Year 9 Knowledge Organiser Term 2

This booklet contains some of the key content we want the students to learn this term.

Knowledge Organisers are placed in the relevant Google Classroom.

How students and parents can use a Knowledge Organiser to maximise learning:

•	Pick	a sub	ject to	recall	and	memorise
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- Look at the pages for that subject
- Read the page information for that subject
- Cover the page of information
- Write the information for that subject from memory
- Check what you have written. Correct mistakes and add anything you have missed
- Your teacher will quiz you in class to see what you can recall
- Repeat the process over time and focus on the information you keep missing or make mistakes on





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Painting

Watercolour

A step by step guide:

Watercolour paints can be solid in tins or wet in tubes.

In school we have solid tins.

You have to add water to these to create your paint. The more water you use the lighter and thinner the paint will be. The less water the stronger the colour will

ecome.



Techniques:

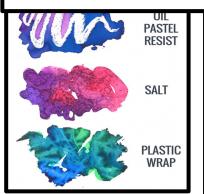
There are many techniques for using watercolour. You can use these techniques by themselves to create a piece or you can use multiple techniques on the same piece!

Some examples of techniques such as wet on wet and dry brush are below.



<u>Techniques:</u>

You can also use watercolours with other materials for example as a resist with oil or wax crayons. Salt absorbs the water and creates a sparkly textured effect. You can also use sponges or clingfilm to create texture.



Watercolour Video Tutorials:

Classic techniques Part 1:

https://www.youtube.com/watch?v=338aXi4Bqgs

Classic techniques Part 2:

https://www.youtube.com/watch?v=JbQfyU0Bv0c

Experimental techniques:

https://www.youtube.com/watch?v=czbxop_pCl8

<u>Underpainting:</u>

https://www.youtube.com/watch?v=Zy1KcEJ2YkA

Acrylic

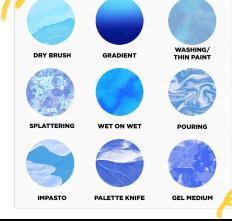


Techniques:

There are many techniques for using watercolour. You can use these techniques by themselves to create a piece or you can use multiple techniques on the same piece!

Some examples of techniques such as wet on wet and dry brush are below.





Keywords	
Technique	How you apply your material to your work.
Tone	How light or dark your colour is to create the illusion of 3 dimensional shape.
Composition	The layout of your work.

Tutorials:

Basic Techniques:

https://www.youtube.com/watch?v=cDzcoyeaRKI

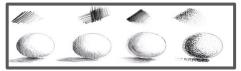
Underpainting:

https://www.youtube.com/watch?v=jISDMmC7CI4

Printmaking

Mono printing





Hatching Cross
Hatching

ending. Pointillism



There are many ways to create a print by transferring ink to paper. Here are two ways!

BEFORE YOU GET INK OUT- Get your station READY!

A step by step guide: Monoprinting:

Wear an apron- Ink is VERY messy!

- Use masking tape to attach a photograph or drawing to your paper. Make sure you have a pen or pencil.
- Roll ink evenly onto the table or plastic sheet.
- Blot excess away with scrap paper or newspaper.
- Carefully lay down your work with the blank paper face down.
- QUICKLY draw over the drawing or photograph.

Techniques: Press harder for darker marks and lighter for lighter marks.

Add marks to add texture: you can use dots, lines, hatching, cross hatching and any marks you can think of!

If your lines are not coming out- your ink has dried. You will need to wash you table and start again.

Relief printing





A step by step guide: Poly Block printing:

Wear an apron- Ink is VERY messy!

- Draw your outline very lightly in marker pen or felt pen.
- Draw over the line with a sharp pen or pencil to create a groove in the poly block.
- Roll ink over your block (If creating a relief this colour will be your background/ base colour)
- Carefully lay your poly block on your paper.
- Gently rub your palm across the back of your block pushing hard to transfer all the ink.
- To create a new layer wash your poly block (GENTLY!) draw a new layer removing more of the surface and reprint using another colour.





Key Characteristics:

No two prints are ever the same. Depending on how hard you push or how go over a line at a different angle or add a little more or less ink for a colour.

- NO TWO PRINTS ARE EVER THE SAME!
- The <u>grainy quality</u>of the image
- Mark Making: Using dots, lines and marks which create texture
- Block colours create a graphic style in lino and Poly Block prints.

<u>Video Tutorials:</u>

How to Monoprint: https://www.youtube.com/watch?v=q12_7tec0zk
Poly Print- Basic one colour: https://www.youtube.com/watch?v=jEFhzylTgR4
Poly Print- Multiple layers (Relief technique): https://www.youtube.com/watch?v=BESZ8XUpM0Y

Year 9 - Natural Forms

Assessment Objectives:

- AO1 Developing ideas through research
- AO2 Using resources, experimenting with different media and ideas
- AO3 Recording ideas (photos & drawings)
- AO4 Personal response

TONAL PENCIL DRAWING: A step by step guide:

Begin by lightly mapping out accurate shapes of the objects you are drawing or use a grid method. Artists often break complex objects down into basic shapes such as circles, squ, re hgle t angles.

Then begin shading. Start at the darker areas and slowly shade towards the lighter parts. Build up layers of pencil slowly- try not to start too dark!

Pencil pressure: The harder you push down the darker your shading will be. Gently press down for lighter shades.



Tonal Ladder

All tonal shades from dark to light should be present in your drawing.

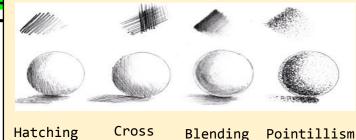
I TCHT TTII Remember: DRAW IT

YOU GET IT RIG

need to add shading to your outline or 2D drawings. You should add a range of tones, areas f highlight (where light is reflected)and shade (darker areas where the light does not reach). To enhance your drawing you should also add shadows if they appear angund your objects

Shading techniques

Hatching



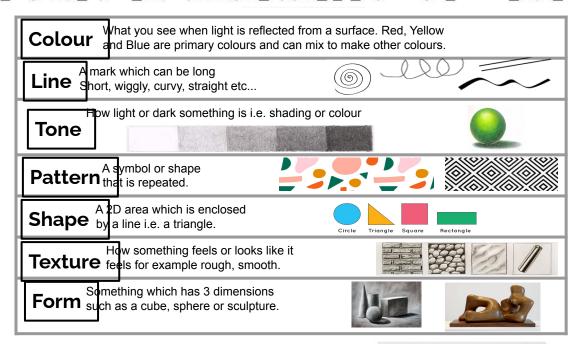
Overview of Topic

In this project you will investigate the theme of Natural Forms. Working from primary and secondary sources you will learn how to respond to a theme using a variety of materials. You will explore creating work using pencil, fine liner, watercolour and acrylic paints. You will then develop skills in printmaking working on monoprints and relief printing. Finally you will learn key skills for GCSE presentation in research and responding to an artists work relevant to the theme.

FORMAL ELEMENTS OF ART







Directional shading:

When shading your object it's important to shade in the direction of the form. For example when shading a circle into a sphere you must use curved lines to follow the shape of your object, not straight lines.



How to present an Artist Research Page

Key information you MUST include:

- Title: Name of the artist
- When (just the year) and where they were born.
- What materials and techniques do they use?
- Why you have chosen their work- which KEY aspects interest or inspire you. This could be subject matter, techniques or materials they use.

You must then **recreate one of their work** (this could be a full piece or section but must be **A4 in size**) and **ANALYSE your response**.

What has made it successful? What could you improve on.

In Art you are rewarded for **REFLECTING** on your work and **RECOGNISING** what has gone well and which areas you need to improve on. This must be **RECORDED** in **ANNOTATIONS**.

Georgia O'Keeffe

ARTIS

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Bryan Nash Gill







Karl Blossfeldt

Why study the work of other artists?

Artists study the work of masters and other artists to:

- Explore a theme or topic of your study, whether given to you by the teacher or chosen.
- Learn techniques from copying the work of highly skilled artists.
- To gain inspiration or ideas for your own work.

Development Writing Frame - ART

Using the questions/statements below, discuss your developed work. Use the sentence starters to help you.

The image that I have created is of... describe your artwork in detail: how does it respond directly to your chosen question/theme?

The key technical factors that I have used to create this image are... materials, composition, techniques, focal point, subject matter, shape, line, colour, tone, patterns

This work is developed from my artist's work because in their work, they have used the idea of.... Is it a certain style? Or a particular thing or group of things?

and in my own work I have... describe what you have done to change the work to make it your own, have you used a similar style but a different subject? Have you developed your work from your own photos or changed key elements to link to you personally or your own ideas?

I think my work is successful because.... Describe the best elements of your work: Is it impactful? Does is evidence the technical aspects of materials used like painting technique or ceramics? Is it unique, different or original? Does the background work well with the piece? Have you reflected and improved as you worked? How?

The symbolic elements of my artwork convey a message by...

To refine and develop my work, I will... Is there anything that you can do to enhance the audience interpretation, is the message explicit? How would you change your artwork if you could do it again? How would this make it more effective?

ı	Key Terms	Data Types	Selection	
	Algorithm: A set of instructions or code used to solve a problem. Syntax: The rules of the programming language that need to be followed in order for it to work. Variables: Data that is stored in memory that is likely to change. Program: Code compiled together to perform a specific function.	String: A Variable data type that can store a combination of letters, characters and numbers. Integer: A Variable data type that can store whole numbers. Float: A Variable data type that can store decimal numbers. Boolean: A Variable data type that stores either TRUE or FALSE	Selection is used to allow the program to make a choice and take a different path. The keywords used in Python are: if - checks if the condition is true, if so the program runs the indented code below it. elif - if the first if fails then this elif condition is checked, there can be multiple of these. else - if all if and elif statements are not true then	
	Inputs	Iteration	the code indented below else will run.	
G	To allow your Python program to get information from the user you will need to use the input command. Make sure you use the correct command for what you are asking for. String inputs (such as a name) input("Enter your name") Integer Inputs (for whole number responses): int(input("What is your age?"))	Iteration is used to repeat a set of instructions or commands in a program. It saves having to write them all out over and over again. There are two loops in Python programming: While - Checks if a condition is true and while it is true will keep repeating it. For - Runs for a specific amount of times and stops when it reaches the desired number.	Example: colour = input("Enter your favourite colour"); if colour == "Red": print("Reminds me of tomatoes"); elif colour == "Blue": print("Reminds me of the sea!"); else: print("If it isn't Red or Blue then it doesn't matter!")	
	Float Inputs (for decimal number responses): float(input("What is your shoe size?"))	Examples: while answer != "London":	Variables	
	To use these examples you need a variable at the start! Outputs To print out a statement or a variable we use the code below: Printing a new message: print("Hello World"); Printing the value of a variable: print(x); Printing a message with variables included:	Examples:	Variables are simply a place on the computer's memory that is given a name in order for it to remember it. In Python you create a variable by writing the name of the variable followed by an =. Examples: name = "Spongebob" age = 14	
	print("Hello",name,"you are",age,"years old")		7	

Technology and Design

Materials and their Properties: Papers

BOARDS

TYPES:

Name	Characteristics	Uses
Corrugated card	1000-5000 microns, strong and lightweight. Insulative and easily printed on.	Packaging, boxes and impact protection.
Duplex board	200-500gsm, stiff, lightweight coatings to improve functionality.	Cheaper version of white card used for packaging boxes. Waxy coating for protection.
Foil lined board	200-400gsm, stiff, foil reflects heat and a woter and all resistant coating enables food and figuid based products to be contained.	Takeaway containers and lids, used to retain heat for longer.
Foam board	3-10mm thick, lightweight and rigid in all directions. Can crease and crack under pressure.	Architectural models, model making, prototyping, mounting and framing of photographs.
Ink jet card	120-350gsm medium to thick card treated to hold a high quality photo image.	High quality photographic images
Solid white board	200-500gsm, stiff board, holds colour well, easily cut or creased.	Any uses including greeting cards, packaging and advertising.



Processing of paper can release chemicals environment which is not good for the atmos - If put into a land fill, it will release methane, which is bad for the atmosphere.

PAPERS

SOURCE/ORIGIN

Paper is measured by weight in gra (GSM). This is how heavy it will be. **TYPES:**

Bleed proof pages and the state of the state
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ENVIRONMENTAL IMPACT



- Sustainable resourc - Can be recycled o - Decomposes over the ground.

Pup - this is the finely shredded wood. Logs are debank chips. These are added for a chemical solution and cook pressure to make them into a paper pulp. These are calle fibres. Depending on the colour, the fibrous iquid is then I fibres. Depending on the colour, the fibrous iquid is then I

3. Converting Pulp to Paper - the pulp (so the liquid fibrous) goes on a mesh conveyor belt to drain the excess water, it goes through lots of relates to squeeze the last of the water out of the paper. Then through drying rates, so it dries and finally through as to it calende rollers which give the paper the finish e.g. satin or matt. Here's a picture of the overall process together: Papers such as tailet roll or kitchen roll have little stang so that they can absorb moisture. Otherwise they wouldn't work as tailet or kitchen roll.



THERMOSETTING This group of polymens, once set in shape CANNOT be reform Materials and their Properties:

THERMOFORMING

This group of polymers, o Known as thermosets.

