

# The Super-curriculum

Year 8

IN

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**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

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- ❖ [English](#)
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- ❖ [Spanish](#)
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- ❖ [PE](#)
- ❖ [History](#)
- ❖ [Maths](#)

Subject	Resources
<b>Mandarin</b>	<p><b>Read:</b> Easy Steps to Chinese: Textbook 1 &amp; Workbook 1; Chinese Made Easy: Textbook 1 &amp; Workbook 1; Jinbu: Textbook 1 &amp; Workbook</p> <p><b>Watch:</b> Suggested documentaries on Chinese culture (music/art/festivals etc..) on Netflix.</p> <p><b>Listen:</b> Suggested YouTube channels; self-created materials by subject teachers</p> <p><b>Visit:</b> Chinatown; British museum; V&amp;A museum; Possible trip to China</p>
<p><a href="https://www.language-gym.com/">https://www.language-gym.com/</a>   <a href="https://quizlet.com/latest">https://quizlet.com/latest</a>   <a href="http://www.duolingo.com">www.duolingo.com</a>  <a href="http://www.bbc.co.uk/languages/chinese">www.bbc.co.uk/languages/chinese</a>   <a href="http://www.goChinese.com">www.goChinese.com</a></p>	
<b>English</b>	<p><b>Read:</b> See department reading lists and consult the library website.</p> <p><b>Watch:</b> Access the National Theatre Online resources via the library website; watch Shakespeare productions using Drama Online.</p> <p><b>Listen:</b> BBC Word of Mouth Podcast; Frank Skinner’s poetry podcast; e-books via Audible</p> <p><b>Visit:</b> Your local library; the Globe Theatre; the National Theatre; Victoria and Albert Museum; Stratford-Upon-Avon; the British Museum; become a member of the British Library.</p>
<p>The School library website; Lit Charts; BBC Bitesize; No Fear Shakespeare; Common Lit; No Red Ink</p>	
<b>French</b>	<p><b>Read:</b> <i>Astérix Le Gaulois</i>, <i>Astérix gladiateur</i>, <i>TinTin</i>, <i>Les Misérables</i> (graphic novel) – all available in the school library with many other popular French books and parallel texts.</p> <p><b>Watch:</b> <i>Wakfu</i> on Netflix, <i>Les Visiteurs</i>, <i>Micmacs</i> – all available in the school library with other popular French films.</p> <p><b>Listen:</b> CoffeeBreak French podcasts – ensure that you choose the right level for you, music by Stromae. Download DuoLingo to practise useful vocabulary.</p> <p><b>Visit:</b> Boulogne on the Year 8 French trip, where you will develop your French language skills and go on fascinating cultural excursions and day trips in the surrounding towns and villages. Also consider visiting L’Institut Francais (London), The National Gallery (London) and any other ongoing exhibitions in museums or galleries in London.</p>
<p><a href="https://quizlet.com/gb/...../">https://quizlet.com/gb/...../</a>  <a href="https://www.bbc.co.uk/bitesize/subjects/zgdqxb">https://www.bbc.co.uk/bitesize/subjects/zgdqxb</a>   <a href="https://www.languagenut.com">https://www.languagenut.com</a>  <a href="https://www.language-gym.com">https://www.language-gym.com</a> &amp; <a href="https://www.language-gym.com/listening">https://www.language-gym.com/listening</a>  <a href="https://conjuguemos.com/activities/french/verb/1">https://conjuguemos.com/activities/french/verb/1</a></p>	
<b>DT</b>	<p><b>Read:</b> The Design of Everyday Things by Donald A. Norman</p> <p><b>Watch:</b> <a href="#">Design and Technology (D&amp;T)   KS3   Vacuum forming   BBC Teach - YouTube</a>, The Interior Design Challenge, Mythbusters, The Repair Shop</p> <p><b>Listen:</b> Design Better (The Curiosity Department), 99% Invisible, Monocle on Design,</p> <p><b>Visit:</b> Design Museum; V&amp;A South Kensington; V&amp;A Bethnal Green; Design Shop – Conran Shop</p>

