Paddington Academy
The best in everyone™
Part of United Learning

Hard work • Excellence • Integrity

2026-2027

Year 10 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 10 – Cycle 1 – Art & Design

1	Still life	A painting or sculpture of anything that does not move
2	Composition	The artistic arrangement of elements within an artwork
3	Chiaroscuro	Extreme contrast between light and shadow for dramatic effect
4	Contemporary art	Art produced in the second half of the 20th Century or in the 21st Century
5	Foreground	The part of the artwork which depicts an area closer to the viewer
6	Middle ground	The middle distance in an artwork
7	Background	The part of the artwork which depicts an area furthest from the viewer
8	Reductive drawing	Technique where darkness is laid onto paper and removed to show the light parts of an image
9	Monochrome	Artwork that only includes one colour
10	Photomontage	Collage constructed from photographs
11	Photomanipulation	Transforming a photograph using various methods
12	Plate	The surface upon which you have created your design
13	Block-printing	Process of printing designs by engraving blocks or another surface
14	Gouge	Tool used for removing lino in the block printing process
15	Incise	Mark or decorate an object or surface with cuts or gouges
16	Brayer	Roller that is used in printmaking to evenly spread-out ink
17	Offset	Transferring ink from a printed page onto another surface
18	Invert	An image where up and down or left and right are reversed

Year 10 – Cycle 1 – Business GCSE – Section 1: Business Basics

1	Entrepreneur	Someone who is willing to risk starting a new business
2	Factors of production	The resources a business uses to provide their goods and services: land, labour, capital, enterprise
3	Opportunity cost	The sacrifice made when making a decision between two options
4	Secondary sector	Second stage of the production process, turning raw materials into products
5	Tertiary sector	Final stage of production, providing a service to customers
6	Interest rates	The cost of borrowing money or the reward for saving money, expressed as a percentage
7	Limited liability	Business owners can only lose the money they put into the business
8	Unlimited liability	Business owners can lose money they invested and their personal assets
9	Company	A business that has its own legal identity and can own items, owe money, sue and be sued
10	Shareholder	A person or an organisation that owns a part of the business
11	Stakeholder	Individuals and organisations that are affected by, and affect, the activities of a business
12	Dividends	The financial rewards paid out to shareholders each year
13	Tariff	A tax on foreign goods imported into a country
14	Imports	Goods and services purchased from overseas by consumers or businesses
15	Revenue	The income that a firm receives from selling its goods or services
16	Revenue formula	Revenue = number units sold × selling price
17	Franchise	When a franchisor sells the “rights” to its products to a franchisee
18	Economies of scale	When the unit cost of production falls as the output of a business increases and the business expands

Year 10 – Cycle 1 – Food Preparation & Nutrition

1	Eatwell Guide	A visual tool that defines government recommendations for a healthy, balanced diet.
2	Nutrient	A substance in food that helps the body grow, stay healthy, and have energy.
3	Macronutrient	Nutrients required by the body in large amounts to provide energy and support bodily functions
4	Protein	Nutrients that help build, repair, and maintain body tissues.
5	Carbohydrate	Nutrients made of sugar molecules that provide the body with energy.
6	Amino acids	Tiny building blocks that join to make proteins in the body.
7	LBV protein	Low Biological Value protein does not contain all the essential amino acids the body needs.
8	HBV protein	High Biological Value protein contains all the essential amino acids the body needs.
9	Micronutrient	Essential vitamins and minerals that the body needs in small quantities to support various bodily functions.
10	Vitamin	A nutrient needed in small amounts to keep the body healthy and working well.
11	Fibre	Part of plant foods that helps keep the digestive system healthy and prevent constipation.
12	Energy	The power the body gets from food to do everything, from moving to thinking.
13	Mineral	Nutrients like calcium and iron that help with things like strong bones and carrying oxygen in the blood.
14	Fat	A nutrient that provides energy, helps protect organs, and keeps the body warm.
15	Unsaturated fat	A healthier type of fat found in foods like olive oil and nuts.
16	Saturated fat	A type of fat found in butter and fatty meat that can be unhealthy if eaten too much.
17	Cross contamination	The transfer of harmful bacteria from one food item to another.
18	Food hygiene	Keeping food clean and safe to stop it from making people sick.

