Learning with Parents/Carers Quiz Booklet

Year 10

Spring Term 2023-24



B8 Photosynthesis

	QUESTION	ANSWER
1	What is an example of a producer?	Plants and algae
2	What is the word equation for photosynthesis?	Carbon dioxide + water → oxygen + glucose
3	What type of reaction is photosynthesis?	Endothermic
4	How does carbon dioxide get into the plant?	It diffuses through the stomata
5	Where does photosynthesis take place?	Chloroplasts
6	What traps the sunlight needed for photosynthesis?	Chlorophyll
7	What is an example of an exothermic reaction?	Respiration, combustion
8	What is an adaptation of a leaf for photosynthesis?	Broad leaves creating a large surface area, lots of chlorophyll to absorb sunlight, surrounded by veins, lots of air spaces.
9	Give an example of a limiting factor of photosynthesis.	Light intensity, carbon dioxide concentration and temperature
10	Why should you use a LED light when investigating the effect of light on photosynthesis?	It doesn't give off heat, which can also affect the rate of photosynthesis
11	How does light intensity affect the rate of photosynthesis?	The higher the light intensity, the faster the rate of photosynthesis.
12	How do plants store glucose?	As starch
13	What do plants need cellulose for?	Strengthening of the cell wall
14	What do seeds store in plants?	Fats
15	How does glucose help with protein synthesis in plants?	It can be used to make amino acids
16	What reaction do plants need glucose for?	Respiration
17	What chemical can be used to test for the presence of starch?	lodine will turn black if starch is present
18	What is hydroponics?	When plants are grown in water with the perfect balance of nutrients
19	Why do greenhouses help with plant growth?	Create a warm temperature and let light in
20	What gas do farmers provide to plants to promote growth?	Carbon dioxide
21	Why do farmers want to have efficient plant growth?	They can make more profits
22	What does endothermic mean?	A reaction that absorbs/takes in energy.
23	What does exothermic mean?	A reaction that gives out energy.
24	What is the chemical formula for glucose?	$C_6H_{12}O_6$

Biology

	QUESTION	ANSWER
1	Where does aerobic respiration occur in a cell?	Mitochondria
2	Where does anaerobic respiration occur in a cell?	In the cytoplasm
3	What is required for metabolic reactions such as muscle contraction/ maintaining body temperature, active transport?	respiration (to produce energy)
4	State one response of the body to exercise	Increase in heart /breathing rate. Glycogen converted into glucose/increased blood flow to the muscles
5	What happens to the glycogen stored in the muscles during exercise?	converted into glucose for energy
6	What is the breakdown for glucose without oxygen (to release a small amount of energy) called ?	Anaerobic reaction
7	Is respiration exothermic or endothermic process?	Exothermic
8	Exothermic reaction that breaks down glucose to release energy using oxygen	Aerobic respiration
9	Where is glycogen stored?	In the skeletal muscles and liver
10	How do yeast cells respire?	Anaerobically
11	What is this type of respiration in yeast called?	Fermentation
12	What is produced by the anaerobic respiration of yeast that makes the dough rise?	Carbon dioxide
13	What is the breakdown product of amino acids in humans?	Urea
14	What are the products of anaerobic respiration in plants?	Alcohol and carbon dioxide
15	What is the product of anaerobic respiration in mammalian muscular tissue?	Lactic acid
16	How is lactic acid removed from the muscles?	By the blood flow in the muscles
17	What is lactic acid broken down into?	Lactic acid is oxidised into carbon dioxide and water
18	How is lactic acid produced?	by the incomplete breakdown of glucose during respiration, due to lack of oxygen
19	How is the energy released during respiration used by animals?	For muscle contraction
20	How is the energy used by birds and mammals?	to maintain a steady body temperature in colder environment.
21	How is the energy used by plants?	to build up sugars, nitrates and other nutrients
22	How is glucose stored in muscles?	as glycogen
23	What is the sum of all the reactions in the body known as?	Metabolism
24	Name four examples of metabolic reactions	Conversion of glucose to glycogen, respiration, photosynthesis(in plants). Breakdown of excess proteins.

Business Studies

	QUESTION	ANSWER
1	Define a customer	A person who buys the product/service
2	Define a consumer	A person who uses (consumes) the product
3	What are the 4 elements of the marketing mix?	Product, Price, Promotion, Place
4	What are "fixed" costs? Give an example	Costs that remain the same. e.g. Rent
5	What are "variable" costs? Give an example	cost that varies with the level of output e.g. Raw material
6	What is the formula for total costs?	TC= Fixed costs + Variable costs
7	Business aims and objectives	A business aim is the overall target or goal of the business, whereas business objectives are the steps a business needs to take to meet its overall aims.
8	Who are the 8 stakeholders of a business?	Customers, shareholders, suppliers, government, pressure groups, employees, local community, managers
9	How do you calculate Sales revenue	Number of units sold* selling price per unit
10	What does PLC stand for?	Public Limited Company
11	What does LTD stand for?	Private Limited Company
12	DEFINE limited liability	Shareholders/owners are ONLY liable for the money they have invested
13	Define unlimited liability	Owners are liable for the company's debt. This means that they may have to sell their personal asset to settle to company's debt.
14	One advantage of a PLC	They can sell shares to the general public
15	One advantage of a LTD	Owners have limited liability
16	True or False Sole traders have limited liability	False Sole traders have unlimited liability
17	What is venture capital?	Venture capital is money that investors provide to a company that is starting up or expanding. Venture capital is usually used when there is an element of risk with the business.
18	What is Retained profit	Retained profit is profit that has been made by the business in previous years that is then reinvested back into the company.
19	What is a Bank overdraft	A bank overdraft is a facility that will allow you to withdraw more money from your account than is available. A bank overdraft is a short term source of finance.
20	What is Hire purchase	Hire purchase is used to purchase an asset, such as a delivery van or piece of equipment. A deposit is paid and the remaining amount for the asset is paid in monthly instalments over a set period of time. The business does not own the item until all payments are made.

Chemistry - C6 Electrolysis

	QUESTION	ANSWER
1	What is an anode?	the positive electrode in electrolysis
2	What is a cathode?	the negative electrode in electrolysis
3	What does oxidation mean?	loss of electrons
4	What does reduction mean?	gaining electrons
5	Rule to work out which ion will be reduced at the cathode in aqueous solution?	the least reactive element will be reduced, either hydrogen or the metal
6	Rule to work out which ion will be oxidised at the anode in aqueous solution?	Group 7 if present, if not oxygen.
7	What is the electrolyte in electrolsysis?	a compound, aqueous or molten, containing free-moving ions, which is broken down by electricity
8	What is brine?	concentrated sodium chloride solution the can undergo electrolysis to produce chlorine gas, hydrogen gas and sodium hydroxide solution
9	What is the electrolysis ?	the process by which ionic substances are broken down into simpler substances when an electric current is passed through them
10	When can ionic substances be electrolysed? Why?	When the are molten or dissolved Because only then are the ions free to move and carry charges.
11	Why do the carbon anodes have to be replaced regularly?	Because they gradually are used up as they react with oxygen to form carbon dioxide gas.
12	What is the Aluminium mixed with before electrolysis can happen? Why?	Cryolite, to lower its melting point
13	What happens at the anode?	attracts anions, there's loss of electrons, oxidation.
14	What happens at the cathode?	attracts cations, there's gain of electrons, reduction
15	What forms at the cathode and the anode in electrolysis?	Cathode- metals or hydrogen; anode – non-metals
16	What would you observe at each electrode and solution when brine (sodium chloride solution) is electrolysed?	chlorine at the positive electrode and hydrogen at the negative electrode, and sodium hydroxide solution
17	What would you observe at each electrode when copper chloride solution is electrolysed?	positive electrode- bubbles of gas (chlorine), negative electrode- electrode is coated with brown solid (copper)
18	What is the aluminium ore called?	bauxite
19	What happens to aluminium and oxygen when aluminium oxide is electrolysed?	Aluminium ions are positive and are attracted to the cathode and it's collected as aluminium metal; oxygen ions are negative and are attracted to the anode (made of graphite), where it reacts with the carbon to produce carbon dioxide
20	Rule to work out which ion form at the cathode and anode in molten compounds in electrolysis?	metal positive ions at the cathode, non-metal negative ions at the anode
21	What happens to hydroxide ions when aqueous solutions are electrolysed?	left behind in the solution
22	Test for hydrogen gas?	A lit splint will produce a 'squeaky pop' sound.
23	Test for chlorine gas?	it will bleach damp litmus paper from blue to white
24	Test for oxygen gas?	a glowing splint will re-light

