



# Year 9 Knowledge Organiser HT5

Knowledge is Power

Name: \_\_\_\_\_

Form: \_\_\_\_\_

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## Week 1 - Context

Arthur Miller	American playwright famous for <i>Death of a Salesman</i> , <i>The Crucible</i> and <i>A View From The Bridge</i> .
Red Hook	A suburb of Brooklyn in New York City. A working-class neighbourhood with many immigrants.
Longshoremen	Workers who load and unload cargo ships often without a long-term contract.
Social Drama	A genre of play writing that tries to deal with common social problems.

## Week 2 – Themes

Honour	Respect and regard in a community.
Loyalty	A strong feeling of support and allegiance to another person or group.
Omerta	A southern Italian code of silence and honour.
Community	A group of people who either live in the same place or have a characteristic in common.

## Week 3 – Characters in AVFTB

Eddie Carbone	Main character, a working-class 'everyman' character.
Alfieri	A lawyer who represents the Italian community. He is the narrator and a 'bridge' between the Italian community and the rest of the US.
Beatrice	Eddie's wife and Catherine's mother's sister.
Catherine	Beatrice's niece who has been raised by Eddie and Beatrice
Rodolpho	A young and flamboyant immigrant from Italy.
Marco	Rodolpho's serious and hardworking older brother.

## Week 4 – Modern Drama Terms

Set design	The design of the physical space on stage where the action takes place.
Stage Directions	Sections of the script where the author states how it should be performed. Usually written in <i>italics</i> .
Dramatic Pause	When silence rather than speech is used to heighten tension.
Dramatic Irony	When the audience are aware of something a character on stage is not.

## Week 5 – Spoken Language Features

Colloquial	Language used in conversation; not formal or literary.
Double negative	When a speaker uses two negatives for emphasis eg. 'you'll never get nowhere'.
Elision	When a sound or letter is left out, usually indicated with an apostrophe, eg 'I'm', 'let's'.
Interruption	When one character speaks over another character, usually cutting them off mid-line. Usually in order to suggest something about the relationship between the two characters.

# Maths

## Percentages

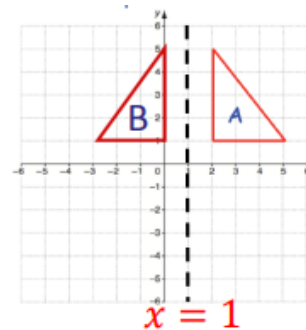
Percentage	'per cent' means 'out of 100'
Fraction	A fraction is part of a whole and a way to split up a number into equal parts.
Numerator	Number at the top of a fraction
Denominator	Number at the bottom of a fraction
Equivalent	Two fractions are equivalent if one is a multiple of the other
Increase	When an amount goes up.
Decrease	When an amount goes down
Integer	A whole number
Multiplier	A percentage converted into a decimal that we can use to multiply an amount by to find a percentage of the amount, or to increase or decrease the amount by a certain percentage
Original	The amount you started with
Interest	Money that is paid regularly at a particular percentage, usually given by banks to their customers.
Simple interest	The amount of interest is fixed over a period of time
Compound interest	The amount of interest earned over time will increase over time

## Transformations

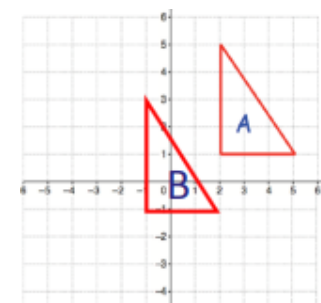
Reflection	When a shape is flipped (reflected) in a mirror line
Rotation	When a shape is turned (rotated) around a centre of rotation by a given direction (clockwise/anticlockwise) and angle ( $90^\circ$ or $180^\circ$ )
Translation	When a shape is moved by a column vector
Enlargement	When a shape is made bigger or smaller. They must have a scale factor and they may involve a centre of enlargement.
Column vector	<p>A column vector is written in this format:</p> $\begin{pmatrix} x \\ y \end{pmatrix}$ <p><math>x</math> = right (+) and left (-) movement  <math>y</math> = up (+) and down (-) movement</p>

### Examples

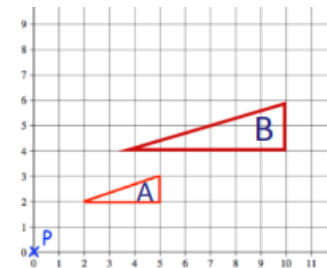
Reflect shape A in the line  $x=1$



Translate shape A by  $\begin{pmatrix} -3 \\ -2 \end{pmatrix}$



Enlarge shape A by a scale factor of 2 from point P.



