## Year 8 Knowledge Organiser

## Spring 2023

Name: $\qquad$
Tutor Group:


## Your Knowledge Organiser

## What are Knowledge Organisers?

A Knowledge Organiser is a set of key facts or information that students need to be able to know and recall in order to master a unit or topic. In order to produce our Knowledge Organisers, our departments have effectively extracted from their curriculum content the key vocabulary, facts and information that it would help students to commit to long-term memory.

Why are we using Knowledge Organisers?
All of us, throughout our lives, will benefit from understanding how best we learn - and what strategies for learning we can employ in order to commit information to long-term memory. At school, we talk a lot about the way that knowledge is accumulated over time and about the importance of over-learning and consolidation. Knowledge Organisers are designed to provide students with opportunities to over-learn and consolidate recently learned information. They encourage use of active and multi-sensory revision practices, repetition, and spaced retrieval. We believe that Knowledge Organisers are important because they are designed to teach students the metacognitive study skills that they will require throughout their adult learning lives; effectively, what we are using Knowledge Organisers to introduce is a five-year programme of revision aimed at developing the skills required for effective revision and developing the knowledge they will need to be effective adults and further learners.

## What is Metacognition?

Metacognition is the awareness and understanding of one's own thought processes. When we talk about developing metacognitive skills in students, we're talking about students developing an understanding of how they learn best. For example, a student who wishes to commit key quotations from a text to long term memory may decide to make flashcards. When making those flashcards, a student may make all sorts of decisions such as 'using the colour yellow will help me to remember that...' The decision regarding which multi-sensory strategy to employ (flashcards) and the decisions that are made during active employment of the strategy...both are examples of metacognition.

## How to Use Your Knowledge Organiser:

| CHUNK IT | RE-LEARN IT | WRITE IT | SPEAK IT |
| :---: | :---: | :---: | :---: |
| Split the knowledge organiser into manageable chunks. <br> Choose a chunk at a time to memorise. <br> Start with the most important or the most difficult. | Re-read your notes on the chosen topic. <br> Do some wider research on the internet until you understand it. | Write a detailed description or an explanation about everything that you know about this topic. <br> Try to do this without your notes. <br> Write key facts you need to memorise over and over until you have memorised them. | Give a verbal explanation about this topic as if you were teaching it. <br> Repeat the facts you need to remember 20 times. <br> Record key facts from the knowledge organiser into your phone. |

## How to Use Your Knowledge Organiser:

| TRANSFORM IT | REDUCE IT | SORT IT | LINK IT |
| :---: | :---: | :---: | :---: |
| Transform key facts into a series of images. <br> Transform what you have learned into a diagram. <br> Transform your learning into a poem or a story. | Reduce what you have learned to five key bullet points or prompts. <br> Reduce the three most important facts linked to a topic into 10 words. | Rank the most important pieces of information from your knowledge organiser. <br> Categorise your key facts into groups, you choose the group headings. | Find three links between this topic and others you have studied. <br> Link the key points together. |

## Art - Architecture

## Antoni Gaudi b. 1852 - d. 1926

- Antoni Gaudi was a Spanish architect and is well known as the face of Catalan architecture.
- He was fond of nature, and work is often cited as being inspired by his love of natural design and modernism.
- His most famous work is the Sagrada Familia in Barcelona.
- Antoni Gaudi did not like to draw plans for his buildings. He preferred to build 3D models of them to create a more accurate portrayal of what he was seeing in his mind.
- His nickname is 'God's Architect' due to the many religious images that are seen in his works.
- $\quad$ His first project was to make lampposts in the Plaza Real (Royal Plaza) in Barcelona. The lanterns are still there.
- His most famous work and masterpiece, the Sagrada Familia in Barcelona, is still incomplete.
- The present design being worked on is based on models he left. The estimated completion date for the massive church is 2026.
- He died on June 10, 1926 after being struck by a tram. At the time he was dressed in rags, and no taxis would pick him up. Finally, the police intervened and he was taken to a hospital for the poor. This is where he chose to stay to receive treatment once he awoke. He was 73 years old.



## Task 1

"Nothing is invented, for it's written in nature first."

- Antoni Gaudí


## Read through the information on Antoni Gaudi.

Highlight any points you think are important.

- Create a fact sheet or booklet on Gaudi and his work.
- Use the information you highlighted.
- Include an image of his work.
- Consider presentation - include colour.


## Art - Architecture



| Key Vocabulary |  |
| :---: | :---: |
| Neutral position | Stand with feet shoulder width apart, hands at sides, knees relaxed and actor is silent. |
| Warmups | Gentle exercises to prevent injury to muscles or voice. |
| Posture | How you hold your body. |
| Projection | Strength of voice across a space. |
| Technique | The way of carrying out a task. |
| Pronunciation | Making your words very clear. |
| Character analysis | When you look at a character and role in detail and learn their experiences. |
| Levels | Using different heights on stage to create visual interest. |
| Freeze frame | Physically holding a moment, freezing on the spot. |
| Facial Expression | A look that conveys an emotion. |
| Body Language | Communication through gestures and position/posture. |
| Rehearsal | The practice time of a play or other work. |
| Annotate | Comment or add notes to a text. |



Stage Directions


Neutral
Position


It is important to warm up before rehearsals to prevent injury to muscles and your voice.

Year 8 - Cinderella

| Actor | Professional Person |
| :--- | :--- |
| An actor's primary duty is to <br> effectively communicate the <br> character that they are playing to <br> an audience, using their voice, <br> body, actions and reactions. | 'Acting like a professional' means <br> working and behaving in such a <br> way that others think of them as <br> competent, reliable and <br> respectful. |





## CINDERELLA

In a far away, long ago kingdom, Cinderella is living happily with her mother and father until her mother dies.

Cinderella's father remarries a cold, cruel woman who has two daughters with ugly personalities.

When her father dies, too, Cinderella's wicked stepmother turns her into a virtual servant in her own house.

Meanwhile, across town in the castle, the King determines that his son the Prince should find a suitable bride and provide him with a required number of grandchildren. So the King invites every eligible maiden in the kingdom to a fancy dress ball, where his son will be able to choose his bride.

Cinderella has no suitable party dress for a ball, but manages to make her own, only for the stepsisters to immediately tear it apart on the evening of the ball. At this point, enter the Fairy Godmother, the pumpkin carriage, the royal ball, the stroke of midnight, the glass slipper.

## CHARACTERS

## Prince

Cinderella
2 Ugly Sisters

## Buttons

## King

Queen

## Prince's Aid

## Fairy Godmother

You know the rest.

## Content

Oedipus Rex- Oedipus, in Greek mythology, the king of Thebes who unwittingly killed his father and married his mother. Homer related that Oedipus's wife and mother hanged herself when the truth of their relationship became known, though Oedipus apparently continued to rule at Thebes until his death.

Othello- The play is set in motion when Othello, a heroic black general in the service of Venice, appoints Cassio and not Lago as his chief lieutenant. Jealous of Othello's success and envious of Cassio, Lago plots Othello's downfall by falsely implicating Othello's wife, Desdemona, and Cassio in a love affair.


