Year 8 Knowledge Organiser Spring 2023

Name:

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:

СНИМК ІТ	RE-LEARN IT	WRITE IT	SPEAK IT
Split the knowledge organiser into manageable chunks. Choose a chunk at a time to memorise. Start with the most	Re-read your notes on the chosen topic. 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. Try to do this without your notes.	Give a verbal explanation about this topic as if you were teaching it. Repeat the facts you need to remember 20 times.
important or the most difficult.		Write key facts you need to memorise over and over until you have memorised them.	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.	Reduce what you have learned to five key bullet points or prompts.	Rank the most important pieces of information from your knowledge	Find three links between this topic and others you have studied.
Transform what you		organiser.	
have learned into a diagram.	Reduce the three most important facts linked to a topic into	Categorise your key facts into groups, you	Link the key points together.
Transform your learning into a poem or a story.	10 words.	choose the group headings.	

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.
- 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.





"Nothing is invented, for it's written in nature first." — Antoni Gaudí Task 1 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

Keywords

Tone

Line

Shape

Form

Scale

Composition

Perspective

Observation

Detail

Accuracy

Texture

Refine

Blend

Task 2 - Create an accurate drawing on the grid of the architecture. Use pencil; add detail using line, and tone to create a realistic copy.



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Kov	Voca	hu	larv
NCY	vula	มน	iai y

, , ,	
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



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

Neutral Position



Year 8 - Cinderella

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





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.

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.





Analysis		
Virtuous (adj):	Hubristic (adj):	Insolent (adj):
having high moral standards	overly proud or self-confident	intentionally rude or not showing respect
Virtue (n)	Hubris (n)	Insolence (n)
Distinguished (adj):	Credulous (adj):	Jealous (adj):
very successful, authoritative, and commanding great respect	having or showing too great a readiness to believe things	full of or expressing sorrow or grief or deserving severe criticism
Distinction (n)	Credulity (n)	Jealousy (n)
	Virtuous (adj): having high moral standards Virtue (n) Distinguished (adj): very successful, authoritative, and commanding great respect	Virtuous (adj):Hubristic (adj):having high moral standardsoverly proud or self-confidentVirtue (n)Hubris (n)Distinguished (adj):Credulous (adj):very successful, authoritative, and commanding great respecthaving or showing too great a readiness to believe things

The Victorian era

Modernism



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



The UK experiences very changeable weather. There are three reason for this.

1. Air masses are the most important factor affecting our weather. The U.K is like a roundabout! It is affected by several air masses from different directions.



2. Prevailing winds. Most of the time the wind in the UK blows from the Southwest. This is the prevailing wind.

3. Ocean currents transfer heat around the world, e.g. the North Atlantic Drift brings warm weather from the Caribbean to the west coast of the U.K.

Urban microclimate	Causes
Higher temperatures	 Dark tarmac surfaces absorb heat from the sun Windows reflect the sun's rays to the ground creating 'sun traps' Heat is generated by industry, people and vehicles
	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



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

r mass	Source area
	North Africa
	Central Europe
	Greenland/Arctic Sea
	Atlantic
	Arctic



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

Write a sentence using the word 'precipitation'.

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

Air

Variable and gusty winds

High rise buildings funnel wind

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 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 (usually 65 years and over) in the population.
Pension	A regular payment made by the government to people over a certain age.

SKILLS

future.

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



The UK has an ageing population						
Advantages	Disadvantages					
Many charities rely on older people as volunteers.	More people claiming pensions increases costs to the government.					
Older relatives may help with childcare so parents can work.	Cost to Health Service of providing treatment. Some older people feel					
Many older people can afford to travel, boosting the tourism industry.	lonely.					

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.

	F	1				Ageing population
Key Age male 100 90 80	Match the following definitions to A-D (shown on the graph)	A	В	С	D	Advantages Disadvantages
70 60 50 female	Lots of people in their low twenties					
	Low birth rate					
	Lots of middle aged people					In one sentence, summarise the impact of an ageing
Population Leicester population pyramid, 2016	High Life Expectancy					population.
						Write the definition to the following key words. Try not to loo at your knowledge organiser.
Reduce the information about the cens down to 3 key pieces of knowledge.	sus		leasons nigratio	n to		Census
1.			the UI	(Ageing population
2.						Migrant
3.						Pension

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

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





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

The Abolitionists and their Methods

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.

