

# Year 8 Knowledge Organiser - Autumn 1

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Just reading through your books or a knowledge organiser is not always an effective way to revise. Instead, you should do something with the information. Choose an example of the revision methods on the pages or see if you can come up with another method.

The knowledge is evolutionary not revolutionary. Approximately half the knowledge is new and half helps you revise. Many of the activities are changing. We hope you enjoy them.

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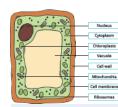
#### Idea

Plant Cell

Make some flash cards or PowerPoint slides. Make top trumps.



Make a poster.



Draw spider diagrams, or for the adventurous mind maps.

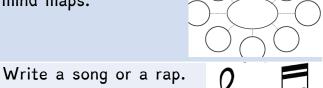
Write a story or comic

strip.

Write a quiz.

Design a game.

Plan a lesson



#### a card. On the other side, write the definition or answer. Use them to test yourself.

**Explanation** 

Turn your notes into posters with lots of colour and illustrations. Summarising the key information in a different way is an effective way of learning and your brain will remember the colours more easily. Do the title last!

Write down key words, auotation,

auestions or eduations on one side of

Write the topic/keyword in the centre of your page. Add everything you know in subtopics. Then explore each subtopic in turn adding more ideas. Colour/pictures help you recall.

Are there songs that stick your head. Change the lyrics to the information you want to learn. If you record and listen back it will be a more fun way of revising.

If you teach something to someone else the chance of recalling it is really high. This has been found to be the most effective way of learning something for the long term.

Take the keywords or facts that you need to learn and turn them into a story or a cartoon. The sillier the story the more likely you are to remember it.

Playing is how we learn as young children and it is a very powerful way of learning throughout life. If we enjoy the game it helps us remember.



- Aspiration There are no barriers to your ambition
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   Live your own life
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   Together we achieve more
- Humility Put others first
- Courage Handle your fear
- Hard work
   We need to make the most of our talents
- Respect
   Treat others as you would like to be treated yourself
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   It is better to give than to receive
- Integrity Be true to yourself
- Forgiveness
   Forgiveness is a triendship preserver
- Thankfulness
   Appreciate others;
   appreciate what
   you have
- Perseverance
   Never give up



## 'May your choices reflect your hopes not your fears' (Nelson Mandela)

Hope is fuel for our soul. Often in life, we find ourselves in need of hope, especially in difficult or worrying times. However, Jesus teaches that hope is an unbreakable spiritual lifeline; something that can grow through encouragement and faith and something that is to be shared with others (Hebrews 6:19-20).

#### EVERYONE CAN BE A HOPE CARRIER

Hope is like a baton used in a relay race. It's supposed to be held tightly as you run with it. However, hope is also too precious to keep to ourselves – it's supposed to be passed onto someone else. When we receive hope, there's always a greater purpose than just us. Hope comes to us, in order to flow through us. Who is 'running' alongside you this week who you can pass the baton of hope to?

BIBLE STORY: The Road to Emmaus (Luke 24:13-35). When we feel we have lost hope, others can give it back to us. We, in turn, become carriers of that hope to others.

#### LISTEN: 'Cornerstone' song

#### https://www.youtube.com/watch?v=izrk-erhDdk

This song is an encouragement to hold on, regardless of our circumstances – even in 'every high and stormy gale', to hope. For Christians, this hope is placed in Jesus Christ, whom they call 'The Cornerstone'. A cornerstone was the foundation and key stone in buildings it was always laid first and held the building up. Wonderful World by Louis Armstrong:

#### https://www.youtube.com/watch?v=DRONFXoXsJ0

For many people, looking at the wonder of nature can give them a new perspective and a renewed sense of hope. Where do you go to find a new hope?





THINK: Using these images, take a moment to think about the following: Where do you find your hope? What kind of hope do those around you need? What makes hope grow in what seem like barren and difficult circumstances?

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#### Activities:

We relabelled our classes in Key Stage 3 H, O, P, E. Why do you think that was a good thing to do after lockdown? Which of our core values (left) relate to the theme of hope?

TWEET IT: There is a lot of negativity on social media at times. People are often negative to each other and negative to ideas. Think about the idea of hope and design a tweet in a maximum of 140 characters that sends a clear message of hope to others. What do you think is the most important thing people need to hear to help them through difficult times?

Use the 5 step conversation with someone important to you to reflect on your hopes.

- GIVE THANKS for something that was good today.
- 2. ASK FOR HELP with something you have lost hope for.
- 3. REFLECT on your day and think about the things that made you feel hopeful and the things that felt unhopeful.
- SAY SORRY for the times you gave up hope or took away someone else's hope.
- DECIDE how you will keep hold of hope tomorrow.

Journaling This is a great way to get thoughts, ideas and experiences out of your head and onto paper in a creative, calming way that helps us to really understand what is going on and to emotionally engage and respond. Hope is a great topic to do this with. Maybe write it big and bold and around it write down thoughts, reflections and prayers around where your hope lies. It can help to see things from a more realistic and positive perspective! Or you could try drawing an El Salvadorian cross themed upon hope (which is a cross shape, full of bright colourful pictures and images)

Look at this picture. The man in it looks like he is going on a journey of his own(!), but what do you think is happening? Watch the news story to find out! How is he being a hope carrier? What difference does what he is doing make? https://www.bbc.co.uk/news/av/uk-england-leeds-52213388/coronavirus-grimsby-teacher-delivering-dozens-of-lunches-a-day

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Watch: https://youtu.be/rLY174n KWA

- What do you cherish the most?
- Do you ever find it difficult to be hopeful?
- · What or who gives you hope for the future?
- Can you describe how hope makes you feel inside?
- What would you want to be doing, if you were able to?
- How do you want your new chapter to begin?

Right now, some people are feeling isolated, sad and alone. For some people they are struggling to see the hope. Think of a person, you think might be struggling and do something practical to encourage them. Watch: <a href="https://youtu.be/nwAYpLVyeFU">https://youtu.be/nwAYpLVyeFU</a>

- Who would you like to spend time with right now if you could?
- How can you reach out to someone?
- How could you pass on hope to someone else?

Explore the website 'Project Hope Exchange'. How can you give hope and get hope? In other words, how can you find hope as well as being a source of hope for someone else?

Watch a film clip from 'Despicable Me'. An act of sharing something small leads to the restoration of hope: <u>https://www.youtube.com/watch?v=yFd-ubXcoyQ</u>.

Meditate and reflect by praying these prayers of hope:

https://youtu.be/ 8AYhU5zKcM.

Find these bible verses: Isaiah 40 v31 and Jeremiah 29 v11.

We fell asleep in one world, and woke up in another. Suddenly Disney is aut of mogic, Paris is no longer romantic. New York doesn't stand up anymore, the Chinese wall is no longer a fortress, and Mecco is empty.

Hugs & kisses suddenly become weapons, and not visiting parents and friends becomes an act of love

Suddenly you realise that power, beauty and money are worthless, and con't get you the oxygen you're fighting for.

> The world continues its life ond it is beautiful.

It only puts humans in cages.

I think it's sending us a message

"You are not necessary. The air, earth, water and sky without you are fine. When you come back, remember that you are my guests. Not my mosters."

Attributed to Dr.Dhruy Chauhan

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ZERO to HERO: 'All of us, no matter who we are, or how insignificant we may think we are, has the potential to be a hero' It is sometimes hard to stand firm, be brave, show courage when everything around us causes us to be worried or scared.

Throughout the Bible though, we are told that God will be with us, always, and therefore, we should be able to conquer our fears. God commands us to have courage, having faith and confidence in Him. "No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another."

Jesus speaking in John 15:13-17(NRSV)

KEY QUOTE: 'Integrity is doing the right thing. Even when no one is watching' CS Lewis

### LISTEN: "Give us your courage" - Tim Hughes

https://www.youtube.com/watch?v=nBE4v8lVlfs&disable\_polymer=true This song is an encouragement to stand firm in the face of huge challenges – "For the truth of your Word we will stand. Give us your courage" LISTEN: **"Heroes" by David Bowie - sung by the Coach Choir** <u>https://www.youtube.com/watch?v=DO0kAtg9dRw&disable\_polymer=true</u> Over 6000 strangers from 45 countries submitted a video in 3 days to sing 1 song. It's dedicated to all the frontline heroes who are keeping us safe in the midst of the Covid-19 global pandemic

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WATCH: What is courage? A short video with some intriguing thoughts about what courage may look like.

https://www.youtube.com/watch ?v=QlfEiLvxCOY&disable\_polymer =true



- What do these pictures make you think of?
- How do they demonstrate qualities of courage or lack of?
- How are the qualities of hero and superhero different? Or are they?

There are lots of stories about our NHS workers and other essential workers who are risking their lives, showing great courage, and going to perform their frontline work so that our lives can continue. They are showing a greater love and courage. Many of our NHS workers are living separately from their families during this time, to help to keep them safe. One such nurse is Sam. She has left her daughter, Rosie, and her husband (who is poorly) to keep them safe. As you watch this video celebrating their courage and heroism, think about the courage that they have both shown. <a href="https://www.facebook.com/callthemidwifeofficial/videos/154813759301800/">https://www.facebook.com/callthemidwifeofficial/videos/154813759301800/</a> You may have heard lots of stories of people who have done this before. Have you heard of Maximilian Kolbe? He was a priest when WWII broke out and was put into a concentration camp, as he was caught helping the Jews to escape Poland. He showed both great courage and love. One day the guards at the camp selected several prisoners to be killed, Kolbe asked to be selected so he could save the life of one man. He saved the life of a man called Franciszek Gajowniczek. Kolbe did not know this man, but knew that he was called by God to show both love and courage. A few weeks ago in Italy a Roman Catholic Priest Fr Barardelli was given the use of a ventilator that was needed to save his life as he was suffering with Coronavirus. The people who went to his church had paid for the ventilator as there were other, younger patients who needed it. He was willing to give his life to save another, showing great courage. Watch this clip about Fr Barardelli <a href="https://www.youtube.com/watch?v=upox9NO0D2c">https://www.youtube.com/watch?v=upox9NO0D2c</a> Would you ever be willing to put others before you?

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Think about when you have shown courage. How did it feel? Why did you decide to be courageous at that moment? Think about those today who are being courageous to help others at a risk to themselves. Think about how you might show courage today. How could you be a hero? Search for the Hero by M People <a href="https://www.youtube.com/watch?v=ntuqTuc6HxM">https://www.youtube.com/watch?v=ntuqTuc6HxM</a>

#### Activities:

Read a book, poem or perhaps even a letter with characters that raise the issue of courage, e.g. poems and letters from those in the First World War. Explore how the main character showed bravery, did they consider themselves courageous, would other characters or others reading their story now think them courageous.

Look at the website of the Help for Heroes charity. Consider some of the testimonies it contains.

Mealtime/Tutor Time is together-time. Even if you regularly don't eat meals together, you can still create activities that nurture conversation. Ask open-ended questions at the table. Ask each person, "What's the best thing that happened to you today? the worst?" Serve others in love- Don't underestimate the transformation that can come in your life as you joyfully and humbly serve others. Create a plan:

How are you going to be a hero? How are you going to serve yourself and help yourself grow? How are you going to serve your family?

How are you going to serve your friends and help them grow?

