

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.1	1	Units	Use of appropriate units in physics.	Use your knowledge to apply the various units: kg, m, m/s, m/s ² , N, s, N/kg, Nm, kg m/s.	Linking, Organizing
	2	Movement and Position	Application and plotting distance-time graphs.	Use your knowledge to Plot and explain distance-time graphs, use the relationship between average speed, distance moved and time taken.	Analyzing, Linking
	3	Practical: Investigating motion	Investigating the motion of everyday objects such as toy cars or tennis balls.	Conduct practical investigations on the motion of everyday objects.	Organizing, Evaluating, Practical Experimentation
	4	Velocity and Acceleration	Application of acceleration, velocity, and their relationships.	Use your knowledge to apply the relationship between acceleration, change in velocity and time taken, plot and interpret velocity-time graphs.	Critical Thinking, Problem Solving
	5	Forces: Effects and Types	Application of the effects of forces and types of forces.	Describe the effects of forces between bodies, identify different types of force such as gravitational or electrostatic.	Critical Thinking
	6	Vector and Scalar Quantities	Application of how vector quantities differ from scalar quantities.	Use your knowledge to state how vector quantities differ from scalar quantities, understand that force is a vector quantity.	Analyzing, Critical Thinking
	7	Unbalanced Forces and Friction	Application of the effects of unbalanced forces and friction.	Use your knowledge to Calculate the resultant force of forces that act along a line, understand that friction opposes motion.	Problem Solving

Term 1.2	1	Force, Mass, and Acceleration	Using the relationship between unbalanced force, mass and acceleration.	Use your knowledge to apply the relationship between unbalanced force, mass and acceleration.	Analyzing, Problem Solving
	2	Weight and Gravitational Field Strength	Application of weight and gravitational field strength.	Use your knowledge to apply the relationship between weight, mass and gravitational field strength.	Analyzing
	3	Vehicle Stopping Distance	Application of the factors affecting vehicle stopping distance.	Explain factors affecting vehicle stopping distance, including speed, mass, road condition and reaction time.	Analyzing, Critical Thinking
	4	Forces and Falling Objects	Application of the forces acting on falling objects and terminal velocity.	Describe the forces acting on falling objects, explain why falling objects reach a terminal velocity.	Analyzing
	5	Practical: Investigating Deformation	Investigating how extension varies with applied force.	Conduct practical investigations on how extension varies with applied force for helical springs, metal wires, and rubber bands.	Organizing, Evaluating, Practical Experimentation
	6	Elastic Behavior & Hooke's Law	Application of Hooke's law and elastic behavior.	Explain that the initial linear region of a force-extension graph is associated with Hooke's law, describe elastic behaviour.	Analyzing, Understanding
	7	Midterm Review and Exam	Review of key concepts and Midterm Examination.	Demonstrate understanding of the topics covered so far.	Critical Thinking, Problem Solving, Meta-cognition