

YEAR 7 MASTERY SHEETS

BUILD ESSENTIAL KNOWLEDGE WEEKLY

Half Term 1



**WESTFIELD
ACADEMY**

ENGLISH - Myths and Legends

WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
What is a myth?	A traditional story, often involving gods or supernatural beings and teaches a moral lesson.	What is a protagonist?	The main character of a story.	What is a noun?	A word that names a person, place, thing, or idea.
What is a legend?	A story from the past that may be based on real people or events, but has been exaggerated over time.	What is an antagonist?	A character that opposes the protagonist.	What is a verb?	A word that describes an action.
What does the word 'convention' mean?	Common features or characteristics that are typical of a genre	What is a 'confidante'?	A character the protagonist trusts.	What does an adjective do?	Describes or modifies a noun.
What do we mean when we refer to a writer's intention?	The reasons why an author makes particular choices in their writing, such as to entertain, inform, or persuade.	What does word class mean?	The category a word belongs to based on its function (e.g. noun, verb).	What does an adverb do?	Describes or modifies a verb, adjective, or another adverb.
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
What is a simile?	A comparison using "like" or "as" to describe something.	What does the word 'connotations' mean?	The ideas or feelings that a word suggests beyond its literal meaning.		
What is repetition?	When words or phrases are repeated	What is an evaluative verb? Give examples	A verb that shows judgement or opinion (e.g. suggests, implies, reveals).		
What is an idiom?	A common phrase with a meaning different from the literal meanings of its words (e.g. "raining cats and dogs").	What is a moral message?	A lesson about right and wrong that a story teaches.		
What is hubris?	Excessive pride or self-confidence	What is the moral message of Icarus and Daedalus?	Don't let pride or ambition lead you to ignore warnings; hubris can lead to downfall.		

MATHS - Number					
WEEK 1 (Place Value, Integers and Decimals)		WEEK 2(Rounding with d.p and s.f , multiply/divide 10,100,1000)		WEEK 3 (Multiplication and division of decimals)	
Question	Answer	Question	Answer	Question	Answer
What is place value?	Place value tells us the value of a digit based on its position in a number.	What does it mean to round a number?	Rounding means simplifying a number while keeping its value close to the original.	What does 'dividend' mean?	The number you want to divide.
What are the names of whole number place values to 1000?	ones/units (1), tens (10), hundreds (100), thousands (1,000)	What is the rule for rounding to decimal places?	Look at the next digit you're rounding to: 5+ round up, 4- round down.	What does 'divisor' mean?	The number you divide by.
What are the names of decimal place values?	Tenths (0.1), hundredths (0.01), thousandths (0.001)	What is the rule for rounding to significant figures?	1. Find the first non-zero digit. 2. Count the digits you need. 3. Next digit: 5+ round up, 4- round down. 4. Replace others with 0 (before decimal) or remove (after).	What does 'quotient' mean?	The answer you get after dividing.
What is the difference between an integer and a decimal?	An integer is a whole number; a decimal includes a fractional part.	What is the rule for multiplying by 10, 100, 1000?	X10 = move digits 1 place left X100 = move digits 2 places left X1000 = move digits 3 places left	What does 'scaling' mean?	Scaling means multiplying both numbers by the same number to make the problem easier.
What is the difference between ascending and descending order?	Ascending = smallest to largest. Descending = largest to smallest.	What is the rule for multiplying by 10, 100, 1000?	X10 = move digits 1 place right X100 = move digits 2 places right X1000=move digits 3 places right	How do you divide a decimal by another decimal?	Multiply both the divisor and dividend by the same power of 10 to make the divisor a whole number, then divide as usual.
WEEK 4 (Arithmetic with directed numbers)		WEEK 5(Index notation, square,cube and roots)		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
What is a directed number?	A number that has both size and direction usually with a positive or negative sign.	What does it mean to square a number?	To square a number means to multiply it by itself.		
What happens when you add two negatives?	When you add two negative numbers, you add their values together and keep the negative sign.	What does it mean to cube a number?	To cube a number means to multiply it by itself three times.		
What happens when we multiply a positive and a negative?	The product is negative.	What is a square root?	A square root of a number is the value that, when multiplied by itself, gives that number.		
What happens when we multiply a negative and a positive?	The product is negative.	What is a cube root?	A cube root of a number is the value that, when multiplied by itself three times, gives that number.		
What happens when we multiply two negatives?	The product is positive.	How do you write numbers in index notation?	Write the base number followed by a small number (the exponent) at the top right. The exponent shows how many times to multiply the base by itself.		

