



2025-2026

Year 10 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 10 – Cycle 2 – Art – Still Life

1	Chiaroscuro	A technique that uses light and shadow to create a strong contrast and give the illusion of volume and depth
2	Composition	The arrangement of visual elements within a piece of art, which guides the viewer's eye and influences the overall impact of the artwork.
3	Manipulation	The process of using digital tools, such as Adobe Photoshop, to alter or enhance photographic or scanned images.
4	Glazing	A painting technique involving the application of a transparent layer of paint over another, fully dried layer, which adds depth and richness of color.
5	Impasto	A technique where paint is applied thickly to a surface, so that brush or palette knife marks are visible, adding texture and dimension.
6	Layering	The process of building up multiple layers of material, such as paint or mixed media, on a canvas or other surface to create depth and complexity.
7	Masking fluid	A liquid latex used in watercolor painting to cover areas that the artist wishes to keep white; it is removed once the paint has dried.
8	Monochromatic	Using only one colour but in different values and intensities to create a cohesive and harmonious effect.
9	Negative space	The empty space around and between the subjects of an image, which can help to define the boundaries of positive space and enhance the composition.
10	Palette	A range of colors or materials used in an artwork; also refers to the physical board on which artists hold and mix paint.
11	Perspective	A technique used to represent three-dimensional objects on a two-dimensional surface in a way that looks natural and realistic.
12	Stippling	A technique of painting or drawing using small dots or marks to build up shading and texture.
13	Still life	Artwork depicting mostly inanimate subject matter, typically commonplace objects which are either natural (food, flowers, plants, rocks) or man-made.
14	Texture	The perceived surface quality of a work of art, expressed through the physical feel of the material or the visual appearance of brush strokes, layering, or other techniques.
15	Thumbnail sketch	A quick, small sketch that captures the basic layout and composition of an artwork before detailed work begins.
16	Tonal value	The lightness or darkness of a color, which helps to convey depth and volume within an artwork.
17	Wet-on-wet	A watercolor technique where paint is applied onto a wet surface, resulting in colors flowing into one another and creating soft, blurred edges.

Year 10 – Cycle 2 – GCSE Business – Influences

1	Internal (organic) growth	When a business gets bigger by selling more products
2	External (inorganic) growth	When a business gets bigger by joining other businesses
3	Merger	When two or more businesses join together to form a new business
4	Takeover	When one business buys control of another
5	Horizontal integration	When one firm joins another at the same stage of the production process
6	Vertical integration	When businesses join at different stages of the production process
7	Diversification	When a business takes over a business in a totally different sector
8	Consumers	Individuals who buy goods and services from businesses
9	Economic climate	Describes key performance factors within an economy
10	Interest rates	The cost of borrowing money
11	Employment	The number of people working in an economy
12	Unemployment	The number of people that are able and willing to work that can't find a job
13	Consumer spending	The value of goods and services bought by consumers over a period of time
14	Globalisation	When the world is more interconnected through communication, transport and technology
15	International trade	Selling of goods and services internationally
16	Exports	When goods and services produced by a business in one country are sold in foreign countries
17	Legislation	A set of laws that govern the way a society operates
18	Competition	Exists when more than one business is attempting to attract the same customers

Year 10 – Cycle 2 – Drama

A: Devising

1	Devising	Creating your own piece of theatre
2	Stimulus	Starting point for a piece of work
3	Genre	Type of dramatic work, e.g., a comedy
4	Style	Manner in which a piece is performed, e.g., physical style
5	Theme	An idea or topic that runs throughout the show
6	Genre	The type and style of story being told
7	Structure	The order in which the story takes place
8	Theatre company	A group of actors and crew who create theatre
9	Practitioner	A highly skilled person who influences a piece of theatre
10	Linear	When a play's structure is in time order (beginning, middle, end)
11	Episodic	When a play's structure jumps forwards and backwards in time order
12	Verbatim theatre	Style of theatre that takes words and stories from real life scenarios
13	Physical theatre	Style of theatre that uses the body and movement to communicate
14	Epic theatre	Style of theatre that wants to distance the audience from emotional connection and make them think about political or social issues
15	Naturalistic theatre	Style of theatre that is true to real life emotions and actions

B: Theatre methods

1	Paper Birds Theatre Company	A contemporary theatre company formed in 2003 that creates devised work with a political agenda.
2	Stanislavsky	An acting technique developed by Stanislavski to help actors to create realistic character
3	Frantic Assembly theatre company	Approaching devising as a series of tasks, each broken down into building blocks.

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 2 – Design & Technology

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

A: Writer's methods

1	Imperative	A verb used to give a command or order
2	Soliloquy	A speech where a character is alone and speaks their thoughts and feelings out loud
3	Aside	A comment by a character that is meant for the audience to hear, but no other characters
4	Paradox	A statement that contradicts itself
5	Foreshadow	A warning or clue about a future event
6	Tragic hero	A great, virtuous character destined for a downfall or defeat
7	Hamartia	A fatal flaw or weakness

B: Context

1	Divine Right of Kings	The idea that a monarch is chosen by God, not the people
2	The Great Chain of Being	A Christian belief that all beings are ranked in a hierarchy, with God at the top, to maintain natural order
3	Ambition	Strong desire to achieve something
4	Unnatural	Going against natural laws; abnormal
5	Supernatural	Something above and beyond natural laws that cannot be explained
6	Blasphemy	An act against God
7	Hallucination	A vision or image that is not real
8	Regicide	To kill a king or queen
9	Paranoia	Thinking and feeling like you are being threatened in some way, even if there is no evidence
10	Apparition	A ghostly figure

