

# STRIVE

YEAR 9



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



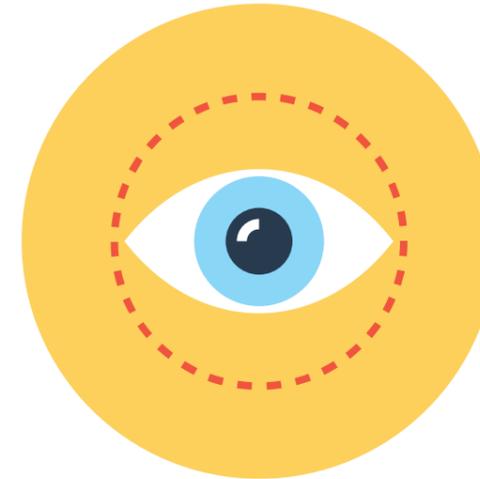
## WATCH



## 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 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.

## CONTENTS

|                               |         |
|-------------------------------|---------|
| ART                           | 6       |
| COMPUTER SCIENCE              | 7       |
| DRAMA                         | 8       |
| DESIGN TECHNOLOGY             | 9       |
| ENGLISH                       | 10      |
| GEOGRAPHY                     | 11      |
| HISTORY WWI                   | 12      |
| HISTORY WWII                  | 13      |
| HISTORY HOLOCAUST             | 14      |
| HISTORY THE COLD WAR          | 14      |
| HISTORY CIVIL RIGHTS          | 15      |
| MATHEMATICS                   | 16      |
| MATHS & ARTS                  | 17      |
| MUSIC                         | 18 - 19 |
| MODERN FOREIGN LANGUAGES      | 20      |
| FRENCH                        | 21      |
| ITALIAN                       | 22      |
| JAPANESE                      | 23      |
| CHINESE                       | 24      |
| RUSSIAN                       | 25      |
| SPANISH                       | 26 - 27 |
| ARABIC                        | 28      |
| PE & ATHLETICS                | 29      |
| FOOTBALL                      | 30      |
| NETBALL                       | 31      |
| ROUNDERS                      | 32      |
| RUGBY                         | 33      |
| SCIENCE & BIOLOGY             | 34      |
| CHEMISTRY                     | 35      |
| PHYSICS                       | 36      |
| NOTES ON EXCITING DISCOVERIES | 35 - 38 |

# 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

'What is Aboriginal art?'

[kateowengallery.com/page/What-is-Aboriginal-Art.aspx](http://kateowengallery.com/page/What-is-Aboriginal-Art.aspx)

ROA - Street Art

ROA Urban Blog

ROA's 'Cataclysm' Exhibition in Antwerp, Belgium\*

MAGIC CITY - THE ART OF THE STREET | Interview #19 - ROA (BEL) - ROA street art - Cataclysm @ The Gallery

Urban Jungle feat. Roa - edit for Paris / NY / London / LA - Street Art Tours in Shoreditch London - ROA

Is graffiti art? And what is the difference between murals and legal, illegal graffiti in St. Louis

<https://urbankulturblog.com/2012/03/26/some-roa-pieces-from-london/> <https://urbankulturblog.com/tag/roa-2/>

<http://www.hookedblog.co.uk/2017/10/roas-cataclysm-exhibition-in-antwerp.html>

## WATCH

The men of the Fifth World (full documentary)

<https://www.youtube.com/watch?v=QRBMdS4t36c>

John Pilger - The Secret Country - The First Australians Fight Back [1985]

<https://www.youtube.com/watch?v=UzjW6RjQQi4>

Aboriginal Art Painting, Dreamtime English With Sophia:

[https://www.youtube.com/watch?v=AoHAn58-\\_rg](https://www.youtube.com/watch?v=AoHAn58-_rg)

Songlines opening animation:

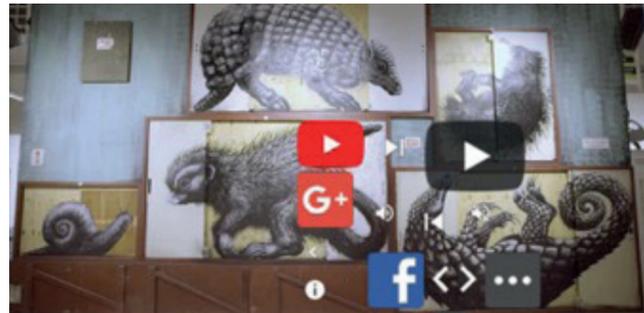
<https://www.youtube.com/watch?v=3c8LWX3vHKw>

