

Year 12
A level Biology
Bridging Work Booklet
Summer 2026

NAME:



HECKMONDWIKE
GRAMMAR SIXTH FORM

HGS A Level Bridging Work

Welcome to HGS Biology!

This bridging work is designed to help you to bridge the gap between your GCSE Science studies and the A Level Biology course.

Why do bridging work?

We want you to be successful at A-level Biology and what this takes at GCSE is different to what is required at A-level. Although you have fewer subjects, there are different skills post-16 and the volume of work is greater due to the increased demand of depth and detail. Bridging work should help you to gauge your current understanding of the subject and introduce you to the depth of understanding that is required for study at post-16.

Is the bridging work assessed?

Yes. In September, your subject teacher will ask you for your bridging work and you will sit a 45 minute in class exam. Teachers can identify your strengths and weaknesses and begin to support you in a more targeted way.

Biology A-level

Studying Biology at A-level will require you to be highly organised and effective with your own independent work. Not only will you have to balance the workload of this subject and the other subjects you have chosen, you will also be required to commit to the subject and do the very best that you can.

Anyone not completing the work or producing that of poor quality will be spoken to and asked to re-consider if this is the correct course for you. Please use resources such as the internet, library and your Biology GCSE notes to help you complete this booklet.

This bridging work has two sections:

Section A contains tasks based on 10 important topics that you covered at GCSE and need a good understanding to build upon these at A-Level. Please find and use relevant websites that you may find of some help to you, here are some suggestions:

<https://www.bbc.co.uk/bitesize/examspecs/zcq2j6f>

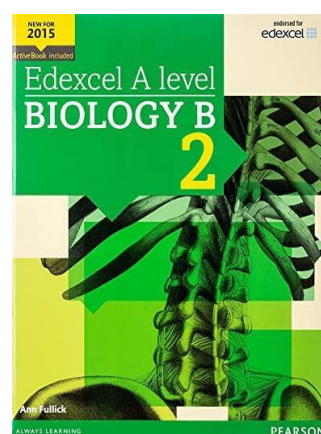
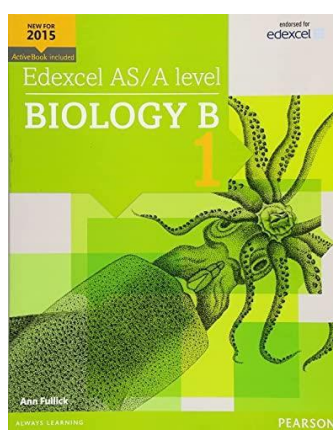
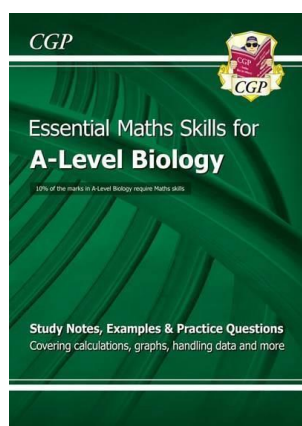
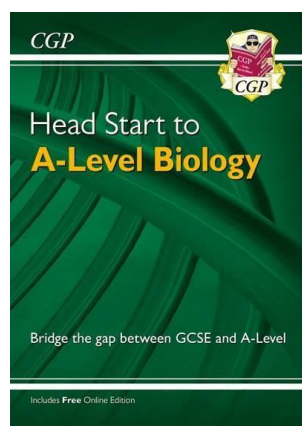
<https://www.physicsandmathstutor.com/biology-revision/gcse-edexcel/>

You must complete all this section.

1. Microscopes and magnification
2. The cell cycle and mitosis
3. Diffusion, osmosis and active transport
4. Monomers and polymers
5. DNA
6. Genetics
7. Enzymes
8. Vocabulary for practical work
9. Units for biology
10. Analysing data in tables and graphs

Section B contains a mixture of research tasks. **You should choose at least one research task to complete from this section.** You may like to read some of the suggested books or watch some of the films that have a biology basis.

Suggested books that may be supportive to your learning and starting A-Level Biology:



Section A – complete all tasks in this section.

Topic 1 – Microscopes and magnification: Microscopes have led to huge advances in biology and a number of the required practical activities use microscopes. <https://www.bbc.co.uk/bitesize/guides/zg9mk2p/revision/5>

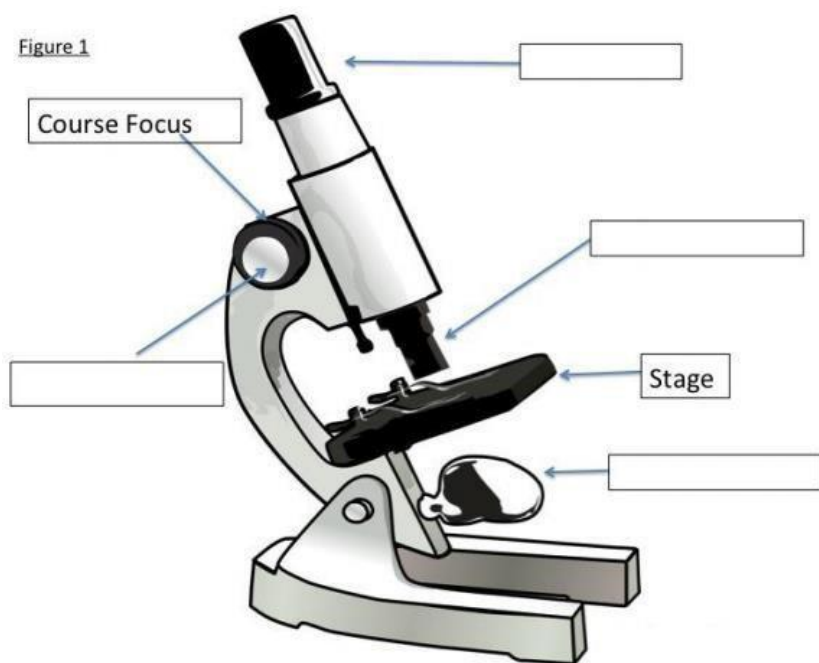
Seneca Learning 1.1.9 Microscopy and 1.1.10 Magnification

<https://app.senecalearning.com/classroom/course/42226e70-0d8e-11e8-b76e-91c7dfd478c0/section/1a4c2650-0d90-11e8-b76e-91c7dfd478c0/session>

Identify the key terms are being described below?

	How much bigger something appears than its actual size
	The smallest distance between two points where they can still be seen as separate
	A dye used to colour parts of a specimen to make the easier to see
	The part of the microscope you look down
	The part of the microscope that is closest to the specimen

Label the parts of the optical (light) microscope:



How do you calculate the total magnification of an optical microscope?	
What would be the total magnification if a 10x eyepiece lens and a 20x objective lens were being used?	
How do you calculate the actual size of an object viewed under a microscope?	
Calculate the actual size of an onion cell if it measures 20mm using a 1000X magnification.	

