



# Stafford Manor High School

## **Year 10 Spring Term 1**

### **Core Knowledge**

1. Art
2. Biology
3. Business
4. Chemistry
5. Design Technology
6. English
7. French
8. Geography
9. History
10. Information Technology
11. Maths
12. PE
13. Performing Arts
14. Physics
15. Textiles



## 1. Describe why presentation is important.

- How we present work can demonstrate professionalism.
- We present our analysis in a way that is appropriate for the different medias used.

## 2. What must be included in a successful record board?

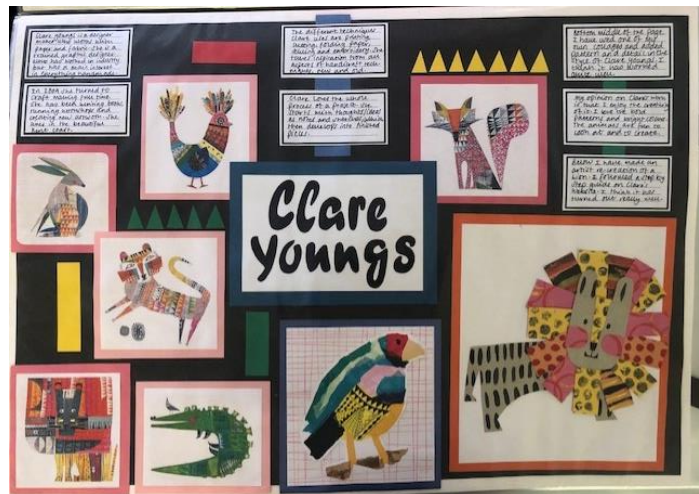
- A title of the relevant board.
- A selection of at least x5 high quality drawings in different medias.
- Annotations based on the drawings. Always using the guidance booklet to assist you.

## 3. Why is it important to analyse artists?

- We write and learn about artists so we can better understand the world of art and learn from what others have done.

## 4. What must be included in an artist research page:

- A title which is the artist's name.
- Images of the artist's work.
- A copy of the artist's work which is called an artist recreation.
- Information about the artist.
- A background that links with the artist.



## 5. Key word definitions:

- Composition:** How different elements are combined.
- Contemporary:** Art made today by living artists.
- Contour:** the artist outlines the shape / mass of an object.
- Curling:** Strips of paper that are rolled/looped to create shapes
- Geometric:** Using shapes to create a piece of art
- Overlapping:** Placing objects over one another to create depth.
- Perspective:** Gives art a 3D look.
- Realistic:** Subjects painted from everyday life.
- Shading:** Darkening of a drawing to show depth.
- Soft edged:** Indicates a gradual or smooth transition.
- Symmetry:** Involves mirroring of portions of an image.

# BIOLOGY

## 1. What is the difference between communicable and non-communicable diseases?

- 🦠 **Communicable** – Caused by pathogens, can be spread.
- 🦠 **Non-communicable** – not caused by pathogens, linked to lifestyle factors (malnutrition, drug use, alcohol use, smoking), genetics.

## 2. What is cardiovascular disease?

- 🦠 **Non-communicable.** Too much fat can lead to blocked coronary arteries preventing blood flow to the heart muscle. Treated with stent, bypass surgery, and warfarin and lifestyle changes.

## 3. How do you calculate Body Mass Index (BMI)?

$$\text{BMI} = \text{Mass (kg)} \div \text{Height}^2 \text{ (m)}.$$

- 🦠 A high BMI (over 30) is a risk factor for developing cardiovascular disease and type 2 diabetes.
- 🦠 Muscle is more dense than fat, so muscular people often have a high BMI, but this doesn't accurately represent their risk.

## 4. What are pathogens?

- 🦠 Microorganisms that cause communicable disease, such as:
  - 🦠 **Bacteria:** Cholera, TB, Chlamydia, dysentery
  - 🦠 **Virus:** HIV, flu, ebola, cold.
  - 🦠 **Fungi:** Athletes foot, chalara ash dieback (plant disease).
  - 🦠 **Protist:** Malaria.

