



2023-2024

Year 8 Cycle 2

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 8 – Cycle 2 – Art & Design

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

Year 8 – Cycle 1 – Design and Technology

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

Year 8 – Cycle 2 – Design & Technology

1	Client	A company or customer you are designing for
2	Graphic	An image or visual representation of an object
3	Logo	A logo is a visual symbol that identifies a business
4	Ideation	The formation of design ideas or concepts
5	Adobe Illustrator	A software used to create visual graphics
6	Vector file	An image that can be increased endlessly in size without losing quality
7	Typeface	Characters of the same design including letters, numbers, punctuation and symbols
8	Packaging	Materials used to wrap or protect goods
9	Vacuum forming	The process of heating plastic until soft and then forcing it against a mould
10	Pantone shade	Universal colour code system that identifies specific shades
11	CE mark	A mark showing the product meets EU health, safety or environmental requirements
12	Barcode	A method of representing data in a visual, machine-readable form

Year 8 – Cycle 2 – Drama

1	Naturalism	Style of theatre where acting and design are true to real life
2	Practitioner	Someone who creates theatrical work
3	Stanislavski	The actor and director who created naturalism
4	Given circumstances	Information given to you to perform a scene, e.g., the location, your age
5	Five Ws	Rehearsal technique to further understand text: who, what, where, when and why
6	Magic if	Rehearsal technique to develop scenes by asking what if something happened
7	Hot seating	A rehearsal technique used where a character is interviewed to help gain more understanding of a character's backstory
8	Monologue	An extended speech said by one person
9	Role on the wall	A rehearsal technique to unpick the character's inner thoughts and feelings
10	Linear structure	Scenes that run in time order from beginning to end
11	Split scene	Where the stage space is split in two by an imaginary line to show two different locations
12	Marking the moment	Where actors pause the action in tableaux to highlight an important moment to the audience

Year 8 – Cycle 2 – French

A: Verbs and structures

1	I wake up	je me réveille
2	I get up	je me lève
3	I shower	je me douche
4	I get dressed	je m'habille
5	I woke up	je me suis réveillé
6	I got up	je me suis levé
7	I showered	je me suis douché
8	I got dressed	je me suis habillé
9	I eat	je mange
10	I drink	je bois
11	I have	je prends
12	I am in shape	je suis en forme
13	I am not in shape	je ne suis pas en forme
14	I am active	je suis actif
15	I sleep 8 hours per night	je dors 8 heures par nuit
16	I do exercise	je fais de l'exercice
17	I eat sweets	je mange des sucreries
18	It is necessary to	il faut
19	We must not	il ne faut pas
20	My head hurts	j'ai mal à la tête
21	My stomach hurts	j'ai mal au ventre
22	I have a cold	j'ai un rhume

23	I have the flu	j'ai la grippe
24	He / she works	il / elle travaille
25	In an office	dans un bureau
26	My dad is	mon père est
27	My mum is	ma mère est
28	I am going to have	je vais avoir
29	I hope to have	j'espère avoir
30	I would like to have	je voudrais avoir
31	I want to have	je veux avoir

B: Vocabulary

1	Early	tôt
2	Late	tard
3	In the morning	le matin
4	In the evening	le soir
5	Sweet	sucré
6	Salty	salé
7	Disgusting	dégoûtant
8	Healthy	sain
10	Healthy	bon pour la santé
11	Others	les autres
12	Children	les enfants
13	Lawyer	avocat
14	Doctor	médecin

Year 8 – Cycle 2 – Spanish

A: Daily Routine – La rutina diaria		
1	I wake up	me despierto
2	I get up	me levanto
3	I shower	me ducho
4	I brush my teeth	me lavo los dientes
5	I woke up	me desperté
6	I got up	me levanté
7	I showered	me duché
8	I brushed my teeth	me lavé los dientes
B: Healthy Living – La vida sana		
1	I eat	como
2	He/she eats	come
3	I drink	bebo
4	He/she drinks	bebe
5	I lead a healthy life	llevo una vida sana
6	I lead an unhealthy life	llevo una vida malsana
7	My stomach hurts	me duele el estómago
8	My legs hurt	me duelen las piernas
9	I am ill	estoy enfermo
10	I am tired	estoy cansado
11	I have a cold	tengo catarro
12	I have a cough	tengo tos
13	I have the flu	tengo gripe

14	For a week	desde hace una semana
15	You must	se debe
C: My school - Mi instituto/colegio		
1	My school is in	mi colegio está en
2	In my school there is	en mi instituto hay
3	It is necessary to	hay que
4	You can	se puede
5	To wear make-up	llevar maquillaje
6	To be on time	ser puntual
D: Work - el trabajo		
1	He is a lawyer	es abogado
2	She is an accountant	es contable
3	I have to	tengo que
4	He/she has to	tiene que
5	I work as a cashier	trabajo de cajero
6	I deliver newspapers	reparto periódicos
7	I lay and clear the table	pongo y quito la mesa
8	I Hoover	paso la aspiradora
9	I want	quiero (+infinitive)
10	I hope	espero (+infinitive)
11	My dream would be	mi sueño sería