C: Quotations

1	Captain: 'Unseamed him from the nave to the chops'
2	Macbeth: 'Stars, hide your fires, / Let not light see my black and deep desires'
3	Lady Macbeth: 'Look like the innocent flower, but be the serpent under it'
4	Macbeth: 'Is this a dagger which I see before me... Come, let me clutch thee'
5	Macbeth: 'Will all great Neptune's ocean wash this blood / Clean from my hand?'
6	Macbeth: 'O, full of scorpions is my mind, dear wife!'
7	The witches: 'Be bloody, bold/ none of woman born shall harm Macbeth.'
8	Lady Macbeth: 'Out, damned spot! out, I say!'
9	Lady Macbeth: 'all the perfumes of Arabia will not sweeten this little hand.'
10	Malcolm: 'This dead butcher and his fiend like queen'

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 2 – Food Preparation & Nutrition

1	Energy balance	The amount of energy eaten in food is equal to the amount energy used in a day
2	Heat transfer	The way heat energy is passed into food
3	Palatability	What makes food acceptable and good to eat
4	Denaturation	Chemical bonds in the protein break and the protein molecule unfolds and changes
5	Coagulation	A change in the structure of protein when the protein is set
6	Gelatinisation	The swelling of starch granules when they are cooked with a liquid to the point where they burst and release starch molecules.
7	Caramelisation	The breaking up of sucrose molecules when they are heated
8	Emulsification	The process of using an emulsifier to stabilise an insoluble mixture
9	Enzymic browning	The discolouration of a fruit or vegetable from oxygen in the air
10	Raising agent	An ingredient or process that introduces a gas into a mixture, so it rises when cooked
11	Preservatives	Chemicals added to food to increase the shelf life
12	Danger zone	The range of temperatures that are just right for bacteria to multiply rapidly
13	Seasonality	The time of year when a particular crop is ready to harvest and easily available
14	Food miles	The distance that food is transported as it travels from producer to consumer
15	Cuisine	A traditional style of cooking and eating that has developed in a country or region of the world
16	Food provenance	Where foods and ingredients originally come from
17	Food security	When all people, at all times, have access to enough safe and nutritious food
18	Carbon footprint	A measure of the contribution of something to the emission of greenhouse gases

Year 10 – Cycle 2 – Geography

A: Changing Landscapes			B: Changing Cities		
1	Fetch	Distance the wind pushes the waves	1	Urban areas	Built-up areas like towns and cities
2	Prevailing wind	Main wind direction	2	Urbanisation	Increase in proportion of people living in towns and cities
3	Destructive waves	High-energy waves that remove beach material	3	Rural areas	Countryside with few homes and low population density
4	Constructive waves	Low-energy waves that build up beach material	4	Industrialisation	Shift towards an economy based on manufacturing
5	Coastal recession	Retreat of the coast due to erosion	5	Natural increase	Birth rates are higher than death rates so population goes up
6	Transpiration	Evaporation of water from vegetation	6	Site	Physical characteristics of a place
7	Surface run-off	Flow of water along the surface of the land	7	Situation	Location of a settlement in relation to other settlements and features
8	Infiltration	Filtering of water through soil	8	Suburbs	An area of low-density, semi-detached housing away from the city centre
9	Percolation	Filtering of water through rock	9	Rural-urban fringe	The edge of the city with out-of-town shopping centres and green spaces

Year 10 – Cycle 2 – History – Elizabethan England

A: Elizabethan government		
1	Patronage	A system used by the monarch to reward loyalty
2	Factions	Rival groups with different political interests
3	JPs (Justices of the peace)	Members of the gentry who enforced law and order in each county
B: Lifestyles of the rich and poor		
4	Vagrant	An unemployed and homeless person that travelled the country in search of work
5	Impotent poor	Poor people who were viewed as being genuinely unable to work and deserving of charity
C: Popular entertainment		
6	Theatre companies	Groups of actors who were supported financially by wealthy noblemen
7	The pit	Area where the poor would stand in a theatre and watch a play
D: The Religious Settlement		
8	Religious settlement / Middle Way	Changes introduced by Elizabeth to provide a religious compromise between Protestants and Catholics
9	Church of England	The official name given to Protestantism in England

10	Royal injunctions	Instructions given to the clergy from the monarch
E: The Catholic Threat		
11	Recusants	Catholics who refused to attend Church of England services
12	Excommunication	Exclusion from the protection of the Catholic Church and entry to heaven
F: The Spanish Armada		
13	Privateers	Sailors that had permission from the monarch to capture goods from enemy ships
14	Beacon	a fire or light set up in a high position as a warning or signal
G: The Puritan Threat		
15	Puritan	Protestant sect that promoted a pure interpretation of the Bible
16	Presbyterians	Puritans that wanted to replace bishops with local elders
17	Propheying	Gatherings of Puritans to discuss the Bible and Puritan beliefs
18	Separatists	Extreme Puritans who wanted to break away from the Church of England

Year 10 – Cycle 2 – Maths (Foundation)

A: Sequences

1	Arithmetic or linear sequence	Has a constant difference between each term
2	n th term of arithmetic sequence	$an + b$
3	Fibonacci sequence	To find the next term, add the previous two terms together, for example 1, 1, 2, 3, 5, 8, 13, 21
4	Geometric sequence	A sequence made by multiplying by the same value each time

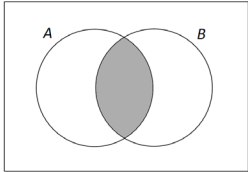
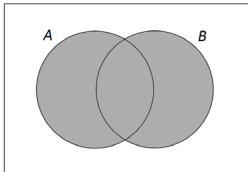
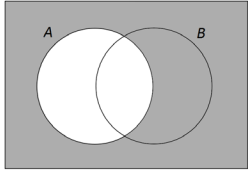
B: Percentages

1	Multiplier for increase of $n\%$	$100 + n$, then divide by 100
2	Multiplier for decrease of $n\%$	$100 - n$, then divide by 100
3	Percentage change	$\frac{\text{New} - \text{Original}}{\text{Original}} \times 100$
4	Compound growth and decay	Final amount = Starting amount \times multiplier ^{n} where n is a unit of time

