HOLLAND PARK SCHOOL | 2025-2026

Continuity Curriculum

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

Year 10 – Physics (Triple)

Week Beginning	Lesson Title	Lesson Objective (on video)	Online Lesson Link	Any additional instructions?
8th September	**Lesson 1:** **Energy Transfers**	• Know the stores of energy • Know the pathways for transferring energy • Describe energy transfers	https://continuityoak.org.uk/Lessons?r=8465	
15th September	**Lesson 1: Kinetic Energy**	• Define the kinetic energy store • Know how to calculate kinetic energy • Be able to rearrange the kinetic energy equation	https://continuityoak.org.uk/Lessons?r=8470	

22nd September	**Gravitational Potential Energy**	• Define gravitational store • Calculate gravitational potential energy • Rearrange the gravitational potential energy equation	https://continuityoak.org.uk/Lessons?r=2663	
29th September	**Elastic Potential Energy**	• Define elastic potential energy • Calculate elastic potential energy • Know the conservation of energy	https://continuityoak.org.uk/Lessons?r=2699	
6th October	**Work done and Power**	• Define power • Calculate power • Compare the power of objects	https://continuityoak.org.uk/Lessons?r=2668	
13th October	**Specific Heat Capacity**	• Define specific heat capacity • Calculate specific heat capacity	https://continuityoak.org.uk/Lessons?r=2675	
	Lesson 2:	• Compare specific heat capacity of metals	https://continuityoak.org.uk/Lessons?r=2673	

	Specific Heat Capacity Required Practical	• Draw conclusions from specific heat capacity data		
20th October	**Reducing unwanted energy transfers**	• Compare different ways of reducing unwanted energy transfer	AQA GCSE Physics: Reducing Unwanted Energy Transfers | Revision for Grades 1–9 - YouTube Reducing Unwanted Energy Losses - GCSE Physics GCSE Physics - Reducing Energy Loss - Insulation / Lubrication / Aerodynamics	Watch all three videos then write a title of 'Reducing unwanted energy transfers' in your workbook and write detailed notes on all three videos