



Knowledge

Name _____

Form _____





“Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family”

Kofi Annan
(research who he is)

**Year 7
Knowledge Organiser:
Term 1A**

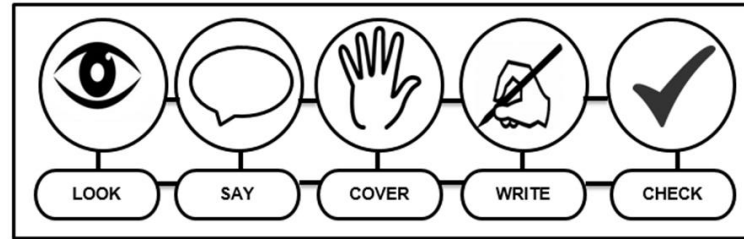
Instructions for using your Knowledge Organiser

The timetable on the next page tells you which subjects you should be studying on which days (it doesn't matter if you have that subject on that day or not, you should follow the timetable).

You are to use your exercise book to show the work you have done. Each evening you should start a new page and put the date clearly at the top.

You need to bring your KO and exercise book with you EVERY DAY to school. Your KO and exercise book will be checked regularly in form time.

You will also be tested in your lessons on knowledge from the organisers.



You must use the revision strategy **Look - Say - Cover - Write - Check** to learn the knowledge. You can also use your KOs and book in a number of different ways but you **should not just copy** from the Knowledge Organiser into your book.

Presentation

You should take pride in how you present your work:

- Each page should be clearly dated at the top right hand side with the **Subject** written in the middle e.g. English.
- Half way down the page a line should divide it in two with **Next Subject e.g. Maths** written above the dividing line.
- Each half of the page should be neatly filled with evidence of self-testing. There should be an appropriate amount of work.
- Failure to show pride in your presentation or wasting space on your page with large writing or starting a number of lines down will result in a **negative ATL**.



Year 7 Knowledge Organiser Homework Timetable

You are expected to **study the subjects shown on your timetable each day**. You need to **spend 20 minutes on each subject** and you will need to **evidence your work in your exercise book**.

WEEK A	Subject 1	Subject 2	Subject 3
MONDAY	English	Spanish	Geography
TUESDAY	Science	Maths	PD
WEDNESDAY	History	Music	Science
THURSDAY	RE	Maths	Food
FRIDAY	Computing	Technology	English

WEEK B	Subject 1	Subject 2	Subject 3
MONDAY	English	Drama	Geography
TUESDAY	Science	Maths	RE
WEDNESDAY	History	PE	Science
THURSDAY	RE	Maths	Spanish
FRIDAY	Computing	Art	English



Reading Log

"The more that you read, the more things you will know. The more that you learn, the more places you'll go"

Dr Seuss

Use this reading log to record the books you read and how long you have spent reading.

Week	MON	TUE	WED	THURS	FRI	SAT	SUN	Book(s) read (title and author)	Time spent reading	Parent comment/signature
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										



Year 7 English - Term 1: Ancient Origins



Task 1: What is a Myth? Myths were often written to explain natural events and quite often involved gods and fantasy creatures.

Task 2: Learn the definitions

Appositive	Noun or noun phrase that provides extra information or further identifies another noun/noun phrase.
Epic	A long poem, narrating the deeds and adventures of heroes and legendary figures.
Epithet	An adjective or phrase describing a characteristic of the person/thing described e.g. the wine-dark sea.
In media res	A narrative that starts in the middle of the action. E.g. the <i>Odyssey</i> starts almost at the end.
Juxtaposition	The fact of two things being seen or placed close together with contrasting effect.
Protagonist	One of the major characters in a narrative.
Exposition	The opening of a story, introducing characters, setting and plot.

Task 3: Learn the definitions

Climax	The most intense, exciting, or important point of a narrative.
Denouement	The solution of a mystery, the winding up of a plot, the outcome of a set of events.
Rhetoric	Language designed to have a persuasive or impressive effect.
Metaphor	Language that transports meaning from one 'place' to another. E.g. Juliet is the sun.
Ground	The relationship between the tenor and the vehicle. E.g. 'Juliet is the sun.' Both are bright/warm.
Tenor	The subject of a metaphor. E.g., 'Juliet is the sun,' Juliet is the tenor.
Vehicle	The imagery used to describe the tenor. E.g. 'Juliet is the sun,' The sun is the vehicle.



Task 4: Features of Myths

- Myths often included gods, demigods or supernatural characters.
- Gods will often behave in a similar way to humans and experience human emotions.
- Myths can sometimes be used to provide an explanation about how the world was originally created.
- They often have moral lessons - they aim to teach the audience something.
- Myths often contain magic and the supernatural.
- Sometimes characters will change or transform in what is known as a 'metamorphosis'.



Task 5: Record the definitions of the vocabulary below and learn how to spell each word.

Vocabulary	Definition
Altruism/Altruistic	
Desolate	
Duplicitous	
Hubris	
Omnipotent	



Year 7 Maths - Term 1A: Number sense and calculations

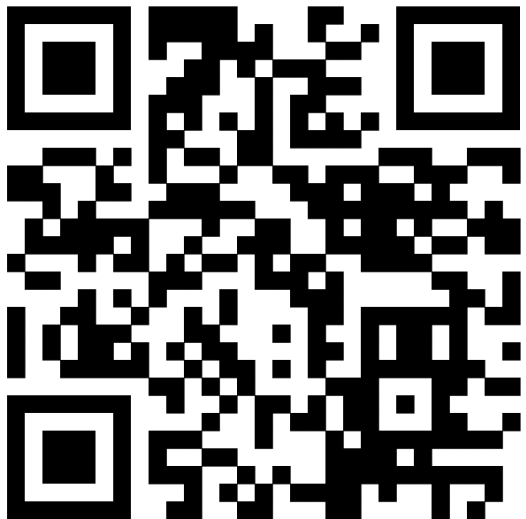
All Maths homework is set online through **Sparx Maths**.
Set and due in every **Wednesday at 8am**.

Use the QR code on the right to access the site or go to www.sparxmaths.uk and choose student.

To log in, use your school email address and the password you use to access the school computers.
e.g. Joe Bloggs 24BloggsJ@stcuthberts.com

We have chosen to use Sparx Maths as

- The homework is personalised to you.
- Sparx Maths keeps learning from your attempts to create challenging yet achievable questions each week.
- It is proven to improve students grades in Maths.
- There are support videos for each question, if needed.
- It provides your teachers with lots of insights about which topics you need more help with.
- It has consolidation questions each week to help you remember more.
- Because homework is made specifically for you, you will be able to answer every question correctly, but
 - some questions may take slightly longer than others
 - some questions will probably need more than one try to get it right.



