



2023-2024

# Year 11 Cycle 2

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

## Year 11 – Cycle 2 – Art & Design

1	Value	How light or dark something is
2	Reductive drawing	Darkness is removed to show the light parts of an image
3	Acknowledge	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 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 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 2 – 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 – Enterprise BTEC – Component 2

Part A		
1	Financial aims	Targets for the enterprise involving money, e.g. raising £1000 in revenue
2	Non-financial aims	Targets for the enterprise not related to money, e.g. provide good customer service
3	Unique selling point	The feature which makes a product stand out
4	Competitors	Other enterprises selling similar products
5	Costs	Spending on making products and running the enterprise
6	Target market	A portion of the market being targeted for sales
7	Segment	A group of people with similar needs and wants

Part B		
1	Advertising	Enterprise pays to communicate with customers e.g. TV advert, billboard
2	Promotion	Communicating with customers to raise awareness of the product
3	Physical resources	Machinery, stock and other physical items required to run the enterprise
4	Financial resources	Money raised to start and run the enterprise
5	Human resources	Workers required to run the enterprise
6	Risk assessment	A document outlining risks and plans to avoid those risks
7	Contingency plan	A plan B in case something goes wrong
8	Sourcing	Where the enterprise gets resources from
9	Quality control	Checking that the products are not faulty and are the right size, shape, weight, colour etc.
10	Cost effectiveness	Checking for the lowest cost ways of producing
11	Start-up costs	The spending on resources required to start the enterprise

## Year 11 – Cycle 2 – Health & Social Care – Component 3: Health and Wellbeing

1	Health	Having our physical needs met
2	Wellbeing	Having our social and emotional needs met
3	Mobile	Having the ability to move
4	Social interactions	Acting and reacting to people around us
5	State of health	Level of physical and mental wellbeing
6	Predisposition to a disease	Increased chance of developing an illness later in life
7	Acute illness	Comes on suddenly and lasts a short time
8	Chronic illness	Comes on slowly and lasts a long time
9	Substance use	Using drugs or alcohol
10	Lifestyle indicators	Ways of measuring health and wellbeing using daily habits
11	Financial resources	Money and assets belonging to a person
12	Physiological indicators	Ways of measuring health and wellbeing using technology
13	Blood pressure	Measures the pressure of blood as it circulates the body
14	Pulse rate	The measure of how fast your heart is beating
15	Body Mass Index (BMI)	Indicates percentage of body fat using height and weight measurements
16	Abnormal	Unusual
17	Recovery rate	How quickly someone's pulse rate returns to normal after exercise

# Year 11 – Cycle 2 – Spanish

## A: Health - Verb structures

1	I lead a healthy life	llevo una vida sana
2	I try to avoid	intento evitar
3	To stay in shape	mantenerme en forma
4	To sleep for eight hours	dormir ocho horas
5	To do exercise	hacer ejercicio físico
6	To smoke	fumar
7	To lose weight	perder peso
8	It avoids stress	quita el estrés
9	It causes depression	causa depresión
10	It is silly	es una tontería
11	It is harmful	es perjudicial
12	It is dangerous	es peligroso

## B: Social Issues - Verb structures

1	To work as a volunteer	trabajar como voluntario
2	An old people's home	una residencia de ancianos
3	A charity shop	una tienda con fines benéficos
4	To raise funds	recaudar fondos
5	To sponsor	apadrinar
6	To attend to customers	atender a los clientes
7	Those in need	los necesitados
8	The homeless	los sin techo

9	To feed a person	dar de comer a una persona
10	To give money	dar dinero
11	To give help	dar ayuda
12	To get money	conseguir dinero

## C: School – Verb structures

1	Support from teachers	apoyo de los profesores
2	Peer pressure	presión de grupo
3	School bullying	acoso escolar
4	Fear to fail	miedo a suspender
5	It's necessary to	hay que
6	We have to	tenemos que
7	To revise for the tests	repasar para las pruebas
8	To bring equipment	traer los materiales
9	To be on time	ser puntual
10	To wear makeup	llevar maquillaje
11	To pass the exams	aprobar los exámenes
12	To fail the exams	suspender los exámenes
13	To gain experience	adquirir experiencia
14	To find a job	conseguir un trabajo
15	To take a gap year	tomar un año sabático
16	To start earning money	empezar a ganar dinero



