



2023-2024

Year 9 | 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



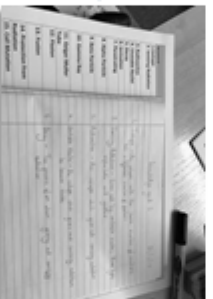
2) Write out the keywords leaving two lines between each word



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 9 – Cycle 2 – Art & Design

1	Context	All of the things that might have influenced the artwork or the maker
2	Artist's intention	The decisions made by an artist to communicate a deeper meaning through their work
3	Contemporary Art	The art of today, produced in the second half of the 20th century or in the 21st century
4	Narrative	The story behind an artwork using the power of visual imagery
5	Appropriation	The practice of artists using pre-existing images in their art with little change to the original
6	Translation	An artist recreating an existing artwork using different media from the original
7	Auto-biographical	Artwork expressing something about the artist's life
8	Subjectivity	How different people can respond to a work of art in different ways
9	Expressive	Effectively conveying meaning or a feeling through mark-making
10	Emotive	A work of art that effectively expresses an artist's feelings and inspires an emotional response from the viewer
11	Cathartic	Providing psychological relief through the open expression of strong emotions
12	Minimalism	An art movement from the 1960s characterised by extreme simplicity of form using geometric shapes

1	Stimulus	Starting point for creating theatre
2	Devising	Creating an original piece of theatre from a stimulus
2	Refugee	A person who has been forced to leave their country to escape war, persecution, or a natural disaster
3	Theme	A main idea that runs throughout the story
4	Artistic intention	The target audience, the director's interpretation and overall ideas of the play
5	Style	The way in which a play is performed: naturalistic, epic, physical, musical
6	Aims	What the character wants in the scene
7	Objectives	What the character wants to achieve with each sentence
8	Theatre roles	The different jobs and responsibilities in the theatre
9	Physical skills	Any acting skill involving the voice
10	Vocal skills	Any acting skill involving the body
11	Props	Objects used on stage or screen by actors
12	Setting	Scenery and other props used to identify the location of the production or scene

Year 9 – Cycle 2 – Design & Technology

1	Inclusive design	A design that considers usage to ensure as many people as possible can access it
2	Graphics	An image or visual representation of an object
3	Application (app)	A piece of software designed for a particular purpose that you can download onto a device
4	Adobe Illustrator	Software used to create visual graphics
5	Dashboard	A visual display of all of your data
6	User mapping	A method of visualising the end-to-end user experience
7	Pain points	Identifying areas where a user has experienced difficulty
8	Icon	A symbol that represents an application, function or concept
9	Prototype	A physical model used to present your final design
10	Typeface	A set of characters of the same design including letters, numbers, punctuation and symbols
11	Composition	The placement or arrangement of visual elements
12	PNG File (Portable Network Graphic)	An image format used to save graphics

Year 9 – Cycle 3 – Design & Technology

1	Nutritional value	The amount of carbohydrates, fats, proteins and energy in food
2	Balanced Diet	A diet that has enough of the nutrients required by the body to remain healthy
3	Aroma	A scent or smell of something
4	Macronutrient	A nutrient needed in large amounts (e.g. protein)
5	Diet	The total amount of food consumed by individuals
6	Calorie	A measure of the amount of energy in food
7	Protein	Building blocks for bones, muscles, cartilage, skin, and blood
8	Fats	A source of essential fatty acids that provide insulation and protect organs
9	Carbohydrates	A type of macronutrient found in certain foods and drinks. (e.g. sugars, starches and fibres)
10	Minerals	Elements found in food that help our bodies to function normally
11	Dairy	Food products made from milk (e.g. cheese, butter and yogurt)
12	Cuisine	A style of cooking distinguished by ingredients and dishes usually associated with a specific culture or area of the world

Year 9 – Cycle 3 – Gothic literature

A: Writer's methods

1	Unreliable narrator (n)	A narrator that the reader cannot completely trust
2	Dramatic monologue (n)	A poem that takes the form of a speech by an imagined speaker
3	Motif (n)	An image, word, phrase, or theme repeated throughout a text
4	Pattern of language (n)	A group of words linked by meaning to create an effect
5	Symbolism (n)	The use of objects to represent an idea
6	Narrative voice (n)	The perspective a story is told from
7	Shift	A change of tone or focus in a text

B: Context

1	The gothic (n)	A literary genre which contains mystery, horror and a sense of the uncanny
2	Reputation (n)	Somebody's character or social status as seen or judged by others
3	Terror (n)	Extreme fear
4	Supernatural (n)	Events or things that cannot be explained by science or nature
5	Duality (n)	The state of having two different parts or sides

