

Name: _____



BROADOAK
ACADEMY

Knowledge
Organisers



Term 1-2

Year 9

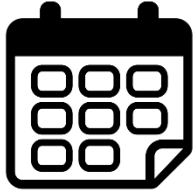
Contents

- How to learn over time
- Revision Strategies
- Knowledge Organisers:
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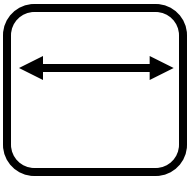
How to learn over time

Successful Learning Takes Place Over Time

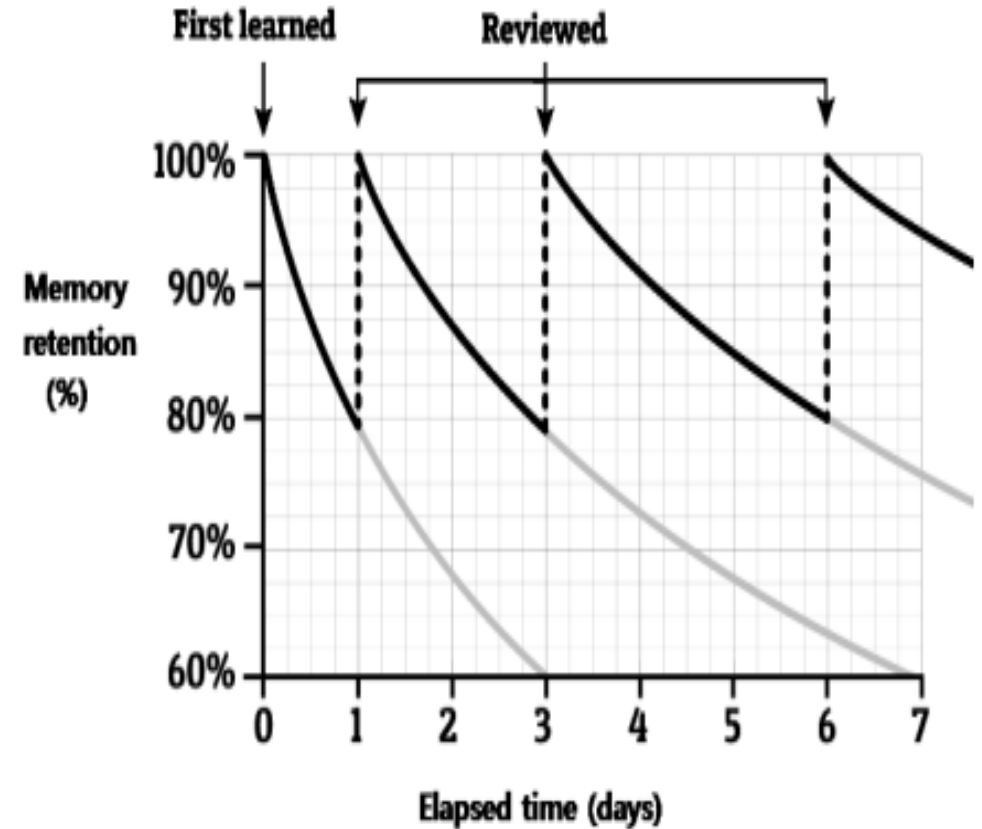


It's rare for anyone to be completely comfortable with something they learn for the first time. This could be a new piece of music, dance move, language or chemistry. We all have to practice. In most instances, the aim is to be at your optimum on the day it matters, e.g. the performance, race or exam. Everything leading up to this point is part of the process of improving. It's about the long-term rather than the short-term, which also means there are no quick fixes. During this period, it's okay to make mistakes; it's okay to feel frustrated. What matters is what you do about it.

Space out your learning on a subject



Spacing out your learning over time is far more effective than last-minute cramming. This is based on research into how we forget and how we remember. The speed at which we forget something will depend on many factors such as the difficulty of the material, how meaningful it was to us, how we learned it and how frequently we relearn or remember it. The last factor tells us that when we learn something for the first time, we need to review it quickly afterwards. The more times we force ourselves to remember something, the longer the gap between reviews, which the diagram below illustrates nicely. The Leitner system and Cornell Notes mentioned earlier provides a wonderful way of achieving this, but the principle applies to all of the learning strategies mentioned in this booklet.



Revision Strategies

List It



This is a simple free recall task that is very versatile. It can feel challenging, but this is a good thing, and it provides clear feedback on what you do and don't know. Choose a topic, set yourself a time limit and...

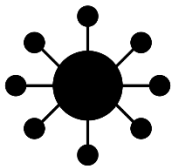
- List as many keywords as you can
- List as many facts as you can
- List as many key events/quotes/individuals as you can
- List as many causes of X as you can
- List as many consequences of Y as you can

Flashcards



Flashcards have the potential to be a powerful learning aid. However, how successful this is will depend on the thought you put into making them in the first place and then how they're used. It's very important to remember that they're for testing, not summarising.

Mapping



Mapping is a brilliant way of organising and learning information, demonstrated on various pages in this booklet. It helps you break down complex information, memorise it, and see the connections between different ideas.

Self-testing



Research has shown that every time you bring a memory to mind, you strengthen it. And the more challenging you make this retrieval, the greater the benefit. Self-testing improves the recall of information, transfer of knowledge and making inferences between information. Equally, there are many indirect effects, such as a greater appreciation of what you do and don't know, which helps you plan your next steps.

Flashcards



Flashcards are small sheets of paper or card with matching pieces of information on either side. They are a useful tool for learning facts and allow you to quickly check whether you have remembered something correctly.

When making and using flashcards:

- | | |
|---|--|
| Do: | Don't: |
| ✓ ...make flashcards quickly. | X ...spend more time making flashcards than actually using them. |
| ✓ ...put a single piece of information of each flashcard. | X ...put lots of information onto each flashcard. |
| ✓ ...sort your flashcards according to your confidence with them (see below). | X ...revise the flashcards in the same order every time that you use them. |
| ✓ ...test yourself on the flashcards from memory. | X ...only read through flashcards. |

1861	groynes	osmosis	Where is the pharmacy?
Pasteur published his paper about germ theory.	A low wall on the coastline which slows longshore drift	Net movement of water from a high concentration to low concentration across a partially permeable membrane	Où est la pharmacie?

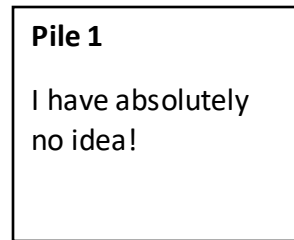
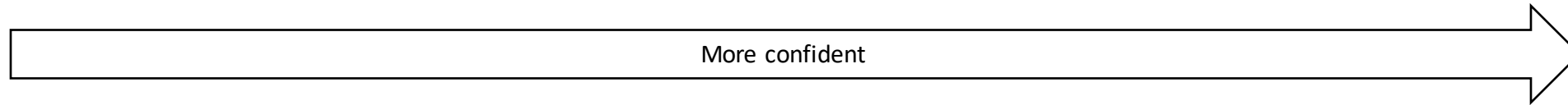
How to make flashcards:

- You can buy a set of flashcards or use a free website such as Quizlet.
- Find the information you want to put onto flashcards using your existing revision resources (e.g. a knowledge organiser).
- Fold a piece of A4 paper into 10.
- Write the questions on the top half of the paper.
- Write the answers on the bottom half of the paper.
- Cut the paper along the dotted lines shown here.
- Fold the strips of paper so that the writing is on either side.

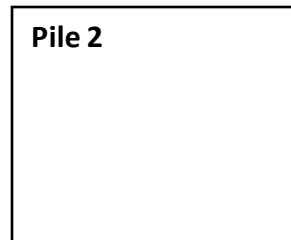
Definition 1	Definition 2	Definition 3	Definition 4	Definition 5
Answer 1	Answer 2	Answer 3	Answer 4	Answer 5

How to use flashcards:

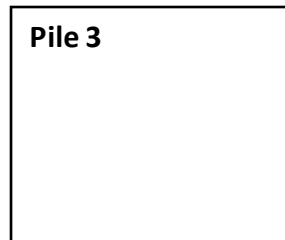
1. Test yourself using the flashcards.
2. As you test yourself, sort the flashcards into up to five piles according to how confident you are with the content.
3. Put the piles into numbered envelopes (1-5).
4. Test yourself on the different piles on different days (see below):



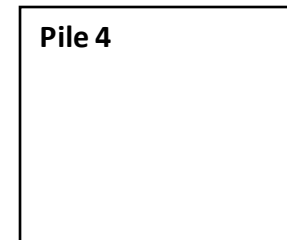
Practise **every** day.



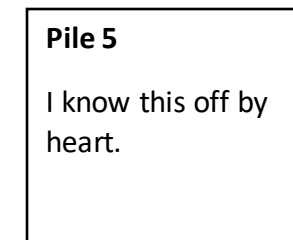
Practise every **other** day.



Practise every **three** days.

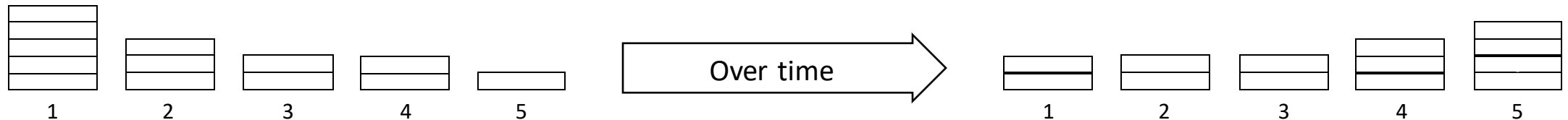


Practise every **four** days.



Practise every **five** days.

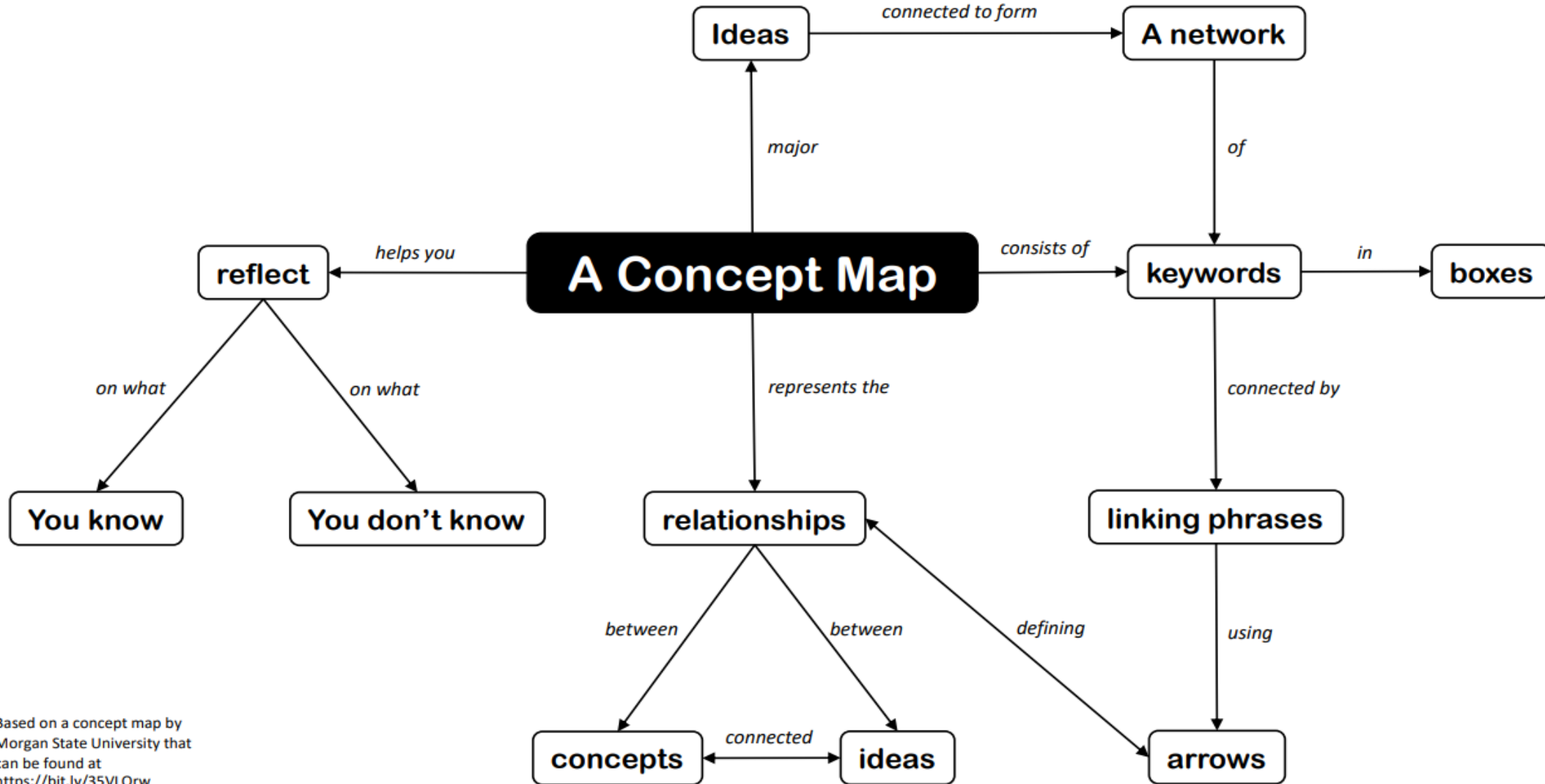
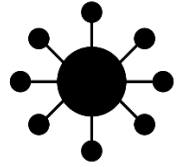
5. As you test yourself on the different piles, move the cards into different piles as you become more confident.



Useful resources:

www.quizlet.com – This free website allows you to quickly create flashcards which you can print, use on a computer, or use on your phone.

Mapping



Based on a concept map by Morgan State University that can be found at <https://bit.ly/35VLQrw>

ENGLISH Year 9 Unit 1: Identity and Belonging



Class text: *A View From the Bridge* by Arthur Miller

Key vocabulary:

Masculinity – qualities associated with men and boys.

Femininity – qualities associated with girls and women.

Homosexuality – being attracted to another person of the same sex.

Xenophobia – dislike or prejudice against people from other countries.

Honour – regard with great respect

Dominance – power and influence over others.

Patriarchy – society or organisations lead by men.

Betrayal – treachery – going against something.

Immigration – the action of coming to live permanently in another country.

Justice – Making something fair.

Submissive – conforming to authority or orders

Hamartia – A fatal flaw leading to the downfall of a hero/character.

Fatal Flaw - the reason, mistake or quality that leads to a character's downfall.

Literary terminology:

Tragedy – a play with tragic events leading to an unhappy ending.

Foreshadowing – hints or clues of a future event.

Narrator – the person telling the story.

Stage directions – an instruction that tells the actor how to speak/act.

The fourth wall – the space which separates a performer with the audience.

Tragic hero – the central character that experiences a tragic downfall.

Dramatic irony – when the audience know something that the character(s) do not.

Motifs – a recurring idea or symbol in a story or play.

Prologue – an introductory section to a play

Monologue - a long speech by one actor in a play.

A View From the Bridge context:

- Immigration in 1950s America
- Italian American culture

Context - *A View from the Bridge* was written by Arthur Miller, and was first staged in 1955.



Arthur Miller – Arthur Asher Miller (1915-2005) was an American playwright and essayist. Amongst his most popular plays are *Death of a Salesman*, (1949) *The Crucible* (1953) and *A View from the Bridge* (1955). Miller worked in the Brooklyn shipyards for two years in young adulthood, where he befriended the Italian Americans he worked with. There, he heard stories of men coming over to work and being betrayed.



House Un-American Activities Committee – The HUAC was created in 1938 to try and investigate alleged disloyalty and subversive activities by American citizens and public figures – most notably it was utilised to investigate those with supposed links to Communism. Miller was made to testify before this committee, and give up the names of those that sympathised with Communism. He refused to do this, which landed him with a contempt of court charge (this was later reversed), although he lauded by some for his resolve and integrity.



Conditions in Italy – Italy in the 1950s was a very poor country. The country had suffered huge losses in the Second World War, and the economy was extremely slow to grow subsequent to the end of the war. With no jobs and very few prospects, many opted to try their luck and illegally immigrate to America. Dockyard owners made the most of this situation, getting cheap work out of immigrants until they had 'paid their fare.' They could then make their own way in 'rich America.'



Italian Americans in New York – Many immigrants came to America with ideas of fulfilling their own American Dream, which declares that freedoms, prosperity, success, and social mobility, can all be achieved through hard work. Despite this, many Italians who made it to America faced difficult working conditions for low pay, and lived in slum communities (such as Red Hook) in their own, small communities.



Omerta – Omerta is a code of silence amongst community members, which involves refusal to give evidence to the police. It originated in Sicily in the 16th Century, due to a distrust of the ruling parties – this coincided with the rise of the Sicilian Mafia for protection and the enforcement of community law. At the beginning of the play, Alfieri makes reference to Al Capone and Frankie Yale, who operated in the early part of the twentieth century as leaders of the mafia – who enforced strict codes of Omerta amongst their men.



The Sicilian Mafia – At the beginning of the play, Alfieri makes reference to Al Capone and Frankie Yale, who operated in the early part of the twentieth century as leaders of the Sicilian Mafia, a crime syndicate synonymous with the arrival of Italian immigrants. Largely involved in racketeering, the mafia embodied what Alfieri means by the dangers of 'acting wholly' and not 'taking half.' He suggests that communities have learnt now not to settle their feuds with violence.