<p><b>Art</b></p>	<p><b><u>Michaelmas</u></b></p> <p><b>Read:</b> The Miro Foundation information on Joan Miro (Including the timeline) <a href="https://www.fmiroben.org/en/joan-miro/">https://www.fmiroben.org/en/joan-miro/</a></p> <p><b>Watch:</b> 'Unlock Art – Exploring the Surreal' <a href="https://www.tate.org.uk/art/art-terms/s/surrealism/unlock-art-exploring-surreal">https://www.tate.org.uk/art/art-terms/s/surrealism/unlock-art-exploring-surreal</a></p> <p><b>Visit:</b> Tate Modern – 'Materials and Objects – Collage' <a href="https://www.tate.org.uk/art/artworks/miro-the-tightrope-walker-t03402">https://www.tate.org.uk/art/artworks/miro-the-tightrope-walker-t03402</a></p> <p><b>Make:</b> Surrealist Exquisite Corpse drawing <a href="https://www.moma.org/magazine/articles/457">https://www.moma.org/magazine/articles/457</a></p> <p><b><u>Lent</u></b></p> <p><b>Read:</b> Tate Modern – 'David Hockney: 60 Years of Work' <a href="https://www.tate.org.uk/art/artists/david-hockney-1293/60-years-work">https://www.tate.org.uk/art/artists/david-hockney-1293/60-years-work</a></p> <p><b>Watch:</b> Tate Kids – 'Who is David Hockney?' <a href="https://www.tate.org.uk/kids/explore/who-is/who-david-hockney">https://www.tate.org.uk/kids/explore/who-is/who-david-hockney</a></p> <p><b>Visit:</b> The National Portrait Gallery, Floor 1, Room 30 - 'Self Portrait with Charlie'.</p> <p><b><u>Trinity</u></b></p> <p><b>Read:</b> The 'Photopedagogy' threshold concepts 1-10. <a href="https://www.photopedagogy.com/">https://www.photopedagogy.com/</a></p> <p><b>Watch:</b> 'La Jettee' by Chris Marker <a href="https://www.youtube.com/watch?v=2MNkd0PXNJc">https://www.youtube.com/watch?v=2MNkd0PXNJc</a></p> <p><b>Visit:</b> The Photographer's Gallery <a href="https://thephotographersgallery.org.uk/">https://thephotographersgallery.org.uk/</a></p>
	<p><a href="https://www.tate.org.uk/">https://www.tate.org.uk/</a>      <a href="https://www.npg.org.uk/">https://www.npg.org.uk/</a>      <a href="https://www.moma.org/">https://www.moma.org/</a></p>
<p><b>Drama</b></p>	<p>Visit as much Live Theatre as possible. Watch theatre online on Drama Online or Digital Theatre Plus Read scripts Read The Frantic Assembly Book of Devising Theatre Read The Routledge Companion to Commedia dell'Arte (Routledge Companions) Read Collins National Theatre Plays – The Exam: A comedy about three teenagers who have to muddle their way through the ordeal of a high-pressure exam. Read The Curious Incident of the Dog in the Night-Time: The Play (Critical Scripts)</p>

