



2024-2025

Year 11 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 11 – Cycle 2 – Art – Power

1	Value	How light or dark something is
2	Reductive drawing	Technique where darkness is removed to show the light parts of an image
3	Oxidation	Combine chemically with oxygen
4	Chromophore	Part of a molecule responsible for its colour
5	Intaglio	Design engraved into a material
6	Monochrome	Artwork that only includes one colour
7	Figurative	Representing forms in art that are recognisable from life
8	Photomontage	Collage constructed from photographs
9	Photomanipulation	Transforming a photograph using various methods
10	Plate	The surface that a design is created on
11	Block-printing	Process of printing designs by engraving blocks or other surfaces
12	Gouge	Tool used for removing lino in the block-printing process
13	Incise	Mark a surface with cuts or gouges
14	Brayer	Roller that is used in printmaking to spread-out ink
15	Offset	Transferring ink from a printed page onto another surface
16	Invert	An image where up and down or left and right are reversed

Year 11 – Cycle 2 – Business GCSE – Section 5: Marketing

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

Year 11 – Cycle 2 – Enterprise BTEC – Component 2

Part A		
1	Financial aims	Targets for the enterprise involving money, e.g. raising £1000 in revenue
2	Non-financial aims	Targets for the enterprise not related to money, e.g. provide good customer service
3	Unique selling point	The feature which makes a product stand out
4	Competitors	Other enterprises selling similar products
5	Costs	Spending on making products and running the enterprise
6	Target market	A portion of the market being targeted for sales
7	Segment	A group of people with similar needs and wants

Part B		
1	Advertising	Enterprise pays to communicate with customers e.g. TV advert, billboard
2	Promotion	Communicating with customers to raise awareness of the product
3	Physical resources	Machinery, stock and other physical items required to run the enterprise
4	Financial resources	Money raised to start and run the enterprise
5	Human resources	Workers required to run the enterprise
6	Risk assessment	A document outlining risks and plans to avoid those risks
7	Contingency plan	A plan B in case something goes wrong
8	Sourcing	Where the enterprise gets resources from
9	Quality control	Checking that the products are not faulty and are the right size, shape, weight, colour etc.
10	Cost effectiveness	Checking for the lowest cost ways of producing
11	Start-up costs	The spending on resources required to start the enterprise

Year 11 – Cycle 2 – Citizenship

1	Rights	Privileges and freedoms that we should all have
2	Responsibility	A duty we are required to follow
3	Human rights	Freedoms all humans should have simply because they are human
4	Discrimination	Treating a person or group unfairly because of, for example, their gender, race or age
5	International Criminal Court	A court that examines evidence against someone accused of war crimes
6	Anarchy	A total breakdown in society where there is no form of government
7	Barrister	Specialists in law used to represent clients in court
8	Chief constable	Chief police officer within each regional police force
9	Judiciary	System of judges and other legal officials responsible for enforcing the law
10	Magna Carta	Established the rights and powers of the king and the people of England
11	Civil law	Law that deals with disputes between individuals or groups
12	Criminal law	Law which punishes individuals who break the law
13	Common Law	Law based on court decisions by judges over the years
14	Legislation	A law passed by Parliament
15	Magistrates	Part-time community of volunteers that make decisions in Magistrates' Courts
16	Jury service	A duty where 12 random local citizens make a decision in a legal case
17	Tribunal	A court of justice that settles certain types of dispute
18	Trade union	An organisation that represents the rights of workers

Year 11 – Cycle 2 – Drama – Live Theatre Review

1	Describe	To give detail on what acting style or design was used in a performance, with examples
2	Analyse	To give reasons why this acting or design choice might have been made and what it communicated to the audience, linking to the question
3	Evaluate	To give your opinion, using the word 'I', on the acting choice or design used and how it made you feel
4	PDAE structure	Structure of the main body of written live review answer: Point, Describe, Analyse, Evaluate
5	Key moments / scenes	Scenes or parts of play that you remember in detail and focus in on in a written answer, including quotations
6	Intentions	What the overall aim of the director, playwright or theatre company was in the performance as a whole and in individual choices
7	Context	What was happening at the time of the play being written and the time play is set
8	Subtext	The hidden meaning behind what a character is saying; could be implied through vocal or physical skills
9	Style	The way in which a play is performed: naturalistic, non-naturalistic, physical theatre, abstract
10	Performance techniques	Used by the actors with a purpose to create a style of performance, e.g., tableaux, narration, placards
11	Interaction	The way the characters communicate with each other through physical contact, use of space, eye contact, reactions
12	Peter Pan	Live at the National Theatre, written by J.M Barrie and directed by Sally Cookson
13	Peter Pan actors	Hook – Anne Francolini, Pan – Paul Hilton, Wendy - Madeleine Worall