Dreamtime Travelling through the Australian continent - documentary

<https://www.youtube.com/watch?v=OnWGXMDhwi8>

ROA street art - Cataclysm @ The Gallery 7/10/2017

<https://www.youtube.com/watch?v=CN2Y-VKWWfo>



## LISTEN

BBC World Service Listen Live St. Louis Public Radio KWMU-1

<http://news.stlpublicradio.org/post/graffiti-art-and-what-difference-between-murals-and-legal-illegal-graffiti-st-louis#stream/0>



## SEE

<https://www.shoreditchstreetarttours.co.uk/tag/roa/>

# 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!

And remember: "Whether you want to uncover the secrets of the universe, or you want to pursue a career in the 21st century, computer programming is an essential skill to learn." - Stephen Hawking

## READ

About Python Programming

Everything you need: Learning to Program in Python

This book is a straightforward guide to the Python programming language and programming techniques. It covers all of the practical programming skills that may be required up to GCSE level and for those at AS Level.

[https://www.amazon.co.uk/Learning-Program-Python-2017-Heathcote/dp/1910523119/ref=sr\\_1\\_67?ie=UTF8&qid=1515151473&sr=8-67&keywords=python+programming](https://www.amazon.co.uk/Learning-Program-Python-2017-Heathcote/dp/1910523119/ref=sr_1_67?ie=UTF8&qid=1515151473&sr=8-67&keywords=python+programming)

### A Step Further

Automate the Boring Stuff with Python: Practical Programming for Total Beginners

Step-by-step instructions walk you through each program.

### Where to find it:

[https://www.amazon.co.uk/s/ref=nb\\_sb\\_noss?url=search-alias%3Dstripbooks&field-keywords=Automate+the+Boring+Stuff+with+Python%3A+Practical+Programming+for+Total+Beginners+](https://www.amazon.co.uk/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=Automate+the+Boring+Stuff+with+Python%3A+Practical+Programming+for+Total+Beginners+)

## WATCH

Films about Computer Science

Programming: The Social Network (2010)

Computers: The Imitation Game (2014)

Viruses: Pulse (2006)

Artificial Intelligence: Ex Machina (2015)

Hacking: Chappie (2015)

Documentary: The Code-Breakers (2006)

Virtual reality: Transcendence (2014)

## LISTEN

BBC Radio 4 - Computing Britain

<http://www.bbc.co.uk/programmes/b06bq6j1/episodes/downloads>

## 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/>

## DO

Raspberry Pi Project:

<https://projects.raspberrypi.org/en/projects?technologies%5B%5D=python>

Choose one of the projects propose by the RaspberryPi.org and apply your Computing skills. You will surprise yourself!

Opinion: How artificial intelligence transforming the world.

# 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

**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>

## 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?

# DESIGN TECHNOLOGY

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



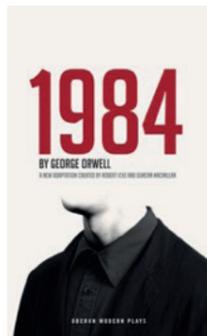
# ENGLISH

"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



Ray Bradbury – 'Fahrenheit 451'

Aldous Huxley – 'Brave New World'

Harper Lee – 'To Kill A Mockingbird'

George Orwell – 'Nineteen Eighty-Four'

George Orwell – 'Animal Farm'

JD Salinger – 'Catcher In The Rye'

Shakespeare – 'Titus Andronicus'

## WATCH

'The Fourth Estate' (2015)

<https://www.youtube.com/watch?v=2FnbbgUIO4w>

'HyperNormalzation' (2016)

<https://www.youtube.com/watch?v=-fny99f8amM>

'Jaws' – Steven Spielberg (1974)

'Romeo and Juliet' – Baz Luhrmann (1996)

## LISTEN

The Guardian's Literature Top 10 Podcasts

: <https://www.theguardian.com/books/booksblog/2016/nov/07/words-in-your-ears-the-10-best-books-podcasts> - pick one, listen, and recommend it to the English Department!

