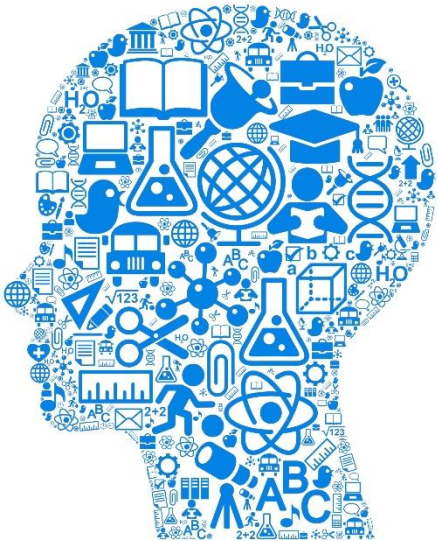


Year 8 | Cycle 1

100% Book



Tutor group:

Your 100% book and knowledge organisers

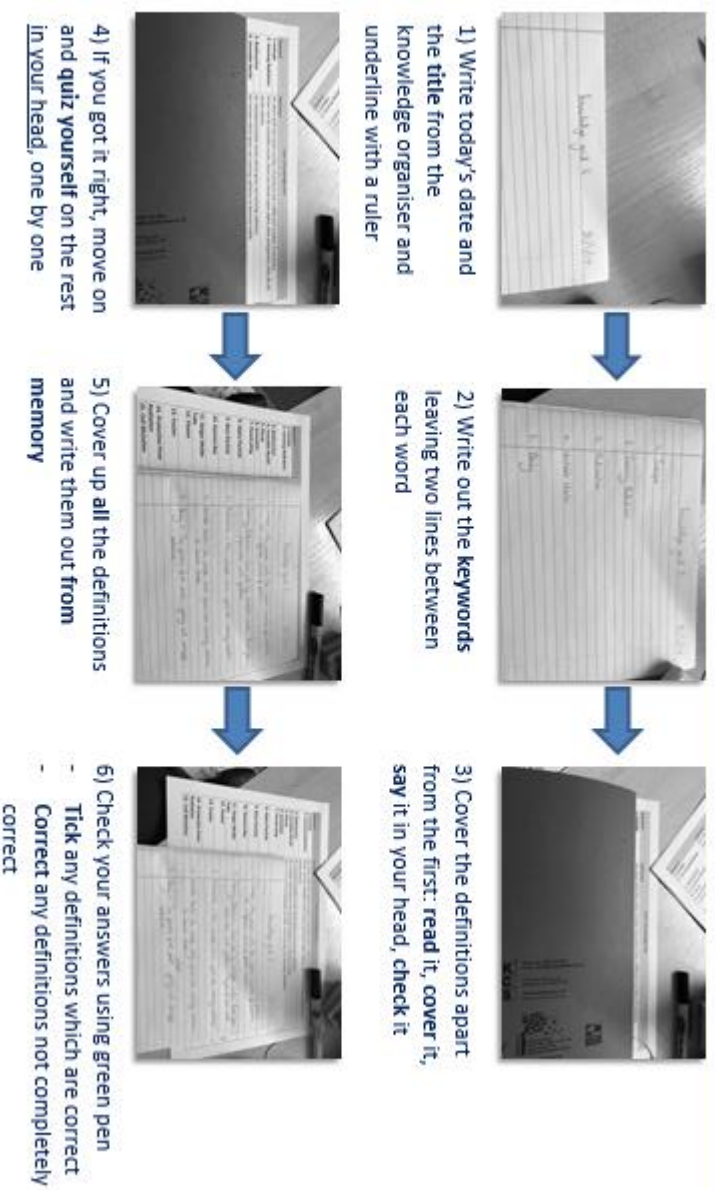
Knowledge organisers contain **critical** knowledge you must know. This will help you recap, revisit and revise what you have learnt in lessons in order to remember this knowledge for the long-term.

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?



