



2025-2026

Year 7 Cycle 2

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 & Design

1	Abstract	Art that uses basic shapes and colour rather than representing reality
2	Positive space	The area of an artwork designed to be the main focus
3	Negative space	The space around and between the focal point of an image
4	Composition	The action of arranging different parts of an image
5	Collage	Art made by sticking different materials on top of one another
6	Silhouette	An object seen as a solid shape in a single colour
7	Mark-making	The different lines, dots, marks, patterns and textures created in a drawing
8	Primary colours	Red, blue and yellow: the colours that cannot be made by mixing
9	Secondary colours	Green, orange and purple: the colours made by mixing two primary colours
10	Tertiary colours	Made by mixing one primary colour and one secondary colour
11	Analogous colours	Similar colours next to each other on the colour wheel
12	Complementary colours	Opposite colours on the colour wheel which create contrast

Year 7 – Cycle 2 – Art & Design

1	Analogous colours	Colours which are next to each other on the colour wheel
2	Vibrant	Colour or light that is bright and strong
3	Glaze	A thin transparent payer of colour in watercolour painting
4	Gradient	The smooth blending of shades from light to dark or dark to light
5	Ferrule	Metal part of a brush that holds the bristles inside
6	Dilute	The act of adding water to paint so that it becomes lighter in colour and more transparent
7	Slip	A mixture of clay and water acting as a glue
8	Slab pot	A type of pottery created by shaping and joining flat pieces or 'slabs' of clay
9	Coloured slip	A liquid mixture of clay and pigment used to add colour to ceramics
10	Scoring	Scratching marks on the surface of the clay in order to join two pieces
11	Sgraffito	A decorative technique that involves cutting away parts of a surface layer of clay to reveal a different coloured area
12	Kiln	A special type of oven used to fire bricks and pottery

Year 7 – Cycle 2 – Drama

1	Play	A piece of writing that is performed in a theatre
2	Playwright	The writer of a play
3	Scene	A small section of a play where the action stays in one location
4	Script	The written text of a play
5	Stage directions	An instruction in the text of a play
6	Accent	A different way of pronouncing a language depending on location or social class
7	Dialect	A form of language specific to a location
8	Emphasis	Pressure put onto a word
9	Tone	The emotion in the voice
10	Characterisation	Using vocal and physical skills to portray a character within a performance
11	Blocking	The location and movement of the actors on stage during a scene
12	Emotional range	The range of emotions shown throughout speech

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 2 – Design & Technology

1	Plywood	A manmade board made from sheets of wood layered and joined together with glue
2	Sustainability	Actions to reduce damage to the environment
3	Responsible design	Design that considers environmental impacts
4	Circuit	A path between two or more points along which an electrical current can be carried
5	PCB (Printed Circuit Board)	A printed or etched board with electronic components mounted to connect a circuit
6	LED (Light Emitting Diode)	An electronic component that emits light when current flows through it
7	Solder	A metal with a low melting point used to create a permanent bond
8	Soldering	The process of bonding together metal by melting solder into the joint
9	Dry joint	A soldered joint which has not completely bonded due to insufficient melted solder in the joint
10	Phototransistor	An electronic component which can detect a change in lightness and darkness
11	Resistor	An electrical component used to reduce current flow
12	Capacitor	An electrical component that draws energy from a battery and stores the energy

Year 7 – Cycle 2 – English – *The Tempest*

A: vocabulary

1	Hierarchy (n)	A system in which people are ranked according to relative status or authority
2	Authority (n)	The power to give orders to others
3	Status (n)	Your rank or position in society
5	Oppression (n)	Cruel or unfair treatment by someone with authority

B: writer's methods

1	Stage directions	Instructions indicating movement, tone, sound or lighting
2	Repetition	The action of repeating something that has already been said or written
3	Imagery	Visually descriptive language
4	Imperative	A type of sentence that issues a command
5	Declarative	A type of sentence that makes a statement
6	Interrogative	A type of sentence that asks a question
7	Exclamative	A type of sentence that conveys extreme emotion
8	Tone	The mood or feeling of a place, speech or text

Year 7 – Cycle 2 – English – Creative writing

1	Sensory imagery	Descriptive language using the five senses.
2	Tone	The mood or feeling of a text.
3	Characterisation	How a writer presents and develops characters.
4	Observation	Identifying specific details to build meaning or realism in a story.
5	Structure	How parts of a text are arranged and organised.
6	Non-chronology	Events presented out of time order.
7	Mirrored ending	An ending that reflects or echoes the beginning.
8	Motif	A repeated image, object or idea in a text that reflects an overall theme.
9	Writing methods	Anything that a writer uses on purpose to create effects, e.g. metaphor, tone, mirrored endings.
10	Analysis	Explaining how writing methods create meaning or effects.