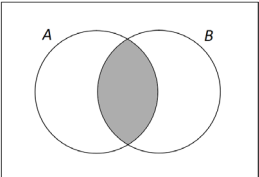
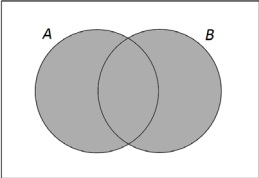
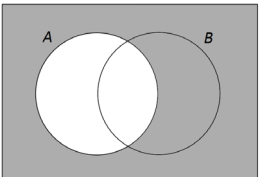
C: Probability

1	Probability	$\frac{\text{Number of successful outcomes}}{\text{Total number of possible outcomes}}$
2	$P(A)$	Probability of event A
3	$P(\text{not } A)$ or $P(A')$	$1 - P(A)$
4	Predicted number of outcomes	Probability \times number of trials
5	If A and B are independent $P(A \text{ and } B)$	$P(A) \times P(B)$
6	If A and B are mutually exclusive $P(A \text{ or } B)$	$P(A) + P(B)$
7	Experimental probability	$\frac{\text{Frequency of event}}{\text{Total number of trials}}$

D: Venn diagrams

1	$A \cap B$		A intersect B A and B
2	$A \cup B$		A union B A or B
3	A'		Complement of A Not A

A: Sequences		
1	Arithmetic or linear sequence	Has a constant difference between each term
2	n th term of arithmetic sequence	$an + b$
3	Fibonacci sequence	To find the next term, add the previous two terms together, for example: 1, 1, 2, 3, 5, 8, 13, 21
4	Geometric sequence	A sequence made by multiplying by the same value each time
5	Quadratic sequence	$an^2 + bn + c$, where the first difference is not equal, but the second difference is equal
B: Percentages		
1	Multiplier for increase of $n\%$	$100 + n$, then divide by 100
2	Multiplier for decrease of $n\%$	$100 - n$, then divide by 100
3	Percentage change	$\frac{\text{New} - \text{Original}}{\text{Original}} \times 100$
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3	$P(\text{not } A)$ or $P(A')$	$1 - P(A)$
4	Predicted number of outcomes	Probability \times number of trials
5	If A and B are independent $P(A \text{ and } B)$	$P(A) \times P(B)$
6	If A and B are mutually exclusive $P(A \text{ or } B)$	$P(A) + P(B)$
D: Venn diagrams		
1	$A \cap B$	 A intersect B A and B
2	$A \cup B$	 A union B A or B
3	A'	 Complement of A Not A

A	Regular verbs: Simple present tense - I do						F	* Irregular verbs: Simple present tense							
	er verbs		ir verbs		re verbs			To be = être		To have = avoir		To do = faire		To go = aller	
1	I speak	je parle	I finish	je finis	I sell	je vends	1	I am	je suis	I have	j'ai	I do	je fais	I go	je vais
2	You speak	tu parles	You finish	tu finis	You sell	tu vends	2	You are	tu es	You go	tu as	You do	tu fais	You go	tu vas
3	He/she speaks	il/elle parle	He/she finishes	il/elle finit	He/she sells	il/elle vend	3	He/she is	il/elle est	He/she goes	il/elle a	He/she does	il/elle fait	He/she goes	il/elle va
4	We speak	nous parlons	We finish	nous finissons	We sell	nous vendons	4	We are	nous sommes	We go	nous avons	We do	nous faisons	We go	nous allons
5	You all speak	vous parlez	You all finish	vous finissez	You all sell	vous vendez	5	You all are	vous êtes	You all go	vous avez	You all do	vous faites	You all go	vous allez
6	They speak	ils/elles parlent	They finish	ils/elles finissent	They sell	ils/elles vendent	6	They are	ils/elles sont	They go	ils/elles ont	They do	ils/elles font	They go	ils/elles vont
B	Regular verbs: Simple past tense - I did						G	* Irregular verbs: Simple past tense with être				H	* Irregular verbs: Simple past tense with avoir		
	er verbs		ir verbs		re verbs			To go = aller		To go out = sortir					
1	I spoke	j'ai parlé	I finished	j'ai fini	I sold	j'ai vendu	1	I went	je suis allé	I went out	je suis sorti	1	I did	j'ai fait	
2	You spoke	tu as parlé	You finished	tu as fini	You sold	tu as vendu	2	You went	tu es allé	You went out	tu es sorti	2	I drank	j'ai bu	
3	He/she spoke	il/elle a parlé	He/she finished	il/elle a fini	He/she sold	il/elle a vendu	3	He/she went	il/elle est allé	He/she went out	il/elle est sorti	3	I read	j'ai lu	
4	We spoke	nous avons parlé	We finished	nous avons fini	We sold	nous avons vendu	4	We went	nous sommes allés	We went out	nous sommes sortis	4	I took	j'ai pris	
5	You all spoke	vous avez parlé	You all finished	vous avez fini	You all sold	vous avez vendu	5	You all went	vous êtes allés	You all went out	vous êtes sortis	5	I saw	j'ai vu	
6	They spoke	ils/elles ont parlé	They finished	ils/elles ont fini	They sold	ils/elles ont vendu	6	They went	ils/elles sont allés	They went out	ils/elles sont sortis	6	I took	j'ai mis	
C	Regular verbs: Imperfect tense - I used to do								J	* Irregular verbs: Imperfect tense			K	* Irregular verbs: Simple future tense	
	er verbs		ir verbs		re verbs					To be = être				To be = être	
1	I used to speak	je parlais	I used to finish	je finissais	I used to sell	je vendais	1	I was / used to be	j'étais	1	I will be	je serai			
2	You used to speak	tu parlais	You used to finish	tu finissais	You used to sell	tu vendais	2	you were / used to be	tu étais	2	You will be	tu seras			
3	He/she used to speak	il/elle parlait	He/she used to finish	il/elle finissait	He/she used to sell	il/elle vendait	3	he/she was / used to be	il/elle était	3	He/she will be	il/elle sera			
4	We used to speak	nous parlions	We used to finish	nous finissions	We used to sell	nous vendions	4	we were / used to be	nous étions	4	We will be	nous serons			
5	You all used to speak	vous parliez	You all used to finish	vous finissiez	You all used to sell	vous vendiez	5	you all were / used to be	vous étiez	5	You all will be	vous serez			
6	They used to speak	ils/elles parlaient	They used to finish	ils/elles finissaient	They used to sell	ils/elles vendaient	6	they were / used to be	ils/elles étaient	6	They will be	ils/elles seront			
D	Regular verbs: Simple future tense - I will do						E	Regular verbs: Near future tense – I am going to do			L	* Irregular verbs: Simple future tense			
	er verbs		ir verbs		re verbs			er / ir / re verbs				To have = avoir			
1	I will speak	je parlerai	I will finish	je finirai	I will sell	je vendrai	1	I am going	je vais	+ infinitive verb (__er / __ir / __re)	1	I will have	j'aurai		
2	You will speak	tu parleras	You used will finish	tu finiras	You will sell	tu vendras	2	You are going	tu vas		2	You will have	tu auras		
3	He/she will speak	il/elle parlera	He/she will finish	il/elle finira	He/she will sell	il/elle vendra	3	He/she is going	il/elle va		3	He/she will have	il/elle aura		
4	We will speak	nous parlerons	We will finish	nous finirons	We will sell	nous vendrons	4	We are going	nous allons		4	We will have	nous aurons		
5	You all will speak	vous parlerez	You all will finish	vous finirez	You all will sell	vous vendrez	5	You all are going	vous allez		5	You all will have	vous aurez		
6	They will speak	ils/elles parleront	They will finish	ils/elles finiront	They will sell	ils/elles vendront	6	They are going	ils/elles vont		6	They will have	ils/elles auront		