Sparx Maths

St Cuthbert's Catholic High School



Student



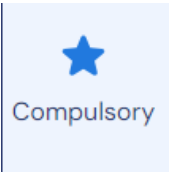
Teacher

Year 7 Maths - Term 1A: Number sense and calculations



Use your Knowledge organiser book to write down your question number, working out and answers. This will help you to pass your bookwork checks so that you will get fewer.

Compulsory personalised homework is set and due in each week on a **Wednesday at 8am**, this includes questions on topics you have recently covered in class, consolidation work and times tables. If you complete it by Monday 8am you will earn extra class charts points!



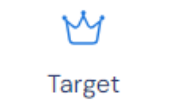
Compulsory

Sparx produces three personalised task for your each week. Two are optional.



XP Boost

- After you finish your **Compulsory** homework, refine your skills by completing similar problems in **XP Boost**



Target

- Further enhance your skills by completing the **Target** work which is a set of six questions chosen specifically to challenge you




Independent Learning


- You can also complete **Independent Learning** to support you further. You choose the level for this.

Sparx Maths

St Cuthbert's Catholic High School



Student



Teacher

IF YOU DO NOT HAVE ACCESS TO A PHONE, COMPUTER, LAPTOP, TABLET COME TO THE SPARX CLUB TUESDAY LUNCH TO COMPLETE YOUR HOMEWORK

Year 7 Science - Term 1A

GHS - Hazard Pictograms and Related Hazard Classes		
		
Expanding Bomb <ul style="list-style-type: none"> Explosive Self-reactives Organic Peroxides 	Corrosion <ul style="list-style-type: none"> Skin corrosion/burns Eye damage Corrosive to metals 	Flame Over Circle <ul style="list-style-type: none"> Oxidizing gases Oxidizing liquids Oxidizing solids
		
Gas Cylinder <ul style="list-style-type: none"> Gases under pressure 	Environment <ul style="list-style-type: none"> Aquatic toxicity 	Skull & Crossbones <ul style="list-style-type: none"> Acute toxicity (fatal or toxic)
		
Exclamation Mark <ul style="list-style-type: none"> Irritant (eye & skin) Skin sensitizer Acute toxicity Narcotic effects Respiratory tract irritant Hazardous to ozone layer (non-mandatory) 	Health Hazard <ul style="list-style-type: none"> Carcinogen Mutagenicity Reproductive toxicity Respiratory sensitizer Target organ toxicity Aspiration toxicity 	Flame <ul style="list-style-type: none"> Flammables Pyrophorics Self-heating Emits flammable gas Self-reactives Organic peroxides



Beaker - to mix or heat chemicals in.



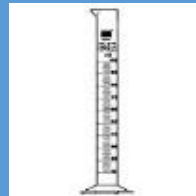
Pipette - to transport small volumes of liquid.



Top Pan Balance - to measure mass.



Evaporating basin - to evaporate excess solvents, such as water.



Measuring Cylinder - to measure volume of liquids.

Lab Safety Rules

- Wear goggles during all experiments.
- Long hair must be tied back and ties tucked in.
- Stand up and put all bags and coats out of the way.
- No food or drink to be consumed in the labs at any time.
- Report any injury, damage to equipment or spillages to your teacher.
- Pack all equipment away neatly and safely.
- Ensure your desk is clean and dry at the end of every lesson.
- Do not enter a lab unless told to do so by a teacher.



Independent variable

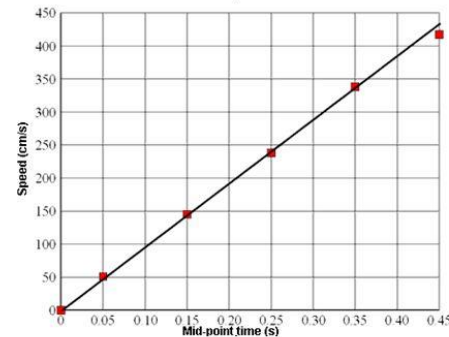
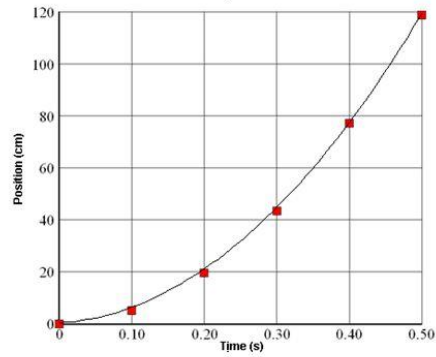
What you change in the experiment. It goes on the X-axis of a graph.

Dependent variable

What you measure in the experiment. It goes on the Y-axis of a graph.

Control Variables

Kept the same to make the experiment a fair test.

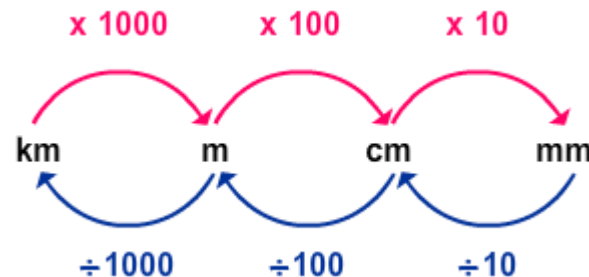


Scientific Graphs

- Most scientific graphs are made as **line** graphs. There may be times when other types would be appropriate, but they are rare.
- The lines on scientific graphs are usually drawn either **straight** or **curved**. These "smoothed" lines do not have to touch all the data points, but they should at least get close to most of them. They are called **best-fit lines**.
- In general, scientific graphs are not drawn in connect-the-dot fashion.

Measurement	SI Unit	Equipment used
Length	Metres, m	ruler
Mass	Grams, g	Top pan balance
Volume	Metres squared, m ³	Measuring cylinder
Force	Newtons, N	Newton meter
time	Seconds, s	Stop watch

Converting Units



Year 7 Science - Term 1A

	pH	Colour	Example
Acid	1	Red	Hydrochloric acid
	2		
	3	Orange	Orange juice, vinegar
	4		
	5	Yellow	Black coffee
	6		
Neutral	7	Green	Pure water
Alkali	8		
	9	Blue	Soap
	10		
	11		
	12		Washing soda
	13	Purple	
	14		Sodium hydroxide

Neutralisation

Acid + alkali → salt + water

e.g. Hydrochloric acid + Sodium hydroxide → Sodium chloride + water

Acid + base → salt + water

e.g. Nitric acid + iron oxide → Iron nitrate + water

Everyday uses of neutralisation

- Indigestion tablets neutralising excess stomach acid.
- Putting alkali substances onto bee stings.
- Farmers use lime to neutralise acidic soils.