Rounding and estimation and indices

Rounding R

2.46192 (to 1dp) - Is this closer to 246 or 247

246 247

This shows the number is closer to 246

Significant Figures

- 370 to 1 significant figure is 400
- 37 to 1 significant figure is 40
- 3.7 to 1 significant figure is 4
- 0.37 to 1 significant figure is 0.4
- 0.00000037 to 1 significant figure is 0.0000004

SF: Round to the first nonzero number

Estimation R

Round to 1 significant figure to estimate

$$214 \times 3.1 \approx 20 \times 3 \approx 60$$

The equal sign changes to show it is an estimation

This is an underestimate because both values were rounded down

It is good to check all calculations with an estimate in all aspects of maths - it helps you identify calculation errors

Addition/ Subtraction laws for indices

$3^5 \times 3^2 \rightarrow 3^7$

$$= (3 \times 3 \times 3 \times 3 \times 3) \times (3 \times 3)$$

The base number is all the same so the terms can be simplified

Addition law for indices

$$a^m \times a^n = a^{m+n}$$

$3^5 \div 3^2 \rightarrow 3^3$

$$\frac{3 \times 3 \times 3 \times \cancel{3} \times \cancel{3}}{\cancel{3} \times \cancel{3}} \rightarrow \frac{3^3}{3^0} \rightarrow \frac{3^3}{1}$$

Subtraction law for indices

$$a^m \div a^n = a^{m-n}$$

Zero and negative indices

$$x^0 = 1$$

Any number divided by itself = 1

$$\frac{a^6}{a^6} = a^6 \div a^6 = a^{6-6} = a^0 = 1$$

Negative indices do not indicate negative solutions

$2^2 = 4$
 $2^1 = 2$
 $2^0 = 1$
 $2^{-1} = \frac{1}{2}$
 $2^{-2} = \frac{1}{4}$

Looking at the sequence can help to understand negative powers

Estimation

Estimations are useful - especially when using fractions and decimals to check if your solution is possible.

Most estimations round to 1 significant figure

Estimations are useful - especially when using fractions and decimals to check if your solution is possible.

$210 + 899 < 1200$

This is true because even if both numbers were rounded up, they would reach $300 + 900$

The correct estimation would be $200 + 900 = 1100$.

Limits of accuracy

A width w has been rounded to 64cm correct to 1dp.

Error interval $6.35 \leq w < 6.45$

Any value within these limits would round to 64 to 1dp

A width w has been truncated to 64cm correct to 1dp.

Error interval $6.4 \leq w < 6.5$

Any value within these limits would truncate to 64 to 1dp

Round to powers of 10 and 1 sig. figure R

If the number is halfway between we "round up"

5495 to the nearest 1000 → 5000

5475 to the nearest 100 → 5500

5475 to the nearest 10 → 5480

370 to 1 significant figure is 400
 37 to 1 significant figure is 40
 3.7 to 1 significant figure is 4
 0.37 to 1 significant figure is 0.4
 0.00037 to 1 significant figure is 0.0004

Round to the first non-zero number

Round to decimal places

2.46192

To 1dp - to one number after the decimal
 To 2dp - to two numbers after the decimal

2.46192 (to 1dp) - Is this closer to 2.4 or 2.5

2.4 2.5

This shows the number is closer to 2.5

2.46192 (to 2dp) - Is this closer to 2.46 or 2.47

2.46 2.47

This shows the number is closer to 2.46

Estimate the calculation

Round to 1 significant figure to estimate

$$4.2 + 6.7 \approx 4 + 7 \approx 11$$

This is an **overestimate** because the 6.7 was rounded up more

The equal sign changes to show it is an estimation

$$214 \times 3.1 \approx 20 \times 3 \approx 60$$

This is an **underestimate** because both values were rounded down

It is good to check all calculations with an estimate in all aspects of maths - it helps you identify calculation errors

Divide expressions with indices

$$\frac{24}{36} \rightarrow \frac{\cancel{2} \times \cancel{2} \times 2 \times \cancel{3}}{\cancel{2} \times \cancel{3} \times 2 \times \cancel{3}} \rightarrow \frac{2}{3}$$

$$\frac{5a^3b^2}{15ab^6} \rightarrow \frac{\cancel{5} \times \cancel{a} \times a \times a \times b \times b}{3 \times \cancel{5} \times \cancel{a} \times b \times b \times b \times b \times b} \rightarrow \frac{a^2}{3b^4}$$

Cross cancelling factors shows cancels the expression

$\frac{23a^7y^2}{5db^6}$

This expression cannot be divided (cancelled down) because there are no common factors or similar terms

Maths

Standard form and working with algebra

Standard form

Any number between 1 and less than 10 → $A \times 10^n$ ← Any integer

Example
 3.2×10^4
 $= 3.2 \times 10 \times 10 \times 10 \times 10$
 $= 32000$

Non-example
 0.8×10^4
 $5.3 \times 10^{0.7}$

10	1	$\frac{1}{10}$	$\frac{1}{100}$	$\frac{1}{1000}$
10^1	10^0	10^{-1}	10^{-2}	10^{-3}
10	1	0.1	0.01	0.001

Any value to the power 0 always = 1

Negative powers do not indicate negative solutions

Numbers in standard form with negative powers will be less than 1

$3.2 \times 10^{-4} = 3.2 \times \frac{1}{10} \times \frac{1}{10} \times \frac{1}{10} \times \frac{1}{10} = 0.00032$

Positive powers of 10

1 billion = 1 000 000 000
 $10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 = 10^9$

Addition rule for indices $10^a \times 10^b = 10^{a+b}$

Subtraction rule for indices $10^a \div 10^b = 10^{a-b}$

Standard form with numbers > 1

Any number between 1 and less than 10 → $A \times 10^n$ ← Any integer

Example
 3.2×10^4
 $= 3.2 \times 10 \times 10 \times 10 \times 10$
 $= 32000$

Non-example
 0.8×10^4
 $5.3 \times 10^{0.7}$

Negative powers of 10

Any value to the power 0 always = 1

Negative powers do not indicate negative solutions

Numbers between 0 and 1

0.054
 $= 5.4 \times 10^{-2}$

1	$\frac{1}{10}$	$\frac{1}{100}$	$\frac{1}{1000}$
10^0	10^{-1}	10^{-2}	10^{-3}
0	0	5	4

A negative power does not mean a negative answer — it means a number closer to 0

Order numbers in standard form

10^2	10^1	10^0	10^{-1}	10^{-2}	10^{-3}	10^{-4}
--------	--------	--------	-----------	-----------	-----------	-----------

6.4 x 10⁻² 2.4 x 10² 3.3 x 10⁰ 1.3 x 10⁻¹

0.064 240 1 0.13

Look at the power first will the number be > or < than 1

Use a place value grid to compare the numbers for ordering

Mental calculations

$6.4 \times 10^2 \times 1000$ Not in Standard Form
 $= 6.4 \times 10^2 \times 10^3$ Use addition for indices rule
 $= 6.4 \times 10^5$

$(2 \times 10^3) \div 4$ Divide the values
 $= (2 \div 4) \times 10^3$
 $= 0.5 \times 10^3$

Remember the layout for standard form

Any number between 1 and less than 10 → $A \times 10^n$ ← Any integer

Addition and Subtraction

Tip: Convert into ordinary numbers first and back to standard form at the end

$6 \times 10^5 + 8 \times 10^5$

Method 1
 $= 600000 + 800000$
 $= 1400000$
 $= 1.4 \times 10^6$

Method 2
 $= (6 + 8) \times 10^5$
 $= 14 \times 10^5$
 $= 1.4 \times 10^1 \times 10^5$
 $= 1.4 \times 10^6$

This is not the final answer

More robust method
 Less room for misconceptions
 Easier to do calculations with negative indices
 Can use for different powers

Only works if the powers are the same

Using a calculator

$14 \times 10^5 \times 3.9 \times 10^3$

Input 14 and press $\times 10^x$ Then press 5 (for the power)
 Press \times
 Input 3.9 and press $\times 10^x$ Then press 3 (for the power)
 Press $=$

This gives you the solution

Click calculator for video tutorial

To put into standard form and a suitable degree of accuracy
 Press MODE SETUP and then press 7 for sci mode
 Choose a degree of accuracy so in most cases press 2

Answer: 5.5×10^8

Multiplication and division

For multiplication and division you can look at the values for A and the powers of 10 as two separate calculations

Division questions can look like this

$(1.5 \times 10^5) \div (0.3 \times 10^3)$
 $(15 \times 10^5) \div (0.3 \times 10^3)$
 $(15 \div 0.3) \times 10^5 \div 10^3$
 $= 5 \times 10^2$

Revisit addition and subtraction laws for indices — they are needed for the calculations

Division law for indices $a^m \times a^n \div a^m = a^n$

Subtraction law for indices $a^m \div a^n = a^{m-n}$

Algebraic constructs

Expression
 A sentence with a minimum of two numbers and one maths operation

Equation
 A statement that two things are equal

Term
 A single number or variable

Identity
 An equation where both sides have variables that cause the same answer includes \equiv

Formula
 A rule written with all mathematical symbols e.g. area of a rectangle $A = b \times h$

Like and unlike terms

Like terms are those whose variables are the same

♥ and 3♥ are like terms
 the variable is the same

★ and 3♥ are unlike terms
 the variables are NOT the same

Examples and non-examples

Like terms
 $y, 7y, 2x^2, x^2, ab, 10ba, 5, -2$

Un-like terms
 $y, 7x, 2x^2, 2c^2, ab, 10a, 5, -2t$

Note here ab and ba are commutative operations, so are still like terms

Collecting like terms \equiv symbol

The \equiv symbol means equivalent to
 It is used to identify equivalent expressions

Collecting like terms
 Only like terms can be combined

$4x + 5b - 2x + 10b$
 $(4x + 5b) - (2x + 10b)$
 $2x + 15b$

Common misconceptions
 $2x + 3x^2 + 4x \equiv 6x + 3x^2$

Although they both have the x variable x^2 and x terms are unlike terms so can not be collected

Substitution into expressions

$4y$ ← 4 lots of 'y'

If $y = 7$ this means the expression is asking for 4 lots of 7

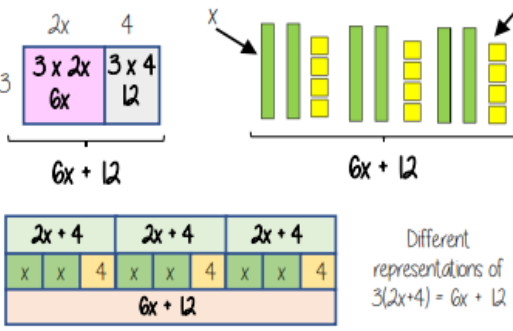
4×7 OR $7 + 7 + 7 + 7$ OR 7×4 **-28**

eg: $y - 2$
 $= 7 - 2 = 5$

Expanding, factorising and rearranging

Maths

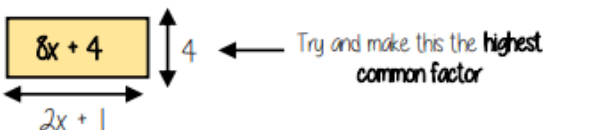
Multiply single brackets $3(2x + 4)$



$6x + 12$ $6x + 12$

Different representations of $3(2x+4) = 6x + 12$

Factorise into a single bracket $8x + 4$

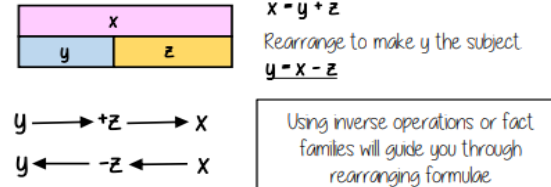


The two values **multiply** together (also the area) of the rectangle

$8x + 4 \equiv 4(2x + 1)$

Note:
 $8x + 4 \equiv 2(4x + 2)$
 This is factorised but the HCF has not been used

Rearranging Formulae (one step)



Rearranging can also be checked by substitution.

Language of rearranging...

- Make XXX the subject
- Change the subject
- Rearrange

Rearranging Formulae (two step)

In an equation (find x)

$$4x - 3 = 9$$

$$+3 \quad +3$$

$$4x = 12$$

$$\div 4 \quad \div 4$$

$$x = 3$$

In a formula (make x the subject)

$$xy - s = a$$

$$+s \quad +s$$

$$xy = a + s$$

$$\div y \quad \div y$$

$$x = \frac{a+s}{y}$$

The steps are the same for solving and rearranging

Rearranging is often needed when using $y = mx + c$

eg Find the gradient of the line $2y - 4x = 9$

Make y the subject first $y = \frac{4x+9}{2}$ Gradient = $\frac{4}{2} = 2$

Method 1

$$(3x + 2)(5x + 3)$$

$$= 15x^2 + 9x + 10x + 6$$

$$= 15x^2 + 19x + 6$$

You can use the grid method

Don't forget to simplify $9x + 10x = 19x$

You must take care with the 'signs' in front of the terms

$$(4x - 7)^2$$

x	4x	- 7
4x	$16x^2$	- 28x
-7	-28x	+ 49

$$= 16x^2 - 28x - 28x + 49$$

$$= 16x^2 - 56x + 49$$

Don't forget to simplify $-6x + 5x = -x$

Method 2

$$(5x - 3)(2x + 1)$$

x	5x	- 3
2x	$10x^2$	- 6x
+1	+5x	-3

$$= 10x^2 - 6x + 5x - 3$$

$$= 10x^2 - x - 3$$

C1 & 2: States of matter and separating substances

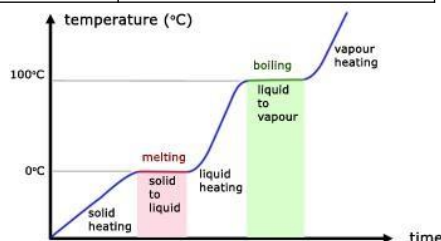
Lesson sequence

- States of matter
- Mixtures
- Filtration and crystallisation
- Paper chromatography
- Distillation
- Core practical – investigating inks (CP7)
- Drinking water

1. States of matter

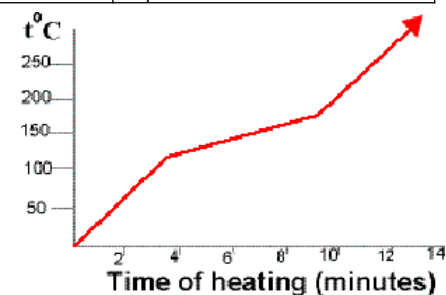
*Particle	The tiny pieces that all matter is made from.
*Atom	The smallest independent particle. Everything is made of atoms.
*Molecule	A particle made from two or more atoms bonded together.
*State of matter	Whether a substance is solid, liquid or gas.
*Particle model	A theory that uses the idea of particles to explain the differences between solids, liquids and gases.
*Solid	Particle arrangement: Regular pattern, touching each other. Particle movement: Vibrating around a fixed point.
*Liquid	Particle arrangement: Random, touching each other. Particle movement: Moving around
*Gas	Particle arrangement: Random Particle movement: Moving quickly
*State changes	Solid to liquid = melting Liquid to solid = freezing Liquid to gas = evaporating or boiling Gas to liquid = condensation Solid to gas = sublimation Gas to solid = deposition

****Heating curve for a pure substance**
Temperature rises as you heat a solid, levels out as it melts, continues rising once fully liquid, levels out whilst boiling and rises again once fully gas.



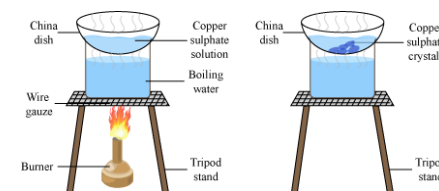
2. Mixtures

*Element	A substance made from only one type of atom.
*Compound	A substance made from two of more different elements bonded together.
*Mixture	A substance made of two of more substances (elements or compounds) mixed but not bonded together.
**Melting point of mixtures	Mixtures do not melt at a fixed temperature but melt gradually over a range of temperatures.
**Heating curves of mixtures	The flat sections of the heating curves of a pure substance are sloped for a mixture.



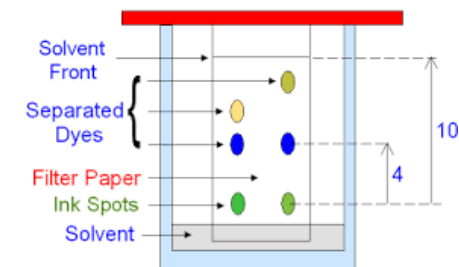
3. Filtration and crystallisation

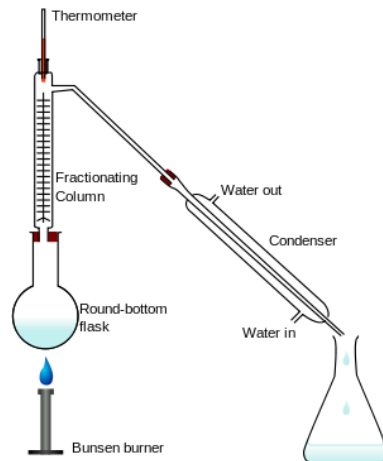
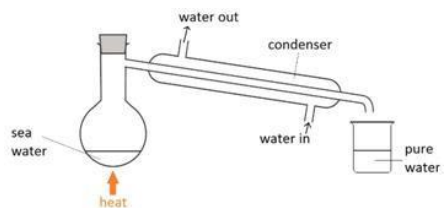
*Dissolve	When a substance mixes with a liquid by breaking down into individual particles (atoms or molecules).
*Soluble	When a substance can be dissolved by a liquid.
*Insoluble	When a substance can't be dissolved by a liquid.
*Filtration	A method of separating a mixture of a liquid and an insoluble solid by passing it through a filter paper.
**Residue	The solid that gets left behind in the filter paper.
**Filtrate	The liquid that passes through the filter paper.
**How filtration works	The filter paper contains many tiny holes. The water molecules are small enough to pass through the holes, the solid particles are too big and get trapped.
*Solution	A mixture of a solute dissolved in a solvent.
**Solvent	A liquid that has dissolved a substance, for example water.
**Solute	A solid that has been dissolved, for example salt.
*Crystallisation	A method of collecting the dissolved solid from a solution by heating it so that the solvent evaporates away.
**Risks of crystallisation	As the solvent boils away, the hot solution can spit, so you should wear safety goggles to protect your eyes.



