



Year 9 Science REVISION CHECKLIST. Winter

As you begin your revision, complete this honestly to help you see where your priorities should lie for your revision. The target is eventually to get all your ticks in the left hand column.

I CAN:		
Identify the three states of matter		
Identify the different properties of solids, liquids and gases		
Draw diagrams to illustrate the arrangement of particles in the three states		
Explain what happens to the particles during a change of state		
Identify diffusion		
Explain what diffusion is		
State what causes Friction.		
State the direction in which Friction acts.		
State the definition of Friction.		
Draw Friction force arrows onto diagrams to show the direction of Friction.		
Identify situations when Friction is helpful or a nuisance.		
Identify ways of reducing Friction.		
Identify ways of increasing friction.		
Describe how a change in situation can increase the Friction.		
Draw arrows to represent the size and direction of forces.		
Identify when forces are balanced and unbalanced.		
State what happens to an object when acted on by balanced Forces.		
State what happens to an object when acted on by unbalanced forces.		
State Newton's First Law		
State the equation between Average Speed, distance travelled and time taken.		
Use the equation between Average Speed, distance travelled and time taken to carry out calculations.		
State the units of Speed.		
Interpret a Distance – time graph.		
Draw a distance – time graph from information given.		
Use information from a Distance – time Graph to calculate speed.		
Use a Distance – time graph to describe an objects journey.		

State the definition of Thinking Distance.		
State the definition of Braking Distance.		
State how to calculate the total stopping distance.		
Write down how total stopping distance can be increased.		
Interpret a thinking distance/braking distance chart.		
Know how to make a healthy food choice		
Know the seven nutrients necessary for good health		
Know what the work of a dietician involves		
Know how to investigate the nutrients in food		
Recall the tests for starch and sugar		
Recall the test for protein and the test for fats		
Know the structures and functions of the digestive system		
Investigate enzyme activity		
Understand that enzymes help the digestion of food		
Know how to measure the energy content of food		
Understand that people and the media can influence food choices		