2024/2025 Cycle 1 Knowledge Navigator Morning meeting homework 100% Sheets

Year 7

Name:

Form:



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Morning meeting retrieval homework

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17	Spellings

100% sheets

18	Maths
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32	Music
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			Week 1		Week 2		Week 3		Week 4	Week 5		
	Mandan	ne inn in a	Danie Halidau	on inn in a	French	on ion in a	French	a c inn in a	French	22/00/24	French	
	Monday	26/08/24	Bank Holiday	02/09/24	Page 5 Week 1	09/09/24	Page 5 Week 3	16/09/24	Page 5 Week 4	23/09/24	Page 5 Week 5	
	Tuesday	andro in a	Chaff Oal.	on inn in a	Science	10/09/24	Science	17/09/24	Science	24/09/24	Science	
	Tuesday	27/08/24	Staff Only	03/09/24	Page 7 Box 1	10/09/24	Page 7 Box 2	17/09/24	Page 7 Box 3	24/09/24	Page 7 Box 4	
	W/dd	an inn ia e	Chaff Oal.	04/09/24	History Page 11 Box A	11/09/24	Geography Page 13 Box 1	18/09/24	History Page 11 Box B	25/09/24	Geography Page 13 Box 2	
	Wednesday	28/08/24	Staff Only	04/09/24	Sparx Maths	11/09/24	Sparx Maths	18/09/24	Sparx Maths	25/09/24	Sparx Maths	
	Thursday	20/00/24	Staff Only	05/09/24	English	12/09/24	English	19/09/24	English	26/09/24	English	
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	Friday	30/09/24	Staff Only	06/09/24	Spellings Week 2	13/09/24	Spellings Week 3	20/09/24	Spellings Week 4	27/09/24	Spellings Week 5	
4			,									
			Week 6		Week 7		Week 8		Week 9	Week 10		
	Monday	30/09/24	French	07/10/24	French	14/10/24	French	04/11/24	French	11/11/24	French	

	Week 6			Week 7		Week	8	Week 9 Week 10			Week 10		
Monday	30/09/24	French	ch French French			04/11/24	French		11/11/24	French			
ivioliday	30/03/24	Page 5 Week 6	07/10/24	Page 6 Week 7	14/10/24	Page 6 W	Veek 8	04/11/24	Page 6	Week 9	11/11/24	Page 6 Week 10	
Tuesday	01/10/24	Science	08/10/24	Science	15/10/24	Science		05/11/24	Science		12/11/24	Science	
Tuesday	01/10/24	Page 7 Box 5	06/10/24	Page 7 Box 6	13/10/24	Page 7 B	ox 7	US/11/24	Page 8	Box 1/2	12/11/24	Page 8 Box 3/4	
Wednesday	02/10/24	History Page 11 Box C	09/10/24	Geography Page 13 Box 3	Page 13 Box 3 History Page		age 12 Box D	06/11/24	Geography Page 14 Box 4		13/11/24	History Page 12 Box E	
vveunesuay	02/10/24	Sparx Maths	US/ 1U/ 24	Sparx Maths	10/10/24	Sparx Mat	ths	06/11/24	Sparx M	laths	13/11/24	Sparx Maths	
Thursday	03/10/24	English	10/10/24	English	17/10/24	English		07/11/24 English		14/11/24	Staff only		
illuisuay	US/10/24	Page 15 Box 1	10/10/24	Page 15 Box 2	17/10/24	Page 16	Вох 3	07/11/24	Page 16	Box 4	14/11/24	Staff only	
Friday	04/10/24	Spellings Week 6	11/10/24	Spellings Week 7	18/10/24	Spellings \	Week 8	08/11/24	Spelling	s Week 9	15/11/24	Staff only	
	I	l		l							1		

		Week 11		Week 12	Week 13				
Monday	18/11/24	French	25/11/24	French	02/12/24	French			
Williady	10/11/24	Page 6 Week 11	23/11/24	Page 6 Week 12	02/12/24	Page 6 Week 13			
Tuesday	19/11/24	Science	26/11/24	Science	03/12/24	Science			
Tuesday	15/11/24	Page 8 Box 5/6	20/11/24	Page 9 Box 1	US/12/24	Page 8 Box 2/3			
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wednesday	20/11/24	Sparx Maths	27/11/24	Sparx Maths	04/12/24	Sparx Maths			
Thursday	21/11/24	English		English	05/12/24	English			
mursuay	21/11/24	Page 15 Box 1	28/11/24	Page 15 Box 2	US/12/24	Page 16 Box 3			
Friday	22/11/24	Spellings Week 11	29/12/24	Spellings Week 12	06/12/24	Spellings Week 13			



YEAR 7
CYCLE 1 HOMEWORK

		French			IDENTITY & REL	ATIONSHIPS		CYCLE 1	Year 7		
Week 1 Week 2 Greetings Greetings								Week 3 Numbers			
Bonjour/ Salut	Jieetiii	Hello/Hi	Comme ci co		So so	Un	One	Onze	Eleven		
Je m'appelle		I am called	Bof!	omme ça	Whatever!	Deux	Two	Douze	Twelve		
J'ai ans		I am years old	Bien/mal		Good/bad	Trois	Three	Treize	Thirteen		
Mon anniversaire e	st le	My birthday is	Très bien/m	 al	Very good/bad	Quatre	Four	Quatorze	Fourteen		
Comment t'appelle		What's your name	Génial	<u> </u>	Great	Cinq	Five	Quinze	Fifteen		
Comment ça va?	:5-tu:	How are you?	Affreux		Awful	Six	Six	Seize	Sixteen		
Oui/Non		Yes/No	Quel âge as-	+2				Dix-sept	Seventeen		
Merci beaucoup		Thanks a lot	Où habites-1		How old are you? Where do you live?	Sept Huit	Seven Eight	Dix-sept Dix-huit	Eighteen		
Au revoir				Do you have any animals	Neuf	Nine	Dix-neuf	Nineteen			
Ça va bien/mal				How are you?	Dix	Ten	Vingt	Twenty			
Week 3	I		1 00	Week 4	now and your		Week 5	1	Week 6		
Numbers			Months	/ Days of the v	veek	Ve	erb Avoir		Verb Etre		
Vingt	20	janvier	January	lundi	Monday	J'ai	I have	Je suis	l am		
Trente	30	février	February	mardi	Tuesday	Tu as	You have	Tu es	You are		
Quarante	40	mars	March	mercredi	Wednesday	II/elle a	He/she has	II/elle est	He/she is		
Cinquante	50	avril/mai	April/May	jeudi	Thursday	Nous avons	We have	Nous sommes	We are		
Soixante	60	juin/juillet	June/July	vendredi	Friday						
Soixante-dix	70	août	August	samedi	Saturday	Vous avez	You have	Vous êtes	You are		
Quatre-vingt	80	septembre	September	dimanche	Sunday	Ils/ elles ont	They have	Ils/elles sont	They are		
Quatre-vingt-dix	90	octobre/	October/	La semaine	The week	C'est	It is	C'était	It was		
	130	novembre	November	La semante	THE WEEK	II y a	There is	Il y avait	There was		
Cent	100	décembre	December	Le mois	The month	J'avais	I had	J'étais	I was		

French							IDEN ⁻	ΓΙΤ	Y & RELATIO	ONSHIP	S		CYCLE 1		Yea	ar 7		
Week 7						We	ek 8						Week 9					
	Pet				Coloui	rs		Desci	ription				Family/Relashionship					
un chat		a cat		bleu/bleue		blue	ennuyeux	nuyeux boring Mo		Mon pèr	e/ma mère	My da	d/My mum	âge age				
un chien		a dog		blanc/blan	cho	white	travailleur	<u> </u>			re/ma soeur	My bro	other/my sister	ami	frie			
un oiseau		a bird			THE .				hard-working		ele/ma tante	'	cle/my auntie	confiance	trus			
un cheval		a hors	e	noir/noire		black	bavard		chatty		nd-père/Ma	 			1			
une tortue		a torto	oise	rouge		red	drôle		funny	grand-m	•	My gra	ndad/my grandma	copain/copine	frie	nd (m/f)		
un cochon d'inc				jaune		yellow	heureux		happy	Mon cou	sin/ma cousine	Му со	usin	langue	lang	guage		
un poisson		a guin a fish	еа рів	orange/ma	rron	orange/br own	paresseux	{	lazy Mon bear belle-mèr		iu-père/ma ere	My ste	pfather/my other	membre	mbre member			
un lapin		a rabb	oit	vert/verte		green	amusant		fun/funny	Mon fils,			n/my daughter	naissance	naissance brith			
une souris		a mou	ise	rose		pink	embêtant		annoying	Mon ma	ri/partenaire My hus		sband/partner	nom	name			
une araignée		a spid	er	violet/viole	tte	purple	méchant		nasty	Ma fami	lle	My family		taille	height			
	1	Wee	ek 10				Week 11			Week	12	W	eek 1	3				
		Descr	iption			Hair and Eyes			Opinions			Ad	jectiv	es				
allemand	German		Mon/ma/mes	My (m/f,	/la	le visage		fac	e		J'aime		l like	sympa		nice		
américain	American		Ton/ta/tes	Your (m/	-	les cheveux	(hai	r		Je n'aime pas	Je n'aime pas I don't like		bon		good		
				His/her	., թ.,	les yeux		ey	es		J'adore		I love	mauvais		bad		
anglais	English		Son/sa/ses	(m/f/pl)		petit (e)/gr	and (e)	shc	ort / tall		Je déteste		I hate	amusant		fun		
canadien	Candian		moi	me		de taille mo	<u> </u>		average height		C'est		It is	intéressant		interesting		
espagnol	Spanish		toi	you		gros/ mince			t / thin		Ce n'est pas		It is not	mignon		cute		
français	French		lui	him		barbe/mou		-			J'aimais		I used to like	drôle		funny		
européen	Europear	1	elle	her		joli (e)/ laid		·	etty / ugly	/ 	Je détestais		I used to hate	méchant		nasty		
proche	close/nea		ensemble	together		belle/beau, élegant/élé		·	etty / handsome ,	ugiy	C'était		It was	travailleur		hardworking		
	here is/ai	re	trop	too		jeune/vieux	_	_	ung / old		Je voudrais		I would like			kind		
voici	here is/a	re	trop	too		jeune/vieux	x	you	ung / old		Je voudrais		I would like	gentil		kind		

1. Equipment

Heat proof mat Protects the desk from spills or heat damage



Bunsen burner

Air hole open = blue flame Air hole closed = safety flame Only pick it up by the blue base



Tripod

Holds equipment safely above a Bunsen burner



Gauze

Goes on top of the tripod, beakers can then be placed safely on top



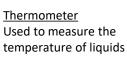
Beaker

Used to carry out reactions in. Can also be heated

a volume of liquid



Measuring cylinder Used to accurately measure



2. Table of results

When drawing a table of results you need to remember 5 rules;

- 1. Use a ruler and a sharp pencil to draw your table.
- 2. Make sure that there is space for all of your data (inc. repeats and a mean if necessary).
- Include headings with units (if required).
- Complete the table with the data.
- 5. Calculate the mean if required.

