2024/25

Cycle 3 Knowledge Navigator

Year 8

Name:

Form:

Morning Meeting Homework

Purpose: to memorise and recall key facts from previous learning

100% Sheets

Purpose: to memorise and recall key facts for current learning

RCWC repeat!

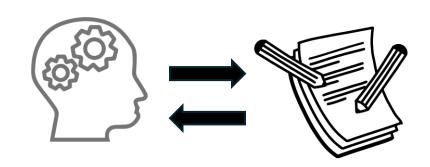
Read the information and try to memorise it.

Cover up the information so you can't see it.

Write down as much as you can remember.

Check what you've written down against the information, and green pen what you've missed.

Repeat this to fill a minimum of 1 A4 side. The more you repeat this process, the more facts you will remember for your exams!



Contents

1	Homework Schedule				
	Morning Meeting Homework				
2	French				
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100% Sheets				
14	Maths			
16	RE			
17	Music			
18	IT			
20	Drama			
21	Art			
22	DT			

Friday

4/7/25

11/7/25

	1	Week 1	,	Week 2	,	Week3	,	Week 4	\ \ \	Neek 5
Monday	31/3/25	French	21/4/25		28/4/25	French	5/5/25		12/5/25	French
Tuesday	1/4/25	Science: P+S box 1 & 2	22/4/25	Science: P+S box 3 & 4	29/4/25	Science: P+S box 3	6/5/25	Science: H + D box 1 & 2	13/5/25	Science: H + D box 3 & 4
Wednesday	2/4/25	History: Section A	23/4/25	Geography: box 1	30/4/25	History: Section B	7/5/25	Geography: box 2	14/5/25	History: Section C
Thursday	3/4/25	English – box A Maths - Sparx	24/4/25	English – box B Maths - Sparx	1/5/25	English – box C Maths - Sparx	8/5/25	English – box D Maths - Sparx	15/5/25	English – box E Maths - Sparx
Friday	4/4/25		25/4/25		2/5/25		9/5/25		16/5/25	
	1	Week 6	,	Week 7	,	Week 8	,	Week 9	V	Veek 10
Monday	19/5/25	French	2/6/25	French	9/6/25	French	16/6/25	French	23/6/25	French
Tuesday	20/5/25	Science: H + D box 5,6 & 7	3/6/25	Science: E & M box 1 & 2	10/6/25	Science: E & M box 3 & 4	17/6/25	Science: E & M box 1 & 4	24/6/25	Science: P + S box 1 & 2
Wednesday	21/5/25	Geography: box 3	4/6/25	History: Section D	11/6/25	Geography: box 4	18/6/25	History: Section E	25/6/25	Geography: box 5
Thursday	22/5/25	English – box A Maths - Sparx	5/6/25	English – box B Maths - Sparx	12/6/25	English – box C Maths - Sparx	19/6/25	English – box D Maths - Sparx	26/6/25	English – box E Maths - Sparx
Friday	23/5/25		6/6/25		13/6/25		20/6/25		27/6/25	
	V	Veek 11	\	Week 12	V	Veek 13				
Monday	30/6/25	French	7/7/25	French	14/7/25	French				
Tuesday	1/7/25	Science: P+S box 2 & 4	8/7/25	Science: H + D box 1 & 2	15/7/25	Science: E & M box 1 & 2		DIX	ONS	S IGLEY
Wednesday	2/7/25	History: Section F	9/7/25	Geography: box 6	16/7/25	History: Section A				GLE Y
Thursday	3/7/25	English – box A Maths - Sparx	10/7/25	English – box B Maths - Sparx	17/7/25	English – box C Maths - Sparx		ACA		VIY

18/7/25

2 Fre	ench		Travel and Tour	ism	СУС	LE 3	Year 8
Week 1		Week 2		Week 3		Week 4	
Cour	ntries	Nationalities		Weather		Forms of Travel	
aux États-Unis	in/to the USA	marocain	Moroccan	le météo	the weather forecast	en avion	by plane
au Maroc	in/to Morrocco	belge	Belgian	il fait beau	it's nice	en train	by train
en Suisse	in /to Switzerland	chinois	Chinese	il y fait du soleil	it's sunny	en autobus	by bus
en Espagne	in/to Spain	francophone	French speaking	il fait chaud	it is hot	en car	by coach
en Angleterre	in/to England	québécois	From Québec (Canada)	il fait froid	it is cold	en voiture	by car
au Pays de Galles	in/to Wales	suisse	Switzerland	il pleut	it's raining	en bateau	by boat
en Tunisie	in/to Tunisia	arabe	Arabic	il neige	it's snowing	en TGV	by high speed train
en Belgique	in/to Belgium	africain	African	il fait du vent	it's windy	à pied	on foot
en Écosse	in/to Scotland	mandial dabal	alahal	la pluie / la neige	rain / snow	à vélo	by bike
la Manche	the Channel	mondial	global	le brouillard	fog	à métro	by underground
	We	ek 5		We	ek 6	We	ek 7
	Places to st	ay/facilities		Ve	rbs		vities
un gite	a holiday home	une vue	a view	rester	to stay	aller à la montagne	to go to the mountains
une tente	a tent	une piscine	a swimming pool	louer	to hire	aller à un parc d'attractions	to go to an amusement park
un château	a castle	la plage	the beach	partir	to leave	visiter un musée	to visit a museum
un chalet	a wooden house in the mountains	la climatisation	air con	voler	to steal	acheter des souvenirs	to buy souvenirs
au bord de la mer	by the sea	une douche/ un bain	a shower / a bath	profiter de	to make the most of	faire une promenade	to go on a walk
une chambre	a room	un grand lit	a double bed	dormir	to sleep	faire les magasins	to go shopping
une île	an island	la porte	door	passer du temps	to spend time	faire du tourisme	to do tourist activities
un spectacle	a show	l'accueil	reception / welcome	voyager	to travel	sortir en ville	to go out into the town
le pont	the bridge	l'étage	floor	perdre	to lose	essayer voir	to try to see

