



2023-2024

Year 11 Cycle 1

100% Book

Name:

Tutor group:

Your 100% book and knowledge organisers

2

Knowledge organisers contain **critical** knowledge you must know. This will help you recap, revisit and revise what you have learnt in lessons in order to remember this knowledge for the long-term.

Students remember 50% more when they test themselves after learning.

You must have this 100% book for every lesson – it is part of your equipment.

You must keep your 100% books (even after you have finished the cycle or the year).

How do I use my 100% book for self-quizzing?



1) Write today's date and the title from the knowledge organiser and underline with a ruler



2) Write out the keywords leaving two lines between each word



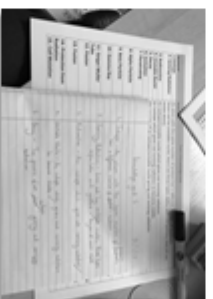
3) Cover the definitions apart from the first: read it, cover it, say it in your head, check it



4) If you got it right, move on and quiz yourself on the rest in your head, one by one



5) Cover up all the definitions and write them out from memory



6) Check your answers using green pen

- Tick any definitions which are correct
- Correct any definitions not completely correct



Correcting spelling, punctuation and grammar

Your work will be marked across all subjects to help you improve your literacy. This is the code that will be used.

Correcting your spelling, punctuation and grammar	
Sp + underlined word	The underlined word is spelt incorrectly. Look, cover, write then check. Do this at least three times so you spell it correctly.
A circle around part of a word or a space	Your punctuation is incorrect, or something is missing (including capital letters).
? + wobbly line	You haven't explained your ideas clearly enough.
/	You need to start a new sentence here. Remember: full stop, capital letter.
//	You need to start a new paragraph here. Remember: new paragraphs for time, place, topic, person (TiPToP).
^	A word is missing where the arrow is pointing.

Year 11 – Cycle 1 – Art & Design

1	Value	How light or dark something is
2	Reductive drawing	Technique where darkness is removed to show the light parts of an image
3	Acknowledge	To give credit for something, such as a selected source or the work of others
4	Analyse	To examine in depth to explain or interpret something
5	Refine	To improve elements of your work
6	Explore	To investigate with an open mind about what might be found and developed
7	Record	To document ideas in visual and written form
8	Create	To make something new
9	Realise	To achieve your intentions
10	Dry-point etching	Printmaking process in which a design is drawn on a plate with a sharp instrument
11	Intaglio	Printmaking processes such as etching, engraving and dry-point, where the ink is contained within the lines and shapes before printing
12	Tonal drawing	Drawing with no lines, only shading
13	Retro	A contemporary object or style containing elements of, but not replicating, an object or style from a previous era
14	Oil paint	Slow drying paint that forms a hard coloured surface when dry
15	Impasto	The process e of laying on paint thickly so that it stands out from a surface
16	Minimalism	A style that uses deliberately simple design elements
17	Media	Materials used to create art
18	Mixed media	Art composed from a combination of different media or materials

Year 11 – Cycle 1 – Business GCSE – Section 5: Marketing

1	Market share	% of total sales in a market. Sales of product ÷ sales of market × 100
2	Market growth	% change in market size. Change in size ÷ original size × 100
3	Qualitative data	Data based on opinions and attitudes
4	Quantitative data	Numerical data
5	Primary research	Data gathered by the business itself
6	Secondary research	Data gathered previously by other organisations
7	Marketing mix	The four Ps. The factors which influence customers' buying decisions
8	Price	Setting prices based on different methods of pricing
9	Product	Design, features and functions of the product itself
10	Promotion	Communicating with customers to raise awareness of the product
11	Place	Where products are sold and how products are delivered
12	Internal factors	Factors within the business that influence the marketing mix
13	External factors	Factors outside the business that influence the marketing mix
14	Promotional mix	The combination of promotional methods used by a business to communicate with customers
15	Product life cycle	The change in sales of a product over time
16	Extension strategies	Methods of maintaining the sales of a product to prevent it from decline
17	Boston matrix	A tool used to categorise the products of a business by market share and market growth
18	Distribution channels	The journey of a product from producer to consumer

