MAKE ONE FORMULA USABLE FIVE WAYS.

Cover a row of the physics sheet, reconstruct it, then test it in two questions before calling it fluent.

Formula family / date

Equation and symbols

Fluency check	My working / evidence
Words: what does the relationship say?	
Rearrange: make each variable the subject	
Units: SI names and dimensional consistency	
Graph / picture: what shape or feature fits?	
MCQ 1: reference, reasoning and review	
MCQ 2: reference, reasoning and review	

Still slow / next drill / revisit date

A formula sheet is a preparation tool. Practise rearrangement, units and estimation without a calculator; the printed stem defines unfamiliar notation.