



# **Summer Term Assessments (PPEs) 2024**

**Year 10**

**Student Assessment Manifest  
(Revision Checklist)**

# **Y10 Summer Assessments**

The Summer Assessments will take place between **Monday 17th June and Friday 28th June**. Year 10 assessments will take place in the hall. The exam timetable will be shared with students after half term.

\*GCSE Design & Technology students will be starting their Non Examined Assessment (coursework) on Monday 03rd June and as such they will not sit a PPE exam. Students will however, receive a QLA for the practical project that they are currently working on.\*

## **What is expected of me before my assessments?**

Completing your homework regularly each week and your full participation in lessons are the best ways to prepare. Your teachers will also run revision lessons to recap key areas of what you have been taught.


## **What is expected of me during my assessments?**

You are expected to continue your revision at home during the assessment week. This includes any homework that has been set and working on the additional revision techniques outlined by your subject teachers in this booklet.

## English Language Paper 1 Revision Checklist Summer PPEs

Topic	Tick
<b>Language Papers</b>	
Paper 1 - Question 1 Identify 4 things <a href="#">AQA English Language Paper 1 Question 1 (updated &amp; animated) - YouTube</a>	
Paper 1 - Question 2 Language analysis <a href="#">AQA English Language Paper 1 Question 2 (updated &amp; animated) - YouTube</a>	
Paper 1 - Question 3 Structure <a href="#">AQA English Language Paper 1 Question 3 (updated &amp; animated) - YouTube</a>	
Paper 1 - Question 4 Evaluation <a href="#">AQA English Language Paper 1 Question 4 (updated and animated) - YouTube</a>	
Paper 1 Question 5 Descriptive/narrative writing <a href="#">AQA English Language Paper 1 Question 5 (updated &amp; animated) - YouTube</a>	
Senecalearning.com English Language AQA GCSE Sections 1-4 (Key terms, language techniques, Paper 1 Reading, Paper 1 Writing)	
Knowledge Organiser for Language paper 1	

## English Literature Revision Checklist Summer PPEs

Topic	Tick
<b>Lord of the Flies I (Character or Thematic question, closed book)</b>	
Quotations Senecalearning.com AQA Lord of the Flies Quotations ALL	
Main events Senecalearning.com AQA Lord of The Flies	
Themes Senecalearning.com AQA Lord of The Flies	
Characters Senecalearning.com AQA Lord of The Flies	
Context Senecalearning.com AQA Lord of The Flies	
Lord of The Flies Knowledge Organiser	
Mr Bruff to revise plot, characters and themes. For example  'Lord of the Flies': Darwinian, Biblical and Freudian Analysis	
<b>A Christmas Carol (Extract question)</b>	
Quotations Senecalearning.com AQA A Christmas Carol Section 2	
Main events Senecalearning.com AQA A Christmas Carol Section 1	
Themes Senecalearning.com AQA A Christmas Carol Section 3	
Characters Senecalearning.com AQA A Christmas Carol Section 2	
Context Senecalearning.com AQA A Christmas Carol section 4	
A Christmas Carol Knowledge Organiser	
Mr Bruff AQA A Christmas carol to revise plot, characters and themes for example <a href="#">Ebenezer Scrooge: Character Analysis (animated &amp; updated) - YouTube</a>	

## Maths HIGHER Revision Checklist

### Number

Topic	Topic code	Tick
Calculating with roots and fractional indices	U851, U985, U772, U299	
Converting recurring decimals to fractions	U689	
Surds	U338, U663, U872, U499	
Rationalising the denominator	U707, U281	
Error intervals	U657, U301, U587	

### Algebra

Topic	Topic code	Tick
Expanding triple brackets	U606	
Operations with algebraic fractions	U685, U457, U824	
Factorising quadratic expressions: $ax^2+bx+c$	U858	
Simplifying algebraic fractions	U294	
Factorising to solve quadratics equations	U228, U960	
Using the quadratic formula	U665	
Completing the square to solve quadratics	U397, U589	
Quadratic equations in context	U150	
Quadratic simultaneous equations	U547	
Index laws	U235, U694, U662	

Equation of a straight line: Perpendicular lines	U898	
Quadratic graphs: Turning points	U769	
Quadratic simultaneous equations on graphs	U875	
Exponential graphs	U229	
Exponential growth and decay problems	U988	
Trigonometric graphs	U450	
Graph transformations	U598, U487, U455	
Velocity-time graphs	U937, U562, U611	
Rate of change graphs	U638, U652, U862	
Estimating gradient from a curve	U800	
Estimating area under a curve	U882	
Equation of a circles and tangents	U567	
Linear inequalities as graph regions	U747	
Quadratic inequalities	U133	
Functions	U637, U895, U448, U996	
Recurrence relations	U171	
Quadratic sequences	U206	
Iteration and numerical methods	U434, U168	
Algebraic proof	U582	

## Ratio and proportion

Topic	Topic code	Tick
Algebraic direct and inverse proportion	U407, U138	
Compound units: Density problem solving	U910	

## Geometry

Topic	Topic code	Tick
Congruence proofs	U866, U887	
Enlargements	U134	
Describe combined transformations	U766	
Circle theorems: Angles inside a circle	U459, U251	
Circle theorems: Tangents and chords	U489, U130	
Circle theorems problems	U808	
Prove circle theorems	U807	
Volume of frustums	U350	
Volume: Problem solving	U543, U426	
Similar Shapes: Area and volume	U630, U110	
Pythagoras' Theorem in 2D and 3D	U385, U541	
Right-angled trigonometry: Problem solving	U319, U283, U545, U967	
3D trigonometry	U170	
The area rule	U592	