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 Foundation – Unit 2 – My personal world, family and relationships

1	The best	Le meilleur/la meilleure	29	To act	agir
2	Better	mieux	30	To avoid to	éviter de
3	Worse	pire	31	To stay in touch	Rester en contact
4	Less...than	moins...que	32	To try to	essayer de
5	More...than	plus...que	33	I would like	Je voudrais
6	happy	Heureux/heureuse	34	To remember	se souvenir
7	sad	triste	35	I used to have	j'avais
8	Hardworking	travailleur/travailleuse	36	I used to be	j'étais
9	Twins	jumeaux	37	I miss him/her	il/elle me manque
10	Glasses	les lunettes	38	To be interested in	S'intéresser à
11	Tie	une cravate	39	To keep	garder
12	A son	un fils	40	The home	le foyer
13	I argue	Je me dispute avec	41	Right	droit
14	I know	je connais	42	When I am	quand je serai
15	I get on well with	je m'entends bien avec	43	When I have	quand j'aurai
16	I see	je vois	44	Someone	quelqu'un
17	To tell	raconter	45	I want	Je veux
18	A daughter	Une fille	46	I'm going	Je vais
19	A step-father/a step-mother	Un beau-père/une belle-mère	47	Well-paid	Bien-payé
20	To feel	se sentir	48	Some people say that	certain disent que
21	Similar	pareil/pareille	49	To have the right to	avoir le droit de
22	To rest	Se reposer	50	without	sans
23	To leave	partir	51	today	Aujourd'hui
24	To take	prendre	52	When	quand
25	To receive	recevoir	53	Thanks to	grâce à
26	To open	ouvrir	54	Neighbour	voisin
27	To be able to	pouvoir	55	partner	partenaire
28	To say	dire			

Year 10 French – Cycle 3 – Foundation

A: Routine

1	To feel/smell	se sentir
2	To move	bouger
3	To get dressed	s'habiller
4	To get up	se lever
5	To rest	se reposer
6	I put on (past)	j'ai mis
7	I put on (present)	je mets
8	Day	la journée
9	Midnight	minuit
10	Usual	habituel
11		
12	Bed	le lit

B: Food

1	sweet	sucré
2	light	léger
3	Cheese	le fromage
4	I am hungry	j'ai faim
5	I am thirsty	j'ai soif
6	Dry	sec
7	Pasta	les pâtes
8	A recipe	une recette
9	Ice cream	la glace
10	Included	inclus
11	Menu	la carte
12	A starter	une entrée
13	In the corner	au coin

14	Bag	le sac
15	Half	la moitié
16	Price	le prix
17	Box	la boîte
18	About / approximately	environ
19	Checkout/till	la caisse
20	Change	la monnaie
21	To drive	conduire
22	To take away	emporter
23	To lose	perdre
24	Product	produit
25	Fresh	frais/fraiche

C: Health

1	To fall	tomber
2	My __ hurts	j'ai mal au/à la/aux ____
3	Face	le visage
4	Emergency	une urgence
5	An appointment	un rendez-vous
6	Medicine/pill	un médicament
7	Waiting room	une salle d'attente
8	To walk	marcher
9	To improve	améliorer
10	To stop	arrêter
11	Illness	une maladie
12	Body	le corps
13	Life	la vie
14	To lead a healthy life	pour mener une vie saine

