length it has reached its *elastic limit* or *limit of proportionality*.

After the elastic limit the loads produce much larger extensions of the specimen. This is called the plastic region.

At the end of this stage, the extension is even greater and a *yield point* is reached.





### E: FRICTION

#### Friction Tries to Stop Objects Sliding Past Each Other

Friction is a **force** that always acts in the **opposite** direction to movement. It's the force you need to **overcome** when **pushing an object** out of the way.

#### The Good Points of Friction — It Allows Things to Start and Stop

- 1) Friction allows the tyres on a bike to **grip** the road **surface** — without this grip you couldn't make the bike move **forward** and you wouldn't be able to **stop** it either — it'd be like riding on **ice**.
- 2) Friction also acts at the **brakes** where they **rub** on the **rim** of the **wheel** or on the **brake disc**. Friction also lets you **grip** the **bike** — important if you want to ride it without slipping off.

#### The Bad Points of Friction — It Slows You Down

- 1) **Friction** always **wastes energy** — friction between the moving parts of a bike **warms up** the gears and bearings — a **waste** of energy.
- 2) Friction **limits top speed**. The **air resistance** (a kind of friction, see below) takes **most** of your energy and **limits** your maximum **speed**.



#### Air and Water Resistance Slow Down Moving Objects

- 1) Air and water resistance (or "drag") **push against** objects which are moving through the air or water.
- 2) These are kinds of **frictional** force because they try to **slow** objects down.
- 3) If things need to go fast, then they have to be made very **streamlined** — which just means they can **slip** through the **air** or **water** without too much resistance. A good example is a sports car.



#### Reducing friction



### F: All liquids and gases are fluids (air, water, oil)

**What is thrust?** A forward push

**What is upthrust?** The upwards force on a body in a liquid or a gas (because pressure increases with depth in fluids)

Things float if they are **less dense** than the fluid they are in.

Things float if they **weigh less** than the buoyant force pushing up on them.

Things float if they are shaped so their weight is **spread out**.

➤ **Balanced forces = no change in motion**  
— Often referred to as **equilibrium**

➤ **Unbalanced forces = change in motion**

Force diagrams help us understand forces. A force diagram for a falling object just after it starts to fall.

The force is represented by an **arrow**.

The **direction** the arrow points shows the direction the force is acting.

The **size** of the arrow can be used to compare the size of the forces.



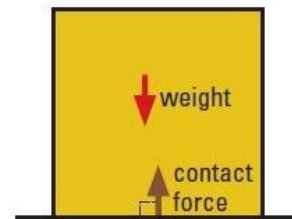
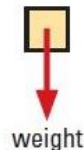
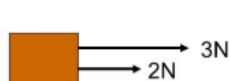
### G:

#### Resultant force

A number of forces acting on a body may be replaced by a single force which has the same effect on the body as the original forces all acting together.

This overall force is called **resultant force**.

In the example opposite, 5N is the resultant force of the 3N and 2N forces.



A diagram which shows all the forces acting on a body is called a **free-body diagram**



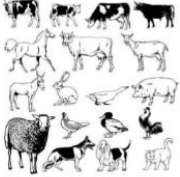


## Adaptation and Competition (Part 1)

### A: ORGANISMS

#### ORGANISM

o A **living** thing.



o Bacteria, plants, animals, and insects are all **organisms**.

### Biotic vs. Abiotic

<ul style="list-style-type: none"> <li>o Living</li> <li>o Examples             <ul style="list-style-type: none"> <li>o Plants</li> <li>o Animals</li> <li>o Fungi</li> <li>o Bacteria</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>o Non-Living</li> <li>o Examples             <ul style="list-style-type: none"> <li>o Water</li> <li>o Sunlight</li> <li>o Soil</li> <li>o Air</li> <li>o Temperature</li> </ul> </li> </ul>
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### What do Animals Need to Survive?

Water

Food

Air

Shelter

### B: COMPETITION

#### What is COMPETITION?

- When species within an **ECOSYSTEM** compete for the same **RESOURCES**.
- Organisms in an **ECOSYSTEM** compete for:
  - FOOD
  - WATER
  - SPACE
- Example: In the ocean, dolphins, whales and large fish all compete for smaller fish.

**Competition** – Organisms within a population must compete for resources

- When populations grow, resources are in higher demand
- If demand is greater than supply.....population must decrease
  - Fight and kill each other
  - Reproduce less



### What is adaptation?

Adaptation describes how a plant or animal is able to survive in various environments

Well adapted organisms can cope with the different aspects of their environment, for example, the temperature

### C: ADAPTATION

Activities that an organism does to help it survive are called **behavioural adaptations**. These include:

- searching for food
- during winter, **hibernation**
- the herding of animals in large groups
- vocalisations, such as bird calls.



Behavioural adaptations can be **learnt** or **inherited**.

Inherited behaviour is instinctive and genetic. Learnt behaviour must first be taught, or learned, from experience.

Some adaptations are physical, such as the shape of a bird's beak or the size of plant leaves. These are called **structural adaptations**.

Other structural adaptations include:

- fur thickness
- body shape
- teeth size and shape
- internal organisation, such as muscle structure.



Adaptations relating to a feature, or a group of features, that allows an organism to perform a specific function are called **functional adaptations**.

For example, making slime, controlling body temperature and secreting poison.

Certain tropical frogs have poisonous skin that can make predators very ill or even die.



Functional adaptations aid the survival of an individual. They are controlled by genes, so can be passed down from generation to generation.

