

Knowledge Organiser – Year 11 Term 1 – English

"Be Kind. Work Hard. Achieve Greatness."	
English Language – Paper 1 (Section A)	AO2 Question 3 (8 marks) - 10 minutes
The reading questions for this examination are based on one fictional text. Step 1 Spend 10 minutes actively reading the extract SKIM – SCAN - SUMMARISE	 'Explain how the writer has structured the text to interest you as a reader' Consider the whole source Note where the reader's attention is at the beginning, middle and end of the text Write three paragraphs explaining the effect of structure
AO1 Question 1 (4 marks) - 5 minutes 'List four things' • Scan the section identified in the question • Write four full sentences in response to the task • No inferences	 Explain why the writer has focused our attention at key moments Explain how and why our focus changes Some possible methods: Zoom in/out, Internal thoughts, External actions, Motif, Foreshadowing, Flashback, Pace, Time, Character entrances/exits,
AO2 Question 2 (8 marks) - 10 minutes 'Explain how the writer uses language' Scan the section identified in the question	Dialogue Use terms: mirrors, highlights, emphasises, contrasts, echoed, supported, think, feel, imagine question
 Identify key phrases in relation to the task Label the method used in the best three phrases Circle key words in chosen three phrases Use phrases to write three paragraphs explaining the effect of language 	 AO4 Question 4 (20 marks) - 25 minutes 'Explain how far you agree or disagree with the statement' Scan the section identified in the question Identify key phrases or references in relation to the task (both for and against the statement)
Some possible methods: Similes, Metaphors, Personification, Verbs, Adjec- tives, Onomatopoeia, Pathetic Fallacy, Juxtaposition Use terms: mirrors, highlights, emphasises, contrasts, think, feel, imagine question	 Label the method used in the best three phrases or references Use phrases to write three paragraphs, evaluating the statement Use your method analysis skills from question 2 and 3
440000	Use terms: strongly agree, partially agree, disagree, suggests, shows, in- fer, mirrors, highlights, emphasises, contrasts, think, feel, imagine, ques-



"Be Kind. Work Hard. Achieve Greatness."

Key words and definitions

Homeostasis	Regulating the internal conditions of the body in re- sponse to internal or external changes, to maintain opti- mum conditions for the body.
Endocrine System	The network of hormone-producing glands in the body. Hormones are chemical messengers that travel in the bloodstream to their target tissues.
Blood Glucose	Glucose (a simple sugar) is transported in the blood, as all cells require it for respiration. The concentration of blood glucose must be kept within very tight limits at all times.
Stimulus	A change in the environment, detected by a receptor cell. E.g. light, sound, chemicals (smells and tastes), pres- sure, pain, temperature etc.
Nerve	A nerve is just a collection of many nerve cells; nerve cells are called neurones. Neurones transmit (carry) information as electrical impulses.
Hormone	A large chemical released by an endocrine gland; hor- mones have target tissues/ organs and they produce an effect when they reach them.
Target organ/ tissues	The destination of a hormone and the place where the effect caused by the hormone actually happens.
Insulin	The hormone released by the pancreas that lowers blood glucose concentration , by making cells take in glucose from the blood.
Glycogen	Large chemical, made from glucose, that acts as a store of glucose in liver and muscle.
Pituitary Gland	The 'master gland' of the endocrine system, since, through its hormone release, it can make other endo- crine glands release hormones.

Knowledge Organiser— Year 11 Term 1 - Science

The reflex arc and reflex actions

Homeostasis

Blood Glucose

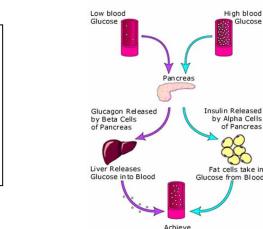
Water levels

Body temperature

Some factors that need controlling by homeostasis in the human body:

Reflex actions, for instance pulling your hand away from a pain stimulus, follow a simple pathway.

- 1. The receptor detects the stimulus and passes electrical impulses along the sensory neurone to the Central Nervous System (CNS). The spinal cord in this case.
- 2. There is a junction (tiny gap) between the sensory neurone and the relay neurone called a synapse. Here, a chemical is released that diffuses across the gap and causes an electrical impulse to pass along the relay neurone
- 3. There is another synapse between the relay neurone and the motor neurone, again a chemical is released that causes the electrical impulse to pass along the motor neurone.
 - Sensory neuron Receptors = Heat/Pain Receptors
- 4. The impulse arrives at the effector—in this example, a muscle that contracts to pull your hand away from the source of pain.



