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| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| I know the calculations and definitions of the principles of linear motion. |  |  |  |
| I know what angular motion is. I know how angular motion is created. ( I know what an eccentric force is). |  |  |  |
| I know the axis of rotation |  |  |  |
| I know how to calculate angular displacement 0/ angular velocity. (w) |  |  |  |
| I know how to create angular velocity. (w) |  |  |  |
| I know what a moment of inertia is and what impacts the MI. I know this represents **MI (kgm2)** = **∑m (kg)** x **r2 (m2)** |  |  |  |
| I know the relationship between MI and w.  |  |  |  |
| I know what Angular Momentum (kgm2 rad/s) = moment of inertia (kgm2) x angular velocity (rad/s) |  |  |  |
| I know how angular momentum is created |  |  |  |
| I know what Angular Analogue of Newton’s First Law is. |  |  |  |
| I know what affects the MI |  |  |  |
| I know how to draw a free body diagram of a parabolic and non-parabolic flight path |  |  |  |
| I know how to draw a parallelogram of force and resultant force. |  |  |  |

A level Y2 task Sheet 3

1. Complete revision for the respiratory system (Mon)
2. Complete revision of all elements of biomechanics (Mon)
3. Prepare notes on Berrolini Principle Tue/Wed
4. Prepare notes on Magnum force Thur/ Fri