# Science

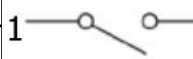













## Definitions

Potential difference	The potential difference between two points in an electric circuit is the work done when a coulomb of charge passes between the points. Potential difference causes charge to flow
Resistance	Resistance is caused by anything that opposes the flow of electric charge.
Charge	Anything charged that is able to move within a circuit. Electrons or ions
Alternating current	The current regularly changes direction e.g. mains electricity
Direct current	The current flows in one direction only e.g. batteries.
Mains electricity	UK mains is an alternating current of 230V and at a frequency of 50Hz.
National grid	A series of cables and transformers linking power stations to consumers.
Step up transformer	Increases the potential difference for transmission across power cables. This reduces the current and therefore less heat is lost from the cables. This makes the National Grid efficient.
Step down transformer	Reduces the potential difference from the cables to 230V for use by consumers.

## Equations to learn

$Q = I \times t$	Charge flow = current x time	Charge flow - coulomb (C) Current - amperes (A) Time - seconds (s)
$V = I \times R$	Potential difference = current x resistance	Potential difference - volts (V) Current - amperes (A) Resistance - ohms ( $\Omega$ )
$P = V \times I$	Power = potential difference x current	Power - watt (W) Potential difference - volts (V) Current - amperes (A)
$P = I^2 \times R$	Power = current <sup>2</sup> x resistance	Power - watt (W) Current - amperes (A) Resistance - ohms ( $\Omega$ )
$E = P \times t$	Energy transferred = power x time	Energy = joules (J) Power - watt (W) Time - seconds (s)
$E = Q \times V$	Energy transferred = charge flow x potential difference	Energy = joules (J) Charge flow - coulomb (C) Potential difference - volts (V)

## Circuit Symbols

1  switch (open)	5  diode	9  lamp	13  thermistor
2  switch (closed)	6  resistor	10  fuse	14  LDR
3  cell	7  variable resistor	11  voltmeter	
4  battery	8  LED	12  ammeter	

# Science

Definitions	
Tissue	A group of cells with a similar structure and function e.g. muscle tissue
Organ	A group of tissues performing a specific function e.g. heart, leaf
Organ system	A group of organs that perform a specific function e.g. digestive system.
Enzyme	A biological catalyst that can speed up the rate of reaction without being used itself. Made of a large protein molecule.
Substrate	The chemical that fits into the active site of an enzyme.
Lock and key model	Only one type of substrate can fit into the active site of an enzyme, like a key fits into a lock.
Denatured	When the active site of an enzyme changes shape and the substrate can no longer fit in. Can be caused by pH or temperature.
Chemical involved in digestion you must learn:	
Hydrochloric acid	Acid with pH of 2 produced by the stomach. Unravels proteins.
Bile	Emulsifies fats (turns them into droplets to give a greater surface area). It is alkaline so neutralises acid from the stomach. Produced in liver, stored in gall bladder and is released into the small intestine.

Human Digestive Enzymes			
Enzyme	Function	Sites of production	Sites of action
Amylase	Breaks starch into sugars.	Salivary glands Pancreas Small intestine	Mouth Small intestine
Protease	Breaks proteins into amino acids.	Stomach Pancreas Small intestine	Stomach Small intestine
Lipase	Breaks lipids (fats) into fatty acids and glycerol.	Pancreas Small intestine	Small intestine

Chemical Tests		
Biological molecule	Chemical test that is carried out:	Positive result will show:
Starch	Add orange/brown iodine solution.	Colour turns to blue/black.
Sugar (glucose)	Add blue Benedict's solution. Place in a boiling water bath for 5 minutes.	Colour turns green/ yellow/ orange/ brick red.
Protein	Add blue Biuret solution.	Colour turns to lilac/ purple.
Lipid	Add ethanol and decant into water.	Cloudy white emulsion.

# Spanish

Spanish	English
los alimentos /	foods
lácteos	milk products
carne	Meat
pescados	Fish
huevos	eggs
frutas	fruit
verduras	vegetables
cereales	cereals
grasas	fats
dulces	sugars
nutrientes	los nutrientes
proteínas	proteins
minerales	minerals
sal	salt
vitaminas	vitamins
azúcar	sugar
Llevo una dieta sana	I have a healthy diet
Mi dieta es variada	My diet is varied.
Es fácil engancharse.	It's easy to get hooked

Spanish	English
Suelo comer / beber	I tend to eat/drink
el sabor	taste
sano / malsano	Healthy/unhealthy
llevo una dieta sana	I have a healthy diet
evito la comida basura	I avoid junk food
soy adicto/a a	I'm addicted to
soy alérgico/a a	I'm allergic to
cambiar mi dieta	change my diet
mejorar mi dieta	Improve my diet
Beber alcohol	Drinking alcohol
Fumar cigarrillos / porros	Smoking cigarettes / joints
Tomar drogas blandas / duras	Taking soft / hard drugs
Emborracharse	Get drunk
te relaja bien /	it relaxes you
causa el fracaso escolar	it causes failure at school
te hace sentir...	it makes you feel...
más adulto	More adult
A partir de ahora	From now on