3 French			Identity and Relationships			CYCLE 3		Year 8
Week 8			Week 9			Week 10		
Relationsh	ips - Verbs	R	elationships – Family ı	members and friends	F	Relationships – Family members and friends		
sourire	to smile	mon	père/ ma mère	my dad/mum	ma co	oine/mon copain	my f	riend
rire	to laugh	mon	grand-père	my grand-father	mon petite	etit copain/ma copine	my b	poyfriend/girlfriend
connaître	to know	mon	cousin/ma cousine	my cousin	ma fan	nille	my f	amily
naître	to be born	mon	oncle/ma tante	my uncle/auntie	mon bomère	eau père/ma belle	my s	tep dad/mum
mourir	to die	mon	neveu/ma nièce	my niece	mon aı	mi/mon amie	my f	riend
choisir	to choose	mon	fils/ ma fille	my son/daughter	mon/m	na/mes	my	
mentir	to lie	mon	frère/ma soeur	my brother/sister	ton/ta/	tes/	your	s
rencontrer	to meet	mon	mari/ma femme	my husband	son/sa	/ses	his/l	ners
ressembler à	to look like	mon	/ma partenaire	my partner	leur/le	urs	their	rs .
W	/eek 11		Week 12			Week 13		
Physica	l Description		Relationships - Adjectives			Improve Rela		tionships
les cheveux/les yeux	hair/ eyes		gentil/gentille	kind	enc	ourager		to encourager
petit(e)/grand(e)	small / tall		méchant(e)	mean	am	éliorer		to improve
de taille moyenne	of average height		paresseux/paresseuse	e lazy disc		cuter		to discuss
fort	strong		timide/bavard(e)	shy/chatty parler		ler		to talk
court	short	drôle/sympa		funny/kind		écouter		to listen
joli(e)/ moche	pretty / ugly	actif/active		active	pas	passer du temps		to spend time
belle/beau	beautiful / handso	handsome embêtant(e)		annoying	cor	nprendre		to understand
jeune	young		fier/fière	proud	res	pecter		to respect
vieux/vieille	old		sérieux/sérieuse	serious	pro	mettre de		to promise to

1. Particle model

Properties of solids, liquids and gases can be described in terms of particles in motion but with differences in the arrangement and movement of these same particles: closely spaced and vibrating (solid), in random motion but in contact (liquid), or in random motion and widely spaced (gas).

Observations where substances change temperature or state can be described in terms of particles gaining or losing energy.

A substance is a solid below its melting point, a liquid above it, and a gas above its boiling point.

Particle: A very tiny object such as an atom or molecule, too small to be seen with a microscope.

Particle model: A way to think about how substances behave in terms of small, moving particles.

Diffusion: The process by which particles in liquids or gases spread out through random movement from a region of high concentration to a region of low concentration.

Gas pressure: Caused by collisions of particles with the walls of a container.

Density: How much matter there is in a particular volume, or how close the particles are.

2. Properties of solids, liquids and gases

<u>Solids</u>	<u>Liquids</u>	<u>Gases</u>	
Have a fixed shape	Take the shape of their container	Take the shape of their container	
Have a fixed volume	Have a fixed volume	Don't have a fixed volume	
Cannot be compressed	Cannot be compressed	Can be compressed easily	
Cannot flow	Can flow	Can flow	

3. Separating mixtures

Pure substance: Single type of material with nothing mixed in.

Mixture: Two or more pure substances mixed together, whose properties are different to the individual substances.

Solvent: A substance, normally a liquid, that dissolves another substance.

Solute: A substance that can dissolve in a liquid.

Dissolve: When a solute mixes completely with a solvent.

Solution: Mixture formed when a solvent dissolves a solute.

Soluble (insoluble): Property of a substance that will (will not) dissolve in a liquid.

Solubility: Maximum mass of solute that dissolves in a certain volume of solvent.

Filtration: Separating substances using a filter to separate an insoluble solid from a filtrate (solution).

e.g. separating sand and water

Distillation: Separating substances by boiling and condensing liquids.

e.g. separating water and alcohol

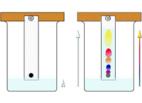
Evaporation: A way to separate a solid dissolved in a liquid by the liquid turning into a gas.

e.g. separating water from salt water



Chromatography: Used to separate different coloured substances.

e.g. separating differer dyes in ink



4. Changes of state

Evaporate: Change from liquid to gas at the surface of a liquid, at any temperature.

Boil: Change from liquid to a gas of all the liquid when the temperature reaches boiling point.

Condense: Change of state from gas to liquid when the temperature drops to the boiling point.

Melt: Change from solid to liquid when the temperature rises to the melting point.

Freeze: Change from liquid to a solid when the temperature drops to the melting point.

Sublime: Change from a solid directly into a gas.

5 SCIENCE	HEALTH AND DISEASE	CYCLE 3	Year 8
			•

1. Microbes		
<u>Microbes</u>	<u>Uses</u>	<u>Dangers</u>
Bacteria	Used in the production of milk and cheese	Food poisoning, common cold, cholera, tuberculosis
Fungus	Yeast used in bread and alcohol production	Athlete's foot
Virus	Currently no positive uses	HIV/AIDS, chicken pox, meningitis, influenza ('flu)

2. Natural defences

<u>Bodies defence</u>	<u>Function</u>
Nose	No se hair trap microbes
Eyes	Contain a substance which destroy bacteria
Lungs	Mucus - sticks to the microbes cilia sweep them away
Stomach	Contains hydrochloric acid kills microbes found on food
Skin	Barrier to prevent microbes entering the body
Blood	Carry white blood cells which produce antibodies

- **3. <u>Vaccination</u>** dead or a weakened version of a disease used to provide immunity to a particular disease.
 - 1. A disease is weakened or killed
 - 2. This is then injected into the patient
 - 3. White blood cells produce different antibodies to attack the disease
 - 4. Eventually the correct shaped antibody is produced
 - 5. The body can now produce the right antibodies to fight the disease
 - 6. Certain white blood cells remain in the blood to produce the correct antibodies quicker if re-infected with the same pathogen.

4. Antibiotics

Antibiotics are used to treat bacterial infection (and only bacterial infections). e.g. Penicillin Antibiotic resistance occurs when bacteria can resist the damage caused by antibiotics. This can be caused by oversubscribing by Doctors, subscribing for non-bacterial pathogens, or not completing the course of medication.

5. Smoking

Cigarettes contain several dangerous, three of the most dangerous are:

Nicotine - is the addictive chemical in cigarettes that affects the brain.

Tar – is a carcinogenic (cancer causing) chemical. It can also coat the airways and alveoli, making gaseous exchange difficult.

Carbon monoxide – irreversibly binds to red blood cells, taking the place of oxygen molecules. This means the heart has to work harder to supply the same amount of oxygen & the person is more likely to get out of breath.

6. Alcohol

Short-term effects	Long-term effects
Relaxes the body	Liver cirrhosis (damage)
Slows down reaction times	Brain damage
Slurred speech	Heart attack
Blurred vision	Increased weight
Increased confidence	Kidney damage

7. Drugs

<u>Depressant</u>	<u>Stimulant</u>	<u>Hallucin ogen</u>
Slows down the messages to the brain e.g. alcohol, cannabis	Speeds up the messages to the brain e.g. caffeine, cocaine	Distorts a person's perceptions of reality (hallucinations)
Effects of depressants: Slowed thinking/ reactions, slowed muscular activity. Long term damage to liver, brain, kidney	Effects of stimulants: More energetic, difficulty sleeping, memory loss, damage liver and brain	Effects of hallucinogens: hallucinations, can cause increased heart rate, high blood pressure and dilated pupils

1. Current

Current is a movement of electrons and is the same everywhere in a series circuit. Current divides between loops in a parallel circuit, combines when loops meet, lights up bulbs and makes components work.

