



# CAMBRIDGE HOUSE GRAMMAR SCHOOL REVISION CHECKLIST

## YEAR 10: BIOLOGY

### Summer 2026

Your Summer Examination will assess your knowledge and understanding of the topics listed (below).

Use this checklist to help you with your revision and identify any gaps in your knowledge.

I can:	✓	✗
1. Explain the 7 life processes that all living organisms carry out.		
2. Know that all organisms are made of cells		
3. Identify structures found in animal and plants cells and state their functions		
4. State the differences between animal and plant cells		
5. Give examples of tissues and organs and know the difference between them		
6. Be able to label the parts of a microscope		
7. Be able to describe how to make a slide of onion epidermis		
8. Be able to view the slide using a microscope at low & high power		
9. State that chromosomes in the nucleus of a cell are made of DNA and that genes are short pieces of a chromosome.		
10. Know that genes code for our characteristics		
11. Variation is caused by genes and/or the environment		
12. Know the difference between continuous and discontinuous variation		
13. Be able to measure characteristics that show continuous variation eg height and draw a histogram of the data		
14. Be able to measure characteristics that show discontinuous variation eg tongue rolling and draw a bar chart of the data		
15. State the word equation for aerobic respiration		
16. List the uses of energy by living organisms		
17. Label a diagram of the respiratory system		
18. Explain the term gas exchange		
19. Explain that gases <i>diffuse</i> into & out of the alveoli		
20. List 4 adaptations of the alveoli for gas exchange		



# CAMBRIDGE HOUSE GRAMMAR SCHOOL REVISION CHECKLIST

## YEAR 10: BIOLOGY

21. Explain how we breathe in and out		
22. Compare the composition of inhaled and exhaled air and explain any differences		
23. Carry out an experiment to compare the carbon dioxide concentration of inhaled and exhaled air		
24. Explain the harmful effects of nicotine, tar, carbon monoxide and passive smoking on health		
25. Appreciate why we need food		
26. Name seven food groups, their functions and examples of sources		
27. Test foods for starch, sugar, protein and fat.		
28. Recall the reagents used.		
29. Appreciate the difference in energy content of crisps.		
30. Determine loss of energy in the experiment		
31. Understand the term a balanced diet.		
32. Appreciate energy requirements for different people.		
33. Understand the process of digestion.		
34. Appreciate what occurs in each part of the digestive system.		
35. Know the function & main parts of the circulatory system		
36. List the components of blood & their functions		
37. Examine blood samples through the microscope		
38. Learn the structure of the heart		
39. Learn the vessels which connect to the heart		
40. Describe blood flow through the heart		
41. List the 3 types of blood vessel		
42. Explain their structure & function		
43. Explain the structure & function of internal structures in the heart		
44. Learn the causes & effects of coronary heart disease		



# CAMBRIDGE HOUSE GRAMMAR SCHOOL REVISION CHECKLIST

## YEAR 10: BIOLOGY