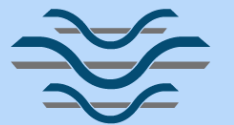




YEAR 10 MASTERY SHEETS

#TheLongdendaleLegacy



Longdendale
HIGH SCHOOL

Animal Farm | English |

Week 1

Question	Answer
Under Tsar Nicholas II, Russia was an autocracy . What does this mean?	When a country is run by a single person (often a king/queen) who makes all the decisions.
Who does Farmer Jones represent?	Tsar Nicholas II
What do Jones and Tsar Nicholas II have in common?	Both were weak and irresponsible rulers who neglected their 'people', faced unrest, and were overthrown.
How do a capitalist and a communist society differ?	Under capitalism, wealth is individual; under communism, all wealth is owned by the government and split equally.
Who does Old Major represent?	(Vladimir) Lenin
What do Old Major and Lenin have in common?	Both visionary leaders who inspired revolution and wanted the best for their 'people'.

Week 2

Question	Answer
What terms do the animals give to communism?	Animalism
Who does Snowball represent?	(Leon) Trotsky
What do Snowball and Trotsky have in common?	Early leaders, keen to improve life, believed in democracy passionate about spreading the revolution.
Who does Napoleon represent?	(Joseph) Stalin
What do Napoleon and Stalin have in common?	Controlling, ruthless, lead with fear and focused on Russia (farm) only.
What evidence foreshadows that the pigs will become corrupt?	Educating themselves over others; stealing milk and apples; 'supervising' the harvest; developing the commandments.
Which group do the pigs represent as a whole?	The Bolsheviks

Week 3

Question	Answer
What does Squealer represent?	Propaganda – how Stalin controlled the narrative so people didn't see what he was really doing.
Squealer is sycophantic. What does this mean?	He supports Napoleon so loyally so he can benefit from the rewards that come with Napoleon's power.
What does the windmill represent?	Trotsky's plans for industrialisation to improve life in Russia post-revolution.
What is Snowball's leadership style?	He is persuasive and compelling; he plans to improve life for the animals.
What is Napoleon's leadership style?	He is controlling and dominant; he wants complete control.
What do the puppies represent?	How education was

Week 4

Question	Answer
What do the food shortages on Animal Farm represent?	Napoleon's failure as a leader, but also, the famine experienced in the Soviet Union under Stalin's cruel regime.
What is a totalitarian regime?	When one person / small group has complete control over every element of life in a country.
What is a tyrannical leader?	A leader who uses violence and fear to exert control .
How did Frederick betray Napoleon?	By paying for the timber with forgeries and by attacking the windmill.
The pigs change the commandments to suit them. What does this symbolise?	Stalin changing laws and ideologies

Week 5

Question	Answer
How do the pigs come to resemble man?	Carrying whips, standing on two legs, wearing clothes.
How is "All Animals are Equal" changed?	"All animals are equal, but some are more equal than others."
Who does Benjamin the donkey represent?	People in society who can see corruption around them but choose to accept it and do nothing about it.
How does the novella have a circular structure?	The animals end in the same situation that they started in – full circle.
What is Orwell's message?	To warn that, regardless of political ideologies, any leader could be corrupt and to encourage us to question things.

Week 6

Masters of recall quiz



Revision and Exam Skills | English |

Week 1

Question	Answer
What skill are (1) and (2) mark questions testing?	Picking out precise evidence.
In a 6-mark analysis question, how much are you aiming to write?	One page of analysis.
What skill is analysis testing?	Identifying and exploring language and structure devices.
What does it mean to evaluate?	To make a judgement about something.
What kind of key words must you include in an evaluation?	Evaluative adverbs such as successfully, effectively and powerfully.
What can you include to control the structure of your story?	Sentence types/lengths, paragraphs and controlling how the tone develops.
What can you include to create powerful imagery in your story?	Figurative devices, detailed description and vocabulary choices.

Week 2

Question	Answer
What is Macbeth Qa testing you on?	Language and structure analysis.
What is Macbeth Qb testing you on?	You understanding of a theme through the play overall.
Which Macbeth question does the Animal Farm question mirror?	It is like Macbeth Qb.
Which of the Literature Paper 1 questions need you to include context?	Macbeth Qb and Animal Farm.
What do we mean by context?	Information about what life was like when the text was written or what motivated the writer (authorial intent).
How do you use your time in Literature Paper 1?	30 minutes on Macbeth Qa; 30 minutes on Macbeth Qb; 45 minutes on Animal Farm.

Week 3

Question	Answer
What are figurative devices?	Non-literal descriptive writing techniques.
What is a metaphor?	When you compare two things by saying something <i>is</i> something else.
What is a simile?	When you compare two things by saying one <i>is like</i> something else.
What is personification?	When you give human qualities to something inhuman.
What is hyperbole?	Exaggerating for effect.
What is an oxymoron?	A phrase which seems to contradict itself e.g. the ice-cold sunshine.
What is a euphemism?	When you use a 'softer' word or phrase for something e.g. <i>She passed away</i> .

Week 4

Question	Answer
What are rhetorical devices?	Persuasive writing techniques.
What is a rhetorical question?	A question used for effect – to make readers think.
What is anaphora?	The repetition of the opening of two or more sentences or clauses.
What is epiphora?	The repetition of the end of two or more sentences or clauses.
What is alliteration?	The repetition of the same letter or sound.
What is colloquial language?	The use of informal or chatty language.

Week 5

Question	Answer
What is a sentence fragment?	An incomplete sentence (missing a subject/verb) - often a one-word sentence.
What is the effect of a short simple sentence?	To slow down the pace of the reading and emphasise to a simple idea.
What is the effect of a long, complex sentence?	To give a lot of detail, perhaps to be overwhelming or to suggest a lot happening at once.
What is an appositive clause?	A clause embedded after the subject to tell us about it.
What does it mean if a text has a circular structure?	It ends in a way which mirrors / resembles the opening.

Week 6

Masters of recall quiz



Topic Fractions, Trig and Shape | Maths |

Week 1

Question	Answer
1) What is an arithmetic sequence?	A sequence that has the same amount added or subtracted each time.
2) Can you give an example of an arithmetic sequence?	6, 10, 14, 18 Any sequence that meets the criteria stated above.
3) What is a geometric sequence?	A geometric sequence is a sequence that is multiplied or divided by the same amount each time.
4) Can you give an example of a geometric sequence?	5, 10, 20, 40 Any sequence that meets the criteria above.
.5) What is a quadratic sequence?	A sequence that has the same second difference.

Week 2

Question	Answer
1) What does it mean if a sample is bias?	That the sample favours one result over another.
2) What is the difference between a sample and the population?	The population is the whole group a sample is a smaller proportion of the population.
3) What is a random sample?	A random sample means that each element of the population had equal chance of being chosen.
4) Why would you want to take a stratified sample rather than a random sample?	The population is divided into smaller categories and a number of subjects are taken from each category.
.5) How could we ensure a representative sample is taken?	By making sure that the population is divided into appropriate groups before the sample is taken.

Week 3

Question	Answer
1) What does it mean if two things are directly proportion?	They both go up/down at the same rate.
2) What does it mean if two things are indirectly proportional?	As one element goes up the other goes down.
3) What letter do we use to denote the constant of proportionality?	k

Week 4

Question	Answer
1) What happens to a shape when it is rotated?	It turns a shape around a fixed point called the centre of rotation.
2) What happens to a shape when it is reflected?	It flips the shape in a mirror line.
3) What happens to a shape when it is translated?	A vector is used to move the shape left/right and up/down.
4) What happens to a shape when it is enlarged?	The shape changes size and location.
5) How do we describe the value that tells us how to enlarge the shape?	Scale factor

Week 5

Question	Answer
1) Can you give an example of a quadratic sequence?	6, 8, 12, 18, 26 Any sequence that has the same second difference
2) What is the benefit of finding the unit cost when comparing prices of two products?	You can then compare the prices proportionally
3) Can you write an equation to show that y is directly proportional to x	$Y = kx$
4) Can you write an equation to show that y is indirectly proportional to x squared.	$Y = k/x^2$
.	

Week 6

Masters of recall quiz



Topic Bounds, Indices, Algebra | Maths |

Week 1

Question	Answer
1) What is the Upper Bound?	The largest value that would round to the estimated value.
2) What is the Lower Bound?	The smallest value that would round to the estimated value
3) How do I write an error interval?	$LB \leq x < UB$
4) What would be the lower and upper bound of 64 round to the nearest whole number?	UB = 64.5 LB = 63.5
5) What would be the lower and upper bound of 6.3 rounded to 1 d.p?	UB = 6.35 LB = 6.25

Week 2

Question	Answer
1) What do we do to the powers when we are multiplying indices?	Add the powers.
2) What do we do to the powers when we are dividing indices?	Subtract the powers.
3) What do we do to the powers when we are multiplying brackets out with indices?	Multiply the powers
4) How do we calculate a negative power?	1 over the positive power, for example 3^{-2} is $1/9$
5) What does it mean if something is to the power of a half?	We square root it.

Week 3

Question	Answer									
1) What is any number to the power of 0?	1									
2) What method do we use to expand brackets?	Grid Method									
3) Can you draw the grid for if we were to expand a pair of brackets? For example $(x + 3)(x + 2)$	<table border="1"> <tbody> <tr> <td>x</td> <td>x</td> <td>2</td> </tr> <tr> <td>x</td> <td>x^2</td> <td>2x</td> </tr> <tr> <td>3</td> <td>3x</td> <td>6</td> </tr> </tbody> </table>	x	x	2	x	x^2	2x	3	3x	6
x	x	2								
x	x^2	2x								
3	3x	6								
4) What do we get when we multiply x by itself?	X squared									
.5) What is another way I could write 4x?	$X + x + x + x$									

Week 4

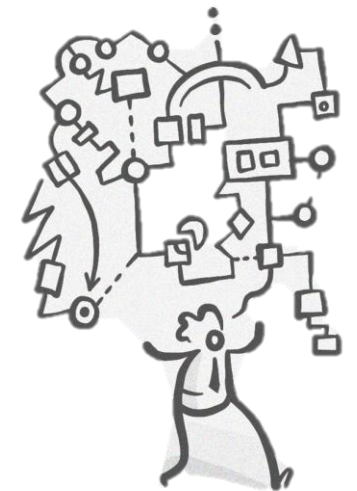
Question	Answer
1) What does it mean to expand?	To multiply out the brackets.
2) What am I doing to an expression if I am factorising?	Finding a common factor and putting this on the outside of a bracket.
3) What is the highest common factor?	The highest common factor is the biggest number that divides into both terms.
4) How would I draw the grid if I was factorising $60x + 35$?	
5) What do I mean by factorise fully?	We need to find the highest common factor rather than just a common factor to factorise fully.

Week 5

Question	Answer
1) What does it mean to solve?	To find the value of the variable.
2) What is the inverse?	The opposite operation.
3) How can I use the inverse to solve an equation?	We can use the inverse operations to isolate the variable in order to calculate the value.
4) What do I need to do first if there is an unknown on both sides of the equation?	Find the smallest x and move all the x's to one side of the equations and the numbers to the other side.