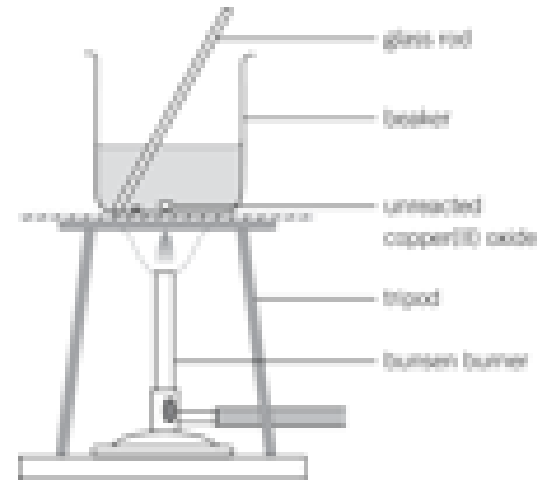
pH scale	A measure of how acidic or alkaline a substance is.
Acid	Substances with a pH 1 - 6, release H ⁺ ions.
Base	Substances that can neutralise acids, e.g. metal oxides.
Alkali	Substances with a pH of 8 - 14, release OH ⁻ ions.
Indicator	Substances whose solutions change colour due to changes in pH.
Neutral	Substances with a pH of 7 e.g. water.
Neutralisation	An acid and a base react to form salt and water.



Making Copper Sulfate Salt

Method

- 1 Using a measuring cylinder, measure 20 cm³ of sulfuric acid into the beaker.
- 2 Stand the beaker on a tripod and gauze and warm gently (DO NOT BOIL).
- 3 Add half a spatula of copper(II) oxide powder into the acid and stir using the glass rod.
- 4 Turn off the Bunsen but continue adding the copper(II) oxide until no more dissolves.
- 5 Allow to cool and then filter the mixture and discard the residue.
- 6 Pour the filtrate into an evaporating basin. Heat the solution until the volume is halved.
- 7 Remove from the heat and leave to crystallise.



1. How does God reveal himself to us?

The natural World

Bible

Jesus

Church and tradition; Pope and Bishops

2. The Bible is a **library of books** that have been written over thousands of years and by hundreds of authors. In a Catholic Bible there are **73 different books!** The Bible is made up of the **Old Testament** and the **New Testament**. The word 'testament' means covenant or promise.

The Old Testament starts with the creation stories in *Genesis*



The New Testament begins with the 4 Gospels which are about the life, teaching, death and resurrection of Jesus. It also tells the story about after Jesus and what his first followers did. The followers of Jesus became known as Christians.

Big Questions:

- What do Christians believe about God?
- How do we know about God?
- How did we get here?
- What makes us human?
- Should we care for the environment?



Key words	Definition
Revelation	The way in which God is made known to humans. Catholics believe God did this fully in the person of Jesus.
Bible	Christian holy book. Contains an Old Testament and New Testament. There are 73 books in a Catholic bible.
Gospel	Means "Good News". Four books called Matthew, Mark, Luke and John in the New Testament that tell us about Jesus.
Catechism of the Catholic Church (CCC)	A book summarising the teachings of the Catholic Church.
Prayer	The way humans communicate with God.
Stewardship	The duty to care for the world and everything in it.
Imago Dei	Latin phrase meaning, 'made in the image of God'.
Omnipotent	God is all powerful.
Omniscient	God is all knowing.
Transcendent	God is beyond space and time.
Eternal	God exists forever without end.
Immanent	God working within the universe.

Sources of Wisdom and Authority (SOWAA)

'Our human words can always fall short of the mystery of God.' - Catechism of the Catholic Church.

'In the beginning God created the heavens and earth' - Genesis 1:1

'God saw that it was very good'. - Genesis 1

'Then God said, "Let us make man in our own image and likeness' -Genesis 1.

'God is not a magician with a magic wand' - Pope Francis

'And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth".' - Genesis 1:28

'we must respond to the cry of the earth and cry of the poor' - Laudato Si - Letter from Pope Francis

Prayer is the 'raising of our hearts and minds to God'. - Catechism of the Catholic Church

4. Stewardship - Catholics believe that God made the world ; this means that we must look after our planet and be good **stewards** towards it. Pope Francis wrote a letter called Laudato Si to encourage everyone to look after 'our common home'.



w/b 16 Sept	Section 1	w/b Oct 7	Section 3
w/b 23 Sept	Key words & definitions	w/b Oct 14	SOWAA
w/b 30 Sept	Section 2	w/b Oct 21	Section 4, & recap all

3. Most Catholics do not believe every word in the Bible is literally true. The church teaches that we have to think about who wrote it, who they wrote it for, and what life was like then. Catholics do, however, take the stories about Jesus literally and believe they are fully true.

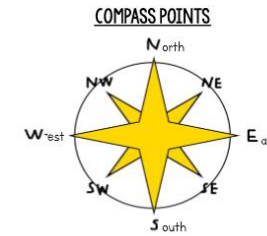


Genesis is the first book of the Bible and means 'in the beginning' or 'origins'. This book contains the creation stories. These stories help us work out what God is like - he is powerful (omnipotent), he care for his creation, he loves us. Some Christians say the Genesis tells us everything we need to know - they say the scientific theories are wrong! These Christians are creationists. However most Christians (including Catholics) say you can believe in the scientific theories and also believe that God is behind it all. The Big Bang theory states the universe began 15 million years ago, and the theory of evolution says that all living things have changed and developed over millions of years.



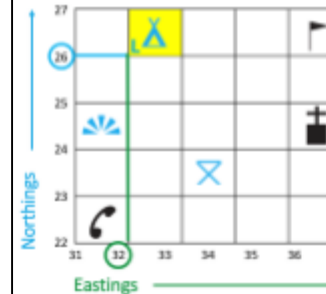
Key Vocabulary ...

Compass Directions	Can be 4, 8 or 16-point. The most basic form being North, East, South and West.
Contour Line	A line on a map joining points of equal height above or below sea level.
Distance	The length of the space between two points, usually measured in metres, kilometres or miles.
Four Figure Grid References	A four figure grid reference points you towards a particular square on a map. On all OS maps these squares represent one square kilometre.
Six Figure Grid References	Six figure grid references allow you to be more accurate with a location than a 4 figure grid reference. Harder to get the hang of, but an essential tool for geographers
The Ordnance Survey	A government agency that are responsible for mapping. They create a number of maps at different scales used originally by the armed forces, and then as an accurate maps of the whole country, as well as overseas. Often referred to as OS Maps.
Location	A particular place or position.
Map	A diagrammatic representation of an area of land or sea showing physical features, cities, roads, etc.



4 FIGURE GRID REFERENCES

Along the edges of each map there are numbers. These numbers help you work out where a location is on a map. Northings are numbers that go from bottom to top, Eastings go from left to right.



The first two numbers give the eastings.

32 26

The second two numbers give the northings.

Remember... eastings then northings!

Along the corridor and up the stairs!

