

Year 6 Knowledge Organiser Transition 2023

Name:

Tutor Group:

House:

"Information is liberating. Education is the premise of progress, in every society, in every family"

> Kofi Annan (Research who he is)



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'Be the Best'

Heath Lane Academy Expects me to:

- 1. Follow staff instructions
- 2. Speak appropriately to all
- 3. Focus on the learning
- 4. Complete an acceptable amount of work

British Values





Bri	itish Values Knowledge Organiser		The Midland Academies Trusto					
1	Why do you need to Know British Values? Understanding British values is the key values that you need to be equipped for life in modern British society. <u>Through understanding the British values of Democracy. the Rule of Lat- and Acceptance for those with different faiths and beliefs</u> , you will develop the right choices and make contributions to the school and the wider commun	There w. Indi	e are 5 fundamental British Values.					
	ocracy	1 -						
2	Democracy	8	Examples of Political Parties:					
3	In the United Kingdom we vole (age 18 +) for the people we want to run our councils and Government.		Liberal 🎾 🚱 🗛 🗛 🐺					
4	We vote for Members of Parliament (MP's). Elections take place at least once every 5 years.		Democrats Conservatives					
5	In our democracy there are political parties. At the time of writing the political party who has the majority of MP's in Parliament is the Conservative Party. Labour are currently the opposition Party.	9	When elections take place for Members of Parliament, the public go to vole. Traditionally this happens on a Thursday, and people vole in a secret ballot. People only know who you vole for if you decide to tell them — it is rude to ask!					
6	The Leader of the Conservatives and our current Prime Minister is Theresa May. The Leader of the Opposition is Jeremy Corbyn.	10	Where can I see British Values at School? Democracy – School Council / Form Representatives / Student Executive. We hold mack elections and in PSHE you will					
7	MP's debate in the Palace of Weslminster, in the House of Commons. On the opposite side of the Building is the House of Lords. The House of Lords (unelected members) rabity law and policies put forward by parliament.		learn more about politics. We participate in the MAT debating competition, held in the council chamber at the Town Hall.					
The r	ule of law							
11	In the UK, we have laws which determine what is legal and illegal. You are expected to know the difference between right and wrong.	14	There are consequences for making the wrong choice or taking illegal actions. We all take responsibility for our actions.					
12	The rule of law is a principle that individuals and institutions are subject and accountable to, which is fairly applied and enforced.	15	Where can I see British Values at School? Rule of Law – Our Behaviour Systems and Behaviour Policy. We have agreed rules and expectations so that our school is a sale					
13	Those who commit crimes will ultimately be brought to justice through the legal system including Police officers, courts and lawyers. The rule of law acts as a deterrent, to deter people from criminal acts.		and happy place where all differences are reconciled peacefully. We have a PCSO that comes into school to educate you in the law.					
Indiv	idual liberty							
16	In the UK you are free to have an opinion (unless it is extremist) and believe in what you want without discrimination.	18	Where can I see British Values at School? Mutual Respect – Our academy ethos, anti- bulying and assemblies. Boundaries are used to ensure you are safe.					
17	You have the freedom to make choices and decisions without being judged.	1						
Mutua	al respect for and tolerance of those with different faiths and beliefs and for th	iose wi	ithout faith.					
19	Mutual Respect and Tolerance are the proper regard for an individuals' dignity, which is reciprocated, and a fair, respectful and polite attitude is shown to those who may be different to ourselves.	21	We should all actively challenge students, staff or parents expressing opinions contrain to the values we hold in society and as a school and those that underpine the fabric of democratic Britain. This is crucial to us to protect one another and to tackle 'extremist' views and prevent people from being radicalised.					
20	Differences in terms of faith, ethnicity, gender, sexuality, age, young carers and disability, are differences that should be respected, tolerated and celebrated.	22	Where can I see British Values at School? Acceptance of Faith – RE Lessons and Assemblies. We give you messages of tolerance and respect for others no matter what their ethnicity, beliefs, sexuality, gender or disability.					