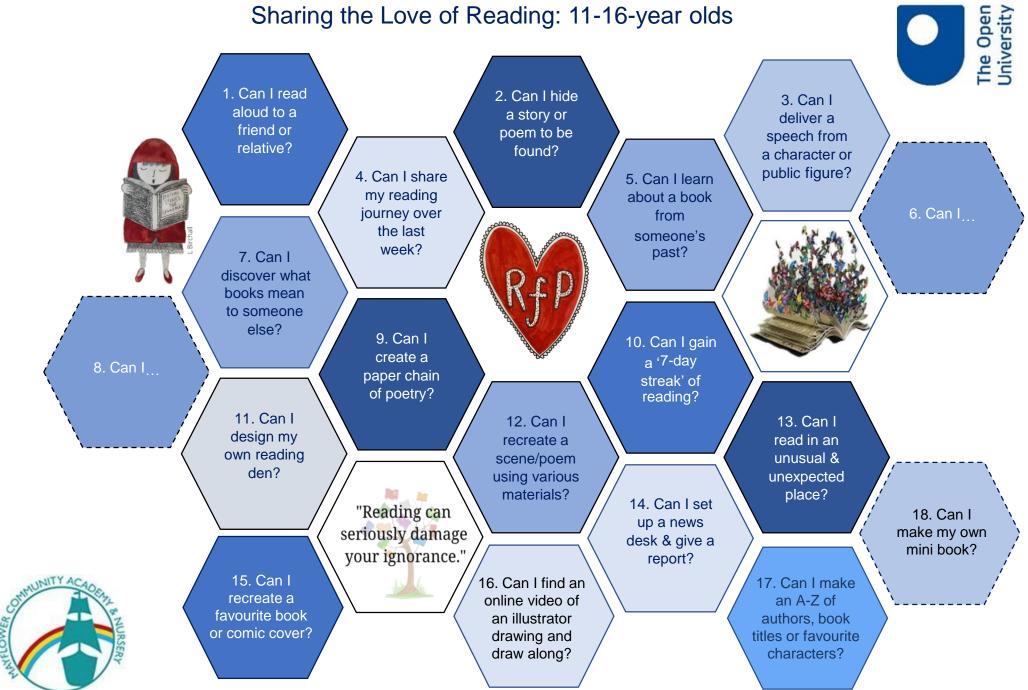
Famous Quotes:

'I beg you take courage; the brave soul can mend even disaster.' Catherine the Great

'Disturb us Lord, when we are too well pleased with ourselves'- attributed to Sir Francis Drake, believed to have been written by him before setting sail from Portsmouth in 1577. #

'Courage is not the absence of fear, but rather the assessment that something else is more important than fear.' Franklin D. Roosevelt "May your choices reflect your hopes, not your fears." Nelson Mandela

### Sharing the Love of Reading: 11-16-year olds



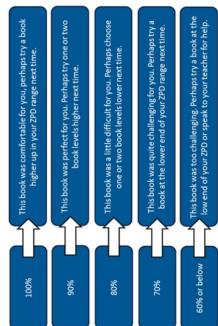
Questions, questions, questions
Asking and answering questions (in our head and aloud) helps us to be better readers. We are constantly asking questions to encourage comprehension skills during reading and these can be broken into three clear sections; 'before', 'during' and 'after' reading. Here are some examples you can try at home: (You don't have to ask every question every time you read, try picking out 2-3 different questions each time you read.)
<ul> <li>Before reading:</li> <li>Why did you select this book?</li> <li>What makes you think this book is going to be interesting?</li> <li>What do you think the book is going to be about (use the cover image, title and blurb for clues)?</li> <li>Does this book remind you of anything else you've already read or seen?</li> </ul>
During reading: Who/What/Where/When/Why/How questions Who/What/Where/When/Why/How questions Will you catch me up on the story? What's happened so far? Why do you think the character did ? Why do you think the character did ? How do you think the character is feeling right now? How do you think the character is feeling right now? Where is the book was a TV show, which actors would you cast in it? What does the place look like in your head as you read? Would you want to visit there? Did you learn any new words or facts so far?
<ul> <li>After reading:</li> <li>What was your favourite part of the book? Why?</li> <li>Who was your favourite character? Why?</li> <li>Who was your favourite character? Why?</li> <li>Why do you think the author wrote this book?</li> <li>Would you have ended the book differently? Did it end the way you thought it would?</li> <li>You could change one thing in the book, what would it be?</li> <li>You think the book had a good title? What different titles could it have had?</li> <li>Can you retell the story in your own words?</li> <li>Does this book remind you of anything else you have read? How so?</li> </ul>



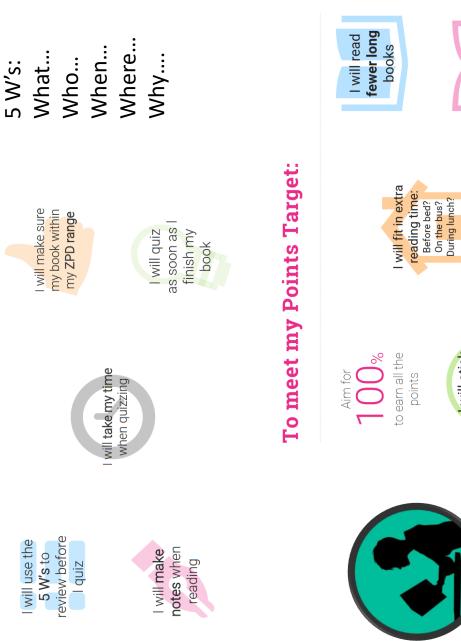
# **Book Level:** improve my 0 H



According to my last quiz result, I should choose a book....



# **Correct:** Percent Average improve my 0 H







I will read several shorter

book and finish it

books

If you are able to understand a book as you read, but struggle to remember events when

you quiz, ask Miss Ling for a reading reminder sheet.





**Open University** research suggests there are three important ways to support readers and a love of reading.



Family

**Reading Time** 

**Read Aloud** 

**Reading aloud** to your children shows them reading is a pleasure, not a chore. Older children can also read to younger ones.

\*Reading together doesn't have to be a story (recipes, news articles etc. all count too!)

\*If you are not confident in reading aloud, why not listen to an audiobook together.

Making time to read alongside one another helps develop children's reading stamina and interest, Let them chose what to read and relax together (you don't need to be reading the same thing.) \* Where can you 'fit' reading in? It could be 10 minutes before tea, when they come home from school, waiting in the car, before bed etc. You may find it easier to set a regular time aside, or fit it in around your other commitments.

**Children who read**, and are supported as readers, develop strong reading skills and do better at school. Research also shows that reading aids relaxation and has benefits for mental health.

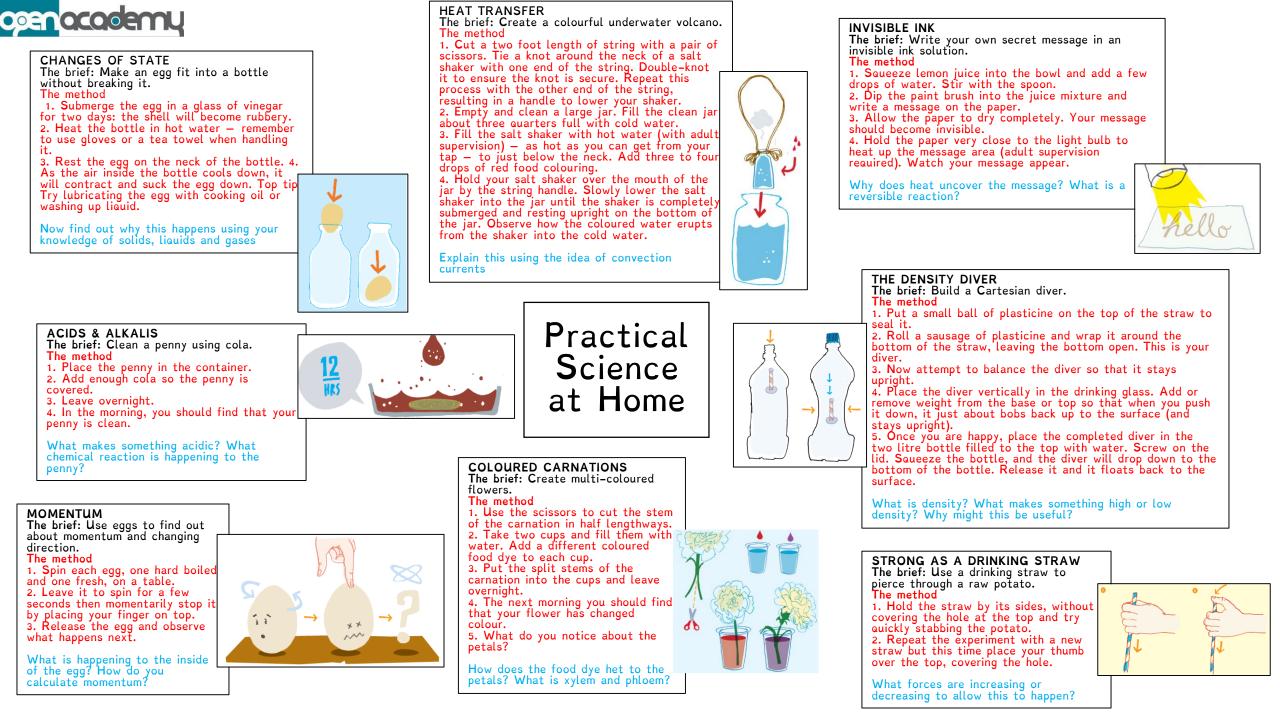


**Book chats** encourage readers. Invite them to make connections and share their views. Join in with your views too! (Please see the next page for suggested questions you can ask about any book.)



l wonder if...why...what... who...

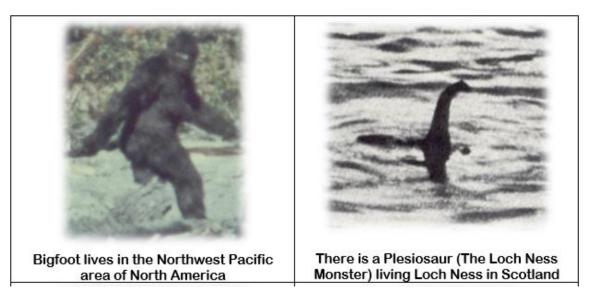
Adapted from Open University 'Supporting Reading at Home': <u>https://researchrichpedagogies.org/ downloads/Supporting Readers at Home Poster .pdf</u> For more ideas see: <u>https://www/researchrichpedadgogies.org</u>



# or codemy Multi-disciplinary learning. Key Stage 3.

## What is a conspiracy theory?

Some people believe in things that other people do not. Here are a couple of examples for which there is little evidence.



However, some people then believe that other people are covering it all up. This can lead to some surprising places.

Activity 1: If there was Bigfoot or a Plesiosaur as shown above then how difficult would it be to keep it a secret? Look up how big Lock Ness is and how many people visit it every year.

Activity 2: Think about these questions / discuss them in a video chat with friends: What happens to you when you believe that the entire sections of society are keeping secrets? How could all scientists or the entire government keep a secret? How difficult would it be for 1000s of people to keep a secret? Why do film makers like conspiracy theories for their movies? Activity 3: Listen to this radio programme. It is available on BBC Sounds. <u>https://www.bbc.co.uk/sounds/play/m000dfqn</u>

How many conspiracy theories are mentioned? Which ones have you heard about?

