



**HORNCHURCH**  
HIGH SCHOOL  
EXCELLENCE FOR ALL

# Year 11

**KNOWLEDGE**  
**IS**  
**POWER**

**KNOWLEDGE ORGANISER**

**HALF TERM 1**

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## English

Key Term	Definition
Direct Address	Talking to the person who is reading
Alliteration	Words next to each other that start with the same letter
Fact	Something that can be proven true
Opinion	An idea that cannot be proven true
Rhetorical Question	A question that doesn't require an answer
Repetition	Something said more than once
Emotive Language	Word choices made to evoke an emotional response in the reader
Exaggeration	Saying something is more dramatic than it is
Statistics	Using numbers to support a point
Triplet	Three things next to each other
Summary	A brief account of the main points of a text
Evaluate	Weighing up how effective a writer has been in achieving their desired aim
Analyse	How the writer conveys meaning through different techniques
Non-Fiction	A text that intends to present only truth and accuracy
Comparison	Considering the similarities or differences between two things
Viewpoint	A person's opinion
Perspective	A particular attitude towards something

# Maths Foundation

Key Term	Definition
<b><u>Vectors</u></b>	
Vectors	A vector is an object that has both a magnitude and a direction
Magnitude	Shown by the length of the line
Direction	Shown by an arrow
<b><u>Simultaneous Equations</u></b>	
Simultaneous Equations	Equations involving two or more unknowns that are to have the same values in each equation
<b><u>Trigonometry</u></b>	
Trigonometry	Used to find missing lengths and angles in right angle triangles
Opposite	The side opposite the angle
Adjacent	The side next to the angle
Trigonometry ratios in right angled triangles	$\sin x = \frac{O}{H}$ $\cos x = \frac{A}{H}$ $\tan x = \frac{O}{A}$
Trigonometry to find an angle	$\sin^{-1}$ $\cos^{-1}$ $\tan^{-1}$ Press shift
<b><u>Polygons</u></b>	
Polygon	Is a shape with straight sides
Interior angles	Inside angle
Exterior angle	Outside angle
Sum of interior angles in a polygon = (Number of sides - 2 ) x 180°	
Sum of exterior angles in polygons = Always add up to 360°	
Interior and exterior angles add up to 180°	
<b><u>Probability</u></b>	
Probability	The chance something will happen
Mutually exclusive events	Events that cant happen at the same time
Independent events	Two events are independent if one does not effect the other happening
Tree diagrams	Show combinations of events. Each branch is labelled with its outcome and probability
AND	X
OR	+

# Maths Foundation

Area			
Perimeter	The distance around the outside of a shape		
Area	The amount of space inside a shape		
Area of a rectangle	Base x height	Area of a trapezium	$\frac{(top + bottom) \times height}{2}$
Area of a triangle	$\frac{Base \times Height}{2}$	Circumference of a circle	$C = \pi d$
Area of a parallelogram	Base x height	Area of a circle	$A = \pi r^2$

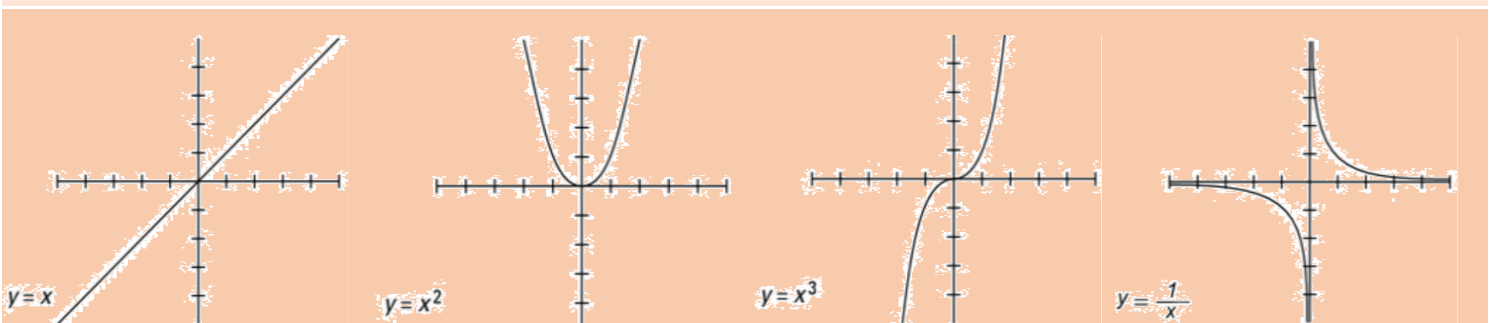
## Straight Line graphs

Table of values	Used to generate the co-ordinates for the graph
Gradient	Steepness of the line
y intercept	Where the line cuts the y axis
Equation of a line	$y = mx + c$ $m = \text{gradient}$ $c = \text{y intercept}$
Parallel lines	Have the same gradient