6 FIGURE GRID REFERENCES

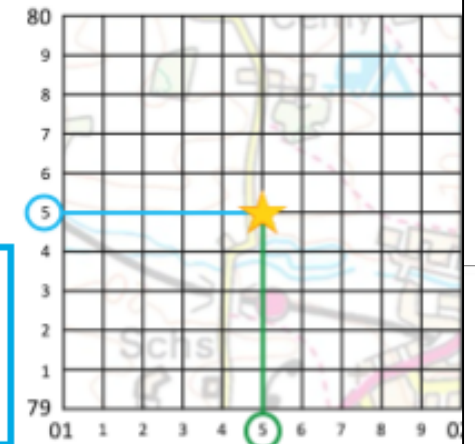
We can use six-figure grid references to find an exact location within a grid square, so they are much more accurate. The grid square is divided into tenths.

Example:

015 795














The first three numbers give the easting which includes the number of tenths.

The last three numbers give the northing which includes the number of tenths.



Symbols are useful for lots of reasons including, space saving on a map, multi-lingual (all languages can understand them), saves time, clear.

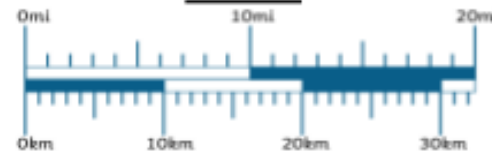
TOURIST INFORMATION

	Camp site
	Caravan site
	Garden
	Golf course or links
	Information centre, all year / seasonal
	Nature reserve
	Parking, Park and ride, all year / seasonal
	Picnic site
	Selected places of tourist interest
	Telephone, public / motoring organisation
	Viewpoint
	Visitor centre
	Walks / Trails
	Youth hostel

SCALE AND DISTANCE

OS maps have a scale. On some smaller maps, 1cm on the map equals 250m in real life. On some larger maps, 1cm on the map equals 500m. Different maps might have different scales, so check on your map to find its scale.

LINE SCALE



Using a line scale on a map is as easy as using a ruler. The important thing to remember is that a line scale shows measurements in km and the measurements on a ruler are in cm.

WORD SCALE

One centimeter on the map represents 3 kilometers on the ground. (1cm = 3 km)

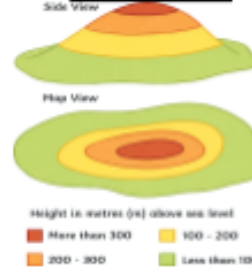
Using the scale above, if we measure the distance on a map between two places with our ruler. The measurement is 4cm. We then have to multiply that measurement by 3 to calculate that the real distance between the two places is 12km.

HEIGHT AND RELIEF

RELIEF the difference between the highest and lowest heights of an area.

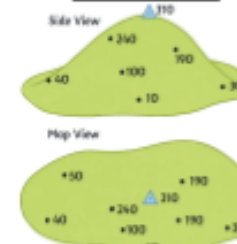
TOPOGRAPHY the surface features of the earth like hills, mountains, valleys etc.

LAYER SHADING



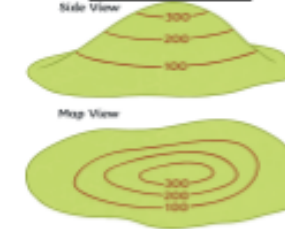
Areas of different heights are shown using different colours. A key is used to show how high the land is.

SPOT HEIGHTS



The exact height of a place above the ground is measured and written onto a map.

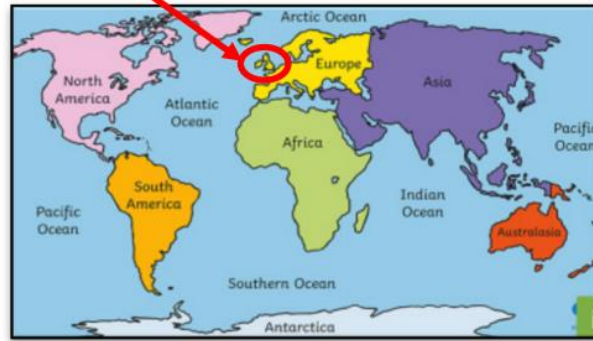
CONTOUR LINES



Contour lines are lines on a map which join up places of the same height. Everywhere along a contour line is the same height.



WHERE IS THE UK?



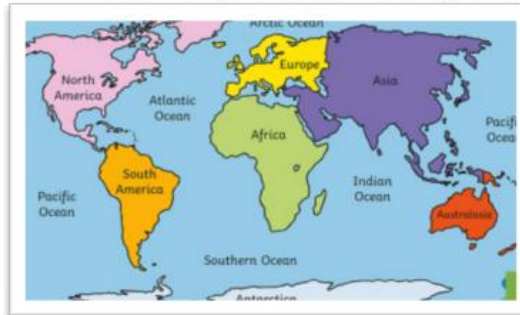
The United Kingdom (UK) is an Island country located in the continent of Europe, it is made up of four countries: England, Scotland, Northern Ireland and Wales.

THE UK



ATLAS SKILLS

There are generally three main types of maps shown in an atlas:

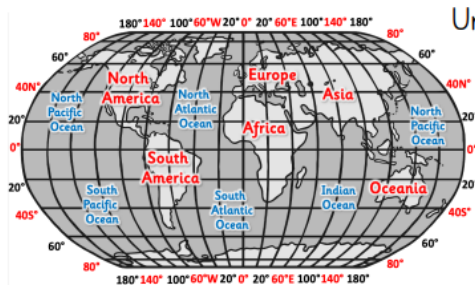


PHYSICAL MAPS these show topography/relief (the shape of the land) and other physical features such as rivers and lakes:

POLITICAL MAPS these show country borders, cities, transport links etc.

THEMATIC MAPS these show information such as climate data, agriculture types etc.

LONGITUDE AND LATITUDE



Unlike grid lines where we go along the corridor and the stairs, here we go UP and ACROSS

LATITUDE

Flat lines. Flat-itude!

LONGITUDE

Long lines – up and down

1. What are the 3 ways we can show height on a map?
2. How can we measure distance on a map?
3. Give two reasons why we use map symbols?

Name the map symbol.



PO



Sch



Questions

Why do we use 6 figure grid references instead of 4?

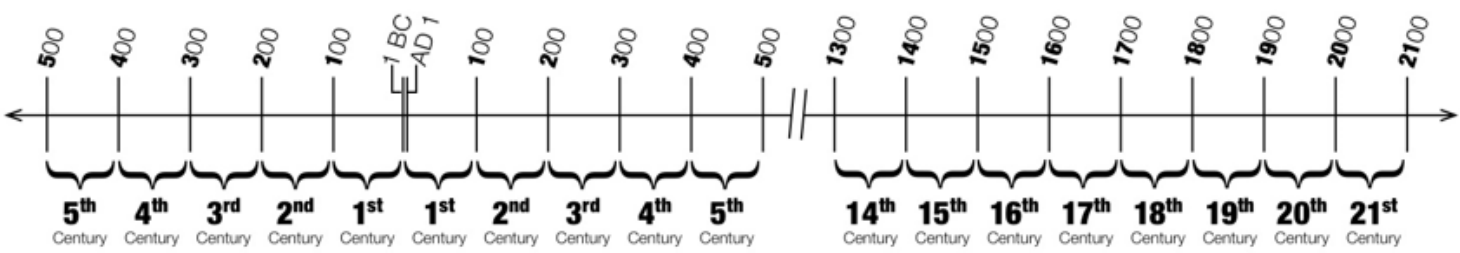
What careers do map skills help with?