Year 10 – Cycle 1 – Design & Technology

1	Design brief	A statement describing what you are designing or solving
2	Specification	Design requirements that must be met
3	Ideation	Creating design ideas or solutions
4	User mapping	Visualising the end-to-end user experience
5	Pain points	Areas where a user has experienced difficulty
6	Target market	The most likely customers of a product
7	Prototype	A physical model used to present your final design
8	LCA (Life Cycle Assessment)	A technique to assess environmental impacts at all stages of a product's life
9	Sustainable design	Design that reduces environmental impacts
10	Inclusive design	A design that considers usage to ensure as many people as possible can access it
11	Rapid prototyping	Techniques used to build a scale model of a physical part using 3D CAD, e.g. 3D printing
12	CAD (Computer Aided Design)	Digital software used to create 2D and 3D models and drawings
13	CAM (Computer Aided Manufacture)	The use of software and computer-controlled machinery for manufacture
14	Production line	A set of tasks that come one after the other and result in an identical product
15	Mass production	When the same product is manufactured many times on an assembly line.
16	Batch production	One group of identical products is made at the same time, before moving onto producing the next group
17	Varnish	A shiny coat usually applied to wood to make it more durable
18	Built-in obsolescence	Designing a product with a limited useful life or a purposely weak design

Year 10 – 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 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

C: Key quotations	
1	'As solitary as an oyster.'
2	'a squeezing, wrenching, grasping, scraping, clutching, covetous, old sinner!'
3	'I wear the chains I forged in life'
4	'"If they would rather die," said Scrooge, "they had better do it, and decrease the surplus population."'
5	'from the crown of its head there sprung a bright clear jet of light, …'
6	'Another idol has displaced me...'
7	'Yellow, meagre, ragged, scowling, wolfish...'
8	'The phantom slowly, gravely, silently approached.'
9	'I am as light as a feather, I am as happy as an angel, I am as merry as a schoolboy.'
10	'I'll raise your salary, and endeavour to assist your struggling family…'

Year 10 French Foundation - Unit 1 – Lifestyle, media and technology

A: Sports		
1	To dream	rêver
2	Alone, lonely, only	seul
3	To deserve	mériter
4	Support	le soutien
5	Gold	or
6	To count on	compter sur
7	alone	Seul, seule (f)
8	I have pain in my.../my...hurts	J'ai mal à la/au/aux ...
9	A wheelchair	un fauteuil roulant
10	A player	un joueur(m), une joueuse (f)
11	tiring	fatigant
12	To be disabled	Être handicapée
13	global	mondial
14	A charity, an organisation, a club	Une association
15	unfortunately	malheureusement
B: Technology		
1	To order	commander
2	Free	gratuit
3	Link	lien
4	Password	mot de passe
5	To lower the volume	baisser le volume
6	expensive	cher
7	Subscription	abonnement
8	To save, to record	Enregistrer
9	Data	les données
10	I watch it / them	je le/la/les regarde
11	foreign	Étranger
12	laptop	Un ordinateur portable
13	Trendy, fashionable	tendance
14	To share	partager
C: TV, Film and Music		
1	I am crazy about	je suis fou/folle de
2	A ticket	un billet
3	The screen	l'écran
4	Short	court
5	Far from	loin de
6	Close to	Près de
7	It makes me sad	Ça me rend triste
8	It's not my thing	ce n'est pas mon truc
9	A song	une chanson
10	I didn't sing	je n'ai pas chanté
11	It is going to be	Ça va être
12	Special effects	Les effets spéciaux
13	I am passionate about	J'ai une passion pour
14	Do you have ...?	Avez-vous ... ?
15	At what time?	À quelle heure?
16	How long?	Combien de temps?
17	How much does ... cost?	Combien coûte ... ?
18	How much does it cost?	Combien ça coûte?
19	How old are you?	Quel âge avez-vous?
20	Where are the ... ?	Où sont les ... ?
21	Do you want to ... ?	Voulez-vous ... ?
22	To last	durer
23	please	S'il vous plaît

Year 10 French Higher - Unit 1 – Lifestyle, media and technology

A: Sports		
1	To dream	rêver
2	Alone, lonely, only	seul
3	To deserve	mériter
4	Support	le soutien
5	Gold	or
6	To count on	compter sur
7	I have pain in my.../my...hurts	J'ai mal à la/au/aux ...
8	A wheelchair	un fauteuil roulant
9	A player	un joueur(m), une joueuse (f)
10	tiring	fatigant
11	To be disabled	Être handicapée
12	global	mondial
13	A charity, an organisation, a club	Une association
14	unfortunately	malheureusement

B: Technology		
1	To order	commander
2	Free	gratuit
3	Link	lien
4	Password	mot de passe
5	To lower the volume	baisser le volume
6	Before watching	avant de regarder
7	Subscription	abonnement
8	To save, to record	Enregistrer
9	To harm	Nuire
10	To steal	Voler
11	Data	les données
12	I watch it / them	je le/la/les regarde
13	foreign	Étranger
14	laptop	Un ordinateur portable
15	Trendy, fashionable	tendance
16	to sign in, to identify (with), relate (to)	s'identifier (à)
17	To share	partager