SCIENCE - Ecology

WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
State the 5 kingdoms	Animals, plants, fungi, Protista and bacteria	What are fungi?	A kingdom of organisms that are multicellular and heterotrophic	What is photosynthesis?	A chemical reaction where plants use carbon dioxide and water in the presence of light to produce glucose and oxygen
What is a heterotroph/consumer?	An organism that needs to eat plants or other organisms to get its energy	What are plants?	A kingdom of organisms that are multicellular and autotrophic	What is an ecosystem?	All the living and non-living parts of the habitat work together as a unit
What is an autotroph/producer?	An organism that makes its own food to get its energy	What are animals?	A kingdom of organisms that are multicellular and heterotrophic	What is a habitat?	An area where organisms live
What is chlorophyll?	A green pigment used to perform photosynthesis	What are bacteria?	A kingdom of organisms that are unicellular and mostly heterotrophic	What is a population?	The number of organisms of one species in a habitat
What is meant by the term eukaryotic?	A cell that has genetic information that is membrane-bound	What are Protista?	A kingdom of organisms that are unicellular and heterotrophic or autotrophic	What is a community?	All the different species that live in an ecosystem
WEEK 4		WEEK 5		WEEK 6	
What is a species	A group of organisms with similar characteristics that reproduce to produce fertile offspring	Question	Answer	Masters of Recall Quiz 	
What is an adaptation?	The special features of an organism that help it to survive and reproduce	What is a quadrat?	A square metal grid used to sample a habitat		
Name three types of adaptation?	Behavioural, structural and functional	What do animals compete for?	Water, food, territory and mates		
What is biomass?	New organic material of the organism	What do plants compete for?	Light intensity, space, water and mineral ions		
What is camouflage?	The ability of an organism to look like its environment	What is a food chain?	A diagram that shows the simple feeding relationships in a habitat		
What type of adaptation is camouflage or large ears?	structural	What is a food web?	A diagram that shows the detailed feeding relationships in a habitat		

GEOGRAPHY - Fantastic Places

WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
1.What geographical term describes an administrative area of a country, like Hertfordshire?	County	6.Give an example of a natural landmark.	Grand Canyon (or Mount Everest, Great Barrier Reef)	11.What famous indigenous nomadic tribe lives in the game reserves of Kenya?	Maasai people
2.What term refers to the outer limits or edges of an area, away from the central core?	Periphery	7.Which massive island nation and continent is located in the Southern Hemisphere?	Australia	12.What is the geological wearing away of rocks by natural forces called?	Erosion
3.In relation to London, where is the town of Watford located?	Just north-west of London	8.Name a major city and global hub located within the United Arab Emirates (UAE).	Dubai	13.Which type of erosion happens when rocks carried by the sea smash into each other and break into smaller pieces?	Attrition
4.How many main continents are there on planet Earth?	Seven	9.Dubai's economy completely changed due to the discovery of what natural resource?	Oil	14.Which type of erosion happens when rocks are hurled against a cliff face, scraping it away like sandpaper?	Abrasion
5.What is a landmark built by humans rather than formed naturally called?	Man-made landmark	10.On which continent is the country of Kenya located?	Africa	15.Which type of erosion involves sea water dissolving soluble minerals in the rock?	Solution
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
16.Which type of erosion happens when waves trap and compress air in cliff cracks, causing the rock to burst?	Hydraulic action	21.Which Native American tribe owns the land where the Grand Canyon Skywalk was built?	Hualapai tribe		
17.Meeting the needs of the present without compromising the ability of future generations to meet theirs is being what?	Sustainable	22.Which Nordic island nation is famous for volcanoes, glaciers, and hot springs?	Iceland		
18.Which famous entertainment city built in the Mojave Desert is trying to become sustainable?	Las Vegas	23.According to typical climate patterns, which season usually has the lowest temperatures in Iceland?	Winter (January/February)		
19.What large apex predator lives on the freezing island of Svalbard?	Polar Bear	24.Give one reason why cities from ancient times might completely disappear.	Natural disasters (or war, climate shifts, disease)		
16.Which type of erosion happens when waves trap and compress air in cliff cracks, causing the rock to burst?	Hydraulic action	21.Which Native American tribe owns the land where the Grand Canyon Skywalk was built?	Hualapai tribe		