'Jeff Wayne's Musical Version of the War of the Worlds' – a musical retelling of the HG Wells classic

## SEE

The British Museum

The Globe – be a groundling for a fiver!

A play at a big London theatre

A local library – bring back a library card and a classic book!

The Museum of London – good for context and history!

Look up some gruesome historical crimes on <https://www.grimlondon.com/>

## DO

Rewrite a passage from one of your class readers in the style of your favourite literary writer.

Write a travel diary when visiting somewhere during the holidays – one entry a day!

See an amateur production of a famous theatre play.

Walk around London writing descriptions of objects or people – psychogeography.

Find some old photos or postcards – the older the better! – and write a story around the people in them.

Do a vlog about a book you have read... then put it on YouTube!

Collaborate with a partner to produce a podcast on poetry (or books!).

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

"Geography is a living, breathing subject, constantly adapting itself to change. It is dynamic and relevant. For me geography is a great adventure with a purpose." - Michael Palin

Challenging yourself in Geography is all about independent learning and exploring the world around you! As you will see from a cursory glance at the news Geography is everywhere, not just in the classroom! STRIVE is all about taking what you have learnt in lessons and helping expand your knowledge. STRIVE gives you suggestions of programmes you can watch, places you can visit, books you can read and activities you can attempt in order to answer YOUR questions about Geography.

## READ

Development

<https://citizen.co.za/news/news-africa/1812333/nigeria-togo-diplomacy-politics-protest/>

<http://dailypost.ng/2018/01/28/govts-must-reduce-crimes-political-instability-falana/>

<http://www.globaltimes.cn/content/1086446.shtml>

Middle East

There are several contemporary and relevant articles to read here surrounding current issues in the Middle East [http://www.bbc.co.uk/news/world/middle\\_east](http://www.bbc.co.uk/news/world/middle_east)

## WATCH

Development

The Development Gap- Bridging the Digital Divide: <https://www.youtube.com/watch?v=-ARK3MZ-Wb4>

Bridging the Digital Divide- TED Talk

<https://www.youtube.com/watch?v=fzokRz1pgb0>

The Hidden reason for Poverty the world need to address now

[https://www.youtube.com/watch?v=ofsnCF9O\\_U](https://www.youtube.com/watch?v=ofsnCF9O_U)

Middle East

<https://www.youtube.com/watch?v=0ZvYJmzvLo>

Ted Talk about the struggle for democracy in the region

<https://www.youtube.com/watch?v=DKdpnzVMWR4>

## SEE

Development

Museum of London- Go deeper by looking at the development of our city and how there was once a very large gap between Rich and poor.

<https://www.museumoflondon.org.uk/museum-london/permanent-galleries/peoples-city>

Middle East

The Mosaic Rooms, Tower House, 226 Cromwell Road, London SW5 0SW

This is a non-profit art gallery and bookshop dedicated to supporting and promoting contemporary Arab culture in London.

We do this through our free contemporary art exhibitions, our multidisciplinary events (including film screenings, current affairs talks, book launches and more) artist residencies and learning & engagement programme.

<http://mosaicrooms.org/about-mosaic-rooms/>

## DO

Development

Research ONE nation that are among the poorest nations on earth. Propose a plan that could help the nation improve their development and standard of living (You have no budget or funding guidelines to stick to). When devising your strategies consider:

1. Where is the aid coming from...what level of assistance? (Global Organisations, Governments, local organisations that operate within that nation etc).
2. Education system
3. Health Care
4. Environmental factors—Where are they located, what resources do they have? Can they all access clean water? IS their adequate food?
5. Economic factors- What do they import and export? What industries are able to be increased? GDP, How do the people earn a living?
6. Infrastructure
7. Politics and Government...is it unstable...how could this be improved?
8. What has happened historically with their development... what can be done to change this in the present?

Create a Power Point Presentation to share your ideas/proposal. If you have another creative way to present your ideas run it by your Geography Teacher

Middle East

Find one recent news article that covers an issue in the Middle East (Could be economic-in regards to oil, could be humanitarian-in regards to civil wars and aid being administered, social-schooling and health, Political- corruption and instability...etc). These are just examples. You can find your own and show your teacher.

After reading your article make a mind map/poster containing the following:

Who is involved?

Where in the region is this happening?

What are the causes of this issues?

