



2024-2025

Year 11 Cycle 1

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 11 – Cycle 1 – Art & Design

1	Value	How light or dark something is
2	Reductive drawing	Technique where darkness is removed to show the light parts of an image
3	Acknowledge	To give credit for something, such as a selected source or the work of others
4	Analyse	To examine in depth to explain or interpret something
5	Refine	To improve elements of your work
6	Explore	To investigate with an open mind about what might be found and developed
7	Record	To document ideas in visual and written form
8	Create	To make something new
9	Realise	To achieve your intentions
10	Dry-point etching	Printmaking process in which a design is drawn on a plate with a sharp instrument
11	Intaglio	Printmaking processes such as etching, engraving and dry-point, where the ink is contained within the lines and shapes before printing
12	Tonal drawing	Drawing with no lines, only shading
13	Retro	A contemporary object or style containing elements of, but not replicating, an object or style from a previous era
14	Oil paint	Slow drying paint that forms a hard coloured surface when dry
15	Impasto	The process e of laying on paint thickly so that it stands out from a surface
16	Minimalism	A style that uses deliberately simple design elements
17	Media	Materials used to create art
18	Mixed media	Art composed from a combination of different media or materials

Year 11 – Cycle 1 – Business GCSE – Section 5: Marketing

1	Market share	% of total sales in a market. Sales of product ÷ sales of market × 100
2	Market growth	% change in market size. Change in size ÷ original size × 100
3	Qualitative data	Data based on opinions and attitudes
4	Quantitative data	Numerical data
5	Primary research	Data gathered by the business itself
6	Secondary research	Data gathered previously by other organisations
7	Marketing mix	The four Ps. The factors which influence customers' buying decisions
8	Price	Setting prices based on different methods of pricing
9	Product	Design, features and functions of the product itself
10	Promotion	Communicating with customers to raise awareness of the product
11	Place	Where products are sold and how products are delivered
12	Internal factors	Factors within the business that influence the marketing mix
13	External factors	Factors outside the business that influence the marketing mix
14	Promotional mix	The combination of promotional methods used by a business to communicate with customers
15	Product life cycle	The change in sales of a product over time
16	Extension strategies	Methods of maintaining the sales of a product to prevent it from decline
17	Boston matrix	A tool used to categorise the products of a business by market share and market growth
18	Distribution channels	The journey of a product from producer to consumer

Year 11 – Cycle 1 – BTEC Sport – Component 2

A: Components of physical fitness

1	Aerobic endurance	Ability to exercise at moderate intensity for extended periods of time
2	Muscular endurance	Contracting a muscle over a period of time against a light to moderate resistance
3	Muscular strength	The maximum force that can be generated by a muscle
4	Flexibility	The range of motion possible at the joints of the body
5	Body composition	The relative ratio of fat mass to fat-free mass (vital organs, muscle, bone)

B: Components of skill-related fitness

1	Power	Ability to perform strength-based movements quickly
2	Agility	Ability to change body direction rapidly
3	Reaction time	Time taken to respond to an external stimulus
4	Balance	Ability to control body position and not fall over
5	Coordination	Ability to move more than one part of the body to create one smooth movement

C: Techniques, strategies and fitness required for sports

1	Skills	The experience needed to perform a sport or physical activity
2	Tactics	Smaller specific steps taken to achieve the overall aim
3	Strategy	Using tactics and decision-making to achieve a long-term or overall aim
4	Isolated practice	Repeating the routine until it becomes automatic without opponents

D: Key officials and roles

1	Officials	Control how a sports match is played and administer the rules
2	National governing bodies (NGBs)	Organisations that regulate and oversee a sport at a national level
3	Foul	Unfair behaviour by a player, usually due to violation of rules

Year 11 – Cycle 1 – Citizenship – Active Citizenship

1	Active citizen	A person who takes responsibility and tries to make a change
2	Participation	To take part in something
3	Citizenship	Being a citizen of a country and having rights and responsibilities
4	Democracy	A society where citizens are able to vote in regular elections
5	Campaigning	Actions by an individual or a group to achieve a specific aim
6	Charities	Organisations which are set up to help those in need
7	Demonstration	A public meeting or march protesting against a specific issue
8	Interest group	An organisation that influence the government to change policies on a specific issue
9	Lobbying	When a person or group try to persuade a politician to listen to their cause
10	Pressure group	An organised group who take action to bring about change for a specific issue
11	Trade unions	A group of workers who have joined together to protect their rights
12	Volunteering	When a person gives their own time to help others without being paid
13	Petition	Collections of signatures showing support for a certain statement
14	E-media	All forms of media that are related to the internet
15	Community	A group of citizens who normally live in a particular area
16	Voter apathy	A lack of interest in voting during elections
17	Freedom of speech	Being able to voice your opinion without restriction
18	Boycott	Refusing to use a particular company or buy a certain product

