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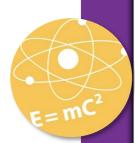
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Context - A Christmas Carolwas written by Charles Dickens in 1843

Charles Dickens - Charl

es Dicken was born in 1812 and spent the first years of his life in lar Kent, England. At 9, he moved to London. At 12, his father was opsent to debtors' prison for racking up huge debts, and Charles was given a painful job labelling bottles near the prison. He found this period in his life hellish, and it doubtlessly led him to draw readers' attention to the plight of the poor when he later found success as an author. Many of his works are about social hardships and inequalities.

The Victorian Era – The Victorian era describes the period in which Queen Victoria sat on the English throne – between 1837 the and 1901 (most of Dickens' life). Whilst this was a time of industrial revolution, it was also an extremely harsh time to live, and the differences between the lives of the richest and the poorest were exacerbated. The Victorian era was a period of great tin change. In this time, the population of England doubled – from to 16.8 million 1851 to over 30 million in 1901.

Workhouses – A workhouse was a place where a person went if they could not afford to financially support themselves and their families. Men, women and children (mostly orphans) lived and worked in the workhouses, which were very crowded – making living conditions unhealthy and unpleasant. People slept in dormitories, where disease was easily spread. In A Christmas Carol, Scrooge voices his support for workhouses.

Class Divides – Despite industrial changes altering the social landscape, there were still relatively distinct social classes in operation: the nobility upper class, the middle class, and the working class. Life was terrible for the poorest: Lack of money resulted in a negligible food supply. For some working families, money was so tight that they required their children to work in order to survive.

Health and Medicine —Healthcare was more of a luxury at the time, and medicine was nowhere near as advanced to-day, Many diseases were rife, and childbirth and poverty were very real dangers to people living in the era. As a result, a middle class person may expect to live to 45 at the time, whereas a working class person would have been lucky to have lived half that time. In A Christmas Carol, the restrictions in healthcare are evident in Tiny Tim's continued suffering.

christmas – We now associate Christmas as being a time of seasonal goodwill, love and friendship. However, before the Victorian era, when writers such as Dickens spread these messages through their novels, there was no Santa Claus, and. Christmas cards, and no holidays from work! Christmas Day was a far more low-key affair. Writers such as Dickens encouraged middle-dass families to share their wealth and act selflessly.

Main Characters – Consider what Dickens intended through his characterisation of each of the below.

Ebenezer Scrooge – Scrooge is the lead protagonist of the novella. He is a <u>miserly</u> owner of a counting house (what would now be called an accountant's office). Initially greedy, selfish <u>and cold,</u> Scrooge hates Christmas and lacks any form of Christmas spirit. He experiences a <u>moral and psychological</u> transformation through his visits from the Chosts of Christmases Past, Present and Yet to Come

Jacob Marley and Fred – Joseph Marley is Scrooge's late business partner, and Fred is Scrooge's nephew. They represent the two extremes of Christmas spirit. Joseph Marley symbolises the limitations of a life-lived focused on greed and selfishness, whilst Fred's life appears fulfilled through his perpetual joy, kindness and interactions with others. After his death, Joseph Marley has been condemned to wander the world as a miserable ghost.

Quote: "you have yet a chance and hope of escaping my fate."

The Chost of Christmas Present – The Ghost of Christmas
Present is the second of the three ghosts to visit Scrooge. He is a Chmajestic jolly giant, who is dressed in a green robe. His lifespan is restricted to Christmas Day, and he has 'over 1800 brothers', rad representative of the other Christmas Days that were once in the present. He escorts Scrooge on a tour of how his contemp oraries spend Christmas day, to force him to contemplate his own solitary existence. He also shows him the need to consider my 'Want' and 'Ignorance.'

Old Major Quote: ""Come in! and know me better, man!"

The Cratchits – Bob Cratchit is Scrooge's kind, mild-mannered derk, who is treated terribly by his employer. He is a <u>very poor man</u>, with a <u>large family</u>, including Tiny Tim. Tiny Tim is a young boy who has been born with physical disabilities that his family are too poor to have treated. Despite these hardships, the family are <u>cheery</u> and <u>determined</u> to enjoy the few positives that they can get from life.

The Ghost of Christmas Past – This is the first spirit to visit Scrooge. He is a curious child-like figure that has an illuminated head, symbolising how shining a light on memories from the past can be used to illuminate one's thoughts and behaviours in the future. The Ghost of Christmas Past takes Scrooge to a number of places from his childhood and early adulthood, including his old school, hometown, and the scene of his engagement being broken off.

Quote: "Strange to have forgotten it for so many years!"

The Ghost of Christmas Yet to Come – The Ghost of Christmas Yet to Come is the third and final spirit to visit Scrooge. He is a silent phantom that is clad in robes (he rather resembles common characterisations of 'Death'). He presents Scrooge with an ominous view of his own death: the only people who his death remotely affects are those he owes money to (who are relieved), those who can make money from him (such as those dealing with his estate) and those who he could have saved (Tiny Tim).

Quote: "The Spirit answered not, but pointed onward with its hand."



Themes – A theme is an idea or message that runs throughout a text.

Greed and Selfishness – Characters such as Scrooge represent the <u>selfish middle classes,</u> who sought to amass, rather than share their wealth. Jacob Marley demonstrates the burden that such a selfish life will inevitably bring. Through these characters and the events of the novel, Dickens criticises how wealth had become associated with the <u>root of happiness,</u> at the expense of close relationships and goodwill.

Divisions – Divisions are evident throughout the novel, as those with power and money seek simply to <u>exert and recycle</u> their advantages over those without (<u>rather than aiding</u> them). The book shines a light on the plight faced by poor families such as the Cratchits, which demonises the negative attitudes towards the poor held by the rich.

Transformation – <u>Physical transformations</u> are evident throughout *A Christmas Carol*, as objects, settings, and characters appear and vanish under the manipulation of the ghosts. <u>Spiritual transformations</u> take place too, as the reader witnesses c lonely boy's transformation into an embittered old man, and the efforts made to transform his character to reconnect with those around him.

Time – Time is <u>stretched</u> by the ghosts – the events that Scrooge experiences appear to have taken days, and yet all takes place in the space of one night. A <u>race against time</u> is also taking place, as the spirits work to prevent Scrooge (and in turn, Tiny Tim) from experiencing their fateful demise. The reader is taught to <u>value the time</u> that we have, and use it to spread happiness to others.

Scene-by-Scene Summary - Alongside key quotations from each scene.

make a charitable donation to the poor. Scrooge again declines. He begrudgingly gives Bob Cratchit the day off. Scrooge follows his usual routine on the way home. At home, he sees the ghost of his old business partner (Jacob Marley) in the knocker. Marley is in chains as punishment for his selfishness and greed when living. He says that he seeks to save Scrooge from the same fate, and hence Scrooge will be visited by 3 ghosts over the next 3 nights.

STAVE ONE

mourner. Scrooge signed it."

"But the strangest thing about it was, that from the crown of its head there sprung a bright clear jet of light, by which all this was visible; and which was doubtless the occasion of its using, in its duller moments, a great extinguisher for a cap, which it now held under its cap, arm." Scrooge is confused to wake at midnight, as it was after 2am when he went to sleep. At one o clock, Scrooge is visited by a strange child-like figure that emanates wisdom – The Ghost of Christmas Past. The spirit touches Scrooges heart, granting the power to fly.

The ghost takes Scrooge back to where he was raised – Scrooge is touched by memories of his childhood. He sees himself as a schoolboy spending Christmas alone, being visited by his sister, being at a party held by Scrooge's old boss Fezziwig, and with his old partner Belle, who is breaking off their engagement on account of his greed. He sees Belle in a more modern time, with her husband, discussing how Scrooge is now 'quite alone in the world.' Scrooge is upset by the visions, and begs with the ghost to take him back home. Scrooge finds himself back in his bedroom, where he once again falls asleep almost instantly. STAVE TWO

The bell strikes one, and Scrooge is awake once more. At fifteen minutes past one, he wanders into the next room, where he finds the Chost of Christmas Present waiting for him. He is a majestic jolly giant, and sits atop of a mountain of food. The spirit takes Scrooge to the bustling streets on Christmas morning, where passers-by joyfully greet each other. The spirit then takes Scrooge to the home of Bob Cratchit, where the family savour the Christmas that they can afford. Their visibly-ill son, Tiny Tim, is cheering despite his ailments. Scrooge begs to know whether he will survive.

They also visit Fred's Christmas party, which Scrooge enjoys (though no one can see him). Eventually, Scrooge is brought to a vast expanse, where two sickly children, 'Want' and 'Ignorance' emerge. When Scrooge asks if there is anything that can be done, the spirit mocks his prior selfishness.

"Its dark brown curts were long and free; free as its genial face, its sparkling eye, its open hand, its cheery voice, its unconstrained demeanour,

Page 2

STAVE THREE



	Scene-by-Scene Summary – Alongside key quotations from each scene.	sach scene.
STAVE FOUR	Scrooge is approached by a hooded phantom. The spirit is silent, and Scrooge is terrified by him. Scrooge pleads with him to provide his next lesson. The ghost takes him to the stock exchange, where men discuss the accounts of a rich man, a dingy pawn shop, where the rich man's stolen goods are being sold, and the Cratchit household, where the family struggles with the death of Tiny Tim. Scrooge is then taken to a freshly dug grave in a graveyard. The gravestone reveals that it is his own grave. Appalled, Scrooge begs with the spirit to give him another chance to show that he has learnt his lesson. The phantom begins to tremble and disappears, and once again Scrooge finds himself in the relative safety of his own bed.	I fear you more than any spectre I have seen. But as I know your pur- pose is to do me good, and as I hope to live to be another man from what I was, I am prepared to bear you company, and do it with a thankful heart"
STAVE FIVE	Scrooge realises that he has been returned to Christmas morning, and is utterly overjoyed. He pays the first boy that he meets a huge sum to deliver a great big turkey to Bob Cratchit's household. He bumps into the gentlemen collecting for charity, apologises for his prior behaviour, and promises to donate lots of money to the poor. He attends Fred's party and is so happy and kind that the other guests can barely believe his behaviour. The next morning, he pretends to scold Bob Cratchit for arriving late, before promising to give him a large raise and to care for his family. As time passes by, he stays true to his word – he helps the Cratchits and becomes like a second father to Tiny Tim, who does not die. Scrooge brings Christmas cheer to every day, and shrugs off the doubts that others have about his changed behaviour. The narrator concludes by suggesting that Scrooge's changed attitude and behaviour should be shared by everyone.	"He had no further intercourse with Spirits, but lived upon the Total Abstinence Principle, ever afterwards: and it was always said of him, that he knew how to keep Christmas well, if any man alive possessed the knowledgeGod bless us all, every one!"

Di	Dickens' Literary Devices	Structural Features
Simile	This gives the reader a better image of characters and places, e. g Scrooge described as 'hard and sharp as a flint.'	Five Staves – The story is set out in five Staves – a structure that mimics musical organization – the opening sets the scene, the middle is the turning point, and the last stave concludes.
Clear Narrative Viewpoint	The narrator gives views to tell the reader how to think – e.g. Scrooge was a 'tight-fisted hand at the grindstone.'	The narrator gives views to tell the reader surface Level Story – A literal story that works on a surface Level story of one cruel and harsh man being visited to the grindstone. The story of one cruel and harsh man being visited band at the grindstone. The story of one cruel and harsh man being visited band at the grindstone.
Metaphor	Used to represent deeper meanings and ideas. For example, the children 'Want' and 'Ignorance' represent the poor in society.	Symbolic Level Story – A deeper, more hidden meaning to the story, e.g. There exists a selfish society, who needs to heed this warning, in order to become more caring.
Personification	To emphasise the atmosphere of places and settings: e.g. 'the crisp air laughed to hear it.'	The Number 3 – Scrooge is visited by 3 ghosts: Past, Present, and Yet to Come. This is a common feature in magical fairy stories: e.g. 3 wishes, 3 choices etc. This adds to the mystical feel of the novella.

Angles and Scale

Key vocabulary

Angle, degree, calculate, parallel, polygon, perpendicular, isosceles, corresponding, alternate, co-interior, vertically opposite, bearing, scale, three figure bearing, north line

Deeper Learning

Next steps = Angles in polygons, trigonometry, similar shapes.

Picture perfect Alternate angles are equal Angle a = c and b = dThey make a Z shape Corresponding angles are equal Angle a = c and b = d They make an F shape Supplementary angles add up to 180° Angle a + b = 180° They make a C shape Angles in a triangle Angles on a straight line Angles around a point Angles on a straight line add up to 180° Angles a + b = 180° Angles at a point add to 360° Angles in a triangle add up to 180° Angle a + b + c + d = 3600 Angles a + b + c = 180°

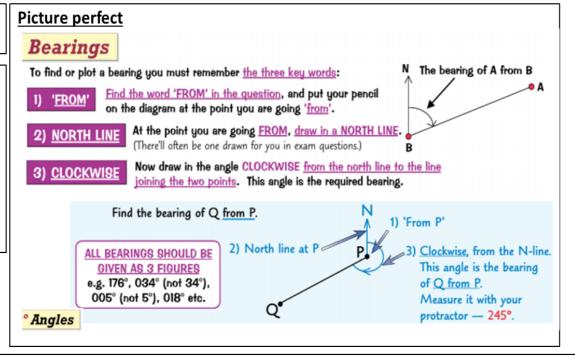
Angle a = c and b = d

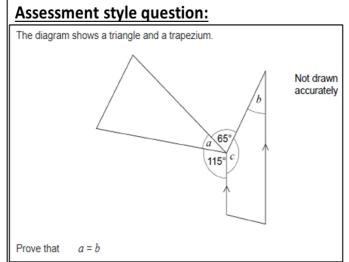
Always remember				
Question	Anguer	Reason		
30°	150°	Angles on a straight line add up to 180°		
b 54°	54°	Vertically opposite angles are equal		
200"	150°	Angles around a point add up to 360°		
38° d	28°	Angles in a triangle add up to 180°		
e 70°	40°	Angles in a triangle add up to 180°		
·	120°	Equilateral triangles have all equal angles <u>and</u> angles in a triangle add up to 180° <u>and</u> angles on a straight line add up to 180°		
9 54* 112°	58°	Angles on a straight line add up to 180° <u>and</u> angles in a triangle add up to 180°		
h 42°	111°	Isosceles triangles have two equal angles <u>and</u> angles in a triangle add up to 180° <u>and</u> angles on a straight line add up to 180°		

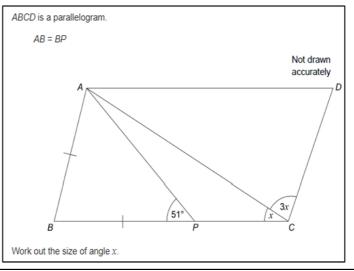
Scale drawings

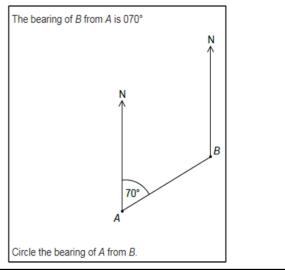
Key vocabulary

Angle, degree, calculate, parallel, polygon, perpendicular, isosceles, corresponding, alternate, cointerior, vertically opposite, bearing, scale, three figure bearing, north line









Basic Number

Key vocabulary

Integer, positive, negative, greater than, less than, inequality, place value, inverse, simplify, approximate, estimate, ascending, descending, powers of 10, factor, multiple, highest common factor, lowest common multiple, prime, square, square root, cube, cube root, prime factor decomposition.

Deeper Learning

Next steps = Graphing inequalities and shading regions

Types of Number	
odd	end in 1, 3, 5, 7, 9
even	end in 0, 2, 4, 6, 8
prime	has exactly two factors, 1 and itself. E.g. 2, 3, 5, 7, 11
factor	a number that divides exactly into another number, e.g. 3 is a factor of 9
highest common factor	the largest factor common to two or more numbers.
multiple	a number in the times table of another, e.g. 10 is a multiple of 5
lowest common multiple	the smallest number in two different times tables.

Always remember

Standard Form

This is always in the form $x \times 10^n$, where $1 \le x < 10$.

For very big numbers, n will be positive and for very small numbers n will be negative.

Squares, Cubes and Roots

Square Numbers

Square numbers are found by multiplying a number by itself.

1, 4, 9, 16, 25, 36, 49, 64, 81, 100...

The square root is the inverse, for example, the square root of 25 is 5.

Cube Numbers

Cube numbers are found by multiplying a number by itself, and multiplying by itself again.

1, 8, 27, 64, 125...

The cube root is the inverse, for example, the cube root of 64 is 4.

Mathematical Symbols

- ≠ is not equal to
- < is less than
- ≤ is less than or equal to
- > Is greater than
- ≥ is greater than or equal to

Estimation

To estimate a calculation, round all numbers to one significant figure.

E.g. Estimate 3.1 × 495

3.1 × 495 ≈ 3 × 500

3.1 × 495 ≈ 1500

Place Value

Place value is the value of each digit in a number.

E.g. In the number 321, the 3 represents 300, the 2 represents 20 and 1 is the unit value.

Assessment style question: Diaries are sold in boxes of 12, Pencils are sold in boxes of 10, Rulers are sold in boxes of 6

A teacher wants to buy the same number of diaries, pencils and rulers. Work out the smallest number of boxes of each item he could buy.

Factors and multiples

Key vocabulary

Multiples – The times tables of a specific number.

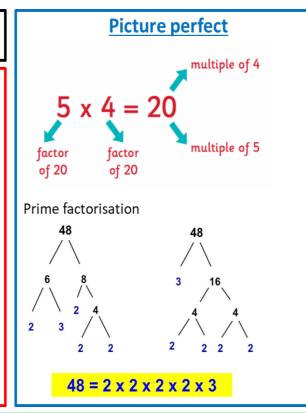
LCM – Lowest common multiple.

Factor – An integer which divides into another fully with no remainder.

HCF – Highest common factor.

Prime number – An integer with only 2 factors.

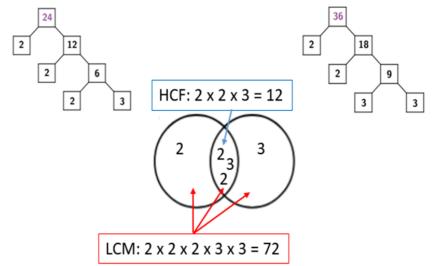
Prime factorisation – Writing a number as a product of it's prime factors.



Always remember

HCF and LCM

Find the HCF and LCM of 24 and 36



Assessment style question

Mary is organising a charity hot dog sale. There are 18 bread rolls in each packet. There are 15 hot dogs in each packet.

Mary buys exactly the same number of bread rolls as hot dogs.

What is the smallest number of each packet that Mary can buy?

The Highest Common Factor (HCF) of two numbers is 6.
The Lowest Common Multiple (LCM) of the same numbers is 60.

What are the two numbers?

2 is the only even prime number.

1 is NOT a prime number because it only has 1 factor.

Basic Algebra

Key vocabulary

Powers, Indices, Reciprocal, Roots, Brackets, Multiply out, Expand, Simplify, Factor, Factorise, Algebra, Notation, Coefficient, Expression, Equation, Formula, Identity, Inequality, Term, Collecting like terms,

Deeper Learning

Next steps = Expanding two brackets, factorising quadratics, solving equations,

Picture perfect

Expanding brackets:

- · Expanding means remove brackets
- · Use the claw

e.g.
$$3(5a-2) = (3 \times 5a) - (3 \times 2)$$

= $15a - 6$

Factorising expressions:

- The opposite (inverse) of expanding
- Answer will include brackets
- Look for common factors (numbers and algebra)
- Always choose the HCF

e.g. 1
$$10a + 15 = 5(2a + 3)$$

10 & 15 both in the 5 times table
 $10a = 5 \times 2a$ $15 = 5 \times 3$

Always remember

Algebraic Notation

Algebra uses a shorthand system where variables (symbols) are represented by letters.

E.g.
$$a + a = 2a$$

 $2 \times b = 2b$
 $c \times c = c^2$
 $3d \times 2e = 6de$

Factorising Brackets

To factorise into one bracket, find the highest common factor for each term.

E.g.
$$4x + 10 = 2(2x + 5)$$

Expanding Brackets

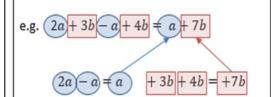
To expand one bracket:

make sure the term on the outside multiplies everything on the inside.

E.g.
$$4(2x-3)=8x-12$$

Simplifying expressions (adding/subtracting)

- · Can only simplify like terms.
- Be sure to include the sign before the term



Term = 3a

Expression = 5x + 2

Equation = 5x - 3 = 47

Formula = $C = \pi d$

Identity= $10x + 4 \equiv 2(5x + 2)$

Assessment style question: Circle the correct words to complete each sentence:					
(a) $x^2 + 3x = 16$ is	an expression	an equation	a formula	an identity	
(b) $x^2 + 3x = 16$ is	an expression	an equation	a formula	an identity	
(c) $(x + 3)^2 \equiv x^2 + 6x + 9$ is	an expression	an equation	a formula	an identity	

$$(3x + 1)(x - 2) + ax + b \equiv 3x^2 + 8x - 5$$

Work out the values of a and b.

Fractions

Key vocabulary

Fraction - A quantity which is not a whole number.

Decimal - A decimal number is often used to mean a number that uses a decimal point followed by digits that show a value smaller than one.

Percentage - Amount out of one hundred.

Improper fraction - The numerator is larger than the denominator.

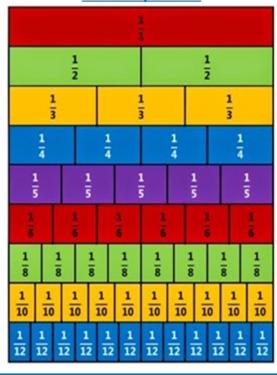
Mixed Number - A whole number and a fraction together.

Equivalent - When 2 amounts are equal they are equivalent

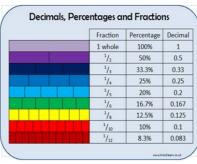
 $\mbox{\bf Numerator}$ – The top number of a fraction.

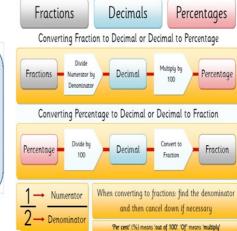
Denominator - The bottom number of a fraction.

Picture perfect



Always remember





Fractions

Multiplying

Multiply the numerators Multiply the denominators

$$\frac{5}{6} \times \frac{1}{11} = \frac{5}{66}$$

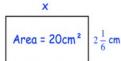


Dividing Fractions

$$\frac{2}{3} \times \frac{5}{7} = \frac{10}{21}$$

Assessment style question

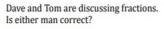
Shown is a rectangle. Find the value of x



A wall measures $3\frac{3}{4}m$ by $4\frac{1}{3}m$

Each can of paint cover 2.5m2 and costs £5.50

Work out the cost of painting the wall.





Adding and subtracting simple fractions

We can use equivalent fractions to add fractions that do not have the same denominator.

For example: fraction with a denominator of 8.

