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

Stuck? Start with one of these: enzyme · double circulation · transpiration

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.

- [ ] Cells make tissues, tissues make organs, and organs make organ systems
- [ ] Enzymes have an active site that fits one substrate (lock and key); temperature and pH change how well they work
- [ ] Carbohydrases (like amylase) break starch into sugars, proteases break proteins into amino acids, and lipases break fats into glycerol and fatty acids
- [ ] Bile is made in the liver: it neutralises stomach acid and breaks fat into small droplets
- [ ] The heart is a double pump: the right side sends blood to the lungs, the left side to the rest of the body
- [ ] Arteries, veins and capillaries each have a structure that suits their job
- [ ] Blood is plasma carrying red blood cells, white blood cells and platelets
- [ ] Coronary heart disease: fatty build-up narrows the coronary arteries; treatments include stents, statins, new valves and transplants
- [ ] Cancer is uncontrolled cell division: benign tumours stay in one place, malignant tumours spread
- [ ] Xylem carries water up the plant (transpiration), phloem carries sugars (translocation), and stomata control water loss

Key words to use: tissue · organ · organ system · enzyme · active site · substrate · carbohydrase · protease · lipase · bile · double circulation · pacemaker · artery · vein · capillary · plasma · platelet

I remembered _____ out of 10.

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

In 3 days
Date _____
Score _____ / 10

In a week
Date _____
Score _____ / 10

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