Topic 2 – The cell cycle and mitosis: Revise the cell cycle and mitosis and then complete the tasks below:

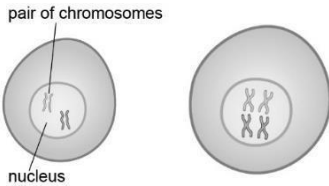
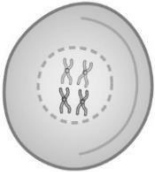
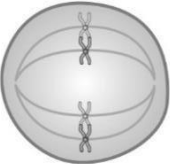
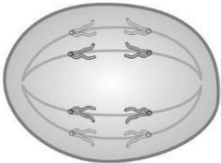
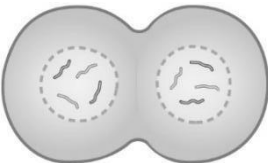
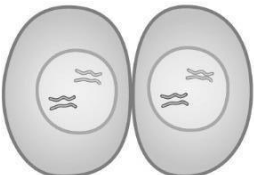
<https://www.bbc.co.uk/bitesize/guides/zpkx8mn/revision/2>

Seneca Learning 2.1.1 Mitosis [Seneca - Learn 2x Faster](#)

True or false?

Mitosis is another name for the cell cycle	
Mitosis produces genetically identical cells	
Mitosis is important for growth, repair and sexual reproduction	
Mitosis produces haploid cells	
Mitosis produced two daughter cells	

Complete the table below to name the stages of the cell cycle and describe what happens in each stage:

Diagram	Stage	What happens
		
		
		
		
		
		

Topic 3 – Diffusion, osmosis and active transport: Revise transport in cells and then complete the tasks below - <https://www.bbc.co.uk/bitesize/guides/z9myxfr/revision/1>

Seneca Learning 1.3.1 Diffusion, 1.3.2 Osmosis, 1.3.3 Active Transport - [Seneca - Learn 2x Faster](#)

Complete the definitions of the three processes:

diffusion	The _____ movement of _____ from an area of _____ concentration to an area of _____ concentration (_____ the concentration gradient).
osmosis	The _____ movement of _____ from an area of _____ concentration to an area of _____ concentration, through a _____ permeable membrane.
active transport	The movement of _____ from an area of _____ concentration to an area of _____ concentration (_____ the concentration gradient). It requires _____ from respiration and _____ in the cell membrane.

Match the examples to the principles involved (write the letter in the correct box of the correct principle involved)

diffusion	a) Drinking a sports drink after exercise
	b) Gas exchange in the lungs
osmosis	c) Absorbing nutrients from food into the body
	d) Moving ions into cells
	e) The effect of salt on slugs
active transport	f) Penguins huddling to keep warm
	g) Potato pieces get heavier when put into pure water
	h) Potato pieces get lighter when put in very salty water
changing surface area or length	i) Cacti do not have thin, large leaves
Extension: try to explain how the principles are involved in each example (complete on lined paper)	

Topic 4 – Monomers and polymers: Proteins, lipids (fats and oils) and DNA are all large molecules (polymers) that are made of smaller molecules (monomers). Carbohydrates can also exist as polymers and monomers.

Revise the functions of these polymers and revise the monomers that make them up.

The links below will get you started but you might need to do some of your own research too for the questions in **BOLD**: <https://www.bbc.co.uk/bitesize/guides/zwxv6yc/revision/4>

Why does the body need these large molecules?	
How do we get a supply of these molecules?	

Carbohydrates

Name four carbohydrates (at least two of which are polymers)	
What are the two polymers in that list?	
What are the functions of starch and glycogen?	Starch Glycogen
What is a monosaccharide? Give two examples.	
What is a disaccharide? Give two examples.	

Proteins

What are the monomers that make proteins?		
Name four proteins.	1.	2.
	3.	4.
For each of those four proteins state their function	1.	2.
	3.	4.

Lipids

What are the two kinds of lipids?	
What are the smaller units that make up a lipid?	
Why are lipids needed in the body?	

Digestion

Polymers are digested into monomers, so they can be absorbed into our blood.

What is the definition of digestion?	
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Complete this table using information from <https://www.bbc.co.uk/bitesize/guides/zwxv6yc/revision/4>

	Type of enzyme that breaks them down	Where those enzymes are made	The products of digestion
Carbohydrates			
Proteins			
Lipids			

Topic 5 - DNA: DNA is an extremely important polymer that carries the genetic information. Revise DNA and complete the tasks below:

Seneca Learning 3.2.3 DNA structure [Seneca - Learn 2x Faster](#)

a) What is DNA an abbreviation for?	
b) Where is DNA found in a eukaryotic cell?	
c) What is the name given to the shape of a DNA molecule?	
d) What is the name of the monomer that makes up DNA?	
e) Draw and label one of the monomers that make up DNA	
f) Which parts of DNA make up the backbone?	
g) What are the names of the 4 bases found in DNA?	
h) What are the complementary base-pairing rules?	
i) If the base sequence on one strand of DNA was AAT CGC ATA CAT, what would be the sequence on the other strand?	
j) What type of bonds hold the two strands of DNA together?	
k) Which part of DNA carried the genetic code?	
l) What does DNA code for?	
m) What is meant by a triplet code?	

Topic 6 - Genetics: Genetics is the study of genes, the genetic variation those genes cause and how those genes are inherited.

Before you start on the questions revise the topic here:

<https://www.bbc.co.uk/bitesize/guides/z2rm3k7/revision/1>

On Seneca the work is 3.3.2 to 3.3.3 - [Seneca - Learn 2x Faster](#)

There are lots of words we need to be able to use and understand in this topic. Find the definitions of these and learn them.

Word	Definition
Genotype	
Phenotype	
Mutation	
Gene	
Chromosome	
Natural selection	
Evolution	
Alleles	
Genome	
Homozygous	
Heterozygous	
Dominant	
Recessive	

The height of pea plants is controlled by a single gene which has two alleles: tall and short. The tall allele is dominant and is shown as T. The small allele is recessive and is shown as t.

Complete this Punnett square to show the possible allele combinations of the offspring produced when two pea plants are bred. Parent 1 is TT tall. Parent 2 is tt short.

	T	T
t		
t		

Describe and explain the characteristics of the offspring.

The inheritance of fur colour in mice is controlled by a single gene with two alleles. White fur is recessive (g). Grey fur is dominant (G). One mouse is homozygous recessive and the other is heterozygous. Use a Punnett square to determine the probability of getting a white mouse in the next generation.

