

# STRIVE

YEAR 7



Portland Place School

# WHY?

FOSTER YOUR  
PASSION AND  
ENTHUSIASM FOR  
THE SUBJECTS  
YOU LOVE IN FUN  
AND EXCITING  
WAYS.

STRETCH  
YOUR  
LEARNING  
OUTSIDE THE  
CLASSROOM.

BEGIN  
THINKING  
AND  
EXPERIMENTING  
WITH DIFFERENT  
WAYS OF  
LEARNING.

DEVELOP  
STRATEGIES FOR  
INDEPENDENT  
LEARNING WHICH  
WILL BE ESSENTIAL  
FOR SUCCESS.



We will give you recommendations based on what you can:

# STRIVE

## READ



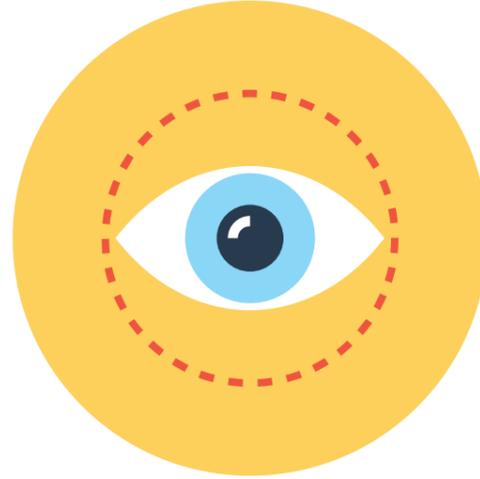
## WATCH



## LISTEN



## SEE



## DO



At Portland Place we want to provide you with the opportunity to:

- Excite and broaden your mind on your favourite topics and subjects.
- Stretch your learning far beyond the classroom.
- Empower you to set your own learning direction.
- Inspire and motivate you.

We want to provide you with the opportunity to explore topics and issues further, to develop a sense of questioning and curiosity. When we are curious, we see things differently, making connections and experiencing moments of insight and meaning – all of which provide the foundation for rich and satisfying life experiences.

This booklet outlines The Strive Programme, allowing you to harness your curiosity and deepen your interest and engagement of a particular subject through closer study. Each subject has suggestions about things you can, **WATCH, READ, LISTEN, SEE AND DO** to foster your passion and enthusiasm for the subjects you love and develop strategies for independent learning. The tasks are designed to be done at your pace and in your own time. There will be lots of opportunities during the year to submit your ideas and anything that you have created to our Strive Celebrations, where there will be awards for the most interesting, original and creative ideas. Your teachers are on hand to help you at any moment, so do not hesitate to ask!

### Strive Further:

If you would like to develop your curiosity into a project, you will have the opportunity to apply for an Extended Project Qualification (EPQ) Level 1 which is the equivalent of half a GCSE. The qualification can be taken over one or two years depending on which year you are in. This is an amazing opportunity to really undertake rigorous research into a topic of your choice.

This is about you making a choice, not your teachers!

Choose a topic of your choice and either write a research report on your chosen topic of 1000 words, or produce a film, organize an event or create an artefact which is accompanied by a research report of 250 words. There will also be a commitment of one lesson a week that will be timetabled in addition to your normal lessons. If you are interested, there will be a meeting in September.

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# ART

'For me, there is very little difference between magic and art. To me, the ultimate act of magic is to create something from nothing: It's like when the stage magician pulls the rabbit from the hat.' - Alan Moore

Studying Art gives us the opportunity to see with new eyes and engage with life creatively and affirmatively. The strive program provides you with an opportunity to deepen your knowledge and skills so that you are able to improve the standard of your school art projects and take on exciting ideas and challenging projects of your own. Feel free to pick the topics that interest you most and use them as a springboard into further discoveries and artistic adventures. The key aspect of strive is to open yourself up to new possibilities, ways of thinking and expressing yourself, whilst building sound subject knowledge and skills.

## READ

Tate Kids - 'Who is Pablo Picasso?'

[www.tate.org.uk/kids/explore/who-is/who-pablo-picasso](http://www.tate.org.uk/kids/explore/who-is/who-pablo-picasso)

## WATCH

Bitesize - Pablo Picasso

[www.bbc.co.uk/education/clips/zdfgkqt](http://www.bbc.co.uk/education/clips/zdfgkqt)

## LISTEN

In Our Time - 'Picasso's Guernica'

<http://www.bbc.co.uk/programmes/b09bxkdm>

## SEE

British Museum - Africa Gallery

[www.britishmuseum.org/visiting/galleries/africa/room\\_25\\_africa.aspx](http://www.britishmuseum.org/visiting/galleries/africa/room_25_africa.aspx)

## DO

A drawing of a bird inspired by Picasso's drawing-'the Cockerel'



PICASSO - WEEPING WOMAN (1937)

# COMPUTER SCIENCE

Do you want to be an active participants in a digital society? Do you want to develop your own ideas at a level suitable for your future workplace? A high-quality education in Computer Science will definitely help you to enhance creativity and computational thinking in order to understand and reshape the world.

If a hospital, a university or a bank has a need for a new software or hardware, "someone" has to think up how the software should operate, or how to make a better use of the hardware. We are convinced that that "someone" could be you!



## READ

About Python Programming:

Coding Club Python Basics - Level 1

This lively book is an introduction to the world of coding and to Python 3 – a fantastic language to start coding with. Young programmers will learn how to code and customise several fun applications including their own Magic8Ball and an Etch A Sketch® game. The fun challenges and Quick Quizzes help to consolidate new skills and the companion web site provides the full source code for all the projects and challenges as well as help for students.

## WATCH

Films about Computer Science:

Programming: The Social Network (2010)

Computers: The Imitation Game (2014)

Viruses: Pulse (2006)

Artificial Intelligence: Ex Machina (2015)

## SEE

Some ideas for the weekend:

The National Museum of Computing

<http://www.tnmoc.org/>

Bletchley Park

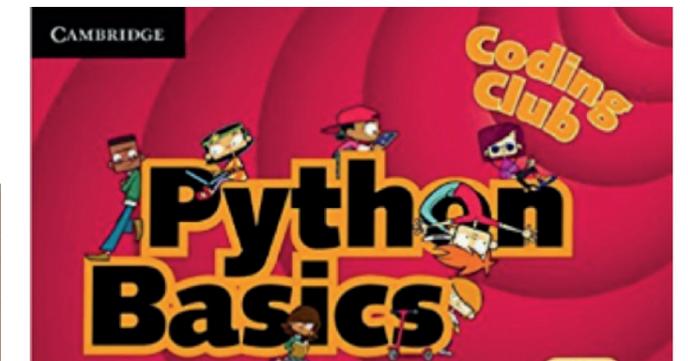
<https://bletchleypark.org.uk/>

The Centre for Computing History

<http://www.computinghistory.org.uk/>

Where to find this book:

[https://www.amazon.co.uk/Coding-Club-Python-Basics-Level/dp/1107658551/ref=sr\\_1\\_4?ie=UTF8&qid=1528795267&sr=8-4&keywords=python+for+kids](https://www.amazon.co.uk/Coding-Club-Python-Basics-Level/dp/1107658551/ref=sr_1_4?ie=UTF8&qid=1528795267&sr=8-4&keywords=python+for+kids)



## DO

Code Camp 14th-16th August 2018

This summer Portland Place School is hosting a very special school holiday program called Code Camp, where our Year 7 students can learn to code and build their very own app! Every child in year 7 should start their Code Camp journey here for unrivalled fun, engagement and digital creativity.

Please, see more information here:  
[www.codecamp.co.uk/portlandplace](http://www.codecamp.co.uk/portlandplace)



 **CODECAMP**

**Portland Place School,  
London**



**Book with Confidence**

We're so confident your kids will love Code Camp, if they don't want to come back after Day 1, we'll refund the remaining days!

# DRAMA

There are so many different ways to learn about Drama. It's amazing how it helps with self-confidence, self-awareness, and emotional intelligence. These are all life skills that are so important for every person to have!

## READ

How about reading about theatre here:

**Reviews at Telegraph Culture Theatre**

<http://www.telegraph.co.uk/theatre/>

**Actors biographies**

<https://www.biography.com/search?query=actors>

## WATCH / VISIT / SEE

In addition to the lessons and extracurricular activities the Drama Department put on, you should be trying to visit theatres to see plays and musicals as much as possible. By doing this it will teach you more about acting and using the stage in interesting ways than lessons ever would! It will challenge your appreciation and understanding of live theatre.

London has a huge variety of live theatre venues, with every genre and style you could possibly want. Go and visit something different to what you would normally see. You may like it, or you may not, but everything you see will teach you something about the world of theatre. Here some ideas to get you started...

## WATCH

[www.digitaltheatreplus.com](http://www.digitaltheatreplus.com) has some recorded theatre of excellent quality. Well worth watching from home.

Get the popcorn and tissues out – some are tear jerkers!

**Username:** student@portland-place.co.uk. **Password:** Student123

## LISTEN

To challenge and inspire yourself, it is important to listen to a wide variety of Drama based podcasts and talks that you would not usually engage with. It will only help you progress in Drama, and become a more rounded person! Listen to the way they talk. Tone of voice is key with radio. Here are some suggestions:

**Desert Island Discs** – for Kirsty Young's interviews with famous and inspirational people.

<http://www.bbc.co.uk/programmes/b006qnmr/episodes/player>

**BBC Radio 4 – Afternoon Drama**

<http://www.bbc.co.uk/programmes/b006qrzz/episodes/player>



## SEE

**National Theatre, Royal Festival Hall, Southbank Centre, British Film Institute** (range of free and priced performances across a range of theatrical styles and genres).

