

YEAR 8

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Literacy / key words	Literacy / key words	Spy fiction conve	entions include:	
Secrecy - the action of		Characters		
keeping something	Weapons - thing			
secret or the state of	designed or used		ent: Often a protagonist with specialized skills in espionage Antagonist: A powerful figure, frequently representing a ri	•
being kept secret	for inflicting bodily	element.		var agency, chinnar organization, or rogac
Surveillance -close	harm or physical		Fatale/Double Agent: A mysterious character who may as	
observation, especially	damage	4. Allies/Sidek	cks: Supporting characters who provide resources, technic	cal expertise, or emotional support.
of a suspected spy or	Equipment - the	Plot Elements		
criminal	necessary items			
Investigator - a person	for a particular		and Intrigue: Central to the story, involving secrets, covert	
who carries out a formal	purpose	-	d Double-Crossing: Characters often conceal their true all possible: A critical assignment with high stakes, such as re	
inquiry or investigation	Suspicious - having		s and Suspense: High-tension moments, often involving es	
	or showing a			
Evidence - available	cautious distrust	Settings		
body of facts or	of someone or	1. Exotic Loca	tions: Sottings that range from glamorous sities to remote	dangerous locales
information something		 Exotic Locations: Settings that range from glamorous cities to remote, dangerous locales. Safe Houses and Secret Bases: Locations for planning or hiding. 		
Protection - the action		3. Shadowy Organizations: Often secret agencies, government bodies, or criminal networks.		
of protecting, or the	Authority - the			
state of being protected	power or right to	Mood and Style		
	give orders, make	1 Atmospher	a of Suchician: A nervasive sense of distruct and naranoia	
Control - the power to	decisions, and	 Atmosphere of Suspicion: A pervasive sense of distrust and paranoia. Stylized Language: Often includes code phrases, jargon, or witty repartee. Dark and Gritty Tone: A reflection of the dangerous and morally ambiguous world of spies. 		
influence or direct	enforce obedience			
people's behaviour or		4. High-Tech a	nd Futuristic Elements: Advanced surveillance tools, wea	pons, and communication devices.
the course of events				
Further reading:			You will be assessed on:	Links to curriculum
- 'Alex Rider' series by Anth	-		Writing skills, creative ideas, use of figurative	 History – famous examples of
- 'James Bond' series by lar	-		language to create imagery and your SPAG. You	spies and espionage
- 'Hurricane Gold' by Charlie Higson		will be writing a costing of a new fistion store		

will be writing a section of a spy fiction story.

Technology – spy gadgets

English

- 'The Alice Network' by Kate Quinn

Literacy / key words

Tenacious - Persistent and determined in holding onto or seeking something.

Methodical - Systematic and organized in approach, working through tasks in a planned manner.

Intuitive - Able to understand or know something without needing to think about it.

Diligent - Showing careful and persistent work or effort.

Conceal (verb) - To hide or keep something secret.

Incriminating (adjective) -Tending to show guilt or wrongdoing; suggesting that someone is involved in a crime.

Scrutinize (verb) - To examine or inspect closely and thoroughly, especially to detect any flaws or details.

Cunning (adjective) - Having or showing skill in achieving one's ends by deceit or evasion; clever and deceitful.

High tier punctuation:

• ! = shows strong emotion

? = to question

0

0

0

0

- ; = connects two related main clauses/ sometimes replaces 'and' or 'because'
 - : = introduces list, or used to introduce an idea/statement
- () = embeds extra information, often a subordinate clause
- - = functions in the same way as brackets
 - = one dash shows a pause or interruption
 - ... = to create pause or suspense

Dialogue punctuation:

- 1. "Speech marks"
- 2. New line for each new speaker
- 3. Punctuation inside speech marks e.g. "Get down!" shouted Scarlett.
- If the speech verb comes in the middle of dialogue, it also needs punctuation e.g. "Get down," shouted Scarlett. "I'll cover you!"

Paragraph



INTERESTING SENTENCE OPENINGS

- 1. *Start with an adverb:* Quickly, suddenly, angrily etc. *Carefully, she looked round.*
- 2. Start with a preposition: Above, around, below etc. Above her head, the stars twinkled.
- 3. Start with a verb: Running, laughing, watching etc. Roaring, she sprang into action!
- 4. Start with a subordinate clause: Although her heart was racing, she crept forwards.
- 5. Start with a simile: like/as Like a crashing wave, she charged forwards
- 6. Create a mystery: grab your reader's attention! It was only meant to be a game. But it went wrong...

Sentence Forms

Minor: 1-2 words – 'Stop!', 'Go now!'

Simple: One main clause (Subject + verb)

'You need to leave'

Compound: Sentence with two main clause linked with ; or a connective

'The lord was evil; he was plotting against the king.'

'It was a beautiful day and the sun was shining'.

Complex: Main clause with 1 or more subordinate clause

'Slowly, he rose to his feet'

'Although it was night, the streets were crowded'

Different sentence types have different effects:

- 1. *Minor/simple sentences* = slower pace and more tension
- 2. Compound/complex sentences = faster pace, quick action, detailed description

English

Literacy / key words:

Audience – the people you are addressing (verbally or through writing) Target Market – a particular group of consumers a product is aimed at Purpose Engagement – how well you captivate your audience Persuasion – the action or process of influencing or coaxing someone

Direct Address – speaking directly to your audience with words like 'you' or 'us'

Alliteration – successive words beginning with the same letter in order to create something memorable Facts – true, proven statements Opinions – personal view/judgement Rhetorical Question – a question asked to prompt thought rather than answer Emotive Language – words used to trigger an emotional response Statistics – numerical, factual information Tricolon – a series of 3 words of phrases Body Language – the use of movement

Extra - Read/watch/do:

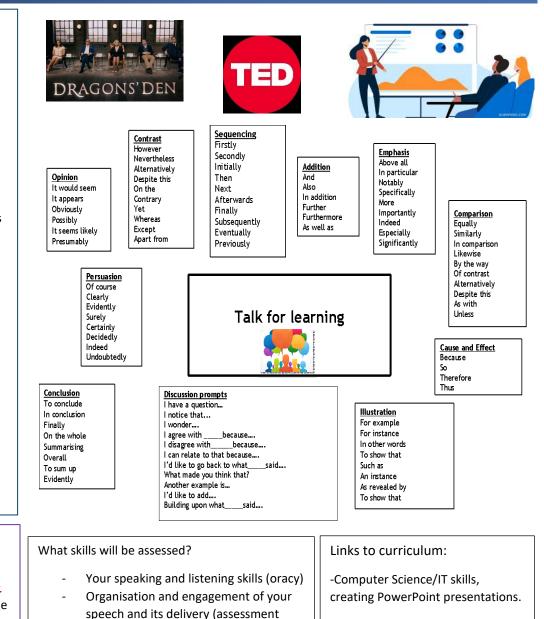
to convey attitude/feeling

YouTube: To research successful, engaging speeches at home, search up 'TEDx Talks' and enjoy some really impressive speeches, delivered by kids! Recommend 'The effects of lying' by Georgia Haukom. *Some content requires parental/guardian's permission to view.* **BBC:** Dragon's Den episodes will also help with presenting skills and creating a memorable sales pitch!

Gestures – a movement of the hand or head to express an idea/meaning Eye contact – looking directly at members of your audience in order to engage them Intonation – the rise and fall of a voice in speaking Pace – the speed at which you speak when delivering your speech Anecdote – a personal story. Expert opinion – a quote from a doctor, professor etc. Figurative language – Use of metaphors, similes etc. for effect. Repetition – repeating a word or phrase for effect.

What will I be doing for my assessment?

You will be completing a short group presentation in which you will present the design of a product you have created together. You will each be assessed individually on your contribution to the presentation, and your own speaking and listening skills.



feedback sheet on the next page!)

-Drama and performance skills

English

How to craft our presentation:

HOOK – <u>How are you going to grab the attention of your audience right away?</u> Rhetorical questions are often used to do this: Have you ever thought about...? **or** Did you know that...?

ORGANISATION – Consider the fact that your product is *entirely* new to the audience. What is going to be the best way to persuade us to become invested? You might wish to:

- Identify the problem/gap in the market and how this impacts everyday life (this would be a great opportunity for some emotive language or statistics!);
- Introduce your solution/new idea (include facts, figurative language and repetition to emphasise how great it is!);
- Detail the key benefits of your product and how it is different to other items on the market (include anecdote, direct address or tricolon to persuade us!);

ENDING - Consider how you are going to have a lasting impact and remain memorable for the audience!

Pitch Fill-In the Bla	ank
am (student name) and this is name).	s (student
Fogether, we are (company r	name).
Dur product is (pro	oduct name).
Have you	(problem that product
solves for customer)?	
Nell our product is just what you need!	(Product name)
(what product	does).
Buy now and get a special price of	(price). Ready to
(what the cu	stomer gets from product)?

Or you could use this more simplified writing frame!

The Assessment Mark Scheme:

FOUNDATION	
Your ideas are communicated simply	
You try to link your ideas together	
You try to use strategies to engage the audience such as:	
Hand gestures	
Humour	
Eye contact	
Movement	
Persuasive Techniques	

INTERMEDIATE	
Your ideas are communicated in more detail with some interest	
You link your ideas together well	
You use strategies to engage the audience such as:	
Hand gestures	
Humour	
Eye contact	
Movement	
Persuasive Techniques	

HIGHER Your ideas are communicated confidently with interesting	
, ,	
vocabulary to help	
You organise your ideas well making sure it is coherent and well	
planned	
You use strategies to engage the audience really convincingly ,	
such as:	
Hand gestures	
Humour	
Eye contact	
Movement	
Persuasive Techniques	

Links to Careers:

We will look into concepts such as entrepreneurship and investment, exploring how to use our skills of persuasive writing from the Autumn term, to craft effective and engaging speeches. Many innovators and entrepreneurs have to develop a skillset and a new way of thinking; it is about finding a solution to a problem then taking the steps necessary to make it reality.

English

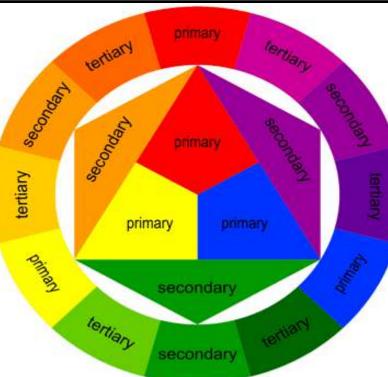
Art Knowledge Organiser

Sarah Graham



Key features: Hyper realistic- bold colouraccurate proportionsappropriate fonts- reflectionshighlight- shadow Working in the style of an artist: You need to use these techniques and features in your own study. KEY WORDS – test yourself! (definitions on the next page) Hyperrealism- Tone- Tint- Shade- Tertiary- Primary- Secondary- Bold- Opaque-Transparent- Form- Shape- Line.

Artist Research Year 8 Spring term



Primary- Colours that can't be made from mixing any other colours Secondary- Two primary colours mixed together Tertiary- A primary and a secondary colour mixed together

In the style of:

When creating a piece of art in the style of an artist it is very important you thoroughly understand their techniques in order to copy them effectively.

Besides using their techniques, you also need to take pride in your work and be as neat as possible. Here are some things to consider:

- Have you created an accurate sketch?
- Have you paid attention to detail?
- Have you shown highlights and shadows?
- Are the proportions correct?
- Have you created bold colour?
- Have you accurately copied the fonts?

KEY WORDS AND MEANINGS:				
Hyper realism	Hyperrealism is a genre of painting and sculpture resembling a high-resolution photograph.			
Tertiary	When a primary and secondary colour are mixed, you get a tertiary colour. E.g. turquoise.			
Transparent	The quality of being able to see through (or partially see through) one or more layers in an artwork.			
Tone (painting)	When you add grey to a colour to cool or darken it down.			
Opaque	A paint that is opaque will give a solid colour.			
Shade (painting)	When you add black to a colour, making it darker.			
Tint (painting)	When white is added to a colour to lighten or brighten.			
Form	Form refers to objects that are 3-Dimensional, or have length, width, and height.			
Highlight	The lightest part or one of the lightest parts of a painting, drawing, etc.			
Shadow	A dark area where light from a light source is blocked by an opaque object.			

Colour code: BLUE= Tier 3 words ORANGE= Tier 2 words

Look out for colour coding during lessons!

Drama Knowledge Organiser

Keywords explored in this topic

Devising - Creating a piece of theatre using our own ideas

Stimulus – Something that can be used to generate ideas when devising e.g. a poem, music, an image

Thought tracking - Sharing your inner thoughts and feeling with the audiences

Mime - Acting using only movement and imagination (no props)

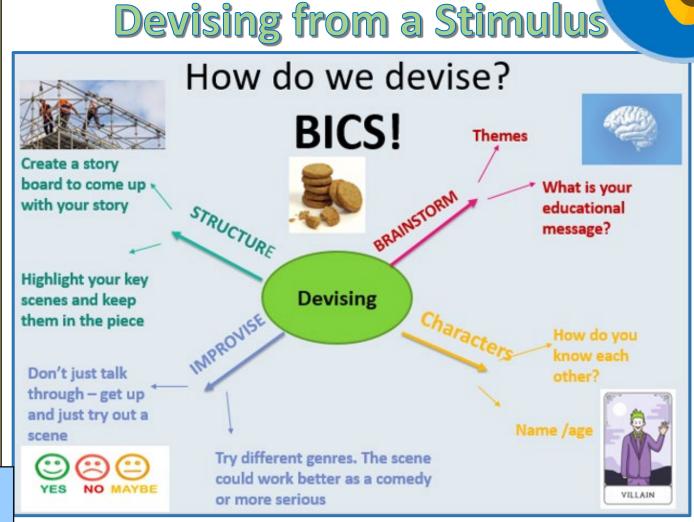
Synchronised - Moving at the same time in the same way

Monologue – a long speech said by only one actor

Proxemics - The distance between two or more characters to show their relationship

Writing an effective peer evaluation:

WAGOLL: Tom's group used tableau effectively. I could see that Tom was using facial expressions such as wide eyes to portray how scared his character was. He projected his voice so that the audience could hear him. In order to improve, Tom should exaggerate his movements when miming.



