100% book –Grammar Stream

Aim to memorise 100% of the knowledge on these Knowledge Organisers.



Term 6

Swindon	Academy 2023-24
Name:	
Tutor Group:	
Tutor & Room:	

"If you are not willing to learn, no one can help you.

If you are determined to learn, no one can stop you."











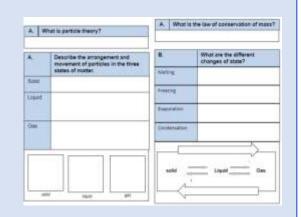
How to use your 100% book of Knowledge Organisers and Quizzable Organisers

Knowledge Organisers

Knowledge Organisers contain the essential knowledge that you MUST know in order to be successful this year and in all subsequent years.

They will help you learn, revise and retain what you have learnt in lessons in order to move the knowledge from your short-term memory to long-term memory.

Quizzable Knowledge Organisers



These are designed to help you quiz yourself on the essential Knowledge.

Use them to test yourself or get someone else to test you, until you are confident you can recall the information from memory.

Top Tip

Don't write on your Quizzable Knowledge Organisers! Quiz yourself by writing the missing words in your prep book. That way you can quiz yourself again and again!

Expectations for Prep and for using your Knowledge Organisers

- Complete all prep work set in your subject prep book.
- 2. Bring your prep book to every lesson and ensure that you have completed all work by the deadline.
- Take pride in your prep book keep it neat and tidy.
- 4. Present work in your prep book to the same standard you are expected to do in class.
- 5. Ensure that your use of SPAG is accurate.
- 6. Write in blue or black pen and sketch in pencil.
- Ensure every piece of work has a title and date.
- 8. Use a ruler for straight lines.
- 9. If you are unsure about the prep, speak to your teacher.
- 10. Review your prep work in green pen using the mark scheme.

How do I complete Knowledge Organiser Prep?

Step 1	Step 2	Step 3
Check Epraise and identify what words /definitions/facts you have been asked to learn. Find the Knowledge Organiser you need to use.	Write today's date and the title from your Knowledge Organiser in your Prep Book. Mark to be the district of the control of	Write out the keywords/definitions/facts from your Knowledge Organiser in FULL. The May 2020 fragething a filte stated at the second s
Step 4	Step 5	Step 6
Read the keywords/definitions/facts out loud to yourself again and again and write the keywords/definitions/facts at least 3 times. Sand - Frank parker for parker for parker parker for parker for parker for parker parker for	Open your quizzable Knowledge Organiser. Write the missing words from your quizzable Knowledge organiser in your prep book. A What is particle the prospered and stone of reases. A What is particle the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases. Box Society of the prospered and stone of reases.	Check your answers using your Knowledge Organiser. Repeat Steps 3 to 5 with any questions you got wrong until you are confident. Particle there and a state of the state of t

Make sure you bring in your completed Prep notes to demonstrate that you have completed your prep.

1. Context	
Playwright: Shakespeare (April 23rd 1564-April 23rd 1616) Dates: written around 1606 Published: in 'the First Folio, 1623 Era: Jacobean Genre: Tragedy = A play ending with the suffering and death of the main character. Set: Scotland, Structure: Five Act Play	Macbeth. The plot is partly based on fact. Macbeth was a real 11 th Century king who reigned Scotland from 1040-1057. Shakespeare's version of the story originates from the Chronicles of Holinshed (a well known historian). The play was most likely written in 1606 – the year after the Gunpowder Plot of 1605 – and reflects the insecurities of Jacobean politics.
The Divine Right of Kings says that a monarch is not subject to earthly authority and that they have the right to rule directly from the will of God. It implies that only God can judge an unjust king and that any attempt to depose, dethrone or restrict his	King James I of England (and VI of Scotland) came to the throne in 1603 following the death of Queen Elizabeth I. The play pays homage to the king's Scottish lineage. The witches' prophecy that Banquo will found a line of kings is a clear nod to James' family's claim to have
powers runs contrary to the will of God and may constitute a sacrilegious act. The action of killing a king is called regicide and is considered a terrible crime.	descended from the historical Banquo. James was convinced about the reality of witchcraft and its great danger to him leading to witch trials. The play is probably not written simply to please James, but certainly looks at relevant ideas.

Shakespearean Tragedy. Macbeth is one of Shakespeare's tragedies and follows specific conventions. The climax must end in a tremendous catastrophe involving the death of the main character; the character's death is caused by their own flaw(s) (hamartia) yet the character has something the audience can identify with.

The Great Chain of Being was a belief in a strict religious hierarchy (see key vocabulary) of all things which was believed to have been decreed by God. This idea was important in Elizabethan and Jacobean beliefs. The chain starts from God and progresses downward to angels, demons (fallen/renegade angels), stars, moon, kings, princes, nobles, commoners, wild animals, domesticated animals, trees, other plants, precious stones, precious metals, and other minerals.

A tragic hero who falls from greatness through a flaw of their own character.	Hamartia – the flaw in the tragic hero that destroys them.	A hero of status – the central characters are people of importance, with power and status to lose.		
External conflict – his tragedies feature conflict between characters, and always lead to death	Internal conflict – there are frequent moments of self-doubt or internal	Supernatural elements – Many of Shakespeare's tragedies feature		

Conventions of a Shakespearean Tragedy

KS4 MACBETH Grammar

2. Key Characters

Macbeth: The eponymous protagonist is the tragic hero of this play. He is both ambitious and ruthless. He falls from loyal and respected warrior to a paranoid, tyrannical king, before dying in battle in Act V.

Lady Macbeth: A strong, ambitious and manipulative woman who exerts pressure on Macbeth to pursue him ambition of becoming king by murdering Duncan. Unable to deal with the guilt of these actions and is driven to madness and suicide.

The Witches / Weird Sisters: Supernatural and manipulative beings who seem to be able to predict the future. They are unearthly and omniscient.

Banquo: Macbeth's close friend and ally is astute and loyal. Macbeth sees him as a threat. He is virtuous, admired by audiences, and mistrustful of the supernatural witches.

Duncan: King of Scotland at the beginning of the play. He is a virtuous, strong and respected leader, held up as the model of good kingship by others in the play. He is murdered by Macbeth in Act 2.

Macduff: A soldier who is loyal to Duncan and is suspicious of Macbeth. His family is murdered by Macbeth's soldiers and he eventually exacts revenge by killing Macbeth. He was born by caesarian section and therefore was "not of woman born".

 ${\bf Malcolm}:$ Duncan's son and next in line to the throne. He is described as a good man in the play.

The play is about the corrupting power of ambition. Both Lady Macbeth and

3. Central Themes

Ambition	Macbeth are urged to action by the prophecies of the witches, but they still commit their crimes themselves because they want greater power. Their ambition leads them to violence and death.
Kingship and Tyranny The play contrasts the kind and wise rule of Duncan, who is described as a virtuous (good) king, with the brutal rule of Macbeth, who quickly becomes called a tyrant. The play shows how Macbeth has no divine right to rule and upsets the natural order by killing Duncan.	
Order and Disorder Disorder Disorder Disorder The play subverts the natural order of the world. Macbeth's actions are be on a supernatural belief in a prophecy. It depicts an anarchic world: Macbeth inverts the order of royal succession; his wife inverts the patriarchal hierarchy; the unnatural world disrupts the natural. The disruption under the conflict that is not only external and violent but internal as Macbeth a his wife come to terms with what they've done.	
Appearance and Reality	Characters in the play are often not what they seem. Lady Macbeth and Macbeth are duplicitous towards Duncan, the witches equivocate (not say what they really mean) and cannot be trusted, Lady Macbeth seeks to manipulate Macbeth.

4. Key Vocabulary	
Ambition	A desire to achieve something e.g. Macbeth and kingship
Hubris	Having excessive pride or self-confidence
Tyrant	A ruler who rules through fear and violence
Corrupt	Acting dishonestly OR being in a state of decay
Patriarchal	A society where power is in the hands of men
Duplicitous	Lying and being false. Two-faced. Deceitful
Façade	A false front, mask or illusion. Hiding one's true feelings
Prescient	Having knowledge of things before they happen – the witches
Nihilistic	The belief that everything is meaningless
Courageous	Being very brave
Supernatural	Things that are not a part of the natural world
Fate	Events being already decided and out of a person's control
Treachery	Betraying someone's trust
Regicide	The killing of a king
	· · · · · · · · · · · · · · · · · · ·

5. Key Terminology, Symbols and Devices			
Motif	A recurring image or idea that has symbolic importance. The best example in Macbeth would be blood.		
Soliloquy	When a character is alone on stage and speaks their thoughts aloud to themselves.		
lambic Pentameter	A line of a play or poem that has ten syllables organised into five pairs of syllables, where the second in each pair is emphasised. e.g. "When you durst do it then you were a man"		
Foreshadowing	When a hint or warning is given about a later event.		
Dramatic Irony	When a character is unaware of something that the audience is aware of, so they don't know the full significance of their words.		
Symbolism	When something symbolises a set of ideas e.g. "The raven himself is hoarse" – raven symbolic of death, supernatural.		
Aside	When a character pauses in a conversation to speak only to the audience or another character, unheard by the rest.		

The Big Ideas	Notes	The Methods	Notes
1. Shakespeare uses the play to demonstrate the terrible consequences of disrupting the natural order . His rule is unnatural and brings only disorder and sickness. His death restores balance.		1. Shakespeare uses blood as a metaphor for guilt through the play. As the guilt increases, the volume of blood increases.	
2. Shakespeare uses the play to demonstrate the consequences of engaging with the supernatural.		2. Shakespeare uses apparitions to present the consequences of ungodly behaviour and is ambiguous about whether they are real or imagined.	
3. Shakespeare uses Macbeth's role as a tragic hero to highlight how vulnerable people are to the destructive temptation of power.		3. Shakespeare's characterisation of Macbeth and Lady Macbeth establishes the idea that ungodly deeds do not go unpunished.	

T6 Y10 Grammar Science B6 – Variation and Evolution

Genetic Engineering

- Process which involves modifying the **genome** of an organism by introduction a gene from another organism to give a **desired characteristic**.

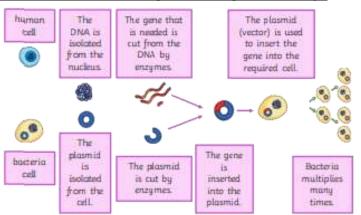
Uses of genetic engineering:

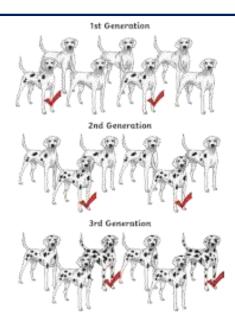
- Plant crops to be resistant to diseases or produce bigger, better fruits.
- Bacteria cells to produce useful substances, such as human insulin to treat diabetes.

Genetically modified (GM) crops

Advantages	Disadvantages	
Resistant to insect attack	Not sure on long term effects when eating GM crops	
Produce increased yields	Could affect populations of wild flowers and insects	

Process of Genetic Engineering (HT only)





Selective Breeding

- Process which humans breed plants and animals for particular **genetic characteristics**.

Steps of selective breeding:

- 1. Choose a male and female with **desired** characteristics.
- 2. Breed together
- 3. Pick the offspring which have the desired characteristic and breed together.
- 4. Continue over many generations, selecting the best offspring each time, until all offspring show desired characteristics.

Т6	T6 Y10 Grammar Science B6 – Variation and Evolution			
1.	What is genetic engineering?	1. What is selective breeding?		
2.	State two uses of genetic engineering. What does 'GM' stand for?	2. Describe the four stages of selective breeding.		
4.	State two advantages of GM crops.	3. Why might a characteristic be chosen?		
5.	State two disadvantages of GM crops.	4. Give 3 examples of characteristics humans may choose.		
6.	Describe the stages of genetic engineering (HT only).			

T6 Y10 Grammar Science B6 – Genetics and Evolution

Extinction

Extinction = no remaining individuals of a species still alive on Earth.

Factors which could cause extinction:

- New disease
- Rapid change in environment (e.g. meteor/volcano eruption)
- New predators
- New competitors (often man)



Evidence for evolution

Fossils

Fossils are the **remains of plants or animals** from **millions of years ago:**

They are formed in different ways:

- Remains of an organism that has not fully decayed as one of the decay conditions was absent (e.g. too cold, not enough O_2)
- Mineralised forms of the harder parts of an organisms (such as bones)
- Traces of organisms such as footprints or burrows.

Many early life forms were **soft bodied** so have left few traces behind, as they decayed so we cannot be sure how life started on Earth. Many have been destroyed by Earth's rock cycle. Fossils help us understand how much or little organisms have changed as life developed on Earth.

Resistant Bacteria

- Bacteria **evolve** rapidly as they reproduce at a fast rate. (reproduce approx. every 20 mins)
- Mutations of bacteria can produce new strains.
- Some strains are **resistant** to antibiotics (so are not killed).
- They **survive** and **reproduce** population of resistant strain rises.
- Resistant strain will spread because people are not **immune** and there is no effective treatment.
- MRSA is resistant to antibiotics.







There is variation in the bacterial population. One bacterium develops a mutation by chance that means it is resistant to an antibiotic.

kills some of the bacteria, the resistant bacterium survives and reproduces.

The antibiotic

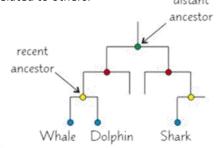
The antibiotic kills
the rest of the nonresistant bacteria
so the person
may start to feel
a little better. The
resistant bacterium
has survived the
antibiotic and
continues to multiply.

How to reduce antibiotic resistant strains:

- Doctors should not prescribe antibiotics for viral infections
- Patients must complete courses of antibiotics
- Agricultural use of antibiotics should be restricted.

Evolutionary trees

Show how species have evolved from and are related to others.



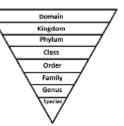
Whales and dolphins have a recent common ancestor so are closely related. They're both more distantly related to sharks.

Classification

Linnaeus classified things into: Kingdom, phylum, class, order, family genus and species.

Organisms are named by the **binomial system** of genus and species. (2 names)

Due to evidence from chemical analysis, there is now a 'three-domain system' by Carl Woese:



Domain	bacteria	archaea	eukaryota			
Kingdom	eubacteria	archaebacteria	protista	fungi	plantae	animalia

T6 Y10 Grammar Science B6 – Ger	etics and Evolution	
1. What does 'extinct' mean?	1. Why do bacteria evolve rapidly?	What do evolutionary trees show?
2. What are fossils?		
	What can cause new strains of bacteria?	
3. Describe one way fossils can form		
	3. Name a bacteria which is resistant to antibiotics.	
4. What do fossils show us?	4. What are the three ways to reduce antibiotic resistance strains?	How did Linnaeus classify organisms?
5. Why is the fossil record incomplete?		
6. What factors can cause extinction?		2. What are Carl Woese's three domains?
		3. What does 'binomial' mean?

T6 Y10 Grammar Science C8 – Chemical Analysis

Metal hydroxides

Sodium hydroxide solution can be used to identify some metal ions (cations).

Solutions of aluminium, calcium and magnesium ions form white precipitates when sodium hydroxide solution is added but only the aluminium hydroxide precipitate dissolves in excess sodium hydroxide solution.

Solutions of copper(II), iron(II) and iron(III) ions form coloured precipitates when sodium

hydroxide solution is added.

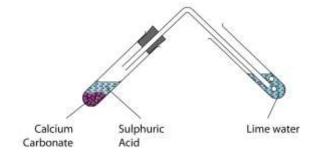
Copper(II) forms a blue precipitate, iron(II) a green precipitate and iron(III) a brown precipitate.