Blood Sugar Regulation

Norm al Blood Glucose Levels



Knowledge Organiser — Year 11 Term 1 — History

	Timeline of events	Key Concepts – Hitler's rise to power
1919	Hitler joins the DAP	The founding of the Nazi Party and its early beliefs, 1920-1922
1920	HitlerandDrexlerwrote'Twenty-FivePointPro- gramme'	The Munich Putsch, 1923
1921	Hitler became the leader of the NSDAP	The Nazis' lean years of 1924-1928
1923	The Munich Putsch is led by Hitler	The economic depression of 1929 and the impact on the rapid growth of the Nazi Party
1924	Hitler released from prison and returns to politics	How Hitler came to power as Chancellor of Germany, 1932-1933
1925	The ban on the NSDAP is lifted	Key Political Parties
1925	Mein Kampf is published outlining Nazi beliefs	DAP – The German Worker's Party
1929	The Wall Street Crash	NSDAP – National Socialist German Worker's Party (Nazi Party)
1932	$The {\tt NSDAP} becomes the largest party in the {\tt Reichstag}$	KDP – The Communist Party
1933	Hitler becomes Chancellor	

	Key Words	Key individuals or organisations
Propaganda	A way of controlling the public attitudes. Propaganda uses things like newspapers, posters, radio and film, to put ideas into people's minds and therefore shape attitudes.	Anton Drexler – Founder of the DAP
Nationalism	Jationalism A political outlook in which all policies are organised to make the nation stronger and more independent. Rudolf Hess–Hitler's deputy in the NS	
Socialism	A political outlook which stresses that a country's land, industries and wealth should all belong to the workers of that country.	Hermann Goering – WW1 Fighter pilot
Paramilitary force	A private group run like a military force.	Julius Streicher – Founder of Der Stürmer (Nazi Newspaper)
Putsch	A violent uprising intended to overthrow existing leaders.	Ernst Röhm – In charge of the SA
Real wages	A measure which reflects not the actual monetary value wages, but the buying power of wages.	Mein Kampf – Hitler's book
Sturmabteilung (SA)	Hitler's paramilitary force helping him keep control.	Wall Street – American financial district
Totalitarianism	Power in the hands of one leader	Hindenburg – German President
Schutzstaffel (SS)	'Protection Squad' – Hitler's trusted and loyal bodyguards	Von Schleicher – German Chancellor
Chancellor	The Head of the German Government.	Von Papen – German Chancellor



Keywords	Definition	Distribution of population in the UK
Population census	An official count of the population. In the UK the	The UK population is unevenly distributed with 82% living in urban areas.
	census is every 10 years the last one in 2011.	One in four of those live in London and the south east.
Conurbation	Extensive urban areas resulting from the expan-	
	sion of several towns or cities so that they merge	In contrast many highland regions of Scotland and Wales are very sparsely
	together but keep their own identity.	populated.
Population densi-	Number of people per square kilometre (a meas-	• These are upland areas that are remote and can experience harsh climatic
ty	ure of 'crowdedness')	conditions.
Culturally diverse	Having a variety of cultural/ethnic groups within	How might distribution change?
	a society.	There has been a general drift towards the south east England and London
Brownfield sites	Land previously used for industry, which has fall-	 – one of the world's financial, business and cultural centres.
	en into decay.	
Dereliction	Land and buildings that have fallen into disuse.	• Since 1997 annual inward migration to the UK has been greater than out-
Urban sprawl	The expansion of an urban area into surround-	ward migration London – Deindustrialisation & depopulation
	ing, less populated areas	Deinthesteiblisationantlyhdon's coverfosed undersety due to coverpla-
Suburbs	Large residential (housing) areas in outer parts	ers tostrangsportegreeds these and the final countainside hips were larger so ports
	of a city.	moved downstream where the water was deeper. Industries that relied on
Commuter settle-	Towns where significant proportion of residents	the port moved too. Industries in London's biggest manufacturing area closed
ments	work elsewhere.	down. In 2001, only 7.5% people worked in manufacturing, from 30% in 1971
Regeneration	Improving the economic, social and environmen-	Depopulation closures had a massive impact on communities. East London
	tal conditions of previously run-down areas.	had an unemployment rate of 60% in some areas. People left in search of work – over 16% of the population left inner London suburbs between 1971-
Mixed land use	A mixture of uses such as business, leisure, resi-	1981 (500 000 people!).
	dential.	
Green space	Parks and vegetated areas and walkways.	London – Green belt
Carbon neutral	Does not add carbon dioxide to the atmosphere	To limit London's growth, a green belt has been introduced by planners to
Sustainability	Meeting the needs of today without harming	protect the countryside. No major building is allowed in this area, but it can
	future needs.	continue beyond it.
Integrated	Where all parts of the transport system link to-	
transport system	gether to make journeys more efficient.	



