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
06/01/2026	B	All Week	46 introduction to homeostasis and control systems	Writing word equations	Introduction to forces
			homeostasis	Writing symbol equations	42 what are forces
			endocrine system	123 Endothermic and Exothermic	43 measuring forces
12/01/2026	A	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

19/01/2026	B	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
26/01/2026	A	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
02/02/2026	B	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
09/02/2026	A	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 variaiton	102 Writing Chemical Word Equations	209 practical force and acceleration
		Friday	60 asexual vs sexual examples	214 Chemical Formulae	Newtons third law
23/02/2026	B	All Week	Causes of variation	101 Balancing Equations	What is gravity
			61 DNA human genome, protein synthesis	215 Balancing Chemical Equations	195 gravity and weight
			DNA - chromosomes	216 Practicing Balancing Chemical Equations	206 falling under gravity
			DNA – key terms	105 Deducing Balancing Numbers	Terminal velocity

02/03/2026	A	Monday	DNA - structure	137 crude oil	Terminal velocity 2
		Tuesday	Types of variation	hydrocarbons	211 stopping distances
		Wednesday	mutations	138 properties of alkanes	Stopping distances
		Thursday	sexual and asexual reproduction	Alkanes - combustion	212 energy changes under braking
		Friday	pros and cons of asexual reproduction	139 fractional distillation	213 momentum (HIGHER ONLY)
09/03/2026	B	Monday	meiosis	Fractional distillation - 2	198 elastic deformation
		Tuesday	genetic diagrams	140 hydrocarbons as fuels	Elasticity, spring constant
		Wednesday	family trees	What is combustion?	199 Hooke's law
		Thursday	62 inheritance key terms, Mendel and sex determination	What is methane?	201 practical extension of a spring
		Friday	Inheritance	141 cracking	Hooke's Law
16/03/2026	A	Monday	63 inherited disorders and family trees	Cracking and alkenes	Elastic potential energy
		Tuesday	Inherited disorders and embryo screening	142 structure of alkenes	pressure
		Wednesday	mendel	Reaction of alkenes	190 pressure and volume
		Thursday	variation and evolution	Addition polymers	pressure
		Friday	selective breeding	alcohols	how to show the difference between force and pressure
23/03/2026	B	Monday	Genetic conditions	production of ethanol	liquid and pressure
		Tuesday	Genetic engineering	carboxylic acids	how to weigh a floating object
		Wednesday	Cloning animals	esters	how to show pressure exists in liquids
		Thursday	Cloning plants	condensation polymers	atmospheric pressure
		Friday	Fossils and extinction	naturally occurring polymers	acceleration
30/03/2026	A	Monday	speciation	polymers	variables
		Tuesday	antibiotic resistance	Atmospheric pollution	Writing a hypothesis
		Wednesday	classification	What is carbon dioxide?	Planning an experiment
		Thursday	68 Antibiotic resistant bacteria	Resources from the Earth	Graphs and charts