Year 11 – Cycle 1 – Design & Technology

1	Fractional distillation	The processing of crude oil to product hydrocarbons (naphtha)
2	Crude oil	Substance extracted from deep within the ground after carrying out a seismic test
3	Monomers	A molecule that can be bonded to others to make a polymer
4	Polymerisation	The process of joining monomers together to form a desired polymer
5	Cracking	The processing of breaking down naphtha to create monomers
6	Plasticisers	An additive that gives flexibility to polymers
7	Stabilisers	An additive in polymers that reduces UV degradation and brittleness
8	Synthetic polymers	Manmade polymers created from crude oil
9	Biopolymers	Polymers made from natural resources such as plants
10	Blow molding	Shaping a thermoforming polymer by heating it and blowing it into shape
11	Vacuum forming	Shaping a thermoforming polymer by heating it and sucking it around a mold
12	Injection moulding	A manufacturing process that involves pushing powdered plastic into a mould to form parts
13	Vinyl Cutting	A machine which requires a 2D CAD file before cutting designs with a fine blade onto self-adhesive vinyl
14	3D printing	A machine that creates 3D models by building up layers of filament once a 3D CAD file has been uploaded
15	Laser cutting	A machine that cuts digital designs onto materials after the speed and power of the laser has been defined
16	Tessellated design	Arrangement of software work that is not wasteful
17	Screen printing	A printing process for adding detail or text to polymer products
18	Pad printing	A silicone pad picks up ink from an etched printing plate and transfers it onto the object being printed

Year 11 – Cycle 2 – Design & Technology

1	Anthropometrics	The practice of taking measurements of the human body and providing data that can be used by designers
2	Ergonomics	The relationship between people and the products they use
3	One-off production	One product is made
4	Batch production	Several identical products are made
5	High-volume production	Many products are made, making extensive use of machinery and manufacturing aids
6	Jigs	A mechanical device to aid production
7	Gore-Tex	A breathable, waterproof and windproof fabric which allows the flow of air in and out
8	Kevlar	A fibre that is lightweight, flexible and extremely durable fibre that has excellent resistance to heat
9	Nomex	A non-flammable, heat-resistant fibre used where resistance to heat and flames is essential (e.g. firefighter suit)
10	Geotextiles	Permeable fabrics made originally for use with soil, with the ability to filter, separate, protect and drainage
11	Phase-changing materials	Materials that can maintain body temperature by storing and releasing heat (e.g. astronaut suit)
12	Interactive Textiles	Fabrics that contain a device or circuit that responds and reacts with the user (e.g. heart monitor for footballers)
13	Rhovyl	A synthetic fibre which is non-flammable, crease resistant, has good thermal properties, is antibacterial, waterproof and dries quickly.
14	Microencapsulation	A material where microcapsules have been added to the fabric / fibre (e.g. anti-bacterial chemicals)
15	Market Pull	A new product is introduced due to consumer wants / needs
16	Technology Push	A development in material / component / manufacturing leading to new product inventions
17	Environmental Directives	Laws put in place to protect the environment
18	The Consumer Rights Act (2015)	A law that protects consumers when they purchase a product / service. All goods should be as described and of satisfactory quality

Year 11 – Cycle 2 – English – A Christmas Carol key quotations

1	Scrooge: 'I can't afford to make idle people merry'
2	Narrator's introduction to Scrooge: 'Solitary as an oyster '
3	Narrator's introduction to Scrooge: ' squeezing, wrenching , grasping, scraping , clutching, covetous , old sinner!'
4	Marley's Ghost: 'I wear the chain I forged in life'
5	Marley's Ghost: 'Mankind was my business! '
6	Belle: 'Another idol has displaced me... a golden one'
7	Narrator (Ghost of Christmas Past): ' Solitary child neglected by his friends'
8	Tiny Tim (Ghost of Christmas Past): "' God bless us every one!" said Tiny Tim...'
9	About Fezziwig: 'comfortable, oily, rich , fat and jovial voice'
10	Ghost of Christmas Present about Tiny Tim: 'I see a vacant seat... If these shadows remain unaltered by the Future, the child will die '
11	Ghost of Christmas Present about Ignorance and Want: 'This boy is Ignorance . This girl is Want '
12	Ghost of Christmas Present about Ignorance and Want: ' yellow , meagre, ragged, scowling, wolfish '
13	Narrator (Ghost of Christmas Yet to Come): 'The phantom slowly, gravely , silently approached.'
14	Narrator (Ghost of Christmas Yet to Come): ' neglected grave'
15	Scrooge, end of Stave 4: 'I will honour Christmas in my heart, and try to keep it all the year . I will live in the Past , the Present , and the Future .'
16	Scrooge, Stave 5: 'A merry Christmas to everybody. A happy New Year to all the world. Hallo here. Whoop. Hallo.'
17	Scrooge, Stave 5: 'I'll raise your salary and endeavour to assist your struggling family'
18	Narrator about Scrooge, Stave 5: 'to Tiny Tim, who did not die, he was a second father'
19	Scrooge, Stave 5: 'I am as light as a feather , I am as happy as an angel , I am as merry as a schoolboy '

