



SP1 Motion

Personal learning checklist | 1 of 1

GCSE Edexcel Separate Sciences | Physics 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
Quantities and units			
Distinguish scalars from vectors, including distance/displacement and speed/velocity.	☐	☐	☐
Use SI units, prefixes, conversions, significant figures and standard form appropriately.	☐	☐	☐
Measuring speed			
Calculate and rearrange average speed, distance and time, distinguishing average velocity.	☐	☐	☐
Describe stopwatch and light-gate speed methods, controls, repeats and timing uncertainties.	☐	☐	☐
Recall reasonable everyday speeds and use estimates to check calculated values.	☐	☐	☐
Interpret distance-time graphs and calculate speed from gradients.	☐	☐	☐
Acceleration			
Calculate signed acceleration from velocity change and time, including slowing down.	☐	☐	☐
Use free-fall acceleration and explain the negligible-air-resistance assumption.	☐	☐	☐
Use the constant-acceleration equation linking squared velocities, acceleration and displacement.	☐	☐	☐
Explain constant-speed circular acceleration through changing velocity direction (Higher).	☐	☐	☐
Velocity-time graphs			
Interpret velocity-time graphs and calculate acceleration from uniform gradients.	☐	☐	☐
Calculate distance and displacement from graph areas, including triangular regions and direction changes.	☐	☐	☐

My next revision priority _____