Week 6

Masters of recall quiz



Topic 4 Bioenergetics | Biology |

Week 1

Question	Answer
In which organ of a plant does photosynthesis take place?	The leaves
In which organelle of a plant cell does photosynthesis take place	The chloroplasts
What is the word equation for photosynthesis?	carbon dioxide + water → glucose + oxygen
What is the balanced symbol equation for photosynthesis?	$6\text{CO}_2 + 6\text{H}_2\text{O} \rightarrow \text{C}_6\text{H}_{12}\text{O}_6 + 6\text{O}_2$
Give 5 things that plants use the glucose they make in photosynthesis for	Respiration, making cellulose (new cell walls), making amino acids (proteins), making fats & making starch

Week 2

Question	Answer
What is a limiting factor?	A factor that limits the rate of a chemical reaction
How does increasing light intensity affect photosynthesis?	It increase the rate up to the point where another factor limits (eg water or carbon dioxide)
How does increasing carbon dioxide concentration affect photosynthesis?	It increase the rate up to the point where another factor limits (eg water or light intensity)
How does increasing temperature affect photosynthesis?	It increase the rate up to the point where enzymes denature, then it decreases it
How can the effect of light intensity on photosynthesis be investigated?	Use pond weed to collect oxygen gas at different distances form a lamp

Week 3

Question	Answer
Why is it better to collect the total volume of gas given off by pondweed rather than count the bubbles?	Bubbles can be different sizes
How do you vary the light intensity?	Move a lamp to different distances from the pondweed
Why is the pond weed placed into a solution of sodium hydrogen carbonate rather than water?	To provide extra carbon dioxide
In which organelle of plants and animal cells does aerobic respiration take place?	The mitochondria
What is the word equation for aerobic respiration?	glucose + oxygen → carbon dioxide + water
What is the balanced symbol equation for aerobic respiration?	$\text{C}_6\text{H}_{12}\text{O}_6 + 6\text{O}_2 \rightarrow 6\text{CO}_2 + 6\text{H}_2\text{O}$

Week 4

Question	Answer
What is released by the cell when it carries out aerobic respiration?	energy
What is the word equation for anaerobic respiration in muscle cells?	Glucose → Lactic acid
Which type of respiration releases more energy?	Aerobic
What is the name of anaerobic respiration when it occurs in plant or yeast cells?	Fermentation
What is the word equation for fermentation?	Glucose → Carbon dioxide + ethanol

Week 5

Question	Answer
Why does breathing rate increase when exercising?	To increase the volume of oxygen taken into the lungs for gas exchange
Why does the heart rate increase when exercising?	To pump more oxygenated blood around the body to the muscles
What is "oxygen debt"?	When your breathing & heart rate remain high after exercise to remove the lactic acid from anaerobic respiration
Give 2 substances that glucose is used to make	Starch in plants Glycogen in animals
What is protein waste called?	urea

Week 6

Masters of recall quiz



Topic 7 Ecology | Biology |

Week 1

Question	Answer
What is an ecosystem?	The interaction of the living things with the non-living parts of their habitats
What is a species?	When individuals can reproduce to create fertile offspring
What are biotic and abiotic factors?	Biotic are living factors (e.g. a new predator) and abiotic are non-living factors (e.g. the light intensity)
What do plants compete for?	Light, space, water & minerals
What is a sample and why do ecologist sample habitats?	A small part of the whole picture It is too time consuming to count all the organisms in one area
What is a quadrat?	A 4-sided hoop used for sampling an area

Week 2

Question	Answer
How is random sampling carried out?	<ol style="list-style-type: none"> 1. The area of a field is calculated (from the length & width) 2. The area is split into a 1m x 1m grid 3. A random 1m² region is chosen to place the quadrat 4. The number of a chosen species is counted 5. It is repeated in 10% of the whole area (or 10 separate quadrats)
How do you estimate the population of chosen species in the whole area?	Find the mean in the sample area and multiply it by the whole area
How is systematic sampling carried out?	<ol style="list-style-type: none"> 1. A 30m tape measure is laid from a starting point (like a footpath or tree) 2. Quadrats are placed every 3 metres along this transect 3. The number of a chosen species is counted 4. The transect is then moved to another 2 positions and the counting is repeated

Week 3

Question	Answer
How is the data from systematic sampling presented?	In a line graph (or a kite graph)
Name the process by which carbon is taken out of the atmosphere	Photosynthesis
Name 3 processes that add carbon back into the atmosphere	Respiration (by plants & animals), combustion & decomposition
Name 2 ways that water can be added to the atmosphere in the water cycle	Evaporation from water courses Transpiration from plants
When evaporated water rises and cools down what process occurs?	Condensation into clouds

Week 4

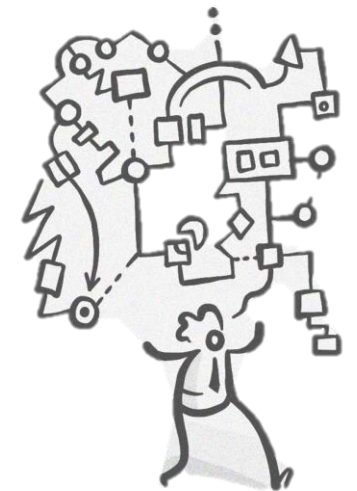
Question	Answer
Name 3 different types of precipitation?	Rain, hail and snow
Define the term biodiversity	The variety of all living things on Earth and how they interact with each other
How does human waste affect biodiversity in water?	Sewage, fertilisers, pesticides and other toxic waste can leak into water and kill aquatic organisms
How does human waste affect biodiversity on land?	Landfill destroys natural habitats, and toxic chemicals can prevent plant growth
How does human waste affect biodiversity in the air?	Smoke and acidic gases can cause acid rain, which destroys plants

Week 5

Question	Answer
What are peat bogs?	Accumulation of partly decayed organic matter
Why should we not disturb peat bogs?	It destroys habitats and if burned, and if burned it releases a lot of carbon dioxide
Why are breeding programmes essential to maintain biodiversity?	They increase the population of endangered species in safe spaces
How are rare habitats regenerated?	Growth in safe spaces, then out-planted and protected
Why should we encourage the "reduce, reuse and recycle" scheme?	To reduce the reliance on "new" materials and to reduce non-biodegradable waste

Week 6

Masters of recall quiz



Topic 5 Energy Changes, Topic 8 Chemical Analysis | Chemistry |

Week 1

Question	Answer
What does the term 'apparatus' mean?	Apparatus is the term of equipment which the exam board use.
What is an independent variable?	The independent variable is the variable that is changed in an experiment.
What is a dependent variable?	The dependent variable is the variable that is measured in an experiment.
What is a control variable?	The control variable refers to any variables that need to stay the same in an experiment.
When describing variables, what terms should be used in place of the term amount?	The term amount should not be used, instead we can use the terms volume or concentration.

Week 2

Question	Answer
Give a piece of apparatus that measures volume more accurately than a measuring cylinder.	A pipette or burette is a more accurate way to measure a volume of a liquid.
Give 2 ways we can ensure accurate data is collected?	To collect accurate data, we should repeat at least 3 times and then calculate a mean value.
What is an anomalous result?	An anomalous result is a result that does not
How is a mean value calculated?	To calculate a mean, you add together the results (do not include anomalous results) and then divide by the number of results you used.
What shape should your line of best fit be on a chemistry graph?	A line of best fit should be a straight line or smooth curve (not hairy or wobbly) in chemistry.

Week 3

Question	Answer
How does the breaking of bonds link to energy?	Breaking bonds needs energy.
How does the making of bonds link to energy?	Making new chemical bonds releases energy.
What does the term exothermic mean?	In an exothermic reaction, energy is released, increasing the temperature.
What does the term endothermic mean?	In an endothermic reaction, energy is absorbed, decreasing the temperature.
What is meant by activation energy?	Activation energy is the energy needed to break bonds and start a chemical reaction, it is labelled with an arrow on an energy level diagram from the reactant line to the top of the reaction profile.

Week 4

When investigating energy changes what container should be used for the reaction and why?	A polystyrene cup is used for the reaction when investigating energy changes as it is insulating and limits energy entering or leaving the reaction.
What should go on top of this container and why?	A lid should be used on top of the cup to limit energy movement.
What piece of equipment is used to measure the results of the dependent variable for the energy change practical?	A thermometer is used to measure the dependent variable, change in temperature.
How many times should a practical be repeated and why?	To get accurate results a practical should be repeated at least 3 times and then a mean value calculated.
Where is energy change labelled on an energy level diagram?	Energy change is labelled on an energy level diagram with an arrow between the reactant and product lines.

Week 5

Question	Answer
Define a formulation.	A carefully designed mixture for a specific purpose.
Give 3 examples of formulations.	Cosmetics, cleaning products, medicines.
What is the link between a formulation and boiling point?	A formulation will change state over a range of temperatures.
How can a mixture of an insoluble solid and a liquid be separated?	Filtration.
How can a mixture of a soluble solid and a liquid be separated?	Evaporation.

Week 6

Masters of recall quiz



Topic 8 Chemical Analysis and Topic 9 Atmosphere | Chemistry |

Week 1

Question	Answer
What do the 4 state symbols s, l, g and aq stand for?	s = solid, l = liquid, g = gas, aq = aqueous
How can an insoluble or unreacted solid be separated from a liquid?	Filtration separates an insoluble solid from a liquid?
How can a soluble solid be separated from a liquid?	Evaporation or crystallisation separates a soluble solid from a liquid.
Give 2 ways mixtures of liquids can be separated?	Mixtures of liquids can be separated through distillation or chromatography.
How can boiling point be used to tell you if something is a mixture or pure?	A pure substance boils at only one temperature; a mixture will boil over a range of temperatures.

Week 2

Question	Answer
Give 2 ways that mixtures of liquids can be separated?	Distillation or chromatography.
What should the line be drawn with in chromatography? Why?	In pencil so the line is unaffected by the solvent.
Where should the solvent be filled to in comparison to the line in chromatography? Why?	The solvent level must be below the pencil line to samples are not washed off the line into the solvent.
What is the stationary phase in chromatography?	The paper.
What is the mobile phase in chromatography?	The solvent.

Week 3

Question	Answer
What produced the gases in Earth's early atmosphere?	Volcanoes
Name the main gases in Earth's early atmosphere.	Carbon dioxide, nitrogen, water vapour, methane and ammonia.
How were oceans formed on Earth?	The atmosphere cooled and water vapour condensed to give liquid water.
How was oxygen formed on Earth?	Algae evolved and carried out photosynthesis, converting carbon dioxide into oxygen.
What are the names and percentages of the main gases in Earth's atmosphere today?	Nitrogen 80%, oxygen 20%.

Week 4

Question	Answer
Name the main greenhouse gases.	Carbon dioxide, methane and water vapour.
How are these gases produced?	Carbon dioxide and water vapour from combustion of fuels, methane from cattle.
How does deforestation link to greenhouse gases?	If trees are cut down, photosynthesis is reduced and less carbon dioxide is removed from the atmosphere.
Give 4 consequences of climate change.	Ice caps melt, flooding increases, weather patterns change, habitats change.
How do greenhouse gases link to radiation?	Greenhouse gases do not absorb short wavelength radiation from the sun, but do absorb longer wavelength radiation emitted from Earth, keeping it in our atmosphere.

Week 5

Question	Answer
What is a 'carbon footprint'?	The carbon dioxide emitted during the life cycle of an item.
How is carbon monoxide produced and what are the environmental effects?	Incomplete combustion and is a toxic gas.
How are carbon particulates produced and what are the environmental effects?	Incomplete combustion and causes global dimming (blocks sunlight from passing through our atmosphere)
How is sulfur dioxide produced and what are the environmental effects?	Combustion of a fuel containing sulfur, causes acid rain and breathing difficulties.
How is nitrogen oxide produced and what are the environmental effects?	Heat from combustion joins the nitrogen and oxygen gases in the air together, causes acid rain and breathing difficulties.