The snowshoe hare lives in northern parts of North America. How is it adapted to avoid predators such as lynxes?

greyish-brown fur turns **white** in winter for camouflage

**large ears** help in detecting predators

**monocular vision** with a wide field of view to see predators approaching

**large furry feet** act as snow shoes and protect the soles from cold



D: SURFACE AREA TO VOLUME RATIO (SA:VOL.)



sides = 3  
surface =  $3^2 \times 6 = 54$   
volume =  $3^3 = 27$

surface/volume = 2



sides = 2  
surface =  $2^2 \times 6 = 24$   
volume =  $2^3 = 8$

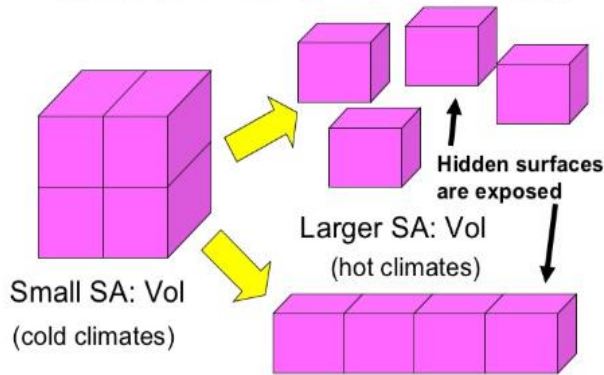
surface/volume = 3



sides = 1  
surface =  $1^2 \times 6 = 6$   
volume =  $1^3 = 1$

surface/volume = 6

Surface Area to Volume Ratio



A large SA:Vol ratio is not always an advantage:  
Small, warm-blooded mammals lose heat very quickly due to their large SA:Vol ratio. They need to eat almost constantly!  
(Think about how hungry you get on a cold day)

Desert plants would lose water quickly with flat leaves – so they minimise their SA:Vol ratio so that they can conserve water in hot dry environments

E: PLANTS AND ADAPTATION

**Plants need:** light, carbon dioxide, water, oxygen, nutrients

Adaptation in plants

Water taken in through roots

Stoma in leaves allow gases in and out for photosynthesis and respiration

In dry climates:  
– very wide root systems  
– store water in leaves, stems or roots



Surface area:volume ratio  
Curled leaves – traps layer of moist air, reduces surface area



Thick cuticle – stops evaporation  
Or.. Broad leaves – large surface area to collect dew

Epiphytes – in rainforests live high above ground and collect water and nutrients from the air

An **extremophile** is an organism that thrives in extreme conditions. Extremophile literally means 'extreme loving'

Competition in animals and plants

Animals

- **Food** – more likely to be successful if eat a wide range. Competition between own species too, better adapted will survive
  - **Territory** – compete for best space/ area
  - **Mate** – males fight or display
- Success depends on adaptations ...  
Avoiding competition can also lead to success



Plants

- **Light** (photosynthesis) smaller plants may flower earlier in the year before the bigger plants to get more light
  - **Water** (photosynthesis) different types of roots – spread along surface or deep underground
  - **Nutrients**
  - **Space** (roots and light)
- Spreading seeds –  
sycamore, dandelion,  
Fruits, sticky



F: POPULATIONS AND COMMUNITIES

Population vs. Community

- ▶ **Species**
  - ▶ A group of organisms that are physically similar and can mate with each other
  - ▶ Example: bear
- ▶ **Population**
  - ▶ All members of one species in a particular area
  - ▶ Example: a group of deer in a forest
- ▶ **Community**
  - ▶ All different populations that live together in an area and are close enough to interact with each other
  - ▶ Example: birds, bears, snakes, all living in the forest



Species - a group of organisms capable of interbreeding and producing fertile offspring.



What bees do for us

All bees: Estimated 1/3 of food is pollination dependent

A colony: Pollinates 4,000 m<sup>2</sup> fruit trees

Makes avg 14kg of honey

Contains 50,000 bees

Contribute £400 million to the economy

Pollinate 70 types of crop

Make 6,000 tonnes of honey

- Flowers are dependant on bees for pollination
- Bees are dependant on flowers for food.
- We say they are **interdependent**.

A **stable community** is one in which the size of the populations of all species remain relatively constant over time





### A: What is an element?

- A element is a pure substance made of one type of atom
- Elements are divided into metals and non-metals
- Examples of non-metal elements include carbon, oxygen, hydrogen, and nitrogen
- Examples of metal elements include aluminum, iron, copper, and gold

### What is a chemical symbol?

- The chemical symbol tells us what atom it is
- It's a short form (C = Carbon)
  - sometimes it's the Latin short form (Au = Gold)
- **Always a CAPITAL LETTER, sometimes followed by one or more lower case letters**
- Ex: Oxygen O, Nitrogen N, Sodium Na
- \*Cobalt - Co \*Carbon Monoxide - CO
- (Co is an element, CO is a compound)

6  
**C**  
Carbon  
12.0

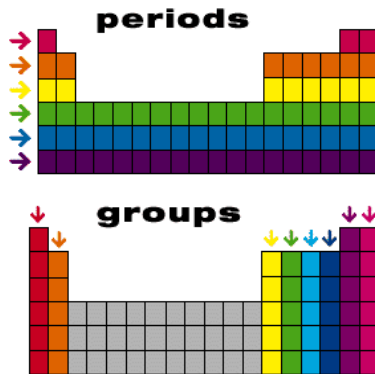
13  
**Al**  
Aluminum  
27.0

### The periodic table

There are approximately 100 naturally occurring elements. All the known elements are shown in the **periodic table**.

On the periodic table, the **metals** are found on the **LEFT** side of the zig-zag line.

**Nonmetals**  
Located on the right side of the periodic table



Elements are organized on the table according to their atomic number, usually found near the top of the square.

- The atomic number refers to **how many protons** an atom of that element has.
- For instance, hydrogen has 1 proton, so it's atomic number is 1.
- The atomic number is unique to that element. **No two elements have the same atomic number.**

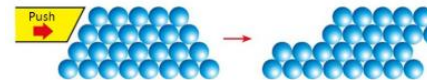
### B: Properties of Non Metals

Shiny (Lustrous)	Solids at room temperature (except Mercury which is liquid) Malleable (the bend without breaking)	High Density (feel heavy for their size)
Strong		Good conductor of heat
Good conductor of electricity	Are magnetic (only Iron, Nickel and Cobalt)	They make a ringing sound when hit (sonorous)
Dull appearance (not shiny)	At room temperature half are solids, half are gases, one is a liquid (Bromine)	Low density (feel light for their size)
Poor conductor of heat (insulator)	Brittle (they break or shatter when hammered)	Weak
Poor conductor of electricity (insulator (apart from graphite))	Not magnetic	Make a dull sound when hit

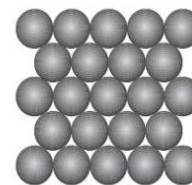
**Transition metals.** The **elements** in the centre of the periodic table, between groups 2 and 3, are called the **transition metals**. Most of the commonly used **metals** are there, including iron, copper, silver and gold.