Year 11 – Cycle 2 – English Literature – *An Inspector Calls*

A: Writer's craft			B: Context		
1	Playwright (n)	A person who writes plays	1	Socialism (n)	A social system that cares about community and works to support all social classes
2	Stage directions (n)	Instructions for actors/director indicating actions, movement, tone, sound or lighting	2	Capitalism (n)	A social system driven by profit, where people are only concerned about themselves
3	Dramatic irony (n)	The audience knows something the characters do not	3	Patriarchy (n)	A system of society in which men hold the power
4	Cliff-hanger (n)	A dramatic, exciting ending to leave the audience in suspense	4	Hierarchy (n)	A structure in which people or things are ranked according to levels of importance
5	Foreshadowing (n)	A warning or clue about a future event	5	Reputation (n)	The way you are viewed by others
6	Tension (n)	A feeling of fear, anxiety or worry	6	Hypocrisy (n)	To pretend to have beliefs that you do not actually have
7	Pattern of language (n)	A group of words that link to build up a similar idea or mood	7	Disempower(ed) (v)	To deprive someone of their power
8	Didactic (n)	When something intends to teach a lesson	8	Prejudiced (adj)	Judging someone based on incorrect or generalised ideas
9	Morality (n)	The knowledge of what is right or wrong	9	Condescending (adj)	Treating someone as if they are less intelligent or inferior

Year 11 – Cycle 1 – English – Anthology Poetry

Power and Legacy Poems		Key Quotation 1	Key Quotation 2
A	1. Ozymandias by Shelley	2. 'wrinkled lip and sneer of cold command'	3. 'That colossal wreck, boundless and bare [...] the lone and level sands stretch far away'
B	1. My Last Duchess by Browning	2. She had / A heart—how shall I say?— too soon made glad, / Too easily impressed'	3. 'This grew; I gave commands; Then all smiles stopped together'
C	1. London by Blake	2. 'in every face / Marks of weakness, marks of woe'	3. 'Every black'ning church appals'
Power of the Natural World (vs. Humans)		Key Quotation 1	Key Quotation 2
D	1. The Prelude by Wordsworth	2. 'grim shape / Towered up between me and the stars'	3. 'moved slowly through the mind / By day, and were a trouble to my dreams'
E	1. Storm on the Island by Heaney	2. 'We just sit tight while wind dives / and strafes invisibly'	3. 'Strange, it is a huge nothing that we fear'
F	1. Exposure by Owen	2. 'Our brains ache in the merciless iced east winds that knife us'	3. 'But nothing happens' (repetition)

Year 11 – Cycle 1 – Enterprise BTEC – Component 1

Part A		
1	Entrepreneur	Someone who is willing to take risks in starting businesses
2	Market share	% of total sales in a market Sales of product / sales of market × 100
3	Market growth	% change in market size Change in size / original size × 100
4	Qualitative data	Data based on opinions and attitudes
5	Quantitative data	Numerical data
6	Primary research	Data gathered by the business itself
7	Secondary research	Data gathered previously by other organisations

Part B		
1	Marketing mix	The four Ps: the factors which influence customers' buying decisions
2	Price	Setting prices based on different methods of pricing
3	Product	Design, features and functions of the product itself
4	Promotion	Communicating with customers to raise awareness of the product
5	Place	Where products are sold and how products are delivered
6	Internal factors	Factors within the business that influence the marketing mix
7	External factors	Factors outside the business that influence the marketing mix
8	Promotional mix	The combination of promotional methods used by a business to communicate with customers
9	Product life cycle	The change in sales of a product over time
10	Extension strategies	Methods of maintaining the sales of a product to prevent it from decline
11	Competitor	A rival business who is a threat to your success

Year 11 – Cycle 1 – French

A: Family and relationships

1	I get on well with	Je m'entends bien avec
2	I argue with	Je me dispute avec
3	I get angry with	Je me fâche avec
4	We love each other	on s'aime
5	We have the same tastes	on a les mêmes goûts
6	We do everything together	on fait tous ensemble
7	He/She annoys me	il/elle m'énerve
8	husband	le mari
9	wife	la femme
10	I would get married	je me marierais
11	I would have children	j'aurais des enfants
12	I got on well with	je me suis entendu bien avec
13	I argued with	je me suis disputé

