Curriculum Map/Learning Journey

Year	Biology	Chemistry	Physics
7	Welcome to the Lab		
	Cells and Movement	Particle model	Energy Costs and Transfers
	Breathing and Digestion	Separating Mixtures	Forces and pressure
	Relationships within ecosystems	Elements	
8	Photosynthesis and Respiration	Acids, Alkalis. Metals and Non Metals	Waves, Light and Sound
	Reproduction	Earth Structure and the climate	Energy Revisited and the Energy Project
	Variation, Inheritance and Evolution *		Electricity and Magnetism
9	B1 Cells Part 1	9CR Reactions	Universe *
	B3 Infection Part 1 (disease)	C1a Atomic Structure	P1 Energy
	B2 Organisation Part 1 (digestive system)	C1b Periodic Table	
	B4 Bioenergetics Part 1 (Photosynthesis and Respiration)	C2 Bonding and Properties of matter	
	B1 Cells Part 2		
10	B3 Infection part 2 (Response)	C3 Quantitative Chemistry	P2 Electricity
	B2 Organisation Part 2	C4 Chemical Changes	P3 Particle Model and Matter (common with chem)
	B7 Ecology	C5 Energy Changes	P4 Atomic Structure (common with chem)
		C6 Rate and Extent of Chemical Change	P5 Forces
11	B5 Homeostasis and Response	C7 Organic Chemistry	P6 Waves
	B6 Inheritance, Variation and Evolution	C8 Chemical Analysis	P7 Magnetism and Electromagnetism
		C9 Chemistry of the Atmosphere	
		C10 Using resources	

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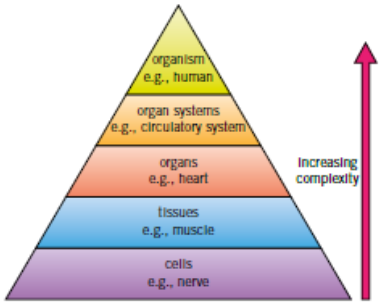
INSPIRING BEYOND MEASURE

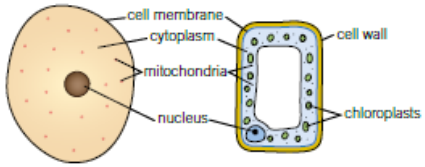
Biology: Cells and Movement

Levels of organisation



Plant and animal cells

- To be able to **observe** a **cell** we need to use a **microscope**, this magnifies the cell to a point to which we can see it
- Plant and animal cells have small structures inside known as **organelles**, each of these performs a certain role which allows the cell to survive

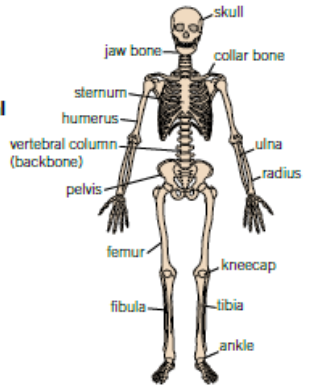


Specialised cells

- **Specialised cells** are designed to carry out a particular function, because of this they have specific features and adaptations to allow them to carry this out
- Both plant and animal cells can be specialised, with these specialised cells working together to help the organism to survive

The skeleton

- The **skeleton** is made up of 206 **bones** which are a type of **tissue**
- Bones have a blood supply and are a living tissue
- The skeleton is part of the **muscular-skeletal system**
- The four main functions of the skeleton are:
  - To support the body – to keep you upright and hold **organs** in place
  - Protect organs – such as the skull protecting the brain
  - Movement – by working with muscles to allow you to move
  - Making blood cells – the **bone marrow** produces red and white blood cells



Muscles

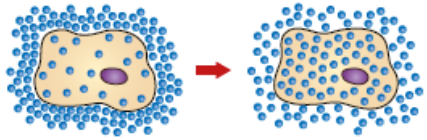
- **Muscles** are a type of tissue which allows movement
- They pull on tendons which in turn pull on bones to allow movement
- Muscles like the triceps and biceps are known as **antagonistic muscle pairs**, they work together –as one contracts, the other will relax

Organs

- An organ is a group of tissues that have the same function
- They can work with other organs in an **organ system**, such as the respiratory system which uses organs like the heart and lungs to transfer oxygen around the body
- Vital organs are the organs that need to keep functioning for an **organism** to stay alive, e.g. the heart

Movement into and out of cells

- The process in which substances move into and out of cells is known as **diffusion**
- This occurs across the **cell membrane**
- During diffusion particles move from an area of high **concentration**, to an area of low concentration



- Oxygen and nutrients enter the cell by diffusion, carbon dioxide and waste products leave

