



2023-2024

Year 10 | Cycle 3

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 10 – Cycle 3 – Art – Project 'Fragment'

1	Acrylic	A water-based, plastic paint that is thicker than watercolour paint
2	Canvas	Fabrics that are prepared for painting
3	Collage	The combination of pieces of cloth, magazines and other found objects to create artwork
4	Primary colours	Red, yellow and blue
5	Secondary colours	Orange, violet, green. Each colour is midway between the primary colours from which it can be mixed
6	Tertiary colours	Obtained by mixing adjoining primary and secondary colours
7	Contrast	Created by using opposites near each other, such as a light object next to a dark object
8	Character	An individual symbol that makes up a typeface, for example a letter, number or a punctuation mark
9	Highlights	Small areas on a painting or drawing on which reflected light is the brightest
10	Intensity	The brightness or the dullness of a colour
11	Balance	The arrangement of elements in a work of art so that they appear symmetrical or asymmetrical
12	Dominance	An object or colour that stands out
13	Hue	Colour
14	Fixative	Used to fix charcoal drawings on canvas before painting
15	Value	Shadows, darkness, contrasts and light

Year 10 – Cycle 3 – GCSE Citizenship: Politics and Participation

1	Democracy	Citizens can use their voice through voting in fair elections
2	Representative democracy	A type of government where citizens elect others to represent them
3	Equality	Equal treatment for all
4	Rule of law	The principle that the law applies equally to everyone
5	Councillor	A citizen who is elected and works in a local council
6	Referendum	A vote on one particular issue
7	House of Commons	Members who are elected and responsible for making laws
8	Judiciary	Made up of judges responsible for the legal system
9	Legislature	A group that decides the law
10	Executive	Those who make the key day-to-day decisions in the country
11	Prime Minister	Leader of the government
12	Parliament	Where MPs meet and pass new laws
13	Cabinet	Senior and important members of the government
14	Devolution	The transfer of power from national to local government
15	Voter apathy	Citizens having a lack of interest in voting
16	Constituency	An area which elects an MP to represent them
17	Individual liberty	People have the freedom to make their own choices and decisions
18	Political parties	A group of people who share the same political beliefs

Year 10 – Cycle 3 – Drama

A: Written terms		
1	Describe	To give details of what you saw, heard or experienced
2	Explain	To give the purpose and reason
3	Analyse	To examine something, looking at different perceptions of it for/as an audience
4	Evaluate	To judge or form an opinion
5	Point	What the main theatre element you will focus on in the paragraph is, with terminology used
6	Example	The description of how the theatre element will be used in the scene
7	Style	The manner in which something is performed, such as naturalistically or comically
8	Motivation	What a character wants or needs in a scene

B: Vocal descriptions		
1	Bellow	To shout in a deep, angry voice
2	Hiss	Sharp sound with prolonged vowels used to show disapproval or contempt
3	Moan	A prolonged, low sound used to complain or show boredom
4	Whimper	A high-pitched quiet tone used to show pain
5	Murmur	A low quiet and prolonged tone used to gossip
C: Physical descriptions		
1	Rigid	A firm and inflexible posture used to show anger or fear
2	Balanced	A neutral posture that shows character is ready to go
3	Hunched	Back curled over, often used to show older person
4	Slouched	A relaxed posture used to show confidence, informal
5	Drooped	Loose body tension, head down posture used to show sadness or lack of energy

Year 10 – Cycle 2 – 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 10 – Cycle 3 – Design & Technology

