

A large, faded version of the Samuel Whitbread Academy High Attainers logo is visible in the background, centered behind the text.

Year 9 Super Curriculum

THE SAMUEL WHITBREAD ACADEMY SUPER CURRICULUM

The super curriculum at Samuel Whitbread is designed to give you something extra outside of the learning you do in the classroom to:

- build your independence as a curious thinker,
- fire your passion for your favourite subjects,
- and broaden your knowledge of the wider world.

In this booklet, you will find a range of challenges for each subject for you to complete in your own time. They can be done in any order you like.

There are three challenges per subject divided into three levels of difficulty and effort: Bronze, Silver and Gold.

As you complete the challenges, you'll be given reward points, and if you complete all the Gold challenges in any subject, you will be put forward to join our HA programme. Just show your teacher (or Miss Corbishley) evidence of what you've done! You can email swa-supercurricular@bestacademies.org.uk

So, whether you are developing an art sketchbook, learning to play a musical instrument, vying to be captain of a sports team or developing code breaking skills, I hope these challenges will inspire you to think about your own development as a learner.

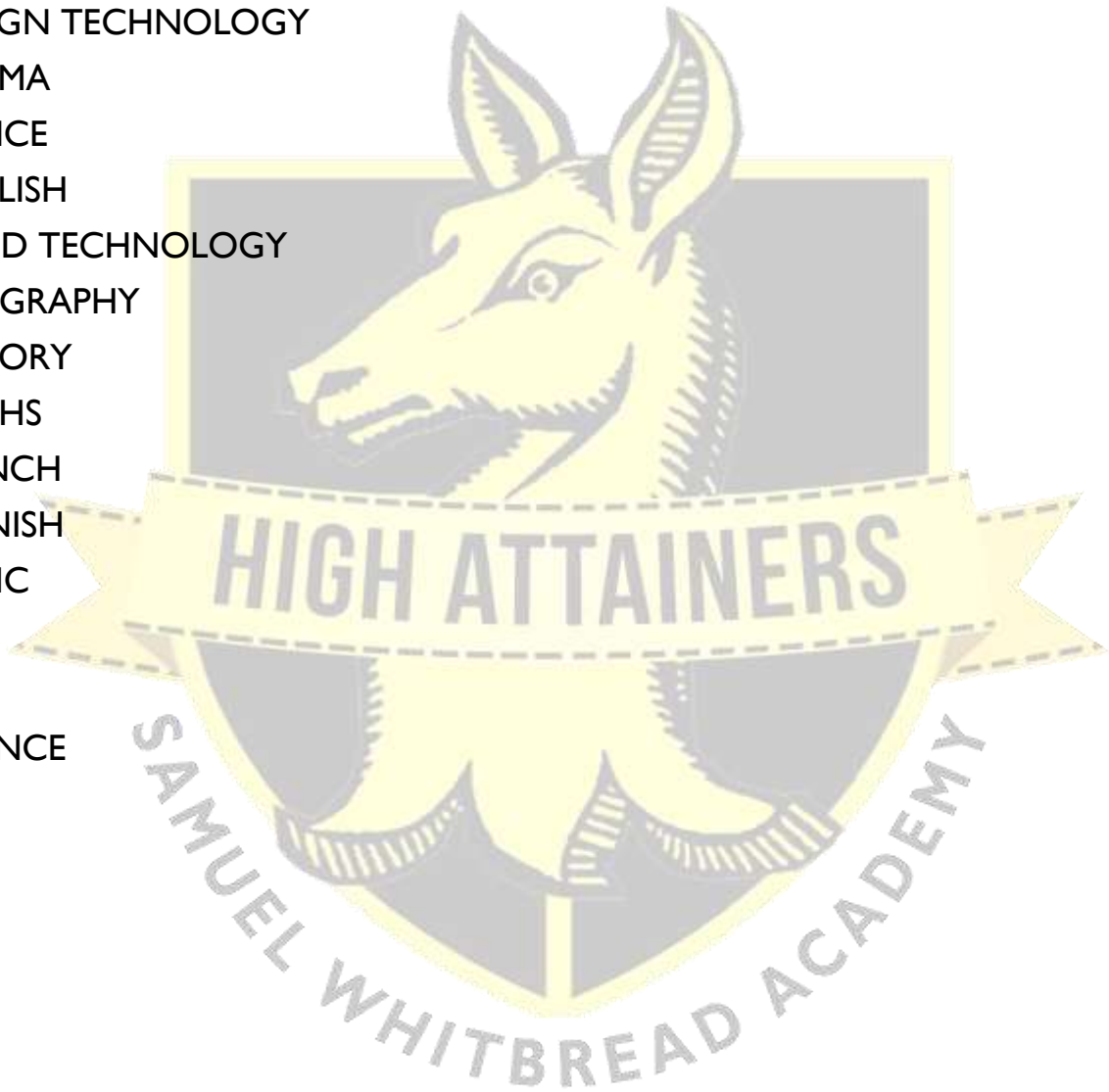
Please do discuss these challenges with your friends and family – there are no rules saying you have to complete them on your own.

