

# Year 7 Super Curriculum

#### The Nobel Super Curriculum

In this booklet, you will find a range of challenges that encourage you to think about the learning that you can do outside of your lessons to become a more active learner.

Whether you are applying your artistic skills to develop a sketchbook, developing code breaking skills in Maths, or creating a tasty meal for your family using seasonal foods, we hope that these activities inspire you to think about your learning in new ways. You might even be able to teach the staff a thing of two!

A key characteristic of a successful student is independence. If you can tackle these activities, you will be demonstrating your ability to think for yourself and to take responsibility for your learning. Developing this will help to make sure that you are prepared for the GCSE courses and beyond.

Equally, we think that it is important to reflect on your learning by talking about it. Try to involve your family when you complete some of these tasks like visits to museums and watching live theatre.

We hope that you have fun attempting these challenges and find that they give you a fresh perspective on the subjects that you learn.

If you complete any challenges for a subject, please let your teacher know so that you can be rewarded. There will be prizes for students who finish all of the activities for a particular subject.

Good luck!

Bethany Jones
Teacher of Science

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Know It	Use It	Stretch It
Practise using the formal elements of Art. Get involved with 'The Big Draw'  https://thebigdraw.org/30-day-drawing-challenge  [3 Super Curriculum House Points]	Record your drawing challenge in a small sketchbook and try to make a drawing/ Sketch/collage every day for a month. This could be a quick 5-minute study to one hour. Show your art teacher your artwork.  [5 Super Curriculum House Points]	Attend an art club [2 Super Curriculum House Points]
Make a collection of examples of artwork and images that you find inspiring and record them in the back of your sketchbook.  Refer to them in your work.  [2 Super Curriculum House Points]	Make your own sketchbook using many different kinds of paper.  There are lots of tutorials online that show different ways of doing this, but the one below works well:  https://www.craftsy.com/papercrafts/article/how-to-make-adiysketchbook/  [3 Super Curriculum House Points]	Visit the Natural History Museum at Tring in person or virtually and have a look at the collection of animals and insects in cases.  Make drawings from what you see. http://www.nhm.ac.uk/visit /tring.html  [5 Super Curriculum House Points]
Visit the Google Cultural Institute Art Project website. This is an ongoing project where you will be able to see every piece of art work in the world:  https://www.google.com/culturalinstitute/beta/partner?hl=en  [2 Super Curriculum House Points]	Visit the Tate Britain in person or virtually to give you an insight into the history of British art. Watch extracts from the series:  https://www.tate.org.uk/contextcomment/video/meet-500-yearsbritish-art#open285623  [5 Super Curriculum House Points]	Join Art Club Encourage your peers to come along and try a new technique.  [5 Super Curriculum House Points]

## Computing

Know It	Use It	Stretch It
Learn about Alan Turing and his code breaking computer. Create a Powerpoint to record what you have found.  [3 Super Curriculum House Points]	Try these simple codes at home:  https://rediscoveredfamilies.com/secret-codes-forkids/  [3 Super Curriculum	Attend a club for this subject [3 Super Curriculum House Points]
Create a poster showing everything you know about place value in mathematics; it might not seem to link but it makes more sense when we look at Binary.  [ 3 Super Curriculum House Points]	Try the place value exam style questions:  https://corbettmaths.com/wp-content/uploads/2013/02/place-value-pdf.pdf  [3 Super Curriculum House Points]	Research different systems. This might be binary or hexadecimal systems. https://www.bbc.co.uk/bite size/guides/z26rcdm/revis ion/1  [3 Super Curriculum House Points]
Where could Computer Science take you?  Carry out some research to find out about some unusual careers with the tech and Compute Science industry. Digital locksmith? Drone operator? Professional hacker?  [5 Super Curriculum House Points]	No more teachers!  Write a short essay debating the following question - Will computer assisted education replace the need for teachers in the future?  [5 Super Curriculum House Points]	Try to create a video or activity that might go some way to replacing the need for a teacher for a topic in your favourite subject.  [5 Super Curriculum House Points]