TYPES:



These are gen These are hard

TYPES:

PVC PVC

BIOPOLYMERS

₹

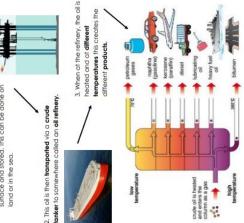
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4

PLA - Polylactic Acid



SOURCE/ORIGIN



ENVIRONMENTAL IMPAC

Polymers are considered a finite resource - this means that it will run out eventually as we only have a finited amount. However with development eventually as we only have a finited amount. However with development eventually there are some biodegradable ones, here are some of the impacts:

Leb not biodegrade easily release harmful toxins in land

Some are able to be recycle so they don't use raw material (brand new e.g. crude oil).

Technology and Design

Materials and their Properties: Metals & Alloys



FERROUS

TYPES:



can **Oxidise**. React with face to change colour.

TYPES:

Name	Characteristics	Uses
cow Carbon Steel	Tough and ductile, easily machined, formed, brazed or welded.	Construction, nails, screws, nuts and bolts. Many car bodies.
High Carbon Steel	Less ducfile and harder than mid steel. Very hard wearing and keeps and edge well.	Garden or workshop tools, blades, scissors, wood and metal cutting tools.
Cast Iron	Hard but brittle. Easily cast into complex shapes but some are hard to machine.	Kitchen pots and pans, machine bases and bodies, drain covers and vices.

SOURCE/ORIGIN



3. To create the **iron are**, the rocks are placed through the top of the furnace and it is

ALLOYS

FERROUS

2 0 2

26 Fe

Name	Characteristics	Uses
Brass	A heavy alloy of zinc and copper that is malleable, easy to cast and machine.	Musical instruments, bushes and plumbing flaments.
Stainless Steel	Hard very smooth but difficult to weld. A ferrous metal alloyed with arromium, nickel and manganese.	Cuttery, kitchen and medical equipment.
High Speed Steel	Able to withstand the high temperatures created when machining at high speed, keeps cutting edges well.	Cutting tooks such as drill bits, mill cutter, taps and dies.
Duralumin Dural Duran Dural Duran Du	Alloy of aluminium, copper, magnesium and manganese. Creates greater hardness and topical strategies and topical strategies.	Aircraft components sports car wheek and casings.

IMPACI ENVIRONMENTAL

Lasts a long time and so it won't need to be replaced.
 Most metals can be recycled.

Materials and their Properties: Timbers & Manufactured Boards SOFTWOODS

HARDWOODS

Overall they tend to be harder to work expensive than other types of timbers.

Overall they tend to be easier to work expensive than other types of timbers.

Name	Characteristics	Uses
Ash	Flexible, tough and shock resistant, laminates well. Pale brown/cream.	Sports equipment and tool handles.
Beech 3 - C	Fine finish, tough and durable. Dense close grain with an	Children's toys, models and funiture.
Mahogany	Easily worked, durable and finishes well. Rich reddish brown in	High end fumiture and joinery.
Oak	Tough, hard and durable, high qualify finish possible, Light brown with variable grain.	Flooring, furniture, and railway sleepers.
Balsa	Very soft, and lightweight but can snap. Pale cream/ white in colour.	Prototyping and modelling - especially in model aircraft.

SOURCE/ORIGIN

1. When trees u., down, this is known as **felling**. This can be through machine or "was, just like



Autdoor furniture, ices and cladding for buildings.

2. Branches are cut off and the logs are stored until they are transported



MANUFACTURED BOARDS

TYPES:

Name	Characteristics	Uses
MDF	Rigid and stable, good value with a smooth easy to finish surface.	Flat pack furniture, toys and kitchen units.
Plywood	Stable in all directions as alternating layers. Flexible versions available.	Furniture, shelving, toys, interior and exterior construction.
Chipboard	Good compressive strength, not water resistant and prone to chipping on edges.	Flooring, low end kitchen units and worktops.
950	Rigid and even strength, good water resistance.	Construction in interior and exterior house building.
Block board	Stable, tough and heavy. Finishes well.	Furniture, doors, shelving and indoor construction.
Hardboard	Flexible, even strength and easily damaged by water.	Furniture and photo frame backing.

Easy to work, high stiffness to weight ratio.

ENVIRONMENTAL IMPACT

- Illegal felling is leading to def people aren't replanting trees

Blood Brothers

Context

Blood Brothers was written by Willy Russell and was first staged in 1983.

William Russel (born 23rd August 1947) is an English dramatist, lyricist and composer. His most popular works include Educating Rita, Shirley Valentine and Blood Brothers. Russell is from Liverpool and wrote his first play Keep Your Eyes Down in 1971.

Margaret Thatcher was a Conservative politician who was elected Prime Minster of the United Kingdom in 1979, four years before Blood Brothers was first performed. Seeing British manufacturing as uncompetitive, she blamed trade unions as being too strong in calling strikes on weakened employers. So, she reduced union's powers and sold off and closed uncompetitive companies.

Much of Russell's work is influenced by his own working-class background. He was a child in a low-income family, with a father that struggled with drug addiction. His father worked in a factory and his mother was a nurse. At the age of 15, Russell left school, with no academic qualifications, and he became a hairdresser. He did not return to education until age 20. Russell's love of music is evident in most of his plays.

A short-term effect of companies being closed and sold was that there was an economic downturn across the UK. Unemployment soared. This particularly effected more industrialised northern areas of the country. Liverpool was a prime example of this. Liverpool's docks, a major source of employment in the city, were allowed to fold, causing thousands of households to fall to poverty and unemployment. Crime levels increased, drug use sky-rocketed, and housing deteriorated in poorer areas.

Marilyn Monroe was an extremely famous Hollywood actress, whose fame went beyond her Hollywood films. She was presented in the media as a 'fantasy' woman who lived a perfect life. Her reality was very different. Monroe became addicted to antidepressants and died of an overdose. She remains a symbol of beauty and confidence.

One of the pivotal beliefs in Thatcher's system was that success and wealth came to those who chose to work hard. In Blood Brothers, Russel demonstrates opposition to that view, suggesting that opportunities are more limited to those that are raised in working class backgrounds, when compared to those from the middle classes. This divided society is demonstrated through showing the effect of different upbringings on a set of twins.

Dramatic Devices			
Dramatic Irony	The audience is aware throughout the play that Mickey and Edward are twins, but the characters do not know this until the very last scene.		
Dramatic Tension	The events leading up to the final scene, including Edward and Linda's affair, and		
Stage Directions	The precise directions detailing how Mickey 'uncontrollable with rage', 'waves'		
The Fourth Wall	The Narrator and Mrs Johnstone break the fourth wall when they speak to the audience directly at the beginning and end of the play.		

	Characters
Mickey	Biological twin of Mrs Johnstone, the twin that Mrs Johnstone chooses to keep, has a harsh working-class upbringing, honest and sincere, gets his girlfriend – Linda – pregnant, gets laid off from his industrial job, becomes cynical after his time in prison, becomes addicted to anti-depressants
Edward	Biological twin of Mickey, the twin Mrs Johnstone gives to Mrs Lyons to raise as her own, honest and sincere, luxury upbringing, benefits from every advantage in life, attends private school and university, uses his position as councilman to help
The Narrator	All-knowing and slightly menacing, takes on multiple roles in the play, sometimes stands back and comments on the action as it unfolds, reminds the audience of the tragic events that are to come
Linda	Begins the play as a tomboy and enjoys playing with Mickey and Edward, soon becomes the object of their desire, seems solely attracted to Mickey at the start and tells him she loves him before their first kiss, at the end of the play she turns to Edward for comfort and the two begin an affair
Mrs Johnstone	Biological mother of Mickey and Edward (as well as several other children), deeply superstitious, struggles to get by but has a good heart, strong sense of right and wrong, gives up one of her twins as she believes she has no choice after her husband has left, as the play progresses she is overcome by regret but always remains kind and loving
Mrs Lyons	Opposite of Mrs Johnstone, arrogant, snobbish, can't have children, adopts Edward and brings him up as a wealthy, middle-class boy, racked with guilt from separating the twins, creates a superstition to keep Mrs Johnstone away, eventually becomes so unhinged and paranoid that she will lost her son that she attempts to kill Mrs Johnstone



Blood Brothers

	Scene-by-scene Summary
A	The play moves forward in time and we meet Mickey at the age of seven. He looks up to his older brother, Sammy, and plays games on the street with his neighbours, involving pretend guns. Mrs Johnstone tells Mickey he is not allowed to play near the big houses nearby. While he is sulking, Edward arrives outside the Johnstones' home and the boys start talking. They quickly become friends and find that they share the same birthday. Unaware that they are really related, Mickey and Edward decide to become blood brothers.
Act 1	When Mickey and Edward try to play together, both of their mothers realise who the other boy is and order them not to play together. However, when Mickey and his friend Linda go to Edward's house, he sneaks out to play with them. They get caught throwing stones at windows by a police officer and he takes the children home. The police officer warns Mrs Johnstone that if any of her children (who are often naughty) get into more trouble then she could be taken to court. However when he takes Edward home, he tells Mr and Mrs Lyons that it was just a childish prank.
	Act Two opens seven years later, when the twins are around 14 years old and in secondary school. The Johnstone family are much happier, although Sammy gets into trouble a lot, first at school and then with the police. Mickey and Linda are still friends and actually love each other, but Mickey is too shy to act on his feelings. After being rude to a teacher at his secondary modern school, Mickey is suspended. At the same time, Edward gets suspended from his boarding school for refusing to remove Mrs Johnstone's locket. Mickey and Edward meet and quickly return to their close friendship. This time, Mrs Johnstone is happy for them to be friends.
	Mickey, Edward and Linda spend their teenage years as best friends. Mickey leaves school and starts work at a factory, making cardboard boxes. Upset about leaving his best friends, Edward tells Mickey and Linda that he is going to university the night before he leaves. Even though he is secretly in love with Linda himself, Edward tells Mickey to ask Linda to be his girlfriend, showing how much he cares about his blood brother.
Act 2	Mickey and Linda get married after Linda falls pregnant. Immediately afterwards, like many others, Mickey loses his job (in the song Take a Letter, Miss Jones, sung by Mr Lyons) at the factory as a sign of the times. Edward comes back from university and tries to have fun with Mickey but Mickey is angry and frustrated at being unemployed and Edward can't understand why. Edward sees Linda and tells her he loves her, not knowing that she is married to Mickey and going to have his child.
	Mickey is desperate to support his family and Sammy persuades him to be a lookout while he robs a garage. Sammy shoots someone and they are both arrested. Mickey is jailed for seven years. While in prison, Mickey becomes depressed and is given pills to help with this. After being released two years early for good behaviour, Mickey continues to take anti-depressants, upsetting Linda because she thinks they stop him being himself. Edward is now known as Councillor Lyons and Linda turns to him for help, he gets Mickey and Linda a council house and finds Mickey a job, all without Linda telling Mickey.
	Linda and Edward start a light romance, which Mrs Lyons (who has gone mad with bitterness) reveals to Mickey, pointing them out to him. Furious at the betrayal of his best friend and wife, Mickey gets Sammy's gun from its hiding place and goes to the council chambers to confront Edward. Mrs Johnstone follows Mickey and tells him that he and Edward are really twins. Mickey tells his mother that he wishes she had given him away instead of Edward. He waves the gun around in anger, pointing it at Edward as he shouts, I could have been him! The gun goes off and kills Edward. The police open fire and kill Mickey.
	The play ends with the bodies of the twins on stage and the Narrator asking if superstition is to blame for their deaths or if it is really the class system.

Themes					
Class and Money	The themes of class and money are dominant as they both control the actions of the characters and significantly impact on their lives. E.g. Mrs Johnstone giving one of the twins away comes about because she cannot afford to keep them both. Class then heavily influences the paths that the twins then follow.				
Coming of Age	Although much of the play focuses on dark and complex ideas, one of the lighter themes within the play is the theme of the boys 'coming of age'. Although the play ends tragically, much of				
Fate and Superstition	The voice of fate is provided over and over again throughout the play by the Narrator, who reveals at the outset of the play that the twins will die. Mrs Lyons plays on Mrs Johnstone's belief				
Nature vs Nurture	As Mickey and Edward are twins, they are genetically as similar as can be. Therefore, Russell is suggesting that is, in fact, nurture that causes their contrasting behaviours, actions and				

'Checking Out Me History' by John Agard

Agard explores the effects of colonial oppression on subjugated people who are forced to learn about the history and identity of their colonial masters rather than their own.

Message:

Agard attacks the cultural genocide brought on subjugated people by colonisers and demonstrates the power of learning about your own history, culture and identity.

Themes:

 The effect of colonial oppression on history and identity

Form + Quotations:

- Dramatic monologue with irregular stanza lengths. Indented, lengthier stanzas are used when talked about African and Caribbean historical and cultural heroes
- "Dem tell me / Wha dem want to tell me"
- "Bandage up me eye with me own history / Blind me to me own identity"
- "1066 and all dat" / "Dick Whittington and he cat" / "de cow who jump over de moon" / "Lord Nelson and Waterloo" / "ole King Cole was a merry ole soul"
- "Toussaint a slave with vision" /
 "Toussaint de beacon" / "Nanny see-far
 woman" / "Mary Seacole... a healing
 star among the wounded a yellow
 sunrise to the dying"
- "But now I checking out me own history / I carving out me identity."

'Kamikaze' by Beatrice Garland

'Kamikaze' explores the experience of war from a daughter's perspective. It reveals how society's understanding of patriotism and honour can affect familial relationships.

Message:

Garland suggests the conflict between love and honour, personal desire and patriotic duty, can lead to greater isolation and feelings of shame and resentment.