Keywords to recap and use

Pitch Pace Pause Tone Volume Accent Gesture Posture Facial Expressions Projection Diction Thought Track Multi-role Split Focus Audience

Evaluative words: successful improve effective captivating interesting focus

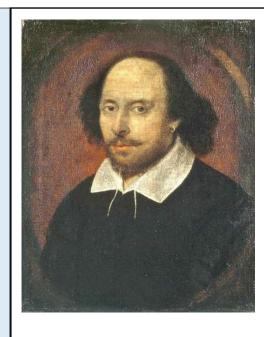
Drama Knowledge Organiser

William Shakespeare (1564-1616) was a British playwright and poet. He is often considered to be the most talented writer of all time. His plays and poems are still studied and performed 400 years later! Shakespeare wrote **38 plays and 154 sonnets**. Shakespeare's plays generally fall into three categories: **comedies**, **tragedies** and **histories**.

Shakespeare lived in the 16th and 17th centuries, throughout the reigns of Queen Elizabeth I and King James I. Both watched his plays.

Some of his most famous plays include Romeo and Juliet, Macbeth, Hamlet and Much Ado about Nothing.

Some of the phrases that Shakespeare wrote have become a part of our everyday language.



Fun Fact: Shakespeare coined many new words and created "knock, knock" jokes



lambic Pentameter	This is a poetic rhythm that Shakespeare wrote in. Each line has 10 syllables, of particular stresses. Plays at this time were basically extended poems, and so Shakespeare wrote poetically, thinking about rhythm and a lot of the time also rhyme. The main point is the lines weren't supposed to sound like everyday speech, they were supposed to sound fancy!
Histories	The plays of Shakespeare are generally divided into three categories: Histories, Tragedies and Comedies. The plays that we normally mean when we refer to the 'history' plays cover English history from the twelfth to the sixteenth centuries. Each play is named after, and focuses on, the reigning monarch of the period. We should never forget that they are works of imagination, based very loosely on historical figures. Shakespeare was a keen reader of history and was always looking for the dramatic impact of historical characters and events as he read.
Tragedies	The basic structure of a tragedy is: The main character is someone important; a prince or a king. He is someone we admire and respect, but he also has a 'tragic flaw' in his character which makes him contribute to his own destruction. The flaw is often part of his greatness but it also causes his downfall. The flaw causes the protagonist to make mistakes and mis-judgments. He begins to fall from his high level. He struggles to regain his position but fails and he comes crashing down. He eventually recognises his mistakes, but too late.
Comedies	Shakespearean comedies are full of fun, irony and dazzling wordplay. They are also full of disguises and mistaken identities with very complicated plots that are difficult to follow. Much of the comedy comes from characters making mistakes, and the ridiculous situations that arise from this.
Globe Theatre	The Globe Theatre was a theatre in London built in 1599 by Shakespeare's playing company. It was destroyed by fire in 1613, rebuilt in 1614 and closed in 1642. It was a three-storey, open-air amphitheatre that could house up to 3,000 spectators. At the base of the stage, there was an area called the <i>pit</i> , where, for a penny, people would stand to watch the performance. Vertically around the yard were three levels of stadium-style seats, which were more expensive than standing room. Performers and audience members would have been very close, and be able to see each other clear as performances took place during the daytime.

Plot of Romeo and Juliet

<u>Act 1</u>

The Montagues and the Capulets are families involved in a bitter feud. Under penalty of death, the Prince of Verona orders the families to stop fighting. Romeo, a Montague, is lovestruck. His cousin, Benvolio, and best friend, Mercutio plan to cheer him up by gatecrashing a party at the Capulet house. Meanwhile, Lady Capulet plans for her daughter, Juliet, to marry Paris, a wealthy gentleman. At the party, Romeo and Juliet meet and fall in love at first sight.

<u>Act 2</u>

After the party, Romeo sneaks back into the Capulet house and asks for her hand in marriage. Friar Laurence agrees to marry the lovers in secret, hoping that it will end the feud.

<u>Act 3</u>

Tybalt, Juliet's cousin, is enraged that Romeo snuck into his family party. He tries to fight Romeo, who will not fight back. Mercutio dies defending his friend Romeo. Having heard of the violence, the Prince banishes Romeo from Verona. Capulet, in order to cheer his daughter up, arranges for her to marry Paris in two days' time.

<u>Act 4</u>

Friar Laurence hatches a plan for Juliet to take a sleeping potion and appear dead, so she can meet Romeo in the family crypt and run away together. Juliet takes the potion, and funeral plans are made.

<u>Act 5</u>

Romeo learns of Juliet's death, but not the secret plan. He fights his way back to Verona, buying poison on the way.

Romeo kills Paris in order to be the one lying next to Juliet's grave. He kills himself just as Juliet wakes up. She then uses Romeo's dagger to take her own life.

After the death of their children, the Montagues and Capulets end their feud.

THE MONTAGUES

Romeo A lovesick teenager. Benvolio Romeo's cousin and all-round nice guy. Mercutio Romeo's fight-loving best friend Lord and Lady Montague Romeo's parents. THE CAPULETS Juliet A teenager who won't be forced into love. Tybalt Juliet's fiery cousin Nurse Basically raised Juliet. Lord and Lady Capulet Juliet's pushy parents.

OTHERS

Friar Laurence Tries to end the feud. Succeeds – at a price. Prince Escalus The lawmaker in Verona Paris A nice guy, but not Juliet's true love.

<u>Themes</u>

ROLESWhat makes a good lover? Parent? Priest?AGEEspecially the old vs. young battleAUTHORITYHow to use it and abuse it.LOVERomantic, family, and friendships.



THE PLANET SUITE

- Composed by Gustav Holst
- English composer
- Time 1914 1916 (WW1)
- Symphony orchestra
- A suite of 7 movements (pieces)
- All based on Roman Gods/ Goddesses planet names

The Seven Movements:

KEY WORDS: Gustav Holst Planet Suite Movement Orchestra Composer Strings **Dynamics** Atmosphere Tempo Tempo **Brass** Woodwind Percussion Contrast Symphonic Suite **Synthesizer** Instrumentation Texture Crescendo Themes Structure

Other works we have studied:

Claire De Lune – Debussy

Piano solo, slow, romantic, moderately quiet. Represents the sad but lonely moonlight.

Ron's Theme – Jean Michelle Jarre

Contains electronically generated sounds to represent computers, a slow heartbeat, sad/ flat saxophone solo. Represents the crew of the Challenger shuttle who lost their lives when the rocket exploded on take-off.

Apollo 13 Theme – James Horner

Military sounds, solo trumpet, powerful brass and percussion, soaring strings. Represents the determination of the crew in a doomed space mission.

MARS the Bringer of War – bold, lots of crescendos and loud dynamics, repeated rhythms (ostinato) using the whole orchestra. Frightening.
 VENUS the Bringer of Peace – soft and gentle with quiet dynamics and mainly use of woodwind.
 MERCURY the Winged Messenger – Fast tempo with short note values to signify flitting around.
 JUPITER the Bringer of Jollity – four main themes used, quite varied as it's jolly BUT strong as Jupiter is also the KING of Roman Gods.
 SATURN the Bringer of Old Age – Slow tempo, serious, long note values, mainly quiet with a contrasting middle section.
 URANUS the Magician – Loud brass fanfare to start then short skip fell like a naughty cartoon character up to no good. Lots of contrasts of volume and instruments to represent the drama of a fantastic magic show!
 NEPTUNE the Mystic – Long notes, slow tempo lots of woodwind and magical choir sounds. It feels like a soundtrack to

Music

and

Space

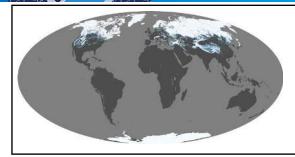
Year 8 Spring Term

walking though a misty, enchanted woodland.

KEY WORDS AND MEANINGS (Tier 2 words in ORANGE, Tier 3 words in BLUE)

Percussion	A collection of instruments that you hit, scrape and shake in order to get a sound out of them e.g. tambourine, drum, glockenspiel
Orchestra	A group of instrumentalists, especially one combining string, woodwind, brass, and percussion sections
Instrumentation	The particular instruments used in a piece of music
Composer	A person who writes/ makes the music
Symphonic Suite	A collection of music, usually created for an orchestra
Crescendo	Gradually getting louder
Movement	One section (one piece of music) of a Symphonic Suite
Texture	The layering of sounds to make thin or thick texture
Themes	A short and simple tune repeated throughout a piece of music
Structure	The way that a piece of music is organised from start to finish e.g. intro/verse/chorus/outro

Geography Knowledge Organiser: Topic 3 - Ice Worlds



Location of Ice

Latitude (Arctic Circle) – areas with high latitudes are colder due to the sun's energy being spread across the curvature of the Earth, making these places colder. 24hours of darkness in the wintertime decreases the temperature further.

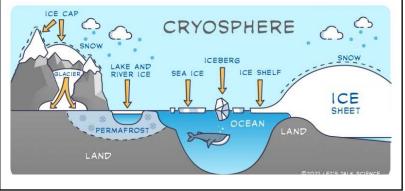
Altitude (Himalayas) – Different factors affect the temperature, including air pressure causing air to be thinner so less able to retain heat Temperature decline by 0.65-1°C for every 100m climbed.

What is the cryosphere?

The Cryosphere refers to any place on Earth where water is in its solid form, where low temperatures freeze water and turn it into ice. The frozen water can be in the form of solid ice or snow and occurs in many places around the Earth.

Inputs are precipitation. Stores are ice sheets, ice shelves, icebergs and ice caps. Flows are glaciers. Outputs are evaporation at 0° C and melting

The cryosphere is important because it reflects solar radiation back into space, reducing global temperatures. Climate change is causing ice to melt, this will speed up the process of climate change as reflection is reduced.



Did you know..? Glaciers are huge masses of ice that "flow" like very slow rivers. They form over hundreds of years where fallen snow compresses and turns into ice. Glaciers form the largest reservoir of fresh water on the planet. They store 75% of the world's fresh water!

How do glaciers erode the land?

Glaciers erode through two key processes:

- Plucking when meltwater on the underside of the glacier melts and bonds to rocks on the ground. As the glacier advances it picks up the rocks and moves them away with it.
- 2. Abrasion rocks and stones being carried on the underside of the glacier are scraped along the ground, causing it to be removed (sandpaper effect)

Glaciers transport (move) material in, on and below the ice, as well as being pushed ahead of it. Deposition is the dumping, or leaving behind of material due to ice melt at the snout and the sides.

How do glaciers affect our landscape?

A corrie (left) is formed when a glacier moves downhill and abrasion and plucking caused by the movement of the ice hollows out the top of the mountain.





An arete (right) is formed when two corries are formed either side of a mountain, scraping both sides of the mountain away.

Key Terms:

Glacier – a slow moving mass, or 'river' of ice formed by the build up and compaction of snow. Cryosphere – the system of ice in all its forms on Earth

Latitude – The angular distance of a place in relation to the equator.

Altitude – the height up from sea level. Abrasion – a type of erosion caused when rock is scraped away by other stones and rocks

Plucking – a form of erosion caused when rocks stick to the underside of a glacier and get picked up and taken away by it.

Corrie – an armchair-shaped hollow found at the top of a mountain where a glacier has previously eroded its sides and back wall.



Key assessment skill: writing to explain.

- Give reasons why Ice Worlds have certain characteristics.
- Give full processes in the correct order, with reasons why change happens at each stage.
- Consider natural and human reasons why change happens in places over time.

Why are Ice Worlds under threat and what impacts is it having?

Ice is melting due to climate change. Increased global temperatures is leading to melting ice as well as loss of solar reflection (ice is bright white, which reflects heat from the sun back into space, when ice melts the land and sea are darker and absorb heat rather than reflect it) leading to increased melting.

Retreat of the Khumbu Glacier, Nepal is leading to loss of freshwater supply for mountain communities. Ice melt in the Arctic Circle leading to habitat loss, starving polar bears and the collapse of the food web.



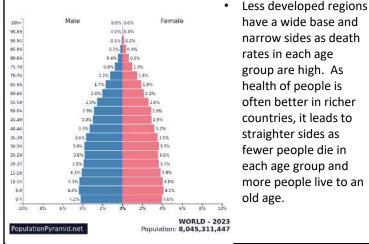
Geography Knowledge Organiser: Topic 4 - Population and Migration

Population **distribution** is the spread of people around a region, a country or the world. Places with high population **densities** have lots of people per square kilometre. There are few people per square kilometre in **sparsely** populated regions.

igh Scl ol Sale

Population Structure

This means the proportions of age groups and sex within a population. Population structure can be shown on a type of graph called a population pyramid. These show the proportions, or numbers of males and females in each age bracket.