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 8 – Art and Design – Cycle One

A	Portraiture One	
1	Tone	The lightness or darkness of something
2	Gradient	Smooth blending of shades from light to dark, or from one colour to another
3	Contours	When lines follow the form of a subject creating a 3D effect
4	Planes of face	Form of a head broken down into different flat surfaces
5	Self-portrait	Representation of an artist produced by themselves
6	Proportion	How the sizes of different parts of a piece of art or design relate to each other
7	Symmetry	An image can be divided down the middle and is identical on both sides

B	Portraiture Two	
1	Photo-manipulation	Transforming or altering a photograph using various methods and techniques
2	Photomontage	A collage made from photographs
3	Brayer	A roller that is used in printmaking to evenly spread out ink
4	Incise	Mark or decorate an object or surface with a cut or gouges
5	Plate	The surface upon which you have created your design
6	Offset	Transferring ink from a freshly printed page onto another surface

Year 8 – Drama – Cycle One

A	Key Terms	
1	Physical Theatre	A type of theatre that uses movement and the body to tell a story
2	Body tension	The tightness of muscles to perform accurate movements
3	Mime	Silent scene where actions show the story
4	Stimulus	A starting point for creating theatre
5	Non-naturalistic	A style of theatre that isn't copying real life
6	Abstract	Theatre that uses stylized movement, speech and music rather than representing real life
7	Unison	Movement or speech performed in time with the group
8	Cannon	Movement or speech performed one after each other in a group
9	Frantic Assembly	A theatre company who use movement to communicate to the audience
10	Chair duet	A technique using two people sat on a chair to tell a story of relationships
11	Round/by/through	A technique used to connect a series of movements together smoothly
12	Posture	How you stand or sit to show a character's age and personality
13	Gesture	Movement of the hand to communicate meaning

Year 8 – English: Pygmalion – Cycle One

A	Context	
1	Class system	Victorian London was ruled by a rigid class system
2	Social hierarchy	Individuals were ranked according to their status in the social hierarchy
3	Elocution	Good elocution indicated one's place in the upper class
4	Etiquette	Strict rules of etiquette controlled what behaviour was acceptable
5	Socialism	Shaw supported socialism : the idea that society should be equal
6	Patriarchal	Society was patriarchal : women did not have the same rights, power, or privileges as men
7	Suffragette	Shaw supported the suffragette movement: the fight for women to vote
8	Moral judgements	The upper classes would make moral judgements about whether the lower classes were 'deserving'

B	Vocabulary	
1	Demean (v)	To make somebody less respected; Higgins demeans the lower classes
2	Misogyny (n)	Prejudice against women; many Victorians had misogynistic views
3	Inhumane (adj)	Cruel; Higgins is inhumane towards Eliza, he treats her inhumanely
4	Marginalise (v)	Treat a group of people as unimportant; the lower classes were marginalised in Victorian society
5	Farcical (adj)	Ridiculous; Shaw exposes the Victorian class system as farcical
6	Assertive (adj)	Confident; Eliza is assertive when she stands up to Higgins

C	Literary Methods	
1	Stage directions	Instructions for actors about set, costume, actions, movement or speech
2	Connotations	The ideas or feelings evoked by a word or phrase
3	Satire	'Pygmalion' is a satirical play because it mocks the Victorian class system
4	Emotive language	Language that creates intense feelings in the reader
5	Anaphora	Repetition of a word or phrase at the beginning of sentences or clauses

D	Plot	
1	Act One	Higgins demeans a flower girl on the street, but feels guilty and gives her money
2	Act Two	Eliza asks Higgins for elocution lessons; he bets Pickering that he can teach her to be a lady
3	Act Three	Eliza visits Mrs. Higgins and breaks the rules of etiquette in front of the Eynsford-Hills
4	Act Four	Higgins and Pickering win the bet, but Eliza is furious about being treated carelessly
5	Act Five	Eliza stands up for herself and makes peace with Higgins

E	Writing	
1	Topic sentence	A sentence expressing the main idea of a paragraph
2	Hook	A technique used to capture readers' attention
3	Call to action	Writing that encourages a response or action

