The Rudheath Senior Academy



Powerful Knowledge Booklet

Year 7 Spring Term 2- HT2





Look, Cover, Write, Check: How to Effectively Learn and Recall Powerful Knowledge



Pick a **section** of your powerful knowledge sheet and **read it aloud or write it down** several times. Try to pick a section you're least confident with.



Cover up the section you want to test yourself on, either with a piece of paper or turn the page over so you can't read the content beneath.



Write out the powerful knowledge you can recall on a separate piece of paper.

Trying to recall the knowledge out loud can also be effective.



Check the knowledge you have recalled against your powerful knowledge sheet and repeat until you are confident recalling the section.

Aim to spend 10 minutes on this at a time





V7

HT1

English Powerful Knowledge-Voices from World War 1- Poetry

Key Terms and Definitions		
Stanza The way a poem is structured		
Alliteration	Repetition of the same consonant letter or sound at the start of words	
Simile	Comparing two things using "as" or "like"	
Metaphor	Comparing to things by saying one thing IS another	
Personification	Giving an inanimate object human qualities	
Sibilance	Sibilance Repetition of s and sh letters or sound at the start of words	
Juxtaposition Placing two contrasting ideas within a piece of writing		
Sibilance	Sibilance The repetition of the s sound	
Onomatopoeia	Words that sound like the noise they describe	

Context of WW1

- * Began 28th July 1914, and ended 11th November 1918.
- Over 9 million combatants and 7 million civilians died as a result of the war.
- Soldiers were home for Christmas 1918 however believed they would be home Christmas 1914.
- Early poems written in WW1 were patriotic and encouraged men to enlist.
- WW1 involved trench warfare. The conditions for the men were terrible.
- Women were not involved in active fighting.
- Gas attacks were used against some of the soldiers
- Poetry written as the war progressed became more realistic and reflected the realities faced.





Y7

Maths Powerful Knowledge

ey Terms

Subtract: taking away one number from another.

Negative: a value less than zero.

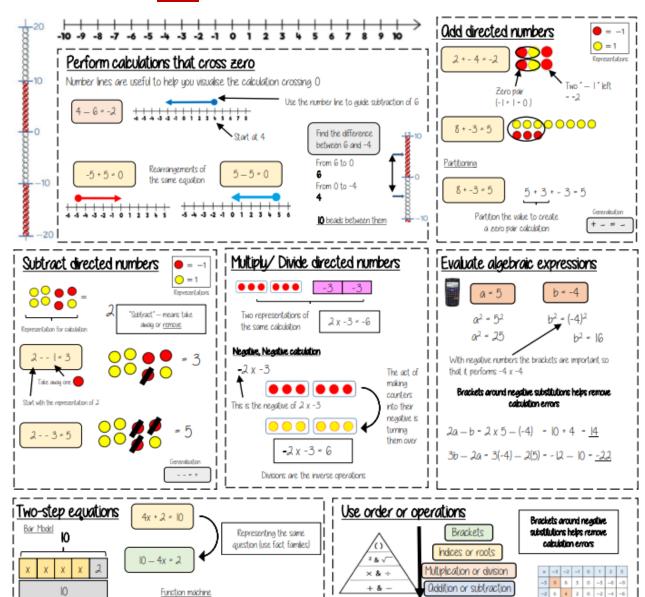
Commutative: changing the order of the operations does not change the result

Product: multiply terms Inverse: the opposite function

Square root: a square root of a number is a number when multiplied by itself gives the value (symbol 🗸 🕽

Square: a term multiplied by itself.

Expression: a maths sentence with a minimum of two numbers and at least one math operation (no equals sign)



Inverse operations to find x

Remember square roots have a positive and negative value





Maths Powerful Knowledge

Numerator: the number above the line on a fraction The top number. Represents how many parts are taken **Denominator:** the number below the line on a fraction. The number represent the total number of parts.