Around a charged object, the electric field affects other charged objects, causing them to be attracted or repelled. The field strength decreases with distance.

Two similarly charged objects repel, two differently charged objects attract.

Negatively charged: An object that has gained electrons as a result of the charging process.

Positively charged: An object that has lost electrons as a result of the charging process.

Electrons: Tiny particles which are part of atoms and carry a negative charge.

Charged up: When materials are rubbed together, electrons move from one surface to the other.

Electrostatic force: Non-contact force between two charged objects.

Current: Flow of electric charge, in amperes (A).

In series: If components in a circuit are on the same loop.

In parallel: If some components are on separate loops.

Field: The area where other objects feel an electrostatic force.

2. Voltage and resistance

In a series circuit, voltage is shared between each component. In a parallel circuit, voltage is the same across each loop.

Components with resistance reduce the current flowing and shift energy to the surroundings.

Calculate resistance using the formula: resistance (Ω) = potential difference (V) ÷ current (A).

Potential difference (voltage): The amount of energy shifted from the battery to the moving charge, or from the charge to circuit components, in volts (V).

Resistance: A property of a component, making it difficult for charge to pass through, in ohms (Ω) .

Electrical conductor: A material that allows current to flow through it easily, and has a low resistance.

Electrical insulator: A material that does not allow current to flow easily, and has a high resistance.

3. Electromagnets

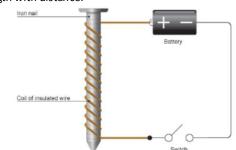
An electromagnet uses the principle that a current through a wire causes a magnetic field. Its strength depends on the current, the core and the number of coils in the solenoid.

The magnetic field of an electromagnet decreases in strength with distance.

Electromagnet: A non-permanent magnet turned and off by controlling the current through it.

Solenoid: Wire wound into a tight coil, part of an electromagnet.

Core: Soft iron metal which the solenoid is wrapped around.



4. Magnetism

Magnetic materials (Iron, cobalt and nickel), electromagnets and the Earth create magnetic which can be described by drawing field lines to show the strength and direction. The stronger the magnet, and the smaller the distance from it, the greater the force a magnetic object in the field experiences.

Two 'like' magnetic poles repel and two 'unlike' magnetic poles attract.

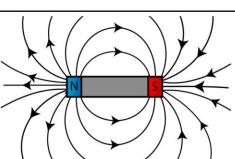


Field lines flow from the north-seeking pole to the south-seeking pole.

Magnetic force: Non-contact force from a magnet on a magnetic material.

Permanent magnet: An object that is magnetic all of the time.

Magnetic poles: The ends of a magnetic field, called north-seeking (N) and south-seeking poles (S).



Section A – Key Words

Plantation – a large farm where a single crop was grown usually cotton, tobacco or sugar

Middle Passage – the journey the enslaved took across the Atlantic Ocean, it took 8-12 weeks and 1 in 4 died due to poor conditions

Slave – Someone who is captured and forced to work for another without pay, considered property

Transatlantic – The trade of goods and people across the Atlantic Ocean and back

Abolitionist - Someone who campaigned to end slavery

Auction - The process by which enslaved people were sold for a profit, the healthier and stronger the slave a better price

Underground Railroad – A network of people who would help enslaved people escape

Trade – To buy and sell goods

Slave Master – A person who owned people and forced them to work

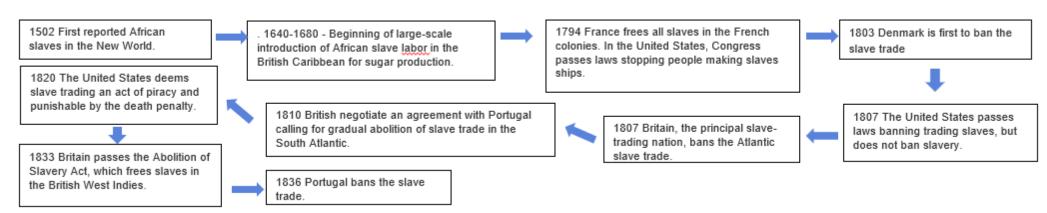
Section B – The Transatlantic Slave Trade

- In the 17th & 18th Century Europeans and Americans began to make money from trading African slaves.
- They were transported from Africa to the Americas were they were traded or sold for sugar, tobacco and rum.
- These products were taken back to Europe and sold. The profits were used to buy metal goods particularly guns which were taken back to Africa to trade for more slaves. This was called the Triangular Slave and it was very profitable.
- As the demand for these products increased, more people were enslaved to produce them

Capture

- African traders would raid villages and capture people, they would then put them in chains and march them to the coast
- At the coast, the African Tribesmen would exchange them for guns and other metal goods
- The captured Africans would be held in a slave fort for weeks until they were transported
- Conditions were harsh and brutal, many were beaten

Section C - Chronology



Empire Building – Many feared that if Britain did not take part in the slave trade they would be overtaken by other countries that did for example France. Many believed that Africans were better off being traded by the British than any other country. As a result Britain became very rich and allowed them to seize African countries as colonies.

Racism - Many thought that white people were superior to those of colour. They said Africans were only fit to work as slaves. This meant that even after slavery was abolished ideas of racism persisted in segregation and violence.

Africans – 12 million African people were forcibly removed from their home. It transformed previously prosperous societies into poverty and reliance on European influence. Europeans also brought new diseases such as Typhus and TB to African killing many more. Enslaved Africans lost their connections to families, language, culture even their own names

Olaudah Equiano

- ex-slave who used his own life story to explain the horrors of slavery. the book he wrote included a petition.
- Was enslaved as a child in Africa but bought his freedom in 1766
- lobbied [tried to persuade] MPs to end slavery
- Travelled around the country giving speeches about his experiences
- Was part of the Abolition group Sons of Africa

- Rebellion spread to a third of the island and 70 plantations
- Slaves burnt down a quarter of the islands sugar crop
- Rebellion was crushed, 1000 rebels were killed in the fighting and 200+ were later executed

1831 Jamaica (British)

- Revolt led by Samuel Sharpe started with a slave strike but escalated to involve 20,000 slaves attacking plantations and taking control
- Revolt was crushed but it took until January 1832.