Year 8 – French – Cycle One

A	Verbs and Phrases	
1	Afin de	In order to
2	Je l'utilise pour	I use it in order to
3	Prendre	To take
4	Envoyer	To send
5	Lire	To read
6	Télécharger	To download
7	Acheter en ligne	To buy online
8	Partager	To share
9	Rester en forme	To keep fit
10	Je peux	I can
11	Je vais	I'm going
12	Ils vont	They are going
13	Ne...jamais	Never
14	Ne...que	Only
15	C'est	It is
16	C'était	It was

B	Vocabulary	
1	Un portable	A mobile phone
2	Un ordinateur	A computer
3	Une tablette	A tablet
4	Bon marché	Cheap

5	Cher	Expensive
6	Lent	Slow
7	Accro	Addicted
8	Une chemise	A shirt
9	Une jupe	A skirt
10	Une cravate	A tie
11	Un pantalon	Trousers
12	Des baskets	Trainers
13	A la mode	Fashionable
14	Démodé	Unfashionable
15	Un film de guerre	A war film
16	Les infos	The news
17	Un dessin animé	A cartoon
18	Une émission	A TV programme
19	Triste	Sad
20	Effrayant	Scary
21	Emouvant	Moving
22	Un roman policier	A detective novel
23	Passionnant	Fantastic
24	Des légumes	Vegetables
25	Des matières grasses	Fatty foods
26	De la viande	Meat

Year 8 – Geography – Cycle One

A	Coastal Processes and Landforms	
1	Coast	The area in which the land meets the sea
2	Port	A landing place for ships at the coast
3	Geology	The study of the different types of rocks
4	Fetch	The distance the wind pushes the waves
5	Erosion	The breaking down of material at the coast
6	Deposition	The laying down of sediment at the coast
7	Longshore drift	The movement of sediment along the coast
8	Headland	A narrow piece of land that sticks out to sea
9	Wave-cut platform	A narrow flat area found at the base of a sea cliff that was created by erosion
10	Spit	An extended stretch of beach material that sticks out to sea

B	Coastal Management	
1	Coastal management	Methods that minimise the impacts of coastal flooding and erosion
2	Coastal recession	The retreat of the coastline due to erosion
3	Coastal flooding	Areas of the coastline flooded by coastal waters
4	Storm surges	A temporary rising of the sea as a result of storms
5	Sea defences	Features added to a coast to protect it from erosion and flooding
6	Managed retreat	When land is purposely left to erode or flood
7	Hard engineering	Man-made structures built to protect the coastline from flooding and erosion
8	Soft engineering	Natural changes to the coast by humans to protect the coastline from flooding and erosion
9	Groynes	Barriers that stick out to sea and trap sediment carried by longshore drift
10	Beach nourishment	Sand replaced from other sources at the beach

Year 8 – History – Cycle One

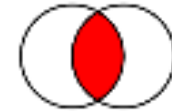
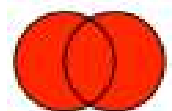
A	Reformation	
1	Reformation	A movement against the perceived corruption of the Catholic church
2	Catholicism	A type of Christianity that recognises the Pope as its leader
3	Protestantism	A new form of Christianity that emerged in the 16 th century, in protest against Catholicism
4	Pope	The head of the Catholic Church
5	Martin Luther	A German monk who led the Protestant Reformation in Europe with his 95 Theses
6	Indulgence	A piece of paper that could be purchased from the Catholic Church to forgive one's sins
7	Act of Supremacy	The law that made Henry VIII the Supreme Head of the Church of England in 1534
8	Annulment	To declare that a marriage never actually existed
9	Dissolution	The process of closing something down
10	Revenue	The annual amount earned by the king and country to pay for wars and other expenses
11	Monastery	A building occupied by a community of monks living under religious vows
12	Minority reign	A period of time when a monarch under the age of eighteen has to rule with the help of a council
13	Book of Common Prayer	A book of prayers written for Church of England services in English
14	Counter-Reformation	The Catholic attempt to stop the spread of Protestantism
15	Persecution	The targeting and mistreatment of a particular group

17	Mary, Queen of Scots	Elizabeth's cousin who plotted with Catholics in an attempt to take the English throne
18	Spanish Armada	Fleet of Spanish warships sent to invade England in 1588