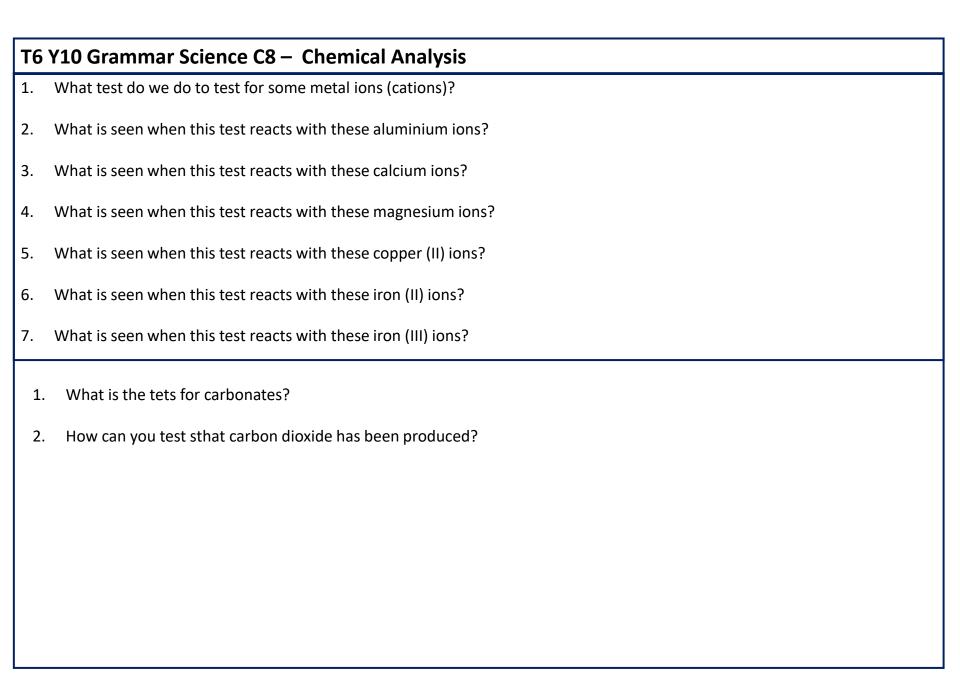
 $CuSO_4 + 2NaOH \rightarrow Cu(OH)_2 + Na_2SO_4$

Carbonates

Carbonates react with dilute acids to form carbon dioxide gas.

Carbon dioxide can be identified with limewater, it will go cloudy.





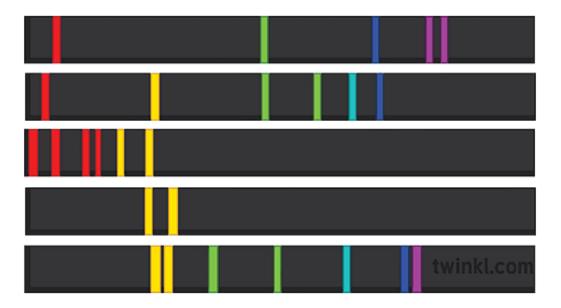
T6 Y10 Grammar Science C8 – Chemical Analysis

Instrumental methods

Elements and compounds can be detected and identified using instrumental methods. Instrumental methods are accurate, sensitive and rapid. Students should be able to state advantages of instrumental methods compared with the chemical tests in this specification.

Flame emission spectroscopy

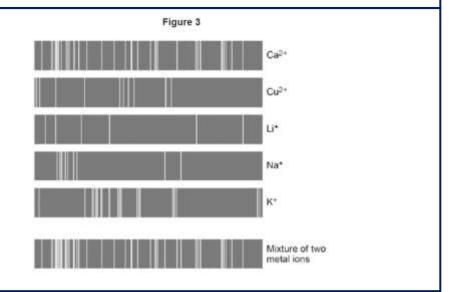
Flame emission spectroscopy is an example of an instrumental method used to analyse metal ions in solutions. The sample is put into a flame and the light given out is passed through a spectroscope. The output is a line spectrum that can be analysed to identify the metal ions in the solution and measure their concentrations.



C4.12 – Chemical Analysis

1. What are the 3 things that are advantageous about instrumental techniques?

- 1. Name 3 metal ions that are in the sample from the picture
- 2. What is the reason to do flame emission spectroscopy?



T6 Y10 Grammar Science P6 Light

Reflection

Definition: The change of direction of a light ray or wave at a boundary when the incident ray stays within the medium.

Law of reflection

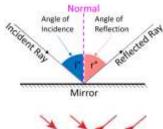
The angle of incidence = angle of reflection

Specular reflection

Definition: Reflection from a smooth surface. Each light ray is reflected in a single ray.

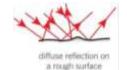
Diffuse reflection

Definition: Reflection from a rough surface. The light rays are scattered in different directions





specular reflection on a smooth surface



Ray diagrams

- You need to construct **ray diagrams** to show how a wave is **refracted** at the boundary of a different medium.

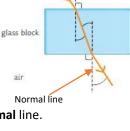
Less dense → More dense (e.g. air to glass)

- Ray **slows down** and bends **towards the normal** line.

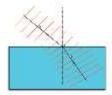
More dense → Less dense (e.g. glass to air)

- Ray speeds up and bends away from the normal line.

The ray bends because different parts of the wavefront cross the boundary at slightly different times –



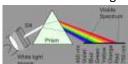
Normal line



If wave hits medium at an angle of 90° then the ray will slow down but will not be refracted.

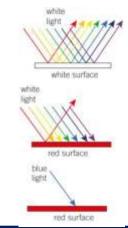
Colour

White light can be split into the colours of the rainbow, each with a different wavelength



Primary and secondary colours

Red + yellow = green
Green + blue = cyan
Blue + red = magenta
Green + blue+ red = white



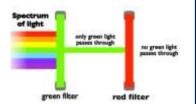
A white object looks white because it reflects all the wavelengths of visible light that reach it.

A <u>red</u> object looks red because it **absorbs** all the wavelengths of light except red. Only red light is **reflected**.

If only <u>blue</u> light is shone on a red surface it is **absorbed**, and <u>no</u> light is **reflected**, so the surface looks black

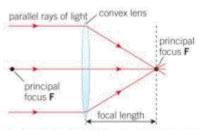
<u>Filters</u>

Filters change the colour objects appear as the only let certain wavelengths of light through. A green filter absorbs all colours except green, and transmits only green light



T6 Y10 Grammar Science P6 Light					
1.	What is reflection?	1.	What happens when a ray goes from a less dense → more dense medium?		
2.	Draw a labelled diagram to show reflection of a ray of light by a mirror.	2.	What happens when a ray moves from a more dense \rightarrow less dense medium?		
		3.	What is the line at 90° to a surface called?		
3.	What is specular reflection?	4.	4. What happens if a ray hits a medium at 90°?		
4.	What is diffuse reflection?				
1.	What are the primary colours of light?				
2.	Why does a red object look red?				
3.	Why does a blue filter make everything appear blue?				

T6 Y10 Grammar Science P6 Light



Convex (Converging) Lenses make parallel rays of light converge to meet at the principal focus. Focal length = distance from centre of lens to principal focus

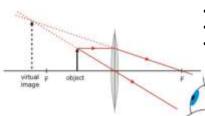
To draw a ray diagram:

Draw two rays from the top of the object

- 1. A ray parallel to the principal axis, which is refracted through the principal focus.
- 2. A ray through the centre of the lens, which does not change direction.
- 3. To create the image, draw an arrow from the principal axis to the point where the rays meet.

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The image <u>above</u> is **inverted** (upside down), **diminished** (smaller than the object) and **real** (the rays of light pass through it).

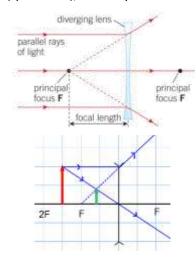


This image is

- upright (right way up),
- magnified (larger than the object)
- virtual (rays of light don't pass through it); represented by dotted lines

Convex lenses can produce **real** or **virtual** images.

<u>Concave (Diverging) Lenses</u> make parallel rays of light diverge (spread out), as if they have come from the principal focus of the lens



To draw a ray diagram:

Draw two rays from the top of the object

- 1. A ray parallel to the principal axis, which is refracted as if it came from the principal focus on the same side of the lens.
- 2. A ray through the centre of the lens, which does not change direction
- 3. To create the image, draw an arrow from the principal axis to the point where these rays appear to meet.

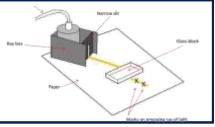
Concave lenses always produce **virtual** images.

Magnification: If the image is bigger than the object the magnification is greater than 1. If the image is smaller than the object, the magnification is less than 1.

Magnification is a ratio and so does not have units.

 $Magnification = \frac{Image\ size}{Actual\ size}$

Required Practical: use different substances and surfaces to investigate refraction and reflection of light

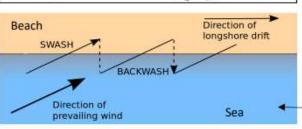


T6 Y10 Grammar Science P6 Light			
1. What does a convex lenses do to parallel rays of light?	1. What does a concave lenses do to parallel rays of light?		
2. How do you draw a ray diagram for a convex lens?	2. How do you draw a ray diagram for a concave lens?		
	3. What type of does a concave lens produce?		
3. What is a real image?	1. What is the formula to calculate magnification?		
4. What is a virtual image?	2. What does a magnification of less than 1 mean?		
	1. What equipment would you use to investigate the refraction of light through a glass block.		
5. What type of does a concave lens produce?			

1. The UK's diverse landscapes Term Definition Relief Shape of the land. Upland Land over 200m. areas Highlands. Steep. Lowland Land below 100m. areas Flat or rolling hills



Definition
Movement of the water UP the beach in the direction of the prevailing wind.
Movement of water DOWN the beach at right angles (90°) due to gravity.
Build up the beach. Strong swash. Weak backwash. Low height, long wave length. Low frequency.
Erode the coast. Weak swash. Strong backwash. Tall height, short wave length. High frequency.



3. Processes

Sub-ae	erial processes (above the sea)		
	Weathering		
Wearing av	vay of rocks in situ. Material not removed.		
Mechanical weathering	The breaking down of rock without changing its composition. Freeze thaw.		
Chemical weathering	The breaking down of rock caused by chemicals. (e.g. weak acid rain).		
	Mass movement		
	I movement of der the force of		
Rockfall	Free fall of rocks under force of gravity.		
Sliding	Material collapsing in a straight line.		
Slumping	Downward rotation of sections of cliff along a slip plane. Worse when saturated.		

	Marine processes
	Erosion
	ring away and removal of material by a ring force such as a breaking wave.
Hydraulic power	The sheer force of the water compressing air into cracks causes bits to break off.
Abrasion	Sediment scraping against the cliff (like sandpaper) removing small pieces.
Attrition	The 'smashing' of sediment against each other to become more rounded.
Solution	Chemical erosion caused by the dissolving of rocks by sea water.
	Deposition
Dropping of material	Occurs when there is a loss of energy. e.g Sheltered bays, when the wind drops.
	Transportation
Longshore drift	Zig zag movement of sediment along the coastline.

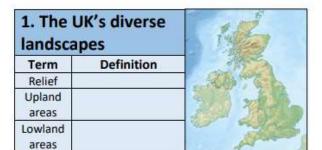
4. Erosional landforms

	Headlands and bays
Step 1	Discordant coastlines have alternating bands of more resistant (chalk) and less resistant rock (clay).
Step 2	The less resistant rock is eroded faster
20. 2	through abrasion, creating bays.
Step 3	The more resistant rock erodes slower and is left jutting out to sea forming a headland.

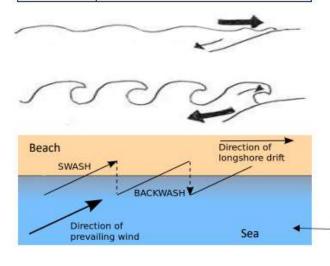
	Wave cut platforms
Step 1	Waves erode cliff base between high+ low tide
Step 2	Abrasion create a wave cut notch which
	enlarges over time.
Step 3	The rock above the notch is unsupported so will collapse due to gravity (mass movement)
Step 4	Cliff retreats, leaving a wave cut platform

	Cave, arch, stack		
Step 1	Hydraulic power enlarges cracks in headland		
Step 2	Over time they turn into a cave.		
Step 3	Back of cave is deepened by abrasion until it erodes through the headland > arch.		
Step 4	4 Weathering and erosion wear away at the arch until it eventually collapses (gravity).		
Step 5	A stack is formed.		

Example of a UK coastline. Dorset coastline.			
Headlands and bays	Swanage Bay, Durlston Head		
Wave cut platform	Kimmeridge		
Arch	Durdle Door (concordant)		
Stack	Old Harry		



2. Waves		
Term	Definition	
Swash		
Backwash 🗼		
Constructive waves		
Destructive waves		



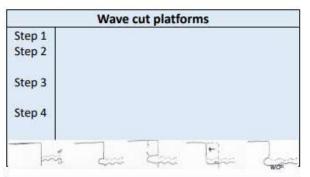
3. Processes

Sub-aerial p	rocesses	(abo	ve the	sea)
Weathering				
Mechanical weathering				
Chemical weathering				
N	lass move	ment	t	
	FA		SLIDE	SLUWP
Rockfall		- 10	A3000	
Sliding				
Slumping				

	Marine processes			
	Erosion			
Hydraulic power				
Abrasion				
Attrition				
Solution				
	Deposition			
Dropping of material				
	Transportation			
Longshore drift				

4. Erosional landforms

Headlands and bays		
Step 1	H S Bay H	
Step 2	Headland Headland	
Step 3		



	Cave, arch, stack
Step 1	
Step 2	
Step 3	
Step 4	
Step 5	
	Ilma Am Lamel

Example of a UK coastline.	Dorset coastline.	

Cheap and easy.

Doesn't need maintenance.

New habitats created.

5. Depositional landforms

	Beaches Swanage	
Step 1	Beaches form when deposition occurs.	
Step 2	Beaches form when deposition occurs. There needs to be a source of sediment nearby like soft cliffs.	
Step 3	Constructive waves deposit material in sheltered areas like bays.	

Sand dunes Studland		
Step 1	Wind blows sand up the beach (saltation).	
Step 2	Obstacles such as seaweed cause the wind speed to decrease resulting in deposition .	
Step 3	Over time sand dunes build up and are colonised by marram and lyme grass.	
Step 4	This vegetation stabilises the sand dunes.	

	Spits Sandbanks
Step 1	Longshore drift transports sediment along the coast in the direction of the prevailing wind (swash and backwash).
Step 2 Step 3	Where the coastline changes direction Sediment is deposited in calm weather out
Step 4	to sea. Can form a hooked end and a salt marsh behind the spit where it is sheltered.

	Bar	
Step 1	When a spit joins two headlands.	Sar lagoon
Step 2	A lagoon forms behind the bar.	

6. Coastal management

	Ha	rd engineering			
	Man made structures built to control the sea. Reduces flooding and erosion.				
Strategy	Explanation	Costs	Benefits		
Sea walls	A hard wall made out of concrete that reflects waves back out to sea	Expensive (£2000 per/m). Life span 75 years.	Prevents erosion / flooding. Often protects tourist resorts.		
Rock armour	Boulders piled up along the coast. These erode rather than the coast.	Boulders can be moved by waves and need replacing.	Gaps allow water through, reducing wave energy. Cheap		
Gabions	Wire cages filled with rocks at the base of cliffs. Absorb wave energy.	Ugly to look at. £100 per/m Metal corrodes over time.	Cheap and easy to build. Reduce erosion.		
Groynes	Wooden fences at right angles to the coast, preventing sand moving by longshore drift = wider beach.	Starve beaches further along the coast = more erosion there. Life span only 25 years	Stops longshore drift removing beaches. Fairly cheap.		

	So	ft engineering		
Schemes set up using a natural approach to managing the coast.				
Strategy	Explanation	Costs	Benefits	
Beach nourishment	Sand and shingle from elsewhere is added to beaches. Wider beaches stop erosion and flooding	Needs redoing every 5 years. Sand has to be brought from elsewhere. Expensive.	Blends with existing beach. Larger beaches = tourists.	
Reprofiling	Sediment is redistributed from the lower part to the upper part of the beach. Increases gradient.	Only works if wave energy is low. Needs to be redone lots.	Cheap and simple. Reduces energy of the waves.	
Dune regeneration	Creating or restoring sand dunes by nourishment or planting marram grass to stabilise the sand	Protects only a small area. Areas zoned off from public which is unpopular.	Sand dunes create a barrier between the sea and land. Stabilisation is cheap.	

