



HAMPSTEAD SCHOOL
Learning together Achieving together

Y11 - Y12
Summer Bridging Tasks
2025

BIOLOGY

Name: _____

- You should spend some time during the summer holidays working on the activities in this booklet.
- You will be required to hand this work in during your first lesson at the start of Year 12 and the content may be used to form the basis of your first assessments.
- You should try your best and show commitment to your studies.

- We are really looking forward to you coming to Hampstead School Sixth Form and studying Biology

the **PiXL**club
partners in excellence

Transition Pack for A Level Biology

Get ready for A-level!

**A guide to help you get ready for A-level Biology,
including everything from topic guides to days out and
online learning courses.**

Commissioned by The PiXL Club Ltd. April 2016

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**Please note: these resources are non-board specific. Please direct your
students to the specifics of where this knowledge and skills most apply.**

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www.pixl.org.uk

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So you are considering A level Biology?

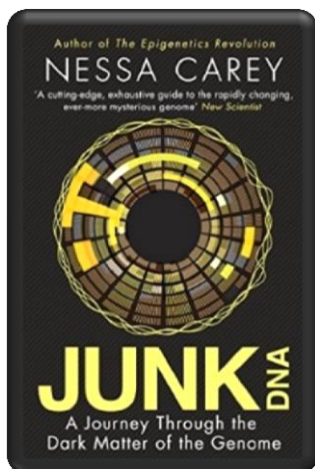
This pack contains a programme of activities and resources to prepare you to start A level in Biology in September. It is aimed to be used after you complete your GCSE throughout the remainder of the Summer term and over the Summer Holidays to ensure you are ready to start your course in September.



<https://www.distance-education-academy.com/wp-content/uploads/2013/06/biology-a-level-course.jpg>

Book Recommendations

Kick back this summer with a good read. The books below are all popular science books and great for extending your understanding of Biology

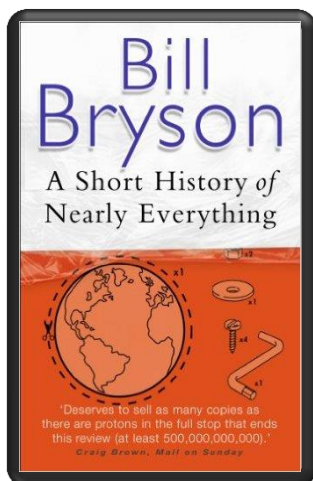
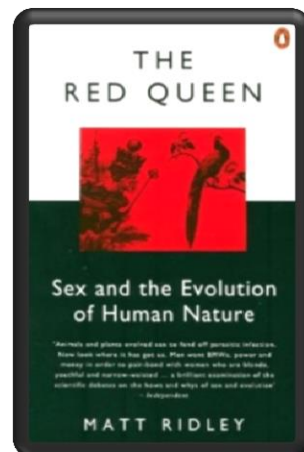


Junk DNA

Our DNA is so much more complex than you probably realize, this book will really deepen your understanding of all the work you will do on Genetics. Available at amazon.co.uk

The Red Queen

Its all about sex. Or sexual selection at least. This book will really help your understanding of evolution and particularly the fascinating role of sex in evolution. Available at amazon.co.uk



A Short History of Nearly Everything

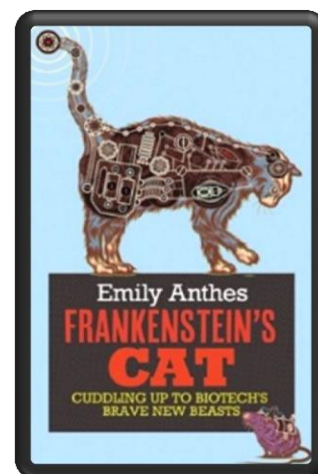
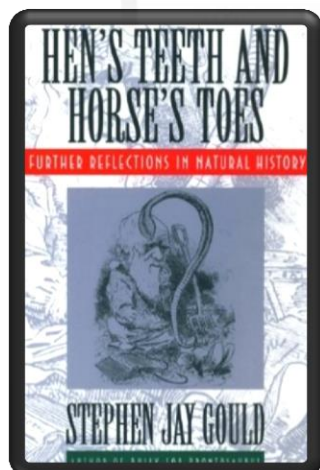
A whistle-stop tour through many aspects of history from the Big Bang to now. This is a really accessible read that will re-familiarise you with common concepts and introduce you to some of the more colourful characters from the history of science! Available at amazon.co.uk

Studying Geography as well?

Hen's teeth and horses toes

Stephen Jay Gould is a great Evolution writer and this book discusses lots of fascinating stories about Geology and evolution.

Available at amazon.co.uk



An easy read..

Frankenstein's cat

Discover how glow in the dark fish are made and more great Biotechnology breakthroughs. Available at amazon.co.uk

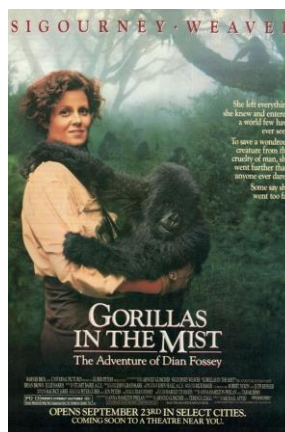
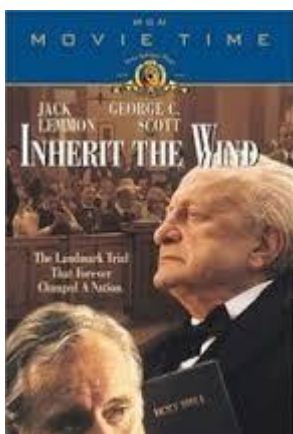
Movie Recommendations

Everyone loves a good story and everyone loves some great science. Here are some of the picks of the best films based on real life scientists and discoveries. You won't find Jurassic Park on this list, we've looked back over the last 50 years to give you our top 5 films you might not have seen before. Great watching for a rainy day.



Inherit The Wind (1960)

Great if you can find it. Based on a real life trial of a teacher accused of the crime of teaching Darwinian evolution in school in America. Does the debate rumble on today?

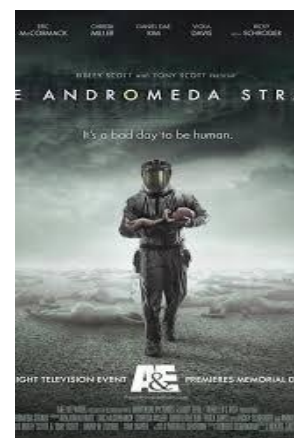


Gorillas in the Mist (1988)

An absolute classic that retells the true story of the life and work of Dian Fossey and her work studying and protecting mountain gorillas from poachers and habitat loss. A tear jerker.

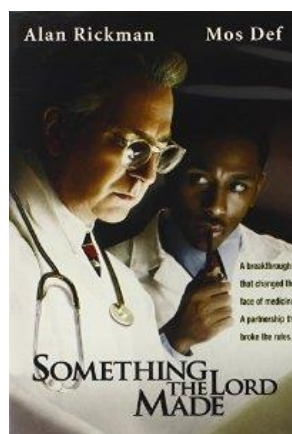
Andromeda Strain (1971)

Science fiction by the great thriller writer Michael Crichton (he of Jurassic Park fame). Humans begin dying when an alien microbe arrives on Earth.



Lorenzo's Oil (1992)

Based on a true story. A young child suffers from an autoimmune disease. The parents research and challenge doctors to develop a new cure for his disease.



Something the Lord Made (2004)

Professor Snape (the late great Alan Rickman) in a very different role. The film tells the story of the scientists at the cutting edge of early heart surgery as well as issues surrounding racism at the time.

There are some great TV series and box sets available too, you might want to check out: Blue Planet, Planet Earth, The Ascent of Man, Catastrophe, Frozen Planet, Life Story, The Hunt and Monsoon.

Movie Recommendations

If you have 30 minutes to spare, here are some great presentations (and free!) from world leading scientists and researchers on a variety of topics. They provide some interesting answers and ask some thought-provoking questions. Use the link or scan the QR code to view:

A New Superweapon in the Fight Against Cancer

Available at :

http://www.ted.com/talks/paula_hammond_a_new_superweapon_in_the_fight_against_cancer?language=en

Cancer is a very clever, adaptable disease. To defeat it, says medical researcher and educator Paula Hammond, we need a new and powerful mode of attack.