Chemistry- C7 Energy Changes

	QUESTION	ANSWER
1	What is an exothermic reaction?	Reactions when energy is transferred from the reacting chemicals to their surroundings.
2	What is an endothermic reaction?	Reactions when energy is transferred from the surroundings to the reactants.
3	Burning fossil fuels is an example of which type of reaction?	Exothermic
4	Thermal decomposition is an example of which type of reaction?	Endothermic
5	Neutralisation is an example of which type of reaction?	Exothermic
6	Respiration is an example of which type of reaction?	Exothermic
7	Photosynthesis is an example of which type of reaction?	Endothermic
8	Hand warmers and self heating cans are good examples of uses of which type of reaction?	Exothermic
9	Cold packs for sports injuries are good examples of uses of which type of reaction?	Endothermic
10	What does a reaction profile diagram show?	It's a graph that shows changes in energy that occur during a chemical reaction.
11	The products are at a lower energy level than the reactants in what type of reaction?	Exothermic
12	The products are at a higher energy level than the reactants in what type of reaction?	Endothermic
13	What is activation energy?	The minimum amount of energy needed for colliding particles of reactants to cause a reaction.
14	True or false: Breaking bonds release energy.	False
15	True or false: Forming bonds absorb energy.	False
16	What is bond energy?	The energy needed to break the bond between two atoms.
17	What is bond energy measured in?	kJ/mol
18	What do you need to find to calculate the energy change for a chemical reaction?	1) Calculate how much energy is needed to break bonds in a reactant. 2) Calculate how much energy is released when new bonds are formed.
19	What type of ions do metal atoms become and why?	Positive ions because they lose electrons.
20	When two metals are dipped in a salt solution and joined by a wire, what will the more reactive metal do?	It will donate electrons to the less reactive metal.
21	How can voltage be increased in a simple electrical cell?	If you have a greater the difference in reactivity between the two metals.
22	Why is hydrogen a good alternative to fossil fuels?	Combusting hydrogen does not produce carbon dioxide.
23	How else can hydrogen be used as a fuel?	Hydrogen and oxygen can be fed to fuel cells to produce water.
24	Hydrogen gas is oxidised to produce what in the hydrogen fuel cell?	It produces a source of electrons to react with hydroxide ions to form water.

Child Development

	QUESTION	ANSWER
1	What are the 3 signs that labour has started?	A show Waters breaking Contractions start
2	What are the 3 stages of labour?	Stage 1 - Neck of the uterus opens Stage 2 - Birth of the baby Stage 3 - Delivery of the placenta
	What is a 'show'?	The loss of blood-stained mucus.
3	What is the fluid which is released when the waters break?	Amniotic fluid?
4	How many centimetres is considered to be a fully dilated cervix?	10 cm
5	Which professional manages a forceps delivery?	Obstetrician
6	What is a deliberate cut in the perineum called, which is made to widen the vaginal opening?	Episiotomy
7	What is an elective caesarean section?	This is a planned caesarean birth, whereby the baby is delivered surgically through a surgical opening in the mother's abdomen and uterus.
8	What does APGAR stand for?	Activity, Pulse, Grimace, Appearance, Respiration
9	Is an APGAR score of 9 good?	Yes, it signifies a healthy baby
10	What is the downy hair on a newborn called?	Lanugo
11	What is the white, greasy substance on newborns at birth called?	Vernix
12	Which 3 measurements are recorded and plotted on centile charts?	Weight, length, head circumference
13	Where are the centile charts kept?	In a Personal Child Health Record (often called the 'Red Book')
14	What is the average weight of a newborn, in kg?	2.7-4.1kg
15	What is the average head circumference of a newborn, in cm?	35cm
16	Which parts of a newborn baby are checked during a newborn's physical examination? List 3.	Feet, fingers, hips, eyes, heart, testicles, fontanelle
17	What does the heel prick test (blood spot test), test for?	Sickle cell disease, cystic fibrosis, congenital hypothyroidism, phenylketonuria (PKU), mediumchain acyl-CoA dehydrogenase deficiency (MCADD), maple syrup urine disease (MSUD), isovaleric acidaemia (IVA), glutaric aciduria type 1 (GA1), homocystinuria (pyridoxine unresponsive) (HCU).
18	At what point does the health visitor take over providing care from the midwife?	10 to 14 days post (after) delivery
19	What does SIDS stand for?	Sudden Infant Death Syndrome
20	How should babies sleep?	On their backs, 'feet to foot', blankets no higher than shoulders, in their parents' room until they are at least 6 months, clean and firm, waterproof mattress
21	What is an ideal room temperature for a sleeping baby?	18 degrees centigrade
22	How many weeks after delivery is a mother's physical and emotional wellbeing checked by their GP at their postnatal check?	6 weeks
23	List 5 developmental needs	Warmth, feeding, love and emotional security, rest and sleep, fresh air, exercise, cleanliness and hygiene, stimulation

Citizenship Spring Term Y10

	QUESTION	ANSWER
1	What is the UK's central bank responsible for issuing currency and overseeing monetary policy?	Bank of England.
2	When does a budget deficit occur?	When expenditure exceeds revenue.
3	Who leads specific policy areas like health and education as part of a team of Ministers known as the?	Cabinet.
4	Who is the chief financial Minister of the UK Government responsible for preparing annual budgets?	Chancellor of the Exchequer.
5	What is Corporation Tax based on?	Profits of businesses/corporations.
6	When do deflation and inflation occur?	Deflation is when prices decrease over time, while inflation is when prices increase over time.
7	What does the term "Economy" refer to?	All business activity and wealth creation in a country.
8	What are Excise Duties paid on, and give examples?	Paid on 'unhealthy' or environmentally damaging products like alcohol, tobacco, and fuel.
9	What is Income Tax paid on, and who pays it automatically?	Paid on money earned by working; employees.
10	What does "Local authority" refer to in government terms?	Local government for a specific area - typically councils.
11	What are "Local services" and who are they provided for?	Services provided for local communities, such as street lighting.
12	What is "National Insurance," and what state benefits does it contribute to?	A tax on earnings; contributes to benefits like pensions and maternity leave.
13	What is the process of altering or amending a law or document, often by parliamentary called?	Amendments.
14	How is a constitution defined, involving fundamental principles or established precedents for governing a state or organisation?	Constitution.
15	What type of constitution doesn't have all its parts in one document, but spread across various sources?	Uncodified Constitution.
16	What type of constitution has all its parts collected together in one document, like the USA Declaration of Independence?	Codified Constitution.
17	What are laws created by the Courts called?	Common Law.
18	What principle ensures that every person in society is subject to the same law?	Rule of Law.
19	What are acts of law made by parliament known as?	Statute Law.
20	What are famous pieces of literature related to the governance of a country, such as the Magna Carta?	Works of Authority (Authoritative Works).
21	What's a government type with a restrained monarch's power, governed by parliament, law, and the constitution?	Constitutional Monarchy.
22	What are long-standing rules or norms considered binding due to their duration?	Convention.
23	What's a country with regular free and fair elections, a free press, and citizen rights?	Democracy.
24	What's the transfer of power from central government to Scotland, Wales, and Northern Ireland in the UK called?	Devolution.