Land is lost = conflict (farmers)

Salt water can negatively

impact existing ecosystems.

7. An example of a coastal management scheme

What?	Reasons for management	Management strategy	Effects and conflicts
Bournemouth	Coastline would erode at a metre a year.	3 phases costing £50 million.	✓ Beaches = More tourists = 9000 jobs
Beach Management Scheme.	Beach important for tourism (£413million).	HARD: Replaced or added 53 groynes.	■ Barton on Sea at risk from erosion.
Aim: Hold the line and protect tourism.	3114 homes at risk from collapsing cliffs.	SOFT: 3 lots of replenishment, every 5 yrs	➤ Conflict: locals vs construction.

Managed

retreat

Coastal realignment

Remove current defences, allow

time land becomes a marshland.

sea to flood the land behind. Over

5. Depositional landforms

	Beaches Swanage	
Step 1		
Step 1 Step 2		
Step 3		

20	Sand dunes Studland	
Step 1		
Step 1 Step 2		
Step 3		
Step 4		

	Spits Sandbanks
Step 1	3,0,0,0,0,0
Step 2	
Step 3	
Step 4	change in direction s
**	orection s)

	Bar
Step 1 Step 2	Lagoon
Step 2	Bar

6. Coastal management

Hard engineering Man made structures built to control the sea. Reduces flooding and erosion.							
Sea walls							
Rock armour							
Gabions							
Groynes							

	Soft	engineering					
Schemes set up using a natural approach to managing the coast.							
Strategy	Explanation	Costs	Benefits				
Beach nourishment							
Reprofiling							
Dune regeneration							
Managed retreat	53						

7. An example of a coastal management scheme

What?	Reasons for management	Management strategy	Effects and conflicts
	(0.00-00)	110 - 7/(/110	

Coastal realignment

	Year 9 Term 4 History Knowledge Organiser. Topic = Nazi Dictatorship, 1933-39								
What we are learning this term:			В.	Wh	hat was	the Night of the Long Knives?			
over	was Hitler able to increase his control Germany from 1933?		Ernst Rohn			m was the leader of the SA and also a threat to Hitler. The men in the SA were loyal to him and not to Hitler and m also disagreed with some of Hitler's policies			
C. How	was the Night of the Long Knives? did Hitler create a Nazi police state? did Hitler control the church and the		which Himmler and Heydri			933 there were 3 million members in the SA, which meant that there were more men in this group than in the SS h was not good for Hitler if they challenged him			
peop	le of Germany? opposition was there to the Nazis?					rich and Himmler were the leaders of the SS and they did not like Rohm and the power that the SA had so they ed to get rid of this group			
A.	Why was Hitler able to increase		Night of the Long Knive			ne night of the 30 th June, Hitler arranged a meeting with Rohm and other officers of the SA. When they arrived were arrested, imprisoned and shot			
	control over Germany after 193	33?	C. H	How did the Nazis create a police state in Germany?		zis create a police state in Germany?			
Reichstag Van der L	Reichstag building was set on fire was completely destroyed	27th February 1933, the ag building was set on fire and appletely destroyed 2. The SS – This gr 3. The SD – This gr 4. Gestapo – Germ they wore ordinar they wore ordinar 5. Law courts – Hit usually sent to pr		e State – This is a country where the government controls people's freedom using the police SS – This group was the Nazi's own private police who were loyal to Hitler. They helped to run the concentration camps SD – This group kept a record of anyone who was against the Nazis apo – Germany state secret police who were known for their violent actions. People did not know who the Gestapo were as wore ordinary clothes courts – Hitler controlled the law courts by making sure that people who were tried there did not get a fair trial and were ly sent to prison if they were against the Nazis entration camps – This is a place where people were held as prisoners for political reasons. People sent there were groups					
			such as Jews and communists						
Communists The Nazis blamed the communists for the fire and used this as a chance to			D.						
	arrest 4,000 communists (the end		Reich Chui	rch	This was a protestant church in German that was set up by those who worked for and supported the N helped Hitler control the Protestant church		vhich		
Enabling /	opportunity to take more control	of	Concordat			signed a concordat (agreement) with the Pope in 1933. He promised that Catholics would have freedon in if they did not get involved with politics. However, Hitler went against the agreement as he did not trulics			
	Germany by passing the Enablin This meant that he could pass la without the Reichstag		Propagand	a	This means to create ideas and opinions in people about certain groups. The Nazis used propagan people hate the Jews and support the Nazis		ıke		
			Censorship)	This means to hide information from people to create opinions and thoughts about certain groups. The censored the information people heard in the news				
Trade Uni	ons Hitler saw the trade unions as a t as there could be communists an		Media		The N	azis controlled the media such as newspapers and radio stations by telling them what to write and say	′		
	the working men who could chall the government so he banned th	enge	Rallies			s were a good form of propaganda as they were bright and showed that the Nazis were strong enough Sermany	to		
			E.	Wh	hat oppo	osition was there to the Nazis?			
Political Parties	Next Hitler got rid of all other poli parties so that the NSDAP were		Opposition			This means to actively work against something to try and remove it. There was some opposition in Geragainst the Nazis from certain groups	rmany		
	only party that people could vote	for	Opposition church	from the		Some members of clergy spoke out against the actions of the Nazis. Martin Niemoller set up the Pasto Emergency League which was a group of protestant pastors who were against the Nazis	ors		
Local Governme	•	rnment	Opposition youth	from the		There were a few youth opposition groups, made up of teenagers who did not like the strict control of t Nazis. There was the White Rose Group, Edelweiss Pirates and the Swing Youth	the		
which he did by getting rid of local government		al	Support for	Support for Nazis		Overall the Nazis had a lot of support in Germany due to propaganda, people not wanting to lose their jobs and people also being scared of the Nazis			

	Year 9 Term 4 History Knowledge Organiser. Topic = Nazi Dictatorship, 1933-39							
What we	are lea	rning this term:		B.	What wa	s the Night of the Long Knives?		
over B. Wha C. How D. How peo	r Germa at was th v did Hit v did Hit ple of G	Hitler able to increase his control many from 1933? the Night of the Long Knives? litler create a Nazi police state? litler control the church and the Germany? osition was there to the Nazis?		Ernst Rohm The SA Himmler and				
L. VVIIC	и оррос	SHOT WAS THEFE TO THE TVAZIS:		Heydrich Night of the				
A. Why was Hitler able to increase h control over Germany after 1933			Long Knives	did the N	azis create a police state in Germany?			
Reichsta				1 2 3 4 they wore 5 usually se	Th - This grou - This grou - Germa - ordinary o Hitl ent to priso	is is a country where the government controls people's freedom using the police up was the Nazi's own private police who were loyal to Hitler. They helped to run the concentration campup kept a record of anyone who was against the Nazis any state secret police who were known for their violent actions. People did not know who the Gestapo v	were as	
Commun	ists			D.	How did	the Nazis control the church and the people?		
				Reich Church Concordat				
Enabling	Act							
				Propaganda				
				Censorship				
Trade Un	nions			Media				
				Rallies				
				E.	What op	position was there to the Nazis?		
Political Parties				Opposition				
				Opposition from	m the			
Local Governm	ent			Opposition from youth				
				Support for Na	zis			





Keywords		What we are	learning in this unit		A.	6 Articles of Faith		
Tawhid	The belief in Islam that	A. 6 Articles B. 5 Roots of	of Faith If Usul Ad-Din		Article of fa	ith	What is it?	
	there is only one God who created everything	C. Sunnah a D. Risalah	and Hadith		1: Belief in	one God	Allah is the creator and sustainer of life. There is no God but Allah	
Omnipotent	God is all powerful and "has power over everything"	F. Nature of G. Qu'ran	•		2: Belief in	Angels	Angels do the work of Allah and do not have free will like humans. They obey Allah	
Immanent	God is active in the world and involved in its' creation.	I. Angels J. Al Qadir K. Day of Ju	dgement, Paradise and I	Hell	3: Belief in	God's revealed books	The Torah, the Psalms, the Gospels, the Scrolls of Abraham and the Qur'an.	
Transcendent	God is outside of time and space. God cannot age or die or be located in one	B. 5 Roots of Usul Ad-Din The 5 roots of Usul ad-Din are central to the Shi'a Muslim faith.			4: Belief in	the messengers of God	Prophets and messengers are chosen by Allah to deliver His message to humankind	
	place.	Root	What is it?	Quote	5: Belief in	the Day of Judgement	There will be a day when all people stand in front of Allah and are sent to Heaven or Hell	
Beneficent	Allah is compassionate, caring and good	1: Tawhid	The belief in the oneness of Allah	"He is God the One, God the eternal" Surah	6: Belief in	6: Belief in pre-destination Allah knows everythin Everything is ordered		
Sunnah	The traditions and practices of the Prophet		112				nothing is random or by chance	
	Muhammad	2: Risalah	Belief in	"We sent messengers to	C.	Sunnah and Hadith		
Qur'an	The Islamic sacred book		prophethood: the chain of messengers from Adam to Muhammad	every community"				
Hadith	A collection of traditions and sayings of the Prophet			Surah 16	Sunnah	The practices, customs and traditions of Prophet Muhammad		
	Muhammad	3: Adalat	Allah is just (fair) and will bring Divine	"I advise you to being <mark>just</mark>			cample for Muslims to follow d Hadith are sources of	
6 Articles of Faith	6 basic beliefs that shape the Islamic way of life		Justice	towards both friend and foe"		Wisdom and authority alongside the Qur'an		
5 Roots of Usul	5 rules which explain how			Imam Ali	Hadith		dith helps a Muslim to learn ad explained the teachings	
Ad-Din	Muslims should act in daily life	4: Imamah	A term for God-given leadership	"obey God and the Messenger, and those in		from the Qur'a		
Akhirah	Belief in the afterlife			authority among		understand		
Al Qadr	Supremacy of God's will and The belief in predestination which is slightly different for Sunni and Shi'a Muslims	5: Mi'ad	The day of judgement and resurrection	"His is the judgement; and to Hjm you shall be returned"	What does the Sunnah tell Muslims?	It provides a g	overs many areas of life uideline for Muslim life nah for everything	





	Keywords	What we are learning in this unit			A.	6 Articles of Faith	
Та	whid		of Usul Ad-Din		Article of fair	th	What is it?
		C. Sunnah a D. Risalah E. Muhamm			1:		
Or	mnipotent	F. Nature of G. Qu'ran			2:		
lm	manent	J. Al Qadir	udgement, Paradise and I	Hell	3:		
		B. 5 Roo	ts of Usul Ad-Din		4:		
l ra	anscendent				5:		
		Root	What is it?	Quote			
Ве	eneficient	1:			6:		
Su	ınnah	2:			C.	Sunnah and Hadith	
Qι	ır'an						
На	adith	3:					
6 / Fa	Articles of ith						
	Roots of Usul I-Din	4:					
Ak	hirah						
Al	Qadr	5:					





D.	Risalah (Prophethood	Risalah (Prophethood)		Torah, Psalms and Gospels			
What is it	 Every Islamic presented 	e there has been 124,000 prophets rophet preached Islam and key beliefs dam, the last was Muhammad (Box E)	Psalms (Zabur)	The Psalms of Dawud are a collection of prayers to Allah They contain lessons of guidance for the people			
Why are prophets important?		ah stops them from sinning are messengers who have been given ws	Gospel (Injil)	 This is the good news about Isa (Jesus) Muslims highly respect Isa because there are revelations in the Qur'an about him Muslims believe he was the Masih, he was not the son of Allah, he was not crucified, he did not die to save sins The gospels contain some mistakes because they were written many years after Isa died 			
	The father of allHe taught aboutHe taught life or life		Torah (Tawrat)	 The Tawrat is the Arabic word for the Torah These are the revelations given to Moses by Allah on Mt Sinai The Qur'an refers to the Tawrat as "guidance and light" 			
Ibrahim	– remembered a	d in a dream to sacrifice Isma'il as a test of faith at Hajj every year is the ancestor of the prophet Muhammad	Scrolls of Ibrahim	 Revelations received by Ibrahim on the first day of Ramadan Contained stories about workship and reflection Not a book, individual revelations 			
	F.	The Nature of Allah					
Tawhid There is only one God and this God has not the created everything. Only He should be worshipped: worshippin "There is no God but Allah, and Muham" "Allah witnesses that there is no deity e "Do they not see that Allah, who created raise the dead to life?"			other Gods is ad is his me cept Him"				
2: Omnipotent		Allah is all powerful and has power over everything					
3: Immanence		Allah is active in the world and able to control ev	ents				
4: Transcendent		Allah is outside of the universe Not limited by time or space					
5: Beneficience		God has love and good will					
6: Mercy		 "In the name of Allah, the most compassion God is forgiving and caring 	ah, the most compassionate, the most merciful" caring				
7: Fairness and	justice	Allah is fair to all people					

Allah has sent the same message to all prophets to allow humans numerous opportunities to submit to the will of Allah

• Allah will ensure that judgement is fair and punishments are suitable





D.	Risalah (Prophethood		E	Torah, Psalms and Gospels
What is it			Psalms (Zabur)	
Why are prophets important?			Gospel (Injil)	
Adam				
			Torah (Tawrat)	
Ibrahim			Scrolls of Ibrahim	
-	F.	The Nature of Allah		
Tawhid	F.	The Nature of Allah		
Tawhid 2: Omnipotent	F.	The Nature of Allah		
	F.	The Nature of Allah		
2: Omnipotent		The Nature of Allah		
2: Omnipotent 3: Immanence	t	The Nature of Allah		
2: Omnipotent 3: Immanence 4: Transcenden	t	The Nature of Allah		





G.	Qur'an	l.	Angels				
Revelation	Chapters of the Qur'an were revealed to Prophet Muhammad over 13 years in Makkah While Muhammad received the revelations, he was not able to change them because it was the will of Allah	What are they?	 They have no gender and ar 	and have wings which can move at the speed of light e in the unseen world Allah asks and they always obey Allah as they have no free will			
	After Muhammad received them, he recited them, and somebody wrote them down.	What do they do?	 Watch over humans Bring peace to believers and instill fear in non-believers Angel of Death takes the soul at death 				
Authority	 It is the direct word of Allah so it has His authrotiy It is without error and remains in its' original form A written book was needed to formalise the religion 		 Greet people entering paradise or throw people into the pits of hell Signify the end of the world by blowing a horn 				
What does it contain?	It covered every aspect of life It influences a person throughout their lives The basics of worship which Muhammad developed Shari'ah law and social systems	Jibril	 Most important angel in Islam Always brings good news Helped Ibrahim when he was thrown in to a fire, opened up the Zamzam well for Hajar Told Maryam she would have a son (Isa) Dictated the Qur'an directly from Allah 				
Supreme authority	It explains creations and other ultimate questions The Qur'an is believed to have supreme authority It is a timeless book – it is only the word of Allah if it is not translated from Arabic	Mika'il	Helped Muhammad to fightWill help to weigh peoples'	e – in charge of plants and rain t for Makkah			
K.	Day of Judgement, paradise and Hell		J. Al Qadir				
What will happen ?	 Muslims believe Judgement day will come on a Friday (A on a Friday) It will be announced by Israfils' trumpet Allah will refer us to the book of deeds to justify damnat 		 Everything happens as a result of Allah's will and nothing is ever random or without reason Allah is in charge of everything Everything is a part of Allah's plan "never will we be struck except by what Allah has decreed for us" 				
	Humans will go to paradise or Hell		E.	Muhammad			
Jannah	 Paradise No growing ill, old or dying – it is a reward and gift from A person must live religiously and ask Allah for forgivene Good beliefs and actions It is beyond human imagination 		Why was he chosen?	Muhammad had characteristics such as responsibility, determination, patience, courage and honesty He was highly respected in his community He was extremely devoted to Allah – he prayed and fasted for long periods of time			
Entry to Jannah	 "enter among my servants! Enter my paradise!" People will arrive over the As-Sirat bridge There are 8 gates and you go through the one which repaction Two angels welcome people saying "peace be upon you 		What did he do as a prophet?	He became the ruler of Madinah and set up the first Islamic community He converted the people of Makkah to Islam			
Jahann am	 Hell People wail in misery, 70x hotter than any flame on eart poured on their heads, pain, dragged in chains Punishment for a life full of evil or rejecting the teaching 		Why is Muhammad important?	He is seen as the perfect role model as he is trustworthy and obedient to Allah His influence can still be seen in the Hadith and Sunnah The night of power in Ramadan is to remember Muhammad's first revelation from the angel Jibril			





G.	Qur'an	l.	Angels		
Revelation		What are they?			
		What do they do?			
Authority					
What does it contain?		Jibril			
		Mika'il			
Supreme authority					
K.	Day of Judgement, paradise and Hell		J.	Al Qadir	
What will happen ?					
				E.	Muhammad
Jannah			Why w	as he chosen?	
Entry to Jannah			What o	did he do as a st?	
Jahann am			Why is importa	Muhammad ant?	





