Diffusion, osmosis and active transport

Teacher / technician

YEAR 10 / LESSON 15 / BIOLOGY + SCIENCE (DOUBLE AWARD)

Staff preparation and answer guidance. Keep separate from student sheets. Original learning tasks; no supplied numerical example represents class measurements.

Coverage and delivery

Shared Biology / Double Award: 2.15. Movement into and out of cells.

Allow about 60 minutes. Follow the student sequence and use the answers to check reasoning.

Requisition • class of 30, working in 15 pairs

Item	Per pair / setup	Class total
Student booklets	1 per learner	30
Paper model sets / rulers	1 per pair	15 of each

Immediate safety

Paper, modelling and written reasoning only. No chemicals or biological samples are handled.

Preparation and delivery

Read alongside the student method

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1. Provide 30 booklets and 15 sets of paper or reusable modelling materials.

2. Keep answers separate until learners have attempted the tasks; discuss the reasons for corrections.

Close of lesson

• Return models and keep the corrected work.

Check before teaching

Check the cards, reference data and quantities against this requisition. Keep the staff answer guide separate until the checking stage. Supplied numerical practice datasets are labelled examples; they are not class measurements.

Answers and teaching notes

Expected explanations • do not give as experimental observations

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- No. It is passive and results from random molecular motion.
- No. Movements continue in both directions with no net movement.
- Water movement and a partially permeable membrane, with a water-potential difference.
- Net water moves towards the more concentrated solution under these simple comparable conditions.
- It opposes the concentration gradient and requires energy and membrane transport proteins.
- Examples: particles/pores are not to scale; real membranes are selective and contain proteins; interactions are simplified.

References and provenance

Pearson Biology specification

Prepared 22 November 2026. Original wording, tables and questions. Sources inform the concepts and technique; the lesson scope and classroom quantities are explicitly described here. No laboratory trial or final school risk approval is claimed.