We need to change 3 into an equivalent

$$\frac{6}{8} + \frac{1}{8} = \frac{7}{8}$$

Coordinates & Linear Graphs

Key vocabulary

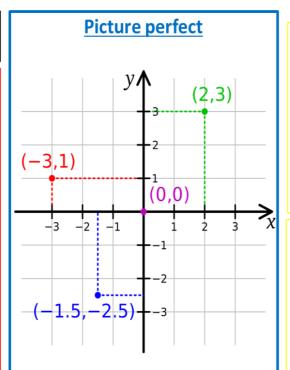
Coordinates - a set of value that show an exact position on a coordinate grid

Linear equation – an equation, when plotted, makes a straight line

Gradient - the steepness of the line of a linear equation

y-intercept - where the linear equation cuts the y-axis

Substitution - when you replace an unknown for a given value



Reading and plotting coordinates

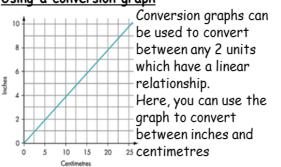
Coordinates are written in the form of (x, y).

Remember the rule for reading and plotting coordinates is 'along the corridor and up or down the stairs'.

A = (-2, 4) B = (4, 2)

A = (-2, 4) B = (4, 2) C = (1, 2) D = (-5, -3) E = (4, -4) F = (-4, -5)

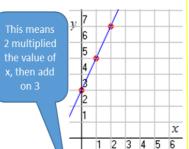
Using a conversion graph



<u>Drawing a graph to</u> <u>represent a linear</u> <u>equation</u>

When you are asked to draw the line of a linear equation you follow these steps:

- Complete a table of values by substituting in the value of x into the equation
- 2. Write the list of coordinates
- 3. Plot the coordinates
- 4. Draw a line through the all the coordinates



Assessment style question

Question 1:

- (a) Plot the coordinates A (-4, 1), B (1, -2) and C (2, 1)
- (b) ABCD is a kite.
- (c) Plot D
- (d) Write down the coordinates of the point D.

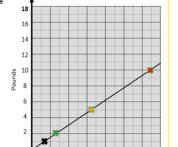
Question 2:

The distance between the points (-3, -4) and (q, 5) is 15. Find the possible values of q.

Drawing a conversion graph

You can plot £1 = £1.29known £2 = £2.58conversions on a £5 = £6.45 £10 = £12.90to convert other unknown amounts.

Can you use the graph to convert 10 Euros into Pounds?



6 8 10 12 14

Example

Complete the table of values for the equation y = 2x + 3 for the values of x from 0 to 2

X	0	1	2
γ	2x0+3 =3	2x1+3 =5	2x2+3 =7

Coordinates are (0,3) (1,5) and (2,7)

Basic Decimals

Key vocabulary

Integer: A whole number that can be positive, negative or zero.

Decimal: A number with a **decimal point** in it. Can be positive or negative.

Decimal Point: a full point or dot placed after the figure representing units in a decimal fraction

Picture perfect **Decimal Operations** Adding & Multiplying Dividing Subtracting Line up the decimals and add place holder zeros if needed Multiply like they are whole numbers 1.260 + 1.357 2.617 16.4 2 32.8

Mr.Jenkins is building a fence for his garden.

The fence costs £12.60 per metre to build.

The fence is 5.3 metres long.

Assessment style question

A grain of rice has a mass of 0.015g How many grains are there in 300g of rice?

A type of pebble has a mass of 0.8g How many pebbles are there in 40kg?

Class 8A are going on a trip to a windmill Work out the total cost of building the fence.

The trip costs £3.70 each and there are 26 students in 8A. How much money should be collected?

Always remember

To add decimals, follow these steps: ·Write down the numbers, one under the other, with the decimal points lined up ·Put in zeros so the numbers have the same

•Then add using column addition, remembering to put the decimal point in the

Example: Add 1.452 to 1.3

Line the decimals up:	1.452
	+ 1.3

"Pad" with zeros: 1.452 +1.300

1.452 + 1.300

2.752

To subtract, follow the same method: line up the decimals, then subtract

Example: What is 7.368 - 1.15?

Line the decimals up:	7 <mark>.</mark> 368 - 1 <mark>.</mark> 15	To check we can add the answer to the number
"Pad" with zeros:	7.368 - 1.15 <mark>0</mark>	subtracted
Subtract:	7.368 - 1.150 6.218	

Putting In Zeros

Why can we put in extra zeros?

A zero is really saying "there is no value at this decimal place".

• In a number like 10, the zero is saying "no ones"

But DON'T take 2.5 and make it 20.5, that is plain wrong.

• In a number like 2.50 the zero is saying "no hundredths"

So it is safe to take a number like 2.5 and make it 2.50 or 2.500 etc

How to Multiply Decimals

Just follow these steps: ·Multiply normally, ignoring the decimal

•Then put the decimal point in the answer-

it will have as many decimal places as the two original numbers combined. In other words, just count up how many

numbers are after the decimal point in both numbers you are multiplying, then the answer should have that many numbers after its decimal point.

Example: Multiply 0.03 by 1.1

start with:	0.03×1.1
multiply without decimal points:	$3 \times 11 = 33$
0.03 has 2 decimal places,	
and 1.1 has 1 desimal place	

and 1.1 has 1 decimal place, so the answer has 3 decimal places: 0.033 Let us multiply the 0.2 by 10, which shifts the decimal point out of the way: → 0.2 × 10 = 2

But we must also do it to the 15: → 15 × 10 = 150

So $15 \div 0.2$ has become $150 \div 2$ (they are **both** 10 times larger):

And so the answer is:

15 ÷ 0.2 = 75

How to Divide Decimals The trick is to get rid of the decimal point from the number we are dividing by. How? We can "shift the decimal point" out of the way by multiplying by 10, as many times as we need to.

But we must do the same thing to both numbers in the division.

Example above: 15 divided by 0.2

Rounding and Estimating

Key vocabulary

Rounding - to alter a number making it less accurate but easier to use in calculations.

Estimation - A rough calculation using a mathematical method.

Decimal place - Place value after the decimal point.

Integer - A whole number.

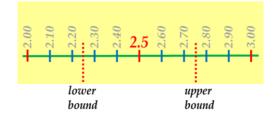
Significant figures (S.F of Sig Fig) – Digits that carry meaning.

Bounds - Upper and lower values of rounded numbers.

Picture perfect

ROUNDING OFF:

If the time is given correct to the nearest half an hour.



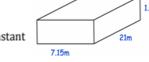
Assessment style question

Nicole has rounded a number to one decimal place. Her answer is 9.2

Write down 10 different possible numbers that she could have rounded.

In an election 43.8% of people voted for a candidate. Round this figure to one significant figure

Andrew fills the swimming pool with water at a constant rate of 2.1 litres per second.

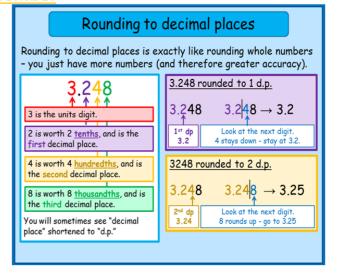


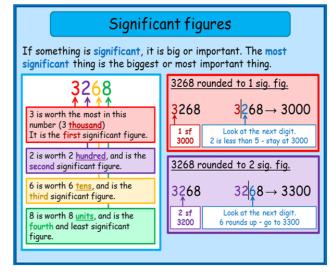
A roll of wallpaper cost £7.85. Richard buys 29 rolls of wallpaper.

Work out an estimate for the total cost.

Given $1m^3 = 1000$ litres, estimate how long it takes to fill the pool.

Always remember





We estimate by rounding all values to 1 significant figure before completing the calculation.

Frequency Tables

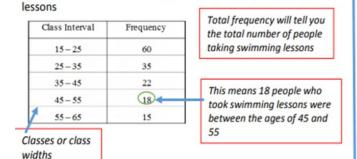
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E.g. The table below shows the scores out of ten for 20 students

Mark	Tally	Frequency	Frequency means how often
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Grouped Frequency Tables

These contain sorted data in groups called **classes** E.g. The table below shows the ages of people taking swimming



Comparative Bar Charts

The table shows the number of cars sold by Kitty and George in the first four months of 2014.

	January	February	March	April	
Kitty	2	5	13	10	
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		Carsa	ales		
14 post 20 6 6 4 2 6 6 4 2 6 6 6 6 6 6 6 6 6 6 6 6			L		The chart has a key to make it easier to understand.
_					A comparative bar chart allows you to easily compare the number of cars Kitty and
01	Jan	Feb Mont	Mar	Apr	George sold each month.

Charts

Two-Way Tables

These are used to show how data falls into 2 different categories For example gender and favourite sport to watch

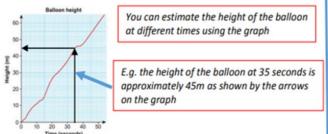
television?					
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Total	52	38	60		

going across and columns going down the table

A two-way table divides data into groups in rows

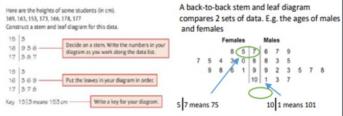
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Stem and Leaf Diagrams

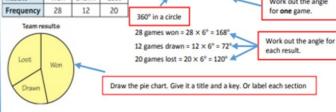
This shows numerical data split into a 'stem' and 'leaves'. The leaf is usually the last digit and the stem is the other digits.



Pie Charts

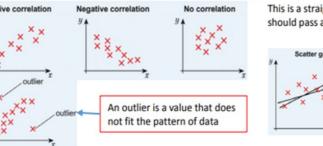
This is a circle divided into **sectors**. Each sector represents a set of data. Pie charts are excellent for displaying the most/ least popular type of something.





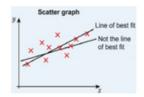
Scatter Graphs A scatter graph allows you to see the relationship between 2 sets of data. E.g. your height and your stride length.

Correlation is used to describe a relationship between 2 variables



A line of best fit

This is a straight line drawn through the middle of the points on a scatter graph. It should pass as near as many points as possible and represents the **trend** of the points.



A line of best fit can be used to predict data values within the range of data given.

This is called interpolation

It can also be used to predict data values outside the range of data given.

This is called extrapolation.

Sequences

Key vocabulary

Sequence

Term

Rule

Term to term rule

Nth term

Arithmetic sequence

Geometric sequence

Triangular numbers

Fibonacci sequence

Picture perfect Sequence:

("term", "element" or "member" mean the same thing)

ARITHMETIC SEQUENCE

Assessment style question

The nth term of a sequence is $2n^2$

(i) Find the 4th term of the sequence.

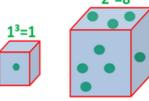
(ii) Is the number 400 a term of the sequence?

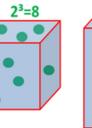
Give reasons for your answer.

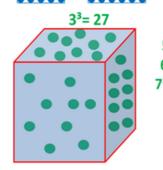
The first five terms of an arithmetic sequence are

2 7 12 17 22

Write down, in terms of n, an expression for the nth term of this sequence.







Always remember

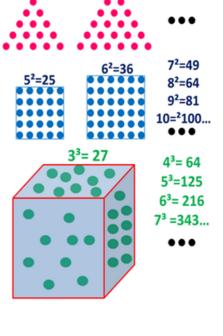
Triangular numbers

Square numbers

Cube numbers

Fibonacci Sequence

0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, 233, 377, 610, 987 ...

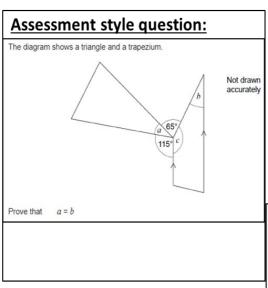


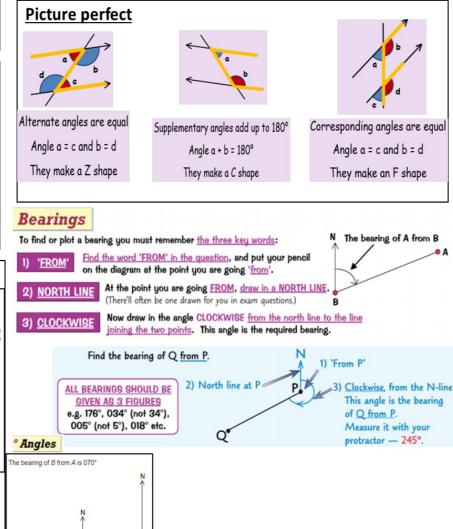
28,36,45,55...

Angles and Scale

Key vocabulary

Angle, degree, calculate, parallel, polygon, perpendicular, isosceles, corresponding, alternate, cointerior, vertically opposite, bearing, scale, three figure bearing, north line





Always remember					
Question	Angwer	Reason			
30°	150°	Angles on a straight line add up to 180°			
b 54°	54°	Vertically apposite angles are equal			
20" 100"	150°	Angles around a point add up to 360°			
114° d	28°	Angles in a triangle add up to 180°			
70°	40°	Angles in a triangle add up to 180°			
<u>*</u>	120°	Equilateral triangles have all equal angles <u>and</u> angles in a triangle add up to 180° <u>and</u> angles on a straight line add up to 180°			
9 54" 112°	58°	Angles on a straight line add up to 180° <u>and</u> angles in a triangle add up to 180°			
h 427	111°	Isosceles triangles have two equal angles and angles in a triangle add up to 180° and angles on a straight line add up to 180°			

Basic Number

Key vocabulary

Multiple - a number which can be divided by another number without a remainder.

Divisor - the number you divide by. Factor - An exact divisor of a number.

Prime - a number which only has two factors

Product - the result of multiplying to numbers together

Prime Factorisation - a list of prime numbers which multiply together to create another number

Picture perfect







Divide by a prime **Multiply Primes**

Write in index form

Prime factor

decomposition

 $84 = 2^2 \times 3 \times 7$

HCF of 84 and 980

Identify shared factors

Multiply values

Multiply together all prime factors apart from duplicates

In index form: Multiply Highest Power of each prime

Always remember

Primes

A prime number is a number which only has two factors - itself and 1.

The first 10 **prime** numbers are: 2, 3, 5, 7, 11, 13, 17, 19, 23, 29

A common mistake is that people think 1 is a prime number. The only way to make 1 is by doing 1 x 1, so the number 1 only has one factor NOT two factors, therefore it is NOT prime.

Examples

Is 11 prime? - 1 x 11 Yes it's prime Is 12 prime? - 1 x 12, 2 x 6, 3 x 4 No it's not **prime**

<u>Factors</u>

An exact divisor of a number is called a factor.

Factors can be written in pairs to help find all the factors of a given number.

E.g. **Factors** of 12 can be written like this.....

Factors of 12



Decomposition

HCF

Highest common factor

The largest number that divides

into two or more numbers

Use long format of Prime Factor

LCM

Lowest common multiple

 $72 = 2^3 \times 3^2$

HCF of 48 and 120 $48 = 2 \times 2 \times 2 \times 2 \times 3$ $120 = 2 \times 2 \times 2 \times 2 \times 5$

 $2 \times 2 \times 3 = 12$

LCM of 6 and 45

 $84 = 2 \times 2 \times 3 \times 7$ $980 = 2 \times 2 \times 5 \times 7 \times 7$ $2 \times 2 \times 7 = 28$

LCM of 48 and 180

 $48 = 2^{4} \times 3$ $180 = 2^{2} \times 3^{2} \times 5$

 $2^4 \times 3^2 \times 5 = 720$

The smallest number that occurs in the times table of two or more numbers

 $2\times3\times3\times5 = 90$

Penny and Kenny have the same number of football cards.

Penny has sorted her cards into piles of 10.

Kenny has sorted his cards into piles of 18.

How many football cards do they have?

Penny has less than 100 cards.

 $6 = 2 \times 3$ $45 = 3 \times 3 \times 5$

Assessment style question

A bus leaves Antrim Bus Station every 12 minutes. A train leaves Antrim Train Station every 18 minutes. At 8am a bus and a train leave the stations at the same time.

(a) When is the next time that a bus and a train leave at the same time? (b) Between 8am and 11am, on how many occasions does a bus and a train

leave at the same time?

The lowest common multiple of two numbers is 60. Only one of the numbers is a multiple of 4. Write down two possible numbers.

Olivia thinks of two numbers.

The lowest common multiple (LCM) of the two numbers is 36.

The highest common factor (HCF) of the two numbers is 3. Both numbers are less than 15.

Write down two possible numbers that Olivia could be thinking of.

Multiples

A multiple is a number which can be divided by another number without a remainder.

For example: 15, 20 100, 150 are multiples of 5 because they can be divided by 5 and have no remainder

Basic Algebra

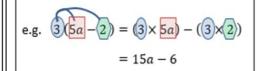
Key vocabulary

Powers, Indices, Reciprocal, Roots, Brackets, Multiply out, Expand, Simplify, Factor, Factorise, Algebra, Notation, Coefficient, Expression, Equation, Formula, Identity, Inequality, Term, Collecting like terms,

Picture perfect

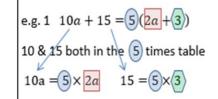
Expanding brackets:

- · Expanding means remove brackets
- Use the claw



Factorising expressions:

- The opposite (inverse) of expanding
- Answer will include brackets
- Look for common factors (numbers and algebra)
- Always choose the HCF



Always remember

Algebraic Notation

Algebra uses a shorthand system where variables (symbols) are represented by letters.

E.g.
$$a + a = 2a$$

 $2 \times b = 2b$
 $c \times c = c^2$

 $3d \times 2e = 6de$

Factorising Brackets

To factorise into one bracket, find the highest common factor for each term.

E.g.
$$4x + 10 = 2(2x + 5)$$

Expanding Brackets

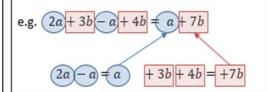
To expand one bracket:

make sure the term on the outside multiplies everything on the inside.

E.g.
$$4(2x-3) = 8x-12$$

Simplifying expressions (adding/subtracting)

- Can only simplify like terms.
- Be sure to include the sign before the term



Term = 3aExpression = 5x + 2

Equation = 5x - 3 = 47

Formula = $C = \pi d$

Identity= $10x + 4 \equiv 2(5x + 2)$

Assessment style question: Circ	le the correct words	to complete each	sentence:	
(a) $x^2 + 3x = 16$ is	an expression	an equation	a formula	an identity
(b) $x^2 + 3x = 16$ is	an expression	an equation	a formula	an identity
(c) $(x + 3)^2 \equiv x^2 + 6x + 9$ is	an expression	an equation	a formula	an identity

$$(3x + 1)(x - 2) + ax + b \equiv 3x^2 + 8x - 5$$

Work out the values of a and b.

Decimals and fractions

Key vocabulary

Mixed number

Equivalent fraction

Simplify, cancel

Lowest terms

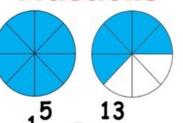
Proper fraction, improper fraction, top-heavy fraction, vulgar fraction

Numerator, denominator

Percent, percentage

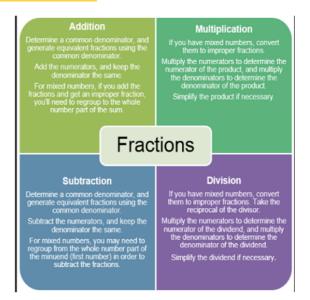
Picture perfect

Mixed Numbers & Improper **Fractions**



$$1\frac{5}{8} = \frac{13}{8}$$

Always remember



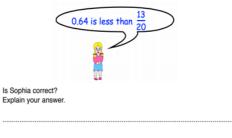
0.3 x 1.5

Assessment style question

Work out

$$4\frac{2}{3}-1\frac{4}{5}$$

Give your answer as a mixed number.



Multiplying decimals

Remove the decimal points by multiplying by powers of 10.

3 x 15 = 45

Replace the total number of decimal places from the question.

45 = 0.45

Dividing decimals

 $1.5 \div 0.05$

Remove the decimal points by multiplying by the same power of 10.

> 1.5 ÷ 0.05 x100 x100 150 ÷ 5

> > Answer = 3

We do not need to replace the decimal point as we have multiplied each part by the same power of 10.

Linear graphs

Key vocabulary

Co-ordinates Quadrant

Origin

Equation

Horizontal

Vertical

Parallel

Intersect

Gradient

Plot

Sketch

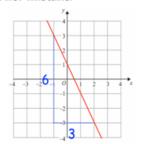
Linear

All straight-line graphs have an equation that is written that is written like this: V gives you the y-coordinate we need to plot the graph Drawing Graphs Step 1 - Draw a table up Step 2 - Plot coordinates on axes Step 3 - Join the points M is the gradient of the line, the 'steepness' of it. X is the x-coordinate we need to plot the graph Y gives you they-coordinate we need to plot the graph X is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph Y j is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the graph is the x-coordinate we need to plot the y-coordinate we need to plot the x-coordinate we need to plot the x-coordinate we need to plot the x-coordinate we need to plot the x

Assessment style question

- (a) Draw y = x + 1 and y = 2x 1 on the same set of axes.
- (b) Where do the two graphs intersect?

Alisha says that the gradient of the line is 2. Explain her mistake.



Always remember

A line sloping upwards from left to right has a positive gradient.	/	m is positive
A line sloping downwards from left to right has a negative gradient.		m is negative
Parallel lines have the same gradient.	//	m ₁ = m ₂
A horizontal line has a gradient of 0.		m = 0
The gradient of a vertical line is undefined.		m is undefined

Coordinates are given in the form (x, y). The first number is the position in the x-direction (horizontal) and the second is the position in the y-direction (vertical).

Gradient =
$$\frac{change\ up}{change\ right}$$
 or $\frac{change\ in\ y}{change\ in\ x}$

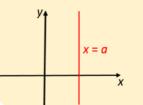
Graph Horizontal and Vertical Lines

A horizontal line has an equation of the form y = c.

It has a slope of 0.

y = c

A vertical line has an equation of the form x = a. It has a an undefined slope.



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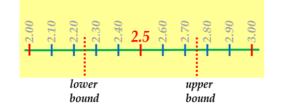
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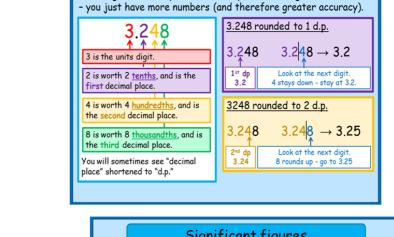
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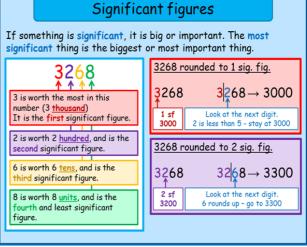
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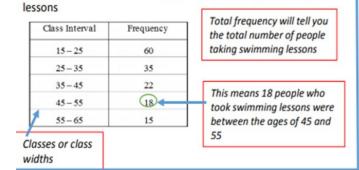
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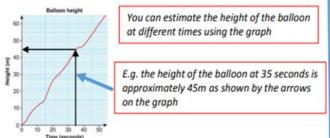
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whatis		vision?	waten on
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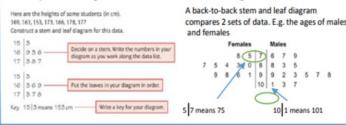
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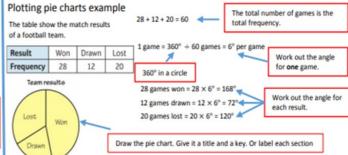
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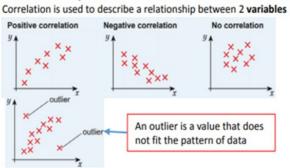


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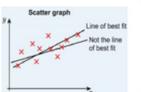


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Sequence

Term

Rule

Term to term rule

Nth term

Arithmetic sequence

Geometric sequence

Triangular numbers

Fibonacci sequence

Picture perfect

Sequence:



("term", "element" or "member" mean the same thing)

2, 4, 8, 16, 32

Assessment style question

The nth term of a sequence is $2n^2$

- (i) Find the 4th term of the sequence.
- (ii) Is the number 400 a term of the sequence?

