



2024-2025

# Year 8 Cycle 1

# 100% Book

Name:

Tutor group:

## Your 100% book and knowledge organisers

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Knowledge organisers contain **critical** knowledge you must know. This will help you recap, revisit and revise what you have learnt in lessons in order to remember this knowledge for the long-term.

**Students remember 50% more when they test themselves after learning.**

**You must have this 100% book for every lesson – it is part of your equipment.**

**You must keep your 100% books (even after you have finished the cycle or the year).**

## How do I use my 100% book for self-quizzing?

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1) Write today's date and the title from the knowledge organiser and underline with a ruler



2) Write out the keywords leaving two lines between each word



3) Cover the definitions apart from the first: read it, cover it, say it in your head, check it



4) If you got it right, move on and quiz yourself on the rest in your head, one by one



5) Cover up all the definitions and write them out from memory



6) Check your answers using green pen

- Tick any definitions which are correct
- Correct any definitions not completely correct



# Correcting spelling, punctuation and grammar

Your work will be marked across all subjects to help you improve your literacy. This is the code that will be used.

Correcting your spelling, punctuation and grammar	
<b>Sp + underlined word</b>	The underlined word is spelt incorrectly. Look, cover, write then check. Do this at least three times so you spell it correctly.
<b>A circle around part of a word or a space</b>	Your punctuation is incorrect, or something is missing (including capital letters).
<b>? + wobbly line</b>	You haven't explained your ideas clearly enough.
<b>/</b>	You need to start a new sentence here. Remember: full stop, capital letter.
<b>//</b>	You need to start a new paragraph here. Remember: new paragraphs for time, place, topic, person (TiPToP).
<b>^</b>	A word is missing where the arrow is pointing.



## Year 8 – Cycle 1 – Art & Design

1	Still life	Art that shows inanimate objects, such as fruit, flowers, baskets or bowls
2	Symbolism	The use of symbols to represent ideas or qualities
3	Composition	The layout of shapes and objects on the page
4	Cabinet of curiosities	Collections of extraordinary objects that tell stories about the wonders of the natural world
5	Form	The appearance of something as three dimensional
6	Tone	The lightness or darkness of a colour
7	Realism	Art that is painted in a realistic and almost photographic way
8	Gradient	Blending of shades from light to dark or from one colour to another
9	Contours	Lines that follow the form of a subject creating a 3D effect
10	Vivid	Colour or light that is bright and strong
11	Acrylic paint	Fast-drying, water-based paint with pigment in plastics
12	Muted	Colour that has been dulled by mixing with other colours

## Year 8 – Cycle 1 – Drama

1	Physical theatre	A type of theatre that uses movement and the body to tell a story
2	Body tension	The tightness of muscles to perform accurate movements
3	Mime	Silent scene where actions show the story
4	Stimulus	A starting point for creating theatre
5	Non-naturalistic	A style of theatre that does not copy real life
6	Abstract	Theatre that uses stylised movement, speech and music rather than representing real life
7	Unison	Movement or words performed in time together in a group
8	Canon	Movement or words performed one after each other in a group
9	Frantic Assembly	A theatre company who use physical movement to communicate to the audience
10	Chair duet	A technique using two people sat on a chair to tell a story of relationships
11	Round/by/through	A technique used to connect a series of movements together smoothly
12	Gesture	Movement of the hand to communicate meaning

## Year 8 – Cycle 1 – Design and Technology

1	Marking-out	To accurately measure and draw dimensions onto a material
2	MDF (Medium Density Fibreboard)	A type of wood made from resin and recycled wood fibres
3	Dowel	A cylindrical rod made of wood, plastic, or metal
4	Friction fit	A method of tightly joining two parts together by applying force
5	Tolerance	The minimum and maximum limits of two or more interacting parts
6	Pivot	A centre point at which parts turn or spin
7	Hegner saw	Electric saw used for cutting wood or plastic parts
8	Pillar drill	Electric drill that cuts holes of different sizes into material such as wood or plastic
9	Belt sander	Used to smooth surfaces with a spinning belt of sandpaper
10	Tenon saw	A small hand saw used for precise cutting of wood
11	Coping saw	A narrow saw stretched across a D-shaped frame
12	Mechanical vice	Clamp used to secure material to allow work to be performed on it

## Year 8 – Cycle 1 – English – *Romeo and Juliet* by William Shakespeare

### A: Poetry

1	Stanza (n)	A group of lines in a poem. Stanzas can be regular or irregular
2	Speaker (n)	The voice telling the poem – usually separate from the poet