Equivalent: of equal value

Mixed numbers: a number with an integer and a proper fraction

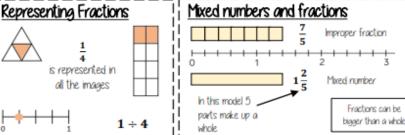
Improper fractions: a fraction with a bigger numerator than denominator

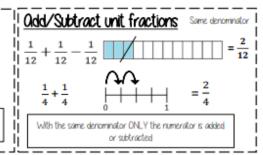
Substitute: replace a variable with a numerical value

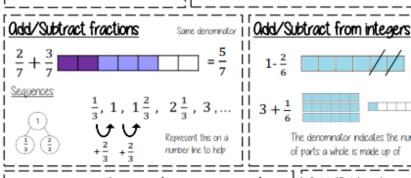
Place value: the value of a digit depending on its place in a number. In our decimal number system, each place is

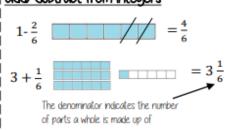
10 times bigger than the place to its right.

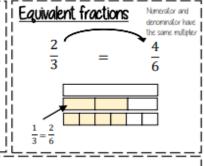




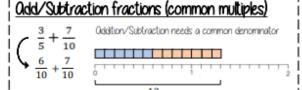


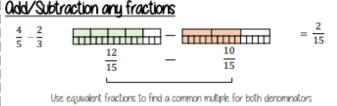






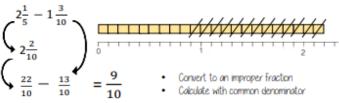
 $p = 5 \ m = 2$

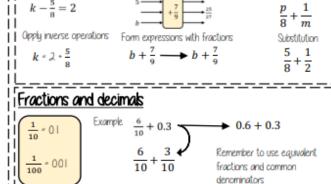




i i Fractions in algebraic contexts

Odd/Subtraction fractions (improper and mixed)





Partitioning method

$$2\frac{1}{5} - 1\frac{3}{10} = 2\frac{2}{10} - 1\frac{3}{10} = 2\frac{2}{10} - 1 - \frac{3}{10} = 1\frac{2}{10} - \frac{3}{10} = \frac{9}{10}$$



HT2

Science Powerful Knowledge

can interbreed to produce fertile offspring Species - organisms of similar morphology which compounds through photosynthesis. They are green

Producers - convert the sun's energy into useful

Scavengers - organisms which feed on dead animals

equipped to survive.

features are better

survival of the fittest described this process as

= Preu

inherit these advantageous offspring. The offspring who Prey - the animals which are eaten by the

the environment survive. The survivors then go on to organisms whose features are more advantageous in there is natural variation within the species and only adapt to its environment in its lifetime. Instead, A plant or animal will not physically change to

reproduce and pass on their features to some of their

Predators - organisms which kill for food. a single species living in a habitat Population - the number of individual organisms of more organisms, where it is mutually beneficial **Interdependence** - the interaction between two or Habitat - where a living organism lives

Global warming - the increase of the average globa

<u>Interdependence</u>

or more organisms which require the same limited **Deforestation** - the removal and destruction of trees Decomposers - organisms which feed on dead and energy. Can be primary, secondary or tertiary. Consumers - feed on other organisms for their and release nutrients into the soil. decaying organisms. They break down the biomass

their habitat.

Adaptations can be structural, behavioural or

organisms and the different factors of the Ecosystem - the interaction between the living

> body e.g. colour for camouflage Structural adaptations are features of the organism's

Behavioural adaptations are how the organism behaves e.g. migration to a warmer climate during

Functional adaptations are physiological processes work in the organism e.g. lower metabolism during hibernation to preserve the ways the

direction of the flow of energy. Populations of predators and

greenhouse effect. dioxide into the atmosphere which contributes to the organisms live. Deforestation (to use wood as a fuel/material or to clear space for other uses) destroys habitats where other

environment. E.g. moisture, light, temperature, CO2, Abiotic factors are the non-living factors of an Abiotic and Biotic Factors

wind, O2 or pH

AQA Biology (Combined Science) Unit 7: Ecology Knowledge Organiser

E.g. predators, competition, pathogens, availability Biotic factors are the living factors of an environment

of food.

