				Year 7 (Overview	2025-26 – Phys	sics
Date	Wk	Week	Units Studied & Learning Outcomes				Key Concepts & Assessment
				8	weeks (8v l	Lessons) (38Days	
Tues 2-Sep Tues Y7 only Wednesday- whole school	A	1		ew of Unit/N and Motion			Foundational Concepts: Forces & Motion
8-Sep	В	2	Lesson Sequence of Content:				Outcomes • State different examples of contact and non-
15-Sep (INSET Friday)	A	3	Lesson 1-Introduction to forces Lesson 2-Measuring forces Lesson 3-Balanced and unbalanced forces			forces	contact forces. • Describe the difference between mass and weight.
22-Sep	В	4	Lesson 4-Re	sultant forc	e		Be able to describe the effect of balanced and
29-Sep		5	Lesson 5-Ho				unbalanced forces • Know how to calculate resultant force and the
•	A	6					effect of resultant force
6-Oct 13-Oct	B A	7	Lesson 7-Air resistance Lesson 8-Upthrust Lesson 9-Measuring and calculating Speed			g Speed	 Know how to represent forces as arrows Know how extension and force are linked in a spring. Hooke's law Force = Spring constant x
20-Oct	В	8	Lesson 11-A Lesson 12-L	ong answer	and Quick Quick Quick question	uiz	extension • Understand friction, including air resistance, as a force and how it can be reduced • Explain why some objects float and others sink • Know how to calculate speed using speed = distance/time • Represent journeys using distance-time graphs
			Prior (Y6) Basic magnetis	Current (Y7) Understan d effects			Skills used/learned
			m	of forces	m Year 9 – contact &		 Practical skills Method writing Interpretation skills Evaluation skills
					contact forces; Hooke's law		 KW: force, contact/non-contact, static electricity, balanced/unbalanced, friction, Hooke's law, speed, air resistance, thrust, gravity.
					Year 10 – scalars/ve ctors, Newton's		Tier 2/3 Vocabulary Referenced on PowerPoint slides, quick quizzes.
					Laws, terminal velocity, V-T graphs		Links to root words- Etymology Resistance- directly from Medieval Latin resistentia, from present-participle stem of Latin resistere "make a stand against, oppose"
					Year 11 - Momentu m (H) Inertia & inertial mass (H) SUVAT		Links to culture o Everyday forces o Friction to push bike along, friction reduced on a bike with oil o Speed linking to everyday "miles per hour" – distance per time = speed equation
					Moments, levers, gears Pressure in fluids		History o Hooke's law, law of elasticity discovered by the English scientist Robert Hooke in 1660. Talk about uses. E.g. suspension, bridges, measuring the amount of wind force is needed to make a tall building bend and sway etc.

			Year 12 - Scalars, vectors, resolving forces; Moments; Projectile motion; Momentu m and impulses Common misconceptions Motion implies force Force is needed to maintain motion Heavy objects fall faster Forces are properties of an object	o Leonardo Da Vinci (1452-1519) was one of the first scholars to study friction systematically. He realized how important friction is for the workings of machines. He focused on all kinds of friction and drew a distinction between sliding and rolling friction. o Discuss ideas about Galileo and his experiments for air resistance. Did he do the leaning tower of Pisa experiment? Career ideas- civil engineers (buildings, bridges); automotive and mechanical engineers, including F1/Jaguar Land Rover/Bentley; sports scientists; motor/cycle mechanics. • Equality Diversity and Inclusion (EDI) links? EDI links: • Scientists from different nationalities Parent and Carers month/Black History month 3/9 World afro day 23/9 International day of sign languages 10/10 world mental health day 5/10 world teachers day 6/10 World cerebal palsy day
				 Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.) Highlighted lesson 9
Half-Term			7 weeks (7 lessons) (35 Days)	
3-Nov	A	9	Overview of Unit/No. lessons	Foundational Concepts:
3 1101	•		Particles and Energy: 15 lessons	Particles, Energy & Circuits
10-Nov	В	10		Outcomes
			Lesson Sequence of Content:	Understand the basics of particle theory,
17-Nov	Α		Lesson 1-States of Matter and Particles	including the arrangements and movement of
		11	Lesson 2-Changes of State Lesson 3-Brownian motion and diffusion in liquids	particles
24-Nov		ST1	and gases	Understand how particle theory describes changes of state, shape and density
	D	(core	Lesson 4-Types of energy and conservation of	Be able to describe Brownian motion
	В	only)	energy	State examples of energy Recognise consequation of energy
1-Dec		ST1	Lesson 5-Energy transfers in different processes	 Recognise conservation of energy Know the different types of energy stores
	Α	(core	Lesson 6-Analysis of burning fuels HSW Lesson 7-Food as a fuel	and how to write an energy transfer.
		only)	Lesson 8-Direction of energy transfer	Identify useful and wasted energy
8-Dec	В	14	Lesson 9-Conduction	Know how to measure the energy in food and compare food labels
			Lesson 10-Convection	Know what is meant by a fuel
15-Dec			Lesson 11-Radiation	 Know that food is a type of fuel
			Lesson 12 Host vs Tomperature	Describe thermal energy transfers by conduction, convection and radiation.
			Lesson 13-Heat vs Temperature Lesson 14-Application and Quick Quiz	conduction, convection and radiation. • Compare the 3 methods of energy
			Lesson 15-Long answer question	transfer
				Describe the purpose of insulation
			GW: describe solids/liquids/gases using particle	Know the difference between heat and temperature
			theory	temperature
				l.
	Α	15	BI: Discuss the changes to particles between states	Skills used/learned Practical skills