I hope you find these enjoyable, and wish you luck!

Yours, the HA team.

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ART



	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E I	<p>Practise using the formal elements of Art. Get involved with 'The Big Draw'.</p> <p>https://thebigdraw.org/30-day-drawing-challenge</p>	<p>Record your drawing challenge in a small sketchbook and make a drawing/sketch/g/collage every day for a month.</p> <p>This could be anything from a quick 5-minute study to a one hour masterpiece. Show your art teacher your artwork.</p>	<p>Fill a concertina sketchbook with records of all your Art based visits documenting the journey across many pages through drawing, photography and mixed media.</p>
C H A L L E N G E 2	<p>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.</p>	<p>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:</p> <p>https://www.craftsy.com/post/how-to-make-a-diy-sketchbook/</p>	<p>Visit the Natural History Museum at Tring and have a look at the collection of animals and insects in cases. Take a small sketchbook and make sketches as you go around.</p> <p>http://www.nhm.ac.uk/visit/tring.html</p>
C H A L L E N G E 3	<p>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:</p> <p>https://www.google.com/culturalinstitute/beta/partner?hl=en</p>	<p>Visit the Tate Britain to give you an insight into the history of British art. Watch extracts from the series:</p> <p>https://www.tate.org.uk/about-us/history-tate/history-tate-britain</p>	<p>Join Art Club and offer to lead a session. Encourage your peers to come along and try a new technique.</p>

COMPUTING



	<u>BRONZE</u> (1 praise point per activity)	<u>SILVER</u> (2 praise point per activity)	<u>GOLD</u> (3 praise point per activity)
C H A L L E N G E 1	<p>Bletchley Park</p> <p>Visit Bletchley Park and explore the world of coding and maths.</p> <p>https://www.bletchleypark.org.uk/visit-us</p>	<p>Try attempting your own code breaking challenge at:</p> <p>https://schoolcodebreaking.com/</p>	<p>Watch the film:</p> <p>https://www.imdb.com/title/tt2084970/</p>
C H A L L E N G E 2	<p>Do some research into computers from 30 years ago. Ask your family what computers they had when they were at school. Do you feel you would struggle nowadays without the computers you have?</p>	<p>Intelligent Machines – Write a short essay debating the following question – Are computers more intelligent than the people who make them?</p>	<p>Raspberry Pi – Why not get yourself a credit card sized computer? There are so many projects you can complete with this tiny computer. Take a look here for inspiration:</p> <p>https://raspberrypi.org/magpi-issues/Projects_Book_v1.pdf</p>
C H A L L E N G E 3	<p>Read the book: Computational Fairy Tales by Jeremy Kubica</p> <p>A romp through the principles of computational thinking, illustrating high-level computer science concepts, the motivation behind them, and their application.</p>	<p>A computer programme has been designed to play the perfect game of Countdown. Research the name of the computer programme and challenge yourself to beat it.</p>	<p>Read the book: Algorithms to Live By: The Computer Science of Human Decisions</p> <p>A fascinating exploration of how computer algorithms can be applied to our everyday lives.</p>

DESIGN TECHNOLOGY



	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	Visit a sporting venue, find out about how and when it was made. E.g. Wembley, Emirates.	Visit the Natural History museum. http://www.nhm.ac.uk/	Visit the Design museum, write an essay on an exhibit that you find interesting. https://designmuseum.org
C H A L L E N G E 2	Watch a video about Design and Technology on tv.data.org.uk. http://tv.data.org.uk/	Visit the Science museum; find an interactive exhibition that uses new technology. https://www.sciencemuseum.org.uk/	Design a display for the Letchworth Heritage Foundation.
C H A L L E N G E 3	Find out about the new town act of 1946. How and why was Stevenage created?	Choose a fusion 360 tutorial by Lars Christiansen and work through the project.	Find out about how 3D printing has impacted on human prosthetics.

