

Learning: The Ruskin Way

At Ruskin all students to **learn together** and **achieve high standards**. Students follow our **Core Values** to become a **Ruskin Learning Ready Student**.

RESPECT: A Ruskin Learning Ready student is **respectful** towards peers, teachers, support staff and visitors. Within our diverse school community, they demonstrate **kindness** and **tolerance**. They show **self-respect** by striving to be the best they can be and by being **organised** and **prepared** to learn.

HIGH ASPIRATIONS: A Ruskin Learning Ready student is **ambitious** both inside and outside of the classroom. They **love to learn** and appreciate all of the **opportunities** offered to them. Because of their high aspirations, they **strive** to be the **best** that they can be.

CONFIDENCE: A Ruskin Learning Ready student is **confident** in their **abilities** and **strengths**. They are **not afraid** to make mistakes and will **ask questions**. They take an **active role** in their learning and demonstrate **independence**.

WE ARE A COMMUNITY: A Ruskin Learning Ready student **works well** with others and is a **team player**. They **care** for others and are proud to be part of the **Ruskin community**.

A Ruskin Learning Ready Student

PREPARED:

- *Has a good night's sleep*
- *Eats well and stays hydrated*
- *Arrives at school and lessons on time*
- *Wears their uniform correctly*
- *Enters the room calmly and is ready to learn*

ORGANISED:

- *Brings the correct equipment*
- *Manages their time appropriately*
- *Completes all work, including homework, to the deadline set and to the best of their ability*

RESPECTFUL

- *Is respectful, kind and tolerant of all people in our diverse school community*
- *Is a team player*
- *Listens to others without judgement*
- *Demonstrates self-respect and takes pride in their work and progress*



CONFIDENT:

- *Has confidence in their own abilities and strengths*
- *Is not afraid to ask for help and support*
- *Can communicate and read with confidence*
- *Is inquisitive and takes an active role in their learning*

AMBITIOUS:

- *Has high aspirations for themselves and their future*
- *Strives to be the best they can be*
- *Relishes the opportunities offered to them*

REFLECTIVE:

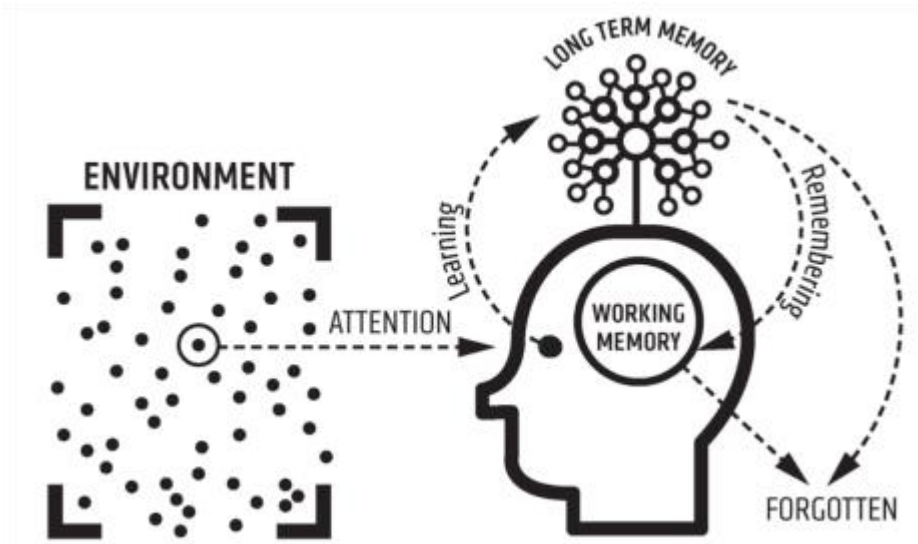
- *Listens to and responds to their teachers' feedback*
- *Is able to identify their next steps and areas for improvement*
- *Strives to improve*

Independent Learning at Ruskin

Independent Learning is all about helping you to build on the knowledge that you learn in class so that you **know more, remember more, and can do more**. This means you will experience lasting changes in your **long-term memory**, and develop a deep understanding of what you cover in class.

When you have truly learnt something, you can:

- Remember it later
- Understand how it connects to other things you know
- Explain it in detail
- Apply it to different situations



Our Core Values:



We want you to feel **confident** with the **new knowledge** that you acquire and you should feel **assured** about how best to learn this **new knowledge**. Your **Core Knowledge Questions Booklet and Quiz It, Map It, Link It** will help with this.



We want you to be the **best that you can be** and to **“think big”** for yourselves. By using your **Core Knowledge Questions Booklet and Quiz It, Map It, Link It**, you will demonstrate a **positive attitude to learning**, and also push yourself to reach your **goals**.



We want you to have **self-respect** and understand the important of working **independently**. Completing **Quiz It, Map It, Link It** activities highlights your ability to recognise your **strengths** and also **areas for development**.



Look, Cover, Write, Check— what can you remember about your Core Knowledge Questions? What more do you learn and remember?

How you use this strategy depends on whether you are **rehearsing** (the information is new to you) or **retrieving** (trying to recall knowledge you have already learnt) The majority of your Look, Cover, Write, Check work should be **Retrieval Practice** as this will help you to **remember more**.

Step 1: LOOK

- Pick a subject/topic and read over the Core Knowledge Questions (you may not pick all of them from one subject/topic depending on what you have learnt already).
- You may need to re-read.
- Copy out the questions on a blank template.

Step 2: COVER

- Turn over your Core Knowledge Questions or cover up them up.

Step 3: WRITE

- On your blank template, write in the answers.
- Use black or blue pen.

Step 4: CHECK

- Uncover the answers.
- Using green pen, check your answer.
- Tick every correct item and correct any mistakes – this is the most important part of the process.

Step 5: REPEAT

- Complete the process again for any questions that you got wrong.
- Add more questions to your blank template and complete the process again.

Year 8 Core Knowledge Questions

ART

1	What is a tonal gradation range?	Value steps going from light to dark
2	What is the form?	Form is a 3D shape. It can be expressed in 3D or using tone to create the illusion of 3D. (length, width and depth)
3	What is a light source?	Natural light from the sun, or artificial from light bulbs.
4	What is a shadow?	The dark side of an object not facing the light.
5	What is a cast shadow?	A shadow cast by an object or figure.
6	What career did Antoni Gaudi have?	Architect.
7	What does an architect do?	Design and create plans for buildings and structures.
8	What does an illustrator do?	Creates 2D images to portray a message or idea. They work for various companies and industries for example magazines, books, advertising, fashion.
10	Where did Antoni Gaudi work?	Barcelona, Spain
11	What was Antoni Gaudi influenced by?	Nature
12	What was an important part of Georgia O'Keeffe's work?	An important part of her work was focused on the relationship between light and dark.
13	What is cross hatching?	fine parallel lines drawn closely together.
14	What is a contour?	drawing lines, essentially an outline
15	What is texture?	Texture is the surface quality of an object. In art it can refer to the illusion of texture by the types of marks added.
16	What is zentangle?	Zentangle is structured patterns (tangles).