Adaptations

Competition - the negative interaction between two

different species living in a habitat Community - made up of the populations of Carrion - decaying flesh and tissue of dead animals Biodiversity - the variety of living organisms



and grow. The living organisms use the energy to produce biomass

When a living organism is consumed, some of the biomass and energy is transferred. Some of the energy

Remember: the arrow in a food chain indicates the

versa. Overall, there is a stable community depends on the size of the prey population and vice decrease in cycles. The size of the predator population prey increase and

Food Chains

radiation. It is made useful by plants and algae which The source of all energy in a food chain is the sun's produce organic compounds through photosynthesis

Mutualism occurs when both species benefit from a within their own species to survive and to reproduce. Species will compete with one another and

living on the host Parasitism occurs when a parasite only benefits from

their own species for mates. and space/shelter. They may also compete within Animals compete for resources such as food, water

space and minerals. All these resources are needed for Plants compete for resources including light, water Plants do not need to compete for food photosynthesis so the plant can make its own food.

Deforestation and Land Use

increases and we take more land, there is less space for agriculture and landfill. As the human population Humans use land for buildings, quarrying, mining, other organisms to live

over a very long time. Peat stores a lot of carbon and can be extracted for use by gardeners or as an Peat bogs are produced when decomposition occurs energy source. Burning peat releases a lot of carbon

to global warming and the changes to the ecosystem trees are burned, they release carbon dioxide back into is taken from the atmosphere. Furthermore, when the they are cut down and removed, less carbon dioxide the atmosphere. The excess carbon dioxide can Trees absorb carbon dioxide for photosynthesis, so as





solid

smoke

e.g. salt water solutions

> metal alloys

solid

liquid

solutions

and foams aerosols

Science Powerful Knowledge

Separating Mixtures

solute - the substance that is dissolved

chemically bonded. Mixtures can be separated Mixtures contain substances that are not

compounds, or both A pure element or compound contains only in. Impure materials are mixtures of elements, one substance, with no other substances mixed

Examples of different types of mixtures

Heat the salt water solution, evaporation or simple distillation can be used to collect either the salt crystals or the water

oxygen or another liquid solution – a liquid containing a dissolved solid

Compounds and Mixtures Compounds contain two or more different

elements chemically bonded together, for example, carbon dioxide contains carbon and

Separating Rock Salt

can be separated easily **using** several separatior insoluble and salt is soluble, which means they Rock salt is a mixture of sand and salt. Sand is

. Create a **solution** of the rock salt with water

Filter this solution. The insoluble sand will Only the salt will **dissolve** into the water. collect as **residue** in the filter paper. The salt will be small

will pass through, dissolved in the water. The

filtrate collected is a salt water solution.

larger in size If it can occur slowly, such as on a windowsill, ther the crystals will have more time to form and be

A solution of salt water can be separated using the evaporation method

Chemical and Physical Changes

elements are formed in the reaction When a chemical reaction occurs, there is a chemical change. New compounds or different

state, for example, from a solid to a liquid, or a liquid to a gas Physical changes do not form any new chemical substances. The substance simply changes physical

mobile phase (solvent)

up the **stationary phase** (filter paper) by the

The separate inks are carried different distances

evenly spread throughout. particles will flow and move about until they are When a liquid or gas is mixed into another, the

into a solvent until it is fully of mixing a soluble solute **Dissolving** is the process

incorporated to create a



solvent - the substance that something

soluble - able to be dissolved

temperature, greater surface area and stirring

Solutes dissolve faster with increased

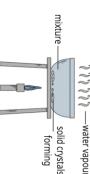
This process is called **diffusion**

The rate of diffusion is affected by

concentration gradient; temperature.

Evaporation

at a higher temperature concentration gradient is steep, or the solution is Diffusion will occur at a faster rate when the



This method is used to separate a soluble solid evaporates and the solid crystallises from a **solvent**. The solution is heated, the liquid

quickly, the crystals formed will grow rapidly and If the **evaporation** and **crystallisation** occu

ink spot water start

separated because they have varying solubilities example, different dyes in ink. The colours are Chromatography can be used to separate, for









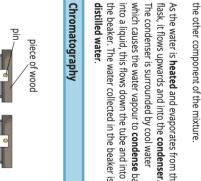
through a filter paper and a funnel **solid** from a **liquid.** The solution is passed This method is used to separate an **insolubl**e

separated by filtration the **filtrate**. A mixture of sand and water can be The residue remains in the filter paper, and the part which passes through the filter is called

solution. It can separate the same type of solution as in evaporation, e.g. salt water, but retrieving This method is used to separate a solvent from a

the beaker. The water collected in the beaker is which causes the water vapour to **condense** back As the water is **heated** and evaporates from the

