Paddington Academy
The best in everyone™
Part of United Learning

Hard work • Excellence • Integrity

2026-2027

Year 7 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 7 – Cycle 1 – Art - Matisse collage

1	Collage	Art made by sticking different materials like paper or fabric onto a surface.
2	Abstract	Art that doesn’t look real but uses shapes and colours to show ideas or things.
3	Shape	A flat area made when lines meet - like a circle or square.
4	Mood	The feeling or emotion shown in a piece of art.
5	Mark-making	Lines, dots and patterns made using tools and materials.
6	Primary colours	Red, yellow and blue - colours that can’t be made by mixing.
7	Secondary colours	Orange, green and purple — made by mixing two primary colours.
8	Tone	How light or dark a colour or area is.
9	Gradient	A smooth change from light to dark or from one colour to another.
10	Composition	How shapes and colours are arranged in an artwork.
11	Contrast	Big differences in colour, tone or shape that make parts of an artwork stand out.
12	Balance	When an artwork feels even, well arranged and not too heavy on one side.

Year 7 – Cycle 1 – Drama

1	Theatre conventions	The rules that the audience and actors follow during a performance
2	Stage positions	The nine areas of the stage used to plan out use of stage space
3	Posture	The way an actor sits or stands to communicate character
4	Facial expression	The way the actor uses their face to communicate emotions
5	Gesture	The way an actor uses their hands to communicate meaning
6	Projection	Making sure your voice is heard by pushing air through the diaphragm
7	Pitch	How high or low your voice is to show characters' age, personality, and emotions
8	Pace	How fast or slowly you speak to show characters' personality and emotions
9	Pause	Leaving a gap of time in speech to create tension or communicate emotion
10	Tableaux	Dramatic technique where the actors freeze in a still image
11	Thought track	Dramatic technique where the actors speak the characters' inner thoughts out loud
12	Hot seating	When an actor sits in character and answers questions when rehearsing

Year 7 – Cycle 1 – Design and Technology

1	Design brief	A statement that describes what you are designing or solving
2	Bauhaus	A German design movement that began in 1919
3	Isometric	A method of sketching three dimensional objects at 30 degrees
4	Depth	The distance from the front to the back of an object
5	Width	The measurement of something from side to side
6	Height	The measurement from base to top of an object
7	Parallel lines	Lines which are side by side and never meet
8	Prototype	Making or modelling your idea into a product
9	Specification	A list of design requirements needed for a successful outcome
10	Vanishing points	The point in a perspective drawing where lines meet and disappear
11	Ideation	The process of coming up with design ideas or solutions
12	Render	Adding shading or colour to create a more realistic finish

Year 7 – Cycle 1 – English – Storytelling

A: Narrative		
1	Myth (n)	A traditional story, especially one that explains the history or origins of something
2	The narrative arc (n)	Exposition, rising action, climax, resolution
3	Protagonist (n)	The main character of a narrative
4	Antagonist (n)	A character who opposes the protagonist
5	Characterisation (n)	The crafting of a fictional character
6	Conflict (n)	In a narrative, conflict is a challenge encountered by the protagonist
7	Tension (n)	The feeling of stress created by conflict
B: Parts of a sentence		
1	Verb	A word type of doing or being
2	Subject	The thing which is doing or being the verb
3	Adjective	A word type that modifies (changes) a noun
4	Main clause	A clause which forms a complete sentence on its own. Contains a subject and a verb
5	Noun	A word type that identifies something. For example, hatred, table, children

Year 7 – Cycle 1 – French

A: Verbs and phrases		
1	I am (have) ___ years old	j'ai ___ ans
2	My name is	je m'appelle
3	My birthday is the ___ of __	mon anniversaire est le __ __
4	I live	j'habite
5	I am	je suis
6	He is	il est
7	She is	elle est
8	They are	ils sont
9	I have	j'ai
10	He has	il a
11	She has	elle a
12	I like	j'aime
13	I don't like	je n'aime pas
14	I love	j'adore
15	I hate	je déteste
B: Vocabulary		
1	Good morning	bonjour
2	Goodbye	au revoir
3	Thank you	merci
4	I don't understand	je ne comprends pas
5	In England	en Angleterre
6	In Morocco	au Maroc
7	In America	aux États-Unis
8	In London	à Londres
9	English	anglais
10	Very	très
11	Quite	assez
12	A little	un peu
13	Kind	gentil(le)
14	Mean	méchant(e)
15	Chatty	bavard(e)
16	Funny	drôle
17	My mum	ma mère
18	My dad	mon père
19	My sister	ma sœur
20	My brother	mon frère
21	(The) eyes	les yeux
22	(The) hair	les cheveux
23	Black	noir(s)
24	Green	vert(s)
25	A cat	un chat
26	A dog	un chien
27	I don't have any pets	je n'ai pas d'animal