Why Bees are Disappearing

Available at :

http://www.ted.com/talks/marla_spivak_why_bees_are_disappearing?language=en

Honeybees have thrived for 50 million years, each colony 40 to 50,000 individuals coordinated in amazing harmony. So why, seven years ago, did colonies start dying en-masse?

Why Doctors Don't Know About the Drugs They Prescribe

Available at :

http://www.ted.com/talks/ben_goldacre_what_doctors_don_t_know_about_the_drugs_they_prescribe?language=en

When a new drug gets tested, the results of the trials should be published for the rest of the medical world — except much of the time, negative or inconclusive findings go unreported, leaving doctors and researchers in the dark.



Growing New Organs

Available at :

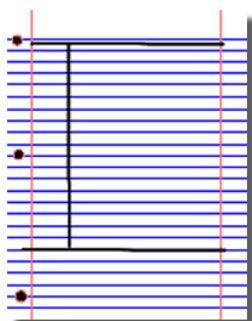
http://www.ted.com/talks/anthony_atalla_growing_organs_engineering_tissue?language=en

Anthony Atalla's state-of-the-art lab grows human organs — from muscles to blood vessels to bladders, and more.

Research activities

Research, reading and note making are essential skills for A level Biology study. For the following task you are going to produce 'Cornell Notes' to summarise your reading.

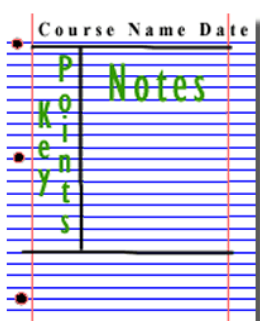
1. Divide your page into three sections like this



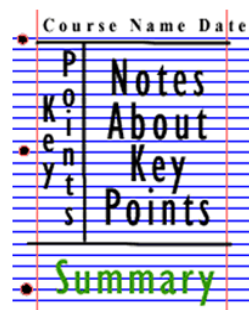
2. Write the name, date and topic at the top of the page



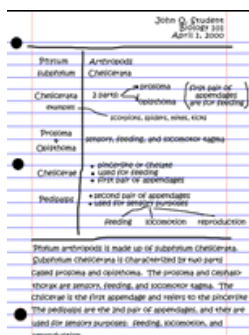
3. Use the large box to make notes. Leave a space between separate ideas. Abbreviate where possible.



4. Review and identify the key points in the left hand box



5. Write a summary of the main ideas in the bottom space



Images taken from <http://coe.jmu.edu/learningtoolbox/cornellnotes.html>

Research activities

The Big Picture is an excellent publication from the Wellcome Trust. Along with the magazine, the company produces posters, videos and other resources aimed at students studying for GCSEs and A level.

For each of the following topics, you are going to use the resources to produce one page of Cornell style notes.

Use the links of scan the QR code to take you to the resources.

BigPicture



Topic 1: The Cell

Available at: <http://bigpictureeducation.com/cell>

The cell is the building block of life. Each of us starts from a single cell, a zygote, and grows into a complex organism made of trillions of cells. In this issue, we explore what we know – and what we don't yet know – about the cells that are the basis of us all and how they reproduce, grow, move, communicate and die.



Topic 2: The Immune System

Available at:

<http://bigpictureeducation.com/immune>

The immune system is what keeps us healthy in spite of the many organisms and substances that can do us harm. In this issue, explore how our bodies are designed to prevent potentially harmful objects from getting inside, and what happens when bacteria, viruses, fungi or other foreign organisms or substances breach these barriers.



Topic 3: Exercise, Energy and Movement

Available at:

<http://bigpictureeducation.com/exercise-energy-and-movement>

All living things move. Whether it's a plant growing towards the sun, bacteria swimming away from a toxin or you walking home, anything alive must move to survive. For humans though, movement is more than just survival – we move for fun, to compete and to be healthy. In this issue we look at the biological systems that keep us moving and consider some of the psychological, social and ethical aspects of exercise and sport.



Topic 4: Populations

Available at:

<http://bigpictureeducation.com/populations>

What's the first thing that pops into your mind when you read the word population? Most likely it's the ever-increasing human population on earth. You're a member of that population, which is the term for all the members of a single species living together in the same location. The term population isn't just used to describe humans; it includes other animals, plants and microbes too. In this issue, we learn more about how populations grow, change and move, and why understanding them is so important.



Topic 4: Populations

Available at: <http://bigpictureeducation.com/health-and-climate-change>

The Earth's climate is changing. In fact, it has always been changing. What is different now is the speed of change and the main cause of change – human activities. This issue asks: What are the biggest threats to human health? Who will suffer as the climate changes? What can be done to minimise harm? And how do we cope with uncertainty?



Pre-Knowledge Topics

A level Biology will use your knowledge from GCSE and build on this to help you understand new and more demanding ideas. Complete the following tasks to make sure your knowledge is up to date and you are ready to start studying:

DNA and the Genetic Code

In living organisms nucleic acids (DNA and RNA have important roles and functions related to their properties. The sequence of bases in the DNA molecule determines the structure of proteins, including enzymes.

The double helix and its four bases store the information that is passed from generation to generation. The sequence of the base pairs adenine, thymine, cytosine and guanine tell ribosomes in the cytoplasm how to construct amino acids into polypeptides and produce every characteristic we see. DNA can mutate leading to diseases including cancer and sometimes anomalies in the genetic code are passed from parents to babies in disease such as cystic fibrosis, or can be developed in unborn foetuses such as Downs Syndrome.

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.bbc.co.uk/education/guides/z36mmp3/revision>

<http://www.s-cool.co.uk/a-level/biology/dna-and-genetic-code>

And take a look at these videos:

<http://ed.ted.com/lessons/the-twisting-tale-of-dna-judith-hauck>

<http://ed.ted.com/lessons/where-do-genes-come-from-carl-zimmer>

Task:

Produce a wall display to put up in your classroom in September. You might make a poster or do this using PowerPoint or similar Your display should use images, keywords and simple explanations to:

Define gene, chromosome, DNA and base pair

Describe the structure and function of DNA and RNA

Explain how DNA is copied in the body

Outline some of the problems that occur with DNA replication and what the consequences of this might be.

Evolution

Transfer of genetic information from one generation to the next can ensure continuity of species or lead to variation within a species and possible formation of new species. Reproductive isolation can lead to accumulation of different genetic information in populations potentially leading to formation of new species (speciation). Sequencing projects have read the genomes of organisms ranging from microbes and plants to humans. This allows the sequences of the proteins that derive from the genetic code to be predicted. Gene technologies allow study and alteration of gene function in order to better understand organism function and to design new industrial and medical processes.

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.bbc.co.uk/education/guides/z237hyc/revision/4>

<http://www.s-cool.co.uk/a-level/biology/evolution>

And take a look at these videos:

<http://ed.ted.com/lessons/how-to-sequence-the-human-genome-mark-j-kiel>

<http://ed.ted.com/lessons/the-race-to-sequence-the-human-genome-tien-nguyen>

Task:

Produce a one page revision guide for an AS Biology student that recaps the key words and concepts in this topic. Your revision guide should:

Describe speciation

Explain what a genome is

Give examples of how this information has already been used to develop new treatments and technologies.

Biodiversity

The variety of life, both past and present, is extensive, but the biochemical basis of life is similar for all living things. Biodiversity refers to the variety and complexity of life and may be considered at different levels. Biodiversity can be measured, for example within a habitat or at the genetic level. Classification is a means of organising the variety of life based on relationships between organisms and is built around the concept of species. Originally classification systems were based on observable features but more recent approaches draw on a wider range of evidence to clarify relationships between organisms. Adaptations of organisms to their environments can be behavioural, physiological and anatomical. Adaptation and selection are major factors in evolution and make a significant contribution to the diversity of living organisms.

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.s-cool.co.uk/a-level/biology/ecological-concepts>

<http://www.s-cool.co.uk/a-level/biology/classification>

And take a look at these videos:

<http://ed.ted.com/lessons/why-is-biodiversity-so-important-kim-preshoff>

<http://ed.ted.com/lessons/can-wildlife-adapt-to-climate-change-erin-eastwood>

Task:

Write a persuasive letter to an MP, organisation or pressure group promoting conservation to maintain biodiversity.

