



2023-2024

Year 7 | Cycle 3

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 7 – Cycle 2 – Art & Design

1	Illustration	A drawing or design used to decorate or explain something
2	Mark-making	Lines, dots, marks, patterns and textures created in artwork
3	Texture	The feel or appearance of a surface
4	Myth	A traditional, fictional story
5	Greek mythology	Myths from Ancient Greece about gods, heroes and the origins of the world
6	Hybrid	Something made by combining two different elements together
7	Ceramics	The art of making three dimensional objects from clay
8	Scoring	Scratched lines in clay that create texture to lock pieces together
9	Coiling	Clay rolled into a long sausage-like form and wound like a spring
10	Slip	A mixture of clay and water used to glue
11	Coil pot	A clay pot made by gradually stacking and joining coils
12	Sgraffito	A form of decoration made by scratching into a clay surface

Year 7 – Cycle 3 – Drama

A: Live review

1	Live review	A piece of writing that gives an opinion on a play, based on examples
2	Cornell notes	A revision method used to note the key areas, words and summary of a topic
3	Evaluation	A balanced judgment on a performance
4	Theatre conventions	The rules the actors and audience follow during a performance
5	Adaptations	Changing the way of performance of an original source; often book to screen
6	Staging	The way the performance is presented on stage
7	Blocking	The planning of movements and stage positions for actors in a scene
8	Themes	The main ideas that run throughout the story
9	Plot	What happens in the performance to the characters

B: Costume design

1	Garments	Clothing
2	Shape / fit	The way a costume fits on the body, e.g., loose, fitted
3	Condition	The age and appearance of a costume, e.g., torn, worn

Year 7 – Cycle 2 – Design & Technology

1	Corrugated card	Thick, strong card made up of layers
2	Sustainability	Actions to reduce damage to the environment
3	Responsible design	Design that considers environmental impacts
4	Circuit	A path between two or more points along which an electrical current can be carried
5	PCB (Printed Circuit Board)	A printed or etched board with electronic components mounted to connect a circuit
6	LED (Light Emitting Diode)	An electronic component that emits light when current flows through it
7	Solder	A metal with a low melting point used to create a permanent bond
8	Soldering	The process of bonding together metal by melting solder into the joint
9	Dry joint	A soldered joint which has not completely bonded due to insufficient melted solder in the joint
10	Phototransistor	An electronic component which can detect a change in lightness and darkness
11	Resistor	An electrical component used to reduce current flow
12	Capacitor	An electrical component that draws energy from a battery and stores the energy

Year 7 – Cycle 3 – Design & Technology

1	Design brief	The scenario or problem your design will solve
2	Specification	A list that defines a design brief and can be used to evaluate design ideas
3	Adobe Illustrator	Software used to create visual graphics
4	Graphic	A visual representation of an object
5	Graticule	A network of lines which can be used for plotting, scaling and measuring
6	Laser cutter	A machine which uses a laser to cut or etch into materials
7	Typeface	Characters of the same design including letters, numbers, punctuation and symbols
8	Icon	A symbol that represents an application, function or concept
9	Vector file	An image that can be increased in size without losing quality
10	CAD (Computer Aided Design)	Digital software used to create 2D and 3D models and drawings
11	CAM (Computer Aided Manufacture)	The use of software and computer-controlled machinery for manufacture
12	Dxf file	A storage format for CAD models called Drawing Exchange Format

A: Key terms

1	Allegory (n)	A story with two layers of meaning
2	Rhetoric (n)	The art of persuasive writing or speaking
3	Fable (n)	A short tale that teaches a moral or message often using animals to represent human 'types'
4	Totalitarianism (n)	A state of being ruled by complete and unrestricted power in government
5	Satire (n)	A text which makes fun of a person or idea in order to criticize it

B: Writer's methods

1	Omniscient narrator (n)	A narrator who is not involved in the action of the story but instead is 'all-seeing'
2	Tricolon (n)	Listing or talking about things in groups of three
3	Rhetorical question (n)	Asked in order to produce an effect or make a statement, not to receive an answer
4	Emotive language (n)	Strong, emotional words to play on people's feelings
5	Direct address (n)	Speaking directly to the reader / audience
6	Listing (n)	Grouping ideas in lists to add emphasis
7	Symbolism (n)	The use of an object to represent an idea