### B: Writer's methods

1	Aside (n)	When a character briefly speaks to the audience, unheard by other characters
2	Prose (n)	In Shakespeare: normal sentences without any set rhythm. Used for comedy and lower-class speakers.
3	Verse (n)	In Shakespeare: speech with a regular rhythm which does not always rhyme
4	Monologue (n)	A long speech by one character in a play or film
5	Soliloquy (n)	When a character speaks his or her thoughts aloud
6	Juxtaposition (n)	Two ideas or images being placed close together to highlight a contrast

### C: Context

1	Tragedy (n)	A serious play in which the characters, including the protagonists, usually die
2	Fate (n)	Destiny, as decided by the stars or universe
3	Feud (n)	A long-standing and bitter argument or dispute
4	Patriarchy (n)	A patriarchal society is controlled by men

# Year 8 – Cycle 1 – French

A: Verbs and phrases		
1	To play football	jouer au foot
2	To play video games	jouer aux jeux vidéo
3	To do swimming	faire de la natation
4	To chat	bavarder
5	I go out	je sors
6	I read	je lis
7	I have fun	je m’amuse
8	I go for a walk	je me promène
9	I watch	je regarde
10	I listen	j’écoute
11	I would like	je voudrais
12	I have (...food/drink)	je prends
13	It is	c’est
14	I am going to go	je vais aller
15	I am going to do	je vais faire
16	I hope to buy	j’espère acheter
17	I want to see	je veux voir
18	It will be	ça sera
19	I went	je suis allé
20	I did	j’ai fait

21	I played	j’ai joué
22	I watched	j’ai regardé
23	It was	c’était
B: Vocabulary		
1	A fantasy film	un film fantastique
2	A game show	les jeux télévisés
3	The news	les infos
4	Pop music	la musique pop
5	Scary	effrayant
6	Entertaining	Divertissant
7	Exciting	passionnant
8	Educational	éducatif
9	A green shirt	une chemise verte
10	Red trousers	un pantalon rouge
11	Size	la taille
12	Check out	les caisses
13	Expensive	cher
14	Cheap	bon marché
15	Firstly	d’abord
16	Later	plus tard
17	After	après



## Year 8 – Cycle 1 – Geography - Coasts

1	Coast	The area in which the land meets the sea
2	Geology	The study of the different types of rocks
3	Fetch	The distance the wind pushes the waves
4	Sediment	Smaller rock material that has broken off from larger rocks
5	Erosion	The breaking down of sediment at the coast
6	Deposition	When water loses energy and drops sediment
7	Longshore drift	The movement of sediment <b>along</b> the coast
8	Weathering	The breaking down of sediment without movement
9	Coastal recession	The retreat of the coastline due to erosion
10	Managed retreat	When land is purposely left to erode or flood
11	Hard engineering	Man-made structures built to protect the coastline from flooding and erosion
12	Soft engineering	Natural changes to the coast by humans to protect the coastline from flooding and erosion

# Year 8 – Cycle 1 – History – The English Reformation and the English Civil War

1	The English Reformation	When the Church of England replaced the Pope with the monarch in the 16 <sup>th</sup> century
2	Break with Rome	When Henry VIII ended the Pope's authority in England and made himself the head of the Church of England
3	Monastery	A religious building in which monks and nuns devote their lives to God
4	Dissolution	The process of closing something down
5	Church of England	The official type of Christianity in England
6	Regent	A person who rules a country because the monarch is too young
7	Martyr	Someone who dies for their religion
8	Settlement	An official agreement intended to resolve a disagreement
9	The Spanish Armada	The fleet of Spanish ships that attacked England in 1588
10	Civil war	A war between two or more groups of people of the same country
11	Divine right of kings	The belief that the monarch is chosen by God
12	Tyranny	Ruling in a cruel and controlling way without care for the harm you cause

# Year 8 – Cycle 1 – Mathematics

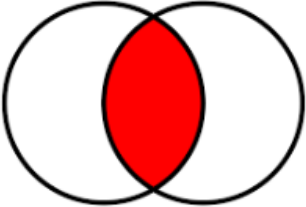
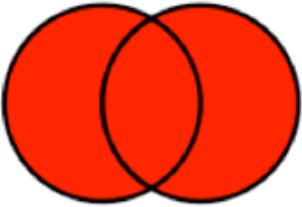
## A: Definitions