# History

## Key Individuals

Elizabeth I	Last Tudor Queen of England 1558-1603. Protestant.
Henry VIII	Elizabeth's father. He changed the religion of the country from Catholic to Protestant during the English Reformation in 1533.
Anne Boleyn	Elizabeth's mother and Henry's second wife. She was beheaded by Henry.
Mary I	Elizabeth's Catholic sister. She was the ruler before Elizabeth and had been unpopular.
Sir William Cecil	Secretary of State and person in government closest to Elizabeth.
Robert Dudley, Earl of Leicester	One of Elizabeth's favorites at Court. Possible suitor.
Thomas Howard Duke of Norfolk	England's most senior protestant nobleman. Close links to northern Catholic families. Disliked Cecil and Dudley.
Robert Devereux, Earl of Essex	Courtier and royal favourite in the court of Elizabeth I. Led rebellion against Elizabeth in 1601 and was executed.
Phillip II of Spain	King of Spain. Was married to Queen Mary I until her death. He proposed marriage to Elizabeth
Mary, Queen of Scots	Elizabeth's second cousin. Catholic with a strong claim to the English throne.

## Key Terms

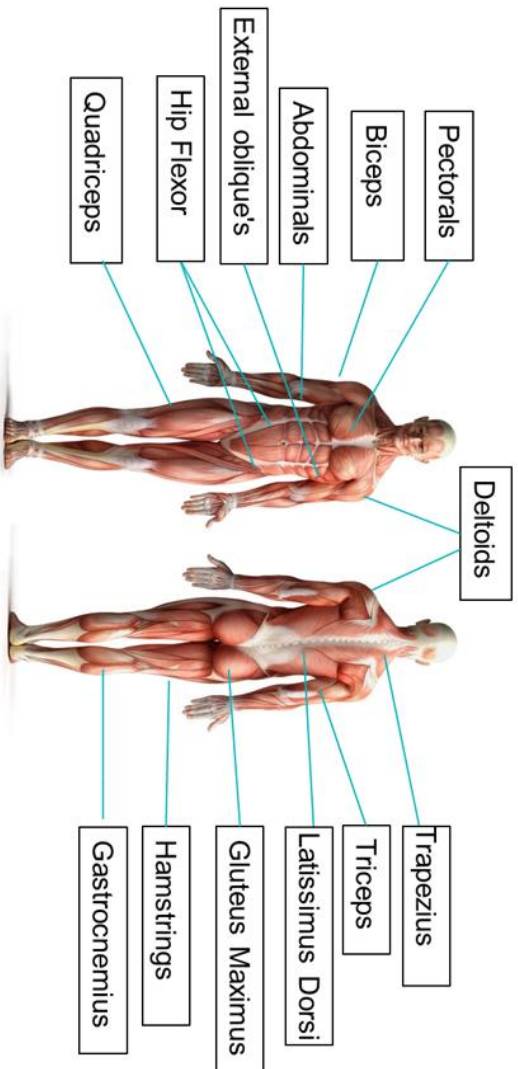
Inherit	To gain possessions after someone has died.
Treason	An attempt to kill or overthrow the Monarch or betray the country; punishable by death.
Royal Court	The nobles, advisors and others who surrounded the Monarch.
Nobility	The most respected members of society; they were given special rights and privileges and owned most of the land.
Secretary of State	The leader of the Privy Council; a very powerful position.
Militia	A non-professional army raised to defeat a rebellion or fight a war.
Privy Council	A Monarch's private councillors.
Gentry	High social class ranked below the nobility; they might be local JPs or hold similar office.
Patronage	Land, titles or power given to ensure an individual's support.
Mass	A Catholic church service.
Monopoly	The exclusive right to trade in a particular product.
Ruff	An item of clothing worn around the neck.
Succeed	To take over the throne.
Exile	Being sent to live in another country that is not your own.