4. Paper chromatography

*Paper chromatography	A method of separating out mixtures of liquids to show what is in them, by letting them travel up a piece of chromatography paper.
*Chromatography method	<ol style="list-style-type: none"> Draw pencil line on paper Place sample spot on line Place paper in solvent, with solvent below pencil line. Allow solvent to soak up the paper Stop when solvent near top, and mark how far it gets.
**Stationary phase	The substance the solvent moves through – usually paper (Note: technically it is a thin layer of water from air that is bound to the paper molecules)
**Mobile phase	The solvent.
**R_f (retardation factor)	$R_f = \text{spot distance} / \text{solvent distance}$
**Uses of R_f	R _f enables you to identify a substance because for a given solvent and stationary phases, it is unique to each substance.
**Uses of chromatography	<ul style="list-style-type: none"> - To tell between pure and impure substances - To identify substances by comparison with known ones - To identify substances by calculating R_f.

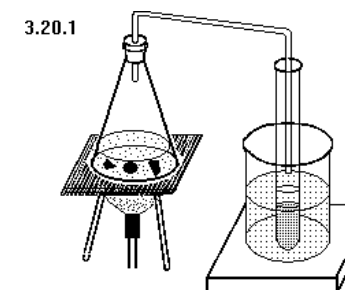




5. Distillation	
*Distillation	A method used to collect pure liquid from a solution, such as getting pure water from seawater.
**Condenser	A glass tube surrounded by a glass jacket containing cold tap water. Used to condense gases back to liquids.
**How distillation works	The solution is heated until it is hot enough for the solvent to boil. The solvent is then passed through a cool condenser where it turns back to liquid. The solute does not get hot enough to evaporate and stays where it is.
**Anti-bumping granules	Jagged grains of glass that are added during distillation to prevent violent boiling.
*Fractional distillation	A type of distillation used to separate mixtures of two or more liquids.
**How fractional distillation works	The liquid with the lowest boiling point boils first and can be collected, then the next boils and so on.
**Fractionating column	A tall glass column used during fractional distillation that gives a better separation of the liquids by producing

6. Core practical – investigating inks (CP7)	
*CP7 – Aim	To separate inks using distillation and chromatography.
*CP7 – Distillation set up	Place some ink in a conical flask with a side arm and delivery tube attached, place the flask on a tripod above a Bunsen burner. Place a boiling tube in a beaker of ice and place the delivery tube into the boiling tube.
*CP7 – Run the distillation	Light the Bunsen burner and allow the ink to boil, stop once a few drops of liquid have collected.
*CP7 – Distillation results	Pure water collects in the test tube because it boils and the cold ice condenses the vapours back to liquid. The ink gets darker because there is less water to dilute it.
*CP7 – Chromatography setup	<ol style="list-style-type: none"> 1. Draw pencil line on paper 2. Place ink spot on line 3. Place paper in solvent, with solvent below pencil line. 4. Allow solvent to soak up the paper 5. Stop when solvent near top, and mark how far it gets.

*CP7 – Chromatography - calculate Rf	Measure how far each of your spots has moved from the line and how far the solvent has moved. $R_f = \text{spot distance} / \text{sample distance}$.
*CP7 – Chromatography results	The ink separates into multiple different spots. The one that moves furthest is most soluble in the water.



7. Drinking water	
*Potable water	Water that is safe to drink.
*Desalination	Producing pure water from seawater.
**Purifying seawater	The seawater is distilled: heating the water to produce water vapour and condensing it back to liquid. Uses lots of energy.
**Uses of pure water	Pure water has to be used when chemists analyse substances to find out what they contain. Tap water contains many dissolved substances that could interfere with this.
**Water treatment in the UK	Water is passed through a sedimentation tank, to allow sediment to settle out, it is passed through a filtration tower to remove floating particles, chlorine is added to kill bacteria.

C3 & 4: Atoms and the periodic table	
Lesson sequence	
1. Structure of atoms 2. Detailed structure of atoms 3. Isotopes 4. Mendeleev's periodic table 5. The modern periodic table 6. Electron configuration	

1. Structure of atoms	
*Particle	The tiny pieces that all matter is made from.
*Atom	The smallest independent particle. Everything is made of atoms.
**Size of atoms	About 1×10^{-10} m in diameter.
**Dalton's model of atoms	<ul style="list-style-type: none"> - Tiny hard spheres - Can't be broken down - Can't be created or destroyed - Atoms of an element are identical - Different elements have different atoms
*Subatomic particles	Smaller particles that atoms are made from.
*Proton	Mass = 1 Charge = +1 Location = nucleus
*Neutron	Mass = 1 Charge = 0 Location = nucleus
*Electron	Mass = $1/1835$ (negligible) Charge = -1 Location = shells orbiting nucleus
*Nucleus	Central part of an atom, 100,000 times smaller than the overall atom

2. Detailed structure of atoms	
**Alpha particle	Small positively charged particle made of two protons and two neutrons.
**Scattering	When particles bounce back or change direction.
**Rutherford's experiment	Fired alpha particles at gold leaf, used a phosphor-coated screen to track where they went.

**Rutherford's results	Most alpha particles went through, some scattered (changed direction).
**Rutherford's explanation	Scattered particles hit a solid nucleus. Most did not hit it, therefore nucleus is small
*Atomic number	The bottom number on the periodic table, gives the number of protons and electrons.
*Atomic mass	The top number on the periodic table, gives the total protons and neutrons together.
*Number of protons	The atomic number.
*Number of electrons	The atomic number.
*Number of neutrons	Atomic mass minus atomic number.
*Number of protons and electrons	Equal, because each negative electron is attracted to a positive proton in the nucleus.

3. Isotopes	
**Isotopes	Atoms with the same number of protons but different number of neutrons.
**Describing isotopes	Mass after the name (e.g. boron-10) or superscript mass before the symbol (^{10}B).
*Nuclea r fission	Large unstable atoms break into two smaller stable ones.
**Uses of fission	Nuclear power, nuclear weapons.
**Relative atomic mass, A_r	The weighted average of the masses of all of the isotopes of an element.
***Isotopic abundance	The percentage of an element that is made of a particular isotope.
***Calculating A_r	<ul style="list-style-type: none"> - Multiply each mass by the decimal % - Add these up Note: (decimal % = %/100)

*Mendeleev's periodic table	Ordered by increasing A_r , some elements switched according to their properties.
*Chemical properties	Includes reaction with acid and formula of oxide.
*Physical properties	Includes melting point and density.
**Gaps in Mendeleev's periodic table	Mendeleev left gaps where no known element fitted and predicted these would be filled with newly discovered elements.
**Eka-aluminium	An element that Mendeleev thought would fill a gap. He predicted its properties, which matched gallium when discovered.

5. The modern periodic table																	
*Noble gases	Gases that do not react: He, Ne, Ar, Kr.																
**Moseley's experiment	Fired electrons at samples of elements and measured X-rays produced.																
**Moseley's results	Energy of x-rays produced proportional to the positive charge of the element.																
**Conc. from Moseley's work	The atomic number must be the number of protons in the atoms.																

**Pair reversals	Elements (like Ar and K) that are not in order of increasing mass.
**Explaining pair reversals	It means elements should be ordered by increasing atomic number instead.

6. Electron configuration	
*Shells	Electrons orbit atoms in shells.
*First shell	Holds up to two electrons.
*Second shell	Holds up to eight electrons.
*Third shell	Holds up to eight electrons.
*Number of electrons	Given by the atomic number.
*Filling shells	Fill shells from the first shell out. Move up a shell when current one is full.
*Electron configuration	The number of electrons in each shell (e.g. Al is 2.8.3).
*Outer shell	The last shell with any electrons in it.
**Groups	Columns in the periodic table, tell you the number of electrons in the outer shell.
**Periods	Rows in the periodic table, tell you the number of electron shells.

Key																	
relative atomic mass																	
atomic symbol																	
atomic (proton) number																	
1 H Hydrogen 1																	2 He Helium 2
3 Li Lithium 3	4 Be Beryllium 4	5 B Boron 5	6 C Carbon 6	7 N Nitrogen 7	8 O Oxygen 8	9 F Fluorine 9	10 Ne Neon 10	11 Na Sodium 11	12 Mg Magnesium 12	13 Al Aluminium 13	14 Si Silicon 14	15 P Phosphorus 15	16 S Sulfur 16	17 Cl Chlorine 17	18 Ar Argon 18	19 K Potassium 19	20 Ca Calcium 20
21 Sc Scandium 21	22 Ti Titanium 22	23 V Vanadium 23	24 Cr Chromium 24	25 Mn Manganese 25	26 Fe Iron 26	27 Co Cobalt 27	28 Ni Nickel 28	29 Cu Copper 29	30 Zn Zinc 30	31 Ga Gallium 31	32 Ge Germanium 32	33 As Arsenic 33	34 Se Selenium 34	35 Br Bromine 35	36 Kr Krypton 36	37 Rb Rubidium 37	38 Sr Strontium 38
39 Y Yttrium 39	40 Zr Zirconium 40	41 Nb Niobium 41	42 Mo Molybdenum 42	43 Tc Technetium 43	44 Ru Ruthenium 44	45 Rh Rhodium 45	46 Pd Palladium 46	47 Ag Silver 47	48 Cd Cadmium 48	49 In Indium 49	50 Sn Tin 50	51 Sb Antimony 51	52 Te Tellurium 52	53 I Iodine 53	54 Xe Xenon 54	55 Cs Caesium 55	56 Ba Barium 56
57 La* Lanthanum 57	58 Ce* Cerium 58	59 Pr* Praseodymium 59	60 Nd* Neodymium 60	61 Pm* Promethium 61	62 Sm* Samarium 62	63 Eu* Europium 63	64 Gd* Gadolinium 64	65 Tb* Terbium 65	66 Dy* Dysprosium 66	67 Ho* Holmium 67	68 Er* Erbium 68	69 Tm* Thulium 69	70 Yb* Ytterbium 70	71 Lu* Lutetium 71	72 Hf Hafnium 72	73 Ta Tantalum 73	74 W Tungsten 74
75 Re Rhenium 75	76 Os Osmium 76	77 Ir Iridium 77	78 Pt Platinum 78	79 Au Gold 79	80 Hg Mercury 80	81 Tl Thallium 81	82 Pb Lead 82	83 Bi Bismuth 83	84 Po Polonium 84	85 At Astatine 85	86 Rn Radon 86	87 Fr Francium 87	88 Ra Radium 88	89 Ac* Actinium 89	90 Th Thorium 90	91 Pa* Protactinium 91	92 U Uranium 92
93 Np Neptunium 93	94 Pu Plutonium 94	95 Am Americium 95	96 Cm Curium 96	97 Bk Berkelium 97	98 Cf Californium 98	99 Es Einsteinium 99	100 Fm Fermium 100	101 Md Mendelevium 101	102 No Nobelium 102	103 Lr Lawrencium 103	104 Rf Rutherfordium 104	105 Db Dubnium 105	106 Sg Seaborgium 106	107 Bh Bohrium 107	108 Hs Hassium 108	109 Mt Meitnerium 109	110 Ds Darmstadtium 110
111 Rg Roentgenium 111	112 Cn Copernicium 112	113 Nh Nihonium 113	114 Fl Flerovium 114	115 Mc Moscovium 115	116 Lv Livermorium 116	117 Ts Tennessine 117	118 Og Oganesson 118	119 Uu Ununennium 119	120 Uub Unbinilium 120	121 Uut Untrium 121	122 Uuq Unquadium 122	123 Uuq Unquadium 123	124 Uuq Unquadium 124	125 Uuq Unquadium 125	126 Uuq Unquadium 126	127 Uuq Unquadium 127	128 Uuq Unquadium 128

Elements with atomic numbers 112-116 have been reported but not fully authenticated.



Working Scientifically

Types of Variable

Independent - the variable that is **changed**

Dependent - the variable that is **measured**

Control - the variable that stays the **same**

Qualitative - Worded data.

Continuous - Numbered data, can be any value.

Discrete - Numbered data, only certain values.

Tables

Units **only** go in headings

Time (s)	Vol. gas (cm ³)

Types of Error

Systematic - a problem with the method or equipment used. E.g. using a beaker to measure the volume of a liquid instead of a measuring cylinder.

The effect cannot be reduced by taking repeat readings.

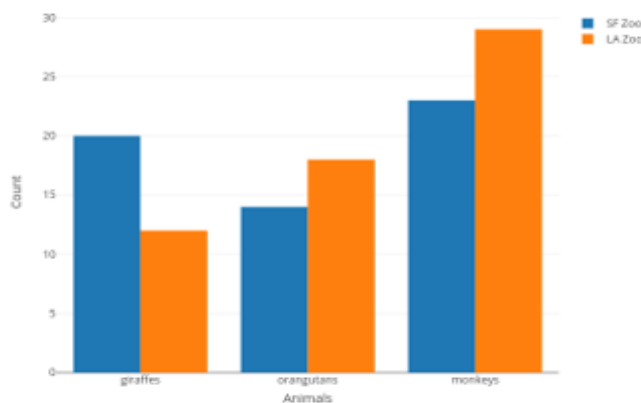
Random - whenever something is measured a random error is made. E.g. measuring with a ruler.

The effect can be reduced by taking repeat readings.

Zero - caused by a piece of equipment not reading zero when it should. E.g. a balance. Either reset the piece of equipment or deduct the false reading from all measurements.

Type of graph plotted for one **qualitative** variable and one **continuous** variable.

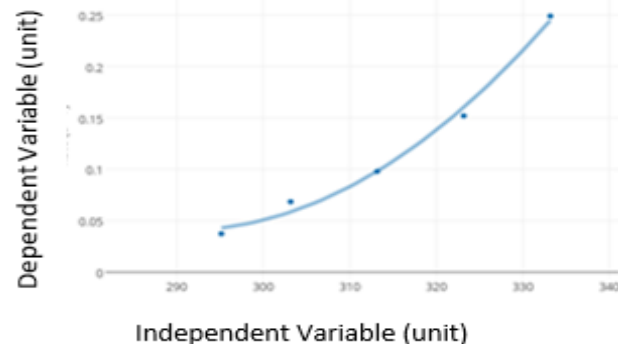
data



Line Graph

Type of graph plotted for two pieces of **continuous** data

Has a **line of best fit**. This may be a **straight line** or a **curve** (not join the dots)



Key words

Accurate - close to the true value

Anomalous - a result that doesn't fit the pattern

Precise - small amount of spread around the mean

Resolution - the smallest reading on a piece of measuring equipment

Reproducible - if the same results are obtained by different people for the same investigation

Range - the biggest and smallest values of the independent or dependent variable e.g. 0-10 N

Volume - amount of a liquid

Hypothesis - a prediction of what will happen in an experiment.

B1: Biology key concepts
Lesson sequence

1. Microscopes
2. Plant and animal cells
3. Measuring cells
4. Core practical: using microscopes
5. Specialised cells
6. Bacterial cells
7. Digestive enzymes
8. How enzymes work
9. Factors affecting enzymes
10. Core practical: enzymes and pH
11. Cell transport
12. Core practical: osmosis in potatoes

1. Microscopes

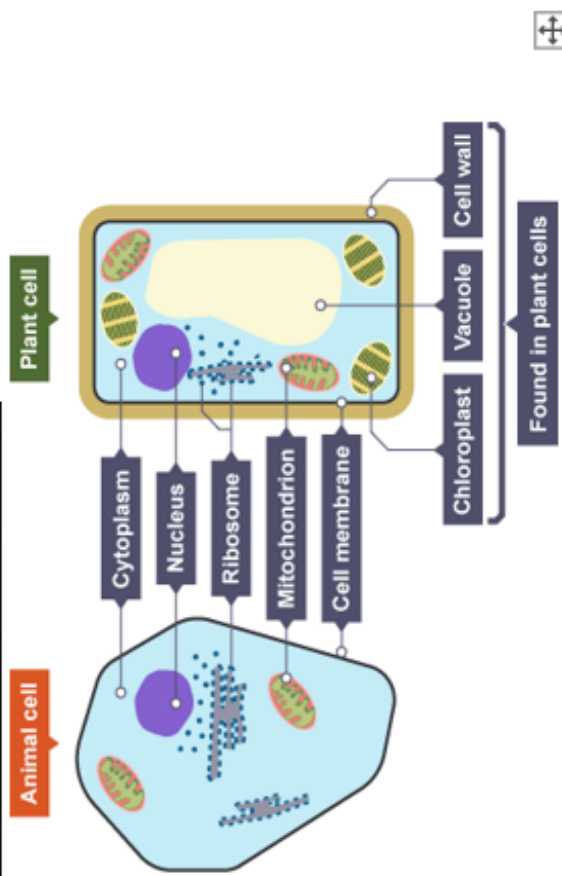
Magnification	The number of times bigger something appears under a microscope.
Eyepiece lens	The lens on a microscope that you look through.
Objective lens	The lens at the bottom of a microscope. There are normally three you can choose from.
Total magnification	Eyepiece lens x objective lens.
Resolution	The smallest distance between two points so that they can still be seen as two separate points.
Stains	Dyes added to microscope slides to show the details more clearly.
Milli	Thousandth, 1×10^{-3} (a millimetre is a thousandth of a metre).

Micro	Millionth, 1×10^{-6} (a micrometre is a millionth of a metre).
Nano	Billionth, 1×10^{-9} (a nanometre is a billionth of a metre).
Pico	Trillionth, 1×10^{-12} (a picometre is a trillionth of a metre).


2. Plant and animal cells

Cell	The basic structural unit of all living things (the building blocks of life).
Parts of an animal cell	Cell membrane, cytoplasm, nucleus, ribosomes, mitochondria.
Parts of a plant cell	Cell membrane, cytoplasm, nucleus, ribosomes, mitochondria, cell wall, permanent vacuole, chloroplasts.
Cell membrane	Controls what enters and leaves the cell.
Cytoplasm	A jelly-like substance where chemical reactions take place.

