

Year 10 Personal Learning Checklist:

September to December

Unit	Teacher Taught	Secure understanding	Need for revision
Names of muscles			
Names of bones			
Types of bones			
Functions of the skeleton			
Joints			
Functions of muscles/ movements			
Muscle contraction			
Planes of movement			
Axis			
Levers 1 st , 2 nd 3 rd			

Target Theory grade	Current Theory grade	Levels of progress
Teacher/Pupil comment on how I will make this grade:		

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Year 10 Personal Learning Checklist:

December-February

Unit	Teacher Taught	Secure understanding	Need for revision
Parts of the respiratory system			
Gaseous Exchange			
Pathway of air			
Lung volumes (Spirometer)			
Capillaries, Arteries, Veins			
Heart Structure			
Cardiac Cycle			
Cardiac Output			
Aerobic Equation			
Anaerobic Equation			

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