Year 11 – Cycle 2 – Geography

A: Ecosystems

1	Ecosystem	A community of plants and animals adapted to a climate
2	Biome	A large-scale ecosystem
3	Biomass	Organic matter (plants and animals)
4	Litter	Dead plant material that has fallen to the ground
5	Leaching	When rainwater takes some nutrients out of the ground
6	Drip tip	Leaves where water drips off the edge instead of pooling and growing mold
7	Buttress roots	Large roots above ground helping tall trees stand
8	Carbon sink	Something that absorbs carbon from the atmosphere
9	Monoculture	A single type of crop growing in a large area

B: Changing Landscapes - Coasts

1	Erosion	The wearing away of the land by water, ice or wind
2	Weathering	The breakdown of rocks on the Earth's surface
3	Deposition	When water loses energy and drops sediment
4	Mass movement	The downhill movement of material due to gravity
5	Transportation	The movement of sediment
6	Fetch	The distance that wind has travelled over the sea
7	Longshore drift	The movement of sediment along the coast
8	Prevailing wind	The main wind in an area
9	Discordant coastlines	Coastlines with alternating layers of geology

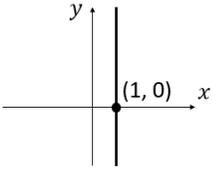
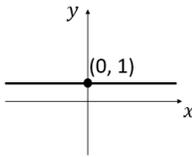
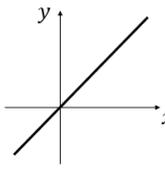
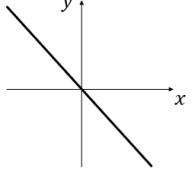
History – Year 11 – Cycle 2 – Elizabethan England

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

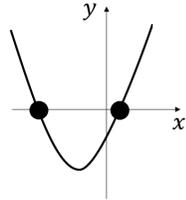
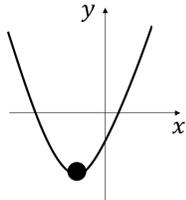
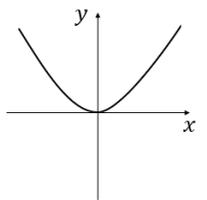
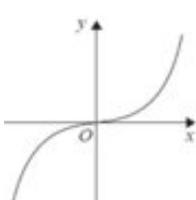
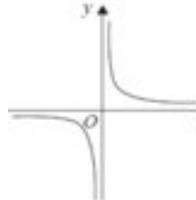
10	Royal injunctions	Instructions given to the clergy from the monarch
E: The Catholic Threat		
11	Recusants	Catholics who refused to attend Church of England services
12	Excommunication	Exclusion from the protection of the Catholic Church and entry to heaven
F: The Spanish Armada		
13	Privateers	Sailors 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 11 – Cycle 2 – Mathematics (Foundation)

A: Linear graphs

1	Equation of a straight line	$y = mx + c$, where m is the gradient and c is the y -intercept
2	Gradient of a line segment between the points (x_1, y_1) and (x_2, y_2)	$\frac{y_2 - y_1}{x_2 - x_1}$
3	Parallel lines...	... have the same gradient
4	$x = 1$	
5	$y = 1$	
6	$y = x$	
7	$y = -x$	

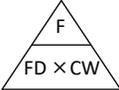
B: Quadratic and further graphs

1	Roots	
2	Turning point	
3	$y = x^2$	
4	$y = x^3$	
5	$y = \frac{1}{x}$	

C: Metric conversions

1	cm \rightarrow mm	$\times 10$
2	mm \rightarrow cm	$\div 10$
3	m \rightarrow cm	$\times 100$
4	cm \rightarrow m	$\div 100$
5	km \rightarrow m	$\times 1000$
6	m \rightarrow km	$\div 1000$

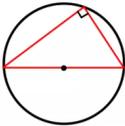
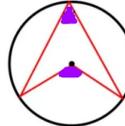
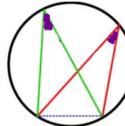
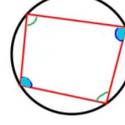
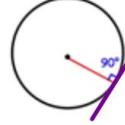
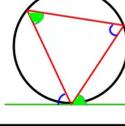
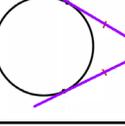
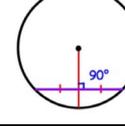
A: Further statistics

