

The Super-curriculum

Year 7



FOREST
SCHOOL

All Forest Learners enjoy rich opportunities for academic extension and are prompted to engage in a developed super-curricular programme. Nobody's potential is fixed; everybody can grow and transform their capacity for learning. We want every member of the Forest Community to have the opportunity to develop a genuine and lifelong love of learning.

For many Foresters who aspire to take degrees at highly selective universities on competitive courses, or access competitive degree apprenticeships, music conservatoires or drama schools, outstanding grades are a foregone conclusion and are, in themselves, no guarantee of admission. When remarking on Oxford and Cambridge, Mr Hector from Alan Bennett's famous play *The History Boys* suggests: "It's the hot ticket, standing room only." This is why it is so important for pupils to go beyond the curriculum and to access the Super Curriculum. This guide is designed to develop in pupils that X-factor, the quality that sets them apart from the other applicants. It is a marathon and not a sprint, and continuous engagement with such resources over the long term will enable you to deepen your knowledge and understanding.

Super-curricular activities are, therefore, those that take your regular curriculum *further* and represent opportunities for focussed study *beyond* and *outside* the Forest Classroom. Studying beyond the curriculum will give Foresters the ability to think critically and independently, to argue logically while keeping an open mind to new ideas and develop a genuine passion and enthusiasm for subjects. What follows is not an exhaustive list of super-curricular activities, but our Heads of Department have worked hard to provide a curated selection for each subject to point you in the right direction. Engagement with the super-curricular can take many other additional forms, like watching educational videos, lectures, and explainers on YouTube, downloading and listening to podcasts, visiting museums or entering academic competitions.

The opportunity to complete the Higher Project Qualification in Year 10 and the Extended Project Qualification in Year 12 should be of real interest to all pupils at Forest. The experience of writing an independently researched, robustly substantiated, and cogently argued thesis, or producing a dramatic, artistic, or musical composition is the very best way of evidencing scholarship and engagement. Strong performances in these qualifications are especially prized by Admissions Tutors at Oxford, Cambridge and beyond.

However, I hope that these opportunities to engage in the super-curricular, to be intellectually stimulated and to extend learning are rewards in their own right. I therefore hope that this suite of opportunities whets your appetite and inspires you to reach the pinnacles of academic study and achievement.

Matthew Key
Deputy Head Academic

Subject Summary

- [Mandarin](#)
- [English](#)
- [DT](#)
- [DRAMA](#)
- [GERMAN](#)
- [ART](#)
- [FRENCH](#)
- [Science](#)
- [RS](#)
- [Latin](#)
- [Computer Science](#)
- [Music](#)
- [Spanish](#)
- [Geography](#)
- [History](#)
- [PE](#)
- [FNU](#)
- [Maths](#)

Subject	Super-curricular suggestions
Mandarin	<p>Read: Easy Steps to Chinese: Textbook 1 & Workbook 1; Chinese Made Easy: Textbook 1 & Workbook 1; Jinbu: Textbook 1 & Workbook</p> <p>Watch: Suggested documentaries on Chinese culture (music/art/festivals etc..) on Netflix.</p> <p>Listen: Suggested YouTube channels</p> <p>Visit: Chinatown, British museum, and V&A museum</p>
<p>https://www.language-gym.com/ https://quizlet.com/latest www.duolingo.com www.bbc.co.uk/languages/chinese www.goChinese.com</p>	
English	<p>Read: See department reading lists.</p> <p>Watch: Anything by Shakespeare, on BBC iplayer or at the theatre; National Theatre Online; Digital Theatre Plus (subscription through the library); Poirot and Miss Marple on BBC.</p> <p>Listen: Word of Mouth on Radio 4; Poetry Please on Radio 4</p> <p>Visit: The Globe Theatre; Stratford upon Avon; the Sherlock Holmes Museum in Baker Street; the Museum of Brands in Notting Hill; the British Library; your local library.</p>
The School library website; BBC Bitesize.	
DT	<p>Read: <i>One Red Paperclip</i> – Kyle Macdonald</p> <p>Watch: <i>Dengineers</i> – BBC iPlayer</p> <p>Listen: <i>Smash Boom Best</i> - Spotify</p> <p>Visit: <i>The Museum of Brands (Notting Hill)</i>, <i>The Design Museum (Kensington)</i></p>
<p>technologystudent.com ROBERT SABUDA - Home GCSE Design and Technology - AQA - BBC Bitesize</p>	
Drama	<p>Watch: as much Live Theatre as possible. theatre online on Drama Online or Digital Theatre Plus</p> <p>Read: scripts Pantomime: a Practical Guide WJEC/Eduqas GCSE Drama student book. the National Theatres: All About Theatre Paperback Greek Theatre in Context (Greece and Rome: Texts and Contexts)</p>
<p>https://www.bbc.co.uk/bitesize/subjects/zbckjxs https://www.alexjacksonpantomimes.com/a-beginners-guide-to-british-pantomime-traditions/ https://www.nationaltheatre.org.uk/learn-explore/discover/greek-theatre-video-collection/ https://dramaresource.com/devising-theatre/ https://www.dramaonlinelibrary.com/ https://www.digitaltheatreplus.com/</p>	