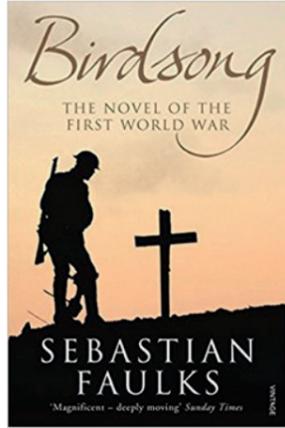
What are the impacts (What effect does it have on the country, people etc?)

Is there anything being done to help the situation? What is it?

Do you think more effective help can be given? What should this be?

# HISTORY WORLD WAR I

## READ



**Birdsong** by Sebastian Faulks  
**Line of Fire: Diary of an Unknown Soldier**  
**Vera Brittain: Testament of Youth**  
**Pat Barker: Regeneration**  
**Stay Where You Are and Then Leave** by John Boyne  
**The First World War**, by Paul Dowswell (Usborne True Stories Series)

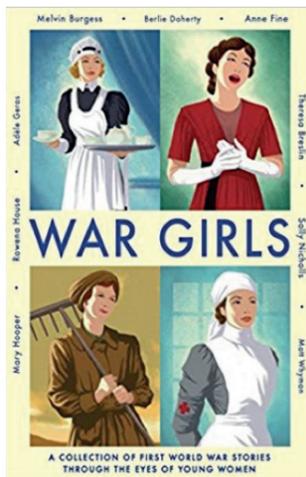
**True Stories from World War I** by Peter Hepplewhite

**War girls** by Adele Geras

**Stories of World War One** by Tony Bradman

**1914-18 Voices and Images of the Great War** by Lyn Macdonald

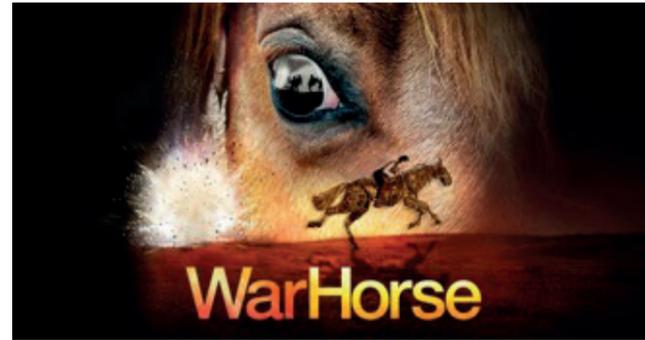
**All Quiet on the Western Front**, by Erich Maria Remarque



## WATCH

**World War One in Colour**- The BBC

**War Horse**



**Testament of Youth**

**The First World War: The Complete Legacy** (Netflix)

**Regeneration**

**Journeys End**

## LISTEN

BBC Radio 4 Drama 'Tommies'

First World War: Voices from the BBC archive

World War One Podcast - iTunes

History of the Great War Podcast

## SEE

Imperial War Museum

British Army Museum

## DO

**Videogames and WWI:**

<https://www.theguardian.com/technology/2016/may/12/battlefield-war-game-first-world-war>

<https://www.bl.uk/world-war-one/themes/life-as-a-soldier#>

# HISTORY WORLD WAR II

## READ

Robert Harris **Fatherland**

Sebastian Faulks **Charlotte Gray**

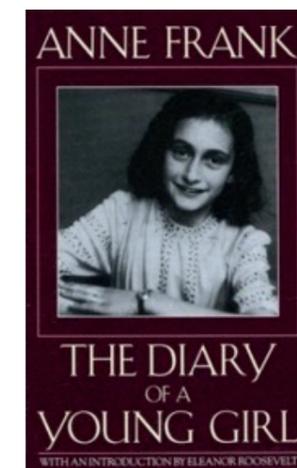
Bernard Schlink **The Reader**

Nina Bawden **Carries War**

Judith Kerr **When Hitler stole Pink Rabbit**

**The Diary of Anne Frank**

**The Second World Wars: How the First Global Conflict Was Fought and Won** by Victor Davis Hanson



**The Second World War in Colour** by Ian Carter

**The People's War, Britain, Calder, A. 1939-1945.**

**The Rise and Fall of the Third Reich: A History of Nazi Germany** by William L. Shirer

**Women Heroes of World War II: 26 Stories of Espionage, Sabotage, Resistance, and Rescue** by Kathryn J. Atwood

**The Blitz: 20 Survivors' Stories from WW2 London** by Cecil Madden

**The Battle of Britain: Myth and Reality** by Richard Overy



## LISTEN

Letters from war Podcast

The war/ PBS

The History of WW11 Podcast

The WW2 Podcast

Escaping the Blitz

D-Day

## WATCH

Dunkirk

Downfall

Saving Private Ryan (Film)

