HOLLAND PARK SCHOOL | 2025-2026

Continuity Curriculum

An online shadow curriculum for students temporarily out of lessons to ensure continuity of learning

Year 11 – Biology Combined

Week Beginning	Lesson Title	Lesson Objective	Online Lesson Link	Any additional instructions?
8 th September	Lesson 1: Reaction Time	On video	Human reaction time: practical Higher AQA KS4 Y10 Biology Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
	Lesson 2: Hormonal Response	On video	The human endocrine system Higher AQA KS4 Y10 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
	Lesson 1: Homeostasis	On video	Insulin and the control of blood sugar level Higher AQA KS4 Y10 Combined science Lesson	Watch video and complete any tasks into your workbook. Then

15 th September			Resources Oak National Academy	complete worksheet found below the lesson video.
	Lesson 2: Blood glucose control	On video	Insulin, glucagon and the control of blood sugar level Higher AQA KS4 Y10 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
22 nd September	Lesson 1: Diabetes	On video	Type 1 and type 2 diabetes Higher AQA KS4 Y10 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
	Lesson 2: Reproductive hormones	On video	Hormones: puberty, the menstrual cycle and the menopause Higher AQA KS4 Y11 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.

29 th September	Lesson 1: Fertility treatments	On video	Using hormones to treat infertility Higher AQA KS4 Y11 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
	Lesson 2: Contraception	On video	Hormonal and non-hormonal methods of contraception Higher AQA KS4 Y11 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
6 th October	Lesson 1: Meiosis and Fertilisation	On video	Making gametes: meiosis Higher AQA KS4 Y10 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
	Lesson 2:	On video	Making gametes: meiosis Higher AQA KS4 Y10 Combined science Lesson	Watch video and complete any tasks into your workbook. Then

	Sexual and asexual reproduction		Resources Oak National Academy	complete worksheet found below the lesson video.
13 th October	Lesson 1: Genes, DNA, chromosomes	On video	The genome, the environment and phenotype Higher AQA KS4 Y10 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
	Lesson 2: Genetic Inheritance	On video	Models of single-gene inheritance: Punnett squares Higher AQA KS4 Y10 Combined science Lesson Resources Oak National Academy	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.
20 th	Lesson 1: Inherited Disorders	On video	Models of single-gene inheritance: family tree diagrams Higher AQA KS4 Y10 Combined science Lesson	Watch video and complete any tasks into your workbook. Then complete worksheet found below the lesson video.

October			Resources Oak National Academy	
	Lesson 2:	On video	Models of single-gene	Watch video and complete any
	Sex and Family Trees		inheritance: family tree diagrams Higher AQA KS4 Y10 Combined science Lesson Resources Oak National Academy	tasks into your workbook. Then complete worksheet found below the lesson video.