# Year 11 – Spanish - Key structures

## 1) Important verbs

To say	Decir
To give	Dar
To arrive	Llegar
To start/begin	Empezar
To realise	Darse cuenta
To enjoy	Disfrutar
To get / catch	Coger
To know	Saber
To learn	Aprender
To teach	Enseñar
To need	Necesitar
To return	Volver
To continue / follow	Seguir
To finish	Terminar
To last	Durar
To think	Pensar

## 2) Sequencers

Firstly	Primero
Then	Luego
After	Después
Later on	Más tarde
Lastly	Por último

## 3) Time Expressions

Day	El día
Hour	La hora
Month	El mes
Week	La semana
Year	El año

## 4) Infinitive Structures

I have just	Acabo de + inf
It is necessary	Hay que + inf
We have to	Tenemos que + inf
To start	Empezar a + inf
We should	Deberíamos + inf
To learn to	Aprender a + inf
Before	Antes de + inf
After	Después de + inf
I hope	Espero + inf
I want	Quiero + inf
To stop	Dejar de + inf
To be able to	Poder + inf
We must	Se debe + inf
We can	Se puede + inf
I feel like + verb	Tengo ganas de + inf
I fancy + verb	Me apetece

## 5) Question Words

¿Qué?	What?
¿Cuándo?	When?
¿Cómo?	How?
¿Cuál?	Which?
¿Dónde?	Where?
¿Quién?	Who?
¿Por qué?	Why?
¿Cuánto?	How much?
¿Cuántos/as?	How many?
¿A qué hora?	At what time?

## 6) Common verbs (present tense)

<b>To do</b>	<b>Hacer</b>
I do	Hago
They do	Hacen
You do	Haces
<b>To have</b>	<b>Tener</b>
I have	Tengo
He /she / it has	Tiene
They have	Tienen
<b>To be</b>	<b>Ser</b>
I am	Soy
He/she / it is	Es
They are	Son
<b>To be</b>	<b>Estar</b>
I am	Estoy
He / she / it is	Está
They are	Están
<b>To go</b>	<b>Ir</b>
I go / I'm going	Voy
You go	Vas
They go	Van

## 7) Common verbs (past tense)

I went	Fuí
You went	Fuiste
He/she/it <b>went &amp; was</b>	Fue
He / she / it used to be	Era
There was / there were	Había
He / she / it had	Tenía
I saw	Vi
I did	Hice
You did	Hiciste

## 8) Small but important words

More and more	Cada vez más
Less and less	Cada vez menos
Unless	A no ser que
Even	Incluso
Instead of	En lugar de / en vez de
Despite	A pesar de
Nor	Tampoco
Still/ yet	Todavía
Ambos	both
Already	Ya
Without	Sin
Almost	Casi
Nobody	Nadie
Few / little	Poco
The same	El mismo
Any	Cualquier/a
With	Con
Less	Menos
More	Más
Apart from	Aparte de
Every	Cada
Neither... nor	Ni... ni
De hecho	In fact
Quite	Bastante
No-longer	Ya no
No / not any	Ningún
While	Mientras (que)

# Year 11 – Cycle 2 – French

A: Where I live		
1	I live	j'habite
2	You can	on peut
3	In my house we have	dans ma maison on a
4	I find it	Je le trouve
5	Before it was	avant c'était
6	There is a lack of	il y a un manque de
7	In summer it's hot	en été il fait chaud
8	In winter it's cold	en hiver il fait froid
B: Environment and social issues		
9	The most serious problem is	le problème le plus grave est
10	It is necessary	il faut
11	We should	on devrait
12	To turn down the heating	baisser le chauffage
13	To try to do more	essayer de faire plus
14	I will go	j'irai
15	I will do	je ferai
16	I will recycle	je recyclerai
17	I will close	je fermerai
18	In order to improve society	afin d'améliorer la société
19	We could	on pourrait
20	What worries me is	ce qui m'inquiète est
21	The homeless	les sans abris

