



2023-2024

Year 9 Cycle 1

100% Book

Name:

Tutor group:

Your 100% book and knowledge organisers

2

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

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

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

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

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



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



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



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



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



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



6) Check your answers using green pen

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



Correcting spelling, punctuation and grammar

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

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

Year 9 – Cycle 1 – Art & Design

1	Urban landscape	A painting, drawing, print or photograph of the physical aspects of a city.
2	Perspective	The representation of 3D objects or spaces in 2D artworks
3	Cityscape	The visual appearance of a city or urban area
4	Cartography	Drawing maps
5	Motif	A recurring theme or pattern that appears in an artwork
6	Mark making	Different marks, patterns, and textures we create in an artwork
7	Architectural illustration	Representation of an object such as a construction detail or an entire building
8	Skyline	Outline of buildings viewed near the horizon
9	Texture	The feel of objects through the senses of touch and vision
10	Facade	The exterior wall or face of a building
11	Media	The type of material that has been used to create the piece of art
12	Monochromatic	Art created using only one colour

Year 9 – Cycle 1 – Design and Technology

1	CAD (Computer Aided Design)	Digital software used to create 2D and 3D models and drawings
2	CAM (Computer Aided Manufacture)	The use of software and computer-controlled machinery for manufacture
3	Filament	A thin piece of plastic fed through a 3D printer to be melted
4	3D printing	The process of 3D modelling using a machine with layers of filament
5	Support material	Extra material built around your model to hold it in place during 3D printing
6	Prototype	A physical model used to present your final design
7	Software	A program that runs on a computer
8	Fusion360	A CAD software used to build 3D models
9	Extrude	A software tool used to push a 2D surface into a 3D shape
10	Fillet	Adding a curved surface to a corner
11	Export	To convert a file into a different format
12	STL File	The surface geometry of a 3D object without any representation of colour

Year 9 – Cycle 1 – Drama

1	Costume fundamentals	The key areas to consider when designing costume: time period, character specifics, character personality
2	Set fundamentals	The key areas to consider when designing set: stage shape, time period, style, themes, locations
3	Lighting fundamentals	The key areas to consider when designing lighting: time of year/day, location, atmosphere
4	Sound fundamentals	The key areas to consider when designing sound: location, atmosphere, themes
5	Flats	Large boards used to create a scenery or backdrop to set
6	Rostra	Metal frame with wooden top, used to create levels in set
7	Cyclorama	Large white wall or curtain across the back of the stage, used for projection
8	Minimalistic	Simple style with only a few key repeated motifs
9	Futuristic	Bold style set in the future with sharp edges and designs
10	Naturalistic	Style that is true to real life and more believable
11	Diegetic	Sounds heard in the world of the character
12	Non-diegetic	Sounds not heard in the world of the character

Year 9 – Cycle 1 – English – Voices for Change

1	Rhetoric (n)	Persuasive speaking or writing
2	Persona (n)	The voice of a role or character
3	Advocate (n/v)	To publicly support or promote a person, a cause or a group
4	Credibility (n)	Reliability; how trustworthy and believed in something is
5	Incite (v)	To encourage or stir up in an aggressive way
6	Hyperbole (n)	Exaggerated statements that should not be taken literally, e.g. I have seen this movie 100 times!
7	Tonal Shift (n)	A change from one tone (mood) to another, e.g. despair to hope
8	Anecdote (n)	A short true story which is interesting or amusing
9	Inclusive language / collective pronoun	Language which includes everyone; words such as “we” are examples of inclusive language
10	Pathos (n)	An appeal to the audience’s emotions; something that evokes sympathy
11	Ethos (n)	An appeal to the writer's experience, credibility or authority
12	Logos (n)	Making a reasonable argument with facts and statistics (logic)

Year 9 – Cycle 1 – French

A: Verbs and phrases		
1	To spend time	passer du temps
2	To tidy the/your room	ranger la chambre
3	To sleep	dormir
4	To read a book	lire un livre
5	I played	j'ai joué
6	I did	j'ai fait
7	I bought	j'ai acheté
8	I ate	j'ai mangé
9	I went	je suis allé
10	I slept	j'ai dormi
11	I listened	j'ai écouté
12	It was	c'était
13	I saw	j'ai vu
14	I went on a walk	je me suis promené
15	I took	j'ai pris
16	Where I live, there is	où j'habite, il y a
17	We can do	on peut faire
18	It is	c'est
19	There is more of	il y a plus de
20	There is less of	il y a moins de
21	I used to live	j'habitais