The British government and plantation owners now saw the dangers and costs of slavery and feared an all-out war

Week	Key Know	ledge to learn			
1 – Key Terms	Development - to improve a place → e.g. better education, health care and jobs Sustainable - sustainable development → does not harm planet for future people GDP - Gross Domestic Product → total money made in a country → in one year → shown in dollars GNI - Gross National Income → same as GDP → but also includes money from business in foreign countries → shown in dollars. LIC - Low Income Countries → poorest countries → low GNI → e.g. Nepal NEE - Newly Emerging Economies → getting richer → medium GNI → e.g. India HIC - High Income Countries → richest countries → high GNI → e.g. The UK				
2 – Measuring Development	Birth rate - number of live births (per 1,000 people) → high in LICs Death rate - number of deaths (per 1,000 people) → high in LICs Infant Mortality - number of babies who do not survive to age of 1 (per 1,000 live births) Life expectancy - average age that a person is likely to live to (in a particular place) People per doctor - percentage of people who have access to a doctor Literacy rate - percentage of people who can read and write Safe Water - percentage of people who have access to safe, clean water HDI - Human Development Index → combines wealth, health and education data → gives score between 1 and 0 → 1 = most developed				
3 – Developme nt Gap and Globalisatio n	Development gap - when one place is more developed than another → development gap Causes of uneven Development Physical factors → harsh climate, natural disasters, raw materials Economic factors → debt, wars, corruption Historical factors → colonisation→ slavery, resources removed	Goods - items that can be bought and sold Trade - buying and selling of raw materials, manufactured goods and services Import - buying goods from abroad Export - selling goods to another country Manufacturing — making things in factories Industry - processing raw materials and manufacturing goods (in factories) Globalisation - increases in movements of goods, people and communication			

11 Geograph	hy		Dynamic Countries		CYCLE 3	Year 8
Week			Key Know	wledge to le	earn	
4 – The Clark Fisher Model	the four employment sectors Primary - getting raw materials from the land and sea e.g. farming → low pay Secondary - making products from raw materials e.g. car Cla		fishing (LICs) Industrial - en Post-industria Clark Fisher M	industrial - employment → mostly primary e.g. farming, mining ing (LICs) istrial - employment → mostly secondary e.g. manufacturing (NEEst-industrial - employment → mostly tertiary e.g. doctors (HICs) ik Fisher Model - graph → shows how industrial structure changes a ntry develops		
5– The Demographic Transition Model	Population males/fer Natural I rate → po Natural C rate → po DTM - De	Population - number of people living in a place Population Pyramid - shows population structure e.g. number of males/females, age groups Natural Increase - when birth rate is higher than death rate → population increases Natural Decrease - when death rate is higher than birth rate → population decreases DTM - Demographic Transition Model → graph → shows how population changes as a country develops		high -> population of populati	1 → e.g. Tribes → birth ulation low → lots of disease and fa 2 → e.g. Afghanistan → birth → population increasing → more n 3 → e.g. Nigeria → birth → population increasing → better on 4 → e.g. The UK → birth ulation high → free vaccinations → ulation decreasing → death rate increasing	amine, no contraception rate high, death rate money for healthcare and rate and death rate r living conditions, more rate and death rate in rate and death rate infant mortality rate is
6 – Comparing the UK and			China (NEE)		<u>UK (Europe) → HIC</u>	
China	Ī	population	1.3 billion	66 mi	nillion > increasing slowly	
1	Ī	GNI per capita	\$18,000	\$39,5	507 (per person)	
1	Ī	DTM	Stage 4	stage	e 4	i e
1	Ī	life expectancy	76 years	81 yea	ears	i
1	1	literacy rate	96%	99%		
1	1	people per doctor	2 doctors for every 1,000 people		octor for every 357 people	
1	1	HDI	0.75	0.92		

12	English	Shakespea	are- Othel	lo	CYCLE 3	Year 8
Box A: Shakespeare' Plays				Box C: Feat	ıres of Shakespearean Trag	edy
Stage directions		text of a play indicating the e of an actor, or the sound effects	Tragic Hero	A noble character wi jealousy.	th great qualities, but with a fa	atal flaw, like Othello's
Dialogue	The conversation between	two or more characters in a play	Hamartia (tragic flaw)		ke that leads to the hero's dov	vnfall, as Othello's trust in
Aside		s which only the audience can hear	Peripetia (reversal of	Iago causes his destruction. A turning point where the hero's situation suddenly worsens, seen when Oth shifts from loving husband to jealous murderer.		y worsens, seen when Othello
Soliloquy	where a character speaks t	heir thoughts aloud to the audience	fortune) Anagnorisis	The moment the hero realises their mistake, as Othello understands lago's		
Rhyme	Where similar sounds are u	sed at the ends of words.	(recognition)	deceit too late.	o realises their mistake, as oth	iciio difaci salitas lago s
Iambic	A type of poetic rhythm tha	t has 10 syllables per line, alternating	Catharsis	The audience feels p	ity and fear as they watch Oth	ello's tragic downfall.
Pentameter			Death and Tragic Ending	The play ends in muldespair.	tiple deaths, including Othello	taking his own life in guilt and
Blank Verse	Unrhymed iambic pentameter, which is the most common style of Shakespeare's plays.		Fate and Freewill		influenced by both his choices of destiny versus control.	and lago's manipulations,
Dramatic Irony	When the audience knows something that the characters do not, creating tension or humour.		Villainous Antagonist	A ruthless character manipulation to dest	who drives the tragedy, with Is	ago using lies and
	Box B: Big Ideas		1		·	
Racism		n colour, affecting how others view	Name		ox D: Word Classes	•
	Othello. Despite being a respected general, Othello is treated as an outsider in Venetian society, with characters using racist insults against him, which fuels his insecurity and helps lago				ts a person, place, thing, or ide	
				A word that expresses	an action, occurrence, or stat	e or being.
	manipulate him.	acis his hiscourty and helps lago	<u> </u>			
Patriarchy	•	nere men are more powerful. In	Adverb		a verb, adjective, or other adve	
	Jacobean society, fathers o	r later husbands saw women as a			place of a noun (e.g., he, she, words, phrases, or clauses (e.g	
	possession.		_			
Hierarchy	The uneven distribution of people hold the majority of	power where a small number of the power	Preposition	a sentence.	e relationship between a noun,	pronoun and other words in
				Box	E: Literary Techniques	
Trust and Deception	The danger of trusting the lago over Desdemona.	wrong person, as Othello believes	Metaphor	A direct comparison be common characteristic	between two unrelated things, ics.	suggesting that they share
			Simile	A comparison using "I things.	ike" or "as" to highlight similar	rities between two different
Manipulation	Controlling others through actions.	n lies or trickery, seen in lago's	Imagery		language that appeals to the se	enses (sight, sound, taste,
			Personification	Giving human qualitie	es to non-human entities (anim	als, objects, etc.).