22	Unemployment	le chômage
23	Charities	les associations caritatives
C: School and Future plans		
1	I study	j'étudie
2	I am strong in	je suis fort en
3	I am weak in	je suis faible en
4	He motivates us to learn	il nous motive à apprendre
5	He gives us a lot of homework	il nous donne beaucoup de devoirs
6	I learn a lot	j'apprends beaucoup
7	I have good grades	j'ai de bonnes notes
8	She teaches well	elle enseigne bien
9	She makes the lessons interesting	elle rend les cours intéressants
10	It is forbidden to	il est interdit de
11	To behave badly	se comporter mal
12	A positive aspect is that	un aspect positif est que
13	I hope to work as	j'espère travailler comme
14	I earn £ ___	je gagne ___ livres
15	It's badly paid	c'est mal payé
16	You have to get up early	il faut se lever tôt
17	I get on well with my colleagues	je m'entends bien avec mes collègues
18	The hours are practical	les horaires sont pratiques
19	We had to	on a dû

# Year 11 – French – Key Structures

A: Opinion phrases		
1	I believe that	je crois que
2	I would say that	je dirais que
3	I think that	je pense que
4	According to me	selon moi
5	In my opinion	quant à moi
6	Frankly	franchement
B: Negative opinions		
1	It gets on my nerves	ça m'énerve
2	I'm fed up with	j'en ai marre de
3	I have some worries regarding	j'ai des soucis par rapport à
4	What scares me	ce qui me fait peur
5	What worries me is	ce qui m'inquiète est
6	I can't stand	je ne supporte pas
7	I can't stand	j'ai horreur de
C: Positive opinions		
1	I quite like	j'aime bien
2	I'm a fan of	je suis fan de
3	I am passionate about	je suis passionné par
4	What I like the most is	ce que j'aime le plus est
5	What I love is	ce que j'adore est

D: Positive reasons – present tense		
1	It makes me laugh	ça me fait rire
2	It relaxes me	ça me détend
3	It pleases me	ça me plaît
4	It helps me to relax	ça m'aide à me reposer
5	It helps me to forget everything	ça m'aide à tout oublier
6	I have a wicked time	je m'éclate
7	I have fun	je m'amuse
E: Negative reasons – present tense		
1	It makes me scared	ça me fait peur
2	It's not worth it	ça ne vaut pas la peine
3	It worries me	ça m'inquiète
5	I get bored	je m'ennuie
6	It tires me	ça me fatigue
7	It irritates me	ça m'embête
F: Positive adjectives		
1	Marvellous	merveilleux
2	Wonderful	formidable
3	Unbelievable	incroyable
4	Entertaining	divertissant
5	Fascinating	fascinant
6	Exciting	passionnant
7	Unforgettable	inoubliable
8	Pleasant	agréable

G: Negative Adjectives		
1	Boring	monotone
2	Annoying	pénible
3	Unpleasant	désagréable
4	Annoying	énervant
5	Ridiculous	ridicule
6	Awful	affreux
7	Worrying	inquiétant
8	Tiring	fatigant
H: Infinitive structures		
1	I want	je veux
2	I hope	j'espère
3	I want	j'ai envie de
4	I would like	j'aimerais
5	I have the intention to	j'ai l'intention de
6	I feel like	ça me dit de
7	I need	j'ai besoin de
I: Negatives		
1	I don't do	je <b>ne fais pas</b>
2	I no-longer do	je <b>ne fais plus</b>
3	I don't do anything	je <b>ne fais rien</b>
4	I only do	je <b>ne fais que</b>
5	I never do	je <b>ne fais jamais</b>
6	There isn't any	il n'y a <b>aucun</b>
7	There isn't anybody	il n'y a <b>personne</b>

J: Connectives		
1	However	pourtant/toutefois
2	Despite the fact that	malgré le fait que
3	Nevertheless	néanmoins
4	On the one hand	d'un côté
5	On the other hand	de l'autre côté
6	Therefore	du coup
7	So	donc
8	Due to	à cause de
9	In fact	en fait
K: Small but important words		
1	Even	même
2	If	si
3	Except	sauf
4	Without	sans
5	Especially	surtout
6	Everywhere	partout
7	The majority	la plupart
8	Instead of	au lieu de
9	Few / not many	peu
L: Time phrases		
1	This evening	ce soir
2	Usually	d'habitude
3	Last month	le mois dernier
4	Two years ago	il y a deux ans
5	The next day	le lendemain
6	Always	toujours

