

2024-2025

Year 7 | 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 7 – Cycle 2 – Art & Design

Learning Week	Term	Definition	Quiz Date
1	Abstract	Art that uses basic shapes and colour rather than representing reality	Wednesday 15 <sup>th</sup> January 2025
2	Positive space	The area of an artwork designed to be the main focus	Wednesday 22 <sup>nd</sup> January 2025
3	Negative space	The space around and between the focal point of an image	Wednesday 29 <sup>th</sup> January 2025
4	Composition	The action of arranging different parts of an image	Wednesday 5 <sup>th</sup> February 2025
5	Collage	Art made by sticking different materials on top of one another	Wednesday 12 <sup>th</sup> February 2025
6	Silhouette	An object seen as a solid shape in a single colour	Wednesday 26 <sup>th</sup> February 2025
7	Mark-making	The different lines, dots, marks, patterns and textures created in a drawing	Wednesday 5 <sup>th</sup> March 2025
8	Primary colours	Red, blue and yellow: the colours that cannot be made by mixing	Wednesday 12 <sup>th</sup> March 2025
9	Secondary colours	Green, orange and purple: the colours made by mixing two primary colours	Wednesday 19 <sup>th</sup> March 2025
10	Tertiary colours	Made by mixing one primary colour and one secondary colour	Wednesday 26 <sup>th</sup> March 2025
11	Analogous colours	Similar colours next to each other on the colour wheel	Wednesday 2 <sup>nd</sup> April 2025
12	Complementary colours	Opposite colours on the colour wheel which create contrast	Wednesday 23 <sup>rd</sup> April 2025

## Year 7 – Cycle 2 – Design and Technology

Learning Week	Term	Definition	Quiz Date
1	Corrugated card	Thick, strong card made up of layers	Wednesday 15 <sup>th</sup> January 2025
2	Sustainability	Actions to reduce damage to the environment	Wednesday 22 <sup>nd</sup> January 2025
3	Responsible design	Design that considers environmental impacts	Wednesday 29 <sup>th</sup> January 2025
4	Circuit	A path between two or more points along which an electrical current can be carried	Wednesday 5 <sup>th</sup> February 2025
5	PCB (Printed Circuit Board)	A printed or etched board with electronic components mounted to connect a circuit	Wednesday 12 <sup>th</sup> February 2025
6	LED (Light Emitting Diode)	An electronic component that emits light when current flows through it	Wednesday 26 <sup>th</sup> February 2025
7	Solder	A metal with a low melting point used to create a permanent bond	Wednesday 5 <sup>th</sup> March 2025
8	Soldering	The process of bonding together metal together by melting solder into the joint	Wednesday 12 <sup>th</sup> March 2025
9	Dry joint	A soldered joint which has not completely bonded due to insufficient melted solder in the joint	Wednesday 19 <sup>th</sup> March 2025
10	Phototransistor	An electronic component which can detect a change in lightness and darkness	Wednesday 26 <sup>th</sup> March 2025
11	Resistor	An electrical component used to reduce current flow	Wednesday 2 <sup>nd</sup> April 2025
12	Capacitor	An electrical component that draws energy from a battery and stores the energy	Wednesday 23 <sup>rd</sup> April 2025

## Year 7 – Cycle 2 – Drama – Greek Theatre & Chorus

Learning Week	Sub-topic:	Greek Theatre	Quiz Date
1	<b>Amphitheatre</b>	The ancient Greek outdoor theatre which could seat 15000 audience members	Wednesday 15 <sup>th</sup> January 2025
2	<b>Tragedy</b>	A drama in which the main character is brought to ruin or suffers	Wednesday 22 <sup>nd</sup> January 2025
3	<b>Protagonist</b>	The central character that most of the action revolves around	Wednesday 29 <sup>th</sup> January 2025
Learning Week	Sub-topic:	Greek Chorus	Quiz Date
4	<b>Chorus</b>	A group of performers often moving and speaking together to help tell the story and create an atmosphere on stage	Wednesday 5 <sup>th</sup> February 2025
5	<b>Body language</b>	The manner in which the body is used to convey meaning	Wednesday 12 <sup>th</sup> February 2025
6	<b>Cue</b>	A verbal/visual signal to indicate the next event to happen on stage	Wednesday 26 <sup>th</sup> February 2025
7	<b>Group timing</b>	Everyone working together to achieve a slick, well timed performance	Wednesday 5 <sup>th</sup> March 2025
8	<b>Unison</b>	Everyone moving/speaking together	Wednesday 12 <sup>th</sup> March 2025
9	<b>Physicalised props</b>	Using the performer's body to represent an object which can come to life	Wednesday 19 <sup>th</sup> March 2025
10	<b>Canon</b>	A movement or vocal which is copied one after the other	Wednesday 26 <sup>th</sup> March 2025
11	<b>Echo</b>	A movement or vocal which is copied one after the other, getting smaller or quieter each time	Wednesday 2 <sup>nd</sup> April 2025
12	<b>Soundscape</b>	A collection of sounds made to create an atmosphere or location	Wednesday 23 <sup>rd</sup> April 2025



