

Science

Crucial Knowledge

Year 7

Page numbers
highlighted in
yellow

Biology

Biology Core Crucial Knowledge	2
7B1 Cells, Tissues, Organs	3 + 4
7B2 Sexual Reproduction	5
7B3 Plants & Ecosystems	6 + 7

**Biology is the
study of living
things**

Chemistry

Chemistry Core Crucial Knowledge	8
7C1 Atoms, Elements & Particles	9
7C2 Mixtures & Separation	10
7C3 Reactivity 1	11 + 12

**Chemistry is
the study of
how substances
interact**

Physics

Physics Core Crucial Knowledge	13
7P1 Energy	14 + 15
7P2 Electricity & Magnetism	16 + 17
7P3 Forces & Motion	18 + 19

**Physics is the
study of forces
and energy**



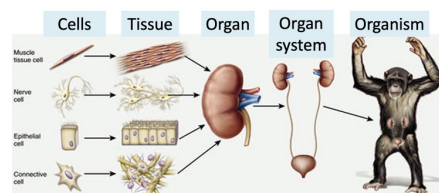
Core Crucial Knowledge

Biology is the study of living things

Year 7 + 8 Biology

MRS GREN – All living things carry out these 7 life processes

- **Movement** – all living things move, even plants
- **Respiration** – the release of energy from glucose
- **Sensitivity** – all living things detect changes in their surroundings
- **Growth** – all living things grow
- **Reproduction** – can be either sexual or asexual
- **Excretion** – all living things produce and release waste products
- **Nutrition** – taking in and using nutrients and food



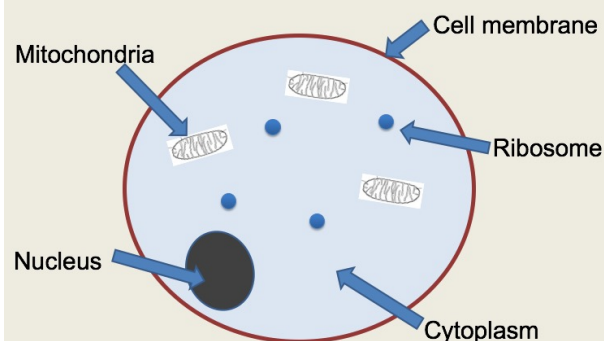
Organisation – how living things are built

- Cells are the basic building blocks of all living organisms
- Tissues are groups of cells with a similar structure and function. Eg muscle tissue
- Organs are groups of tissues performing specific functions. Eg, heart
- Organs are grouped into organ systems, which work together to form organisms

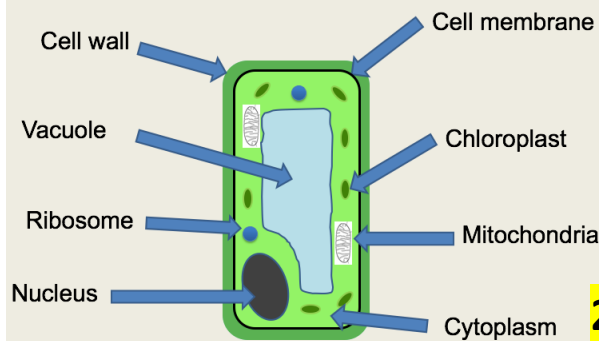
Function of cell parts

- **Nucleus** – controls the cell, contains DNA
- **Cell membrane** – allows substances in and out of the cell
- **Cell wall** – for shape, structure, support. Made of cellulose in plants
- **Mitochondria** – aerobic respiration occurs here, to release energy from glucose
- **Ribosomes** – make protein
- **Vacuole** (plant only) – stores water and sap
- **Chloroplast** (plant only) – absorbs sunlight energy for photosynthesis
- **Cytoplasm** – liquid that fills the cell, chemical reactions occur here

Basic animal cell structure



Basic plant cell structure





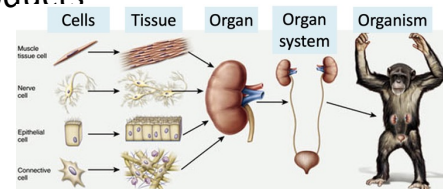
Crucial Knowledge Year 7

7B1 Cells, Tissues, Organs

7B1

MRS GREN – All living things carry out these 7 life processes

- **Movement** – all living things move, even plants
- **Respiration** – the release of energy from glucose
- **Sensitivity** – all living things detect changes in their surroundings
- **Growth** – all living things grow
- **Reproduction** – can be either sexual or asexual
- **Excretion** – all living things produce and release waste products
- **Nutrition** – taking in and using nutrients and food



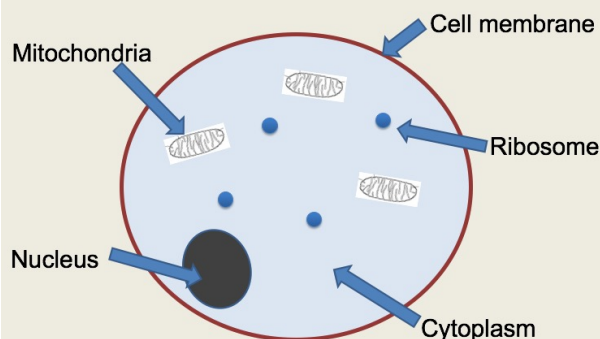
Organisation

- Cells are the basic building blocks of all living organisms
- Tissues are groups of cells with a similar structure and function. Eg muscle tissue
- Organs are groups of tissues performing specific functions. Eg, heart
- Organs are grouped into organ systems, which work together to form organisms

