Paddington Academy
The best in everyone™
Part of United Learning

Hard work • Excellence • Integrity

2026-2027

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 – Cycle 1 – Art & Design

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	Acknowledge	To give credit for something, such as a selected source or the work of others
4	Analyse	To examine in depth to explain or interpret something
5	Refine	To improve elements of your work
6	Explore	To investigate with an open mind about what might be found and developed
7	Record	To document ideas in visual and written form
8	Create	To make something new
9	Realise	To achieve your intentions
10	Dry-point etching	Printmaking process in which a design is drawn on a plate with a sharp instrument
11	Intaglio	Printmaking processes such as etching, engraving and dry-point, where the ink is contained within the lines and shapes before printing
12	Tonal drawing	Drawing with no lines, only shading
13	Retro	A contemporary object or style containing elements of, but not replicating, an object or style from a previous era
14	Oil paint	Slow drying paint that forms a hard coloured surface when dry
15	Impasto	The process e of laying on paint thickly so that it stands out from a surface
16	Minimalism	A style that uses deliberately simple design elements
17	Media	Materials used to create art
18	Mixed media	Art composed from a combination of different media or materials

Year 11 – Cycle 1 – Business GCSE – Section 5: Marketing

1	Market share	% of total sales in a market. Sales of product ÷ sales of market × 100
2	Market growth	% change in market size. Change in size ÷ original size × 100
3	Qualitative data	Data based on opinions and attitudes
4	Quantitative data	Numerical data
5	Primary research	Data gathered by the business itself
6	Secondary research	Data gathered previously by other organisations
7	Marketing mix	The four Ps. The factors which influence customers' buying decisions
8	Price	Setting prices based on different methods of pricing
9	Product	Design, features and functions of the product itself
10	Promotion	Communicating with customers to raise awareness of the product
11	Place	Where products are sold and how products are delivered
12	Internal factors	Factors within the business that influence the marketing mix
13	External factors	Factors outside the business that influence the marketing mix
14	Promotional mix	The combination of promotional methods used by a business to communicate with customers
15	Product life cycle	The change in sales of a product over time
16	Extension strategies	Methods of maintaining the sales of a product to prevent it from decline
17	Boston matrix	A tool used to categorise the products of a business by market share and market growth
18	Distribution channels	The journey of a product from producer to consumer

Year 11 – Cycle 1 – Design & Technology

1	Synthetic polymers	Man-made polymers created from crude oil
2	Biopolymers	Polymers made from natural resources such as plants
3	Carbon fibre reinforced polymer (CFRP)	A thermoforming polymer reinforced with carbon fibre
4	Glass-reinforced plastic (GRP)	A thermoforming polymer reinforced with glass fibres
5	Plasticisers	An additive that gives flexibility to polymers
6	Stabilisers	An additive in polymers that reduces UV degradation and brittleness
7	Extrusion	A length of material with a consistent cross-section
8	Filament	The extruded material that is used in a 3D printer
9	One-off production	One product is made
10	Batch production	Several identical products are made
11	Jigs	A mechanical device to aid production
12	High-volume production	Many products are made, making extensive use of machinery and manufacturing aids
13	Blow moulding	A method of shaping thermoforming polymer by heating it and blowing it into shape
14	Vacuum forming	A method of shaping thermoforming polymer by heating it and sucking it around a mould
15	Screen printing	A printing process for adding detail or text to polymer products
16	Vinyl	A self-adhesive polymer, available in a range of colours, suitable for CNC knife cutting
17	Anthropometrics	The practice of taking measurements of the human body and provides data that can be used by designers
18	Ergonomics	The relationship between people and the products they use

Year 11 – Cycle 1 – Drama

A: Written terms		
1	Intentions	What the playwright/director/actor hopes to achieve in their interpretation of a play
2	Social, cultural, historical context	Circumstances of the time the play is set in; the physical and social setting
3	Genre	Type of dramatic work, for example a comedy
4	Style	Manner in which piece is performed, for example physical style
5	Form	The structure of individual scenes.
6	Theme	Main subject of the play, for example war
7	Staging	The way the acting and technical comes together to use the space
8	Subtext	The underlying and often unspoken thoughts and motives of characters – what they really think and believe

B: Performance terms		
1	Vocal / verbal skills	Skills that focus on use of voice: pitch, pace, pause, intonation, emphasis, tone
2	Physical / non-verbal skills	Skills that focus on use of body: gesture, posture, facial expression, eye contact, gait, proxemics
3	Character aims	What the characters wants to overall in the play
4	Character objectives	What the character wants to achieve in each moment of the play
5	Character actions	How the character gets what they want through a physical or vocal action

C: Key exam terms		
1	Describe	Give detail on the performance or design - not plot
2	Explain	Give reasons why choices have been made
3	Analyse	Justify the impact of these choices linking to the scene and the whole text / performance
4	Evaluate	Give your personal opinion on how the performance made you feel and why

Year 11 – Cycle 1 – English Literature – *An Inspector Calls*

A: Writer's craft		
1	Playwright (n)	A person who writes plays
2	Stage directions (n)	Instructions for actors/director indicating actions, movement, tone, sound or lighting
3	Dramatic irony (n)	The audience knows something the characters do not
4	Cliff-hanger (n)	A dramatic, exciting ending to leave the audience in suspense
5	Foreshadowing (n)	A warning or clue about a future event
6	Tension (n)	A feeling of fear, anxiety or worry
7	Pattern of language (n)	A group of words that link to build up a similar idea or mood
8	Didactic (n)	When something intends to teach a lesson
9	Morality (n)	The knowledge of what is right or wrong

