## Knowledge Organisers for Year 7

Autumn First Half-Term

Name: $\qquad$
Form: $\qquad$

## What is a Knowledge Organiser?

A Knowledge Organiser is a place to keep some key information for the topics we are learning about. This may include an important formula, vocabulary, dates or explanations. It is not a complete list of everything we are studying but it is a place where we can find the basic information. It is likely that when you first see the Knowledge Organiser you won't understand most of what it on it. Gradually, as you work on the content in lessons it will become more familiar and, over time, you should find that, not only do you understand everything on it, but that you can remember everything that is on it and, even better, know how this information relates to what you are studying.

## How do we use our Knowledge Organisers?

We can use our Knowledge Organisers in many ways. The main aim is that we are able to memorise, understand and eventually apply all of the information in the Knowledge Organisers. We will do this by:

- using them to refer to in class to support our learning.
- discussing them at home with parents or carers to reinforce our learning and so that others may be involved in what we are learning too.
- using them as learning homeworks that we will have quizzes on in class.
- using them to refer to when completing homework.


## Where will I find the Knowledge Organisers?

Knowledge Organisers will be made available to you via the school website https://stjosephsbolton.org.uk (Follow the link under school information to Learning \& Teaching) and your teachers will often send you links to them with your homework on epraise or in your class TEAMS. (You will find out more about these teams over vour first vear at St Josedh's).

## Half-term 1 - Contents

Here are the alphabetical contents for this half-term

| - Art | - History |
| :---: | :---: |
| - Business and ICT | - Maths |
| - Design \& Technology | - Music |
| - Drama | - PE \& Fitness |
| - English | - RE |
| - French | - Science |
| - Geography | - Spanish |

Art 'The Formal Elements' - Project 1

| Formal <br> Element | Definition <br> Line <br> Tone <br> The path left by a moving point, e.g. a pencil or a brush dipped in paint, that can <br> take many forms. e.g. horizontal, diagonal or curved. <br> The lightness or darkness of something. This could be shade or how dark or light a <br> colour appears <br> TextureThe surface quality of something, the way something feels or looks like it feels. <br> There are two types: Actual and Visual. |
| :--- | :--- |
| Shape | An area enclosed by a line. It could be just an outline, or it could be shaded in. <br> PatternA design that is created by repeated lines/ shapes/ tones or colours. It can be <br> manmade, like a design on a fabric or natural, such as markings on animal fur. |
| Colour | There are 2 types including Primary and Secondary. By mixing any two <br> primary together we get a secondary. |




## Grades of Pencils-

Pencils come in different grades, the softer
pencil the darker the tone.
You will use HB and 6 B in your work.


| Media/Medium | The materials and tools used by an artist to create a piece of art |
| :---: | :--- |

Technique The way an artist uses tools and materials to create a piece of art Composition Where you place objects on the page Highlight The bright or reflective area on an object or piece of art
Shadow/shade The darker areas within a piece of art or object
Proportion The size relationship between different parts - eg height compared to width
Making objects look 3D
To prevent your drawings from looking flat, you should use a range of tones and marks. Pressing harder and lighter and layering with your pencil creates different tones. Use the direction of your pencil to help enhance the 20 surface, and you canalso include shadows which will also help objects appear 30 .


Vincent Van Gogh
Leonardo DaVinci
Jackson Pollock
Barbara Hepworth

## Banksy

Pablo Picasso
Bridget Riley

## B-ICT Knowledge Organiser

## E-safety websites:

 www.thinkuknow.co.uk https://www.bbc.co.uk/bitesize/
## Year 7 A1—E-Safety

 www.thinkuknow.co.uk http://www.safetynetkids.org.uk/ https://www.childline.org.uk/ https://www.bbc.co.uk/bitesize/

## Safety and Security Top tips

Password-should be strong -over 12 characters and making use of uppercase, lowercase, numbers and symbols. Do not share this with anyone.
Locking computers-Crtl + Alt + Delete-every time you leave your computer.
Anti-Virus-regularly scan your PC with anti-virus software to find any new issues


## Information validity

Web browsers i.e. Chrome, Edge, Safari
Sir Tim Berners-Lee created the first website


How to check the quality of the information and website accuracy -

- Confirmed by other sources
- Unbiased
- Trusted source
- Up-to-date information


Billboard Test-if you wouldn't be happy to see it up there, don't post it online!

## Key Terms

Cyberbullying-using any form of technology to bully.
Flaming - posting or sending offensive messages online.
Impersonating—pretend to be another person (to appear to be that person when online).
Masquerading—pretend
to be someone you are not (for example posting anonymously or with a fake account).