22	There used to be/there was	il y avait
23	I used to do	je faisais
24	I used to go	j'allais
25	I would like to live	je voudrais habiter
B: Vocabulary		
1	Firstly	d'abord
2	Then/next	puis
3	After	après
4	Later	plus tard
5	5 years ago	il y a cinq ans
6	A theme park	un parc d'attraction
7	A leisure centre	un centre de loisirs
8	A (town) square	une place
9	Clean	propre
10	Dirty	sale
11	Traffic	la circulation
12	Unemployment	le chômage
13	Employment	l'emploi
14	In the countryside	la campagne
15	Abroad	à l'étranger
16	By the seaside	au bord de la mer
17	The culture pleases me	la culture me plaît
18	Trees	des arbres

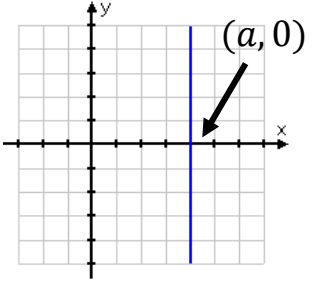
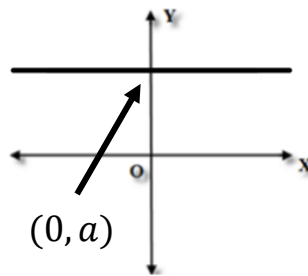
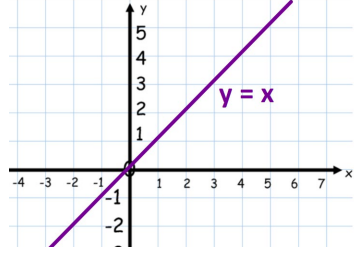
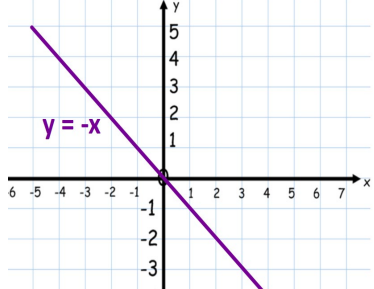
Year 9 – Cycle 1 – Geography – Ecosystems

1	Biome	A large area of the planet that specific animals and plants have adapted to live in
2	Abiotic	Non-living things
3	Biotic	Living things
4	High pressure	Cold air sinking to the ground
5	Low pressure	Warm air rising, cooling to form clouds, then falling to the ground as rain
6	Temperate	A biome where temperatures are not too cold or too hot
7	Arid	A very hot dry place
8	Hot desert	Biomes where the weather is usually hot and has low levels of precipitation
9	Cold desert	Biomes where the weather is usually cold and has low levels of precipitation
10	Deciduous	Trees which lose their leaves in winter
11	Biodiversity	The variety of different plant and animal species
12	Sustainable	Something that meets current needs without damaging future needs

Year 9 – Cycle 1 – History – The First World War and the Rise of Extremism

1	Alliance	An agreement between two or more countries that is mutually beneficial
2	Imperialism	A policy of growing an empire through colonising other countries
3	Nationalism	An intense form of patriotism where the importance of your country is exaggerated
4	Militarism	The belief that a country should have a strong military to increase their power
5	Assassinate	To murder someone for political reasons
6	Encirclement	When a country is surrounded on all sides
7	Stalemate	A situation where neither side fighting in a war can make progress
8	Trench	A connection of long narrow ditches for soldiers to take shelter from enemy fire
9	Front line	The military line or part of an army that is closest to the enemy
10	Democracy	A political system that allows people to vote for politicians to represent them
11	Communism	An economic and political system in which the government owns all property, banks and businesses
12	Fascism	A political system led by a dictator that prioritises the strength of the nation above the welfare of individuals

A: Straight Line Graphs

1	$x = a$	Vertical 
2	$y = a$	Horizontal 
3	$y = x$	
4	$y = -x$	

B: Coordinates and Equations of Straight Lines

1	Formula for midpoint of (x_1, y_1) and (x_2, y_2)	$\left(\frac{x_1 + x_2}{2}, \frac{y_1 + y_2}{2}\right)$
2	Equation of a straight line	$y = mx + c$ where m is the gradient and c is the y -intercept
3	Formula for gradient of line joining (x_1, y_1) and (x_2, y_2)	$\frac{y_2 - y_1}{x_2 - x_1}$

C: Standard Form

1	Standard form	$a \times 10^n$ where a is between 1 and 10
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D: Sequences

1	n th term of an arithmetic sequence	$an + b$
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E: Angles in Polygons