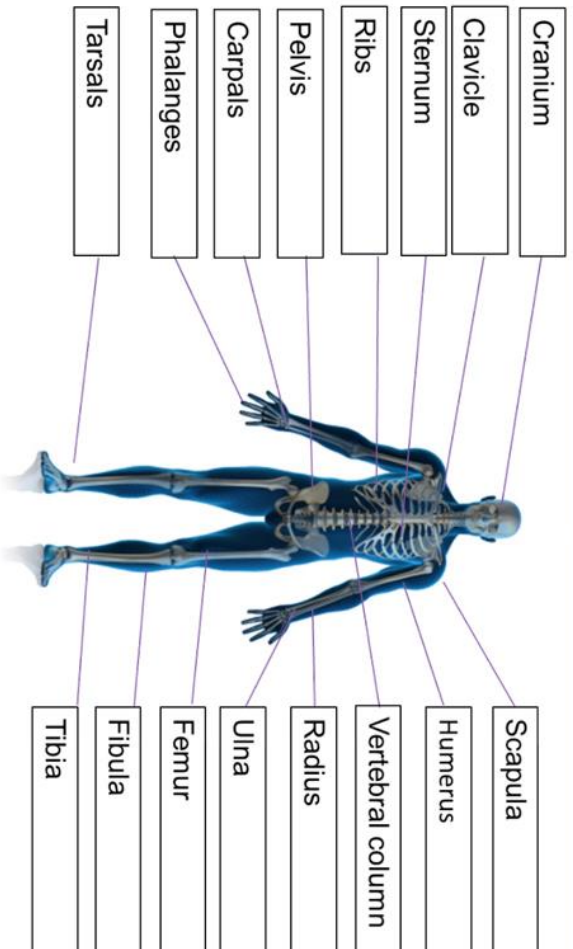
Key Word	Definition
Abrasion	rocks carried along a river wear down the river bed and banks
Alluvium	a sediment deposited by a river when it floods
Attrition	rocks being carried by the river smash together and break into smaller, smoother and rounder particles
Channel	the main water course
Channel straightening	removing meanders from a river to make it straighter
Confluence	where a tributary joins a larger river
Cross profile	a cross section of a river channel or its valley
Deposition	occurs when material being transported by the sea is dropped due to the sea losing energy
Discharge	quantity of water that passes a given point on a stream or riverbank within a given period of time
Drainage basin	an area of land drained by a river and its tributaries
Embankment	artificially raised river banks often using concrete walls
Estuary	tidal mouth of a river where it meets the sea – wide banks of deposited mud are exposed at low tide
Flood	where river discharge exceeds river channel capacity and water spills onto the floodplain
Flood relief channel	artificial channels that are used when a river is close to maximum discharge; they take the pressure off the main channels when floods are likely
Flood storage areas	water is deliberately allowed to flood wetlands to reduce the risk of flooding further downstream
Floodplain	relatively flat area forming the valley floor either side of a river channel that is sometimes flooded
Floodplain zoning	identifying how a floodplain can be developed for human uses
Gorge	a narrow steep-sided valley – often formed as a waterfall retreats upstream
Hydraulic action	power of the water eroding the bed and banks of a river
Hydrograph	a graph which shows the discharge of a river, related to rainfall, over a period of time
Interlocking spurs	outcrops of land along the river course in a valley
Lateral erosion	erosion of river banks rather than the bed – helps to form the floodplain

Key Word	Definition
Levee	raised bank found on either side of a river, formed naturally by regular flooding or built up by people to protect the area against flooding
Load	material transported by a river
Long profile	the gradient of a river, from its source to its mouth
Meander	a wide bend in a river
Mudflats	areas of fine sediment deposits which over time can develop in saltmarshes
Ox-bow lake	an arc-shaped lake on a floodplain formed by a cut-off meander
Plunge pool	a deep and turbulent area of water where the river 'plunges' over a waterfall
Saltation	hopping movement of pebbles along a river or sea bed
Saltmarshes	important natural habitats often found in sheltered river estuaries behind spits where there is very little flow of water
Solution	dissolved rocks and minerals often derived from limestone or chalk
Suspension	small particles carried in river flow or sea water, i.e. sands, silts and clays
Thalweg	the course of the fastest flow (velocity) within a river
Time lag	the time in hours between the highest rainfall and the highest (peak) discharge
Traction	where material is rolled along a river bed or by waves
Transportation	the movement of eroded material
Tributary	a small stream that joins a larger river
Velocity	rate of the river flow
Vertical erosion	downward erosion of the river bed
V-shaped valley	steep-sided valley
Waterfall	a step in the long profile of a river usually formed when a river crosses over a hard (resistant) band of rock
Watershed	the edge of the river basin
Wetlands	saturated areas of land, often found on river floodplains