## 5. How are pathogens spread?

- 🦠 **Air**, e.g. TB, colds.
- 🦠 **Water**, .e.g cholera, dysentery.
- 🦠 **Food**, e.g. salmonella.
- 🦠 **Vectors**, e.g. malaria
- 🦠 **Bodily fluids**, e.g. blood, sexual fluids, chlamydia, HIV.

## 6. How does our body defend us against disease?

- 🦠 **Skin** acts as a barrier preventing pathogens from entering.
- 🦠 **Mucus** – sticky substance that traps pathogens.
- 🦠 **Hydrochloric acid** – found in the stomach, kills pathogens.
- 🦠 **Ciliated cells** – remove mucus from airways.
- 🦠 **Lysozyme** – found in tears and saliva, breaks down cell walls of bacteria.

## 7. How does our immune system support us?

- 🦠 **White blood cells** produce chemicals (antibodies) to kill pathogens.
- 🦠 Leave **memory cells** behind, so that if you encounter the disease a second time your immune will have a faster and more intense response.

# BUSINESS

## 1. What is 'breakeven'?

Calculating breakeven allows a business to use all its costs to calculate how many products it must sell to cover all costs.

## 2. What is the contribution method to calculate breakeven?

Breakeven = Fixed costs ÷ (Selling Price – Variable Cost)

## 3. Why does a business predict the amount of money that enter and leave each month?

To plan how to deal with any shortfall

## 4. How can cash be managed?

Arranging an overdraft  
Keeping costs down  
Keeping inflows up

## 5. When will a business need finance?

At start up to help fund start up costs  
During periods of expansion to fund new buildings, legal costs etc  
During periods when cash flow is poor

## 6. Give an example of how a business can be owned.

Sole trader  
Partnerships  
Private limited companies  
Franchise

## 7. What is business location?

The place where the business operates from. This can be a fixed location, or online.

## 8. What should a business consider with regards to location?

The nature of the business  
The market/customers needs  
Type and amount of labour required  
Competitors

## 9. What are the four Ps?

Product, Price, Promotion, Place

# CHEMISTRY

## 1. What are the key steps to prepare copper sulfate crystals?

- 🔧 **Trigger:** Preparing a **pure, dry salt** from an **insoluble** reactant.
- 🔧 **Steps:** **Mix** → **Filter** → **Heat** → **Cool** → **Dry**

### Example:

- 🔧 **Mix** the copper oxide and sulfuric acid until neutral (pH meter shows a pH of 7).
- 🔧 **Filter** the solution to remove unreacted copper oxide.
- 🔧 **Heat** the solution to evaporate off half of the water.
- 🔧 Leave the solution to **cool** until crystals form.
- 🔧 **Dry** the crystals using filter paper.



## 2. What is the method to investigate pH?

- 🔧 **Trigger:** **method** to investigate the **pH**.
- 🔧 **Steps:** **pH** → **0.3g** → **stir** → **Re-measure** → **neutral**

### Example:

- 🔧 Measure the **pH** of the acid using universal indicator paper.
- 🔧 Add **0.3g** of Calcium Hydroxide and **stir** the solution to make sure it is fully mixed.
- 🔧 **Re-measure** the pH and continue to add 0.3g until the solution becomes **neutral**.



## 3. What is the method to carry out a titration?

- 🔧 **Trigger:** How to carry out a **titration** / how to prepare pure dry crystals from {**soluble** reactants/**solutions**}.
- 🔧 **Steps:** **Pipette** → **Burette** → **Indicator** → **Neutralise**

### Example:

- 🔧 Use a **pipette** to add the alkali to a conical flask and add an indicator.
- 🔧 Fill a **burette** with sulfuric acid and add the acid to the alkali until it turns **neutral** (phenolphthalein goes from pink to colourless).