Knowledge Organiser — Year 11 Term 1 — RE

	Key Word	ds			
Believer's	Service where those old enough to decide for themselves are welcomed into the church	Liturgical Wor- ship		Formal worship with set prayers, hymns and Bible readings	
Christmas	Christian festival which celebrates the incarnation (birth) of Christ	Mission		The calling to spread the word of God and evangelise	
Consecration	When a priest blesses bread and wine in order to use it for Eucharist	Non-liturgica	al	Worship with no set pattern, may have modern music and sermons	
Easter	Christian festival which celebrates the resurrection of Christ	Persecution		Hostility and ill-treatment of a group of people	
Eucharist	Service where bread and wine is received by Christians to remember Jesus'	Pilgrimage		Going on a journey to visit a holy site	
Evangelism	Spreading the word of God through action or speech	Prayer		A communication with God, can be private or during worship	
Infant	Service where babies are welcomed into the church with holy water	Reconciliatio	on	Restoring friendly relations after a conflict or falling out	
Worship & Prayer	Liturgical Worship - This form of worship takes place in a church and is led by a priest Non-liturgical Worship - Also takes place in a church but less formal		Prayer - Prayer means communicating with God, either silently or out loud, sometimes through song - It is one of the most important parts of the spiritual life of a Christian and enables them to have a personal relationship with God		
Eucharist & Baptism	Eucharist - Eucharist and baptism are both sacraments meaning special occasions in a Chris - In Eucharist a priest consecrates (blesses) bread and wine and the tion then receives these	stian's life congrega-	- This Believ - A be	<u>t Baptism</u> is a formal service welcoming a new child into the Christian church <u>ver's Baptism</u> eliever's baptism welcomes someone into the church who is old gh to decide themselves	
Pilgrimage & Festivals	 Pilgrimage - A pilgrimage is a journey made by a Christian to a holy site - Catholics go on pilgrimage to Lourdes where a vision of Mary was once seen, th 	Christ - Chri Easte	tmas istmas celebrates the incarnation (birth) of Jesus Christ		
Evangelism	Christians have a duty to evangelise (tell others of the word of God).		Christ	tians also have a duty to help others in the local community .	

Talking in the present

Les SDF mendient dans la rue	Homeless people beg n the street
On entend parler des problèmes aux	Information's –we hear about problems on the news
On demande des volontaires	We ask for volunteers
Il n'y a pas de sans-abri où j'habite	There are no homeless people where I live
J'aide en collectant de l'argent	I help by collecting
Je me sens mal à l'aise	It makes me uneasy

Talking in the past

J'ai vu un SDF qui mendiait	I saw a homeless person begging
J'ai donné de l'argent à un SDF	I gave money to a homeless person
Je lui acheté un café chaud	I bought him a drink
On a sponsorisé un enfant	I sponsored a child
Après le tsunami/ l'ouragan/ la fin de la guerre, j'ai voulu aidé en donnant	After the tsunami/ hurricane/ end of the war, I wanted to help by giving

Talking about the future

Le gouvernement devrait	The government should
On va construire	We will build
Je changerais	I would change
Je vais me porter volontaire	l will volunteer
Je ferai attention	l will be careful
Nous devrions réduire la mprtalité infantile	We should reduce infant mortality