Describe and explain the characteristics of the offspring.

Huntington’s disease is caused by a dominant allele (H) the recessive allele (h) is healthy.

		Paternal (father’s) alleles	
		H	h
Maternal (mother’s) alleles	h		
	h		

Cystic fibrosis is caused by a recessive allele (f) the healthy allele is dominant (F)

		Paternal (father’s) alleles	
		F	f
Maternal (mother’s) alleles	F		
	f		

- For each of the above Punnett squares:
1. Complete the diagrams to show the alleles for each child.
 2. For each parent and child state whether they are healthy, have the disease or a carrier.

Each of the following statements is false. Re-write each one so that it becomes true:

1. The first Punnett square shows that one in every four children from this couple will have Huntington's disease.
2. The second Punnett square shows that there is a one in three chance that a child born to this couple will have cystic fibrosis.
3. All children of the second couple will either be carriers or suffer from cystic fibrosis.
4. The percentage of children who are sufferers on the diagram is the same as the percentage of children each couple will have who are sufferers.
5. Having one child who is born with cystic fibrosis means that the next three children will not have the disease.

Topic 7 – Enzymes: Enzymes are proteins that are able to speed up chemical reactions. They are very important in biology because they control all the reactions that happen in cells.

We need to revise how enzymes work, how they are affected by conditions like temperature and pH. We also need to revise how to investigate them through practical experiments.

Use the following resources to help with your understanding.

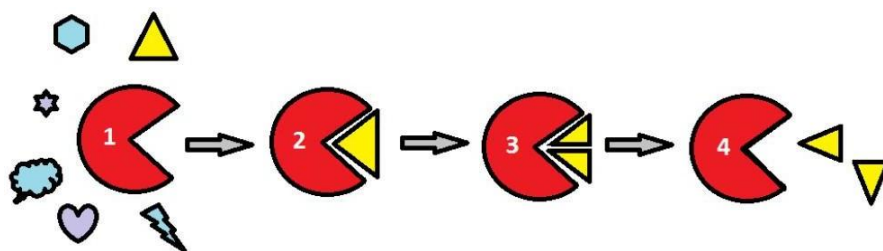
<https://www.bbc.co.uk/bitesize/guides/z88hcj6/revision/1>

Seneca Learning 1.2 Enzymes: [Seneca - Learn 2x Faster](#)

Use the BBC Bitesize site to help you answer these questions.

What are enzymes?	
What are the monomers that make proteins?	
What is a catalyst?	

The lock and key hypothesis



Use the BBC Bitesize link to help you explain what is happening in each stage: 1,2,3 and 4

1	
2	
3	
4	

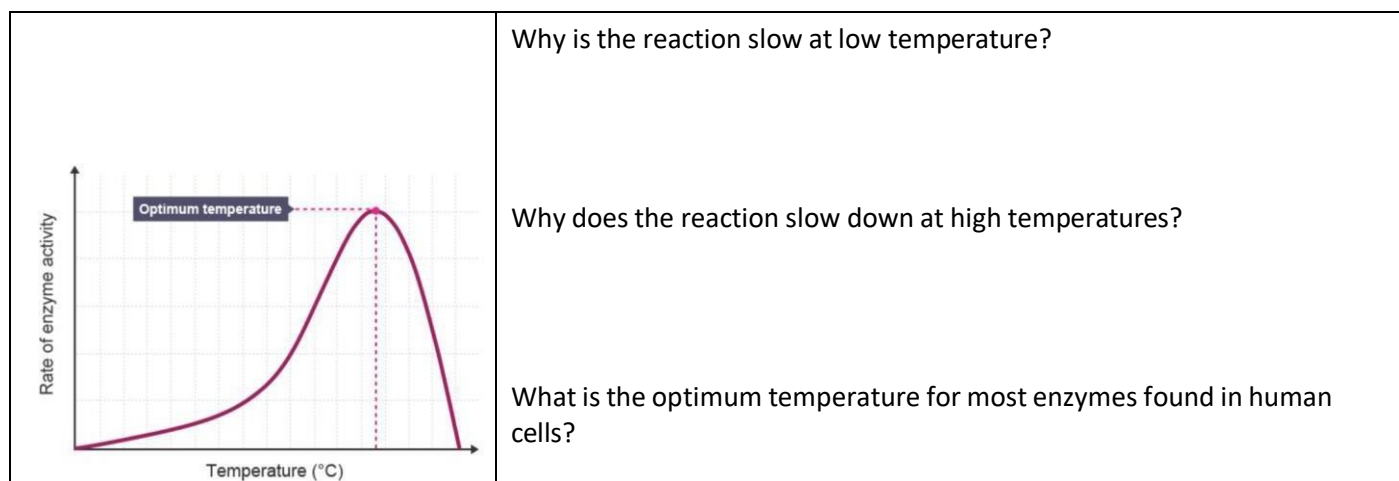
Denaturing

Explain why an enzyme won't work if it is denatured Use key words and ideas to give a full explanation	
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Rate of reaction

If 10g of substrate is all used up in 5 minutes what is the rate of reaction?
If 0.5g of product is produced in 5 seconds what is the rate of reaction?

Affecting the rate of reaction



Investigating enzymes

Read the method on <https://www.bbc.co.uk/bitesize/guides/zwxv6yc/revision/3>

What is the enzyme in the experiment?	
What is the substrate?	
What is the independent variable?	
Why did they use iodine?	

Results

pH	Time taken to digest all the starch (s)
5	240
6	120
7	60
8	140

Draw or sketch a graph of pH and time taken to digest the starch

What is the optimum pH of this enzyme?

Topic 8 - Vocabulary for practical work

You should have come across most of these words at GCSE. Match the keyword to its definition.

accurate	A statement suggesting what may happen in the future
data	An experiment that give the same results when a different person carries it out, or a different set of equipment or technique is used
precise	A measurement that is close to the true value
prediction	An experiment that gives the same results when the same experimenter uses the same method and equipment
range	Physical, chemical or biological quantities or characteristics
repeatable	A variable that is kept constant during an experiment
reproducible	A variable that is measured as the outcome of an experiment
resolution	This is the smallest change in the quantity being measured of a measuring instrument that gives a perceptible change in the reading
uncertainty	The interval within which the true value can be expected to lie
variable	The spread of data, showing the maximum and minimum values of the data
independent variable	Measurements where repeated measurements show very little spread
control variable	Information, in any form, that has been collected
dependent variable	A variable that has its values chosen or changed by the person carrying out the practical

Topic 9 - Units for Biology: You should be confident with using SI units and prefixes in biology. Complete the tables.