Chromatography



Distillation

thermometer (100°C)



t

Sir Francis Drake and Sir Walter Raleigh – English sailors an

Lady Jane Grey- Protestant Queen for 9 days in 1553



HT1

Y7

History Powerful Knowledge

Hei-

A person who is next in line for the throne

Someone who challenges the ideas of the Catholic

Heretic

Galleon

A large warship

punishment

To expel from the Catholic Church- a serious

Excommunicate

monasteries

Dissolution of

Henry VIII closed all monasteries in England and

took their wealth

Key Individuals

24

Treasor

A crime against the king or queer

Pope

Protestant

A follower of Martin Luther in protesting about the

Leader of the Catholic Church. Lives in Rome

Catholic Church

The changes or reforms made to the Catholic

Church in the 16th century

Martyr

A person who is prepared to die for their beliefs

Monarch

A king or queen

first Protestant. Europe became divided between Catholics a Martin Luther- protested against the Catholic Church. He wi England uniting both kingdoms

	25	Tudor Rose	Made up of the red rose of the Duke of Lancaster and
as the and			the white rose of the Duke of York. Designed by Henry VII to represent the end of the civil wars nicknamed the Wars of the Roses
	26	Tyrant	A cruel and demanding ruler
ď	27	Vagabonds	Wanderers or tramps

Knowledge Organiser – The Tudors

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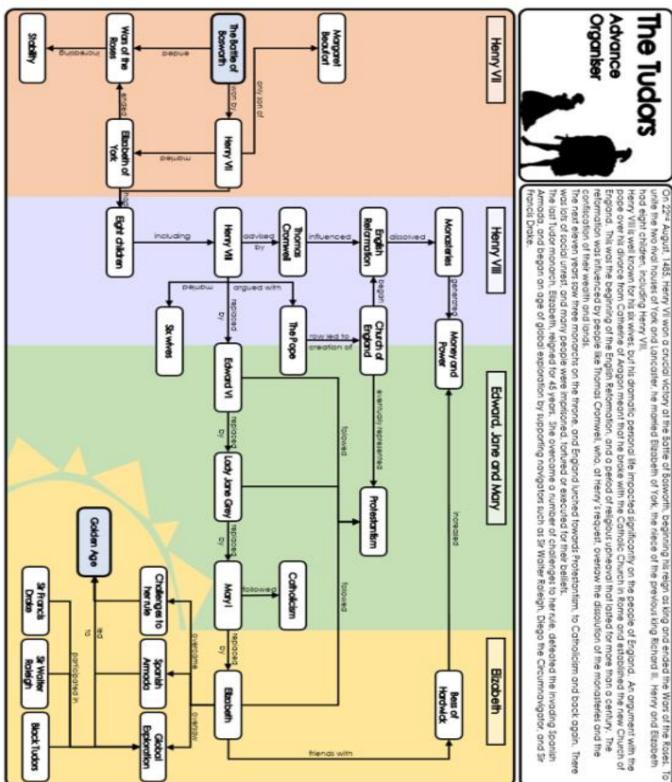
Catholic Armada A member of the Christian Church led by the Pope A fleet of warships sent by Catholic Phillip of Spain to lead the invasion of England





History Powerful Knowledge









Geography Powerful Knowledge

Y7





countries - England, Wales island, consists

These islands are called The British Isles consist two large islands





















WEATHER AND CLIMATE IN THE UK

and the Republic of Ireland

Britain and Ireland

Republic of Ireland is a

Union or the EU for short other countries known as the European It has recently voted to leave a group of the north-west of the continent of Europe The United Kingdom, (UK), is located to

Northern

The

four countries of England The UK consists of the

Scotland Ireland

and Scotland Ireland is split

into two - Northern Ireland

as temperature and presence of rain and cloud Divide location over a long period of time CLIMATE The average weather conditions of WEATHER The conditions of the atmosphere, such

Weather changes daily

SIX'S THERMOMETER

minimum air temperature over

during the day

A glass sphere

Measures the amount of sunshine

Measures

maximum

.AMPBELL-STOKES SUNSHINE RECORDER

is usually measured in degree:

YEASURING THE WEATHER

Meteorologists are people who study and measure the weather. The weather is observed by weather stations based on land and equipment carried on planes, ships, weather balloons and satellites

cups rotate in the wind and miles or km per Measures wind hour. The



sleet, hall

precipitation period. This is usually measured in snow) that has fallen in a 24-hour millimetres