Your letter should:

Define what is meant by species and classification

Describe how species are classified

Explain one way scientists can collect data about a habitat, giving an example

Explain adaptation and how habitat change may pose a threat to niche species

Exchange and Transport

Organisms need to exchange substances selectively with their environment and this takes place at exchange surfaces. Factors such as size or metabolic rate affect the requirements of organisms and this gives rise to adaptations such as specialised exchange surfaces and mass transport systems. Substances are exchanged by passive or active transport across exchange surfaces. The structure of the plasma membrane enables control of the passage of substances into and out of cells

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.s-cool.co.uk/a-level/biology/gas-exchange>

<http://www.s-cool.co.uk/a-level/biology/nutrition-and-digestion/revise-it/human-digestive-system>

And take a look at these videos:

<http://ed.ted.com/lessons/insights-into-cell-membranes-via-dish-detergent-ethan-perlstein>

<http://ed.ted.com/lessons/what-do-the-lungs-do-emma-bryce>

Task:

Create a poster or display to go in your classroom in September. Your poster should either: compare exchange surfaces in mammals and fish or compare exchange surfaces in the lungs and the intestines. You could use a Venn diagram to do this. Your poster should:

Describe diffusion, osmosis and active transport

Explain why oxygen and glucose need to be absorbed and waste products removed

Compare and contrast your chosen focus.

Cells

The cell is a unifying concept in biology, you will come across it many times during your two years of A level study. Prokaryotic and eukaryotic cells can be distinguished on the basis of their structure and ultrastructure. In complex multicellular organisms cells are organised into tissues, tissues into organs and organs into systems. During the cell cycle genetic information is copied and passed to daughter cells. Daughter cells formed during mitosis have identical copies of genes while cells formed during meiosis are not genetically identical

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.s-cool.co.uk/a-level/biology/cells-and-organelles>

<http://www.bbc.co.uk/education/guides/zvjycdm/revision>

And take a look at these videos:

<https://www.youtube.com/watch?v=gcTuQpuJyD8>

<https://www.youtube.com/watch?v=L0k-enzoeOM>

<https://www.youtube.com/watch?v=qCLmR9-YY7o>

Task:

Produce a one page revision guide to share with your class in September summarising one of the following topics: Cells and Cell Ultrastructure, Prokaryotes and Eukaryotes, or Mitosis and Meiosis.

Whichever topic you choose, your revision guide should include:

Key words and definitions

Clearly labelled diagrams

Short explanations of key ideas or processes.

Biological Molecules

Biological molecules are often polymers and are based on a small number of chemical elements. In living organisms carbohydrates, proteins, lipids, inorganic ions and water all have important roles and functions related to their properties. DNA determines the structure of proteins, including enzymes. Enzymes catalyse the reactions that determine structures and functions from cellular to whole-organism level. Enzymes are proteins with a mechanism of action and other properties determined by their tertiary structure. ATP provides the immediate source of energy for biological processes.

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.s-cool.co.uk/a-level/biology/biological-molecules-and-enzymes>

<http://www.bbc.co.uk/education/guides/zb739j6/revision>

And take a look at these videos:

<https://www.youtube.com/watch?v=H8WJ2KENIK0>

<http://ed.ted.com/lessons/activation-energy-kickstarting-chemical-reactions-vance-kite>

Task:

Krabbe disease occurs when a person doesn't have a certain enzyme in their body. The disease effects the nervous system. Write a letter to a GP or a sufferer to explain what an enzyme is.

Your poster should:

Describe the structure of an enzyme

Explain what enzymes do inside the body

Ecosystems

Ecosystems range in size from the very large to the very small. Biomass transfers through ecosystems and the efficiency of transfer through different trophic levels can be measured. Microorganisms play a key role in recycling chemical elements. Ecosystems are dynamic systems, usually moving from colonisation to climax communities in a process known as succession. The dynamic equilibrium of populations is affected by a range of factors. Humans are part of the ecological balance and their activities affect it both directly and indirectly. Effective management of the conflict between human needs and conservation help to maintain sustainability of resources.

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.bbc.co.uk/education/guides/z7vqtfr/revision>

<http://www.s-cool.co.uk/a-level/biology/ecological-concepts>

And take a look at these videos:

<https://www.youtube.com/watch?v=jZKIHe2LDP8>

<https://www.youtube.com/watch?v=E8dkWQVFAoA>

Task:

Produce a newspaper or magazine article about one ecosystem (e.g. the arctic, the Sahara, the rainforest, or something closer to home like your local woodland, nature reserve or shore line).

Your article should include:

Key words and definitions

Pictures or diagrams of your chosen ecosystem.

A description of the changes that have occurred in this ecosystem

An explanation of the threats and future changes that may further alter this ecosystem.

Control Systems

Homeostasis is the maintenance of a constant internal environment. Negative feedback helps maintain an optimal internal state in the context of a dynamic equilibrium. Positive feedback also occurs. Stimuli, both internal and external, are detected leading to responses. The genome is regulated by a number of factors. Coordination may be chemical or electrical in nature

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.s-cool.co.uk/a-level/biology/homeostasis>

<http://www.bbc.co.uk/education/topics/z8kxpv4>

And take a look at these videos:

<https://www.youtube.com/watch?v=x4PPZCLnVkA>

<https://www.youtube.com/watch?v=x4PPZCLnVkA>

Task:

Produce a poster to display in your classroom in September summarising one of the following topics: Temperature Control, Water and the Kidneys, Glucose, or The Liver.

Whichever topic you choose, your poster or display should include:

Key words and definitions

Clearly labelled diagrams

Short explanations of key ideas or processes.

Energy for Biological Processes

In cellular respiration, glycolysis takes place in the cytoplasm and the remaining steps in the mitochondria. ATP synthesis is associated with the electron transfer chain in the membranes of mitochondria and chloroplasts in photosynthesis energy is transferred to ATP in the light- dependent stage and the ATP is utilised during synthesis in the light-independent stage.

Read the information on these websites (you could make more Cornell notes if you wish):

<http://www.bbc.co.uk/education/guides/zcxrd2p/revision>

<http://www.s-cool.co.uk/a-level/biology/respiration>

And take a look at these videos:

https://www.youtube.com/watch?v=00jbG_cfGuQ

<https://www.youtube.com/watch?v=2f7YwCtHcgk>

Task:

Produce an A3 annotated information poster that illustrates the process of cellular respiration and summarises the key points.

Your poster should include:

Both text and images

Be visually stimulating

Key words and definitions

Clearly labelled diagrams

Short explanations of key ideas or processes.

Scientific and Investigative Skills

As part of your A level you will complete a practical assessment. This will require you to carry out a series of practical activities as well as planning how to do them, analysing the results and evaluating the methods. This will require you to: use appropriate apparatus to record a range of quantitative measurements (to include mass, time, volume, temperature, length and pH), use appropriate instrumentation to record quantitative measurements, such as a colorimeter or photometer, use laboratory glassware apparatus for a variety of experimental techniques to include serial dilutions, use of light microscope at high power and low power, including use of a graticule, produce scientific drawing from observation with annotations, use qualitative reagents to identify biological molecules, separate biological compounds using thin layer/paper chromatography or electrophoresis, safely and ethically use organisms, use microbiological aseptic techniques, including the use of agar plates and broth, safely use instruments for dissection of an animal organ, or plant organ, use sampling techniques in fieldwork.