RELIGIOUS EDUCATION - Judaism

WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
Who said that all religions have seven things in common?	Ninian Smart said all religions have seven things in common.	What is Monotheism?	The belief that there is only one God.	What is a Patriarch?	Any of the Biblical figures regarded as fathers of the human race, especially Abraham.
Name 3 of the things religions have in common.	Beliefs and teachings/ stories/ rules/ rituals/ feelings/ social elements/ material items.	What is Judaism?	A monotheistic religion founded by Abraham, believing in one God.	What is an idol?	An image or representation of a god used in worship
Name 3 of the major world religions.	Christianity / Islam / Judaism / Sikhi / Hindu Dharma / Buddhist Dharma	When did Judaism start?	Judaism started over 4000 years ago.	Name one thing that God asked Abraham to do	Leave his home and go to where God told him / Sacrifice his son to God
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
What is persecution?	Unfair or cruel treatment over a long period of time.	What is the Torah	The most important holy text in Judaism.		
What is a plague?	A disease, calamity or evil sent by God as a punishment.	What is Tenakh?	The main Jewish scripture, which includes the Torah.		
What is a covenant?	An agreement or promise between two or more people, often involving God and humanity.	What is the Talmud?	A collection of teachings from rabbis giving more information about the Torah.		

HISTORY – Term 1.1 - Who were the British?

WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
What does the word “Chronology” mean?	Putting events in the order of time.	Who were the Iceni people?	They were a Celtic British tribe.	When did the Romans leave Britain?	They came under attack
Where did the Roman empire originate?	The Roman empire originated in Rome.	What was the capital of Roman Britain?	Colchester	Who replaced the Romans in Britain?	The Saxons.
What does the word “Empire” mean?	An empire is land taken over and ruled by a single country.	Name THREE things the Romans brought to Britain.	Roads, buildings, food, Latin language, religion, towns	Where were the Saxons from?	Northern Europe.
When did the Romans arrive in Britain?	The Romans invaded Britain in 43 AD.			When did the Saxons arrived?	5 th Century
Who lead many attacks against the Romans?	Queen Boudicca led attacks against the Romans.			What was the Witan?	A Saxon leadership group.
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
Name THREE things the Saxons brought to Britain.	Farming, pottery, jewellery, language, words	When did the Normans arrive in England?	1066		
		Where did the Normans come from?	France		
		Who was William the Conqueror?	A Norman King		
What was the main job of an Anglo-Saxon?	Farmers, craftsmen, warriors	Name TWO changes the Normans made?	Doomsday book, taxes, castles, feudal system		
Who replaced the Saxons in England?	The Normans	What did the Normans do to show power?	Build castles		

PE: Health Related Exercise (HRE)

WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
How does resting heart rate reflect fitness levels?	A lower resting heart rate often indicates better cardiovascular fitness.	Why is it important to do exercises the right way in a circuit?	To work the right muscles and stay safe.	What does fast heart rate recovery after running show?	It shows good fitness from endurance exercise.
What does a fast heart rate recovery after exercise suggest?	It suggests good cardiovascular health and high fitness levels	How does working hard in a circuit make you fitter?	It makes your muscles and heart stronger.	How does running longer distances affect fitness?	It improves endurance and heart efficiency.
Why is monitoring heart rate during exercise important?	It helps ensure you're training at the right intensity and avoiding overexertion.	How can doing exercises the right way help prevent injuries?	It keeps your muscles and joints safe	Why do we measure distance run and heart rate recovery?	To see how endurance exercise improves heart rate and recovery
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
What is the main purpose of skill-related fitness tests in sport?	To measure strengths and areas of improvements in skills.	Why is good punching technique important?	It stops injuries and makes punches better.		
How can knowing your results help you improve in sport?	It shows which skills to practice more.	Why use punch combinations?	They make you fitter and improve coordination.		
What does the wall throw test measure?	It measures co-ordination	Why is a good stance important in Boxercise?	It keeps you balanced and ready to move.		

