



2024-2025

Year 8 Cycle 3

100% Book

Name:

Tutor group:

Your 100% book and knowledge organisers

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

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

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

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

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



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



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



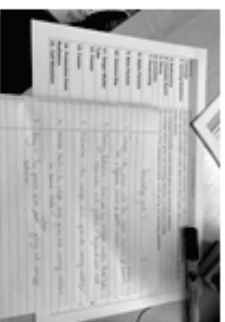
3) Cover the definitions apart from the first: read it, cover it, say it in your head, check it



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



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



6) Check your answers using green pen

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

Correcting spelling, punctuation and grammar

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

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



Year 8 – Cycle 3 – Art & Design

1	Expressionism	Art in which the image of reality is distorted to make it expressive of the artist's inner feelings or ideas
2	Cubism	A 20th century art movement using geometric shapes and multiple viewpoints
3	Analytical cubism	Cubist artworks made up of interweaving planes and lines in muted tones
4	Synthetic cubism	Later cubism using simpler shapes and brighter colours, often including real objects like newspapers
5	Geometric shapes	Shapes made out of points and lines including triangles, squares and circles
6	Abstract	Art that uses basic shapes and colour rather than representing reality
7	Civil war	A war between citizens of the same country
8	Genocide	Deliberate killing of a large group of people from a particular nation or ethnic group
9	Holocaust	World War Two genocide of the European Jews between 1941 and 1945
10	Concentration camps	Prison camps used to torture and kill enemies of the Nazi state
11	Working class	People who are employed in manual or industrial work
12	Human condition	Key events and situations that make up the essentials of human existence, such as birth, growth, conflict, and mortality

Year 8 – Cycle 3 – Drama

1	Bertolt Brecht	A German playwright born in 1898 associated with epic theatre
2	Epic theatre	A type of political theatre that addresses contemporary issues
3	Alienation effect	A technique used to distance the audience from emotional attachment to any characters
4	Devising	The creating of a piece of theatre
5	Stimulus	A starting point for creating a piece of theatre
6	Narration	A story teller informing the audience of the plot and backstory
7	Direct Address	When an actor speaks directly to the audience
8	Breaking the fourth wall	Where the invisible wall between the audience and actors on stage is broken
9	Non-linear structure	The story doesn't run in a straight line but moves around in time
10	Multi rolling	When one actor plays multiple characters
11	Placards	Signs used to inform the audience of location, character or time period
12	Marking the moment	Highlighting a key moment to the audience through tableaux, slow motion, music

Year 8 – Cycle 2 – Design and Technology

1	Textiles	A type of cloth or woven fabric
2	Yarn	Spun thread used for knitting, weaving or sewing
3	Sewing pattern	A template and set of instructions to turn fabric into a garment
4	Felt	A fabric made by rolling and pressing wool and applying moisture or heat, causing the fibers to join
5	Synthetic fibers	Man-made fibers created through chemical processes in a factory
6	Natural fibers	Materials that come from plants, animals, or minerals, and are spun into yarns to make fabrics
7	Thimble	A small metal or plastic cap worn to protect the finger and push the needle through fabric
8	Needle	A small, metal tool used to carry thread through fabric for sewing or embroidering
9	Seam	Formed when two pieces of fabric are joined
10	Hem	Used to neaten edges and to finish raw edges
11	Blanket stitch	A hand-sewing technique used to create a decorative edge along the border of fabric
12	Final Assembly	Bringing all components together to complete a final prototype

Year 8 – Cycle 3 – Design & Technology

1	Nutritional value	The amount of carbohydrates, fats, proteins and energy in food
2	Aesthetics	The appearance of a product
3	Aroma	A scent or smell of something
4	Macronutrient	A nutrient needed in large amounts (e.g. protein)
5	Diet	The total amount of food consumed by individuals
6	Calorie	A measure of the amount of energy in food
7	Protein	Building blocks for bones, muscles, cartilage, skin, and blood
8	Fats	A source of essential fatty acids that provide insulation and protect organs
9	Carbohydrates	A type of macronutrient found in certain foods and drinks (e.g. sugars, starches and fibres)
10	Minerals	Elements found in food that help our bodies to function normally
11	Dairy	Food products made from milk (e.g. cheese, butter and yogurt)
12	Puff pastry	A flaky light pastry made from a mixture of dough and butter