Task:

Produce a glossary for the following key words:

accuracy, anomaly, calibration, causal link, chance, confounding variable, control experiment, control group, control variable, correlation, dependent variable, errors, evidence, fair test, hypothesis, independent, null hypothesis, precision, probability, protocol, random distribution, random error, raw data, reliability, systematic error, true value, validity, zero error,

Ideas for Day Trips

If you are on holiday in the UK, or on a staycation at home, why not plan a day trip to one of these :

Glasgow Science
Centre - Glasgow

Dundee Science
Centre - Dundee

The Lakeland Wildlife
Oasis - Milnthorpe

Scottish Seabird centre –
North Berwick

W5 - Belfast

Life – Newcastle-
upon-Tyne

Anglesey Sea Zoo -
Anglesey

Cambridge Science
Centre - Cambridge

Think-tank -
Birmingham

Herriman
Museum and
Gardens - London

National Museum -
Cardiff

Centre of the Cell -
London

The Eden Project -
Cornwall

Bristol Science
Centre - Bristol

Royal Botanic
Gardens – Kew -
Edinburgh

The Living Rainforest
- Newbury

Oxford University
Museum of Natural
History - Oxford

National Marine
Aquarium - Plymouth

Ideas for Day Trips

If you are on holiday in the UK, or on a staycation at home, why not plan a day trip to one of these :

Remember there are also lots of zoos, wildlife and safari parks across the country, here are some you may not have heard of or considered:

Colchester Zoo, Cotswold Wildlife Park, Banham Zoo (Norfolk), Tropical Birdland (Leicestershire), Yorkshire Wildlife Park, Peak Wildlife Park, International Centre for Birds of Prey (York), Blackpool Zoo, Beale Park (Reading)

There are also hundreds of nature reserves (some of which are free) located all over the country including:

RSPB sites at Lochwinnoch, Saltholme, Fairburn Ings, Old Moor, Conwy, Minsmere, Rainham Marshes, Pulborough Brooks, Radipole Lake, Newport Wetlands.

Wildlife Trust Reserves and others at Rutland Water, Pensthorpe, Insh Marshes, Attenborough Centre, Inversnaid, Skomer, Loch Garten, Donna Nook, Chapmans Well, Woodwalton Fen, London Wetland Centre, Martin Down and Woolston Eyes Reserve.

Many organisations also have opportunities for people to volunteer over the summer months, this might include working in a shop/café/visitor centre, helping with site maintenance or taking part in biological surveys. Not only is this great experience, it looks great on a job or UCAS application.

For opportunities keep an eye out in your local press, on social media, or look at the websites of organisations like the RSPB, Wildlife Trust, National Trust or Wildlife & Wetland Trust.

There are also probably lots of smaller organisations near you who would also appreciate any support you can give!

Science on Social Media

Science communication is essential in the modern world and all the big scientific companies, researchers and institutions have their own social media accounts. Here are some of our top tips to keep up to date with developing news or interesting stories:

Follow on Twitter:

Commander Chris Hadfield – former resident aboard the International Space Station @cmdrhadfield

Tiktaalik roseae – a 375 million year old fossil fish with its own Twitter account!
@tiktaalikroseae

NASA's Voyager 2 – a satellite launched nearly 40 years ago that is now travelling beyond our Solar System
@NSFVoyager2

Neil dGrasse Tyson – Director of the Hayden Planetarium in New York
@neiltyson

Sci Curious – feed from writer and Bethany Brookshire tweeting about good, bad and weird neuroscience
@scicurious

The SETI Institute – The Search for Extra Terrestrial Intelligence, be the first to know what they find!
@setiinstitute

Carl Zimmer – Science writer Carl blogs about the life sciences
@carlzimmer

Phil Plait – tweets about astronomy and bad science
@badastronomer

Virginia Hughes – science journalist and blogger for National Geographic, keep up to date with neuroscience, genetics and behaviour
@virginiahughes

Maryn McKenna – science journalist who writes about antibiotic resistance
@marynmck



Find on Facebook:

Nature - the profile page for nature.com for news, features, research and events from Nature Publishing Group

Marin Conservation Institute – publishes the latest science to identify important marine ecosystems around the world.

National Geographic - since 1888, National Geographic has travelled the Earth, sharing its amazing stories in pictures and words.

Science News Magazine - Science covers important and emerging research in all fields of science.

BBC Science News - The latest BBC Science and Environment News: breaking news, analysis and debate on science and nature around the world.



Science websites

These websites all offer an amazing collection of resources that you should use again and again through out your course.



Probably the best website on Biology....

Learn Genetics from Utah University has so much that is pitched at an appropriate level for you and has lots of interactive resources to explore, everything from why some people can taste bitter berries to how we clone mice or make glow in the dark jelly fish.

<http://learn.genetics.utah.edu/>



In the summer you will most likely start to learn about Biodiversity and Evolution. Many Zoos have great websites, especially London Zoo. Read about some of the case studies on conservation, such as the Giant Pangolin, the only mammal with scales. <https://www.zsl.org/conservation>



At GCSE you learnt how genetic diseases are inherited. In this virtual fly lab you get to breed fruit flies to investigate how different features are passed on.

<http://sciencecourseware.org/vcise/drosophila/>



DNA from the beginning is full of interactive animations that tell the story of DNA from its discovery through to advanced year 13 concepts.

One to book mark!

<http://www.dnaftb.org/>



Ok, so not a website, but a video you definitely want to watch. One of the first topics you will learn about is the amazing structure of the cell. This BBC film shows the fascinating workings of a cell... a touch more detailed than the "fried egg" model you might have seen.

http://www.dailymotion.com/video/xzh0kb_the-hidden-life-of-the-cell_shortfilms

If this link expires – google "BBC hidden life of the cell"

Science: Things to do!

Day 4 of the holidays and boredom has set in? There are loads of citizen science projects you can take part in either from the comfort of your bedroom, out and about, or when on holiday. Wikipedia does a comprehensive list of all the current projects taking place. Google 'citizen science project'



AgeGuess

big butterfly count
15th July - 7th August



The Big Moss Map



MOOC



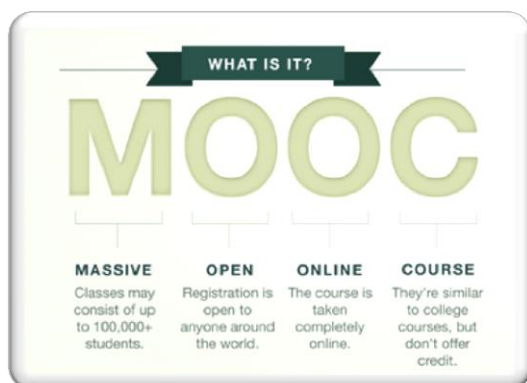
Want to stand above the rest when it comes to UCAS? Now is the time to act.

MOOCs are online courses run by nearly all Universities. They are short FREE courses that you take part in. They are usually quite specialist, but aimed at the public, not the genius!

There are lots of websites that help you find a course, such as edX and Future learn.

You can take part in any course, but there are usually start and finish dates. They mostly involve taking part in web chats, watching videos and interactives.

Completing a MOOC will look great on your Personal statement and they are dead easy to take part in!



3. Ecologists regularly study habitats to measure the species present and the effect of any changes. One team of ecologists investigated the habitat shown in the picture below:

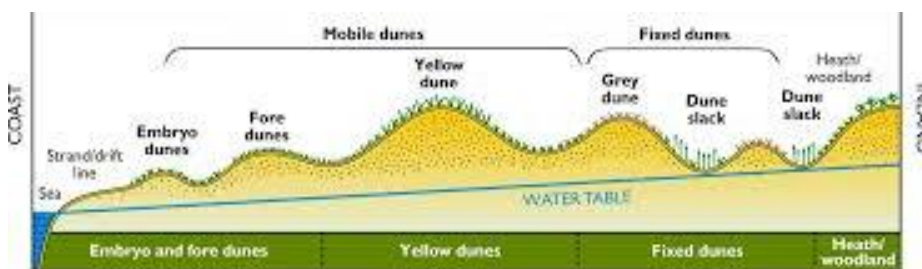


Image taken from <http://www.macaulay.ac.uk/soilquality/Dune%20Succession.pdf>

a) Define the following keywords:

i) Population

.....

ii) Community

.....

(2)

b) Give an example of one biotic factor and one abiotic factor that would be present in this habitat

Biotic:

Abiotic:

(2)

c) Describe how the ecologists would go about measuring the species present between the coast and the inland.

.....

(6)

4. Every living organism is made of cells.

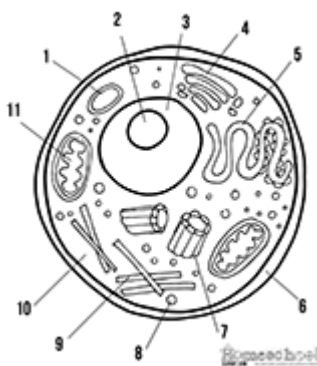


Image taken from <http://prestigebox.com/worksheet/label-an-animal-cell-worksheet>

a) Label the following parts of the animal cell:

- 2
- 5
- 8

(3)

b) Describe how is the structure of the cell membrane related to its function?

.....