Assessment Skill: Writing to Explain

- Point summarise the main part of your argument.
- Evidence / example give a specific fact about a place to prove the point you have made.
- Explain emphasise the significance of your point, by giving reasons why it is important. Try to extend your explanations or give more than one reason why the point you have made is significant.

What was China's One Child Policy?

- The policy was put in place in 1979 after fears that rapid population growth would lead to a famine millions of people had in previous famines in the country. From 2016 families were allowed two children. In 2021 married couples were allowed to have up to three children.
- Couples were allowed one successful pregnancy (twins were allowed). It mainly applied to the Han Chinese ethnic groups, other smaller ethnic groups did not need to follow the rules. China is a communist country and the government have control over every aspect of people's lives. Propaganda posters advertised the benefits of small families. They used strategies such as forced sterilisation, abortions, imprisonment and fines to prevent people from having more than one pregnancy. People had to apply for a licence to have a child within a fixed amount of time. In remote villages, elderly women known as 'the granny police' would keep an eye on young women and report any behaviour to the police that they thought may result in an unlawful pregnancy.

Migration

- Economic migration is the voluntary movement of people to seek a better life through gaining a better-paid job. This may happen internationally or within their own country.
- Example the free movement of economic migrants between EU countries.
- Impacts on the host country they fill jobs that would otherwise be left empty, may be less desirable jobs that people from the host country do not want, or highly skilled roles that we need well-qualified people to do. They work and, therefore, pay taxes contributing to the public purse, so the government has more to spend on improving services e.g. education.
- Impacts on the country of origin Their hardest working and best qualified workers leave to find better opportunities elsewhere, leading to 'brain drain' – they are left with the least productive members of society e.g. the elderly.
- Forced migration is when a person's life is not safe in their home country and they have to move in order to survive.
- Example Middle East Refugee Crisis 2021.
- Civil war broke out in 2011 causing economic and social turmoil for many years. By March 2021 an estimated 594,000 people had died and an estimated 6.6mill people had fled the country (making up 25% of the world's refugee movements). People's homes, schools and hospitals were being attacked and innocent people, including children were dying.

What have been the implications of China's Once Child Policy?

Literacy rates in China have increased from 66 per cent to over 96 per cent since 1980. Poverty has decreased, and as of 2021, only 0.6 per cent of the population now live on less than \$1.90 (around £1 to £1.50) a day. China has not suffered from a famine since the policy was introduced, despite rapid population growth caused by an aging population.

- However, people have been forced to reduce family size, at times against their will, people argue that this is unfair treatment of the population
- Imbalance in population age structure and fear that there will be too many dependents, leading to recent changes in the policy. Other imbalances in sex ratios a sex-selective abortions have taken place in the past. There have been 114 males for every 100 females born. This has led to men not being able to find a wife. Human trafficking into China is a serious concern.

Japan's Aging Population

In 2022 Japan reported its larges yearly population decline since 1968. It had declined by 800,000 in the space of a year. The birth rate is falling for a number of reasons: work-life balance (some Japanese companies require employees to do an extra 80 work a month), rising living costs (Japan is one of the world's most expensive places to raise a child), the economy is not advancing rapidly enough to increase salaries in line with this. Impacts – 1.2million family-run businesses have no successor, so will disappear. Businesses have to innovate and develop technologies that will do the work instead of a person. The government is offering financial incentives (\$7,500 per child for families who move from cities such as Tokyo to areas suffering from population decline) and subsidising childcare costs.

History Knowledge Organiser



Topic 3: The Industrial Revolution

Literacy / Key words

Industrial Revolution The name given to the time period between 1750 and 1900 where the way people lived, worked and produced goods changed dramatically

Textiles Cloth or goods produced by weaving or knitting

- **Death rate** The number of deaths per 1000 people per year
- Manufacturing Making something on
- a large scale using machinery
- **Child labour** the employment of children in an industry or business
- **Migration** movement of people from one region to another.
- Factory a building or group of buildings where goods are manufactured or assembled chiefly by machine

What was Manchester like during the Industrial Revolution?

- Manchester's population grew from 60,000 in 1800 to 142,000 in 1842 as migrants came to work in the cotton mills.
- Capital of the industrial revolution.
- Richest town in England.
- Smoking mass of chimneys, factories, warehouses and canals.
- Cotton, cloth and other goods made Manchester very wealthy.
- High wages in factories and lots of jobs attracted many workers.
- Life was hard with conditions poor and risk of losing your employment.

What were conditions like in Industrial Towns?

- Living conditions were extremely poor and people were crammed in houses together.
- This meant conditions were dirty and unhealthy.
- Diseases like typhoid and dysentery spreading rapidly. The average age of death for the laboring population was 17.
- Factory workers faced long hours, with factories opening early in the morning and running until late in the evenings six days a week. Machinery accidents could lead to burns, injuries, amputation, and death.

	How did Britain Change from 1750 – 1900?					
		1750	1900			
	Population	11 million.	42 million.			
	Travel	10 – 12 days to travel from Edinburgh to London.	45 hours to travel from Edinburgh to London.			
	Education	Most children did not go to school. Only 6 universities in Britain.	Compulsory for all 5 – 12 year old girls and boys.			
	Health and Medicine	Only simple operations were possible and little was known about disease.	Germs had been discovered and vaccines for diseases produced. Antiseptics and anaesthetics had made more complex operations possible.			
	The Vote	Only 5% of the population could vote.	Most men could vote but women could not.			
•	Work	The most important work was farming and manufacturing was done in peoples homes.	The most important industries were coal, iron, steel and textiles. Most industry based in factories.			



What were working conditions like for children?

- Wages were very low.
- It was extremely dangerous operating and maintaining heavy machinery and many children died working in factories.
- Punishments for mistakes were harsh and violent.
- Child workers were often hungry and thirsty.

Extra - Read/watch/do

Chartism: <u>https://www.bbc.co.uk/bitesize/articles/z4bh3qt</u> Suffragettes: <u>https://www.bbc.co.uk/bitesize/topics/zxwg3j6</u> The Industrial Revolution: <u>https://www.johndclare.net/KS3/3-1-3.htm</u>

Life during the Industrial Revolution, conditions during the Industrial Revolution, the impact of the Industrial Revolution on Manchester,

You will be assessed on:

Links to curriculum:				
English	Maths			
Geography	RE			

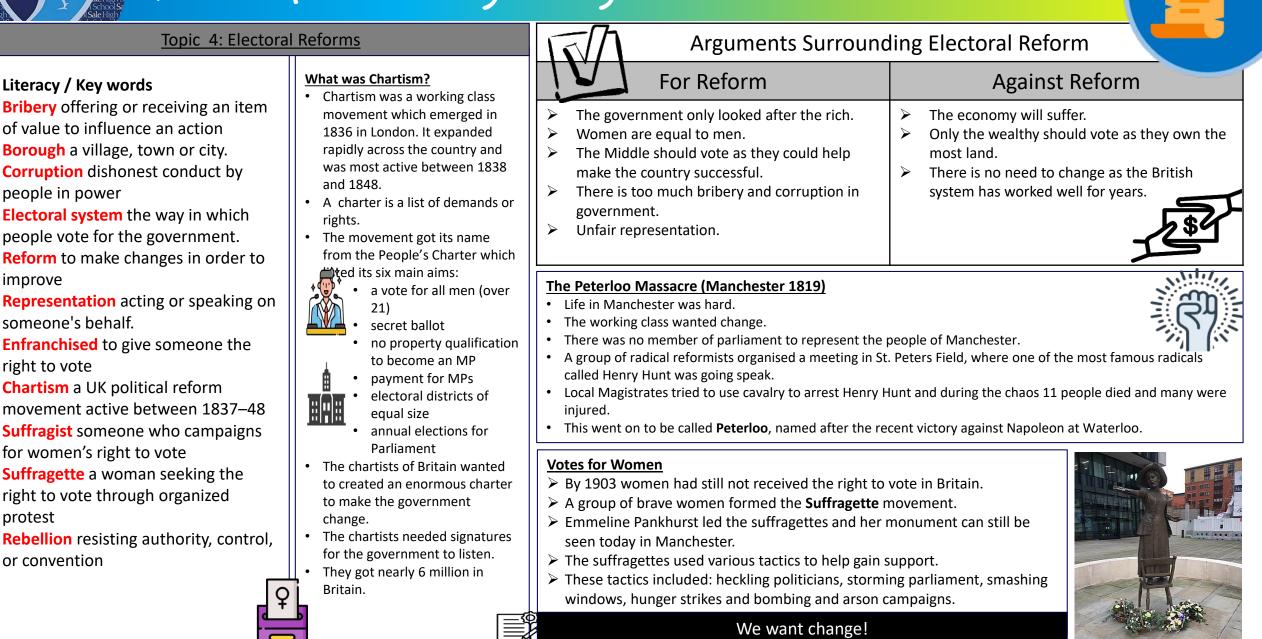
History Knowledge Organiser

improve

right to vote

protest

or convention





Religion and Ethics Knowledge Organiser

Sikhi Belief in God

Sikhi often refer to God as Waheguru, which means 'wondrous enlightener'. Sikhs believe that there is only one God, who created everything and that Waheguru must remain in the mind at all times. Sikhs' beliefs reflect their actions on a daily basis and bring them closer to Waheguru.



YEAR 8 SIKHI BELIEFS & PRACTICES

10 Sikh Gurus and the Guru Granth Sahib

Sikhism was established by **ten human Gurus**. These Gurus created and defined Sikhism from one to the next through their words, hymns, writings and actions. By living a spiritually pure life, they taught people in India the importance of equality and the belief that all religions.

Guru Nanak is the founder of Sikhism. He was succeeded by nine other human gurus until in 1708 **Guru Gobind Singh** passed the Guruship to the holy Sikh scripture, **Guru Granth Sahib**, which is now considered the living Guru by the followers of the Sikh faith.

Khalsa and Amrit Sanskar

Amrit Sanskar is the **initiation ceremony** that Sikhi take part in when they make the decision to become fully committed Sikhi. Once they have gone through this initiation ceremony, they commit themselves to the **Khalsa**. This means that they wear the five Ks and are expected to follow the strict rules.

<u>Key Terms:</u>

Guru – A spiritual teacher Guru Granth Sahib- The 'Eternal Guru' The holy book for Sikhi. Gurdwara- Sikhi place of worship. Sewa- translates to acts of 'selfless service' Langar- Communal kitchen Sangat- the community of Sikhi Khalsa – Community of initiated Sikhi

What is the importance of the Langar?

Sewa: serving God and other people. Essential to Sikh faith as they believe everyone should be equal.

The Langar – is the kitchen and dining hall where a community meal is served. It is always vegetarian so everyone can eat it, including non-Sikhs who may need a meal.

How is Sewa practiced in the UK?

Gurdwaras in the UK are often houses/buildings which are converted into a place of worship. The Gurdwara is the *centre of the community* and will host initiatives like community kitchens (Langar) and support humanitarian aid.

By doing this Sikhi's actively contribute to the wellbeing of society, fostering unity and compassion in the multicultural landscape of the United Kingdom.



GURU

GRANTH SAHIB





Religion and Ethics Knowledge Organiser



Key words:

Radical: someone who supports & leads on political or social change

Blasphemy: claiming to be God or insulting God Messiah (Christ in Greek): King or saviour.

Social and Religious Background 2000 years ago: The Roman Empire ruled Judea, which was the area where Jesus lived. Jesus was a Jew, living amongst Jewish people who hated the Romans for their violent rule over them and for taxing the people. The Pharisees were strict Jewish religious leaders. They interpreted the Jewish laws very extremely and people feared them because they might accuse you of blasphemy. The Jewish people were desperate for a Messiah to rescue them from the Romans and Pharisees. Christians are people who believe that Jesus was that Messiah or Christ.

Who did Jesus befriend and help?

Jesus helped and befriended a wide range of people, including the poor, sick, sinners, tax collectors, and those considered **outcasts in society**. His teachings emphasized **love**, **forgiveness, and inclusivity**, encouraging everyone to treat others with kindness. Jesus' message focused on compassion and friendship, breaking **down social barriers** and reaching out to those who were marginalized or overlooked by society.

The last week of Jesus' life, often referred to as **Holy Week**, holds immense significance in Christianity. It begins with Jesus' entry into Jerusalem on **Palm Sunday** and includes events such as the **Last Supper**, and the **betrayal by Judas** leading to his arrest. The week ends with Jesus' crucifixion on **Good Friday** and concludes with the celebration of his resurrection on **Easter Sunday**.

Last week of Jesus' life

Significance of the crucifixion

The crucifixion refers to the **execution of Jesus Christ** on a cross. This event is central to the Christian belief in redemption, symbolizing **Jesus' sacrifice for the forgiveness of sins**. The act of crucifixion involves a person being nailed or bound to a cross, and Jesus willingly endured this suffering to demonstrate love and provide a **path to salvation** for believers.

YEAR 8 RADICAL TEACHINGS OF JESUS

What teachings and ideas from Jesus were radical?