The World at War (DVD)

Enigma

The Imitation Game



Darkest Hour

Churchill

The Pacific

Schindlers List

Fury

Defiance

Sarah's Key

The Nazi's a warning from History

The Man in the High Castle

## SEE

Imperial War Museum

Churchills War Room

National Army Museum

Battle of Britain Museum, Kent

Bletchley Park Museum

# HISTORY THE HOLOCAUST

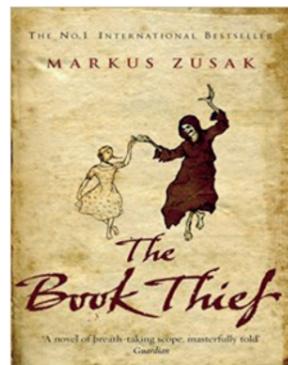
## READ

The Boy in the Striped Pyjamas, by J. Boyne.

Goodbye to Berlin, by C. Isherwood.

Alone in Berlin, by H. Fallada.

The Kindly Ones, by J. Littell



The Book Thief, by Zusak, M.

All the Light We Cannot See by Anthony Doerr

In My Hands: Memories of a Holocaust Rescuer by Irene Gut Opdyke

Suite Française by Irène Némirovsky

The Complete Maus (Maus, #1-2) by Art Spiegelman

Diary of Anne Frank

Night (The Night Trilogy #1) by Elie Wiesel, Marion Wies

## WATCH

Auschwitz: The Nazis and the Final Solution (DVD)

Conspiracy (Film)

Downfall (Film)

The Boy in the Striped Pyjamas

(Film) The Nazis – A Warning from History (DVD)

The Pianist (Film)

Valkyrie (Film)

The Book Thief

## LISTEN

<http://www.bl.uk/learning/histcitizen/voices/holocaust.html>

<https://player.fm/podcasts/Holocaust%20Survivor>

<https://www.ushmm.org/information/visit-the-museum/programs-activities/first-person-program/first-person-podcast>

## SEE

Imperial War Museum

The Jewish Museum  
<https://www.nationalholocaustcentre.net/>

# HISTORY THE COLD WAR

## READ

The Cold War: A Very Short Introduction (Very Short Introductions) by Robert J. McMahon

Understand The Cold War: Teach Yourself Paperback – 27 Aug 2010 by Carole Bryan-Jones

Oranges for Christmas by Margarita Morris

## WATCH

USA vs USSR Fight! The Cold War: Crash Course World History #39

<https://www.youtube.com/watch?v=y9HjvHZFCUI>

Bridge of Spies (film)

Tinker Tailor, Soldier Spy (film)



BBC documentary on Vietnam War

We were Soldiers

Good morning Vietnam

## LISTEN

<http://www.mrallsophistory.com/revision/revision.html>

<http://www.johndclare.net/GilesHillPodcasts.htm>

LBJ's War

<https://www.missedinhistory.com/>

## SEE

Royal Air Force Museum: National Cold War Exhibition.

# HISTORY CIVIL RIGHTS

## READ

The Help, by Kathryn Stockett

To Kill a Mockingbird, by Harper Lee

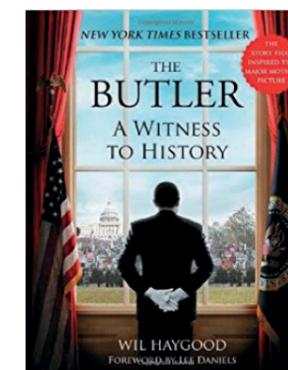
Freedom's Daughters, by Lynne Olson

Voices of Freedom: An Oral History of the Civil Rights Movement from the 1950s Through the 1980s by Henry Hampton and Steve Fayer (1990)

The Civil Rights Movement (Timelines) by Colin Hynson (Author)

Short Stories of the Civil Rights Movement: An Anthology by Margaret Earley Whitt