<a href="https://www.bbc.co.uk/bitesize/subjects/zbckjxs">https://www.bbc.co.uk/bitesize/subjects/zbckjxs</a> <a href="https://www.youtube.com/playlist?list=PLFB7C0BBCDCE9B8A9">https://www.youtube.com/playlist?list=PLFB7C0BBCDCE9B8A9</a> <a href="http://totaltheatre.org.uk/commedia-dellarte-is-alive-and-kicking/">http://totaltheatre.org.uk/commedia-dellarte-is-alive-and-kicking/</a> <a href="https://www.dramaonlinelibrary.com/">https://www.dramaonlinelibrary.com/</a> <a href="https://www.digitaltheatreplus.com/">https://www.digitaltheatreplus.com/</a>	
<b>German</b>	<p><b>Read:</b> 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><b>Watch and listen:</b> The Onatti theatre group play which will be performed at some point during the school year.</p> <p><b>Visit:</b> 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.  Complete independent work on language nut.</p>
<a href="http://www.quizlet.com">www.quizlet.com</a> <a href="http://www.language-gym.com">www.language-gym.com</a> <a href="http://www.pearsonactivelearn.com">www.pearsonactivelearn.com</a> <a href="http://www.languagenut.com">www.languagenut.com</a> <a href="http://www.languagesonline.org.uk">www.languagesonline.org.uk</a> <a href="https://www.goethe.de/ins/gb/en/spr/unt/kum/dfj/a12.html">https://www.goethe.de/ins/gb/en/spr/unt/kum/dfj/a12.html</a>	
<b>RS</b>	<p><b>Read:</b> '50 Religious Ideas You Really Need to Know' – Peter Stanford</p> <p><b>Watch:</b> BBC - My Life, My Religion; The Miracle Maker; A Very British Ramadan; Prince of Egypt</p> <p><b>Listen:</b> Historical Jesus: Stanford Continuing Studies Program Podcast</p> <p><b>Visit:</b> The Jewish Museum London; The British Museum – Islamic World</p>
Judaism <a href="https://www.bbc.co.uk/bitesize/topics/z9prkqt/articles/zfn792p">https://www.bbc.co.uk/bitesize/topics/z9prkqt/articles/zfn792p</a> Christianity <a href="https://www.bbc.co.uk/bitesize/topics/z4tb4wx/articles/zk4fxyx">https://www.bbc.co.uk/bitesize/topics/z4tb4wx/articles/zk4fxyx</a> Islam <a href="https://www.bbc.co.uk/bitesize/topics/zfwhfg8/articles/znhjcqt">https://www.bbc.co.uk/bitesize/topics/zfwhfg8/articles/znhjcqt</a>	
<b>Latin</b>	<p><b>Read:</b> Stephen Fry, <i>Mythos</i></p> <p><b>Watch:</b> Disney's Hercules</p> <p><b>Listen:</b> <i>The Ancients</i> podcast</p> <p><b>Visit:</b> The London Mithraeum</p>
<a href="http://bloomsburyonlineresources.com/de-romanis/home">bloomsburyonlineresources.com/de-romanis/home</a> <a href="http://quizlet.com/join/R55d25Sbv">quizlet.com/join/R55d25Sbv</a>	
<b>Computer Science</b>	<p><b>Read:</b> Computing Sharepoint Site (News Feed), <a href="#">MCI Resources</a></p> <p><b>Watch:</b> BBC Click,</p> <p><b>Listen:</b> <a href="#">BBC Sounds - Podcasts</a> (Technology Section)</p> <p><b>Visit:</b> <a href="#">3D Virtual Tour – The National Museum of Computing (tnmoc.org)</a></p>
<a href="https://machinelearningforkids.co.uk/">https://machinelearningforkids.co.uk/</a> <a href="http://www.gcsepod.com">www.gcsepod.com</a> KS3 Computer Science - BBC Bitesize	
<b>Science</b>	<p><b>Super curricular Activities:</b>  Join science clubs or societies: Join STEAM society or Astronomy Club.</p> <p><b>Books:</b>  "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</p> <p><b>Documentaries:</b>  "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)</p> <p><b>Places to Visit in London:</b>  Science Museum: Explore exhibits on electricity, magnetism, space, and microbes. Attend interactive shows and demonstrations.</p>

	<p>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.</p> <p>Kew Gardens: Discover the role of plants in photosynthesis and explore the diverse plant species.</p> <p>London Zoo: Explore the animal kingdom and learn about the role of microbes in animal health.</p>
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**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>

