HOLLAND PARK SCHOOL | 2025-2026

Continuity Curriculum

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

Year 8

Autumn Half Term 1

Week Beginning	Lesson Title	Lesson Objective	Online lesson link	Any additional instructions?
oth G	L14: Flowers and Pollination	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/reproduction-in-plants/lessons/flower- structure?sid-4ea414=mElQa85hxs&sm=o&src=4	
8 th September	L15: Fertilisation and Germination	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/reproduction-in-plants/lessons/pollination-and- fertilisation?sid-971e9e=Jtsi2LpBB2&sm=o&src=4	
	L16: Seed Dispersal	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/reproduction-in-plants/lessons/fruit-and- seeds?sid-6489c9=9OWI8LGh6b&sm=0&src=4	
	L17: Asexual Reproduction	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/reproduction-in-plants/lessons/seed-dispersal- practical?sid-6f4c24=-g-hgFKTuc&sm=o&src=4	

	Lo1: Temperature	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/heating-and-cooling/lessons/measuring- temperature?sid-6o38o5=QNU6OVcFVA&sm=o&src=4	
15 th September	Lo2: Changing temperature	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/heating-and-cooling/lessons/changing- temperature?sid-603805=QNU6OVcFVA&sm=0&src=4	
	Lo3: Energy transfer and temperature	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/heating-and-cooling/lessons/energy-and- temperature?sid-a7d753=IBXol283hk&sm=o&src=4	
	Lo4: Investigating heating and cooling	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/heating-and-cooling/lessons/mixing-substances- of-different-temperatures?sid-922039=dV7KZCZhua&sm=0&src=4	
·	Lo5: Heating graphs	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/heating-and-cooling/lessons/energy-and- temperature?sid-a7d753=IBXol283hk&sm=o&src=4	
22 nd September	Lo6: Cooling	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/heating-and-cooling/lessons/cooling?sid- b7f5c4=bScAj4Z7SG&sm=o&src=4	
	Lo7: What affects temperature change	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/heating-and-cooling/lessons/changing- temperature?sid-540917=4kQzRkNWrn&sm=0&src=4	

	Lo8: Investigating	On video	https://www.thenational.academy/teachers/programmes/science-	
	materials capacity		secondary-ks3/units/heating-and-cooling/lessons/energy-and-	
	to store energy		substance?sid-7647d3=DToNxEX2Mo&sm=o&src=4	
	HALF TERM		https://www.thenational.academy/teachers/programmes/science-	Revision
	ASSESSMENT 1		secondary-ks3/units/solid-liquid-gas-states-and-changes-of-	
			state/lessons/particle-model-of-substances-in-the-gas-state?sid-	
29 th			b633b1=KNOwCXBW-Q&sm=o&src=4	
September	Log: Thermal	On video	https://www.thenational.academy/teachers/programmes/science-	
	conduction		secondary-ks3/units/heating-and-cooling/lessons/thermal-	
			conductors?sid-91do8e=6KA5WEIJ9N&sm=0&src=4	
	L10: Measuring	On video	https://www.thenational.academy/teachers/programmes/science-	
	thermal		secondary-ks3/units/heating-and-cooling/lessons/thermal-	
	conductivity		insulators?sid-cdeeo5=JxM9NV-hiB&sm=o&src=4	
	L11: Internal	On video	https://www.thenational.academy/teachers/programmes/science-	
	energy		secondary-ks3/units/heating-and-cooling/lessons/energy-and-	
			substance?sid-7647d3=DToNxEX2Mo&sm=o&src=4	
	L12: Density	On video	https://www.thenational.academy/teachers/programmes/science-	
	changes		secondary-ks3/units/solid-liquid-gas-states-and-changes-of-	
	_		state/lessons/boiling-and-condensing?sid-	
6 th			2ac73c=uUiZKeovY2&sm=o&src=4	
October	L13: Thermal	On video	https://www.thenational.academy/teachers/programmes/science-	
	Convection		secondary-ks3/units/heating-and-cooling/lessons/mixing-substances-	
			of-different-temperatures?sid-922039=dV7KZCZhua&sm=o&src=4	

	L14: Surfaces and	On video	https://www.thenational.academy/teachers/programmes/science-	
	thermal stores		secondary-ks3/units/heating-and-cooling/lessons/energy-and-	
			temperature?sid-a7d753=IBXol283hk&sm=o&src=4	
		On video	https://www.thenational.academy/teachers/programmes/science-	
	L15: Designing		secondary-ks3/units/heating-and-cooling/lessons/energy-and-	
	systems		substance?sid-7647d3=DToNxEX2Mo&sm=o&src=4	
	Revision	On video	https://www.thenational.academy/teachers/programmes/science-	
			secondary-ks3/units/solid-liquid-gas-states-and-changes-of-	
			state/lessons/solid-and-liquid-states?sid-	
th.			c4c679=UFiqWEXrNa&sm=0&src=4	
13 th	HALF TERM		https://www.thenational.academy/teachers/programmes/science-	Revision
October	ASSESSMENT 1		secondary-ks3/units/solid-liquid-gas-states-and-changes-of-	
October	FEEDBACK LESSON		state/lessons/melting-particle-model?sid-	
			78d234=z6Lty_RQ5z&sm=o&src=4	
	Lo1: Structure of	On video	https://www.thenational.academy/teachers/programmes/science-	
	the Earth		secondary-ks3/units/earths-resources/lessons/structure-of-earth?sid-	
			bfb284=aUfd- x1nj&sm=o&src=4	
	Lo2: Continental	On video	https://www.thenational.academy/teachers/programmes/science-	
	drift		secondary-ks3/units/earths-resources/lessons/tectonic-plates?sid-	
			587750=q-jqbLq7Fk&sm=0&src=4	
	Lo3: Igneous rocks	On video	https://www.thenational.academy/teachers/programmes/science-	
			secondary-ks3/units/earths-resources/lessons/igneous-rock?sid-	
			7ff711=qNWUTxKXzo&sm=o&src=4	

