Biology	
Cell Biology	
Structure of animal and plant cells	
Cell specialisation (how cells are adapted)	
Basic principles of diffusion, osmosis, and active transport	
Organisation	
The human digestive system (main organs, enzymes)	
Heart and blood vessels	
Functions of red blood cells, white blood cells, platelets	
Plant tissues and transport (xylem, phloem)	
Health and non-communicable diseases (obesity, smoking, alcohol)	
Infection and Response	
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Pathogens and how they cause disease	
Body's defence systems (skin, white blood cells) Vaccination and antibiotics	
Bioenergetics Photographics (word equation, basis factors)	
Photosynthesis (word equation, basic factors)	
Respiration (aerobic and anaerobic respiration)	
Homeostasis and Response	
The human nervous system (brain, spinal cord, reflexes)	
Hormones and basic functions (insulin, glucose control)	
Menstrual cycle and contraception	
Inheritance, Variation, and Evolution	
DNA, genes, and chromosomes	
Basics of inheritance (dominant and recessive traits)	
Natural selection and adaptations	
Ecology	
Food chains and ecosystems	
Adaptations of animals and plants	
Human impacts on the environment (pollution, deforestation)	
Chemistry	
Atomic Structure and the Periodic Table	
Basic structure of the atom (protons, neutrons, electrons)	
Elements, compounds, and mixtures	
Group 1, Group 7, Group 0 (basic properties)	
Bonding, Structure, and Properties of Matter	
Ionic and covalent bonding (simple explanation)	
Properties of simple molecular substances	
States of matter (solid, liquid, gas) and changing state	
Quantitative Chemistry	
Relative atomic mass and formula mass	
Conservation of mass (balancing equations)	
Chemical Changes	
Metals and acids (word equations)	
Reactivity series of metals	
Acids, alkalis, and neutralisation (pH scale)	
Electrolysis basics (simple processes)	
Energy Changes	
Exothermic and endothermic reactions (examples)	
The Rate and Extent of Chemical Change	

Factors affecting rate (temperature, concentration)	
Reversible reactions (very basic understanding)	
Organic Chemistry	
Basic idea of hydrocarbons (alkanes)	
Fractional distillation of crude oil	
Chemical Analysis	
Chromatography (simple explanation)	
Tests for common gases (oxygen, carbon dioxide)	
Chemistry of the Atmosphere	
Basic composition of the Earth's atmosphere	
Greenhouse gases and climate change	
Using Resources	
Finite and renewable resources	
Basic water treatment processes	
Physics	
Energy	
Energy stores and transfers (e.g., kinetic, gravitational)	
Renewable and non-renewable energy sources	
Efficiency basics (ways to reduce energy waste)	
Electricity	
Basic circuit symbols	
Current, voltage, resistance (simple calculations)	
Series and parallel circuits (how current and voltage behave)	
Particle Model of Matter	
States of matter and changes between them	
Density basics and simple calculations	
Atomic Structure	
Basic structure of the atom	
Radiation types (alpha, beta, gamma) and their properties	
Forces	
Types of forces (contact and non-contact)	
Speed, distance-time graphs, and simple velocity	
Newton's laws of motion (basic ideas)	
Stopping distances and factors affecting braking distance	
Waves	
Properties of waves (frequency, wavelength)	
Differences between transverse and longitudinal waves	
Electromagnetic spectrum (simple uses)	
Magnetism and Electromagnetism	
Simple properties of magnets and magnetic fields	
Basic idea of electromagnets	