**Walton High School Hub Curriculum** 

**Year 8 – Science Half term 6 (June 2025 – July 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 |
| 02/06/25 | Monday | **Biology** – Diseases | [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) |
| Tuesday | [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) |
| Wednesday | [Good and ill health |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/diet-and-exercise/lessons/good-and-ill-health/overview) | [Imbalanced diet: starvation and deficiency diseases |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/diet-and-exercise/lessons/imbalanced-diet-starvation-and-deficiency-diseases/overview) |
| Thursday | [Imbalanced diet: obesity |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/diet-and-exercise/lessons/imbalanced-diet-obesity/overview) | [The gas exchange system in healthy humans |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/disease-and-drugs/lessons/the-gas-exchange-system-in-healthy-humans/overview) |
| Friday | [Lifestyle diseases |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/disease-and-drugs/lessons/lifestyle-diseases/overview) | [Asthma |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/disease-and-drugs/lessons/asthma/overview) |
| 09/06/25 | Monday | **Physics** - Light | [How light travels |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/how-light-travels/overview) | [Light sources and light reflectors (non-statutory) |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/light-sources-and-light-reflectors-non-statutory/overview) |
| Tuesday | [Light enters our eyes |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/light-enters-our-eyes/overview) | [Reflected light |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/reflected-light/overview) |
| Wednesday | [Changing the direction of light |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/changing-the-direction-of-light/overview) | [Measuring reflected light: plan |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/measuring-reflected-light-plan/overview) |
| Thursday | [Measuring reflected light: do and review |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/measuring-reflected-light-do-and-review/overview) | [How shadows form |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/how-shadows-form/overview) |
| Friday | [Shadow shapes investigation |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/shadow-shapes-investigation/overview) | [The position of shadows (non-statutory) |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/the-position-of-shadows-non-statutory/overview) |
| 16/06/25 | Monday | **Biology** - Drugs | [What are the key parts of a healthy diet? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/diet-and-lifestyle-f893/lessons/what-are-the-key-parts-of-a-healthy-diet-60wkgr/overview) | [Why do people with different lifestyles need different diets? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/diet-and-lifestyle-f893/lessons/why-do-people-with-different-lifestyles-need-different-diets-6nj66r/overview) |
| Tuesday | [What effect does exercise have on the muscles? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/diet-and-lifestyle-f893/lessons/what-effect-does-exercise-have-on-the-muscles-60up8d/overview) | [What happens to the circulatory system during exercise? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/diet-and-lifestyle-f893/lessons/what-happens-to-the-circulatory-system-during-exercise-c8w62c/overview) |
| Wednesday | [What are medicinal drugs? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/diet-and-lifestyle-f893/lessons/what-are-medicinal-drugs-68vk0e/overview) | [What are nicotine and alcohol? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/diet-and-lifestyle-f893/lessons/what-are-nicotine-and-alcohol-cgv3ec/overview) |
| Thursday | [Smoking |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/disease-and-drugs/lessons/smoking/overview) | [Vaping |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/disease-and-drugs/lessons/vaping/overview) |
| Friday | [Recreational drug use: depressants |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/disease-and-drugs/lessons/recreational-drug-use-depressants/overview) | [Recreational drug use: stimulants |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/disease-and-drugs/lessons/recreational-drug-use-stimulants/overview) |
| 23/06/25 | Monday | **Physics** – Reflection and Refraction | [Multiple shadows |](https://www.thenational.academy/pupils/programmes/science-primary-year-6/units/light-and-how-it-travels/lessons/multiple-shadows/overview) | [Reflection of light (including specular and diffuse) |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-11-foundation-aqa/units/electromagnetic-waves/lessons/reflection-of-light-including-specular-and-diffuse/overview) |