B: Context		
1	Socialism (n)	A social system that cares about community and works to support all social classes
2	Capitalism (n)	A social system driven by profit, where people are only concerned about themselves
3	Patriarchy (n)	A system of society in which men hold the power
4	Hierarchy (n)	A structure in which people or things are ranked according to levels of importance
5	Reputation (n)	The way you are viewed by others
6	Hypocrisy (n)	To pretend to have beliefs that you do not actually have
7	Disempower(ed) (v)	To deprive someone of their power
8	Prejudiced (adj)	Judging someone based on incorrect or generalised ideas
9	Condescending (adj)	Treating someone as if they are less intelligent or inferior

C: Key quotations	
1	'hard-headed practical man of business'
2	'mixed up together like bees in a hive'
3	'As if a girl of that sort would ever refuse money'
4	'the wonderful fairy prince'
5	'She was pretty and a good sport'
6	'There are millions and millions of Eva Smiths and John Smiths'
7	'We are members of one body'

Year 11 French – Unit 4 Study and Future Plans – Foundation

A	School and education	
1	school (adjective)	scolaire
2	building	le bâtiment
3	pitch (sports), ground	le terrain
4	matter, business; belongings	les affaires (f)
5	lesson	un cours, une leçon
6	timetable	un emploi du temps
7	sixth form, college	le lycée
8	hard working	travailleur / travailleuse
9	to improve	améliorer
10	to hope	espérer
11	to lose	perdre
12	to get along with	s'entendre
13	during	pendant
14	in the centre	au centre
15	in the foreground	au premier plan
16	in the background	à l'arrière plan
17	it is forbidden	il est interdit
18	it is necessary to	il faut
19	to want	vouloir
20	to become	devenir
21	goal, aim, purpose	le but
22	test	épreuve
B	**The world of work**	
1	plan, project	le plan
2	training, apprenticeship	la formation
3	to succeed	réussir
4	to earn	gagner
5	money	l'argent (m)
6	surprising	étonnant
7	the best	le mieux
8	the worst	le pire
9	worst	pire
10	link	le lien
11	several	plusieurs
12	to know (a fact)	savoir
13	to know (a person)	connaître

Year 11 French – Unit 4 Study and Future Plans – Higher

A	School and education	
1	To express oneself	S'exprimer
2	Training	Une formation
3	most	la plupart
4	damage, (what a) pity	le dommage
5	either	soit
6	gift, talent, donation	le don
7	competition	concours
8	to shout	crier
9	anger	la colère
10	support	le soutien
11	need	besoin
12	nearly	presque
13	during	pendant
14	in the centre	au centre
15	in the foreground	au premier plan
16	in the background	à l'arrière plan
17	it is forbidden	il est interdit
18	it is necessary to	il faut
19	to want	vouloir
20	to become	devenir
21	goal, aim, purpose	le but
22	test	épreuve
B	**The world of work**	
1	Unemployment	Le chômage
2	Job / employment	L'emploi, le métier, le travail
3	Boss	Le patron / chef
4	To earn	Gagner
5	To dream (about, of)	Rêver (à / de)
6	Money	L'argent
7	Company	L'entreprise (f) / la compagnie
8	Fashion	La mode
9	To develop	développer
10	apprentice	Un apprenti
11	Scholarship, grant	La bourse
12	Want, wish, desire	L'envie (f)
13	Worry	Un souci
14	Daily	Quotidien
15	A way	Une façon
16	Available	Disponible

Year 11 French – Unit 5 Travel and Tourism – Higher

A Travel and tourism		
1	To steal / fly	Voler
2	Survey	L'enquête
3	There	Y
4	During	pendant
5	At the house of, with	chez
6	To escape from	Échapper / s'échapper
7	Place	Un lieu, endroit
8	A resident	Un habitant
9	To switch off	Me couper
10	Surprising	Étonnant
11	Path, way	Chemin
12	Sand	Le sable
13	Border	frontière
14	To look after	S'occuper de
15	Work, task	Une œuvre
16	To disappear	Disparaître
17	To attract	attirer
18	A play	Une pièce de théâtre
19	To threaten	Menacer
20	Available	disponible
21	To show concern for	Se soucier
22	Suitcase	La valise
23	Renewable	Renouvelable
24	Lift	L'ascenseur (m)
25	Landscape	Le paysage
26	Dry	Sec / sèche
27	Suburb	La banlieue
28	Stairs	L'escalier
29	Platform	Le quai
30	Floor	L'étage
31	Blanket	La couverture
32	Stop	L'arrêt (m)
33	To welcome	Accueillir
34	Path	Le chemin
35	To turn down / lower	baisser

Year 11 French – Unit 5 Travel and Tourism – Foundation

A Travel and tourism		
1	To steal / fly	Voler
2	Survey	L'enquête
3	There	Y
4	During	pendant
5	At the house of, with	chez
6	To escape from	Échapper / s'échapper
7	Place	Un lieu, endroit
8	A resident	Un habitant
9	To switch off	Me couper
10	Surprising	Étonnant
11	Path, way	Chemin
12	Sand	Le sable
13	Border	frontière
14	On foot	À pied
15	Fast, quick	Rapide
16	Farm	La ferme
17	Block of flats	L'immeuble (m)
18	High / tall	Haut
19	Return	Le retour
20	The value	La valeur
21	To miss (public transport)	Manquer
22	Network	Le réseau
23	Traffic light	Le feu
24	To cross	Traverser
25	To throw away	Jeter
26	Ticket	Le billet
27	Included	Inclus
28	Free	Gratuit
29	Station	Gare
30	Wheelchair	Le fauteuil roulant
31	Bakery	boulangerie
32	To improve	Améliorer
33	To cost	Coûter
34	Menu / map	La carte
35	To move	bouger

