

Week	Date	Day	Spec Code	Topic	Subtopic	Revision Technique 10 minutes active recall, 20 min check knowledge and understanding, 30 min see revision technique ideas Black pen retrieval Blue Pen notes Green Pen mark and correct	Revision Technique Ideas
1	17/2/25	Monday	3.1.1 3.2.2	Biological Molecules	Carbohydrates: Monomers, Polymers, Bonds		Flashcards - Quizlet /Anki/ CGP/Own
1	18/2/25	Tuesday	3.1.3	Biological Molecules	Lipids: Phospholipids, Triglycerides		PPQ
1	19/2/25	Wednesday	3.1.4	Biological Molecules	Proteins: Structure & Enzyme Action		Summarising
1	20/2/25	Thursday	3.15 3.16	Biological Molecules	DNA, RNA, ATP		Teaching method
1	21/2/25	Friday	3.1.7	Biological Molecules	Water & Inorganic Ions		Spaced recall
1	22/2/25	Saturday	Review	Unit 1		LAQ PPQ	Flashcards
2	24/2/25	Monday	3.2.1	Cell	Cell Structure & Microscopy Eukaryotic & Prokaryotic Cells		Blurting method
2	25/2/25	Tuesday	3.2.2	Cells	Mitosis		Summary diagrams
2	26/2/25	Wednesday	3.2.3	Cells	Transport Across Membranes		Flow charts
2	27/2/25	Thursday	3.2.4	Cells	Immune System: Phagocytosis, T/B Cells, vaccines		LAQ
2	28/2/25	Friday	3.2.4	Cells	Monoclonal Antibodies, HIV		Mind maps
2	1/3/25	Saturday	Review	Unit 2		LAQ PPQ	
3	3/3/25	Monday	3.3.1 3.3.2	Organism Exchange	SA:V Ratio & Gas Exchange		DO NOT REREAD NOTES OR WATCH VIDEOS AND THINK YOU KNOW IT!
3	4/3/25	Tuesday	3.3.3	Organism Exchange	Digestion & Absorption		DO NOT MAKE NOTES - MAKE FLASHCARDS
3	5/3/25	Wednesday	3.3.4	Circulatory System	Structure of the Heart, Blood Vessels		
3	6/3/25	Thursday	3.3.4	Circulatory System	Cardiac Cycle, Blood Flow Regulation		
3	7/3/25	Friday	3.3.4	Transport in Animals	Oxygen Dissociation Curves		
3	8/3/25	Saturday	3.3.4	Transport in Plants	Xylem, Phloem, Transpiration		
4	10/3/25	Monday	Review	Unit 3		LAQ PPQ	
4	11/3/25	Tuesday	3.4.1 3.4.2	Genetic Information	DNA, RNA & Protein Synthesis		
4	12/3/25	Wednesday	3.4.2 3.8.1	Genetic Diversity	Mutations & Chromosome Variations		
4	13/3/25	Thursday	3.4.3	Genetic Diversity	Meiosis & Variation		
4	14/3/25	Friday	3.4.4	Biodiversity	Genetic Diversity & adaptation		
4	15/3/25	Saturday	3.4.5	Biodiversity	Species and Taxonomy		
5	17/3/25	Monday	3.4.6 3.4.7	Biodiversity	Biodiversity within a community Investigating diversity		
5	18/3/25	Tuesday	Review	Unit 4		LAQ PPQ	
5	19/3/25	Wednesday	Required Practicals	RP1 - 3		PPQ	
5	20/3/25	Thursday	Required Practicals	RP 3 - 6		RP PPQ	
5	21/3/25	Friday	3.5.1	Energy Transfers	Photosynthesis: LDR and LIR		
5	22/3/25	Saturday	3.5.2	Energy Transfers	Respiration		
6	24/3/25	Monday	3.5.3	Energy Transfers	Energy and ecosystems		
6	25/3/25	Tuesday	3.5.4	Energy Transfers	Nutrient Cycles: Nitrogen, Phosphorus	LAQ PPQ	
6	26/3/25	Wednesday	Review	Unit 5		PPQ	
6	27/3/25	Thursday	Review	Unit 1 and 2		LAQ PPQ	
6	28/3/25	Friday	Required Practicals	RP7 - 9		RP PPQ	
6	29/3/25	Saturday	3.6.1	Organisms Respond	Survival and response, Receptors, Control of heart rate		