(3)

5. A medical research team investigated how quickly the body deals with glucose after a meal. They studied the blood glucose concentration of people who exercised versus those who did not. Here are their results:

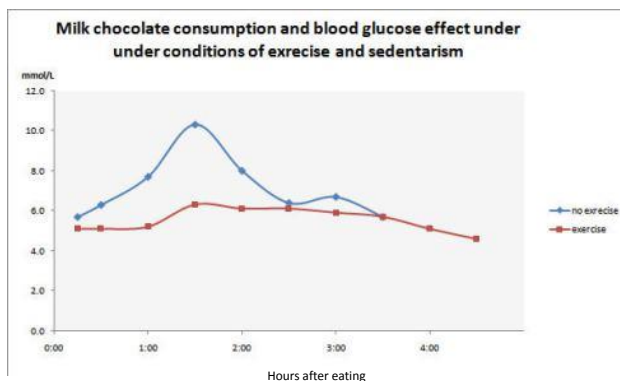


Image taken from <https://memoirsofanamnesic.wordpress.com/category/blood-glucose/>

a) What organ in the body regulates blood glucose concentration?

.....

(1)

b) Explain how the stages that would bring about a return to normal blood glucose concentrations.

.....

.....

.....

.....

(4)

c) Name one variable the researchers will have controlled.

.....

(1)

d) The researchers made the following conclusion:

“Blood glucose returns to normal values for all people after 4 hours”

To what extent do you agree with this conclusion.

.....

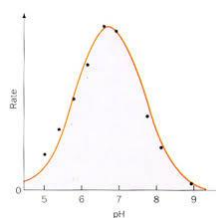
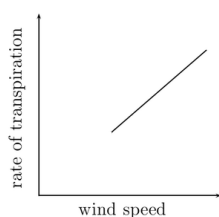
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.....

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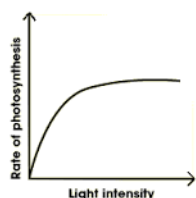
(3)

6. Scientists need to be able to interpret data in graphs to decide if there are trends in the results. For each graph below, describe the trend.



.....

.....



.....

.....(4)

Images taken from: <http://www.everythingmaths.co.za/science/lifesciences/grade-10/05-support-and-transport-systems-in-plants/images/56aff2f9b6c5b041688f745ca928990c.png>
<http://www.bbc.co.uk/staticarchive/afa3f2b16b4d58d077943c96929c9a4020fea83a.gif>
<http://www.rpi.edu/dept/chem-eng/Biotech-Environ/Projects00/temph/enzyme.html>
<http://www.myearthwatchexperience.com/Essential%20Ecology.htm>

Suggested Mark Scheme:

Question			Answer	Marks
1	a		Adenine-Thymine Cytosine-Guanine	1 1
	b		Protein/enzymes	1
	c		Ribosomes	1
2	a		Evolution (by natural selection)	1
	b		Not enough evidence	1
	c		(Plant/animal dies) and is quickly buried in sediment Not all conditions for decay are present Hard parts of the body are replaced by minerals	1 1 1
	d	i	Organisms that can reproduce to produce viable offspring/offspring that can also reproduce (fertile)	1
		ii	3 from Geographical isolation/named example Mutation of genes Natural Selection/selective advantage Species can no longer interbreed (not produce fertile offspring)	1 1 1 1
3	a	i	A group of organisms, all of the same species, and all of whom live together in a particular habitat.	1
		ii	The total of all populations living together in a particular habitat.	1
	b		Biotic – one from: Predators, prey, plant, microbes Abiotic – one from: Availability of water, temperature, mineral concentration, reference to climate/weather	1 1
	c		Measure out a transect Using a tape measure Use a quadrat At regular (named) intervals Identify species present Using a key/guide	1 1 1 1 1 1
4	A		2 Nucleolus	1
			5 Smooth Endoplasmic Reticulum	1
			8 Golgi body	1

Question		Answer	Marks
4	b	<p>Any 3 from the following structure and function must be given.</p> <p>Lipid bilayer - has a hydrophobic inside and hydrophilic outside, allowing for selective permeability</p> <p>Proteins - allow for specific substances to come or some molecules to pass through,</p> <p>Cholesterol - allows for fluidity of the membrane,</p> <p>Glycoproteins - for cell identification they serve as markers</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>
5	a	Pancreas	1
	b	<p>3 from</p> <p>Pancreas detects change</p> <p>Insulin secreted</p> <p>By alpha cells</p> <p>Respiration increased</p> <p>Uptake of glucose increased</p> <p>Liver increases storage of glucose as glycogen</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>
	c	<p>Any one from:</p> <p>Amount of chocolate, time taken to eat, other food/drink consumed, age, gender, weight, fitness level/metabolic rate, health/pre existing conditions, use of medicines/drugs</p>	1
	d	<p>Any three from</p> <p>Data suggests that blood glucose returns to normal</p> <p>Doesn't show how much exercise has been done</p> <p>Doesn't say age/gender/other named variable</p> <p>May only be true for chocolate/only one type of food investigated</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>
6		<p>Top left: transpiration increases when wind speed increases/there is a positive correlation</p> <p>Top right: rate increases with pH until the optimum is reached, after the optimum, rate decreases</p> <p>Bottom left: Increasing light initially increases the rate of photosynthesis, but after a while remains constant</p> <p>Bottom right: Population increases slowly at first and then increases at a greater rate/increases exponentially</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>

Transition guide: Biology

We have created this support resource to help students make the transition from GCSE to AS or A-level Biology.

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You're studying AS or A-level Biology, congratulations!

Biology is the study of living things, but not just animals and plants. You'll also learn about the molecules that make living things work, the cells that they're made from, the systems within plants and animals, and the interconnections between organisms.

Biology is different from physics and chemistry, in that living things don't always do what you expect them to do. You can't test one organism and assume all the rest will be the same, so you'll learn about the statistical analysis behind making claims.

At first, you may find the jump in demand from GCSE a little daunting, but if you follow the tips and advice in this guide, you'll soon adapt.

We recommend you keep this somewhere safe, as you may like to refer to the information in it throughout your studies.

Why study A-level Biology?

Biology A-level will give you the skills to make connections and associations with all living things around you. Biology literally means the study of life - and if that's not important, what is? Being such a broad topic, you're bound to find a specific area of interest, plus it opens the door to a fantastic range of interesting careers.

Many people use an AS or A-level in Biology in their future studies or work. Even if you don't decide to work in biology, studying it still develops useful and transferable skills for other careers. You'll develop research, problem solving and analytical skills, alongside teamwork and communication. Universities and business regard all of these very highly.

Possible degree options

According to bestcourse4me.com, the top seven degree courses taken by students who have A-level Biology are:

- Biology
- Psychology
- Sport and exercise science
- Medicine
- Anatomy
- Physiology and pathology pharmacology
- Toxicology and pharmacy chemistry.

This list is by no means exhaustive. Biology can prove useful for a wide variety of degree courses.

For more details, go to the bestcourse4me.com, or UCAS.

Which career appeals to you?

Studying Biology at A-level or degree opens up all sorts of career opportunities, such as:

- doctor
- clinical molecular geneticist
- nature conservation officer
- pharmacologist
- research scientist
- vet
- secondary school teacher
- marine biologist
- dentist.

Specification at a glance

AS and first year of A-level

- 1 Biological molecules.
- 2 Cells.
- 3 Organisms exchange substances with their environment.
- 4 Genetic information, variation and relationships between organisms.

A-level only

- 5 Energy transfers in and between organisms.
- 6 Organisms respond to changes in their internal and external environments.
- 7 Genetics, populations, evolution and ecosystems.
- 8 The control of gene expression.