Year 11 – Cycle 1 – Design & Technology

1	Synthetic polymers	Man-made polymers created from crude oil
2	Biopolymers	Polymers made from natural resources such as plants
3	Carbon fibre reinforced polymer (CFRP)	A thermoforming polymer reinforced with carbon fibre
4	Glass-reinforced plastic (GRP)	A thermoforming polymer reinforced with glass fibres
5	Plasticisers	An additive that gives flexibility to polymers
6	Stabilisers	An additive in polymers that reduces UV degradation and brittleness
7	Extrusion	A length of material with a consistent cross-section
8	Filament	The extruded material that is used in a 3D printer
9	One-off production	One product is made
10	Batch production	Several identical products are made
11	Jigs	A mechanical device to aid production
12	High-volume production	Many products are made, making extensive use of machinery and manufacturing aids
13	Blow moulding	A method of shaping thermoforming polymer by heating it and blowing it into shape
14	Vacuum forming	A method of shaping thermoforming polymer by heating it and sucking it around a mould
15	Screen printing	A printing process for adding detail or text to polymer products
16	Vinyl	A self-adhesive polymer, available in a range of colours, suitable for CNC knife cutting
17	Anthropometrics	The practice of taking measurements of the human body and provides data that can be used by designers
18	Ergonomics	The relationship between people and the products they use

Year 11 – Cycle 1 – Drama

A: Written terms		
1	Intentions	What the playwright/director/actor hopes to achieve in their interpretation of a play
2	Social, cultural, historical context	Circumstances of the time the play is set in; the physical and social setting
3	Genre	Type of dramatic work, for example a comedy
4	Style	Manner in which piece is performed, for example physical style
5	Form	The structure of individual scenes.
6	Theme	Main subject of the play, for example war
7	Staging	The way the acting and technical comes together to use the space
8	Subtext	The underlying and often unspoken thoughts and motives of characters – what they really think and believe

B: Performance terms		
1	Vocal / verbal skills	Skills that focus on use of voice: pitch, pace, pause, intonation, emphasis, tone
2	Physical / non-verbal skills	Skills that focus on use of body: gesture, posture, facial expression, eye contact, gait, proxemics
3	Character aims	What the characters wants to overall in the play
4	Character objectives	What the character wants to achieve in each moment of the play
5	Character actions	How the character gets what they want through a physical or vocal action

C: Key exam terms		
1	Describe	Give detail on the performance or design - not plot
2	Explain	Give reasons why choices have been made
3	Analyse	Justify the impact of these choices linking to the scene and the whole text / performance
4	Evaluate	Give your personal opinion on how the performance made you feel and why

Year 11 – Cycle 1 – English Literature – *An Inspector Calls*

A: Writer's craft			B: Context		
1	Playwright (n)	A person who writes plays	1	Socialism (n)	A social system that cares about community and works to support all social classes
2	Stage directions (n)	Instructions for actors/director indicating actions, movement, tone, sound or lighting	2	Capitalism (n)	A social system driven by profit, where people are only concerned about themselves
3	Dramatic irony (n)	The audience knows something the characters do not	3	Patriarchy (n)	A system of society in which men hold the power
4	Cliff-hanger (n)	A dramatic, exciting ending to leave the audience in suspense	4	Hierarchy (n)	A structure in which people or things are ranked according to levels of importance
5	Foreshadowing (n)	A warning or clue about a future event	5	Reputation (n)	The way you are viewed by others
6	Tension (n)	A feeling of fear, anxiety or worry	6	Hypocrisy (n)	To pretend to have beliefs that you do not actually have
7	Pattern of language (n)	A group of words that link to build up a similar idea or mood	7	Disempower(ed) (v)	To deprive someone of their power
8	Didactic (n)	When something intends to teach a lesson	8	Prejudiced (adj)	Judging someone based on incorrect or generalised ideas
9	Morality (n)	The knowledge of what is right or wrong	9	Condescending (adj)	Treating someone as if they are less intelligent or inferior