Year 9 – Cycle 3 – French

A: Verbs and structures

1	He/she is	il/elle est
2	They are	ils/elles sont
3	He/she has	Il/elle a
4	They have	ils/elles ont
5	I get on well with	Je m'entends bien avec
6	I don't get on well with	Je ne m'entends pas bien avec
7	I argue with	Je me dispute
8	We love each other	on s'aime
9	We hate each other	on se déteste
10	We share everything	on partage tout
11	Accepts me	m'accepte
12	Listens to me	m'écoute
13	Understands me	me comprend
14	Helps me	m'aide
15	My ideal partner would be	mon partenaire idéale serait
16	My ideal partner would not be	mon partenaire idéale ne serait pas
17	He/she would have	il/elle aurait
18	I bought	j'ai acheté
19	He watched	il a regardé
20	She played	elle a joué
21	We listened	on a écouté
22	I spent time	j'ai passé du temps

23	I did	j'ai fait
24	I went	je suis allé
25	I had fun	je me suis amusé
26	I am going to tidy	je vais ranger
27	He is going to eat	il va manger
28	She is going to go	elle va aller
29	We are going to celebrate	on va célébrer
30	I am going to read	je vais lire
31	He is going to go out	il va sortir
32	She is going to do shopping	elle va faire les magasins
33	I am going to have fun	je vais m'amuser

B: Vocabulary

1	Annoying	casse-pieds
2	Annoying	agaçant
3	Funny	drôle
4	Cute	mignon
5	A good friend	Un bon ami
6	Loyal	fidèle
7	Understanding	compréhensif
8	Firstly	d'abord
9	Then	puis
10	After	après
11	Finally	enfin

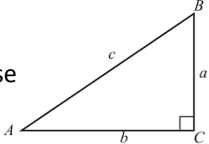
Year 9 – Cycle 3 – Geography – Life in an Emerging Country

1	Emerging country	A country that is rapidly developing with improving HDI
2	Industrialisation	The process of an economy moving from mostly jobs in agriculture to manufacturing
3	Globalisation	The increased interdependence of countries around the world
4	Transnational corporations (TNCs)	A large company which operates in more than one country
5	Colonialism	Taking control over another country
6	Rural-urban migration	The movement of people from the countryside to the city
7	Push factors	Problems which drive people to move away from a place
8	Pull factors	Positives which attract more people to a new place
9	Squatter settlements	Low-quality housing where people have no legal rights to the land
10	Inequality	When resources are not fairly shared
11	Informal economy	Jobs which are not taxed or monitored by the government
12	Poverty	A state of being poor and having low standards of living

Year 9 – Cycle 3 – History – Post-War Britain

1	Blitz	An intensive or sudden military attack
2	Rationing	Restricting the amount of food people can buy to ensure enough for everyone
3	Public health	The health of the whole population as a result of government action
4	The Commonwealth	A group of former British colonies that still pay allegiance to the British Crown
5	Boycott	To stop using something as a form of protest
6	Colour bar	The informal practice in Britain where some white people discriminated against people of colour by denying them goods and services
7	Contraception	Methods used to prevent a woman from becoming pregnant
8	Free market economy	When the government does not get involved in businesses and the economy
9	Nationalisation	When ownership of businesses is transferred from private to state ownership
10	Privatisation	When ownership of businesses is transferred from state ownership to private ownership
11	Strike	A form of protest when people stop working to protest
12	Trade union	An organisation formed to protect and further the rights of a group of workers

A: Pythagoras' theorem

1	Hypotenuse 	The longest side, opposite the right angle
2	Pythagoras' theorem	$a^2 + b^2 = c^2$


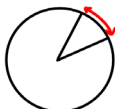
B: Information needed for transformations

1	Rotation	Angle, direction, centre of rotation
2	Reflection	Line of symmetry
3	Translation	Vector
4	Enlargement	Scale factor, centre of enlargement

C: Probability

1	Probability	$\frac{\text{Number of successful outcomes}}{\text{Total number of possible outcomes}}$
2	P(not A) or P(A')	$1 - P(A)$
3	P(A and B) if independent	$P(A) \times P(B)$
4	P(A or B)	$P(A) + P(B)$

D: Circles

1	Area of a sector 	$\frac{\theta}{360} \times \pi r^2$
2	Arc length 	$\frac{\theta}{360} \times \pi d$

Year 9 – Cycle 3 – Music

1	Ensemble	A group of people performing a piece of music
2	Lyricist	The person responsible for writing the lyrics during the songwriting process
3	Cover version	A new performance or recording by someone other than the original artist or composer of the song
4	Timbre	The particular sound quality of an instrument or voice
5	Hook	The short and repeated 'catchy bit' used throughout a song
6	Riff	A repeated musical pattern often used in the introduction and instrumental
7	Bassline	The lowest pitched part of the music often played on the bass guitar or double bass
8	Chord sequence	The pattern of chords used to create the harmony of the song for the melody
9	Melody	The main tune of a song normally sung by the lead singer
10	Strophic	A structure of a popular song which is simply verse, verse, verse. It can also be referred to as A-A-A-A
11	Lead singer	Often the most famous member of a band who sings most of the melody line to the song
12	Melodic range	The distance between the lowest and highest pitched notes in a melody

