



CP7 Energy — forces doing work

Personal learning checklist | 1 of 1

GCSE Edexcel Combined Science | Physics Paper 2

Name _____ Class _____ Date _____

Tick one box for each statement. Red: need help. Amber: partly confident.
Green: can do independently.

I can	Red	Amber	Green
Mechanical work			
Explain work as energy transfer, calculate force-distance work and use displacement in the force direction.	☐	☐	☐
Explain zero work for stationary objects or perpendicular forces and describe practical work measurements.	☐	☐	☐
Explain frictional work and distinguish useful braking from unwanted heating.	☐	☐	☐
Stores and conservation			
Describe changing stores and transfer pathways in lifting, falling and electrical equipment.	☐	☐	☐
Explain conservation and dissipation and balance quantitative energy-flow diagrams.	☐	☐	☐
Mechanical energy calculations			
Calculate gravitational and kinetic energy changes and rearrange for height, mass or speed.	☐	☐	☐
Apply energy conservation to falling and lifting, including vertical height and drag losses.	☐	☐	☐
Explain mass and squared-speed effects and relate braking work to initial kinetic energy.	☐	☐	☐
Power investigations			
Calculate and rearrange power, energy and time, using watts and consistent units.	☐	☐	☐
Describe stair-climbing or lifting power measurements and distinguish useful power from total input.	☐	☐	☐
Efficiency			
Calculate energy or power efficiency and rearrange for useful output or input.	☐	☐	☐
Explain task-dependent useful transfers and methods of reducing unwanted energy transfers.	☐	☐	☐

My next revision priority _____