Activity 4: Mr Ford once, for a joke spread the rumour that the canteen at his college was serving Weetabix that were so cheap, the box they came in had more nutritional value as at least it contained roughage in the cardboard box. he got into a lot of trouble and had to write an apology to be displayed at the college canteen till. Write a letter for Mr Ford, to try to explain that he now understands how serious disinformation can be, highlighting what might have gone wrong.

Activity 5: Craft a conspiracy theory about Mr Ford. Email him with it. How would you get people to believe it? How far could you stretch it? How could you stop it once people started believing it – even if it was you who made it up?

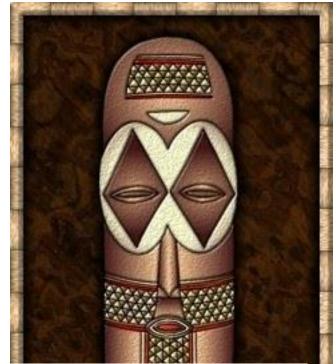
For those of you with access to Disney watch Lion Guard "Beware of the Zimwi" episode. How can belief cause panic?

Activity 6: Find out how anti-vaccination conspiracy theory has killed people.

https://www.iflscience.com/health-and-medicine/one-map-sumsdamage-caused-anti-vaccination-movement/

Activity 7: Challenge activity. Research one of the more popular myths and present a clear and referenced case to debunk it.

https://www.osce.org/odihr/441101?download=true







# Year 8 African mask inspiration

- This term we will be mostly looking at African masks and the Art work involved in them. We will be designing our own masks taking inspiration from past examples like the ones on this page.
- Masks have inspired many modern Artists and film makers as they are full of character and mood.
- Pay particular attention to the colours used. They are often Earth type colours that fit with the origins and style of the masks.
- The masks have emotions such as anger, surprise, tranquillity etc... Try to give your mask an emotion or mood.

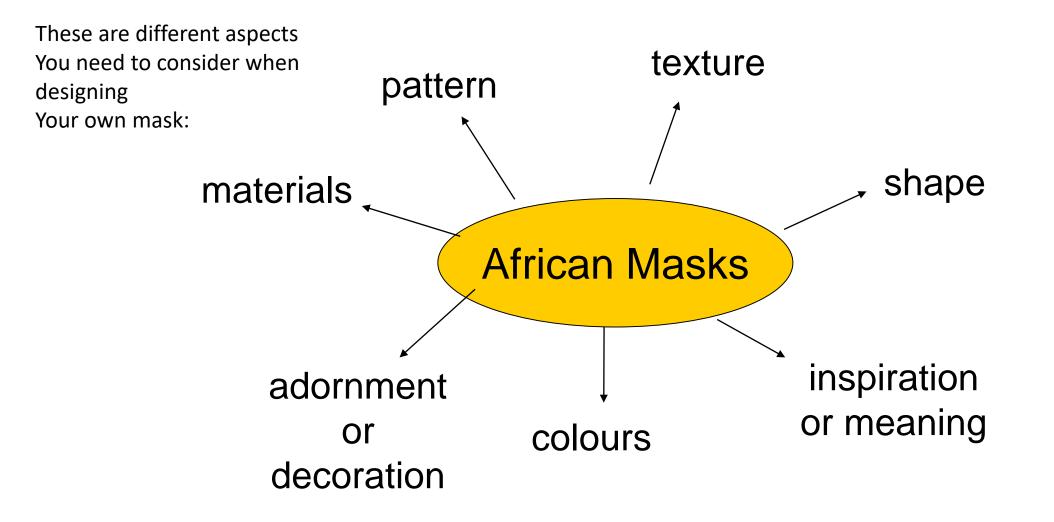




# Some ideas for different shapes....



## Key Characteristics of African Masks



	Methods of Recording	
	Observational drawing	Drawing from looking at images or objects
	First hand observation	Drawing directly from looking at objects in front of you
	Second hand observation	Drawing from looking at images of objects
	Photographs	Usinga camera or smartphone to record images will class as first hand observation
	Sketches	Basic sketches and doodles can act as a starting point for development
	Stages of Drawing Basic shapes Accurate sh	napes Detail Shade
2		
	<b>Tonal shade</b> Produce a range of tones by vathe pressure and layering consusing softer pencils for darker	sider 🖉
	Alternative shade technic	ques Stippling Scribble Pattern

## Annotation

Describes writing notes, using images and explaining your thoughts to show the development of your work.

Step 1Describe What is this an image of? What have you done here? What was this stage of the project for?

Step 2Explain How was this work made? How did you produce particular effects? How did you decide on the composition?

#### Step 3Reflect

Why did you use these specific methods? Why do particular parts work better than others? Why might you do things differently next time?

Formal elements are taught e.g. how to sketch and use tone to create a 3D effect. You will explore the colour wheel and how to use the basic materials in Art.
 "The Greenman" – This project introduces you to facial proportions and how to blend oil pastels effectively. We also learn about clay and create small 3D Greenman faces. Examples of world renowned pieces of art are discussed.

3-"Perspective Landscapes"- This project introduces students to the concept of perspective and distance in Art. You learn about the technique of one-point perspective to create a feeling of depth in a landscape.

1			The subst to make a	ance that an artist use (	2 Pencil		The basic tool for drawing, can be used for linear work or for shading
			The same as media but can also refer to the basis of the art work		Biro		Drawings can be completed in biro and shaded using hatching or cross hatching
				s, paper, clay	Pastel (chalk/oil)		Oil and chalk pastels can be used to blend colours smoothly, chalk pastels give a lighter effect
	Techniques		The method used to complete the art work, can be generic such as		Coloured pencil	<u>SON</u>	Coloured pencil can be layered to blend colours, some are water soluble
		painting of blending		or more focus such as	Acrylic paint		A thick heavy paint that can be used smoothly or to create texture
	Processe	es	artwork t	od used to create hat usually follows a	Watercolour		A solid or liquid paint that is to be used watered down and layered
			range of s one skill	steps rather than just	Gouache		A pure pigment paint that can be used like watercolours or more thickly for an opaque effect
	Colour Theory		Pressprint		A polystyrene sheet that can be drawn into to print white lines – can be used as more than 1 layer		
RED,	Primary=Complimentary;RED, YELLOW,Colours opposite on a colour wheelBLUEcolour wheelSecondary=Harmonious; Colour next to each other or		osite on the	heritary second	Monoprint		Where ink is transferred onto paper by drawing over a prepared surface
Seco			s; Colours		Collograph		A printing plate constructed of collaged materials
Tertia		wheel Monochron		secondary even	Card construction		Sculptures created by building up layers of card or fitting together
Secon ry	ndary+Prima	shades, ton of one color	a second second second second second	secondary tertials	Wire		Thick or thin wire manipulated to create 2d or 3d forms
black		Hue – the p			Clay		A soft substance used for sculpting, when fired can be glazed to create shiny colourful surfaces
Tint - white		Warm; RED, YELLOW. Cold; BLUE,			Batik		A fabric technique using hot wax to resist coloured inks
		PURPLE	SILLIN,		Silk painting		Fabric inks painted onto silk, Gutta can be used as an outliner to prevent colours mixing

ocode
B

## <sup>1</sup> Formal Elements of Art

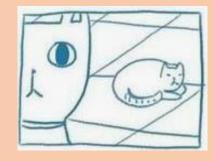
LINE	the path left by a moving point, e.g. a pencil or a brush dipped in paint. It can take many forms. e.g. horizontal, diagonal or curved.	
TONE	means the lightness or darkness of something. This could be a <u>shade</u> or how <u>dark</u> or <u>light</u> a <u>colour</u> appears	
TEXTURE	the surface quality of something, the way something feels or looks like it feels. There are two types : <u>Actual</u> and <u>Visual</u>	
SHAPE	an area enclosed by a <u>line</u> . It could be just an outline or it could be <u>shaded</u> in.	
PATTERN	a design that is created by repeating <u>lines</u> , <u>shapes</u> , <u>tones</u> or <u>colours</u> . can be <u>manmade</u> , like a <u>design</u> on fabric, or <u>natural</u> , such as the markings on animal fur.	
COLOUR	There are 2 types including Primary and Secondary . By mixing any two <u>Primary</u> together we get a <u>Secondary</u>	

(3)

A Rough	A Visual/ Maquette	Final Piece
A basic sketch of a final idea	A small image or model created in selected materials	An image or sculpture pulling all preparatory work together

### **Composition Layouts**

Rule of thirds – Place focal objects at 1/3 or 2/3 of the image horizontally or vertically. Not in the middle

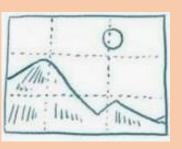


Simplify and fill. Enlarge or crop the image to fill the space



	F	. A
T	Ħ	1 M
E	PH	
L		

Use lines. Lines will draw the viewer in, they don't have to be straight, consider S or C



Balance elements. If there is an emphasis on one side balance it out with smaller objects on the other



Doenn



## <u>Health and Safety</u>

<u>Micro-organisms</u>	<u>Storing food safe</u>
Micro-organisms are tiny forms of life. They can only be seen under a	Cooking (75°C)
microscope and are sometimes called microbes. They spoil food and make it unsafe to eat because they contaminate it with their waste products, their physical presence and the toxins they produce. <u>What micro-organisms can spoil food and make it unsafe to</u> <u>eat?</u> There are three groups of micro-organisms that you need to know about that	<ul> <li>Cooking food above bacteria</li> <li>Re-heat food proper Reheat food so 75°C minutes</li> <li>Check the food is 75°C</li> </ul>
spoil food and cause food poisoning. These are • Bacteria	temperature probe
• Moulds	Chilling (0°C - 5°C)
<ul> <li>Yeasts</li> <li><u>Micro organisms need 5 conditions to grow and multiply:</u></li> <li>A warm temperature</li> <li>Plenty of moisture (water)</li> <li>Plenty of food</li> <li>The right PH level (not too acidic or alkaline)</li> <li>Enough time (bacteria split every 10-20 minutes)</li> </ul>	<ul> <li>Keeping food betwee slows down the grow</li> <li>This extends the sh</li> <li>Chilling food doesn't properties much - fo tastes the same</li> </ul>
<ul> <li>High risk foods</li> <li>High risk food have ideal conditions for bacteria</li> <li>High risk foods are ready to eat foods that could grow harmful bacteria</li> <li>They are moist and high in protein which is food for bacteria.</li> <li>High risk foods have a short shelf life - you can't keep them for long or the bacteria might multiply to dangerous levels.</li> <li>Examples of high risk foods:</li> <li>Cooked meat, fish and poultry, dairy products (eggs, cheese etc.), gravies, stocks and sauces, shellfish, cooked rice.</li> </ul>	<ul> <li>Preparing self for cooking</li> <li>Tie hair back to preven food</li> <li>Take off coats and blaz</li> <li>Wear an apron to preven from our clothes to our</li> <li>Wash hands with hot set</li> </ul>
<u>Example exam questions:</u> What five conditions to bacteria need to grow and multiply? (5 marks) What is a high risk food? (5 marks)	<ul> <li>Preparing the room for a</li> <li>Sanitise all work surfac</li> <li>Check equipment is cleated</li> <li>Tuck all stools in as the</li> <li>Put all high risk foods i growth</li> </ul>

## <u>Storing food safely</u>

The danger zone (5°C-63°C)	
<ul> <li>Bacteria can grow and multiply quickly between 5°C to 63°C.</li> <li>This is called the danger zone</li> <li>The optimum temperature for bacterial growth is 37°C</li> </ul>	
Freezing (-18°C)	
<ul> <li>Freezing food below -18°C stops bacteria growing - they become dormant</li> <li>Freezing generally extends shelf life and the nutrients aren't lost</li> <li>It doesn't kill the bacteria though. They become active again once the food defrosts.</li> </ul>	
uff falling in sferring bacteria azard Wash your hands after: Coughing Sneezing Blowing your nose Tying shoe laces Going to the toilet Touching hair or face Touching raw meat	



## Nutrition

#### **Nutrients**

Macro nutrients – needed in <u>large</u> quantities in the diet. The three macro nutrients are: PROTEIN, CARHOHYDRATES, FAT Micro nutrients – needed in <u>small</u> quantities in the diet. The two micro nutrients are: VITAMINS, MINERALS

#### **Protein**

Proteins are made up of amino acids, often referred to as the 'building blocks' of the body. Non-essential amino acids can be made by the body, how ever, essential amino acids cant be made by the body and we must get from the food we eat. High biological Value (HBV) proteins contain all the essential amino acids we need and generally come from animal sources. Low biological value (LBV) proteins are missing one of more essential amino acids and generally come from plant sources.