 \geq

Jesus said seeking money and working to be wealthy was not the pathway to Heaven. He said you cannot serve 2 masters. **You had to choose: money or God.** Jesus was anti-racist. In the Parable of the Good Samaritan he taught people to *'love your neighbour'*, in which he was referring to every human who must be treated with respect and equality.

- Jesus taught that we should forgive everyone and 'love our enemies and pray for those who hate you'.
- Jesus befriended outcasts in society who were ignored by others such as tax collectors and lepers.

Significance of the resurrection

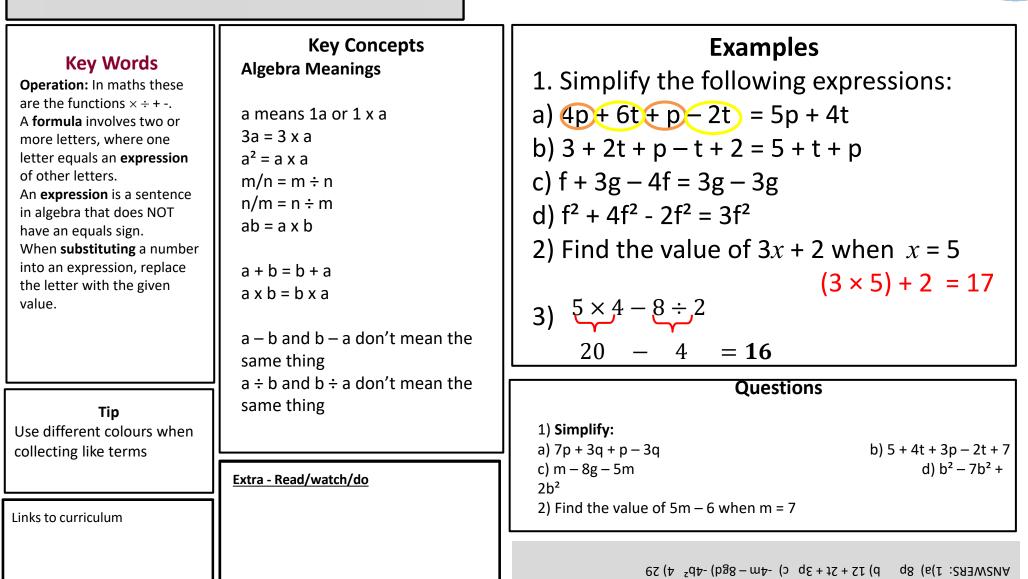
The resurrection is a crucial event in Christianity, symbolizing Jesus overcoming death. In the words "I am the resurrection and the life, those who follow me shall never die" Christians find a message of hope, emphasizing that through faith in Jesus, believers can triumph over challenges and look forward to eternal life in Heaven with God.



Who is radical and can be compared to Jesus in modern times?

Martin Luther King - led the civil rights movement to end segregation laws in USA states Emelline Pankhurst - led the suffragette movement for women's right to vote in UK Greta Thumberg - led school strikes for action on global climate change

ALGEBRAIC EXPRESSIONS





Powers and Roots



	Key Concept Key Words		Examples
в	Brackets	Square: A square number is the result of multiplying a	What is 2^4 ? $2 \times 2 \times 2 \times 2 = 16$
1	Indices	number by itself. Cube: A cube number is the result of multiplying a	What is $\sqrt{64}$? $8^2 = 64$, so $\sqrt{64} = \pm 8$
D	Division	number by itself twice Power: squared means	Multiplying/Dividing by powers of 10 Write 36 as a product of
м	Multiplication	of 3 and so on	prime factors 3.4×100 $36 = 2 \times 2 \times 3 \times 3 = 2^2 \times 3^2$
A	Addition	Root: A root is the reverse of a power.	100 10 1 $\frac{1}{10}$ 36
S	Subtraction	Integer: whole number Product: Multiply	3 4 2 18
divi or a	calculation contains ision and multiplicati addition and subtract	ion 2	3 4 0 3 3 3
	culations work from l right.	5^3 means 5 x 5 x 5 and not \cdot 5 x 3	Questions 1) a) 2^5 b) 3^3 c) 1^{17} d) $\sqrt{81}$ e) $\sqrt{16}$ f) $\sqrt[3]{64}$ 2) (a) 4.6×100 (b) $4.6 \div 100$ (c) 3.2×10^3
Links to	o curriculum	<u>Extra - Read/watch/do</u>	
			ANSWERS: 1) a) 32 b) 27 c) 1 d) ± 9 e) ± 4 f) 4 2) a)460 b) 0.046 (c) 3200
Ma	athematic	S	

Widthernaties				
ROUN	IDING			
Key Concepts Digits are the individual components of a number.	ts are the individual Standard form		•	Round 3.527 to:
Integers are whole		tandard form if it is written as: In where $1 \le a < 10$		a) 1 decimal place 3 . 5 <mark>2</mark> 7 →3.5 b) 2 decimal places
Rounding rules: A value of 5 to 9 rounds the number up. A value of 0 to 4 keeps the number the same.	Write the following in sta 1) $3000 = 3 \times 10^3$ 2) $4580000 = 4.58 \times 10^3$		dard form:	3.527 \rightarrow 3.53 c) 1 significant figure 3.527 \rightarrow 4
Key Words Integer Even Digit Odd Decimal place Significant figures .		1) 14. 1 B) Write in	-	he given degree of accuracy 568 (2 d.p.) 3)3418 (1 S.F)
	Read/watch/do	1)4300 Z	-	ANSWERS: A1) 14.2 2) 0.06 3) 3000 ⁴ 01 x887.3 (2 ⁶ 01 x £.4 (1 (8
Mathematics				



SCATTER GRAPHS



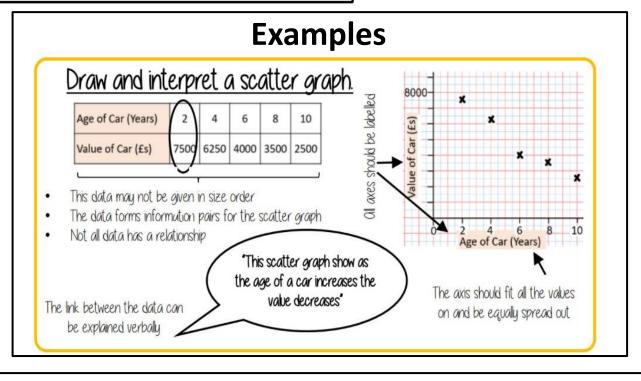
Origin – Where two axes meet on a graph.

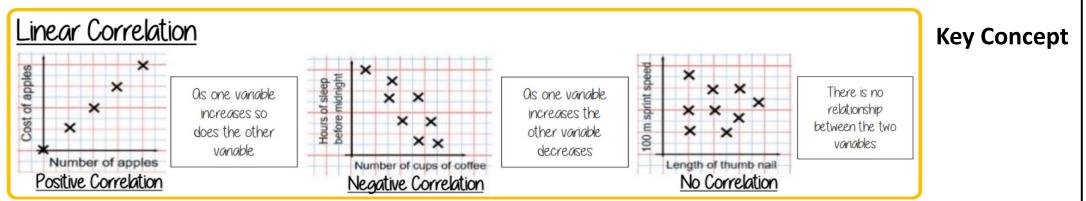
<u>**Outlier**</u> – A point that lies outside the trend of the graph.

<u>Relationship</u> – The link between two variables e.g. between sunny days and ice cream sales.

<u>Correlation</u> – The mathematical definition for the type of relationship.

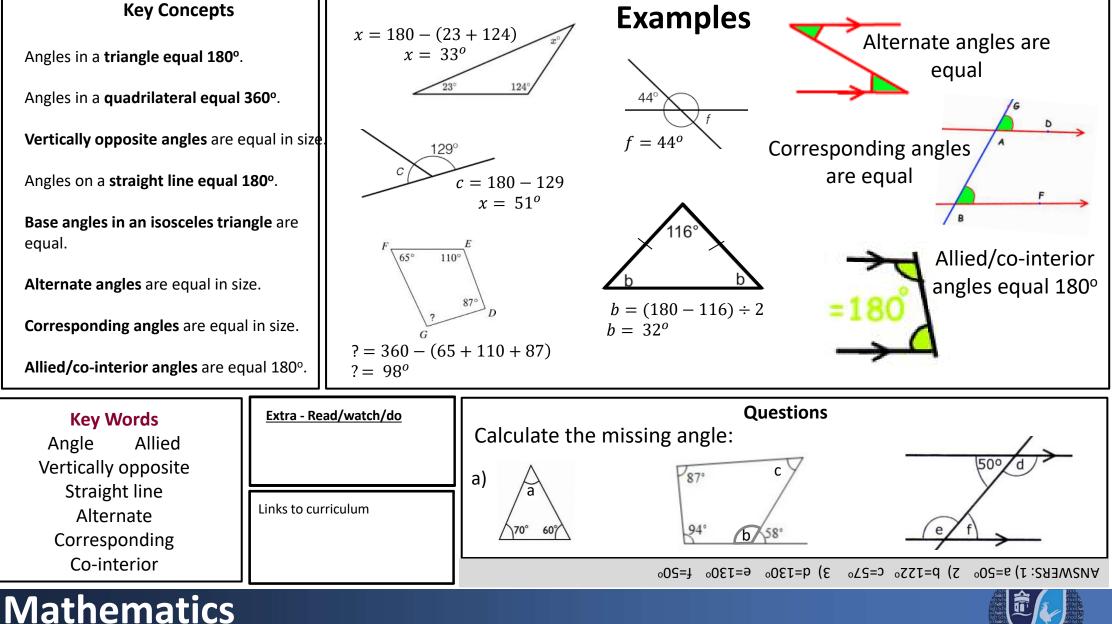
Line of Best Fit – A straight line on a graph that represents the data on a scatter graph.











PERCENTAGE CHANGES



Find 15% $\times 0.15$ pIncrease $\times 1.15$ hby 15% $\times 0.85$ (t		Key Words Percentage: Is a proportion that shows a number as parts per hundred. Fraction: A fraction is made up of a numerator (top) and a denominator (bottom). Multiplier: A quantity by		Examples Find 32% of 54.60 = 0.32 × 54.60 = 17.472 Percentage Change:			
				Increase 45 by 12% $Value \times (1 + percentage as a decimal)$			
				$= 45 \times (1 + 0.12)$ = 45 × 1.12 = 50.4			
				A dress is reduced in price by 35% from £80. What is it's new price ?			
For reverse problems you the multiplie original a	can divide by er to find the	which a given number is to be multiplied.	ma given number is multiplied.	Value $\times (1 - percentage as a decimal)$ = 80 $\times (1 - 0.35)$ = £52			
Ti There is a % your cal To find 25% calcul	function on culator. of 14 on a ator:	Extra - Read/watch/do	2	Questions 1) a) 35% of 140 b) 21% of 360 c) Increase 60 by 15% 2) Write the following as a decimal multiplier: a) 45% b) 3% c) 2.7% 3a) Decrease £500 by 6% b) Increase 65g by 24% c) Increase 70m by 8.5%			
2, 5, SHIFT, (, ×, 1, 4, =		m29.ä	ANSWERS: ۲) ه.28 (d) 0743 (ه4 720.0 (c) 20.0 (d) 24.0 (ه2 69 (c) 6.27 (d) 64 (ه (t) :283W2NA			



GRAPHS



Key Concept

Substitution – This is where you replace a number with a letter If a = 5 and b = 2 a + b = 5 + 2 = 7

U U	/
a – b =	5 – 2 = 3
3a =	3 × 5 = 15
ab =	5 × 2 = 10

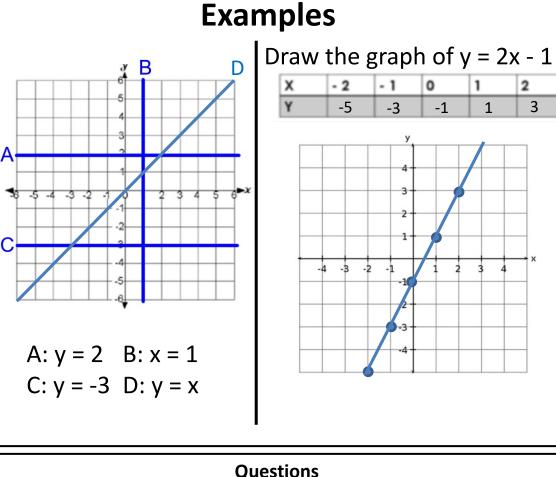
Tip Parallel lines have the same gradient

Links to curriculum

Key Words

Co-ordinate: A pair of numbers which describe the position on a grid Intercept: Where two graphs cross Linear: A linear graph is a straight line Gradient: This describes the steepness of the line. y-intercept: Where the graph crosses the y-axis.

<u> Extra - Read/watch/do</u>



1) Draw the graph of y = 3x - 2 for x values from -3 to 3 using a table.



MFL. Year 8 SPANISH . Spring.





Me chifla

Donde

cuando

Todavía

Opinions & Pronouns

Me enfada (angers) Me impresiona Me repugna Me fascina Me preocupa (worries) Me interesa Me aburre Me HACE feliz 😳 Me HACE trite 😣 also/furthermore además / encima however/although sin embargo /aunque where when puesto que / ya que because (since) there fore /so Así que / por eso neither Tampoco still/ yet

Se puede + inf Se puede visitar Se puede ver No tiene....TAMPOCO tiene... =

- vou can.... - vou can visit

- you can see

It doesn't have..... neither does it have.....