Year 11 – Cycle 1 – Enterprise BTEC – Component 1

Part A		
1	Entrepreneur	Someone who is willing to take risks in starting businesses
2	Market share	% of total sales in a market Sales of product / sales of market × 100
3	Market growth	% change in market size Change in size / original size × 100
4	Qualitative data	Data based on opinions and attitudes
5	Quantitative data	Numerical data
6	Primary research	Data gathered by the business itself
7	Secondary research	Data gathered previously by other organisations

Part B		
1	Marketing mix	The four Ps: the factors which influence customers' buying decisions
2	Price	Setting prices based on different methods of pricing
3	Product	Design, features and functions of the product itself
4	Promotion	Communicating with customers to raise awareness of the product
5	Place	Where products are sold and how products are delivered
6	Internal factors	Factors within the business that influence the marketing mix
7	External factors	Factors outside the business that influence the marketing mix
8	Promotional mix	The combination of promotional methods used by a business to communicate with customers
9	Product life cycle	The change in sales of a product over time
10	Extension strategies	Methods of maintaining the sales of a product to prevent it from decline
11	Competitor	A rival business who is a threat to your success

Year 11 – Cycle 1 – French

A: Family and relationships

1	I get on well with	je m'entends bien avec
2	I argue with	je me dispute avec
3	I get angry with	je me fâche avec
4	I can't stand	je ne supporte pas
5	My parents say that	mes parents disent que
6	We have a lot in common	on a beaucoup en commun
7	He/she helps me	il/elle m'aide
8	We have the same tastes	on a les mêmes goûts
9	I argued with	je me suis disputé
10	I got angry with	je me suis fâché
11	We argued	on s'est disputé
12	Mon ideal partner would have	mon partenaire idéal aurait
13	Mon ideal partner would do	mon partenaire idéal ferait

B: Celebrations and festivals

1	To spend time with family	passer du temps avec la famille
2	To party	faire la fête
3	To have fun	s'amuser
4	To help	Aider
5	To sing	Chanter
6	To give presents	donner des cadeaux
7	To celebrate/party	fêter / célébrer

8	To receive presents	recevoir des cadeaux
9	To sleep	dormir
10	To share a meal	partager un repas
11	You can	on peut
12	You have to	on doit
13	I shared	j'ai partagé
14	I received	j'ai reçu
15	I drank	j'ai bu
16	My Mum gave me	ma mère m'a donné
17	It was	c'était

C: Holidays

1	I've just spent my holidays	Je viens de passer mes vacances
2	I went to Morocco	je suis allé au Maroc
3	I stayed in	je suis resté dans
4	We stayed in	on est resté
5	It was hot	il faisait chaud
6	It was good weather	il faisait beau
7	It rained	il pleuvait
8	I had fun	je me suis amusé
9	It was disappointing	c'était décevant
10	I would go	j'irais
11	There would be	il y aurait

Year 11 – French – Key Structures

A: Opinion phrases		
1	I believe that	je crois que
2	I would say that	je dirais que
3	I think that	je pense que
4	According to me	selon moi
5	In my opinion	quant à moi
6	Frankly	franchement
B: Negative opinions		
1	It gets on my nerves	ça m'énerve
2	I'm fed up with	j'en ai marre de
3	I have some worries regarding	j'ai des soucis par rapport à
4	What scares me	ce qui me fait peur
5	What worries me is	ce qui m'inquiète est
6	I can't stand	je ne supporte pas
7	I can't stand	j'ai horreur de
C: Positive opinions		
1	I quite like	j'aime bien
2	I'm a fan of	je suis fan de
3	I am passionate about	je suis passionné par
4	What I like the most is	ce que j'aime le plus est
5	What I love is	ce que j'adore est

D: Positive reasons – present tense		
1	It makes me laugh	ça me fait rire
2	It relaxes me	ça me détend
3	It pleases me	ça me plaît
4	It helps me to relax	ça m'aide à me reposer
5	It helps me to forget everything	ça m'aide à tout oublier
6	I have a wicked time	je m'éclate
7	I have fun	je m'amuse
E: Negative reasons – present tense		
1	It makes me scared	ça me fait peur
2	It's not worth it	ça ne vaut pas la peine
3	It worries me	ça m'inquiète
5	I get bored	je m'ennuie
6	It tires me	ça me fatigue
7	It irritates me	ça m'embête
F: Positive adjectives		
1	Marvellous	merveilleux
2	Wonderful	formidable
3	Unbelievable	incroyable
4	Entertaining	divertissant
5	Fascinating	fascinant
6	Exciting	passionnant
7	Unforgettable	inoubliable
8	Pleasant	agréable