## Dance

Know it	Use it	Stretch it
Visit Stevenage Gordon Craig (or any other relevant museum) and take a photo of any items that relate to dance.  [3 Super Curriculum House Points]	Give a presentation on the impact that going to theatre had to you.  [3 Super Curriculum House Points]	Attend a dance club [2 Super Curriculum House Points]
Watch 'Thriller' online and summarise the key actions, space and dynamics used.  [3 Super Curriculum House Points]	Master three of the key movements seen in the footage.  [3 Super Curriculum House Points]	Create a short instruction leaflet to teach these three iconic movements. Step by step guide with teaching points.  [4 Super Curriculum House Points]
Find three atmospheric pieces of music that link to the theme of Halloween, Bonfire night and Christmas.  [2 Super Curriculum House Points]	Listening to the structure of the music, how might you use these for a dance warm up?  [2 Super Curriculum House Points]	Create a warm up that uses one of your chosen songs.  [2 Super Curriculum House Points]

# **Design Technology**

Know It	Use It	Stretch It
Watch the Blue Planet series. https://ihavenotv.com/series/blue-planet-ii  [2 Super Curriculum House Points]	Visit the Natural History museum. http://www.nhm.ac.uk/  Or  Read the Natural History Museum 'Discover' section https://www.nhm.ac.uk/disco ver.html  [3 Super Curriculum House Points]	Attend a DT club  [2 Super Curriculum House Points]
Find out who designed and manufactured your favourite product, e.g. iPhone, X box, PS4  [2 Super Curriculum House Points]	Visit the Science museum; find an interactive exhibition that uses new technology. https://www.sciencemuseum.org.uk/  Or  Read and explore the Science Museum Collection https://collection.sciencemuseumgroup.org.uk/search/objects  [3 Super Curriculum House Points]	Create an A3 presentation on a chosen designer, e.g. Charles Rennie Macintosh  [2 Super Curriculum House Points]
Watch a 'how it's made' video on YouTube. https://www.questod.co.uk/s how/how-its-made  [2 Super Curriculum House Points]	Download Fusion 360, it is free. https://www.autodesk.co.uk/ products/fusion- 360/students-teachers- educators  Choose a tutorial by Lars Christiansen and complete the activity.  [3 Super Curriculum House Points]	Visit a local landmark. Find out about how and when it was made. Who was the designer?  [2 Super Curriculum House Points]

## Drama

Scheme of	Know It	Use It	Stretch it
Work			
Greek Theatre and Theatre from other cultures	Watch some Greek theatre online – you tube is best and make a note of the actor's use of Voice, Eyes, facial expression and movement and write a comparison to what you know a Greek presentation would look like  Read a Myth from another culture and summarise it in 10 sentences.	Make a display of all the key words in Greek theatre that explains the key elements of this style.  Chose a theatre Style from a different culture and write an information leaflet on it - with pictures suitable for a year 7 student	Attend a drama club  [2 Super Curriculum House Points]
	[5 Super Curriculum House Points]	House Points]	
Study of A Play script	Read at least 2 plays from the library (Before Easter)  Read at least 3 fictional books from the library (since September).  [5 Super Curriculum House Points]	Act out a key scene from a play that you have read (not the one studies on class - with friends, if you like)  Write a short play based on your experience of starting a new secondary school. – try to use some of the words of the week in your work  [5 Super Curriculum House Points]	Write a review about your favourite play and email to your drama teacher  Watch a piece of live theatre on line – you tube is best and write a review of it in 250 words.  [5 Super Curriculum House Points]
Improvisa- tion	Find 3 different stimuli that could act as a starting point for a piece of Drama  Create a storyboard of an idea for Drama based on the title "The Unexpected guest"  [5 Super Curriculum House Points]	Chose a stimulus and create a story board of ideas that demonstrate the creative ways you could create drama.  Write a short play script for people based on the word "Refugee"  [5 Super Curriculum House Points]	Write a lesson plan where you introduce a chosen stimulus to your tutor group.  Direct a group of students in a short improvised play entitled "Home sweet Home"  [5 Super Curriculum House Points]