| Tuesday | [Refraction through a rectangular block |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-11-foundation-aqa/units/electromagnetic-waves/lessons/refraction-through-a-rectangular-block/overview) | [Refraction through a semicircular block |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-11-foundation-aqa/units/electromagnetic-waves/lessons/refraction-through-a-semicircular-block/overview) |
| Wednesday | [Light and colour |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-11-foundation-aqa/units/electromagnetic-waves/lessons/light-and-colour/overview) | [Convex lenses (including magnification) |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-11-foundation-aqa/units/electromagnetic-waves/lessons/convex-lenses-including-magnification/overview) |
| Thursday | [Scale diagrams for convex lenses (including magnification) |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-11-foundation-aqa/units/electromagnetic-waves/lessons/scale-diagrams-for-convex-lenses-including-magnification/overview) | [Virtual images from convex and concave lenses (including magnification) |](https://www.thenational.academy/pupils/programmes/physics-secondary-year-11-foundation-aqa/units/electromagnetic-waves/lessons/virtual-images-from-convex-and-concave-lenses-including-magnification/overview) |
| Friday |  |  |  |
| 30/06/25 | Monday | **Biology** – Human Impact on the Environment | [What happens when fuels are burnt? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/sustainability-d96e/lessons/what-happens-when-fuels-are-burnt-74wk0t/overview) | [What is global warming? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/sustainability-d96e/lessons/what-is-global-warming-6gwp6r/overview) |
| Tuesday | [What is climate change? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/sustainability-d96e/lessons/what-is-climate-change-75k30t/overview) | [What impact have humans had on plants and animals? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/humans-and-animals-over-time-db18/lessons/what-impact-have-humans-had-on-plants-and-animals-65k38c/overview) |
| Wednesday | [What impact are humans likely to have on life in the future? |](https://www.thenational.academy/pupils/programmes/science-primary-year-6-l/units/humans-and-animals-over-time-db18/lessons/what-impact-are-humans-likely-to-have-on-life-in-the-future-cnj64t/overview) | [Pollination and human food security |](https://www.thenational.academy/pupils/programmes/science-secondary-year-7/units/ecosystems/lessons/pollination-and-human-food-security/overview) |
| Thursday | [Using chemicals in farming |](https://www.thenational.academy/pupils/programmes/science-secondary-year-7/units/ecosystems/lessons/using-chemicals-in-farming/overview) | [Bioaccumulation |](https://www.thenational.academy/pupils/programmes/science-secondary-year-7/units/ecosystems/lessons/bioaccumulation/overview) |
| Friday | [The importance of biodiversity |](https://www.thenational.academy/pupils/programmes/science-secondary-year-7/units/ecosystems/lessons/the-importance-of-biodiversity/overview) | [Conserving biodiversity |](https://www.thenational.academy/pupils/programmes/science-secondary-year-8/units/biodiversity/lessons/conserving-biodiversity/overview) |
| 07/07/25 | Monday | **Physics** – The Eye and Colour | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=2444) | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=2451) |
| Tuesday | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=2456) | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=2460) |
| Wednesday | [Longitudinal & Transverse Waves Lesson |](https://cognitoedu.org/coursesubtopic/p2-gcse-aqa-h-c_4.01) | [Reflection Lesson |](https://cognitoedu.org/coursesubtopic/p2-gcse-aqa-h-c_4.03) |
| Thursday | [Refraction Lesson |](https://cognitoedu.org/coursesubtopic/p2-gcse-aqa-h-c_4.04) | [How Lenses Work Lesson |](https://cognitoedu.org/coursesubtopic/p2-gcse-aqa-h-t_4.11) |
| Friday | [How to Draw Ray Diagrams Lesson |](https://cognitoedu.org/coursesubtopic/p2-gcse-aqa-h-t_4.12) | [Visible Light & Colour Lesson |](https://cognitoedu.org/coursesubtopic/p2-gcse-aqa-h-t_4.13) |
| 14/07/25 | Monday | **Retrieval Practice** | [Solvent abuse |](https://www.thenational.academy/pupils/programmes/science-secondary-year-9/units/disease-and-drugs/lessons/solvent-abuse/overview) | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=4350) |
| Tuesday | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=3717) | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=1012) |
| Wednesday | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=4015) | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=4014) |
| Thursday | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=2250) | [Greenshaw Learning Trust - Remote Learning](https://www.greenshawlearningtrust.co.uk/virtual-curriculum?group=189&lesson=2248) |
| Friday |  |  |  |