



YEAR 7 MASTERY SHEETS

#TheLongdendaleLegacy



Longdendale
HIGH SCHOOL

Summer 1: Travel Writing | English |

Week 1

Question	Answer
What is travel writing?	Writing that describes places, people and cultures.
What is sensory imagery?	Language that helps the reader imagine what something looks, sounds, smells, tastes, or feels like (visual, auditory, olfactory, gustatory, tactile).
What is figurative language?	When language is used in creative, non-literal ways to create strong effects: metaphor / simile / personification.
What are vivid verbs?	Lively, specific action words that make writing more energetic and clearer.
What are precise nouns?	Exact, specific naming words that help the reader picture something clearly
What is colour imagery?	Descriptive language that uses colours to create a clear, vivid picture in the reader's mind.

Week 2

Question	Answer
What is spatial organisation in travel writing?	This is when a writer describes a place by moving through it in a logical order.
What does prepositional or directional phrases mean?	These are short phrases that show location or movement.
What does it mean to 'zoom out' in writing?	This means moving to a wider view — describing the bigger picture.
What does it mean to 'zoom in' in writing?	This means focusing on small, specific details.
When should you use a colon and semi-colon?	Colon: used to introduce something, such as a list, explanation, or example. Semicolon: used to join two closely related sentences that could stand alone, or to separate items in a complex list.

Week 3

Question	Answer
What does structural cohesion mean?	This means how well the parts of a text link together, so it flows smoothly.
What makes accurate and effective paragraphing?	When each paragraph is clear, focused, and logically placed.
What is a motif?	A motif is a repeated image, idea, object, or phrase in a text.
What is circular structure?	This is when a text ends where it began
Why is planning important and proof-reading important?	Planning helps you organise your ideas, choose a clear structure, avoid repeating yourself, and stay focused on the task. Proof-reading helps you catch spelling, punctuation, and grammar mistakes, improve clarity, and polish your writing so it's accurate and effective.

Week 4

Question	Answer
What is to inform and advise?	To inform means to give factual, clear information; to advise means to offer guidance or suggestions based on that information.
What tone should an advisory travel guide have?	Friendly, trustworthy, and helpful tone.
What are rhetorical devices?	Language techniques used to engage the reader
What is direct address?	When a writer speaks directly to the reader using "you."
What is a modal verb?	Is a helper verb (like can, should, might, must)
What is a rhetorical question?	A question asked for effect, not to get an actual answer.

Week 5

Question	Answer
What do we mean by target audience?	Who the piece is written for (the intended reader)
What is a short, simple sentence effect?	Creates a sharp, dramatic effect and draws attention to a key point.
What is a long, complex sentence effect?	Creates detail, flow, and explanation, helping ideas build gradually.
How should you structure a travel guide?	With a headline, an engaging introduction, clear subheadings, informative sections, and practical advice.
What is a headline and subheading?	A headline is the main title that grabs attention, and a subheading is a smaller title that organises information into sections.

Week 6

Masters of recall quiz



Shakespeare -Much Ado About Nothing | English |

Week 1

Question	Answer
What is context?	What life was like when the text was set or written.
When and where was the play Much Ado About Nothing set?	The play <i>Much Ado About Nothing</i> was set in Messina, Italy, during the late 16th century.
What is a comedy genre?	A comedy is a type of story or play that is meant to be funny and usually has a happy ending.
What is a patriarchal society?	A patriarchal society is one where men hold most of the power and influence, and women have fewer rights or opportunities
What do we mean by 'societal expectations'?	'Societal expectations' are the beliefs or rules about how people should behave in a particular society.

Week 2

Question	Answer
What is gender?	Gender refers to whether someone is male / female, and how society expects them to behave based on that.
How were men and women expected to be at the time?	At the time, men were expected to be strong, powerful, and in control, while women were expected to be obedient, pure, and focused on family.
How are expectations of women shown through the character of Hero?	Hero is expected to be innocent, obedient, and loyal, and her reputation is closely guarded by her family.
How are expectations of men shown through the character of Claudio?	Claudio is expected to be brave, honourable, and quick to act, especially when it comes to love and marriage.
What were the expectations surrounding love at the time?	love was often expected to lead to marriage, and it was seen as something that should be serious, public, and based on social status rather than personal feelings.

Week 3

Question	Answer
How does the relationship between Hero and Claudio follow societal expectations?	Hero and Claudio's relationship follows societal expectations because it is arranged with the goal of marriage, and Hero is expected to be pure and obedient to Claudio.
How is the relationship between Don John and the other characters? Why?	Don John's relationship with the other characters is hostile and manipulative because he is resentful and wants to cause trouble.
What is juxtaposition?	Juxtaposition is when two things are placed next to each other to highlight their differences or create contrast.
What features must a letter contain?	A letter must include a greeting, a message or body, and a closing or signature.

Week 4

Question	Answer
What do we mean by 'honour'?	'Honour' means having a good reputation and being respected for doing the right thing, especially in terms of morals and actions.
How is Hero honouring her father?	Hero honours her father by obeying him, maintaining her purity, and agreeing to marry the man he chooses for her.
What are the expectations surrounding marriage at the time?	Marriage was expected to be a formal arrangement for social status, family connections, and loyalty, rather than for love.
How does Beatrice go against typical expectations of women and marriage?	She challenges typical expectations by being independent, outspoken, and reluctant to marry, showing that women could have their own opinions and desires.

Week 5

Question	Answer
How and why is the masked ball an important scene?	It allows characters to disguise their identities, leading to misunderstandings and setting the stage for key plot twists.
What do we mean by a 'theme'?	A 'theme' is a repeated idea, concept or message that runs throughout.
What is Don John's determination and why?	To cause trouble and ruin the happiness of others because he is bitter, jealous, and resentful.
What is a soliloquy?	A speech where a character speaks their thoughts aloud, often alone on stage, so the audience can understand their inner feelings or motivations.