• EW: Explain transfer of thermal energy using particle theory

Assessment

O HSW practical task – students should be able to explain findings using their Science knowledge and analyse results

O End of unit quiz

O Long answer extension question at the end of the unit

O Application task

Prior	Current (Y7)	Next
N/A	(Y7) Understan d particle theory and energy transfer	Year 8 – pressure in fluids Year 9 – kinetic theory and specific heat capacity Year 10 – kinetic theory, changes of state and latent heat.
		Year 11 - Pressure in a gas linked to kinetic theory; pV = constant; Work to increase pressure/temperature of a gas (H) Year 12 - sub-atomic theory

Common misconceptions

- Particles get bigger when heated
- Particles possess the same properties as the material they compose
- Believing kinetic energy only changes when substances change state
- Confusing melting with dissolving

- Method writing
- o Interpretation skills
- o Evaluation skills
- KW: atom, molecule, conduction, convection, radiation, energy, joule, heat, temperature, condensation, evaporation, freezing, melting, solid, liquid, gas.

Tier 2/3 Vocabulary Referenced on PowerPoint slides, quick quizzes.

Links to root words- Etymology

- o "Atomos" old Greek meaning "indivisible"
- o "kinetic" meaning moving, e.g. kinesthetics
- o Thermal- from Greek therme "heat, feverish heat,"
- o Conduction- from Latin conductionem (nominative conductio), noun of action from past-participle stem of conducere "to lead or bring together," from assimilated form of com "with, together"

Links to culture

- o Link to particles of deodorant in a room
- o Links to houses and energy efficiency

History

- o The units of energy 'Joule' is named after James Prescot Joule-English physicist who established that the various forms of energy—mechanical, electrical, and heat, are basically the same and can be changed one into another. Thus, he formed the basis of the law of conservation of energy, the first law of thermodynamics.
- o Brownian motion, also called Brownian movement- this motion is named after the botanist Robert Brown, who first described the phenomenon in 1827, while looking through a microscope at pollen of the plant Clarkia pulchella immersed in water. In 1905, almost eighty years later, theoretical physicist Albert Einstein published a paper where he modelled the motion of the pollen as being moved by individual water molecules, making one of his first major scientific contributions.
- Career ideas: Particle physicist (CERN); heating technician; mechanical engineer; solar (thermal or PV) energy equipment designer and/or installer
- Equality Diversity and Inclusion (EDI) links?

EDI links:

• Scientists from different nationalities

Christmas Holi	day			6 weeks (6	lessons) (30 Days)	Anne Easley – developed and implemented a code used in researching energy conservation systems Mens health awareness month/disability confident month 1/11 Diwali 12/11 Remembrance Sunday 13/11-19/11 Transgender awareness week 14/11 World Diabetes Day 1/12 World AIDS day 25/12 Christmas Day
5-Jan	В			·		
		16	Overview of Un	•		Foundational Ideas:
	Α		Space: 9 lessons	5		Space & Weight
12-Jan		17	Lesson Sequenc	e of Content:		Outcomes
	В		Lesson 1- Identi	fy planets in the so	lar system	Understand the difference between weight and
19-Jan		18	Lesson 2-Day &			mass • Understand that weight is caused by the non
26-Jan	Α	10	Lesson 3-Season Lesson 4-Phases			Understand that weight is caused by the non- contact force called gravity
26-Jan 2-Feb	В	19		es – solar & lunar		Carry out calculations to show the difference in
2-Feb	В	20		tes - natural & artif		weight on the same object on different planets.
				quiz assessment ar	n different planets nd Application	 Know Weight = mass x gravitational field strength Describe our solar system as being made up of
			Lesson 9-Long a	inswer question		the sun and a series of different planets.
						Know about stars and galaxies. Understand how day and night accurs
			Prior (Y6)	Current (Y7)	Next	 Understand how day and night occurs Understand how the different seasons occur
			Personal	Understand	Year 8 – light	Understand the phases of the moon
			observatio	basics of	waves and	Understand how a lunar and solar eclipse occur
			n of moon,	weight, space	speed of light	 Understand what a satellite is Recall uses of artificial satellites
			stars, sun	and seasons		• Recall uses of artificial satellites
				Links to P1:	Year 10 –	Skills used/learned
				non-contact	solar system,	Practical skills
				forces	orbital	Method writing Interpretation skills
					motion, life of	Interpretation skillsEvaluation skills
					a star, red shift	Evaluation skins
					Silit	• KW: gravity, weight, mass, solar system, galaxy,
					Year 12 –	light year hemisphere, moon, lunar
					optional unit:	Tier 2/3 Vocabulary
					Astrophysics.	Referenced on PowerPoint slides, quick quizzes.
			weight	the difference bet		Links to root words-Etymology • "Hemisphere" – from Greek: hēmi- "half" +
			different values	on different plane	act force, noting its ts and the resulting	sphaira "sphere" • Loony/lunatic – from Latin "luna" – the moon
			difference in we	-	one aleman altine — 11	
				ne changes in seasc position with respe	ons depending on the ct to the sun.	Links to culture "Light year" often thought of as a time, not a
						distance.
			Assessment	+ a c	ould be able to	• Science fiction showing journeys to the stars –
				I task – students sh using their Science		needing travel faster-than-light.
	Α		analyse results	and then belefield	ome and	History
			O End of unit qu			

			O Long answer extension question at the end of the unit Application task Common misconceptions • Mass and weight are the same thing • The sun is yellow • There is no gravity in space • You can hear sounds in space • Mercury is the hottest planet	Astronauts "bunny hopping" on the moon Role of black, female, "human computers" as shown in "Hidden Figures" (2016) 2020 SpaceX/Dragon take off – May 2020 Galileo trying (failing) to measure speed of light. Current value decided in 1983 Career ideas: Astronaut, meteorologist, astronomers, aeronautical engineer, telecommunications engineer, robotics engineer, astrophysicist. Equality Diversity and Inclusion (EDI) links? EDI links: Valentina Tereshkova was the first woman in space Peggy Whitson holds the US record for the most time spent in space at 665 days. Kitty O'Brien Joyner was NASA's first female engineer Sally Ride- Astronaut, first American woman and 3rd woman in space. Young scientist-Katie Bouman-led the development of an algorithm for imaging black holes, known as Continuous High-resolution Image Reconstruction using Patch priors (CHIRP), and was a member of the Event Horizon Telescope team that captured the first image of a black hole. Katherine Johnson-Calculated flight paths of space craft Helen Sharman – first British Astronaut LGBT+ History month 27/1 Holocaust memorial day 1/2 World Hijab Day 6/2-12/2 Children's mental health week. 7/2 Safer internet day 10/2 Chinese New Year
Half-Term			6 weeks (6 lessons) (28 Days)	
23-Feb	В	22		Foundational Concepts
2-Mar	Α	23		Tier 2/3 Vocabulary
9-Mar	В	24		·
16-Mar	A B	25		Links to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts,
23-Mar 30-Mar	В	26		music, art(ists), literature?
(finish Wednesday 1 st April)				 Careers links Equality Diversity and Inclusion (EDI) links? Women's history month Ramadhan begins World Down Syndrome day
				Transgender day of visibility
				Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary
	Α	27		knowledge, key content.)
Easter Holiday			5 weeks (5 lessons) (24 Days)	
20-Apr	В	28		Foundational Concepts