1	Persona	A character used to represent a user that might use your product to help understand users' needs, experiences, behaviors and goals
2	User journey	The experiences a person has when interacting with something to understand pain points
3	Product analysis	The process of examining existing products on the market for their function, cost, size, safety, aesthetics and more
4	Primary data	Data gathered by yourself 'first-hand'
5	Secondary data	Data collected by others 'second-hand'
6	Client	The person the designer is working for
7	End user	The person or group of people a product is designed for
8	Customer	The people who would purchase the product
9	Empathy mapping	A process that helps you to identify the thoughts and feelings of a particular user group
10	Design fixation	When a designer limits their creativity by only exploring one avenue of design or relying heavily on existing designs
11	Iterative design	A repeated cycle of quickly implementing designs or prototypes, gathering feedback and refining the design
12	Obsolescence	When a product becomes unusable or out of date
13	User-centred design	Looking at and checking the needs, wants and requirements of the user at every stage of the design process
14	Focus group	A group of people used to track if a product design is on track
15	Schematic drawing	A visual representation of a circuit or system
16	Render	Adding colour or texture to make a design look realistic
17	Low-fidelity prototype	A quick prototype that gives a basic idea of a product's looks or functions
18	High-fidelity prototype	A detailed and accurate prototype similar to the final product

Year 10 – English – Anthology Poetry

A	Poem	Key quotation
1	Ozymandias	'Wrinkled lip and sneer of cold command'
2	London	'In every face / Marks of weakness, marks of woe'
3	My Last Duchess	'That's my last duchess painted on the wall'
4	Tissue	'Smoothed and stroked / thinned to be transparent'
5	Storm on the Island	'Spits like a tame cat turned savage'
6	Exposure	Our brains ache in the merciless iced east winds that knives us'
7	The Prelude	'Grim shape / Towered up between me and the stars'
8	Charge of the Light Brigade	'Into the jaws of death / Into the mouth of hell'
9	Bayonet Charge	'King, honor, human dignity etcetera, dropped like luxuries'
10	Remains	'And the drink and the drugs won't flush him out'
11	Poppies	'I listened, hoping to hear / Your playground voice catching on the wind'
12	War Photographer	'A hundred agonies in black and white'
13	Kamikaze	'Till gradually we too learned / to be silent'
14	The Emigree	'I have no passport, there's no way back at all'
15	Checking out me History	'But now I checking out me own history / I carving out me identity'

B	Term	Definition
1	Nostalgia	Longing for or thinking fondly of a past time or condition.
2	Disillusioned	Disappointment after realising that a belief they hold is false.
3	Transient	Lasting only for a short time; not permanent
4	Narcissistic	Having an excessive admiration for oneself and one's physical appearance
5	Desensitised	Less likely to feel distress when shown scenes of suffering and cruelty because you have seen many
6	Oppression	Prolonged cruel or unjust treatment or exercise of authority
7	Authoritative	Commanding and self-confident; likely to be respected and obeyed.
8	Exile	The state of being kicked out from one's native country

C	Term	Definition
1	Speaker	The person speaking in the poem (not the poet)
2	Stanza	A group of lines separated from another in a poem
3	Enjambment	When the sentence runs onto a new line of poetry without punctuation at the end of the line
4	Volta / shift	A turning point in a poem
5	Dramatic monologue	A poem in which an imagined speaker addresses the reader
6	Caesura	A stop or pause in a line of poetry, usually caused by punctuation

Year 10 – Cycle 3 – French

A: Verbs and structures

1	I am going to do work experience	je vais faire un stage
2	I want to help people	je veux aider les gens
3	I would like to do A-levels	je voudrais faire le Bac
4	I hope to travel	j'espère voyager
5	I am going to do volunteering	je vais faire du bénévolat
6	I intend to go to university	j'ai l'intention d'aller à l'université
7	I want to do a degree	je veux faire un diplôme
8	If I succeed	si je réussis
9	I will do	je ferai
10	I will go	j'irai
11	I will have	j'aurai
12	I will travel	je voyagerai
13	It will be	ça sera
14	I will work as	je travaillerai comme
15	I drink	je bois
16	I eat	je mange
17	In order to stay in shape	afin de rester en forme
18	I have the flu	j'ai la grippe
19	I have a cold	j'ai un rhume
20	My head hurts	j'ai mal à tête
21	My stomach hurts	j'ai mal au ventre
22	I am healthy	je suis sain