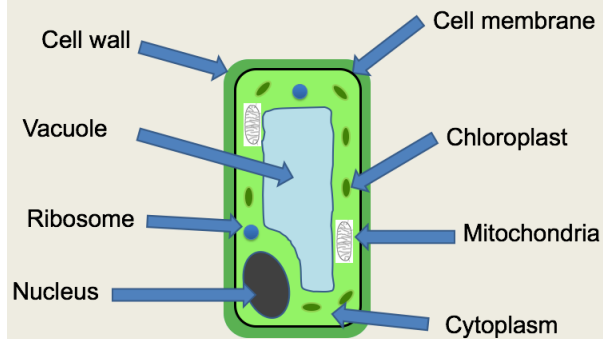
Function of cell parts

- **Nucleus** – controls the cell, contains DNA
- **Cell membrane** – allows substances in and out of the cell
- **Cell wall** – for shape, structure, support. Made of cellulose in plants
- **Mitochondria** – aerobic respiration occurs here, to release energy from glucose
- **Ribosomes** – make protein
- **Vacuole** (plant only) – stores water and sap
- **Chloroplast** (plant only) – absorbs sunlight energy for photosynthesis
- **Cytoplasm** – liquid that fills the cell, chemical reactions occur here

Basic animal cell structure



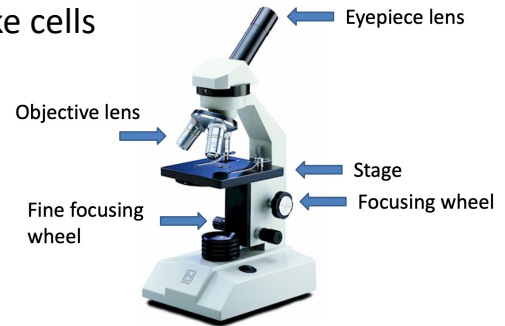
Basic plant cell structure





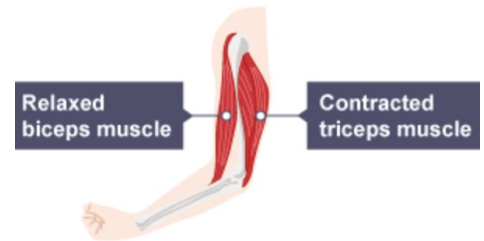
Microscopes

- Microscopes are used to look at very small objects like cells
- Magnification = eyepiece lens x objective lens



Muscles

- Can only pull
- Work in antagonistic pairs eg. biceps and triceps
- Tendons attach muscles to bones

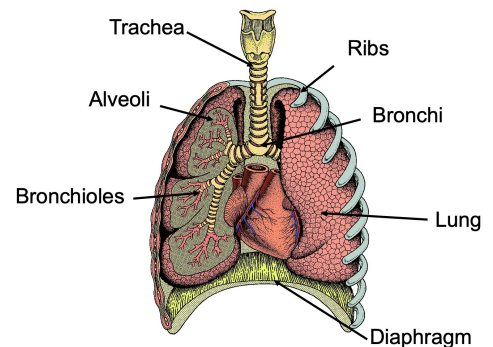


The skeleton

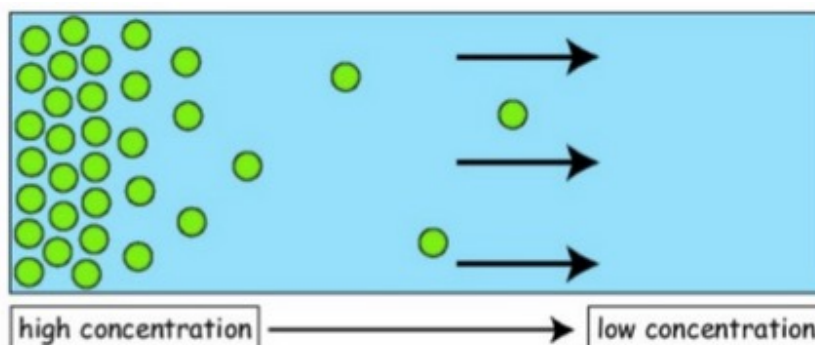
- The four functions of the skeleton are support, protection, storage and movement

The lungs and breathing

- The lungs have a large surface area
- The diaphragm is a muscle under the lungs
- When the diaphragm contracts we inhale
- When the diaphragm relaxes we exhale
- Gases are exchanged in the lungs by diffusion



- Diffusion is the movement of particles from a high concentration to a low concentration





Crucial Knowledge Year 7

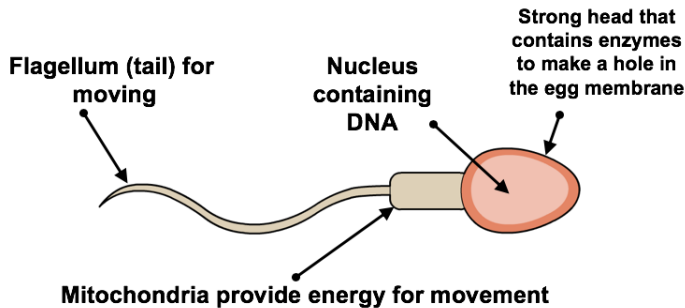
7B2 Sexual Reproduction

7B2

Gametes

- Gametes are sex cells (sperm and egg)
- Male gamete → sperm. Made in the testes
- Female gamete → egg. Made in the ovary

