



2024-2025

Year 9 Cycle 3

100% Book

Name:

Tutor group:

Your 100% book and knowledge organisers

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

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

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

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

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



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



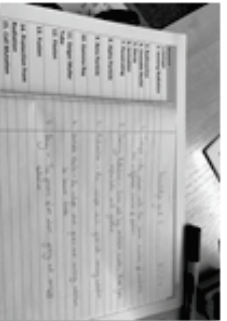
2) Write out the keywords leaving two lines between each word



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



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



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



6) Check your answers using green pen

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

Correcting spelling, punctuation and grammar

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

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



Year 9 – Cycle 3 – Art & Design

1	Context	All of the things that might have influenced the artwork or the maker
2	Artist's intention	The decisions made by an artist to communicate a deeper meaning through their work
3	Contemporary art	The art of today, produced in the second half of the 20th century or in the 21st century
4	Narrative	The story behind an artwork using the power of the visual imagery
5	Appropriation	The practice of artists using pre-existing objects or images in their art with little transformation of the original
6	Translation	An artist recreating an existing artwork using different media from the original
7	Auto-biographical	Artwork expressing something about the artist's life
8	Subjectivity	Used to explain how different people can respond to a work of art in different ways
9	Expressive	Effectively conveying meaning or a feeling through mark-making
10	Emotive	A work of art that effectively expresses an artist's feelings and inspires an emotional response from the viewer
11	Cathartic	Providing psychological relief through the open expression of strong emotions
12	Minimalism	An art movement from the 1960s characterised by extreme simplicity of form using simple geometric shapes

Year 9 – Cycle 3 – Drama – First Give

1	Social issues	An issue within society that affects many people
2	Stimulus	A starting point for a piece of theatre
3	Social action	People coming together to address issues and advocate for change
4	Devising	Creating an original piece of theatre
5	Epic theatre	A style that educates and provokes critical thinking about social and political issues
6	Props	Objects used on stage or screen by actors
7	Placards	A sign or piece of written information on stage
8	Narration	Actors commenting and analysing the story for the audience
9	Artistic intention	The target audience, the director's interpretation and overall ideas of the play
10	Theatre roles	The different job roles and responsibilities in the theatre
11	Presentation	To present ideas clearly and convincingly
12	Off book	Actors memorising their lines and not needing their script to perform

Year 9 – Cycle 2 – Design & Technology

1	Inclusive design	A design that considers usage to ensure as many people as possible can access it
2	Graphics	An image or visual representation of an object
3	Application (app)	A piece of software designed for a particular purpose that you can download onto a device
4	Adobe Illustrator	Software used to create visual graphics
5	Dashboard	A visual display of all of your data
6	User mapping	A method of visualising the end-to-end user experience
7	Pain points	Identifying areas where a user has experienced difficulty
8	Icon	A symbol that represents an application, function or concept
9	Prototype	A physical model used to present your final design
10	Typeface	A set of characters of the same design including letters, numbers, punctuation and symbols
11	Composition	The placement or arrangement of visual elements
12	PNG file (Portable Network Graphic)	An image format used to save graphics

Year 9 – Cycle 3 – Design & Technology

1	Nutritional value	The amount of carbohydrates, fats, proteins and energy in food
2	Balanced diet	A diet that has enough of the nutrients required by the body to remain healthy
3	Aroma	A scent or smell of something
4	Macronutrient	A nutrient needed in large amounts (e.g. protein)
5	Diet	The total amount of food consumed by individuals
6	Calorie	A measure of the amount of energy in food
7	Protein	Building blocks for bones, muscles, cartilage, skin, and blood
8	Fats	A source of essential fatty acids that provide insulation and protect organs
9	Carbohydrates	A type of macronutrient found in certain foods and drinks. (e.g. sugars, starches and fibres)
10	Minerals	Elements found in food that help our bodies to function normally
11	Dairy	Food products made from milk (e.g. cheese, butter and yogurt)
12	Cuisine	A style of cooking distinguished by ingredients and dishes usually associated with a specific culture or area of the world

