Year 7 Cells, Muscles and bones	17 Lessons
Stage	**Description**
Emerging	You can state that cells are the fundamental unit of living things. You can label a light microscope. You can observe cells using a light microscope. You can label an animal and plant cells. You can state the definition of cells, tissues, organs and organ systems. You can state the basic structure and functions of the skeleton.
Developing	You can describe how to successfully use a light microscope. You can describe the role of the different parts in cells. (Cell wall, cell membrane, cytoplasm, nucleus, vacuole, mitochondria and chloroplasts.) You can describe what diffusion is. You can describe the hierarchical organisation of multicellular organisms. You can describe how the skeleton is designed to help with movement, protection, support and making blood cells. You can describe the role of antagonistic muscles
Secure	You can explain the similarities and difference between animal and plant cells. You can explain the role of diffusion in the movement of materials in and between cells. You can explain how the muscles and bones work together. You can apply link measurements of force to a range of different muscles. You can give examples of antagonistic muscles. You can evaluate the use of muscles.
Excellence	You can justify the consequences of not having parts of an animal and plant cell. You can apply diffusion to materials in cells. You can explain how the skeleton makes new blood cells. You can apply biomechanics to this topic. You can compare a range of different animals – in terms of their muscles and bones.