Lin	ks	Dans ma Ville	In my town
Surtout	Especially	En Afrique	In Africa
Cependant	However	Dans le tiers monde	In the third word
Pourtant	However	Afin de protèger les	In order to protect
En plus	Moreover	enfants	children

Knowledge Organiser— Year 10 Term 1 - French

	0		
No	ouns	Adje	ctives
La pauvreté	Poverty	désastreux	Disastrous
Le chômage	Unemployment	Sale	Dirty
Les SDF	Homeless people	dangereux	Dangerous
L'organisation caritative	Charity	grave	serious
Un volontaire	A volunteer	Ve	rbs
L'alcoolisme	Alcoholism	Collecter	To collect
Les inégalités	Inequalities	Sauver/protéger	To save
Un emploi	A job	Dormir	To sleep
La malnutrition	Malnutrition	Encourager	To encourage
Time	Signals	Arrêter	To stop
en hiver	In winter	Économiser	To save
Tous les jours	Every day	Éliminer	To eliminate
Parfois	sometimes	Aider	To help
Tout le temps	All the time	Utiliser	To use
Récemment	Recently	Augmenter	To increase
Le weekend dernier	Last weekend	Ce qui me préccupe	What worries me
Ce martin	This morning	Ce qui est important pur	The most important thing to
Avant de me render compte du problème	Before recognising the prob- lem	moi dans la vie, c'est d'abord	me in life it above all
Quand j'aurai 18 ans	When I am 18	Ensuite, c'est	Then it's
Dans le futur	In the future	Le Spote	sport
Idéalement	Ideally	La musique	music
Si j'avais de l'argent, je	If I had the money I would	ma santé	my health
+cond		с ні	
		ma famille	my family
Ce qui me préoccupe/m'in-	What worries me the (the	l'argent (m)	my family money
Ce qui me préoccupe/ m'in- quiète (le plus), c'est	What worries me the (the most) is		
	-	l'argent (m) mes études mes animaux	money my studies my pets
quiète (le plus), c'est	most) is the state of the Earth/ plan-	l'argent (m) mes études	money my studies
quiète (le plus), c'est l'état (m) de la Terre	most) is the state of the Earth/ plan- et	l'argent (m) mes études mes animaux	money my studies my pets
quiète (le plus), c'est l'état (m) de la Terre le réchauffement climatique	most) is the state of the Earth/ plan- et global warming	l'argent (m) mes études mes animaux	money my studies my pets
quiète (le plus), c'est l'état (m) de la Terre le réchauffement climatique la pauvreté dans le monde	most) is the state of the Earth/ plan- et global warming world poverty	l'argent (m) mes études mes animaux	money my studies my pets



Me preocupa I a	n concerned about	
La basura en las calles	rubbish on the streets	
La contaminación	pollution	
La sequía	draughts	
La deforestación	deforastation	
El agujero de la capa de ozono	hole in the ozone layer	
El efecto invernadero	greenhouse effect	
El calentamiento global	global warming	
La lluvia ácida	acid rain	
El humo de las fábricas	gases from factories	
Los desechos químicos	chemical waste	
El tráfico	traffic	
La falta de recursos naturales	lack of natural resources	
La destrucción de los bosques	destruction of the forests	
La destrucción of the jungles	destruction of the jungles	
La tala de árboles	woodcutting	
La polución de los mares	pollution of seas	
La polución de los ríos	pollution of rivers	
La sobrepoblación	overpopulation	
La sobreexplotación de recursos	overexplotation	
Los animales en peligro de ex-	animals in danger of extinction	
No se debería	You/ one should not	
malgastar el agua/ la energía	waste water/ energy	
malgastar los recursos naturales	waste natural resources	
usar bolsas de plástico	use plastic bags	
cortar árboles	cut down trees	
abusar de la calefacción	overuse heating	
abusar del aire acondicionado	overuse air conditioning	