23	I am healthy	je suis en bonne santé
24	It is necessary to eat vegetables	il faut manger des légumes
25	You must not smoke	on ne doit pas fumer
26	It is necessary to sleep 8 hours	il faut dormir huit heures
27	It is necessary to go to the doctor	il faut aller chez le médecin
28	When I was little	quand j'étais petit
29	I used to eat	je mangeais
30	I used to do	je faisais
31	I used to drink	je buvais
32	She is going to do shopping	elle va faire les magasins
33	I am going to have fun	je vais m'amuser

B: Vocabulary

1	Doctor	médecin
2	Lawyer	avocat
3	Nurse	infirmier
4	Builder	maçon
5	Sweets	les sucreries
6	Fat	la matière grasse
7	Cakes	les gâteaux
8	Meat	la viande
9	Fizzy drinks	les boissons gazeuses
10	Healthy food	la nourriture saine
11	Diet	le régime

Year 10 – Cycle 3 – Geography

A: Weather Hazards & Climate Change			B: Fieldwork		
1	Coriolis effect	Wind being deflected north and south from the equator due to the spinning of the Earth	1	River discharge	The volume of water flowing through a river channel at a given point
2	Milankovitch cycles	Natural changes to the Earth's orbit and position	2	The four types of erosion	Hydraulic action, abrasion, attrition, solution
3	Greenhouse effect	The natural process of the Earth's atmosphere trapping some solar radiation	3	Representative	A sample which reflects the whole
4	Enhanced greenhouse effect	Human activity causes more greenhouse gases to be released, causing global warming	4	Reliable	If you measure it again you will get the same results
5	Tropical storm	A very intense, low pressure system	5	Sample	The group of people or sites you choose to investigate
6	Storm surge	A temporary rise in sea level caused by low pressure	6	Stratified sample	Choosing people or sites based on pre-determined groups
7	Meteorological drought	A lack of precipitation due to high pressure systems	7	Systematic sample	Choosing people or sites at equal intervals
8	Hydrological drought	When water stores dry up	8	Random sample	Selecting people or sites without bias
9	Monsoon	A rainy season experienced by countries in southeast Asia	9	Bias	Prejudice for or against one particular group of people or place

Year 10 – Cycle 3 – GCSE History: Germany

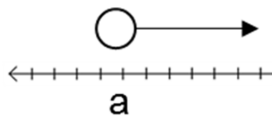
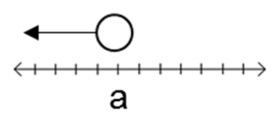
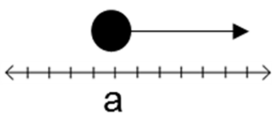

Impact of World War One on the Weimar Republic

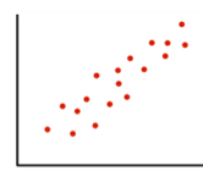
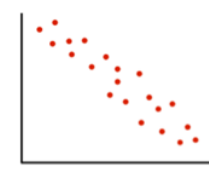
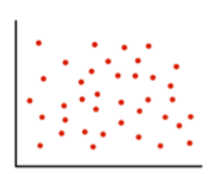
1	Dolchstoss	The theory that the Weimar government had stabbed Germany in the back for signing the armistice and the Treaty of Versailles
2	Constitution	The laws that set out how a country is going to be governed
3	Coalition government	A government containing two or more political parties
4	Proportional representation	The voting system used by the Weimar Republic which led to coalition governments
5	Article 48	Special powers given to the President to take control away from the Reichstag during a state of emergency
6	Reichstag	The German parliament
7	President	The head of state who was in control of the army and could use Article 48
8	Chancellor	The head of the coalition government in the reichstag
9	Gleichschaltung	The German term for bringing all of Germany into line with Nazi values
10	Trade unions	A group of workers from a particular trade that is formed to protect or further the rights of the workers
11	Führer	Hitler's title which combined the role of president and chancellor
12	Rearmament	The process of building up the military
13	Aryan race	The Nazi term for 'pure' Germans
14	Boycott	Deliberately not purchasing / using something for political reasons
15	Gestapo	Nazi secret police
16	Lebensraum	Living space
17	Anschluss	The political and economic union of Germany and Austria
18	Appeasement	A policy which makes allowances to a hostile country in order to maintain peace