## WATCH



The Help

Hidden Figures

Selma

The Butler

Detroit

BBC Documentary 2017 on the Freedom Riders

## LISTEN

Nina Simone: Mississippi Goddam

Mahalia Jackson: We Shall Overcome

Sam Cooke: A Change Is Gonna Come

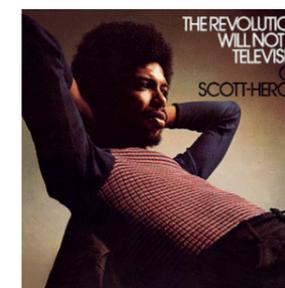
James Brown: Say It Loud I'm Black And I'm Proud

Jimmy Cliff: Vietnam

Bob Dylan 'Time they are a changing'

Gil Scott-Heron - The Revolution Will Not Be Televised

Jay Z and Kanye West Made in America



## Podcasts:

<https://player.fm/series/of-thee-we-sing-music-and-the-civil-rights-movement>

<https://www.missedinhistory.com/tags/civil-rights-movement.htm>

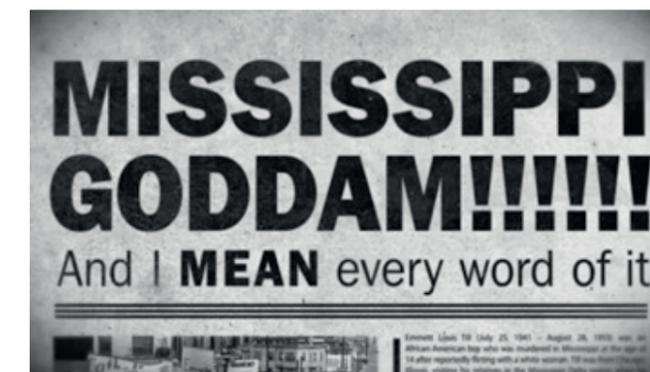
<https://player.fm/podcasts/Black-History>

<https://itunes.apple.com/us/podcast/civil-rights-voices-of-a-movement/id387562714?mt=2>

## SEE

Black Cultural Archives

Black History Walks



## DO

### Argue

Write a persuasive speech/audio recording/poster on who your hero of the 20th/21st century is and why.

Write an essay on how far the dropping of the atomic bomb can be justified?

### Create

A poem on the importance of remembering the Holocaust.

A poem on the importance of remembering the protestors involved in the Civil Rights Movement.

### Design

Your own Trench warfare game.

A project on one of the following:

Life in the trenches/War and medicine/war in the air/war at sea/spies and codes/Homefront/weapons and new technology/up close and personal-soldiers perspectives/art and war.

Design an exhibition for Holocaust Memorial Day- what/who would you include and why?

# MATHEMATICS

## HOW TO STRIVE FOR EXCELLENCE IN KS3

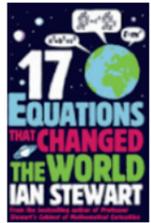
The activities suggested here are just for fun and for those that enjoy solving puzzles, learning some clever tricks, delving deeper into problems and knowing a bit more. Engaging with them can not only help you develop better problem solving skills whilst having some fun, but also to see patterns and 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

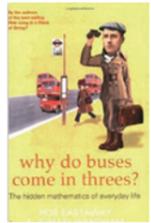
**Sophie's World: A Novel About the History of Philosophy - 2000,**  
by Jostein Gaarder

