SPANISH		
LAS OPINIONES - OPINIONS	LOS ADJETIVOS - ADJECTIVES	
<ul> <li>Me gusta(n) – I like.</li> <li>No me gusta(n) – I don't like.</li> <li>Me encanta(n) – I love.</li> <li>Odio – I hate.</li> <li>Prefiero – I prefer.</li> <li>Me da(n) igual – I don't mind.</li> <li>Me fascina(n) – I am passionate about.</li> <li>Me molesta(n) – I am annoyed by.</li> <li>Me preocupa(n) – I am worried by.</li> <li>No aguanto – I can't stand.</li> <li>No soporto – I can't tolerate.</li> </ul>	<ul> <li>Precioso – Lovely.</li> <li>Aburrido – Boring.</li> <li>Cómodo – Comfortable.</li> <li>Emocionante – Exciting.</li> <li>Fatal – Awful.</li> <li>Fácil – Easy.</li> <li>Difícil – Difficult.</li> <li>Simpático – Friendly.</li> <li>Antipático – Unkind.</li> <li>Nuevo – New.</li> <li>Viejo – Old.</li> <li>Barato – Cheap.</li> <li>Caro – Expensive.</li> <li>Útil – Useful.</li> </ul>	
LOS CONECTIVOS - CONNECTIVES	EL TIEMPO – TIME PHRASES	
<ul> <li>Y - And.</li> <li>Pero - But.</li> <li>También - Also.</li> <li>Si - If.</li> <li>Porque - Because.</li> <li>Además - Furthermore.</li> <li>Por eso - Therefore.</li> <li>Aunque - Although.</li> <li>Desafortunadamente - Unfortunately.</li> <li>Ya que - Given that.</li> <li>Como - As.</li> <li>Sin embargo - However.</li> <li>A causa de - Because of.</li> <li>Con - With.</li> <li>Sin - Without.</li> </ul>	<ul> <li>Hoy – Today.</li> <li>Ayer – Yesterday.</li> <li>Mañana – Tomorrow.</li> <li>Anoche – Last night.</li> <li>El año pasado – Last year.</li> <li>Hace 2 años – 2 years ago.</li> <li>Ahora – Now.</li> <li>Luego – Later.</li> <li>Después – Afterwards.</li> <li>La semana próxima – Next week.</li> <li>El fin de semana – At the weekend.</li> <li>Cada día – Everyday.</li> <li>Por la mañana – In the morning.</li> <li>Por la tarde – In the afternoon.</li> <li>Por la noche – In the evening.</li> <li>A veces – At times.</li> <li>A menudo – Often.</li> <li>Siempre – Always.</li> </ul>	
LAS PREGUNTAS – Question words		
¿Qué? What? ¿Dónde? Where? ¿Cuándo? When? ¿Cómo? How? ¿Quién? Who? ¿Cuántos/as? How many?	¿Por qué? Why? ¿Cuánto/a? How much? ¿A qué hora? At what time? ¿De dónde? Where from? ¿Adónde? Where to?	

## COMPUTING/BUSINESS/ICT

### **E-SAFETY**

- Online Being connected to the Internet.
- Username identification used by a person with access to a computer.
- Password a secret word or phrase used to gain admission.
- Email messages distributed by electronic means from one computer user to another.
- Attachment A document added to an email message.
- Cyber Bullying Bullying that takes place over digital devices.
- Misuse Using computers inappropriately.
- Security Risk Something that could cause harm to a computer system.
- Internet A network of connected computers.

## **SPREADSHEETS**

- Spreadsheets an electronic document arranged into rows and columns.
- Row A range of cells that go horizontally across the spreadsheet.
- Column A range of cells that go vertically across the spreadsheet.
- Cell a specific location within a spreadsheet defined by the intersection of a row and column.
- Value The data entered a cell.
- Currency A data type.
- Borders Putting a box around a cell.
- Shading Putting a colour into a cell.
- Formula an equation that makes calculations based on the data.
- Function a predefined formula that performs calculations.
- Chart A way to communicate data graphically.

## **PROGRAMMING**

- Textual programming The process of writing code in text form.
- Non-Textual Programming The process of writing code in 'block' form.
- Algorithm A sequence of logical instructions for carrying out a task.
- Sequence Execution of statements in a program, one after the other.
- Selection The decision-making process in a program.
- Iteration Looping through a set of instructions.
- Integer A whole numerical value.

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 Constant – A fixed value that does not change.