English





Myths, Legends and Narrative

A. Key characters in Greek Myths					C. Key terminology				
Zeus		l of the weather. Married to He derbolts and an eagle as his s		Fairy Tale	A story involving fantastic forces and beings (as fairies, wizards, and goblins) ; a story in which improbable events lead to a typically happy endi				
Hera		ess of marriage and women. S ology his mother was a huma		Myth	meaningfu	story that has been created to teach people something deep and I; very often, myths include supernatural beings (such as monsters,			
Hades	Ruler of the Underworld - helmet which made him i	the Kingdom of the dead. Glo nvisible.	oomy and frightening. Had a			gons, etc.); were often used to explain events which people at the understand (e.g. floods, earthquakes, volcanic eruptions).			
Demeter	Sister of Zeus and mothe	r of Persephone – Goddess o	f the Harvest.	Legend		sed on a true event from history; usually have a real hero at the			
Poseidon	Lord of the seas from an earthquakes.	underwater palace. Controlled	l storms, sea monsters and		and over, s	are set in fantastical places; stories which have been told over cometimes for hundreds or thousands of years; usually has an meaning or significance to the people of the area where it was			
Aphrodite	Goddess of love and bea	uty. Had a magic golden belt w	which made her irresistible.]	first told.	5 5 1 1			
Eros (Cupid)	Son of Aphrodite - made	people fall in love by shooting	them with his golden bow.	Moral	A lesson th	nat can be taken from a story or experience.			
Prometheus		as the creator of mankind and rom Mount Olympus and gave		Propp's Narrative Theory	7 typical c	er theory for studying texts and media, which suggests that are haracter types in a tale: Hero, Villain, Donor, Helper, Princess, Princess, and False Hero.			
Hercules	Also known as Heracles,	son of Zeus and a mortal won	nan, known for his strength.	D. Gramm	D. Grammar terminology				
Persephone	Daughter of Demeter – vo	ery beautiful, Hades fell in love	with her and married her.	Concrete	Noun	A noun for something you can see and touch e.g. chair, house, or automobile			
B. Summaries	of Myths			Abstract I	tract Noun A noun for something you can't touch, often a feeling or co e.g. rest, dread, or transportation				
Hercules and the Hydra		he second of Hercules' twelve labours, he had to defeat the Hydra, a water onster who grew more heads each time they were chopped off.		Proper No	oun	A noun for a specific/unique person, place, or thing, e.g.William Shakespeare, Sam, London, and Albert Hall.			
Daedalus and Icarus		on, who make a daring escap end when he doesn't take his		Noun Phr	Noun Phrase A noun phrase is either a pronoun or any group of w can substitute a noun/are used as a noun in a sente the cars, the man in the hat, they,				
Prometheus	angered Zeus in a trick a	ud and water, and gave them nd so had fire confiscated from	n mortals. He defied Zeus	Verb	A word that expresses action, state, or a relation between two things (there are many types of verb)				
	for himself.	out ended up receiving an ete	rnai punishment from Zeus	Adverb (s word) Or	ingle	A word/phrase that modifies verbs or clauses. There are adverbs of place (there), time (now), manner			
E.Vocabulary				Adverbial	(phrase)	(beautifully), circumstance (accidentally), degree (very), or cause			
retaliate	e ancient	amateur	individual			(although).			
disastro	us nuisance	sacrifice	conscience	Adjective		A word that modifies nouns and pronouns, primarily by			
existenc	e sufficient	lightning	оссиру			describing a particular quality of the word . e.g. wise, perfect, handsome.These can also be numbers (one cup; twelve			
hinderan	ce mischievou	mischievous priviledge through			months), certain demonstrative pronouns (this; those), and terms that impose limits (each; no).				

Maths





Mather	Mathematics Building Blocks of Mathmatics																		
Place	Thousands 1000	Hundreds 100	Tens 10		Units 1			Tent 1/1					dreo /10	dths 0			ousan 1/100		
Value	10 ³	10 ²	10 ¹		10º	•		10 ⁻	-1				10 ⁻²	2			10 ⁻³		
Na	Names of 2D Shapes Units of Time Times Tables																		
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $									12 12 24 36 48 60 72 84 96 108										
Algorithm		rules to be followed		r othe	er problem-solving			11	11	22	33	44	50 (55 (60)	66 7	-	8 99	_	121	132
Analyse	To examine (somet interpret it.	hing) methodically a	nd in detail, typic	cally i	n order to explain ar	nd					1 6	ara	ae) \	<u>Ji</u>	m	be	ers	
Assumption	A thing that is acce	pted as true or as ce	rtain to happen,	witho	out proof.			- _М лн	L lion					000 (
Expression	An algebraic express variables (like x or y	ssion is a mathemati y) and operations.	cal phrase that c	can co	ontain ordinary numb	oers,		Bill	lion lion llion			1,0	00,0	,000	000	(10 ⁹) (10 ¹²)	
Evaluate	To find or work out	a numerical express	ion for.					1	adri				,	,			(10 ¹⁶		
Generalise	Generalise To find a pattern or relationship that is always true.							Goog								0000			
Simplify	To reduce to a simp	oler form.															0000 0000		0000
Term	In algebra a term is multiplied together.	either a single numb	per or variable, o	or num	nbers and variables		. 1000) ¹⁰⁰)	000						000		5000	000

