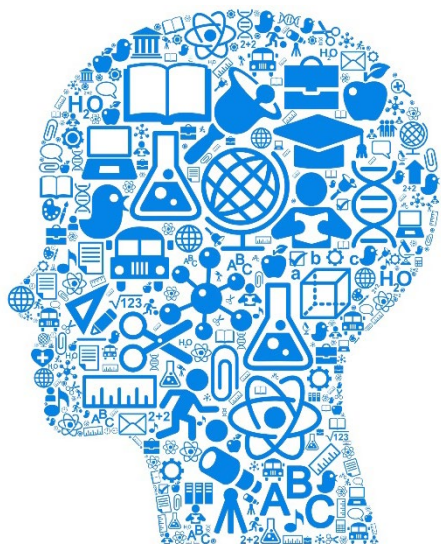




2022-2023

Year 11 | Cycle 1

100% Book



Name:

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?



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



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



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



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



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



6) Check your answers using green pen

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

Correcting spelling, punctuation and grammar

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

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



Year 11 – Art and Design – Cycle One

1	Value	How light or dark something is
2	Reductive drawing	Technique where darkness is removed to show the light parts of an image
3	Oxidation	Combine chemically with oxygen
4	Chromophore	Part of a molecule responsible for its colour
5	Intaglio	Design engraved into a material
6	Monochrome	Artwork that only includes one colour
7	Figurative	Representing forms in art that are recognisable from life
8	Photomontage	Collage constructed from photographs
9	Photomanipulation	Transforming a photograph using various methods
10	Plate	The surface that a design is created on
11	Block-printing	Process of printing designs by engraving blocks or other surfaces
12	Gouge	Tool used for removing lino in the block-printing process
13	Incise	Mark a surface with cuts or gouges
14	Brayer	Roller that is used in printmaking to spread-out ink
15	Offset	Transferring ink from a printed page onto another surface
16	Invert	An image where up and down or left and right are reversed

Year 11 – Cycle 1 – Business GCSE – Section 6: Finance

1	Inflows	Money flowing into the business
2	Outflows	Money flowing out of the business
3	Net cash flow	Total inflows – total outflows
4	Fixed costs	Costs that do not change based on production
5	Variable costs	Costs that change based on production
6	Total costs	Fixed + variable costs
7	Revenue / Turnover	Price × quantity sold
8	Profit	Total revenue - total costs
9	Break even	Revenue and costs are equal
10	Margin of safety	Actual output - break even output
11	Average rate of return	Average yearly profit / cost of investment × 100
12	Gross profit	Revenue - cost of sales Profit after taking away direct costs of making a product
13	Operating profit	Gross profit - overheads Profit after taking away both direct and indirect costs
14	Net profit	Operating profit - interest Profit after taking away all costs
15	Gross profit margin	Gross profit / revenue × 100
16	Net profit margin	Net profit / revenue × 100
17	Liability	Money owed by the business which must be paid back
18	Asset	Cash and other items of value owned by the business

Year 11 – Cycle 1 – Drama

A: Written terms

1	Describe	To give details of what you saw, heard or experienced
2	Explain	To give the purpose and reason
3	Analyse	To examine something, looking at different perceptions of it for/as an audience
4	Evaluate	To judge or form an opinion
5	Point	What the main theatre element you will focus on in the paragraph is, with terminology used
6	Example	The description of how the theatre element will be used in the scene
7	Style	The manner in which something is performed, such as naturalistically or comically
8	Motivation	What a character wants or needs in a scene

B: Vocal descriptions

1	Bellow	To shout in a deep, angry voice
2	Hiss	Sharp sound with prolonged vowels used to show disapproval or contempt
3	Moan	A prolonged, low sound used to complain or show boredom
4	Whimper	A high-pitched quiet tone used to show pain
5	Murmur	A low quiet and prolonged tone used to gossip

C: Physical descriptions

1	Rigid	A firm and inflexible posture used to show anger or fear
2	Balanced	A neutral posture that shows character is ready to go
3	Hunched	Back curled over, often used to show older person
4	Slouched	A relaxed posture used to show confidence, informal
5	Drooped	Loose body tension, head down posture used to show sadness or lack of energy