Browser—software to access the internet i.e. Chrome, Edge
Bias—only giving one side of the story.

WISDOM HAS BUILT HERSELF A HOUSE.

Knowledge Organiser - Year 7 - Drawing and Sketching - 1 of 5 modules

Department of Design and
Technology.


Isometric Drawing

op front comer of the box


Step 4 - Complete the box by adding in the two lines to complete the top of the box. These should be parallel to the other

During this module various drawing and presentation skills will be learned. Practice the different techniques skills by drawing different shapes. Try and add tonal shade to improve presentation.


Tonal Shading

Two Point Perspective



Adding tone to a drawing when shading makes it look more realistic. The three tones used are light, medium and dark. The face that gets most light is lightest, the face that gets the least light is the darkest, and the one left is in the middle.

Year 7 Drama Autumn Term One
Introduction to Drama

## Areas for Assessment

| Creating | The ability to work within a group to create and develop <br> performance work. |
| :---: | :--- |
| Performing | The ability to present a character using physical and vocal skills. |
| Evaluating | The ability to discuss the qualities of a performance using <br> dramatic language. |

## Diction, Emphasis, Enunciation

## Pace, Pause



## Dramatic Mediums to consider when Performing

| Facial <br> Expression | Consider the direction of your eyes and what they say to an <br> audience. What position is your mouth in. Do you need to <br> demonstrate control if this is in slow motion? |
| :--- | :--- |
| Body <br> Language | Open or closed? Are you portraying a strong character who is <br> outwardly focused or a nervous inwardly character? |
| Gesture | What are they doing with their hands? Can it help the audience <br> understand what is going on? |
| Use of <br> Voice | Have you considered the words you are going to say? The <br> volume, tone, pitch and use of pause to convey meaning. |
| Proxemics <br> (space) | Where do the performers stand in the space? Does the distance <br> between characters tell us anything about their relationships? |
| Audience <br> Awareness | Are the performers positioned in places where the audience can <br> see them fully? |

Developing your key skills to begin your journey to become actors. Looking at how build working relationships. Develop our use of still images, thought tracking, mime and characterisation.

## English - Culture

## What will I study?

In this unit, you will begin by exploring what 'Culture' means. We will learn about the culture of St Joseph's as a school community and take time to explore your own individual culture. Our learning journey will take us on a trip around the globe exploring different cultures and traditions, stopping to appreciate texts from different countries by a range of talented writers. For example, in our studies of American culture, students have the opportunity to study the biographies of culturally significant figures such as Michelle Obama as well as texts from more recent figures of interest such as Amanda Gorman's poem 'The Hill We Climb'. Students will develop skills such as learning how to analyse language, both in poetry and prose, as well as using some of the texts we study as a springboard for their own writing.

Key Skill: Travel Writing

| DAFOREST persuasive writing techniques |  |
| :--- | :--- |
| Direct Address | When the writer addresses the reader directly using pronouns such as 'you'/'we' |
| Alliteration | Using a series of words in succession that begin with the same consonant sound. |
| Fact | A statement that is true and can be proven. |
| Opinion | Someone's point of view of/about something. It is not always based on fact or <br> knowledge. |
| Repetition | To repeat the same word/phrase/sentence more than once for effect. |
| Rhetorical <br> Question | A question that does not require an answer, usually posed to emphasise an idea/opinion. |
| Exaggeration | A statement/information that is untrue |
| Emotive <br> Language | Words deliberately chosen to create emotion in the reader. |
| Statistics | Factual data in numerical form used to convince the reader. (Either fractions or <br> percentages) |
| Triple <br> (Rule of three) | A list of 3 adjectives/phrases in succession for effect, usually to emphasise a strong idea. |

## Core Knowledge: Poetic Features

Forms/Types of Poems
Acrostic
Cinquain
Free verse
Haiku
Limerick
Narrative
Nonsense
Shape
Sonnet

