



Bottisham Village College

KNOWLEDGE ORGANISER

YEAR 9

TERM 3



Bottisham Village College

At Bottisham Village College, we are striving to create a five-year curriculum plan that builds effective revision strategies into homework and lessons, to ensure that students are able to place powerful knowledge into their long-term memories. Additionally, we hope that this will help build effective learning strategies from early in their time here at the college.

Based on evidence, we know that regular recall activities are the best way of achieving this goal and committing powerful knowledge into the students' memories.

At the start of each term, we shall publish all the knowledge organisers that students will require for their studies in each curriculum area. These will cover a range of aspects: facts, dates, characters, quotes, precise definitions and important vocabulary. We are clear: if this fundamental knowledge is secured, students can then develop their higher-level skills of analysis and critical understanding with greater depth.

They will be given an electronic A4 Knowledge Organiser (KO) booklet for each term containing all of the knowledge required. In lessons, Bottisham staff will be regularly testing this fundamental knowledge, using short-quizzes or even more formal "Faculty Knowledge Tests".

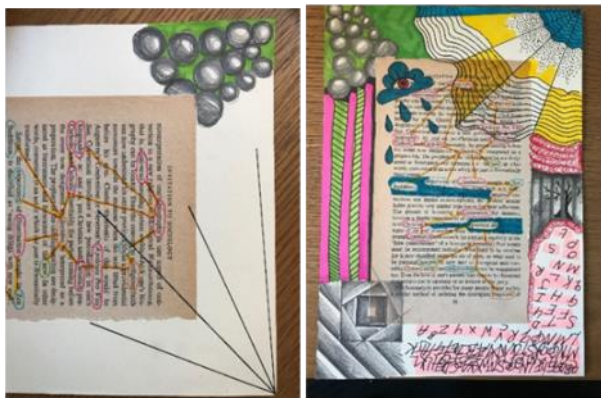
The best way to use these organisers at home, is to follow a simple mantra:



- 1. Look at a certain aspects of a particular knowledge organiser**
- 2. Cover up part of their knowledge organiser**
- 3. Write it out from memory**
- 4. Check and correct any spelling mistakes, missing bits or mistakes**

So simple but so effective.

You will learn about Mixed media and in particular how to combine art materials.



You will learn how to imaginatively create a double page of research inspired by Valerie Roybal.



You will create your own mixed media drawings by responding to the artist.



You will create your own designs and learn how to extend your technical expertise of how to use colour pencils, tonal contrast, oil pastels and mark making with ink.



You will learn about the process of mixed media and how to merge materials and techniques together.



Tonal Contrast
Shading
Layering
Mark making
Colour blending

You will create your own Final piece



Depending on which Technology rotation students are on, they may be working in Computing, D&T or Food Technology

Unit Topics:
Spreadsheets
Computer Systems recap
Programming
Website making

Programs use:
GoogleSlides, GoogleDocs
Microsoft Office
Python
Dreamweaver

Digital Literacy

Excel tools: (Spreadsheet)

COUNTIF – counts a particular item within a range to tell you how many times it appears.

VLOOKUP – finds a value and tells you what it is.

IF Statement – an action is carried out depending on a value in a cell. For example, if the value >50, it will say you passed the exam, if <50, it will say you failed.

Basic Formulas in Excel



Dreamweaver tools: (website making)

Hotspot Image – an image on a site which had a hyperlink.

Rollover Image – an image which changes to another image when you hover your cursor over it.

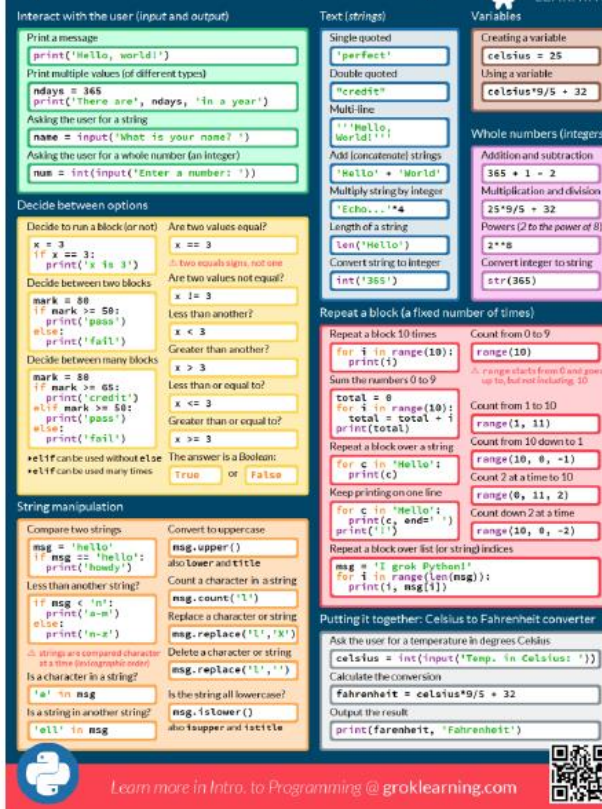
Target Audience – who the site is aimed at.

Site map – how the site links together. Also called the navigation.

WYSIWYG – What You See Is What You Get.

Computer Science

Python 3 cheatsheet (the basics)



E-safety

Digital Footprint – the trail of data you create while using the Internet.

Privacy Settings – the settings which can be applied so that you choose who sees your content.

Fake News – content which has been manipulated or incorrectly reported.

Photoshopping – editing images.

Age Restriction – an age limit in place to help protect users from seeing inappropriate content.