Independent		Depender	nt variable (uni	ts)
variable (units)	1 st time	2 nd time	3 rd time	Mean
xx	22	23	23	22.7

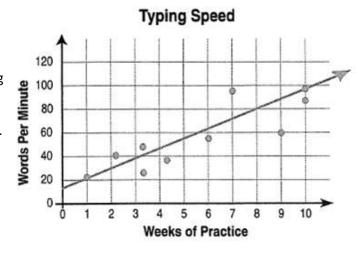
To calculate the mean average add up all the results (22+23+23) = 68

Then divide by the number of test you did 68/3 = 22.6666666

3. Graphs

When drawing a table of results you need to remember 5 rules;

- 1. Use a pencil and ruler to draw the axes.
- 2. Label both axes, including units if required.
- 3. Make sure each scale goes up in even amounts.
- 4. Plot all points carefully.
- Draw a line-of-best-fit as close to all the points as possible. The line-ofbest-fit may be a straight line or a curve.



4. Conclusion

In the conclusion you need to explain what your results have shown you.

For instance: In my experiment I found out that as X increases, Y decreases.

e.g. From the graph in section 3, the conclusion would be:

As the number of weeks practice increases the number of words typed per minute increases, up to a maximum of 100 words per minute.

5. Graphs

Continuous variable: Has values that can be any number.

Discontinuous variable: Has values that are words or discrete numbers.

Bar chart/column graph: Displays the values of categories.

Line graph: Shows the relationship between two continuous variables.

Pie chart: Shows the proportions or percentages that make up a whole. Line of best fit: A straight or curved line drawn to show the pattern of

data points. 6. Variables

Scientific enquiries: Different ways to investigate including observation over time, fair test and pattern seeking.

Variable: A factor that can be changed, measured and controlled.

Independent variable: What you change in an investigation to see how it affects the dependent variable.

Dependent variable: What you measure or observe in an investigation.

Control variable: What needs to be kept the same throughout the experiment

7. How to light a Bunsen burner

- 1. Connect hose to gas tap
- 2. Make sure the air hole is closed
- 3. LIGHT THE MATCH and place near the top of the Bunsen burner
- 4. Turn on gas LAST



1. Multicellular vs. unicellular

Multicellular organisms are composed of cells which are organised into tissues, organs and systems to carry out life processes.

There are many types of cell. Each has a different structure or feature so it can do a specific job.

Specialised cells include; sperm cells, nerve cells, red blood cells, palisade cells, root hair cells.

Cell: The unit of a living organism, contains parts to carry out life processes.

Uni-cellular: Living things made up of one cell.

Multi-cellular: Living things made up of many types of cell.

2. Cell organelles

<u>Organelle</u>	<u>Function</u>				
Nucleus	Contains genetic material (DNA) which controls the cell's activities.				
Cell membrane	Surrounds the cell and controls movement of substances in and out.				
Cytoplasm	Jelly-like substance where most chemical processes happen.				
Mitochondria	Site of respiration, where energy is released from food molecules.				
Ribosomes	Site of protein synthesis.				
Cell wall	Supports & strengthens the cell, in plant cells it is made of cellulose.				
Chloroplast	Absorbs light energy so the plant can make food.				
Vacuole	Contains liquid, and used to keep the cell rigid and store substances.				

3. Specialised cells Animal cell Cytoplasm Nucleus Ribosome Mitochondrion Cell membrane Chloroplast Vacuole Cell wall Found in plant cells

4. Levels of organisation

Tissue: Group of one type of cells working together to perform a function.

Organ: Group of different tissues working together to carry out a job.

Organ system: Group of different organs working together to perform a function.

Diffusion: One way for substances to move into and out of cells.

Structural adaptations: Special features to help a cell carry out its functions.

5. Systems of the body

Immune system: Protects the body against infections.

Reproductive system: Produces sperm and eggs, and is where the foetus develops.

Digestive system: Breaks down and then absorbs food molecules.

Circulatory system: Transports substances around the body.

Respiratory system: Replaces oxygen and removes carbon dioxide from blood.

Muscular skeletal system: Muscles and bones working together to cause movement and support the body.

6. Using a light microscope

1. Place the microscope of a flat surface and switch on
the light (or tilt the mirror) and ensure the stage is
fully down.

- 5. Rotate the coarse focusing knob until an image is seen.
- 2. Turn to the smallest objective lens (usually x4).
- 6. Use the fine focusing knob to get a clear image.
- 3. Place the specimen on the slide and cover with a cover slip. This protects the specimen and the objective lens. Always hold the edges of the slide and handle with care to avoid cuts.
- 7. Turn the objective lens to the x10 magnification objective lens and adjust with the fine focusing knob.
- 4. Place the slide on the microscope stage and secure with the clips.
- 8. If possible, turn to the x40 objective lens. Again, only use the fine focusing knob to achieve a clear image.











1. Particle model

Properties of solids, liquids and gases can be described in terms of particles in motion but with differences in the arrangement and movement of these same particles: closely spaced and vibrating (solid), in random motion but in contact (liquid), or in random motion and widely spaced (gas).

Observations where substances change temperature or state can be described in terms of particles gaining or losing energy.

A substance is a solid below its melting point, a liquid above it, and a gas above its boiling point.

Particle: A very tiny object such as an atom or molecule, too small to be seen with a microscope.

Particle model: A way to think about how substances behave in terms of small, moving particles.

Diffusion: The process by which particles in liquids or gases spread out through random movement from a region of high concentration to a region of low concentration. Gas pressure: Caused by collisions of particles with the walls of a container.

Density: How much matter there is in a particular volume, or how close the particles are.

2. Properties of solids, liquids and gases

<u>Solids</u>	<u>Liquids</u>	<u>Gases</u>			
Have a fixed shape	Take the shape of their container	Take the shape of their container			
Have a fixed volume	Have a fixed volume	Don't have a fixed volume			
Cannot be compressed	Cannot be compressed	Can be compressed easily			
Cannot flow	Can flow	Can flow			

3. Separating mixtures

Pure substance: Single type of material with nothing mixed in.

Mixture: Two or more pure substances mixed together, whose properties are different to the individual substances.

Solvent: A substance, normally a liquid, that dissolves another substance.

Solute: A substance that can dissolve in a liquid.

Dissolve: When a solute mixes completely with a solvent.

Solution: Mixture formed when a solvent dissolves a solute.

Soluble (insoluble): Property of a substance that will (will not) dissolve in a liquid.

Solubility: Maximum mass of solute that dissolves in a certain volume of solvent.

Filtration: Separating substances using a filter to separate an insoluble solid

from a filtrate (solution). e.g. separating sand and water

Evaporation: A way to separate a

solid dissolved in a liquid by the

liquid turning into a gas.

e.g. separating water from salt water

condensing liquids. e.g. separating water and alcohol

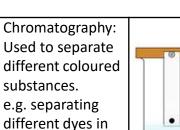
substances.

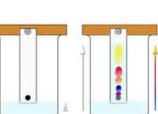
ink

e.g. separating

Distillation: Separating

substances by boiling and





4. Changes of state

Evaporate: Change from liquid to gas at the surface of a liquid, at any temperature.

Boil: Change from liquid to a gas of all the liquid when the temperature reaches boiling point.

Condense: Change of state from gas to liquid when the temperature drops to the boiling point.

Melt: Change from solid to liquid when the temperature rises to the melting point.

Freeze: Change from liquid to a solid when the temperature drops to the melting point.

Sublime: Change from a solid directly into a gas.

Science		Fo	rces	CYC	LE 1	YEAR 7
1. Mass and weight			3. The Solar system			
Mass and weight are different but rel weight depends upon mass but also depends upon mass dep			The solar system consists of the Sun at the centre, with 8 planets and smaller objects such as asteroids and comets in orbit around it.			
Every object exerts a gravitational force on every other object. The force			Mercury	Mercury is the c	closest to the S	un and Neptune the furthest.
	es with mass and decreases with distance. Gravity holds planets and in orbit around larger bodies. On Jupiter your weight would be more		Venus	Neptune takes the	e longest time	to orbit the Sun and Mercury the shortest.
than on earth because it has more gra	avity: but your ma	ass would be the same on	Earth			Jupiter is the largest planet.
both.			Mars			Jupiter has 63 moons
Weight can be calculated by using the formula: weight (in N) = mass (in kg) x gravitational field strength (in N/kg)		Jupiter	The red spot on Jupiter is a storm bigger than the Earth			
Weight: The force of gravity on an obj		rength (iii iv) kg/	Saturn	Neptune is the coldest of the eig		
Mass: The amount of stuff in an object			Uranus			
Gravitational field strength, g: The for	= -	n 1 kg (N/kg), g on Earth =	Neptune	•		·
10 N/kg but on the moon it is only 1.6		force	Pluto is further away than Neptune and is a dwar This sentence is a way to remember the correct order:			eptune and is a dwarr planet.
Field: The area where other objects for Non-contact force: One that acts with	_		My Very Enthusiastic Mother Just Served Us Noodles!			
			4. Days and nights			
2. Balancing forces			A planet spins on its axis	as it orbits the Sur	n. A day is the t	ime it takes for a planet to
Balanced force	<u>Unb</u>	palanced force	turn once on its axis. An		•	'
Equal and opposite forces		es acting on an object are IOT EQUAL.	The Sun lights up one-has spins, we move from sha			is in shadow. As the Earth and so on.
An object that is not moving stays		t is not moving starts to	The Sun appears to mov		The Sun appe • Rise in t	

west. This is because the Earth turns

means that we (the Earth) spins from west to east.

from west to east.