## Year 11 – Cycle 2 – Performing Arts

1	Practitioner	Someone who creates theatrical work	10	Proposal	A document to attempt to persuade
2	Brief	A set of instructions about a job or event	11	Timeline	Detailed schedule for your project or event
3	Freelancer	Self-employed and hired to work for different companies or events	9	Performing Arts Commissioner	A person or company who formally arranges you to create a piece of work
4	Funding	Money provided by an organisation or government for a specific purpose	13	Pitch	A presentation to persuade people to invest in your idea
5	Industry	A specific group of companies or businesses	14	Stage manager	The person responsible for lighting and other technical aspects of a performance
6	Advertising	The action of attempting to bring attention to a product or service	15	Rehearsed reading	Rehearsed read through of a script in front of an audience
7	Budgeting	Spending plan of your money based on income and expenses	16	Evaluation	To determine the success of something
8	Promotion	The activities used to advertise something	17	Music technician	Someone who supports the music, or the set-up and maintenance, of a performance
9	Performance venue	A location used for a performance	18	Musician	A person who plays a musical instrument <b>12</b>

## Year 11 – Cycle 2 – Religious Studies – Christianity quotations

1	The Trinity	'I and the Father are one'
2	Creation	<ul style="list-style-type: none"> <li>• 'In the beginning God created the heavens and the earth'</li> <li>• '...God made a woman from the rib he had taken out of the man...' - Genesis 2</li> </ul>
3	Incarnation	'You will conceive and give birth to a son, and you are to call him Jesus'
4	Crucifixion	<ul style="list-style-type: none"> <li>• 'My God, My God, why have you forsaken me?'</li> <li>• 'Christ died for our sins...'</li> </ul>
5	Resurrection	<ul style="list-style-type: none"> <li>• 'I am the resurrection and the life. The one who believes in me will live, even though they die'</li> <li>• 'If Christ has not been raised, our preaching is useless and so is your faith'</li> </ul>
6	Ascension	'While he was blessing them, he left them and was taken up into heaven'
7	Salvation	'I am the way and the truth and the life. No one comes to the Father except through me'
8	Worship	'Where two or more are gathered in my name, I am there with them.'
9	Eucharist	'This is my body given for you; do this in remembrance of me.'''
10	Baptism	'No one can enter the kingdom of God unless they are born of water and the Spirit.'
11	Easter	'He was raised on the third day'
12	Christmas	'For God so loved the world that he gave his one and only Son.'
13	Church – Local Community	<ul style="list-style-type: none"> <li>• Parable of the Good Samaritan: "love your neighbour as yourself."</li> <li>• Parable of the Rich Man and Lazarus: "Remember (...) while Lazarus got all the bad things. But now he is enjoying himself here, while you are in pain".</li> </ul>
14	Church – Wider Community	Parable of the Sheep and the Goats: 'whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

**A: DNA**

1	Gene	A section of DNA, which codes for the sequence of amino acids within a protein
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**B: Reproduction**

1	Mitosis	Produces two genetically identical daughter cells for the growth and repair of tissues
2	Meiosis	Produces four genetically non-identical daughter cells with 23 chromosomes
3	Cloning	Offspring that are genetically identical to the parent; produced in asexual reproduction

**C: Inheritance**

1	Natural selection	Organisms have mutations which lead to variation in their characteristics. Organisms compete for resources and the better adapted survive and reproduce - genes are passed onto their offspring
2	Selective breeding	Select organisms with desirable characteristics, breed them together, breed the best offspring together and repeat until all individuals have the desired characteristic

**A: Hydrocarbons**

1	Hydrocarbons	Molecules made up of hydrogen and carbon atoms only
2	Alkanes	Saturated hydrocarbons with only single bonds. $C_nH_{2n+2}$
3	Complete combustion	Hydrocarbon + Oxygen $\rightarrow$ Carbon dioxide + Water
4	Cracking	Long chain hydrocarbons are split up into shorter alkanes and alkenes
5	Thermal decomposition	Breaking down a substance using heat (forms more than 1 product)
6	Alkenes	Unsaturated hydrocarbons with a double bond. $C_nH_{2n}$

**B: Mixtures**

1	Formulation	A useful mixture made with a purpose, e.g., paint
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**C: Chromatography**

1	Chromatography	Used to separate substances in a mixture, e.g., pigments in ink	15
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## A: Climate change

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

## B: Air pollution

1	Global dimming	Clouds of dust reduce the amount of sunlight that can reach the Earth
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## C: Using resources