Measures air pressure. This is the

drops become so big they fall as precipitation. This water the water vapour to condense into rain drops Eventually the

travels over ground or through the soil into rivers and then

back to the sea The cycle then starts again

from their leaves through transpiration. This warm moist air seas and lakes causing evaporation Plants also release water

the oceans and the atmosphere. The sun heats water in The water cycle models how water is transferred between

rises where it is cooled by surrounding cold air. This causes

direction. The arrow points in A wind vane shows the wind



stormy and wet conditions conditions, low pressure force or weight of the air above us ligh pressure means sunny and dry

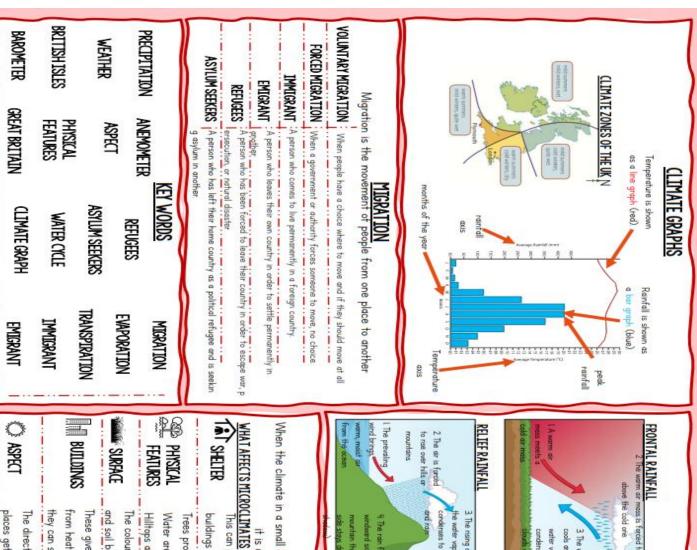
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Geography Powerful Knowledge

Y7



O ASPECT

SURFACE

BUILDINGS

from heating systems. They also break up and reduce wind speed or

places get most sun so are usually the warmest The direction in which something faces. In the UK south facing they can speed it up by funneling it.

PHYSICAL Hilltops are usually cool and windy

buildings and even hills Water areas eg lakes have a cooling effect Trees provide shade and shelter

This can protect you from the wind e.g. by trees, hedges, walls

These give off heat that has been either stored from the sun or and soil become warmer than light surface e.g. grass. The colour of surfaces affects warming. Dark surfaces eg. tarmac

it is called a MICROCLIMATE

When the climate in a small area is different from the general surroundings

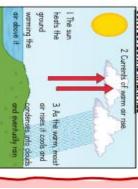


3. The rising air cools and

2 The air is forced

FRONTAL RAINFAL above the cold one water vapour cools and the 3 The warm di condenses into heats the ground CONVECTIONAL RAINFAL

RAIN AND CLOUDS







Spanish Powerful Knowledge



¿Cuántas personas hay en tu familia? How many people are there in your family?

En mi familia hay	In my family, there are	mis primos	my cousins
personas.	people.	¿Cómo se llama tu	What is your mother
mis padres	my parents	madre?	called?
mi madre	my mother	Mi madre se llama	My mother is called
mi padre	my father	¿Cómo se llaman tus	What are your cousins
mi abuelo	my grandfather	primos?	called?
mi abuela	my grandmother	Mis primos se llaman	My cousins are called
mi bisabuela	my great-grandmother	у	and
mi tío	my uncle	su hermano	his/her brother
mi tía	my aunt	sus hermanos	his/her brothers

¿De qué color tienes los ojos? What colour are your eyes?

Tengo los ojos	I have eyes.	marrones	brown
azules	blue	verdes	green
grises	grey	Llevo gafas.	I wear glasses.

¿Cómo tienes el pelo? What's your hair like?

Tengo el pelo	I have hair.	rizado	curly
castaño	brown	largo	long
negro	black	corto	short
rubio	blond	Soy pelirrojo/a.	I am a redhead.
azul	blue	Soy calvo.	l am bald.
liso	straight		

¿Cómo es? What is he/she like?

