

A starting allocation over 56 teaching weeks, weighted by each topic’s syllabus statements and share of past-paper marks — adjust to your own calendar. The last column lists the Library material that already covers the topic. 这是按各主题的大纲条目数与真题分值占比分配的起始教学计划, 可按实际校历调整; 最后一栏列出资料库中已有的配套材料。

Weeks	Topic	Subtopics	Library material
1–4	1. Cell structure 细胞结构	1.1, 1.2	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Unit test
5–7	2. Biological molecules 生物分子	2.1, 2.2, 2.3, 2.4	Handout · 5 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 4 exercise sheets · 3 past-paper sheets · Unit test
8–10	3. Enzymes 酶	3.1, 3.2	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Unit test
11–13	4. Cell membranes and transport 细胞膜与物质运输	4.1, 4.2	Handout · 4 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Unit test
14–16	5. The mitotic cell cycle 有丝分裂细胞周期	5.1, 5.2	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Unit test
17–19	6. Nucleic acids and protein synthesis 核酸与蛋白质合成	6.1, 6.2	Handout · 4 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Unit test
20–21	7. Transport in plants 植物体内的运输	7.1, 7.2	Handout · 4 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Unit test
22–24	8. Transport in mammals 哺乳动物体内的运输	8.1, 8.2, 8.3	Handout · 5 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 3 exercise sheets · 3 past-paper sheets · Unit test
25–26	9. Gas exchange 气体交换	9.1	Handout · 2 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 1 exercise sheet · 1 past-paper sheet · Unit test
27–28	10. Infectious diseases 传染病	10.1, 10.2	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Unit test

Weeks	Topic	Subtopics	Library material
29–31	11. Immunity 免疫	11.1, 11.2	Handout · 4 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Unit test
32–34	12. Energy and respiration 能量与呼吸作用	12.1, 12.2	Handout · 5 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets · 2 past-paper sheets · Unit test
35–37	13. Photosynthesis 光合作用	13.1, 13.2	Handout · 4 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets · 1 past-paper sheet · Unit test
38–41	14. Homeostasis 稳态	14.1, 14.2	Handout · 5 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets · 2 past-paper sheets · Unit test
42–44	15. Control and coordination 调节与协调	15.1, 15.2	Handout · 5 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets · 2 past-paper sheets · Unit test
45–47	16. Inheritance 遗传	16.1, 16.2, 16.3	Handout · 5 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 3 past-paper sheets · Unit test
48–50	17. Selection and evolution 选择与进化	17.1, 17.2, 17.3	Handout · 5 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 3 past-paper sheets · Unit test
51–53	18. Classification, biodiversity and conservation 分类、生物多样性与保护	18.1, 18.2, 18.3	Handout · 4 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 3 past-paper sheets · Unit test
54–56	19. Genetic technology 遗传技术	19.1, 19.2, 19.3	Handout · 4 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 3 past-paper sheets · Unit test