Challenge- Using the template you have been given create your own 2D map with 10 questions your partner has to answer testing their map skills.

If you're trying to remember dates, thinking in terms of centuries can be really confusing. So, whenever you hear a time period given as a century, **always translate the century into years in your head**. For example:

When you see 14th century, think 1300's. When you see the 6th century, think 500's.

Understanding Centuries



Key vocabulary

1

History: from the greek word "historia", which means to find out, or conduct an inquiry. History is the study of the past.

Legacy: a situation that exists now because of events, actions etc. that took place in the past.

Significance: being worthy of attention or important.

Source: Information created at the time of study (documents, objects, artwork etc).

Interpretation: Information written after the event, usually by historians.

Cause: the reason why something happens.

Century: a period of a hundred years.

Change: an act or process through which something becomes different.

Chronology: the arrangement of events or dates in the order of their occurrence.

Consequence: a result or an effect of an action.

Continuity: a state of stability and the absence of disruption (things staying the same).

Decade: a period of ten years.

Diversity: the state of something being different or containing different elements.

Year 7 History - Term 1A: The Ancient World

Key locations of the Ancient World:
Greece, Egypt, Rome, Britain



Before



After

The Neolithic Revolution

2

Human beings have been living in the part of northern Europe that is today called Britain for about 750,000 years. For most of that time, they survived by gathering food like nuts, berries, leaves and fruit from wild sources, and by hunting. This changed to farming methods, the creation of society and class systems, and the development of law and order during the Neolithic era.

What did the Greeks do for us?

4

- Our alphabet is based on the Greek one.
- Alexander the Great took Greek ideas such as language and maths and spread them across the world.
- The Greeks created the first democracy. citizens would gather together on a dusty hill called the Pnyx and decide on laws and who should sit on the ruling council.

What did the Egyptians do for us?

3

- Trying to control the flood water of the Nile, the Egyptians built the first dam, a huge undertaking which unfortunately didn't survive a severe flash flood.
- To speed up the smelting of bronze they invented the foot bellows and devised the multiple headed drill - a drill that could cut through at least three beads at the same time.
- The wig, make-up and decorative clothing,
- The Egyptians invented the first lock.
- To pass the time of day they invented fishing as a hobby and the folding stool to sit on whilst waiting for that bite.

What did the Romans do for us?

5

- 60% of the words in the English dictionary originated from the Latin language.
- Roman courts have influenced our own justice system.
- Roman roads connected towns and cities across the Roman Empire.
- Christianity is the dominant religion in Europe because the Romans made it the religion of their Empire.
- In the United States the Senate, which is the part of the body that makes United States law, is named after the Roman Senate.
- We still use Roman numerals.

Democracy = A government that is run by the people.
Class system = social status is largely determined by the family into which a person is born.



DIVERSITY



Different
Individuals
Valuing
Each other
Regardless of
Skin
Intellect
Talent or
Years

[Watch this](#) - on
equality and diversity

What do we mean by equality and diversity?

It's making sure everyone is treated equally no matter what their differences are.

The Equality Act (2010) was introduced to offer legal protection to those people with one or more 'protected characteristics'. The protected characteristics are:

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual orientation

What do we do at St Cuthbert's to celebrate equality and diversity?

- Focus weeks in sacred time like Black History month and LGBTQ
- Lots of assemblies to highlight equality and diversity like International Women's Day and refugee week.
- We make lots of different foods from different countries in Technology
- We speak different languages as part of our curriculum and as part of International language week
- We learn about lots of different religions
- We use classroom resources which promote equality and diversity
- We are offered trips and activities which allow us to be immersed into different cultures and experience new things.
- Our Careers programme aims to provide us with equal opportunities.
- We are actively encouraged to avoid stereotypes and challenge or report any behaviour which is seen to harass or upset anybody.



Year 7 Art - Term 1A

All About Me Project—Definitions Keywords

Layout—how the elements of a picture or page are set out.

Portrait—a painting, drawing or photographic representation of a person or animal.

Identity—the qualities, beliefs, personality, looks and/or expressions and the culture that can effect an individuals behaviour.

Collage— technique and the resulting work of art in which pieces of paper, photographs, fabric and other ephemera are arranged and stuck down onto a supporting surface.

Historical Context— Portraits



The Ambassadors (1533) is a painting by Hans Holbein

This painting by Holbein, painted the same year Queen Elizabeth 1st was born, is very famous and depicts two wealthy and important French courtiers who acted as ambassadors for the King of France. Within the painting are symbols that tell us about the two men, as well as aspects that were important to them at the time.

Books tell us that the men were intellectual and had a breadth of interests, including Maths and religion.

The Lute (Guitar) could tell us that the men had cultural interests in the Arts although the broken string is seen to suggest growing discord between the Catholic and Protestant.

Religions.



FRIDA KAHLO.—Self Portraits

Frida Kahlo (1907—1954)

Out of the 143 artworks that Kahlo painted, 55 were self portraits. These paintings depicted her extraordinary life and the relationships that she had including those of her many pets.

Kahlo's painting often had a dream like quality to them. This style of painting is often associated with Surrealism although the artist always felt that her paintings had a different focus.

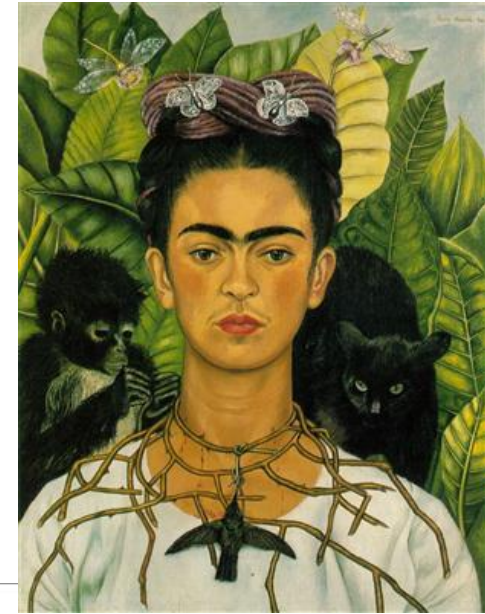


The Little Deer (1946)

Frida Kahlo lived a life of pain, enduring over 30 operations due to illness and injury. This theme was expressed through many images where the artist could clearly be seen to be suffering or cut open with graphic open wounds or the many surgical reconstructions that she underwent.