B: Celebrations and festivals

1	Easter	pâques
2	New Year's Eve	le Saint Sylvestre
3	All Saint's Day	la toussaint
4	Christmas or New Year's Eve	le réveillon
5	New Year's Day	le Jour de l'An
6	Mother's Day	la fête des mères
7	To celebrate/party	fêter / célébrer

8	To help	aider
9	To sing	chanter
10	To give presents	donner des cadeaux
11	To receive presents	recevoir des cadeaux
12	Christmas tree	le sapin
13	We have fun	on s'amuse
14	I used to celebrate	je fêtais
15	We used to eat	on mangeait
16	It was	c'était
17	There was	il y avait

C: Holidays

1	On holiday	en vacances
2	I went to Morocco	je suis allé au Maroc
3	There was	il y avait
4	There would be	il y aurait
5	It would be	il serait
6	It was hot	il faisait chaud
7	It was sunny	il y avait du soleil
8	It was raining	il pleuvait
9	The bed	le lit
10	Fireworks	les feux d'artifices
11	A pretty view	une belle vue

Year 11 – Cycle 1 – Geography

A: Weather Hazards and Climate Change

1	Coriolis effect	Wind being deflected north and south from the equator due to the spinning of the Earth
2	Milankovitch cycles	Natural changes to the Earth's orbit and position
3	Greenhouse effect	The natural process of the Earth's atmosphere trapping solar radiation
4	Enhanced greenhouse effect	Human activity causes more greenhouse gases to be released, causing global warming
5	Tropical storm	A very intense low pressure wind system
6	Storm surge	A temporary rise in sea level caused by low pressure
7	Meteorological drought	Low precipitation due to high pressure systems
8	Hydrological drought	When water stores are drying up
9	Monsoon	A rainy season experienced by countries in Asia and SE Asia

B: Resource Management

1	Biotic	Living things
2	Abiotic	Non-living things
3	Exploiting	Take advantage of
4	Sustainable	An activity which does not consume or destroy resources or the environment
5	Energy security	A country that has enough energy to meet its demand
6	Energy demand	The energy required to meet the needs of the population
7	Fracking	A process of extracting oil and natural gas from underground shale rock
8	Subsidence	When the ground under a house collapses and puts a strain on its structure
9	Carbon footprint	A measure of how much carbon is used by a person, company or country per year

Year 11 – Cycle 1 – Health and Social Care BTEC – Component 2

Part A		
1	Primary care	First point of contact an individual is likely to have with the NHS
2	Secondary care	Specialist treatment or care that is referred from a primary care service
3	Tertiary care	Advanced specialist treatment usually given in the cases of progressive illnesses
4	Palliative care	Care that deals with the symptoms of an illness rather than the cause, i.e. pain
5	Allied health professionals	Health care professionals who provide a range of services within the health care system
6	Obesity	Very overweight and at risk of serious health problems
7	Cardiovascular system	System of organs that includes the heart, blood vessels, and blood

Part B		
1	Foster care	A stable family environment where children who cannot live at home may stay temporarily
2	Residential care	Where older children with complex needs can stay to ensure they are safe
3	Youth work	Supports people aged 11-25 with their personal and social development
4	Learning disabilities	Issues that impact an individual's ability to learn i.e. new words or mathematical ability
5	Sensory impairment	Issues with any of the 5 senses that prevent individuals from completing tasks without assistance
6	Respite care	Provides temporary care for an individual, which will usually give their carer a short break
7	Domiciliary care	Care and support given at home by a care worker to help a person with their daily life
8	Informal carers	Partners, friends or family who give their time to support their loved ones who need care
9	Barriers	Any factors that can stop someone from being able to access services
10	Stigma	When you feel that others disapprove of your circumstances and you feel shame surrounding them
11	Mobility difficulties	Issues with movement that mean that an individual struggles to get around

Year 11 – Cycle 1 – History – Changes in Health and Medicine, c. 500 to the present day