## Story

1. Themes:
a. Fate
b. Morality
c. Reputation
d. Justice
2. Characteristics of the tragic hero:
a. Virtuous but not eminently good
b. Misfortune
c. Errors of judgement/flaws
3. Structure:
a. prologue, parodos,
b. stasima, exodus.

## Subject Terminology

- Tragedy-Tragedy is a genre of drama based on human suffering and, mainly, the terrible or sorrowful events that befall a main character.
- Aristotelian unities- Unity of action: a tragedy should have one principal action.
- Unity of time: the action in a tragedy should occur over a period of no more than 24 hours.
- Unity of place: a tragedy should exist in a single physical location
- Hamartia- A fatal flaw leading to the downfall of a tragic hero or heroine.
- Peripeteia- The turning point in a drama after which the plot moves steadily to its denouement.
- Anagnorisis- A moment in a play or other work when a character makes a critical discovery.
- Catharsis - Catharsis is the purification and purgation of emotions-particularly pity and fear-through art or any extreme change in emotion that results in renewal and restoration.



## Tragedy Timeline



## Key Vocabulary

Satirical- sarcastic, critical, and mocking another's weaknesses.
Enjambment- sentence or phrase from one line of poetry to the next.
Caesura- a pause in the middle of a line.

Stanza- set amount of lines grouped by rhythmical pattern and meter.

Mood- the array of feelings the work evokes in the reader.

Theme- an idea that recurs in or pervades a work of art or literature.

Cyclical - the structure ends where it begins and vice versa.
Symbolism - the use of symbols to signify ideas and qualities.

Ambiguous - more than one interpretation.

Hyperbole - exaggeration.


## Themes

1. Poetry
2. Character
3. Childhood
4. Family
5. Surrealism
6. Hope
7. Emotion
8. Love
9. Happiness
10. Memory
11. Ambition
12. Language
13. Friendship

## Types of Poems

Blank verse is poetry written with a precise meteralmost always iambic pentameter-that does not rhyme.

Rhymed poetry - In contrast to blank verse, rhymed poems rhyme by definition, although their scheme varies.

Free verse poetry is poetry that lacks a consistent rhyme scheme, metrical pattern, or musical form.

Epics- An epic poem is a lengthy, narrative work of poetry. These long poems typically detail extraordinary feats and adventures of characters from a distant past.

Narrative poetry- Similar to an epic, a narrative poem tells a story. Henry Wadsworth Longfellow's "The Midnight Ride of Paul Revere" and Samuel Taylor Coleridge's "The Rime of the Ancient Mariner" exemplify this form.

Pastoral poetry is one that concerns the natural world, rural life, and landscapes. These poems have persevered from Ancient Greece (in the poetry of Hesiod) to Ancient Rome (Virgil) to the present day (Gary Snyder).

Sonnet is a 14-line poem, typically (but not exclusively) concerning the topic of love. Sonnets contain internal rhymes within their 14 lines; the exact rhyme scheme depends on the style of a sonnet.

## Using the 5 Senses

The abstract noun is your title e.g. Love (don't use love - go with anger/peace/calm/something else)

What does the noun smell of to you? Love smells of: French perfume..
What does love/anger/peace taste of? The wine..
What does love/anger/peace sound like? A boy's voice..
What does love/anger/peace feel like? We breathed their scent all night.
What does it look like? Like a peacock...

## How to Choose a Title

## The title of a poem can be:

- An advert to entice you to read the poem.
- A map to locate us in the time or space of the poem.
- A puzzle whose solution is in the poem.
- A comment on the poem which enriches us after we've read it.
- Something else.


## Creating Feelings

What I love about - a food - is...
e.g. What I love about Marmite is that other people hate it.

What I hate about - an animal
What I love about - a kind of weather
What I hate about - a country
What I love about - a city
What I hate about - a building
What I love about-a person
What I hate about - a different person
Now try some emotions
What I love about
anger/calm/happiness/laughter/crying /another emotion

What I hate about
anger/calm/happiness/laughter/crying /another emotion

| Key term | Definition |
| :--- | :--- |
| Weather | The day-to-day conditions of the <br> atmosphere (wind, rainfall, <br> temperature). |
| Climate | The average weather conditions <br> over a thirty-year period. |
| Precipitation | Water falling from the atmosphere <br> to earth's surface (e.g. rain, snow). |
| Prevailing wind | The most common wind direction. |
| Relief rainfall | Warm moist air forced to rise over <br> mountains, cools and condenses to <br> form clouds and rain. |
| Microclimate | Weather and climate conditions in <br> a small area. |
| Urban heat island | Concentration of high <br> temperatures recorded in a city. |
| Water cycle | The cycle of water between the <br> oceans, atmosphere and land. |

## SKILLS

## Climate atlas maps;

Atlas maps are useful sources of information for geographers. Climate atlas maps show specific information about climate, e.g. rainfall and temperature.


| Urban microclimate | Causes |
| :--- | :--- |
| Higher temperatures | - Dark tarmac surfaces absorb heat from the sun <br> - Windows reflect the sun's rays to the ground creating 'sun traps' <br> - <br>  <br> - Heat is generated by industry, people and vehicles <br> Lack of vegetation reduces the transpiration and evaporation that normally cools the air |
| Variable and gusty winds | High-rise buildings funnel the wind down narrow streets |
| Fewer winter frosts and snow | Night-time temperatures are higher (central heating, vehicles, industry) |
| Higher chance of thunderstorms | Higher temperatures trigger severe storms |
| Increased chance of fog and smog | Smoke and pollutants from industry and vehicles |
| Characteristics and causes of urban microclimates |  |



Identify the air mass that originates in each of these places.

| Air mass | Source area |
| :--- | :--- |
|  | North Africa |
|  | Central Europe |
|  | Greenland/Arctic Sea |
|  | Atlantic |
|  | Arctic |
|  |  |

Add the features of an urban microclimate to the green boxes and the causes to the orange boxes. One has been done for you

Variable and gusty winds

$\square$

High rise buildings funnel wind


Using this atlas map, state the average annual rainfall for

Belfast

Cambridge
Identify the driest place in Britain.


Write the definition to the following key words. Try not to look at your knowledge organiser.

Write a sentence using the word 'precipitation'.
$\qquad$
$\qquad$

| Weather |  |
| :--- | :--- |
| Climate |  |
| Precipitation |  |
| Microclimate |  |


| Key term | Definition |
| :--- | :--- |
| Immigrant | A person who moves to another country. |
| Census | A count of the population, every ten years. |
| Migration | Moving to live somewhere else, either <br> temporarily or permanently. |
| Urban | In a town or a city. |
| Sector | A type of job or part of the economy. |
| Rural | In the countryside. |
| Commute | To travel to and from another place for work. |
| Ageing |  |
| population | Growth in the proportion of older people <br> (usually 65 years and over) in the population. |
| Pension | A regular payment made by the government to <br> people over a certain age. |

## SKILLS

## Population Pyramids.

These are useful graphs that tell us about the population structure of a place. For example, we can see if there are lots of young people or if a population has a lot of elderly people. This is helpful in planning for the future.


