

Name _____

Teacher _____

- ✓ I am confident that I understand this and I can apply this to problems
 ? I have some understanding but I need to revise this some more
 ✗ I don't know this or I need help because I don't understand it

National 4 outcomes are in lighter font.

National 5 outcomes are in bold

1.1 Motion	Covered (✓)	How well can you do this?
1. What is meant by the term speed?		x ? ✓
2. Can I carry out calculations involving the relationship between distance, time and average speed ($d=vt$)?		x ? ✓
3. Can I describe how to measure an average speed?		x ? ✓
4. Can I describe how to measure an instantaneous speed?		x ? ✓
5. Can I calculate the instantaneous speed of an object?		x ? ✓
6. Can I describe one example where the average speed of an object is measured in everyday life?		x ? ✓
7. Can I describe one example where the instantaneous speed of an object is measured in everyday life?		x ? ✓

	Covered (✓)	How well can you do this?
8. Can I identify situations where average speed and instantaneous speed are different?		x ? ✓
9. What is meant by a scalar quantity?		x ? ✓
10. What is meant by a vector quantity?		x ? ✓
11. Can I identify the scalar and vector quantities from the following? Force, speed, velocity, distance, displacement, mass, time and energy.		x ? ✓
12. What is the difference between distance and displacement?		x ? ✓
13. What is the difference between speed and velocity?		x ? ✓
14. Can I calculate the resultant of two vectors in: a) a straight line b) at right angles?		x ? ✓
15. Can I carry out calculations involving the relationship between displacement, time and average velocity ($s=vt$)?		x ? ✓
16. What is meant by the term acceleration?		x ? ✓
17. Can I carry out calculations involving the relationship between initial velocity, final velocity, time and uniform (constant) acceleration?		x ? ✓

	Covered (✓)	How well can you do this?
18. From a speed-time graph, can I identify when an object has: a) increasing speed; b) decreasing speed; c) constant speed?		x ? ✓
19. From a speed-time graph can I calculate the distance travelled by an object?		x ? ✓
20. Can I plot a velocity-time graph given a set of data?		x ? ✓
21. From a velocity-time graph can I identify when an object has: a) increasing velocity b) decreasing velocity c) constant velocity?		x ? ✓
22. From a velocity–time graph involving more than one constant acceleration, can I calculate the acceleration of an object?		x ? ✓
23. From a velocity–time graph involving more than one constant acceleration, can you calculate the displacement of an object?		x ? ✓

1.2 Forces	Covered (✓)	How well can you do this?
1. When a force is applied to an object, what effect will it have on it? (i.e. what will it change?)		x ? ✓
2. Can I describe how to measure a force using a Newton Balance?		x ? ✓
3. Can I define the Newton?		x ? ✓
4. Is force a vector or a scalar quantity?		x ? ✓
5. In which direction does friction act in relation to the motion of an object?		x ? ✓
6. Can I describe and explain situations in which attempts are made to increase or decrease the force of friction?		x ? ✓
7. What is meant by the term balanced forces?		x ? ✓
8. Can I use free body diagrams to analyse the forces on an object?		x ? ✓
9. What is meant by the resultant of a number of forces?		x ? ✓
10. Can I explain how an object travels at a constant speed? (Think of Newton's first law of motion and frictional forces)		x ? ✓

	Covered (✓)	How well can you do this?
11. Can I apply Newton's first law of motion to explain constant velocity?		x ? ✓
12. Can I predict what will happen to the acceleration of an object if only the mass changes?		x ? ✓
13. Can I predict what will happen to the acceleration of an object if only the force changes?		x ? ✓
14. Can I use the equation $F=ma$ when only one force is acting?		x ? ✓
15. Can I use the equation $F=ma$ when more than one force is acting?		x ? ✓
16. Can I use Newton's laws to explain: a) the motion of an object during free-fall and b) why it reaches terminal velocity?		x ? ✓
17. What is work done a measure of?		x ? ✓
18. Can I carry out calculations involving the relationships between Work done, force and displacement ($E_w = F s$)?		x ? ✓

	Covered (✓)	How well can you do this?
19. What is weight an example of?		x ? ✓
20. What does weight mean?		x ? ✓
21. Do I know the difference between weight and mass and what is the unit of each quantity?		x ? ✓
22. Can I explain what is meant by gravitational field strength?		x ? ✓
23. Can I carry out calculations involving the relationship between weight, mass and gravitational field strength including situations where g is not equal to 10 Nkg^{-1} .		x ? ✓
24. Can I carry out calculations involving the relationship between weight, mass and gravitational field strength during interplanetary rocket flight?		x ? ✓
25. Can I state Newton's 3 rd law of motion?		x ? ✓
26. Can I apply Newton's 3 rd law of motion to explain motion resulting from a 'reaction' force?		x ? ✓