## 4. How can we make a pure, dry precipitate?

- 🔧 **Trigger:** **pure, dry precipitate**
- 🔧 **Steps:** **Mix** → **Filter** → **Wash** → **Dry**

### Example:

- 🔧 **Mix** the chemicals to make your precipitate.
- 🔧 **Filter** the solution, leaving the solid behind.
- 🔧 **Wash** the solid to remove any impurities and then **dry** the precipitate between pieces of filter paper.



# DESIGN TECHNOLOGY



## 1. What is a design process?

- 🔧 **Design Brief:** A document outlining design project requirements and constraints.
- 🔧 **Research:** Gathering information and inspiration for a problem.
- 🔧 **Specification:** A detailed list of product requirements.

## 2. What are materials and properties?

- 🔧 **Properties:** Material characteristics like strength, flexibility, and conductivity.
- 🔧 **Sustainability:** Considering the environmental impact of materials and processes.
- 🔧 **Composite Materials:** Materials made from two or more different types of material.

## 3. What is a manufacturing process?

- 🔧 **Casting:** Forming materials by pouring them into moulds.
- 🔧 **Machining:** Shaping materials through cutting, milling, or drilling.
- 🔧 **Joining:** Connecting materials using welding, soldering, or gluing.

## 4. What do CAD and CAM mean?

- 🔧 **CAD:** Using computer software for designing products.
- 🔧 **CAM:** Using computer-controlled machinery for manufacturing.

## 5. What do ergonomics and anthropometrics mean?

- 🔧 **Ergonomics:** Designs to suit the human body and its movements.
- 🔧 **Anthropometrics:** Study of the measurements and proportions of the human body.

## 6. What is quality control and assurance?

- 🔧 **Quality Control:** Ensuring products meet specified standards.
- 🔧 **Quality Assurance:** Systems to prevent defects in manufacturing.

## 7. How can we stay safe in a DT lab?

- 🔧 **Risk Assessment:** Evaluating potential hazards and taking measures to minimize risks.
- 🔧 **PPE:** Gear worn to protect against workplace hazards.

## 8. What does sustainability mean?

- 🔧 **Renewable Resources:** Resources that can be replaced naturally.
- 🔧 **Life Cycle Analysis:** Assessing the environmental impact of a product from raw material extraction to disposal.

## 9. What does 'prototype and testing' mean?

- 🔧 **Prototyping:** Creating a preliminary model or sample of a product.
- 🔧 **Testing:** Evaluating the functionality, durability, and performance of a product.



# ENGLISH LANGUAGE

## 1. What is non-fiction?

🔗 Writing that is informative and / or factual

## 2. Give three examples of non-fiction writing

🔗 Letter, speech, article, leaflet, review

## 3. What does DAFORREST stand for?

🔗 Direct address, alliteration, facts, opinion, rhetorical question, repetition, emotive language, statistics, tone, triplet

## 4. Why do writer's write non-fiction?

🔗 To argue, to inform, to persuade, to explain, to entertain

## 5. How many texts are used in Paper 2

🔗 2 texts – one pre 19<sup>th</sup> Century and one modern text.

# ENGLISH LITERATURE

## 1. What poetry cluster is being studied?

🔗 AQA Power and Conflict cluster

## 2. Name the heritage poems being studied

🔗 Ozymandias, London, Extract from, The Prelude, My Last Duchess, The Charge of the Light Brigade, Exposure

## 3. What does SMILE stand for?

🔗 Structure, Meaning, Imagery, Language, Effect

## 4. What are the main themes seen within the poems being studied?

🔗 Power of nature, humans, effects of conflict, reality of conflict, identity, loss and absence.

## 5. What is caesura and enjambment

🔗 Caesura: a pause in a line of poetry.

🔗 Enjambment: when a sentence or phrase runs over from one line or stanza to the next.