• Set in the west

One way to remember which way the Earth turns is to remember 'we spin', which

· Be due south at midday

<u>Balaficed force</u>	Offibalaficed force
Equal and opposite forces	When two forces acting on an object are NOT EQUAL.
An object that is not moving stays still (stationary)	An object that is not moving starts to move
An object that is moving continues to move at the same speed and in the same direction	An object that is moving changes speed (accelerating /negative accelerating) or direction

CYC	<u>CLE 1</u>	SUBJECT	History	TOPICS	The Norma	n Conquest	YEAR GROUP	7
вох	Key Knowledge to learn							
SECTION A – Key Terms	 Consequence Diversity – e Significance Change - ma 	before the event began, while ce - a result or effect, typically different experiences and outce - the quality of being worthy ake (someone or something) d		s before they caused the even easant. social, economic or religious	nt. background	Barons – nobles with large areas Domesday Bool Feudalism – No to the king Knights – Soldie	who fought for William at Has of land to control for him k – A record of all land and pro rman way of organising society ers who were given land in the nary people, who worked on t	stings and were rewarded perty completed in 1086 y so that everyone is loyal Feudal system
Section B – The Battle of Hastings	soldiers, w farming. 2500 of th profession It is believe 7,000 and	vas made up of part time vhose main role was ese were housecarls, nal and well paid ed Harold had between 8,000 soldiers at Hastings. urite weapon was a	William's Army William had a rang available to him: ca and foot soldiers. Most historians thi army was also betw 8,000 soldiers. William's army we and ready for battl	ee of soldiers avalry, archers ink William's ween 7,000 and re well-rested le.	at the top of So start of the bar army but were William's caval break past the A rumour spre he lifted his he William ordere to retreat.	lastings began enlac Hill, form title, William's a struggling to large then tried to defensive line ad through the limet and rode and his soldiers to lilled in the advilled in the advilled in the advilled.	at 9am on 14 October 1066 ning a shield wall against Wi archers fired their arrows u break through the shield was o charge up the hill, but the and were beaten back by He Norman army that William past his troops to show the to advance part way up the wance, the remaining Saxons	illiam's army. At the p towards Harold's all. ey also could not Harold's men. in had been killed, but em he was still alive. hill and then pretend
Section C – The Consequences of the Battle of Hastings	been killed a Tactics: Will and attack F Army streng the range of Leadership: them he was What happe	darold's army had to march and the those who were left iam's army pretended to reduced a weakened position. Sth: William had a greater rate tactics and attacks they cow William was on horseback as still alive. In contrast, Hardened after the Battle of Hastened after the Battle of Hastle of Hastened after the Battle of Hastened after	ange of soldiers for the battluld carry out. and had an overview of the vold was on foot and was una	y tired. ny into losing their strong e. As well as foot soldiers whole battlefield. When a ble to stop his army losin	defensive positi he had a cavalr rumour went ro their discipline	on to run after y and more ski ound his army t and chasing d	them. William's army was lled archers. This gave his si that he had been killed, he l own Senlac Hill after Williar	then able to turn round ide a big advantage in lifted his helmet to show m's retreating soldiers.
Se			velcomed with open arms, s					

Power in the Medieval CYCLE 1 **TOPICS YEAR GROUP SUBJECT** History world The Harrying of the North - Fear & Intimidation The Feudal System - The feudal system shows the hierarchy of different groups of people William's methods of control in medieval society based on loyalty, land and tax. Many Anglo-Saxons opposed the Norman Conquest and William faced a series of rebellions. They were posing a real challenge to William's control of the • The king was at the top of society and controlled the land. To manage this, he gave north of England. large areas of land to noblemen, including the clergy, lords and barons, in return for In the north-east of England, from 1069 to 1070, William ordered villages to be them raising him money and an army. The nobility were below the king in the burned to the ground, farm animals to be slaughtered, and crops to be hierarchy. They would distribute some of their land to knights, who would raise an destroyed. This is called the Harrying of the North. Thousands of people were army to fight for the king when needed. killed and many more died of starvation over the next few years. · Noblemen would also let peasants live and work on the land, in return for taxes and The Domesday Book shows the population in the North decreased by 75%. food. The nobility became wealthy from rent raised from peasants they let farm on the SECTION D -People were either killed, died of starvation or moved away. land. • Peasants were the largest and lowest group in medieval society, making up over 90% of the population. Most peasants were villeins. Castles were built in prominent positions, on high ground overlooking villages or towns. Castles These imposing structures would have been the largest buildings people in medieval England had ever seen. William hoped the building of castles across England would intimidate people into accepting the Norman conquest. SECTION E – Motte and Bailey **Motte and Bailey Castles** Motte-and-bailey castles were built from wood and the keep was constructed on top of a small hill, called a motte. At the bottom of the motte, was a bailey, which was an enclosed group of houses and farmland for soldiers and workers to live in. These castles were protected by a palisade, which was a tall wooden fence, and they usually had a ditch or moat around them. The Normans built these castles on the tops of hills so that they would look imposing and intimidating. These castles weren't built to last a long time, but they could be built quickly within a few days. It is estimated over five hundred motte-and-bailey castles were built in the two years after the Norman conquest. **Eleanor of Aquitaine Empress Matilda**

SECTION F – Medieval Women

- Eleanor was a wealthy woman, governing Aquitaine, France.
- She married Louis VII, King of France The couple had two daughters.
- She supported Louis VII in the Crusades, many saw Eleanor as the better leader, Louis did not approve of her interference, they would divorce
- She married Henry II of England, she supported him to run his kingdom between England and France
- She was involved in a plot to replace Henry II with his sons, it failed and she was imprisoned
- She ruled England, on behalf of her son Richard when he was on crusade

- Matilda was the granddaughter of William the Conqueror
- When her father died with no male heir, she believed she should become Queen of England, her father had made the Baron's promise to accept her before he died
- Her cousin, Stephen believed a woman could not rule and that he should be King
- The conflict between Matilda and Stephen and those that supported their claims led to Civil War
- The Barons unable to accept Matilda as Queen, finally agreed to support her son, who would become Henry II

	Geography	Geographical Skills	Cycle 1	Year 7
Week		Key Knowledge to learn		
1 – Key	Geography – the study of the Earth and its people			_
Terms	Physical Geography - the study of natural feature	s e.g. mountains, volcanoes, oceans		
	Human Geography - the study of human activity	e.g. economics, culture		Hit
	Environmental Geography - the study of interacti	ons between people and nature e.g. climate change		
	Social – The study of people			
	Economic – The study of money			
	Environmental – The study of physical landscapes	around us e.g. animals, plants		
2 –	A compass are important to show us which way w	e are going. T A good way to remember these points is a saying "	Never East Shredded Wheat"	47 48 49
Map Skills	There 8 compass points to read from. Reading a co	ompass clockwise > north > north east > east > south east > sout	h > south west > west > north v	vest > 34
	north			
	Contour lines > imaginary lines on maps > show h	ow high land is above sea level > lines close together on map m	eans land is steep in real life	33 - 33
	Measuring Distance on a map > To measure the s	traight-line distance is easy > You get a ruler and simply measure	e the distance between the	# # 3
	·	ottom of the map page to find out how far it is in real life		32
	grid references > used to find places on maps Gol Grid reference of star is > 4733	den rule for reading a grid reference is > 'Bottom left corner, ald	ong the corridor, up the stairs'.	47 48 49
3 – Global	Capital City - often the largest city and where the	government is located		Arctic Ocean
Geography	City - is a large human settlement. It can be defir	-	- Seiler T	
	Country - a nation with its own government, occ		A CONTRACTOR	Europe
	Continent - any of the world's main continuous e	expanses of land	North America Atlantic Ocean	Asia Pacific Ocean
	Continents and Oceans Map		←Tropic of Cancer→	Africa
	7 continents > Europe, Africa, Asia, Oceania, Nor	th America, South America, Antarctica	←Equator→ South America	Indian Ocean
	5 oceans > Arctic, Atlantic, Indian, Pacific, South	ern	←Tropic of Capricorn→	Oceania
			-Prime Me	Southern Ocean
				Antarctica

	Geography	Geographical Skills	Cycle 1	Year 7
Week		Key Knowledge to learn		
4 – UK and Europe	Belfast), Republic of Ireland (capital Dublin) Great Britain - 3 nations > Scotland (capital Ed United Kingdom - 4 nations > Scotland (capi (capital Belfast) Seas around the British Isles - North Sea (e Atlantic Ocean (west of British Isles) Europe - continent > large area of land > north UK, Norway and Spain are located in the continent	inburgh), England (capital London), Wales (capital Cardiff), North inburgh), England (capital London), Wales (capital Cardiff) tal Edinburgh), England (capital London), Wales (capital Cardiff) ast of England), English Channel (south of England), Irish Sea h of Equator > bordered by Arctic Ocean and Atlantic Ocean > conent of Europe owing similar laws > the UK left the EU on the 31st January 2020 (), Northern Ireland (west of England), buntries such as the	March See Harvery Month See Harvery London Carell I Carell I Carell I Carell II Chancel
5 – Lines of Latitude and Longitude	Longitude - imaginary vertical lines around the Equator - line of latitude > separates Northern Tropic of Cancer - line of latitude > north of Equator of Capricorn - line of latitude > south of	F Equator > 23.5° S Eastern Hemisphere from Western Hemisphere > 0° longitude uator	USA Brazil	England Russia China Australia Nigeria Saudi Arabia India
6 – Cycles	(for example, limestone, sandstone and shale) continually changing because of processes such the Water Cycle - The water cycle, also known the continuous movement of water on, above The Nutrient Cycle - The nutrient cycle is nature.	Frock: igneous (for example, basalt and granite), sedimentary and metamorphic (for example, slate and marble). Rocks are the large earth movements and are recycled over millions of years. as the hydrologic cycle or the hydrological cycle, describes and below the surface of the Earth re's recycling system. Materials such as carbon, nitrogen organisms die, decomposition will recycle minerals and	THE ROCK CYCLE Sedimentary Rock R	Constitute of Parameters of State of St