Appearance of animals in paintings were a key feature in many of Kahlo's paintings. They were mainly her pets and featured as much as her family and friends.

Her marriage to the famous artist Diego Rivera was even symbolised through animals as it was seen as, "A marriage between an elephant and a dove". Rivera weighed three times her weight and was 20 years her senior.



Password security - Golden rules

1. At least 8 characters
2. UPPER and lower case letters
3. At least 1 number
4. Make it hard someone to guess but easy for you to remember
5. Treat it like a toothbrush - Change it regularly but never share with anyone else

Rules of the IT room

1. No food or drink
2. Hands on your own keyboard and mice
3. Treat the equipment with respect - other people need to use it too
4. Log in using a secure password
5. Come prepared with your username and password

Presenting information to an audience

1. Think about your target audience
2. Select appropriate images to use in your work
3. Don't use too many images or videos
4. Use good colour contrasts to help make your work stand out e.g. white background, black font.
5. Filter images based on their copyright licence

What is the best example of a strong password?

password123
Cat99
Sthelens01
Liverp00l
mHa11hfwW@5

DO NOW -
Research the following: -
Cyberbullying
Email construction

Personal information online - do's and don'ts

<i>It is Okay to give away...</i>	<i>It is NOT okay to give away...</i>
Hobbies	Name
Nickname	Address
Favourite sport	Places you visit
	Age
	Image of you

Contact

Remember what you say and do online stays online forever - it is called our '**digital footprint**'. We should treat our online comments in the same way as we treat our offline comments.

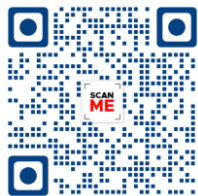
Always be kind to one another and when giving feedback write one positive, one critical and another positive comment - **the sandwich technique.**



Tech Health and Safety

- Wear an APRON at ALL times.
- ALWAYS follow instructions and rules.
- Do not take shortcuts.
- Ask for help if you need it.
- When using machinery ALWAYS wear EYE PROTECTION & MACHINE GUARDS.
- Do not TOUCH machines or equipment unless you have permission.
- NEVER run in the workshop.

Scan the QR codes to watch a video about health and safety..



Key vocabulary	Definition
Tolerance	The difference between the maximum and minimum dimensions of error.
Marking Out	Measure in mm and mark using a pencil and steel ruler for accuracy.
Millimetres	Metric unit of length, Ten Millimetres make 1 cm.
CAD	Computer Aided Design.
CAM	Computer Aided Manufacture .
Hazard	Anything that can cause harm or danger.
Softwood	Wood that comes from Coniferous trees, quick growing, easy to work with.
Hardwood	Wood that comes from Deciduous trees, slow growing, difficult to work with.
Coniferous Tree	A tree that keeps it leaves all year round.
Deciduous Tree	A tree that sheds its leaves every Autumn .

Material

Scan the QR codes to watch a video about the differences between Hard and Soft Wood.



The Tenon Saw

- Hold in your dominant hand. (What hand you write with)
- Rest your index finger on the grip
- Pull back a couple of times before the mark
- Bring your arm back and forth the full length of the blade.
- Keep the fingers on your other hand away from the saw blade.



Aesthetics: What does it look like?

Client: Who is it for?

Safety: How safe is it?

Size: How big is it?

Function: What is it used for?

Material: What is it made from?

Measuring

Materials are measured in different ways depending if they are small or large quantities. Here are some of our most used measurements and their abbreviation.

Centimetres (cm) Millimetres (mm)

Angles are measured in Degrees, 90°

Most used measurements

Centimetre = 10mm

cm x 10 = mm

Right Angles = 90° 

- **Toughness**- Toughness can be described as a material's ability to withstand impact from a dynamic force.
- **Hardness**- Hardness is the ability of a material to withstand scratching, cutting and abrasion.
- **Absorbency**- Absorbency is a material's ability to soak up and retain liquid.
- **Resistance to moisture** - Resistance to moisture is a material's ability to prevent liquid and moisture permeating its surface.
- **Strength**- Strength is the ability of a material to withstand a constant force without breaking.



Year 7 Drama- Term 1A: The terrible fate of Humpty Dumpty

WHAT IS A PLAYSRIPT?

A written version of a play used by actors to prepare and rehearse for a performance.

Title: The name given to the play script.

Character list: Found at the beginning of a play script. It tells us what characters are in the play. Sometimes it gives us a description of the character and their characteristics.

Stage directions: Used to set the scene. They are an instruction. They tell an actor what they should be doing in that scene (their actions) or how they should talk. Normally presented in brackets or in *italics*.

Setting the scene: Gives the actors information/a description about the scene. Where it is. What it is like (weather). Who is there.

Dialogue: The speech between characters. The character's names are on the left hand side of the page. No speech marks. The speech is separated by a colon (:)

Acts/ Scenes: Like chapters in a book, it is a different part of the play. Used when you want to change the location or the time the dialogue is taking place. At the start of a new scene, it is important to say where and when it is happening.

TECHNIQUES AND DEVICES

HOTSEATING

A character is questioned by the group about his or her background, behaviour and motivation.

FLASHBACK

A scene or point that takes the narrative back in time from the current point

NARRATOR

Narration is a **technique** whereby one or more performers speak directly to the audience to tell a story, give information or comment on the action of the scene or the motivations of characters. Characters may narrate, or a performer who is not involved in the action can carry out the role of 'narrator'

COMMONLY MISPELLED WORDS IN DRAMA

Performance

Scene

Role

Character

Monologue

Narrator



Year 7 Food - Term 1A: Hygiene and the Eatwell Guide

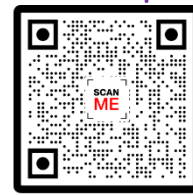
Food hygiene and safety

- Wash hands before preparing any food, after handling raw meat, after sneezing/coughing and going to the toilet.
- Wear a clean apron.
- Cover cuts with a blue plaster.
- Tie hair up.
- Remove jewellery and nail varnish before handling food.
- If you are ill, do not cook.
- Follow the 4Cs - cleaning, cooking, chilling and cross-contamination.

Scan the QR codes to watch a video about food safety and complete your homework quiz.