Science





Year 6 Science – Science Apparatus

oor C Solono	a Hazard Symbola		Sc	ience	Apparatus	Name	Use	2-dimensional Scientific diagram
Hazard Symbol	e – Hazard Symbols Hazard	Meaning & Precaution		1	0	Test tube	Holding an mixing liquids	
	explosive	This means that a substance is self-reactive and can explode if not handled correctly						
(!)	harmful or irritant	This warns that a chemical can harm your health if you do not use it properly. Irritant mean the chemical can give you a rash oif you get it on you or make you choke if you breathe it in		2		Bunsen burner	Heating things	heat
	corrosive	This tells you that a chemical will attack your skin if you get it on you		3		Beaker	Storing or mixing liquids and solids	
	highly flammable	This warns that a chemical will catch fire easily		4		Conical flask	Storing or mixing liquids	
	enviornmental danger	This means that if used wrongly, it could cause harm to the aquatic environment		5		Gauze	Supporting a beaker or flak and spreading the heat from the flame	*****
	toxic	This means that a chemical is poisonous. Poisons can kill		6	(Lessissanis)	Measuring cylinder	Measuring volumes of liquid	
	biohazard	This means there is some type of living thing in an area which may make you ill		7		Tripod	Heating a beaker or flask over a Bunsen	77
	eye protection must be worn	This reminds you to wear safety glasses or goggles when working in a certain area or using particular pieces of equipment or chemicals					burner	/ \
	wash your hands	This reminds you to wash your hands after you have done an experiment		8		Funnel	Separating an insoluble solid from a liquid	Filter paper
	electric shock	This means that it will cause an electric shock if handled incorrectly		9	\bigcirc	Evaporating basin	Evaporation of water from a solution	

Religious Education





				Key words an	d meanings						
World Religion	ons				Holy Communion						
Religion	Symbol	Follower	Place of Worship	Founder	Symbol	Something that represents or stands for something else, especially a material object representing something abstract.					
Christianity		Christians	Church	Jesus	Belief	Accept that somet	hing is true without	proof			
					Disciple	A follower of Jesus	5.				
		Muslims	Maarua	Mohammad	Holy Communion	the body and blood	nristian sacrament when bread and wine are e body and blood of Christ or as symbols of ody and blood or as memorials of Christ's de				
Islam		wusiims	Mosque	(PBUH)	Coorifico	,					
	C*				Sacrifice	To give something up that is of value e.g. Christ offering his life.					
Judaism	$\overline{\nabla}$	Jews	Synagogue	Abraham Moses							
	ΔA				Sin	Immoral acts, to go against God's commands s No longer feel angry about or wish to punish so		nmands			
	v				Forgiveness			punish someone			
Sikhism		Sikhs	Gurdwara	Guru Nanak	Key Feature	s of Holy Com	munion				
	Ŷ				take.eat this is My body which is allow for your	Bread	and and	Bible			
Buddhism	鏺	Buddhists	Vihara	Siddhartha Gautama		Chalice - cup of wine	+	Cross			
Hinduism	ઉંટ	Hindus	Mandir	unknown		Altar		Jesus			

History





Year 6 preparation for History in secondary school

۱ ۱	Words to describe time							
Decade A period of 10 years								
Century	A period of one hundred years							
Millennium A period of a thousand years, especially when calculated from the traditional date of the birth of Chris								
Era/ Epoch	A long and distinct period of history.							
Reign	The period of rule of a monarch.							
B.C.E. (BC)	Before common era							
C.E. (AD)	Common era							

Name of time period	Date of period	Name of period	Date of period	Name of period	Date of period
Prehistoric	Before 43CE	Tudor	1465CE - 1603CE	Edwardian	1901CE -1914
Roman Britain	43CE- 425CE	Stuart	1603CE - 1714CE	Modern 1	1914CE -1945
Dark Ages	425CE - 1066 CE	Georgian	1714CE - 1837CE	Modern 2	1945CE - 2000CE
Medieval	1066CE - 1485	Victorian	1837CE - 1901CE	TIME PE	RIODS

Keywords						
Evidence/source = Objects and facts that give clues as to what happened long ago.						
Archaeologist = A person who finds out about the past by looking at old objects or buildings that are buried under the ground.						
Historian = A person who studies the past.						
Influence = The effect of a person or things on another.						
Evaluate = form an idea of the amount, number, or value of; assess.						
Analyse = examine (something) methodically and in detail, typically in order to explain and interpret it.						
History						
What do I need						

to know?