**Shakespeare's Globe Theatre** (tours also available for groups!)

**Full list of London Theatres and what is on can be found here:**

<https://www.londontheatre.co.uk/theatres>

## DO

You should be trying to take part in out of school Drama clubs and workshops wherever possible. There are so many to choose from, and are all over London.

### Clubs

**LAMDA at Portland place School** – email david.chivers@portland-place.c.uk

**National Youth Theatre**

<http://www.nyt.org.uk/>

**Sylvia Young theatre School**

<http://www.syts.co.uk/page/default.asp?title=Home&pid=1>

**Unicorn theatre**

<http://www.londonbubble.org.uk/>

**Lantern arts Centre**

<http://www.lanternarts.org/activities/childrens-theatre-club/>

### Projects

- Learn a monologue two minutes long – focus on use of voice and movement appropriate for the character.
- Write a short script focussing on climax and anti-climax. How do you achieve this with just two characters?
- Create a 'shoe box set' and/or costume design for a show of your choice.

### Research project

- On Edward Gordon Craig and his use of creative staging methods.
- On Sam Mendez and the comparisons between his film and stage design. Any crossovers between his themes and styles?
- On Bertholt Brecht, playwright and director. What are his theories and ideas and how are they implemented?

# DT

The beauty of design is that it is all around us, and this provides scope for your own interpretation when it comes to developing a path of curiosity. Whether your interest is in fashion; architecture; sculpture; video game design; graphics; product; textiles; It all falls under the umbrella of design.

The STRIVE activities in this booklet are to help you flourish and to enjoy design even more, widening your knowledge of what design can be, and learning about the exciting things which are happening in the world of design. What are you interested in? Which way do you want to take design? Creativity is all around us, and this is an opportunity to immerse yourself in possibility!

## READ

Here are some websites which cover lots of areas of contemporary design, including industrial design, graphics, art and design inspiration, web design and architecture.

[www.dezeen.com](http://www.dezeen.com)

[www.creativebloq.com](http://www.creativebloq.com)

[www.core77.com](http://www.core77.com)

## WATCH

A great Youtube channel on woodwork, metal work, 3D printing projects - **I like to make stuff**

**Textiles - Project Runway**

**Abstract - The Art of Design Series** covers lots of areas of design including set design, architecture and graphics, and is a visual insight into the life and practice of a designer.

## LISTEN

**Design Matters with Debbie Millman** is a long-running audio podcast featuring industry-leading graphic designers, educators, authors and thinkers from around the globe.

<http://www.debbiemillman.com/designmatters/>

Hosted by Donovan Beery, a designer living and working in Omaha, Nebraska, **The Reflex Blue Show** is a podcast that covers graphic design, design, pop culture, web design, and the people working in the creative industries.

<https://itunes.apple.com/podcast/id275625131?mt=8>

Each episode, journalist and sewing blogger **Christine Cyr Clisset** (of Daughter Fish) interviews master craft people and creators in the home sewing, textile, and fashion communities.

<https://threadcult.com/>

## SEE

**Design Museum**, High Street Kensington.

**Museum of Fashion and Textiles**, Bermondsey.

**V&A**, South Kensington.

**Museum of Packaging and Branding**, Ladbroke Grove Barbican.

## DO

Start your own projects! Try ideas out, even on a small scale. Come to extracurricular clubs if you would like any assistance with projects!

### Follow

@designbunker

@itsnicethat

@nickpbaker

@dezeen



# ENGLISH

*"You develop the insight of an artist, the analytical precision of a scientist and the persuasiveness of a lawyer."* - Prof Moran, Brunel University.

Do you have an interest in being creative, putting forward an opinion or communicating with and influencing others? Whether you are a budding novelist, playwright, lawyer, journalist or politician, engaging with English beyond the classroom will get you excited about the world and provide you with a set of skills that will open up many possibilities for you. The key to the STRIVE activities in this booklet is that you choose what interests and excites you about English, and take the opportunity to make the subject your own, refining the skills you enjoy the most!

And remember: *"The pen is mightier than the sword."* - Edward Bulwer-Lytton

## READ

**The Midnight Fox** by Betsy Buyers

**A Very Old Man with Enormous Wings** by Gabriel Garcia Marquez (a supplement to Skellig)

**The Diary of a Young Girl** by Anne Frank

**Northern Lights** by Phillip Pullman

**10 best books on Shakespeare for children**

<https://www.theguardian.com/childrens-books-site/2014/apr/22/top-10-andrew-matthews-shakespeare-books>

**Shakespeare's Skull**

<https://www.theguardian.com/culture/2016/mar/23/shakespeare-stolen-skull-grave-robbing-tale-true>

## WATCH

**A play at the Globe Theatre**

<https://tickets.shakespearesglobe.com/selecteics.asp>

**BBC's Filthy Cities**

<http://www.bbc.co.uk/programmes/b00z8r9l>

**A play by the Royal Shakespeare Company**

<https://www.rsc.org.uk/whats-on/>

A production by a college at Oxford University. Sit in the gardens or quad of a beautiful Oxford College as the sun goes down and soak up some Shakespeare! They run every summer term and are absolutely brilliant! Trinity Term runs from the 22nd of April to the 16th of June 2018.



## LISTEN

To an audiobook on Audible and see how many quotations you can remember! The first book is always free.

[https://www.audible.co.uk/cat/Young-Adults/Ages-11-13-Audiobooks/536045031?ref=a\\_a\\_pd\\_Youn\\_c1\\_bc&pf\\_rd\\_p=7fecba4a-5e21-47f3-b179-7758bd50ec94&pf\\_rd\\_r=8JVWSHZ6G61XFTP8B6TY&](https://www.audible.co.uk/cat/Young-Adults/Ages-11-13-Audiobooks/536045031?ref=a_a_pd_Youn_c1_bc&pf_rd_p=7fecba4a-5e21-47f3-b179-7758bd50ec94&pf_rd_r=8JVWSHZ6G61XFTP8B6TY&)

## SEE

**The Wallace Collection** for incredible interiors and art.

<https://www.wallacecollection.org/>

**Shakespeare's birthplace** in Stratford Upon Avon

<https://www.shakespeare.org.uk/visit/shakespeares-birthplace/>

**The Old Operating Theatre Museum** – see how people medicated and operated during medieval times.

<https://www.visitlondon.com/things-to-do/place/88415-old-operating-theatre-museum-and-herbgarret#Qy27ckqCsgHHsQ1L.97>

**The British Library** to see priceless literary treasure

<https://www.bl.uk/>



## DO

A **Jack the Ripper Tour** in Whitechapel.

Spend the day in Oxford and visit Blackwell's Bookshop for an incredible range of books and stationary.

Take a Harry Potter tour around Oxford and Christ Church College.

Attend a **live poetry** reading in London.

Join the **KS3 book club** which meets every Thursday in the school library at 1pm. Read the whole list of **Carnegie books** and write a review for the Portland Post newspaper.

# GEOGRAPHY

*"You develop the insight of an artist, the analytical precision of a scientist and the persuasiveness of a lawyer."* - Prof Moran, Brunel University.

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## READ

### Plate Tectonics

**Yellowstone Supervolcano**

<http://metro.co.uk/2018/02/20/yellowstone-supervolcano-erupt-huge-earthquake-swarm-causes-200-tremors-just-10-days-7327217/>

### India

<http://www.3dgeography.co.uk/geography-of-india>

**India- A fast growing economy**

<http://www.newindianexpress.com/business/2018/feb/27/india-will-remain-among-fastest-growing-global-economies-arun-jaitley-1779653.html>

## WATCH

### Plate Tectonics

**Ring of Fire documentary**

<https://www.youtube.com/watch?v=wJS7hGMrOWs>

### India

<https://www.youtube.com/watch?v=vEy6tcU6eLU>

## SEE

### Plate Tectonics

**Exhibits at the Natural History Museum - London.**

### India

**Visit a Hindu temple:** Shree Kutch Satsang Swaminarayan Temple (East London).

**Experience Culture and Cuisine at an Indian Restaurant in London:**

<https://www.timeout.com/london/restaurants/londons-best-indian-restaurants>

## DO

### Plate Tectonics

Imagine you are running a Charity relief organisation for people who have experienced a natural disaster (such as an earthquake or Volcano). You are going to help a coastal city with a population of 200,000 people. 10,000 homes have been lost and 500 people have lost their lives. There is no set budget for the aid/relief.

1) Pick a natural disaster from above.

### India

**Make a flip book that tells the reader about India.** Include:

- Geographical location and Landscape features.

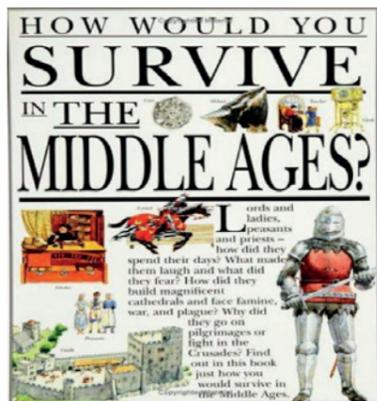
- Climate and Environments.