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.

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 = 5Subtract 3 from both sides, to give: x = 2

Solve Equations Unknowns on Both Sides

Some equations have letters on each side of the equals sign, for example:

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4(k+7) = 12k - 4
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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.

 $2 = \frac{\pi}{8}$

16 = x

Example

Solve for k in the following equation: k + 18 = 21Subtract 18 from both sides k = 3

Solve for x in the following equation:

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Multiply by 8 both sides:
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Solve: 4(k + 7) = 12k - 4
Expand the bracket: 4k + 28 = 12k - 4
Subtract 4k: 28 = 8k - 4
Add 4: 32 = 8k
Divide by 8: 4 = k
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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: $\frac{24}{x} = 6$ Multiply by x 24 = 6xDivide by 6 4 = x**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 3x + 2 = 14Subtract 2 from both sides 3x = 12Divide by 3 both sides x = 4

PROPORTIONAL REASONING

Direct Proportion

When two variables are directly proportional, as one increases the other also increases at the same rate (proportionally). So if one doubles, the other also doubles.



Inverse Proportion

If two quantities are inversely proportional, one increases as the other decreases at the same rate. If one quantity doubles, the other one halves. For example, more workers on a job would reduce the time to complete the task. They are inversely proportional.

YEAR 8 SPRING 1

Comparing Quantities

Exchange Rates

- An exchange rate is the rate at which the money of one
- 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.

£1	=	\$1.87
↓ x70		↓ x70
£70	=	\$130.90

Reading Scales



In this scale the difference between 5 and 6 is 1. And, the space has been divided into 4, so each division represents:

 $1 \div 4 = 0.25$

The arrow is pointing to:

5 + 0.25 + 0.25 + 0.25 = 5.75

Scaling

be a drawing.

н

Scaling is when you are given information about something and then have to apply it to a smaller or larger quantity. You use it in everyday life, but probably don't realise it. ш Recipes Meera is having 7 friends over for a party. She wants to make a cake. Including herself 8 people will be eating the cake. What ingredients does she need? н She finds a recipe for 4 people: •200 g of butter •250 g of sugar •300 g of flour •2 eggs 8 people is double 4 people. Meera needs to multiply the ingredients by a scale of 2. •200 x 2 = 400 g of butter •250 x 2 = 500 g of sugar •300 x 2 = 600 g of flour •2 x 2 = 4 eggs Shapes A scale factor is when you enlarge a shape and each side is multiplied by the same number. This number is called the scale factor. Maps use scale factors to represent the distance between two places accurately. Without the scale, the map would just





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	Je mange	des oeufs	je l'adore	Comme c'est	mais	Hier	En France ils
déjeuner	l eat	eggs	,	lt's so		Yesterday	mangent des
For breakfast			je l'aime		cependant		croissants
	Nous mangeons	du pain grillé	,			Avant-hier	In France they eat
En Angleterre	We eat	toast	je ne l'aime pas		pourtant	The day before	croissants
In England		1	,	délicieux	however	yesterday	
	Je ne mange pas**	avec du beurre	je le déteste	delicious			En France ils
Chez moi	I don't eat	with butter	,		en revanche	Le weekend dernier	mangent des
At mine		1	miam miam!	savoureux	on the other	Last weekend	tartines
I	Je ne mange	avec de la	yum yum!	tasty	hand		In France they eat
Le weekend	jamais**	confiture	,				tartines
At the weekend	I never eat	with jam	beurk!	bon			
		1	yuck!	good			En France ils
Quand il fait chaud	Je bois	des céréales	· · · · · · · · · · · · · · · · · · ·				mangent du pain
When it is hot	I drink	cereal	,	dégoûtant			In France they eat
			· ·	disgusting			bread
Quand il fait froid	Nous buvons	(avec) du lait	,			J'ai mangé	
When it is cold	We drink	(with) milk	· ·	sucré		l ate	En France ils
			,	sugary			mangent des pains
Normalement	Je ne bois pas**	du jus d'orange	· ·			Nous avons mangé	au chocolat
	I don't drink	orange juice	,			We ate	In France they eat
Souvent			· ·				pain au chocolats.
Often	Je ne bois jamais**	1	,			J'ai bu	'
	I never drink	1	,			I drank	En France ils
Le matin		1	,				boivent du
In the morning	** the negative is	1	,			Nous avons bu	chocolat chaud
	always followed by		· ·			We drank	In France they drink
	de . E.g Je ne mange	1	· ·			-	hot chocolate.
	pas de pain.		,				