History





Year 6 preparation for History in secondary school

Will = A document setting out how a person wants their possessions shared out after death.

Vikings = People from Scandinavia who were fighters, sea-travellers, traders and farmers.

Tribe = A group of people who share a common background and culture.

Thane = An Anglo-Saxon nobleman who owned land.

Settlement = A place where people make their homes.

Scots = People in Scotland; they called themselves Gaels - 'Scots' was a name the Romans gave them.

Romans = People who ruled an empire 2,000 years ago.

Raider = an enemy who attacks and then goes away.

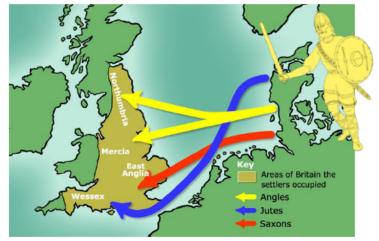
Picts = People who lived in

Scotland at the time of Roman Britain.

Pope = Head of the Roman Catholic Church.

Invaders = People who attack and try to take over land from other people.

Latin = Language of the Romans.



History

What do I need

to know?

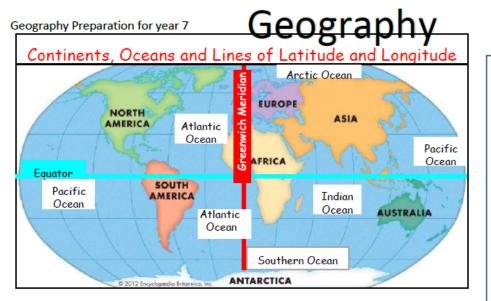
Norman and Plantagenet Timeline 1066 - 1485							
	Norman Conquest	1066					
William I 1066-1087	Devastation of the North	1070					
	Domesday Survey	1086					
William II 1087-1100	First Crusade	1095-99					
Henry I 1100-1135	White Ship Disaster	1120					
Stephen 1135-1154	Civil War	1139-53					
Henry II 1154-1189	Murder of Thomas Beckett	1170					
Richard 1189-1199	Third Crusade	1189-92					
John 1199-1216	Magna Carta	1215					
Henry III 1216-1272	Second Barons' War	1264-67					
Edward I	Conquest of Wales	1282-83					
1272-1307	Robert Bruce's Rebellion	1306					
Edward II 1307-1327	Battle of Bannockburn	1314					
	Hundred Years' War Began	1337					
Edward III 1327-1377	Battle of Crecy	1346					
and all a second as a second as	Black Death in England	1348					
Richard II 1377-1399	Peasants' Revolt	1381					
Henry IV 1399-1413	Welsh Rebellion	1400-10					
Henry V 1413-1422	Battle of Agincourt	1415					
Henry VI	Hundred Years' War End-	1453					
1422-1461	Wars of the Roses Began	1455					
Edward IV 1461-1483	Henry VI Regained Power	1470-71					
Edward V 1483	Death of Princes in Tower	1483					
Richard III 1483-1485	Battle of Bosworth Field	1485					



Geography







Locational Knowledge

Key terms

Human geography - The study of how humans affect, or are affected by, the earth.

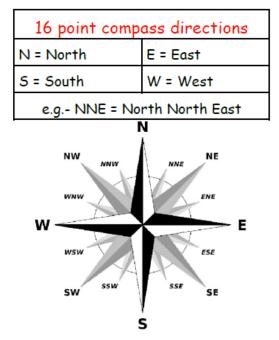
Physical geography - The study of the natural features of the earth.

Ocean - A very large expanse of sea.

 $\ensuremath{\textit{Continent}}$ - Any one of seven large land masses of the Earth.

Country - A nation with its own government, occupying a particular area.