## Quadratic graphs

Table of values	Used to generate the co-ordinates for the graph
Quadratic equation	Has an $x^2$ in the equation
Quadratic graphs	Is a curve with a vertical line of symmetry
Parabola	The name of the curved shaped made by the graph
Turning point	
Root	

## Recognising graphs



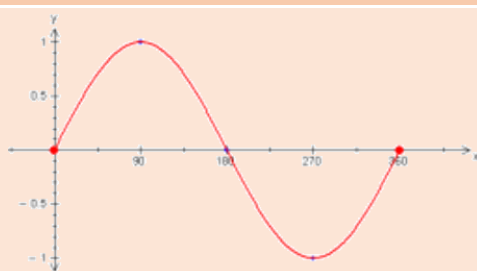
## Maths Higher

Key Term	Definition
<b><u>Completing the square</u></b>	
Completing the square	Is a method used to solve a quadratic equation by changing the form of the equation so that the left side is a perfect square
	Completing the square gives you key points on your graph so you can make a sketch
<b><u>Histograms</u></b>	
Histograms	Display frequency data using bars. Histograms show frequency density on the y axis
	Frequency Density = Frequency ÷ class width
	Frequency = Frequency density x class width
<b><u>Trigonometry</u></b>	
Trigonometry	Used to find missing lengths and angles in right angle triangles
Opposite	The side opposite the angle
Adjacent	The side next to the angle
Trigonometry ratios in right angled triangles	$\sin x = \frac{O}{H}$ $\cos x = \frac{A}{H}$ $\tan x = \frac{O}{A}$
Trigonometry to find an angle	$\sin^{-1}$ $\cos^{-1}$ $\tan^{-1}$ Press shift
Area of a triangle	$\frac{1}{2}ab\sin C$
Sine rule	$\frac{a}{\sin A} = \frac{b}{\sin B} = \frac{c}{\sin C}$
Cosine rule	$a^2 = b^2 + c^2 - 2bccosA$
<b><u>Algebraic Fractions</u></b>	
Algebraic Fractions	Is a fraction whose numerator and denominator are algebraic expressions
Simplifying	Cancelling down by finding common factors in the numerator and denominator
Adding & subtracting	Follow the same rules as normal fractions
Multiplying & dividing	Follow the same rules as normal fractions
<b><u>Probability</u></b>	
Tree Diagram	Shows the possible outcomes across the branches
Conditional probability	When the probability of one event depends on the outcome of another event
Mutually exclusive	When two outcomes of the same event cannot happen at the same time
And	X
Or	+

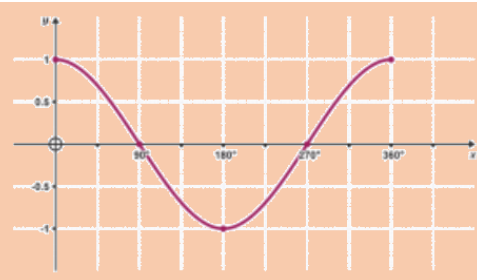
# Maths Higher

## Graphs of Trigonometric functions

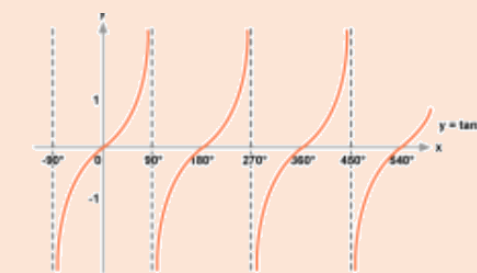
$$y = \sin x$$



$$y = \cos x$$



$$y = \tan x$$



## Transforming Graphs

Transformation from $y=f(x)$ to $y = f(x) + a$	Up ( + ) down ( - )	Transformation from $y=f(x)$ to $y = - f(x)$	Reflection in the x axis
Transformation from $y=f(x)$ to $y = f(x + a)$	Left ( + ) right ( - )	Transformation from $y=f(x)$ to $y = f(-x)$	Reflection in the y axis

## Velocity Time graphs

Acceleration	Change in velocity $\div$ change in time  Units are $m/s^2$
To find instantaneous speed	Find the gradient of a tangent on a distance-time graph
To find instantaneous acceleration	Find the gradient of a tangent on a velocity-time graph
To find distance travelled on a velocity time graph	Find the area between the graph and the x axis