Year 9 – Cycle 3 – Religious Studies – Christian Denominations

1	Conservative	Having traditional beliefs that have not changed over time
2	Liberal	Adapting traditional beliefs to the modern world
3	Catholicism	The largest Christian denomination under the authority of the Pope in Rome
4	Protestantism	The second largest Christian denomination, which rejects the authority of the Pope and believes the Bible as their only source of authority
5	Anglicanism / Church of England	The largest denomination in England; Protestants
6	Quakers	A Protestant denomination whose central belief is that every human being contains a reflection of the image of God
7	Evangelicalism	Name given to Protestants who have conservative / traditional beliefs but use modern forms of worship
8	Atheism	The belief that there is no God
9	Humanism	Atheists who place human welfare above all else
10	Trinity	The three persons of God; the Father, the Son and the Holy Spirit
11	Crucifixion	Nailing someone to a cross; this is how Jesus Christ died
12	Resurrection	The Christian belief that Jesus Christ rose from the dead, three days after his crucifixion

A: Athletics - track disqualifications

1	Kick	An increase in speed that comes towards the end of a running event
2	Staggered start	Starting lines are spaced on the curve of a track to make sure athletes run the same distance
3	Flight	The heat rounds for the field events where the top three qualify
4	Fosbury flop	A technique in high jump where the jumper goes over the bar headfirst with their back towards the bar

B: Relay technique terminology

1	Upsweep	When the incoming athlete passes the baton upwards into the receiving hand
2	Down-sweep	When the incoming athlete passes the baton downwards into the receiving hand

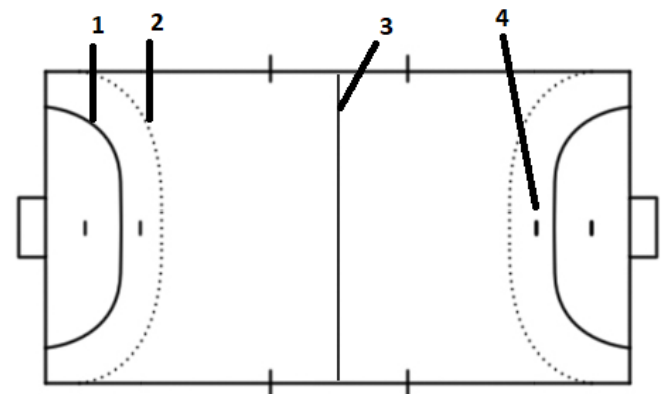
C: Handball - key terminology

1	Free throw line	Nine-metre line that the players must leave before taking a free throw
2	Foot	A foul when a player touches the ball with their foot or shin
3	Walking	When a player takes more than three steps without dribbling or holds the ball for more than three seconds without bouncing, shooting or passing

4	Six metre line	No handball player (other than the goalkeeper) is allowed in the goal area
5	Team shape	The formation of your team when in and out of possession of the ball
6	Pivot	This position plays most of the game along the six-metre line, forming a close partnership with the centre back

D: Handball court lines

1	Six-metre line
2	Nine-metre line
3	Halfway line
4	Seven-metre line



E: Badminton - key terminology

1	Clear	A shot hit deep into the opponent's court
2	Passing shot	A shot which passes the opponent
3	Long service line	In singles, the back boundary line; the serve must not go past this line
4	Lob	A shot that is hit in a high arc, usually over the opponent's head
5	Alley	Side extension of the court on both sides, used for doubles play
6	Back alley	Area between the back-boundary line and the long service line for doubles

F: Fitness - key terminology

1	Progressive overload	Making training steadily harder to gradually improve fitness
2	Overtraining	Training too much, which can lead to injury and prevent improvement
3	Continuous training	Training for a minimum of 20 minutes without any rest breaks
4	Fartlek training	Training at different speeds and/or over different terrains
5	Frequency	How often you train

6

Intensity

How hard you train

7

Time

How long you train for

8

Type

What training method you use

G: Football - key terminology

1

Indirect free kick

A free kick in which you can not directly score from

2

Counter-attack

Breaking forward at pace with the ball, towards the opposition's goal

3

High press

The team without the ball, moves to the attacking half of the pitch to apply pressure on the team with the ball