#### Food sources

<u>HBV</u> - beef, pork, lamb, poultry (chicken, turkey, duck), fish, cheese, butter milk

<u>LBV</u> – beans, chickpeas, lentils, peas, nuts, seeds, found in smaller amounts in some vegetables such as spinach and broccoli.

#### Function

Needed for growth from childhood to adulthood and the growth of nails, hair and muscle mass, repair of muscles, tissues and organs after illness or injury and to make enzymes for digestion and antibodies to stop us getting ill.

#### Example exam questions:

What are the two types of fat? (2 marks) Explain the difference between a HBV and LBV protein (6 marks)

#### **Carbohydrates**

There are two types of carbohydrates, complex and simple. They are also known as starchy (complex) and sugary (simple).

#### Food sources

<u>Starchy</u> - bread, rice, pasta, potatoes, bagels, oats, flour, cereal and some vegetables. <u>Simple</u> - fruit, some vegetables, chocolate, sweets, biscuits, cakes

#### **Function**

Starchy/complex carbohydrates are digested slowly and provide long term energy. Sugary/simple carbohydrates are digested slowly and provide short term energy

#### <u>Fat</u>

There are two types of fat, saturated and non saturated.

Saturated fats are classed as 'unhealthy fats', they are solid at room temperature and are generally animal based.

Unsaturated fats are classed as 'healthier fats' and are liquid or soft at room temperature and come from plant based sources.

#### Food sources

<u>Animal</u> -beef, chicken skin, processed meat (sausages, salami, pepperoni), bacon, butter, cheese, full fat milk

<u>Plant</u> - vegetable oils (sunflower, olive, rapeseed), avocado, nuts, seeds

#### **Function**

Keeps us warm (provides insulation), secondary source of energy, protects vital organs and bones.

#### Dietary related health problems

#### Too much <u>sugar</u> can cause:

- I. Weight gain (which can lead to obesity)
- 2. Tooth decay
- 3. Diabetes (your body cannot produce enough/any insulin to regulate your blood sugar levels)

#### Too much <u>salt</u> can cause:

1. High blood pressure (this can increase your risk of heart disease and a stroke).

#### Too much <u>saturated fat</u> can cause:

- 1. Weight gain (which can lead to obesity)
- 2. High cholesterol (this narrows arteries making it harder for the blood to travel around, putting you at risk of heart disease).

## <u>Stir Fry</u>

#### Ingredients (serves 2)

- 1 chicken breast
- 1 pepper
- $\frac{1}{2}$  onion
- 1 garlic clove
- 1 small carrot
- Small piece of ginger Tsp mixed spice Splash of soy sauce  $\frac{1}{2}$  chilli
- Tbsp oil

#### Equipment

Knife Chopping board Wooden spoon Wok

<u>Skills</u> Slicing Frying Seasoning





1. Cut the onion and the pepper into thin slices. Chop your carrot into thin match stick style slices.



4. Heat the oil and add the chicken, cook until the outside has turned white. Then add the ginger, garlic and chilli

Serve with egg noodles or rice.

2. Cut the skin from the ginger and cut into small pieces. Cut the garlic into small pieces.



5. Add your vegetables and cook for a couple of minutes.



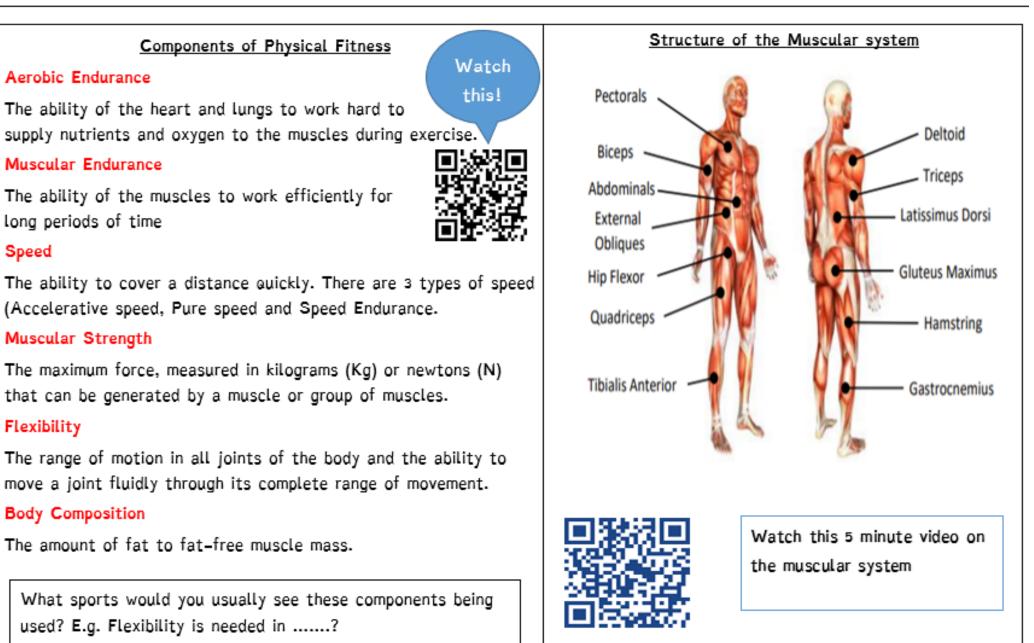
3. Cut your chicken in long strips.

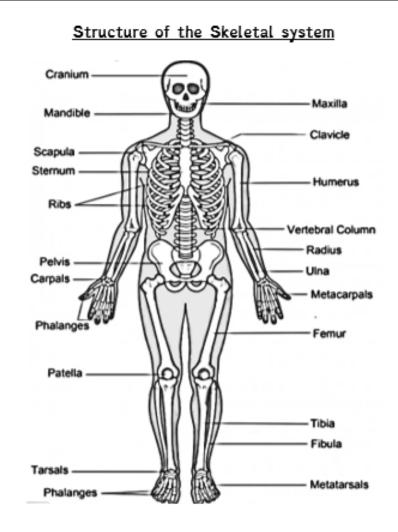


6. Add your soy sauce, salt and pepper. Fry for another few minutes. Don't over cook the dish as stir fry should be slightly crunchy,



Speed







Using this QR code, learn and remember the 5 key functions of the skeletal system.

#### Components of Skill-related Fitness

Agility — The ability of a sports performer to quickly change direction without losing balance or time

Balance — The ability to maintain your centre of mass over a base of support. There are two forms of balance (static which is maintaining balance in a stationary position and Dynamic which is maintaining balance while in motion)

Co-ordination — The ability of the body to work together to move smoothly and accurately

**Power** – The ability to use strength and speed. It is the work done in a unit of time and is calculated in the following way Power-= Force (Kg) x Distance (m) / time (mins or seconds)

**Reaction time** — The time taken for a sports performer to respond to a stimulus, for example, the time taken for a sprinter to react to the starter gun.









	Diet and Nutrition for Sport
Nutrient	Function and Examples
Protein	Important for growth and development of muscle and tissue as well as making and repairing cells inside the body. Poultry, Fish, Nuts, Dairy and Soy are examples.
Carbohydrates	Provide energy for the body over a longer period of time and helps fight disease. Potatoes, Pasta, Pulses and Fruit are sources.
Fibre	Important for preventing constipation and also helps decrease the risk of Type 2 diabetes, heart disease and high cholesterol in later life. Fresh fruits (skin on) Dried fruit, Vegetables, Wholegrains such as brown rice and wheat bread are sources.
Calcium	Important for strong bones and teeth. It also helps with muscle function, blood clotting and nerve transmission. Dairy products, leafy green vegetables, orange juice are sources.
Vitamin	Vitamin A is important for eyesight, growth and the functioning of the immune system as well as healthy skin. Dark green
A, C and D	vegetables e.g. spinach. Sweet potatoes, papayas, milk and eggs.
	Vitamin C is important for decreasing the amounts of colds you get, fights infections, wound healing, healthy gums and skin
	and also acts as an antioxidant. Citrus fruits, broccoli, strawberries, tomatoes, peppers and kale are the sources
	Vitamin D is important for strong bones and teeth as it absorbs calcium. It is also good for immune function. Milk, oily fish,
	egg yolk and even the sunlight are sources.