C: TV, Film and Music		
1	I am crazy about	je suis fou/folle de
2	The screen	l'écran
3	Short	court
4	Far from	loin de
5	Close to	Près de
6	It makes me sad	Ça me rend triste
7	It's not my thing	ce n'est pas mon truc
8	A song	une chanson
9	It makes me want to	Ça me donne envie de
10	I didn't sing	je n'ai pas chanté
11	Special effects	Les effets spéciaux
12	sound	Le son
13	Do you have …?	Avez-vous … ?
14	At what time?	À quelle heure?
15	How long?	Combien de temps?
16	How much does … cost?	Combien coûte … ?
17	How much does it cost?	Combien ça coûte?
18	How old are you?	Quel âge avez-vous?
19	Where are the … ?	Où sont les … ?
20	Do you want to … ?	Voulez-vous … ?
21	To last	durer
22	please	S'il vous plaît

Year 10 French Foundation – Unit 2 – My personal world, family and relationships

1	The best	Le meilleur/la meilleure
2	Better	mieux
3	Worse	pire
4	Less…than	moins…que
5	More…than	plus…que
6	happy	Heureux/heureuse
7	sad	triste
8	Hardworking	travailleur/travailleuse
9	Twins	jumeaux
10	Glasses	les lunettes
11	Tie	une cravate
12	A son	un fils
13	I argue	Je me dispute avec
14	I know	je connais
15	I get on well with	je m'entends bien avec
16	I see	je vois
17	To tell	raconter
18	A daughter	Une fille
19	A step-father/a step-mother	Un beau-père/une belle-mère
20	To feel	se sentir
21	Similar	pareil/pareille
22	To rest	Se reposer
23	To leave	partir
24	To take	prendre
25	To receive	recevoir
26	To open	ouvrir
27	To be able to	pouvoir
28	To say	dire

29	To act	agir
30	To avoid to	éviter de
31	To stay in touch	Rester en contact
32	To try to	essayer de
33	I would like	Je voudrais
34	To remember	se souvenir
35	I used to have	j'avais
36	I used to be	j'étais
37	I miss him/her	il/elle me manque
38	To be interested in	S'intéresser à
39	To keep	garder
40	The home	le foyer
41	Right	droit
42	When I am	quand je serai
43	When I have	quand j'aurai
44	Someone	quelqu'un
45	I want	Je veux
46	I'm going	Je vais
47	Well-paid	Bien-payé
48	Some people say that	certains disent que
49	To have the right to	avoir le droit de
50	without	sans
51	today	Aujourd'hui
52	When	quand
53	Thanks to	grâce à
54	Neighbour	voisin
55	partner	partenaire

Year 10 French Higher – Unit 2 – My personal world, family and relationships

1	The best	Le/la meilleur/e
2	Better	mieux
3	Worse	pire
4	Less…than	moins…que
5	More…than	plus…que
6	Loyal	fidèle
7	Proud	fier/fière
8	Hardworking	travailleur/travailleuse
9	Twins	jumeaux
10	Glasses	les lunettes
11	Tie	une cravate
12	A son/a daughter	un fils/une fille
13	Medium sized	de taille moyenne
14	I know	je connais
15	I get on	je m'entends
16	I see	je vois
17	To tell	raconter
18	To rely on	se fier à
19	To show concern for	se soucier
20	To feel	se sentir
21	Similar	pareil/pareille
22	I have just done	je viens de faire
23	To leave	partir
24	To take	prendre
25	To receive	recevoir
26	To open	ouvrir
27	To be able to	pouvoir
28	To say	dire

29	To act	agir
30	To avoid to	éviter de
31	To threaten	menacer
32	To try to	essayer de
33	After having done	après avoir fait
34	To remember	se souvenir
35	I used to have	j'avais
36	I used to be	j'étais
37	I miss him/her	il/elle me manque
38	To remember, recall, remind	se rappeler
39	To keep	garder
40	The home	le foyer
41	Right	droit
42	When I am	quand je serai
43	When I have	quand j'aurai
44	Someone	quelqu'un
45	As far as I'm concerned	en ce qui me concerne
46	It seems to me that	il me semble que
47	It's better	il vaut mieux
48	Some people say that	certains disent que
49	To have the right to	avoir le droit de
50	without	sans
51	Previously, before, formerly	auparavant
52	When	lorsque
53	Thanks to	grâce à
54	Neighbour	voisin
55	partner	partenaire

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 have	tu **as**	You do	tu **fais**	You go	tu **vas**
3	He/she is	il/elle **est**	He/she/we has	il/elle/on **a**	He/she does	il/elle **fait**	He/she goes	il/elle **va**
4	We are	nous **sommes**	We have	nous **avons**	We do	nous **faisons**	We go	nous **allons**
5	You all are	vous **êtes**	You all have	vous **avez**	You all do	vous **faites**	You all go	vous **allez**
6	They are	ils/elles **sont**	They have	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 put	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 10 – Cycle 1 – Geography