## The UK has an ageing population

$\left.\begin{array}{|l|l|}\hline \text { Advantages } & \text { Disadvantages } \\ \hline \begin{array}{l}\text { Many charities rely on } \\ \text { older people as } \\ \text { volunteers. }\end{array} & \begin{array}{l}\text { More people claiming } \\ \text { pensions increases costs } \\ \text { to the government. } \\ \text { Older relatives may help } \\ \text { with childcare so parents } \\ \text { can work. } \\ \text { Many older people can } \\ \text { providing treatment. } \\ \text { afford to travel, boosting } \\ \text { the tourism industry. }\end{array}\end{array} \begin{array}{l}\text { Some older people feel } \\ \text { lonely. }\end{array}\right\}$

## Reasons for migration within the UK

- To study at university
- For a new job
- To retire
- To be near family
- To buy a bigger property with a garden

Census: Every ten years, the government does a count of the population, known as a census. The last census was in 2021. Each household has to complete a questionnaire, giving details about people who stay in their home.
The government uses the information to inform their planning, e.g. for new schools, hospitals, care homes and transport systems.
Failure to complete the census can result in a $£ 1000$ fine.


| Match the following <br> definitions to A-D <br> (shown on the graph) | A | B | C | D |
| :--- | :--- | :--- | :--- | :--- |
| Lots of people in their <br> low twenties |  |  |  |  |
| Low birth rate |  |  |  |  |
| Lots of middle aged <br> people |  |  |  |  |
| High Life Expectancy |  |  |  |  |

Reduce the information about the census down to 3 key pieces of knowledge.
1.
2.
3.


## Ageing population

| Advantages | Disadvantages |
| :--- | :--- |
|  |  |
|  |  |
|  |  |

In one sentence, summarise the impact of an ageing population.

Write the definition to the following key words. Try not to look at your knowledge organiser.

| Census |  |
| :--- | :--- |
| Ageing <br> population |  |
| Migrant |  |
| Pension |  |


| Key terms |  |
| :---: | :--- |
| Abolition | $\begin{array}{l}\text { The movement to end } \\ \text { slavery (or the slave trade). }\end{array}$ |
| Abolitionist | $\begin{array}{l}\text { Someone who campaigned } \\ \text { for the end of slavery (or the } \\ \text { slave trade). }\end{array}$ |
| Boycott | $\begin{array}{l}\text { Refusing to buy something, } \\ \text { e.g. sugar. }\end{array}$ |
| Domestic slaves | $\begin{array}{l}\text { Enslaved people who } \\ \text { performed household jobs, } \\ \text { e.g. cooking and washing. } \\ \text { They were usually female. }\end{array}$ |
| Field slaves | $\begin{array}{l}\text { Enslaved people who worked } \\ \text { in the fields on plantations. }\end{array}$ |
| Provenance | $\begin{array}{l}\text { The background to a source: } \\ \text { nature, origin, and purpose. }\end{array}$ |
| Plantation | $\begin{array}{l}\text { A large farm, often in the } \\ \text { Caribbean or America. }\end{array}$ |
| Aiddle Passage | $\begin{array}{l}\text { A term for the journey from } \\ \text { Africa to the Americas. }\end{array}$ |
| Something that can be |  |
| learned from a source, which |  |
| is not directly stated in the |  |
| source itself. |  |$\}$

## How easy is it for historians to find out about the Slave Trade?

What does good source analysis look like?


Provenance: Purpose
Who was it aimed at? Why was it made?

| Important dates and events |  |
| :---: | :--- |
| 1672 | Start of the English slave trade (approximate) |
| 1745 | Birth of Olaudah Equiano |
| 1786 | Thomas Clarkson publishes a major pamphlet slavery |
| 1789 | Haitian Revolution |
| 1791 | Slave trade abolished in the British Empire |
| 1807 | Slavery abolished in the British Empire his autobiography |
| 1833 | USA abolishes slavery after the US Civil War |
| 1865 |  |

Important dates and events

Classical model of the
Amangular trade between
textilo, rum. copper, cloth.
trinkets, slave beacis guns and armunition

- slaves
sugar, cotton,


## William Wilberforce - the politician:

 Speeches; debates in parliament.Thomas Clarkson - the campaigner: Set up campaign groups; public speeches using evidence.

Benjamin Lay - the showman:
Publicity stunts; books and pamphlets.
Olaudah Equiano - the writer:
Autobiography of own experiences.
Elizabeth Heyrick - the radical:
Organised a sugar boycott.
The Abolitionists and their Methods

## LINEAR EQUATIONS

## Equality \& Balancing

| An equation is like a weighing scale - both sides balance | because they represent the same amount. To solve the equation you need to find the value of the missing number by performing the same operation on each side.

## I

I Suppose you are trying to find out how many sweets are in the bag shown here. Each of the sweets weighs the same amount. The bag of sweets is represented by x . The weight of the bag is \| zero.


By subtracting three sweets from each side, the scales remain balanced.


You can now see that one bag is equivalent to two sweets. | Written algebraically, this is:

$$
x+3=5
$$

Subtract 3 from both sides, to give

$$
x=2
$$

## Solve One Step Equation

A one-step equation is an algebraic equation you can solve in || only one step. Once you've solved it, you've found the value of the variable that makes the equation true.
| To solve one-step equations, we do the inverse (opposite) of
|| whatever operation is being performed on the variable, so we get the variable by itself. The inverse operations are:

- Addition and subtraction
| - Multiplication and division
The most important thing to remember is that whatever you do to one side of the equation, you have to do the same thing | to the other side.

Example
|| Solve for $k$ in the following equation:

$$
k+18=21
$$

Subtract 18 from both sides
$k=3$

Solve for $x$ in the following equation:
\| \| $2=\frac{x}{8}$
| Multiply by 8 both sides
$16=x$
||| Solve Equations with Variables in the
Denominator
|| Equations with fractions involve solving equations
||| where the unknown variable is part of the
|| numerator and/or the denominator of the fraction. To solve equations with fractions we need to work || out what the value of the unknown variable. We
||| solve equations by using the "balancing method" by
|| applying the inverse operation to both sides of the equation.
|| Example
||| Solve the following
II
|| Multiply by $x$
| |
Divide by 6
| $\mid$
||
11

$$
\begin{aligned}
\frac{24}{x} & =6 \\
24 & =6 x \\
4 & =x
\end{aligned}
$$

- 


## | |

## Solve Two Step Equations

| A two-step equation is an algebraic equation you
|| can
solve in two steps. Once you've solved it, you've found the
value of the variable that makes the equation true.
Example
Solve the following equation

$$
3 x+2=14
$$

Subtract 2 from both sides

$$
3 x=12
$$

Divide by 3 both sides

$$
x=4
$$



## | Comparing Quantities

## Exchange Rates

An exchange rate is the rate at which the money of one I country can be exchanged for the money of another country. It can also be referred to as a foreign exchange rate and be seen as the price of one currency expressed in terms of another currency.

In the United Kingdom our currency is the British pound or pound sterling. The exchange rate tells us the value of $£ 1$ in terms of a foreign country's currency. Different countries have different currencies.

