

When you revise a topic put a number in the Revision box to show how confident you are feeling:

1 – Excellent, feeling confident

2 – Very good, pretty confident

3 – Good, but will feel better once it is revisited

4 – Struggled, need to revise more

5 – Poor, need to revise much more

Spend at least half hour on each topic. Always revisit the lowest numbers first.

	Topic	Revise 1	Revise 2	Final Prep
5. Homeostasis and response	Homeostasis overview			
	Nervous System and Reflex Actions			
	The Brain			
	The Eye			
	Control of Body Temperature and Blood Sugar			
	The Endocrine System and Negative Feedback			
	Water and Nitrogen Balance			
	Hormones in Human Reproduction			
	Contraception and infertility			
	Plant Hormones and Uses			
6. Inheritance, variation and evolution	Sexual and Asexual Reproduction (ad + disad)			
	Meiosis			
	DNA Structure			
	Genetic Inheritance, Disorders, and sex determination			
	Variation, Theory of Evolution and Speciation			
	Selective Breeding and Genetic Engineering			
	Cloning			
	Understanding Genetics (Mendel)			
	Fossils, Extinction and Resistant Bacteria			
Classification				
7. Ecology	Communities, adaptations, Abiotic and Biotic Factors			
	Feeding Relationships and population size			
	How materials are cycled and Decomposition			
	Biodiversity and Impact of Environmental change			
	Waste management and Land use			
	Deforestation and Global Warming			
	Trophic Levels, Biomass – Pyramids and Transfer			
	Factors affecting Food Security			
	Farming Techniques and Fisheries			
	Role of Biotechnology			