Nucleus	Contains DNA and controls the cell.
Ribosome	Produces proteins.
Mitochondria	Releases energy by aerobic respiration.
Cell wall	Protects and supports the cell, made of cellulose.
Permanent vacuole	Stores sap and helps to support the cell.
Chloroplast	Where photosynthesis happens, contains chlorophyll.


3. Measuring cells

Micrograph	A picture produced by a microscope.
Light microscope	A microscope that uses light, can magnify up to 1500 times.
Electron microscope	A microscope that uses electrons to produce an image, can magnify up to 1,000,000 times.
Actual size of a cell	Actual size = measured size / magnification
Convert mm to μm	Micrometres (μm) = millimetres (mm) x 1000

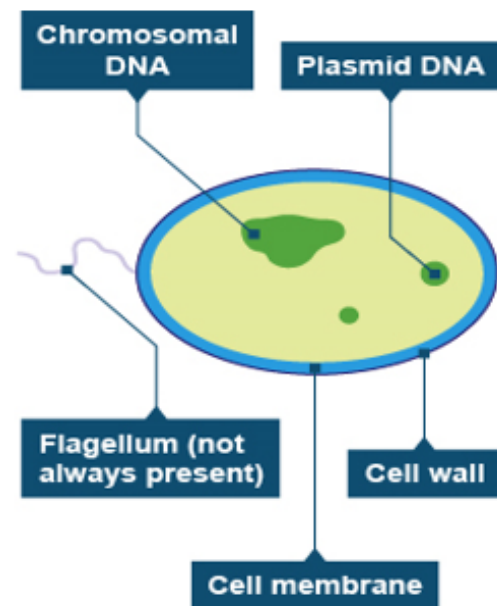
4. Core practical – using microscopes

key question	What do cells look like under a light microscope?
Prepare the slide	Collect the cells you are studying and place them on the slide. Add a drop of stain and cover with a cover slip.
Select lens	Choose between the 4x, 10x and 40x objective lenses.
Place slide in microscope	Place slide on microscope stage, adjust the coarse focus until the lens is just touching the slide.
Rough focus	Looking through the eyepiece, slowly adjust the coarse focus until you see a rough image.
Fine focus	Looking through the eyepiece, slowly adjust the fine focus until you see a sharply focussed image.
Record the image	Draw what you see, label any cell parts you can recognise and repeat with different objective lenses.
Results	As you increase the magnification of the objective lens, the cells appear larger and more detailed.

5. Specialised cells	
Small intestine cell	Job: To absorb small food molecules produced during digestion. Adaptations: Tiny folds called microvilli that increase their surface area.
Sperm cell	Job: Fertilise an egg and deliver male DNA. Adaptations: A tail to swim, mitochondria to give energy for swimming, an acrosome to break through the egg's jelly coat, haploid nucleus with only half the total DNA.
Egg cell	Job: To be fertilised by a sperm and then develop into an embryo. Adaptations: Jelly coat to protect the cell, many mitochondria, and nutrients to provide energy for growth, haploid nucleus with only half the total DNA.
Ciliated epithelial cell	Job: To clear mucus out of your lungs (and other internal surfaces). Adaptations: Small hairs on the surface – called cilia – which wave to sweep mucus along.

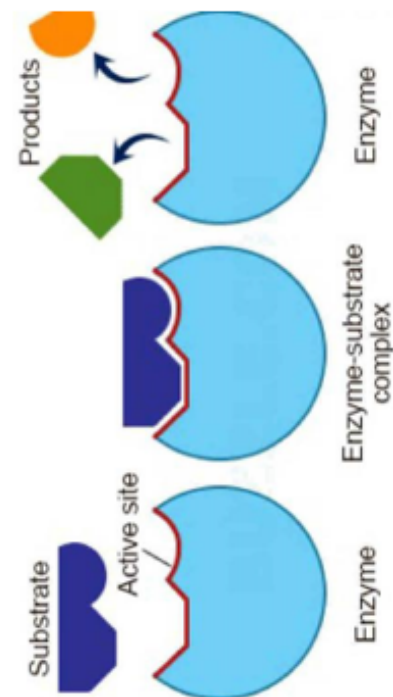
6. Bacterial cells	
Parts of a bacterial cell	All bacteria: Cell membrane, cell wall, cytoplasm, ribosomes, chromosomal DNA, plasmid DNA Some bacteria: flagellum.
Chromosomal DNA	Large piece of DNA containing most genes.
Plasmid DNA	Small loops of DNA containing a few genes.
Flagellum	A tail used for movement.

Eukaryotic cells	Cells with a nucleus.
Prokaryotic cells	Cells without a nucleus.
Standard form	A way of writing numbers in terms of powers of ten. E.g. $0.015 = 1.5 \times 10^{-2}$ $0.000458 = 4.56 \times 10^{-4}$ The index of ten (the 'minus' number) tell you which decimal point to start on.



7. Digestive enzymes	
Digestion	Breaking large food molecules down into ones small enough to be absorbed by the small intestine.
Catalyst	A substance that speeds up a chemical reaction without being used up.

Enzyme	A protein that works as a catalyst to speed up the reactions in our cells.
Digestive enzymes	Enzymes that break large food molecules down into smaller ones.
Amylase	Where found: saliva, small intestine What it does: breaks down starch into simple sugars such as maltose
Lipase	Where found: small intestine What it does: breaks down fats into fatty acids and glycerol
Protease	Where found: stomach (pepsin), small intestine (trypsin) What it does: breaks down proteins into amino acids

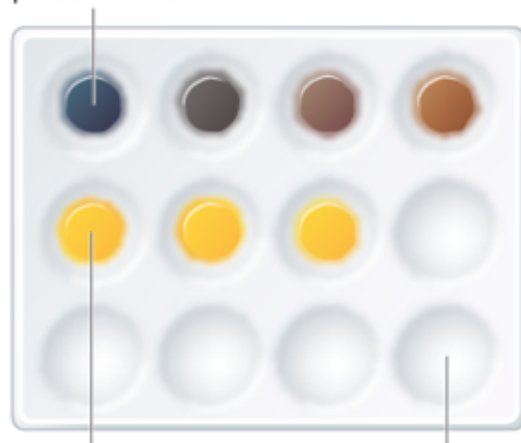


8. How enzymes work	
Substrate	The chemical(s) that an enzyme works on.
Active site	An area of an enzyme with the same shape as the substrate.
Lock and key mechanism	The substrate moves into the active site and reacts to form the products. The products leave the active site so another substrate can then enter and so on.
Specificity	Each enzyme can only work on one substrate because the shape of the active site has to match.
Denature	When the shape of the active site changes so the enzyme stops working.

9. Factor affecting enzymes	
Optimum temperature	The temperature when an enzyme works fastest (about 37° for human enzymes).
Changing the temperature	Increasing to optimum: rate increases because particles move faster Increasing past optimum: rate decreases as enzyme denatures
Optimum pH	The pH when enzymes work fastest (around pH 6-8 for most human enzymes)
Changing pH	Rate decreases as you move away from the optimum because the enzyme denatures.
Increasing substrate concentration	At first the rate increases, but then it levels out as the enzyme is working as fast as possible.

10. Core practical – enzymes and pH	
key question	How does the rate that amylase works change as you change the pH?
Prepare your reactants	Place starch solution, amylase solution and pH 7 buffer into separate test tubes and warm them in a water bath at 40°C
Prepare your dropping tile	Place a few drops of iodine solution into each well of a spotting tile.
Start the reaction	Mix reactants together, start the stop watch and keep the mixture warm in the water bath.
Test for starch	Remove a small amount of mixture and place in a well on the spotting tile.
Record your results	Repeat the test until the mixture does not go black (no starch). Record the time.
Vary the pH	Repeat with different pH buffers from pH 3 to pH 10
Results	The amylase works fastest around pH 7 and more slowly at pH high or lower than this.

A blue/black colour indicates the presence of starch.



A yellow/orange colour that no longer changes indicates that the reaction is complete.

B iodine solution is used to indicate the presence of starch

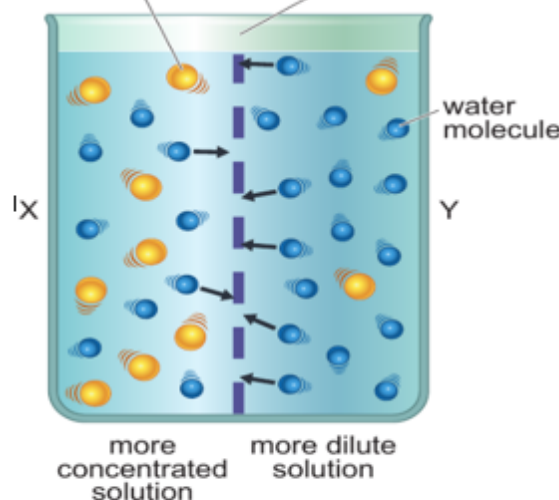
11. Cell transport	
Concentration	The number of particles in a given volume (the strength of a solution).
Concentration gradient	The difference in concentration between two neighbouring areas.
Diffusion	The movement of particles from high to low concentration (down a concentration gradient).
Diffusion examples	Lungs: oxygen into blood, carbon dioxide out of blood Leaf: carbon dioxide into leaf, oxygen out of leaf.

Partially permeable membrane	A membrane that allows some molecules but not others to pass through it (like a cell membrane).
Osmosis	The movement of water across a partially permeable membrane from high water/low solute conc to low water/high solute conc.
Osmosis examples	Water into plant roots, water in/out of any cells.
Active transport	Using energy to move substances from low to high concentration (up a concentration gradient).
Active transport examples	Minerals being absorbed into plant roots.

12. Core practical – osmosis in potatoes	
Prepare potatoes	Cut six similar pieces of potato, blot them dry and weigh them.
Run the experiment	Place each potato piece in a test tube with sucrose (sugar) solutions with concentrations from 0% to 50%
Record results	Blot each potato piece dry and re-weigh it.
Calculate percentage mass change	$\% \text{ change} = (\text{final value} - \text{starting value}) / \text{starting value} \times 100$
Results	Potato in weaker sucrose solutions gain mass because water enters potatoes by osmosis, those in stronger solutions lose mass as water leaves by osmosis.

soluble molecule that is too large to pass through the membrane (e.g. sucrose)

partially permeable membrane allows molecules to pass through if they are small enough



C In osmosis, a solvent flows from a dilute solution of a solute to a more concentrated one.

Countdown to war



June

28th June Assassination of Franz Ferdinand

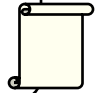


July

5th July Germany give their support to Austria-Hungary. The blank cheque



23rd July Austria-Hungary issues Serbia with a list of demands



28th July Austria-Hungary declares war on Serbia.



31st July Russia mobilised for war



Aug

1st August Germany declares war on Russia



3rd August Germany declares war on France



4th August Britain declares war on Germany



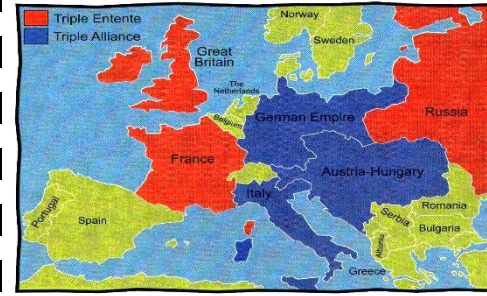
What were the causes of WW1?

Alliances

Europe's six major powers were split into two alliances:

The Triple Entente - Britain, France and Russia.
The Triple Alliance- Germany, Austria-Hungary, and Italy.

In addition, Great Britain has promised to support Belgian neutrality and Russia has promised to support Serbia.



Key Dates

1879	Dual Alliance between Germany and Austria-Hungary signed.
1882	Triple Alliance formed when Italy joined the Dual Alliance.
1904	Entente Cordiale signed between Britain and France.
1905	Germany creates the Schlieffen Plan to avoid facing a war on two fronts.
1906	Britain launches HMS Dreadnought, starting the Naval Arms Race .
1907	Russia joins the alliance with Britain and France, becoming the Triple Entente .

MAIN Causes of WW1

M: Militarism: A country wanting to have a strong army and navy.



A: Alliances: A group of countries that promise to protect and support each other.



I: Imperialism: A act of growing an empire. This brought conflict with other countries keen to expand their empires.



N: Nationalism: The belief that your country is stronger and better than others.



Long term cause

Key Terms

Factors or causes which happen a long time before an event takes place.

Short term cause

Factors or causes which happen just before an event takes place. Usually a catalyst.

The Triple Alliance

The Triple Alliance was the treaty by which Germany, Austria-Hungary and Italy agreed to support each other militarily in the event of an attack against any of them.

The Triple Entente

The Triple Entente was a diplomatic and military agreement between France, Great Britain, and Russia, formed in part as a response to the formation of the Triple Alliance.

Black Hand Gang

Serbian Nationalist group aimed to unite all Serbian people in a Greater Serbia.



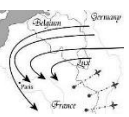
Naval arms race

The race between Germany and Great Britain between from 1906 to 1914 following Britain launched the first dreadnought a ship that meant all others were redundant before its awesome fire power.



Schlieffen plan

The German idea to avoid a war on two fronts. It would quickly defeat France. It assumed the Russian's would be slow to mobilise. The plan did not work.



Key People



Franz Ferdinand	Heir to the throne of Austro-Hungarian Empire. Assassinated by Gavrilo Princip.
-----------------	---



Gavrilo Princip	A Bosnian Serb from a peasant family, who succeeded to kill Franz Ferdinand, the trigger event for World War One.
-----------------	---



Kaiser Wilhelm II	The Kaiser was the official head (Emperor) of Germany before and during World War 1.
-------------------	--

What were the causes of WW1?



Militarism



Germany

Germany concerned about fighting a war against Russia and France. The Army Bill (1912 and 1913) increased the German army by 20% to 800,000 men in 1914.

Schlieffen Plan, focused on defeating France first. It relied on defeating them quickly.

Passed a new Naval Law in 1906 started building SMS Rheinland battleship.

Britain

Feared Germany because they had a very small army (about 100,000) but protected herself with the Royal Navy. Built more dreadnoughts.

By 1914 Britain had 32 Battleships, Germany had 19.

France

France had hated Germany after the Franco-Prussian War. Increased her army from 715,000 to 910,000 between 1900 and 1914, in 1913 military service increased 2-3 years.

Russia

Russia was humiliated by Japan in a short war in 1905 and by Germany in the Bosnian crisis of 1908. As a result, in 1913 Russia increased the size of her land army to 1.3 million by 1914, 500,000 were added in 1913.

Imperialism



Great Britain

- Largest empire in the world.
- Merchant ships sailed to the colonies and the Royal Navy kept the sea routes open.
- Any challenge to the navy put the empire at risk.

France

- Second largest empire in the world.
- France was keen to keep colonies
- Lost Alsace & Lorraine to Germany in 1871,
- Wanted to preserve international reputation.

Russia

- Russia had no overseas empire.
- Wanted to expand into:
 - Manchuria - to have ports that didn't freeze in the winter,
 - the Balkans so that its navy would have access into the Mediterranean Sea.

Austria-Hungary

- Was a large empire in central Europe, composed of many different people of many different languages, some of whom wanted independence.



Germany

- Wanted to become a strong world power.
- Due to Weltpolitik, after 1871 Germany gained land in South West Africa and East Africa.
- First and Second Moroccan Crisis in 1905 and 1911 caused tension with France and Britain.
- By 1914, had the third largest empire.

Nationalism



The Balkans were part of the Ottoman Empire. Turkey was losing control over the Balkan states. They demanded independence and local wars broke out. Austro-Hungary was afraid that the different people, particularly the Serbs, would also demand independence.

The Balkan Wars (1912-1913)

The Balkan states fought Turkey and then each other, this led to an increase in nationalism in the area.

- In 1912, Bulgaria, Greece, Montenegro and Serbia joined together to form the Balkan League.
- Serbia grew in size and strength as a result of the Balkan wars, there was a rise in Serbian nationalism.

In 1908, Austria annexed Bosnia and Herzegovina which contained thousands of Serbs, making them part of their empire. In 1911, a group of Serbian army officers formed the Black Hand. They planted bombs, blew up bridges, cut telephone wires and murdered officials. Austria-Hungary suspected the government of Serbia were behind the Black Hand.



Franco Prussia War (1870)

Germany a new country. Bismark and King Wilhem of Prussia wanted Germany to be unified together. Bismark edited a telegram which caused France to declare war on Germany, this unified the southern German states behind Prussia.

France was humiliated and lost Alsace & Loraine and had to pay Germany. It's army was shown as weak.

Germany confirmed its position in Europe and now had to invest in an army and navy to maintain its status.

WWI Key Events



Key Terms

Who do we remember in WWI?


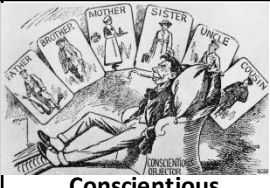







Key Skills

Significance Use the 5Rs	<p>Remarkable – an event/person commented on at the time</p> <p>Remembered – has not been forgotten</p> <p>Resulted in change – led to other events</p> <p>Revealing – tells us a lot about that time</p> <p>Resonant – has an effect on future generations</p>
Source Analysis Use NOP Content	<p>Nature: What is the type of source?</p> <p>Origin: Who wrote it? When? Where?</p> <p>Purpose: Why was the source made?</p> <p>Content: What does it tell us?</p>

Key Groups/People

Absolutists	Conscientious objectors who wanted nothing at all to do with the war. These men were usually imprisoned.
BWIR	British West India Regiment – formed in October 1915 to allow Caribbean troops to volunteer to fight in WWI.
Conscription	Government law that made it compulsory for men aged 18-40 to join the armed forces and fight in the war.
Enlistment	The process by which men enrolled or ‘joined up’ to serve in the armed forces
‘Going over the top’	When troops left their trenches to launch a frontal attack and cross ‘no man’s land’ to attack the enemy.
Non-combatants	Those who served in the armed forces but in a non-fighting role such as ambulance drivers
Royal Flying Corps	RFC – name of the section of the army that flew and developed aeroplanes during WWI.
Reconnaissance	Gaining information about enemy troop numbers and positions using spying, observation and photographs
Trench warfare	Defensive style of fighting whereby both sides dig trenches to protect themselves from weapon fire.
War of attrition	Method of fighting that involved sending huge numbers of men to wear down the enemy and gain land.