B	The Stuarts and the English Civil War	
1	Gunpowder Plot	A Catholic plot in 1605 to blow up Parliament and King James I
2	Parliament	The place in London where politicians gather to approve or reject laws
3	Conspiracy	A secret plan to do something unlawful or harmful
4	Divine Right	The belief that a king or queen has a God-given right to rule
4	Charles I	A king of England who was criticised by parliament for consistently limiting their power
5	Tyranny	A cruel and oppressive way of ruling
6	Ship money	A tax imposed on coastal towns to pay for their defence from naval attack during a war
7	Civil war	A war between citizens of the same country
8	Parliamentarians	The group that fought on the side of Parliament during the English Civil War 1642-1651
9	Royalists	The group that fought on the side of Charles I during the English Civil War 1642-1651
10	Oliver Cromwell	Served as Lord Protector of England until 1658 after the execution of King Charles I in 1649
11	Regicide	Killing a monarch

Maths - Year 8 - Cycle One

A: Definitions		
1	Square number	Formed by multiplying an integer by itself
2	Cube number	Formed by multiplying an integer by itself three times
3	Square root	A value that, when multiplied by itself, gives the number
4	Multiple of a number	A number in that number's times table
5	Factor	A number that divides exactly into another number
6	Prime number	A number with exactly two factors
7	LCM	Lowest common multiple
8	HCF	Highest common factor
9	Unknown	The letter in an equation
10	Solve	Find the value of the unknown

B: Types of Numbers		
1	Square numbers (first 10)	1, 4, 9, 16, 25, 36, 49, 64, 81, 100
2	Cube numbers (first 10)	1, 8, 27, 64, 125, 216, 343, 512, 729, 1000
3	Prime numbers between 1-20	2, 3, 5, 7, 11, 13, 17, 19
4	Prime numbers between 21-40	23, 29, 31, 37
5	Prime numbers between 41-60	41, 43, 47, 53, 59
6	Prime numbers between 61-80	61, 67, 71, 73, 79
7	Prime numbers between 81-100	83, 89, 97
C: Finding the HCF and LCM		
1	Find the Highest Common Factor (HCF) 	Multiply numbers in the overlap section of the Venn diagram of prime factors
2	Find Lowest Common Multiple (LCM) 	Multiply all the numbers in the Venn diagram of prime factors

Year 8 – Music – Cycle One

A	Key Terms	
1	Scale	Notes put in ascending or descending order of pitch
2	Chord	Two or more notes played at the same time
3	Flat	Lower in pitch by half a note; on a keyboard this is the black note to the left of a named note
4	Sharp	Higher in pitch by half a note; on a keyboard this is the black note to the right of a named note
5	Major scale	Brighter sounding notes in ascending/descending order of pitch
6	Minor scale	Darker sounding notes in ascending/descending order of pitch
7	Chromatic scale	Twelve note scale built of semitones
8	Pentatonic scale	A scale with five notes
9	Structure	The order of the different sections of music
10	Binary	Piece of music with two different parts AB
11	Ternary	Piece of music with three different parts ABA
12	Articulation	Sound quality of each note; legato is smooth, staccato is short and spikey
13	Theme	The original musical idea, with either a catchy melody or strong rhythm
14	Variation	Changed versions of the theme

Year 8 – PE – Cycle One

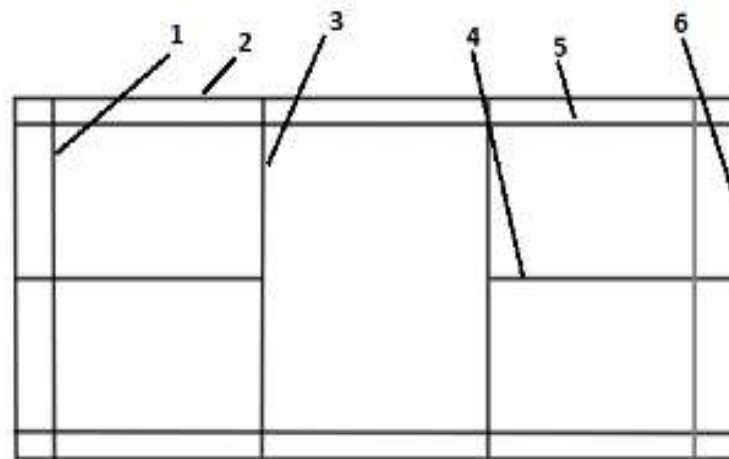
A Athletics – Track Disqualifications		
1	Pushing	During middle distance races, you must not make contact with any of the other runners on purpose

