

Year 11



Knowledge Organiser

Unit 1 2025/2026

Name: _____

SELF-QUIZZING TIMETABLE

You are expected to complete at least 30 minutes of self-quizzing homework in your practice book every day. The minimum expectation is at least one full page. A full set will often go over one page.

Monday night	Tuesday night	Wednesday night	Thursday night	Friday night
Science	English	Option 1	Option 2	Option 3 & 4

SPARX MATHS TIMETABLE

Due Wednesday night by 10pm, each week.
If you have not completed your homework, you will be issued with a **60 minute detention on Thursday.**




R08 and R01 are open for Sparx support, every day throughout the week apart from Thursdays.

HOLIDAY HOMEWORK

Complete any normal self quizzing (for example, two Friday night sets on the last day of school) Also, Complete 3 sets of knowledge from the unit so far. Do not move onto new sets of knowledge.

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School email 	<p style="text-align: center;">.....@blaisehighschool.co.uk</p>
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Sparx Maths www.sparxmaths.uk 	Username: Password:

Knowledge Organiser Homework

Knowledge Organiser homework is based on self-quizzing. It is expected that you complete a minimum of one page of self-quizzing, every day in your practice book. This should take around 30 minutes as a minimum. You need to self-quiz on the correct segment, based on your homework timetable. You should not leave blank lines on the page, including in between pieces of information. The information you self-quiz should be numbered in your practice book with the same numbers used on the Knowledge Organiser. Tutors will be looking for a full page of self-quizzing on the correct numbers of the Knowledge Organiser, as well as for green pen ticks/corrections and good presentation. On the top line of the page, you should write the subject which you are completing, the set and the date on the right hand side. Underline everything with a ruler. Your writing needs to be neat and legible. Tutors will check your practice book each morning. If we feel that any of these elements are not up to standard, you will be issued with a 30 minute, same day, detention. The knowledge that your teachers have selected directly correlates with the knowledge you are learning in class. You will be tested on this. The harder that you work, the more successful you will be.

The guide to excellent self quizzing.

GET READY	Open your Knowledge Organiser, find the subject and right set of 10 pieces of core knowledge. Open up your self quizzing book and, on the top line, write the subject which you are completing, the set which you are completing and the date on the right hand side. Underline everything with a ruler.
LOOK	LOOK and memorise the piece of information and definition. Repeat this process several times, until you are confident enough to use your practice book to write the knowledge down.
COVER	COVER your Knowledge Organiser with your whiteboard.
WRITE	WRITE the correct number from the Knowledge Organiser, the piece of information and definition from memory in your self quizzing book. There are to be no blank lines in your self quizzing book.
CHECK	CHECK the piece of information and definition. Using a green pen tick if both are correct.
REPEAT	REPEAT the steps above until you have recalled and written down all 10 pieces of information and definition within the set correctly (word for word). You may find that you need to complete a few green pen attempts before you recall the knowledge word for word. If this has not filled one full page of your practice book, go back and repeat the process again.

Science Set 7

17/10/22

- 1) Force - A push or pull measured in grams. ✗
Force - A push or pull measured in newtons ✓
 - 2) Contact force - Force that acts with direct contact e.g. air resistance. ✓
 - 3) Friction - Resistive force produced when two objects move each other. ✓
 - 4) Non-contact force - Forces that act with direct contact ✗
Non-contact force - Forces that act without direct contact e.g. gravity ✓
 - 5) Resultant force - Single force acting on an object that is the sum of all forces ✓
 - 6) Melt - State change from a solid to a liquid ✓
 - 7) Freeze - State change from a liquid to a solid ✓
 - 8) Boil - State change from a liquid to a gas using energy ✓
 - 9) Evaporate - State change from a gas to a liquid ✗
Evaporate - State change from a liquid to a gas at the surface of liquid only ✓
 - 10) Condense - State change from a gas to a liquid ✓
- 1) Force - A push or pull measured in newtons ✓
 - 2) Contact force - force that acts with direct contact ✓
 - 3) Friction - Resistive force produced when two objects move over each other ✓
 - 4) Non-contact force - Forces that act without direct contact e.g. gravity ✓

Open up your Sparx book and on the top line, write the Task Number and the Date on the right hand side. Underline everything with a ruler. Draw a margin for your book codes. For every question, you must write your book code, working and your Definition.

Thursday 1st June 2017

Homework

Task 1

D40 $12 + 13 = 25$ ✓

E50 $4 \times 3 + 2 \times 5 =$
 $12 + 10 = 22$ ✓

F60 $\begin{matrix} 12 & : & 18 \\ 2 & : & 3 \end{matrix} \div 6$ ✓

H70 $\frac{1}{14} + \frac{1}{7} = \frac{1}{7}$ ✓

J90 $\frac{1}{8} + \frac{1}{4} = \frac{1}{8} + \frac{2}{8}$
 $= \frac{3}{8}$ ✓

A01 $\begin{matrix} 493 \\ + 162 \\ \hline 655 \end{matrix}$ ✓

F41 $P(\text{yellow}) = \frac{3}{6}$ ✗

F51 $P(\text{black}) = \frac{4}{8}$
 $= \frac{1}{2}$ ✓

G61 All the marbles are green
The probability of choosing a purple marble is impossible ✓

H71 $P(\text{odd}) = \frac{3}{5}$ ✓

Task 2

Task 3

J22 $\begin{matrix} 493 \\ + 162 \\ \hline 655 \end{matrix}$ ✓

Week 2 8/9/25	Piece of Knowledge	Definition	Science
1	Mechanical waves	Sound waves, water waves and waves on a spring- vibrations that travel through a medium	
2	Electromagnetic waves	light waves, radio waves and microwaves- can travel through a vacuum, no medium is needed	
3	Transverse waves	The oscillations are perpendicular (90°) to the direction of energy transfer	
4	Longitudinal waves	The oscillations are parallel to the direction of energy transfer	
5	Echo	Reflection of a sound wave	
6	m/s ²	Unit of acceleration	
7	m/s	Unit of speed and velocity	
8	Velocity	Speed in a given direction	
9	Wavelength	The distance from the point on the wave to the equivalent point on the adjacent wave	
10	Frequency	The number of waves passing a point every second	
Week 3 15/9/25	Piece of Knowledge	Definition	Science
1	Amplitude	Maximum displacement of a point on the wave from its undisturbed position	
2	Wavelength	The distance from the point on the wave to the equivalent point on the adjacent wave	
3	Frequency	The number of waves passing a point every second	
4	Echo	Reflection of a sound wave	
5	m/s ²	Unit of acceleration	
6	m/s	Unit of speed and velocity	
7	Velocity	Speed in a given direction	
8	Sexual reproduction	Fusion of gametes to develop a new individual	
9	Asexual reproduction	Involves only 1 parent	
10	DNA	Deoxyribonucleic acid- genetic material	
Week 4 22/9/25	Piece of Knowledge	Definition	Science
1	Selective breeding	A process where humans breed plants and animals for desired characteristics	
2	Genetically modified crops	Crops that have had their genes modified (changed)	
3	Mutation	Changes in the gene itself, a change in the DNA code	
4	Fertilisation	When 2 sex cells fuse together	
5	Variation	Differences in the genetic material leading to varying characteristics in the offspring	
6	DNA	Deoxyribonucleic acid- genetic material	
7	Mechanical waves	Sound waves, water waves and waves on a spring- vibrations that travel through a medium	
8	Electromagnetic waves	light waves, radio waves and microwaves- can travel through a vacuum, no medium is needed	
9	Transverse waves	The oscillations are perpendicular (90°) to the direction of energy transfer	
10	Longitudinal waves	The oscillations are parallel to the direction of energy transfer	

Week 5 29/9/25	Piece of Knowledge	Definition	Science
1	Hydrocarbon	Made up of carbon and hydrogen atoms only	
2	Crude oil	A mixture of hydrocarbon molecules	
3	Alkanes	Saturated hydrocarbons	
4	Alkenes	Unsaturated hydrocarbons	
5	C_nH_{2n+2}	The general formula for an alkane	
6	Viscosity	The resistance of a liquid to pouring or flowing, a liquid's 'thickness'	
7	Amplitude	Maximum displacement of a point on the wave from its undisturbed position	
8	Wavelength	The distance from the point on the wave to the equivalent point on the adjacent wave	
9	Frequency	The number of waves passing a point every second	
10	Echo	Reflection of a sound wave	
Week 6 6/10/25	Piece of Knowledge	Definition	Science
1	Biomass	The amount of living (biological) material in an organism	
2	Consumers	Animals that eat plants or animals	
3	Decomposers	Microorganisms that break down waste products and dead bodies	
4	The carbon cycle	The cycling of carbon through living and non-living world	
5	Alkenes	Unsaturated hydrocarbons	
6	C_nH_{2n+2}	The general formula for an alkane	
7	m/s^2	Unit of acceleration	
8	m/s	Unit of speed and velocity	
9	Velocity	Speed in a given direction	
10	Crude oil	A mixture of hydrocarbon molecules	
Week 7 13/10/25	Piece of Knowledge	Definition	Science
1	Sexual reproduction	Fusion of gametes to develop a new individual	
2	Asexual reproduction	Involves only 1 parent	
3	Meiosis	Cell division to form gametes	
4	Fertilisation	When 2 sex cells fuse together	
5	Variation	Differences in the genetic material leading to varying characteristics in the offspring	
6	DNA	Deoxyribonucleic acid- genetic material	
7	Alkanes	Saturated hydrocarbons	
8	Alkenes	Unsaturated hydrocarbons	
9	C_nH_{2n+2}	The general formula for an alkane	
10	Viscosity	The resistance of a liquid to pouring or flowing, a liquid's 'thickness'	

Week 8 20/10/25	Piece of Knowledge	Definition	Science
1	Fertilisation	When 2 sex cells fuse together	
2	Variation	Differences in the genetic material leading to varying characteristics in the offspring	
3	Genome	The entire genetic material of an organism	
4	Double helix	The structure of a DNA molecule	
5	Nucleus	Where genetic material (DNA) is located in a cell	
6	Alleles	Different forms of a gene	
7	Hydrocarbon	Made up of carbon and hydrogen atoms only	
8	Crude oil	A mixture of hydrocarbon molecules	
9	Alkanes	Saturated hydrocarbons	
10	Alkenes	Unsaturated hydrocarbons	
Week 9 3/11/25	Piece of Knowledge	Definition	Science
1	Homozygote	2 identical alleles e.g. BB or bb	
2	Heterozygous	2 different alleles e.g. Bb	
3	Genotype	Describes the alleles present e.g. Bb	
4	Phenotype	Describes the physical appearance e.g. brown hair	
5	Punnett square	A genetic diagram to predict the outcome of different genetic crosses	
6	Gametes	Sex cells, egg and sperm cells	
7	Biomass	The amount of living (biological) material in an organism	
8	Consumers	Animals that eat plants or animals	
9	Decomposers	Microorganisms that break down waste products and dead bodies	
10	The carbon cycle	The cycling of carbon through living and non-living world	
Week 10 10/11/25	Piece of Knowledge	Definition	Science
1	Sex chromosomes	One pair of chromosomes for gender inheritance	
2	Dominant allele	Expressed even if only 1 allele is present	
3	Recessive allele	Expressed only if 2 alleles are present	
4	Polydactyly	A genetic disorder caused by a dominant allele	
5	Cystic fibrosis	A genetic disorder caused by a recessive allele	
6	Embryo screening	Looking at foetal cells DNA for genetic disorders	
7	Genotype	Describes the alleles present e.g. Bb	
8	Selective breeding	A process where humans breed plants and animals for desired characteristics	
9	Genetically modified crops	Crops that have had their genes modified (changed)	
10	Mutation	Changes in the gene itself, a change in the DNA code	

Week 11 17/11/25	Piece of Knowledge	Definition	Science
1	Gas test for hydrogen	A lit splint gives a squeaky pop and goes out	
2	Gas test for oxygen	A glowing splint relights	
3	Gas test for chlorine	Damp blue litmus paper turns white/bleaches	
4	Gas test for carbon dioxide	Limewater turns cloudy	
5	Genotype	Describes the alleles present e.g. Bb	
6	Phenotype	Describes the physical appearance e.g. brown hair	
7	Punnett square	A genetic diagram to predict the outcome of different genetic crosses	
8	Double helix	The structure of a DNA molecule	
9	Nucleus	Where genetic material (DNA) is located in a cell	
10	Alleles	Different forms of a gene	
Week 12 24/11/25	Piece of Knowledge	Definition	Science
1	Pure substance	One that is made of only one type of element or compound	
2	Formulations	A mixture that has been designed to produce a useful product	
3	Chromatogram	Paper with mixtures separated using chromatography	
4	Retention factor	Distance moved by substance/distance moved by solvent	
5	Gas test for chlorine	Damp blue litmus paper turns white/bleaches	
6	Gas test for carbon dioxide	Limewater turns cloudy	
7	Homozygote	2 identical alleles e.g. BB or bb	
8	Genotype	Describes the alleles present e.g. Bb	
9	Phenotype	Describes the physical appearance e.g. brown hair	
10	Punnett square	A genetic diagram to predict the outcome of different genetic crosses	
Week 13 1/12/25	Piece of Knowledge	Definition	Science
1	Gas test for chlorine	Damp blue litmus paper turns white/bleaches	
2	Gas test for carbon dioxide	Limewater turns cloudy	
3	Phenotype	Describes the physical appearance e.g. brown hair	
4	Dominant allele	Expressed even if only 1 allele is present	
5	Recessive allele	Expressed only if 2 alleles are present	
6	Selective breeding	A process where humans breed plants and animals for desired characteristics	
7	Genetically modified crops	Crops that have had their genes modified (changed)	
8	Mutation	Changes in the gene itself, a change in the DNA code	
9	Gas test for hydrogen	A lit splint gives a squeaky pop and goes out	
10	Gas test for oxygen	A glowing splint relights	

Week 14 8/12/25	Piece of Knowledge	Definition	Science
1	Gas test for chlorine	Damp blue litmus paper turns white/bleaches	
2	Gas test for carbon dioxide	Limewater turns cloudy	
3	Selective breeding	A process where humans breed plants and animals for desired characteristics	
4	Genetically modified crops	Crops that have had their genes modified (changed)	
5	Mutation	Changes in the gene itself, a change in the DNA code	
6	Pure substance	One that is made of only one type of element or compound	
7	Formulations	A mixture that has been designed to produce a useful product	
8	Chromatogram	Paper with mixtures separated using chromatography	
9	Retention factor	Distance moved by substance/distance moved by solvent	
10	Double helix	The structure of a DNA molecule	
Week 15 15/12/25	Piece of Knowledge	Definition	Science
1	Dominant allele	Expressed even if only 1 allele is present	
2	Recessive allele	Expressed only if 2 alleles are present	
3	Gas test for chlorine	Damp blue litmus paper turns white/bleaches	
4	Gas test for carbon dioxide	Limewater turns cloudy	
5	Chromatogram	Paper with mixtures separated using chromatography	
6	Retention factor	Distance moved by substance/distance moved by solvent	
7	Polydactyly	A genetic disorder caused by a dominant allele	
8	Cystic fibrosis	A genetic disorder caused by a recessive allele	
9	Embryo screening	Looking at foetal cells DNA for genetic disorders	
10	Alleles	Different forms of a gene	

Week 2 8/9/25	Piece of Knowledge	Definition	English
1	Dynamic Character	a character who changes over the course of a text	
2	everything ring	An Inspector Calls: After Gerald 'exposes' the Inspector as a fake, he says: " ____'s all right now, Sheila. What about this ____?"	
3	money we	An Inspector Calls: After the Inspector is revealed as a 'hoax', Eric says: "The ____'s not the important thing. It's what happened to the girl and what ____ all did to her."	
4	Imperative verb	A verb that gives a command	
5	Symbol	A thing that represents or stands for something else	
6	smack belly	Bayonet Charge: The soldier is "running", "stumbling" as "bullets ____ the ____ out of the air"	
7	playground catching	Poppies: The mother, after her son's death, "listened, hoping to hear your ____ voice ____ on the wind"	
8	Mouthpiece	a character who is used to voice the author's thoughts or ideas	
9	phantom silently	The Ghost of Christmas Yet to Come is described as "a ____" which "slowly, gravely, ____ approached."	
10	Ignorance and Want	What are the names of the two "ragged, wolfish" children who appear from under the Ghost of Christmas Present's cloak?	
Week 3 15/9/25	Piece of Knowledge	Definition	English
1	Four	The Stave in A Christmas Carol that the Ghost of Christmas Yet to Come shows Scrooge his hypothetical future	
2	prepared	Storm on the Island: At the start of the poem, the confident villagers state "we are ____"	
3	Methodical	Like Inspector Goole, doing something according to a careful system or procedure. Doing something in a planned, particular order.	
4	Ghost of Christmas Present	This Ghost repeats Scrooge's cruel words from Stave 1 back to him?	
5	Stage Directions	instructions in a play telling an actor where to be, how to act or describing the sound or lighting	
6	coal	Stave 1: The fire in Scrooge's work office looks "like one ____"	
7	honour luxuries	Bayonet Charge: In the violence of conflict, things like "king, ____, human dignity, etc...drop like ____".	
8	Remains	A soldier is haunted by PTSD after killing a looter in war	
9	The "mind-forg'd manacles"	What does the narrator of London "hear" "most of all" in the streets the city?	
10	Five	The Stave in A Christmas Carol that Scrooge wakes up on Christmas, determined to redeem himself	
Week 4 22/9/25	Piece of Knowledge	Definition	English
1	Motif	A symbol or thing that is repeated throughout a text	
2	twist ghost	War Photographer: The photograph of the dead man "starts to ____ before his eyes, a half-formed ____"	
3	A Eurocentric Curriculum	When school lessons focus on the history and culture of Europe, implying they are more important or superior to other parts of the world	
4	Structure	The ordering of events or ideas in a text.	
5	One	The Stave in A Christmas Carol that Marley's Ghost appears to Scrooge	