Computer Science

	QUESTION				ANSWER
	Consider a table named students with the following structure:			2:	
	student_id 1 2 3	first_name John Emma Michael	last_name Smith Johnson Davis	date_of_birth 2002-05-15 2003-08-22 2002-11-10	grade A B C
1	Write an SQL query to retric grade of students born afte		e, last name, and	FROM student	ame, last_name, grade ts of_birth > '2002-01-01'
2	Write an SQL query to retried date of birth of students whorder of first name			SELECT first_n FROM student WHERE grade ORDER BY first	= "A"
3	Write an SQL query to upda student_id equal to 2 to 'A+	_	student with	UPDATE stude SET grade = "A WHERE stude	\.\.\.\.\.\.\.\.\.\.\.\.\.\.\.\.\.\.\.
4	Write an SQL query to delet grade is 'C'.	e all records of s	tudents whose	DELETE FROM WHERE grade	
5	Assuming there's a new stu was born on '2004-04-28' a query to insert a new record students table.	nd has a grade of	f 'B', write an SQL	date_of_birth	tudents (first_name, last_name, , grade) nia', 'Turner', '2004-04-28', 'B')
	Additional table added calle	ed subjects with t	the following stru	cture:	
	subject_id CS HI En	student_id 1 2 3	subject Computer_Scie History English	ence	
6	Write a query that retrieves with their subject	the full name of	students along	subject.grad FROM stude	ents.first_name, students.last_name, le ents, subjects lents.student_id = subjects.student_id
7	Write a query to find the fu Computer Science subject	ll names of stude	ents who have a	FROM stude WHERE stud	ents.first_name, students.last_name ents, subjects lents.student_id = subjects.student_id AND oject = 'Computer_Science'
8	Write a query to find the full names of students who have a date of birth before 2003-01-01 and study History in ascending order of last name		FROM stude WHERE students. da students. da subjects.sub	ents.first_name, students.last_name ents, subjects dents.student_id = subjects.student_id AND ate_of_birth < 2003-01-01 AND bject = 'History' tudents.last_name ASC	
9	What are the two issues wit	th flat file databa	ses?	Inconsisten	cy and redundancy
10	What is a primary key			A primary ke	ey is a field, where every value stored in it will
11	What is a foreign key			_	y is a field in a table that references the of another table
12	Give 6 data types in SQL?			Date, Time, Char (fixed I Varchar (var	ole number) Decimal (number with a decimal component) Datetime (to store a dates and times) ength string up to 8,000 characters) riable length string up to 8,000 characters) le length string up to 2 GB of data)

Y10 GCSE Dance

	QUESTION	ANSWER
1	What is a choreographic approach?	How the choreographer created movement material. Eg. Improvisation, collaboration, choreographic tasks.
2	What is a choreographic intention?	What the choreographer would like the audience to learn about the dance
3	Identify 2 structuring devices.	 Binary Ternary Rondo Narrative Episodic Beginning/Middle/End
4	Identify 2 types of stimuli.	 Auditory visual tactile ideational (theme based) kinaesthetic (movement based)
5	What company premiered <i>Infra</i> in London?	The Royal Ballet premiered on 13 November 2008 at the Royal Opera House.
6	What dance style is used in <i>Infra</i> ?	Contemporary ballet. McGregor's dance style is distinctive for its speed and energy and for dynamic, angular, sinuous and hyperextended movements that push dancers to physical extreme.
7	What is the stimulus for <i>Infra</i> ?	 Infra comes from the Latin word for 'below' – the work presents a portrait of life beneath the surface of the city T.S Eliot: The Wasteland. 'under the brown fog of a winter dawn./A CROWED FLOWED OVER London Bridge, so many.'
8	What performance environments can be used for a professional dance work?	 Proscenium arch End stage In the round Site sensitive
9	What set is used in <i>Infra</i> ?	Set design by artist Julian Opie. An 18m LED screen is placed high on the black back wall. It runs the width of the stage , along which there is a mesmerizing flow of electronic walking figures.
10	What are the features of production?	 Set design Lighting Costume Aural setting
11	What choreographic approach did McGregor use when creating <i>Infra</i> ?	 McGregor uses three methods to generate movement vocabulary for the piece: SHOW a phrase to the whole or part of the cast – dancers watch and either recreate the phrase exactly or create a version MAKE a phrase on a target dancer or dancers – others watch and copy or develop TASK – set a choreographic task for dancers to complete or pose a choreographic problem for dancers to solve.
12	What are the 4 main skills for performance?	Expressive skills Physical skills Technical skills Mental skills

Y10 GCSE Dance

	QUESTION	ANSWER
13	Explain one way in which a dancer can improve their posture	Use visual aids e.g. mirror to correct posture Receive feedback from a peer/teacher. Improve core strength. Yoga/pilates
14	Define the term choreographic devices	Methods used to develop and vary material.
15	Give two reasons for cooling down after a dance class	Prevent build-up of lactic acid, prevent muscle soreness, mental preparation for the next class, helps heart rate return to normal, helps breathing return to normal, helps avoid dizziness, blood pooling in veins, reduce core temperature.
16	Describe the lighting used in <i>Infra</i>	Lighting design by Lucie Carter. The lighting relates closely to the structure, lights the width of the stage and often focuses downstage. Occasionally dancers are lit by shafts of light and at one point 6 rectangles of light frame 6 duets. Colours are used to highlight different sections.
17	Identify the structure used in <i>Infra</i>	The ballet comprises solos, duets and ensemble with many arresting moments, for instance 6 couples dance duets in six squares of light and a crowd surges across the stage, unaware of one woman's private grief.
18	Describe the costume seen in <i>Infra</i>	Costume design by Moritz Junge. Fitted shots, vests, t-shorts in flesh, black, white, grey colors for the dancers. One female dancer wears a short wrap-around skirt. One male dancer wears long trousers. The females wear pointe shoes, street clothes are worn for the brief appearance of the crowd.
19	Identify the four performance environment of Infra	Proscenium arch/ theatrical setting.
20	Describe the aural setting of <i>Infra</i>	Music by Max Richter. Sound design by Chris Ekers. The score mixes melancholy string melodies with electronic sounds and everyday sounds such as train-whistles.
21	How many dancers perform <i>Infra</i> and what is the duration of the performance.	12 dancers (6 female/6 male). Brief appearance of a crowd who cross the stage. Duration – 28 minutes.