You will be assessed on: - Photocard and 2 questions -: R/W Translation - Assessment – Reading cross topic)

	Adjectiv	Ves F
а	ntiguo/a	old
vi	iejo/a	old
m	noderno/a	modern
n	uevo/a	new
g	rande	big
р	equeňo/a	small
b	onito/a	pretty
fe	eo/a	ugly
rı	uidoso/a	noisy
tr	anquilo/a	quiet
С	ómodo/a	comfortable
ir	ncómodo	uncomfortable
0	rdenado/a	tidy
d	esordenado/a	untidy
li	mpio/a	clean
SI	ucio/a	dirty
6	Hay un polide	portivo nuev <mark>o</mark> <u>s</u> limpi <mark>a</mark> pero
		as son sucias

Links to curriculum

E

C

Cultural capital: Semana Santa (Easter in Spain) Linguistic progression example: Embed 2 tenses. Use of sub-clauses.

KO. Yr8 mod 5 Mi Pueblo

La ciudad The town el aeropuerto la calle ... la catedral el centro comercial el cine la estación el estadio el instituto el mercado la oficina de turismo la piscina la playa la plaza la plaza de toros el polideportivo el puente el río la tienda (de regalos)(gift) shop

airport G street cathedral shopping centre cinema station stadium school market tourist office swimming pool beach square bullring sports centre bridge river

TOPIC VOCABULARY TRANSLATED

una avenida un castillo castle un edificio un equipo de fútbol a football team una fábrica una iglesia un lugar a place un monumento un museo un palacio un puerto a port

an avenue a building a factory a church a monument/site a museum a palace

a la derecha a la izquierd		to the right to the left		r dónde se va nde está?	
(Sigue) toda		straight on.			
Toma		Take		~	
la primera a	la	the first on the		- Al	
la segunda a		the second on tl	ne		
la tercera a	la the third on	the			
		al lado c	le	next to	
Sube	Go up	delante	de	in front of	
Baja	Go down	enfrent	e de	opposite	
Cruza	Cross				
Dobla	Turn	Está ce	rca.	It's near.	
Tuerce	Turn			It's far	

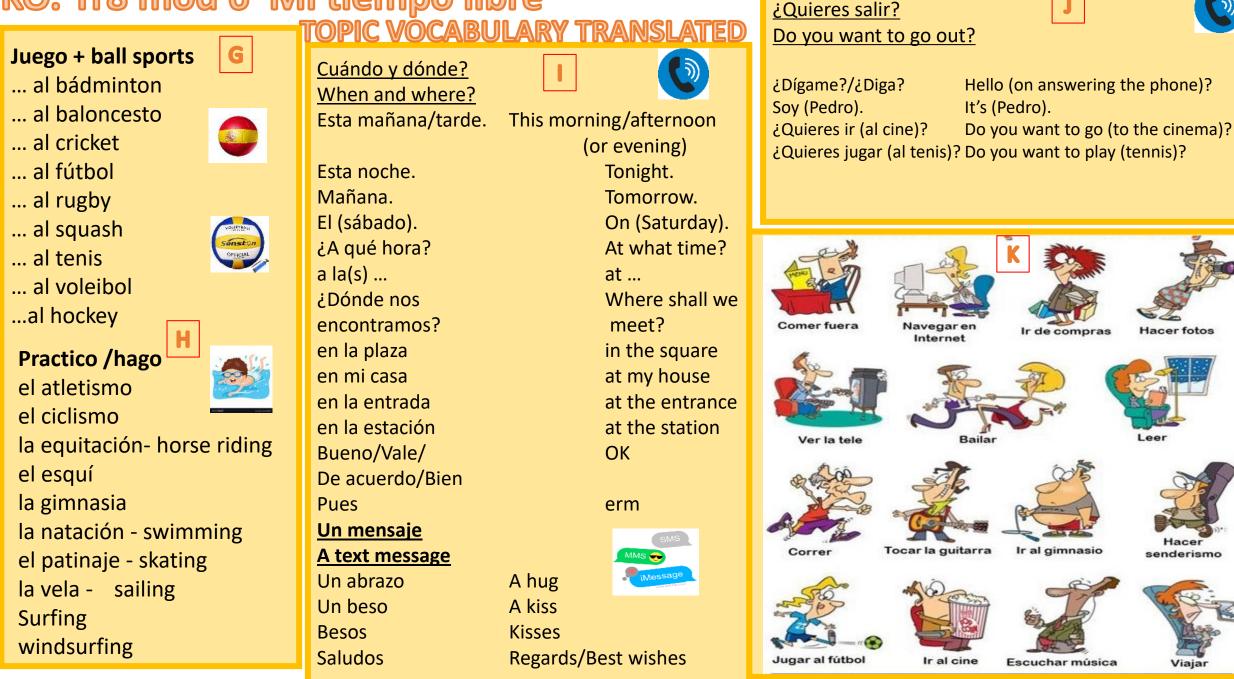
			ACE?
(20)	ómo est	a el clim	na?)
	11212 12 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	A MARK	
Hace buen tiempo.	Hace mal tiempo.	Hace sol.	Hace viento.
			2°
Hace frío.	Hace fresco.	Hace calor.	Hace 2 grados.
2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2		P_{α}^{α}	
Llueve.	Nieva.	Hay granizo.	Hay una tormenta.

MFL. Year 8 SPANISH . Spring.



Tenses (<u>& key verl</u>	bs)		ectives F
No.	VEVO	A	Mi madre dice que (my mum says that) Pronoun changes Me – me Te – you e.g. C Bueno/a Divertido	o/a Fun
PAST preterite	AR	ER/ IR	(the thing Like the most is) Le – he/she le molesta	· · · · · · · · · · · · · · · · · · ·
l (yo)	é	í	(the thing like the most is) Nos – we – it annoys HER Os – you all	Relaxing
You (tú)	aste	iste	Lo que no me gusta nada es Les – they interesan	nte Interesting
He/she (él / ella)	Ó	ió	(the thing I do not like at all is) Gracioso	/a Fun
Ve (nosotros)	amos	imos	Frequency phrases Fenomer	nal phenomenal
/ou (pl) vosotros		into in	A veces / muchas veces – sometimes / many times D Caro/a	Expensive
	asteis	isteis	(casi) siempre – (almost) always A menudo – often	Cheap
They (ellos/ellas)	aron	ieron	De vez en cuando – from time to time	Crazy
		·	Raramente – rarely Práctico/	a Practical
			Constantemente – constantly Frecuentamente – frequently Malo	Bad
1. fui	1. I went /	was	A diario - daily Sano/a	Healthy
2. fuiste	2. you went		Complexity Malsano	/a unhealthy
3. fue	3. he/she		Se puede + inf - you can Duro /a	Hard
 fuimos fuisteis 	4. we went , 5. you (pl) w	vent/were	Se puede ver - you can see E Cansado, Suelo + inf - I tend to	
6. fueron	6. they wen	t / were		Quantifiers: almente / sumamente (really) asiado (too) un poco (a little)
	: ginners Spanish: El Ocio alking about freetime'	As re	sessment:Links to curriculumspond to 4 bullet points. Use of 2 or 3 tenses.Cultural capital: Semana Santa (Easter in Linguistic progression example: Introduce)	
1FL. Year 8	SPANISH. Sp			

KO. Yr8 mod 6 Mi tiempo libre



۶F	Combustion		Mass is never gained or lost	Fine	Work by cooling a fire or		Sulfur dioxide and nitrogen
OL	combustion		in a chemical reaction. The	Fire	stopping oxygen getting to		oxides rise into the air and
		Conservation	atoms in reactants just	Extinguisher	the fuel.	Acid Rain	dissolve in water vapour. The
1	. Burning Fuels		rearrange to form the		Water will sink through the		rain is now more acidic.
	A chemical substance from		products, no new atoms are		oil and turn to steam making		Neutralisation reactions used
Fuel	which stored energy can be		made and none disappear.	Oil Fire	the fire spread out. Use		to remove acidic gases from
	transferred usefully to make		Forms a white powder zinc		foam or a fire blanket to	Controlling	chimney smoke. Acidic soil
	things happen.		oxide. The mass will appear		keep oxygen away.		/water can be neutralised by
	Used in hydrogen-powered	Heating Zinc	to increase because the zinc		Water conducts electricity		adding calcium carbonate.
Fuel Cell	vehicles, releasing energy	in Air	has combined with the		so you may get a serious	L I	5
	from hydrogen.		oxygen in air.		shock Turn off the	5	Global Warming
Fuel Cell Word	-		If the product is a gas it may	Electrical Fir	electricity and use a powder	5.)
Hydrogen + o	xygen → water		escape and make it seem like		or carbon dioxide	Greenhouse	Trap energy from the Sun in the atmosphere <i>e.g. carbon</i>
Reactants	The starting substances- on		the mass has decreased.		extinguisher.	Gases	dioxide
neuetants	left of word equation.		A substance scientists used				Energy trapped by
Products	The new substances made-		to think explained why things		4. Air Pollution		greenhouse gases is
Troducts	on right of word equation.		burned that was then proven		Carbon burns in plenty of air	Greenhouse	transferred back to the
	Burning, usually in air. The		not to exist.		only forming carbon dioxide.	Effect	Earth's surface causing it to
	reaction gives out energy			Incomplete	Not enough oxygen for all the		warm up.
Combustion	which is transferred to the		3. Fire Safety	Combustion	carbon to react with.	Earth's	The temperature of the Earth
	surroundings by heating or		A reaction that releases		 carbon dioxide- linked to 		has fluctuated over time it is
	light.	Exothermic	energy that we can feel as	Products of	global warming	Over Time	rising rapidly now though.
	Fuels formed from living		heat- combustion	Incomplete	 carbon monoxide- 	Over time	Increase in global
Fossil Fuels	organisms that died millions	Thermometer	Used to measure a change in	Combustion	poisonous gas	Global	temperature due to more
	of years ago- <i>petrol, diesel</i>	mermometer	the temperature.	compustion	 soot- damage lungs and 	Warming	greenhouse gases in the air
	Only contain carbon and		Three factors allow		trigger asthma	warning	and the greenhouse effect.
Hydrocarbons	hydrogen atoms- <i>petrol,</i>		combustion to	Inconstitutes	Small amounts of other		Resulting from global
	diesel		occur.	Impurities	substances in fuels.	Climate	warming- changes to
Combustion	The carbon and hydrogen	Fire Triangle	S A TR	Sulfur	Formed when hydrocarbons		weather patterns, more
of	atoms react with oxygen.			Dioxide	have a sulfur impurity.	Change	storms, flood, droughts, etc.
Hydrocarbons	The carbon reacts to form			Nitrogen	Formed by high engine		There is now lots of evidence
-	carbon dioxide.		FUEL	Nitrogen	temperatures causing nitrogen		
Carbon	Carbon dioxide will turn	Putting Out a		Oxide	and oxygen in air to react.	Evidence	for global warming. average temperatures are increasing
Dioxide	limewater cloudy.	Fire	one of the three factors.		Something that can harm		and ice caps are melting.
	2. Oxidation	11e	Explosive	Pollutants	living things and damage the	L	and ice caps are menting.
Oridation			Heating may cause an		environment.	Work throw	gh memorising the
Oxidation	Reacting with oxygen.		explosion.		Found in cars to react carbon	-	
Oxide	Compound formed by		Flammable	Catalytic	monoxide with more oxygen	-	 highlight each definition
	oxidation.		These substances catch fire	Converter	forming carbon dioxide. Also	once you kn	ow it. When you have
Metal	Formed when metals react		easily.		breaks down nitrogen oxides.	completed y	our highlighting completed
Ovidos	with oxygen.		Oxidising			the gap fill a	ind activities on the second
	metal + oxygen \rightarrow metal oxide		These substances release				port your retrieval practice.

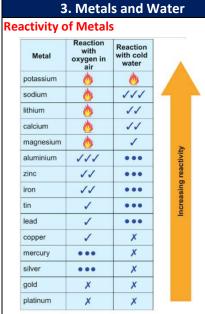
oxygen.

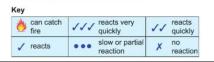
8G Metals and Their Uses

	1. Metal Properties			
	The properties that describe a			
Physical Physical	substance on its own.			
Properties	(colour, strength, density, etc.)			
Chemical	How a substance reacts with			
Properties	other substances.			
Properties	High melting points, strong,			
of Metals	flexible, malleable, shiny, good			
	conductors.			
	Used in electrical circuits			
	because it is a good conductor			
Copper	of electricity and unreactive.			
copper	Used in water pipes because it			
	is unreactive, non-poisonous			
	and malleable.			
Aluminium	Used in window frames			
Aluminum	because it is strong and light.			
Metals &	Most metals react with oxygen.			
Oxygen	metal + oxygen → metal oxide			
ONISCII	e.g. zinc + oxygen \rightarrow zinc oxide			
	Metals react with halogens and			
Metals &	other non-metals.			
Halogens	e.g. zinc + fluorine \rightarrow zinc			
	fluoride			
	Speed up chemical reactions			
Catalysts	without being permanently			
	changed themselves.			
	Found in cars to help convert			
Catalytic	dangerous gases into harmless			
Converter	ones- often contain platinum,			
	palladium and rhodium.			