6	Cyclical	Where the events at the end of a text are the same as those at the beginning
7	sponge stone	At the graveyard, Scrooge begs the Ghost of Christmas Yet to Come: "Oh tell me I may ____ away the writing on this ____!"
8	black; upreared	Extract from the Prelude: The mountain is described as a "huge peak, ____ and huge" which " ____ its head"
9	Sleep	In Macbeth, this recurring motif is used to represent a clear conscience
10	nothing	Exposure: Owen describes the monotony of war, ending multiple stanzas with the refrain: "But ____ happens"
Week 5 29/9/25	Piece of Knowledge	Definition English
1	dark; free	The Emigree: "They accuse me of being ____ in their ____ city"
2	keep mistress	An Inspector Calls: The Inspector scathingly characterises Gerald's treatment of Daisy/Eva: "you decided to ____ her – as your ____."
3	Fezziwig	What was the name of Scrooge's old boss, who models being a responsible business owner?
4	idol	When breaking off their engagement, Belle states: "Another ____ has displaced me."
5	"charter'd"	London: "I wander through each _____ street, / near where the _____ Thames does flow"
6	tame cat turned savage	Storm on the Island: The sea "spits like a..."
7	Workhouse	An institution in Victorian England where poor people were sent to work if they had no money
8	Tiny Tim	In A Christmas Carol, this suffering yet optimistic character reminds the reader of Jesus Christ
9	overtired amused	An Inspector Calls: Mrs Birling about her children after Gerald has 'exposed' the Inspector: "They're _____. In the morning they'll be as _____ as we are."
10	"blood"	In London, what "runs... down Palace walls"?
Week 6 6/10/25	Piece of Knowledge	Definition English
1	My Last Duchess	A controlling Duke reveals his jealousy and possible murder of his wife
2	dreams	Extract from the Prelude: Upon returning, the speaker describes memories of the power of nature are a "trouble to my _____"
3	ring you	An Inspector Calls: When Gerald produces the engagement _____, Sheila says excitedly: "Is this the one _____ wanted me to have?"
4	carving	Checking Out Me History: At the end of the poem, the speaker says he is "_____ out my own identify"
5	ordinary	War Photographer: The photographer contrasts war with England, where he has now returned to "_____pain"
6	Iambic Pentameter	10 syllables in a line of poetry, alternating between unstressed and stressed. dadumdadumdadumdadumdadum.
7	Ghost of Christmas Past	Scrooge tries to extinguish the "light" of this ghost?
8	body responsible	An Inspector Calls: The Inspector's final speech encapsulates his message of social responsibility: "We are members of one _____. We are _____ for each other."
9	Gerald	Which character has an affair with Eva, giving her money and lodgings in exchange?
10	head incantations	Kamikaze: At the start of the poem, the pilot has a " _____ full of powerful _____"

Week 7 13/10/25	Piece of Knowledge	Definition	English
1	Poppies	A mother grieves her son's departure to war, reflecting loss and memory	
2	Blood	In Macbeth, this recurring motif is used to represent guilt	
3	Tiny Tim	A Christmas Carol: To whom does Scrooge become a "second father"?	
4	cell eye	The narrator describes Bob Cratchit's workspace as "a dismal little ____" while Scrooge "keeps an ____" on him.	
5	London	Blake critiques social oppression, poverty, and corruption in industrial London	
6	lighting brighter	An Inspector Calls: Act 1 - The opening stage directions show a change in ____ when the inspector arrives: it was "pink and intimate" but becomes "____and harder."	
7	fire	The motif in A Christmas Carol that symbolises Christmas Spirit, generosity and kindness.	
8	Sheila	Which character demands Eva is fired from Milwards, as they are jealous of how beautiful she looks in a dress?	
9	branded	The Emigree: The narrator is " ____with an impression of sunlight"	
10	Eva Smith	The character whose death sparks a police investigation. She is a symbol of all working class women.	
Week 8 20/10/25	Piece of Knowledge	Definition	English
1	flint	The narrator describes Scrooge as "hard and sharp as ____" when establishing his character.	
2	Anaphora	The repetition of a word or phrase at the beginning of successive clauses	
3	wolfish	Ignorance and Want are described as "yellow, meagre, ragged, scowling, ____."	
4	nothing; remains	Ozymandias: Next to the statue, " ____ beside ____"	
5	lighted kissed	Tiny Tim's deathbed is " ____cheerfully" and Bob Cratchit " ____" Tiny Tim's face.	
6	Enjambment	A line of poetry that runs into the next without a break or punctuation	
7	Bayonet Charge	A soldier's instinctive, chaotic dash through gunfire reflects fear and duty	
8	Character Foil	A character who is used to contrast another, an opposite character	
9	Ignorance and Want	What are the names of the two "ragged, wolfish" children who appear from under the Ghost of Christmas Present's cloak?	
10	Dining Room	The setting of the Birling household that all of the play's action takes place in	
Week 9 3/11/25	Piece of Knowledge	Definition	English
1	lonely fire	The narrator describes Scrooge's younger self at boarding school in: "a ____boy was reading near a feeble ____."	
2	1945/6	In what year was An Inspector Calls first performed?	
3	bandage; history	Checking Out Me History: The speaker says school has " ____d up my eye with me own ____"	
4	The Émigrée	A refugee fondly remembers her homeland, despite its political turmoil	
5	jaws mouth	Charge of the Light Brigade: Tennyson describes how the soldiers charge "into the ____ of death, into the mouth of ____"	
6	suffering ordered	War Photographer: The narrator describes the photographs as "spools of ____set out in ____rows"	
7	boat; willow	Extract from the Prelude: The speaker steals "a little ____ tied to a ____ tree"	

8	wondered die	Kamikaze: The narrator imagines that her father "must have ____/ which had been the better way to ____"
9	twice-turned ribbons	Mrs. Cratchit is described as wearing a "____ gown, but brave in ____."
10	honour	Charge of the Light Brigade: At the end, the reader is commanded to "____ the Light Brigade"
Week 10 10/11/25	Piece of Knowledge	Definition English
1	Oxymoron	two seemingly contradictory (opposite) terms that appear right next to each other
2	poppies individual	Poppies: As the mother walks through the graveyard, "____ had already been placed on ____ war graves"
3	boy	At Fred's Christmas gathering, Scrooge "begged like a ____ to be allowed to stay."
4	refused couldn't	An Inspector Calls: Mr Birling recalls the strike for higher wages and says: "I ____, of course." Gerald agrees: "You ____ have done anything else."
5	fishing bunting	Kamikaze: The narrator imagines her father seeing the "little ____ boats / strung out like ____"
6	patriotic sweating	Bayonet Charge: The "____ tear that had brimmed" in the soldier's eye is now "____ like molten iron"
7	Foreshadow	A warning or indication of (a future event)
8	death agony	An Inspector Calls: The Inspector describes Eva's ____ to the Birlings: "She was in great ____."
9	Ozymandias	A ruined statue in the desert symbolizes the inevitable decline of human power
10	half, half	Charge of the Light Brigade: Tennyson opens the poem by describing the distance and speed the soldiers are charging: "____ a league, ____ a league"
Week 11 17/11/25	Piece of Knowledge	Definition English
1	Embodiment	A physical or visible version of an idea. <i>The Ghost of Christmas Present is the embodiment of generosity and family.</i>
2	Static Character	a character who stays the same throughout a text
3	Two	The Stave in A Christmas Carol that the Ghost of Christmas Past shows Scrooge his formative years
4	Ballad	A type of poem that celebrates an important event. For example, Charge of the Light Brigade.
5	paperweight	The Emigree: The speaker describes her memories of her homeland as a "bright filled _____"
6	sun; borderlines	Tissue: "Maps, too. The ____ shines through their ____"
7	my last Duchess	"That's _____ painted on the wall"
8	Charge of the Light Brigade	Celebrates bravery but criticizes the futility of a doomed cavalry charge.
9	branded; sunlight	The Emigree: "I am _____ by an impression of _____"
10	HMS Titanic	The grand, hugely expensive "unsinkable" ship that was sunk by an iceberg in 1912
Week 12 24/11/25	Piece of Knowledge	Definition English
1	Daisy Renton	The pseudonym Eva Smith uses when speaking to Gerald.
2	Volta	The turning point of a poem, where there is a change in thought, feeling or argument
3	unwashed	Scrooge's deathbed is "____, unswept, uncared for."

4	torch open	The Ghost of Christmas Present is described as a "jolly Giant" with a "glowing ____" and "____ hand."
5	rips	Remains: The soldier describes the looter's death: "every round as it ____ through his life"
6	absence dark	The Emigree: In the country she has been forced to flee to, "they accuse me of ____, they circle me./ They accuse me of being ____ in their free city"
7	A "nine-hundred-years-old-name"	My Last Duchess: The "gift" the Duke has given to his wife
8	Ghost of Christmas Yet to Come	The final Ghost to visit Scrooge, who shows him the hypothetical future Scrooge will face if he doesn't change his ways
9	1912	In what year is An Inspector Calls set?
10	bloody bloody	Remains: The final line of the poem describes the soldier's ongoing guilt: "his ____ life in my ____ hands"
Week 13 1/12/25	Piece of Knowledge	Definition English
1	chain girded	Marley's ghost tells Scrooge, "I wear the ____ I forged in life [...] I ____ it of my own free will."
2	"black'ning"	The metaphorical adjective used to describe the "Church", highlighting pollution but also corruption
3	shrivel pucker	Exposure: Owen ends by describing the effect of the cold weather on the soldiers: "they cringe in holes", their hands "____" and their foreheads "____"
4	Milwards never, never	An Inspector Calls: Sheila regrets having Eva Smith fired from ____: "I'll ____, ____ do it again to anybody."
5	paperweight	The Emigree: The narrator's memories of home are a "bright filled ____"
6	fires	Stave 5: Scrooge says to Bob Cratchit: "Make up the ____"
7	Colloquial language	Informal words or phrases that we often use in conversations.
8	Checking Out Me History	Challenges colonial history, advocating for recognition of Black historical figures
9	Storm on the Island	A community battles a powerful storm, highlighting nature's dominance
10	Juxtaposition	Two ideas placed near each other, to emphasise their similarity or difference
Week 14 8/12/25	Piece of Knowledge	Definition English
1	Mrs Birling	Which character uses their influence to refuse charity support for Eva Smith?
2	man family	An Inspector Calls: During Mr Birling's pompous speeches, he declares: "A ____ has to make his own way, has to look after himself - and his ____ too."
3	War Photographer	A photographer wrestles with guilt as people ignore distant war suffering
4	scandal	An Inspector Calls: After the Inspector has left, Mr Birling panics that "There'll be a public ____."
5	Mr Birling	Which character fires Eva from his factory for striking for higher pay?
6	Eric	Which character assaults Eva, and is the father of her unborn child?
7	sleep possibly	Remains: Once the soldier goes home, he has nightmares: "____, and he's probably armed, ____ not"
8	Extract from the Prelude	A boy's stolen boat ride turns into a lesson on nature's overwhelming power
9	Tissue	Paper symbolizes the fragility and impermanence of human power structures
10	massiveness	An Inspector Calls: The Inspector's power is established in the stage directions describing his "impression of ____, solidity and purposefulness."

Week 15 15/12/25	Piece of Knowledge	Definition	English
1	squeezing sinner	The narrator describes Scrooge as “a _____, wrenching... grasping old _____!”	
2	out light	The Ghost of Christmas Past asks: “Would you so soon put _____, with worldly hands, the _____ I give?”	
3	feather	After his transformation, Scrooge exclaims he feels “as merry as a schoolboy” and “as light as a _____.”	
4	king; kings	Ozymandias: On the pedestal, the ruler had written "My name is Ozymandias, _____ of _____"	
5	Kamikaze	A pilot's return from a suicide mission leads to his family's rejection	
6	Fred	Scrooge's generous, Christmas-loving nephew and character foil	
7	Jacob Marley	This Ghost arrives to warn Scrooge that, if he doesn't change his behaviour towards people, he will be punished for eternity?	
8	Exposure	Soldiers in WWI endure relentless suffering from both war and nature's cruelty	
9	prisons surplus	Scrooge responds “Are there no _____?” and later adds that if the poor would rather die, it would “decrease the _____ population.”	
10	oyster	The narrator describes Scrooge as “as solitary as an _____”.	

Week 2 8/9/25	Piece of Knowledge	Definition	Art
1	Tonal shading	Use light and dark to create a sense of three dimensions.	
2	Mark Making	Techniques we use use to create tone and texture when drawing	
3	Positive/ Negative Space	The balance between the subject and the background.	
4	Proportions	The accurate balance between different parts i.e the human face.	
5	Process	A set of steps or rules to follow when using a type of media.	
6	Contrast	Having both dark and light areas in a drawing	
7	Natural Forms	Objects found in nature, in their original form	
8	Mixed Media	To use different materials and different media in one piece of work.	
9	First Hand source	Drawing from real life or taking your own photographs	
10	Second hand source	Images from magazines or the internet. Found images	
Week 3 15/9/25	Piece of Knowledge	Definition	Art
1	Still life	A work of art depicting mostly inanimate subject matter, typically commonplace objects which are either natural or man-made.	
2	Artist Research	Finding out facts and information about a specific artist or art movement	
3	Monochromatic	Artwork using only one colour and adding white or black to create a range of shades	
4	Geometric Shapes	Square, triangle or other mathematically correct shapes used in Art.	
5	Formal Elements	The components that make up art as a whole: line, colour, form, shape, pattern and texture	
6	Continuous Line	A drawing implement that stays in contact with the surface for the entire length of the drawing.	
7	Pigment	The colourant in paint. This can be natural or synthetic	
8	Close up	To zoom in on, or crop a specific part of a piece of art or photograph.	
9	Symmetry	Two halves of the piece are the same and reflect one another. Can be evidenced in both 2D and 3D work.	
10	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you rather than using your imagination.	
Week 4 22/9/25	Piece of Knowledge	Definition	Art
1	Assessment Objectives	Four criteria that work is assessed by; develop, refine, experiment, present.	
2	Developing Ideas	When you take a visual idea and expand them into a series of different pieces.	
3	Refining Ideas	Improving and developing a piece based on feedback and personal reflection.	
4	Experimenting	To take risks with new materials, fuse different visual styles together.	
5	Presenting	The unveiling of the final piece that has been created.	
6	Collections	A carefully chosen set of objects or items used to inspire or represent.	
7	Still Life	A work of art depicting mostly inanimate subject matter, typically commonplace objects which are either natural or man-made.	
8	Colour Swatch	The process of exploring the quality of colour when wet and dry.	
9	Positive/ Negative Space	The balance between the subject and the background.	
10	Proportions	The accurate balance between different parts i.e the human face	

Week 5 29/9/25	Piece of Knowledge	Definition	Art
1	Taking Risks	To make decisions that are based on the work but where outcome is unknown and may not achieve the desired effect.	
2	Wet-on-wet	Wet paint that is applied onto wet paper or added to a wash of fresh paint.	
3	Layout	Refers to the order and arrangement of elements within an artwork.	
4	Impasto	Thickly applied acrylics or oils in painting layered to create texture.	
5	Layering	When materials are placed on top of each other for effect.	
6	Scale	The size of an artwork or objects in an artwork in relation to the human body.	
7	Genre	A style or category of art.	
8	Expressive Art	Art that uses mark-making and colour to symbolise emotions or movement	
9	Facets	The various sides and shapes within a face	
10	Art mind map	A visual exploration of ideas surrounding a chosen topic. This can be demonstrated in words, images and drawings.	
Week 6 6/10/25	Piece of Knowledge	Definition	Art
1	Opinions	Forming an opinion about what you think about the work of an artist	
2	Natural Forms	Objects found in nature, in their original form	
3	Composition	Refers to the layout and arrangement of elements within an artwork.	
4	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination.	
5	Decorative	Artwork that focuses on detail to make it look more beautiful.	
6	Form	The shape or structure of an object or human.	
7	Close up	To zoom in on, or crop a specific part of a piece of art or photograph.	
8	Continuous Line	A drawing implement that stays in contact with the surface for the entire length of the drawing.	
9	Symmetry	Two halves of the piece are the same and reflect one another. Can be evidenced in both 2D and 3D work.	
10	Abstract	Art that is non representational - often linked to music.	
Week 7 13/10/25	Piece of Knowledge	Definition	Art
1	Presenting	The unveiling of the final piece that has been created.	
2	Collections	A carefully chosen set of objects or items used to inspire or represent.	
3	Still Life	A work of art depicting mostly inanimate subject matter, typically commonplace objects which are either natural or man-made.	
4	Proportions	The accurate balance between different parts i.e the human face.	
5	Process	A set of steps or rules to follow when using a type of media.	
6	Contrast	Having both dark and light areas in a drawing	
7	Refining Ideas	Improving and developing a piece based on feedback and personal reflection.	
8	Experimenting	To take risks with new materials, fuse different visual styles together.	
9	Presenting	The unveiling of the final piece that has been created.	
10	Monochromatic	Artwork using only one colour and adding white or black to create a range of shades	

Week 8 20/10/25	Piece of Knowledge	Definition	Art
1	Still life	A work of art depicting mostly inanimate subject matter, typically commonplace objects which are either natural or man-made.	
2	Artist Research	Finding out facts and information about a specific artist or art movement	
3	Monochromatic	Artwork using only one colour and adding white or black to create a range of shades	
4	Geometric Shapes	Square, triangle or other mathematically correct shapes used in Art.	
5	Formal Elements	The components that make up art as a whole: line, colour, form, shape, pattern and texture	
6	Opinions	Forming an opinion about what you think about the work of an artist	
7	Natural Forms	Objects found in nature, in their original form	
8	Composition	Refers to the layout and arrangement of elements within an artwork.	
9	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination.	
10	Decorative	Artwork that focuses on detail to make it look more beautiful.	
Week 9 3/11/25	Piece of Knowledge	Definition	Art
1	Taking Risks	To make decisions that are based on the work but where outcome is unknown and may not achieve the desired effect.	
2	Wet-on-wet	Wet paint that is applied onto wet paper or added to a wash of fresh paint.	
3	Layout	Refers to the order and arrangement of elements within an artwork.	
4	Impasto	Thickly applied acrylics or oils in painting layered to create texture.	
5	Layering	When materials are placed on top of each other for effect.	
6	Opinions	Forming an opinion about what you think about the work of an artist	
7	Natural Forms	Objects found in nature, in their original form	
8	Composition	Refers to the layout and arrangement of elements within an artwork.	
9	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination.	
10	Decorative	Artwork that focuses on detail to make it look more beautiful.	
Week 10 10/11/25	Piece of Knowledge	Definition	Art
1	Opinions	Forming an opinion about what you think about the work of an artist	
2	Natural Forms	Objects found in nature, in their original form	
3	Composition	Refers to the layout and arrangement of elements within an artwork.	
4	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination.	
5	Decorative	Artwork that focuses on detail to make it look more beautiful.	
6	Contrast	Having both dark and light areas in a drawing	
7	Natural Forms	Objects found in nature, in their original form	
8	Mixed Media	To use different materials and different media in one piece of work.	
9	First Hand source	Drawing from real life or taking your own photographs	
10	Second hand source	Images from magazines or the internet. Found images	

Week 11 17/11/25	Piece of Knowledge	Definition	Art
1	Opinions	Forming an opinion about what you think about the work of an artist	
2	Natural Forms	Objects found in nature, in their original form	
3	Composition	Refers to the layout and arrangement of elements within an artwork.	
4	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination.	
5	Decorative	Artwork that focuses on detail to make it look more beautiful.	
6	Form	The shape or structure of an object or human.	
7	Close up	To zoom in on, or crop a specific part of a piece of art or photograph.	
8	Continuous Line	A drawing implement that stays in contact with the surface for the entire length of the drawing.	
9	Symmetry	Two halves of the piece are the same and reflect one another. Can be evidenced in both 2D and 3D work.	
10	Abstract	Art that is non representational - often linked to music.	
Week 12 24/11/25	Piece of Knowledge	Definition	Art
1	Taking Risks	To make decisions that are based on the work but where outcome is unknown and may not achieve the desired effect.	
2	Still life	A work of art depicting mostly inanimate subject matter, typically commonplace objects which are either natural or man-made.	
3	Artist Research	Finding out facts and information about a specific artist or art movement	
4	Monochromatic	Artwork using only one colour and adding white or black to create a range of shades	
5	Symmetry	Two halves of the piece are the same and reflect one another. Can be evidenced in both 2D and 3D work.	
6	Abstract	Art that is non representational - often linked to music.	
7	Natural Forms	Objects found in nature, in their original form	
8	Composition	Refers to the layout and arrangement of elements within an artwork.	
9	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination.	
10	First Hand source	Drawing from real life or taking your own photographs	
Week 13 1/12/25	Piece of Knowledge	Definition	Art
1	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination.	
2	Decorative	Artwork that focuses on detail to make it look more beautiful.	
3	Form	The shape or structure of an object or human.	
4	Tonal shading	Use light and dark to create a sense of three dimensions.	
5	Mark Making	Techniques we use use to create tone and texture when drawing	
6	Positive/ Negative Space	The balance between the subject and the background.	
7	Proportions	The accurate balance between different parts i.e the human face.	
8	Layout	Refers to the order and arrangement of elements within an artwork.	
9	Impasto	Thickly applied acrylics or oils in painting layered to create texture.	
10	Layering	When materials are placed on top of each other for effect.	

