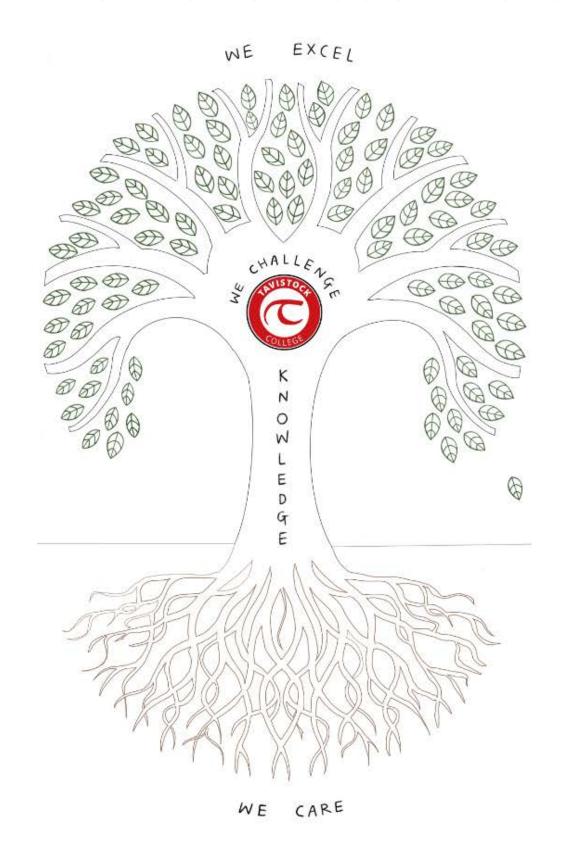
### The Bare Essentials



### YEAR 9: Autumn Term 1

Essential knowledge for your curriculum

Name:
Tutor Group:

### **Outline of contents:**

Please note some faculties contain more than one subject and so may have multiple Bare Essentials for their subjects.

### Page 1 - 11 Student planner pages

Page 12 Homework summary and brief

### Page 13 Key Stage 3 Rooted in Reading: Recommended texts

Page 14 Steps to success for parents (how parents/carers can use the Bare Essentials to support their young people)

Page 15 Steps to success for students (How students can use the Bare Essentials to support their young people)

### **Creative Arts Faculty**

- Art & Textiles Page 16 18
- Music Page 19 22
- Drama Page 23 26
- Dance Page 27 30
- Digital Arts Page 31 34

### **English Faculty**

• English Page 35 - 38

### **Humanities Faculty**

- Geography Page 39 42
- History Page 43 46

### **Maths Faculty**

• Maths Page 47 - 50

### Languages Faculty

- French Page 51 53
- Spanish Page 54 57

### **Physical Education Faculty**

Please note students will need to look at the Bare Essential for the relevant PE rotation they are doing this term.

- Team activities Page 58 61
- Individual activities Page 62 64

### **Science Faculty**

• Enquiry Processes 65 - 69

### **Social Studies Faculty**

- PSHE Social Studies Page 70 73
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### **Technology Faculty**

- Computing Page 78 80
- Design Technology Page 81-84

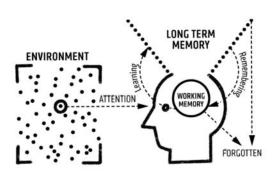
(please note that the DT Food curriculum will feature in future Bare Essentials as part of the year 9 Design Technology Curriculum)

### Homework

At Tavistock College our school motto of 'Together; We care, We challenge, We excel' applies not only to what you do in school but also to what you do at home.

Your memory is amazing and is split into two parts: The working-memory and the long-term memory. Everybody's working-memory can only hold so much (the average is about 4 things/ideas/concepts) and can become full and overwhelmed very easily. On the other hand everybody's long-term memory is essentially limitless: You just have to train it. You can help your working memory by storing key facts and processes in your long-term memory. These facts and processes can then be called upon (retrieved) to stop your working memory becoming overloaded.

To support your working and long-term memory your Bare Essentials guide and homework schedule are a key way to help you learn core knowledge so this can be recalled at a later date.



Your Bare Essentials contains the key information for you to master in each subject so that you can be successful in lessons and your learning, as you travel through your learning journey at Tavistock College.

You are expected to do 30 minutes of homework on the nights and in the subjects specified in the timetable below.

Don't worry though, you will normally have a week to complete each piece to allow for other commitments outside of school and to help you organise your time. Also don't forget that we offer a homework club every Tuesday and

Thursday, after school in the library with ICT access and teacher support.

Ideally, you will spend 20 mins self quizzing and then 10 minutes doing a retrieval quiz which your subject teacher will set on Class Charts

There are lots of different ways to learn the material in your Bare Essentials booklet, including:

- Make flash cards based on your Bare Essentials Booklet and ask someone to quiz you.
- Cover up one section of the Bare Essentials and try and write out as much as you can from memory.
- Draw a mind map, jotting down everything that you can remember from the booklet.
- Make up mnemonics to help you remember key facts, then write these out from memory

Week A			Week B		
Day	Subject 1	Subject 2	Day	Subject 1	Subject 2
Monday	Performing Arts & Music	Art & Textiles	Monday	Social & religious studies	Technology
Tuesday	English	Attend an After school or Homework Club	Tuesday	English	Attend an After school or Homework Club
Wednesday	Science	History	Wednesday	Geog	PE
Thursday	Maths	Attend an After school or Homework Club	Thursday	Maths	Attend an After school or Homework Club
Friday	Languages		Friday	Languages	

Please note that a variety of platforms and activities will be set and subjects may set additional tasks based on the curriculum needs of that subject, If there are any issues please contact the class teacher in the first instance



### Rooted in Reading: Our Reading Curriculum

Reading is at the root of all learning. At KS3, students are given dedicated time for personal reading every week in lessons and in tutor time. In addition, students are asked to bring their own personal reading book to school everyday as part of their 'Tavi 7' personal equipment and we ask students to commit to at least 10 minutes of independent reading, in their own time, each day. ALL KS3 students should read a minimum of one personal reading text during each academic term. ALL teachers in ALL subject areas promote reading for pleasure and progress at Tavistock College.

	KS3 Fiction	KS3 Literary Nonfiction		
Maths	The Curious Incident by C. Boone	50 Ideas you Really Need to Know about Maths by T. Crilly		
	The Phantom Tollbooth by N. Juster	Maths Makers by Posamentier & Spreitzer		
	The Man who Counted by M. Tahan	How Many Socks Make a Pair by R. Eastaway		
Science	The Loneliest Girl in the Universe by L. James	Home Lab by Robert Winston		
	Railhead by P. Reeve	The Science Squad - Usbourne-Stem		
	Maggot Moon by S. Gardener	The Book of Potentially Catastrophic Science by S. Connolly		
	Nowhere on Earth by N. Lake			
IT, Design	A Series of Unfortunate Events by L. Snicket	How Food Works by D. Kinersley		
and	Noah's Gold by F.C. Boyce	Cooking up a Storm by S. Stern		
Technology	Hacker by Malorie Blackman	100 Things to Know about Inventions by C. Gifford		
Religion and	I am Malala by M. Yousafzai	DK - The Religions Book		
Social	The Crossing by M.Mann	World Religions by J. Bowker		
Learning	A Monster Calls by Patrick Ness			
French	Le Petit Prince by Antoine de Saint-Exupéry	French Cinema – A Student's Guide, Phil Powrie and Keith		
	Le Petit Nicolas by Sempé / Goscinny	Reader		
	C'est moi le plus beau! by Mario Ramos Paroles			
Spanish	El libro de Gloria Fuertes para niñas y niños: versos,	SCHOLASTIC EXPLORA TU MUNDO (EXPLORE YOUR		
	cuentos y vida	WORLD)		
	Cuentos de la selva			
	Cuentos que contaban nuestras abuelas	USBORNE LEYENDO APRENDO		
English	Odysseus by G. McCaugheran	Treasury of Greek Mythology - National Geographic		
	Pony by R. Palacio	The Shakespeare Book - Dorothy Kinersley		
	Things a Bright Girl Can Do by S. Nicholls	Shakespeare by Bill Bryson		
	The Blue Book of Nebo by M.S. Ros	My Name is Book by J. Agard		
	My Swordhand is Singing By M. Sedgewick	Weird Words by Suzie Dent		
	Northern Lights by P. Pullman			
	The Pearl by J. Steinbeck			
Geography	The Summer We Turned Green by W. Sutcliffe	Eyewitness Guides		
	Journey to the River Sea by Eva Ibbotson	Dorothy Kinesley Series		
	Diary of a Young Naturalist by Dara McAnulty	No one is too Small to Make a Difference by G. Thunberg		
	The Explorer by Katherine Rundell	How to Give Up Plastic by M. Bearer-Lee		
	Running Wild by Michael Morpurgo			
History	The 1,000 Year Old Boy by Ross Welford	The Book of Awesome Women by B. Anderson		
	Ruby and the Smoke by P.Pullman	Black Heroes by A. Norwood		
	Arctic Star by Tom Palmer	What Happened When in the World - DK		
	Salt to the Sea by R. Sepetys			
	Orphan, Monster, Spy by M. Killeen			
Performing	Goodnight Stories for Rebel Girls	All about Theatre - National Theatre		
Arts	Stories for Boys who Dare to be Different	Shakespeare for Everyday by Allie Esiri		
	Millions the Play by F.C. Boyce	Ballet and Modern Dance by A. Au		
	The Dodger (Oxford Playscripts) by T. Pratchett	Hope in a Ballet Shoe by M. DePrince		
	Ballet School Boys by E. Dixon			
Art	Fire Colour One by J. Valentine	The Usborne Introduction to Art		
	I'll Give you the Sun by J. Nelson	Art Matters by N. Gaiman		
	The Girl who Became a Tree by J. Coehlo	A Big Important Art Book by D. Kryson		
DE 1	Peanut Jones and the Illustrated City by R. Biddulph	Splat by M. Richards		
PE and	Ghost by J. Reynolds	You are a Champion by Marcus Rashford		
Sport	When I was the Greatest by J. Reynolds	Hab disorble bullering France		
	Booked by Kwame Alexander	Unbelievable by Jessica Ennis		
	Football Academy Series by T. Palmer			
	The Boxer by Nikesh Shuklah			
	Run Rebel by M. Mann (Yr 9)			

# Parents/ Carers: How can I use the Bare Essentials to help my young person?

### Why?

College are able to access the information in the Bare We want to make sure that all students at Tavistock that parents / carers can use to scaffold their young Essentials. To do this, we have looked at strategies person's learning.

# What does struggling look like?

Your young person may already have an identified Special Educational (SEND) Need such as Autism, Dyslexia or ADHD. Alternatively, they may demonstrate issues such as:

- Struggling to concentrate
- Difficulties remembering information
  - Difficulties with reading / writing
- Difficulties with organisation

### Research:

'Scaffolding' is a metaphor for temporary support that gradually so the young person can complete the task can successfully complete tasks that they could not enough support is provided so that a young person is removed when it is no longer required. Initially, do independently. The support is then removed independently.

Guidance Report. Education Endowment Foundation) Special Educational Needs in Mainstream School

# High Quality Teaching at TC:

their learning through the High Quality Teaching and Within school, all students are supported to access Learning six:

- Retrieval Practice
- **Fargeted Questioning**
- Learning new vocabulary
- Modelling
- Extended work
  - Feedback

### Steps to saccess



Give time and delay Retrieval

Universa

Repeat the information again after allowing

Allow enough time to respond. Wait for at

Ensure the young person has waited until

least six seconds.

you have finished your request

Don't do this too quickly. Allow processing

Give the young person two choices e.g.

**@** 

Œ

**(2)** 

What does this word mean? X or Y?

Repeat the information in a different way.

waiting time



Repeat or rephrase the question



(A) (B) Forced alternatives



knowledge

Help the young person to experience the concept e.g. How does it feel?



encourages students to respond when prompted with a cue (visual or verbal) A verbal repetition strategy that



sentence. Present this to the young person Put the unknown word into context in a visually or verbally.



Check the young person understands by asking questions at a simple level first.



Help the young person focus on the feature how two items are alike, draw attention to understand your question. E.g. if asking the relevant similarities, such as colour. they need to look at to be able to



When asking questions that need a defined answer, model the response by beginning it, prompting the young person to repeat how you start the sentence.



Experience the /ocabulary: concept



Choral response to check spellings



Put into a sentence





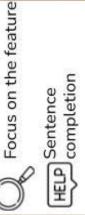












Practice makes progress

# Students: What can I do if I am stuck?

### In school:

- What do I already know? Remember to look back at what you have learnt before.
  - Use scaffolds to help e.g. glossaries, sentence starters, tasks boards
- Ask a friend (if it is the right time during the
- Ask your teacher

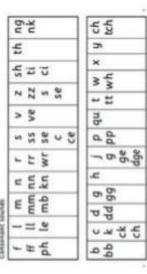
### At home:

- Mind map what you know
- Use a dictionary for new / hard words
- Use the 'Steps to Success' methods
- Ask an adult at home
- Use technology to help e.g. a search engine

# Reading tips:

- Remember to sound out and blend new words
- Use the look, cover, write, check strategy to earn new and important words

# Complex Speed Sounds





a e i o u ay ee igh ow

0 0 0	ure
(99-5	ear ure
200	ire
	9.0
g g	OW
	ニョッ
	are
	or air oor are ore aw
_	à
â	00
	o( e n s

# Steps to

saccess

answer. This may take longer than Allow enough time to think of the

you think.



## Retrieval:

information, focusing on key words

to help you

Re-read the highlighted

Universal Give time and delay



Repeat or rephrase



டு ® Forced alternatives



knowledge

Experience the

concept

/ocabulary:

### practically. E.g. what can you see around you that is familiar Think about the concept

which one is it most likely to be?

Choose between two answers -

(A) (B)

**6** 

key



Choral response-

say words /

Say things out loud to help you to remember them



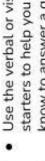
Put a new word you have learnt into a sentence



that you are familiar with and build Start with questions / information up to the hard ones



information. These bits are the Focus on the highlighted most important



starters to help you use what you Use the verbal or visual sentence know to answer a question

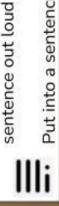


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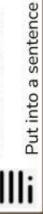








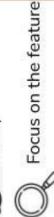
















'Practice makes progress'

### **BARE ESSENTIALS**

SUBJECT: Primary Observational Sketching (Art/Textiles) YEAR: 9 TERM: Autumn 1



**Big Question:** How can I draw bird features?

End point task: A bird and feather research page

### Factoids - Did you know?

- Birds' eyes are different to humans/ mammals, it is the most important sense to birds.
- They can use their left and right eye differently.
- Their eyes are often large, this is to allow for more light receptors. Owls cannot move their eyes, only their heads.
- Dark eyed birds hunt at night, orange eyed birds hunt at dusk or dawn (low light), yellow eyed birds hunt in the day.
- Watercolour painting is extremely old, dating perhaps to European cave paintings.
- One of the ingredients of the traditional old watercolour recipes is honey! It is the honey that makes the watercolours soft and allows them to stay in a semi-liquid form for long enough.



### Where is this learning coming from?.

- This learning will bring together basic skills and knowledge from years 7 and 8.
- It will use the rudimentary skills and techniques and combine them with theory and practice.
- It will expand upon the Marc Quinn Iris paintings in Year 8.



### Where is this learning going?

- This will help you answer the Big Question: How can I draw bird features?
- It will allow you to begin to work in GCSE format.
- It will teach you about birds' faces to prepare them for human faces in GCSE.
- It will prepare you for exploring and expanding your skillbase in KS3 Art/ Textiles.
- You will develop your observational drawing of bird features which will help you to understand human features in GCSE Art and texture/pattern in GCSE Textiles.

### What will you know as a result of this?

- You will understand how a bird's eye is different from a human eye.
- You will be able to recreate a bird's eyes and feathers in a various media.
- You will create a primary observational drawing from a real owl.
- See how to present your work which will prepare you for Art/ Textiles GCSE.

### Career links:

- Artist
- Architect
- Advertising Designer / Graphic Designer
- Art Gallery Curator / Art Historian
- Tattoo Artist
- Illustrator
- Teacher / workshop facilitator
- Fashion designer

### Useful weblinks:

https://johnmuirlaws.com/drawing-birds



Together: We Care, We Challenge, We Excel



Task	Bare Essentials to remember (words in bold are in your keywords) :	Reference Pictures: Remember that artistic and creative knowledge builds up so revisit previous Bare Essentials!
Eye	Using the <b>reference picture</b> you will sketch the bird eye, adding <b>detail</b> and noticing <b>reflections</b> . You will plot all aspects of the eye, including the feathers. You will use <b>watercolour</b> to add the <b>base colour</b> , before using a finer brush to add more detail. When the paint is dry you will later add <b>detail</b> with coloured pencils, taking time to ensure the highlights and lighter tones are reflected in your picture.	starting point for  Detail: Clear, sharp edges and visible marks  Reflections: Light bouncing off a surface
Eyes	You will fill the rest of the double page with drawings of bird eyes in a variety of media.  • Acrylic Paint • Water colour • Chalk and charcoal • Pencil • Pastel • Biro	Base colour: This is often the background, or lower layer of colour  Media: This refers to the painting and drawing materials used to make a work of art  Primary Observation: Source material experienced first-hand by the artist. i.e. an actual bowl of fruit
Feathers	You will fill the rest of the double page with drawings of bird feathers in a variety of media.  • Using chalk and charcoal pencils complete a primary observational drawing of a partridge feather  • Using chalk pastels sketch a peacock's feather on sugar paper	
End Point Task: Eye/ feather page	Use the remaining lesson time to present your work in the style of a GCSE sketchbook	







The centre quill has a slight curve to it, don't start with a straight line.

Make sure the feather gets narrower toward its tip, draw the little segments lightly with pencil.





Use the pencil to colour in the spaces between the segments of the feather. This will give the feather good contrast.

Now switch over to a black pen and start shading. Make sure the strokes are darkest near the base and lighten as they move toward the tip of each segment.





remember to add fewer lines in the highlighted areas.

Continue adding fine lines to the feather, Pressing very lightly sketch in the fine tufts at the bottom of the feather.



### **BARE ESSENTIALS**

SUBJECT: Music: Popular Music band work 2 YEAR: 9 TERM: Autumn 1&2



Big Question: How do I play and present Music as part of a band?

End point task: Performance of a popular Music song

### Did you know?

- The **UK music industry** contributed **£5.2 billion** to the UK economy in 2018
- The Live Music sector made a contribution of £1.1 billion in 2018 up 10% from £991 million in 2017
- Employment in the industry hit an all-time high of 190,935 in 2018
- The total **export revenue** of the music industry was **£2.7 billion** in 2018
- Music tourism alone contributed £4.5 billion to the UK economy in 2018 up 12% from £4 billion in 2017
- The term 'pop music' became commonly used in the 1950s when rock and roll music became a 'popular' hit with teenagers
- Today there are hundreds of different types of pop music, also known as 'genres', including **K-pop** (Korean pop), **hip hop**, electronic dance music (EDM) and rock music
- Playing as part of a band develops social, communicative and teamwork skills

### Where is this learning coming from?

### The skills will be taught to you through this scheme but think about

- Your learning during Year 7 Performing Arts and Music
- Previous keyboard schemes Medieval, Blues, Pop, Guitar Riffs
- Chords that you have played in Y7 and Y8
- Accompaniment that you have played in Y7 and 8
- Pop songs that you have listened to
- Famous Musicians that you may know
- Working with a partner to play Music together
- Use of sharp and flat notes from previous schemes

### Where is this learning going?

These lessons will help you practically and verbally

- Answer the Big Question: How do I play and present Music as part of a band?
- Prepare you for more KS3 Performance and Composition
- Prepare you for GCSE Drama Component 1 and 3
- Prepare you for BTEC Dance
- Prepare you for Music GCSE through looking at specific genres, styles and techniques of music
- Develop your social and communication skills which will support interactions and interviews using empathy, negotiation and vocal and facial expression and body language
- More challenging group performances

### What will you know as a result of this?

### By the end of this term you will know:

- How to conduct yourself in a performing arts space
- How to warm up and prepare for performing arts activities
- How to work in a group to create a Music performance
- How to play an instrument as part of a class performance
- How to read chord sheets
- How to find chords on the piano on guitar
- How to play a bass line from a chord sheet
- How to play a simple drum beat
- How to refine and share music work
- How to conduct yourself whilst watching music
- How to give feedback on music work
- How to present work to an audience

### Career links:

- Actor / Dancer / Performer / Musician
- Composer
- Director
- Performing Arts Teacher/ facilitator / workshop leader
- Journalism
- Stage manager
- Theatre technician
- Costume designer
- Set designer
- DJ
- Radio or TV presenter
- Marketing and advertising
- Any role that requires communication skills



### Useful weblinks:

https://www.bbc.co.uk/bitesize/subjects/zmsvr82

https://www.onlinepianist.com/virtual-piano

Together: We Care, We Challenge, We Excel

### Unit Content Bare Essentials to remember (words in bold are in your keywords):

### **Keywords:**

Remember that there is lots of cross over in Drama, Dance and Music and that artistic and creative knowledge builds up, so look back at your previous Bare Essentials too

### <u>Listening</u>

We will explore pop music through **Aural** work, listening to different **Instrumentation** and **Rhythm.** We will develop our **Aural** skills to pick out certain features of the Music.