Qu'est ce que tu ve	ux acheter? What do you wa	nt to buy?				
l verb	Quantity	Food	Connective	Question	Answer	Conclusion
Je voudrais I would like	un (demi-) kilo de (half) a kilo of	fromage (m) cheese	et et aussi	ça fait combien? how much is it?	ca fait euros that is euros	voila there you go
J'aimerais I would like	un morceau de a piece of	jambon (m) ham	et avec ça and with that	est-ce que je peux avoir un sac en plastique?	bien sûr! of course!	bonne journée have a good day!
Je veux I want	un peu de a little	haricots verts (pl) green beans	c'est tout that's everything	can I have a plastic bag? est-ce que je peux avoir	voici here you are	merci au revoir
Je peux avoir Can I have	un litre de a litre of	pommes de terre (pl) potatoes		un sac en papier? can I have a paper bag?		
Est-ce que je peux avoir Can I have	_ grammes de _ grams of	olives (pl) tomates (pl)				_
Je vais acheter I am going to buy	une tranche de a slice of					
Je dois acheter I must buy	une bouteille de bottle of		s'il vous plaît	To refer to a specifi	c piece of food, use	this/these"
Pour moi	une boîte de a box/can of		merci	I m = ce /cet(before a	a vowel	
For me Je voudrais goûter*	un chou-fleur a cauliflower	des citrons lemons		pl = ces		
I would like to taste	du poisson fish	des bananes		I E.g Je voudrais goût	ter ce fromage = I w	ould like to try
*follow this with le/la instead of du/de la and les instead of des	de la salade lettuce des oeufs eggs	des pommes apples des artichauts artichokes			r	
	des oignons onions	artichukes				

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

Qu'est-ce d	Qu'est-ce que tu vas regarder? What are you going to watch?							
Opinion	Genre	Comparative	Adjective		Like/dislike	TV programmes		
Je trouve	les films	plus	intéressant(e)s	que	Je les aime	les dessins animés		
I find	romantique	more		than		cartoons		
	romantic films		amusant(e)s		Je les aime beaucoup			
		moins		les films romantique	I like a lot	les documentaires		
	les films	less	passionnant(e)s	romantic films		documentaries		
	d'horreur		exciting		Je les aime bien			
	horror films	aussi		les films d'horreur	I really like	les feuilletons		
		as	fascinant(e)s	horror films		soaps		
	les films d'action		fascinating		Je les adore			
	action films			les films d'action		les jeux télévisés		
				action films	Je ne les aime pas	game shows		
	les films		divertissant(e)s					
	d'animation		entertaining	les films d'animation	Je ne les aime pas	les infos (f)		
	animated films			animated films	beaucoup	the news		
					I don't like a lot			
	les films de		barbant(e)s	les films de science-		les séries policières (f)		
	science-fiction		boring	fiction	Je les déteste	police shows		
	sci-fi films			sci-fi films				
			ennuyeux(yeuses)			les émissions de cuisine (f)		
	les films de		boring	les films de super-		cookery shows		
	super-héros			héros				
	superhero films		h 24	superhero films		les émissions de sport (f)		
	los comédics (f)		bêtes	les comédics (f)		sports shows		
	les comédies (f) comedies		stupid	les comédies (f) comedies		los ámissions do tálá ráslitá (f)		
	comedies		ridicules	comedies		les émissions de télé-réalité (f)		
						reality TV shows		
			ridiculous					

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.

