Year 13 Biomechanics checklist

Topic	Details			
1. Linear Motion	1. I understand the characteristics of linear motion 2. I can recall the key definitions of and work out: • Distance • Displacement • Speed • Velocity • Acceleration • Deceleration 3. I understand and can draw the following graphs of linear motion: • Distance/time • Speed/time • Velocity/time			
2. Angular Motion	1. I understand the characteristics and creation of angular motion 2. I understand the concept of axes of rotation 3. I can recall the key definitions • Moment of inertia • Angular velocity • Angular Momentum 4. I can draw graphs relating to: • Moment of inertia • Angular velocity • Angular Momentum 5. I understand the concept of conservation of angular momentum and how it is associated with Newtons first law			
3. Fluid mechanics and projectile motion	1. I understand the factors that affect air resistance and drag 2. I understand the factors that affect horizontal distance travelled by a projectile 3. I can draw and understand free body diagrams and the resolution of forces acting on a projectile flight 4. I understand the difference between parabolic and non-parabolic flight paths 5. I understand: • Lift force • Angle of attack • Bernoulli principle 6. I understand the spin and magnus effect			