Year 8 – Cycle 3 – English – Voices for Change

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

Year 8 – Cycle 3 – French

A: Verbs and structures

1	I go	je vais
2	We go	on va
3	It relaxes me	ça me détend
4	I like it	je l'aime
6	I swim in the sea	je nage dans la mer
7	I tan	je me bronze
8	I buy souvenirs	j'achète des souvenirs
9	I visit castles	je visite des châteaux
10	I went	je suis allé
11	We went	on est allé
12	I tanned	je me suis bronzé
13	I visited museums	j'ai visité les musées
14	I ate at a restaurant	j'ai mangé au restaurant
15	I swam in the sea	j'ai nagé dans la mer
16	It was hot	il faisait chaud
17	It was sunny	il y avait du soleil
18	I am going to do	je vais aller
19	We are going to go	on va aller
20	It will be	ça sera
21	There is	il y a
22	I wear	je porte
23	I would change	je changerais

24	I would like to travel	je voudrais voyager
25	I would like to get married	je vais me marier
26	I want to have children	je veux avoir des enfants
27	I hope to live abroad	j'espère habiter à l'étranger
28	I am going to be happy	je vais être content
29	I want to have a house	je veux avoir une maison

B: Vocabulary

1	To the seaside	au bord de la mer
2	To the countryside	À la campagne
3	To the mountains	À la montagne
4	By plane	en avion
5	Last year	l'année dernière
6	5 years ago	il y a cinq ans
7	In the future	À l'avenir
8	Next year	l'année prochaine
9	In a 5 star hotel	dans un hôtel de cinq étoiles
10	In a holiday cottage	dans une gîte
11	Students	les élèves
12	The building	les bâtiments
13	The rules	les règles
14	School uniform	l'uniforme scolaire
15	Unfair	injuste
16	Lessons	les cours

Year 8 – Cycle 3– Geography – Tectonics

1	Continental plates	Part of the Earth's crust which are large land masses
2	Oceanic plates	Part of the Earth's crust which forms as the floor of oceans
3	Convection currents	The rise and fall of magma in the mantle causing tectonic plates to move
4	Collision plate boundaries	The place where two continental plates meet
5	Constructive plate boundaries	The place where two tectonic plates move apart
6	Conservative plate boundaries	The place where two tectonic plates slide past each other
7	Destructive plate boundaries	The place where an oceanic plate goes under a continental plate
8	Shield volcano	A volcano with gently sloping sides
9	Composite volcano	A large, steep volcano made up of layers of lava and ash
10	Pyroclastic flows	Fast-moving, hot lava and hot gas from a volcanic eruption
11	Earthquake	A sudden shaking of the ground due to tectonic plate movements
12	Tsunami	A large sea wave caused by an earthquake in the sea

Year 8 – Cycle 3 – History – Industrial Revolution

1	Industry	Economic activity concerned with turning raw materials into manufactured goods
2	Cottage industry	A business or manufacturing activity carried out in people's homes
3	Industrial revolution	A period of time between the 18 th and 19 th centuries with many changes in manufacturing methods and increased use of machines
4	Urbanisation	When people move from the countryside to towns and cities
5	Laissez-faire	When a government does not intervene
6	Public health	The actions of the government to make the whole population healthy
7	Enfranchisement	To be given the right to vote
8	Suffrage	The right to vote in elections
9	Constituency	An area whose voters elect an MP
10	Domestic	Anything relating to the running of a home
11	Militant	Using confrontational organised tactics, such as destroying property
12	Home front	The people who stay and work in their country, during a foreign war

Year 8 – Cycle 3 – Maths

A: Percentages

1	Multiplier for increase of $n\%$	$100 + n$, then divide by 100
2	Multiplier for decrease of $n\%$	$100 - n$, then divide by 100