#### **Diet and Nutrition activities**

REPAIR

YFEXSENERGYTBTRTBYIX BAHGN ОНВ RYE 0 JOBPBSLYSANOHETAJ 3 W S E H A S I I C D E V Z L M A K S L Z Q SOQQTFFISWPBRPWIQATQ YESVDWXZLUQOYOYHIENQ FCTYIOLTSKMJILDW IAZAITNVRHYQEEOFDEIW TRHAD S 0 D Ρ 0 TDRMXRRROEN F GGZ UACWTBYPIONHYDRA ΙΟΝ OFATSH TNUJLMVE ERJUDHOEOASIIIUIPPDV GISTKLIYOBNQYNDONALH ANTRENLAEJRGWEYCAQIN WIHHTOBWRXZAJRP G DKGTMUBSKYHHCAMUE ZJHZRXC TMOLDI XGOF USP N A V G F W Q Y D O R U Y S D X G J N R MUICLACXQFQEQHTEETAX ANTIOXIDANT BONES CALCIUM CARBOHYDRATES DEVELOPMENT DIET ENERGY FATS FIBRE GROWTH HEALTHY HYDRATION IMMUNE MINERALS MUSCLES PROTEIN

VITAMINS

WATER

TEETH

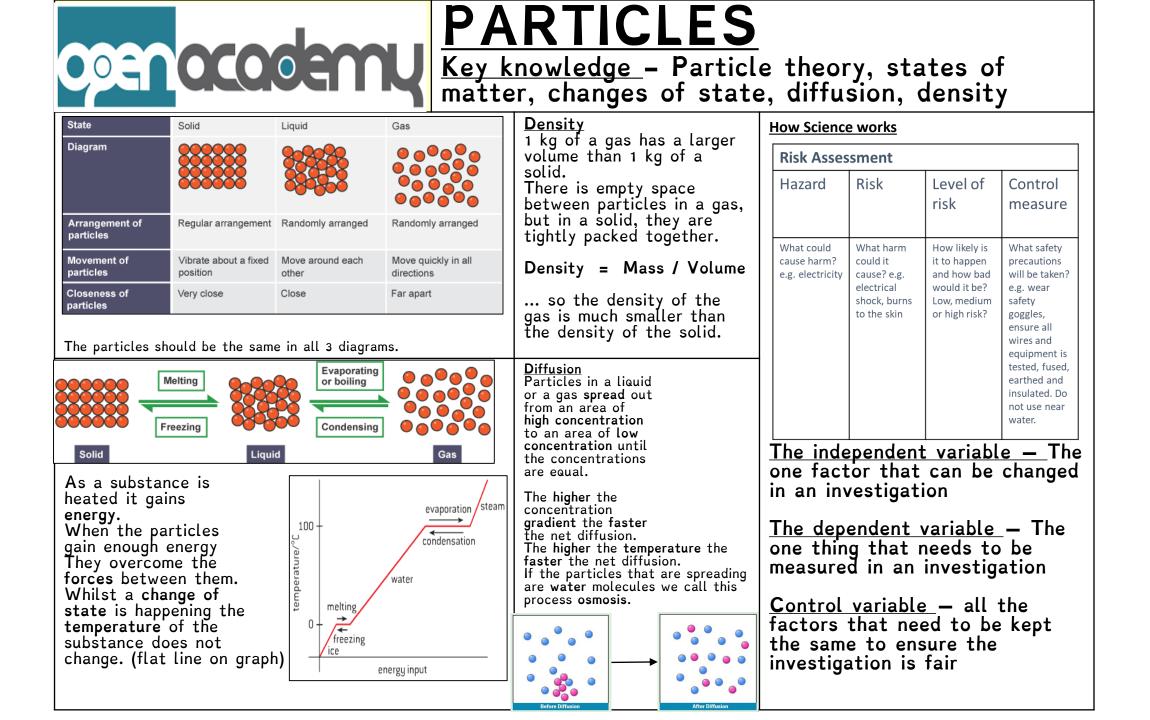
https://www.nhs.uk/live-well/eat-well/food-and-drinks-for-sport/

Click the link above or scan the code to see how diet and nutrition can affect sports performance



Create a one week diet plan for an athlete of your choice. Your athlete will be competing in the Olympic Games next week and needs some help with their nutrition. Create a 7-day diet plan for breakfast, lunch and dinner. For example:

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



oen academy M	lendeleev's beard 1	All the different elements are arranged in a chart called the <u>periodic table</u> . A Russian scientist called Dmitri Mendeleev produced one of the first practical periodic tables in the 19th century. The modern periodic table is based closely on the ideas he used:
Structure of the AtomAn atom is made up of three subatomic particles: protons, electrons and neutrons. Protons and neutrons are found in the nucleus of the atom (in the centre). Electrons are found orbiting the nucleus in shells (also known as energy levels). Protons have a positive charge. Electrons have a no charge.Atoms Everything is made from atoms, including you. Atoms are tiny particles that are far too small to see, even with a microscope. If people were the same size as atoms, the entire population of the world would fit into a box about a thousandth of a millimetre across.Chemical reactions Atoms are rearranged in a chemical reaction. The substances that: react together are called the reactants	Chemical equations Fr Chemical equations Fr Case Fr Fr Case Fr Fr Case Fr Fr Fr Fr Fr Fr Fr Fr Fr Fr	2       3       4       5       6       7       0         Be       H       B       C       N       0       F       Ne         Mg       AI       Si       P       S       CL       Ar         Ca       Sc       Ti       V       Cr       Mn       Fe       Co       Ni       Cu       Zn       Ga       Ge       As       Se       Br       Kr         Sr       Y       Zr       Nb       Mo       Tc       Ru       Rh       Pd       Ag       Cd       In       Sn       Sb       Te       I       Xe         Ba       La       Hf       Ta       W       Re       Os       Ir       Pt       Au       Hg       TL       Pb       Bi       Po       At       Rn         Ra       Ac       Non-metals       Non-metals <t< td=""></t<>
are formed in the reaction are called the <u>products</u> No atoms are created or destroyed in a chemical reaction. This mea the total mass of the reactants is the same as the total mass of th products. We say that <b>mass is conserved</b> in a chemical reaction.		phide sulphur are the reactants, and iron sulphide is the
Iron sulfide	Iron sulfide, the compound fo in the reaction, has different properties to the elements fr what it is made.	ormed Compounds A compound is a substance that contains atoms of two or more different elements, and these atoms are chemically joined together. For example, water is a compound of hydrogen and oxygen. Each of its molecules contains two hydrogen atoms and one oxygen atom. There are very many different compounds.

# osnacademy

# Mendeleev's beard

Example

To get sand from a

mixture of sand, salt and

water.

To obtain pure crystals of

sodium chloride from salt

water.

To get pure water from

salt water.

To separate the different

compounds in crude oil.

To separate out the dyes

in food colouring.

Filter paper

Filter funnel

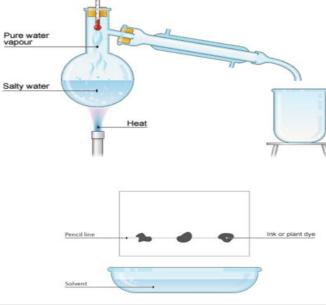
Description

Separating an insoluble

'solid from a liquid

To separate a solid from a

solution



Distillation

This is good for separating a liquid from a solution. For example, water can be separated from salty water by simple distillation. This method works because the water evaporates from the solution, but is then cooled and condensed into a separate container. The salt does not evaporate and so it stays behind. Distillation can also be used to separate two liquids that have different boiling points.

Remember that it is the water Simple To separate a solvent from that evaporates away, not the distillation a solution Separating a mixture of Fractional liquids each with different distillation <u>boiling points</u> Separating substances that Chromatography move at different rates <u>through a</u> medium Filtration Evaporating basin This is good for separating an insoluble solid from a liquid. (An insoluble substance is one that does not dissolve). Sand, Heat Solid and liquid for example, can be separated from a mixture of sand and water using filtration. That's because sand does not dissolve in water.

Method

Filtration

Crystallisation

Chromatography

Evaporation

solution

Solution

This is good for separating a

soluble solid from a liquid (a

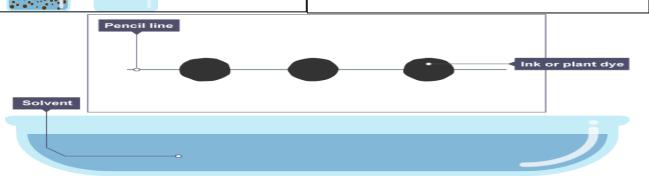
form a solution). For example copper sulphate crystals can be

solution using evaporation.

soluble substance dissolves. to

separated from copper sulphate

Simple chromatography is carried out on paper. A spot of the mixture is placed near the bottom of a piece of chromatography paper and the paper is then placed upright in a suitable solvent, e.g. water. As the solvent soaks up the paper, it carries the mixtures with it. Different components of the mixture will move at different rates. This separates the mixture out



# Pandemic – Communicable diseases

FIRST LINE OF DEFENCE				Pathogens are microorganisms that cause infectious disease					HOW COMMUNI DISEASES ARE S	
Lom Lom	Nose	Nasal hairs, sticky mucus and cilia		Viruses	Bacteria (prokaryotes)	Protists (eukaryotes)	Fungi (eukaryotes )	5	Water Water may contain bacteria such as those that cause	
ral noi tself fi n	nose	prevent pathogens entering through the nostrils.		e.g. cold, influenza, measles,	e.g. tuberculosis	e.g. dysentery.	e.g. athlete's		cholera.	corne
has several non sfending itself fro getting in	Trachea and bronchus (respiratory system)	Lined with mucus to trap dust and pathogens. Cilia mov the mucus upwards t be swallowed.	/e	HIV, tobacco mosaic virus	(TB), Salmonella, Gonorrhoea	e.g. dysentery, sleeping sickness, malaria	foot, thrush, rose black spot		Vectors: mosquitoes Biting insects, such as the Anopheles mosquito, can pass pathogens into human blood.	teria are spread in air, e.g. from ghs and sneezes.
The human body his specific ways of defe pathogens ge	Stomach acid	Stomach acid (pH1) kills most ingested pathogens.		DNA or RNA surrounde	No membrane bound organelles (no chloroplasts,	Membrane bound organelles. Usually	Membrane bound organelles, cell wall made of			Body fluid Pathogens like HIV can be transferred in body fluids such as blood on a shared syringe or during sexual intercourse.
The I specific	Skin	Hard to penetrate waterproof barrier. Glands secrete oil which kill microbes		d by a protein coat	mitochondria or nucleus). Cell wall. Single celled organisms	Usually single celled.	chitin. Single celled or multi– cellular		Food Food may contain food-poisoning bacteria such as <i>Salmonella</i> .	
	acteria may oduce toxins	Viruses live reproduce in							Athlete's foot fungus is usually V transferred to skin from moist surfaces H	actors: houseflies ouseflies can carry dysentery acteria from human faeces to food.
t    t	hat damage	cells causi damage	ng		Phagocytes	Phagocy	tosis P di	hagocy igest t	tes engulf the pathogens and hem.	
cells of th		/hite bl lls are the im	part	Lymphocytes	production    If a		a pers athogei	ific antibodies destroy the pathogen. takes time so an infection can occur. person is infected again by the same ogen, the lymphocytes make antibodies faster.		
		syster			Antitoxin production Count		ntitoxi ountera	toxin is a type of antibody produced to teract the toxins produced by bacteria.		

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#### Knowledge Organiser: Year 8 Autum Term Part 1 - Using Cloud Computing Safely, Effectively and Responsibly

Eirpreiall

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Financia

Hacker

#### Summary

In the simplest terms, cloud computing means storing and accessing data and programs over the Internet instead of your computer's hard drive. The cloud is just a metaphor for the Internet.. When you store data on or run programs from the hard drive, that's called local storage and computing.

When you sit at your PC and type a query into Google, the computer on your desk isn't playing much part in finding the answers you need. The words you type are swiftly shuttled over the Net to one of Google's hundreds of thousands of clustered PCs, which dig out your results and send them promptly back to you. When you do a Google search, the real work in finding your answers might be done by a computer sitting in California, Dublin, Tokyo, or Beijing; you don't know—and most likely you don't care!

Preparing documents over the web is a newer example of cloud computing. Simply log on to a web-based service such as Google Documents or Office365 and you can create a document, spreadsheet, presentation, or whatever you like using Web-based software.

#### Staying safe online

#### Never disclose

your name telephone number address or school

Never accept someone as a 'friend' on social media simply because they claim to know another friend of yours. Always be cautious about what you say online.

Never agree to meet anyone in person that you've only known online. If somebody does start sending you messages that offend or upset you, tell an adult that you trust.