## Example

Given the exchange rate between pound and Australian dollars is $£ 1=\$ 1.87$, convert $£ 70$ to Australian dollars.

## Scaling

|| Scaling is when you are given information about
|| something and then have to apply it to a smaller or
II larger quantity.
II You use it in everyday life, but probably don't realise it.
|| Recipes

In this scale the difference between 5 and 6 is 1 . And, the space has been divided into 4 , so each division
represents:
side is multiplied by the same number. This number II is called the scale factor. Maps use scale factors to
\|I represent the distance between two places
||l accurately. Without the scale, the map would just be a drawing.

## PROPORTIONAL REASONING

Rēērse Pērcēntagēs


Original Number (100\%)

| 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |$|$

## Il Percentage Multipliers

## I Percentage Increase/ Decrease



$$
100 \%+12 \%=112 \% \quad 12 \%
$$III



Original Number (100\%)


A percentage multiplier is a number which is used to calculate a percentage of an amount or used to increase or decrease an amount by a percentage.

|| In order to write a decimal multiplier from a percentage:
|| 1. Write down the percentage
|| 2. Convert this percentage to a decimal by dividing by 100 - this is the multiplier
$\frac{\text { Difference in values }}{\text { Original value }} \times 100$

## Example

||
|| So, 0.12 is the multiplier.
$\qquad$
|| $\begin{aligned} & \text { (profit value) } \\ & 180000\end{aligned} 100=20 \%$ 3. Multiply the original amount by the multiplier
|| In order to find $12 \%$ of a number we can multiply the number by a multiplier:

$$
12 \%=\frac{12}{100}=0.12
$$ |1.00-0.58=0.42 $\begin{array}{rl}58 \% & 100 \%+12 \% \\ \text { Multiplier } \\ 1.00+0.12=1.12 \% & 12 \% \\ \text { Multiplier }\end{array}$

## Converting between FDP <br> Unitary Method

 a unit and then the value of a required number of units.
|| 8 pens cost $£ 2.16$. Calculate how much 7 pens cost.

| 8 pens | $=$ | $£ 2.16$ |
| :---: | :---: | :---: |
| $\downarrow \div 8$ |  | $\downarrow \div 8$ |
| 1 pen | $=$ | $£ 0.27$ |
| $\downarrow \times 7$ |  | $\downarrow \times 7$ |
| 7 pens | $=$ | $£ 1.89$ |

## POLYGONS \& ANGLES

## Types of Angles

There are four types of angles: acute, right, obtuse and reflex.
| Acute - less than 90 degrees
Right - 90 degrees exactly
Obtuse - between 90 and 180 degrees
Reflex - angle between 180 and 360 degree


## Features of Quadrilaterals

The features of quadrilaterals are as follows:

- Has four sides
- Angles add up to $360^{\circ}$

There are a few different types of quadrilateral

- Square
- Rhombus
- Rectangle
- Parallelogram
- Trapezium
- Kite


Angle Rules

| Angles on a Straight Line | Angles around a Point | Angles Vertically Opposite |
| :---: | :---: | :---: |
| Angles on a straight line add up <br> to 180 | Angles around a point add up <br> to 360 | Angles that's are vertically <br> opposite are equal |

## Angle Rules in Parallel Lines



## Polygons

A polygon is a two-dimensional closed shape with straight sides.
A regular polygon has sides of equal length, and all its interior angles are of equal size.
Irregular polygons can have sides of any length and angles of any size.


## Features of Triangles

The features of triangles are as follows:

- Has three sides
- The sum of the angles in a triangle add up to $180^{\circ}$

There are a few different types of triangles

- Scalene - all the sides and angles are unequal
- Isosceles - it has two equal sides and the angles opposite these equal sides are equal
- Equilateral - all sides are
- equal, and all the angles are $60^{\circ}$
- Right Angled - contains a
| right angle ( $90^{\circ}$ )

YEAR 8 SPRING 2

## Qu'est-ce que tu manges? What do you eat?

| Time phrase | Present tense | Food/drink | Opinion | Adjective | Connective | Past tense | 3rd Person |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Pour le petit déjeuner <br> For breakfast <br> En Angleterre <br> In England <br> Chez moi <br> At mine <br> Le weekend <br> At the weekend <br> Quand il fait chaud <br> When it is hot <br> Quand il fait froid <br> When it is cold <br> Normalement <br> Souvent <br> Often <br> Le matin <br> In the morning | Je mange <br> l eat <br> Nous mangeons <br> We eat <br> Je ne mange pas** <br> I don't eat <br> Je ne mange jamais** <br> I never eat <br> Je bois <br> I drink <br> Nous buvons <br> We drink <br> Je ne bois pas** I don't drink <br> Je ne bois jamais** I never drink <br> ** the negative is always followed by de. E.g Je ne mange pas de pain. | des oeufs <br> eggs <br> du pain grillé <br> toast <br> avec du beurre with butter <br> avec de la confiture with jam <br> des céréales cereal <br> (avec) du lait <br> (with ) milk <br> du jus d'orange orange juice | je l'adore <br> je l'aime <br> je ne l'aime pas <br> je le déteste <br> miam miam! <br> yum yum! <br> beurk! <br> yuck! | Comme c'est.. It's so... <br> délicieux <br> delicious <br> savoureux <br> tasty <br> bon <br> good <br> dégoûtant <br> disgusting <br> sucré <br> sugary | mais <br> cependant <br> pourtant <br> however <br> en revanche on the other hand | Hier <br> Yesterday <br> Avant-hier <br> The day before yesterday <br> Le weekend dernier <br> Last weekend <br> J'ai mangé... <br> I ate... <br> Nous avons mangé... <br> We ate ... <br> J'ai bu... <br> I drank... <br> Nous avons bu... <br> We drank... | En France ils mangent des croissants <br> In France they eat croissants <br> En France ils mangent des tartines <br> In France they eat tartines <br> En France ils mangent du pain In France they eat bread <br> En France ils mangent des pains au chocolat In France they eat pain au chocolats. <br> En France ils boivent du chocolat chaud In France they drink hot chocolate. |

## Qu'est ce que tu veux acheter? What do you want to buy?



## Qu'est ce que vous-voulez What would you like?

|  | Questions | Order | I verb | Food |  | Opinion |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Une table pour $\qquad$ personnes A table for $\qquad$ people | Vous désirez? <br> What would you like? <br> Vous avez choisi? <br> Have you chosen? <br> Et vous? <br> And you? <br> Autre <br> chose? <br> Anything | Pour commencer <br> To start <br> Comme entrée <br> As a starter <br> J'ai faim! I'm hungry | je voudrais <br> je vais prendre I am going to have | la soupe soup <br> les escargots snails | les crudités raw vegetables | l'addition s'il vous plaît the bill please |
| l'extérieur <br> A table outside <br> Une table à <br> l'intérieur <br> A table inside |  | Ensuite <br> Comme plat principal <br> As a main meal |  | les moules-frites mussels and fries <br> une salade niçoise <br> a Nice salad (egg, tuna, potatoes) <br> une tarte flambée <br> a cheese and bacon tart | le cous-cous aux légumes vegetable couscous <br> le poulet the chicken <br> le poisson | It was so... <br> délicieux <br> savoureux <br> sucré |
| La carte The menu <br> S'il vous plaît |  | Finalement <br> Comme déssert <br> As a dessert <br> J'ai envie d'un déssert <br> I want a dessert |  | des crêpes <br> pancakes <br> une glace au chocolat/ fraise / vanille chocolate/ strawberry / vanilla ice cream | une tarte aux pommes an apple tart | salty <br> froid <br> cold |
|  |  | Pour boire <br> To drink <br> Comme boisson <br> As a drink <br> J’ai soif! <br> I'm thirsty |  | de l'eau gazeuse sparkling water <br> un Orangina an Orangina (Fanta with bits) | un té a tea <br> un café coffee |  |