## Science—Forces

Key Term	Definition
Acceleration	Change of velocity per second (in metres per second)
Braking distance	The distance travelled by a vehicle during the time it takes for its brakes to act
Conservation of momentum	In a closed system, the total momentum before an event is equal to the total momentum after the event. Momentum is conserved in any collision or explosion, provided no external forces act on the object that collide or explode
Deceleration	Change of velocity per second when an object slows down
Friction	The force opposing the relative motion of two solid surfaces in contact
Hooke's law	The extension of a spring is directly proportional to the force applied as long as its limit of proportionality is not exceeded
Limit of proportionality	The limit for Hooke's law applied to the extension of a stretched spring
Magnitude	The size or amount of a physical quantity
Newton's first law of motion	If the resultant force on an object is zero, the object stays at rest if it is stationary, or it keeps moving with the same speed in the same direction
Newton's second law of motion	The acceleration of an object is proportional to the resultant force on the object and inversely proportional to the mass of the object
Parallelogram of forces	A geometrical method used to find the resultant of two forces that do not act along the same line
Resultant force	A single force that has the same effect as all the forces acting on the object
Scalar	A physical quantity, such as mass or energy, that has magnitude
Stopping distance	The distance travelled by the vehicle in the time it takes for the driver to think and brake
Terminal velocity	The velocity reached by an object when the drag force it is equal and opposite to the force making it move
Thinking distance	The distance travelled by the vehicle in the time takes the driver to react
Upthrust	The upwards force that acts on the body partly or completely submerged in a fluid
Vector	A vector is a physical quantity such as displacement or velocity that has magnitude and a direction
Velocity	Speed in a given direction (in metres/second)



## Science—Rate of Reaction

Key Term	Definition
Collision theory	An explanation of chemical reactions in terms of reacting particles colliding with sufficient energy for a reaction to take place
Activation energy	The minimum energy needed for a reaction to take place
Catalysts	A substance that speeds up a chemical reaction by providing a different pathway for the reaction that has a lower activation energy. The catalyst is chemically unchanged at the end of the reaction
Reversible reaction	A reaction in which the products can re-form the reactants
Hydrated	Describes a substance that contains water in its crystals
Anhydrous	Describes a substance that does not contain water
Closed system	A system in which no matter enters or leaves
Equilibrium	The point in a reversible reaction at which the forward and backward rates of reaction are the same. Therefore, the amounts of substances present in the reacting mixture remain constant
Le Chatelier's principle	When a change in conditions is introduced to a system at equilibrium, the position of equilibrium shifts so as to cancel out the change

## Spanish

Spanish	English	Spanish	English
¿En qué trabajas?	What is your job?	¿Qué tipo de persona	What type of person are
Soy... / Es...	I am... / He/She is...	Creo que soy...	I think I'm...
Me gustaría ser.../ trabajar de...	I would like to be... / work as...	ambicioso/a	Ambitious
abogado	a lawyer	comprensivo/a	understanding
albañil	bricklayer	creativo/a	creative
azafato/a	flight attendant	extrovertido/a	outgoing
bombero	a firefighter	fuerte	strong
camarero/a	waiter / waitress	trabajador(a)	hard-working
cocinero/a	cook	Quiero ser ...	I want to be...
contable	accountant	Gano ... euros por hora	I earn ... euros an hour
enfermero/a	nurse	Trabajo en equipo	I work in a team
fontanero/a	plumber	Mis prácticas laborales	My work experience
funcionario/a	a civil servant	Hice mis prácticas laborales en...	I did my work experience in...
médico/a	doctor	El primer / último día ayudaba...	On the first / last day
periodista	journalist	conocí a / llegué...	I met / I arrived...
profesor(a)	teacher	Cada día/Todos los días	Each / Every day...
Es un trabajo...	It's a ...	archivaba documentos	I filed documents
con un buen sueldo	with a good salary	empezaba / terminaba a las ...	I started / finished at...
Tengo que... / Suelo...	I have to... / I tend to...	hacía una variedad de tareas	I did a variety of tasks
cuidar a los clientes	look after the customers	iba en transporte público	I went by public
contestar llamadas telefónicas	answer telephone calls	Mi jefe/a era...	My boss was...
enseñar / vigilar a los	teach / supervise the	Mis compañeros eran...	My colleagues were...
preparar platos distintos	prepare different dishes	Los clientes eran...	The customers were ...
reparar coches	repair cars	El trabajo era duro.	The job was hard.
servir comida y bebida	serve food and drink	Aprendí muchas nuevas habilidades	I learned lots of new skills

## French

French	English	French	English
Les professions	Jobs	mécanicien(ne)	mechanic
Je voudrais être ...	I would like to be a(n) ...	médecin	doctor
acteur/-trice	actor/actress	professeur	teacher
agent de police	policeman/woman	J'ai l'intention de/d' ...	I intend to...
coiffeur/-euse	hairdresser	Mon rêve serait de/d' ...	My dream would be to ...
électricien(ne)	electrician	aller à l'université	go to university
infirmier/-ère	nurse	entrer en apprentissage	do an apprenticeship
ingénieur(e)	engineer	faire du bénévolat/ travail volontaire	do charity/voluntary work
Journaliste	journalist	prendre une année	take a gap year
Ça m'intéresserait de travailler dans ...		I would be interested in working in ...	
Mon rêve serait de faire carrière dans		My dream would be to have a career in	
Mon ambition/Mon but est de trouver un poste		My ambition/aim is to find a job in ...	
Le secteur/L'orientation qui m'attire/m'intéresse		The sector/direction that attracts/ interests me	
L'important pour moi est d'avoir un métier bien		The important thing for me is to have a well-paid job	
faire quelque chose de satisfaisant/gratifiant/ d'intéressant		do something satisfying/ stimulating/rewarding/ interesting	
Le salaire a moins d'importance pour moi.		The salary is less/very important to me	
Avant de continuer mes études, ...		Before I continue my studies ...	
Après avoir terminé mes examens, ...		After having finished my exams ...	
Après avoir quitté le collège, ...		After having left school ...	
Plus tard/Un jour, ...		Later on/One day ...	
Je veux/J'aimerais/Je préférerais/J'espère ...		I want/I would like/I would prefer/I hope to...	