Give reasons for your answer.

The first five terms of an arithmetic sequence are 2 7 12 17 22

Write down, in terms of n, an expression for the nth term of this sequence.

Always remember

QUADRATIC SEQUENCES

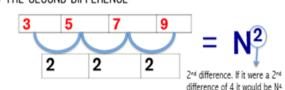
Example (apply to all quadratic sequences):

1	7	12	19	28
-	1	12	13	20

FIND THE FIRST DIFFERENCE:



FIND THE SECOND DIFFERENCE:



Write in a table. N^2 is the normal nth terms². Then find the difference between sequence number and N^2 :

Term	4	7	12	19	28	
Nth term	1	2	3	4	5	
N(²)	1	4	9	16	25	
Difference (term-N ²)	3	3	3	3	3	

NTH TERM = $N^2 + 3$



Science: GCSE Atomic Structure and Radiation

1.	Struc	Structure of the atom							
	Key	word	Def	finition					
1	Ator	n	ı	smallest po: nm (or 1x10-	ssible piece of an element. Has a radius of 10m)				
2	Nucl	eus	The	centre of an	atom. Contains protons and neutrons				
3	Prot	on	Ар	ositively char	rged particle found in the nucleus				
4	Neu	tron	Αn	eutral particl	e found in the nucleus. Has no charge				
5	Elect	tron	ı	egatively cha und the nucl	rged particle found in energy levels (shells) eus				
at	Sub- tomic article	Relati atom mas	nic	Charge	4 ***				
Pr	Proton 1 Neutron 1			+1	2				
Ne				0	3				
Ele	Electron ~0			-1	3				

2. Key Words				
Atomic number	Number of protons in the nucleus of an atom			
Atomic mass	Total number of protons and neutrons in the nucleus of an atom			
Isotope	Different forms of the same element with the same number of protons, but different numbers of neutrons			

3.	Discovery of the Ato	omic Model
	Model	Discovery
1	Solid sphere	Dalton stated that the atom was the smallest particle and it could not be broken up further
2	Plum Pudding Discovery of the electron	JJ Thompson stated that the atom was a cloud of positive charge with negatively charged electrons randomly dotted around the cloud.
3	Nuclear model Discovery of a positively charged nucleus	Rutherford conducted experiments with gold foil that proved that the atom contained a positively charged nucleus with the electrons randomly around the outside of the nucleus
4	Planetary Model (Bohr) Discovery that electrons orbit the nucleus on energy levels called 'shells'	Bohr stated that electrons orbited around the nucleus like planets around the sun and that there were different numbers of shells in different elements
5	Quantum Model Discovered that electrons are found in clouds of probability called orbitals	Schrodinger stated that electrons do not orbit the nucleus but move around in waves and it is impossible to know the exact location of an electron.
6	Modern Atomic Model Discovery of the neutron	Chadwick discovered the neutron in the nucleus which helped to explain the atomic mass of an atom.
1	2 3	4 5 6

Challenge Questions					
1	What needs to be taken before the count rate can be measured?				
2	What safety precautions should a teacher take when demonstrating radioactive sources to the class?				
3	Explain why isotopes of large elements are generally radioactive.				
4	Explain why a radioactive source with a short half-life is used as tracers in the body?				



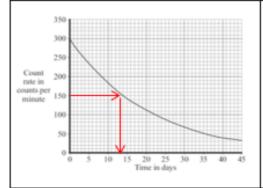
Science: GCSE Atomic Structure and Radiation

4. Radiactivity Key	4. Radiactivity Key Words		
Background radiation	Radiation that is found in the environment		
	such as from rocks, cosmic rays and fallout		
	from nuclear weapons testing		
Becquerel (Bg)	Units for measuring the radioactivity of a		
	source		
Count rate	The speed at which a radioactive source		
	decays (gives out radiation)		
Unstable atom	An atom that a very large nucleus with a		
	high neutron to proton ration meaning that		
	radiation is emitted from the nucleus		
Geiger counter	Instrument used to measure radioactivity of		
	a substance		

5. Types of Radiation					
Type of radiation	Symbol	Structure and charge	Range and penetration	lonising power	
Alpha	α	2 protons and 2 neutrons from the nucleus Charge = +2	Travels up to 5cm in air, blocked by paper and skin	High	
Beta	β	Fast moving electron from the nucleus Charge = -1	Most travel up to 15cm in air, blocked by a thin sheet of aluminium	Medium	
Gamma	γ	High energy wave Charge = 0	Can travel at the speed of light so can travel vast distances. Stopped by 1m thick concrete or thick lead plates	Low	

6. Half-Life

The half-life of a radioactive source is the time it takes for the count rate to decrease by half.



- The starting count rate is 300, so half of that is 150.
- You find 150 on the y-axis and read across to the line.
- Then read down from the line to calculate the time.

So for this graph, the half-life is 15 days. This means that every 15 days the count rate will decrease by half. In 60 days the count rate will be 18.75Bq

7. Half-life Equations (HT)

Alpha decay When an alpha particle is emitted from the nucleus 2 protons and 2 neutrons are given out. This means the atomic number will decrease by 2 and the atomic mass will decrease by 4.

$$^{235}_{92}U \longrightarrow ^{231}_{90}Th + ^{4}_{2}He$$

beta decay

When a beta particle is emitted from an atom, 1 neutron changes into a proton. This means the atomic number will increase by 1 and the atomic mass will stay the same.

$$^{235}_{92}U \longrightarrow ^{235}_{93}Np + ^{0}_{-1}$$



Science: GCSE Atomic Structure and the Periodic Table

1. 3	1. Structure of the atom				
	Key	Key word Definition			
1				smallest po: nm (or 1x10-	ssible piece of an element. Has a radius of 10m)
2	Nucl	eus	The	centre of an	atom. Contains protons and neutrons
3	Prot	on	Ар	ositively char	ged particle found in the nucleus
4	Neut	tron	Αn	eutral particl	e found in the nucleus. Has no charge
5	5 Electron		A negatively charged particle found in energy levels (shells) around the nucleus		
6	Shell	Shell En		rgy levels su	rrounding the nucleus of the atom
ato	ıb- mic ticle	Relati atom mas	nic	Charge	4 ** 6
Pro	oton	1		+1	2
Neu	itron	1		0	3
Elec	tron	~0		-1	3

2. Key Words			
Atomic number	Number of protons in the nucleus of an atom		
Atomic mass	Total number of protons and neutrons in the nucleus of an atom		
Isotope	Different forms of the same element with the same number of protons, but different numbers of neutrons		
Ion	A charged atom that forms when electrons are lost or gained		

3.	Discovery of the Ato	omic Model	
	Model	Discovery	
1	Solid sphere	Dalton stated that the atom was the smallest	
		particle and it could not be broken up further	
2	Plum Pudding	JJ Thompson stated that the atom was a cloud of	
	Discovery of the electron	positive charge with negatively charged electrons	
		randomly dotted around the cloud.	
3	Nuclear model	Rutherford conducted experiments with gold foil	
	Discovery of a positively	that proved that the atom contained a positively	
	charged nucleus	charged nucleus with the electrons randomly	
		around the outside of the nucleus	
4	Planetary Model (Bohr)	Bohr stated that electrons orbited around the	
	Discovery that electrons	nucleus like planets around the sun and that there	
	orbit the nucleus on energy	were different numbers of shells in different	
	levels called 'shells'	elements	
5	Quantum Model	Schrodinger stated that electrons do not orbit the	
	Discovered that electrons	nucleus but move around in waves and it is	
	are found in clouds of	impossible to know the exact location of an	
	probability called orbitals	electron.	
6	Modern Atomic Model	Chadwick discovered the neutron in the nucleus	
	Discovery of the neutron	which helped to explain the atomic mass of an	
		atom.	
1	2 3	4 5 6	

4. Properties of metals and non-metals				
Metals	Non-Metals			
	Low density, brittle, dull, poor conductors of heat and electricity			



Science: GCSE Atomic Structure and the Periodic Table

5. Electron configuration diagrams

- Rules 1. Do not draw protons and neutrons in the nucleus
 - 2. Use small x's to show electrons
 - 3. Only 2 electrons can fit on the 1st shell, then 8 on 2nd, 8 on 3rd
 - 4. Draw the electrons from the nucleus outward

Beryllium

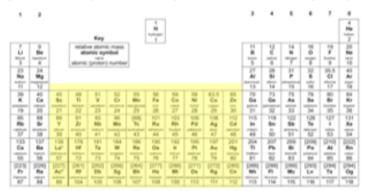






6. The Periodic Table

Developed by Mendeleev, who arranged the elements in order of atomic mass. He left gaps for undiscovered elements and predicted their properties. When these predictions proved correct, Mendeleev's periodic table was widely accepted.



Arrangement	Elements are placed in order based on atomic number
Groups	The columns downwards: Elements in each group have similar properties and electronic configurations
Periods	The rows across: Elements in the same period have the same number of shells.
Transition metals	Highlighted in yellow are the transition metals of the periodic table. These elements can form more than one type of ion.

7. Patterns in the periodic table						
Group	Name	Elements	Key feature	Patterns		
1	Alkali metals	Li, Na, K, Rb, Cs, Fr	Contains 1 electron on the outer shell	Reactivity increases down the group and atom gets bigger		
7	Halogens	F, Cl, I, Br	Contain 7 electrons on the outer shell	Reactivity decreases down the group and atom gets bigger		
0	Nobel Gases	He, Ne, Ar, Kr, Xe, Rn	All atoms have a full outer shell	Unreactive elements (inert)		

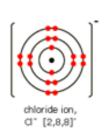
8. Forming ions

Rules | Positively charged ions have lost electrons from the outer shell Negatively charged ions have gained electrons from the outer shell

Sodium (Na+)



Cl 2,8,7



Challenge Questions

- Draw an electron configuration diagram for Fluorine and calculate the number of protons, neutrons and electrons.
- Compare the plum pudding model to the Bohr model of the atom
- Explain how Rutherford's gold foil experiments disproved the plum pudding
- Explain in detail the patterns in reactivity for group 1 and 7.



Science: GCSE Infection and Response

1. Key Words			
Key word	Definition		
Communicable disease	Disease than can be passed spread by a pathogen		
Pathogen	Microbe that causes a disease		
Protist	Group of microbes that have features of plants, animals and fungi.		
Transmission	The method by which a pathogen is spread		
Vector	Type of transmission where an organism that carries a pathogen but is not affected by it. e.g. rats		

2. Cor	2. Communicable diseases					
Pathogen	Disease	Symptoms	Treatment	Prevention		
Bacteria	Salmonella (food poisoning)	Vomiting, diarrhoea, fever	Antibiotics	Good hygiene, cook food thoroughly		
Bact	Gonorrhoea	Yellow mucus from penis or vagina, pain when urinating	Antibiotics	Use a condom when having sex		
	HIV	Flue like symptoms, decreased immunity, lesions	Anti- retroviral drugs	Use a condom when having sex, do not share needles		
Virus	Measles	Fever, red rash on chest and face	Painkillers	Vaccination		
	Tobacco Mosaic Virus (TMV) - Plants	Yellowing leaves stunted growth	Remove infected leaves and burn	Keep away from infected plants		
Fungi	Rose Black Spot - Plants	Black spots on leaves and stunted growth	Fungicides	Keep away from infected plants		

3. Malaria

- Malaria is a disease caused by the protist Plasmodium
- It is transmitted by female mosquitos when they bite a human
- It causes a fever and flu like symptoms that can be fatal.
- It can be treated using drugs that kill the parasite.

Method of prevention	How it works		
Mosquito Nets	Meshing is too small for mosquitoes to pass through		
Draining swamp land	Reduces breeding grounds for mosquitoes and therefore reduces the mosquito population		
Anti-malarial drugs	Kills the parasite during its developmental stage in the liver and red blood cells		
Insect repellent	Discourages mosquitoes from biting the		

4.	4. External body defences (<u>non specific</u>)		
1	Skin	Layers of dead skill cells provide a barrier. Antiseptic oils are secreted on to the skin that kill pathogens	
2	Nose	Cilia cells line the nose, throat and lungs. Mucus covering these cells traps the pathogens and the hairs on the upper surface of the cells sway back and forth to sweep the mucus to the nose or to the throat to be swallowed	
3	Mouth	The stomach contains strong hydrochloric acid, this kills pathogens that are swallowed.	
4	Cuts	Platelets in the blood clump together at the site of a cut, these for a carrier at the cut called a scab.	



ATHERTON Science: GCSE Infection and Response

5. Internal	5. Internal body defences (specific)		
Lymphocyte	White blood cell that makes and releases antibodies		
Phagocyte	White blood cell that engulf and digests pathogens		
Antigen	Unique protein marker on the pathogen		
Antibody Protein that attaches to an antigen to prevent growth and release of toxins			
Toxin	Poison released by a pathogen that induces symptoms		
Antitoxin	Protein that binds to toxins to prevent them from being absorbed in to the body tissues		

6. Va	6. Vaccines		
Vaccin	es are used to provide immunity against viral infections		
Stage	Description		
1	Small amount of WEAKENED or DEAD pathogen is injected in to the blood		
2	White blood cells respond and start to make antibodies to kill the pathogen		
3 Antibodies remain in the blood			
4	If re-infected the levels of antibodies drop and the white blood cells make the antibodies QUICKLY to fight of the pathogen		

7. Antibiotics and Painkillers		
Antibiotics	ONLY used to treat bacterial infections. Interferes with the bacterial production or attacks the cell walls of the cell	
Painkillers	ONLY treats the symptoms of a disease, it does not kill the pathogen	
Antibiotic resistance	Where a bacteria evolves to no longer be killed by an antibiotic	

8. Drug development			
Drug	Chemical that has a physiological effect on the body		
Toxicity	How poisonous or deadly the drug is		
Efficacy	How well a drug works		
Dose	The volume or mass of a drug that is needed to cause an effect		
Placebo	A pill or liquid that does not contain the drug, e.g. a sugar pill		
Double blind trials	A method of testing a drug where neither the doctors nor the patients know who has taken the drug or placebo. (Prevents bias)		
Why are drug t	Why are drug trials conducted?		
To chec To esta	re the drug is not toxic k for the side effects of the drug blish an effective dose ss the effectiveness of a drug compared to those currently on the		

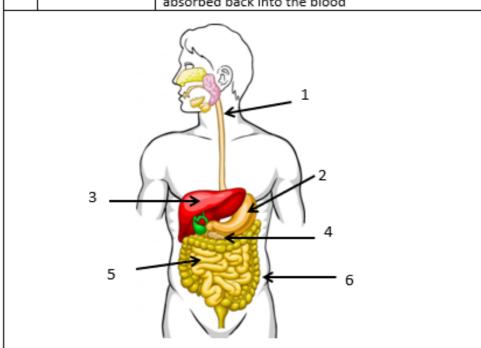
Stages of a drug trial		
Pre-clinical	Drugs are tested on tissues and animals to check for toxicity	
Clinical trials stage 1	Small group of healthy volunteers (<10) with a small dose compared to the placebo. Check for toxicity and side effects	
Clinical trials stage 2	Group of 100 – 300 healthy volunteers taking a range of doses compared to a placebo. Check for side effects and possible dose	
Clinical trials stage 3	Group of 1000-3000 patients. Compared against drugs already available. Check the efficacy of the drug for its intended purpose.	

Challe	Challenge Questions			
1	Why can't measles be treated using antibiotics?			
2	Why is it important that a drug development trial is carried out by an independent company?			
3	Suggest how the development of antibiotic resistant bacteria can be reduced.			
4	Evaluate the use of unlicensed vaccines or drugs to treat COVID-19.			



ATHERTON Science: GCSE Organisation

1.	1. Digestive system		
	Organ	Function	
1	Oesophagus	Muscle contractions push food into the stomach	
2	Stomach	Hydrochloric acid and pepsin chemically digest food, stomach muscles churn the food.	
3	Liver	Produced bile that is added into the first part of the small intestines called the ileum	
4	Pancreas	Produces enzymes that are released into the small intestines to complete digestion.	
5	Small Intestines	Chemical digestion continues and small soluble molecules are absorbed into the blood	
6	Large intestines	Water is removed from the waste faeces and absorbed back into the blood	

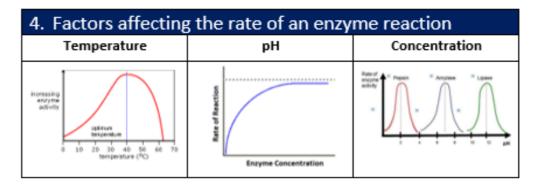


2. Key words		
Optimum	The best conditions for the reaction to take place fastest	
Active site	The specific point in the structure of the enzyme where the reaction occurs	
Denature	When the active site changes shape permanently so the enzyme no longer binds to the substrate	
Emulsify	When fat droplets are broken down in to small ones to help mix them with the enzyme and increase the surface area for digestion	
Bile	Alkali released from the liver in the duodenum to neutralise neutralise stomach acid and emulsify fats	

3. Enzymes

Enzymes are biological catalysts that speed up the digestion of large insoluble molecules to small soluble ones that can be absorbed into the

Enzyme	Released from	Function
Amylase	Salivary Glands, pancreas and small Intestines	Breaks down starch into glucose
Protease (Pepsin)	Stomach (pepsin), pancreas and small intestines	Breaks down proteins into amino acids
Lipase	Pancreas and small intestines	Breaks down fats into fatty acids and glycerol





ATHERTON Science: GCSE Organisation

5.	Key Words			
1	Diaphragm		derneath the lungs that	
	-,		relaxes to cause breathing	
2	Trachea	Tube containin	ng rings of cartilage that allows	
_		air to move in	and out of the lungs	
3	Thorax	Air tight chest	cavity containing the	
٥	IIIOIAX	respiratory sys	tem and the heart.	
4	Alveoli	Small blind end	ding sacs where gases are	
4	Alveon	exchanged bet	ween the air and the blood	
	3 1			
	Inhaling Exhaling			
	Diaphragm	contracts	Diaphragm relaxes	
Volume in the thorax increases			Volume in the thorax decreases	
Pressure in the thorax decreases			Pressure in the thorax increases	
	Air is pulled in	nto the lungs	Air is pushed out of the lungs	

Challenge Questions		
1	Why does boiled amylase not work when cooled down to room temperature?	
2	How and why does asthma affect breathing?	
3	How are the lungs adapted for gas exchange?	
4	Why is both diffusion and active transport needed to absorb digested nutrients into the blood?	

6. Circulatory system							
	Key Word						
1	Vena cava	Vein that brings deoxygenated blood back to the heart from the body					
2	Right atrium	Pumps blood in to the ventricle and where the pacemaker cells are located					
3	Right ventricle	Pimps blood out of the heat to the lungs					
4	Pulmonary artery	Takes deoxygenated blood to the lungs					
5	Pulmonary vein	Brings oxygenated blood back to the heart from the lungs					
6	Left atrium	Pumps blood to the left atrium					
7	Left ventricle	Pumps blood out of the heart to the body. Has a large muscle wall to pump blood at a high pressure					
8	Aorta	Artery that carries blood away from the heart to the body					
9	Valves	These prevent the backflow of blood through the circulatory system					
Th	e blood flows th	rough the heart in the order of 1 to 8					
1 4 8 5 6 9 9 3 7 7 S S S S S S S S S S S S S S S S S							

CS - 1.1 SYSTEMS ARCHITECTURE

KEY CONCEPTS

Computer systems take data (input), process it and then output it.

Embedded systems are computers built in to other devices like washing machines. They are dedicated to a single task so they are efficient.

Clock speed: the number of instructions a processor can carry out per/second. Higher clockspeed = faster CPU..

Number of **Cores:** The more cores a CPU has the more instructions it can carry out at once (multitasking). More cores = faster processing.

Cache size: A larger cache gives the CPU faster access to more data

EXAM QUESTIONS

Explain how cache size, cores and clockspeed affect the performance of the CPU.

Define what is meant by an embedded system What is the purpose of the ALU?

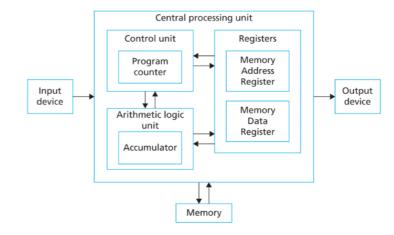
Explain the role of the CPU registers (MAR and MDR) Explain how the fetch decode execute cycle works

Explain four events that occur during the FDE cycle.

FETCH - DECODE - EXECUTE CYCLE

CPU **fetches** instruction from the RAM (copies memory address to MAR, copies instruction to MDR & adds 1 to PC. CU **decodes** the instruction from the MDR Instruction is **executed** by the CU The next instructions is fetched and The cycle repeats.

THE CENTRAL PROCESSING UNIT (CPU)



Control Unit (CU): executes instructions and controls the flow of data in the CPU.

Program counter: holds the memory address for the instruction of each cycle.

Arithmetic Logic Unit (ALU): does all of the calculations and logic operations.

Accumulator: holds the immediate result of any calculations in the ALU.

Cache: very fast memory that stores regularly used data so that the CPU can access it quickly.

MAR (Memory Address Register): holds the address about to be used by the CPU.

MDR (Memory Data Register:) holds the actual data or instruction being processed by the CPU.

CS - 1.2 MEMORY and 1.3 STORAGE

RANDOM ACCESS MEMORY (RAM)

RAM is the computer's main memory that holds the data, programs and files while they are being used.

RAM is volatile (power off = the data is lost)

The CPU will fetch instructions from the RAM in the fetch - decode - execute cycle.

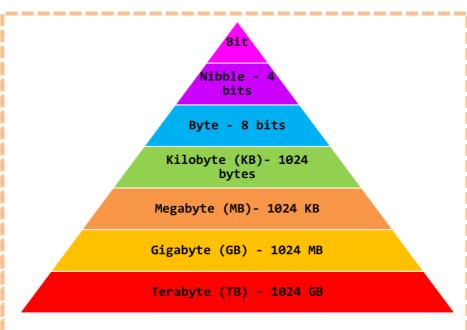
When the RAM is full the computer uses **VIRTUAL MEMORY**. It uses the secondary storage as temporary RAM so that the computer can continue running (but slowly).

READ ONLY MEMORY (ROM)

The ROM is on a chip build into the motherboard

It contains the BIOS (boot up sequence for the computer)

ROM is non-volatile (data still stored after power is off)



STORAGE CAPACITY

Some storage methods such as a HDD or SSD have a

TYPES OF STORAGE

Secondary Storage: where all data including the programs are stored when they are not being used.

Storage	Key Information
Hard Disk Drive (HDD)	Magnetic, has moving parts, large capacity, lower cost than SSD
Solid State Drive (SSD)	Flash memory, no moving parts, more robust than HDD, faster and more expensive than HDD
Flash memory	Eg: USB memory sticks, memory cards.
Optical Storage	Eg: CDs, DVDs. Cheap, portable and fairly robust.
Magnetic tape	Used for archive storage (back ups). Very large capacity, low cost, slow.

