

A starting allocation over 30 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
1–9	1. Motion, forces and energy 运动、力与能量	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8	Handout · 7 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 8 exercise sheets · 6 past-paper sheets · Topic test
10–13	2. Thermal physics 热学	2.1, 2.2, 2.3	Handout · 4 Learn lessons · Slide deck · Vocabulary list · 3 exercise sheets
14–18	3. Waves 波	3.1, 3.2, 3.3, 3.4	Handout · 5 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 4 exercise sheets · 3 past-paper sheets · Topic test
19–24	4. Electricity and magnetism 电与磁	4.1, 4.2, 4.3, 4.4, 4.5	Handout · 9 Learn lessons · Slide deck · Vocabulary list · Starter quiz · 5 exercise sheets · 1 past-paper sheet · Topic test
25–27	5. Nuclear physics 核物理	5.1, 5.2	Handout · 4 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets
28–30	6. Space physics 空间物理	6.1, 6.2	Handout · 4 Learn lessons · Slide deck · Vocabulary list · 2 exercise sheets