A: Global Development: Overview		
1	Development	The process of improving quality of life within a country
2	Community-led	Where local people come together in response to a local need
3	Food security	All people always have access to enough safe, nutritious food to maintain a healthy life
4	Gross domestic product (GDP) per capita	The total value of goods and services produced by a country in one year divided by the population
5	Human Development Index (HDI)	A composite way of measuring development using life expectancy, GNI per capita and average years of schooling.
6	Indices of political corruption	An index that ranks countries on their perceived level of corruption
7	Transnational corporation	A firm that owns or controls production in more than one country through foreign direct investment
8	Core	An area with a lot of economic development
9	Periphery	An area with a lack of economic investment

B: Global Development: Case study of a development in a developing or emerging country		
10	Demographic processes	The changing size of populations due to births, deaths and migration.
11	Emerging country	Countries that are improving their levels of economic development through investment e.g. India.
12	Foreign policy	A government's strategy in working with other countries.
13	Military pacts	An alliance where places promise to defend one another
14	Geopolitical relationships	Political and trading relationships with other countries through imports and exports.
15	International trade	The buying and selling of goods and services from one country to another
16	Middle class	A social group of well-educated people with good jobs
17	Rapid development	When emerging countries develop extremely quickly through investment.
18	Global status	Set of features that describes the economic position of one country compared to another

Year 10 – Cycle 1 – History – Changes in Health and Medicine, c. 500 to the present day

1	Ancient period	The period of time roughly from 3000 BC to 500 CE
2	Medieval period	The period of time roughly from 500 CE to 1500 CE
3	Early Modern period	The period of time roughly from 1500 CE to 1700 CE
4	Industrial period	The period of time roughly from 1700 CE to 1900 CE
5	Modern period	The period of time roughly from 1900 CE 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

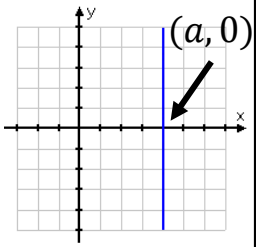
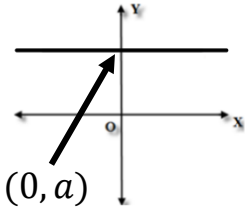
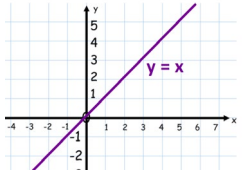
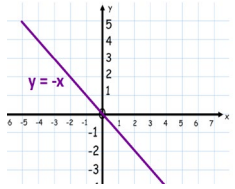
Year 10 – Cycle 1 – Music

1	Western classical period	A term used to refer to music that is not related to pop and has developed over many centuries in Western countries
2	Baroque	Small orchestra (mainly strings), harpsichord, terraced dynamics, basso continuo (Bach, Handel).
3	Classical	Slightly larger orchestra, introduction of the piano, Alberti bass, regular balanced phrases (Mozart, Haydn).
4	Romantic	Large orchestra, lyrical melodies, wide dynamics, richer harmony, chromatic chords (Tchaikovsky, Grieg).
5	Binary	Music in two sections - A and B. Section A is often contrasts with the second section B
6	Ternary	Music in three sections - A B A. Section B often contrasts with Section A
7	Rondo	A main theme which alternates with one or more contrasting themes: A B A C A D A
8	Strophic	A simple form where the song uses the same melody over and over
9	Theme and variation	A piece staring with a short main theme which is repeated a number of times with changes to create more interest and variety

10	Syncopation	Off-beat accents
11	Sequence	A short musical idea that is immediately repeated on a higher or lower pitch (usually in step)
12	Ostinato	A continually repeated musical phrase or rhythm
13	Cadence	The last two chords at the end of a phrase
14	Ornamentation	To decorate your music (e.g. trills, turns, mordents)
15	Anacrusis	An up-beat or a pick-up before the first strong beat
16	Imitation	An idea or phrase is copied in another part
17	Pedal	A sustained or repeated note in the base that keeps sounding while the harmony above the note changes
18	Drone	A long held or constantly repeated note(s) being played in the bass of a piece

Year 10 – Cycle 1 – Mathematics (Higher)

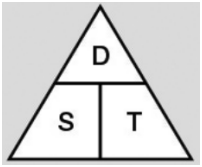
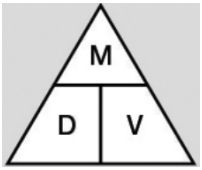
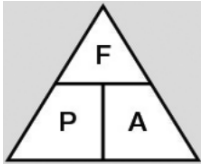
A: Straight Line Graphs