Need help? Search for:

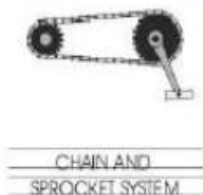
Childline, internetmatters, ceop or thinkuknow for information and advice.

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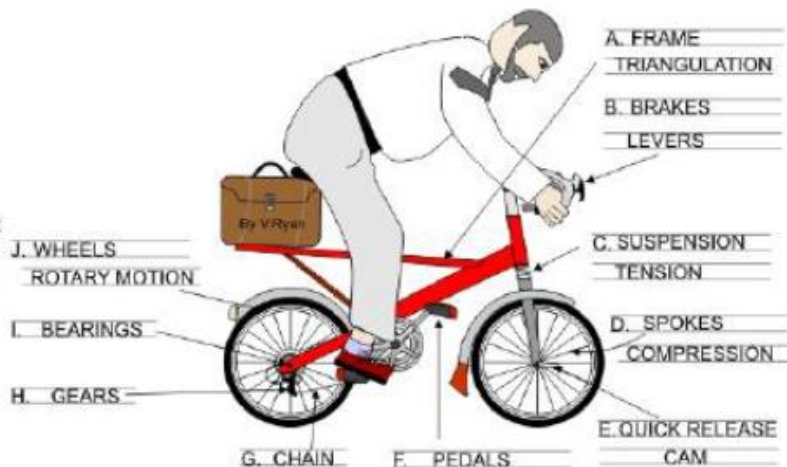
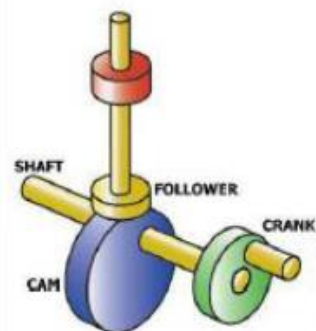
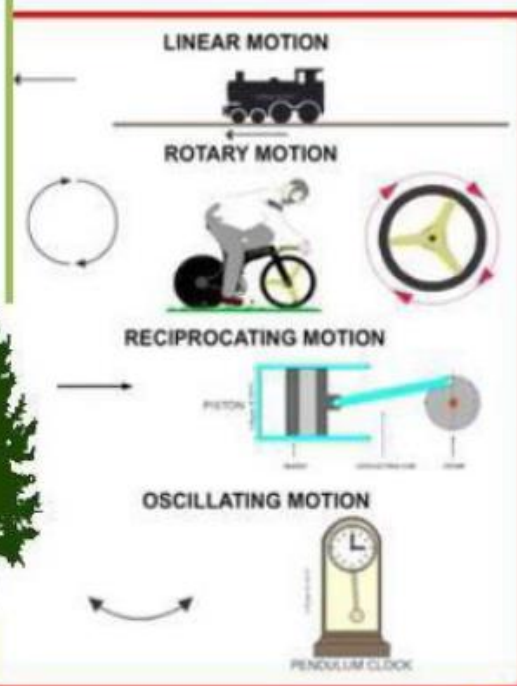
Knowledge organiser for the Year 9 Automaton Project



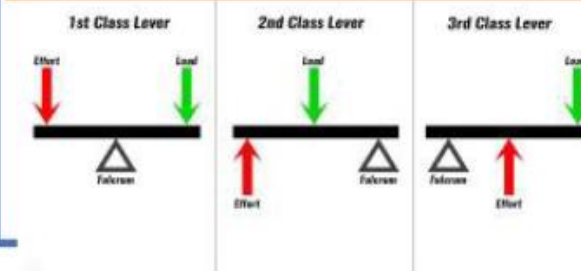
The fretsaw is a general workshop machine. It is used to cut and shape light materials such as acrylic, MDF and plywood. The materials cut more easily if they are quite thin, for instance, any material thicker than 10mm would be difficult to shape. The general rule is that the thicker the material, the slower the machine operator pushes the work against the blade.



There are two types of Wood: **softwood** and **hardwood**. These names do not refer to the properties of the wood: some softwoods can be hard and some hardwoods can be soft. Softwoods, such as pine, come from **coniferous** trees. These keep their leaves all year round. They can be grown in renewable managed forests. This means that more wood can be grown to replace what's used.



Key word Focus; Mechanism, ratchet, reciprocating, circumference, diameter, radius



OF MICE AND MEN

Section 1

- Peaceful scene by river
- George and Lennie are introduced
- George makes Lennie give up the dead mouse
- George tells Lennie how to behave at the new ranch
- George complains about life with Lennie
- They eat supper
- Dream of owning land
- George tells Lennie to come back to this place if he get into trouble

Section 2

- Description of Bunk house
- Candy shows George and Lennie where they sleep
- George and Lennie meet the Boss Curley
- George warns Lennie to stay away from Curley
- Curley's wife – George warns Lennie against her
- George and Lennie meet Slim and Carlson
- Candy has an old dog, Slim's dog has puppies

Section 3

- George confides in Slim
- Lennie is given a pup – delighted
- Carlson persuades Candy to shoot his dog
- George, Lennie and Candy plan to buy land.
- Curley picks up a fight with Lennie and gets his hand crushed

Section 4

- Description of Crook's room
- Lennie visits Crooks in his room
- Crooks makes Lennie think that George might leave him.
- Candy joins Lennie and Crooks in dreaming about their own farm.
- Curley's wife comes in. Crooks tries to make her leave and she threatens him.