G: Negative Adjectives		
1	Boring	monotone
2	Annoying	pénible
3	Unpleasant	désagréable
4	Annoying	énervant
5	Ridiculous	ridicule
6	Awful	affreux
7	Worrying	inquiétant
8	Tiring	fatigant
H: Infinitive structures		
1	I want	je veux
2	I hope	j'espère
3	I want	j'ai envie de
4	I would like	j'aimerais
5	I have the intention to	j'ai l'intention de
6	I feel like	ça me dit de
7	I need	j'ai besoin de
I: Negatives		
1	I don't do	je ne fais pas
2	I no-longer do	je ne fais plus
3	I don't do anything	je ne fais rien
4	I only do	je ne fais que
5	I never do	je ne fais jamais
6	There isn't any	il n'y a aucun
7	There isn't anybody	il n'y a personne

J: Connectives		
1	However	pourtant/toutefois
2	Despite the fact that	malgré le fait que
3	Nevertheless	néanmoins
4	On the one hand	d'un côté
5	On the other hand	de l'autre côté
6	Therefore	du coup
7	So	donc
8	Due to	à cause de
9	In fact	en fait
K: Small but important words		
1	Even	même
2	If	si
3	Except	sauf
4	Without	sans
5	Especially	surtout
6	Everywhere	partout
7	The majority	la plupart
8	Instead of	au lieu de
9	Few / not many	peu
L: Time phrases		
1	This evening	ce soir
2	Usually	d'habitude
3	Last month	le mois dernier
4	Two years ago	il y a deux ans
5	The next day	le lendemain
6	Always	toujours

Year 11 – Cycle 1 – Geography

A: Weather Hazards and Climate Change

1	Coriolis effect	Wind being deflected north and south from the equator due to the spinning of the Earth
2	Milankovitch cycles	Natural changes to the Earth's orbit and position
3	Greenhouse effect	The natural process of the Earth's atmosphere trapping solar radiation
4	Enhanced greenhouse effect	Human activity causes more greenhouse gases to be released, causing global warming
5	Tropical storm	A very intense low pressure wind system
6	Storm surge	A temporary rise in sea level caused by low pressure
7	Meteorological drought	Low precipitation due to high pressure systems
8	Hydrological drought	When water stores are drying up
9	Monsoon	A rainy season experienced by countries in Asia and SE Asia

B: Resource Management

1	Biotic	Living things
2	Abiotic	Non-living things
3	Exploiting	Take advantage of
4	Sustainable	An activity which does not consume or destroy resources or the environment
5	Energy security	A country that has enough energy to meet its demand
6	Energy demand	The energy required to meet the needs of the population
7	Fracking	A process of extracting oil and natural gas from underground shale rock
8	Subsidence	When the ground under a house collapses and puts a strain on its structure
9	Carbon footprint	A measure of how much carbon is used by a person, company or country per year

GCSE – Cycle 1 – History – The Development of the USA

1	Great Depression	The economic downturn that followed the Wall Street Crash that led to mass unemployment in the 1930s
2	Consumerism	The purchasing of goods and services
3	Suburbanisation	The process of people moving out of cities to buy larger houses with gardens in suburban areas
4	Civil rights	The rights of people to political and social freedom and equality
5	Segregation	Keeping a racial group separate from the rest of society
6	Constitution	The basic laws of a country that determine the duties of the government and guarantee the rights of the people
7	Budget deficit	When a government spends more money than it receives through taxes
8	Impeachment	To bring the US president to trial for misconduct
9	Counter-culture	A way of life that rejects what society regards as normal
10	Feminist	A person who believes in equal social, economic and political rights for women
11	Superpower	A country that is militarily and economically very powerful and influential
12	Cold War	The period of tension between the USA and USSR with no direct fighting
13	Communism	An economic and political system in which all property is owned by the government
14	Capitalism	The belief that individuals should be free to make as much money as they can
15	Containment	President Truman's policy in 1947 for the USA to try and prevent communism spreading to other countries
16	Satellite state	Countries that are independent but controlled by another country
17	Brinkmanship	The policy of pushing a dangerous situation to the edge of disaster
18	Guerrilla war	A war in which soldiers don't belong to an established army and uses untraditional methods