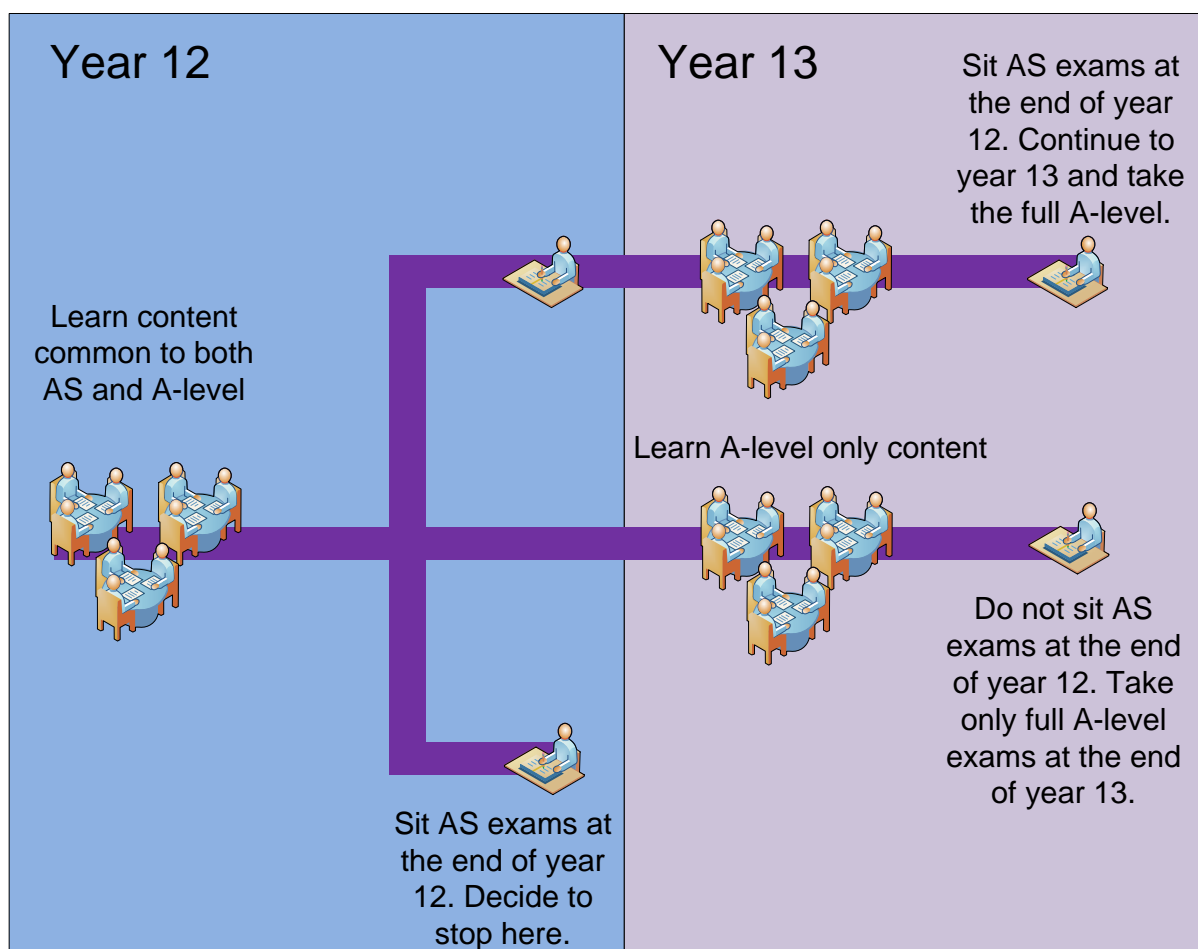
Should you study AS or A-level?

AS and A-level are separate qualifications.

An AS lasts one year. Your exam results don't count towards an A-level, but they're still valuable and AS points are accepted by higher education institutions.

Despite being separate from an A-level, AS course content is the same as the first year of A-level. If you want to switch from an AS to an A-level, you can. Your teacher will help you decide whether it's the right move for you.

All exams for the AS take place at the end of the one-year course. Exams for the A-level take place at the end of the two-year course.



The assessment for the AS consists of two exams

Paper 1	+	Paper 2
What's assessed <ul style="list-style-type: none">• Any content from topics 1–4, including relevant practical skills		What's assessed <ul style="list-style-type: none">• Any content from topics 1–4, including relevant practical skills
Assessed <ul style="list-style-type: none">• written exam: 1 hour 30 minutes• 75 marks• 50% of AS		Assessed <ul style="list-style-type: none">• written exam: 1 hour 30 minutes• 75 marks• 50% of AS
Questions <ul style="list-style-type: none">• 65 marks: short answer questions• 10 marks: comprehension question		Questions <ul style="list-style-type: none">• 65 marks: short answer questions• 10 marks: extended response questions

The assessment for the A-level consists of three exams

Paper 1	+	Paper 2	+	Paper 3
<p>What's assessed</p> <ul style="list-style-type: none"> Any content from topics 1–4, including relevant practical skills 		<p>What's assessed</p> <ul style="list-style-type: none"> Any content from topics 5–8, including relevant practical skills 		<p>What's assessed</p> <ul style="list-style-type: none"> Any content from topics 1–8, including relevant practical skills
<p>Assessed</p> <ul style="list-style-type: none"> written exam: 2 hours 91 marks 35% of A-level 		<p>Assessed</p> <ul style="list-style-type: none"> written exam: 2 hours 91 marks 35% of A-level 		<p>Assessed</p> <ul style="list-style-type: none"> written exam: 2 hours 78 marks 30% of A-level
<p>Questions</p> <ul style="list-style-type: none"> 76 marks: a mixture of short and long answer questions 15 marks: extended response questions 		<p>Questions</p> <ul style="list-style-type: none"> 76 marks: a mixture of short and long answer questions 15 marks: comprehension question 		<p>Questions</p> <ul style="list-style-type: none"> 38 marks: structured questions, including practical techniques 15 marks: critical analysis of given experimental data 25 marks: one essay from a choice of two titles

Places to go for help

1. Our website is a great place to start

Our [Biology webpages](#) are aimed at teachers, but you may find them useful too. Information includes:

- The [specification](#) – this explains exactly what you need to learn for your exams.
- [Practice exam papers](#)
- Lists of [command words](#) and subject specific vocabulary – so you understand the words to use in exams
- [Practical handbooks](#) explain the practical work you need to know
- [Past papers and mark schemes](#) from the old specifications. Some questions won't be relevant to the new AS and A-level, so please check with your teacher.
- [Maths skills support](#)

2. Royal Society of Biology

“A single unified voice for biology”. They work with everyone from government policy makers to students, as well as universities and researchers studying biology. Their website includes a dedicated student section. Have a look at rsb.org.uk

3. The student room

Join the A-level Biology forums and share thoughts and ideas with other students if you're stuck with your homework. Just be very careful not to share any details about your assessments, there are serious consequences if you're caught cheating. Visit thestudentroom.co.uk

4. Textbooks

Our [approved textbooks](#) are published by Collins, Hodder and Oxford University Press. Textbooks from other publishers will also be suitable, but you'll need to double check that the content and formula symbols they use match our specification.

5. Revision guides

These are great if you want a quick overview of the course when you're revising for your exams. Remember to use other tools as well, as these aren't detailed enough on their own.

6. YouTube

YouTube has thousands of Biology videos. Just be careful to look at who produced the video and why because some videos distort the facts. Check the author, date and comments – these help indicate whether the clip is reliable. If in doubt, ask your teacher.

7. Magazines

Focus, New Scientist or Philip Allan updates can help you put the biology you're learning in context.

Useful information and activities

There are a number of activities throughout this resource. The answers to some of the activities are available on our secure website, e-AQA. Your teacher will be able to provide you with these answers.

SI units

Every measurement must have a size (eg 2.7) and a unit (eg metres or °C). Sometimes, there are different units available for the same type of measurement. For example, ounces, pounds, kilograms and tonnes are all used as units for mass.

To reduce confusion, and to help with conversion between different units, there is a standard system of units called the SI units which are used for most scientific purposes.

These units have all been defined by experiment so that the size of, say, a metre in the UK is the same as a metre in China.

The seven SI base units are:

Physical quantity	Usual quantity symbol	Unit	Abbreviation
mass	m	kilogram	kg
length	l or x	metre	m
time	t	second	s
electric current	I	ampere	A
temperature	T	kelvin	K
amount of substance	N	mole	mol
luminous intensity	(not used at A-level)	candela	cd

All other units can be derived from the SI base units.

For example, area is measured in square metres (written as m^2) and speed is measured in metres per second (written as ms^{-1}).

It is not always appropriate to use a full unit. For example, measuring the width of a hair or the distance from Manchester to London in metres would cause the numbers to be difficult to work with.

Prefixes are used to multiply each of the units. You will be familiar with centi (meaning 1/100), kilo (1000) and milli (1/1000) from centimetres, kilometres and millimetres.