STEM Learning: STEM Learning offers resources, lesson plans, and activities for science, technology, engineering, and math (STEM) education. They have specific resources for different science topics. Visit: <https://www.stem.org.uk/>

<b>Spanish</b>	<p><b>Watch:</b> Documentaries on Spanish culture (music/art/festivals etc..) on Netflix. Good examples include: Sagrada: The Mystery of Creation (2012); Secrets of Spain (2014). <b>Listen:</b> Spanish Learning podcasts from BBC bitesize <b>Duolingo!</b> Download the app and practise! <b>Visit:</b> Exhibitions of Spanish culture. Particularly, the permanent collection of Latin American artists at the Tate Modern and the Spanish Royal Collection at Apsley House. Of course, if you have the opportunity to visit Spain you should, cities like Salamanca, Seville, Grenada, Cordoba, Madrid and Barcelona are always fantastic!</p>
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| <p><a href="https://www.language-gym.com/">https://www.language-gym.com/</a><br/><a href="https://www.language-gym.com/listening">https://www.language-gym.com/listening</a><br/><a href="https://www.bbc.co.uk/bitesize/">https://www.bbc.co.uk/bitesize/</a><br/><a href="https://quizlet.com/latest">https://quizlet.com/latest</a></p> | <p><a href="https://www.languagesonline.org.uk">https://www.languagesonline.org.uk</a><br/><a href="https://conjuguemos.com/activities/spanish/verb/1">https://conjuguemos.com/activities/spanish/verb/1</a><br/><a href="https://www.linguascope.com/">https://www.linguascope.com/</a><br/><a href="https://menrise.com">https://menrise.com</a></p> |
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<b>Music</b>	<p><b>Read:</b> The Ultimate Guide to Music <a href="#">The Ultimate Guide to Music: A fascinating introduction to music and the instruments of the orchestra: 1 : Fullman, Joe: Amazon.co.uk: Books</a> <b>Watch:</b> The BBC Proms on iPlayer <b>Listen:</b> To anything and everything! <b>Visit:</b> Central London concert venues; Forest performances</p>
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Spotify and YouTube playlists; BBC Bitesize; online notation and DAW software