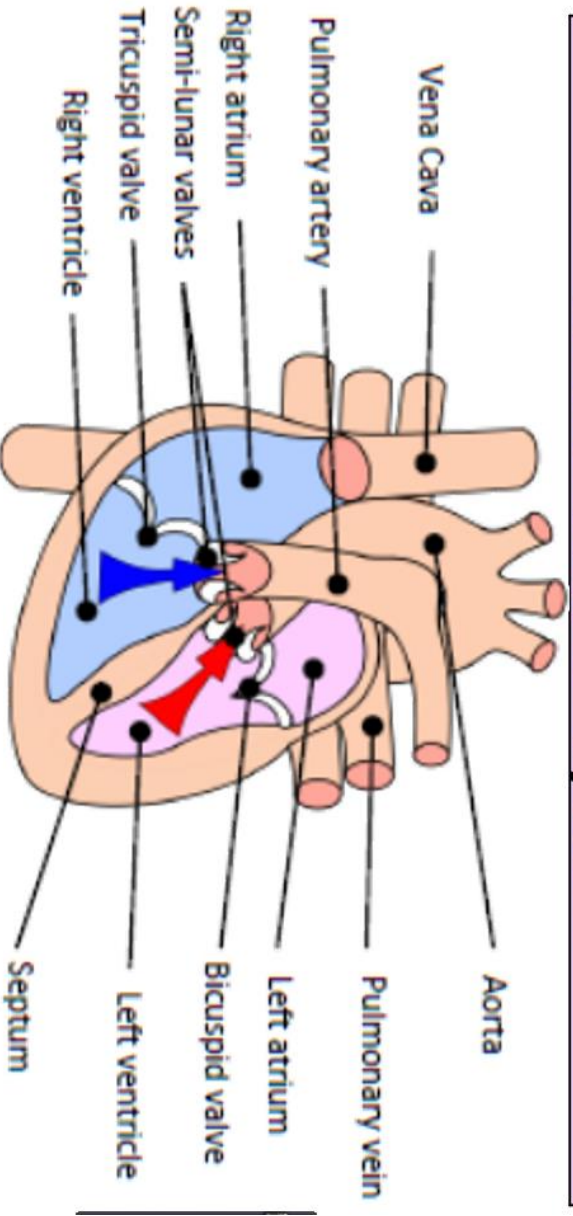
# Muscular System



# Skeletal System



# Cardiovascular System



## Health and Fitness

Muscular Strength	The amount of the force muscles can generate against a resistance
Muscular Endurance	The ability to use voluntary muscles, over long periods of time without getting tired
Flexibility	The range of movement at a joint
Cardiovascular Fitness (Aerobic Endurance)	The ability of the heart and circulatory system to meet the demands of the body for a long period of time
Body composition	The percentage of a body that is fat, muscle, bone and water
Coordination	The ability to move two or more body parts at the same time
Reaction Time	The time taken for a response to occur after a stimulus
Agility	The ability to change direction at speed
Balance	The ability to keep the body steady when in a static position or when moving
Speed	The time taken to cover a set distance/complete a movement
Power	The ability to combine speed and strength

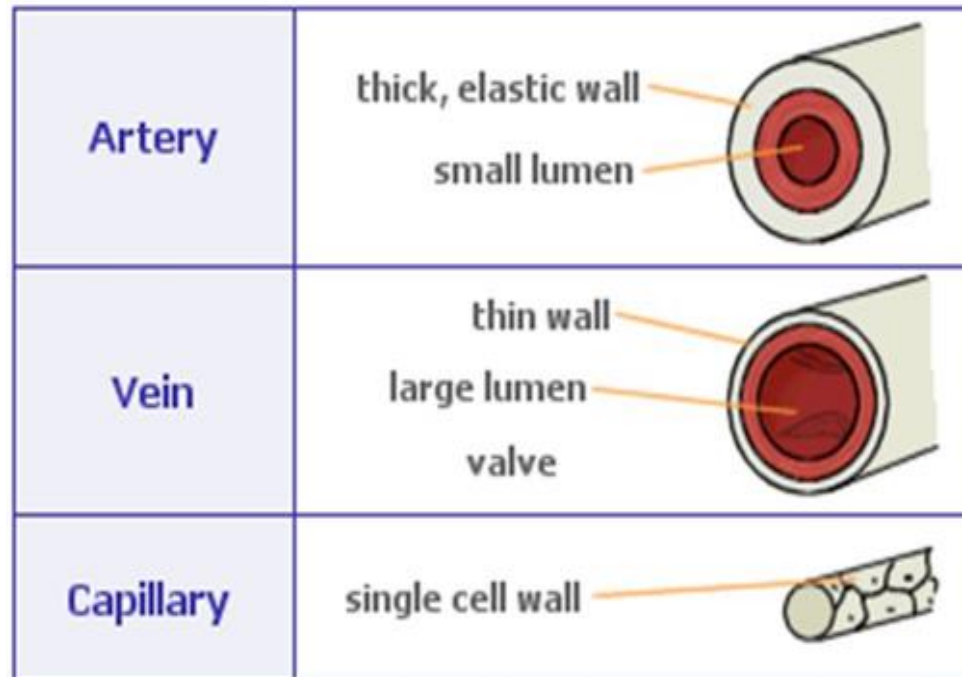
## Principles of training

Progressive Overload	Working the body harder than normal/gradually increasing the amount of exercise you do
Reversibility	If training is not regular, adaptations will be reversed. This can happen when suffering from illness, injury or after an off season
Specificity	Training should be matched to the requirements of the sport or position the performer is in. Training must be specifically designed to develop the right muscles, type of fitness or skills
Individual needs	All PEP's would differ depending on performers goals/target, strengths /weaknesses, age/gender and current health/fitness levels
Overtraining	Occurs when you train too hard and do not allow the body enough rest/recovery time Signs include extended muscle soreness, frequent illness & increase injuries