## History—Elizabethan England

Key Term	Definition
Inherit	To gain possessions after someone has died
Treason	An attempt to kill or overthrow the Monarch or betray the country; punishable by death
Royal Court	The nobles, advisors and others who surrounded the Monarch
Nobility	The earls, dukes, lords and ladies; the most respected members of society; they were given special rights and privileges and owned most of the land
Secretary of State	The leader of the Privy Council; a very powerful position
Militia	A non-professional army raised to fight for a particular cause, e.g. to defeat a rebellion or fight a war
Privy Council	A Monarch's private councillors
Gentry	High social class ranked below the nobility; they might be local JPs or hold similar office
Patronage	Land, titles or power given to ensure an individual's support
Poor Laws	Laws introduced from 1601 to deal with the growing problem of poverty
Succeed	To take over the throne
Exile	Being sent to live in another country that is not your own, especially for political reasons
Pope	The head of the Catholic Church
Mass	A Catholic church service
Monopoly	The exclusive right to trade in a particular product
Ruff	An item of clothing worn around the neck
Patron	Someone who funds the work of an artist or performing group
Pamphlet	Short document usually printed to spread a particular political or religious message
Alchemy	The 'science' of turning ordinary metal into gold
Gloriana	Title given to the reign of Elizabeth I; meaning glorious grace
Pauper	The poorest members of society who were unable to find work
Retinue	A group of advisors or guards (i.e. private armies) accompanying an important person
Reformation	The split of Protestantism from the Catholic Church beginning with Martin Luther in 1517; the English Reformation refers to Henry VIII's break from Rome
Monastery	A building occupied by Monks
Enclosure	An area surrounded by a barrier
Rack Renting	Demanding an excessive or extortionate rent from a tenant or for a property
Inflation	A currency becoming worth less, shown through rapidly rising prices
Urban	Relating to a town or city
Deserving Poor	People who were poor through no fault of their own; the old, sick or wounded or people who tried to find work but were not able to

## History—Elizabethan England

Key Term	Definition
Almshouse	Charity building set up to provide food and rest for the poor
Undeserving Poor	Dishonest poor people who tried to trick others out of their money
Stocks	Method of punishment for begging and other crimes; criminals would be held by the hands and feet while people threw things at them
House of Correction	Where beggars would be forced to spend the night as punishment
Flogged	To be whipped, a punishment used for begging and other crimes
Vagrant	A person without a settled home or work who wanders and lives by begging
Circumnavigate	To travel all the way around something
Privateer	A ship's captain with royal permission to attack foreign ships
Armada	The fleet of Spanish ships sent to attack England in 1588
Lateen	A triangular sail that was invented in the 16th C; it allowed ships to move much quicker
Astrolabe	A navigation tool that allowed for much more accuracy at sea
Colony	Land controlled by another country
Protestant	General term describing Christians that left the Catholic Church
Catholic	To do with the religion of Roman Catholicism
Recusancy	When a person refused to attend services of the Church of England
Papal Bull	Special message issued by the Pope
Excommunicate	Officially removed from the catholic Church by order of the Pope
Seminary	A training college for priests
Missionary	Someone whose aim is to spread their religious faith
Counter-Reformation	The reform of the Catholic Church in Rome in the 16th and 17th C, in response to the Protestant Reformation
Surplice	A white gown worn by priests in the Church of England
Presbyterian	A Protestant Church that believes Bishops should be replaced by elders
Popish	Term for a supporter of the Pope
Prophesying	A meeting of Protestant clergy which usually involved criticism of the English Church under Elizabeth
Clergy	Members of a religious order, e.g priests
Separatist	Someone who wants to break away from the mainstream
Martyr	Someone who has died for their religious beliefs
Iconoclasm	The destruction of religious images and sculptures (icons)
Fireship	A burning ship sent into an enemy convoy or harbour