Week 1	Week 2	Week 3	Week 4	Week 5
1. novel	1. category	1. malt	1. concentration	1. disposable
thankfully	2. abundance	2. successful	2. cynical	2. replaceable
3. praise	3. competence	interesting	3. employable	3. financier
4. notice	4. impeach	4. heavier	4. incorrectly	4. exaggerate
5. survive	5. trotting	entertained	5. homicide	5. exhume
6. hypocrite	6. abide	6. deficit	6. military	6. squabble
7. sufficient	7. carried	7. horrific	7. grumbly	7. unappealing
8. dictionary	8. commit	8. elite	8. quaint	8. further
9. expression	9. quiescent	9. orchid	9. principal	9. clumsily
10. words	10. dwell	10. surprising	10. pedestrian	10. architect
Week 6	Week 7	Week 8	Week 9	Week 10
1. angel	1. gently	1. goblet	1. policy	1. hibiscus
2. scene	2. motherhood	escaping	2. definitely	2. breath
3. tangible	equilateral	3. ordinary	3. prescription	3. generic
4. agility	4. demolished	4. joking	4. shackle	4. emboss
5. dye	5. reason	5. residual	revolutionary	5. field
6. friends	6. goodnight	6. moult	6. effective	6. laziness
7. zodiac	7. fibrous	7. shoulder	7. relied	7. sensation
8. levitate	8. honour	8. slapped	8. favour	8. technicality
9. yielding	9. directions	9. compel	9. hurriedly	9. conservation
10. marriage	10. wasp	10. measure	10. chemistry	10. achieving
Week 11	Week 12	Week 13		·
1. exemplify	1. finicky	1. colloquial		
2. minerals	2. draught	2. loathe		
3. cinema	3. recede	3. people		
4. familiar	4. litigious	4. wastage		
temperamental	5. colossal	5. miniature		
6. vessel	6. opticians	6. improbable		
7. levelling	7. voila	7. winning		
8. gigantic	8. harry	8. financial		
9. receiving	9. cell	9. investigations		
10. happier	10. wriggled	10. hungrily		

BOX 1: Angles in parallel lines and polygons

ANGLES IN PARALLEL LINES		
Alternate angles	Are equal	
Corresponding angles	Are equal	
Co-interior angles	Add to 180°	

ANGLES IN POLYGONS			
Shape	Sides	Interior Angle	Exterior Angle
Triangle	3	add to 180°	add to 360°
Quadrilatera l	4	add to 360°	add to 360°
Pentagon	5	add to 540°	add to 360°
Hexagon	6	add to 720°	add to 360°
Heptagon (or Septagon)	7	add to 900°	add to 360 °
Octagon	8	add to 1080°	add to 360°
Nonagon	9	add to 1260°	add to 360°
Decagon	10	add to 1440°	add to 360°

ANGLES IN P	OLYGONS: FACTS
Polygon	A 2D shape with 3 or more straight sides
Regular polygon	A polygon with sides that are all equal and angles that are all equal.
Interior angle	An angle inside a polygon
Sum of interior angles	(n – 2) x 180° Where n is the number of sides
Exterior angle	The angle formed outside a polygon when one side is extended. Interior angle + exterior angle = 180°, because they made a straight line.
Sum of exterior angles	360°

BOX 2: Area of trapezia and circles

AREA		
Area	The amount of space a	2D shape takes up
Area units	mm², cm², m²,	
Area of a trapezium	$A = \frac{1}{2}(a+b)h$ Area = half the sum of the parallel sides, multiplied by the distance between them	a h b
Circle	$A=\pi r^2$ Area = ${\sf pi}$ x ${\sf radius}^2$	T T

CIRCLE DEFINITIONS		
Radius	The distance from the centre of a circle to the edge . (it is half the diameter)	
Diameter	The total distance across the width of a circle through the centre. (it is double the radius)	
Sector	The region of a circle enclosed by two radii and an arc .	

BOX 3: Line symmetry and reflection

Reflection Reflection means The shape does no

TRANSFORMATIONS

Reflection means to **flip** a shape over a **shape**, The shape does not change size (**congruent**). To reflect a shape, you need a **mirror line**.

Invariant points Points on a line or shape which **do not move** when a specific transformation is applied

Links to	Links to: LINEAR GRAPHS			
y = x	Every point on this line, the y coordinate is equal to the x coordinate. e.g. (3,3), (-2,-2), (0,0)	3 2 1 1 3 -2 -1 1 2 3		
y = -x	Every point on this line, the y coordinate is equal to the negative of the x coordinate e.g. (3, -3), (-2,2)	3 2 1 3 -2 -1 0 1 2 3		
y = a	These lines are always horizontal. For example y = 2 Every point on this graph, the y coordinate equals 2 e.g. (0,2), (5,2)	3 1 1 1 2 3 -1 -1 -2 -3 -3 -1 -1 -2 -3 -3 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -2 -3 -3 -1 -1 -1 -3 -3 -1 -1 -1 -3 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1		
x = a	These lines are always vertical . For example x = 2 Every point on this graph, the x coordinate equals 2 e.g. (2 ,0), (2 ,5)	-3 -2 -1 0 1 3 -1 -2 -3 -3		
y = mx + c	The general equation of a linear is the gradient and c is the y-in	• .		

BOX 5: Measure of location

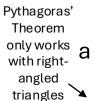
AVERAGES	
Mean	Method: Add all the amounts together then divide by the number of amounts
Mode	The value which occurs the most. Bi-modal is where there are two modes. There is no mode when all the values appear the same number of times in a data set.
Modal Class	In grouped data, the class (group) with the highest frequency
Median	The middle value (halfway) through the data set. Method: put the data in numerical order, crossing numbers at each end. Then state the middle value. If two numbers are left, add the two numbers together, then divide by 2.

