HOLLAND PARK SCHOOL | 2025-2026

Continuity Curriculum

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

Year 11 – Physics (Trilogy Combined Science)

Week Beginning	Lesson Title	Lesson Objective (on video)	Online Lesson Link	Any additional instructions?
8th September	**Lesson 1: Speed distance and time**	• Define speed • Use the speed equation • Rearrange the speed equation • Interpret distance-time graphs • Determine speed from a distance-time graph	https://continuityoak.org.uk/Lessons?r=1886 https://continuityoak.org.uk/Lessons?r=1925	
	Lesson 1: **Acceleration**	Define acceleration Use the acceleration equation		

15th September		Use the uniform acceleration equation	https://continuityoak.org.uk/Lessons?r=1887	
22nd September	**Lesson 1:** **Velocity and Acceleration**	State what velocity is Interpret a velocity time graph Determine acceleration from a velocity time graph	https://continuityoak.org.uk/Lessons?r=1888	
	Lesson 2:			
29th September	**Lesson 1:** **Terminal Velocity**	Define terminal velocity Describe terminal velocity Interpret graphs for terminal velocity	https://continuityoak.org.uk/Lessons?r=2087	
	Lesson 2:			
6th October	**Lesson 1: Newtons First and Second Law**	Define Newtons Laws Use the equation F =ma Describe inertia	https://continuityoak.org.uk/Lessons?r=1889	
	Lesson 2:			

13th October	**Lesson 1:** Required Practical Acceleration 1	Use the equation F = ma State variables of the required practical Process results	https://continuityoak.org.uk/Lessons?r=1926	
	Lesson 2: **Required Practical Acceleration 2**			
20th	**Lesson 1:** Required Practical Acceleration 2	Use the equation F = ma State variables of the required practical Process results	https://continuityoak.org.uk/Lessons?r=11215	

October				
	Lesson 2:			

4 th November	**Lesson 1: MOCK EXAMS**	[redacted]
10 th November	**Lesson 1:MOCK EXAMS**	

17 th November	**Lesson 1:** **MOCK EXAMS**	[redacted]		
24 th November	**Lesson 1:** **Stopping Distance**	Understand stopping distance Be able to complete stopping distance calculations	https://continuityoak.org.uk/Lessons?r=8837	
	Lesson 2:			
1 st December	**Lesson 1:** **Momentum**	Understand the term momentum Be able to complete momentum calculations	https://continuityoak.org.uk/Lessons?r=8840	
	Lesson 2:			

8 th December	**Lesson 1: P5 Revision**	Recall core P5 Forces Knowledge	https://continuityoak.org.uk/Lessons?r=8843	
	Lesson 2:			
15 th December	**Lesson 1:**	Know and understand the properties of waves	https://continuityoak.org.uk/Lessons?r=8849	
	Lesson 2:	Know and understand sound wave properties	https://continuityoak.org.uk/Lessons?r=9651	
7 th	**Lesson 1: Sound in Air**	Understand the concept of sound waves in air	https://continuityoak.org.uk/Lessons?r=9651	

January				
12 th January	**Lesson 1:Wave calculations**	Know how to perform wave calculations	https://continuityoak.org.uk/Lessons?r=9651	
19 th January	**Lesson 1: The nature of waves**	Know and understand the nature of waves	https://www.youtube.com/watch?v=MA-JL6CySgc	
	Lesson 2: Further consolidation on the nature of waves	As above	https://www.youtube.com/watch?v=BG-I3EtCLEw	
	Lesson 1: Wave speed in liquids	Understand the concept of wave speed in liquids	https://www.youtube.com/watch?v=5pzjDd8nI94 https://www.youtube.com/watch?v=0EBW-Hux2d0	

26 th January				

2 nd February	**Lesson 1: Wave speed in solids**	Understand the concept of wave speed in solids	https://www.youtube.com/watch?v=ZXAmiRCoGBo https://www.youtube.com/watch?v=ZXAmiRCoGBo	

9 th	**<u>Lesson 1: Waves at boundaries</u>**	Understand the behaviour of waves at boundaries	https://www.youtube.com/watch?v=2S5ts9ju_bo	

February				

23 rd February	**Lesson 1:** Year 11 Mocks			
	Lesson 2: Year 11 Mocks			
2 nd March	**Lesson 1:** Year 11 Mocks			
	Lesson 2: Year 11 Mocks			

9 th March				
16 th March				
23 rd March				

14 th April	**Lesson 1:** **P3 revision**			
	Lesson 2: **P3 revision**	• Use an equation to calculate density, mass or volume of an object • Describe how to measure the density of regular and irregular solids • Make and record accurate measurements • Describe how to measure the density of liquids • Make and record accurate measurements • Suggest possible sources of error and how to correct them	https://continuityoak.org.uk/Lessons?r=2066 https://continuityoak.org.uk/Lessons?r=1867 https://continuityoak.org.uk/Lessons?r=2067	
20 th April	**Lesson 1:** **P4 revision**	• Describe the effect of alpha, beta and gamma radiation on the nucleus • Describe the properties of alpha beta and gamma radiation • Represent radioactive decay using equations	https://continuityoak.org.uk/Lessons?r=2084 https://continuityoak.org.uk/Lessons?r=2085	

	Lesson 2: **P4 revision**	• Apply knowledge of nuclear radiation properties to explain their uses • Choose a suitable radioactive isotope for a given use • Explain the suitability of radioactive isotopes for a given use. • Describe and identify examples of	https://continuityoak.org.uk/Lessons?r=1923 https://continuityoak.org.uk/Lessons?r=9681	
27 th April	**Lesson 1:** **C3 -** Revision			
	Lesson 2: **<u>Foundation</u> F**urther questions on Mr			
5 th	**Lesson 1:** **Exams**			
	Lesson 2:			

May	**Exams**			
11 th May	**Lesson 1:** **Exams**			
	Lesson 2: Exams			
18 th May	**Lesson 1:** Exams			
	Lesson 2: **Exams**			