EXAM QUESTIONS

Explain how the RAM works with the CPU in the fetch -decode - execute cycle

Explain the difference between volatile and non-volatile memory giving an example of each

Tom is buying a new laptop, he is not sure whether to get a magnetic HDD or SSD. Discuss the benefits and drawbacks of each.

CS - 2.1 ALGORITHMS

COMPUTATIONAL THINKING

Abstraction

•Focussing on just the important details of a problem

Decomposition

•Breaking a problem down into smaller parts so that it is easier to solve

Algorithmic thinking creating a step by step solution to a problem

START DECISION False Action 1 END

PSEUDOCODE

START

IF the Decision = TRUE

THEN:

Perform Action 1

ELSE

Perform Action 2

ENDIF END

SEARCHING ALGORITHMS

To find an item in a list, computers need to use a searching algorithm. A linear search and binary search are both examples of sorting algorithms.

Linear Search: Checks each item in the list one by one until it finds what it is looking for

- + Simple, list doesn't need to be ordered
- Not efficient, takes time with lots of data

Binary Search: Finds the middle item in an ordered list by doing (n+1)/2. If the middle item is what it is searching for it stops. If not, it compares the item you are searching for to the middle item so that it knows whether to look in the first half or second half of the list. Then it repeats these steps until the item is found

- + More efficient than a linear search
- Only works on an ordered list, complex to program

SORTING ALGORITHMS

Sorting algorithms sort items into an ordered list.

Bubble Sort: Checks the first two items in a list, swaps them if they are in the wrong order and then moves onto the next two items and repeats the process. Once it has passed through the list once it goes through again until none of the items need swapping. + Simple. - Takes a long time

Merge Sort: Finds the middle item (n+1)/2 and splits the list in half. Repeats this step until the list is split into individual items (sub-lists). It them merges (joins) the sublists in pairs. Each time the sublists are paired they are sorted into the correct order. + Efficient - Slow

Insertion Sort: Looks at the second item in a list and compares
it to the items that are in front of it, then inserts it into
the right place. It then moves to the next item in the list and
repeats these steps. + Quick for sorting small lists - slow with
long lists

DATA TYPES

Data Type	Definition		
String	Text eg: "Hello"		
Integer	Whole number eg: 32		
Float/ Real	Decimal number eg: 1.2		
Boolean	Two values eg: true or false		
Character	A single character eg: b		

Casting is when you want to change between data types. Eg – if you want to use

VARIABLES AND CONSTANTS

Variable - A value which may change while the program is running. Variables can be local or global.

Local Variable - a variable which can only be used within the structure they are declared in.

Global Variable - a variable which can be used in any part of the code after they are declared

Constant - A value which cannot be
altered as the program is running.

CS - 2.2 PROGRAMMING TECHNIQUES

OPERATORS

Operator/ Function	Definition
Exponentiation	Raises a number to a power eg: $2**3$ OR $2 ^3$ (= 2^3)
Quotient/DIV	Gives the whole number after a division
Remainder/MOD	Gives the remainder part of a division
==	Is equal to
! or <>	Is not equal to
<	Is less than
>	Is more than
>=	Is more than or equal to
<=	Is less than or equal to

ARRAYS

One-Dimensional Arrays- this is like a list. In this example an array has been created called students. The list can hold 3 items (as shown).

This command would print the second item (1) From the array. It would print "Dave".

Two-Dimensional Arrays - these are lists within lists (like a table)

array stı	udent	S	[3]
students	[0]	=	"Bob"
students	[1]	=	"Dave"
students	[2]	=	"Bob"

print(students[1])

	0	1	2
0	Bob	22%	44%
1	Dave	85%	100%

print("Bob's first test score was " + Grades [0, 1]

GCSE Design & Technology New & Emerging Technologies

1. CAD - Commuter Aided Decien

To CAID — Connibute	u widad basiku
Advantages of CAD	Disadvantages of CAD
Designs can be created, saved and edited easily, saving time	CAD software is complex to learn
Designs or parts of designs can be easily copied or repeated	Software can be very expensive
Designs can be worked on by remote teams simultaneously	Compatibility issues with software
Designs can be rendered to look photo-realistic to gather public opinion in a	Security issues - Risk of data being corrupted or hacked
range of finishes CAD is very accurate	SolidWorks DESIGN
CAD software can process complex stress testing	CAD Software

2. CAM - Computer Aided Manufacturing

Advantages of CAM	Disadvantages of CAM
Quick – Speed of	Training is required to
production can be	operate CAM.
increased.	
Consistency – All parts	High initial outlay for
manufactures are all the	machines.
same.	
Accuracy – Accuracy can be	Production stoppage – If the
greatly improved using	machines break down, the
CAM.	production would stop.
Less Mistakes – There is no	Social issues . Areas can
human error unless pre	decline as human jobs are
programmed.	taken.
Cost Savings – Workforce	
can be reduced.	1



Laser Cutter







3: Production Techniques 3.1 Flexible Manufacturing Systems (FMS):

involves an assembly of automated machines commonly used on short-run batch production lines where the products frequently change.

- 3.2 Lean Manufacturing: It aims to manufacture products just before they are required to eliminate areas of waste including:
- Overproduction
- Waiting
- Transportation
- · Inappropriate processing
- · Excessive inventory
- · Unnecessary motion
- Defects
- 3.3 Just In Time (JIT): Items are created as they are demanded. No surplus stock of raw material, component or finished parts are kept.

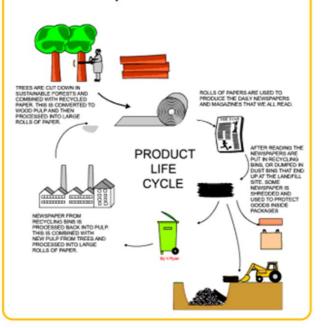
Advantages of JIT	Disadvantages of JIT
No warehousing costs	Reliant on a high quality supply chain
Ordered secured before outlay on parts is required	Stock is not available immediately off-the- shelf
Stock does not become obsolete, damaged or deteriorated	Fewer benefits from bulk purchasing

4. Scales of Production

One off: when you make a unique item Batch: when you make a few/set amount Mass: when you make thousands Continuous: open ended production

5: Informing Design Decisions

- 5.1 Planned obsolescence Planned obsolescence is when a product is deliberately designed to have a specific life span. This is usually a shortened life span.
- 5.2 Design for maintenance Products are often designed to be thrown away when they fail... This can be achieved by designing products that can be repaired and maintained.
- 5.3 Disposability Some products are designed to be disposable.
- 5.4 Product Lifecycle -



7: KEY WORD FOCUS

You should be able to explain the meaning of each of these words by the end of this rotation.

CNC Computer Numerical Control	
EPOS	Electronic Point Of Sale (Barcodes)



Product Life Cycle

Global production and its effects on culture and people

Designers have to be very aware of what is acceptable and what is not acceptable in society.

Issues with making products: Most people would prefer the

One way of reducing the manufacturing costs is using

computer controlled machines or robots to make the products.

Positive effect – computer controlled systems create jobs for

highly skilled workers to develop, program and maintain these

Another way of reducing costs is to make products in countries

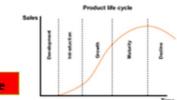
where labour costs are low. Sometimes the conditions for workers in those countries are far below UK standards.

Negative effect – pollution may also be higher. Environmental

Positive effect - create iobs and opportunities for people.

products they want to be low cost and good quality.

Negative effect – fewer people are employed.



New and Emerging Technologies

1	S	Р	E	С	1	E	S
	Sustainability	People	Enterprise	Culture	Industry	Environment	Society

Automation

Organisation

New and Emergina

Products have to meet certain standards before they are allowed

these standards can be marked with the KiteMark.



ISO – International Standards Organisation

Demographic Movement

Market Pull Vs Technology Push

Designers identify the opportunity to develop new products based on technology push or market pull.

Technology push

Technology push is when products are re-designed because of changes in materials or manufacturing methods. This might mean that new materials have become available, with improved properties; or that improvements in manufacturing processes mean a manufacturer can make the product cheaper of more effectively, which reduces manufacturing costs.

Market pull

Market pull is when product ideas are produced in response to market forces. Examples of market influences include;

- · A demand from consumers for new or improved
- · A competing product is launched by another manufacturer
- . A manufacturer wants to increase their share of the market.

Once a designer has identified an opportunity for a product, the next step is to identify the detail of what consumers want. To do this they need to identify who the different customers are and what they are looking for, e.g. a choice of different styles, performances and process.

For example, car manufacturers design slightly different versions of the same car model to suit individual driver's different tastes. Market research is carried out to identify consumer wants and desires.



Legislation

to be sold to a consumer. In the UK, standards are regulated by the British Standards Institution (BSI). Products which meet

Technology has an impact on:

The marks show government officials that the product conforms to a standard, which enables it to be legally placed on the market within their country.



BSI - British Standards Institution

Sustainability

Ways to be more sustainable:

Use less material: can you make things smaller, thinner

lighter or with less parts?

Use renewable material/energy: materials that can be

regrown or recycled easily like wool or steel. Solar or wind

power, no batteries.

Be more eco-friendly: Reuse old materials, recycle waste,

and refuse polluting materials.

REUSE

REFUSE

REDUCE

Consumer Rights

cost in transporting good all over the world.

The Consumer Protection Act

This protect the public by:

Prohibiting the manufacture and supply of unsafe goods.

Making the manufacturer or seller of a defective product responsible for damage it causes

Allowing local councils to seize unsafe goods and suspend the sale of suspected unsafe goods.

Prohibiting misleading price

The trade Descriptions Act

This protect the public by:

Making it an offence for a trader to make false or misleading statements about goods or

Making it an offence for a trader

Apply a false trade description to any goods.

Supply or offer to supply any goods to which a false trade description has been applied.

Make certain kinds of false statement about the provision of any services, facilities or accommodation.

Social, Moral, Environmental and Sustainability issues.

Socia

We are all part of one world and we do rely upon each other. Any thing we can do to promote positive work or play is good however as designers we also have a responsibility to make sure designs don't have a negative impact. Products can really influence us as people and as designers we need to be positive role models encouraging 'Social Harmony'.

Moral

As a designer you have a moral responsibility to do the right thing. Moral issues is about being fair and honest. You should be thinking about what is 'right' for the consumer. For example a moral designer should be considering the safety of potential users as a high priority as well as making sure they don't feel uncomfortable or come to any harm. People with strong morals are honest and decent and will put other people before their own personal gain.

Environmental & Sustainability

When developing designs you need to think about environment and sustainability issues as we only have one planet and need to make sure we look after it.

- -The materials will have an impact of some kind
- -using materials that can be easily recycled is a good start
- locally sourced uses less fuel
- open cast mines and deforestation have negative impact

Energy consumption is also important. A lot of energy comes from fossil fuels so needs to be reduced. An efficient making process uses less electricity and relies less on fossil fuels

Fairtrade

Fair trade is an institutional arrangement designed to help producers in developing countries achieve better trading conditions. Members of the fair trade movement advocate the payment of higher prices to exporters, as well as improved social and environmental standards



Ecological Footprint

The **ecological footprint** measures human demand on nature. **it** is a measure of human's impact on Earth's ecosystem and reveals the dependence of the human economy on natural capital..



Carbon Footprint

Sustainable living is a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources and personal resources. Practitioners of sustainable living often attempt to reduce their carbon footprint by altering methods of transportation, energy consumption, and diet.



GCSE Design & Technology Sustainability

1. Sustainability

Avoidance of the depletion of natural resources. Finite Resources e.g. Ore and Oil Materials which are in limited supply. Use of these should be avoided where possible or only used in small amounts.

Non Finite Resources e.g. Trees and Plants Materials in abundant supply and are unlikely to ever run out or ones that can be grown again.

The impact of the use of resources can be measured by the following:

- CO₂ emissions
- Transportation method and distance travelled
- · Impact on the environment through mining or harvesting
- · Availability or scarcity
- Maintenance or repair costs
- Ethical and moral issues

2. Life Cycle

Life cycle assessment (LCA) to assess the impact of a product during the different stages of its life. The 5 main



3. Waste Disposal

Consideration to waste disposal has an impact on the

Businesses are charged for waste disposal, reducing waste disposal will save money.

The effects of careful consideration of waste disposal within a business are:

- · Reusing waste materials/components within a company
- Energy to heat and power a business could be generated

environment and a product life cycle.

- Less raw materials required
- Sale of recyclable waste

Technologies that have a positive impact:

- Renewable materials from managed resources
- · Use of renewable energy
- Using recyclable materials
- Consideration to the 6r's
- · Designing products with low power consumption
- · Designing products with fewer components and reduced weight
- Designing products that are upgradable extending their life
- Creating products that are sourced, produced and sold locally

Technologies that have a **negative impact**:

- Use of finite/non-recycled materials
- Use of components that are hard to repair
- Use of fossil fuels for power
- Products with high power consumption
- Products that have built in planned obsolescence
- Components that are shipped globally

5. Key Terms

Continuous Improvement

Kaizen, also known as continuous improvement, is a long-term approach to work that seeks to achieve small, incremental changes in processes in order to improve efficiency and quality. It is best known for being used in lean manufacturing.

Efficient Working

Just in time (JIT) and lean manufacturing are examples of how businesses reduce costs. Other examples are members of staff doing 'energy walks' to turn off lights etc. to reduce costs and CO₂ emissions.

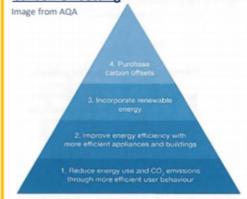
Pollution

Business's should aim to reduce pollution by conducting an LCA.

Global Warming

The release of CO2, methane (CH4) and nitrous oxide (N2O) into the environment resulting in the rise of average temperatures of the earth's atmosphere and oceans.

Carbon Offsetting



GCSE Design & Technology Energy Generation & Energy Storage

1. Energy Generation

Power can be generated from renewable and nonrenewable sources. Non-renewable power is generated from fossil fuels.

Most electricity is created by rotating a turbine which turns a generator. Fossil fuels are burnt to create heat which superheats the water. The steam rotates the turbine which is linked to the generator to supply the electricity.



- 1.1 Fossil Fuels Most electricity in the UK comes from burning Fossil Fuels such as Coal, Gas and Oil. Fossil fuels are finite resources and cannot be replaced as they run out. Burning fossil fuels creates carbon dioxide and is not environmentally friendly and contributes to global warming.
- 1.2 Fracking Shale gas is trapped within the earths crust. Fracking is the process which removes it so it can then be burnt to create electricity. It involves drilling the earths crust and sending high pressure water, sand and chemical mixtures into the rock to release the gas.

3. Nuclear Power

Nuclear power is highly controversial. The process harnesses a nuclear reaction to create to create heat to power the turbines.

- CleanEfficient
- High start up costs
- Radioactive waste which is very dangerous to all living things.
- Nuclear waste stays radioactive for millions of years and is stored underground.

2. Renewable Energy

Energy that comes from the planets non-finite resources is renewable. It includes







2.1 Wind Power

- Low cost
- Produce More power in winter when demand is higher.
- Do not create power when not enough wind or it is too windy.
- · Harmful to wildlife
- Ugly

2.2 Solar Energy

- Low maintenance costs.
 Improvements in technology mean the efficiency is always improving.
- Only produce energy during daytime.
- Production is less in winter.

2.3 Tidal Energy

- Predictable and consistent.
- Machinery has to be located some distance from land making repair and maintenance difficult.

2.4 Hydro Electric Power

- Very reliable
- High set up costs both financially and environmentally.

2.5 Bio Fuel

- Carbon Neutral They absorb the CO2 whilst growing and produce similar amounts when burnt for energy.
- Vast amounts of land and water needed to produce the crops which contribute to food shortages in developing countries.

4. Energy Storage

Most mechanical power is stored by using tension or compression. Coiled springs used in clocks, watches and wind up toys store physical energy from the winding process which is then released slowly through cogs, gears and other mechanisms.

- **4.1 Pneumatics** A form of compression is used to store gas or air under pressure. They are commonly used to controlling production lines. They are accurate, efficient and low maintenance.
- **4.2 Hydraulics** Very similar to Pneumatics but uses a liquid, most commonly Oil. Extremely powerful and using in manufacturing industrial applications.

Both systems will use a compressor which pump the air or liquid into a storage tank to hold it until it is needed.

- **4.3 Kinetic Energy** any object in motion has kinetic energy. Objects not in motion store potential energy which is converted to kinetic energy when a force is applied to the object such as gravity.
- **4.4 Batteries** Electrical power can be stored in batteries. Battery technology has vastly improved alongside the power consumption of modern electronic devices helping save valuable finite resources.

Alkaline batteries are more efficient than traditional acid based batteries and hold their charge well.

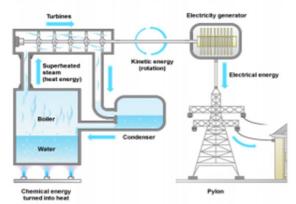
Rechargeable batteries are capable of being charge d and discharged thousands of times reducing the resources needed. The time it takes for rechargeable batteries to reach full charge has also improved in recent years making their use much more convenient.

4.5 Disposal of Batteries – Batteries must be disposed of correctly as they contain toxic electro chemicals. If placed in the normal bin and they end up in land fill sites, it will degrade over time and release harmful chemicals and metals into the soil and water.

GCSE Design & Technology Energy Types

Energy Types

1. Fossil Fuels - Non-renewable energy



In a thermal power station fuel such as coal, oil or gas is burned in a furnace to produce heat - chemical to heat energy.

- this heat is used to change water into steam in the boiler.
- the steam drives the turbine heat to kinetic energy
- this drives the generator to produce electricity kinetic to electrical energy.

Some experts believe that fossil fuels will run out in our lifetime.

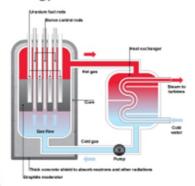
Energy Types 2. Biomass Energy —Renewable Energy



Biomass is an industry term for getting energy by burning wood, and other organic matter. Burning biomass releases carbon emissions, but has been classed as a renewable energy source in the EU and UN legal frameworks, because plant stocks can be replaced with new growth.

Energy Types

3. Nuclear Energy – Renewable energy



The main nuclear fuels are uranium and plutonium. In a nuclear power station nuclear fuel undergoes a controlled chain reaction in the reactor to produce heat - nuclear to heat energy.

- heat is used to change water into steam in the boiler.
- the steam drives the turbine (heat to kinetic energy)
- this drives the generator to produce electricity - kinetic to electrical energy.

Energy Types

8.Batteries

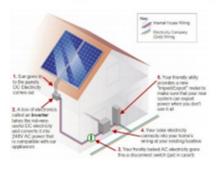
Alkaline batteries are the most common type of domestic batteries, they are disposable but contain chemicals that are bad for the environment. Fortunately more and more battery recycling banks are appearing now where most of the battery can be reused. Rechargeable batteries are better for the environment and more economical in the long run (High initial purchase price). Their lifespan decreases with every charge.

Energy Types

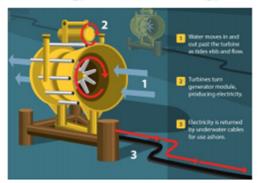
4. Wind Energy - Renewable Energy



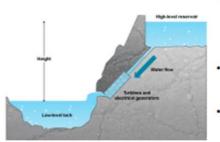
5. Solar Energy – Renewable Energy



6. Tidal Energy – Renewable Energy

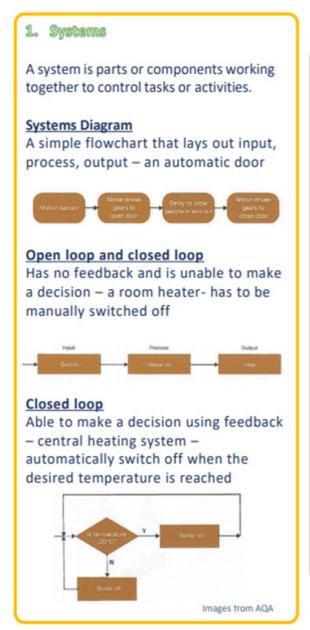


7. Hydroelectricity – Renewable Energy



- In a hydroelectric power station water is stored behind a dam in a reservoir. This water has gravitational potential energy.
- The water runs down pipes (potential to kinetic energy) to turn the turbine
- The turbine is connected to a generator to produce electricity (kinetic to electrical energy).

GCSE Design & Technology Electronic Components



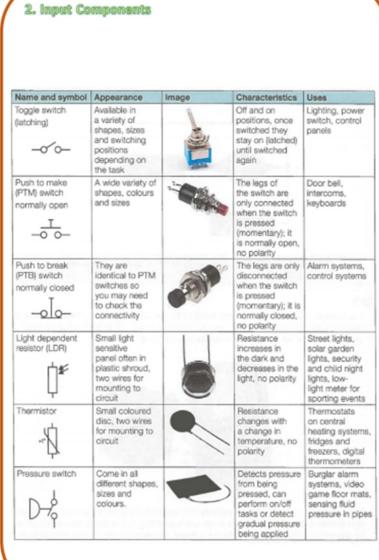
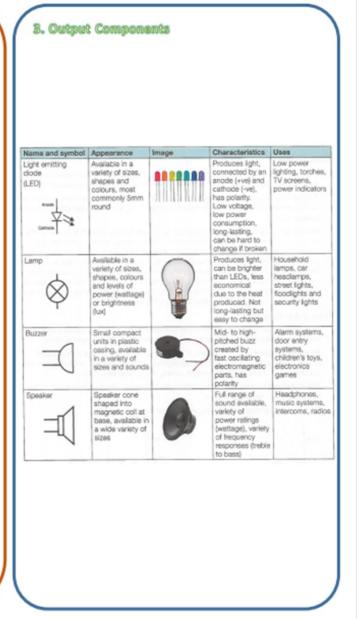


Image from AQA

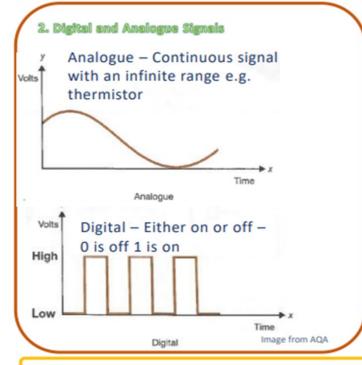


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GCSE Design & Technology Microcontrollers

1. Processes

Components that process electronic signals and enable output devices to perform tasks. This is controlled by an integrated circuit (IC) e.g. A microcontroller



3. Counters

Counters – Keep count of how many times something occurs, output information to a seven segment display.

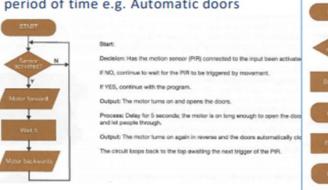
4. Programming

Micro controllers also called Peripheral interface controllers (PICs) can be programmed to perform differently by a computer.

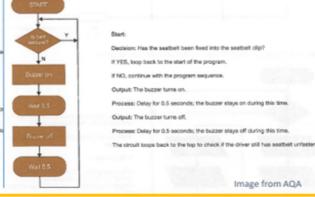
Timers

Devices used to perform specific tasks. 2 types monostable and astable.