Section 5

- Description of barn
- Lennie kills his puppy
- Curley's wife tells Lennie her life story
- Lennie unintentionally kills Curley's wife
- Lennie goes to the pool by the river
- Curley's wife body is found
- The men set off hunt for Lennie

Section 6

- The quiet scene at the pool by the river is described.
- Lennie imagines being told off
- George tells Lennie about the dream farm for one last time
- George shoots Lennie

Dear Miss Luce:

Annie Laurie says you are worried about your playing of the part of Curley's wife although from the reviews it appears that you are playing it marvelously. I am deeply grateful to you and to the others in the cast for your feeling about the play. You have surely made it much more than it was by such a feeling.

About the girl--I don't know of course what you think about her, but perhaps if I should tell you a little about her as I know her, it might clear your feeling about her.

She grew up in an atmosphere of fighting and suspicion. Quite early she learned that she must never trust any one but she was never able to carry out what she learned. A natural trustfulness broke through constantly and every time it did, she got her. her moral training was most rigid. She was told over and over that she must remain a virgin because that was the only way she could get a husband. This was harped on so often that it became a fixation. It would have been impossible to seduce her. She had only that one thing to sell and she knew it.

Now, she was trained by threat not only at home but by other kids. And any show of fear or weakness brought an instant persecution. She learned to be hard to cover her fright. And automatically she became hardest when she was most frightened. She is a night, kind girl, not a floozy. No man has ever considered her as anything except a girl to try to make. She has never talked to a man except in the sexual fencing conversation. she is not highly sexed particularly but knows instinctively that if she is to be noticed at all, it will be because some one finds her sexually desirable.

As to her actual sexual life--she has had none except with Curley and there has probably been no consummation there since Curley would not consider her gratification and would probably be suspicious if she had any. Consequently she is a little starved. She knows utterly nothing about sex except the mass misinformation girls tell one another. If anyone--a man or woman--ever gave her a break--treated her like a person--she would be a slave to that person. Her craving for contact is immense but she, with her background, is incapable of conceiving any contact without some sexual context. With all this--if you knew her, if you could ever break down a thousand little defenses she has built up, you would find a nice person, an honest person, and you would end up by loving her. But such a thing could never happen.

I hope you won't think I'm preaching. I've known this girl and I'm just trying to tell you what she is like. She is afraid of everyone in the world. You've known girls like that, haven't you? You can see them in Central Park on a hot night. They travel in groups for protection. They pretend to be wise and hard and voluptuous.

I have a feeling that you know all this and that you are doing all this. Please forgive me if I seem to intrude on your job. I don't intend to and I am only writing this because Annie Laurie said you wondered about the girl. It's a devil of a hard part. I am very happy that you have it.

Sincerely,
John Steinbeck

THEMES



ENGLISH

SYMBOLISM:

KEY WORDS:

[illegible]

BROOKLYN DAILY EAGLE

TUESDAY OCTOBER 29 - 1929

WALL ST. IN PANIC AS STOCKS CRASH

Attempt Made to Kill Italy's Crown Prince

Hollywood Fire
Destruction Plans
Word Millitans

HARD HITTED POST & RAIL
BLACK WOLVES ON STRINGS
High Data Group
Gave \$750,000 to
Coinledge Drive

The economy was plunged into deep recession as a result of the Wall Street Crash. This led to the Great Depression.



60,000 jobs lost in a single day

Layoffs cut deep:

Thousands of workers lost jobs in a single day as the recession grips the economy.

Abundant pink slips

Jobs: Payroll cut by 60,000 in January

A black and white photograph of a large billboard. The billboard has the text "JOBLESS MEN KEEP GOING WE CAN'T TAKE CARE OF OUR OWN CHAMBER OF COMMERCE" written on it in a bold, sans-serif font. Several men are walking past the billboard, and a car is visible in the background.

Steinbeck's portrayal of women is limited and uncomplimentary. Curley's Wife is the only female character, both desired and feared for her sexuality. She is an Eve-like threat to the men's dreams.

Curley says he's keepin' that hand soft for his wife.

She put her hands behind her back & leaned against the door frame so that her body was thrown forward.

I coulda made She's gonna make a mess.

somehin' of myself.

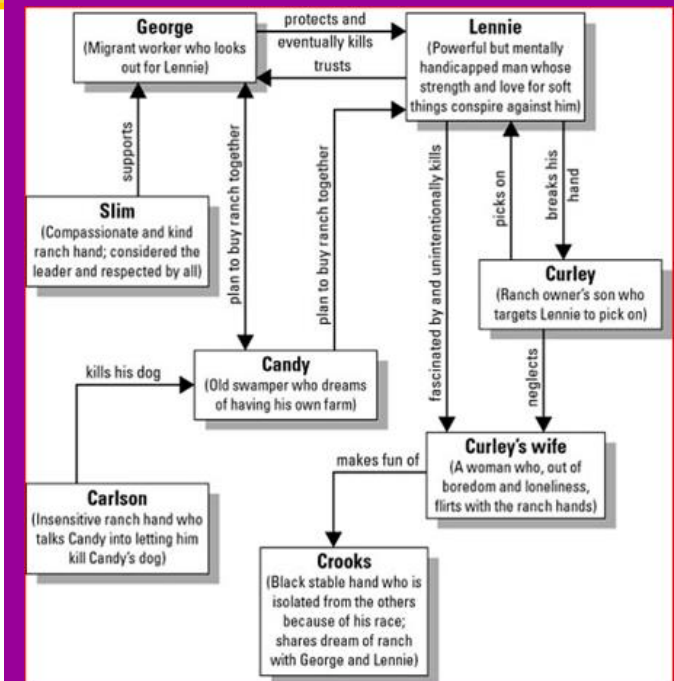
**She said darkly,
Maybe I will yet.**

Maybe he's showin' off for
his wife. **She's got the eye**
Tramp, Tart, Looloo, Purty

I seen 'em poison before, but I never seen
no piece of jail bait worse than her.