	2. Corrosion		
Corrosion	Any reaction with oxygen at the		
Corrosion	surface of a metal.		
Rusting	The corrosion of iron.		
Word Equation for Corrosion of Titanium			
titanium +	oxygen → titanium oxide		
Symbol Equation for Corrosion of Titanium			
$Ti + O_2 \rightarrow T$	iO ₂		

Formula Used to represent the products and reactants in a symbol equation.
equation.
Comparison of the proportion
of two quantities $e.g.$ in TiO_2
there are two oxygen atoms for
every titanium- the ratio is 1:2
Rusting of More complex than general
corrosion- requires water as
well.
Rusting of Iron Word Equation
ron + oxygen + water $ ightarrow$ iron hydroxide
Preventing Use a barrier such as
Rust paint/plastic/oil to keep away
air/water





ReactivityHow quickly / vigorously
something reacts.ReactivityA list of metals in the order of
their reactivity.

	Metals produce metal					
Metals &		roxides and hydrogen when				
Water	reacting with water.					
water	(soc	dium + water $→$ sodium				
	hyd	roxide + hydrogen)				
	1	Vetals and Acids				
Potassium		React explosively with dilute				
Lithium	1-	acids.				
Litilium						
Calcium -	Zinc	React very quickly with				
		dilute acids.				
Iron - Lead	ł	React slowly with dilute				
_		acids.				
Copper -		Do not appear to react with				
Platinum		dilute acids at all.				
		The production of a gas.				
Effervesce	ence	Occurs when metals react				
		with an acid.				
Metals &		Metals react with acids to				
Acids		form hydrogen and a salt.				
		s Word Equation				
		salt + hydrogen				
		$m + sulfuric acid \rightarrow$				
magnesiui	m su	lfate + hydrogen				
		The first word in the salt is				
Naming Sa	alts	the metal the second				
		depends on the acid used.				
Hydrochlo	oric	HCl – forms salts ending in				
Acid		chloride				
Sulfuric A	cid	H ₂ SO ₄ – forms salts ending in				
		sulfate				
Nitric Acid		HNO ₃ – forms salts ending in				
		nitrate				
		Mix the acid and the metal.				
Obtaining		Filter the solution to remove				
Salts		any excess metal. Heat the				
		solution to evaporate water				
		leaving just the solid salt.				

Metals produce metal

	5. Pure Metals and Alloys					
D	Pure	Substance made up of one type				
Ľ	ure	of atom.				

Alloys	Mixtures of metals.						
	Lead mixed with tin- lower						
Solder	melting point than lead used for						
Solder	fixing pipes / electrical						
	equipment.						
	Aluminium mixed with copper						
Duralumin	and magnesium making it						
Duraiumin	lighter and stronger. Used in						
	aircraft.						
	Iron mixed with carbon,						
Stainless	chromium and nickel making it						
Steel	stronger and more resistant to						
	corrosion. Used in cutlery.						
Explaining	How Alloys Are Strong						
	particles moved into new positions						
large 🔶 🎇							
	letal atoms are A large force will In an alloy, the different anged in layers. move the layers. atoms jam up the structure so the layers cannot slide so easily.						
	Melting and boiling points for						
Melting /	pure substances are fixed and						

Alloys melt and boil over a range of temperatures.

occur at precise temperatures.

Boiling

Points

Work through memorising the information – highlight each definition once you know it. When you have completed your highlighting completed the gap fill and activities on the second sheet to support your retrieval practice.

	8J Light		Material that does not let	Incident	A ray of light going towards the	Angle of	The angle between the
1	Light on the move	Opaque	light through. It is not possible	ray	mirror or other object.	refraction	normal and a ray of light that
		Opaque	to see through an opaque	Reflected	A ray of light bouncing off a	renaction	has been refracted.
Vacuum	A completely empty space,		substance.	ray	mirror.		The place where parallel rays
	containing no particles.		Scattering occurs when light	Angle of	The angle between an incoming	Focal poin	t of light are brought together
. A a that a	All things are made of matter.		or other energy waves pass	incidence	light ray and the normal.		by a converging lens.
Matter	There are three states of	Scattered	through an imperfect medium		The angle between the normal		The distance between the
	matter: solid, liquid, gas.		(such as air filled with	Angle of reflection	and the ray of light leaving a	Focal leng	th centre of the lens and the
	A wave where the particles		particles of some sort) and are	reflection	mirror.		focal point.
Leveltueline I	vibrate in the same direction		deflected from a straight		When light is reflected evenly, so		
	as the wave is travelling.		path.		that all reflected light goes off in		4. Cameras and eyes
wave	longitudinal	Reflected	A ray of light bouncing off a		the same direction. Mirrors	Digital	A camera that uses electronics
		ray	mirror.	Conservation	produce specular reflection.	camera	to record an image.
			Where a sound wave or other	Specular	incident ray		An instrument that detects
	A wave where the vibrations	Source	wave begins.	reflection	normal	Sensor	something. In a digital camera,
	are at right angles to the direction the wave is travelling. transverse		A picture that forms in a		lected ray	School	the sensors detect light and
Transverse		Image	mirror or on a screen, or is		mirror		change it to electrical signals.
wave			made by a lens. You see an		B specular reflection	Memory	Part of a digital camera that
			image when looking down		Reflection from a rough surface,	card	stores the images.
			a microscope.		where the reflected light is		A hole in a camera that controls
			A piece of apparatus that		scattered in all directions.		how much light goes to the
	A narrow beam of light, or an	Pinhole camera	forms an image of an object				sensor.
David	arrow on a diagram		on a screen when light rays			Shutter	A device that shields and
Ray	representing the path of light		travel through a tiny hole in		X		protects the sensor in a digital
	and the direction in which it is		the front				camera. It opens when the
	travelling.		A place where light cannot get	Law of	The angle of incidence is equal to		picture is taken.
	A material that light can travel through without scattering.	Shadow		the angle of reflection.		Lens Vitreous humor	
_ .				renection the angle of renection.		Pupil	
	(Note: transparent substances		÷		3. Refraction		Cornea
	may be coloured or		2. Reflection		The change in direction when		
	colourless.)	Plane	A smooth, flat mirror.		light goes from one	Human	
Transmit	To pass through a substance.	mirror		Refraction	transparent material to	eye	(Fovea
	To bounce off a surface	Davebase	A piece of equipment that		another.	eye	
Reflect	instead of passing through it	Ray box	produces a narrow beam of light.		The boundary between two		lvis N
	or being absorbed.		A method of investigating what	Interface	materials.		Poting Optic nerve
Absorb	'To soak up' or 'to take in'.	Ray	happens to light by marking the		A curved piece of glass or		Sclera Reuna
Translucent	Material that lets light	tracing Ray	path of a light ray.	Lens Converging	other transparent material	Retina	
	through but scatters it. You		A diagram that represents the		that can change the direction		The part at the back of the eye
	cannot see things clearly through translucent materials.	diagram	path of light using arrows.		of rays of light.		that changes energy transferred
			An imaginary line at right angles		· · · ·		by light into nerve impulses.
			to the surface of a mirror or	lens	light come together.	Pupil	The hole in the front of the eye
		Normal	other object where a ray of light		ingite come together.		that light can pass through.
			i				

hits it.

	A cell in the retina that detects			
Rod cell	low levels of light. It cannot			
	detect different colours.			
Cone cell	A cell in the retina that detects			
cone cen	different colours of light.			
	The transparent front part of			
Cornea	the eye, which covers the iris			
	and pupil.			
Iris	The coloured part of the eye.			
Optic	The nerve that takes impulses			
nerve	from the retina to the brain.			
	One of three colours that are			
Primary	detected by the cone cells in our			
colour	eyes. The primary colours are			
	red, green and blue.			
	A colour made when two			
Secondary	primary colours mix.			
colour	The secondary colours are			
	magenta, cyan and yellow.			

	5. Colour						
White	Normal daylight, or the light						
light	from light bulbs, is white light.						
	The number of vibrations (or						
	the number of waves)						
Frequency	per second. Different						
	frequencies of light have						
	different colours.						
Spectrum	The seven colours that make up						
Spectrum	white light.						
	The separating of the colours in						
	light, for example when white						
	light passes through a prism.						
Dispersio	\wedge						
n							
	Red Orange Vellow						
	Green Blue						
	White Light Glass Prism Violet						
Delone	A block of clear, colourless glass						
Prism	or plastic. Usually triangular.						

(physics)	Something that only lets certain colours through and absorbs the rest.
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Work through memorising the information – highlight each definition once you know it. When you have completed your highlighting completed the gap fill and activities on the second sheet to support your retrieval practice.

8L E	arth and Space		The Moon appears different shapes at different times due	South- Seeking	The end of a bar magnet that points south- shortened to	Gravity and Orbits	The force of gravity keeps the Earth in its orbit of the Sun.
1Ga	thering the Evidence	Phases of	to its position relative to the	pole	south pole.	Satellite	Anything that orbits a planet.
Astronomer			Earth and Sun.		When two magnets are pulled	Natural	Moons are examples of
Early	Could only use their eyes to	the Moon		Attract	together. Opposite poles will	Satellite	natural satellites.
Astronomers	make observations.				attract each other.	Artificial	Can be put into orbit around
Astronomers	Egyptian astronomer (90-				When two magnets are pushed	Satellite	Earth for photographing /
	168)		Allowed scientists to	Repel	apart. The same poles will		transmitting TV programs etc
	Proposed a model with the	Spacecraft	investigate space more by collecting samples and taking		repel each other.	5. Be	yond the Solar System
Ptolemy	Earth in the centre and the		readings on other planets.		The area around a magnet where it has an effect. Can be		Pattern of stars
	Moon, Sun and planets		readings on other planets.	Magnetic Field	found using iron filings or a		Huge balls of gas that give
	orbiting the Earth.		2. Seasons	Field	small compass.	Stars	out large amounts of energy.
	Polish astronomer (1473-	C	Longer days than nights, Sun				The Sun is a star.
Nicolaus	1543)	Summer	high in the sky.				Appear less bright than the
Copernicus	Suggested the Earth and		Longer nights than days, Sun	t very high in the sky		Stars At	Sun because they are further
copernicus	other planets move in circles	Winter	not very high in the sky.			Night	away.
	around (orbit) the Sun.	Cause of	Due to the tilt of the Earth's	Diagram		Galaxies	Large groups of stars.
	It was not accepted straight	Seasons	axis by 23.5°.			Milky Way	The galaxy our Sun is in.
Reaction to	away. However observation	Causing	When the northern	Magnetic Field	Strongest closest to each pole,	Universe	Made up by all of the millions
Copernicus'	made by Galileo using one of	Summer	hemisphere is tilted towards		the field gets weaker as you get further from the magnet.	Universe	of galaxies.
Model	the first telescopes provided		the Sun it is summer in the UK.	Strength Magnetic	The direction of a magnetic		Measurement of distance-
	more evidence to support it.	Causing	When the northern	Field	field is always from the north		the distance travelled by light
	German astronomer (1571-	Winter	hemisphere is tilted away from		pole towards the south pole.	Light Year	in 1 year.
	1630)		the Sun it is winter in the UK.	Direction	pole towards the south pole.		Approximately ten million
Johannes	Proposed the model used				4. Gravity in Space		million kilometres.
Kepler	today. The Sun is at the		Northern		Force exerted by all objects	Proxima	Nearest star to the Sun,
	centre with the planets	Causing	summer	Gravity	with mass trying to pull other	Centauri	about 4.22 light years away.
	moving around in elliptical orbits. Moons orbit planets.	Seasons		-	objects towards it.		
The Model of	f the Solar System	Diagram			The bigger the mass of an]
The Wodel o	Neptune	_	Southern hemisphere winter	Bigger Mas	s object, the stronger the force	Work thro	ugh memorising the
	керине		Winter		it exerts.	informatio	on – highlight each
1	Uranus		Pasausa tha Sup is higher in		The force of gravity pulling	-	once you know it. When
	Saturn	Summer or	Because the Sun is higher in the sky in summer the heat is	Weight	on you.	-	completed your
		Summer Sun	-		Measured in Newtons (N)		
Sun	Sun		more concentrated, making it feel warmer		al The space around the Earth	highlighting completed the gap fill	
Mercury	Jupiter			Field	where gravity attracts things.		ties on the second sheet to
Venus	Earth Mars		3. Magnetic Earth		al At the surface of the Earth it	support yo	our retrieval practice.
		Compass	A magnet that points north.	Field	is about 10 newtons per		