Monostable – output turned on for a set period of time e.g. Automatic doors

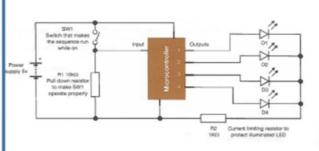


Astable – fluctuates between on and off – oscillating output e.g. Seatbelt alarm in a car

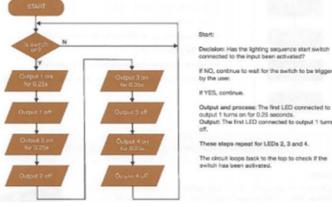




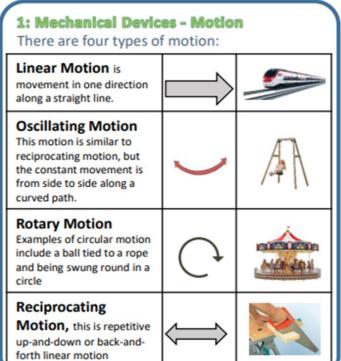
Microcontrollers – How a microcontroller would control a bike light.

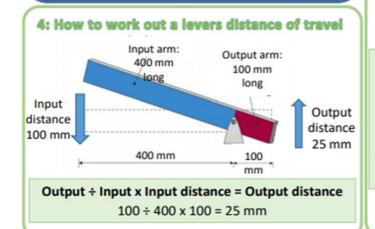


Program for the microcontroller to make LED's flash in sequence



GCSE Design & Technology Mechanical Devises

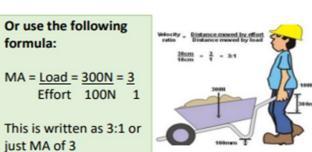




2: Mechanical Devices — Levers There are three classes of levers.

Class One A class one lever has its input on one side of the fulcrum and its output on the other.	Influt Output	
Class Two A class two lever has its input at one end of the lever, its output in the middle and fulcrum at the other end.	Output Injut	Co
Class Three A class three lever has its output at one end of the lever, its fulcrum at the other with its input in the middle.	Influt Culfut	

5: How to work out the Mechanical Advantage



3: Mechanical Devices - Linkages The reverse motion linkage Reverse changes the direction of the motion input motion so that the output linkage travels in the opposite direction. If the input is pulled the output pushes and vice versa. It uses a central bar held in position with a fixed pivot (fulcrum) that forces the change in direction and two moving pivots which are connected to the input and output bars. **Parallel** The push/pull linkage maintains the direction of the input motion motion so that the output travels in the same direction. If the input is push/ pulled the output is pulled and pull so on. It uses three linking bars, linkage four moving pivots and two fixed pivots. Bell The bell crank linkage changes the direction of the input motion crank through 90 degrees. It can be linkage used to change horizontal motion into vertical motion or vice versa. It uses a fixed pivot and two moving pivots. The crank and slider linkage Crank changes rotary motion into reciprocating motion or vice slider versa. It uses a crank which is held with a fixed pivot. A connecting rod uses two moving pivots to push and pull a slider along a set path. The treadle linkage changes Treadle rotary motion into oscillating linkage motion or vice versa. It uses a crank which is held with a fixed pivot. A connecting rod uses two moving pivots and a further fixed pivot to create a windscreen wiper motion.

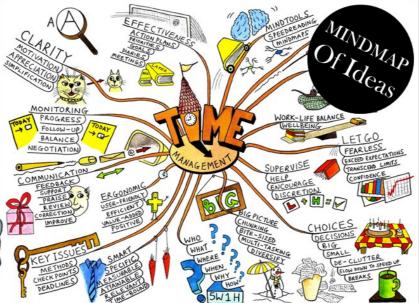


Key Vocabulary... MIND MAPPING A graphical way to represent ideas around your theme. Use of keywords and branches to show breadth of initial ideas. A collection of imagery and VISUAL collaged ideas to present a MOODBOARD visual understanding of your theme. Keep to a style of scheme of colour. Show your understanding of contemporary and historical ARTIST RESEARCH artists and artistic movements by analysing their work. To draw in their style and discuss your intention.

Always remember..

DON'T LIMIT YOURSELF	Even if it doesn't link to your starting point, it may relate to your theme. Add annotations and sketches to show/explain your thought process.
PRIMARY SOURCES	When researching a theme, collect images, photos, samples, magazine cuttings etc. Make sure all images are
	rele∨ant.
PRESENTATION	Pull your boards together by being consistent. Stick to a particular style and/or colour scheme. Use DAFONT for titles if unsure.

Picture This...





Deeper Learning...



- What is the work about?
- Is the work realistic/abstract?
- Has it been exaggerated?
- Are there recurring features?
- What is the theme of the work?
- What message is communicated?

FORM:

- What colour does the artist use?
- What shapes does the artist use?
- What mark-making techniques?
- How big is the work why?
- Does the artist have a style?

PROCESS:

- How has the work been made?
- What media/material has the artist used?

MOOD:

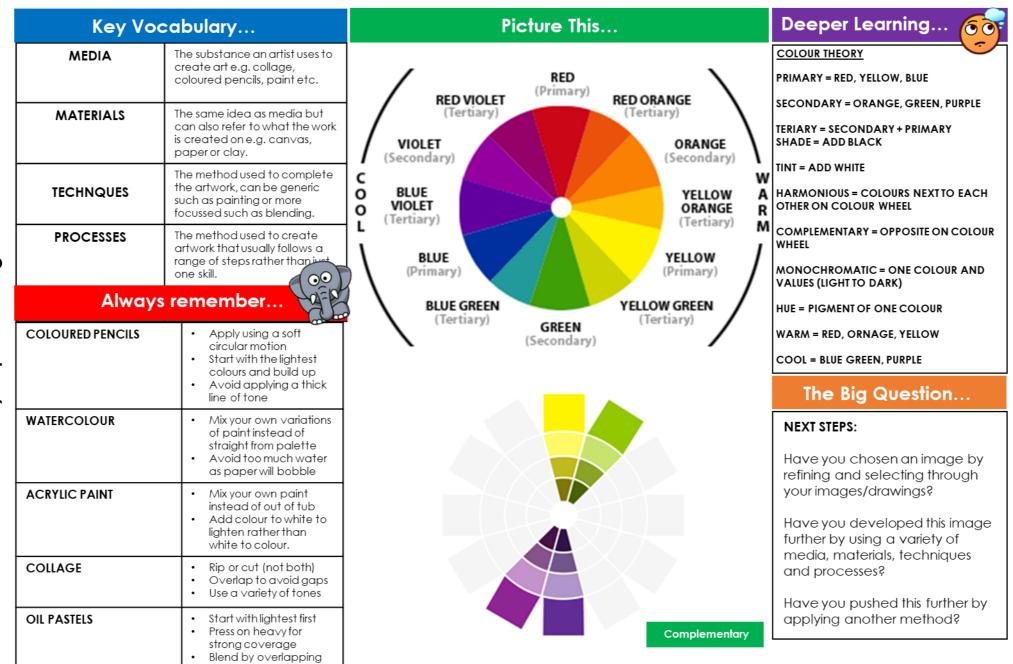
- How does the work make you feel?
- Does the colour, texture, form or composition effect your mood?
- Does the work reminisce about a dream in any way?

The Big Question...

NEXT STEPS:

- What is your intention?
- How will you use this style?
- What features will you try to replicate?
- How are you going to use this knowledge to further develop your work?
- How are you going to develop your own
- imagery in response to the artist and/or movement?

Activity: Take (10-15) of your own images linked to your theme (primary research) from observation. You will then draw from these images and develop further by exploring different media in the style of your chosen artist and/or movement.



Activity: Take your favourite drawings and photocopy original before altering. Link to artist style and use a variety of techniques and processes to push further. Change scale and material to add depth to your artwork.

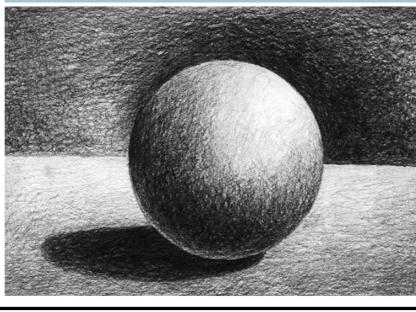
Key Vocabulary		
OBSERVATIONAL DRAWING	Drawing from looking at an image or object.	
PRIMARY OBSERVATION	Drawing from an object that is directly in front of you.	
SECONDARY OBSERVATION	Drawing from an image.	
PHOTOGRAPHS	Using a camera to record images – this is classed as primary observation.	
SKETCHES	Basic sketches and doodles can act as a starting point to aid in developing an idea.	
Always remember		
CROSS-HATCHING	Cross-hatching uses fine parallel lines drawn closely together to create the illusion of shade or texture in a drawing.	

Always remember		
CROSS-HATCHING	Cross-hatching uses fine parallel lines drawn closely together to create the illusion of shade or texture in a drawing. It is the drawing of two layers of hatching at right-	
	angles to create a mesh- like pattern.	
HATCHING	For pencil or pen-and-ink drawing. Hatching is one of the quickest ways to fill in the dark areas.	
	By drawing a lot of fine lines that are parallel, the area as a whole is perceived as being darker.	
STIPPLING	The art or process of drawing, painting, or engraving using numerous small dots or specks.	

Picture This... CROSS-HATCHING CONTOUR LINES SCRIBBLE LINES STIPPLING PATTERN

STAGES OF DRAWING

BASIC SHAPES > ACCURATE SHAPES > DETAIL > TONE



Deeper Learning...



ANNOTATION: -

STEP 1: DESCRIBE

- What is this an image of?
- What have you done? What was the purpose of the piece?

STEP 2: EXPLAIN

- How was the work made? How did you produce the effect?
- How did you decide on composition?

STEP 3: REFLECT

- Why did you use this specific method?
- Why are some areas better than others? What might you do differently next time?
- Why might you do it differently?
- How will your develop in response?

The Big Question...

NEXT STEPS: -

- Produce a range of tones by varying the pressure and layering
- Consider using softer pencils for darker shades
- Apply tone using a soft circular motion to create a smooth coverage. Filling all the white gaps and avoid shading in different directions
- Add detail/interest by applying tone using markmaking techniques
- Mark-making can be produced by making your own tools/paintbrushes

Activity: Try to annotate or evaluate whenever you have an idea or a change in direction. Write about a technique that was successful or if something didn't go as planned.

Key Vocabulary		Picture This	Deeper Learning 60
ROUGHIDEA	Basic sketches of a final idea. Label to ensure clarity.	COMPOSITIONAL LAYOUTS:	FORMAL ELEMENTS OF ART: - COLOUR: Primary colours cannot be mixed by using any other colours but in theory, all other colours are made from them.
VISUAL OR MAQUETTE	An image or model created from selected materials (usually smaller in scale than intended.		Red + Yellow = Orange Blue + Yellow = Green Red + Blue = Purple
FINAL PIECE	An image or sculpture that is the end product of your project/journey. Visual representation of pulling all prep work together to showcase your ideas and journey.	RULE OF THIRDS LEADING LINES	Orange, Green and Purple are secondary colours. All other colours (primary + secondary = tertiary). Colour schemes could be adhered to fit with theme. SHAPE: An area closed by line. Geometric
Always re	emember The rule of thirds is a	BALANCED ELEMENTS CROP	or basic. FORM: Form is a 3D shape which can be sculpted using clay, wire or Modroc.
	guideline which applies to the process of composing visual images. The horizon sits at the horizontal line dividing the lower third of the photo from the upper two-thirds.	FORMAL ELEMENTS TONE	In 2D art, tone and perspective can be used to create an illusion of 3-dimensions using light and dark to create shadows. TEXTURE: Surface quality. The way it feels physically or the way it is made to feel. TONE: Light to dark to create depth. This
LEADING LINES	Leading lines refers to a composition technique whereby the viewer's eye is attracted to lines that lead directly to the principle subject in the image.	LINE	could be a shade or how dark or light a colour appears. Tones are created by the way the light falls onto a 3D object. PATTERN: Created by repeating lines, shapes, tones or colour. The design used to create a pattern is often referred to as a motif. Motifs can be simple shapes or
BALANCED ELEMENTS	When different parts of a photo command your attention equally, perfect balance is achieved.	FORM PATTERN	complex arrangements. Patterns can be man-made, like a fabric or wallpaper design, or natural, such as the
CROP	Cropping is the removal of unwanted outer areas from a photograph or illustrated image.	COLOUR SHAPE	markings on animal fur. LINE: Line can be used to portray different qualities such as: contours, feelings or expressions and movements.

KNOWLEDGE ORGANISER AUTUMN TERM 1 yr10

Fruit & Vegetables

Choosing fruit and vegetables

- Crisp and firm
- Blemish and bruise free
- Excellent colour
- Use as soon as possible
- Store in a cool, dark place

Processed Fruit and Vegetables

Processed fruit and veg are brilliant for convenience and for when they are out of season

- Pre-prepared—peeled, chopped
- Tinned
- Frozen
- Dried
- Juiced

Preparing fruit and vegetables

- Wash before use to remove dirt or insects
- Try not to peel, or peel thinly to preserve the nutritional content
- Do not soak in water
- Do not prepare ahead, prepare as close to use as possible

<u>Potatoes</u>

- Potatoes are a very versatile and therefore popular. They have many uses.
- Roasting—Maris Pipers
- Mashing—Desiree
- Frying—Maris Piper
- Boiling

 Maris Piper
 - Salad Jersey royals

Variety of Fruit	Examples
Citrus	Lemon, Lime
Nut	Brazil nut, cashews
Tree	Apple, Pear
Berry	Raspberry, strawberry
Tropical	Mango, watermelon
Stone	Apricot, cherries

Cooking vegetables

Vegetables can be cooked in various ways however the drier methods and the ones with little contact with water are best for preserving the nutritional content.

We cook vegetables for the following reasons:

- To improve colour and taste
- To ensure they are edible (potatoes)

Herbs and spices

Herbs and spices are used to add flavour and interest to dishes. Commonly used in multicultural dishes.

<u>Herbs</u>—are the leaves, stems and roots of plants

<u>Spices</u>—are the dried flowers, seeds and leaves of aromatic plants



HERBS	SPICES
Coriander	Cardamom
Mint	Cinnamon
Basil	Coriander seed
Tarragon	Cumin
Rosemary	Chilli powder
Thyme	Nutmeg

Variety of Vegetable	Examples
Bulb	Onion, Garlic
Stem	Asparagus, Celery
Root	Beetroot, Carrot
Tuber	Potato, Sweet Potato
Seed	Peas, Sweetcorn
Fungi	Mushrooms
Flower	Cauliflower, Sprouts
Vegetable Fruit	Peppers, Tomatoes
Leaf	Spinach, Cabbage

Preserving fruit and vegetables

Fruit & Veg have been preserved for centuries to enable us to eat them all year round and out of season. Methods include:

- Jamming
- Pickling
- Freezing
- Drying
- Juicing



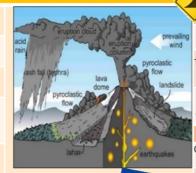
	Nutrition	Function	Source
	Carbohydrate	Energy	All fruit & Veg
	Vitamin A	Healthy eyes	Carrots, Spinach
	B Vitamins	Energy release	Green Veg
	Vitamin C	Fighting infection	Citrus fruit
	Vitamin E	Healthy skin	Green veg
	Vitamin K	Wound healing	Green veg
V	Calcium	Healthy bones	Spinach
	Iron	Healthy red blood cells	Green veg
	Fibre	Healthy digestive	All fruit & Veg

- We should eat 5 or more different fruits and vegetables each day
- Fresh, frozen, juiced and tinned all count

 Choose tinned fruits in juice or water not
- syrup
- Only 1 glass of juice counts as a portion
- Portion examples:
- ♦ 2 satsumas
- Handful of grapes
- . . .
- 7 strawberrie
- ♦ 3 tablespoons of peas
 - Page 49

	The
Hazards	The
ctonic	The and Core
<u>6</u>	
'ı	The
niser	1
rga	2
е <u>О</u>	3
edg	4
₹	5
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Year 10	Whe frict The volce
-hy-	
eograph _\	to re form rang
ğ	A co

	The structure of the Earth		
he Crust	Varies in thickness (5-10km) beneath the ocean. Made up of several large	Ash cloud	Small pieces of pulverised rock and glass which are thrown into the atmosphere.
	plates. Widest layer (2900km thick). The heat	Gas	Sulphur dioxide, water vapour and carbon dioxide come out of the volcano.
he Mantle	and pressure means the rock is in a liquid state that is in a state of	Lahar	A volcanic mudflow which usually runs down a valley side on the volcano.
he Inner	convection. Hottest section (5000 degrees). Mostly made of iron and nickel and is 4x	Pyroclastic flow	A fast moving current of super-heated gas and ash (1000°C). They travel at 450mph.
Core	denser than the crust. Inner section is solid whereas outer layer is liquid.	Volcanic bomb	A thick (viscous) lava fragment that is ejected from the volcano.



Individuals tried to recover people.

Many countries responded with appeals

Heavily relied on international aid, e.g.

98% of rubble remained after 6 months.

Meteorological Hazard

These are hazards caused by weather

and climate.

LIC -CS: Haiti Earthquake 2010

crust is divided into tectonic plates which are moving due to convection On a conservative plate margin, involving the Caribbean & North American plates. The magnitude 7.0 earthquake was only 15 miles from the capital Port au Prince.

Radioactive decay of some of the elements in the core and mantle generate a lot of heat.

currents in the mantle.

When lower parts of the mantle molten rock (Magma) heat up they become less dense and slowly rise.

As they move towards the top they cool down, become more dense and slowly sink.

These circular movements of semi-molten rock are convection currents

Convection currents create drag on the base of the tectonic plates and this causes them to move.

Types of Plate Margins

Tectonic Hazards

Geological Hazard

These are hazards caused by land and

tectonic processes.

230,000 people died and 3 million

250,000 homes collapsed or were

damaged. Millions homeless.

affected. Many emotionally affected.

Rubble blocked roads and shut down

With a very shallow focus of 13km deep.

Effects

The Challenges of Natural Hazards

What is a Natural Hazard

A natural hazard is a natural process which could cause death, injury or

Causes of Earthquakes

disruption to humans, property and possession

Management

or rescue teams.

\$330 million from the EU.

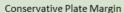
Destructive Plate Margin

en the denser plate subducts beneath the other, tion causes it to melt and become molten magma. magma forces its ways up to the surface to form cano. This margin is also responsible for devastatir thquakes.



Constructive Plate Margin

re two plates are moving apart causing new magm each the surface through the gap. Volcanoes med along this crack cause a submarine mountain ge such as those in the Mid Atlantic Ridge.



onservative plate boundary occurs where plates slide past each other in opposite directions, or in the same direction but at different speeds. This is responsible for earthquakes such as the ones happening along the San Andreas Fault, USA.





Earthquakes are caused when two plates become locked causing friction to build up. From this **stress**, the **pressure** will eventually be released, triggering the plates to move into a new position. This movement causes energy in the form of <u>seismic waves</u>, to travel from the <u>focus</u> towards the epicentre. As a result, the crust vibrates triggering an earthquake. The point directly above the focus, where the seismic waves reach first, is called the EPICENTRE

SEISMIC WAVES (energy waves) travel out from the

The point at which pressure is released is called the

Warning signs Monitoring techniques Small earthquakes are caused as Seismometers are used to detect magma rises up. earthquakes. Thermal imaging and satellite emperatures around the volcano cameras can be used to detect rise as activity increases. heat around a volcano. Gas samples may be taken and When a volcano is close to chemical sensors used to measure rupting it starts to release gases. sulphur levels. reating an exclusion zone around Being ready and able to evacuate

Managing Volcanic Eruptions

residents. the volcano.

Having an emergency supply of Trained emergency services and a basic provisions, such as food good communication system.

Earthquake Management

PREDICTING

Methods include:

- Satellite surveying (tracks changes in the earth's surface)
- Laser reflector (surveys movement across fault lines)
- Radon gas sensor (radon gas is released when plates move so this finds that)
- Seismometer
- Water table level (water levels fluctuate before an earthquake).
- Scientists also use seismic records to predict when the next event will occur.

PROTECTION

You can't stop earthquakes, so earthquake-prone regions follow these three methods to reduce potential damage:

- · Building earthquake-resistant buildings
- Raising public awareness
- · Improving earthquake prediction

Project

Research a recent Volcanic eruption and produce a fact file about it. Make sure you include information on location, date, time, length of eruption & type of volcano. You can do this digitally or on paper but you must submit this as a printed piece of work. Also include:

Effects

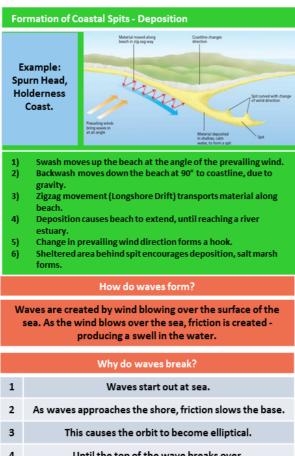
Detail all the effects of the eruption. Make sure you include both short/long & primary/secondary impacts. whether effects would have been as bad if country was a HIC/LIC and did any effects impact other countries?

Management

What methods of prediction and warnings were in place? How effective were they and could these be improved? Was there any management needed outside of the country the eruption took place in?