German	<p>Read: Find out about Germany as a country and some of its celebrations, in English, either online or in print, to get a deeper cultural understanding of the German speaking world</p> <p>Watch and listen: The Onatti theatre group play which will be performed at some point during the school year.</p> <p>Visit: The library, to look at some basic reading material Consider a trip to a German speaking country to see the language used in situ and build confidence in speaking. Download the Duolingo app and use it to practise and consolidate vocabulary.</p>
<p>www.quizlet.com www.language-gym.com www.pearsonactivelearn.com www.languagenut.com www.languagesonline.org.uk https://www.goethe.de/ins/gb/en/spr/unt/kum/dfj/a12.html</p>	
Art	<p>Michaelmas + Lent</p> <p>Read: Tate Gallery explanation of Pop Art https://www.tate.org.uk/art/art-terms/p/pop-art</p> <p>Watch: 'What is Pop Art?' – Tate Short https://www.youtube.com/watch?v=DhEyoDCTSDQ</p> <p>Listen: 'Andy Warhol' by David Bowie 1971</p> <p>Visit: Tate Modern – Room 10 'Beyond Pop' https://www.tate.org.uk/visit/tate-modern/display/media-networks/beyond-pop</p> <p>Trinity</p> <p>Read: V+A Ceramics collections webpage – Browse and read about at least four ceramic pieces that interest you https://www.vam.ac.uk/collections/ceramics</p> <p>Watch: 'Pottery is my Gimmick' – Greyson Perry https://www.youtube.com/watch?v=Yboc75WufE</p> <p>Visit: V+A – Ceramics Collections https://www.vam.ac.uk/collections/ceramics</p>
<p>https://www.tate.org.uk/ https://www.npg.org.uk/ https://www.moma.org/</p>	
French	<p>Read: <i>Astérix Le Gaulois</i>, <i>Astérix gladiateur</i>, <i>TinTin</i>, <i>Les Misérables</i> (graphic novel), <i>Arsène Lupin - gentleman-cambrioleur</i> – all available in the school library with many other popular French books and parallel texts.</p> <p>Watch: Wakfu on Netflix, <i>Les Visiteurs</i>, <i>Micmacs</i> – all available in the school library with other popular French films.</p> <p>Listen: CoffeeBreak French podcasts – ensure that you choose the right level for you, music by Stromae. Download DuoLingo to practise useful vocabulary</p> <p>Visit: L'Institut Français (London), The National Gallery (London)</p>
<p>https://quizlet.com/gb/...../ https://www.bbc.co.uk/bitesize/subjects/zgdqxn https://www.languagenut.com https://www.language-gym.com & https://www.language-gym.com/listening https://conjuguemos.com/activities/french/verb</p>	

Science

Super curricular Activities:

Join science clubs or societies: Join STEAM society or Astronomy Club.

Books:

"Chemical Reactions" by Avi Reisman

"The Science Book: Big Ideas Simply Explained" by DK

"A Short History of Nearly Everything" by Bill Bryson (covers various scientific topics)

"Microbes: Discover an Unseen World" by Nicola Davies

Documentaries:

"The Mystery of Matter: Search for the Elements" (PBS series)

"The Farthest: Voyager in Space"

"The Power of Plants" (BBC documentary)

"How the Universe Works" (Discovery Channel series)

Places to Visit in London:

Science Museum: Explore exhibits on electricity, magnetism, space, and microbes. Attend interactive shows and demonstrations.

Natural History Museum: Discover exhibits on the evolution of life, biodiversity, and the interconnectedness of ecosystems.

Royal Observatory Greenwich: Learn about space, astronomy, and the history of navigation. Visit the Planetarium for a cosmic experience.

Kew Gardens: Discover the role of plants in photosynthesis and explore the diverse plant species.

London Zoo: Explore the animal kingdom and learn about the role of microbes in animal health.

Here are some useful websites that can complement the topics covered in year 8 science:

Royal Society of Chemistry (RSC) Education: The RSC Education website provides resources, experiments, and interactive activities related to chemical reactions, elements, compounds, acids, and bases. Visit: <https://edu.rsc.org/>

NASA's Students' Corner: NASA's website offers educational resources, games, and activities for students interested in space and astronomy. Explore topics such as the solar system, space missions, and more. Visit: <https://www.nasa.gov/students>

Khan Academy: Khan Academy offers free educational videos, tutorials, and quizzes on a wide range of science topics, including electricity, magnetism, light, and more. Visit: <https://www.khanacademy.org/>

BBC Bitesize: BBC Bitesize provides interactive learning resources, articles, and quizzes for various subjects, including science. Their science section covers topics like chemical reactions, microbes, and space. Visit: <https://www.bbc.co.uk/bitesize/subjects/zng4d2p>