COMPUTING

1	State 3 components inside a computer and describe each one	<ul style="list-style-type: none"> • CPU – the brain of the computer • RAM – short term memory • ROM – long term memory • Hard Drive – storage of long-term memory
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		<ul style="list-style-type: none"> • GPU – graphics processing unit • Motherboard – connects all of the components • PSU – power supply unit
2	Describe an input device	<ul style="list-style-type: none"> • Keyboard – inputs characters • Mouse – moves the mouse pointer • Microphone – detects sound and converts • Bar code readers- read product detail • Joystick- control a game • Light pen- scans individual words • Scanner- scans a sheet of paper
3	Describe an output device	<ul style="list-style-type: none"> • Monitor/Screen – shows the work that is being completed • Speakers – allows us to hear sound • Printer- outputs graphics onto paper • Plotter- printer for vector graphics • Projector- shows the screen on a large surface • Headphones-outputs sounds
4	What does a CPU do?	<ul style="list-style-type: none"> • Brain of the computer • Carries out the fetch – decode – execute cycle
5	What does formatting mean in a spreadsheet?	To change the appearance
6	In what way can a spreadsheet be formatted?	Alignment Font style Colour Font size Borders Font effect
7	What does a formula begin with?	=
8	Which is the correct cell reference 1A A1 or A1?	A1
9	What is the difference between a formula and a function?	A formula is an arithmetic operation (+-/*) . Just an = A function is a predefined calculated and has a word e.g. =SUM
10	What does SUM do?	Adds together a range of values
11	What does MIN do?	Finds the smallest (minimum) value
12	What does MAX do?	Finds the largest (maximum) value
13	What does AVERAGE do?	Finds the average (mean) number
14	What does COUNT do?	Counts how many of a certain value there are
15	How can a spreadsheet be organised to make it easier to interpret?	Filter Sort Tables Charts/graphs
16	What symbol is used to indicate an absolute cell reference?	\$
17	What does conditional formatting do?	Changes the format of a cell(s) if a conditional has been met
18	What is an exponent character?	^

19	Which goes down in a spreadsheet – a column or a row?	Column
20	Which goes across in a spreadsheet – a column or a row?	Row
21	What data types can you have in a spreadsheet?	Number Currency Date Time Percentage % Text Fraction

DRAMA

1	What is a duologue?	This is where you have two speakers.
2	What is a monologue?	A monologue is any speech of some duration spoken by a character to a second person.
3	What is cross-cutting?	Cross-cutting is a drama technique where two or more scenes are performed on stage at the same time.
4	What is characterisation?	Characterisation in drama is the process of producing a character through actions, words, and thoughts.
5	What is a gesture?	The use of hand or arms.
6	What is exaggerated acting?	When performing, the command 'bigger' is called and performers should exaggerate their physicality.
7	What are facial expressions?	A look on your face which shows emotions.
8	What does diction mean?	The use of words or phrases in speech.
9	What is eye contact?	Eye contact is used to reveal the status and relationship between characters.
10	What is non-verbal communication?	Non-verbal communication is facial expressions, gestures and movements.
11	What is projection?	The energy you give out to the audience.
12	What is posture?	The way an actor sits or stands.

13	What is gait?	The way an actor walks.
14	What is blocking?	The way an actor is facing and the distance between actors on stage.
15	What is pitch?	How high or low your voice is.
16	What is tone?	The way your voice is affected by emotion.
17	What is accent?	How your voice is affected by where you come from
18	What is volume?	How loud or quiet your voice is.
19	What is pace?	How quickly or slowly you speak.
20	What is pause?	Putting a break between words
21	What is emphasis?	Putting stress on a word or section
22	What are stage directions?	Any additional instruction for the actors that aren't spoken out loud. They need to be put in italics
23	What is a stimulus?	Something that gives you an idea – an inspiration, a starting point. It is the beginning of the creative process.
24	What is role play?	Role play is used to act as a mirror.
25	What is vocalisation?	A sound or word produced by the voice.
26	What is still image/freeze frames?	Still image is a frozen picture which communicates meaning.
27	What is thought tracking?	The characters inner voice and provides deeper insight into their thoughts and feelings.
28	What does non-naturalistic mean?	Non-naturalistic drama is acting away from the norm such as walking in an unusual way.
29	What does genre mean?	Genre refers to a type or category of narrative.

30	What does stereotypical mean?	Relating to a widely held but fixed and image or idea of a particular type of person.
31	What is a stimulus?	Something that gives you an idea – an inspiration, a starting point. Is it the beginning of the creative process.
32	What is physical comedy?	A form of comedy focused on manipulation of the body for a humorous effect. For example, mime.
33	What do we mean by a 'stock' character?	A character that represent a type that is recognised as belonging to a certain genre or tradition. A character based on clichés/stereotypes.
34	What is a pantomime?	Pantomime is a form of drama in which actors perform without speaking. They use body movement and facial expressions to convey a story.
35	Who is Pantalone?	He is a cunning and rapacious Venetian merchant. He is known for his greed.
36	Who is Zanni?	He is a stock servant character.
37	Who is Pierott?	He is very naïve, falls in love quickly and is caring.
38	Who is Capitano?	He is an exaggerated character who likes to be the centre of attention.
39	Who is Dottore?	He is an old character who pretends he knows everything about medical diseases, when this is not usually the case.
40	Who is Colombine?	She is a vain and high status character
41	Who is Harlequin?	He is a cheeky charatcers, like a Sprite/Elf, who likes to play tricks on others
42	Who is Pulcinella?	He appears as a jolly character but is actually quite nasty underneath
43	What does diction mean?	The use of words or phrases in speech.
44	How do you show emotions in Drama?	Use your body language Use facial expressions Consider the background and situation of the character
45	How do you use your voice in Drama?	Projection Diction Accent Volume Pitch Tone
46	What does it mean to 'bite your thumb' at someone.	It was an offensive gesture
47	What era did Shakespeare write his plays?	The English Renaissance.

48	Name a play by Shakespeare.	Romeo and Juliet, The Winter's Tale, All's Well That Ends Well, The Taming of The Shrew, The Twelfth Night, A Midsummer Night's Dream, Hamlet, Othello and Macbeth.
49	Explain a Shakespearean insult.	An insult which carries humour and wit in its meaning.
50	Name a main Character in one of Shakespeare's plays.	Aaron, Abbot, Abhorson, Achilles, Banquo, Lady Macbeth, Macbeth, The Witches, Puck, Oberon, Titiana, Mercutio, Romeo and Juliet.
51	Name the two houses in Romeo and Juliet.	Capulet and Montague
52	What is a rhyming couplet?	A rhyming pair of lines in a verse, typically of the same length.
53	What is a script?	A written text or play.
54	What is a stage direction?	Part of the script of a play that tells the actors how they are to move or speak their lines.
55	Who performed Shakespeare's plays?	Actors only from his company called The Lord Chamberlain's Men.
56	Name the famous theatre in London, where Shakespeare plays are performed	Globe Theatre.
57	Tell me something about the theatres of the era. i.e who went to the theatre?	They would call theatres playhouses and mostly upper class people would go to the theatre as it was seen as a luxury.
58	What is a prologue?	Prologue sets the stage for the story by offering essential text. It can introduce the main themes, foreshadow events, or establish the mood.
59	How did Shakespeare show the difference between human and magical characters?	Magical characters often spoke in rhyme, while human characters spoke in prose.
60	How would you create an atmosphere to your scene?	Use lighting, sound effects and costume to create drama