1		$x = a$ Vertical
2		$y = a$ Horizontal
3		$y = x$
4		$y = -x$

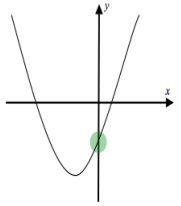
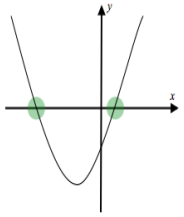
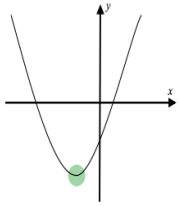
B: Coordinates & Straight Lines

1	Gradient of line segment joining (x_1, y_1) and (x_2, y_2)	$\frac{y_2 - y_1}{x_2 - x_1}$
2	If a line has gradient m, the perpendicular gradient…	is the negative reciprocal, $-\frac{1}{m}$
3	Parallel lines…	have the same gradient

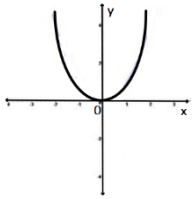
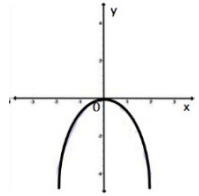
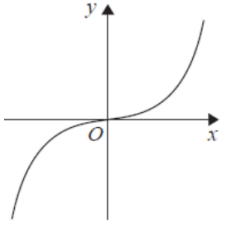
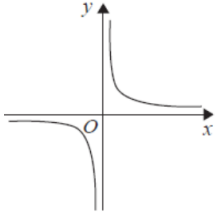
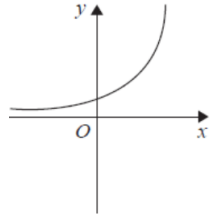
C: Compound Measures

1	Speed, distance and time formula triangle	
2	Density, mass and volume formula triangle	
3	Pressure, force and area formula triangle	

D: Quadratic Graphs

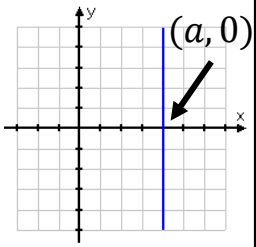
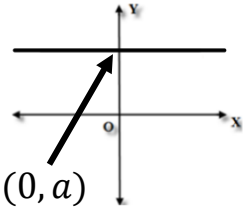
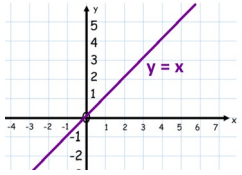
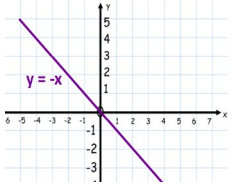
1		*y*-intercept
2		Roots *or* Solutions of f(*x*) = 0
3		Turning point

E: Further Graphs

1		$y = x^2$
2		$y = -x^2$
3		$y = x^3$
4		$y = \frac{1}{x}$
5		$y = a^x$

Year 10 – Cycle 1 – Mathematics (Foundation)

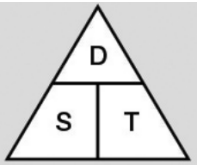
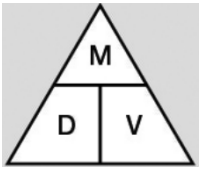
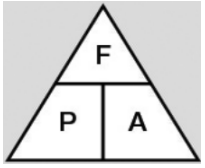
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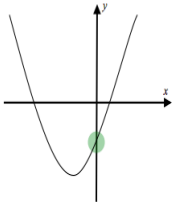
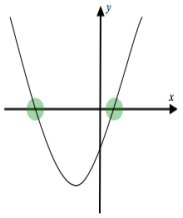
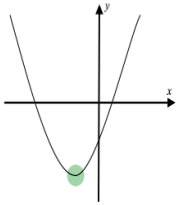
B: Coordinates & Straight Lines

1	Gradient of line segment joining (x_1, y_1) and (x_2, y_2)	$\frac{y_2 - y_1}{x_2 - x_1}$
2	Equation of a straight line	$y = mx + c$ where m = gradient and c = y-intercept
3	Parallel lines…	have the same gradient

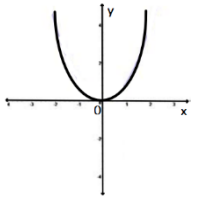
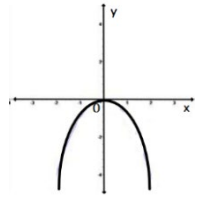
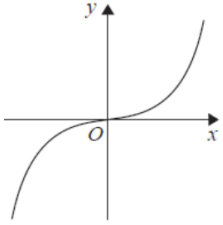
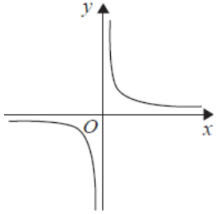
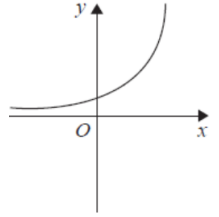
C: Compound Measures