- Economy and Industries.

\* Use both pictures and brief descriptions

# HISTORY: MEDIEVAL AGES

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the ropes. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover." - Mark Twain



History is more than textbooks, more than sources and more than facts. History is not dead in the past, but alive within and around us. It is exciting, fun and inspiring to engage with it and open our mind up to new topics and ways of thinking. The study of History is limitless, never confined to one country or one period. You can use STRIVE to explore the past, to dream of future possibilities and discover your creativity. The sky is the limit so get navigating!

And remember: "Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." - Albert Einstein

## READ

**The Battle Of Hastings (Great Events)** by Gillian Clements

**Ladybird Histories: The Battle of Hastings** by Chris Baker

**How You Survive in the Middle Ages (How Would You Survive?)** by Fiona Macdonald

**A Year in a Castle (Time Goes By)** by Rachel Coombs

**Castle Diary: The Journal of Tobias Burgess**

**King John, The Magna Carta and Democracy - History for Kids Books**

**Lionheart (Plantagenets #4)** by Sharon Kay Penman

**Famous Men of the Middle Ages** (author) John H Haaren,

**Crusades** (BBC Books)

## WATCH

**Robin Hood Prince of Thieves**

**Battle Castle with Dan Snow**

**Kings and Queens: William the Conqueror**

<https://www.youtube.com/watch?v=gltfGVaRnZo>

**A Knight's Tale**

**Richard The Lionheart And Saladin Holy Warriors Documentary**

## LISTEN

**Stuff you missed in history class podcast**

<http://www.comedycentral.co.uk/drunken-history>

**Dan Carlin's Hardcore History**

**The History Chicks**

**Medieval warfare podcast**

**1001 Heroes, Legends, Histories & Mysteries Podcast**

## SEE

**Tower of London**

**Museum of London**

**West Stow Anglo-Saxon Village, Suffolk**

**Jorvik Viking Centre, York**

**Bedes World**

**Royal Armouries**

**British Museum**

## DO

### Argue

Write a persuasive speech/ poster on why William of Normandy was so great for England.

### Create

Write a short story on either:

**Robin Hood**

**Life in Normal England**

**Life in a castle**

### Design

Your very own castle

# HISTORY: THE TUDORS

## READ

<http://tudortimes.co.uk/people>

<http://www.historyextra.com/feature/top-10-tudor-stories>

**The Princes in the Tower** by Elizabeth Jenkins

**Henry VIII (Young Reading Series Three)** by Jonathan Melmoth

**Becket Bramble and the Princes in the Tower Kindle Edition** by Stephen Begg

**A Traveller in Time** by Alison Utterly

**How Fat Was Henry VIII?: And Other Questions on Royal History** by Raymond Lamont-Brown (Author)

**Eyewitness Tudor : Offers a unique "eyewitness" view of Tudor times.**

**ANYTHING** by Philippa Gregory

**Tudor series,** Carolyn Meyer

**You Wouldn't Want to Sail in the Spanish Armada- An Invasion you would rather not Launch!** by John Malam

**Horribly Famous: Sir Francis Drake** by Andrew Donkin

**Queen Elizabeth I (Young Reading Series 2) Hardcover - 1 Nov 2014** by Susanna Davidson

**Dangerous Days in Elizabethan England: Thieves, Tricksters, Bards and Bawds (Dangerous Days 3) Paperback - 5 Nov 2015** by Terry Deary

**The Spanish Armada: The Great Enterprise against England 1588 (General Military):** Angus Konstam

## WATCH

**The Six Wives of Henry VIII (Four part series)** by David Starkey.

**Henry VIII: The Mind of a Tyrant (Four part series)**

**The Supersizers go Elizabethan**

**Elizabeth** (film)

**Elizabeth: The Golden Age**

**Armada: 12 days to save England**

## LISTEN

**Black Death**

<http://www.bbc.co.uk/programmes/b00bcqt8>

<https://www.missedinhistory.com/podcasts/how-the-black-death-worked.htm>

**Princes in the Tower**

<http://www.historyextra.com/podcast/richard-iii/richard-iii-reconsidered-bosworth-battle-princes-in-the-tower-leicester-king>

**The Tudors**

<http://www.historyextra.com/podcast/tudor-monarchs-medieval-civil-war>

**Radio 4 Great lives 'Elizabeth 1st.'**

**History Extra 'Top Ten Tudor Stories.'**

**Rex Factor- 40. Elizabeth 1st**

**The History Chicks- Queen Elizabeth 1st**

## SEE

**Museum of London**

**Tower of London**

**National Portrait Gallery**

**Hampton Court Palace**

**Queen Elizabeth's Hunting Lodge**

**Hever Castle**

**Thornbury Castle**

## DO

### Argue

Write an investigation on what you think REALLY happened to the princes in the tower, this could be written, filmed or recorded. Investigate Henry VIII and what he did for England, create a persuasive piece on whether he deserves to be known as a man or a monster.

Why Elizabeth's pirates were so great.

### Create

Write a short story on either:

Life as a knight during the Crusades/Life as one of Henry's wives/A day in the life of a lady at Tudor Court.

Create A Recipe book from Tudor times.

Write your own song about the Tudors

Elizabeth 1st made it as number 7 Greatest Britons of all time. Design a poster/speech/ magazine article to argue why this is fair.

### Design

Your very own Tudor Town.

A model of one of Drake's ships from the Spanish Armada and explain why there were so effective.

# MATHEMATICS

The activities suggested here are just for fun and for those that enjoy solving puzzles, learning some clever tricks, delving deeper into problems and knowing a bit more. Engaging with them can not only help you develop better problem solving skills whilst having some fun, but also to see patterns and help see the wide uses and applications of mathematics around us. Keep on striving!

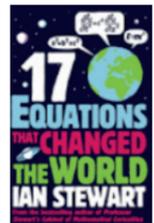
## READ

**Chaos: Making a New Science Paperback – 1997**, by James Gleick

**Sophie's World: A Novel About the History of Philosophy – 2000**, by Jostein Gaarder

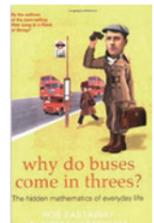
**Thinking Like a maths Genius**, by Benjamin and Michael Shermer

**17 equations that changed the world**, by Ian Stewart



From Newton's Law of Gravity to the Black-Scholes model used by bankers to predict the markets, equations, are everywhere - and they are fundamental to everyday life.

**Why do buses come in threes? The Hidden Maths of Everyday life**, by Rob Eastaway



## WATCH

**Scam School: Magic tricks, bar bets, cheats, cons, pranks & scams at the bar and on the street! \*\*New Episodes Every Wednesday!\*\***

TestTube is a network for the young-at-mind where it's cool to be smart and curiosity is the fuel. We are a digital network, native to the internet where optimism travels, like a virus, at the speed of light. Our hosts are experts, not actors, and our shows are authentic, challenging and irreverent. We're inspiration junkies in an expanding universe of information where we question anything and test everything.

<https://www.youtube.com/user/scamschool/featured>

**Other YouTube video links**

[https://www.youtube.com/watch?v=-wkr\\_vf18cw](https://www.youtube.com/watch?v=-wkr_vf18cw)

<https://www.youtube.com/watch?v=3icoSeGqQtY>

<https://www.youtube.com/watch?v=VlBjHIGMjQM>

## LISTEN

**A Brief History of Mathematics**

<http://www.bbc.co.uk/programmes/b00srz5b/episodes/downloads>

Professor of Mathematics Marcus du Sautoy reveals the personalities behind the calculations and argues that mathematics is the driving force behind modern science.

## SEE

**Bletchley Park – Milton Keynes, Buckinghamshire**

The central site for British and Allied codebreakers during World War II. Some say the intelligence produced at Bletchley shortened the war by two to four years, and that without it the outcome of the war would have been uncertain.



**Science Museum – The Winton Gallery**

From war and peace to life, death, money, trade and beauty, the objects in Mathematics: The Winton Gallery reveal how mathematics connects to every aspect of our lives.