Week 6

Masters of recall quiz



Topic 4 Atomic Structure | Physics |

Week 1

Question	Answer
Describe an alpha particle	The equivalent of a helium nucleus
What is the symbol of an alpha particle	${}^4_2\text{He}$
Explain the ionisation power of alpha radiation	It is high due to the large 2+ charge of the particle
Explain the penetrating power of alpha radiation	It is poor due to the large size of the particle
What material will stop alpha radiation?	Paper

Week 2

Question	Answer
Describe a beta particle	The equivalent of a speed electron
What is the symbol of a beta particle	${}^0_{-1}\text{e}$
Explain the ionisation power of beta radiation	It is moderate due to the small 1- charge of the particle
Explain the penetrating power of beta radiation	It is moderate due to the small size of the particle
What material will stop beta radiation?	Thin aluminium or Perspex

Week 3

Question	Answer
Describe a gamma wave	A high energy electromagnetic wave
What is the symbol of a gamma wave	${}^0\gamma$
Explain the ionisation power of gamma radiation	It does not directly ionise due to the lack of a charge
Explain the penetrating power of gamma radiation	It is high due to the fact that it is a wave, not a particle
What material will stop gamma radiation?	Very thick lead or concrete (will slow it only)

Week 4

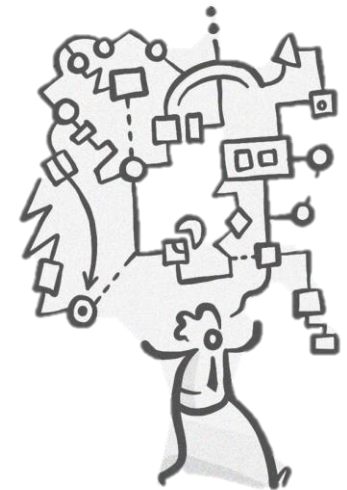
Question	Answer
What does contamination mean?	The accidental exposure to radiation, with negative health effects
What does irradiation mean?	The purposeful exposure to radiation, for health benefits
What does transmutation mean?	When an element changes into a different element after it emits radiation
How does an atom change when it emits gamma radiation?	The mass number decreases by 4 and the atomic number decreases by 2
Complete the nuclear equation ${}^{235}_{92}\text{U} \longrightarrow {}^4_2\text{He} + \text{---}\text{Th}$	231 90

Week 5

Question	Answer
How does an atom change when it emits beta radiation?	The mass number remains the same and the atomic number increases by 1
Complete the nuclear equation ${}^{14}_6\text{C} \longrightarrow {}^0_{-1}\text{e} + \text{---}\text{N}$	14 7
How does an atom change when it emits gamma radiation?	It stays as the same element, but in a less excited state
What is half-life?	The time taken for the amount or activity of a radioisotope to reduce to half its original value
How do you find the half-life of a radioisotope from a graph?	Identify the original amount/activity Identify half of the original value Use the line of best fit to find the x axis value

Week 6

Masters of recall
quiz



Topic 5 Forces (Part 1) | Physics |

Week 1

Question	Answer
What is a contact force?	A force experienced by objects that are touching
Give 3 examples of contact forces	Friction, air resistance, upthrust
What is a non-contact force?	A force experienced by objects that are not touching
Give 3 examples of non-contact forces	Gravity, magnetism, electrostatic forces
Define a "scalar" quantity	A quantity that has magnitude (size) only
Define a "vector" quantity	A quantity that has magnitude AND direction

Week 2

Question	Answer
Give 3 examples of scalar quantities	Distance, speed and mass
Give 3 examples of vector quantities	Displacement, velocity and weight
What does a free-body diagram show us?	It shows all of the forces (usually 4) that are acting on an object. The size of the arrows is related to the size of the force
What will happen to an object if the forces acting on it are balanced?	It will be stationary or moving at a constant speed
What will happen to an object if the forces acting on it are unbalanced?	It will change size, change direction or change speed

Week 3

Question	Answer
What does the term "speed" mean?	How far an object travels in a unit of time
What is the standard unit for speed?	Metres per second (m/s)
Distance travelled = speed x time If a football travels 100m in 0.63 seconds, what speed is it travelling at? Give your answer to 3sf	100 = speed x 0.63 100 ÷ 0.63 = 158.7301587302 ANS: 159 m/s
How are weight and mass different?	Mass is the total amount of material in kilograms. Weight is how that mass is affected by gravity in Newtons
Weight = mass x gravitational field strength What is the weight of a 77.2kg athlete on Earth where gravity is 9.8N/kg?	Weight = 77.2 x 9.8 = ANS: 56.56N

Week 4

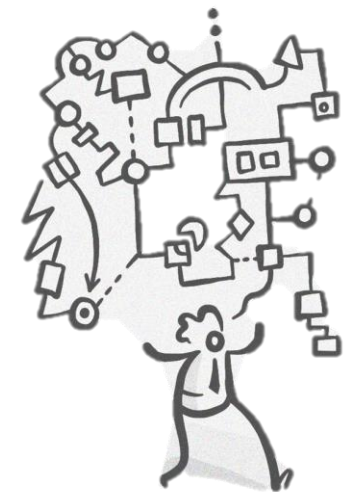
Question	Answer
What is the standard unit of work done?	Joules (J)
Work done = force x distance If a person pushes a trolley with a force of 150N over a distance of 10m, what work is done?	Work done = 150 x 10 ANS: 1500J
Work done = force x distance If a person uses 25000J of energy to push a trolley over 10m, how much force did they apply?	25000 = force x 10 25000 ÷ 10 ANS: 2500N
How is elastic behaviour different to inelastic behaviour?	Elastic materials will return to their original size and shape once the force is removed from them – inelastic materials won't (they are permanently deformed)

Week 5

Question	Answer
What does a high value of spring constant show?	A stiffer, less flexible spring
Force = spring constant x extension What force is needed to stretch a spring, with a constant of 1200N/m by 25cm?	25cm ÷ 100 = 0.25m Force = 1200 x 0.25 ANS: 300N
What does Hooke's law state with reference to the elasticity of objects?	The extension of a spring is directly proportional to the force applied to it, whilst displaying elastic behaviour
Elastic potential energy = 0.5 x spring constant x extension² What EPE does a spring with a 45N/m spring constant have when it is extended by 15cm?	15 cm ÷ 100 = 0.15m EPE = 0.5 x 45 x 0.15 ² ANS: 0.50625J

Week 6

Masters of recall quiz



Component 1 | Art / 3D Design |

Week 1

Question	Answer
How can you create a successful artist research page?	<ul style="list-style-type: none"> Plan the layout carefully Make links to the artist through use of colour and style Have a clear title of the artist's name Analyse the artist's work and your own work Add your opinions on the work Use the same materials as the artist Create a high-quality response to the artist's work

Week 2

Question	Answer
How can you analyse the content of an artwork?	<ul style="list-style-type: none"> Describe what you can see Look for symbolic objects Explain whether it is realistic or surreal or both
How can you describe the form of an artwork?	<ul style="list-style-type: none"> Explain what it is made from Describe which skills have been used Describe the colour scheme Describe the composition Explain how tone, textures or patterns are represented

Week 3

Question	Answer
How can you analyse the mood of an artwork?	<ul style="list-style-type: none"> Describe the atmosphere Explain what it makes you think of Explain which emotions it makes you feel Describe the impact it has on you
How can you explain the process used to create an artwork?	<ul style="list-style-type: none"> Explain which tools were used and how Consider whether the artist made other versions Describe where the artist got their inspiration from

Week 4

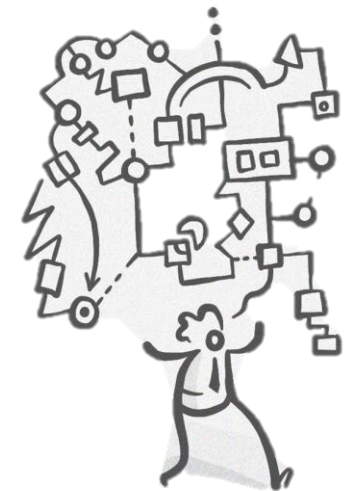
Question	Answer
How can you successfully explore techniques?	<ul style="list-style-type: none"> Use your photographs or observations to work from Use media inspired by the artists you have researched Make small samples to explore different ways of using materials or different combinations of the formal elements
How can you successfully develop your ideas?	<ul style="list-style-type: none"> Refine use of materials Practice combining materials and images Explain your thought process through annotations Reference artists and explain links to their techniques Try out different compositions

Week 5

Question	Answer
How can you create a quality final response to the project?	<ul style="list-style-type: none"> Clearly link it to your artist research Relate it to your theme Work from some first-hand imagery Make sure your response is personal Refine your use of materials and techniques Successfully combine materials Plan your time carefully

Week 6

Masters of recall quiz



Component 1 and Component 2 | Art / 3D Design |

Week 1

Question	Answer
What is a maquette?	It is a small model made to visualise how a design may look and to work out approaches and materials to use for a larger scale sculpture.
What is an assemblage?	Bringing a collection of objects together to create a 3D relief artwork.
What can resin be used for?	Jewellery making, sculptures, paintings, furniture making.

Week 2

Question	Answer
Explain the silk painting process	Draw the outline onto silk in pencil, apply gutta to the outlines, leave to dry and then apply silk paint to areas, the paint can be mixed with water to create areas of tone.
How do you create a batik?	Draw the outline onto fabric in pencil, apply hot wax to the outlines, leave to harden and then apply dye to areas, then iron off the wax.
Name three types of stitching that you could use in hand embroidery	Satin stitch, back stitch, running stitch, cross stitch, chain stitch, French knots.

Week 3

Question	Answer
Which elements do you need to consider when making a sculpture?	Line, shape, space, balance, movement and volume.
Name three techniques used to hand build a clay model	Coil, slab and pinch.
Which materials could you use for a carved sculpture?	Soap, polystyrene, stone, wood, plaster, wax.

Week 4

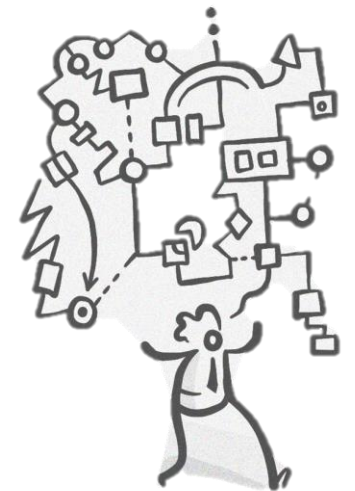
Question	Answer
What is a colour harmony?	Colours next to each other on the colour wheel, they blend well together, for example purple, blue and green.
What is a complementary colour?	Colours opposite each other on the colour wheel which have a high contrast, examples are red and green, blue and orange and yellow and purple.
What is a tertiary colour?	A combination of a primary and secondary colour, for example yellow orange and red orange.

Week 5

Question	Answer
What is proportion?	The harmonious relation of parts to each other to create an overall balance.
What is perspective?	The representation of three-dimensional objects or spaces in two-dimensional artworks to create an impression of depth.
What is the rule of thirds?	A popular composition technique, often used in photography, involving an image being split into nine equal parts with elements arranged along the division lines.