20 th October	Lo4: Weathering and erosion	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/earths-resources/lessons/types-of-rocks?sid- c543e6=GQJpGbVWwH&sm=o&src=4	
	Lo5: Sedimentary rocks	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/earths-resources/lessons/rocks-and-minerals?sid- ao4836=Gs19GGTmNq&sm=o&src=4	
	Lo6: Metamorphic rocks and the rock cycle	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/earths-resources/lessons/metamorphic-rock?sid- 3ecee5=W4eMol8IOe&sm=o&src=4	

Autumn Half Term 2

Week Beginnin	Lesson Title	Lesson Objective	Online lesson link	Any additional instructions?
3/11	Fossil Formation	On video	https://continuityoak.org.uk/Lessons?r=1367	
	Fossil Fuels	On video	https://www.thenational.academy/teachers/programmes/science-secondary-ks3/units/fuels-and-energetics/lessons/comparing-fuels?sid-b54df5=dsiglLoBay&sm=o&src=4#video	

	Extraction and Uses of Fossil Fuels	On video	https://www.youtube.com/watch?v=1dJKvxhGEgA https://www.youtube.com/watch?v=8YHsxXEVB1M https://www.youtube.com/watch?v=zaXBVYrgljo	
10/11	Earth's Atmosphere	On video	https://www.youtube.com/watch?v=WcE36Ha3PtQ https://www.youtube.com/watch?v=loh3MoPso	
	Revision	On video	https://continuityoak.org.uk/Lessons?r=1369	
	Revisit Forces and Motion	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/moving-by-force/lessons/measuring-speed- practical?sid-boe82a=5FyaLmTqeh&sm=o&src=4#video	
	Investigating speed	On video	https://www.thenational.academy/teachers/programmes/science-secondary-ks3/units/moving-by-force/lessons/measuring-speed-practical?sid-boe82a=5FyaLmTqeh&sm=o&src=4#video	

17/11	Calculating speed Relative motion	On video On video	https://www.thenational.academy/teachers/programmes/science-secondary-ks3/units/moving-by-force/lessons/calculating-speed?sid-8b1c12=vHYakM4BUf&sm=o&src=4#video https://www.thenational.academy/teachers/programmes/science-	
			secondary-ks3/units/moving-by-force/lessons/comparing-the-speeds-of-different-parachutes?sid-54bcad=ogWC1D3wMk&sm=o&src=4#video	
	Speed – distance time graphs	On video	https://www.thenational.academy/teachers/programmes/science-secondary-ks3/units/moving-by-force/lessons/reading-distance-time-graphs?sid-189665=adP4Xb6SHU&sm=o&src=4#video	
	Revision	On video	https://continuityoak.org.uk/Lessons?r=1175	
24/11	Changing Motion	On video	https://www.thenational.academy/teachers/programmes/science-secondary-ks3/units/moving-by-force/lessons/changing-speed?sid-d34d71=oV6MOR6A_5&sm=o&src=4#video	Revision
	Drag and streamlining	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/moving-by-force/lessons/streamlining?sid- f636f7=bvoTJ8dUud&sm=o&src=4#video	

	Frictional forces and motion	On video	https://www.thenational.academy/teachers/programmes/science- secondary-ks3/units/forces/lessons/friction?sid- ofo11f=cZSTe9RXRF&sm=o&src=4#video	
1/12	Falling	On video	https://www.thenational.academy/teachers/programmes/science-secondary-ks3/units/forces/lessons/the-different-kinds-of-force?sid-o2cfo5=5bG9foQZkv&sm=o&src=4#video	
	Revision	On video	https://continuityoak.org.uk/Lessons?r=1177	
	Revision	On video	https://continuityoak.org.uk/Lessons?r=1177	
	Plants as Organisms	On video	https://thenational.academy/pupils/lessons/plant-nutrition?share=true	
8/12	Photosynthesis	On video	https://thenational.academy/pupils/lessons/photosynthesis?share=true	
	Testing for Starch	On video	https://thenational.academy/pupils/lessons/tests-for-biological- molecules?share=true	

	Plant growth	On video	https://thenational.academy/pupils/lessons/the-importance-of-exchange-	
	theories		surfaces-and-transport-systems-in-plants?share=true	
	Leaf adaptations	On video	https://thenational.academy/pupils/lessons/adaptations-of-plants-for- photosynthesis-absorbing-light?share=true	
15/12	Gas exchange and stomata	On video	https://thenational.academy/pupils/lessons/adaptations-of-plants-for- photosynthesis-gas-exchange-and-stomata?share=true	
	Plant roots	On video	https://thenational.academy/pupils/lessons/plant-roots-are-adapted-to-absorb-water-and-mineral-ions?share=true	
	Transport vessels in plants	On video	https://thenational.academy/pupils/lessons/transport-systems-in-plants- xylem-and-transpiration?share=true https://thenational.academy/pupils/lessons/transport-systems-in-plants- phloem-and-translocation?share=true	
	Revision	On video	https://www.bbc.co.uk/bitesize/topics/zvrrd2p/articles/ztd6xbk	