B Athletics – 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 Athletics – Terminology		
1	Bell lap	A bell rings at the beginning of the final lap of a multiple lap race, which signifies that the leader of the race has begun the final lap
2	Blocks	Small rigid blocks for bracing a runner's feet at the start of an event up to the 400m distance
3	Leg	A segment of a relay race completed by one runner

D Badminton – Key Terminology		
1	Ace	A serve that the opponent fails to hit
2	Clear	A shot hit deep into the opponent's court
3	Fault	A foul shot, such as one that hits the net or lands outside the court
4	Passing shot	A shot which passes the opponent
5	Smash	A powerful overhead shot

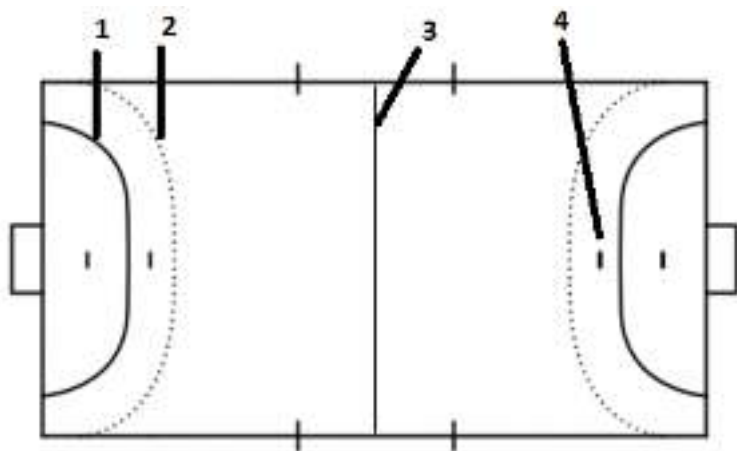
E Badminton Court Lines	
1	Long service line for doubles
2	Side line for doubles
3	Short service line
4	Centre line
5	Side line for singles
6	End line and long service line for singles



Year 8 – PE – Cycle One

F	Handball – Key Terminology	
1	Free throw	Awarded for fouls from the exact spot it took place
2	Throw-off	Takes place from the centre of the court to start play, or after a goal is scored
3	Dribble fault	When you bounce the ball, then catch with both hands, and then bounce again
4	Six metre line	No handball player (other than the goalkeeper) is allowed in the goal area

G	Handball Court Lines	
1	Six metre line	
2	Nine metre line	
3	Half-way line	
4	Seven metre line	



H	Fitness – Key Terminology	
1	Strength	The amount of force a muscle can exert against a resistance
2	Agility	The ability to change the position of the body quickly and control the movement
3	Flexibility	A range of movements possible at a joint
4	Interval training	Training that involves alternating periods of high intensity work with rest periods
5	Pulse	The feeling of your blood going through your arteries, checked in the wrist or neck
6	Repetitions (reps)	The number of times you repeat an action

I	Football – Key Terminology	
1	Offside	When the attacking player is beyond the last defender as the pass has been played
2	Jockey	A way of covering the person with the ball, trying to unbalance them, without committing yourself
3	Crossing	Moving the ball from the wide areas into the penalty area
4	Volley	Striking the ball towards goal, while it is in the air
5	Square pass	A pass made by a player to a teammate running alongside them
6	Man marking	A defensive strategy where defenders are assigned a specific person to mark