Year 11 – Cycle 1 – English Literature – *A Christmas Carol*

A: Writer's methods

1	Pathetic fallacy (n)	Giving human feelings to something non-human to create a specific tone
2	Imagery (n)	Visually descriptive language (e.g. simile/metaphor)
3	Symbolism (n)	The use of objects to represent an idea
4	Motif (n)	An image, word, phrase, or theme repeated throughout a text
5	Foil (n)	A character that is the opposite to another character
6	Allegory (n)	A story with a hidden meaning or moral
7	Epiphany (n)	A moment of realization

B: Context

1	Social injustice (n)	Inequality within society
2	Miser (n)	A greedy person who lives in a poor way in order to save money
3	Misanthropic (adj)	Showing a dislike for other people
4	Avarice (n)	Extreme greed for money
5	Callous (adj)	Cruel or insensitive towards others
6	Moral (n)	A lesson to be learned
7	Virtue (n)	Good or fair behaviour
8	Vice (n)	Evil or criminal behaviour
9	Redemption (n)	Saving someone from evil or sin
10	Transformation (n)	A major change in character
11	Philanthropic (adj)	Giving money and time to help needy people

Year 11 – Cycle 1 – Enterprise BTEC – Component 1

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

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

Year 11 – Cycle 1 – French

A: Family and relationships

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

B: Celebrations and festivals

1	Pâques	Easter
2	Le Saint Sylvestre	Near Year's Eve
3	La toussaint	All Saint's Day
4	Le réveillon	Christmas or Near Year's eve
5	Le Jour de l'An	New Year's Day
6	La fête des mères	Mother's day
7	Fêter / célébrer	To celebrate/party

8	aider	To help
9	chanter	To sing
10	Donner des cadeaux	To give presents
11	Recevoir des cadeaux	To receive presents
12	Le sapin	Christmas tree
13	On s'amuse	We have fun
14	Je fêtais	I used to celebrate
15	On mangeait	We used to eat
16	C'était	It was
17	Il y avait	There was

C: Holidays

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

Year 11 – Cycle 1 – Geography

A: Weather hazards

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

B: Resource management

1	Sustainable	An activity which does not consume or destroy resources or the environment
2	Groundwater	Water found underground in the cracks and spaces in soil, sand and rock
3	Aquifer	Underground layer of permeable rock containing water
4	Monoculture	Growing the same plant or crop in an area
5	Energy security	A country that has enough energy to meet its demand
6	Energy demand	The energy required to meet the needs of the population
7	Fracking	A process of extracting oil and natural gas from underground shale rock
8	Subsidence	When the ground under a house collapses and puts a strain on its structure
9	Carbon footprint	A measure of how much carbon is used by a person, company or country per year

Year 11 – Cycle 1 – Health & 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	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, e.g. smoking
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	Peak flow	Measures how well the lungs can breathe out air
	Body Mass Index (BMI)	Indicates percentage of body fat using height and weight measurements
	Abnormal	Unusual
	Time constraints	Limited time

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

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

Year 11 – Cycle 1 – Mathematics (Foundation)

A: Right-angled trigonometry

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

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

C: Angles

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

D: Information needed to describe transformations

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

Year 11 – Cycle 1 – Mathematics (Higher)

A: Area, perimeter and volume

1	Area of a parallelogram	$b \times h$
2	Area of a triangle	$\frac{b \times h}{2}$
3	Area of a trapezium	$\frac{1}{2}(a + b)h$
4	Area of a circle	πr^2
5	Circumference of a circle	πd
6	Area of a sector	$\frac{\theta}{360} \times \pi r^2$
7	Arc length	$\frac{\theta}{360} \times \pi d$
8	Surface area of a cylinder	$2\pi r(r + h)$
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C: Information needed to describe transformations

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

D: Solving quadratic equations

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

A: Aim B – Remaking a music video

1	Remake	When you make something again but you change at least one thing in a significant way
2	Narrative	A type of music video which tells a story that connects to the lyrics
3	Performative	A type of music video in which the focus is on performance/lip syncing/dancing to the song
4	Concept	A type of music video that is more abstract and connects to the theme of song
5	Target audience	The audience that your media product is aimed at
6	Storyboard	A sequence of drawings and information representing the shots planned for a media production
7	Duration	How long a shot lasts for
8	Framing	The way you position the subject in the shot to create meaning
9	Transition	How you move between shots in the post-production process