1	Life cycle assessment	An assessment of the impact of every stage of a product's life, including raw materials, manufacture, use and disposal
2	Sterilisation	Kills microbes, e.g., using chlorine gas or UV light
3	Desalination	Removing salt from seawater to make it potable, e.g., using reverse osmosis
4	Sedimentation tank	Solids sink to produce sludge, leaving liquid effluent floating on top



## Year 11 – Cycle 2 – Science – Physics Topic 5 – Forces (Paper 2)

1	Weight equation	Weight = mass x gravitational field strength
2	Work done equation	Work done = force x distance
3	Hooke's law equation	Force = spring constant x extension
4	Limit of proportionality	The limit of force you can apply to an object for the extension to increase proportionally
5	Acceleration equation	Acceleration = $\frac{\text{Change in velocity}}{\text{Time taken}}$
6	Newton's first law	A resultant force is needed to change the velocity of an object
7	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 x acceleration
8	Newton's third law	When two objects interact, the forces they exert on each other are equal and opposite
9	Momentum equation	Momentum = mass x velocity
10	Conservation of momentum	In a closed system, the total momentum before an event is the same as after the event

<b>A: Magnets</b>		
1	Magnetic material	A material such as iron, steel, cobalt or nickel which can become an induced magnet
2	Permanent magnet	Magnets which produce their own magnetic field
3	Induced magnets	Magnetic materials that turn into a magnet when they are put into a magnetic field
4	Magnetic field lines	Show the direction of the force on a north pole; closer lines = stronger force
<b>B: Electromagnets</b>		
1	Right hand thumb rule	Point your thumb in the direction of the current and curl your fingers; the direction of your fingers is the direction of the field
2	Solenoid	A coil of wire with a current flowing through it producing a magnetic field similar to that of a bar magnet
3	Electromagnet	A current-carrying solenoid with an iron core
4	Increasing the strength of an electromagnet	Increase the current or add more coils to the solenoid
<b>C: Motor effect – Higher only</b>		
1	Fleming's left-hand rule	First finger points in the direction of the magnetic field, second finger in direction of current, and thumb to direction of the force
2	Split-ring commutator	A ring with gaps in it that swaps the electrical contacts of a device every half turn

## Year 11 – Cycle 2 – BTEC Sport – Component 3

A: Fitness training		
1	Overload	Training at a higher intensity than before
2	Progressive overload	Continuing to increase the intensity of exercise over time
3	Training zone	The correct intensity at which you should exercise to improve your fitness
4	Training threshold	The safe and effective intensity to work at to allow adaptation
5	Aerobic training	60-85% of your maximum heart rate
6	Anaerobic training zone	85-95% of your maximum heart rate
B: Fitness testing		
7	Calibration	A process which checks (equipment, device, or instrument) for accuracy
8	Reliability	The ability to repeatedly carry out the same test and achieve comparable results each time

1	Validity	How accurate a set of results are. Do the results measure what we want them to?
2	Practicality	How suitable the test is for the given situation
3	Maximal test	The participant completes the test until they are exhausted
4	Normative data	An indicator of how a participant performed in comparison to the general population
5	Reps per minute (RPM)	The number of repetitions completed in one minute
6	Submaximal	The intensity put in by the performer is high, but not the highest they could exert
7	Rating	A rank that is used to show the quality or standard of performance
8	Pulse raiser activities	Included in a warm-up to gradually increase heart rate
9	Lactic acid	A waste product that builds up during activity
10	Intensity	The amount of work, force or exertion

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

A: Sport psychology		
1	Continuum	A line that goes between two extremes
2	Open skills	Skills performed in an unpredictable environment where the performer must react and adjust due to the changing nature of the situation
3	Complex skill	A skill requiring a lot of concentration
4	Low organisation skill	A basic skill that can be broken down easily into different phases so each part can be practiced separately
5	Distributed practice	Intervals between skill practice in a training session for rest or mental rehearsal
6	Variable practice	A training session that includes frequent changes of task so that the skill can be repeated in different situations
B: SMART Targets		
1	Measurable	To know if your goal has been met successfully, it must be something that can be measured
2	Realistic	A goal that is possible, given all the factors involved
3	Time-bound	Goals must be assigned a timeframe for completion