Year 11 – Cycle 1 – Mathematics (Foundation)

A: Right-angled trigonometry

1	SOH CAH TOA triangles			
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B: Area, perimeter and volume

1	Area of a parallelogram	$b \times h$
2	Area of a triangle	$\frac{b \times h}{2}$
3	Area of a trapezium	$\frac{1}{2}(a + b)h$
4	Area of a circle	πr^2
5	Circumference of a circle	πd
6	Area of a sector	$\frac{\theta}{360} \times \pi r^2$
7	Arc length	$\frac{\theta}{360} \times \pi d$
8	Surface area of a cylinder	$2\pi r(r + h)$
9	Volume of a cylinder	$\pi r^2 h$
10	Volume of a pyramid	$\frac{1}{3} \times \text{area of base} \times h$

C: Angles

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

D: Information needed to describe transformations

1	Translations	Vector
2	Enlargements	Scale factor, centre of enlargement
3	Reflections	Line of symmetry
4	Rotations	Angle, direction, centre of rotation

Year 11 – Cycle 1 – Mathematics (Higher)

A: Area, perimeter and volume

1	Area of a parallelogram	$b \times h$
2	Area of a triangle	$\frac{b \times h}{2}$
3	Area of a trapezium	$\frac{1}{2}(a + b)h$
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5	Circumference of a circle	πd
6	Area of a sector	$\frac{\theta}{360} \times \pi r^2$
7	Arc length	$\frac{\theta}{360} \times \pi d$
8	Surface area of a cylinder	$2\pi r(r + h)$
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B: Angles

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C: Information needed to describe transformations

1	Translations	Vector
2	Enlargements	Scale factor, centre of enlargement
3	Reflections	Line of symmetry
4	Rotations	Angle, direction, centre of rotation

D: Solving quadratic equations

1	Quadratic formula	$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$
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Year 11 – Cycle 1 – Music

A: Africa

1	Structure	Intro – verse 1 – verse 2 – chorus 1 – chorus 2 – link 1 - link 2 - instrumental – chorus 3 – outro
2	Metre and rhythm	Simple duple time 2/2
3	Ostinatos	Rhythms consisting almost only of quavers, with constant use of syncopation
4	Tonality	Most of the song is in B major with the choruses in A major
5	Harmony	Diatonic - mixture of root position and inverted chords
6	Riff chord pattern	A - G#m - C#m
7	Chorus chord pattern	Vi (F#m) - IV (D) - I (A) - V (E)
8	Harmonic rhythm	Once per bar
9	Melody	Conjunct with a wide vocal range
10	Riff B	Uses the pentatonic scale

B: Badinerie

1	Form and structure	Binary form (AB); section A is 16 bars and Section B is 24 bars.
2	Instrumentation	Flute, string orchestra and harpsichord
3	Composer	Johann Sebastian Bach (1685 – 1750) A main composer of the Baroque period
4	Harmony	Diatonic: root and inverted chords. Used V7 chords
5	Cadences	Both sections end with a perfect cadence with imperfect and perfect cadences throughout
6	Metre	Simple duple time 2/4
7	Rhythm	Ostinato rhythms form two musical ideas (X and Z) consisting almost totally of quavers and semi quavers
8	Tonality	Section A begins in B minor (tonic) and ends in F# minor (dom. min) Section B begins in F# m (dom. min) and ends in B minor (tonic)