Week 6

Masters of recall quiz



Topic Directed Number and Fractions | Maths |

Week 1

Question	Answer
1) What does ascending mean?	Ascending means smallest to Largest.
2) What does descending mean?	Descending means largest to Smallest.
3) $8 + -12 = 2$ The above questions is wrong, explain why and what the correct answer is.	-4 is the correct answer. On the number line we start at 8 and we are going down y 12 which takes us to -4.
4) $-3 + 4 = -7$ The above questions is wrong, explain why and what the correct answer is.	1 is the correct answer. If we are at -3 on the number line and we move 4 up which is closer to zero we get to 1.
5) What does this symbol mean \leq	Less than or equal too

Week 2

Question	Answer
1) What does this symbol mean \geq	Greater than or equal too
2) What is a zero pair?	A pair of numbers that have a sum of zero.
3) Can you give an example of a zero pair?	-3 and 3
4) What is the additive inverse?	Subtracting a number is the same as adding the inverse.
5) $-5 - 3 = -8$ The above question is wrong, explain why and what the correct answer is.	-8 is the answer. If we start at -5 on the number line and go further away from zero by 3 the answer is -8.

Week 3

Question	Answer
1) What happens when we multiply two negatives together?	The product is positive.
2) What happens when we multiply a positive and a negative together?	The product is negative.
3) What happens when we multiply a negative and a positive together?	The product is negative.
4) What does commutative mean?	The commutative law is that the numbers can be swapped around and the product will still be the same.
5) What is the inverse of multiplication?	Division.

Week 4

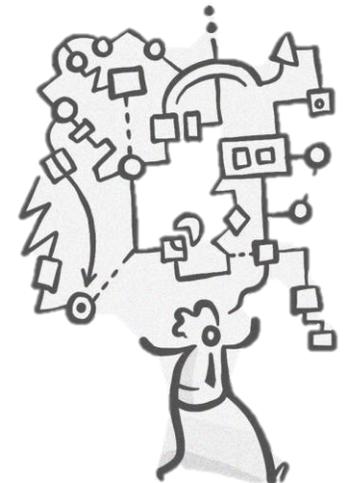
Question	Answer
1) What is a numerator?	The numerator is the number on the top of a fraction
2) What is a denominator?	The denominator is the number on the bottom of a fraction.
3) What is an integer?	An integer is a whole number.
4) What is a Mixed Number?	A number that has an integer and a fraction.
5) How many 8ths are there in a whole one?	8

Week 5

Question	Answer
1) Adding fractions requires a common denominator- True or False.	True - denominators have to be the same in order to add fractions.
2) Subtracting fractions requires a common denominator- True or False.	True - denominators have to be the same In order to subtract fractions.
3) How do we convert a mixed Number into an improper fraction?	Calculate how many fractions there are within the whole ones and add on the extra fraction.
4) How do we convert an improper fraction into a Mixed Number?	Calculate how many times the denominator can divide whole into the numerator and then whatever is left for the

Week 6

Masters of recall quiz



Topic Angles | Maths |

Week 1

Question	Answer
1) What is a Polygon?	A two-dimensional shape with closed straight sides.
2) Can you give an example of a polygon?	Hexagon, Pentagon, Octagon etc.
3) What is a segment?	A section of a line.
4) What instrument would you use to measure a line in your Maths lesson?	A ruler
5) What units are on a ruler?	Cm and mm

Week 2

Question	Answer
1) How many degrees are in a full turn?	360
2) How many degrees are in a half turn?	180
3) How do we define an acute angle?	An angle $x < 90$
4) How do we define an obtuse angle?	$90 < x < 180$
5) How do we define a reflex angle?	$x > 180$

Week 3

Question	Answer
1) What is a Quadrilateral?	A four-sided shape.
2) What is a Rhombus?	A quadrilateral. A parallelogram but with 4 equal sides.
3) What do angles on a straight line add to make?	180
4) What do we know about vertically opposite angles?	Vertically opposite angles are the same.
5) What are parallel lines?	Parallel lines are two lines that run alongside each other but never meet.

Week 4

Question	Answer
1) What are perpendicular lines?	Angles that cross and meet at 90 degrees.
2) What do we know about corresponding angles?	Corresponding angles are in an F shape and are equal to each other.
3) What do we know about co-interior angles?	Co-interior angles are in a C shape and add to make 180.
4) What do we know about alternate angles?	Alternate angles are in a Z shape and are equal to each other.
5) What does associative mean?	The associativity law is that in an addition or multiplication we could move the brackets, and the answer is the same.

Week 5

Question	Answer
1) What is a product?	The solution of multiplying two numbers together.
2) What is a quotient?	The solution if two numbers are divided by each other.
3) How do we define what an equation is?	A mathematical statement containing an equals sign.
4) How do we define an expression?	A mathematical statement involving at least two terms
5) What is an estimate?	Rounding numbers to approximate the solution.

Week 6

Masters of recall quiz



Topic Reproduction, Mixtures, Space | Science |

Week 1

Question	Answer
What are gametes?	The male or female sex cell that can fuse together in sexual reproduction to make a new individual.
What is fertilisation?	When the gametes meet and the nuclei fuse to make a new cell.
What is asexual reproduction?	When an organism makes an exact copy of itself to make a new individual.
What is puberty?	The stage when your body changes from that of a child to that of a young adult capable of reproducing.
What are hormones?	Chemical substances that act as messenger molecules in the body.

Week 2

Question	Answer
What is menstruation?	The first part of the female reproductive cycle when the uterus lining is shed.
What is ovulation?	Part of the female reproductive cycle when an egg cell is released from the ovary.
What is gestation?	The duration of pregnancy, where a foetus grows and develops until it is ready to be born.
Where is placenta found and what is its role?	An organ attached to the umbilical cord and the uterus that supplies oxygen and nutrients to the growing foetus.
What is germination?	When a seed grows into a plant.

Week 3

Question	Answer
What is a pure substance?	Pure substance is one which contains just one type of atom or compound.
What are atoms?	The smallest part of an element that can exist.
Define an element?	A substance that is made of only one sort of atom is called an element.
Define a molecule?	A group of two or more atoms. Molecules of the same element or compound always contain the same number of atoms of each element.
.Define a compound?	A substance that contains two or more types of elements that are chemically combined.

Week 4

Question	Answer
Define a mixture?	A mixture consists of two or more types of atoms/compounds that are not chemically joined, and can be separated using physical processes.
What is an unsaturated solution?	A solution where more solute will dissolve.
What is a saturated solution?	A solution where no more solute will dissolve.
What is melting?	Change of state from solid to liquid.
.What is dissolving?	Process where solute particles disperse throughout the solvent.