#### Visit these websites for advice



#### Cloud Productivity

Cyber Security

Skimm

Internet Scam

Malware

Word-processing - Create and edit documents using Microsoft Word

Spreadsheet - Create and perform data calculations with Microsoft Excel spreadsheets. Create and display professional presentations using Microsoft PowerPoint Manage your email and calendar in Microsoft Outlook.

Key Vocabular	Y
Attachment	A file that is sent with an email.
Anti-virus	Anti-virus software scans all forms of storage devices for viruses and, if found, attempts to remove them.
Cloud computing	Delivering different types of services over the Internet. This could be productivity software such as Microsoft Office 365.
Cyberbullying	Cyberbullying involves sending offensive texts or emails, posting lies or insults on social networking sites and sharing embarrassing videos or photos online.
Cyber Security	The practice of protecting systems, networks, and programs from digital attacks
Hack	Gaining unauthorised access to a computer.
Malware	Malicious software created to damage or gain illegal access to computer systems.
Phishing	Trying to trick someone into giving out information over email is called 'phishing'.
Troll	A derogatory name used as a term for a person who posts offensive messages online.





### **Topics covered**

- ✓ What we already know
- ✓ Coastal places
- ✓ Coastal processes
- ✓ Waves types
- $\checkmark$  Causes of erosion
- ✓ Erosional landforms
- ✓ Depositional landforms
- ✓ Impacts of erosion
- $\checkmark$  Methods of sea defence
- $\checkmark$  Future of our coasts

□ To measure rates of erosion using GIS (Digital Mapping)

Key Ideas:

Skills

□ To understand different opinions and viewpoints

To locate coastal places on UK maps

□ To write a detailed piece of extended writing

1. I can describe the location of coastal places

2. I can describe wave types and how they link to erosion

3. I can describe how erosional landforms are created

Year 8 Knowledge Organiser:

Coasts

4. I can explain how erosion can affect people and the environment

5. I can assess sea defence types and decide upon best options

□ To construct a timeline of an erosion event

### Places and Environments

\* Norfolk Coast ✤ Happisburgh

- ✤ Hemsby
- Dunwich
- Greenwich
- ✤ Holderness
- ✤ Isle of Wight
- ✤ Cornwall
- ✤ Blackpool



## Key Terms Used in this Unit

□ Erosion □ Hydraulic Action □ Abrasion □ Weathering □ Geology □ Destructive Waves □ Constructive Waves □ Stacks □ Longshore Drift  $\Box$  Insurance □ Compensation □ Homelessness □ Revetments □ Nourishment □ Managed Retreat **G**abions

- □ Breakwater
- □ Tidal Barrage

Designed by KMU for Open Academy 2019



## $\mathbf{G}\mathbf{erman}$

## Module 3: Freizeit – juhu! (Free time – yippy!)

Here is the vocabulary you will need for Module 3.

Remember to listen to the German by copying and pasting the blue codes next to the speaker icons <u>here</u>. The full address is: <u>https://www.activeteachonline.com/view</u>

Bist du sportlich?	<ul> <li>Are you sporty?</li> </ul>
ch bin (sehr/ziemlich/ nicht sehr) sportlich.	l am (very/quite/not very) sporty.
Vas spielst du?	What do you play?
ch spiele	Iplay
ch spiele gern	I like playing
ch spiele ziemlich gern	I quite like playing
ch spiele nicht gern	I don't like playing
ladminton	badminton
lasketball	basketball
ishockey	ice hockey
ußball	football
fandball	handball
ennis	tennis
ischtennis	table tennis
/olleyball	volleyball
Vasserball	water polo



#### QkIQP7f4

#### In this Module you will learn how to:

- talk about which sports you play
- talk about leisure activities
- talk about how often you do activities
- talk about mobiles and computers
- develop prediction strategies.

#### www.textivate.com Username: openacademy Password: firstsecond123 Go to 'my resources' to find your work.

Keep practising your German vocabulary on <u>www.quizlet.com</u>

• Either:

click on this link: <u>https://quizlet.com/\_8ievl8?x=1qqt&i=25q2il</u>

• Or:

use your class link to go directly to your Quizlet class.



#### Was machst du gern?

#### • What do you like doing?

Was machst du gern? Ich fahre Rad. Ich fahre Skateboard. Ich fahre Ski. Ich fahre Snowboard. Ich lese. Ich mache Judo. Ich mache Karate. Ich reite. Ich schwimme. Ich sehe fern. Ich spiele Gitarre. Ich tanze. What do you like doing? I ride my bike. I go skateboarding. I ski. I snowboard. I read. I do judo. I do karate. I go horse riding. I swim.

I watch TV.

I dance.

I think it's ....

amazing

/t's ....

super

great

cool

good

okay

boring

awful

annoying

deadly boring

not bad

I play the guitar.

Read the Strategy Box for ideas on learning German vocabulary.

#### 6i81yZmF

#### Strategie 3

#### Oft benutzte Wörter

High-frequency words are words that come up again and again, no matter what you are talking about. All of the Wörter pages have a list of these words, but there are many more. Look back through Chapter 3 and see how many you can find. Here are a few to get you started:

#### der, die, das, ein, eine, einen, und, aber, in, ich, es gibt, gern, ... You will find that some of these words

appear in every chapter in *Stimmt!* 1. Can you predict which they are? Look through the book. Were you right?

9xycnf0u

#### Was machst du in deiner Freizeit? • What do you do in your free time?

hamburgers.
7
nema.
iric.
1
sic. 🕓
r on the Wii.

#### Wie findest du das?

Ich finde es ...

nicht schlecht

stinklangweilig

Esist ...

irre

toll

cool

gut

okay

nervig

langweilig

furchtbar

super

What do you think of it?

**kxLBHBM** 

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Ich bin on	line • l'm	online
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Was machst du am Computer? Was machst du auf deinem Handy?

auf Facebook.

Filme.

Ich simse.

Ich sehe Videos.

Ich mache Fotos oder

für die Hausaufgaben.

Ich surfe im Internet.

Ich mache ziemlich viel

auf meinem Handy.

Ich telefoniere mit

Freunden.

What do you do on the computer? What do you do on your mobile? Ich chatte mit Freunden I chat with friends on Facebook Ich lade Musik herunter. I download music. I take photos or make films. I watch videos. I text Ich spiele Computerspiele. I play computer games. Ich suche und lese Infos / look for and read information for my homework. I surf the internet. I call my friends.

SVO8IKVZ

I do quite a lot of things on my mobile.

Oft benutzte Wörter High-frequency words Wie oft? How often? (sehr/ziemlich/nicht so) (very/quite/not so) often oft einmal/zweimal/dreimal once/twice/three times pro Woche/pro Monat a week/a month jeden Tag every day jeden Morgen every morning manchmal sometimes immer always nie never Wann? When? am Wochenende at the weekend am Abend in the evening heute today morgen tomorrow am Montag on Monday nächste Woche next week in zwei Wochen in two weeks



### Year 8 History: Poverty and Scientific developments in the 16<sup>th</sup> and 17<sup>th</sup> centuries

Key words	
Reformation	The action or process of changing something
The English	the Church of England breaks away from the authority of the
reformation	Pope and the Roman Catholic Church
The 'middle way'	1559 Elizabeth I's religious settlement which decided on a
	'middle way': Protestant but tolerant of Catholicism
Vagabond/sturdy	A person who wanders from place to place without a home or
begger	job
1601 Poor Law	Placed paupers into four groups, each group was treated
	differently
Class	A group of people with the same economic or social statues
Femilier	A demon, in the form of an animal that accompanies a witch
Superstitious	Someone who believes in omens and ghosts
Age of Reason	Also known as the Enlightenment, the period during the 1600s
	and 1700s when people began to explore the world and make
	new discoveries

The Elizabethans passed Poor Laws to give help to the sick and the old but there were harsh punishments for 'sturdy beggars'; Physical mutilation and execution by hanging!





Name: Matthew Hopkins Address: Lives in Essex Work details: Began career as a witch finder in 1645.

#### Methods used:

 Strip search of accused to look for devil's marks.
 Keeps accused awake till they confess.
 Encourages local people to make accusations of witchcraft.
 Payment:

 The water test: ties the accused up and lowers into a river or pond. If she lives, she is guilty.
 Fee paid for survey of possible witches.
 Fee to be paid for each witch found.

women, were executed for the 16<sup>th</sup> and People strug understand around them superstitious influenced in "witches" w

Many people, mainly women, were accused and executed for witchcraft in the 16<sup>th</sup> and 17<sup>th</sup> centuries. People struggled to understand the world around them. Religious and superstitious beliefs influenced ideas that "witches" were to blame for bad things that happened to them

During the 16<sup>th</sup> century the living standards of many people improved. Many farmers were able to sell their produce at higher prices than before and could afford to rebuild their farmhouse and even amongst those less well off, the fear of famine was less. By 1600 this had changed and there were more poor people than ever before:

- Population: This went up auickly and there was less food
- Inflation: Prices started to go up
- Unemployment: There were less jobs as the farming industry changed from crop to sheep farming
- Henry VIII had shut the monasteries so there was less help for the poor

This led to increased begging and a divide between the 'impotent poor' (deserving poor; wanted to work but couldn't as too old or sick) and those who were poor and were turning to crime (the Tudors nicknamed these people Vagabonds)

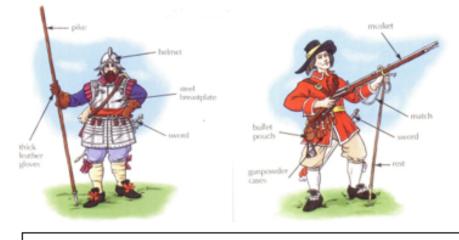
<u>Key Scientists:</u> William Harvey, Robert Hooke, Isaac Newton, Christopher Wren, Robert Boyle				
Did Science change views about witches?				
Yes No				
New discoveries & Inventions	People still superstitious			
Less trouble between	Religion was still very			
religious groups	important			
Information and news spread	People still believed in			
more easily	witchcraft			
People are less superstitious				

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### Year 8 History: The English Civil War

Key words	
Roundhead	Nickname for the parliamentary soldiers (from their haircut)
Cavalier	Nickname for the soldiers in the royalist army
New Model Army	New and improved parliamentary army with excellent training and character
Treason	The crime of betraying your country
Puritan	Protestants who wanted to 'purify' the Church of England from its Catholic ways
Catholic	Christians who believed that the Pope, in Rome, was the head of the church
Protestant	Christians who refused to accept the Pope as the head
Ship Tex	A sum of money, introduced by Charles I paid for people living by the sea
Royalist	A supporter of the King during the civil war
Parliamentarian	A supporter of parliament during the civil war

#### Pikeman and Musketeer



Key battles: Edgehill (1642) Marston Moor (1644), Naseby (1645)

Between 1642 and 1646 King Charles I fought a civil war against his enemies in Parliament. He lost in 1646 and was executed by beheading in 1649. Cromwell led England as a Republic between 1653 and 1658. The Monarchy was restored in1660.