Year 11 – Cycle 1 – Religious Studies – Human Rights and Good and Evil

1	Social Justice	<ul style="list-style-type: none"> • 'Allah orders justice and good conduct' Qur'an • Parable of the Good Samaritan 'love your neighbour as yourself'
2	Prejudice and Discrimination	<ul style="list-style-type: none"> • 'You are all one in Christ' Bible • 'Do not let the hatred of people lead you to injustice' Qur'an
3	Wealth and poverty	<ul style="list-style-type: none"> • 'Remember the Lord your God, for it is he who gives you (...) wealth' Bible • 'Gambling is from the work of Satan' Qur'an
4	Censorship	<ul style="list-style-type: none"> • 'Go into the world and preach the gospel to all creation' Bible • 'To you your religion and to me mine' Qur'an
5	Punishment	<ul style="list-style-type: none"> • 'An eye for an eye and a tooth for a tooth' Qur'an + Bible • 'Father forgive them for they know not what they do' Bible
6	Death penalty	<ul style="list-style-type: none"> • Imago Dei - Bible • 'Whoever kills a soul it is as if he has killed all of mankind' Qur'an
7	Forgiveness	<ul style="list-style-type: none"> • 'Do not judge and you will not be judged' Bible • 'God loves those who turn unto Him in repentance' Qur'an
8	Evil	<ul style="list-style-type: none"> • 'The Lord gives and the Lord takes away' Story of Job - Bible • "He cannot be questioned for His acts, but they will be questioned (for theirs)." Qur'an

Year 11 – Cycle 1 – Religious Studies – Life and death and Relationships

1	Creation	<ul style="list-style-type: none"> • ‘In the image of God he created them; male and female’ Bible • ‘Your Lord is God who created the heavens and earth in six days’ Qur’an
2	Environment	<ul style="list-style-type: none"> • ‘Rule over the fish in the sea and the birds in the sky’ Bible • ‘The earth is green and beautiful (...) you are his stewards over it’ Hadith
3	Abortion	<ul style="list-style-type: none"> • Reproduction is one of Aquinas' Primary Precepts - Catholic Church • ‘Do not kill your children out of poverty’ Qur’an • ‘Thou shalt not kill’ Bible
4	Euthanasia	<ul style="list-style-type: none"> • ‘Whoever kills a soul, it is as if he has killed all of mankind’ Qur’an • Preservation of life is one of Aquinas' Primary Precepts - Catholic Church
5	Afterlife	<ul style="list-style-type: none"> • ‘Nor take life – which God has made sacred, except for a just cause’ Qur’an • ‘The body that is sown is perishable, it is raised imperishable’ Bible • ‘And everything they did is in written records’ Qur’an
6	Family	<ul style="list-style-type: none"> • ‘Men are the caretakers of women’ Qur’an • ‘My mother, my mother, my mother and then my father’ Qur’an • “Now as the church submits to Christ, so also wives should submit to their husbands in everything.” New Testament • ‘Male and female he created them’ Bible
7	Marriage and divorce	<ul style="list-style-type: none"> • ‘What God has joined together, let not man separate’ Bible • ‘Two become one flesh’ Bible • ‘He created for you from yourselves mates’ Qur’an • ‘Of all things permitted by Allah; divorce is the most hated’ Qur’an
8	Sex	<ul style="list-style-type: none"> • Do not approach unlawful sexual intercourse’ Qur’an • ‘Indeed you approach men with desire, instead of women. You are a transgressing people’ Qur’an • ‘Be fruitful and multiply’ Bible • Reproduction + Preserve life are two of Aquinas' Primary Precepts – Catholic Church
9	Gender equality	<ul style="list-style-type: none"> • ‘If a woman is to speak in a Church it is disgraceful’ Bible • ‘I do not permit a woman to teach or have authority over a man’ Bible • ‘Their husbands have the rights to take them back’ Qur’an • ‘Whether male or female; they will enter paradise’ Qur’an

Year 11 – Cycle 1 – Science – Biology Topic 5 – Homeostasis (Paper 2)

A: Homeostasis

1	Homeostasis	The regulation of internal conditions of a cell or organism to maintain optimum conditions for function in response to internal and external changes
2	The endocrine system	Made up of glands which secrete chemicals called hormones directly into the bloodstream

B: Blood glucose regulation

1	Insulin	When blood glucose concentration is too high, the pancreas releases insulin that causes glucose to move from the blood into the cells. In liver and muscle cells excess glucose is converted to glycogen for storage
2	Type 1 diabetes	A condition where the pancreas produces little or no insulin and is controlled by insulin injections
3	Type 2 diabetes	A condition where body cells become resistant to insulin and is controlled through a carbohydrate- controlled diet and exercise

C: The nervous system

1	Synapse	A gap between two neurones. A chemical diffuses across a gap to cause a new electrical signal in the next neurone
2	Reflex action	Automatic and rapid responses which do not involve the conscious part of the brain

Year 11 – Cycle 1 – Science

D: Rates of Reaction (Chemistry Topic 6 – Paper 2)