Keywords		What we a	re learning in this unit	В.	The 5 Pillars - Salah
Tawalla	Showing love for God and	A. The 5 I B. Salah	Pillars and 10 Obligatory Acts		
Telesione	for those who follow Him	C. Sawm D. Zakah	D. Zakah		 "Salah is a prescribed duty that has to be performed at the given time by the Qur'an"
Tabarra	Disassociation with God's enemies	F. Jihad	E. Hajj F. Jihad		Muslims pray 5 times per day and this allows them to communicate with Allah. The prayers are done at dawn (fajr), afternoon
Khums	The obligation to pay one- fifth of acquired wealth		G. Id-ul-Adha H. Id-ul-Fitr		(zuhr), late afternoon (asr), dusk (maghrib) and night (isha) Muslims face the holy city of Makkah when
Lesser jihad	The physical struggle or holy war in defence of	A.	5 Pillars of Islam and 10 obligatory acts		paying.
	Islam	What are the 5	 5 key practices or duties for Muslims Both Sunni and Shi'a keep these (Shi'a have them 	Wuzu	The washing process to purify the mind and body for prayer
Greater jihad	The daily struggle and inner spiritual striving to live as a Muslim	pillars	as part of the 10 obligations) They are seen as pillars "holding up the religion" and are all of equal importance		 Muhammad said the key to Salah is cleanliness Hands, arms, nose, mouth, head, neck and ears are cleaned as well as both feet up to the ankle.
Sunni	Muslims who believe in the successorship of Abu Bakr, Umar, Uthman and Ali as leaders after the Prophet Muhammad	What are the 10 obligatory acts	There are 10 obligations for a Muslim according to the Shi'a branch of Islam. These include prayer, fasting, almsgiving, pilgrimage, jihad, khums, directing others towards good, forbidding evil, tawalla and	Rak'ahs and recitations	 These are the movements that Muslims make during prayer Takbir – raise hands to ears and say 'Allahu Akbar' Qiyam – Standing, Muslims recite Surah Then bow to the waist saying "Glory be to my Great Lord and praise be to Him"
Shi'a	Muslims who believe in the Imamah, leadership of Ali	Shahadah	tabarra Shahadah is the first of the 5 pillars	•	 Then sink to their knees saying "Glory be to my Lord, The Most Supreme".
Niyyah	and his descendants Intention during prayer - having the right intention to worship God	Chanaca.	 It is the Muslim declaration of faith "there is no God but Allah, and Muhammad is His messenger" This is a statement that Muslims reject anything but Allah as their focus of belief 	Salah at home	 Salah is a big part of family life Meals and other activities are usually scheduled to fit around prayer times Families pray all together and might have a room set aside for prayer
Du'a	A personal prayer that is done in addition to Salah e.g. asking Allah for help		It also recognises that Muhammad has an important role and his life is an example to follow	Salah in the mosque	All mosques have a qiblah wall which is to show where to face Makkah Men and women pray in separate rooms at the
	Jihad			Jummah	Mosque Jummah is congregational prayer held on a Friday
oppressed by "Fight in the v Conditions for sel pro leg		nen Prophet Muhammad and early Muslims were being attacked and the Meccans and had no choice but to engage way of God those who fight against you but do not transgress" declaration if-defense opportionate gitimate authority		Junial P	 at the mosque where the imam leads the prayer Praying together as a community develops the feeling of unity amongst Muslims Men are obliged to attend unless they are sick or too old Women do not have to go – they may pray at home instead
Greater Jihad • A struggle wi • e.g. perform		hin oneself to fol he Five Pillars, fo	low the teachings of Islam and be a better person Ilow Sunnah and avoid temptation forbid what is wrong"	Differences between Sunni and Shi'a	 Shi;a Muslims combine some prayers so they may only pray 3x a day Shi'a use natural elements e.g. clay where their head rests





Keywords		What we are learning in this unit		В.	The 5 Pillars - Salah	
Tawalla		A. The 5 Pillar B. Salah		Pillars and 10 Obligatory Acts		
		C. Sawm D. Zakah		What is it?		
Tabarra			E. Hajj F. Jihad			
Khums			G. ld-ul-Adha H. ld-ul-Fitr			
Lesser jihad			A.	5 Pillars of Islam and 10 obligatory acts		
			What are		Wuzu	
Greater jihad			the 5 pillars			
Sunni			What are the 10 obligatory acts		Rak'ahs and recitations	
Shi'a			Shahadah		-	
Niyyah			Grianadari		Salah at home	
Du'a					Salah in the mosque	
	<u> </u>	Jihad]	
Lesser Jihad				Jummah		
Greater Jihad					Differences between Sunni and Shi'a	





	The 5 Pillars - Zakah		The 5 Pillars - Sawm
The role of giving alms	Muslims believe it is their duty to ensure Allah's wealth has been distributed equally as everyone is the same The Qur'an commands to give to those in need	The role of fasting	 Fasting during Ramadan (9th month in Muslim calendar) Muslims give up food, drink, smoking and sexual activity in daylight hours Pregnant people, children under 12, travellers and elderly people are exempt from fasting.
The significance of giving alms	 Giving 2.5% of savings/wealth to charity Wealth can cause greed which is evil, so Zakah purifies wealth – wealth is given by God and must be shared The Prophet Muhammad practiced Zakah as a practice in 	The significance of fasting	Ramadan is believed to be the month that Prophet Muhammad began to receive revelations of the Qur'an Helps Muslims to become spiritually stronger
	Medina Given to the poor, needy and travellers Sadaqah is giving from the heart out of generosity and compassion	Reasons for fasting	 Obeying God and exercising self-discipline Develops empathy for the poor Appreciation of God's gifts Giving thanks for the Qur'an
 Shi'a Islam – one of the 10 obligatory acts 20% of any profit earned by Shi'a Muslims paid as a tax Split between charities that support Islamic education and anyone who is in need "know that whatever of a thing you acquire, a fifth of it is for Allah, for the Messenger, for the near relative, and the orphans, the needy, and the wayfarer" 		Night of power	 Sharing fellowship and community with other Muslims The night when the Angel Jibril first appeared to Muhammad and began revealing the Qur'an. The most important event in history – "better than a thousand months" [Surah 97:3] Laylat Al-Qadr is the holiest night of the year. Muslims try to stay awake for the whole night to pray and study for the Qur'an
	The 5 Pillars - Hajj		Id-ul-Adha, Id-ul-Fitr, Ashura
The role of pilgrimage The significance of pilgrimage	A pilgrimage to Makkah which is compulsory for Muslims to take at least once as long as they can afford it and are healthy God told Ibrahim to take his wife and son on a journey and leave them without food or water	Id-ul-Adha Not an official holiday in UK	 Festival of sacrifice Marks the end of Hajj and is a chance for whole Ummah to celebrate Origins – Ibrahim's commitment to God in being willing to sacrifice his son, Ishmael. God was testing Ibrahim Key events – new clothes, sacrificing an animal, visiting the Mosque. People ask a butcher to slaughter a sheep for them and share the meat with the community
	 Hajira ran up and down two hills in search of water, could not find any and prayed to God. Then water sprung from the ground. This is the Zamzam well When Ibrahim returned he was commanded to build the Ka'ba as a shrine dedicated to Allah Hajj is performed in the month of Dhu'l-Hijja 	Id-ul-Fitr Public holiday in Muslim majority countries, not UK	 Festival of fast-breaking Marks the end of Ramadan Key events – Decorate homes with colourful light and banners, dress in new clothes, gather in Mosques, give gifts and money, give to the poor Zakah ul-Fitr – donation to the poor so that everyone can eat a generous
Actions	 Ihram – dressing in two pieces of white cloth Circling the Ka'aba 7 times (tawaf) Drinking water from the Zamzam well like Hajar walking between Al-Safa and Al-Marwa hills seven times Throwing stones at 3 pillars (jamarat) to represent casting out the devil and remembering Ibrahim throwing stones at the devil to drive him away Asking Allah for forgiveness at Mt Arafat Collecting pebbles at Muzdalifah 	Ashura	 Sunni celebration – many fast on this day which was established by Prophet Muhammad Shi'a mourning – Husayn was murdered and beheaded. Muslims remember his death and betrayal Key events – public displays of grief, day of sorrow, wear black, reenactments of martyrdom, not a public holiday in Britain but Muslims may have day off school





	The 5 Pillars - Zakah		The 5 Pillars - Sawm
The role of giving alms		The role of fasting	
The significance of giving alms		The significance of fasting	
		Reasons for fasting	
Khums		Night of power	
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Actions		Ashura	

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The programs, data and applications in a computer system. Any parts of a computer system that aren't physical.

Software can be classified as either application or system software.

Application – Programs which perform specific enduser tasks. E.g. web browser, spreadsheet, games. System – Programs which help to run or maintain the computer system.

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Manages processes.

Manages memory.

Manages I/O (input/output) devices.

Manages applications.

Manages security (access levels, user accounts)

Controls hardware components.

Provides a platform for software to run on.

Provides a user interface.

Utility Programs -

Programs which help to maintain or manage the computer system. E.g. Disk Defragmenters, Antivirus, Compression, Encryption, Registry Cleaners, Driver Updaters.

Translators -

Translate source code from a high-level language or assembly code into machine code (binary). There are three types, Compilers, Interpreters and Assemblers.

Compilers – Does the translation all at once and creates an exe file containing the machine code.

Interpreters – Does the translation line by line. Assembler – Converts assembly code.

Boolean Logic Gates

AND Gate.

Both inputs need to be true for the output to be true.



Input A	Input B	Output Q
0	0	0
0	1	0
1	0	0
1	1	1

OR Gate.

Either of the two inputs needs to be true for the output to be true.





Input A	Input B	Output Q
0	0	0
0	1	1
1	0	1
1	1	1

NOT Gate.

Inverts the input.



Input A	Output Q
1	0
0	1

CPU Components

Control Unit (CU) – fetches, decodes and executes instructions. Sends control signals to the system and peripherals. Moves data around the system.

Arithmetic Logic Unit (ALU) – performs arithmetic and logical operations. Acts as a gateway between primary memory and secondary storage.

Cache – Small amount of <u>high speed</u> memory to store frequently used data and instructions.

Clock – Synchronises all computer's components by sending out regular electrical pulses. The more pulses per second, the more calculations and operations can be performed. This is measured in Hz.

Buses – Collections of parallel wires for high speed internal communication within the CPU.

Address Bus – Carries memory addresses.

Data Bus – Carries data between components.

Control Bus – Carries control signals.

Registers – Small amounts of <u>high speed</u> memory within the CPU. Special purpose ones listed below.

Program Counter – Holds the memory address of the next instruction.

Memory Address Register – Holds the address of the current instruction.

Memory Buffer/Data Register – Holds the data that is either being retrieved or stored.

Current Instruction Register – Holds the current instruction which needs to be decoded and executed. Accumulator – Holds the result of calculations from the ALU.

Fetch-Decode-Execute Cycle

- The memory address held in the program counter is copied into the MAR.
- The address in the program counter is then incremented (increased by 1) so it now holds the address of the next instruction to be fetched.
- The processor sends a signal along the address bus to the memory address held in the MAR.
- The instruction/data in that memory address is carried by the data bus to the MBR/MDR.

- 5. The instruction/data in the MBR/MDR is copied to the CIR.
- The instruction/data in the CIR is decoded and executed. Results of processing are stored in the ACC.

7. The cycle then returns to step one.

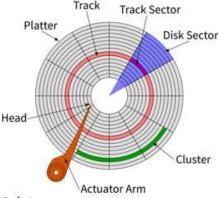
Secondary Storage

Secondary Storage is long-term, non-volatile storage. Without secondary storage, all programs and data would be lost when the computer is turned off.

Magnetic

Hard disks spin.

Actuator arm moves a read/write head over the disk to access parts of it. The head can detect the magnetisation of the disk and either magnetise (1's) or demagnetise (0's) parts of it.



Optical

Optical disk spins and has a spiral track.

Laser head is moved over the disk and shines the laser down onto it.

Disk has pits (scatters light 0's) and lands (reflects light 1's)

Writeable disks have photosensitive dye which is burned to represent 1's and 0's.

Solid State

A collection of semiconductor chips which can be accessed and written to extremely quickly. No moving parts, so they are more reliable than disks.



2.

jugar

GCSE Unit 3 SPANISH Knowledge organiser. **Topic Free Time Activities**

los dibujos animados cartoons

a veces

bastante

cada

cenar

charlar

el coro

genial

nunca

(adj.)

poner

siempre

descansar

el documental

las noticias

ocupado/a

policíaco/a

por lo general

el fin de semana

3.1F ¿Qué haces en tu tiempo libre?

to have an evening meal

sometimes

each, every

documentary

occupied, busy

police, detective, crime

weekend

great

news

never

to put

alwavs

theatre

to finish

all. every

silly, stupid

time, occasion

time

in general

soap opera

quite

to chat

choir

to rest

Salir To go out

Salgo

Sales

Sale

I go out

You go out

He/she goes out

To go

Voy

I go

Vas

Va

You go

s/he goes

Jugar To play Juego

I play

Juega

Juegas

You play

He/she plays

Jugamos

We play

Juegan

Key Verbs

to do/make Hago

I do

Haces

You do

Hace

s/he does

Hacemos

We do

Hacer -

Tocar To play (ins) Toco I play

Tocas

Toca

You play

He/she plays

Tocamos

We play

boring

drums

song

pleasant

in the open air,

to go for a walk

ă.