Physical quantity	Unit	SI unit
	kilogram	
length		m
		s
		°C
amount of substance		mol

Prefix	Symbol	Multiplication factor	
Giga		10^9	
	M		1 000 000
Kilo			
deci	d	10^{-1}	
		10^{-2}	
milli			0.001
	μ		
			0.000 000 001
pico			

Topic 10 - Analysing data in tables and graphs: Biological investigations often result in large amounts of data being collected. It is important to be able to analyse this data carefully to pick out trends.

Mean, median, mode and scatter graphs: A student investigated an area of moorland where succession was occurring. She used quadrats to measure the area covered by different plant species, bare ground and surface water every 10 metres along a transect. She also recorded the depth of soil at each quadrat. Her results are shown in the table:

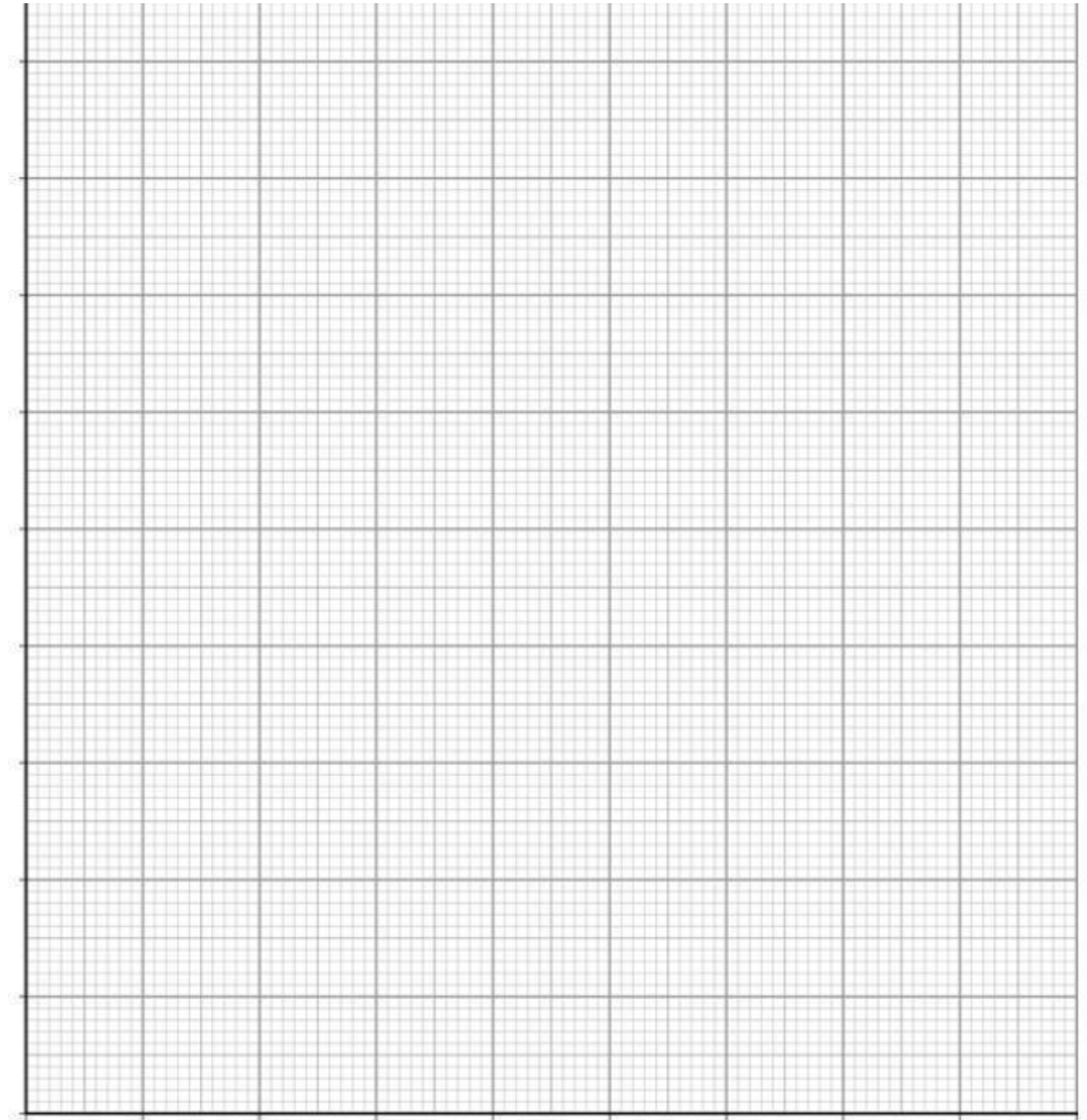
	Area covered in each quadrat A to E in cm ²				
	A	B	C	D	E
Bog moss	55	40	10	–	–
Bell heather	–	–	–	15	10
Sundew	10	5	–	–	–
Ling	–	–	–	15	20
Bilberry	–	–	–	15	25
Heath grass	–	–	30	10	5
Soft rush	–	30	20	5	5
Sheep's fescue	–	–	25	35	30
Bare ground	20	15	10	5	5
Surface water	15	10	5	–	–
Soil depth / cm	3.2	4.7	8.2	11.5	14.8

– indicates zero cover.

a) Calculate:

- i. The modal area of soft rush in the sample
- ii. The mean soil depth
- iii. The median amount of bare ground in the sample?

- b) Use the data from the table to plot a scatter graph of soil depth against the area covered by bare ground, soft rush and bog moss (use different colours for each)



- c) What conclusions does your graph suggest?

2. Analysing tables: Lung cancer, chronic bronchitis and coronary heart disease (CHD) are associated with smoking. Tables 1 and 2 give the total numbers of deaths from these diseases in the UK in 1974.