A — Regular verbs: Simple present tense - I do

	er verbs		*ir* verbs		*re* verbs	
1	I speak	je parl**e**	I finish	je fin**is**	I sell	je vend**s**
2	You speak	tu parl**es**	You finish	tu fin**is**	You sell	tu vend**s**
3	He/she speaks	il/elle parl**e**	He/she finishes	il/elle fin**it**	He/she sells	il/elle vend
4	We speak	nous parl**ons**	We finish	nous fin**issons**	We sell	nous vend**ons**
5	You all speak	vous parl**ez**	You all finish	vous fin**issez**	You all sell	vous vend**ez**
6	They speak	ils/elles parl**ent**	They finish	ils/elles fin**issent**	They sell	ils/elles vend**ent**

B — Regular verbs: Simple past tense - I did

	er verbs		*ir* verbs		*re* verbs	
1	I spoke	j'ai parl**é**	I finished	j'ai fin**i**	I sold	j'ai vend**u**
2	You spoke	tu as parl**é**	You finished	tu as fin**i**	You sold	tu as vend**u**
3	He/she spoke	il/elle a parl**é**	He/she finished	il/elle a fin**i**	He/she sold	il/elle a vend**u**
4	We spoke	nous avons parl**é**	We finished	nous avons fin**i**	We sold	nous avons vend**u**
5	You all spoke	vous avez parl**é**	You all finished	vous avez fin**i**	You all sold	vous avez vend**u**
6	They spoke	ils/elles ont parl**é**	They finished	ils/elles ont fin**i**	They sold	ils/elles ont vend**u**

C — Regular verbs: Imperfect tense - I used to do

	er verbs		*ir* verbs		*re* verbs	
1	I used to speak	je parl**ais**	I used to finish	je finiss**ais**	I used to sell	je vend**ais**
2	You used to speak	tu parl**ais**	You used to finish	tu finiss**ais**	You used to sell	tu vend**ais**
3	He/she used to speak	il/elle parl**ait**	He/she used to finish	il/elle finiss**ait**	He/she used to sell	il/elle vend**ait**
4	We used to speak	nous parl**ions**	We used to finish	nous finiss**ions**	We used to sell	nous vend**ions**
5	You all used to speak	vous parl**iez**	You all used to finish	vous finiss**iez**	You all used to sell	vous vend**iez**
6	They used to speak	ils/elles parl**aient**	They used to finish	ils/elles finiss**aient**	They used to sell	ils/elles vend**aient**

D — Regular verbs: Simple future tense - I will do

	er verbs		*ir* verbs		*re* verbs	
1	I will speak	je parler**ai**	I will finish	je finir**ai**	I will sell	je vendr**ai**
2	You will speak	tu parler**as**	You used will finish	tu finir**as**	You will sell	tu vendr**as**
3	He/she will speak	il/elle parler**a**	He/she will finish	il/elle finir**a**	He/she will sell	il/elle vendr**a**
4	We will speak	nous parler**ons**	We will finish	nous finir**ons**	We will sell	nous vendr**ons**
5	You all will speak	vous parler**ez**	You all will finish	vous finir**ez**	You all will sell	vous vendr**ez**
6	They will speak	ils/elles parler**ont**	They will finish	ils/elles finir**ont**	They will sell	ils/elles vendr**ont**

E — Regular verbs: Near future tense – I am going to do

	er / ir / re verbs		
1	I am going	je **vais**	+ infinitive verb (__er / __ir / __re)
2	You are going	tu **vas**	
3	He/she is going	il/elle **va**	
4	We are going	nous **allons**	
5	You all are going	vous **allez**	
6	They are going	ils/elles **vont**	

F — * Irregular verbs: Simple present tense

	To be = être		*To have = avoir*		*To do = faire*		*To go = aller*	
1	I am	je **suis**	I have	j'**ai**	I do	je **fais**	I go	je **vais**
2	You are	tu **es**	You go	tu **as**	You do	tu **fais**	You go	tu **vas**
3	He/she is	il/elle **est**	He/she goes	il/elle **a**	He/she does	il/elle **fait**	He/she goes	il/elle **va**
4	We are	nous **sommes**	We go	nous **avons**	We do	nous **faisons**	We go	nous **allons**
5	You all are	vous **êtes**	You all go	vous **avez**	You all do	vous **faites**	You all go	vous **allez**
6	They are	ils/elles **sont**	They go	ils/elles **ont**	They do	ils/elles **font**	They go	ils/elles **vont**

G — * Irregular verbs: Simple past tense with être

	To go = aller		*To go out = sortir*	
1	I went	je **suis allé**	I went out	je **suis sorti**
2	You went	tu **es allé**	You went out	tu **es sorti**
3	He/she went	il/elle **est allé**	He/she went out	il/elle **est sorti**
4	We went	nous **sommes allés**	We went out	nous **sommes sortis**
5	You all went	vous **êtes allés**	You all went out	vous **êtes sortis**
6	They went	ils/elles **sont allés**	They went out	ils/elles **sont sortis**

H — * Irregular verbs: Simple past tense with avoir

1	I did	j'ai **fait**
2	I drank	j'ai **bu**
3	I read	j'ai **lu**
4	I took	j'ai **pris**
5	I saw	j'ai **vu**
6	I took	j'ai **mis**

J — * Irregular verbs: Imperfect tense

	To be = être	
1	I was / used to be	j'**étais**
2	you were / used to be	tu **étais**
3	he/she was / used to be	il/elle **était**
4	we were / used to be	nous **étions**
5	you all were / used to be	vous **étiez**
6	they were / used to be	ils/elles **étaient**