1	Ancient period	The period of time roughly from 3000 BC to 500 CE
2	Medieval period	The period of time roughly from 500 CE to 1500 CE
3	Early Modern period	The period of time roughly from 1500 CE to 1700 CE
4	Industrial period	The period of time roughly from 1700 CE to 1900 CE
5	Modern period	The period of time roughly from 1900 CE to the present day
6	Renaissance	A period in the Early Modern period when people looked back and developed knowledge from the Ancient period
7	Miasma	The belief that bad smells can cause ill health
8	Four humours	The belief that the body was made up of four fluids that needed to be balanced to remain healthy
9	Pandemic	A disease that spreads across a wide geographical area
10	Self-flagellate	To whip yourself to repent for sins
11	Alchemy	Medieval chemistry that tried to change ordinary metals into gold and to cure death
12	Bloodletting	Removal of blood to balance the four humours to restore good health
13	Anaesthetic	A substance that makes a patient unconscious so they cannot feel any pain during surgery
14	Antiseptic	Chemicals used to kill bacteria to prevent infection of a wound
15	Antibiotic	A drug that kills bacteria inside the body to treat an infection
16	Astrology	The study of the movement of stars and planets and their influence on humans and the world
17	Anatomy	The study of the human body and how it fits together
18	To endow	To give a large amount of money to build a public building, e.g. hospital

A: Right-angled trigonometry

1	SOH CAH TOA triangles			
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B: Area, perimeter and volume

1	Area of a parallelogram	$b \times h$
2	Area of a triangle	$\frac{b \times h}{2}$
3	Area of a trapezium	$\frac{1}{2}(a + b)h$
4	Area of a circle	πr^2
5	Circumference of a circle	πd
6	Area of a sector	$\frac{\theta}{360} \times \pi r^2$
7	Arc length	$\frac{\theta}{360} \times \pi d$
8	Surface area of a cylinder	$2\pi r(r + h)$
9	Volume of a cylinder	$\pi r^2 h$
10	Volume of a pyramid	$\frac{1}{3} \times \text{area of base} \times h$

C: Angles

1	Sum of interior angles	$(n - 2) \times 180$
2	Each exterior angle in a regular polygon	$\frac{360}{\text{number of sides}}$
3	Number of sides in a regular polygon	$\frac{360}{\text{exterior angle}}$

D: Information needed to describe transformations

1	Translations	Vector
2	Enlargements	Scale factor, centre of enlargement
3	Reflections	Line of symmetry
4	Rotations	Angle, direction, centre of rotation

Year 11 – Cycle 1 – Mathematics (Higher)

A: Area, perimeter and volume

1	Area of a parallelogram	$b \times h$
2	Area of a triangle	$\frac{b \times h}{2}$
3	Area of a trapezium	$\frac{1}{2}(a + b)h$
4	Area of a circle	πr^2
5	Circumference of a circle	πd
6	Area of a sector	$\frac{\theta}{360} \times \pi r^2$
7	Arc length	$\frac{\theta}{360} \times \pi d$
8	Surface area of a cylinder	$2\pi r(r + h)$
9	Volume of a cylinder	$\pi r^2 h$
10	Volume of a pyramid	$\frac{1}{3} \times \text{area of base} \times h$

B: Angles

1	Sum of interior angles	$(n - 2) \times 180$
2	Each exterior angle in a regular polygon	$\frac{360}{\text{number of sides}}$
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C: Information needed to describe transformations

1	Translations	Vector
2	Enlargements	Scale factor, centre of enlargement
3	Reflections	Line of symmetry
4	Rotations	Angle, direction, centre of rotation

D: Solving quadratic equations

1	Quadratic formula	$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$
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Year 11 – Cycle 1 – Media BTEC – Component 2

Media Production Processes

1	Creative brief	A set of instructions given to a person about a job or task.
2	Brainstorming	A group discussion to produce ideas in response to a brief
3	Media Text	Any print or visual media that communicates meaning to an audience for example a film
4	Narrative	How the story of a media text is constructed and how it relays its information to an audience.
5	Target audience	The audience that your media product is aimed at
6	Pre-production	The planning of what a film will look and sound like before any filming takes place
7	Production	The process of filming a media product using camera equipment
8	Post-production	The process of editing, adding music and effects to create a final media product
9	Storyboard	A sequence of drawings and information representing the shots planned for a media production