Knowledge Organiser – Year 11 Term 1 - Spanish

	ر 	
Para cuidar el medioambiente	To care for the environment	
Se debería	You/ one should	
Podría	You/ one could	
Podemos	We can	
Es necesario	It is neccessary	
Es esencial	It is essencial	
apagar la luz	turn off the light	
ducharse en vez de baňarse	have a shower instead of a bath	
separar la basura	separate the rubbish	
reciclar el plástico	recycle plastic	
reciclar el vidrio/ el papel	recycle glass/ paper	
reciclar los deshechos	recycle waste	
usar paneles solares	use solar panels	
desenchufar los aparatos eléctricos	unplug electric appliances	
ahorrar energía	save energy	
ahorrar agua	save water	
cerrar el grifo	turn off the tap	
consumir menos	consume less	
usar el transporte público	use public transport	
usar energías renovables	use renewal energy	
reducir las emisiones de los vehículos	reduce vehicle emissions	
comprar productos ecológicos	buy green products	
plantar más árboles	plant more trees	
llevar una vida más verde	to live a greener life	
compartir el coche para ir al trabajo	car pool to work	
proteger las especies en peligro de	protect endangered species	
hacer todo lo posible	do everything possible	
para salvar el planeta	to save the planet	
· ·	· ·	



Key words and definitions

Knowledge Organiser— Year 11 Term 1 - Enterprise

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Non financial rewards	Compensation given in a transaction which does not involve cash. A non-monetary reward can consist of almost any materi- al object such as jewellery, precious metals or an automobile for example. In business, a non-monetary reward can also be a service such as improvements made on a property or repairs done on a car.	Business strategies used How enterprises are set up and how they organise themselves in order to achieve their aims and objectives. With business aims and objectives then used as measures to see how the business is performing historically (based on previous years/months/days trading) as well as comparing (benchmarking) against other enterprises operating in the same business sector.			
Financial rewards	In addition to regular compensation, financial rewards are monetary incentives that an employee earns as a result of good performance. These rewards are aligned with organizational goals. When an employee helps an organization in the achieve- ment of its goals, a reward often follows. All financial rewards are extrinsic.	Identify how enterprises can attract and retain customers and what financial assistance is available to them in order to help them establish themselves. Including grants or low cost start-up loans. How an enterprise adds value to the products/services it provides and how this compares to other businesses (competitors) operating in the same market place. Including through its packaging, in- gredients/materials used.			
Survival	Objectives give the business a clearly defined target. Plans can then be made to achieve these targets The main objectives that a business might have are: Survival – a short term objec- tive, probably for small business just starting out, or when a new firm enters the market or at a time of crisis.	 What makes an enterprise unique from others and provides a unique selling point (USP) from other businesses in order to gain competitive advantage. You will also identify and look at local SME businesses and identify characteristics of these businesses and associated entrepreneurs and why these characteristics are desirable. 			
USP (Unique selling point)	A feature or characteristic of a product, service, etc. that distin- guishes it from others of a similar nature and makes it more appealing	Learning Aim A: Examine the characteristics of enterprises Section A: The purpose, activities and aims of two contrasting local enterprises			
To add value	Value added is the difference between the price of product or service and the cost of producing it. The price is determined by what customers are willing to pay based on their perceived value. Value is added or created in different ways. A value addi- tion can increase either the product's price or value.	Section B: The entrepreneurs who run these enterprises Section C: How the characteristics of the enterprise and the entrepreneur have influenced it achieving its main purpose Learning Aim B: Explore how market research helps enterprises meet customer needs and under-			
SME'S	An SME is a small or medium-sized enterprise. According to the EU, definition of an SME is a business with fewer than 250 employees, and a turnover of less than €50 million SMEs make up around 99 per cent of all the businesses operating in the UK, and are therefore enormously important to the UK economy.	The design and use of market research for one local enterprises The effectiveness of market research for one local enterprise			
Entrepreneurs	The capacity and willingness to develop, organize and manage a business venture along with any of its risks in order to make a profit. The most obvious example of entrepreneurship is the starting of new businesses.	Learning Aim C: Investigate the factors that contribute to the success of an enterprise The impact of internal and external factors Evaluating internal and external factors			

The Wells Academy "Be Kind. Work Hard. Achieve Greatness." Key words and definitions

