The Super Curriculum

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Super curricular activities are those that take your regular curriculum further. They take the subjects you study in the classroom beyond that which your teacher has taught you or what you've done for home learning. For example, you may go into more depth on something you picked up in the classroom or learn about a new topic altogether.

These activities are normally in the form of extra reading, but they can take many other forms, like watching videos online, downloading podcasts, attending lectures, visiting museums or entering academic competitions.

Engaging in super curricular activities will help you develop a love for your favourite subject or subjects.   In this booklet, there are a range of activities, suggested by your teachers.   They are by no means exhaustive lists but should get you started.

We encourage you to share ideas and opportunities you come across with your teachers so that, over time, the recommended activities in this booklet can grow.

In the future, employers or universities will be interested to hear about what super curricular activities you have engaged in; they will be interested in what you have learnt and impressed by your efforts.

Super Curriculum – Year 7, 8 & 9
Subject: Physical Education

SC1		SC3		SC5	
📖	Articles about the past two Olympics	📖	BBC Sports News regularly	📖	Any sports autobiography
👁	A sporting event from the past two Olympics	👁	A sport of your choice at the elite level	👁	Any sporting documentary
📍	Any sporting stadia	📍	A live school or elite level sporting competition	📍	Local sport club facilities
🏃	Perform for the school in any sport including House Sports	🏃	Perform for a Sports club	🏃	Develop fitness through trying out a new sport or doing a Park Run
💡	Lead a group of students in a sporting competition	💡	Attend a school sports club - consider trying a new sport or leading a warm up or cool down	💡	Lead your tutor group in an inter- house event and consider becoming a House Sports Captain
📝	Write a Sports report for the Sandprint	📝	Write a glossary of skills used in your sport	📝	A journal of sports you have participated in over the past two weeks
✂	Create a scrapbook of any sport, sportsperson or sporting event from social media	✂	Create a timeline of the history of your chosen sport	✂	Create a new game or gymnastics routine and teach it to someone else

📖	Reading task	📝	Writing task
👂	Listening task	👁	Watching task
🏃	Physical Activity	📍	Trip or visit
✂	Creative task	💡	Student led task

Super Curriculum – Year 10 & 11
Subject: Physical Education

| SC1	SC3	SC5
📖 Read books on sport including: • The Sports Gene by David Epstein (2013) • Bounce by Matthew Syed (2011) • The Talent Code by Daniel	📖 Read the Journal of Applied Physiology, Sport and Society	📖 Read the Journal of Sport and Exercise Psychology
👁 Icarus (2017) Bryan Fogel, Netflix	👁 BBC One Panorama – Catch me if you can (2015)	👁 Sports Science (2013) ESPN The Program (2015)
📍 The MCC and Lords museum	📍 Wimbledon Lawn Tennis Club Museum or Championship, Hatfield House/ Hampton Court - Real Tennis courts	📍 University of Hertfordshire Physiology Laboratories
🏃 Represent the school in any sport including House Sports. Challenge yourself to represent the county.	🏃 Perform for a sports club and challenge yourself to attend a new one	🏃 Perform at the Senior Athletics Championships
💡 Lead an activity in Fit for Life Week.	💡 Captain a schools sports team	💡 Lead a session at a club or in school at a KS3 sports training session
📝 Write an article for the Ignite journal on an area of interest to you	📝 Write a glossary of anatomy and physiology used in your sport	📝 Write a coaching plan for any sport
✂ Create a scrapbook of any sport, sportsperson or sporting event from broadsheet newspapers	✂ Assess another performance and coach someone how to develop their skill in performance	✂ Assess another performance and coach someone how to develop their skill **and** strategy in performance

📖	Reading task	📝	Writing task
🎧	Listening task	👁	Watching task
🏃	Physical Activity	📍	Trip or visit
✂	Creative task	💡	Student led task