Themes:

Patriotism, honour, shame

Form + Quotations:

- Narrative divided into sestets featuring lots of enjambment
- "Her father embarked at sunrise" / "a shaven head / full of powerful incantations"
- "A green-blue translucent sea" / "dark shoals of fishes" / "built cairns of pearl-grey pebbles" (imagery and symbolism of nature and memory)
- "my mother never spoke again / in his presence" / "neighbours... treated him / as though he no longer existed"
- "To live as though / he had never returned" / "this was no longer the father we loved"
- "He must have wondered / which had been the better way to die."

'Exposure' by Wilfred Owen

Wilfred Owen's poem focuses on the misery felt by World War One soldiers waiting overnight in the trenches. Although nothing is happening and there is no fighting, there is still danger because they are exposed to the extreme cold and their wait through the night is terrifying.

Message:

Owen wanted to expose the monotony and futility of war.

Themes:

The monotony and futility of war

Form + Quotations:

- Dramatic monologue
- "But nothing happens" (refrain)
- "Merciless iced east winds that knive us" / "Dawn massing in the east her melancholy army" (personification)
- "Slowly our ghosts drag home" (metaphor)

Food spoilage

As soon as food is harvested, slaughtered or processed it starts to change. This happens for two main reasons:

- autolysis self destruction, caused by enzymes present in the food;
- microbial spoilage caused by the growth of micro-organisms, i.e. bacteria, yeasts and moulds.

Food spoilage: Autolysis – enzymes Enzymes are chemicals which can cause food to deteriorate in three main ways:

- ripening this will continue until the food becomes inedible, e.g. banana ripening;
- browning enzymes can react with air causing certain foods to discolour, e.g. apples;
- oxidation loss of nutrients, such as vitamin C from food, e.g. over boiling of green vegetables.

Food spoilage: Microbial spoilage Spoilage can be caused by the growth of:

- bacteria single celled microorganisms which are present naturally in the environment;
- yeasts <u>single</u> celled fungi;
- moulds fungi which grow as filaments in food.

Food contamination

Food contamination can lead to food poisoning. There are three ways which food can be contaminated: bacterial, chemical and physical.

Chemical contamination

Chemical contamination can occur in a variety of ways at different stages of food processing and production. For example, chemicals from the farm; cleaning products used in the processing plant and fly spray used in the kitchen.

Physical contamination

This can occur in a variety of ways at different stages of food processing and production. Some examples are:

- · soil from the ground when harvesting;
- a loose bolt from a processing plant when packaging;
- · a hair from a chef in the kitchen.

Bacterial contamination

Most bacteria are harmless but a small number can cause illness. These are known as pathogenic bacteria. Food which is contaminated with pathogenic bacteria can look, taste and smell normal.

Bacteria can be transferred onto food through cross-contamination, via equipment, people or pests, or can be naturally present in the food. Some bacteria can produce toxins which can cause food poisoning.

Micro-organisms

Micro-organisms need conditions to survive and reproduce these can include:

- · temperature;
- moisture:
- food:
- time:
- oxygen and pH level.

Temperature

Bacteria need warm conditions to grown and multiply.

- The ideal temperature for bacterial growth is 30°C – 37°C.
- Some bacteria can still grow at 10°C and 60°C
- Most bacteria are destroyed at temperatures above 63 °C.
- Bacterial growth danger zone is 5°C 63°C.
 At very cold temperatures, bacteria become dormant – they do not die, but they cannot grow or multiply.

Moisture

Where there is no moisture bacteria cannot grow. However, bacteria and moulds can both produce spores which can survive until water is added to the food.

To find out more, go to: https://bit.ly/3nE9fpE

Food

Bacteria need a source of food to grow and multiply, these food are usually high in moisture, fat and protein, and may be ready to eat. Food where bacteria rapidly multiply in is called a high risk food. For example:

- · meat, meat products and poultry;
- · milk and dairy products;
- eggs uncooked and lightly cooked;
- · shellfish and seafood;
- prepared salads and vegetables;
- cooked rice and pasta.

Time

Given the right conditions, one bacterium can divide into two every 10-20 minutes through a process called binary fission.



People at high risk of food poisoning

Elderly people, babies and anyone who is ill or pregnant needs to be extra careful about the food they eat.

Symptoms of food poisoning

Food poisoning can be mild or severe. The most common symptoms are:

- · feeling sick;
- · being sick;
- · diarrhoea;
- · abdominal pain.

Campylobacter Sources

Raw and undercooked poultry, unpasteurized milk, contaminated water.

Signs and symptoms

Onset 2 – 5 days (can be longer). Fever, headache and dizziness for a few hours, followed by abdominal pain.

E Coli 0157

Sources

Raw and undercooked meat and poultry. Unwashed vegetables. Contaminated water.

Signs and symptoms

Onset usually 3-4 days. Diarrhoea, which may contain blood, can lead to kidney failure or death.

Listeria Sources

Unpasteurised milk and dairy products, cook-chill foods, pâté,

meat, poultry and salad vegetables.
Signs and symptoms

Signs and symptoms

Onset 1-70 days. Ranges from mild, flu-like illness to meningitis, septicaemia, pneumonia.

During pregnancy may lead to miscarriage or birth of an infected baby.

Salmonella

Sources

Raw meat, poultry and eggs. Flies, people, sewage and contaminated water.

Signs and symptoms

Onset 6-48 hours. Headache, general aching of limbs, abdominal pain and diarrhoea, vomiting and fever. This usually lasts 1 – 7 days, and rarely is fatal.

Staphylococcus aureus Sources

Humans: nose, mouth and skin. Untreated milk.

Signs and symptoms

Onset 1 – 6 hours. Severe vomiting, abdominal pain, weakness and lower than normal temperature. This usually lasts 6 – 24 hours.

Key terms

Bacteria: Small living organisms that can reproduce to form colonies. Some bacteria can be harmful (pathogenic) and others are necessary for food production, e.g. to make cheese and yogurt.

Binary fission: The process that bacteria uses to divide and multiply. 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. Food spoilage: The action of enzymes or microorganisms which make the food unacceptable to consume. Food poisoning: Illness resulting from eating food which contains food poisoning micro-organisms or toxins produced by micro-organisms. Toxin: A poison produced by some bacteria which can cause food poisoning.

Allergens

Allergenic ingredients can cause adverse reactions in some people. Care must be taken at each stage of food processing to prevent contamination.

Desirable food changes

Desirable changes that can be caused by micro-organisms include:

- bacteria in yogurt and cheese production;
- mould in some cheeses, e.g. Stilton;
- · yeast in bread production.

Task

Explain in detail the conditions bacteria need to survive and reproduce. Give examples of controls to reduce the likelihood of bacterial multiplication and risk of food poisoning.

Types of fish and shellfish

There are over 33,000 fish species in the world, but people often prefer to eat a few species that are easier to catch and eat.

The 'big five' are the most common seafood items that are eaten in the UK. They are:

- cod;
- haddock:
- tuna;
- salmon
- prawns.



Recommendations

Fish is part of the Beans, pulses, fish, eggs, meat and other proteins food group in the Eatwell Guide.

Around one-sixth of the food that people consume should come from this group in the diet.

It is recommended to consume two portions (one portion is 140g) of sustainably sourced fish per week.



Nutrients provided by fish

Fish provides a range of nutrients, including:

- · Omega-3 fats (in some fish);
- · protein;
- vitamin D (in some fish);
- B vitamins;
- iodine.

Oily fish

The UK Eatwell Guide states that one of the recommended two portions of fish a week should be oily.

Salmon and trout are classified as 'oily fish', which means they contain a type of healthy fat called Omega-3. Omega-3 is important for brain development and heart health.

Mackerel, herring and sardines are types of small oily fish that are mostly sold in cans. Kippers are herring that have been filleted, salted and smoked. The skin and bones of whole sardines are soft and edible and can provide extra calcium.

White fish

Cod and haddock are the most popular fish in the UK. They are flaky, white fish when cooked. Most of the cod and haddock eaten in the UK is breaded or battered.

Plaice, sole, halibut and turbot are all types of flatfish that are classed as white fish.

Tuna

Fresh tuna used to be classed as an oily fish but new research shows that there are not enough healthy Omega-3 fatty acids in tuna for it to be called oily.

Shellfish

Shrimp and prawns are a wide group of small shellfish. The words 'shrimp' and 'prawn' are used to describe many different species.

Mussels and oysters are 'bivalve molluscs'. Bivalve means that they have two shells that close around the soft body inside. Cockles, whelks and winkles are small shellfish that are common around the UK.

Squid and octopus

Squid and octopus are not fish but cephalopods, along with cuttlefish and some other species. Squid is often called 'calamari' when it is used in dishes.

To find out more, go to: https://bit.ly/3DHagr9

Catching fish at sea (trawling)

Most fishers go out to sea in boats and use nets to catch a large number of <u>fish</u> at one time.

When the boat is in the right position, the fishers drop their nets. Once dropped, the boat then tows the net around, scooping up fish. This is known as trawling.

Catching fish at sea (trolling)

Some fish are caught on lines, rather than nets.

Some other fish, like mackerel, can also be caught on lines by a method called 'trolling'.

Trolling is similar to trawling, but instead of dragging a net, the boat drags many lines with hooks to catch the fish.

Preparing fish

Whole fish usually require preparation before they can be eaten.

This could include: descaling, gutting, filleting and pin boning.

To descale a fish, the knife should be run along the scales of the fish, in the opposite direction to the scales.

Gutting removes the entrails of the fish. Filleting results in portions of fish that are separated from the head, tail and major bones.

Pin boning removes the remaining small bones

Marine Stewardship Council

The MSC logo means that this fish has been caught in a way that is more sustainable.



Logo® Marine Stewardship Council

Cooking with fish

Fish can be cooked in a variety of ways, such as being grilled, baked, sautéed, fried or barbequed.

Grilling and baking are usually healthier cooking methods and they can also help to bring out the flavour of many fish. Some fish can be eaten raw (e.g. sushi).

Growing mussels

Mussels can be grown on ropes, so they can be easily collected in large numbers. 'Seed' mussels stick to the rope and grow in place before harvesting.

Key terms

Oily fish: A fish that contain a type of healthy fat called Omega-3.

Omega-3: A type of polyunsaturated fatty acid found in fish.

Shellfish: An aquatic shelled mollusc or crustacean that is edible.

MSC: Marine Stewardship Council logo, a logo that means fish has been caught sustainably.

Wild fishing

Advantages

 Wild fish have a more varied diet than farmed fish and therefore may taste different.

Disadvantages

- Can be less sustainable due to overfishing and may become more expensive.
- Nets can damage the seabed.

Farming fish

Advantages

- Prevents wild fish from being overfished.
- Can provide fish to communities where wild fish is scarce.
- Can allow for fish farmed that are hard to catch.

Disadvantages

- Disease can be more common if many fish are kept close together.
- Farmed fish may harm wild fish if they escape.
- If waste from the fish farm is not disposed of correctly it can cause pollution.

Preparing shellfish safely

Many shellfish are filter feeders. This means that they can gather up bacteria and viruses from their environment.
The best way to avoid illness is to make sure that shellfish are properly cooked.
When cooked in the shell, mussels, clams and oysters will open.
Raw shrimp and prawns will turn pink and firm up when properly cooked.

Task

Create an infographic that highlights all the reasons we should eat fish. Include the recommendations, the nutrients in fish and how we can cook them in healthier ways.

A) what are the four spheres?

- The lithosphere is the outer rocky layer of the earth including rocks, soils and sand.
- The biosphere is all living matter on earth including plant and animal life.
- The hydrosphere is the water on the earth's surface including the oceans, rivers and lakes.
- The atmosphere is the thin layer of gases that surrounds the earth (you call it the sky).

B) The UK's weather and climate (atmosphere)

- Weather is the day-to-day conditions that we experience (sun, wind, rain, snow).
- Climate is the long-term average conditions. It is what you would normally expect.

D) How do air masses affect the UK's climate?

- Air masses are bodies of moving air that blow to the UK from other places
- The north of the UK is affected by air masses from colder poler regions. This makes the north of the UK colder than the south.
- The south of the UK is affected by air masses from the warmer tropical regions. This makes the southern part of the UK warmer.
- The west of the UK is affected by air masses that blow over the ocean. This makes the west side of the UK wetter than the east.
- The east side of the UK is affected by air masses that blow over the land. This makes the east side dryer than the west.

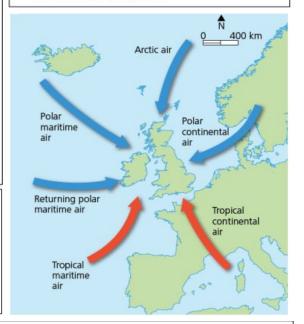
E) What is air pressure?

Air pressure is the weight of the air on the earth's surface. It is important because the way that the air moves can cause rainfall.

- Rising air away from the earth's surface = low pressure
- Sinking air pressing down on the earth's surface = high pressure

C) The UK has a temperate climate. What is this like?

- A temperate climate means that we rarely have extremes of heat or cold
- Winters are colder and summers are warmer but never really freezing or really boiling hot, instead we have mild weather.
- · The weather is changeable

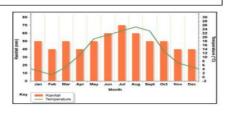


F) Why does it rain?