Year 7 – Cycle 3 – French

A: Verbs and structures

1	I live	j'habite
2	You can	on peut
3	To swim	nager
4	To go on walks	faire des promenades
5	To play in the street	jouer dans la rue
6	I like it	je l'aime
7	I don't like it	je ne l'aime pas
8	There is	il y a
9	There is not	il n'y a pas de
10	There is a lot to do	il y a beaucoup à faire
11	There is nothing to do	il n'y a rien à faire
12	I go to the shopping centre	je vais au centre commercial
13	We go to the swimming pool	on va à la piscine
14	They go to the library	ils/elles vont à la bibliothèque
15	He/she goes to the park	il/elle va au parc
16	I do my homework	je fais mes devoirs
17	I do swimming	je fais de la natation
18	I play video games	je joue aux jeux-vidéo
19	I eat at the restaurant	je mange au restaurant
20	I listen to music	J'écoute de la musique
21	I watch TV	Je regarde la télé
22	I am going to go	je vais aller
23	I am going to do	Je vais faire

B: Vocabulary

1	In a small apartment	dans un petit appartement
2	In a big house	dans une grande maison
3	In the countryside	à la campagne
4	In the mountains	à la montagne
5	By the seaside	au bord de la mer
6	In a city	dans une ville
7	Entertaining	divertissant
8	Noisy	bruyant
9	Pretty	joli
10	A living room	un salon
11	An office/desk	un bureau
12	A kitchen	une cuisine
13	A bathroom	une salle de bains
14	A bedroom	une chambre
15	A bed	un lit
16	A computer	un ordinateur
17	Shelves	une étagère
18	A wardrobe	une armoire
19	In front of	devant
20	Behind	derrière
21	Next week	la semaine prochaine
22	Tomorrow	demain

Year 7 – Cycle 3 – Geography – Rivers

1	Water cycle	The movement of water between the sky, ground and oceans
2	Source	Where a river starts
3	Tributary	A small river that joins the main river channel
4	Mouth	Where a river ends and meets the sea
5	Sediment	Smaller rock material that has broken off from larger rocks
6	Erosion	The breaking down of sediment
7	Transportation	The movement of sediment
8	Deposition	The laying down of sediment due to a loss of energy
9	Flood	When water overflows the riverbanks and spreads onto surrounding land
10	Impermeable	A surface that fluids are unable to pass through
11	Hard engineering	Man-made structures to prevent erosion and flooding
12	Soft engineering	Making changes in a natural-looking way to prevent erosion and flooding

Year 7 – Cycle 3 – History

1	Empire	A large group of states ruled over by a single ruler
2	To annex	To add a conquered territory to your own territory
3	Legacy	How someone, or something, is remembered
4	Renaissance	A period of time from the 14th-16th centuries that saw a cultural rebirth in education, science, art and music
5	Printing press	A machine for printing text or pictures onto paper
6	Humanism	An idea that said all people should aim to be educated in art, literature and science
7	Exploration	The action of searching a place that is not familiar
8	Colonialism	A process in which countries take over and control other countries
9	New World	The name given to America when it was discovered by Christopher Columbus
10	Anatomy	The study of the human body
11	Dissection	The process of cutting open a dead body to examine it
12	Great Plague	A large outbreak of disease in 1665-66

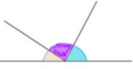

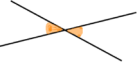



A: Types of triangle

1	Equilateral	All sides equal, all angles equal (60°)
2	Isosceles	Two sides equal, two base angles equal
3	Scalene	No sides equal, no angles equal

B: Types of angles

1	Acute	Less than 90°
2	Obtuse	Greater than 90° and less than 180°
3	Reflex	Greater than 180°

C: Angle rules

1		Angles on a straight line add up to 180°
2		Angles around a point add to 360°
3		Vertically opposite angles are equal
4		Angles in a triangle add up to 180°
5		Angles in a quadrilateral add up to 360°
6		Base angles in an isosceles triangle are equal

Year 7 – Cycle 3 – Music – Singing

1	Three areas of warm up	Stretching, breathing, diction
2	Diaphragm	The muscle below the lungs that helps to push out breath
3	Tonality	The musical scale or key of a piece of music, e.g. major or minor
4	Articulation	How a note is played
5	Staccato	Notes played detached and separated
6	Legato	Notes played attached and smooth
7	Melody	The main tune in a piece of music
8	Accompaniment	The musical background
9	Phrase	A musical sentence – often balanced using question and an answer
10	Call and Response	One voice or instrument makes a call and the rest of the group respond
11	A Capella	A song for voices with no instruments
12	Round	Musicians play the same music, starting at different points