1	Square number	Formed by multiplying an integer by itself
2	Cube number	Formed by multiplying an integer by itself three times
3	Square root	A value that, when multiplied by itself, gives the number
4	Multiple of a number	A number in that number's times table
5	Factor	A number that divides exactly into another number
6	Prime number	A number with exactly two factors
7	Unknown	The letter in an equation
8	Solve	Find the value of the unknown

## B: Types of numbers

1	Square numbers (first 15)	1, 4, 9, 16, 25, 36, 49, 64, 81, 100, 121, 144, 169, 196, 225
2	Cube numbers (first 10)	1, 8, 27, 64, 125, 216, 343, 512, 729, 1000

## C: Finding the HCF and LCM

1	Find the Highest Common Factor (HCF)		Multiply numbers in the overlap section of the Venn diagram of prime factors
2	Find Lowest Common Multiple (LCM)		Multiply all the numbers in the Venn diagram of prime factors

## Year 8 – Cycle 1 – Music

1	Scale	A pattern of notes ascending or descending (do-re-mi-fa-so-la-te-do)
2	Chord	Two or more notes played at the same time
3	Diatonic	Notes that are within the scale
4	Chromatic	Notes that are not within the scale
5	Binary form	A structure with two sections - AB
6	Ternary form	A structure with three sections – ABA
7	Pentatonic	A pattern of five notes – 1, 2, 3, 5 and 6 of the scale
8	Improvisation	When music is made up on the spot, without preparation
9	Articulation	The way a note is played
10	Accent	An emphasis on a particular note
11	Theme	The original musical idea of the piece
12	Variation	Changed versions of the theme

# Year 8 – Cycle 1 – PE

## A: Athletics - track disqualifications

1	Pushing	During middle distance races, you must not make contact with any of the other runners on purpose
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## B: Relay technique terminology

1	Upsweep	When the incoming athlete passes the baton upward into the receiving hand
2	Down-sweep	When the incoming athlete passes the baton downward into the receiving hand

## C: Athletics - terminology

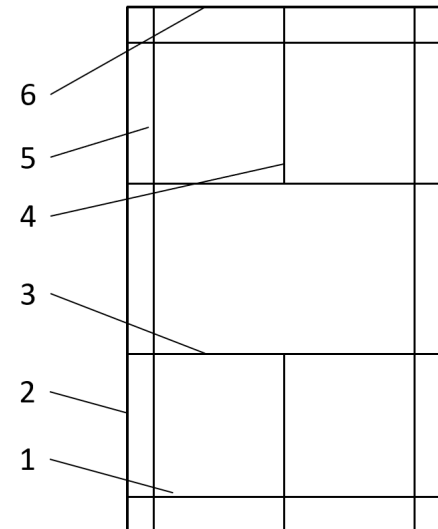
1	Bell lap	A bell rings at the beginning of the final lap of a multiple lap race, which signifies that the leader of the race has begun the final lap
2	Blocks	Small rigid blocks for bracing a runner's feet at the start of an event up to the 400m distance
3	Leg	A segment of a relay race completed by one runner

## D: Badminton - key terminology

1	Ace	A serve that the opponent fails to hit
2	Clear	A shot hit deep into the opponent's court
3	Fault	A foul shot, such as one that hits the net or lands outside the court
4	Passing shot	A shot which passes the opponent
5	Smash	A powerful overhead shot

## E: Badminton - court lines

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



# Year 8 – Cycle 1 – PE

## F: Rugby – key terminology

1	Try	When the ball is grounded over the try line
2	Offside	When a player is in front of a team-mate who is carrying the ball
3	Knock on	If a player drops the ball 'forward' or loses the ball and it goes forward
4	Conversion	A kick through the posts after awarding a try, scoring two extra points if successful
5	Ruck	One or more players close in around the ball on the ground to protect it
6	Scrum	A contest for the ball involving eight players who bind together and push against the other team's scrum

## G: Fitness – key terminology

1	Strength	The amount of force a muscle can exert against a resistance
2	Agility	The ability to change the position of the body quickly and control the movement
3	Flexibility	A range of movements possible at a joint
4	Interval training	Training that involves alternating periods of high intensity work with rest periods
5	Pulse	The feeling of your blood going through your arteries, checked in the wrist or neck
6	Repetitions (reps)	The number of times you repeat an action

## H: Football – key terminology

1	Offside	When the attacking player is beyond the last defender as the pass has been played
2	Jockey	A way of covering the person with the ball, trying to unbalance them, without committing yourself
3	Crossing	Moving the ball from the wide areas into the penalty area
4	Volley	Striking the ball towards goal, while it is in the air
5	Square pass	A pass made by a player to a teammate running alongside them
6	Man marking	A defensive strategy where defenders are assigned a specific person to mark