Sine rule	U952	
Cosine rule	U591	
Trigonometry and bearings	U164	
Vectors problems	U781, U560	

## Probability

Topic	Topic code	Tick
Product rule for counting	U369	
Conditional probability	U246, U821, U806	
Probability from Venn diagrams	U476, U748, U699	

## Statistics

Topic	Topic code	Tick
Averages	U877, U717	
Cumulative frequency diagrams	U182, U642	
Box plots	U879, U837, U507	
Frequency polygons	U840	
Histograms	U814, U983, U267	
Capture-recapture	U328	

## Maths CROSSOVER Revision Checklist

### Number

Topic	Topic code	Tick
Fractions	U224, U538, U793	
Factors, multiples and primes	U739, U250	
Percentage change	U671, U332, U988	
Standard form	U330, U534, U264, U290	
Error intervals	U657	

### Algebra

Topic	Topic code	Tick
Linear equations	U325, U870, U599	
Linear inequalities	U759, U738, U145, U337	
Index laws	U662	
Linear simultaneous equations	U760, U757, U836, U137	
Linear graphs and coordinates	U315, U669, U477, U848, U377	
Quadratic graphs and equations	U989, U667, U228, U601	

### Ratio and proportion

Topic	Topic code	Tick
Ratio	U687, U753, U176, U577, U921, U865	
Speed	U151	



Density and pressure	U910, U527	
Proportion	U721, U357, U610	

## Geometry

Topic	Topic code	Tick
Area	U226, U343, U950	
Volume	U786, U174, U915	
Angles	U655, U826, U329, U427	
Pythagoras' theorem	U385	
Trigonometry	U605, U283, U545	
Transformations	U196, U799, U696, U519, U766	

## Probability

Topic	Topic code	Tick
Calculating probabilities	U408, U510, U683, U580	
Expected outcomes	U166	
Tree diagrams	U558, U729	
Set notation	U748, U296	

## Statistics

Topic	Topic code	Tick
Averages	U717, U569	
Averages with grouped data	U877	

Sampling	U162	
Scatter graphs	U199, U277, U128	
Frequency polygons	U840	

## Maths FOUNDATION Revision checklist

### Number

Topic	Topic code	Tick
Ordering positive integers	U600	
Ordering decimals	U435	
Ordering negative numbers	U947	
Adding and subtracting positive integers	U417	
Multiplying and dividing positive integers	U127, U453	
Adding and subtracting negative numbers	U742	
Multiplying and dividing negative numbers	U548	
Adding and subtracting decimals	U478	
Multiplying and dividing with place value	U735	
Multiplying and dividing with decimals	U293, U868	
Order of operations	U976	
Prime numbers, prime factorisation	U236, U739	
Factors, multiples, HCF and LCM	U211, U751, U529	

Powers and roots	U851	
Using standard form	U330, U534	
Calculating with standard form	U264, U290, U161	
Equivalent fractions and simplifying fractions	U704, U646	
Mixed numbers and improper fractions	U692	
Ordering fractions	U746	
Addition and subtraction of fractions	U736, U793	
Multiplication and division of fractions	U475, U544	
Converting and ordering fractions, decimals and percentages	U888, U594	
Fractions of amounts	U881, U916	
Percentages of amounts	U554, U349	
Percentage change	U773, U671	
Reverse percentages	U286, U278	
Simple interest	U533	
Rounding	U480, U298	
Rounding to significant figures	U731, U965	
Estimating answers	U225	
Value for money	M681	

# Algebra

Topic	Topic code	Tick
Algebraic expressions	U613	
Collecting like terms	U105	
Substitution	U201, U585, U144	
Expanding brackets	U179, U768	
Factorising expressions	U365	
Index laws	U235, U694, U662, U103	
Changing the subject	U556	
Coordinates	U789, U889	
Midpoints	U933	
Plotting straight line graphs	U741	
Equations of straight line graphs	U315, U669	
Parallel lines	U377	
Distance-time graphs	U403, U914, U462, U966	
Quadratic graphs	U989, U667	
Linear equations	U755, U325, U870, U505, U599	
Quadratic expressions and equations	U178, U228	
Linear sequences	U213, U530, U498, U978	

Other sequences	U958, U680	
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## Ratio and proportion

Topic	Topic code	Tick
Simplifying ratios	U687	
Sharing amounts in a ratio	U753, U577	
Converting between ratios, fractions and percentages	U176	
Direct proportion	U721, U640	
Inverse proportion	U357, U364	
Proportion graphs	U238	
Units of measure: Length, Mass and Capacity	U102, U388	
Units of measure: Time	U902	
Units of measure: Area	U248	
Currency conversion	U610	
Conversion graphs	U652, U638, U862	
Compound units: Speed	U151	

## Geometry

Topic	Topic code	Tick
Properties of 2D shapes	U121, U849	
Properties of 3D shapes	U719	

