

## Personalised Learning Checklist

Subject: Science

Year group: 7



Dear Student,

During the academy closure you have been set a number of tasks. The list below is the learning you should have completed. Your teacher will use the list to check your progress during this time. It may be used for short quizzes, mini assessments or homework. Where there are gaps your lessons will focus on improving your knowledge and understanding.

### Forces

	Objective	My personal RAG rating (Red- do not understand, Amber- some understanding, Green- I am confident)			Teacher RAG rating
Forces	> Forces are pushes or pulls. Force is measured in Newtons (N)	RED	AMBER	GREEN	
	> Friction, air resistance and water resistance are contact forces	RED	AMBER	GREEN	
	> Forces exist when objects interact - this produces an interaction pair	RED	AMBER	GREEN	
Balanced and Unbalanced Forces	> If forces are not balanced the object will speed up, slow down or change direction	RED	AMBER	GREEN	
	> When the resultant force on an object is 0, it does not move or remains at a constant speed in a straight line.	RED	AMBER	GREEN	
	> You can draw a force diagram to show the forces acting on an object and label their size (length or thickness of the arrow) and direction with Newtons	RED	AMBER	GREEN	
Friction	> Friction is a contact force	RED	AMBER	GREEN	
	> Friction can be reduced by lubrication. Air resistance and water resistance can be reduced by streamlining	RED	AMBER	GREEN	
	> Drag/frictional forces slow down falling or accelerating objects	RED	AMBER	GREEN	