- 1. Warm air can hold water vapour (water in its gas state)
- 2. Warm air rises into the atmosphere carrying with it water vapour
- 3. As the air rises is cools down
- 4. When the air cools down the water vapour condenses (water turns from a gas to a liquid)
- 5. The condensed water now forms small rain droplets high in the atmosphere
- 6. These gather together around dust particles to form clouds
- 7. When the clouds become heavy enough it rains

G) What is a climate graph?

A climate graph is a graph that shows average rainfall and temperature throughout the year. Bars always show rainfall amounts and the line always shows temperature.



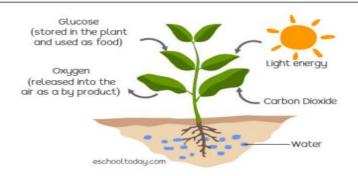
H) Math in Geography

Averages are useful in geography because an average gives us one number that can tell us a lot about a set of numbers, averages help us to see patterns. There are different types of average

- 1. The mean can be calculated by adding up all the numbers and dividing by the total number of values
- The median can be found by putting the numbers in order from smallest to highest and finding the middle number
- 3. The range can be found by taking the smallest number away from the largest

I) What is a biome?

- A biome is a very large area covering countries and continents with a distinct climate. This means the climate (temperature and rainfall) is unique to that place.
- A desert and a tropical rainforest are examples. You know that deserts are hot and dry and this is what
 makes a desert a desert.
- The distinct and unique climate affects the types of vegetation (plants and trees) that can grow there.
- The UK is in a temperate deciduous biome
- Temperate means we have a mild climate that isn't extreme
- Deciduous means that our main vegetation (trees) lose their leaves in autumn. The leaves fall off the trees.
- J) Why are producers and decomposers important?
- Vegetation absorbs light energy from the sun, it then converts this light energy to chemical energy (glucose). This type of energy can be passed on to the herbivores (the animals that eat vegetation).
- Decomposers also play an important role. They are responsible for breaking down dead matter in the ecosystem. Leaves on the forest floor will be decomposed and their nutrients will return to the soil. Once in the soil the nutrients can then be recycled by the trees as they can be absorbed. This is called the nutrient cycle.



- E) How is soil made and why is it important?
- Soil is a thin layer on the earth's surface and is one of our most important resources
- It is made when rocks are broken down by weathering (by the rain, wind, ice and roots of plants) into much smaller pieces
- When plants and leaves die they are broken down by decomposers to form a layer of humus on top of the soil
- Worms helps to mix this humus (layer of dead leaves) into the soil
- The broken up rock and dead matter provide the soil with nutrients
- Nutrients make soil fertile. Meaning it can support new life.
- Without soil vegetation would not be able to grow

Events that ended WW1 Treaty of Versailles Kev events 1918-1945 The Russian revolution - In 1917, the people of Russia rebelled against their The Treaty of Versailles (T.O.V) - At the end of 1919- Treaty of Versailles leader killing the whole Royal Family, meaning the biggest ally Britain had WW1 the allies imposed a harsh peace treaty on 1924-Hitler writes 'Mein Kampf' withdrew from the war. Germany which included that Germany must pay 1933- Hitler takes control of Sinking of the Lusitania - In May 1915, German U boats sank an American for war damages (reparations), take the blame Germany. for causing the war, give up parts of their country 1936 (March)-German troops enter passenger ship, the Americans joined the war on the side of the allies in to other nations (13%) and limit their army to the Rhineland 1917. only 100,000 men. Germany were also left German home front - Ordinary German citizens had reached breaking point 1936 (Nov) - Germany becomes and British battleships had blockaded Germany meaning food and vital vulnerable as they had NO AIRFORCE, the Navy allies with Italy + Japan. could only have six battleships and no supplies couldn't get through leading to 500,000 people dving of starvation. 1938 (Mar) - German Anschluss There were riots all over Germany, particularly due to the rationing of bread. submarines. with Austria. Year 9 Rise of Hitler Causes of WW2 1938 (Sept) - German army occupies Sudetenland. Interwar years Germany in the 1920s - Germany was very unstable and the economy was in Lots different factors could be blamed for and WW2 1918 1939 (Mar) - German army invades ruins with millions unemployed. The Kaiser had abdicated and been replaced starting the war. Czechoslovakia. 1945. Failure of the League of Nations with democracy. However, the new government was very weak and could 1939 (Aug) - Nazi-Soviet Pact not control the country. Lots of fighting between armed groups and Its organisation made the League weak. Its lack agreed. of army meant it couldn't force nations to do Democracy was not working. A small party led by Adolf Hitler started to \≠ Ŭ 1939 (Sept 1st) - Poland invaded. become popular and they blamed foreigners, communists, Jews and other anything. Membership - countries could leave, 1939 (Sept 3rd) - Britain and France groups for Germany's problems and promised to fix things. the USA never joined and USSR and Germany declare war. WW2 begins. Germany in the 1930s (countdown to war) The Nazi party took charge in were not allowed to join at first. Countries like INEQUALITY 1940 (May) - Evacuation from 1933 and began to take control by "tearing up" the T.O.V by rearming and Japan and Italy kept attacking other countries. Dunkirk rebuilding the military. They had a plan to build a new German empire, but and the League could do little to stop them. 1940 (June) - France surrenders. needed space to do this from other countries. Finally, they would unify all Hitler was to blame 1940 (Aug) - Battle of Britain German people into one country. Hitler promised to overturn the T.O.V and take CONFLICT 1941 (June) - Germany attacks USSR. Lebensraum (living space). This was the basis of 1941 (Dec)- German army stopped Sudetenland Crisis September 1938. -Hitler wanted to take over the border his foreign policy and meant he would have to outside Moscow around Czechoslovakia because 3 million Germans lived there. -France invade countries. This could start a war. 1941 (Dec) - Japan attacks Pearl wanted war, but Britain not ready. Instead, British PM (Chamberlain) gave Appeasement MIGRATION Harbour. Hitler what he wanted in the hope that Hitler would stop. This was called Appeasement aimed to stop another war and is 1942 (June) - Battle of Midway (appeasement). linked with British PM Chamberlain, Many 1942 (Aug) - Battle of Stalingrad Invasion of Czechoslovakia - Hitler now thought the League of Nations + believe he made a mistake by trusting Hitler. He 1942 (Oct)-Battle of El Alamein Britain and France were weak and would not stop him. -I He invades the rest thought that by giving Hitler what he wanted it 1943 (July) - Battle of Kursk of Czechoslovakia. And the Allies realise that only a war would stop Hitler would stop a World War. Instead, it just made Hitler demand more. 1943 (July) - Allies invade Sicily from conquering other countries. 1944 (June 6th) - D-day Nazi-Soviet pact August 1939 -Both USSR Nazi-Soviet pact 1945 (June 7th) - Germany (Russia) and Nazi Germany hated each -This agreement meant Germany wouldn't have surrenders, war in Europe ends 8th other but, also do not like western to fight Russia. May. powers (Britain, France etc) -They made a -This made Germany feel brave enough to take 1945- Japan announces surrender deal not to fight each other. Also, make a on Britain and France. on 15th Aug after being hit by two -Allowed the invasion of Poland to happen. secret deal to invade and split up Poland. nuclear bombs. Direct cause of war! Invasion of Poland September 1939 1st Sept, Germany invades Poland. 3rd -Big mistake for USSR as Germany would later

betray them and attack anyway.

Sept Britain and France declare war on Germany, WW2 had now begun.

Keywords

Appeasement- Giving someone what they want to make them stop doing something.

Nazi-Soviet Pact- Agreement between USSR + Nazis not to fight.

Blitzkrieg- German tactic of using tanks + planes together to attack very quickly.

Atomic bomb - Nuclear weapon capable of destroying whole cities.

USSR- collection of countries led by Russia, also called Soviet Union.

Treaty of Versailles - Peace treaty that ended WW1.

Anschluss-Nazi plan to unify Austria + Germany into one country.

Lebensraum- 'Living Space' room for German people to build empire.

Nazi Party- Political party led by Adolf Hitler.

League of Nations- First try at creating a U.N, was supposed to keep the peace and stop wars

Mein Kampf- Hitler's book, means my struggle. Outlines his plans.

Anti-Semitism - anti-Jewish, strong hatred of Jewish people

Holocaust - The mass murder of Jews under the German Nazi regime during the period 1941–5. More than 6 million European Jews, as well as members of other persecuted groups, were murdered at concentration camps such as Auschwitz.



Key people Adolf Hitler- Leader of the Nazi

party and leader of Germany.

Mussolini- Leader of Italy, good friends with Hitler.

Emperor Hirohito- Emperor of Japan, made Japan agree to surrender at end of war.

Winston Churchill -Leader of Britain after Chamberlin resigned.

Neville Chamberlain -Leader of Britain at start of war. Responsible for policy of appeasement.

Franklin Roosevelt President of the

Joseph Stalin Leader of the USSR

Hitler's Persecution of the Jews:

- 1st April 1933: Hitler's first action directly against the Jews was a Boycott of all Jewish businesses
- April 11, 1933 Nazis issue a decree defining a non-Aryan as "anyone descended from non-Aryan, especially Jewish, parents or grandparents."
- May 10, 1933 Burning of books in Berlin and throughout Germany.
- Summer 1935 Placards saying Jews not wanted displayed in resorts, public buildings, restaurants and cafes. (these were removed during the 1936 Olympic Games).
- A massive, coordinated attack on Jews throughout the German Reich on the night of November 9, 1938 into the next day, has is known as Kristallnacht or The Night of Broken Glass

Holocaust

The Road to the Holocaust World War Two.

The Nazis invaded Eastern Europe and used the Einsatzgruppen who were special mobile killing squads created in 1939. In 1941 the Einsatzgruppen would move through Nazi controlled areas and round up Jews, gypsies, undesirables and disabled people. They rounded them up and shot them.



The Final Solution

The Wannsee Conference was a meeting of senior government held in the Berlin suburb of Wannsee on 20 January 1942. It was decided whereby most of the Jews of German occupied Europe would be deported to occupied Poland and murdered via work and death camps.



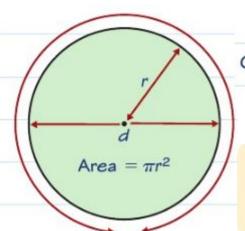
The Death Camps: Auschwitz Birkenau, Treblinka, Belzec, Sobibor

The death camps used gas chambers to murder Jews and others on an industrial scale. Jews were brought from all over Europe.

Selection happened when you arrived. Women with children, the Elderly and the unfit went straight to the gas chambers. The Jews were told they were being taken to showers but the showers were in fact gas chambers.

People of usually 14 years of age upwards who were fit and healthy (as well as children taken from parents) were taken to showers to clean them up. The showers were either really hot or extremely cold. They would then be tattooed with a number their hair shaven and given a uniform.

Circle

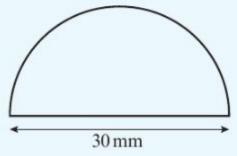


Circumference = $2\pi r$

Area of circle

$$A = \pi r^2$$

The diagram shows a game counter in the shape of a semicircle.



Work out the area of the counter. Give your answer correct to 2 significant figures. (3 marks)

Radius =
$$30 \div 2 = 15 \text{ mm}$$

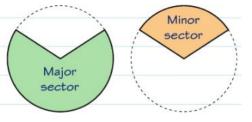
Area of circle = πr^2
= $\pi \times 15^2$
= $706.8583... \text{ mm}^2$

Area of counter =
$$706.8583... \div 2$$

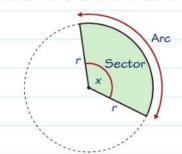
= $350 \text{ mm}^2 (2 \text{ s.f.})$

Sectors of circles

Each pair of radii divides a circle into two sectors, a major sector and a minor sector.



You can find the area of a sector by working out what fraction it is of the whole circle.



For a sector with angle x of a circle with radius r:

Sector =
$$\frac{x}{360^{\circ}}$$
 of the whole circle so

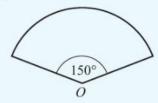
Area of sector =
$$\frac{x}{360^{\circ}} \times \pi r^2$$

Arc length =
$$\frac{x}{360^{\circ}} \times 2\pi r$$



You can give answers in terms of π . There is more about this on the previous page.

The diagram shows a minor sector of a circle of radius 13 cm.



Work out the perimeter of the sector. (4 marks)

Arc length =
$$\frac{x}{360^{\circ}} \times 2\pi r$$

= $\frac{150^{\circ}}{360^{\circ}} \times 2\pi \times 13$
= 34.033 92...

Area conversions

 $1 \, \text{cm}^2 = 10^2 \, \text{mm}^2 = 100 \, \text{mm}^2$

 $1 \,\mathrm{m}^2 = 100^2 \,\mathrm{cm}^2 = 10\,000 \,\mathrm{cm}^2$

 $1 \, \text{km}^2 = 1000^2 \, \text{m}^2 = 1000000 \, \text{m}^2$

Volume conversions

 $1\,\mathrm{cm}^3 = 10^3\,\mathrm{mm}^3 = 1000\,\mathrm{mm}^3$

 $1 \,\mathrm{m}^3 = 100^3 \,\mathrm{cm}^3 = 1000\,000 \,\mathrm{cm}^3$

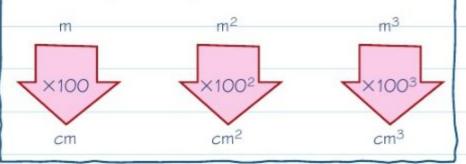
1 litre = $1000 \, \text{cm}^3$

 $1 \, \text{ml} = 1 \, \text{cm}^3$

Unit conversion checklist

The multiplier for an area conversion is the length multiplier squared.