### Carousel

We will learn how to play **chords**, **rhythms** or **basslines** on a variety of different instruments. We will change instrumentation throughout the lesson to sample everything.

### Rhythm and Time Signatures

We will explore the use of **Rhythm** and **time signatures** in **performance**. The majority of the songs we have performed so far have been in **4/4** however not all of our **chords** will be played for 4 beats at a time.

### Major and Minor Triads

We will explore the differences between **major and minor triads**. What notes are in the **chords** and how do we form these chords on different **instrumentation?** 

### Class Performance

We will pick an instrument and make a class performance of the song, ensuring that our timing and rhythm stays at a consistent tempo.

### **Group Performance**

We will split into smaller groups to **perform** as part of bands.

### **Podcast**

We will explore how to **record** and present work to an audience through a **Podcast**. Students will need to record songs and record audio to present their **podcasts** to others.

### Perform, record and evaluate

You will share your work in a recorded **performance** to an **audience**. Your teacher will edit your work to create your film although you may choose to do this yourselves if you want! **Evaluate** your group's **performance** using **CRESS**.

- Warm up exercises in Performing Arts Vocal, Physical, Concentration, Trust/ Teamwork look back at Bare Essentials for Autumn and Spring 1 for details
- The process of creating performing arts work Stimulus, Discuss, Improvise, Rehearse, Perform,
   Evaluate - look back at Bare Essentials for Autumn and Spring 1 for detail
- Performer someone who acts, dances, sings and shares their work with an audience
- Audience a group of people watching and listening to a performance
- Melody The tune, a series of notes that are musically satisfying
- **Notation** visual record of heard or imagined musical sound, or a set of visual instructions for performance of music
- Pitch How high or low a note should be played
- Accidentals A music 'sign' that affects the pitch of a note
- Sharps The black note to the right of a white note
- Flats The black note to the left of a white note
- Rhythm A regular repetition or grouping of beats have a look at the slight difference in dance terminology
- **Timbre** The 'sound quality' or 'tone colour' of a particular voice or instrument
- **Time Signatures** The time signature is a notational convention used in Western musical notation to specify how many beats are contained in each measure, and which note value is equivalent to a beat
- Aural Listening skills Recognising key terms through listening to music
- Instrumentation Particular instruments used in a piece of music
- Chords Playing more than one note at a time
- Major Triad A three note chord that consists of the root note, a major third and the perfect fifth
- Minor Triad A three note chord that consists of the root note, a minor third and the perfect fifth
- Class Performance A whole class performance of a piece of music
- Tempo The speed that music is played
- Bassline The lowest part or sequence of notes in a piece of music
- Record convert (sound or a performance) into a permanent form for subsequent reproduction or broadcast
- Podcast A program made available in digital format for download over the Internet

\*We use the **CRESS** structure as a way to helpfully and positively critique performance that we have seen (please see your class room wall and Google classroom for CRESS

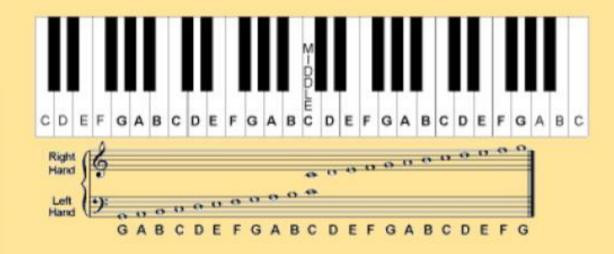


### **KS3 Music Knowledge Organiser**

### Rhythm

Notes	Name	Value
0	Semibreve	4 beats
d	Minim	2 beats
	Crotchet	1 beat
7	Quaver	½ beat
A	Semi-quaver	1/4 beat
Л	2 Quavers	1 beat
	4 Semi- quavers	1 beat





How to create a performance	Stimulus, Discuss, Improvise, Perform, Evaluate
Melody	The tune - The part of the song that gets stuck in your head
Chords	2 or more notes played at the same time
Sharp or Flat notes	# tells you to play the black note to the right b tells you to play the black note to the left
Types of warmup	Vocal, Physical, Concentration, Teamwork/Trust
Types of Voice	Soprano, Alto, Tenor, Bass





### KS3 Music Knowledge Organiser

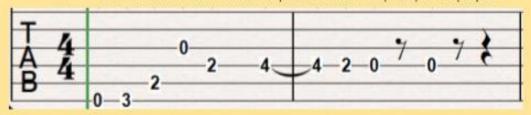




### **Guitar Tab**

A tab staff will always have the same number of lines as your instrument has strings. So, a six-string guitar will have six lines, and a four-string bass will have four lines.

- A lower line means a lower note. On the tab staff, the bottom line is the lowest (or 6th) string of the guitar.
- The number on the line corresponds to the fret (note) to be played.







### **BARE ESSENTIALS**

SUBJECT: Drama - Blood Brothers and Scripted Performance YEAR: 9 TERM: Autumn 1 and 2



Big Question: How do you perform from a script and convey character?

**End point task:** Perform a duologue from Blood Brothers

### Factoids - Did you know?

- Blood Brothers was written by playwright Willy Russell in 1981
- It was first performed in a school in Liverpool by the Merseyside YOung People's Theatre
- Willy Russell also wrote Educating Rita, Stags and Hens and Our Day Out
- Blood Brothers is the 3rd longest running West End Musical, showing over 10,000 times over 24 years. Although it stopped in the West End in 2012 it is still on National tours at the moment.
- Blood Brothers has been on Broadway and a full US tour, in Australia featuring Russell Crowe, and has had tours of Poland, South Africa, Japan, Mexico, Canada and Russia
- It has won 3 Olivier Awards and 1 Drama Desk Award with 13 nominations for Tony Awards and Olivier Awards
- Technically Blood Brothers is a piece of Musical Theatre although stylistically and structurally it owes a lot to Brechtian
  Theatre using devices like a prologue, direct address, narration, breaking the fourth wall, episodic
  structure, multi rolling across an ensemble cast and song.
- Blood Brothers is set in between 1960 1980s covering historic events such as the miners strikes, economic recession and mass unemployment



### Where is this learning coming from?

The skills will be taught to you through this scheme but think about:

- Year 7 schemes of learning on Drama techniques, Dance techniques and Greek Theatre
- Year 8 schemes of learning on Script work, Matilda the Musical, Melodrama, Mask, Mime and Making a Silent Movie and also Harry Potter and the Cursed Child.
- Music work on Matilda and Musical Theatre
- You might also have seen a stage show at school or at a theatre or local community show that used these.
- The specific techniques are also used in TV and films.

### Where is this learning going?

These lessons will help you practically and verbally

- Answer the Big Question: How do you perform from a script and convey character?
- Prepare you for further scripted performances in KS3
- Prepare Level 2 Drama, specifically component 3
- Prepare you for the dramatic texts aspects of English at KS3 and KS4 by helping you understand theatrical performance
- Develop your social and communication skills which will support interactions and interviews using empathy, negotiation and vocal, facial expression and body language.



### What will you know as a result of this?

By the end of this term you will know how to:

- Utilise your acting skills (vocality, physicality, proxemics)
   to create a character on stage and tell their story
- Develop your skills of using scripts, learning lines and performing to an audience
- Incorporate design features into your practical work to help tell the character's story
- Work in a pair to create and refine scripted work
- Conduct yourself whilst watching performing arts work and give feedback on what you have seen

### Career links:

- Actor / Dancer / Performer
- Playwright / Screenwriter
- Performing Arts Teacher/ facilitator / workshop leader
- Journalism / Speech writer / Theatre or Film Critic
- Stage manager / Theatre technician / Costume or Set Designer
- Radio or TV presenter
- Marketing and advertising
- Any role that requires communication skills

### Useful weblinks:

BBC Bitesize Drama

BBC Bitesize Jobs that use Performing Arts and English

**Blood Brothers Bite Size** 







### Unit Content Bare Essentials to remember (words in bold are in your keywords):

### **Keywords:** Remember that artistic and creative knowledge builds up so revisit previous Bare Essentials!

### Introduction to the Performing Arts Space

We will remember how to conduct ourselves in the space, so that everyone can be safe, happy and achieving. You will be introduced to the play Blood Brothers by **playwright** Willy Russell analysing the show poster, establishing the themes and revisiting **freeze frames** to share your knowledge.

### Plot and Characters

You will take part in some whole class **spontaneous improvisations** and small group **prepared improvisations** to get to know the plot and characters of Blood Brothers as well as some of the structural devices like prologue, narration, breaking the fourth wall, episodic structure, multi rolling across an ensemble cast and song.

### Blocking

You will get the **duologue script** you will be working on this term which you will read, discuss, highlight lines and start to work out the basic **blocking**.

### **Proxemics**

We will learn about how the 4 areas of **proxemics** ( see next page)can help the **audience** appreciate the relationships on stage and will factor this into our active **blocking**.

### **Physicality**

We will learn about, try out and see the 6 fundamental **physicality** skills ( see next page). You will then have a chance to apply them to your character and scene while you **rehearse**.

### Vocality

We will learn about, try out and see the 11 fundamental **vocality** skills ( see next page). You will then have a chance to apply them to your character and scene while you **rehearse**.

### **Props and Set**

We will learn about and try out how props and set can help to tell the story of the characters.

### Costume Hair and makeup

We will learn about and try out how **costume** and hair/make-up can help to tell the story of the characters

### Tech and Dress Rehearsals

We will learn how to make sure that all the elements are in place ready for the final performance.

### Perform

You will share your work in a recorded performance to an audience. You will receive verbal feedback.

### **Evaluate**

You will evaluate performances using CRESS in the lesson verbally in your workbook at home.

- **Discuss** your initial responses and reactions to the stimulus need to be talked through with your group -it's important that everyone contributes to the discussion
- Improvise your initial responses and reactions to the stimulus need to be tried out with your group this is a great time to explore and experiment. Spontaneous improvisation happens instantly and prepared improvisation is when you have some time to plan or some basic parameters.
- Rehearse rehearsal is selecting/ deleting/ editing/ refining your improvised work until it is ready to share
- **Perform** showing and sharing your practical creative ideas
- Evaluate considering the work you have created or seen and discussing its merits and areas for development\*
- Performer someone who acts, dances, sings and shares their work with an audience
- Character a part played/ shown by a performer that is not themselves
- Audience a group of people watching and listening to a performance
- Freeze frame a 3D frozen picture that is silent, still and clearly understandable by an audience
- Neutral a position that does not have a character but can show a focused performer
- **Blocking** working out and noting down who and what is where on stage.
- Script the dialogue of characters written down complete with stage directions
- Plot the story or narrative of the play
- Playwright the person who writes the dialogue for the characters
- Tech Rehearsal a rehearsal dedicated to lighting, sound, props, costume and set
- **Dress Rehearsal** the last rehearsal before the real performance
- Props objects on stage used by the performers in character
- Set furniture or background that help set the scene of the play
- Costume the clothes that a character wears
- Proxemics spatial relationships created by use of: Space, Level, Direction, Position
- Physicality character, emotions and relationships created by: Facial Expression, Body Language, Gesture, Gait, Posture, Idiosyncrasies
- **Vocality** character, emotions and relationships created by: Pitch, Pace, Pause, **Projection, Inflexion, Intonation, Idiosyncrasies,** Volume, **Diction,** Accent, **Breath**
- Prologue an opening of a play that foretells the story to come
- Multirole where one actor plays more that one role
- **Ensemble** a group of performers who are considered equals
- Breaking the fourth wall when a performer talks to the audience directly (Direct address)
- **Episodic structure** where the play is broken into segments that each make sense on their own but the order, placement or repetition creates meaning for the audience.

\*We use the **CRESS** structure as a way to helpfully and positively critique performance that we have seen (please see your class room wall and Google classroom for CRESS)

Blood Brothers- Context			Blood Brothers- Characters		Blood Brothers-Themes	
Willy Russell -author & play- wright	Working class, grew up near Liverpool, dad was an alcoholic who had many jobs. Willy left school at 15 with 1 O'level. He was annoyed at the way society stereotyped the working class. Felt saved by his in-laws who nurtured him, hence an	Mickey Johnstone	The lower-class twin. Honest, sincere, good hearted but becomes bitter and angry. He has many siblings and lives in poverty and gets Linda pregnant. He is arrested for Sammy's crime, ends up in prison and becomes addicted to antidepressants. His rage at finding out about Linda and Eddie's	Love	Love appears in different forms. Love of a child, (enough to give one away to provide a better life), love of a sibling, love of a friend, romantic love, unrequited love. All of these work for good and create loyalty but love also produces conflict, jealousy and resentment.	
wilght	interest in nature/nurture. He went to night school to gain qualifications. Become a teacher.		affair causes the finale.	Conflict	The children play with toy guns and are involved in violent games. This foreshadows the path Mickey is taking and the violent end that is	
Era	The play is set between 1960-1980. Industrial decline meant unemployment soared. Crime	Edward Lyons	Good-natured, higher-class twin. Raised by the Lyons and a very sheltered upbringing makes him innocent and naïve.		coming. There is conflict between the families, the life styles and the unfairness and prejudice. This conflict results in the finale of the play.	
	grew as gangs formed. Margaret Thatcher was prime minister and responsible for the closures and the mass unemployment.		Because of class he gets lots of opportunities; good school, university, job. His good nature leads to the play's finale.	Money and Class	Mrs J can't afford to feed her children and has to give a son away.  Mickey has less opportunities, goes to a rough comprehensive school, is out of work, becomes involved in crime, drugs and is depressed.	
Liver- pool	Liverpool was a large industrial city in the 60s. The government built cheap new housing called 'New Towns' and rehoused the working class. Skelmersdale is one of these towns and is where	Mrs Johnstone	Biological mother of the twins. Left by her husband with many children, she gets a job as a cleaner. She is the moral centre of the play; is tortured by guilt and regret and blames herself.		Edward's life with the Lyons is blessed with a private boarding school education, wealth, luxuries, university and a good job. Edward is treated well by society and given opportunities. Mickey is looked down upon and assumed to be 'bad' because of his background.	
Su	Mickey, his mum and family moved to in the play.  bject specific vocabulary	Mrs Lyons	Opposite of Mrs J who she employs as a cleaner. Adopts Edward but lets her husband believe he is naturally hers. The guilt turns into suspicion and paranoia. She announces the affair and contributes to the murder of her son.	Nature Vs Nurture	Are we predetermined by our genes (nature) or is it our upbringing that shapes us (nurture)? Mickey wishes to have had Edwards life as he believes it has been better due to him growing up in a better environment.	
Blocking	Is what and when and where something is happening on stage. We 'block' scenes which means we map out carefully what they will look like. We block scenes first before we start adding more detail.	Linda	Tomboyish friend of the twins when she is young. Both boys grow up to fancy her. As a teen she likes Mickey but later turns to Edward for comfort and support. This turns into an affair. She loves both twins and is a sympathetic character.	Superst ition or Fate	The audience is constantly reminded of superstitions. Mrs Lyons creates a lot of tension around it, as well. Because of class, the boys fate was decided from the moment they were separated and raised differently. It wasn't superstition but fate that caused their death.	
Proxemics	Is how close or far apart two things are on a stage. This helps to show relationship. This could be people or objects and can show hierarchy, love, hatred, class, groups, etc	Narrator	All knowing , slightly menacing- takes many roles throughout the play. Constantly reminds the audience of the terrible choice that began the chain of events.			
Physicality	The characterisation we use to physically show a character. This could be, body language (overall use of physicality) or, posture, gait, gestures and facial expressions.	Sammy	Older brother of Mickey. Aggressive, juvenile delinquent. Attempts to rob a bus as a teen and ends up in prison. When he is young Mickey idolises his older brother.			
Vocality	The characterisation we use to vocally show a character. This could be accent, tone, pitch, pace, pause, pronunciation and projection.	Mr Lyons	Away with work when Mrs Lyons convinces Mrs J to hand over her baby and he believes Edward to be his own son. Grows very worried about his wife's mental health and wellbeing.			



### LIVERPOOL

Love (family, friends and romantic), Conflict, Class, Fate and Nature v Nurture are main themes In 1950s - 1980s: the context of post war, Catholic, working class vs upper middle class, urban life **V**erse is used by the narrator to communicate with and guide the audience to think **E**pilogue shows the same scene as the beginning, but now we see it with different eyes Realism and Musical Theatre as the styles

Prologue makes the audience focus on WHY they die: Brechtian technique (Dramatic Irony/ foreshadowing make us think) Ordinary people (ensemble roles) are portrayed as stereotypes that actors multirole Order of Narrative is Episodic Structure using repetition and revisiting the protagonists as they change age Language reflects status: working class characters = Scouse accents and middle/upper class characters = RP accents



### **PHYSICALITY**





### **BARE ESSENTIALS**

SUBJECT: Introduction to Dance (Level 2) YEAR: 9 TERM: Autumn 1



Big Question: What keywords do we need to use to choreograph and analyse dance?

End point task: Choreograph a Dance using key skills taught

### Factoids - Did you know?

- Dance has two distinct forms theatrical dance in which dancers perform for an audience, and participatory social dance where dancing in a group is encouraged
- The arts and culture sector has an important benefit on health and well-being. Those who had attended a cultural place or event in the preceding 12 months were 60% more likely to report good health, and theatre-goers were 25% more likely to report being in good health than the average. As a practical subject it allows us to move and helps us to find healthy ways to express our emotions.
- People valued being in the audience for the arts at about £2,000 per year, which is higher than sport.
- Dance is physically good for us too. We develop fine motor skills, it's a form of exercise, it teaches us better coordination and improves our movement memory, concentration, cognition and attention.
- Studying dance develops **creativity**, **teamwork**, **confidence**, **critical thinking**, **self-discipline**, **physical health** and the ability to work collaboratively—all beneficial in any 21st century career path and quality of life.
- Studying dance can support many other subjects through teaching transferable skills and knowledge
- The health benefits of dancing-It generally makes us fitter and healthier. It improves the condition of your heart and lungs, increases muscular strength/tone, endurance and aerobic fitness.
- When young children study dance they learn perseverance and self-motivation. Dancing encourages children to experiment and find different paths to solving problems. It is vital in a child's personal development that they learn the importance of trial-and-error and that, if at first you don't succeed, try and try again.
- Nonverbal communication represents two thirds of all communication. It's important for young children to understand that it is
  possible to portray a message both verbally and with the correct body signals and also to be able to interpret these signals from
  other people. The study of dance and movement can help a child develop an understanding of their own body
  language as well as others.
- You retain nearly 90% of what you learn through teaching others which happens in every dance lesson
   Supplied by Department for Digital, Culture, Media & Sport, Towson University. Stage Coach

### Where is this learning coming from?

The skills will be taught to you through this scheme but think about;

- Lessons in Year 7/8 where you learnt Dance key words
- Primary school shows you have been in
- You might also have seen a stage show at college or at a theatre or local community show that used these.
- The specific techniques are also used in TV and films, live dance, concerts
- You may have created dances at home /school /dance club

### Where is this learning going?

These lessons will help you practically and verbally

- Answer the Big Question: What keywords do we need to use to choreograph and analyse dance?
- Prepare you for further choreographing using taught skills
- Prepare you for Level 2 Dance in year 10 and the study of dance practitioners and analysing works.
- Develop your social and communication skills which will support interactions and interviews using empathy, negotiation, vocal/facial expression and body language.



