

Remote Curriculum

Year 10 - Science



How it Works:

1. Find the correct week commencing row.
2. Find today's day - There are up to 3 different lessons in each day – you won't run out of work.
3. Chose a lesson – hold ctrl and click the chosen link.
 - a. If you don't recognise the work, it appears too difficult or the link doesn't load;
 - i. Try another task – look at the previous/next lesson or look at other days.
4. Some lessons have links to PowerPoints and other resources beneath the video and/or Starter Quiz (LSQ)
5. Complete any starter quizzes.
 - a. Write your answer down
 - b. Mark your answers and write down any corrections
6. Watch the videos and take notes.
7. Pause if/when instructed to do so to answer questions or respond.
8. Complete and go onto the next one.

Week Commencing	Week	Day	Biology	Chemistry	Physics
6/1/2025	A	Monday			
		Tuesday			
		Wednesday	46 introduction to homeostasis and control systems	Writing word equations	Introduction to forces
		Thursday	homeostasis	Writing symbol equations	42 what are forces
		Friday	endocrine system	123 Endothermic and Exothermic	43 measuring forces
13/1/2025	B	Monday	53 blood glucose control	Exothermic and endothermic reactions	Contact and non contact
		Tuesday	Regulating glucose	124 Energy Changes Practical	196 resultant forces
		Wednesday	54 diabetes	125 Energy Diagrams	194 vectors
		Thursday	diabetes	Introduction to chemical reactions	Scalar and vector
		Friday	55 menstrual cycle and puberty	Rates of reaction	Free body diagrams
20/1/2025	A	Monday	Human reproduction	127 Calculating the Rate of Reaction	200 moments – turning forces
		Tuesday	fertilisation	128 Rates of Reaction from Graphs	201 moments – turning forces 2
		Wednesday	changes that occur during the menstrual cycle	Measuring rates from a graph	moments

		Thursday	56 controlling fertility and contraception	129 Effect of Temperature on Reaction Rate	moments part 1
		Friday	Flowers and pollination	131 Effect of Concentration on Reaction Rate	moments part 2
27/1/2025	B	Monday	Fruit and seeds	Factors affecting rates of reaction	Force diagrams and resultant forces
		Tuesday	Plant hormones - auxins	132 Catalysts	Resolving vectors scale drawings
		Wednesday	Plant hormones – commercial uses	Catalysts	202 distance, displacement, speed, velocity
		Thursday	51 control of body temperature	133 Reversible reactions	Motion and speed
		Friday	thermoregulation	Reversible reactions and dynamic equilibrium	Representing journeys
3/2/2025	A	Monday	kidneys - overview	134 Equilibrium	203 distance time graphs
		Tuesday	kidneys anatomy	Le Chatelier's principle	More distance time graphs
		Wednesday	kidneys - transplants	Conservation of mass	205 velocity time graphs
		Thursday	58 sexual and asexual reproduction	213 Conservation of Mass	Velocity time graphs
		Friday	Reproductive hormones	104 Reacting Masses	204 acceleration
10/2/2025	B	Monday	contraception	103 Conservation of Mass and Moles	207 newtons first law
		Tuesday	fertility treatment	130 Collision Theory	208 newtons second law
		Wednesday	7 mitosis and cell cycle	101 Understanding Chemical Reactions	Newtons first and second laws
		Thursday	59 mitosis, meiosis and variation	102 Writing Chemical Word Equations	209 practical force and acceleration
		Friday	60 asexual vs sexual examples	214 Chemical Formulae	Newtons third law