

2024-2025

Year 8 | Cycle 2

**100% Book**

Name:

Tutor group:



## Your 100% book and knowledge organisers

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

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

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

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

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



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



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



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



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



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



6) Check your answers using green pen

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

## Year 8 – Cycle 2 – Art & Design

Learning Week	Term	Definition	Quiz Date
1	Still life	Art that shows inanimate objects, such as fruit, flowers, baskets or bowls	Thursday 16 <sup>th</sup> January 2025
2	Symbolism	The use of symbols to represent ideas or qualities	Thursday 23 <sup>rd</sup> January 2025
3	Composition	The layout of shapes and objects on the page	Thursday 30 <sup>th</sup> January 2025
4	Cabinet of curiosities	Collections of extraordinary objects that tell stories about the wonders of the natural world	Thursday 6 <sup>th</sup> February 2025
5	Form	The appearance of something as three dimensional	Thursday 13 <sup>th</sup> February 2025
6	Tone	The lightness or darkness of a colour	Thursday 27 <sup>th</sup> February 2025
7	Realism	Art that is painted in a realistic and almost photographic way	Thursday 6 <sup>th</sup> March 2025
8	Gradient	Blending of shades from light to dark or from one colour to another	Thursday 13 <sup>th</sup> March 2025
9	Contours	Lines that follow the form of a subject creating a 3D effect	Thursday 20 <sup>th</sup> March 2025
10	Vivid	Colour or light that is bright and strong	Thursday 27 <sup>th</sup> March 2025
11	Acrylic paint	Fast-drying, water-based paint with pigments in plastics	Thursday 3 <sup>rd</sup> April 2025
12	Muted	Colour that has been dulled by mixing with other colours	Thursday 24 <sup>th</sup> April 2025

## Year 8 – Cycle 2 – Design and Technology

Learning Week	Term	Definition	Quiz Date
1	Client	A company or customer you are designing for	Thursday 16 <sup>th</sup> January 2025
2	Graphic	An image or visual representation of an object	Thursday 23 <sup>rd</sup> January 2025
3	Logo	A logo is a visual symbol that identifies a business	Thursday 30 <sup>th</sup> January 2025
4	Ideation	The formation of design ideas or concepts	Thursday 6 <sup>th</sup> February 2025
5	Adobe Illustrator	A software used to create visual graphics	Thursday 13 <sup>th</sup> February 2025
6	Vector file	An image that can be increased endlessly in size without losing quality	Thursday 27 <sup>th</sup> February 2025
7	Typeface	Characters of the same design including letters, numbers, punctuation and symbols	Thursday 6 <sup>th</sup> March 2025
8	Packaging	Materials used to wrap or protect goods	Thursday 13 <sup>th</sup> March 2025
9	Vacuum forming	The process of heating plastic until soft and then forcing it against a mould	Thursday 20 <sup>th</sup> March 2025
10	Pantone shade	Universal colour code system that identifies specific shades	Thursday 27 <sup>th</sup> March 2025
11	CE mark	A mark showing the product meets EU health, safety or environmental requirements	Thursday 3 <sup>rd</sup> April 2025
12	Barcode	A method of representing data in a visual, machine-readable form	Thursday 24 <sup>th</sup> April 2025

## Year 8 – Cycle 2 – Drama – Macbeth

Learning Week	Sub-topic:	Characterisation	Quiz Date
1	<b>Character objective</b>	What the character wants; the character's motivation for their actions	Thursday 16 <sup>th</sup> January 2025
2	<b>Facial expression</b>	Using facial features (e.g. brow, eyes, nose, mouth) to convey emotion/reaction/character	Thursday 23 <sup>rd</sup> January 2025
3	<b>Body language</b>	The manner in which the body is used to convey meaning	Thursday 30 <sup>th</sup> January 2025
4	<b>Stance</b>	The way in which the performer stands to convey character (e.g. strong, weak, unsteady, dominant)	Thursday 6 <sup>th</sup> February 2025
5	<b>Status</b>	The level of power a character has on stage (e.g. high or low)	Thursday 13 <sup>th</sup> February 2025
6	<b>Social class</b>	The different levels of society based on social and economic class	Thursday 27 <sup>th</sup> February 2025
7	<b>Tension</b>	The uneasy feeling of a negative atmosphere or conflict	Thursday 6 <sup>th</sup> March 2025
8	<b>Climax</b>	The highest point of tension that has often been built up towards	Thursday 13 <sup>th</sup> March 2025
9	<b>Suspense</b>	The sense that something is about to happen	Thursday 20 <sup>th</sup> March 2025
10	<b>Rapport</b>	The relationship between characters or between performers and audience	Thursday 27 <sup>th</sup> March 2025
Learning Week	Sub-topic:	Non-naturalistic skills	Quiz Date
11	<b>Cue</b>	A verbal/visual signal to indicate the next event to happen on stage	Thursday 3 <sup>rd</sup> April 2025
12	<b>Thought track</b>	When the action freezes and a performer speaks their thoughts in character	Thursday 24 <sup>th</sup> April 2025