What we are learning this term:

Talking about free time В. Talking about your plans for the weekend C. Talking about eating out

Talking about special occasion meals D. E. Extending what you can say about sport

Talking about sport in the world

6 Key Words for this term disfrutar

4. campeones 5. formentar 6. a selección

3. los deportes

3.1G ¿Qué te gusta hacer?

aburrido/a boring to dance

bailar cantar to sing

el cine cinema de vez en cuando from time to time, occasionally

entretenido/a entertaining challenging estimulante jugar to play (game, sport) leer to read

libre free odiar to hate la película film practicar to practise salir to go out la tarde afternoon, evening

el teclado kevboard tocar to touch, to play(an instrument) to see, watch ver

3.3G ¿Haces deporte? activo/a active in the open air, al aire libre outdoors ayudar to help el baloncesto basketball el campo countryside, playing field la cancha court

montar en bicicleta to ride a bike

homework

stadium

horse riding

to ride a horse

los deberes

la equitación

montar a caballo

el estadio

el teatro la telenovela terminar el tiempo todo/a/os/as tonto/a la vez

3.2G Comer v Beber el (fem.) agua (mineral) (mineral) water beber to drink el bocadillo sandwich la carne meat la cena evening meal

cenar to have supper / to have an evening meal comer to eat la comida lunch, food, meal desayunar to have breakfast el desayuno breakfast afterwards después el helado ice cream el huevo egg el jamón ham la leche milk las legumbres pulses la mantequilla butter la manzana apple la mermelada jam, marmalade las patatas fritas chips, fries

Salimos Vamos We go out They go Salen Van They go out

el perrito caliente

el pescado

el bacalao

la barra

el bistec

la cebolla

el cerdo

la cerveza

el chorizo

la chuleta

el cordero

las gambas

el gazpacho

los quisantes

el jamón serrano

las iudías verdes

el filete

la fresa

los calamares

los champiñones

They go 3.2G Comer y Beber hot dog fish

They play

Hacen They do

aburrido/a

agradable

al aire libre

outdoors

la batería

la canción

dar un paseo

Tocan They play 3.1H Hablando del tiempo libre y de los planes

el pollo chicken el postre dessert, pudding el queso cheese la sopa soup el té tea tomar to take, to have (food, drink)

cod

loaf

steak

squid

onion

pork

beer

chop

lamb

fillet

chorizo

mushrooms

strawberry

cured ham

green beans

chilled tomato soup

prawns

peas

la tortilla omelette la tostada toast el vaso glass las verduras vegetables 3.2F Vamos a comer fuera el atún tuna

de vez en cuando from time to time. occasionally desafiante challenging divertido/a fun emocionante exciting 3.3F ¿Qué deportes harás? rock climbing

el alpinismo tired race to answer during

cansado/a la carrera el concurso competition (contest) contestar durante el ejercicio exercise el entrenamiento training entrenar to train el equipo team el esquí skiing este, esta this ganar to win el jugador player mañana tomorrow el miembro member el partido match probar to try, to test

	SH Knowledge organiser.			Key Ve	erbs		-
What we are learning this term:	e Time Activities 3.1F ¿Qué haces en tu tiempo libre?	<u>Salir</u>	<u>lr</u>	To play	_	<u>Hacer –</u> to do/make	Tocar
A. Talking about free time B. Talking about your plans for the weekend C. Talking about eating out	a veces bastante to have an evening meal	I go out	Voy	Juego I play Juegas	-	Hago Haces	I play Tocas
D. Talking about special occasion meals E. Extending what you can say about sport F. Talking about sport in the world	to chat choir	You go out	You go Va	Juega		You do	You play
6 Key Words for this term	descansar los dibujos animados	He/she goes out	s/he goes	He/she plays	\$	s/he does	He/she plays
1. disfrutar 4. campeones 2. jugar 5. formentar	el documental	Salimos	They go	Jugamos We play	- -	Hacemos	Tocamos
3. los deportes 6. a selección	las noticias	Salen	Van They go	They play		Hacen They do	They play
3.1G ¿Qué te gusta hacer? aburrido/a	ocupado/a policíaco/a to put	3.2G (Comer y Beber		3.1H H	lablando del los pla	tiempo libre y de
bailar to sing cinema de vez en cuando entretenido/a challenging to play (game, sport) leer libre odiar la película to practise salir afternoon, evening	in general always el teatro la telenovela to finish el tiempo todo/a/os/as silly, stupid time, occasion 3.2G Comer y Beber el (fem.) agua (mineral)	el perrito caliente el pescado el pollo el té drink) la tortilla la tostada el vaso 3.2F Vam	dessert, pudd cheese soup to take, to ha vegetables	ive (food,	occasio desafiai divertido	o/ao/a	n the open air, o go for a walk from time to time, exciting oortes harás?
el teclado to touch, to play(an instrument)	beber sandwich la carne evening meal to have supper / to have	el atún el bacalao	loaf steak		el alpini cansado la carrei el concu	o/a _ ra _	(contest)
activo/a in the open air, outdoors ayudar el baloncesto	an evening meal comer la comida desayunar breakfast afterwards	los calamares la cebolla el cerdo el chorizo la chuleta	beer mushrooms	- — —	entrenal el equip el esquí	c ti to	during exercise raining
field la cancha homework la equitación el estadio to ride a horse to ride a bike	el huevo el jamón la leche las legumbres butter apple la mermelada chips, fries	el filete el gazpacho los guisantes	strawberry prawns cured ham green beans	_	este, es	sta to	o win olayer omorrow o try, to test

GCSE Unit 3 SPANISH Knowledge organiser. Topic Free Time Activities

Translation Practice. G	– blue F – orange H - Green	Key Question	s: Answer the following in your own words. Use these model answers	
No me gusta	l don't like going shopping	¿Qué haces en tu tiempo libre Frecuencia? Opiniones?	es jugar al futbol con mis amigos porque es bueno para la salud y es emocionante y	
Me encanta con mis amgos	I love going out with my friends		relajante jugar contra tus amigos. De vez en cuando juego con videojuegos pero ayer hice ciclismo, hice mis deberes y toque mi guitarra. Ayer, fui al colegio durante el día.	
Me escuchar música	I love listening to music		Después del colegio fui al polideportivo con mis amigos y jugué/jugamos al baloncesto juntos. Ayer por la mañana fui de compras en el centro de la cuidad con mi madre y	
No me gusta	I don't like dancing		fuimos a las tiendas de ropa. Lo que me encantó/gustó fue que ví una película entretenido por la noche/ fue que jugué mi deporte favorito y podía entrenarme. Todos los días juego al futbol y al baloncesto, que son mis deportes favoritos. De vez en	
Si tengo	If I have the time		cuando hago ciclismo y practico el atletismo pero son muy estresantes, duros y no	
Hago de música	I do music classes	¿Te gusta ver la televisión?	son relajantes. Lo que me encanta es jugar al fútbol en mi equipo los fines de semana. Si, me gusta ver la televisión, me gustan los programas de horror, de tele-realidad, los	
De vez en cuando una novela	From time to time, I read a novel	Qué has visto en la televisión recientemente?Tienes unprograma favorito?	documentales y de deporte. Lo que me encanta es ver los dibujos-animados porque son más entretenidos que las noticias. Ayer ví las noticias con mis padres. Mi programa favorito es porque es	
Siempre la guitarra con la banda	I always play the guitar with the group	¿Qué es tu película favorita?	Mi película favorita es porque me encantan las películas de acción/tiene mucha	
A veces a algún concierto	Sometimes I go to some concert	Qué película has visto recientemente en el cine?	violencia/tiene buenos actores/es muy romántica/me encanta la historia/tiene buenos efectos especiales.	
El fin de semana juego al fútbol	On the weekend I always play football	¿Cuando se cena en Inglaterra y en España? ¿Cuándo	Normalmente se cena en Inglaterra a las seis, como mi almuerzo a las dos, como mi desayuno a las ocho.	
Siempre muy preocupada	I am always busy	prefieres cenar o almorzar? Describe una cena especial	Recientemente fui a un restaurante con mi familia para celebrar el cumpleaños de mi	
Generalmente música por las tardes	Generally I listen to music in the evenings	·	abuelo. Fuimos a un restaurante chino porque es la comida favorita de mi abuela. Primero, comí y bebí. Para el postre comí y bebí . Lo que me gustó fue la buena comida/ver a y hablar con toda mi familia. Fue muy emocionante.	
Me jugar a los videojuegos	Playing video games interests me	comida/ver a y habiai con toda mi familia. I de may emocioname.		
Ella quiere patina en la	She wants to skate on the		Key Grammar	
pista de	ice rink	Forming the preterite (past	Remember the preterite (past) tense endings for –AR, -ER, -IR verbs. They are:	
al gimnasio	I will come to the gym	tense). Always remove the –AR, -ER, -IR endings first	-AR: -é, -aste,-ó, -amos, -astéis, -aron	
if there is a match?	Will you know if there's a match?	first -ER: -í, -íste, -ió, -imos, -istéis, - ieron -IR: -í, -iste, -ió, -imos, -istéis, - ieron		
el ciclismo	I will try cycling	Forming the future tense ('will') Future Tense ('will') All verb groups: -é, -ás, -á, -emos, -éis, -án		
Fue una buena	It was a good party	Imperfect Tense (Past, ongoing actions, descriptions,		
No quiero	I don't want to participate	'used to' or 'was doing')	-er and –ir -ía, -ías, -ía, -íamos, - íais, -ían	

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Y10 COMPUTER SCIENCE - TERM 5 & 6 COMPUTER SYSTEMS

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Programs which help to maintain or manage the computer system. E.g. Disk Defragmenters, Antivirus, Compression, Encryption, Registry Cleaners, Driver Updaters,

Translators -

Translate source code from a high-level language or assembly code into machine code (binary). There are three types, Compilers, Interpreters and Assemblers.

Compilers – Does the translation all at once and creates an exe file containing the machine code.

Interpreters – Does the translation line by line. Assembler – Converts assembly code.

Boolean Logic Gates

AND Gate.

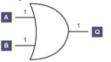
Both inputs need to be true for the output to be true.

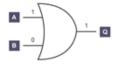


Input A	Input B	Output Q
0	0	0
0	1	0
1	0	0
1	1	1

OR Gate.

Either of the two inputs needs to be true for the output to be true.

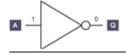


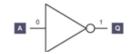


Input A	Input B	Output Q
0	0	0
0	1	1
1	0	1
1	1	1

NOT Gate.

Inverts the input.





Input A	Output Q
1	0
0	1

Y10 COMPUTER SCIENCE - TERM 5 & 6 COMPUTER SYSTEMS

CPU Components

Control Unit (CU) – fetches, decodes and executes instructions. Sends control signals to the system and peripherals. Moves data around the system.

Arithmetic Logic Unit (ALU) – performs arithmetic and logical operations. Acts as a gateway between primary memory and secondary storage.

Cache – Small amount of high-speed memory to store frequently used data and instructions.

Clock – Synchronises all computer's components by sending out regular electrical pulses. The more pulses per second, the more calculations and operations can be performed. This is measured in Hz.

Buses – Collections of parallel wires for high speed internal communication within the CPU.

Address Bus – Carries memory addresses.

Data Bus – Carries data between components.

Control Bus – Carries control signals.

Registers – Small amounts of high-speed memory within the CPU. Special purpose ones listed below.

Program Counter – Holds the memory address of the next instruction.

Memory Address Register – Holds the address of the current instruction.

Memory Buffer/Data Register – Holds the data that is either being retrieved or stored.

Current Instruction Register – Holds the current instruction which needs to be decoded and executed. Accumulator – Holds the result of calculations from the ALU.

Fetch-Decode-Execute Cycle

- The memory address held in the program counter is copied into the MAR.
- The address in the program counter is then incremented (increased by 1) so it now holds the address of the next instruction to be fetched.
- The processor sends a signal along the address bus to the memory address held in the MAR.
- The instruction/data in that memory address is carried by the data bus to the MBR/MDR.
- The instruction/data in the MBR/MDR is copied to the CIR.
- The instruction/data in the CIR is decoded and executed. Results of processing are stored in the ACC.
- 7. The cycle then returns to step one.

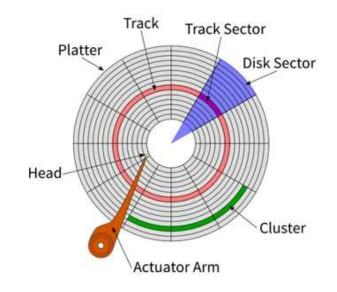
Secondary Storage

Secondary Storage is long-term, non-volatile storage. Without secondary storage, all programs and data would be lost when the computer is turned off.

Magnetic

Hard disks spin.

Actuator arm moves a read/write head over the disk to access parts of it. The head can detect the magnetisation of the disk and either magnetise (1's) or demagnetise (0's) parts of it.



Optical

Optical disk spins and has a spiral track.

Laser head is moved over the disk and shines the laser down onto it.

Disk has pits (scatters light 0's) and lands (reflects light 1's).

Writeable disks have photosensitive dye which is burned to represent 1's and 0's.

Solid State

A collection of semiconductor chips which can be accessed and written to extremely quickly.

No moving parts, so they are more reliable than disks.

Macronutrients, fibre and water- Term 6

Alcohol

Alcohol is not considered a nutrient, but is a source of energy in the diet.

The government recommends no more than 14 units of alcohol per week for both men and women.

Macronutrients

Macronutrients provide energy. The macronutrients are:

- carbohydrate;
- •protein; •fat.
- Macronutrients are measured in grams (g).

Energy from food

- Energy intake is measured in joules (J) or kilojoules (kJ), but many people are more familiar with Calories (kcal).
- Different macronutrients, and alcohol, provide different

amounts of energy.

Protein complementation

Different food contains different amounts and combinations of amino acids.

Vegans and vegetarians can get all the amino acids they need by combining different protein types at the same meal. This is known as protein complementation.

Examples are:

- •rice and peas;
- ·beans on toast:
- ·hummus and pitta bread;
- ·bean chilli served with rice.

Fibre

- •Dietary fibre is a type of carbohydrate found in plant foods.
- •Food examples include wholegrain cereals and cereal products; oats; beans; lentils; fruit; vegetables; nuts; and, seeds.

Dietary fibre helps to:

- •reduce the risk of heart disease, diabetes and some cancers;
- •help weight control;
- •bulk up stools:
- prevent constipation;
- •improve gut health.

Protein

- Made up of building blocks called amino acids.
- •There are 20 amino acids found in protein.
- •Eight amino acids have to be provided by the diet (called essential amino acids).

The essential amino acids (EAAs) are isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine. In young children, additional amino acids, e.g. histidine and tyrosine, are sometimes considered to be essential (or 'conditionally essential') because they may be unable to make enough to meet their needs.

Recommendations

•0.75g/kg bodyweight/day in adults.

Sources:

Animal sources: meat; poultry; fish; eggs; milk; dairy food.

Plant sources: soya; nuts; seeds; pulses, e.g. beans, lentils; mycoprotein. In young children, additional amino acids, e.g. histidine and tyrosine, are sometimes considered to be essential (or 'conditionally essential') because they may be unable to make enough to meet their needs.

Carbohydrate

All types of carbohydrate are compounds of carbon, hydrogen and oxygen. They can be divided into three main groups according to the size of the molecule. These three types are:

- •monosaccharides (e.g. glucose);
- disaccharides (e.g. lactose);
- polysaccharide (e.g. sucrose).

The two types main of carbohydrate that provide dietary energy are starch and sugars. Dietary fibre is also a type of carbohydrate.

Starchy carbohydrate is an important source of energy.

Starchy foods - we should be choosing wholegrain versions of starchy foods where possible.

Recommendations

Dietary reference values (DRVs) are a series

of estimates of the energy and nutritional

requirements of different groups of healthy

people in the UK population. They are not

recommendations or goals for individuals.

Reference Intakes are guidelines for the

maximum amount of energy (calories), fat,

day (based on a healthy adult female).

saturated fat, sugars and salt consumed in a

- •Total carbohydrate around 50% of daily food
- •Free sugars include all sugars added to foods plus sugars naturally present in honey, syrups and unsweetened fruit juice (<5% daily food energy).
- •Fibre is a term used for plant-based carbohydrates that are not digested in the small intestine (30g/day for adults).

Key terms

Dietary reference values:

Estimated dietary requirements for particular groups of the population.

Essential amino acids: 8 of the different amino acids found in proteins from plants and animals that have to be provided by the

Macronutrients: Nutrients

needed to provide energy and as the building blocks for growth and

maintenance of the body.

Protein

complementation:

Combining different protein types at the same meal to ensure all EAAs are ingested.

Reference Intakes:

Guidelines for the maximum amount of nutrients consumed.

Fat

Sources of fat include:

- •saturated fat:
- ·monounsaturated fat: polvunsaturated fat.

Fats can be saturated, when they have no double bonds, monounsaturated, when they have one double bond, or polyunsaturated, when they have more than one double bond.

Recommendations

•<35% energy, Saturated fat <11% energy.

A high saturated fat intake is linked with high blood cholesterol levels.

Sources:

Saturated fat: fatty cuts of meat; skin of poultry; butter; hard cheese; biscuits, cakes and pastries: chocolate.

Monounsaturated fat: edible oils especially olive oil; avocados; nuts.

Polyunsaturated fatty acids: edible oils especially sunflower oil; seeds; margarine: spreadable fats made from vegetable oils and oily fish.

Hvdration

- •Aim to drink 6-8 glasses of fluid every day.
- •Water, lower fat milk and sugar-free drinks including tea and coffee all count.
- •Fruit juice and smoothies also count but should be limited to no more than a combined total of 150ml per day.

20% of water is provided by food such as soups, yogurts, fruit and vegetables.

The other 80% is provided by drinks such as water, milk and

Drinking too much water can lead to 'water intoxication' with potentially life threatening hyponatraemia.

This is caused when the concentration of sodium in the blood gets too low.



Macronutrients, fibre and water- Term 6

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Reference Intakes are guidelines for the maximum amount of energy (calories), fat, saturated fat, sugars and salt consumed in a day (based on a healthy adult female).