1914 4 August	Britain declares war on Germany
19 October – 22 November	First Battle of Ypres – trenches built to protect men from machine guns and artillery. Trench warfare begins
1915 31 January	First use of chemical weapons (gas) by Germans against Russians on the Eastern Front at Bolimov.
25 Sep – 8 October	Battle of Loos – Artillery develops the ‘creeping barrage’. Infantry are able to advance under heavy shelling
1916 1 July-18 Nov	Battle of the Somme – Huge loss of life trying to capture German trenches. Around 60,000 killed on first day
1917 March – April	Following the Russian Revolution, Russia sign a treaty with Germany to leave the war. USA joins in April.
31 July – 10 November	Battle of Third Ypres – accuracy and use of weapons have improved but it takes 3 months to advance 5 miles
1918 21 Mar-18 Jul	German Spring Offensive - Germany almost breaks through to Paris and defeats France ending the war
8-12 August	Battle of Amiens – warfare becomes more mobile. Technology and weapons used well in combination
11 November	Armistice ends the war at 11 am. WWI is over

								
Kaiser Wilhelm	Conscientious Objectors	William H Coltman	BWIR	Walter Tull	Queen Alexandria Nurses	VADs	WAAC	Major ‘Mick’ Mannock
Leader of Germany during WW1 until 1918	Men who refused to fight due to their beliefs and conscience	Non-Combatant awarded medal for bravery as a stretcher bearer	British West Indies Regiment – not allowed to fight on Western Front	First Black British officer in the British Army	Professional nurses who treated soldiers on Western Front	Volunteer nurses who provided care to troops on the Western Front	Female non-combatant unit who freed up men to fight	Britain’s most successful pilot. Shot down 61 enemy planes and developed tactics



Year 9 Who do we remember in WW1?

Women



Conscientious
Objectors



Soldiers



Women took on a variety of jobs on the Western Front. The three main organisations were:



1. Queen Alexandra's Nurses

Who: Professional nurses

Roles: Medical support for British Army.

This meant: Survival and recovery of sick and injured soldiers to return to front.



2. VADs (Voluntary Aid Detachments)

Who: Red Cross volunteer nurses

Roles: Nursing, transport duties, organisation of auxiliary hospitals.

This meant: Men could be rehabilitated and sent back to the front.



3. WAAC (Women's Auxiliary Army Corps)

Who: Uniformed Non-combatant

Roles: Mechanical, clerical, cookery.

This meant it could free up men to fight.

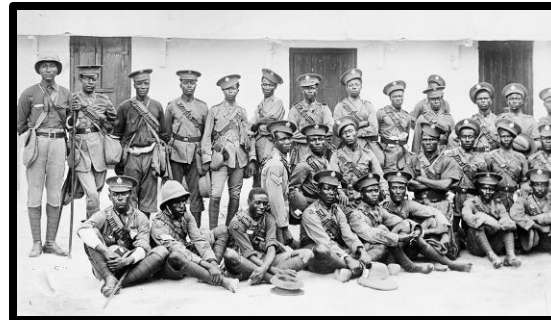
This was significant because it helped to treat men so that they could continue to fight.

Recruitment

Many recruitment posters were created to encourage Britain's to enlist in World War One. From 1916 conscription was introduced which made fighting compulsory for men between 18- 40 unless they were exempt.

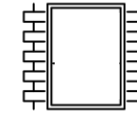
At the time of World War One (1914-1918), Britain had a large empire of countries and territories which it controlled.

During WWI, the British called upon over 3 million soldiers from all over their empire to fight. Troops from the empire played a significant role in the war effort and often faced dangerous conditions and discrimination. One example is the British West Indies regiment.



The British West Indies regiment

Many of these men have not been remembered in the same way as their British fellow soldiers despite making many sacrifices to help Britain win the war.



Pals Battalions

The government thought that fighting alongside friends and neighbours, rather than strangers, might encourage more men to join up. However, the negative impact of men joining from the same street and factories was huge. There were tragic consequences. Many men were injured or killed. This robbed entire communities of many of their men, and no new pals battalions were created after 1916.



Conscientious Objectors

Ordinary people would stop men who weren't in uniform as they walked down the street and ask why they were not in the services (army, navy and air force). Sometimes they even handed them white feathers, a sign of cowardice.



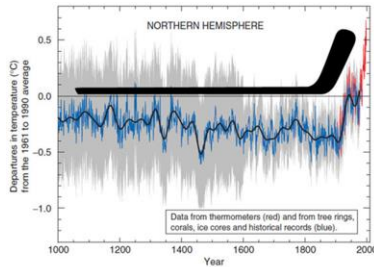
Year 9 – term 1 - Geography Knowledge Organiser



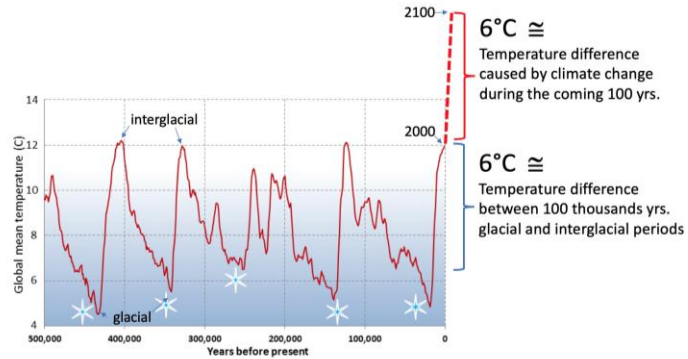
1. What is climate change?

Climate change is a **long-term** change in the climate (usual weather conditions). We are usually talking about **the increase in temperature** the earth has experienced over the last 100 years.

The Hockey Stick graph shows the sudden increase in global temperatures



2. How has the climate changed over time?

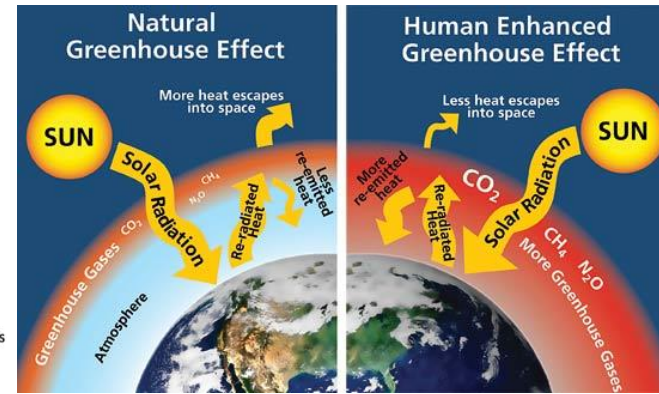


Global temperatures have always fluctuated (changed). The graph shows temperatures over the last 500,000 years.

Glacial periods: cold periods of time when glaciers (frozen rivers) can advance. Last around 10,000 years.

Interglacial periods: warmer periods of time between glacial periods, where glaciers melt and sea levels rise.

3. How is the enhanced greenhouse effect causing climate change?



Greenhouse gases occur naturally in the atmosphere:

- CO₂ – Carbon Dioxide
- CH₄ – Methane
- N₂O – Nitrous Oxide

The greenhouse effect is when these greenhouse gases absorb solar radiation (energy from the sun)

The enhanced greenhouse effect.

Humans are emitting (putting out) **extra** greenhouse gases through their activities:

Carbon dioxide is emitted through burning fossil fuels (coal, oil and gas)

Nitrous Oxide is emitted through transport such as planes and cars

Methane is emitted through agriculture e.g. cattle farming

All these extra greenhouse gases absorb more solar radiation (energy from the sun).

This causes more heat to become trapped in the atmosphere, causing global temperatures to rise.

4. What are the impacts of climate change?

Impact	Explanation
Sea level rise	As temperatures rise, water trapped in ice caps melts. This releases liquid water into the sea, and the level of the sea rises
Extreme weather	As temperatures rise, we are more likely to experience heatwaves, floods and drought (long periods without rain)

5. How can we mitigate and adapt to climate change?

Mitigation	Adaptation
<p>Mitigation is attempting to stop climate change through reducing emissions of greenhouse gases.</p> <p>For example:</p> <ul style="list-style-type: none"> Renewable energy e.g. solar, which does not emit carbon dioxide Planting trees – trees absorb carbon dioxide so prevent it being emitted into the atmosphere. 	<p>Adaptation means coping with climate change by dealing with the effects.</p> <p>For example:</p> <ul style="list-style-type: none"> Helping people farm in areas that have been flooded e.g. pumpkins in Bangladesh Building houses on stilts so they don't get damaged by floods

6. How can activism by young people help?

Young people such as Greta Thunberg are using protest to show world leaders that they need to do more to mitigate climate change.

What can you do to mitigate climate change?

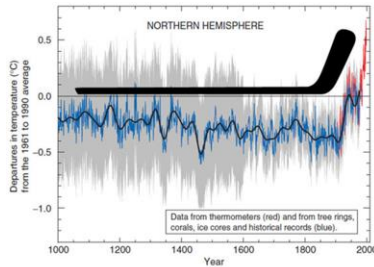
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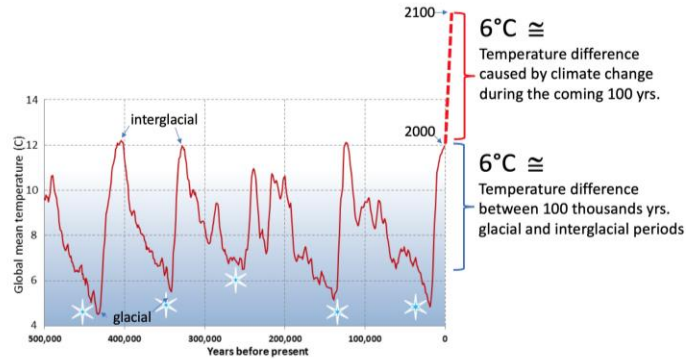
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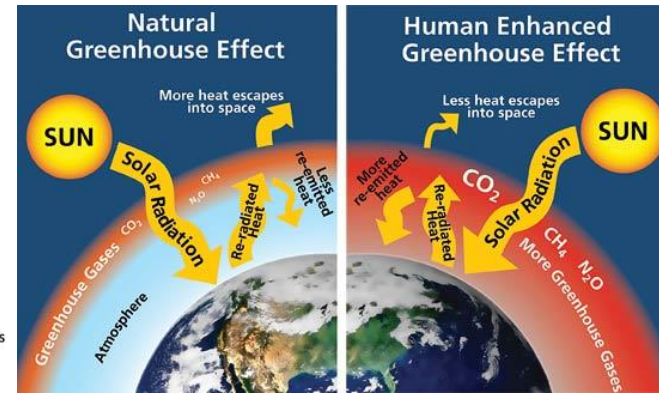


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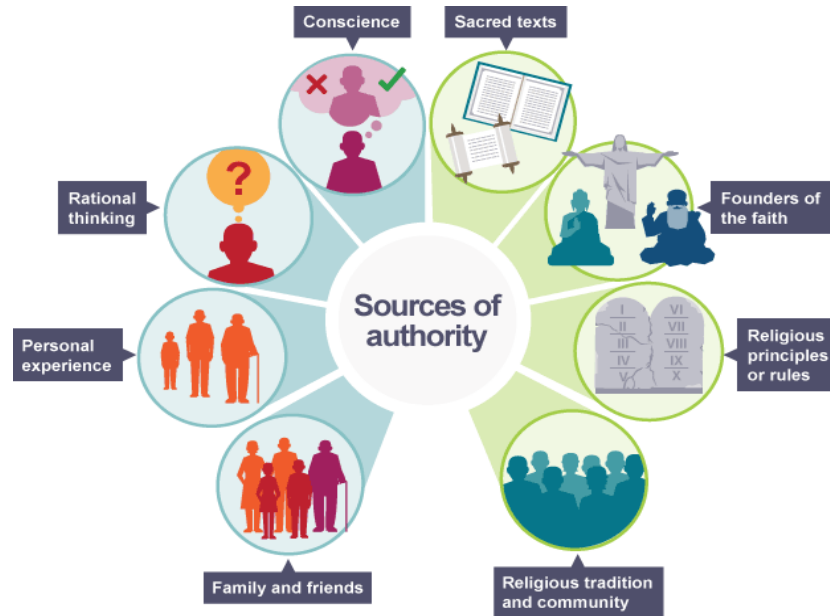
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What can you do to mitigate climate change?



Utilitarianism	Situation Ethics
 <p>A theory developed by British philosopher Jeremy Bentham; do what creates.. 'the greatest happiness for the greatest number'. This is a consequentialist theory as it believes the greatest happiness for greatest amount of people will produce the best consequences/ outcomes.</p>	 <p>A theory developed by American Professor Joseph Fletcher. Inspired by his Christian faith, Fletcher believed that Agape (unconditional love) was the best tool for moral decision making. Fletcher taught that 'the morality of an action, depends on the situation'. This means that, rather than a blanket rule for everyone, such as do what creates 'the greatest happiness for the greatest number', you should look at each situation individually and do what is the most loving thing. This is an intentionalist theory as it requires you to look at a situation individually and intentionally do what you believe will be the most loving thing.</p>

How can we make an ethical decision?



Euthanasia	
Active euthanasia	Something is done to a person to make them die more quickly.
Passive euthanasia	Any form of treatment that might extend a person's life is withdrawn. This is legally allowed in the UK, and so would not be called euthanasia.
Non-voluntary euthanasia	A person cannot decide about euthanasia or cannot make their wishes known, and so someone else.
Voluntary euthanasia	A person asks for their own life to be ended.

Keyword:	Definition:
Autonomy	The ability to make your own decisions
Morality	What societies sanction as right and acceptable
Ethical	Being 'ethical' is about having standards of behaviour and 'doing the right thing'. Relating to beliefs about what is morally right and wrong
Conscience	A person's moral sense of right and wrong
Abortion	The termination (ending) of a pregnancy
Euthanasia	The act of deliberately ending a person's life to relieve suffering
Death Penalty	Capital punishment, also known as the death penalty, is a state-sanctioned practice of killing a person as a punishment for a crime.
Quality of life	"How good someone's life is" - The standard of health, comfort, and happiness experienced by an individual or group
Sanctity of life	The idea that all life is special and belongs to God.

1. The Present Tense

Normalement normally

D'habitude usually

Quelquefois sometimes

Step 1: Take the infinitive of the verb (ER/IR/RE)

Step 2: Chop off the ending (ER/IR/RE)

Step 3: Add the correct ending:

Pronouns	ER verbs	IR verbs	RE verbs
Je	e	is	s
Tu	es	is	s
Il/Elle/On	e	it	-
Nous	ons	issons	ons
Vous	ez	issez	ez
Ils/Elles	ent	issent	ent

Super Five Irregular Verbs:

There are verbs that don't follow this pattern.

The 4 most important irregular verbs are on this sheet (ÊTRE, AVOIR, ALLER, and FAIRE).

2. The (Near) Future Tense

La semaine prochaine next week

Le weekend prochain next weekend

Demain tomorrow

L'année prochaine next year

Step 1: Take the present tense of the verb 'ALLER' (to go)

ALLER: to go

Je vais I go/am going

Tu vas You go/are going (s.)

Il/Elle/On va He/she/one goes/is going

Nous allons We go/are going

Vous allez You go/are going (p.)

Ils/Elles vont They go/are going

Step 2: Add an infinitive (the thing you're going to do).

e.g. I'm going to play

Je vais jouer

3. The Preterite (Past) Tense

La semaine dernière next week

Le weekend dernier next weekend

L'année dernière next year

Perfect Tense verbs with 'AVOIR':

Step 1: Take the present tense of the verb avoir

For some verbs you need to use the verb être (MRS VANDERTRAMP)

AVOIR: to have

J'ai I have

Tu as You have

Il/elle/on a He/she/one has

Nous avons We have

Vous avez You have

Ils/elles ont They have

Step 2: Add the past participle (see rules below)

Take the infinitive – chop off the ER + add é

Take the infinitive – chop off the IR + add i

Take the infinitive – chop off the RE + add u

Awesome French Things to Say

j'en ai hâte! I can't wait for it!

Que je sache As far as I know

les derniers/dernières... the latest...