**Association for Women in Mathematics**

**@awmmath**

<https://www.facebook.com/awmmath/>

## DO

**Guardian Monday puzzle – by Alex Bellos. Can you solve it?**

<https://www.theguardian.com/profile/alexbellos>

**Puzzle of the day – BBS Radio 4**

<http://www.bbc.co.uk/programmes/p057wxwl>

**Nrich – What if? problems**

<https://nrich.maths.org/secondary-lower>

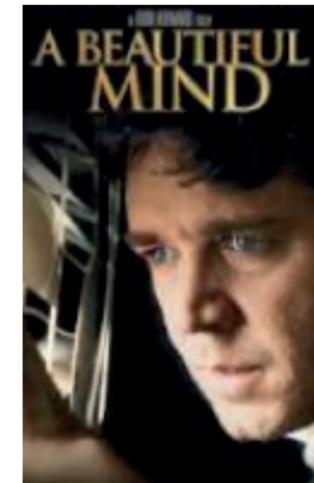
**Solve a Rubik's cube**

# MATHS & ARTS

## WATCH



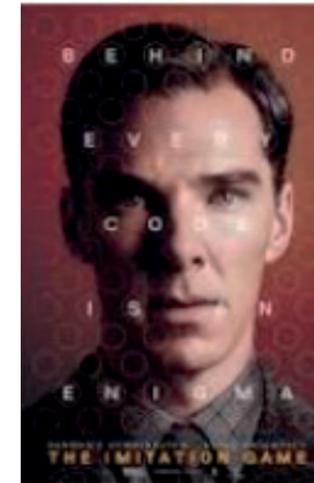
Dara O'Brien – School of hard sums (TV programme – on DAVE)



**A Beautiful Mind** – Famous film from 2002 with Russel Crowe.



**Good Will Hunting** – Famous film from 1998 with Matt Damon and Robin Williams.



**The Imitation Game (2014)** – Benedict Cumberbatch plays the story about Alan Turing.



**The Man who knew infinity (2015)** – Dev Patel plays the brilliant South Indian mathematician Srinivasa Ramanujan

## SEE

<https://tinyurl.com/ycuywo6a>

<https://tinyurl.com/y8xndpjr>

<https://tinyurl.com/ycfk6da7>

# MODERN FOREIGN LANGUAGES

Strong language skills are an asset that will promote a lifetime of effective communication. Our language is the most important part of our being. It is important to learn other languages, other forms of communication besides our own because it helps us to learn about other peoples and cultures.

This STRIVE MFL tasks will allow you to improve in a new language, but will self-teach you that a language is not just words. It's a culture, a tradition, a community and a history; all embodied in a language.

*"Language is a process of free creation; its laws and principles are fixed, but the manner in which the principles of generation are used is free and infinitely varied. Even the interpretation and use of words involves a process of free creation."* - Noam Chomsky

## FRENCH

### READ

**Le Petit Nicolas**, by Sempé / Goscinni

**Le Petit prince**, by Saint Exupéry

**Astérix et Obélix**, by Uderzo (a lot of them)

**No et Moi**, by De Vigan

**Les Misérables**, by Victor Hugo

**La Peste**, by Albert Camus

### WATCH:

Tick the films that you have watched through the years.

Come to the MFL office and borrow any of these: (please be mindful some movies might be a different certificate for different audiences / ages from France to UK)

**Le Petit Nicolas**

**Neuilly Sa Mere**

**Astérix aux JO**

**Yamakasi**

**Le Petit Prince**

**Astérix et le domaine des dieux**

**Astérix et les vikings**

**Astérix Mission Cléopâtre**

**Les Schtroumpfs**

**A cat in Paris**

**Hugo**

**Un monstre à Paris**

**Ratatouille**

**Tintin**

**Les choristes**

**Any movie in French at Cinéma Lumière**

<https://www.institut-francais.org.uk/cine-lumiere/>

List what you have watched here:

- 1.
- 2.
- 3.
- 4.

### LISTEN

Any French radio or song would help you, depending on your level.

**Radio:**

**Europe1.fr**

**Skyrock.fr**

**NRJ.fr**

**Nova planet.fr**

**Nostalgie.fr**

Some very good artists to look up online and listen to: (you can download their songs)

**Stromae**

**MC Solaar**

**Daft Punk**

**Edith Piaf**

**Serge Gainsbourg**

**Amadou et Mariam**

**Louanne**

**Vianney**

**Julien Dorel**

**Jennifer**

**Vanessa Paradis**

**Les enfoirés**

**Le soldat rose**

And many more!

### SEE

**L'institut Français**

<https://www.institut-francais.org.uk>

**National Portrait Gallery – French art**

<https://www.npg.org.uk/research/programmes/the-art-of-the-picture-frame/research-bibliography/by-country-france1>

**Wallace collection**

<http://www.wallacecollection.org/>

**Degas exhibition at national Gallery**

[http://www.nationalgallery.org.uk/whats-on/exhibitions/drawn-in-colour-degas-from-the-burrell?gclid=CJbJmP\\_jhtUCFYu4GwodjywB8w](http://www.nationalgallery.org.uk/whats-on/exhibitions/drawn-in-colour-degas-from-the-burrell?gclid=CJbJmP_jhtUCFYu4GwodjywB8w)



### DO

**Go online and visit** <https://uk.ambafrance.org/> where you will find a lot of updated information about France.

Quiz on France

<https://www.france-pub.com/trivia-quiz.php>

**Research:** The French revolution. How did it happen and why? What were / are the consequences of it? Give your opinion, comparing it to the UK system.

**Holiday book:** if you are lucky enough to go to France, take pictures of typical French places (i.e. a restaurant, a bakery, a café, the metro etc..) and make a souvenir book with captions in French.

**Cook:** Make a typical French dish, following the recipe in French. Bon appétit!

**Watch the French news on TV5monde.com** – what are the main issues in French speaking countries at the moment?

# ITALIAN



## READ

La torta in cielo, by Gianni Rodari

Le avventure di Pinocchio, by Carlo Collodi

Cuore, by De Amicis

Io non ho paura, by Niccolò Ammaniti

Storia d'amore, by Cinzia Medaglia

Mistero a Roma, by Daniela Folco and other books from 'Imparare leggendo'

## WATCH

Come to the MFL office and borrow any of these: (please be mindful some movies might be a different certificate for different audiences / ages from Italy to UK)

I ladri di bicicletta

Il nuovo cinema paradiso

Il postino

La vita è bella

Il mediterraneo

Io non ho paura

Benvenuti al Sud

Benvenuti al Nord

Pinocchio

Caterina va in città

Tick the films of this list that you have watched through the years.

To watch Italian movies (in Italian) at cinemas in London, check the website <http://cinemaitaliauk.co.uk> with the screening schedule and timetable.

List what you have watched here:

- 1.
- 2.
- 3.
- 4.

## LISTEN

Any Italian radio or video from Youtube would help you, depending on your level.

Most popular Italian radio stations:

RTL 102.5 [www.rtl.it](http://www.rtl.it)

Dimensione Suono [www.rds.it](http://www.rds.it)

Radio DeeJay [www.deejay.it](http://www.deejay.it)

Radio Italia [www.radioitalia.it](http://www.radioitalia.it)  
Radio 1 Rai [www.raipradio.it](http://www.raipradio.it)

Some very good artists to look up online and listen to: (you can download their songs):

Nek

Sugar Free

Laura Pausini

Tiziano Ferro

Cesare Cremonini

Lucio Battisti

Mina

Adriano Celentano

Franco Battiato

Vasco Rossi

Pino Daniele

Eros Ramazzotti

## SEE

Istituto Italiano di Cultura  
<https://tinyurl.com/jruakul>

The National Gallery – Italian art  
<https://tinyurl.com/y8yw7d5h>

Modigliani exhibition at the Tate Modern  
<https://tinyurl.com/zt5p8sq>

Canaletto exhibition at the Royal Collection Trust  
<https://tinyurl.com/ya73oepw>

## DO

**Trip:** visit the Italian Tourism Official Website [www.italia.it/en/home.html](http://www.italia.it/en/home.html) and organise a trip!

**Games with the Italian language**  
<http://parliamoitaliano.altervista.org/giochi-con-la-lingua>

**Research:** how much of today's Britain has been influenced by the Romans? [www.bbc.co.uk/education/clips/zwjhfrd](http://www.bbc.co.uk/education/clips/zwjhfrd)

**Holiday book:** if you are lucky enough to go to Italy, take pictures of typical Italian places (i.e. a restaurant, a bakery, a café, a piazza etc..) and make a souvenir book with captions in Italian.

**Cook:** Choose a recipe from the website [www.giallozafferano.it](http://www.giallozafferano.it) and prepare a delicious meal.

**Watch the Italian news** on [www.Rainews.it](http://www.Rainews.it)

# JAPANESE

## READ

(Free Japanese learning sites)

- Erin's Challenge, I can speak Japanese  
<https://www.erin.ne.jp/en/>
- Japanese in Anime & Manga  
[http://anime-manga.jp/index\\_english.html](http://anime-manga.jp/index_english.html)
- HIROGARU - Japan & Japanese  
<https://hirogaru-nihongo.jp/en/>

## WATCH

My Neighbour TOTORO (1988 Studio Ghibli)

Kiki's Delivery Service (1989 Studio Ghibli)

Whisper of the Heart (1995 Studio Ghibli)

Spirited Away (2001 Studio Ghibli)

Ponyo (2008 Studio Ghibli)

Arrietty (2010 Studio Ghibli)

The Tale of The Princess Kaguya (2013 Studio Ghibli)

The Girl Who Leapt Through Time (2006)

Your Name (2016 Makoto Shinkai)



Prince Charles Cinema in London often shows STUDIO GHIBLI's films  
<https://princecharlescinema.com/PrinceCharlesCinema.dll/WhatsOn?s=300>

## TV/Radio

NHK WORLD

<https://www3.nhk.or.jp/nhkworld/>

## SEE

The British Museum – Japanese Galleries (Room 92-94)  
[http://www.britishmuseum.org/visiting/galleries/asia/rooms\\_92-94\\_japan.aspx](http://www.britishmuseum.org/visiting/galleries/asia/rooms_92-94_japan.aspx)

Victoria & Albert Museum - Japan, The Toshiba Gallery (Room 45)  
<https://www.vam.ac.uk/collections/japan>

Kyoto Garden in Holland Park, London (Japanese traditional garden)  
<https://www.rbkc.gov.uk/leisure-and-culture/parks/holland-park>