1	Activation energy	The minimum amount of energy that particles must have to react
2	Factors which affect the rate of reaction	Temperature, concentration of reactants (or pressure if it is a gas), surface area and presence of a catalyst
3	Catalyst	Speeds up the rate of reaction by lowering the activation energy without being used up or changed
4	Calculating mean rate of reaction	Quantity of reactant used or product formed/time
5	Closed system	When none of the reactions or products can escape and nothing else can get in
6	Equilibrium	When the rate of forward reaction and backward reaction are equal in a reversible reaction. The amount of products and reactants will remain constant.
7	Le Chatelier's principle	If you change the conditions of a reversible reaction at equilibrium, the system will counteract the change
8	Collision theory	Reactant particles must collide with the activation energy to form products

E: Atmosphere (Chemistry Topic 9 – Paper 2)

1	Greenhouse effect	When greenhouse gases absorb long-wave radiation, keeping it in the earth's atmosphere.
2	Greenhouse gases	Carbon dioxide, methane and water vapour
3	Carbon footprint	The total amount of greenhouse gases produced over the lifecycle of a product
4	Global dimming	Clouds of dust reduce the amount of sunlight that can reach the Earth

Year 11 – Cycle 1 – Science

F: Waves (Physics Topic 6 – Paper 2)

1	Longitudinal waves	A wave in which the vibrations are parallel to the direction of energy transfer, e.g. sound waves
2	Transverse wave	A wave in which the vibrations at right angles to the direction of energy travel, e.g. water waves, electromagnetic waves
3	Wave speed equation	Wave speed = frequency × wavelength (m/s) (Hz) (m)
4	Radio waves	Used for communication, e.g. TV and FM radio
5	Uses of microwaves	Communication with satellites, as they can pass through the atmosphere, cooking
6	Uses of infrared (IR) radiation	Electrical heaters, cooking food, infrared cameras
7	Fibre-optic cables	Use pulses of visible light to transmit data over long distances
8	X-rays	Pass easily through skin, but are absorbed by bone, so can be used to detect broken bones
9	Refraction	When a wave enters a new material, it changes speed, this causes it to change direction

G: Forces (Physics Topic 5 – Paper 2)

1	Vector quantity	Quantity with magnitude (size) and direction
2	Scalar quantity	Quantity with magnitude (size) but no direction
3	Weight equation	Weight = mass × gravitational field strength
4	Work done equation	Work done = force × distance
5	Hooke's law equation	Force = spring constant × extension
6	Limit of proportionality	The limit of force you can apply to an object for the extension to increase proportionally
7	Acceleration equation	Acceleration = $\frac{\text{Change in velocity}}{\text{Time taken}}$
8	Newton's first law	A resultant force is needed to change the velocity of an object
9	Newton's second law	The acceleration of an object is proportional to the resultant force on it and inversely proportional to its mass. Resultant force = mass × acceleration
10	Newton's third law	When two objects interact, the forces they exert on each other are equal and opposite
11	Momentum equation	Momentum = mass × velocity
12	Conservation of momentum	In a closed system, the total momentum before an event is the same as after the event

Year 11 – Cycle 1 – Spanish

A: Vocabulario: Vacaciones, Festivals y Medioambiente

1	In winter	en invierno
2	In summer	en verano
3	In autumn	en otoño
4	In spring	en primavera
5	In the north / south	al norte / sur
6	In the east / west	al este / oeste
7	Abroad	al extranjero
8	To dive	hacer buceo
9	To go for a walk	ir de paseo
10	To watch a match	ver un partido
11	To miss my flight	perder mi vuelo
12	To have a barbecue	hacer una barbacoa
13	A youth hostel	un albergue juvenil
14	A bed and breakfast (B&B)	una pensión
15	An indoor swimming pool	una piscina cubierta
16	Cosy	acogedor
17	A double bed	una cama de matrimonio
18	The shower	la ducha
19	The light	la luz
20	The parade	el desfile
21	The contest	el concurso

22	The bonfire	la hoguera
23	The fireworks	los fuegos artificiales
24	To jump	saltar
25	To dress up	disfrazarse
26	To burn	quemar
27	To kill	matar
28	To throw	tirar
29	To get dressed	vestirse
30	To go to bed	acostarse
31	To save	ahorrar
32	To close	cerrar
33	Atmospheric pollution	la contaminación atmosférica
34	To switch off	apagar
35	To unplug	desenchufar
36	Hunger	el hambre
37	Fires	los incendios
38	Poverty	la pobreza
39	Floods	las inundaciones
40	Draughts	las sequías
41	To keep / to stay	mantenerse
42	To avoid	evitar
43	Harmful	perjudicial