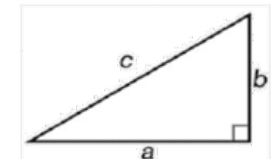
Year 10 – Cycle 3 – Mathematics (Foundation)

A: Index laws		
1	$a^m \times a^n$	a^{m+n} for example, $2^5 \times 2^3 = 2^8$
2	$a^m \div a^n$	a^{m-n} for example, $2^5 \div 2^3 = 2^2$
3	$(a^m)^n$	a^{mn} for example, $(2^5)^3 = 2^{15}$
4	a^0	1
5	a^{-n}	$\frac{1}{a^n}$ for example, $3^{-2} = \frac{1}{3^2}$

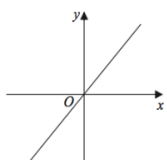
B: Averages		
1	Mean	Add up all the numbers and divide by how many numbers there are
2	Median	Put the numbers in ascending order then find the middle number
3	Mode	The most common
4	Range	Largest number – smallest number

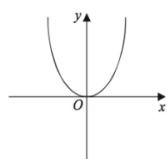
C: Inequalities		
1		$x > a$, greater than a
2		$x < a$, less than a
3		$x \geq a$, greater than or equal to a
4		$x \leq a$, less than or equal to a

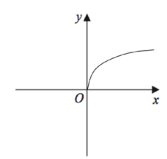
D: Scatter graphs		
1		Positive correlation
2		Negative correlation
3		No correlation

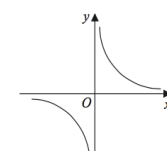
E: Pythagoras' theorem		
1	Hypotenuse	The longest side of a right-angled triangle, opposite the right angle
2	Pythagoras' theorem	$a^2 + b^2 = c^2$ 

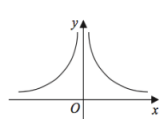
A: Proportion

1	$y = kx$ 	y is directly proportional to x
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2	$y = kx^2$ 	y is directly proportional to the square of x
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3	$y = k\sqrt{x}$ 	y is directly proportional to the square root of x
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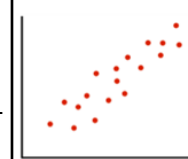
4	$y = \frac{k}{x}$ 	y is inversely proportional to x
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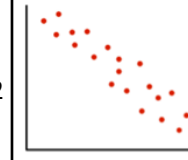
5	$y = \frac{k}{x^2}$ 	y is inversely proportional to the square of x
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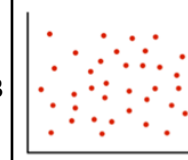
B: Surds

1	$\sqrt{a} \times \sqrt{b}$	$\sqrt{a \times b}$
2	$\sqrt{a} \times \sqrt{a}$	a
3	$\frac{\sqrt{a}}{\sqrt{b}}$	$\frac{\sqrt{a}}{\sqrt{b}}$

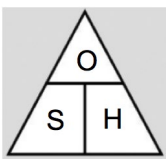
C: Scatter graphs

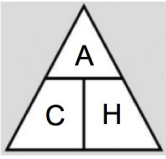
1		Positive correlation
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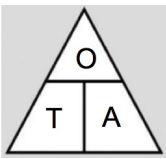
2		Negative correlation
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3		No correlation
---	-------------------------------------------------------------------------------------	----------------