Knowledge Organiser— Year 11 Term 1 - ICT

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Sound waves	Refers to the reproduction and transmission of sound stored in a digital format. This includes CDs as well as any sound files stored on a computer When analogue sound waves are stored in digital form, each digital audio file can be decom- posed into a series of samples.	Research into different types of sound waves that are available and used on a variety of computer operating systems and based on your research choose the most appropriate file type/format for your sound recording. You will look at file types and formats including PGN, JPG, AL, PDF, ESP, GIF, BMP, PSD and critique each one.			
Environmental considerations	The spectrum of environmental media, resources, or programs that may impact on, or are affected by, the planning and exe- cution of military operations. Factors may include, but are not limited to, environmental compliance, pollution prevention and conservation.	Creation of a sound recording using software audacity to create a radio advert advertising a new radio station and will export and import appropriate music files to use as part of your product. Create a digital sound recording and save using the most appropriate file type and format which will then allow users to view/access it.			
Work plan	A work plan is an outline of a set of goals and processes by which a team and/or person can accomplish those goals, and offering the reader a better understanding of the scope of the project.	Using software Audacity and learn how to use the advance formatting functions to add effects onto your recording. What laws affect digital graphics including Copyright and Patents Act, what it protects, how			
File types	A file type is a name given to a specific kind of file. For example, a Microsoft Word document and an Adobe Photoshop document are two different file types File extensions are also used by the operating system to associate file types with specific programs.	long it protects a user for and how this law is used and enforced and what the implications are if the law is breached. Key concepts			
File format	A file format is a standard way that information is encoded for storage in a computer file. It specifies how bits are used to encode information in a digital storage medium Some file formats are designed for very particular types of data: PNG files, for example, store bitmapped images using lossless data compression.	LO1 —Produces a detailed and thorough summary of the uses and properties of digital sound, identifying a wide range of sectors in which digital sound is used which demonstrates a thorough understanding. Describes accurately different audio file formats and the properties of digital sound. Demonstrates a thorough understanding of environmental considerations and limitations relating to audio recording.			
Exporting	In a personal computer application, to export is to convert a file into another format than the one it is currently in A file that has not been exported to a desired file format can be imported by an application program and then opened and used.	LO2 client brief for a digital sound sequence which fully meets the client requirements. Produces a clear and detailed identification of target audience requirements. Produces a clear and detailed work plan for the creation of the digital sound sequence, which identifies a wide range of content and a sequence for the digital sound which is fully appropriate and has some complexity. Produces a comprehensive list of equipment and software to be used			
Importing	Similarly, in computer terminology, "import" means to bring a file from a different program into the one you're using, and "export" means to save a file in a way that a different program can use it. Importing and exporting allow different computer programs to read each others' files.	in the creation of the digital sound sequence, thoroughly justifying selection in relation to the identified success criteria. Demonstrates a thorough understanding of legislation in re- lation to the use of sounds in digital sound sequences. Clearly draws upon relevant skills knowledge/understanding from other units in the specification.			

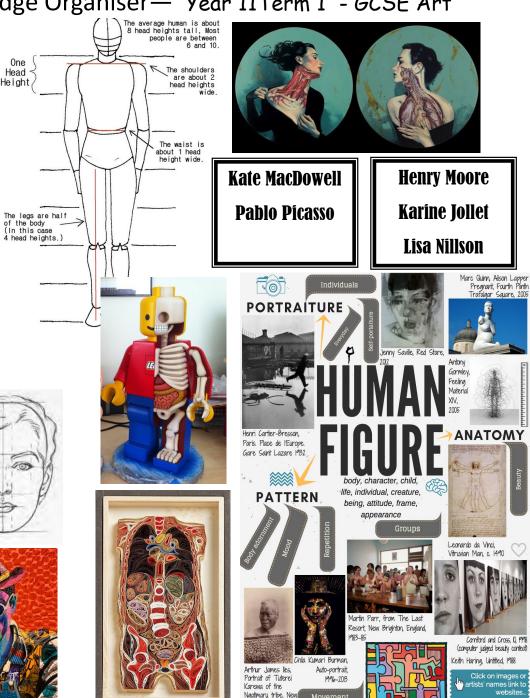
"Be Kind. Work Hard. Achieve Greatness." Knowledge Organiser — Year 11Term 1 - GCSE Art

Key words and definitions

Anatomy	The branch of science concerned with the bodily structure of humans, animals and other living organisms, especially as		
	revealed by dissection or the separation of parts.		
Organic	Relating to or derived from living matter.		
Proportion	Size of something (an object) in relation to what's around it.		
Tactile	Tactile art is a way of being able to share or communicate a message with your audience. Being able to touch or feel art work to understand its meaning.		
Sculpture	The action or art of making statues by carving or		
	chiselling (in wood or stone), by modelling (as in clay), or casting (as in metal).		
Installation Art Is an artistic genre of 3Dimensional works that are or specific and designed to transform the perception of			