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•Polv..... fat.

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The other 80% is provided by drinks such as water, milk and

Drinking too much water can lead to 'water intoxication' with potentially life threatening hyponatraemia.

This is caused when the concentration of sodium in the blood gets too low.



Good food hygiene and safety practices

Good food hygiene practices are necessary in order to produce, make and supply food that is safe to eat. This involves more than just being clean. A simple way to remember is the 4Cs:

- · cleaning:
- cooking;
- chilling;
- cross-contamination.



Cleaning the kitchen is important to keep food safe and prevent bacteria from spreading. 'Clean as you go' means people make sure that they clean the area and utensils they have been working in or with, as they prepare food. This avoids build-up of mess and leads to better hygienic conditions. Areas which need particular attention are:

- surfaces that come into contact with food, e.g. chopping boards, utensils;
- surfaces that come into contact with hands, e.g. cupboard and fridge doors.

Cleaning - personal hygiene and getting ready to cook

Good personal hygiene is essential to reduce the risk of food poisoning.

- · Hands: Thoroughly wash and dry hands before and after touching food and regularly throughout
- Clothing: Clean clothing should be worn. Long sleeves should be rolled up and a clean apron or chef's jacket worn over outside clothes. Enclosed, non-slip, shoes should be worn in the
- Jewellery: All jewellery, including a watch, should be removed (piercings should be covered if they cannot be removed).
- . Skin: Cuts and wounds should be covered with a coloured, waterproof dressing. The plasters are often blue in colour so they can be easily identified if they fall into food.
- Face: Do not cough or spit near or over food, taste food with fingers, bite nails, eat, chew or smoke, touch nose, or remove earrings.

For more information, go to: https://bit.lv/3nE9fpE

Cooking

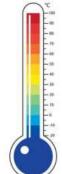
To reduce the risk of food poisoning, hot food must be served steaming hot, that is above 63°C.

- Bacteria will begin to die when the temperature rises above 60°C.
- Some foods change colour when they are cooked.
- Cooking food thoroughly to a minimum core temperature of 75°C will ensure most bacteria is destroyed.
- When cooking burgers, sausages, portions of pork and chicken, there should be no pink meat. They should also be steaming hot inside and the juices should run clear when cooked.
- Steak or other cuts of beef or lamb can be eaten less well done as long as they have been properly sealed. Sealing the meat will kill any bacteria on the outside.
- Leftovers should be cooled as quickly as possible within two hours and then stored in the fridge below 5°C. When leftovers are re-heated, they need to be steaming hot. Leftovers should not be re-heated more than once and should be used within 48 hours from when it was made (24 hours for rice dishes).

Temperatures to remember

To reduce the risk of food poisoning, good temperature control is vital:

- 5-63°C the danger zone where bacteria grow most readily.
- 37°C body temperature. optimum temperature for bacterial growth.
- 8°C maximum legal temperature for cold food, i.e. your fridge.
- 5°C (or below) the ideal temperature your fridge should
- 75°C if cooking food, the core temperature, middle or thickest part should reach at least this temperature.
- 75°C if reheating food, it should reach at least this temperature. In Scotland food should reach at least 82°C.



Key terms

Best-before-date: Relates to the quality of the food. Food may still be eaten beyond this

Cross-contamination: The transfer of bacteria from one source to another. Usually raw food to ready-to-eat food but can also be the transfer of bacteria from unclean hands. equipment, cloths or pests. Can also relate to allergens.

Danger zone: Bacteria will multiply most rapidly between 5-63°C.

Optimum temperature: Bacteria that cause food poisoning reproduce around body temperature (37°C).

The 4Cs: Cleaning, cooking, chilling and cross-contamination.

Use-by-date: Relates to the safety of the food. Food must be eaten by this date.

Chilling

The temperature between 5°C- 63°C is known as the 'danger-zone'. Bacteria will multiply most rapidly within this temperature range. Reducing the temperature below 5°C slows the reproduction of microorganisms. Cold temperatures do not kill bacteria.

High-risk food, such as such as meat, fish and dairy products plus opened bottles, jars or tubes, should be stored below 5°C. Eggs should be stored in a cool, dry place. Ideally, eggs should be stored in the fridge.

Safe use of a food probe

Digital probes can be used to check the temperature of food. To use a food probe:

- · clean with a disinfectant wipe before and after use;
- insert the probe into the core (centre) or the thickest part of the food:
- do not touch the bottom of the pan or cooking dish.

Use-by-date

You have until the end of this date to use or freeze the food before it comes too risky to eat.

USE BY:

25/08/20

KEEP REFRIGERATED

Food labelling

Food labels help consumers make healthier choices. Some information also helps to reduce the risk of food poisoning or other adverse reactions to food:

- date marks:
- list of ingredients with allergens in bold, highlighted, underlined or in italics;
- storage and preparation conditions.

Best-before-date

You can eat food past this date but it might not be at its best quality.

BEST BEFORE:

25/08/21

STORE IN A COOL DRY PLACE

Tasks

- 1. Write a detailed explanation of the 4Cs, demonstrating how they can help to reduce the risk of food
- 2. Explain, giving detailed reasons, the food hygiene controls when buying, preparing, cooking and serving fresh poultry.

Cross-contamination

The process by which bacteria are transferred from one area to another is known as cross-contamination. The main carriers of bacteria and causes of cross contamination are:

- humans;
- · rubbish:
- pests and other animals;
- food, e.g. raw meat or poultry.

Cross contamination - raw meat

- Keep raw meat separate from ready-to-eat food.
- Do not let raw meat drip onto other food.
- Never use the same chopping board for raw meat and ready-to-eat food without washing the board (and knife) thoroughly in between. Ideally use a red board.
- · Do not wash meat before cooking it.

Year 10 Cambridge National- Leadership- Term 6











What we are learning this term:

- Different leadership roles
- Role-related responsibilities
- C. Personal qualities
- Leadership styles
- Key considerations when planning sports activity

Learning outcome: Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership.

Main assessment objectives

Be able to plan sports activity sessions.

Can you give examples of managers from different sports?

Gareth Southgate Eddie Jones

Role related responsibilities

Knowledge of activity

Enthusiasm for activity

Knowledge of safety

Knowledge of child protection issues

Knowledge of basic first aid

Reliability

Punctuality

Confidence

Communication

Creativity

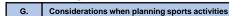
Personal qualities



Positive Mo Farah Nicole Adams

A.





Engaging

Organisation

Session content

Objectives for the session appropriate venue Equipment needs Supervision needs Timing of activities Introduction/conclusion of session Basic warm up/cool down Skills and technique development

Safety

Risk assessments-facilities, equipment/clothing checks, activityspecific risks

Corrective action- wiping up puddles, removing litter, reporting faulty equipment

Emergency procedures- procedures in the event of an accident, procedures in the event of other emergencies, summoning qualified help, completion of relevant documents











Different leadership roles and opportunities

Captain Coach Expedition leader

Manager Teacher Role model

Role related responsibilities

Knowledge of: Activity Safety

Enthusiasm for activity

Child protection Basic first aid

Personal qualities

Reliability Punctuality Communication Confidence Creativity

Leadership styles

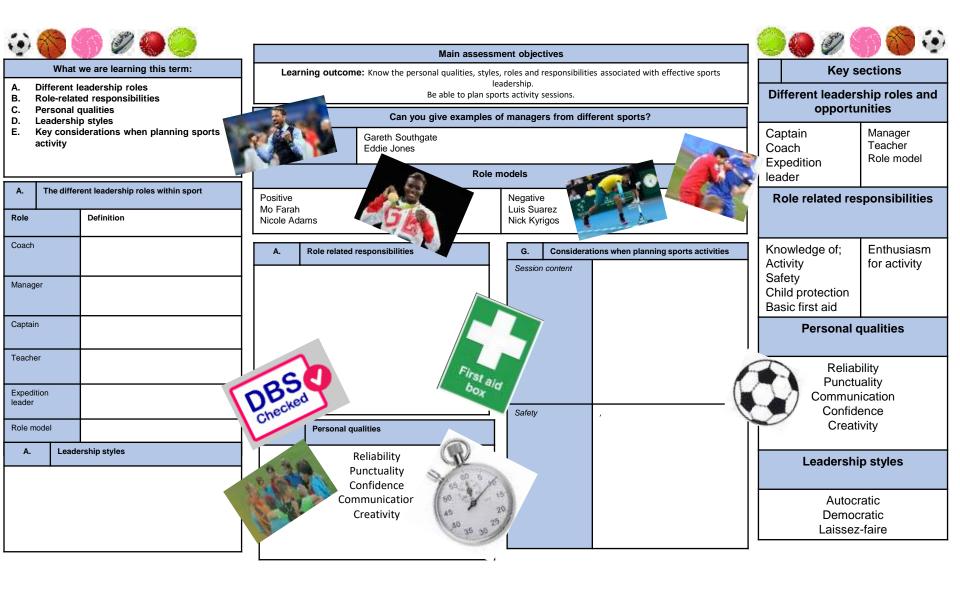
Autocratic Democratic Laissez-faire



Democratic- Members of the group take a more participative role in the decision-making process

Laissez-Faire- Leaders are hands-off and allow group members to make the decisions

Year 10 Cambridge National- Leadership- Term 6

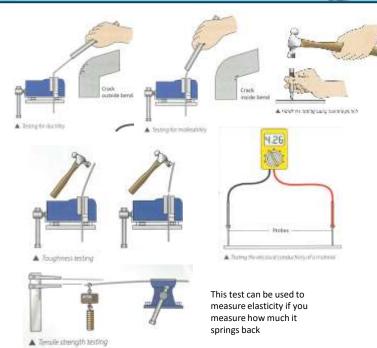


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Year 10 Engineering Term 6 EXAM REVISION



E Materials	Materials and properties					
Strength	Ability of a material to withstand compression, tension, torsion, bending, and shear.					
Hardness	Ability to withstand abrasion and wear and tear. Materials that can withstand impact, or are hard to break or snap are tough & can absorb shock.					
Toughness						
Malleability	Being able to bend or shape easily would make a material easily malleable					
Ductility	Materials that can be stretched along their length are ductile					
Elasticity	Ability to be stretched and then return to its original shape					



	Common exam question types					
Identify which tool/ process/ property is needed	Consider the context of the question and underline the key information. If you are stuck on a tool/process question, think back to what we have used in the workshop. State your answer in a few words.					
Analyze / evaluate products	Read the context, is it asking you for the pros and cons of the product or to explain how it is constructed? Underline the key words. Key areas to analyse are; structural features, mechanical features, electrical features, material choices, mechanical properties.					
Compare / contrast products	Read the context, are they asking you to talk about just the pros and cons or are they talking about how one product is a development of the other? Key points: engineers now have a better range of materials to choose from, electronic components are now smaller and more powerful, modern products can be less durable and recyclable, modern designers can use CAD/CAM.					
"Describe using notes and sketches" question	Read the question and underline what process they are asking you to describe. What would be reasonable for an engineer to do in that situation? 1.Break your process down into stages – 1.2.3 etc. For example, Stage 1. Place metal in vice 2 Draw quick diagrams of each step with annotations to show meaning 3. Make a list of the equipment needed for the process					

Technical drawing questions

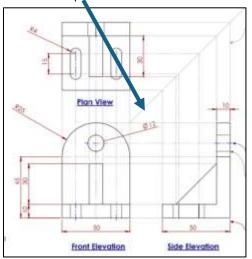
Always use pencil and ruler.

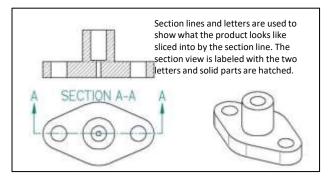
Always draw faint guide lines

first.

If you are asked to draw isometric, they will give you isometric grid paper. Follow the lines on the grid paper.

Use a 45 degree line to bounce the guidelines from the top view to the side view







Year 10 Engineering Term 6 EXAM REVISION

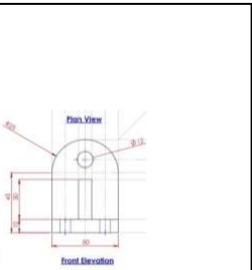


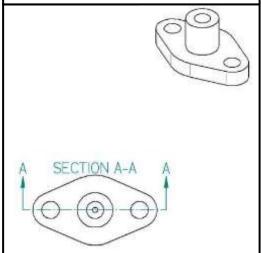
E .	Materia	De foi	
Strength			
Hardness			
Toughness			
Malleability			
Due	ctility		
Ela	sticity		
	Answer		

Describe using **notes and sketches** the process of testing a tennis racket for elasticity in a school workshop. [6]

Technical drawing questions

- 1. Complete the orthographic drawing, showing how you used guidelines.
- 2. Draw the section view





Identify which material properties are most needed for a car tire.	
Developments in technology over recent years have had an impact on society. Discuss the advantages and disadvantages of using an electric car	
Below are images of a modern cordless drill and an older mains operated drill. Describe how modern technology has made the modern cordless drill safer to use.	
1	



Year 10 PRODUCT DESIGN Term 6



What we are learning this term:

Modern Materials

C. Polymers

E. Technical Textiles

Smart Materials

D. Composite Materials

F. Textiles

A. **Modern Materials**

A modern material is a material that has been engineered to have improved properties.

Туре	Properties	Common Uses		
Graphene	Transparent. Very strong and light	Protective equipment and clothing		
Metal Foams	Lightweight. Strong under compression. Absorbs energy well.	Prosthetics. Soundproofing and crash protection.		
Titanium	High strength-to-weight ratio. Corrosion resistant.	Prosthetics. Aircraft and spacecraft.		

В. **Smart Materials**

Materials that exhibit a physical change in response to some external stimuli and change back once that stimuli has been removed.

Shape-memory alloys (SMA) – spectacle frames	Thermochromic pigments – colour changing spoons
Photochromic pigments - colour changing lenses and windows	Self-healing materials – metals that resist corrosion, concrete that can heal cracks
Ferrofluids formed by magnetic field – hydraulic suspension pistons	Polymorph –modelling and ergonomic handles

C. Polymers - come from crude oil

Thermoforming can be heated and formed repeatedly, thermosetting can only be formed once

Thermolonning can be realed and formed repeatedly, thermosetting can only be formed one			
Thermoforming (pliable, recyclable)	Thermosetting (good insulators)		
Acrylic (PMMA)	Epoxy resin (ER)		
High impact polystyrene (HIPS)	Melamine formaldehyde (MF)		
High density polythene (HDPE)	Phenol formaldehyde (PF)		
Polypropylene (PP)	Polyester resin (PR)		
Polyvinyl chloride (PVC)	Urea formaldehyde (UF)		
Polyethylene terephthalate (PET)	These are resistant to heat and chemicals		

D. **Composite Materials**

Tochnical Toytilos

A composite material is a mixture of two or more materials to enhance properties.

