



SB2 Cells and control

Personal learning checklist | 1 of 2

GCSE Edexcel Separate Sciences | Biology Paper 1

Name _____ Class _____ Date _____

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

I can	Red	Amber	Green
Cell division			
Describe the cell cycle, including DNA copying, mitosis and cytokinesis.	☐	☐	☐
Describe the stages of mitosis and explain chromosome separation.	☐	☐	☐
Explain why mitosis produces genetically identical diploid cells for growth, repair and asexual reproduction.	☐	☐	☐
Explain how uncontrolled cell division can lead to cancer and tumours.	☐	☐	☐
Growth and plant cells			
Compare animal growth with plant cell division, elongation and differentiation.	☐	☐	☐
Calculate percentage growth and interpret growth trends and percentile charts.	☐	☐	☐
Explain the role of root and shoot meristems in continued plant growth.	☐	☐	☐
Link root hair and xylem cell structures to absorption and transport.	☐	☐	☐
Stem cells			
Explain differentiation and compare embryonic and adult stem cell potential.	☐	☐	☐
Evaluate stem cell treatments using benefits, medical risks and ethical concerns.	☐	☐	☐

My next revision priority _____



SB2 Cells and control

Personal learning checklist | 2 of 2

GCSE Edexcel Separate Sciences | Biology Paper 1

Name _____ Class _____ Date _____

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

I can	Red	Amber	Green
Nervous coordination			
Identify the CNS and explain the roles of receptors, sensory, relay and motor neurones, and effectors.	☐	☐	☐
Link neurone structures, including axons and myelin, to rapid impulse transmission.	☐	☐	☐
Explain chemical transmission across synapses and why signals travel in one direction.	☐	☐	☐
Reflexes and reaction time			
Trace a spinal reflex arc and explain its rapid protective response.	☐	☐	☐
Distinguish voluntary reaction time from reflex responses and nerve conduction speed.	☐	☐	☐
Plan a fair ruler-drop investigation and interpret repeated results.	☐	☐	☐
Brain structure and investigation			
Relate cerebral hemispheres, cerebellum and medulla to their functions.	☐	☐	☐
Compare CT and PET evidence and explain difficulties investigating the brain (Higher).	☐	☐	☐
Explain difficulties treating brain tumours and spinal injuries (Higher).	☐	☐	☐
Vision			
Explain eye structures, pupil control and the roles of rods and cones.	☐	☐	☐
Explain accommodation using ciliary muscles, ligaments and lens shape.	☐	☐	☐
Explain short- and long-sightedness and their correction with lenses.	☐	☐	☐
Describe cataracts and colour blindness, including suitable treatment and limitations.	☐	☐	☐

My next revision priority _____