Year 10 – French – Key Structures

A: Opinion phrases			D: Positive reasons – present tense			G: Negative Adjectives			J: Connectives		
1	I believe that	je crois que	1	It makes me laugh	ça me fait rire	1	Boring	monotone	1	Given than	Étant donné que
2	I would say that	je dirais que	2	It relaxes me	ça me détend	2	Annoying	pénible	2	Despite the fact that	malgré le fait que
3	I think that	je pense que	3	It pleases me	ça me plaît	3	Unpleasant	désagréable	3	On the contrary	au contraire
4	According to me	selon moi	4	It helps me to relax	ça m’aide à me reposer	4	Annoying	énervant	4	On the one hand	d’un côté
5	In my opinion	quant à moi	5	It helps me to forget everything	ça m’aide à tout oublier	5	Ridiculous	ridicule	5	On the other hand	de l’autre côté
6	Frankly	franchement		6	It's worth doing	ça vaut la peine de faire	6	Awful	affreux	6	Therefore
B: Negative opinions			7	I have fun	je m'amuse	7	Worrying	inquiétant	7	So	donc
1	It gets on my nerves	ça m’énerve	E: Negative reasons – present tense			8	Tiring	fatigant	H: Infinitive structures		
2	I’m fed up with	j’en ai marre de	1	It makes me scared	ça me fait peur	1	I want	je veux	1	In fact	en fait
3	I have some worries regarding	j’ai des soucis par rapport à	2	It’s not worth it	ça ne vaut pas la peine	2	I hope	j’espère	2	Since, because	puisque
4	What scares me	ce qui me fait peur	3	It worries me	ça m’inquiète	3	I want	j’ai envie de	K: Small but important words		
5	What worries me is	ce qui m’inquiète est	5	I get bored	je m’ennuie	4	I would like	j’aimerais	1	Even	même
6	I can’t stand	je ne supporte pas	6	It tires me	ça me fatigue	5	I have the intention to	j’ai l’intention de	2	If	si
7	I can’t stand	j’ai horreur de	7	It irritates me	ça m’embête	6	I feel like	ça me dit de	3	Except	sauf
C: Positive opinions			F: Positive adjectives			7	I need	j’ai besoin de	4	Without	sans
1	I quite like	j’aime bien	1	Marvellous	merveilleux	I: Negatives			5	Especially	surtout
2	I’m a fan of	je suis fan de	2	Wonderful	formidable	1	I don’t do	je ne fais pas	6	Everywhere	partout
3	I am passionate about	je suis passionné par	3	Unbelievable	incroyable	2	I no-longer do	je ne fais plus	7	The majority	la plupart
4	What I like the most is	ce que j’aime le plus est	4	Entertaining	divertissant	3	I don’t do anything	je ne fais rien	8	Instead of	au lieu de
5	What I love is	ce que j'adore est	5	Fascinating	fascinant	4	I only do	je ne fais que	9	Few / not many	peu
			6	Exciting	passionnant	5	I never do	je ne fais jamais	L: Time phrases		
			7	Unforgettable	inoubliable	6	There isn’t any	il n'y a aucun	1	This evening	ce soir
			8	Pleasant	agréable	7	There isn’t anybody	il n'y a personne	2	Usually	d’habitude
						8	It is not yet	Ce n'est pas encore	3	Sometimes	parfois
									4	Two years ago	il y a deux ans
									5	The next day	le lendemain
									6	Always	toujours

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	baissé 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 Higher – Unit 2 – My personal world, family and relationships

1	The best	Le/la meilleur/e	29	To act	agir
2	Better	mieux	30	To avoid to	éviter de
3	Worse	pire	31	To threaten	menacer
4	Less...than	moins...que	32	To try to	essayer de
5	More...than	plus...que	33	After having done	après avoir fait
6	Loyal	fidèle	34	To remember	se souvenir
7	Proud	fier/fière	35	I used to have	j'avais
8	Hardworking	travailleur/travailleuse	36	I used to be	j'étais
9	Twins	jumeaux	37	I miss him/her	il/elle me manque
10	Glasses	les lunettes	38	To remember, recall, remind	se rappeler
11	Tie	une cravate	39	To keep	garder
12	A son/a daughter	un fils/une fille	40	The home	le foyer
13	Medium sized	de taille moyenne	41	Right	droit
14	I know	je connais	42	When I am	quand je serai
15	I get on	je m'entends	43	When I have	quand j'aurai
16	I see	je vois	44	Someone	quelqu'un
17	To tell	raconter	45	As far as I'm concerned	en ce qui me concerne
18	To rely on	se fier à	46	It seems to me that	il me semble que
19	To show concern for	se soucier	47	It's better	il vaut mieux
20	To feel	se sentir	48	Some people say that	certains disent que
21	Similar	pareil/pareille	49	To have the right to	avoir le droit de
22	I have just done	je viens de faire	50	without	sans
23	To leave	partir	51	Previously, before, formerly	auparavant
24	To take	prendre	52	When	lorsque
25	To receive	recevoir	53	Thanks to	grâce à
26	To open	ouvrir	54	Neighbour	voisin
27	To be able to	pouvoir	55	partner	partenaire
28	To say	dire			

Year 10 French – Unit 3 – Higher

A: Routine

1	Daily	quotidien
2	To sit	s'asseoir
3	By being	en étant
4	By having	en ayant
5	To move	bouger
6	To get dressed	s'habiller
7	To get up	se lever
8	After having done	après avoir fait
9	After having gone	après être allé
10	I put on	je mets
11	Day	la journée
12	Midnight	minuit

B: Food

1	To taste	goûter
2	Sour	aigre
3	Tasty	savoureux
4	I am hungry	j'ai faim
5	I am thirsty	j'ai soif
6	Dry	sec
7	Pasta	les pâtes
8	A recipe	une recette
9	Of it	en
10	To welcome	accueillir
11	A drink	une boisson
12	Menu	la carte
13	A glass	un verre
14	In the corner	au coin

15	So much	tant/tellement
16	Half	la moitié
17	Price	le prix
18	Choice	le choix
19	Box	la boîte
20	About / approximately	environ
21	Checkout/till	la caisse
22	Change	la monnaie
23	To drive	conduire
24	To take away	emporter
25	To lose	perdre
26	Diet	un régime

C: Health

1	To injure oneself	se blesser
2	Skin	la peau
3	My ___ hurts	j'ai mal au/à la/aux _____
4	Face	le visage
5	An appointment	un rendez-vous
6	Medicine/pill	un médicament
7	Waiting room	une salle d'attente
8	I need	j'ai besoin
9	To lead a healthy life	mener une vie saine
10	To stop	arrêter
11	Illness	une maladie
12	Body	le corps
13	Life	la vie
14	To avoid	éviter