### What will you know as a result of this?

By the end of this term you will know:

- How to conduct yourself in a dance studio and warm up.
- How to respond to a starting point for a dance piece.
- How to work in groups to choreograph/ rehearse/ share .
- How to conduct yourself whilst watching/evaluating dance.
- What Actions/Dynamics/Space/Relationships, Motif/Motif
   Development, Literal and Abstract are in dance.

### Career links:

- Dancer/ Choreographer/Musical Theatre Performer
- Performing Arts Teacher/ facilitator / workshop leader
- Journalism/ Radio/ Television
- Stage manager/ Theatre technician
- Costume designer/ Set designer
- Marketing and advertising
- Any role that requires communication/Creativity

### Useful weblinks:

A Guide to Careers in Dance Dance - BBC Bitesize https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/dance

Dancer





### Bare Essentials to remember (words in bold are in your keywords):

### **Keywords:**

### Warm up

We will learn the importance of warming up and wearing appropriate kit. We will learn what the 4 stages of a warm up are and you will plan your own warm up to deliver to the class.

### **Baseline Assessment**

In groups you will choreograph a dance in whatever dance style, trying to incorporate any skills you already know from dance lessons or dance experience you have had before. You will add any action,dynamic,space,relationships skills that you already know.

### Actions/Dynamics/Space/Relationships

You will learn the skills from these four headings. Once you have learnt them you will try and add as many skills into your dance from the previous lesson.

### Motif/Motif Development

You will learn what a **motif** is and how you can **develop a motif** and incorporate both into your dance piece. You will also explore how you can choreograph a **motif** based on a **stimulus**.

### Literal/Abstract Movements

You will learn how we can choreograph **literal** movements based on a **stimulus** and then develop them to make them **abstract**.

### Rehearse/Perform/Evaluate

You will then add these skills into your original dance. You will learn how to rehearse with your music. You will then perform to the class and be able to **evaluate** your own and others work verbally as well as being able to write about it.

### Actions - What we do in dance

• Jump ,Turn/Roll ,Gesture , Balance, Transfer of Weight, Travel.

### **<u>Dynamics</u>** - How we perform movements

Speed (fast/Slow) ,Flow (Sharp/Smooth), Weight (Heavy/Light) , Rhythm

### **Space - Where we perform**

• Levels, Directions, Pathways, Size, Formations, position on stage

### Relationships Who we perform with

Canon - When you perform a movement one after the other

**Unison** - When you are all dancing at the same time

Mirroring - Performing the same movement but lead by one group/performer usually facing the other

Accumulation - A build up of one movement (one person starts and the next joins in etc)

**Action/Reaction-** One person/group performs a movement and the other person/group replies with a different movement

Numerical variation - different number of performers dancing different motifs as the same time

**Counterpoint** - everyone dancing but all performing different movements

**Contact** - lifting or balancing using other people to support

- Warm up Cardio, Muscles, Joints, Stretches
- Motif A collection of movements that make a phrase
- Motif development Using Action Dynamics Space Relationship to change an original motif
- Trust/ Teamwork we use trust and teamwork warm ups to make sure we ready to work creatively in a group
- **Stimulus** a starting point for creative work. This could be an image, theme, quote, piece of music, title or theme
- **Discuss** your initial responses and reactions to the stimulus need to be talked through with your group -it's important that everyone contributes to the discussion
- Improvise your initial responses and reactions to the stimulus need to be tried out with your group this is a great time to explore and experiment with what your work could do without worrying about it going wrong
- Rehearse rehearsal is selecting/ deleting/ editing/ refining your improvised work until it is ready to share
- Perform showing and sharing your practical creative ideas
- Evaluate considering the work you have created or seen and discussing its merits and areas for development\*
- Literal Movements Movements that show exact meaning of an action
- Abstract Movements Movements that do not show the exact meaning of an action
- Facial Expression Using parts of the face to convey emotions

Together: We Care, We Challenge, We Excel



<sup>\*</sup>We use the CRESS structure as a way to helpfully and positively critique performance that we have seen (please see your class room wall and Google classroom for CRESS)

### Actions (What we do)

- Jump
- Turn/Roll
- Gesture
- Balance
- Transfer of Weight
- Travel



### Year 9 Dance Knowledge Organiser

### Dynamics (How we perform)

- Speed (fast/Slow)
- Flow (Sharp/Smooth)
- Weight (Heavy/Light)
- Rhythm

Motif - A collection of movement showing action/dynamic/space.relationships

Motif development - A motif that has been changed using different action/dynamics/space.relationships

# 4

### Relationships (Who we Perform with)

- Canon When you perform a movement one after the other
- Unison When you are all dancing at the same time
- Mirroring Performing the same movement but lead by one group/performer usually facing the other
- Accumulation A build up of one movement (one person starts and the next joins in etc)
- Action/Reaction- One person/group performs a movement and the other person/group replies with a different movement
- Numerical variation different number of performers dancing different motifs as the same time
- Counterpoint everyone dancing but all performing different movements
- Contact lifting or balancing using other people to support

### Warm Up

- Cardio
- Stretches
- Muscles
- Joints

### Space (Where we perform)

- Levels
- Directions
- Pathways
- Size
- Formations
- Position on stage



Together: We Care, We Challenge, We Excel

### Year 9 Dance Knowledge

Organiser

**Literal Movements** Movements that show the exact meaning and action (pedestrian)

**Abstract movements** Movements that do not show the exact meaning



Structure Binary (AB) Ternary (ABA) Rondo (ABACADA) **Episodic** Cvclic Rondo



### Performance Skills

Balance - A steady or held position

Movement memory - Being able to remember dances

Stamina - Ability to maintain physical and mental energy

Flexibility - The range of movements in the joints (involving muscles, tendons and ligaments)

Posture - The way the body is held

**Isolation** - An independent movement of part of the body

Extension - Lengthening one or more muscles or limbs

Contraction - Shortening of muscle(s)

Strength - Muscular power

Coordination - The efficient combination of body parts

Alignment - The correct placement of body parts in relation to other body parts in a straight line

Accuracy - Being able to show the dance in its true form in quality and movement

### Technical Skills

Focus - Using the eyes to enhance performance or interpretive qualities Musicality - The ability to make the unique qualities of the accompaniment evident in performance

Projection - The energy of the dancer uses to connect with and draw in the audience

Emphasis - Applying particular dynamics or energy to a movement

Timing - The use of time or counts when matching movements to sound and/or other dancers

Facial expressions - Using the face to show mood, feeling or character Quality - Being able to show the true meaning of the movement and its accuracy Communication of choreographic intent - Understand and explain the meaning of the dance through movement, costume and music

### Choreographic Devices

Repetition - repeating movement in dance performance

Climax - the biggest or most important part of the dance

Highlights - making sure a dance has slow/fast/sharp/smooth sections to make the dance more interesting

Fragmentation - taking movements from different parts of the dance and creating a new motif

Retrograde - performing a selection of movements again but in a backwards order

Transitions - linking each section of the dance for fluidity



### **BARE ESSENTIALS**

SUBJECT: Digital Arts YEAR: 9 TERM: Autumn 1



Big Question: How do media producers construct meaning in their products?

End point task: Production of a magazine front cover

### Did you know?

- Studying visual arts improves your communication skills: According to recent research **55% of communication is non-verbal** through facial expressions and body language in this case the 'reading' of pictures and images, colours and font type/ placement all communicate meaning..
- 90% of employers interviewed in an international study said communication skills are the number 1 desirable skill for an employee with 83% saying that being able to work in a team or group and problem solve, cooperate and compromise were also in the top 5 skills they looked for.
- The arts and culture industry supports around £48bn in turnover, £32bn added value to the British economy, support c363,713 full-time jobs, pays nearly five % more than UK average salary and attracts at least £856m of tourist spending.
- Arts and culture play an important role in supporting the UK's wider commercial creative industries, such as film production, advertising, design and crafts, and showcasing the country's creative talent overseas.
- The arts and culture sector has an important benefit on health and well-being. Those who had attended a cultural place or event in
  the preceding 12 months were 60% more likely to report good health. As a practical subject it allows us to
  move and helps us to find healthy ways to express our emotions.
- 4 out of 5 adults read magazines. 4 out of 5 adults read magazines.
- Magazines are the No. 1 medium of engagement across all dimensions measured. Simmons' Multi-Media Engagement Study finds magazines continue to score significantly higher than TV or the Internet in ad receptivity and all of the other engagement dimensions, including "trustworthy" and "inspirational."
- Studying the arts can **support many other subjects** through teaching transferable skills and knowledge

Factoids supplied by Department for Digital, Culture, Media & Sport, John Hopkins University, Derby University, Psychology Today, Indeed.com, Study International

### Where is this learning coming from?

The skills will be taught to you through this scheme but think about

- In Primary primary school you may have created posters and done report writing about an event
- In Year 7 and 8 Art and Textiles you will have studied colour and image representation
- You might have read a magazine or comic either at home or online and the specific techniques are used in real publications and online content

### Where is this learning going?

These lessons will help you practically and verbally

- Answer the Big Question: How do media producers construct meaning in their products?
- Prepare you for further responding to a brief in the Visual Arts at KS3 and KS4
- Prepare Level 2 Creative iMedia, Photography, Film Studies
- Support your wider Performing Arts and Visual Arts studies in KS3 Creative Arts
- Support with other subjects such as Business Studies,DT and Computing at KS3 and 4
- Develop your social and communication skills which will support interactions and interviews using empathy, negotiation and vocal, facial expression and body language.

### What will you know as a result of this?

By the end of this unit you will know how to:

- Respond to a creative brief.
- Conduct research around a creative brief.
- Interpret and recreate font, colour and magazine layout for a specific target audience.
- Utilise Canva/ Photoshop to create a digital magazine front.
- Share and evaluate digital arts work and give feedback on what you have seen.

### Career links:

- Journalist
- Graphic designer or concept artist
- Media Teacher or lecturer
- Photographer or Videographer
- Content producer on Influencer
- Marketing and advertising
- Copywriter
- Lighting designer

### Useful weblinks:

How to become a Journalist BBC Bitesize Jobs that use Performing Arts and English Careers in Media





### Unit Content (words in bold are in your keywords):

### Setup digital portfolios / Introducing connotations

You need to know how to store your work digitally for this course, since each term you will be working in a digital portfolio. This will see you using a range of software across the Google Suite.

### Magazine cover analysis

Before you begin making magazines, you need to know their conventions and what each element is called. You will learn how each element has connotations and how they create meaning for the audience. Many of these terms are details on the right of this page.

### Understanding a brief / idea generation

Each project you work on will be written in the form of a brief - essentially a specification set out by a client. You will learn how these are written, and how to use it as a starting point for idea generation.

### Magazine layout planning

The first stage in magazine pre-production is **layout** planning. Looking at a range of professionally produced **layout** plans, you will generate several iterations of magazine **layouts** of your own using **Photoshop**.

### Introducing typography

Besides images, the most important visual aspect of a magazine is the writing and what it looks like. You will learn how to select and design font based on the mood you're trying to establish.

### Image manipulation

The images you see in magazines are very rarely unedited. You will look at a range of tools in Photoshop that are able to manipulate colour, tone, and enhance various aspects of the original image, before looking at formats for output.

### Introducing Canva/Photoshop

For the actual assembly of a front page, we will be using Photoshop or Canva. You will learn about layers, and the main tools you'll be using for combining elements into a completed magazine.

### Production of magazine

You will be given several lessons to experiment and develop your skills in photoshop, leading to the complete production of a magazine front cover. In this time, you will be using all of the skills you have learnt this half term to ensure you are using professional practices to create a product that meets the specifications of the brief. You will then present your work as professional spreads

### **Evaluation**

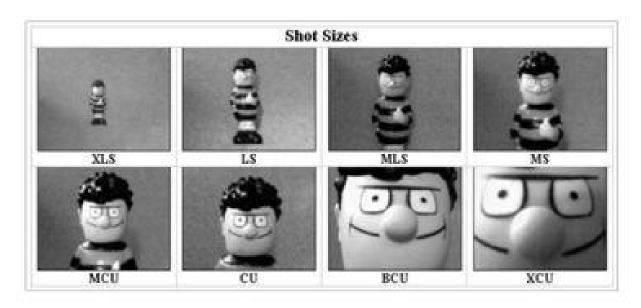
Once complete, you will self evaluate your magazine, by comparing each element of your magazine to the unintended purpose and audience of the magazine, and reflect on areas for improvement.

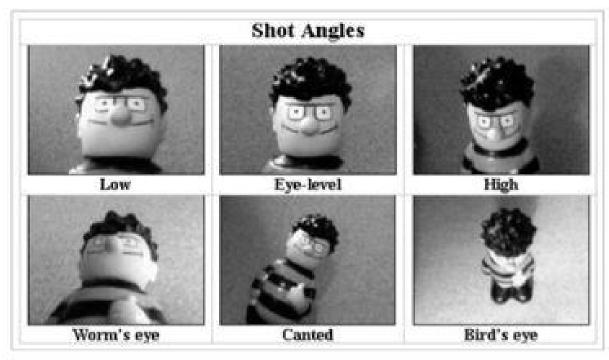
### Keywords:

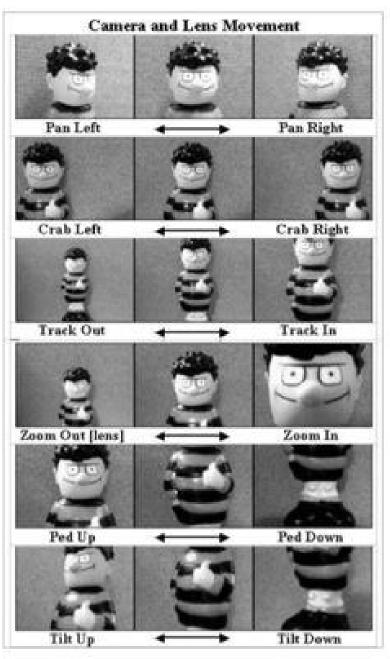
- Adobe Illustrator Adobe InDesign Adobe Photoshop The software packages we use for print production
- Bitmap images these are single layer images used for exploiting completed designs
- Brief A specification set by a client for a media company to produce
- Connotation the inferred meaning of what is denoted in the media text
- Conventions the established elements of a genre or media form
- CMYK CMYK stands for cyan, magenta, yellow, and black, which is the colour profile used in printing
- Cutline the marker around a print product that shows where to cut the edges
- **Denotation** what is literally represented in a media text
- Digital edition sometimes known as 'e-magazine', this is a version of a print text that is accessed electronically
- Dropcap a large capital letter used as a decorative element at the beginning of a paragraph or section
- Editorial a newspaper or magazine article that gives the opinions of the editors or publishers
- Eyebrow a descriptive keyword or phrase placed above the main headline and blurb. It appears in a smaller font and sums up the content in just a few words
- Feature a feature is a longer piece of writing than a news story and is often the leading story on a front page
- **Flipbook** a flipbook is a digital publication that is formatted to look like a real publication with a page-turning effect, a shadow in the middle and even a page-flipping sound
- **Folio** text that appears at the top/bottom of a page and tells you the date, the name of the publication and assorted other utilities, including what the content of the page is
- Fractional ads print advert occupying part of a page (1/8, 1/4, or l/2 a page) as distinguished from a full-page ad.
- Google Suite the online software used for making presentations, documents, websites, and Google Classroom
- **Kerning** Kerning is the spacing between individual letters or characters
- Layouts the placement of features on a print page
- Leading leading is the space between multiple lines of type, which can be as few as two lines of type to, well, as many lines as needed
- Masthead the name for the title of a magazine
- Output specs the format that the finished product is delivered in .pdf for example
- Perfect binding a form of bookbinding in which the leaves are bound by glueing rather than sewing
- Portfolio a showcase of work presented either digitally or physically
- Pull-quote a brief, attention-catching quotation taken from the main text of an article and used as a subheading or graphic feature
- Resolution a digital measurement of size, usually measure in horizontal x vertical pixels
- Saddle-stitching folded sheets of paper are nested one within another and attached by staples through the fold
- Sidebar a separate element of text or image that compliment the main element of the page
- **Spine** the bound edge of a magazine
- Spreads a spread in the centre of a magazine, where the two pages are one physical piece of paper
- Stock images royalty free images that are widely available for free online
- Trim size the actual size (as of a book page) after excess material required in production has been cut off
- **Typography** the font, size and style of text
- **Vector images** art that's made up of mathematical formulas e.g. lines, curves, shapes etc.
- White space areas of intentionally blank space



### Camera Shots, Angles and Movement

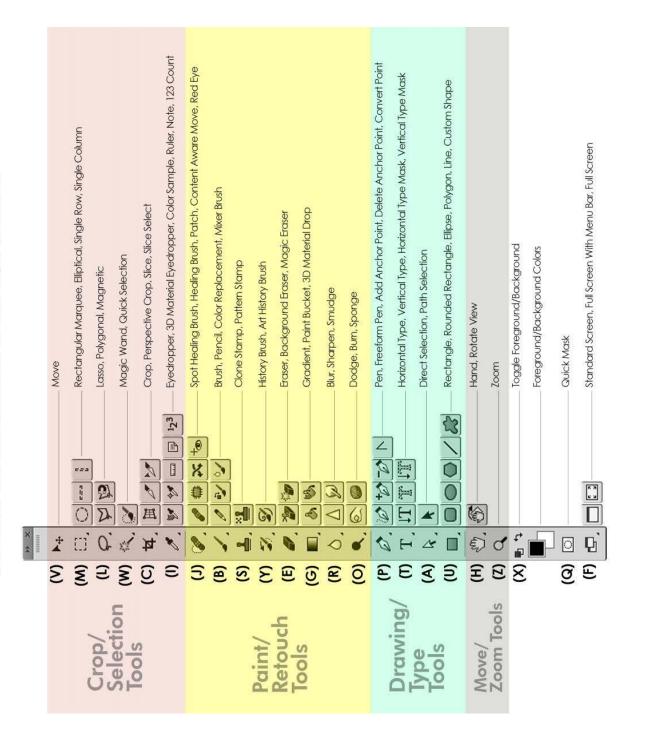






# Photoshop Tools Cheat Shee

A small rectangle to the right of each tool signifies more tools in that set. Press & hold down to reveal additional tools. Press the shift key plus the shortcut key (in parenthesis) to toggle between the different tools that share the same keyboard shortcut.