**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>

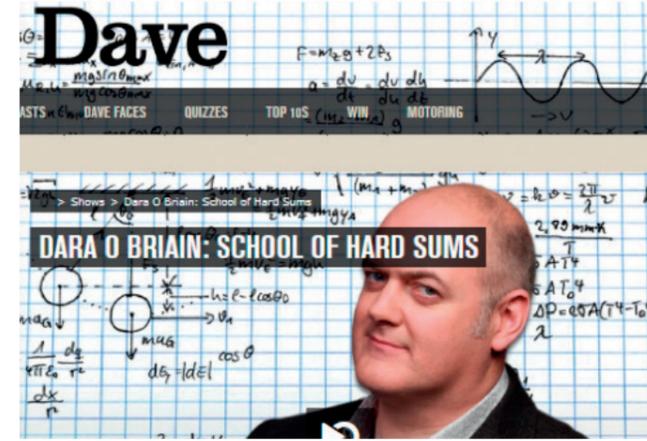
**Nrich - What if? problems**

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

**Solve a Rubik's cube**

# MATHS & ARTS

## WATCH



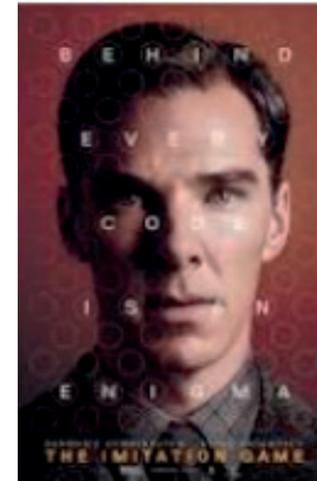
**Dara O'Brien - School of hard sums** (TV programme - on DAVE)



**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>

# 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>

## 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>

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

| 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>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.**

| 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 |

# 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 booklet not only 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](http://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, 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.raiplayradio.it](http://www.raiplayradio.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/JSOOgiT8ilQ>
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>

## SEE

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

<http://www.chinawhisper.com/10-unbelievable-paintings-created-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)

## LISTEN

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

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

### Learning Apps:

Top Crossing Education

Hello Chinese

Chinese Skill

Learn Chinese

Line Dictionary

# RUSSIAN

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 Бодров (1996)
- Левиафан, dir. Андрей Звягинцев (2014)

## LISTEN

Roaring 1920s in Russia: Art, Design, Architecture

Three lectures, held in the most remarkable art deco house in London:

- 15 February - Professor Ian Christie – Making the movies Soviet: new direction in 1920s Russian film
- 1 March - Elena Sudakova – Soviet Fashion - Fusion of Socialism and Art Deco
- 22 March - Professor Christina Lodder - New Buildings for a New Society)

Where:

Dorich House, 67 Kingston Vale, London SW15 3RN

## SEE

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

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

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

# 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)

1. - Bombón
2. - Volver
3. - Los abrazos rotos
4. - Zipi Zape
5. - El Cid
6. - The Way
7. - Valentín
8. - Chico y Rita
9. - 9 Reinas
10. - 1Even the rain
11. - 15 años y un día
12. - Mujeres al borde de un ataque de nervios
13. - Cómo ser mujer y no morir en el intento
14. - Mar adentro
15. - Hable con ella
16. - El laberinto del fauno
17. - El orfanato
18. - El espinazo del diablo
19. - Te doy mis ojos
20. - El otro lado de la cama
21. - Todo sobre mi madre



22. - El bola
23. - El abuelo
24. - Carmen
25. - Belle époque
26. - El hijo de la novia
27. - Sol de otoño
28. - El crimen del padre Amaro
29. - Machuca
30. - Solas
31. - Pérez
32. - María llena eres de gracia
33. - You're the one
34. - Los diarios de motocicleta
35. - Manolito Gafotas
36. - Manolito Gafotas – el jefe
37. - Ocho apellidos vascos
38. - Evita
39. - El lince perdido
40. - Land and Freedom
41. - El niño
42. - Arrugas
43. - Mortadelo y Filemón
44. - La lengua de las mariposas
45. - Ay Carmela

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.

## SEE

### In 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:

<http://www.nationalgallery.org.uk/visiting/spanish-masterpieces-printed-trail>

### Abroad

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



## LISTEN

**RNE (Spanish radio station)**

<http://www.rtve.es/radio/radio-nacional/directo/>

**Songs for beginners:**

Bebe 'La tierra tiene fiebre', 'Malo'.



## 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



# 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:**

- بدأل ايف لبون ةزئاج لىع زئاح - ظروف حم بيچن ةيئال
- يملاعال بدالال نم - ةمدو ةلي لك
- شارث - ةلي لول ةلي فلأ
- نيسح هط - م ايالا

**For beginners:**

- ةفلتخم تاعبط - اجج رداون
- نأرقلا نم صررق

## WATCH

**Youtube channels**

- <https://www.youtube.com/watch?v=ityVW2gR0R>
- <https://www.youtube.com/channel/UCPINClSdAc7SBXxi6AcWpw>
- <https://www.youtube.com/channel/UC5z-jBf4spGltsZifsGDpQ>
- <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/tvandrudio/2013/05/000000\\_bbc\\_arabic\\_livetv](http://www.bbc.com/arabic/tvandrudio/2013/05/000000_bbc_arabic_livetv) (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.**

# 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, practice, watch and enjoy the many avenues associated with football. You can Train, Play, coach and officiate.