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	Global pattern of air circulation			Management	t of Tropical Storms		Case Study: U	K Heat Wave 2003	
Hazards		Atmospheric circulation is the large-scale movement of air by which heat is distributed on the surface of the Earth. Hadley Largest cell which extends cell from the Equator to between		Protection Preparing for a tropical storm may involve construction projects that will improve protection.	Aid Aid involves assisting after the storm, commonly in LIDs.	that stayed in syster	n the area for most of	anticyclone (areas of high pressure) August. This blocked any low pressure as cooler and rainier conditions.	
	Ferrel cell	30° to 40° north & south.	And the second of the second o		Development The scale of the impacts depends on the whether the country has the resources cope with the storm.	Planning Involves getting people and t emergency services ready to deal with the impacts.	he strokes a 2000 peo	uffered from heat nd dehydration. ople died from causes heatwave.	Management The NHS and media gave guidance to the public. Limitations placed on water use (hose pipe ban). Speed limits imposed on
- Climatic	Polar cell	Smallest & weakness cell that occurs from the poles to the Ferrell cell. istribution of Tropical Storms.	High and Low Pr	100 A	Prediction Constant monitoring can help to give advanced warning of a tropical storm	Education Teaching people about what do in a tropical storm.	crop yield	ork disrupted and ds were low. What is Cli	trains and government created 'heatwave plan
rganiser –	Th inclu	ey are known by many names, Iding hurricanes (North America),	Low Pressure	High Pressure	Climatic Hazards	AQA		average temperature	ng-term shift in the planet's weather is. Earth has had tropical climates and s in its 4.5 billion years.
ī	and E	nat lies roughly 5-15° either side of the Equator. Ca	Caused by	Caused by	The Challenges	of Natural Hazard	s	Recent Evidence	for climate change.
Orga	that li		hot air rising. Causes stormy, cloudy weather. cold air sinking. Causes clear and calm weather.		Primary Effects of Tropical Storms		Global temperature	Average global te than 0.6°C since 1	mperatures have increased by more 1950.
	-				The intense winds of tropical communities, buildings and	communication networks.	Ice sheets & glaciers		d's glaciers and ice sheets are melting. ice has declined by 10% in 30 years.
10 Knowledge	MARRICANES E	MARICANES CIGARES			abnormally high waves calledSometimes the most destruct	tive energy, the winds can generate d storm surges. ctive elements of a storm are these poding they cause to coastal areas.	Sea Level Change		a level has risen by 10-20cms in the nis is due to the additional water from xpansion.
0 U	form Typicaly of storm	CYCLORES V		H	Secondary Effects of Tropical Storms			Enhanced Greenhouse Effect	
	autumn. This causes warm, moist air to rise over the particular spots				Recently there has been an increase in humans burning fossil fuels for energy. These fuels (gas, coal and oil) emit greenhouse gases. This is making the Earth's atmosphere thicker, therefore trapping more solar radiation and causing less to be reflected. As a result, the Earth is becoming warmer.				
Ę		Once the temperature is 27°, the r			 Businesses are damaged or d 	lestroyed causing employment.		Evidence of	natural change
eography	2	low pressure. This eventually turns i air to be sucked in fror			Shortage of food as crops are Case Stud				ate change is linked to how the Earth e way it wobbles and tilts as it does it.
_	3	With trade winds blowing in the opposite direction and the rotation of earth involved (Coriolis effect), the thunderstorm will eventually start to spin.		Research a recent Tropical Storm and produce a case study about it.				are called Sun spots. They increase Earth receives from the Sun.	
G	When the storm begins to spin faster than 74mph, a tropical storm		formation. DO NOT DO Typhoon Ha	Make sure you include information on location, date, path, strength, formation. DO NOT DO Typhoon Haiyan. You can do this digitally or on paper but submit this as a printed piece of work. Also include:.			ge amounts of dust containing gases. ght and results in cooler temperatures.		
		With the tropical storm growing in p	,	ir sinks in the	Effects	Management		Managing Cli	mate Change
	5	centre of the storm, creating calm, of the storm	clear condition cal		 Almost 6,500 deaths. 	 The UN raised £190m in aid. USA & UK sent helicopter carrier ships deliver aid 		echnology designed to mate change.	Planting Trees Planting trees increase the amount of carbon is absorbed from atmosphere.
	6	When the tropical storm hits land, warm ocean) and it begins to lose s itself or	trength. Eventuall		destroyed had caused diseases. • Emotional grief for dead.	remote areas. • Education on typhoon preparedness.	International Agree		Renewable Energy Replacing fossil fuels based energy with clean/natural sources of energy. Page 51



Types of Erosion		Ту	pes of Transportation	Ma	ss Movement	
The break down and transport of rocks – smooth, round and sorted.		•	A natural process by which eroded material is carried/transported.		A large movement of soil and rock debris that moves down slopes in response to the pull of gravity in a vertical direction.	
Attrition	Rocks that bash together to become smooth/smaller.	Solution	Solution Minerals dissolve in water and are carried along.		Rain saturates the permeable rock above the impermeable rock making it heavy.	
Solution	A chemical reaction that dissolves rocks.	Suspension	Sediment is carried along in the flow of the water.	2	Waves or a river will erode the base of the slope making it unstable.	
Abrasion	Rocks hurled at the base of a cliff to break pieces apart.	Saltation	Pebbles that bounce along the sea/river bed.	3	Eventually the weight of the permeable roc above the impermeable rock weakens and	
Hydraulic Action	Water enters cracks in the cliff, air compresses, causing the crack to expand.	Traction Boulders that roll along a river/sea bed by the force of the flowing water.		4	collapses. The debris at the base of the cliff is then	
			the norming fraction	•	removed and transported by waves or rive	
Types of Weathering Weathering is the breakdown of rocks where they are.		Suspension Solution Traction Saltation			Original position Slumper mass	
Carbonation	Breakdown of rock by changing its chemical composition.	River Red What is Deposition?				
Breakdown of rock without		When the sea or river loses energy, it drops the			Formation of Bays and Headlands	
Mechanical	changing its chemical composition.		oarticles and pebbles it has been g. This is called deposition.	В	ay 1) Waves attack the coastline.	
			AQA Z	S	oft rock 2) Softer rock is eroded by the sea quicker forming a bay, calm area cases	

Slumped Formation of Bays and Headlands Waves attack the Softer rock is eroded by the sea quicker forming a bay, calm area cases deposition. More resistant rock is left jutting out into the sea. This is a headland Headland and is now more vulnerable to erosion.

Eventually the weight of the permeable rock above the impermeable rock weakens and

Physical Landscapes in the UK Until the top of the wave breaks over. Mechanical Weathering Example: Freeze-thaw weathering

Research a section of UK coastline that is under threat . Examine how the coast is being threatened, the underlying geology and what short and long term impacts will affect it. You can do this digitally or on paper but you must submit this as a printed piece of work. Also include:

Project

Background How has this area of coast been formed? What is threatened and how will it impact the local community? What measures have already been put in place? Are they

effective?

Management

What solutions are being used to help solve these problems? What solutions could they use? Is the cost of these solutions worth the benefit? Why?

Water seeps nto cracks and



9%. This wedge:

Types of Waves

breaks off.

Formation of Coastal Stack

Example: Old Harry Rocks, Dorset

Size of waves

 Fetch how far the wave has travelled

Strength of the wind.

How long the wind has been blowing for.

Constructive Waves

This wave has a swash that is stronger than the backwash. This therefore builds up the coast.

Destructive Waves

This wave has a backwash that is stronger than the swash. This therefore erodes the coast.

- Hydraulic action widens cracks in the cliff face
- Abrasion forms a wave cut notch between HT and
- Further abrasion widens the wave cut notch to Caves from both sides of the headland break
- through to form an arch. Weather above/erosion below-arch collapses leaving stack.
- Further weathering and erosion eaves a stump.

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	Coastal Defences			Water Cycle Key Terms		
	Hard Engineering Defences			Precipitation	Moisture falling	from clouds as rain, snow or hail.
	Groynes Wood barriers	✓ Beach still	Interception	Vegetation prev	ent water reaching the ground.	
		prevent longshore drift,	accessible. X No deposition	Surface Runoff	Water flowing over surface of the land into rivers	
	so the beach ca build up.	so the beach can build up.	further down coast = erodes	Infiltration	Water absorbed	into the soil from the ground.
			faster.	Transpiration	Water lost throu	gh leaves of plants.
	Sea Walls	Concrete walls break up the	✓ Long life span✓ Protects from	P	hysical and Human	Causes of Flooding.
asts		energy of the wave . Has a lip to stop waves going over.	flooding X Curved shape encourages			Physical: Geology Impermeable rocks causes surface runoff to increase river discharge.
& Coasts	Gabions or Rip Rap	Cages of rocks/boulders	erosion of beach deposits. / Cheap / Local material can	Physical: Relief Steep-sided valleys of to flow quickly into a greater discharge.		Human: Land Use Tarmac and concrete are impermeable. This prevents infiltration & causes surface runoff.
Z	absorb the waves energy,	be used to look less strange. Will need replacing.	Upper Course of a River			
Rivers	protecting the cliff behind.		Near the source, the river flows over steep gradient from the hill/mountains. This gives the river a lot of energy, so it will erode the riverbed vertically to			
<u>~</u>	Soft Engineering Defences			form narrow valleys.		
Ţ	Beach Nourishme nt with sand, so vaves have to travel further before eroding cliffs. Managed Retreat Beaches built up with sand, so vaves have to x x travel further before eroding cliffs.	Beach for tourists.Storms = need replacing.	Formation of a Wa	aterfall		
sei			Harder regk	1) River flov	s over alternative types of rocks.	
ij			Safter rock	2) River ero	des soft rock faster creating a step.	
rga		/ Reduce flood risk / Creates wildlife		3) Further hiplunge pool	ydraulic action and abrasion form a beneath.	
Knowledge Organise		left to flood & erode.	habitats. X Compensation for land.	Norther mode Surface mode	•	above is undercut leaving cap rock uses providing more material for
<u>Se</u>		Project		100	5) Waterfall	retreats leaving steep sided gorge.
≥	Research a UK River. You need to include locational detail, geomorphic processes and how the river is managed at specific points to benefit people You can do this digitally or on paper but you must submit this as a printed piece of work. Also include:			Middle Course of a River		
Kno				Here the gradient get gentler, so the water has less energy and move slowly. The river will begin to erode laterally making the river wid		
10				Formation of Ox-bow Lakes		
				Ster	n 1	Sten 2

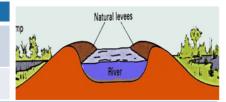
Lower Course of a River

Near the river's mouth, the river widens further and becomes flatter. Material transported is deposited.

Formation of Floodplains and levees

When a river floods, fine silt/alluvium is deposited on the valley floor. Closer to the river's banks, the heavier materials build up to form natural levees.

Nutrient rich soil makes it ideal for farming. Flat land for building houses.



River Management Schemes

Soft Engineering Hard Engineering

Afforestation – plant trees to soak up rainwater, reduces flood risk. Demountable Flood Barriers put in place when warning raised.

Managed Flooding - naturally let areas flood, protect settlements.

Straightening Channel – increases velocity to remove flood water. Artificial Levees - heightens river so flood water is

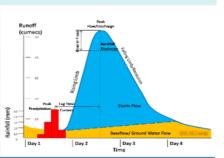
contained. Deepening or widening river to increase capacity for a flood.

Hydrographs and River Discharge

River discharge is the volume of water that flows in a river. Hydrographs who discharge at a certain point in a river changes over time in relation to rainfall

- 1. Peak discharge is the discharge in a period of time.
- 2. Lag time is the delay between peak rainfall and peak discharge.
- 3. Rising limb is the increase in river discharge.
- 4. Falling limb is the decrease in river discharge to normal level.

Case Study: The River Tees Location and Background



r has less energy and moves more terally making the river wider.

Geomorphic Processes

Upper – Features include V-Shaped valley, rapids and waterfalls. High Force waterfall drops 21m and is made from harder Whinstone and softer limestone rocks. Gradually a gorge has been formed.

Middle – Features include meanders and ox-bow lakes. The meander near Yarm encloses the town.

Lower - Greater lateral erosion creates features such as floodplains & levees. Mudflats at the river's estuary.

Management

-Towns such as Yarm and Middleborough are economically and socially important due to houses and jobs that are located there.

 $Located\ in\ the\ North\ of\ England\ and\ flows\ 137km\ from\ the\ Pennines\ to\ the\ North\ Sea\ at\ Red\ Car.$

- -Dams and reservoirs in the upper course, controls tive 1 short states.

 Better flood warning systems, more flood zoning and river dredging reduces flooding.

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Geography

Background

The features of the Upper, Middle and Lower courses of the river. History of flooding along the river and problems this has caused.

Management

What solutions are being used to help solve these problems? What solutions could they use? Is the cost of these solutions worth the benefit? Why?

Step 1

Frosion of outer bank forms river cliff. Deposition inner bank forms slip off slope.



Further hydraulic action and abrasion of outer banks, neck gets smaller.

Step 2

Step 3

Erosion breaks through neck, so river takes the fastest route. redirecting flow



Evaporation and deposition cuts off main channel leaving an oxbow lake.

What is Urbanisation?

This is an increase in the amount of people living in urban areas such as towns or cities. In 2007, the UN announced that for the first time, more than 50 % of the world's population live in urban areas.

Where is Urbanisation happening?

Challenge

 ∞

Urban issue

Geography Yr10 KO

Urbanisation is happening all over the word but in LICs and NEEs rates are much faster than HICs. This is mostly because of the rapid economic growth they are experiencing.



Causes of Urbanisation

Rural - urban migration (1)

The movement of people from rural to urban areas.

Push

- Natural disasters
- War and Conflict **Mechanisation
- Drought Lack of employment

Р

- More Jobs
- Better education & healthcare
- Increased quality of life.
- Following family members.

Natural Increase (2)

When the birth rate exceeds the death rate.

Increase in birth rate (bk)

- High percentage of population are childbearing age which leads
- to high fertility rate.

 Lack of contraception or education about family planning.
- Lower death rate (DR)
- Higher life expectancy due to better living conditions and diet.
 Improved medical
- Improved medical facilities helps lower infant mortality rate.

Project

Research a Megacity. It can be anywhere in the world, HIC/LIC/NEE. You must look at how it has grown to be this size and what growth is predicted for the future and You can do this digitally or on paper but you must submit this as a printed piece of work. Also include:

Problems

Detail problems that exist within the city. Make sure you include both short/long impacts, one specific to this city, ones common with megacities

Management

What solutions are being used to help solve these problems? What solutions could they use?

Sustainable Urban Living

Sustainable urban living means being able to live in cities in ways that do not pollute the environment and using resources in ways that ensure future generations also can use then.

Water Conservation

This is about reducing the amount of water used.

- Collecting rainwater for gardens and flushing toilets.
 Installing water meters and
- toilets that flush less water.

 Educating people on using less water.

Creating Green Space

Creating green spaces in urban areas can improve places for people who want to live there.

- Provide natural cooler areas for people to relax in.
- Encourages people to exercise.
 Reduces the risk of flooding

from surface runoff

Waste Recycling

Energy Conservation

Promoting renewable energy

Making homes more energy

Encouraging people to use

Using less fossil fuels can reduce

the rate of climate change.

sources.

efficient.

energy.

More recycling means fewer resources are used. Less waste reduces the amount that eventually goes to landfill.

- Collection of household waste.
- More local recycling facilities.
- Greater awareness of the benefits in recycling.

AQA

Urban Issues & Challenges

Sustainable Urban Living Example: Freibur

Background & Location

Freiburg is in west Germany. The city has a population of about 220,000. In 1970 it set the goal of focusing on social, economic and environmental sustainability.

environmental sustainability.

Sustainable Strategies

- The city's waste water allows for rainwater to be retained.
 The use of sustainable energy
- such as solar and wind is becoming more important.
- 40% of the city is forested with many open spaces for recreation, clean air and reducing flood risk.

Integrated Transport System

This is the linking of different forms of public and private transport within a city and the surrounding area.

Brownfield Site

Brownfield sites is an area of land or premises that has been previously used, but has subsequently become vacant, derelict or contaminated.

Traffic Managemen

Urban areas are busy places with many people travelling by different modes of transport. This has caused urban areas to experience different traffic congestion that can lead to various problems.

Environmental problems

 Traffic increases air pollution which releases greenhouse gases that is leading to climate change.



Economic problems

 Congestion can make people late for work and business deliveries take longer. This can cause companies to loose money.

Social Problems

 There is a greater risk of accidents and congestion is a cause of frustration. Traffic can also lead to health issues for pedestrians.

Congestion Solutions

- Widen roads to allow more traffic to flow easily.
 Build ring roads and bypasses
- to keep through traffic out of city centres.

 Introduce park and ride
- schemes to reduce car use.

 Encourage car-sharing schemes in work places.
- Have public transport, cycle lanes & cycle hire schemes.
 Having congestion charges discourages drivers from entering the busy city centres.



Traffic Management Example: Bristo

In 2012 Bristol was the most congested city in the UK. Now the city aims to develop it's integrated transport system to encourage more people to use the public transport. The city has also invested in cycle routes and hiring schemes.



Greenbelt Area

This is a zone of land surrounding a city where new building is strictly controlled to try to prevent cities growing too much and too fast.

Urban Regeneration

The investment in the revival of old, urban areas by either improving what is there or clearing it away and rebuilding.

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Key Vocabulary			
Kaiser	The German word for Emperor and the Head of State of Germany between 1871 and 1918.		
Dictatorship	A system of government in which one person has absolute power to make all decisions.		
Left-Wing	Political ideas which are focussed around lots of government intervention, especially in helping poorer people.		
Right-Wing	Political ideas which are focussed less government intervention, and the right to freely trade to make money.		
Reichstag	The elected parliament of Germany, containing representatives from across the country.		
Chancellor	The leader of the German Government responsible for day-to- day running of the country.		
Hyperinflation	Prices of goods rise so fast that money becomes worthless.		
Democracy	The idea that a nation should choose its own leaders.		

Timeline							
German Unification	1871	Germany becomes one nations instead of many smaller states under the leadership of Prussia.					
Wilhelm II becomes Kaiser	1888	The 29-year-old grandson of Queen Victoria, Wilhelm becomes the leader of Germany.					
First Navy Law	1898	The Kaiser begins to spend huge amounts of money to build a large German Navy.					
World War One	1914	Germany is in a state of total war against Britain, France and Russia.					
Spartacist Uprising	1919	Extreme left-wing socialists attempt to overthrow the government.					
The Treaty of Versailles	1919	The defeated Germany is forced to accept harsh terms for peace after losing WWI.					
The Kapp Putsch 1920		A group of Freikorps led by Wolfgang Kapp attempt to overthrow the government.					
France and Belgium invade the Ruhr	1923	France and Belgium try to make Germany pay reparations and this leads to hyperinflation.					
The Munich Putsch	1923	Unhappy with the German Government, Adolf Hitler tries to overthrow it and fails.					
Dawes Plan	1924	USA lends money to Germany.					
Locarno Pact	1925	Germany makes a series of deals with the other Great Powers.					
Germany joins the League of Nations	1926	Germany is finally allowed to join the League and become respected as a nation.					

Import	tant P	eon	0
-inport	Citt 1	O P	_

Kaiser Wilhelm II	Ruled Germany from 1888-1918 when he abdicated.
Friedrich Ebert	Leader of the German Socialist Party (SPD), the largest party in the German Reichstag.
Gustav Stresemann	Served as German Foreign Minister from 1924-9. Solved lots of problems including hyperinflation.
Adolf Hitler	Fought in WWI for Germany and then took control of the German Workers' Party and tried to take over Munich in 1923.

What changed over the period?

Germany began the period as monarchy, with the Kaiser in overall control he could chose not to listen to the Reichstag, who were the elected representatives of the people. The First World War exhausted German industry and the German people and the Kaiser's reign did not survive. He abdicated meaning that he gave up his power. Germany then experimented with true democracy but there were huge social and economic problems to overcome.

Always Remember...

- Germany was industrialising fast before WWI, this meant that she was very quickly building factories, producing goods and as a result many people moved from the countryside to the cities to find jobs.
- The First World War caused huge social and economic problems.
- There was a huge amount of political violence in the early 1920s, such as the Sparacist Uprising, the Kapp Putsch and the Munich Putsch.

Deeper Learning...

State what the Weimar Constitution was and its main rules.

Describe the Golden Age of the late 1920s. Explain why hyperinflation happened in 1923 and how it was solved.

Analyse the threats to Weimar democracy in the early 1920s, which was most significant and why? Project: Create a fact-file on Gustav Stresemann, his contribution to German society and his achievements.

Activity - 'The main effect WWI had on Germany was the economic effect on the German people.' How far do you agree with this statement?

Key Vocabulary		Timeline			Important People		
Depression	A period of economic problems where there is a drop in industrial production and businesses struggle.	The Wall Street Crash	1929	A financial collapse in the USA which caused a depression in most of the world.	Adolf Hitler	An extreme German nationalist who led the Nazi	
Dictatorship	A system of government in which one person has absolute power to make all decisions.	Huge increases in support for the Nazis	1929-32	Membership of the Nazi party increased by millions in this period.		party and was dictator of Germany from 1934	
Left-Wing	Political ideas which are focussed around lots of government intervention, especially in helping	Four Chancellors in 12 months	1932	The government was paralysed as four chancellors came and went.	Ernst Rohm	until 1945. Leader of the SA or Sturmabteilung,	
Right-Wing	poorer people. Political ideas which are focussed less government intervention, and	Hitler appointed Chancellor	1933	In January, President Hindenberg appointed Hitler as Chancellor.		a private army who were part of the Nazi party.	
the right to free money.	the right to freely trade to make money.	The Reichstag Fire	1933	In February, the Reichstag	Marinus	A Dutch communist	
	The elected parliament of Germany, containing representatives from			building burned down and a communist was blamed.	van der Lubbe	who was blamed for the Reichstag fire, allowing Hitler to	
Chancellor	across the country. The leader of the German Government responsible for day-to-	Hitler eliminates his political opposition	1933-34	Hitler uses his power to destroy the German communist party as well as other opposite groups.		hunt down many German communists.	
Proportional Representation	A system of elections which results in weak governments in which many parties must work together.	Death of President Hindenberg	1934	Paul von Hindenberg died, allowing Hitler to declare himself dictator of Germany.	Paul von Hindenberg	A famous German general who became President of	
Unemployment	The amount of people in an area who do not have a job.	Night of the Long Knives	1934	Hitler sends the 55 to kill or imprison the leaders of the 5A.		Germany until his death in 1934.	

What changed over the period?

By the late 1920s Germany was recovering from WWI and employment, living standards and cultural achievements were on the rise. The Wall Street Crash in the USA in 1929 caused global financial problems and Germany was one of the hardest hit, due to her reliance on American loans. With huge unemployment and a government in crisis, the German people started to support more extreme political parties in order to try to fix the problems, such as the communists and the Nazi parties.

Always Remember...

- Germany was improving financially by the late 1920s.
- The Wall Street Crash was in 1929, and was unrelated to hyperinflation in 1923.
- · Gustav Stresemann died in 1929.
- Hitler used his army of thugs, the SA as well as his private bodyguard, the SS to destroy opposition groups like the KPD.
- Many people, such as farmers and businessmen voted for the Nazis because they were scared of communism.

Deeper Learning...

State what Article 48 of the Weimar Constitution was.

Describe the political promises the Nazis made to Germany voters in the late 1920s. Explain how Hitler used the Reichstag fire to

eliminate his political opposition.
'The Wall Street Crash was responsible for Germany becoming a dictatorship.' - Analyse.

Project: Create a fact-file on the Enabling Act, what was it, why did it happen and why was it important?

Activity - 'The main reason for the increase in support for the Nazi Party was the bullying tactics of the SA.' How far do you agree with this statement?

Key \	/ocabulary
Economics	The study of the production of wealth and the exchange of goods of services.
Autarky	Hitler's economic plan for self- sufficiency, where Germany would produce everything it needed.
Rationing	The control of how much food and resources are allowed per person-normally during war time.
Hitler Youth	An organisation for teenage boys in Germany where they would learn the kind of skills soldiers need.
League of German Maidens	An organisation for teenage girls in Germany where they would learn housewife and motherhood skills.
Holocaust	The systematic destruction of the European Jews by the Nazis during the 1930s and 1940s.
Final Solution	Another term for the Holocaust as the Nazis considered the Holocaust to be the 'solution' to the 'Jewish problem'.
Anti-Semitism	Prejudice and discrimination against Jewish people.

	Timeline				
	Night of the Long Knives	1934	Hitler uses the SS to kill or imprison the leaders of the SA, consolidating his hold on Germany.		
	Berlin Olympics	1936	Nazi Germany hosts the Berlin Olympics, the world sees the Nazis as restoring German pride.		
$\frac{1}{2}$	Membership of BDM becomes compulsory	1936	All Germany girls must now join the League of German maidens to learn to be wives and mothers.		
$\frac{1}{2}$	Kristallnacht	1938	November - Jewish homes and business are burned and over 300 Jews are killed.		
$\frac{1}{1}$	Start of WWII	1939	Germany invades Poland which causes France and Britain to declare war on Germany.		
$\frac{1}{2}$	Wannsee Conference	1942	Extermination of the Jewsis planned by a group of top Nazis.		
	Hitler commits suicide.	1945	Knowing the Red Army is approaching, Hitler kills himself.		
	Surrender of Germany in WWII	1945	Germany surrenders to the Allies.		