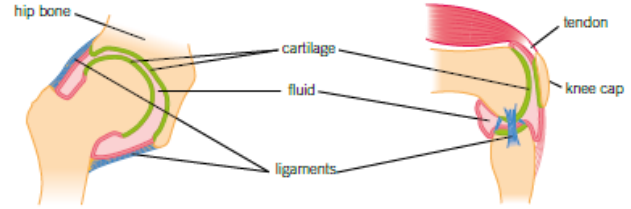
Movement

Joints occur between bones and allow movement, there are three main types of joints

Hinge	Ball and socket	Fixed
For back and forward movement, e.g. knees	*For movement in all directionse.g. hips*	*Do not allow movement, e.g. skull*

Joints have three main types of tissue:

Ligaments	Cartilage	Tendons
Connect bone to bone	*Coats the end of bones as a protection*	*Connects bone to muscle*

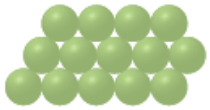


Key terms Make sure you can write definitions for these key terms.

antagonistic muscle pair · bone · bone marrow · cartilage · cell · concentration · diffusion · joints · ligaments · microscope · muscular skeletal system · nucleus · organ · organism · organ system · skeleton · specialised cells · tendons · tissue

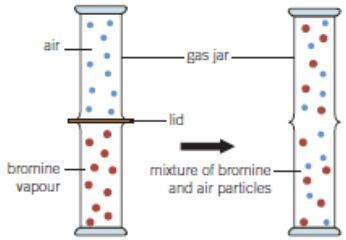
CHEMISTRY: Particle Model and Separating Mixtures

Changes of state

changes of state	melting	boiling/evaporation	
state of matter	solid	liquid	gas
how do the particles move?	Particles donot move around	Particles touching but can slide over each other	particles are spread out far away from each other
arrangement of particles			
can it be compressed?	No, becausethere is no space between the particles	No, because the particles are touching their neighbours	Yes, because there is space between the particles
can it flow?	No, because the particles can't move around	Yes, because the particles can move around	Yes, because the particles can move around
changes of state	freezing	condensation	

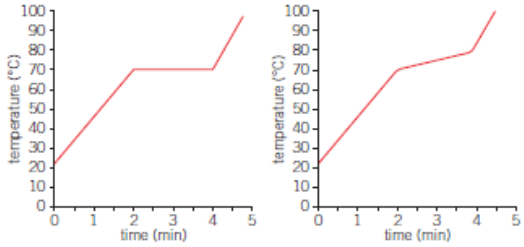
Diffusion

- **Diffusion** is the movement of particles from an area of high concentration (lots of the same particle) to an area of low concentration (not a lot of the same particle)
- It is a random process which does not need energy
- The speed of diffusion can be increased by:
  - A higher temperature
  - Smaller particles diffusing
  - A gas rather than a liquid
- Diffusion does not happen in a solid as the particles can't flow



Melting and boiling points

- The **melting point** of a substance is the temperature at which it turns from a solid to a liquid, or a liquid to a solid
- The **boiling point** of a substance is the temperature at which it turns from a liquid to a gas or a gas to a liquid
- **Pure substances** have a fixed (sharp) boiling or melting point, whereas **impure substances** have a range which appears as a diagonal line on a graph



Mixtures

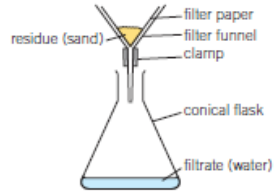
- **Mixtures** are different **substances** which are together, they are not chemically bonded and so are easy to separate
- The substances which make up a mixture keep their own **properties** unlike those in a compound
- A mixture is an **impure** substance as it does not have a fixed melting point, instead it has a range

- A **solution** is a type of mixture which is made up of two parts
- A **solute** is the part which has dissolved in the solution
- A **solvent** is the liquid part which the solute has dissolved into

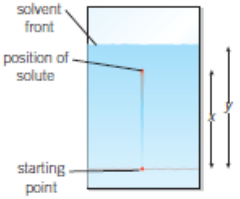
- The **solubility** of a substance is a measure of how much of it will **dissolve**
- Not all solutes will dissolve in all solvents
- Solutes which do not dissolve are known as **insoluble**
- Substances which do dissolve are known as **soluble**
- The **solubility** of a substance can be increased by increasing the temperature of the solution or by stirring the solution
- A **saturated solution** is one where the maximum amount of solute has dissolved in it, no more solute will be able to dissolve