Adaptations of a sperm cell



Sexual organs

- Male → penis
- Female → vagina

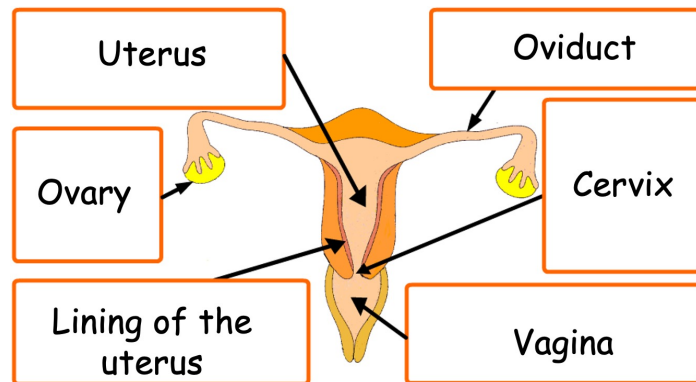
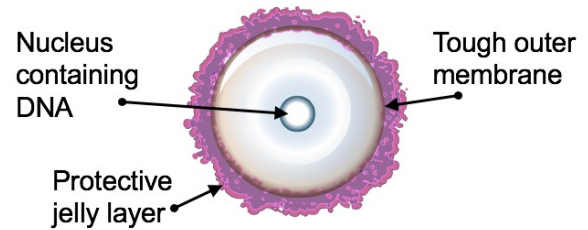
Fertilisation

- Fertilisation occurs when a sperm cell fuses with an egg cell
- This happens in the oviduct
- Once sperm and egg have joined, the resulting cell is called a zygote
- The zygote multiplies to form a ball of cells called an embryo
- The embryo implants in the wall of the uterus
- This grows and becomes a foetus

Pregnancy & Birth

- Pregnancy in humans lasts for 40 weeks
- Oxygen and nutrients are passed into the foetus through the umbilical cord and placenta
- Carbon dioxide and waste products are removed from the foetus through the umbilical cord and placenta

Adaptations of an egg cell





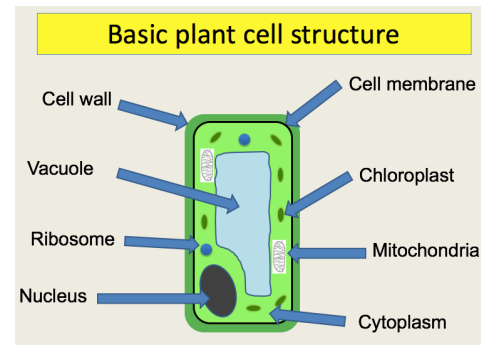
Crucial Knowledge Year 7

7B3 Plants & Ecosystems

7B3

Function of cell parts

- Nucleus – controls the cell, contains DNA
- Cell membrane – allows substances in and out of the cell
- Cell wall – for shape, structure, support. Made of cellulose in plants
- Mitochondria – aerobic respiration occurs here, to release energy from glucose
- Ribosomes – make protein
- Vacuole (plant only) – stores water and sap
- Chloroplast (plant only) – absorbs sunlight energy for photosynthesis
- Cytoplasm – liquid that fills the cell, chemical reactions occur here



Tissues

- A tissue is a group of cells with a similar structure and function
- Examples of plant tissues – root hair tissue, xylem tissue
- Root hair cells/tissue absorb water by osmosis
- Xylem tissue transports water around a plant

Adaptations of a leaf

- Large surface area to absorb lots of sunlight
- Lots of chloroplasts
- Stomata are pores (holes) on the bottom side of a leaf
- Stomata allow gas exchange – carbon dioxide in, oxygen out

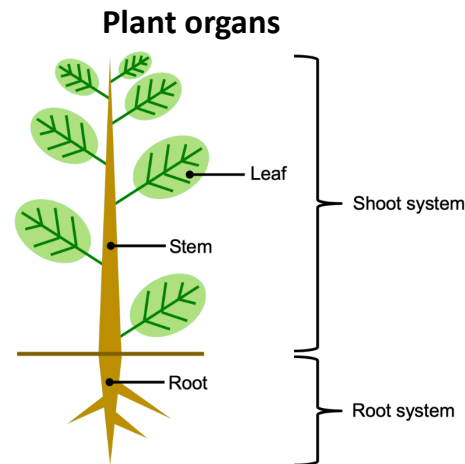
Photosynthesis

- Plants make their own food by photosynthesis
- Plants take in carbon dioxide through the leaves
- Plants take in water through the roots
- Plants absorb sunlight energy through the chloroplasts (in the leaf cells)
- Glucose and oxygen are produced by photosynthesis
- Photosynthesis word equation:

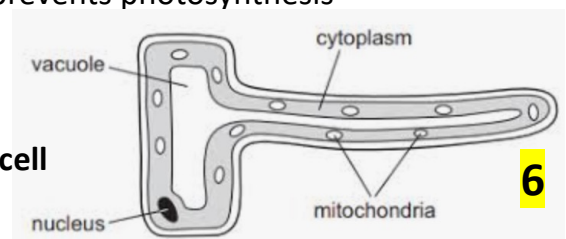


Limiting factors of photosynthesis

- Limiting factors are the thing in short supply – this prevents photosynthesis
- Light intensity
- Carbon dioxide levels
- Temperature