Important People		
Adolf Hitler	Dictator of Germany from 1934 until his suicide in 1945.	
Hermann Goering	Nazi Minister of Economics from 1936 onwards. Responsible for the Four Year Plan.	
Albert Speer	Nazi minister of armaments and	
	responsible for organising Germany for total war.	
Joseph Goebbels	Nazi Minister of Propaganda and believed that propaganda was essential for a well- organised society.	
Heinrich Himmler	Head of the SS and the person responsible for organising the 'Final Solution', the Nazi plan to eliminate the Jews.	

Tunnantant Decale

What changed over the period?

Hitler became Chancellor in 1933 and was able to declare himself 'Der Fuhrer', supreme leader of Germany by August 1934. The Weimar Constitution and German democracy was no more. Hitler immediately started to reorganise Germany for war. He prepared young boys to be soldiers and young girls to be mothers to yet more soldiers. His economic plans were designed to make Germany self-sufficient so that the supply problems of WWI would not cause the same problems again. In addition to all of this, Hitler proceeded on his racial 'purification' of Germany by first discriminating against and then exterminating the Jews. However, Germany was defeated in WWII ending these plans.

Always Remember...

- Nazi policies were always working towards the conquest of new lands. Hitler said the Germans required more leibensraum, or living space.
- Nazi ideologies were always going to clash with Christianity, the Nazis did a deal of noninterference with the Catholic Church and attempted to control the protestant churches.
- The Nazis had traditional ideals about the role of women in society and thought they should not work, but should only be concerned with excelling at the roles of wife and mother.

Deeper Learning...

State the names and functions of the key Nazi security organisations.

Describe the youth organisations in Nazi Germany, both official and unofficial. Explain the ways in which the Nazis discriminated against the Jews.

Analyse the role of propaganda in Nazi Germany.

Project: Create a fact-file on the Nazi economic plans - what was autarky and how did they try to achieve this?

Activity - 'The extermination of the Jews was not always the plan of the Nazis, it evolved over time.' How far do you agree with this statement? Page 57

	Key Vocabulary	Pic	ture This	Always Remember	
Monotheistic Transcendent Omnipotent	The belief in one God who is transcendent The belief that God is above and beyond human understanding The belief that God is all powerful	Trinity	The belief in one God in three persons: the Father (God) who is transcendent, the Son (Jesus) who is immanent & personal and the Holy Spirt who is immanent and personal.	Christians believe in one God who is understood in three parts or persons: God the Father, Jesus the son and	
Omniscient Omnibenevolent	The belief that God is all seeing & all knowing The belief that God is all loving	Day 1 Day 2 Creation	Some Christians are creationists and the believe the account of creation in Genesis is literally true: God created the world in 6 days and rested on the seventh. Other Christians believe the Genesis story	the Holy Spirit. This is called the Trinity. Deeper Learning	
Trinity	The belief in one God in three parts: the Father who is transcendent, the Son who is immanent & personal and the Holy Spirt who is immanent and personal.	Day 6	has a truthful message that God created the universe and all life, but the story is not literally true and it needs to be interpreted.	Create a connection map to show the links between Christian beliefs and	
lmmanen t	The belief that God is with humans.		Christians believe the Trinity was involved in Creation: God the	Christian practices in how a Christian	
Incarnation	The belief that God becomes flesh, becomes human in the person of Jesus.		father created the world, the word (Jesus) was with God in the beginning and the Holy Spirt works	worships God and the festivals they celebrate.	
Messiah	A title for Jesus – the chosen one.	Incarno	in the world and in creation. Christians believe in the incarnation	Sacred writings	
Resurrection Crucifixion Salvation	The belief that Jesus rose from the dead on Easter Sunday. The belief Jesus died on a cross and suffered as he was human, he was the incarnation. Christians believe he died to bring salvation to humans. Being saved from sin through belief in Jesus' teachings, death and resurrection and by doing good deeds.	Crucifix Resurre	cion of Jesus as they believe in his virgin	"Father, forgive them." (Jesus on the cross) hristianity "Love one another." (Greatest Commandment) Sacred writings are sources of authority	
The r	People will be judged on how they have lived to decide what happens to them in the afterlife. Tole of Jesus in salvation God Sin separates us from God		gives them hope for the afterlife, good over evil and reward in heaven. Christianity "God will separate people as a shepherd separates the sheep from the goats." (Parable of the Sheep & Goats) ority Sacred writings are sources of author on answer to 12 mark questions. Ition prove Jesus was the Son of God."	"Nothing is impossible with God." (Bible) Sacred writings are sources of authority Sacred writings are sources of authority	

	Iopic Christian Practices
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10 10 17 17 1	Subject KE

Key Vocabulary		Picture This			Always Remember	
Worship	Worship is the act of religious praise to give thanks to God and ask for forgiveness . It shows their love of God.	People A God	Salvation Atonement	Fixing a broken relationship, for example, when Jesus died on the	Christians believe in one God who is	
Public & private	Worship can be in public in a church with other Christians and it can also be in private on their own.	Sin separates us from God	Reconciliation	cross he fixed the broken relationship between God	understood in three parts or persons: God the Father, Jesus the son and	
Liturgical	Worship which follows a set pattern each time, for example, prayers, Holy Communion, reading the Bible. Roman Catholic and Church of England worship in a liturgical way.			and humans caused by sin. He atoned for human sin and gave salvation.	the Holy Spirit. This is called the Trinity. The Trinity is active in a Christian's life.	
Non-liturgical	Worship which does not follow a set pattern each time, for example, not celebrating the Holy Communion at every service but spending more time reading the Bible. Methodist and Baptist churches worship in a non-liturgical way.	ald	Christian Aid	Christian Aid is a Christian charity which provides development aid and emergency aid to those in need. They donate money and pray for those who are in need and living in	Create a connection map to show the role of the church in the local community and the world wide community.	
Spontaneous	Worship which follows no structure at all but is guided by the Holy Spirit: Quaker Christians sit in silence until someone feels moved to speak by the Holy Spirit.		Persecution	poverty. When areligious person is bullied and received bad	Sacred writings	
Sacrament	A outward ceremony/sign of an inward, deep spiritual meaning. Holy Communion and baptism are sacraments. The bread & wine at Holy Communion mean the body & blood of Jesus' sacrifice on the cross and the water of baptism symbolises the washing away of sin and welcoming a person into Christianity.				treatment because of their religion, for example, not being able to build a church, being put in prison or even killed.	"Faith by itself, "Love one another."
Transubstantiation	The belief Roman Catholic Christians have that the bread & wine at Holy Communion actually miraculously turns into the body & blood of Jesus' sacrifice.	A.	Corrymeela Community	In Northern Ireland – a centre to work for reconciliation .	accompanied by action, is dead."	
Pilgrimage	A religious and spiritual journey, for example, to Lourdes (France) and Iona (Scotland)				"Sacred writings are sources of authority "God will separate "Nothing is impossible with God." (Bible)	
Mission	Mission is the calling to spread the faith. The church has a mission to tell people about the Son of God (Jesus) who came into he world to bring salvation. Jesus gave the disciples the Great Commission when he asked them to go out into the world to spread his teachings.	In the Earth And Total Earth A	Church growth	The church is growing rapidly in South America, Africa and Asia, but not in Europe, USA and Middle East	people as a shepherd separates the sheep from the goats." (Parable of the Sheep & Goats) Christianity ("Do this in	
Evangelism	When a Christian spreads the faith by telling other about Jesus' teachings.	South America Austrial and Country	Street Pastors	Street Pastors are trained	remembrance of me." (Jesus at the Last Supper-Hoh Communion)	
Persecution	When areligious person is bullied and received bad treatment because of their religion, for example, not being able to build a church, being put in prison or even killed.	CREE		Christians who help the most vulnerable on the streets. They put agape (unconditional love) into practice.	"Father, forgive them." (Jesus on the cross) Sacred writings are sources of authority	
Atonement	Paying the price for sin	PASTOR			paured writings are sources of authority	
Reconciliation	Fixing a broken relationship, for example, when Jesus died on the cross he fixed the broken relationship between God and humans caused by sin. He atoned for human sin and gave salvation.	1. "The most im	portant duty of a	nswer to 12 mark questions. Christian is to worship God. wrong." 4. "Baptism is the r	" 2. The best way to understand God is to go on a	

Page 59

Key Vocabulary...

Tawhid	Oneness & supremacy of Allah
Risalah	Belief in prophet hood
Akhirah	Belief in life after death
Day of Judgement	Belief that people will be judged on how they have lived their life as a good Muslim.
Sunnah	Following the teachings & actions of Muhammad
Night of Power	The first night of the revelation of the Quran
Night Journey	The night Muhammad went on a miraculous journey to heaven (Jannah) to talk to the prophets
Hijrah	The journey Muhammad made from Mecca to Medina to escape persecution
Ummah	The Muslim community
Six articles of faith	Sunni Muslim key beliefs: Supremacy of Allah, Tawhid, Day of Judgement, authority of the Quran, authority of prophets and angels
Five roots of usul ad-Din	Shi'a Muslims beliefs: Resurrection, imamate, prophets, Tawhid and Judgement Day

Angels

Muslims have many beliefs about angels. Firstly, Muslims believe angels are spiritual beings of light and have no free will so follow Allah's will and give messages from Allah to humans. Jibril, (Gabriel) for example, is a special angel (archangel) who gave the words of the Quran to Prophet Muhamad as this is what God wanted. Secondly, Muslims believe that angels are involved in the lives of humans from conception to death. Some angels are guardian angels who take care of each person through their lives. Other angels are responsible for writing down in the Book of Deeds everything a person does. This book will be used on the Day of Judgement to decide if a person goes to Paradise of Hell. The sacred writing about angels in the Quran is: "Each person has angels before him and behind, watching over him by God's command." (Qur'an). This sacred writing shows that Muslims believe angels have an important role in the lives of humans and connecting humans to Allah and the belief in angels is one of the Six Articles of Faith.

Muhammad

Muhammad received the first revelation of the Quran from angel Jibril on the Night of Power

Muhammad in Mecca: Three years after the first revelation Muhammad began preaching the words he had received from Angel Jibril: there is only one God and complete surrender to God is the only way to live life. He challenged the people of Mecca to give up cheating, drinking alcohol, gambling and idol worship. This was not the message the leaders of Mecca wanted to hear so he was persecuted. He left Mecca to avoid persecution in 622CE and went to the city of Medina. This is known as the Hijrah (departure) and is the beginning of the Ummah (worldwide Muslim community).

The Night Journey

Before the Hijrah Muhammad had a miraculous experience. Angel Jibril took Muhammad on a journey to Jerusalem. This event is known as the Night Journey. Muhammad was carried on a horse-like creature with wings to Jerusalem and then he ascended to heaven and spoke to other prophets like Jesus. He was told that Muslims should pray 5 times every day. When he returned he circled the Ka'aba 7 times.

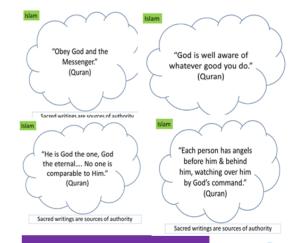
It is important for Muslims to follow the example of Muhammad because firstly, Muhammad is a role model and is an example of a perfect human being. He is a living example of Allah's message. Secondly, Muhammad is the last prophet who Allah gave his final message/Qur'an to – the seal of the prophets. Muhammad's teachings and actions called Sunnah, influences how a person lives their life. The Sunnah teaches Muslims how to carry out Allah's will in their daily lives, for example, how to pray five times every day. The sacred writing which shows Muhammad's importance is: "He (Muhammad) is God's messenger and the seal of the prophets." This shows that Muhammad is the last prophet, no other prophet is to follow and that Muhammad is seen a the perfect prophet. He is the most important prophet of them all and seal of the prophet means he is the superior prophet.

Always Remember...

Tawhid

Muslims believe in the Tawhid: the oneness & supremacy of Allah. All the prophets taught people to believe in the Tawhid. The Quran says: "He is God, the one, God the eternal ...No-one is comparable to Him."

Sacred writings



Deeper Learning...

Create a connection map to show the links between Muslim beliefs and Muslim practices: show how the beliefs in the six articles of faith (Sunni) and the five roots of Usul ad-Din (Shi'a) link to the Five Pillars of Islam, the celebration of festivals and the Ten Obligatory Acts.

Activity – Plan your evaluation answer to 12 mark questions.

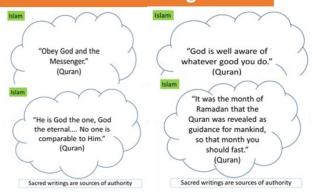
1. "The Quran contains all the guidance that Muslims need to live a perfect Muslim life." 2. "For Muslims, the prophets make better role models than the angels." 3. Predestination means Muslims have no free will." (12)

K	ey Vocabulary	Pictur	e This
Shahadah	Declaration of faith in Islam	Rak'ahs	and recitations when praying
Salah	Five daily prayers	123/27	Muslims face the city of Meco pray.
Rak'ah	A set pattern of prayer movements and recitations when praying.	Wudu	Washing before prayers to she
Jummah	Special Friday prayers. Men are expected to attend the mosque.		respect to Allah.
Sawm	Fasting during the month of Ramadan. Ramadan is the month when angel Jibril started to recite the Quran to Muhammad.	Ka'aba	The holiest shrine in Islam. Prop Ibrahim re-built it as the first Ka'aba, built by prophet Ada was destroyed. On the Hajj M
Laylat-al- Qadr	The Night of Power when Muhammad received the Quran.	Chicago	circle it 7 times to remember t Prophet Muhammad did whe returned from the Night Journe
Zakah	Muslims give 2.5% of their savings to charity every year. This is almsgiving.	Ihram	On the Hajj pilgrims enter a state of Ihram by washing,
Најј	A spiritual journey to Mecca. Muslims make this pilgrimage once in their lives.	(0)	praying and wearing a wh sheet.
	The holy shrine of Islam, the Ka'aba, is in Mecca.	Circle	Muslims circle the Ka'abat show Allah is at the centre
Jihad	The struggle against evil and to live a life to submit to God to please Allah.	Ka'abo	their lives.
ld-ul-Fitr	A festival which celebrates the end of Ramadan.	Standing at Arafat	Muslims spend al day pray
ld-ul Adha	A festival which celebrates Prophet Ibrahim's obedience to God as he was willing to sacrifice his son, and this festival marks the end of Haji.	di Aididi	the hot sun to remind them what Judgement Day migh like and asking for forgiven
Ashura	A festival which is important to Shi'a Muslims as they remember the death of Husayn in the battle of Karbala.	Throwing pebbles at Mina	At Mina they throw stones of three stone walls to remem Ibrahim and how he reject sin, temptation and evil.
The	Five Pillars of Islam		
perform to s	ars of Islam are five duties Muslims submit to the will of Allah, to be ns and to live a perfect Muslim life.	Sacrifice an animal	As part of the festival of Id- Adha Muslims sacrifice an animal and the meat is giv to family and the poor.

Always Remember...

Allah is at the centre of a Muslim's life which is reflected in the way they live their lives and the practices they perform. The Five Pillars of Islam, for example, celebrating Id-ul Fitr & Id-Ul-Adha and the greater jihad to be a good Muslimshows their belief in the Tawhid.

Sacred writings



Deeper Learning...

Create a connection map to show the links between Muslim beliefs and Muslim practices: show how the beliefs in the six articles of faith (Sunni) and the five roots of Usul ad-Din (Shi'a) link to the Five Pillars of Islam, the celebration of festivals and the Ten Obligatory Acts.

Activity – Plan your evaluation answer to 12 mark questions.

1. "The Shahadah is the most important pillar of Islam." 2. "Id-ul-Fitr & Id-ul-Adha should be public holidays in Britain." 3. "The lesser jihad is more important than the greater jihad."

Year 10 HT 1 - Area of Study 4 Knowledge Organiser

Key Terminology

- Gradual Transformation: When a melody or rhythmic pattern gradually change shape.
- Metamorphosis: A short motif is changed gradually; one note at a time is changed so that the music completely changes over a period of time.
- · Additive Melody: A short motif is gradually changed by adding a note at a time or changing a note for a rest
- Subtractive Melody: A short motif is gradually changed by taking away/subtracting a note at a time or changing a note for a rest
- · Phase Shifting: Two or more parts begin with the same motif, these gradually move out of and then back into phase.
- Polyphonic Texture: This literally means 'different sounds or voices'. Polyphonic music has parts that weave in and out of each other. Polyphonic music is also sometimes called contrapuntal music.
- Diatonic Harmony: Diatonic harmony is a fancy way of saying chords or notes that relate to a certain key i.e. they should work well together.
- . Phasing: Phasing is a compositional technique in which the same part (a repetitive phrase) is played on two musical instruments, in steady but not identical tempi.
- Ostinato: A short repeated pattern.
- Pulse: The beat of the music. Every piece of music has a heartbeat. It doesn't need to be played by drums you can 'feel' the beat.
- · Rhythm: Notes have different lengths, some long, some short. When we combine long and short sounds, it creates a pattern, which is a rhythm.
- · Pitch: Pitch is a variation of high and low sounds. Pitch increases and decreases by steps of a scale. Scales are Major and Minor.
- · Tempo: Tempo means the speed of the music. Music can change tempo within a piece. We describe tempo using Italian words.
- . Dynamics: Dynamics means the volume of the music. Music can change dynamics within a piece. We describe dynamics using Italian words.
- Structure: Music is divided into sections. The order of these sections creates a structure. Song structure includes Chorus, Verse, Instrumental etc.
- . Texture: A single melody creates a thin sound. Adding more parts/layers creates a bigger sound. These layers can interact with each other.
- Timbre: Each instrument has a unique sound and sounds different to others. This individual sound quality is called Timbre.

Year 10 HT 2 - Area of Study 3 Knowledge Organiser

Key content/ ideas/ concepts

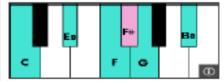
Origins — African slaves brought their musical traditions with them when they were transported to work in the North American colonies. These Work songs were sung rhythmically in time with the task being done. Their songs were passed on orally (word of mouth) and were never usually written down. They used call and response where phrases from a lead singer were followed by the others. Early styles of Blues was known as country blues and was usually a solo singer accompanied on guitar or piano sometimes with added harmonica or drums.

12 Bar Blues – The 12 bar blues is the name of the structure used in blues music. It is split in to 3 sections, which have 4 bars each.

Chords – A chord is 3 notes played together at the same time. A chord is also called a triad. Blues music only uses 3 chords which are played at the start of every bar.

C/// C/// C/// C/// F/// F/// C/// C/// G/// F/// C/// C/// Improvisation – Improvisation is where music is performed 'on the spot'. Music that is improvised isn't traditionally written down, and the performers will use their musical knowledge to perform something from scratch. In Blues music, the improvisation is usually the notes from the Blues scale.

Blues Scale – The blues scale is a certain selection of notes that have been put together to sound 'bluesy'. The scale is often used to create the improvisation.



Walking Bass – The walking bass is the main part of any Blues song. This is usually played by the bass guitar. The tempo of the bass line should be steady, which is why it is called the "walking" bass.

Walking Bass			
(C)	ווא וולל וויאו		
CEG	A BOAGE CEGA BOAGE		
1 P.			
FAG	D EDDON CEGN BONGE		
ig J.	רופורו לו אינו	3	
980	E FACO CEGA BOAG		

Song Structure— Modern
Blues songs can sometimes
follow modern pop song
structure (Verse-Chorus).
Older Blues songs usually
consist of 3 lines. Lines 1 & 2
are the same, and line 3 is
usually different. (This also
ties in with the 12 chords).

Lyrics – The lyrics of Blues songs were often about depression, lack of money/employability, loneliness and them missing their family. The lyrics of line 1 & 2 are usually he same, with line 3 being different.

Musical Elements – Musical elements are often used separately and together to help create the mood and expression the emotion on a song.

Composers-Robert Johnson Muddy Waters Etta James

The structure used in Blues music.
There are 3 lines of 4 bars.

A selection of notes that are put together to create a 'bluesy' scale.
The blues scale is used for the note

Keywords/ Glossary

12 Bar Blues

Blues Scale

Chords

Improvisation

Walking Bass

Call and

Response

The blues scale is used for the notes during improvised sections of music.

The chords are played at the beginning of each of the 12 bars.

G.

Rule for a chord: play a note – miss
a note – play a note – miss a note –
play a note.

The chords used in Blues are C, F &

Improvisation is where music is played and made up 'on the spot'. Music that is improvised is not usually written down, and not preplanned.

The name for the bassline heard in Blues music. It is usually played at a "walking" tempo.

A performed plays/sings a 'call' and the other performers will 'respond'.

Wider reading

http://www.bbc.co.uk/schools/gcsebitesize/ music/popular music/blues2.shtml

https://www.misswardmusic.com/blues.html

https://www.educationquizzes.com/ks3/mus ic/jazz-improvisation-01/

GCSE Physical Education – Components of Fitness

Health – A state of complete mental, physical and social well-being (not merely the absence of disease or infirmity).

Fitness - The capacity to carry out life's activities without getting too tired.

Well-being – a feeling or mental state of being contented, happy, prosperous and healthy.

Sedentary – a lifestyle that is inactive and involves much sitting down

Relationship between these:

- Regular exercise increases general health, fitness and well-being.
- High levels of fitness can in turn have a positive impact on well-being and sedentary lifestyles.

Health Related Components of Fitness



Skill Related Components of Fitne



Component	Definition	C - Chicken Sporting Example
Muscular Strength	The ability of a muscle to exert force for a short period of time.	Tripy at 00 000
Muscular Endurance	The ability to use voluntary muscles, over long periods of time without getting tired.	
Flexibility	The range of movement at a joint.	
Cardiovascular Endurance (stamina) VO2 Max O2 intake per minute	The ability of the heart and circulatory system to continuously exercise without tiring (for a long period of time).	last
minute		

Component	Definition	Sporting Example
Coordination	The ability to move different limbs at different times or to do more than one task at a time effectively.	ak of Mosses Dicetra
Reaction Time	The ability to react quickly in sport situations to out wit your opponent or outsprint another athlete	
Agility	The ability to change direction under control, whilst maintaining speed, balance and power.	
Balance	The ability to keep your body mass or centre of mass over a base of support.	
Speed	The ability to move the body quickly.	
Power	The ability to combine speed and strength.	

GCSE Physical Education – Components of Fitness		
Term	Definition/notes/concept	

Keywords:

GCSE Physical Education - Fitness Testing

Muscular Strength

Test: Hand Grip Dynamometer Test

Protocol: Grip the dynamometer in one hand. Start with your

hand up and bring down to side while pulling in handle. No swinging your hand.

Advantages	Disadvantages
•Simple and easy to complete	 Only one size of dynamometer which may affect reading. Focuses solely on forearm strength.

Muscular Endurance

Test: sit up test (metronome) Test: Maximal press up test

Protocol: Complete full sit ups in time to **Protocol:** complete as many press-ups to the beat on the recording as possible resting in the "up" position

Advantages	Disadvantages
 Simple test to complete Minimal equipment needed. 	 Difficult to assess whether each repetition is performed correctly. Difficult to accurately measure large groups.

Flexibility

Test: Sit and Reach Test

Protocol: Sit with legs straight out in front and soles of feet against box/table. Reach forward without bending knees. No jerking movements.



