



Use this alongside our Walkthrough guides to tick off the concepts you're confident with to plan your study and find areas of improvement!

## Motion

- I can define and calculate **velocity**
- I can define and calculate **acceleration**
- I can draw and interpret distance-time graphs
- I can draw and interpret velocity-time graphs

## Force

- I can define **force**
- I can draw the forces acting on an object in context
- I know the difference between **mass** and **weight**
- I can describe and explain the differences in motion when acting on an object are balanced or unbalanced
- I can define and explain **work**
- I can describe and explain **pressure**
- I can describe and explain **power**

## Energy

- I can define **energy**
- I can define and explain **kinetic energy**
- I can define and calculate **gravitational potential energy**
- I can explain the **conservation of energy** principle
- I can describe and explain changes in energy as an object falls