There is a wide range of prefixes. The majority of quantities in scientific contexts will be quoted using the prefixes that are multiples of 1000. For example, a distance of 33 000 m would be quoted as 33 km.

The most common prefixes you will encounter are:

Prefix	Symbol	Multiplication factor		
Tera	T	10^{12}	1 000 000 000 000	
Giga	G	10^9	1 000 000 000	
Mega	M	10^6	1 000 000	
kilo	k	10^3	1000	
deci	d	10^{-1}	0.1	1/10
centi	c	10^{-2}	0.01	1/100
milli	m	10^{-3}	0.001	1/1000
micro	μ	10^{-6}	0.000 001	1/1 000 000
nano	n	10^{-9}	0.000 000 001	1/1 000 000 000
pico	p	10^{-12}	0.000 000 000 001	1/1 000 000 000 000
femto	f	10^{-15}	0.000 000 000 000 001	1/1 000 000 000 000 000

Activity 1

Which SI unit and prefix would you use for the following quantities?

1. The time between heart beats
2. The length of a leaf
3. The distance that a migratory bird travelled each year
4. The width of a cheek cell
5. The mass of a rabbit
6. The mass of iron in the body
7. The volume of the trunk of a large tree

Sometimes, there are units that are used that are not combinations of SI units and prefixes.

These are often multiples of units that are helpful to use. For example, one litre is 0.001 m^3 , or one day is 86 400 seconds.

Activity 2

Choose the most appropriate unit, and estimate the size of each of the following.

1. The mass of an elephant
2. The mass of an earthworm
3. The volume of water in a teardrop
4. The volume of water in a pond
5. The time taken for a sunflower to grow
6. The temperature difference between the blood in the heart and in the ear on a cold day
7. The width of a hair
8. The length that your fingernails grow each day
9. The total length of each of the hairs on your head

Activity 3

Put the following in order of size:

height of an elephant; length of DNA strand; width of a hair; height of a tree; width of a sodium ion; length of a nerve cell; length of a heart; width of a red blood cell; size of a virus; length of a finger; length of a mosquito; length of a human digestive system; width of a field; length of a water molecule.

Important vocabulary for practical work

You will have come across most of the words used in practical work in your GCSE studies. It is important that you use the right definition for each word.

Activity 4

Join the boxes to link the word to its definition.

Accurate	A statement suggesting what may happen in the future.
Data	An experiment that gives the same results when a different person carries it out, or a different set of equipment or technique is used.
Precise	A measurement that is close to the true value.
Prediction	An experiment that gives the same results when the same experimenter uses the same method and equipment.
Range	Physical, chemical or biological quantities or characteristics.
Repeatable	A variable that is kept constant during an experiment.
Reproducible	A variable that is measured as the outcome of an experiment.
Resolution	This is the smallest change in the quantity being measured (input) of a measuring instrument that gives a perceptible change in the reading.
Uncertainty	The interval within the true value can be expected to lie.
Variable	The spread of data, showing the maximum and minimum values of the data.
Control variable	Measurements where repeated measurements show very little spread.
Dependent variable	Information, in any form, that has been collected.

Cells

All life on Earth exists as cells. These have basic features in common.

Activity 5

Complete the table.

Structure	Function
Cell-surface membrane	
Chloroplast	
Cell vacuole	
Mitochondria	
Nucleus	
Cell wall	
Chromosomes	
Ribosomes	

Draw the structure of a plant cell and an animal cell.

On each cell, add labels showing each of the structures in the table, if they exist.

Photosynthesis and respiration

Two of the most important reactions that take place in living things are photosynthesis and respiration. They both involve transfer of energy.

Activity 6

Complete the table.

	Photosynthesis	Aerobic respiration
Which organisms carry out this process?		
Where in the organisms does the process take place?		
Energy store at the beginning of the process	Sun	
Energy store at the end of the process		In cells
Reactants needed for the process		
Products of the process		
Overall word equation		
Balanced symbol equation for the overall process		

Which of the answers for aerobic respiration would be different for anaerobic respiration? Add these answers to the table in a different colour.

Principles of moving across boundaries

In biology, many processes involve moving substances across boundaries.

Activity 7

Match the examples to the principle(s) involved. For each, give a brief description of why it is relevant.

Osmosis

Diffusion

Active transport

Changing surface area or length

Examples

Drinking a sports drink after exercise

Gas exchange in the lungs

Absorbing nutrients from food into the body

Moving ions into cells

The effect of salt on slugs

Penguins huddling together to keep warm

Potato pieces get heavier when put in pure water

Potato pieces get lighter when put in very salty water

Cacti do not have thin, large leaves

Genetic inheritance

Activity 8

Huntington's disease is an example of a disease where the mutation causing the disease is dominant.

h: normal (recessive)

H: mutation (dominant)

		Paternal alleles	
		H	h
Maternal alleles	h		
	h		

Cystic fibrosis is an example of a disease where the mutation causing the disease is recessive.

F: normal (recessive)

f: mutation (dominant)

		Paternal alleles	
		F	f
Maternal alleles	F		
	f		

For each of the Punnett squares:

- Complete the diagrams to show the alleles for each child.
- State which parent and child is:
 - healthy
 - has the disease
 - a carrier.

Activity 8 (continued)

Each of the following statements is false. Re-write each one so that it becomes true.

1. The first Punnett square shows that one in every four children from this couple will have Huntington's disease.
2. The second Punnett square shows that there is a one in three chance that a child born to this couple will have cystic fibrosis.
3. All children of the second couple will either be carriers or suffer from cystic fibrosis.
4. The percentage of children who are sufferers on the diagram is the same as the percentage of children each couple will have who are sufferers.
5. Having one child who is born with cystic fibrosis means that the next three children will not have the disease.
6. A 50:50 chance is the same as a 0.25 probability.

Analysing data

Biological investigations often result in large amounts of data being collected. It is important to be able to analyse this data carefully in order to pick out trends.

Activity 9: Mean, media, mode and scatter graphs

A student investigated an area of moorland where succession was occurring. She used quadrats to measure the area covered by different plant species, bare ground and surface water every 10 metres along a transect. She also recorded the depth of soil at each quadrat. Her results are shown in the table.

	Area covered in each quadrat A to E in cm ²				
	A	B	C	D	E
Bog moss	55	40	10	–	–
Bell heather	–	–	–	15	10
Sundew	10	5	–	–	–
Ling	–	–	–	15	20
Bilberry	–	–	–	15	25
Heath grass	–	–	30	10	5
Soft rush	–	30	20	5	5
Sheep's fescue	–	–	25	35	30
Bare ground	20	15	10	5	5
Surface water	15	10	5	–	–
Soil depth / cm	3.2	4.7	8.2	11.5	14.8