But Susy's place is clean & she got nice chairs
You give me a good whore house every time. A guy
can go in an' get drunk and get ever'thing outa his
system all at once, an' no messes

And the meanness and the plannings and the discontent and the ache for attention were all gone from her face. She was very pretty and simple, and her face was sweet and young.



Depending on which Technology rotation students are on, they may be working in Computing, D&T or Food Technology

Recipes to learn:

- Stir fry noodles
- Macaroni cheese
- Chicken, chorizo and chickpea stew
- Swiss roll
- Spanish tortilla
- Ratatouille
- Hob nob biscuit
- Shortbread
- Savoury rice
- scone

Other topics to learn:

- Healthy eating
- Religion and diet
- Nutritional needs of different groups



Scientific processes to learn

- Rubbing in – fat coats starch to limit the amount of gluten released
- Dextrinisation – starch turns brown in dry heat
- Denaturation – proteins change their structure when heated, whisked or mixed with acid
- Coagulation – proteins set when heated
- Aerating – adding air to a mixture to help it rise
- Caramelisation – sugar turns brown when heated.
- Convection heat – where heat is transferred through a liquid or gas.
- Conduction heat – where heat is transferred through solid materials.
- Gelatinisation – how starch thickens sauces

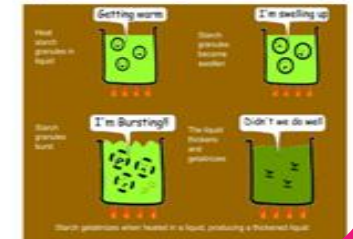
GELATINISE

starch grains swell and then burst open when heated with liquid, causing thickening

for example:

potatoes, rice and pasta soften

bechamel or cornflour sauces thicken



Skills to learn

- Chopping safely using the 'bridge and claw'
- How to 'rub in' butter and flour
- Sauce making (roux)
- Mixing
- Whisking
- Saut eing



GEOGRAPHY YEAR 9: BRAZIL

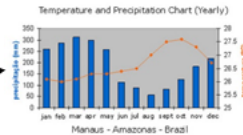
Key term	Definition
Birth rate	The number of births per 1000 of the population in a year
Death rate	The number of deaths per 1000 of the population in a year
Natural change	The difference between the birth rate and death rate
Push factor	Reasons for people to leave the place that they live (often forcing them out)
Pull factor	Reasons for people to move to a new location (attracting them)
Rural-urban migration	The movement of people from the countryside to cities
Favela	An area of low quality slum housing in a Brazilian city
Ecosystem	A community of plants and animals that interact with each other and the environment around them
Deforestation	The cutting down of trees

Key idea 2: Brazil's climatic variations affect its ecosystem distribution

Climatic variations

Because Brazil is so large, with many different landscapes, there are a number of different ecosystems found within the country

- 1: Hot and Wet
- 2: Warm and Wet
- 3: Cool and Wet
- 4: Hot and wet with dry seasons
- 5: Hot all year round wet season in the winter
- 6: Grass plains



Climate graphs

Climate graphs can be used to show the climate of Brazil's ecosystems, demonstrating that the tropical rainforest is hot and wet all year round

Key idea 3: Brazil's tropical rainforest is an important ecosystem facing a range of specific threats

Importance of the rainforest

Brazil's rainforest is home to a huge number of different species, making it a very important ecosystem. It also helps to control climate change and provides many resources for people to use. However, it is therefore at risk of deforestation.

Causes of deforestation

Cattle ranching
Road building
Logging
Mining
Indigenous tribes

Impacts of deforestation

Species loss
Soil erosion
Flooding
Climate change
Loss of homes

Key idea 1: Brazil's population is changing in a number of ways due to a range of factors

How Brazil's population is changing

Why Brazil's population is changing

Growth

Brazil's population has been increasing throughout the last century



As the birth rate and death rate have changed, the natural increase has led to a growth in Brazil's population, bringing a number of implications for the population. The birth rate and death rate are affected by Brazil's developmental context.

0.761
HDI score.

\$9,821
GDP per capita

92%
Literacy rate

Make-up

The groups of people that make up Brazil's population has changed

Changing birth and death rates also result in a changing age-sex structure over time.



Population pyramids are used to show the age-sex structure of a country's population and by comparing population pyramids you can see how a country's population has changed over time.

The width of the base illustrates the birth rate
The steepness of the side illustrates the death rate
The height illustrates the life expectancy



Location

Where the majority of Brazil's population live has changed

Brazil's global location and its natural features have an influence on where their population live. However, push and pull factors cause rural-urban migration to happen, changing where many people live. This results in the growth of favelas where poor living conditions are improved over time by the residents.



Push factors

Poor, thin soils

Unpredictable weather, affecting how easy it is to grow crops

Very little education or training is available

Many villages do not have electricity

Pull factors

Higher wages from a range of jobs

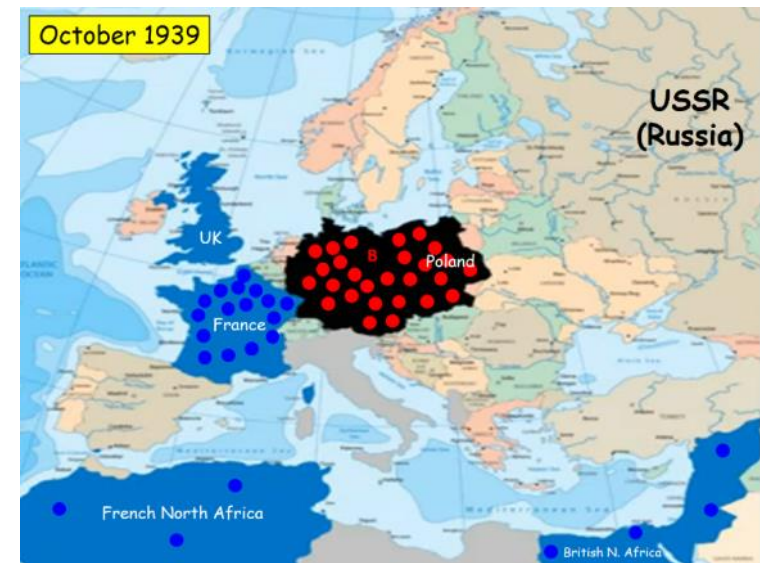
Medicine and health facilities are more accessible