In pure metals, *atoms of the same size* are packed regularly in layers.

Metals are **malleable** and **ductile** because the layers of atoms can slide over each other easily when a force is applied.



Metals have **high density** because there is little empty space between the atoms.



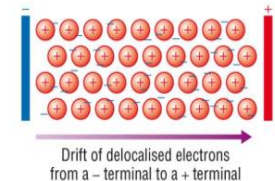
Atoms are packed close together in a metal.

Why do metals have high melting and boiling points?  
Gold, for example, has a melting point of 1064°C and a boiling point of 2807°C.



- Strong forces of attraction
- Between positive ions and negative electrons
- Sea of delocalised electrons
- As metallic bonds are so strong a large amount of force is needed to break them

The delocalised electrons can move freely anywhere within the metal lattice allowing them to conduct electricity.










## Periodicity (Part 2)

### C: PROPERTIES OF NON-METALS

#### Properties of Nonmetals

- Dull
- Brittle (shatters)
- Do not react with acid or copper chloride
- Do not conduct electricity
- Low boiling point
- Low melting point
- Usually found as a gas

### E: GROUP 7 ELEMENTS: THE HALOGENS

Symbol and Name	Atomic Number	State and colour at room temperature and pressure, colour of vapour when heated
F Fluorine	9	 pale yellow gas
Cl Chlorine	17	 pale green gas
Br Bromine	35	 dark red liquid, readily gives off a brown vapour
I Iodine	53	 dark (~black) crumbly solid, purple vapour
At Astatine	85	 black solid, dark vapour - highly radioactive!

Colour:

Trend: The colours get darker down the

**Chlorine:** Chloro- means **Green**  
(as in **Chlorophyll**)

**Bromine** is **Brown** (or Orange)

**Iodine** is **Grey** (as a solid)/ Dark **Purple**  
as a gas

F <sub>2</sub>	Gas	Boiling point increases down the group
Cl <sub>2</sub>	Gas	
Br <sub>2</sub>	Liquid	
I <sub>2</sub>	Solid	
At <sub>2</sub>	Solid	

So **Astatine** should be darker than Grey = **Black**  
And **Fluorine** should be lighter than Green = Pale **Yellow**

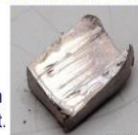
### D: GROUP 1 METALS (ALKALI METALS)

The characteristic properties of the alkali metals are:

- They are **soft** and can be cut by a knife. Softness increases going down the group.
- They have a **low density**. Lithium, sodium and potassium float on water.
- They have **low melting and boiling points**.

These properties mean that the alkali metals are different to typical metals. However, alkali metals do also share some properties with typical metals:

- They are **good conductors** of heat and electricity.
- They are **shiny**. This is only seen when alkali metals are freshly cut.



Metal	Reaction with water
<b>lithium</b>	Bubbles of gas are given off quite quickly. When tested with universal indicator the water is now alkaline.
<b>sodium</b>	The sodium melts and skims over the surface producing a stream of small bubbles. Sometimes a yellow-orange flame appeared.
<b>potassium</b>	Potassium immediately produces a lilac flame as it skims around the surface making a fizzing noise.

### F: GROUP 0 ELEMENTS: THE NOBLE GASES



#### Physical Properties

- Colourless, odourless and tasteless.
- Sparingly soluble in water.
- Have very low melting and boiling points

	symbol
<b>helium</b>	He
<b>neon</b>	Ne
<b>argon</b>	Ar
<b>krypton</b>	Kr
<b>xenon</b>	Xe
<b>radon</b>	Rn





**A Radical-changing verbs**

These verbs change their spelling in the root or stem of the verb. Can you work out why this part of the verb is called the root or the stem?

u → ue  
o → ue  
e → ie

<b>jugar</b>	I play	<b>poder</b>	I can	<b>preferir</b>	I prefer	<b>querer</b>	I want
<b>juego</b>	You play	<b>puedo</b>	You can	<b>prefiero</b>	You prefer	<b>quiero</b>	You want
<b>juegas</b>	He/she plays	<b>puedes</b>	He/she can	<b>prefieres</b>	He/she prefers	<b>quieres</b>	He/she wants
<b>juega</b>	We play	<b>puede</b>	We can	<b>prefiere</b>	We prefer	<b>quiere</b>	We want
<b>jugamos</b>	You(pl) play	<b>podemos</b>	You(pl) can	<b>preferimos</b>	You(pl) prefer	<b>queremos</b>	You(pl) want
<b>jugáis</b>	They play	<b>podéis</b>	They can	<b>preferís</b>	They prefer	<b>queréis</b>	They want
<b>juegan</b>		<b>pueden</b>		<b>prefieren</b>		<b>quieren</b>	

Think about the pattern. Where do the changes **not** happen?



**Reflexive verbs**

You will find these verbs in your dictionary with *se* attached to the end of the verb. Example: *levantarse* – to get up (to get **oneself** up)

These verbs have a reflexive pronoun which normally comes before the verb.

me levanto	nos levantamos
te levantas	os levantáis
se levanta	se levantan

me despierto – I wake up  
me visto – I get dressed



<b>despertarse</b>	<b>vestirse</b>
me despierto	me visto
te despiertas	te vistes
se despierta	se viste
nos despertamos	nos vestimos
os despertáis	os vestís
se despiertan	se visten

**B Ser and estar**

Both *ser* and *estar* have the same meaning: **to be**.