## Structural Features

Stanza Rhyme Scheme Pattern
Rhythm
Alternate
Couplet Flashback Chronological

## Language Features

Alliteration Imagery Metaphor Onomatopoeia Personification Simile Adjectives Verbs Adverbs

| Key Word: | Definition: |
| :--- | :--- |
| Discrimination | The unfair treatment of others, usually on the grounds of religion, race, <br> gender, age or disability. |
| Metaphor | Where a writer describes/compares something to something else but it is <br> not literal. <br> E.g. She was a shining star. |
| Prejudice | A judgement made about another person that is unfair, usually on the <br> grounds of class, race, religion, gender, age or disability. |
| Tolerance | Understanding and acceptance of feelings, habits, or beliefs that are <br> different from your own. |
| Empathy | Being aware of and understanding another person's feelings, <br> experiences, and emotions. |
| Identity | The fact of being who or what a person or thing is. <br> CultureA pattern of behaviour, ideas and traditions shared by a society or group <br> of people. |
| Traditions | The handing down of information, beliefs, or customs from one <br> generation to another. |
| Civilisation | A large group of people who share certain ways of living and working. <br> SocietyA community or group of people having common traditions, institutions, <br> and interests. |

Core Skill: Language analysis

| PEAZL writing frame. Use this for support when writing an analytical paragraph. |  |
| :--- | :--- |
| Point | Begin your paragraph with a clear opening sentence focusing on the question. It <br> should state your opinion. |
| Evidence | Identify a relevant quotation from the text to support your idea/opinion. <br> Push yourself to embed this quotation into a sentence. |
| Analyse | Explain literal and deeper meanings of the quotation. E.g. 'This suggests...' |
| Zoom | Zoom in to words more closely to analyse the effect. The words you zoom in to <br> must be from your quotation. Try to zoom in to as many significant <br> words/techniques as possible. Push yourself to use subject terminology when <br> zooming in e.g. name the device. |
| Link | Make a statement about how your analysis links to the writer's purpose, big ideas <br> or wider messages in the text. Try to link back to the question to ensure your <br> explanations are well focused. |


| A | INTRODUCTIONS |  | C | BIRTHDAY |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Bonjour | Hello | 1 | janvier, février | January, February |
|  |  |  | 2 | mars, avril | March, April |
| 2 | Salut | Hi | 3 | mai, juin | May, June |
| 3 | Au revoir | Goodbye | 4 | juillet, août | July, August |
| 4 | Comment t'appelles-tu? | What are you called? | 5 | septembre | September |
|  |  | I am called | 6 | octobre | October |
| 5 | Je m'appelle |  | 7 | novembre | November |
| 6 | Ça va? | How are you? | 8 | décembre | December |
| 7 | Ça va bien merci, et toi? | Im well thank you, \& you? | 9 | Quelle est la date de ton anniversaire? | What is the date of your birthday? |
| 8 | comme ci-comme ça | so-so |  |  |  |
| 9 | mal | badly | 10 | C'est quand ton anniversaire? | When is your birthday? |
| B | AGE |  | 11 | Mon anniversaire, c'est le dourse Jun | My birthday is on $\mathbf{1 2}^{\mathbf{4 n}}$ June |
| 1 | Un, deux, trois 1 |  |  |  |  |
| 2 | Quatre, cinq, <br> six 4 | 4,5,6 | 12 | Mon anniversaire, c'est le premler mal | My birthday is on the 1t of May |
| 3 | Sept, huit, neuf 7 | 7,8,9 |  |  |  |
| 4 | Dix, onze, <br> dinize 10 | 10,11,12 | D | EYES |  |
| 5 | Treize, <br> quatorze 13, | 13, 14 | 1 | Comment sont tes yeux? | What are your eyes like? |
| 6 | Quinze, seize 1 | 15,16 | 2 | Jailes yeux... | I have ... eyes |
| 7 | Dix-sept, dixhuit | 17,18 | 3 | verts | green |
| 8 | Dix-neuf, vingt 19 | 19,20 | 4 | gris | grey |
| 9 | Quel ȧge as-tu? Hinder | How old are you? | 5 | bleus | blue |
| 10 | Jai onze ans I | I am 11 years old | 6 | noisette | hazel |
| 11 | Jai douze ans I | 1 am 12 years old | 7 | marron | brown |


| $E$ | HAlR |  |
| :---: | :---: | :---: |
| 1 | Comment sont tes cheveux? | What is your hair like? |
| 2 | J'ai les cheveux... | I have ... hair |
| 3 | je n'ai pas de cheveux | I don't have any hair |
| 4 | blonds | blond |
| 5 | noirs | black |
| 6 | gris | grey |
| 7 | bruns | brown |
| 8 | roux | red/ginger |
| 9 | longs/ mi-longs | long/ mid-length |
| 10 | courts | short |
| 11 | bouclés | curly |
| 12 | nattés | braided |
| 13 | raides | straight |
| F HEIGHT AND SIZE |  |  |
| 1 | je suis | 1 am |
| 2 | je ne suis pas | I am not |
| 3 | grand(e) | tall |
| 4 | petit(e) | small |
| 5 | gros(se) | overweight |
| 6 | mince | slim |
| 7 | de taille moyenne | average height |
| 8 | très | very |
| 9 | assez | quite |