## Year 8 – Cycle 2 – French

Learning Week	Term & definition			Quiz Date
1	<b>J'ai joué</b> – I played	<b>J'ai regardé</b> – I watched	<b>C'était</b> – It was	Thursday 16 <sup>th</sup> January 2025
2	<b>Un film fantastique</b> – A fantasy film	<b>Les jeux télévisés</b> – Game shows	<b>Les infos</b> – The news	Thursday 23 <sup>rd</sup> January 2025
3	<b>La musique pop</b> – Pop music	<b>Effrayant</b> - Scary	<b>Divertissant</b> - Entertaining	Thursday 30 <sup>th</sup> January 2025
4	<b>Passionnant</b> - Exciting	<b>Éducatif</b> - Educational	<b>Une chemise</b> – A shirt	Thursday 6 <sup>th</sup> February 2025
5	<b>Un pantalon</b> - Trousers	<b>La taille</b> - size	<b>La caisse</b> – Check out (till)	Thursday 13 <sup>th</sup> February 2025
6	<b>Cher</b> - Expensive	<b>Bon marché</b> - Cheap	<b>D'abord</b> - Firstly	Thursday 27 <sup>th</sup> February 2025
7	<b>Plus tard</b> - Later	<b>Après</b> - After	<b>Je me réveille</b> – I wake up	Thursday 6 <sup>th</sup> March 2025
8	<b>Je me lève</b> – I get up	<b>Je me douche</b> – I shower	<b>Je m'habille</b> – I get dressed	Thursday 13 <sup>th</sup> March 2025
9	<b>Je me suis réveillé</b> – I woke up	<b>Je me suis levé</b> – I got up	<b>Je me suis douché</b> – I showered	Thursday 20 <sup>th</sup> March 2025
10	<b>Je me suis habillé</b> – I got dressed	<b>Je mange</b> – I eat	<b>Je bois</b> – I drink	Thursday 27 <sup>th</sup> March 2025
11	<b>Je prends</b> – I take (have)	<b>Je suis en forme</b> – I am in shape	<b>Je suis actif</b> – I am active	Thursday 3 <sup>rd</sup> April 2025
12	<b>Je mange des sucreries</b> – I eat sweets	<b>Il faut</b> – It is necessary to	<b>J'ai un rhume</b> – I have a cold	Thursday 24 <sup>th</sup> April 2025

## Year 8 – Cycle 2 – Spanish

Learning Week	Term & definition			Quiz Date
1	<b>Jugué</b> – I played	<b>Vi</b> – I watched	<b>Fue</b> – It was	Thursday 16 <sup>th</sup> January 2025
2	<b>Una película de terror</b> – A horror film	<b>Una película</b> – a film	<b>Las noticias</b> – The news	Thursday 23 <sup>rd</sup> January 2025
3	<b>La música</b> – music	<b>la canción</b> – the song	<b>El cantante</b> - the singer	Thursday 30 <sup>th</sup> January 2025
4	<b>hice</b> - I did	<b>fui</b> – I went	<b>salí</b> – I went out	Thursday 6 <sup>th</sup> February 2025
5	<b>próximo</b> - next	<b>fin de semana</b> - weekend	<b>Voy a salir</b> – I am going to go out	Thursday 13 <sup>th</sup> February 2025
6	<b>el mes que viene</b> - next month	<b>vamos a jugar</b> – we are going to play	<b>voy a escuchar</b> – I am going to listen	Thursday 27 <sup>th</sup> February 2025
7	<b>Más tarde</b> - Later	<b>después</b> - After	<b>me despierto</b> – I wake up	Thursday 6 <sup>th</sup> March 2025
8	<b>Me levanto</b> – I get up	<b>Me ducho</b> – I shower	<b>me visto</b> – I get dressed	Thursday 13 <sup>th</sup> March 2025
9	<b>Me desperté</b> – I woke up	<b>Me levanté</b> – I got up	<b>me duché</b> – I showered	Thursday 20 <sup>th</sup> March 2025
10	<b>una vida sana</b> – a healthy life	<b>Como</b> – I eat	<b>bebo</b> – I drink	Thursday 27 <sup>th</sup> March 2025
11	<b>Estoy</b> – I am	<b>Enfermo/a</b> – ill / sick	<b>Cansado/a</b> – tired	Thursday 3 <sup>rd</sup> April 2025
12	<b>como demasiados dulces</b> – I eat too many sweets	<b>Hago ejercicio</b> – I do exercise	<b>no hago deporte</b> – I don't do sport	Thursday 24 <sup>th</sup> April 2025