1	Interquartile range	Upper quartile – lower quartile
2	Histogram triangle	
3	Frequency polygon	Plot (midpoint, frequency) and join with straight lines using a ruler
4	Cumulative frequency graph	Plot (upper bound, frequency) and join with a curved line

B: Further trigonometry

1	Sine rule (finding angle)	$\frac{\sin A}{a} = \frac{\sin B}{b} = \frac{\sin C}{c}$
2	Sine rule (finding length)	$\frac{a}{\sin A} = \frac{b}{\sin B} = \frac{c}{\sin C}$
3	Cosine rule (finding angle)	$\cos A = \frac{b^2 + c^2 - a^2}{2bc}$
4	Cosine rule (finding length)	$a^2 = b^2 + c^2 - 2bc \cos A$
5	Area of a triangle	$\frac{1}{2} ab \sin C$

C: Circle theorems

1		The angle in a semicircle is 90°
2		The angle at the centre is twice the angle at the circumference
3		Angles in the same segment are equal
4		Opposite angles in a cyclic quadrilateral add up to 180°
5		The angle between the radius and the tangent is 90°
6		Alternate segment theorem
7		The tangents to a circle from the same point are equal
8		The radius through the midpoint of the chord bisects the chord at 90°

Year 11 – Cycle 2 – Spanish

A: Health - Verb structures

1	I lead a healthy life	llevo una vida sana
2	I try to avoid	intento evitar
3	To stay in shape	mantenerme en forma
4	To sleep for eight hours	dormir ocho horas
5	To do exercise	hacer ejercicio físico
6	To smoke	fumar
7	To lose weight	perder peso
8	It avoids stress	quita el estrés
9	It causes depression	causa depresión
10	It is silly	es una tontería
11	It is harmful	es perjudicial
12	It is dangerous	es peligroso

B: Social Issues - Verb structures

1	To work as a volunteer	trabajar como voluntario
2	An old people's home	una residencia de ancianos
3	A charity shop	una tienda con fines benéficos
4	To raise funds	recaudar fondos
5	To sponsor	apadrinar
6	To attend to customers	atender a los clientes
7	Those in need	los necesitados
8	The homeless	los sin techo

9	To feed a person	dar de comer a una persona
10	To give money	dar dinero
11	To give help	dar ayuda
12	To get money	conseguir dinero

C: School – Verb structures

1	Support from teachers	apoyo de los profesores
2	Peer pressure	presión de grupo
3	School bullying	acoso escolar
4	Fear to fail	miedo a suspender
5	It's necessary to	hay que
6	We have to	tenemos que
7	To revise for the tests	repasar para las pruebas
8	To bring equipment	traer los materiales
9	To be on time	ser puntual
10	To wear makeup	llevar maquillaje
11	To pass the exams	aprobar los exámenes
12	To fail the exams	suspender los exámenes
13	To gain experience	adquirir experiencia
14	To find a job	conseguir un trabajo
15	To take a gap year	tomar un año sabático
16	To start earning money	empezar a ganar dinero

Year 11 – Spanish - Key structures

1) Important verbs

To say	Decir
To give	Dar
To arrive	Llegar
To start/begin	Empezar
To realise	Darse cuenta
To enjoy	Disfrutar
To get / catch	Coger
To know	Saber
To learn	Aprender
To teach	Enseñar
To need	Necesitar
To return	Volver
To continue / follow	Seguir
To finish	Terminar
To last	Durar
To think	Pensar

2) Sequencers

Firstly	Primero
Then	Luego
After	Después
Later on	Más tarde
Lastly	Por último

3) Time Expressions

Day	El día
Hour	La hora
Month	El mes
Week	La semana
Year	El año

4) Infinitive Structures

I have just	Acabo de + inf
It is necessary	Hay que + inf
We have to	Tenemos que + inf
To start	Empezar a + inf
We should	Deberíamos + inf
To learn to	Aprender a + inf
Before	Antes de + inf
After	Después de + inf
I hope	Espero + inf
I want	Quiero + inf
To stop	Dejar de + inf
To be able to	Poder + inf
We must	Se debe + inf
We can	Se puede + inf
I feel like + verb	Tengo ganas de + inf
I fancy + verb	Me apetece

5) Question Words

¿Qué?	What?
¿Cuándo?	When?
¿Cómo?	How?
¿Cuál?	Which?
¿Dónde?	Where?
¿Quién?	Who?
¿Por qué?	Why?
¿Cuánto?	How much?
¿Cuántos/as?	How many?
¿A qué hora?	At what time?