| $G$ | PERSONALITY |  |
| :---: | :---: | :---: |
| 1 | Comment es-tu? | What are you like? |
| 2 | Je suis | 1 am |
| 3 | Je ne suis pas | 1 am not |
| 4 | Il/ / elle est | $\mathrm{He} / \mathrm{she}$ is |
| 5 | Il/ / elle n'est pas | $\mathrm{He} /$ she is not |
| 6 | bavard(e) | chatty |
| 7 | timide | shy |
| 8 | gourmand(e) | greedy |
| 9 | sympa | nice |
| 10 | actif (active) | active |
| 11 | sportif (sportive) | sporty |
| 12 | paresseux <br> (paresseuse) | lazy |
| 13 | marrant(e) | fun/ funny |
| H COUNTRIES |  |  |
| 1 | Où habites-tu? | Where do you live? |
| 2 | Jhabite | 1 live.. |
| 3 | en Allemagne | in Germany |
| 4 | en Angleterre | in England |
| 5 | en Belgique | in Belgium |
| 6 | en Écosse | in Scotland |
| 7 | en Espagne | in Spain |
| 8 | en France | in France |
| 9 | en Italie | in Italy |
| 10 | en Irlande | in Ireland |
| 11 | en Suisse | in Switzerland |
| 12 | au pays de Galles | in Wales |
| 13 | au Portugal | in Portugal |

## WHAT IS GEOGRAPHY

HUMANGEOGRAPHY The impact of people on the earth PHYSICAL GEOGRAPHY The natural world without people ENVIRONMENTAL GEOGRAPHY Human interaction with nature
*Geography is the study of the Earth's landscapes, peoples, places and emmronments. It is, quite simply, the study of the world we live in ${ }^{\text {" }}$



The United Kingdom (UK) is an Island country located in the continent of Europe, it is made up of four countries England, Scotland, Northern Ireland and Wales


4FIGURE GRID REEERENCES
Along the edges of each map there are numbers. These numbers help you work out where a location is on a map Northings are numbers that go from bottom to top, Eastings go from left to right.

tastings

| The first two <br> numbers give <br> the eastings |
| :--- |

Remember- eastings then northings

Along the corridor and up the stairs

## MAP STMBOLS

Symbols are useful for lots of reasons including, space saving on a map, muiti-lingual (all languages can understand them), saves time, clear


## ATLAS SKILLS

There are generally three main types of maps shown in an atlas


PHISICALMAPS these show topography/relief (the shape of the land) and other physical features such as rivers and lakes

## POLITICAL MAPS these show

country borders, cities, transport links etc

THEMATIC MAPS these show information such as climate date, agriculture types etc

## 6 HIGURE GRID REEERENGES

We can use six-figure grid references to find an exact location within a grid square, so they are much more accurate The grid square is divided into tenths.
Examole

## (015) 795

The first theree numbers give the easting which includes the
number of tentha
The lual lifuee numbers give the northing which includes the
number of tenths

| SPAGE |  |  |  | KEYWORDS | NORTH |  |
| :--- | :--- | :---: | :---: | :---: | :---: | :---: |
| PLAEF | EAST | DSTANE | RELIEF | CONTOUR |  |  |
| SCALE | SOUTH | SCALE | WEST | TOPOGRAPHY |  |  |

LONGITUDE ANDLATITUDE

## HEIGHT AND RELIEF

REIIFF the difference between the highest and lowest heights of an area. TOPOGRAPHY the surface features of the earth like hills, mountains, valleys etc.


Arses of dfferent haighte are shown using different colours A key is used
to show how high the land is


The exact beight of a place sove the ground is measured and written anto


Contout lines are lines on a map whish join up placss of the same height. Everywhere dong a contour Ine is the same height

## SCALE AND DISTANCE

OS maps have a scale. On some smaller maps, Icm on the map equals 250 m in real life: On some larger maps, icm on the map equals 500 m . Different maps might have different scales, so check on your map to find its scale.

| UTESCNE | WORDSCAE |
| :---: | :---: |
| $\left.111111111\right\|_{1} ^{\text {0ni }}$ | One centimeter on the map represents 3 kilometers on the ground. $(1 \mathrm{~cm}=3 \mathrm{~km})$ |
|  | Using the scale above, if we measure the |
| Using a line scale on a map is as easy as | distance on a map between two places with |
| using a ruler The important thing to | our ruler The measurement is 4 cm We then |
| remember is that a line scale shows | have to multaply that measurement by 3 to |
| measurements in km and the medsurements | calculate that the red distance between the |
| on a ruler are in cm . | two places is 12 km |

## Introduction

The first humans were hunter gatherers, who did not settle in one place. They followed herds of animals which they hunted and they gathered fruits, vegetables and berries

At the end of the last ice age, the temperature began to rise and the ice began to melt. As the sea levels rose, the humans began to move to higher ground.