1	Speed, distance and time formula triangle	
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3	Pressure, force and area formula triangle	

D: Quadratic Graphs

1		y-intercept
2		Roots *or* Solutions of f(x) = 0
3		Turning point

E: Further Graphs

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2		$y = -x^2$
3		$y = x^3$
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5		$y = a^x$

Year 10 – 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 the 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 10 Spanish – Unit 1 – Higher

A: Sports and free time		
1	To have hobbies	tener pasatiempos
2	Disability	discapacidad
3	A team	un equipo
4	Fight	la lucha
5	A wheelchair	una silla de ruedas
6	A fan	un aficionado
7	A young person	un/una jóven
8	An entry ticket	una entrada
9	To stay at home	quedarse en casa
10	To walk	andar / caminar
11	To jump	saltar
12	To catch/take	coger
13	fashion	moda
14	To shout	gritar
15	To enter, to go in	Entrar
16	To hear	Oír
17	To follow, continue	seguir

B: Going out		
1	To be tired	estar cansado
2	To catch, to get	coger
3	To arrive	llegar
4	To have to	tener que
5	To meet up with	quedar con
6	To come	venir

B: Technology		
1	To turn off the computer	apagar el ordenador
2	To download an application	bajar una aplicación
3	To charge the phone	cargar el móvil
4	To post on a web page	colgar en una página web
5	A watch/clock	un reloj
6	To create an account	crear una cuenta
7	To record / film a video	grabar un video
8	Headphones, earbuds	auriculares
9	A search	una búsqueda
10	Behaviour	comportamiento
11	To take advantage of, to make the most of	aprovechar
12	To dare	atreverse

C: Music and entertainment		
1	The lyrics of the song	la letra de la canción
2	The singer	el/la cantante
3	A show	un espectáculo
4	The News	las noticias
5	To delay / to take long	tardar
6	Full/filled	lleno
7	Disappointing	decepcionante
8	Stage	escenario
9	Sound	sonido
10	Chain/channel	cadena
11	Season (TV/Series)	temporada
12	To charge (money)	cobrar
13	The film is about	la película se trata de

Year 10 Spanish – Unit 1 – Foundation

A: Sports and free time		
1	To have hobbies	tener pasatiempos
2	To watch a film	ver una película
3	To buy clothes	comprar ropa
4	Disability	discapacidad
5	A team	un equipo
6	Fight	la lucha
7	A wheelchair	una silla de ruedas
8	To read	leer revistas
9	A fan	un aficionado
10	A young person	un/una joven
11	An entry ticket	una entrada
12	To stay at home	quedarse en casa
13	To walk	caminar
14	To follow, continue	seguir
15	To hear	oír
B: Going out		
1	To be tired	estar cansado
2	To catch, to get	coger
3	To arrive	llegar
4	To have to	tener que
5	To meet up with	quedar con
6	To come	venir

B: Technology		
1	To turn off the computer	apagar el ordenador
2	A laptop	un ordenador portátil
3	To download an application	bajar una aplicación
4	To charge the phone	cargar el móvil
5	To upload a photo	subir una foto
6	To create an account	crear una cuenta
7	To help	ayudar
8	Network	la red
9	A watch/clock	un reloj
10	Safety/security	seguridad
11	A web page	una página web

C: Music and entertainment		
1	Happiness	alegría
2	The end/ending	el final
3	The song	la canción
4	The singer	el/la cantante
5	The lyrics	la letra
6	A show	un espectáculo
7	The News	las noticias
8	A horror film	una película de terror
9	It is fashionable	está de moda
10	To act, perform	actuar

Year 10 Spanish – Unit 2 – Foundation

A: Family and relationships		
1	to love	amar
2	kiss	beso
3	to get married	casarse
4	to break	romper
5	date, appointment	cita
6	distance	distancia
7	in this/that way	de esta/esa forma
8	strength	fuerza
9	at the beginning	al principio
10	in spite of	a pesar de
11	through	a traves de
12	about, on	sobre
13	close, near	cerca (de)
14	far (away, off)	lejos (de)
15	To know/to meet	conocer
16	To recognize/to admit	reconocer
17	Role model	modelo de conducta
18	To argue	discutir
19	To get on well/badly	llevarse bien/mal
20	It is worth it	vale la pena
21	Confidence/ trust	confianza
22	Nice/ pleasant	agradable
23	Affection	cariño
24	Together	juntos/as
25	To have been + __ing + for	desde hace (+ present)
26	To laugh	reír (se)
27	To ask for forgiveness	pedir perdón