The multiplier for a volume conversion is the length multiplier cubed.



LEARN IT!

Lead has a density of 11350 kg/m³.

An antique lead model has a volume of 400 cm³.

Calculate the mass of the model in kg.

(3 marks)

$$400 \div 100^3 = 0.0004$$

Volume =
$$0.0004 \, \text{m}^3$$

 $\mathsf{Mass} = \mathsf{Density} \times \mathsf{Volume}$

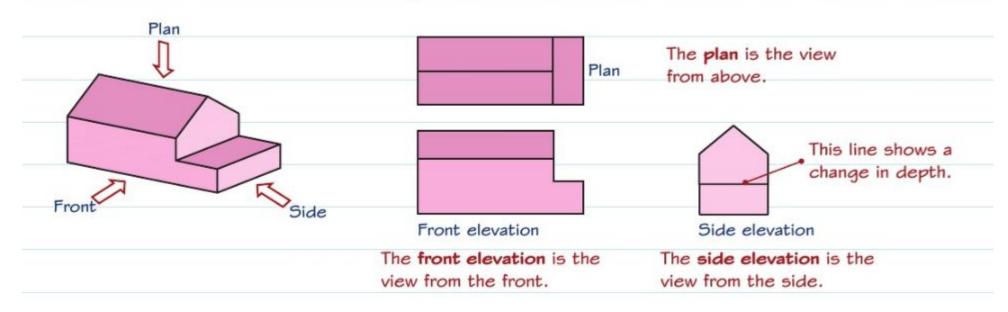
 $= 11350 \times 0.0004$

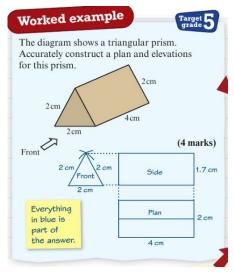
 $= 4.54 \, \text{kg}$



Plans and elevations

Plans and elevations are 2-D drawings of 3-D shapes as seen from different directions.

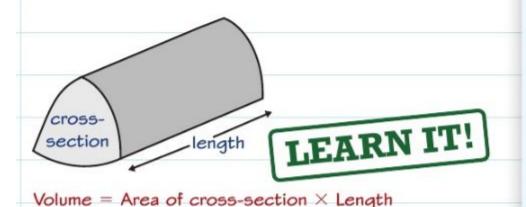




Prisms

Volume

A prism is a 3-D solid with a **constant** cross-section. Use this formula to calculate the volume of a prism.



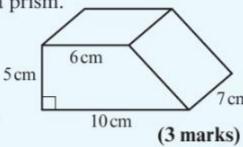
Worked example

Target 4

The diagram shows a prism.

The cross-section is a trapezium.

Work out the volume of the prism.



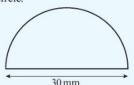
Area of cross-section (trapezium)

$$=\frac{1}{2}\times(6+10)\times5=40\,\mathrm{cm}^2$$

Volume of prism = $40 \times 7 = 280 \, \text{cm}^3$

Worked example

The diagram shows a game counter in the shap of a semicircle.



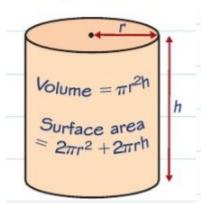
Work out the area of the counter. Give your answer correct to 2 significant figures. (3 marks

 $= 350 \, \text{mm}^2 \, (2 \, \text{s.f.})$

Radius =
$$30 \div 2 = 15 \text{ mm}$$

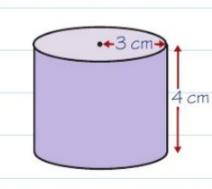
Area of circle = πr^2
= $\pi \times 15^2$
= $706.8583... \text{ mm}^2$
Area of counter = $706.8583... \div 2$

Cylinder



In terms of π

Unless a question asks you for a specific degree of accuracy, you can give your answers as a whole number or fraction multiplied by π . An answer given in terms of π is an **exact answer** rather than a **rounded answer**.



Volume of cylinder = $\pi r^2 h$

 $= \pi \times 3^2 \times 4$

Exact answer

Volume = $36\pi cm^3$

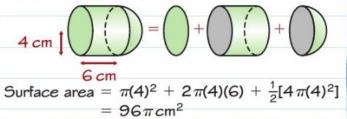
Rounded answer

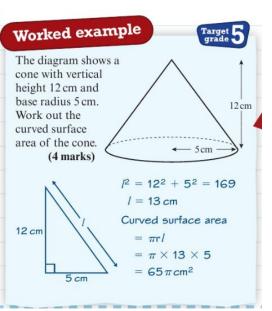
Volume = 113 cm^3 (to 3 s.f.)

22

Compound shapes

You can calculate the surface area of more complicated shapes by adding together the surface area of each part.



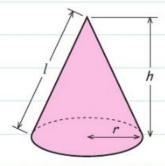


Surface area

Cone

The formula for the curved surface area of a cone will be given if you need it for a question.

Curved surface area of cone = πrl



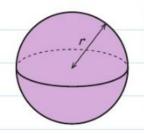
Be careful! This formula uses the slant height, *l*, of the cone.

To calculate the **total** surface area of the cone you need to add the area of the base. Surface area of cone = $\pi r^2 + \pi rl$

Sphere

The formula for the surface area of a sphere will be given if you need to use it.

Surface area of sphere = $4\pi r^2$



For a reminder about areas of circles and surface areas of cylinders have a look at page 83.

A hemisphere is half a sphere, so the area of the curved surface of a hemisphere is $\frac{1}{2} \times 4\pi r^2$

Surface area

To work out the surface area of a 3-D shape, you need to add together the areas of all the faces.

It's a good idea to sketch each face with its dimensions.

Remember to include the faces that you can't see.

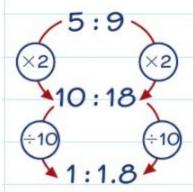
3-D 40 m² 5 m 24 m² 3 m 8 m 32 m² 4 m 4 m 3 m 3 m

Surface area = $40 + 32 + 24 + 6 + 6 = 108 \,\text{m}^2$

Ratio

Ratios are used to compare quantities.

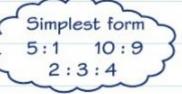
You can find equivalent ratios by multiplying or dividing by the same number.



This equivalent ratio is in the form 1: n. This is useful for calculations.

Simplest form

To write a ratio in its simplest form, find an equivalent ratio with the smallest possible whole number values.



Not simplest form 10:2 1:0.9 1:1.5:2

Worked example



Alexis and Nisha share a flat. They decide to split their phone bill in the ratio 3: 5 Alexis pays £78. How much does Nisha pay?

(2 marks)

$$78 \div 3 = 26$$

$$26 \times 5 = 130$$

Nisha pays £130

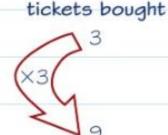
Proportion

Two quantities are in **direct proportion** when both quantities increase at the same rate.

Number of theatre

Total cost

Two quantities are in **inverse proportion** when one quantity increases at the same rate as the other quantity decreases.





Average speed Time taken



Divide or multiply?

You can use **common sense** to work out whether to divide or multiply in proportion questions.

6 people can build a wall in 4 days.

 $6 \times 4 = 24$ so 1 person could build the wall in 24 days.

Multiply because it would take 1 person longer to build the wall.

 $24 \div 8 = 3$ so 8 people could build the wall in 3 days.

Divide because it would take 8 people less time to build the wall.

Worked example



Here are the ingredients for apple crumble.

(a) Henry wants to make apple crumble for 11 people.

Serves 6 people 900 g apples 90 g butter 180 g sugar 150 g flour

Work out the amount of sugar he needs. (2 marks)

Amount needed for 1 person = $\frac{180}{6}$ = 30 g

Amount needed for 11 people = $11 \times 30 = 330$ g

(b) Carla makes an apple crumble using 2250 g of apples. Work out how many people her apple crumble will serve. (2 marks)

$$6 \times 2.5 = 15$$

The apple crumble will serve 15 people.

Worked example



Alice wants to buy some lemonade for a party. She compares the prices of a two-litre bottle and a multi-pack of eight cans.

• Two-litre bottle £1.29

Eight 330 ml cans £1.99

Which option offers the better value? (3 marks)

Cost in pence per ml:

Two-litre bottle: $129 \div 2000 = 0.0645$

Cans: $199 \div (8 \times 330) = 0.07537...$

Lemonade costs less per ml in a two-litre bottle so that is the better value.

Proportionality formulae

You can answer some questions involving proportion by constructing a **formula**. On this page you can revise finding formulae for the two basic proportionality relationships.

0

Direct proportion

These all mean the same thing:

2

Inverse proportion

y is inversely proportional to x

These all mean the same thing:

- y is directly proportional to x
- y varies directly with x
- y ∝ x
- y = kx of proportionality.

- y varies inversely with x
- $y \propto \frac{1}{x}$
- $y = \frac{k}{3}$

Worked example



Winnie drops a stone down a well. The speed of the stone, v m/s, is directly proportional to the time, t seconds, since she dropped it.

After 0.5 seconds the stone is travelling at 4.9 m/s.

(a) Find a formula for
$$v$$
 in terms of t . (3 marks) $v = kt$

$$4.9 = k(0.5)$$
 (÷ 0.5)
 $k = 9.8$
 $v = 9.8t$

(b) Calculate the speed of the stone after 1.2 seconds. (1 mark)

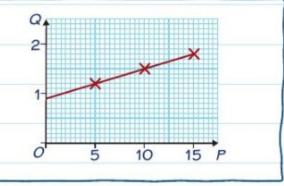
 $v = 9.8(1.2) = 11.76 \,\mathrm{m/s}$

Checking for proportionality

You can use a graph to check whether two quantities are directly proportional.

P	5	10	15
Q	1.2	1.5	1.8

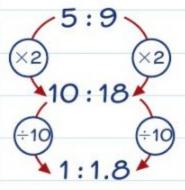
The graph doesn't go through the origin so P and Q are not directly proportional.



Ratio

Ratios are used to compare quantities.

You can find equivalent ratios by multiplying or dividing by the same number.



This equivalent ratio is in the form 1: n. This is useful for calculations.

Worked example



Alexis and Nisha share a flat. They decide to split their phone bill in the ratio 3: 5 Alexis pays £78. How much does Nisha pay?

(2 marks)

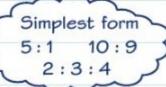
$$78 \div 3 = 26$$

$$26 \times 5 = 130$$

Nisha pays £130

Simplest form

To write a ratio in its simplest form, find an equivalent ratio with the smallest possible whole number values.



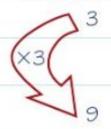
Not simplest form 10:2 1:0.9 1:1.5:2

Proportion

Two quantities are in **direct proportion** when both quantities increase at the same rate.

Two quantities are in **inverse proportion** when one quantity increases at the same rate as the other quantity decreases.

Number of theatre tickets bought



Total cost



Average speed

Time taken



Divide or multiply?

You can use **common sense** to work out whether to divide or multiply in proportion questions.

6 people can build a wall in 4 days.

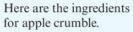
 $6 \times 4 = 24$ so 1 person could build the wall in 24 days.

Multiply because it would take 1 person **longer** to build the wall.

 $24 \div 8 = 3$ so 8 people could build the wall in 3 days.

Divide because it would take 8 people **less time** to build the wall.

Worked example



(a) Henry wants to make apple crumble for 11 people.

Apple crumble

Serves 6 people 900 g apples 90 g butter 180 g sugar 150 g flour

Work out the amount of sugar he needs. (2 marks)

Amount needed for 1 person = $\frac{180}{6}$ = 30 g

Amount needed for 11 people = $11 \times 30 = 330 \text{ g}$

(b) Carla makes an apple crumble using 2250 g of apples. Work out how many people her apple crumble will serve. (2 marks)

$$2250 \div 900 = 2.5$$

$$6 \times 2.5 = 15$$

The apple crumble will serve 15 people.

Worked example



Alice wants to buy some lemonade for a party. She compares the prices of a two-litre bottle and a multi-pack of eight cans.

Two-litre bottle

£1.29

• Eight 330 ml cans

£1.99

Which option offers the better value? (3 marks)

Cost in pence per ml:

Two-litre bottle: $129 \div 2000 = 0.0645$

Cans: $199 \div (8 \times 330) = 0.07537...$

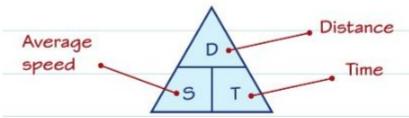
Lemonade costs less per ml in a two-litre

bottle so that is the better value.

Speed



This is the formula triangle for speed.



Average speed = $\frac{\text{Total distance travelled}}{\text{Total time taken}}$

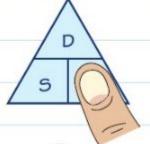
 $\mathsf{Time} = \frac{\mathsf{Distance}}{\mathsf{Average}}$



Distance = Average speed × Time

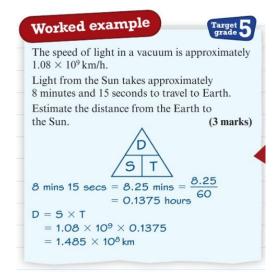
Using a formula triangle

Cover up the quantity you want to find with your finger.