Fibre-based	Materials	Common Uses			
Glass-reinforced plastic (GRP)	Glass fibres and resin	Boats, instrument cases			
Carbon-reinforced plastic (CRP)	Carbon fibres and resin	Formula 1 car bodies, crash helmets, sports equipment			
Glass-reinforced concrete (GRC)	Glass fibres and concrete	Street furniture, urban features.			
Particle-based	Materials	Common Uses			
Concrete	Cement, sand and aggregate	Buildings, street furniture			
Cement	Ceramic and metal Electronic component				
Sheet-based composite materials – look back to Term 4 – Manufactured Boards					

Medium Density Fibreboard (MDF) Plywood Chipboard

	recillical rexule	5			
Modern textiles can be engineered to have numerous properties.					
	ctive Fabrics – creen gloves	Fire-retardant fabrics – furniture, furnishings, firefighter clothing			
Kevlar -	- racing tyres and	Microfibres – winter clothes	Microencapsulation – sports		

bullet proof vests and cleaning cloths clothing and scratch and sniff perfume samples

F. **Textiles**

Textile materials can be found natural or can be formed synthetically

Natural – come from plants or animals	Synthetic – come from coal or oil		
Cotton (plant)	Polyester		
Wool (animal)	Polyamide (nylon)		
Silk (animal)	Elastane		

Blended - a mixture of fibres that combines and improves properties

Polycotton	Kevlar	Sympatex
•		



Year 10 PRODUCT DESIGN Term 6



What we are learning this term:		D. Composite Materials							
A. Modern Materials C. Polymers E. Technical Textiles B. Smart Materials D. Composite Materials F. Textiles		A composite material is a mixture of two or more materials to enhance properties.							
		<u> </u>	D. Composite Materials F. Textiles		Fibre-based Materials			Common Uses	
Α.									
	A modern material is a material that has been engineered to have improved properties.								
Туре		Properties		Common Uses					
Graph	nene				Particle-based		Materials		Common Uses
Metal	Foams								
Titani	um				-				
					Sheet-	based composite ma	aterials – loo	k back to Term 4 – I	Manufactured Boards
В.	Smart	Materials							
Mater	Materials that exhibit a physical change in response to some external stimuli and change back				•		•		
once that stimuli has been removed.		E. Technical Textiles							
		Modern textiles can be engineered to have numerous properties.							
C.		ers – come from crude oil			F. Textiles				
		can be heated and formed repeated		-	Textile materials can be found natural or can be formed synthetically			tically	
Therr	noformin	g (pliable, recyclable)	Thermosettir	ng (good insulators)	Natural – come from plants or animals		Synthetic - co	Synthetic – come from coal or oil	
			Blende	ed – a mixture of fibr	es that comb	oines and improves	properties		

Year 10 BTEC Health and Social Care- Component 1: Human Lifespan Development. LAA

What we are learni	ng this term:						
	ng ano term.	В	What are the main life stages?		C What are the 4 areas of growth and		re the 4 areas of growth and
A. Key words B. What are the m C. What are the 4	ain life stages areas of growth and	Age Group	Life Stage	Developmental Characteristics and Progress		develo	pment (PIES)?
development (PIES)? D. How do Humans develop physically (P)?		0-2 years	Infancy	Sill dependent on parents but growing quickly and developing physical skills.		Physical Development (P) Q P = growth patterns and cha in the mobility of the large ar small muscles in the body th	
A. Key words for this Unit		3-8	Early	Becoming increasingly independent,			happen throughout life.
Characteristics	Something that is typical of people at a particular life stage.	years	Childhood	improving thought processes and learning how to develop friendships.		lectual	I = how people develop their thinking skills, memory and
Life stages	Distinct phases of life that each person passes through.	9-18 years	Adolescence	Experiencing puberty, which bring physical and emotional changes.	Development (I) thinking skills, memory a language.		
Growth	Increased body size such as height, weight.	19-45 years	Early Adulthood	Leaving home, making own choices about a career and may start a family.	Deve	itional elopment @@	E = how people develop their identity and cope with feelings.
Development	Involves gaining new skills and abilities such as riding a bike.	46-65 years	Middle Adulthood	Having more time to travel and take up hobbies as children may be leaving home;		98	S = describes how people develop
Gross motor development (G)	Refers to the development of large muscles in the body e.g. Legs	65+	Later	beginning of the aging process. The aging process continues, which may	Development friendships and rel		friendships and relationships.
Fine motor development (F)	Refers to the development of small muscles in the body e.g. Fingers	years Adulthood affect memory and mobility. D. How do humans develop physically (P)?					
Language development	Think through and express ideas	0-2	Gross Moto	r Development (G) = life head, roll over, sit unaid	ded, wa	lk holding o	onto something, walk unaided, climb
Contentment	An emotional state when people feel happy in their environment, are cared for and well loved		Fine Motor hold between	and throw, walk upstairs, jump. Development (F) = hold a rattle for short time, reen finger and thumb, scribble, build a tower, use	a spoor	n, draw line	es and circles, turn page of a book.
Self-image	How individuals see themselves or how they think others see them	3-8	ride a bike, • F = hold a c	ricycle, catch a ball with two hands, walk backwa catch a ball with one hand, balance along a thin crayon to make circles and lines, thread small be dels with construction bricks, joined up writing, u	line. ads, co	py letters a	nd shapes with a pencil, make
Self-esteem	How good or bad an individual feels about themselves and how much they values their abilities.	9-18	Girls = pubeBoys = voic	erty starts at 10-13 years, breasts grow, hips wid e deepens, muscles and strength increase, erec c and underarm hair, growth spurts.	len, mer	nstruation b	pegins, uterus and vagina grow.
Informal relationships	Relationships formed between family members	19-45	Physically n	nature, sexual characteristics are fully formed, p	eak of p	hysical fitn	ess, full height, women at most
Friendships	Relationships formed with people we meet in the home or in situations such as schools, work or		fertile. • Later in the was slow do	life stage people may put on weight, hair turn gr own	rey and	men may lo	ose hair, women's menstrual cycle
Formal	clubs relationships formed with non-	46-65	Women go	put on weight, hair turn grey and men may lose through the menopause – when menstruation en	nds and	they can n	no longer become pregnant.
relationships	family/friends – such as teachers and doctors.	65+	Women's ha	ontinue to be fertile throughout life but decrease air becomes thinner, men may lose most of their	hair, sk	in loses ela	asticity and wrinkles appear, nails
Intimate relationships	romantic relationships.			ittle, bones weaken, higher risk of contracting in action time, muscle and senses (hearing, sight,			nd illness.

	Year 10 BTEC H	lealth and	Social Care	- <u>Component 1</u> : Human Lifespan	Develop	oment. LAA
What we are learning	g this term:		1			
A. Key words B. What are the mai	in life stages	В		main life stages?	C	What are the 4 areas of growth and development (PIES)? Explain them.
	reas of growth and	Age Group	Life Stage	Developmental Characteristics and Progress	Physi	
D. How do Humans	develop physically (P)?	0-2 years			(P)	lopment
A. Key words for th	his Unit	3-8				W ¹
Characteristics		years				ectual lopment
Life stages		9-18 years				<u>ې ا</u>
Growth		19-45 years			Emot Deve (E)	lopment
Development		46-65 years			Socia	98
Gross motor development (G)		65+ years			Deve	lopment
Fine motor development (F)		D.	How do huma	ns develop physically (P)?		
Language development		0-2				
Contentment						
Self-image		3-8				
Self-esteem		9-18				
Informal relationships		19-45				_
Friendships						
		46-65			_	
Formal relationships						
Intimate relationships		65+				

What we are learning this term: F. How do humans develop emotionally (E)?

adulthood

their ability to think through problems

and make logical decisions.

Infancy and Early Childhood

How do humans develop intellectually (I)?

	mans develop intellectually (i):		Intancy and Early Childhood	Adolescence and adulthood			
G. How do hu	umans develop emotionally (E)? umans develop socially (S)? numans develop intellectually (I)?	forms with other	achment describe the emotional ties an individual s. It starts in the first year of life between infants	Self-image and Self-esteem Self-image is heightened during adolescence because of the physical changes we experience. Our self-esteem can change from day to day become an exprint of forters including			
Infancy	At birth brains are already well		arer because that person fulfils the infants needs em feel safe and secure.	from day to day based on a variety of factors including employment and health status.			
~	developed. Infants use all of their senses to learn about the world around them. Infancy is a time of rapid intellectual development. At 3 months infants can remember routines. At 9-12 months infants are developing their memory. At 12		young children, security is mainly the feeling of being safe and loved – it is closely linked with	Security Adolescence may feel insecure because of puberty. Adults may feel insecure about relationships, job security of income. Later in life adults may feel insecure about staying in their own home or going into a care home. Feeling secure helps us cope better with everyday situations.			
	months to 2 years infants understand processes and how things work. Language begins to develop during this stage.		ng children are content if they have had enough lean and dry and all other needs are met.	Contentment When people feel discontented with aspects of their life – for example, relationships or work – their emotions can be negatively affected.			
Early childhood	At 3-4 years of age children become more inquisitive and enjoy exploring objects and materials. They ask lots of questions and enjoy solving simple problems. At 5-6 years old children's memory is becoming well developed. This helps	decisions. Infant children enter ea	s to care for yourself and make your own ts are completely dependent on their carer. As arly childhood they develop more independence get dressed. However, children still need a lot of carer.	Independence Adolescence are dependent on their parents but are beginning to enjoy more independence and freedom to make their own choices. Adults enjoy living independently and controlling their own lifestyle and environment. Later in adulthood people become more dependent on others again.			
	them to talk about the past and anticipate the future.	G.	How do humans develop socially (S)?				
Adolescence	During this time abstract thought is	Life Stage	Types of relationships and social development				
, (40,000,000)	developed – thinking logically and solving complex problems are	Infancy	 Solitary Play - From birth to 2 years, infants te carer; they may be aware of other children bu 	and to play alone although they like to be close to their parent or t not play with them.			
12	possible by the end of this life stage. Adolescents may find it difficult to understand the consequences of their actions but they are developing empathy – seeing things from another's point of view.	Early childhood	game; they are not socialising or playing with Cooperative or social play – from 3 years upw	by playing next to other children but are absorbed in their own other children. vards, children start to play with other children; they have developed begether; they often make up games together, such as being a			
Early and Middle Adulthood	By these life stages most adults have a good range of general knowledge. They use this knowledge and			S			
泉	experience to solve problems that they come across in their personal and work lives.	Early adulthood	 Increased independence means greater contr People may be developing emotional and soc Social life often centred on the family but soci. 				
Later adulthood	During this life stage people continue to learn and develop intellectually, however, their speed of thinking and	Middle adulthood	Children have often left home, but there are lii Social circles may expand through travel, spe	kely to still be strong family relationships. nding more time on hobbies or joining new groups.			
A .	memory may decline. This may affect	Later	Retired by this stage and so may enjoy more social time with family and friends or join new groups.				

friends pass away.

However, later in the life stage people may begin to feel isolated if they struggle to get out or if partners and

Year 10 BTEC Health and Social Care-Component 1: Human Lifespan Development. LAA

Adolescence and adulthood

	Year 10 BTEC Health and Social Care- Component 1: Human Lifespan Development. LAA					
What we are le	earning this term:	F. How d	F. How do humans develop emotionally (E)? Explain each.			
	umans develop intellectually (I)? umans develop emotionally (E)?	•	Infancy and Early Childhood	Adolescence and adulthood		
G. How do hu	umans develop socially (S)?	Bonding and A	Attachment	Self-image and Self-esteem		
	numans develop intellectually (I)?					
Infancy						
2		<u>Security</u>		Security		
T.						
		•				
		Contentment		Contentment		
Early						
childhood		Independence		<u>Independence</u>		
•						
1						
,		G.	How do humans develop socially (S)?			
Adolescence		Life Stage Infancy	Types of relationships and social development			
		Ппапсу				
₹		Early childhood				
4						
		Adolescence				
Early and Middle		Adolescence				
Adulthood		Early				
		adulthood				
Later adulthood		Middle adulthood				
, c		Later				
TT I		adulthood				

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How do physical factors affect development? How does lifestyle affect development? How do social and cultural factors affect development? How do relationships and isolation affect development? M. How do economic factors affect development? н Kev words: Genetic Genes the person inherits from their inheritance parents Genetic disorders Health conditions that are passed on from parent to child through their genes. e.g. cystic fibrosis Lifestyle Choices Include the food you eat and how much exercise you do. They also include whether you smoke, drink alcohol or take illegal drugs. Appearance The way that someone or something looks **Factor** A circumstance, fact, or influence that contributes to a result Gender role The role and responsibilities determined by a person's gender. Culture ideas, customs, and social behaviour. Role models Someone a person admires and strives to be like. Social Isolation Lack of contact with other people Material Things that are owned by an individual possessions

To do with person's wealth and income.

What we are learning this term:

H. Key words

Economic

l.	How do	physical factors affect development?		
		Genetic Disorders	Disease and Illness	
Physical Develop		A person's physical build can affect physical abilities. Inherited diseases may affect strength and stamina needed to take part in exercise.	May affect the rate of growth in infancy and childhood. Could affect the process of puberty. Could cause tiredness and/or mobility problems. Could limit of prevent participation in physical activity.	
Intellecti Develop		Some genetically inherited diseases may result in missed schooling, or have a direct impact on learning – conditions such as Edward's syndrome impact learning.	School, college, university, work or training could be missed. Memory and concentration could be affected.	
Emotion Develop		Physical appearance affects how individuals see themselves (self-image), and how others respond to them impacts on their confidence and wellbeing.	May cause worry and/or stress. Individuals may develop negative self-esteem. Could lead to feelings of isolation.	
Social Physical characteristics or disease may affect May cause difficulty in having opportunities				

How does lifestyle affect development?

and becoming independent.

Lifestyle choices include; diet, exercise, alcohol, smoking, sexual relationships and illegal drugs, appearance.

Positive lifestyle choices lead to:

- · Healthy hair, skin, nails and teeth
- · Positive self-image
- Energy and stamina
- Good health

Development

J.

· Emotional security



opportunities or confidence in building friendships

Negative lifestyle choices lead to:

- · Being overweight or underweight
- Lack of energy
- III health
- Negative self-image
- Sexually transmitted diseases (STDs)
- Unplanned pregnancy

Our **appearance** includes: body shape, facial features, hair and nails, personal hygiene and our clothing. Our appearance can affect the way we view ourselves- self-image

Positive self-image:

- · Feel good about yourself.
- Healthy hair, skin, nails and teeth
- Big social circle.
- High self-esteem.
- High self-confidence.



Negative self-image

- Low self-esteem
- Low self-confidence
- Can lead to eating disorders e.g. anorexia
- Can lead to anxiety or depression
- Can lead to self-harm
- Negative impact on building relationships- social circle decreases.

socialize with other and build wider relationships.



Year 10 BTEC Health and Social Care- Component 1: Human Lifespan Development. LAA

How do physical factors affect development?

What we are learning this term:

Н.	Key words								
I. J. K. L.	How do physic How does lifes How do social development? How do relatio development?	ral factors affect development? style affect development? and cultural factors affect nships and isolation affect mic factors affect development?	Physica Develop Intellect Develop	eual	Genetic C	<u>Disorders</u>		Disease and II	Iness
Н	Key words:								
inh	netic eritance		Emotion Develop						
Gel	netic disorders		Social Develor	oment					
Life	estyle Choices		J.		s lifestyle affect developm		sevual relati	ionships and illegal drugs, appeara	nnce
App	pearance				choices lead to:	ورادان		festyle choices lead to:	
Fac	ctor					اركانا	•		ν
Ge	nder role		:				:		
Cul	ture		Our app	earance in	icludes: body shape, facial f in affect the way we view ou	features, hair urselves- self	and nails, pe	ersonal hygiene and our clothing.	
Rol	le models			self-imag		ď	<u> </u>	ive self-image	Ω,
Soc	cial Isolation					뜨	_ :		ν
	terial ssessions								
Eco	onomic								

Year 10 BTEC Health and Social Care-Component 1: Human Lifespan Development. LAA

themselves compared to others and their

lifestyle chices0 can be positive or

negative.