Week 14 8/12/25	Piece of Knowledge	Definition	Art
1	Tonal shading	Use light and dark to create a sense of three dimensions.	
2	Mark Making	Techniques we use use to create tone and texture when drawing	
3	Positive/ Negative Space	The balance between the subject and the background.	
4	Proportions	The accurate balance between different parts i.e the human face.	
5	Process	A set of steps or rules to follow when using a type of media.	
6	Layering	When materials are placed on top of each other for effect.	
7	Scale	The size of an artwork or objects in an artwork in relation to the human body.	
8	Genre	A style or category of art.	
9	Expressive Art	Art that uses mark-making and colour to symbolise emotions or movement	
10	Facets	The various sides and shapes within a face	
Week 15 15/12/25	Piece of Knowledge	Definition	Art
1	Artist Research	Finding out facts and information about a specific artist or art movement	
2	First Hand source	Drawing from real life or taking your own photographs	
3	Second hand source	Images from magazines or the internet. Found images	
4	Observational Drawing	Creating work based on primary or secondary sources that are directly in front of you - rather than using your imagination.	
5	Process	A set of steps or rules to follow when using a type of media.	
6	Refining Ideas	Improving and developing a piece based on feedback and personal reflection.	
7	Experimenting	To take risks with new materials, fuse different visual styles together.	
8	Presenting	The unveiling of the final piece that has been created.	
9	Composition	Refers to the layout and arrangement of elements within an artwork.	
10	Taking Risks	To make decisions that are based on the work but where outcome is unknown and may not achieve the desired effect.	

Week 2 8/9/25	Piece of Knowledge	Definition	Drama
1	Component 2 (C2)	Developing Skills and Techniques in the Performing Arts	
2	Learning outcome	Scope of knowledge and skills that a learner will acquire	
3	Stimulus	The starting point for the performance. Something that inspires you to create a performance. It could be a picture, music, mood, narrative, theme etc	
4	Genre	The type of story being told	
5	Acting style	How the performance is presented on the stage	
6	Facial Expression	Using your face to communicate emotion	
7	Body Language	Using your body and movement to communicate attitudes and feelings	
8	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
9	Voice	Speaking in a way that is suitable to your character and changing your voice to communicate emotion.	
10	Communication	The ability to share ideas with your classmates and listen to theirs in order to create a collaborative performance.	
Week 3 15/9/25	Piece of Knowledge	Definition	Drama
1	Theme	A recurring idea	
2	Plot	The story	
3	Creative intentions	The aim of the performance. What the director aims to communicate to the audience.	
4	Target audience	Who the performance is aimed at	
5	Context of the play	Political, social, historical	
6	Production elements	Lighting, costume, set	
7	Lighting	To show where the performance is being set and to highlight key moments and act as a symbol	
8	Costume	What the actors wear	
9	Set	The performance space	
10	Brief	The requirements you must follow when creating performance	
Week 4 22/9/25	Piece of Knowledge	Definition	Drama
1	Job responsibilities	What a person has to do	
2	Stimulus	The starting point. The idea behind the performance. The inspiration.	
3	Skills	Qualities that are needed to be successful in the job role.	
4	Accompaniment	Another word for the music or aural setting	
5	Director	A person who oversees all aspects of a play	
6	Component 2	Developing Skills and Techniques in the Performing Arts	
7	Learning outcome	Scope of knowledge and skills that a learner will acquire	
8	Stimulus	The starting point for the performance. Something that inspires you to create a performance. It could be a picture, music, mood, narrative, theme etc	
9	Genre	The type of story being told	
10	Acting style	How the performance is presented on the stage	

Week 5 29/9/25	Piece of Knowledge	Definition	Drama
1	Actor	A person who portrays a character in a play	
2	Writer	A playwright. Somebody who writes plays.	
3	Designer	A person who works with the creative team for a production. They work closely with the director, producer to create the look and feel of the play. Draw and paint ideas and present them to the creative team	
4	Rehearsing	To practise the play systematically	
5	Mannerism	Performing a habitual gesture or way of speaking or behaving to communicate character	
6	Facial Expression	Using your face to communicate emotion	
7	Body Language	Using your body and movement to communicate attitudes and feelings	
8	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
9	Voice	Speaking in a way that is suitable to your character and changing your voice to communicate emotion.	
10	Communication	The ability to share ideas with your classmates and listen to theirs in order to create a collaborative performance.	
Week 6 6/10/25	Piece of Knowledge	Definition	Drama
1	Posture	A position in which someone holds their body when sitting or standing.	
2	Projection	Voice projection is the strength of speaking or singing whereby the voice is used loudly and clearly. It is used to command respect and attention.	
3	Clarity and articulation	Speaking in a way that is clear and easy to understand.	
4	Accent	A distinctive way of pronouncing a language, especially one associated with a particular country, area, or social class.	
5	Status	Relative social or professional position; standing. Status also refers to how important a person is. Levels on stage can show status.	
6	Theme	A recurring idea	
7	Plot	The story	
8	Creative intentions	The aim of the performance. What the director aims to communicate to the audience.	
9	Target audience	Who the performance is aimed at	
10	Context of the play	Political, social, historical	
Week 7 13/10/25	Piece of Knowledge	Definition	Drama
1	Accuracy	The quality or state of being accurate and precise when moving or speaking.	
2	Coordination	The organisation of the different elements of a complex body or activity to enable them to work together effectively.	
3	Energy	Energy refers to the strength and vitality required for sustained physical or mental activity.	
4	Movement Memory	The ability to memorise movements or the blocking of a performance.	
5	Spatial awareness	Being away of yourself and others in the space	
6	Production elements	Lighting, costume, set	
7	Lighting	To show where the performance is being set and to highlight key moments and act as a symbol	
8	Costume	What the actors wear	
9	Set	The performance space	
10	Brief	The requirements you must follow when making performance	

Week 8 20/10/25	Piece of Knowledge	Definition	Drama
1	Characterisation	The vocal and physical skills you use to make a character	
2	Projection	Raising your voice so it is loud and clear enough for the audience to be able to hear the dialogue.	
3	Pace	The speed the performer speaks or moves.	
4	Relaxation	Being calm and collected in order to get into character.	
5	Reaction/interaction with others	The ability to respond appropriately to the other performers on stage.	
6	Job responsibilities	What a person has to do	
7	Stimulus	The starting point. The idea behind the performance. The inspiration.	
8	Skills	Qualities that are needed to be successful in the job role.	
9	Accompaniment	Another word for the music or aural setting	
10	Director	A person who oversees all aspects of a play	
Week 9 3/11/25	Piece of Knowledge	Definition	Drama
1	Use of breath	Using your breathing when speaking to ensure you can sustain your lines, but also to portray a character that is different to yourself.	
2	Remembering lines	The ability to memorise and recall the lines of a script.	
3	Intonation	The rise and fall of pitch in the voice.	
4	Rhythm and Tempo	Rhythm is a strong, regular repeated pattern of movement or sound. Tempo refers to the speed an actor moves or speaks.	
5	Giving and responding to feedback	The ability to identify strengths and weaknesses in your own and others work, and work on your weaknesses.	
6	Component 2	Developing Skills and Techniques in the Performing Arts	
7	Learning outcome	Scope of knowledge and skills that a learner will acquire	
8	Stimulus	The starting point for the performance.	
9	Genre	The type of story being told	
10	Acting style	How the performance is presented on the stage	
Week 10 10/11/25	Piece of Knowledge	Definition	Drama
1	Component 2 (C2)	Developing Skills and Techniques in the Performing Arts	
2	Learning outcome	Scope of knowledge and skills that a learner will acquire	
3	Stimulus	The starting point for the performance.	
4	Genre	The type of story being told	
5	Acting style	How the performance is presented on the stage	
6	Facial Expression	Using your face to communicate emotion	
7	Body Language	Using your body and movement to communicate attitudes and feelings	
8	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
9	Voice	Speaking in a way that is suitable to your character and changing your voice to communicate emotion.	
10	Communication	The ability to share ideas with your classmates and listen to theirs in order to create a collaborative performance.	

Week 11 17/11/25	Piece of Knowledge	Definition	Drama
1	Theme	A recurring idea	
2	Plot	The story	
3	Creative intentions	The aim of the performance. What the director aims to communicate to the audience.	
4	Target audience	Who the performance is aimed at	
5	Context of the play	Political, social, historical	
6	Production elements	Lighting, costume, set	
7	Lighting	To show where the performance is being set and to highlight key moments and act as a symbol	
8	Costume	What the actors wear	
9	Set	The performance space	
10	Brief	The requirements you must follow when creating performance	
Week 12 24/11/25	Piece of Knowledge	Definition	Drama
1	Job responsibilities	What a person has to do	
2	Stimulus	The starting point. The idea behind the performance. The inspiration.	
3	Skills	Qualities that are needed to be successful in the job role.	
4	Accompaniment	Another word for the music or aural setting	
5	Director	A person who oversees all aspects of a play	
6	Component 2	Developing Skills and Techniques in the Performing Arts	
7	Learning outcome	Scope of knowledge and skills that a learner will acquire	
8	Stimulus	The starting point for the performance. Something that inspires you to create a performance. It could be a picture, music, mood, narrative, theme etc	
9	Genre	The type of story being told	
10	Acting style	How the performance is presented on the stage	
Week 13 1/12/25	Piece of Knowledge	Definition	Drama
1	Actor	A person who portrays a character in a play	
2	Writer	A playwright. Somebody who writes plays.	
3	Designer	A person who works with the creative team for a production. They work closely with the director, producer to create the look and feel of the play. Draw and paint ideas and present them to the creative team	
4	Rehearsing	To practise the play systematically	
5	Mannerism	Performing a habitual gesture or way of speaking or behaving to communicate character	
6	Facial Expression	Using your face to communicate emotion	
7	Body Language	Using your body and movement to communicate attitudes and feelings	
8	Gesture	A movement of part of the body, especially a hand or the head, to express an idea or meaning.	
9	Voice	Speaking in a way that is suitable to your character and changing your voice to communicate emotion.	
10	Communication	The ability to share ideas with your classmates and listen to theirs in order to create a collaborative performance.	

Week 14 8/12/25	Piece of Knowledge	Definition	Drama
1	Posture	A position in which someone holds their body when sitting or standing.	
2	Projection	Voice projection is the strength of speaking or singing whereby the voice is used loudly and clearly. It is used to command respect and attention.	
3	Clarity and articulation	Speaking in a way that is clear and easy to understand.	
4	Accent	A distinctive way of pronouncing a language, especially one associated with a particular country, area, or social class.	
5	Status	Relative social or professional position; standing. Status also refers to how important a person is. Levels on stage can show status.	
6	Theme	A recurring idea	
7	Plot	The story	
8	Creative intentions	The aim of the performance. What the director aims to communicate to the audience.	
9	Target audience	Who the performance is aimed at	
10	Context of the play	Political, social, historical	
Week 15 15/12/25	Piece of Knowledge	Definition	Drama
1	Accuracy	The quality or state of being accurate and precise when moving or speaking.	
2	Coordination	The organisation of the different elements of a complex body or activity to enable them to work together effectively.	
3	Energy	Energy refers to the strength and vitality required for sustained physical or mental activity.	
4	Movement Memory	The ability to memorise movements or the blocking of a performance.	
5	Spatial awareness	Being aware of yourself and others in the space	
6	Production elements	Lighting, costume, set	
7	Lighting	To show where the performance is being set and to highlight key moments and act as a symbol	
8	Costume	What the actors wear	
9	Set	The performance space	
10	Brief	The requirements you must follow when making performance	

Week 2 8/9/25	Piece of Knowledge	Definition	Engineering
1	Mechanical Engineering	The discipline that designs, analyses, manufactures, and maintains systems.	
2	Gears	A toothed wheel that works with another wheel to change the speed of a driving mechanism.	
3	Pulleys	A wheel with a grooved rim that allows a rope to pass through, this acts to change the direction of a force applied to the rope and is used to lift heavy weights.	
4	Hydraulics	Mechanical movement produced by pumping liquid (oil) to move pistons.	
5	Aerospace Engineering	The main field of engineering which is concerned with the development of aircraft and spacecraft.	
6	Electrical Engineering	The discipline that studies the design and application of equipment, devices, and systems that use current, circuits and electromagnetism.	
7	Alternating Current	A type of electrical current where the direction of the flow of the electrons changes back and forth at regular intervals.	
8	Direct Current	A type of electrical current that only flows in one direction.	
9	Electronics Engineering	A sub-discipline of electrical engineering that uses components such as semiconductor devices to amplify and control electric current flow.	
10	Aeronautical Engineering	The design of aircraft.	
Week 3 15/9/25	Piece of Knowledge	Definition	Engineering
1	Dimensions	The numerical values expressed in measurement units.	
2	Human Life-Support	System to sustain human life in space	
3	Artificial Satellite	An object intentionally placed into orbit in outer space.	
4	Chemical Engineering	The discipline of engineering that is associated with the design, development, manufacture and testing of chemical products and chemical manufacturing processes.	
5	Transmitter	An electronic device used to produce radio waves to transmit or send data with the aid of an antenna.	
6	Energy	The ability to do work.	
7	Astronautical Engineering.	The design of spacecraft.	
8	Thermodynamics	The interaction of thermal and kinetic energy.	
9	Fossil Fuels	A natural fuel created by the remains of living organisms which has taken millions of years to create.	
10	Fluid Dynamics	The flow of liquids and gasses through a system.	
Week 4 22/9/25	Piece of Knowledge	Definition	Engineering
1	Resistors	An electrical component that limits or regulates the flow of electrical current in an electronic circuit.	
2	Capacitors	A device for storing electrical energy between two plates	
3	Transistor	A miniature semiconductor that regulates or controls current or voltage flow.	
4	Orbital Mechanics	The study of the motions of artificial satellites and space vehicles moving under the influence of forces such as gravity.	
5	Spacecraft	A vehicle or machine designed to fly in outer space.	
6	Fibre Optics	Cables that transfer information using light signals.	
7	Digital Audio Broadcasting (Dab)	Digitally transmitted sound.	
8	Bandwidth	The maximum amount of data transmitted over an internet connection in a certain amount of time.	
9	Prosthetics	Artificial body parts.	
10	Transradial	An artificial arm that is attached below the elbow.	

Week 5 29/9/25	Piece of Knowledge	Definition	Engineering
1	Civil Engineering	The discipline of engineering that is associated with the design, development, manufacture and testing of infrastructures.	
2	Infrastructure	Services that enable society to function and economies to thrive.	
3	Automotive Engineering	The discipline of engineering that is associated with the design, development, manufacture and testing of land-based vehicles and transportation.	
4	Biomedical Engineering	The discipline of engineering that is associated with the design, development, manufacture and testing in the fields of biology and health care.	
5	Radiotherapy	The treatment of disease, especially cancer, using x-rays or similar forms of radiation.	
6	Software Engineering	The discipline of engineering that is associated with the design, development, manufacture, and testing of computer programs.	
7	Intangible	Unable to be touched; not having physical presence.	
8	Transhumeral	An artificial arm that connects to the body above the elbow but below the shoulder.	
9	Transtibial	An artificial leg below the knee.	
10	Transfemoral	An artificial leg above the knee.	
Week 6 6/10/25	Piece of Knowledge	Definition	Engineering
1	Meters	SI unit for length.	
2	Candela	The SI unit used to measure luminosity	
3	Algorithm	A list set of instructions used to solve problems or perform tasks, based on the understanding of available alternatives.	
4	Application	A computer program which is designed to perform certain tasks and help customers perform activities.	
5	Space Environments	Extreme temperature, both hot and cold, and a significantly increased threat of radiation damage.	
6	Work Safety	The provision of a safe working environment, safe equipment, policies and procedures in order to ensure workers' health and safety.	
7	Hazard	A hazard is a potential source of harm.	
8	Personal Protective Equipment	Gear that will reduce the risk of injury to the individual wearing it	
9	Risk Assessment	The process of identifying what hazards currently exist or may appear in the workplace.	
10	Accident Book	An essential document for employers and employees, who are required by law to record and report details of specified work-related injuries and incidents.	
Week 7 13/10/25	Piece of Knowledge	Definition	Engineering
1	Manual Handling Operations Regulations (MHOR)	The regulations around safe lifting and moving	
2	Load	A moveable object, like a box or package, a person or an animal, or an object being pushed or pulled.	
3	Mechanical Aid	Mechanical aids reduce physical effort, making materials handling easier and safer.	
4	COSHH	Control of substance hazardous to health.	
5	Control Of Exposure	Change processed to minimise contact with hazardous chemicals.	
6	Health Surveillance	The ongoing systematic collection, analysis, and dissemination of exposure and health data on groups of workers.	
7	Incident Planning	Specific directions for scenarios, avoiding further damages, reducing recovery time and mitigating cybersecurity risk.	
8	Hazardous Substances	Any material which can cause harm to you either directly or indirectly.	

9	Safety Data Sheets	A document that lists information relating to occupational safety and health for the use of various substances and products.
10	Scale	The proportion that a drawing is reduced or enlarged by.
Week 8 20/10/25	Piece of Knowledge	Definition Engineering
1	RIDDOR	The law which requires employers and other people in charge of work premises, to report and keep records of work-related accidents which cause deaths or serious injuries (reportable injuries).
2	Incapacitation	If an individual is incapable or unable to do something.
3	Interpret	Explain the meaning of (information or actions).
4	Orthogonal Views	Different views (front, side, top) in an engineering drawing.
5	Integrated circuit	An electronic circuit with a microchip and other components that work together
6	Printed Circuit board (PCB)	A board that allows electronic components to connect together via etched lines.
7	Load	A mass attached to a pulley.
8	Hazard	Something that can cause harm.
9	Risk	The likelihood that a hazard will cause harm.
10	Ear defenders	A way to protect workers' ears from loud machinery.
Week 9 3/11/25	Piece of Knowledge	Definition Engineering
1	Mechanical Engineering	The discipline that designs, analyses, manufactures, and maintains systems.
2	Gears	A toothed wheel that works with another wheel to change the speed of a driving mechanism.
3	Pulleys	A wheel with a grooved rim that allows a rope to pass through, this acts to change the direction of a force applied to the rope and is used to lift heavy weights.
4	Hydraulics	Mechanical movement produced by pumping liquid (oil) to move pistons.
5	Aerospace Engineering	The main field of engineering which is concerned with the development of aircraft and spacecraft.
6	Electrical Engineering	The discipline that studies the design and application of equipment, devices, and systems that use current, circuits and electromagnetism.
7	Alternating Current	A type of electrical current where the direction of the flow of the electrons changes back and forth at regular intervals.
8	Direct Current	A type of electrical current that only flows in one direction.
9	Electronics Engineering	A sub-discipline of electrical engineering that uses components such as semiconductor devices to amplify and control electric current flow.
10	Aeronautical Engineering	The design of aircraft.
Week 10 10/11/25	Piece of Knowledge	Definition Engineering
1	Dimensions	The numerical values expressed in measurement units.
2	Human Life-Support	System to sustain human life in space
3	Artificial Satellite	An object intentionally placed into orbit in outer space.
4	Chemical Engineering	The discipline of engineering that is associated with the design, development, manufacture and testing of chemical products and chemical manufacturing processes.
5	Transmitter	An electronic device used to produce radio waves to transmit or send data with the aid of an antenna.
6	Energy	The ability to do work.
7	Astronautical Engineering.	The design of spacecraft.
8	Thermodynamics	The interaction of thermal and kinetic energy.