### **COMPUTER SYSTEMS**

- Hardware The physical parts of the computer.
- Software Programs or Applications that tell a computer what to do.
- Memory a device capable of storing information temporarily.
- Storage a device capable of storing information permanently.
- Input Entering data into a computer system.
- Output Receiving data from a computer system.
- Network A method of connecting computers.
- Topologies The physical layout of a computer network.
- Switch A device to send data from one computer to another over a network.

## **DATABASES**

- Database a structured set of data held in a computer.
- Tables a collection of related data held in a database.
- Queries A way of searching for data in a database.
- Forms An object used to enter, edit, or display data from a table.
- Reports The formatted result of database queries.
- Data Raw facts and figures.
- Information Organised data.
- Field a single piece of information in a database table.
- Record A collection of fields.
- Validation A way of checking that data is sensible and reasonable.
- Data Types The format of data.
- Primary Key A unique identifier of a record.

## **CYBER SECURITY**

- Downloading Saving a copy of a file onto a computer system.
- Encryption A way of altering data into an unreadable form.
- Hacker Somebody who tries to gain unauthorised access to a network.
- Malware Malicious software.
- Virus Malicious code hidden within another program.
- Ransomware Malware designed to gain money from a victim.
- Trojan Malicious code that tricks the user into believing it is legitimate and useful.
- Worm Self-replicating malicious code.
- Phishing An email designed to trick the user into giving away personal data.

#### PE AND SPORT

# INJURY IN SPORT AND PREVENTION

## TRAINING AND SPORT

- Intrinsic Risk Factors Usually caused by the individual and not by outside factors.
- Extrinsic Risk Factors Variables that an individual is unable to control which can cause injury.
- Warm-Up A warm-up is any activity, either physical or mental, that helps to prepare an individual for the demands of their chosen sport or exercise.
- Cool Down An activity to decrease body, temperature and remove waste products from the working muscles.
- Acute Injury Occurs suddenly and is usually associated with trauma such as cracking a bone, tearing a muscle or bruising.
- Chronic Injury Also known as an overuse injury. These are as a result of continuous stress on an area of the body. These injuries come on over a period of time.
- Medical Conditions A disease, illness or injury; any physiologic, mental or psychological condition or disorder.

- Principles of training Training means exercising regularly to improve skills and fitness. The training that an athlete does must be appropriate for that person and their sport in order to get the most out of their training.
- Aerobic Physical activity that increases the heart rate and the body's use of oxygen.
- Anaerobic Anaerobic exercise is any activity that breaks down glucose for energy without using oxygen. Generally, these activities are of short length with high intensity.
- Components of fitness A fitness component is simply a way of identifying a certain part of a person's fitness, for example, if an athlete wants to be more flexible, they would work on the 'flexibility' component of their fitness.

### **BODY SYSTEMS**

#### **SPORT AND DIET**

- Skeletal System Comprised of bones, ligaments and joints to give us support, protection, attachment to muscles and movement.
- Cardiovascular System Comprised of blood (red blood cells, white blood cells, plasma, and platelets), which is pumped around the body by the heart, oxygenated blood to the working muscles and deoxygenated blood returns to the heart.
- Respiratory System Located in the thoracic cavity, the lungs allow air to be inhaled and air to be exhaled, which is transported around the body through gaseous exchange.
- Short term effects These happen suddenly as exercise begins to help our body cope with the demands been placed on it, they are no longer lasting and will therefore all return back to a normal resting state.
- Long term effects These happen over time as a result of training regularly and therefore help our bodies to be more efficient at exercise.

Locate Identify Describe Explain

**Evaluate** 

**Analyse** 

- Balanced diet A diet that helps maintain or improve overall health. It provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate food energy.
- Nutrients The main nutrients needed within a diet are Carbohydrates, Proteins, Fats, Fibre, Water, Vitamins and Minerals.
- Supplements A manufactured product that people will use to provide nutrients either extracted from food sources or that are synthetic to increase the quantity of their consumption.
- Malnutrition When someone has deficiencies or is missing certain nutrients within a diet. This will usually happen when someone has an unbalanced diet.
- Diet Plan A diet plan tends to be tailored to a specific person's needs.
   People will use diet plans when focusing on a specific goal. E.g., Losing weight or gaining muscle.