*Ser* is known as the **permanent** 'to be' and it is used for:

- Origin: **Soy de Cuba, soy cubano.**
- Expressions of time: **Son las seis y cuarto. / Hoy es viernes.**
- Occupation: **Mi padre es profesor.**
- Relationships: **Luís y Juan son mis hermanos.**
- Description: **La casa es grande.**
- What things are made of: **El barco es de papel.**

*Estar* is known as the **temporary** 'to be' and it is used for:

- Temporary states: **Ana está enferma (ill).**
- Moods: **Estoy deprimido.**
- Location/position: **Londres está en Inglaterra. / El coche está en el garaje.**

ser	estar
soy	estoy
eres	estás
es	está
somos	estamos
sois	estáis
son	están

I am  
Are you?  
He/she/it is  
We are  
Are you (pl)?  
They are

Here is another irregular verb you need to learn off by heart.

<b>ir – to go</b>		
voy	I go	vamos
vas	You go	vais
va	He/she goes	van

Voy a ... → I go/am going to ...  
a + el = al      Voy **al** instituto.  
a + la = a la      Voy **a la** piscina.



me gusta  
me encanta  
me apasiona  
me interesa  
me flipa  
me mola



no me gusta  
me aburre  
me molesta  
me fastidia



**A Ordinal numbers**

1st	primero/a	6th	sexto/a
2nd	segundo/a	7th	séptimo/a
3rd	tercero/a	8th	octavo/a
4th	cuarto/a	9th	noveno/a
5th	quinto/a	10th	décimo/a

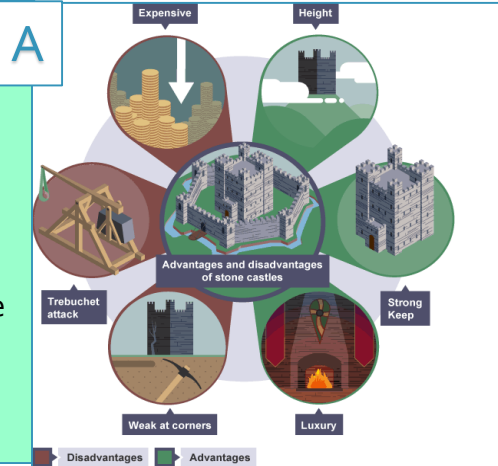
KO Quizlet link  
[https://quizlet.com/\\_gslisvs](https://quizlet.com/_gslisvs)

## Castles and The Black Death



### What is a castle?

A castle is a large strong building, built in the past by a king or important baron to protect the people inside from attack. They were both a home and a fortress. They were built to provide safety and protection from attack and to display the owner's rank and wealth. Castles were often built on hilltops or surrounded by water to make them easier to defend.



### How did the Black Death (plague) arrive in England?

The plague arrived at Melcombe Regis in Dorset in June 1348 and it spread throughout the south of England. In 1349 it reached Wales, Ireland and the north of England. By 1350, it had made it to Scotland. Estimates suggest as much as half the population died.

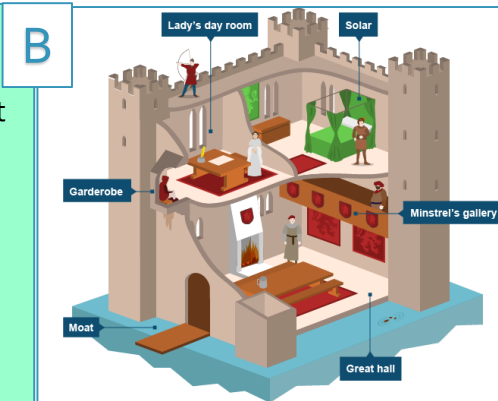
### What did people believe caused the Black Death?

Medieval doctors were not certain what caused the plague, but believed it could be the result of:

- the movements of the planets
- a punishment from God
- bad smells and corrupt air
- enemies who had poisoned the wells
- strangers to villages too were blamed

### Layout of a castle

- Many nobles lived in castles. The great hall was the centre of a castle and the walls were decorated with tapestries. There was a minstrel gallery for musicians and singers. At night, the servants slept on the floor.
- The great hall would have at least one fireplace with a chimney. This was a Norman invention and stopped the room filling with smoke.
- The toilet, called the 'garderobe', was usually a chute straight into the moat. One way to capture a castle was to climb up the chute, keeping your fingers crossed that the toilet wasn't occupied!



### What did people believe cured the Black Death?

- Rubbing onions, herbs or a chopped up snake (if available) on the boils or cutting up a pigeon and rubbing it over an infected body.
- Drinking vinegar, eating crushed minerals, arsenic, mercury or even ten-year-old treacle!
- People who believed God was punishing you for your sin, 'flagellants', went on processions whipping themselves.
- Sometimes a plague doctor would burst the buboes – and as a result, sometimes the victim lived!



## The People of Nottinghamshire



### A – History of Nottingham

- Over 1500 years ago, Nottingham was known as the “City of Caves”
- In Saxon times it was known as “Snotingham”
- Nottingham Castle was constructed in 1068 on a sandstone outcrop by the River Leen.
- During the Industrial Revolution, much of Nottingham's prosperity was founded on the textile industry.
- During the second half of the 20th century Nottingham saw urban growth with the development of new public and private housing estates and new urban centres

### B – What is Nottinghamshire culturally famous for?

- Nottingham is a UNESCO world City of Literature because of Lord Byron and D. H. Lawrence amongst others
- Nottingham is known as the Home of English Sport due to Football, Cricket, Ice Hockey and Tennis.
- The city is home to two universities - Nottingham Trent University and the University of Nottingham
- The legend of Robin Hood
- Ye Olde Trip To Jerusalem, built into the cave system beneath Nottingham Castle, is a contender for the title of England's Oldest Pub, as it is supposed to have been established in 1189