B: Aim C – Skills review

1	Review	Looking back over work to see what was good or what can be improved
2	Long shot	Showing an overview of the scene to provide context
3	Mid shot	Showing the subject from the waist up to include gestures and body language
4	Close up	Showing the face of the subject or a prop to highlight key emotions or objects
5	Low angle shot	Shot from below to make something seem bigger
6	High angle shot	Shot from above to make something seem smaller
7	Point of view (POV) shot	Show a view from a subject's perspective
8	Panning	Horizontal movement of the camera
9	Tilt	Vertical movement of the camera

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

A: Health and wellbeing

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

B: SMART Targets

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

Year 11 – Cycle 1 – Religious Studies – Beliefs and Practices (Islam & Christianity)

1	Tawhid [2]	The belief in the oneness of God
2	Prophethood / Risalah [2]	Messengers of God, beginning with Adam and ending with Prophet Muhammad
3	Angels / Malaikah	The belief in angels of Islam, e.g. Jibril, Israfil, Mika'il
4	Halal [2]	Anything which is permitted in Islam, e.g. eating permitted foods
5	Haram [2]	Anything which is forbidden in Islam, e.g. eating forbidden foods
6	Jihad [2]	To strive or struggle – there are two forms of jihad: greater and lesser
7	Mosque [2]	A place of prostration for Muslims, a communal place of worship
8	Shari'ah [2]	The straight path; Shari'ah Law is the set of moral and religious principles set out by the Qur'an and Hadith
9	Ummah [2]	Worldwide Muslim community who share a common religious identity
10	Trinity [2]	The three persons of God: Father, Son and Holy Spirit
11	Incarnation [2]	God becoming human in the form of Jesus
12	Atonement [2]	The belief that Jesus' death on the cross healed the rift between humans and God
13	Resurrection [2]	The belief that Jesus rose from the dead on Easter Sunday, conquering death
14	Liturgical worship	When worship follows a set structure or pattern
15	Salvation	Saving from sin and its consequences
16	Sacraments	An outward sign of an invisible blessing from God
17	Evangelism [2]	Preaching the gospel to others to convert them to Christianity

Year 11 – Cycle 1 – Combined Science – Biology Topic 5 – Homeostasis (Paper 2)

A: Homeostasis

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

B: Blood glucose regulation

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

C: The nervous system

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

Year 11 – Cycle 1 – Combined Science – Chemistry Topic 6 – Rates of Reaction (Paper 2)

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

Year 11 – Cycle 1 – Combined Science – Physics Topic 6 – Waves (Paper 2)

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

Year 11 – Cycle 1 – Triple Science – Biology Topic 5: Homeostasis (Paper 2)

A: Homeostasis

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

B: Blood glucose regulation

1	Insulin	When blood glucose concentration is too high, the pancreas releases insulin that causes glucose to move from the blood into the cells; in liver and muscle cells excess glucose is converted to glycogen for storage
2	Type 1 diabetes	A condition where the pancreas produces little or no insulin and is controlled by insulin injections
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C: The nervous system

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2	Reflex action	Automatic and rapid responses which do not involve the conscious part of the brain

Year 11 – Cycle 1 – Triple Science – Chemistry Topic 6: Rates of Reaction (Paper 2)

1	Activation energy	The minimum amount of energy that particles must have to react
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4	Calculating mean rate of reaction	Quantity of reactant used or product formed/time
5	Closed system	When none of the reactions or products can escape and nothing else can get in
6	Equilibrium	When the rate of forward reaction and backward reaction are equal in a reversible reaction, the amount of products and reactants will remain constant
7	Le Chatelier's principle	If you change the conditions of a reversible reaction at equilibrium, the system will counteract the change
8	Collision theory	Reactant particles must collide with the activation energy to form products

Year 11 – Cycle 1 – Triple Science – Physics Topic 5: Forces (Paper 2)