JP Books (Japanese book & stationery shop near Piccadilly Circus)  
<http://shop.jpbooks.co.uk/en/>

Japan Centre (Japanese food shop near Piccadilly Circus)  
<https://www.japancentre.com/en/stores>

Japan House London (a new cultural centre in Kensington High Street, opening in 2018)  
<https://www.japanhouselondon.uk/>

## Events

Japan-related events in London

JAPAN MATSURI (annual one-day Japanese festival at Trafalgar Square in September or October):  
<http://www.japanmatsuri.com/>

HYPER JAPAN (the UK's biggest J-culture event, celebrating all aspects of contemporary Japanese culture, from fashion to food, crafts to cosplay in July & November):  
<https://hyperjapan.co.uk/>

For more information on Japan-related events in the UK:

**JAPAN-UK Events calendar:**

<http://www.uk.emb-japan.go.jp/japanuk150/index.html>

# CHINESE

By learning Chinese language and culture you will get:

- the ability to communicate effectively in China
- transferable language learning skills
- a knowledge of Chinese language
- awareness and understanding of countries and communities where Chinese is spoken
- to learn something new, useful and different
- better employment opportunities

## READ

Reading for the most advanced students:  
Peter Hessler (River Town) (Oracle Bones)  
(Country Driving)

Jin Yong : 《天龙八部》, 《神雕侠侣》

Lu Xun: 《故事新编》

## WATCH

Don't get the popcorn popping just yet. First, we have got to go over some strategies for how to approach Chinese language films.

Watch actively. Sure, some days you'll want to just sit back and relax, not worrying if you've understood every last detail. However, you will get much greater educational value out of an active watching experience. Pause and rewind when you miss half of a complicated dialogue. Go back and watch these tricky scenes until you understand every word. As you watch the same scene repeatedly, keep an eye on the subtitles below and mouth lines along with the actors if possible. Keep a notebook nearby and jot down new vocabulary or puzzling sentence structures so you can revisit what you have learned later. These steps towards actively watching movies will help you pay closer attention and become thoroughly engrossed in the language.

**Use Chinese subtitles to your advantage.** Too many language learners slip into the habit of watching Chinese movies with English subtitles and using their more comfortable language as a crutch. Alternatively, just as many Chinese students try to fly solo and play movies without any subtitles at all, inevitably resulting in undue frustration.

Pick genres and topics that you genuinely enjoy. You want to learn about Chinese history and culture, or understand more about the Cultural Revolution – that's all well and good. However, you will steadily lose interest if you keep choosing movie after movie featuring dry topics or genres you're not really into. Are you a total adrenaline junkie who needs a regular diet of action movies? Then don't force yourself to choose historical dramas because they're more educational.

You can learn Chinese from all types of Chinese movies!

1. 活着 (Huózhe) | "To Live"  
<https://youtu.be/lyzRpEMnv98>
2. 蓝风筝 (Lan fengzheng)| "The Blue Kite"  
<https://youtu.be/4acE4QGqoy4>
3. 和你在一起 (He ni zai yiqi) | "Together"  
<https://youtu.be/lse-NLZQ5uk>
4. 变脸 (Bian Lian) | "The King of Masks"  
<https://youtu.be/b3WYo2FMEGs>
5. 秋菊打官司 (Qiu Ju da guan si) | "The Story of Qiu Ju"  
<https://youtu.be/JSO0giT8ilQ>
6. 饮食男女 (Yin shi nan nu) | "Eat Drink Man Woman"  
<https://youtu.be/me-bd1PRlxg>
7. 大红灯笼高高挂 (Da hong deng long gao gao gua) | "Raise the Red Lantern"  
<https://youtu.be/6ihA3QmhVnA>
8. 我的父亲母亲 (Wode fuqin muqin) | "The Road Home"  
<https://youtu.be/l-59DSjev4l>

## LISTEN

<http://english.cri.cn/08chinese/>

<http://www.radio.cn/pc-portal/home/index.html>

### Learning apps

Top Grossing Education

Hello Chinese

Chinese Skill

Learn Chinese

Line Dictionary

## SEE

<https://www.fluentu.com/blog/chinese/page/2/>

<http://www.chinawhisper.com/10-unbelievable-paintingscreated-with-ballpoint-pen/>

<https://kanqian.wordpress.com/>

[https://en.wikibooks.org/wiki/Chinese\\_\(Mandarin\)/Writing\\_in\\_Chinese](https://en.wikibooks.org/wiki/Chinese_(Mandarin)/Writing_in_Chinese)

# RUSSIA

By learning Russian language and culture you will get:

- the ability to communicate effectively in Russian
- transferable language learning skills
- a knowledge of Russian language
- awareness and understanding of countries and communities where Russian is spoken
- to learn something new, useful and different
- better employment opportunities

## READ

Reading for the most advanced students:

Пиковая дама, Александр Пушкин, 1834 (short story)

Ревизор, Николай Гоголь, 1836 (play)

Вишнёвый сад, Антон Чехов, 1904 (play)

Один день Ивана Денисовича, Александр Солженицын, 1962 (novella)

Неделя как неделя, Наталья Баранская, 1968 (novella)

Сонечка, Людмила Улицкая, 1992 (novella)

## WATCH

Комедийный сериал "Как я стал русским"

<https://tinyurl.com/y8b4fpjy>

Classical films:

Крылья, dir. Лариса Шепитько (1966)

Утомлённые солнцем, dir. Никита Михалков (1994)

Кавказский пленник, dir. Сергей Бондарчук (1966)

Левиафан, dir. Андрей Звягинцев (2014)

## SEE

<http://eventfirst.co.uk/>

<http://www.russianartandculture.com/>

<http://russianinlondon.com/news/events.html>

# SPANISH



## LISTEN

RNE (Spanish radio station)  
<http://www.rtve.es/radio/radio-nacional/directo/>

**Songs for beginners**  
Bebe 'La tierra tiene fiebre', 'Malo'.

## SEE

**Abroad**  
Museo del Prado, Museo Reina Sofía (Madrid); Museo de la Memoria Histórica (Salamanca); Museo Picasso (Barcelona)

**London**  
Instituto Cervantes (15-19 Devereux Ct, London WC2R 3JJ)

**Canning House** (14-15 Belgrave Square, Belgravia, London SW1X 8PS)

**National Gallery**, Spanish masterpieces trail:  
<https://preview.tinyurl.com/y84q9s9v>

## DO

**Learn to draw using Picasso's style**  
<https://youtu.be/Tkf5rJBtmXg>

**Complete Spanish quizzes**  
<http://www.funtrivia.com/quizzes/world/languages/spanish.html>

**Take a flamenco/tango/salsa class**

**Eat tapas at Iberica**  
<http://www.ibericarestaurants.com/restaurants/iberica-marylebone/>

**Holiday book:** if you are lucky enough to go to a Spanish speaking country, take pictures of typical places (i.e. a tapas restaurant, a square, a bull ring, famous buildings) and make a souvenir book with captions in Spanish.

**Cook:** Make a typical Spanish dish, following the recipe in Spanish.

## READ

Go to the **The European Bookshop**, 123 Gloucester Road, Kensington, London SW7 4TE or visit their website <http://www.europeanbookshop.com/spanish-books> and you will find a variety Spanish books including grammar books, dictionaries, fiction and non-fiction for all levels.

**Read the news online**  
<https://elpais.com/>

Spanish comics:

**Mafalda**

**Zipi y Zape**

## WATCH

Tick the films that you have watched through the years.

Come to the MFL office and borrow any of these: (please be mindful some movies might be a different certificate for different audiences / ages from Spain to UK).

**Zipi Zape**

**El Cid**

**El lince perdido**

**Valentin**

**Manolito Gafotas**

**Manolito Gafotas - el jefe**

You can also check the show screenings of 'El Instituto Cervantes'  
<http://londres.cervantes.es/en/default.shtm>

'Mi Vida Loca' BBC Languages, an immersive video mystery set in Spain to help you learn simple Spanish  
<http://www.bbc.co.uk/languages/spanish/mividaloca/>

List what you have watched here:

- 1.
- 2.
- 3.
- 4.

# ARABIC

By learning Arabic language and culture you will be able to:

- Communicate with more than 400 million people live in the Arab world.
- Understand the culture and history of civilization that ruled over very wide areas in the Middle East, North Africa, Central and south Asia and parts of Europe.
- Know the language of the second biggest religion in the world (Islam).
- Reach out to ethnic minorities from Arabic background who live in the UK and help them to be indigenised in the new culture.
- Encounter the so delicious Arabian cuisine.
- Have excellent jobs opportunities in the Gulf (Qatar, UAE, Saudi Arabia, Bahrain and Kuwait).