Week 5

Question	Answer
What is the melting point of a substance?	The temperature at which a substance changes state from being a solid to being a liquid.
What is the boiling point of a substance?	The temperature at which a substance changes state from being a liquid to being a gas.
What type of contact force is gravity?	Attractive non-contact force between all objects with mass.
Define mass?	The mass of an object is the amount of matter it contains.
.Define weight?	Weight is the force of gravity acting on a mass.

Week 6

Masters of recall quiz



Topic Space, Interdependence and Electrical circuits: current and resistance | Science |

Week 1

Question	Answer
What are the SI units for mass?	Kg / kilograms
What are the SI units for weight?	N / Newtons
What are the SI units for gravitational field strength?	N/kg Newtons/ kilogram
Write the equation to calculate weight?	Weight = mass x gravitational field strength
Define a light year?	A lightyear is the distance that light travels in 1 year.

Week 2

Question	Answer
What is a satellite?	A satellite is an object which orbits a planet.
Define a population?	A population is a group of the same organism, living in a particular habitat.
Define a community?	A community is made of two or more different populations living in the same area that depend on each other for survival.
Define an ecosystem?	An ecosystem is the interaction of a community of organisms with the non-living parts of their habitat.

Week 3

Question	Answer
What is an estimate?	An approximate value based on sampling.
What is a sample?	A smaller part of something that gives an idea of the whole.
Give an example of random sampling?	Estimating the total population in an area is an example of random sampling.
What does representative mean?	When something can be said to be characteristic of the thing as a whole.
What is a quadrat?	A square frame of known area used for sampling the abundance and distribution of slow or non-moving organisms.

Week 4

Question	Answer
What piece of equipment is used to measure the current?	ammeter
What are the SI units of current?	Amps or amperes
What piece of equipment is used to measure the voltage?	voltmeter
What are the SI units for voltage?	volts
.What is the rule for current in a series circuit?	The current in a series circuit stays the same.

Week 5

Question	Answer
What is the rule for current in a parallel circuit?	The current in a parallel circuit is shared between the branches.
How is the ammeter placed in a circuit?	The ammeter is placed in series in the circuit.
What is the rule for voltage in a series circuit?	The voltage from the battery is shared between the components in a series circuit.
What is the rule for voltage in a parallel circuit?	The voltage is the same across the components on the different branches.
.How is the voltmeter placed in a circuit?	The voltmeter is placed in parallel with the component .

Week 6

Masters of recall quiz



Topic Space, Interdependence and Electrical circuits: current and resistance | Science |

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Week 6

Masters of recall quiz



Topic 3 African Masks | Art |

Week 1

Question	Answer
What is an African mask?	An African mask is a handmade object worn on the face or head.
What is the most common material used to make African masks?	Wood is the most common material, but masks can also be made from metal, fabric, or clay.
Who wears African masks?	African masks are usually worn by dancers, priests, or important members of the community during special events.

Week 2

Question	Answer
Why do people wear African masks?	People wear African masks for celebrations, religious ceremonies, and storytelling.
What does “shape” mean?	Shape is an element of art that is a two-dimensional area that is defined in some way.
What does “form” mean?	Form is as three-dimensional shape. Like shape, form can be geometric or organic.

Week 3

Question	Answer
What shapes can African masks be?	African masks can be round, oval, square, or even animal-shaped.
Do African masks always look like human faces?	No, some masks look like animals, spirits, or imaginary creatures.
What does “pattern” mean?	A repeated decorative design based on shapes

Week 4

Question	Answer
What different types of patterns are there?	Natural, geometric, irregular, cultural, and rhythmical
What do African masks represent?	They represent spirits, ancestors, animals, or mythical beings.
What does “tone” mean?	Tone refers to the relative lightness or darkness of a colour

Week 5

Question	Answer
How is colour used in African masks?	Different colours have meanings, such as red for power and white for peace.
Are all African masks the same?	No, different cultures have their own styles, shapes, and meanings.
How are African masks decorated?	They are decorated with paint, carvings, beads, shells, and metal.

Week 6

Masters of recall
quiz



Topic 3 African Masks | Art |

Week 1

Question	Answer
What animals are often African masks?	Animals like birds, antelopes, lions, and elephants are common because they have special meanings.
What kind of lines are used in African masks?	Wavy, straight, curved, and zigzag lines are often used to create patterns.
How is texture used in African masks?	Masks can be smooth, rough, carved, or have raised patterns to add texture.

Week 2

Question	Answer
How is symmetry used in African masks?	Many African masks are symmetrical, meaning both sides look the same.
What type of patterns can you find on African masks?	Repeated lines, dots, and geometric shapes are often used to decorate masks.
What does three-dimensional mean?	Three-dimensional art is described as any form of art that occupies three-dimensional space.

Week 3

Question	Answer
What shapes can you see in African masks?	Circles, triangles, ovals, and squares are often used in the designs.
Why are animal features used in some African masks?	Animals are believed to have special powers or qualities, like strength, wisdom, or speed.
What tools are used to make African masks?	Artists use knives, chisels, and paintbrushes to carve and decorate the masks.

Week 4

Question	Answer
How can you make your mask look 3D?	Build up layers of cardboard, cut out a range of shapes to add more layers and apply string pieces.
How can you apply patterns successfully to your mask?	Apply lines which are parallel to each other and dots which are evenly spaced.
Which colours are used in African masks?	Red, gold, green, blue, white and black.

Week 5

Question	Answer
What does "corrugated" mean?	A surface that is shaped into parallel ridges and grooves.
How have African masks influenced modern art?	Many famous artists, like Pablo Picasso were inspired by African masks when creating their own artwork.
Why are African masks important to African culture?	They connect people to their ancestors, tell stories, and celebrate important events.