# FRENCH

## 1. What are these in English? Le bulletin; le cours; la cour ; les devoirs ; le directeur / la directrice ; l'élève

🌀 School report; lesson; playground; homework; headteacher; pupil

## 2. What are these in English? La matière; le / la prof (le professeur / la professeure) ; la récré ; la pause-déjeuner

🌀 Subject ; high school teacher ; break ; lunch time

## 3. What are these in English? L'emploi du temps; en sixième ; en seconde ; le trajet

🌀 Timetable ; in year 7 ; in year 11 ; journey (short)

## 4. What are these subjects in English? L'informatique; la chimie; le dessin; l'EPS ; les langues

🌀 Computing ; chemistry ; art ; PE ; languages

## 5. What are these nouns in English? Le car de ramassage; le bruit ; l'ambiance ; l'inconvénient ; l'intimidation ; la mode

🌀 School bus ; noise ; atmosphere ; disadvantage; bullying; fashion

## 6. What are these verbs (in the infinitive) in English? Avoir raison; avoir tort; faire attention ; passer l'examen

🌀 To be right ; to be wrong ; to pay attention ; to sit an exam

## 7. What are these adjectives in English? Bien équipé; faux; vrai; pire; tôt ; en retard ; propre ; sale

🌀 Well-equipped ; false ; true ; worse ; early ; late; clean; dirty

## 8. What are the future endings for je, tu, il/elle/ on, nous, vous, Ils/elles which you add to the infinitive ?

🌀 Je = ai; tu = as; il / elle/ on = a ; nous = ons ; vous = ez ; ils /elles – ont (eg je travaillerai)

## 9. What are the future conditional endings for je, tu, il/elle/ on, nous, vous, Ils/elles which you add to the infinitive ?

🌀 Je = ais; tu = ais; il / elle/ on = ait ; nous = ions ; vous = iez ; ils /elles – aient (eg je travaillerais)

## 10. What are the irregular stems for these verbs in the future and future conditional tenses? Aller; faire; être; avoir; vouloir; devenir

🌀 Ir ; fer ; ser ; aur ; voudr ; deviendr (eg je voudrais)



# GEOGRAPHY

## 1. What is relief?

- 📍 A term used by geographers to describe the physical features of the landscape.
- 📍 Height above sea level
- 📍 Steepness of slopes
- 📍 Shapes of landscape features

## 2. What are the different types of waves?

- 📍 Constructive waves
- 📍 Destructive waves

## 3. What is fetch?

- 📍 The distance the wind blows across the water

## 4. What are the different types of weathering?

- 📍 Mechanical
- 📍 Chemical
- 📍 Freeze thaw

## 5. What are the three processes of coasts called?

- 📍 Erosion
- 📍 Transportation
- 📍 Deposition

## 6. Describe mass movement.

- 📍 The downward movement or sliding of material under the influence of gravity.

## 7. Name the erosional landforms.

- 📍 Headlands and bays
- 📍 Fault, cave, arch, stack

## 8. What are the depositional landforms?

- 📍 Beaches
- 📍 Sand dunes
- 📍 Spits
- 📍 Bars
- 📍 Tombolas

## 9. What examples of hard engineering?

- 📍 Sea wall
- 📍 Rock armour
- 📍 Gabions
- 📍 Groynes

## 10. What are the examples of soft engineering?

- 📍 Beach nourishment
- 📍 Dune regeneration
- 📍 Dune fencing

# HEALTH & SOCIAL CARE

## 1. What is meant by a life event?

- Life events can be grouped under different types relating to **health and wellbeing, relationship changes** or **life circumstances**. Some events happen to most people, others can come as a shock.

## 2. Life events that impact an individual's **health and wellbeing** include:

- Accident and/or injuries
- Physical Illness
- Poor mental and emotional health and wellbeing

## 3. Life events that link to **relationship changes** include:

- Entering into relationships
- Marriage, civil partnership, long term relationships
- Divorce, separation for non-married couples
- Parenthood
- Bereavement

## 4. Life events that link to **life circumstances** include:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>Moving house, school or job</li><li>Exclusion from education</li><li>Redundancy</li></ul> | <ul style="list-style-type: none"><li>Imprisonment</li><li>Changes to standards of living</li><li>Retirement</li></ul> |
|---|--|

## 5. What is a character trait?

- A character trait describes a person's personality, and whether they are positive or negative about events and circumstances.

