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 homeostasis and response: facts, key words, equations, practicals, and mistakes to avoid. Diagrams count too.

Stuck? Start with one of these: receptor · reflex arc · insulin

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.

- [ ] Homeostasis keeps internal conditions steady: blood glucose, body temperature and water levels
- [ ] Control systems need receptors, coordination centres and effectors
- [ ] Nervous pathway: stimulus → receptor → coordinator → effector → response
- [ ] Reflexes are automatic and fast: sensory neurone, relay neurone, motor neurone, with synapses between them
- [ ] Hormones are made in glands and carried in the blood; slower than nerves but they last longer. The pituitary is the master gland
- [ ] When blood glucose is too high, the pancreas releases insulin and glucose is stored as glycogen
- [ ] Type 1 diabetes: the pancreas makes too little insulin. Type 2: body cells stop responding to insulin
- [ ] Oestrogen and testosterone cause the changes at puberty
- [ ] Menstrual cycle: FSH matures an egg, LH releases it, oestrogen and progesterone keep the uterus lining
- [ ] Contraception can use hormones (pill, injection, implant) or not (condoms, diaphragms, sterilisation)

Higher only

- [ ] When blood glucose is too low, the pancreas releases glucagon, which turns glycogen back into glucose
- [ ] Insulin and glucagon work together by negative feedback
- [ ] FSH, oestrogen, LH and progesterone interact to control the menstrual cycle
- [ ] FSH and LH are used as fertility drugs and in IVF, which has low success rates and real risks
- [ ] Adrenaline gets the body ready for fight or flight; thyroxine controls metabolic rate by negative feedback

Key words to use: homeostasis · receptor · coordination centre · effector · neurone · synapse · reflex arc · central nervous system · endocrine system · hormone · gland · pituitary gland · insulin

I remembered _____ out of 10. **Higher only: _____ out of 5.**

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 _____ / 5

In 3 days

Date _____

Score _____ / 10

Higher only _____ / 5

In a week

Date _____

Score _____ / 10

Higher only _____ / 5

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