The humans took their favourite plants and animals with them as they moved and this led to farming.

This period is called the Neolithic Revolution, when humans made the change to a settled lifestyle and farming.

## Summary of your learning

- Understand that pre-history occurred before historical records were kept.
- Understand that prehistorical periods (Palaeolithic and Neolithic) occurred over many thousands of years.
- Analyse changes in human's existence from hunter/gatherer, to settlement and the beginnings of agriculture.
- Examine the Stone Age settlement at Skara Brae and focus on how archaeologists and historians draw inferences from artefacts.


## Key Vocabulary

Palaeolithic - Oldest known prehistorical period when humans were nomadic hunter gatherers.

Nomads - people who move from place to place to hunt animals and gather fruits and berries

Archaeologist - Person who learns about the past through digging up artefacts and studying them.

Artefact - Object made by a human.
Revolution - A fundamental change in the way people live.

Neolithic - Most recent era whereby humans discovered farming and began to live a settled life.

Settlement - A place where people establish a community.

Temperature - Measurement of heat.
Skara Brae - A stone-built Neolithic settlement, located in the Orkneys in Scotland.

Stonehenge - A prehistoric monument in Wiltshire

## History 1b: The Romans

## Key Knowledge

$\checkmark$ What was the Roman Empire
$\checkmark$ The Roman Army
$\checkmark$ Roman Britain
$\checkmark$ The Revolt of Boudica

## Who were the Romans?

Rome is a city in Italy. 2000 years ago it was the most powerful and important city in the world. The people from Rome owned and controlled a massive EMPIRE

## Summary of your learning:

* We will investigate the Roman Empire and the chronology of Rome
* We will investigate why the Roman Army was so

succesful
* We will look
at why the
Romans invaded
Britain
* We will examine the revolt of Boudica


## Key Vocabulary

Empire - A group of countries ruled by a more powerful state or country
Emperor - The ruler of an Empire
Chronology - The arrangement of dates or events in the order in which they occurred
BC - Before Christ. A way of dating years before the birth of Jesus. The bigger the number BC, the longer ago in history is was, because $B C$ numbers decrease in size.
AD - Anno Domini - "in the year of our Lord". AD is used to show dates after the birth of Jesus. This year is 2019 AD
Invade / Invasion - to take control of another country often by violence
Revolt - When a group of people refuse to be ruled \& take action against their rulers
Legion - A group of 5,000 men under the command of a Legate.
Cohort - each legion was divided into ten cohorts
Centuries - each century had 80-100 men
Barbarians - the name the Romans gave to the people who lived outside the Roman Empire.
Trade - making money by buying and selling goods
Legionary - A Roman soldier
Centurion - in charge of a century
Testudo or tortoise - a defensive tactic

## Chronology

54 BC Julius Caesar attempts to invade Britain.
43 AD Romans invade and conquer Britain under Emperor Claudius.
49 AD Roman London founded.
60 AD Boudica's revolt against the Romans fails.
84 AD Romans conquer Wales and Scotland. 133 AD Construction of Hadrian's Wall to keep the Picts of Scotland out of England.
306 AD Constantine the Great proclaimed Emperor in York.
409 AD The last Roman troops withdraw from Britain.


## Year 7 Knowledge Organiser - Maths Autumn 1

## SEQUENCES

## What should I be able to do?

- Describe and continue both linear and non-linear sequences
- Explain term to term rules for linear sequences
- Find missing terms in a linear sequence


## These are all non-linear sequences.

This is because they increase by a different amount each time.