Causes of the English Civil War:

- His marriage to the French Princess, Henrietta Maria, worried Protestants about another Civil War (France was a huge Catholic superpower)
- Soon there were religious changes such as to the prayer book which angered Protestants
- Charles spent money on wars with Scotland and Irish rebels. Taxes were raised unfairly and the wars were lost
- Wealthier members of society (Lords and Rich Gentlemen) had more political rights than others
- Charles showed little respect for Parliament; shutting it down when it would not approve his requests for money or laws which were not in the favour of the people (Ship Tax)

#### Oliver Cromwell as Lord Protector

#### A Harsh & Unpopular Ruler

#### (Villein)

Cromwell's actions in Ireland, particularly at Drogheda, are still remembered for their eruelty and bloodshed

#### Popular entertainment and

hobbies such as gambling, the theatre and even makeup were benned

Most popular aspects of Christmas were banned!

## A Tolerant Defender of

Democracy (Hero) Cromwell was surprisingly tolerant of other religions and was the first ruler to allow Jews to re-settle Prevented the King from destroying Parliament (although he eventually got rid of it himself!) Built England into a formidable militery power



The aim of a knowledge organiser is to do what it says on the tin — to help you organise and consolidate your knowledge! Of course, there are an infinite number of ways in which this can be done, and will depend very much on the choices of the individual. Below you will find some suggestions of possible tasks that could be completed with the use of your knowledge organiser.

Re-write this information for a primary school child. This is harder than it sounds! What key words will you need to define for them?

Re-write a page using 10 key facts or illustrations.

Produce a timéline of all thé main events – either on one particular topic or, for a challenge, everything you have studied so far!

Design a museum; what artefacts would you include to represent the facts in the knowledge organiser? Design a time capsule; what would you put in it to represent History learned so far in each knowledge organiser?

Write a 20 question quiz (with answers). You could send this to a friend in your year, a member of your family or test yourself in 2 weeks' time.

Write a creative story – pick one of the historical figures and do it from their point of view.

Write a role play from a moment in History using the knowledge organiser. Involve other people from your family!

Make a poster titled "Keep Calm and learn about History". Use the knowledge organiser to illustrate. Write a monologue from one of the historical figures. How would they feel about the events going on around them?

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academic

Teach a History lesson to someone else in your house using the knowledge organiser.

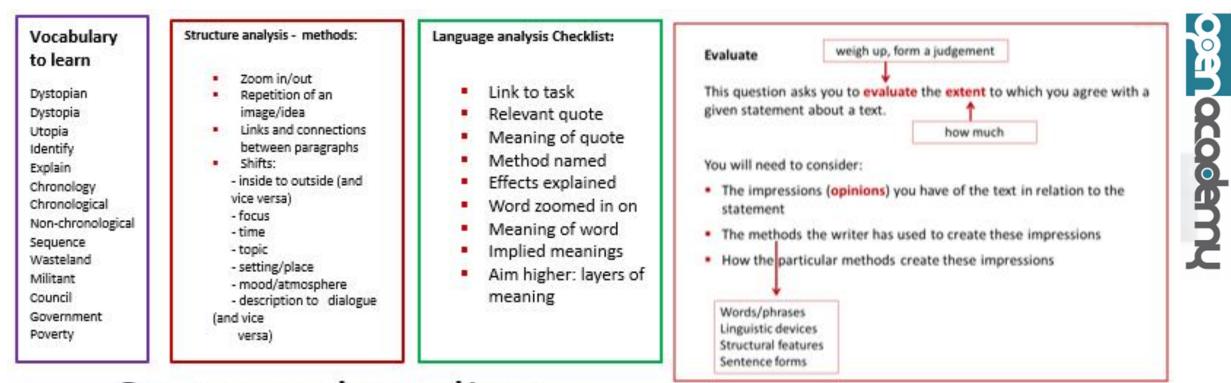
Pick an event in History and produce a cartoon strip or storyboard from it.

Pick an event in History and draw the scene.

Pick an event or person from the knowledge organiser and explain why they are the most important event or theme to learn about in History.

Pick an event and write a creative news article about it.

Imagine you can have a tea party with someone from History from the KO. Who would you invite and why? What would you talk about and what would you eat/drink?



# Suggested reading



#### Literary devices and word class

- Metaphor a literal comparison she was a monster
- Personification human qualities the grass danced in the wind
- Simile as/like/as if he was like a man possessed
- Onomatopoeia the sound words bang, pop, sizzle
- Alliteration same starting sounds really rather raucous
- Lists to emphasise many reasons
- Verbs doing words
- Adjectives describing words
- Nouns objects or abstract things e.g. love
- Adverbs describe doing words e.g. wrote neatly
- connotations of words associations night-time = mystery

- 1. Look up and note down the meaning of the vocabulary in the vocabulary list.
- 2. Use at least two of the words from the list in a sentence.



- 3. Learn how to spell the words in the vocabulary list using the learn/cover/check method.
- Read the extract from Machination by Shira Hereld, explain how the author has used narrative hooks to engage the reader in the beginning of the text.
- 5. Look back at the four paragraphs from the story extract and explain how they are linked.
- 6. List down the things we learn about the Grubbs in this extract.
- 7. Note down the features that make this a dystopian short story.
- 8. Complete the story.
- Respond to this question using Point Evidence Explain. Having read this introduction one student said that he thought Mrs Grubb is materialistic. Explain how far you agree with this statement.
- Read the poem To One In Paradise. Make a list of the language devices used and note them down.
- 11. Explain how one of the language devices creates an effect for the reader.
- 12. Read the poem by Edgar Allen Poe. List the things you think make this a dystopian poem.
- 13. Explain what you think has happened in the poem.
- 14. After reading this poem one student said that it is not dystopian but simply a poem about a dream. Using auotations from the text explain how far you agree with this statement.
- Write a diary entry as the narrative voice of the poem using language devices to explain your feelings.

Machination by Shira Hereld For Mrs. Grubb's thirty-eighth birthday, Mr. Grubb bought her her third android. This brought the total number of family androids to five, which was rather a pleasing number for a couple only baby steps away from middle-age.

This Android was also one of the newest models – a curvaceous beauty with fiercely curling hair (Nextra Institute bragged: "Our Androids' synthetic hair feels realer than the stuff on your head!"). Of course, the requisite flaws had been engineered into her design, so as to not engender jealousy – eyebrows a tad too thick, chin jutting, and teeth inexpertly arranged. But all in all, the overall effect of her presence was exceedingly pleasing both to Nextra and the Grubbs.

"You shouldn't have!" Mrs. Grubb squealed, searching around the Android's back for the hidden 'on' switch. But of course, he should have, *had* to have – the Gryzowskis next door bought a pair of twin Andros only last week, and the sight of them cultivating the garden was nearly enough to throw Mrs. Grubb into a fit.

"It's the newest model," Mr. Grubb replied, smiling at the innocent eagerness on his wife's face, the excitement of a child given a chocolate bar (back in the days when real chocolate existed.) "This season features designs from all countries – I thought she'd appeal to you the most. And do you know what this means?"

"We have an Android from every continent!" Mrs. Grubb breathed as the trillion circuits inside the Android fired, bringing her to life. A complete set, she thought, while the Android blinked, flexed her fingers, arched her back, shook herself awake. We've made it at last.









### To One in Paradise by <u>EDGAR ALLAN POE</u>

Thou wast that all to me, love, For which my soul did pine— A green isle in the sea, love, A fountain and a shrine, All wreathed with fairy fruits and flowers, And all the flowers were mine.

Ah, dream too bright to last! Ah, starry Hope! that didst arise But to be overcast! A voice from out the Future cries, "On! on!"—but o'er the Past (Dim gulf!) my spirit hovering lies Mute, motionless, aghast!

For, alas! alas! with me The light of Life is o'er! No more—no more—no more— (Such language holds the solemn sea To the sands upon the shore) Shall bloom the thunder-blasted tree, Or the stricken eagle soar!

And all my days are trances, And all my nightly dreams Are where thy grey eye glances, And where thy footstep gleams— In what ethereal dances, By what eternal streams.

Topic/Skill	Definition/Tips	Example			
1. Parallel	Parallel lines never meet.		Tonio I ad	and Constant attacks	
			Topic: Loci	i and Constructions	
2.	Perpendicular lines are at right angles.				
Perpendicular	There is a 90° angle between them.				
				5. Draw a straight line through the two	
3. Vertex	A corner or a point where two lines meet.	when		intersecting arcs.	
		$\sim$	7.	Given line PQ and point R on the line:	$\sim$
			Perpendicular		
			from a Point on a Line	1. Put the sharp point of a pair of	
			on a Line	compasses on point R. 2. Draw two arcs either side of the point of	
4. Angle	Angle Bisector: Cuts the angle in half.			equal width (giving points S and T)	P E & T O
Bisector	Augle Disector. Cuts the augle in nan.			3. Place the compass on point S, open over	
Discust	<ol> <li>Place the sharp end of a pair of</li> </ol>	X		halfway and draw an arc above the line.	
	compasses on the vertex.			<ol><li>Repeat from the other arc on the line</li></ol>	
	2. Draw an arc, marking a point on each			(point T).	
	line.			5. Draw a straight line from the intersecting	
	<ol><li>Without changing the compass put the</li></ol>	Angle Bisector	0. Constructions	arcs to the original point on the line.	
	compass on each point and mark a centre	- angle interest	<ol> <li>Constructing Triangles</li> </ol>	<ol> <li>Draw the base of the triangle using a ruler.</li> </ol>	
	point where two arcs cross over.		(Side, Side,	2. Open a pair of compasses to the width of	~
	4. Use a ruler to draw a line through the		Side)	one side of the triangle.	
	vertex and centre point.		,	3. Place the point on one end of the line and	
5.	Perpendicular Bisector: Cuts a line in			draw an arc.	
Perpendicular	half and at right angles.			<ol><li>Repeat for the other side of the triangle</li></ol>	
Bisector	and and at right angles.	$\wedge$		at the other end of the line.	
	<ol> <li>Put the sharp point of a pair of</li> </ol>	Line Bisector		5. Using a ruler, draw lines connecting the	
	compasses on A.	Line Bisector		ends of the base of the triangle to the point where the arcs intersect.	
	2. Open the compass over half way on the	A B	9. Constructing		
	line.		Triangles	ruler.	Â
	3. Draw an arc above and below the line.		(Side, Angle,	2. Measure the angle required using a	
	<ol> <li>Without changing the compass, repeat</li> </ol>	ж	Side)	protractor and mark this angle.	***
	from point B. 5. Draw a straight line through the two	~ ~		3. Remove the protractor and draw a line of	
	intersecting arcs.			the exact length required in line with the	B 250* C
6.	The perpendicular distance from a point	+		angle mark drawn.	
Perpendicular	to a line is the shortest distance to that			<ol> <li>Connect the end of this line to the other end of the base of the triangle.</li> </ol>	
from an	line.	÷.	10.	1. Draw the base of the triangle using a	⊢ <u> </u>
External Point		·	Constructing	ruler.	Â
	<ol> <li>Put the sharp point of a pair of</li> </ol>		Triangles	2. Measure one of the angles required using	
	compasses on the point.		(Angle, Side,	a protractor and mark this angle.	
	2. Draw an arc that crosses the line twice.	*	Angle)	<ol><li>Draw a straight line through this point</li></ol>	
	3. Place the sharp point of the compass on			from the same point on the base of the	y 42* 51* Z
	one of these points, open over half way and draw an arc above and below the line.			triangle.	8.3cm
	<ol> <li>4. Repeat from the other point on the line.</li> </ol>			<ol> <li>Repeat this for the other angle on the other and of the base of the triumple.</li> </ol>	
	4. Repeat from the other point on the line.			other end of the base of the triangle.	