Table 1 Men

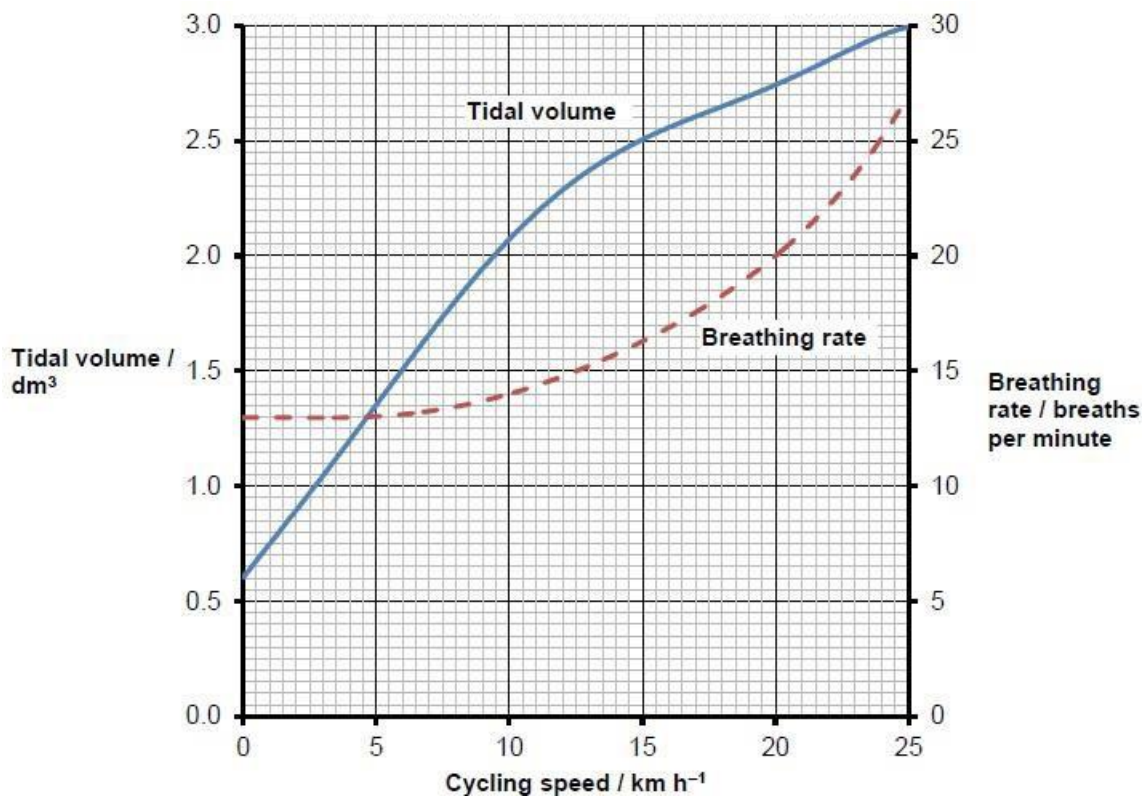
Age/years	Number of deaths (in thousands)		
	lung cancer	chronic bronchitis	coronary heart disease
35-64	11.5	4.2	31.7
65-74	12.6	8.5	33.3
75+	5.8	8.1	29.1
Total (35-75+)	29.9	20.8	94.1

Table 2 Women

Age/years	Number of deaths (in thousands)		
	lung cancer	chronic bronchitis	coronary heart disease
35-64	3.2	1.3	8.4
65-74	2.6	1.9	18.2
75+	1.8	3.5	42.3
Total (35-75+)	7.6	6.7	68.9

- a) Of the men who died aged 35-64, what percentage of them died of lung cancer?
- b) What percentage of deaths from chronic bronchitis in women happened to women aged 65-74?
- c) Men and women have different rates of lung cancer. What is the percent difference between men and women deaths by lung cancer?
- d) What fraction of coronary heart disease deaths of men over 34 are in the 75+ bracket? Round the Values to the nearest ten then simplify.
- e) What fraction of coronary heart disease deaths of women over 34 are in the 75+ bracket? Round the Values to the nearest ten then simplify.

3. Analysing complex graphs: The volume of air breathed in and out of the lungs during each breath is called the tidal volume. The breathing rate and tidal volume were measured for a cyclist pedalling at different speeds. The graph shows the results.



- What was the tidal volume when the cycling speed was 17 km h^{-1} ?
- What was the breathing rate when the cycling speed was 8 km h^{-1} ?
- What was the change in breathing rate when the cyclist change from 10 to 20 km h^{-1} ? Express this as a percentage.
- At what speed did the breathing rate start to increase?

Section B – You should complete at least one research task from the four choices in this section. Each task has suggested resources for you to use, however you may want to expand your research with your own resources.

1. Cell division

The cell is a unifying concept in biology. It features many times in the A level course. During the cell cycle, genetic information is copied and passed to daughter cells. This can be during mitosis or meiosis.

Use the information on these websites:

[Mitosis and meiosis flash cards](#)

[Mitosis and Meiosis](#)

[Quizlet resources mitosis and meiosis](#)

Task:

Produce a one-page revision guide summarising both of the following topics: Mitosis and Meiosis.

Your revision guide should include: Key words and definitions

Clearly labelled diagrams

Short explanations of key ideas or processes.

2. Viruses

Use the information on these websites:

[Virus structure](#)

[PMT viruses revision](#)

[Save my exams viruses](#)

Task:

Produce a newspaper or magazine article outlining the structure, symptoms and method of reproduction of the following viruses: TB, Tobacco mosaic virus, Lambda phage, and HIV

Your article should include:

Key words and definitions

Pictures or diagrams of the viruses

A description of the structure and symptoms of the viruses

An explanation of how the virus reproduces.

3. DNA

Task:

Produce a poster to display in your classroom summarising the structure of DNA and its method of replication.

Use the information on these websites

[DNA structure](#)

[DNA replication](#)

[Evidence for DNA replication](#)

Your poster or display should include: Key words and definitions

Clearly labelled diagrams

Short explanations of key ideas or processes.

4. Gas exchange in insects

Task:

Produce a detailed information sheet outlining the structure and function of the gas exchange system in insects.

Use the information on these websites.

[Gas exchange in insects](#)

[PMT notes](#)

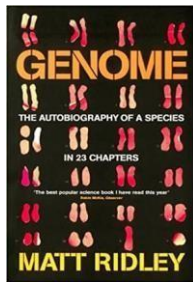
[Quizlet Gas exchange flash cards](#)

Your sheet should include: Key words and definitions

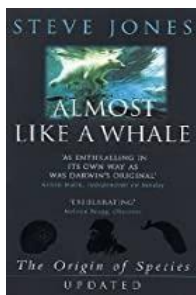
Clearly labelled diagrams

Short explanations of key ideas or processes.

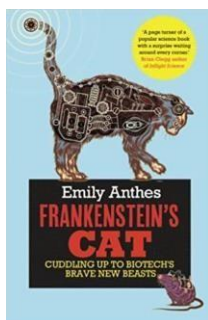
Book Recommendations



"Provocative and delightfully discursive essays on natural history". This collection of essays on biology is very interesting.