most/bravest. Modal verbs (wollen): an auxiliary verb t E.g. wollen = to want.	hat expresses necessity or possibility.	Actionfilme = action films Dramen = dramas Fantasyfilme = fantasy films Horrorfilme = horror films Komödien = comedies Liebeskomödien = rom-coms	4 Zeitungen = newspapers Biografien = biographies Fantasybücher = fantasy books Sachbücher = non-fiction books Krimis = detective stories
1. I see gladly animated films, because they exciting are.	Ich sehe gern Zeichentrickfilme, weil sie spannend sind.	Science-Fiction-Filme = sci-fi films unterhaltsam = entertaining gruselig = scary blöd = silly romantisch = romantic	5 er/sie liest = he/she reads wir/sie lesen = we/they read
2. I watch not gladly the news. (I don't like watching the news).	Ich gucke nicht gern die Nachrichten.	kindisch = childish schrecklich = terrible	6 im Garten = in the garden
3. Today want I music videos to see.	Heute will ich Musikvideos sehen.	2/3 sehr = really/very	am Computer = on the computer auf dem Handy = on my phone
4. I read prefer magazines and novels. (I prefer reading)	Ich lese lieber Zeitschriften und Romane.	ziemlich = quite Sportsendungen = sport shows Dokumentationen = documentaries	im Auto = in the car in der Pause = at breaktime in der Schule = at school im Bett = in bed im Zug = on the train
5. I watch most of all horror films. (I like watching horror films most of all.)	Ich gucke am liebsten Horrorfilme.	Seifenopern = soap operas Sitcoms und Serien = sitcoms and serie	-
		3	- /-
6. I read comics on the toilet.	Ich lese Comics auf dem Klo.	morgen = tomorrow später = later nächste Woche = next week er/sie will = he/she wants	7/8 ich/er/sie sollte = I/he/she should wir sollten = we should
7. You should not more than 5 hours a week before the screen sit.	Man sollte nicht mehr als fünf Stunden pro Woche vor dem Bildschirm sitzen.	wir/sie wollen = we/they want	eine Stunde pro Tag = an hour a day ab und zu = from time to time nur am Wochenende = only at the weekend
8. I sit two to three hours a day before the screen.	Ich sitze zwei bis drei Stunden pro Tag vor dem Bildschirm.		immer von 20 bis 22 Uhr = always between 8 and 10pm

1/5

Actionfilme = action films

Year 8 German

Stimmt 2 Module 2

Substitution Language

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.
Comparative:	1.	1.
Superlative:	2.	2.
Modal verbs:	3.	3.
	4.	4.
Give an example of each of the following from the 'substitution language' section.	5.	5.
Comparative:	6.	6.
Superlative:	7.	7.
Modal verbs:	8.	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 1/2/3/4/5/6/7 the school, on the table. (m) Käse = cheese

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.

(f) heiße Schokolade = hot chocolate (n) Brötchen = bread roll Schneide = cut(n) Ei = egg 1. For breakfast eat I toast with eggs. Zum Frühstück esse ich Toast mit Eier. Misch = mix(pl) Frühstücksflocken = cereal Rühre = stir Serviere = serve 2. She drinks water or orange juice. Sie trinkt Wasser oder Orangensaft. 1 er/sie isst = he/she eats 8/9 wir/sie essen = we/they eat 3. Yesterday have I lots fruit ate and Gestern habe ich viel Obst gegessen und Ich muss = I mustzwei Tassen Tee getrunken. two cups tea drank. 2 er/sie muss = he/she must ich trinke = I drink sie müssen = they must er trinkt = he drinks 4. Schnitzel with potatoes is very salty Schnitzel mit Kartoffeln ist sehr salzig und wir/sie trinken = we/they drink and not vegetarian. nicht vegetarisch. fat and sugar 4 fruit and vegetables 5. I take the fish with rice and peas. Ich nehme den Fisch mit Reis und Erbsen. mit Sauerkraut = with pickled cabbage früh ins Bett gehen = go to bed early mit Pommes = with chips drei Stunden trainieren = exercise for 6. Heat the onions on the hob. Erhitze die Zwiebel auf dem Herd. mit Salat = with salad three hours mit Rösti = with hash browns mit Eiern = with eggs 7. Put the milk into the bowl. Stell die Milch in die Schüssel. week mit Gemüsen = with vegetables $s\ddot{u}B = sweet sauer = sour$ scharf = 8. We must 8 hours sleep. Wir müssen acht Stunden schlafen. spicy lecker = delicious ekelhaft = Man muss mehr Wasser trinken. 9. One must more water drink. disgusting

(m) Schinken = ham

(m) Speck = bacon

(m) Kaffee = coffee

(f) Marmelade = jam

(f) Orangenmarmelade = marmalade

(f) Butter = butter

Substitution Language

Year 8 German Stimmt 2 Module 3

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

wenig Fett und Zucker essen = eat little viel Obst und Gemüse essen = eat lots of zweimal pro Woche joggen = jog twice a

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.
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
	natural translation 1. 2. 3. 4. 5. 6. 7. 8.