DRAMA



	<u>BRONZE</u> (1 praise point per activity)	<u>SILVER</u> (2 praise point per activity)	<u>GOLD</u> (3 praise point per activity)
C H A L L E N G E 1	Research good plays for teenagers to read and read a play.	Watch a streamed or live play write a review of it.	Write a review of a play you have watched using key drama terminology throughout.
C H A L L E N G E 2	Write down 3 powerful lines of dialogue from any TV drama or film.	Find a monologue from a play (approx 2 mins long) and learn it by heart to perform it to your teacher.	Write a powerful monologue or duologue to perform and direct a friend/friends in a performance of your work.
C H A L L E N G E 3	Read 2 Pages of GCSE Bitesize Drama	Read 5 pages	Read 2 Pages of GCSE Bitesize Drama

DANCE

	<u>BRONZE</u> (1 praise point per activity)	<u>SILVER</u> (2 praise point per activity)	<u>GOLD</u> (3 praise point per activity)
C H A L L E N G E 1	Come up with 3-5 interesting themes or topics you could use as a stimulus for a dance.	Research Christopher Bruce and a list of themes/stimulus he has used to inspire his choreography.	Watch Swansong by Christopher Bruce, the prisoner's solo, and learn some repertoire from it. write a paragraph on how it shows the theme/stimulus of the dance.
C H A L L E N G E 2	Go to the MK theatre or Sadler's Wells in London to watch a live dance performance.	Research the dance company you watched live. Use the internet to research about the company and what other works they have performed.	Write a review of the dance you saw; did it convey the themes well? what was your opinion of the work?
C H A L L E N G E 3	Audition for the school dance company.	Lead the dance company in a warm up.	Perform in a school dance show as part of a group or as a soloist.

ENGLISH



	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	<p>Read the poem 'Directions' by Billy Collins. Write a paragraph explaining what the poem is about.</p> <p>https://www.poetseers.org/contemporary-poets/poet-laureates/billy-collins/directions/</p>	<p>Read or watch another poet (an example is below) who uses the same title, 'Directions'. Draw a Venn diagram to show similarities and differences to Collins' version.</p> <p>https://www.englishandmedia.co.uk/video-clips/ks3-poetry-plus-inua-ellams</p>	<p>Write your own poem using the title 'Directions'. Remember to share with your English teacher!</p>
C H A L L E N G E 2	<p>Watch Lolo Okolosie's videos (scroll to the bottom of the page to find the others). Make bullet point notes about each one.</p> <p>https://www.englishandmedia.co.uk/video-clips/ks3-language-laboratory-newsdesk</p>	<p>Read two of Lolo Okolosie's articles and summarise her points in a bullet point list.</p> <p>https://www.theguardian.com/profile/lola-okolosie</p>	<p>Write your own opinion article about a topic that you are passionate about. Remember to share with your English teacher!</p>
C H A L L E N G E 3	<p>Read the script or watch the videos of 'West Side Story' (inspired by 'Romeo and Juliet') online.</p>	<p>Make a Venn diagram of the similarities and differences between the two texts.</p>	<p>Write your own script for a play about two warring families. Remember to share with your English teacher!</p>



FOOD TECHNOLOGY

	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	Research current food trends by using Good Food magazines or the internet.	Visit Waitrose or a food market to see the latest trends.	Create a product using the latest trends.
C H A L L E N G E 2	Practise KS3 practical skills and research one KS4 practical skill e.g., enriched pastry or dough, separating egg whites for meringue making.	Make a dish incorporating KS3 and KS4 skills.	Create a product incorporating KS3 skills, KS4 skills and a latest food trend.
C H A L L E N G E 3	Research how plastic as a packaging material for some foods are affecting the planet.	Use the internet - research the alternatives to plastic for food packaging.	Write down 10 food products in your kitchen which are packaged in plastic. Use your information to explain alternative packaging that can be used with reasoning why.



