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| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| I know the laws of motion |  |  |  |
| I can describe and apply the laws of newton. |  |  |  |
| Velocity, Force, Mass, Acceleration.  |  |  |  |
| The equations to calculate VAMF. |  |  |  |
| I understand what a force can do. |  |  |  |
| Vertical and horizontal forces are affected by several things. What are they? |  |  |  |
| Can you describe the factors that affect friction and air resistance? |  |  |  |
| Apply the forces of vertical and horizontal to motion. |  |  |  |
| I know how centre of mass can be manipulated to aid performance. |  |  |  |
| I know the difference between a 1/2/3 class lever |  |  |  |

1. Complete the analysis questions on page 6 of the booklet. (Mon)
2. Complete the fill in the blanks on page 7 (Mon)
3. Complete notes on levers (Mon/tue) describe a 1/2/3 class lever.
4. Complete exam question sheet (mon)