Drama - Term 1- Performance Skills					
WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
What is the definition of the word "drama"?	Greek word meaning action.	What is a tableau?	A single freeze frame.	What are vocal skills?	Skills of the voice.
What do the two drama masks represent?	Comedy & Tragedy	What is tableaux?	Multiple freeze frames.	What are physical skills?	Skills of the body.
What does cooperation mean?	the action or process of working together to meet the same goal.	What does proxemics mean?	The spatial relationships on stage.	What are facial expressions?	The emotions shown on your face.
What does compromise mean?	an agreement between two or more parties has been reached through negotiation.	What are performance skills?	Physical Skills & Vocal Skills	What does tone mean?	The emotions shown in your voice.
What does discussing mean?	the action or process of talking about something in order to reach a decision.			What is a monologue?	A solo speech.
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
Define the word Posture.	The way your character sits or stands.	Define "volume".	How loud or quiet you speak.		
What is annotating?	Adding notes or comments to an extract of writing.	Define "pace".	How fast or slow you speak.		
What is "standing in neutral"?	Standing feet shoulders width apart, arms by your side facing the front.				
What is peer feedback?	Getting comments or advice about your work from a classmate/peer.				
How do we show we respect performances happening?	Sit quietly facing the performers, we do not talk and we clap when they are finished.				

ART - Objects					
WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
What are the formal elements of art?	Line, shape, colour, tone, form, texture, pattern	What is observational drawing?	Creating a drawing of an object by directly observing it and copying what you can see onto paper	What is tone?	Tone is the lightness or darkness of a colour or shade, used to show depth or form.
What are the primary colours?	Red, blue and yellow	What does proportion mean?	Proportion refers to the size and scale of parts of a subject in relation to each other.	How can you create a light tone?	Use less pressure with your pencil or blend gently to make the area appear lighter.
What is the difference between geometric and organic shapes?	Geometric shapes are regular and mathematical (like circles or squares); organic shapes are irregular and natural.	How do you use line when creating a drawing?	Line is used to outline shapes, show detail, and create texture or movement.	How can you create a dark tone?	Press harder with your pencil or layer the shading to make the area darker.
What are the secondary colours?	Orange, green, and purple (made by mixing two primary colours).	What is perspective?	Perspective is a technique used to create the illusion of depth and space in a drawing.	What does texture mean?	Texture is how something feels or looks like it would feel (e.g. rough, smooth).
What is the purpose of using a sketchbook?	A sketchbook is used to plan, practise, experiment, and record ideas.	When drawing, you should create the outline using light pressure, what is the benefit of this?	Light lines are easier to erase and adjust during the drawing process.	What is the difference between shape and form?	Shape is 2D (flat), while form is 3D (has depth and volume).
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
What is an artist transcription?	A copy of another artist's work to study their techniques and style.	What is negative space?	The empty or background space around and between objects in a drawing.		
What work Jim Dine known for creating?	He is known for expressive drawings and paintings, especially of hearts and tools using charcoal and ink, focusing on the negative space.	What is positive space?	The space taken up by the main subject or object in an artwork.		
How could you describe Jim Dine's work?	His work is often monochromatic, looking at every day objects, often messy and unrefined	What is mark making?	Using different lines, dots, and strokes to create texture, tone, or emotion.		
What are the benefits of using charcoal to draw?	Charcoal allows for strong darks, smooth shading, and expressive marks.	What does pattern mean?	A repeated design, shape, or sequence used to create visual interest.		
Why do artists study the work of other artists?	To learn techniques, get inspired, and understand different styles and ideas.	What does composition mean?	Composition is how the elements of art are arranged within an artwork.		