There are lots of schools and colleges in cities

Transport infrastructure makes it easier to move around

What was World War Two in Europe?

- Two wars going on at the same time: a war in Europe which lasted from 1939 to 1945, and a war against Japan that lasted from 1941 to 1945.
- Over 80 million people died in the war, including lots of civilians. About 250 000 British people died.
- Most of the fighting in the European war was between Russia and Germany: 80% of the German casualties were on the Eastern front, and 25 million Russians were killed.
- During the war, the Germans conquered parts of Europe with large Jewish populations. This enabled Hitler, who was an anti-Semite, to launch the Holocaust—an attempt to kill all the Jews of Europe.
- **Who was fighting whom in Europe?**
- On one side: *Britain, France, the USA (December 1941 onwards), Russia (April 1941 onwards)* On the other side: *Germany, Italy*



Key people

Adolf Hitler The leader of Germany 1933-1945. He was responsible for the war occurring. He was a mass murderer, responsible for the deaths of millions of people. He insisted on controlling the German army in the war, even though he did not have much experience. He made lots of bad decisions, in part because he never let his armies retreat to a better position.

Josef Stalin The leader of the USSR WW2. He was betrayed by Hitler when Germany invaded Russia in 1941. Between 1941- 1943 he kept asking the Allies to open a second front in the war.

Winston Churchill British Prime Minister from 1940-1945. He decided not to surrender after the British were defeated by the Germans in France. He believed that the British should try to win the war by bombing Germany. He thought an attack on France across the Channel was too risky, and hoped to defeat Germany by attacking through southern Europe.

Franklin D Roosevelt American President for most of the war—he died in March 1945. He made sure that the USA prioritised the war with Germany rather than the war with Japan. He went along with Churchill's ideas about the war until 1943, when he told Churchill that the D-Day invasions would go ahead.

The impact on Civilians

Many more civilians died in World War 2 than in World War 1. This is because aircraft had developed to the point where they could be used to bomb cities. Also, the fighting was not fixed and was much more mobile. Also, the Nazis cared little about preserving human life and believed that certain races should be eliminated. Their success in the first part of the war, and in particular the fact that they ended up controlling those parts of Europe that contained the bulk of its Jewish population, meant that they were able to put these ideas into operation. Key events affecting civilians were:

The Blitz – in 1940 where the Germans bombed British cities including London and, famously, Coventry

The British and American bombing of Germany – Much more savage than the Blitz; most German cities were destroyed by fires started by bombs. The bombing of Dresden and the bombing of Hamburg exemplified this.

German actions against the peoples of Eastern Europe – The Nazis regarded the Slavs as sub human, and they wanted to use their land for German. They had no compunctions about killing them; millions were killed including Poles, Ukrainians and Russians.

The Nazi killing of the Jews – During the war large numbers of Jews came under Nazi control. At first they were killed by Einsatzgruppen; then, following Hitler's decision to implement the final solution, they were killed in extermination camps.

The German people at the end of the war – Many German women were raped by Russian soldiers at the end of the war; fourteen million Germans fled from the Eastern part of Germany after the war when it was given to Poland. Nine hundred thousand German civilians are thought to have died in the war.

What caused it?

- In 1933 Hitler became the leader of Germany. Between 1933 and 1939 he kept breaking the Treaty of Versailles (a peace agreement signed in 1919 following the end of WW1): he thought it was unfair. He started making the German army large again, which was not allowed by the Treaty.
- He took back land which had been taken from Germany, including the Rhineland, and the Saar. In 1938, he took over Austria. Even though this broke the Treaty the British/French did not punish Hitler. They appeased him.
- In 1938, he started to take control of a part of Czechoslovakia that contained Germans, called the Sudetenland. At first the British said they would go to war with Germany because of this; but then the British Prime Minister Chamberlain backed down. He met Hitler at Munich in Germany and said he could have the Sudetenland if he promise not to take over any other bits of Europe. Hitler agreed to this.
- But then, in 1938, Hitler took over the northern part of Czechoslovakia, called Bohemia. The British and French changed their policy. They knew that Hitler would try to take control of the parts of Poland that had been taken from Germany by the Treaty of Versailles, so they told him that they would go to war with him if he did.
- He ignored their warnings: he demanded this territory from the Poles. In order to avoid a two front war, he signed a pact with Russia, even though he secretly wanted to attack Russia. When the Poles refused to do what he wanted, he attacked them. Britain and France therefore went to war with Germany on 3 September 1939.

Key topic terms

Appeasement The British/French policy in the 1930s of avoiding war by letting Hitler and the Germans have what they wanted

Morale How confident people feel about achieving victory

Civilian Someone who is not a soldier

Propaganda Books, newspapers, posters, films etc. that are designed to persuade people that a particular point of view is right

Dictator: A ruler with total power over a country. Hitler and Stalin were both dictators

Pact An agreement between two countries. Another word for Treaty

Evacuation When a large group of people (such as an army) leave an area to go to a safer place

Second front Attacking in a second location. The Russians wanted Britain/USA to attack France.