Es	He/She is	inteligente	intelligent
No es muy	He/She isn't very	joven	young
alto/a	tall	viejo/a	old
bajo/a	short	Tiene pecas.	He/She has freckles.
delgado/a	slim	Tiene barba.	He has a beard.
feo/a	ugly	mis amigos	my friends
gordo/a	fat	mi mejor amigo/a	my best friend
guapo/a	good-looking, attractive	su mejor amigo/a	his/her best friend

¿Cómo es tu casa o tu piso? What is your house or flat like?

Vivo en	I live in	cómodo/a	comfortable
una casa	a house	grande	big
un piso	a flat	moderno/a	modern
antiguo/a	old	pequeño/a	small
bonito/a	nice, pretty		



Our values: Excellence & Kindness

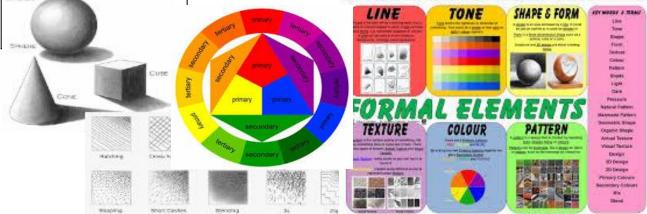




Art Powerful Knowledge

Y7

Term	Definition	
Shade	A shade is where an artist adds black to a colour to darken it down. A tone is where an artist adds grey to a colour.	
Illustration	Drawings in books and visualisations made by an artist, such as a drawing, sketch, painting, photograph.	
Observational Drawing	Observational drawing is drawing what you see. It's as simple and as complicated as that. Drawing what is in front of you.	
Graphic Design	The art of selecting and arranging visual elements—such as typography, images, symbols and colours—to convey a message to an audience.	
Perspective	Perspective in art usually refers to the representation of three- dimensional objects or spaces in two dimensional artworks. It creates depth.	
Form	An element of art that is three-dimensional and encloses. volume; includes height, width AND depth (as in a cube, a sphere, a pyramid, or a cylinder)	
Gradient	Is the gradual blending from one colour to another colour or shade dark- light	
SHADEN	LINE TONE SHAPE & FORM Service of the service of t	



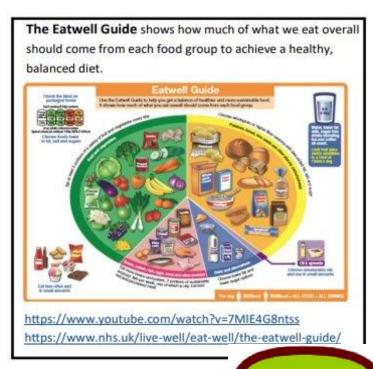




Food Technology Powerful Knowledge

Y7





Sensory Analysis

When tasting food and describing what the food is like, descriptive adjectives should be used. This is done by using all five sensory organs.







Touch a ripe pear and crusty bread.



Taste lemons, chocolate and blue cheese.



smell coffee and bread freshly made.



Bitter

Sour.

Salty

Sweet

See a ripe banana and a trifle decorated with piped cream.





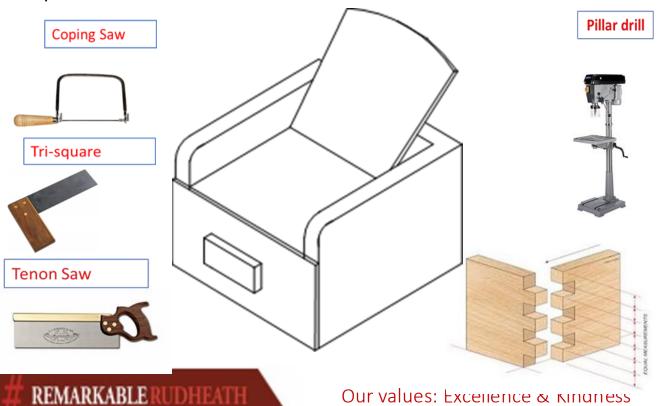
Y7

Design & Technology Powerful Knowledge

NOVELTY STORAGE BOX

Design Brief	A brief description of what you are going to design.
Analysis	Detailed brake down of key areas: who- what – why – where – when – how
Specification	A detailed list specific to the design or product.
Aesthetics	The appearance, Is the products design attractive to the target audience. ' Does it look good'.
Annotate	To add notes to identify key points of a design
Environment	To use materials which will not effector or harm the environment.
Material	What materials are used and why they were chosen for the particular job
Safety in the Workshop	This is the most important thing in any work environment. Your Safety

This project introduces the student to traditional wood working methods of production and how to use hand tools in a safe and correct manner.