# English

Know It	Use It	Stretch It
Watch Harry Baker perform his poem about maths and Caleb Femi perform his poem ('Fam'). You will need to scroll to the bottom of the page for the second video.  https://www.englishandmedia.co.uk/video-clips/ks3-poetry-plus-say-it-out-loud  [2 Super Curriculum House Points]	Illustrate your favourite poem in a dynamic and interesting way.  [3 Super Curriculum House Points]	Attend an English club  [2 Super Curriculum House Points]
Read 3 of the 500 stories that were placed in the top 50 in Radio 2s competition. For each one, explain why you think it is effective (bullet points).  https://www.bbc.co.uk/programmes/articles/43jry47zvF7j8pctzXjlQCY/top-50-stories-2018-age-10-to-13  [2 Super Curriculum House Points]	Write your own 500 word story and share with 2 of your friends, recording their feedback.  [4 Super Curriculum House Points]	Edit your story and share your story with your English teacher too!  [4 Super Curriculum House Points]
Read ' <i>War Horse</i> ' by Michael Morpurgo [2 Super Curriculum House Points]	Write a diary entry from the perspective of someone fighting in the trenches during the First World War.  [3 Super Curriculum House Points]	Research war poets in more detail, reading poetry from different wars and making a poster to show your findings.  https://www.poetryfoundation.org/  [5 Super Curriculum House Points]

# Food Technology

Know It	Use It	Stretch It
Research this question:  How is flour produced?  [2 Super Curriculum House Points]	Make a product using the 'rubbing in' method.  [4 Super Curriculum House Points]	Attend Food Club for 3 times in a row.  [5 Super Curriculum House Points]
Research this question:  How is milk produced?  [2 Super Curriculum House Points]	Make a milk-based sauce.  [4 Super Curriculum House Points]	Make a step by step guide on how milk is produced and gets to the supermarket. These websites can help https://westmidlandsupdat e.co.uk/milk-gets-cow- shop/ Or https://www.foodunfolded. com/article/oat-milk-how- its-made  [5 Super Curriculum House Points]
Identify 2 fruits and vegetables which are in season in the UK during winter, spring, summer and autumn.  [2 Super Curriculum House Points]	Produce a leaflet explaining why we should try to include seasonal food in our diets. Use this website to help,  https://www.lovebritishfoo d.co.uk/whats-in-season- when  [4 Super Curriculum House Points]	Make a product of your choice using seasonal ingredients.  [5 Super Curriculum House Points]

# Geography

Know It	Use It	Stretch It
Learn 25 map symbols [3 Super Curriculum House Points]	Create a map of an area you have visited using the symbols you have learnt  [3 Super Curriculum House Points]	Conduct a fieldwork enquiry into a topic of your choice
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	[5 Super Curriculum House Points]
Watch an episode of Planet Earth and make a list of links that you can make to Geography!  [2 Super Curriculum House Points]	Talk to your teacher about things you see in life that are related to Geography e.g. weather  [2 Super Curriculum House Points]	Help improve the school environment by turning off lights and putting rubbish in bins  [2 Super Curriculum House Points]
Learn the names of all the countries in Europe  [5 Super Curriculum House Points]	Look at the weather for 5 different places in a continent. What patterns do you see?  [2 Super Curriculum House Points]	Attend Geography Club [3 Super Curriculum House Points]