Key history terms

Narrative: A style of writing that takes the form of a story/ description of events. This usually involves a level of analysis in history e.g. how events are linked

Source: Information from the time period being studied e.g. a WW2 soldier's diary

Fighting in WW2

1939 Hitler conquers Poland.

May 1940 Hitler attacks France. He defeats the British and the French. Most the British army escapes from France as part of the Dunkirk evacuation. The British, though defeated, do not surrender.

September 1940 to December 1941 Hitler tries to destroy the British airforce so that he can invade Britain. His airforce is defeated in the Battle of Britain. He then launches bombing raid against Britain. This is the Blitz. The British send an army to North Africa, to protect the Suez Canal: they end up fighting Germans there. In April of 1941 Hitler invades Russia. At first his armies are very successful and they almost reach Moscow. But the Russian winter begins, and his troops have to stop. In December of 1941, the Japanese attack the Americans at Pearl Harbour. Hitler declares war on the USA.

December 1941 to June 1944 The British continue to fight the Germans in North Africa, joined by the Americans. They eventually defeat them, and then invade Italy. They slowly fight up the Italian peninsula. The British expend a lot of their war effort on bombing German cities. The Russians eventually start pushing the Germans back: the turning point is the battle of Stalingrad. From then on the Germans are retreating. The Russians want the British and the Americans to attack France (which is controlled by Germany) as soon as possible to relieve the pressure on them. But the British think this too risky, and are able to persuade the Americans. But in 1943, the Americans decide that the time has come to attack, and on 6 June 1944, in the D Day landings, the Americans and British invade France. Now Germany is being attacked from both sides.

June 1944 to May 1945 Germany is slowly squeezed. Hitler tries to fight back in the Battle of the Bulge but his army is running out of men, fuel and equipment. The Russians capture Berlin at the end of April 1945. Hitler commits suicide and the war is at an end.

Standard Form

First significant figure must always be in the ones column.

$$1,200,000 = 1.2 \times 10^6$$

$$0.0034 = 3.4 \times 10^{-3}$$

Gradient of a line

How much the goes up/down for every one step across



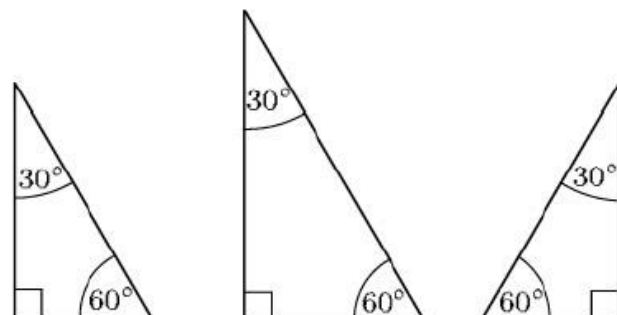
Similar Shapes

When a shape is enlarged:

The sides change length

Angles stay the same

The ratio of the sides stay the same



Prime Numbers

Numbers with only themselves and 1 as a factor:

2, 3, 5, 7, 11, 13, 17, 19, ...

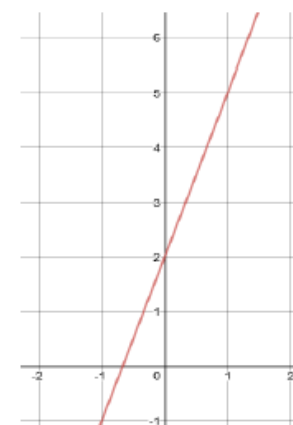
Linear Graphs

$$y = mx + c$$

m is the gradient

c is the y -intercept

$$y = 3x + 2$$



Maths – Year 9

Expanding pairs of brackets

$$(x + 3)(x + 5)$$

	x	3
x	x^2	$3x$
5	$5x$	15

$$x^2 + 3x + 5x + 15$$

$$x^2 + 8x + 15$$

Nth Term of a linear sequence

How much is the sequence changing by each time? This is the times table it is similar to.

How much is the first term different from the timestable. This is what you add/subtract at the end.

2, 5, 8, 11, 14, 17, ... goes up in 3s. The first term is 1 less than 3 so the n th term is $3n - 1$

Indices

$a^m \times a^n$	a^{m+n}
$a^m \div a^n$	a^{m-n}
$(a^m)^n$	a^{mn}
a^0	1

Guitar Tab

What is Guitar/Ukulele/Bass Tab?

- Tab or tablature is a way of notating or writing down music.
- It shows a graphic representation of the strings and frets on the guitar fretboard.
- Each note is indicated by placing a number, which indicates the fret to play, on the appropriate string.

The Lines

- When reading guitar tab you will see six lines.
- The thickest string on the guitar or bass is the one nearest your chin, with the thinnest string being the closest to the floor.

The Numbers

- The numbers show which **fret** to play – where the number is written will show which string is to be played.
- Frets are the metal strips that run across the fretboard.

Drum Tab

What is Drum Tab?

- When reading drum tab you will see five lines (like the normal stave).
- Instead of having different notes on the stave, each place is a different part of the drum kit.

