

A starting allocation over 56 teaching weeks, weighted by how much syllabus content each topic carries — adjust to your own calendar. The last column lists the Library material that already covers the topic. 这是按内容容量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
1–3	1. Physical quantities and units 物理量与单位	1.1, 1.2, 1.3, 1.4	Handout · 4 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 4 exercise sheets · 4 past-paper sheets · Topic test
4	2. Kinematics 运动学	2.1	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 1 exercise sheet · 1 past-paper sheet · Topic test
5–6	3. Dynamics 动力学	3.1, 3.2, 3.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 3 exercise sheets · 3 past-paper sheets · Topic test
7–8	4. Forces, density and pressure 力、密度与压强	4.1, 4.2, 4.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 3 exercise sheets · 3 past-paper sheets · Topic test
9–10	5. Work, energy and power 功、能量与功率	5.1, 5.2	Handout · 2 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Topic test
11–12	6. Deformation of solids 固体的形变	6.1, 6.2	Handout · 2 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Topic test
13–15	7. Waves 波	7.1, 7.2, 7.3, 7.4, 7.5	Handout · 5 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 5 exercise sheets · 5 past-paper sheets · Topic test
16–18	8. Superposition 叠加	8.1, 8.2, 8.3, 8.4	Handout · 4 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 4 exercise sheets · 4 past-paper sheets · Topic test
19–20	9. Electricity 电学	9.1, 9.2, 9.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 3 exercise sheets · 3 past-paper sheets · Topic test
21–22	10. D.C. circuits 直流电路	10.1, 10.2, 10.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 3 exercise sheets · 3 past-paper sheets · Topic test

Weeks	Topic	Subtopics	Library material
23–24	11. Particle physics 粒子物理	11.1, 11.2	Handout · 3 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 2 exercise sheets · 2 past-paper sheets · Topic test
25–26	12. Motion in a circle 圆周运动	12.1, 12.2	Handout · 2 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets · 2 past-paper sheets · Topic test
27–29	13. Gravitational fields 引力场	13.1, 13.2, 13.3, 13.4	Handout · 4 Learn lessons · Slide deck · Vocabulary list · 4 exercise sheets · 4 past-paper sheets · Topic test
30–31	14. Temperature 温度	14.1, 14.2, 14.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 3 past-paper sheets · Topic test
32–33	15. Ideal gases 理想气体	15.1, 15.2, 15.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 2 past-paper sheets · Topic test
34–35	16. Thermodynamics 热力学	16.1, 16.2	Handout · 2 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets · 2 past-paper sheets · Topic test
36–37	17. Oscillations 振动	17.1, 17.2, 17.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 3 past-paper sheets · Topic test
38–40	18. Electric fields 电场	18.1, 18.2, 18.3, 18.4, 18.5	Handout · 5 Learn lessons · Slide deck · Vocabulary list · 5 exercise sheets · 4 past-paper sheets · Topic test
41–42	19. Capacitance 电容	19.1, 19.2, 19.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 3 past-paper sheets · Topic test
43–45	20. Magnetic fields 磁场	20.1, 20.2, 20.3, 20.4, 20.5	Handout · 5 Learn lessons · Slide deck · Vocabulary list · 5 exercise sheets · 3 past-paper sheets · Topic test
46–47	21. Alternating currents 交流电	21.1, 21.2	Handout · 2 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets · 2 past-paper sheets · Topic test
48–50	22. Quantum physics 量子物理	22.1, 22.2, 22.3, 22.4	Handout · 4 Learn lessons · Slide deck · Vocabulary list · 4 exercise sheets · 4 past-paper sheets · Topic test

Weeks	Topic	Subtopics	Library material
51–52	23. Nuclear physics 核物理	23.1, 23.2	Handout · 3 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets · 2 past-paper sheets · Topic test
53–54	24. Medical physics 医学物理	24.1, 24.2, 24.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 2 past-paper sheets · Topic test
55–56	25. Astronomy and cosmology 天文学与宇宙学	25.1, 25.2, 25.3	Handout · 3 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets · 3 past-paper sheets · Topic test