	Year 7 Cycle 1 Knowle	edge Navigator
Box 1: Language term	S	
Term	Definition	Example
Noun	A word that represents a person, place, thing, or idea.	A dog chased the ball.
Verb	A word that expresses an action, occurrence, or state of being.	She <u>runs</u> every morning
Adjective	A word that describes or modifies a noun.	The blue sky looked beautiful.
Adverb	A word that modifies a verb, adjective, or other adverb.	He speaks <u>loudly</u> during class.
Pronoun	A word that takes the place of a noun (e.g., he, she, it).	She is my best friend.
Conjunction	A word that connects words, phrases, or clauses (e.g., and, but, or).	I like both tea <u>and</u> coffee.
Preposition	A word that shows the relationship between a noun/pronoun and other words in a sentence.	The book is <u>on</u> the table.
Interjection	A word or phrase used to express strong emotion (e.g., wow, oh, ouch).	Wow, that was impressive!
Capitalization	Using uppercase letters at the beginning of sentences and for proper nouns.	<u>London</u> is the capital of <u>England</u> .

Box 2: Grammar

Term	Definition	Example
Full stop (.)	For ending sentences	The sun sets at 7:00 p.m.
Question mark (?)	For asking questions	Where is the nearest library?
Exclamation mark (!):	For strong emotions	Congratulations on your graduation!
Comma (,)	For separating words, phrases or clauses in a sentence.	I need apples_bananas_ and oranges.
Apostrophe (')	For contractions and possession (i.e. You're [contracted from you are] or	It's Hamza <u>'</u> s birthday today.
	Nadia's pen)	
Quotation marks ("")	For direct speech	She said, <u>"</u> I love this song. <u>"</u>
Colon (:)	For introducing lists or explanations	The ingredients for the cake are: flour, sugar, eggs, and
		butter.
Semicolon (;)	For connecting related sentences	She likes swimming; he prefers hiking.
Hyphen (-)	For joining words	It's a well_known fact.
Ellipsis ()	For indicating missing words or trailing off thoughts.	She hesitated, then said, "I'm not sure"

Box 3: Literary technic	ues	
Literary Technique	Definition	Example
Metaphor	A direct comparison between two unrelated things, suggesting that they share common characteristics.	"The world is a stage." (Shakespeare)
Simile	A comparison using "like" or "as" to highlight similarities between two different things.	"Her smile was as bright as the sun."
Imagery	Vivid and descriptive language that appeals to the senses (sight, sound, taste, touch, smell).	"The crimson sunset painted the sky."
Symbolism	The use of objects, characters, or settings to represent abstract ideas or concepts.	The white whale in "Moby-Dick" symbolizes obsession.
Personification	Giving human qualities to non-human entities (animals, objects, etc.).	"The wind whispered through the trees."
Hyperbole	Exaggeration for emphasis or effect.	"I've told you a million times!"
Irony	A contrast between expectation and reality.	"The fire station burned down."
Juxtaposition	Placing two contrasting elements side by side to highlight their differences.	"Beauty and ugliness coexisted in the same painting."

Box 4: Common year 7 misconceptions

Misconception	Incorrect Version	Reason	Solution
Using 'your' instead of 'you're'	Your going to the park.	Confusion between possessive 'your' and contraction 'you're'.	Use 'you're' when you mean 'you are'.
Confusing 'their', 'there', and 'they're'	Their going to the store.	Mixing up homophones 'their', 'there', and 'they're'.	Use 'they're' for 'they are', 'their' for possession, and 'there' for location.
Misplacing apostrophes in plurals	The cat's are playing.	Incorrect use of apostrophes in plurals (should be 'cats').	Place the apostrophe correctly: 'cats' (no apostrophe).
Using 'alot' instead of 'a lot'	I like alot of ice cream.	Incorrect spelling of 'a lot'.	Spell it as 'a lot'.
Incorrect subject-verb agreement	The dogs runs in the yard.	Subject-verb agreement error (should be 'run').	Ensure subject and verb agree: 'dogs run'.



WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
 believe 	1. beneath	1. buried	1. business	1. caught
disappear	2. disappoint	2. embarrass	2. energy	2. engagement
interesting	3. interrupt	3. issue	3. jealous	3. knowledge
4. sieve	4. design	4. simmering	4. dairy	4. vitamins
bibliography	5. series	5. book	5. system	5. catalogue
6. commemorate	6. commission	6. committee	6. compatible	6. comparative
7. feasible	7. February	7. foreign	7. humorous	7. irreparable
8. output	8. cursor	8. password	8. delete	8. preview
9. tourist	9. globalisation	9. tourism	9. habitat	9. transport
10. vertical	10. amount	10. minus	10. volume	10. approximately
WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
 chocolate 	1. climb	1. column	1. concentration	1. material
2. enquire	2. environment	2. evaluation	2. evidence	2. potential
listening	3. lonely	3. lovely	3. marriage	3. sincerely
4. diet	4. water	4. evaluation	4. weight	4. fats
5. thesaurus	5. chapter	5. classification	5. content	5. copyright
6. connoisseur	6. corroborate	6. courteous	6. accommodate	6. assassin
7. livelihood	7. maintenance	7. strategy	7. stratagem	7. truly
8. digital	8. processor	8. program	8. documents	8. programming
9. human	9. transportation	9. igneous	9. tsunami	9. industry
10. multiply	10. weight	10. average	10. multiplication	10. axis
WEEK 11	WEEK 12	WEEK 13		
 honorary 	1. humorous	1. hypocrisy		
illiterate	2. immigrant	2. incidentally		
indispensable	3. irrelevant	3. irreparable	CYC	CLE 1
weighing	4. fermentation	4. whisking	CDEL	LINGS
dedication	5. dictionary	5. editor		
acknowledge	6. accidental	6. knowledge	YE	AR 7
7. twelfth	7. withhold	7. valuable	DE	KONS
8. graphic	8. scanner	8. hardware	, co	TTINGLEY
9. urban	9. infrastructure	9. volcano	W 12-	
10. axes	10. negative	10. calculate		

BOX 1: Key facts

Symbols

- = means equal to
- ≠ means not equal to
- ≡ means identical to
- ≤ means less than or equal to
- < means less than
- ≥ means more than or equal to
- > means more than
- $\sqrt{}$ means square root

Metric conversions

mm is short for millimeters cm is short for centimetres m is short for metres km is short for kilometres ml is short for millilitres cl is short for centilitres Lis short for litres mg is short for milligrams g is short for grams kg is short for kilograms t is short for tonne

Milli means one thousandth Centi means one hundredth Deci means one tenth Deka means one ten

There are 10mm in 1cm There are 100cm in 1m There are 1000mm in 1m There are 1000m in 1km

There are 10ml in 1cl There are 1000ml in 11 There are 1000 litres in 1 cubic metre

There are 10mg in 1cg There are 100cg in 1g There are 1000mg in 1g There are 1000g in 1kg There are 1000kgs in 1 tonne

ONE	TWO	THREE	FOUR	FIVE	SIX
1x1=1	2x1=2	3 x 1 = 3	4×1=4	5 x 1 = 5	6x1=6
1x2=2	2×2=4	3x2=6	4x2=8	5 x 2 = 10	6 x 2 = 12
1x3=3	2x3=6	3x3=9	4 x 3 = 12	5 x 3 = 15	6 x 3 = 18
1 x 4 = 4	2x4=8	3 x 4 = 12	4 x 4 = 16	5 x 4 = 20	6 x 4 = 24
1x5=5	2 x 5 = 10	3 x 5 = 15	4 x 5 = 20	5 x 5 = 25	6 x 5 = 30
1x6=6	2x6=12	3 x 6 = 18	4x6=24	5 x 6 = 30	6 x 6 = 36
1×7=7	2 x 7 = 14	3 x 7 = 21	4 x 7 = 28	5 x 7 = 35	6x7=42
1x8=8	2 x 8 = 16	3 x 8 = 24	4 x 8 = 32	5 x 8 = 40	6x8=48
1x9=9	2 x 9 = 18	3 x 9 = 27	4 x 9 = 36	5 x 9 = 45	6x9=54
1 x 10 = 10	2 x 10 = 20	3 x 10 = 30	4 x 10 = 40	5 x 10 = 50	6 x 10 = 60
1 x 11 = 11	2 x 11 = 22	3 x 11 = 33	4 x 11 = 44	5 x 11 = 55	6 x 11 = 66
1 x 12 = 12	2 x 12 = 24	3 x 12 = 36	4 x 12 = 48	5 x 12 = 60	6 x 12 = 72

Hecto means one hundred Kilo means one thousand 7x1=7 8x1=8 9x1=9 10x1=10	11 x 1 = 11
oot - The inverse of an index. 7x2=14 8x2=16 9x2=18 10x2=20 1	11 x 2 = 22
quare e.g. $\sqrt{16}$ = 4 and -4	11 x 3 = 33
7x4=28 8x4=32 9x4=36 10x4=40 1	11 x 4 = 44
7x5=35 8x5=40 9x5=45 10x5=50 1	11 x 5 = 55
Cube e.g. $\sqrt[3]{64} = 4$	11 x 6 = 66
7x7=49 8x7=56 9x7=63 10x7=70 1	11 x 7 = 77
ndex - Tells us how many times to use the 7x8=56 8x8=64 9x8=72 10x8=80 1	11 x 8 = 88
number in a repeated multiplication.	11 x 9 = 99
7x10=70 8x10=80 9x10=90 10x10=100 11	1 x 10 = 110
Square Number e.g. $4^2 = 4 \times 4 = 16$ 7×11=77 8×11=88 9×11=99 10×11=110 1	11 x 11 = 121
Cube Number e.g. 4 ³ = 4 x 4 x 4 = 64 7 x 12 = 84 8 x 12 = 96 9 x 12 = 108 10 x 12 = 120 11	1 x 12 = 132

BOX 1: Key facts

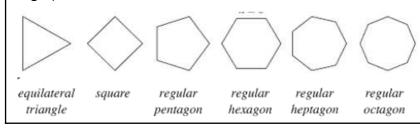
3D SOLIDS: PRISMS			
Prism	A 3D solid with a consistent cross section.		
Cube	6 faces. 12 edges. 8 vertices.		
Cuboid	6 faces. 12 edges. 8 vertices.		
Triangular Prism	5 faces.9 edges.6 vertices.		
Cylinder	3 faces. 2 edges. No vertices.		