Nets of 3D shapes	U761	
Angles: Measuring, Drawing and Estimating	U447	
Angle on a line and about a point	U390	
Vertically opposite angles	U730	
Angles on parallel lines	U826	
Angles in a triangle	U628	
Combining angle facts	U655	
Angles in a quadrilateral	U732, U329	
Angles in polygons	U427	
Bearings	U525, U107	
Translations	U196	
Reflections	U799	
Enlargements	U519	
Rotations	U696	
Congruence	U790, U866	
Area and perimeter of simple shapes	U993, U970, U351, U226	
Area of triangles, parallelograms and trapeziums	U945, U575, U424, U265, U343	
Circles	U767	

Circumference	U604, U221	
Circle area	U950, U373	
Surface area	U929, U259, U871	
Volume of cuboids	U786	
Volume of prisms and cylinders	U174, U915	
Similar shapes	U551, U578	
Scale diagrams	U257	

## Probability

Topic	Topic code	Tick
Probability scale	U803	
Probability of single events	U408, U510, U683	
Experimental probability	U580	
Expected outcomes	U166	
Listing elements in a set	U748, U296	
Probability from Venn diagrams	U476	
Frequency trees	U280	
Sample space diagrams	U104	
Tree diagrams	U558, U729	

# Statistics

Topic	Topic code	Tick
Collecting data, frequency tables	U322, U120	
Two-way tables	U981	
Bar charts	U363, U557	
Pictograms	U506	
Pie charts	U508, U172	
Stem and leaf diagrams	U200, U909	
Mode	U260	
Mean	U291	
Median	U456	
Range	U526	
Choosing averages	U717	
Scatter graphs	U199, U277, U128	



**Science Revision Checklist - All paper 1 topics - CGP revision guide page references are given if you already have a copy of these. There are also links to revision materials on BBC bitesize and revision videos from FreeScience lessons. These links are posted on Google Classroom.**

<b>Topic - Seneca section</b>	<b>CGP guide pages</b>	<b>Tick</b>
<b>Biology</b>		
<b>Cell Biology - Seneca Biology - Topic 1</b>		
Cells, Microscopy, Specialisation, Mitosis, Stem cells	F&H - CGP - 11-16	
Cell transport - Diffusion, Osmosis, Active transport, Exchanging substances at exchange surfaces	F&H - CGP - 17-22	
<b>Organisation - Seneca Biology - Topic 2</b>		
Organisation- cells, tissues, organs, Enzymes, Required practical - Enzymes and pH, Enzymes in digestion, Bile, Required practical - Food tests -	F - CGP 24-28 H -CGP - 24-29	
Organisation - Part 1, 2 - The Lungs, The Heart, Blood vessels, Blood	F - CGP - 29-32 H - CGP - 30-33	
Organisation 2 - Health and non-communicable diseases (coronary heart disease, cancer, risk factors)	F -CGP - 33-37 H - CGP - 36 - 38	
Organisation 2 - Plant transport (xylem, phloem, transpiration)	F - CGP - 38-40 H - CGP - 39-41	
<b>Infection and Response - Seneca Biology - Topic 3</b>		
Infection and Response - Communicable diseases	F-CGP-42- 45 H -CGP-43-45	
Infection and response - Immune response and vaccination	CGP F&H- 46-47	
Infection and response - Drugs and Testing drugs	CGP F&H - 48-49	
<b>Bioenergetics - Seneca Biology - Topic 4</b>		
Photosynthesis, Rate of photosynthesis	F - CGP - 50-52 H - CGP - 50-53	
Respiration and metabolism, Aerobic and anaerobic respiration, exercise	F - CGP - 53-55 H - CGP - 54-56	
<b>Chemistry</b>		
<b>Atomic Structure and the Periodic Table - Seneca Chemistry - Topic 1</b>		
Atomic Structure and the Periodic table 1 - Elements, COmpounds, Mixtures and Separation techniques.	F - CGP - 97-103 H - CGP - 97-102	
Atomic Structure and the Periodic table 1 - Atomic structure and history of the atom.	F - CGP - 96, 104-105 H - CGP - 96, 103-104	
Atomic Structure and the Periodic table 2 - Development of the periodic table , Group 1, Group 7, Group 0 elements	F- CGP-106-111 H -CGP - 105-110	
<b>Structures and Bonding - Seneca Chemistry - Topic 2</b>		
Ions, Ionic bonding, Ionic compounds, Covalent bonding, simple molecules	F - CGP - 113-117 H - CGP - 112-116	