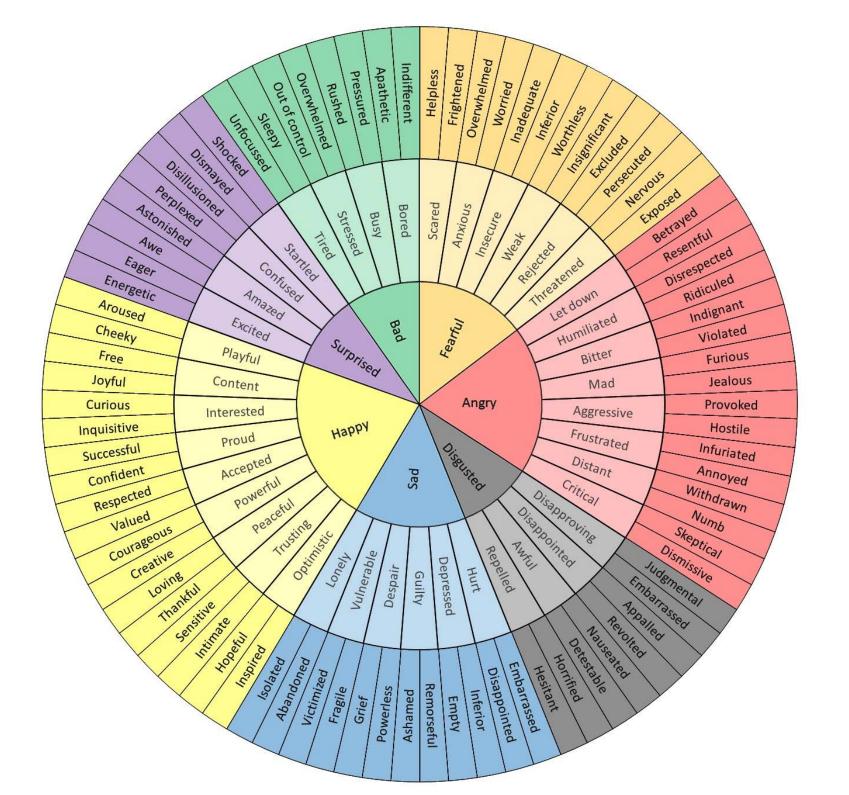




Together: We Care, We Challenge, We Excel

**Big Question:** How does Steinbeck present a theme/character in order to suggest ideas about society? **End point task:** Written assessment using the techniques they have studied as part of 'Of Mice and Men'

Where is this learning coming from?	Where is this learning going? What will you know as a result of this?	Career links:	
In Year 7 and 8 you will have studied different novels like Animal Farm and The Giver. Of Mice and Men is another novel where you explore themes and historical events through the characters' eyes.	The skills will be built on from previous learning and will filter into studying the novel Jekyll and Hyde at GCSE. You will be able to apply specific terminology to the novel and understand how the context of the era can impact a reader's understanding. You will also understand about character and plot and be introduced to some creative writing.	This unit of learning can help lead to:  Degrees in: English Language, English Literature, Drama, Creative writing.  Careers in: Journalism, Creative writing, Literary Critic, Publishing	
Topic area	Core knowledge/vocabulary		
Context	<ul> <li>The Great Depression - worldwide economic downturn that began in 1929 and lasted until about 1939. It was the longest and most severe depression ever experienced by the industrialised Western world, sparking fundamental changes in economic institutions, macroeconomic policy, and economic theory.</li> <li>Segregation - The systematic separation of people from different ethnic groups or religions.</li> </ul>		
Applying context while reading	Reading through the novel		
George and Lennie	<ul> <li>Zoomorphism - humans being described as animals.</li> <li>Superlatives - When something is the most it can be</li> <li>Infantilisation - Treating someone who is not a child as if they were a child.</li> </ul>		
Symbolism	<ul> <li>Symbolism - An indirect way of telling you, through using images or language that give us a suggestion about something</li> <li>Dichotomy - A division or contrast between two things that are represented as being entirely different.</li> </ul>		
Archetypes	Archetype - a very typical example of a certain person or thing.		
Character explorations	<ul> <li>Metaphor - Symbolism of the name Crooks</li> <li>Connotations - What is inferred from the names and metaphors</li> </ul>		
Structural devices	<ul> <li>Use of allegory at the beginning of the story and at the end</li> <li>Links to the allegories and the action in the story</li> </ul>		
Racism	<ul> <li>Segregation - The separation of black and white workers on the ranch</li> <li>Prejudice - a preconceived opinion not based on fact</li> </ul>		
Universal drive	<ul> <li>What drives the characters, character traits and specific qualities</li> <li>How is the character constructed?</li> </ul>		





What?	How?	Why?
The writer has chosen to portray	Perhaps the most significant example of this	When we consider that in this period of time
The writer deploys	The writer draws our attention to this with the phrase	The audience/readers would be aware ofso
The writer utilises		
The writer has characterised	In particular, their use of the character/line/language term	The writer is positioning the reader to
The writer has made a link between	When we consider that the wordspecifically means	The writer is highlighting to the reader
The writer deliberately compares	The connotations of suggest that	The writer causes the reader to consider
The writer has chosen to emphasise	A key quotation to link to this idea is	You get the impression that the writer wants to
The writer usesto suggest	By havinguse the words the writer is suggesting	When we consider that earlier/later on in the novel
The writer emphasises the		
importance of		The writer is showing us this now because

Noun: A noun is a person, place, thing, quality, or act.

Examples: pencil, girl, supermarket, happiness

Verb: Verbs are action or existence words that tell what nouns do.

Examples: to fly, to run, to be, jump, lived

Adjective: An adjective describes a noun.

Examples: hairy, crazy, wonderful

Adverb: An adverb describes a verb, adjective, or adverb. It often ends in "ly".

Examples: carefully, easily, barely

Interjection: An outcry or sudden utterance. Usually starts a sentence.

Examples: Wow, Gosh, Darn

Preposition: A preposition describes the relationship between a noun and another noun

(or verb or adverb).

Examples: to, under, for, at, by, from

Conjunction: A conjunction joins together words, phrases, or clauses.

Examples: and, or, but

Pronoun: A pronoun replaces a noun or noun phrase that is understood from context.

Examples: he, it, they

Devices: basic	Devices: structural	Authorial POV	Reader reaction
implies	mirrors	proposes	inspires
suggests	reflects	criticises	shocks
connotes	links	questions	horrifies
denotes	connects	explores	evokes
portrays	reveals	exposes	sympathises
symbolises	contrasts	conforms	intrigues
indicates	juxtaposes	subverts	provokes
amplifies	foreshadows	contradicts	disgusts
emphasises	repeats	celebrates	motivates

### LITERARY DEVICES

Simile - A comparison using the words 'like' or 'as'.

Metaphor - A comparison NOT using 'like' or 'as'.

<u>Alliteration</u> - Repetition of same letter sounds in two or more consecutive words.

<u>Personification / Anthropomorphism</u> - Giving human characteristics / actions to things.

Onomatopoeia - Words that sound like the thing it is describing.

Repetition - Repeating a word or phrase.

<u>Irony</u> - A word / phrase which is the opposite of their literal meaning.

<u>Hyperbole</u> - Deliberate exaggeration to emphasise a point. Not to be taken literally.

Rhyme - Words that sound similar.

<u>Rhythm</u> - Regular movement, because of the recurrence of a beat - often rhymed.

<u>Assonance</u> - Repetition of vowel sounds, creating internal rhyme.

<u>Dissonance</u> - Inharmonious sounds / syllables in words to create a harsh tone.

Allegory - Something has a symbolic (deeper) meaning. An extended metaphor.

<u>Symbolism</u> - Where one thing represents something else.

<u>Caesura</u> - A break or pause, usually in the middle of a line, shown by punctuation.

Oxymoron - Two contradictory (opposite) words placed together for effect.

<u>Juxtaposition</u> - Putting two words close together - especially contrasting (opposite) ones.

Enjambment - Sentence carries on from one line to the next - no pause / punctuation.

@POETRYESSAY





**Big Question:** How are places different?

End point task: Summative assessment, to track progress and understanding of topic content.

Where is this learning coming from?	What will you know as a result of this?	Career links:
In year 7 you studied Brazil and in year 8 you studied globalisation. Marvellous places will deepen your locational knowledge. The national curriculum states that students need to deepen their spatial awareness of the world's countries and this topic seeks to do just that.	You will have a greater locational understanding of countries and nations around the world and their global impact.	<ul> <li>Cartographer</li> <li>Geographic Information Systems (GIS) Specialist</li> <li>Environmental Scientist</li> <li>Geologist</li> <li>Climatologist</li> <li>Remote Sensing Specialist</li> <li>Hydrologist</li> <li>Geospatial Analyst</li> </ul>
Topic area	Core knowledge	

- 1. Russia, where is it? Russia covers 17 million square kilometers and is the largest country in the world.
  - Within the landmass of Russia there is a variety of biomes; mountain rangers, tundra, temperate forest, Steppe, taiga.
  - Russia spans 11 time zones
- 2. Russia's Riches Russia has a wealth of natural resources, in particular oil and gas reserves.
  - Geopolitical competition led to both USA and Russia seeking oil-rich landmassess during the cold war.
- 3. Where is China? China is located in Asia and contains within it the Himalayas.
  - It is located South of Mongolia and just North of the tropic of Cancer.
- 4. How did China build a nation? The impact of globalisation and the political changes in China have boosted China's economy over the last 40 years.
  - Having battled through multiple wars, and through seeking more and more resources China has become the second largest economy in the world.
- 5. Africa, it's not a country. One of the biggest locational misconceptions made is that Africa is a country. It is in fact a continent which comprises 54 different counties.
  - Within Africa lie 9 different biomes ranging from deserts to tropical savannas.
- **6. Rich vs Poor of Africa.** Africa is the 2nd biggest continent in the world, and as a result of various historical, physical and economic causes it has a huge disparity between areas of rich and poor population.
  - Nigeria is the richest country in Africa with a GDP of \$440,834 million whereas Burundi has a GDP of \$771.
- 7. Where is the Middle East? The middle East is made up of 18 different countries including Libya, Saudi Arabia and Turkey.
  - The Middle East is well known for its supply of gas and oil, and as a result of this there have been wars waged and funded by various super powers around the world.
- 8. Conflict in the Middle East Over the past century there has been conflict between middle eastern countries. Some of this is a result of border disputes, where does one country end and another begin? The finding of oil has played a part in the conflict, as many super powers as they developed wanted to have access to resources and so back different countries depending on their personal agendas.
- 9. End Point Task: This will include a range of different questions to check your geographic understanding and skills
- 10. DIRT: A chance to see when you did well and how you could improve next time.

### **Key Words**

**Biome** - an area classified according to the species that live in that location **Geopolitics** - the study of how geography affects politics and international relations. **Landmasses** - a large region or area of land that is in one piece and not broken up by oceans



Together: We Care, We Challenge, We Excel



### More Keywords

Time zone - an area which observes a uniform standard time for legal, commercial and social purposes

**Globalisation** - The process by which countries become increasingly more interconnected.

Resources - any physical material constituting part of Earth that people need and value

Oil/gas/coal reserve - a location where the desired resource can be found.

Misconceptions - a view or opinion that is incorrect because it is based on faulty thinking or understanding.

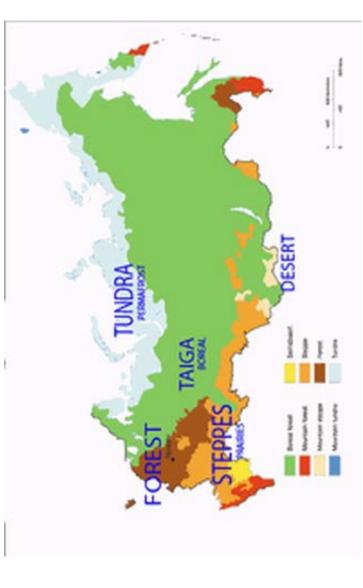
**GDP** - Gross Domestic Product

Economy - to do with money

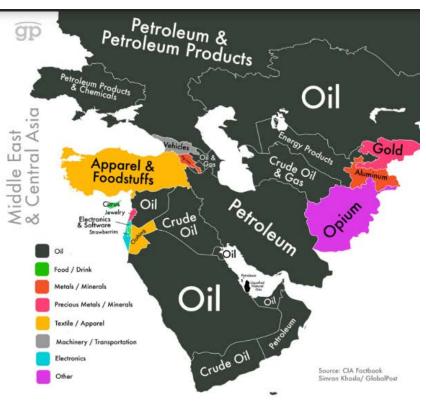
**Conflict** - different groups of people with competing interests fighting

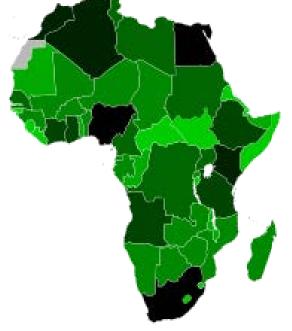
Thesaurus								
Sequencing	Example	s Developing	Alte	natives	Comparing	Additions	Emphasise	
Firstly	For example	because	Where	as	Similarly	And	Above all	
Secondly	For instance	Thus	Instead	d of	Likewise	Also	Ultimately	
Next	such as	SO	Nevert	heless	In the same way	As well as	Especially	
Finally	In the case of	This links to Alterna		atively	Equally	Moreover	Significantly	
Since	As seen in	This means In co		trast	100 10001	Furthermore	Importantly	
		Furthermore	Howev	er er		along with	9355	
		Consequently	Althou	gh		as a		
		Therefore	Otherv	vise		consequence		
		This leads to	On the	other		Including		
			hand			which will lead		
			Then a	gain		to	0	
Decision making								
How important, successful		How far do you agree?			Opinions	Cond	clusion	
OR significant?								
Extremely		Completely					Overall because	
Very		Strongly				In conclusion		
Quite/moderate						0.73)	Considering the evidence stated	
Somewhat/slightly						1.6	above, my conclusion is	
Minor / little		disagree		It is my be	SCHOOL STEPS COMMENT	The best option	is because	
Command word sentence starters								
Expla		Suggest		-	o what extent		ite/Discuss	
		This may happen because		is more important than			The main advantage(s) of	
		This may have been formed		more effective than		are becau	useas shown	
This means that		by		is successful because		by		
This is formed by		This may be because		but on the other hand		However the	e main	
Therefore		This could result in		To some extent		disadvantag	disadvantage(s) of	
This may be because				J		arebecau	seas shown	
This will result in		Created by @Mrs_Geography			hy	by and so		















TERM: Autumn 1



**Big Question:** Invasion and migration pre 1066- present. Who had the greatest impact on Britain pre 1066 and what can we learn about migration?

End point task: Extended writing- Who had the greatest impact?

Where is this learning coming from?	Where is this learning going? What will you know as a result of this?	Career links:
Primary school projects You may have completed projects in your primary school on certain aspects of life pre 1066 or migration to Britain  Year 7 and 8 history You have the chronological overview to help to apply the case studies we will look at.  Disciplinary concepts such as cause, consequence, change and continuity as well as substantive concepts such as power, empire, culture and society are all revisited.	You will find out who the different settlers were, what changes and developments they brought and how this impacted on people both pre 1066- present You will see the long term impacts of these changes and how interpretations of the role of key societies and individuals are important in today's society.  Many of you will continue with GCSE history and this learning will feed into the GCSE Paper 1 on Crime and Punishment, showing how the changes in society can affect changes in the types of crimes and punishments.  Some of you will study History A level and these skills will continue to be developed.	There are a number of career paths linked directly and indirectly to this topic. Below is a list of organisations and/ or careers which involve using the skills and knowledge gained in this unit:  - English Heritage and The National Trust  - Record Offices, Archives, Libraries and Universities  - Archaeology, Architecture and the conservation of buildings or artefacts  - Museums and galleries  - Teaching in schools
Topic area	Core knowledge	
Lesson 1. Introduction- invasion, settlers and immigrants	<ul> <li>Key terms used in this unit- settler, invader, migrant</li> <li>Geographical overview of who came and where from</li> </ul>	
Lesson 2. First people	<ul> <li>First people came across a land bridge from Europe c2,000 BCE</li> <li>They were hunter gatherers and this was known as the Old Stone Age</li> <li>After the Ice Age people gradually learnt how to farm and settle, building structures from wood and stone. This was known as the New Stone Age.</li> </ul>	
Lesson 3. Bronze Age Merrivale	- Bronze Age people constructed many monuments in Britain with over 1300 still seen across the country, eg Merrivale in Devon	
Lesson 4. Dartmoor legends	- <mark>Local history</mark> researching the <mark>myths and legends</mark> s	urrounding Tavistock and Devon.
Lesson 5. Celts and Romans	<ul> <li>The Celts came from Europe about 500 BCE.</li> <li>Languages still used today from the Celts include Gaelic, Irish, Welsh and Cornish</li> <li>The first attempt to conquer Britain was by Julius Caesar in 55 BCE, which was not successful. In 43 CE the Romans came again under Claudius and this time Britain became part of the Roman Empire.</li> <li>The legacy of the Romans was significant in areas such as language, architecture, health and medicine and law.</li> </ul>	
Lesson 6. Saxons and Vikings	- Saxon Sutton Hoo site- what clues does it give us? - Viking impact on Britain	
Lesson 7. Assessment- greatest impact?	- <mark>Judgement</mark> question using PEEL paragraph structure	
Lesson 8 and 9. Migration to Britain 400 CE to present	<ul> <li>Research lesson identifying changes and continuities in patterns and reasons for migration to Britain across different time periods</li> <li>Where, when and why migrants came to Britain</li> </ul>	
Lesson 10. Post WW2 migration to Britain	<ul> <li>Push and pull factors as reasons for migration</li> <li>Case studies to investigate- Pakistani, Caribbean, E</li> </ul>	East African Asian, Polish immigrants

### History Key Stage 3 skills

millenium

### Literacy for key disciplinary concepts and processes



### Chronology time chronological past date sequence present BCF order future CF hefore decade timeline after century

anachronism

### **Diversity** similar race different religion multicultural ethnicity diverse background experience culture citizen variety gender unique

### Change and continuity continued period positive progress development status quo changed transformed evolve remained regressed upheld maintained negative growth rapid

### Significance signified importance extent turning point scale meaningfulness impact implication effect substance vital worth expressed value intended relevant

Cause and	consequence
because	hence
due to	therefore
effect	trigger
thus	result of
consequently	leads to
stemming from	reaction
as a result	causation
long term	response
320	

Interp	retations
opinion	hypothesis
point of view	suggests
findings	perspective
research	alternative
according to	account
argument	agrees
case	differs
represent	historiography

Evidence			
inference	reliability	origin	
source	contemporary	nature	
primary source	utility	date	
secondary source	provenance	context	
compare	historian	content	
contrast	purpose	cross reference	

	Enquiry	
how far?	research	challenge
to what extent?	why?	decide
reasons	who?	when?
judgement	what happened?	consider
how important?	what if?	assess
questioning	discover	argue

### How can I improve my writing in history?

### **Emphasising**

- Most of all ...
- Above all...
- clearly
- in particular
- especially
- significantly
- indeed

### Adding

- and
- as well as
- also
- too
- in addition
- additionally
- furthermore
- moreover

- It seems that ....
- To conclude...
- It would seem...
- One might consider/suggest...

### Cause and effect

- because
- so
- As a result...
- This suggests...
- Therefore...
- Thus...
- Consequently...
- -This implies...

### Qualifying

- and
- as well as
- also
- too
- In addition...
- Additionally...
- Furthermore...
- moreover

### Comparing

- and
- as well as
- also
- too
- in addition
- additionally
- furthermore - moreover

### Sequencing

- then
- next
- after
- in the end
- Firstly/ Secondly...
- Finally...
- meanwhile
- subsequently

### Opinion / judgement

- In conclusion...

- One might deduce/infer...

### Contrasting

- however
- instead of
- on the other hand
- unlike
- despite this
- whereas
- alternatively - on the contrary
- nevertheless

### Illustrating

- For example ...
- such as
- to show that
- these include
- for instance - in the case of
- as revealed by

### Capital Letters

- Names of people / titles / things e.g. Winston Churchill, Prime Minister, Domesday Book
- Places
- e.g. Britain, Germany, London, Houses of Parliament
- e.g. World War One, Peasant's Revolt, Battle of Hastings



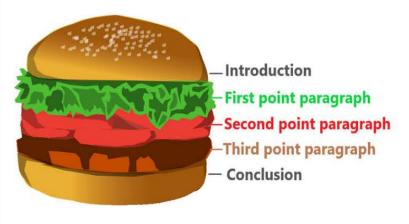
### History Key Stage 3 skills

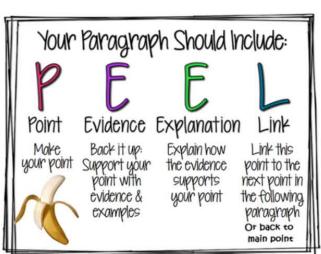
### **Extended writing**



### **Command words and structuring**

Command words and structuring			
Describe 2 key features of	Explain a consequence of		
Advice Think of what you know about the topic the question is asking     Give 2 clear, different features     Fully support each key feature and include evidence  Sentence starters One key feature of (add supporting detail) Another key feature of	Advice Think of the event and what has happened as a result of it Give a clear consequence Explain the consequence  Sentence starters One consequence of is This meant that / led to / caused		
Explain why	How far do you agree?		
Advice Think of reasons why something has happened Use the PEEL structure for your answers P = Point (give the reason) E = Evidence (give examples to support) E = Explanation (explain the examples and their relevance) L = Link (link back to the question	<ul> <li>Advice</li> <li>You will need a 2-3 line introduction</li> <li>Give 1-2 paragraphs that <u>agree</u> with the question</li> <li>Give 1-2 paragraphs that <u>disagree</u> with the question</li> <li>Use PEEL to structure each paragraph</li> <li>Finish with a conclusion that compares the two sides of the argument and say your overall vew, whether you agree or disagree.</li> </ul>		
Sentence starters  One reason why is For example and This meant that Therefore	Structure Introduction Paragraph 1-2 PEEL - agree Paragraph 3-4 PEEL - disagree Conclusion - In conclusion However Therefore		







# History Key Stage 3 skills

# Source and interpretations



# **Command words and structuring**

	Sources								
What can you infer from source A about?	How useful is source A for an enquiry into?								
Advice Study the source - read and highlight key parts If it is written; circle and annotate If it is a picture;  What can you guess / suggest about the topic from the source?  Give the inference, then support with a quote / description from the source. No own knowledge needed  Sentence starters One thing I can infer from source A about is I can infer this because it says / shows	<ul> <li>Advice</li> <li>Highlight the enquiry in the question What is the topic?</li> <li>Content - read the source and highlight what it tells you about the enquiry</li> <li>Provenance (nature, origin and purpose) Read the source and consider what the source is, when it was produced and why. Consider it's purpose for how useful</li> <li>OK - own knowledge</li> <li>What do you know about the enquiry to help decide how useful the source is?</li> </ul> Sentence starters <ul> <li>Source A is partly / very / mostly useful for an enquiry into as it says / shows</li> </ul>								
	Source A is useful because of it's provenance. It is a This makes it useful because      From my own knowledge, I know that This makes the source useful      Overall								







#### **Interpretations**

What is the main difference between interpretations 1 and 2

- Read both interpretations and highlight key parts
- What does each interpretation suggest? summarise in your own words in 1 sentence
- What is the difference between the two?