Geography





Geography Preparation for year 7

Geography

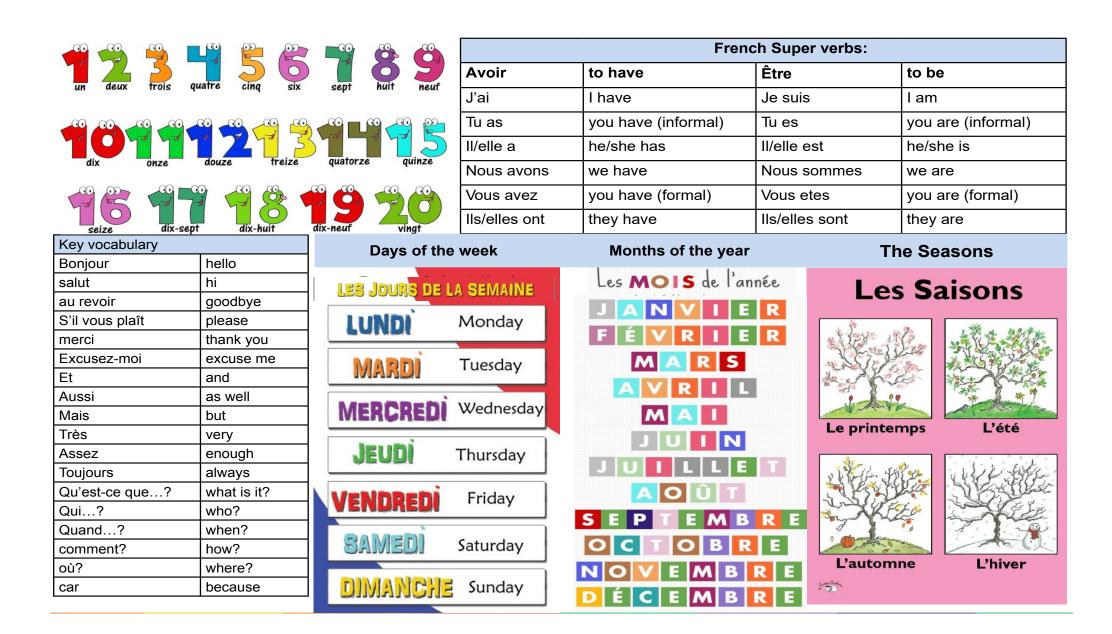
Locational Knowledge

			_
Section A: Key Terms & definitions.		Section B: How	Section C: Describing
1. Equator	7. Tropic of Capricorn	many countries in each	the 6 main Climatic Zones.
An imaginary line around the middle of the earth, and equal distance from the north and south poles.	Line of latitude 23.5° south of the equator, it marks the furthest point south where the sun is directly overhead.	continent? 1. Asia = 48 2. North America	Names of zone and description
2. Hemisphere	8. Thematic map	= 23	Arid - Dry, hot all year.
The globe is divided into the north and southern hemispheres by the equator.	A map that focuses on a specific theme or subject area.	10	Polar - Very cold and dry all year.
3. The Prime Meridian.	9. Topological map	5. Oceania/Austral asia = 14	Tropical - Hot and wet all year.
The Prime Meridian is the zero line of longitude. It runs through the former Royal	Shows only vital information and is not to scale.	6. Europe = 44 7. Antarctica = 0.	Tundra - Very cold all year.
Observatory in Greenwich, London. Often referred to as the Greenwich Meridian.	10. Population Density	Antarctica belongs to no one	Mediterranean - Mild winters, dry hot summers.
4. Latitude	How crowded an area is, the average number of people per Km ² .	country but several countries	T emperate - Wet mild
The position of a place north or south of the equator, measured in degrees from 0° - 90°.	11. Population distribution	work together to protect its fragile	winters and wet warm summers.
5. Longitude	How many people are spread out across an area or country.	environment.	national knowledge
The position of a place east or west of the prime meridian measured in degrees from 0°	12. Life expectancy		and, Scotland & Wales.
- 90°.	The average number of years people live.		UK): England, Scotland,
6. Tropic of Cancer	13. Climate	Wales & Northern Ire	eland.
Line of latitude 23.5° north of the equator, it marks the furthest point north where the sun is directly overhead.	The average weather conditions of a place or at least 30 years.	British Isles: Engla Ireland & the Republ	nd, Scotland, Wales, Northern lic of Ireland.
	14. Relief		<u>Midlands</u> . Made up of amptonshire, Lincolnshire,
	The shape of the land.	Derbyshire and Notti	•