## 6. Character traits that influence how individuals cope with life events include:

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>Resilience</li><li>Self-esteem</li></ul> | <ul style="list-style-type: none"><li>Emotional intelligence</li><li>Disposition (character traits, positive or negative)</li></ul> |
|--|---|

## 7. The sources of support that can help individuals adapt to life events include:

- Informal Support (family, friends, neighbours, partners)
- Professional carers and services
- Community groups
- Multi-agency working
- Multidisciplinary working

## 8. The types of support that help individuals adapt to life events include:

- Emotional support
- Information and advice
- Practical help

# HISTORY:

## THE ANGLO SAXON GOLDEN AGE

### 1. What were the five parts of Anglo-Saxon society?

- 🔴 King (most powerful person, needed support of the nobility)
- 🔴 Earls (most powerful members of the nobility)
- 🔴 Thegns (members of the nobility)
- 🔴 Ceorls (most of the population, peasant farmers)
- 🔴 Thralls (slaves)

### 2. How could the society of Anglo-Saxon England be described?

- 🔴 Sophisticated
- 🔴 Well-organised
- 🔴 Unequal
- 🔴 Hierarchical

### 3. What laws protected women's rights in Anglo-Saxon society?

- 🔴 Women could own, inherit and sell property
- 🔴 Women protected from being forced to get married
- 🔴 Women who divorced would receive half of the property

### 4. Were the lives of Anglo-Saxon women perfect?

- 🔴 Wealthy women had more rights
- 🔴 Lives were still controlled by male relatives or husbands

### 5. How could the Anglo-Saxon Church be described?

- 🔴 Wealthy
- 🔴 Influential
- 🔴 Corrupt
- 🔴 Unique

### 6. Who was the corrupt Archbishop of Canterbury in 1066?

- 🔴 Stigand

### 7. Who was King of England, 1042 – 1066?

- 🔴 Edward the Confessor

### 8. Why was the Godwin family so powerful?

- 🔴 Bullied the king
- 🔴 Very rich

### 9. Who was Earl of Wessex?

- 🔴 Harold Godwinson

### 10. What was Anglo-Saxon England famous for producing?

- 🔴 Beautiful works of art

### 11. Why is there little evidence of Anglo-Saxon buildings?

- 🔴 They were simple structures made of wood

### 12. How did Anglo-Saxons worship?

- 🔴 Some permanent stone or wooden churches
- 🔴 Many still worshipped around tall stone crosses

# HISTORY: INVASION AND VICTORY



## 1. Who was Duke of Normandy in 1066?

 William


## 2. What was the name of Norman warriors who dominated society?

 Knights


## 3. How was the Norman army different to the Anglo-Saxon army?

-  They fought on horseback
-  They used archers

## 4. What was Normandy?

 A powerful duchy in northern France


## 5. Who succeeded Edward the Confessor as King of England?

 Harold Godwinson, Earl of Wessex


## 6. Who invaded England first?

 Harald Hardrada, King of Norway




## 7. Who won the Battle of Stamford Bridge?

 King Harold

## 8. When and where did William invade England?

 27 September 1066, Pevensey Bay

## 9. Why was Harold's army tired before the Battle of Hastings?

-  They marched from the north
-  They had won in the north, but the army was depleted
-  Harold did not wait in London for more men

## 10. What tactic did the Anglo-Saxons use during the battle?

 Shield wall

## 11. What tactic did the Normans use to break the Anglo-Saxons?

 Feigned retreat


## 12. How did Harold die at the Battle of Hastings?

 Arrow to the eye

## 13. What famous embroidery details the events of 1066?

 The Bayeux Tapestry

## 12. Who won the Battle of Hastings?

 The Normans

# INFORMATION TECHNOLOGY



## 1. What is the Internet?

A network of computers connected across the world.

## 2. What is an intranet?

A local network of computers, usually within the same building.

## 3. What are the potential threats to data transfer

e.g. packet sniffing, data breaches, malware, unauthorised access

## 4. What are the advantages and disadvantages of cloud computing over in-house servers

+ cost: storage can be adjusted based on how much you need, so that you only pay for what you need.