To get the nextterm in this one, double the previous term

- $1,2,4,8$ $\qquad$ ,
- $64000,32000,16000$ $\qquad$
- 1,3,6,10, $\qquad$ , -
- $100,150,225$ $\qquad$ , ,_-
- $1,1,2,3,5,8$ $\qquad$

To get the next term in this one, add the previous 2 terms together. This is part of the Fibonacci sequence

## KEY WORDS:

Sequence: terms or numbers put in a pre-decided order
Term: a single number or variable
Position: the place something is located
Rule: instructions that relate to two variables
Linear: the difference between terms increases or decreases by the same value each time

Non-linear: the difference between terms increases or decreases in different amounts

Difference: the gap between two terms
Arithmetic: a sequence where the difference between the two terms is constant
Geometric: A sequence where each term is found by multiplying the previous one by a fixed non-zero number



| Position | 1 | 2 | 3 | 4 |
| :--- | :--- | :--- | :--- | :--- |
| Term | 3 | 5 | 7 | 9 |

Linear sequences can be displayed via pictures, in a table or graphically
These sequences are linear because each term increases by 2 each time, starting from 3

## Year 7 Knowledge Organiser - Maths Autumn 1 <br> ALGEBRAIC NOTATION

## What should I be able to do?

- Use inverse operations
- Substitute into function machines
- Find functions from expressions
- Form sequences from expressions
- Represent functions graphically

| Algebraic notation | $7 \times g$ | $7 g$ |
| :--- | :--- | :--- |
| $f+f+f+f+f+f$ | $6 f$ | $5 \div t$ |
| $t \div 5 \quad \frac{t}{5}$ |  |  |
| $m \times m \quad m^{2}$ | $d \times c$ | $c d$ |

## KEY WORDS:

Function: a relationship that instructs how to get from an input to an output
Input: the number/symbol put into a function
Output: the number/expression that comes out of a function
Operation: a mathematical process
Inverse: the operation that undoes what was done by the previous operation
Commutative: the order of operations do not matter
Substitute: replace one variable with a number or a new variable
Expression: a maths sentence with at least 2 numbers and at least one operation
Evaluate: Work out

## Two step functions

Calculate the value at the end of each operation


To calculate the input, use the inverse operations

## Substitute into expressions

|  | $n=1$ | $n=2$ | $n=3$ | $n=4$ | $n=5$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $3 n+5$ | 8 | 11 | 14 | 17 | 20 |

Multiply the input by 3 and then add 5

## Find functions from expressions



Link this to your work on linear sequences

## EQUALITY and EQUIVALENCE

## What should I be able to do?

- Form and solve linear equations
- Understand like and unlike terms
- Simplify algebraic expressions


## Understand Equality

- $6+3=9$
- $12+9=3 \times 7$
- $8=5+3$
- $8 \div 0.2=80 \div 2$
- $5+6=8+3$
- $6700-67=99 \times 67$
- $312+99=312+100-1$




## PE Department - Fitness

## Key Skills:

Three elements of a Warm up
Pulse raiser - This allows us to increase our heart rate and the amount of blood pumped around our body which carries more oxygen to the muscles we are using.
Stretching - Increased blood flow to the muscles. Increased range of motion at the joints. Reduced risk of injury.
Increased intensive activity - This allows the participant to take part in activities relevant to the sport/ activity to be undertaken.
Increase mental preparation.
Purpose of a cool down - Return heart rate to resting levels gradually. Remove LACTIC ACID from the body (reduce muscle soreness).

Effects of exercise on the body - Breathing and Heart Rate increase with intensity of exercise.
Pulse rate - Pulse rate (the number of times your heart beats in a minute) can be taken at either your wrist or neck. The normal rate $=70-$ 100BPM

## How to take your pulse rate: -

Gently place 2 fingers of your other hand on this artery.

1. Do not use your thumb, because it has its own pulse that you may feel.
2. Count the beats for 30 seconds, and then double the result to get the number of beats per minute.
3. 

Stretch and Challenge Task:
Note where the Radial and Carotid sites are for taking the pulse.
Describe activities that may raise the pulse rate.

Main Muscles


## Key Content and Terms to learn:

Warm up; Cool Down; Heart Rate; Body Temperature

## Key Skills:

- Controlling the ball - using different parts of the body - this could be the feet or thigh. Remember to cushion the ball.
- Passing - there are 3 types of passes. Side foot pass, driven pass with the laces and a lofted pass. Using the side of the foot allows you to pass accurately over a short distance, a driven pass allows you to pass the ball on the floor, but a greater distance. Finally, a lofted pass allows you to lift the ball in the air over players and change direction. Remember to keep your standing foot next to the ball when you make the pass.
- Dribbling - dribbling allows you to move the ball quickly around the pitch using the inside and outside of your feet and keeping the ball close to your feet and your head up.
- Turning with the ball and outwitting a defender - turning with the ball allows you to change direction using different techniques, such as dragging the ball back with the sole of your boot. Outwitting and opponent allows you to beat a defender using different techniques such as a step over.
- Shooting - there are different types of shots that allows you to score goals. You instep can be used to control and place the ball into the goal. If you use your laces then this allows more power to be produced.
- Heading - you can use an attacker header, a defensive header or a controlled header, which might be passing the ball back to someone with your head.
- Attacking - keeping possession - making a number of passes allows your team to keep possession and advance up the field. Tackling techniques - tackling, jockeying and forcing the player onto their weaker foot