K — * Irregular verbs: Simple future tense

	To be = être	
1	I will be	je **serai**
2	You will be	tu **seras**
3	He/she will be	il/elle **sera**
4	We will be	nous **serons**
5	You all will be	vous **serez**
6	They will be	ils/elles **seront**

L — * Irregular verbs: Simple future tense

	To have = avoir	
1	I will have	j'**aurai**
2	You will have	tu **auras**
3	He/she will have	il/elle **aura**
4	We will have	nous **aurons**
5	You all will have	vous **aurez**
6	They will have	ils/elles **auront**

KS4- French - Key Structures F + H

A	Positive reasons	
1	It relaxes me	ça me détend
2	It pleases me	ça me plait
3	It helps me to relax	ça m'aide à me reposer
4	It helps me to forget everything	ça m'aide à tout oublier
5	It's worth it	ça vaut la peine
6	I have fun	je m'amuse
7	It makes me laugh	Ça me fait rire
8	It makes me happy	Ça me rend heureux/se
9	I liked it	Ça m'a plu
B: Negative reasons		
1	It makes me scared	ça me fait peur
2	It's not worth it	ça ne vaut pas la peine
3	It worries me	ça m'inquiète
4	I get bored	je m'ennuie
5	It tires me	ça me fatigue
6	It was a waste of time	C'était une perte de temps
7	It's not my thing	Ce n'est pas mon truc

C: adjectives		
1	Marvellous	merveilleux
2	Wonderful	formidable
3	awful	affreux
4	Fascinating	fascinant
6	Unforgettable	inoubliable
7	Pleasant	agréable
8	incredible	incroyable
9	disappointing	Décevant

D	Structures avec Infinitif *Infinitive Structures*	
1	I have just	Je viens de + inf
2	It is necessary	Il faut+ inf
3	We must	On doit + inf
4	I can't wait to	J'ai hâte de + inf
5	We should	On devrait + inf
6	I feel like	J'ai envie de + inf
7	Before + verb	Avant de + inf
8	To try to	essayer de + inf
9	I hope	J'espère + inf
10	I want	Je veux + inf
11	I would like	Je voudrais + inf
12	It makes me want to	Ça me donne envie de + inf
13	I love	J'adore + inf
14	We/one/you can	On peut + inf
15	To be in the middle of	Être en train de + inf
16	I have the intention to	J'ai l'intention de + inf

E	Questions *Question Words*	
1	What	Que/quoi/qu'est-ce que
2	When	quand
3	How	Comment
4	Which	quel
5	Where	où
6	Who	qui
7	Why	pourquoi
8	How much	combien
9	How many	combien
10	At what time	À quelle heure

F	Les petits mots *Small Important Words*	
1	Mainly/above all	surtout
2	Almost/nearly	presque
3	In order to	Afin de/pour
4	Even/same	même
5	Instead of	Au lieu de
6	Despite	malgrè
7	Neither / nor	Ne… ni… ni…
9	Already	déjà
10	Except	sauf
11	For example	Par exemple
12	early	tôt
13	late	tard
14	always	toujours
15	So, so much	Tant/tellement
16	Too / too much	trop
17	Whereas / while	Tandis que
18	More/less	Plus/moins
19	Due to	En raison de
20	Because of	À cause de
21	Every/each	chaque
22	On the contrary	Au contraire
23	however	Pourtant/par contre
24	Quite	assez
25	if	Si
26	without	Sans
27	there	Y
28	Few/not many	Peu
29	everywhere	partout
30	At the house of/at	chez
31	In/inside	Dans
32	until	Jusqu'à/au/à la

G	Role play phrases	
1	I want/would want…	Je veux/je voudrais/j'aimerais
2	I need…	J'ai besoin de
4	I want to book	Je veux réserver
5	Close to…/far from…	Près de…/loin de…
6	The bill please	L'addition s'il vous plaît
7	I have pain in the…	J'ai mal à la/au/aux/à l'…
8	For (a period of time)	depuis
9	Is/are there…?	Il y a ? Y a-t-il?
10	What time does… start?	À quelle heure commence…?
11	What time does… finish?	À quelle heure finit…?
12	What time does… open?	À quelle heure ouvre…?
13	What time does… close?	À quelle heure ferme…?
14	Where is/are…?	Où est/sont…?
15	How much does it cost?	Combien ça coûte? Combien coûte…?
16	Do you have…?	Avez-vous…?
17	How long does… last?	Combien de temps dure…?
H	**Picture task vocabulary**	
1	In the foreground	Au premier plan/devant
2	In the background	À l'arrière plan/derrière
3	It seems (to me) that	Il me semble que
4	He/she wears + they wear	Il/elle porte + ils/elles portent
5	He/she is + they're outdoors	Il/elle est + Ils/ellles sont dehors
6	He/she is + they're standing	Il/elle est + ils/elles sont debout
7	He/she is + they're sitting	Il/elle est + ils/elles sont assis(e)(s)
8	He/she is + they're happy	Il/elle est + ils/elles sont heureux/ses
9	He/she speaks + they speak	Il/elle parle + ils/elles parlent
10	He/she is + they are smiling	Il/elle sourit + ils/elles sourient
11	He/she is + they are looking	Il/elle regarde + ils/elles regardent

Year 11 – Cycle 1 – Geography

A: Weather Hazards and Climate Change		
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 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	Biotic	Living things
2	Abiotic	Non-living things
3	Exploiting	Take advantage of
4	Sustainable	An activity which does not consume or destroy resources or the environment
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