Music Powerful Knowledge

Y7

What are we learning about?:

- A. What is a Sea Shanty?
- B. How can I play rhythms on a Ukulele?
- C. Keywords
- D. How do I write lyrics based on a Theme?

Keywords for this Half Term

Chords

Major

Minor

Structure

What is a Sea Shanty?

Sea shanties are a type of folk song, typically performed on ships by fishermen, merchant sailors or whalers to accompany the heavy, repetitive tasks of sail-hoisting and deckscrubbing.





C:	Keywords	
Chords	Three or more pitches played at the same time	
Major	Bright or Happy sound	
Minor	Dark and Sad sound	
Structure	The way the Music is put together	

How do I write lyrics based on a Theme?

Lyrics are words that make up a song, usually consisting of Verse and Chorus. The writer of lyrics is a lyricist.

1. Your theme surrounds the Sailors daily lives



2. Structure (Use one rhyme / 4 lines)

When I was at sea, cleaning on the deck Working as a team, working up a sweat

Yo - Ho, working till night

Don't fall off the plank

(10 syllables)

(10 syllables) (5 syllables)

(5 syllables)

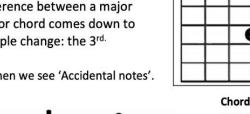
Structure: Verse Chorus Form

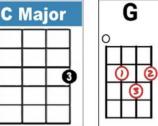
VERSE	CHORUS	VERSE	CHORUS	BRIDGE	CHORUS
А	В	A	В	С	В

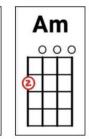
How can I play rhythms on a Ukulele?

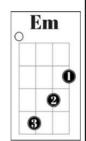
The difference between a major and minor chord comes down to one, simple change: the 3rd.

This is when we see 'Accidental notes'.









Sentence Starters

Work all day...

· Clean the decks... · Hoist the sail

Words you can include

· Out at sea...

• Sea • Home

Sailor

Sharps Naturals

Flats

Chords are three or more pitches played at the same time. Chords often accompany a Melody.









Drama Powerful Knowledge

Drama Knowledge Organiser

YEAR 7 SPRING TERM 2 WASHBROOK

HOW CAN DRAMA BE USED TO EXPLORE REAL LIFE ISSUES THROUGH IMPROVISATION AND CHARACTER DEVELOPMENT?



Developing a character:













Drama Keywords:





Improvisation- Making up a scene in order to explore a situation or relationship.

Teacher in Role- the teacher taking on the role of a character to take students into an imaginary situation for them to explore.

characterisation.- The processnif fully developing a character.

Body Language-Messages given by the position of the body.

Facial Expression - Look on the face to show emotion.

Eye Contact - Where the eyes are looking to portray emotion.

Mannerisms- A common movement used by a character to show personality

Character- A character is the role that the actor plays in a performance.

Gesture- any movement made with any part of the body which indicates something to another character or the audience.

Tension- a growing sense of expectation within the drama, a feeling that the story is building up towards something exciting happening.

Status- the level of power or influence a character has.

Cross-cutting- a device to move between two or more scenes staged in the space at the same time.

Mime-A stylized form of movement which creates and illusion without speech or props.

Still image-A still image which represents a moment in the Drama.





Y7

I.T. Powerful Knowledge

Term	Definition
Letters	A set of symbols used in writing and printing. For example, 'A,B.C.D'.
Numbers	Mathematical symbols used to represent quantities or values.
Symbols	Characters or marks, for example '\$"!%^&*'
Private	Something that is restricted to a particular person or group and not for public access or knowledge.
Characters	Individual symbols (letters, numbers, punctuation) that form text.
Usernames	Unique identifiers used to access a computer system or online account
Accounts	A user-specific record on a system or service
Health	The state of being free from illness or injury, as well as mental and social well-being.
Safety	The condition of being protected from harm, danger, or risk.
Hazards	Potential sources of harm or danger that could cause injury or damage.
Eye Strain	Discomfort or fatigue in the eyes caused by prolonged use of screens or reading.
Legislation	Laws or regulations enacted by governing bodies to regulate behaviors and practices.