## History

Know It	Use It	Stretch It
Watch 2 episodes of 'Horrible Histories'. There are lots to choose from on BBC iplayer!  [3 Super Curriculum House Points]	Write a timeline showing the key events in your life so far. Aim to include at least 15 events, remembering to put them in chronological order  [3 Super Curriculum House Points]	Go to the school History club and get involved in some of their exciting events!  [3 Super Curriculum House Points]
EITHER visit the site of a castle or research a castle online and make a poster about the castle's key features. There are lots to choose from:  http://www.britainirelandcastles.com  [5 Super Curriculum House Points]	Design a poster about a famous figure from History to be displayed in your classroom  [3 Super Curriculum House Points]	Create a leaflet about studying History in year 7 at Nobel for next year's students  [3 Super Curriculum House Points]
Read a piece of historical fiction – there are lots to choose from in the library!  [3 Super Curriculum House Points]	Design and make a model Black Death victims – make sure you include all of the symptoms of the Black Death!  [3 Super Curriculum House Points]	Write a paragraph explaining why it is important to study History at school  [3 Super Curriculum House Points]

## Maths

Know It	Use It	Stretch It
Learn about Alan Turing and his code breaking computer.  [2 Super Curriculum House Points]	Try these simple codes at home:  https://rediscoveredfamilie s.com/secret-codes-for-kids/  [2 Super Curriculum House Points]	Attend the mathematics club in MA02.  [2 Super Curriculum House Points]
Create a poster showing everything you know about place value and the decimal system.  [2 Super Curriculum House Points]	Try the place value exam style questions:  https://corbettmaths.com/wpcontent/uploads/2013/02/place-value-pdf.pdf  [3 Super Curriculum House Points]	Research different systems. This might be binary or hexadecimal systems.  [3 Super Curriculum House Points]
Create a times table grid that goes from 1 – 15, you can draw this out on paper or use a computer to help you.  [2 Super Curriculum House Points]	Complete 5 Memri sessions over the course of the year on Hegarty Maths. [5 Super Curriculum House Points]	Watch the video regarding the Ethiopian Method of multiplication and link this to the binary you did in the previous task.  https://www.youtube.com /watch?v=uXOTKidm7A0  [2 Super Curriculum House Points]

# Modern Foreign Languages

## French

Know It	Use It	Stretch It
Listen to the free access Podcasts at Coffeebreak French: https://radiolingua.com/co ffeebreakfrench/  [3 Super Curriculum House Points]	Research a town or region in France or a French-speaking country and share your research with your teacher.  [5 Super Curriculum House Points]	Attend an MFL club. [5 Super Curriculum House Points]
Read the French magazines from the library, watch a French film or TV series, or research a French- speaking musician and listen to their music.  [3 Super Curriculum House Points]	Prepare a vocab booklet for someone travelling to France with key vocab and phrases.  [4 Super Curriculum House Points]	Work through the French beginners and more advanced exercises on the website below:  www.languagesonline.org  _uk  [4 Super Curriculum House Points]
Searchable MP3 clips by topic, level and language:     http://www.audio- lingua.eu/?lang=en  [3 Super Curriculum House Points]	Log on to the website below after 4PM or at weekends. Work on the beginner activities. Show your work to your teacher. <a href="http://zut.languageskills.coo.uk/index.html">http://zut.languageskills.coo.uk/index.html</a> [3 Super Curriculum House Points]	Research Francophone countries and show your research to your teacher.  [5 Super Curriculum House Points]

#### German

Know It	Use It	Stretch It
Read the German magazines from the library, watch a German film or TV series, or research a German-speaking musician and listen to their music.  [3 Super Curriculum House Points]	Research a town or region in German or a German-speaking country and share your research with your teacher.  [5 Super Curriculum House Points]	Attend an MFL club. [5 Super Curriculum House Points]
Browse the picture dictionary: http://www.bildwoerterbuc h.com/static/all/bildwoerte rbuch_startseite  Begin with Haus, Kleidung and Sport und Spiele  [3 Super Curriculum House Points]	Find out about German Christmas markets and share your research with your teacher. There is one in St Albans if you would like to visit it.  [4 Super Curriculum House Points]	Work through the German beginners and more advanced exercises on the website below:  www.languagesonline.org  .uk  [4 Super Curriculum House Points]
Access the free content at this really good podcast site:  https://slowgerman.com/c ategory/absolute- beginner/  [3 Super Curriculum House Points]	Log on to the website below after 4PM or at weekends. Work on the beginner activities <a href="http://gut.languageskills.coo.uk/index.html">http://gut.languageskills.coo.uk/index.html</a> [3 Super Curriculum House Points]	Research German and German-speaking countries. Show your research to your teacher.  [5 Super Curriculum House Points]