Year 7 – Cycle 2 – French

A: Verbs and structures

1	I have	j'ai
2	I don't have	je n'ai pas de
3	My brother has	mon frère a
4	My sister has	ma sœur a
5	My favourite school subject is	ma matière préférée est
6	It is	c'est
7	It is not	ce n'est pas
8	The teacher is	le prof est
9	He is / she is	il est / elle est
10	He is not / she is not	il n'est pas / elle n'est pas
11	He has / she has	il a / elle a
12	He has not / she has not	il n'a pas / elle n'a pas
13	To start	commencer
14	To finish	finir
15	To chat	bavarder
16	To wear	porter
17	My school is	mon école est
18	I want	je veux
19	I don't want	je ne veux pas
20	I am going to go	je vais aller
21	I am going to do	je vais faire
22	He is going to play	il va jouer

23	She is going to play	elle va jouer
B: Vocabulary		
1	German	l'allemand
2	ICT	l'informatique
3	At eight o'clock	à huit heures
4	At half past eight	à huit heures et demie
5	At quarter past eight	à huit heures et quart
6	At quarter to eight	à huit heures moins le quart
7	Creative	créatif
8	Strict	sévère
10	Funny	marrant
11	Easy	facile
12	Hard	difficile
13	My English teacher	mon prof d'anglais
14	My French teacher	mon prof de français
15	Lunch	le déjeuner
16	Break time	la récré
17	Canteen	la cantine
18	Old-fashioned	démodé
19	Well-equipped	bien équipé
20	Corridor	le couloir
21	Football pitch	le terrain de foot
22	Stairs	les escaliers

Year 7 – Cycle 2 – Geography – Development

1	Development	The quality of life for those living in a country
2	Human Development Index (HDI)	A composite development indicator that gives an overview of development
3	Developing countries	Countries with lower quality of life and low HDI scores
4	Emerging countries	Countries that are rapidly developing with improving HDI scores
5	Developed countries	Countries with higher quality of life and high HDI scores
6	Gross Domestic Product (GDP)	The total value of goods and services produced by a country per year
7	Gross National Income (GNI)	The total value of income received in a country per year
8	HDI	A composite measure of development including life expectancy, average years of schooling and GNI
9	Fair trade	When farmers get a fair price for their products
10	Aid	Help is given to a country
11	Industry	A system where people and machines work to produce things, each industry has its own set of activities
12	Taxation	A payment to the government

Year 7 – Cycle 2 – History – Medieval England

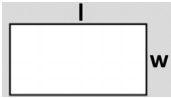
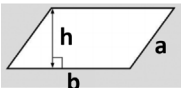
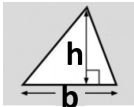
1	Medieval	The period between the 5 th and 15 th centuries
2	The Pope	Head of the Catholic Church
3	Purgatory	A place in the afterlife where sinners have to work off their sins to get to heaven
4	Monasticism	A holy way of life where a person gives up their possessions and devotes their life to God
5	Jerusalem	The holy land for the Abrahamic faiths
6	Crusades	Medieval holy wars by European Christians to take control of Jerusalem
7	Four humours	The ancient belief that the body had four liquids that needed to be balanced
8	Barber-surgeon	A man that was trained to cut hair and perform surgery
9	Blood-letting	A treatment for illness that removed 'bad' blood from the body
10	Archbishop	A senior person in the Church
11	Revolt	To take violent action against the ruler of a country
12	Poll tax	A tax that everyone must pay whatever their income

Year 7 – Cycle 2 – Maths

A: Definitions

1	Proper fraction	A fraction less than one. The numerator is smaller than the denominator.
2	Improper fraction	A fraction more than one. The numerator is greater than the denominator.
3	Mixed number	A number containing a whole number and a proper fraction.
4	Area	The amount of space inside a two-dimensional shape.
5	Equivalent fractions	Fractions which have the same value.