Separating Mixtures

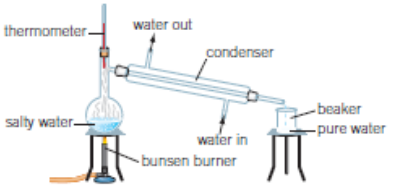
Filtration



Chromatography



Distillation



Evaporation

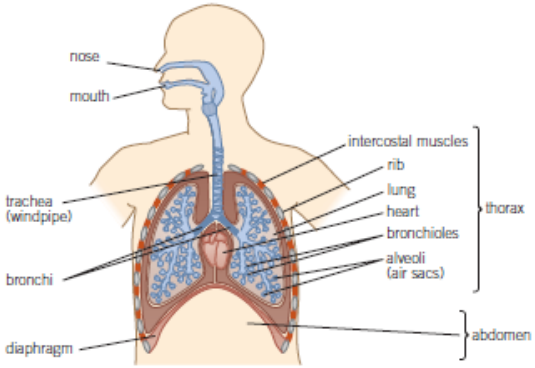
Key terms Make sure you can write definitions for these key terms.

boiling point · chromatography · condensation · diffusion · dissolve · distillation · evaporation · filtration · freezing · impure substance · melting point · mixture · property · properties · pure substance · saturated solution · substance · soluble · solubility · solute · solution · solvent

Biology: Breathing and Digestion

Gas exchange and breathing

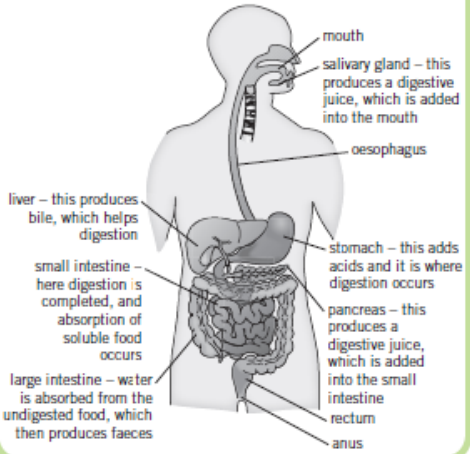
- **Gas exchange** is the process of taking in oxygen and giving out carbon dioxide
- This occurs in the **respiratory system**
- The proportions of gases in the air we **inhale** and **exhale** changes due to using oxygen in **respiration** and producing carbon dioxide



What happens when you breathe in and out

when you breathe in (inhale)	• muscles between the rubs contract • ribs are pulled up and out • diaphragm contracts and flattens • volume of the chest increases • pressure inside the chest decreases • air rushes into the lungs
when you breathe out (exhale)	• muscles between ribs relax • ribs are pulledin and down • diaphragm relaxes and moves up • volume in the chest decrease • pressure inside the chest increases • air is forced out of the lungs

The digestive system



Enzymes

- **Enzymes** are biological **catalysts**, they speed up the digestion of **nutrients**
- Each enzyme is specific to each nutrient
- The way the enzyme and nutrient bind with each other is called a lock and key model

- **Carbohydrases** break **carbohydrates** down into simple sugars
- **Proteases** break **proteins** down into amino acids
- **Lipase** breaks **lipids** (fats) down into fatty acids and glycerol

Drugs

- **Drugs** are chemicals that affect the way that our body works
- **Medicinal drugs** are used in medicine, they benefit health
- If medicinal drugs are not taken in the correct way they can harm health
- Examples include antibiotics and pain killers

- **Recreational drugs** are taken by people for enjoyment
- Recreational drugs normally have no health benefits and can be harmful for health
- Examples include alcohol and tobacco

- Drug **addiction** is when your body gets so used to a drug, it feels it cannot cope without it
- If someone who has an addiction stops taking the drug, they will experience **withdrawal symptoms**

Nutrients

- A **balanced diet** involves eating the right amount of nutrients for your body to function
- Not eating enough of a nutrient means you have an unbalanced diet, and this can lead to a **deficiency**

Nutrient	Role in your body
carbohydrates	main source of energy
lipids	fats and oils provide energy
proteins	growth and repair of cells and tissues
vitamins and minerals	essential in small amounts to keep you healthy
water	needed in all cells and body fluids
fibre	provides bulk to food to keep it moving through the gut

Key terms Make sure you can write definitions for these key terms.

addiction · balanced diet · carbohydrate · carbohydrases · catalyst · deficiency · drug · enzyme · exhale · fibre · gas exchange · inhale · lipid · medicinal drug · mineral · nutrient · protease · protein · recreational drug · respiration · respiratory system · vitamin · withdrawal symptoms

Physics: Energy Costs and Transfers

Energy

- **Energy** is needed to make things happen
- It is measured in **joules** or **kilojoules**

- The **law of conservation of energy** says that energy cannot be created or destroyed, only transferred
- This means that the total energy before a change if always equal to the total energy after a change

Energy can be in different energy **stores**, including:

- **Chemical** – to do with food, fuels and batteries
- **Thermal** – to do with hot objects
- **Kinetic** – to do with moving objects
- **Gravitational potential** – to do with the position in a gravitational field
- **Elastic potential** – to do with changing shape, squashing and stretching

Food and energy

- Food has energy in a chemical energy store
- Different foods contain different amounts of energy
- Different activities require different amounts of energy
- Different people need different amounts of energy depending on what they do each day

Power and energy

- **Power** is a measure of how much energy is transferred per second
- Power is measured in **watts** (W)
- Each appliance has it's own power rating to tell us how quickly it uses energy
- We can calculate power with the equation:

$$\text{power (W)} = \frac{\text{energy (J)}}{\text{time (s)}}$$

Non-renewable energy

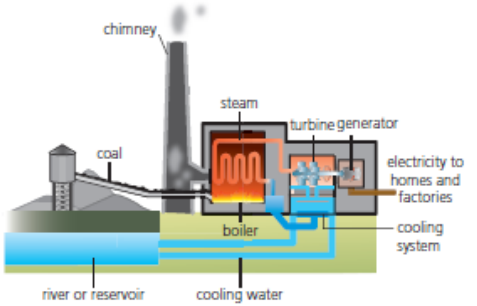
- **Non-renewable** energy cannot be replaced within your lifetime
- Non-renewable **energy resources** include coal, oil, natural gas and nuclear resources
- Coal, oil and natural gas are also known as **fossil fuels**, they release carbon dioxide when burned which contributes to global warming

Renewable energy

- **Renewable** energy can be replaced within your lifetime
- Renewable energy resources include wind, tidal, wave, biomass, solar, hydroelectric and geothermal
- Renewable energy resources do not produce much carbon dioxide, meaning that they have a smaller effect on global warming

Power stations

Thermal power stations burn coal, oil and natural gas, which are all non-renewable energy resources



Fuel is burned underneath water → Water is heated and turns into steam → The steam turns a turbine which turns a generator → Electricity is generated

Dissipation of energy

- We say that energy is **dissipated** when it is transferred to a nonuseful store, it cannot be used for what it was intended for
- Energy can be wasted through friction, heating up components or heating the surroundings
- **Efficiency** is a measure of how much of the energy has been used in a useful way, we can calculate this with the equation:

$$\text{efficiency (\%)} = \frac{\text{useful energy output}}{\text{energy input}} \times 100$$

Key terms Make sure you can write definitions for these key terms.

chemical · dissipated · efficiency · elastic potential · energy · energy resources · fossil fuels · gravitational potential · joules · kinetic · kilojoules · law of conservation of energy · non-renewable · power · renewable · thermal · watts

Physics: Energy Costs and Transfers

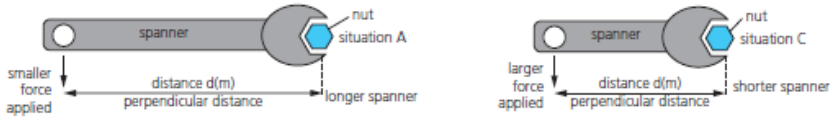
Work

- In physics, **work done** is the energy transferred when a force is used to move an object a certain distance
- Like energy, work is measured in **Joules** (J)
- Work can be done in a a range of situations e.g. lifting a book work is done against gravity, when you slide a book along a table work is done against friction
- We calculate work with the equation:

work done (J) = force (N) × distance moved (m)

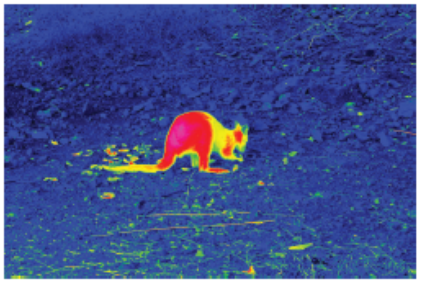
- A **simple machine** makes it easier to lift things, they reduce the force needed
- A **force multiplier** uses a smaller **input force** (what you apply) to to generate a larger **output force** (what is created)
- If you increase the distance from the pivot, less input force is needed to be used for the same output force as before
- A **lever** is an example of a force multiplier, a longer lever will require a less input force than a shorter lever to produce the same output force

The physics of unscrewing a tight nut with a spanner



Radiation

- **Radiation** is a method of transferring energy without the need for particles
- An example of radiation is thermal energy being transferred from the Sun to us through space (where there are no particles)
- This type of radiation is known as **infrared radiation**, it is a type of wave just like light
- The hotter an object is the more infrared radiation it will emit (give out)
- The amount of radiation emitted and absorbed depends on the surface of the object:
  - Darker matte surfaces absorb and emit more infrared radiation
  - Shiny and smooth surfaces absorb and emit less infrared radiation, instead reflecting this
  - The amount of infrared radiation being emitted can be viewed on a **thermal imaging camera**