## Year 7 – Cycle 2 – French

Learning Week	Term & definition			Quiz Date
1	<b>J'ai</b> – I have	<b>Je n'ai pas de</b> – I don't have	<b>Mon frère a</b> – My brother has	Wednesday 15 <sup>th</sup> January 2025
2	<b>Ma soeur a</b> – My sister has	<b>Ma matière préférée est</b> - My favourite school subject is	<b>C'est</b> – it is	Wednesday 22 <sup>nd</sup> January 2025
3	<b>Ce n'est pas</b> – it is not	<b>Le prof est</b> – The teacher is	<b>Elle est / il est</b> – She / he is	Wednesday 29 <sup>th</sup> January 2025
4	<b>Elle n'est pas / il n'est pas</b> – She is not / He is not	<b>Elle a / il a</b> – She has/he has	<b>Elle/il n'a pas de</b> – She/he doesn't have	Wednesday 5 <sup>th</sup> February 2025
5	<b>Commencer</b> – to start	<b>Finir</b> – to finish	<b>Bavarder</b> – to chat	Wednesday 12 <sup>th</sup> February 2025
6	<b>Porter</b> – to wear	<b>Mon école est</b> – My school is	<b>Je veux</b> – I want	Wednesday 26 <sup>th</sup> February 2025
7	<b>Je ne veux pas</b> – I don't want	<b>Je vais aller</b> – I'm going to go	<b>Je vais faire</b> – I'm going to do	Wednesday 5 <sup>th</sup> March 2025
8	<b>Elle/il va jouer</b> – She/he is going to play	<b>L'allemand</b> - German	<b>L'informatique</b> - ICT	Wednesday 12 <sup>th</sup> March 2025
9	<b>À huit heures</b> – At 8 o'clock	<b>À huit heures et demie</b> – At half past 8	<b>À huit heures et quart</b> – At quarter past 8	Wednesday 19 <sup>th</sup> March 2025
10	<b>À huit heures moins le quart</b> – At quarter to 8	<b>Créatif</b> - Creative	<b>Sévère</b> - Strict	Wednesday 26 <sup>th</sup> March 2025
11	<b>Marrant</b> - funny	<b>Facile</b> - Easy	<b>Difficile</b> - Hard	Wednesday 2 <sup>nd</sup> April 2025
12	<b>Mon prof d'anglais</b> – My English teacher	<b>Le déjeuner</b> - Lunch	<b>La récré</b> – Break time	Wednesday 23 <sup>rd</sup> April 2025

## Year 7 – Cycle 2 – Spanish

Learning Week	Term & definition			Quiz Date
1	<b>Tengo</b> – I have	<b>No tengo</b> – I don't have	<b>En mi familia</b> – In my family	Wednesday 15 <sup>th</sup> January 2025
2	<b>Hay</b> – There is	<b>He/she has</b> - Tiene	<b>He/she is called</b> – se llama	Wednesday 22 <sup>nd</sup> January 2025
3	<b>Estudio</b> – I study	<b>Muchas asignaturas</b> – many subjects	<b>Inglés</b> – English	Wednesday 29 <sup>th</sup> January 2025
4	<b>Mi día favorito</b> – My favourite day	<b>Es</b> – he/she/ it is	<b>Jueves</b> – Thursday	Wednesday 5 <sup>th</sup> February 2025
5	<b>Mi profesor de ciencias</b> – My science teacher	<b>aburrido</b> – boring	<b>Estricto</b> – strict	Wednesday 12 <sup>th</sup> February 2025
6	<b>Justo</b> – fair	<b>Antipático</b> – mean	<b>Gracioso</b> – funny	Wednesday 26 <sup>th</sup> February 2025
7	<b>Mi instituto</b> – my school	<b>es grande</b> – is big	<b>Biblioteca</b> – library	Wednesday 5 <sup>th</sup> March 2025
8	<b>me gusta</b> - I like	<b>jugar</b> – to play	<b>juego</b> - I play	Wednesday 12 <sup>th</sup> March 2025
9	<b>en el patio</b> – in the playground	<b>a las dos</b> – At 2	<b>a las ocho y media</b> – At 8.30	Wednesday 19 <sup>th</sup> March 2025
10	<b>difícil</b> – difficult	<b>fácil</b> - easy	<b>interesante</b> - interesting	Wednesday 26 <sup>th</sup> March 2025
11	<b>leo libros</b> - I read books	<b>como</b> - I eat	<b>bebo</b> - I drink	Wednesday 2 <sup>nd</sup> April 2025