<u>Artist name</u> Leonardo Da Vinci Lucien Freud Fernando Vicente Trísha Thompson Adams Lynn Skordal Sarah Lucas Jason Freeny

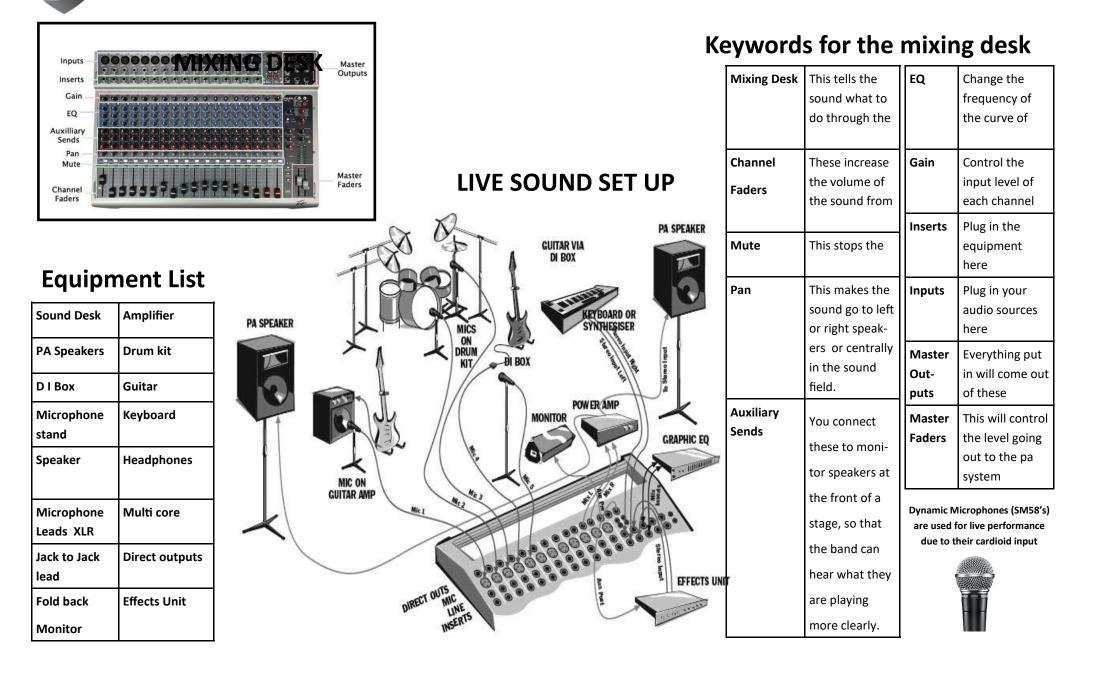




Tealand 1890 - 192



Knowledge Organiser— Year 11 Unit 3 - Music



Year 11 Unit 1b: The Music Industry

"Be Kind. Work Hard. Achieve Greatness."

