

MECHANICS

SCIENCE

LEVEL 1

Study Checklist

If you've picked up this checklist, congrats! You've begun the first step in a system of resources designed to help you through the Mechanics external. To make the most of this, we suggest you sit down, grab a pen, and mark any points that you're feeling a little unsure of. Then, create a subject audit using our template, or refer to the page numbers to find the section in our walkthrough guide to help you out!

MOTION

- I can define and calculate velocity [5]
- I can define and calculate acceleration [8]
- I can draw and interpret distance-time graphs [10]
- I can draw and interpret velocity time graphs [11]

FORCE

- I can define what a force is [13]
- I can draw the forces acting on an object given a situation [14]
- I know the difference between mass and weight [16]
- I can describe and explain the differences in motion when the forces acting on an object are balanced - compared to unbalanced. [16]
- I can define and calculate work [19]
- I can define and calculate power [20]
- I can define and calculate pressure [21]

ENERGY

- I can define what energy is [24]
- I can define and calculate kinetic energy [24]
- I can define and calculate gravitational potential energy [25]
- I can define the term "conservation of energy" [27]
- I can describe and explain energy changes in an object as it falls [28]