A	Regular verbs: Simple present tense - I do						E	* Irregular verbs - Simple present tense						I	Small but Important Words			
	ar verbs		er verbs		ir vebrs			To be = ser		To go= ir		To do = hacer						
1	I speak	hablo	I eat	como	I live	vivo	1	I am	soy	I go	voy	I do	hago	1	I find it + ADJ	lo encuentro + ADJ		
2	You speak	hablas	You eat	comes	You live	vives	2	You are	eres	You go	vas	You do	haces	2	The good thing	lo bueno		
3	He/she speaks	habla	He/she eats	come	He/she lives	vive	3	He/she is	es	He/she goes	va	He/she does	hace	3	The bad thing	lo malo		
4	We speak	hablamos	We eat	comemos	We live	vivimos	4	We are	somos	We go	vamos	We do	hacemos	4	Is that	es que		
5	You all speak	habláis	You all eat	coméis	You all live	vivís	5	You all are	sois	You all go	vais	You all do	hacéis	5	We can + verb	se puede + INF		
6	They speak	hablan	They eat	comen	They live	viven	6	They are	son	They go	van	They do	hacen	6	When	cuando		
B	Regular verbs: Simple past tense - I did						F	* Irregular verbs - Simple past tense						6	Where	donde		
	ar verbs		er verbs		ir vebrs			To be = ser		To go= ir		To do = hacer		7	for (time)	desde hace (time)		
1	I spoke	hablé	I ate	comí	I lived	viví	1	I was	fui	I went	fui	I did	hice	8	except	excepto		
2	You spoke	hablaste	You ate	comiste	You lived	viviste	2	You were	fuiste	You went	fuiste	You did	hiciste	9	sometimes	a veces		
3	He/she spoke	habló	He/she ate	comió	He/she lived	vivió	3	He/she was	fue	He/she went	fue	He/she did	hizo	10	often	a menudo		
4	We spoke	hablamos	We ate	comimos	We lived	vivimos	4	We were	fuimos	We went	fuimos	We did	hicimos	11	before	antes		
5	You all spoke	hablasteis	You all ate	comisteis	You all lived	vivisteis	5	You all were	fuisteis	You all went	fuisteis	You all did	hicisteis	12	now	ahora		
6	They spoke	hablaron	They ate	comieron	They lived	vivieron	6	They were	fueron	They went	fueron	They did	hicieron	13	currently	actualmente		
C	Regular verbs: Imperfect past tense – I used to do						G	* Irregular verbs - Simple past tense						14	although	aunque		
	ar verbs		er verbs		ir vebrs			To be = ser		To go= ir				15	that’s why	así que		
1	I used to speak	hablaba	I used to eat	comía	I used to live	vivía	1	I used to be		era	I used to go		iba	16	however	sin embargo		
2	You used to speak	hablabas	You used to eat	comías	You used to live	vivías	2	You used to be		eras	You used to go		ibas	17	very	muy		
3	He/she used to speak	hablaba	He/she used to eat	comía	He/she used to live	vivía	3	S/he used to be		era	S/he used to go		iba	18	A lot	mucho/a		
4	We used to speak	hablábamos	We used to eat	comíamos	We used to live	vivíamos	4	We used to be		éramos	We used to go		íbamos	19	Too (much)	demasiado/a		
5	You all used to speak	Hablabais	You all used to eat	comíais	You all used to live	vivíais	5	You all used to be		erais	You all used to go		ibais	20	More...than	más... que		
6	They used to speak	hablaban	They used to eat	comían	They used to live	vivían	6	They used to be		eran	They used to go		iban	21	Less...than	menos... que		
D	future tense - (regular verbs)						H	Near future tense – I am going to do						22	whilst	mientras que		
	ar verbs		er verbs		ir vebrs			Ar/er/ir vebrs								23	although	aunque
1	I will speak	hablaré	I will eat	comeré	I will live	viviré	1	I am going		voy	to	a	Infinitive verb (_ar/ _er/ _ir)	24	that’s why	así que		
2	You will speak	hablarás	You will eat	comerás	You will live	vivirás	2	You are going		vas				25				
3	He/she will speak	hablará	He/she will eat	comerá	He/she will live	vivirá	3	He/she is going		vas				26				
4	We will speak	hablaremos	We will eat	comeremos	We will live	viviremos	4	We are going		vamos								
5	You all will speak	hablaréis	You all will eat	comeréis	You all will live	viviréis	5	You all are going		vais								
6	They will speak	hablarán	They will eat	comerán	They will live	vivirán	6	They are going		van								

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 3 – Foundation

A: my health and my routine

1	Health	la salud
2	Healthy	sano/saludable
3	Take away food	comida para llevar
4	Balanced	equilibrado/a
5	It/they hurt (me)	me duele/n
6	heart	el corazón
7	body	el cuerpo
8	I am ill	estoy enfermo/a
9	I am tired	estoy cansado/a
10	I am hungry	tengo hambre
11	I am thirsty	tengo sed
12	To be careful	tener cuidado
13	To be sleepy	tener sueño
14	To be scared	tener miedo
15	To be hot/cold	tener calor/frío
16	To be lucky	tener suerte
17	I feel well/ awful	me siento bien/fatal
18	To return	volver
19	To bathe	bañarse
20	To change/ to get changed	cambiar/cambiarse
21	To fall	caerse
22	To burn (yourself)	quemar (se)
23	Midday	mediodía (m)
24	Midnight	medianoche
25	Late	tarde
26	Early	temprano
27	Loss/waste	pérdida
28	pocket	bolsillo