B: Festivales		
1	to celebrate	celebrar
2	to enter	entrar
3	to arrive	llegar
4	to clean	limpiar
5	to give (as a present)	regalar*
6	to pick up	recoger*
7	birth	nacimiento (m)
8	to hope, wait, expect	esperar
9	to fall	caer(se)
10	to cut	Cortar
11	to think, believe	Creer
12	to give	Dar
13	to find	Encontrar
14	to arrive	Llegar
15	to have a good/great/bad time	pasarlo bien/genial/mal
16	to mean	Significar
17	letter, playing card	carta (f)
18	arrival	llegada (f)
19	card, credit card	tarjeta (m)
20	about, on, on top of	Sobre
21	to be wrong	equivocarse*
22	to regret, to feel	sentir, sentirse*
23	feeling	sentimiento (m)*
24	to find, run into	Encontrar
25	to forget	olvidar
26	to ask for, request	pedir

Year 10 Spanish – Unit 2 – Higher

A: Family and relationships		
1	To know/to meet	conocer
2	To recognize/to admit	reconocer
3	Role model	modelo de conducta
4	To support	apoyar
5	To acquire, obtain, get	conseguir
6	To look after	cuidar
7	To meet up/ to get together	juntarse
8	In your place	Yo en tu lugar/ yo que tú
9	Disappointing	decepcionante
10	To answer	contestar
11	To keep / to save/ to store	guardar
12	Lack (of) / shortage	falta (de)
13	Full (of)	lleno/a (de)
14	to hug	abrazar*
15	to chat, talk	conversar*
16	to get married	casarse
17	to break	romper
18	date, appointment	cita
19	distance	distancia
20	in this/that way	de esta/esa forma
21	strength	fuerza
22	against	(en) contra
23	at the beginning	al principio
24	in spite of	a pesar de
25	through	a traves de
26	about, on	sobre
27	close, near	cerca (de)
28	far (away, off)	lejos (de)

B: Festivales		
1	habit, custom, tradition	costumbre*
2	parade	desfile*
3	everywhere	por todas partes*
4	to give (as a present)	regalar*
5	to pick up	recoger*
6	birth	nacimiento (m)
7	to hope, wait, expect	esperar
8	to fall	caer(se)
9	to cut	cortar
10	to think, believe	creer
11	to give	dar
12	to find	Encontrar
13	to arrive	llegar
14	to have a good/great/bad time	pasarlo bien/genial/mal
15	to mean	Significar
16	letter, playing card	carta (f)
17	arrival	llegada (f)
18	card, credit card	tarjeta (m)
19	about, on, on top of	sobre
20	to be wrong	equivocarse*
21	to regret, to feel	sentir, sentirse*
22	feeling	sentimiento (m)*
23	to find, run into	Encontrar
24	to forget	olvidar
25	to ask for, request	pedir

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

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

Year 10 – Cycle 1 – GCSE Sport Science

A: Classification of bones		
1	Long bones	Aid movement by working as levers
2	Short bones	Weight bearing and provide support

B: Joint actions		
1	Flexion	When the angle at a joint decreases
2	Extension	When the angle at a joint increases
3	Abduction	The movement of a limb away from the midline of the body
4	Adduction	The movement of a limb towards the midline of the body
5	Rotation	When the bone at a joint moves around its own axis making a circular movement
6	Circumduction	360° degree movement at the ball and socket joint in the shape of a cone
7	Plantar-flexion	Movement of the foot downwards when you point your toes
8	Dorsi-flexion	Movement of the foot upwards towards the shin

C: Muscular system		
1	Ligaments	Role is to join bone to bone
2	Tendons	Role is to join muscles to bone
3	Cardiac muscle	A muscle that is unconsciously controlled where we don't have to think to make it contract
4	Voluntary muscle	Muscles under our conscious control and we move them when we want to
5	Antagonistic pairs	Muscles work together where one muscle contracts and another relaxes to create movement

D: Muscular system exercise effects		
1	Muscle fatigue	When the efficiency of the muscles drop, reducing the level of performance
2	Lactate	A chemical formed through anaerobic respiration
3	Lactate accumulation	When the levels of lactate start to build up in the muscle tissue or blood

Year 10 – Cycle 1 – Combined Science

A. Biology Topic 1: Cell Biology		
1	Magnification equation and conversion of micrometres to millimetres	Magnification = image size/real size To convert from micrometres to millimetres you divide micrometres by 1000. 1000 micrometers = 1 millimetre
2	Resolution	The ability to distinguish between two points
3	Electron microscope vs light microscopes	Electron microscopes have a higher resolution and a higher magnification.
4	Cell cycle	1. Organelles (mitochondria and ribosomes) double. 2. DNA duplicates and lines up at the centre of the cell 3. Nucleus divides 4. Cytoplasm and cell membrane divide 5. 2 identical daughter cells form
5	Diffusion	The spreading out of particles from an area of higher concentration to an area of lower concentration.
6	Osmosis	The movement of water molecules across a partially permeable membrane from a region of higher water concentration to a region of lower water concentration.