Polymers, giant covalent structures, Structures of carbon, Metallic bonding, States of matter, Changing state.	F - CGP - 118 - 122 H - 117-121	
<b>Quantitative Chemistry - Seneca Chemistry - Topic 3</b>		
Foundation tier only - Relative Formula mass, Conservation of mass, Balancing equations, Percentage of an element in a compound, Concentrations of solutions	F - CGP - 123-126	
Higher tier only - Relative Formula mass, The moles, Conservation of mass, balancing using reacting masses, limiting reactants, Concentrations of solutions	H - CGP - 123-128	
<b>Chemical Changes Topic - Seneca Chemistry - Topic 4</b>		
Chemical changes - Acid/base reactions, Reactions of acids, reactivity and extraction of metals	F- CGP - 128-131 H -CGP - 129-134	
Chemical changes - Electrolysis	F - CGP-132-133 H -CGP - 135-136	
<b>Energy changes - Seneca Chemistry - Topic 5</b>		
Exothermic, endothermic reactions and reaction profiles, measuring energy changes	F - CGP - 134-136 H - CGP - 138-139	
Higher tier only - Bond energy calculations	H - CGP - 140	
<b>Physics</b>		
<b>Energy - Seneca - Physics - Topic 1</b>		
Energy stores and transfers, calculating $E_k$ , $E_p$ , $E_e$ , Required practical - Specific heat capacity	F&H -CGP - 167-169	
Power, efficiency and reducing unwanted transfers	F -CGP 170-174 H -CGP - 170-172	
National and global energy resources	F-CGP-175-179 H-CGP - 173-177	
<b>Electricity - Seneca Physics - Topic 2</b>		
Current, charge, potential difference, Resistance and I-V relationships	F-CGP-180-184 H-CGP - 179-182	
Series and Parallel circuits	F-CGP-185-187 H-CGP - 183-185	
Electricity in the home, Power, The National Grid	F - CGP - 188-191 H - CGP - 186-189	
<b>Particle Model of Matter - Seneca Physics - Topic 3</b>		
Particle model, motion in gases, density	F - CGP - 193-194 H -CGP -191 - 192	
Internal energy, changes of state, Specific latent heat	F - CGP - 195-195 H - CGP - 193-194	
<b>Atomic Structure - Seneca Physics - Topic 4</b>		
Models of the atom, Isotopes, Nuclear radiation, Nuclear equations	F - CGP - 197-199 H - CGP - 194-198	
Half life, irradiation and contamination	F - CGP - 200-201 H - CGP - 198-199	

## Geography Revision Checklist

Topic	Tick
<b>The Challenge of Natural Hazards</b>	
KPI1 - What are Natural Hazards?	
KPI 2 Plate tectonics	
KPI 3 Causes of earthquakes and volcanoes	
KPI4 - Effects of Tectonic Hazards	
KPI5 - Distribution of tectonic activity	
KPI6 - Reducing the impact of tectonic hazards	
KPI7 - Comparing Earthquakes – Nepal and New Zealand	
KPI8 - Global atmospheric circulation	
KPI9 - Tropical Storms	
KPI10 - Sequence of a Tropical Storm	
KPI 20 Protection, Prediction and Planning for Tropical Storms	
KPI11 - Extreme weather in the UK	
KPI12 - Beast from the East	
KPI13 - Typhoon Haiyan, Philippines, November 2013	
KPI14 - Climate Change – natural or human?	
KPI15 - Evidence for Climate Change	
KPI 17 - Effects of Climate Change	
KPI 18 Causes of Climate Change	
KPI 19 Managing Climate Change	
<b>The Living World</b>	
Definition of Ecosystem	
Changes to a small scale ecosystems	
Distribution of global ecosystems	
Physical characteristics of tropical rainforests	
Plant and animal adaptation in the Tropical Rainforest	
Causes and impacts of deforestation in Malaysia	
Management of Tropical Rainforests	
Physical characteristics of hot deserts	
Plant and animal adaptations in Hot Deserts	
Opportunities for development in hot deserts using an example	
Challenges for development in hot deserts using an example	
Causes and impacts of desertification	

Management of desertification	
<b>Economic World</b>	
<b>Development Gap</b>	
KPI 1 What is development?	
KPI 2 Measuring development -social and economic measures	
KPI 3 Variations in levels of development	
KPI 4 Physical causes of uneven development	
KPI 5 Human causes of uneven development	
KPI 6 Consequences of uneven development	
KPI 7 The demographic transition model & population pyramids	
KPI 8 Reducing the development gap	
KPI 9 Reducing the development gap - Tourism example	
<b>Case Study -Economic Development in India</b>	
Location & importance of India	
Influences on India's development	
KPI 12 Role of Transnational Corporations in India (Coca Cola)	
KPI 13 Environmental impacts of economic development in India	
KPI 14 Aid & debt relief	
KPI 15 Effects of economic development in India	
<b>UK Economy</b>	
KPI 16 UK and the wider economy	
KPI 17 Cause of economic change in the UK economy	
KPI 18 Post industrial economies in the UK	
KPI 19 Science & Business Parks (Cambridge Science Park)	
KPI 20 Changes to the rural landscapes (areas of growth and decline)	
KPI 21 Transport improvements and their links to the UK economy	
KPI 22 North South Divide	
KPI 23 Environmental Impacts of Industry	

# History Revision Checklist

## Paper 1- Peoples Health 50 minutes

Topic + relevant section of Knowledge organiser	Tick
<b>People's Health 1250-2000</b>	
<b><i>Medieval health 1250-1500 Knowledge Organiser</i></b>	
Key features of Medieval society 1	
Life in the countryside 2	
Life in the Medieval town 3	
Responses to the Black Death 4	
Public health in Medieval towns and monasteries 5	
<b><i>The Early Modern period 1500-1750 Knowledge Organiser</i></b>	
Features of Early Modern society 6	
Changing living conditions 7	
Responses to the 'Great Plague' 8	
Local and National Government 9/10	
Key vocabulary	
<b><i>The Industrial period 1750-1900 Knowledge Organiser</i></b>	
Key features of Industrial society 11	
Changing living conditions 12	
Cholera 13	
Public Health Reforms 14	
Key vocabulary	
<b><i>Britain since 1900 - modern Knowledge Organiser</i></b>	
20th century changes 15	
Changing living conditions 16	
Responses to Spanish Flu 17	
Responses to AIDS 18	
Government involvement in Public health 19	
Key vocabulary	