Cardiovascular system – Blood vessels

There are three types of blood vessels found in the body:

Artery	It's structure is; thick, muscular elastic walls, small lumen, high pressure. It's function is to take blood away from the heart
Vein	It's structure is; Thin, little muscle in walls, non elastic, large lumen, pocket valves, low pressure. . It's function is to bring blood into the heart
Capillary	It's structure is; Very thin walls (1 cell), very small lumen. It's function is to Form networks around muscle and tissue and allow gaseous exchange



# Computing

Key Word	Definition
2-D	Flat, 2 dimensional images
3-D	3 dimensional, rounded and defined image features
4-D	3-D but with movement and action
5-D	Realistic view, flesh tone, full movement
CAD	Computer Aided Design. To mock real life situations
Model	A 3 dimensional representation of an object
Technology	Devices or Apps used for a specific purpose
Spreadsheet	This is software used for calculations or modelling
Formula	Perform calculations within the spreadsheet. Must start with =
Budget	The total amount of finance/money allocated to a project
Dimensions	Measurements of a specific room or object. Height, width, depth
Interior	Objects inside the house e.g. Table, bed, chair
Exterior	Objects outside the house e.g. Tree, car, patio furniture
Rotate	90 degrees 180 degrees etc to fit
Scale	Change the size of objects to fit real life expectations
Objects	Visual element. In your project will be a tree or a door
Brush tool	Appears as a paint roller and allows you to change the colour of the objects or floor

Key Word	Definition
Mark-making techniques	describes the different lines, dots, marks, patterns and textures created in a drawing. It can apply to any drawing materials. It can be loose and expressive or controlled and neat. The results will depend on your choice of media, tools and techniques
Graduated Tone	is a tone that fades smoothly from one shade to another across an area. They are often made by varying the pressure on the tool used to make the tone, but can also be made by using overlapping layers of the medium used to make the tone.
Tonal contrast	the range of tones used in a drawing. A wider range means a greater contrast. You can manipulate the contrast depending on how much you want the object or specific part of the art work to stand out. If you are drawing from observation, the contrast can depend on how bright your light source.
Highlight	the area of an object where the light effects is most intense. In painting the highlight of an object should not be pure white as it should contain some of the local colour of the object. White highlights refer to pure reflected light as for example occur on a metal object, but do not occur on or are reflected from coloured glass.
Proportion	refers to the relationship between the different sized components within one whole composition. Proportion can be used to make a composition appear more realistic or more stylised depending on the type of proportion used.
Texture	concerns the surface quality of a piece of work. In three-dimensional artwork, the term refers to how the piece feels when it's touched. In two-dimensional artwork, texture invokes the visual 'feeling' the piece gives off.
Outline	Lines that are used to define the shape or form of an object or to show key details are called outlines.
Mixed-Media	refers to a visual art form that combines a variety of media in a single artwork.
Graphite	a form of carbon and is useful as a writing and drawing tool, as only the slightest pressure is needed to leave a mark. It leaves a shiny metallic grey colour on a surface when moved across it and can be removed with an eraser.
Fine Liner	pens with plastic or fine fibre needle-point tips that generally use water-based ink but sometimes use oil-based. Tips come in various thicknesses but are all relatively thin — hence the name 'fineliner'. They are ideal for drawing, sketching, illustration, technical drawing.
Opaque	not able to be seen through; not transparent.
Mono Printing	The monoprint is a form of printmaking where the image can only be made once, unlike most printmaking which allows for multiple originals
Exquisite Corpse	Cadavre exquis (exquisite corpse) is a collaborative drawing approach first used by surrealist artists to create bizarre and intuitive drawings
Hybrid	created by combining different elements.
Mood board	collection of images, materials, colour palettes, text and other elements that help to communicate your art and design concepts and ideas.
Design ideas	the core idea (s) driving the design of a product or final outcome, explained through a sketches, images, and annotation.