+ space: cloud storage requires little to no physical space

- performance: cloud storage relies on an Internet connection, without one may not be able to access your files

## 5. What are cookies?

A small file that is downloaded when you visit a website. Most commonly used to remember your preferences.

## 6. How can individuals be monitored?

Via mobile phone companies

Through social network sites

Using IP address information

Geolocation information

## 7. What is the impact of data loss or damage?

- Loss of trust from customers
- Set back productivity
- Financial loss
- Legal Action

## 8. Name six key regulations regarding use of ICT

- General data protection regulation (GDPR) 2018
- Data protection act (DPA) 1998
- Computer misuse act 1990
- Communications act 2003
- Regulation of investigatory powers act 2016
- Copyright, designs and patents act 1988

# MATHS

## 1. How do I know when to use Pythagoras theorem or trigonometry?

You use trigonometry when you have an angle in the question or answer. Pythagoras is used only with the length of sides.

## 2. What is Pythagoras theorem?

$$a^2 + b^2 = c^2$$

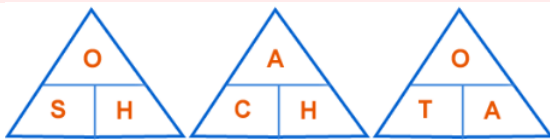
## 3. Which side of the triangle is 'c' in Pythagoras theorem?

The hypotenuse (the longest side)

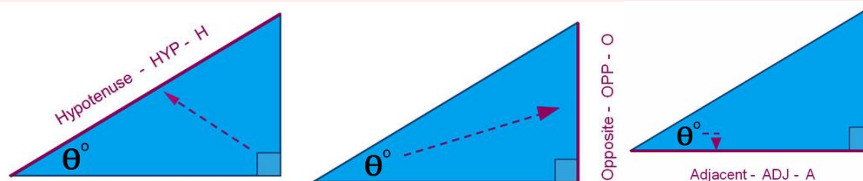
## 4. How would you use Pythagoras theorem to find the shorter side?

$$b^2 = c^2 - a^2 \text{ or } a^2 = c^2 - b^2$$

## 5. What are the trigonometric ratios?



## 6. How would you label a right angled triangle for trigonometry?



## 7. What are the exact trigonometric values?

	0°	30°	45°	60°	90°
sin	0	$\frac{1}{2}$	$\frac{\sqrt{2}}{2}$	$\frac{\sqrt{3}}{2}$	1
cos	1	$\frac{\sqrt{3}}{2}$	$\frac{\sqrt{2}}{2}$	$\frac{1}{2}$	0
tan	0	$\frac{\sqrt{3}}{3}$	1	$\sqrt{3}$	undefined

## 8. What do the sum of all possibilities add up to?

1

## 9. What are the values of impossible, evens, and Certain?

Impossible = 0, Evens = 0.5 ( $\frac{1}{2}$ ), Certain = 1

## 10. What methods can I use to find probability of events?

Frequency tables, two-way tables, Venn diagrams and tree diagrams





### **1. What is diegetic sound?**

- 🔴 Diegetic sound is any sound that originates from the world of a film

### **2. What is non-diegetic sound?**

- 🔴 non-diegetic sound is any type of sound that does not specifically exist within the world of the film itself

### **3. What are the elements of Todorov's narrative pattern?**

- 🔴 equilibrium, disruption, recognition, resolution, and new equilibrium

### **4. Who are the main elements in Propp's character arc?**

- 🔴 the villain.
- 🔴 the donor (provider)
- 🔴 the helper.
- 🔴 the princess (or sought-for person) and her father.
- 🔴 the dispatcher.
- 🔴 the hero or victim.
- 🔴 the false hero.

### **5. Give 3 examples of camera shots?**

- 🔴 Extreme close up, close up, mid shot, long shot, establishing shot.

# PERFORMING ARTS

## 1. Task 1a Questions to think about (6 marks)

- the original author/composer/choreographer and their intentions for the piece(s)
- intended mood and style/genre
- themes and ideas
- performance space
- purpose
- the relationship between audience and the performer
- original target audience
- new target audience.