#### Sentence starters

The main difference between interpretatio	ns 1 and 2 is	<del></del>
Interpretation1 suggests	as it says "	"
Whereas interpretation 2 suggests	as it savs"	

SUBJECT: Maths YEAR: 9 TERM: Autumn 1

**OVERARCHING THEMES -**Understand place value. Solve addition, subtraction, multiplication and division problems involving integers, negatives and decimals. Working with Indices and Standard Form. Algebra revision

#### Did you know?

#### Pythagoras (570 - 490 BC)

Where is this learning coming from?

The ancient Greek, Pythagoras, is one of the most famous and well-known mathematicians in all of history. He is most known for the Pythagorean Theorem, which continues to serve as one of the cornerstones of the field of geometry. His contributions forever changed the way that mathematicians think about and understand triangular relationships.



where is this tearning going:
Year 9 Straight line graphs
Developing algebraic and graphical fluency including the
understanding linear and quadratic functions
Year 9 Sequences
Use appropriate language to describe sequences.
Be able to generate the nth term rule from a sequence of
numbers

#### What will you know as a result of this?

You will be able to:

- Make connections between number relationships, complete calculations confidently including with negative numbers and powers with respect to BIDMAS
- Be able to change between standard and ordinary form and complete calculations using standard form
- Understand the difference between an equation, an expression and an identity
- Be able to round to a given accuracy and use estimation effectively
- Complete various algebraic manipulations

#### Career links:

Finance

Accounting

Statistician

**Teaching** 

Cartographer

Geospatial technician

Where is this learning going?

Research analyst

Actuary



#### Useful weblinks:

Sparxmaths.com

Desmos.com

https://www.transum.org/software/SW/Starter\_of\_the\_day/Students/Brackets.asp

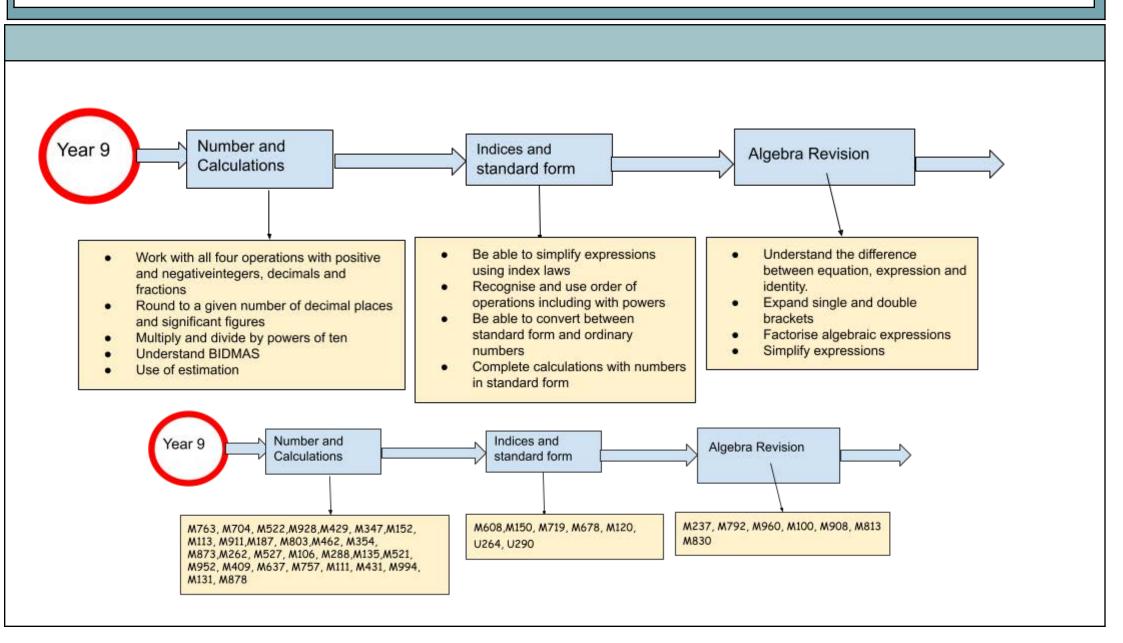




SUBJECT: MATHEMATICS YEAR: 9 TERM: Autumn 1

**OVERARCHING THEMES -** Understand place value. Solve addition, subtraction,

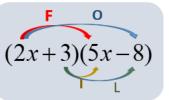
multiplication and division problems involving integers, negatives and decimals. Working with Indices and Standard Form. Algebra revision



Key words: expression, identity, equation, standard form, operation, BIDMAS, Factorise, Indices

Useful weblinks: <u>www.whiterosemaths.com</u> www.sparx.co.uk





First:  $(2x)(5x) = 10x^2$ 

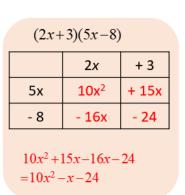
Outer: (2x)(-8) = -16x

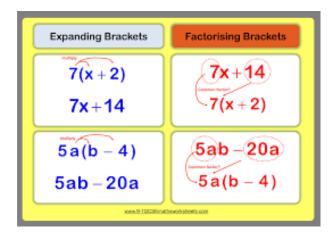
**Inner:** (3)(5x) = 15x

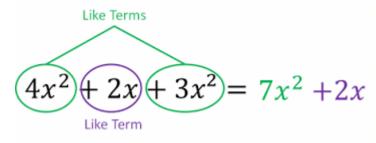
**Last:** (3)(-8) = -24

$$(2x+3)(5x-8)$$
= 10x<sup>2</sup> - 16x + 15x - 24  
= 10x<sup>2</sup> - x - 24

#### **Grid Method**







# **Standard Form**

Positive Power = Large Number

 $4.3 \times 10^6 = 4300000$ 

Negative Power = Small Number

 $2.1 \times 10^{-3} = 0.021$ 

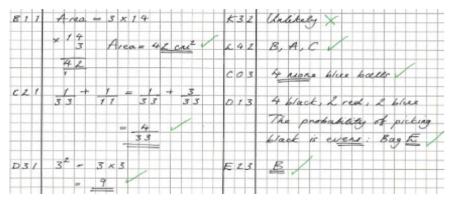
×	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
ž	2	4	6	8	10	12	14	16	18	50	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	46
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	27	35	42	49	56	63	70	77	84
٠	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
52	12	24	36	46	60	72	84	96	108	120	132	144

## **SPARX**

tavistockcollege.sparxmaths.uk/student

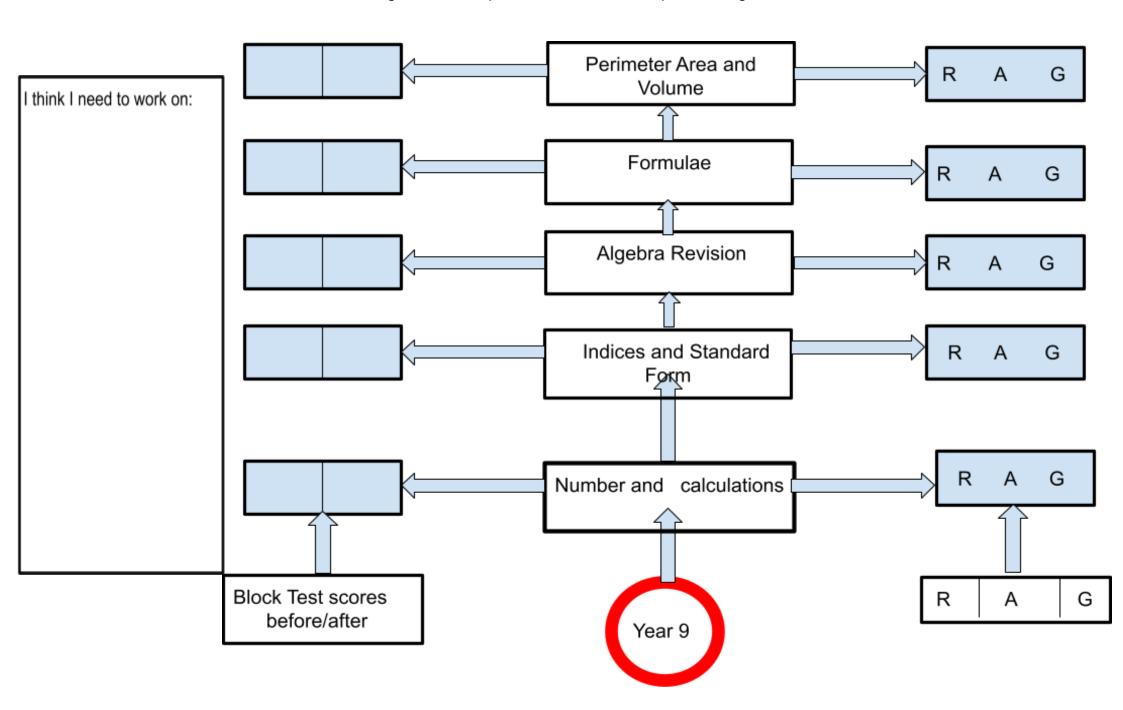
#### **Username:**

- 1. Write the bookwork code.
- 2. Write the questions, your workings and your answer.
- 3. Check and correct your answer using a different coloured pen.
- 5. Check and correct your answer using a different coloured pen.



4. If you are unsure of a question, make sure you watch the video. Your homework is only complete when you have answered every question correct

Use this diagram to record your scores and reflect on your learning this term.



SUBJECT: French YEAR: 9 TERM: Autumn 1



Big Question: Où habites-tu?

**End point task:** Written task about where you live, what there is to do in your area and your opinion.

#### Did you know?

- French is spoken by over 300 million Francophones (aka French speakers)
  all over the world on 5 continents. The most populous country where
  French is the official language is the Democratic Republic of the Congo in
  Africa, followed by France and Canada.
- The Lille Braderie is a braderie, or annual street market, that takes place on the weekend of the first Sunday of September in Lille, France, in the northern Hauts-de-France region. People eat something called 'un welsh', a speciality dish in the North of France made of melted cheddar, ham, bread and beer, all topped with an egg and served with fries. They also drink lots of beer! It dates back to the 12th century, welcoming nearly three million visitors each year.
- French Is The 6th Most Spoken Language In The World With nearly 80 million native speakers and over 274 million speakers worldwide, French is one of the most popular languages in the world. In fact, French is an official language of 29 countries and is the sixth most spoken language in the world.



A pile of mussels at the Lille Braderie



'Le welsh'

#### Where is this learning going?

#### You will learn how to:

- Say where you live
- Say where your town, neighbourhood and home are located

**Grammar: il (n')y a (pas)**- how to say there is/are and how to make it negative

#### Key sentence patterns:

- J'habite à+ location
- J'aime car + c'est + adjective
- J'aime car + il (n') y a (pas) + noun phrase
- J'aime + on (ne) peut (pas)+ infinitive

#### **End point task**

Write a short description of yourself (approx 50 words) in Spanish. You must write something about each bullet point. Mention:

- where you live
- where it is located
- what there is/isn't in your town
- what there is to do
- your opinion

#### Career links:

Learning a language opens doors to new countries, cultures, and experiences. It encourages strengths such as:

- Enhanced Problem Solving Skills.
- Improved Memory Function (long & short-term)
- Enhanced Creative Thinking Capacity.

It can lead into all career paths and is impressive to all employers! You could become:

- A Spy
- A translator or interpreter
- A CEO
- An influencer
- A teacher, and many more!



#### Useful weblinks:

https://uk.language-gym.com https://www.languagesonline.org.uk/Hotpotatoes https://guizlet.com





	Asses	sment point							
Writing Exemplar	J'habite à Tavistock, dans le sud-ouest de l'Angleterre. Dans le centre, il y a un grand parc et nous avons beaucoup de restaurants et de cafés. Cependant, près de chez moi, il n'y a pas beaucoup à faire pour les jeunes et nous n'avons pas de centre sportif. J'aime mon quartier car il est propre et on peut se promener. (60 words)								
Speaking (you will answer these)	Où habites-tu? Décris ta ville / ton quartier Quelle est la meilleure chose dans ta ville? Quelle est la pire chose de ta ville?								
Reading Example	Answer questions about a text like:  Je m'appelle Camille. J'habite à Bordeaux, mais je suis de Marseille. Bordeaux se trouve dans le sud-ouest de la France. J'habite dans une petite rue au bord de la mer, c'est tellement beau! Près de chez moi il y a beaucoup de choses à faire parce que nous avons plein de restaurants et un cinéma. On peut aussi aller à la plage et faire du surf- j'adore surfer avec mes amis! En général, j'aime mon quartier parce qu'il est sûr et nous avons un grand parc. Cependant, ce que je n'aime pas dans mon quartier c'est qu'il y a beaucoup de bruit et de circulation.								
Reading aloud (You will have to read these aloud)	J'habite à Londres, c'est dans le sud-est de l'Angleterr Près de chez moi, il y a beaucoup de restaurants Aussi, il y a un grand parc mais il n'y a pas de cinéma Dans ma ville il y a beaucoup de choses à faire Dans le centre, nous avons beaucoup de bâtiments and Cependant, dans mon quartier il n'y a pas beaucoup à Dans ma rue, nous n'avons pas de magasins	ciens							
Translation (These will be in retrieval starters and vocab tests)	I live in Paris. and it is in the north of France.  Near my house there is a big park and a pedestrian street.  There isn't a cinema but there are many things to do.  We have a sports centre but there aren't many things to see  We don't have many shops but there are many restaurants	I like my neighbourhood because it is safe and there isn't a lot of pollution.  I don't like my neighbourhood because it is dirty.  There is a lot of noise and one cannot eat well.  I like my neighbourhood because one can do sport.  I don't like my neighbourhood because one cannot go for a walk							

# Saying where I live

J'habite à [I live in] Nous habitons à [We live in]	Berlin Cardiff Dublin Édimbourg Londres Madrid Nice Paris Rome	C'est dans [lt is in]	le centre de le nord de l'est de le sud de l'ouest de le nord-ouest de le sud-est de	l'Allemagne l'Australie l'Écosse l'Espagne la France du Pays de Galles l'Angleterre l'Irlande l'Italie
--	--	--------------------------	---	--

Près de chez moi [Near my house]	il y a [there is/are]	un aquarium [an aquarium] beaucoup de jeunes [lots of young people] des cafés [cafés]	un centre sportif [a sports centre] un cinéma [a cinema] un club de jeunes		
Dans ma ville [In my city]  Dans le centre	il n'y a pas (de) [there isn't/ aren't]	un centre commercial [a mall] des restaurants [restaurants] une rue piétonne [a pedestrian street]	[a youth club] un grand parc [a big park] un jardin botanique [a botanical garden]		
[In the centre]  Dans mon	nous avons	beaucoup à faire pour les jeur beaucoup de choses à faire [m beaucoup de choses à voir [ma			
quartier [In my neighbourhood]  Dans ma rue [In my street]	[we have] nous n'avons pas [we do not have]	beaucoup de/d' plein de/d' [a lot of/many]	jolies rues [beautiful streets] installations sportives [sports facilities] magasins [shops] restaurants [restaurants] vieux bâtiments [old buildings]		

	c'est [it is]	dangereux [dangerous] sûr [safe]		
J'aime mon quartier car [I like my neighbourhood because]	il est [it is]	bien/mal tenu [well/badly kept] propre [clean] sale [dirty]		
Je n'aime pas mon quartier car [I don't like my neighbourhood because]	il (n') y a (pas) [there is -not-]	beaucoup de bruit [a lot of noise] beaucoup de circulation [a lot of traffic] beaucoup de pollution [a lot of pollution]		
	on (ne) peut (pas) [one can -not-]	bien manger [eat well] faire du sport [do sport] se promener [go for a walk]		



SUBJECT: Spanish YEAR: 9 TERM: Autumn 1



Big Question: ¿Dónde vives?

**End point task:** Written task about where you live, what there is to do in your area and your opinion.

#### Did you know?

- Flamenco Biennial: This is a flamenco festival that takes place every two years in September and October in Seville or Málaga. It is one of the most important flamenco events in the world and it showcases the best artists and performers of this art form. The festival includes concerts, workshops, exhibitions and competitions.
- Stomp Festival: This is a grape stomping festival that takes place on September 18th in Laguardia, in the province of Álava. It celebrates the grape harvest and the wine culture of Rioja Alavesa, a sub-region of La Rioja. The festival involves stomping grapes with bare feet in large wooden tubs and collecting the juice in jugs. It also includes music, dancing and lots of food.
- October 12th is Spain's National Day, also known as Dia de Nacionalidad Española, is celebrated on October 12th. This date commemorates the discovery of America by Christopher Columbus in 1492. It is a public holiday in Spain and many Spanish-speaking countries. The first recorded celebration of this day took place in Madrid in 1788.



#### Where is this learning going?

#### You will learn how to:

- Say where you live
- Say where your town, neighbourhood and home are located
- Say what is/isn't in your town
- Say what there is to do
- Give your opinion

#### Key sentence patterns:

- Vivo en + location
- Me gusta porque + (no) es/está + adjective
- Me gusta porque + (no) hay + noun phrase
- Me gusta porque + (no) se puede + infinitive

**Grammar: "ser" vs "estar"** - they both mean **"to be"** but are used for different things

#### End point task

Write a short description about where you live (approx 50 words) in Spanish. You must write something about each bullet point. Mention:

- where you live
- where it is located
- what there is/isn't in your town
- what there is to do
- your opinion

#### Career links:

Learning a language opens doors to new countries, cultures, and experiences. It encourages strengths such as:

- Enhanced Problem Solving Skills.
- Improved Memory Function (long & short-term)
- Enhanced Creative Thinking Capacity.

It can lead into all career paths and is impressive to all employers! You could become:

- A Spy
- A translator or interpreter
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- A teacher, and many more!



#### Useful weblinks:

https://uk.language-gym.com https://www.languagesonline.org.uk/Hotpotatoes https://guizlet.com



		Assessment point							
Writing Exemplar	cafeterías. Sin embargo, cerca de mi c	Vivo en Tavistock. Está en el suroeste de Inglaterra. En el centro hay un parque grande y tenemos muchos restaurantes y cafeterías. Sin embargo, cerca de mi casa no hay mucho que hacer para los jóvenes. No hay muchas tiendas y no tenemos un colideportivo. Me gusta mi barrio porque es seguro y está limpio y se puede pasear. (59 words)							
Speaking (you will answer these)	Dónde vives? Describe tu ciudad / pueblo Qué es lo mejor de tu pueblo? Qué es lo peor de tu pueblo?								
Reading Example	Answer questions about a text like:  Me llamo Marta. Vivo en Barcelona, pero soy de Alcalá de Henares. Barcelona está situada en el noreste de España . Vivo en un barrio muy bonito, en el centro de la ciudad. En mi barrio hay muchísimos edificios históricos, pero no hay muchas instalaciones deportivas. Sin embargo, hay mucho que hacer para los jóvenes ¡Mi barrio es más animado! Hay muchos bares y restaurantes. También hay muchas tiendas buenas. Por lo general, la gente de mi barrio es muy simpática. Lo que no me gusta es que hay demasiados turistas, así que (therefore) hay mucho ruido.								
Reading aloud (You will have to read these aloud)	Vivo en Londres, está en el sureste de Inglaterra. Cerca de mi casa hay muchos restaurantes. También hay un parque grande pero no hay un cine. En mi ciudad hay muchas cosas que hacer. En el centro tenemos muchos edificios antiguos. Sin embargo, en mi barrio no hay mucho que hacer para los jóvenes. En mi calle no tenemos muchas tiendas.								
Translation (These will be in retrieval starters and vocab tests)	I live in Madrid.  I like my neighbourhood because it is safe.								