B: youth problems and future actions

1	Age	edad
2	Risk	riesgo
3	Face to face	cara a cara
4	To turn off, shut down	apagar
5	Profile	perfil
6	way	forma
7	To know	saber
8	classmate, colleague	compañero
9	To follow	seguir
10	To take/carry/wear	llevar
11	To sell	vender
12	Danger	peligro
13	Peer pressure	presión de grupo
14	To improve	mejorar
15	To meet up	quedar
16	To stay	quedarse
17	Outdoors	al aire libre
18	To hope/wait	esperar
19	People	la gente
20	To spend time	pasar tiempo
21	A beloved person	un ser querido
22	To finish	terminar
23	Work/job	trabajo
24	The rest of the people/others	los demás
25	street	calle
26	place	lugar
27	neighbourhood	barrio
28	half	mitad

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

Y10 Spanish - Key Structures F + H		
A	Verbos Importantes <i>Important Verbs</i>	
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 <i>Infinitive Structures</i>	
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 want	tengo ganas de + inf
C	Preguntas <i>Question Words</i>	
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	Verbos Communes <i>Common Verbs</i>	
1	To do	hacer
2	I do	hago
3	You do	haces
4	They do	hacen
5	To have	tener
6	I have	tengo
7	He / she / it has	tiene
8	They have	tienen
9	To go	ir
10	I go / I'm going	voy
11	You go	vas
12	They go	van
E	Palabras Pequeñas <i>Small but Important Words</i>	
1	to have been + -ing + for + time	Desde hace (present tense)
2	On/on top of/about	Sobre
3	Mainly/above all	Sobre todo
4	Almost/nearly*	Casi*
5	Never ever	jamás
6	To stop/quit + verb	Dejar de + inf
7	At lest	Al menos
8	Due to	Debido a
9	So much	Tanto
10	Except for	Salvo*
11	That's why	Por eso
12	Too much	demasiado
13	Against	(en) Contra
14	So, so much	Tan/tanto
15	At least	Al menos

F	Palabras Pequeñas <i>Small but Important Words</i>	
1	More and more	cada vez más
2	Less and less	cada vez menos
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	If	si
10	Already	ya
11	Without	sin
12	Almost	casi
13	Nobody	nadie
14	Little/ no	poco
15	The same	el mismo/ lo mismo
16	Too / too much	demasiado
17	Whereas / while	mientras que
18	Less	menos
19	More	más
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

Year 10 Spanish – Unit 2 – Higher

A: Family and relationships			B: Festivales		
1	To know/to meet	conocer	1	habit, custom, tradition	costumbre*
2	To recognize/to admit	reconocer	2	parade	desfile*
3	Role model	modelo de conducta	3	everywhere	por todas partes*
4	To support	apoyar	4	to give (as a present)	regalar*
5	To acquire, obtain, get	conseguir	5	to pick up	recoger*
6	To look after	cuidar	6	birth	nacimiento (m)
7	To meet up/ to get together	juntarse	7	to hope, wait, expect	esperar
8	In your place	yo en tu lugar/ yo que tú	8	to fall	caer(se)
9	Disappointing	decepcionante	9	to cut	cortar
10	To answer	contestar	10	to think, believe	creer
11	To keep / to save/ to store	guardar	11	to give	dar
12	Lack (of) / shortage	falta (de)	12	to find	Encontrar
13	Full (of)	lleno/a (de)	13	to arrive	llegar
14	to hug	abrazar*	14	to have a good/great/bad time	pasarlo bien/genial/mal
15	to chat, talk	conversar*	15	to mean	Significar
16	to get married	casarse	16	letter, playing card	carta (f)
17	to break	romper	17	arrival	llegada (f)
18	date, appointment	cita	18	card, credit card	tarjeta (m)
19	distance	distancia	19	about, on, on top of	sobre
20	in this/that way	de esta/esa forma	20	to be wrong	equivocarse*
21	strength	fuerza	21	to regret, to feel	sentir, sentirse*
22	against	(en) contra	22	feeling	sentimiento (m)*
23	at the beginning	al principio	23	to find, run into	Encontrar
24	in spite of	a pesar de	24	to forget	olvidar
25	through	a traves de	25	to ask for, request	pedir
26	about, on	sobre			
27	close, near	cerca (de)			
28	far (away, off)	lejos (de)			

Year 10 Spanish – Unit 3 – Higher

A: my health and my routine

1	Health	la salud
2	Healthy	sano/saludable
3	Take away food	comida para llevar
4	Food	Alimento
5	Balanced	equilibrado/a
6	It/they hurt (me)	me duele/n
7	I am ill	estoy enfermo
8	I am hungry	tengo hambre
9	I am thirsty	tengo sed
10	To remember	acordarse (de)*
11	To go to bed	acostarse*
12	to sense/to feel/to regret	sentir; sentirse *
13	To change/ to get changed	cambiar/cambiarse
14	to ensure	asegurarse de*
15	to maintain, keep	mantener(se)*
16	to allow (oneself)	permitir(se)*
17	Midday	mediodía (m)
18	Midnight	medianoche
19	Late	tarde
20	Early	temprano
21	Advice	consejo*
22	Youth	juventud *
23	Threat	amenaza*
24	Behaviour	comportamiento*
25	Loss/waste	pérdida
26	To develop	desarrollar
27	A lot/ a pile	un montón*
28	Pocket	bolsillo

B: youth problems and future actions

1	Age	edad
2	Risk	riesgo
3	Face to face	cara a cara
4	To turn off, shut down	apagar
5	Profile	perfil
6	way	forma
7	To know	saber
8	classmate, colleague	compañero
9	To follow	seguir
10	To take/carry/wear	llevar
11	To sell	vender
12	Except for	salvo *
13	To attend	asistir *
14	To improve	mejorar
15	To meet up	quedar
16	To stay	quedarse
17	Outdoors	al aire libre
18	To hope/wait	esperar
19	People	la gente
20	To spend time	pasar tiempo
21	A beloved person	un ser querido
22	To finish	terminar
23	Work/job	trabajo
24	The rest of the people/others	los demás
25	Survey	encuesta*
26	place	lugar
27	neighbourhood	barrio
28	half	mitad