Week 6

Masters of recall
quiz



Topic Programming in Scratch | Computing |

Week 1

Question	Answer
What is meant by Computational thinking?	Computational thinking allows us to take a complex problem, understand what the problem is and develop possible solutions
What are the 4 corner stones of Computational thinking?	A sequence of steps that solve a problem
What is decomposition ?	Breaking down a complex problem or system into smaller, more manageable parts
What is iteration	When instructions are repeated

Week 2

Question	Answer
What is abstraction	Selecting the important information and ignoring the rest
What is an algorithm?	developing a step-by-step solution to the problem, or the rules to follow to solve the problem
What is selection?	An action taken dependent on the answer to a question
What is pattern recognition	looking for similarities among and within problems

Week 3

Question	Answer
What is sequencing?	Putting the instructions in order
Why is sequencing important in Programming	As if the instructions are in the wrong order the code won't do what you want it to do.
What does this symbol do? 	It is the add extension icon that allows you to access the pen.
When drawing shapes why must you include the erase all block?	It removes any drawings made by the pen that aren't part of your code

Week 4

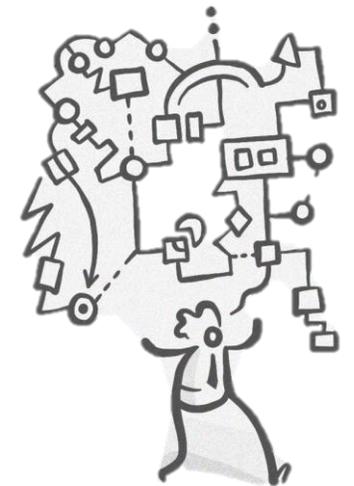
Question	Answer
What coordinate should you set the x axis too when starting to draw?	-159
What coordinate should you set the y axis too when starting to draw?	89
How many degrees should you programme to make a hexagon	120
How many degrees should you programme to make a hexagon	135
What block helps involves the use of iteration?	Repeat 

Week 5

Question	Answer
What is a variable	A <i>variable</i> is a container that the computer uses to store and remember the answer/data/value inputted so that it can be used later. This data can change!
What colour is the variable block	Dark Orange
When you ask a question in scratch what is this known as?	An Input
The answer you get after asking a question in scratch is called?	An output
Where can the output be stored to be used again in the code?	The variable

Week 6

Masters of recall quiz



Topic Programming in Scratch and digital literacy Passport | Computing |

Week 1

Question	Answer
When are if and if else commands used in Scratch?	When there are different possible outcomes or alternatives
What are the if and else commands an example of?	Selection
Where are the if and else blocks found in scratch?	Under Control

Week 2

Question	Answer
What is Boolean?	A result that can only have one of 2 values: True or False
What are the Boolean logic operators?	AND, OR, NOT
What happens if an AND operator is used?	Both conditions must be met for a true outcome to be returned.
What happens if an OR operator is used?	Only one of the conditions must be met for a true outcome to be returned
What happens if a NOT operator is used?	For a true output the condition must be anything but the value being asked for.

Week 3

Question	Answer
Where can your work folder be found?	On the blue desktop
Where are all the files saved that you need to use in a lesson	Pupil resources > ICT
What does this icon allow you to do? 	Create a new folder
Where can you locate the new folder icon?	Next to the red tick at the top of your folder 
What are the steps when saving a document	File>Save As> Browse

Week 4

Question	Answer
How do you access your school email from home?	From the school website homepage, click on QUICK LINKS
What is my school email?	29firstname.lastname@lhs.spt.ac.uk
What is the password for my school email from home?	The same password used to log into the computer in school
What is Netiquette?	The term for how you should behave when sending emails and using the internet.

Week 5

Question	Answer
How do you save a picture?	Right click the mouse> Save image As
What does this icon do? 	Change the line spacing
What does this icon do? 	Puts bullet points
What command allows you to move your image around the page	Wrap Text

Week 6

Masters of recall quiz



Topic 5 MSND | Drama |

Week 1

Question	Answer
What does the word plot mean?	Story / narrative
What is a character?	Another role or person
What is a playwright?	Person who writes the plays
Which month of the year is Midsummer?	June

Week 2

Question	Answer
Who wrote the play Midsummer Night's Dream?	William Shakespeare
What is the name of the 4 groups?	Athenians Lovers Mechanics Fairies
Is the play a comedy or a tragedy?	Comedy
Where is the play set?	Athens

Week 3

Question	Answer
What is the name of the 2 fairies?	Oberon and Titania
What is the name of the 2 lover girl who argue?	Hermia and Helena?
What is the name of the fairy with the magical juice?	Puck
Who wrote the play?	William Shakespeare

Week 4

Question	Answer
What were the fairies arguing over?	A Little Changeling Boy
Who are Titania and Oberon?	King and Queen of the Fairies
What are the names of the 2 lovers who are male?	Lysander and Demetrius

Week 5

Question	Answer
What are the names of the actors rehearsing their play?	Mechanicals
Which character wants to play all of the roles?	Bottom
What does rehearsing mean?	Practicing the script
What can you not use on stage for a final performance?	The script

Week 6

Masters of recall
quiz



Topic 6 Playmaking | Drama |

Week 1

Question	Answer
Where are plays performed?	Theatre
Which word linking to money is required when putting on a play?	Budget
What is the name of the event which happens to select the roles?	Audition
What is the name of the role who tells the actors what to do?	Director

Week 2

Question	Answer
What does staging mean?	Where the audience are seated
What is the name of the stage in the drama studio	Proscenium arch
What is the name of the stage if the audience sit in a circle?	Theatre in the round
Name of the stage where audience are on 3 sides.	Thrust

Week 3

Question	Answer
What does red lighting symbolise?	Danger / horror
What are the names of the 8 mental lights in DST?	Parcans
What is the name for flashing lights?	Strobe lighting
What do you use flashing lights for?	Disorder / danger

Week 4

Question	Answer
What are the names of objects on stage?	Props
What is the name of the items on stage e.g. chairs, tables?	Furniture
What is the name of the picture behind the characters to show the scene?	Backdrop

Week 5

Question	Answer
What is a costume?	What the actors wear
What is the name of the products worn on face to show a character?	Make-up
What is the name of the person who chooses what the actors wear?	Costume designer
What can you not use on stage for a final performance?	The script

Week 6

Masters of recall quiz



Middle East | Geography |

Week 1

Question	Answer
The Middle East is at the crossroads of which continents?	Europe, Asia and Africa
What does "relief" mean in geography?	The land's shape and elevation, including mountains, valleys, and plains.
What are the three main climates of the Middle East?	Desert, mountainous and Mediterranean
On a climate graph, what does the line graph show?	Temperature
On a climate graph, what does the bar chart represent?	Precipitation (Rainfall)

Week 2

Question	Answer
What does MENA stand for?	Middle East and North Africa.
Which Middle Eastern countries have the lowest population density?	Saudi Arabia and Oman.
What is an economic migrant?	Moves for work and better living conditions.
What is a displaced migrant?	Forced to leave due to conflict.
Why was the Qatar World Cup important for the Middle East?	The first world cup in the Middle East.