C: Sport psychology		
1	Manual guidance	Where the coach physically supports or moves the performer to help them get into the correct position
2	Feedback	Information received during or after a performance about the performance
3	Intrinsic	Feedback is from within the performer e.g., how the movement felt from the muscles
4	Concurrent	Feedback that is given during the performance
5	Mental rehearsal	A technique that involves mentally practicing a skill or movement before physically doing it
D: Socio-cultural influences		
1	Trends	Based on data, the general direction something is moving in (up, down or the same)
2	Sportsmanship	Qualities of fairness, following the rules, being gracious in defeat or victory
3	Gamesmanship	Bending the rules of a sport without actually breaking them
4	Deviance	Behaviour that goes against the moral values or laws of the sport

## Year 11 – Cycle 2 – English – Shakespeare's *Macbeth*

### A: Writer's methods

1	Imperative	A verb used to give a command or order
2	Soliloquy	A speech where a character is alone and speaks their thoughts and feelings out loud
3	Aside	A comment by a character that is meant for the audience to hear, but no other characters
4	Paradox	A statement that contradicts itself
5	Foreshadow	A warning or clue about a future event
6	Tragic hero	A great, virtuous character destined for a downfall or defeat
7	Hamartia	A fatal flaw or weakness

### B: Context

1	Divine Right of Kings	The idea that a monarch is chosen by God, not the people
2	The Great Chain of Being	A Christian belief that all beings are ranked in a hierarchy, with God at the top, to maintain natural order
3	Ambition	Strong desire to achieve something
4	Unnatural	Going against natural laws; abnormal
5	Supernatural	Something above and beyond natural laws that cannot be explained
6	Blasphemy	An act against God
7	Hallucination	A vision or image that is not real
8	Regicide	To kill a king or queen
9	Chaos	Disorder and confusion
10	Apparition	A ghostly figure

## GCSE History – Changes in Health and Medicine, c.500 to the present day

1	Ancient period	The period of time roughly from 3000BC to 500CE
2	Medieval period	The period of time roughly from 500CE to 1500CE
3	The Early Modern period	The period of time roughly from 1500CE to 1750CE
4	The Industrial period	The period of time roughly from 1750CE to 1900CE
5	The Modern period	The period of time roughly from 1900CE 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

# GCSE History – Elizabethan England

A: Elizabethan government		
1	Patronage	A system used by the monarch to reward loyalty
2	Factions	Rival groups with different political interests
3	JPs (Justices of the peace)	Members of the gentry who enforced law and order in each county
B: Lifestyles of the rich and poor		
4	Vagrant	An unemployed and homeless person that travelled the country in search of work
5	Impotent poor	Poor people who were viewed as being genuinely unable to work and deserving of charity
C: Popular entertainment		
6	Theatre companies	Groups of actors who were supported financially by wealthy noblemen
7	The pit	Area where the poor would stand in a theatre and watch a play
D: The Religious Settlement		
8	Religious settlement / Middle Way	Changes introduced by Elizabeth to provide a religious compromise between Protestants and Catholics
9	Church of England	The official name given to Protestantism in England

10	Royal injunctions	Instructions given to the clergy from the monarch
E: The Catholic Threat		
11	Recusants	Catholics who refused to attend Church of England services
12	Excommunication	Exclusion from the protection of the Catholic Church and entry to heaven
F: The Spanish Armada		
13	Privateers	Sailors that had permission from the monarch to capture goods from enemy ships
14	Beacon	a fire or light set up in a high position as a warning or signal
G: The Puritan Threat		
15	Puritan	Protestant sect that promoted a pure interpretation of the Bible
16	Presbyterians	Puritans that wanted to replace bishops with local elders
17	Propheesyings	Gatherings of Puritans to discuss the Bible and Puritan beliefs
18	Separatists	Extreme Puritans who wanted to break away from the Church of England