Media Skills

1	Framing	The way you position the subject in the shot to create meaning
2	Long shot	Showing an overview of the scene to provide context
3	Mid shot	Showing the subject from the waist up to include gestures and body language
4	Close up	Showing the face of the subject or a prop to highlight key emotions or objects
5	Low angle shot	Shot from below to make something seem bigger
6	High angle shot	Shot from above to make something seem smaller
7	Panning	Horizontal movement of the camera
8	Tilt	Vertical movement of the camera
9	Transition	How you move between shots in the post-production process

Year 11 – Cycle 1 – Performing Arts

1	Brief	To create a piece of theatre according to instructions given
2	Pre-production	The process of planning the elements for a performance
3	Post-production	Activity that take place once the performance has ended, or the run has closed
4	Target audience	A group which a product or a performance is aimed at
5	Rehearsal	The practice of a piece of drama to prepare for a performance
6	Health and safety	Being aware of the hazards when rehearsing and performing to ensure the safety of performers
7	Devising	An original piece of theatre created from a stimulus
8	Stimulus	A starting point or trigger for ideas
9	Intentions	The aim of the director in the performance and individual choices

10	Context	What was happening at the time the play was written
11	Subtext	The hidden meaning behind what a character is saying; it could be implied through vocal or physical skills
12	Style	The way in which a play is performed: naturalistic, physical theatre, epic theatre, abstract
13	Performance techniques	Used by the actors to create a style of performance e.g. tableaux, narration, placards
14	Interaction	The way the characters communicate with each other through physical contact and use of space
15	Key moment	Part of a scene or a play that you remember in detail
16	Improvisation	To perform spontaneously and without preparation
17	Playwright	The person who wrote the play
18	Practitioner	A person or theatre company that creates work and theories to do with theatre

Year 11 – Cycle 1 – Religious Studies – Islam quotes

1	Nature of Allah	<ul style="list-style-type: none"> • 'In the name of God, the most gracious, the most Merciful... Lord of the worlds.' [Surah al-Fatihah] • Al Aleem (The Omniscient), Al Muqtadir (The Omnipotent), Al Wadood (The Most Loving)
2	Prophet Mohammed	<ul style="list-style-type: none"> • 'People, no prophet or messenger will come after me..' [The Final Sermon] • Known and referred to as 'al-Amin' (the trustworthy one) and 'al-Sadiq' (the truthful one)
3	Risalah	'To every nation, a messenger was sent' – Qur'an
4	Malaikah	'Whoever is an enemy to Jibril – it is he who has brought the Qur'an down upon your heart...' – Qur'an
5	Akhirah	<ul style="list-style-type: none"> • 'Every soul shall have a taste of death' – Qur'an • 'And everything they did, is in written records' – Qur'an
6	Qur'an	'We have sent down to you the Book as clarification for all things and as guidance and mercy and good tidings for the Muslims' Qur'an
7	6 Articles of Faith (Sunni)	Tawhid, Angels, Prophets, Holy Books, Al-Qadr, Akhirah
8	5 Roots of Religion (Shi'a)	Tawhid, Adalat, Prophethood, Imamate, Resurrection
Practices		
9	5 Pillars of Sunni Islam	'O people, worship God, perform your five daily prayers, fast during the month of Ramadan, and offer Zakat. Perform Hajj if you have the means' Prophet Mohammed's Final Sermon (Hadith)
10	10 Obligatory Acts of Shi'a Islam	Salat, Sawm, Hajj, Zakat, Jihad, Khums (20%), Amr-bil-Marooif (encourage the good), Nahil Anril Munkar (forbid wrong), Tawalia (Love for friends of Allah), Tabarra (Disassociate from evil-doers)
11	Jihad	<ul style="list-style-type: none"> • 'whoever saves a soul – it is as if he had saved mankind entirely.' Qur'an • 'Fight in the way of God those who fight against you but do not exceed the limits" Qur'an
12	Festivals	'And complete the Hajj and Umrah for Allah. But if you are prevented then offer what can be obtained with ease of sacrificed animals' Qur'an

A: Homeostasis

1	Homeostasis	The regulation of internal conditions of a cell or organism to maintain optimum conditions for function in response to internal and external changes
2	The endocrine system	Made up of glands which secrete chemicals called hormones directly into the bloodstream