Year 11 – Spanish - Key structures

1) Important verbs	
To say	decir
To give	dar
To arrive	llegar
To start/begin	empezar
To realise	darse cuenta
To enjoy	disfrutar
To get / catch	coger
To know	saber
To learn	aprender
To teach	enseñar
To need	necesitar
To return	volver
To continue / follow	seguir
To finish	terminar
To last	durar
To think	pensar
2) Sequencers	
Firstly	primero
Then	luego
After	después
Later on	más tarde
Lastly	por último
3) Time Expressions	
Day	el día
Hour	la hora
Month	el mes
Week	la semana
Year	el año

4) Infinitive Structures	
I have just	acabo de + inf
It is necessary	hay que + inf
We have to	tenemos que + inf
To start	empezar a + inf
We should	deberíamos + inf
To learn to	aprender a + inf
Before	antes de + inf
After	después de + inf
I hope	espero + inf
I want	quiero + inf
To stop	dejar de + inf
To be able to	poder + inf
We must	se debe + inf
We can	se puede + inf
I feel like + verb	tengo ganas de + inf
I fancy + verb	me apetece

5) Question Words	
What	¿qué?
When	¿cuándo?
How	¿cómo?
Which	¿cuál?
Where	¿dónde?
Who	¿quién?
Why	¿por qué?
How much	¿cuánto?
How many	¿cuántos/as?
At what time	¿a qué hora?

6) Common verbs (present tense)	
To do	hacer
I do	hago
They do	hacen
You do	haces
To have	tener
I have	tengo
He /she / it has	tiene
They have	tienen
To be	ser
I am	soy
He/she / it is	es
They are	son
To be	estar
I am	estoy
He / she / it is	está
They are	están
To go	ir
I go / I'm going	voy
You go	vas
They go	van

7) Common verbs (past tense)	
I went	fui
You went	fuiste
He/she/it went & was	fue
He / she / it used to be	era
There was / there were	había
He / she / it had	tenía
I saw	vi
I did	hice
You did	hiciste

8) Small but important words	
More and more	cada vez más
Less and less	cada vez menos
Unless	a no ser que
Even	incluso
Instead of	en lugar de / en vez de
Despite	a pesar de
Nor	tampoco
Still/ yet	todavía
Both	ambos
Already	ya
Without	sin
Almost	casi
Nobody	nadie
Few / little	poco
The same	el mismo
Any	cualquier/a
With	con
Less	menos
More	más
Apart from	aparte de
Every	cada
Neither... nor	ni... ni
In fact	de hecho
Quite	bastante
No-longer	ya no
No / not any	ningún
While	mientras (que)

Year 11 – Cycle 1 – GCSE Sport Science – Component 2

A: Health and wellbeing

1	Health	A state of complete emotional, physical and social well-being, and not merely the absence of disease and infirmity
2	Lifestyle choices	The choices we make about how we live and behave that impact on our health
3	Sedentary lifestyle	A lifestyle where there is little, irregular or no physical activity
4	Energy balance	This is the basis of weight control; for body weight to remain constant, energy input (via food) must equal energy expenditure
5	Overweight	You weigh more than the expected weight for your height and sex
6	Overfat	You have more body fat than you should have
7	Obese	A term used to describe people who are very overfat
8	Macronutrients	A type of food required in relatively large amounts in the diet, e.g. carbohydrates, fats, protein
9	Micronutrients	A type of food required in relatively small quantities in the diet, e.g. vitamins and minerals
10	Optimum weight	The ideal weight someone should be, on average, based on their sex, height, bone structure, and muscle girth
11	Muscle girth	The size of the muscle, measuring its circumference
12	Dietary manipulation	Planning exactly what to eat and when to eat to get the most advantage from the food being consumed
13	Hydration	Being hydrated means the body has the correct amount of water in cells, tissues and organs to function correctly

B: SMART targets

1	Specific	Your goal must be clear (specific)
2	Measurable	In order to know if your goal has been met successfully, it must be something that can be measured
3	Achievable	It is something that is possible for you to do
4	Realistic	A goal that is possible, given all the factors involved
5	Time-bound	Goals must be assigned a time frame for completion