## Basic Rules

1. Game is started by kicking the ball from the centre spot.
2. The U12 game has 9 players - goalkeepers, defender, midfielders and attackers.
3. Referee and two assistants with officiate the game.
4. If a ball goes over a touch line a throw in is taken (kick in on the astroturf). If an attacker kicks over the goal line it is goal kick and if a defender kicks it over the goal line it is a corner.
5. To score the ball must cross the opposition's goal line.
6. The offside rule also applies where an attacker is in front of all opposing defenders when the ball is kicked.

PE Department - Year 7 Netball

## Key Skills:

Passing and receiving -including chest pass, bounce pass, shoulder pass and overhead pass.
Attacking - getting free from an opponent in order to receive the ball. Includes sprinting, dodging and changing direction.
Shooting - With one hand under the ball and the other steadying it at the side,
keep your eyes on the hoop, bend your knees and push the ball with the fingers.
Defending - Marking your opposite player both with and without the ball.
Footwork - You must land with a 1-2 landing or with 2 feet. You must then not move the landing foot.

## POSITIONS

Goal Shooter (GS) - Can only play in their attacking goal third. Marks the GK.
Goal Attack (GA) - Plays in the goal third and centre third. Marks the GD.
Wing Attack (WA) - Plays in the centre third and their teams attacking third.
Marks the WD.
Centre (C) - Only player to be able to play in all 3 thirds. Marks C.
Wing Defence (WD) - Plays in centre third and their defending third. Marks the WA.
Goal Defence (GD) Plays in the centre third and their defending third. Marks the GA
Goal Keeper (GK) Can only play in their defending goal third. Marks the GS

## Key content and Terms to learn

Passing and receiving
Shooting
Attacking
Defending
Footwork
Contact


Rules: The game starts with a centre pass and the ball must be caught in the centre third. You must comply with the footwork rule e.g. a 1-2 landing.
You only have 3 seconds to release the ball.
When defending you must be 1 metre away from the player.
There must be no contact with an opposing player.
Only GS and GA may score a goal.
You must stay in the correct area of the court for your position Teams take it in turns to take a centre pass.
The ball must be touched in each third of the court.


## Take your learning further

- Watch an international or super league game of netball online. You could use England Netball| Home
- Draw a court and mark on the positions for 2 teams in different colours.
Dodging


## Glossary of Key Vocabulary

Covenant: a solemn promise/binding agreement between God and His people. Plague: ten disasters God sent as punishments on Pharaoh and Egypt when he refused to set the Israelites free. Passover: the Jewish festival that celebrates their freedom from slavery in Egypt when the Angel of Death 'passed over.
Sacrifice: giving up something valuable for the sake of something else
Abraham: the founder/father of Judaism.
Moses: lived 1000 years after Abraham
Commandment: laws/rules
Decalogue: The Ten Commandments.
Mount Sinai: the mountain where Moses received the Ten Commandments from God.
Torah: The first five books of the Tenakh. Tenakh: the whole Jewish Scriptures (same as the Old Testament in Christianity).
Old Testament: The first section of the Bible.
Promised Land: the modern day land of Israel God promised to Abraham.
Hebrews/Israelites: another reference to Jews.
Exodus: means to leave. Describes the time after the Israelites left Egypt. It is also the second book of the Torah

## Year 7 RE <br> Autumn 1 People of Promise

## Overview

This half term you are learning about the origins of Judaism, and why this is still important for Christians too. Judaism began when God called a man named Abraham and made a special Covenant with him. Abraham is known as the father/founder of Judaism. Years later, God called Moses to continue the Covenant and lead the Israelites to the Promised Land. God also gave Moses all the Jewish Laws, including the famous Ten Commandments! These laws are written in the Torah, which is the first five books of the Jewish Scriptures called the Tenakh. This is the same as what Christians called the Old Testament.