# Saying where I live

			- Cu	ying where	1 11 7 0		
Vivo en I live in Vivimos en We live in			E <b>stá en</b> t is in	el centro de the centre of el norte de the north of el este de the east of el sur de the south of el oeste de the west of el noreste de the northeast of el noroeste de the northwest of el sureste de the southeast of el suroeste de the southeast of		of Inglaterra	
Cerca de mi casa Near my house  En mi ciudad In my city  hay there is/		<b>/</b>	cafeterías - cafes restaurantes - restaurants muchos jóvenes - lots of young people una calle peatonal - a pedestrian street un acuario - an aquarium un centro comercial - a shopping centre		un cine - a cinema un club juvenil - a youth club un parque grande - a big park un polideportivo - a sports centre un jardín botánico - a botanical garden		
En el centro In the centre				muchas cosas que hacer - lots of things to do muchas cosas que ver - lots of things to see mucho que hacer para los jóvenes - a lot to do for young people			
En mi barrio In my neighbourhood  mi calle  teneme we have			muchas - many (feminine plural)		calles bonitas - pretty streets instalaciones deportivas - sports facilities tiendas - shops		
In my street			n't have	muchos - many (masculine plural)		edificios antiguos - old buildings restaurantes - restaurants	
			es - it (perma	is anent/description)	peligroso - dangerous seguro - safe		
(No) me gusta mi barrio porque			está - (tempo e	it is orary/location)	limpio - clean sucio - dirty bien cuidado - well kept mal cuidado - badly kept		
I don't like my neighbourhood because		(no) h	•	mucho ruido -			
			1 ' '	e <b>puede</b> - ne cannot	mucho tráfico - a lot of traffic  comer bien - eat well hacer deporte - do sport pasear - go for a walk		

English	Spanish
Where do you live?	¿Dónde vives?
In what part of Spain/England is your city?	¿En qué parte de España/Inglaterra está tu ciudad?
What is there for young people in your city?	¿Qué hay para los jóvenes en tu ciudad?
What tourist places are there in your city?	¿Qué sitios turísticos hay en tu ciudad?
Describe your town/city	Describa su ciudad
Describe your village (very small town)	Describa su pueblo
Do you like your neighbourhood? Why? Why not?	¿Te gusta tu barrio? ¿Por qué? ¿Por qué no?
What is the best thing about your town/city?	¿Qué es lo mejor de tu ciudad?
What is the worst thing about your town/city?	¿Qué es lo peor de tu ciudad?
What are the shops like in your neighbourhood?	¿Cómo son las tiendas en tu barrio?
Do you have a favourite shop? Which is it?	¿Tienes una tienda favorita? ¿Cuál es?
What are the people like in your neighbourhood?	¿Cómo es la gente de tu barrio?

además	como	dado que	0	per o	por eso	por lo tanto	porque	sin embargo	у	ya que
furthermore	as, since	given that	or	but	for that reason	therefore	because	however	and	since/ seeing that



**SUBJECT: Physical Education** 

YEAR: 9

TERM: AUTUMN



The PE bare essentials are divided into the team and individual activities to match the Year 9 PE curriculum mapping. As each PE group will follow these activities in rotations at different times the focus of the bare essentials should be on the activity areas being followed in that specific term.

As a result the activities in the PE bare essentials will be replicated in the Autumn and Spring term.

Big Question: How can I contribute to a successful football and basketball team?

**End point task:** Devise, carry out and adapt a wide range of strategies, tactics and ideas through competitive situations to outwit opponents.

#### Did you know?

#### <u>Football</u>

Football is the most popular sport in the world. It was invented in China around 476 B.C. More than 3.5 billion people watch the FIFA World Cup.

A football game is 90 minutes + stoppage time. The fastest goal ever scored took only 2.4 seconds. Only 8 countries have won the World Cup. Football Club is on a Thursday after-school

#### Basketball

- Basketball is a team sport in which two teams, usually consisting of five players compete
- Michael Jordan holds the record for the most points scored in a single NBA playoffs game
- James Naismith invented basketball.
- The BBL (British Basketball League) consists of 10 teams including Plymouth City Patriots
- A basketball game has 4 quarters each lasting 12 minutes
- Club is on a Tuesday after-school

#### Where is this learning coming from?

- Building upon your knowledge and understanding from year 7.
- Year 7 and 8 was an introductory to these sports at secondary school level where you may have even gone onto represent the school in fixtures. In year 9 we aim to refine technique of passing, shooting, and dribbling further whilst looking at tactical knowledge and strategy used in order to outwit an opponent, further.
- Basic knowledge and understanding of specific techniques and skills
- Basic knowledge and understanding of rules and regulations within the sport
- Basic knowledge and understanding of tactical and strategic plays within the sport.

#### Where is this learning going?

- Answer the end point task
- Understand the rules around these games of football and handball.
- Develop skills to be able to play in and understand the rules of a game situation.
- Perform at extra-curricular clubs and link to community clubs.
- Preparation to progression routes through level 2 and level 3 sports courses through practical performance, analysis of performance and theoretical topics.
- Develop an understanding of the importance of an active and healthy lifestyle.
- Developing leadership skills and opportunities in KS4.

#### What will you know as a result of this?

- Warm up a small group ready for a game.
- Pass the ball correctly, to someone in space
- Understand how to beat an opponent in a 1 v 1 scenario.
- To transition between defence and attack
- How to provide feedback to another student based on their performance within a game, relating to their attacking and defending.
- Describe the strengths and weaknesses in their own and others' performance
- Different tactical strategies depending aiming to outwit and opponent

#### Career links:

- Sports coach
- PE teacher
- Physiotherapist
- Personal trainerSports therapist
- Athlete
- Sports data analyst
- Sport Journalist
- Sports psychologist

#### Useful weblinks:

https://www.thefa.com/

https://www.fourfourtwo.com/

https://www.bbc.co.uk/sport/football

https://www.bbl.org.uk/

https://www.basketballengland.co.uk/

https://www.tavistock-today.co.uk/news/teenagers-call-for-new-court-to-play-basketball-549002

https://www.plymouthcitypatriots.com/

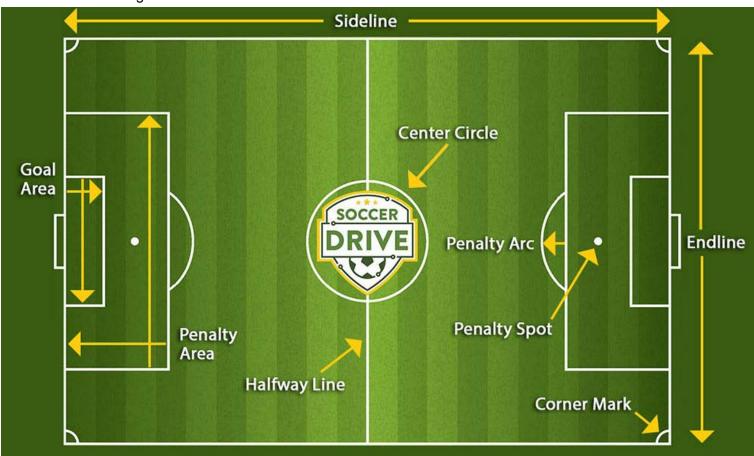




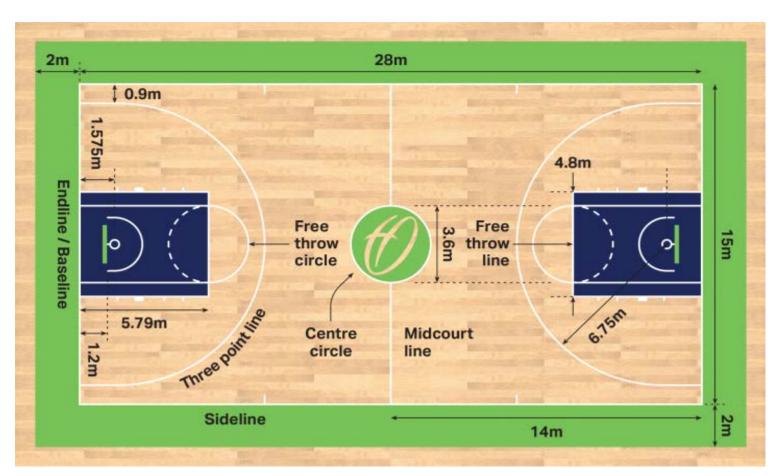
Bare Essentials to remember (words in bold are in your keywords) :	Keywords:		
1. Football: Passing the ball: Pass the ball with variation, correct weight and accuracy. Understand the need to vary the weight and direction of a pass	Changing speed Watching the ball Follow through Direction Speed		
2. Football: Dribbling/moving with the ball: Run at an opponent one on one and move past on the chosen side whilst in possession. Know that different parts of the foot can be used when dribbling			
3. Football: Control/receiving the ball: Control the ball using a variety of methods when under pressure in a game context	Accuracy Possession		
4. Football : Shooting: Shoot with accuracy over different distances.	Body behind the ball Cushion the ball.		
5. Football: Tackling, jockeying, closing down and marking: Delay an opponent's attack in a two vs one situation	Decision making Power		
6. Football: Positional and tactical play: Employ attacking tactics to create scoring opportunities in a game situation Employ defensive tactics to create scoring opportunities in a game situation	Attacking principle Starts Restarts Set plays		
1. Basketball: Passing the ball: Recap different types of basic passing. Pass the ball with variation, correct weight and accuracy. Receive and control the ball using a variety of methods when under pressure in a game context	Team strategy Passing Shooting Goalkeeper		
2. Basketball: dribbling/moving with the ball: To be able to beat an opponent one on one. Run at an opponent one on one and move past on the chosen side whilst in possession	Defence		
3. Basketball: attacking play - receiving the ball to create space:  To be able to receive the ball under control and pass it accurately and quickly To employ offensive/attacking tactics to create scoring opportunities in a game situation	Accuracy Possession Body position shielding		
4. Shooting: develop shooting with accuracy: To be able to shoot with accuracy from two point towards the 3 point line - 24 seconds from gaining possession of the ball to shoot at the basket. To employ attacking tactics to create scoring opportunities in a game situation	Decision making Power Offence principle Defence principle		
5. Developing defensive play: To be able to delay an opponent's attack in a two vs one situation. To improve the consistency, quality and use of defensive principles in games.	Tip Off Restarts Free throw		
6. Positional and tactical play: To know the 24 second rule and rear court violation rules. To organise as a team and select and apply strategies consistently and effectively. To adapt strategies and tactics used in one game and apply them to a different one.	Set plays Team strategy Passing Shooting		



#### Football Pitch Markings



#### **Basketball court Markings**





# **MOTIVATION AND PERSONALITY**

Motivation is a combination of the performer's determination and enthusiasm to achieve their goals and the outside factors which affect them. Motivation can take two forms - **intrinsic and extrinsic** 

#### Intrinsic motivation

where something is done for the enjoyment and good feelings. This is seen as the best type of motivation as you are more likely to continue participating and try hard. Not reliant on anything or anyone.

Extrinsic – gathered through rewards from other people or sources. Can be tangible (where you can touch it) or intangible (can't touch it). Less likely to maintain motivation with this type as it is less likely to heighten enjoyment and you may become reliant on the rewards.



# ZZ YONEY ZZ YONEY 2111

#### Personality type - Extroverts

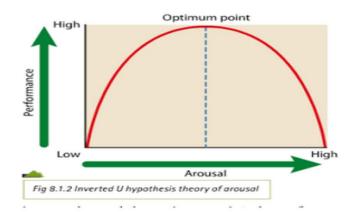
- Sociable individuals and prefer team sports.
- Like fast pace sports that consist of gross skills and low concentration.
- E.g. Rugby and football.

#### Personality type - Introverts

- Like being on their own and participate in individual sports.
- Tend to be shy and quiet.
- Like sports that use fine skills, high concentration and low arousal.
- · E.g. snooker or archery

## **MENTAL PREPARATION**

Arousal: a physical and mental (physiological and psychological) state of alertness/readiness.



The inverted U theory describes the relationship between arousal and performance. This theory states the there is an optimum point or arousal where the athlete will perform at their best. As arousal increases so does performance until after this point where arousal then has a

negative impact on performance.

Methods to control arousal: Deep breathing – Helps to slow heart rate, increase the supply of oxygen to the brain, limiting the impact of arousal.

Methods to control arousal:

Positive self talk – developing positive thoughts about your performance.

Methods to control arousal: Imagery is a mental or psychological technique in which the performer imagines or visualises themselves being successful in their performance. Methods to control arousal:

Mental rehearsal - helps a performer to relax and focus by rehearsing a successful performance in your mind before doing it



SUBJECT: Physical Education YEAR: 9 TERM: Autumn



#### **Big Question:**

Leadership - What makes an effective sports leader?

**Fitness training** - Sportspeople improve their performance through training. What training methods can they use as part of an effective training programme?

#### **End point task:**

**Leadership**: Show initiative in responding to tasks and recognise alternative approaches, understanding how to improve their performance

**Fitness training**: Plan how to improve different aspects of performance by developing fitness through types of training.



#### Did you know?

- Exercising regularly improves brain performance.
- Working out sharpens your memory.
- The heart is the strongest muscle in the body.
- Sign language is the 4th most used language in the UK with 125,000 using sign language
- Working as part of a team helps boost confidence and belief.

#### Where is this learning coming from? Where is this learning going? Building upon your knowledge and understanding from year 8. Answer the end point task Understand how to work effectively with other students to achieve a Year 8 was an introductory to these sports at secondary school level where you may have even gone onto represent the school in shared goal. fixtures. In year 9 we aim to refine technique of passing, shooting, Develop skills to be able to work within teams to overcome a given and dribbling further whilst looking at tactical knowledge and problem. strategy used in order to outwit an opponent, further. Perform at extra-curricular clubs and link to community clubs. Basic knowledge and understanding of specific techniques and Preparation to progression routes through level 2 and level 3 sports courses through practical performance, analysis of performance and Basic knowledge and understanding of rules and regulations within theoretical topics. Develop an understanding of the importance of an active and Basic knowledge and understanding of tactical and strategic plays healthy lifestyle. Developing leadership skills and opportunities in KS4. within the sport. What will you know as a result of this? Career links: Sports coach Skills and qualities of a leader PF teacher Physiotherapist Different types of communication Personal trainer Different ways to organise groups/events. Sports therapist Identify different types of training methods How these training methods are used Sports data analyst Which components of fitness are benefited by using these Sport Journalist training methods. Sports psychologist Which activities/sports people would use these types of

#### Useful weblinks:

training.

https://www.health.harvard.edu/healthbeat/10-tips-for-exercising-safely - 10 top tips for exercising safely and effectively https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness-training/art-20044792 - elements of a well rounded exercise routine https://blog.peoffice.co.uk/working-team-building-trust/#:~:text=When%20putting%20your%20students%20into.you%20in%20a%20better%20light. - working in a team



Outdoor activity leader

#### Bare Essentials to remember (words in bold are in your keywords):

#### Leadership

**Communication (speaking/listening/verbal/non-verbal) -** the ability to communicate and share ideas with others through language or body language and gestures.

Verbal and non verbal communication.

#### **Organisation**

How as a leader can you organise - equipment, groups, events and tournament structures.

#### Skills and qualities

An effective leader will use different skills and possess different qualities - confidence, appearance, resilience, organisation, communication, respect and fairness.

<u>Leadership</u> - The ability to <u>lead by example</u> for others to follow, The ability to support a team taking on a role of responsibility.

#### Training methods -

#### Continuous training

What is continuous training?

Who would use continuous training - endurance athletes - marathon runners, long distance cyclists, swimmers.

#### Fartlek training -

What is fartlek training?

Can you describe how fartlek training can improve an athlete's performance.

Who would use fartlek training - games players - footballers, netballers, basketballers etc.

#### Interval training

What is interval training?

Who would use interval training - high intensity athletes - sprinters.

To understand how each exercise is affecting the body

#### Weight training -

What is weight training?

Who would use weight training - strength/power athletes - weightlifters.

Understand how to work different parts of the body in order to strengthen for different sports.

#### Plyometric training -

What is plyometric training?

Who would use plyometric training - power athletes - high jumpers, basketballers

How does plyometric training aid the performance of athletes?

#### Flexibility training

What is plyometric training?

Who would use flexibility training - gymnasts.

How does stretching and flexibility training improve your performance?

#### **Keywords:**

#### Leadership

- **Communication** The base of all we do within PE, The ability to communicate will impact on the performance when working within a team.
- Respect creates trust and an effective environment. Respectfulness can be shown in many different ways, but it often starts with simply <u>being a good listener</u> who truly seeks to understand the perspectives of others
- Confidence Confidence is a state of being clear-headed: either that a hypothesis or prediction
  is correct, or that a chosen course of action is the best or most effective
- Problem solving Problem solving is the process of achieving a goal by overcoming obstacles
- **Leadership** To take on the role of a leader with small tasks. Using different leadership styles to best support and act as a role model for other students to follow.

#### Training methods

- Continuous training Training that involves activity without rest intervals
- Fartlek training Fartlek training is 'training which varies in intensity and duration and consists of bursts of intense effort alternating with less strenuous activity'.
- Interval training Interval training is 'training that incorporates periods of exercise and rest'
- Weight training also known as resistance or strength training. It involves moving parts of your body against some kind of resistance
- **Plyometric training** are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power.
- Flexibility Training that is the gradual stretch of a muscle.

#### Personal development/character values

- **Evaluate** considering the work you have created or seen and discussing its merits and areas for development
- **Respect** Show respect to your opposition regardless of whether they are stronger or weaker. Show respect to the officials.
- Resilience Face new challenges in a positive way.
  - Avoid blaming others for any disappointments and set-backs.
  - Never give up, even when the hope of winning seems impossible.
- Integrity Be true to your own values and give your best effort.
- Motivation Motivate others in your team who are less confident.
  - Rehearse successful techniques until they are perfect.
  - Recognise the use of praise to encourage players.



# **MOTIVATION AND PERSONALITY**

Motivation is a combination of the performer's determination and enthusiasm to achieve their goals and the outside factors which affect them. Motivation can take two forms - intrinsic and extrinsic

Intrinsic motivation — where something is done for the enjoyment and good feelings. This is seen as the best type of motivation as you are more likely to continue participating and try hard. Not reliant on anything or anyone.

Extrinsic – gathered through rewards from other people or sources. Can be tangible (where you can touch it) or intangible (can't touch it). Less likely to maintain motivation with this type as it is less likely to heighten enjoyment and you may become reliant on the rewards.





#### Personality type - Extroverts

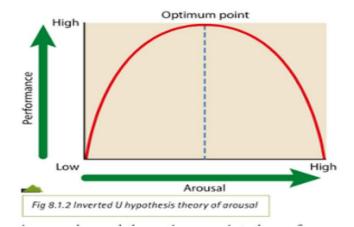
- Sociable individuals and prefer team sports.
- Like fast pace sports that consist of gross skills and low concentration.
- E.g. Rugby and football.

#### Personality type - Introverts

- Like being on their own and participate in individual sports.
- Tend to be shy and quiet.
- Like sports that use fine skills, high concentration and low arousal.
- E.g. snooker or archery

# MENTAL PREPARATION

Arousal: a physical and mental (physiological and psychological) state of alertness/readiness.



The inverted U theory describes the relationship between arousal and performance. This theory states the there is an optimum point or arousal where the athlete will perform at their best. As arousal increases so does performance until after this point where arousal then has a negative impact on performance.