DT - Textiles					
WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
What are the 4 steps to make clothing?	Fibre, Yarn, Fabric, Clothing	Name 4 types of stitches?	Running stitch, back stitch, cross stitch, blanket stitch	What makes a good design?	Clear presentation, good labelling, neat colouring, creative ideas.
What are the advantages and disadvantages of using natural fibres?	Adv - Easy to die, warm, sustainable, comfortable Dis - not as strong, heavy in weight, can be damaged by moths, not long lasting	What does the term life cycle analysis mean?	The life cycle analysis looks at the life cycle of a product and maps its environmental footprint and the impact upon the world.	What decorative techniques can you apply to fabric?	Tie dye, embroidery, applique, heat press, vinyl
What are the advantages and disadvantages of using synthetic fibres?	Adv - cheap, wrinkle free, stretchy, strong, soft Dis - microplastics released into the water when washed, doesn't dye easy, prone to catch fire easy, non-biodegradable	What negative impacts occur in the life cycle of a cotton t-shirt?	Pesticides can harm wildlife and get into the water streams. Working conditions in factories. CO2 off of transport. Water pollution and energy consumption when being used. Land pollution when thrown away.	What is the health and safety for tie dye?	Wear an apron, hair tied back, gloves on, avoid skin contact
How is woven fabric made?	Yarns are woven under and over each other to create a tight strong fabric	What is stitching health and safety?	Arms length cotton, stay seated, pick the needle up if you lose it, watch your fingers	Name 3 natural fibres?	Cotton, Silk, Wool
How is Non-woven fabric created?	Yarns are placed randomly. Friction and pressure is applied to bond the yarns together to create fabric.	Which side should you always sew from?	The back - keep the messy side on the back.	Name 3 synthetic fibres?	Polyester, Acrylic, Nylon
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
Why is pattern cutting important?	To make sure you don't make a mistake and waste fabric	What is calico made from?	Cotton - which is grown from a cotton plant		
What does applique mean?	Layering fabric together and sewing them on top of each other	What is the up and down direction called in the weave?	Warp		
Why are we using recycled fabrics in our design?	To reduce the impact of the environment	What is the left to right direction called in the weave?	Weft		
What stage of the life cycle comes after manufacturing?	Transportation	Where do we get wool from?	A sheep		
How do we get silk?	From a silkworm cocoon	What is synthetic material made out of?	Plastic and plastic is made out of oil, which is a non renewable.		

DT - Architecture					
WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
What does an architect do?	Designs and builds buildings	What should you use when drawing?	Pencil, ruler, rubber	What does perimeter mean?	Adding up the edges of shapes
What types of buildings does a residential architect design?	Places where people will live. Houses, flats etc.	How many mm are in 1 cm?	10MM	What is the perimeter of 5cm x 3cm?	16cm
What is a commercial architect?	A person who designs buildings for the public to use such as shopping centres, leisure centres, football stadium	How many CMs are in 1M?	100CM	What is the perimeter of 4cm x 4cm?	16cm
What is a floor plan?	A birds-eye view of a space/building showing key information and the layout	How many MM are in 1M?	1000MM	Why would you need to figure out the perimeter?	To figure out how much material is needed. E.g. how many Metres of fencing is required
What angle do you draw from for a floor plan?	Birds eye (top view looking down)	What is the MM tolerance when drawing?	1MM	Why is accuracy important in architecture?	To ensure measurements are correct and buildings are safe.
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
What is 2D drawing?	A flat view of an object or design	What does it mean by constraints?	A list of criteria you must follow		
What does oblique drawing mean and what angle is it drawn in?	A 3D object drawn in 45 degrees angles	Why is it important to label your floor plans?	To make sure someone else that is looking at your design knows what is what.		
What angle is isometric drawn in?	30 degrees	What does scale mean when drawing?	The ratio used to reduce the actual real life size		
What does CAD stand for?	Computer Aided Design	What does chamfer mean?	Curve the edge of the product		
What does CAM stand for?	Computer Aided Manufacturing	What does assemble the product mean?	Build the product and ensure it fits well.		