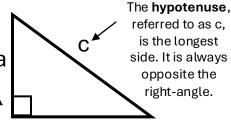
SPREAD OF DATA

Range	A measure of spread calculated by: the largest value subtract the smallest value

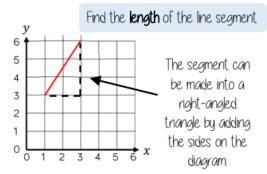
BOX 6: Pythagoras' Theorem

Pythagoras's	Theorem
Pythagoras's Theorem	A relationship between the 3 sides on a right-angled triangle
Pythagoras' Theorem	$a^2 + b^2 = c^2$
Pythagoras's Theorem in 3D	$a^2 + b^2 + c^2 = h^2$





<u>Pythagoras' theorem on a</u> <u>coordinate axis</u>

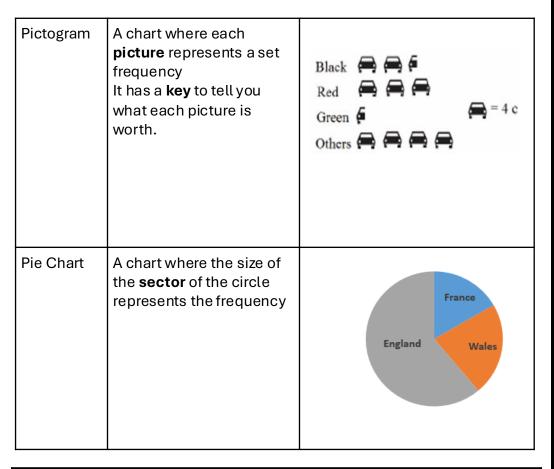


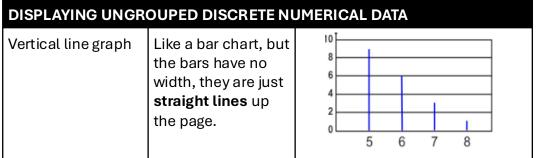
The line segment is the hypotenuse

Be careful to check the scale on the axes

BOX 4: The data handling cycle

DISPLAYING CATEGORICAL DATA						
Frequency	The number of times an event or a value occurs					
Frequency table	A table, usually a tally, showing the totals of data.					
Bar chart	A chart where the height of the bars represents the frequency. There are gaps between bars.	Number of pets owned				
Compound / composite bar chart	A bar chart showing data stacked on top of each other.	Weight (gm) A B Sample				
Comparative / dual bar chart	A bar chart showing data side by side	Rainfall 40 30 Cm 20 Jan Feb Mar Apr May Month Dual Bar Chart				





16	Religious Education The Problem o	of Evil	CYCLE 3 Year 8		
Area	Key Knowledge to learn		Key Knowledge to learn		
1 The problem of evil	 The problem of evil is the idea that God cannot be all loving and all powerful if evil exists. If God is loving he would want to stop evil and if God is all powerful then he can stop evil. However, because evil exists, God cannot be all loving and all powerful. The theory above is known as the inconsistent triad as all three concepts (Evil, omnipotence and omnibenevolence) are inconsistent. Evil is generally defined as any and all pain and suffering. To help explore this problem its important to understand the Two types of evil: moral and natural evil. Moral evil - evil caused by human actions/choices. For example, murder. Natural evil - Evil caused by natural events. For example, earthquakes. 		 St Augustine (354-430) based his theodicy on key Biblical passages: Genesis 3 and Romans 5:12-20. Augustine argues that evil must come from somewhere and that it came from the disobedience from Adam and Eve. Augustine argues that God i perfect and the word reflects that perfection. Humans were created with freewill and sin and death entered the world through Adam and Eve at the fall in Genesis 3, and their disobedience in taking and eating 'the fruit of the knowledge of good and evil'. Augustine stated that 'Evil has no positive nature; but the loss of good has received the name evil'. This means that the sin of Adam and Eve has brought disharmony in both humanity and creation. Natural evil is the consequence of this disharmony. According to Augustine, God is justified in not intervening because the suffering is a consequence of human action. 		
2 The Freewill defence	 The freewill defence is a logical argument developed by Alvin Plantinga as a response to the problem of evil. The freewill defence revolves around the idea of human freewill as the reason for evil in the world. Alvin argued that for God to create humans with freewill that would never choose evil is illogical and that evil is a result of our free will. This means that we do not always use our free will for good, but sometimes use it to bring about evil. Some support the freewill defence as it shows that evil is the result of human exploiting freewill and not because of God. Some people criticise the freewill defence by arguing that it only accounts for moral evil but not natural evil. Natural evil is not caused by human freewill but rather nature itself. 	5 Christian views/teachings about the problem of evil.	 Many criticise Augustine's theory as it is a religious approach to answering the problem of evil. Many people support the idea of evolution which gives a different account of human nature. Some Christians support Augustine's theodicy about Adam and Eve bringing evil and suffering to this world because of their disobedience. Many Christians believe evil and suffering is a part of God's wisdom. This means God must have a reason for allowing evil and suffering but the reason is beyond human understanding. God has given people freewill. He has shown people how they should obey the ten commandments and follow Jesus' life and teachings. It is then up to human beings to decide whether or not to follow God's instructions Many Christians believe evil and suffering in this life is a preparation for heaven. Evil and suffering gives people the chance to become better people and improve their souls. Some Christians believe that God disciplines us just as a human father might discipline his children. Our suffering, therefore, is God's punishment, and is a sign to us that we should repent. 		
3 Hicks' soul making theodicy	 Hick's idea of soul making is a theodicy developed by John Hick and is based on the idea that humans are imperfect beings in the beginning, so that they can grow and develop into the likeness of God. This means to be morally and spiritually developed. According to this approach, God created the world to be imperfect from the start. Hick argued that the hardships in life (evil) humans develop virtues (good characteristics). According to Hick good characteristics that we obtain from hardship is infinitely better than virtues God could have instilled in us from scratch. To help humans develop good characteristics, Hick mentions that there is a distance of knowledge between what God knows and what we know. Hicks called this 'epistemic distance.' Hick believe epistemic distance is important as if knew what God knows, we would have no choice but to always do the right thing and, actually it's important that we go ahead and make mistakes and learn from them and learn from the mistakes of others. The more humans exercise their freewill the more opportunities to do the right thing. However, some criticise Hick's theory and suggest that this much evil and suffering 	6 Muslim views/teachings about the problem of evil	 The Quran teaches that evil originates from the refusal of Shaytan (Satan/ the Devil) to bow down to Adam when ordered by Allah. Shaytan is also called Iblis. For his disobedience, Iblis was cast out of Heaven by Allah. He vowed that in revenge he would spend eternity trying to tempt humans to do evil. Many Muslims believe they are only on Earth for a short time. This life is a test from Allah where they must endure evil and suffering as preparation for Paradise. In the Quran Allah says that he forgave Adam and Eve when they were tempted by Shaytan and ate the forbidden fruit. Muslims believe when they see people who are suffering, they should treat them with mercy. When they see evil actions, they should ensure that justice is done. Muslims see a purpose in evil and suffering as Allah is in control of everything. The purpose could be Allah's way of educating them, retribution for a wrong they have committed and as a test. 		

17 Music CYCLE 2 Year 8

BOX A: WHAT IS SERIALISM?