French













F

H

2H

3H

4H

5H

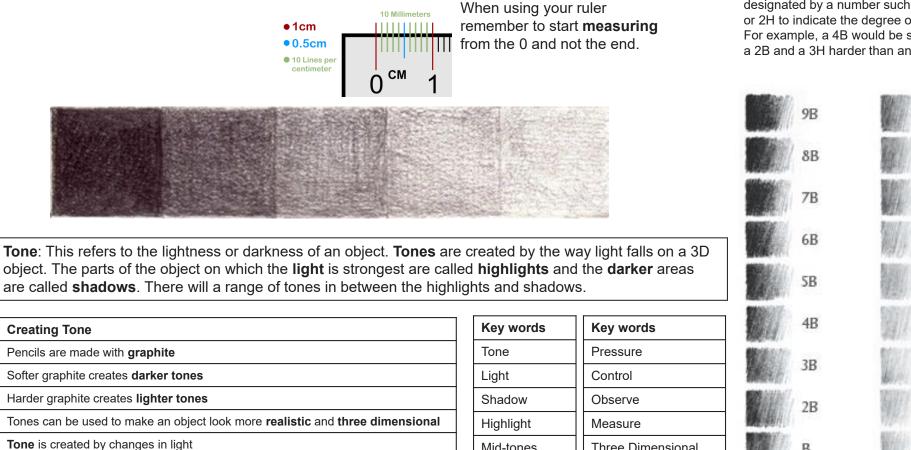
6H

7H

8H

9H

Year 6 Art Knowledge Organiser.



Mid-tones

Gradient

Shading

Hard pencils are most suited to drawing fine detail

Soft pencils are most suited to shading darker tones

Three Dimensional Realistic Graphite

В

HB

Pencils using the HB system are designated by a number such as 2B, 4B or 2H to indicate the degree of hardness. For example, a 4B would be softer than a 2B and a 3H harder than an H

Performing Arts





Drama Knowledge Organiser – Year 6

One of the safest places to be is the stage...' Frank Langella



Category 1 – Drama Tech		Category 2 – Social Skills					
Freeze Frame/ Still image	A frozen image telling a story, like a photograph	Listening	To respect others will have an opinion				
Thought Tracking	Internal thought of a character said aloud	Building a rapport	To be able to work responsibly within a				
			group				
Conscience Alley	Exploring a characters dilemma as a group	Communication	To ensure you contribute ideas to				
			discussion				
Teacher in Role	Teacher involved in a roleplay	Independent Learning	To work effectively by yourself				
Guided Fantasy	The use of imagination to visualize a journey	Time keeping	To work to deadlines				
Swing Debate	Argument for and against	Problem solving	To find solutions				
Choral Verse	Speaking in a group	Compromise	To take in others points of view				
Choral Movement	Moving as a group	Leadership	To be assertive				
Soundscape	Layering a variety of sounds to create an atmosphere	Applying your	To think outside the box				
		imagination					
Tableaux	A series of images brought together by movement	Self-discipline	To show self-control				
Moral Dilemma	Thought process for both sides of the story	_					
Category 3 – Staging							
1.Proscenium Arch:		3.Thrust:					
Audience at the front of	National Rever Data	Stage comes out into	<u>⊢</u> , •••				
the stage area.		the audience, audience	1				
		on three sides.					
2.Theatre in the round:		4. Traverse:					
Audience all the way round	1	Audience on two sides	[ine]				
the stage.		of the stage. E.g.	hand and see a second se				
		Catwalk					
Promenade: In Promenade the staging or performance area may be set in various locations in a venue. There may even be no distinction between the area							
	the audience sit or stand in and the space for action. The	audience inhabit, not just wat	tch, a space.				

Music





	Key words					
1	pitch	high and low				
2	duration	length of sound				
3	tempo	speed				
4	dynamics	volume				
5	timbre	sounds – Instruments – Voices				
6	texture	layers of sound				
7	structure	organisation/order of sound				
8	silence	no sound				
9	pulse	steady beat				
10	notation	way of writing music down				
11	perform	present work to an audience				
12	evaluate	luate WWW/EBI				
13	compose	write or create music				
14	melody	a sequence of notes; a tune.				

Music is made up of many different ingredients called elements. They are the building blocks of music. When a composer creates a piece of music they use the elements of music to build it. All pieces of music use these elements but the way in which they are used and combined means that pieces of music can sound very different from each other.

The elements of music are pitch, duration, tempo, dynamics, timbre, texture, structure and silence.