## Qu'est-ce que tu vas regarder? What are you going to watch?

| Opinion | Genre | Comparative | Adjective |  | Like/dislike | TV programmes |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Comparative: A word or phrase used to compare two things. E.g. saying you prefer one thing over another.
Superlative: Expressing the highest or a very high degree of quality e.g. most/bravest.
Modal verbs (wollen): an auxiliary verb that expresses necessity or possibility. E.g. wollen = to want.

| 1. I see gladly animated films, because <br> they exciting are. | Ich sehe gern Zeichentrickfilme, weil sie <br> spannend sind. |
| :--- | :--- |
| 2. I watch not gladly the news. (I don't <br> like watching the news). | Ich gucke nicht gern die Nachrichten. |
| 3. Today want I music videos to see. | Heute will ich Musikvideos sehen. |
| 4. I read prefer magazines and novels. <br> (I prefer reading)... | Ich lese lieber Zeitschriften und <br> Romane. |
| 5. I watch most of all horror films. (I <br> like watching horror films most of all.) | Ich gucke am liebsten Horrorfilme. |
| 6. I read comics on the toilet. | Ich lese Comics auf dem Klo. |
| 7. You should not more than 5 hours a <br> week before the screen sit. | Man sollte nicht mehr als fünf Stunden <br> pro Woche vor dem Bildschirm sitzen. |
| 8. I sit two to three hours a day before <br> the screen. | Ich sitze zwei bis drei Stunden pro Tag <br> vor dem Bildschirm. |

## 1/5

Actionfilme = action films
Dramen = dramas
Fantasyfilme = fantasy films
Horrorfilme = horror films
Komödien = comedies
Liebeskomödien = rom-coms
Science-Fiction-Filme = sci-fi films
unterhaltsam = entertaining
gruselig = scary blöd = silly
romantisch = romantic
kindisch = childish
schrecklich = terrible

## 2/3

sehr = really/very
ziemlich = quite
Sportsendungen = sport shows
Dokumentationen = documentaries
Seifenopern = soap operas

## 3

Sitcoms und Serien = sitcoms and series
morgen = tomorrow $\quad$ später $=$ later $\quad$ 7/8
nächste Woche = next week
er/sie will = he/she wants
wir/sie wollen = we/they want

4
Zeitungen = newspapers
Biografien = biographies
Fantasybücher = fantasy books
Sachbücher = non-fiction books
Krimis $=$ detective stories

## 5

er/sie liest $=$ he/she reads wir/sie lesen = we/they read

## 6

im Garten = in the garden am Computer = on the computer auf dem Handy = on my phone im Auto $=$ in the car
in der Pause = at breaktime in der Schule = at school im Bett $=$ in bed im Zug $=$ on the train
ich/er/sie sollte = l/he/she should wir sollten = we should eine Stunde pro Tag = an hour a day ab und $\mathrm{zu}=$ from time to time nur am Wochenende = only at the weekend immer von 20 bis 22 Uhr = always between 8 and 10pm

| Define the key terms in your own words. | Rewrite the English sentences in a more natural translation |
| :---: | :---: |
| Comparative: | 1. |
| Superlative: | 2. |
| Modal verbs: | 3. |
|  | 4. |
| Give an example of each of the following from the 'substitution language' section. | 5. |
| Comparative: | 6. |
| Superlative: | 7. |
|  | 8. |
| Modal verbs: |  |

Use the substitution language to rewrite the German sentences with at least one detail changed and try to add a , weil clause or an example of the future tense where you can.
1.
2.
3.
4.
5.
6.
7.
8.

Case system: The case system in German shows the function of that word in a sentence.

## There are 4 cases: nominative, accusative, dative, genitive.

Dative case: The dative case is often used to show a fixed location after a preposition. E.g. in the school, on the table.
Accusative case: The accusative case is used to refer to the direct object of a sentence e.g. Ich nehme den Fisch = I'll take the fish. It is also used to indicate movement after a preposition e.g. Put the pan onto the hob = Stell die Pfanne auf den Herd.
Imperative: You use the imperative to give a direct instruction e,g, put the book on the table or heat the eggs slowly.

| 1. For breakfast eat I toast with eggs. | Zum Frühstück esse ich Toast mit Eier. |
| :--- | :--- |
| 2. She drinks water or orange juice. | Sie trinkt Wasser oder Orangensaft. |
| 3. Yesterday have I lots fruit ate and <br> two cups tea drank. | Gestern habe ich viel Obst gegessen und <br> zwei Tassen Tee getrunken. |
| 4. Schnitzel with potatoes is very salty <br> and not vegetarian. | Schnitzel mit Kartoffeln ist sehr salzig und <br> nicht vegetarisch. |
| 5. I take the fish with rice and peas. | Ich nehme den Fisch mit Reis und Erbsen. |
| 6. Heat the onions on the hob. | Erhitze die Zwiebel auf dem Herd. |
| 7. Put the milk into the bowl. | Stell die Milch in die Schüssel. |
| 8. We must 8 hours sleep. | Wir müssen acht Stunden schlafen. |
| 9. One must more water drink. | Man muss mehr Wasser trinken. |

## Substitution Language

 Stimmt 2 Module 3
## 1/2/3/4/5/6/7

(m) Käse = cheese
(m) Schinken = ham
(m) Speck = bacon
(m) Kaffee = coffee
(f) Butter = butter
(f) Marmelade = jam
(f) Orangenmarmelade = marmalade
(f) heiße Schokolade = hot chocolate
(n) Brötchen = bread roll
(n) Ei = egg
(pl) Frühstücksflocken = cereal
1
er/sie isst = he/she eats
wir/sie essen = we/they eat

2
ich trinke = I drink
er trinkt = he drinks
wir/sie trinken = we/they drink

4
mit Sauerkraut $=$ with pickled cabbage
mit Pommes = with chips
mit Salat $=$ with salad
mit Rösti $=$ with hash browns
mit Eiern = with eggs
mit Gemüsen = with vegetables
süß $=$ sweet sauer $=$ sour $\quad$ scharf $=$
spicy
lecker $=$ delicious $\quad$ ekelhaft $=$
disgusting