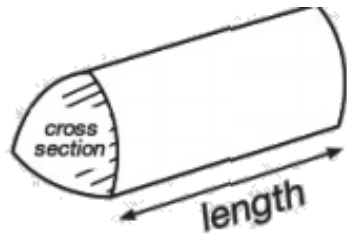
B: Averages and range

1	Mean	Add up all the numbers and divide by the number of numbers
2	Median	Put the numbers in ascending order and find the middle number
3	Mode	The most common
4	Range	Largest number – smallest number

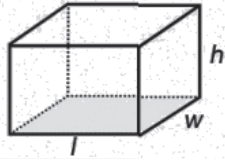
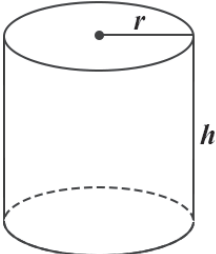
C: Parts of a 3D shape

1	Face	The flat surface of a solid shape
2	Edge	A line segment between two faces
3	Vertex	The corner of a solid shape

D: Volume

1	Volume of a prism 	Area of cross section \times length
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E: Surface Area

1	Surface area of a cuboid 	$2lw + 2hw + 2lh$
2	Surface area of a cylinder 	$2\pi r(r + h)$

Year 8 – Cycle 3 – Music – Creative Musician

1	Call and response	One voice or instrument makes a 'call' and the rest of the group 'respond' with a similar musical phrase
2	Syncopation	An off-beat rhythm
3	Accompaniment	A group of notes heard at the same time as the melody
4	Strophic	Structure featuring verses
5	Swung rhythm	The first quaver in a pair is played for longer than the second
6	12 bar blues	Harmonic structure used in blues
7	A Blue note	Bending the pitch in the blues style
8	Improvisation	When music is created 'in the moment'
9	The head	Main riff or melody in a jazz composition
10	Soloing	Player will create a new melodic line to fit with a song's chord progression
11	Backing	The accompaniment in jazz
12	Blues scale	Scale used in jazz melodies and improvisation

Year 8 – Cycle 3 – PE

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

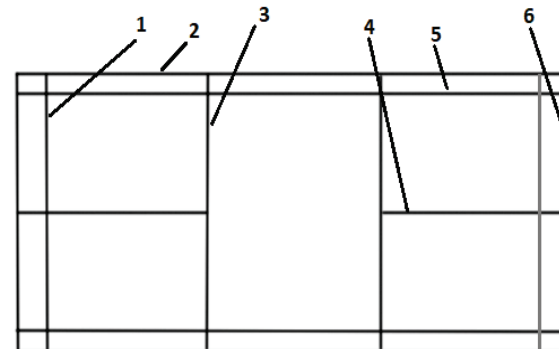
1	Bell lap	A bell rings at the beginning of the final lap of a multiple lap race, which signifies that the leader of the race has begun the final lap
2	Blocks	Small rigid blocks for bracing a runner's feet at the start of an event up to the 400m distance
3	Leg	A segment of a relay race completed by one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



Year 8 – Cycle 3 – PE

F: Rugby - key terminology

1	Try	When the ball is grounded over the try line
2	Try line	The goal line extending across the pitch
3	Forward pass	An illegal pass where the ball goes forward
4	Offside	When a player is in front of a team-mate who is carrying the ball
5	Ruck	One or more players close in around the ball on the ground to protect it
6	Knock on	If a player drops the ball 'forward' or loses the ball and it goes forward

G: 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

H: 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

Year 8 – Cycle 3 – PE

I: 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

J: 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	Cross-court	A stroke that is hit diagonally from corner to corner
4	Drive	An attacking shot played with speed and power
5	Stroke	Any shot used by a player in a game
6	Paddle	An alternative name for the racket