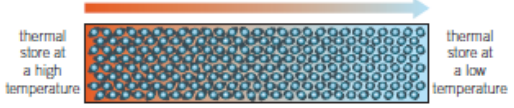
Energy and temperature

- The **temperature** of a substance is a measure of how hot or cold it is
- Temperature is measured with a **thermometer**, it has the units of degrees Celsius (°C)

- The **thermal energy** of a substance depends on the individual energy of all of the particles, it is measures in Joules (J)
- As all particles are taken into account, a bath of water at 30 °C would have more thermal energy than a cup of tea at 90 °C as there are many more particles
- The faster the particles are moving, the more thermal energy they will have
- When particles are heated they begin to move more quickly
- The energy needed to increase the temperature of a substance depends on:
  - the mass of the substance
  - what the substance is made of
  - how much you want to increase the temperature by

Conduction

- **Conduction** is the transfer of thermal energy by the vibration of particles, it cannot happen without particles
- This means that every time particles collide they transfer thermal energy
- Conduction happens effectively in solids as their particles are close together and can collide often as they vibrate around a fixed point
- Metals are also good **thermal conductors** as they contain electrons which are free to move
- In conduction the thermal energy will be transferred from an area which has a high **thermal energy store** (high temperature) to an area where there is a low thermal energy store (low temperature)
- Gases and liquids are poor conductors as their particles are spread out and so do not collide often, we call these **insulators**



Convection

- **Convection** is the transfer of thermal energy in a liquid or a gas, it cannot happen without particles
- As the particles near the heat source are heated they spread out and become less dense, this means that they will rise
- More dense particles will take their place at the bottom nearest the heat source creating a constant flow of particles
- This is known as a **convection current**
- Convection cannot happen in a solid as the particles cannot flow, they can only move around a fixed point

Key terms Make sure you can write definitions for these key terms.

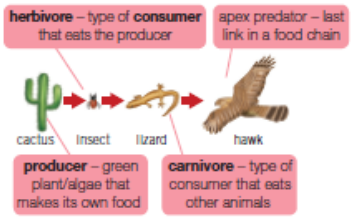
conduction *convection* *convection current* *force multiplier* *input force* *insulator* *infrared radiation* *lever* *output force* *simple machine* *temperature* *thermometer* *thermal conductor* *thermal energy store* *thermal imaging camera* *work done*

Biology: Relationships within Ecosystems

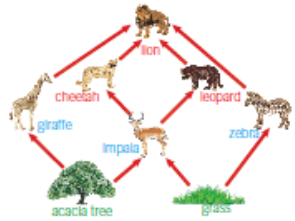
Food chains and webs

- **Food chains** show the direction in which energy flows when one organism eats another
- The direction of the arrows represent the direction in which the energy flows
- **Food webs** show how a number of different food chains are connected

Food chain



Food web



- **Producers** are the organisms which start the food chain, they convert energy from the Sun, making their own food, these are often plants
- **Prey** are organisms which are eaten by other organisms
- **Predators** are the organisms which eat the prey

Disruption to food chains

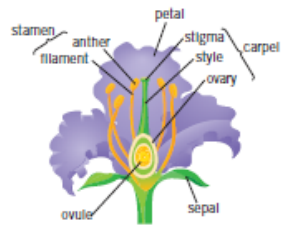
- **Interdependence** is the way in which living organisms rely on each other to survive
- A food chain will be disrupted if one of the organisms die out
- If the producer dies out the rest of the food chain will also die out unless they have a different food source
- If the **consumer** population die out the number of organisms which they eat will increase unless they are eaten by another organism
- **Bioaccumulation** is the process by which chemicals such as pesticides and insecticides build up along a food chain

Parts of a flower

Stamen

Male part of the flower

- The **anther** produces **pollen**
- The **filament** holds up the anther



Carpel

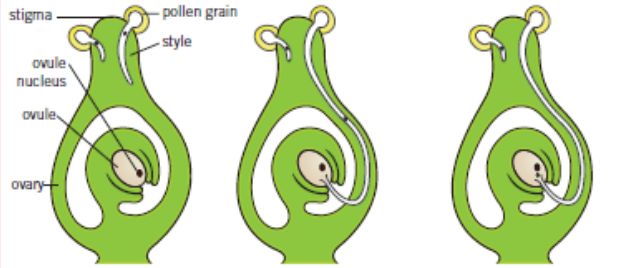
Female part of the flower

- The **stigma** is sticky to catch grains of pollen
- The **style** holds up the stigma
- The **ovary** contains **ovules**