## 2. Task 1b Questions to think about (5 marks)

- What do you do already? In terms of Dance or Drama or Music
- This could be a dance school or dance lessons you attend
- It could be a talent show you take part in
- It could be acting classes/singing classes
- Learning to play the guitar at school
- Singing in the choir
- Include as much as you can about your own experiences

## 3. Task 2 Questions to think about (4 marks)

Rehearsal type/What	Time allocated	Focus for that rehearsal	Evidence/note
Rehearsal 1  First read through with my group	45 minutes	Group read through of the extract	First read through All characters have been decided on Read through each of the parts Stage directions will be read out too so we know what is happening Think about articulation of words, meaning of any words said, how they should be said etc Make sure we can pronounce all of our lines Get to know the other actors and their strengths/areas for development Ask questions to our teacher or other cast members

1. What is a rehearsal schedule?
2. Why are they important to have in place?
3. Research what they look like
4. What things do you need to rehearse?

## 4. Task 3 Questions to think about (10 marks)

- Produce a reflective journal that records the practical rehearsal process required to ensure you are fully prepared for the performance required in the brief.

### Candidates should show evidence of:

- 🎭 action planning
- 🎭 rehearsal preparation away from the rehearsal space (e.g., line learning/familiarisation with
- 🎭 score/practice of dance moves, preparing virtual instruments/sounds)
- 🎭 responding to direction/choreography
- 🎭 receiving and recording blocking; annotating scripts/choreographic notation/scores
- 🎭 refining
- 🎭 observing appropriate health and safety requirements.

- 🎭 Listen to instructions.
- 🎭 No running in the drama space.
- 🎭 No eating.
- 🎭 Ensure equipment is put away.
- 🎭 Be careful when using props especially breakables.
- 🎭 Ensure the space is clear of obstructions.

- 🎭 Ensure the stage is clicked together properly.
- 🎭 Be aware of the space on the stage. Do not step back without checking how close you are to the edge.
- 🎭 Ensure backstage is clear of obstructions.
- 🎭 Tape any wires down- trip hazard.

## 5. Task 4 Questions to think about (20 marks)

- 🎭 Perform/present your chosen piece(s) to an audience. Candidates should show evidence of:
  - 🎭 accuracy
  - 🎭 coordination
  - 🎭 communication
  - 🎭 control
  - 🎭 dealing with mistakes; coping under pressure
  - 🎭 interpretation
  - 🎭 interpretation and development of character
  - 🎭 clarity of chosen acting style/genre.
  - 🎭 use of movement and gesture.
  - 🎭 use of voice
  - 🎭 response to text.

## 6. Task 5 Questions to think about (15 marks)

- 🎭 Evaluate the success of your performance including what you have learned from undertaking this
- 🎭 work and how it will inform your future performances. Candidates should show evidence of:
  - 🎭 feedback from others
  - 🎭 whether the performance fulfilled its intentions
  - 🎭 strengths and areas for future development
  - 🎭 action planning and targets for future performances
  - 🎭 professional working practices, including appropriate health and safety.

# PHYSICAL EDUCATION

## 1. Personal Training Programme (PEP)

A PEP is designed to meet the specific needs of an individual athlete.

Typically it includes:

- 🌀 **Introduction**
- 🌀 **Aim** – the general skills or fitness you plan to improve for which sport and why.
- 🌀 **A profile** of who the PEP is for – age, sex, performance level, experience.
- 🌀 A brief overview of **training programme** – duration, frequency and type
- 🌀 How you will show **progress** – the tests and measures you will use

## 2. Fitness Tests

Remember you will need to remember components of fitness important to your sport, relevant fitness tests and what method of training is best to help improve your performance.