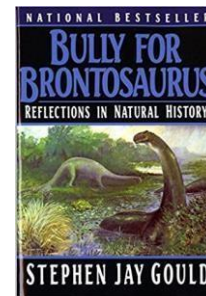


More than 98 percent of human genes are shared with two species of chimpanzee. The 'third' chimpanzee is man. Jared Diamond surveys out life-cycle, culture, sexuality and destructive urges both towards ourselves and the planet to explore the ways in which we are uniquely human yet still influenced by our animal origins

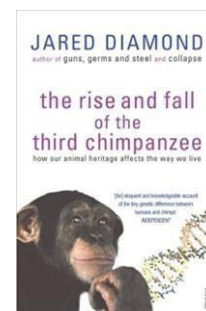


Packed with inspiring explanations of space, time and evolution, laced with humour and clever thought experiments, it explores a stunningly wide range of natural phenomena. This is a page turning, inspirational detective story, that not only mines all the sciences for its clues but primes the reader to think like a scientist too.

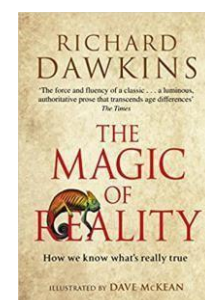
A brilliant explanation of genetics, old and new, one chromosome at a time! By looking at our genes, we can see the story of our evolution, what makes us individual, how our sexuality is determined, how we acquire language, why we are vulnerable to certain diseases, how mind has arisen.



A modern accessible re-writing of Darwin's Origin of Species. From AIDS to dinosaurs, from conservation to cloned sheep, bursting with anecdotes, jokes and irresistible facts, Almost Like a Whale is a popular account of the science that makes biology make sense.



From the petri dish to the pet shop, meet the hightech menagerie of the near future, as humans reinvent the animal kingdom. Discover how glow in the dark fish are made and more great Biotechnology breakthroughs. Frankenstein s Cat is an eye-opening exploration of weird science and how we are playing god in the animal world.

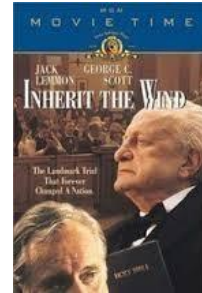


Film Recommendations



Gorillas in the Mist (1988)

An absolute classic that retells the true story of the life and work of Dian Fossey and her work studying and protecting mountain gorillas from poachers and habitat loss. A tear-jerker.



Inherit The Wind (1960)

Great if you can find it. Based on a real life trial of a teacher accused of the crime of teaching Darwinian evolution in school in America. Does the debate rumble on today?



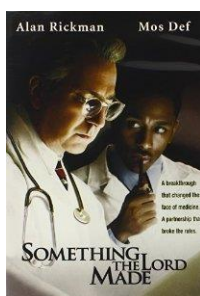
Andromeda Strain (1971)

Science fiction by the great thriller writer Michael Crichton. Humans begin dying when an alien microbe arrives on Earth.



Lorenzo's Oil (1992)

Based on a true story. A young child suffers from an autoimmune disease. The parents research and challenge doctors to develop a new cure for his disease.



Something the Lord Made (2004)

Professor Snape (the late great Alan Rickman) in a very different role. The film tells the story of the scientists at the cutting edge of early heart surgery as well as issues surrounding racism at the time.

Gattaca (1997)

A dark, understated film about the dangers of eugenics. This film was ahead of its time.



Other things to watch <https://www.ted.com/talks>

Active filters: English Science Clear Sort by: Newest



Cella Wright
The most important anus in the ocean
Posted Apr 2020



Larry Brilliant
A global pandemic calls for global solutions
Posted Apr 2020



Stefan Al
What happens if you cut down all of a city's trees?
Posted Apr 2020



Angel Chang
The wildly complex anatomy of a sneaker
Posted Apr 2020



Lara Durgavich
An evolutionary perspective on human health and disease
Posted Apr 2020



Nadya Mason
How to spark your curiosity, scientifically
Posted Apr 2020



Janet Iwasa
The wonders of the molecular world, animated
Posted Apr 2020

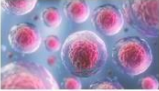


Karin Öberg
The galactic recipe for a living planet
Posted Apr 2020

There are some great TV series and box sets available too, you might want to check out: **Blue Planet**, **Planet Earth**, **The Ascent of Man**, **Catastrophe**, **Frozen Planet**, **Life Story**, **The Hunt** and **Monsoon**.

Articles

THE CELL



Videos, presentations and lesson plans covering most aspects of cell biology for post-16 students.

Browse resources

DRUG DEVELOPMENT



Investigate the role of pharmaceuticals in modern life and where we might go in the future.

Browse resources

FAT



Find out what fats and lipids do, not just inside us and other organisms, but in the world around us.

Browse resources

GENES, GENOMES AND HEALTH



Explore how science can help us to understand our genes and genetic identity.

Browse resources

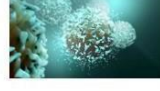
HEALTH AND CLIMATE CHANGE



Investigate climate change and what can be done to minimise the risks.

Browse resources

IMMUNE SYSTEM



Articles, posters and activities to help you learn about health and the immune system.

Browse resources

INSIDE THE BRAIN



Explore how imaging research has changed the way we look inside the brain.

Browse resources

NUMBER CRUNCHING



A range of articles explaining how data and statistics can help us to understand the world.

Browse resources



The Big Picture is an excellent publication from the Wellcome Trust. Along with the magazine, the company produces posters, videos and other resources aimed at students studying for GCSEs and A level.

<https://www.stem.org.uk/big-picture/resource-collection>

NEWS

Home Coronavirus UK World Business Politics Tech Science Health Family & Education Entertainment & Arts More

Science & Environment



Coronavirus lockdown reduces UK ground motions
Science instruments sense a big dip in seismic noise as the population stays at home.
13h | Science & Environment



Forests 'can take cover to resist alien invaders'
Native woodlands can resist the spread of invasive species if they block light reaching the ground.
13h | Science & Environment



High plastic concentration found on ocean floor
Mediterranean sediments are shown to have up to 1.9 million tiny plastic pieces per square metre.
1d | Science & Environment



US authorises Ebola drug for coronavirus treatment
The Food and Drug Administration authorises emergency use of the experimental anti-viral drug.
2h | US & Canada

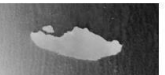
Animals in zoos 'lonely' without visitors

Nasa names companies to develop Moon landers

Space lasers track melting of Earth's ice sheets

Our Planet Matters





2019 was Europe's warmest year on record

See All

You should keep up to date with science in the news. You can set up the BBC News app to show you news stories about science and environment or genetics

https://www.bbc.co.uk/news/science_and_environment

Biological Sciences Review This is a great combination of articles and exam hints.



These accounts frequently post diagrams, tips, and explanations that are relevant across most UK exam boards, including Edexcel B:

1. @alevelbiology
 - Great for diagrams, key definitions, and topic summaries.
 - Covers all main areas including cells, DNA, genetics, and ecology.
2. @thebiologyguy
 - Bite-sized biology content with visual explanations.
 - Often posts mnemonics and revision hacks.
3. @studywithbella
 - A current/former A-level student who shares revision notes and tips.
 - Content includes biology, especially human biology and plant physiology.
4. @studentbiologyrevision
 - Notes and revision slides with labelled diagrams.
 - Often linked to exam board specifications.