Design and Technology

	QUESTION	ANSWER
1	ABC Company has a total variable costs of £50,000 and fixed machining costs of £30,000 which it incurred while producing 10,000 widgets. The cost per unit is?	(£30,000 fixed costs + £50,000 variable costs) / 10,000 units = £8 cost per unit
2	In the following month, ABC produces 5,000 units at a variable cost of £25,000 and the same fixed cost of £30,000. The cost per unit is?	(£30,000 fixed costs + £25,000 variable costs) / 5,000 units = £11 per unit
3	A model boat is made to a scale of 1:30 (1 to 30). This scale concept can be applied to any units, so 1mm measured on the model is 30mm on the actual boat; 1cm measured on the model is 30cm on the actual boat. If the 1:30 model boat is 15cm wide, how wide is the actual boat?	1cm on the model = 30cm on the boat, so: $15\text{cm} \times 30 = 450\text{cm}$. 15cm on the model = 450cm (4.5m) on the boat $15 \times 30 = 450\text{cm}$ wide, or 4.5 metres
4	If the boat has a sail of height of 12m, how high is the sail on the model made to a scale of 1:30?	30cm on the boat = 1cm on the model so sail height on real boat \div 30 = sail height on model 1200cm (12m) on the boat = 1200cm \div 30 = 40cm on the model
5	A storage unit is in the shape of a hemisphere on top of a cylinder. The surface of the storage unit is to be painted. Calculate the area to be painted.	To find the surface area of the hemisphere, first find the surface area of a sphere. Surface area of sphere = $4\pi r 2 = 4 \times \pi \times 52$ (where $r = 5m$) = $314.16m2$ (using ' π ' button on calculator) Surface area of hemisphere = $314.16 \div 2 = 157.1m2$ (Remember, units for surface area are units² as it is an area). Next, find the surface area of the cylinder. Remember, only the curved surface is being painted so do not include the lid and base in the formula! Surface area of cylinder (curved surface) = $2\pi r h$ (where $r = 5m$, $h = 8m$) = $2 \times \pi \times 5 \times 8 = 251.33m2$ Total surface area of composite shape = $157.1 + 251.3 = 408.4m^2$
6	Design Frequency A student shows 5 different designs to 45 different potential end users to seek their	To calculate the angles needed for pie charts, divide 360 by the total frequency (as there are 360° in a circle).
	2 8 opinion on which idea they thought was the best. The table shows the results.	360 ÷ 45 = 8.
	5 8 If a table was shown as a pie chart, what angle Total 45 would be needed to show idea 1?	Multiply this by the number in the 'idea 1' section, which is 13. $13 \times 8 = 104^{\circ}$.
7	A student is marking out a line across two parallel lines on a piece of acrylic. a) State the angle x and give one reason for this. b) Calculate the angle y.	a) X is 50°. Corresponding angles are equal. b) is 180 - 50 = 130°. Angles on a straight line add up to 180°
8	A triangular piece of mild steel is required as part of a concept. Study the image of the triangle below and calculate the missing angles n and m.	a) n = 180 - 50 = 130° b) m = 50+90 = 140, 180 (internal angles of a triangle)-140 = 40°
9	A concept model shown below is drawn in 2D forms from three different positions. Sketch the 3D shape that would be seen from each view point. Front elevation Plan view Side elevation	
10	A student needs to draw the shape below accurately during the prototyping design ideas. Calculate the area of the shape shown if the horizontal base line is 5cm long.	Area = πr^2 The radius is 5cm, represented by the horizontal line. Area = $3.142 \times 5 \times 5 = 78.57$ 78.57/4 = 19.64cm ²
11	Calculate the length of the arc of the shape shown.	Circumference of circle = πd or $2\pi r$ Circumference = 10 π cm and the angle 72° is of 360° Arc length = of 10π = 2π = 6.283cm (3 d.p.)
12	The pie chart below shows the quarterly sales totals of a mechanical nutcracker for 2023. Quarterly sales of Mechanical Nutcracker in 2023 Oct - Dec 15% Apr - Jun A	 i. October to December at 38% ii. Nuts are a seasonal and traditional food at Christmas where more people will need a nutcracker to open their nuts. There is a lot less demand in January to March after the build up to Christmas which is why the sales are reduced. iii. 28 x 5600 = 156 800 156 800 ÷ 100 = 1568 1,568 nutcrackers are sold between July – September

Drama

	QUESTION	ANSWER
1	Define the term: Ensemble	A group of people working together to create a performance.
2	Define the term: Devising	Creating something from scratch.
3	Define the term: Stimulus	A starting point for a performance
4	Define the term: Proxemics	The stage space between different characters to show their relationship.
5	Define Given Circumstances	The circumstances in a text at any given moment.
6	What are the 5 W's of Given Circumstances?	Who / What / Where / When / Why
7	What does Breaking the 4th Wall mean?	Breaking the imaginary wall between the actors and audience.
8	What is the difference between Naturalistic and Non-Naturalistic?	Naturalistic uses performance and technical elements to create the illusion of real life Non-Naturalistic uses the performance and technical elements to show what is happening on stage is not real to life.
9	What is genre in a production?	Genre is similarities in content and structure leading to recognizable feature for an audience.
10	What is style in a production?	How the content and structure are presented.
11	Identify the difference between Diegetic and Non- Diegetic.	Diegetic = sounds in the world of the character. Non-Diegetic = sounds that have been added, not in the world of the character.
12	What is a chorus in a play?	A group of performers who sing, move or recite in unison/as one.
13	List 3 Vocal Skills	Choose from: Pitch / Pace / Pause / Tone / Volume / Emphasis / Accent / Projection / Inflect
14	List 3 Physical Skills	Choose from: Gesture / Facial Expressions / Body Language / Gaze / Gait / Posture / Stance
15	Define the term: Blocking	The rehearsed sequence pf positions and movements on a stage.
16	Identify the difference between Objective and Super Objective	Objective = what the character wants to achieve within in a unit of action/bit. Super Objective = what the characters wants to achieve across the whole play.
17	Define the term: Monologue	A speech presented by a single character.
18	Define the term: Improvisation	To invent and create content on your feet
19	Define the term: Unit of Action	Sections of a play that can be divided up to have one objective in for a character.
20	What is the difference between canon and choral?	Canon = doing the same thing one after another. Choral = doing the same thing at the same time.

Y10 ENGLISH

	QUESTION	ANSWER
1	True or false? In 'The Strange Case of Dr Jekyll and Mr Hyde', Utterson and Enfield usually see each other once a month.	False. Utterson and Enfield usually go for walks together once a week.
2	In Chapter 1, what time of day does Enfield say it was when he first saw Hyde?	He says it was "about three o'clock in the morning".
3	What explanation does Enfield come up with for Hyde having a cheque from Jekyll?	Enfield believes that Hyde is black mailing Jekyll.
4	Define duality.	The quality or state of having two different or opposite parts or elements.
5	True or false. Mr Utterson is Dr Jekyll's lawyer.	True
6	What is the word for principles concerning the distinction between right and wrong or good and bad behaviour?	Morality
7	In 'An Inspector Calls', who is the last character to be interrogated by Inspector Goole?	Eric
8	What have the Birling family been doing just before Act 1 begins?	They are having a dinner to celebrate the engagement of Gerald and Sheila.
9	What is dramatic irony?	When the audience knows something the characters on the stage do not.
10	True or false. Mr Birling thought Eva Smith was good at her job.	True. Mr Birling describes her as a "good worker" who was on track for a promotion.
11	Give one way the lives of women changed between 1912 and 1945.	Women had gained more independence by 1945, including being given the right to vote.
12	Describe the role of men in middle class families in 1912.	They were expected to support their families financially and protect their wives and daughters.
13	Is English Language Paper 1 the fiction or non-fiction exam?	Fiction
14	What two things might you be asked to do for Language Paper 1, question 5?	Write to describe or narrate (a story).
15	What does PMSOAPS stand for?	Pathetic fallacy, Metaphor, Simile, Onomatopoeia, Alliteration, Personification, Sensory description.
16	In non-fiction writing, what is the difference between a perspective and a viewpoint?	A viewpoint is the way a writer thinks or feels about a topic. A perspective is the way writers might see a topic differently depending on when they are writing.
17	What is implicit information?	What is implied or suggested; not stately openly.
18	What does it mean to interpret?	Explain the meaning of something in your own words, showing your understanding.
19	True or false? Language Paper 2, question 2 asks you to synthesise information.	True
20	What does it mean to synthesise?	To combine information from different sources.
21	What is the focus on Language Paper 2, question 3.	Analysing how the writer uses language for effect.
22	What does AFOREST stand for?	Anecdote, Fact, Opinion, Rhetorical question/Repetition, Exaggeration/Emotive language, Statistic, Triple
23	What is rhetoric?	The art of persuasive speech or writing.
24	Define anaphora.	The repetition of the same phrase at the beginning of sentences.