Pollination and fertilisation

Pollination is the **fertilisation** of the ovule, the point at which the pollen is transferred to the ovule from the anther to the stigma, there are two types of pollination

- Cross pollination is between two different types of plant
- Self pollination happens within the same plant



Germination is the process in which the **seed** begins to grow, for this to occur the seed needs:

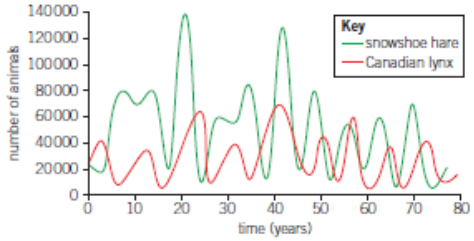
- Water to allow the seed to swell and grow and for the embryo tostart growing
- Oxygen for that the cell can start respiring to release energy forgermination
- Warmth to allow the chemical reactions to start to occur within the seed

Ecosystems

- All of the organisms which live in one area are known as a **population**
- An **ecosystem** is all of the organisms which are found in a particular location and the area in which they live in, both the living and non-living features
- A **community** are all of the areas in an ecosystem, the area in which the organisms live in is known as the **habitat**
- A **niche** is the specific role in which an organism has within an ecosystem, for example a panda's diet consists of 99% bamboo

Competition

- **Competition** is the process in which organisms compete with one another for resources
- Animals compete for food, water, space and mates
- Plants compete for light, water, space and minerals
- The best competitors are those who have adapted in order to best gain these resources
- As the number of a predator in a population increases the number of the prey will decrease as more are being eaten
- As the number of the predator decreases the number of the prey will increase as less are being eaten
- The relationship between the predator and the prey is known as a **predator-prey relationship**



Key terms Make sure you can write definitions for these key terms.

anther bioaccumulation carpel community competition consumer ecosystem fertilisation food chain food web germination habitat interdependence niche ovary ovule petal predator prey producer pollen pollination population seed sepal stamen stigma style

CHEMISTRY: Elements

Elements and atoms

- An **element** is a substance that only contains one type of atom, it is found on the **Periodic Table**
- Each element has it's own unique chemical symbol which is the same in every language, these are also found on the Periodic Table
- An **atom** is the smallest part of which an element can be broken down into
- As there are around 100 types of elements that can occur naturally, there are around 100 different atoms

Compounds

- **Compounds** are formed when two or more different elements chemically bond together
- The compound will have different **physical properties** to the elements which make up the compound, for example water is a liquid, but it made from oxygen and hydrogen which are both gases
- Compounds are hard to separate and need a chemical reaction to do this

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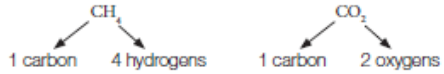
- When naming a compound, we always mention the metal first and the non metal second
- The name of the metal will not change but the name of the non metal will, for example oxygen can change to oxide
- Chemical formulae tells us how many atoms of each element are in the compound in relation to each other



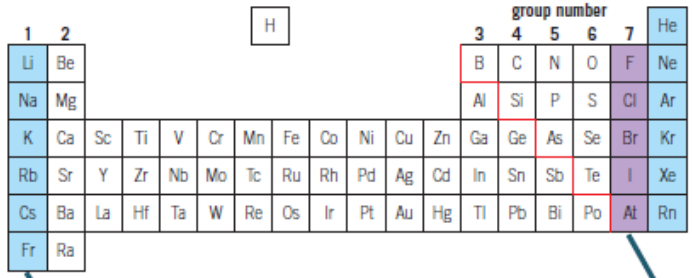
- The small number tells us the number of each element which is in front of the number

Polymers

- **Polymers** are long chains of groups of atoms which are repeated many times
- Natural polymers are not man-made and include wool, cotton, starch and rubber
- Synthetic polymers are man-made and include polythene, polystyrene and nylon

Groups and periods

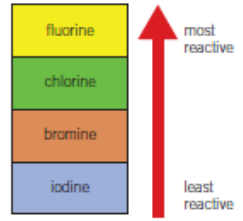
- **Groups** are the columns in the Periodic Table, they go downwards
- **Periods** are the rows in the Periodic Table, they go sideways
- Elements in the same group normally follow the same trends in properties such as melting point, boiling point and reactivity
- By placing these elements into these groups, scientists can make predictions about their properties



Group 0

- **Group 0** elements are known as the **noble gases**
- They are all non metals with low melting and boiling points, meaning all are gases at room temperature
- The boiling point decreases going down the group
- All of the group 0 elements are unreactive
- When electricity is passed through the gas, they emit a brightly coloured light, this can be seen in neon signs