DT

1	<p>What is Health & Safety in the Workshop?</p> <p>What is a Mind Map?</p> <p>What is a User?</p>	<p>Health and safety: regulations and procedures intended to prevent accident or injury in workplaces or public environments.</p> <p>A mind map is a diagram for representing tasks, words, concepts, or items linked to and arranged around a central concept.</p> <p>The person intended to use the product that you are designing</p>
2	<p>Why do we measure?</p>	<p>To ensure that the products that we are making are the correct size.</p>

	<p>What is a unit of Measure?</p> <p>What unit of measure do we use in DT?</p>	<p>The specific measurement unit that is being used. MM, CM, M, Inch</p> <p>We always use MM in DT</p>
3	<p>What is a Prototype?</p> <p>Why do we prototype?</p> <p>What are the 2 main types of prototype?</p>	<p>A prototype is a model to test a part of a design.</p> <p>We prototype to test our ideas and to show our ideas to others.</p> <p>Physical and Virtual.</p>
4	<p>What is marking out?</p> <p>Why do we mark out?</p> <p>What is a scribe?</p>	<p>Adding marks to a piece of material to show where to cut/ file/ shape</p> <p>So that we can cut and shape material to the correct size.</p> <p>A tool used to mark out on metal.</p>
5	<p>What is a material property?</p> <p>What is a ferrous metal?</p> <p>What is a Non-Ferrous metal?</p> <p>What is malleable?</p>	<p>It is the physical characteristic of a material</p> <p>A metal that contains iron</p> <p>A metal that does not contain iron.</p> <p>The ability to be shaped without breaking</p>
6	<p>What is a Coping Saw?</p> <p>What is a Hacksaw?</p> <p>What is a file?</p>	<p>A thin bladed saw. Good for cutting curves.</p> <p>A small toothed saw. Good for cutting metal.</p> <p>An abrasive length of metal. Used for smoothing.</p>
7	<p>What is a pillar drill?</p> <p>What are the safety rules when using a pillar drill?</p>	<p>A drill used for drilling vertical holes</p> <p>Wear an apron, tie back hair, wear goggles</p>
8		Making a judgement about something.

	<p>What is Evaluate?</p> <p>Why do we evaluate?</p> <p>What is feedback?</p>	<p>So that we can identify areas for development.</p> <p>Feedback is when a person or people gives judgement and thoughts about your ideas / products.</p>
9	<p>What is ductile?</p> <p>What is aluminium?</p> <p>What is a non-ferrous metal?</p> <p>What is a ferrous metal?</p>	<p>Able to be deformed without losing toughness. Pliable, not brittle.</p> <p>A lightweight, ductile silver metal.</p> <p>A metal that does not contain iron.</p> <p>A metal that contains iron.</p>
10	<p>What is a PCB?</p> <p>What is a component?</p> <p>What are the 3 main stages of a system?</p>	<p>A Printed Circuit Board.</p> <p>A part of a circuit that does a job.</p> <p>Input – Process – Output</p>
11	<p>What is a resistor?</p> <p>What are the bands on a resistor?</p>	<p>A component that restricts the current running through a circuit.</p> <p>They depict the value of the resistor.</p>
12	<p>What is Design Brief?</p> <p>What is a Specification?</p> <p>What is ACCESS FM?</p>	<p>A statement of what you intend to design.</p> <p>A list of what your product must be.</p> <p>Aesthetics – Cost – Customer – Environment – Size – Safety – Function – Materials</p>
13	<p>What is crating?</p> <p>What is sketching?</p> <p>What is presentation enhancement?</p>	<p>When you draw a box outline to help to sketch in 3D.</p> <p>Simple, quick drawings of your ideas. Generally in 3D</p> <p>Adding pen, tone colour etc to your sketches.</p>
14	<p>What is a prototype?</p> <p>What is a net?</p>	<p>A Model.</p> <p>A 3D object made into 2D.</p>

15	<p>Why do we evaluate?</p> <p>What is an evaluation?</p>	<p>To look at how we can improve our designs.</p> <p>A page of evaluative comments about our design / product.</p>
16	<p>What is 2D?</p> <p>What is 3D?</p>	<p>2 dimensions – flat</p> <p>3 dimensions - Solid</p>
17	<p>What is corrugated card?</p> <p>What are the safety rules for using a hot glue gun?</p> <p>What are the safety rules for using a scalpel?</p>	<p>A paper and board which has a zig zag internal construction to provide cushioning and protection. Used predominantly in cardboard boxes.</p> <p>Only hold the handle – put it back in the stand – don't wave it about – tie up hair – wear an apron.</p> <p>Don't walk around with it – don't wave it about – don't cut towards your self – put it on the cutting mat when not in use.</p>
18	<p>What is marking out?</p> <p>What tools can we use to mark out?</p> <p>Why is it important to mark out accurately?</p>	<p>When pencil marks are added to material to show where to cut / shape.</p> <p>Pencil – rule – try-square – scribe.</p> <p>So that our cuts are accurate. So that the material is the right size.</p>
19	<p>What is a finite resource?</p> <p>Is metal a finite resource?</p> <p>What are the positive impacts of recycling metal?</p>	<p>A resource that is not never ending. Will run out. Not infinite.</p> <p>Yes, metal is extracted from the ground. It is a finite resource.</p> <p>You do not need to extract more of it from the earth.</p>
20	<p>What is a file?</p> <p>Why do we file?</p> <p>What is wet & dry paper?</p> <p>What is emery cloth?</p>	<p>Steel file with serrations on the blade that smooths surfaces. Different shaped profiles are available.</p> <p>To smooth the edges of materials.</p> <p>Abrasive paper used to clean up / smooth a surface. Can be used wet or dry. Very fine grade.</p> <p>Cloth backed abrasive for cleaning up material.</p>
21	<p>What is bending?</p>	<p>The folding of material along a certain line.</p>

	What is malleable? What are the main finishes for metal?	The ability of a material to be pressed into shape without breaking or cracking. Plastic dip coating – Metal lacquer – Polishing & Brushing
22	What is soldering? Why do we solder components? What are the safety rules when soldering?	Soldering is when you attach components to a PCB. To hold them in place and allow the electricity to run through the circuit. Tie hair back – wear goggles – do not wave it around – max 2 per station – only hold the handle.
23	What is a flow chart? What are the main symbols of a flow chart?	A diagram that shows a sequence of actions and questions. Oval – Beginning/end. Rectangle – Action. Pyramid – question.
24	What tool can we use for an evaluation?	ACCESS F M – Aesthetics – Cost – Customer – Environment – Size – Safety – Function - Material
25	What are evaluative comments?	Comments that evaluate a design or product. ACCESS FM can be used.

