

Tick one box per statement: ☐ not yet ☐ nearly ☐ confident. 每条打一个勾：尚未掌握 / 快会了 / 有把握。

1. Mechanics and Materials 力学与材料

1.1 Motion graphs and uniform acceleration (statements 1–3) 运动图像与匀加速 (第 1–3 条)

☐☐☐ Motion graphs and uniform acceleration (statements 1–3)

1.2 Vectors, resolution and projectile motion (statements 4–7) 矢量、分解与抛体运动 (第 4–7 条)

☐☐☐ Vectors, resolution and projectile motion (statements 4–7)

1.3 Forces, Newton's laws and free-body diagrams (statements 8–12, core practical 1) 力、牛顿定律与受力图 (第 8–12 条, 核心实验 1)

☐☐☐ Forces, Newton's laws and free-body diagrams (statements 8–12, core practical 1)

1.4 Momentum and its conservation (statements 13–14) 动量及其守恒 (第 13–14 条)

☐☐☐ Momentum and its conservation (statements 13–14)

1.5 Moments and equilibrium (statements 15–16) 力矩与平衡 (第 15–16 条)

☐☐☐ Moments and equilibrium (statements 15–16)

1.6 Work, energy, power and efficiency (statements 17–22) 功、能量、功率与效率 (第 17–22 条)

☐☐☐ Work, energy, power and efficiency (statements 17–22)

1.7 Fluids: density, upthrust and viscous drag (statements 23–26, core practical 2) 流体：密度、浮力与粘性阻力 (第 23–26 条, 核心实验 2)

☐☐☐ Fluids: density, upthrust and viscous drag (statements 23–26, core practical 2)

1.8 Solid materials: Hooke's law, stress–strain and strain energy (statements 27–32, core practical 3) 固体材料：胡克定律、应力–应变与应变能 (第 27–32 条, 核心实验 3)

☐☐☐ Solid materials: Hooke's law, stress–strain and strain energy (statements 27–32, core practical 3)