GEOGRAPHY

	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	Research a country and produce a summary poster about its level of development using different development indicators.	Write a short essay on why some countries are more developed than others. Think about different physical and human factors.	Create a set of 30 'top trump' style cards which compare countries and five different development indicators e.g. life expectancy, birth rate, GNI (\$).
C H A L L E N G E 2	Research an earthquake / volcanic eruption and produce a summary poster about its impacts and responses.	Write a short essay on why some countries are impacted more by different tectonic hazards than others.	Create your own 'Risky World' map. Include locations of specific volcanic eruptions, earthquakes, wildfires, tropical storms etc and where they occurred. Add some facts e.g. size/strength, death toll and responses that were taken. Aim to add illustrations or infographics as well!
C H A L L E N G E 3	Research a tropical rainforest and produce a summary poster about it (location, size, climate, animals, human uses etc).	Write a short essay about the use of tropical rainforests - should they be preserved or utilised for economic benefit?	Design your own rainforest animal and annotate it with 4-5 specific adaptations that it has to the tropical environment. Think about how it is adapted to survive in the climate of the TRF, predators/prey, which layer of the TRF it lives in etc.

HISTORY



	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	Visit the Imperial War Museum and make a scrapbook of the information you learn there about life for soldiers and civilians during WWI / WW2.	Design a propaganda poster promoting life on the Home Front to be used by the British government during WW2.	Write an essay in response to the following: “War always does more harm than good” Do you agree?
C H A L L E N G E 2	Read “When Hitler stole pink rabbit” by Judith Kerr.	Write a poem based on life in the trenches during WWI. (You could use poems we have read such as ‘Dulce et Decorum Est’ by Wilfred Owen for inspiration).	Create and deliver class presentation on the importance of commemorating Holocaust Memorial Day.
C H A L L E N G E 3	Watch the film “Warhorse” (2011).	Create a revision factsheet on a key historical topic we have studied.	Research the lives and stories of local soldiers in WWI at: https://www.everyoneremembered.org/ See if you can find any of your ancestors on there.

MATHS



	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	<p>Bletchley Park</p> <p>Visit Bletchley Park and explore the world of coding and maths:</p> <p>https://www.bletchleypark.org.uk/visit-us</p>	<p>Try attempting your own code breaking challenge at:</p> <p>https://schoolcodebreaking.com/</p>	<p>Watch the film:</p> <p>https://www.imdb.com/title/tt2084970/</p>
C H A L L E N G E 2	<p>Look up the world record for the largest number of decimal places someone has remembered Pi to. What type of number is Pi?</p>	<p>How many decimal places can you remember pi to? When and where do we use Pi?</p>	<p>Develop your understanding of irrational numbers and prove that root 2 is irrational</p> <p>https://www.khanacademy.org/math/algebra/rational-and-irrational-numbers/proofs-concerning-irrational-numbers/v/proof-that-square-root-of-2-is-irrational</p>
C H A L L E N G E 3	<p>Create a revision poster of a maths topic you have studied in lesson.</p>	<p>Start to create your own videos like the ones in Corbett Maths so when you get to your GCSE you can use these to remind yourself of topics you have already covered.</p>	<p>Read one of the books on the year 9 maths reading suggestions and write a short summary or review of it.</p>

FRENCH



	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	Watch a Disney film you know in French with subtitles in English. Make notes of any new words you learn.	If you have visited France, write a diary about the trip and include photos.	Read some nice, authentic French Haikus: http://www.modernhaiku.org/essays/frenchhaiku.html
C H A L L E N G E 2	Keep in touch with the latest French news at: www.jde.fr	Research a famous French sportsperson or actor and make a PowerPoint presentation for the class	Watch the film: Les Choristes (The whole film is on Netflix in French with English subtitles).
C H A L L E N G E 3	Research the town and the region of Pas de Calais.	Try this site for song activities in many languages using the text: http://lyricstraining.com	Put your phone settings or the settings on your favourite computer game into French.

SPANISH



	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	Watch a Disney film you know in Spanish with subtitles in English. Make notes of any new words you learn.	If you have visited Spain, write a diary about the trip and include photos.	Read online books written for language learners: http://www.milcuentos.com
C H A L L E N G E 2	Keep in touch with the latest Spanish news at: https://www.bbc.com/mundo You can read and listen to stories in English too.	Research a famous Spanish-speaking actor and make a PowerPoint presentation for the class. Try, Gwyneth Paltrow, Jennifer Lopez, Mila Kunis, Penelope Cruz, Antonio Banderas.	Watch the film Voces Inocentes about the struggles of a 12-year-old boy during the civil war in El Salvador.
C H A L L E N G E 3	Listen to the free access Podcasts at Coffeebreak Spanish: https://radiolingua.com/category/coffee-break-spanish	Try this site for song activities in many languages using the text: http://lyricstraining.com	Put your phone settings or the settings on your favourite computer game into Spanish.