3D SOLIDS: OTHE	RS	
Sphere	1 face. No edges. No vertices	
Frustum	A frustum is a solid (usually a cone or pyramid) with the top removed.	

Pyramid	a solid three-dimensional shape with a polygon base , and triangular faces that meet at the apex (a vertex)	
Triangular based pyramid (Tetrahedron)	4 faces.6 edges.4 vertices	\bigoplus
Square based pyramid	5 faces.8 edges.5 vertices.	A
Cone	2 faces. 1 edge. 1 vertex	\triangle

REGULAR POLYGONS

Regular polygons are 2D shapes that are equiangular (all angles are equal in measure) and equilateral (all sides have the same length)



PROPERTIES OF	QUADRILATERALS
Square	Four equal sides
	Four right angles
Г П	Opposite sides parallel
L 1	Diagonals bisect each other at right angles
Ш,Ш	Four lines of symmetry
	Rotational symmetry of order four
Rectangle	Two pairs of equal sides
	Four right angles
	Opposite sides parallel
* *	Diagonals bisect each other, not at right angles
	Two lines of symmetry
	Rotational symmetry of order two
Rhombus	Four equal sides
	Diagonally opposite angles are equal
Jumpunny	Opposite sides parallel
1 1	Diagonals bisect each other at right angles
housenspourcet	Two lines of symmetry
	Rotational symmetry of order two
Parallelogram Two pairs of equal sides	
r+3	Diagonally opposite angles are equal
	Opposite sides parallel
Ī,	Diagonals bisect each other, not at right angles
1	No lines of symmetry
(mandelphane)	Rotational symmetry of order two
Kite	Two pairs of adjacent sides of equal length
^	One pair of diagonally opposite angles are
* *	equal (where different length sides meet)
	Diagonals intersect at right angles, but do not
XX	bisect
\/	One line of symmetry
12	No rotational symmetry
	, , , , , , , , , , , , , , , , , , , ,
Trapezium	One pair of parallel sides
\longrightarrow	No lines of symmetry
/ \	No rotational symmetry
\	Special Case: Isosceles Trapeziums have one line
	of symmetry.

BOX 2: Sequences

VOCABULARY	
Sequence	A pattern of terms/numbers which follow a rule
Term	Each value in a sequence is called a term.
Position	The place it is located. e.g. In the sequence: 3, 5, 7, 9 the term '5' has a position of 2 (as is the 2 nd term).

RULES	
Term-to-term rule	A rule which allows you to find the next term in a sequence if you know the previous term .
Position-to-term rule (n th Term)	A rule which allows you to calculate the term that is in the nth position of the sequence.
Generate	To produce or create

<u> </u>		
TYPES OF SEQUENC	ES	
Linear Sequences	A sequence where the difference between terms is the same amount each time. Also known as a Arithmetic Sequence, can be increasing or decreasing. Algebraically: $x_n = an + b$	
Common Difference	The amount we add each time in a linear sequence	
Quadratic Sequences	A sequence of numbers with an $\mathbf{n^2}$ in the position to term rule. The second difference between consecutive terms is constant. Algebraically: $x_n = a\mathbf{n^2} + b\mathbf{n} + c$	
Geometric Sequences	A sequence of numbers where each term is found by multiplying the previous one by a number called the common ratio, r. Algebraically: $x_n = ar^{n-1}$	
Common Ratio (r)	The amount we multiply by each time in a geometric sequence	
Fibonacci Sequences	A sequence where the next number is found by adding up the previous two terms. The Fibonacci sequence: 1,1,2,3,5,8,13	

BOX 3: Algebraic notation, equality and equivalence

	· · · ·
ALGEBRAIC N	IOTATION
Unknown value	A value that is not known . In algebra, they are represented by a letter .
Variable	A value that can change. In algebra, they are represented by a letter.
Coefficient	A number used to multiply a variable. Algebraically, it is the number that
	comes in front of a letter. e.g. 3b means 3xb. The coefficient is 3. The variable is b.
Constant	Something that doesn't change in a formula.
Indices	Power of a variable or number.
Term	A number or letter on its own, or numbers and letters multiplied together. e.g2, 3x or 5a ²
Like terms	Like terms are the same apart from their numerical coefficients: they are the same variable and have the same power.
ALGEBRAIC S	HORTHAND: EXAMPLES
b	1 x b
3 <i>b</i>	3 x b
<i>b</i> ³	bxbxb
3 <i>b</i> ³	3 x b x b x b
(3 <i>b</i>) ³	(3 x b) x (3 x b) x (3 x b)
$\frac{a}{b}$	a ÷ b
	•

EXPRESSIONS,	EQUATIONS, IDENTITIES AND FORMULA		
Expression	A set of terms combined using the 2 operations +, -, x or ÷. There is no "=" sign . e.g. 4x-3, 5a - 3xy + 17		
Equation	– there	Where two expressions are equal in value – there is always an "=" sign. e.g. 4b = 18.	
Inequality	Where two expressions are not always equal in value.		
	Strict	< less than > greater than	
	Non- strict	≤ less than or equal to ≥ greater than or equal to	
Formula	A special type of equation, used to find the value of a specific thing. e.g. $F = ma^2$		
Identity	An equation that is true for all of its variables. e.g. $b + b = 2b$		
Function	A special type of equation where each input has a single output .		
	Input – A variable you choose . Output – A variable that is calculated.		

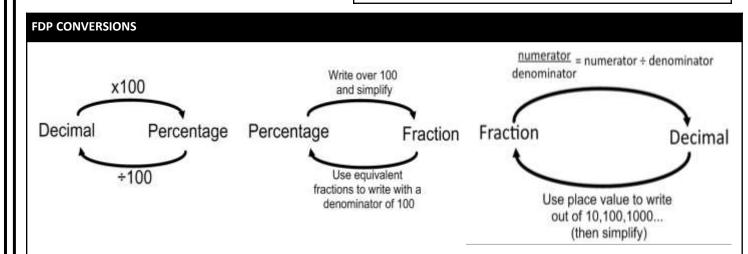
BOX 4: Place value and ordering decimals

NUMBER SENSE	
Integer	A whole number. Can be positive or negative.
Place Value	The value of a digit in a number based on where it lies.
Decimal	Not a whole number. It has a decimal point in it. Can be positive or negative.
Terminating Decimals	Decimals which have a finite number of place values.
Recurring Decimals	Decimals with an infinite number of repeating digits or repeating patterns of digits.
Negative	A number that is less than zero . Can be decimals.
Ascending	Numbers ordered from smallest to largest.
Descending	Numbers ordered from largest to smallest.
Fraction	Represents the division of one integer by another. <i>E.g.</i> $\frac{2}{3}$ = 2 ÷ 3
Mixed Number	A number formed of both an integer part and a fractional part. <i>E.g.</i> $3\frac{2}{5}$

BOX 5: Fractions, decimals and percentages



Fraction	Decimal	Percentage
1/2	0.5	50%
1/4	0.25	25%
3/4	0.75	75%
1/10	0.1	10%



BOX 6: Time

CLOCKS AND TIME		
Analogue	a clock or watch that has moving hands and (usually) hours marked from 1 to	
clock	12 to show you the time	
Digital	a clock in which the hours, minutes, and sometimes seconds are indicated by	
clock	digits, often in 24 hour format	
AM	The abbreviation for the Latin phrase ante meridiem, meaning "before noon.	
PM	The abbreviation for the Latin phrase post meridiem, meaning "after noon" in the 12-hour clock.	