ENGLISH – Frankenstein

1	What is the writer of a play called?	A playwright
2	What is a play split up in to?	Acts and scenes
3	Who is a play intended for?	An audience
4	What is the purpose of the stage directions in a play?	To give instructions to the director and the actors about how to deliver the script.
5	What is context?	Context refers to the background information and what the world was like during the time a text was written.
6	What would you expect to find in a Gothic text?	A mysterious setting The supernatural Bad weather Power of nature Abandoned buildings Scary characters
7	What are examples of a Gothic setting?	Abandoned building Castle Graveyard Haunted house Dungeon
8	What are examples of Gothic characters?	Monster

		Dragon Ghost Zombie Werewolves Vampires
9	What term do we use when we refer to why the playwright has written the play?	The playwright's intentions
10	What is a soliloquy?	It is a speech in a play that the character speaks to himself or herself or to the people watching rather than to the other characters.
11	What is an aside?	When a character speaks directly to the audience and other characters cannot hear.
12	What does the word ominous mean?	Suggesting that something unpleasant is likely to happen
13	What is foreshadowing?	Foreshadowing means there is a warning or indication of a future event.
14	What is pathetic fallacy?	Pathetic fallacy is a type of personification. It's the term used when human emotions are attributed to the natural world.
15	What is meant by the term tension and how do writers create tension?	Tension in a literary context is the sense something ominous is right around the corner. Short sentences, concealing information, appeal to the senses, foreshadowing.
16	What does subvert mean?	To go against someone's original thought.
17	What is the name of the debate about whether our genetics or upbringing determines who we are as a person?	Nature versus nurture.
18	What is empathy?	The ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation.
19	What should you include in an analytical paragraph?	<ul style="list-style-type: none"> • Playwright's intentions • Quotations • Subject terminology • Contextual information
20	What is a thesis statement?	A thesis statement is a sentence that sums up the central point of essay.

ENGLISH – Conflict Poetry

1	What is context?	Context is the circumstances in which a text is written and also the circumstances in which the text is read.
2	What is poetic form?	There are many different forms of poetry. Common poetry forms, such as the ballad, sonnet, haiku, limerick, ode, epic and acrostic.
3	What is meant by the term propaganda?	Information, especially of a biased or misleading nature, used to promote a political cause or point of view.

4	What is a paragraph in a poem called?	Stanza.
5	What is meant by the term rhyme scheme?	The ordered pattern of rhymes at the ends of the lines of a poem or verse.
6	What is meant by the term repetition?	The action of repeating something that has already been said or written.
7	What is meant by the term anaphora?	Repetition of a word or expression at the beginning of successive phrases, clauses, sentences, or verses.
8	What is meant by the term enjambment?	Enjambment is a literary device in which a line of poetry carries its idea or thought over to the next line without a grammatical pause.
9	What is caesura in a poem?	A caesura is a pause that occurs within a line of poetry, usually marked by some form of punctuation such as a period, comma, ellipsis, or dash.
10	What is meant by the term onomatopoeia?	A word that mimics the sound it makes.
11	What is juxtaposition?	Juxtaposition is the idea of placing two things together so we can see the contrast between them.
12	What is an oxymoron?	The combination of contradictory words with opposing meanings. E.g. deafening silence.
13	What is alliteration?	The repetition of consonant sounds in consecutive words. E.g hedgehogs hog the hedge
14	What is sibilance?	The repetition of the 's' or 'sh' sound in consecutive words. E.g sweet smell of success
15	What is foreshadowing?	Foreshadowing means there is a warning or indication of a future event.
16	What is meant by the term iambic pentameter?	A line composed of 10 syllables with 5 stressed and 5 unstressed.
17	What is meant by the term personification?	Personification is giving an inanimate object human feelings or actions.
18	How can I embed quotations?	To successfully embed quotations into your sentences, only quote the important key words or phrases. Try to integrate the evidence into your explanation. Instead of saying: David clearly thinks Harry is like an angry animal and feels threatened by him. This is shown when it says 'he growls in my ear'. Embed the quotation: When Harry 'growls in' David's ear, it is clear David feels threatened by him as he is behaving like an aggressive animal warning David he might attack.
19	What is a semantic field?	A semantic field is a set of words (or lexemes) related in meaning. (For example, words linked to the military or hospitals.)

20	What is a thesis statement?	A thesis statement is a sentence that sums up the central point of essay.
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FOOD

1	What is the Eatwell Guide?	The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.
2	Can you name the 5 groups of the Eatwell Guide?	Fruit and Vegetables, Starchy Carbohydrates, Protein, Dairy and Alternatives, Oils and fats.
3	List 4 starchy carbohydrates	Potatoes, Bread, Rice, Pasta.
4	Which section of the Eatwell guide would the base of the pizza be in?	Carbohydrates
5	What practical skills did you use to make the dough?	Weighing, measuring, sieving, rubbing in, kneading.
6	What are the 5 senses?	Smell, Taste, Sight, Touch, Sound
7	What senses do we use to evaluate a dish?	Smell, Taste, Sight
8	What are the 5 tastes?	Sweet, Salty, Sour, Bitter and Umami.
9	List 3 factors that influence what we choose to eat?	Ethical, Religion, Taste, Health (Allergens), Cost, Lifestyle, Food Availability, Fashion trends, Social media, Advertising or peer pressure
10	Can you give an example of how Lifestyles may affect your food choice?	Due to busy lifestyles, family members may not all eat together every day and might rely on quick snacks and ready meals. People sometimes make a choice not to eat something due to ethical or moral view, for example Vegetarians do not eat meat and Vegans don't eat any bi-product of an animal. Living a healthy lifestyle and choosing to eat a healthy balanced diet Marathon runner – Will need to ensure a carb heavy diet prior to running.
11	There are many different ways of saving money on food, how can we do this?	Eating the seasons, having food with long shelf life, take time to plan meals to utilise all ingredients, make fakeaways instead of buying take-out food, use leftovers for soups etc, replace branded items with non-branded items, grow your own food.
12	What is an allergen? Can you identify which ones are allergens	An allergen is a substance or food that may cause an allergic reaction. Celery, Peanuts, Gluten, Milk, Eggs, Sesame seeds.
13	What is an intolerance?	A food intolerance is when you have difficulty digesting certain foods or ingredients in food, causing symptoms such as bloating, tummy pain and headache.
14	How can someone who has an allergy check the food they want is safe to eat?	Check the allergen information on the packet Ask the server in the restaurant to check with the chef