MUSIC

	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	Complete the free levels on the app 'RelativePitchLite'. Show your results to your music teacher.	Learn to sing a simple folk song in tune (such as Wild Mountain Thyme or Who Will Sing Me Lullabies?)	Learn to sing a song in two-part harmony with your friend.
C H A L L E N G E 2	Complete an online grade 3 music theory test at least twice, improving your score. https://gb.abrsm.org/en/theory/2018/music-theory-2018-quiz/	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').	Learn to play a piano piece at a grade I standard
C H A L L E N G E 3	Go and see a live orchestra in concert, or find and listen to a concert on YouTube. Write a short review of what you have seen.	Learn to play a famous Classical theme such as 'Ode to Joy' on the piano.	Play an arrangement of a Classical theme for two or more pianos with one or more friends.

PE



	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	Read a sports autobiography of your choice.	Write a review of the autobiography highlighting areas that interested you the most.	Create a poster or flyer talking about an issue in sport.
C H A L L E N G E 2	Watch any sporting documentary.	Create a scrapbook of any sportsperson or sporting event.	Lead a group of students in a sporting competition.
C H A L L E N G E 3	Visit a local sports club facility.	Develop your fitness through trying out a new sport or doing a Park Run.	Write a journal of sports you have participated in over the past two weeks.



PRE

	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	<p>Philosophy: Read chapters you are interested in in 'Sophie's World' by Jostein Gaarder.</p>	<p>Christianity: Read 'The Lion the Witch and the Wardrobe' by CS Lewis.</p>	<p>Ethics: Read chapters you are interested in 'Philosophy Files' by Stephen Law</p>
C H A L L E N G E 2	<p>Existence of God: Watch the film 'Bruce Almighty' – what does it teach about the nature of God?</p>	<p>Philosophy - Are you real? Watch Ted Ed lectures The Big Question and complete the quiz, you could do the dig deeper section. http://ed.ted.com/lessons/how-do-you-know-you-exist-james-zucker</p>	<p>Problem of Evil: Online research – What happened in Ann Franks life? How did she live and what were the issues they faced? http://www.annefrank.org/en/Subsites/Home/</p>
C H A L L E N G E 3	<p>Thinking: Try the art of meditation. https://www.youtube.com/watch?v=98ficcEu-ns</p>	<p>Problem of Evil: See the exhibition on the holocaust. http://www.iwm.org.uk/exhibitions/iwm-london/the-holocaust-exhibition</p>	<p>Philosophy: Get the bigger picture on the history of philosophy. https://www.youtube.com/watch?v=VDiyQub6vpw&list=PLwxNMb28XmpfEr2zNKQfU97eyEs70krSb</p>



SCIENCE

	BRONZE (1 praise point per activity)	SILVER (2 praise point per activity)	GOLD (3 praise point per activity)
C H A L L E N G E 1	When you are in car or on the bus identify the forces in different phases (e.g. speeding up, steady speed and slowing down) and when the forces are balanced.	<p>Open the simulation https://phet.colorado.edu/sims/html/forces-and-motion-basics/latest/forces-and-motion-basics_all.html</p> <p>Set up the tug of war with 5 different set ups of people.</p> <p>Tick all the boxes in the top right-hand corner; predict if it's balanced/ unbalanced and which team will win; then, press go!</p>	<p>Find out about the braking systems of the bloodhound car and identify which force they increase and explain how they slow the car down:</p> <p>https://bloodhoundeducation.com/the-bloodhound-lsr-project/the-bloodhound-lsr-car/bloodhound-lsr-braking-systems/</p>
C H A L L E N G E 2	<p>Know your particle model diagram of a solid, liquid and a gas and when watching a team sports game.</p> <p>Imagine the players are particles and write down when the player is acting as a solid, liquid and a gas.</p>	<p>In the kitchen when you or your parent/guardian is cooking consider what states of matter you can see different substances in. Make a list of any changes of state you see.</p> <p>Linking to separating mixtures, what tools can you see for separating ingredients?</p>	Place an inflated balloon in the freezer and explain what has happened in terms of energy and the particle model.
C H A L L E N G E 3	Create a model of a specialised cell and write a report outlining its shape and structure.	Write and present a monologue taking on the role of the specialised cell and explaining its role and purpose.	Create a short video outlining why specialised cells are important for animals.