- Created by rebellious composers in the 1920's
- It was created in response to composers feeling constrained by music of the day.
- One of the ways of rebelling was to create music which sounded like chaos.
- One of the techniques of serialism was using 'chromatism' which uses all 12 notes, this can sound unpleasant to the ear.

BOX B: WHAT IS MINIMALISM?

- Also created by rebellious composers in the 1960's
- It was created in response to Serialism composers and went away from the chaotic nature of Serialism.
- As opposer to Serialism, Minimalism uses 'Diatonic' harmony which uses specific notes that are pleasing to the ear.
- · Minimalism creates musical 'cells' which are repeated.

BOX B: KEY WORDS

- Beat A single 'pulse' that musicians feel to stay in time with each other
- Unison When performers perform the same thing at the same time
- Guitar Stringed instrument with 6 strings
- · Bass Stringed instruments with 4 strings
- Chord When 2 or more notes are played together
- Dynamics How loud or quiet the music is
- Accuracy How correct the musical performance is
- String Metal wire used by guitars to create notes
- Fret Thin metal lines on the guitar neck to change the note
- · Lyrics The words that are sung by a singer
- Chorus Catchiest section of the song which is usually the loudest
- Ensemble A group of musicians
- Warm Up A simple performance or exercise at the start of rehearsal so you don't hurt yourself

BOX C: ARNOLD SCHOENBERG

- Born in 1874 in Austria
- Was the director of a composition at a very popular school in Berlin, Germany.
- Moved to the United Staes in 1933 after he was warned that the Nazis didn't like his music.
- Was terrified of the number
 13 and died on Friday 13th 1951.



BOX D: STEVE REICH

- Born in 1936 in New York City, USA
- Studied Philosophy at university before studying composition.
- Reich used technology in his compositions such as two recordings played at the same times that go in and out of sync.
- Reich is still working to this day and considered to be one of the foremost modern composers.



BOX E: KEY WORDS

Chromaticism – Using all 12 notes.

Tone Row – A sequence of notes using all 12 pitches.

Pitch – How high or low a note is.

Tempo – The speed of the piece of music.

Timbre – Different instrumental sounds.

Inversion – When you flip a tone row upside down.

Retrograde – When you reverse a tone row.

Phase Shift – When rhythms shift from being in sync to being out of sync.

BOX 1: Databases Vocabulary

Database: Somewhere where we can store lots of different types of information.

Table: Somewhere where we store information inside our database. A database can have more than 1 of these.

Field: A category of information in our database e.g. Name, Eye Colour etc.

Record: An individual row of information in a table.

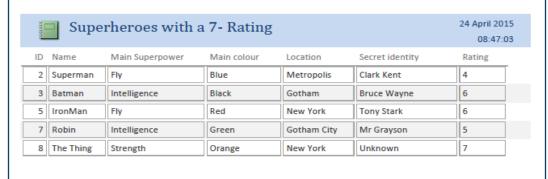
Form: Something we can create that makes adding, deleting, and editing records easier.

Report: Allows us to neatly show some information. We can change the layout, colour, add images etc.

Query: Allows us to pick out certain bits in a database. Can be simple or complex.

BOX 2: Database Reports

This is a report showing all the superheroes with a rating of over 7. This shows the same information as a query, but the layout is a lot better and more organised.



BOX 3: Database Query Flying superheroes Superheroes P ID Name location Rating Here I am creating a query. In the guery I insert all the fields highlighted in the yellow box. Queries are useful because they help us find specific bits of information from the database. For example, from the database below we can set the criteria to fly so that the query searches for all the superheroes who can fly (shown in the red box) and when we run this guery it will only show superheroes with the ability to fly. Field: (D) location Super Power Table: Superheroes Superheroes Superheroes Superheroes Superheroes

BOX 1: Small Basic Vocabulary

A **programming language** is a special language programmers use to develop applications, or other set of instructions for computers to run.

Syntax error is where there is a mistake in the line of code entered and Small basic wouldn't understand what you are trying to do.

A **variable** is a place where information can be stored.

A **Loop** will carry on carrying out a certain task until the objective of that task has been met. They are useful because they save time for the person writing the program as they don't have to write lots of code out.

An **IF Statement** is a programming conditional statement that, if proved true, performs a function or displays information

BOX 2:

All the symbols below can be used in rules for IF Statements.

- = Equals
- > Greater than
- < Less than
- >= Greater than or equal
- <= Less than or equal
- <> Not equal

BOX 3:

Below is an example of a loop being used in Small Basic to make a square.

For i = 1 To 4
Turtle.Move(100)
Turtle.Turn(90)
EndFor

BOX 4: Understanding how Small Basic code works This line asks the use the question "what is your name". Textwindow.WriteLine("What's your name?") Username = TextWindow.Read() Here, the answer the user gives TextWindow.WriteLine("") will be saved under the variable Textwindow.WriteLine("Hello, "+Username) called 'username'. 6 Textwindow.WriteLine("What's your favourite food?") 3. This will leave a blank line in food = TextWindow.Read() vour code. TextWindow.WriteLine("") Textwindow.WriteLine("Ah, I like" +food) 4. This will allow the programme to respond to the user. The programme will say 'hello' and then enter the username the name Line 6 to line 9: Now I have created another question and entered. another variable called 'food'. The user enters the answer to the guestion and the programme responds to it. Line 1: This line asks the use the question "what is your favourite food". 1 TextWindow.Write("Do you like pizza? ") Line 2: Here, the answer the user food=TextWindow.read() gives will be saved under the If (food = "yes") Then variable called 'food'. TextWindow.WriteLine("Me too!") Else Line 3: This is the 'if' statement. TextWindow.WriteLine ("what's wrong with you?") IF the answer to the question is 'yes' then print the message written on line 4 Line 5: Else means that if the answer given isn't yes, then print the message on line 6. Line 4: This is the message that will be printed if the answer to the questions is 'yes'. The question Line 6: the message to be printed if the user doesn't say "yes" to the asked is "do you like pizza?"/ question is "what's wrong with you". Line 7: This ends all the code.