## Geography—Hot Deserts

Key Term	Definition
Abiotic	Components in an ecosystem that are non-living environmental factors
Accessibility	The ability to reach a place with respect to another place
Adaptation	Actions taken to adjust to natural events such as climate change, to reduce damage, limit the impacts, take advantage of opportunities, or cope with the consequences
Appropriate technology	Technology suited to the needs, skills, knowledge and wealth of local people and their environment
Aquifer	Underground water source
Arid	Dry, with little or no rainfall
Biotic	Components in an ecosystem that are living such as plants and fish
Commercial farming	Growing crops or raising livestock for profit, often involving vast areas of land
Contour traps	Embankments built along the contours of slopes to prevent soil from being washed down during heavy rainfall
Evaporation	The process of water changing from liquid to vapour
Extreme temperatures	Temperatures that present challenges for people, animals and plants living in certain environments
Fuelwood	Wood that is burnt as fuel
Irrigation	Artificial application of water to the land or soil
Johads	Man-made drinking water source found in the Thar Desert, Pakistan
Nocturnal	Active during the night
Nutrient cycle	On-going recycling of nutrients between living organisms and their environment
Over-cultivation	Where the intensive growing of crops exhausts the soil leaving it barren
Overgrazing	Feeding too many livestock for too long on the land, so it is unable to recover its vegetation
Ponding banks	Areas of land enclosed by low walls to store water
Salinisation	A constant flow of water containing salts combined with high rates of evaporation leads to a build-up of salts on the land surface, often the result of over-irrigation in arid regions
Soil erosion	Removal of topsoil faster than it can be replaced, due to natural, animal and human activity
Tobas	A natural drinking water source found in the Thar Desert, Pakistan

## Creative I Media

Key Term	Definition
Two dimensional	They can be measured in length and width, but they have no depth
Three dimensional	Giving the illusion of depth or varying distances
Physical characteristic	A feature of the body – body language, clothes, items, design of the body parts
Facial Characteristics	A feature of the face – expressions, design of the facial feature
Visualisation Diagram	A visual representation of what the final product will look like. It will be represented by an image of the product and annotations of the design
Mood Board	A collection of sample materials and products created using paper / cards on a notice board or with digital media software
Mind Map	A diagram used to organise thoughts and ideas based on a central idea.
Work Plan	A document used to plan the order in which work will be done
Test Plan	A document that outlines tests to be carried out on the final product
Client	The person or company who has asked for the media product to be made
Client Brief	The project brief which is produced for a design team detailing detailed requirements from the client
Target Audience	A particular group at which a product such as a film or advertisement is aimed at
Advertising Product	A product made with the intention of selling a product
Education Product	A product made with the intention of teaching about a subject
Entertainment Product	A product made with the intention of entertaining the audience
File Format	The format in which the final product will be produced which will affect the file size and the way in which it can be accessed
Resolution	The quality of the image measured in dots per inch (DPI)
Assets	Sound, image or text that contributes to the creation of a product
Vector	A digital graphic made of paths generated by calculations. Can be scaled to any size without quality loss
Raster / Bitmap	A digital graphic made of pixels. Cannot be scaled without change in quality of the image
Wireframe / Mesh	The “bones” of a 3d character. A “skin” or “texture” is applied to add costume and design
Royalty Free	This means that a piece of work, idea or invention can be used without the need to pay a fee
Copyright	A form of intellectual property law, that protects original works of authorship including literary, dramatic, musical, and artistic works

## Business

Key Term	Definition
Organisational structures	A system that outlines how certain activities are directed in order to achieve the goals of an organisation
Layers	The levels of job roles in the business
Hierarchical	Are known as tall organisations because they have lots of layers of management
Span of control	The number of employees that are managed by a manager
Flat structure	Is one with very few levels of management
Centralised	Means that decisions are made at the 'centre' of the organisation
Decentralised	Opposite of centralised, empowering managers to make decisions at a local level
Accountability	Being responsible for something and being held responsible for it & its outcomes
Jargon	Technical or obscure words or terms used by a particular group
Flexible hours	Employees can be asked to work varying hours by being given a zero hours contract
Zero hours contract	Here, the employee does not know how many hours they will work each week
Permanent contract	An employee is employed on an on-going basis
Temporary contract	An employee will be employed for a fixed amount of time
Freelance contract	A business may ask a freelancer to work with them on a particular project
Freelancer	Someone who is self-employed & contracted by businesses to work for them.
Effective recruitment	
Recruitment	Attracting the right applicants & identifying the most suitable candidates
Roles	These are different jobs within a business
Responsibilities	The things that someone is required to do in order to fulfil their role in a business.
Recruitment documents	There are four main documents used in the recruitment process: 1. the person specification. 2. The Job Description. 3. The application form. 4. The CV.
Person specification	Outlines the type of person required for a role. Including qualifications, experience & personal attributes.
Job description	Outlines the duties & responsibilities of the person doing the job.
Salary band	A particular salary category.
Essential requirements	Things a candidate must have.
Desirable requirements	Things that a candidate may not have, but this may be helpful when fulfilling the role.
Internal recruitment	When a role is advertised to the business's existing employees.
External recruitment	When a role is advertised to potential applicants both inside & outside the business.