## READ

**For native speakers**

- بدأ ي ف لبون ةزئاج ىلع زئاح - طوفح م بيچن ةيئالئ
- ىملاعال بدالال نم - ةنمدو ةليلك
- ئارت - ةليلو ةليفلأ
- نيسح هط - مئالال

**For beginners**

ةفلئخ م ئاعبب - اء رءاون  
نأرقلال نم صصق

## WATCH

**Youtube channels**

- <https://www.youtube.com/watch?v=ityVW2gR0R>
- <https://www.youtube.com/channel/UCPINClTsdAc7SBXxi6AcWpw>
- <https://www.youtube.com/channel/UC5z-jBf4spGltsZif-sGDpQ>
- <https://tinyurl.com/ybwsu6fp>
- <https://www.youtube.com/channel/UCe0-9BMfvorkA6dXgb4huuw>
- <https://tinyurl.com/y8ozaxqt> (Egyptian dialect)
- <https://www.youtube.com/channel/UCW99OLn-6zk1oAHbTWLeTSg>
- <https://tinyurl.com/ybrnums6>
- <https://tinyurl.com/ybg7k8f6>

**Live TV**

- [http://www.bbc.com/arabic/tvandradio/2013/05/000000\\_bbc\\_arabic\\_live\\_tv](http://www.bbc.com/arabic/tvandradio/2013/05/000000_bbc_arabic_live_tv) (BBC Arabic)
- <http://www.aljazeera.net/broadcastschedule> (Aljazeera)
- <http://learning.aljazeera.net/en> (Advanced)
- <http://www.jeemtv.net/en/shows/kalila-wa-demna>
- [http://www.jeemtv.net/?utm\\_source=logo&utm\\_medium=header&utm\\_campaign=header](http://www.jeemtv.net/?utm_source=logo&utm_medium=header&utm_campaign=header)

**Websites**

- <https://www.teachalmasdar.com>
- <https://bookstolearnarabic.wordpress.com> (free download)
- <https://www.almaany.com> (translator)
- <http://arabalicious.com/index.html>
- <https://www.memrise.com/course/1322444/mastering-arabic-1/>

## LISTEN

<http://radio.garden/live/london/mansfield103/>

You can tune this program to listen to any radio in any language anywhere in the world.

**Do:** write a report of 30 to 120 words in Arabic about what you read, watched or listened to in Arabic to share it with your class.

# MUSIC

"Without Music, life would be a mistake." - Friedrich Nietzsche

Whether you enjoy it as a performer, a singer, as a beginner or more advanced, as a listener or just appreciating it as it forms part of your everyday life, Music is all around us and something that you can engage with on so many levels.

Whether you want to pursue Music as an academic subject in the future, see it as a career path as a music performer, journalist, backstage or producer, or simply want to appreciate it and engage with it, there are so many ways to be involved in the Universal Language of Music.

The **STRIVE** programme in Music is there to challenge you, to get you involved at whatever level you wish, to allow you to participate and to build a whole range of non-musical key skills such as creativity, appreciation, self-discipline, team-work and problem-solving necessary for life and work in the 21st century.

"Music expresses that which cannot be said and on which it is impossible to be silent." - Victor Hugo

The best way to challenge yourself in Music is to get involved, get playing, get singing and join in with others who do the same.

**PLAY – PARTICIPATE – PERFORM**

## READ

How about reading some music reviews here <http://www.telegraph.co.uk/music/> or some musician biographies <https://www.biography.com/people/groups/musician>

## LISTEN

To challenge yourself, it is important to listen to musical styles that you would not usually engage with.

Here are some suggestions:

**Classic FM** – for accessible classical music.

**BBC Radio 3** – for more diverse classical music, jazz and folk music.

**BBC Radio 2** – popular and folk music from 1950's to early 2000's (not current).

**Telegraph Music Pages**

<http://www.telegraph.co.uk/music/>

## PLAY

You can sign up for tuition on any of the following instruments:

**Singing**

**Piano – Classical or Jazz**

**Guitar – Electric, Acoustic or Classical**

**Bass Guitar**

**Drum Kit or Orchestral Percussion (xylophone / glockenspiel)**

**Woodwind – Flute, Clarinet, Saxophone or Recorder**

**Strings – Violin, Viola, Cello or Double Bass**

**Brass – Trumpet or Trombone**

**Music Theory**

**Music Technology**

See Mr. Hill or Miss Boyle for an application form.

## PARTICIPATE

We have loads of extra-curricular groups which you can join, some for those who already play instruments, and those that are open to everyone. The best way to develop your skills is to perform with others.

**These groups are open to everyone**

What?	When?	Where?	Other Info?
<b>Ukulele &amp; Guitar Ensemble</b>	Monday lunchtime 12:45-13:30	Room 2 Mr Hill	Ukuleles & guitars provided!
<b>Percussion Ensemble</b>	Tuesday lunchtime 12:45-13:30	Room 2 Mr Jesson	All abilities welcome!
<b>Theory Club</b>	Wednesday lunchtime 12:45-13:30	Room 42 Ms Bottrill	Learn theory from scratch or improve your existing knowledge
<b>PPS Choir</b>	Thursday lunchtime 12:45-13:30	Room 1 Mr Hill	Range of songs and styles.
<b>Music Tech Club</b>	Thursday after school 15:45-16:30	Room 42 Mr Bentley	Learn to use music technology from scratch or improve your existing skills

**These groups are open to those who play instruments already.**

What?	When?	Where?	Other Info?
<b>Woodwind Ensemble</b>	Monday lunchtime 12:45-13:30	Room 1 Mr Slack	For all woodwind players.
<b>Brass Ensemble</b>	Thursday lunchtime 12:45-13:30	Room 44 Mr Bentley	For all brass players.
<b>Chamber Choir</b>	Thursday after school 16:00-17:00	Room 1 Miss Boyle	For singers – audition required
<b>PPS Strings</b>	Friday lunchtime 12:45-13:30	Room 1 Miss Boyle	For all string players
<b>PPS Jazz Band</b>	Friday lunchtime 12:45-13:30	Room 2 Mr Hill	For brass, woodwind and rhythm section (bass, piano, drums, guitar).

## PERFORM

By joining any of these ensembles, you will get chance to perform at the Christmas and summer concerts annually, but even as a soloist you could take part in these concerts, or in the Lower School Chamber Concert – see Mr Hill or Miss Boyle.

## WATCH

In addition to playing, participating and performing, you should challenge your appreciation and understanding of live music. London has a wealth of live music venues, catering for every musical genre and style. Go visit something musically different – listen to it carefully. You may like – you may not, but at least you can say you've tried it! Here some places you could go...

- Royal Festival Hall, Queen Elizabeth Hall, Purcell Room in the South Bank Centre (range of free and priced performances across a range of musical styles and genres).
- Buskers on the south bank, Leicester Square, Covent Garden.
- National Theatre foyer (free lunchtime and early evening performances of world music, jazz, fusion and many other styles).
- There are also lots of music documentaries to watch – here are some top ones: <http://www.vulture.com/2015/10/50-best-music-documentaries-of-all-time.html>

# PE & ATHLETICS

The best way to challenge yourself in Athletics is to get involved, get training, get racing and join in with others who do the same.

**TRAIN – RACE – PARTICIPATE – COACH & OFFICIATE**

## READ

### England Athletics Athlete Education Zone

The Athlete Education Zone aims to provide support to ALL registered athletes via electronic resources, video/podcasts, and signposting to external specialist organizations to assist the athlete in developing/mastering the necessary skills to cope with the special demands of progressing to become an elite performer.

<https://www.englandathletics.org/england-athletics/athlete-zone>

## WATCH & VISIT

Go to a live event, there are plenty of opportunities to watch high level athletics. In 2012 London hosted the Olympic Games, in 2017 London hosted the IAAF World Athletics Championships and in 2018 London host the IAAF World Athletics Cup.

The Anniversary Games is an Annual International event held in London over 2 days and there are also plenty of live athletics events screened on television throughout the year. You can find out about events and buy tickets for them from the UK athletics website:

<https://www.britishathletics.org.uk/events-and-tickets/>

Check out British Athletics TV where you can learn lots of interesting facts and see some great interviews from GB's top athletes:

<https://www.britishathletics.org.uk/british-athletics-tv/>

## LISTEN

To keep up with the latest action and news in athletics you can listen to various broadcasts. Here are some suggestions:

**BBC Radio Five:** Live – for all sport.

**BBC iPlayer Radio** – Categories Sport – for all sport.

[Talksport.com/athletics](http://talksport.com/athletics)

## TRAIN

Join a local club. Athletics Clubs are always looking for new members and offer lots of opportunities to compete as well as make friends. Clubs local to Portland Place are Serpentine AC and Highgate Harriers, but there are many more in London which can be found in the **England Athletics Club** finder

<https://www.englandathletics.org/athletics-clubs/find-an-athletics-club>

## PARTICIPATE

During lessons the PE department will run the English Schools Athletics Association Award Scheme. Challenge yourself to achieve as many levels as you can across the different events and collect the badges on offer. Primary Schools have 5 levels: 1, 2, Bronze, Silver, Gold and Secondary Schools have 3 levels: Bronze, Silver, Gold.

Try and improve your personal best or break a record. The School Records and Sports Day records can be found on the notice boards in the basement of PPS!

See how you rank against people your age from all over the country. Check out the Power of 10 website for all the latest rankings

<http://www.thepowerof10.info/>

There are several competitions that Portland Place enter and run that range from School to National Level. Set yourself a target and aspire to compete at a higher level competition. The best way to develop is to perform with and against others.