Week 3

Question	Answer
What does "resource-rich" mean?	Abundant natural resources, like oil, gas, minerals, or water.
What does sustainability mean?	Meeting current needs without harming future generations.
Which 5 Middle Eastern countries produce the most oil?	Saudi Arabia, Iraq, Iran, UAE, Kuwait.
What are the social benefits of oil in the Middle East?	Job creation, infrastructure development, improved living standards.
What changes are Middle Eastern countries making to their energy mix?	Shifting to renewable energy, reducing dependence on oil.

Week 4

Question	Answer
What is an emirate?	A region in a Muslim state ruled by an emir, like a king.
How many emirates are there in the UAE?	Seven
What are Dubai's main tourist attractions?	Burj Khalifa, Dubai Mall, Palm Jumeirah, Dubai Marina, Desert Safari.
Which countries are served by the waters of the Euphrates and Tigris rivers?	Turkey, Syria, Iraq, and partially Iran.

Week 5

Question	Answer
What is the meaning of irrigation?	Artificial application of water to soil or crops.
What is Turkey constructing that is creating conflict with countries downstream?	Dams and hydroelectric power plants (Southeastern Anatolia Project).
What does "limitations" mean?	Restrictions or constraints that limit actions or possibilities.
What does "opportunities" mean?	Chances or possibilities for growth, success, or improvement.

Week 6

Masters of recall quiz



Topic How did the Tudors stay powerful? | History |

Week 1

Question	Answer
What is the Magna Carta?	The 'Great Charter'. A document that sets out rules for Kings to follow.
Why were King John's Barons angry?	King John made them pay taxes and fines.
Which land did King John lose to France?	Normandy.
What is a source?	A piece of evidence that gives us clues about events in the past.
What is an interpretation?	An opinion or version of past events, based on evidence.

Week 2

Question	Answer
What did the Pope do when King John argued with him?	The closed all the churches for 7 years.
What is Catholicism?	A type of Christianity, ruled by the Pope.
What is Protestantism?	Protestants were Christians who did not agree with the teachings of the Catholic Church and PROTESTED against it.
What is a Pope?	The leader of the Catholic church.
What is the Reformation?	The period of time when many people left the Catholic Church and became Protestant.

Week 3

Question	Answer
Henry had three problems, what were they?	He had no money, power or a son.
Why didn't the Pope agree to a divorce for Henry?	He liked Catherine of Aragon, she was a religious good woman.
What did Henry do with all of the Catholic monasteries?	He closed them down and stole their valuables.
Who were Henry VIII's children?	Mary, Elizabeth, Edward.
How many of Henry's wives were executed (killed)?	Two.

Week 4

Question	Answer
Which of Henry's wives outlived him?	Catherine Parr.
What is a Monarchy?	A country with either a King or Queen in charge.
What is a portrait?	A picture of someone's face.
What do we mean when we ask how 'reliable' is a source?	It means how accurate is it.
What is symbolism?	The use of images to express an emotion or an idea.

Week 5

Question	Answer
Edward was Henry's youngest child? Why was he king when his Dad died and not Henry's eldest child?	Because Henry's eldest child Mary was a girl.
What is a portrait?	A picture of someone's face.
Why are portraits important to historians?	Portraits can tell us what someone from the past looked like and what image they wanted to create.
What is a parliament?	An assembly or group of people who make the laws.
Why did Elizabeth I call parliament?	To help sort out her problems.

Week 6

Masters of recall quiz



Topic Why did England kill their king? | History |

Week 1

Question	Answer
What is Sovereign?	The highest power in a country.
What is a monarch?	A king or a queen.
What do we mean by economic?	Relating to trade, industry, or money
What two houses make up the Houses of Parliament?	The House of Commons and the House of Lords.
What is a merchant?	A person whose job is to buy and sell.

Week 2

Question	Answer
What is a Civil War?	A war between two sides in the same country.
Which English King fought against parliament in the Civil War?	King Charles I
What do we mean by chronological order?	In order of time. From oldest to newest.
What is the 'Divine Right of Kings'?	Kings and queens are chosen by God.
What did King Charles I call parliament for?	To help him raise money as he had spent it all!

Week 3

Question	Answer
Who led parliament in the English Civil War?	Oliver Cromwell.
What was the nickname given to Parliaments soldiers?	Roundheads.
What is the name given to the Kings soldiers in the English Civil War?	Cavaliers.
What is a Puritan?	A very strict Protestant.
What year did the English Civil War begin?	1642.

Week 4

Question	Answer
What 4 battles took place in the English Civil War?	Edge Hill, Newbury, Marston Moor & Naseby
What weapon was used by a Musketeer?	A gun called a Musket.
What was the New Model Army?	The better trained cavalry led by Oliver Cromwell.
What is treason?	The crime of betraying your own country by attempting to kill or overthrow the rulers.
How was King Charles I executed (killed)?	Had his head chopped off.

Week 5

Question	Answer
What title did Cromwell give himself as ruler of England?	The Lord Protector.
Why did Cromwell ban singing, dancing and music?	Because people should spend their free time praying to God.
What was the Restoration?	The return of a monarch to the throne in 1660.
How did King Charles II help save London from the Great Fire?	He created fire brakes, which meant the fire couldn't spread.
Why did Charles II set up the Royal Society?	Charles II loved Science and technology.

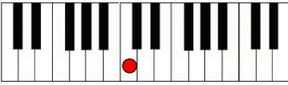
Week 6

Masters of recall quiz



Topic 5 Get it Together [Ensemble music performance] | Music |

Week 1

Question	Answer
Identify this keyboard note: 	C
Identify this keyboard note: 	E
Identify this keyboard note: 	A
If I press three notes down at once on a keyboard, what is this called?	Chord
Which items do I need to set up a keyboard?	Keyboard, plug, splitter, earphones and possibly a music stand.

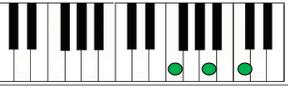
Week 2

Question	Answer
What kind of TEMPO do 90s club dance songs have?	Fast tempo
Synths are used a lot in 90s club dance music. What is a synth?	Keyboard.
Most music has layers . What are the FOUR layers for our dance music piece?	Drums, bass, keyboard (synth) and guitar.
Dance music has lots of ostinatos. What is an ostinato?	A repeated musical pattern (loop).