1.3 Satellites and Projectiles	Covered (✓)	How well can you do this?
1. What is meant by the period of a satellite?		x ? ✓
2. How does the period of a satellite depend on the height of its orbit?		x ? ✓
3. How does the height of orbit of a geostationary satellite compare with other satellites?		x ? ✓
4. At what speed do radio (or microwave) signals travel during satellite communication?		x ? ✓
5. Can I use the relationship between distance, speed and time when applied to satellite communications?		x ? ✓
6. Can I name at least 3 applications of satellites?		x ? ✓
7. Can I describe how parabolic (curved) reflectors are used in satellite communication to: a) transmit and b) receive signals?		x ? ✓
8. Can I explain how satellites have developed our understanding of the global impacts of our actions?		x ? ✓
9. How can a satellite be used to monitor environmental changes on the Earth?		x ? ✓

	Covered (✓)	How well can you do this?
10. Can I explain how projectile motion can be treated as two independent motions?		x ? ✓
11. Can I carry out calculations of projectile motion using: a) appropriate formulae; b) graphs?		x ? ✓
12. Can I explain how a satellite orbits in terms of projectile motion?		x ? ✓

1.4 Cosmology	Covered (✓)	How well can you do this?
1. What is a star?		x ? ✓
2. What is a planet?		x ? ✓
3. What is a moon?		x ? ✓
4. What is a solar system?		x ? ✓
5. What is a galaxy?		x ? ✓
6. What is an exo-planet?		x ? ✓
7. What is the universe?		x ? ✓
8. What does a light year measure?		x ? ✓
9. How many metres are in 1 light year?		x ? ✓
10. Can I calculate the number of metres in 1 light year?		x ? ✓

	Covered (✓)	How well can you do this?
11. What is the distance in light years from the Earth to: a) The Sun; b) The next nearest star; c) The next galaxy; d) The edge of the known universe?		x ? ✓
12. What conditions are required for an exo – planet to sustain life?		x ? ✓
13. What is the name of the theory of the origin of the universe?		x ? ✓
14. Can I describe what happened when the universe began?		x ? ✓
15. What evidence is there to support the hot big bang model of the universe?		x ? ✓
16. How old do we think the universe is? What evidence is there to suggest the age of the universe?		x ? ✓
17. Do I know that radiation from space is received in a variety of forms?		x ? ✓
18. What is the electromagnetic spectrum		x ? ✓
19. What do all the waves in the electromagnetic spectrum have in common?		x ? ✓

	Covered (✓)	How well can you do this?
20. Can I list the waves of the electromagnetic spectrum in order of a) frequency; b) wavelength?		x ? ✓
21. Can I name an example of a detector for each of the waves in the electromagnetic spectrum?		x ? ✓
22. Why have astronomers developed telescopes to detect different parts of the electromagnetic spectrum?		x ? ✓
23. What information have astronomers obtained from using these telescopes?		x ? ✓
24. Can I identify a continuous spectrum from a picture?		x ? ✓
25. Can I identify a line emission spectrum from a picture?		x ? ✓
26. Can I use line spectra to identify the elements present in stars?		x ? ✓

1.5 Space Exploration	Covered (✓)	How well can you do this?
1. What have we learned about planet Earth as a result of space exploration?		x ? ✓
2. What have we learned about the Universe as a result of space exploration?		x ? ✓
3. How has our model of the universe changed over time?		x ? ✓
4. What evidence is there to support our understanding of the universe now?		x ? ✓
5. Can I apply Newton's Second Law ($F=ma$) to describe the motion and the forces acting on a space rocket during: a) launch b) motion in space and c) landing?		x ? ✓
6. Can I list at least 4 technologies that were developed as a result of space exploration?		x ? ✓
7. Can I describe how some of the technologies developed as a result of space exploration impact on our everyday lives?		x ? ✓

	Covered (✓)	How well can you do this?
8. Can I list some of the benefits associated with space exploration?		x ? ✓
Section on Specific Heat Capacity will be covered in S4 Electricity & Energy Unit		
9. What are the challenges faced by a space craft when re-entering a planet's atmosphere?		x ? ✓
10. Can I identify which materials could be used on the thermal protection system on a space craft to protect it on re-entry and state why they should be used?		x ? ✓
11. Can I describe the need for thermal protection systems to protect spacecraft during re – entry?		x ? ✓
12. Can I describe the challenges of re – entry to the Earth's atmosphere?		x ? ✓
13. Can I list some of the risks associated with space exploration?		x ? ✓