The position of the other two quantities tells you the formula.

$$T = \frac{D}{S}$$
 $S = \frac{D}{T}$ $D = S \times T$

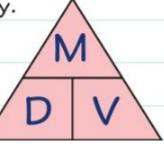


Density

The density of a material is its mass per unit volume.

This is the formula triangle for density.



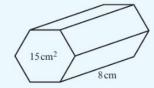


Density =
$$\frac{Mass}{Volume}$$

Volume =
$$\frac{\text{Mass}}{\text{Density}}$$

Worked example





The diagram shows a solid hexagonal prism. The area of the cross-section of the prism is 15 cm².

The length of the prism is 8 cm.

The prism is made from wood with a density of 0.8 grams per cm³.

Work out the mass of the prism.

(4 marks)

Volume of prism

- = Area of cross-section × Length
- = 15 × 8
- $= 120 \, \text{cm}^3$







The mass of the prism is 96 q.

Units

The most common units of density are:

- grams per cubic centimetre: g/cm3
- kilograms per cubic metre: kg/m3

Examiners' report

Make sure you write down the formula triangle for density and that you **know how to use it**. In this question you want to find the **mass**. If you cover up M the formula triangle tells you that:

 $Mass = Density \times Volume$

Real students have struggled with questions like this in recent exams – **be prepared!**



Worked example



An iron bar has a volume of 1.2 m³ and a mass of 9444 kg. Calculate the density of iron. (2 marks)

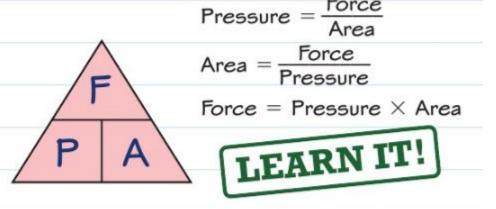
$$D = \frac{M}{V} = \frac{9444}{1.2} = 7870 \,\mathrm{kg/m^3}$$

Other compound measures

Compound measures are made up of two or more other measurements. Speed is a compound measure because it is calculated using distance and time. Density is a compound measure because it is calculated using mass and volume. You need to be able to work with other compound measures as well.

Pressure

Pressure is a measure of the force applied over a given area. The most common units of pressure are newtons per square centimetre (N/cm2) and newtons per square metre (N/m2). You can use the formula triangle on the right to calculate with pressure.



Worked example

Target grade

At a depth of 15 m, water has a pressure of 14.7 N/cm². Calculate the force applied to a diving mask with a surface area of 360 cm². (2 marks)

Rates

If the 'bottom' unit in a compound measure is time, then it is a rate. Here are some examples.

Speed =
$$\frac{\text{Distance}}{\text{Time}}$$

Rate of flow =
$$\frac{\text{Volume}}{\text{Time}}$$

Rate of climb =
$$\frac{\text{Height}}{\text{Time}}$$
 Rate of pay = $\frac{\text{Salary}}{\text{Time}}$

Rate of pay =
$$\frac{\text{Salary}}{\text{Time}}$$

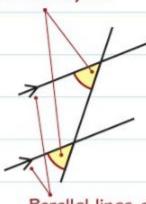
Angle properties

You need to remember all of these angle properties and their correct names.

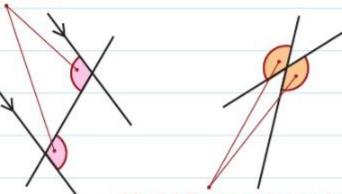
Corresponding angles are equal.

Alternate angles are equal.

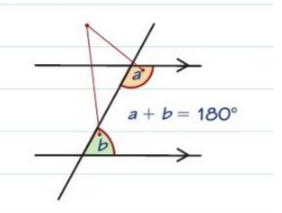
Co-interior or allied angles add up to 180°.



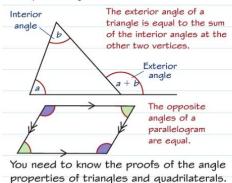
Parallel lines are marked with arrows.



Vertically opposite angles are equal.



These are useful angle facts for triangles and parallelograms:



Golden rule

When answering angle problems, you need to give a reason for each step of your working.

Angle sums

You need to remember these two angle facts:



The angles in a triangle add up to 180°.



The angles in a quadrilateral add up to 360°.

Solving angle problems

You might need to use angle properties to solve problems in your exam. Remember to give reasons for every step of your working.

Reasons

Use these reasons in angle problems:

- Angles on a straight line add up to 180°.
- Angles around a point add up to 360°.
- Opposite angles are equal.
- Corresponding angles are equal.
- Co-interior angles add up to 180°.
- Alternate angles are equal.
- Angles in a triangle add up to 180°.
- Angles in a quadrilateral add up to 360°.
- Base angles of an isosceles triangle are equal.

Use the properties on the diagram:

AB is parallel to CD.

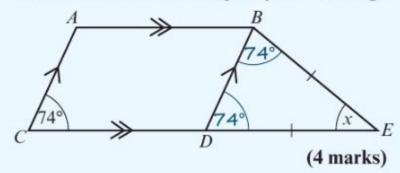
AC is parallel to BD.

BE is equal to DE.

Worked example



Work out the size of the angle marked *x*. Give reasons for each step of your working.



 $\angle BDE = 74^{\circ}$ (corresponding angles are equal)

∠DBE = 74° (base angles in an isosceles triangle are equal)

 $x + 74^{\circ} + 74^{\circ} = 180^{\circ}$ (angles in a triangle add up to 180°)

 $x = 180^{\circ} - 148^{\circ}$

 $x = 32^{\circ}$

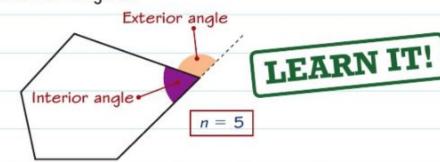
Angles in polygons



Target 6

Polygon questions are all about interior and exterior angles.

This diagram shows part of a **regular** polygon with 30 sides.



 $\frac{360^{\circ}}{30} = 12^{\circ}$ Each interior angle

Each exterior angle

Use these formulae for a polygon with n sides: Sum of interior angles = $180^{\circ} \times (n-2)$ Sum of exterior angles = 360°

size of one of the interior angles.

Don't try to draw a 30-sided polygon! If there's no diagram given in a polygon question, you probably don't need to draw one.

is $180^{\circ} - 12^{\circ} = 168^{\circ}$

The diagram shows part of a regular polygon. The interior angle and the exterior angle at a vertex are marked.

The size of the interior angle is 7 times the size of the exterior angle.

Work out the number of sides of the polygon.

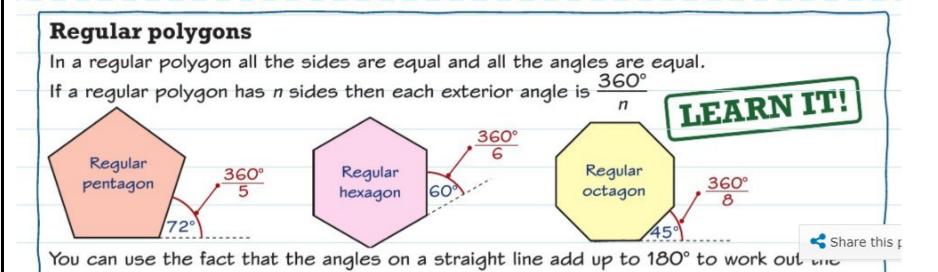
Worked example

(3 marks)

$$180^{\circ} \div 8 = 22.5^{\circ}$$

$$\frac{360^{\circ}}{22.5^{\circ}} = 16$$

The polygon has 16 sides.



Area conversions

 $1 \, \text{cm}^2 = 10^2 \, \text{mm}^2 = 100 \, \text{mm}^2$

 $1 \,\mathrm{m}^2 = 100^2 \,\mathrm{cm}^2 = 10\,000 \,\mathrm{cm}^2$

 $1 \, \text{km}^2 = 1000^2 \, \text{m}^2 = 1000000 \, \text{m}^2$

Volume conversions

 $1\,\mathrm{cm}^3 = 10^3\,\mathrm{mm}^3 = 1000\,\mathrm{mm}^3$

 $1 \, \text{m}^3 = 100^3 \, \text{cm}^3 = 1000 \, 000 \, \text{cm}^3$

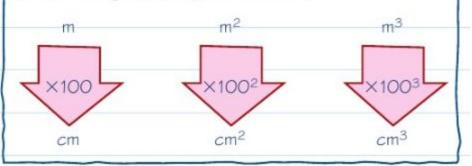
1 litre = $1000 \, \text{cm}^3$

 $1 \, \text{ml} = 1 \, \text{cm}^3$

Unit conversion checklist

The multiplier for an area conversion is the length multiplier squared.

The multiplier for a volume conversion is the length multiplier cubed.



Lead has a density of 11350 kg/m³.

An antique lead model has a volume of 400 cm³.

Calculate the mass of the model in kg.

(3 marks)

$$400 \div 100^3 = 0.0004$$

Volume =
$$0.0004 \, \text{m}^3$$

 $\mathsf{Mass} = \mathsf{Density} \times \mathsf{Volume}$

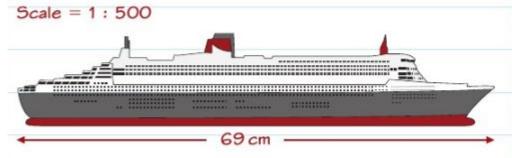
 $= 11350 \times 0.0004$

 $= 4.54 \, kg$



Scale drawings and maps

This is a **scale drawing** of the *Queen Mary II* cruise ship.



You can use the scale to work out the length of the actual ship.

 $69 \times 500 = 34500$

The ship is 34500 cm or 345 m long.



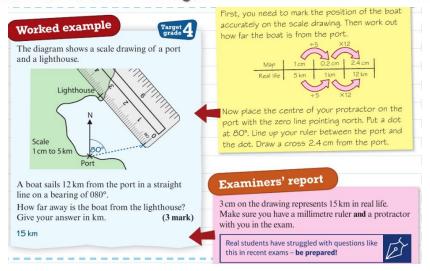
Map scales can be written in different ways:

• 1 to 25000

• 1cm represents 25000 cm

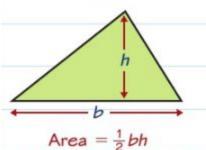
• 1cm represents 250 m

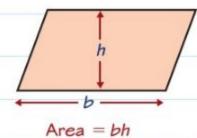
4 cm represent 1 km.



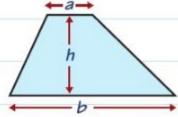
Perimeter and area

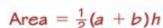
Triangle Parallelogram

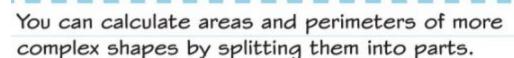




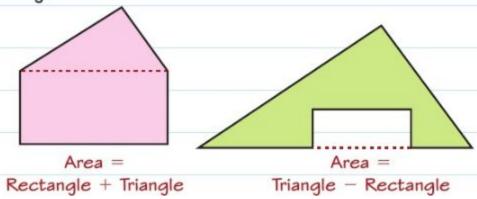








You might need to draw some extra lines on your diagram and add or subtract areas.

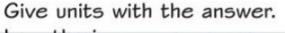


Area basics

Lengths are all in the same units.

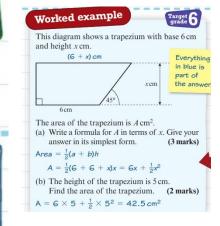
LEARN IT

Ø



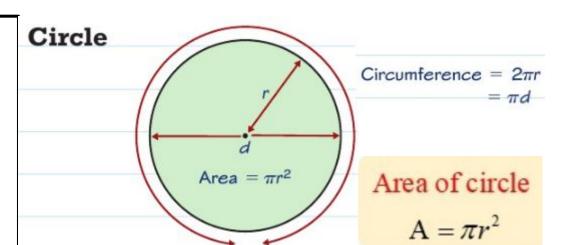
Lengths in cm means area units are cm^2 .

Lengths in m means area units are m².

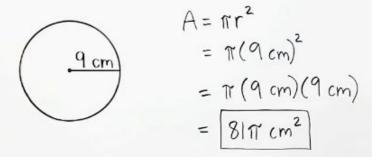


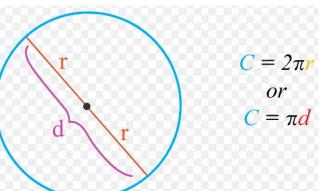
The **properties** of a shape are facts about its sides, angles, diagonals and symmetry. Here are some of the properties of some well-known quadrilaterals.

Square	 all sides are equal in length opposite sides are parallel all angles are 90° diagonals bisect each other at 90° 	Rectangle	 opposite sides are equal in length opposite sides are parallel all angles are 90° diagonals bisect each other
Rhombus	 all sides are equal in length opposite sides are parallel opposite angles are equal diagonals bisect each other at 90° 	Parallelogram	 opposite sides are equal in length opposite sides are parallel opposite angles are equal diagonals bisect each other
 Vite 2 pairs of sides are equal in length no parallel sides 1 pair of equal angles diagonals cross each other at 90° 	Trapezium	1 pair of parallel sides	
	diagonalo di oco caon otiloi at oc	Isosceles trapezium	 2 sides are equal in length 1 pair of parallel sides 2 pairs of equal angles

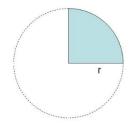


Find the area of the following circle.