		Cook from scratch so you know what the ingredients you are adding.
15	What food is strictly avoided by followers of Islam?	Pork
16	Jews only consume chicken if it has been slaughtered in the Kosher way?	True
17	Which animal do the Hindus believe to be sacred?	Cow
18	Which religion is mostly vegetarian believing it goes against the 'code of morality' Do not kill or harm living things?	Buddhism
19	List 3 things do you do when you enter the food room for a practical lesson?	Bags Blazer, Apron on, Hair up, Wash Hands, Fill washing up bowl.
20	Name 2 religions that have strict food laws?	Judaism, Islam, Hindu, Buddhism
21	Which festival is known as 'The Festival of Lights'?	Diwali
22	Muslims fast from sunrise to sunset during the holy month of?	Ramadan
23	What is shortcrust pastry best used for?	Shortcrust pastry does not rise so it is used as a case to hold other ingredients, apple pie, quiche, Cornish Pasty.
24	What is a dough?	A dough is a mixture of dry ingredients (such as flour) and liquid (such as water) that is mixed, kneaded, shaped and then baked. A dough could be pastry or bread.
25	What is a Vegan?	A vegan is a strict vegetarian who avoids any dairy, eggs and any other ingredient derived by an animal. Vegans will not use or wear any bi-product of an animal either so will not wear leather or wool.
26	List 3 ways you can keep costs down when shopping for ingredients?	Bulk out recipes with cheaper protein alternatives such as beans, peas or lentils, choose cheaper cuts of meat, choose value products rather than branded or premium range, check the offers, 3 for 2 (Only if it will be eaten) Buy at the end of the day fresh food which has been reduced.
27	What information is required by law to be included on a food label?	The name of the food, A date of minimum durability, Instructions for use, The Country of Origin, The name and address of manufacturer, An ingredients list, Allergen information, The net quantity of the food, Any special storage conditions, A nutrition declaration.
28	What is the difference between a use by date and a best before date?	Use by – A date on perishable foods (They can go off quickly) telling you which date the food should be used by. Best Before date – A date on foods that keep for a longer time, such as biscuits or canned foods.
29	What is Food Provenance?	Food provenance is knowing where food is grown, caught or reared, how it is produced and how it is transported.

30	Can you give an example of grown, caught and reared foods?	Grown – Fruit and Veg Reared – Animals that are reared for food, Cows for meat and milk, sheep, pigs, Chickens for meat and eggs. Caught – Fish, Shellfish
31	What is Intensive farming?	Intensive farming is a method used by many farmers to increase food production. In intensive farming, fertilisers and pesticides are used to grow high-yield crops such as wheat. Animals are kept indoors, e.g. battery farming, to maximise the number of animals they can be produced.
32	Which food certification and assurance scheme is used for Eggs?	The British Lion Mark.
33	What does it mean to shop local?	Supporting businesses that locally source their items, employ workers from the area, and sell to people who live in the area.
34	What is imported food?	Food that is sourced from another country which has been brought into our country by air or sea.
35	What are food miles?	The number of miles food items have travelled from field to plate.
36	What is seasonal food? Can you give an example?	Some foods are seasonal, this means they are only available at certain times in the year (Strawberries need sun to grow so they do not usually grow in the UK in winter)
37	What are the 2 main reasons we waste food in the home?	We prepare too much food. We don't use the food before it goes off.
38	How can we reduce food waste?	One way to reduce food waste is to recycle what we can't eat. A good way to recycle what we don't eat is to make a compost heap: raw leftover fruit and vegetable waste can rot down to produce compost for the garden, this is also very good for the environment. Other ways include; Planning ahead Buy what you need Eat it all or store leftovers for later or another day Freeze food Store correctly

GEOGRAPHY

1	What is Colonisation?	When a country or a nation takes control of others lands
2	What is migration?	The movement of people from one permanent home to another
3	What is the world's largest continent?	Asia

4	What is the world's second largest continent?	Africa
5	What are some natural resources found in Africa?	Diamonds, Oil, Gas, Cobalt, Gold, Iron, Copper, Uranium Also many cash crops are grown such as Cotton, Tea, Coffee and Rubber.
6	Give one negative impact of diamond mining.	Blasting causes respiratory problems/ children forced to work in dangerous conditions/ mining can make the land infertile/ mines affect the biodiversity of the area
7	How is a cactus adapted to live in a hot desert?	Spines instead of leaves, stems can store water, small surface area to minimise evaporation, widespread root system.
8	What biomes does Africa have?	Hot desert, rainforest, savanna and semi-desert.
9	What mountain range is Everest a part of?	The Himalayas
10	What is a monsoon?	A seasonal change in the direction of the prevailing, or strongest, winds of a region.
11	Why are monsoons important in India?	They rely on the rains to grow crops for food and export.
12	How does deforestation in the mountain biome cause flooding?	Deforestation causes flooding because trees help to soak up water and hold it in the soil. When a large number of trees are cut down, the root system is destroyed, and there is nothing to soak in the extra water, which flows freely, flooding the entire area.
13	What are the effects of flooding in the mountain biome?	Loss of property/land/livelihood/life.

GEOGRAPHY

1	What is urbanisation?	The Increase in number of people living in a town or city
2	What are the two causes of urbanisation?	Rural-urban migration and internal growth
3	Where is the most rapid urbanisation happening?	NEEs and LICs

4	What is a megacity?	City with over 10 million people.
5	There were only two megacities in the world in 1950. Where were they?	New York City and Tokyo
6	Where is the highest concentration of megacities found today?	Asia
7	What is rural-urban migration?	Movement of people from the countryside to towns or cities
8	What are push factors?	Reasons why people leave an area.
9	What are pull factors?	Reasons why people choose to live in an area
10	What is a brownfield site?	An old industrial or inner-city site that is cleared for a new building development
11	What is a greenfield site?	An area of land that has not been developed previously
12	What are the three settlement types?	Dispersed, nucleated & linear.

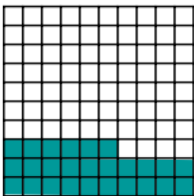
HISTORY

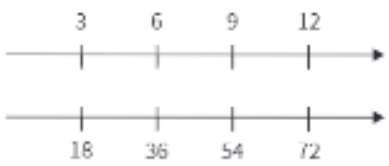
1	How much did the population of Britain increase by between 1750-1900?	30 million
2	What factors led to an increase in the number of births in Britain after 1750?	<ul style="list-style-type: none"> • People got married at a younger age, which meant they had more time to have children. • Families began to have more children so they could send them to work at factories to make money.
3	What factors led to a decrease in the number of deaths in Britain after 1750?	<ul style="list-style-type: none"> • There were improvements in the care of pregnant women by midwives • Farmers produced more food, people had a healthier diet and were more likely to be able to fight disease • Cotton was used for clothes instead of wool which was easier to clean • 1796 – Jenner's vaccination for smallpox • Soap became widely available • Improvements to towns and cities e.g. Clean water supplies, sewers installed, better housing, wider lit streets, parks

		<ul style="list-style-type: none"> Literacy improved as more children went to school, this meant they were educated on how to live a healthier life
4	What is the different between the domestic system and the factory system?	<ul style="list-style-type: none"> The Domestic System was when families made goods such as clothes in their own home. Everything was done on a small scale and took a long time. The Factory System was when people worked in factories in cities. They used large machinery on a large scale, and goods were made quickly.
5	Why was life difficult for children working in factories?	<ul style="list-style-type: none"> A twelve-hour working day was common Factory rules were very strict and punishments were harsh
6	How did Robert Owen treat his factory workers differently?	<ul style="list-style-type: none"> Built quality houses, schools, shops and parks Provided recreational activities Made sure his workers had access to healthy food.
7	Why were industrial towns unhealthy?	<ul style="list-style-type: none"> Poor ventilation due to houses being built closely together People drank water from a pump that was connected to a river contaminated with dirt and human waste Everyone shared a toilet which had to be emptied by hand Two or more families shared a house Houses were prone to damp Rubbish lay in the street which encouraged disease carrying rodents
8	What diseases were common in Industrial towns?	<ul style="list-style-type: none"> Tuberculosis (TB) Typhoid Cholera Measles Whooping cough Influenza Scarlet fever
9	What did John Snow discover?	Cholera was caused by people drinking contaminated water from the Broad Street pump.