<ol> <li>Draw the base of the triangle using a ruler.</li> <li>Open the pair of compasses to the exact length of the side of the triangle.</li> <li>Place the sharp point on one end of the line and draw an arc.</li> <li>Repeat this from the other end of the line.</li> <li>Using a ruler, draw lines connecting the ends of the base of the triangle to the point where the arcs intersect.</li> </ol>	A B	goo.gl/	Image: state stat		
	×	Tenie/Cl-31	Definition Time	Francis	
Tule.		-			3
For the locus of points closer to B than A,	^ _ B	1. Manipie	integer.	The list live multiples of 7 are.	
create a perpendicular bisector between A				7, 14, 21, 28, 35	
and B and shade the side closer to B.	Points Closer to B than A	2. Factor			
			number without a remainder.	1, 2, 3, 6, 9, 18	
			It is useful to write factors in pairs	The factor pairs of 18 are:	
				1,18	
use a compass to draw a circle, centre A.					
				-/-	
	Points less than Points more than		tables of each of the humbers given.		lic
	2cm from A 2cm from A	(LCM)			
					ີ ຄ
			into two or more numbers.		l to
X and line Y, create an angle bisector.			A number with exactly two factors	-	I I S
		Number	in alloca the case of the latters.		ai
			A number that can only be divided by itself	2, 3, 5, 7, 11, 13, 17, 19, 23, 29	l 1d
For the locus of points a set distance from			and one.		
			The number 1 is not prime as it only has		
joined by two parallel lines.			one factor, not two.		Topic: Factors and Multiples
	D E	6. Prime	A factor which is a prime number.	The prime factors of 18 are:	] )le
		Factor			s l
A maint is a suidiation from a set of shifts		7. Product of	Finding out which prime numbers	36	1
		Prime Factors	multiply together to make the original		
			number.	2 18 or 2 <sup>2</sup> ×3 <sup>2</sup>	
the vertex of the subset.			The emission forten tree	2 9	
	$\vee$		use a prime factor tree.		45
		1	Also known as 'prime factorisation'.		1
	ruler. 2. Open the pair of compasses to the exact length of the side of the triangle. 3. Place the sharp point on one end of the line and draw an arc. 4. Repeat this from the other end of the line. 5. Using a ruler, draw lines connecting the ends of the base of the triangle to the point where the arcs intersect. A locus is a path of points that follow a rule. For the locus of points closer to B than A, create a perpendicular bisector between A and B and shade the side closer to B. For the locus of points equidistant from A, use a compass to draw a circle, centre A. For the locus of points a set distance from a line, create two semi-circles at either end	ruler. 2. Open the pair of compasses to the exact length of the side of the triangle. 3. Place the sharp point on one end of the line and draw an arc. 4. Repeat this from the other end of the line. 5. Using a ruler, draw lines connecting the ends of the base of the triangle to the point where the arcs intersect. 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### Year 8 RS: How do Jewish people respond to suffering?

Key words					
Empathy	the ability to understand and share the feelings of another.				
Free will	The idea that humans are free to make their own moral choices.				
Commandment	A law or instruction believed to be given by God.				
Tree of	A tree in the Garden of Eden that Adam and				
Knowledge	Eve ate from despite being forbidden by God.				
Moral Evil	the acts of humans which are considered to be morally wrong				
Natural Evil	natural disasters, such as eartheuakes or tsunamis				

What is evil and suffering?

Evil

Evilis a cause of human suffering. There are two types of evil:

 moral evil - the acts of humans which are considered to be morally wrong

natural evil - natural disasters, such as eartheuakes ortsunamis

These two types of evil can work together, e.g. human evil can make natural evil worse. If natural evil, e.g. a drought brought on by lack of rainfall, causes crops to fail, the policies of a government can make the food shortages for the poorest people worse (moral evil).

Religions differ in what they teach about the origins of evil:

 Some consider it to have been present in the world from the beginning as the work of evil forces.

#### Jewish views to evil and suffering

Every religion has its own way of explaining human suffering and the concept of evil. Many Jews believe evil originates from the first sin of Adam and Eve in the Garden of Eden.

What does Judaism say about the origin of evil?

Many Jews believe that evil originates from the first sin of Adam and Eve. The serpent tempted Eve to eat from the Tree of Knowledge against God's wishes. Evil then became a part of them and they no longer needed an external temptation to sin. Humans suffered because they were disobedient and so became separated from God.

Jews believe that Satan is not a separate being. Satan is a tendency existing in every human being which tempts them to do wrong.

What does Judaism teach about evil and suffering? God created everything, so God must have created evil. God is omnipotent, merciful and just, therefore evil and suffering must be part of God's plan for humanity.

God gave human beings free will. With this free will comes the ability to choose between good and evil. Therefore, humans are free to make their own moral choices. Sometimes these choices are evil and cause suffering. Human beings can choose whether or not to obey God's commandments. People will be punished for the sins they commit, and rewarded for their good actions. It is important to Jews that they make good choices in their lives and try to relieve suffering.

In times of suffering, Jews may turn to the Book of Job where God allows Satan to test Job. Satan suggests that Job would not worship God if God did not protect him.

- Some consider it to have been present in the world from the beginning as the work of evil forces.
- Some believe it is part of God's creation which may have a purpose that humans cannot understand.
- Some consider it to be the outcome of ignorance and to have no beginning.
- Most religions teach that moral evil should be opposed. Attempts should be made to minimise the impact of natural evil.

#### Suffering

Suffering is the bearing or undergoing of pain or distress. Suffering is often a result of evil.

Most people experience suffering at some time in their life. Religions attempt to explain suffering, help people to cope with it and learn from it. For some religious people, the fact that people suffer can raise difficult exestions about why God allows this to happen.

Some people say that God allows humans to make decisions for themselves and that suffering is caused by the choices that people make. Questions raised by the existence of evil and suffering in the world

- What does the presence of evil and suffering say about God's love, power and purpose?
- Is there a purpose to suffering?
- Is suffering the price humans pay for free will?
- How do different religions respond to evil and suffering?
- How do individuals respond to evil and suffering?

God gives Satan the power make Job suffer. His servants are attacked, his animals stolen, lightning kills all of his sheep and shepherds and a storm blows his eldest son's house down, killing all his children. Regardless, Job's faith in God remains strong. He is willing to accept whatever fate may bring and acknowledges the ultimate sovereignty of God:

How do Jews respond to evil and suffering?

Most Jews believe that everything God does is for good. From a human perspective, some actions might seem evil, but they trust that whatever happens on Earth is ultimately according to God's plan, which is good.

There are many Jewish responses to the problem of evil and suffering.

The Tenakh teaches that suffering can be a punishment for sins.

- The Tenakh teaches that suffering can be part of a test from God of a person's faith and to see if they will freely follow God's commandments. Passing the test means they will be rewarded in this life or after death.
- Jews believe suffering can bring people closer to God. In times of trouble many people turn to religion for comfort and support.
- Some Jews believe suffering helps people to empathise with others and to assist them when necessary.
- Suffering cannot be understood by humans; this particularly relates to the suffering Jewish people endured during the Holocaustor Shoah. However, Jews believe they must do all they can to overcome and relieve suffering.
- Judaism teaches free will. God created humans with Free Will, the ability to choose the actions in their life.
- God is absolutely good and Free Will is given so people can freely choose to worship God

Times of suffering are seen as a learning experience for their conscience as they decide what are the right decisions to make

Jews look for comfort in the scriptures, the Torah and Talmud



### Year 8 Autumn Term Knowledge Organiser

### Baroque Music 1600 – 1750

- Melody a single melodic idea
- Rhythm a continuous rhythmic drive
- Texture a mixture of homophonic and polyphonic textures (thick and thin)
- ✓ Timbre orchestral strings, woodwind and harpsichord with very little percussion
- ✓ Dynamics sudden shifts from loud to soft and vice versa achieved by adding or subtracting instruments
- An overall characteristic of Baroque Music is that each piece has a single mood or expression of feeling one purpose
  - Famous composers: Bach, Handel, Purcell, Pachelbel, Vivaldi

We will have studied Pachelbel's Canon and Vivaldi's Four Seasons



### Classical Music 1750 - 1840

- ✓ Melody short and clearly defined musical phrases with two or more contrasting themes
  - ✓ Rhythm very defined and regular
  - Texture mainly homophonic (main melody and accompaniment)
    - Structure rondo and sonata forms



- Timbre the symphony orchestra was organised into four sections strings, woodwind, brass and percussion. The harpsichord was
  - seldom used.
  - ✓ Famous composers: Mozart, Beethoven, Haydn and Grieg

We will have studied Beethoven's Fur Elise and Mozart's Eine Kleine Nachtmusik





### Going the extra mile activities. Here are some great ideas to do with family to avoid boredom that go above and beyond during the next half term.

The Arts	DT	English and Drama	Humanities	PE	Maths	Science
Create a Christmas play for you and your friends to work on over the internet. Make it hilarious.	Research what different kinds of materials plumbers use. Why is copper used for some pipes and plastic for others? What sort of plastic is used?	Watch one of the briefings by the government. What makes a good information giving speech? How is it being delivered?	Create a detailed plan to make the world more economically equal when we are all back to normal. Share it with anyone you can get to listen.	Create a new lockdown Olympic Sport. With the cancellation of Tokyo, your sport needs a name, at least 3 rules and a list of equipment needed.	Explain what a square root is to someone really not mathematical.	Use equipment in your home to demonstrate the principle of moments.
Develop an observational humour stand up show. Watch how comedians tell a story. Think about their delivery and how they make it look like they have just had that thought. Try it.	Design a meme. One that is informative but also can make someone laugh.	Use one of the excellent library apps to listen to or read "Of Mice and Men." How can we be like Lenny?	In 1917 Russia had a great revolution. What would a great revolution look like in 2027? What would be the similarities and differences if Year 9 were in charge?	Get family members to play even by TEAMs or Zoom! Send it to the organisers of the Quarantine Olympics to include it in the next games!	Where can we find the Fibonacci sequence in nature? Do some research!	Help something grow.
Watch a performance by an artist you love – many are on Instagram or YouTube. Evaluate the difference between a live performance and a studio edit.	Make an interesting paper model. Do some origami research to find something fascinating to attempt.	Describe the American dream. How has this driven culture in the Western world? Have a discussion with as many adults as you can.	Why are we fascinated by crime? What makes Jack the Ripper such an interesting topic? Find out why if you can!	Create a diary of your physical activity each week. This could be a simple grid or list of activities.	Make some mathematical art using materials at home like packets and boxes.	Research the health issues regarding vaping. Vaping is new. Is there enough mature research to definitely describe how safe or otherwise it is?
Make a playlist that means something to you. Share it with friends and explain why it matters to you.	Invent a new recipe and test it. Evaluate it compared to commercial products.	Watch a film. Be a film critic. You are being interviewed to review the film on radio 4. What would you say?	How can we be greener as a society using technology? Create an infomercial advertising a product.	Think about what exercise or activity you completed, how long did you exercise for and how you felt during and after the activity.	Use your maths skills on page 49 to produce the report on page 35. This is the challenge from Mr Ford. How good can this be?	Find out how fans in ovens influence cooking times. What has this to do with convection?