# Year 8 – Cycle 1 – PE

## I: Basketball – key terminology

1	Back-court	The defensive end of the court where your team tries to stop baskets
2	Front-court	The offensive end of the court where your team tries to score baskets
3	Man-to-man defence	A defensive strategy that requires each player to mark another player on the opposition's team
4	Fast break	To move the ball up court and into a scoring position as quickly as possible, so that the defence is outnumbered
5	Point guard	The key roles are to dribble the ball up the court safely whilst organising the team and setting up plays
6	Centre	Usually the tallest player on the team. Key roles are to block shots, get rebounds and score from close to the basket

## J: Table Tennis – key terminology

1	Ready position	A neutral starting position from which all table tennis strokes can be played
2	Volley	Hitting the ball before it bounces on your side of the table
3	Cross-court	A stroke that's hit diagonally from corner to corner
4	Drive	An attacking shot played with speed and power
5	Stroke	Any shot used by a player in a game
6	Paddle	An alternative name for the racket

## K: Cricket – key terminology

1	Run out	Dismissal by the fielding team breaking the wicket while the batsman is outside the crease
2	Out	A batsman who has been dismissed
3	Dot ball	A delivery bowled without any runs scored off it
4	Drive shot	A powerful shot generally hit along the ground
5	Boundary	The perimeter of the ground
6	Duck	A dismissal for 0 (zero) runs

## Year 8 – Cycle 1 – Religious Studies – Islam

1	Tawhid	The belief in the oneness of God
2	Revelation	A message from God to human beings
3	Qur'an	The central religious text of Islam, believed by Muslims to be the final revelation from God
4	Mecca	Holy city for Muslims established by Ibrahim and Ishmael
5	Hijrah	The migration of Muhammad from Mecca to Medina
6	Ummah	The worldwide Muslim community
7	Caliphate	An area ruled by a Muslim leader
8	Sunnah	The traditions and practices of the Prophet Muhammad
9	Sunni	The branch of Islam with the majority of followers, Sunni meaning followers of the Sunnah
10	Shi'a	The branch of Islam with the minority of followers, Shi'a meaning 'House of Ali'
11	Greater Jihad	The spiritual struggle within oneself against sin
12	Lesser Jihad	Defending Islam from threat but must meet a range of strict conditions to be declared



# Year 8 – Cycle 1 – Science

A: Light and speed			B: Periodic Table		
1	Transverse wave	A wave with vibrations at right angles (perpendicular) to the direction the wave is travelling	1	Element	A substance made up of only one type of atom; all the types of atoms are listed on the periodic table
2	Transparent	An object that will allow light to pass through	2	Compound	A substance that is made up of two or more <u>different</u> elements chemically combined.
3	Opaque	An object that will <b>not</b> allow light to pass through	3	Periodic table	A chart of elements arranged in order of increasing of atomic number.
4	Refraction	When a light ray crosses a boundary between two substances with different densities, it changes speed and changes direction	4	Conservation of mass	Atoms <u>cannot be created or destroyed</u> , they are <u>only rearranged</u> in a chemical reaction.
5	Weight	The gravitational force between the object and the planet it's on	5	Trends in alkali metals	Increase in reactivity as you go down the group
			6	Trends in the halogens	Decreases in reactivity and increase in boiling point as you go down the group.

# Year 8 – Cycle 1 – Spanish

## A: Descriptions

1	I am naughty	soy travieso
2	I have blonde hair	tengo el pelo rubio
3	S/he is friendly	es simpático/a
4	S/he has black eyes	tiene los ojos negros
5	They are quiet	son callados/as
6	They have brown hair	tienen el pelo castaño

## B: What you like to do

1	I love to chat	me chifla charlar
2	I hate to watch a match	odio ver un partido
3	I have a great time	me lo paso bomba
4	It makes me laugh	me hace reír
5	It is a waste of time	es una pérdida de tiempo
6	I get bored	me aburro

## C: What you do

1	I do sports	hago deportes
2	I dance	bailo
3	I play video games	juego a los videojuegos
4	I go to the cinema	voy al cine

## D: What you are going to do

1	Next weekend	el próximo fin de semana
2	Next month	el mes que viene
3	I am going to go out	voy a salir
4	We are going to play	vamos a jugar
5	I am going to meet up with friends	voy a quedar con amigos
6	We are going to go to	vamos a ir a

## E: What you did

1	I did my homework	hice los deberes
2	I went out	salí
3	I played	jugué
4	I went to	fui a
5	I met up with	quedé con