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 joven
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 – Cycle 2 – GCSE Sport Science

A: Terminology

1	Health	A state of complete emotional, physical and social wellbeing and not merely the absence of disease
2	Fitness	The ability to meet the demands of the environment
3	Exercise	A form of physical activity to maintain or improve health and/or physical fitness. It is not competitive sport
4	Performance	How well a task is completed
5	PARQ	Physical Activity Readiness Questionnaire

B: Principles of training

1	F.I.T.T	<ul style="list-style-type: none"> <u>Frequency</u> – how often you train <u>Intensity</u> – how hard you train <u>Time</u> – how long you train for <u>Type</u> – what training method you use
2	Individual needs	Matching the training to the requirements of the individual
3	Reversibility	Any changes that take place will be reversed when you stop training
4	Specificity	Matching the training to the requirements of an activity
5	Thresholds of training	To maximise the chance of fitness adaptations taking place, train within your target zone
6	Overtraining	Too much training, which can lead to injury and prevent improvement
7	Progressive overload	Making training steadily harder to gradually improve fitness

C: Components of fitness

1	Muscular endurance	The ability to use voluntary muscles repeatedly without getting tired
2	Muscular strength	The amount of force a muscle can generate when it contracts to overcome resistance
3	Body composition	The ratio of fat to fat free mass, e.g. vital organs, muscle, bone
4	Flexibility	The range of movement possible at a joint
5	Cardiovascular fitness	The ability to exercise the body for long periods of time without getting tired
6	Speed	How quickly a movement can be performed or a distance can be covered
7	Balance	The ability to maintain centre of mass over a base of support
8	Coordination	The ability to use two or more body parts at the same time
9	Power	Strength × speed
10	Agility	How quickly you can change the position of your body while keeping it under control
11	Reaction time	The time it takes to respond to a stimulus

Year 10 – Cycle 2 – Religious Studies – Beliefs and Practices (Islam & Christianity)

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

Year 10 – Cycle 2 - Science

A: Biology Topic 3: Diseases and Infections (Paper 1)

1	Salmonella	Caught by eating food that contains bacteria; symptoms are fever, stomach cramps and vomiting
2	Measles	A virus that spreads in the droplets released when a person coughs or sneezes, causes fever and a red rash
3	HIV	A virus that spreads through unprotected sex and drug use, attacks the immune system, leading to AIDS, treated with antiretroviral drugs
4	Malaria	Caused by a protist, which is spread by mosquitoes, causes potentially fatal fever
5	Immune	If infected by the same pathogen again, the body quickly produces antibodies to kill the pathogen before it makes you ill
6	Preclinical trials	Drugs are tested on human cells and animals in the lab to check if they are toxic
7	Phase 1 clinical trials	Test low doses on healthy volunteers to check for side effects
8	Phase 2 clinical trials	Test on patients with the disease, comparing the effect of a placebo versus the drug

B: Physics Topic 3: Particles (Paper 1)

1	Movement of particles in solid	Vibrate about fixed positions
2	Movement of particles in liquid	Move in random directions at low speeds
3	Movement of particles in gas	Free to move; travel in random directions at high speeds
4	Internal energy	Total energy stored by particles in the kinetic and potential energy stores
5	Specific latent heat of fusion	Energy needed to change 1kg of a solid into a liquid, without changing its temperature
6	Specific latent heat of vaporisation	Energy needed to change 1kg of a liquid into a gas, without changing its temperature
7	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 2 - Science

C: Physics Topic 2: Electricity (Paper 1)

1	Current (Amps)	The rate of flow of electric charge, measured using an ammeter connected in series
2	Potential difference (Volts)	Energy transferred per coulomb of charge, measured using a voltmeter connected in parallel
3	Ohm's law	Current through a resistor at a constant temperature is directly proportional to the potential difference across a resistor
4	LDR	The resistance of a light dependent resistor decreases if light intensity increases
5	Thermistor	The resistance of a thermistor decreases if temperature increases
6	Series circuit rules	Potential difference is shared according to resistances, current is the same everywhere in the circuit
7	Parallel circuit rules	The potential difference across each component is the same, current is shared according to resistance
8	National Grid	A nationwide network of cables and transformers transferring electricity from power stations to homes

D: Chemistry Topics 3 & 5: Calculations and Energy Change (Paper 1))

1	Endothermic reaction	A reaction that takes in energy from the surroundings; temperature decreases
2	Exothermic reaction	A reaction that transfers energy to the surroundings, temperature increases
3	Activation energy	The minimum amount of energy that particles must have to react
4	Conservation of mass	Atoms can never be created or destroyed; the total mass of reactants always equals the total mass of products
5	Uncertainty of a measuring instrument	Plus or minus (\pm) half the smallest scale division; for a thermometer with a mark at every 1.0°C , the uncertainty is $\pm 0.5^{\circ}\text{C}$
6	Concentration	The mass of a substance in a volume of solution, measured in g/dm^3
7	Calculating concentration	$\frac{\text{mass of solute (g)}}{\text{volume of solvent (dm}^3\text{)}}$

E: Biology Topic 4: Bioenergetics (Paper 1)

1	Uses of glucose in plants	Respiration, making cellulose for cell walls, making amino acids and making lipids or starch for energy storage
2	Limiting factor	A factor that affects the rate of photosynthesis when in short supply
3	Sodium hydrogen carbonate	Used to increase the amount of carbon dioxide dissolved in water when investigating photosynthesis
4	Uses of energy	Chemical reactions, movement, maintaining constant body temperature
5	Exercise	More muscle contraction, more energy needed and greater rate of respiration
6	Oxygen debt	The amount of oxygen needed to break down the lactic acid that has built up during anaerobic respiration
7	Metabolism	The rate of all the chemical reactions in a cell or the body