4

Zonal marking

A defensive strategy where the defenders cover an area of the pitch

5

Near post

The goalpost nearest the ball's current position

6

Sweeper

The 'free' player in defence who covers the marking defenders

H: Basketball - Key terminology

1	Shooting guard	Assists the point guard in dribbling the ball up the court and shoot effectively from a range of positions
2	Power forward	A tall player on the team whose key roles are to block shots, get rebounds and score from close to the hoop
3	Turnover	Occurs when a team loses possession of the ball to the opposing team
4	Zone defence	A defensive strategy requiring each player to mark a zone on the court rather than a player on the opposition's team
5	Screen	A blocking move by an offensive player standing close to a defender, to free the teammate with the ball
6	Eight second violation	The team has eight seconds to bring the ball over the half-way line, otherwise it is a turnover

I: Table Tennis - Key terminology

1	Chop	A defensive return of a topspin stroke played with backspin
2	Drive	A stroke played close to the table with your racket arm moving forward and slightly upwards in the direction that the ball is going to travel

3	Drop shot	A shot which drops very short over the net on your opponent's side of the table
4	Heavy	Used to describe excessive spin
5	Deuce	A term used when the score is 10-10
6	Smash	An aggressive shot hit with speed, often in response to a high bouncing return

J: Cricket – Key terminology

1	Leg Before Wicket (LBW)	Dismissing the batsman if the ball hits any part of the batsman's body before the bat, when it would have gone on to hit the stumps
2	No ball	An illegal delivery usually because of the bowler overstepping the crease
3	Collapse	The loss of several wickets in a short space of time
4	Batting end	The end of the pitch at which the striker stands
5	Follow on	The team batting second, has a second inning if they don't have enough runs
6	Tail-ender	A batsman who bats towards the end of the batting order

Year 9 – Cycle 3 – Science – Photosynthesis / Waves

1	Transverse wave	A wave in which the vibrations are perpendicular to the direction of energy transfer
2	Longitudinal wave	A wave in which the vibrations are parallel to the direction of energy transfer
3	Amplitude	The maximum displacement of the wave from the undisturbed position
4	Wavelength	The distance between the same point on two adjacent waves (m)
5	Frequency	The number of waves passing a certain point each second (Hz)
6	Time period	The time taken for one complete oscillation
7	Superposition	When two waves meet, they either add together or cancel each other out
8	Order of the electromagnetic spectrum	[lowest frequency] radio – microwave – infrared – visible light – ultraviolet – X-ray – gamma [highest frequency]
9	Magnification	The amount that an image of something is scaled up when viewed through a microscope
10	Resolution	The ability to distinguish between two separate points on image.
11	Photosynthesis	A chemical reaction that uses sunlight. Carbon dioxide + water → Oxygen + glucose
12	Limiting factor	A factor which limits the rate of a chemical reaction when in short supply.

Year 9 – Cycle 3 – Spanish

A: Health and food (la salud y la comida)		
1	I have bread for breakfast	desayuno pan
2	I have rice for lunch	almuerzo arroz
3	I have fish for dinner	ceno pescado
4	I have a fruit as a snack	meriendo fruta
5	I prefer to eat	prefiero comer
6	My favourite dish is...	mi plato favorito es...
7	It is good for your health	es bueno para la salud
8	It is bad for your health	es malo para la salud
9	I can't stand meat	no soporto la carne
10	What I like the most is	lo que más me gusta es
11	Around midday	alrededor del mediodía
12	takeaway food	la comida para llevar

B: Relationships (las relaciones)		
1	He is friendly	es simpático
2	she is not funny	no es graciosa
3	They are selfish	son egoístas
4	They are not kind	no son amables
5	I get on well with	me llevo bien con
6	I don't get on well with	no me llevo bien con
7	We have a lot in common	tenemos mucho en común

8	He/she makes me laugh	me hace reír
9	A good friend would be	un buen amigo sería
10	He/she helps me with ...	me ayuda con...
11	He/she understands me	me entiende
12	He/she accepts me	me acepta
13	He/she likes	le gusta
14	I have fun	me divierto
15	We have fun	nos divertimos
16	We argue	nos peleamos
17	We have similar tastes	tenemos los gustos similares
18	He/she makes me angry	me fastidia
19	We are very different	somos muy diferentes

C: Future Plans		
1	I would like to get married	me gustaría casarme
2	I want to be single	quiero estar solero
3	I hope to have children	espero tener hijos
4	My ideal girlfriend would be	mi novia ideal sería
5	My ideal boyfriend would have	mi novio ideal tendría
6	I would like to live in	me gustaría vivir en
7	I would like to fall in love	me gustaría enamorarme
8	I want to work as	quiero trabajar de