Validity

ENABLING	LANGUAGE
	Explore
	Demonstrate
	Perform
	Measure and
	Record Reliability

## MALTBYACADEMY - Student Planner 2022-2023

#### ENGINEERING **Engineering Disciplines Health and Safety** Mechanical Engineering - The discipline of HASAWA - The Health and Safety at Work Act engineering that is associated with the (HASAWA) is the primary piece of legislation design, development, manufacture and covering occupational health and safety in testing of machines, mechanical devices and Great Britain. mechanical systems. MHOR - The Manual Handling Operations **Electrical Engineering** - The discipline of Regulations define manual handling as engineering that is associated with the "any transporting or supporting of a load design, development, manufacture and (including the lifting, putting down, pushing, testing of electrical components, electrical pulling, carrying or moving thereof) by hand or devices and electrical systems. bodily force". Civil Engineering - The discipline of **RIDDOR** - The Reporting of Injuries, Diseases and engineering that is associated with the Dangerous Occurrences Regulations. Employers design, development, manufacture and are required to report any work-related testing of infrastructures; bridges, roads, incidents, injuries and diseases to the Health and airports, and services (gas, electric, water, Safety Executive (HSE), or to the local authority waste / drainage). environmental health department. Communications Engineering - The discipline **COSHH** - Control of Substances Hazardous to of engineering that is associated with the Health Regulations (COSHH). This legislation design, development, manufacture and covers substances that are hazardous to health. testing of communication systems concerned Substances can take many forms which with the way information is sent and received. includes: Chemicals, products containing chemicals, fumes and dusts. **Tools and Equipment Engineering Drawings** Title Block - On a drawing, usually located in the bottom right-hand corner and contains all Marking Out - The process of transferring a the information necessary to identify the design or pattern to a workpiece, as the first drawing. The title block is separated into step in the manufacturing process. different sections. Modification - "A change or alteration, **Systems of Measurement** - There are two main usually to make something work systems for measuring in engineering drawing: better". Metric: Millimeters, Centimeters, Meters, Kilometers **Joining** - Joints can be classified in several Imperial: Inches, Feet, Yards, Miles. ways, such as temporary and permanent, flexible and rigid, and hot and cold formed. **Scale** - A drawing that shows a real object with accurate sizes reduced or enlarged by a Finishing - Any engineering job is just as certain amount is called scaling. important as any other operation along the production cycle. **Tolerance** - What we use to explain how much The appearance of a finished product will inaccuracy we are willing to accept on a always have an impact on the salability. finished product. It is written as a +/- value. **Engineering Terminology** Design Sustainable Development **Prototype** Manufacture Modification

Test

**Innovative** 

Modern World

Creative

Ideation

**Perspective** 

MUSIC		
ELEMENTS OF MUSIC	RHYTHM & PULSE	
<ul> <li>Tempo – Speed.</li> <li>Pitch – High or low notes.</li> <li>Texture – How many layers/parts/voices.</li> <li>Timbre – Sound quality.</li> <li>Duration – Length of notes/music.</li> <li>Dynamics – Volume.</li> <li>Silence – No sound.</li> </ul>	<ul> <li>Mono-rhythm – 1 rhythm.</li> <li>Polyrhythm – More than one rhythm at the same time.</li> <li>Pulse – Give the tempo.</li> <li>Semibreve – 4 beat note.</li> <li>Minim – 2 beat note.</li> <li>Crotchet – 1 beat note.</li> <li>Quaver – ½ beat note.</li> <li>Semiquaver – ¼ beat note.</li> </ul>	
SONG STRUCTURE	NOTATION & SCALES	
<ul> <li>Intro – Start of a song.</li> <li>Verse – Tells the story of the song.</li> <li>Chorus – Main message of the song.</li> <li>Bridge – Joining section of a song.</li> <li>Middle 8 – Joining section of a song.</li> <li>Outro – Ending of a song.</li> <li>Solo – 1 lead part.</li> <li>Duet – 2 soloists together.</li> <li>Ensemble – Group.</li> <li>Chorus – Whole Cast.</li> <li>12 Bar Blues – Pattern used in the blues.</li> <li>Improvisation – Making the melody up.</li> <li>Rock 'n' Roll – 1950-70 style.</li> <li>Bassline – Often the lowest line in a song.</li> <li>Hook/riff – Catchy figure in a song is strummed.</li> </ul>	<ul> <li>Treble Clef</li> <li>Bass Clef</li> <li>Sharp</li> <li>Flat</li> <li>Stave – Lines that music is written.</li> <li>Major – Happy sounding scale.</li> <li>Minor – Sad sounding scale.</li> <li>Pentatonic – 5 note scale.</li> <li>Chromatic – Playing every semitone.</li> <li>Interval – The gap between 2 notes.</li> <li>Tone – Gap of 2 semitones.</li> <li>Semitone – 1 step.</li> <li>Octave – Gap of 8 notes.</li> </ul>	
STYLES & GENRES		
Acapella Graphic Score Programme Music Performance Composition The Blues Rock 'n' Roll Popular Music	Musicals Film Music Soundtracks Reggae Appraising Rap Song Writing Event Planning	