10	How did the beliefs about the cause of disease differ for miasmatists and contagionists?	<ul style="list-style-type: none"> • Miasmatists believed disease was carried through the air. • Contagionists believed disease was passed on by touch.
11	Why was Joseph Bazalgette important?	Created the first sewer system which led to the average life expectancy increasing from 30 in 1801 to 50 in 1901.
12	In 1750, what were the two main enemies of a patient in a British hospital?	Pain and infection.
13	How did surgery improve during the industrial period?	<ul style="list-style-type: none"> • Anaesthetics – Chloroform and ether • Louis Pasteur discovered germs and pasteurisation • Joseph Lister used carbolic acid as an antiseptic during operations.
14	What did Edward Jenner discover?	Jenner discovered that people who were infected with cowpox did not become ill from smallpox. Created the first vaccination.

MATHS

1	What is a decimal?	A number containing more or more values after the decimal point e.g. 7.8 or 4.356
2	What is a decimal place?	The number of digits after a decimal point. Often abbreviated to “d.p.” e.g. The number 1.23 has two decimal places (2 d.p.)
3	What is a terminating decimal?	Decimals where the digits after the decimal point stop, or terminate e.g. 0.2
4	What is a recurring decimal?	Decimals where the digits continue forever in a repeating pattern, shown by a dot above the digits that repeat e.g. $0.23232323\dots = 0.\dot{2}\dot{3}$
5	What is a percentage?	 <p>A way of representing part of a whole, measured out of 100 parts, using a % symbol.</p>
6	What is equivalence?	Equivalence means to be equal or worth the same value. e.g. 50% is equivalent to 0.5 or $\frac{1}{2}$

7	What does it mean to round?	Use a number close to the original number to make it easier to understand or calculate with				
8	What is an expression?	A combination of symbols that can include numbers, letters and mathematical operations (such as +, -, x or ÷). It does NOT include an equals sign (=) or inequalities (\neq , $<$, \leq , $>$, \geq) e.g. Expressions $3a$, $2a + 7b$, $\frac{3p}{2}$				
9	What does it mean to expand brackets?	To write an expression so that it does not have any brackets by multiplying the term next to the brackets by each of the terms inside brackets e.g. <table border="1" style="display: inline-table; margin-right: 20px;"><tr><td>Expand $3(x + 4)$</td></tr><tr><td>$= 3x + 12$</td></tr></table> <table border="1" style="display: inline-table;"><tr><td>Expand $5(x - 4)$</td></tr><tr><td>$= 5x - 20$</td></tr></table> the	Expand $3(x + 4)$	$= 3x + 12$	Expand $5(x - 4)$	$= 5x - 20$
Expand $3(x + 4)$						
$= 3x + 12$						
Expand $5(x - 4)$						
$= 5x - 20$						
10	What does it mean to factorise an expression?	Factorising an expression means writing it using brackets, taking a common factor in front of the brackets e.g. Factorising $3x + 6$ means rewriting as $3(x + 2)$ $6k + 2 = \underline{2}(3k + 1)$ $3n + 9 = 3(n + \underline{3})$				
11	What is a double number line?	 Two number lines with different but related scales that show the relationship between pairs of numbers				

MUSIC

1	What is a melody?	Melody is the main tune, consisting of different pitches
2	What is pitch?	Pitch is how we identify and categorise a sound as 'high' or 'low' in terms of musical notes.
3	What is duration?	Duration is the length of time a note is sounded in a piece of music.
4	What are dynamics in music?	Dynamics refer to the volume of the music. It's about the variation in loudness between notes or phrases, which can add expressiveness to the music.
5	What is tempo?	Tempo is the speed at which a piece of music is played. It's usually measured in beats per minute (BPM)
6	What is timbre?	Timbre, also known as tone colour, refers to the quality of sound that distinguishes one voice or instrument from another. It's what makes a piano sound different from a violin, even when they play the same note.

7	What is texture in music?	Texture in music refers to the way multiple voices or instruments interact in a composition. Texture can be Thick (many sounds) or Thin (few sounds)
8	What is staff notation?	Staff notation is a traditional way of writing music down on a staff, using the 5 horizontal lines and 4 spaces.
9	What is a pulse?	Pulse is a steady beat, like a ticking clock
10	What is rhythm?	Rhythm is a pattern of long and short sounds
11	What are note values?	Note values are how long each note lasts for
12	What is a crotchet?	A crotchet is a 1 beat note
13	What is a minim?	A minim is a 2 beat note
14	What is a quaver?	A quaver is a half beat note
15	What is a semibreve?	A semibreve is a 4 beat note
16	What is a semiquaver?	A semiquaver is a quarter beat note
17	What is a melody?	Melody is the main tune, consisting of different pitches
18	What is timing?	To all play together in time, as an ensemble
19	What are ensemble skills in Music?	The ability to work together in a group to create a musical performance
20	What is a treble clef?	A treble clef is the sign at the start of the music that indicates the pitch of written notes
21	What is a chord?	3 notes played together
22	How do you work out the notes in a chord?	Play one, Miss one, Play one, Miss one, Play one
23	What 3 notes are in a C chord?	C E G
24	What 3 notes are in a F chord?	F A C
25	What 3 notes are in a G chord?	G B D

26	What 3 notes are in a Am chord?	A C E
27	What 3 notes are in a Dm chord?	D F A
28	What is a Riff?	A short, catchy repeated pattern in pop music
29	What is a hook?	A memorable, catchy lyric/melody/phrase that hooks you into the song
30	What is an ostinato?	A repeated pattern (Classical music)

PE

1	Why do we warm up?	To gradually prepare the body for exercise and to avoid injury.
2	What are the 3 components of a warm-up?	Pulse raiser (running, skipping, etc) Mobility Stretches Sport Specific Drill
3	What happens to the body when we warm up?	Muscles require higher amounts of oxygen; heart rate and oxygen intake thus increase to transport oxygenated blood to the working muscles via the blood vessels. This increases blood flow prepares the body for exercise.
4	What is the difference between a static and mobility stretches?	Static means to stretch and not move. Mobility means movement stretches
5	Give an example of a sport's specific warm-up.	Dribbling with a ball, passing, controlling shots. This is all done at a low to medium level of intensity.
6	Discuss how students should keep safe when taking part in PE	Proper and full warm-up Remove jewellery Listen to all instructions Follow the rules of the game/activity
7	How do we assess in PE?	Through a combination of 5 physical assessments and 5 holistic assessments (social, thinking, leadership, health and fitness and creative)
8	How do we give effective feedback to others in PE lessons?	Watch your partner Look out for the key teaching points Tell them what they are doing well Tell them what they need to improve. Use full sentences and make reference to the teaching points
9	How do we test speed?	30 metre sprint test
10	Provide an example of a sport or athlete who would need high	Student response based on knowledge of sports/ athletes that will need coordination and can provide example in competitive situation.