# Performing Arts

## The Plays

The Plays	
Blocking	Deciding where an actor should stand during a scene
Multi-role play	– an actor plays multiple characters
Teechers by John Godber	Is a play within a play about 3 school leavers who perform to the audience an account of their time in High School.
John Godber's Style of Theatre	<ul style="list-style-type: none"> <li>• Fast-paced and energetic</li> <li>• Actors play multiple role</li> <li>• Direct address to audience</li> <li>• Social commentary veiled in humour</li> </ul>
The Curious Incident of the Dog in the Nighttime by Simon Stephens	The story concerns a mystery surrounding the death of a neighbour's dog that is investigated by young Christopher Boone
Frantic Assembly Style	Physical Theatre and the use of the body as the primary (but not exclusive) method for story telling.
DNA (the play) by Dennis Kelly	When a group of teenagers' bullying of another student goes too far, they are left with an unplanned death [Adam] on their conscience.

## Page to Stage - Drama Terminology

Page to Stage - Drama Terminology	
Script Format	A play script will include a list of characters (at the very beginning). Each scene will have a description of the setting at the start and then the characters' dialogue.
Setting	Setting is the time and place (or when and where) of the story
Dialogue	The words spoken by characters in drama scripts are known as dialogue
Acts	These are sections of the play that detail different parts of the story
Scenes	These are like book chapters that split up the action, a new scene usually means a new setting.
Stage Directions	Stage directions for the actors are written in italics and brackets and they tell actors what to do or how to act while reading a particular piece of dialogue
Climax	The major event in a play, the turning point of the story.
Protagonist	The play revolves around this character. Often the “good guy” but not always.



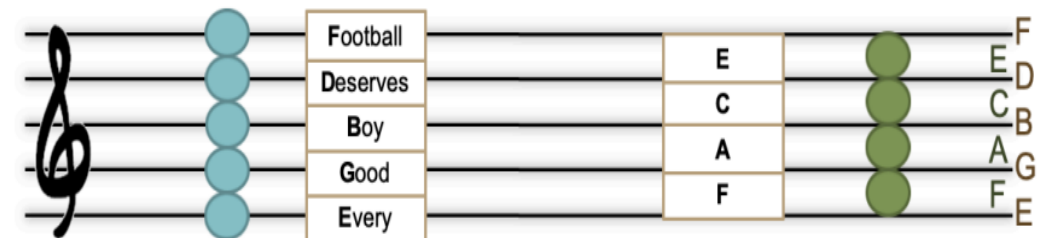
# Cooking and Nutrition

Key Word	Definition
Cholesterol	A type of fatty substance made in the liver
Coeliac disease	A disease which develops from an intolerance to gluten
Allergen	A substance that causes an allergic reaction
Anaphylaxis	A serious allergic reaction that is very rapid in onset and can cause death if the throat swells and the person cannot breathe
Food Allergy	A condition where the body's immune system reacts unusually to specific foods and causes a range of mild to severe symptoms
Food intolerance	A long term condition where certain foods cause someone to feel unwell and have a range of symptoms: it is usually not life threatening
Obesity	Abnormal or excessive fat accumulation that presents a health risk.
Life stages	Stages of development that people through during their life i.e infancy, childhood, adolescence, adulthood and later adulthood
Vegan	A person who chooses to eat only plant foods and no animal foods
Peak Bone Mass	When bones have the maximum amount of minerals and are at their strongest
Yeast	A single-celled plant fungus and a raising agent which needs time, food, warmth and liquid to ferment
Fermentation	The process in which yeast produces the gas carbon dioxide
Knead	The process of working a dough mixture to make it smooth and elastic
gluten	The protein in flour that is developed when water is added to flour and mixed.
shortening	When fats or oils coat flour proteins and prevent gluten forming. This gives the product a crumbly texture
gelatinisation	This happens when starch granules are heated in a liquid, and they swell and burst when the liquid boils, absorbing the liquid and causing the liquid to thicken
roux	A mixture of fat and flour cooked together and used to thicken sauces

# Music

Key Word	Definition
Texture	How many layers the piece has
Structure	the order the different sections of a song or piece of music are played in.
Harmony	is the combination of different musical notes played simultaneously.
Time signature	It tells how many beats are in each measure and which note gets one beat, helping you keep track of the rhythm while playing or singing.
Dynamic	The volume of a sound or piece of music – loud/soft
Beat	a regular, repeating pulse that underlies a musical pattern
Rhythm	Rhythm is the pattern of sounds and beats in music that creates a sense of movement and flow.
Tempo	Tempo refers to the speed of music. It's how fast or slow a song sounds.
Timbre/Sonority	Each instrument own unique 'tone quality' and the voice as an instrument had different Timbre
duet	A song for two singers or players
Ensemble	A song sung or played by a small group.