Perimeter of quarter-circle



Circumference of a circle = π d Perimeter of a semi-circle = $\pi \times \text{Radius} + \text{Diameter}$ = $\pi r + d$ Perimeter of quadrant = $\frac{1}{2} \pi r + 2r$

Key point



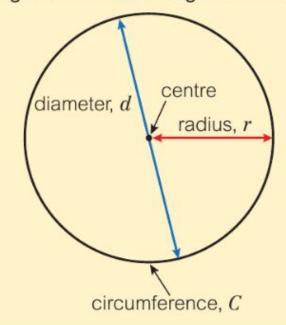
The **circumference** (*C*) is the perimeter of a circle.

The **centre** of a circle is marked using a dot.

The **radius** (*r*) is the distance from the centre to the circumference.

The plural of radius is radii.

The **diameter** (*d*) is a line from one edge to another through the centre.



Basketball

Rules of The Game

Attacking Rules

- The player must bounce, or dribble, the ball with one hand while moving both feet. If, at any time, both hands touch the ball or the player stops dribbling, the player must only move one foot. The foot that is stationary is called the pivot foot.
- The basketball player can only take one turn at dribbling. In other words, once a player has stopped dribbling, they cannot start another dribble. A player who starts dribbling again is called for a double-dribbling violation and loses the basketball to the other team. A player can only start another dribble after another player from either team touches or gains control of the basketball, this is usually after a shot or pass.
- The ball must stay in bounds. If the offensive team loses the ball out of bounds the other team gets control of the basketball.
- The players hand must be on top of the ball while dribbling. If they touch the bottom of the basketball while dribbling and continue to dribble this is called carrying the ball and the player will lose the ball to the other team.
- Once the offensive team crosses half court, they may not go back into the backcourt. This is called a backcourt violation. If the defensive team knocks the ball into the backcourt, then the offensive team can recover the ball legally.

Defending Rules

- The main rule for the defensive player is not to foul. A foul is described as gaining an unfair advantage through physical contact. There is some interpretation that has to be made by the referee, but, in general, the defensive player may not touch the offensive player in a way that causes the offensive player to lose the ball or miss a shot.
- . Basketball players cannot kick the ball or hit it with their fist.

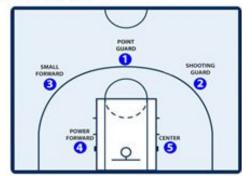
Positions

The Centre is usually the team's tallest and strongest player and is positioned under the basket. They are required to be physically domineering with more physical strength and athleticism.

Power Forward are usually the second tallest in the team and are the closest to the centre in terms of physical attributes and playing style but with more speed. The Small Forward is usually the shorter of the two forwards on the team but plays the most versatile role out of the main five positions.

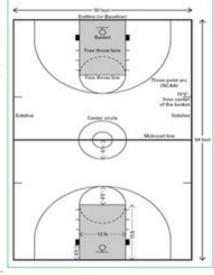
Shooting guard Potentially the shortest player on the team, the Shooting Guard is the team's best outside shooter. Besides being able to shoot well, they need to be good at dribbling fast, passing and having court vision.

The Point Guard is usually the shortest but the best ball handler on the team. Also known as the 'coach on the floor' or the 'floor general', a point guard is responsible for directing plays.



Pitch Markings

Along the length of the court, the borders are the sidelines. Along the ends, the borders are the end-lines, or baselines. Separating both halves of the court is a midcourt line. In the very centre of the midcourt line is the centre circle (12 feet in diameter), where the centre toss takes place to begin the game.



Basketball

Scoring

The winner of a basketball game is the team with the most points. You get points by throwing the basketball through the opponent's hoop or basket.

In regular play a basket made from within the three-point line is worth 2 points and a basket shot from outside the <u>three point</u> line is worth three points. When shooting a free throw, each free throw is worth 1 point.



When a player is shooting a foul shot, the remaining nine players on the court must stand in designated locations. They can stand in the blocks along the sides of the free-throw lane or back behind the free-throw shooter. The team whose player is not shooting free throws must be allowed to stand closest to the rim during the shot.

Key Terms

Alley-Oop: When one player jumps and catches a pass from another player and simultaneously dunks the ball or shoots it in before landing.

Box Out: When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in better rebounding position.

Carry: This penalty, which results in a turnover, occurs when a player holds the ball excessively at the apex while dribbling.

Charge: This penalty, which results in a turnover, occurs when an offensive player with the ball runs into a stationary defensive player and knocks him or her over.

Double Dribble: This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again.

Fast Break: An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot or rebound.

Free Throw: A free shot given to a player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key.

Lay-Up: A shot taken close to the hoop, usually when a player is moving toward the basket.

Man-to-Man: A defensive strategy in which each player on the defensive team guards one person on the opposing team.



Key Skills/Techniques

Dribbling

Dribbling allows you to move the ball around the field without losing possession.

Keep the ball close to your feet at all times, when running with it.

Use the inside of your foot to control the ball when moving.

Don't look down when running with the ball. Keep your head up.

Passing

Non-kicking foot is closest to the ball.

Kicking foot needs to be at a right angle to the ball Body over the ball

Eyes focused upon the ball and arms are to be used for balance

Shooting

Non kicking foot needs to be next to the ball and player needs to keep their body balanced with their head slightly over the top of the ball.

Contact the ball either with the side of the foot (placement of ball) top of the foot (to generate power)

Both legs need to be flexed but when striking the ball, kicking foot needs to be fully extended on the follow-through.

Rules/Tactics

Rules

Game is started by a kick off in the centre of the pitch, on the referee's whistle

The main game has 11 players on the pitch (consisting of goal keeper, defenders, midfielders and strikers)

A referee and 2 linesmen will officiate the game.

If the ball is played outside of the pitch lines, then the possession is given to the opposing team either as a throw in, goal keepers kick (off the floor) or corner.

If a foul is committed a free kick or a penalty is issued (depending on the incident)

To score a goal, the ball must cross the opposition's goal line.

The team with the most goals at the end of the game will win the game.

Tactics

Vary the passes that you make

Play to your opponents weaknesses(if they are dominantly using their left foot, then play balls on their right)

Move opponent around the pitch to tire them out Vary the pace and directions of strokes.

Key words/Phrases

Dribbling

Warm up

Cool Down

Side foot

Attack

Defend

Foul

Referee

Volley

Accuracy

Reaction time

Physical Education Trampolining Beginner

A - Safety rules:

- Always inform your teacher before the lesson of any injuries or medical conditions
- 2. Always wear PE kit with socks
- Keep long hair tied back and finger nails short
- Remove all jewellery, watches and objects from your pockets
- 5. No chewing gum
- Use the trampoline only in the presence of the teacher and only when given permission
- 7. Never use the equipment unless adequate spotters are available
- Always face the performer and pay attention when spotting
- Do not step on to the trampoline whilst someone else is bouncing as it is dangerous
- 10. Do not go underneath the trampoline
- 11.Do not attempt new skills without permission

B - Stopping:



Land with your feet 'flat' onto the bed.

Begin bending your knees as you touch down on the trampoline.

Keep your back straight and ensure you do not lean forwards or backwards.

C - Straight jumping:

Stand in middle of trampoline on the red cross.

Eyes focus on the end frame/mat throughout the jump

Knees and hips bend and push straight

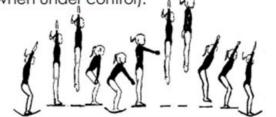
Toes and ankles push straight

Flex ankles on landing

Feet slightly apart but together in the air

Hips straight

Arms above head – (make circles – only when under control).



D - Seat landing:

Press hips forward and upward during take-off to create rotation.

Focus on the end bed.

Legs straight hips to heels.

Hands are placed flat, slightly behind and to the side of the hips with the fingers pointing forwards.

Start with arms up and finish with them up on return to feet.



E - Shape Jum	ps:
Tuck	
Straddle	
Pike	

Vocabulary and Information

Heart Rate: how many times the heart pumps blood around the body over a set amount of time. Usually 1 minute

Recovery: the ability for the heart rate to return to its resting rate. The quicker the better

Exercise: an activity requiring physical effort
Muscular Strength: is the amount of force a
muscle can produce in a single effort. A weight
lifter or sprinter are examples of sports that
require muscular strength

Muscular Endurance: to repeatably use the same muscle or group of muscles for an extended period of time. Running, cycling and rowing are some sports that require muscular endurance. How many different sports involve running?

Flexibility: how much a muscle or joint can move through its full range of motion. How far do your muscles stretch? Gymnasts and dancers require a lot of flexibility

Cardiovascular Fitness: being able to sustain physical activity and the ability to deliver oxygen to the working muscles. Long distance running, boxing and any sport that requires high intensity physical activity need cardiovascular fitness

Diet: the kinds of food and drink that you intake

Personal Challenges - Be The Best You Can BE!

Personal challenges are a great way to motivate yourself and provide a bit of competitiveness. The great thing is that it is purely about YOU! No one else. It doesn't matter how anyone else does. Have a go and set a score. Can you improve it to

get a personal best? Even if it's only a small improvement.



Short Term Effects

When you exercise you will experience some changes. Your heart rate and breathing will increase and you will breath heavier. You may start to get hot, sweaty and your face might go redder in colour. Some of your muscles will start to ache.

You will need to rest after exercise as there is a risk of injury without any rest!

Growth Mindset



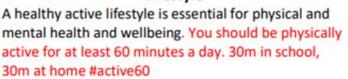
Having a growth mindset is associated with having the fundamental belief that your abilities and outcomes are influenced by hard work

Long Term Effects

During exercise the body systems respond immediately to provide energy for the muscles to work. After regular and repeated exercise, these systems adapt to become more efficient.

You may be able to run further and quicker. Heart rate lowers (resting and active). Increase your muscle strength, endurance and flexibility. Some muscles might become more visible and less body fat.

Lifestyle





Your diet is also important. A healthy diet involves eating from the 5 food groups: Carbohydrates, Protein, Fruit and Veg, Dairy (if applicable) and Fats

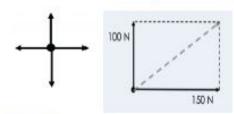
Circuits

Circuit training is a brilliant way to train in all aspects of your fitness. A circuit can be designed to train

all during the same circuit or focus on a specific one such as flexibility. You can use a circuit to see how your heart rate changes after different kinds of exercise!

Scalars and Vectors

- 1. Scalars are quantities which only have size (magnitude), such as distance, speed, mass and energy.
- 2. Vectors are quantities with size and direction, such as displacement, velocity, acceleration, force and weight.
- Resultant force is a vector quantity
- 4. Forces acting in the same direction can be added together
- 5. Forces acting in opposite directions can be subtracted
- 6. Resultant forces can be resolved into their horizontal and vertical components



Newton's Laws

- Newton's Third Law states that every action has an equal and opposite reaction
- 8. Newton's First Law states than an object's motion will not change unless acted upon by an unbalanced force
- If the resultant force is 0 N a stationary object will remain stationary
- 10. If the resultant force is 0 N an object in motion will continue moving at the same velocity
- 11. If the resultant force is not 0 N a stationary object will accelerate in the direction of the resultant force
- 12. If the resultant force is not 0 N an object in motion will accelerate in the direction of the resultant force

Acceleration

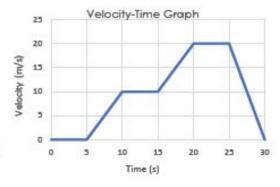
- Acceleration is the rate of change of velocity
- 14. Change in velocity is calculated using final velocity minus initial velocity

- 15. Acceleration happens when there is change in velocity (speeding up, slowing down or a change in direction)
- 16. Negative acceleration (slowing down) can be called deceleration
- 17. The SI unit for acceleration is m/s2
- 18. An object moving in a circle is accelerating because it is constantly changing direction
- Objects near Earth's surface experience gravitational acceleration of 9.8 m/s2
- 20. Air resistance/drag increases with speed

$$Acceleration = \frac{Change \ in \ velocity}{Time}$$

Velocity-Time Graphs

- 21. Velocity-time graphs can be used to describe motion
- 22. A horizontal line shows a constant velocity
- A straight line with a positive gradient (slope) shows that an object has a positive acceleration (speeding up)
- 24. A straight line with a negative gradient (slope) shows that an object has a negative acceleration/deceleration (slowing down)
- 25. Acceleration can be calculated by calculating the gradient
- 26. Distance can be calculated from the area under the graph
- 27. A curved line shows that acceleration is changing



Biodiversity

- 1. Biodiversity is the variety of different species in an ecosystem
- 2. Biodiversity can be measured by using sampling techniques to count the abundance of different species
- 3. A auadrat is a piece of equipment (a frame) used to count the abundance of species



- 4. Random sampling is used to measure Global Warming the abundance of a species in a particular habitat, using quadrats placed at random coordinates
- 5. Systematic sampling is used to measure the effect of a factor on the distribution of a species, using a transect with avadrats placed at regular intervals
- 6. High biodiversity makes an ecosystem stable because each species is not dependent on just one other

How Humans affect Biodiversity

- Many human activities are reducing biodiversity on Earth
- 8. The global population is increasing, so more resources are needed and more waste is being produced
- Pollution is caused when waste is not properly treated
- 10. Pollution can be very harmful to plants and animals and reduce biodiversity
- 11. Pollution does not always affect all species equally, as some may be more resistant
- 12. Biodiversity is reduced by humans using land for building, quarrying, farming and waste disposal
- 13. Peat from peat bogs is used for compost for gardens and farms, destroying habitats