North-

Seeking

pole

The end of a bar magnet that

points north- shortened to

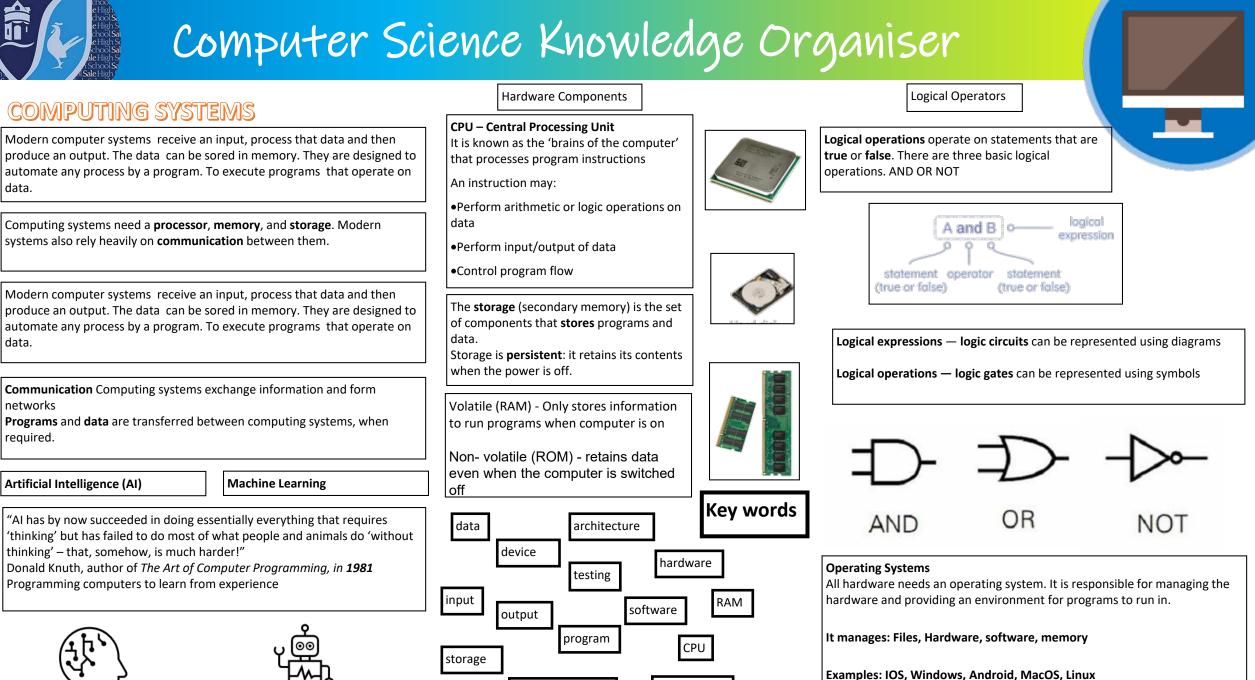
north pole.

Strength (g) kilogram (N/kg).

Weight = mass x g

Weight Formula

	8H Rocks	Magma	Molten rock		When rocks are broken up by		igneous rock
	Rocks and their Uses	Lava	Magma that reaches the Earth's surface. Formed when molten rock	Physical	physical processes. e.g. changes in temperature causing expansion and		(Λ)
Geologist	A scientist who studies rocks and the Earth.	Small Crystals	cools down fast due to less time for particles to become		contraction over time, cracking rocks.	The Rock Cycle	
RULKE	Naturally occurring substances made up of different grains.		ordered. Formed when molten rock	Expanding	Rocks get bigger when they are heated.		sedimentary metamorphic rock rock
Graine	Made from one or more chemical compounds.	Large Crystals	cools down slowly due to more time for a large grid	COntracting	Rocks get smaller when they are cooled.		Key increasing temperature and pressure and cooling commutation
Minerals	The chemical compounds in rocks- rocks are mixtures of		pattern to form.	Freeze-	Water gets into cracks in rocks, freezes, expands and	5. N Native	Naterials in the Earth Metals found as pure elements
Texture	different minerals. The combination of sizes and	Extrusive	cooling lava above the surface.	Action	then forces the crack to get bigger.	State	in rocks. Rocks that contain enough of a
Interlecking	shapes of grains in a rock. The grains all fit together with	Intrusive	Igneous rocks formed underground.	Erosion	The movement of loose and weathered rock.	Ores	metal / metal compound to be worth mining.
Crystals	no gaps. They are hard and do not wear away easily. Some rocks have rounded	Metamorphic	Formed by pressure and heat changing other rocks. e.g. Schist, gneiss (both	Abrasion	When rock fragments bump into each other and are worn away.	Extracting Ores	Ores are obtained by mining, then crushed and chemical reactions used to obtain the
Grains	grains with gaps in between. They are not strong and can be worn away more easily.	Rocks	formed from granite) slate (from mudstone) and marble	Sediment	Bits of rock and sand in streams or rivers.	Mining	metal. Damages the environment by
	Rounded grain rocks can absorb water because it gets	Metamorphic	linterlocking crystals which	Glacier	Rivers of ice that move slowly but can transport large pieces of rock.	Problems Rare	destroying habitats and causes pollution. Hard to obtain which makes
	into the gaps. Water can run through.	Rock Texture	may form coloured bands.		Sedimentary Rocks	Metals	them expensive.
Cement	A building material made from		athering and Erosion When rocks are broken up by	4.	Formed when layers of	Recycling	Using a material again. Cuts down on pollution from
Gravel	limestone. A mixture of cement, sand and gravel.	Weathering	biological processes. When rocks are broken up by	Sedimentary Rocks	sediment build up over time followed by compaction then cementation. <i>e.g. sandstone, mudstone</i>	Recycling Advantages	mining and landfill sites, allows supplies to last longer and requires less energy.
2. Igne	eous and Metamorphic	Chemical Weathering	chemical reactions. e.g. gases in air making rainwater slightly acidic which then reacts with minerals in	Compaction	Pressure forces water out from the gaps between grains squashing the grains closer together.	informati	ough memorising the on – highlight each once you know it. When
The Structur of the Earth		Biological	<i>rock wearing them away.</i> When rocks are broken up by living organisms.	Cementatior	Dissolved minerals between the gaps act as a glue and 'cement' the grains together.	you have highlighti	completed your ng completed the gap fill ities on the second sheet to
			e.g. growing plants splitting rocks apart with their roots.	Sedimentary Rock	rounded grains. Properties		our retrieval practice.
lgneous Rocks	Formed when molten rock cools down e.g. basalt, granite			Texture	depend on the type of sediment that forms them.		



Logic circuits

communication



Binary - Data Representation

	Key Words
Binary number	A number system that contains two symbols, 0 and 1. Also known as base 2
Base 2	A number system where there are only 2 digits to select from. $0 - 1$ as this is all binary can understand.
data	Units of information. In computing there can be different data types, including integers, characters and Boolean. Data is often acted on by instructions.
Denary (also known as decimal)	The number system you use. It contains 10 unique digits 0 to 9. Also known as decimal or base 10
Base 10	The number systems that we/humans use. Numbers 0-9 as it can make any number combination from that.

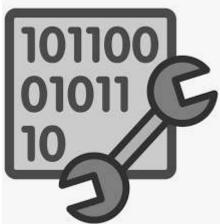
	??	
ī	1	

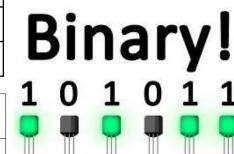
Binary Rules	Carry
0 + 0 = 0	0
0 + 1 = 1	0
1 + 0 = 1	0
1 + 1 = 0	1

Conversion table	128	64	32	16	8	4	2	1
Example binary number	0	0	0	1	0	1	1	1









Representing information with sequences of symbols, is necessary for storing, exchanging and processing information. Information in computers must be represented in a form convenient for processing.



Humans have invented lots of different ways to code information using different sounds, symbols or even lights!

Computers represent all data, including numbers, letters, symbols, images, videos and sounds using binary numbers. All binary numbers are made up of the digits) and 1.

Os and 1s are called binary digits, or bits. All characters are represented using sequences of bits.

Computers only use the two symbols 0 and 1 because all computers are built out of electrical switched which can only be on (1) or off (0).

ASCII – American Standard Code for Information Interchange

ASCII is a character set that uses numeric codes to represent characters. These include upper and lowercase English letters, numbers, and punctuation symbols.

Example: a capital "T" is represented by 84, or 01010100 in binary.

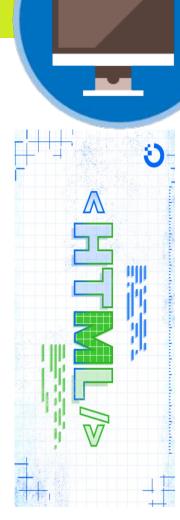


HTML

	Key Words	
World Wide Web	Collection of webpages connected together by hyperlinks, using the Internet (Usually shortened to WWW)	
Internet	A global network of computers all connected together	
Webpage	A hypertext document connected to the world wide web	
Website	A collection of webpages with information on a particular subject	
Web browser	The software which displays a webpage or website on a computer	
Uniform Resource Locator (URL)	An address that identifies a particular file or webpage on the internet	
HTML	Hyper Text Mark-up Language – describes and defines the content of a webpage	
Web script	A type of computer programming language used to add dynamic feature to a webpages	
Multimedia	Content that uses a combination of different types of media – for example, text, audio, images	
Hyperlink	A link from a hypertext document to another location, activated by clicking on a highlighted word or image	
Hotspot	An area on a computer screen which can be clicked to activate a functi especially an image or piece of text acting as a hyperlink	
Navigation	The elements of a website that allows the user to move around the website. This is usually in the form of a menu or hyperlinked text or buttons	
JPG	The main file type used for mages on the world wide web – uses lossy compression	
PNG	Another type of image file used on the world wide web – supports transparency and uses lossless compression	

D	efinitions: What does it do?
<html></html>	Root of a HTML document
<body></body>	Contents of the page
<head></head>	Information about a page
<title></td><td>Table title/defines title</td></tr><tr><td><h1>,<h2>,<h3></td><td>Headings</td></tr><tr><td></td><td>Paragraph</td></tr><tr><td></td><td>Image</td></tr><tr><td><a></td><td>Anchor (used in hyperlinks with href)</td></tr><tr><td>, </td><td>Order/unordered list</td></tr><tr><td></td><td>List item</td></tr><tr><td></td><td>Creates and defines table</td></tr><tr><td></td><td>Table row</td></tr><tr><td></td><td>Table data</td></tr><tr><td></td><td>Bold</td></tr><tr><td></td><td>Linebreak</td></tr><tr><td><div></td><td>Divider</td></tr><tr><td><!></td><td>Comment</td></tr><tr><td></td><td></td></tr></tbody></table></title>	





/ D My First Web:	× 1/200		
C 0	Ð	\$	1
My First	Her	iding	
My First	Her	nding	





Python is a **text** based **programming language**. That can be used to create programs, games, applications and much more!

A **program** is a set of precise instructions, expressed in a **programming language**. **Translating** the programming language is necessary for a machine to be able to **execute** the instructions.

if condition :

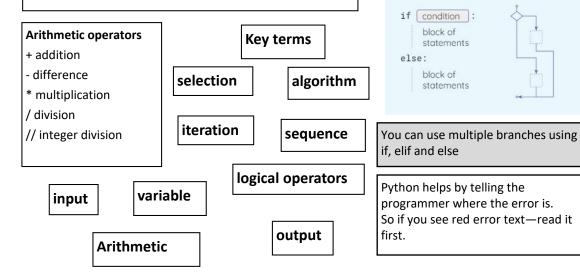
block of

statements

To execute a Python program, you need a **Python interpreter**.

This is a program that translates and executes your Python program.

A **selection** statement allows a computer to **evaluate** whether an **expression** is 'true' or 'false' and then perform an action depending on the outcome.



	Keywords		
Variable	Stores a value/data – Can be changed during the program		
Float (FLOAT)	Decimal point		
Integer (INT)	Whole number		
Boolean (BOOL)	True or False		
String (STR)	Letters, numbers, symbols inside speech marks		
Data types	The different data that can be stored in a variable		
Sequence	A set of instructions or rules that an algorithm uses have to be in the right order.		
Syntax Error	A syntax error is a mistake in your Python program that prevents it from running (executing). Syntax errors are like spelling/grammar errors or logic erro		

•use if and else—no capitals
•A colon : is always required after the condition and after else.

Use indentation to indicate which statements
'belong' to the if block and the else block.
The == operator checks for equality.
A single = is only used in assignments

All programming languages have rules for **syntax**, i.e. how statements can be assembled. Programs written in a programming language must follow its syntax. Programs with **syntax errors** cannot be translated and executed.







	Key Words			
abstraction	Identify the important aspects to start with			
algorithm	Precise sequence of instructions			
Application (app)	Software designed to run on a mobile device			
Computational thinking	Solving problems with or without a computer			
debugging	Looking at where a program might have errors or can be improved			
blocks	Scratch bricks that we can use to code algorithms			
decomposition	Breaking down a problem into smaller parts			
execute	A computer precisely runs through the instructions			
GUI	Graphical User Interface			
iteration	Doing the same thing more than once			
selection	Making choices			
sequence	Running instructions in order			
variable	Data being stored by the computer			

LASS

MOBILE SPP

Sequence, selection and iteration are all processes. In order for computers to perform tasks there is more that is needed. For example a computer will take an **input** (this might be automatic or via human input) which the computer will then **process** and the **output** will be visible on the computer monitor.







A mobile application, most commonly called an app, is a type of application software designed to run on a mobile device, such as a smartphone or tablet computer.

App Lab is a **block or text based programming language**. This allows creation and sharing of apps.

The point of an app is to connect and interact with users. App creators tend to have an idea, a problem or a task that they want to develop user an app. These can be huge or relatively small ideas.

Decomposing the problem helps us make the task less daunting and more achievable. This involves breaking down the task into smaller more manageable parts to start with.

Most computers have an environment with tiles, icons and/or menus. These allow users to interact.