9	Fossil Fuels	A natural fuel created by the remains of living organisms which has taken millions of years to create.
10	Fluid Dynamics	The flow of liquids and gasses through a system.
Week 11 17/11/25	Piece of Knowledge	Definition Engineering
1	Resistors	An electrical component that limits or regulates the flow of electrical current in an electronic circuit.
2	Capacitors	A device for storing electrical energy between two plates
3	Transistor	A miniature semiconductor that regulates or controls current or voltage flow.
4	Orbital Mechanics	The study of the motions of artificial satellites and space vehicles moving under the influence of forces such as gravity.
5	Spacecraft	A vehicle or machine designed to fly in outer space.
6	Fibre Optics	Cables that transfer information using light signals.
7	Digital Audio Broadcasting (Dab)	Digitally transmitted sound.
8	Bandwidth	The maximum amount of data transmitted over an internet connection in a certain amount of time.
9	Prosthetics	Artificial body parts.
10	Transradial	An artificial arm that is attached below the elbow.
Week 12 24/11/25	Piece of Knowledge	Definition Engineering
1	Civil Engineering	The discipline of engineering that is associated with the design, development, manufacture and testing of infrastructures.
2	Infrastructure	Services that enable society to function and economies to thrive.
3	Automotive Engineering	The discipline of engineering that is associated with the design, development, manufacture and testing of land-based vehicles and transportation.
4	Biomedical Engineering	The discipline of engineering that is associated with the design, development, manufacture and testing in the fields of biology and health care.
5	Radiotherapy	The treatment of disease, especially cancer, using x-rays or similar forms of radiation.
6	Software Engineering	The discipline of engineering that is associated with the design, development, manufacture, and testing of computer programs.
7	Intangible	Unable to be touched; not having physical presence.
8	Transhumeral	An artificial arm that connects to the body above the elbow but below the shoulder.
9	Transtibial	An artificial leg below the knee.
10	Transfemoral	An artificial leg above the knee.
Week 13 1/12/25	Piece of Knowledge	Definition Engineering
1	Meters	SI unit for length.
2	Candela	The SI unit used to measure luminosity
3	Algorithm	A list set of instructions used to solve problems or perform tasks, based on the understanding of available alternatives.
4	Application	A computer program which is designed to perform certain tasks and help customers perform activities.
5	Space Environments	Extreme temperature, both hot and cold, and a significantly increased threat of radiation damage.
6	Work Safety	The provision of a safe working environment, safe equipment, policies and procedures in order to ensure workers' health and safety.
7	Hazard	A hazard is a potential source of harm.
8	Personal Protective Equipment	Gear that will reduce the risk of injury to the individual wearing it

9	Risk Assessment	The process of identifying what hazards currently exist or may appear in the workplace.
10	Accident Book	An essential document for employers and employees, who are required by law to record and report details of specified work-related injuries and incidents.
Week 14 8/12/25	Piece of Knowledge	Definition Engineering
1	Manual Handling Operations Regulations (MHOR)	The regulations around safe lifting and moving
2	Load	A moveable object, like a box or package, a person or an animal, or an object being pushed or pulled.
3	Mechanical Aid	Mechanical aids reduce physical effort, making materials handling easier and safer.
4	COSHH	Control of substance hazardous to health.
5	Control Of Exposure	Change processed to minimise contact with hazardous chemicals.
6	Health Surveillance	The ongoing systematic collection, analysis, and dissemination of exposure and health data on groups of workers.
7	Incident Planning	Specific directions for scenarios, avoiding further damages, reducing recovery time and mitigating cybersecurity risk.
8	Hazardous Substances	Any material which can cause harm to you either directly or indirectly.
9	Safety Data Sheets	A document that lists information relating to occupational safety and health for the use of various substances and products.
10	Scale	The proportion that a drawing is reduced or enlarged by.
Week 15 15/12/25	Piece of Knowledge	Definition Engineering
1	RIDDOR	The law which requires employers and other people in charge of work premises, to report and keep records of work-related accidents which cause deaths or serious injuries (reportable injuries).
2	Incapacitation	If an individual is incapable or unable to do something.
3	Interpret	Explain the meaning of (information or actions).
4	Orthogonal Views	Different views (front, side, top) in an engineering drawing.
5	Integrated circuit	An electronic circuit with a microchip and other components that work together
6	Printed Circuit board (PCB)	A board that allows electronic components to connect together via etched lines.
7	Load	A mass attached to a pulley.
8	Hazard	Something that can cause harm.
9	Risk	The likelihood that a hazard will cause harm.
10	Ear defenders	A way to protect workers' ears from loud machinery.

Week 2 8/9/25	Piece of Knowledge	Definition	Geography
1	Development	The progress of a country in terms of economic growth (money), the use of technology and human welfare	
2	Gross national income (GNI) per capita	A measurement of economic activity in a country divided among the population	
3	Human Development Index	A method of measuring development in which GNI per capita, life expectancy and years of schooling are combined to give an overview	
4	Birth rate	The number of births in a year per 1000 of the total population	
5	Death rate	The number of deaths in a year per 1000 of the total population	
6	Quantitative data	Data involving numbers	
7	Qualitative data	Data involving opinion and non-numeric information	
8	Primary data	Data collected that is original and collected for the first time	
9	Secondary data	Data collected by using already available sources	
10	Stratified sampling	Collecting data by dividing a sample into group eg selecting 5 people from one age range or 3 sites from each course of a river	
Week 3 15/9/25	Piece of Knowledge	Definition	Geography
1	Life expectancy	The average number of years a person might be expected to live	
2	Infant mortality	The average number of babies who die under the age of one per 1000 babies born	
3	Literacy rate	The percentage of people who have basic reading and writing skills	
4	People per doctor	The average number of people per doctor per 1000 people	
5	Demographic Transition Model	A graph showing how population can change over time in terms of birth rate, death rate and population growth	
6	Systematic sampling	Collecting data at regular and consistent intervals eg 20 sites equally spaced down a river	
7	Random sampling	Collecting data at random with no particular pattern	
8	Unbiased	Ensuring data is fair and accurate and representative of the population sampled	
9	Hypothesis/enquiry question	A statement/question that sets out what we are aiming to prove/answer	
10	Data collection	The information collected (primary or secondary data) that will help to prove/disprove our hypothesis/enquiry question	
Week 4 22/9/25	Piece of Knowledge	Definition	Geography
1	Rural to urban migration	The movement of people from the countryside to the city usually due to economic development	
2	Landlocked	When a country has no coastline or sea border	
3	Colonisation	The action or process of settling among and establishing control over the indigenous people of an area	
4	Disparity	Another word for differences	
5	Refugee	A person forced to move from their country often as a result of persecution	
6	Data presentation	The graphs and tables we design to show the data we have collected	
7	Analysis	Stating what our data shows - using maths and trying to establish links between data	
8	Conclusions	To answer the original hypothesis or enquiry question based on the data collected	
9	Evaluation	To review and look back at the enquiry process and suggest improvement or changes that could be made	
10	Continuous data	Data that can take any value eg height, weight.	

Week 5 29/9/25	Piece of Knowledge	Definition	Geography
1	Economic Migrant	A person who moves voluntary to seek a better life such as better paid jobs	
2	Development gap	The difference in standards of living and well-being between the world's richest and poorest countries	
3	Fair Trade	A development gap strategy where farmers are guaranteed a fair price for their primary products so that they can live and develop	
4	Intermediate technology	A development gap strategy which uses simple, easily learned and maintained technology to serve local needs	
5	Microfinance loans	A development gap strategy which are very small loans given to people in LICs to help them start a business	
6	Discrete data	Data that can only be a whole number eg number of people in a city	
7	Anomaly	Data that doesn't fit with the rest of the data.	
8	Reliability of data	The extent to which the measurements are consistent/repeatable.	
9	Accuracy of data	How close to the true value was our data	
10	Validity of data	Were the data collection methods suitable for helping us answer the hypothesis/enquiry question	
Week 6 6/10/25	Piece of Knowledge	Definition	Geography
1	International aid	A development gap strategy when money, goods and services are given by the government of one country to another to improve quality of life	
2	Top Down development	Large scale projects organised by the government and larger organisations	
3	Bottom up development	Small scale development projects planned by the local community	
4	Debt relief	A development gap strategy when debts are either reorganised to make them more manageable, or reduced	
5	Infrastructure	The facilities that support human life such as water supply, sewage systems, roads, railways and schools	
6	Rural to urban migration	The movement of people from the countryside to the city usually due to economic development	
7	Landlocked	When a country has no coastline or sea border	
8	Colonisation	The action or process of settling among and establishing control over the indigenous people of an area	
9	Disparity	Another word for differences	
10	Refugee	A person forced to move from their country often as a result of persecution	
Week 7 13/10/25	Piece of Knowledge	Definition	Geography
1	Data presentation	The graphs and tables we design to show the data we have collected	
2	Analysis	Stating what our data shows - using maths and trying to establish links between data	
3	Conclusions	To answer the original hypothesis or enquiry question based on the data collected	
4	Evaluation	To review and look back at the enquiry process and suggest improvement or changes that could be made	
5	Continuous data	Data that can take any value eg height, weight and links together. Presented using histogram or line graph	
6	Discrete data	Data that can only be a whole number e.g. number of people in a city and is separate (no links). Presented using a bar chart or a pie chart	
7	Anomaly	Data that doesn't fit with the rest of the data.	
8	Reliability of data	The extent to which the measurements are consistent/repeatable.	
9	Birth rate	The number of births in a year per 1000 of the total population	
10	Death rate	The number of deaths in a year per 1000 of the total population	

Week 8 20/10/25	Piece of Knowledge	Definition	Geography
1	Quantitative data	Data involving numbers	
2	Qualitative data	Data involving opinion and non numeric information	
3	Primary data	Data collected that is original and collected for the first time	
4	Secondary data	Data collected by using already available sources	
5	Stratified sampling	Collecting data by dividing a sample into groups eg selecting 5 people from one age range or 3 sites from each course of a river	
6	Systematic sampling	Collecting data at regular and consistent intervals eg 20 sites equally spaced down a river	
7	Random sampling	Collecting data at random with no particular pattern	
8	Reliability of data	The extent to which the measurements are consistent/repeatable.	
9	Accuracy of data	How close to the true value our data was	
10	Validity of data	Were the data collection methods suitable for helping us answer the hypothesis/enquiry question	
Week 9 3/11/25	Piece of Knowledge	Definition	Geography
1	Transportation	A coastal process when eroded material is moved	
2	Deposition	A coastal process which occurs when material being transported by the sea is dropped due to the sea losing energy	
3	Erosion	A coastal process where material is worn away and removed by a moving force, such as a breaking wave	
4	Attrition	Erosion caused when rocks and boulders transported by waves bump into each other and break up into smaller pieces	
5	Abrasion	An erosional process where the cliffs are worn away by sediment scraping against them by breaking waves.	
6	Groynes	Timber or rock structures built out perpendicularly to sea from the coast to stop longshore drift removing the beach	
7	Mass movement	The downhill movement of weathered material under the force of gravity. The speed can vary considerably	
8	Sliding	A type of mass movement following heavy rain when loose surface material becomes saturated and moves rapidly downhill	
9	Slumping	Rapid mass movement which involves a whole segment of the cliff moving down-slope along a saturated shear-plane or line of weakness	
10	Dune regeneration	Marram grass is planted to stabilise dunes and help them develop so that they can act as a buffer against the erosive power of the sea	
Week 10 10/11/25	Piece of Knowledge	Definition	Geography
1	Food security	When people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life.	
2	Food insecurity	Being without reliable access to a sufficient quantity of affordable, nutritious food.	
3	Social unrest	Riots, demonstrations or strikes when people are unhappy with a change in society	
4	Famine	A widespread, serious, shortage of food.	
5	Aeroponics	Growing plants in an air or mist environment without the use of soil.	
6	Focus	The start of an earthquake in the earth's crust where seismic waves radiate from	
7	Epicentre	The point on the earth's surface directly above the focus	
8	Seismic waves	Earth movement that radiates from the focus of an earthquake	
9	Prediction	The attempt to work out whether or where an event will happen	
10	Protection	Ensuring buildings are designed to withstand the vibrations of an earthquake	

Week 11 17/11/25	Piece of Knowledge	Definition	Geography
1	De-industrialisation	The decline in traditional industries.	
2	Globalisation	The growth and spread of ideas around the world.	
3	Secondary Sector	Jobs in the manufacturing of raw materials.	
4	Science Park	A group of scientific and technical knowledge-based businesses located on a single site.	
5	Business Park	An area of land occupied by a cluster of businesses.	
6	Life expectancy	The average number of years a person might be expected to live	
7	Infant mortality	The average number of babies who die under the age of one per 1000 babies born	
8	Literacy rate	The percentage of people who have basic reading and writing skills	
9	People per doctor	The average number of people per doctor per 1000 people	
10	Demographic Transition Model	A graph showing how population sound change over time in terms of birth rate, death rate and population growth	
Week 12 24/11/25	Piece of Knowledge	Definition	Geography
1	Post-Industrial Economy	When the manufacturing industry declines and is replaced largely by the service sector.	
2	Sustainability	Actions that meet the needs of the present without reducing the ability of future generations to meet their needs.	
3	Rural	The countryside.	
4	Rural Population growth	When a settlement in the countryside grow in numbers.	
5	Rural Population decline	When a settlement in the countryside decreases in numbers.	
6	Sustainable urban living	A sustainable city is one in which there is minimal damage to the environment, the economic base is sound with resources allocated fairly and jobs secure, and there is a strong sense of community, with local people involved in decisions made.	
7	Quality of Life	The standard of health, comfort and happiness that a person or group of people experience	
8	Economic opportunities	Chances for people to improve their standard of living through employment.	
9	Infrastructure	The basic equipment and structures (roads, utilities) that are needed for a country to function properly	
10	High-speed 2	A high-speed railway from London to the North of England	
Week 13 1/12/25	Piece of Knowledge	Definition	Geography
1	North/South Divide	Real or imagined cultural and economic differences between the south of England and the rest of the UK	
2	Local Enterprise Partnerships (LEPs)	Voluntary partnerships between local authorities and businesses to boost the local economy and create jobs.	
3	Enterprise Zones	An area that the government encourages new businesses and jobs by providing tax discounts and infrastructure.	
4	Commonwealth	A voluntary association of 54 independent nations.	
5	European Union	An economic and political union between 27 countries.	
6	Top Down development	Large scale projects organised by the government and larger organisations	
7	Bottom up development	Small scale development projects planned by the local community	
8	Debt relief	A development gap strategy when debts are either reorganised to make them more manageable, or reduced	
9	Fair Trade	A development gap strategy where farmers are guaranteed a fair price for their primary products so that they can live and develop	
10	Intermediate technology	A development gap strategy which uses simple, easily learned and maintained technology to serve local needs	

Week 14 8/12/25	Piece of Knowledge	Definition	Geography
1	Data presentation	The graphs and tables we design to show the data we have collected	
2	Analysis	Stating what our data shows - using maths and trying to establish links between data	
3	Conclusions	To answer the original hypothesis or enquiry question based on the data collected	
4	Evaluation	To review and look back at the enquiry process and suggest improvement or changes that could be made	
5	Continuous data	Data that can take any value eg height, weight and links together. Presented using histogram or line graph	
6	Groynes	Timber or rock structures built out perpendicularly to sea from the coast to stop longshore drift removing the beach	
7	Transportation	A coastal process when eroded material is moved	
8	Deposition	A coastal process which occurs when material being transported by the sea is dropped due to the sea losing energy	
9	Longshore drift	A transportation process where the zig zag movement of sediment along a shore moves material and deposits it	
10	Accuracy of data	How close to the true value our data was	
Week 15 15/12/25	Piece of Knowledge	Definition	Geography
1	Natural hazard	A natural event that threatens people or has the potential to cause damage, destruction and death	
2	Eye of the storm	The area in the centre of a Tropical storm where the winds are calm	
3	Saffir Simpson Scale	The scale that measures the power of Tropical Storm - from 1-5.	
4	Global Atmospheric circulation	The worldwide system of winds which transport heat from tropical to polar latitudes	
5	Storm surge	Surface winds in the tropical storm create a wave that can cause devastation on land	
6	Coriolis Effect	The deflection of the circulation of air due to the spinning of the earth.	
7	High pressure system	A system where sinking air which is stable leads to clear skies	
8	Low pressure system	A system where rising air which is unstable leads to cloudy skies and rain	
9	Tropical storm	Areas of intense low pressure which create extremely violent storms over warm oceans	
10	Monitoring	Recording physical changes such as tracking a tropical storm by satellite to help forecast	

Week 2 8/9/25	Piece of Knowledge	
1	PCA	Person Centred Approach.
2	PIES	Physical, Intellectual, Emotional, Social.
3	Barriers	A factor that gets in the way and prevents overall good health and well-being.
4	Factors	Physical, emotional, social and cultural aspects of an individual's life that affect overall health and well-being.
5	BMI	Body Mass Index.
6	Peak Flow	The measurement of how quickly you can blow air out of your lungs.
7	Blood Pressure	The pressure exerted by your blood against the walls of your arteries.
8	Heart Rate	Calculation based on how fast your heart is beating.
9	Lifestyle Data	Information about life choices and lifestyle presented in a qualitative format.
10	Physiological Data	Health monitoring which produces information about an individual's physical health.
Week 3 15/9/25	Piece of Knowledge	Definition Health and Social
1	Chronic illness	Comes on gradually, is long term (more than 3 months) generally can be treated but not cured.
2	Acute illness	Comes on quickly, is short-term and can be cured.
3	Diet	Intake of food and drink.
4	Genetic inheritance	The genes a person inherits from their parents.
5	Predisposition	An already predicted medical outcome based on genetic inheritance.
6	Seeking help or access to services	The act of seeking help is a social, emotional and cultural occurrence that affects health and wellbeing, It is influenced by various factors such as culture, gender or education.
7	Social interactions	Relationships and communications with others.
8	Stress	Stress occurs when you have to respond to demands made on you. It causes the body to secrete hormones, the main one being adrenaline.
9	Financial resources	Financial resources are affected by employment status, wealth, occupation, social class and material possessions.
10	Poverty	Some people live in absolute poverty. This means that, despite benefits being available, they do not receive enough money to meet their basic needs, such as food, clothing or housing.
Week 4 22/9/25	Piece of Knowledge	Definition Health and Social
1	Urban lifestyle	City/Town living.
2	Imprisonment	Being sent to prison.
3	Environmental conditions	Pollution, Air pollution, Noise pollution
4	Housing	Health and well-being is affected by the type of house you live in- its condition and its location.
5	Rural lifestyle	Country living.
6	PCA	Person Centred Approach.
7	PIES	Physical, Intellectual, Emotional, Social.
8	Barriers	A factor that gets in the way and prevents overall good health and well-being.
9	Factors	Physical, emotional, social and cultural aspects of an individual's life that affect overall health and well-being.
10	BMI	Body Mass Index.