## Paper 2- Viking Expansion 50 minutes

Topic + relevant section of Knowledge organiser	Tick
<b>Viking Expansion 750-1050</b>	
<b>Homelands</b>	
Vikings in Scandinavia - homelife, society, landscape etc 3/4/5/6/7/8	
Viking ships, seafaring and trade 9/10	
Viking beliefs and rituals 11	
<b>Volga Vikings</b>	
Trade and settlement in Russia (Rus) 15	
Trade with the Arab World (Abbasid) 16	
Trade with Constantinople and Byzantine Empire 17	
<b>Raiders and Invaders</b>	
Raiding in Britain, Ireland, Scottish Islands and France: Causes and nature 20/21	
Viking warfare: warships, warriors, tactics 22	
The 'Great Heathen Army' and the establishment of Danlaw 23	
<b>Settlers</b>	
Viking settlement in the British Isles and France 24/26/27/28/29/30	
Life in Jorvik 25	
Viking settlement across the Atlantic: Iceland, Greenland and North America 31-33	
<b>Kings</b>	
Harald Bluetooth, Jelling and the conversion to christianity 35	

Svein Forkbeard and his invasions in England 36	
Cnut's Anglo-Scandinavian Empire 37	

## RE Full Course Revision Checklist

Christian belief and practice	Revision book page number	Memory dump on the topic	Produce LSQs/ flashcard	Quizzed using LSQs/flashcards	Completed a 12 mark question on this topic
Nature of God	p12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trinity	p14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creation	p15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Life of Jesus - Incarnation	p16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Life of Jesus - crucifixion	p17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Life of Jesus- resurrection & ascension	p18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heaven and Hell	p21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sin and Salvation	p22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The role of Jesus in Salvation	p23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Christian practice</b>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prayer	p29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baptism	p30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Holy Communion	p31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pilgrimage	p33	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Christian festivals	p34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food banks	p35	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Street pastors	p36	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Church growth	p37	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The importance of the world wide church	p39	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Christian persecution	p40	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The churches responses to world poverty	p41	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Theme A - Religion and relationships	Revision book page number	Memory dump on the topic	Produce LSQs/ flashcard	Quizzed using LSQs/flashcards	Completed a 12 mark question on this topic
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Human sexuality	p84	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sex before and after marriage	p85	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contraception	p86	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marriage	p87	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Divorce and remarriage	p88	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nature of family	p89	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Purpose of families	p90	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Theme B Religion and life</b>	<b>Revision book page number</b>	<b>Memory dump on the topic</b>	<b>Produce LSQs/flashcard</b>	<b>Quizzed using LSQs/flashcards</b>	<b>Completed a 12 mark question on this topic</b>
Origin of the universe	p96	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The use and abuse of the environment	p97	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The origin on human life	p100	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The use and abuse of animals	p99	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Abortion	p101	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Euthanasia	p102	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Death and the afterlife	p103	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## RE Short Course All Year 10

Christian belief and practice	Revision book page number	Memory dump on the topic	Produce LSQs/ flashcard	Quizzed using LSQs/flashcards	Completed a 12 mark question on this topic
Nature of God	p12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trinity	p14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creation	p15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Life of Jesus - Incarnation	p16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Life of Jesus - crucifixion	p17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Theme A - Religion and relationships	Revision book page number	Memory dump on the topic	Produce LSQs/ flashcard	Quizzed using LSQs/flashcards	Completed a 12 mark question on this topic
Human sexuality	p84	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sex before and after marriage	p85	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contraception	p86	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marriage	p87	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Divorce and remarriage	p88	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nature of family	p89	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Purpose of families	p90	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## French Revision Checklist

Module	Knowledge Organiser (on Google classroom)	Produce LSQs/ flashcards	Memory dump on the topic	I have written sentences in the past, present and future tenses on the topic	I can use PALMW to describe a photo on this topic (Foundation Only)	I can use High-Level language to write about this topic (Higher Only)
<b>Theme 1:</b> Family and friends	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 1:</b> Social Media	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 1:</b> Free time (pocket money, sports, movie, T.V, shows + role models)	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 1:</b> Celebrations (pocket money, sports, movie, T.V, shows + role models)	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 2:</b> My local area	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 2:</b> Holidays, Travel and Tourism	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 3:</b> School life	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Spanish Revision Checklist

Module	Knowledge Organiser (on Google classrooms )	Produce LSQs/ flashcards	Memory dump on the topic	I have written sentences in the past, present and future tenses on the topic	I can use PALMW to describe a photo on this topic (Foundation Only)	I can use High-Level language to write about this topic (Higher Only)
<b>Theme 1:</b> Family and friends	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 1:</b> Social Media	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 1:</b> <b>Free time</b> (pocket money, sports, movie, T.V, shows + role models)	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 1:</b> <b>Celebrations</b> (pocket money, sports, movie, T.V, shows + role models)	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 2:</b> My local area	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 2:</b> Holidays, Travel and Tourism	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Theme 3:</b> School life	Quizlet/Resource book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Photography Revision Checklist

## Topic – Project 1- Natural forms

Artist	Artist Research	Contact sheet/ Step-by-step	Experimentation	Final outcome
Karl Blossfeldt				
Magazine Cover				
David Bailey				
Vogue cover				
Workshops				
Chosen photographer				
Final piece planning				