C'est mon truc It's my (kind of) thing

Ce n'est pas mon truc It's not my (kind of) thing

en regardant la télé while watching TV

en écoutant de la musique while listening to music

en faisant des devoirs while doing homework

ÊTRE – to be

Je suis	I am
tu es	You are (s)
il/elle/on est	He/she/one is
nous sommes	we are
vous êtes	you are
ils/elles sont	they are (m)

FAIRE – to do/make

Je fais	I do
tu fais	You do (s)
il/elle/on fait	He/she/one does
nous faisons	we do
vous faites	you do (pl)
ils/elles font	they do (m)

Common Past Tense Verbs with ÊTRE

Je suis allé (e)	I went
Nous sommes allé(e)s	We went
Je suis resté (e)	I stayed
Nous sommes resté(e)s	We stayed



















Opinions

C'est – it's
C'était – it was
Ce sera – it will be

TECHNOLOGY VERBS

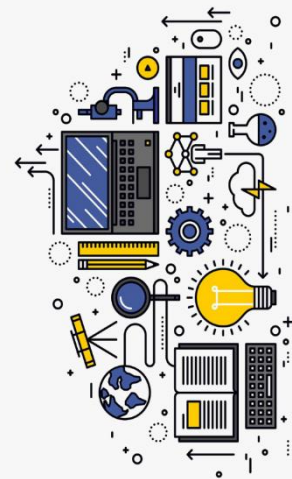
supprimer	to delete, erase
charger	to load
tchatter	to chat online
poster des photos	to post photos
communiquer	to communicate
répondre	to answer
créer	to create
donner	to give
télécharger	to download
envoyer	to send
fonctionner	to work, to function
enregistrer	to save
parler	to speak, to talk
surfer sur Internet	to surf the internet
pouvoir	to be able to
recevoir	to receive
prendre des photos	to take photos
regarder en streaming	to stream
partager	to share
utiliser	to use

TECHNOLOGY NOUNS

 Un dossier	file
 Un courrier indésirable	spam, junk mail
 Un courrier électronique	email
 Un disc dur	hard drive
 Un jeu	game
 Un texto/un SMS	text message
 Un téléphone portable	mobile/smartphone
 Un ordinateur	computer
 Un ordinateur portable	laptop
 Des jeux-vidéo	video games
 Une chanson	song
 Un écran	screen
 Internet	internet
 Un réseau social	social network
 Une magazine (digitale)	(digital) magazine
 Un salon de discussion	chat room
 Une tablette	tablet
 La technologie	technology

TECHNOLOGY ADJECTIVES

ennuyeux/se	boring
vieux/vieille	old
animé(e)	exciting
confus	confusing
court(e)	short
à la mode	fashionable
lent(e)	slow
divertissant(e)	entertaining
effrayant(e)	scary
estimulant(e)	stimulating
informatif/ve	informative
intéressant(e)	interesting
inutile	useless
long(ue)	long
dangereux/se	dangerous
pratique	practical
rapide	fast
ridicule	ridiculous
cassé(e)	broken
utile	useful



TV GENRES

les comédies	comedies
les dessins animés	cartoons
les jeux télévisés	game shows
les documentaires	documentaries
les infos	the news
les émissions de sport	sports programmes
les séries policières	police shows
les feuilletons	soap operas

Les émissions de musique	music programmes
La télé-réalité	reality TV
La série policière	police series
La météo	weather
La publicité	advert



FILM GENRES

Les films d'action	action films
Les films d'amour	romantic films
Les films de science fiction	sci-fi films
Les films dramatique	dramatic films
Les films à suspense	Suspense/thriller films
Les films de guerre	War films
Les films d'horreur	horror films

1. The Present Tense

normalmente *normally*
 generalmente *usually*
 a veces *sometimes*

Step 1: Take the infinitive of the verb (AR/ER/IR)

Step 2: Chop off the ending (AR/ER/IR)

Step 3: Add the correct ending:

Pronouns	AR verbs	ER verbs	IR verbs
Yo	o	o	o
Tú	as	es	es
El/Ella	a	e	e
Nosotros	amos	emos	imos
Vosotros	áis	éis	ís
Ellos/Ellas	an	en	en

Super Five Irregular Verbs:

There are some verbs that don't follow this pattern. The 4 most important irregular verbs are on this sheet (TENER, IR, SER, and HACER).

2. The (Near) Future Tense

la semana próxima *next week*
 el fin de semana próximo *next weekend*
 mañana *tomorrow*
 el año próximo *next year*

Step 1: Take the present tense of the verb 'ir' (to go)

ir: to go

(yo) **Voy** *I go/am going*
 (tú) **Vas** *You go/are going (s.)*
 (el/ella) **Va** *He/she/one goes/is going*
 (nosotros) **Vamos** *We go/are going*
 (vosotros) **Vais** *You go/are going (p.)*
 (ellos/ellas) **Van** *They go/are going*

Step 2: Add the preposition 'a'

Step 3: Add an infinitive (the thing you're going to do).

e.g. I'm going to play
Voy a jugar

3. The Preterite (Past) Tense

la semana pasada *last week*
 el fin de semana pasado *last weekend*
 ayer *yesterday*
 el año pasado *last year*

Regular Verbs:

Step 1: Take the infinitive of the verb (AR/ER/IR)

Step 2: Chop off the ending (AR/ER/IR)

Step 3: Add the correct ending:

Pronouns	AR verbs	ER/IR verbs
Yo (I)	é	í
Tú (You s.)	aste	iste
El/Ella (He/She)	ó	ió
Nosotros (We)	amos	imos
Vosotros (You pl.)	asteis	isteis
Ellos/Ellas (They)	aron	ieron

Ser – to be

(yo) **Soy** *I am*
 (tu) **Eres** *You are (s.)*
 (él/ella) **Es** *He/she/is*
 (nosotros) **Somos** *We are*
 (vosotros) **Sois** *You are (p.)*
 (ellos/ellas) **Son** *They are*

Hacer – to do/make

(yo) **Hago** *I do/make*
 (tu) **Haces** *You do/make (s.)*
 (él/ella) **Hace** *He/she/does/makes*
 (nosotros) **Hacemos** *We do/make*
 (vosotros) **Hacéis** *You do/make (p.)*
 (ellos/ellas) **Hacen** *They do/make*

Tener: to have

(yo) **Tengo** *I have*
 (tu) **Tienes** *You have (s.)*
 (él/ella) **Tiene** *He/she/one has*
 (nosotros) **Tenemos** *We have*
 (vosotros) **Tenéis** *You have (p.)*
 (ellos/ellas) **Tienen** *They have*

6. Awesome Spanish Things to Say

¡No puedo esperar! *I can't wait for it!*
Por lo que sé *As far as I know*
Que yo sepa *As far as I know*
el último / la última... *the last/latest...*
Es mi (tipo de) cosa... *It's my (kind of) thing*
No es mi (tipo de) cosa... *It's not my (kind of) thing*
Mientras estaba viendo *while I am watching TV*
Mientras estaba escuchando / escucho la música
while I am listening/I listen to music
Mientras estaba haciendo / hago los deberes
while I am doing / I do homework

9.10 Leisure and Healthy Living

French Key Vocabulary

(1) Places

chez moi / à la maison	at home
chez mon ami	at my friend's house
chez mon père	at my dad's house
chez ma mère	at my mum's house
chez mes grand-parents	at my grand-parents'
dans ma chambre	in my room
dans le salon	in the living room
dans le jardin	in the garden
dans mon quartier	in my neighbourhood
en Angleterre	in England
à l'étranger	abroad
en ville	in town
à la campagne	in the countryside
à la montagne	in the mountains
au bord de la mer	by the seaside

(2) People

avec...	with...
mon collègue	my school
mon équipe (de rugby)	my (rugby) team
mes ami(e)s	my friends
mon/ma meilleur(e) ami(e)	my best friend
mon frère	my brother
ma sœur	my sister
mes parents	my parents
mon beau père/ma belle mère	my stepdad/stepmum
ma famille	my family
seul(e)	alone

(3) Superlatives

le/la plus	the most	le/la moins	the least
le/la meilleur(e)	the best	le/la pire	the worst

(4) New time phrases

après	after(wards)
l'été dernier	last summer
avant la pandémie	before the pandemic
pendant la quarantaine	during lockdown
la semaine qui vient	next week
l'hiver prochain	next winter

(5) Adjectives

gentil(le)	kind
agréable	pleasant
content(e)	happy
bavard(e)	chatty
beau/belle	beautiful
amusant(e)	fun
mignon(ne)	cute
joli(e)	pretty
propre	clean
rapide	fast
riche	rich
timide	shy
travailleur/euse	hard working
triste	sad
ennuyeux/euse	boring
agaçant(e)	annoying
sérieux/euse	serious
facile	easy
difficile	difficult
stricte	strict
moche	ugly
bruyant(e)	noisy
impoli(e)	rude
horrible	horrible/awful
paresseux/euse	lazy
gourmand(e)	greedy
sportif/ive	sporty
enrichissant(e)	enriching
intéressant(e)	interesting
vieux/vieille	old
reposant(e)	relaxing

(6) Intensifiers

très	very	trop	too
vraiment	truly	réellement	really
assez	quite	extrêmement	extremely
un peu	a bit	pas du tout	not at all
tellement	so	particulièrement	particularly

(7) Tenses

a) To form the present tense in French: For regular verbs, take the infinitive of the verb, chop of the last 2 letters (ER/RE/IR) and add the correct ending for the pronoun:

	ER verbs	RE verbs	IR verbs
je (I)	-e	-s	-is
tu (you)	-es	-s	-is
il/elle (he/she)	-e	-	-it
nous (we)	-ons	-ons	-issons
vous (you pl)	-ez	-ez	-issez
ils/elles (they)	-ent	-ent	-issent

b) To form the near future tense in French:

Take the present tense of the verb aller + the infinitive.

e.g. **Je vais** jouer au tennis = I'm going to play tennis

c) To form the perfect tense in French:

The perfect is a past tense that describes a completed action at a specific time in the past (e.g hier = yesterday).

For regular verbs, use the verb avoir, then add the correct past participle for the infinitive (ER/RE/IR) (see rules below)

j'ai	I (have)
tu as	you (have)
il/elle a	he/she (has)
nous avons	we (have)
vous avez	you (pl) (have)
ils/elles ont	they (have)

eg. manger (to eat) > mangé > j'ai mangé (I ate)
 vendre (to sell) > vendu > il a vendu (he sold)
 finir (to finish) > fini > nous avons fini (we finished)

Past Participle
 ER verbs → é (mangé)
 RE verbs → u (vendu)
 IR verbs → i (fini)

(8) Healthy Living - infinitives

se coucher	to go to bed
avoir envie de	to fancy/feel like
trouver (un travail)	to get (a job)
courir	to run
se droguer	to take drugs
se soûler	to get drunk
(ne pas) se sentir bien	to feel (un)well
suivre un régime	to be on a diet
être en forme	to be fit
éviter	to avoid
fumer	to smoke
essayer de (+infinitive)	to try to
se lever	to get up
rester en forme	to keep fit
s'inquiéter	to worry
goûter	to try/taste
sentir	to feel
surmonter	to overcome
avoir mal (au/à la/à l'/aux)	to have a pain (in)
avoir sommeil	to feel sleepy
arrêter	to give up (bad habit)
faire la grasse matinée	to have a lie-in
veiller tard	to stay up late

(9) Phrases that can use an infinitive

avoir l'intention de + infinitive	I plan to/I intend to
je voudrais + infinitive	I would like to
j'aime bien + infinitive	I really like ...ing
je n'aime pas bien + infinitive	I don't really like ...ing
tu préfères + infinitive... ou...?	do you prefer...ing...or...
il déteste + infinitive	he hates ...ing
ils ne supportent pas + infinitive	they can't stand ...ing

(10) Activities – infinitives

aller	to go
jouer	to play
manger	to eat
visiter	to visit (place)
faire	to do
danser	to dance
boire	to drink
voir	to see
écouter	to listen
lire	to read
acheter	to buy
finir	to finish
regarder	to watch
écrire	to write
dormir	to sleep
nager	to swim
rester	to stay
voyager	to travel
chanter	to sing
contacter	to contact
appeler	to call
cuisiner	to cook
télécharger	to download
travailler	to work
aider	to help
méditer	to meditate
se détendre	to relax
se reposer	to rest
apprécier	to enjoy
bronzer	to sunbathe
envoyer des SMS	to text

TECHNOLOGY VERBS

borrar	to delete, erase
cargar	to load
chatear	to chat online
colgar fotos	to post photos
comunicarse	to communicate
contestar	to answer
crear	to create
dar	to give
descargar	to download
enviar	to send
funcionar	to work, to function
guardar	to save
hablar	to speak, to talk
mandar	to send
navegar la red	to surf the internet
poder	to be able to
recibir	to receive
sacar fotos	to take photos
transmitir	to stream
usar	to use
utilizar	to use

TV GENRES

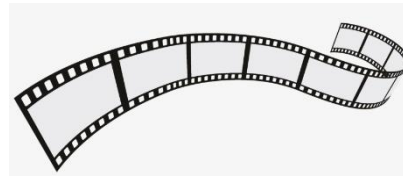
las comedias	comedies
los concursos	game shows
los dibujos animados	cartoons
los documentales	documentaries
las noticias	the news
los programas de deporte	sports programmes
las series policiacas	crime series
las telenovelas	soap operas

TECHNOLOGY NOUNS

	el archivo	file
	el correo basura	spam, junk mail
	el correo electrónico	email
	el disco duro	hard drive
	el juego	game
	el mensaje de texto	text message
	el móvil	mobile/smartphone
	el ordenador	computer
	el ordenador portátil	laptop
	el videojuego	video game
	la canción	song
	la pantalla	screen
	la red	internet
	la red social	social network
	la revista (digital)	(digital) magazine
	la sala de chat	chat room
	la tableta	tablet
	la tecnología	technology

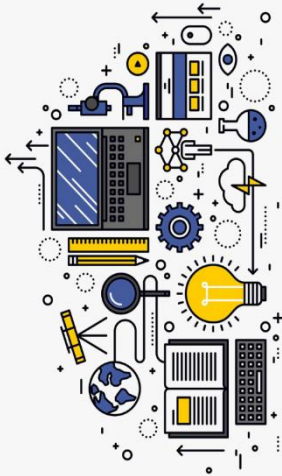
FILM GENRES

las películas de acción	action films
las películas de amor	romantic films
las películas de ciencia ficción	sci-fi films
las películas de drama	dramatic films
las películas de suspense	suspense films
las películas de terror	horror films



TECHNOLOGY ADJECTIVES

aburrido/a	boring
antiguo/a	old
animado/a	exciting
confuso/a	confusing
corto/a	short
de moda	fashionable
despacio/a	slow
entretenido/a	entertaining
escalofriante	scary
estimulante	stimulating
informativo/a	informative
interesante	interesting
inútil	useless
largo/a	long
lento/a	slow
peligroso/a	dangerous
práctico/a	practical
rápido/a	fast
ridículo/a	ridiculous
roto/a	broken
útil	useful



THE PERFECT TENSE

HABER

he (I have)
has (you have)
ha (he/she have)
hemos (we have)
habéis (you have)
han (they have)

INFINITIVE

COMUNICAR	→ -ADO	<i>Hemos comunicado</i>
TENER	} → -IDO	<i>He tenido</i>
ELEGIR		<i>Han elegido</i>

9.10 Leisure and Healthy Living

Spanish Key Vocabulary

(1) Places

en casa	at home
en la casa de mi amigo	at my friend's house
en la casa de mi padre	at my dad's house
en la casa de mi madre	at my mum's house
en la casa de mis abuelos	at my grand-parents'
en mi dormitorio	in my room
en el salón	in the living room
en el jardín	in the garden
en mi barrio	in my neighbourhood
en Inglaterra	in England
en el extranjero	abroad
en el pueblo	in town
en el campo	in the countryside
en las montañas	in the mountains
en la costa	by the seaside

(2) People

con...	with...
mi colegio	my school
mi equipo (de rugby)	my (rugby) team
mis amigos	my friends
mi mejor amigo/a	my best friend
mi hermano	my brother
mi hermana	my sister
mis padres	my parents
mi padrastro/madrastra	my stepdad/stepmum
mi familia	my family
sola/a	alone

(3) Superlatives

el/la más	the most	el/la menos	the least
el/la mejor	the best	el/la peor	the worst

(4) New time phrases

luego	afterwards
el verano pasado	last summer
antes de la pandemia	before the pandemic
durante la cuarentena	during lockdown
la semana que viene	next week
el invierno próximo	next winter

(5) Adjectives

amable	kind
agradable	pleasant
contento/a	happy
hablador/a	chatty
bonito/a	beautiful
divertido/a	fun
mono/a	cute
guapo/a	pretty
limpio/a	clean
rápido/a	fast
rico/a	rich
tímido/a	shy
trabajador/a	hard working
triste	sad
aburrido/a	boring
molesto/a	annoying
serio/a	serious
fácil	easy
difícil	difficult
estricto/a	strict
feo/a	ugly
ruidoso/a	noisy
maleducado/a	rude
horrible	horrible/awful
perezoso/a	lazy
glotón	greedy
deportivo/a	sporty
enriquecedor/a	enriching
interesante	interesting
viejo/a	old
relajante	relaxing

(6) Intensifiers

muy	very	demasiado	too
de verdad	truly	realmente	really
bastante	quite	extremadamente	extremely
un poco	a bit	nada	not at all
tan	so	particularmente	particularly

(7) Tenses

a) **To form the present tense in Spanish:** For regular verbs, take the infinitive, chop off the last 2 letters of the infinitive (**AR/ER/IR**) and add the correct ending for the pronoun:

	AR verbs	ER verbs	IR verbs
yo (I)	-o	-o	-o
tú (you)	-as	-es	-es
él/ella (he/she)	-a	-e	-e
nosotros/as (we)	-amos	-emos	-imos
vosotros/as (you pl)	-áis	-éis	-ís
ellos/ellas (they)	-an	-en	-en

b) **To form the near future tense in Spanish:**

Take the present tense of the verb **ir + a + the infinitive.**

e.g. **voy a jugar** al tenis = I'm going to play tennis

c) **To form the preterite tense in Spanish:**

The preterite is a past tense that describes a completed action at a specific time in the past (e.g. ayer = yesterday). For regular verbs, take the infinitive, chop off the last 2 letters of the infinitive (**AR/ER/IR**) and add the correct ending:

	AR verbs	ER verbs	IR verbs
yo (I)	-é	-í	-í
tú (you)	-aste	-iste	-iste
él/ella (he/she)	-ó	-ió	-ió
nosotros/as (we)	-amos	-imos	-imos
vosotros/as (you pl)	-asteis	-isteis	-isteis
ellos/ellas (they)	-aron	-ieron	-ieron

e.g. tomar (to take) > tom~~a~~ > tomé (I took)
 comer (to eat) > com~~a~~ > comió (he/she ate)

(8) Healthy Living - infinitives

acostarse	to go to bed
apetecer	to fancy/feel like
conseguir (un trabajo)	to get (a job)
correr	to run
drogarse	to take drugs
emborracharse	to get drunk
encontrarse bien/mal	to feel well/ill
estar a dieta	to be on a diet
estar en forma	to be fit
evitar	to avoid
fumar	to smoke
intentar (+infinitive)	to try to
levantarse	to get up
mantenerse en forma	to keep fit
preocupar	to worry
probar	to try/taste
sentirse	to feel
superar	to overcome
tener dolor (de)	to have a pain (in)
tener sueño	to feel sleepy
abandonar	to give up (bad habit)
quedarse en la cama	to have a lie-in
trasnochar	to stay up late/all night

(9) Phrases that can use an infinitive

tengo la intención de + infinitive	I plan to/I intend to
me gustaría + infinitive	I would like to
me gusta(n) mucho + infinitive	I really like ...ing
no me gusta(n) mucho + infinitive	I don't really like ...ing
¿prefieres + infinitive... o...?	do you prefer...ing...or..
odia + infinitive	he/she hates ...ing
no soportan + infinitive	they can't stand ...ing

(10) Activities – infinitives

ir	to go
jugar	to play
comer	to eat
visitar	to visit
hacer	to do
bailar	to dance
beber	to drink
ver	to see
escuchar	to listen
leer	to read
comprar	to buy
terminar	to finish
mirar	to watch
escribir	to write
dormir	to sleep
nadar	to swim
quedar	to stay/to meet
viajar	to travel
cantar	to sing
contactar	to contact
llamar	to call
cocinar	to cook
descargar	to download
trabajar	to work
ayudar	to help
meditar	to meditate
relajar	to relax
descansar	to rest
disfrutar	to enjoy
tomar el sol	to sunbathe
mandar SMS	to text

3 time frames

opinions

Infinitives

justifications

Time phrases

1.Expressing FUTURE intentions :

Tengo la intención de + infinitive (I plan to/ I intend to ...)