	levels of coordination. Explain why.	
11	Discuss three rules you must follow when you play badminton. Consider the start of the game and how to win points.	Serve below the shoulders Shuttle must not be thrown in the air before hitting this to start the game You cannot hit the shuttle twice The shuttle must go over the net The shuttle must land in the court area
12	When you are acting as a leader/official in your PE lesson, what characteristics should you show?	Talk clearly Project your voice Follow the rules of the game Make sure you keep the score Stand is a clear and visible area of the pitch/court
13	How do we do retrieval practice in PE?	At the beginning of the lessons, we recap the previous lesson and retrieve key knowledge and skills.
14	From any activity of your choice, what skills (name 3) do you believe you have done well and think you are a strength.	Student reflective response.
15	For your current activity, what level/grade do you believe that you are and why?	Self-reflection response. Explain your thoughts and reasons.

RELIGIOUS STUDIES

1	What does the word 'identity' mean?	The word identity is everything that makes me, me.
2	What are values?	Core beliefs somebody holds.
3	What is ethnicity?	A person's cultural background.
4	Name the 6 world religions.	Judaism, Christianity, Islam, Hinduism, Sikhism, Buddhism
5	What is the religious makeup of the world?	Population – 7.7 billion Religious population – 5.3 billion Non-religious population – 1.2 billion
6	What is meant by representation?	When everybody is represented/seen.
7	Name the three Gods in the Trimurti.	Brahma, Shiva, Vishnu

8	What is meant by 'rebirth'?	To be born again into another body after you die
9	What is meant by 'karma'?	The law of cause and effect/every action has a consequence.
10	Who is named the 'preserver' in Hinduism?	Vishnu
11	Who is named the 'destroyer' in Hinduism?	Shiva
12	Who is named the 'creator' in Hinduism?	Brahma
13	Who is the one God who makes up everything?	Brahman
14	What is meant by 'monotheistic'?	A religion that follows one God.
15	What is meant by 'polytheistic'?	A religion that follows many Gods.
16	What is the meaning of Atman?	The spiritual essence of somebody/the soul
17	What is the meaning of Dharma?	A person's duty in life (depending on their caste)
18	What is the meaning of Moksha?	This is the end of samsara/freedom from the cycle
19	What is the meaning of Samsara?	The cycle of birth, death and rebirth.
20	What was the Caste System?	A system that grouped people into 4 groups depending on their wealth.
21	How does karma link to the Caste System?	It was believed that karma impacted what would happen to you in your next life; good karma means going up in the Caste System, bad karma means going down.
22	What jobs would the following groups have? a) Brahmins – b) Kshatriyas – c) Vaishyas – d) Shudras – e) Dalits	a) Brahmins – Priests/religious teachers b) Kshatriyas – Warriors, armed forces, police c) Vaishyas – Merchants, shop keepers, lawyers d) Shudras – Cleaners, brick layers, physical work e) Dalits – Not counted as a caste, sewage workers

23	What was the original purpose of the Caste System?	To divide society into sections so the wealthy stayed wealthy and the poor stayed poor.
24	How is the Caste System different today?	The Caste System is not followed today/People can now marry between castes
25	What does 'puja' mean?	Worship
26	What story does Diwali commemorate?	The story of Rama and Sita
27	What is Diwali known as?	The festival of lights.

SCIENCE – Forces

1	What is a force?	A force can be a pushing force, a pulling force or a turning force.
2	Is gravity a contact or non-contact force?	Non-contact
3	What does equilibrium mean?	When the forces are balanced in all directions.
4	Describe how to work out the resultant force.	Combining the various forces acting, taking account of their direction and size.
5	What is drag?	Resistance to movement.
6	Why is it an advantage for a bird to have a streamlined shape?	It reduces air resistance therefore energy use.
7	Why do we sometimes use the term friction and sometimes drag?	Friction is mainly used where one solid is moving over another. Drag is where a fluid is moving over a solid.
8	Name some materials or objects that can be noticeably compressed or stretched and show elastic behaviour.	Foam, metal springs, climbing ropes and rubber balls.
9	Name materials that show non-elastic behaviour when compressed or stretched.	Liquids.
10	What does it mean when a material has been deformed?	If you stretch or compress a material too far, it may not return to its original shape.

11	Give three uses of springs.	Newton meter, car or bike suspension and mechanical toys.
12	Suggest some good properties of materials that would make good springs.	It will return to its original shape after a force has deformed and it does not break easily or corrode.
13	State what is Hooke's law.	The extension of a spring is directly proportional to the force applied to it.
14	What unit is used to measure the downwards force of weight?	Newtons
15	Complete the sentence: 'The greater the area that a force acts over, the.....'	The greater the area that a force acts over, the smaller the pressure.
16	Explain how a camel's feet allow it to walk on soft sand.	The feet have a large surface area, so the pressure due to the camel's weight is reduced; this helps stop the camel sinking into the sand.
17	Why would you experience more pressure at the bottom of a swimming pool than at the surface?	There is more water above you pressing down.
18	What dangers would face divers if they descended quickly to great depth?	The pressure could crush their bodies and damage lungs and bones.
19	What causes the atmosphere to have pressure?	The weight of gas particles pulled towards the Earth by gravity.
20	What is the unit for pressure?	Pascals (Pa); N/m^2
21	What is the formula for calculating pressure?	Pressure = force/area
22	What is density?	The amount of mass in a particular volume of a material.
23	Name three materials that are denser than water and three that are less dense.	Stone, copper and wood.
24	When an object is in water it provides a buoyancy force, what is this called?	Up thrust
25	Explain what would happen to a boat that was gradually filled with water.	The weight of the boat would increase and it would sit lower than the water; the up thrust would increase the lower the boat sat, as more water was displaced; eventually the water overflows out of the boat and it sinks.