GCSE – Cycle 1 – History – The Development of the USA

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

Year 11 – Cycle 1 – Music

A: Africa		
1	Structure	Intro – verse 1 – verse 2 – chorus 1 – chorus 2 – link 1 - link 2 - instrumental – chorus 3 – outro
2	Metre and rhythm	Simple duple time 2/2
3	Ostinatos	Rhythms consisting almost only of quavers, with constant use of syncopation
4	Tonality	Most of the song is in B major with the choruses in A major
5	Harmony	Diatonic - mixture of root position and inverted chords
6	Riff chord pattern	A - G#m - C#m
7	Chorus chord pattern	vi (F#m) - IV (D) - I (A) - V (E)
8	Harmonic rhythm	Once per bar
9	Melody	Conjunct with a wide vocal range
10	Riff B	Uses the pentatonic scale

B: Badinerie		
1	Form and structure	Binary form (AB); section A is 16 bars and Section B is 24 bars.
2	Instrumentation	Flute, string orchestra and harpsichord
3	Composer	Johann Sebastian Bach (1685 – 1750) A main composer of the Baroque period
4	Harmony	Diatonic: root and inverted chords. Used V7 chords
5	Cadences	Both sections end with a perfect cadence with imperfect and perfect cadences throughout
6	Metre	Simple duple time 2/4
7	Rhythm	Ostinato rhythms form two musical ideas (X and Y) consisting almost totally of quavers and semi quavers
8	Tonality	Section A begins in B minor (tonic) and ends in F# minor (dom. min) Section B begins in F# m (dom. min) and ends in B minor (tonic)

Year 11 – Cycle 1 – Mathematics (Foundation)

A: Right-angled trigonometry		
1	SOH CAH TOA triangles	
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	$\frac{1}{3} \times$ 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
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B: Angles		
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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	$x = \frac{-b \pm \sqrt{b^2-4ac}}{2a}$

Year 10 – Cycle 2 – Religious Studies – Issues of Life and Death

1	Big Bang Theory	Scientific explanation for the origin of the universe
2	Creationism	The belief that God made the world in six actual days
3	Evolution [2]	The process by which different living creatures have developed from earlier, less complex forms during the history of the Earth
4	Environmental sustainability [2]	Using and protecting natural resources so that the environment and all living things can live well now, and in the future
5	Quality of life [2]	The extent to which life is pleasurable and meaningful
6	Sanctity of life [2]	The belief that life is sacred; for many religious believers, only human life is sacred
7	Abortion [2]	When a pregnancy is ended so it does not result in the birth of a child
8	Euthanasia [2]	The act of killing or permitting the death of someone who is suffering from a terminal illness
9	Afterlife [2]	The belief that existence continues after physical death
10	Soul [2]	The spiritual aspect of a human being, which connects them to God and lives on in the afterlife after physical death
11	Dualism	The belief that humans are made of two separate parts; body and soul
12	Non-dualism	The belief that the body and soul are one
13	Materialism	The view that nothing else exists apart from matter
14	Stewardship	To be a caretaker of the world and nature
15	Dominion	To rule over nature
16	Hospice	A place where people with terminal illnesses can die with dignity
17	Palliative care	Care that focuses on relieving pain and suffering
18	Rite	A religious ritual or solemn ceremony

Year 11 – Cycle 1 – Religious Studies – Issues of relationships & good and evil

1	Responsibilities [2]	Actions / duties you are expected to carry out, e.g. looking after family members
2	Roles [2]	Position, status or function of a person in society, as well as the characteristics / behaviour expected of them
3	Cohabitation [2]	To live together in a sexual relationship without being married
4	Commitment [2]	A sense of dedication and obligation to someone or something
5	Adultery [2]	Voluntary sexual intercourse between a married person and a person who is not their spouse
6	Divorce [2]	To legally end a marriage
7	Contraception [2]	Methods used to prevent a woman from becoming pregnant during or following sexual intercourse
8	Gender equality [2]	People of all genders enjoying the same rights and opportunities in all aspects of their lives
9	Celibacy	When a person decides to never have a sexual relationship
10	Morality [2 marks]	Principles and standards determining which actions are right or wrong
11	Good [2]	That which is considered morally right, beneficial and to our advantage
12	Evil [2]	That which is considered extremely immoral, wicked and wrong
13	Free Will [2]	The ability to make choices voluntarily or independently
14	Justice [2]	Fairness; where everyone has equal provisions and opportunity
15	Punishment [2]	A penalty given to someone for a crime or wrong they have done
16	Sin [2]	Deliberate immoral action, breaking a religious or moral law
17	Suffering [2]	Pain or distress caused by injury, illness or loss
18	Forgiveness [2]	To grant pardon for a wrongdoing

Year 11 Spanish – Foundation (unit 4)

A: school and jobs		
1	pupil, student	alumno/a
2	break, interval, rest	descanso (m)
3	boss, headteacher	director/a (m/f)
4	building	edificio (m)
5	school, high school	instituto
6	office	oficina
7	room, hall	sala
8	success	éxito
9	timetable, schedule	horario
10	I am ood/ bad at	se me da bien/mal
11	newspaper	periódico (m)
12	topic, theme	tema (m)
13	To pass (an exam)	aprobar
14	to aks for, order, request	pedir
15	to bring	traer
16	to throw, pull	tirar
17	Rule	norma/ regla
18	To wear	llevar
19	clothes	ropa
20	trendy	de / a la moda
21	skirt	falda
22	shoes	zapatos
23	fear	Miedo
24	out, outside	fuera, fuera de
25	page	página
26	question	pregunta
27	luckily	por suerte
28	slow	lento