## Checklist of what you will learn this half term:

 $\square$ Introduction to RE at St Joseph'sPromise and CovenantCovenant with AbrahamAbraham and IsaacThe Ten PlaguesPlagues: God or Science?$\square$ Covenant with MosesThe Ten Commandments



Key Sources of Wisdom and Authority (Religious Teachings):

- "I will give you descendants as numerous as the stars in the sky." (God to Abraham, Torah)
- "The whole land of Canaan will belong to your descendants forever, and I will be their God." (God to Abraham, Torah)
- "So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt." (God to Moses, Torah)
- "The people are to take some of the blood and put it on the doorposts..." (God to Moses and Aaron, Torah)
- "Worship no other god but me." (Decalogue)
- "Do not steal." (Decalogue)
- "Do not kill." (Decalogue)
- "Honour your father and mother." (Decalogue)



## Bunsen burner



Independent variable: The variable that you change Dependent variable: The variable that is measured
Control variable: A variable that should be kept the same

Prediction: What you think your results will show and why.

Risk assessment: Identify hazards, the harms they can do and how you will minimize any risks in a practical investigation.

Method: Step-by-step instructions for how to carry out a practical investigation.

Results table: As the practical is carried out, write the results in a table.

Anomalies: result that is much higher or lower than the general pattern

## Calculating a mean

1. Check for anomalies - circle them and ignore
2. Add up the remaining results for that value
3. Divide the total by the number of results

The most common ways of presenting data in science are:

- A line graph should be used when the independent and dependent variables are continuous.

- A bar chart should be used if the independent variable is discontinuous.


Once points have been plotted for a line graph, draw a line of best fit:
$\checkmark$ Does NOT have to go through 0,0
$\checkmark$ The line should be drawn through as many points as possible,
$\checkmark$ Equal numbers of points above and below the line.
$\checkmark$ Anomalies should be ignored.
$\checkmark$ It may be straight



Forces on an object are either balanced or unbalanced, and this affects the motion of the object.

| Forces | Motion |
| :--- | :--- |
| Balanced | Stationary or moving at a <br> constant speed |
| Unbalanced | Changing speed - accelerating <br> or decelerating |

Resultant force = overall force on an object


Speeding up:


## Constant speed:



## Keywords

Balanced forces = forces are equal in opposite directions
Unbalanced forces $=$ forces are not equal in size
Accelerating = speeding up
Decelerating = slowing down

## Speed $=$ distance $\div$ time

The unit we use for speed is usually $\mathrm{m} / \mathrm{s}$ metres per second - but you should always check the units given for distance and time

Distance time graphs


Horizontal line = stationary (not moving)
Diagonal line = moving at a constant speed
Steeper line = a faster constant speed
Downwards diagonal line = going backwards
Curved line = changing speed:


The gradient of a line tells you the speed of the object

Science -particle model

## Particle theory

All matter is made up of particles. Particles are found in three main states of matter. Particles behave differently in the three states.

## Types of substance

Pure - made up of only one type of substance
Impure - a mixture of different substances
Mixture - the different types of particle in a mixture are not chemically combined, and can be separated

States of matter - how particles can be arranged in matter - solid, liquid, gas
Changes of state - moving from one state of matter to another - evaporation, condensation, freezing, melting

Changes of state that take in energy:
Melting - from solid to liquid
Evaporation - from liquid to gas
Changes of state that release energy:
Freezing - from liquid to solid
Condensation - from gas to liquid

|  |  | $\begin{array}{\|llll} \hline 0 & 1 & 0 & 0 \\ & 0 & & 0 \\ 0 & & 0 & 0 \\ \vdots & 0 & & 0 \\ 0 & 0 & & 0 \end{array}$ |
| :---: | :---: | :---: |
| Solid | Liquid | Gas |
| Particles are in a regular, fixed arrangement Particles vibrate in a fixed position (but do not move) | Particles are arranged randomly and can move - they slide past and over each other, | Particles can move in all directions, and show random movement. Particles are far apart. |
| Least amount of energy | More energy | Highest amount of energy |
| Fixed volume and shape | Fixed volume, shape can change | No fixed volume or shape - can be compressed |

## Filtration

Used for separating an insoluble solid from a liquid e.g. sand from water


## Evaporation or crystallisation

Used to get a soluble solid from a solution
e.g. salt from salt water

## Distillation

Used for separating a liquid from a solution. It involves evaporating and condensation. It works because water and salt have different boiling points.
e.g. water from salt water


## Chromatography

This is used to separate out the substances in a liquid. Simple chromatography is done on paper e.g. the individual dyes in ink or paint