### C – What businesses does Nottingham have?

- Boots the chemists started in Nottingham
- The birthplace of Raleigh bicycles
- GM cricket bats are created in Nottingham
- Speedo swimwear is designed and created here
- Capital One and Experian finance groups are also based here

### D – How is Nottingham sustainable?

Nottingham is sustainable by:

1. Bio-gas buses are used on the majority of bus routes in Nottingham. These are less polluting than normal buses.
2. Nottingham has over 650 miles of bicycle lanes. This encourages people to ride their bikes instead of driving their cars.
3. Nottingham has recycling bins which include glass and organic waste from gardens. The majority of Nottingham's black bin waste is burned in the incinerator which powers some of the city

### E – Nottingham's Transport Links

- East Midlands Airport is only 15 miles south west of Nottingham City Centre.
- Nottingham Train Station is a major transport hub for the rest of the country.
- Nottingham is one of only 6 cities in the UK to have a Tram network.
- Nottingham City Transport (NCT) is the biggest transport operator in Nottingham, with 330 buses





### A – Extreme Weather

- Definition of extreme weather - Unusual, severe or unseasonal weather; weather compared to the historical norms
- Examples of extreme weather: heat waves, heavy rainfalls, droughts, snowstorms, tropical storms
- Examples of Extreme Weather events in the UK: the 2019 Heatwave or the Beast from the East 2018

### B – Tropical Storm Formation

- Tropical Storms need a lot of heat to form and a sea surface temperature of at least 26°C, which is why they usually occur over tropical seas.
- They also need to be between 5 and 20° north or south of the Equator.
- Sea water must be at least 60 meters deep
- The sea water is evaporated and condenses into clouds, these clouds gather together because of light winds and the spinning of the earth to form the giant storms



### C – Tropical Storm Case Study

- Typhoon Haiyan happened On Friday morning, 8 November 2013, on the southeast coast of the Philippines with winds of up to 195 mph.
- Effects: The UN say Typhoon Haiyan has displaced nearly 600,000 people and damaged or destroyed 41,000 homes.
- 10,000 people may have died and 11 million people have been affected by the storm. The death toll is likely to rise.
- Responses: The UN and countries including the UK, Australia, Japan, Vietnam and the US have donated millions of pounds in aid and have sent supplies and medical teams

### D – Climate Change

- Definition of climate change: the change in global or regional climate patterns compared to the historical norms
- Evidence for climate change:*
- The ten hottest years ever recorded all took place since 1998, with the hottest one of all being 2016.
  - During the last century, sea levels rose by about 7-8 inches and now, the rate continues to accelerate.
  - The Sahara Desert is enlarging by a rate of 48 kilometres per year.

### E – Mitigation of Climate Change

- Definition of Mitigation: the action of reducing the severity and seriousness of something.
- Ways to Mitigate Climate Change:*
- Increase the use of public transport – buses, trains and trams instead of cars
  - Afforestation – planting trees to remove CO<sub>2</sub> from the atmosphere
  - International Agreements – countries agreeing to cut down on pollution
  - Carbon Capture – capturing CO<sub>2</sub> from the air and storing it underground.



# Inspirational Figures (Part 1)

## A: Key terms

Key Term	Definition
<b>Abraham</b>	Important prophet and religious figure in Judaism, Christianity and Islam.
<b>Angel</b>	Heavenly being that delivers messages from God.
<b>Covenant</b>	A promise made between God and Abraham
<b>Dilemma</b>	When you are not sure of the right thing to do.
<b>Gabriel</b>	Important angel.
<b>Inspirational person</b>	To offer something valuable which motivates others to bring out the best in themselves.
<b>Isaac</b>	The much loved son of Abraham and Sarah. (Ishmael in the Islamic version)
<b>Loyalty</b>	A strong love and devotion.
<b>Obedience</b>	To do whatever you are ordered.
<b>Sacrifice</b>	When you have to give up something you care about.
<b>Sarah</b>	The wife of Abraham. (Hagar in the Islamic version)

## B: The Test of Abraham

As Abraham did as God asked and moved his family to a new land- God fulfilled his promise to Abraham and gave his wife a son, even though she was 100 years old.

Isaac grew into a strong and healthy boy, and Abraham loved his son with all of his heart—and then some!

One day, God called out, "Abraham!"

"Here I am," said Abraham.

"Abraham, I want you to take your only son Isaac—the one you love so dearly—up to the mountains, and there offer him to Me," said God. "I will show you where to go." Abraham felt sad. He had waited so long for a son, and he didn't want to give him away. But Abraham obeyed.

Early the next morning, he rose and took his only son—the one he loved so dearly—up into the mountains.

After three days, Abraham finally reached the place God had told him about. "Father," said Isaac, "we have fire and wood, but where is the lamb for our offering?" "God will provide," said Abraham, with tears in his eyes. And he began to carefully arrange the firewood on the altar. At last he bound Isaac and laid him on top.

Just as Abraham was about to kill his only son Isaac God spoke "Stop!" cried the voice from heaven. "Do not harm the boy. Now I know that you trust me completely."

Abraham saw a ram caught in a bush. He and Isaac offered the ram to God. And Abraham named the mountain "God will provide."

God promised from then on he would provide Abraham with as many descendants as there are stars in the sky and Abraham promised his family would stay faithful to God.



# The Colour Wheel and Mixing Colours



## Part A

### Mixing Colours

Primary colours cannot be mixed.  
Red, Yellow and Blue

### How to mix secondary colours:

Orange = Yellow and Red  
Purple = Red and Blue  
Green = Blue and Yellow

## Part B

### Complementary colours

- Two colours that contrast with each other.
- They are always a primary and secondary colour.
- They are always opposite each other in the colour wheel.