SCAN TO WATCH



SCAN FOR QUIZ

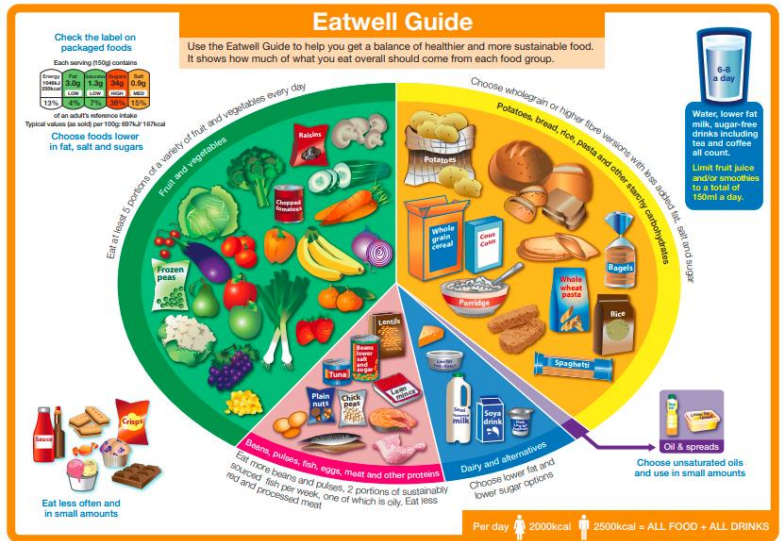
Key vocabulary	Definition
Ambient	Room temperature - usually between 15°C and 25°C.
Chilled storage	A refrigerator where the temperature is
Danger zone	Range of temperatures (5°C to 63°C) in which bacteria multiply very quickly.
Enzymic browning	When enzymes in cut fruit/vegetables come into contact with oxygen in the air. This causes the fruit to turn brown.
Frozen storage	Food is preserved in a freezer
Hazard	Anything that can cause harm or danger.
High risk food	A food that, if not stored correctly, could grow harmful bacteria.
Macronutrients	The main nutrients found in food - carbohydrates, fat and protein
Micronutrients	Nutrients found in small quantities in food, such as vitamins and minerals
Rubbing in	Method where fat is rubbed into flour using your fingertips.

The hand blender

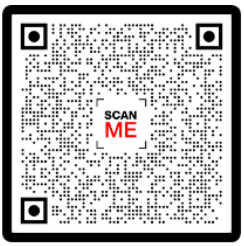
- Only turn on the blender when it is in the food - to prevent splashing.
- Do not use if damaged.
- Do not blend very thick foods for more than 3 minutes as the blender will overheat.
- Do not scrape mixture out of the blender when it is still plugged in.
- Turn off when finished and only wash the blade attachment.



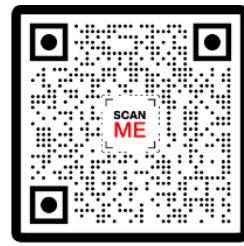
The Eatwell Guide



Scan the QR codes to watch a video about the Eatwell guide and complete your homework quiz.



SCAN TO WATCH

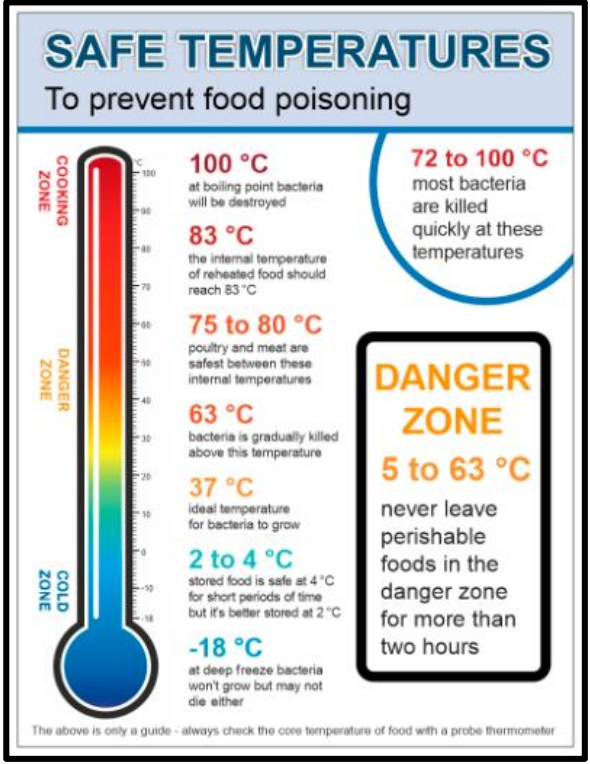


SCAN FOR QUIZ

- ### The 8 tips for healthy living
- 1 Base your meals on starchy foods.
 - 2 Eat at least 5 portions of fruit/vegetables.
 - 3 Eat two portions of fish per week, one oily.
 - 4 Cut down on saturated fat and sugar.
 - 5 Eat less salt - no more than 6g.
 - 6 Get active to be a healthy weight.
 - 7 Drink plenty of water - 1½ - 1 litres.
 - 8 Eat breakfast every day.

Weighing and measuring

Ingredients are measured in many different ways depending on whether they are liquid or dry ingredients or in small or large quantities. Here are some of our most used measurements and their abbreviation. Grams (g) Kilogram (Kg) Millilitre (ml) Litre (l) Tablespoon (tbsp.) Teaspoon (tsp.)

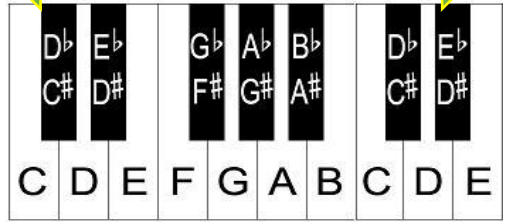


- ### Most used measurements
- Kilogram = 1000g
 - Litre = 1000ml
 - Tablespoon = 15ml
 - Teaspoon = 5ml

Year 7 Music - Term 1A

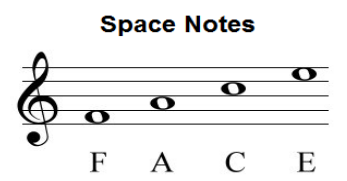
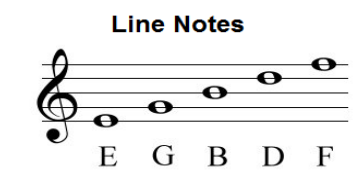
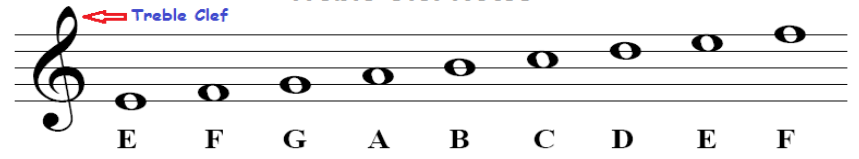
1. Keyboard and Notation

- Notes are in alphabetical order, going up to G
- Say: 'C is to the left of the two black keys: C D E F G A B'



A note by itself CANNOT be major or minor!

- Every **black note** has two names: **sharp #** and **flat b**
- Flat** = lower than white note
- Sharp** = higher than white note



2. Brass



Cornet :
The cornet is a brass instrument similar to a trumpet but smaller. It has three valves.

Valves
There are 3 valves on a cornet that brass players press in different sequences to produce notes.

Slide
A slide is used to help with tuning the instrument.

Bell
The Bell is the end of the instrument where the sound comes out.

Mouth piece.
The mouthpiece is a separate part of the instrument that is placed into the cornet to produce a note.