How do social and cultural factors affect What we are learning this term: development How do social and cultural factors affect development? Development can be influenced by the persons culture or How do relationships and isolation affect development? religion because it affected their: M. How do economic factors affect development? Values: how they behave Lifestyle choices: diet, appearance How do relationships and isolation affect Negative affects of a persons development? Positive affects of a persons culture/religion: culture/religion: Feeing discriminated A sense of security 1 In adolescence, young people often argue against by people who do and belonging from with parents because they want more sharing the same not share their independence- negative affect on family religion/culture which leads values and beliefs relationships- can lead to isolation from with others. to low self-image them. Good self-esteem Feeing excluded and 2 In later life, older people might need to through being isolated because their rely on their children for support. This then accepted and valued needs like diet, are not has a positive affect on their development by others catered for. because all their need are catered for. Community refers to: local area where people live, school, religious group or hobby clubs. They have common values 3 Relationships are important because they and goals. provide emotional security, contentment and positive self- esteem. Belonging to a community: Not belonging to a Brings sense of community: The breakdown of personal relationships therefore it speeds their aging process and lead to belonging essential for · Minimal contact with can have a negative effect on persons health decline. emotional development. others-isolation PIES development: Building and maintaining · Anxiety leading to Low self-esteem, loss of confidence. relationships-social depression stress. · Making negative lifestyle development 5 Isolation can happen when individuals do Feeling of security. choices themselves not have the opportunity of regular contact Increases self-image and Feeling less secure with others. They have no one to share self-confidence Difficulty in building their feelings, thoughts and worries with relationships resulting in feeling insecure and anxious. Slow self-image and self-confidence 6 Isolation can happen because they live Traditionally, men and women had distinctive responsibilities alone, are unemployed or retired, are and expectations which for their gender called gender discriminated against or have an illness or roles. However, nowadays UK equality legislation stops a disability. people being discriminated against because of their gender. 7 People have role models- infants learn by What happens when people face discrimination because of copying others, and adolescence base gender: their identity on their role models. Role They might be excluded from a group models can influence how people see

- - How do economic factors affect development
 - Having enough money Not having enough gives individuals and their money causes stress families feeling of content and anxiety. and security
 - Having enough money Not having enough money can mean that means that the whole the family is not about to family is eating healthy.
 - effect on their physical development Elderly people rely on state pension to live which is not enough and have to cut down on travel, shopping, bills,
 - Living in good housing Living in a poor housing with cramped and damp with open spaces: Feeling good about conditions:
 - Be more likely to stay healthy.
 - Space to take exercise Feel safe ad secure
 - Be lesson likely to Warmth exercise

Anxious and stressed. Material possession like a Not having a phone or

new phone or coat has a

positive effect on the persons development because they might have more friends as they look

nicer, high self-image.

have a negative affect in the persons self-image and self-esteem. They might feel isolated from others.

the newest trainers can

eat well balanced diet,

and this has a negative

Have low self-esteem

and self-image

Be more likely to

experience ill health

- They may be refused promotion at work They may be expected to carry out a particular role
- They may be paid less.

Year 10 BTEC Health and Social Care- Component 1: Human Lifespan Development. LAA

ĸ	development	litural factors affect	Wha	at we are learning this term:			ich.
relig • V	ion because it affected t		L.	How do social and cultural factors affect develor How do relationships and isolation affect develor How do economic factors affect development?			
· L	ifestyle choices: diet, a	ppearance	L	How do relationships and isolation affect	МН	ow do economic fa	ctors affect development
		Negative affects of a persons culture/religion:		development?			
•		•	1		Having •	enough money	Not having enough money
•					•		•
			2		Having means t	enough money that	Not having enough money can mean that
Com	munity refers to:		3		•		.
Belo •	nging to a community:	Not belonging to a community:	4		enough	and have to cut dow e it speeds their agir	pension to live which is not on on travel, shopping, bills, ng process and lead to
•						n good housing en spaces:	Living in a poor housing with cramped and damp
•			5		.		conditions:
•							•
		•			•		
and roles	expectations which for th s. However, nowadays U	n had distinctive responsibilities eir gender called gender K equality legislation stops	6		• Material	possession like a	Not having a phone or
	t happens when people f	gainst because of their gender.	7		new pho	one or coat has a effect on thes development	the newest trainers can have a negative affect on Because
•					•		•

Year 10 BTEC Health and Social Care- Component 1: Human Lifespan Development. LAB What we are learning this term: Ο. How do people deal with life events?

Individual

N. What are life events?

O. How do people deal with life events? How is dealing with life events

SU	P. How is dealing with life events supported?		Factors	Factors that may affect how people cope with life events: age, other life events happening at the same time, the support they have, their disposition (their mood, attitude and general nature), their self-esteem, their resilience (how quickly they recover).
N.	What are life events?		Adapting	 Adapt – to adjust to new conditions or circumstances. Expected on unexpected life events can often force people to make changes to their lives. Individuals must find their
Life Eve	ents	Life events are expected or unexpected events that can		own way to adapt to the changes that life throws at them.
		affect development. Examples include starting nursery, getting married or becoming ill.	Resilience	 Resilience – a person's ability to come to terms with, and adapt to, events that happen in life. Resilience is stronger in people who have a positive outlook on life, accept that change happens, has supportive family and friends and plans for expected life events.
Expects Events		Expected life events are life events that are likely to happen. Examples include	Time	 Sometimes people need a long time to adapt to unexpected life events. It can take time for people to move on from and accept difficult changes in their life.
		starting primary school aged four and secondary school	P.	How is dealing with life events supported?
Unexpe	ected	aged 11. Unexpected life events are	Types of Support	How this helps individuals deal with life events
Life Eve	ents	events which are not predictable or likely to happen. Examples could include divorce and bereavement (the	Emotional Support	Emotional support is needed to help individuals deal with all life events – expected and unexpected. Having someone to talk to helps people feel secure and adapt to change. Sometimes individuals can find this support in family and friends or professionals to process difficult life events – such as bereavement.
Physica Events		Physical events are events that make changes to your body, physical health and mobility.	Information and Advice	Life events, particularly unexpected ones, can cause people to feel like they do not know what to do. Information and advice can help people to have a better understanding of their situation, which allows them to deal with it more successfully. Information and advice help them know where to go for help, the choices than are available to them and how to make healthy choices.
		Examples include illnesses such as diabetes and injuries and accidents such as car accidents.	Practical Help	 Financial help – an individual may need money to help them adapt to a life change i.e. money to pay for a stair lift if their mobility has been effected. Childcare – an individual may need support looking after their children i.e. a lone parent after a divorce that needs to go to work.
Relation Change		Relationship changes could be new relationships such as the		Transport – an individual may need support with transport if they have mobility problems i.e. a car could be adapted to support a person who has had an accident and can no longer walk.
		birth of a sibling, a new friendship or romantic relationship. Relationship changes can also be changes	Informal Support	Informal support is the support an individual receives from partners, family and friends. It is usually the first form of support an individual experiences after and expected or unexpected life event. Informal support can provide reassurance, encouragement, advice, a sense of security, someone to talk through options with and practical help.
		to existing relationships such as divorce.	Professional Support	Formal support may be provided by statutory care services (the state), private care services and charitable organizations. Professional support may include counsellors, teachers, careers advisers, occupational therapists, social workers and health specialists. Professional support may be needed to help people with a health condition, regain mobility, deal with life changes
Life Circum	stance	Life circumstances are different situations that arise in		and emotions, get advice and information or change their lifestyle.
S		our life that we must deal with. Examples include redundancy (losing a job), moving house or retirement (finishing work in later adulthood).	Voluntary Support	Organizations offering voluntary support are charities, community groups and religious groups. At voluntary support services, many staff are volunteers (they work for free), but they also employ qualified people who are paid by donations. Community groups work at a local level to meet the needs of people living in a specific neighbourhood i.e. foodbanks. Religious groups are formed by people who share the same religious or spiritual beliefs but they help all people in need regardless of their beliefs and background i.e. a church run soup kitchen for the homeless.

The effects of life events vary from person to person based on how they deal with their new situation.

Some people react to able to react to life events positively, others find it more difficult due to a range of factors.

Year 10 BTEC Health and Social Care- Component 1: Human Lifespan Development. LAB What we are learning this term: O. How do people deal with life events?

What	we are	learning this term:	О.	How do people deal with life events?
N. What are life events? O. How do people deal with life events? P. How is dealing with life events supported?		Individual Factors		
N.	What a	re life events?		
			Adapting	
Life Ev	vents		Resilience	
Expect	ted Life		Time	
Events	5		P.	How is dealing with life events supported?
			Types of Support	How this helps individuals deal with life events
Unexpo Life Ev	ected vents		Emotional Support	
Physic Events	al		Information and Advice	
			Practical Help	
Relation Change	onship Jes			
			Informal Support	
			Professional Support	
Life	aatanaa			
s	nstance		Voluntary Support	

Music terms and signs

Glossary - Eduqas GCSE Music

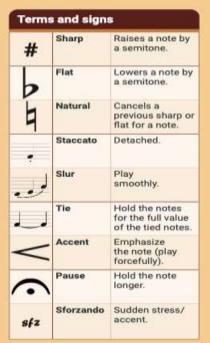


Tempo

LARGO	LENTO/ ADAGIO	ANDANTE/ MODERATO	ALLGRETTO	ALLEGRO/ VIVACE	PRESTO
v.slow	slow	walking pace/ moderate	quite fast	quick/lively	very quick

- · Accelerando: gradually getting faster
- · Rallentando/ritardando: gradually getting slower
- · A tempo: return to the original speed
- · Ritenuto: in slower time
- Rubato: rhythms are played in a more free/flexible way ('robbed time').





Music terms and signs **Glossary - Eduqas GCSE Music** eduqas Complete the missing key words and symbols Complete the missing key words and symbols Time values Terms and signs **Dynamics** LENGTH mf mp pp NAME REST NOTE # (duration) 0 b moderately moderately loud soft Tempo LENTO/ ADAGIO ALLGRETTO quite fast A dot after the note increases its length by half: sfz Groups of quavers/semiquavers are usually beamed together: Complete the missing key words and symbols

Popular Music

Area of study 4 - Eduqas GCSE Music

Popular music includes:

- · POP
- ROCK
- · RAP
- · HIP HOP
- · REGGAE

Plus many other genres, e.g. soul, ska, heavy metal, R&B, country, rock'n'roll.

FUSION: when two different styles are mixed together. This can be two styles of popular music e.g. 'rap metal', or could combine a popular music genre with other styles, folkrock, gospel, world music, classical to create a new and interesting sound. Jazz fusion (jazz and pop) is a popular genre.

Instruments

ELECTRIC GUITAR:

- Lead guitar: plays the melody/ solos/riffs
- Rhythm guitar: plays the chords/ accompaniment.

BASS GUITAR: plays the bass line. DRUM KIT: provides the beat. LEAD SINGER: the main vocalist.

BACKING VOCALS: singers who provide harmony.

Pop/rock groups may also include acoustic (not electric) instruments e.g. trumpet, trombone, saxophone and/or electronic keyboards/synthesizers.

The structure of a pop/rock song may include:

INTRO: short opening section, usually instrumental. VERSE: same music but different lyrics each time. CHORUS: repeated with the same lyrics each time

MIDDLE EIGHT: a link section, often eight bars, with different musical ideas.

BRIDGE: a link/transition between two sections.

OUTRO: an ending to finish the song (coda).
*You may also hear a pre-chorus, instrumental interlude or instrumental solo.

*Strophic songs, 32 bar songs (AABA) and 12 bar blues are also found in popular music.

A typical rock ballad in versechorus form could follow the pattern: Belt

Falsetto

Syllabic

Melismatic

A cappella

- Intro
- Verse 1
- Chorus
- Verse 2
- Chorus
- MiddleEight
- Chorus
- Outro

Riff	A short, repeated pattern.
Hammer on	Finger brought sharply down onto the string.
Pitch bend	Altering (bending) the pitch slightly.
Power chords	A guitar chord using the root and 5th note (no 3rd).
Distortion	An effect which distorts the sound (creates a 'grungy' sound).
Slap bass	A percussive sound on the bass guitar made by bouncing the strings on the fret board.
Fill	A short, improvised drum solo.
Rim shot	Rim and head of drum hit at same time.

Male voice in a higher than usual range.

One note sung per syllable.

A bright, powerful vocal sound, high in the chest voice.

Each syllable sung to a number of different notes.

Voices singing without instrumental accompaniment.

Features and techniques found in popular music

Technology					
Amplified	Made louder (with an amplifier).				
Synthesized	Sounds created electronically.				
Panning	Moving the sound between left and right speakers.				
Phasing	A delay effect.				
Sample	A short section of music that is reused (e.g. looped, layered).				
Reverb	An electronic echo effect.				

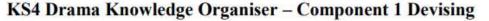
Popular Music

Area of study 4 - Eduqas GCSE Music

	Write about the instruments, in detail	Draw a ruler line then write the definition of each key word
Plus many other genres, e.g. soul, ska, heavy metal, R&B, country, rock'n'roll.	nstruments	Features and techniques found in popular music Riff Hammer on Pitch bend Power chords Distortion Slap bass Fill Rim shot Belt Falsetto Syllabic Melismatic
Intro = Verse = Chorus - Middle Eight = Bridge = Outro = ***strophic songs	A typical rock ballad in verse- chorus form could follow the pattern:	Technology Amplified Synthesized Panning Phasing Sample Reverb

Complete the missing key words and symbols/Definitions!







Key words		
Abstract	Parody	
Blocking	Plot	
Catharsis	Realism	
Character	Resolution	
Chorus	Role	
Climax	Satire	
Comedy	Scene	
Contrast	Setting	
Development	Staging	
Dynamic	Style	
Ensemble	Stock characters	
Epic Theatre	Stimulus	
Exposition	Storyline	
Farce	Structure	
Flashback	Suspense	
Form	Tempo	
Forum theatre	Tension	
Fourth wall	Theatre maker	
Genre	Theatre of Cruelty	
Irony	Theatre of	
Melodrama	the Oppressed	
Mood	Tragedy	
Monologue	Turning point	
Naturalism		

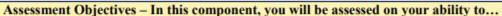
What is a stimulus?

A stimulus is a starting point to generate ideas. It may be a picture, song, poem, short story, object, or even just a word! It is meant to be explored, discussed and used to create an original piece of drama. The final piece of drama does NOT need to resemble any starting stimulus – the stimulus is simply the starting point in order to generate ideas to explore.

Portfolio questions:

- o What was your initial response to the stimuli and what were the intentions of the piece?
- o What work did your group do in order to explore the stimuli and start to create ideas for performance?
- o What were some of the significant moments during the development process and when rehearsing and refining your work?
- o How did you consider genre, structure, character, form, style, and language throughout the process?
- o How effective was your contribution to the final performance?
- o Were you successful in what you set out to achieve?

(Make sure you keep your notebook up to date! Spend a few minutes each lesson)



- AO1 Create and develop ideas to communicate meaning for theatrical performance.
- AO2 Apply theatrical skills to realise artistic intentions in live performance.
- AO4 Analyse and evaluate your own work and the work of others.



Explorative Strategies for devising:

Still image/Tableau Thought track Hot seating Flashbacks/Flashforwards Cross-cutting Marking the moment Soundscape/Sound collage Narration Conscious alley Role on the Wall Mirroring Chair duet Forum theatre

Practitioners - Which

If you are doing LIGHTING for this component, ask your teacher for a lighting sheet

Constantin Stanislavski

1863 - 1938



The actor must use his imagination to be able to answer all questions (when, where, why, how).

Believed that the audience should emotionally connect with the characters.

> Actors should use their own experience to make their characters as believable as possible.

Terminology and techniques:

- The fourth wall
- **Emotional memory**
- The magic 'if'
- Sense memory
- Objectives
- Given circumstances
- Subtext
- Method of physical actions

Naturalism

Bertolt Brecht



art is not a mirror to reflect reality, but a hammer with which to shape it.'

Believed that theatre should be used to spread a message and comment on society.

The audience should always be aware they are watching a play and constantly questioning what they see.

Terminology and techniques:

- Breaking the fourth wall
- Alienation (Verfremdungseffekt)
- Gestus
- Use of placards
- Narration
- Multi-role
- Minimal set/costume/props
- Masks

Epic theatre

Augusto Boal 1931 - 2009



'The theatre is a weapon, and it is the people who should wield it."

Believed that theatre gave people the ability to take control and make changes.

Well known for Forum Theatre, in which the audience can stop a piece of drama and step in to change the outcome.

Terminology and techniques:

- Forum theatre
- Improvisation
- Public theatre
- Audience participation
- 'Spect-actor'
- Exploring social issues

Theatre of the Oppressed

Jacques Lecoq 1921 - 1999



The body knows things about which the mind is ignorant."

Believed theatre was about using the body to tell stories.

> Focus on physical theatre, movement and mime.

Movement generates the emotion (muscle memory)

Levels:

- Catatonic (jellyfish)
- Relaxed (Californian)
- Neutral (no story)
- Curious/alert (Mr Bean)
- Reactive/Suspense (melodrama)
- 6. Passionate (opera)
- 7. Tragic (petrified)

Seven levels of Tension

Frantic Assembly

FRANTIC **ASSEMBLY**

theatre to devise

Terminology and techniques:

- Walk the grid

Physical theatre

SWINDON ACADEMY READING CANON Year 7 Year 9 Year 10 Year 8 #ReadingisPower