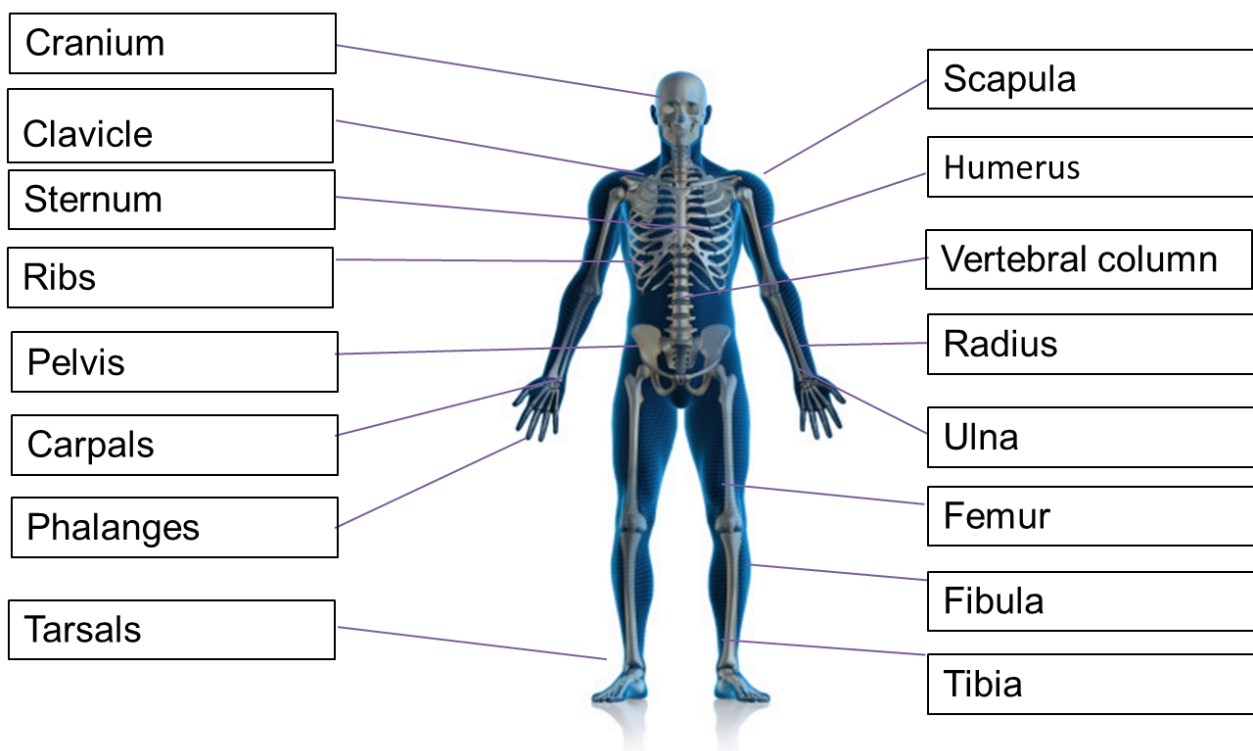
## Business

Key Term	Definition
<b><u>Training &amp; development</u></b>	
Formal training	Is structured training, such as taking a course or gaining a qualification
Informal training	Less structured, delivered by a colleague & takes place as and when required
Self learning	Occurs when a person teaches themselves something without being supervised by a teacher or tutor.
Ongoing training	Training that employees continue to do throughout their time in a role
Productivity	The measurement of how much work a business is able to complete
Target setting	Employees will often be set targets to fulfil in a given work period
Performance reviews	Meetings that managers have with employees to discuss the employee's performance in their role. These meetings may identify suitable training to use
Legislation	The laws that a country must comply with
Motivation	Reasons for behaving in a particular way. High motivation will increase productivity
Retain	Keep something or someone also known as retention.
Retention rate	$(\text{Number of employees who continued to be employed} / \text{total number of employees}) \times 100$
Retraining	Staff often need training to remember core practices and new technology
<b><u>Motivation</u></b>	
Employee motivation	Will offer better customer service & be more productive in better functioning teams. The reputation of the business will improve
Financial methods	Focus on giving employees more money, usually by increasing their salaries or by offering them payments for doing extra work
Remuneration	Refers to the money paid to an employee for working
Bonus	An additional amount of money paid to an employee if they achieve a target or high level of performance
Commission	An extra amount of money paid to an employee, usually if they make a certain number of sales.
Promotion	When an employee is given a more senior role in an organisation
Fringe benefits	Other benefits offered by a business that financially benefit employees
Non-financial methods	Non-monetary methods of motivation focus on developing an employee's role
Job rotation	Gives employees the chance to rotate through different jobs on a production line to reduce boredom
Job enrichment	The process of adding more interesting elements to an employee's role in order to improve their motivation
Autonomy	Having the independence to make your own decisions.
Job satisfaction	The sense of achievement or fulfilment that an employee gets from their job.