Year 9 – Cycle 3 – English – Gothic Literature

A: Writer's methods

1	Unreliable narrator (n)	A narrator that the reader cannot completely trust
2	Dramatic monologue (n)	A poem that takes the form of a speech by an imagined speaker
3	Motif (n)	An image, word, phrase, or theme repeated throughout a text
4	Pattern of language (n)	A group of words linked by meaning to create an effect
5	Symbolism (n)	The use of objects to represent an idea
6	Narrative voice (n)	The perspective a story is told from
7	Shift	A change of tone or focus in a text

B: Context

1	The gothic (n)	A literary genre which contains mystery, horror and a sense of the uncanny
2	Reputation (n)	Somebody's character or social status as seen or judged by others
3	Terror (n)	Extreme fear
4	Supernatural (n)	Events or things that cannot be explained by science or nature
5	Duality (n)	The state of having two different parts or sides

Year 9 – Cycle 3 – 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 3 – Geography – Life in an Emerging Country

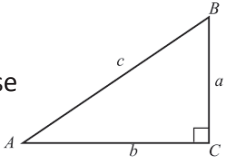
1	Emerging country	A country that is rapidly developing with improving HDI
2	Industrialisation	The process of an economy moving from mostly jobs in agriculture to manufacturing
3	Globalisation	The increased interdependence of countries around the world
4	Transnational corporations (TNCs)	A large company which operates in more than one country
5	Colonialism	Taking control over another country
6	Rural-urban migration	The movement of people from the countryside to the city
7	Push factors	Problems which drive people to move away from a place
8	Pull factors	Positives which attract more people to a new place
9	Squatter settlements	Low-quality housing where people have no legal rights to the land
10	Inequality	When resources are not fairly shared
11	Informal economy	Jobs which are not taxed or monitored by the government
12	Poverty	A state of being poor and having low standards of living

Year 9 – Cycle 3 – History – Post-War Britain

1	Blitz	An intensive or sudden military attack
2	Rationing	Restricting the amount of food people can buy to ensure enough for everyone
3	Public health	The health of the whole population as a result of government action
4	The Commonwealth	A group of former British colonies that still pay allegiance to the British Crown
5	Boycott	To stop using something as a form of protest
6	Colour bar	The informal practice in Britain where some white people discriminated against people of colour by denying them goods and services
7	Contraception	Methods used to prevent a woman from becoming pregnant
8	Free market economy	When the government does not get involved in businesses and the economy
9	Nationalisation	When ownership of businesses is transferred from private to state ownership
10	Privatisation	When ownership of businesses is transferred from state ownership to private ownership
11	Strike	A form of protest when people stop working to protest
12	Trade union	An organisation formed to protect and further the rights of a group of workers

Year 9 – Cycle 3 – Mathematics

A: Pythagoras' theorem

1	Hypotenuse		The longest side, opposite the right angle
2	Pythagoras' theorem		$a^2 + b^2 = c^2$


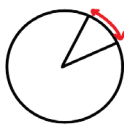
B: Information needed for transformations

1	Rotation	Angle, direction, centre of rotation
2	Reflection	Line of symmetry
3	Translation	Vector
4	Enlargement	Scale factor, centre of enlargement

C: Probability

1	Probability	$\frac{\text{Number of successful outcomes}}{\text{Total number of possible outcomes}}$
2	P(not A) or P(A')	$1 - P(A)$
3	P(A and B) if independent	$P(A) \times P(B)$
4	P(A or B)	$P(A) + P(B)$