I								. , .						
Analogue clock Must write am or pm to show whether the time is 'morning' or 'afternoon'														
		AM	Midnight	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am
1		РМ	Midday	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
$\frac{1}{1}$	Digital clock		Has a colon	in betw	een the h	ours (2 di	gits) and r	ninutes (2	digits). N	lust not w	rite am or	pm as we	ell.	
$\frac{1}{1}$		AM	00:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00	11:00
		PM	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00

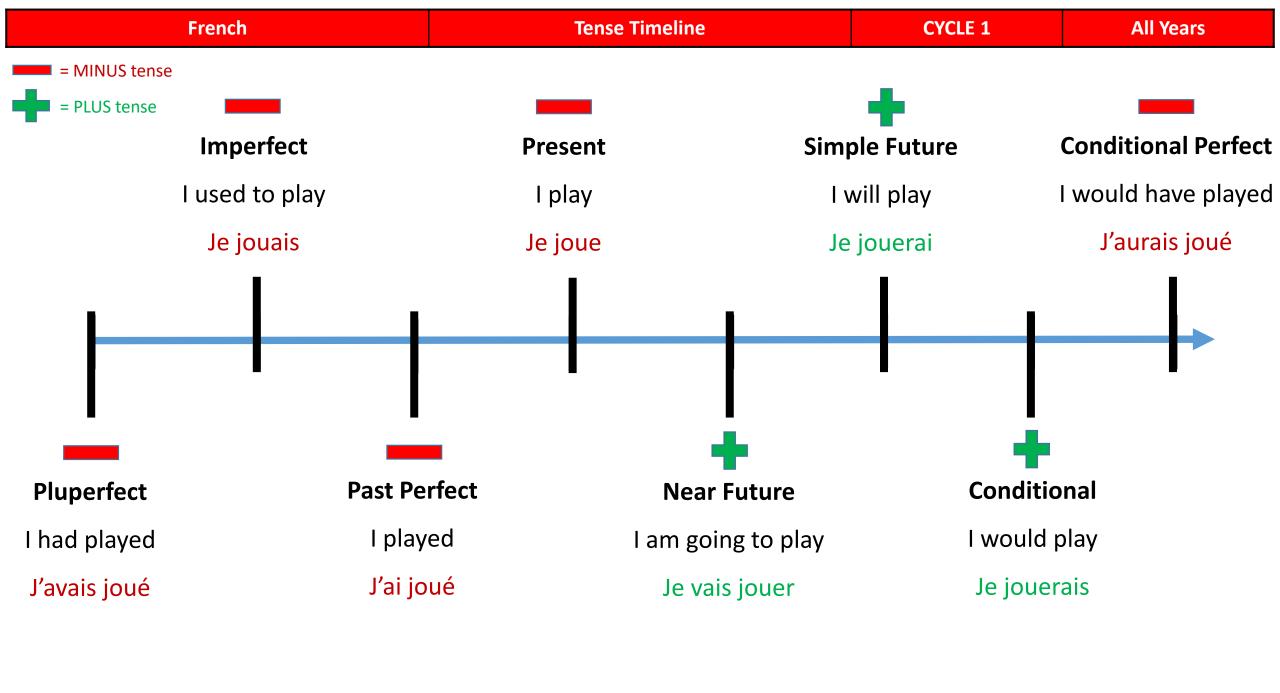
	RE	Belief in God	Cycle 1	Year 7						
Week		Key Knowledge to learn								
1 – Key terms	 Values - Values are things that we attach in Atheism – When a person does not believe Agnosticism – When a person in unsure we 	e but without always having proof or evidence. mportance to and live e that God exists								
2- Overview of Judaism and Sikhism	Sikhism: Sikh founder – Guru Nanak Founded – 1500 CE Holy Book – Guru Granth Sahib. Place of worship – Gurdwara Sikhism is a monotheistic religion, they call Judaism Founder – Abraham Founded – 5 th century BCE Holy Book – Tenak. Place of worship – Synagogue	l God 'Waheguru' which means wonderful lord.								
3 – Belief in God	1. Religious believers say they do not need proof that God is real – the whole point is to have faith without scientific evidence. 2. Some religious people think they can prove God is real, using evidence for Holy Books • The Muslim Holy Book is the Qur'an. • The Christian Holy Book is the Bible. • Hindu Holy Book is called the Vedas • Jewish Holy Book is called the Tenak. • Buddhist Holy Book is the Tripitaka or Pali Canon. • Sikh Holy Book is called the Guru Granth Sahib.									

	RE	Christian Practices	Cycle 1	Year 7
Week		Key Knowledge to learn		
4 – Prayer	 exact words. Set prayers: prayers with fixed words that relationship informal prayer: prayers made up by the property of the prayers: very quick prayers sent up to a Jesus taught Christians should pray in privationship in Some prefer set prayers as they are sure that the individual believer. Others prefer informal prayers that they magives them their own understanding of Him 	God is "our Father" and what he is like, and what they should wan never change (eg the Lord's Prayer and the Jesus Prayer). erson praying. quickly to God in a moment eg "Help me God" or "Let him live". te "When you pray, go into your room and close the door." ey are praying in the way the Bible and the Church want them to, ake up themselves because they may fit the situation better and an and avoids misleading impressions others may give them. rship which helps them develop their relationship with God and to	and they trust them to have a gr	reater understanding of God nmunication with God, which
5 – Sacraments	 4. Ordination – the action of ordaining 5. Reconciliation – confession of sins 6. Marriage – the joining of a man an 7. Confirmation – fully brings a Cathon 	I away nembering the Last Supper ng of the sick is administered to bring spiritual and even physical st ng someone in holy orders. Id women together in 'one flesh' olic into the Christian faith can only be done after the et two sacraments – Baptism and Holy Communion – because they		
6 – Baptism	 Jesus was baptised by John the Baptist in the R At the moment of his Baptism all three parts of In the bible, Jesus taught "None can enter the Water is poured over the head, or the person i Baptism cleanses sin and welcomes a new belie Some believe infant baptism is not necessary a disciple of Jesus; the Bible only mentions adult Others say Jesus clearly taught that all must be 	iver Jordan. If the trinity were present. Jesus the Son, the voice of God the Father and Kingdom of God unless they are born again of water and spirit." Is fully immersed in water, to symbolise their sins being washed away. It is ever into the Christian Church family and community. It is a just God would not send a baby to hell for not being baptised; infant	t baptism is pointless as the child is	

Fre	nch		Key Information		CYCLE 1		All Years
Les jours de la semaine			Les nombres	en français			
1 1	0 zero	10 dix	(20 vingt		30 trei	nte
lundi	1 un	11 on	ze	21 vingt-et	-un	31 trei	nte-et-un
mardi	2 deux	12 do	uze	22 vingt-de	eux	32 trei	nte-deux
marar	3 trois	13 tre	eize	23 vingt-tro	ois	33 trei	nte-trois
mercredi	4 quatre	14 qu	atorze	24 vingt-qu	ıatre	34 trei	nte-quatre
	5 cinq	15 qu	iinze	25 vingt-cir	nq	35 trei	nte-cinq
jeudi	6 six	16 se	ize	26 vingt-six	(36 trei	nte-six
1 12	7 sept	17 dix	k-sept	27 vingt-se	pt	37 trei	nte-sept
vendredi	8 huit	18 dix	k-huit	28 vingt-hu	iit	38 trei	nte-huit
samedi	9 neuf	19 dix	k-neuf	29 vingt-ne	euf	39 trei	nte-neuf
Samea	40 quarante	50 cir	nquante	60 soixante	9	70 soix	kante-dix
dimanche	41 quarante-et-un	51 cir	nquante-et-un	61 soixante	e-et-un	71 soix	kante-onze
	42 quarante-deux	52 cir	nquante-deux	62 soixante	e-deux	72 soix	kante-douze
Les mois	43 quarante-trois	53 cir	nquante-trois	63 soixante-trois		73 soix	kante-treize
	44 quarante-quatre	54 cir	nquante-quatre	64 soixante	64 soixante-quatre		kante-quatorze
janvier	45 quarante-cinq	55 cir	nquante-cinq	65 soixante-cinq 66 soixante-six		75 soix	kante-quinze
février	46 quarante-six	56 cir	nquante-six			76 soix	kante-seize
levilei	47 quarante-sept	57 cir	nquante-sept	67 soixante	e-sept	77 soix	kante-dix-sept
mars	48 quarante-huit	58 cir	nquante-huit	68 soixante-huit		78 soix	kante-dix-huit
	49 quarante-neuf	59 cir	nquante-neuf	69 soixante-neuf 79 soixante-dix-neuf			kante-dix-neuf
avril	80 quatre-vingt			90 quatre-vingt-dix			
	81 quatre-vingt-et-un			91 quatre-vingt-onze			
mai	82 quatre-vingt-et-deux			92 quatre-v	vingt-douze		
iuin	83 quatre-vingt-et-trois			93 quatre-v	vingt-treize		
juin	84 quatre-vingt-et-quatre	2		94 quatre-v	vingt-quatorze		
juillet	85 quatre-vingt-et-cinq			95 quatre-v	/ingt-quinze		
	86 quatre-vingt-et-six				/ingt-seize		
août	87 quatre-vingt-et-sept				vingt-sept		
	88 quatre-vingt-et-huit				/ingt-dix-huit		
septmebre	89 quatre-vingt-et-neuf				/ingt-dix-neuf		
octobre	100 cent	600 six cents	105 cent cinq	1,001 m		74,000	soixante-quatorze mille
octobie	200 deux cents	700 sept cents	149 cent quarante-neuf	- 	nille cing cents	100,000	·
novembre	300 trois cents	800 huit cents	181 cent quatre-vingt-un		ept cent soixante-six		un million
			if cents 501 cinq cent un		2,001 deux mille un		
décembre	500 cinq cents	1,000 mille	·			3,000,000	
	300 citiq cents	1,000 1111116	505 Citiq Cetit Solkatite-Citiq	40,000 q	uarante mine	1,000,000,000	unanniaru

Title:					
<u>Detail</u>	<u>www</u>	<u>EBI</u>	<u>Tenses</u>	<u>www</u>	<u>EBI</u>
Connectives	1 2 3		Present tense	123	
Opinions	123		Past Perfect	123	
Reasons (adjectives)	1 2 3		Imperfect	123	
Intensifiers	123		Conditional	123	
Time expressions	123		Simple Future	123	
Adverbs	123		Pluperfect	123	
Nonetina	1 2 3		Perfect Conditional	123	
Negatives	1 2 3		Subjunctive	1	
Comparatives	plus moins		Modal Verbs	1	
	le plus le moins		Other Persons	123	
Superlatives	le pire le meilleur		Quality of Work	Si j'avais le choix	
Si clause	123				
Openers	1 2 3		1 Excellent	Quand j'étais plus jeune	
Exclamation	123		2 Good	Pour que je sois contente	
Questions	123		2 G000	Quand je serai plus âgé	
Total			4 Poor	vu que	
Total:			4 POOT	tandis que	
				Si je pourrais	
				Pour que je puisse	