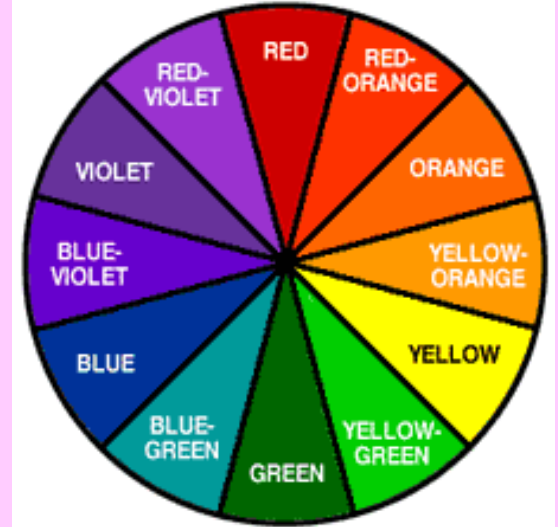
Orange and Blue



Green and Red

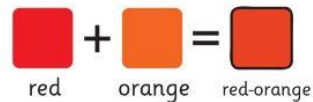


Purple and Yellow

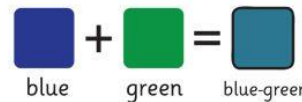


## Part C

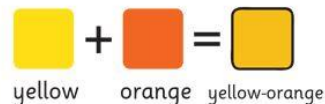
### TERTIARY COLOURS



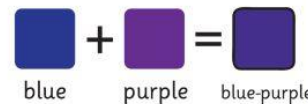
red orange red-orange



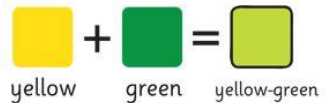
blue green blue-green



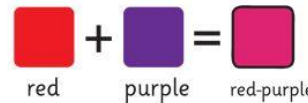
yellow orange yellow-orange



blue purple blue-purple

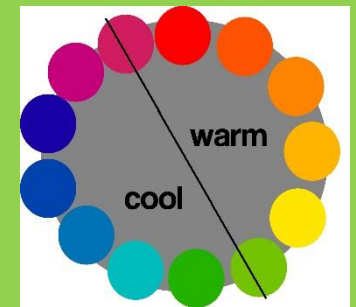


yellow green yellow-green



red purple red-purple

There are 6 tertiary colours



### Hot colours:

Red  
Yellow  
Oranges  
Reddy purple  
Yellowy green  
Pink

### Cold colours:

Blues  
Bluey green  
Bluey purple  
Turquoise



### A: History of Salsa

- Salsa originates from Cuba but started in New York.
- Cuban immigrants brought their music to New York and it grew in popularity.
- Salsa features many percussion instruments and is all about making people move.
- Salsa normally features a vocalist and they would normally sing in Spanish.
- Salsa is a dance! The music needs to be fast and in a regular time in order for people to dance to it.
- The rhythm is normally syncopated.



### B: Salsa Bonita

<b>C C E CD D</b> Can you hear me playing	<b>G G G</b> ... the SAL-SA?
<b>DD FD EE</b> Can you hear me playing	<b>G G G</b> ... the SAL-SA?
<b>EE GE FF</b> Can you hear me playing	<b>G G G</b> ... the SAL-SA?
<b>G G .F .E</b> Play the Sal-sa	<b>.D EC</b> Bo - nita

### C: Note Values

**Salsa Bonita Chords**

<b>C</b>	<b>C</b>	<b>G</b>	<b>G</b>	<b>G</b>	<b>G</b>
<b>G</b>	<b>G</b>	<b>C</b>	<b>C</b>	<b>C</b>	<b>C</b>
<b>C</b>	<b>C</b>	<b>G</b>	<b>G</b>	<b>G</b>	<b>G</b>
<b>G</b>		<b>G</b>	<b>C</b>	<b>C</b>	

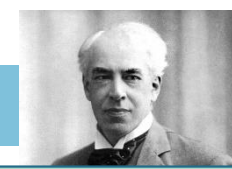
**C**

**G**





## Naturalism and Characterisation



### A: NATURALISM, CHARACTERISATION AND BACKSTORY

#### Naturalism

##### **CONSTANTIN STANISLAVSKI**

- A style of theatre that aims to recreate real life on stage. Can also be known as **realism**.
- Every aspect of the performance has to be **believable** including set, costume, sound and lighting.
- To maintain the illusion, the performers cannot break the **fourth wall** or interact with the audience. They must stay in character at all times.



**Constantin Stanislavski** felt that actors should understand their character's backstory, as it gives them motivation and makes for a more convincing performance. (Naturalism)

#### **How to create a backstory:**

1. Decide what **age** your character is
2. Decide where your play is set, as the **social and historical context** of the play will determine how your character behaves.
3. Are there any **significant events** that have happened in your character's past?

### B. REHEARSAL TECHNIQUES FOR CHARACTERISATION

#### **Key steps to character creation:**

- **Backstory**
- **Social/historical Context** – this affects how the character will behave and react to situations.
- **Role on the wall** – what you think of yourself as the character and what others think of the character.
- **Hot seating** – audience can ask the character questions to get more information from them about their history etc.
- **Conscience Alley** – One participant walks between 2 lines of students as they make comments that are either positive and encouraging or negative and discouraging.
- **Status games**: it's important for a performer to understand their relationships with other characters. Arranging the cast into a tableau, using levels and space to indicate high and low status characters and their relationships with each other. Can also show how different characters might treat each other.
- **Defend a character**: this involves being a character's lawyer and defending them against some of the things they have done – justifying the character's actions.



### C. DRAMA CONVENTIONS



#### Dialogue:

This is the term given to lines that are spoken between characters.

Monologue  
Duologue  
Soliloquy  
Aside

#### **FLASHBACK:**

- Scenes that go **back in time**
- **Create a non-linear plot** without causing the audience too much confusion.

#### Stage Directions:

Instructions written in a script to explain **how** a play should be performed.