Week 6

Masters of recall quiz



Topic 2.5: Managing People | Business Studies |

Week 1

Question	Answer
What are the methods of Financial motivation?	Pay Rise, remuneration, bonus, commission, promotion, fringe benefits
What are the non Financial methods of motivation?	Job Rotation, job enrichment, autonomy.
What is a Fringe Benefit?	Something extra an employee gets on top of their wage or Salary e.g. company car or gym membership
What is job enrichment?	Giving employees extra tasks or responsibility that are above their current working level
What is Autonomy?	Allowing employees to make their own decisions

Week 2

Question	Answer
What are the impacts of Formal Training?	+ Delivered by an expert + Motivates employees are - Expensive - Employees could leave once they have been retrained
What are the impacts of informal Training?	+ Cheap + Employee is actually working while being trained - Bad Habits
What is the benefit of Self Learning?	Cheaper as done in the employees own time
What are the impact of a performance review?	+ employees can improve as they know what they are doing wrong - Employees can be upset if they are criticised
What is the impact of ongoing training	+ Employees feel valued/Highly skilled - Expensive/ Employees could leave

Week 3

Question	Answer
Why is it important that employees are retrained to use technology?	+ Improve their skills to help with a competitive advantage - Expensive
What are the key roles and responsibilities of the organisation?	Directors, senior managers, supervisors/team leaders, operational and support staff.
What are the key documents used in recruitment	Person Specification and job description, application form, CV
What is the impact of External Recruitment?	+ New Ideas - Expensive - Demotivate employees that don't get the job
What is the impact of Internal Recruitment?	+ Cheaper + Can be used to promote hard working employees - No new ideas

Week 4

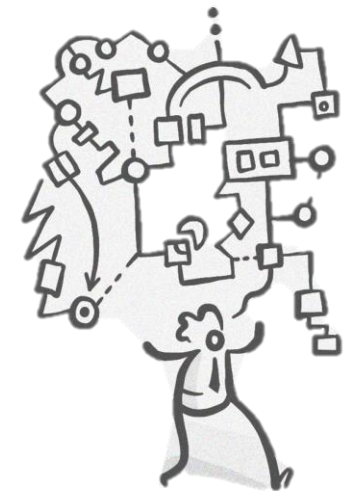
Question	Answer
State the impact of have a hierarchical structure?	+ More change for promotion/Less mistakes as employees are closely watched - Expensive/ Employees don't feel trusted
State the impact of have a Flat structure?	+ Cheaper/ Employees feel trusted and valued - Mistakes/Less opportunity for promotion
State the impact of being a centralised organisation?	+ Consistency/ Senior managers make the decisions - Store managers may feel demotivated/local customer needs ignored
State the impact of being a decentralised organisation?	+ Motivated store manager/needs of local customers met - Managers mightn't have the skills/no consistency between stores
What is excessive communication?	Too much information given so it can be overwhelming

Week 5

Question	Answer
What is meant by the term Break Even point ?	Break-even is the point at which revenue and total costs are the same, meaning the business is making neither a profit nor a loss. It can be measured in units or sales revenue
What is the formula for breakeven in units ?	$\frac{\text{Fixed Costs}}{\text{Selling Price} - \text{Variable Cost per item}}$
What is the formula for breakeven in revenue ?	Break-even point in units x selling price
What is the margin of Safety?	The amount sales can fall before the break-even point is reached and the business makes no profit.
What is the formula for calculating the Margin of safety?	$\text{Actual Sales (or predicted sales)} - \text{Breakeven point}$

Week 6

Masters of recall quiz



Topic 1.5 and 2.1 | Business Studies |

Week 1

Question	Answer
What is meant by the term globalisation?	The ability to buy and sell online as the world has become a smaller place
What are the benefits of globalisation/international trade?	<ul style="list-style-type: none"> • Can sell worldwide • Can find better quality raw materials at a cheaper price from foreign suppliers
What is the drawback of globalisation?	<ul style="list-style-type: none"> • More competition from international business • Expensive to adapt the products for international customers
What are the barriers to international trade?	<ul style="list-style-type: none"> • Trade Blocs • Tariffs
What is the impact of relocation?	<ul style="list-style-type: none"> • Lower Wages • Loose USP of being a British business

Week 2

Question	Answer
What is meant by behaving ethically?	Behaving in a way that is morally right e.g. having safe working conditions
What is meant by the term environmental sustainability?	Business Practices that do not damage or deplete natural resources in the environment
What is meant by a pressure group?	A group that tries to influence and change how the business behaves
State how a business could use to reduce its environmental impact?	<ul style="list-style-type: none"> • Having less packaging • Having electric vehicles
What is the impact of behaving ethically/improving its environmental sustainability?	<ul style="list-style-type: none"> • Good reputation as doing the right thing • Won't get fined • Expensive

Week 3

Question	Answer
What is the impact of using social media?	<ul style="list-style-type: none"> • Lots of people have social media • Cheap form of promotion/communication • Can be easily ignored
What is the impact of having a digital payment system?	<ul style="list-style-type: none"> • Can sell worldwide • Expensive as the business has to make sure the site is secure
What is the impact of using digital communication?	<ul style="list-style-type: none"> • Cheaper - don't need to travel for meetings • Technology could crash
What impact can technology have on the marketing mix?	<p>Product: This business could improve the features of the product and increase customer satisfaction</p> <p>Promotion: The business could use social media</p> <p>Place: An e-commerce website could be used</p> <p>Price: More productive means lower cost per unit</p>

Week 4

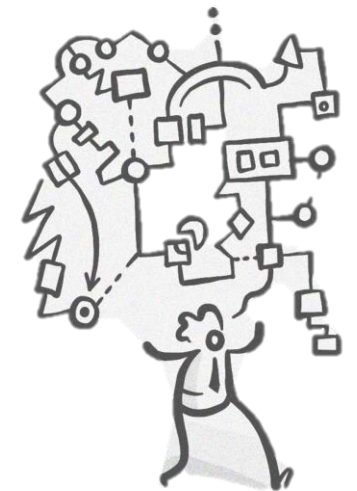
Question	Answer
What is a stakeholder?	Someone that has an interest in the overall success of the business.
State 1 stakeholder of a business?	Shareholders (owners), Employees, Customers, Managers, Suppliers, Local Community, Pressure groups, The Government.
Explain one conflict between stakeholders	Employees want a pay rise but the owners don't want to give it to them as it will negatively impact their profits
State 1 type of technology a business could use?	E-commerce/ Social Media/Digital Communication/ Digital Payment Systems.
State 1 method of digital communication?	<ul style="list-style-type: none"> • Email • Text • Video conferencing

Week 5

Question	Answer
What is the impact of excessive/insufficient communication?	Mistakes/Poor Customer Service/Employees are demotivated and stressed as they don't know what to do/Lower productivity
What are the barriers to communication?	Jargon/Excessive or insufficient communication/Language barriers/email failure/angry or tired
What is the impact of offering permanent contracts?	<ul style="list-style-type: none"> + Less likely to leave as have job security + More likely to care about the success of the business - If business goes through a quiet period employees still need paid
What is the impact of offering temporary contracts?	<ul style="list-style-type: none"> + Only pay staff when they are needed - Lack of security leads to demotivation

Week 6

Masters of recall quiz



Topic Data representation | Computer Science |

Week 1

Question	Answer
What is stored in secondary storage?	Files, folders and apps
What part of secondary storage is used when RAM is full?	Virtual memory
How can we increase the speed of the CPU?	Increase the number of cores, increase the clock speed and increase the amount of cache memory
What is the main disadvantage of the Von Neumann architecture?	The Von Neumann bottle neck
Is secondary storage volatile or non-volatile?	Non-volatile

Week 2

Question	Answer
What does RAM stand for	Random access memory
What does ROM stand for	Read only memory
What is the difference between volatile and non-volatile memory	Volatile memory is lost when there is no power, where non-volatile is not.
Is ROM volatile or non-volatile memory	Non-Volatile
Is RAM volatile or non-volatile memory	Volatile

Week 3

Question	Answer
What are the rules for binary addition?	Arithmetic logic unit
What does a left shift do?	The Control Unit
What does a right shift do?	The ALU carries out of mathematical and logic operations
How many bits are used in ASCII	7
How many bits are used in extended ASCII?	8

Week 4

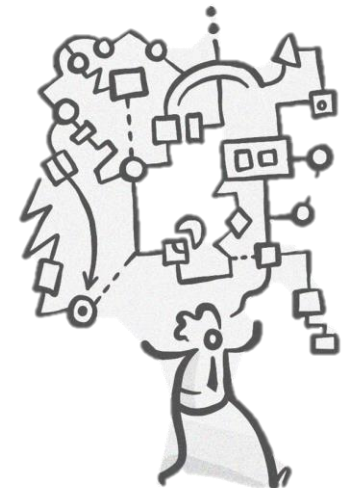
Question	Answer
How are images represented on computers	bitmaps
What is resolution?	The number of pixels used to represent an image
What is colour depth?	The number of bits used to represent a colour in an image
How many colours can be represented with a colour depth of 4	$4^2 = 16$
What is the formula for finding the size of an image?	Resolution(pixels) * colour depth

Week 5

Question	Answer
What is the difference between natural sound and sound stored on a computer?	Natural sound is analogue, and sound stored on a computer is digital
How is sound stored on a computer	The sound is converted to digital
What does bit depth refer to?	The number of bits used to store the sound.
What is the sample rate?	The number of times a sound is sampled a second and is measured in Hertz
What is the formula for working out the size of a sound file	Sampling rate * bit depth * duration * channels

Week 6

Masters of recall quiz



Topic Programming | Computer Science |

Week 1

Question	Answer
What is an algorithm ?	A sequence of instruction that take an input, manipulate it and return an output
What is a while loop?	A condition controlled loop
.What is a FOR loop	A count controlled loop
Convert the following decimal number to binary 56	111000
What are the characters used in hex	0123456789ABCDEF

Week 2

Question	Answer
Describe a variable .	A variable is like a container that holds a value that can change
What are the three words used in coding that are or can be used when selection is needed?	IF, ELIF and ELSE
If I want to input a number into a variable, what do I need to put before the input?	int
What does the terms declaration and assignment refer too?	The naming of a variable and storing a value in that variable
Print("name") , what would be outputted	The word name

Week 3

Question	Answer
Write a line of code that will allow a user to enter a number	Num=int(input("please enter any number"))
Write a second line of code that will test if the number is greater than 50 and outputs an appropriate message if it is.	If Num>50: print(" the number you have entered id greater than 50")
Edit your code so it now will test if the number entered is less than 50 and give an appropriate message and state if the number entered was equal to 50	Elif Num<50: print(" your number is less than 50") Else: print(" your number was equal to 50")
What is the error in the following code. Num = int(input("please enter a number"))	Missing a second closing bracket.
What type of error is the one above	syntax

Week 4

Question	Answer
Convert the following denary number to binary 72	1001000
What is a variable?	A container that holds a value and that value can change
Num1 = int(input("enter a number") Num2 = int(input("enter a second number") Total = Num1+Num2 If total > 50; Print ("total is greater than 50") What line does selection take place	4th line
Num = 1 Print("Num", Num) what will the output be?	Num 1
For count in range (10): How many iterations will be done?	10

Week 5

Question	Answer
Apply a binary shift of 2 to the left to the following binary number 0011011	1101100
What is the purpose of a trace table?	To check the code runs as we expect and to also see what the code is for.
What is abstraction?	The removing of information that is not needed in the solving of a coding problem. For example working out the area of a garden, we do not need to know it is a garden we just need the measurements
What is decomposition ?	Breaking a problem down into manageable chunks
Unless stated in an exam question what is the first index in a list	Index 0, the first position in a list is index 0 unless stated

Week 6

Masters of recall quiz



| Component 2 Performance Skills Dance |

Week 1

Question	Answer
What does alignment improve ?	Balance, effective movement mechanics and body stability
What should you do if you make an error in a live performance ?	Stay calm, improvise until you regain your place, focus on maintaining performance quality, don't show signs of panic.
How could you improve a dance that is characterised ?	Research, understand the characters emotions, background and then embody these traits through movement and expression.