Week 3

Question	Answer
What is the formula for working out chords?	PLAY a note MISS a note PLAY a note
What note would a G chord start on?	G
What is a musical ensemble?	A musical group (e.g. a band)
Why does 90s club dance music have a fast tempo?	So people can dance to it.
Which layer of dance music is missing from this list? <ul style="list-style-type: none"> Guitar – melody Keyboard/synth – chords Bass/synth – Bass ???????? 	Drums/percussion

Week 4

Question	Answer
What is a melody?	The main tune
What is a musical term for a repeated musical pattern?	Ostinato/riff/loop
Identify this chord: 	F chord
What is the word we have learnt that means group (e.g. a group of musicians)?	Ensemble

Week 5

Question	Answer
What is the proper musical term for the main tune ?	Melody
If a piece of dance music has layers, and one layer stops for a while and then starts again, which musical element is changing? [Choose one] <ul style="list-style-type: none"> TEMPO PITCH TIMBRE TEXTURE 	Texture
The glockenspiel is made of what material?	Metal
In our music, there is a short REST at the start of the guitar/melody part. Why does this make it harder to play?	You are not starting on beat 1.

Week 6

Masters of recall quiz



Topic 6 Listening to Legends | Music |

Week 1

General Recap Week

Question	Answer
What is the proper musical term for SPEED of music?	TEMPO
What is the proper musical term for VOLUME of music?	PITCH
What is the proper musical term for LAYERS of music?	TEXTURE
Where is C on a keyboard?	To the left of two black keys

Week 2

The Beatles

Question	Answer
How many members of The Beatles were there?	Four
When did they make music? (19?? – 19??)	1962-1970
Why did they stop playing live concerts?	Too much noise/not enough listening. Songs were hard to reproduce live.
The Beatles are a very influential band. What does influential mean?	They inspired other artists and many musicians copied them.

Week 3

Adele

Question	Answer
What was the name of the important music award that Adele won for her album 19 ?	The Mercury Music Prize.
What was the name of her record-breaking second album?	21
Identify the two black notes below:	1 = F# (F sharp) 2 = C# (C sharp)



Week 4

Queen

Question	Answer
Why was Bohemian Rhapsody almost not released?	Too long/too weird.
In which decade did Queen start making music?	1970s
What was the name of their lead singer who died in 1991?	Freddie Mercury
Queen used lots of layers of voices. What is the name for this?	Harmony

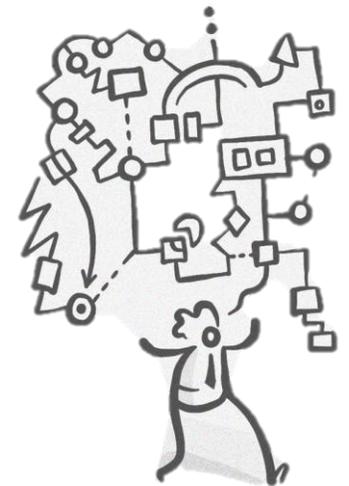
Week 5

Michael Jackson

Question	Answer
What was the name of the band Michael Jackson was in with his brothers?	The Jackson Five (later, just The Jacksons).
Who was the legendary music producer that worked with Michael Jackson to help create his signature sound?	Quincy Jones
What was the name of his 1982 album that is still the world's best-selling album of all time?	Thriller
Like many songs, Billie Jean has a bass part that repeats over and over. What is the musical name for this kind of repeated musical pattern?	Ostinato/riff/loop

Week 6

Masters of recall quiz



Topic Pillar 3 Healthy Participation | PE |

Week 1

Question	Answer
What is meant by a healthy lifestyle	A lifestyle which includes activities and habits that encourage the development of total physical, mental, and spiritual fitness
What does being physically active mean	Physical activity is any body movement that works your muscles and requires more energy than resting
Explain the term health benefits	A positive effect on a person's health gained from food, treatment, or an activity

Week 2

Question	Answer
How much exercise should we perform a day ?	Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity- 20 mins a day minimum
How much sleep should we have each day ?	9-12 hours- school age children
Why is sleep important ?	Sleep is a crucial biological function and plays a significant role in restoring and recovering the body systems,

Week 3

Question	Answer
How much water should you have each day ?	6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks.
What does hydrated mean?	To absorb water.
How can we check if we are hydrated ?	You rarely feel thirsty; Your urine is colorless or light yellow

Week 4

Question	Answer
What are the five main food groups	fruit and vegetables, starchy food, dairy, protein and fat.
What does a balanced diet consist of	A balanced diet fulfills all of a person's nutritional needs. It comprises foods from five groups — fruits, vegetables, protein, grains, and dairy
What is the recommended daily intake of sugar?	Adults and children aged over 11 should eat no more than around 30g of free sugars a day. A standard chocolate bar equals 25g of free sugar

Week 5

Question	Answer
What provides the most sugar intake for young people ?	Ready to eat cereals and sweetened drinks
What are the two different types of fat	saturated fats; unsaturated fats
Out line the differences between the two types of fat	Unsaturated fats are the healthy fats. Saturated and trans fats are generally not as good for you.

Week 6

Masters of recall quiz



Topic Pillar 3 Healthy Participation | PE |

Week 1

Question	Answer
What are the five short term effects of exercise ?	1. Increased blood flow to working muscles · 2. Increase in temperature · 3. Increase in pliability · 4. Increased nerve to muscle connection.
Why does a person's breathing rate change during exercise ?	The breathing rate and volume of each breath increases to bring more oxygen into the body and remove the carbon dioxide produced ·
Why does our body temperature increase with exercise ?	Body temperature increases during exercise because heat is created as your muscles create energy,

Week 2

Question	Answer
What is lactic acid ?	Lactic acid is a chemical your body produces when your cells break down carbohydrates for energy
Why does our heart rate increase during exercise ?	An elevated heart rate during exercise improves blood circulation , which helps to deliver oxygen and nutrients to tissues more effectively
What are calories ?	The energy released from the breakdown of food is measured using a unit commonly called a calorie

Week 3

Question	Answer
What is the recommended daily intake of calories for male and female?	On average, women need about 1,600 to 2,400 calories each day , and men need 2,000 to 3,000 calories a day -- based on age and activity level.
How does calorie intake affect our weight?	You gain weight when you eat more calories than you burn — or burn fewer calories than you eat.
How does a person's lifestyle affect how many calories they should have?	Excess and not enough caloric intake are detrimental to one's health . Eating too much and moving too little cause obesity.