Week 5 29/9/25	Piece of Knowledge	Definition	Health and Social
1	Psychological	Relates to the mental and emotional state of a person	
2	Unexpected Life Event	Does not happen to everyone. Is not likely to happen.	
3	Expected Life Event	Happens to everyone. Is likely to happen.	
4	Tertiary Care	Advanced specialist treatment or care given in hospital such as cancer treatment referred from a secondary care provider.	
5	Classification	Involves grouping similar things into a category.	
6	Peak Flow	The measurement of how quickly you can blow air out of your lungs.	
7	Blood Pressure	The pressure exerted by your blood against the walls of your arteries.	
8	Heart Rate	Calculation based on how fast your heart is beating.	
9	Lifestyle Data	Information about life choices and lifestyle presented in a qualitative format.	
10	Physiological Data	Health monitoring which produces information about an individual's physical health.	
Week 6 6/10/25	Piece of Knowledge	Definition	Health and Social
1	Intellectual Barriers	Barriers of employment, learning, qualification, thinking skills, creative thinking, problem solving.	
2	Resource Barriers	Barriers of availability of support/treatment that prevent an individual accessing the help they need.	
3	S.M.A.R.T	Specific, Measurable, Achievable, Realistic, Timed.	
4	Social class	Broad group in society having the same social or economic status, most commonly upper, middle and lower class.	
5	Acceptance of current state	Ability to recognise the needs a client has	
6	Chronic illness	Comes on gradually, is long term (more than 3 months) generally can be treated but not cured.	
7	Acute illness	Comes on quickly, is short-term and can be cured.	
8	Diet	Intake of food and drink.	
9	Genetic inheritance	The genes a person inherits from their parents.	
10	Predisposition	An already predicted medical outcome based on genetic inheritance.	
Week 7 13/10/25	Piece of Knowledge	Definition	Health and Social
1	Stigma	If you feel that others disapprove of your circumstances and you have strong feelings of shame or embarrassment about something.	
2	Time constraints	Barriers/obstacles that are in the way because there is a lack of time available.	
3	Material Possessions	Things owned by an individual.	
4	Life circumstances	Impacts on day -to day life and the choices you make.	
5	Confidentiality and rights	It is a person's right by law to have information about them kept confidential.	
6	Seeking help or access to services	A social, emotional and cultural occurrence that affects health and wellbeing. It is influenced by various factors such as culture, gender or education.	
7	Social interactions	Relationships and communications with others.	
8	Stress	Stress occurs when you have to respond to demands made on you. It causes the body to secrete hormones, the main one being adrenaline.	
9	Financial resources	Financial resources are affected by employment status, wealth, occupation, social class and material possessions.	
10	Poverty	Some people live in absolute poverty. This means that, despite benefits being available, they do not receive enough money to meet their basic needs, such as food, clothing or housing.	

Week 8 20/10/25	Piece of Knowledge	Definition	Health and Social
1	Financial Barriers	Economic barriers that prevent an individual accessing the help and support they need.	
2	Emotional Barriers	Obstacles linked to feelings and mental health. These get in the way of an individual accessing the help and support they need.	
3	Sensory Barriers	Sensory impairment gets in the way of an individual accessing the help and support they need.	
4	Language Barriers	Lack of communication and understanding gets in the way of an individual accessing the help and support they need.	
5	Geographical Barriers	Where the person lives or where the service is based gets in the way of an individual being able to access the help and support, they need. This includes transport and availability of resources.	
6	Urban lifestyle	City/Town living.	
7	Imprisonment	Being sent to prison.	
8	Environmental conditions	Pollution, Air pollution, Noise pollution	
9	Housing	Health and well-being is affected by the type of house you live in- its condition and its location.	
10	Rural lifestyle	Country living.	
Week 9 3/11/25	Piece of Knowledge	Definition	Health and Social
1	PCA	Person Centred Approach.	
2	PIES	Physical, Intellectual, Emotional, Social.	
3	Barriers	A factor that gets in the way and prevents overall good health and well-being.	
4	Factors	Physical, emotional, social and cultural aspects of an individual's life that affect overall health and well-being.	
5	BMI	Body Mass Index.	
6	Peak Flow	The measurement of how quickly you can blow air out of your lungs.	
7	Blood Pressure	The pressure exerted by your blood against the walls of your arteries.	
8	Heart Rate	Calculation based on how fast your heart is beating.	
9	Lifestyle Data	Information about life choices and lifestyle presented in a qualitative format.	
10	Physiological Data	Health monitoring which produces information about an individual's physical health.	
Week 10 10/11/25	Piece of Knowledge	Definition	Health and Social
1	Chronic illness	Comes on gradually, is long term (more than 3 months) generally can be treated but not cured.	
2	Acute illness	Comes on quickly, is short-term and can be cured.	
3	Diet	Intake of food and drink.	
4	Genetic inheritance	The genes a person inherits from their parents.	
5	Predisposition	An already predicted medical outcome based on genetic inheritance.	
6	Seeking help or access to services	The act of seeking help is a social, emotional and cultural occurrence that affects health and wellbeing, It is influenced by various factors such as culture, gender or education.	
7	Social interactions	Relationships and communications with others.	
8	Stress	Stress occurs when you have to respond to demands made on you. It causes the body to secrete hormones, the main one being adrenaline.	
9	Financial resources	Financial resources are affected by employment status, wealth, occupation, social class and material possessions.	
10	Poverty	Some people live in absolute poverty. This means that, despite benefits being available, they do not receive enough money to meet their basic needs, such as food, clothing or housing.	

Week 11 17/11/25	Piece of Knowledge	Definition	Health and Social
1	Urban lifestyle	City/Town living.	
2	Imprisonment	Being sent to prison.	
3	Environmental conditions	Pollution, Air pollution, Noise pollution	
4	Housing	Health and well-being is affected by the type of house you live in- its condition and its location.	
5	Rural lifestyle	Country living.	
6	PCA	Person Centred Approach.	
7	PIES	Physical, Intellectual, Emotional, Social.	
8	Barriers	A factor that gets in the way and prevents overall good health and well-being.	
9	Factors	Physical, emotional, social and cultural aspects of an individual's life that affect overall health and well-being.	
10	BMI	Body Mass Index.	
Week 12 24/11/25	Piece of Knowledge	Definition	Health and Social
1	Psychological	Relates to the mental and emotional state of a person	
2	Unexpected Life Event	Does not happen to everyone. Is not likely to happen.	
3	Expected Life Event	Happens to everyone. Is likely to happen.	
4	Tertiary Care	Advanced specialist treatment or care given in hospital such as cancer treatment referred from a secondary care provider.	
5	Classification	Involves grouping similar things into a category.	
6	Peak Flow	The measurement of how quickly you can blow air out of your lungs.	
7	Blood Pressure	The pressure exerted by your blood against the walls of your arteries.	
8	Heart Rate	Calculation based on how fast your heart is beating.	
9	Lifestyle Data	Information about life choices and lifestyle presented in a qualitative format.	
10	Physiological Data	Health monitoring which produces information about an individual's physical health.	
Week 13 1/12/25	Piece of Knowledge	Definition	Health and Social
1	Intellectual Barriers	Barriers of employment, learning, qualification, thinking skills, creative thinking, problem solving.	
2	Resource Barriers	Barriers of availability of support/treatment that prevent an individual accessing the help they need.	
3	S.M.A.R.T	Specific, Measurable, Achievable, Realistic, Timed.	
4	Social class	Broad group in society having the same social or economic status, most commonly upper, middle and lower class.	
5	Acceptance of current state	Ability to recognise the needs a client has	
6	Chronic illness	Comes on gradually, is long term (more than 3 months) generally can be treated but not cured.	
7	Acute illness	Comes on quickly, is short-term and can be cured.	
8	Diet	Intake of food and drink.	
9	Genetic inheritance	The genes a person inherits from their parents.	
10	Predisposition	An already predicted medical outcome based on genetic inheritance.	

Week 14 8/12/25	Piece of Knowledge	Definition	Health and Social
1	Stigma	If you feel that others disapprove of your circumstances and you have strong feelings of shame or embarrassment about something.	
2	Time constraints	Barriers/obstacles that are in the way because there is a lack of time available.	
3	Material Possessions	Things owned by an individual.	
4	Life circumstances	Impacts on day -to day life and the choices you make.	
5	Confidentiality and rights	It is a person's right by law to have information about them kept confidential.	
6	Seeking help or access to services	A social, emotional and cultural occurrence that affects health and wellbeing. It is influenced by various factors such as culture, gender or education.	
7	Social interactions	Relationships and communications with others.	
8	Stress	Stress occurs when you have to respond to demands made on you. It causes the body to secrete hormones, the main one being adrenaline.	
9	Financial resources	Financial resources are affected by employment status, wealth, occupation, social class and material possessions.	
10	Poverty	Some people live in absolute poverty. This means that, despite benefits being available, they do not receive enough money to meet their basic needs, such as food, clothing or housing.	
Week 15 15/12/25	Piece of Knowledge	Definition	Health and Social
1	Financial Barriers	Economic barriers that prevent an individual accessing the help and support they need.	
2	Emotional Barriers	Obstacles linked to feelings and mental health. These get in the way of an individual accessing the help and support they need.	
3	Sensory Barriers	Sensory impairment gets in the way of an individual accessing the help and support they need.	
4	Language Barriers	Lack of communication and understanding gets in the way of an individual accessing the help and support they need.	
5	Geographical Barriers	Where the person lives or where the service is based gets in the way of an individual being able to access the help and support, they need. This includes transport and availability of resources.	
6	Urban lifestyle	City/Town living.	
7	Imprisonment	Being sent to prison.	
8	Environmental conditions	Pollution, Air pollution, Noise pollution	
9	Housing	Health and well-being is affected by the type of house you live in- its condition and its location.	
10	Rural lifestyle	Country living.	

Week 2 8/9/25	Piece of Knowledge	Definition	History
1	Legitimate	Proper and respected	
2	Patriarchal	Dominated by men	
3	To inherit	To get something handed down to you	
4	Reformation	The change from Catholic to Protestant	
5	Protestantism	The new type of Christianity in the Early Modern period	
6	Catholicism	The old type of Christianity in the Early Modern period	
7	Puritanism	Extreme Protestantism	
8	Religious Settlement	Elizabeth's new laws for religion in 1559	
9	Catholic Superpowers	Powerful Catholic countries - France and Spain	
10	Hotbed	A place of strong belief	
Week 3 15/9/25	Piece of Knowledge	Definition	History
1	Royal Court	The group of people who surrounded the Queen at all times	
2	Parliament	The part of Elizabeth's government that gives consent for new laws and taxes	
3	Privy Council	The part of Elizabeth's government that gives Elizabeth advice on important matters	
4	Courtiers	Members of the Royal Court	
5	MPs	Members of Parliament	
6	Privy Councillors	Members of the Privy Council	
7	Patronage	Giving rewards in exchange for loyalty	
8	Factional rivalry	Disagreement between different groups of courtiers	
9	Earl of Essex	A courtier who rebelled against Elizabeth	
10	1601	The year of the Essex Rebellion	
Week 4 22/9/25	Piece of Knowledge	Definition	History
1	William Cecil	Secretary of State for most of Elizabeth's reign	
2	Secretary of State	Leader of the Privy Council	
3	John Stubbs	A Puritan MP	
4	To consent	To give agreement	
5	Propaganda	Information/images to make people support a particular point of view	
6	Royal Progress	A royal tour	
7	Justice of the Peace	Local government official responsible for law and order	
8	Lord Lieutenant	Local government official responsible for a county	
9	Noble	A very wealthy person	
10	Corruption	Taking bribes	

Week 5 29/9/25	Piece of Knowledge	Definition	History
1	Rebellion	Armed resistance against a leader	
2	Assassination	Murdering a leader	
3	Invasion	When a country is taken over by another	
4	Church Papist	A Catholic who attended Protestant church services	
5	Recusant	A Catholic who refused to attend Protestant church services	
6	To tolerate	To allow something you disagree with	
7	To persecute	To punish harshly	
8	Mary Queen of Scots	Elizabeth's Catholic cousin	
9	Jesuits	Jesuits were Catholic priests who were specially trained to convert people back to Catholicism	
10	Edmund Campion	Leader of the Jesuit priests	
Week 6 6/10/25	Piece of Knowledge	Definition	History
1	Francis Walsingham	Leader of Elizabeth's spy network	
2	Philip of Spain	King of Spain	
3	Throckmorton Plot	A 1583 plot to replace Elizabeth with Mary Q of S	
4	Babington Plot	A 1586 plot to replace Elizabeth with Mary Q of S	
5	Anglo-Spanish War	War between England and Spain	
6	Spanish Armada	A fleet of Spanish ships sent to invade England	
7	Gentry	Wealthy people	
8	Middling Sort	People who lived quite comfortably	
9	Labouring Poor	Poor people	
10	Infant mortality	% of babies that die before 1 year old	
Week 7 13/10/25	Piece of Knowledge	Definition	History
1	Apprentice	A young person in training to do a job	
2	Kinship	Relationships with the extended family	
3	Vagabond/vagrant	A person out of work who moved around the country	
4	Inflation	Prices rising	
5	Deterrent	A harsh punishment	
6	Compassion	Showing kindness	
7	Poor Law	A new system for dealing with the poor introduced in 1601	
8	Poor Rate	A tax to deal with poverty	
9	Merry England	A mythical interpretation that Elizabethan England was a 'golden age'	
10	Parish Ale	A feast for a local saint	

Week 8 20/10/25	Piece of Knowledge	Definition	History
1	Sabbath	Sunday	
2	May Day	A festival where people dance around a Maypole	
3	Pagan	Non christian	
4	Pastime	an activity that someone does for enjoyment rather than work	
5	William Shakespeare	An Elizabethan playwright (person who writes plays)	
6	Misogyny	Hatred of women	
7	Familiars	small animals such as cats and toads that assisted witches	
8	The Algonquian	People who lived on Roanoke Island. One of the largest Native American peoples	
9	Wingina	chief of an Algonquian village called Secotan	
10	Mughal Empire	most powerful and wealthy empire in India in the 16th century	
Week 9 3/11/25	Piece of Knowledge	Definition	History
1	Akbar the Great	Ruler of the Mughal empire	
2	Roanoke	An island in North America where the British tried to set up a colony	
3	Walter Raleigh	A close friend of Elizabeth who funded three expeditions to set up Roanoke	
4	Colony	an area of land under political control of another country	
5	East India Company	A group of merchants set up to trade with India	
6	Factory	A place where trade took place	
7	Ralph Fitch	A merchant who reached India by travelling by land through the Middle East	
8	Francis Drake	A privateer who became the first Englishman to sail around the world	
9	Java	The location of the East India Company's first factory	
10	Privateer	A sailor who robbed Spanish ships	
Week 10 10/11/25	Piece of Knowledge	Definition	History
1	Scandinavia	The location of the Viking Homelands (Sweden, Denmark, Norway)	
2	Fertile	Capable of producing crops	
3	Infertile	Incapable of producing crops	
4	Jarls	Warriors in the Viking Homelands who owned large amounts of land	
5	Bondi	Farmers in the Viking Homelands who were loyal to a Jarl in return for protection	
6	Thralls	People who had been enslaved by the Vikings	
7	Patriarchal	Ruled and dominated by men	
8	The Thing	A regular meeting of Jarls and Bondi that would decide new laws and make judgments in criminal cases	
9	Longhouse	Viking homes made of wood and insulated with turf	
10	Longship	A streamlined Viking ship used for raiding	

Week 11 17/11/25	Piece of Knowledge	Definition	History
1	Knarr	A sturdy Viking ship used for trading	
2	Pagan	Non-Christian	
3	Polytheistic	Believing in many Gods	
4	Valhalla	Odin's hall, where warriors who died in battle spent the afterlife	
5	Dnieper	A large river which led the Vikings to the Byzantine empire	
6	Volga	A large river which led the Vikings to the Abbasid empire (Arab world)	
7	Kiev	A Rus settlement on the Dnieper river	
8	Olga of Kiev	The leader of the Rus in the 10th century who converted to Christianity	
9	Baghdad	The main city in the Abbasid Empire	
10	Constantinople	The main city in the Byzantine Empire	
Week 12 24/11/25	Piece of Knowledge	Definition	History
1	Bazaars	Markets in Baghdad	
2	Silver Dirhams	Coins which the Vikings traded for in the Abbasid Empire (Arab world)	
3	Byzantine silk	A valuable fabric made by the Byzantine emperor's own silkworms	
4	To assimilate	To become similar to someone else	
5	To import	To trade (a product) into a country	
6	913	The year that the Vikings raided Baku with 500 ships	
7	Greek Fire	The Byzantine weapon which they used to defeat a Viking raid on Constantinople in 941	
8	Varangian guard	The Byzantine Emperor's personal bodyguard which employed Rus soldiers	
9	793	The year of the first Viking raid on Lindisfarne	
10	851	The year that the Viking fleet overwintered in England for the first time	
Week 13 1/12/25	Piece of Knowledge	Definition	History
1	865	The year that the Great Heathen army landed in Kent	
2	878	The year of the Battle of Edington and Treaty of Wedmore	
3	Portable wealth	Valuable items that can be carried easily e.g. gold candlesticks	
4	Lid	A close-knit group of Viking warriors	
5	Shield wall	A defensive Viking battle tactic, used to protect the lid from attack	
6	Berserker	A Viking warrior who worked themselves into a frenzy before battle	
7	Blood eagle	A Viking torture method	
8	To convert	To change religion	
9	Torksey camp	A winter camp which suggests that the Great Heathen Army was larger and more varied than originally thought	
10	The Treaty of Wedmore	An agreement between King Alfred and Guthrum which led to the creation of the Danelaw	