Learning Week	Term	Definition	Quiz Date
1	Scale	Notes put in ascending order of pitch	Thursday 16 <sup>th</sup> January 2025
2	Major scale	Brighter sounding notes in ascending / descending order of pitch	Thursday 23 <sup>rd</sup> January 2025
3	Minor scale	Darker sounding notes in ascending / descending order of pitch	Thursday 30 <sup>th</sup> January 2025
4	Pentatonic scale	A scale made of 5 notes used for improvisation	Thursday 6 <sup>th</sup> February 2025
5	Riff	A repeated pattern	Thursday 13 <sup>th</sup> February 2025
6	Syncopated rhythm	An offbeat rhythm	Thursday 27 <sup>th</sup> February 2025
7	Melody	The main tune of a song	Thursday 6 <sup>th</sup> March 2025
8	Ascending	Notes going up	Thursday 13 <sup>th</sup> March 2025
9	Descending	Notes going down	Thursday 20 <sup>th</sup> March 2025
10	Sequence	The same pattern repeated higher or lower in pitch	Thursday 27 <sup>th</sup> March 2025
11	Improvisation	The creative process of composing something immediately	Thursday 3 <sup>rd</sup> April 2025
12	Rhythm	A sequence of notes of different duration	Thursday 24 <sup>th</sup> April 2025

Learning Week	Physical Training	Definition	Quiz Date
1	Circuit training	A series of exercise stations whereby periods of work are interspersed with periods of rest	Thursday 16 <sup>th</sup> January 2025
2	Continuous training	Involves working for a sustained period of time without rest. It improves cardio-vascular fitness.	Thursday 23 <sup>rd</sup> January 2025
3	Plyometric training	Also known as jump training, are exercises in which muscles exert maximum force in short intervals of time through the use of bounding / hopping / jumping, etc	Thursday 30 <sup>th</sup> January 2025
4	Interval training	Periods of training/work that are followed by periods of rest, e.g. work, rest, work, rest.	Thursday 6 <sup>th</sup> February 2025
5	Fartlek training	Swedish for 'speed play'. Periods of fast work with intermittent periods of slower work.	Thursday 13 <sup>th</sup> February 2025
6	Striking and fielding games	Striking and Fielding games are those in which one team can score points when a player strikes a ball (or similar object) and runs to designated playing areas while the other team attempts to retrieve the ball and return it to prevent their opponents from scoring.	Thursday 27 <sup>th</sup> February 2025
<b>Sport Psychology</b>			
7	Introvert	A quiet, passive, reserved, shy personality type, usually associated with individual sports performance.	Thursday 6 <sup>th</sup> March 2025
8	Extrovert	Sociable, active, talkative, out-going personality type usually associated with team sports players.	Thursday 13 <sup>th</sup> March 2025
9	Extrinsic Motivation	The drive to perform well or to win in order to gain external rewards (e.g. prizes, money, praise).	Thursday 20 <sup>th</sup> March 2025
10	Intrinsic Motivation	The drive that comes from within (e.g. for pride, satisfaction, a sense of accomplishment, self-worth).	Thursday 27 <sup>th</sup> March 2025
11	Direct Aggression	Aggressive act which involves physical contact with others, e.g. a punch.	Thursday 3 <sup>rd</sup> April 2025
12	Indirect Aggression	Aggression which does not involve physical contact. The aggression is taken out on an object to gain advantage, e.g. hitting a tennis ball hard during a rally.	Thursday 24 <sup>th</sup> April 2025