Computer Science





Vocabula	ary		Kov Fac	ts: Common F	ila Types	Websites to explore 📈
File	A specific piece of data held on a computer system that has a name	doc	-	mat used by Microso		
Folder	A virtual location where programs, files, and other folders can be located	ppt A presentation fo		format used by Microsoft PowerPoint		
Shortcut key	A combination of keys that, when pressed simultaneously, perform some task that ordinarily requires use of a mouse	jpg html mp4		ure file format on for pages on the V ormat commonly used		www.childnet.com – Excellent Interne Safety resources
File extension Email	The suffix at the end of a filename that indicates what type of file it is Messages sent electronically over a	mp3 pdf	An audio codin	g format for sound or ocument viewing and	music files	www.thinkyou- know.co.uk
Attachment	computer network A computer file sent along with an email message	Open f	Key Facts: ile explorer	Useful shortc Windows + e	ut keys	– Learn about keeping safe
Search engine	A computer program that is used to look for information on the Internet		Desktop Save file Copy	Windows + d Ctrl + s		www.bbc.co.uk/ education
Social network	An on-line platform that allows users to create a public profile and interact with other users on the website	Paste Cut		Ctrl + c Ctrl + v	Ay	- Links to all topics at KS3
Online profile	A social identity that an Internet user establishes in on-line communities and websites	Undo Redo		Ctrl + x Ctrl + z	Ctrl	www.doddlelearn. co.uk
Privacy settings	The part of a social networking website, internet browser, piece of software, etc. that allows you to control who sees information about you	Select Switch pro-gra	between	Ctrl + y Ctrl + a Windows + Tab		– revision quizzes for each topic
Cyberbullying	Using technology to bully someone					
Virus	A program or piece of code that is loaded onto your computer without your knowledge and runs against your wishes and has a detrimental effect				Tab H	





YEAR 6 PE Knowledge Organiser

Exercise has many benefits. Below is a definition of health, and some examples of the benefits of regular exercise.

Definition• Lose weight• Relieve stress• Meet new friendsa state of complete physical mental & social wellbeing, and• Stronger bones• Competition• See existing friendsMeet new friends• Reduced chance of Coronary Heart Disease (CHD)• Reduced boredom• Improve cooperation skills	Health:	Physical Health	Emotional Health	Social Health
disease of infirmity • Reduced chance of a Stroke activities	Definition a state of complete physical mental & social wellbeing, and not merely the absence of	 Lose weight Stronger bones Reduced chance of Coronary Heart Disease (CHD) 	 Relieve stress Competition	 Meet new friends See existing friends Improve cooperation skills Increased number of social

Warm Ups 3 Phases: • Pulse Raiser • Stretching • Drills	Cool Downs 2 Phases: • Light Exercise • Stretching	Key words HEALTH: physical, emotional, social. Impacts: Positive/ Negative Warm Up: Pulse Raiser/ Stretching Drills Cool Down:
Reasons	Reasons	Light Exercise/Stretching
 Prepares you physically & mentally Increases oxygen delivery to working muscles Increases muscle temperature: better flexibility/reduces injury 	 Aids removal of lactic acid and carbon dioxide Helps the heart return to resting rate Helps avoid dizziness due to blood pooling 	

Food Technology







-	words: hts and Measurements
L	Litres

L	Litres	
g	Grams	
ml	millilitres	1000ml =1 littre
Kg	kilograms	1000g
Tbsp	tablespoons	15ml
Tsp	teaspoon	5ml
1pt	1 pint	568ml

Health & Safety:				
Personal Hygiene				
Tie up long hair				
Waer an apron				
Tuck tie in				
Roll back sleeves				
Wash hands				

Per day se zoukcal - zoukcal - ALL POUC + ALL DHINKS					
Eatwell Guide					
Section	Sources	Benefits			
Fruit & vegetables Fruit and vegtables 5 a day, a portion = a small handful		5 a day, a portion = a small handful			
Carbohydrates Pasta, potatoes, rice,		Energy release.			
	bread	Makes you feel fuller for longer			
Protein Fish , meat, beans, lentils		Needed for growth and repair			
Dairy & alternatives	Milk, yoghurt, soy milk	Calcium: needed for strong teeth, bones and for the body to heal			
Fats	Olive oil, margarine	Provide essential nutrients, builds healthy cell membranes			

Design Technology







JOI	AING	MIET	ĦŒ	DS
1. Perma	anent:	2	2.	Temporary:
When we do want to take to pieces apart a	the	mig	ht n	we will, or need to take apart again
Glues, weldir rivets	ng,	Scre	ws,	bolts, nails
Wood joints can l depending or				
<u>W</u>		JOIN	TS	
	1	5	6	K
3. Lap Joint	4. Mo + Ten Joint			5. Dovetail Joint
Scales of Produc	ction	\bigcap		Scales of
1. One off: when make a unique it 2. Batch: when yo make a few/set am	em ou	•	mn cm	easurement: n = millimetre = centimetre = metre
3. Mass : when y make thousand		A A A	1m	m = 10mm n = 100cm or □ .1000mm
4. Continuous: c				

MATERIALS

WOOD 1. Hardwood Hardwood is timber that comes from deciduous trees that lose their leaves in winter. E.g. Beech, Oak, Ash. 2.Softwood Softwood comes from nondeciduous trees that keep their leaves all year round. E.g. Cedar, Spruce, Scots Pine. 3. Manufactured Manufactured boards are made board from smaller pieces of wood that have been glued together. E.g. MDF and Ply board.

