

SB7 Animal coordination, control and homeostasis



Personal learning checklist | 1 of 3

GCSE Edexcel Separate Sciences | Biology Paper 2

Name _____ Class _____ Date _____

Tick one box for each statement. Red: need help. Amber: partly confident.
Green: can do independently.

I can	Red	Amber	Green
Hormonal communication			
Compare nervous and hormonal communication and explain how target cells respond to hormones.	☐	☐	☐
Identify major endocrine glands and the hormones they produce.	☐	☐	☐
Explain homeostasis and how negative feedback opposes changes in internal conditions.	☐	☐	☐
Thyroxine and adrenalin			
Explain thyroxine's metabolic role and its hypothalamus, pituitary and thyroid feedback pathway (Higher).	☐	☐	☐
Explain how adrenalin prepares the body for fight or flight (Higher).	☐	☐	☐
Menstrual cycle			
Describe menstruation, ovulation and uterus-lining changes, recognising that cycle timing varies.	☐	☐	☐
Distinguish ovulation, fertilisation and implantation.	☐	☐	☐
Explain the roles of oestrogen and progesterone in repairing and maintaining the uterus lining.	☐	☐	☐
Explain interactions of FSH, LH, oestrogen and progesterone across the menstrual cycle (Higher).	☐	☐	☐
Interpret menstrual hormone graphs and explain ovulation and menstruation (Higher).	☐	☐	☐

My next revision priority _____

SB7 Animal coordination, control and homeostasis



Personal learning checklist | 2 of 3

GCSE Edexcel Separate Sciences | Biology Paper 2

Name _____ Class _____ Date _____

Tick one box for each statement. Red: need help. Amber: partly confident.
Green: can do independently.

I can	Red	Amber	Green
Contraception and fertility			
Explain how hormonal contraception prevents pregnancy and compare it with barrier methods.	☐	☐	☐
Evaluate contraceptive methods using effectiveness, side effects, reversibility and infection protection.	☐	☐	☐
Explain clomifene therapy and hormone use during IVF (Higher).	☐	☐	☐
Describe laboratory fertilisation and embryo transfer and evaluate the limitations of IVF (Higher).	☐	☐	☐
Blood glucose and diabetes			
Explain how insulin lowers blood glucose through cell uptake and glycogen storage.	☐	☐	☐
Explain how glucagon raises blood glucose and completes negative feedback regulation (Higher).	☐	☐	☐
Compare type 1 and type 2 diabetes causes and explain appropriate management.	☐	☐	☐

My next revision priority _____

SB7 Animal coordination, control and homeostasis



Personal learning checklist | 3 of 3

GCSE Edexcel Separate Sciences | Biology Paper 2

Name _____ Class _____ Date _____

Tick one box for each statement. Red: need help. Amber: partly confident.
Green: can do independently.

I can	Red	Amber	Green
Risk and evidence			
Calculate BMI, waist-to-hip ratio and population risk percentages using suitable units.	☐	☐	☐
Evaluate associations between body mass, activity and diabetes risk without assuming causation or certainty.	☐	☐	☐
Describe Benedict's testing of simulated urine and explain why it cannot diagnose diabetes.	☐	☐	☐
Temperature control			
Explain homeostasis, hypothalamus control and skin structures involved in temperature regulation.	☐	☐	☐
Explain vasodilation, vasoconstriction, sweating and shivering.	☐	☐	☐
Water balance and kidneys			
Describe the urinary system and explain urea production in the liver.	☐	☐	☐
Explain nephron filtration and selective reabsorption of useful substances.	☐	☐	☐
Explain ADH control of collecting-duct permeability, urine volume and concentration (Higher).	☐	☐	☐
Compare dialysis and transplantation for kidney failure.	☐	☐	☐

My next revision priority _____