Advantages	Disadvantages
Quick and easy to perform.	 Can cause injury if not fully
Data table readily available	warmed up appropriately. Only measures flexibility of
for comparison	lower back and hamstrings.

Cardiovascular Fitness (Aerobic Endurance)

Test: 12 min Cooper Run **Protocol:** Continuously run/swim
for 12 minutes.

for 12 minutes.
Distance recorded.



Advantages	Disadvantages
•Minimal equipment needed	Inaccuracy of heart rate measurements
•Test can be self administered.	Motivation dependant

Test: Multi-Stage Fitness Test **Protocol:** Shuttle run continuously for 20 metres. Record the level and point that you cannot continue at that pace for.

Advantages	Disadvantages
Simple test to complete	Motivation dependant

Agility

Test: Illinois Agility Test

Protocol: Start lying down at the start line. Complete course as quick as possible (10m x 5m – 4 central cones)





Advantages	Disadvantages
•Simple and easy to complete	Motivation dependant / Timing errors.

Speed

Test: 30m Sprint Test

Protocol: Start from stationery position. Complete distance in the quickest possible time. Time is stopped when chest crosses the line.



Advantages	Disadvantages
 Quick test to complete. Minimal equipment needed and can be performed anywhere with a flat 50m run. 	 Running surfaces/weather conditions can affect the results. Inaccuracies with stopwatch usage.

Power

Test: Vertical jump Test

Protocol: Stand next to wall and mark an initial reach while feet are flat on the ground. Standing jump to reach as high as possible. Measure distance from first mark to second.



Advantages	Disadvantages
 Quick and easy to perform. Easy to complete with large groups. 	 Technique plays are large role in successful completion.

Reliability /Validity

Validity relates to whether the test actually measures what it sets out to measure.



Reliability is a question of whether the test is accurate. It is important to ensure that the procedure is correctly maintained for ALL individuals.

Results can be improved:

- By using experienced testers & calibrating equipment
- Ensuring performers have the same level of motivation to complete each test
- Repeatedly test to avoid human error (x3)

GCSE Physical Education – Fitness Testing		
Term	Definition/notes/concept	

Keywords:	
	Page 67

GCSE Physical Education – Types of Training

Continuous training - Involves a steady but regular pace at a moderate intensity (aerobic) which should last for at least 20 minutes. i.e. running, walking, swimming, rowing or cycling. Used by a marathon runner.



Interval training - Involves periods of work followed by periods of rest. i.e. Sprint for 20 metre + walk back to start. Used by a 200m sprinter



Advantages	Disadvantages
•Ideal for beginners •Highly effective for long distance athletes	Can be extremely boring as repetitive

Fartlek training - Referred to as 'speed play' This is a form interval training but without rest.

Involves a variety of changing intensities over different distances and terrains.



i.e. 1 lap at 50% max, 1 lap walking, 1 lap at 80% (aerobic and anaerobic used) Used by games players - Hockey players

osed by games players Trockey players		
Advantages	Disadvantages	
 More enjoyable than interval and continuous training Good for sports which require changes in speed Easily adapted to suit the individuals level of 	 Performer must be well motivated particularly when intensity is high Difficult to assess whether performer is performing at the correct intensity 	

Plyometrics training

• Quick and easy to set up.

• Can mix aerobic and anaerobic

exercise which replicates team

Advantages

Involves high-impact exercises that develop **power**. i.e. bounding/hopping, squat jumps. Used by long jumpers, 100 m sprinters or basketball players.

between sessions (48 hours)

Disadvantages

Advantages

- · Easy to set up requiring little or no equipment
- · Hugely effective in developing power

Disadvantages

- · Can result in injury if not fully warmed up.
- · Can place a great stress on joints and



• It can be hard to keep going when you start to fatigue

· Over training can occur if sufficient rest is not allowed

(high motivation and self discipline needed)





Weight/Resistance training - A form of training that uses progressive resistance against a muscle group. Used by cyclists.

Muscular strength: High weight x low repetitions Muscular endurance: Low weight x high repetitions

Advantages	Disadvantages
Variety of equipment to prevent boredom Strengthens the whole body or the muscle groups targeted. Can be adapted easily to suit different sports	Requires expensive equipment If exercises are not completed with the correct technique it can cause injury to the performer

Circuit training - A series of exercises completed one after another. Each exercise is called a station. Each station should work a different area of the body to avoid fatigue. i.e. press ups, sit ups, squats, shuttle runs.



Advantages	Disadvantages
 Quick and easy to set up Easy to complete with large groups Can be adjusted to be made specific for certain sports. i.e. netball specific circuit 	 Technique can be affected by fatigue and can increase risk of injury Must have motivation and drive to complete the set amount of repetitions and sets.

HIIT Training

fitness and sport.

These are High Intensity Interval Training activities where speed and recovery are used throughout the session. Exertion levels are high (7/10) for between 30 secs and 3 mins. Work output is much shorter than recovery time Examples might be Body pump, High Impact Aerobics, Spinning.

Advantages

- •Variety avoids boredom
- •Instructor will challenge & motivate
- •Great way to meet new people

Disadvantages

- · Gym membership can be expensive.
- · Group classes are not tailored to individual needs.

GCSE Physical Education – Methods of Training		
Term	Definition/notes/concept	

Keywords:	
	Page 69

GCSE Physical Education – Principles of Training

Principles of training - **Guidelines** that ensure **training is effective** and results in **positive adaptations**. These principles are used when planning an Exercise Programmes

PAR-Q - Physical Activity Readiness Questionnaire

Conducted before fitness testing or an activity programme to examine the performer's readiness for training or any health conditions/lifestyle choices that may affect the successful completion.

FITT Principle

Frequency	How often training takes place.	Increase training from once a week to two
Intensity	How hard the exercise is.	Increase resistance from 10kg to 15kg or increase incline on the treadmill.
Time	The length of the session.	Increase training session from 45 minutes to 55 minutes.
Type	The method of training used.	Change to from interval training to Fartlek training.

Progression

Using overload in a progressive way over the course of a programme. Once adaptations have happened overload needs to be applied to make gains again, e.g. lifting more in week 12 than in week 2 of the programme.

0

Overload

Working the body harder than normal/gradually increasing the amount of exercise you do. i.e. bench press 50kg x 10 repetitions and increase to 55kg x5 repetitions.

Reversibility

If training is not regular, adaptations will be reversed. This can happen when:

• Suffering from illness and cannot train

- Injury
- · After an off-season.



Specificity

Training showed be **matched** to the requirements of the sport or position the performer is involved in.

Training must be specifically designed to develop the right:

- Muscles
- Type of fitness
- Skills





Individual needs

All athletes programmes would differ depending on:

- Performer's goals/targets
- · Strength and weaknesses
- Age/gender
- · Current health/fitness levels





Overtraining

Occurs when you **train too hard** and do not allow the body enough **rest/recovery time**. Signs/symptoms include: extended muscle soreness, frequent illness & increase injuries.

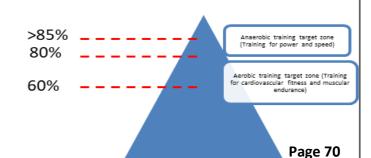
Calculating Training Zones/Thresholds of Training

Maximum Heart Rate (MHR) = 220 – age

Aerobic target zone: 60–80% of MHR (60% = x 0.6 / 80% = x 0.8)

MHR (85% = x 0.85)

Anaerobic target zone: > 85%



GCSE Physical Education – Principles of Training			
Term	Definition/notes/concept		

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GCSE Physical Education – Warm up and cool down, injury and prevention

Injury prevention – to prevent injury performers and coaches should recognise and identify risks and reduce them.



Warm up			
Pulse raiser	An activity that increases heart rate and temperature.		
Stretches	An activity that increases the elasticity of muscles, tendons and ligaments.		
Mobility	An activity that takes the joint through the full range of motion.		
Dynamic movements	An activity that involves changes in speed and direction.		
Skill rehearsal	An activity that mirrors game demands.		
Cool Down			
Low intensity exercise	An activity that gradually decreases temperature and heart and breathing rates.		
Stretches	Static stretches that decrease muscle temperature.		

Injuries

Soft tissue injuries

Strain – Twist or tear to a muscle or tendon.



Treatment for strain and sprain = **RICE** (Rest, Ice, Compression, Elevation) for 24 - 48 hours.



 $R-\mathbf{rest}$ the injured part.



I - Apply **ice** to reduce the swelling for a maximum of 10 minutes.



C – **Compress** the injured area using a bandage.



E – **Elevate** the injured part to decrease the blood supply.

Head Injury

Concussion – An injury to the brain caused by a knock to the head. Common in contact sports. If an athlete is concussed, they may:

- Become unconscious.
- Feel sick, dizzy or drowsy.
- Get confused, stare & suffer memory loss.

Spinal InjuryA serious and painful injury to the spine. This could be paralysing or fatal. This may occur during a rugby scrum or falling off a horse.

Fracture – a broken bone.

Open/compound/complex fracture – bone through the skin Closed/simple fracture – bone remains in the skin.
Greenstick fracture – bone bends (younger children)
Stress fracture - repeated or prolonged forces against the bone

Dislocations - a sudden impact to a joint can cause the bones that meet to become disconnected or moved out of place.



Blisters

These are caused through friction and rubbing e.g. on footwear. Fluid is released under the skin to form a protective layer. The swelling becomes painful.

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GCSE Physical Education – Performance-enhancing dugs, injury and prevention			
Term	Definition/notes/concept		

Keywords:	
	Page 73

GCSE Physical Education - Sports Psychology

Classification of skill

Skills are specific tasks that can be learnt and practiced. *i.e. Golf swing / Lay up / Tennis volley*

Continuum = sliding scale of extremes at each end

Environmental Continuum – Open/Closed skills





Difficulty Continuum - Complex/Simple skills





BASIC/SIMPLE

Skilful Movement

- **Efficiency** e.g. no wasted energy good timing
- Pre-determined e.g. planned like a routine
- Co-ordinated e.g. run and kick/hit
- Fluent e.g. one skill transfers into another
- · Aesthetic e.g. technique looks good

Mental Preparation

- Imagery e.g. pictures in the mind
- · Mental Rehearsal e.g. internal view / external view
- Selective Attention e.g. filtering relevant information
- Positive Thinking (self talk) e.g. rehearsing success
- Concentration –

Mental Preparation for Performance

Mental rehearsal/Imagery involves the athlete imagining themselves in an environment performing a specific activity using all of their senses.

- This can be used to:
- Familiarise the athlete with a competition site or a complex play pattern or routine.
- Motivate the athlete by recalling images of their goals or of success in a past competition.
- Perfect skills or skill sequences the athlete is learning or refining.
- Reduce negative thoughts by focusing on positive outcomes





Feedback

Vital part of information processing which provides confidence, motivation and improves performance. Intrinsic feedback: This comes from within the performer. Kinaesthetic senses provide feelings from muscles/joints about the action.

<u>Extrinsic feedback</u>: This comes from results and match analysis.

- 1. Knowledge of results the outcome
- 2.Knowledge of performance techniques used Knowledge of Results: Information provided to the athlete detailing stats and data from the event/training Knowledge of Performance Information provided to the athlete after the performance in terms of technique and tactical decision making.

Guidance (Positive & Negatives)

<u>Visual guidance:</u> Learners are shown the whole action by the coach. *i.e. demonstration/use of video playback.*

Verbal guidance: Learners listen to information given to a performer often using associated terminology. *i.e. instructions told to a team.*Manual guidance: Coaches will physically move a performer and support them in performing a skill. *i.e. Trampolining somersault support.*

development.



Mechanical guidance: Learners use equipment to help support the practicing of a skill.
i.e. floats during swimming stroke

SMART Targets

Goal setting motivates performers

- · Short Term goals:
- · Long Term goals:
- · Outcome goals: result based
- · Performance goals: technique based

Specific	Measureable	Achievable	Recorded	Timed
Targets must be concise and clear. "To take a 0.5 second off my time personal best time"	Must be measured and compared. Easy to monitor. "I will time my runs every training session for the next five weeks of training"	Target must be challenging but yet reachable. Motivating. "My coach and I devised the training programme around improving leg power for my start"	Needs to be recorded to track progress. "We keep a diary of times and distances for every training session to inform the planning for the next one and plot progress against our aim"	Set for a particular time to be completed. "We agreed to do the training programme four times per week for the next five weeks" Page 74

Devising Log Knowledge Organiser

Section 1 - Response to stimulus (20 marks)

- Start by describing the stimulus you were given/ chosen.
- What was your first response to the stimulus?
- What were the different ideas, themes and settings you considered and how and why you reached your final decision. What did you discuss as a group?
- What YOU discovered from your research.
 Where did you collect your research from?
- What YOUR own dramatic aims and intentions are – what do you want to achieve with your character?
- What are the overall aims and objectives of the piece – what message would you like to convey?
- What style did you choose to present your drama in and why?

Section 2 – Development and Collaboration (20 marks)

- How did you develop and refine your ideas and those of the others in your group?
- How did you develop your piece in rehearsals?
- How did you structure your rehearsals? Did you have natural leaders? Did you have different responsibilities?
- How did you develop and refine your own theatrical skills during the devising process?
- What problems did you encounter during rehearsals and how did you overcome them?
- What drama conventions (techniques) did you decide to use and why?
- What structure did you decide for your drama and why?
- How did you give and receive feedback throughout?
- How did you respond to feedback throughout the process?
- How you used your refined theatrical skills in the final performance.

Section 3 – Analysis and Evaluation (20 marks)

- How far did you develop your theatrical skills?
- What benefits did you bring to the group and in what way did you help to shape the final piece?
- What was the overall impact you personally had on the devising, rehearsals and performance of your drama?
- Which areas of devising did not go as well as you would have hoped or could have been developed further?
- What did you hope to achieve from your performance? Were you successful? How do you think you achieved this? If you weren't successful why not? What would you change?
- Choose an aspect of your contribution to the final piece to write about in more detail – what you did, what was successful about it and what could have been improved?
- What feedback did you get from the audience about your work? Did they understand your work? Would you change anything they suggested?

Checking your devising log

Have you written three sections with the appropriate headings?

Are the sections roughly the same length?

Have you stayed within the final word count length? (2500 words)

Have you provided evidence of research?

Have you stated your dramatic aims and intentions?

Have you shown how you developed and refined ideas?

Have you explained how you helped the group?

Have you shown how you responded to feedback?

Have you demonstrated that you developed your theatrical skills?

Have you explained how you positively shaped the final piece?

Have you used correct theatrical terminology to explain your thoughts?

Have you given specific examples to back up your points?

Have you analysed and evaluated your work?

Challenge

In order to succeed at a high level, you need to provide precise details and an impressive amount of creativity. Check your work to make sure your creative journey is clear and that you have backed it up with specific details.

GCSE DRAMA- TERM ONE- KNOWLEDGE ORGANISER

KEY VOCABULARY



Intentions - This is your aim or plan.

Stimulus - A resource used to start a creative process.

Constructive - Something that is useful and intended to improve.

Analyse - Looking at something in detail.

Blocking - When you dismiss the ideas of others preventing the work

Theatrical skill - The level at which you develop and perform your

Range of skill – Using a number of different techniques and skills appropriate to your ideas.

Contribution - The impact you have during the devising and rehearsal process making sure it is positive.

Inventiveness - Including original ideas and structure in your drama.

Artistic intention - What you, as an actor want to achieve with your work, what you want the audience to understand.

PROGRESS CHECK

Have you highly developed your use of theatrical skill?

Are you demonstrating an extensive range of skills?

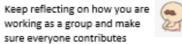
Have you shown outstanding contribution to the overall effectiveness of your piece?

Is your work highly inventive throughout?

Are you highly successful in realising your individual artistic intentions?

The success of your group depends on each individual

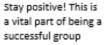
Always Remember



Don't forget to keep notes throughout the

process, any diagrams or comments as you

will need these for your devising log





Don't block the process by being unwilling to listen or try out the ideas of others. Be a leader not a boss!



Only include techniques that are going

to improve your work and help the

audience understand your intentions

Research as much as you can on your chosen theme. This will help with the devising



done! The more you rehearse the better the

Never think your work is



Hot seating is a fantastic way of developing your character. Sit in role and get the members of your group to ask you questions and you have to answer them as your character

DEVISING TECHNIQUES

Still Images	Exposition	on So	und scape	Split Screens	
Spoken 1	Thoughts Essen	ce Machines	Choral Speaking	Cross Co	utting
Narration	System of mo	vements	Proxemics	Flashbacks	
Mime	Physical Theatre	Chair Duets	Slow Motion N	lovement	Mask Work

TYPES OF STIMULUS	CONSIDERATIONS	AUDIENCE & PURPOSE	PERFORMANCE SPACE
Themes	Target audience	To educate	End on
Props	Structure of work	To inform	In the round
Time and place	Style and genre	To entertain	Thrust
Issues	Creative intentions	To celebrate	Traverse
Historical events	Timing	To challenge viewpoints, to	Promenade
Existing repertoire	Performance space	provoke, to raise awareness	Proscenium Arch
Contribution	Responding	Reliability	Supporting
Be imaginative	Let everyone speak	Be punctual and prepared	Trust and support each
Check your ideas meet	Discuss every idea	Be committed & consistent	other
the requirements	suggested	Be positive	Be respectful & listen
I]

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GCSE Knowledge Organiser – Drama Techniques

Explorative Techniques - These are used during the rehearsal process and the devising of the drama to build on ideas and develop deeper characterisation.

Naturalistic Techniques – These are included when you want the audience to believe what you are presenting them with, when you want them to make connections with the action on stage or feel a particular way towards a character.

Abstract Techniques – These are structured into the work when you want to make a statement. Either a strong start to the piece or convey a strong message to the audience or to show the range of skills and disciplines, you as an actor, can display.

Always Remember

You need to have a firm decision before you start the devising process of what the purpose of your drama is. This will always influence how you structure it and what techniques you use.

Experiment with techniques, don't just always use the same ones. The technique you pick might not necessarily be the right one at that point so always have as many ideas as you can.

Always make sure you have included the key features of each technique you use. This will ensure you have the most effective piece and shows your discipline as an actor.

Listen to the ideas and suggestions of others, they may be really great! Using techniques is all about trial and error and learning from experience.

The more techniques you use, the more you will remember. The more you remember the more you will use, which will lead to a better piece of drama!

Key Techniques and Glossary

Hot Seating – A character is

questioned on their motivation,

decisions, behaviour or background.

Naturalistic Techniques

The method is used to develop a role

Abstract Techniques

Role on the wall - This is a written

document that explores the facts and

feelings of a character throughout the



Conscience Alley - Students form two lines that face each other. A character walks down the middle and the sides shout opposing opinions, ideas, thoughts etc

Spoken Thoughts - When the action freezes

in order to add tension, provide information,

and a character speaks his/her thoughts aloud 6

Sound Scape - A combination of sounds and/or words

that try to create a location or environment by being

present on the stage at the same time and are

Direct Address - Where the actor in or out of

them in the drama.

irony, inform them of off stage action or involve

action is moving the others remain still.

intercut to develop a story or characters. Whichever

actions. The actors can also ask for help



encouraged to stop the action when they

Role Play - The imitating of characters, behaviour, locations and situations that are different



that is used to represent people, objects, situations but also abstract concepts like emotions or atmospheres

Still Image - This is a static picture

Narration - The act or process of telling a story or describing what happens. This is usually directed at the audience and can fill gaps between events/scenes.



Choral Speaking - A group of actors narrating a poem

or dramatic piece. This is often using various voice

System of Movement - Each member of the group has a

combinations and contrasts to bring out the meaning.

Slow Motion - To move your body at a slow rate and maintain this slow pace for a period of time.



Marking the Moment - A dramatic technique used to highlight a key moment in a scene or role play. This can be done in a number of different ways: for example through slow-motion, a freeze-frame, narration, thought-tracking or music.



Essence Machine - Using simple repetitive sounds and movements that builds a picture of a location, event or situation. Each member of the group repeats one sound and one action three times.



performed with a variety of skills EG volume, repetition, pace.

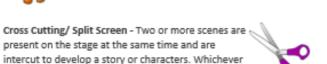
or for some other purpose.

Physical Theatre - Where you use your own body or group of bodies to physically create a prop. Focusing on using physical movement to tell a story.

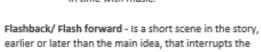
Mime - A technique where action, character and

emotion are suggested, without words using

only expression, gesture and movement.



series of actions conveying a character or location. Each action is held for four seconds before the actor moves to another position on the stage. This is usually done in silence in time with music.

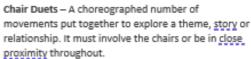




earlier or later than the main idea, that interrupts the normal chronological order of the story.

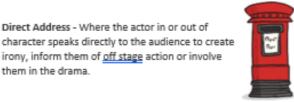


Exposition - Is performed in role as the character and is designed to give important information to the audience quickly. Usually a character's name, age and information on the plot, other characters, past events or a back story.













Knowledge Organiser - Scripted Drama

KEY VOCABULARY



Pitch - How high or low your voice is.

Pace - The speed at which you speak or move.

Tone – How you want to sound, usually an emotion or feeling.

Emphasis – Drawing attention to a word, phrase or movement by adjusting it.

Interpretation – Your end product based on how you understood the meaning.

Intention - This is what you aim to achieve.

Established – Something well thought out, planned and consistent.

Demeanor – The way your character behaves to convey feeling or emotion.

Refine - To improve something with minor changes.

Dramatic aim – Choices you make to communicate meaning or ideas.

Impact - A strong effect or influence.

CHECK YOUR PROGRESS

I have demonstrated an extensive range of skills.

My skills are deployed precisely and in a highly effective way.

My personal interpretation is **entirely appropriate** to the play as a whole.

My personal interpretation is highly sensitive to the context.

I have entirely achieved my artistic intentions.

Always Remember





You are always assessed as an individual



To get a better understanding try

to read the whole play not just the

You get separate marks for each performance in your exam



You must learn all of your lines you cannot adlib.

Demonstrate internal and external energy throughout

no matter how many times you have done it before

Split your character's aims up into the extract, smaller sections and even each line to achieve the best impact



Try improvising around your script to explore your character and the context of the scene

sections you perform



The examiner is a stranger and you will only get to perform once!

Use your creativity but remember to remain appropriate to the context

Experiment with a range of performance skills to create the most effective and appropriate character



YOUR OBJECTIVES

- Remember all your lines.
- Remember all your movements.
- Understand the play from which the excerpts come.
 - Project and vary your voice.
- Stay in character even when you are not speaking.
 - Listen and react to others.
 - Be confident about what comes next.
- Maintain your focus and energy throughout your performance.
 - Establish your character by the way you speak and move.
- Create the world of the play through your use of the performance space.
 - Achieve your artistic intentions for the role.

KEY QUESTIONS

Where do your extracts fit in the play as a

What is the purpose of your character?

How will you create the setting?

Are your props and costume essential and appropriate?

What effect are you creating for your audience?

How far removed is your character from yourself?

Have you experimented with your vocal, facial and physical expression?

Are your character's reactions accurate?

Are you making the most of your staging?

Are you supporting your fellow performers?

Have you thought about drama techniques? Page 78

SKILLS TO CONSIDER

Pitch Pace Volume Pause Emphasis Tone Gait Accent Facial Expressions Posture Eye Contact/ Withdrawal Mannerisms Movement Proxemics Actions/ Gestures Direct Address Status Setting the Scene Open/ Closed Expression