## PE

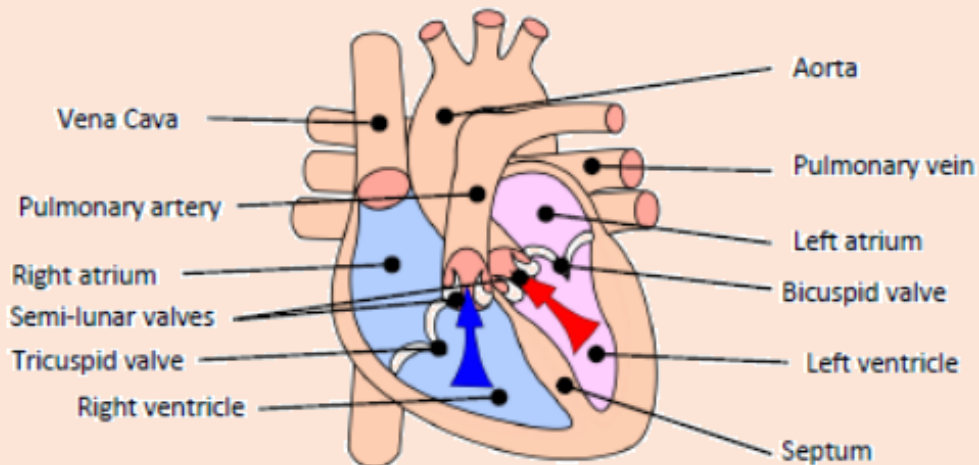
<u>Function of the skeleton</u>	<u>Classification of joints</u>
Protection of vital organs	Pivot (neck – atlas and axis)
Muscle attachment	Hinge (elbow and knee)
Joints for movement	Ball and socket (hip and shoulder)
Blood cell production (platelets, red and white)	Condyloid (wrist)
Storage of calcium and phosphorus	

Key Term	Definition
Flexion	Decreasing the angle at a joint (bending)
Extension	Increasing the angle at a joint (straightening)
Adduction	Limbs moving towards the midline of the body.
Abduction	Limbs moving away from the midline of the body.
Rotation	A twisting/turning action around a joint.
Circumduction	A combination of flexion, extension, adduction & abduction.
Dorsi-Flexion (ankle joint)	When the toes are turned up to the body.
Planter-Flexion (ankle joint)	When the toes are pointed away from the body.



## PE

Key Term	Definition
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Deoxygenated blood = BLUE (Right side)

Oxygenated = RED (Left side)

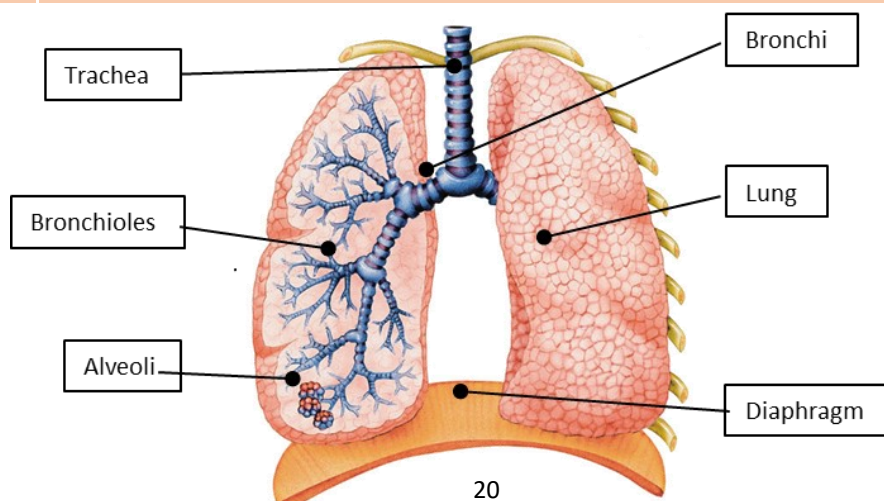
### Components of blood

Red blood cells	Carry oxygen from the lungs to the working muscles + Removes CO <sub>2</sub> .
Haemoglobin	A protein that binds and carries oxygen molecules.
White blood cells	Are part of the immune system and fight disease and infection.
Platelets	Blood platelets are formed in the bone marrow and are essential in the clotting of blood. Platelets are the workhorses of the cardiovascular system.
Plasma	Blood plasma is made up of 90% water. It contains a range of substances that aids the circulation between cells and tissues.
Arteries	Carry blood away from the heart, Oxygenated blood (except pulmonary artery) Thick/elastic walls High pressure Small lumen
Veins	Carry blood back to the heart Deoxygenated blood (except pulmonary vein) Thin walls + larger lumen Lower pressure Valves
Capillaries	In the tissue Site of gaseous exchange Very thin walls

## PE

<u>Immediate Effects of Exercise</u>	<u>Long Term Effects of Exercise</u>
Heart rate increases Increased stroke volume Increased blood pressure Vascular shunting occurs Increased cardiac output Muscular fatigue	Cardiac hypertrophy & Muscular hypertrophy Increased cardiac output & stroke volume Increased ability to carry oxygen and remove carbon dioxide Increased muscular strength, endurance and power Faster returning of resting heart rate (recovery). Lowered resting heart rate Growth/development of capillaries Enhanced gaseous exchange