French

	QUESTION	ANSWER
1	Name 4 types of house in French	Un apartement, un manoir, une maison individuelle, une maison jumelé
2	Name 5 rooms in a house in French	Le salon, la cuisine, la salle de bain, la salle à manger, ma chambre, la chambre de mon frère/mes parents/ma mère
3	Why is it important to use your highlighter when you answer questions for a reading activity	Using a highlighter helps you pick out the evidence before you answer the question
4	How do you say 'I live in Sutton'?	J'habite à Sutton.
5	Respond to this question: Où habites-tu? (Where do you live)	J'habite dans un bel apartement/une grande maisonà Sutton/Carshalton
6	Name 5 pieces of furniture in a house in French	Une chaise, Un table, un frigo, un lit, un armoire, un canapé
7	Translate this sentence into French: I live in a small apartment in the mountains.	J'habite dans un petit apartement à la montagne.
8	Translate into English: J'habite dans un chateau au bord de la mer.	I live in a castle by the seaside.
9	Qu'est-ce qu'il ya dans ta maison? (What is there in your house?)	Dans ma maison il y a un salon, une cuisine
10	Translate: Au rez de chaussée il y a un salon, une grande cuisine et une salle de bain.	On the ground floor there is a living room, a big kitchen and a bathroom.
11	Translate these picture card sentences into French: In the photo there is a big house. In the house there is a beautiful kitchen.	Sur la photo il y a une grande maison. Dans la maison il y a une belle cuisine.
12	How many parts does the past tense have?	Three
13	Name the parts of the past tense	The subject + the auxillary + the past participle or The who + The have + The changed verb
14	Translate this past tense sentence into French: Last weekend I visited my friend who lives in a manor in the countryside.	Le weekend dernier j'ai visité mon ami qui habite dans un manoir à la campagne.
15	Qu'est-ce qu'il n'y a pas dans ta maison? (What isn't there in your house?)	Dans ma maison, il n'y a pas de jardin et il n'y a pas de grenier.
16	Translate into English: J'aimerais avoir un télé dans ma chambre mais ma mère pense que c'est une mauvais idée.	I would like to have a television in my room but my mum thinks that it is a bad idea.
17	List 5 household chores you do in French	je fais le ménage, je fais le repassage, je fais la vaisselle, je fais la lessive, je fais mon lit, je lave la voiture, je mets la table, je passe l'aspirateur, je promene le chien, je range ma chambre
18	Translate 'My region is situated ' into English	Ma région est située
19	Name 5 places/buildings you might find in your town	Un magasin, une bibliothèque, un musée, beaucoup de restaurants, une boulangerie, la mairie, un supermarché, une piscine, un parc, un hypermarché
20	Décris ta région. (Describe your region)	Ma région est située dans le sud d'AngleterreDans ma région il y a beaucoup de montagnes/magasin/cinémas
21	In the role play card, when you see a question mark, you must	Ask a question
22	Give two opinion phrases	Je pense que, Je crois que, Je dirais que, À mon avis, Il me semble que
23	Respond to this question: À ton avis, quel est le problème avec ta ville? (problems with your town)	A mon avis, le problème avec ma ville est qu'il n'y a pas de magasin/ bibliothèque/ musée/ restaurants/ boulangerie/ mairie/ supermarché/ piscine/parc/ hypermarc hé
24	Translate: In my town there is a lot of rubbish in the streets	Dans ma ville il y a beaucoup de déchets dans la rue.
24	Translate: In my town there is a lot of rubbish in the streets	Dans ma ville il y a beaucoup de déchets dans la rue.

Year 10 Geography Spring Term

	QUESTION	ANSWER
1	What is the definition of climate change?	A long-term change in the earth's climate, especially a change due to an increase in the average atmospheric temperature
2	What is a weather event is significantly different from the average or usual weather pattern, and is especially severe or unseasonal?	Extreme weather
3	What are the names of the 3 atmospheric circulation cells?	Hadley, Ferrel and Polar
4	What is an immediate response?	The reaction of people as the disaster happens and in the immediate aftermath
5	What are long term responses?	Later reactions that occur in the weeks, months and years after the event
6	What is mitigation?	Action taken to reduce or eliminate the long-term risk to human life and property from natural hazards, such as building earthquake-proof buildings or making international agreements about carbon reduction targets
7	How can populations plan for a hazard?	Actions taken to enable communities to respond to, and recover from, natural disasters, through measures such as emergency evacuation plans, information management, communications and warning systems
8	What are attempts to forecast when and where a natural hazard will strike, based on current knowledge called?	Predictions
9	What are primary effects?	The initial impact of a natural event on people and property, caused directly by it, for instance buildings being partially or wholly destroyed by a tropical storm
10	What are actions taken before a hazard strikes to reduce its impact, such as educating people or improving building design?	Protection
11	What are secondary effects?	The after-effects that occur as indirect impacts of a natural event, sometimes on a longer timescale, for instance impact on access to potable water can lead to spread of disease
12	What are the different names for tropical storms?	Hurricanes, typhoons and cyclones
13	What type of hazards are formed in Earth's atmosphere?	Atmospheric hazards
14	What is adaptation?	Actions taken to adjust to natural events such as climate change, to reduce potential damage, limit the impacts, take advantage of opportunities, or cope with the consequences
15	Which part of an ecosystem refers to non living parts?	Abiotic
16	What is a consumer in an ecosystem?	Creature that eats animals and/or plant matter
17	What is an ecosystem?	A community of plants and animals that interact with each other and their physical environment
18	What is a food web?	A complex hierarchy of plants and animals relying on each other for food.

German

	QUESTION	ANSWER
1	How do you say "flat"/"apartment" in German?	die Wohnung
2	How do you say "bedroom" in German?	das Schlafzimmer
3	How would you say "The living room is quite big."?	Das Wohnzimmer ist ziemlich groß.
4	What is the plural of "das Haus"?	die Häuser
5	How do you express "there is" or "there are" in German?	Es gibt
6	What case should you use after "Es gibt"?	accusative
7	What word in German means "in"?	in
8	How would you say "in the town" or "in town"?	in der Stadt
9	What's the German word for "neighbourhood" or part of the town?	die Stadtviertel
10	How would you say "in my area" in German?	in meiner Gegend
11	What is the German for "a lot" and "a little"	a lot = viel (or viele if it's plural); "a little" = "ein wenig"
12	How would you say "One can" or "You can" in German?	Man kann
13	How do you say "this house" in German ?	dieses Haus
14	What is the German for "our house"?	The German for "our house" is "unser Haus"
15	What case do you use after "in" when it means "in"	dative
16	How would you say "in our house"?	in unserem Haus
17	How would you say "in our town"?	in unserer Stadt
18	How would you say "my bicycle" in German?	mein Fahrrad [plural meine Fahrräder]
19	How can you express "because" in German?	"denn" or "weil"
20	What is the word order or the part of the sentence after "denn" and "weil"?	usual word order [verb = 2nd idea] after "denn"; verb to end after "weil"
21	What are some examples of connectives used in German sentences?	"und" (and), "aber" (but), "oder" (or), "denn"/"weil" (because), "obwohl" (although).
22	How do you say "some" or "a few" in German?	einige
23	How do you say "all", "everyone" or "everything" in German?	"alle" means "all". It can also mean "everyone". "Everything" is "alles".
24	What words can you use for "not" (before an adjective or with a verb), "no" (before a noun), and "nothing"?	not = "nicht"; "no" (with a noun) = "kein/keine"; nothing = "nichts".