B: Area



1	Rectangle		$l \times w$
2	Parallelogram		$b \times h$
3	Triangle		$\frac{b \times h}{2}$

C: Fractions, decimals & percentages

1	$\frac{1}{2}$	0.5 = 50%
2	$\frac{1}{4}$	0.25 = 25%
3	$\frac{3}{4}$	0.75 = 75%
4	$\frac{1}{10}$	0.1 = 10%

Year 7 – Cycle 2 – Music

1	Orchestra	A large ensemble of musicians playing instruments from four families, led by a conductor
2	Conductor	The leader of any large musical ensemble, including an orchestra
3	String family	String instruments are played by plucking, striking or by drawing a bow across tight strings
4	Woodwind family	Woodwind instruments are played by blowing into a mouthpiece usually containing a piece of wood called a reed
5	Brass family	Brass instruments are made of metal and played by blowing into a mouthpiece
6	Percussion family	Percussion instruments are played by hitting, shaking or scraping
7	Treble clef	A symbol used in music notation to represent mid and high -pitched notes
8	Sharp	A black note played to the right of the naming note represented by a # symbol
9	Flat	A black note played to the left of the naming note represented by a b symbol
10	Ostinato	A repeated musical phrase in classical music

11	<p>Every Good Boy Deserves Football</p> <p>A rhyme to remember the notes on the line</p>	
12	<p>FACE</p> <p>A rhyme to remember the notes in the spaces</p>	

Year 7 – Cycle 2 – PE

A: Athletics - track Events

1	Sprinting	Running a short distance (which includes 100m, 110m hurdles, 200m, 400m and 400m hurdles)
2	Middle distance	Races that are longer than sprints (800m to 3000m)
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 / leaving the starting blocks or line before the gun goes off
2	Lanes	Running outside of your lane at any time

C: Athletics - terminology

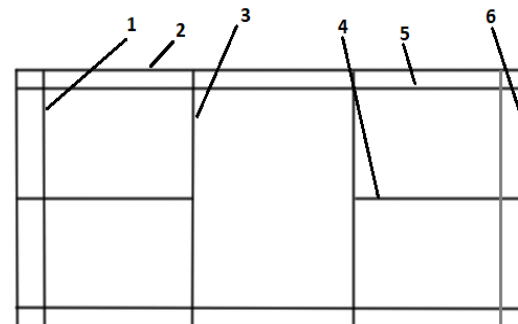
1	Heat	Early rounds of a race where the top two or three finishers qualify
2	PB	Personal best
3	Push pass	Outgoing runner holds arm out with the hand open and the incoming runner puts the baton straight into the open hand

D: Badminton - key terminology

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	Long service line for doubles
2	Side line for doubles
3	Short service line
4	Centre line
5	Side line for singles
6	End line and long service line for singles



Year 7 – Cycle 2 – PE

F: Rugby - key terminology

1	Try	When the ball is grounded over the try line
2	Try line	The goal line extending across the pitch
3	Forward pass	An illegal pass where the ball goes forward
4	Offside	When a player is in front of a team-mate who is carrying the ball
5	Ruck	One or more players close in around the ball on the ground to protect it
6	Knock on	If a player drops the ball 'forward' or loses the ball and it goes forward

G: Fitness - key terminology

1	Cardiovascular fitness	The ability to exercise the body for long periods of time, without getting tired
2	Muscular endurance	The ability to use muscles repeatedly, without getting tired
3	Circuit training	A series of exercises repeated one after the other
4	Repetitions (reps)	The number of times you repeat an action
5	Heart rate	The speed at which the heart beats
6	Pulse raiser	An activity that safely raises the heart rate up from its resting state
7	Dynamic stretching	Stretching while moving
8	Static stretching	Stretching while not moving

H: Football - key terminology

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 that leads the attacking moves

