Blurt it

Step 1

Name _____ **Date** _____

1. Cover your notes and put your phone face down.
2. Set a timer for 5 minutes.
3. Write down everything you remember about forces (interactions, work done and elasticity): facts, key words, equations, practicals, and mistakes to avoid. Diagrams count too.

Stuck? Start with one of these: resultant force · work done · spring constant

When the timer ends, turn over and check what you remembered.

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Check it, fix it, space it

Steps 2, 3 and 4

Check it

Tick each idea you wrote down, even in your own words.

- [ ] Scalars have size only; vectors have size and direction, shown by an arrow
- [ ] Contact forces (friction, air resistance, tension, normal contact) need touching; non-contact forces (gravity, electrostatic, magnetic) do not
- [ ] Weight = mass × gravitational field strength; weight acts at the centre of mass
- [ ] The resultant force is the single force with the same effect as all the forces acting
- [ ] Work done = force × distance moved along the line of the force; 1 joule = 1 newton-metre
- [ ] Work done against friction makes things warmer
- [ ] Changing an object's shape needs more than one force
- [ ] Elastic deformation: the object goes back to its shape. Inelastic deformation: it does not
- [ ] Force = spring constant × extension, up to the limit of proportionality
- [ ] Stretching a spring stores elastic potential energy = ½ × spring constant × extension²

Higher only

- [ ] Free body diagrams show all the forces on an object and how they combine
- [ ] A force can be split into two parts at right angles to each other
- [ ] Use scale drawings of vectors to find a resultant force and to show equilibrium

Key words to use: scalar · vector · resultant force · contact force · non-contact force · weight centre of mass · work done · elastic deformation · inelastic deformation · spring constant

I remembered _____ out of 10. **Higher only: _____ out of 3.**

Fix it

Pick 3 ideas you missed. Look them up, then write each one correctly.

1

2

3

Space it

Blurt again on a fresh sheet. Gaps help you remember for longer.

Tomorrow

Date _____
Score _____ / 10
Higher only _____ / 3

In 3 days

Date _____
Score _____ / 10
Higher only _____ / 3

In a week

Date _____
Score _____ / 10
Higher only _____ / 3

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