Methods to control arousal: Deep breathing – Helps to slow heart rate, increase the supply of oxygen to the brain, limiting the impact of arousal.

Methods to control arousal: Positive self talk – developing positive thoughts about your performance. Methods to control arousal: Imagery is a mental or psychological technique in which the performer imagines or visualises themselves being successful in their performance. Methods to control arousal: Mental rehearsal - helps a performer to relax and focus by rehearsing a successful performance in your mind before doing it



**SUBJECT: Enquiry processes EP1** 

#### YEAR: 9

#### TERM: Autumn 1

#### **End point task:**

**Information** - Tara and Shelly added 100g masses to a spring and measured how much it extended each time a 100g mass was added. They used a ruler to measure this. They took seven measurements between 100g and 700g. Then Tara plotted the graph below.

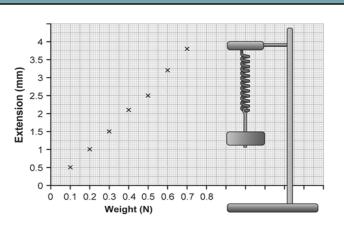
#### Think about -

- What conclusion can be made from the evidence that Tara and Shelly have collected?
- How reliable is their evidence?
- What could they do to improve their evidence?

Task - Describe the pattern from Tara and Shelly's results.

Make a conclusion and try to explain it.

Describe what Tara and Shelly could do to improve their investigation.



#### Did you know?

- Philosophers, such as Plato, believed that all knowledge could be obtained through pure reasoning, and that there was no need to actually go out and measure anything
- Aristotle, regarded as the father of science, realised the importance of empirical measurement.
- Simple questions often lead to big discoveries. For example, Sir Isaac Newton asked, "Why do things that go up always come down?". His investigations resulted in the discovery of gravity.

#### Where is this learning coming from?

#### Science KS2, Years 5 and 6 - Working Scientifically

- planning different types of scientific enquiries to answer questions, including recognising and controlling variables where necessary
- taking measurements, using a range of scientific equipment, with increasing accuracy and precision, taking repeat readings when appropriate
- recording data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, bar and line graphs
- using test results to make predictions to set up further comparative and fair tests
- reporting and presenting findings from enquiries, including conclusions, causal relationships and explanations of and degree of trust in results, in oral and written forms such as displays and other presentations
- identifying scientific evidence that has been used to support or refute ideas or arguments.

#### Where is this learning going?

#### Science, KS3, Year 8 - Working Scientifically Analysis and evaluation

- apply mathematical concepts and calculate results
- present observations and data using appropriate methods, including tables and graphs
- identifying patterns and draw conclusions
- explain data in relation to predictions and hypotheses
- identify sources of random and systematic error
- identify further questions arising from their results

#### Useful weblinks:

BBC Bitesize KS3 working scientifically <a href="https://www.bbc.co.uk/bitesize/topics/zb8fn9q">https://www.bbc.co.uk/bitesize/topics/zb8fn9q</a>

YouTube - The scientific method <a href="https://www.youtube.com/watch?v=UdQreBq6MOY">https://www.youtube.com/watch?v=UdQreBq6MOY</a>

History of Scientific method <a href="https://explorable.com/history-of-the-scientific-method">https://explorable.com/history-of-the-scientific-method</a>

Kerboodle KS3 working scientifically

https://www.kerboodle.com/app/courses/42266/modules/Lessons/content/

Planning a practical KS3 Science - <a href="https://www.voutube.com/watch?v=oPVoLcuaVlo">https://www.voutube.com/watch?v=oPVoLcuaVlo</a>

Summer Science experiments - https://www.twinkl.co.uk/resource/summer-science-experiments-t-par-683

Amazing Science Experiments to do at home - .https://www.youtube.com/watch?v=6tW4975As48



What will you know as a result of this?	Career links:					
You will be able to:	Medicine					
State some questions that can be investigated and name some types of enquiry questions.	Pulmonologist					
<ul> <li>Identify independent, dependent, and control variables.</li> </ul>						
<ul> <li>Suggest ways to investigate different types of enquiry questions.</li> </ul>	Doctor					
State what should be included in the plan for an investigation.	Nutritionist					
Identify different types of variable and experimental errors.	Pharmacology					
• Describe a risk assessment and write a detailed plan for a hypothetical investigation.	Pharmacist					
<ul> <li>Describe how to make and record observations and measurements.</li> </ul>						
<ul> <li>Explain the choice of graph or chart for different types of data, and plot them.</li> </ul>	Physiotherapist					
List what should be included in a conclusion.	Forensic scientist					
• Find a pattern in data using a graph or chart, and draw a line of best fit on a line graph.	Biotechnologist					
• Analyse data from an investigation to draw up a detailed conclusion, describe relationships, and suggest						
alternative explanations where appropriate. Suggest one improvement to an investigation.						
Describe the stages in evaluating the data.						
Compare and contrast data, suggesting reasons why the data may be different.						
Explain ways of improving data in a practical investigation.						

### Glossary of key terminology

How are you going to use this? A quiz, flashcards, a concept map?

Key word	Definition
bar chart/column graph	A graph or chart that displays the values of categories.
Categoric	A variable that has values that are words.
Conclusion	What you write down to say what you have found out during an investigation.
continuous (variable)	Has values that can be any number.
control measure	An action taken to remove the hazard or to reduce the exposure to it.
control variable	One that remains unchanged or is held constant to stop it affecting the dependent variable.
Correlation	A relationship between variables where one increases or decreases as the other increases.
Data	Words or numbers that you obtain when you make observations or measurements.
dependent variable	What you measure or observe in an investigation when you change the independent variable.
discontinuous (variable)	Has values that are words or discrete numbers.
Discrete	A variable that can only have whole-number values.
Evaluate	To discuss the quality of data collected during an investigation and suggest improvements to the method.
Evidence	Information (measurements, observations, facts, or conclusions) that scientists use to develop or check theories, or evaluate claims.
experimental error	Variations in measurements, owing to the method, measurement techniques, or the instrument.
fair test (enquiry)	An experiment to find out how one variable affects another, while all other variables are kept constant.

Hazard	A situation that presents a threat to people.
Hypothesis	An explanation you can test that includes a reason and a 'science idea'.
independent variable	What you change in an investigation to see how it affects the dependent variable.
Interval	The gap between the values of the independent variable.
Investigation	An experiment or set of experiments designed to produce data to answer a scientific question or test a theory.
line graph	A graph that shows the relationship between two continuous variables.
line of best fit	A straight or curved line drawn to show the pattern of data points that travels through or very close to as many of the points plotted as possible.
linear relationship	When two variables are graphed and show a straight line that goes through the origin, and they can be called directly proportional.
Mean	An average of a set of data, calculated by adding all the values and dividing by the number of values.
Observation	Information gathered by your senses.
Outlier	A piece of data that does not fit the pattern.
pie chart	A chart that shows the proportions or percentages that make up a whole.
Plan	A description of how you will use equipment to collect valid data to answer a scientific question.
Precise	This describes a set of repeat measurements that are close together.
Prediction	A statement that says what you think will happen in an experiment.
random error	Occurs when the same quantity is measured and inconsistent values obtained.
Range	The maximum and minimum values of a variable.
Repeatable	When repeat readings are close together.
Risk	How likely something is to be harmful.
risk assessment	A description of how you will make it less likely that people will be injured, or equipment damaged, and what to do if this happens.
scatter graph	Shows the independent variable vs dependent variable.
scientific enquiries	Different ways to investigate including observation over time, fair test and pattern seeking.
systematic error	Arises from an inaccuracy in the system and gives rise to errors of the same value.
Variable	A factor that can be changed, measured and controlled.



	Su	bject: Science	To	pic: <b>Enq</b>	uiry	Processes			Year	Group	; кsз			
Kn	owledge: 0	Graphs	Kn	owledge:V	arial	oles	Ke	y Vo	cabular	у				
1	Bar char	t A graph or chart that displays the values of				A factor that can be changed, measured and controlled.		1	Categoric		A variable that has values that are words.			
		categories, used for Discontinuous data	Independent		it	What you change in an investigation to see how it	2	cond	clusion		write down to say what ound out during an in.			
2	Line graph	A graph that shows the relationship between two continuous variables.	2	Dependent		Dependent		affects the dependent variable.  What you measure or	3	corr	relation		lationship between variables re one increases or decreases as	
3	Scatter graph	Used for Continuous data, to look for a pattern or link	2	Control				observe in an investigation when you change the independent variable.	4	eval	uate	To discuss	the quality of data uring an investigation and provements to the	
4	Pie chart	A chart that shows the proportions or percentages that make up a whole	3			One that remains unchanged or is held constant to stop it affecting the dependent variable.	5	hype	othesis	method.  An explana	tion you can test that reason and a 'science idea			
Kno	owledge: Ri	sk Assessment	4	Continuous	5	Has values that can be any number.	6	obse	ervation uiry		nent to find out about change over time.			
ı	Hazard	How the equipment could be dangerous	5	Discontinuous Has values that are words or discrete numbers.		7	7 scientific Different ways to investigate including observation over time							
2	Risk	What the hazard could cause	Kr	nowledge:Accuracy & Precision		L		V	test and pa	ttern seeking.				
3	Control	What can be done to reduce	1	Accurate Measurements that are the true value.		<u>-</u>			lean Avera					
(quipo	measure	the likelihood of the Hazard/Risk  Risk Control Measure	2	Precise This describes a set of repeat measurements that are close together.			ep I	I average	the data	multiple sets of data $8 + 6 + 7 + 5 = 26$				
Hass Be Cettle w Kg Ma	vater Boding wa		. 63				2		Divide	by how ata points	26 / 4 = 6.5			



Your Bare Essentials Reflection						
In your own words summarise your learning.						
	ENVIRONMENT  ATTENTION  ATTENTION  FORGOTTEN					
Explain the importance of what you have learnt.						
How does this link with other subjects?	What follow up questions will you ask?					



**BARE ESSENTIALS: PSHE** 

Peer Influences, Substance Abuse, Gangs

YEAR: 9 TERM: Autumn term 1



Big Question: What is the difference between healthy and unhealthy friendships?

End point task: 'Identifying the characteristics of toxic, harmful friendships is essential for a young person as these friendships can directly impact the decisions you make that can affect your whole future.' Evaluate this statement.

Where is this learning coming from?	Where is this learning going? What will you know as a result of this?	Career links:			
PSHE aims to provide children with the knowledge and skills to keep themselves happy, healthy and safe, as well as to prepare them for life and work. PSHE is organised in 3 strands - Relationships, Health and Wellbeing and Living in the Wider World. This unit will help pupils to distinguish between healthy and unhealthy friendships, assess risks and manage influences including online. It will also look at the legal and health risks in relation to drug and alcohol use including addiction and dependence.	PSHE at Tavistock College is based around a spiral curriculum so themes will be revisited and built on each year. Throughout Key stage 3 and 4 you will develop the knowledge, skills and attributes you need to manage your lives, now and in the future. These skills and attributes will help you to stay healthy, safe and help to prepare you for life and work in modern Britain.				
Topic area	Core knowledge				
Anti Social Behaviour: Why do people do it and what are the consequences?	<b>Keywords</b> - <b>Anti-social behaviour</b> , behaviour likely to cause alarm, harassment, or distress to other people around you. <b>Legal ramifications</b> , consequences that involve the law – e.g. getting prosecuted or a criminal record.				
How does the law deal with young offenders?	Describing some ways in which young offenders are treated differently to adults and what punishments there are for young offenders.  Keywords - Age of criminal responsibility (the age at which young people can be blamed for their crimes. This is age 10 in the UK).				
Identifying and discussing the legal and health risks in relation to drugs including addiction and dependence.	classifications that drugs are grouped in. Keyword - Recreational Drugs				
What is County Lines and how are young people being exploited?	Keywords - County Lines (Gangs sending young people from cities into smaller towns and villages in order to sell drugs to the people living in these areas).  Disenchantment (to be disillusioned, in this case with society, and not feeling like there is no part in it for you and you could never play a successful role).  Trap House (a base used for drug operations, usually a person's home who has been bribed or threatened into the situation).				
What is the difference between healthy and unhealthy friendships?	End point task - 'Identifying the characteristics of toxic, harmful friendships is essential for a young person as these friendships can directly impact the decisions you make that can affect your whole future.' Evaluate this statement giving views to support the statement, a different view and your own view. Discuss in your response strategies and techniques you have learned that can help keep you safe.				



#### Ground rules for discussions in PSHE

# DISCUSSION STEMS

#### STARTING A DISCUSSION

- What do you think about...?
- What's your take on...?
- . Let's talk about...
- How do you see...?
- I'd love to hear your thoughts about...



#### **BUILDING ON AN IDEA**

- That's a great point. In addition to that, I would add.
- I wonder if we could also incorporate...
- I'd like to take it a step further by...
- Yes! And also...



#### PARAPHRASING



- I hear you saying..
- To put it another way, you're saying...
- In other words, what you're suggesting is....

# SHARING AN OPINION



- · From my perspective...
- Personally, I believe that...
- · In my experience...
- . I feel that...



# ASKING FOR CLARIFICATION



- Could you clarify what you mean by...?
- Can you give me an example of what you're saying?
- · Could you expand on that a bit more?
- I'm a bit confused, Could you explain that in more detail?
- Could try phrasing that another way?

#### DISAGREEING



- I hear what you're saying, but I have to disagree because...
- I see things differently. I think...
- I understand where you're coming from, but I have to respectfully disagree because...
- I'm afraid I don't share your opinion on this matter because...

Openness: We will be open and honest, but not discuss directly our own or others' personal/private lives. We will discuss examples but will not use names..

Keep the conversation in the room: We feel safe discussing issues and we know that our teacher will not repeat what is said in the classroom unless they are concerned we are at risk, in which case they will follow the school's safeguarding policy.

Non-judgmental approach: It is okay for us to disagree with another person's point of view but we will not judge, make fun of, or put anybody down.

Right to pass: Taking part is important. However, we have the right to pass on a question or an activity and we will not put anyone 'on the spot'.

Make no assumptions: We will not make assumptions about people's values, attitudes, identity or feelings. We will listen to the other person's point of view.

Using appropriate language: We will use correct terms rather than slang terms, as they can be offensive.

Asking questions: We are encouraged to ask questions and they are valued by our teacher. However, we do not ask personal questions to anyone

Seeking help and advice: If we need further help or advice, we know how and where to seek it—both in school and in the community



# Peer Influence, Substance Misuse and Gangs



There are many different types of relationships, such as family members, friendships, romantic and sexual relationships. Although these relationships are all different, they should all involve mutual respect, trust, honesty, communication and fairness. All of these qualities are interlinked, and it if one is missing, it is difficult for any of the others to be present. For example, if you lie to your parent/carer about where you are going and they find out, you are not being honest, and in turn, they may not trust you. Signs that a relationship is unhealthy could include trying to make you feel like you are not good enough, putting you down in front of others or, in extreme cases, been violent to you.

Peer pressure is defined in the dictionary as "the strong influence of a group, especially of children, on members of that group to behave as someone else does." Examples of peer pressure could include insults, calling a person names and making them feel bad for not doing something, rejection, being left out if you don't do something, and unspoken pressure, wanting to do something because you see your friends doing it. Issues such as cyberbullying are often made worse by peer pressure. Other people may join in, or not report the bullying, in order to fit in. This is called being a bystander – a person who sees something wrong but does not report it and allows it to continue. An upstander is a person who sees online bullying, and reports it.





Possessing and suppling drugs are illegal, but it is estimated that 46,000 young people in the UK are exploited through county lines. This is where city based gangs supply drugs to areas outside the city using dedicated mobile phones. It involves drugs, violence, gangs, criminal and sexual exploitation, modern slavery, and missing persons. People may join gangs for many reasons, such as financial issues, or even just wanting to belong. Cuckeoing is the word used to describe drugs being stored or sold from the houses of vulnerable people. Signs that people are being exploited are absence from school, unexplained injuries, unexplained money or goods and being secretive about where they are going.

Sometimes the media can make it appear like lots of young people are carrying knives, however 99% of people aged 10-29 years do not carry a knife. If a person is caught with a knife, even if it is not used, they may face up to 4 years in prison. People who carry a weapon are more likely to be hospitalised with a violence-related injury, and in many cases their own weapon has been used against them. Friends who pressure a person to carry a knife are not good friends and will likely not be around to help if that person were to get caught.



	and advice.
The NSPCC help@nspcc.o rg.uk ceos eco 5000	The NSPCC can provide advice and support if you are concerned that you may be in an unhealthy relationship.
Childine https://www.childine.org.uk/	Childiane provides advice and support for young people on a range of issues.
Talk to Frank: https://www talktofrank. com/drug/als. ahol	Thes website provide on overview of the affects and risks of each drugs, along with information about the legal status of them.
The Hideout http://thehi deout.org.uk	This website is aimed at young people. It provides information about domestic violence and provides support for those experiencing it.
Fearless https://www. fearless.org /en	Fearless provides non-judgemental advice and is anonymous. It is uimed at ages 11 to under 24 years
Minifefree www.knifefre e.co.uk	To find out more about the compaign and for more information on how to live knife free
Victim support swee vertimes poort one uk	For support for anyone who has been a victim of crime

Key words:

Relationships

Bullying

County Lines

Exploitation

Caffeine	Cocaine	Heroin	Can	nabis	Crack Cocaine	Amphetamines	Ecstasy
Caffeine is a naturally occurring chemical stimulant called trimethylxanthine, In its pure form, caffeine is a white crystalline powder that tastes very bitter. Caffeine is in tea, coffee, chocolate, many soft drinks, and pain relievers and other over-the-counter medications.	The hydrochloride salt is usually in a powdered form by the time it makes it to street dealers and users. The texture is similar to baby powder. In fact, it is so similar that many dealers will cut their coke with baby powder in order to increase their profits. The color can range from a clear white to an off-white, and sometimes even a yellowish color.	In its purest form, heroin is a fine white powder. But more often, it is found to be rose gray, brown or black in color. The coloring comes from additives which have been used to dilute it, which can include sugar, caffeine or other substances. Street heroin is sometimes "cut" with strychnine] or other poisons.	urest form, is a fine white er. But more it is found to be ray, brown or in color. The ng comes from ves which have used to dilute it, can include caffeine or substances. heroin is imes "cut" with nine1 or other		Crack cocaine is a purer form of cocaine and looks somewhat like rocks. Most of the time, crack cocaine is off-white in color, but it can have a rosy hue that makes it appear pink.	It's usually an off-white or pinkish powder and can sometimes look like crystals. It's also available in a paste form which is usually white/grey or brown in colour, and can be damp and gritty.	Ecstasy comes in pill or powder form. Ecstasy pills can be white, coloured, round, square or pressed into any shape. Some pills have designs stamped into them, like well known company logos that the pills are then named after. Ecstasy powder looks like white/grey crystals and is called MDMA, mandy or MD.
Alcohol	Inhalants	Tobacco			LSD	Magic Mushrooms	Steroids
While some drinks have more alcohol than others, the type of alcohol in all alcoholic drinks is the same – it's a type of alcohol called ethanol. Alcohol is a colourless, and inflammable fluid.	The term inhalants refers to the various substances that people typically take only by inhaling. These substances include solvents (liquids that become gas at room temperature), aerosol sprays; gases; nitrites (prescription medicines for chest pain)	Tobacco is a plant grow leaves, which are dried fermented before being tobacco products. Peop smoke, chew, or sniff tob Smoked tobacco productigarettes, cigars, bidis, kreteks. Some people alloose tobacco in a pipe (water pipe). Chewed to products include chewir tobacco, snuff, dip, and can also be sniffed.	and put in ple can pacco. pots include and so smoke or hookah pbacco	laboratorie States. These to a liquid to odorless, co slightly bitte street in sm capsules of ("window se added to co is then divided characters	ed in crystal form is, mainly in the United se crystals are converted for distribution. It is olorless, and has a er taste. LSD is sold on the all tablets ("microdots"), r gelatin squares banes"). It is sometimes absorbent paper, which ded into small squares with designs or cartoon ("loony toons"). illy it is sold in liquid form.	Magic mushrooms are often sold raw or dried. In the UK, the most common types are liberty caps (Psilocybe semilanceata) and fly agaric (Amanita muscaria). Liberty caps look like small tan-coloured mushrooms. Fly agarics look like red and white spotted toadstools	Anabolic steroids come in the form of tablets, capsules, a solution for injection and a cream or gel to rub into the skin. Weightliffers and bodybuilders who use steroids often take doses that are up to 100 times greater than those used to treat medical conditions.