B: Blood glucose regulation

1	Insulin	When blood glucose concentration is too high, the pancreas releases insulin that causes glucose to move from the blood into the cells. In liver and muscle cells excess glucose is converted to glycogen for storage
2	Type 1 diabetes	A condition where the pancreas produces little or no insulin and is controlled by insulin injections
3	Type 2 diabetes	A condition where body cells become resistant to insulin and is controlled through a carbohydrate- controlled diet and exercise

C: The nervous system

1	Synapse	A gap between two neurones. A chemical diffuses across a gap to cause a new electrical signal in the next neurone
2	Reflex action	Automatic and rapid responses which do not involve the conscious part of the brain

D: Rates of Reaction (Chemistry Topic 6 – Paper 2)

1	Activation energy	The minimum amount of energy that particles must have to react
2	Factors which affect the rate of reaction	Temperature, concentration of reactants (or pressure if it is a gas), surface area and presence of a catalyst
3	Catalyst	Speeds up the rate of reaction by lowering the activation energy without being used up or changed
4	Calculating mean rate of reaction	Quantity of reactant used or product formed/time
5	Closed system	When none of the reactions or products can escape and nothing else can get in
6	Equilibrium	When the rate of forward reaction and backward reaction are equal in a reversible reaction. The amount of products and reactants will remain constant.
7	Le Chatelier's principle	If you change the conditions of a reversible reaction at equilibrium, the system will counteract the change
8	Collision theory	Reactant particles must collide with the activation energy to form products

E: Atmosphere (Chemistry Topic 9 – Paper 2)

1	Greenhouse effect	When greenhouse gases absorb long-wave radiation, keeping it in the earth's atmosphere.
2	Greenhouse gases	Carbon dioxide, methane and water vapour
3	Carbon footprint	The total amount of greenhouse gases produced over the lifecycle of a product
4	Global dimming	Clouds of dust reduce the amount of sunlight that can reach the Earth

Year 11 – Cycle 1 – Science

F: Waves (Physics Topic 6 – Paper 2)

1	Longitudinal waves	A wave in which the vibrations are parallel to the direction of energy transfer, e.g. sound waves
2	Transverse wave	A wave in which the vibrations at right angles to the direction of energy travel, e.g. water waves, electromagnetic waves
3	Wave speed equation	Wave speed = frequency × wavelength (m/s) (Hz) (m)
4	Radio waves	Used for communication, e.g. TV and FM radio
5	Uses of microwaves	Communication with satellites, as they can pass through the atmosphere, cooking
6	Uses of infrared (IR) radiation	Electrical heaters, cooking food, infrared cameras
7	Fibre-optic cables	Use pulses of visible light to transmit data over long distances
8	X-rays	Pass easily through skin, but are absorbed by bone, so can be used to detect broken bones
9	Refraction	When a wave enters a new material, it changes speed, this causes it to change direction

G: Forces (Physics Topic 5 – Paper 2)

1	Vector quantity	Quantity with magnitude (size) and direction
2	Scalar quantity	Quantity with magnitude (size) but no direction
3	Weight equation	Weight = mass × gravitational field strength
4	Work done equation	Work done = force × distance
5	Hooke's law equation	Force = spring constant × extension
6	Limit of proportionality	The limit of force you can apply to an object for the extension to increase proportionally
7	Acceleration equation	Acceleration = $\frac{\text{Change in velocity}}{\text{Time taken}}$
8	Newton's first law	A resultant force is needed to change the velocity of an object
9	Newton's second law	The acceleration of an object is proportional to the resultant force on it and inversely proportional to its mass. Resultant force = mass × acceleration
10	Newton's third law	When two objects interact, the forces they exert on each other are equal and opposite
11	Momentum equation	Momentum = mass × velocity
12	Conservation of momentum	In a closed system, the total momentum before an event is the same as after the event

Year 11 – Cycle 1 – Spanish – Vocabulario – Vacaciones, Festivales y Medioambiente