Year 8 – Cycle 2 – Music

1	Genre	The type or style of a film or play
2	Bass guitar	The lowest-pitched instrument of the guitar family. It has 4 strings
3	Electric guitar	A guitar that requires an amplifier to be heard
4	Amplifier	A device that makes sounds from electric musical instruments (e.g. electric guitar or bass guitar) louder
5	Reggae	A form of rock music which originated in Jamaica
6	Syncopated rhythm	An offbeat rhythm
7	Chord	2 or more notes played at the same time
8	Root note	A root note is the main note on which a chord is built
9	Inverted chord	A chord where the root note is not the lowest in pitch
10	Chord progression	The pattern of chords used to create the harmony of the song for the melody
11	Chorus	Part of the song that stays the same and is repeated after every verse in popular music
12	Verse	Part of the song where lyrics and melody change each time they are played

A: Athletics - track disqualifications

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

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

C: Athletics - terminology

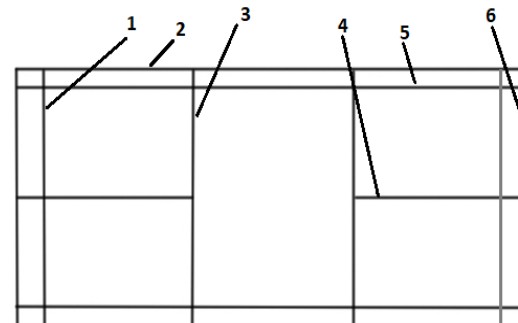
1	Bell lap	A bell rings at the beginning of the final lap of a multiple lap race, which signifies that the leader of the race has begun the final lap
2	Blocks	Small rigid blocks for bracing a runner's feet at the start of an event up to the 400m distance
3	Leg	A segment of a relay race completed by one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

D: Badminton - key terminology

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

E: Badminton court lines

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

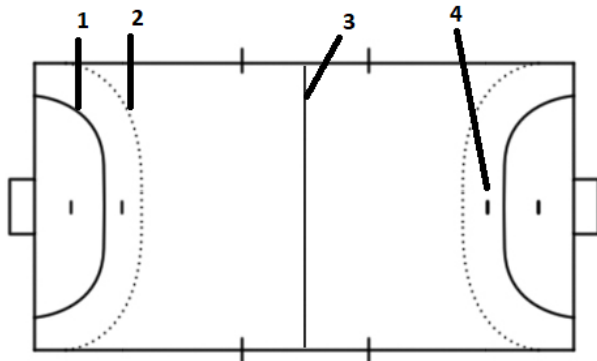


F: Handball - key terminology

1	Free throw	Awarded for fouls from the exact spot it took place
2	Throw-off	Takes place from the centre of the court to start play or after a goal is scored
3	Dribble fault	When you bounce the ball, then catch with both hands, and then bounce again
4	Six metre line	No handball player (other than the goalkeeper) is allowed in the goal area

G: Court lines

1	Six metre line
2	Nine metre line
3	Halfway line
4	Seven metre line



H: Fitness - key terminology

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

I: Football - key terminology

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

J: Basketball - key terminology

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

K: Table tennis - key terminology

1	Ready position	A starting position from which all table tennis strokes can be played
2	Volley	Hitting the ball before it bounces on your side of the table
3	Push	A shot where you push the ball where you want it to go
4	Deuce	A term used when the score is 10-10
5	Let serve	When the ball touches the net, but still lands in the right place, the serve is replayed
6	Drive	An attacking shot played with speed and power

L: Cricket - key terminology

1	Wicket	A term used when a batsman has been dismissed
2	Wicket-keeper	Player on the fielding side who stands right behind the batting end wicket
3	Bowling	Delivering the cricket ball to the batsman
4	Over	The delivery of six balls by one bowler
5	Boundary	The perimeter of the ground
6	Four	A shot that scores four runs by reaching the boundary after bouncing

Year 8 – Cycle 2 – Religious Studies – Philosophy of Religion

1	Classical theism	God is omnipotent, omnibenevolent and omniscient
2	Agnostic	Someone who does not believe that we can know anything about the existence of God
3	Design argument	The universe has evidence of purpose and complexity, therefore it must have a designer (God)
4	Analogy	When you compare something that is difficult to understand to something that is easier to understand
5	Empiricism	The theory that all knowledge is based on experience which comes through the senses
6	Faith	Strong belief in a religion, based on spiritual conviction rather than proof
7	Cosmological argument	Everything in the universe has a cause, therefore the universe itself must have a cause (God)
8	Natural evil	Evil that is not created by humans, but is part of the natural world, e.g., tsunamis, earthquakes
9	Moral evil	Evil that is created by humans, e.g., murder, stealing
10	Theodicy	A defence of God's nature despite the presence of evil
11	Mysticism	When the person receiving the experience feels a sense of being one with God
12	Numinous	This is the feeling of being in the presence of something greater