Component of Fitness	Fitness Test	Method of Training
Cardiovascular Fitness	12-minute cooper run	Continuous Training/ Fartlek Training
	Harvard Step test	
Muscular Endurance	1 minute Press up/ 1 Minutes Sit up	Weight Training - Low weight high reps/ Fitness Class Spinning/ Circuit Training
Muscular Strength	Had Grip Test	Weight Training - High weight Low reps
Flexibility	Sit and Reach	Fitness Class eg. YOGA
Power	Vertical Jump	Plyometrics Training
Speed	30m Sprint test	Interval Training
Agility	Illinois Agility Test	Circuit Training
Reaction Time	Ruler Drop Test	Circuit Training
Coordination	Hand Wall Toss	Circuit Training
Balance	Standing Stork Test	Fitness Class eg. YOGA

## 3. Target Setting

When setting targets we need to make them SMART:

- 🌀 **S** - Specific,
- 🌀 **M** – Measurable,
- 🌀 **A** - Achievable,
- 🌀 **R** - Realistic and
- 🌀 **T** – Time bound.





### 1. Female Genital Mutilation is (FGM) is:

- ❖ Partial or total removal of the external female genitalia, or other injuries to the female genital organs for non-medical reasons.
- ❖ It is also sometimes referred to as female genital cutting or female circumcision or 'Tahor' or 'Sunnah' (Arabic terms). It has been condemned by religious leaders and is an **act of violence** against women!

### 2. Sexting is:

- ❖ Sexting is the act of sending sexually explicit messages or photos electronically, primarily between mobile phones and/or the internet.

***Sexting is illegal for anyone under 18 – This is child pornography***

### 3. The difference between **pornography** and **revenge porn** is:

- ❖ **Pornography:** Printed or visual material containing the explicit description or display of sexual organs or activity intended to stimulate sexual excitement.
- ❖ **Revenge porn:** This is illegal regardless of age. Sharing images or videos of someone else without their consent with the intention to cause them distress or embarrassment.





# TEXTILES

## 1. What should be included in your Artist information pages?

You need to show the moderator you understand:

- 🌀 The work of Artists
- 🌀 That you can interpret / recreate your own Art based on them.

## 2. What is a source

A source can be absolutely ANYTHING you are inspired by! Below is an example of different sources you might include in your sketchbook:

- 🌀 **A Theme Mind Map** – Mind map all the things you can think of relating to your topic! Include images if you want to.
- 🌀 **Mood Board** – Collect images linked to your theme into a moodboard – annotate keywords about the images / theme.
- 🌀 **Artist / Designer Analysis** – Look at an existing artist or designer and complete an analysis of their work
- 🌀 **Take your own photographs** – You can use your own photos as a source of inspiration! Annotate them explaining how they link to your theme.

## 3. How to analyse a Textile Artist

- 🌀 Introduce the work of your designer or artist (**key facts only**), **how** does their work fit into trends at the time it was produced or current trends?
- 🌀 Are there any social, environmental, moral, issues surrounding your designers work?
- 🌀 Consider **what** key features appear regularly in your designers work, **why** might that be?
- 🌀 **What** colours do they use a lot of? **What** effect does this give?
- 🌀 **Who** do you think their designs are aimed at? **Why**?
- 🌀 Explain what you like / dislike about the designs and **why** that is.
- 🌀 **What** techniques has the designer used? **Why**? Could different techniques be used to create different effects?
- 🌀 **How** will this designer inspire your work? **How** does the designer fit into the theme? **What** techniques will you sample? **Why**?

## 4. How do you annotate a design?

- 🌀 What textile techniques have you used in your designs? Why?
- 🌀 How does it link to the samples you have done?
- 🌀 Is your design inspired by any of your sources? How? Why?
- 🌀 What materials would you use? Why?
- 🌀 How does this design link to your theme?
- 🌀 What developments would you make to your designs? Why?

## 5. Key words:

- 🌀 **Background:** The setting or neutral area in a fabric or design that enhances other elements.
- 🌀 **Colourful:** Featuring a vibrant and varied range of bright colors.
- 🌀 **Shading:** Gradual transition between light and dark areas for depth and realism.
- 🌀 **Texture:** The tactile quality of a fabric's surface, adding touch and visual interest.