B: school and jobs		
1	to threaten	amenazar
2	title, qualification	título
3	development	desarrollo
4	place of interest	lugar de interés
5	place, site	sitio
6	town, village	pueblo
7	to take, catch	coger
8	to forget	olvidar
9	to sightsee	hacer turismo
10	advantage/disadvantage	ventaja / desventaja
11	position, stall, stand, place	puesto
12	Employment, job	empleo / trabajo
13	dream	sueño
14	To look for, search	buscar
15	To find	encontrar
16	Luck, to be lucky	suerte, tener suerte
17	It is worth (it)	vale la pena
18	in the foreground	en primer plano
19	in the background	en segundo plano
20	Low income	bajos recursos
21	world	mundo
22	magazine	revista
23	Checkout, till, box	caja
24	customer	cliente
25	boss, manager	jefe/a
26	well /badly paid	bien/mal pagado
27	free (for free)	gratuito
28	show (e.g. theatre)	espectáculo

Year 11 Spanish –Foundation (Unit 5)

A: Holidays		
1	winter	invierno
2	summer	verano
3	to go on holidays	ir(se) de vacaciones
4	to walk	caminar
5	to walk, go for a stroll	pasear
6	to travel	viajar
7	it is sunny	hace sol
8	it is hot	hace calor
9	it is cold	hace frío
10	it is windy	hace viento
11	to rain	llover
12	to snow	nevar
13	it is cloudy	hay nubes
14	there is snow	hay nieve
15	to rent hire	alquilar
16	to need	necesitar
17	island	isla
18	souvenir, memory	recuerdo
19	street, road	barrio
20	show (e.g. theatre)	calle
21	fire	espectáculo
22	size, dimension	fuego
23	to throw, pull	tamaño
24	to come	tirar
25	street, road	venir
26	Boss, manager	jefe
27	I woud wish to	desearía
28	I would like, I would want	quisiera

B: Travelling		
1	nice, pleasant	agradable
2	far (away, off)	lejos
3	close, nearby	cercano/cerca
4	Clean	limpio
5	Dirty	sucio
6	To break	romper(se)
7	To fall	caerse
8	To find	encontrar,
9	to lose, waste, miss	perder, perderse
10	coin, currency	moneda
11	trip, journey, travel	viaje (m)
12	abroad	al/en el extranjero
13	Different	distinto
14	Early	temprano
15	luggage	equipaje (m)
16	key	llave (f)
17	lost	perdido
18	timetable, schedule	horario
19	to get off (mode of transport)	bajar (de)
20	to change	cambiar
21	to arrive	llegar
22	to sit down	sentar(se)
23	to get on (mode of transport)	subir
24	single ticket	billete de ida
25	return ticket	billete de ida y vuelta
26	What time does … leave?	¿A qué hora sale ..?
27	What time does … arrive?	¿A qué hora llega..?
28	How much does it cost..?	¿Cuánto cuesta/vale?

Year 11 Spanish –Higher (Unit 4)

A: school and jobs		
1	stage	escenario
2	facilities	instalaciones
3	plant, floor	planta
4	to attend	asistir
5	to build	construir
6	disappointing	decepcionante
7	room, hall	sala
8	student	alumno/ a
9	break, interval, rest	descanso
10	boss, headteacher	director/a
11	building	edificio
12	school, high school	instituto
13	subject	asignatura
14	soom, hall	sala
15	design	diseño
16	to be missing, to lack	faltar
17	to solve, resolve	resolver
18	to translate	traducir
19	complex, complicated	complejo
20	heavy, boring, annoying	pesado
21	I am good/ bad at	se me da bien/mal
22	to pass	aprobar
23	class test	prueba
24	to start, begin	empezar
25	to jump, break, skip	saltar; saltarse
26	topic, theme	tema
27	to teach, sow	enseñar
28	to deliver, to submit	entregar

B: school and jobs		
1	to count, to tell	contar
2	sense, direction	sentido
3	to bring	traer
4	loss, waste	pérdida
5	tight	ajustado
6	to threaten	amenazar
7	out, outside, away (from)	fuera, fuera de
8	place of interest	lugar de interés
9	place, site	sitio
10	to take, catch	coger
11	to forget	olvidar
12	to sightsee	hacer turismo
13	advantage/disadvantage	ventaja / desventaja
14	device, apparatus, gadget	aparato
15	Password	contraseña
16	task, job, homework, chore	tarea
17	virtual reality glasses	gafas de realidad virtual
18	job, employment	empleo
19	work experience	practicas laborales
20	position, stall, stand, place	puesto
21	to finish	acabar
22	to acquire, obtain, get	conseguir
23	to form, to train (as)	formar; formarse (en, como)
24	to achieve, to succeed	lograr
25	It is worth (it)	vale la pena
26	development, progress	desarrollo
27	businessman/woman, employer	empresario/a
28	with me	conmigo

Year 11 Spanish –Higher (Unit 5)

A: Holidays		
1	to take advantage, to make the most of	aprovechar*
2	to sightsee	hacer turismo*
3	to travel all over/ to go around	recorrer*
4	island	isla
5	souvenir, memory	recuerdo
6	parade	desfile *
7	pride	orgullo*
8	suit, costume, dress	traje *
9	to encourage, cheer up	animar*
10	to fill	llenar *
11	to achieve, succeed	lograr*
12	to burn (oneself)	quemarse*
13	a show (e.g. theatre)	un espectáculo
14	size, dimension	tamaño
15	to throw, pull	tirar
16	queue, glue	cola *
17	arrival	llegada *
18	exit, departure	salida *
19	I would wish to	desearía
20	I would want	quisiera
21	accommodation	alojamiento *
22	chain, channel	cadena *
23	owner, landlord	dueño/a *
24	place	lugar *
25	to stay	alojarse*
26	beautiful	precioso *
27	to rent, hire	alquilar
28	to need	necesitar