## Year 7 – Cycle 2 – Music

Learning Week	Term	Definition	Quiz Date
1	Orchestra	A large ensemble of musicians playing instruments from four families, led by a conductor	Wednesday 15 <sup>th</sup> January 2025
2	Conductor	The leader of any large musical ensemble, including an orchestra	Wednesday 22 <sup>nd</sup> January 2025
3	String family	String instruments are played by plucking, striking or by drawing a bow across tight strings	Wednesday 29 <sup>th</sup> January 2025
4	Woodwind family	Woodwind instruments are played by blowing into a mouthpiece usually containing a piece of wood called a reed	Wednesday 5 <sup>th</sup> February 2025
5	Brass family	Brass instruments are made of metal and played by blowing into a mouthpiece	Wednesday 12 <sup>th</sup> February 2025
6	Percussion family	Percussion instruments are played by hitting, shaking or scraping	Wednesday 26 <sup>th</sup> February 2025
7	Treble clef	A symbol used in music notation to represent mid and high-pitched notes	Wednesday 5 <sup>th</sup> March 2025
8	Staccato	A performance direction that means play spiky	Wednesday 12 <sup>th</sup> March 2025
9	Legato	A performance direction that means play smoothly	Wednesday 19 <sup>th</sup> March 2025
10	Accent	A performance direction that note with more force	Wednesday 26 <sup>th</sup> March 2025
11	<b>Every Good Boy Deserves Football</b>	A rhyme to remember the notes on the line 	Wednesday 2 <sup>nd</sup> April 2025
12	<b>FACE</b>	A rhyme to remember the notes in the gap 	Wednesday 23 <sup>rd</sup> April 2025



## Year 7 – Cycle 2 – PE

Learning Week	Physical Training		Definition	Quiz Date
1	Agility		The ability to move and change direction at speed whilst maintaining control.	Wednesday 15 <sup>th</sup> January 2025
2	Balance		The maintenance of the centre of mass over the base of support.	Wednesday 22 <sup>nd</sup> January 2025
3	Cardiovascular endurance		The ability of the heart and lungs to supply oxygen to the working muscles.	Wednesday 29 <sup>th</sup> January 2025
4	Coordination		The ability to use different (two or more) parts of the body together, smoothly and efficiently.	Wednesday 5 <sup>th</sup> February 2025
5	Flexibility		The range of movements possible at a joint.	Wednesday 12 <sup>th</sup> February 2025
6	Net Games		Net and wall games are court games where either a net separates the opponents or a wall serves to reflect the ball to the opponent.	Wednesday 26 <sup>th</sup> February 2025
<b>Sport Psychology</b>				
7	Arousal	A physical and mental (physiological and psychological) state of alertness/readiness, varying from deep sleep to intense excitement.	Wednesday 5 <sup>th</sup> March 2025	
8	Stress management	Stress management in sport is learning techniques that help athletes to control stress and anxiety.	Wednesday 12 <sup>th</sup> March 2025	
9	Visualisation/ imagery		This involves visualising yourself playing with a successful outcome.	Wednesday 19 <sup>th</sup> March 2025
10	Mental Rehearsal		This involves going through an activity in the mind before the activity to try and recreate this in actual performance	Wednesday 26 <sup>th</sup> March 2025
11	Deep Breathing		This involves taking long, deep breaths before or during an activity to reduce the heart rate and prevent over arousal.	Wednesday 2 <sup>nd</sup> April 2025

12	Positive self-talk	This involves you giving yourself positive instruction allowing you to remain focused and on task, for example 'come on, you can do this'.	Wednesday 23 <sup>rd</sup> April 2025
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## Year 7 – Cycle 2 – Religious Studies - Judaism