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

Year 11 – Cycle 1 – Spanish

A: Vocabulario: Vacaciones, Festivals y Medioambiente		
1	En invierno	In winter
2	En verano	In summer
3	En otoño	In autumn
4	En primavera	In spring
5	Al norte / sur / este / oeste	In the north / south / east / west
6	Al extranjero	Abroad
7	Hacer buceo	To dive
8	Ir de paseo	To go for a walk
9	Ver un partido	To watch a match
10	Perder mi vuelo	To miss my flight
11	Hacer una barbacoa	To have a barbecue
12	Un albergue juvenil	A youth hostel
13	Una pensión	A bed and breakfast (B&B)
14	Una piscina cubierta	An indoor swimming pool
15	Acogedor	Cozy
16	Una cama de matrimonio	A double bed
17	El ascensor	The lift
18	La ducha	The shower
19	La luz	The light
20	El desfile	The parade
21	El concurso	The contest

22	La hoguera	The bonfire
23	Los fuegos artificiales	The fireworks
24	Saltar	To jump
25	Disfrazarse	To dress up
26	Quemar	To burn
27	Matar	To kill
28	Tirar	To throw
29	Vestirse	To get dressed
30	Acostarse	To go to bed
31	Ahorrar	To save
32	Cerrar	To close
33	La contaminación atmosférica	Atmospheric pollution
34	Apagar	To switch off
35	Desenchufar	To unplug
36	El hambre	Hunger
37	Los incendios	Fires
38	La pobreza	Poverty
39	Las inundaciones	Floods
40	Las sequías	Draughts
41	Mantenerse	To keep / to stay
42	Evitar	To avoid
43	Perjudicial	Harmful

Year 11 – Cycle 1 – Sport BTEC – Unit 6 (Leading Sports Activities)

A: Sports leaders		
1	Leadership	Leading a group of people
2	Attributes	A quality or feature regarded as a characteristic of someone
3	Enthusiasm	Intense and eager enjoyment, interest or approval
4	Core responsibilities	Includes professional conduct, equality and health and safety
5	Equality	Ensuring individuals or groups of individuals are treated the same
6	Wider responsibilities	Includes insurance, child protection, legal obligations, ethics and values, rules and regulations
7	Ethics	The moral principles that govern a person's behaviour or the conducting of an activity
B: Warm up		
1	Pulse raiser	Activities that can be used to gradually increase the pulse rate
2	Mobilise	Activities to mobilise the main joints of the body such as knees, hips, shoulders, ankles and wrists
3	Stretching	Loosening of the muscles to prepare the body for exercise

C: Cool down		
1	Pulse lowering	Activities that gradually decrease in intensity
D: Planning		
1	Aim	What you want to achieve for the selected activity / sport
2	Objectives	How you will achieve what you want using a method of training
E: Guidance		
1	Visual	This is when the performer is shown the skill, via video, pictures or demonstrations
2	Verbal	This is when the performer is told the information about how to complete the correct technique
F: Types of feedback		
1	Feedback	Specific information provided about the skill being performed
2	Intrinsic	Feedback that is from <u>within</u> the performer
3	Extrinsic	Feedback is from <u>outside</u> the performer

Year 11 – Cycle 1 – Travel and Tourism

1	Tourist	People who travel for leisure
2	Leisure	For fun or enjoyment
3	Economic	To do with money and jobs
4	Facilities	Places that people use such as hospitals and schools
5	Disposable income	Money a person has left over after paying their bills
6	Legislation	Laws by governments
7	Regulations	Rules by other groups
8	Visa	A passport stamp allowing people into a country
9	Multiplier effect	When one positive thing leads to another positive thing
10	Public sector	Organisations funded and controlled by government
11	Private sector	Organisations controlled or owned by individuals
12	Voluntary sector	Organisations funded by membership and donations
13	Domestic	Taking holidays and trips in your own country
14	Outbound	Travelling to a different country for a visit or holiday
15	Inbound	Visitors from overseas coming into the country
16	AONB	Areas of Outstanding National Beauty
17	Leisure travel	Travel for fun
18	Business travel	Travel for work