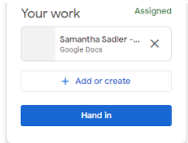
DT - Food					
WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
Why must food workers know food safety rules?	To prevent food poisoning and ensure food is prepared safely and legally.	What are food poisoning bacteria, and why can't we always spot unsafe food?	Tiny germs that make us sick but don't always change how food looks, smells, or tastes.	Why use kitchen equipment safely, even if used at home?	Kitchens differ, and safety rules prevent accidents.
What are your top 3 food safety rules for school kitchens? Why?	Wash hands – removes germs. Keep raw/cooked food apart – stops cross-contamination. Store food safely – stops bacteria growing.	Name 2 conditions that help bacteria grow fast.	Warmth (5°C–63°C) and moisture/time.	Why is a pan handle sticking out dangerous? What should you do?	It can be knocked over and burn someone. Turn it inwards.
How are cleaning and sanitising different, and why do both matter?	Cleaning removes dirt; sanitising kills germs. Both keep surfaces safe.	How does chilling food help stop food poisoning?	Cold slows bacteria, keeping food safe longer.	Why is hiding a knife under a tea towel risky? What should be done?	Someone might grab the blade and get cut. Knives should stay visible and safe.
How can you keep picnic food safe on a hot day?	Use cool bags, keep food out of sun, and eat perishables quickly.	How do you avoid cross-contamination after chopping raw chicken?	Wash hands, clean tools, or use fresh ones before veggies.	Why measure ingredients accurately?	To get safe, good results. E.g. too much flour = dry cake; too little baking powder = cake won't rise.
What could happen if food hygiene rules aren't followed? (2 points)	People could get ill. The canteen/restaurant might be fined or closed.	What happens if veg pieces are uneven, and how can you fix it?	Food cooks unevenly. Cut slowly and evenly.	Why is chicken high-risk, and how handle it safely?	It can cause food poisoning. Use separate boards and clean tools after raw chicken.
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
Give 3 reasons we cook food, with examples.	Make food safe (e.g. cook chicken kills bacteria) Improve taste/texture (e.g. roasted veg sweeter) Preserve food (e.g. jam lasts longer)	Why must food be broken down during digestion?	To absorb nutrients for energy and health. Without it, the body can't get what it needs.		
What does the term <i>heat transfer</i> mean in cooking?	It's how heat moves from a source (hob or oven) into food to cook it.	How does food change from mouth to stomach? Name two organs or processes.	In the mouth, food is chewed and mixed with saliva. In the stomach, acid breaks it down and churns it into liquid.		
A student bites into a cold centre after microwaving food. What does this show about heat transfer, and what should they do?	Heat didn't reach the centre (uneven transfer). Stir and reheat to make it hot all over.	What's the difference between fast-release and slow-release energy? Which keeps you fuller longer?	Fast-release comes from sugars and gives quick energy. Slow-release comes from complex carbs and keeps you full longer.		
Which heat transfer methods cook a crumble in the oven?	Convection – hot air moves around the oven. Conduction – heat travels through the dish to the crumble.	Why might a runner choose porridge over sweets before a race?	Porridge gives slow-release energy that lasts longer and prevents a sugar crash.		
Name one crumble ingredient giving fast-release energy and one giving slow-release energy	Fast: Sugar or apple (simple sugars). Slow: Flour or oats (complex carbs).	How do roasted veg help meet the "5-a-day" rule? Name two nutrients.	They count as portions and provide vitamins C and A, plus fibre.		

Spanish – mi vida

WEEK 1		WEEK 2		WEEK 3	
Spanish	Translation	Spanish	Translation	Spanish	Translation
1. Me llamo Carlos.	1. My name is Carlos.	1. Tengo once años.	1. I am eleven years old.	1. Vivo en Inglaterra.	1. I live in England.
2. ¿Cómo te llamas?	2. What is your name?	2. ¿Cuántos años tienes?	2. How old are you?	2. ¿Dónde vives?	2. Where do you live?
3. Hola, me llamo Ana.	3. Hello, my name is Ana.	3. Mi hermana tiene diez años.	3. My sister is ten years old.	3. Vivo en una ciudad grande.	3. I live in a big city.
4. Buenos días, ¿cómo te llamas?	4. Good morning, what is your name?	4. ¿Tienes doce años?	4. Are you twelve years old?	4. Mi amigo vive en España.	4. My friend lives in Spain.
5. Me llamo Pedro, ¿y tú?	5. My name is Pedro, and you?	5. No, tengo trece años.	5. No, I am thirteen years old.	5. Vivimos en Londres.	5. We live in London.
WEEK 4		WEEK 5		WEEK 6	
Spanish	Translation	Spanish	Translation	Masters of Recall Quiz 	
¿Qué hiciste el último día de tus vacaciones?	What did you do on the last day of your holiday?	¿Cómo te fue?	How was it?		
2. No tengo mascotas.	2. I don't have any pets.	2. Mi amiga es muy inteligente.	2. My friend is very intelligent.		
3. ¿Tienes una mascota?	3. Do you have a pet?	3. Eres serio pero amable.	3. You are serious but kind.		
4. Mi familia es grande.	4. My family is big.	4. Mi hermano es bastante tímido.	4. My brother is quite shy.		
5. Tengo dos hermanas.	5. I have two sisters.	5. Somos muy graciosos.	5. We are very funny.		