Me gustaría + infinitive (I would like to...)

2.Using infinitives after me gusta/no me gusta/odiar/preferir :

You can also use an infinitive after opinion verbs such as *aimer*, *odiar* and *preferir*. They are usually translated with a **gerund** (a verb ending with -ing) in English:

Me gusta vivir à Newcastle - I like living in Newcastle.

Prefieres jugar al fútbol o al tenis? - Do you prefer playing football or tennis?

Odio beber café porque es asqueroso – She hates drinking coffee because it's disgusting.

3.Opinions

Me gusta(n) - I like

Me gusta(n) **mucho** - I like a lot

No me gusta(n) **mucho** - I don't like much

Prefiero – I prefer

Odio - I hate

No suporto - I can't stand

4.Justification

Porque - because

Por lo tanto – therefore/so

Por consiguiente- consequently

5.Comparisons

Más.....que –more...than

Menos...que - less...than

Tan...como – as...as

6.Superlative

El/la más – the most

El/la menos – the least

El/la major – the best

El/la peor – the worse

7.Time phrases

Normalmente - normally

Usualmente - usually

Generalmente - generally

De vez en cuando/a veces – sometimes

Luego – next

Raramente - rarely

El fin de semana que viene– next weekend

La semana que viene- next week

El fin de semana pasado - last weekend

El mes pasado - last month

El verano pasado- last summer

Durante la cuarentena- during lockdown

Year 9 Art

The Past



Content: In this project you will develop knowledge of the past and how it influenced the mass consumption of mainstream art and culture, which lead to the cultural changes in art over time.

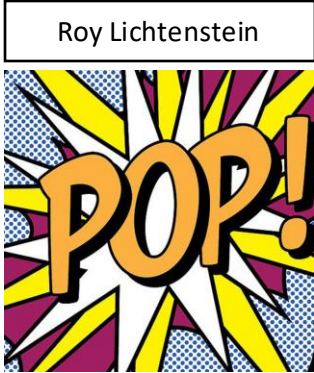
Develop skills- drawing, shading, gridding, appropriation, using materials to create 3 dimensional shapes and showing the influence of other artists in your own work and presentation

Outcome- A pop art social commentary personal response on how you view events and cultures of the past, and celebrities of present day.

Andy Warhol was an American visual artist, film director, producer, and leading figure in the pop art movement. His works explore the relationship between artistic expression, advertising, and celebrity culture that flourished by the 1960s



A
R
T
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S
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S



Roy Lichtenstein



Jim Dine



Peter Blake

Research
We will be developing independent research skills that will allow you to apply skills and techniques from artists you like to your personal responses.

The techniques are also very useful in other subjects, and will help you to prepare for higher levels of schooling as many subjects at A-Level and Undergraduate are reliant on being able to produce high quality research.

Keywords:
Mass Consumerism –It is the drive to buy and own more stuff, and to define one's identity through what they own
Pop Art- Pop art is an art movement that emerged in the 1950s and flourished in the 1960s in America and Britain, drawing inspiration from sources in popular and commercial culture.
Screen Printing- the technique of creating a picture or pattern by forcing ink or metal on to a surface through a screen of fine material.

Assessment:
(D) Demonstrate a deepening- knowledge, understanding and skills
(O+)On Track- Demonstrate some- knowledge, understanding and skills
(O-)On Track- Demonstrate some- knowledge, understanding and skills
(Y)Yet to be on Track- developing some- knowledge, understanding and skills
(A)Earlier Stage- minimal knowledge, understanding and skills

Analysis
All artist research pages should be annotated Artwork-
Artist name
• Describe the work-what does it look like? Use the formal elements i.e. colour, line etc.
• What techniques/materials were used?
• What is your opinion of the work? How is it relevant to your own idea?

Sentence starters
I like/dislike the way the artist has used...because
I think the colour scheme used is effective because...
I think the artist has been inspired by...because

Evaluation of Your Artwork-
What inspired you to create the piece?
What techniques did you use and why?
What does it mean to you?
How is it relevant to your idea?

Sentence starters
The technique I have used is...
The skill/technique I found most difficult was...because...
I think my work is successful because...

Year 9 Art

The Present



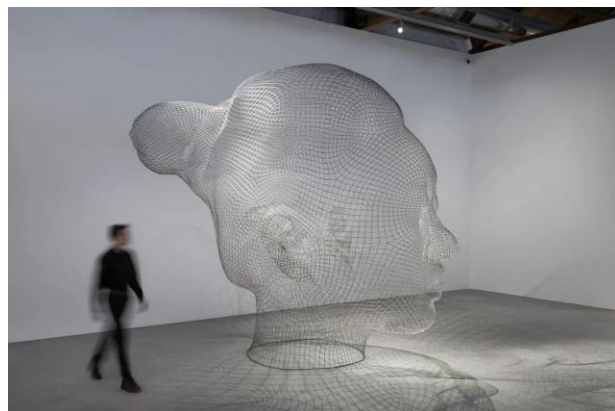
Content: In this project you will develop knowledge of current affairs, culture, community and inclusive art to show how art is leading the way for cultural change.

Develop skills- drawing, shading, painting, 3D Design and sculpture using materials to create 3 dimensional shapes and showing the influence of other artists in your own work and presentation

Outcome- A personal sculptural response which reflects a personal belief or cultural change in the community around you.

Jaume Plensa
Jaume is a Spanish visual artist, sculptor, designer and engraver. He is a versatile artist who has created opera sets, video projections and acoustic installations. However, He is better known for his large sculptures made up of letters and numbers from across all known languages

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Research
We will be developing independent research skills that will allow you to apply skills and techniques from artists you like to your personal responses.

The techniques are also very useful in other subjects, and will help you to prepare for higher levels of schooling as many subjects at A-Level and Undergraduate are reliant on being able to produce high quality research.

Keywords:
Diversity- The range of human differences, including but not limited to race, ethnicity, gender, gender identity, sexual orientation, age, and political beliefs.
Inclusion - the act of including someone or something as part of a group, list, etc
Appropriation- The use of pre-existing objects or artworks in the creation of art, with subtle changes that make it a new original piece.

Assessment:
(D) Demonstrate a deepening- knowledge, understanding and skills
(O+)On Track- Demonstrate some- knowledge, understanding and skills
(O-)On Track- Demonstrate some- knowledge, understanding and skills
(Y)Yet to be on Track- developing some- knowledge, understanding and skills
(A)Earlier Stage- minimal knowledge, understanding and skills

Analysis
All artist research pages should be annotated Artwork-
Artist name
• Describe the work-what does it look like? Use the formal elements i.e. colour, line etc.
• What techniques/materials were used?
• What is your opinion of the work? How is it relevant to your own idea?

Sentence starters
I like/dislike the way the artist has used...because
I think the colour scheme used is effective because...
I think the artist has been inspired by...because

Evaluation of Your Artwork-
What inspired you to create the piece?
What techniques did you use and why?
What does it mean to you?
How is it relevant to your idea?

Sentence starters
The technique I have used is...
The skill/technique I found most difficult was...because...
I think my work is successful because...



Year 9 Drama - Exploring Practitioners



Developing your knowledge, skills and understanding of a variety of theatrical conventions as used by key practitioner e.g. Brecht, Artaud, Stanislavski & Frantic Assembly

Styles & Theatrical Conventions

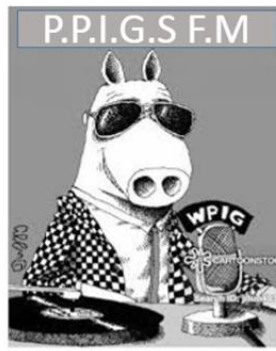
1	Bertolt Brecht	A German practitioner concerned with Epic and Political theatre
2	Konastatin Stanislavski	Russian practitioner who created naturalism from realism. Stanislavski believed that theatre should be 'a slice of life.'
3	Antonin Artaud	A French practitioner who developed the Theatre of Cruelty. His performances were mainly abstract and used lots of physicality.
4	Frantic Assembly	A British physical theatre company. Focusing on paired or grouped choreographed performances.
5	Epic	An over exaggerated performance using set conventions which break the fourth wall.
6	Naturalism	A form of realism where acting and actions are presented as they would be in real life.
7	Theatre of Cruelty	A genre of theatre used by Artaud. This theatrical form uses animalistic and sensory overloading techniques to shock the audience.
8	Physical Theatre	A combination of dance and drama to create a choreographed performance.
9	Subtext	The deeper meaning behind a character's action or dialogue.
10	Emotion Memory	This is a technique which requires performances to recall past experiences to extract emotions and use them in performances to make their characters as realistic as possible.
11	Placards	Signs display key information, narration, facts and questions for the audience.
12	Narration	A storytelling technique to help inform the audience.
13	Body Tension	How relaxed or tense an actor's muscles are.
14	Verfrumdungseffekt	Also known as the V effect. This is a combination of techniques used to alienate/distance the audience from the action.
15	Direct Address	Characters speaking directly to the audience in role, as performers or narrators.
16	Spas	This translates into 'fun'. This techniques is used to add comedy to a performance in order to break up the seriousness of the issues explored in the play. This is often very over the top and allows the audience to reflect more deeply on the content of the performance.
17	Sense Memory	This is when an actor recalls their senses to allow their actions to be more realistic.
18	Choreography	This is a structure dance or movement sequence.
19	Canon	This is where performs start and different points and repeat the actions of the previous person.
20	Unison	When performs use choreography at the same time in the same way.

Posture
How an actor stands or sits



Proxemics
The space and awareness of space between actors and sometimes objects. Where an actor is on stage

Interaction
The physical communication between characters and sometimes objects



How does an actor use **vocal** and **physical** skills to communicate their character?

Gesture
Body movements, usually using hands, arms or shoulders

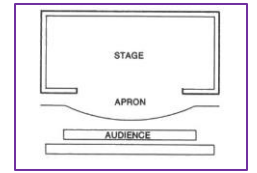
Movement
The way an actor moves and where they move to on stage

Facial Expression
Facial movements to show mood or emotion

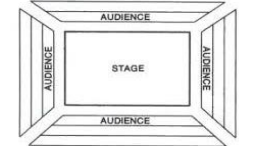
Speech
Pitch (high/low), Volume and Projection, Pace, Diction, Emphasis, Accent

Drama Techniques Toolkit	Definition
Freeze Frame	When everyone on stage at one moment freezes or stands still
Narration	Where there is someone or a voice telling parts of the story not shared by the acting that the audience need to know
Mime	Performing/acting with no speaking
Role-Play	Performing/acting as if you are a specific character or in a specific situation
Split-Stage	Where there are two different things taking place on stage at the same time often to show different places or periods of time
Stage Configuration	The type, layout or design of a stage
Stage Positioning	Specific areas on a stage where actors or set are positioned
Step Out	When an actor steps away or looks up from a freeze frame to address/speak to the audience
Stock Characters	Stereo-typical characters found in a play

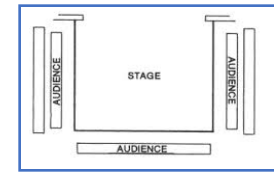
Proscenium Arch



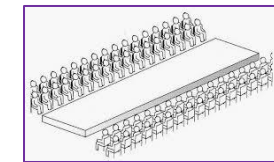
In The Round



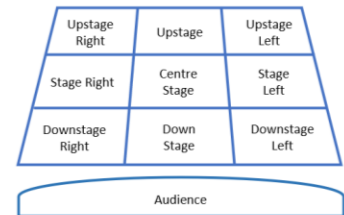
Thrust



Traverse



Stage Positioning



VOCAL SKILLS

PITCH
How HIGH or LOW a voice sounds

ACCENT
A way of talking associated with a geographical location or social class

PACE
The speed in which someone speaks or responds

TONE
The emotional sound of the voice e.g. Angry, Sad, Excited

DICTION
How clear an actor pronounces their words

PROJECTION
The direction and distance an actor sends their voice

Volume
How LOUD or QUIET an actor speaks to express their emotion

EMPHASIS
Where an actor stresses a word to indicate its importance

PAUSE
Stopping for a moment for dramatic impact

Practitioner	Theatre Techniques, Conventions and Practices
Stanislavski	Realism. What you see on stage is a realistic representation of real life. Understanding the 'Given Circumstances' (the context) and the 'Magic If' (what would I do and how would I feel if I was in that situation)
Brecht	Not realism. You should not believe what you see on stage is real. Use of mime, freeze frame, step out, placards, narration, music, movement and gesture – Physical Theatre
Artaud	Heightening the senses. An intense theatrical experience that combined elaborate props, magic tricks, special lighting, movement, primitive gestures and articulations – Physical Theatre. Theatre of Cruelty
Shared Experience	Exploring both sides. Communicating one feeling/emotion whilst visibly displaying another. Understanding two sides of a story. Use of Physical theatre.
Frantic Assembly	Physical Theatre. Communication of a story/mood/emotion through movement and gesture.

Year 9 Drama Theatre Practitioners

CLIENT TARGET MARKET

Knowing your Client and Target market enables the designer to make better design decisions by focusing on what the requirements are and who the product would be for identifying their needs are: Examples

Children (3-5yrs) – Bright colours, small to fit into their hands, safe smooth edges.....



IKEA as a client will priorities price and sustainability



Ergonomics and Anthropometrics

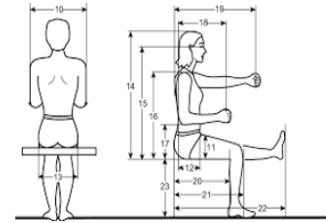
Ergonomics: an applied science concerned with designing and arranging things people use so that the people and things interact most **efficiently and safely**. Making use and maintenance easier causing less strain or damage to the user.

Anthropometrics: is the comparative study of the measurements and capabilities of the human body. Anthropometry is the measurement of body sizes at rest and when using devices such as chairs, tables, beds, mobility devices, and so on.

Question: How do you consider these in everyday products?

Anthropometric: Hand grip area, bottom space, leg to floor, arm reach.....

Ergonomics: Easy to...Clean, weight of products, the comfort that helps your posture



Analysing Products:

To compare means: To estimate, measure, or note the similarity or dissimilarity between. "individual schools **compared** their facilities **with** those of others in the area"

You identify differences between products and compare the good and the bad in products all the time, this is often how you decide if your going to replace your phone for example; is it worth the upgrade, should you have android or apple what's the difference? Using descriptive **Simile** language is the key:

iPhone 6s	VS	Galaxy S7
Released on 9th Sep 2014		Released on 10th Sep 2014
750 x 1334		1440 x 2560
4.7 inches		5.3 inches
16 GB		32 GB
2 GB		4 GB
1795 mAh		3600 mAh
5000 luxes		1200 luxes

Simile - a descriptive technique that compares one thing with another, usually using 'as' or 'like'.

Example: **The base of the lamp is rounded like a pear.**

The then extend by explain **why** this is **better or worse** than the other: **This could make it more balances and stable that the fine lever parts of the other light.**



A is for **Aesthetics**



Aesthetics means **what does the product look like?**
What is the: Colour? Shape? Texture? Pattern? Appearance? Feel? Weight? Style?

C is for **Cost**



Cost means **how much does the product cost to buy?**
How much does it: Cost to buy? Cost to make?
How much do the different materials cost? Is it good value?

C is for **Customer**



Customer means **who will buy or use your product?**
Who will buy your product? Who will use your product?
What is their: Age? Gender?
What are their: Likes? Dislikes? Needs? Preferences?

E is for **Environment**



Environment means **will the product affect the environment?**
Is the product: Recyclable? Reuseable? Repairable? Sustainable?
Environmentally friendly? Bad for the environment?
6R's of Design: Recycle / Reuse / Repair / Rethink / Reduce / Refuse

S is for **Size**



Size means **how big or small is the product?**
What is the size of the product in millimeters (mm)? Is this the same size as similar products? Is it comfortable to use? Does it fit?
Would it be improved if it was bigger or smaller?

S is for **Safety**



Safety means **how safe is the product when it is used?**
Will it be safe for the customer to use? Could they hurt themselves?
What's the correct and safest way to use the product? What are the risks?

F is for **Function**



Function means **how does the product work?**
What is the products job and role? What is it needed for? How well does it work? How could it be improved? Why is it used this way?

M is for **Material**



Material means **what is the product made out of?**
What materials is the product made from? Why were these materials used? Would a different material be better? How was the product made? What manufacturing techniques were used?