D: Trigonometry

1	$\sin x$	$= \frac{\text{Opposite}}{\text{Hypotenuse}}$	
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2	$\cos x$	$= \frac{\text{Adjacent}}{\text{Hypotenuse}}$	
---	----------	-----------------------------------------------	-------------------------------------------------------------------------------------

3	$\tan x$	$= \frac{\text{Opposite}}{\text{Adjacent}}$	
---	----------	---------------------------------------------	-------------------------------------------------------------------------------------

E: Exact Values

	x	0°	30°	45°	60°	90°
1	$\sin x$	0	$\frac{1}{2}$	$\frac{\sqrt{2}}{2}$	$\frac{\sqrt{3}}{2}$	1
2	$\cos x$	1	$\frac{\sqrt{3}}{2}$	$\frac{\sqrt{2}}{2}$	$\frac{1}{2}$	0
3	$\tan x$	0	$\frac{\sqrt{3}}{3}$	1	$\sqrt{3}$	Undefined

Year 10 – Cycle 3 – Music

1	Melody and accompaniment	A tune with accompaniment
2	Unison	All parts play or sing the same music at the same time
3	Descant	A decorative higher pitched line
4	Counter melody	A new melody, combined with the theme
5	Drone	Long held notes
6	Chorus	A large group – usually the full company cast
7	Recitative	A vocal style that imitate the rhythms and accents of speech
8	Overture	An orchestral introduction to the show, which usually uses tunes from the show.

9	Repetition	A musical idea is repeated exactly
10	Imitation	An idea is copied in another part with slight differences
11	Sonority	A guitar chord using the root and 5th note (no 3rd)
12	Chromatic	Using many notes from outside the key.
13	Fill	A short, improvised drum solo
14	Inversion	Turning a melodic idea or interval upside down
15	Recitative	A vocal style that imitates the rhythms and accents of spoken language
16	Syllabic	One note sung per syllable
17	Transposition	Moving a musical idea to a higher or lower key
18	Tutti	An instruction that means everyone

Year 10 – Cycle 3 – Religious Studies – Issues of Relationships

1	Responsibilities [2]	Actions / duties you are expected to carry out, e.g. looking after family members
2	Roles [2]	Position, status or function of a person in society, as well as the characteristics / behaviour expected of them
3	Cohabitation [2]	To live together in a sexual relationship without being married
4	Commitment [2]	A sense of dedication and obligation to someone or something
5	Adultery [2]	Voluntary sexual intercourse between a married person and a person who is not their spouse
6	Divorce [2]	To legally end a marriage
7	Contraception [2]	Methods used to prevent a woman from becoming pregnant during or following sexual intercourse
8	Gender equality [2]	People of all genders enjoying the same rights and opportunities in all aspects of their lives
9	Chastity	Not having a sexual relationship until married
10	Celibacy	When a person decides to never have a sexual relationship
11	Natural moral law	An ethical theory by Thomas Aquinas which is based on five primary precepts
12	Patriarchal	A family or society controlled by men

Year 10 – Cycle 3 – Science – Biology Topic 4: Bioenergetics (Paper 1)

1	Uses of glucose in plants	Respiration, making cellulose for cell walls, making amino acids and making lipids or starch for energy storage
2	Limiting factor	A factor that affects the rate of photosynthesis when in short supply
3	Sodium hydrogen carbonate	Used to increase the amount of carbon dioxide dissolved in water when investigating photosynthesis
4	Uses of energy	Chemical reactions, movement, maintaining constant body temperature
5	Exercise	More muscle contraction, more energy needed and greater rate of respiration
6	Oxygen debt	The amount of oxygen needed to break down the lactic acid that has built up during anaerobic respiration
7	Metabolism	The rate of all the chemical reactions in a cell or the body

Year 10 – Cycle 3 – Science – Biology Topic 7: Ecology (Paper 2)