Week 14 8/12/25	Piece of Knowledge	Definition	History
1	Jorvik	The most powerful kingdom within the Danelaw	
2	Guthrum	Leader of the Great Heathen Army at the Battle of Edington	
3	Shetland and Orkney islands	Islands where the Vikings settled in Scotland	
4	Picts	People who lived in Scotland and who some historians believe were wiped out by Viking settlement	
5	1014	The year that the Vikings were expelled from Ireland	
6	Brian Boru	The king who united the Irish kingdoms and expelled the Vikings from Ireland	
7	Charles the Bald	The king who constructed fortified bridges on the Seine to protect against Viking raids	
8	Charles the Simple	The king who gave Rollo control of an area of Northern France to protect against further Viking raids	
9	Rollo	The Viking leader who took control of Normandy in 918	
10	Jorvik	The most powerful kingdom within the Danelaw	
Week 15 15/12/25	Piece of Knowledge	Definition	History
1	Iceland	The first Viking settlement in the North Atlantic	
2	Althing	An assembly of Jarls that ruled Iceland and made important decisions	
3	Erik the Red	A criminal who was banished from Iceland and settled in Greenland	
4	Leif Eriksson	Erik the Red's son who settled in North America	
5	Vinland	The name of the Viking settlement in North America	
6	Norse	The language of the Vikings	
7	Harald Bluetooth	King of Denmark 958-986	
8	Svein Forkbeard	King of Denmark 986-1014	
9	Cnut the Great	King of Denmark 1018-1035	
10	965	The year that Harald Bluetooth converted to Christianity	

Week 2 8/9/25	Piece of Knowledge	Definition	Media
1	Age	A category for target audience. Usually split into groups.	
2	Gender	A category for target audience. How people identify themselves within society.	
3	Ethnicity	A category for target audience. A person's background, culture, ancestry.	
4	Target audience	The group of people a product was made for.	
5	Secondary target audience	The group of people that engage with a product but it was never intended for them.	
6	Audience	A group of people engaging with a product.	
7	Vals	Abbreviation for values, attitudes and lifestyle.	
8	Socio-economic group	A class system to categorise people based upon their education, income and job.	
9	Demographics	The study of people.	
10	Psychometric group	A way of categorising people based upon their values, attitudes and lifestyle.	
Week 3 15/9/25	Piece of Knowledge	Definition	Media
1	Shot, reverse, shot	Camera focuses on subject, looks away - maybe to another subject, then back to focussing on subject. Often used for conversations.	
2	Pace	The speed at which events in a scene take place.	
3	Continuity editing	Editing to make it look like the scene was filmed in one go.	
4	Jump cut	A transition between 2 shots which appear to jump forward in time. A section of the slip has been removed.	
5	Match on action	A cut that connects 2 different views of the same action at the same moment.	
6	Graphic match	A cut that connects two different scenes with similar visual styles, through colours, shapes, or patterns.	
7	Montage	Instead of allowing shots to flow smoothly from one to another, this editing juxtaposes images for effect and can cut rapidly from wide shots to extreme close-ups.	
8	Flashback	Shows the audience events from the past that cannot be included in the screenplay in any other way.	
9	Genre	The style or category of media products. Such as horror or comedy.	
10	Hybrid	Conventions of 2 or more genres. Such as a romcom (romantic comedy).	
Week 4 22/9/25	Piece of Knowledge	Definition	Media
1	Reformer	A psychometric group defined by self-esteem and self-improvement. They are not materialistic so are not impressed by status.	
2	Explorers	A psychometric group that like to discover new things. Are attracted to innovative brands, products and experiences.	
3	Mainstreamers	A psychometric group who make up 40% of the population. They like tried and trusted brands that are value for money. They seek security so are less likely to take risks.	
4	Succeeder	A psychometric group who have high social status and are in control of their lives with nothing to prove. They believe they deserve the best so choose brands based upon reliability.	
5	Aspirer	A psychometric group who want status brands that show their place in society. They seek status and can be persuaded by celebrity endorsements.	
6	Age	A category for target audience. Usually split into groups.	
7	Gender	A category for target audience. How people identify themselves within society.	
8	Ethnicity	A category for target audience. A person's background, culture, ancestry.	
9	Target audience	The group of people a product was made for.	
10	Secondary target audience	The group of people that engage with a product but it was never intended for them.	

Week 5 29/9/25	Piece of Knowledge	Definition	Media
1	Resigned	A psychometric group who are predominantly older people who have built up attitudes overtime. They seek to survive so believe in institutions they can trust.	
2	Struggler	A psychometric group who have a live for the day attitude. They see themselves as victims with only their physical skills to help. They seek to escape.	
3	Upper Middle Class	Socio-economic Group A are those at the top of society including doctors, lawyers and bankers	
4	Middle class	Socio-economic Group B are intermediate managerial and professional occupations including Teachers and architects.	
5	Lower middle class	Socio-economic Group C1 are managers of a shop or office.	
6	Secondary target audience	People that engage with a product but it was never intended for them.	
7	Audience	A group of people engaging with a product.	
8	Vals	Abbreviation for values, attitudes and lifestyle.	
9	Socio-economic group	A class system to categorise people based on their education, income and job.	
10	Demographics	The study of people.	
Week 6 6/10/25	Piece of Knowledge	Definition	Media
1	Skilled working class	Socio-economic Group C2. Skilled manual occupations. Nurse, joiner, cook.	
2	Working class	Socio-economic Group D. Semi-skilled occupations. Waiter, labourer.	
3	Those at the lowest level of subsistence	Socio-economic Group E. State pensioner, benefits, casual workers	
4	Genre	The style or category of media products. Such as horror or comedy.	
5	Hybrid	Conventions of 2 or more genres. Such as a romcom (romantic comedy).	
6	Subvert	Moving away from conventions of a genre. For example a female superhero.	
7	Sub-genre	A subcategory within a particular genre. For example crime thriller.	
8	Conventions	Features in a film that are similar so the audience can tell the genre.	
9	Close up	A camera angle where the subject fills the frame. Often used to show emotion.	
10	Extreme close up	A camera angle that is used to show finer detail or to really focus the audience on something specific.	
Week 7 13/10/25	Piece of Knowledge	Definition	Media
1	Linear	The narrative structure where the story is told in chronological order.	
2	Non linear	The narrative structure where the story is not told in chronological order..	
3	Circular	This narrative structure cycles through the story one event at a time to end back where the story began.	
4	Single strand	A narrative structure in which the story is focused on a single character.	
5	Multi strand	A narrative structure in which the story is focused on several main characters who all have their own story lines within the narrative.	
6	Relationship	The links between audience, purpose and product.	
7	Hypodermic Needle theory	An early theory that said audiences are passive and powerless to the mass media.	
8	Stuart Hall	The person who developed the Audience Reception theory.	
9	Representation of gender	How identity is shown through media products.	
10	Tracking	A camera movement that follows alongside the subject.	

Week 8 20/10/25	Piece of Knowledge	Definition	Media
1	Publishing products	Products that are printed for audiences. Such as magazines, posters and leaflets or flyers.	
2	Interactive products	Products that allow a two-way flow of information between a device and a user; responding to a user's input. Such as a computer game, a website or an app.	
3	Audio products	Products that audiences can listen to. Such as music or radio shows.	
4	Moving images products	Products that audiences can watch. Such as music videos, films, TV programmes and series.	
5	Audience reception theory	A theory that looks at how audiences respond to a media text taking into account their past experiences.	
6	Reformer	A psychometric group who are defined by self-esteem and self-improvement. They are not materialistic so are not impressed by status.	
7	Explorers	A psychometric group who like to discover new things. Are attracted to innovative brands, products and experiences.	
8	Mainstreamers	A psychometric group who make up 40% of the population. They like tried and trusted brands that are value for money. They seek security so are less likely to take risks.	
9	Succeeder	A psychometric group who have high social status and are in control of their lives with nothing to prove. They believe they deserve the best so choose brands based upon reliability.	
10	Aspirer	A psychometric group who want status brands that show their place in society. They seek status and can be persuaded by celebrity endorsements.	
Week 9 3/11/25	Piece of Knowledge	Definition	Media
1	Close up	A camera angle where the subject fills the frame. Often used to show emotion.	
2	Extreme close up	A camera angle that is used to show finer detail or to really focus the audience on something specific.	
3	Medium shot	A camera angle typically from the waist up, so the audience can still see some of the surroundings, whilst still having some focus on the subject.	
4	Long shot	A camera angle that shows the whole of the subject and some of its surroundings.	
5	Tracking	A camera movement that follows alongside the subject.	
6	Audience	A group of people engaging with a product	
7	VALs	Abbreviation for values, attitudes and lifestyle.	
8	Socio-economic groups	A class system to categorise people based upon their education, income and job.	
9	Demographics	The study of people.	
10	Secondary target audience	The group of people that engage with a product but it was never intended for them.	
Week 10 10/11/25	Piece of Knowledge	Definition	Media
1	Low camera angle	A camera angle whereby the camera is up high and pointing down.	
2	High camera angle	A camera angle whereby the camera is low down and pointing up high.	
3	Panning	A type of camera movement. The camera is in a fixed position but can swing from left to right.	
4	Tilting	A type of camera movement. The camera is in a fixed position but can swing up and down.	
5	Establishing shot	A type of camera movement often used during an opening scene to show where the events are taking place.	
6	Extreme long shot	A camera angle that shows the whole of the subject, in the distance, and much of their surroundings.	
7	Direct characterisation	The audience is told about a character's personality.	
8	Indirect characterisation	The audience learns about the character's personality through their STEAL.	
9	STEAL	The way in which we learn about a character's personality.	
10	Propp	The person who developed a theory that all narratives have 7 character types.	

Week 11 17/11/25	Piece of Knowledge	Definition	Media
1	Todorov	The person who developed the theory that all narratives cycle through 5 stages.	
2	Media sectors	Audio/moving image, publishing, interactive.	
3	Mise en scene	Everything you can see in a scene.	
4	Diegetic	Sounds that can be heard by the actors, in story world sounds.	
5	Non diegetic	Sounds that can not be heard by the actors, out of story world sounds.	
6	Bridging	Sounds that take the audience from one scene to the next.	
7	Ambient	Background sounds to make a scene seem more realistic.	
8	In field of vision	Sounds that the audience can see where they are coming from.	
9	Out of field of vision	Sounds that the audience cannot see where they are coming from.	
10	Transition	The way in which one scene changes to the next.	
Week 12 24/11/25	Piece of Knowledge	Definition	Media
1	Shot, reverse, shot	Camera focuses on subject, looks away - maybe to another subject, then back to focussing on subject. Often used for conversations.	
2	Pace	The speed at which events in a scene take place.	
3	Continuity editing	Editing to make it look like the scene was filmed in one go.	
4	Jump cut	A transition between 2 shots which appear to jump forward in time. A section of the slip has been removed.	
5	Match on action	A cut that connects 2 different views of the same action at the same moment.	
6	Graphic match	A cut that connects two different scenes with similar visual styles, through colours, shapes, or patterns.	
7	Montage	Instead of allowing shots to flow smoothly from one to another, this editing juxtaposes images for effect and can cut rapidly from wide shots to extreme close-ups.	
8	Flashback	Shows the audience events from the past that cannot be included in the screenplay in any other way.	
9	Hypodermic Needle theory	An early theory that said audiences are passive and powerless to the mass media.	
10	Stuart Hall	The person who developed the Audience Reception theory.	
Week 13 1/12/25	Piece of Knowledge	Definition	Media
1	Purpose	The reason a product is made.	
2	Profit	The product earns more money for the producers than it costs them to make it.	
3	Raising awareness	The product aims to make more people aware of an issue.	
4	Community benefit	Media products that benefit the community and respond to community needs.	
5	Critical acclaim	Producers hope to receive exceptionally good reviews from critics.	
6	Publishing products	Products that are printed for audiences. Such as magazines, posters and leaflets or flyers.	
7	Interactive products	Products that allow a two-way flow of information between a device and a user; responding to a user's input. Such as a computer game, a website or an app.	
8	Audio products	Products that audiences can listen to. Such as music or radio shows.	
9	Moving images products	Products that audiences can watch. Such as music videos, films, TV programmes and series.	
10	Audience reception theory	A theory that looks at how audiences interact with a media text taking into account their daily life.	

Week 14 8/12/25	Piece of Knowledge	Definition	Media
1	Escapism	Products that aim to take the audience away from their everyday lives.	
2	Entertainment	Products that aim to provide audiences with enjoyment.	
3	Providing information	A product that provides factual information for the audience.	
4	Inspiration	Media products that hope to encourage people to do something.	
5	Experimentation	A media product created to determine an outcome.	
6	Todorov	The person who developed the theory that all narratives cycle through 5 stages.	
7	Media sectors	Audio/moving image, publishing, interactive.	
8	Mise en scene	Everything you can see in a scene.	
9	Diegetic	Sounds that can be heard by the actors, in story world sounds.	
10	Non diegetic	Sounds that can not be heard by the actors, out of story world sounds.	
Week 15 15/12/25	Piece of Knowledge	Definition	Media
1	Continuity editing	Editing to make it look like the scene was filmed in one go.	
2	Jump cut	A transition between 2 shots which appear to jump forward in time. A section of the slip has been removed.	
3	Match on action	A cut that connects 2 different views of the same action at the same moment.	
4	Graphic match	A cut that connects two different scenes with similar visual styles, through colours, shapes, or patterns.	
5	Montage	Instead of allowing shots to flow smoothly from one to another, this editing juxtaposes images for effect and can cut rapidly from wide shots to extreme close-ups.	
6	Diegetic	Sounds that can be heard by the actors, in story world sounds.	
7	Non diegetic	Sounds that can not be heard by the actors, out of story world sounds.	
8	Bridging	Sounds that take the audience from one scene to the next.	
9	Ambient	Background sounds to make a scene seem more realistic.	
10	In field of vision	Sounds that the audience can see where they are coming from.	

Week 2 8/9/25	Piece of Knowledge	Definition	Languages
1	me gusta	I like	
2	no me gusta	I don't like	
3	me encanta	I love	
4	odio	I hate	
5	me chifla	I am crazy about	
6	me flipa	I am crazy about	
7	en mi opinión	In my opinion	
8	diría que	I would say that	
9	pienso que	I think that	
10	según	According to	
Week 3 15/9/25	Piece of Knowledge	Definition	Languages
1	pues	then	
2	luego	next	
3	antes	before	
4	después	after	
5	primero	firstly	
6	por fin	finally	
7	diría que	I would say that	
8	pienso que	I think that	
9	según	According to	
10	me encanta	I love	
Week 4 22/9/25	Piece of Knowledge	Definition	Languages
1	y	and	
2	pero	but	
3	sin embargo	however	
4	también	also	
5	además	in addition	
6	puesto que	because	
7	aunque	although	
8	por un lado	on one hand	
9	por otro lado	on the other hand	
10	o	or	

Week 5 29/9/25	Piece of Knowledge	Definition	Languages
1	hoy	today	
2	mañana	tomorrow	
3	ayer	yesterday	
4	normalmente	normally	
5	siempre	always	
6	nunca	never	
7	también	also	
8	además	in addition	
9	puesto que	because	
10	aunque	although	
Week 6 6/10/25	Piece of Knowledge	Definition	Languages
1	a veces	sometimes	
2	el año pasado	last year	
3	el año que viene	next year	
4	recientemente	recently	
5	la semana pasada	last week	
6	la semana que viene	next week	
7	antes	before	
8	después	after	
9	primero	firstly	
10	por fin	finally	
Week 7 13/10/25	Piece of Knowledge	Definition	Languages
1	vivo	I live	
2	viví	I lived	
3	vivía	I used to live	
4	viviría	I would live	
5	voy a vivir	I am going to live	
6	me gustaría vivir	I would like to live	
7	a veces	sometimes	
8	el año pasado	last year	
9	el año que viene	next year	
10	recientemente	recently	

Week 8 20/10/25	Piece of Knowledge	Definition	Languages
1	como	I eat	
2	comí	I ate	
3	comía	I used to eat	
4	comería	I would eat	
5	voy a comer	I am going to eat	
6	me gustaría comer	I would like to eat	
7	hoy	today	
8	mañana	tomorrow	
9	ayer	yesterday	
10	normalmente	normally	
Week 9 3/11/25	Piece of Knowledge	Definition	Languages
1	hablo	I talk	
2	hablé	I talked	
3	hablaba	I used to talk	
4	hablaría	I would talk	
5	voy a hablar	I am going to talk	
6	me gustaría hablar	I would like to talk	
7	puesto que	because	
8	aunque	although	
9	por un lado	on one hand	
10	por otro lado	on the other hand	
Week 10 10/11/25	Piece of Knowledge	Definition	Languages
1	soy	I am	
2	era	I was	
3	sería	I would be	
4	sería	It would be	
5	va a ser	It is going to be	
6	me gustaría ser	I would like to be	
7	me flipa	I am crazy about	
8	en mi opinión	In my opinion	
9	diría que	I would say that	
10	pienso que	I think that	

Week 11 17/11/25	Piece of Knowledge	Definition	Languages
1	voy	I go	
2	fui	I went	
3	iba	I used to go	
4	iría	I would go	
5	voy a ir	I am going to go	
6	me gustaría ir	I would like to go	
7	pues	then	
8	luego	next	
9	antes	before	
10	después	after	
Week 12 24/11/25	Piece of Knowledge	Definition	Languages
1	hay	There is / there are	
2	había	There used to be	
3	habría	There would be	
4	hubo	There was	
5	habrá	There will be	
6	el año pasado	last year	
7	el año que viene	next year	
8	recientemente	recently	
9	la semana pasada	last week	
10	la semana que viene	next week	
Week 13 1/12/25	Piece of Knowledge	Definition	Languages
1	tengo	I have	
2	tuve	I had	
3	tenía	I used to have	
4	tendría	I would have	
5	tendré	I will have	
6	voy a tener	I am going to have	
7	me gustaría tener	I would like to have	
8	vivo	I live	
9	viví	I lived	
10	vivía	I used to live	

Week 14 8/12/25	Piece of Knowledge	Definition	Languages
1	estoy	I am (feelings, location)	
2	estaba	I used to be (feelings, location)	
3	estaría	I would be	
4	diría que	I would say	
5	también	also	
6	además	in addition	
7	puesto que	because	
8	recientemente	recently	
9	la semana pasada	last week	
10	la semana que viene	next week	
Week 15 15/12/25	Piece of Knowledge	Definition	Languages
1	si fuera rico/a	If I were rich	
2	puedo	I can	
3	se puede	one can	
4	debo	I must	
5	debería	I should	
6	tengo que	I have to	
7	hay que	we must	
8	el año pasado	last year	
9	el año que viene	next year	
10	recientemente	recently	

Week 2 8/9/25	Piece of Knowledge	Definition	Music
1	Accompaniment	Music played to support the main melody or performer.	
2	Arrangement	The adaptation of a piece of music for different instruments or voices.	
3	Articulation	How notes are played or sung, such as smoothly or sharply.	
4	Backing track	A pre-recorded audio track used to support a live performance.	
5	Sequence	A repeated musical pattern, often created using software.	
6	Solo	A part performed by one musician or singer.	
7	Sample	A short sound clip taken from another recording.	
8	Panning	Controlling the position of sound in the stereo field (left or right).	
9	Structure	The layout or sections of a piece of music (verse, chorus, bridge).	
10	Mixer	A device or software used to combine multiple audio signals.	
Week 3 15/9/25	Piece of Knowledge	Definition	Music
1	Editing	Changing recorded music by cutting, moving, or adjusting sections.	
2	Layers	Different sounds or tracks played together in a recording or performance.	
3	Rehearsal	Practice sessions to prepare for a performance.	
4	Dynamics	The volume of the music, from soft to loud.	
5	Overdubbing	Recording new parts over an existing track.	
6	Tempo	The speed of the music.	
7	Intro	The opening section of a song.	
8	Rhythm	The organisation of notes	
9	Producer	Person responsible for overseeing the recording and production of music.	
10	Tuning	Adjusting the pitch of instruments or voices to be in tune.	
Week 4 22/9/25	Piece of Knowledge	Definition	Music
1	Feedback	A high-pitched noise caused when a microphone picks up sound from a speaker.	
2	Beat	The steady pulse in music.	
3	Harmony	Two or more notes played at the same time	
4	Equalisation (EQ)	Adjusting the balance of frequencies (bass, mid, treble) in a sound.	
5	Texture	How the musical lines interact with each other	
6	Playback	Playing recorded music back through speakers or headphones.	
7	Expression	How emotions and feelings are conveyed in music.	
8	Syncopation	Rhythmic emphasis placed on normally weak beats.	
9	Notation	Written music symbols that show how to play or sing a piece.	
10	Performance skills	Techniques and abilities needed to perform music live or recorded.	