What?	When?
Portland Place Sports Day	Summer Term
Westminster Sports Hall Athletics	Spring Term
ISA London North Athletics Championships	Summer Term
Westminster Athletics Championships	Summer Term
London Schools Yr 7 & 8 Championships	Summer Term
London Schools Secondary Schools Championships	Summer Term
ISA National Athletics Championships	Summer Term
ESAA National Athletics Championships	Summer Term

## COACH & OFFICIATE

Help out during lessons or assist with school teams. You don't have to be a performer to add value in this sport. From the age of 14 you can qualify as an Athletics Leader or from ages 16+ as a Coaching Assistant

### Gain a coaching qualification

<https://www.englandathletics.org/coaching---central-to-successful-athletics/qualifying-as-a-coach>

### Gain an official qualification

<http://www.uka.org.uk/competitions/officials/education-and-training/level-1-2-3-track-and-field/>

# FOOTBALL



The best way to challenge yourself in Football is to get involved. Get playing, learn the game, practise, watch and enjoy the many avenues associated with football. You can Train, Play, coach and officiate.

## WATCH & VISIT

The coverage of football in our country is sensational and always free ways to watch the weekend's top level football. BBC is a free channel and they have highlights every week of the premier league matches. In addition, they show a selection of FA cup matches during the tournament. Other organisations such as Sky Sports and BT sports offer excellent coverage for a monthly fee.

Local clubs are great to go and watch. You don't have to just see Tottenham or Chelsea to fully enjoy getting out and watching live football. Some more local teams such as Brentford is much more competitively priced. Semi-professional matches such as in the Southern league are also to an excellent standard.

## READ & LISTEN

**F2** – How to play like a pro.

**BBC – radio 5 Live** (Live commentary and discussions every day).

**BBC – Iplayer** (Match of the day).

**Jamie Johnston** football podcast for kids.

## PARTICIPATE:

**Join a club!** Football clubs are always looking for new members. The great thing about joining a club is that there will be many people of a similar ability. Local clubs are huge and they will have sections specifically to beginners, youngsters, boys, girls all the way to county league football teams. Depending on your ability there really will be football for all! Clubs are also a great way to meet friends who have a similar interest in such a great sport.

**You can find a club local to you by following the following link:**

<http://www.thefa.com/get-involved>

**Developing at PPS:** Teachers are always looking to nominate footballs to regional development opportunities. At PPS we work closely with ISFA (<http://isfa.org.uk>) and each season will nominate appropriate candidates from trials into the London regional teams. Challenge yourself to be nominated for further football opportunities and test yourself against the best players in the region.

## OFFICIATE

Playing the game is not the only way to get yourself on a football pitch. Another route into football is becoming a referee. You can become a referee age from 14 and start locally with mini soccer. More information on becoming a referee can be found here:

<http://www.thefa.com/get-involved/referee/general-information>

## COACH

When you turn 16 years of age you can start the coaching pathway. The pathway starts at level 1 and reaches level 5. Level 5 is the Uefa Pro Licence and all premier league managers must attain this certificate. All managers of elite level would have started at level 1 and learn the basics of coaching younger children. For more information on how to get into coaching visit this link:

<http://www.thefa.com/get-involved/coach>

# NETBALL

Netball is a fantastic sport played by over 155,000 women every week, it is a sport I team game based on running, jumping, throwing and catching it is the only female sport to be given weekly TV coverage by Sky Sports.

The best way to challenge yourself in Netball is to get involved, get training, get playing and join in with others who do the same.  
**TRAIN – PLAY – COACH – OFFICIATE**

## READ

### England Netball Youth / School Zone

The Netball Youth/ School Zone aims to provide support to netballers via electronic resources, video and podcasts, to assist the netballers in developing/mastering the necessary skills to develop into a successful netball player.

<https://www.englandnetball.co.uk/youth/>

<https://www.englandnetball.co.uk/my-game/schools/>

## WATCH & VISIT

**Go to a live event.** There are plenty of opportunities to watch high-level netball. The Vitality Netball Superleague is an annual competition held in the UK at a variety of venues including the Copper Box at the Olympic Park. The Vitality Netball Superleague is also broadcasted on Sky Sports. You can find out about fixtures and buy tickets for them from the Vitality Netball Superleague website:

<http://www.netballsl.com>.

In 2018, London alongside South Africa hosted the Netball Quad Series. In 2019 the UK will be hosting the INF Netball World Cup in Liverpool. You can buy tickets for the INF Netball World Cup from:

<https://www.nwc2019.co.uk/register/>

Check out the official **England Netball Youtube channel** where you can learn lots of interesting facts and see some great interviews from top athletes:

<https://www.youtube.com/user/EnglandNetball>

## LISTEN

To keep up with the latest action and news in netball, you can listen to various broadcasts. Here are some suggestions:

**BBC Radio Five:** Live – for all sport.

**BBC iPlayer Radio** – Categories Sport – for all sport.

## TRAIN/PARTICIPATE

**Join a local club.** Netball Clubs are always looking for new members and offer lots of opportunities to compete as well as make friends. Clubs local to Portland Place are Cumberland Netball Club and Poly Netball Club, but there are many more in London which can be found in the Netball Club map:

<http://netballsquad.co.uk/thenetballmap/>

At Portland Place we are always looking to nominate netballers for county and regional development opportunities. Each year we select appropriate candidates to trial for the Middlesex County team. Portland Place School has had many pupils that have gained a place on the Middlesex County satellite squad. Challenge yourself to be nominated for further netball opportunities and test yourself against the best players in the region.

There are several competitions that Portland Place enter and run that range from School to National Level. Set yourself a target and aspire to compete at a higher level competition. The best way to develop is to perform with and against others.

What?	When?
MSPQQ Netball League (U13, U15, U17)	Autumn/Winter Term
Westminster Netball League (U12 – U16)	Autumn/Winter Term
Westminster Netball Tournament (U12 – U16)	Autumn/Winter Term
FHS Netball Tournament (U13 and U15)	Autumn Term
ISA London North Netball Championships	Winter Term
ISA National Netball Championships	Winter Term

## COACH & OFFICIATE

**Help out during lessons or assist with school teams.** You don't have to be a performer to add value in this sport. Anyone over the age of 13 can become an official or from ages 16+ can become a Coaching Assistant.

**Gain a coaching qualification:**

<https://www.englandnetball.co.uk/coaching>

**Gain a qualification as an official:**

<https://www.englandnetball.co.uk/officiating/starting-to-officiate/>

# ROUNDERS

The best way to challenge yourself in Rounders is to get involved, get training, get playing and join in with others who do the same.

**TRAIN – PLAY – COACH – OFFICIATE**

## READ

**Rounders England Fan Zone #WeAreAllRounders**

[https://roundersengland.sport80.com/register/membership?id\\_add\\_on=54&\\_id=1472634898](https://roundersengland.sport80.com/register/membership?id_add_on=54&_id=1472634898)

The Rounders England Fan Zone aims to provide support to ALL registered athletes via electronic resources, video / podcasts.

### What you get

- **Regular updates** – keep up to date with exciting news and stories from the Rounders community, England Squad, official rules and equipment.
- **Courses** – exclusive access to Rounders England courses including Coaching, Umpiring Tutoring and more.
- **Player toolkit** – Rounders England one stop shop for clubs, team and workforce for practical resources. Coming 2018.

### How it works

- Share your rounders stories, ask questions and get involved with the community.
- **Get picked** – every day we pick out the latest and greatest to show off via our social media channels.
- **The bigger picture** – our club is full of Rounders enthusiasts who will shower you with support and guidance.

## WATCH & VISIT

There are four England squads that represent Rounders England at fixtures over the playing season. They play annually, in home and away games. The squads are elite players and are ambassadors for England and for the sport of Rounders.

Rounders is a great spectator sport. You can find out about events and festivals, that are free of charge, Rounders England website:

<http://www.roundersengland.co.uk/england-squads/fixtures/>

## LISTEN

To keep up with the latest action and news in rounders you can listen to various broadcasts. Click the link to see Rounders in the media:

<http://www.roundersengland.co.uk/rounders-in-the-media/>

## TRAIN

Join a local club. Rounders Clubs are always looking for new members and offer lots of opportunities to compete as well as make friends. There are many clubs in London which can be found on the Rounders England website:

<http://www.roundersengland.co.uk/>

## PARTICIPATE

Rounders is a fun, team sport that both boys and girls can play whatever their ability. Rounders also helps develop core skills in running, batting, throwing, catching and fielding. There are several fixtures that Portland Place PE department organise against other local schools. The best way to develop is to perform with and against others.



## COACH & UMPIRE

Coaching Rounders is a rewarding and inspiring experience. You could work with players at all levels of skill and experience, from juniors' right up to elite level. You can make a real difference to the game and to the players you work with.

You don't need to be a skilled player to be a great coach. An enthusiasm for teaching and a passion for the game are much more important and vital to the success and development of Rounders in England.

**Gain a coaching qualification:**

<http://www.roundersengland.co.uk/get-involved/coach/ukcc-level-1/>

Umpiring is a great way to be involved in Rounders. It gives you the opportunity to give something back to the sport you love, whilst also helping to increase participation. There are opportunities to be involved in Rounders in a capacity that suits you, whether you want to umpire at your local team or progress to elite umpiring.

**Gain an umpiring qualification:**

<http://www.roundersengland.co.uk/get-involved/umpire/about-preliminary-umpire/>

**Intermediate umpiring qualification:**

<http://www.roundersengland.co.uk/get-involved/umpire/intermediate-umpire/>

**RESOURCES FOR UMPIRING**

**SCORESHEET**

**RULES**

# RUGBY

The best way to challenge yourself in Rugby is to get involved, get training, get playing and join in with others who do the same.