Year 8 – PE – Cycle One

J	Basketball – Key Terminology	
1	Back-court	The defensive end of the court where your team tries to stop baskets
2	Front-court	The offensive end of the court where your team tries to score baskets
3	Man-to-man defence	A defensive strategy that requires each player to mark another player on the opposition's team
4	Fast break	To move the ball up court and into a scoring position as quickly as possible, so that the defence is outnumbered
5	Point guard	The key roles are to dribble the ball up the court safely whilst organising the team and setting up plays
6	Small forward	Shoot from a range of positions but also helps to collect rebounds for the team
7	Centre	Usually the tallest player on the team whose key roles are to block shots, get rebounds and score from close to the basket

K	Table Tennis – Key Terminology	
1	Ready position	A neutral 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	Cross-court	A stroke that is hit diagonally from corner to corner
4	Drive	An attacking shot played with speed and power
5	Stroke	Any shot used by a player in a game
6	Paddle	An alternative name for the racket

L	Cricket – Key Terminology	
1	Run out	Dismissal by the fielding team breaking the wicket while the batsman is outside the crease, in the process of making a run
2	Out	A batsman who has been dismissed
3	Dot ball	A delivery bowled without any runs scored off it
4	Drive shot	A powerful shot generally hit along the ground
5	Boundary	The perimeter of the ground
6	Duck	A dismissal for 0 (zero) runs

Year 8 – Religious Studies: History of Atheism – Cycle One

1	Atheism	Disbelief in God or gods
2	Philosophy	The study of fundamental truths
3	Epicurus	A Greek philosopher who questioned the nature of God
4	Reformation	A movement against the perceived corruption of the Catholic Church
5	Biblical criticism	An academic subject that criticises traditional interpretations of the Bible
6	The Enlightenment	A period in the 18th century where people began to turn to reason and science rather than faith
7	Science	The study of the physical world through observation and experiment
8	Materialism	The theory that nothing exists except matter
9	Absolute monarchy	A monarchy that has complete power over a country, including religion
10	Republics	Countries without monarchs
11	Rationalist	A person who bases their opinions on reason and knowledge rather than on religious belief

12	Marquis de Sade	A man who argued for absolute freedom from morality and Christianity
13	Hedonism	The theory that pleasure is the ultimate aim of life
14	Sadism	Gaining pleasure from harming others
15	Friedrich Nietzsche	A man who wrote about freedom from religion
16	Morals	Principles of right and wrong
17	Capitalism	A system in which a country's businesses are privately owned and make profit
18	Bourgeoisie	The capitalist class who own most of society's wealth and businesses
19	Karl Marx	A man who wrote about how the lower classes will rise up against capitalism and religion
20	Militant Atheism	Atheists who campaign against religion due to its irrational beliefs
21	Empiricism	The theory that all knowledge is based on experience and observation
22	Humanism	Atheists whose ultimate focus is human welfare

Year 8 – Science – Cycle One

A	Digestion and Nutrition	
1	Carbohydrates	A nutrient that provides energy
2	Proteins	Used to make enzymes and muscles, used for the growth and repair of cells
3	Lipids	Needed for energy and to insulate organs
4	Minerals	An essential chemical component of the diet
5	Vitamins	Needed for healthy body function
6	Balanced diet	A diet that contains the right amounts of the different food groups and water to maintain good health
7	Digestion	Large insoluble food particles are broken down into small soluble particles that can be absorbed into the blood
8	Enzyme	Proteins that can break large molecules into small molecules
9	Mouth	Where food is broken up by teeth and mixed with saliva
10	Oesophagus	A muscular tube that pushes food from the mouth to the stomach
11	Stomach	A muscular bag that churns food; it contains acid to kill pathogens, as well as enzymes to digest food
12	Small intestine	Organ in which enzymes break food down, and where food molecules are absorbed into the blood
13	Large intestine	Where water is absorbed into the bloodstream
14	Rectum	Where waste is stored, before being expelled through the anus