Week 4

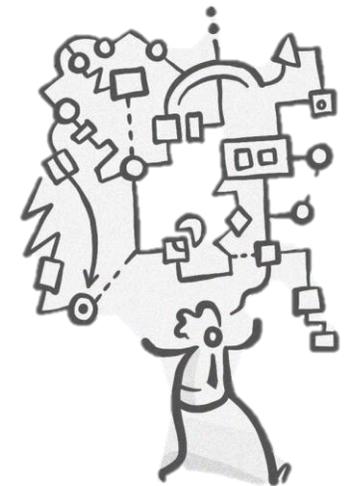
Question	Answer
List 4 ways to keep an athlete healthy.	<ul style="list-style-type: none"> • Eat a healthy diet. • Drink plenty of water. • Follow a warmup routine. • Get adequate rest.
How can you encourage a friend to participate in a physical activity?	invite them to join you in a fun activity such as playing a sport, going for a walk, or participating in a community event. Make it social by suggesting to go together or trying something new that they might enjoy.
Why would athletes need to have more calories in their diet	Athletes need the appropriate amount of calories, vitamins, and other nutrients to provide them enough energy to compete.

Week 5

Question	Answer
Why is it important to have a balanced diet when participating in sports?	A balanced diet provides the necessary nutrients and energy needed to perform well in sports. It helps with recovery, builds strength, and supports overall health, which is especially important for young athletes
Name three benefits of participating in team sports	Teamwork- You learn to work with others towards a common goal. Friendship- You make new friends and strengthen social connections. Discipline-You develop a sense of responsibility and commitment through regular practice and competition.
Why is it important to use appropriate equipment and clothing for sport and exercise?	Using the proper sports gear helps reduce the chance of injury during sports activities.

Week 6

Masters of recall quiz



Topic 5 Should we sell religious buildings to feed the starving? (Sikhism) | RE |

Week 1

Question	Answer
Who is the founder of Sikhism?	Guru Nanak.
What is the name of the Sikh Holy Book?	Guru Granth Sahib.
List the core values of Sikhism.	Equality/ fairness/ safety for all. Destroy all evil in the world.



Week 2

Question	Answer
Define the Khalsa.	The pure ones (Sikhs).
Name the Guru that created the Khalsa.	Guru Gobind Singh (the 10th and final Guru).
What is the aim of the Khalsa?	To defend themselves, their religion and others who can't defend themselves.



Week 3

Question	Answer
Define the 5K's.	Symbols Sikhs wear to show devotion and submission to the Guru.
How were the 5K's introduced?	From the story of the Panj Pyer – the first Sikhs to be initiated into the Khalsa by Guru Gobind Singh.
Is a turban a part of the 5K's?	No. It is a symbol of the Sikh faith, but not part of the 5Ks.



Week 4

Question	Answer
Define the term 'Langar'.	A kitchen where all the food is free, and it is offered to anyone who visits the gurdwara, regardless of their faith.
Define the term 'Community Cohesion'.	Communities working together.
Why does the langar only serve vegetarian food?	To make it inclusive of all faiths. Different faiths have different food laws.



Week 5

Question	Answer
What is the Golden Temple?	The holiest place of worship for Sikhs. In India.
Give one way the Golden Temple helps Sikh community cohesion.	Welcomes anyone/ educates people/ safe space/ feeds 100,000 people per day for free.
Give one way Sikhs help community cohesion in the community.	Raise charity funds/ give time/ teach others



Week 6

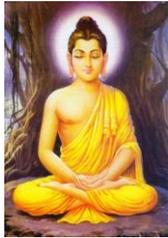
Masters of recall quiz



Topic 6: Does religion make people good? (Buddhism) | RE |

Week 1

Question	Answer
Who is Siddhartha Gautama?	The Buddha.
Where did Buddhism originate from?	Modern day Nepal.
How old is Buddhism?	2500 years old.



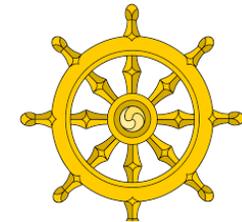
Week 2

Question	Answer
What do Buddhists believe desire and craving cause?	Suffering.
What is the Buddha often compared to?	A Doctor.
What can Buddhists work through to end their suffering?	The Four Noble Truths.



Week 3

Question	Answer
Define the term 'Enlightenment'.	Knowing and understanding the truth about life.
Name the path Buddhists must try to use to reach enlightenment.	The Eightfold Path.
Name the three categories of the Eightfold Path.	Right Ethics/ Meditation/ Wisdom.



Week 4

Question	Answer
What was a prayer flag originally used for?	Protection (e.g. in war).
Which way should a prayer flag be held up: vertically or horizontally?	Both.
Does the wind help to carry the prayer to God?	No. It helps to spread the mantra through the universe.



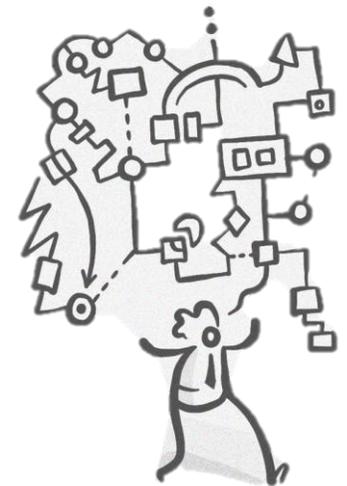
Week 5

Question	Answer
Why is art important to Shinnyo-en Buddhists?	To help communicate truths and peace.
What represents our inner light on a lantern?	The flame (candle).
Do you have to be a Buddhist to join in the lantern ceremony?	No.