Fren	ch	French Literacy Mat		CYCLE 1	All Years
Connectives	Subjunctive		Adverbs		Reasons (Adjectives)
car / parce que = because	Pour que je sois = so that I am		d'habitude	= usually	c'est = it is
mais = but	Pour que je puisse = so that I can		normaleme	nt = normally	c'était = it was
puisque = since	II faut que = It is necessary that		quelquefois	s = sometimes	ce sera = it will be
aussi = also	Il est essential qu'il aie = it is essential tha	t there is	tous les jou	rs = every day	ce serait=it would be
donc = therefore	Il est necessaire qu'on fasse = it is necessa	ry that we do	généraleme	ent = generally	
puis = then					intéressant = interesting
après = after	Questions	Time Expressions	Superlativ	/es	passionnant = exciting
Ensuite = next/then	Pourquoi? = Why	Aujourd'hui = Today	le / la moin	s = the least	sympa = nice
ou = or	Qui? = Who?	Hier = Yesterday	le / la plus	= the most	époustouflant = mind-blowing
cependant = however	Quand? = When?	Demain = Tomorrow	le / la pire :	= the worst	triste = sad
par conséquent = as a result	Comment? = How?	En été = In summer	le / la meille	eur (e) = the best	affreux = terrible
étant donné que = given that	Quel (le) = What?	En hiver = In winter			épouvantable = dreadful
tandis que = whereas	N'est-ce pas? = Isn't it?	L'année dernière = Last year	Exclamati	on	bizarre = strange
vu que = considering that	As-tu / Avez-vous? = Do you have?	L'année prochaine = Next year	Quelle surp	rise! = What a surprise!	sale = dirty
Malgré = despite		À l'avenir = In the future	Quelle char	nce! = What luck!	propre = clean
Afin que = so that	Intensifiers	La semaine dernière = Last week	Quel domm	nage! = What a shame!	bruyant = noisy
Pourvu que = given that	très = very	Le mois prochain = Next month	Quelle horr	eur! = What horror!	tranquille = calm
Sauf = except	assez = quite				beau/joli = nice
En outre = furthermore	un peu = a little	Adjectival Agreement	Negatives	}	cher = expensive
Pour que = so that	vraiment = really	un garçon intelligent = a clever boy	ne pas = n	not	différent = different
	beaucoup = a lot	une fille intelligente = a clever girl	ne jamais	= never	ennuyeux = boring
Openers	Complex Opinions	un pull bleu = a blue jumper	ne que = 0	•	mauvais/mal = bad
D'abord = Firstly	Je pense que = I think that	une veste grise = a grey blazer	ni ni = nei		paresseux = lazy
Par contre = On the other hand	J'estime que = I consider that	une cravate violet <u>te</u> = a purple tie	ne plus = 1	no longer/not anymore	vieux = old
Premièrement = Firstly	Je crois que = I believe that	une chemise blanc <u>he</u> = a white shirt			propre = clean
Deuxièment = Secondly	Il me semble que = It seems to me that		Comparat		facile = easy
Troisièmement = Thirdly	Je trouve que = I find that		l -	more than	moche/ laid = ugly
Finalement = Finally	À mon avis = In my opinion		· ·	e = less than	grand = big
Pour moi = As for me	En ce qui me concerne = Concerning me			= better than	petit = small
	Je suis d'accord car = I agree because		pire que = v	vorse than	



French Verbs CYCLE 1 All Years	French	Verbs	CYCLE 1	All Years
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	Present Tense Regular Verbs									
	ER verb h	abiter = to live		IR verb	finir = to finish		RE verb attendre = to wait			
Je (J') Tu II Elle On Nous Vous Ils Elles	habit e habit es habit e habit e habit e habit ons habit ez habit ent	I live You live (s/informal) He lives She lives We live We live You live (pl/formal) They live (f)	Je (J') Tu II Elle On Nous Vous Ils Elles	fin is fin is fin it fin it fin it fin issons fin issez fin issent fin issent	I finish You finish (s/informal) He finishes She finishes We finish We finish They finish (m/mixed) They finish (f)	Je (J') Tu II Elle On Nous Vous Ils Elles	attend s attend s attend _ attend _ attend _ attend ons attend ez attend ent attend ent	I wait You wait (s/informal) He waits She waits We wait You wait You wait (pl/formal) They wait (f)		

	Present Tense Irregular Verbs											
	avoir =	to have	être = to be				faire = to do			aller = to visit		
Je (J') Tu II Elle On Nous Vous Ils	ai as a a a avons avez ont	I have You have (s/informal) He has She has We have We have You have (pl/formal) They have (m/mixed)	Je (J') Tu II Elle On Nous Vous Ils	suis es est est est sommes êtes sont	I am You are (s/informal) He is She is We are We are You are (pl/formal) They are (m/mixed)	Je (J') Tu II Elle On Nous Vous Ils	fais fait fait fait fait fait faitons faites font	I do You do (s/informal) He does She does We do We do You do (pl/formal) They do (m)	Je (J') Tu II Elle On Nous Vous Ils	vais vais va va va allons allez vont	I go You go (s/informal) He goes She goes We go We go You go (pl/formal) They go (m/mixed)	
Elles	ont	They have (f)	Elles	sont	They are (f)	Elles	font	They do (f)	Elles	vont	They go (f)	

	French		Ve	rbs	СҮС	LE 1	All Years		
Pluperfect	Past Imperfect	Past Perfect	Present Tense	Near Future	Simple Future	Conditional	Perfect Conditional		
		II	NFINITIVE: porter =	to wear (Regular e	r)				
I had worn	I used to wear	I wore	I am wearing/I wear	I am going to wear	l will wear	I would wear	I would have worn		
Je (J') avais porté Tu avais porté Il avait porté Elle avait porté On avait porté Nous avions porté Vous aviez porté Ils avaient porté Elles avaient porté	Je (J') port ais Tu port ais II port ait Elle port ait On port ait Nous port ions Vous port iez Ils port aient Elles port aient	Je (J') ai porté Tu as porté Il a porté Elle a porté On a porté Nous avons porté Vous avez porté Ils ont porté Elles ont porté	Je (J') port e Tu port es II port e Elle port e On port e Nous port ons Vous port ez Ils port ent Elles port ent	Tu vas porter	Tu porter as II porter a Elle porter a On porter a Nous porter ons Vous porter ez Ils porter ont	Je (J') porter ais Tu porter ais II porter ait Elle porter ait On porter ait Nous porter ions Vous porter iez Ils porter aient Elles porter aient	Je (J') aurais porté Tu aurais porté II aurait porté Elle aurait porté On aurait porté Nous aurions porté Vous auriez porté Ils auraient porté Elles auraient porté		
	•		INFINITIVE: fin	r = to finish (ir)					
I had finished	I used to finish	I finished	I am finishing/ I finish	I am going to finish	I will finish	I would finish	I would have finished		
Je (J') avais fini Tu avais fini II avait fini Elle avait fini On avait fini Nous avions fini Vous aviez fini Ils avaient fini avaient Fini	Je (J') finiss ais Tu finiss ais II port ait Elle finiss ait On finiss ait Nous finiss ions Vous finiss iez Ils finiss aient Elles finiss aient	Je (J') ai fini Tu as fini II a fini Elle a fini On a fini Nous avons fini Vous avez fini Ils ont fini Elles ont fini	Je (J') fin is Tu fin is II fin it Elle fin it On fin is Nous fin issons Vous fin issez Ils fin issent Elles fin issent	Tu vas finir II va finir II on va finir III on va fin	Tu finir as II finir a Elle finir a On finir a Nous finir ons Vous finir ont	Je (J') finir ais Tu finir ais II finir ait Elle finir ait On finir ait Nous finir ions Vous finir iez Ils finir aient Elles finir aient	Je (J') aurais fini Tu aurais fini II aurait fini Elle aurait fini On aurait fini Nous aurions fini Vous auriez fini Ils auraient fini Elles auraient fini		
			INFINITIVE: atter	ndre = to wait (re)					
I had waited	I used to wait	I waited	I am waiting/ I wait	I am going to wait	I will wait	I would wait	I would have waited		
Je (J') avais attendu Tu avais attendu II avait attendu Elle avait attendu On avait attendu Nous avions attendu Vous aviez attendu Ils avaient attendu Elles avaient attendu	On attend ait Nous attend ions Vous attend iez Ils attend aient	Je (J') ai attendu Tu as attendu II a attendu Elle a attendu On a attendu Nous avons attendu Vous avez attendu Ils ont attendu Elles ont attendu	Tu attend s I II attend _ I Elle attend _ I Nous attend ons I Vous attend ez I IIs attend ent		Tu attendr as II attendr a Elle attendr a On attendr a Nous attendr ons Vous attendr ez attendr ont	Je (J') attendr ais Tu attendr ais Il attendr ait Elle attendr ait On attendr ait Attendr ait attendr ait attendr ions Vous attendr iez attendr aient Elles attendr aient	Je (J') aurais attendu Tu aurais attendu II aurait attendu Elle aurait attendu On aurait attendu Nous aurions attendu Vous auriez attendu Ils auraient attendu Elles auraient attendu		