Root hair cell





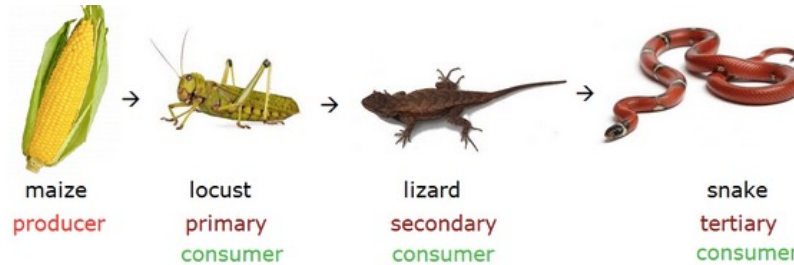
Crucial Knowledge Year 7

7B3 Plants & Ecosystems

7B3

Food chains

- Always start with a producer which makes its own food by photosynthesis
- Producer → primary consumer → secondary consumer → tertiary consumer
- The arrows in a food chain show the flow of energy



Species

- A species is a group of living things that can interbreed (have babies)

Biodiversity

- Biodiversity is the amount of different species living in a habitat

Sampling techniques - Quadrats

- A quadrat is a hollow square frame used to estimate the number of organisms in an area
1. Place randomly in the area you wish to sample
 2. Count up the number of organisms
 3. Repeat many times and find the mean
 4. Multiply the mean by the number of quadrats that will fit into the area to find your estimate





Core Crucial Knowledge

Chemistry is the study of how substances interact

Year 7 + 8 Chemistry

Atoms, elements, molecules, compound, mixture

- Atoms make up everything
- An element is made up of only one type of atom
- A molecule is made up of two or more atoms
- A compound is made up of two or more different atoms. Example: CO_2
- A mixture is a group of chemicals not bonded together. Example: air



Atom
Element



Elements
Molecules



Compound

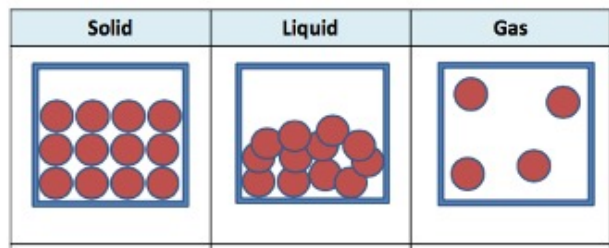


Mixture

The Periodic Table

- All elements have their own symbol eg. H is hydrogen, Na is sodium
- Metals are on the left and in the middle
- Non-metals are on the right

Solid, liquid and gas particle diagrams



Metals Non-metals

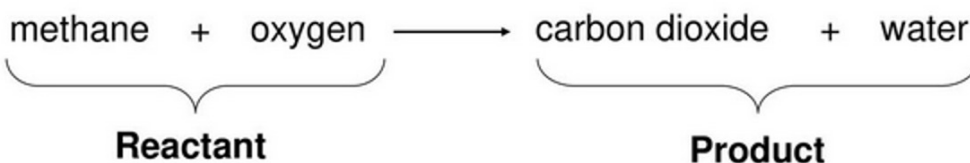
Metals																		Non-metals																	
Key																																			
relative atomic mass																																			
atomic symbol																																			
atomic (proton) number																																			
1 H hydrogen 1																											4 He helium 2								
7 Li lithium 3	9 Be beryllium 4																									11 B boron 5	12 C carbon 6	14 N nitrogen 7	16 O oxygen 8	19 F fluorine 9	20 Ne neon 10				
23 Na sodium 11	24 Mg magnesium 12																									27 Al aluminium 13	28 Si silicon 14	31 P phosphorus 15	32 S sulphur 16	35.5 Cl chlorine 17	40 Ar argon 18				
39 K potassium 19	40 Ca calcium 20	45 Sc scandium 21	48 Ti titanium 22	51 V vanadium 23	52 Cr chromium 24	55 Mn manganese 25	56 Fe iron 26	59 Co cobalt 27	59 Ni nickel 28	63.5 Cu copper 29	65 Zn zinc 30	70 Ga gallium 31	73 Ge germanium 32	75 As arsenic 33	79 Se selenium 34	80 Br bromine 35	84 Kr krypton 36	85 Rb rubidium 37	88 Y yttrium 39	88 Zr zirconium 40	91 Nb niobium 41	93 Mo molybdenum 42	96 Tc technetium 43	101 Ru ruthenium 44	103 Rh rhodium 45	106 Pd palladium 46	108 Ag silver 47	112 Cd cadmium 48	115 In indium 49	119 Sn tin 50	122 Sb antimony 51	128 Te tellurium 52	127 I iodine 53	131 Xe xenon 54	
133 Cs caesium 55	137 Ba barium 56	139 La* lanthanum 57	178 Hf hafnium 72	181 Ta tantalum 73	184 W tungsten 74	186 Re rhenium 75	190 Os osmium 76	192 Ir iridium 77	195 Pt platinum 78	197 Au gold 79	201 Hg mercury 80	204 Tl thallium 81	207 Pb lead 82	209 Bi bismuth 83	209 Po polonium 84	210 At astatine 85	210 Rn radon 86	223 Fr francium 87	226 Ra radium 88	227 Ac* actinium 89	267 Rf rutherfordium 104	269 Db dubnium 105	269 Sg seaborgium 106	270 Bh bohrium 107	270 Hs hassium 108	278 Mt meitnerium 109	281 Ds darmstadtium 110	281 Rg roentgenium 111	285 Cn copernicium 112	286 Nh nihonium 113	289 Fl flerovium 114	289 Mc moscovium 115	293 Lv livermorium 116	293 Ts tennessine 117	294 Og oganeson 118