### A: Definition of a computer

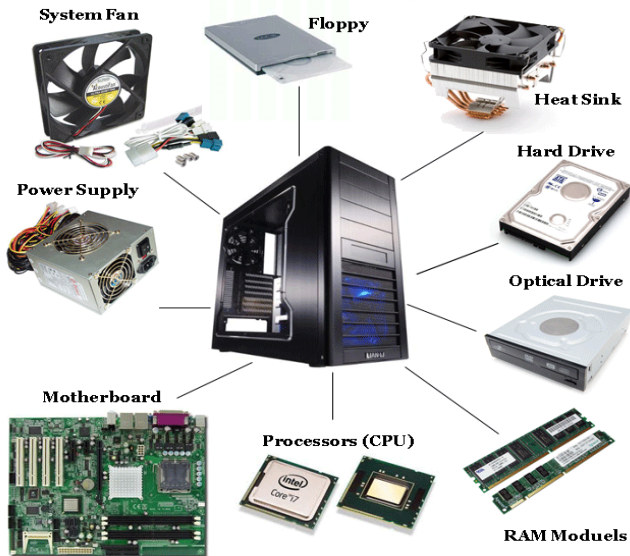
A computer is a type of machine. It doesn't have a brain like us and it can't think or have ideas, but it can follow stored instructions and do lots of useful things. It is also known as an electronic device for storing and processing data, typically in binary form, according to instructions given to it in a variable program.

### B: Different types of computers

- Laptop
- Desktop PC
- Smartphone
- Tablet



### C: Different components of a Desktop PC



### D: Software

**Hardware** - Computer hardware refers to the physical parts of a computer and related devices. Internal hardware devices include motherboards, hard drives, and RAM. External hardware devices include monitors, keyboards, mice, printers, and scanners

**Software** Computer software is a general term that describes computer programs. Related terms such as software programs and applications

#### Examples of Software



PowerPoint Publisher Photo Shop Dream Weaver

#### Definitions of the hardware

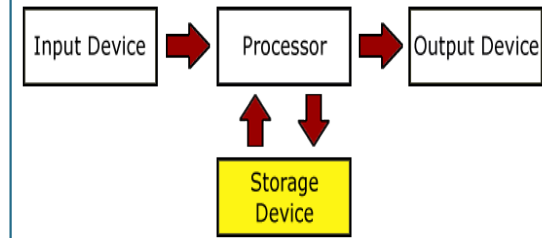
**RAM** - Random-access memory is a form of computer data storage which stores frequently used program instructions. It is categorized as temporary storage

**ROM** - computer memory that is used to permanently store applications and data. It has the Boot Up system stored.

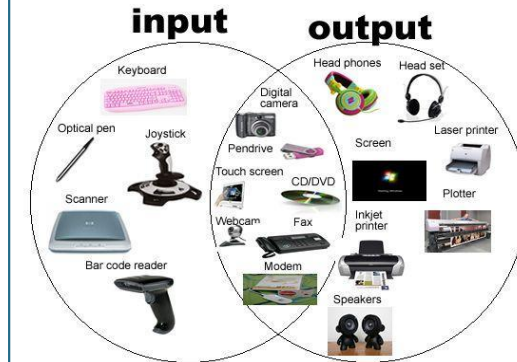
**CPU** - A central processing unit is the electronic circuitry within a computer that carries out the instructions of a computer. It is also known as the "brain of the computer"

**Hard Drive** - The hard disk drive is the main, and usually largest, data storage hardware device in a computer. The operating system, software titles, and most other files are stored in the hard disk drive. It is known as permanent storage

### E: Computer Life Cycle Diagram



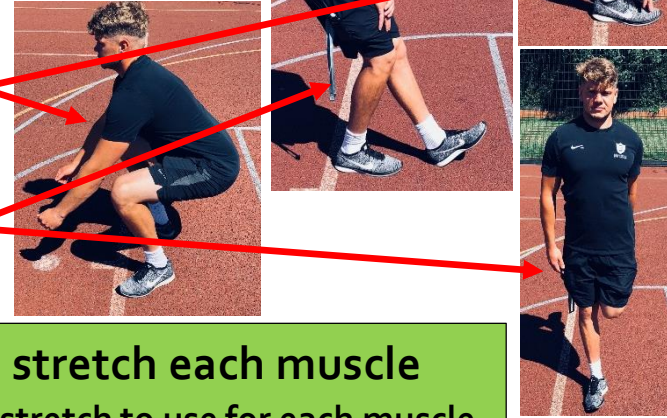
### F: Input and Output Devices





## A: Location and names of muscles

Learn where they are found in the body and how to spell them.



## B: How to stretch each muscle

Learn which stretch to use for each muscle.

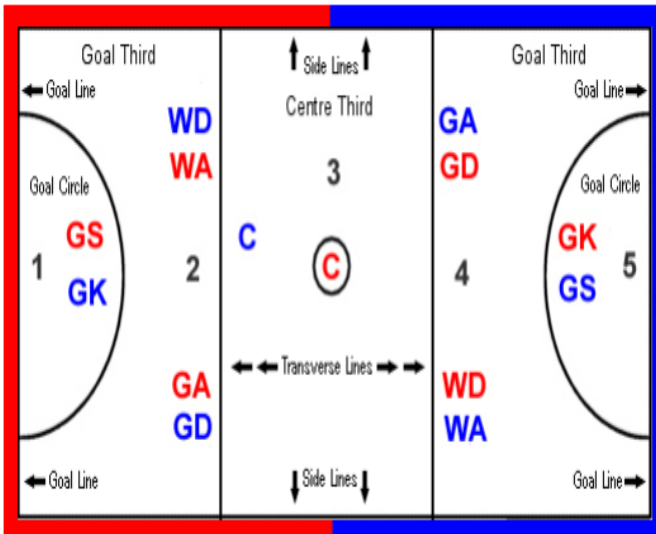


## A: Players and Positions

**PLAYERS:**

A netball team consists of up to 12 players with 7 players allowed on court at any one time. A team may take the court with a minimum of 5 players.