A Ecosystems and food chains		
1	Population	All the organisms of one species living in a habitat
2	Community	The populations of different species living in a habitat
3	Ecosystem	The interaction of a community of living organisms with the non-living parts of the environment
7	Interdependence	The dependence of species on other species for things such as food, shelter and seed dispersal
8	Adaptation	Feature or characteristics that organisms have to allow them to live in specific environmental conditions
B Distribution and human impacts		
1	Distribution	Where an organism is found, affected by environmental factors
2	Quadrat	A square frame with a known area, used to measure number of organisms in a specific location
3	Percentage cover	An estimate of the percentage area of a quadrat that is covered by a particular species of plant
6	Biodiversity	The variety of different species of organisms on Earth, or within an ecosystem
7	Global warming	The gradual increase in the Earth's mean temperature due to increasing levels of greenhouse gases which act like an insulating layer

A: Acids and alkalis

1	Acid	A substance which forms H ⁺ ions when aqueous, pH less than 7
2	Alkali	A soluble base which forms OH ⁻ ions when aqueous, pH more than 7
3	Base	An insoluble substance that neutralises an acid to make a salt and water

B: Reactions of acids and salts

1	Acids with metal oxides	Acid + metal oxide → salt + water
2	Acids with metal hydroxides	Acid + metal hydroxide → salt + water
3	Acids with metal carbonates	Acid + metal carbonate → salt + water + carbon dioxide
4	Acids with metals	Metal + acid → salt + hydrogen

C: Redox and electrolysis

1	Electrolysis	Splitting up an ionic compound using electricity, used to extract metals more reactive than carbon from their ores
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A: Climate change		
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
B: Air pollution		
1	Global dimming	Clouds of dust and soot reduce the sunlight that can reach the Earth
C: Using resources		
1	Life cycle assessment	An assessment of the impact of every stage of a product's life, including raw materials, manufacture, use and disposal
2	Sterilisation	Kills microbes, e.g., using chlorine gas or UV light
3	Desalination	Removing salt from seawater to make it potable, e.g., using reverse osmosis
4	Sedimentation tank	Solids sink to produce sludge, leaving liquid effluent floating on top

Year 10 – Cycle 3 – Science – Physics Topic 2: Electricity (Paper 1)

1	Current (Amps)	The rate of flow of electric charge, measured using an ammeter connected in series
2	Potential difference (Volts)	Energy transferred per coulomb of charge, measured using a voltmeter connected in parallel
3	Ohm's law	Current through a resistor at a constant temperature is directly proportional to the potential difference across a resistor
4	LDR	The resistance of a light dependent resistor decreases if light intensity increases
5	Thermistor	The resistance of a thermistor decreases if temperature increases
6	Series circuit rules	Potential difference is shared according to resistances, current is the same everywhere in the circuit
7	Parallel circuit rules	The potential difference across each component is the same, current is shared according to resistance
8	National Grid	A nationwide network of cables and transformers transferring electricity from power stations to homes

1	Random decay	We cannot predict which nuclei will decay and when a specific nucleus will decay
2	Activity	Number of unstable atoms that decay per second (measured in Becquerels)
3	Half-life	Average time it takes for half of the radioactive atoms in a sample to decay
4	Alpha particle	Made of two protons and two neutrons, with a charge of +2
5	Beta particle	Made of one electron, with a charge of -1
6	Penetrating power	How easily the type of radiation can pass through materials – the most penetrating is gamma
7	Irradiated	When an object is exposed to ionising radiation but does not become radioactive
8	Contaminated	When unwanted radioactive atoms get onto an object they release radiation and may cause harm

Year 10 – Cycle 3 – Triple Science – Physics Topic 5 – Forces (Paper 2)