Halogens



Group 1

- **Group 1** elements are also known as the **alkali metals**
- They share similar properties with other metals such as:
  - Being shiny when freshly cut
  - Being good conductors of electricity and heat
- Group 1 metals are much softer than other metals and also have much lower melting and boiling points
- Group 1 elements react with water to form alkali solutions

lithium + water → lithium hydroxide + hydrogen
metal + water → metal hydroxide + hydrogen

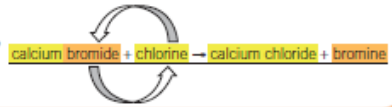
- The further down the group that the metal is, the more vigorous the reaction will be. This is called a **trend**
- Another trend seen in Group 1 is with the boiling and melting points: the further down the group, the lower the boiling and melting points are

Group 7

- **Group 7** elements are also known as the **halogens**
- They share similar properties with other non metals such as:
  - Having low melting and boiling points
  - Not conducting electricity
  - Moving down the groups the elements have an increased melting and boiling point
- The halogens also react in a similar way to one another, for example with iron:

iron + chlorine → iron chloride
iron + bromine → iron bromide

- Halogens can undergo **displacement reactions**, this is where a more reactive halogen will take the place of a less reactive halogen
- The most reactive halogens are at the top of the group, and the least reactive halogens are at the bottom of the group
- If the most reactive halogen is on its own, it will take the place of the less reactive halogen in a compound



Key terms Make sure you can write definitions for these key terms.

atom alkali metals compound displacement reaction element group Group 1 Group 7 Group 0 halogen noble gas period Periodic Table physical properties polymer trend

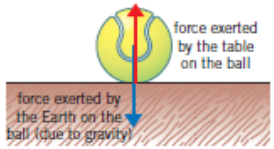
Physics: Forces and Pressure

What is a force?

- A **force** can be a **push** or a **pull**
- A force is measured in **Newtons** (N)
- We measure forces with a **newton meter**
- Forces explain why objects will move, change direction and change speed

- Forces always act in pairs, we call these **interaction pairs**

e.g. the tennis ball exerts a downward force of **weight** onto the table, the table exerts an equal and opposite reaction force onto the ball



Types of forces

- **Contact forces** act when two objects are physically touching
- **Air resistance** and **friction** are examples of contact forces

- **Non-contact forces** act when two objects are physically separated (not touching)
- Examples of non-contact forces include **gravitational force** and magnetic forces
- We call the region where an object experiences a non-contact force a **field**, examples of these include gravitational fields and magnetic fields

Gravity

- **Gravity** is a non-contact force that acts between two objects
- **Gravitational force** pulls you back to Earth when you jump
- The size of the gravitational force depends on the mass of the two objects and how far apart they are

- **Weight** is the downward force caused by gravity acting upon the mass of an object, it is measured in Newtons (N)
- **Mass** is the amount of matter within an object, whereas weight is the downward force of the object, we measure mass in **kilograms**
- We calculate weight with the equation:

$$\text{weight (N)} = \text{mass (kg)} \times \frac{\text{gravitational}}{\text{field strength}} \text{ (N/kg)}$$

- The value of the gravitational field strength can vary, so although a person's mass would be the same on different planets, their weight would not be

Balanced and unbalanced forces

- When forces acting on an object are the same size, but acting in different directions, we say that they are **balanced**
- When forces are balanced, the object is either not moving (stationary) or moving at a constant **speed**

- When the two forces acting on an object are not the same size, we say that the forces are **unbalanced**
- When forces are **unbalanced**, the object will either be in **acceleration** or **deceleration**
- The **resultant force** is the difference between the two unbalanced forces

Speed

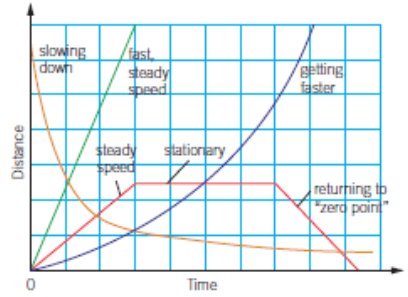
- **Speed** is a measure of how quickly or slowly that something is moving
- We measure speed in meters per second (m/s), this means that distance must be in meters and time must be in seconds
- We calculate speed with the following formula:

$$\text{speed (m/s)} = \frac{\text{distance travelled (m)}}{\text{time taken (s)}}$$

- **Relative motion** compares how quickly one object is moving compared to another
- If both objects are moving at the same speed, they are not changing position in comparison to one another, meaning that their relative speed is zero

Distance-time graphs

- **Distance-time graphs** tell the story of a journey, they show how much distance has been covered in a certain period of time



- To find the average speed, the total distance must be divided by the total time

Key terms Make sure you can write definitions for these key terms.