1	In winter	en invierno
2	In summer	en verano
3	In autumn	en otoño
4	In spring	en primavera
5	In the north / south	al norte / sur
6	In the east / west	al este / oeste
7	Abroad	al extranjero
8	To dive	hacer buceo
9	To go for a walk	ir de paseo
10	To watch a match	ver un partido
11	To miss my flight	perder mi vuelo
12	To have a barbecue	hacer una barbacoa
13	A youth hostel	un albergue juvenil
14	A bed and breakfast (B&B)	una pensión
15	An indoor swimming pool	una piscina cubierta
16	Cozy	acogedor
17	A double bed	una cama de matrimonio
18	The shower	la ducha
19	The light	la luz
20	The parade	el desfile
21	The contest	el concurso

22	The bonfire	la hoguera
23	The fireworks	los fuegos artificiales
24	To jump	saltar
25	To dress up	disfrazarse
26	To burn	quemar
27	To kill	matar
28	To throw	tirar
29	To get dressed	vestirse
30	To go to bed	acostarse
31	To save	ahorrar
32	To close	cerrar
33	Atmospheric pollution	la contaminación atmosférica
34	To switch off	apagar
35	To unplug	desenchufar
36	Hunger	el hambre
37	Fires	los incendios
38	Poverty	la pobreza
39	Floods	las inundaciones
40	Draughts	las sequías
41	To keep / to stay	mantenerse
42	To avoid	evitar
43	Harmful	perjudicial

Year 11 – Cycle 1 – BTEC Sport – Component 2

A: Components of physical fitness		
1	Aerobic endurance	Ability to exercise at moderate intensity for extended periods of time
2	Muscular endurance	Contracting a muscle over a period of time against a light to moderate resistance
3	Muscular strength	The maximum force that can be generated by a muscle
4	Flexibility	The range of motion possible at the joints of the body
5	Body composition	The relative ratio of fat mass to fat-free mass (vital organs, muscle, bone)

B: Components of skill-related fitness		
1	Power	Ability to perform strength-based movements quickly
2	Agility	Ability to change body direction rapidly
3	Reaction time	Time taken to respond to an external stimulus
4	Balance	Ability to control body position and not fall over
5	Coordination	Ability to move more than one part of the body to create one smooth movement

C: Techniques, strategies and fitness required for sports		
1	Skills	The experience needed to perform a sport or physical activity
2	Tactics	Smaller specific steps taken to achieve the overall aim
3	Strategy	Using tactics and decision-making to achieve a long-term or overall aim
4	Isolated practice	Repeating the routine until it becomes automatic without opponents

D: Key officials and roles		
1	Officials	Control how a sports match is played and administer the rules
2	National governing bodies (NGBs)	Organisations that regulate and oversee a sport at a national level
3	Foul	Unfair behaviour by a player, usually due to violation of rules

Year 11 – Cycle 1 – GCSE Sport Science – Component 2

A: Health and wellbeing

1	Health	A state of complete emotional, physical and social well-being, and not merely the absence of disease and infirmity
2	Lifestyle choices	The choices we make about how we live and behave that impact on our health
3	Sedentary lifestyle	A lifestyle where there is little, irregular or no physical activity
4	Energy balance	This is the basis of weight control; for body weight to remain constant, energy input (via food) must equal energy expenditure
5	Overweight	You weigh more than the expected weight for your height and sex
6	Overfat	You have more body fat than you should have
7	Obese	A term used to describe people who are very overfat
8	Macronutrients	A type of food required in relatively large amounts in the diet, e.g. carbohydrates, fats, protein
9	Micronutrients	A type of food required in relatively small quantities in the diet, e.g. vitamins and minerals
10	Optimum weight	The ideal weight someone should be, on average, based on their sex, height, bone structure, and muscle girth
11	Muscle girth	The size of the muscle, measuring its circumference
12	Dietary manipulation	Planning exactly what to eat and when to eat to get the most advantage from the food being consumed
13	Hydration	Being hydrated means the body has the correct amount of water in cells, tissues and organs to function correctly

B: SMART targets

1	Specific	Your goal must be clear (specific)
2	Measurable	In order to know if your goal has been met successfully, it must be something that can be measured
3	Achievable	It is something that is possible for you to do
4	Realistic	A goal that is possible, given all the factors involved
5	Time-bound	Goals must be assigned a time frame for completion