6) Common verbs (present tense)

To do	Hacer
I do	Hago
They do	Hacen
You do	Haces
To have	Tener
I have	Tengo
He /she / it has	Tiene
They have	Tienen
To be	Ser
I am	Soy
He/she / it is	Es
They are	Son
To be	Estar
I am	Estoy
He / she / it is	Está
They are	Están
To go	Ir
I go / I'm going	Voy
You go	Vas
They go	Van

7) Common verbs (past tense)

I went	Fui
You went	Fuiste
He/she/it went & was	Fue
He / she / it used to be	Era
There was / there were	Había
He / she / it had	Tenía
I saw	Vi
I did	Hice
You did	Hiciste

8) Small but important words

More and more	Cada vez más
Less and less	Cada vez menos
Unless	A no ser que
Even	Incluso
Instead of	En lugar de / en vez de
Despite	A pesar de
Nor	Tampoco
Still/ yet	Todavía
Ambos	both
Already	Ya
Without	Sin
Almost	Casi
Nobody	Nadie
Few / little	Poco
The same	El mismo
Any	Cualquier/a
With	Con
Less	Menos
More	Más
Apart from	Aparte de
Every	Cada
Neither... nor	Ni... ni
De hecho	In fact
Quite	Bastante
No-longer	Ya no
No / not any	Ningún
While	Mientras (que)

Year 11 – Cycle 2 – French

A: Where I live		
1	I live	j'habite
2	You can	on peut
3	In my house we have	dans ma maison on a
4	I find it	Je le trouve
5	Before it was	avant c'était
6	There is a lack of	il y a un manque de
7	In summer it's hot	en été il fait chaud
8	In winter it's cold	en hiver il fait froid
B: Environment and social issues		
9	The most serious problem is	le problème le plus grave est
10	It is necessary	il faut
11	We should	on devrait
12	To turn down the heating	baisser le chauffage
13	To try to do more	essayer de faire plus
14	I will go	j'irai
15	I will do	je ferai
16	I will recycle	je recyclerai
17	I will close	je fermerai
18	In order to improve society	afin d'améliorer la société
19	We could	on pourrait
20	What worries me is	ce qui m'inquiète est
21	The homeless	les sans abris

22	Unemployment	le chômage
23	Charities	les associations caritatives
C: School and Future plans		
1	I study	j'étudie
2	I am strong in	je suis fort en
3	I am weak in	je suis faible en
4	He motivates us to learn	il nous motive à apprendre
5	He gives us a lot of homework	il nous donne beaucoup de devoirs
6	I learn a lot	j'apprends beaucoup
7	I have good grades	j'ai de bonnes notes
8	She teaches well	elle enseigne bien
9	She makes the lessons interesting	elle rend les cours intéressants
10	It is forbidden to	il est interdit de
11	To behave badly	se comporter mal
12	A positive aspect is that	un aspect positif est que
13	I hope to work as	j'espère travailler comme
14	I earn £ ___	je gagne ___ livres
15	It's badly paid	c'est mal payé
16	You have to get up early	il faut se lever tôt
17	I get on well with my colleagues	je m'entends bien avec mes collègues
18	The hours are practical	les horaires sont pratiques
19	We had to	on a dû

Year 11 – French – Key Structures

A: Opinion phrases		
1	I believe that	je crois que
2	I would say that	je dirais que
3	I think that	je pense que
4	According to me	selon moi
5	In my opinion	quant à moi
6	Frankly	franchement
B: Negative opinions		
1	It gets on my nerves	ça m'énerve
2	I'm fed up with	j'en ai marre de
3	I have some worries regarding	j'ai des soucis par rapport à
4	What scares me	ce qui me fait peur
5	What worries me is	ce qui m'inquiète est
6	I can't stand	je ne supporte pas
7	I can't stand	j'ai horreur de
C: Positive opinions		
1	I quite like	j'aime bien
2	I'm a fan of	je suis fan de
3	I am passionate about	je suis passionné par
4	What I like the most is	ce que j'aime le plus est
5	What I love is	ce que j'adore est

D: Positive reasons – present tense		
1	It makes me laugh	ça me fait rire
2	It relaxes me	ça me détend
3	It pleases me	ça me plaît
4	It helps me to relax	ça m'aide à me reposer
5	It helps me to forget everything	ça m'aide à tout oublier
6	I have a wicked time	je m'éclate
7	I have fun	je m'amuse
E: Negative reasons – present tense		
1	It makes me scared	ça me fait peur
2	It's not worth it	ça ne vaut pas la peine
3	It worries me	ça m'inquiète
5	I get bored	je m'ennuie
6	It tires me	ça me fatigue
7	It irritates me	ça m'embête
F: Positive adjectives		
1	Marvellous	merveilleux
2	Wonderful	formidable
3	Unbelievable	incroyable
4	Entertaining	divertissant
5	Fascinating	fascinant
6	Exciting	passionnant
7	Unforgettable	inoubliable
8	Pleasant	agréable