PLASTIC

1. Plastics are made of polymers and are mostly refined from oil. There are two main types:					
2. Thermoplastics A thermoplastic can be formed and re- formed many times, using heat.					
3. Thermosetting plastics.	A thermoset is a plastic which can be shaped once, using heat, but heating it				
E.g. Melamine For- maldehyde again will not soften it. (used for electri fittings)					
MIETTAIL					

Metals

1. Metals are hard and usually shiny, containing one or more elements dug and refined from the ground.

2. Ferrous metals are any metal that contains iron and will rust. 3. Non-Ferrous metals do not contain iron and will not rust.

4. Alloys are metals made from a mix of 2 metals – brass is made of copper and zinc.

 Aluminium is a lightweight metal that is extracted from the ore bauxite. This is a recyclable material.

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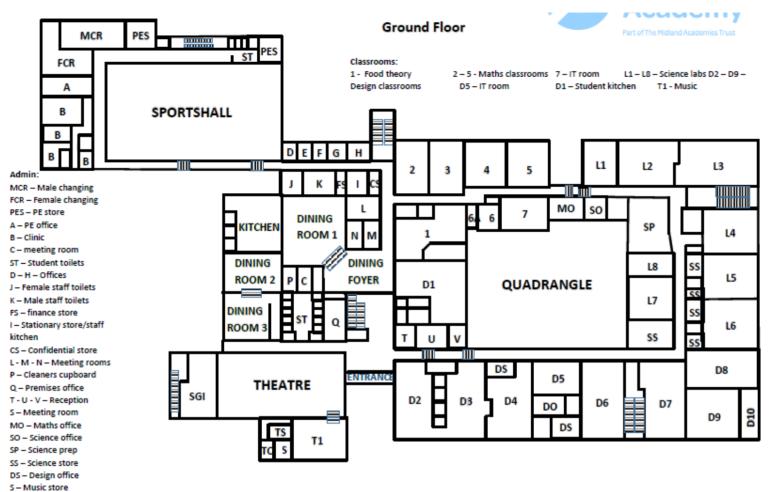


TOOLS

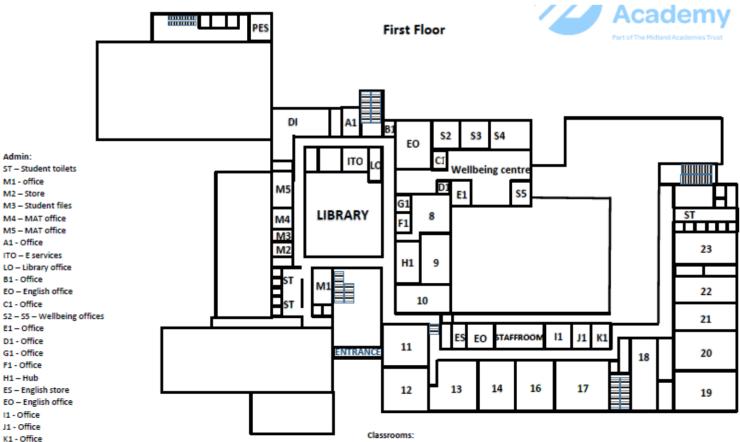
1. Tenon Saw	A Tenon has a metal strip, usual- ly brass, that that supports the back of the blade.	T
2. Tri- square	A tri-square is a tool for measur- ing or marking out accurate right angles.	1
3. Hacksaw	A hacksaw has an adjustable frame and a replaceable blade and is used for cutting metal and plastics.	
4. Chisel	A chisel is a sharp tool, often used with a mallet, for cutting and shaping wood or stone.	
5. File	A file is a steel hand tool, with small, sharp teeth on its surfaces, that is used for smoothing wood, plastic or metal.	
6. Clamp	A clamp is a device to hold things firmly when they are being glued, sawn or drilled.	て
7. Bench Hook	A bench hook is a flat piece of wood with one block fixed at the back edge of the top and another fixed under the front edge.	
8. Coping Saw	A coping saw has a narrow blade that can be used for cutting shapes in wood and plastics.	
9. Pillar Drill	A fixed motorised drill used for drilling holes in a variety of mate- rials.	

SURFACE FINISHES

Finishing usually involves sanding and applying a surface coating to protect your material and make it look better. Paint, Varnish, Oil, Wax, Polish & Dip Coating. Electroplating = coating one metal with another.







DI – Direct instruction class

8 – 9 Hub classrooms

18 – 23 – Humanities.

10 – IT room

11 – 17 – English/Languages classrooms.