5
er/sie nimmt = he/she will have
wir/sie nehmen = we/they'll have
die Gemüsesuppe = the vegetable soup das Hähnchen = the chicken
die Nudeln = the pasta

## 6/7

Nimm = take
Schneide = cut
Misch = mix
Rühre = stir
Serviere = serve

## 8/9

Ich muss = I must
er/sie muss = he/she must
sie müssen = they must
wenig Fett und Zucker essen = eat little fat and sugar
viel Obst und Gemüse essen = eat lots of fruit and vegetables
früh ins Bett gehen = go to bed early drei Stunden trainieren = exercise for three hours
zweimal pro Woche joggen = jog twice a week

| Define the key terms in your own words. | Rewrite the English sentences in a more natural translation | Use the substitution language to rewrite the German sentences with at least one detail changed and try to add a, weil clause or an example of the future tense where you can. |
| :---: | :---: | :---: |
| Case System: | 1. | 1. |
| Dative Case: | 2. | 2. |
| Accusative Case: | 3. | 3. |
| Imperative: | 4. | 4. |
| Give an example of each of the | 5. | 5. |
| language' section. | 6. | 6. |
| Case System: | 7. | 7. |
| Dative Case: | 8. | 8. |
| Accusative Case: | 9. | 9. |
| Imperative: |  |  |

Negative structures: These are verb structures containing "no", meaning "not". E.g. No tengo hambre = I'm not hungry.

Word order: In Spanish, words don't follow the same order as in English. Descriptions (such as flavours) go after the thing they're describing.

| 1. What is liking to you to eat? | ¿Qué te gusta comer? |
| :--- | :--- |
| 2. It is liking to me the rice. | Me gusta el arroz. |
| 3. Not I eat seafood/shellfish. | No como el marisco. |
| 4. I breakfast at the seven and half. | Desayuno a las siete y media. |
| 5. I breakfast cereal. | Desayuno cereales. |
| 6. I have hunger. | Tengo hambre. |
| 7. I am going to take the soup. | Voy a tomar la sopa. |
| 8. I'm going to bring the bread. | Voy a traer el pan. |
| 9. I'm going to buy a lettuce. | Voy a comprar una lechuga. |
| 10. It's going to be cool. | Va a ser guay. |

Substitution Language

## 6

1
beber $=$ to drink

## 2

me encanta(n) = I love
me gusta( n ) mucho = I really like
no me gusta( n ) $=1$ don't like
no me gusta(n) nada $=$ I don't like... at all
odio $=1$ hate
prefiero = I prefer
3
los caramelos = sweets
la carne = meat
la fruta = fruit
las hamburguesas = hamburgers
os huevos = eggs
el pescado $=$ fish
el queso = cheese
as verduras = vegetables
bebo $=1$ drink
el agua = water
la leche $=$ milk

## 4/5

como $=1$ eat lunch $/$ for lunch I have ceno $=I$ eat dinner $/$ for dinner I have al mediodía = at midday tostadas = toast
churros = churros (sweet fritters) yogur = yoghurt
sed = thirsty

## 7/8

la ensalada mixta $=$ the mixed salad
los huevos fritos = fried eggs
las chuletas de cerdo = pork chops
el filete = steak
el pollo con pimientos = steak with peppers
la tortilla española $=$ Spanish omelette
el helado de chocolate / fresa / vainilla =
chocolate / strawberry / vanilla ice cream
la tarta de queso = cheesecake
la cola = Coke
9
un pimiento verde/rojo = a green/red pepper
un aguacate = an avocado
un kilo de tomates $=$ a kilo of tomatoes
medio kilo de queso $=1 / 2$ kilo of cheese una botella de limonada $=$ a bottle of lemonade

10
divertido = fun
genial = great
café = (a cup of) coffee
té = (a cup of) tea
zumo de naranja = orange juice
un bocadillo = a sandwich
patatas fritas $=$ chips
pollo con ensalada = chicken with salad

Define the key terms in your own words.

Negative structures:

Word order:

Give an example of each of the following from the 'substitution language' section.

Negative structures:

Word order:

Rewrite the English sentences in a more natural translation.

| 1. |
| :--- |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |

Use the substitution language to rewrite the Spanish sentences with at least one detail changed and add an opinion where you can.

| 1. |
| :--- |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |

Modal verbs: These are verbs that are always followed by an infinitive. E.g can/must/have to/could/should

Reflexive verbs: These are verbs that you do to yourself. E.g. to wash yourself, to get yourself dressed, to brush your teeth.

| 1. It would be liking to you to go to <br> the cinema? | ¿Te gustaría ir al cine? |
| :--- | :--- |
| 2. Yes, it would be liking to me a lot. | Sí, me gustaría mucho. |
| 3. We meet at your house. | Quedamos en tu casa. |
| 4. We meet at the six. | Quedamos a las seis. |
| 5. It I feel, I have to walk to the dog. | Lo siento, tengo que pasear al perro. |
| 6. When I go out of party, myself I <br> bathe. | Cuando salgo de fiesta, me baño. |
| 7. Always myself I dress. | Siempre me visto. |
| 8. Normally I wear a jumper blue. | Normalmente llevo un jersey azul. |
| 9. This night I'm going to wear a dress <br> black. | Esta noche voy a llevar un vestido <br> negro. |
| 10. It's going to be awesome. | Va a ser flipante. |

## Viva 2 Module 4 <br> Substitution Language

## 1

a la bolera = to the bowling alley
a la cefetería = to the café
al centro comercial = to the shopping
centre
al museo $=$ to the museum
al parque = to the park
a la pista de hielo = to the ice rink
al polideportivo $=$ to the sports centre
a mi casa $=$ to my house

## 2

De acuerdo = all right
Vale = OK
Ni hablar! = No way!
iNi en sueños! = Not in your wildest dreams!
No tengo ganas = I don't feel like it
iQué aburrido! = How boring!

## 3/4

al lado de la bolera = next to the bowling alley
delante de la cafetería $=$ in front of the café
detrás del centro comercial = behind the shopping centre
enfrente del polideportivo = opposite the sports centre
a las seis $y$ cuarto $=$ at 6:15
a las seis y media $=$ at 6:30
a las siete menos cuarto $=$ at $7: 45$

## 5

cuidar a mi hermano = look after my brother lavarme el pelo = wash my hair
hacer los deberes = do my homework ordenar mi dormitorio $=$ tidy my room salir con mis padres = go out with my parents no puedo salir = I can't go out no tengo dinero $=1$ don't have any money no quiero (salir) = I don't want to (go out)

## 6/7

me ducho = I have a shower
mMe lavo la cara = I wash my face me lavo los dientes = I clean my teeth me maquillo $=1$ put on make-up me peino = I comb my hair primero $=$ first
después = after(wards)
a veces = sometimes

## 8/9

una camiseta blanca $=$ a white $T$-shirt una sudadera roja $=$ a red hoodie una falda morada $=$ a purple skirt una gorra verde = a green cap una camisa rosa $=$ a pink shirt unos pantalones grises = some grey trousers unos zapatos marrones = some brown shoes unas zapatillas de deporte = some trainers

## 10

divertido = fun
genial = great
aburrido = boring
loco = crazy/wild
horrible = horrible

## Define the key terms in your own

 words.Modal verbs:

Reflexive verbs:

Give an example of each of the following from the 'substitution language' section.