B	Digestion and Nutrition	
1	Lock and key model	This tells us that each enzyme can only break down one type of food molecule
2	Substrate	A molecule that is broken down by an enzyme
3	Active site	The part of an enzyme that the substrate fits into
4	Denatured	When the active site of an enzyme changes shape, so the substrate can no longer fit
5	Lipase	An enzyme that breaks down lipids into fatty acids and glycerol
6	Protease	An enzyme that breaks down proteins into amino acids
7	Amylase	An enzyme that breaks down starch into glucose
8	Iodine	Orange liquid that turns blue-black when added to starch
9	Benedict's reagent	Blue liquid that turns green, yellow or brick red depending on how much sugar is in the food it is heated with
10	Heart disease	Illness caused by a high fat diet; symptoms are chest pains, shortness of breath, heart attacks
11	Diabetes	Illness caused by high sugar diet or obesity; symptoms are constant thirst, tiredness, blurred vision
12	Scurvy	Illness caused by lack of vitamins in diet; symptoms are severe joint pains, tiredness, and weakness
13	Bacteria in the digestive system	Digest some substances that humans cannot digest and reduce the chance of harmful bacteria multiplying

Year 8 – Science – Cycle One

A	Materials and the Earth	
1	Crust	The outer layer of the Earth made of thin, solid rock
2	Mantle	A thick, semi-liquid layer of rock underneath the Earth's crust
3	Core	The centre of the Earth made of iron and nickel
4	Tectonic plates	The Earth's crust is divided up into these; they move slowly to cause earthquakes and volcanoes to occur at the boundaries
5	Weathering	When rock is broken down into smaller pieces, the three types are: chemical, physical, biological
6	Sedimentary rock	Formed from layers of sediment (tiny bits of rock), e.g. limestone / chalk
7	Metamorphic rock	Formed when heat and pressure act on existing rocks for long periods of time, e.g. marble / slate
8	Igneous rock	Formed from melted underground rock (magma), e.g. granite
9	Atmosphere	The gases that surround a planet (Earth = 78% Nitrogen, 21% Oxygen)
10	Combustion	A process that releases carbon dioxide into the atmosphere

B	Materials and the Earth	
1	Photosynthesis	A process carried out by plants and algae, which removes carbon dioxide from the atmosphere
2	Respiration	A process carried out by all living things, which adds carbon dioxide to the atmosphere
3	Decomposer	An organism, e.g. bacteria / fungi that breaks down dead matter
4	Deforestation	Chopping down trees
5	Greenhouse effect	When carbon dioxide and methane absorb radiation from the Earth's surface
6	Global warming	An increase in average global temperatures due to the greenhouse effect
7	Recycling	Using old, unwanted materials to make new products
8	Ore	A rock containing enough metal compound to make it worthwhile extracting the metal from
9	Economic impact	Affects money
10	Environmental impact	Affects the environment
11	Social impact	Affects groups of people

Year 8 – Spanish – Cycle One

A	Verbs and Phrases	
1	Soy	I am
2	Tengo	I have
3	Me llevo bien con	I get along well with
4	Salir con amigos	To go out with friends
5	Ver un partido	To watch a match
6	Mandar mensajes	To send messages
7	Navegar por internet	To surf the internet
8	Mirar fotos	To look at photos
9	Usar las redes sociales	To use social networks
10	Hablar en Skype	To speak on Skype
11	Descargar aplicaciones	To download applications
12	Subir vídeos	To upload videos
13	Comprar en línea	To shop / buy online
14	Leer periódicos en línea	To read newspapers online
15	Para + infinitive	In order to + infinitive
16	Fui	I went

B	Vocabulary	
1	Travieso	Naughty
2	Callado	Quiet
3	Vago	Lazy
4	Hace calor	It's hot

5	Hace frío	It's cold
6	Hace sol	It's sunny
7	Hace buen / mal tiempo	It's good / bad weather
8	Hay tormenta	There is a storm
9	Nieva	It's snowing
10	Llueve	It's raining
11	Me divierto	I have fun
12	Me aburro	I get bored
13	Me lo paso bomba	I have a wicked time
14	Me hace reír	It makes me laugh
15	Es una pérdida de tiempo	It's a waste of time
16	Tedioso	Boring
17	Lo bueno / malo es que	The good / bad is that
18	Variado	Varied
19	Fácil de usar	Easy to use
20	Entretenido	Entertaining
21	Una buena distracción	A good distraction
22	Gratis	Free
23	No hay privacidad	There is no privacy
24	Caro	Expensive
25	Peligroso	Dangerous