History

	QUESTION	ANSWER
1	Who was the emperor of Germany until 1918?	Kaiser Wilhelm II
2	When did the Kaiser abdicate?	November 1918
3	Who were the allies?	The countries who defeated Germany in the First World War including Britain, France and the USA.
4	What powers did Article 48 give the president in Germany?	Emergency powers to rule by decree
5	Which article of the Treaty of Versailles was called the War Guilt Clause?	Article 231
6	What was the name of the Treaty signed at the end of WW1?	Treaty of Versailles
7	What is a constitution?	A set of rules about how a country is run
8	What was the of the Chancellor then President of Germany after WWI?	Ebert
9	What did the Dawes Plan of 1924 give to Germany?	Loans from the USA.
10	What pact did Germany sign in 1925?	Locarno
11	What year did Germany join the League of Nations?	1926
12	What was Stresemann's job in the German government?	Chancellor then Foreign Minister
13	What was the DAP?	German Workers' Party
14	When did Hitler become leader of the NSDAP?	1921
15	What happened in the Ruhr in 1923?	It was occupied by French soldiers.
16	What is a manifesto?	A written list of political parties aims and policies.
17	What was the name of Hitler's book in which he set out his beliefs?	Mein Kampf
18	What conference took place in 1926 at which Hitler strengthened his control of the NSDAP?	The Bamberg Conference
19	What year did the Wall Street Crash take place?	1929
20	In May 1932, who replaced Brüning as Chancellor?	Von Papen
21	What was the name of the Chancellor from Dec 1932- 1933	Von Schleicher
22	What is the name of the symbol used by the Nazi party?	Swastika
23	What was the name of the Nazi paramilitary force nicknamed the Brownshirts?	Sturmabteilung/SA
24	What ideology is a set of beliefs in which all property is owned by the state instead of individuals and wealth is shared equally?	Communism

Hospitality & Catering – AC1.1

	QUESTION	ANSWER
1	There are two different types of hospitality and catering provider. What are they?	Commercial and non-commercial providers
2	Can you identify three different forms of commercial residential establishments with in the hospitality and catering industry?	Bed and Breakfast, Guest houses, Camp sites, Caravan sites, Holiday parks, Hotels, Motels, Hostels, Cruise ships
3	Can you identify two different forms of non-commercial non-residential establishments with in the hospitality and catering industry?	Canteens in working establishments, Charity run food providers, Meals on Wheels, Schools, Colleges, Universities
4	There are many different ways in which food can be served. Can you identify two different forms of Table Service?	Banquet, Gueridon, Plate service, Silver service
5	There are many different ways in which food can be served. Can you identify two different forms of Personal Service?	Home delivery, Takeaway, Tray, Trolley, Vending machine
6	Hotels are inspected and given a star rating. The quality of the service provided and facilities available are rate on a scale of?	One to five stars
7	There are three main restaurant rating systems in the UK. Can you name two of them?	Michelin Stars, AA Rosette Awards, The Good Food Guide
8	There are arrange of job opportunities within the hospitality and catering industry. Can you identify two different job roles within front of house?	Front of House manager, Head waiter/ess, Waiting staff, Concierge, Receptionist, Valet
9	Explain what the job responsibilities would be for the maintenance staff within the housekeeping department of an establishment?	They would complete any repairs that can be completed inhouse or book outside companies if they are unable to complete the repair, for example a repair relate to gas or electricity
10	Who has overall responsibility within the kitchen brigade of a hospitality and catering establishment	Executive chef
11	What job role and responsibilities does a kitchen assistant have within the kitchen brigade?	They support a Chef de Partie by cleaning, washing up, sorting ingredients, and helping with the preparation of ingredients
12	What are personal attributes?	They are a quality or characteristic that a person has that an employer will be looking for
13	There are a variety of different contracts available, can you identify three different forms of contract?	Casual, Full time, Part time, Seasonal, Zero hour
14	According to the Working time regulations how many hours a day can an 18 year old work?	No more than 8 hours a day
15	How many days legally are most employers entitled to as paid holiday in a year?	28 days
16	What does the term split shift mean?	This is a shift that is split into two parts, for example lunchtime and evenings
17	What is remuneration?	This is the money you are paid for working
18	Can you identify two other forms of remuneration on top of the main form of remuneration?	Reward (bonus), Pension fund, Sickness pay, Tips
19	The hospitality industry is the third largest employer in the UK. How many jobs to the nearest million do you think they contribute towards through direct employment?	3 million (3.2million)
20	There are many factors which can impact the success of an hospitality and catering establishment/business. Can you name four different factors?	Basic costs – labour cost, material cost, overheads Profit – gross profit, net profit The Economy – VAT, Value of the pound, Exchange rate Environmental needs New Technology Media
21	Can you identify three different overheads which would need to be considered?	Rent, Energy, Water, Telephone, Internet, Wi-Fi, Insurance, Furniture, Furnishings
22	How can the environmental factor of seasonality impact the establishment?	Buying foods when in season is more cost effective, Buying locally supports local farmers, Buying locally reduces food miles, Customers like to use restaurants that are supporting the local community
23	What are positive impacts of using Printed media within the establishment?	Visually appealing, articles can be reread, customers prefer to read print, good for local targeting
24	What are the negative impacts of using Competitive media?	Need to continually update products and services, prices can become an issue, need to continually review the establishments UPS (Unique Selling Point)

Media Studies – Topic Video Games

		ANSWER
	Which company developed and owns Fortnite?	Epic Games
2	What is the name of the organization that regulates video games in the UK?	The Games rating Authority (GRA) which is a division of the Video Standards Council (VSC)
	What system is used to define the age ratings on games in the UK	The GRA uses the PEGI (Pan European Games Information) rating system. This provides an aged based certificate on the suitability of games for different age groups.
4	What are the different PEGI age ratings that can be applied to a video game?	3, 7, 12, 16, 18
	How big is the video games industry in comparison to the film and music industries?	The video game industry now is worth more than twice as much as the film industry and the music industry combined.
6	What are the three officially recognised gaming platforms?	Mobile (phones and tablets), PC (computer) and console.
7	What does the term "avatar" mean in relation to gaming?	An avatar is a character in a game that represents you or that you play the role of in the game.
	What does the term "open world game" mean?	An "open world game" is a game where there is an infinite world the players can explore. No two players' experience of the game will be the same.
	What does the term "immersive" mean in relation to gaming?	An immersive game is a game the audience can explore and lose themselves in.
10	What does the term CRPG mean?	CRPG stands for Computer Role Play Game. It is a game where you take on the role of another character or avatar.
11	What does the term FPS mean?	FPS stands for first person shooter, a fighting/shooting game where the action is seen from a first person perspective (i.e. you don't see your avatar on the screen but you do see your character's hands and weapons directly in front of you).
12	What does the term MMORPG mean?	MMORPG stands for massively
13	What does the term CRPG mean?	CRPG stands for Computer Role Play Game. It is a game where you take on the role of another character or avatar.
14	What is a real time game?	A real time game is a game played online for a fixed period of time. Players aren't able to pause or leave the game for its duration.
15	What type of game is Fortnite?	Fortnite is an open world, massively multiplayer online role play game.
16	Summarise what happens in Fortnite:	Players are dropped onto an island from a flying bus (the battle bus) in a group of 100. Players play in real time online against others from anywhere in the world. The objective of the game is to kill everyone else playing the game and be the last person standing and the winner. As the game progresses a storm moves in on the island, gradually reducing the area of the island and forcing more players into combat with each other Players collect weapons and supplies throughout the game to help them in their mission. Each game lasts approximately 25-30 minutes
17	In what modes can players play Fortnite?	Players can play alone (solo), in pairs (duo), in threes (trio) or in fours (quad) modes. When playing in duo, trio or quad modes players work together as a team.
	Name as many video game producers as you can and one game they produce:	Answers include: Tencent Games – Fortnite & Clash of Clans; Sony Interactive Entertainment – God of War & Marvel's Spider-Man; Microsoft – Halo & Gears of War; Activision Blizzard – World of Warcraft & Call of Duty; Electronic Arts (EA) – Madden; Nintendo – Super Mario & Pokémon; Bandai Namco – Tekken & Pac-Ma; Take-Two Interactive – Grand Theft Auto & NBA 2K; Ubisoft – Assassin's Creed
	When was Epic Games (the company that made <i>Fortnite</i>) founded?	Epic Games was founded in 1991 in the UK by Tim Sweeney.
	Which Chinese company owns a 42% stake in Epic Games?	Tencent
	What is the name of the software Epic Games created and has used to make games including <i>Fortnite</i> ?	Unreal Engine
	What is the gender split in the audience for Fortnite?	78% of Fortnite's audience is male, 22% is female.
	What is the age split for the audience for Fortnite?	53% of Fortnite's audience is aged 10-25, 57% are 25 and older.
24	What is Twitch?	Twitch is a video streaming site (like YouTube) that specialises in streaming E-sports (people playing video games competitively) and game play footage and walkthroughs (footage of people playing video games.