The Periodic Table

The Periodic Table

Word equations

- Reactants are the substances on the left, that are reacting
- Products are the substance on the right, that are made in the reaction
- The arrow shows a reaction has taken place





Crucial Knowledge Year 7

7C1 Atoms, Elements & Particles

7C1

Atoms, elements, molecules, compound, mixture

- Atoms make up everything
- An element is made up of only one type of atom
- A molecule is made up of two or more atoms
- A compound is made up of two or more different atoms. Example: CO_2
- A mixture is a group of chemicals not bonded together. Example: air



Atom
Element



Elements
Molecules



Compound



Mixture

The Periodic Table

- All elements have their own symbol eg. H is hydrogen, Na is sodium
- Metals are on the left and in the middle
- Non-metals are on the right

Solid, liquid and gas particle diagrams and properties

Solid	Liquid	Gas
Cannot be compressed	Cannot be compressed	Can be compressed
Fixed shape	Takes shape of container	Takes shape of container
Doesn't flow	Flows	Flows
High density	Quite high density	Low density

Metals

Non-metals

Key
 relative atomic mass
 atomic symbol
 name
 atomic (proton) number

7 Li lithium 3	9 Be beryllium 4
23 Na sodium 11	24 Mg magnesium 12
39 K potassium 19	40 Ca calcium 20
85 Rb rubidium 37	86 Sr strontium 38
133 Cs caesium 55	137 Ba barium 56
[223] Fr francium 87	[226] Ra radium 88

45 Sc scandium 21	48 Ti titanium 22	51 V vanadium 23	52 Cr chromium 24	55 Mn manganese 25	56 Fe iron 26	59 Co cobalt 27	59 Ni nickel 28	63.5 Cu copper 29	65 Zn zinc 30	70 Ga gallium 31	73 Ge germanium 32	75 As arsenic 33	79 Se selenium 34	80 Br bromine 35	84 Kr krypton 36
88 Sr strontium 38	89 Y yttrium 39	91 Zr zirconium 40	93 Nb niobium 41	96 Mo molybdenum 42	[97] Tc technetium 43	101 Ru ruthenium 44	103 Rh rhodium 45	106 Pd palladium 46	108 Ag silver 47	112 Cd cadmium 48	115 In indium 49	119 Sn tin 50	122 Sb antimony 51	126 Te tellurium 52	127 I iodine 53
137 Ba barium 56	139 La* lanthanum 57	178 Hf hafnium 72	181 Ta tantalum 73	184 W tungsten 74	186 Re rhenium 75	190 Os osmium 76	192 Ir iridium 77	195 Pt platinum 78	197 Au gold 79	204 Hg mercury 80	207 Tl thallium 81	208 Pb lead 82	209 Bi bismuth 83	[209] Po polonium 84	[210] At astatine 85

[227] Fr francium 87	[226] Ra radium 88	[227] Ac* actinium 89	[267] Rf rutherfordium 104	[271] Db dubnium 105	[269] Sg seaborgium 106	[270] Bh bohrium 107	[270] Hs hassium 108	[278] Mt meitnerium 109	[281] Ds darmstadtium 110	[281] Rg roentgenium 111	[285] Cn copernicium 112	[286] Nh nihonium 113	[289] Fl flerovium 114	[289] Mc moscovium 115	[293] Lv livermorium 116	[293] Ts tennessine 117	[294] Og oganesson 118
-------------------------------	-----------------------------	--------------------------------	-------------------------------------	-------------------------------	----------------------------------	-------------------------------	-------------------------------	----------------------------------	------------------------------------	-----------------------------------	-----------------------------------	--------------------------------	---------------------------------	---------------------------------	-----------------------------------	----------------------------------	---------------------------------

1
H
hydrogen
1

11 B boron 5	12 C carbon 6	14 N nitrogen 7	16 O oxygen 8	19 F fluorine 9	20 Ne neon 10
27 Al aluminium 13	28 Si silicon 14	31 P phosphorus 15	32 S sulfur 16	35.5 Cl chlorine 17	36 Ar argon 18
73 Ga gallium 31	75 As arsenic 33	79 Se selenium 34	80 Br bromine 35	84 Kr krypton 36	86 Xe xenon 54
115 In indium 49	119 Sn tin 50	122 Sb antimony 51	126 Te tellurium 52	127 I iodine 53	131 Xe xenon 54
207 Tl thallium 81	208 Pb lead 82	209 Bi bismuth 83	[209] Po polonium 84	[210] At astatine 85	[222] Rn radon 86
[289] Fl flerovium 114	[289] Mc moscovium 115	[293] Lv livermorium 116	[293] Ts tennessine 117	[294] Og oganesson 118	