Week 2

Question	Answer
What does dynamics refer to ?	The varying levels of energy, weight and speed within a dance
How can you maintain your energy in a performance ?	Proper hydration, mental focus, cardiovascular training.
How do mirrors help improve a performance ?	Self-correct posture, alignment and technique

Week 3

Question	Answer
How can you portray more characterisation in your dance ?	Specific gestures, facial expression
Why is movement precision needed ?	Ensures movement are executed correctly which enhances the overall aesthetic of the dance
How do you reduce performance anxiety ?	Pratce relaxation techniques, focus on positive aspects of the dance.

Week 4

Question	Answer
Why does a duet performance look effective ?	Syconized movements and supportive enhanced lifts add interest.
How does rhythm enhance a dance ?	Supports timing, coordination, and structure, allowing a deeper connection with the movement
What are the most common performance mistakes ?	Poor spacing, lack of focus, forgetting choreography, not engaging with the audience.

Week 5

Question	Answer
Why is it important to learn a range of dance styles ?	Enhances, versatility, encourages creativity, expands technical skills, provides a broader understanding of dance as an art form.
How does spacing enhance a dance,	Defines direction and orientation of a dance,
What should you do after a performance ?	Cool down, reflect on the performance, receive feedback, and celebrate hardwork

Week 6

Masters of recall quiz



Component 2 Performance Skills | Dance |

Week 1

Question	Answer
Why should you warm up before a performance ?	Prepares you mentally for a performance, improves flexibility and reduces the risk of injury.
What is stage presence ?	A dancer's ability to engage the audience through confidence and energy.
What makes a good dance performance ?	Technique, timing, expression, dynamics, and ability to show the intent of the dance.

Week 2

Question	Answer
How can a dancer improve their flexibility?	Through consistent stretching, yoga and dynamic and static stretches.
How is music essential to a performance?	Music provides the rhythm and emotion and guide the movements; it can also enhance a narrative or story.
How can someone improve their timing?	Keep track of the beats with help you keep in sync.

Week 3

Question	Answer
What is improvised choreography ?	Spontaneous movement without preplanning
How can a dancer improve their emotional connection in the dance ?	Facial expression, body language, dynamics of the movement and interpreting the mood.
What does collaboration mean in regards choreography?	Encourages creative ideas from a group of people and fosters a sense of community with the dance.

Week 4

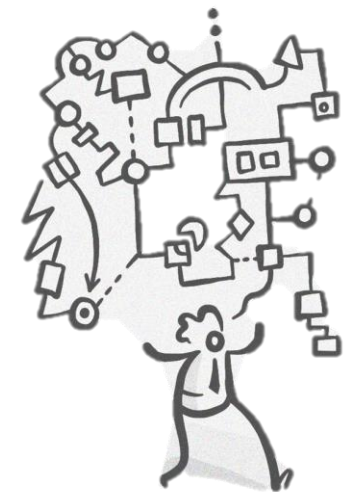
Question	Answer
List 7 different dance genres or styles .	Ballet, Jazz, Hip hop, Contemporary, Tap, Ballroom and Folk
How can feedback improve a dance style ?	Helps identify strengths and areas for improvement to grow technique and performance quality.
How can you mentally prepare for a performance ?	Visualisation of the dance and performance, strategies to mentally performance anxiety.

Week 5

Question	Answer
What should a dancer think about when choosing a costume /	Fit, comfort, how it complements choreography, ability to convey character or mood.
Define the word dance.	Dance is a form of cultural expression and is often used to mark celebrations, rituals and community bonding.
How can a dancer improve their choreography ?	Focus on sharpening movements, clarity of transitions, stage awareness, and emotional connection.

Week 6

Masters of recall quiz



Topic 5 Noughts & Crosses | Drama |

Week 1

Question	Answer
What vocal skill refers to how loud or quiet you are?	Volume.
What vocal skill refers to high or low your voice is?	Pitch.
What vocal skill refers to how quick or slow you speak?	Tempo.
What vocal skill refers to the emotion or feeling in your voice?	Tone.

Week 2

Question	Answer
What physical skill effects how you stand?	Posture.
What physical skill effects how you walk?	Gait.
What physical skill effects your face?	Facial expressions.
A thumbs up is an example of which physical skill?	Hand gestures.

Week 3

Question	Answer
What is proxemics?	The use of space between actors/characters to create meaning.
What is a thrust stage?	Audience sat on two opposite sides.
What is Proscenium arch staging?	Audience sat on one side.
What is a Thrust staging?	Audience sat on three sides.

Week 4

Question	Answer
What element of costume design refers to how worn or new an item is?	Condition.
Leather is an example of which element of costume design?	Fabric.
Baggy, tight or too long are examples of which element of costume design?	Fit.
What is the process called in costume design for making costumes muddy/dirty or worn.	Breaking down.
After describing, fit, fabric and condition in costume design you must also include what?	Colour.

Week 5

Question	Answer
What is a floor cloth?	The flooring design for a set design.
What is a backdrop?	The background for a set design.
What are props?	Objects or items used in a set design.
What is directing?	The decision on how a play or scene is interpreted.
Which theatre company directed Noughts and Crosses?	PiLot Theatre.

Week 6

Masters of recall quiz



Topic 6 Noughts and Crosses | Drama |

Week 1

Question	Answer
What are the 4 main themes?	Racism Violent protest Love and Friendship Identity
Who is Kelani Adams	Solicitor to support Ryan McGregor
What must you consider in costume question?	Colour, fabric, style, accessories, hair, make-up and social class.
What must you consider in set design question?	Original staging, where audience sit, furniture, floor, ceiling.

Week 2

Question	Answer
What are 2 rehearsal techniques?	Role on wall Hot-seating
What is an execution?	Where someone is killed by hanging
What sound would you choose for hanging scene? Why?	Suspenseful music, eerie silence, ticking sound.
What lighting would you choose for hanging scene?	Spot-light, red wash, strobe, darkness.

Week 3

Question	Answer
Who designed original set design?	Simon Kenny
How long do you spend on 15 mark question?	20 mins
How long to do spend on section B	30 mins
What style of theatre is Noughts and Crosses?	Storytelling.

Week 4

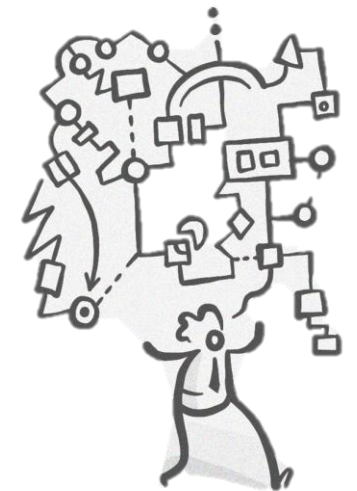
Question	Answer
What is the name of Sephys mother?	Jasmine.
What problem does Jasmine have.	She is an alcoholic.
What does Minerva think about the Noughts?	That they are less and should remain submissive in society.

Week 5

Question	Answer
What is Kamal Hadley's job?	Home secretary.
What is propaganda?	Information, especially of a biased or misleading nature, used to promote a political cause or point of view.
What is civil unrest?	Are situations when law enforcement struggle to maintain public order or tranquillity.
What is democracy?	A system of government by the whole population or all the eligible members of a state, typically through elected representatives.

Week 6

Masters of recall quiz



Topic 3: Personal Relationships | French |

Week 1

Question	Answer
Translate: je vis avec	I live with
Translate: Ma belle mère	My step-mother
Translate: Ma demi-sœur	My half sister
Translate: Ensuite	Then
Translate: Plus tard	Later

Week 2

Question	Answer
Translate: je m’amuse bien	I have
Translate: Je me couche	I go to bed
Translate: Je m’entraîne	I train
Translate: Je mets des vêtements	I get dressed/put clothes on
Translate: Je me repose	I relax

Week 3

Question	Answer
How do we alter a –eur ending adjective in the feminine form?	- euse
How do we alter a –eux ending adjective in the feminine form?	-ille
How do we alter a –f ending adjective in the feminine form?	-ve
How do we alter a –l ending adjective in the feminine form?	-lle
Translate: Je m’entends bien avec	I get on well with

Week 4

Question	Answer
Translate: Il/elle a l’air	Quel
Translate: Ils/elles ont l’air	Quelle
Translate: Je le suis	I follow him
Translate: Je la suis	I follow her
Translate: Je les suis	I follow them

Week 5

Question	Answer
How do you say “to become civil partners?”	Se pacser
When we take away “-ant” from the end of adjectives, what do we add to make them adverbs?	-amment
When we take away “-ent” from the end of adjectives, what do we add to make them adverbs?	-emment
What is the definition of the following: mon/ma/mes, ton/ta/tes, son/sa/ses	Possessive adjectives
What do we call this tense “On a dansé/ On a fêté”	Perfect/ le passé-composé

Masters of recall quiz



Topic 2: Free Time | French |

Week 1

Question	Answer
Give an example of a partitive article	Du/ de la/de l'/ des
Translate: sans	without
Translate: au lieu de	Instead of
Translate: sauf	except
Translate: Je mange des legumes, j'en mange beaucoup	I eat vegetables, I eat lots of them

Week 2

Question	Answer
What do we use the imperative tense for?	Giving instructions or advice
Which verbs are "je dois", "je peux" and "je veux" examples of?	Modal verbs
Translate: Je veux dormir mieux	I want to sleep better
Translate: Je suis tout le temps/souvent inquiet/ète	I am always worried about exams
Translate: Ne sois pas...	Don't be...