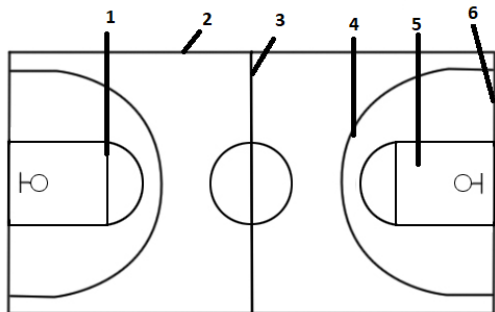
Year 7 – Cycle 2 – PE

I: Basketball - key terminology

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

J: Basketball court lines

1	Free throw line
2	Side-line
3	Halfway line
4	Three-point line
5	Key
6	Baseline



K: Table tennis - key terminology

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

L: Cricket - key terminology

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 2 – Religious Studies – Judaism

1	Judaism	A religion of the Jewish people
2	Torah	The Jewish Holy Book
3	Tanakh	The Jewish scriptures comprising the Torah, the prophets, and collected writings
4	Rabbi	A Jewish religious leader of a community
5	Talmud	A collection of scriptures by rabbis to guide Jews in their lives
6	Synagogue	A Jewish place of worship
7	The Western Wall	The remains of the Temple in Jerusalem and the holiest site for Jews
8	Pesach (Passover)	A festival which remembers the Israelite's freedom from slavery in Egypt
9	Seder	The Passover meal
10	Bar / Bat mitzvah	The coming-of-age ceremony
11	Genocide	The deliberate killing of a large number of people from a particular group
12	Holocaust	The genocide of 6 million European Jews during World War II by the Nazis

Year 7 – Cycle 2 – Science

1	Elements	Contains only one type of atom
2	Compounds	Contains more than one type of atom that are chemically joined together
3	Mixture	Contains more than one type of element or compound that are NOT chemically joined together.
4	Pure substance	Contains only one type of substance
5	Digestion	Breaking down of food into smaller particles for absorption into the blood via diffusion
6	Role of red blood cells	Transport oxygen around the body
7	Skeleton	Provides a framework for support, enables movement, protects organs and produces blood
8	Antagonistic muscle pairs	When one muscle contracts, the other relaxes
9	Respiration	A chemical reaction that takes place in the mitochondria of all cells to release energy from glucose
10	Radiation	Transfer of energy in the form of a wave from a source to a detector
11	Transmission	The act of sending energy through something
12	Refraction	When a light ray crosses a boundary between two substances with different densities, it changes speed and changes direction
13	Law of reflection	Angle of incidence is equal to the angle of reflection
14	Monomers	The smallest part of a polymer. Many monomers repeat in a chain to make a polymer.
15	Durability	The ability of a material to withstand wear or damage
16	Ceramics	Ceramics are a group of non-metals. They are formed by heating and cooling a soft substance like clay, which transforms it into a hard material.

Year 7 – Cycle 2 – Spanish

A: School equipment - verb structures

1	In my bag	en mi mochila
2	I have	tengo
3	I need	necesito
4	Do you have...?	¿tienes...?

B: My studies - verb structures

1	I study	estudio
2	He / she studies	estudia
3	They study	estudian
4	Many subjects	muchas asignaturas
5	At 1 o'clock	a la una
6	At quarter past 2	a las dos y cuarto
7	At half past 2	a las dos y media
8	At quarter to 2	a las dos menos cuarto

C: Opinions about subjects and teachers - verb structures

1	My favourite subject is	mi asignatura favorita es
2	I love	me encanta
3	I get on well with	me llevo bien con
4	I don't get on well with	no me llevo bien con
5	My English teacher	mi profesor de inglés
6	My Science teacher	mi profesora de ciencias
7	Maths is boring	las matemáticas son aburridas
8	Art is exciting	el dibujo es emocionante

D: School day and building - verb structures

1	My favourite day is	mi día favorito es
2	In my school	en mi instituto
3	There is	hay
4	There is not	no hay
5	It is big	es grande
6	It is small	es pequeño
7	It is old	es antiguo
8	It is beautiful	es bonito
9	I write in my exercise book	escribo en mi cuaderno
10	I listen to music	escucho música
11	I read books	leo libros
12	I learn	aprendo

E: Photo description - verb structures

1	In the photo there is	en la foto hay
2	I see	veo
3	I observe	observo
4	I can see	puedo ver