# GCSE History: Germany

## Impact of World War One on the Weimar Republic

1	Dolchstoss	The theory that the Weimar government had stabbed Germany in the back for signing the armistice and the Treaty of Versailles
2	Constitution	The laws that set out how a country is going to be governed
3	Coalition government	A government containing two or more political parties
4	Proportional representation	The voting system used by the Weimar Republic which led to coalition governments
5	Article 48	Special powers given to the President to take control away from the Reichstag during a state of emergency
6	Reichstag	The German parliament
7	President	The head of state who was in control of the army and could use Article 48
8	Chancellor	The head of the coalition government in the reichstag
9	Gleichschaltung	The German term for bringing all of Germany into line with Nazi values
10	Trade unions	A group of workers from a particular trade that is formed to protect or further the rights of the workers
11	Führer	Hitler's title which combined the role of president and chancellor
12	Rearmament	The process of building up the military
13	Aryan race	The Nazi term for 'pure' Germans
14	Boycott	Deliberately not purchasing / using something for political reasons
15	Gestapo	Nazi secret police
16	Lebensraum	Living space
17	Anschluss	The political and economic union of Germany and Austria
18	Appeasement	A policy which makes allowances to a hostile country in order to maintain peace

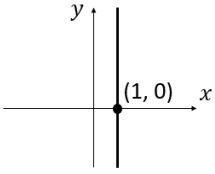
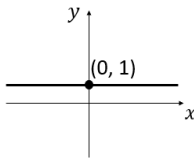
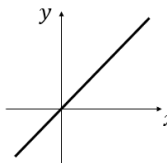
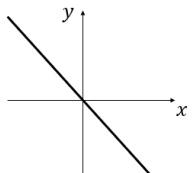


## GCSE History – USA (1929-2000)

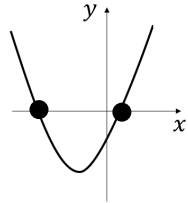
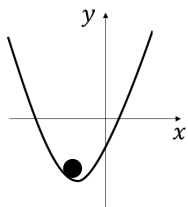
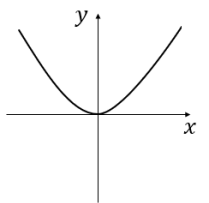
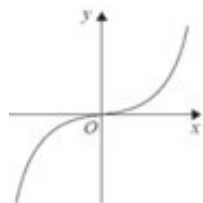
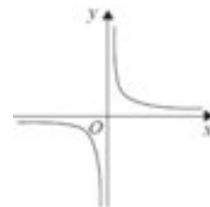
1	Great Depression	The economic downturn that followed the Wall Street Crash that led to mass unemployment in the 1930s
2	Consumerism	Society's need to purchase consumer goods
3	Suburbanisation	The process of people moving out of cities to buy larger houses with gardens in suburban areas
4	Civil rights	The rights of citizens to political and social freedom and equality
5	Segregation	Keeping a racial group separate from the rest of society
6	Constitution	The basic laws of a country that determine the duties of the government and guarantee the rights of the people
7	Budget deficit	When a government spends more money than it receives through taxes
8	Impeachment	To bring the US president to trial for misconduct
9	Counter-culture	A way of life that rejects what society regards as normal
10	Feminist	A person who believes in equal social, economic and political rights for women
11	Superpower	A country that is militarily and economically very powerful and influential
12	Cold War	The period of tension between the USA and USSR with no direct fighting
13	Communism	An economic and political system in which all property is owned by the government
14	Capitalism	The belief that individuals should be free to make as much money as they can
15	Containment	President Truman's policy in 1947 for the USA to try and prevent communism spreading to other countries
16	Satellite state	Countries that are technically independent but controlled by another country
17	Brinkmanship	The policy of pushing a dangerous situation to the brink of disaster
18	Guerrilla war	A war in which soldiers don't belong to an established army and use untraditional methods

# Year 11 – Cycle 2 – Mathematics (Foundation)

## A: Linear graphs

1	Equation of a straight line	$y = mx + c$ , where $m$ is the gradient and $c$ is the $y$ -intercept
2	Gradient of a line segment between the points $(x_1, y_1)$ and $(x_2, y_2)$	$\frac{y_2 - y_1}{x_2 - x_1}$
3	Parallel lines...	... have the same gradient
4	$x = 1$	
5	$y = 1$	
6	$y = x$	
7	$y = -x$	

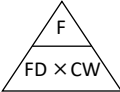
## B: Quadratic and further graphs

1	Roots	
2	Turning point	
3	$y = x^2$	
4	$y = x^3$	
5	$y = \frac{1}{x}$	

## C: Metric conversions

1	cm $\rightarrow$ mm	$\times 10$
2	mm $\rightarrow$ cm	$\div 10$
3	m $\rightarrow$ cm	$\times 100$
4	cm $\rightarrow$ m	$\div 100$
5	km $\rightarrow$ m	$\times 1000$
6	m $\rightarrow$ km	$\div 1000$