Year 7 – Cycle 1 – Geography – Our physical environment

1	Human geography	The study of how people and their activities are distributed across Earth's surface and how they interact with their environment.
2	Physical geography	The study of the natural features and processes of Earth's surface.
3	Latitude	How far north or south a place is from the equator.
4	Biomes	Large-scale global ecosystems with unique landscapes, animals and plants suited to a climate.
5	Enhanced greenhouse effect	The unnatural warming of the Earth due to increased greenhouse gases in the atmosphere.
6	Climate change	The change in the Earth’s long-term weather patterns, including precipitation, wind and temperature.
7	River	A moving body of water that flows from its source into a sea or lake.
8	Impermeable	A material that does not allow water to pass through it.
9	Relief	The shape of the land surface and its height above sea level.
10	Erosion	The breaking down of sediment.
11	Transportation	The movement of sediment.
12	Deposition	The laying down of sediment due to a loss of energy.

Year 7 – Cycle 1 – History – Medieval empires and the Norman Conquest

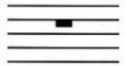
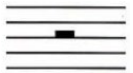
1	Historical sources	Evidence that historians can use to learn about the past
2	Interpretations	A judgement that a historian makes about a past event based off historical sources
3	Chronology	The arrangement of events in the order they happen
4	Empire	A group of countries ruled by a single ruler (Emperor / Empress)
5	Dynasty	A sequence of rulers from the same family
6	Caliph	The religious and political leader of an Islamic empire
7	Monarch	A king or queen ruling over a country
8	Heir	The next person in line to the throne
9	Claimant	A person who competes with others to achieve something
10	Cavalry	Soldiers who fought on horseback
11	Hierarchy	A social system in which people are ranked according to their status
12	Feudal system	The system where someone who owned land gave land to others on the condition that they serve them

Year 7 – Cycle 1 – Mathematics

1	Integer	A whole number
2	Ascending	Smallest to largest
3	Descending	Largest to smallest
4	Sum / Total	To add up
5	Difference	To subtract
6	Prime number	A number with exactly two factors
7	Perimeter	The distance around the outside of a 2D object
8	Estimate	An approximate calculation by rounding
9	Inequality $>$ $<$	Greater than, for example $5 > 2$ or less than, for example $3 < 8$
10	Commutative	$a + b = b + a$ and $a \times b = b \times a$
11	Term	A single number or a variable or both numbers and variables multiplied together
12	Substitute	Replace a variable with a number

Year 7 – Cycle 1 – Music

1	Pulse	The steady beat to a piece of music
2	Rhythm	Pattern of notes put in order
3	Tempo	The speed of a piece of music - fast, walking pace, slow
4	Pitch	How high or low the notes are
5	Texture	How many sounds are playing at once. Thick is lots of layers, thin is few layers
6	Dynamics	How loud or quiet a piece of music is
7	Duration	How long or short the notes are
8	Samba	Genre of carnival music from Brazil featuring large ensemble percussion
9	Call and response	Rhythm that is played by one person and responded to by another like a musical conversation
10	Sambista	The samba leader who coordinates the group
11	Diaphragm	The muscle across your abdomen that supports your singing
12	Melody	The main tune in a piece of music

Note	Rest	Name	Value (beats)
		Semibreve	4
		Minim	2
		Crotchet	1
		Quaver	$\frac{1}{2}$
		Semiquaver	$\frac{1}{4}$

Year 7 – Cycle 1 – PE

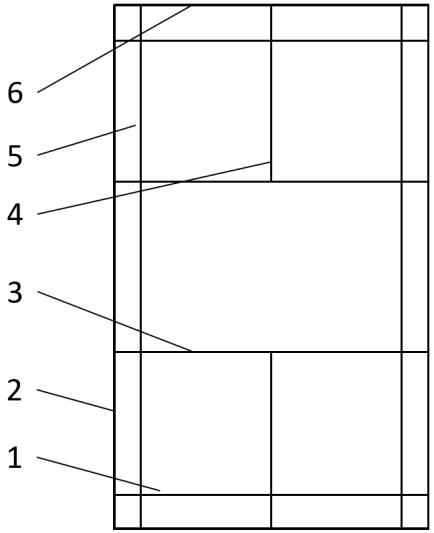
A: Athletics - track events		
1	Sprinting	Running a short distance – this includes 100 m, 110 m hurdles, 200 m, 400 m and 400 m hurdles
2	Middle distance	Races that are longer than sprints (800 m to 3000 m)
3	Relay	A racing competition where members of a team take turns completing parts of a race