Design Technology Year 9 IKEA

IKEA light

Who is a client?

A person or organisation using the services of a lawyer or other professional person or company.

Methods of Joining wood

Joints:
Methods of cutting wood to increase the strength of the structure

- Butt
- Lap
- Mitre
- Finger
- Dovetail

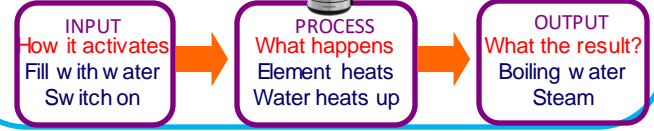
Adhesives:
For nearly Everything PVA (Poly Vinyl Acetate) is excellent as it is very strong and inexpensive but it is water based
Cascamite is a very strong waterproof adhesive for wood

Screws:
Woodscrews provide a strong and simple method of joining wood

- Round Head
- Countersink Head
- Slot Head
- PosiDrive Head

Systems and Control

A system is a set of components arranged to carry out a particular function. They may include **mechanical, electrical** or **electronic** components. Almost every process can be divided into INPUT, PROCESS and OUTPUT. **Kettle example:**



USING PROTOTYPES:

A prototype enables the designer to test the product:
Test how it fits the purpose, interaction with the user.
Scale and size
Functions
Moving parts.

Name	Picture	Symbol	Function	System section
LDR			Light, Dependent, Resistor. Sensor for changes in light, if the light in the room is reduced the resistor will release power and turns on the light.	Input
Switch			Switches are a break in the circuit that works like a gate to turn the power on or electricity on/off.	Input
Wire			Wires are necessary to make a complete electrical circuit. Connecting all the components together.	Process
LED			LEDs are a Light Emitting Diode which means it lights up the Diode part controls back EMF so an LED is a +/- components = polarised.	Output
USB			USB stands for Universal Serial Bus. USB's are used as a low current power supply and to transfer digital information.	Input/ process
Buzzer			Buzzer is a sound component that created sound through electrical impulses which vibrate to make a buzzer noise.	Output

TOOL AND COMPONENTS TYPES

We use tools to make the product. Components are the parts that become part of the final product, often referred to as 'off the shelf parts' as they are manufactured in their 1000's

TOOLS

- Pillar Drill
- Try Square
- Screwdriver
- Bench hook

COMPONENTS

- Wing nut
- Bolts
- Nuts
- Wood screws

Sustainable Design:

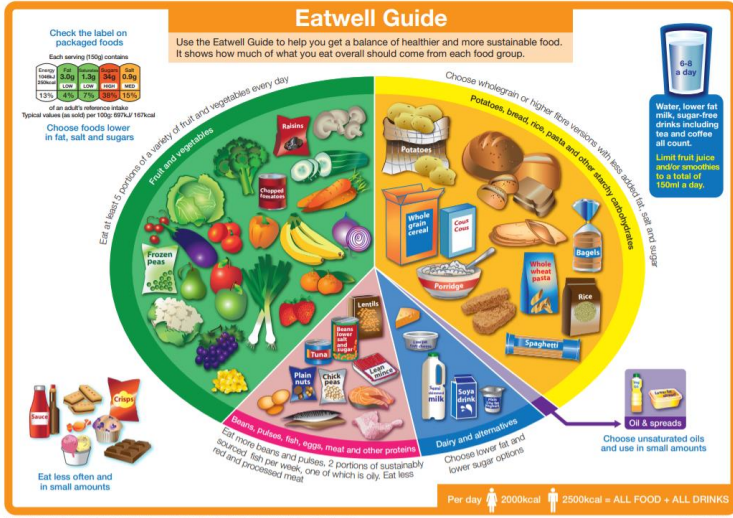
Sustainable design is the approach to creating products and services that have considered the environmental, social, and economic impacts from the initial phase through to the end of life.

Key ways of doing this:
Sourcing materials, recycling, reusing means these materials don't end up in landfill, destroying landscapes.
Using woods that are FSC certificated, means they grow quickly; like pine will help to stop deforestation.
Minimising waste; making sure that all the material is used to minimise waste, means that we are not wasting the planets resources and not adding to landfill.



Food Technology

Year 9



Environmental

Cleaning

- Surfaces
- Equipment
- Appliances
- Washing up
- Drying
- Chemicals



- ### Personal hygiene
- Clothes
 - Hands
 - Hair
 - Face
 - Illness

Cooking

63°C is the temperature hot food needs to be served at.

Bacteria is killed off in temperatures above 60°C. Processed meats like Burgers, sausages should be **cooked to 75°C**. Pork and chicken, **should have no pink meat**, **The juices should run clear when cooked.**

Chilling

The temperature between 5°C – 63°C is sometimes called the **'danger-zone'**.



The bacteria that cause food to deteriorate and **food poisoning rapidly reproduces around the temperature of 37°C (body temperature).**



Cross contamination

The process by which **bacteria are transferred from one area to another.** The main carriers of bacteria and causes of cross contamination are: Humans, Rubbish, Pets and other animals, Food, e.g. raw meat or poultry

4 C's

- PREVENT CROSS CONTAMINATION
- USE CORRECT COLOUR CODED CHOPPING BOARDS & KNIVES
 - RAW MEAT
 - RAW FISH
 - COOKED MEATS
 - SALADS & FRUITS
 - VEGETABLES
 - DAIRY PRODUCTS

Macronutrients Fat, Protein, Carbohydrate

required in **large** amounts in the diet and have a larger impact on your body.

Nutrient	Role in the body	Food Example
Carbohydrate	The main source of energy for the body	Bread, rice, pasta, potatoes
Protein	Provides the body with growth and repair.	Meat, poultry, beans, eggs, lentils, tofu, fish
Fat	Provides the body with insulation and protects vital organs. Provides essential fatty acids for the body.	Butter, oil, cheese, cream, nuts, oily fish, crisps

Nutrient	Role in the body	Food Example
Vitamin A	The skin and body lining. Also normal vision and immune system	Dairy, dark green veg and orange fruit.
Vitamin D	For absorbing calcium and phosphorus for health bones.	Sun, oil fish, eggs and meat.
Vitamin E	Its an antioxidant that protects cells against damage and stress	All Vegetables, vegetable oil, seeds
Vitamin C	Its an antioxidant that also helps with body tissue and healing.	Fruits especially citrus. Green veg and tomatoes.
Vitamin K	Essential to blood clotting (making scabs)	Green veg, meat, oils and cereals
Iron	Red blood cell transporting oxygen around the body.	Meat, beans, nuts, fish, whole grains and dark green veg
Calcium	Bones, teeth, nerves and muscles. Also helps clotting	Dairy, green veg, soya beans and bread.

Micro nutrients

A substance required in **SMALL** amounts. **vitamins and minerals.**

Lack of Vitamin D

Rickets: Softening of the bones, which can potentially lead to fractures and deformity.

Lack of Vitamin C

SCURVY

It causes weakness, gum disease and skin haemorrhages (bleeding).

Scurvy is most frequently seen in older, malnourished adults.

Lack of Vitamin A

Vitamin A deficiency (VAD) or hypovitaminosis A is a lack of vitamin A in blood and tissues. ... Nyctalopia (night blindness) is one of the first signs of VAD.

Complete blindness can also occur since vitamin A has a major role in phototransduction.

Lack of Protein

Kwashiorkor

Kwashiorkor is a disease caused by a lack of protein in the diet.

It occurs most commonly in areas of famine and limited food supply. It causes the stomach to bloat.

Lack of Iron/Anaemia

- Weakness and fatigue
- Pale skin
- Shortness of breath
- Light-headedness or dizziness
- Caused by lack of red blood cells





Food Technology

Year 9

What is a the 'Bacteria'?

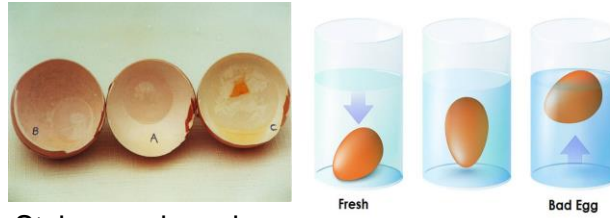
Bacteria are tiny living cells that are found everywhere, they are: Microscopic and the most common cause of food poisoning.

BACTERIA

Bacteria	Symptoms
<p>Salmonella</p>  <p>Source: Waste of man and animals (esp. poultry) Salmonella is infectious and can be spread to other people</p> <p>Foods found in: Contaminated meat and meat products- especially poultry Custard, cream, milk and egg products Salads</p>	<p>Symptoms: Fever, headache, aching limbs, abdominal pain, nausea, diarrhoea, sometimes vomiting</p>
<p>Listeria</p>  <p>Source: Soil, water, vegetation, domestic animals, man</p> <p>Foods found in: Raw milk, seafood, vegetables, pate, soft cheeses, meat products</p>	<p>Symptoms: Normal host- mild fever, influenza type symptoms At risk host- Fever, intense headache, nausea, vomiting, infection of fetus, septicemia, meningitis, still birth</p>
<p>Bacillus cereus</p>  <p>Source: Outer casing of rice, environment, animals</p> <p>Foods found in: Milk, meats, vegetables, rice, sauces, puddings, soups</p> <p><small>There are 2 types of B. cereus: Diarrhoeal - causing diarrhoea and Emetic- causing vomiting The emetic toxin type grows well in rice dishes</small></p>	<p>Symptoms: Abdominal pain, severe vomiting, diarrhoea, abdominal cramps- sometimes collapse</p>
<p>Escherichia coli</p>  <p>Source: Large intestine- faeces</p> <p>Foods found in: Unwashed vegetables, undercooked meat, contaminated water, raw milk</p>	<p>Symptoms: Severe abdominal cramps, watery diarrhoea, bloody diarrhoea, nausea, vomiting</p>

Testing Eggs:

An egg start to produce gas inside the shell as it starts to turn stale.



Stale eggs have large air sacs.

Stale eggs Float.

It is important to check eggs and be careful not to use stale eggs as they are one of the main causes of Salmonella poisoning.

Meat Commodities:

There are a wide range of meats fresh meat is preserved in the fridge between 4-5°C. Bottom glass shelf so juices don't drip onto other foods.

Red	White	Preserved
Beef	Chicken	Chilled
Lamb	Turkey	Frozen
Pork?	Goose	Salted
Venison	Duck	Canned
Game	(Poultry)	Dried
Goat		Smoked



READY TO EAT FOOD
Such as cream cakes, butter, cooked meats, leftovers & other packaged food

RAW MEAT, POULTRY & FISH
Always cover & keep in sealed containers.

SALAD, FRUIT & VEGETABLES
Keep ready to eat fruit and vegetables in sealed bags or containers, always wash before use.

EQUIPMENT



Special Dietary needs:

Special Diet:	Needs to avoid:
Vegan	Will not eat meat or animal products; eggs, dairy, honey. This is an ethical choice.
Vegetarian	Will not eat meats or fish. This is an ethical choice.
Pescatarian	Will not eat meats will eat fish. This is an ethical choice.
Nut Allergy	Avoid nuts, nut oils and anything that may have come into contact with nuts. This is fatal , Epi-pen to stop the reaction.
Lactose intolerance	Will avoid dairy products, particularly cheese and milk. Can not digest Lactose, cause stomach problems.
Gluten intolerance	Avoid wheat products, particularly with flour. Can not digest Gluten, cause stomach problems.

Hip-Hop and Reggae



Pulse – constant, steady beat

Rhythm – The combination of long and short notes

Syncopation – playing on the off-beat

Skank – the characteristic off-beat feel of Reggae music

Lyrics – the words of the song

MC (Master of Ceremonies) – another name for a rapper

Rap – pop music where words are recited rapidly and rhythmically over an instrumental backing

Slang – informal words/phrases

Synthesiser – computer-generated sound

Samples – pre-recorded sounds

Loops – the continuous use of a musical phrase in electronically produced music

Rhyme – correspondence of sound between words or endings of words

Structure – the order of the sections in a piece of music

Depressed – Sad feelings

Oppressed – dominated by other people

Y9 Music

How can Music tell my story?

Note Pyramid			
Name	Symbol	Rest Symbol	Value of each
Semibreve			4
Minim			2
Crotchet			1
Quaver			1/2
Semiquaver			1/4

Notes on the lines are:

E G B D F

Notes in the spaces are:

F A C E

Woodwind

All of these instruments are long tubes with holes in them which change the pitch.

Strings

All of these instruments make sound by plucking/bowing strings.

Percussion

All of these instruments are played by hitting them.

Brass

All of these instruments are made out of brass and change pitch by changing the length of the tubes.

C D E F G A B C D E F G A

Hip-Hop and Reggae

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















Structure – the order of the sections in a piece of music

Depressed – Sad feelings

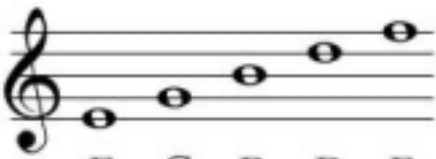
Oppressed – dominated by other people

Y9 Music

How has Music narrated the struggle for equality?

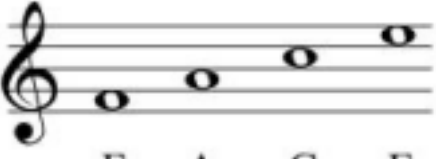
Note Pyramid			
Name	Symbol	Rest Symbol	Value of each
Semibreve			4
Minim	 		2
Crotchet	   		1
Quaver	   		1/2
Semi-quaver	   		1/4

Notes on the lines are:



E G B D F

Notes in the spaces are:



F A C E



All of these instruments are long tubes with holes in them which change the pitch.



All of these instruments make sound by plucking/bowing strings.



All of these instruments are played by hitting them.



All of these instruments are made out of brass and change pitch by changing the length of the tubes.



Rhythm	The pattern of beats in a piece of music
Melody	The main tune
Chord	Three notes played together at the same time
Crotchet	Lasts 1 beat of a pulse
Minim	Lasts 2 beats of a pulse
Quaver	Lasts ½ beat of a pulse
Semibreve	Lasts 4 beats of the pulse
Pulse	A constant steady beat which keeps all the music together
Rest	Silence in music
Elements	The building blocks of music
Pitch	Whether the sound is high or low
Duration	The length of a sound
Tempo	The speed of the music
Timbre	The instruments used
Texture	How many layers of sound there are
Dynamics	The volume of the music
Structure	The order of the sections
Silence	No sound, the gaps in the music
Accompaniment	Sounds going on under the main tune
Introduction	Music heard at the start of a piece – before the main tune comes in

Sharp #	Played with the black note to the RIGHT (F# / G# / C#)
Flat b	Played with the black note to the LEFT (Bb / Eb / Ab)
Duet	A tune shared between parts equally
Fluency	No hesitations in a performance
Keyboard	An electric piano
Ukulele	A guitar-like instrument with four strings
Lyrics	Words
Conductor	Leader of the music – links between the singing and the instrumentalists
Audience	The people who watch and listen to a performance
Ensemble	A group of performers
Compose	Making up your own music
Perform	Playing music in front of an audience
Improvisation	Making up music on the spot
Bass line	A repeating pattern played at a low pitch
Verse	The section of a song that tells the story and has different words each time
Chorus	The catchy section of a song that is repeated lots
Round	One person starts singing then the next person starts 4 or 8 beats later
Balance	How well the different parts are mixed together
Contrast	Big changes between sections
Multitrack	Layering different parts one at a time by recording them

Tempo

SLOOOOOW QUICK!!

Texture

{ Silence }

Pitch

low high

Dynamics

Timbre

Structure

Duration

Photography Year 9 – Understanding the Camera

We need photographers. They are the ones who sort all the chaos of the world into images that bring clarity to the free-for-all of life. They are the witnesses and artists who can distil the mayhem and beauty that surrounds us.

They call our attention to the things we miss in our everyday lives and they call our attention to events and people at a great distance from our own patch of the universe.

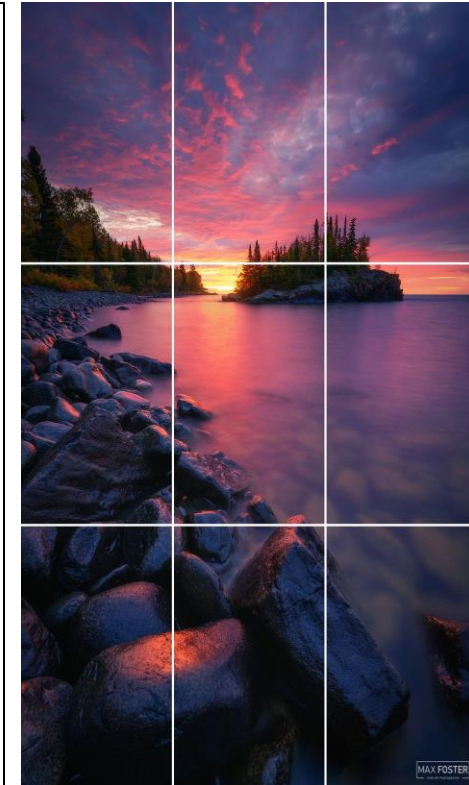
Key Words:

Aperture: Aperture is the first common photography term you should learn. Simply put, aperture is the size of the opening in the lens.

Depth of Field: Depth of field is a photography term that refers to how much of the image is in focus.

Exposure: Exposure is how light or dark an image is. An image is created when the camera sensor (or film strip) is exposed to light

Shutter Speed: The shutter is the part of the camera that opens and closes to let light in. Shutter speed is how long that shutter stays open



Understanding the mode dial

Use the mode dial sheet to experiment with taking the photograph.

- AUTO:** Camera chooses best results
- Flash Off:** Auto flash off
- Portrait:** Used for portraits
- Aperture Priority (A):** Portraits producing softer lighting and brighter backgrounds.
- Shutter Priority (S):** Keeping landscapes in sharp focus
- Manual (M):** Selects faster shutter moving subjects
- Macro:** Close-ups nature etc