# Spanish

Know It	Use It	Stretch It
Watch Peppa Pig on Youtube in Spanish. Make notes of any new words you learn. [2 Super Curriculum House points]	Research a town or region in Spain or a Spanish speaking Latin American country and make a PowerPoint presentation to send to your teacher.  [3 Super Curriculum House points]	Attend a MFL Spanish subject club. (5 Super Curriculum House Points)
Read the Spanish magazines from the library or read  https://www.eliberico.com/  [2 Super Curriculum House points]	Prepare a vocab booklet for a trip to Spain with key vocab and phrases [2 Super Curriculum House Points]	Work through the Spanish beginners and more advanced exercises on the website below:  www.languagesonline.org  _uk  [2 Super Curriculum House Points]
Keep in touch with the latest Spanish news at: https://cnnespanol.cnn.com/category/ninos/  [2 Super Curriculum House Points]	Log on to the website below after 4PM or at weekends. Work on the beginner activities http://oye.languageskills.co.uk/index.html  [2 Super Curriculum House Points]	Searchable MP3 clips by topic, level and language:  http://www.audio-lingua.eu/?lang=en  [2 Super Curriculum House Points]

## Music

Learn to sing a simple folk	
song in tune (such as Wild Mountain Thyme or Who Will Sing Me Lullabies?)  Sing for Mr Hardy or send him a recording.	Attend a music club  [5 Super Curriculum House Points]
[5 Super Curriculum House Points]	
Learn to play a simple piano piece in one hand position, with both hands (examples may include 'Mary Had a Little Lamb' or 'Lightly Row').  If you're unsure Mr Hardy can provide examples.  Perform the piece to Mr Hardy, or send him a video of you playing the piece.  [3 Super Curriculum House Points]	Learn to play a piano piece at a grade 1 standard.  You can look these up online, or Mr Hardy has pieces available in the music office.  Perform the piece to Mr Hardy, or send him a video of you playing the piece.  [5 Super Curriculum House Points]
Learn to play and sing a song using chords. You should use a piano, keyboard, ukulele or guitar.  If you're unsure Mr Hardy can provide examples.  Perform the piece to Mr Hardy, or send him a video of you playing the piece.  [5 Super Curriculum House Points]	Play a verse and chorus of a song with friends. This should include a bass line, chords, and singing.  If you're unsure Mr Hardy can provide examples.  Perform the piece to Mr Hardy, or send him a video of you playing the piece.  [5 Super Curriculum House Points]
	Mountain Thyme or Who Will Sing Me Lullabies?)  Sing for Mr Hardy or send him a recording.  [5 Super Curriculum House Points]  Learn to play a simple piano piece in one hand position, with both hands (examples may include 'Mary Had a Little Lamb' or 'Lightly Row').  If you're unsure Mr Hardy can provide examples.  Perform the piece to Mr Hardy, or send him a video of you playing the piece.  [3 Super Curriculum House Points]  Learn to play and sing a song using chords. You should use a piano, keyboard, ukulele or guitar.  If you're unsure Mr Hardy can provide examples.  Perform the piece to Mr Hardy, or send him a video of you playing the piece.