FRENCH - MOI

WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
"How would you say "hello" in French?"	Bonjour	How would you say "what's your name"?	Comment tu t'appelles?	Can you count up to 10?	1-un, 2-deux, 3-trois, 4-quatre, 5-cinq, 6-six, 7-sept, 8-huit, 9-neuf, 10-dix
How would you say "goodbye"? in French	A revoir	Translate: "my name is Marie"	Je m'appelle Marie	What is the capital of France?	Paris
How is the letter B pronounced? /bee/, /buh/ or /bay/?	/bay/?	"How would you say "hi" in French?"	Salut	What is the meaning of "je" and "tu"?	Je = I Tu=you
How would you say "thank you"?	merci	Translate: "How are you?"	Ça va?	Calculate: deux+treize=	15 quinze
What does "asseyez-vous" means?	Sit down	What does "Comment tu t'appelles ? mean ?	What's your name ?	Can you say all the 12 months in French?	Janvier – Février – Mars – Avril – Mai – Juin – Juillet – Août – Septembre – Octobre – Novembre – Décembre
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
Can you say all the 7 days of the week in French?	lundi – mardi – mercredi – jeudi – vendredi – samedi – dimanche	How do you say: "Do you like ...?" in French	Tu aimes ...?		
Can you count from 10 to fifteen?	10 dix – 11 onze – 12 douze – 13 treize – 14 quatorze – 15 quinze	Translate : because it is interesting	Parce que c'est facile		
How do you ask someone about their birthday's date?	Quelle est la date de ton anniversaire ?	How would you say "can you repeat please"?	Répétez s'il vous plait!		
Translate: "How old are you?"	Quel âge as-tu?	Translate: I love green but I hate blue	J'adore le vert mais je déteste le bleu		
How would you say "I am 11 years old"?	J'ai 11 ans	How would you say: I don't like red because it is rubbish	Je n'aime pas le rouge parce que c'est nul.		

IT					
WEEK 1		WEEK 2		WEEK 3	
Question	Answer	Question	Answer	Question	Answer
What is your username?	It is different for each student. Learn It! It is made up of: the year you joined the academy +first 4 or 5 letters of your first name +first 3 letters of your surname	What do you use to sign in to your RM Unify Launch pad to access all your school apps?	Your email address and password	Name 3 things that can help you keep safe online	Don't share personal information or photos Use good passwords Block anyone you don't know Report scams or cyberbullying Don't click on links unless you are sure Tell a trusted adult if anything makes you uncomfortable
What is your school email address?	It is your username followed by @westfield.academy	What online app allows you to join classes and see all your work when you are at home and at school?	Google Classroom	What makes a good password	at least eight characters long a mixture of numbers, letter and symbols not a real word or identifying information Keep it secret and use different passwords
What details do you use to login to the school computer?	Your username and your password 	Do you sign out or shut down your computer at the end of the lesson? Why?	You sign out, not shut down. If you shutdown then the next will not have the computers ready for them	How do you hand in your work in your Google classroom?	You go to the lesson in Classwork and then click on 'Hand in' 
WEEK 4		WEEK 5		WEEK 6	
Question	Answer	Question	Answer	Masters of Recall Quiz 	
What is malware?	It is malicious software. A program that someone has made to damage or steal your files or data	What is the Internet?	It is a network of connected computers that spans the world allowing communication		
Formatting is how you change and present your work. Why must you use good formatting for your work?	So that other people can read your work easily and the main information is clear	What is the World Wide web?	It is the websites, webpages and services that we access on the Internet		
What is a phishing email?	It is an email that pretends to come from a company but really it is scammer trying to steal your information	What is a webserver?	A computer system that stores website files and delivers them to users over the internet		