The Periodic Table

The Periodic Table

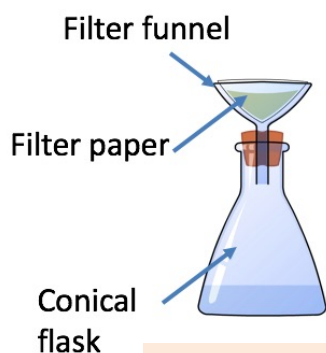


Key words

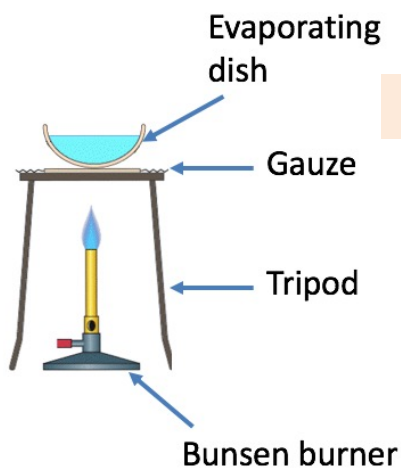
- A solute is a substance that dissolves in water eg. salt
- A solvent is a substance that dissolves other things eg. water
- A solution is a solute dissolved in a solvent eg. salty water
- Insoluble substances do not dissolve in water eg. sand
- Soluble substances do dissolve in water eg. salt
- A mixture is a group of chemicals not bonded together eg. air

Separating methods

- Filtration is used to separate insoluble substances from a liquid
- Evaporation is used to separate a liquid from a solid
- Distillation is used to separate liquids with different boiling points
- Chromatography is used to separate mixtures of different solubility

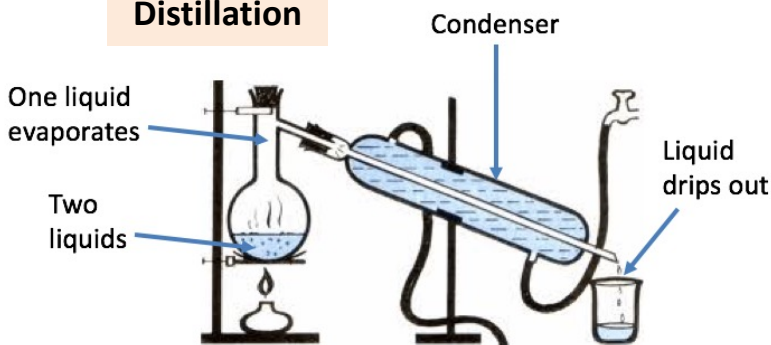


Filtration

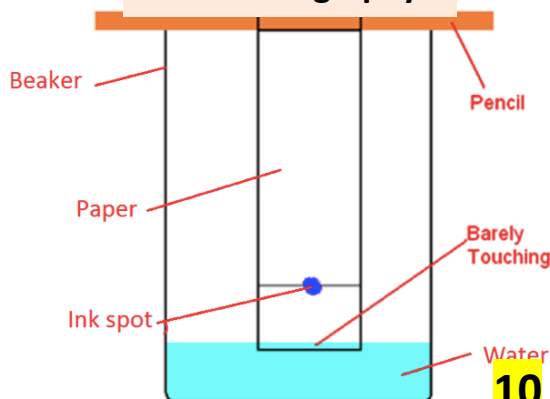


Evaporation

Distillation



Chromatography





Crucial Knowledge Year 7

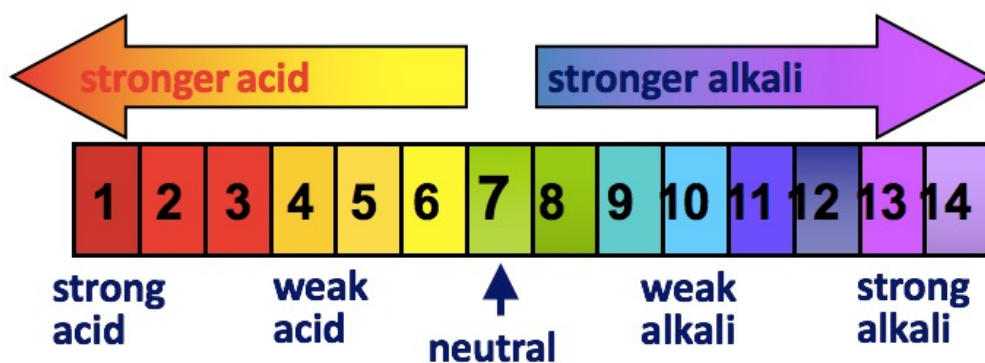
7C3 Reactivity 1

7C3

pH scale

- 1 to 6 is acid
- 7 is neutral
- 8 to 14 is alkali

Universal indicator colours →



Key equation

- Acid + alkali $\rightarrow$ salt + water

Common acids

- Hydrochloric acid HCl
- Sulfuric acid H_2SO_4
- Nitric acid HNO_3

Common alkalis

- Sodium hydroxide NaOH
- Magnesium hydroxide $\text{Mg}(\text{OH})_2$
- Calcium hydroxide $\text{Ca}(\text{OH})_2$

Naming salts

- Hydrochloric acid makes metal chlorides
Hydrochloric acid + sodium hydroxide $\rightarrow$ sodium chloride + water
- Sulfuric acid makes metal sulfates
Sulfuric acid + magnesium hydroxide $\rightarrow$ magnesium sulfate + water
- Nitric acid makes metal nitrates
Nitric acid + calcium hydroxide $\rightarrow$ calcium nitrate + water

Bases and alkalis

- A base is a substance that neutralises an acid
- An alkali is a soluble base (dissolves in water)



Fuels

- A fuel is a substance that is burned to release energy
- Energy is measured in joules (J)
- A fire needs fuel, heat and oxygen to burn

Hydrocarbons

- Hydrocarbons are molecules made of hydrogen and carbon only
 - Hydrocarbons are found in crude oil
 - Hydrocarbons burn in oxygen to produce carbon dioxide and water
-
- Hydrocarbon + oxygen $\rightarrow$ carbon dioxide + water

