



Year 8 Science Revision Checklist



| Exploring Energy | | |
|--------------------------|---|----------|
| Learning Outcomes | Do you know... | ✓ |
| 1 - 5 | The 8 types of energy? | |
| | The law of conservation of energy? | |
| | What waste energy is? Can you give examples? | |
| 6 - 10 | The unit of energy? | |
| | How energy can change from one type to another. Can you give examples? | |
| | The difference between “types of energy” and “energy resources”? | |
| | What polluting and non-polluting energy resources are. Can you list examples of each? | |
| 11 - 15 | What renewable and non-renewable energy resources are. Can you list examples of each? | |
| | Why renewable resources are needed? | |
| 16 - 18 | What a carbon footprint means? | |
| | How to increase or decrease a carbon footprint? | |

| Healthy Body and Mind – p1-11 only | | |
|---|---|----------|
| Learning Outcomes | Do you know... | ✓ |
| 1 - 5 | The type of energy in food? | |
| | Where the energy in food comes from? | |
| | What energy is needed for? | |
| 6 – 10 | The three macronutrients? | |
| | Who needs the most energy? Why is this? | |
| | The recommended alcoholic limits? | |
| 11 - 15 | The effects of alcohol consumption? | |
| | Why some people are more at risk from alcohol? | |
| | What binge drinking is and why it is dangerous? | |
| 16-23 | Not required | |

| Solids, Liquids and Gases | | |
|---------------------------|--|---|
| Learning Outcomes | Do you know... | ✓ |
| 1 – 5 | The three states of matter? | |
| | The shape and volumes of the states of matter? | |
| | The properties of the states of matter? | |
| | Matter is made up of tiny pieces? | |
| 6-7 | Not required | |
| 8 - 10 | How particles are arranged in each state of matter? | |
| | The changes of state? Can you name them all? | |
| | Is energy given or taken away for each change of state? | |
| 11 – 15 | What a melting point is? | |
| | What a boiling point is? | |
| | What diffusion is? | |
| | The experiments to show diffusion happening? | |
| 16 – 20 | How solids, liquids and gases expand? | |
| | The expansion experiments for each state of matter? | |
| | Different materials can expand by different amounts? | |
| | Where expansion can cause problems? | |
| | How solids, liquids and gases can contract? | |
| 21 – 22 | What air pressure is? | |
| | How does air move when there are different air pressures? | |
| 23 –27 | What density is? What is it defined as? | |
| | The experiment to measure the density of a regular solid? | |
| | The experiment to measure the density of an irregular solid? | |
| 28 | Not required | |
| 29 - 30 | The experiment to measure the density of a liquid? | |
| | Why objects float or sink? | |

Don't forget to prepare the equipment for your exam too!

You should bring:

- 2 Pens
- Pencil
- Rubber
- Ruler
- Calculator