B: Physics Topic 1: Energy (Paper 1)		
1	Energy stores	Thermal – kinetic (moving) – gravitational potential – elastic potential – chemical (e.g. batteries, food, fuel) – magnetic – electrostatic - nuclear
2	Energy transfers	Energy is stored in objects and transferred by radiation, electric current, heating, or when a force moves an object
3	GPE equation	GPE = mass (kg) x gravitational field strength (N/kg) x change in height (m)
4	Kinetic energy	Kinetic energy = 1/2 x mass (kg) x speed^2 (m/s)
5	Efficiency	Efficiency = useful energy (or power) output/total energy (or power) input
6	Power	The rate an appliance transfers energy. Power(W) =
7	Renewable	An energy resource is one that is being replenished as it is used, e.g. wind power
8	Non-renewable	An energy resource that cannot be replenished, so will run out, e.g. coal

C: Biology Topic 2: Organisation (Paper 1)		
1	Transpiration	Loss of water from a plant; water moves up the xylem, and then evaporates from the stomata
2	Amylase	Enzyme that breaks down starch into simple sugars; it's produced in the salivary glands and the pancreas
3	Protease	Enzyme that breaks down proteins into amino acids; it's produced in the stomach and the pancreas
4	Lipase	Enzyme that breaks down lipids into glycerol and fatty acids; it's produced in the pancreas
5	Bile	A liquid that neutralises stomach acid and emulsifies fats; it's produced in the liver and stored in the gall bladder
6	Denatured	When the active site of an enzyme changes shape, so the substrate can no longer fit
7	Coronary heart disease	When the coronary arteries are blocked by fatty deposits it reduces blood flow and the supply of oxygen to the heart muscle
8	Malignant tumour	Tumour cells that spread to other parts of the body through the bloodstream

D: Chemistry Topic 2: Structure and Bonding (Paper 1)		
1	High melting points in ionic compounds	This is because a large amount of energy is needed to break the strong electrostatic attraction between the ions
2	Ionic compounds conducting electricity	Ionic compounds conduct electricity when melted or dissolved in water, because the ions are free to move to carry a current
3	Low melting points in small molecule covalent compounds	This is because little energy is needed to overcome the weak intermolecular forces between the molecules
4	Diamond	Each carbon atom covalently bonded to four others; hard, very high melting point, does not conduct electricity
5	Structure of graphite	Each carbon atom covalently bonded to three others and forms layers of hexagonal rings
6	Properties of graphite	Weak forces between the layers, allowing them to slide over each other and has delocalised electrons, which allow it to conduct electricity
7	Metallic bonding	Rows of positive metal ions, surrounded by delocalised electrons which move through the structure
8	Properties of alloys	Harder than pure metals as different sized atoms distort the layers of atoms preventing the layers from sliding

Year 10 – Cycle 1 – Combined Science

E: C1 and P3 revision (Paper 1)		
1	Element	A substance in which all the atoms have the same atomic number
2	Compound	A substance made up of at least 2 different elements chemically combined.
3	Alkali metals' reaction with water	Alkali metal + water --> metal hydroxide + hydrogen
4	Reactivity of Halogens	Decreasing reactivity down the group; more reactive halogens will displace less reactive ones
5	Internal Energy	The total energy that a system's particles have in their kinetic and potential energy stores.
6	Specific latent heat of fusion	Energy needed to change 1kg of a liquid into a gas without changing its temperature
7	Specific latent heat of vaporisation	Energy needed to change 1kg of a liquid into a gas, without changing its temperature
8	Effect of increasing temperature on gas pressure	Faster particles → more frequent collisions and larger force per collision → pressure increases as pressure = force/area

Year 10 – Cycle 1 – Triple Science

Triple Science		
1	Binary fission	1. Circular DNA and plasmid(s) replicate. 2. Cell gets larger and circular DNA strands more to opposite 'poles' (ends) of the cell. 3. Cytoplasm divides and new cell wall forms producing two daughter cells
2	Preparing a sterile culture	Sterilise inoculating loop by passing it through a hot flame, tape on petri dish lid to stop microorganisms from air getting in and store the petri dish upside down.
3	Electric fields	The region in which an electrically charged object experiences an electrostatic force.
4	Size of nanoparticles	Coarse particles – diameter 2500nm – 10,000 nm Fine particles – diameter 100nm – 2500 nm Nanoparticles 1nm – 100 nm
5	Plants and ions	Nitrates are needed to make proteins for growth Magnesium ions are needed to make chlorophyll for photosynthesis.
6	Atom economy	Atom economy = (Relative formula mass of desired products/relative formula mass of all reactants) x100
7	Percentage yield	Mass of product actually made (g)/maximum theoretical mass of product (g) x 100