1	Sum of interior angles of a polygon	$(n - 2) \times 180$
2	Each exterior angle in a regular polygon	$\frac{360}{\text{number of sides}}$
3	Number of sides in a regular polygon	$\frac{360}{\text{exterior angle}}$

Year 9 – Cycle 1 – Music

1	Structure	The order of the different sections of music
2	Verse	Part of the song where lyrics and melody change each time they are played
3	Chorus	Part of the song that stays the same and is repeated after every verse in popular music
4	Bridge	Contrasting part of the song often with the thinnest texture
5	Primary chords	Chords based on the first, fourth and fifth notes
6	Secondary chords	Chords based on the second, third, sixth and seventh notes
7	Texture	The layers within a piece of music
8	Monophonic	One layer of melody
9	Polyphonic	Multiple layers of different melodies
10	Homophonic	Melody and texture mainly based on chords
11	Perfect cadence	Chords that sound finished when played one after each other
12	Imperfect cadence	Chords that sound unfinished when played one after each other

A: Athletics - terminology

1	Kick	A final increase in speed that comes towards the end of a running event
2	Staggered start	Starting lines are spaced on the curve of a track to make sure athletes run the same distance, in races from 200 m to 800 m
3	Flight	Flight is the heat rounds for the field events where the top three qualify
4	Fosbury flop	A technique in high jump where the jumper goes over the bar head first with their back towards the bar

B: Relay technique terminology

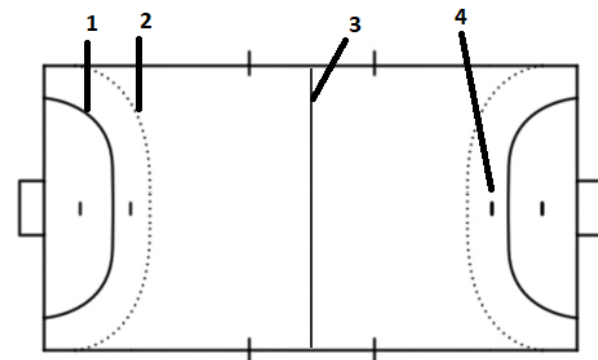
1	Upsweep	When the incoming athlete passes the baton upward into the receiving hand
2	Down-sweep	When the incoming athlete passes the baton downward into the receiving hand

C: Handball - key terminology

1	Free throw line	Nine metre line that the players must leave before taking a free throw
2	Foot	A foul when a player touches the ball with their foot or shin
3	Walking	When a player takes more than three steps without dribbling or holds the ball for more than three seconds without bouncing, shooting or passing
4	Six metre line	No handball player (other than the goalkeeper) is allowed in the goal area
5	Team shape	The formation and structure of your team when in and out of possession of the ball
6	Pivot	This position plays most of the game along the six-metre line, forming a close partnership with the centre back

D: Handball - court lines

1	Six metre line
2	Nine metre line
3	Half way line
4	Seven metre line



E: Badminton – key terminology

1	Clear	A shot hit deep into the opponent's court
2	Passing shot	A shot which passes the opponent
3	Long service line	In singles, the back boundary line; the serve must not go past this line
4	Lob	A shot that is hit in a high arc usually over the opponent's head
5	Alley	Side extension of the court on both sides, used for doubles play
6	Back alley	Area between the back-boundary line and the long service line for doubles

F: Fitness – key terminology

1	Progressive overload	Making training steadily harder to gradually improve fitness
2	Overtraining	Training too much, which can lead to injury and prevent improvement
3	Continuous training	Training for a minimum of 20 minutes without any rest breaks
4	Fartlek training	Meaning 'speed play'; training at different speeds and/or over different terrains
5	Frequency	How often you train
6	Intensity	How hard you train

G: Football – key terminology

1	Indirect free kick	A free kick in which you can not directly score from
2	Counter attack	Breaking forward at pace with the ball, towards the opposition's goal
3	High press	The team without the ball, moves higher up the pitch within the attacking half to apply pressure on the team with the ball
4	Zonal marking	A defensive strategy where the defenders cover an area of the pitch
5	Near post	The goalpost nearest the ball's current position
6	Sweeper	The 'free' player in defence who covers the marking defenders