K: Cricket - key terminology

1	Run out	Dismissal by the fielding team breaking the wicket while the batsman is outside the crease, in the process of making a run
2	Out	A batsman who has been dismissed
3	Dot ball	A delivery bowled without any runs scored off it
4	Drive shot	A powerful shot generally hit along the ground
5	Boundary	The perimeter of the ground
6	Duck	A dismissal for 0 (zero) runs

Year 8 – Cycle 3 – Religious Studies – Sikhism

1	Waheguru	A Punjabi word meaning God
2	Guru	A spiritual teacher of wisdom; there are ten
3	Guru Nanak	The first of the ten Gurus and the founder of Sikhism
4	Sangat	People coming together in the presence of the Guru Granth Sahib
5	Panj Pyare	The first five members of the Khalsa
6	Khalsa	The community of committed Sikhs
7	Five Ks	Items worn by Khalsa Sikhs; kesh, kangha, kara, kirpan and kachera
8	Karma	Destiny; a consequence of ones actions
9	Mukti	'Liberation' from the cycle of rebirth; the ultimate goal of human life
10	Manmukh	Human centred; being focused on oneself and material things
11	Gurmukh	God centred; being focused on God and spiritual things
12	Mool Mantra	The opening verse of the Guru Granth Sahib

Year 8 – Cycle 3 – Science

A: Waves

1	Transverse wave	A wave in which the vibrations are perpendicular to the direction of energy transfer
2	Longitudinal wave	A wave in which the vibrations are parallel to the direction of energy transfer
3	Amplitude	The maximum displacement of the wave from the undisturbed position
4	Wavelength	The distance between the same point on two adjacent waves (m)
5	Frequency	The number of waves passing a certain point each second (Hz)
6	Order of the electromagnetic spectrum	[lowest frequency] radio – microwave – infrared – visible light – ultraviolet – X-ray – gamma [highest frequency]

B: Ecological relationships

1	Producer	An organism at the beginning of a food chain that produces its own food
2	Food chain	The arrows in a food chain show the transfer of energy from one organism to another
3	Decomposer	A micro-organism that breaks down dead material, including bacteria and fungi
4	Species	Organisms that can breed to produce fertile offspring
5	Natural selection	The best adapted organisms are the most likely to survive, reproduce and pass on their beneficial genes, over many generations
6	Biodiversity	The variety of plants and animals living in an environment

Year 8 – Cycle 3 – Spanish

A: Healthy Living/La vida sana (verb structures)		
1	I have cereal for breakfast	desayuno cereales
2	I eat a sandwich	como un bocadillo
3	I have a yogurt as a snack	meriendo un yogur
4	I have vegetables for dinner	ceno verduras
5	I am in shape	estoy en forma
6	I lead a healthy life	llevo una vida sana
7	I am healthy	estoy sano
8	In order to stay in shape	para mantenerme en forma
9	I train a lot	entreno mucho
10	I do exercise	hago ejercicio
11	I am sick	estoy enfermo
12	I am tired	estoy cansado
13	I have a fever	tengo fiebre
14	We have the flu	tenemos gripe
15	My head hurts	me duele la cabeza
16	We must avoid	debemos evitar
17	You must sleep	se debe dormir
18	It is necessary to train	hay que entrenar

B: Holidays/Las vacaciones (verb structures)		
1	I go to France	voy a Francia
2	I go with my parents	voy con mis padres
3	We go by plane	vamos en avión
4	I relax	me relajo
5	I enjoy the culture	disfruto la cultura
6	I stay in	me alojo en
7	I do sports	hago deportes
8	I went to the coast	fui a la costa
9	We went by car	fuimos en coche
10	It was great	fue genial
11	I had a wicked time	lo pasé bomba
12	It was a disaster	fue un desastre
13	I stayed in	me alojé en...
14	I went on a trip	hice una excursión
15	It was good weather	hizo buen tiempo
16	It was cloudy	estuvo nublado
17	It was stormy	hubo tormenta
18	I am going to visit	voy a visitar
19	I want to travel	quiero viajar
20	I am going to relax	voy a relajarme
21	I am going to stay in	voy a alojarme en
22	To try different food	probar comida diferente