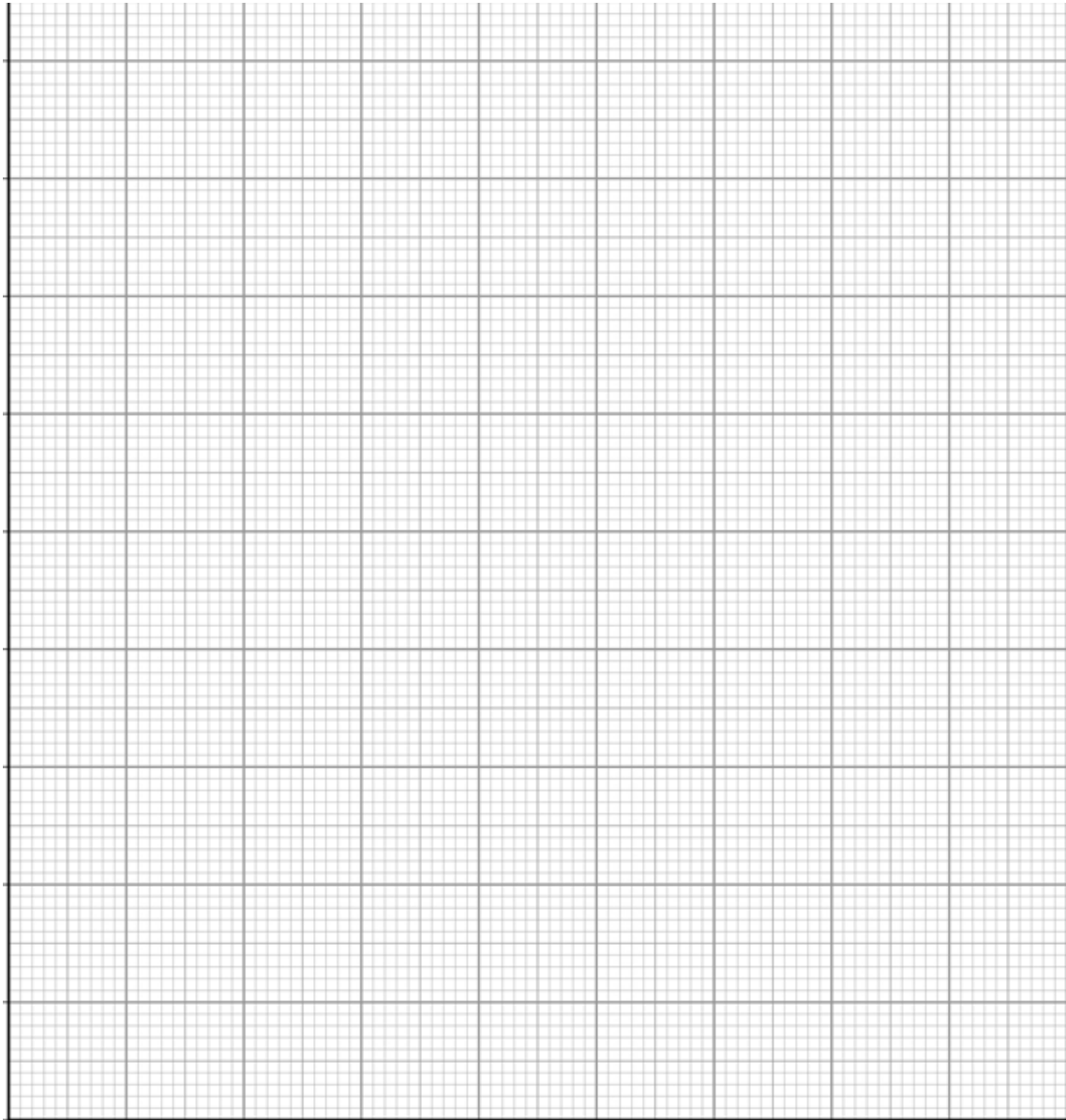
– indicates zero cover.

Calculate:

1. the mode area of soft rush in the sample
2. the mean soil depth
3. the median amount of bare ground in the sample.

Activity 9: Mean, media, mode and scatter graphs (continued)

Use the data from the table to plot a scatter graph of soil depth against the area covered by bare ground, soft rush and bog moss (use different colours or markers for each).



Activity 9: Mean, media, mode and scatter graphs (continued)

4. What conclusions does your graph suggest?

5. How confident are you in these conclusions?

Activity 10: Analysing tables

Lung cancer, chronic bronchitis and coronary heart disease (CHD) are associated with smoking. Tables 1 and 2 give the total numbers of deaths from these diseases in the UK in 1974.

Table 1 Men

Age/years	Number of deaths (in thousands)		
	lung cancer	chronic bronchitis	coronary heart disease
35-64	11.5	4.2	31.7
65-74	12.6	8.5	33.3
75+	5.8	8.1	29.1
Total (35-75+)	29.9	20.8	94.1

Table 2 Women

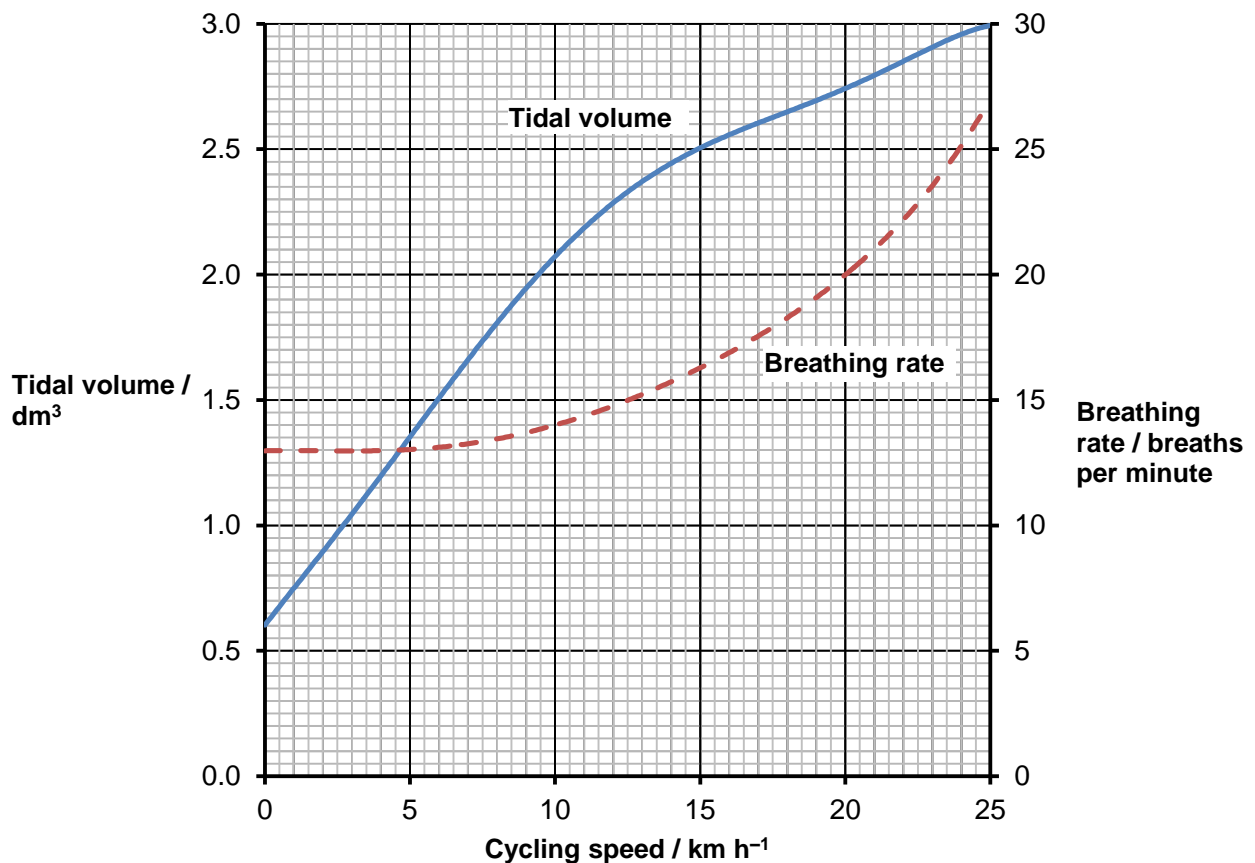
Age/years	Number of deaths (in thousands)		
	lung cancer	chronic bronchitis	coronary heart disease
35-64	3.2	1.3	8.4
65-74	2.6	1.9	18.2
75+	1.8	3.5	42.3
Total (35-75+)	7.6	6.7	68.9

Activity 10: Analysing tables (continued)

1. Of the men who died aged 35-64 from one of these three causes, what percentage of them died of lung cancer?
2. What percentage of deaths from chronic bronchitis in women happened to women aged 65-74?
3. Deaths from lung cancer drop as people get older. Is there a bigger percentage difference for men or women from 35-64 to 75+?
4. What fraction of coronary heart disease deaths of men over 34 are in the 75+ bracket? What about for women?

Activity 11: Analysing complex graphs

The volume of air breathed in and out of the lungs during each breath is called the tidal volume. The breathing rate and tidal volume were measured for a cyclist pedaling at different speeds. The graph shows the results.



1. What was the tidal volume when the cycling speed was 17 km h⁻¹?
2. What was the breathing rate when the cycling speed was 8 km h⁻¹?
3. What was the change in breathing rate when the cyclist changed from 10 to 20 km h⁻¹? Express this as a percentage.
4. At what speed did the breathing rate start to increase?
5. The tidal volume increased linearly with cycling speed up to about 10 km h⁻¹. Calculate the increase in volume for each increase in speed of 1 km h⁻¹.
6. For this initial linear section, what is the equation of the tidal volume line?

Hint: use $y=mx + c$

Transition into Y12 Biology:

Write an essay (1000 words) on:

How do substances cycle in nature?

Write an essay (1000 words) on:

What are the key molecules for life?