Pa	ast Pluper	fect	Past Ir	mperfect		Past Perfe	ect		Present		Near Fut	ure	Sir	nple Future	C	Conditional	Perf	ect Condi	tional
									INFINITIVE: aller	= to go (Irregular)							
	I had gon	е	I was going	g / I used to go	I ha	ave gone / I	l went	I	am going / I go	La	am going	o go		I will go		I would go	Iw	ould have	gone
Je (J') Tu II Elle On Nous Vous Ils Elles	étais étais était était était étions étiez étaient étaient	allé(e) allé(e) allé(e) allé(e) allé(e) allé(e/s) allé(e/s) allé(e/s)	Je (J') Tu II Elle On Nous Vous Ils Elles	all ais all ais all ait all ait all ait all ions all iez all aient all aient	Je (J') Tu II Elle On Nous Vous Ils Elles	suis es est est est sommes êtes sont sont	allé(e) allé(e) allé(e) allé(e) allé(e) allé(e/s) allé(e/s) allé(e/s)	Je (J') Tu II Elle On Nous Vous Ils Elles	v ais v as v a v a v a all ons all ez v ont v ont	Je (J') Tu II Elle On Nous Vous Ils Elles	vais vas va va va allons allez vont vont	aller aller aller aller aller aller aller aller	Je (J') Tu II Elle On Nous Vous Ils Elles	ir ai ir as ir a ir a ir ons ir ez ir ont ir ont	Je (J') Tu II Elle On Nous Vous Ils Elles	ir ais ir ait ir ait ir ait ir ait ir ions ir iez ir aient ir aient	Je (J') Tu II Elle On Nous Vous Ils Elles	serais serait serait serait serions seriez seraient seraient	allé(e) allé(e) allé(e) allé(e) allé(e/s) allé(e/s) allé(e/s) allé(e/s)
								IN	NFINITIVE: faire = to	do / ma	ke (Irreg	ular)							
	I had don	е	I was doing	g / I used to do	Ιh	ave done /	['] I did	ı	am doing/ I do	l a	am going t	o do		I will do		I would do	l w	ould have	done
Je (J') Tu II Elle On Nous Vous Ils Elles	avais avais avait avait avait avions aviez avaient avaient	fait fait fait fait fait fait fait	Je (J') Tu II Elle On Nous Vous Ils Elles	fais ais fais ait fais ait fais ait fais ions fais iez fais aient fais aient	Je (J') Tu II Elle On Nous Vous Ils Elles	ai as a a a avons avez ont ont	fait fait fait fait fait fait fait fait	Je (J') Tu II Elle On Nous Vous Ils Elles	f ais f ais f ait f ait f ait f ait f ait f aite f aisons f aitez f ont f ont	Je (J') Tu II Elle On Nous Vous Ils Elles	vais vas va va va allons allez vont vont	faire faire faire faire faire faire faire faire	Je (J') Tu II Elle On Nous Vous Ils Elles	fer ai fer as fer a fer a fer a fer ons fer ez fer ont	Je (J') Tu II Elle On Nous Vous Ils Elles	fer ais fer ait fer ait fer ait fer ait fer ions fer iez fer aient	Je (J') Tu II Elle On Nous Vous Ils Elles	aurais aurait aurait aurait aurions auriez auraient auraient	fait fait fait fait fait fait fait
DR/MRS VANDERTRAMP verbs take <u>être</u> not <u>avoir</u> Descendre – je suis descendu(e)(s) - to come down (stairs) Rester – je suis resté(e)(s) - to stay Monter – je suis monté(e)(s) - to climb Revenir – je suis revenu (e)(s) - to return Sortir – je suis sorti(e)(s) - to go out Venir – Je suis venue (e)(s) - to come							Rentre Tomb Retou	r – je suis er – je su er – je su rner – je	entré(e)(is rentré(d is tombé(suis retou	(e)(s) - to s) - to ent e)(s) - to r e)(s) - to f urné(e)(s)	er e-enter fall - to return								

Aller – je suis allé(e)(s) - to go

Naître - je suis né(e)(s) - to be born

Mourir – je suis mort(e)(s) - to die

Partir – je suis parti(e)(s) - to leave

Performing Arts - DRAMA	Basic Skills	CYCLE 1	Year 7
Box A – Techniques	Box B – Techniques	Box C – Te	echniques
Still Image Visual pictures created by performers to tell part of the story, illustrate narration or emphasise a key moment in a play. Performers use facial expressions, body language and positioning onstage to show characters, relationships and emotions. Thought Tracking You put your hand on the shoulder of another character and they say their thoughts aloud. This can be in the form of a mini monologue or narration of the story. Physical Theatre When you perform as a something (not a someone), one minute you could be a character; the next minute you could be a jail cell opening and colouring.	Improvisation Improvised drama is work that hasn't been scripted, the dialogue, characters and action is made up as you go along. props out of their bodies to help tell the story on stage. Spontaneous improvisation is created in the moment, a rehearsed role-play is planned and prepared. Narration A character speaks directly to the audience to describe or narrate parts of his/her own story or a narrator speaks objectively about the events happening onstage.	Cross Cutting Creating cross cut scenes onstage, juxtapose scenes that happen at d different places, using separate and The technique is used to highlight theme or aspect of the story, you time or flashback and forward. Flashback/flash-forward A drama convention where the perdifferent periods of time in order information.	different times or in reas of the performance space. For contrast a particular can represent the scenes in real
Box D – Interpretive Skills	Box E – Skills Techniques	Box F – Perfo	ormance Skills
Projecting Focus (eyeline) to audience Facial Expressions Confidence Audience awareness Range of vocals Clear change in character Body language	Explorative Strategies Still Image Thought Track Physical Theatre Conscience Alley Cross Cutting Movement Skills Body Language Facial Expression Gesture Physicality Gait	Vocal Skills Accent Volume Pitch Pace Interaction Skills Eye Contact Proxemics Levels	

CYCL	LE 1	SUBJECT	Music	TOPIC		FIND YOUR VOICE		YEAR (YEAR GROUP	
BOX A: MUSICAL ELEMENTS (DR PITTS).						BOX C: NOTE VALUES				
<u>DYNAMICS</u> – The volume of the music.						Looks like	Name	Lasts for	Rests	
<u>RHYTHM</u> – A pattern of music made up of notes with a different duration. <u>PITCH</u> – How high or low the notes are in a piece of music.					O	Semibreve	4	=		
INSTRUMENTATION (TIMBRE) – The different types of sound that are in the									_	
music.					9	Minim	2	_		
TEMPO – The speed of a piece of music.					J	Crotchet	1			
TEXTURE – How many instruments and lines of music there are. You can have a thin or thick texture.					an	,	Quaver	1/2	•;	
STRUCTURE – How the music is built up and the different sections in the					ie		2x Quavers	2x ½		
music.										
BOX B: FIND YOUR VOICE						BOX D: A capella Artists				
A capella										
<u>Unison</u>	When performers perform the same thing at the same time.									7
Harmony	When two or more notes are played at the same time.					Pe	entatonix		Take 6	
Fluent	Being able to perform confidently without help.									
Confident When performers know what they are performing and know they will					ey wiii					
	get it right. Lyrics The words that are sung by a singer.									
<u>Lyrics</u> Chorus	Catchiest section of the song which is usually the loudest.					(Cast of) Naturally 7				
Ensemble										
Warm up	•		se at the start	of rehearsal so vo	u don't	Pitch Perfect				
Warm up A simple performance or exercise at the start of rehearsal so you don't hurt yourself.					· · · · · ·					
hurt yourse	elf.				11					
hurt yourse <u>Mashup</u>		ifferent songs put toge	ther to create	e one larger song.						

CYCLE 1 SUBJECT IT TOPICS E-SAFETY YEAR GROUP

BOX 1: The internet

Be careful when sharing personal information online. Only use websites you trust. Personal information includes:

- Full name
- Date of birth
- Address

This information can be used to steal your identity or to find you in the real world. Identity theft is where someone pretends to be you. They might shop online spending your money, or take out loans in your name.

BOX 2: Status updates, comments and photos

Where possible, limit access to your social media profiles to family and friends. Do not post inappropriate status updates, comments or photos online. You might not want certain people, such as potential employers, to gain access to them.

Social networking sites also frequently change their privacy policies. This means that the way your information is used can change, a danger which often draws criticism.

BOX 3: Know who you're talking to

Email, instant messaging, social networking sites and video chat are great for keeping in touch with family and friends, but make sure you know who you're talking to. People may not be who they claim to be. They might try to get personal information from you or ask you to do something that makes you uncomfortable. Others may try to wind you up or be unnecessarily aggressive. This is called trolling and flaming.

Ignore emails and friend requests from people you don't know and try to avoid meeting people you meet on the internet in real life. If you do decide to, take an adult with you, meet them in a crowded public space and always let a second adult know where you are.

BOX 4: False information and unsuitable content

The internet is a great source of information but some of it is incorrect, out of date or biased. Always check multiple sources, i.e. other websites or written material, to confirm what you've read is correct.

No one is in charge of the internet so anyone can post or publish anything to it. Some content may be unsuitable. Websites that you can trust include those from: the Government – if the address has 'gov.uk' in it, it's a UK Government website

the National Health Service (NHS) – if the address has 'nhs.uk' in it, it's an NHS website the Police – the official website is www.police.uk the BBC – all of the BBC's websites have 'bbc.co.uk' in their address

BOX 5: Phishing

Trying to trick someone into giving out information over email is called 'phishing'. You might receive an email claiming to be from your bank or from a social networking site. They usually include a link to a fake website that looks identical to the real one. When you log in it sends your username and password to someone who will use it to access your real accounts. They might steal your money or your identity.

Your bank will never send you an email asking for your personal information or your username and password.

BOX 6: Malware and security

Malware is a general term that describes lots of different programs that try to do something unwanted to your computer. Anti-virus software prevents malware from attacking your computer or mobile device. There are free anti-virus applications available:

- AVG
- Avast!
- Microsoft Security Essentials

There are also applications that you have to pay for:

- Norton
- McAfee
- Sophos

There are many types of malware:

A **virus** harms your computer in some way, usually by deleting or altering files and stopping programs from running.

A **Trojan** starts by pretending to be a trusted file, but gives unauthorised access to your computer when you run it.

Worms are difficult to get rid of. They copy themselves over networks to external storage devices

Spyware collects information from your computer and sends it to someone.

Scareware tricks you into thinking it's software that you need to buy.

BOX 7: Firewall

A firewall monitors connections to and from your computer. If it spots something suspicious, it closes the connection or disconnects it. Most operating systems include a firewall and it should be turned on by default.

Hackers, people who try to gain access to your computer without your permission, will have a harder time if your firewall is enabled.

BOX 8: Cyberbullying

Using technology to bully someone is called cyberbullying. Cyberbullying can involve one or more of the following: sending offensive texts or emails posting lies or insults on social networking sites sharing embarrassing videos or photos online If you're being bullied, tell someone. For more advice visit ThinkUKnow.co.uk

BOX 9: Smartphones and mobile devices

These allow for photos, videos and your location to be shared instantly on the internet. Be careful what you get up to in public as anyone might have a smartphone pointed at you. Do not post photos or videos of other people online without their permission.