Week 6

Masters of recall quiz



Topic: Town | Spanish |

Week 1

Question	Answer
Translate: 'Vivo en'	I live in
Translate 'Vivimos en'	We live in
Translate 'Viven en'	They live in
Translate 'Vive'	He/she lives
Translate 'Vivir'	To live

Week 2

Question	Answer
Translate 'vivo en una casa'	I live in a house
Translate 'vivo en un piso'	I live in a flat
Translate 'vivo en un apartamento'	I live in an apartment
Translate 'vivo en una granja'	I live on a farm
Translate 'vivo en un bungalow'	I live in a bungalow

Week 3

Question	Answer
Translate 'grande'	Big
Translate 'pequeño'	Small
Translate 'moderno'	Modern
Translate 'antiguo'	Old
Translate 'bonito'	Beautiful

Week 4

Question	Answer
Translate 'La cocina'	The kitchen
Translate 'El salón'	The living room
Translate 'Una habitación/ Un dormitorio'	A bedroom
Translate 'Un cuarto de baño'	A bathroom
Translate 'Un jardín'	A garden

Week 5

Question	Answer
Translate '¿Dónde está?'	Where is it?
Translate 'Está en el norte'	It is in the North
Translate 'Está en el este'	It is in the East
Translate 'Está en el sur'	It is in the South
Translate 'Está en el oeste'	It is in the West

Week 6

Masters of recall
quiz



Topic: School | Spanish |

Week 1

Question	Answer
Translate 'Estudiar'	To study
Translate 'Estudio'	I study
Translate 'Estudia'	He/she studies
Translate 'Estudiamos'	We study
Translate 'Estudian'	The study

Week 2

Question	Answer
Translate 'Las matemáticas'	Maths
Translate 'El inglés'	English
Translate 'Las ciencias'	Science
Translate 'El español'	Spanish
Translate 'La geografía'	Geography

Week 3

Question	Answer
Translate 'Mi instituto tiene muchas aulas'	My school has lots of classrooms
Translate 'Mi instituto tiene un biblioteca'	My school has a library
Translate 'Mi instituto no tiene una piscina'	My school doesn't have a swimming pool
Translate 'En mi instituto hay una cantina'	In my school there is a canteen
Translate 'En mi instituto no hay gimnasio'	In my school there isn't a gym

Week 4

Question	Answer
Translate 'Me gusta'	I like
Translate 'No me gusta'	I don't like
Translate 'Me gusta mucho'	I really like
Translate 'Me encanta'	I love
Translate 'Odio'	I hate

Week 5

Question	Answer
Translate 'Mi profesor de matemáticas'	My maths teacher
Translate 'Mi profesora de inglés'	My English teacher
Translate 'Mi profesora de ciencias'	My science teacher
Translate 'Mi profesor de historia'	My history teacher
Translate 'Mi profesora de informática'	My ICT teacher

Week 6

Masters of recall
quiz



Introduction to Food Technology | Technology |

Week 1

Question	Answer
Name 3 health and safety rules that you must follow in the kitchen.	Wear an apron Tie your hair back Wear sensible shoes Wash your hands regularly Clean up any spills Keep pan handles in Use oven gloves to take things out of the oven
What are the 2 knife cuts we use in school?	Bridge and Claw
Describe the difference between the oven and the hob.	The oven is the large door where you primarily bake foods. The hob is the top part of the cooker with 4 rings on it. Pans usually sit here.

Week 2

Question	Answer
What is the cooking method which involves heating a liquid to above 100C	Boiling
What cooking method includes dry heat from the top of the product?	Grilling
What cooking method involves putting food in a small amount of hot oil?	Shallow frying/ Stir frying
What cooking method involves submerging food in a large amount of hot oil?	Deep fat frying
Which cooking method involves lots of dry heat from all directions?	Baking

Week 3

Question	Answer
What is the Eatwell guide?	A visual representation of a healthy diet.
What are the 2 largest portions of the guide?	Starchy Carbohydrates, fruit and vegetables.
What is in the pink section of the guide?	Protein
What is in the blue section of the guide?	Dairy and alternatives
.	

Week 4

Question	Answer
How many portions of fish should we eat per week according to the governments healthy eating guidelines?	2 portions a week
How are these portions of fish separated/ grouped?	1 oily and 1 white
What should you base your meals on?	Starchy carbohydrates
What should we eat plenty of?	Fruits and vegetables
What should we be mindful of?	Portion sizes – use the Eatwell guide to help you.

Week 5

Question	Answer
What does the knife cut Baton look like?	Large rectangular cuts, like chips.
What does the knife cut Julienne look like?	This slices, similar shape to the Baton but only 1-2 mm in width.
What does the knife cut Jardinière look like?	A cut that sits in between the Baton and the Julienne. French fries are a good example.
What does the knife cut Brunoise look like?	Small dices of a couple of mm in size.
What does the knife cut Chiffonade look like?	Thin strips cut across. sliced lettuce or cabbage for example.

Week 6

Masters of recall quiz



Health, Safety and Hygiene | Technology |

Week 1

Question	Answer
What are the 3 types of cooking methods	Dry, fat based and water based.
What are the three types of heat transfer?	Conduction, Convection, Radiation.
Name 4 types of frying.	Stir-fry Shallow fry Deep fat fry Dry fry
Name 2 benefits of frying.	It is quick and gives a crispy outer texture whilst keeping a moist inner.

Week 2

Question	Answer
What is the temperature that water boils?	100C
What happens to the water content of a reduced sauce?	It decreases as water is evaporated.
Why do we reduce a sauce?	We reduce a sauce to concentrate the flavour in the liquid
Give 2 characteristics of a reduced sauce.	It will be thicker and stronger on flavour once reduced.

Week 3

Question	Answer
Explain what the sizzle test is.	Placing a small amount of food into the oil to test for a sizzle.
Why is it important to conduct the sizzle test?	The sizzle test shows when the oil is at the correct temperature and stops the oil from getting dangerously hot.
What is Al dente?	To the tooth
Name 2 foods where we can check for Al dente.	Pasta, Vegetables

Week 4

Question	Answer
What are the 5 conditions for bacteria to grow?	Warmth, food, time, pH, moisture
What are 3 micro-organisms	Mould, Bacteria & Yeast
What is a pathogen?	A bacteria that causes food poisoning.

Week 5

Question	Answer
What are High Risk Foods?	High Risk Foods are ready to eat foods that , if not stored correctly, could grow harmful bacteria. They are high in moisture and protein.
When is chicken classes as a HRF?	A raw food like chicken is not classed as a HRF as it needs to be cooked in order to eat it. When a chicken has been cooked, it can then be classed as High Risk as it is then a ready to eat food.
Name 1 pathogenic bacteria	E-coli Campylobacter Clostridium perfringens Salmonella Listeria Staphylococcus Aureus

Week 6

Masters of recall quiz