General Science & Revision Help

These accounts support study motivation, tips, and organisation skills, useful across all subjects:

1. @studyquill / @studytee
 - Aesthetic and motivational study pages.
 - Great for study planning and productivity ideas.
2. @gcsealevelrevision
 - Regular posts of exam-board aligned content (includes AQA, OCR, Edexcel).
 - Covers biology and chemistry in-depth with question-style posts.
3. @alevel_chemistry_notes (Also shares biology content)
 - Good for cross-topic understanding like biochemistry.
 - Posts include flashcard-style information and quick Q&A.

Science Communication & Curiosity

To deepen your interest and stay inspired:

1. @natgeo (National Geographic)
 - Great for biodiversity, ecosystems, and global biology issues.
2. @biology.explained
 - Clear infographics and explanations on human biology and genetics.
3. @scienceinschool
 - Posts science experiments, teacher resources, and European science news.

Tips for Using Instagram for A-Level Study:

- Use hashtags like #alevelbiology, #edexcelb, #biorevision, and #alevelnotes.
- Save posts into topic folders (e.g., Enzymes, Mitosis, Plants).
- Avoid info overload: Follow a handful you like best and mute anything that distracts you.

Instagram Accounts by Topic for A-Level Biology (Edexcel B):

1. Genetics, DNA, and Cell Biology

- @thebiologyguy
Explains mitosis, meiosis, DNA replication, and gene expression with diagrams and quick videos.
- @alevelbiology
Flashcards, infographics, and summaries – excellent for transcription/translation and mutations.

2. Physiology (Human & Plant)

- @biologyrevisionnotes
Digestive system, gas exchange, plant transport – especially good for vascular tissues and respiration.
- @biology.explained
Great at human biology, hormones, immunity, and homeostasis.

3. Ecology & Biodiversity:

- @natgeo
Not exam-specific, but fantastic for building examples and ecological awareness for synoptic questions.
- @sci_show (also on YouTube)
Explains things like food chains, succession, and human impact on ecosystems in a fun, accessible way.

4. Practical Skills & Core Practicals

- @gcsealevelrevision
Often includes mini-explainers for biology practicals like microscope work and enzyme experiments.
- @studywithbella
Shares annotated notes and summaries of practical's and required skills (data handling, errors, etc.).

YouTube Channels for A-Level Biology (Edexcel B Friendly)

These are especially useful when Instagram isn't detailed enough:

Topic Revision & Tutorials

- Seneca Learning (<https://www.youtube.com/@SenecaLearning>)
Free revision videos based on exam specs – includes Edexcel content!
- Primrose Kitten (<https://www.youtube.com/@PrimroseKitten>)
AQA/OCR focused, but the explanations work perfectly for Edexcel B too. Clear, calm, exam-aligned.
- Cognito (<https://www.youtube.com/@Cognitoedu>)
Short animations with topic summaries – ideal for cell structure, enzymes, immune response.
- Snap revise ([SnapRevise: The Ultimate A-level Biology Resource](#))
- Miss Estruch ([A/A* in A-Level Biology - Let get those grades!](#))
- Olivia does Biology ([How to get an A/A* in A Level Biology | Revising effectively, using mark schemes & exam technique](#))

TikTok Creators (Study & Bio)

If you use TikTok for quick learning:

- @studywithsabii – A-Level bio & chem breakdowns, revision vlogs, and time-lapse study sessions.
- @dr.k.biomed – Human biology and biomed explainer videos in a fun format.
- @thebiologyguy – Also on TikTok! Short video tutorials and memory tricks.

➡ Final Tip:

To keep Instagram useful for learning:

- Set up a “Biology Revision” collection and save relevant posts by topic.
- Use topic hashtags like #enzymerevision, #a_level_biology, #edexcelb, or #mitosisexplained.

Differences between AQA and Edexcel biology.

The A level Biology course at HGS is Edexcel Biology B. Some of you may have studied AQA Biology at GCSE rather than Edexcel. If that is the case you may find the following links useful to identify which areas you need to look at to plug any gaps in your knowledge.

The main areas covered in Edexcel but not AQA are:

- Transcription and translation
- The kidney
- The nitrogen cycle
- Eutrophication

[AQA GCSE spec at a glance](#)

[Edexcel GCSE biology spec](#)

Use the following link to revise the Edexcel material you may be missing.

[BBC bitesize Edexcel Biology](#)

Answers to bridging work tasks that cannot be checked:

The height of pea plants is controlled by a single gene which has two alleles: tall and short. The tall allele is dominant and is shown as T. The small allele is recessive and is shown as t.

Complete this Punnett square to show the possible allele combinations of the offspring produced when two pea plants are bred. Parent 1 is TT tall. Parent 2 is tt short.

	T	T
t	Tt	Tt
t	Tt	Tt

Describe and explain the characteristics of the offspring.

T is dominant, t is recessive the tall allele will be expressed in every phenotype

The inheritance of fur colour in mice is controlled by a single gene with two alleles. White fur is recessive (g). Grey fur is dominant (G). One mouse is homozygous recessive and the other is heterozygous. Use a Punnett square to determine the probability of getting a white mouse in the next generation.

	G	g
g	Gg	gg
g	Gg	gg

Describe and explain the characteristics of the offspring.

G is dominant and will be expressed in the heterozygous offspring.

Huntington's disease is caused by a dominant allele (H) the recessive allele (h) is healthy.

		Paternal (father's) alleles	
		H	h
Maternal (mother's) alleles	h	Hh	hh
	h	Hh	hh

Cystic fibrosis is caused by a recessive allele (f) the healthy allele is dominant (F)

		Paternal (father's) alleles	
		F	f
Maternal (mother's) alleles	F	FF	Ff
	f	Ff	ff

Topic 9 - Units for Biology: You should be confident with using SI units and prefixes in biology. Complete the tables.

Physical quantity	Unit	SI unit
mass	kilogram	g
length	meter	m
Time	Second	s
Temperature	Degrees Celsius	°C
amount of substance	Mole	mol

Prefix	Symbol	Multiplication factor	
Giga	G	10^9	1 000 000 000
Mega	M	10^6	1 000 000
Kilo	k	10^3	1 000
deci	d	10^{-1}	0.1
Centi	c	10^{-2}	0.01
milli	m	10^{-3}	0.001
Micro	μ	10^{-6}	0.000 001
Nano	n	10^{-9}	0.000 000 001
pico	p	10^{-12}	0.000 000 000 001

Topic 10 - Analysing data in tables and graphs: Biological investigations often result in large amounts of data being collected. It is important to be able to analyse this data carefully to pick out trends.