Week 5 29/9/25	Piece of Knowledge	Definition	Music
1	Release	Publishing or making music available to the public.	
2	Loop	A repeated section of sound or music.	
3	Pitch	How high or low a note sounds.	
4	Chords	Groups of notes played together to create harmony.	
5	Articulation	How notes are played or sung, such as smoothly or sharply.	
6	Layers	Different sounds or tracks played together in a recording or performance.	
7	Sample	A short sound clip taken from another recording.	
8	Overdubbing	Recording new parts over an existing track.	
9	Playback	Playing recorded music back through speakers or headphones.	
10	Feedback	A high-pitched noise caused when a microphone picks up sound from a speaker.	
Week 6 6/10/25	Piece of Knowledge	Definition	Music
1	Legato	Playing notes smoothly and connected.	
2	Wah-wah	An effect used on electric guitars to create a "wah" sound by altering tone.	
3	Verse	A section of a song where the story is told, usually alternating with the chorus.	
4	Fade out	A gradual decrease in volume at the end of a track.	
5	Riff	A short, repeated melodic phrase.	
6	Sampling	Using a portion of a sound recording in a new piece.	
7	Crescendo	Gradually getting louder.	
8	Bridge	A contrasting section that connects two parts of a song.	
9	Distortion	An effect that alters the sound of an electric instrument, often making it "gritty" or "fuzzy."	
10	Pitch bend	A change in pitch used for expressive effect, often on electric guitar or synth.	
Week 7 13/10/25	Piece of Knowledge	Definition	Music
1	Scale	A series of notes ordered by pitch.	
2	Time signature	Numbers at the start of a piece indicating the metre.	
3	Modulation	Changing from one key to another within a piece.	
4	Octave	The interval between one note and another with double its frequency.	
5	Chorus	A repeated section of a song, usually containing the main message.	
6	Fade in	A gradual increase in volume at the beginning of a track.	
7	Vibrato	A slight fluctuation in pitch used to add expression.	
8	Electronic music	Music made primarily using electronic instruments and technology.	
9	Hook	A catchy musical phrase or riff that stands out.	
10	Semitone	The smallest interval in Western music, like from one piano key to the next.	

Week 8 20/10/25	Piece of Knowledge	Definition	Music
1	Interlude	A short section of music played between parts of a song.	
2	Timbre	The tone colour or quality of a sound.	
3	Reverb	An effect that simulates the sound of a space, adding echo and depth.	
4	Syncopation	Accenting beats that are usually weak or off-beats.	
5	Key signature	A group of sharps or flats at the beginning of a piece indicating its key.	
6	Motif	A short musical idea that recurs throughout a piece.	
7	Amplifier	A device that increases the volume of an electric instrument.	
8	Bass	The low-pitched sounds or instruments in music.	
9	Drone	A continuous, sustained note.	
10	Tempo	The speed of the music.	
Week 9 3/11/25	Piece of Knowledge	Definition	Music
1	Acoustic	Music produced without electronic amplification.	
2	Phrase	A musical sentence or idea.	
3	Improvisation	Creating music spontaneously.	
4	Adagio	A slow tempo.	
5	Chords	Groups of notes played together to create harmony.	
6	Sequence	A repeated pattern of notes, often moving higher or lower each time.	
7	Loop	A repeated section of sound or music.	
8	Decrescendo	Gradually getting quieter.	
9	Perfect 5th	An interval eight (including the root) semitones above the starting note, sounding very stable and strong.	
10	Expression	How emotions and feelings are conveyed in music.	
Week 10 10/11/25	Piece of Knowledge	Definition	Music
1	Overdubbing	Recording new parts over an existing track.	
2	Beat	The steady pulse in music.	
3	Playback	Playing recorded music back through speakers or headphones.	
4	Layers	Different sounds or tracks played together in a recording or performance.	
5	Editing	Changing recorded music by cutting, moving, or adjusting sections.	
6	Notation	Written music symbols that show how to play or sing a piece.	
7	Producer	Person responsible for overseeing the recording and production of music.	
8	Performance skills	Techniques and abilities needed to perform music live or recorded.	
9	Intro	The opening section of a song.	
10	Feedback	A high-pitched noise caused when a microphone picks up sound from a speaker.	

Week 11 17/11/25	Piece of Knowledge	Definition	Music
1	Mixdown	The process of combining multiple audio tracks into one stereo file.	
2	Live sound	The technical setup and control of audio during a live performance.	
3	Foley	Sound effects created or recorded to match on-screen action or drama.	
4	Soundscape	A combination of sounds that create a sense of atmosphere or environment.	
5	Delay	An effect where a sound is repeated after a short time.	
6	Backing vocals	Supporting vocal lines that accompany the lead singer.	
7	Monophonic	A texture with a single melodic line and no harmony.	
8	Duet	A performance by two musicians or vocalists.	
9	Multi-tracking	Recording multiple separate tracks to layer together.	
10	Loop pedal	A device used to instantly record and repeat live sounds.	
Week 12 24/11/25	Piece of Knowledge	Definition	Music
1	Instrumental	Music without any vocal parts.	
2	Acoustic treatment	Materials used to control sound reflections and improve audio quality in a room.	
3	Pan pot	A control that places a sound within the stereo field (left to right).	
4	Close mic	A microphone placed very near the sound source to reduce background noise.	
5	Far mic	A microphone placed at a distance to capture ambience and natural reverb.	
6	Line-in	A connection used to input an instrument or sound source directly into a mixer or interface.	
7	XLR cable	A balanced cable commonly used for microphones.	
8	DI box	A device that converts an instrument's signal for better recording or amplification.	
9	Gain	The input level of a sound before it is processed.	
10	Monitoring	Listening to audio through headphones or speakers during recording or mixing.	
Week 13 1/12/25	Piece of Knowledge	Definition	Music
1	Clipping	Distortion that occurs when audio levels are too high.	
2	Compressor	A tool used to control the dynamic range of a sound	
3	Limiter	Prevents audio from exceeding a certain level, protecting against distortion.	
4	Refrain	A repeated line or section, often found in the chorus.	
5	Call and response	A musical conversation where one phrase is answered by another.	
6	A cappella	Vocal music without instrumental accompaniment.	
7	Ternary form	A musical structure with three sections: A–B–A.	
8	Binary form	A piece structured in two sections: A–B.	
9	Improvised solo	A solo that is created on the spot without written notation.	
10	Dynamics automation	Programming volume changes in a digital audio workstation.	

Week 14 8/12/25	Piece of Knowledge	Definition	Music
1	Audio interface	Hardware that connects instruments and microphones to a computer.	
2	Quantisation	Correcting the timing of notes to fit a set grid or tempo.	
3	MIDI	Musical Instrument Digital Interface – data that controls instruments electronically.	
4	MIDI controller	A device that sends MIDI data, such as a keyboard or pad controller.	
5	Soundcheck	A rehearsal to balance sound levels before a live performance.	
6	Click track	A metronome used by performers or engineers during recording.	
7	Cue	A signal or prompt to start playing or performing.	
8	Take	A single recorded attempt of a musical performance.	
9	Patch	A preset sound on a synthesiser or effects unit.	
10	Synth pad	A soft, sustained synthesiser sound used to add atmosphere.	
Week 15 15/12/25	Piece of Knowledge	Definition	Music
1	Plosive	A sudden burst of air (like 'p' or 'b') that can distort microphone recordings.	
2	Pop shield	A screen placed in front of a microphone to reduce plosives.	
3	Sound wave	A vibration that travels through air, creating sound.	
4	Frequency	The number of vibrations per second of a sound wave, perceived as pitch.	
5	Hertz (Hz)	The unit of frequency, measuring how many times a sound vibrates per second.	
6	Envelope	Describes how a sound evolves over time: attack, decay, sustain, and release.	
7	Timbre wheel	Used on synthesisers to manipulate tone or effects live.	
8	Lead line	The main melodic part in a song or instrumental.	
9	Mastering	The final step of audio production to polish and prepare a track for release.	
10	Backbeat	A strong emphasis on beats 2 and 4 in common time, often found in pop and rock.	

Week 2 8/9/25	Piece of Knowledge	Definition	Religious Studies
1	War	Fighting between nations to resolve issues between them	
2	Peace	An absence of conflict, which leads to happiness and harmony	
3	Justice	Bringing about what is right and fair, according to the law or making up for a wrong that has been committed	
4	Forgiveness	Showing grace and mercy and pardoning someone who has done wrong	
5	Reconciliation	A sacrament in the Catholic church; when individuals or groups restore friendly relations after conflict	
6	CAFOD	Catholic Agency for Overseas Development. Provides emergency and long-term aid to the developing world.	
7	Christ	Literally means 'Anointed one' in Greek. The Hebrew equivalent is Messiah. The leader promised God to the Jews.	
8	Christian Aid	A Christian charity that provides emergency and long-term aid to the developing world.	
9	Church	The people of God/ Body of Christ, among whom Christ is believed to be present and active. Members of a particular Christian denomination/tradition, eg Roman Catholic, Methodist. A building in which Christians worship.	
10	Incarnation	Literally 'in flesh' or 'enfleshed'; belief that God took on human form in the person of Jesus.	
Week 3 15/9/25	Piece of Knowledge	Definition	Religious Studies
1	Protest	An expression of disapproval	
2	Violence	Using actions that threaten or harm others	
3	Terrorism	The unlawful use of violence, usually against innocent civilians, to achieve a political goal	
4	Greed	Selfish desire for something	
5	Self-defence	Acting to prevent harm to yourself or others	
6	Creation	Bringing the world into existence' the belief that the world is God's loving creation.	
7	Crucifixion	The death of Jesus; a form of the death penalty used by Romans.	
8	Easter	Festival/celebration of the resurrection of Jesus; the Easter season end with Pentecost (50 days after Easter Sunday) which remembers the coming of the Holy Spirit to earth following the ascension.	
9	Eucharist/ Holy Communion	Thanksgiving; a sacrament in which the death and resurrection of Jesus are celebrated, using bread and wine.	
10	Evangelism	Preaching the gospel (the good news about God) to convert people to the Christian faith.	
Week 4 22/9/25	Piece of Knowledge	Definition	Religious Studies
1	Retaliation	Deliberately harming someone as a response to them harming you	
2	Nuclear weapons	Weapons that work by nuclear reaction, they devastate huge areas and kill large numbers of people	
3	Weapons of mass destruction	Weapons that kill large numbers and cause great damage	
4	Chemical weapons	Weapons that use chemicals to poison, burn or paralyse humans	
5	Biological weapons	Weapons that have living organism or infective material that can lead to disease or death	
6	Heaven	Referred to as Paradise; Allah's reward after death to those who have been faithful to him and who have repented of their sins.	
7	Hell	It is a place of great suffering after death for those who have rejected the Qur'an's teaching	
8	The Father	The first person of the Trinity, the belief in God as creator and sustainer of the universe.	
9	Grace	The unconditional and generous love that God shows to people who do not deserve it.	
10	Holy Spirit	The third person of the Trinity; believed to be present with believers since Pentecost and active on earth.	

Week 5 29/9/25	Piece of Knowledge	Definition	Religious Studies
1	Just War theory	A theory developed by Thomas Aquinas about when war is acceptable	
2	Thomas Aquinas	The person who developed the just war theory	
3	Holy War	Fighting for a religious cause or God, probably controlled by a religious leader	
4	Pacifism	The belief of people who refuse to take part in war or any other violence	
5	Peacemaker	A person who works to establish peace in the world	
6	Judgement	Belief that God will decide whether each person should receive eternal life or eternal punishment based on their earthly life.	
7	Just	Fair or equal treatment, a state of justice. Belief about the nature of God as treating people justly.	
8	Liturgical worship	A church service which follows a set structure or ritual.	
9	Lord's Prayer	The prayer taught to the disciples by Jesus; also known as the 'Our Father' and widely said by Christians in both church services and privately.	
10	Non-liturgical worship/informal worship	A service which does not follow a set text or ritual; sometimes spontaneous or charismatic.	
Week 6 6/10/25	Piece of Knowledge	Definition	Religious Studies
1	Lesser Jihad	In Islam the lesser struggle to defend one's faith, family and country from threat	
2	The crusades	a series of holy wars between Muslims and Christians in the 11th to 13th centuries	
3	The Holy Land	An area of land sacred to Christians, Jews and Muslims (now Israel, Palestine, Jordan)	
4	Jerusalem	A city in the Holy Land	
5	The Anglican Pacifist Fellowship	A Christian pacifist group	
6	The Oneness of God	The belief that God is one singular divine being (who can be manifest in the Three Persons of the Trinity)	
7	Orthodox	A denomination/ tradition of the Church popular in some parts of Eastern Europe. There are two main Orthodox Churches- Greek and Russian	
8	Pilgrimage	A religious journey to a holy site/sacred place, it is an act of worship and devotion.	
9	Prayer	Communicating with God through words of praise, thanksgiving or confession, or requests for his help or guidance; listening to and speaking to God.	
10	Protestant	Christian denominations in which authority is generally based on the Bible, rather than Church tradition/ teaching (eg Anglican, Methodist, Baptist).	
Week 7 13/10/25	Piece of Knowledge	Definition	Religious Studies
1	The Muslim Peace Fellowship	A group of Muslims who are dedicated to the practice of Islamic nonviolence.	
2	Christian Aid	A Christian charity that helps the victims of war	
3	Islamic Aid	A Muslim charity that helps the victims of war	
4	Allah	The Arabic name for God	
5	Greater Jihad	The personal inward struggle of all Muslims to live in line with the teachings of their faith	
6	The Oneness of God	The belief that God is one singular divine being (who can be manifest in the Three Persons of the Trinity)	
7	Orthodox	A denomination/ tradition of the Church popular in some parts of Eastern Europe. There are two main Orthodox Churches- Greek and Russian	
8	Pilgrimage	A religious journey to a holy site/sacred place, it is an act of worship and devotion.	

9	Prayer	Communicating with God through words of praise, thanksgiving or confession, or requests for his help or guidance; listening to and speaking to God.
10	Protestant	Christian denominations in which authority is generally based on the Bible, rather than Church tradition/teaching (eg Anglican, Methodist, Baptist).
Week 8 20/10/25	Piece of Knowledge	Definition Religious Studies
1	Human sexuality	How people express themselves as sexual beings
2	Heterosexual	To be sexually attracted to members of the other sex
3	Homosexual	To be sexually attracted to members of the opposite
4	Age of consent	The age you are legally old enough to agree to have sex
5	Adultery	Voluntary sexual intercourse between a married person and someone who is not their spouse
6	Resurrection	Being raised from the dead; the event three days after the crucifixion when it is believed that God raised Jesus from the dead. The form that many Christians believe the afterlife will take, referring to either physical or spiritual bodies.
7	Sacrament	The outward and visible sign of an invisible and spiritual grace. (eg Baptism and the Eucharist)
8	Salvation	Being saved; belief that through God's grace, Jesus' death and resurrection brought about salvation for humanity. Saving of the soul and being able to enter eternal life in heaven.
9	Set prayers	Prayers written throughout the centuries which many Christians use (eg The Lord's Prayer).
10	The Son	The second person of the Trinity; Jesus believed to be God incarnate.
Week 9 3/11/25	Piece of Knowledge	Definition Religious Studies
1	Contraception	The methods used to prevent pregnancy
2	Family planning	Controlling how many children couples have and when they have them
3	Marriage	The legally union of two people as partners (historically and in some places specifically a union between a man and a woman)
4	Civil partnership	A legally recognized union with rights similar to those of marriage, created originally for same-sex couples
5	Cohabitation	A couple living together and having a sexual relationship without being married
6	Omnipotence	All-powerful; belief about the nature of God and one of the 99 Beautiful Names of Allah.
7	Justice	Part of the nature of God, in Shi'a Islam this is known as Adalat; the belief that God is fair.
8	Immanence	The belief that God is close to humanity and involved in the world.
9	Mercy	Belief about the nature of God and one of Allah's 99 Beautiful Names; God's willingness to forgive the sins of those who repent.
10	Beneficence	Literally 'doing good'. One of the 99 Beautiful Names of Allah and belief about his nature, the generosity that Allah shows to humans.
Week 10 10/11/25	Piece of Knowledge	Definition Religious Studies
1	Divorce	The legal ending of a marriage
2	Remarriage	When someone marries again
3	Annulment	A Catholic church ruling that a marriage was never valid
4	Family	A group of people who are related by blood, marriage or adoption
5	Nuclear family	A couple and their children
6	Son of God	A title used for Jesus; the second Person of the Trinity. Shows the special relationship between Jesus and God.

7	Tearfund	A Christian charity that provides emergency and long-term aid to the developing world.
8	Trinity	The belief that God as One includes God also being manifest in three persons: The Father, Son and Holy Spirit
9	Word	In the Bible John describes God creating the world through his eternal Word. This links the eternal Word to Jesus in the statement: 'The word was made flesh and dwelt upon us'.
10	Worship	Showing adoration and reverence; offering praise to God.
Week 11 17/11/25	Piece of Knowledge	Definition Religious Studies
1	Stepfamily	A family that is formed after a remarriage
2	Extended family	A family that goes beyond parents and children
3	Polygamy	The practice of having more than one wife at the same time
4	Bigamy	The offence of marrying someone whilst already married to another person
5	Procreation	Bringing babies into the world; producing offspring
6	Ascension	Going or being taken up; the event forty days after the resurrection when Jesus returned to glory in heaven.
7	Atonement	Making amends or payment for wrong. Reconciliation brought about between God and humanity by the death of Jesus as a sacrifice
8	Baptism	The sacrament through which people become members of the Church. Washing away with water the sin.
9	Believers Baptism	Initiation into the Church. The immersion in water, of people old enough to understand the ceremony/rite and who have made the decision to lead a Christian Life.
10	Bible	Source of wisdom and authority; a holy book containing both the Old and New Testaments.
Week 12 24/11/25	Piece of Knowledge	Definition Religious Studies
1	Stability	Safety and security
2	Gender equality	Giving people the same rights and opportunities regardless of gender
3	Gender prejudice	Unfairly judging someone and making assumptions about someone based on their gender
4	Sexual stereotyping	Having a fixed idea about how men and women should behave
5	Gender discrimination	Acting against someone on the basis of their gender
6	Natural resources	Resources which are found in nature – fossil fuels (eg coal, oil, natural gas), plants etc.
7	Pollution	Contamination of an environment with harmful substances.
8	Quality of life	The standard of health, comfort and happiness/fulfilment experienced by a person or group.
9	Responsibility	Having a duty or obligation to act in a certain way.
10	Sanctity of life	Belief that life is sacred/special because it was created by God, or because we are each unique individuals.
Week 13 1/12/25	Piece of Knowledge	Definition Religious Studies
1	Commitment	A sense of dedication and obligation to do something.
2	Celibacy	The state of abstaining from marriage and sexual relations
3	Single parent family	One parent raising one or more child alone
4	To consent	To give permission for something to happen
5	To convert	To change religion
6	Procreation	Bringing babies into the world; producing offspring
7	Environment	The world around us; this can be made up of natural or artificial surroundings.