Week 3

Question	Answer
Translate: J'ai mal au dos	I have a sore back
Translate: J'ai mal aux jambes	I have sore legs
Translate: J'ai mal au coeur	I feel sick
Translate: Il faut bouger souvent	You have to move often
Translate: J'ai faim/ j'ai soif	I am hungry/ I am thirsty

Week 4

Question	Answer
Conjugate: I am going to be	Je vais être
Conjugate: you are going to go	Tu vas aller
Conjugate: She is going to help	Elle va aider
Conjugate: I am going to do	Je vais faire
Conjugate: I am going to work less	Je vais travailler moins

Week 5

Question	Answer
Translate: nothing	Ne...rien
Translate: not	Ne...pas
Translate: never	Ne...jamais
What do we use the imperfect tense for?	To say what you used to do
Which tense is this? "On va faire du sport"	The near future tense

Week 6

Masters of recall
quiz



Topic 4 Rivers | Geography |

Week 1

Question	Answer
What is a watershed?	An area of land that channels rainfall and snowmelt
What is the source of a river?	The point where the river originates
What is the mouth of a river?	The point where the river ends and flows into a bigger body of water
What is a confluence?	The point where two rivers meet
What is a tributary?	A stream/river that flows into a larger stream/river
What is a Thalweg?	The path of the fastest part of a river flow
What is transportation?	The movement of eroded material downstream
What is suspension?	The transportation of very fine sediment in a river

Week 2

Question	Answer
What is solution/corrosion?	When the river dissolves rocks such as limestone or chalk due to the mild acidic effect of the CO2 dissolved in the water
What is traction?	Large, heavy rock particles rolling along the bottom of the river
What is saltation?	The transportation of small particles like sand or gravel
What is hydraulic action?	the force of moving water erodes the banks and beds of rivers and streams
What is geology?	The physical structure and arrangement of rock
What is permeable?	A rock that allows water to pass through it
What is impermeable?	A rock that does not allow water to pass through it

Week 3

Question	Answer
What is abrasion?	When rocks/pebbles grind along the riverbed like a sand papering effect
What is attrition?	When rocks that the river is carrying bang against one another becoming more rounded
What is biological weathering?	Rocks are broken apart by vegetation, roots, or through chemical reactions of animal feces
What is mechanical weathering?	The breakdown of rocks due to forces, not chemical reactions
What is chemical weathering?	Slightly acidic water that wears away the rock
What is freeze-thaw weathering?	Water enters cracks in the rock. When temperatures drop, the water freezes and expands causing the crack to widen. The ice melts and water makes its way deeper into the cracks

Week 4

Question	Answer
What are interlocking spurs?	Ridge like features found alongside a river valley
What is a gorge?	A deep, narrow passage that usually has a river running through it
What is a meander?	A bend in the flow of a river
What is an oxbow lake?	U-shaped lake that forms when a wide meander of a river is cut off, creating a free-standing body of water
What is a floodplain?	Low lying and wide floor of the river valley, found in the lower course of a river
What an estuary?	The point where a river meets the ocean, often muddy/silty.

Week 5

Question	Answer
What is a levee?	The banks of the river
What is a hydrograph?	A graph that shows how the flow of a river changes over time
What does mitigation mean?	Reducing the risk
What is hard engineering?	Man-made structures to reduce erosion or flooding
What is soft engineering?	Sustainable and natural approaches to reduce erosion or flooding
What is an embankment?	The banks of the river built up in brick and concrete to increase channel capacity


Week 6

Masters of recall quiz



Topic 5 Fieldwork | Geography |

Week 1		Week 2		Week 3	
Question	Answer	Question	Answer	Question	Answer
What is an introduction?	to the fieldwork and study site. Should include location maps at different scales, and the enquiry question, written out clearly.	What is an enquiry?	An enquiry is a question that you set out to prove or disprove	What is random sampling?	selecting a person to interview or site to measure, at random. Random sampling is unbiased as particular people or places are not specifically selected
What is methodology?	When you describe and justify the way that the data was collected.	What is a hypothesis?	proposed explanation made based on limited evidence as a starting point for further investigation	What is systematic sampling?	collecting data in an ordered or regular way, e.g. every 5 metres or every fifth person
What is a data presentation?	Data that is presented in different ways. E.g. pie charts, histograms, radial graphs	What is an investigation?	A thorough attempt to learn the facts about something	What is stratified sampling?	dividing sampling into groups, e.g. three sites from each section of coastline, or five people from each age range. It is possible to combine stratified sampling with random and systematic sampling
What is an analysis?	Where we look at the results in detail and discuss patterns.	What is primary data?	information that is collected first-hand, e.g. tallies, measurements and photographs		-Stratified random sampling - random samples are taken from within certain categories
What is a conclusion?	A short section to draw together the results and answer the enquiry question	What is secondary data?	information that someone else has previously collected and made available, e.g. on the internet		-Stratified systematic sampling - regular samples are taken from within certain categories
What is an evaluation?	this considers the strengths and weaknesses of the data collection, along with possible improvements or extensions. It is acceptable to talk about weaknesses, as long as improvements can be suggested.	What is human data?	information about people, e.g. cities and tourism		
		What is physical data?	information about natural landscapes, e.g. rivers and coasts		

Week 4		Week 5		Week 6	
Question	Answer	How to draw a field sketch		Masters of recall quiz	
What is ratio?	To show the relationships between two sets of data	<p>Field sketches can be drawn by anyone - fantastic artistic skills are not required. Drawing a field sketch is a straightforward process:</p> <ol style="list-style-type: none"> 1. Identify the landscape that needs to be sketched. 2. Write a title that will help to locate the sketch, e.g. 'Site One'. 3. Draw an outline of the main features of the landscape with a pencil, e.g. hills and valleys or buildings and roads. 4. Add detail to the sketch to record more information, e.g. river features, such as Meanders, river cliffs and rapids 5. Only draw people if they are important to the enquiry question. 6. Annotate or label the field sketch to give more information about the landscape and conditions, e.g. what was the weather like? 7. Consider taking a photograph to support the field sketch 8. 			
What are proportions?	To show how many given items are in an area				
What is a meander?	A bend in the flow of a river				
What are central tendencies?	(averages) Mean, mode, median				
What are percentages?	To show proportions or change over time				
What are: Mean Mode Median	Mean - add the total of all values that have been collected and then divide by the number of values. Median - write out all of the numbers that have been collected in numerical order and find the middle number. Mode - the most commonly appearing value within the data				

Hospitality and Catering Provision | Hospitality |

Week 1

Question	Answer
What is a caterer?	A business or person who arranges the preparation, delivery and presentation of food for clients.
What is catering?	Providing a food or beverage service to people in a particular location
Who is the client?	A person/ business/ organisation using hospitality and catering services.
What is an establishment?	A place from where a business or organisation operates
.What is hospitality?	The business of providing accommodation, meals and drinks to people in a variety of places away from their home.

Week 2

Question	Answer
What is the commercial sector?	The part of the hospitality and catering industry that aims to make profit
What is the non-commercial sector?	The part of the hospitality and catering industry that does not aim to make a profit.
What is a residential sector?	A place that provides accommodation for people to stay in as well as catering and hospitality services.
What is a non-residential sector	a place that provides catering and hospitality services but not accommodation for people to stay

Week 3

Question	Answer
What are 7 types of counter service?	Buffet, cafeteria, multi-point, seated counter, fast food, carvery and free flow.
What type of service displays food in containers at an open counter or a central serving station?	Buffet
Which type of counter service displays all types of foods and drinks on a long counter.	Cafeteria
Which type of counter service has customers seated at stools where food is served, usually places such as sushi bars, stations or airports.	Seated counter service.
Which type of counter service has different types of foods and drinks displayed at different counters. Customers take their trays to each counter and can choose what they like.	Free Flow

Week 4

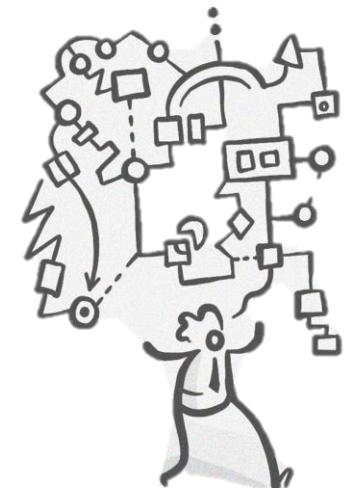
Question	Answer
Table service	Type of service has waiters or waitresses taking food orders and serving customers at seated tables?
What is plate service?	Food is placed on a plate and served to the customer at a table.
What is family style service?	All food is served on plates and dishes and put in the middle for the table for customers to help themselves.
What is silver service?	Food is served by waiting staff from a serving dish. The server uses a spoon and a fork.
What is banquet service?	Large formal occasions where many people are served meals. Wedding receptions and award ceremonies for example.

Week 5

Question	Answer
What are the various categories in the Hospitality and catering industry for which standards and ratings are used?	Hotel and guest houses Restaurant Food hygiene Environmental
How are hotels and guest houses rated ?	Stars 1-5
How are restaurants awarded?	Michelin stars 1-3 AA rosettes 1-5
How are hygiene ratings awarded?	1-5 rating
How can environmental standards be inspected?	Sourcing, society and environment

Week 6

Masters of recall
quiz



Working in the Hospitality and Catering Industry | Hospitality |

Week 1

Question	Answer
What is an employee?	Someone who works in the industry and has an employment contract.
What is an Employer	Someone who hires staff to work for them.
What is a worker?	Someone who works in the industry but does not have an employment contract.
What is front of house?	Someone who has a customer facing role such as a waiter or a receptionist.
.What is back of house?	Someone who does not have a customer facing role such as a chef or a cleaner.

Week 2

Question	Answer
What is the name given the chef in charge of the kitchen?	Chef de Cuisine Executive Head Chef
What is the name given the chef who is second in charge?	Sous Chef
What is the name of the chef that has a particular section within a kitchen, such as pastry or sauces?	Chef de Partie
What is the name of the chef that is a trainee chef?	Commis Chef
What are the 2 roles within the kitchen that don't touch any food?	Expeditior Plongeur

Week 3

Question	Answer
Who is in charge of the entire hotel?	General manager
Who is second and maybe third in charge of a hotel.	Assistant manager Deputy assistant manager
Who is charge of the money side of the hotel?	Financial director
Who manages the front of house team in the Hotel	Front office manager
Who is in charge of the security, housekeeping and maintenance of the hotel?	Logistics manager

Week 4

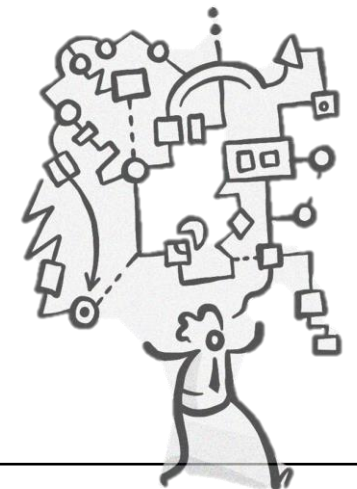
Question	Answer
what we call qualities such as being reliable, friendly and welcoming, being calm under pressure and being well organised?	Personal attributes
What would we call qualities such as being a good communicator, being well organised, able to multitask and having good local knowledge.	Skills needed for the job role.
Name 4 degree level courses that are within the H&C industry.	Hospitality management Professional cookery Culinary industrial management Food and culinary arts
Name 2 qualifications around environmental health	Level 1 introductory certificate in food safety. Level 2 foundation certificate in food safety.

Week 5

Question	Answer
What is a permeant contract	A contract that lasts indefinitely. The worker can decide to leave but must give the employer enough notice.
What is a temporary contract?	The employee is only employed for a set amount of time, and the date the contract ends must be given in the contract.
What is a wage?	The amount of money someone earns per hour of work.
What is a salary?	The amount of money someone earns per month/ year.
What is a pension?	a way of saving money for the future, while someone is working, for when they retire from work.

Week 6

Masters of recall
quiz



Topic How did Hitler become a dictator? | History |

Week 1

Question	Answer
Who was Chancellor of Germany at the start of the Weimar 'golden years'?	Gustav Stresemann
Are communists left-wing or right-wing?	Left-wing.
How much did Germany receive in loans from the USA as part of the Dawes Plan?	\$3 billion
Which political party did Hitler join?	The German Workers Party (DAP)
Who wrote the 25 Point Programme with Hitler?	Anton Drexler

Week 2

Question	Answer
What is "Nazi" an abbreviation of?	National Socialist German Workers Party (NSDAP)
What was the name of Hitler's book?	Mein Kampf
Who was the leader of the Sturmabteilung?	Ernst Rohm
How many seats did the Nazis get in 1928 Reichstag elections?	12
What did nationalists call the politicians who signed the armistice?	November Criminals

Week 3

Question	Answer
How many people were unemployed in Germany by 1932?	6 million
Who was the German Chancellor 1930-32?	Bruning
How many seats did the Nazis win in the July 1932 Reichstag elections?	230
What Nazi slogan meant 'work and bread'?	Arbeit und Brot
What was the relationship between unemployment and the Nazi vote?	As unemployment increased, so did the Nazi vote.