Examples of fuels

Coal
Oil
Gas
Wood
Petrol

Complete combustion

- There is enough oxygen to fully burn the fuel and produce only carbon dioxide and water

Incomplete combustion

- There is not enough oxygen to fully burn the fuel
- Produces carbon monoxide, a toxic gas

Global warming and the greenhouse effect

- Carbon dioxide is a greenhouse gas
- Greenhouse gases trap heat in the atmosphere
- This causes the Earth to warm up
- Carbon dioxide is released when fossil fuels are burned

Alkanes

- The alkanes are a group of hydrocarbons
- The first four alkanes are:
Methane
Ethane
Propane
Butane

Name	Structural formula	Chemical formula
Methane	<pre> H H-C-H H</pre>	CH ₄
Ethane	<pre> H H H-C-C-H H H</pre>	C ₂ H ₆
Propane	<pre> H H H H-C-C-C-H H H H</pre>	C ₃ H ₈
Butane	<pre> H H H H H-C-C-C-C-H H H H H</pre>	C ₄ H ₁₀



Core Crucial Knowledge

**Physics is
the study of
forces and
energy**

Year 7 + 8 Physics

Conservation of energy

- Energy cannot be created or destroyed, only transferred from one form to another
- Energy is usually wasted as heat
- Example: A car uses petrol to move. The chemical energy in the petrol is transferred to kinetic energy, heat energy and sound energy. The total amount of energy overall is the same



Chemical energy → kinetic energy + heat energy + sound energy
10,000 J → 6000 J + 3000 J + 1000 J

Nine types of energy

- Thermal / heat
- Light
- Sound
- Chemical – all fuels contain chemical energy
- Kinetic – things moving
- Gravitational potential
- Elastic potential
- Nuclear
- Electrical

- Energy is measured in joules (J)

Forces

- Force is measured in newtons (N)
- Forces always come in pairs
- A force can change an object's shape, speed or direction

Thermal (heat)



Chemical



Gravitational potential



Nuclear



Light



Sound



Elastic potential



Kinetic



Electrical





Crucial Knowledge Year 7

7P1 Energy

7P1

Conservation of energy

- Energy cannot be created or destroyed, only transferred from one form to another
- Energy is usually wasted as heat
- Example: A car uses petrol to move. The chemical energy in the petrol is transferred to kinetic energy, heat energy and sound energy. The total amount of energy overall is the same



Chemical energy → kinetic energy + heat energy + sound energy
10,000 J → 6000 J + 3000 J + 1000 J

Nine types of energy

- Thermal / heat
- Light
- Sound
- Chemical – all fuels contain chemical energy
- Kinetic – things moving
- Gravitational potential
- Elastic potential
- Nuclear
- Electrical

Thermal (heat)



Chemical



Gravitational potential

Nuclear



Light



Sound



Elastic potential



Kinetic



Electrical

Fuels

- A fuel is a substance that is burned to release energy
- Energy is measured in joules (J)

Renewable energy

- Renewable energy sources will not run out
- Solar, wind, wave, hydroelectricity, tidal, geothermal, biomass

Non-renewable energy

- Non-renewable energy sources will run out
- Fossil fuels – coal, oil, gas
- Nuclear



Law of conservation of energy

- Energy cannot be created or destroyed, only transferred from one form to another
- Energy is usually wasted as heat
- Example: A car uses petrol to move. The chemical energy in the petrol is transferred to kinetic energy, heat energy and sound energy. The total amount of energy overall is the same



Chemical energy $\rightarrow$ kinetic energy + heat energy + sound energy
 $10,000 \text{ J} \rightarrow 6000 \text{ J} + 3000 \text{ J} + 1000 \text{ J}$

Heat and temperature

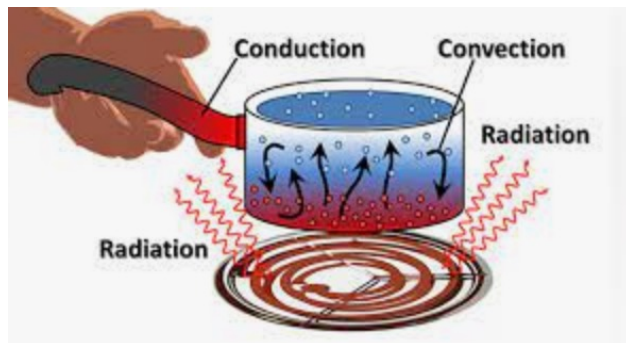
- Heat is how much thermal energy an object has
- Heat is measured in joules (J)
- Temperature is how hot or cold an object is
- Temperature is measured in degrees Celsius ($^{\circ}\text{C}$)

Conduction

- Solids conduct heat
- Particles vibrate and collide with other particles
- This transfers the energy

Convection

- Convection happens in liquids and gases
- Hotter liquids or gases become less dense
- Less dense liquids or gases rise
- Cooler, more dense liquids or gases sink
- This sets up a convection current



Radiation

- Infra-red radiation does not require particles to travel through
- Infra-red radiation can travel through a vacuum

Insulators

- An insulator reduces energy transfer

Efficiency

- More efficient machines waste less energy
- Energy is usually wasted as heat

Power

- Power is measured in watts (W)



Current

- Current is the flow of electrons
- Current is measured in amps (A)
- Current is measured with an ammeter

Potential difference (or voltage)