SCIENCE – Chemical Energy and Types of Reaction

1	How many groups make up the periodic table?	8
2	Name 3 families of elements.	Metals; metalloids; non-metals.
3	Describe how the elements are arranged in the periodic table.	Left to right in rows called periods; vertical groups have similar properties; metals are on the left, non-metals on the right; metalloids are in between; transition metals are in the middle; the lanthanides/actinides are at the bottom.
4	List the sub-groups of metals within the periodic table.	Reactive metals, transition metals, metalloids.
5	Group 1 metals are stored under oil and must not be handled without gloves; suggest why.	Extremely reactive and will react with water in the air/on the skin.
6	Francium comes below caesium, at the bottom of Group 1. Suggest how its melting point and boiling point compare to other Group 1 metals.	Lower melting point and boiling point.
7	What state are most non-metals in at room temperature?	Gas.
8	Identify the most reactive halogen.	Fluorine.
9	Describe the trend in both a physical and a chemical property of the halogens.	Reactivity decrease down the group; boiling point and melting point increase down the group.
10	Describe where on the periodic table you would look to identify: a. An unreactive gas b. A reactive metal to make jewellery	a) Group 0. b) Transition metals.
11	Where are coloured gases found on the periodic table?	Group 7
12	What is the difference between elements and compounds?	An element consists of one kind of atom; but there are two or more elements in a compound. Elements combine to form compounds.
13	Which elements make up the sugar glucose (C ₆ H ₁₂ O ₆)?	Carbon, hydrogen, oxygen.
14	What is the difference between oxygen and an oxide?	Oxygen is the element (gas); an oxide is a compound consisting of oxygen combined with other element(s).
15	What is the difference between a chemical change and a physical change?	Chemical change is irreversible – new products are made, substances can look very different afterwards; physical change is reversible – the same substance in a different state (solid/liquid/gas).

16	Suggest what new product may be formed when potassium is heated in oxygen.	Potassium oxide.
17	Use a word equation to explain the reactions between oxygen and iron.	Iron + oxygen \rightarrow iron oxide.
18	Polymers can be broken down to the molecules they are made from. Is this a physical or chemical change?	Chemical.
19	What are the similarities between synthetic polymers and natural polymers?	They both consist of long chains of linked monomers.
20	Describe some examples of uses of synthetic polymers in place of metals.	Aircraft canopies; containers; water pipes.
21	List three items made from ceramics in your home.	These could include toilets, plates, bricks, tiles, mirrors, etc.
22	Glass and carbon fibre are strong and lightweight. What makes glass and carbon fibre a popular choice as reinforcers?	Glass and carbon fibres are plentiful in supply and very lightweight; they make a composite much stronger.
23	Suggest why ceramics may be chosen over metals to make turbo-jet engine blades.	Higher melting points; harder; some are less dense than metals; less likely to expand when heated.

SCIENCE – Organisms

1	The movement of what 2 parts brings about breathing in and out?	The ribcage and diaphragm.
2	When chest volume is high, is pressure high or low?	Pressure is low.
3	When the chest volume is low, is pressure high or low?	Pressure is high.
4	In a glass bell jar what does the bell jar and the balloon represent?	The ribcage and the lungs.
5	What is the definition of lung volume?	The amount of air you can breathe out in one breath.
6	What can you use to measure your lung volume?	A lung volume bag.
7	What is the correlation between lung size and height?	The greater the height, the larger the lung volume.
8	Where does gas exchange in the lungs occur?	The alveoli.

9	How are the alveoli adapted for their function?	Moist surface, many blood capillaries, large surface area and thin walls
10	Define respiration?	The transfer of energy from glucose in every cell of the body.
11	Give 2 lifestyle effects on the breathing system?	Exercise and smoking.
12	Give 2 disease effects on the breathing system?	Asthma and lung cancer.
13	What 3 chemicals do cigarettes contain?	Nicotine, tar and carbon monoxide.
14	What 7 food groups make up a healthy diet?	Carbohydrates, protein, lipids, minerals, vitamins, fibre and water.
15	What 4 things do we need energy for?	To grow, repair, move and keep warm.
16	Why do we need carbohydrates, fats, and protein?	Carbohydrates for energy, fats for energy and proteins for growth and repair.
17	How is the amount of energy in food measured?	In joules (j) or Kilojoules (kJ)
18	What is BMI a measure of?	A measure of body fat based on height and weight,
19	What are the effects of eating too much or too little food?	Obesity and starvation.
20	What vitamin deficiencies cause scurvy and rickets?	Vitamin C and vitamin D.
21	List the organs of the digestive system?	Mouth, gullet, stomach, pancreas, small intestine, large intestine and anus.
22	What 2 types of digestion are there?	Physical and mechanical digestion.
23	Define digestion?	Breakdown of large molecules of food(starch) into smaller molecules (glucose) for energy.
24	What happens in the small and large intestines?	Food is absorbed into the blood. Water is reabsorbed.
25	What is the function of enzymes?	Enzymes are catalysts that speed up the process of digestion.
26	What are the names of the 3 groups of enzymes?	Amylase, protease and lipase.
27	What 3 ways is the stomach adapted to its function?	Contains muscles to squeeze food, has acid to kill bacteria and contains an enzyme to digest protein.

SCIENCE – Electromagnets

1	State what would happen if two like poles or two opposite poles meet.	Like poles repel Opposite poles attract
2	Whereabouts is the field strongest on a bar magnet?	By the poles.
3	Where is the magnet field weakest on a bar magnet?	Further away from the magnet and where the lines are further apart
4	Why is a compass useful for navigation?	It points to north and so shows the direction you are travelling in.
5	How is a compass like a bar magnet?	A compass is a tiny bar magnet. It is very light and is free to swivel very easily so it is sensitive to magnetic fields.
6	How does the field diagram for a bar magnet indicate that the field is weaker further from the magnet?	The lines of force are further apart.
7	How is an electromagnet different from a permanent magnet?	It is a temporary magnet; it needs an electric current to produce the magnetic effect; when the current is switched off, there is no longer a magnetic effect.
8	How could you make an electromagnet stronger?	Increasing current. Increasing the number of turns of the coil. Adding an iron core. Making the wire into a coil
9	Explain the advantages of an electromagnet over a permanent magnet for devices that require a magnet	Compared with a permanent magnet, an electromagnet has more control over the magnetic field: the magnetic field can be switched off when required, the strength of an electromagnet can be changed easily, by increasing or decreasing the current.
10	Name some common uses of electromagnets.	Electric bells and buzzers. Loudspeakers and headphones Computer hard drives Separating iron and steel from non-magnetic materials
11	What must be done to stop an electric bell from ringing? Explain your answer.	The button should not be pressed down; an open switch prevents current flowing.
12	What advantages do circuit breakers have over ordinary switches?	They work automatically when a large current flows through the circuit; with a switch this has to be done manually, and the appliance may already be damaged.

13	What is the definition of an independent variable?	The variable that is being changed during the experiment.
14	What is the definition of a dependant variable	The variable being tested or measured during the experiment.
15	What is a control variable?	A variable that is kept the same during a scientific experiment.

SPANISH - CORE KNOWLEDGE QUESTIONS FOR FRENCH SHOULD BE USED ALONGSIDE YOUR VOCABULARY BOOKLET.

1	What is a noun? What is special about nouns in Spanish?	The name of a person, place, object or thing. All nouns are masculine or feminine.
2	What does gender mean in MFL?	Which groups nouns belong to.
3	What is an article?	The words the, a, some.
4	What is the definite article?	The word the
5	What are the 3 definite articles in Spanish?	el, la, los, las It becomes l'
6	What is the indefinite article?	A, some
7	What are the 4 indefinite articles in Spanish?	Un, una, unos, unas
8	What is the word for and. What type of word is it?	y It is a connective
9	What is a cognate?	A word in another language that looks or sounds like it's English meaning
10	What is a false friend?	A word in another language that looks or sounds English but does NOT mean the same