Week 4

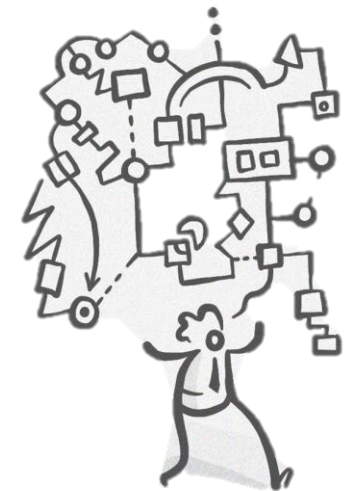
Question	Answer
In the Weimar Constitution, who chose the Chancellor?	The President
Who was the German President 1932-1933?	Hindenburg
When was Hitler made Chancellor?	30th January 1933
Who was appointed Vice Chancellor in 1933?	Von Papen
What is propaganda?	Spreading ideas or information that is designed to persuade. A type of one-sided advertising, sometimes used by governments.

Week 5

Question	Answer
Who was blamed for the Reichstag Fire?	The communists.
What size majority did the Nazis need in the Reichstag to change the constitution?	Two-thirds
How long did the Enabling Act allow Hitler to rule without the Reichstag?	4 years
When were political parties banned?	July 1933
Who swore an oath of allegiance to Hitler in August 1934?	The army

Week 6

Masters of recall quiz



Topic What was life like in Nazi Germany? | History |

Week 1

Question	Answer
Who was in charge of the SS?	Himmler
Where was the first concentration camp?	Dachau
Which courts processed crimes against the state?	Peoples Courts
What was the agreement between the Nazis and the Catholic Church called?	The concordat
Who was the leader of the Confessional Church?	Pastor Martin Niemoller

Week 2

Question	Answer
What was the name of the statement issued by the Pope in 1937?	"with burning anxiety"
Name one youth group that opposed the Nazis.	The Sing Youth or the Edelweiss Pirates
What happened to socialists or communists who opposed the Nazis?	They were sent to concentration camps or executed.
Who was in charge of the Ministry of Enlightenment?	Josef Goebbels
Which Nazi film did Leni Riefenstahl direct?	Triumph of the Will

Week 3

Question	Answer
Which global event was held in Berlin in 1936?	The Olympics
Name a type of music that was banned in Nazi Germany.	Jazz
What does 'indoctrination' mean?	Teaching ideas or a viewpoint to people, usually from a young age. 'Brainwashing'.
How old were girls in the BDM?	14-21
Which law gave newly weds a government loan so that wives could leave their jobs and have children?	The Law for the Encouragement of Marriage

Week 4

Question	Answer
What were the 3 'K's for women?	Kinder, Kirche, Kuche (Children, Church & Kitchen)
By 1939, how many people were unemployed?	300,000
How many kilometres of autobahns were built by the RAD?	7000km
Give an example of people who were not counted in official unemployment statistics.	Men aged 18-25, Jews, Women.
How did wages change in Nazi Germany?	They increased.

Week 5

Question	Answer
How did food prices change in Nazi Germany?	They increased
What was the KdF set up for?	To improve the leisure time of workers.
Which laws officially stripped Jews of German citizenship?	The Nuremberg Laws
Which racial groups were considered inferior or 'Untermensch' by the Nazis?	Jews, gypsies and Slavs
How much were Jews fined for 'causing' Kristallnacht?	1 billion marks.

Week 6

Masters of recall quiz



Topic 5 The Concerto through Time | Music |

Week 1

Question	Answer
What are the FOUR families of instruments in the orchestra?	Strings, Brass, Woodwind and Percussion.
What are the THREE eras of music covered by the Concerto topic?	Baroque, Classical and Romantic
Name a baroque composer.	Bach (accept any other correct composer)
Put these four stringed instruments in order, highest first. Double bass Violin Cello Viola	Violin Viola Cello Double bass
What is a concerto?	Solo instrument backed by the orchestra

Week 2

Question	Answer
Which years does the Baroque period cover?	1600 - 1750
How is the texture usually described as in the Baroque period?	Polyphonic
What instrument is used regularly in the Baroque period but not into the other periods?	Harpsichord
How would you describe the tutti section of the concerto?	All play together
The word describes the section where a soloist will "show off" their skill unaccompanied?	Cadenza

Week 3

Question	Answer
What does virtuosic mean?	A musician who is highly skilled and plays very complex music in a very stylistic way.
What does Staccato mean?	Short notes
What word describes the stringed instrument plucking the string with their finger instead of using the bow?	Pizzicato
Ritornello is what?	Repeated section. Like a chorus in a pop song.
Put these dynamics in order of quietest to Loudest mp ff mf ppp f p	ppp p mp mf f ff

Week 4

Question	Answer
Why was the orchestra small compared to the size of a classical orchestra?	Some instruments hadn't been invented yet
Name a keyboard instrument that was used in the baroque era?	Harpsichord or organ.
How many movements does a concerto have?	3
What type of concerto has a small group of instruments backed by the orchestra?	Concerto grosso

Week 5

Question	Answer
What is the Italian word for when the whole orchestra plays together?	Tutti
Percussion wasn't used much in the baroque era but what is one percussion instrument that might be used?	Timpani
What does polyphonic mean?	More than one melody at the same time
We have been studying the baroque era. What are the other two eras you need to know about for the Concerto Through Time?	Classical and Romantic

Week 6

Masters of recall quiz



Topic 6 The Concerto Through Time & Film Music | Music |

Week 1

Question	Answer
Name a composer from the Baroque era :	Bach. Handel.
Name a composer from the Classical era :	Mozart. Beethoven.
Name a composer from the Romantic era :	Wagner. Tchaikovsky. Beethoven.
What is a virtuoso?	Person who is exceptional on their instrument.
Name the keyboard instrument that was used only in the Baroque era:	Harpichord

Week 2

Question	Answer
Describe the tempo of the three movements of a concerto.	FAST SLOW FAST
What is a cadenza?	Part where the soloist 'shows off' - virtuosic playing.
What is the texture of most music from the Classical and Romantic eras?	Melody & accompaniment.
What are the possible answers if you are asked about TONALITY?	Major or minor.
Music in the Classical era music uses (almost) exclusively notes that fit within the key of the piece. What is the term for this?	Diatonic

Week 3

Question	Answer
Romantic era music and film music sometimes has harmony that clashes. What is the name for this?	Dissonant.
Name a film composer.	John Williams. Hans Zimmer.
Name a composer of computer game music.	Koji Kondo
If the question asks "how does the music convey the scene", what does CONVEY mean?	Show/demonstrate/go with
In MAD TSHIRT, what do the letters M, A and H stand for?	MELODY, ARTICULATION, HARMONY

Week 4

Question	Answer
The music you hear is dramatic with a large orchestra with some dissonance. Which era is it probably from?	Romantic.
Name a type of venue where you might hear a piece of CLASSICAL music.	Concert hall. Church. Cathedral.
A piece has a solo piano backed up by the orchestra. What is it?	A concerto.
What does rubato mean?	Speeding up/slowing down.
Name three time signatures you might hear in the music exam.	4/4 ¾ 6/8

Week 5

VOCAB SPECIAL WEEK – define these words:

Question	Answer
Crescendo Diminuendo	
Rallentando (rall)	
Rubato	
Continuo	
Mezzo forte	

Week 6

Masters of recall
quiz



Topic 5: Good and Evil | RE |

Week 1

Question	Answer
Define the term 'Morality'.	The principles which are used to determine whether actions are right or wrong.
RECAP: Define the term 'Situation Ethics'.	The most loving thing to do in each situation.
RECAP: Define the term 'Utilitarianism'.	The best thing to do for the greatest number of people.
Define the term 'Absolute morality'.	When a moral principle is applied to every situation. E.g. It is always wrong to kill no matter what.
Define the term 'Relative morality'.	When a moral principle is adapted to each situation. E.g. It is justified in stealing if your children are starving.

Week 2

Question	Answer
How many aims of punishments are there?	There are six aims of punishments.
What Christian quote supports the punishment of Reform?	"If your brother sins, rebuke him, and if he repents, forgive him."
What Islamic quote supports the punishment of Retribution?	"As to a thief, male or female, cut off their hands: a punishment by way of example."
List the causes of crime.	Social, Psychological, Environmental reasons.
Name the parable that encourages Christians to visit and help those in prisons.	The parable of the sheet and the goats.

Week 3

Question	Answer
Define the term 'Reform'.	Make changes in (something, especially an institution or practice) in order to improve it.
Which country's prisons have a higher reform success rate: England or Norway?	Norway.
Who was Elizabeth Fry?	A Quaker, was instrumental in getting conditions improved in female prisons in the early nineteenth century.
Describe the role of a Prison Chaplain.	A person providing counselling to inmates, supporting them through their rehabilitation and seeing to their spiritual (and often religious) needs.

Week 4

Question	Answer
What does a Muslim chaplain emphasise the belief in?	The Greater Jihad and the Ummah.
Who are the ACLU?	The American Civil Liberties Union (ACLU) organisation stands "to defend and preserve the individual rights and liberties guaranteed to every person.
Why do some Muslims believe capital punishment is good for the Ummah?	If people know that there are harsh consequences for their actions, this makes society safer.
What two types of forgiveness are there in Islam?	Forgiveness from Allah and forgiveness from the victim.
Describe the CS Lewis quote that understands forgiveness is difficult.	"Everybody says forgiveness is a lovely idea, until they have to forgive".

Week 5

Question	Answer
Define the Problem of evil.	Some people believe that a good God could not have designed the world with natural evils in it.
Name the parable that Christians use to justify the problem of evil.	The story of Job.
Name the four arguments Christians might use in defence of the existence of evil.	<ol style="list-style-type: none"> Human free will. Part of God's plan. We can't understand God's reasons. Life is a test.
Describe Corrie Ten Boom's personal conviction.	Her Christian values went against the treatment of the Jewish people during Nazi occupied Holland in WW2.

Week 6

Masters of recall quiz



Topic 6: Revision | RE |

Week 1

Question	Answer
Define the term 'Parable'.	A story with meaning behind it to teach a moral lesson.
Describe the significance of the Parable of the Good Samaritan.	It teaches Jesus' Golden rules: To love God and to love thy neighbour. (Treat others how you want to be treated).
Describe the significance of the Parable of the Lost Son.	It teaches that God/ our parents loves us unconditionally (agape). To always forgive.
Describe the significance of the Parable of the Sheep and the Goats.	It showed Christian how to get into Heaven, because ' <i>whatever you do to others, you do to me</i> ' (Jesus)'.
Describe the significance of the story of Job.	It explains that God has a plan for everyone throughout their suffering, that we cannot understand his reasons as we are only humans. But to always keep faith.

Week 2

Question	Answer
Describe the significance of the Night of Power.	The night Muhammad became a prophet (Sunni). <i>He received the words of the Qur'an from angel Jibril.</i>
Describe the significance of the Night Journey.	Muhammad was taken on a Pegasus to Jerusalem to speak with every prophet. Then taken to Paradise to speak with Allah. <i>Told to pray 5 times per day.</i>
Describe the events of the Hijrah.	Great migration of Muslims for safety. Muhammad and Abu Bakr saved by spider web and birds next (<i>evidence of Allah's omnipotence</i>).
What three important battles led to the victory of Muhammad?	The battle of Badr, Uhud and the Trench.

