**Walton High School Hub Curriculum** 

**Year 7 – Science Half term 5 (April 2025 – May 2025)**

How it works:

1. In the table, find the correct week by looking at the date in the first column.
2. Find today’s work – there are three links per double lesson so you won’t run out of work!
3. Choose a lesson – hold ctrl and click on the chosen link.

**If the link does not work, you do not recognise the work or the work is too difficult, try another lesson.**

1. Some lessons have links to PowerPoints and other resources beneath the video and/or Starter Quiz.
2. Complete any starter quizzes.
   1. Write your answer down
   2. Mark your answers and write down any corrections, using the videos.
3. Watch the videos and take notes.
4. Pause if/when instructed to do so to answer questions or respond.
5. When the lesson is complete, go onto the next one.

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| Week commencing | Day | Subject/Topic | Lesson 1 | Lesson 2 |
| 28/04/25 | Monday | **Biology** – Skeletal System, Breathing | [The human skeleton |](https://www.thenational.academy/pupils/programmes/science-secondary-year-7/units/human-skeleton-and-muscles/lessons/the-human-skeleton/overview) | [Muscles |](https://www.thenational.academy/pupils/programmes/science-secondary-year-7/units/human-skeleton-and-muscles/lessons/muscles/overview) |
| Tuesday | [Movement |](https://www.thenational.academy/pupils/programmes/science-secondary-year-7/units/human-skeleton-and-muscles/lessons/movement/overview) | [Biomechanics |](https://www.thenational.academy/pupils/programmes/science-secondary-year-7/units/human-skeleton-and-muscles/lessons/biomechanics/overview) |
| Wednesday | [Breathing, respiration and gas exchange |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/breathing-and-respiration/lessons/breathing-respiration-and-gas-exchange/overview) | [The human gas exchange system and breathing |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/breathing-and-respiration/lessons/the-human-gas-exchange-system-and-breathing/overview) |
| Thursday | [Estimating lung volume |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/breathing-and-respiration/lessons/estimating-lung-volume/overview) | [Adaptations of the human lungs for gas exchange |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/breathing-and-respiration/lessons/adaptations-of-the-human-lungs-for-gas-exchange/overview) |
| Friday | [Cellular respiration |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/breathing-and-respiration/lessons/cellular-respiration/overview) | [Aerobic cellular respiration |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/breathing-and-respiration/lessons/aerobic-cellular-respiration/overview) |
| 05/05/25 | Monday |  |  |  |
| Tuesday | **Physics** – Sound Waves | [How sounds are made |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/how-sounds-are-made/overview) | [How vibrations travel |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/how-vibrations-travel/overview) |
| Wednesday | [Vibrations and solid materials |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/vibrations-and-solid-materials/overview) | [Louder and quieter sounds |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/louder-and-quieter-sounds/overview) |
| Thursday | [Measuring the volume of sounds |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/measuring-the-volume-of-sounds/overview) | [Sound insulation |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/sound-insulation/overview) |
| Friday | [Noise pollution: acceptable decibel levels (non-statutory) |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/noise-pollution-acceptable-decibel-levels-non-statutory/overview) | [Distance from sounds: plan |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/distance-from-sounds-plan/overview) |
| 12/05/25 | Monday | **Biology** – Plant Reproduction | [Anaerobic cellular respiration in humans |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/breathing-and-respiration/lessons/anaerobic-cellular-respiration-in-humans/overview) | [Anaerobic cellular respiration and fermentation in microorganisms |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/breathing-and-respiration/lessons/anaerobic-cellular-respiration-and-fermentation-in-microorganisms/overview) |
| Tuesday | [Flower structure |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/reproduction-in-plants/lessons/flower-structure/overview) | [Pollination and fertilisation |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/reproduction-in-plants/lessons/pollination-and-fertilisation/overview) |
| Wednesday | [Insects and food security |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/reproduction-in-plants/lessons/insects-and-food-security/overview) | [Fruit and seeds |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/reproduction-in-plants/lessons/fruit-and-seeds/overview) |
| Thursday | [Factors affecting seed germination: practical |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/reproduction-in-plants/lessons/factors-affecting-seed-germination-practical/overview) | [Factors affecting seed germination: data analysis |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/reproduction-in-plants/lessons/factors-affecting-seed-germination-data-analysis/overview) |
| Friday | [Seed dispersal: practical |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/reproduction-in-plants/lessons/seed-dispersal-practical/overview) | [Seed dispersal: data analysis |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/reproduction-in-plants/lessons/seed-dispersal-data-analysis/overview) |
| 19/05/25 | Monday | **Physics** – Sound waves and ultrasound | [Distance from sounds: do and review |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/distance-from-sounds-do-and-review/overview) | [Higher and lower sounds |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/higher-and-lower-sounds/overview) |
| Tuesday | [Changing the pitch of sounds |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/changing-the-pitch-of-sounds/overview) | [Musical instruments and pitch |](https://www.thenational.academy/pupils/programmes/science-primary-year-4/units/introduction-to-sound/lessons/musical-instruments-and-pitch/overview) |
| Wednesday | [Transverse waves |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-10-foundation-aqa/units/measuring-waves/lessons/transverse-waves/overview) | [Representing transverse waves |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-10-foundation-aqa/units/measuring-waves/lessons/representing-transverse-waves/overview) |
| Thursday | [Representing longitudinal waves |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-10-foundation-aqa/units/measuring-waves/lessons/representing-longitudinal-waves/overview) | [Oscilloscope |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-10-foundation-aqa/units/measuring-waves/lessons/oscilloscope/overview) |
| Friday | [The wave equation |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-10-foundation-aqa/units/measuring-waves/lessons/the-wave-equation/overview) | [Measuring the speed of sound in air and solids |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-10-foundation-aqa/units/measuring-waves/lessons/measuring-the-speed-of-sound-in-air-and-solids/overview) |