National Geographic Kids: National Geographic Kids website offers articles, videos, and games on science, nature, and the environment. You can find information on topics like ecosystems, animals, and photosynthesis. Visit: <https://www.natgeokids.com/uk/>

Exploratorium: The Exploratorium website provides interactive online exhibits, activities, and videos on various science topics, including electricity, magnetism, and light. Visit: <https://www.exploratorium.edu/explore>

Electricity and magnetism: <https://www.furryelephant.com/content/electricity/voltage-current/>

<p>History</p>	<p>Read: <i>Horrible Histories (Measly Middle Ages; Rotten Rulers; Cruel King and Mean Queens)</i>; Marc Morris, <i>The Norman Conquest and the Death of Anglo-Saxon England</i>; P James Oliver, <i>Mansa Musa and the Empire of Mali</i>; Ian Mortimer, <i>The Time Traveller's Guide to Medieval England</i>; Paul Harrison, <i>History VIPs: King John</i>.</p> <p>Watch: <i>BBC Teach: 1066 and the Norman Conquest (animated series)</i>, BBC 2, <i>1066: A Year to Conquer England</i>; BBC, <i>The Normans (2010)</i>; <i>Horrible Histories (Magna Carta Special; Crooked King John; King John Battle Rap)</i>.</p> <p>Listen: <i>History Extra</i>, <i>The Normans: Beyond 1066</i>; <i>History Extra: The Black Death: Everything You Wanted to Know</i>; <i>BBC Radio 4, You're Dead to Me, Mansa Musa</i>.</p> <p>Visit: The British Museum (Medieval Europe galleries); The Tower of London (in particular the White Tower); Westminster Hall; ANY Castle (e.g. Mountfitchet Castle; Colchester Castle, Rochester Castle); ANY Medieval Church (good ones in London include the Charterhouse, St Bartholomew the Great and of course Westminster Abbey)</p>
	<p>https://www.bbc.co.uk/bitesize/topics/zshtyrd/ (1066) https://www.bbc.co.uk/bitesize/topics/zqjwxnb/articles/zdkssk7 (The Black Death) https://www.nationalarchives.gov.uk/education/resources/domesday-book/ http://www.nationalarchives.gov.uk/education/medieval/magna-carta/ https://www.bbc.co.uk/news/world-africa-47379458 (Mansa Musa)</p>
<p>PE</p>	<p>Go Explore: Local sports clubs in the area (PE department to supply) Watch: <i>Fever Pitch</i>, <i>The rise of the Premier League</i>, <i>Invictus</i>, <i>CR7</i>, <i>The Last Dance</i>, <i>All or nothing</i>, Visit: Olympic Stadium, Stratford Regeneration</p>
	<p>https://www.bing.com/search?pplt=41&q=parkour+generations+london&cvid=3dd0d27855f6430b8f444a695a725699&aqs=edge.0.0j69i57j0l7j69i11004.2752j0j1&FORM=ANNAB1&PC=U531 https://www.bing.com/search?q=bbc+bitesize+pe&cvid=c7710d7d81254d4db5720f9d4c912bf4&aqs=edge..69i57j0l8j69i11004.4118j0j4&FORM=ANAB01&PC=U531 Physical literacy - Sport for Life</p>
<p>FNU</p>	<p>Read: <i>Food Anatomy: The Curious Parts and Pieces of Our Edible World</i>; <i>The Omnivore's Dilemma: Young Readers Edition</i>, Michael Pollan.</p> <p>Watch: <i>Supersize Me (2004)</i>; <i>Cooked (2016)</i>; <i>Food, Inc. (2008)</i>; <i>Chef's Table: BBQ (2020)</i>; <i>Master Chef Junior</i>.</p> <p>Practical: Try your hand at the following recipes: Vegetable stir-fry; Homemade Mac and Cheese; BBC Family Meal recipes: https://www.bbcgoodfood.com/recipes/collection/family-meal-recipes</p> <p>Listen: <i>Radio Cherry Bombe</i>; <i>The Splendid Table</i>; <i>Every Day is a Food Day</i> – all available via podcast providers.</p>
	<p>https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/ https://www.food.gov.uk/business-guidance/food-hygiene-for-your-business https://www.food.gov.uk/safety-hygiene/cooking-your-food https://www.bbc.co.uk/bitesize/topics/znthy9q</p>
<p>Maths</p>	<p>Read: <i>Sir Cumference books</i>, <i>The Number Devil</i>, <i>The Man Who Counted: A Collection of Mathematical Adventures</i>, <i>The Math Inspectors</i></p> <p>Watch: <i>Magic Numbers: Hannah Fry's Mysterious World of Maths</i></p> <p>Visit: The Science Museum (Maths Exhibition); Bletchley Park</p>
	<p>https://www.bbc.co.uk/bitesize/subjects/zqhs34j https://vle.mathswatch.co.uk/vle/ https://nrich.maths.org/secondary https://mathsbot.com/</p> <p>https://corbettmaths.com/contents/ https://www.mymaths.co.uk/ https://www.mathsgenie.co.uk/gcse.html</p>



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