

Lesson	Improving	Secure	Advanced and Extending
P1 1.1 Introduction to forces	I can identify some forces acting on objects in everyday situations. <input type="checkbox"/>	I can explain what forces do. <input type="checkbox"/>	I can explain the difference between contact and non-contact forces. <input type="checkbox"/>
	I can identify an interaction pair. <input type="checkbox"/>	I can describe what is meant by an interaction pair. <input type="checkbox"/>	I can explain which pairs of forces are acting on an object. <input type="checkbox"/>
P1 1.2 Squashing and stretching	I can state an example of a force deforming an object. <input type="checkbox"/>	I can describe how forces deform objects. <input type="checkbox"/>	I can explain how forces deform objects in a range of situations. <input type="checkbox"/>
	I can recognise a support force. <input type="checkbox"/>	I can explain how solid surfaces provide a support forces. <input type="checkbox"/>	I can explain how solid surfaces provide a support force, using scientific terminology and bonding. <input type="checkbox"/>
	I can use Hooke's Law to identify proportional stretching. <input type="checkbox"/>	I can use Hooke's Law to predict the extension of a spring. <input type="checkbox"/>	I can apply Hooke's Law to make quantitative predictions with unfamiliar materials. <input type="checkbox"/>
P1 1.3 Drag forces and friction	I can identify examples of drag forces and friction. <input type="checkbox"/>	I can describe the effect of drag forces and friction. <input type="checkbox"/>	I can explain the effect of drag forces and friction in terms of forces. <input type="checkbox"/>
	I can describe how drag forces and friction arise. <input type="checkbox"/>	I can explain why drag forces and friction arise. <input type="checkbox"/>	I can explain why drag forces and friction slow things down in terms of forces. <input type="checkbox"/>
P1 1.4 Forces at a distance	I can identify gravity as a force that acts at a distance. <input type="checkbox"/>	I can describe the effect of a field. <input type="checkbox"/>	I can apply the effects of forces at a distance to different fields. <input type="checkbox"/>
	I can state that gravity changes with distance. <input type="checkbox"/>	I can describe the effect of gravitational forces on Earth and in space. <input type="checkbox"/>	I can explain how the effect of gravity changes moving away from Earth. <input type="checkbox"/>

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P1 1.5 Balanced and unbalanced	I can identify familiar situations of balanced and unbalanced forces. <input type="checkbox"/>	I can describe the difference between balanced and unbalanced forces. <input type="checkbox"/>	I can explain the difference between balanced and unbalanced forces. <input type="checkbox"/>
	I can define equilibrium. <input type="checkbox"/>	I can describe situations that are in equilibrium. <input type="checkbox"/>	I can describe a range of situations that are in equilibrium. <input type="checkbox"/>
	I can identify when the speed or direction of motion of an object changes. <input type="checkbox"/>	I can explain why the speed or direction of motion of objects can change. <input type="checkbox"/>	I can explain why the speed or direction of motion of objects can change using force arrows. <input type="checkbox"/>