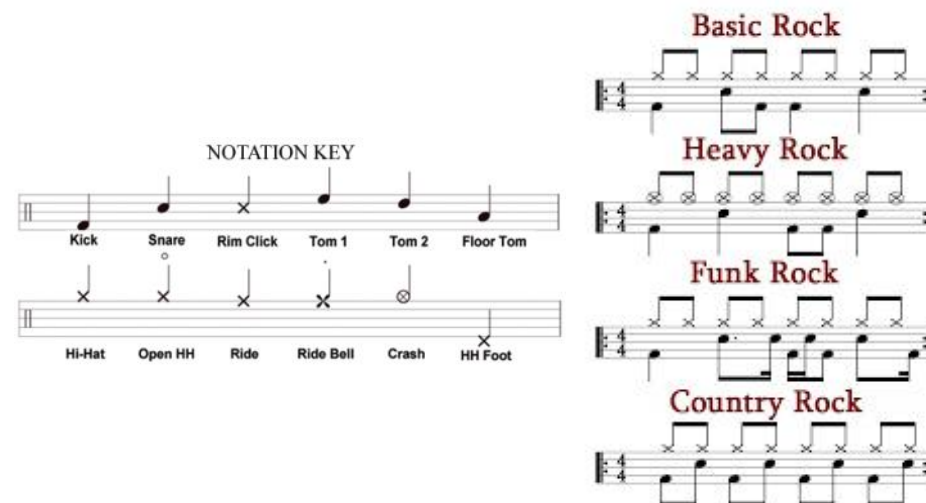
The note heads

- The head of the note changes to tell the drummer how to hit the drum or cymbal, for example whether it is a click, a rim shot, or an accent

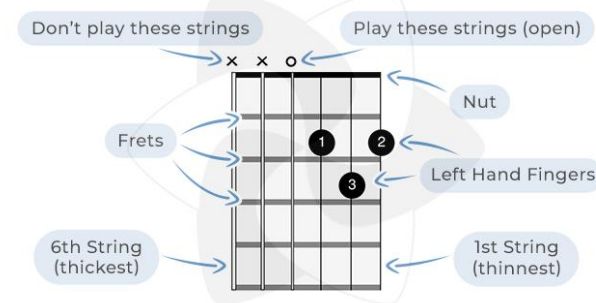
Keywords

1- Melody – The main tune of a song, often sung.	6- Arrangement – the order/structure you choose to play a piece of music
2- Chord – 2 or more notes played simultaneously.	7- Balance – ensuring each part and instrument can be heard, with the main parts playing out.
3- Bassline – the bottom part of a song, played in the left hand of the piano or on the bass guitar.	8- Rhythm – a) the combination of different note durations in a piece. b) The instruments that keep the pulse of a song.
4- Riff – a repeated pattern	9- Verse – the parts of a song that change lyrics, telling the story, that precedes a chorus.
5- Hook – a musical idea, often a short riff, passage, or phrase, that is used in popular music to make a song appealing and to "catch the ear of the listener".	10- Chorus – the repeating section of a song, usually following a verse, which sums up the theme of the song.

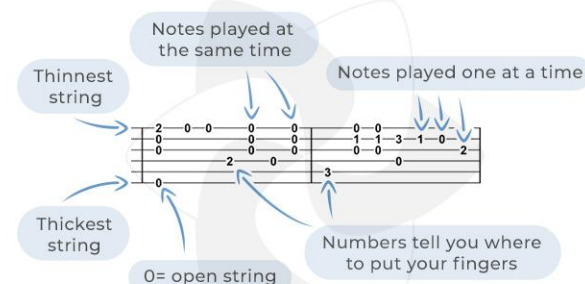
Band Skills



READING CHORD BOXES



READING TAB



Composing & Songwriting

Keywords

- 1- **Chord**: 2 or more notes played simultaneously.
- 2- **Chord Sequence**: A set order of chords that usually repeats during a song.
- 3- **Cadence**: the two chords at the end of a musical phrase.
- 4- **Riff**: short repeated phrase in popular music.
- 5- **Melody**: the main tune of a song, made up of several phrases
- 6- **Phrase**: a short musical passage; a musical sentence.
- 7- **Motif**: a short musical idea, a musical word, part of a phrase
- 8- **Bass**: the lowest part of a piece, often providing harmonic support.
- 9- **Modulation**: Change from one key to another.
- 10- **Sequence**: the repetition of a musical phrase at a higher or lower pitch than
- 11- **Imitation**: Repeating a line with some changes
- 12- **Harmony**: chords, parts that play together simultaneously create chords, such as backing vocals or a countermelody

COMPOSING BASS LINES

ROOTS AND 5THS CAN MAKE THE BASS LINE MORE INTERESTING



Oh Suzana in C major pentatonic



MAJOR CHORD PROGRESSIONS

I	ii	iii	IV	V	vi	vii ^o
Major	Minor	Minor	Major	Major	Minor	Diminished
A	B	C#	D	E	F#	G#
B	C#	D#	E	F#	G#	A#
C	D	E	F	G	A	B
D	E	F#	G	A	B	C#
E	F#	G#	A	B	C#	D#
F	G	A	Bb	C	D	E
G	A	B	C	D	E	F#

4 Rules for Chord Progressions

1. Start and end on chord I
2. The primary/major chords are strong (I, IV & V)
3. The minor chords add some interest and variety (but avoid using iii)
4. NEVER use chord vii (diminished)

3 hints for Basslines

1. Bass them around the root (bottom) note of the chord
2. Use other notes of the chords for interest
3. Add some rhythm for character
4. Add passing notes (the notes between the chord notes)

5 characteristics of a good melody

1. Starts and ends on the same note (C)
2. Moves mainly by step
3. Has a smooth contour/shape (join the dots and see what shape it makes!)
4. Has 2 or 4 bar phrases

TRAINING PRINCIPLES

S

SPECIFICITY

Training designed to develop the right fitness components; parts of the body; skills. (Does it meet the requirements for the sport)

Specific to your sport and to you as the individual

P

PROGRESSION

Training should get progressively harder over time. The FITT principle can be used to progress (Frequency, Intensity, Time and Type).