8	Euthanasia	Assisting with the ending of life for a person who is terminally ill or has degenerative illness; often known as assisted suicide.
9	Evolution	Scientific theory of the development of species which involves a process of natural selection and survival of the fittest.
10	Big Bang Theory	Scientific theory about the origins of the universe; belief that the universe began almost 14 billion years ago with a reaction of particles from a singularity followed by a process of inflation and expansion
	Dominion	Belief that humans have been given control/charge of the world.
Week 14 8/12/25	Piece of Knowledge	Definition Religious Studies
1	War	Fighting between nations to resolve issues between them
2	Peace	An absence of conflict, which leads to happiness and harmony
3	Justice	Bringing about what is right and fair, according to the law or making up for a wrong that has been committed
4	Forgiveness	Showing grace and mercy and pardoning someone who has done wrong
5	Reconciliation	A sacrament in the Catholic church; when individuals or groups restore friendly relations after conflict
6	Protest	An expression of disapproval
7	Violence	Using actions that threaten or harm others
8	Terrorism	The unlawful use of violence, usually against innocent civilians, to achieve a political goal
9	Greed	Selfish desire for something
10	Self-defence	Acting to prevent harm to yourself or others
Week 15 15/12/25	Piece of Knowledge	Definition Religious Studies
1	Retaliation	Deliberately harming someone as a response to them harming you
2	Nuclear weapons	Weapons that work by nuclear reaction, they devastate huge areas and kill large numbers of people
3	Weapons of mass destruction	Weapons that kill large numbers and cause great damage
4	Chemical weapons	Weapons that use chemicals to poison, burn or paralyse humans
5	Biological weapons	Weapons that have living organism or infective material that can lead to disease or death
6	Lesser Jihad	In Islam the lesser struggle to defend one's faith, family and country from threat
7	The crusades	a series of holy wars between Muslims and Christians in the 11th to 13th centuries
8	The Holy Land	An area of land sacred to Christians, Jews and Muslims (now Israel, Palestine, Jordan)
9	Jerusalem	A city in the Holy Land
10	The Anglican Pacifist Fellowship	A Christian pacifist group

Week 2 8/9/25	Piece of Knowledge	Definition	Sport
1	Aerobic Endurance	Events/sports lasting more 30 minutes	
2	Muscular Endurance	Events/sports lasting more 30 minutes	
3	Muscular Strength	Activities requiring force, e.g. throwing events	
4	Speed	Activities requiring fast movement, e.g. sprinting	
5	Flexibility	Activities requiring a wide range of movement around a joint, e.g. gymnastics, martial arts	
6	Body Composition	Low body fat, e.g. gymnastics, high muscle mass, e.g. sprinters	
7	Power	Activities requiring explosive movement e.g. gymnastics, basketball	
8	Agility	Activities requiring quick changes of direction, e.g. dodging the opposition in a team game, freestyle skiing	
9	Reaction Time	Any activity where a quick decision or response to a stimulus is needed	
10	Balance	An activity requiring the control of the distribution of weight or to remain upright and steady	
Week 3 15/9/25	Piece of Knowledge	Definition	Sport
1	Coordination	Any activity requiring the movement of two or more body parts and can include the use of sporting equipment.	
2	Frequency	The number of training sessions completed over a period of time, usually per week	
3	Intensity	How hard an individual will train	
4	Time	How long an individual will train for	
5	Type	How an individual will train by selecting a training method to improve a specific component of fitness.	
6	Progressive Overload	In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance	
7	Specificity	Training should meet the needs of the sport, or physical/skill-related fitness goals to be developed	
8	Individual Differences	Training should meet the needs of an individual	
9	Adaptation	Changes to the body due to increased training loads	
10	Reversibility	If training stops, or the intensity of training is lowered, fitness gains from training are lost	
Week 4 22/9/25	Piece of Knowledge	Definition	Sport
1	Variation	Altering types of training to avoid boredom and maintain motivation to train	
2	Rest And Recovery	To allow the body to recover and adapt.	
3	Continuous Training	Steady pace and moderate intensity for a minimum period of 30 minutes	
4	Fartlek Training	The intensity of training is varied by running at different speeds and/or over different terrain	
5	Interval Training	Work period followed by a rest or recovery period	
6	Circuit Training	Use of a number of stations/exercises completed in succession with minimal rest periods in between to develop aerobic endurance.	
7	Static Active Flexibility	The performer applies internal force to stretch and lengthen the muscle	
8	Static Passive Flexibility	Requires the help of another person or an object, e.g. a wall to apply external force causing the muscle to stretch	
9	Proprioceptive Neuromuscular Facilitation (Pnf) Technique	The technique involves the use of a partner or immovable object, isometric muscle contractions to inhibit the stretch reflex.	
10	Circuit Training	Using body resistance exercises or weights with low loads and high repetitions	

Week 5 29/9/25	Piece of Knowledge	Definition	Sport
1	Acceleration Sprints	Pace is gradually increased from a standing or rolling start to jogging, then to striding, and then to a maximal sprint	
2	Interval Training	Work period followed by a rest or recovery period.	
3	Resistance Drills	Hill runs, parachutes, sleds, bungee ropes, resistance bands.	
4	Speed Agility And Quickness Training (Saq)	Drills used to develop physical ability and motor skills.	
5	Plyometrics	Lunging, bounding, incline press-ups, barrier hopping and jumping.	
6	Balance Training	Use of specific training exercises that require balancing on a reduced size base of support.	
7	Coordination Drills	Use of specific training exercises using two or more body parts together.	
8	Reaction Time Training	Use of specific training exercises to practise quick responses to an external stimulus.	
9	Aims	Details of what they would like to achieve for the selected sport.	
10	Objectives	How they intend to meet their aims using an appropriate component of fitness and method of training.	
Week 6 6/10/25	Piece of Knowledge	Definition	Sport
1	Motivation	The internal mechanisms and external stimuli that arouse and direct behaviour.	
2	Short- Term Goals	Set over a short period of time, between one day and one month	
3	Long-Term Goals	What they want to achieve in the long term, and the best way of doing this	
4	Public Sector	To include local authorities and school provision	
5	Private Sector	Provided by organisations who aim to make a profit	
6	Voluntary Sectors	Activities provided by volunteers who have a common interest in the sport /activity.	
7	Normative Data	Data from a population that gives a range of measurements in an area that can be used for a comparison	
8	Power	Activities requiring explosive movement e.g. gymnastics, basketball	
9	Agility	Activities requiring quick changes of direction, e.g. dodging the opposition in a team game, freestyle skiing	
10	Reaction Time	Any activity where a quick decision or response to a stimulus is needed	
Week 7 13/10/25	Piece of Knowledge	Definition	Sport
1	Aerobic Endurance	Events/sports lasting more 30 minutes	
2	Muscular Endurance	Events/sports lasting more 30 minutes	
3	Muscular Strength	Activities requiring force, e.g. throwing events	
4	Speed	Activities requiring fast movement, e.g. sprinting	
5	Flexibility	Activities requiring a wide range of movement around a joint, e.g. gymnastics, martial arts	
6	Coordination	Any activity requiring the movement of two or more body parts and can include the use of sporting equipment.	
7	Frequency	The number of training sessions completed over a period of time, usually per week	
8	Intensity	How hard an individual will train	
9	Time	How long an individual will train for	
10	Type	How an individual will train by selecting a training method to improve a specific component of fitness.	

Week 8 20/10/25	Piece of Knowledge	Definition	Sport
1	Variation	Altering types of training to avoid boredom and maintain motivation to train	
2	Rest And Recovery	To allow the body to recover and adapt.	
3	Continuous Training	Steady pace and moderate intensity for a minimum period of 30 minutes	
4	Fartlek Training	The intensity of training is varied by running at different speeds and/or over different terrain	
5	Interval Training	Work period followed by a rest or recovery period	
6	Progressive Overload	In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance	
7	Specificity	Training should meet the needs of the sport, or physical/skill-related fitness goals to be developed	
8	Individual Differences	Training should meet the needs of an individual	
9	Adaptation	Changes to the body due to increased training loads	
10	Reversibility	If training stops, or the intensity of training is lowered, fitness gains from training are lost	
Week 9 3/11/25	Piece of Knowledge	Definition	Sport
1	Motivation	The internal mechanisms and external stimuli that arouse and direct behaviour.	
2	Short- Term Goals	Set over a short period of time, between one day and one month	
3	Long-Term Goals	What they want to achieve in the long term, and the best way of doing this	
4	Public Sector	To include local authorities and school provision	
5	Private Sector	Provided by organisations who aim to make a profit	
6	Voluntary Sectors	Activities provided by volunteers who have a common interest in the sport /activity.	
7	Coordination Drills	Use of specific training exercises using two or more body parts together.	
8	Reaction Time Training	Use of specific training exercises to practise quick responses to an external stimulus.	
9	Aims	Details of what they would like to achieve for the selected sport.	
10	Objectives	How they intend to meet their aims using an appropriate component of fitness and method of training.	
Week 10 10/11/25	Piece of Knowledge	Definition	Sport
1	SMARTER	A way of setting short and long term goal with a specific focus	
2	Specific	The goal needs to be clear and relate to the task at hand	
3	Measurable	Progress needs to be able to be measured based on previous performance or standards	
4	Achievable	The goal must be achievable in the time frame that is given to reduce the possibility of demotivation	
5	Realistic	The goal must be reachable in the timeframe or based off the participants current ability	
6	Time-related	There needs to be a time-frame as to when the goal needs to be met	
7	Exciting	The goal set needs to excite the participant to ensure they want to move forward to complete and achieve the goal	
8	Recorded	Results and progress need to be recorded to monitor progress and see how far the participant has come	
9	Intrinsic Motivation	A type of motivation that come from within the participant, they strive for personal satisfaction	
10	Extrinsic motivation	A type of motivation that comes from other people or is increased due to the possibility of rewards	

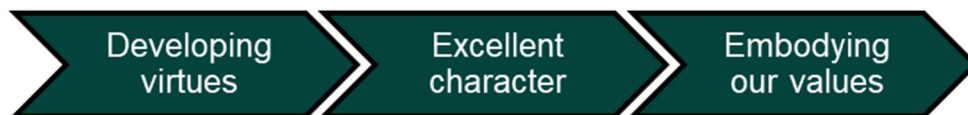
Week 11 17/11/25	Piece of Knowledge	Definition	Sport
1	Warm-up	Completed at the beginning of a physical activity session to prepare the body for exercise and reduce the risk of injury	
2	Pulse Raiser	Activities that gradually increase in intensity to increase the heart rate	
3	Mobiliser	Activities that take the joints through their range of movement starting with small movements and making these bigger as the warm-up progresses	
4	Static Stretches	Activities that are performed to increase the length of muscles whilst stood stationary	
5	Dynamic Stretches	Activities that are performed to increase the length of muscles whilst moving	
6	Cool-down	Completed at the end of a physical activity session to gradually decrease heart and breathing rate	
7	Aims	Details of what they would like to achieve for the selected sport.	
8	Objectives	How they intend to meet their aims using an appropriate component of fitness and method of training.	
9	Short- Term Goals	Set over a short period of time, between one day and one month	
10	Long-Term Goals	What they want to achieve in the long term, and the best way of doing this	
Week 12 24/11/25	Piece of Knowledge	Definition	Sport
1	Multi-stage fitness test	A test for aerobic endurance where participants must run continuously to the sound of a beep	
2	Yo-Yo test	Running between 20 metre markers with a 5 metre recovery run	
3	Harvard Step Test	Stepping up and down for 5 minutes with a recorded heart rate taken at 1, 2 and 3 minutes	
4	12 minute cooper run/ swim	A continuous test where participants must run or swim for 12 minutes	
5	One minute press-up test	Testing muscular endurance, participants must get as many repetitions of press-ups as possible within the time	
6	One minute sit-up test	Testing muscular endurance, participants must get as many repetitions of sit-ups as possible within the time	
7	Timed plank test	Holding a plank position for as long as possible, as a test for muscular endurance	
8	Sit and reach test	Testing flexibility, a participant must reach forward to get the furthest distance along the box	
9	Calf muscle flexibility test	A test to identify how flexible a participants calves are	
10	Shoulder flexibility test	A participant must reach over each shoulder one at a time to grasp their opposite hand to identify their shoulder flexibility	
Week 13 1/12/25	Piece of Knowledge	Definition	Sport
1	30 metre sprint test	A test for speed, where participants must run 30m as quickly as possible	
2	30 metre flying sprint test	A test for speed, where participants have 30 metres to accelerate up to their top speed before their 30 metre time is recorded	
3	Hand grip dynamometer	Testing muscular strength in the hand, participants must pull on the lever as hard as possible with one hand	
4	1 Rep max	A participant must lift the highest amount of weight they can lift in one repetition	
5	Body mass index	Weight divided by height in metres squared to test body composition	
6	Bioelectrical Impedance Analysis	A measure of body composition by sending low electrical current through the body	
7	Waist to hip ratio	Waist divided by hip to calculate body composition	
8	Illinois agility run test	A test for agility that begins with the participant lead on their front and they must weave in and out of cones	
9	T-Test	Testing agility, by running in a T-shape touching cones as they run	
10	Stork stand test	A test for balance where the participant puts the bottom of their foot to the inside of their opposite leg	

Week 14 8/12/25	Piece of Knowledge	Definition	Sport
1	Y Balance Test	A test for balance where participants stand in a wide Y shape	
2	Alternate Hand Wall Toss Test	Testing coordination where participants throw a ball to a wall and catch it with the opposite hand	
3	Stick flip coordination test	A participant must flip a stick in a half and full circle to test their coordination	
4	Vertical Jump Test	Jumping as far up vertical as possible in one movement to test power	
5	Standing Long Jump Test	Jumping as far forward as possible in one movement to test power	
6	Margaria-Kalamen Power Test	Sprinting up stairs 6m apart stepping onto the 3rd, 6th and 9th step as quickly as possible to test power	
7	30cm Ruler Drop Test	A test to measure reaction time where a 30cm ruler is dropped and the distance it is caught at is measured	
8	Online reaction time test	Testing reaction time using an online timer	
9	Validity	About how accurately a test measures what it is supposed to measure	
10	Reliability	Relating to fitness testing, if the test was done again would the results be the same	
Week 15 15/12/25	Piece of Knowledge	Definition	Sport
1	Practicality	Is a fitness test accessible to the participant relating to cost, time, equipment	
2	Warm-up	Completed at the beginning of a physical activity session to prepare the body for exercise and reduce the risk of injury	
3	Pulse Raiser	Activities that gradually increase in intensity to increase the heart rate	
4	Mobiliser	Activities that take the joints through their range of movement starting with small movements and making these bigger as the warm-up progresses	
5	Static Stretches	Activities that are performed to increase the length of muscles whilst stood stationary	
6	Dynamic Stretches	Activities that are performed to increase the length of muscles whilst moving	
7	Cool-down	Completed at the end of a physical activity session to gradually decrease heart and breathing rate	
8	Public Sector	To include local authorities and school provision	
9	Private Sector	Provided by organisations who aim to make a profit	
10	Voluntary Sectors	Activities provided by volunteers who have a common interest in the sport /activity.	

Character Education Log:

At Blaise High School we recognise that qualifications and results will open doors for you to access the very best universities in the country or careers of your choosing. However, we also understand that in order for you to make the most of these opportunities you must develop the strength of character required to take on the obstacles that will face you on your climb up your mountain to the very best universities in the country or careers of your choosing. At Blaise High School you will access a comprehensive, explicitly taught character education programme, a high quality enrichment programme, a rich careers and raising aspirations programme and a consistent focus on rewarding good character. At Blaise we care deeply about your character and work hard to develop your character so that you flourish and fulfil your potential. You will use these pages in your Knowledge Organiser to log evidence of completion of each task.

Values and Virtues:



Our school VALUES of **aspiration, integrity and pride** are embedded into everything we do here at Blaise High School. By the time you leave Blaise High School in year 11 we want you to embody these values and be able to articulate why they are so important. In order for you to be able to demonstrate these values, through your school career you will be taught about the VIRTUES someone must DEMONSTRATE to reach those end goals.

How to earn and record your badges:

- For each badge challenge you complete you will need to have them signed off by the member of staff you have completed this with / shown.
- Remember for some of your badges you will need to provide evidence. These are marked with *.
- Your Head of Year will then present you with your Bronze badge on completion in assembly.
- Silver and Gold badges will be awarded at the 'Evening of Character' presentation event.
- You must track your progress in the allocated badge sections on these pages, you will then transfer this information to your Character booklet each half term.
- You will need to achieve each badge before being awarded the next, for example; you cannot achieve gold if you have not completed the bronze or silver in that badge category.

Aspiration - Integrity - Pride

Aspiration

Have a strong desire to achieve something great
“100% first time, every time”

<i>Curiosity</i>	You have a strong desire to know or learn something.
<i>Courage</i>	You try things that you are unsure of.
<i>Teamwork</i>	You work with others towards a common goal.

Integrity

We do what is right, because it is right, especially when it is hard.
“Do the right thing, even when no-one is watching”

<i>Reflection</i>	You recognise strengths, weaknesses, achievements and how to improve.
<i>Honesty</i>	You always tell the truth to reach the best outcome.
<i>Resilience</i>	You successfully adapt to challenging experiences.

Pride

Take pride in yourself, your school, your community and everything you do.
“When one succeeds, we all succeed”

<i>Humility</i>	You are selfless not selfish in your actions so that everyone belongs.
<i>Service</i>	You actively seek to improve your community by helping others.
<i>Confidence</i>	You are sure of yourself and your abilities due to a feeling of belonging.



Attendance Tokens

Unit 1

Stamps carried forward from Unit 3: _____

Signed by tutor: _____

Print name _____

<u>Prize</u>	<u>Tokens Needed</u>
Pen	1
Erasers	2
Pencil	2
6 x Mini Colouring Pencil Tube	3
Flexible Ruler	3
Drawstring Bag	4
Pencil & Crayon Set	4
Tote Bag	4
Sports Bottle	4
Flower Highlighter Set	5
Post it holder	5
Notebook	5
Vending Cup	6
Straw Sports Bottle	8
Teddy Bear Keyring	9
Foldable Umbrella	10
Lunchbox	11
Waffle Bear with Sash	12
Chess Set	12
Blaise Cushion	13
Full Art Set	14
Whiteboard Pen	3
Frisbee	5
Jenga	10
Piggy Bank	6
Leather bookmark	5
Card bookmark	4
Wallet	8
Colouring book	5
Playing cards	5
Football	9
Caps	7



Attendance Tokens

Unit 1

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20