This type of interface is called the **graphical user interface (GUI)** because the user interacts with images through a mouse, keyboard or touchscreen. The GUI needs careful design consideration so that the user experience is a positive one so they want to continue to use it.

Making sure the app is successful and actually does what it was intended to do is important.

Setting **success criteria** should be determined at the start of the project and can be revisited frequently.

The success criteria should be clear and easy to follow.

Evaluating and **debugging** allow for judging the quality of the app and enables errors to be corrected and improvements to be made.



Design Technology Textiles and Electronics

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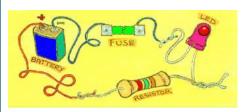


Design Technology Textiles and Electronics

Design Technology Textiles and Electronics

Literacy / key words Collaboration and design fixation: Collaborative design is an excellent way of

gaining feedback for designs from your peers. This helps with design fixation, where a designer might get stuck or not know how to develop their design further. This brings fresh ideas and new innovation to any project.

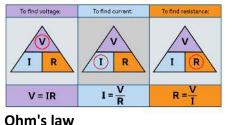


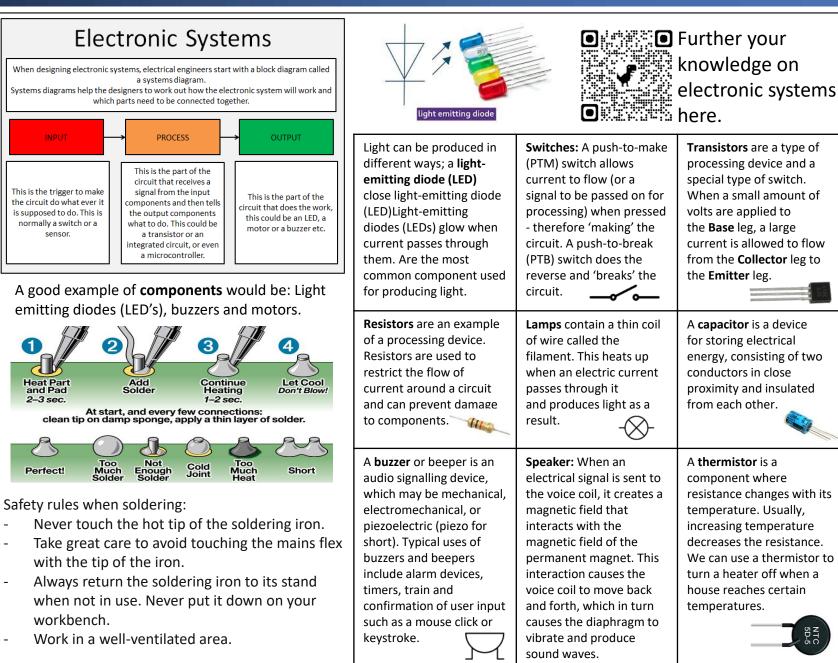
Electrical circuit: is a loop through which an electrical current can flow. It consists of a power source, wires and components.



A **prototype** is an early model built to test a concept or process. It is a term used in a variety of contexts, including semantics, design, electronic s, and software programming. A prototype is generally used to evaluate a new design to enhance precision by system analysts and users.

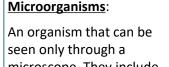
The quantities voltage, current and resistance are linked by the relationship:





Design Technology Textiles and Electronics

Literacy / key words



microscope. They include bacteria, mould, and fungi.

Fermentation: Yeast + FATTOM = Carbon dioxide & Alcohol.

Pathogens: Bad bacteria which can cause illness.

Danger Zone: The range at which bacteria will grow 5°C to 63°C.

Eat Well Guide:

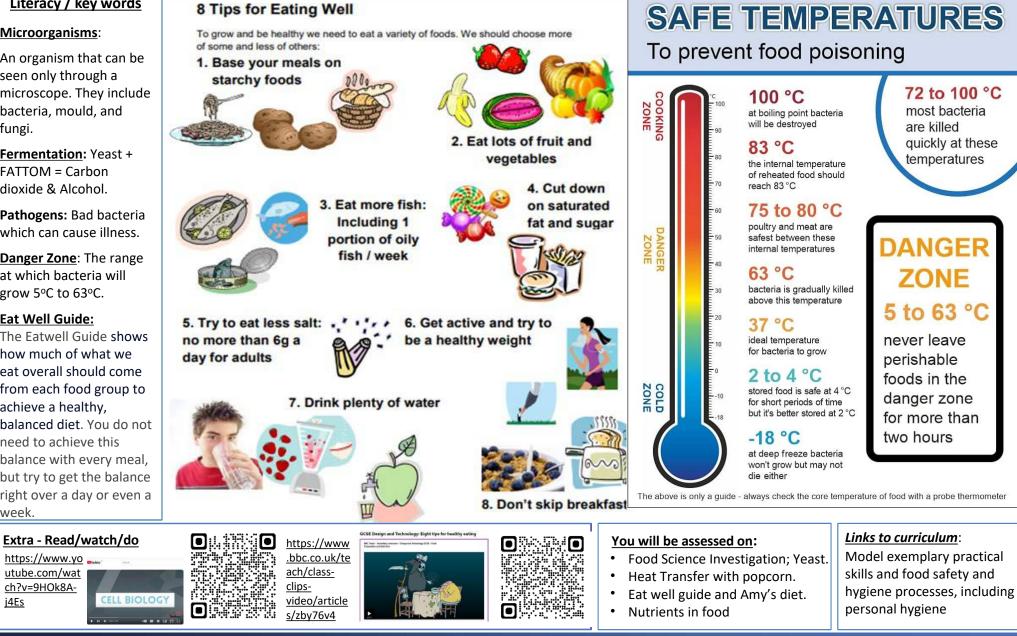
The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal. but try to get the balance right over a day or even a week.

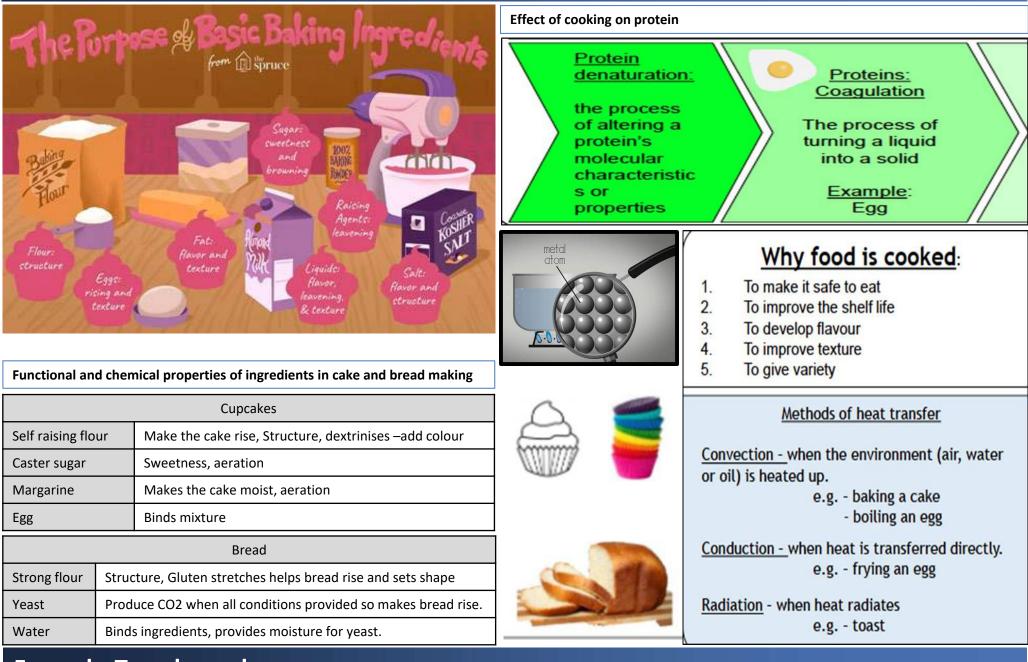
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utube.com/wat

ch?v=9HOk8A-

j4Es





Fruit & vegetables

- 5 portions a day.
- 1 portion is a handful or 80g.
- · Eat a balance of fruit and vegetables.
- Fruit and vegetables should make up at least 1/3 of each meal.
- It doesn't matter how you eat them: fresh, frozen, tinned, dried or in a juice format.

Protein-rich, non-dairy foods / Dairy and alternatives

1/3 of your meals should be made up from any combination of the following:

- dairy foods
- animal protein foods
- peas and beans
- · dairy and meat alternatives.



Starchy foods:

- Choose wholegrain or high fibre verisons.
- Each meal should be bsed on at least 1/3of starchy carbohydrates.
- Starchy carbohydrates include: pasta, rice, potatoes, bread, breakfast cereals.

Water

Don't forget to drink water to prevent dehydration.

Sugar

Eat sugary / sweet foods in small quantities and less often.

Oils and spreads

Although important we should eat these sparingly and use low fat options.

Nutrient		Functions	
Protein		Growth – known as the body's building blocks. For growth, particularly during pregnancy & adolescence. Repair body cells and tissues, including recovery after illness or injury. To produce enzymes needed for digestion. To produce hormones that control body functions.	Animal products – meat, fish, dairy; plants – lentils, nuts, seeds
Carbo- hydrates	Grains	Source of energy. Divided into: simple 1. Sugars and complex 2. Starches and dietary fibre. Starches provide slow releasing energy & add bulk	complex – wholemeal bread, pasta, rice, potatoes with the skin
Fats		Source of energy, insulation and Helping your body absorb fat-soluble vitamins (A, D, E, & K). Four types: 1. Monounsaturated 2. Polyunsaturated (omega 3 and 6) 3. Saturated 4. Trans fats. Fats are stored under the skin and are essential for health. Too much fat can cause health problems	Monounsaturated – olive oil, avocados; polyunsaturated – oily fish, nuts, sunflower oil, soya beans; saturated – full-fat dairy, fatty meats; and trans fats – many snack foods
Vitamins A, D &C		 A: For healthy eyes , skin and immune system D: The main function is to help the body absorb calcium for strong teeth & bones C: Helps heal wounds and prevents scurvy and helps absorb iron. 	 A – dairy, oily fish, yellow fruit; D – oily fish, eggs, fortified cereals C – citrus fruit, broccoli, sprouts, berries, kiwi
Minerals- Calcium		Essential for many processes, e.g. bone growth/strength, nervous system, red blood cells, immune system. Only needed in small amounts.	Calcium : milk, canned fish, broccoli; Iron : watercress, brown rice, meat; Zinc : shellfish, cheese, wheatgerm; Potassium : fruit, pulses, white meat

Extra - Read/watch/do

https://www.youtube.com/watch?v=xtFx55aj0Y&list=PLSXnX8lDffhTq41shvMiA7n9xCVlt7 nN&t=5s



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Links to curriculum: Discuss the importance of energy balance and how to maintain a healthy weight throughout life; Demonstrate how to analyse a diet and make improvements; Perform nutritional analysis and use the results to plan recipes, meals and diets; Promote the benefits of a healthy diet and active lifestyle.

<u>Types of Microorganisms</u> Yeast, Mould, Bacteria (Bad		Conditions for growth of Micro-organisms explained (F A T T O M)
bacteria are known as Pathogens) <u>Some Pathogens that causes</u> <u>Food Poisoning:</u> <u>Campylobacter</u> - Raw or undercooked meat, particularly	F	Food - Food provides energy and nutrients for bacteria to grow. High risk foods particularly protein foods such as chicken and dairy products are rich in nutrients and moisture and so promote bacterial growth.
raw poultry, unpasteurised milk, untreated water. <u>E. Coli</u> - Raw or undercook ed meat and poultry or related	A pH scale	<u>Acid</u> - Most bacteria reproduce best at a neutral pH level of 7. Acidic foods with a pH below 7, or alkaline foods with a pH above 7, may stop or slow down the rate of bacterial growth.
products (eg gravy), raw seafood products, unpasteurised milk or products made from it (eg cheese) contaminated water.	Т (87.65)	<u>Time</u> - If provided with the optimum conditions for growth, bacteria can multiply to millions over a small period of time via binary fission. This is when a bacterium divides in two every 20 minutes.
Listeria - Unpasteurised milk or products made from it		
Soft cheeses (eg camembert, brie) ready-to-eat foods (eg pre- packed sandwiches, pâté, deli meats) unwashed vegetables contaminated with soil.	т	Temperature - Bacteria need warmth to grow. The temperature a food is stored, prepared and cooked at is crucial. If this is not followed correctly then the food will not be safe to eat. The optimum temperature range for bacterial growth is between 5-63°C. This is known as the danger zone as it is dangerous for some foods to be in this temperature range for prolonged periods of time.
Staphylococcus Aureus - humans carry this in their nose		
& throat; it can be transmitted by coughing or sneezing. Ready- to-eat foods that are hand- made (e.g. sandwiches), cooked	o 🚺	Oxygen - Microorganisms that that require oxygen to grow are called aerobic such as most yeast.
made (e.g. sandwiches), cooked meats, unpasteurised milk and related products. <u>Salmonella</u> - raw or undercooked poultry and meat,	N	Moisture - Bacteria need moisture in order to grow. This is why they grow on foods with high moisture content such as chicken. Foods that are dehydrated or freeze-dried can be stored for much longer as the moisture has been removed.
eggs and unpasteurised milk.		