TRAIN – PLAY – COACH – OFFICIATE

## READ & LISTEN

To keep up with the latest action and news in Rugby you can visit various websites. Here are some suggestions:-

**BBC Sport Rugby**

<http://www.bbc.co.uk/sport/rugby-union>

**Sky Sports Rugby**

<http://www.skysports.com/rugby-union>

**RFU Rugby**

<http://www.englandrugby.com/>

There are also some excellent autobiographies that various ex-players have written over the years, full of interesting tales from their experiences as a professional player!

**Dan Carter**

**Jonny Wilkinson**

**Jonah Lomu**

**Paul O'connell**

## WATCH & VISIT

Go to a live event, there are plenty of opportunities to watch professional rugby both live and on TV. The Aviva Premiership Rugby League hosts fixtures at weekends over a number of months throughout the year. The league is extremely competitive and entertaining with a number of top level internationals from all over the world playing on a weekly basis. One of the great things about the Aviva Premiership is that every single fixture played is on BT sport, so there are plenty of opportunities to watch a game live on TV.

## TRAIN

Join a local club. Rugby Clubs are renowned for being welcoming of people from all walks of life, of all playing abilities and of all shapes and sizes! There is a real 'family culture' in local Rugby Clubs. The most local club to PPS is Regents Park Rugby Club but there are many more in London and England which can be found in the England Rugby Club finder:

<http://www.englandrugby.com/my-rugby/find-rugby/>

## PARTICIPATE

During lessons the PE department will teach you how to perform core rugby skills and help you to increase your tactical awareness. We will teach you how to perform a range of skills with good technique and help you to increase your understanding of positional awareness in both attack and defence.

Challenge yourself to try and perform at a high level in lessons and be selected for the school rugby team! PPS play rugby fixtures against a number of local schools, one of the best ways to improve in rugby is to play the game against others...and whilst training in rugby is enjoyable, it does not beat being involved in a competitive game!

## COACH & OFFICIATE

You don't have to be a performer to add value in this sport.

Help out during lessons or assist with school teams! Coaching is one of the most crucial factors in developing, sustaining and increasing participation in rugby union, securing the future and quality of the game. There are a whole host of reasons why you might wish to become a Rugby Official: to remain active in the sport following injury or retirement, to make new and lasting friends within the game, or to gain a sense of achievement by providing an invaluable service to players, coaches and spectators alike. For information on the various coaching & officiating qualifications available please visit:

<http://www.englandrugby.com/my-rugby/coaches/> and <http://www.englandrugby.com/my-rugby/referees/courses/>

As well as the Aviva Premiership in England there are also extremely competitive and entertaining leagues worth watching including: Guinness Pro 14 (Wales, Ireland and Scotland), French Top 14 (France) and Super Rugby (Southern Hemisphere).

AND...

On top of all this there are amazing international tournaments that you need to watch! 'The 6 Nations' tournament see's Europe's strongest rugby teams battle it out every year from January to March. The 'Rugby Championship' tournament see's New Zealand, South Africa, Australia and Argentina compete to be crowned the best team in the southern hemisphere. Every 4 years there is a rugby world cup... There are various international tours... the list goes on! There really are plenty of opportunities to watch rugby live on TV or in person at a an amazing stadium with an unforgettable atmosphere.

# SCIENCE

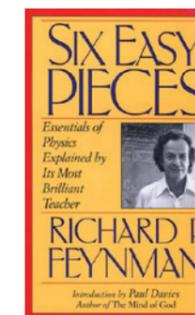
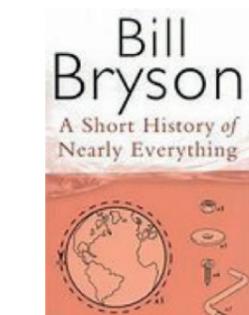
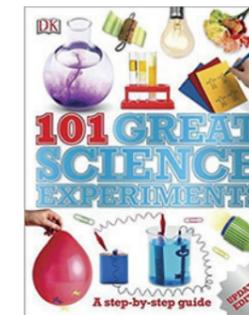
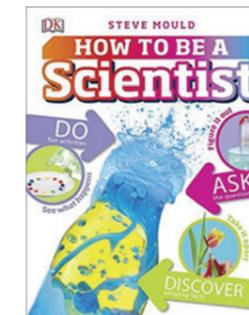
Richard Feynman was a 20th century physicist who was awarded the Nobel Prize in 1965.

"Fall in love with some activity, and do it! Nobody ever figures out what life is all about, and it doesn't matter. Explore the world. Nearly everything is really interesting if you go into it deeply enough. Work as hard and as much as you want to on the things you like to do the best". - Richard Feynman

## PHYSICS: A STRIVE FOR EXCELLENCE

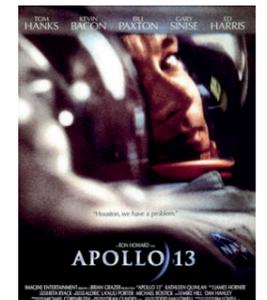
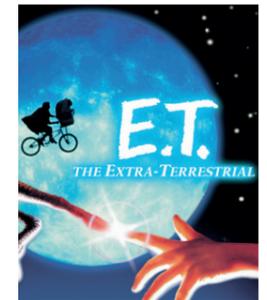
The following are suggestions of things you can do to get a few steps ahead in your science studies.

## READ

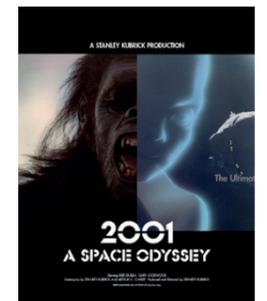


## WATCH

Easy on the eye



Need to concentrate :



Critical of creationism  
Arguing for evolution.

The greatest science  
film ever.

## DO

Visit places that are a bit different

**The Faraday museum at the Royal Institution** - Free Entry - 200 years of history making science.

**Hunterian museum** - Free entry - 3500 specimens including a skeleton of a 7ft 7in man.

**Kirkaldy's testing museum** - £5 entry fee - See how they test the strength of materials

**Wellcome Collection Museum** - Free entry - Exhibits connect medicine, life and art.

# BIOLOGY

**Why not take your learning beyond the classroom?** In year 7 you will look at plant and animal cells, body systems, reproduction and balanced diets.

If you want to take your understanding to the next level, why not have a go at completing some or all of the suggested activities below.

Remember to let your teacher know when you have completed an activity.

## READ

Read a journal article from <http://www.sciencejournalforkids.org/>.

Write a summary of what you found out. Hand in to your science teacher.

'My Family and Other Animals' (Penguin Essentials) by Gerald Durrell.

## WATCH

Blue Planet BBC Series.

## LISTEN

<http://www.edenproject.com/learn/for-everyone/plants-for-a-new-planet-podcast>

## SEE

### In London

You've seen plant cells under the microscope, so why not have a look at some larger specimens by visiting London's botanical garden in Kew. Visit the **tropical palm house** and take a walk along the treetop walkway. See [kew.org](http://www.kew.org) for further details.

Find out about DNA. Visit the Wellcome Collection and explore the human genome. Find out what it is and how it could change the way we treat diseases in the future.

### Beyond London

Visit the **Eden Project in Cornwall**  
<http://www.edenproject.com/>

**Fossil hunting on the Jurassic Coast**  
<https://www.nationaltrust.org.uk/features/fossil-hunting-in-the-south-west>

## DO

Investigate what factors are needed for seeds to grow:  
<https://schoolgardening.rhs.org.uk/Resources/Class-growing-topic/Spring-Seed-Sowing>



# CHEMISTRY

**Why not take your learning beyond the classroom?** In year 7 you will look at elements, compounds and mixtures.

If you want to take your understanding to the next level, why not have a go at completing some or all of the suggested activities below.

Remember to let your teacher know when you have completed an activity.

## READ

Read an article from ChemMatters:  
<https://www.acs.org/content/acs/en/education/resources/highschool/chemmatters.html>

## SEE

### In London

See some of the fantastic colours that compounds can make in the mineralogy section in the **Natural History Museum**. Take pictures and show to your class mates and teacher.  
<http://www.nhm.ac.uk/our-science/collections/mineralogy-collections.html>

### Beyond London

Visit the **Eden Project in Cornwall**  
<http://www.edenproject.com/>

**Fossil hunting on the Jurassic Coast**  
<https://www.nationaltrust.org.uk/features/fossil-hunting-in-the-south-west>

## WRITE/DRAW

Create an **illustrated chemical poem** and show to your teacher. Maybe initiate others so that a competition can be held!  
<https://www.acs.org/content/acs/en/education/outreach/ccew/illustrated-poem-contest.html>

## MAKE

Make an **infographic** on your chosen chemical topic:  
<https://www.acs.org/content/acs/en/education/students/highschool/chemistryclubs.html>

## PLAY

Make molecules in **interactive games**:  
<https://www.acs.org/content/acs/en/education/whatischemistry/adventures-in-chemistry/games.html>

## DO

Carry out some simple chemical reactions in your home and take pictures and share with your teacher or friends!  
<https://www.acs.org/content/acs/en/education/whatischemistry/adventures-in-chemistry/experiments.html>









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