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

¿Qué te gusta comer?

Me gusta el arroz.

No como el marisco.

Desayuno cereales.

Voy a tomar la sopa.

Voy a traer el pan.

Va a ser guay.

Voy a comprar una lechuga.

Tengo hambre.

Desayuno a las siete y media.

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?

2. It is liking to me the rice.

3. Not I eat seafood/shellfish.

7. I am going to take the soup.

8. I'm going to bring the bread.

9. I'm going to buy a lettuce.

10. It's going to be cool.

5. I breakfast cereal.

6. I have hunger.

4. I breakfast at the seven and half.

Substitution Language

1 beber = to drink

2

me encanta(n) = I love me gusta(n) mucho = I really like no me gusta(n) = I don't like no me gusta(n) nada = I don't like... at all odio = I hate prefiero = I prefer 3

los caramelos = sweets la carne = meat la fruta = fruit las hamburguesas = hamburgers los huevos = eggs el pescado = fish el aueso = cheeselas verduras = vegetables bebo = I drink el agua = water la leche = milk

4/5

como = I 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

6

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 gueso = 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 = $\frac{1}{2}$ 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) teazumo de naranja = orange juice un bocadillo = a sandwich patatas fritas = chips pollo con ensalada = chicken with salad

Year 8 Spanish Spr 1 Viva 2 Module 3

Define the key terms in your own words.	Rewrite the English sentences in a more natural translation.	Use the substitution language to rewrite the Spanish sentences with at least one detail changed and add an opinion where you can.
Negative structures:	1.	1.
	±.	<u> </u>
Word order:	2.	2.
	3.	3.
	4.	4.
	5.	5.
Give an example of each of the following from the 'substitution language' section.	6.	6.
Negative structures:	7.	7.
	8.	8.
Word order:	9.	9.
	10.	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 the cinema?	¿Te gustaría ir al cine?	centre al museo = to the museur al parque = to the park a la pista de hielo = to the
2. Yes, it would be liking to me a lot.	Sí, me gustaría mucho.	al polideportivo = to the s a mi casa = to my house
3. We meet at your house.	Quedamos en tu casa.	2 De acuerdo = all right
4. We meet at the six.	Quedamos a las seis.	Vale = OK ¡Ni hablar! = No way! ¡Ni en sueños! = Not in yo
5. It I feel, I have to walk to the dog.	Lo siento, tengo que pasear al perro.	dreams! No tengo ganas = I don't f
6. When I go out of party, myself I bathe.	Cuando salgo de fiesta, me baño.	iQué aburrido! = How boi 3/4 al lado de la bolera = next
7. Always myself I dress.	Siempre me visto.	alley delante de la cafetería = i café
8. Normally I wear a jumper blue.	Normalmente llevo un jersey azul.	detrás del centro comerci shopping centre
9. This night I'm going to wear a dress black.	Esta noche voy a llevar un vestido negro.	enfrente del polideportivo sports centre a las seis y cuarto = at 6:1 a las seis y media = at 6:30
10. It's going to be awesome.	Va a ser flipante.	a las siete menos cuarto =

1 a la bolera = to the bowling alley a la cefetería = to the café al centro comercial = to the shopping ım ne ice rink sports centre

our wildest feel like it oring!

xt to the bowling in front of the cial = behind the vo = opposite the :15 30 = at 7:45

5

Substitution Language

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 = I don't have any money no quiero (salir) = I don't want to (go out)

Year 8 Spanish Spr 2 Viva 2 Module 4

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 = I 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.	Rewrite the English sentences in a more natural translation.	Use the substitution language to rewrite the Spanish sentences with at least one detail changed and add an
Modal verbs:	1.	opinion where you can.
	2.	
Reflexive verbs:	3.	2.
		3.
	4.	4.
	5.	5.
Give an example of each of the following from the 'substitution	6.	6.
language' section.	7.	7.
Modal verbs:	8.	8.
Reflexive verbs:	9.	9.
	10.	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 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



Overhead clear



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

Overhead clear 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 closing down a player on the ball you are applying pressure trying to force them to make a mistake.