# **Physical Education**

Know It	Use It	Stretch It
Perform for the school in any sport or House competition. [5 Super Curriculum House Points]	Watch a sport of your choice at elite level and summarise the performance.  [3 Super Curriculum House Points]	Write a sports report for the Nobel News, Facebook or Twitter page on a school team's latest performance or an area of interest.  [4 Super Curriculum House Points]
Read BBC Sports News regularly and surprise your PE teacher with a fact that they didn't know!  [3 Super Curriculum House Points]	Create a storyboard of an article that interests you the most.  [3 Super Curriculum House Points]	Attend a school sports club. Consider trying a new sport or leading a warm up.  [4 Super Curriculum House Points]
Create a new game or gymnastics routine.  [3 Super Curriculum House Points]	Teach your new game or gymnastics routine to someone else.  [3 Super Curriculum House Points]	Write a persuasive letter to the Prime Minister, giving your thoughts on the importance of school sports and why it should have a place in the curriculum.  [5 Super Curriculum House Points]

# Philosophy & Religion Education

Know It	Use It	Stretch It
Religious stories  Read some stories from the interactive Sacred Texts featured in the British Library <a href="http://www.bl.uk/learning/citizenship/sacred/sacredintro.html">http://www.bl.uk/learning/citizenship/sacred/sacredintro.html</a> [2 Super Curriculum House Points]	Christianity  Read The Lion the Witch and the Wardrobe by CS Lewis (copies in the library) and then write a book report saying what links there are between the story and Christian beliefs about Jesus.  [3 Super Curriculum House Points]	Attend Philosophy film club or mindfulness club at lunch times for 4 weeks  [4 Super Curriculum House Points]
Introduction to the Six Religions we study  Online research: choose the religion you want to research from this page <a href="http://www.primaryhomeworkhelp.co.uk/Religion.html">http://www.primaryhomeworkhelp.co.uk/Religion.html</a> [2 Super Curriculum House Points]	Places of worship  Research the Synagogue, Church or Mosque on BBC iWonder website: http://www.bbc.co.uk/guid es/zqdjrdm  [2 Super Curriculum House Points]	Judaism – Moses and the Exodus  Watch Dreamworks 'Prince of Egypt' film.  [2 Super Curriculum House Points]
Christianity  Watch The Lion the Witch and the Wardrobe film by CS Lewis.  Write a book review  [2 Super Curriculum House Points]	Christianity  Do online research about Christian beliefs – use REQUEST website, information about Christian beliefs and values written from a Christian perspective – http://request.org.uk/life/beliefs/  [2 Super Curriculum House Points]	Introduction to the five major world religions  Watch: http://ed.ted.com/lessons/ the-five-major-world- religions-john-bellaimey  [2 Super Curriculum House Points]

## Science

Know It	Use It	Stretch It
Create a model of an animal and plant cell, outlining the key differences in their components. Models can be made in 3-D or on a poster.	Create a leaflet outlining the key differences between plant and animal cells for a younger student.	Attend Science club at lunchtime at least 3 weeks in a row.
[3 Super Curriculum House Points]	[4 Super Curriculum House Points]	[5 Super Curriculum House Points]
Watch at least two reliable video resources on YouTube (https://www.youtube.com/user/crashcoursekids)  Once subscribed, write a paragraph outlining what you have learnt and why this is a reliable resource to use for review.  [3 Super Curriculum House Points]	Create a video or poster, outlining the criteria that makes a resource reliable for research.  [4 Super Curriculum House Points]	Find two opposing articles on a topic of your choice in Science. In a report, compare and evaluate the two sources based on validity and how reliable they are.  [5 Super Curriculum House Points]
Strava/map my run (or similar app) to collect data on your journey to school or run/walk around Fairlands/ local park.  Use time and distance to calculate & check speed  [3 Super Curriculum House Points]	It takes 10 minutes to reach the international space station which is 408 km away  How fast does a space shuttle go in km/hr?  [4 Super Curriculum House Points]	Find data on the distance of each planet from earth in our solar system.  Calculate how long would it take you to get to each planet in our solar system and evaluate which planets humans could travel to.  [5 Super Curriculum House Points]