B: travelling		
1	nice, pleasant	agradable
2	far (away, off)	lejos
3	close, nearby	cercano / cerca
4	line, row	fila*
5	to return	regresar*
6	to fly	volar*
7	to fall	caerse
8	coin, currency	moneda
9	suitcase	maleta *
10	watch, clock	reloj *
11	to repair, resolve	arreglar*
12	to leave, go away	marcharse *
13	to return	volver*
14	disappointing	decepcionante*
15	luggage	equipaje (m)
16	key	llave (f)
17	lost (adj)	perdido
18	timetable, schedule	horario
19	to change	cambiar
20	to arrive	llegar
21	to sit down	sentar(se)
22	to get off (mode of transport)	bajar (de)
23	to get on (mode of transport)	subir
24	single ticket	billete de ida
25	return ticket	billete de ida y vuelta
26	What time does … leave?	¿A qué hora sale ..?
27	What time does … arrive?	¿A qué hora llega..?
28	How much does it cost..?	¿Cuánto cuesta/vale?

A — Regular verbs: Simple present tense - I do

	ar verbs		er verbs		ir vebrs	
1	I speak	habl**o**	I eat	com**o**	I live	viv**o**
2	You speak	habl**as**	You eat	com**es**	You live	viv**es**
3	He/she speaks	habl**a**	He/she eats	com**e**	He/she lives	viv**e**
4	We speak	habl**amos**	We eat	com**emos**	We live	viv**imos**
5	You all speak	habl**áis**	You all eat	com**éis**	You all live	viv**ís**
6	They speak	habl**an**	They eat	com**en**	They live	viv**en**

B — Regular verbs: Simple past tense - I did

	ar verbs		er verbs		ir vebrs	
1	I spoke	habl**é**	I ate	com**í**	I lived	viv**í**
2	You spoke	habl**aste**	You ate	com**iste**	You lived	viv**iste**
3	He/she spoke	habl**ó**	He/she ate	com**ió**	He/she lived	viv**ió**
4	We spoke	habl**amos**	We ate	com**imos**	We lived	viv**imos**
5	You all spoke	habl**asteis**	You all ate	com**isteis**	You all lived	viv**isteis**
6	They spoke	habl**aron**	They ate	com**ieron**	They lived	viv**ieron**

C — Regular verbs: Imperfect past tense – I used to do

	ar verbs		er verbs		ir vebrs	
1	I used to speak	habl**aba**	I used to eat	com**ía**	I used to live	viv**ía**
2	You used to speak	habl**abas**	You used to eat	com**ías**	You used to live	viv**ías**
3	He/she used to speak	habl**aba**	He/she used to eat	com**ía**	He/she used to live	viv**ía**
4	We used to speak	habl**ábamos**	We used to eat	com**íamos**	We used to live	viv**íamos**
5	You all used to speak	Habl**abais**	You all used to eat	com**íais**	You all used to live	viv**íais**
6	They used to speak	habl**aban**	They used to eat	com**ían**	They used to live	viv**ían**

D — future tense - (regular verbs)

	ar verbs		er verbs		ir vebrs	
1	I will speak	hablar**é**	I will eat	comer**é**	I will live	vivir**é**
2	You will speak	hablar**ás**	You will eat	comer**ás**	You will live	vivir**ás**
3	He/she will speak	hablar**á**	He/she will eat	comer**á**	He/she will live	vivir**á**
4	We will speak	hablar**emos**	We will eat	comer**emos**	We will live	vivir**emos**
5	You all will speak	hablar**éis**	You all will eat	comer**éis**	You all will live	vivir**éis**
6	They will speak	hablar**án**	They will eat	comer**án**	They will live	vivir**án**

E — * Irregular verbs - Simple present tense

	To be = ser		To go= ir		To do = hacer	
1	I am	**soy**	I go	**voy**	I do	**hago**
2	You are	**eres**	You go	**vas**	You do	**haces**
3	He/she is	**es**	He/she goes	**va**	He/she does	**hace**
4	We are	**somos**	We go	**vamos**	We do	**hacemos**
5	You all are	**sois**	You all go	**vais**	You all do	**hacéis**
6	They are	**son**	They go	**van**	They do	**hacen**

F — * Irregular verbs - Simple past tense

	To be = ser		To go= ir		To do = hacer	
1	I was	**fui**	I went	**fui**	I did	**hice**
2	You were	**fuiste**	You went	**fuiste**	You did	**hiciste**
3	He/she was	**fue**	He/she went	**fue**	He/she did	**hizo**
4	We were	**fuimos**	We went	**fuimos**	We did	**hicimos**
5	You all were	**fuísteis**	You all went	**fuísteis**	You all did	**hicisteis**
6	They were	**fueron**	They went	**fueron**	They did	**hicieron**

G — * Irregular verbs - Simple past tense

	To be = ser		To go= ir	
1	I used to be	**era**	I used to go	**iba**
2	You used to be	**eras**	You used to go	**ibas**
3	S/he used to be	**era**	S/he used to go	**iba**
4	We used to be	**éramos**	We used to go	**íbamos**
5	You all used to be	**erais**	You all used to go	**ibais**
6	They used to be	**eran**	They used to go	**iban**