D: Circles

1	Area of a sector		$\frac{\theta}{360} \times \pi r^2$
2	Arc length		$\frac{\theta}{360} \times \pi d$

Year 9 – Cycle 3 – Music

1	Ritual	A set of actions or words performed in a regular way
3	The haka	A ritualistic chant from the Maori community
4	Body percussion	Using the body to make percussive sounds and rhythms
5	The Rite of Spring	An ancient ritual from Russia
6	Stravinsky	A Russian composer and conductor
7	Syncopation	Displacing beats or accents so the strong beats become weak and vice versa
8	Dissonance	Conflicting pitches played together that creates clashing harmony
9	Ostinato	A continuously repeated musical phrase or rhythm
10	Down bow	Moving the bow over the strings in a downward direction
11	Accents	Placing extra emphasis onto certain notes
12	Tied notes	A curved line connecting two or more notes of the same pitch together

Year 9 – Cycle 3 – PE

A: Athletics - track disqualifications

1	Kick	An 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
3	Flight	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 headfirst with their back towards the bar

B: Relay technique terminology

1	Upsweep	When the incoming athlete passes the baton upwards into the receiving hand
2	Down-sweep	When the incoming athlete passes the baton downwards into the receiving hand

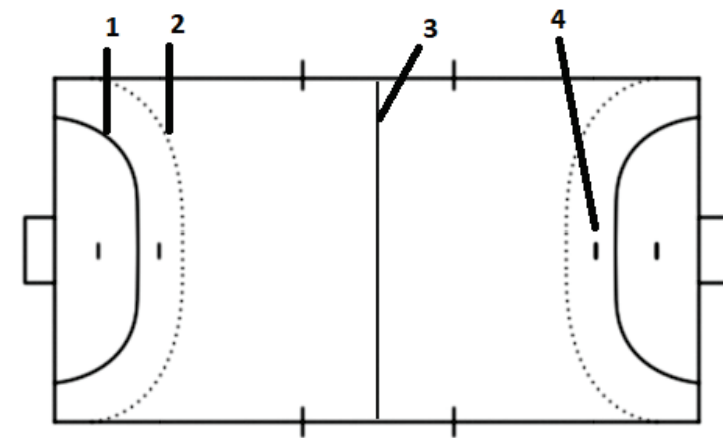
C: Handball - key terminology

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 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	Halfway line
4	Seven-metre line



Year 9 – Cycle 3 – PE

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	Training at different speeds and/or over different terrains
5	Frequency	How often you train

6	Intensity	How hard you train
7	Time	How long you train for
8	Type	What training method you use
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 to the attacking half of the pitch 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	Assists the point guard in dribbling the ball up the court and shoot effectively from a range of positions
2	Power forward	A tall player on the team whose 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 close to a defender, to free the teammate with the ball
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
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)	Dismissing the batsman if 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 3 – Religious Studies – Christian Denominations

1	Conservative	Having traditional beliefs that have not changed over time
2	Liberal	Adapting traditional beliefs to the modern world
3	Catholicism	The largest Christian denomination under the authority of the Pope in Rome
4	Protestantism	The second largest branch of Christianity, which rejects the authority of the Pope and believes the Bible as their only source of authority
5	Anglicanism / Church of England	The largest denomination in England; Protestants
6	Quakers	A Protestant denomination whose central belief is that every human being contains a reflection of the image of God
7	Evangelicalism	Name given to Protestants who have conservative / traditional beliefs but use modern forms of worship
8	Atheism	The belief that there is no God
9	Humanism	Atheists who place human welfare above all else
10	Trinity	The three persons of God; the Father, the Son and the Holy Spirit
11	Crucifixion	Nailing someone to a cross; this is how Jesus Christ died
12	Resurrection	The Christian belief that Jesus Christ rose from the dead, three days after his crucifixion

Year 9 – Science – Cycle 3

A: Waves

1	Transverse wave	A wave in which the vibrations are perpendicular to the direction of energy transfer
2	Longitudinal wave	A wave in which the vibrations are parallel to the direction of energy transfer
3	Amplitude	The maximum displacement of the wave from the undisturbed position
4	Wavelength	The distance between the same point on two adjacent waves (m)
5	Frequency	The number of waves passing a certain point each second (Hz)
6	Time period	The time taken for one complete oscillation
7	Superposition	When two waves meet, they either add together or cancel each other out