CYCLE 3

Year 8

20	Performing Arts	CYCLE 3	Year 8
Box A – Romeo and Juliet Plot	Box B – Romeo and Juliet Characters	Box C – Romeo and Juliet Characters	
 A fight breaks out between Capulet and Montague servants. Paris asks for Juliet's hand in marriage. Romeo and Juliet fall in love and get married in secret. Tybalt starts a street fight and Romeo is banished from Verona. Friar Lawrence and Juliet make a plan to reunite her with Romeo. Romeo kills himself, then Juliet does the same. Capulets and Montagues agree to stop fighting. 	Romeo Lord Montague (Father) Lady Montague (Mother) Benvolio (Cousin) Capulets Juliet Lord Capulet (Father) Lady Capulet (Mother) Tybalt (Cousin) Others Nurse (Juliet's Maid) Friar Lawrence Mercutio (Romeo's best friend)		
Box D – Romeo and Juliet themes	Box E – Skills Techniques	Box F - Stagecraft	
Themes:	Explorative Strategies	Vocal Skills	
Love Fate Duality (Opposites) Style: Melodrama / exaggerated Genre: Tragedy	Still Image Thought Track Physical Theatre Conscience Alley Cross Cut Movement Skills Body Language Facial Expression Gesture Physicality Gait	Accent Volume Pitch Pace Interaction Skills Eye Contact Proxemics Levels	

Section A-ARTIST INFORMATION

Wassily Kandinsky was born in Moscow, Russia on December 16, 1866. He grew up in the Russian city of Odessa where he enjoyed music and learned to play the piano and the cello. Kandinsky would remark later that, even as a child, the colours of nature dazzled him. Both music and colours would have a huge impact on his art later in life.

Kandinsky went to college and then became a law teacher. However, when he was thirty he decided to change careers and become an artist. He attended art school at Munich, Germany. Early on his art was influenced by painters like Claude Monet as well as music composers and philosophers.

In 1909 Kandinsky began to think that painting didn't need a particular subject, but that shapes and colours alone could be art. Over the next several years he would start to paint what would become known as Abstract Art. Kandinsky was one of the founding fathers of Abstract Art.

Kandinsky felt that he could express feelings and music through colours and shapes in his paintings. For example, he thought that yellow had the crisp sound of a brass trumpet and that certain colours placed together could harmonize like chords on a piano. The shapes he was most interested in were the circle, triangle, and the square. He thought the triangle would cause aggressive feelings, the square calm feelings, and the circle spiritual feelings.

Key terms:

Expressive art- showing thought or feeling/emotion by the application of the brush strokes or the colours used.

Non figurative - without recognisable figures or objects eg just shape and colour

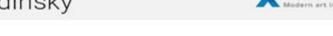
Figurative art.- showing recognisable figures or objects eg.people, houses

Abstract Art - Non figurative, art that only uses the formal elements to give meaning

Composition- The plan or layout, - where things go in a picture

Formal Elements- the parts that make up a piece of art...line, shape and colour are the main elements that Kandinsky uses

Wassily Kandinsky







1903







THE ART STORY

1923

His work became increasingly abstract until only formal elements- line, colour, shape were used

Section B - FORMAL ELEMENTS

Kandinsky used shape, lines and colour to express emotion or meaning rather than trying to to make objects look real. His art was termed ABSTRACT because he did not show recognisable objects in his work. He particularly used colour to express what he was feeling and he wanted to use colour to make his viewers feel emotion, too....just like when you listen to music.

Line

A mark made by a pointed tool such as a brush, pen or stick; a moving point.

Shape

A flat, enclosed area that has two dimensions, length and width. Artists use both geometric and organic shapes.

Color

Is one of the most dominant elements. It is created by light. There are three properties of color; Hue (name,) Value (shades and tints,) and Intensity (brightness.)

DESIGN PRINCIPLES -how the elements are arranged to make the picture look good or show feeling and mood

MOVEMENT

Elements might jump or fall or follow and lead us around a picture suggesting movement

EMPHASIS

Some elements stand out more

BALANCE

Elements on one side are equal to or linked to something on the other side.

BOX 1: Health and Safety



BOX 2: Finishing Tools/Equipment

Glass Paper

Used to remove scratches from the surface of wood. Glass paper is available in a wide range of grades for removing deep scratches to fine surface finishing.



GRIT ARROWNED HORACHTAL

TWO LAYERS OF ADHESIVE

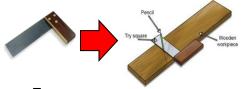
PAPER/ CLOTH BACKING





Disc/Belt Sander Used to sand and shape the edges of wood. The sanding disc/Belt is very course and will remove waste quickly. A sliding fence can be used when sanding at a required angle.

BOX 3: Marking out tools



Try square

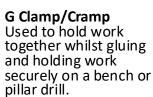
For marking out accurate right angles and checking if work is square when gluing up.

BOX 4: Clamping and holding tools



Machine Vice For holding work securely when drilling holes on the pillar drill.







Woodworking Vice To hold the wood securely when cutting, chiseling, drilling etc.









BOX 5: Cutting and shaping tools



Coping Saw Used for making curved cuts in wood.





Tenon Saw Used for making straight cuts in wood.





Bench Hook To hold the wood securely when making straight cuts with the Tenon Saw.





Pillar Drill To drill holes into wood, metal and plastic.









Wood joints can be either **PERMANENT** or **TEMPORARY** depending on the type and if glue is used.

BOX 6: Permanent Jointing Techniques

Permanent Joint:

When we do not want to take the pieces apart again E.G. Glues & Jointing

The Dowel Joint

A dowel is a cylindrical rod, usually made from wood, plastic, or metal. Dowels are commonly used as structural reinforcements in furniture.



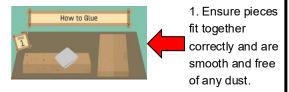
Accurate drilling of holes for wooden dowels. Dowel joint is then assembled using PVA glue



PVA or Wood Glue used to make permanent ioints with wood.



Glued Joints

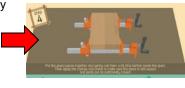


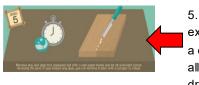
2. Apply wood glue/PVA to wood joint and ensure enough is applied to cover entire surface.





4. Carefully apply pressure to the glued joint using clamps. Check the joint has closed up fully.





5. Remove excess glue with a damp cloth and allow the glue to dry over night.

BOX 7: Temporary Jointing Techniques

Temporary Joint:

When we will, or might need to take pieces apart again E.G. Screws and nails

Wood Screws

A screw is a type of fastener typically made from metal with an external thread. Screws are available in a wide range of shapes/sizes and are commonly used to fasten wood together.

Counter Sink

Clearance

Hole

Pilot Hole





Wood screws are driven into the wood using a screwdriver or cordless screw driver/drill

Wood screws are are available in different head types including slotted, phillips & pozidriv.













Nuts & Bolts

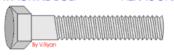
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Nuts and Bolts are used to join wood, metal and plastic together temporarily and can be taken apart if required. Many steel structures, including buildings, are simply bolted together. For example, the Eiffel Tower in Paris was originally a temporary structure and after twenty years it was to be dismantled.



MACHINE BOLT

HEXAGONAL NUT



Spanners are used to tighten the nuts and bolts, holding the parts together securely.





Wing nuts have two wings protruding from the nut, this makes it very easy to tighten/loosen by hand.