1	Weight equation	Weight = mass x gravitational field strength
2	Work done equation	Work done = force x distance
3	Hooke's law equation	Force = spring constant x extension
4	Limit of proportionality	The limit of force you can apply to an object for the extension to increase proportionally
5	Acceleration equation	Acceleration = $\frac{\text{Change in velocity}}{\text{Time taken}}$
6	Newton's first law	A resultant force is needed to change the velocity of an object
7	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 x acceleration
8	Newton's third law	When two objects interact, the forces they exert on each other are equal and opposite
9	Momentum equation	Momentum = mass x velocity
10	Conservation of momentum	In a closed system, the total momentum before an event is the same as after the event

Year 10 – Cycle 3 – Spanish

A: Relationships – Verb Structures

1	I get on well with	me llevo bien con
2	I get angry with	me enfado con
3	I fight with	me peleo con
4	I argue with	discuto con
5	We have a lot in common	tenemos mucho en común
6	He/she gives me advice	me da consejos
7	He/she makes me laugh	me hace reír
8	He/she doesn't let me go out	no me deja salir
9	He/she listens to me	me escucha
10	He/she knows me well	me conoce bien
11	He/she supports me	me apoya
12	He/she doesn't judge me	no me juzga
13	I am in favour of	estoy a favor de
14	I am against	estoy en contra de
15	I agree with	estoy de acuerdo con
16	I want to get married	quiero casarme
17	I have the intention to	tengo la intención de
18	I hope to find love	espero encontrar amor

19	I am going to have children	voy a tener hijos
20	I don't mind being single	me da igual estar soltero
B: Health – Verb Structures		
1	I am ill	estoy enfermo
2	I am tired	estoy cansado
3	I have broken	me he roto la pierna
4	My head hurts	me duele la cabeza
5	I have cereal for breakfast	desayuno cereales
6	I have meat for dinner	ceno carne
7	I wake up	me despierto
8	I go to bed	me acuesto
9	I am going to have dinner	voy a cenar
10	I am going to have	voy a tomar
11	I am going to order	voy a pedir
12	The food is cold	la comida está fría
17	I usually sleep 8 hours	suelo dormir ocho horas
18	I try not to put on weight	intento no engordar
19	I try to avoid stress	trato de evitar el estrés
20	I know that it's important	sé que es importante

Year 10 – Cycle 3 – 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

A: Methods of training

1	Continuous training	Training at a steady pace for a minimum of 30 minutes
2	Circuit training	A combination of six or more exercises performed with short rest periods between them
3	Plyometrics	Training that develops explosive power and strength
4	Weight/resistance training	Machines or free weights provide a load for the muscles to work against

B: Principles of training

1	F.I.T.T	<ul style="list-style-type: none"> • <u>Frequency</u> – how often you train • <u>Intensity</u> – how hard you train • <u>Time</u> – how long you train for • <u>Type</u> – what training method you use
2	Individual needs	Matching the training to the requirements of the individual person
3	Specificity	Matching the training to the particular requirements of an activity
4	Thresholds of training	To maximise the chance of fitness adaptations taking place, you should train within your target zone

C: Performance enhancing drugs (PEDs)

1	Erythropoietin (EPO)	Helps increase red blood cell production and oxygen delivery to the muscles
2	Human growth hormones (HGH)	Helps increase muscle mass and therefore strength
3	Blood doping	A process where performers have additional blood added to their bloodstream.

D: Injuries

1	Torn cartilage	An injury at a joint where small tears appear in the cartilage
2	Sprain	An injury at a joint where some of the fibres of the ligament are torn
3	Tennis elbow	A joint injury where the tendons are inflamed, with pain felt on the <u>outside</u> of the elbow
4	Golfer's elbow	A joint injury where the tendons are inflamed, with pain felt on the <u>inside</u> of the elbow
5	Strain	A stretch or tear in the muscle, also known as a pulled muscle

E: Cool down

1	Light exercises	Exercises performed at a much lower intensity than you have just been working at
2	Stretching	Longer stretches to the muscles you have just been using