Modal verbs:

Reflexive verbs:

Rewrite the English sentences in a more natural translation.

| 1. |
| :--- |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |

Use the substitution language to rewrite the Spanish sentences with at least one detail changed and add an opinion where you can.

| 1. |
| :--- | :--- |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |

## Glossary of key terms for this unit

- Drop shot- a shot played with finesse to land the shuttle as close as possible to the net on your opponent's side.
- Overhead Clear - Played to the back of your opponent's' court and is a defensive shot.
- Smash - The smash shot is hit with power and speed downward into the opponent's court.
- Long and thin - This applies to where the shuttle is allowed to land during a singles match.
- Short and fat - This applies to where the shuttle is allowed to land during a doubles match.


## Badminton <br> Year 8

The drop shot works best if you deceive your opponent by making them think you are doing an overhead clear, and then take the speed of your shot to land the shuttle just over the net

The overhead clear is a defensive shot aimed at creating space at the front of your opponent's court and giving yourself time to get back into the ready position



The diagram shows where the shuttle is allowed to land during doubles matches. This is called short and fat


The smash shot is designed to be hit with force to stop your opponent from returning the shot


The diagram shows where the shuttle is allowed to land during singles matches. This is called long and thin

Identify on the image below where you would want an overhead clear shot to land;


Identify on the image below where you would want a drop shot to land;


Identify on the image below where you would want a smash shot to land;


Explain why a badminton player might play the following shots;

Smash shot

Drop shot

## Knowledge Organiser

Year 8 Badminton
Research online the rules for serving in badminton for both singles and doubles.

Singles

## Doubles

## Glossary of key terms for this unit

Possession - The team with the ball in their control is deemed to be in possession.

Intercepting - When a player intercepts a pass they can read where the pass is going and stop the ball from going there.

Width - In football this means creating more space on the pitch by getting players to spread out wide.

Pressure - By applying pressure you are marking your opponent or getting as close to them as possible to stop them playing.

Strategies - Coming up with a tactic or plan which has a desired outcome.

## Football Year 8

## Advanced football rules

- The goalkeeper is not allowed to pick the ball up in his area if the ball is passed back to him from one of his own players.
- There are two types of fouls; direct and indirect. On a direct free kick, you can score directly from the free kick. On an indirect free kick, the ball must be touched by another player before going in the goal.
- A player is in an offside position if, when the ball is played by a team-mate, they are nearer to the opposition's goal line than both the ball and the second last opponent.
- From a throw in the ball must be thrown with both hands from behind and over the head. The throwers feet must have some part of their foot on the touchline or on the ground outside of the touchline.


Ball possession also means the amount of time a team possesses the ball during a game of football.


By intercepting a ball you gain back possession for your team and stop a potential attack.


Strategies can be set up to provide teams with a plan to try and outwit an opponent and win the game.

Explain 3 reasons why putting pressure on your opponents is important?
1)
2)
3)

Describe what is meant by the term "interception"?

Identify a position in football where intercepting balls is extremely important and why?

Research a football team which are good at keeping possession for long periods of time and explain why?

Explain why in football it is important to have width and get the ball played out wide?

## Knowledge Organiser <br> Year 8 Football

Identify a tactic which can be used in football for a team which need to score lots of goals?

Identify a tactic which can be used in football for a team which need to hang onto a lead and not concede any goals?

## Glossary of key terms for this unit

Apparatus - Any one of the pieces of equipment used in gymnastics competition, including the vaulting table, uneven bars, balance beam, the horizontal bars, parallel bars, the pommel horse and still rings.

Counter balance - is when weight is pushed onto a partner to maintain a still position.
Counter tension - when weight is pulled away from each other to help maintain a still position.
Mirror - In partner or group work mirroring is becoming a precise reflection of your partner's skill.

Match - In partner or group work matching is more general and requires replication and not reflection of your partner's work.

## Gymnastics Year 8





Reduce the information you know about performing a gymnastic paired balance into 3 key pieces of knowledge.
1.
2.
3.

Draw 2 paired counter balance and 2 paired counter tension balances. (use simple stickman diagrams)
1.
2.
3.
4.

For a group of 4 or 5 , with the use of a dot diagram show 5 different formation:

## Task 7

1. Pick a balance from the box below and match your group in a formation 2. Pick an action then move into a second balance using that action.

Jumping Splonging gifding Stopping Timboling $\mathbb{R}$ olang 3. Choose whether to match, mirror or complement the balances you are performing and perform in a different formation.
4. Repeat 3 times with different balances and
4. Repeat 3 times with different balances and different movements.


## Knowledge Organiser Year 8 Gymnastics

[^0]
## Year 8-Sp1-Sikhism

| Key word | Definition |
| :--- | :--- |
| Sikh | Learner or disciple |
| Mal <br> Mantra | The essence of Sikh belief. <br> A statement of beliefs. |
| Gurmukh | Someone who is God- <br> centred. |
| Manmukh | Someone who is man <br> centred. |
| Guru | Spiritual leader <br> Khalsa <br> A group into which <br> committed Sikh's can be <br> initiated <br> Langar <br> The kitchen in the <br> gurdwara where food is <br> prepared for anyone who <br> needs it. <br> Sewa <br> Serving the community in <br> which you live |

Sikhism is one of the world's major religions.
It is the world's $5^{\text {th }}$ largest religion, with about 28 million followers.
It began over 500 years ago.
Sikhs are the people who follow Sikhism.
Sikhs believe in one God who guides and protects them.
Sikhs see everybody as being equal in God's eyes.

Sikhism was founded by a man called Guru Nanak. It is based on what he taught people. They believe that he received messages from God telling them how to live.

Leading a good life and making the right choices are important in Sikhism.

| Where and <br> how do Sikhs <br> worship? Why? | Sikh temples are called gurdwaras. They are built with a large central dome. <br> Gurdwaras have four doors, to show that they are open to all people, as a part of the Sikh <br> belief that everyone is equal. <br> Before Sikhs worship in a gurdwara, they should take a bath as a mark of respect and <br> cleanliness. Shoes are taken off, and heads are covered. |
| :---: | :--- | :--- |
| What is the <br> Sikh holy <br> book? | The Sikh holy text is the Guru Granth Sahib. It is exactly 1430 pages long in its printed form, <br> and all of the hymns in it are in the same order. This helps Sikhs from everywhere to read it <br> the same way. |
| Shere do most <br> the world? | Sikh people are mainly found in the Punjab region of north India, in Asia. In total, there are <br> nearly 23 million Sikhs in India. <br> However, there are also populations of Sikhs on every inhabited continent. <br> The largest populations of Sikhs in countries outside of India are in the United States, <br> Canada, the United Kingdom, and Malaysia. There are very few Sikhs in parts of Africa and <br> Central America. |
| What are some <br> other Sikh <br> traditions? | When a Sikh baby is born, the whole community turns out to celebrate! Fathers traditionally <br> tell the news to friends and family, and the baby name is revealed in a ceremony at the <br> gurdwara. <br> Sikh names are easily distinguishable. Boys and men are given an extra Sikh name - Singh - <br> meaning 'lion.' Girls and women have Kaur - 'princess.' |

## Reduce the key beliefs of Sikhism into a summary of no

 more than 50 words.