Learning Week	Term	Definition	Quiz Date
1	Judaism	A religion of the Jewish people	Wednesday 15 <sup>th</sup> January 2025
2	Torah	The Jewish Holy Book	Wednesday 22 <sup>nd</sup> January 2025
3	Tanakh	The Jewish scriptures comprising the Torah, the prophets, and collected writings	Wednesday 29 <sup>th</sup> January 2025
4	Rabbi	A Jewish religious leader of a community	Wednesday 5 <sup>th</sup> February 2025
5	Talmud	A collection of scriptures by rabbis to guide Jews in their lives	Wednesday 12 <sup>th</sup> February 2025
6	Synagogue	A Jewish place of worship	Wednesday 26 <sup>th</sup> February 2025
7	The Western Wall	The remains of the Temple in Jerusalem and the holiest site for Jews	Wednesday 5 <sup>th</sup> March 2025
8	Pesach (Passover)	A festival which remembers the Israelite's freedom from slavery in Egypt	Wednesday 12 <sup>th</sup> March 2025
9	Seder	The Passover meal	Wednesday 19 <sup>th</sup> March 2025
10	Bar / Bat mitzvah	The coming-of-age ceremony	Wednesday 26 <sup>th</sup> March 2025
11	Genocide	The deliberate killing of a large number of people from a particular group	Wednesday 2 <sup>nd</sup> April 2025
12	Holocaust	The genocide of 6 million European Jews during World War II by the Nazis	Wednesday 23 <sup>rd</sup> April 2025

## Year 7 – Cycle 2 – History – Medieval England

Learning Week	Term	Definition	Quiz Date
1	Medieval	The period between the 5 <sup>th</sup> and 15 <sup>th</sup> centuries	Wednesday 15 <sup>th</sup> January 2025
2	The Pope	Head of the Catholic Church	Wednesday 22 <sup>nd</sup> January 2025
3	Purgatory	A place in the afterlife where sinners have to work off their sins to get to heaven	Wednesday 29 <sup>th</sup> January 2025
4	Monasticism	A holy way of life where a person gives up their possessions and devotes their life to God	Wednesday 5 <sup>th</sup> February 2025
5	Jerusalem	A holy city for the Christians, Jews and Muslims	Wednesday 12 <sup>th</sup> February 2025
6	Crusades	Medieval holy wars by European Christians to take control of Jerusalem	Wednesday 26 <sup>th</sup> February 2025
7	Pilgrimage	A religious journey	Wednesday 5 <sup>th</sup> March 2025
8	Nun	Woman who dedicates her life to God	Wednesday 12 <sup>th</sup> March 2025
9	Catholic Church	Church of Western Europe, led by the Pope	Wednesday 19 <sup>th</sup> March 2025
10	Archbishop	A senior person in the Church	Wednesday 26 <sup>th</sup> March 2025
11	Revolt	To take violent action against the ruler of a country	Wednesday 2 <sup>nd</sup> April 2025
12	Poll tax	A tax that everyone must pay whatever their income	Wednesday 23 <sup>rd</sup> April 2025

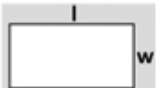
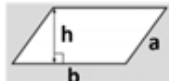
## Year 7 – Cycle 2 – Science

Learning Week	Energy	Definition	Quiz Date
1	Diffusion	The random movement of particles from a high concentration to a low concentration across the cell membrane	Wednesday 15 <sup>th</sup> January 2025
2	<i>Nucleus</i>	Controls activities of the cell, where the genetic material is found	Wednesday 22 <sup>nd</sup> January 2025
3	<i>Mitochondria</i>	Where energy is released during respiration	Wednesday 29 <sup>th</sup> January 2025
4	<i>Photosynthesis</i>	The chemical reaction in which plants use carbon dioxide and water to make glucose and oxygen using energy transferred by light	Wednesday 5 <sup>th</sup> February 2025
5	<i>Microscope</i>	The instrument we use to make things appear bigger so that we can see them	Wednesday 12 <sup>th</sup> February 2025
6	<i>Vacuole</i>	Where the cell sap is found in plant cells	Wednesday 26 <sup>th</sup> February 2025
<b>Reproduction</b>			
7	<i>Ribosomes</i>	Where proteins are made in a cell	Wednesday 5 <sup>th</sup> March 2025
8	Xylem	Plant tissue that carries water from the roots to all parts	Wednesday 12 <sup>th</sup> March 2025
9	<i>Digestion</i>	Breaking down large food molecules into smaller molecules that can be absorbed	Wednesday 19 <sup>th</sup> March 2025
10	<i>Alveoli</i>	Tiny air sacs in the lungs where oxygen and carbon dioxide diffuse into and out of the blood	Wednesday 26 <sup>th</sup> March 2025
11	<i>Cytoplasm</i>	Where the cell's chemical reactions take place	Wednesday 2 <sup>nd</sup> April 2025
12	<i>Phloem</i>	Plant tissue that carries dissolved sugars from the leaves around the plant	Wednesday 23 <sup>rd</sup> April 2025