A: Athletics - track Events

1	Sprinting	Running a short distance (400m and less)
2	Middle distance	Races that are longer than sprints (800m to 3000m)
3	Relay	A racing competition where members of a team take turns completing parts of a race

B: Athletics - track disqualifications

1	False start	Moving / leaving the starting blocks or line before the gun goes off
2	Lanes	Running outside of your lane at any time

C: Athletics - terminology

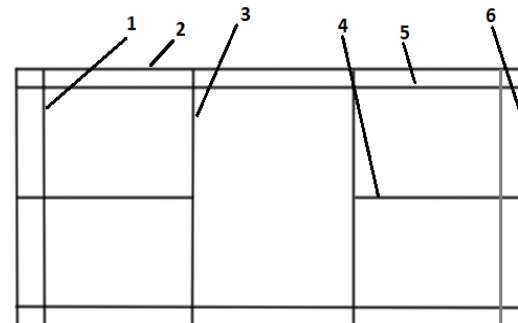
1	Heat	Early rounds of a race where the top two or three finishers qualify
2	PB	Personal best
3	Push pass	Outgoing runner holds arm out with the hand open and the incoming runner puts the baton straight into the open hand

D: Badminton - key terminology

1	Clear	A shot hit deep into the opponent's court
2	Shuttle-cock	The object that is hit back and forth in badminton
3	Net shot	A shot hit from near the net that only just clears the net and drops sharply
4	Passing shot	A shot which passes the opponent
5	Service court	The area in which the shuttle must land when you serve
6	Fault	A foul shot that hits the net or lands outside the court

E: Badminton court lines

1	Long service line for doubles
2	Side line for doubles
3	Short service line
4	Centre line
5	Side line for singles
6	End line and long service line for singles



Year 7 – Cycle 3 – PE

F: Rugby - key terminology

1	Try	When the ball is grounded over the try line
2	Try line	The goal line extending across the pitch
3	Forward pass	An illegal pass where the ball goes forward
4	Offside	When a player is in front of a team-mate who is carrying the ball
5	Ruck	One or more players close in around the ball on the ground to protect it
6	Knock on	If a player drops the ball 'forward' or loses the ball and it goes forward

G: Fitness - key terminology

1	Cardiovascular fitness	The ability to exercise the body for long periods of time, without getting tired
2	Muscular endurance	The ability to use muscles repeatedly, without getting tired
3	Circuit training	A series of exercises repeated one after the other
4	Repetitions (reps)	The number of times you repeat an action
5	Heart rate	The speed at which the heart beats
6	Pulse raiser	An activity that safely raises the heart rate up from its resting state
7	Dynamic stretching	Stretching while moving
8	Static stretching	Stretching while not moving

H: Football - key terminology

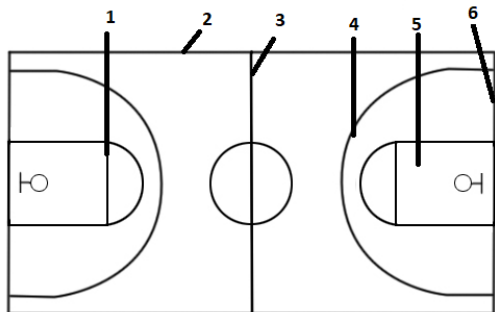
1	First touch	Controlling the ball to keep it near you
2	Goal kick	A restart by the goalkeeper from inside the goalkeeper's area
3	Offside	When the attacking player is beyond the last defender as the pass has been played
4	Free kick	Awarded when a foul or handball has taken place outside of the penalty area
5	Defender	A player who plays in front of the goalkeeper, protecting the goal
6	Midfielder	A player who links the defenders with the attackers and contributes to both the attack and defence
7	Striker	A player that leads the attacking moves

I: Basketball - key terminology

1	Double dribble	When you bounce the ball, stop and hold the ball with both hands, and then bounce the ball again
2	Travelling	Walking or running with the ball without bouncing it
3	Offense	The team that is attacking and trying to score a basket
4	Carry	Carrying the ball in one hand whilst dribbling
5	Three second violation	When you are inside the opposition's key for more than three seconds without the ball
6	Free throw	Awarded when you are fouled inside the key, taken from the free throw line