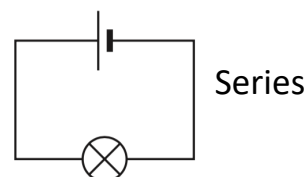
- Potential difference is the push given to the electrons by a battery
- Potential difference is measured in volts (V)
- Potential difference is measured with a voltmeter

Resistance

- Resistance means how hard it is for the current to flow
- Resistance is measured in ohms (Ω)

Series circuits

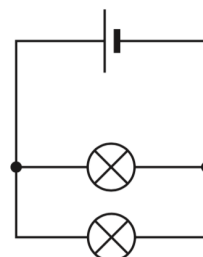
- Current is the same at all points
- Potential difference is shared by the parts of the circuit



Series

Parallel circuits

- Current splits at a junction
- Potential difference is the same across all parts of the circuit

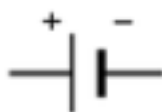


Parallel

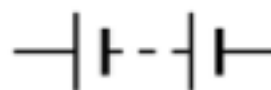
Circuit symbols



Lamp (bulb)



Cell



Battery



Ammeter



Voltmeter



Switch



Force fields

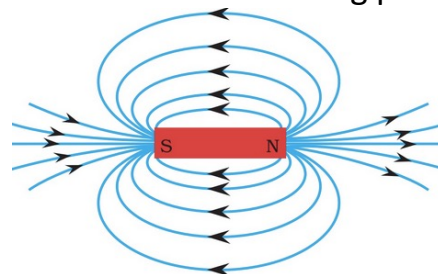
- A force field creates a non-contact force
- Objects do not have to be touching to experience a non-contact force
- There are 3 force fields:
 - Electric field
 - Magnetic field
 - Gravitational field

Static electricity

- Static electricity is the build up of charge on an insulator
- Current is the flow of electrons

Magnetism

- Like poles (two that are the same) repel, opposite poles attract
- Magnetic force is strongest at the poles of a magnet
- Magnetic materials – iron, steel, cobalt, nickel
- Magnetic field lines point from the north seeking pole to the south seeking pole
- The shape of the magnetic field

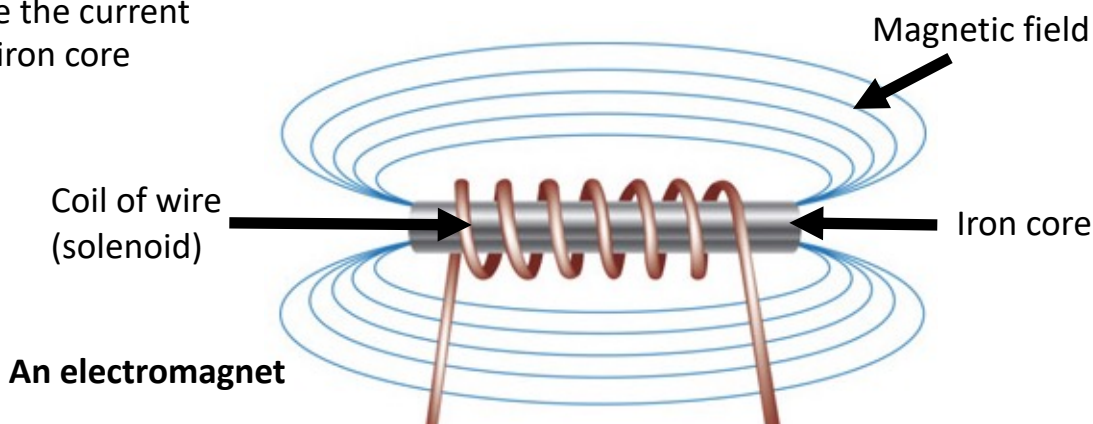


Electromagnets

- A moving current creates a magnetic field
- A coil of wire is called a solenoid
- An electromagnet is a magnet that can be switched on and off

How to increase the strength of an electromagnet

- Increase the number of coils of wire
- Increase the current
- Use an iron core





Forces

- Force is measured in newtons (N)
- Forces always come in pairs
- A force can change an object's shape, speed or direction

Contact Forces

- Objects need to be touching to feel a force
- Friction
- Upthrust
- Air resistance

Non-contact Forces

- Objects do not need to be touching to feel a force
- Gravity
- Electrostatic
- Magnetism

Balanced forces

- Forces acting in opposite directions are the same



Non-balanced forces

- Forces acting in opposite directions are not the same
- The object will move in the direction of the largest force



- The overall force is called the resultant force
- The resultant force in the diagram above is 2N to the left ($10\text{ N} - 8\text{ N} = 2\text{ N}$)



Force and motion

- Forces always come in pairs
- Force is measured in newtons (N)
- If forces are unbalanced, an object will accelerate
- If forces are balanced, an object will remain at rest **or** will continue to move at a constant speed

Scalars and vectors

- Scalars have a number only. Eg. speed, distance, time
- Vectors have a number and a direction. Eg. velocity, acceleration, force

Speed

- Speed = distance $\div$ time
- Unit of speed = metres per second (m/s)
- Unit of distance – metres (m)
- Unit of time = seconds (s)
- Velocity is speed in a stated direction

$$\text{Speed} = \frac{\text{Distance}}{\text{Time}}$$

Acceleration

- Acceleration is the change in velocity
- The unit of acceleration is metres per second squared (m/s²)

Work done

- Work done is the same as energy transferred
- Work done is measured in joules (J)
- Work done = force x distance moved