B: Athletics - track disqualifications		
1	False start	Moving or leaving the starting blocks or line before the gun goes off
2	Lanes	Running outside of your lane at any time

C: Athletics - key terminology		
1	Heat	Early rounds of a race where the top two or three finishers qualify
2	PB	Personal best

D: Badminton		
1	Clear	A shot hit deep into the opponent's court
2	Shuttle-cock	The object that is hit back and forth in badminton
3	Net shot	A shot hit from near the net that only just clears the net and drops sharply
4	Passing shot	A shot which passes the opponent
5	Service court	The area in which the shuttle must land when you serve
6	Fault	A foul shot that hits the net or lands outside the court

E: Badminton – court lines	
1	Clear
2	Shuttle-cock
3	Net shot
4	Passing shot
5	Service court
6	Fault



Year 7 – Cycle 1 – PE

F: Fundamental movement skills		
1	Pulse raiser	An activity that makes the heart beat faster so the body is ready for exercise.
2	Dynamic stretching	Stretching with movement to loosen muscles while keeping the heart rate up.
4	Agility	Moving and changing direction quickly while staying in control.
5	Anticipation	Predicting what will happen next in a game and preparing to react.
6	Spatial awareness	Knowing where you are in relation to other people, equipment, and space.
7	Accuracy	How close a movement or skill is to the intended target (e.g. throwing the ball exactly to a teammate's hands).
8	Trajectory	The path or curve that an object (like a ball) follows through the air.
9	Interception	Stopping or taking possession of a pass before it reaches the intended player.
10	Defense	Actions taken to stop an opponent from scoring or making progress (e.g. marking, blocking, tackling).

G: Gymnastics		
1	Balance	Maintaining a stable body position including static balances (e.g., one-leg stands) and dynamic balances (e.g., during a cartwheel).
2	Flexibility	The range of motion available at a joint.
3	Coordination	Using different parts of the body together smoothly and efficiently.
4	Control	Managing and directing body movements precisely.
5	Sequence	A planned and connected series of movements, including rolls, jumps and balances.
6	Tension	Engaging muscles to hold a position firmly or move with strength and stability.
7	Transition	The movement or link between two skills or positions.
8	Posture	The position in which someone holds their body.

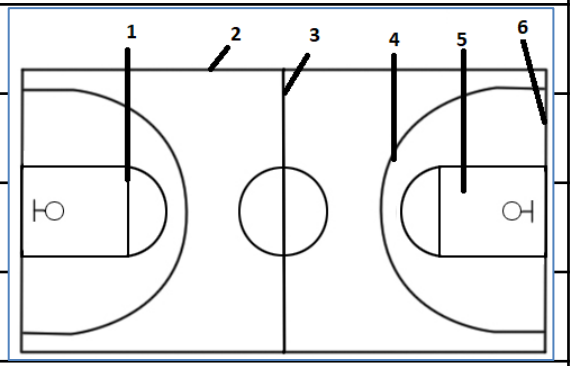
Year 7 – Cycle 1 – PE

H: Fitness		
1	Cardiovascular fitness	The ability to exercise the body for long periods of time, without getting tired
2	Repetitions (reps)	The number of times you repeat an action
3	Heart rate	The speed at which the heart beats
5	Dynamic stretching	Stretching while moving
6	Static stretching	Stretching while not moving

I: Football		
1	First touch	Controlling the ball to keep it near you
2	Goal kick	A restart by the goalkeeper from inside the goalkeeper's area
3	Offside	When the attacking player is beyond the last defender as the pass has been played
4	Free kick	Awarded when a foul or handball has taken place outside of the penalty area
5	Defender	A player who plays in front of the goalkeeper, protecting the goal
6	Midfielder	A player who links the defenders with the attackers and contributes to both the attack and defence
7	Striker	A player who leads the attacking moves

J: Basketball		
1	Double dribble	When you bounce the ball, stop and hold the ball with both hands, and then bounce the ball again
2	Travelling	Walking or running with the ball without bouncing it
3	Offense	The team that is attacking and trying to score a basket
4	Carry	Carrying the ball in one hand whilst dribbling
5	Three-second violation	When you are inside the opposition's key for more than three seconds without the ball
6	Free throw	Awarded when you are fouled inside the key, taken from the free throw line