Vocabulary	Definition
Personal information	Personal information refers to any data that can identify an individual, such as name, contact details, or demographic information.
Programming	Programming is the process of designing and writing code to create software applications, websites, or systems that perform specific tasks or solve problems.
Debugging	Debugging is the process of identifying, isolating, and fixing errors or bugs in a program's code to ensure it functions as intended.
Copyright	Copyright is a legal right granted to the creator of original works (such as literature, music, or software) that gives them exclusive control over the use and distribution of their creations





Y7

I.T. Powerful Knowledge

copyright	If you create something then it belongs to you. This means that you own the copyright and can decide what happens to your creation.	
email	A way to send and receive digital messages over the Internet .	
Internet	A large network of computers connected to each other all around the world.	
online	Going online means connecting to the Internet. When you go online, you can connect to other places and other people.	
personal information	This is information about yourself that can be used to identify you, such as your name or date of birth. Personal information should be kept private.	
save	Store a file so that you can keep what you have done and open it up again later.	
search engine	A software program that allows you to use the Internet to find information on a website .	
website	A collection of web pages grouped together.	

What Is Personal Information?

Personal information is information about yourself that can be used to identify you, such as your name, date or birth or where you live. Your personal information should be kept safe and not shared with anyone you do

not know.

What is a digital footprint?

When we go online, everything we do leaves a digital footprint, that others can see. Every time we visit a website, comment on a photo download or play an app, a tiny bit of your information is saved. This makes up your digital footprint.





I.T. Powerful Knowledge

Term	Definition
Algorithm	A list of step-by-step instructions that a computer follows in order to get a task done
block	Puzzle Shaped pieces that are used to create a script
Debugging	To find or remove errors from a program



The Basics of Scratch

- -What is Scratch? Scratch is a website/ app that lets us code our own stories, games and animations.
- -Scratch helps us to learn how to use programming language, whilst also being creative and using problem-solving skills.



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There are three main areas in Scratch:

- -The Blocks Palette (on the left) contain all of the different blocks: puzzle piece commands which control the animation.
- -Code Area (in the middle) is where the blocks are placed to create a program.
- -Stage with Sprite (right) is where the output of the program is presented. The sprite is the character.

Attributes: There are three attributes of the sprite which we can change to make our animation: Code, Costumes, Sounds.

-Event Blocks:

Event blocks are coloured yellow and are used to sense different events that happen e.g., the green men 🎮 consc flag being clicked.

-Action Blocks: Action blocks include 'Motion' blocks, 'Sound' blocks and 'Looks' blocks. They

make the sprite move, make sounds and change appearance.



Overview





Repetition in Scratch

- Programming is when we make a set of instructions for computers to follow.
- -Scratch is a program that we can use in order to code our own stories, animations and games. We can use repeat and loop operator blocks in order to make our programs more logical and efficient. These help to run code continuously or for a set number of times.
- -We use algorithms (a set of instructions to perform a task) to sequence movements, actions and sounds in order to program effective animations.





HT1

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PE-Orienteering

A competitive sport in which runners must find their way across rough country with the aid of a map and compass.

Key Skill or Term	Description
Orientating a map	Being able to rotate your map to face north.
Navigate	Using a map to plan a route.
Catching features	Be able to identify catching features – an identifiable point or boundary on a map used to navigate to control points. E.g. Buildings, trees, fences.
Line features	Be able to identify line features – anything linear (makes a line) on a map used to navigate to control points. E.g. Rivers, paths, tracks, roads.
Map reading	Understanding features and being able to use a legend (key).
Control	What the competitor is looking for! A course consists of visiting a sequence of controls each of which is marked by a circle on the map. At each control you will find an orange and white "kite" and a punch and possibly an electronic control box.









HT1

PE - Indoor Cricket



Scoring

The aim for the batter in cricket is to try to score as many runs as possible throughout their innings. To score a run requires the batter to strike the ball and run to the opposite end of the pitch while their batting partner runs in the other direction. In situations where the fielding team has not recovered the ball, the batters can return back to score two or more runs. It is also possible to score runs without running the length of the pitch, if a batter can hit the ball past the boundary line (four runs) or over the line without bouncing (six runs).



Fielding positions