B: Biology Topic 1: Cells (Paper 1)

1	Eukaryotic	A cell with a nucleus
2	Prokaryotic	A cell without a nucleus
3	Cell differentiation	When a cell becomes specialised
4	Root hair cells	Root hair cells absorb water and minerals; they have a big surface area for absorption
5	Cell cycle	Three stages are cell growth, chromosomes copied, mitosis
6	Mitosis	Produces two genetically identical daughter cells for the growth and repair of tissues
7	Stem cell	An undifferentiated cell
8	Osmosis	The movement of water molecules across a partially permeable membrane, from a dilute to a more concentrated solution

Year 9 – Science – Cycle 3

C: Physics Topic 3: Particles (Paper 1)

1	Movement of particles in solid	Vibrate about fixed positions
2	Movement of particles in liquid	Move in random directions at low speeds
3	Movement of particles in gas	Free to move; travel in random directions at high speeds
4	Internal energy	Total energy stored by particles in the kinetic and potential energy stores
5	Specific latent heat of fusion	Energy needed to change 1kg of a solid into a liquid, without changing its temperature
6	Specific latent heat of vaporisation	Energy needed to change 1kg of a liquid into a gas, without changing its temperature
7	Effect of increasing temperature on gas pressure	Faster particles → more frequent collisions and larger force per collision → pressure increases

D: Chemistry Topic 1: Atoms and Periodic Table (Paper 1)

1	Element	A substance in which all the atoms have the same atomic number
2	Compound	Two or more <u>different</u> elements chemically combined together
3	Isotope	Atoms of the same element, with the same number of protons but different numbers of neutrons
4	Plum pudding model	A ball of positive charge with negative electrons embedded in it
5	Mendeleev	Invented the first periodic table, which left gaps for undiscovered elements and was arranged according to atomic mass
6	Alkali metals' reaction with water	Alkali metal + water → metal hydroxide + hydrogen
7	Reactivity of Halogens	Decreasing reactivity down the group; more reactive halogens will displace less reactive ones

Year 9 – Cycle 3 – Spanish

A: Health and food (la salud y la comida)

1	I have bread for breakfast	desayuno pan
2	I have rice for lunch	almuerzo arroz
3	I have fish for dinner	ceno pescado
4	I have a fruit as a snack	meriendo fruta
5	I prefer to eat	prefiero comer
6	My favourite dish is...	mi plato favorito es...
7	It is good for your health	es bueno para la salud
8	It is bad for your health	es malo para la salud
9	I can't stand meat	no soporto la carne
10	What I like the most is	lo que más me gusta es
11	Around midday	alrededor del mediodía
12	takeaway food	la comida para llevar

B: Relationships (las relaciones)

1	He is friendly	es simpático
2	she is not funny	no es graciosa
3	They are selfish	son egoístas
4	They are not kind	no son amables
5	I get on well with	me llevo bien con
6	I don't get on well with	no me llevo bien con
7	We have a lot in common	tenemos mucho en común

8	He/she makes me laugh	me hace reír
9	A good friend would be	un buen amigo sería
10	He/she helps me with ...	me ayuda con...
11	He/she understands me	me entiende
12	He/she accepts me	me acepta
13	He/she likes	le gusta
14	I have fun	me divierto
15	We have fun	nos divertimos
16	We argue	nos peleamos
17	We have similar tastes	tenemos los gustos similares
18	He/she makes me angry	me fastidia
19	We are very different	somos muy diferentes

C: Future Plans

1	I would like to get married	me gustaría casarme
2	I want to be single	quiero estar soltero
3	I hope to have children	espero tener hijos
4	My ideal girlfriend would be	mi novia ideal sería
5	My ideal boyfriend would have	mi novio ideal tendría
6	I would like to live in	me gustaría vivir en
7	I would like to fall in love	me gustaría enamorarme
8	I want to work as	quiero trabajar de