	Venues		Job Roles	Or	ganisations
Venue	A place where live music events can take place	Managers represent artists Age organ	Principal Organisational Structures Of The Music Industry	PRS	Collects money for music used in live perfor- mances
Small Venue Large Venue	Pub, club, small theatre/ hall arena	Artists perform & record	PRS / ASCAP collects & distributes performance & broadcast fees	MCPS	Licenses the composer's copyright for CDs and digital downloads
Multi-Use	Sports stadium	Sign contracts with Publishers grant licenses	Producers are hired to produce recordings	PPL	Licenses the right to play sound recordings— e.g. in pubs, shops
Venue Festival	Outside gig, usually more than one stage	si	ecord Co's gn artists & Song pluggers promote recordings to broadcasters broadcast recordings	A&R	Looks after the best interest of the artist
		collects & distributes mechanical royalties	Print media magazines, press The Public	Artist Manager	Guides the career of an artist
Sound Quality	How good the music sounds due to the equipment	Ма	nufacturers Distributors Retail & buys	PR	Generates publicity, promotes the artist
Intimate		duplica	te the recordings (CDs etc) shops	Booking Agent	Contacts promoters and venues to get gigs
atmosphere	Performers are close to the audience		Online retail web sites / mail order Resource author: Arthur77	Tour Manager	Looks after financial and logistical aspects of a tour
Touring event	Plays at different venues around the coun- try	Record Label	Co-ordinates the production, manufacture, distribution and mar- keting of a song	Transport Hire Company	Provides good quality sound a lighting for gigs and tours
Publicity	Letting people know about the event	Major Record Label	Large label which has most departments in house	Sound and	Can be hired to look after the sound and light
Risk	Measuring risk and taking steps to minimise	Indie Record Label	Smaller label, usually focussed on a particular style of music	Lighting Hire	at a gig
Assessment	them	Music Publishing	Makes sure songwriters and composers get paid	Sound and	Can be hired to look after the sound and light
Hazard	Something which could cause	Promoter	Finds venues, prices the event, publicising it to make it successful	Lighting	at a gig
	injury or death	Broadcasting	Distributing songs to a dispersed audience	Engineer	
Operational Proce- dures	System put in place to ensure people are safe	Marketing	Responsible for identifying opportunities for the song to be heard	ми	Musician Union—Looks after musicians
Musician	Person who plays an instrument or sings	Publicise	Make the song and artist well known	Live sound	Controls the sound mixing desk and makes
Composer	Person who creates music	Online Marketing	Publicising an artist through websites	technician	sure the artist can be heard properly
Band Manager	Manages the band	High street Stores	Selling CDs through shops i.e HMV	Venue Manager	Looks after the venue. Books events
Studio Manager	Manages studio	Digital Downloads	Selling songs through online stores i.e iTunes	Security	Makes sure people are safe in the venue
Roadie	Sets up equipment, drives			4	1
/	•				



"Be Kind. Work Hard. Achieve Greatness."

Aerobic and anaerobic exercise

Difference between aerobic and anaerobic exercise =

Aerobic; utilising oxygen to fuel the body during exercise

Anaerobic; fuelling the body during exercise without using oxygen

Methods of training aerobically and anaerobically:

Aerobic; steady and not too fast (e.g. walking, jogging, cycling)

Anaerobic; performed in short, fast bursts (e.g. weight lifting, interval training)

Specific training methods for fitness components

Cardiovascular training (e.g. steady state (continuous), interval training, fartlek training)

Resistance training (e.g. resistance machines, free weights, circuits)

Power training (e.g. interval training, plyometrics, repetition and acceleration sprint training)

Flexibility training (e.g. static (passive and active), dynamic)

Agility training (e.g. agility ladder, agility hurdles)

The components of fitness

- **Strength**, i.e. the extent to which a muscle or muscle groups can contract against resistance (e.g. restraining an opponent in rugby)
- **Power**, i.e. exerting muscular strength rapidly (e.g. sprint start)
- **Agility**, i.e. move quickly and change direction under control (e.g. weaving between objects or opponents in a zig-zag motion)
- **Balance**, i.e. the ability to maintain a position (e.g. hand-stand)
- **Flexibility**, i.e. the ability to move joints through an ample range of motion (e.g. performing the splits in gymnastics)
- **Muscular endurance**, i.e. the ability of a muscle to sustain repeated contractions (e.g. cycling)
- Cardiovascular endurance, i.e. the heart and lungs



Importance of a healthy active lifestyle -

Why is it important to exercise for leisure?

What is leisure time?

What is leisure time?

Leisure time is time free of work, school or chores in which you get to choose what you do.

As many active jobs are now being replaced by computers and machinery it is important that we stay active during our leisure time!



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Benefits if staying active in your leisure time:

- <u>Social benefits</u> keep in touch with existing friends or make new ones.
- <u>Physical benefits</u> feel happier with your appearance and feel healthier.
- <u>Mental benefits</u> reduces your stress, improves your motivation, increases you confidence.

Ideas for staying active in your leisure time:

- Use walking or cycling to get from place to place instead of using a car or public transport.
- Join a gym, fitness club (e.g. park run) or play a sport with friends or competitively.
- Meet friends to play a sport (e.g. football, netball or basketball)
- Do a recreational physical activity (e.g. go to the skate park on your scooter or for a bike ride).
- Walk your dog.