Note	European Name	American Name	Value
	Semibreve	Whole Note	4 beats
	Minim	Half Note	2 beats
	Crotchet	Quarter Note	1 beat
	Quaver	Eighth Note	½ beat
	Semiquaver	Sixteenth Note	¼ beat



**W/c 15<sup>th</sup> April**

**Thinking definition:** *Thinking is making connections, reasoning and asking questions to make the learning stick*

Reflecting on learning behaviours for thinking...	Experience log		
	Successful moment...	In hindsight... <i>Where you could have done better on reflection?</i>	At home...
I gave an idea and reasoned/justified.			
I reflected on my idea and made it better after discussing with others			
I used a revision strategy to help make the learning stick.			
I made connections between what I am learning and the outside world.			
I asked questions to deepen my understanding.			

# W/c 22<sup>nd</sup> April

**Thinking definition:** *Thinking is making connections, reasoning and asking questions to make the learning stick*

Reflecting on learning behaviours for thinking...	Experience log		
	Successful moment...	In hindsight... <i>Where you could have done better on reflection?</i>	At home...
I gave an idea and reasoned/justified.			
I reflected on my idea and made it better after discussing with others			
I used a revision strategy to help make the learning stick.			
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I asked questions to deepen my understanding.			

**W/c 29<sup>th</sup> April**

**Thinking definition:** *Thinking is making connections, reasoning and asking questions to make the learning stick*

Reflecting on learning behaviours for thinking...	Experience log		
	Successful moment...	In hindsight... <i>Where you could have done better on reflection?</i>	At home...
I gave an idea and reasoned/justified.			
I reflected on my idea and made it better after discussing with others			
I used a revision strategy to help make the learning stick.			
I made connections between what I am learning and the outside world.			
I asked questions to deepen my understanding.			

**W/c 6<sup>th</sup> May**

**Thinking definition:** *Thinking is making connections, reasoning and asking questions to make the learning stick*

Reflecting on learning behaviours for thinking...	Experience log		
	Successful moment...	In hindsight... <i>Where you could have done better on reflection?</i>	At home...
I gave an idea and reasoned/justified.			
I reflected on my idea and made it better after discussing with others			
I used a revision strategy to help make the learning stick.			
I made connections between what I am learning and the outside world.			
I asked questions to deepen my understanding.			

**W/c 13<sup>th</sup> May**

**Thinking definition:** *Thinking is making connections, reasoning and asking questions to make the learning stick*

Reflecting on learning behaviours for thinking...	Experience log		
	Successful moment...	In hindsight... <i>Where you could have done better on reflection?</i>	At home...
I gave an idea and reasoned/justified.			
I reflected on my idea and made it better after discussing with others			
I used a revision strategy to help make the learning stick.			
I made connections between what I am learning and the outside world.			
I asked questions to deepen my understanding.			

**W/c 20<sup>th</sup> May**

**Thinking definition:** *Thinking is making connections, reasoning and asking questions to make the learning stick*

Reflecting on learning behaviours for thinking...	Experience log		
	Successful moment...	In hindsight... <i>Where you could have done better on reflection?</i>	At home...
I gave an idea and reasoned/justified.			
I reflected on my idea and made it better after discussing with others			
I used a revision strategy to help make the learning stick.			
I made connections between what I am learning and the outside world.			
I asked questions to deepen my understanding.			



Reading Log w/c 15<sup>th</sup> April (20 mins reading per day – all five logs MUST be completed)

Date	Title of novel	Number of pages read	Summary about what I have read
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>

Checked by   
 form tutor:

Reading Log w/c 22<sup>nd</sup> April (20 mins reading per day – all five logs MUST be completed)

Date	Title of novel	Number of pages read	Summary about what I have read
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>

Checked by   
 form tutor:

Reading Log w/c 29<sup>th</sup> April (20 mins reading per day – all five logs MUST be completed)

Date	Title of novel	Number of pages read	Summary about what I have read
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>

Checked by   
 form tutor:

Reading Log w/c 6<sup>th</sup> May (20 mins reading per day – all five logs MUST be completed)

Date	Title of novel	Number of pages read	Summary about what I have read
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>

Checked by   
 form tutor:

Reading Log w/c 13<sup>th</sup> May (20 mins reading per day – all five logs MUST be completed)

Date	Title of novel	Number of pages read	Summary about what I have read
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>

Checked by   
 form tutor:

Reading Log w/c 20<sup>th</sup> May (20 mins reading per day – all five logs MUST be completed)

Date	Title of novel	Number of pages read	Summary about what I have read
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>

Checked by   
 form tutor:

These are a lot of reasons  
why you might consider  
taking a break from social  
media. You might feel  
overwhelmed by what's  
going on in your feeds and  
want to disconnect for a  
little while. You might be  
experiencing information  
overload and need time to  
yourself. Or you might

have something important  
coming up at school and  
you don't want to be  
distracted. Or maybe you  
just want to be more  
intentional about how you  
use your time.

Quitting social media for  
one week alone increased  
people's moods.



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Quitting social media for

one week alone increased

people's moods. Those who

eliminated social media for

a week found their

contentment levels rose