Key Term	Definition
Respiratory System	Is the network of organs and tissues that help you breathe
Trachea	The airway that leads from the larynx to the bronchi. Also called the windpipe
Bronchi	The large air passages that lead from the trachea to the lungs
Bronchioles	Are the very small tubes that branch out from the bronchi
Lung	One of a pair of organs in the chest that supplies the body with oxygen and removes carbon dioxide from the body.
Alveoli	Tiny air sacs in the lungs where the exchange of oxygen and carbon dioxide takes place
Diaphragm	Is located just below the lungs and heart. It contracts continually as you breathe.
Diffusion	Is the movement of molecules from an area of high to a low concentration
Capillaries	The tiny blood vessels throughout the body that connect arteries and veins
Oxygen	What is moved from your lungs into your blood
Carbon dioxide	What is moved from your blood to the lungs
Tidal Volume	The amount of air inhaled and exhaled per breath. Resting value = 500ml
Vital Capacity	The maximum amount of air exhaled following a maximal breath in.
Frequency	The number of breaths taken per minute. Resting value – 12-20 breaths



## Music

Key Term	Definition
Riff	A short, catchy musical phrase
Syncopated	Rhythms that are played off the beat
Pentatonic scale	A musical scale with five notes per octave, commonly 1, 2, 3, 5 and 6 of the major scale
Ostinato	A repeated pattern of notes
Syllabic	Lyrics sung with one syllable of text per musical note
Toto	American rock band
Ascending	Getting higher in pitch
Descending	Getting lower in pitch
David Paich	Lead and backing vocals, synthesiser, piano. Co-wrote the song
Bobby Kimball	Lead and backing vocals
Steve Lukather	Electric guitar and backing vocals
Steve Porcaro	Synthesisers
David Hungate	Bass guitar
Jess Porcaro	Percussion, co-writer of the song
1981	Year the song was recorded
Verse-Chorus form	The structure used in Africa
B major	The tonality in most of the song
A major	The tonality in the chorus
Homophonic	The texture in the song

## Hospitality and Catering

Key Term	Definition
Nutrients	Natural chemical substances in foods that are essential for body growth, function and health
Balanced Diet	A diet that provides a person with the right amount of nutrients for their needs
Diet	The food people eat every day
Biological Value	A measure of the amount of essential amino acids a protein based food contains
Nutrition	The study of what people eat and how all the nutrients in foods work together in the body
Sources	The foods in which nutrients are found
Whole Foods	Foods that have not had any nutrients removed during processing
Amino Acids	Building blocks of protein
High Biological Value Proteins	Foods that contain all the essential amino acids
Low Biological Value Protein (LBV)	Foods that are missing one or more of the essential amino acids
Protein Complementation	Combining two or more LBV proteins together to get all the essential amino acids

## Performing Arts

Key Term	Definition
Pitch	Is a presentation that is created with the intention of selling or gaining funding for a specific idea. In performing arts theatre companies will present pitches outlining their
Director	Is in charge of organising rehearsals and ensuring that scenes are rehearsed and polished
Technical Constraints	This is where you look at a performance venue and see what regulations or rules the theatre have which may affect your production
Advertising	This is where you can use posters/radio/TV/social media to promote your production. You should aim this at your target audience
Image to Action	This is the name of the brief you are using for the production idea. This links to use photos or paintings and creating performances based on them
Transferable skills	This is what you will be marked on as a team. This is your communication skills and general team working nature during the production pitch. This can also be seen in your
Minutes Meeting	This is a record of attendees, discussion points and jobs to be done and by who that is taken during a meeting. This enables all those involved to be aware of what deadlines
Brief	A brief is an outline of what a certain investor or company want from a specific piece of theatre. For example a brief could be 'To Inform, educate and entertain'.
Budget	Is a document that shows how much money is spent and how much money is earned. This gives them and idea of their overall profit.
Profit	This is how much money you will make from your production once it has been in the theatre running for some time.

## Art

Key Term	Definition
Concept	Is about determining a specific image of how a design will look. It involves the choice of colours and shape
Brand	Refers to a business and marketing concept that helps people identify a particular company, product, or individual
Identity	Visual identity is a preview of your brand. Each part of your design is a clue that tells the viewer what they can expect
Logo	It is a design that is used by an organisation for its letterhead, advertising material, and signs as an emblem by which the organization can easily be recognized, also called logotype
Colour psychology	Is the study of how colours affect people's feelings and emotions
Illustration	Is a drawing (or painting, collage, engraving, photo, etc.) that explains something
Art work	Is an aesthetic physical element or artistic creation
Target audience	Is a distinct group of consumers which can be identified as purchasers of a company's product or service
Packaging design	Involves the design and creation of a product's container and how it looks to consumers who might purchase it
Product	Is the item offered for sale. A product can be a service or an item
Design Brief	Is an outline that focuses primarily on the business objectives, outcomes, and results of project design, rather than the actual design itself



## Graphic Design

Key Term	Definition
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