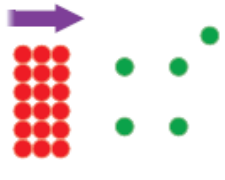
acceleration · air resistance · balanced · contact force · deceleration · distance-time graph · field · force · friction · gravity · gravitational force · interaction pair · kilograms · mass · Newton · newton · non-contact · pull · push · relative motion · resultant force · speed · unbalanced · weight

Physics: Forces and Pressure

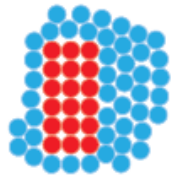
Friction and drag

- **Friction** is a force which will slow down a moving object due to two surfaces rubbing on one another
- The greater the friction, the faster an object will slow down, or the greater the force it will need to overcome the force of friction. For example, it is easier to push a block on ice than on concrete, as the ice is smoother and causes less friction

- When an object is moving through a fluid, either liquid or gas, the force which slows it down is known as **drag**
- The fluid particles will collide with the moving object and slow it down, meaning that more force is needed to overcome this
- Both drag and friction are **contact forces** as the two surfaces in friction, and the object and fluid particles in drag, come into contact with one another
- Both drag and friction are forces so they are measured in **Newtons** (N)



A solid moves through a gas.



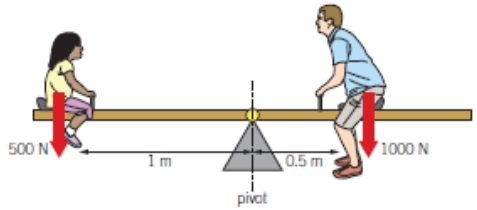
A solid moves through a liquid.

Turning forces

- A **moment** is the turning effect of a force, it is measured in Newton meters
- We can calculate a moment with the equation:

moment (Nm) = force (N) × distance from the pivot (m)

- The size of the moment will increase as the distance from the **pivot** or the size of the force increases
- When an object, such as a seesaw, is balanced, the clockwise and the anticlockwise moments will be equal and opposite, which is known as **equilibrium**
- When forces are equal and opposite to each other, there is no **resultant force**

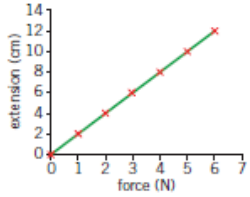


clockwise moment = force x distance on the right
= 1000 N x 0.5 m
= 500 Nm

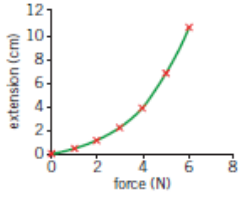
anticlockwise moment = force x distance on the left
= 500 N x 1 m
= 500 Nm

Hooke's law

- Some objects, like springs, can be stretched, the amount that they stretch is known as their **extension**
- A force needs to be applied to the spring for it to be stretched, we can achieve this by adding masses which exert the force weight
- A spring will continue to stretch until it passes it's **elastic limit**
- If an object obeys **Hooke's law** it will have a **linear relationship**: if the force applied to the spring is doubled, the extension will double too
- If an object does not obey Hooke's law, it will not have a linear relationship



This graph shows how the extension of a spring changes as you pull it



This graph shows the relationship between force and extension

Gas pressure

- **Gas pressure** is caused by the particles of a gas colliding with the wall of the container which they are in
- The more often that the particles collide with the wall of the container, the higher the pressure of the gas will be
- Gas pressure can be increased by:
  - Heating the gas so the particles move more quickly and collide with the container with a higher energy
  - Compressing the gas so there are the same amount of particles within a smaller volume meaning that there are more collisions
  - Increasing the amount of particles within the same volume so there are more collisions

- **Atmospheric pressure** is the pressure which the air exerts on you all of the time, nearer the ground there are more particles weighing down on you so the pressure is greater
- The higher you go, the smaller the atmospheric pressure, this is because there will be less particles weighing down on you

Pressure in solids

- The pressure which is exerted on a solid is known as **stress**
- The greater the area over which the force is exerted over, the lower the pressure, this is why snowshoes have a large area to prevent you sinking into the snow
- **Pressure** can be calculated using the following equation:

$$\text{pressure} = \frac{\text{force}}{\text{area}}$$

Pressure in liquids

- Liquids are **incompressible**
- The particles in a liquid are already touching, meaning that there is little space between them to compress
- Liquids will transfer the pressure applied to them, this is seen in hydraulic machines
- As the ocean gets deeper, the pressure will increase, this is because the pressure depends on the weight of the water above
- The greater the number of water molecules above, the higher the pressure will be

Key terms Make sure you can write definitions for these key terms.

air resistance · atmospheric pressure · contact force · drag · elastic limit · equilibrium · extension · friction · gas pressure · Hooke's law · incompressible · linear relationship · moment · newton · pivot · pressure · resultant force · stress