H — Near future tense – I am going to do

	Ar/er/ir vebrs				
1	I am going	**voy**	to	**a**	Infinitive verb **(__ar/ ___er/ __ir)**
2	You are going	**vas**			
3	He/she is going	**vas**			
4	We are going	**vamos**			
5	You all are going	**vais**			
6	They are going	**van**			

I — Small but Important Words

1	I find it + ADJ	lo encuentro + ADJ
2	The good thing	lo bueno
3	The bad thing	lo malo
4	Is that	es que
5	We can + verb	se puede + INF
6	When	cuando
7	where	donde
8	for (time)	desde hace (time)
9	except	excepto
10	sometimes	a veces
11	often	a menudo
12	before	antes
13	now	ahora
15	currently	actualmente
16	although	aunque
17	that's why	así que
18	however	sin embargo
19	very	muy
20	A lot	mucho/a
21	Too (much)	demasiado/a
22	More...than	más... que
23	Less...than	menos... que
24	whilst	mientras que
25	although	aunque
26	that's why	así que

KS4- Spanish - Key Structures F + H

A	Verbos Importantes *Important Verbs*	
1	To say	decir
2	To give	dar
3	To arrive	llegar
4	To start / begin	empezar
5	To realise	darse cuenta de
6	To enjoy	disfrutar
7	To get / catch	coger
8	To know	saber
9	To learn	aprender
10	To teach	enseñar
11	To need	necesitar
12	To return	volver
13	To continue / follow	seguir
14	To want / to love	querer
15	To hear	oir
16	To look	mirar
17	To come	venir
18	To open	abrir
19	To go down	bajar
20	To fall	caer
21	To enter/to go in	entrar
22	To start/to begin	comenzar
23	To sit	sentarse
24	To record	grabar
25	To shout/scream	gritar

B	Estructuras con Infinitive *Infinitive Structures*	
1	To have just	acabar de + inf
2	It is necessary	hay que + inf
3	To have to	tener que + inf
4	To start	empezar a + inf
5	We should	deberíamos + inf
6	To learn to	aprender a + inf
7	Before/After + verb	antes de/después de + inf
8	To try	tratar de + inf
9	I hope	espero + inf
10	I want	quiero + inf
11	To stop	dejar de + inf
12	To be able to	poder + inf
13	You must	se debe + inf
14	You can	se puede + inf
15	I am keen to	tengo ganas de + inf

C	Preguntas *Question Words*	
1	What	qué
2	When	cuándo
3	How	cómo
4	Which	cuál
5	Where	dónde
6	Who	quién
7	Why	por qué
8	How much	cuánto
9	How many	cuántos
10	At what time	a qué hora

D	Palabras Pequeñas *Small Important Words*	
1	Mainly/above all	Sobre todo
2	Almost/nearly*	Casi*
3	Unless	a no ser que
4	Even	incluso
5	Instead of	en lugar de / en vez de
6	Despite	a pesar de
7	Neither / nor	tampoco
8	Still / yet	todavía
9	Already	ya
10	Except for	Salvo*
11	That's why	Por eso/ así que
12	Never ever	jamás
13	Nobody	nadie
14	The same	el mismo/ lo mismo
15	So, so much	Tan/tanto
16	Too / too much	demasiado
17	Whereas / while	mientras que
18	At lest	Al menos
19	Due to	Debido a
20	Apart from	aparte de
21	Every	cada
22	Neither… nor	ni… ni
23	However	en cambio/no obstante
24	Quite	bastante
25	No longer	ya no
26	No / not any/ not a	ningún

D	Role play phrases	
1	I want/would want…	Quiero/ Quisiera…
2	I need…	Necesito…
3	I am looking for…	Estoy buscando…
4	I want to book	Quiero reservar…
5	Close to…/far from…	Cerca de …/ lejos de…
6	The bill please	La cuenta, por favor
7	It/they hurt	Me duele/n…
8	For (a period of time)	Desde hace … (time)
9	Is/are there…?	¿Hay…?
10	What time does… start?	¿A qué hora empieza…?
11	What time does… finish?	¿A qué hora termina…?
12	What time does… open?	¿A qué hora abre…?
13	What time does… close?	¿A qué hora cierra..?
14	Where is/are…?	¿Dónde está/n…?
15	How much does it cost?	¿Cuánto cuesta…?
16	Do you have…?	¿Tienes…?
17	How long does… last?	¿Cuánto tiempo dura…?

E	Picture task vocabulary	
1	In the foreground	En primer plano
2	In the background	En segundo plano/ al fondo
3	It seems (to me) that	Me parece que
4	s-he/ they wear	Lleva / n
5	s-he's/ they're standing	Está/n de pie
6	s-he's/ they're sitting	Está/n sentado/a (s)
7	s-he's/ they're happy	Está/n contento/a (s)
8	s-he's/ they're speaking	Está/n hablando
9	s-he's/ they're smiling	Está/n sonriendo
10	s-he's/ they're looking	Está/n mirando

Year 11 – Cycle 1 – 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 – Science

D: Rates of Reaction (Chemistry Topic 6 – 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

E: Atmosphere (Chemistry Topic 9 – Paper 2)		
1	Greenhouse effect	When greenhouse gases absorb long-wave radiation, keeping it in the earth's atmosphere.
2	Greenhouse gases	Carbon dioxide, methane and water vapour
3	Carbon footprint	The total amount of greenhouse gases produced over the lifecycle of a product
4	Global dimming	Clouds of dust reduce the amount of sunlight that can reach the Earth

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F: Waves (Physics Topic 6 – 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 × 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

G: Forces (Physics Topic 5 – 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 × gravitational field strength
4	Work done equation	Work done = force × distance
5	Hooke's law equation	Force = spring constant × 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 × 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 × 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 – 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 it 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