Learning Week	Term	Definition	Quiz Date
1	Classical theism	God is omnipotent, omnibenevolent and omniscient	Thursday 16 <sup>th</sup> January 2025
2	Agnostic	Someone who does not believe that we can know anything about the existence of God	Thursday 23 <sup>rd</sup> January 2025
3	Design argument	The universe has evidence of purpose and complexity, therefore it must have a designer (God)	Thursday 30 <sup>th</sup> January 2025
4	Analogy	When you compare something that is difficult to understand to something that is easier to understand	Thursday 6 <sup>th</sup> February 2025
5	Empiricism	The theory that all knowledge is based on experience which comes through the senses	Thursday 13 <sup>th</sup> February 2025
6	Faith	Strong belief in a religion, based on spiritual conviction rather than proof	Thursday 27 <sup>th</sup> February 2025
7	Cosmological argument	Everything in the universe has a cause, therefore the universe itself must have a cause (God)	Thursday 6 <sup>th</sup> March 2025
8	Natural evil	Evil that is not created by humans, but is part of the natural world, e.g., tsunamis, earthquakes	Thursday 13 <sup>th</sup> March 2025
9	Moral evil	Evil that is created by humans, e.g., murder, stealing	Thursday 20 <sup>th</sup> March 2025
10	Theodicy	A defence of God's nature despite the presence of evil	Thursday 27 <sup>th</sup> March 2025
11	Mysticism	When the person receiving the experience feels a sense of being one with God	Thursday 3 <sup>rd</sup> April 2025
12	Numinous	This is the feeling of being in the presence of something greater	Thursday 24 <sup>th</sup> April 2025


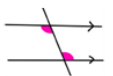

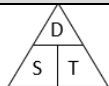
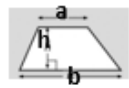
Learning Week	Term	Definition	Quiz Date
1	Alliteration	The repetition of the same consonant sound, often at the beginning of words	Thursday 16 <sup>th</sup> January 2025
2	Emotive language	Word choice which is used to evoke emotion in the reader	Thursday 23 <sup>rd</sup> January 2025
3	Imagery	A literary device used to create a particular image to convey the key ideas/messages of themes in a text	Thursday 30 <sup>th</sup> January 2025
4	Metaphor	A comparison in which one thing is said to be another	Thursday 6 <sup>th</sup> February 2025
5	Personification	The attribution of human feelings, emotions, or sensations to an inanimate object	Thursday 13 <sup>th</sup> February 2025
6	Repetition	A literary device which repeats the same word or phrase a few times to make it memorable	Thursday 27 <sup>th</sup> February 2025
7	Rhyme scheme	The pattern of a poem's rhyme, often identified using letters e.g. ABABCC	Thursday 6 <sup>th</sup> March 2025
8	Simile	A comparison that uses 'like' or 'as'	Thursday 13 <sup>th</sup> March 2025
9	Stanza	A group of lines forming a unit in a poem	Thursday 20 <sup>th</sup> March 2025
10	Structure	The way a poem is organised	Thursday 27 <sup>th</sup> March 2025
11	Symbolism	The use of symbols to express ideas or qualities	Thursday 3 <sup>rd</sup> April 2025
12	Tone	Feelings or ideas suggested by the language used by the poet	Thursday 24 <sup>th</sup> April 2025

## Year 8 – Cycle 2 – Geography – Population and Migration

Learning Week	Term	Definition	Quiz Date
1	Population	The amount of people living in an area	Thursday 16 <sup>th</sup> January 2025
2	Population density	The number of people who live in 1km <sup>2</sup>	Thursday 23 <sup>rd</sup> January 2025
3	Birth rate	The number of babies born per 100 of the total population per year	Thursday 30 <sup>th</sup> January 2025
4	Death rate	The number of people who die per 1000 of the total population per year	Thursday 6 <sup>th</sup> February 2025
5	Natural increase	Population growth caused when birth rates are higher than death rates	Thursday 13 <sup>th</sup> February 2025
6	Ageing population	A population with a very high proportion of over 60-year-olds	Thursday 27 <sup>th</sup> February 2025
7	Youthful population	A population with a very high proportion of under 16-year-olds	Thursday 6 <sup>th</sup> March 2025
8	Economically active	People who work and pay taxes to the government	Thursday 13 <sup>th</sup> March 2025
9	Migration	The movement of people from one place to another to live	Thursday 20 <sup>th</sup> March 2025
10	Refugee	A person who has been forced to leave their home country	Thursday 27 <sup>th</sup> March 2025
11	Push factors	Negative factors which drive people away from a place	Thursday 3 <sup>rd</sup> April 2025
12	Pull factors	Positive factors which draw people to a new location	Thursday 24 <sup>th</sup> April 2025