3. Chords

1. Chord = 2+ notes played together

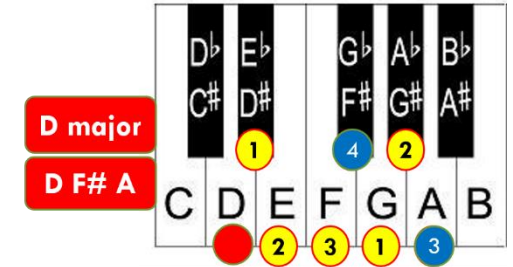


2. Chords can be **major** or **minor**

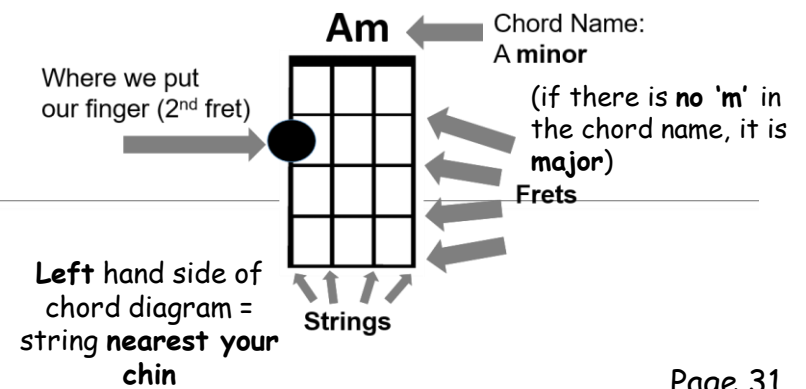
Major = 4 then 3 semitones. Sounds happy	Minor = 3 then 4 semitones. Sounds sad
---	---

Semitone = the next note, counting white AND black

The bottom note of the chord = the **root**. The root gives its name to the chord.



3. Chords are usually played on the **keyboard, guitar, or ukulele.**



Year 7 Physical Education – Term 1A

General Sporting Terms

Passing	The ability to pass (throw/kick) the ball accurately from yourself to another member of your team.
Interception	The term for being successful in 'cutting-out' a pass or attack, gaining possession of the ball.
Defending	Marking a player/space to try to dispossess an opponent or to stop goals from being scored.
Attacking	Pushing forward towards the goal area / putting pressure onto the oppositions defence.
Foul	Given in any sport when the rules or laws of the game have been broken.

RUGBY

Key terms	Meaning
Passing & Receiving	Handle the ball correctly, to then replicate a pass whilst on the move.
Knock-on / forward pass	The ball carrier drops or passes the ball and it lands/travels in front of the line of play.
Maul	Convergence of players around a ball carrier to push the player and the ball forward.
Scrum	Players from one team link arms, bend over and push forward against a similar group from the opposing side.

GYMNASTICS

Learn the meanings of the following key terms: balance, roll, twist, rotate, jump, leap.

"Sportspersonship"

All sports should be played to the rules and laws of the game. This phrase is used when Resisting any attempt at an unfair advantage against your opponent

"Tactics"

Term given for pre-planned methods of beating an opposition. Usually developed as a team or with a coach.

Muscles

- Quadriceps
- Hamstrings
- Biceps
- Triceps
- Abdominals
- Gastrocnemius (Calf muscle)

Key Values

Determination

Communication

Leadership

Cooperation

Teamwork

NETBALL

Key terms	Meaning
Footwork	Taking additional steps when in possession of the ball.
Held Ball	Maximum 3 seconds when in possession of the ball.
Pivot	Used to describe when you turn around your "landing" foot - to change the direction that you want to pass in.
Distance	When defending a player you must be 3yds away.

FOOTBALL

Key terms	Meaning
Handball	When a player contacts the ball with their hand.
Off-side	If a player passes the ball to another player who's behind the oppositions last man. (does not include the goal keeper)
Volley / Header	A strike of the ball with a foot, whilst it is still in the air. A header is play of the ball using the head.
Control	When a player keeps possession of the ball, usually with close footwork.



Year 7 Spanish - Term 1A: Me presento

1.1 Bienvenido a España		1.2 ¿Qué tal?	
¿De dónde eres? ¿De dónde es?	Where are you from? Where is he/she from?	¿Cómo estás? ¿Qué tal?	How are you? How are you?
España Inglaterra Turquía Polonia Portugal	Spain England Turkey Poland Portugal	bien fantástico/a fatal fenomenal mal regular ¿Y tú? ¡Hola! Buenos días Buenas tardes ¡Adiós! ¡Hasta luego! /¡Hasta la vista!	well fantastic awful great, excellent bad/badly so-so And you? Hello! Good morning/ day Good afternoon Goodbye! See you later! See you later!
<u>Opiniones</u> Me gusta No me gusta Me encanta Me gusta mucho No me gusta nada Odio / detesto Prefiero Me gustaría	<u>Opinions</u> I like I don't like I love I really like it I don't like it at all I hate I prefer I would like		
<u>Verbos claves</u> Tengo Tienes Tiene Soy Eres Es Hay	<u>Key Verbs</u> I have You have He / she has I am You are He / she is There is / are	¿Cómo te llamas? Me llamo Mi nombre es	What's your name? I am called ... My name is ..



Year 7 Spanish - Term 1A: Me presento

1.3 Mi carnet de identidad		1.4 i... y que cumplas muchos más!	
¿Cuántos años tienes?	<i>How old are you?</i>	lunes	Monday
Uno, dos, tres	1, 2, 3	martes	Tuesday
Cuatro, cinco, seis	4, 5, 6	miércoles	Wednesday
Siete, ocho, nueve, diez	7, 8, 9, 10	jueves	Thursday
Once, doce, trece	11 12 13	viernes	Friday
Catorce, quince, dieciséis	14 15 16	sábado	Saturday
diecisiete	17	domingo	Sunday
dieciocho	18	enero	January
diecinueve	19	febrero	February
veinte	20	marzo	March
veintiuno	21	abril	April
veintidós	22	mayo	May
veintitrés	23	junio	June
veinticuatro	24	julio	July
veinticinco	25	agosto	August
veintiséis	26	septiembre	September
veintisiete	27	octubre	October
veintiocho	28	noviembre	November
veintinueve	29	diciembre	December
treinta	30	¿Cuándo es tu cumpleaños?	When is your birthday?
treinta y uno	31		
el/la amigo/a	<i>Friend</i>	el año	year
el apellido	<i>surname</i>	el cumpleaños	birthday
el carnet de identidad	<i>ID card</i>	la fecha	date
la edad	<i>age</i>	el mes	month
el lugar de nacimiento	<i>birthplace</i>	el primero	the first
el nombre	<i>name</i>	la semana	week
		Hoy	today



Notes

A series of horizontal dotted lines for writing notes.





St Cuthbert's Catholic High School

Live life in all its fullness