Week 3

Question	Answer
Define the term 'Source of authority'.	A guide human beings use to know the right way to live.
Which of the following is NOT a source of authority. The Law, a Pope, the Hadith, your conscience or an opinion.	An opinion . A conscience is a source of authority for a Humanist.
Which questions on an EDUQAS exam paper requires a source of authority?	A 5-, 8- and 15-mark question.
What is a strength of the Qur'an as a source of authority.	It is the direct word of Allah, so Muslims know exactly what is expected of them.
What is a limitation of the Bible as a source of authority?	There are so many interpretations as it is only inspired by God not the direct word.
Define the term Impact.	What affect something has on individuals, groups or society.

Week 4

Question	Answer
Define the term 'Secular'.	Non-religious beliefs.
Describe the core belief of Humanism.	You only live once so make the most of this life.
Which two theories do Humanists use to justify their morals?	Situation Ethics and Utilitarianism.
Which sources of authority do Humanists use?	Conscience and the Law.
Which EDUQAS exam questions must you never refer to non-religious views in?	8-mark questions. Always read the question carefully, it will state when you can use non-religious views.

Week 5

Question	Answer
Name the first book in the Bible.	Genesis (3 chapters).
Name the book that details all the sayings and advice given by Muhammad.	Hadith.
What are the stages of Jesus' life?	Incarnation, Birth, Childhood, Ministry, Death, Resurrection & Ascension.
Name the core Sunni Six Articles of Faith.	Tawhid/ Risalah/ Malaikah/ Holy Books/ Akhirah/ Predestination.
Define 'Denominations'.	Smaller groups within a group. E.g. Catholic Christians within Christianity.

Week 6

Masters of recall quiz



Topic 3: Mi Gente, Mi Mundo | Spanish |

Week 1

Question	Answer
Translate: Mis padres	My parents
Translate: Mis abuelos	My grandparents
Translate: Gemelos	Twins
Translate: Mi madrastra	My step mum
Translate: Mi padrastro	My step dad

Week 2

Question	Answer
Translate: Me llevo bien con	I get on well with
Translate: Nos llevamos bien	We get on well
Translate: No me llevo bien con	I don't get on well with
Translate: La familia homoparental	Same sex family
Translate: La familia monoparental	Single parent family

Week 3

Question	Answer
Translate: Estoy jugando	I am playing
Translate: Estoy comiendo	I am eating
Translate: Estoy bebiendo	I am drinking
Translate: Estoy hablando	I am speaking
What are the gerund (ing) endings for AR & ER/IR verbs?	AR = ando ER/IR = iendo

Week 4

Question	Answer
Translate: El deportista	Sports person
Translate: La cantante	The singer
Translate: El actor/ La actriz	The actor/ actress
Translate: Sigo en las redes sociales	I follow him on social media
Translate: Sigue en las redes sociales	I follow her on social media

Week 5

Question	Answer
Translate: Me divierto con	I have fun with
Translate: Tenemos los mismos intereses	We have the same interests
Translate: Tenemos mucho en común	We have a lot in common
Translate: Siempre estamos juntos	We are always together
Translate: Nos peleamos	We argue

Week 6

Masters of recall
quiz



Topic 4: Mi estilo de vida | Spanish |

Week 1

Question	Answer
Translate: ¿Llevas una vida sana?	Do you have a healthy lifestyle?
Translate: Antes de	Before
Translate: Después de	After
Translate: Siempre	Always
Translate: Nunca	Never

Week 2

Question	Answer
Translate: Si tengo hambre	If I am hungry
Translate: Si tengo sed	If I am thirsty
Translate: Me levanto	I wake up
Translate: Me acuesto	I go to bed
Translate: hago deporte	I do sports

Week 3

Question	Answer
Translate: Tengo una dieta sana	I have a healthy diet
Translate: Tengo una dieta equilibrada	I have a varied diet
Translate: Mi desayuno consiste en	My breakfast consists of
Translate: Mi cena consiste en	My tea consists of
Translate: Para tener una dieta sana	To have a healthy diet

Week 4

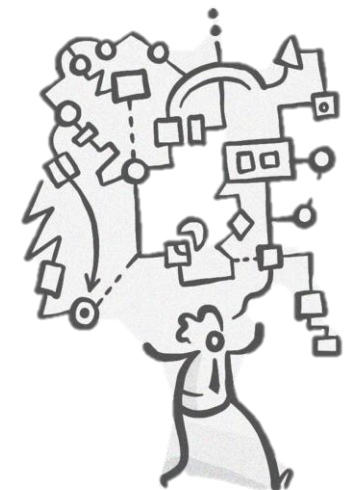
Question	Answer
Translate: Hay que	You must
Translate: Se necesita	You need to
Translate: Hace falta	You need to
Translate: Está lleno de	It is full of
Translate: Te recomiendo probar	I recommend that you try

Week 5

Question	Answer
Translate: Cuando era pequeño/a	When I was younger
Translate: Jugaba al fútbol	I used to play football
Translate: Comía comida sana	I used to eat healthy food
Translate: Dormía bien	I used to sleep well
Translate: Veía mucha televisión	I used to watch a lot of television

Week 6

Masters of recall
quiz



Component 1 | Sport |

Week 1

Question	Answer
What makes a sport a sport?	<ol style="list-style-type: none"> 1. Physical exertion 2. Has a government body 3. Has rules and regulations
What are the benefits of taking part in a sport? (3 areas)	Physical, mental, emotional . Make friends, improve fitness, improve self-confidence, develop leadership skills, develop teamwork.
Can you list 4 outdoor activities ? Can you list 4 fitness activities ?	Kayaking , rock climbing , orienteering, abseiling, white water rafting. Yoga, running , gym classes, spin
What are the 3 types of provisions ?	Public, private, voluntary
Give an advantage and a disadvantage for all 3	Public - Affordable - busy Private- Better equipment , expensive Voluntary- available for all, not qualified coaches

Week 4

Question	Answer
What are the benefits/advantages of technology in sport	<ul style="list-style-type: none"> -Protection and safety: improved protection design, lighter weight, improved performance. E.g. shape of cycling helmets to be more aerodynamic -Equipment for those with disabilities: prosthetics, sport specific wheelchairs, equipment to help those with hearing and visual impairments -Facilities: stimulate environments to replicate competition in other locations. E.g all weather pitches -Officiating equipment: computer assisted systems, VAR -Performance analysis: action cameras, GPS, sensors
What are the disadvantages of technology in sport	<ul style="list-style-type: none"> -Time: setting up, using equipment, compiling data, giving feedback to participant -Access to technology: equality and unfair advantages as not everyone has technology -Cost: initial cost is expensive and maintenance -Accuracy of data -Usability: specific training required

Week 2

Question	Answer
What are the 5 barriers to taking part in sport?	Cost, access to sport, time, personal barriers and cultural.
How do you overcome the cost barrier?	Hiring equipment, Free car parking, free clubs, membership prices, pay weekly
How do you overcome access to sport barrier?	Public transport, cycle, assisted equipment, ramps
How do you overcome time barrier?	Go to 24/7 gyms, plan, prioritise
How do you overcome personal barriers?-	Private changing rooms -Allowing participants to wear comfortable clothing -Parent and child activity sessions to create familial culture
How do you overcome cultural barriers?	Get family on board, women only sessions

Week 5

Question	Answer
What are the 3 phases of the warmup?	Pulse raiser, mobility stretches
How can you incorporate a pulse raiser?	Jogging, skipping, side steps, cycling, jumping jacks, shuttles
What are the responses to the cardiorespiratory system?	<ul style="list-style-type: none"> -Increased HR -Increased breathing rate -Increased depth of breathing -Increased supply of oxygen to working muscles -Increased removal of lactic acid
What are the responses of the musculoskeletal system?	<ul style="list-style-type: none"> -Increased temperature of muscles -Increased pliability of muscles -Reduced risk of muscle strain

Week 3

Question	Answer
What type of clothing/footwear are suitable for sport in general?	-Sports kit, waterproof clothing, training clothing e.g. bibs- Footwear: trainers, studded boots, sport specific footwear
What are the benefits to wearing such clothing and footwear?	-Clothing to increase performance: improved thermoregulation, clothing designed to improve aerodynamics -Footwear: designs or materials leading to better grip, rebound
What is the equipment needed for tennis and what are its benefits ?	Footwear, racket, tennis balls. New materials for lightness and strength New designs to improve performance
What types of clothing and equipment are needed in sports ?	-Protection and safety: mouth guards, helmets, body protection, eye protection, flotation devices, first aid equipment (bandages, ice packs, defibrillator) -Officiating equipment: whistle, microphone, earpiece -Performance analysis: smart watches, heart rate monitors, applications

Week 6

Masters of recall quiz



Component 1 | Sport |

Week 1

Question	Answer
What is sport specific equipment ?	participation equipment, e.g. balls, rackets; travel- related equipment, e.g. kayak; scoring equipment, e.g. goalposts; fitness training equipment, e.g. dumbbells.
What is protection and safety equipment ?	mouth protection, head protection, eye protection, body protection, floatation devices; first aid equipment – ice packs, bandages, defibrillator.
What is equipment for people with disabilities or assistive technology ?	E.g. wheelchair, e.g. adapted wheelchair for wheelchair tennis.

Week 2

Question	Answer
What is officiating equipment ?	whistle, microphone, earpiece
What is used for performance analysis ?	smart watches, heart rate monitors, applications
How can clothing to increase performance and experience ?	improved thermoregulation, clothing designed to improve aerodynamics.
How can footwear improve performance ?	sport-specific new designs or materials; improve grip; rebound.

Week 3

Question	Answer
How can sport-specific equipment improve performance ?	new materials for lightness and strength to include composite materials, e.g. a tennis racquet; new design of equipment to improve performance, e.g. golf driver design.
What equipment for people with disabilities or assistive technology are there ?	prosthetics; sport-specific wheelchairs; equipment to support people with visual and hearing impairments.
How does facilities improve performance ?	facilities that simulate environments to replicate competition in other locations; all weather surfaces; surfaces to reduce the risk of injury.
How do you adapt a warm-up to make it specific to a physical activity ?	introduction of equipment in the warm-up that is specific to the physical activity, using movements and activities from the physical activity in the warm-up, stretching the main muscles required for the specific physical activity.

Week 4

Question	Answer
What are the limitations of technology ?	Access to technology – equality and unfair advantages as not all participants have access to technology. Cost of technology – initial cost and follow-up maintenance of equipment.
What is the cardiorespiratory system ?	The respiratory system transports oxygen from the air we breathe,
What happened in a pulse raiser to the cardiorespiratory system ?	increased heart rate o increased breathing rate o increased depth of breathing o increased supply of oxygen to the working muscles o increased removal of carbon dioxide.

Week 5

Question	Answer
How do you organise a warmup ?	space – areas used, equipment o organisation of participants, timing, demonstrations and positioning.
How do you support participants as they take part in the warm-up ?	observing participants, provide instructions, provide teaching points, providing feedback to participants.
How do you adapt a warm-ups for different categories of participants ?	vary intensity of activities o low impact and high impact options o vary timing of warm-up – longer time frame for beginners, participants with low fitness levels and those aged 50 plus o types of stretch used – simple stretches for beginners, compound stretch for moderate to advanced participants.

Week 6

Masters of recall quiz