## Topic – Project 2- Chosen theme

Sketchbook page	
Mindmap	<input type="checkbox"/>
Intentions	<input type="checkbox"/>
Initial contact page	<input type="checkbox"/>
Initial edited outcome	<input type="checkbox"/>
Tim Marris Research page	<input type="checkbox"/>
Tim Marris Analysis	<input type="checkbox"/>
Pen tool	<input type="checkbox"/>
Ink and watercolour contact page	<input type="checkbox"/>
Textures contact page	<input type="checkbox"/>
Monoprint	<input type="checkbox"/>
Blending modes and backgrounds	<input type="checkbox"/>
Main images contact page	<input type="checkbox"/>
Threshold and negative line	<input type="checkbox"/>
Composition and adding shapes	<input type="checkbox"/>
Halftone	<input type="checkbox"/>

## Computer Science Revision Checklist

Paper 2 - Computational thinking, algorithms and programming	Google classroom unit and lesson.	Memory dump on the topic	Produce LSQs/ flashcard	Quizzed using LSQs/flashcards	Completed a 12 mark question on this topic
Sequence, selection and iteration	Unit 6 - All 6 lessons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pseudocode	Unit 6 - Lesson 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Computational thinking	Unit 6 Lesson 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flowcharts	Unit 6 lesson 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Casting	Python Basics unit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trace tables	Python unit 6 lesson 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Merge sort	Python unit 6 lesson 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Binary search Linear search	Python unit 6 lesson 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Program maintainability	Python Basics unit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Business Exam Revision Checklist

Possible Topics	Where to go for support with revising these topics?	This is a subject I need to work on	I am working on this but still need to improve	I am confident I know and am prepared for this topic
<ul style="list-style-type: none"> <li>1.1.1 The dynamic nature of business</li> </ul>	1.1.1 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.1.2 Risk and reward</li> </ul>	1.1.2 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.1.3 The role of business enterprise</li> </ul>	1.1.3 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.2.1 Customer needs</li> </ul>	1.2.1 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.2.2 Market research</li> </ul>	1.2.2 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.2.3 Market segmentation</li> </ul>	1.2.3 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.2.4 The competitive environment</li> </ul>	1.2.4 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.3.1 Business aims and objectives</li> </ul>	1.3.1 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.3.2 Business revenues, costs and profits</li> </ul>	1.3.2 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.3.3 Cash and cash-flow</li> </ul>	1.3.3 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.3.4 Sources of business finance</li> </ul>	1.3.4 Lessons & Topic Videos on Google Classroom			
<ul style="list-style-type: none"> <li>1.4.1 The options for start-up and small businesses</li> </ul>	1.4.1 Lessons & Topic Videos on Google Classroom			

• 1.4.2 Business location	1.4.2 Lessons & Topic Videos on Google Classroom			
• 1.4.3 The marketing mix	1.4.3 Lessons & Topic Videos on Google Classroom			
• 1.4.4 Business plans	1.4.4 Lessons & Topic Videos on Google Classroom			
• 1.5.1 Business stakeholders	1.5.1 Lessons & Topic Videos on Google Classroom			
• 1.5.2 Technology and business	1.5.2 Lessons & Topic Videos on Google Classroom			
• 1.5.3 Legislation and business	1.5.3 Lessons & Topic Videos on Google Classroom			
• 1.5.4 The economy and business	1.5.4 Lessons & Topic Videos on Google Classroom			
• 1.5.5 External influences	1.5.5 Lessons & Topic Videos on Google Classroom			

## Economics Revision Checklist

Topic	Revision book and page number	Memory dump completed	LSQ and flashcards created	Quizzing using LSQ and flashcards completed
<b>Paper 1 'How Markets Work', units: 1- 5 (all topics)</b> See your printed AQA Specification for additional details.				
<b>Unit 1 How Marks Work</b>				
Economic Activity	Google Classroom Economic Foundations Lessons & Videos.			

	How Markets Work Topic Notes Chapter 1.			
The Factors of Production	Google Classroom Economic Foundations Lessons & Videos. How Markets Work Topic Notes Chapter 1.			
Making Choices	Google Classroom Economic Foundations Lessons & Videos. How Markets Work Topic Notes Chapter 1.			
Markets & Allocation of Resources	Google Classroom Markets & Allocation of Resources Lessons & Videos. How Markets Work Topic Notes Chapter 2.			
Economic Sectors	Google Classroom Markets & Allocation of Resources Lessons & Videos. How Markets Work Topic Notes Chapter 2.			
Specialisation, Division of Labour & Exchange	Google Classroom Markets & Allocation of Resources Lessons & Videos. How Markets Work Topic Notes Chapter 2.			
Demand for goods & services	Google Classroom How Prices are Determined Lessons & Videos. How Markets			

	Work Topic Notes Chapter 3.			
Supply for goods & services	Google Classroom How Prices are Determined Lessons & Videos. How Markets Work Topic Notes Chapter 3.			
Equilibrium Price	Google Classroom How Prices are Determined Lessons & Videos. How Markets Work Topic Notes Chapter 3.			
Complementary and Substitute Goods	Google Classroom How Prices are Determined Lessons & Videos. How Markets Work Topic Notes Chapter 3.			
Price Elasticity of Demand	Google Classroom How Prices are Determined Lessons & Videos. How Markets Work Topic Notes Chapter 3.			
Price Elasticity of Supply	Google Classroom How Prices are Determined Lessons & Videos. How Markets Work Topic Notes Chapter 3.			
Cost, Revenue and profit	Google Classroom Production Costs, Revenues & Profit Lessons & Videos. How Markets Work Topic Notes Chapter 4.			