<b>PE</b>	<p><b>Read:</b> Fire on the Track – the first woman in the Olympics  <b>Watch:</b> London 2012 Opening Ceremony  <b>Listen:</b> Winning Mindset Podcast  <b>Visit:</b> Parkour Generations: East London/Hackney/ Mile End Climbing Wall</p>
<p><a href="https://www.sportengland.org/funds-and-campaigns/disability">https://www.sportengland.org/funds-and-campaigns/disability</a></p>	
<b>History</b>	<p><b>Read:</b> Elizabethan Drama (e.g. Shakespeare in English); <i>How to be a Tudor: A Dawn-to-Dusk Guide to Everyday Life</i> by Ruth Goodman; <i>Black and British: A Short Essential History</i>, David Olusoga; <i>Black Tudors</i>, Miranda Kaufmann; <i>The British Empire: A Very Short Introduction</i> by Ashley Jackson, The House of Arden, E Nesbit; <i>A Traveller in Time</i>, Alison Uttley.  <b>Watch:</b> Empire (BBC: Jeremy Paxman); Black and British, a forgotten History (David Olusoga); History's Greatest Fibs: The Reformation (Lucy Worsley); <i>Elizabeth</i> and <i>Elizabeth: The Golden Age</i> (1999 &amp; 2003, starring Cate Blanchett).  <b>Listen:</b> BBC School Radio The Tudors; Homeschool History Mary Queen of Scots.  <b>Visit:</b> The British Museum (Collecting and Empire Trail); Royal Maritime Museum, Greenwich; Jack the Ripper Museum, Whitechapel; The National Portrait Gallery; Queen Elizabeth's Hunting Lodge, Chingford.</p>
<p><a href="https://www.historylearningsite.co.uk/">https://www.historylearningsite.co.uk/</a>  <a href="https://www.bbc.co.uk/bitesize/topics/zx3fnbk">https://www.bbc.co.uk/bitesize/topics/zx3fnbk</a>  <a href="https://www.migrationwatchuk.org/briefing-paper/48/a-summary-history-of-immigration-to-britain">https://www.migrationwatchuk.org/briefing-paper/48/a-summary-history-of-immigration-to-britain</a>  <a href="https://webarchive.nationalarchives.gov.uk/ukgwa/20220222071432/https://www.nationalarchives.gov.uk/education/empire/">https://webarchive.nationalarchives.gov.uk/ukgwa/20220222071432/https://www.nationalarchives.gov.uk/education/empire/</a>  <a href="https://www.rmg.co.uk/stories/queen-elizabeth-i">https://www.rmg.co.uk/stories/queen-elizabeth-i</a></p>	
<b>Geography</b>	<p><b>Read:</b> The Climate Book by Greta Thunberg, Climate Crisis section on Guardian website for news articles  <b>Watch:</b> BBC Tropical Rainforests Planet Earth, Met Office YouTube channel  <b>Listen:</b> BBC Sounds Rethink Population podcasts  <b>Visit:</b> BBC Planet Earth Immersive Experience</p>
<p><a href="https://www.metoffice.gov.uk/">https://www.metoffice.gov.uk/</a>  <a href="https://www.populationpyramid.net/world/2023/">https://www.populationpyramid.net/world/2023/</a>  <a href="https://www.un.org/en/un75/climate-crisis-race-we-can-win">https://www.un.org/en/un75/climate-crisis-race-we-can-win</a>  <a href="https://rainforests.mongabay.com/">https://rainforests.mongabay.com/</a></p>	
<b>FNU</b>	<p><b>Read:</b> Food Anatomy: The Curious Parts and Pieces of Our Edible World; The Omnivore's Dilemma: Young Readers Edition, Michael Pollan.  <b>Watch:</b> Supersize Me (2004); Cooked (2016); Food, Inc. (2008); Chef's Table: BBQ (2020); Master Chef Junior.  <b>Practical:</b> Try your hand at the following recipes: Vegetable stir-fry; Homemade Mac and Cheese; BBC Family Meal recipes: <a href="https://www.bbcgoodfood.com/recipes/collection/family-meal-recipes">https://www.bbcgoodfood.com/recipes/collection/family-meal-recipes</a>  <b>Listen:</b> Radio Cherry Bombe; The Splendid Table; Every Day is a Food Day – all available via podcast providers.</p>
<p><a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/</a>  <a href="https://www.food.gov.uk/business-guidance/food-hygiene-for-your-business">https://www.food.gov.uk/business-guidance/food-hygiene-for-your-business</a>  <a href="https://www.food.gov.uk/safety-hygiene/cooking-your-food">https://www.food.gov.uk/safety-hygiene/cooking-your-food</a>  <a href="https://www.bbc.co.uk/bitesize/topics/znthy9q">https://www.bbc.co.uk/bitesize/topics/znthy9q</a></p>	
<b>Maths</b>	<p><b>Read:</b> <a href="https://www.maths.org/">Secondary Students (maths.org)</a>  <b>Watch:</b> TED talks <a href="#">Maths in unexpected places</a>  <b>Listen:</b> <a href="#">Radio 4 mathematics collection</a>  <b>Visit:</b> The Science museum, <a href="#">The Winton Gallery Mathematics</a></p>
<p><a href="#">Maths Genie - Free Online GCSE and A Level Maths Revision Videos and Worksheets – Corbettmaths</a>  <a href="#">Maths Teaching Resources   Dr Austin Maths</a>  <a href="#">Variation Theory – Sequences and behaviour to enable mathematical thinking in the classroom – by Craig Barton @mrbartonmaths</a></p>	



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