Practice writing out the definition of these key terms.
(without copying from your knowledge organiser)

Mul Mantra

Gurmukh

Manmukh

Langa

Sewa

Create a pictogram/diagram to show what is important in Sikhism.

## Key words

- Speed of sound slower than the speed of light, this is the distance sound travels in one second ( $330 \mathrm{~m} / \mathrm{s}$ ).
- Speed of light the distance light travels in one second ( 300 million $\mathrm{m} / \mathrm{s}$ ).
- Amplitude the height from the middle of a wave to the top of a peak.
- Frequency the number of waves produced in one second.
- Wavelength the distance between 2 waves or peaks.
- Longitudinal a wave where the oscillation is parallel to the direction of the wave.

Key ideas


Year 8 Spring 1 Knowledge Organiser


## Key Words

- Elements substances that contain only one type of atom.
- Atoms the smallest art of an element that can exist.
- Compounds made up of 2 or more elements that are chemically joined together.
Chemical formula shows the elements present in a compound.
Louder - Polymer a substance with a long chain of molecules e.g. rubber and DNA.
Groups the vertical columns in a periodic table, showing similar properties.
Periods the horizontal rows in a periodic table, showing similar properties.


## Key words

## Key words

- Evolution the theory that animal and plant species today descended from species that existed in the past.
- Natural selection process by which species change over time in response to environmental changes and competition for resources
Darwin developed the theory of evolution
- Extinct when there are no more living individuals of a species.
- Biodiversity the measure of the variety of all different species of organism on Earth or within a particular ecosystem
- population
- Chemical properties describe how substances react with other substances.
- Group 1: Alkali metals like other metals are good conductors of heat and electricity.
- Group 7: Halogen like most non metals they have low melting points.
- Group 0/8: Nobel Gases a group of colourless non metal gases.


## Year 8 Spring 1 Knowledge Organiser

Key words

## Equations

Key words


## Computing

| Sequence | One of the three basic programming constructs. <br> Instructions that are carried one after the other in <br> order. |
| :--- | :--- |
| Selection | One of the three basic programming constructs. <br> Instructions that can evaluate a Boolean <br> expression and branch off to one or more <br> alternative paths. |
| Iteration | One of the three basic programming constructs. A <br> selection of code that can be repeated either a set <br> number of times (count-controlled) or a variable <br> number of times based on the evaluation of a <br> Boolean expression (condition-controlled). |
| Variable | A value that can change depending on conditions <br> or information passed to the program. |


| Boolean <br> expression | An algebraic expression which has a Boolean value. |
| :--- | :--- |
| Comparison <br> operator | Used to compare two expressions. <br> Computer <br> bug <br> Code that causes your computer to behave in an <br> unexpected way. <br> Resilience <br> Subroutine <br> The capacity to recover quickly from difficulties. <br> identifiable name. Supports code reuse and good <br> programming technique. |

## Computing

|  |  |  |  |
| :--- | :--- | :--- | :--- |
| Comparison <br> operators. Used to <br> make a comparison <br> between two values <br> or variables. | Runs the code in the <br> block if the <br> condition is true. | Used to move the <br> sprite by a certain <br> distance along the $x$ <br> or y axis. | Used to set the <br> value of a variable. |
|  |  |  |  |
| Count-controlled <br> iteration - code <br> inside the block <br> repeats a set <br> number of times. | Infinite iteration - <br> repeats the code <br> inside the block <br> until the program is <br> stopped by the user. | Rotates the sprite <br> clockwise or anti- <br> clockwise by a <br> certain distance. | Causes the sprite to <br> say a message for a a <br> certain amount of <br> time. |



## Fruit and vegetables

This group should make up just over a third of the food eaten each day.
Aim to eat at least five portions of a variety each day.
Choose from fresh, frozen, canned, dried or juiced.
A portion is around 80 g ( 3 heaped tbs). 30 g of dried fruit or 150 ml glass of fruit juice or smoothie count as a max of 1 portion each day.

## Potatoes, bread, rice, pasta or other

 starchy carbohydratesBase meals around starchy carbohydrate food.
This group should make up just over a third of the diet.
Choose higher-fibre, wholegrain varieties.

## Dairy and alternatives

Good sources of protein and vitamins.
An important source of calcium, which helps to keep bones strong.

Should go for lower fat and lower sugar products where possible.

## The Eatwell Guide

 diet.Comprises 5 main food groups.
Is suitable for most people over 2 years of age. Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy

Shows proportions representative of food eaten over a day or more.

Beans, pulses, fish, eggs, meat and other protein
Sources of protein, vitamins and minerals.
Recommendations include to aim for at least two portions of fish a week, one oily, and people who eat more than $90 \mathrm{~g} /$ day of red or processed meat, should cut down to no more than 70g/day.

## Oil and spreads

Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, e.g. olive oil.

Generally, people are eating too much saturated fat and need to reduce consumption.

## Foods high fat, salt and sugar

Includes products such as chocolate, cakes, biscuits, fullsugar soft drinks, butter and ice cream.
Are high in fat, sugar and energy and are not needed in the diet. If included, should be had infrequently and in small amounts.

## 8 tips for healthier eating

These eight practical tips cover the basics of healthy eating and can help you make healthier choices.

1. Base your meals on starchy carbohydrates.
2. Eat lots of fruit and veg.
3. Eat more fish - including a portion of oily fish.
4. Cut down on saturated fat and sugar. Eat less salt (max. 6 g a day for adults).
5. Get active and be a healthy weight.
6. Don't get thirsty.
7. Don't skip breakfast.

## Hydration

Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar-free drinks including tea and coffee all count.

Fruit juice and smoothies also count but should be limited to no more than a combined total of 150 ml per day.

## Fibre

Dietary fibre is a type of carbohydrate found in plant foods.
Food examples include wholegrain cereals and cereal products; oats; beans; lentils; fruit; vegetables; nuts and seeds. Dietary fibre helps to reduce the risk of heart disease, diabetes and some cancers; help weight control; bulk up stools; prevent constipation; improve gut health.
The recommended average intake for dietary fibre is 30 g per day for adults.

## Composite/combination food

Much of the food people eat is in the form of dishes or meals with more than one kind of food component in them. For example, pizzas, casseroles, spaghetti Bolognese and sandwiches are all made with ingredients from more than one food group. These are often called 'combination' or 'composite' foods.


## Key terms

The Eatwell Guide: A healthy eating model showing the types and proportions of foods needed in the diet.

Hydration: The process of replacing water in the body.

Dietary fibre: A type of carbohydrate found in plant foods.

Composite/combination food: Food made with ingredients from more than one food group.


[^0]:    Plan a four person gymnastic routine including: individual, paired and group balances, with
    changes, start and finish positions. Use diagrams and give brief explanation of your work.