Production & Productivity	Google Classroom Production Costs, Revenues & Profit Lessons & Videos. How Markets Work Topic Notes Chapter 4.			
Economies/ diseconomies of scale	Google Classroom Production Costs, Revenues & Profit Lessons & Videos. How Markets Work Topic Notes Chapter 4.			
Market Structures	Google Classroom Competitive & Non-competitive Markets Lessons & Videos. How Markets Work Topic Notes Chapter 5.			
Competitive Markets	Google Classroom Competitive & Non-competitive Markets Lessons & Videos. How Markets Work Topic Notes Chapter 5.			
Non-competitive markets - monopoly/ oligopoly	Google Classroom Competitive & Non-competitive Markets Lessons & Videos. How Markets Work Topic Notes Chapter 5.			
The Labour Market	Google Classroom The Labour Market Lessons & Videos. How Markets Work Topic Notes Chapter 6.			
Market Failure	Google Classroom			

	Market Failure Lessons & Videos. How Markets Work Topic Notes Chapter 7.			
Merit/Demerit Goods	Google Classroom Market Failure Lessons & Videos. How Markets Work Topic Notes Chapter 7.			
Information Failure	Google Classroom Market Failure Lessons & Videos. How Markets Work Topic Notes Chapter 7.			
Public Goods	Google Classroom Market Failure Lessons & Videos. How Markets Work Topic Notes Chapter 7.			
Costs of Market Failure	Google Classroom Market Failure Lessons & Videos. How Markets Work Topic Notes Chapter 7.			
Government Interventions	Google Classroom Market Failure Lessons & Videos. How Markets Work Topic Notes Chapter 7.			
Externalities	Google Classroom Market Failure Lessons & Videos. How Markets Work Topic Notes Chapter 7.			
Private and Social Costs	Google Classroom Market Failure Lessons & Videos. How Markets			

	Work Topic Notes Chapter 7.			
Private and Social Benefits	Google Classroom Market Failure Lessons & Videos. How Markets Work Topic Notes Chapter 7.			

## GCSE Design & Technology Revision Checklist

Section	Subtopic (use lessons on google classrooms)	Memory dump completed	LSQ and flashcards created	Quizzing using LSQ and flashcards completed
<p>There will be no summer assessment in Design &amp; Technology as you will be starting your Non Examined Assessment (NEA) when you return after half term. You will however receive a QLA for the Hand Steady Game project that you have been working on based on the following:</p> <ul style="list-style-type: none"> <li>• Tools, materials and equipment (including computer aided manufacture CAM) have been consistently used or operated safely with a high level of skill and accuracy during the construction of your Hand Steady Game.</li> <li>• Quality control (QC) is evident in your work to ensure that your Hand Steady Game is accurately constructed.</li> <li>• Your Hand Steady Game is well made with a high level of finishing skills that are consistent and appropriate.</li> <li>• Your Hand Steady Game is high quality and fully functional and has the potential commercially viable.</li> </ul>				



# Art Checklist

## Topic – Identity Project

Tasks to be completed.	Where to go for support with revising these topics?	I have not completed this task.	I am working on this but still need to improve	I have completed this task.
Visual MindMap Identity	Google Classroom/ Working Lunches			
Feature Tonal Drawings (eyes, nose & mouth)	Google Classroom/ Working Lunches			
Beau Bernier Frank Analysis	Google Classroom/ Working Lunches			
Beau Bernier Frank Copy (wave man)	Google Classroom/ Working Lunches			
Beau Bernier Frank Own Interpretation	Google Classroom/ Working Lunches			
Belonging/ Social Injustice Pages	Google Classroom/ Working Lunches			
Barbara Kruger Research Page	Google Classroom/ Working Lunches			
Kruger/ Own Development	Google Classroom/ Working Lunches			
Collections Project should be fully completed, including final pieces.	QLA / POST-IT Notes Working Lunches			

## Hospitality and Catering

### Unit 2 - Hospitality and Catering in Action

Tasks to be completed.	Where to go for support with revising these topics?	I have not completed this task.	I am working on this but still need to improve	I have completed this task.
Practical: Filled Ravioli, Smooth Tomato Sauce, Basil and a Tomato Rose served with a side of Picture Focaccia Bread (3 hours)	Recipe sheets can be obtained from Mrs. Watts in advance for students to practise at home. These recipes will also be discussed in class and the recipes placed upon Google Classroom.			
Written Evaluation of the Production of the Dish Written Evaluation of Your Performance throughout the practical (2 hours)	Unit 2 Notebook contains your evaluation notes. These notes will be allowed in the assessment.			