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?	Research a football team which are good at keeping possession for long periods of time and explain why?	Knowledge Organiser Year 8 Football
1)		Identify a tactic which can be used in football for a team which need to score lots of goals?
2)		
3)		
Describe what is meant by the term "interception"?	Explain why in football it is important to have width and get the ball played out wide?	Identify a tactic which can be used in football for a team which need to hang onto a lead and not concede any goals?
Identify a position in football where intercepting balls is extremely important and why?		

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.







BALAACE

COU

BROAZE





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)

2.

1.

- 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. 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 different movements.

Knowledge Organiser Year 8 Gymnastics

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. elements of flight and rotation. Include counterbalance and counter tension, formation

Year 8 - 1	Sp1 - Sikhism	Sikhism is one of the world's major religions. It is the world's 5 th largest religion, with about 28 million followers. It began over 500 years ago.			
Key word	Definition	Sikhs believe in o	•	s and protects them.	
Sikh	Learner or disciple	Sikhism was four	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.		
Mal Mantra	The essence of Sikh belief. A statement of beliefs.	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.			
Gurmukh	Someone who is God- centred.	Where and how do Sikhs worship? Why?		Sikh temples are called gurdwaras. They are built with a large central dome. Gurdwaras have four doors, to show that they are open to all people, as a part of the Sikh belief that everyone is equal. Before Sikhs worship in a gurdwara, they should take a bath as a mark of respect and cleanliness. Shoes are taken off, and heads are covered.	
Manmukh	Someone who is man centred.		Silves" addinasia dhariyoo Maaka -		
Guru	Spiritual leader	What is the Sikh holy book?		The Sikh holy text is the Guru Granth Sahib. It is exactly 1430 pages long in its printed form, and all of the hymns in it are in the same order. This helps Sikhs from everywhere to read it the same way.	
Khalsa	A group into which committed Sikh's can be initiated	Where do most Sikhs live in the world?		Sikh people are mainly found in the Punjab region of north India, in Asia. In total, there are nearly 23 million Sikhs in India. However, there are also populations of Sikhs on every inhabited continent. The largest populations of Sikhs in countries outside of India are in the United States,	
Langar	The kitchen in the gurdwara where food is			Canada, the United Kingdom, and Malaysia. There are very few Sikhs in parts of Africa and Central America.	
	prepared for anyone who needs it.	What are some other Sikh		When a Sikh baby is born, the whole community turns out to celebrate! Fathers traditionally tell the news to friends and family, and the baby name is revealed in a ceremony at the	
Sewa	Serving the community in which you live	traditions?		gurdwara. Sikh names are easily distinguishable. Boys and men are given an extra Sikh name – Singh – meaning 'lion.' Girls and women have Kaur – 'princess.'	

Reduce the key beliefs of Sikhism into a summary of no more than 50 words.		ary of no	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 (330m/s).
- **Speed of light** the distance light travels in one second (300million m/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.

Notes



Year 8 Spring 1 Knowledge Organiser

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

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.

- **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



- **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.







Computing

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

Boolean expression	An algebraic expression which has a Boolean value.
Comparison operator	Used to compare two expressions.
Computer bug	Code that causes your computer to behave in an unexpected way.
Resilience	The capacity to recover quickly from difficulties.
Subroutine	A block of code within a program that is given a unique, identifiable name. Supports code reuse and good programming technique.

Computing

> 50 < 50 = 50	if then	change y by 10 change x by 10	set my variable to 0
Comparison operators. Used to make a comparison between two values or variables.	Runs the code in the block if the condition is true.	Used to move the sprite by a certain distance along the x or y axis.	Used to set the value of a variable.
repeat 10	forever J	turn (* 15) degrees	say Hi! for 2 seconds
Count-controlled iteration - code inside the block repeats a set number of times.	eration - code repeats the code side the block inside the block peats a set until the program is		Causes the sprite to say a message for a certain amount of 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 dav.
- Choose from fresh, frozen, canned, dried or iuiced.
- . A portion is around 80g (3 heaped tbs).
- 30g of dried fruit or 150ml glass of fruit juice or smoothie count as a max of 1 portion each day.

Potatoes, bread, rice, pasta or other starchy carbohydrates

- Base 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

- 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 diet.
- 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 90g/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.
- 5. Eat less salt (max. 6g a day for adults).
- 6. Get active and be a healthy weight.
- 7. Don't get thirsty.
- 8. 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 150ml 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 30g 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.