H: Basketball – key terminology

1	Shooting guard	Roles are to assist the point guard in dribbling the ball up the court and shoot effectively from a range of positions
2	Power forward	Usually a tall player on the team. Key roles are to block shots, get rebounds and score from close to the hoop
3	Turnover	Occurs when a team loses possession of the ball to the opposing team
4	Zone defence	A defensive strategy requiring each player to mark a zone on the court rather than a player on the opposition's team
5	Screen	A blocking move by an offensive player standing beside or behind a defender, to free a teammate to shoot, pass, or drive in to score
6	Eight second violation	The team has eight seconds to bring the ball over the half-way line, otherwise it is a turnover

I: Table Tennis – key terminology

1	Chop	A defensive return of a topspin stroke played with backspin, usually well away from the table
2	Drive	A stroke played close to the table with your racket arm moving forward and slightly upwards in the direction that the ball is going to travel
3	Drop shot	A shot which drops very short over the net on your opponent's side of the table
4	Heavy	Used to describe excessive spin
5	Deuce	A term used when the score is 10-10
6	Smash	An aggressive shot hit with speed, often in response to a high bouncing return

J: Cricket – key terminology

1	Leg Before Wicket (LBW)	A batsman dismissed when the ball hits any part of the batsman's body before the bat, when it would have gone on to hit the stumps
2	No ball	An illegal delivery usually because of the bowler overstepping the crease
3	Collapse	The loss of several wickets in a short space of time
4	Batting end	The end of the pitch at which the striker stands
5	Follow on	The team batting second, has a second inning if they don't have enough runs.
6	Tail-ender	A batsman who bats towards the end of the batting order

Year 9 – Cycle 1 – Religious Studies – Life and Death

1	Moral	Actions that are right, e.g. giving to charity, helping others
2	Immoral	Actions that are wrong, e.g. murder, stealing
3	Ethics	These are rules about how humans should behave
4	Dilemma	A difficult situation where you must work out the right decision
5	Absolutist	Someone who does not change their mind based on the situation
6	Relativist	Someone who does change their mind based on the situation
7	Precept	A rule
8	Slippery slope argument	If you get rid of a rule, it can lead to unwanted results
9	Contraception	Something that you use to stop a woman becoming pregnant
10	Agape love	Selfless, unconditional love
11	Universal	Applied in all situations
12	Counter culture	The opposite to the social norm

Year 9 – Cycle 1 – Science

1	Skeleton	Provides a framework for support, enables movement, protects organs and produces blood
2	Tendon	Rigid fibres that connect muscles to bones
3	Ligament	Stretchy fibres that connect bones to bones
4	Antagonistic muscle pairs	When one muscle contracts, the other relaxes
5	Ventilation	The process of breathing in and out
6	Respiration	A chemical reaction that takes place in the mitochondria of all cells to release energy from glucose
7	Aerobic respiration	Glucose + oxygen → carbon dioxide + water
8	Anaerobic reaction in animals	Respiration in the absence of oxygen: glucose → lactic acid
9	Anaerobic reaction in yeast/plants	Respiration in the absence of oxygen: glucose → ethanol + carbon dioxide
10	Oxygen debt	The amount of oxygen required to remove the lactic acid
11	Internal energy	Total energy stored by particles in the kinetic and potential energy stores
12	Gas pressure	Total force exerted of all particles on a unit of area when particles collide with the sides of a container
13	Resultant force	The overall force acting on an object
14	Elastic material	Return to their original shape and size after being stretched or squashed
15	Directly proportional	As one variable increases, the other increases at the same rate

Year 9 – Cycle 1 – Spanish

A: Free time

1	I like to __	me mola __
2	I love to __	me chifla __
3	I hate to __	odio __
4	I don't like to __	no me gusta __
5	I go to the cinema	voy al cine
6	I go out with friends	salgo con amigos
7	I play	juego
8	I do	hago
9	I played	jugué
10	I went out	salí
11	I went to	fui a
12	I did	hice

B: Neighbourhood

13	There is a shopping centre	hay un centro comercial
14	There isn't a station	no hay una estación
15	You can	se puede
16	You can't	no se puede
17	It is dirty	es sucio
18	It is noisy	es ruidoso
19	The good thing is that it is	lo bueno es que es
20	The bad thing is that it is	lo malo es que es

C: Before and now

1	before	antes
2	now	ahora
3	there was a lot to do	había mucho para hacer
4	there are things for young people	hay cosas para los jóvenes
5	my neighbourhood was old	mi barrio era viejo
6	my city is expensive	mi ciudad es cara
7	it had shops	tenía tiendas
8	it has art galleries	tiene galerías de arte
9	I used to rest	descansaba
10	I used to watch matches	veía partidos
11	I used to go to the beach	iba a la playa
12	I used to play basketball	jugaba al baloncesto