## GCSE PE Revision Checklist

Topic Area	Learners must: (use resources on google classrooms as well as revision pack handed out to help with revision)	Memory dump completed	LSQ and flashcards created	Quizzing using LSQ and flashcards completed	
1.1.a. The structure and function of the Skeletal system	Know the location of all major bones in the human body				
	Know the 6 functions of the skeletal system and be able to provide examples to each				
	*Location of major bones  Functions of the skeleton  *Types of synovial joint	Know the definition of a synovial joint. Know the following hinge joints: <ul style="list-style-type: none"> <li>• knee – articulating bones – femur, tibia</li> <li>• elbow – articulating bones – humerus, radius, ulna</li> </ul> Know the following ball and socket joints: <ul style="list-style-type: none"> <li>• shoulder – articulating bones – humerus, scapula</li> <li>• hip – articulating bones – pelvis, femur</li> </ul>			
	*Types of movement at hinge joints and ball and socket joints  *Other components of joints	Know the types of movement at hinge joints and be able to apply them to examples from physical activity/sport: <ul style="list-style-type: none"> <li>• flexion • extension</li> </ul> Know the types of movement at ball and socket joints and be able to apply them to examples from physical activity/sport: <ul style="list-style-type: none"> <li>• flexion • extension • rotation • abduction</li> <li>• adduction • circumduction.</li> </ul>			
		know the roles of: <ul style="list-style-type: none"> <li>• ligament • cartilage • tendons.</li> </ul>			
1.1.b. The structure and function of the Muscular system	Know the name and location of the major muscles in the human body and be able to apply their use to examples in sport				
	*Location of major muscle groups  *The role of muscles in movement	Know the definitions and roles of the following and be able to apply them to examples from physical activity/sport: <ul style="list-style-type: none"> <li>• agonist • antagonist • fixator – antagonist muscle action.</li> </ul>			

1.1.c. Movement analysis	Know the 3 classes of lever and their use in physical activity and sport				
	*Level systems	Define mechanical advantage			
	*Planes and movement and axes of rotation	Know the location of the planes of movement in the body and their application to physical activity and sport: • frontal • transverse • sagittal			
		Know the location of the axes of rotation in the body and their application to physical activity and sport: • frontal • transverse • longitudinal.			
1.1.d. The Cardiovascular and respiratory systems	Know the double-circulatory system (systemic and pulmonary)				
	Understand the pathway of blood through the heart				
	*Structure and function of the cardiovascular system	Know the definitions of: • heart rate • stroke volume • cardiac output			
		Know the role of red blood cells.			
	*Structure and function of the respiratory system	Understand the pathway of air through the respiratory system			
		Know the role of respiratory muscles in breathing			
	*Aerobic and anaerobic exercise	Know the definitions of: • breathing rate • tidal volume • minute ventilation			
		Understand about alveoli as the site of gas exchange			
		Know the definitions of: • aerobic exercise • anaerobic exercise			
	Be able to apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.				
1.1.e. Effects of exercise on body systems	Understand the short-term effects of exercise on: • muscle temperature • heart rate, stroke volume, cardiac output • redistribution of blood flow during exercise				



*Short-term effects of exercise)	<ul style="list-style-type: none"> <li>• respiratory rate, tidal volume, minute ventilation</li> <li>• oxygen to the working muscles</li> </ul>				
*Long-term (training) effects of exercise	<p>Understand the long-term effects of exercise on:</p> <ul style="list-style-type: none"> <li>• bone density</li> <li>• hypertrophy of muscle</li> <li>• muscular strength</li> <li>• muscular endurance</li> <li>• resistance to fatigue</li> <li>• hypertrophy of the heart</li> <li>• resting heart rate and resting stroke volume</li> <li>• cardiac output</li> <li>• rate of recovery</li> <li>• aerobic capacity</li> <li>• respiratory muscles</li> <li>• tidal volume and minute volume during exercise</li> <li>• capillarisation</li> </ul>				
	<p>Be able to apply the effects to examples from physical activity/ sport</p>				
	<p>Be able to collect and use data relating to long-term effects of exercise.</p>				
	1.2.a. Components of fitness	<p>Know the 10 components of fitness, be able to provide sporting examples for each and a suitable fitness test used to measure each</p>			
*Fitness testing	1.2.b. Applying the principles of training	<p>Know the following definitions of principles of training and be able to apply them to personal exercise/training programmes:</p> <ul style="list-style-type: none"> <li>• specificity</li> <li>• overload</li> <li>• progression</li> <li>• reversibility.</li> </ul>			
	*Principle of training	<p>Know the definition of the elements of FITT (Frequency, Intensity, Time, Type) and be able to apply these elements to personal exercise/training programmes</p>			
	*Optimising training	<p>Know different types of training, definitions and examples of:</p> <ul style="list-style-type: none"> <li>• continuous</li> <li>• fartlek</li> <li>• interval (circuit training, weight training, plyometrics, HIIT (High Intensity Interval Training).</li> </ul>			
		<p>Understand the key components of a warm up and be able to apply examples:</p> <ul style="list-style-type: none"> <li>• pulse raising</li> <li>• mobility</li> <li>• stretching</li> <li>• dynamic movements</li> <li>• skill rehearsal and know the physical benefits of a warming up</li> </ul>			
		<p>Understand the key components of a cool down and be able to apply examples:</p> <ul style="list-style-type: none"> <li>• low intensity exercise</li> <li>• stretching and</li> </ul>			

	know the physical benefits of cooling down			
1.2.c. Preventing injury in physical activity and training	Understand how the risk of injury in physical activity and sport can be minimised and know potential hazards in a range of physical activity and sport settings			