Mean, median, mode and scatter graphs: A student investigated an area of moorland where succession was occurring. She used quadrats to measure the area covered by different plant species, bare ground and surface water every 10 metres along a transect. She also recorded the depth of soil at each quadrat. Her results are shown in the table:

	Area covered in each quadrat A to E in cm ²				
	A	B	C	D	E
Bog moss	55	40	10	–	–
Bell heather	–	–	–	15	10
Sundew	10	5	–	–	–
Ling	–	–	–	15	20
Bilberry	–	–	–	15	25
Heath grass	–	–	30	10	5
Soft rush	–	30	20	5	5
Sheep's fescue	–	–	25	35	30
Bare ground	20	15	10	5	5
Surface water	15	10	5	–	–
Soil depth / cm	3.2	4.7	8.2	11.5	14.8

– indicates zero cover.

a) Calculate:

i. The modal area of soft rush in the sample

5

ii. The mean soil depth

$42.4 / 5 = 8.48$

iii. The median amount of bare ground in the sample?

10

5. Analysing tables: Lung cancer, chronic bronchitis and coronary heart disease (CHD) are associated with smoking. Tables 1 and 2 give the total numbers of deaths from these diseases in the UK in 1974.

Table 1 Men

Age/years	Number of deaths (in thousands)		
	lung cancer	chronic bronchitis	coronary heart disease
35-64	11.5	4.2	31.7
65-74	12.6	8.5	33.3
75+	5.8	8.1	29.1
Total (35-75+)	29.9	20.8	94.1

Table 2 Women

Age/years	Number of deaths (in thousands)		
	lung cancer	chronic bronchitis	coronary heart disease
35-64	3.2	1.3	8.4
65-74	2.6	1.9	18.2
75+	1.8	3.5	42.3
Total (35-75+)	7.6	6.7	68.9

a) Of the men who died aged 35-64, what percentage of them died of lung cancer?

$$(11.5 / 47.4) \times 100 = 24.3\%$$

b) What percentage of deaths from chronic bronchitis in women happened to women aged 65-74?

$$\text{Total deaths} = 6.7$$

$$(1.9 / 6.7) \times 100 = 28.4\%$$

c) Men and women have different rates of lung cancer. What is the percent difference between men and women deaths by lung cancer?

$$\text{Diff} = 29.9 - 7.6 = 22.3$$

$$(\text{diff} / \text{initial}) \times 100 = (22.3 / 29.9) \times 100 \\ = 74.6$$

d) What fraction of coronary heart disease deaths of men over 34 are in the 75+ bracket? Round the Values to the nearest ten then simplify.

$$29.1 \approx 30$$

$$94.1 \approx 90$$

$$30 / 90$$

$$3 / 9$$

$$1 / 3$$

e) What fraction of coronary heart disease deaths of women over 34 are in the 75+ bracket? Round the Values to the nearest ten then simplify.

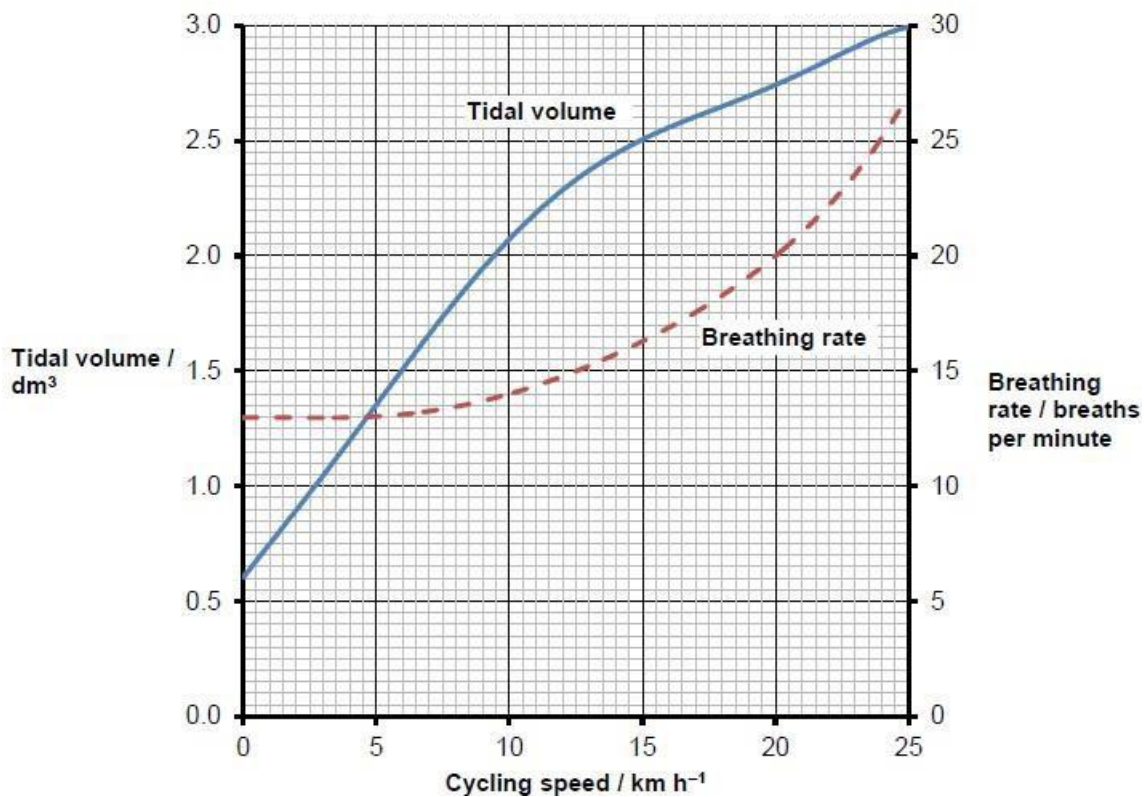
$$67.9 \approx 70$$

$$42.3 \approx 40$$

$$40 / 70$$

$$4 / 7$$

6. Analysing complex graphs: The volume of air breathed in and out of the lungs during each breath is called the tidal volume. The breathing rate and tidal volume were measured for a cyclist pedalling at different speeds. The graph shows the results.



e) What was the tidal volume when the cycling speed was 17 km h⁻¹?

2.6

f) What was the breathing rate when the cycling speed was 8 km h⁻¹?

1.3 bpm

g) What was the change in breathing rate when the cyclist change from 10 to 20 km h⁻¹? Express this as a percentage.

43%

h) At what speed did the breathing rate start to increase?

5 km h⁻¹