J: Basketball court lines

1	Free throw line
2	Side-line
3	Halfway line
4	Three-point line
5	Key
6	Baseline



K: Table tennis - key terminology

1	Ready position	A starting position from which all table tennis strokes can be played
2	Volley	Hitting the ball before it bounces on your side of the table
3	Push	A shot where you push the ball where you want it to go
4	Deuce	A term used when the score is 10-10
5	Let serve	When the ball touches the net, but still lands in the right place, the serve is replayed
6	Drive	An attacking shot played with speed and power

L: Cricket - key terminology

1	Wicket-keeper	Player on the fielding side who stands right behind the batting end wicket
2	Wicket	A term used when a batsman has been dismissed
3	Bowling	Delivering the cricket ball to the batsman
4	Over	The delivery of six balls by one bowler
5	Four	A shot that scores four runs by reaching the boundary after bouncing
6	Innings	One player's or one team's turn to bat (or bowl)

Year 7 – Cycle 3 – Religious Studies – Christianity

1	Trinity	The three persons of God; the Father, the Son and the Holy Spirit
2	Original sin	The evil within all human beings, inherited from Adam and Eve
3	Virgin birth	The belief that Mary gave birth to Jesus Christ without having sex
4	Last Supper	The final meal that Jesus shared with his disciples before his crucifixion
5	Eucharist	A service commemorating the Last Supper, where bread and wine are blessed and consumed
6	Crucifixion	Nailing someone to a cross; this is how Jesus Christ died
7	Resurrection	The Christian belief that Jesus Christ rose from the dead, three days after his crucifixion
8	Ascension	The rising of Jesus Christ into heaven, forty days after his resurrection
9	Gospel	The teachings of Jesus and the disciples
10	The Pope	The leader of the Catholic Church
11	Protestant	A branch of Christianity whose main source of authority is the Bible
12	Evangelism	Churches that promote the preaching of the Gospel and scripture in order to convert others

A: Chemical reactions

1	Acid	A solution with a pH of less than 7
2	Alkali	A solution with a pH of more than 7
3	Neutralisation	A reaction between an acid and an alkali making a salt and water
4	Reactant	The substances that react together in a chemical reaction
5	Product	The substances that are produced in a chemical reaction
6	Universal indicator	A substance that is used to measure how strongly acidic or alkaline a solution is

B: Forces

1	Force	A push or a pull on an object
2	Newton (N)	The unit of force
3	Mass	The amount of matter in a substance; the unit for mass is kilogram (kg)
4	Weight	An object with mass and within Earth's gravitational field experience a downwards force called weight. Weight = mass × gravitational field strength
5	The equation for pressure	Pressure = $\frac{\text{Force}}{\text{Area}}$
6	The equation for speed	Speed = $\frac{\text{Distance}}{\text{Time}}$

Year 7 – Cycle 3 – Spanish

A: Where I live - verb structures

1	Where do you live?	¿dónde vives?
2	I live in	vivo en
3	I believe that my house is	creo que mi casa es
4	In my house there is	en mi casa hay
5	Where I can	donde puedo
6	The good thing is that	lo bueno es que
7	The bad thing is that	lo malo es que
8	There is no	no hay

B: Directions - verb structures

1	It's on the left	está a la izquierda
2	Turn right	dobla a la derecha
3	Cross the first road	cruza la primera calle
4	Take the second road	toma la segunda calle

C: Weather - verb structures

1	What do you do when...?	¿qué haces cuando...?
2	It is sunny	hace sol
3	It is windy	hace viento
4	It is raining	llueve
5	It is snowing	nieva
6	It is hot	hace calor
7	It is cold	hace frío

D: Free time - verb structures

1	I dance	bailo
2	I play the guitar	toco la guitarra
3	I take photos	saco fotos
4	I ride a bike	monto en bicicleta
5	I do athletics	hago atletismo
6	I play football	juego al fútbol
7	I'm going to	voy a
8	We are going to	vamos a
9	They are going to	van a

E: Opinions - verb structures

1	I love	me encanta
2	I really like	me gusta mucho
3	I don't like at all	no me gusta nada
4	I hate	odio
5	It entertains me	me divierto
6	It's my passion	es mi pasión
7	I have a wicked time	me lo paso bomba
8	It makes me laugh	me hace reír
9	It's a waste of time	es una pérdida de tiempo
10	It bores me	me aburro