G: Negative Adjectives		
1	Boring	monotone
2	Annoying	pénible
3	Unpleasant	désagréable
4	Annoying	énervant
5	Ridiculous	ridicule
6	Awful	affreux
7	Worrying	inquiétant
8	Tiring	fatigant
H: Infinitive structures		
1	I want	je veux
2	I hope	j'espère
3	I want	j'ai envie de
4	I would like	j'aimerais
5	I have the intention to	j'ai l'intention de
6	I feel like	ça me dit de
7	I need	j'ai besoin de
I: Negatives		
1	I don't do	je ne fais pas
2	I no-longer do	je ne fais plus
3	I don't do anything	je ne fais rien
4	I only do	je ne fais que
5	I never do	je ne fais jamais
6	There isn't any	il n'y a aucun
7	There isn't anybody	il n'y a personne

J: Connectives		
1	However	pourtant/toutefois
2	Despite the fact that	malgré le fait que
3	Nevertheless	néanmoins
4	On the one hand	d'un côté
5	On the other hand	de l'autre côté
6	Therefore	du coup
7	So	donc
8	Due to	à cause de
9	In fact	en fait
K: Small but important words		
1	Even	même
2	If	si
3	Except	sauf
4	Without	sans
5	Especially	surtout
6	Everywhere	partout
7	The majority	la plupart
8	Instead of	au lieu de
9	Few / not many	peu
L: Time phrases		
1	This evening	ce soir
2	Usually	d'habitude
3	Last month	le mois dernier
4	Two years ago	il y a deux ans
5	The next day	le lendemain
6	Always	toujours

Year 11 – Cycle 2 – Music

A: AO2 – Music for Ensemble

1	Concerto	A piece for an orchestra with a soloist in three movements
2	Symphony	A long piece of music in three or four movements for a full orchestra.
3	Aria	A solo vocal piece backed by the orchestra to show the emotions and thoughts of the main characters.
4	Recitative	A song performed in operas. It tells the story and moves it along and is performed in a half-spoken, half-singing style
5	Arco	Play with the bow (a legato sound on the strings)
6	Pizzicato	Play plucked (a staccato sound on the strings)
7	Blue notes	Notes that are 'bent' by a semitone – usually found on the 3rd, 5th or 7th of the scale
8	Sonority / Timbre	The nature or quality of a sound
9	SATB	Soprano (high female), Alto (low female), Tenor (high male), Bass (low male)
10	Riff	A short motif or pattern that is repeated, common in jazz

B: AO3 – Film Music

1	Balanced phrases	A question phrase answered by a phrase of similar length and rhythm
2	Leitmotif	A phrase that represents a person, place, time or emotion.
3	Dissonance	An unpleasant sound when notes that don't fit are played together at the same time.
4	Minimalism	Mid-20th Century music that is based on very gradual changes to repeated patterns.
5	Cells	Simple rhythm or note patterns that are continuously repeated with occasional changes.
6	Imitative / Imitation	A phrase repeated with little variation. One instrument or voice, or two or more imitating each other.
7	Synthesizers	Electronic equipment used in film to create futuristic sci-fi sounds or retro '80s sounds.
8	Counterpoint	Two or more tunes are played at the same time and woven together. Creates contrapuntal music.

Year 11 – Cycle 2 – GCSE Sport Science – Component 2

A: Sport psychology		
1	Continuum	A line that goes between two extremes
2	Continua	More than one continuum
3	Open skills	Skills performed in an unpredictable environment where the performer must react due to the changing nature of the situation
4	Closed skills	A skill performed in a predictable environment, e.g. a player taking a penalty
5	Basic skill	A simple skill requiring little concentration
6	Complex skill	A skill requiring a lot of concentration
7	High organisation skill	A skill that cannot be broken down easily and practised separately because the phases of the skill are closely linked, e.g. cartwheel, golf swing
8	Low organisation skill	A basic skill that can be broken down easily into different phases so each part can be practised separately, e.g. tennis serve
9	Massed practice	Practice that occurs without rest between trials
10	Distributed practice	Intervals between skill practice in a training session for rest or mental rehearsal
11	Fixed practice	Repeatedly practising a whole skill within a training session
12	Variable practice	A training session that includes frequent changes of task so that the skill can be repeated in different situations

B: Socio-cultural influences		
1	Participation rates	The number of people taking part in physical activity
2	Data	Statistics gathered to provide information
3	Trends	Based on data, the general direction something is moving in (up, down or the same)
4	Sportsmanship	Qualities of fairness, following the rules, being gracious in defeat or victory
5	Gamesmanship	Bending the rules of a sport without actually breaking them
6	Deviance	Behaviour that goes against the moral values of the sport