Year 10 GCSE Music

	QUESTION	ANSWER
1	What is vibrato? Which musical element does it come under?	Shaking on the note to add volume or expression. Comes under instrumentation.
2	What is a mute?	A device put into the end of a brass instrument to change the timbre (sound).
3	What is a Polyrhythm?	Where there are lots of different rhythms played at the same time (used a lot in Jazz).
4	What are Blue Notes?	The flattened 3rd, 5th and 7th of the scale – often used in Jazz and Blues.
5	Which three chords make up the Primary Chords in any key?	I, IV and V (the tonic, subdominant and dominant).
6	Which instruments make up the Frontline in a Jazz band?	The melody instruments, usually Trumpet, Clarinet and Saxophone.
7	What is recitative?	Sung speech, used a lot in Musical Theatre to tell the story.
8	What is stop time?	Pasues between phrases- used a lot in Rock 'n' Roll.
9	What is Chamber Music?	Music that is designed to be performed in a small room rather than a concert hall.
10	Which instruments would you find in a Clarinet Quintet?	Clarinet, two violins, viola and cello (not five clarinets).
11	What is a sonata?	A multi-movement piece for solo instrument and piano.
12	How is a sonata different to a concerto?	A concerto is a multi-movement work for solo instrument and orchestra (not just piano).
13	What is a virtuoso?	An extremely skilled musician.
14	What does melismatic mean?	When a syllable is spread over several notes.
15	List the 7 Tempo keywords you need to know for GCSE Music.	Lento, Adagio, Moderato, Andante, Allegretto, Allegro and Vivace.
16	What type of dynamics are frequently used in Baroque music?	Terraced dynamics (sudden contrasts of loud and quiet).
17	What is a harpsichord?	A Baroque keyboard instrument with strings that are plucked.
18	What is the difference between a harpsichord and a piano?	On a harpsichord the strings are plucked making a twangy sound whereas on a piano the strings are hit with a small hammer.
19	What is the Basso Continuo?	The group of instruments playing the bassline and filling out the harmony in Baroque music – usually harpsichord, double bass and cello.
20	Badinerie is the 7th movement of which longer work by Bach?	Orchestral Suite No.2.
21	Name two types of cadence used in <i>Badinerie</i> .	Perfect and imperfect.
22	Badinerie is in the B minor. What is the relative major of this key?	D major
23	Name two keys that <i>Badinerie</i> modulates to.	F# Minor, E minor, D major, A major, G major.
24	Name the two types of ornament used in <i>Badinerie</i> .	Trill and Appoggiatura

Y10 - GCSE PE

	QUESTION	ANSWER
1	Define Wellbeing	Well-being is a term used to describe a state of being comfortable, healthy or happy (physical, emotional and social health).
2	Define health	A state of complete mental, physical and social well-being and not merely the absence of disease and infirmity
3	Define a healthy active lifestyle	A positive lifestyle that contributes to physical, emotional and social well-being, with a balanced diet and regular exercise.
4	Define Fitness	The ability to meet the demands of the environment.
5	What is meant by reaction time?	The time between the presentation of a stimulus and the start of movement
6	What skill-related component of fitness can be described as 'the ability to perform strength movements quickly'?	Power
7	Define Sedentary Lifestyle	A lifestyle with no or irregular physical activity. This includes sitting, reading, watching television & playing video games.
8	Macronutrients or Micronutrients? Carbohydrates, Proteins, Fats	Macronutrients
9	For training to be worthwhile, your working heart rate must be between 2 levels. What is this principle of training called?	Thresholds of training
10	When athletes are nearing a big competition, they may cut down on the amount of training done, but increase the quality or intensity of their training. What term is used to describe this principle?	Peaking
11	What are the four main principles of training?	Progression, overload, specificity, and reversibility
12	What does the principle of "progression" in training mean?	Increasing the intensity and duration of exercises gradually
13	Which principle of training focuses on tailoring exercises to match the sport or activity you are training for?	Specificity
14	What does the principle of "overload" in training involve?	Exercising at an intensity that challenges your body
15	Macronutrients or Micronutrients? Vitamins, Minerals	Micronutrients
16	Why is it important to include rest and recovery periods in your training plan?	To avoid overtraining and injuries
17	Name 4 negative lifestyle choices	Smoking, drinking, no exercise, lack of sleep
18	What does the "S" stand for in SMART goals?	Specific
19	In a PEP, what is the purpose of setting SMART goals?	To set goals that are Specific, Measurable, Achievable, Relevant, and Time-bound
20	Which component of fitness is associated with activities like push-ups, sit-ups, and bodyweight exercises?	Muscular endurance
21	The following are an example of what type of benefit: enjoyment. Relieving stress, increasing self-esteem.	Emotional benefits
22	What is the definition of muscular strength?	The maximum amount of force a muscle or group of muscles can exert.
23	The following are an example of what type of benefit: cooperation, developing friendships.	Social benefits
24	Define Obese	If you weigh significantly more than the ideal weight for your height and have an excess amount of body fat.

P7 Radioactivity

	QUESTION	ANSWER
1	State the charge of an atom.	Neutral
2	State the name of an element with the same number of protons but different number of neutrons.	Isotope
3	Complete this sentence 'If an atom, loses or gains electrons it becomes an'	Ion
4	State the name of the atomic model that had a ball of positive charge with negative electrons embedded in it.	Plum pudding model
5	Which scientist theorised that electrons orbit the nucleus at specific distances?	Bohr
6	.Name three types of radiation.	Alpha, beta, gamma.
7	Which type of ionising radiation has the greatest range in air?	Gamma
8	Which type of ionising radiation is made of 2 protons and 2 neutrons.	Alpha
9	State the name given to the rate at which unstable nuclei in a source decay.	Half-life
10	Name the process where an object is exposed to nuclear radiation.	Irradiation
11	Why are scientific findings peer reviewed by other scientists?	Reduces bias
12	Which scientist proved that existence of neutrons in the nucleus?	Chadwick
13	What does ionization mean?	When an atom loses an electron to become a charged particle
14	What is a beta particle?	Fast moving electron
15	What is gamma radiation?	High frequency EM radiation
16	What is background radiation?	Radiation we receive from a radiationr of sources such as cosmic radiation (from space), from rocks, nuclear power stations
17	What is nuclear fission?	When a nucleus splits (artificially) releasing a vast amount of energy
18	What is nuclear fusion?	When two nuclei fuse/join together releasing a vast amount of energy
19	What is a chain reaction?	A reaction where each fission goes onto release more fission
20	Name two ways in which radiation can be used in medicine?	Destroying cancerous cells, sterilizing surgical equipment
21	What is the unit of activity?	Bequerel
22	What is a radioactive implant?	A device that is used to destroy cancer cells
23	What is a medical tracer?	Injected radioactive sources such as technetium-99 can be used to make soft tissues, such as blood vessels or the kidneys, show up through medical imaging processes.
24	Name two fuels used in nuclear power stations	Uranium and plutonium

