

Lesson	Know	Apply	Extend
1.1.1 Introduction to forces	I can describe what forces do. <input type="checkbox"/>		
	I can define what is meant by 'contact force', 'non-contact force', and 'newton'. <input type="checkbox"/>	I can categorise everyday forces as being 'contact' or 'non-contact' forces. <input type="checkbox"/>	I can explain the link between non-contact forces, contact forces, and interaction pairs. <input type="checkbox"/>
	I can use a newtonmeter to make predictions about sizes of forces. <input type="checkbox"/>	I can make predictions about forces in familiar situations. <input type="checkbox"/>	I can make predictions about pairs of forces acting in unfamiliar situations. <input type="checkbox"/>
		I can identify interaction pairs in simple situations. <input type="checkbox"/>	I can identify interaction pairs in complex situations. <input type="checkbox"/>
		I can describe what the term 'interaction pair' means. <input type="checkbox"/>	
1.1.2 Balanced and unbalanced forces	I can identify familiar situations involving balanced and unbalanced forces. <input type="checkbox"/>	I can describe the difference between balanced and unbalanced forces. <input type="checkbox"/>	I can explain the difference between balanced and unbalanced forces. <input type="checkbox"/>
	I can define the term 'equilibrium'. <input type="checkbox"/>	I can describe situations that are in equilibrium. <input type="checkbox"/>	I can describe a range of situations that are in equilibrium. <input type="checkbox"/>
	I can define the term 'resultant force'. <input type="checkbox"/>	I can calculate resultant forces. <input type="checkbox"/>	I can describe the link between the resultant force and the motion of an object. <input type="checkbox"/>
	I can identify when the speed or direction of motion of an object changes. <input type="checkbox"/>	I can explain why the speed or direction of motion of an object can change. <input type="checkbox"/>	I can use force arrows to explain why the speed or direction of motion of objects can change. <input type="checkbox"/>
	I can present my observations in a table, with help. <input type="checkbox"/>	I can present my observations in a table, including force arrow drawings. <input type="checkbox"/>	I can predict and present changes in observations for unfamiliar situations. <input type="checkbox"/>
1.1.3 Speed	I can state the equation for speed. <input type="checkbox"/>	I can calculate speed using the speed equation. <input type="checkbox"/>	I can use the speed equation to explain unfamiliar situations. <input type="checkbox"/>

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1.1 Speed

Activate
for AQA

Lesson	Know	Apply	Extend
	I can define what is meant by relative motion. <input type="checkbox"/>	I can describe relative motion. <input type="checkbox"/>	I can describe and explain how a moving object appears to a stationary observer and to a moving observer. <input type="checkbox"/>
	I can use appropriate techniques and equipment to measure time and distance in practical experiments. <input type="checkbox"/>	I can choose equipment to make appropriate measurements of time and distance in order to calculate speed. <input type="checkbox"/>	I can choose equipment to obtain data for speed calculations and justify my choices based on their accuracy and precision. <input type="checkbox"/>
1.1.4 Distance-time graphs	I can describe what a distance-time graph shows. <input type="checkbox"/>	I can interpret distance-time graphs. <input type="checkbox"/>	I can draw distance-time graphs for a range of journeys. <input type="checkbox"/>
	I can use a distance-time graph to describe a journey qualitatively (without making calculations). <input type="checkbox"/>	I can calculate speed from a distance-time graph. <input type="checkbox"/>	I can analyse journeys using distance-time graphs. <input type="checkbox"/>
	I can present data given on a distance-time graph with support. <input type="checkbox"/>	I can plot data on a distance-time graph accurately. <input type="checkbox"/>	I can manipulate data to present on a distance-time graph. <input type="checkbox"/>