Year 11 – Cycle 2 – Religious Studies – Christianity, Human Rights

1	Social Justice	Parable of the Good Samaritan: 'love your neighbour as yourself'
2	Prejudice and Discrimination	'There is neither Jew nor Greek, all are one in Christ'
3	Incarnation	'You will conceive and give birth to a son, and you are to call him Jesus'
4	Crucifixion	<ul style="list-style-type: none"> • 'My God, My God, why have you forsaken me?' • 'Christ died for our sins...'
5	Resurrection	<ul style="list-style-type: none"> • 'I am the resurrection and the life. The one who believes in me will live, even though they die' • 'If Christ has not been raised, our preaching is useless and so is your faith'
6	Ascension	'While he was blessing them, he left them and was taken up into heaven'
7	Salvation	'I am the way and the truth and the life. No one comes to the Father except through me'
8	Worship	'Where two or more are gathered in my name, I am there with them.'
9	Eucharist	'This is my body given for you; do this in remembrance of me.'
10	Baptism	'No one can enter the Kingdom of God unless they are born of water and the Spirit.'
11	Easter	'He was raised on the third day'
12	Christmas	'For God so loved the world that he gave his one and only Son.'
13	Church – Local Community	<ul style="list-style-type: none"> • Parable of the Good Samaritan: 'love your neighbour as yourself' • Parable of the Rich Man and Lazarus: 'Remember (...) while Lazarus got all the bad things. But now he is enjoying himself here, while you are in pain'
14	Church – Wider Community	Parable of the Sheep and the Goats: 'whatever you did for one of the least of these brothers and sisters of mine, you did for me'

Year 11 – Cycle 2 – Religious Studies – Islam quotations

1	Nature of Allah	<ul style="list-style-type: none"> • 'In the name of God, the most gracious, the most Merciful... Lord of the worlds.' [Surah al-Fatihah] • Al Aleem (The Omniscient), Al Muqtadir (The Omnipotent), Al Wadood (The Most Loving)
2	Prophet Mohammed	<ul style="list-style-type: none"> • 'People, no prophet or messenger will come after me' [The Final Sermon] • Known and referred to as 'al-Amin' (the trustworthy one) and 'al-Sadiq' (the truthful one)
3	Risalah - Prophethood	'To every nation, a messenger was sent' – Qur'an
4	Malaikah - Angels	'Whoever is an enemy to Jibril – it is he who has brought the Qur'an down upon your heart...' – Qur'an
5	Akhirah - Afterlife	<ul style="list-style-type: none"> • 'Every soul shall have a taste of death' – Qur'an • 'And everything they did, is in written records' – Qur'an
6	Qur'an	'We have sent down to you the Book as clarification for all things and as guidance and mercy and good tidings for the Muslims' Qur'an
7	6 Articles of Faith (Sunni)	Tawhid, Angels, Prophets, Holy Books, Al-Qadr, Akhirah
8	5 Roots of Religion (Shi'a)	Tawhid, Adalat, Prophethood, Imamate, Resurrection
Practices		
9	5 Pillars of Sunni Islam	'O people, worship God, perform your five daily prayers, fast during the month of Ramadan, and offer Zakat. Perform Hajj if you have the means' Prophet Mohammed's Final Sermon (Hadith)
10	10 Obligatory Acts of Shi'a Islam	Salat, Sawm, Hajj, Zakat, Jihad, Khums (20%), Amr-bil-Marooif (encourage the good), Nahil Anril Munkar (forbid wrong), Tawalia (Love for friends of Allah), Tabarra (Disassociate from evil-doers)
11	Jihad	<ul style="list-style-type: none"> • 'whoever saves a soul – it is as if he had saved mankind entirely' Qur'an • 'Fight in the way of God those who fight against you but do not exceed the limits' Qur'an
12	Festivals	'And complete the Hajj and Umrah for Allah. But if you are prevented then offer what can be obtained with ease of sacrificed animals' Qur'an

Year 11 – Cycle 2 – Science – Biology Topic 6 – Inheritance and Evolution (Paper 2)

A: DNA

1	Gene	A section of DNA, which codes for the sequence of amino acids forming a specific protein
---	------	--

B: Reproduction

1	Mitosis	Produces two genetically identical daughter cells for the growth and repair of tissues
2	Meiosis	Produces four genetically non-identical daughter cells with 23 chromosomes
3	Cloning	Offspring that are genetically identical to the parent; produced in asexual reproduction

C: Inheritance

1	Natural selection	Organisms have mutations which lead to variation in their characteristics. Organisms compete for resources and the better adapted survive and reproduce - genes are passed onto their offspring
2	Selective breeding	Select organisms with desirable characteristics, breed them together, breed the best offspring together and repeat until all individuals have the desired characteristic