Year 8 – Cycle 2 – English – Dystopia

1	Dystopia (n)	An imagined place where there is great suffering or injustice
2	Utopia (n)	An imagined place where everything is perfect
3	Tone (n)	The overall feeling or atmosphere of a piece of literature
4	Bureaucratic (adj)	Rules, procedures and regulations that are not flexible
5	Austere (adj)	Having no comforts or luxuries
6	Anonymous (adj)	When someone or something is not identifiable as an individual
7	Enforce (v)	To make people obey a law or to force a situation to be accepted
8	Social norm (n)	The unwritten rules of behaviour that are considered acceptable in a group or society
9	Clinical (adj)	Showing no feeling or warmth
10	Entrapment (n)	Causing someone to do what they would not normally do, usually by tricking them
11	Dissent (n)	To disagree with common views
12	Surveillance (n)	The careful watching of a person or place

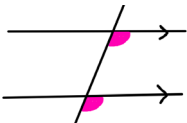
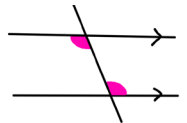
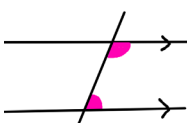
Year 8 – Cycle 2 – Geography – Population and Migration

1	Population	The amount of people living in an area
2	Population density	The number of people who live in 1 km ²
3	Birth rate	The number of babies born per 1000 of the total population per year
4	Death rate	The number of people who die per 1000 of the total population per year
5	Natural increase	Population growth caused when birth rates are higher than death rates
6	Ageing population	A population with a very high proportion of over 60-year-olds
7	Youthful population	A population with a very high proportion of under 16-year-olds
8	Economically active	People who work and pay taxes to the government
9	Migration	The movement of people from one place to another to live
10	Refugee	A person who has been forced to leave their home country
11	Push factors	Negative factors which drive people away from a place
12	Pull factors	Positive factors which draw people to a new location

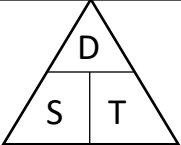
Year 8 – Cycle 2 – History – Slavery and Empire

A: Slave trade and abolition			B: The British Empire and decolonisation		
1	Colonisation	The process of taking over and controlling another country	7	Empire	A large group of countries ruled over by a single country
2	Colony	A country under control of another country	8	Imperialism	A policy of growing an empire through colonising other countries
3	Slavery	A system in which people can be bought, sold and owned	9	Independence	Freedom from being ruled by another country
4	Triangular trade	The trade of raw materials, slaves and goods between Britain, Africa and the Americas	10	Decolonisation	The process in which a colony becomes independent
5	Middle Passage	The route from Africa to the Americas across Atlantic Ocean used by ships carrying the enslaved	11	Self-determination	The belief that a country should decide how it will be ruled
6	Plantation	Large farms in the Americas where the enslaved were forced to work	12	Nationalism	The belief that your country should be independent

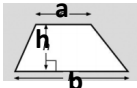
A: Angles

1		Corresponding angles are equal
2		Alternate angles are equal
3		Co-interior angles add up to 180°

B: Speed, distance and time

1	SDT triangle	
2	Speed	Distance ÷ time
3	Distance	Speed × time
4	Time	Distance ÷ speed





C: Area

1	Area of a parallelogram	$b \times h$
2	Area of a triangle	$\frac{b \times h}{2}$
3	Area of a trapezium 	$\frac{1}{2}(a + b) \times h$

D: Circles

1	Area of a circle	πr^2
2	Circumference of a circle	πd or $2\pi r$

A: Digestion and Nutrition		
1	Lock and key model	This tells us that each enzyme can only break down one type of food molecule.
2	Digestion	Large insoluble food particles are broken down into small soluble particles that can be absorbed into the blood
3	Enzyme	Proteins that speed up the rate of digestion.
4	Denatured	When the active site of an enzyme changes shape, so the substrate can no longer fit
5	Lipase	An enzyme that breaks down lipids into fatty acids and glycerol
6	Protease	An enzyme that breaks down proteins into amino acids
7	Amylase	An enzyme that breaks down starch into glucose

B: Electricity		
1	Current	How fast charge flows through a circuit
2	Filament bulb	
3	Voltmeter	 Measures potential difference
4	Ammeter	 Measures current
5	Diode	
6	Variable resistor	