Your body adapts over time and therefore fitness improves.

O

OVERLOAD

The body adapts when it is pushed to its limit and beyond its comfort zone. Overload needs to happen in small doses to prevent injury. otherwise it can lead to injury...

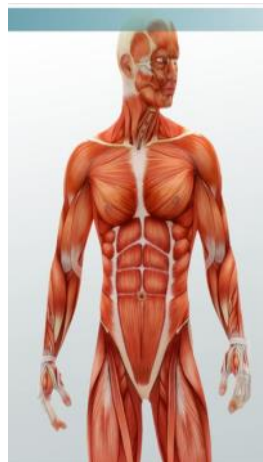
R

REVERSIBILITY

This is what happens to our fitness if we do not train at the same level of intensity. the opposite of progression

T

TRAINING can be progressed by changing the FREQUENCY, (how often) INTENSITY (how hard), TIME (how long), TYPE. (method used)



Long term adaptations to the body

- ⇒ Resting heart rate lowered
- ⇒ Improved recovery after exercise
- ⇒ Decrease in blood viscosity
- ⇒ Muscle size increases (hypertrophy)
- ⇒ Muscular strength and endurance increases
- ⇒ Bone density increases
- ⇒ Improved posture

CHALLENGE!

CAN YOU PLAN A 6 WEEK TRAINING PROGRAMME FOR YOUR SPORT!

BUDDHISM

Overview

Buddhism is one of the world's major religions. It is the **world's 4th largest religion**, with about 520 million followers.

Buddhists are the people who follow Buddhism. They follow the teachings of a man named **Siddhartha Gautama**, who became known as **the Buddha**.

The religion began when Gautama, a prince who had lived a life of luxury, realised that there was **suffering in the world**, and committed himself to understanding why.

This happened in **India** around 2,500 years ago.

The holy book in Buddhism is called **Tipitaka**. **Buddhist Temples** are buildings designed for Buddhist worship.



Buddhist Beliefs

Siddhartha Gautama's Story

-Siddhartha was a rich prince of an area north of India. His mother and father treated him well, and protected him from the suffering in the world.

-As a young man, Siddhartha left the palace for the first time, and was upset by the things that he saw: old age, sickness and death. He decided to leave his comfortable life to see if he could find an answer to the suffering.

-After many years of trying, he sat under a tree (the Bodhi tree) by a full moon and started meditating. In doing this he became Enlightened – he saw the meaning in all things. He was then known as the Buddha.



The Four Noble Truths

-The Buddhist teachings are known as Dharma. They include the Four Noble Truths and the Eightfold-Path. Buddhism's Noble Truths are:

1. Life always involves suffering (dukkha).
2. Suffering happens because people are greedy and never satisfied with what they have.
3. Greed and selfishness can be overcome.
4. The way to overcome them is to follow the Eightfold Path.



The Eightfold Path





- Siddhartha created a way of life which ensured that his basic needs were covered, but didn't require any extra comforts. Buddhists try to live following the Eightfold Path:

- | | |
|------------------------|--------------------------|
| 1. Right viewpoint | 2. Right values/ thought |
| 3. Right speech | 4. Right actions |
| 5. Right livelihood | 6. Right effort |
| 7. Right concentration | 8. Right mindfulness |



BUDDHISM

Answers to Important Question

Where and how do Buddhists worship? Why?		<ul style="list-style-type: none"> -Buddhists worship either in temples or at home, often sitting or kneeling facing a shrine of Buddha. -They may listen to monks reciting religious texts, take part in chanting, or meditate. -Buddhists hope to achieve Enlightenment. They believe that there is a cycle of birth, life, death and rebirth. If a person gains Enlightenment (like the Buddha) they can break out of this cycle, to a place of eternal peace that is known as 'Nirvana.'
What is the Tipitaka?		<ul style="list-style-type: none"> -The Tipitaka is believed to be Buddha's teachings. It is written in an ancient Indian language known as Pali. It is a very large book that takes up about forty volumes when translated into English! The Tipitaka is made up of three sections of wisdom.
Where do most Buddhists live in the world?		<ul style="list-style-type: none"> -About 7% of the world's population are Buddhists. -China has the most Buddhists – about 250 million Buddhists live there. -However, Cambodia has the highest proportion of Buddhists – about 97% of its population are Buddhists. There are also lots of Buddhists in Thailand, Sri Lanka, and Japan. -Many Buddhists in the far east devote their lives to Buddhism, living in isolation in temples.
How many different types of Buddhists are there?		<ul style="list-style-type: none"> -Buddha's teachings spread far across the Asian continent. As it spread, different peoples formed their own approaches of Buddhism. -The three main types are called Theravada, Mahayana and Tibetan Buddhists. -Although they differ slightly, they all still keep the basic features of Buddhism.

Top 10 Facts!

1. Buddhists don't believe in a God who made the world and everything in it.
2. Siddhartha's family were Hindu.
3. The lotus flower is an important symbol in Buddhism. It is a symbol of enlightenment.
4. The name 'Buddha' means 'the enlightened one' or 'the one who knows.'
5. Some Buddhists have shrines at home where they are able to worship.
6. The teachings of Siddhartha Gautama were not written down until about 400 years after his death.
7. Siddhartha Gautama died around age 80.
8. 'Puja' is the name for worship in Buddhism. People often light candles as they worship.
9. In images of Buddha, faces are always made to look calm and serene, to show that he has a peaceful mind.
10. Wesak is an important festival in Buddhism.