- 14. Scientists and other citizens are using different methods to counteract some of the negative impacts of humans on biodiversity:
 - Protecting rare habitats
 - Maintaining nature reserves
 - Breeding programmes for endangered species
 - Recycling resources to reduce landfill waste
 - Reducing deforestation
 - Growing hedgerows on farms to allow more crops to grow

- 15. Levels of carbon dioxide and methane (greenhouse gases) in the atmosphere are increasing, contributing to global warming
- 16. Human activities contribute to greenhouse gas emissions, particularly the burning of fossil fuels in industry and transport
- 17. There are many biological consequences to global warming including:
 - Melting polar ice caps
 - Risina sea levels
 - Extreme weather patterns
 - Flooding
 - Loss of habitats

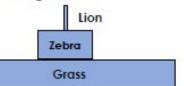
Human Waste

- 18. The increasing human population means that more resources are required and more waste is produced
- 19. More waste is also produced through the improved standard of living
- 20. If waste is not treated properly it results in pollution:
 - Water pollution is caused by poor sewage treatment and leaching of fertilisers
 - Air pollution is caused by smoke and acidic gases 44

 Land pollution is caused by landfill and toxic chemical waste

Pyramids of Biomass

- Biomass is lost between trophic levels in a food chain
- 22. Producers (mostly plants and algae) transfer about 1% of the light energy they absorb for photosynthesis
- Only approximately 10% of biomass from each trophic level is transferred to the level above
- 24. Biomass is lost through waste (faeces, urine, sweat, gas) and through life processes such as movement and thermoregulation



Farming and Biotechnology

- 25. Efficiency of food production (between trophic levels) can be improved by restricting energy transfer from food animals to the environment
- 26. This includes intensive farming methods where movement of animals is limited and the temperature of their surroundings is controlled
- Fish stocks in oceans are declining because of overfishing
- 28. Fish stocks need to remain at a high enough level for breeding to occur, to prevent the disappearance of some species
- 29. Fishing quotas are used to ensure that ocean fish stocks remain at a sufficient level and net sizes can be restricted to prevent juvenile fish being caught, so they can then have their own offspring

- Modern biotechnology allows large quantities of microorganisms to be cultured for food
- Fusarium fungus is used to produce mycoprotein (Quorn), a protein-rich food suitable for vegetarians
- Fusarium is grown on glucose syrup in aerobic conditions before being harvested and purified
- Genetically modified (GM) bacterium can be used to produce insulin to be harvested and purified to treat people with diabetes
- 34. GM crops, such as golden rice, can be used to provide increased nutritional value in areas where it is lacking

Food Security

- Food security is having enough food to feed a population
- 36. Many factors can threaten food security:
 - Increasing birth rate means there is not enough food for the growing population
 - Changing diets in developed countries means that scarce food resources are being transported across the world
 - New pests and pathogens are affecting farming
 - Environmental changes, including droughts, which can lead to famines
 - Political instability and conflicts in some parts of the world threaten access to food and water
- Sustainable methods must be found and used to feed Earth's population

Chemical reactions

- Chemical reactions always involve the formation of one or more new substances.
- Chemical reactions often involve a temperature change.
- Formulae are used to show the elements bonded together in a compound e.g. H₂O contains 2 hydrogen atoms and one oxygen atom.
- Compounds can only be separated into their elements by a chemical reaction
 - a. e.g. 2H₂O → 2H₂ + O₂
- In chemical equations the three states of matter are shown as:
 - a. solid = (s); liquid = (l) and gas =
 (g)
 - aqueous solutions are shown as (aq)
 - c. e.g.
 - d. 2Na(s) + 2H₂O(l) → 2NaOH(aq) + H₂(g)
- An aqueous solution is a substance dissolved in water.

Relative formula mass

- The relative atomic mass (A_r) is the average mass of the atoms of an element compared to the mass of carbon-12.
 - mass of the an element d to the mass in-12.

16

0

- The relative formula mass (Mr) of s substance is the sum of the A_r of all the atoms in the formula.
 - e.g. What is the M_r of water (H₂O)?
 - b. (Ar H = 1.0; O = 16.0)
 - There are 2 x H and 1 x O in the formula

- d. $(2 \times 1.0) + (1 \times 16.0) = 18.0$
- A_r and M_r have no units as they are relative masses.
- 10. In a balanced chemical equation:
 - a. sum M_r reactants = sum M_r products
 - b. e.g. 2H2O2 → 2H2O + O2
 - c. Mr reactants = 2 x 34 = 68
 - d. Mr products = (2 x 18) + 32 = 68
- 11. The percentage mass of an element in a compound can be calculated using the relative atomic mass and the relative formula mass.

% by mass = $\frac{A_r x number of atoms in a compound}{M_r of the compound} \times 100$

Conservation of mass and balancing equations

- No atoms are lost or made during a chemical reaction.
- 13. mass of products = mass of reactants
- Chemical reactions can be represented by symbol equations which are balanced.
- 15. This means the number of atoms of each element is balanced e.g.
- 16.2Mg + O2 → 2MgO
- 17. there are 2 magnesium atoms on each side of the equation.
- 18. Some reactions may appear to involve a change in mass, but this is normally because a reactant or a product is a gas e.g.
- 19.Mg(s) + 2HCl(aq) \rightarrow MgCl₂(aq) + H₂(g)
- During the reaction hydrogen gas is produced. If the gas is free to leave the reaction container then the measured mass will decrease.

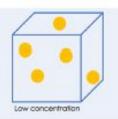
Uncertainty

- 21. Scientific uncertainty means there is a range of possible values within which the true value of a measurement lies.
- Whenever a measurement is made, there is always some uncertainty about the result obtained.

Concentration

 Many chemical reactions take place in solutions.





- 24. The more concentrated a solution the more particles it contains in a given volume.
- 25. The concentration of a solution can be measured in mass per given volume of solution e.g. grams per dm³ (g/dm³).
 - a. mass of solute = concentration
 - b. volume of solution
- 26. Volumes need to be in dm3
- 27.1 dm3 = 1000 cm3
- Making soluble salts
 - 28. Soluble substances dissolve in a solvent
 - Insoluble substances cannot dissolve in a solvent
 - Neutralisation reaction general equation is acid + base → salt + water
 - 31. Metal + acid → salt + hydrogen
 - 32. Metal oxide + acid → salt + water
 - 33. Metal hydroxide + acid → salt + water

- 34. Metal carbonate + acid → salt + water + carbon dioxide
- 35. Soluble salts can be made from acids by reacting them with solid insoluble substances, such as metals, metal oxides, hydroxides, or carbonates.
- 36. The solid is added to the acid until no more reacts and the excess solid I filtered off to produce a solution of the salt.
- Salt solutions can be crystallised to produce solid salts.
- Copper oxide reacts with sulfuric acid solution to produce copper sulfate and water
- 39. This reaction can be represented with the equation CuO(s) + H₂SO₄(aq) → CuSO₄(aq) + H2O(I)
- 40. Copper sulfate solution is a blue liquid
- 41. Copper sulfate crystals are blue

wje

el asado

las verduras

las patatas fritas

Food and drinks

roast; joint

chips/crisps

green vegetables

el bocadillo sandwich chicken el agua (fem.) water el pollo el agua mineral mineral water hors d'oeuvres/ el gueso cheese (fern.) entremeses starters coffee el chicle chewing gum el café la receta recipe el chocolate chocolate. el caramelo sweet la sal salt el chorizo Spanish sausage la salchicha la carne meat sausage la chuleta chop, cutlet la cerveza beer la salsa sauce la ensalada salad; lettuce la fruta fruit la sopa soup la botella bottle la galleta biscuit las tapas snacks shellfish/seafood las mariscos las gambas la tarta flan/tart prawns la mermelada jam. el helado ice cream el tocino bacon butter la leche milk la tortilla española Spanish omelette la mantequilla las legumbres vegetables la lechuga lettuce la tortilla francesa omelette las albóndigas meatballs mustard el azúcar la mostaza sugar las calamares squid la nata cream el vino wine

bread

egg

cake

Prefiero la comida porque es _
Mi plato preferido es porque me gusta
No tengo tiempo para cocinar, pero me gustaria aprender
Creo que es muy importante probar la comida regional ya que
El fin de semana pasado fui a comimos bebimos
Sería comería bebería
Me gustaría probar porque

el pan

el huevo

el pastel

La carta /el menú del día

juice

fish

drink

Entrada	De primero
De Segundo	De postre
De beber	Pescado/Carne/ Verduras



el zumo/el jugo

el pescado

la bebida

Useful vocabulary

AND DESCRIPTION OF THE PARTY OF		FLW.			
la vajilla	crockery	la lata	can	la botella	bottle
el vaso	glass; jar	la olla	toq	la cocina	kitchen
la cuchara	spoon	la taza	cup	los comestibles	groceries
el cuchillo	knife	el horno	oven	los cubiertos	cutlery
la ración	portion	el tenedor	fork	el microondas	microwave
el paquete	packet				

Useful adjectives

asqueraso	disgusting	sano/saludable	healthy
bueno	good	salado	salty
cremoso	creamy	sabroso	tasty
delicioso	delicious	rico	delicious
duice	sweet	refrescante	refreshing
fresco	fresh	picante	spicy
grasiento	greasy	malsano	unhealthy
malo	bad		

To add extra emphasis to an adjective, add the ending -isimo or -isimo after removing the final vowel, e.g. bueno -> buenisimo.

la comida rápida - fast food

la comida basura – junk food

la comida italiana/india/china/ mexicana - Italian/Indian/Chinese/ Mexican food

Cualquier is an adjective that means 'any' or 'any one' e.g. me gusta cualquier tipo de comida – I like any type of food.

Useful verbs

	_		١
	_	ъ.	
- 4		- 30	
	$\overline{}$	_	
_			

asar	to roast	freir	to fry
asar a la parilla	to grill	merendar	to have a snack
almorzar	to have lunch	preparar	to prepare
beber	to drink	probar	to taste/try
cenar	to have dinner	saber (a)	to taste (of)
cacinar	to cook	servir	to serve
comer	to eat	tener hambre/ sed	to be hungry/ thirsty
desayunar	to have breakfast	tomar	to take/have

Ordering food in a restaurant

Quiero/Quisiera ... ¿Qué vas a tomar? Y después ... De postre... De beber...

Voy a tomar... De primero... De Segundo... ¿y para ti? Para mi...



Healthy diet

¿Cómo podrías mejorar tu estilo de vida?

Useful verbs to talk abo

Userui ve	erbs to talk	about nealth	
aconsejar	to advise	emborracharse	to get drunk
acostarse	to go to bed	estar en forma	to be fit
beber	to drink	fumar	to smoke
comer	to eat	hacer daño	to injure, harm
dormir	to sleep	hacerse socio de	to become a member of, to join
drogarse	to take drugs	mantenerse en forma	to keep fit
Llevas una	vida sana?	Llevo una vida bastante	sana porque
Qué haces pantenerte		Hoy en día intento hace regularmente, por ejem	
Cuáles son de practicar	los beneficios el deporte?	Para mí, lo bueno es que es muy importante para	
Prefieres el deporte de equipo o individual?		Hay muchos beneficios de los deportes en equipo, por ejemplo	
Hay un dep gustaría pro		No he probado me gu	staría aprender a
Qué hiciste mantenerte	ayer para	Ayer, jugué hice fui	
¿Qué comida sana vas a comer mañana?		Mañana, voy a comer/comeré voy a beber/ beberé	

gustaria...

andar/caminar	to walk
bailar	to dance
correr	to run
escalar	to climb
esquiar	to ski
ganar	to win
hacer	to do
ir al gimnasio	to go to the gym
jugar	to play
marcar (un gol)	to score (a goal)
montar a caballo/en bici	to go horse riding/ cycling
nadar	to swim
participar	to participate
patinar	to skate
practicar	to practise/do/ take part in a sport
perder	to lose

una dieta equilibrada	a balanced diet
las drogas blandas/duras	soft/hard drugs
el ejercicio físico	physical exercise
el fumador	smoker
la salud	health
el ejercicio	exercise
el abuso del alcohol	alcohol abuse
una dieta malsana	an unhealthy diet
la drogadicción	drug addiction
el estrés	stress

advice

lack of exercise

being overweight/obesity

addiction to tobacco

headache/sore throat

fever, temperature

obesity

the risk

Illness

Health vocabulary

los consejos

la falta de ejercicio

la obesidad

el sobrepeso

el tabaquismo

la enfermedad

el dolor de cabeza/garganta

el riesgo

la flebre

En el pasado no era una persona muy activa	In the past, I wasn't a very active person.
La actividad física es muy importante para la salud	Physical activity is very important for your health.
Es importante tener una dieta equilibrada	It's important to have a balanced diet.
Comer sano avuda a reducir el riesao de enfermedades	Eating healthily helps to reduce the risk of illnesses:

Talking about health and fitness in the past, present and future

Debería beber mas agua y necesito

acostarme más temprano. Además, me

Past	Present	Future
Ayer/la semana pasada/el año pasado/ en el pasado	Ahora/hoy/ todos los días/ normalmente	Mañana/la semana que viene/ el año próximo/en el futuro
ful jugué hice practiqué comí bebí	voy juego hago practico como bebo	Vay a ir/jugar/hacer/ practicar/ comer/beber

Saying how often you do something

a menudo	often
a veces	sometimes
diariamente	daily
nunca	never
siempre	always
regularmente	regularly
de vez en cuando	from time to time/once in a while
todos los dias/cada dia	every day
raramente	rarely
dos veces a la semana	twice a week
cada semana	every week 48