## 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

## 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.

## 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 1 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.

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 an amazing stadium with an unforgettable atmosphere.

## 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:

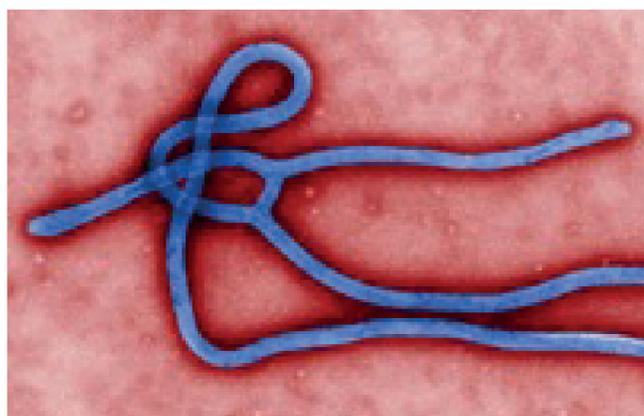
<http://www.englandrugby.com/my-rugby/coaches/> and <http://www.englandrugby.com/my-rugby/referees/courses/>

# 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*

# BIOLOGY



## READ

Find out about the progress being made towards understanding immunity against the Ebola virus:

<https://www.ucl.ac.uk/news/news-articles/0118/120118-diagnosing-immunity-Ebola>

<https://pubs.acs.org/doi/full/10.1021/acsnano.7b07021>

## WATCH

Learn more about the spread of disease through the films 'Outbreak' (1995), 'Contagion' (2011) or 'I am Legend' (2007).

## LISTEN

Can plants really talk? What is our relationship to plants? Choose a podcast or clip from the list below to gain a deeper understanding of our green leafy friends:

<https://www.bbc.co.uk/programmes/b048s3my/episodes/downloads>

<https://youtu.be/CrrSAC-vjG4>



## SEE

### In London

Experience the spectacle and terror of surgery in a bygone era at 'Europe's oldest surviving operating theatre':

<http://oldoperatingtheatre.com/>

### Beyond London

Pay tribute to the plants of our world on your way down to the south coast with a visit to the Eden Project:

<http://www.edenproject.com/visit>

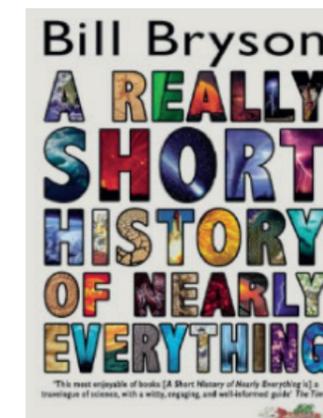
## DO

Attend a lecture at the Francis Crick Institute. Lectures run most Thursdays at 4pm and are given by a host of inspiring scientists:

<https://www.crick.ac.uk/research/seminars,-lectures-and-symposia/crick-lectures/>

# CHEMISTRY

## READ



## WATCH

A documentary about elements and the periodic table

[https://www.youtube.com/watch?v=ZWpiupw\\_I0o](https://www.youtube.com/watch?v=ZWpiupw_I0o)

## LISTEN

Attempt to remember by heart Tom Lehrer's The Elements Song

<https://www.youtube.com/watch?v=AcS3NOQnsQM>

## PLAY

Atomas (available in the app store): a fun way of memorising the periodic table.



## SEE

Explore and experience the wonder of different materials in the 'Challenge of Materials' exhibition at the Science museum.

<https://www.sciencemuseum.org.uk/see-and-do/challenge-materials>

## DO

Carry out some fun chemical reactions in your home and take pictures or videos to share with your teacher or friends:

### Lava lamp

<http://www.sciencekids.co.nz/experiments/easylavalamp.html>

### Invisible ink

<http://www.sciencekids.co.nz/experiments/invisibleink.html>

### Volcano

<http://www.sciencekids.co.nz/experiments/vinegarvolcano.html>

### Moving molecules

<http://www.sciencekids.co.nz/experiments/movingmolecules.html>











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the **Gold Standard** in education