27-Apr				
277,01	Α	29		 Tier 2/3 Vocabulary
4-May (Bank holiday Mon)	В	30		Links to wider disciplinary knowledge/cultu capital: history, culture, authentic artefacts
11-May	Α	ST2		music, art(ists), literature?
18-May				Careers links Equality Diversity and Inclusion (EDI) links? Good Friday Easter Sunday Autism and stress awareness month. World Malaria Day Lesbian visibility day UK national walking month. Deaf awareness week
				Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplina
	В	ST2		knowledge, key content.)
Half-Term			7 weeks (7 lessons) (35 Days)	
an rellii			/ weeks (/ lessons) (55 Days)	
1-Jun	Α	33		• Foundational Concepts
	A B	33 34		·
1-Jun		34 35		Foundational ConceptsTier 2/3 Vocabulary
1-Jun 9-Jun	В	34		·
1-Jun 9-Jun 16-Jun	B A	34 35		 Tier 2/3 Vocabulary Links to wider disciplinary knowledge/cultur
1-Jun 9-Jun 16-Jun 23-Jun 30-Jun 7-Jul	B A B	34 35 36		 Tier 2/3 Vocabulary Links to wider disciplinary knowledge/cultur capital: history, culture, authentic artefacts, music, art(ists), literature?
1-Jun 9-Jun 16-Jun 23-Jun 30-Jun	B A B A	34 35 36 37		 Tier 2/3 Vocabulary Links to wider disciplinary knowledge/cultur capital: history, culture, authentic artefacts,
1-Jun 9-Jun 16-Jun 23-Jun 30-Jun 7-Jul	B A B A	34 35 36 37		 Tier 2/3 Vocabulary Links to wider disciplinary knowledge/cultur capital: history, culture, authentic artefacts, music, art(ists), literature? Careers links Equality Diversity and Inclusion (EDI) links? LGBTQ+ pride month. Gypsy, Roma and Traveller history month. world day against child labour autistic pride day World refugee day Assessment (Quiz/Tests/application tasks/ ST:

Overview of Year 7					
Based on your Flight Path By the end of Year 7, students will have learned					
GW:	State different examples of contact and non-contact forces.				
	Be able to describe the effect of balanced and unbalanced forces				
	Know how to represent forces as arrows				
	Know how to calculate speed using speed = distance/time				
	Understand the basics of particle theory, including the arrangements and movement of particles				
	Understand how particle theory describes changes of state, shape and density				
	State examples of energy				
	Recognise conservation of energy				

	Know the different types of energy stores and how to write an energy transfer.
	Identify useful and wasted energy
	Know what is meant by a fuel
	Know that food is a type of fuel
	Know Weight = mass x gravitational field strength
	Describe our solar system as being made up of the sun and a series of different planets.
	Know about stars and galaxies.
	Understand how day and night occurs
	Understand how the different seasons occur
	Understand the phases of the moon
BI:	Describe the difference between mass and weight.
	Know how to calculate resultant force and the effect of resultant force
	Understand friction, including air resistance, as a force and how it can be reduced
	Know how to calculate speed using speed = distance/time
	Be able to describe Brownian motion
	Know how to measure the energy in food and compare food labels
	Describe thermal energy transfers by conduction, convection and radiation.
	Describe the purpose of insulation
	Understand the difference between weight and mass
	Understand that weight is caused by the non-contact force called gravity
	Carry out calculations to show the difference in weight on the same object on different
	planets.
	Understand what a satellite is
	Describe uses of artificial satellites
EW:	• Know how extension and force are linked in a spring. Hooke's law Force = Spring constant
	x extension
	Explain why some objects float and others sink
	Represent journeys using distance-time graphs and be able to interpret them
	Explain the difference between heat and temperature
	Compare the three methods of heat transfer
	Understand the difference between weight and mass
	Carry out calculations to show the difference in weight on the same object on different
	planets.
	Know Weight = mass x gravitational field strength
	Explain how a lunar and solar eclipse occur

Prompt Questions

Now that the revised curriculum has been taught, please consider the Implementation and Impact of the curriculum you taught.

What changes might need to be made to the Curriculum Intent (See Curriculum Map and Overviews) in light of this year's experiences?

Please revisit the prompts from last year:

- What are the Key concepts for this unit?
- How will it link to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts, music, art, literature?
- How does it build on prior knowledge and link to other units, concepts, years, GCSE?
- What is it intended students will have learned?
- o For each Unit? By the end of the Year?
 - o GW:; BI:; EW
- Is it worth summarising in a knowledge organiser?
- Assessment: how do you know they have learned the foundational concepts, curriculum and wider disciplinary knowledge? Does assessment look like GCSE light? Should it?
- Skills used/learned
- Tier 2/3 vocabulary ((Etymology e.g. of Greek/Latin)

- How will you assess students understanding?
- How will written feedback be given?
- How can lessons be adapted?