Netball Court showing starting positions for a centre pass



### Positions, Responsibilities and Areas Permitted

Position	Responsibilities	Court Area
GS	To score goals and to work in and around the circle with the GA	1 & 2
GA	To feed and work with GS and to score goals	1, 2 & 3
WA	To feed the circle players giving them shooting opportunities	2 & 3
C	To take the Centre Pass and to link the defence and the attack	2, 3 & 4
WD	To look for interceptions and to prevent the WA from feeding the circle	3 & 4
GD	To win the ball and reduce the effectiveness of the GA	3, 4 & 5
GK	To work with the GD and to prevent the GS from scoring goals	4 & 5

## B: Rules

**PLAYING TIME:** A game consists of 4 x 15 minute quarters

**CENTRE PASS:** Alternate for each team. The Centre must be wholly within the Centre Circle and must obey the footwork rule after the whistle has been blown. The Centre pass must be caught or touched by a player standing in or landing wholly within the Centre third.

### MINOR INFRINGEMENTS- FREE PASS

Breaking the following rules will result in a FREE PASS (can be marked by the offender) being awarded to the opposing team.

**OFFSIDE:** Player moving out of permitted area, with or without ball (on a line counts as within either area).

**BREAKING AT THE CENTRE PASS:** A player moving into the Centre third before the whistle is blown for the Centre pass.

**PLAYING THE BALL:** 3 seconds to pass or shoot, after catching otherwise it is a HELD BALL. A player may bounce or bat the ball once (with one hand) to gain control. A player on the ground must stand up before playing ball

**OVER A THIRD:** Ball may not be thrown over a complete third without being touched or caught by a player wholly within that third.

**FOOTWORK:** Passing or shooting the ball, whilst moving/hopping/dragging your landing foot.

### MAJOR INFRINGEMENTS- PENALTY PASS

Breaking the following rules will result in a PENALTY PASS or PENALTY PASS OR SHOT (can't be marked by the offender) being awarded to the opposing team.

A PENALTY PASS (or PENALTY PASS/ PENALTY SHOT if in the goal circle) is awarded where the infringement occurred. The offending player must stand beside the thrower until the pass or shot has been taken.

**OBSTRUCTION:** Player with the ball: Standing closer than 0.9m / 3ft

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept/defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

**CONTACT:** No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

**OUT OF COURT - THROW IN:** Taken for a ball which leaves the court. Must be set from where it went out (in-line with Umpire).

**TOSS-UP:** For all simultaneous infringements. The two players stand facing each other with hands by their sides. Umpire flicks the ball upwards the height of the tallest person's shoulder.





## Food

### A: Key words

**The bridge hold**- Shaping your hand like a bridge for safe chopping

**The claw grip**- Shaping your hand like a claw for safe cutting

**Aesthetics**- making your final product attractive

**Portion size**- A recommended serving size for your age

**Mis en place**- Preparation time at the start on a practical

**The Eatwell Guide**- A healthy eating guide for a balanced diet

### B: Key Verbs

- Whisking
- Mixing
- Chopping
- Measuring
- Beating
- Sieving
- Rubbing in
- Weighing

### C: At the start of every practical lesson:



### D: Bridge and claw method for safe cutting



Make a bridge over the vegetable with your hand



Make a claw with your hand by partly curling your fingers together



### E: How much sugar is in your food?

Children aged 11 and over should be having no more than **7tsp** of sugar per day.



### F: Eat Well Guide



### G: 8 government guidelines for a healthy diet

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish- including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Eat less salt- no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty- drink plenty of water.
8. Don't skip breakfast.





**Section A - Key tools and equipment**

Image	Tool Name	Uses
	Vice	To hold material securely in place
	Wet and Dry Paper	To polish the material
	File	To remove material and scratches
	Coping Saw	To cut curves

**Section B – Material properties and uses**

**Name:** Polymethyl methacrylate (Acrylic)

Properties	Uses
Stiff, hard but scratches easily, durable, brittle in small sections, good electrical insulator, machines and polishes well	Signs, covers of storage boxes, aircraft canopies and windows, covers for car lights, wash basins and baths

**Section C – Plastic sources**

Natural

Natural sources of plastics include:

- plants
- trees
- animals
- insects

Synthetic

Synthetic plastics are chemically manufactured from:

- crude oil
- coal
- natural gas

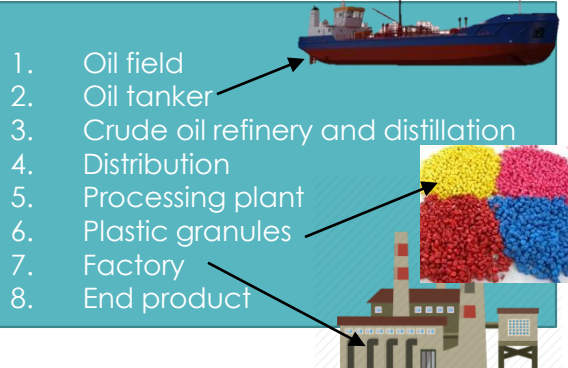
Thermoplastics and thermoset plastics

Plastics are divided into thermoplastics and thermoset plastics.

**Thermoplastics** can be heated and shaped many times.

**Thermoset plastics** can only be heated and shaped once.

**Section D – Process of making plastic**



**Section D – Product analysis**

ACCESSFM

<b>A</b>	<u>Aesthetics</u> What does it look like? e.g. colour, shape, style Is the product appealing to the client?
<b>C</b>	<u>Cost</u> How much does the product cost to buy? Is this a suitable price?
<b>C</b>	<u>Client</u> Who is the product aimed at? How is it suitable for the client?
<b>E</b>	<u>Environment</u> How has the product been made sustainable?
<b>S</b>	<u>Safety</u> Is the product safety to use during intended use? How has the product been made safe?
<b>S</b>	<u>Size</u> What size is the product (mm)? Is this a suitable size for the product?
<b>F</b>	<u>Function</u> What does the product do? Does it do the job well?
<b>M</b>	<u>Materials</u> What is the product made from? Is this a suitable material for the product? Why?









BE KIND

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HARD

WORK