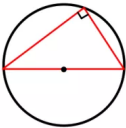
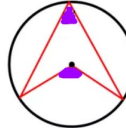
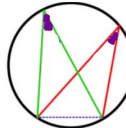
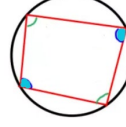
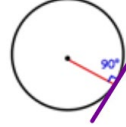
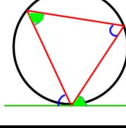
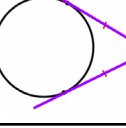
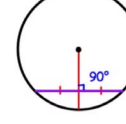
**A: Further statistics**

1	Interquartile range	Upper quartile – lower quartile
2	Histogram triangle	
3	Frequency polygon	Plot (midpoint, frequency) and join with straight lines using a ruler
4	Cumulative frequency graph	Plot (upper bound, frequency) and join with a curved line

**B: Further trigonometry**

1	Sine rule (finding angle)	$\frac{\sin A}{a} = \frac{\sin B}{b} = \frac{\sin C}{c}$
2	Sine rule (finding length)	$\frac{a}{\sin A} = \frac{b}{\sin B} = \frac{c}{\sin C}$
3	Cosine rule (finding angle)	$\cos A = \frac{b^2 + c^2 - a^2}{2bc}$
4	Cosine rule (finding length)	$a^2 = b^2 + c^2 - 2bc \cos A$
5	Area of a triangle	$\frac{1}{2} ab \sin C$

**C: Circle theorems**

1		The angle in a semicircle is 90°
2		The angle at the centre is twice the angle at the circumference
3		Angles in the same segment are equal
4		Opposite angles in a cyclic quadrilateral add up to 180°
5		The angle between the radius and the tangent is 90°
6		Alternate segment theorem
7		The tangents to a circle from the same point are equal
8		The radius through the midpoint of the chord bisects the chord at 90°

# Year 11 – Cycle 2 – Media BTEC

A: Responding to a brief		
1	Pre-production	The planning stage of a product
2	Production	The creation stage of a product, usually filming
3	Post-production	The editing stage of a product that happens after filming
4	Demographic	Factual details of an audience: age, gender, location, income level
5	Psychographic	Emotional details of an audience: attitude, values, interests
6	Secondary research	Research that you find from another source, not your own work
7	Mode of address	How media products talk to an audience
8	Schedule	The plan for the product with specific dates and times
9	Copyright	The legal right of an owner to decide who can copy, or use, their work

B: Media production techniques		
1	Framing	The way you position the subject in the shot to create meaning
2	Mid shot	Showing the subject from the waist up to include gestures and body language
3	Low angle shot	Shot from below to make something seem bigger
4	High angle shot	Shot from above to make something seem smaller
5	Point of view (POV) shot	Show a view from a subject's perspective
6	Panning	Horizontal movement of the camera
7	Tilt	Vertical movement of the camera
8	High key light	Bright light and reduced contrast aimed at the subject
9	Low key light	Bright light and darker shadows aimed at the subject

# Year 11 – Cycle 2 – Geography

## A: Ecosystems

1	Ecosystem	A community of plants and animals adapted to a climate
2	Biome	A large-scale ecosystem
3	Biomass	Organic matter (plants and animals)
4	Litter	Dead plant material that has fallen to the ground
5	Leaching	When rainwater takes some nutrients out of the ground
6	Drip tip	Leaves where water drips off the edge instead of pooling and growing mold
7	Buttress roots	Large roots above ground helping tall trees stand
8	Carbon sink	Something that absorbs carbon from the atmosphere
9	Monoculture	A single type of crop growing in a large area

## B: Changing Landscapes - Coasts

1	Erosion	The wearing away of the land by water, ice or wind
2	Weathering	The breakdown of rocks on the Earth's surface
3	Deposition	When water loses energy and drops sediment
4	Mass movement	The downhill movement of material due to gravity
5	Transportation	The movement of sediment
6	Fetch	The distance that wind has travelled over the sea
7	Longshore drift	The movement of sediment along the coast
8	Prevailing wind	The main wind in an area
9	Discordant coastlines	Coastlines with alternating layers of geology