K: Basketball – court lines	
1	Free throw line
2	Side-line
3	Halfway line
4	Three-point line
5	Key
6	Baseline



Year 7 – Cycle 1 – PE

L: Table tennis		
1	Ready position	A starting position from which all table tennis strokes can be played
2	Volley	Hitting the ball before it bounces on your side of the table
3	Push	A shot where you push the ball where you want it to go
4	Deuce	A term used when the score is 10-10
5	Let serve	When the ball touches the net, but still lands in the right place, the serve is replayed
6	Drive	An attacking shot played with speed and power

M: Cricket		
1	Wicket	A term used when a batsman has been dismissed
2	Wicket-keeper	Player on the fielding side who stands right behind the batting end wicket
3	Bowling	Delivering the cricket ball to the batsman
4	Over	The delivery of six balls by one bowler
5	Boundary	The perimeter of the ground
6	Four	A shot that scores four runs by reaching the boundary after bouncing

Year 7 – Cycle 1 – Religious Studies – Origins of Abrahamic Faith

1	Deity	A god or goddess
2	Polytheism	The belief in more than one god
3	Monotheism	The belief in one god
4	Sacrifice	Giving up something as an offering to a deity
5	Covenant	A formal agreement made by God with a religious community
6	Torah	The Jewish holy book revealed to Moses
7	Atonement	Making up for your sins
8	Scapegoat	A goat that symbolically held the sins of all the Jewish community and was sent into the desert
9	Crucifixion	An ancient form of execution where a person was nailed to a cross
10	Disciples	The 12 followers of Jesus
11	Apostles	The people who spread the teachings of Jesus after his death
12	Salvation	Being saved from sin so that a person can be forgiven by God and go to heaven.

Year 7 – Cycle 1 – Science

1	Atoms	The smallest building block of a substance
2	Solid	Particles are arranged in rows and are touching; the particles have strong bonds and vibrate around a fixed position
3	Liquid	Particles are randomly arranged and most are touching; the particles have some bonds between them and can move
4	Gas	Particles are randomly arranged and don't touch; the particles have no bonds between them and move quickly in all directions
5	Diffusion	The random spreading of particles from an area o higher concentration to an area of lower concentration.
6	Gas pressure	The force exerted by gas particles when they collide with the walls of a container
7	Resultant force	A force that can replace all other forces on an object and have the same overall effect.
8	Contact force	A force where the two interacting bodies must be touching for a force to act.
9	Non-contact Force	A non-contact force can act even if two interacting bodies are not touching
10	Interaction Pair	When object A exerts a force on object B, object B exerts a force on object A which is equal in size and opposite in direction.
11	Conservation of Energy	Energy cannot be created or destroyed, it can only be transferred from one store to another.
12	Tissue	A group of similar cells that work together to perform a specific function
13	Organ	A structure made up of different types of tissues that work together to carry out a specific function
14	Organ system	A group of organs that work together to perform a common function

Year 7 – Cycle 1 – Spanish

A: Verbs and phrases		
1	I am … years old	tengo… años
2	My birthday is the … of …	mi cumpleaños es el … de …
3	I live in…	vivo en…
4	I am	soy
5	He / she / it is	es
6	We are	somos
7	They are	son
8	He / she / it has	tiene
9	We have	tenemos
10	They have	tienen
B: Vocabulary		
1	Good morning	buenos días
2	See you later	hasta luego
3	What does... mean?	¿Qué significa...?
4	How do you say ...?	¿Cómo se dice...?
5	England	Inglaterra
6	Germany	Alemania
7	American	estadounidense
8	English	inglés(a)
9	Very	muy
10	Too (much)	demasiado
11	Good-looking	guapo(a)
12	Ugly	feo(a)
13	Quite	bastante
14	Lazy	perezoso(a)
15	Fat	gordo(a)
16	Thin	delgado(a)
17	Unfriendly	antipático(a)
18	Friendly	simpático(a)
19	My parents	mis padres
20	My older/ younger brother	mi hermano mayor / pequeño
21	My granddad	mi abuelo
22	My uncle	mi tío
23	Hair	el pelo
24	Eyes	los ojos
25	Blue	azul(es)
26	Brown hair	el pelo castaño
27	A dog	un perro
28	A bird	un pájaro
29	A horse	un caballo
30	I don’t have any pets	no tengo mascotas