Define: Drug

Drugs are chemicals that alter, block, or mimic chemical reactions in the brain. This causes alterations of the body's normal process's causing physical or mental changes.

Define: Medicine

A drug or other preparation for the treatment or prevention of disease.



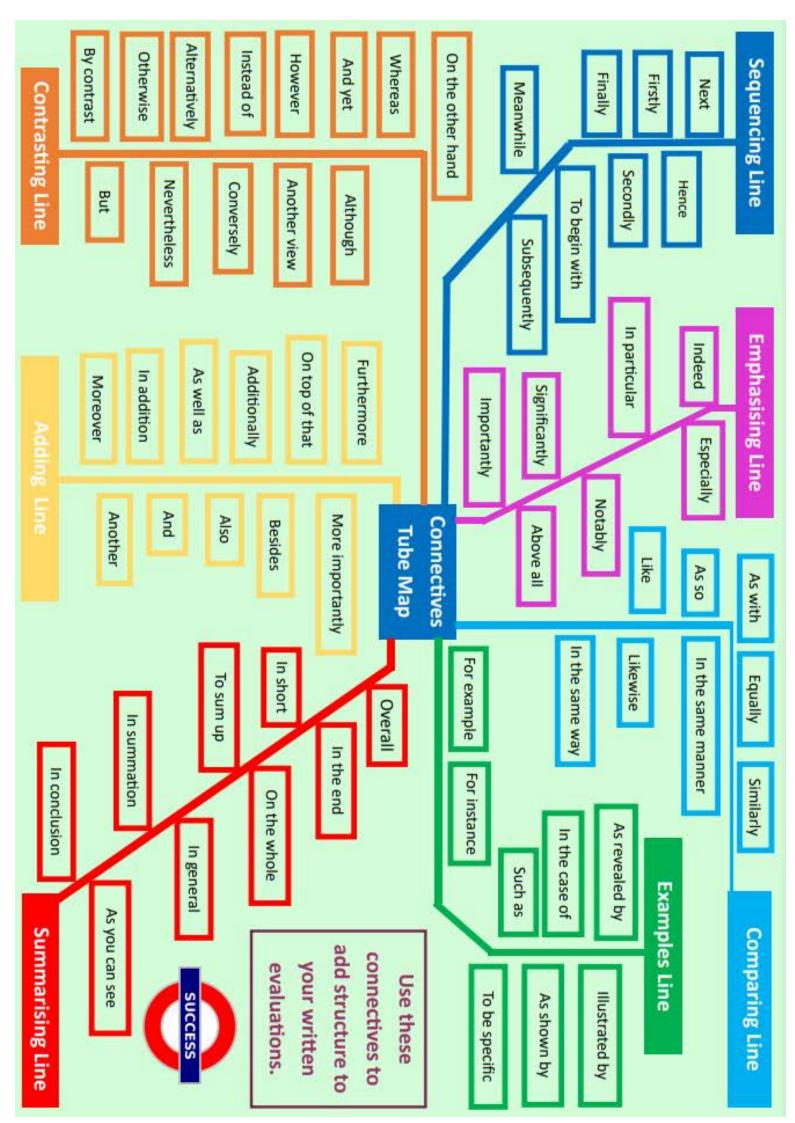
TERM: Autumn 1

Big Question: Why do some people believe in God?

End point task: 'There must be an omnipotent God" evaluate this claim

Where is this learning coming from?	Where is this learning going? What will you know as a result of this?	Career links:				
Religious Studies contributes to your education by provoking challenging questions about meaning and purpose in life, beliefs about God, ultimate reality, issues of right and wrong and what it means to be human. In this unit we explore questions about the existence of God.	This unit will help you to learn to weigh up the value of wisdom from different sources, to develop and express your insights in response and to learn how to agree or disagree respectfully. You will learn to explain your personal beliefs, ideas, values and experiences clearly while respecting the right of others to differ.	The Knowledge and skills that you develop in Religious Studies help you to work in any area in our diverse society. For example: work in the NHS; the civil service; youth and social work, advertising, banking, law, politics, business, the creative industries, the charity sector and NGOs, journalism, and education.				
Topic area	Core knowledge					
Does God exist?	Atheist - a person who disbelieves or lacks belief in the existence of a god or gods.)  Agnostic - a person who believes that nothing is known or can be known of the existence or nature of god, Theist - a person who believes in the existence of a God or gods - for example a Christian or a Muslim.					
What if God was one of us?	Immanent-being within the limits of possible experience or knowledge transcendent-beyond or above the range of normal or physical human experience. Omniscient -all-knowing, knows everything, Omnipotent - all powerful omnibenevolent all kind or all loving, Omnipresent -all-present, everywhere					
Did God design the world? (design argument)	Teleological argument -design argument for the existence of God-there must be a designer because the world is so beautiful and well designed.  William Paley (1743-1805) compared the design of the universe to finding a watch. He argued that if you were walking on a moor and found a watch lying on the grass and saw how complicated it was you would have to assume someone made it.					
If we understand what people mean by God, does that mean that he must exist? (the ontological argument)	Ontological argument - Argument that tries to "prove" the existence of God by showing that his existence is necessary.					
If everything has a cause does God Exist? (the cosmological argument)	Cosmological argument - The cosmological argument is based on observation of everything in the universe having a cause					
How do we know what is true?-Plato's allegory of the cave	Allegory-a story, poem, or picture that can be interpreted to reveal a hidden meaning,  Plato-born 428/427 bce, Athens, Greece—died 348/347, Athens, ancient Greek philosopher, student of Socrates					
Assessment-'There must be an omnipotent God" evaluate this claim	Answer the extended writing question bringing in all the information from the previous lessons in this unit.					





#### Top tips to improve your writing in RS

- Sentences always start with a capital letter.
- Sentences always end with a full stop, question mark or exclamation mark.
- Use RS key terms
- Names of people, places, etc have capital letters <u>e.g. Jesus</u>,
   Allah, Christians, Muslims.



#### Use PEEL paragraphs

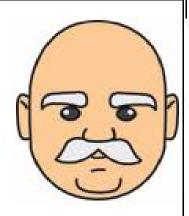
- o P POINT -clear topic sentence i.e. 'Some people may argue that ......because ......
- E EVIDENCE 'For example....... e.g. 'The Bible teaches that/
  the Qur'an teaches that...
- E EXPLANATION (i.e. Therefore, it can be argued that/Christians would argue that/Muslims would argue that'........
- L LINK TO THE QUESTION -Therefore, it is evident that.....





#### Use the FACE/FARCE structure

- F FOR why would someone agree with the statement?
- A AGAINST why would someone disagree with the statement?
- (R) RELIGIOUS TEACHINGS (you can embed this in F/A paragraphs if you wish)
- C + E = CONCLUSION AND EVALUATION which argument is strongest? Why?



#### Common spelling mistakes in RS

Believe/belief

Religion/religious

Argument/argue

# Evaluation Question Planning Grid

itement:_	"There must be an omnipotent God" Evaluate this claim
Evaluate	this statement. In your answer you:
• shoul	ld give reasoned arguments in support of this statement;
• shoul	ld give reasoned arguments to support a different point of view;
• shoul	ld refer to religious arguments;
•	refer to non-religious arguments;

Reasons for the quote	Reasons against the quote

**Top Tip:** To get the best grades, you need to explain/develop each reason. To do this give a piece of evidence (e.g. statistic, fact or religious teaching) to further explain the point.



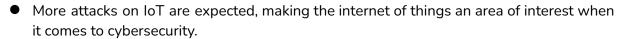
SUBJECT: Computing YEAR: 9 TERM: Autumn 1



**Big Question:** Stuart is a network manager within a business. They are constantly trying to stay one step ahead of the hackers who try to break into the data. What would you do to help Stuart keep the network safe? **End point task:** Create a presentation outlining the measures you would take to keep the network safe and why?

#### Did you know?

- According to Microsoft, nearly 80% of nation-state attackers targeted government agencies, think tanks and other non-government organisations.
- Fraud cases are up 70% since 2020.





 Cybersecurity experts are in high demand. The growth of cybersecurity incidents has led to an increased need for skilled cybersecurity professionals.

<b>VA/I</b>			•	
w nere	is this	learning	coming	trom?

Throughout Year 8 we looked at the development of computer programs using computational thinking. In these units we will again practise those new computational skills and reflect on how best to identify and break a problem into smaller parts and design a solution to solve a problem.

#### Where is this learning going?

This term is spent going into greater depth for cyber security solutions. This is following large growth in jobs in the industry, and will provide the learner with the right tools to make an informed choice about taking the subject as a GCSE

#### What will you know as a result of this?

Learners will be introduced to some cybersecurity tools, such as antivirus software and firewalls, and their role in protecting against cyber threats. They will have an understanding of the security considerations when using smartphones and other mobile devices, including app permissions and potential risks of public Wi-Fi.

#### Career links:

Cybersecurity Specialist Cyber crime analyst IT Auditor Cybersecurity Engineer



#### Useful weblinks:







Lesson	Bare Essentials APP Development :	Keywords:	
1 You and your data	The aim of this lesson is to introduce the learners to the unit and help them understand the value of data to companies. The focus will be on what data companies collect from their users and how they use it. Learners will explore this topic through scenarios, as well as by looking at the privacy policies of some of the tech companies they might already be giving data to. They will be introduced briefly to the law regarding data protection and will reflect on why cybercriminals might want to gain access to data	GDPR Hacking Malware Phishing Ransomware Shoulder Surfing Trojan Data Harvesting Plagiarism	
2 Social engineering	The aim of this lesson is for learners to become aware of how humans can be a weak point in the system, as well as introducing the social engineering tactics deployed by cybercriminals to dupe users into giving away data that could lead to further crime. The lesson starts with the learners using a Scratch program aimed at tricking them into giving away personal information. Learners will then be taken through the common social engineering techniques, completing exercises that will encourage them to think more deeply about the consequences of the scams and how to avoid becoming a victim.		
3 Script Kiddies	This lesson asks the learners to explore the concept of hacking and the techniques used by hackers to exploit computer systems. The lesson starts with the learners looking for clues to hack into a friend's account, to help his parents find out where he is. They will then need to think about the ethics behind their actions. The rest of the lesson looks at terms such as brute force attacks, hacktivists, script kiddies, and DDoS attacks. Some of the key terminology is introduced around the real-life example of the Dyn attack that disabled DNS servers, mostly in the USA, in 2016. The lesson will conclude with the learners exploring the Computer Misuse Act (1990) and the consequences of hacking.		
4 Rise of the Bots	The purpose of this lesson is to make learners aware of malware and the different categories of malware, as well as understanding how they work and the damage they can do. This lesson focuses more on the technical side than on prevention methods, which will be covered in Lesson 5 of this unit. The lesson will start with a pretend scenario of the network having been infected by ransomware; the learners have to decide what action to take. They will be introduced to the key terms before being instructed to do a research task to create a fact-based quick read on one type of malware they have learnt about. Towards the end of the lesson, the learners will be introduced to web bots and what task they perform on the Internet. They will then be shown how bots are used in conjunction with malware and are given a scenario that allows them to understand the hidden role of bots and what potential influence they might have on societal issues.		
5 There's no place like 127.0.0.1	The aim of this lesson is for learners to develop their understanding of the risks that cyberthreats pose to a network, followed by an exploration of some common methods of defending the network against attacks, such as firewalls and anti-malware. The learners will look at the more common global threats before thinking about threats at the level of a school network. Learners will discuss methods used by network managers to reduce risk. The homework for this lesson is for learners to write a short report to the head teacher on how to manage the most significant risk to the school network.		
6 Under Attack	This is the final lesson in the unit, and the learners are encouraged to reflect on the learning that has taken place throughout the unit before taking an end-of-unit assessment. The learners will be prompted to reflect through a game called Under Attack. Learners will work in groups to plan their defence strategy on a tight budget before cyberattacks start to happen. The use of their budget will be key in determining whether or not they are able to defend the organisation against the attack. Learners will then take their end-of-unit assessment, and if there is time they will be directed to research the available career choices in cyber defence.		



#### Malware

Malware is software that is specifically designed to disrupt, damage, or gain unauthorized access to a computer system. There are several different types of malware.

#### Viruses

A virus can be defined a piece of code which is capable of copying itself and typically has a detrimental effect, such as corrupting the system or destroying data.

#### Worms

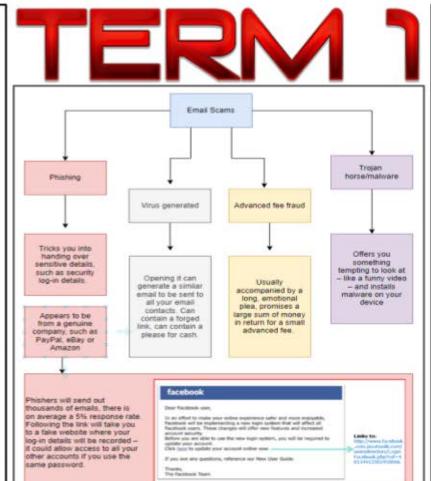
A worm can be defined as a self-replicating program able to propagate itself across a network, typically having a detrimental effect. T

#### Trojan Horses

A Trojan horse, or trojan, can be defined, as any malware which misleads users of its true intent. The term is derived from the Ancient Greek story of the deceptive Trojan Horse that led to the fall of the city of Troy.

#### Spyware

Spyware can be defined as a piece of software that is installed in a computer without the user's knowledge and transmits information about the user's computer activities over the Internet.



#### Copyright and plagarism:

Copyright © protects the rights of an author/creator of creative work. It means that someone else's work cannot be copied without permission.

Plagiarism is using someone else's creative work as if it is yours.

Copyrighted material online can be music, films or pictures. Sharing or downloading these illegally (without paying the owner of the copyright) is a copyright infringement. However, there are many sites, like amazon music or iTunes, where downloading music is legal because the owner has been paid.

But what is the problem with downloading music? It is estimated that the illegal downloading of films, TV programmes and music could mean the loss of 30,000 British jobs

	Keywords	
GDPR	Hacking	Malware
Phishing	Ransomware	Shoulder surfing
Trojan	Data harvesting	Plagiarism

#### Cyber crime fact file.

Cyber crime makes more money for criminals than drug trafficking Around the world someone's identity is stolen online every 2 seconds It takes just 4 minutes from connecting to the internet for an unprotected device to become infected.

SUBJECT: Design and Technology YEAR: 9 TERM: Autumn 1

**Big Question:** What is the "iterative" design process? and how will it help me solve problems and create solutions when designing and making products?

#### End point task:

- To be able to use a variety of approaches e.g. biomimicry and user centred design to generate creative ideas.
- To be able to analyse and reflect on the work of past and present famous designers to help appreciate how their work might influence my own thinking and designing
- To be able to investigate new and emerging technologies, in particular SMART materials and how they impact real world design.

#### Did you know?

- It took world famous British designer James Dyson 5 years and 5,127 prototypes before he created DC101, the world's first bagless vacuum cleaner.
- Starting salaries for product or junior designers are £25,000 to £35,000. Product designers with five to ten years experience, including team leaders, can earn £35,000 to £45,000. Senior product designers can earn £50,000 to £80,000.



- Speedo's Fastskin line high-performance swimsuits were inspired by the skin of a shark.. Several top swimmers using this nature inspired design went on to win gold medals in top championships.
- Smart materials, called also intelligent or responsive materials, are designed materials that have one or more properties that can be significantly changed by an external stimuli, such as stress, temperature, moisture, pH, electric or magnetic fields, light, or chemical compounds.

#### Where is this learning coming from?

The learning is coming from the KS3 Design and Technology curriculum where students will be required to:

- Use a variety of approaches to generate creative ideas and avoid stereotypical responses.
- Analyse the work of past and present professionals and others to develop and broaden their understanding
- Investigate new and emerging technologies

#### Where is this learning going?

These mini tasks are designed to enable students to appreciate the knowledge, understanding and skills which are required to explore and engage in the iterative design process. They will gain a wider appreciation of others (including their needs and wants), how nature and famous designers can inspire design and how current and emerging technologies help overcome problem solving. These mini tasks will equip students with the necessary skills and knowledge needed to design and manufacture their own products in the future.

#### What will you know as a result of this?

Students will be able to design products using the iterative design process. Students will be able to communicate and present their ideas using a different methodology (traditional sketches, modelling). Students will be able to understand how modern technology uses SMART materials to help create next generation products. Students will be able to appreciate and understand the work of famous designers and their work.

#### Career links:

- Product designer
- Engineer
- Material technologist
- Industrial designer
- Inventor
- Design consultant



#### Useful weblinks:

https://technologystudent.com/prddes1/biomimetic1.html

https://www.wwf.org.uk/sites/default/files/2020-01/WWF-Biomimicry-Handbook\_Activities.pdf

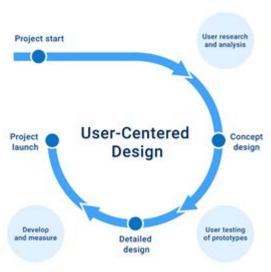


	Bare Essentials to remember (words in bold are in your keywords) :
1.	Context Lesson 1: To understand the importance of the iterative design process, what it looks like and how it helps designers. To identify the main features of this process including users wants/needs. What is user centred design and why is it useful to designers?
2.	Mini Task 1 Lesson 2: Considering the needs and wants of the elderly. What difficulties do they face in everyday life? What can be done to make their lives easier? What products have helped them? What could be designed to help them in the future? Task analysis
3.	Lesson 3: Create a range of designs which will enable the elderly to perform a task which they would ordinarily find difficult. Using the iterative design process, refine the designs and create a final solution to the problem or problems.
4.	Mini Task 2 Biomimicry (nature inspired design) Lesson 4: What is Biomimicry? How has nature inspired the design of products? What products are currently in the real world that use nature as a source of inspiration? Product analysis?
5.	Lesson 5: Case study with design ideas opportunity. To demonstrate an understanding of Biomimicry design and be able to apply it to the design of a new product. Modelling and refinement of design.
6.	Lesson 6: Evaluation and extended task (Big write up)
7.	Mini Task 3 Famous designers (past and present) Lesson 7: The work of famous designers. Case Studies: James Dyson, Alessi, Phillipe Starck, Jonathan Ive. What products have these designers created? How are they different from their competitors? What are the key features which make their design stand out?
8.	Lesson 8: Creating/designing everyday products in the style of a famous designer/design movement. Evaluate designs.
9.	Mini Task 4 New and emerging technologies (SMART materials) Lesson 9: What are emerging technologies and why are they important? What are SMART materials? Application in the real world? Demonstration of Polymorph, Nitinol, Photochromic beads/pigments. How do they work?
10.	Lesson 10: Imagine you are a designer for a car manufacturer You have been asked to create the best driving experience for their customers. How could smart materials be used to help you design the ultimate car? You will need to consider all aspects of the passenger experience including safety, entertainment, comfort, ease of use of controls, reduced maintenance etc.
11.	Lesson 11: Create a table comparing 6 different SMART materials, the properties that they have (how do they react) and where they might be used in real world applications. Choose a room in your house and write down 5 SMART technology items you would create to make it a smart room and explain why?
12	Lesson 12: Assessment in the form of a test encompassing everything which has been learnt within all of the previous "mini tasks". This will be a culmination of all of the knowledge and understanding gained over the past 12 weeks.



#### What is User Centred Design?

User-centred design (UCD) is an iterative design process in which designers focus on the users and their needs in each phase of the design process. In UCD, design teams involve users throughout the design process via a variety of research and design techniques, to create highly usable and accessible products for them.







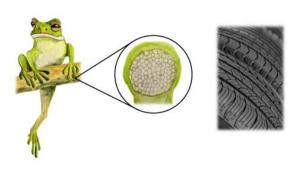






















# 10 principles

for good design

Good design is innovative

Good design makes a product useful

Good design makes a product understandable

6 07

Good design Good is honest is dura

09

Good design is consequent to the last detail Good design is durable

> Good design is eco-friendly

03

Good design is aesthetic

Good design

Good design is unobtrusive

**1** 

Good design as little design as possible