A: Hydrocarbons

1	Hydrocarbons	Molecules made up of hydrogen and carbon atoms only
2	Alkanes	Saturated hydrocarbons with only single bonds. C_nH_{2n+2}
3	Complete combustion	Hydrocarbon + Oxygen \rightarrow Carbon dioxide + Water
4	Cracking	Long chain hydrocarbons are split up into shorter alkanes and alkenes
5	Thermal decomposition	Breaking down a substance using heat (forms more than 1 product)
6	Alkenes	Unsaturated hydrocarbons with a double bond. C_nH_{2n}

B: Mixtures

1	Formulation	A useful mixture made with a purpose, e.g., paint
---	-------------	---

C: Chromatography

1	Chromatography	Used to separate substances in a mixture, e.g., pigments in ink
---	----------------	---

Year 11 – Cycle 2 – Science – Chemistry Topics 9 & 10 – Atmosphere & Resources (Paper 2)

A: Climate change

1	Greenhouse effect	When greenhouse gases absorb long-wave radiation, keeping it in the Earth's atmosphere
2	Greenhouse gases	Carbon dioxide, methane and water vapour
3	Carbon footprint	The total amount of greenhouse gases produced over the lifecycle of a product

B: Air pollution

1	Global dimming	Clouds of dust reduce the amount of sunlight that can reach the Earth
---	----------------	---

C: Using resources

1	Life cycle assessment	An assessment of the impact of every stage of a product's life, including raw materials, manufacture, use and disposal
2	Sterilisation	Kills microbes, e.g., using chlorine gas or UV light
3	Desalination	Removing salt from seawater to make it potable, e.g., using reverse osmosis
4	Sedimentation tank	Solids sink to produce sludge, leaving liquid effluent floating on top

Year 11 – Cycle 2 – Science – Physics Topic 5 – Forces (Paper 2)

1	Weight equation	Weight = mass × gravitational field strength
2	Work done equation	Work done = force × distance
3	Hooke's law equation	Force = spring constant × extension
4	Limit of proportionality	The limit of force you can apply to an object for the extension to increase proportionally
5	Acceleration equation	Acceleration = $\frac{\text{Change in velocity}}{\text{Time taken}}$
6	Newton's first law	A resultant force is needed to change the velocity of an object
7	Newton's second law	The acceleration of an object is proportional to the resultant force on it and inversely proportional to its mass. Resultant force = mass × acceleration
8	Newton's third law	When two objects interact, the forces they exert on each other are equal and opposite
9	Momentum equation	Momentum = mass × velocity
10	Conservation of momentum	In a closed system, the total momentum before an event is the same as after the event

Year 11 – Cycle 2 – Science – Physics Topic 7 – Magnetism and Electromagnetism (Paper 2)

A: Magnets

1	Magnetic material	A material such as iron, steel, cobalt or nickel which can become an induced magnet
2	Permanent magnet	Magnets which produce their own magnetic field
3	Induced magnets	Magnetic materials that turn into a magnet when they are put into a magnetic field
4	Magnetic field lines	Show the direction of the force on a north pole; closer lines = stronger force

B: Electromagnets

1	Right hand thumb rule	Point your thumb in the direction of the current and curl your fingers; the direction of your fingers is the direction of the field
2	Solenoid	A coil of wire with a current flowing through it producing a magnetic field similar to that of a bar magnet
3	Electromagnet	A current-carrying solenoid with an iron core
4	Increasing the strength of an electromagnet	Increase the current or add more coils to the solenoid

C: Motor effect – Higher only

1	Fleming's left-hand rule	First finger points in the direction of the magnetic field, second finger in direction of current, and thumb to direction of the force
2	Split-ring commutator	A ring with gaps in it that swaps the electrical contacts of a device every half turn

Year 11 – Cycle 2 – BTEC Sport – Component 3

A: Fitness training		
1	Overload	Training at a higher intensity than before
2	Progressive overload	Continuing to increase the intensity of exercise over time
3	Training zone	The correct intensity at which you should exercise to improve your fitness
4	Training threshold	The safe and effective intensity to work at to allow adaptation
5	Aerobic training	60-85% of your maximum heart rate
6	Anaerobic training zone	85-95% of your maximum heart rate
B: Fitness testing		
7	Calibration	A process which checks (equipment, device, or instrument) for accuracy
8	Reliability	The ability to repeatedly carry out the same test and achieve comparable results each time

1	Validity	How accurate a set of results are. Do the results measure what we want them to?
2	Practicality	How suitable the test is for the given situation
3	Maximal test	The participant completes the test until they are exhausted
4	Normative data	An indicator of how a participant performed in comparison to the general population
5	Reps per minute (RPM)	The number of repetitions completed in one minute
6	Submaximal	The intensity put in by the performer is high, but not the highest they could exert
7	Rating	A rank that is used to show the quality or standard of performance
8	Pulse raiser activities	Included in a warm-up to gradually increase heart rate
9	Lactic acid	A waste product that builds up during activity
10	Intensity	The amount of work, force or exertion