7	31/3/25	Monday	3.6.2	Organisms Respond	Nervous coordination		
7	1/4/25	Tuesday	3.6.3	Organisms Respond	Muscle Contraction		
7	2/4/25	Wednesday	3.6.4	Organisms Respond	Control of blood Glucose & blood water potential		
7	3/4/25	Thursday	Review	Unit 6		LAQ PPQ	
7	4/4/25	Friday	Review	Unit 3 and 4		LAQ PPQ	
7	5/4/25	Saturday	3.7.1	Inheritance	Monohybrid & Dihybrid Crosses		
8	7/4/25	Monday	3.7.2	Populations	Hardy-Weinberg & Natural Selection		
8	8/4/25	Tuesday	3.7.3	Evolution & Speciation	Evolution speciation	LAQ PPQ	
8	9/4/25	Wednesday	Review	Unit 7		LAQ PPQ	
8	10/4/25	Thursday	Review	unit 1 - 4		LAQ PPQ	
8	11/4/25	Friday	Review	Unit 5-6		LAQ PPQ	
8	12/4/25	Saturday	Required Practicals	RP 10 - 12		RP PPQ	

9	14/4/25	Monday	3.8.1 3.8.2	Control of Gene Expression	Mutation and Stem cells Control of transcription/translation	
9	15/4/25	Tuesday	3.8.2 3.8.3	Control of Gene Expression	Oncogenes & Tumour Suppressors Genome projects	
9	16/4/25	Wednesday	3.8.4	Gene Technologies	Recombinant DNA technologies	
9	17/4/25	Thursday	3.8.4	Gene Technologies	Gene Therapy, probes and genetic fingerprinting	
9	18/4/25	Friday	Review	Unit 8		LAQ PPQ
9	19/4/25	Saturday	Review	unit 1 - 4	Focus on weaker areas	LAQ PPQ
10	21/4/25	Monday	Review	Unit 5 -6	Focus on weaker areas	LAQ PPQ
10	22/4/25	Tuesday	Review	Unit 7-8	Focus on weaker areas	LAQ PPQ
10	23/4/25	Wednesday	Required Practicals	RP1 - 6		PPQ
10	24/4/25	Thursday	Required Practicals	RP 7 - 10		PPQ
10	25/4/25	Friday	Exam skills	Maths		Maths PPQ
10	26/4/25	Saturday	Review	Weaker topics/application		
11	28/4/25	Monday	Exam skills	Essay		Essay title:
11	29/4/25	Tuesday	Review	Unit 1	Focus on weaker areas	LAQ PPQ
11	30/4/25	Wednesday	Exam Skill	Statistics		PPQ
11	1/5/25	Thursday	Review	Unit 2	Focus on weaker areas	LAQ PPQ
11	2/5/25	Friday	Exam skill	Evaluation		PPQ
11	3/5/25	Saturday	Review	Unit 3	Focus on weaker areas	LAQ PPQ
12	5/5/25	Monday	Exam skill	Data interpretation		PPQ
12	6/5/25	Tuesday	Review	Unit 4	Focus on weaker areas	LAQ PPQ
12	7/5/25	Wednesday	Exam skill	Essay		Essay title:
12	8/5/25	Thursday	Review	Unit 5	Focus on weaker areas	LAQ PPQ
12	9/5/25	Friday	Exam skill	Essay		Essay title:
12	10/5/25	Saturday	Review	Unit 6	Focus on weaker areas	LAQ PPQ
13	11/5/25	Monday	Exam skill	Maths		Maths PPQ
13	12/5/25	Tuesday	Review	Unit 7	Focus on weaker areas	LAQ PPQ
13	13/5/25	Wednesday	Exam skill	Essay		Essay title:
13	14/5/25	Thursday	Review	Unit 8	Focus on weaker areas	LAQ PPQ
13	15/5/25	Friday	Exam skill	RP PPQ		RP PPQ
13	16/5/25	Saturday	Review	Unit 1 - 4	Focus on weaker areas	LQA PPQ
14	18/5/25	Monday	Review	Unit 5 -8	Focus on weaker areas	LAQ PPQ
14	19/5/25	Tuesday		Mock paper 1		Mock Exam
14	20/5/25	Wednesday		Mock paper 2		Mock Exam
14	21/5/25	Thursday		Mock paper 3		Mock Exam
14	22/5/25	Friday		Mock paper 1		Mock Exam
14	23/5/25	Saturday		Mock paper 2		Mock Exam