Religious Studies

	QUESTION	ANSWER
1	Name the two main groups of Muslims	Sunni and Shi'a
2	List three of the six Beliefs	Allah, prophets, angels, books, predestination, Day of Judgement
3	As well as the six Beliefs, name the five principles followed by Shi'a Muslims	Tawhid, Nubuwwah, 'Adl, Imamah, Mi'ad
4	Can you name the Five Pillars of Islam?	Shahadah, Salah, Sawm, Zakah, Hajj
5	What does Tawhid mean?	The oneness of Allah
6	What does Risalah mean?	The role of the prophet
7	What does Salah mean?	Prayer
8	How often do Muslims pray in a day?	Five
9	What does prescribed mean?	You have to do it for your own good
10	What historical event happened during the month of Ramadan?	The revelation of the Qur'an / the Night of Power
11	Completing Ramadan is a way of glorifying Allah for what?	For having guided Muslims
12	What is the Jummah prayer?	Special Friday prayers at the mosque
13	What does Laylat al-Qadr mean?	The Night of Power
14	Name four of the Obligatory Acts	Any of the answers to 4 (except Shahadah)
15	How many times do Muslims circle the Ka'bah? In what direction?	7, anti-clockwise
16	Name two of the places visited during the Hajj pilgrimage	Makkah, Mina, Muzdalifah, Arafat
17	What is the meaning of 'jihad' in Arabic?	Struggle / striving
18	Name the month that Muslims fast in	Ramadan
19	Give two reasons why Muslims fast	A duty of Islam, empathy with the poor, purification, Muhammad fasted
20	Who do Shi'a Muslims believe was leader after the Prophet Muhammad?	Ali (son-in-law)

Sociology Spring Term Year 10

	QUESTION	ANSWER
1	What is the term given to timetabled lessons in school?	Formal curriculum
2	What does social cohesion mean?	Shared norms and values, agreement and togetherness
3	What did Durkheim argue that school was like?	School was like a mini society
4	What term do Bowles and Gintis use to describe how school mirrors the workplace	Correspondence principle
5	Explain what is meant by streaming	Dividing students into different groups based on general assessment (same class for all subjects)
6	What is pupil premium?	Additional funding granted to state-funded schools to raise attainment of disadvantaged pupils
7	What is the hidden curriculum?	The things you learn at school indirectly/informally- this is the opposite of the formal curriculum
8	Explain what is meant by setting	Dividing students into different groups for particular subjects
9	Which external factor focuses on the money to buy school equipment and resources?	Material deprivation
10	Which internal factor focuses on groups of students with their own norms and values	Subcultures
11	Which sociologist discusses girls' aspirations changing over time to include successful careers?	Sue Sharpe
12	Which sociologist researched 'The Lads'- a working class anti-school subculture?	Paul Willis
13	what type of sampling is used when Sociologists ask participants to recommend other participants	Snowball sampling
14	What types of questions have a fixed number of responses?	Closed
15	What term is used to describe when the data is a true reflection of what is being studied	Validity
16	What term is used to describe when research can be repeated and the same/similar results gained	Reliability
17	What name is given to studies done over a long period of time	Longitudinal studies
18	Give the term used for the expectations or opinions of the person conducting an interview interfere with their objectivity	Interviewer bias
19	Define operationalisation in research	The process in which sociologists define concepts and ideas in order to measure them.
20	Define a pilot study in research	A small-scale version of what they would do in the full scale study.
21	Define ethnography as a method of research	The observation and description of a group of people and their way of life.
22	Define the Hawthorne or observer effect in research	When respondents act differently because they are aware of being observed
23	Give the name for an observation where participants are unaware of being observed	Covert observation
24	What word describes keeping the respondent's identify hidden in research	Anonymity

Spanish

	QUESTION	ANSWER
1	How do you say "apartment" in Spanish?	"Apartment" in Spanish is "apartamento" or "piso."
2	How do you express "bedroom" in Spanish?	"Bedroom" in Spanish is "dormitorio" or "habitación."
3	How do you describe a "large" room in Spanish?	A "large" room is described as "grande" in Spanish.
4	When do you use the verb "ser" in Spanish to describe a house?	"Ser" is used to describe the inherent characteristics of a house, such as size or location.
5	What verb do you use to talk about the location of a house in Spanish?	To discuss the location of a house in Spanish, you use the verb "estar."
6	How do you form plural nouns in Spanish?	Add "-s" to the end of the word if the last letter if a vowel. Otherwise, add -es.
7	How do you express "there is" or "there are" in Spanish?	"There is" or "there are" in Spanish is expressed as "hay."
8	How do you use the preposition "en" to talk about location in Spanish?	The preposition "en" is used to indicate location or being "in" or "at" a place in Spanish.
9	What's the Spanish word for "neighborhood"?	The Spanish word for "neighborhood" is "barrio."
10	How is "amenities in your area" translated to Spanish?	"Amenities in your area" can be translated as "servicios en tu zona" or "comodidades en tu área" in Spanish.
11	How are expressions of quantity typically used in Spanish sentences?	"mucho" (a lot) or "poco" (a little), are used to quantify or describe the amount of something.
12	What is the purpose of "puedo" and "se puede" in Spanish sentences?	"Puedo" means "I can," and "se puede" means "one can" or "it is possible", expressing ability or possibility.
13	How do you say "this house" in Spanish using demonstrative adjectives?	"This house" in Spanish is "esta casa."
14	What is the demonstrative adjective for "those books" in Spanish?	The demonstrative adjective for "those books" is "esos libros."
15	How is "that car" expressed using demonstrative adjectives in Spanish?	"That car" in Spanish is "ese coche."
16	What is the Spanish demonstrative adjective for "these chairs"?	The Spanish demonstrative adjective for "these chairs" is "estas sillas."
17	What is the Spanish possessive pronoun for "our house"?	The Spanish possessive pronoun for "our house" is "nuestra casa."
18	How are "their bikes" expressed using possessive pronouns in Spanish?	"Their bikes" in Spanish is "sus bicicletas," with "sus" being the possessive pronoun.
19	How do you express "because" and "therefore" in Spanish?	In Spanish, "because" is "porque" and "therefore" is "por lo tanto" or "por eso."
20	What can you do "where you live" using the phrase "se puede"?	You can use "se puede" to indicate what activities or actions are possible or allowed "where you live" in Spanish.
21	What are some examples of connectives used in Spanish sentences?	Connectives in Spanish include "y" (and), "pero" (but), "porque" (because), and "además" (furthermore).
22	How is "some" quantified in Spanish sentences?	"Some" in Spanish can be quantified as "algunos" (masculine) or "algunas" (feminine).
23	What quantifier can be used to express "all" in Spanish?	"All" in Spanish is often quantified as "todos" (masculine) or "todas" (feminine).
24	How is "none" or "not any" quantified in Spanish?	"None" or "not any" can be quantified as "ninguno" (masculine) or "ninguna" (feminine) in Spanish.