## Year 8 – Cycle 2 – History – Slavery and Empire

Learning Week	Slave Trade and Abolition	Definition	Quiz Date
1	Colonisation	The process of taking over and controlling another country	Thursday 16 <sup>th</sup> January 2025
2	Colony	A country under control of another country	Thursday 23 <sup>rd</sup> January 2025
3	Slavery	A system in which people can be bought, sold and owned	Thursday 30 <sup>th</sup> January 2025
4	Triangular trade	The trade of raw materials, slaves and goods between Britain, Africa and the Americas	Thursday 6 <sup>th</sup> February 2025
5	Middle Passage	The route from Africa to the Americas across Atlantic Ocean used by ships carrying the enslaved	Thursday 13 <sup>th</sup> February 2025
6	Plantation	Large farms in the Americas where the enslaved were forced to work	Thursday 27 <sup>th</sup> February 2025
<b>The British Empire and Decolonisation</b>			
7	Empire	A large group of countries ruled over by a single country	Thursday 6 <sup>th</sup> March 2025
8	Imperialism	A policy of growing an empire through colonizing other countries	Thursday 13 <sup>th</sup> March 2025
9	Independence	Freedom from being ruled by another country	Thursday 20 <sup>th</sup> March 2025
10	Decolonisation	The process in which a colony becomes independent	Thursday 27 <sup>th</sup> March 2025
11	Self-determination	The belief that a country should decide how it will be ruled	Thursday 3 <sup>rd</sup> April 2025
12	Nationalism	The belief that your country should be independent	Thursday 24 <sup>th</sup> April 2025

Learning Week	Angles	Definition	Quiz Date
1		Corresponding angles are equal	Thursday 16 <sup>th</sup> January 2025
2		Alternate angles are equal	Thursday 23 <sup>rd</sup> January 2025
3		Co-interior angles add up to 180°	Thursday 30 <sup>th</sup> January 2025
<b>Speed, Distance and Time</b>			
4	SDT triangle		Thursday 6 <sup>th</sup> February 2025
5	Speed	Distance ÷ time	Thursday 13 <sup>th</sup> February 2025
6	Distance	Speed x time	Thursday 27 <sup>th</sup> February 2025
7	Time	Distance ÷ speed	Thursday 6 <sup>th</sup> March 2025
<b>Area</b>			
8	Area of a parallelogram	$bb \times h$	Thursday 13 <sup>th</sup> March 2025
9	Area of a triangle	$\frac{bb \times h}{2}$	Thursday 20 <sup>th</sup> March 2025
10	Area of a trapezium		Thursday 27 <sup>th</sup> March 2025
<b>Circles</b>			
11	Area of a circle	$\pi r r^2$	Thursday 3 <sup>rd</sup> April 2025
12	Circumference of a circle	$\pi \pi \pi$ or $2\pi r r$	Thursday 24 <sup>th</sup> April 2025

	Light and sound	Definition	Quiz Date
1	Absorption	When a light wave transfers energy to a material	Thursday 16 <sup>th</sup> January 2025
2	Cornea	Transparent part of the sclera that covers the front of the eye	Thursday 23 <sup>rd</sup> January 2025
3	Frequency	The number of waves that pass a point per second	Thursday 30 <sup>th</sup> January 2025
4	Incident Ray	The ray leaving the light source and coming towards a mirror/surface	Thursday 6 <sup>th</sup> February 2025
5	Infrared	Waves that we cannot see but we can feel as heat	Thursday 13 <sup>th</sup> February 2025
6	Lens	Transparent structure in the eye that can change shape to allow light to be refracted to focus it on the retina	Thursday 27 <sup>th</sup> February 2025
7	Amylase	An enzyme that breaks down starch into glucose	Thursday 6 <sup>th</sup> March 2025
<b>Electricity</b>			
8	Normal	The line that is at 90° (perpendicular) to a mirror or surface	Thursday 13 <sup>th</sup> March 2025
9	Refraction	When light changes direction passing from one substance to another e.g. air to water	Thursday 20 <sup>th</sup> March 2025
10	Repeatable	When an experiment is repeated by the <u>same group of people</u> and the data and conclusions are the same	Thursday 27 <sup>th</sup> March 2025
11	Reproducible	When an experiment is repeated by a <u>different group of people</u> and the data and conclusions are the same	Thursday 3 <sup>rd</sup> April 2025
12	Retina	Layer at the back of the eye that contains light receptors and where images are formed	Thursday 24 <sup>th</sup> April 2025