## Year 7 – Cycle 2 – Geography - Development

Learning Week	Term	Definition	Quiz Date
1	Development	The quality of life for those living in a country	Wednesday 15 <sup>th</sup> January 2025
2	Human Development Index (HDI)	A composite development indicator that gives an overview of development	Wednesday 22 <sup>nd</sup> January 2025
3	Developing countries	Countries with lower quality of life and low HDI scores	Wednesday 29 <sup>th</sup> January 2025
4	Emerging countries	Countries that are rapidly developing with improving HDI scores	Wednesday 5 <sup>th</sup> February 2025
5	Developed countries	Countries with higher quality of life and high HDI scores	Wednesday 12 <sup>th</sup> February 2025
6	Gross Domestic Product (GDP)	The total value of goods and services produced by a country per year	Wednesday 26 <sup>th</sup> February 2025
7	Gross National Income (GNI)	The total value of income received in a country per year	Wednesday 5 <sup>th</sup> March 2025
8	Literacy rate	The percentage of people over 15 who can read and write in a country	Wednesday 12 <sup>th</sup> March 2025
9	Life expectancy	The average years a person is expected to live for at the time of birth in a country	Wednesday 19 <sup>th</sup> March 2025
10	Average years of schooling	The average number of years a person is in education before the age of 25 years old	Wednesday 26 <sup>th</sup> March 2025
11	Fair trade	When farmers get a fair price for their products	Wednesday 2 <sup>nd</sup> April 2025
12	Aid	Help is given to a country	Wednesday 23 <sup>rd</sup> April 2025

Learning Week	Non-Fiction	Definition	Quiz Date
1	Tone	Attitudes toward the subject and toward the audience implied in a literary work, for example: formal, informal, sarcastic, etc	Wednesday 15 <sup>th</sup> January 2025
2	Expert opinion	A belief or judgement about something given by an expert on a subject	Wednesday 22 <sup>nd</sup> January 2025
3	Fact	Something that is known to happen or to exist, especially for which proof exists	Wednesday 29 <sup>th</sup> January 2025
4	Perspective	A particular attitude towards or way of regarding something	Wednesday 5 <sup>th</sup> February 2025
5	Autobiography	The account of a person's life written by that person	Wednesday 12 <sup>th</sup> February 2025
6	Biography	The account of a person's life written by another person	Wednesday 26 <sup>th</sup> February 2025
<b>Shakespearean Comedy</b>			
7	Soliloquy	A speech or passage in drama when a character on stage speaks to himself or herself, expressing their inner thoughts and feelings	Wednesday 5 <sup>th</sup> March 2025
8	Blank verse	Unrhymed lines written in a poetic meter	Wednesday 12 <sup>th</sup> March 2025
9	Prose	Ordinary writing not organised with rhymes or fixed line lengths. It is the language that people speak in	Wednesday 19 <sup>th</sup> March 2025
10	Stage directions	Instructions written into the script of a play, indicating stage actions, movements of performers, or production requirements	Wednesday 26 <sup>th</sup> March 2025
11	Reciprocate	To return affection or love for someone in the same way that they feel it	Wednesday 2 <sup>nd</sup> April 2025
12	Unrequited love	When one person feels love for another but the other person does not return their feelings	Wednesday 23 <sup>rd</sup> April 2025

Learning Week	Term	Definition	Quiz Date
1	Proper fraction	A fraction less than one. The numerator is smaller than the denominator	Wednesday 15 <sup>th</sup> January 2025
2	Improper fraction	A fraction more than one. The numerator is greater than the denominator	Wednesday 22 <sup>nd</sup> January 2025
3	Mixed number	A number containing a whole number and a proper fraction	Wednesday 29 <sup>th</sup> January 2025
4	Area	The amount of space inside a two-dimensional shape	Wednesday 5 <sup>th</sup> February 2025
5	Equivalent fractions	Fractions which have the same value	Wednesday 12 <sup>th</sup> February 2025
6	Rectangle	 $l \times w$	Wednesday 26 <sup>th</sup> February 2025
7	Parallelogram	 $b \times h$	Wednesday 5 <sup>th</sup> March 2025
8	Triangle	$\frac{b \times h}{2}$	Wednesday 12 <sup>th</sup> March 2025
9	$\frac{1}{2}$	0.5 – 50%	Wednesday 19 <sup>th</sup> March 2025
10	$\frac{1}{4}$	0.25 = 25%	Wednesday 26 <sup>th</sup> March 2025
11	$\frac{3}{4}$	0.75 = 75%	Wednesday 2 <sup>nd</sup> April 2025
12	$\frac{1}{10}$	0.1 = 10%	Wednesday 23 <sup>rd</sup> April 2025