



STRIVE

YEAR 7



Portland Place School

WHY?

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

**STRETCH YOUR
LEARNING
OUTSIDE THE
CLASSROOM**

**BEGIN
THINKING AND
EXPERIMENTING
WITH DIFFERENT
WAYS OF
WORKING**

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



We will give you recommendations based on what you can:

READ



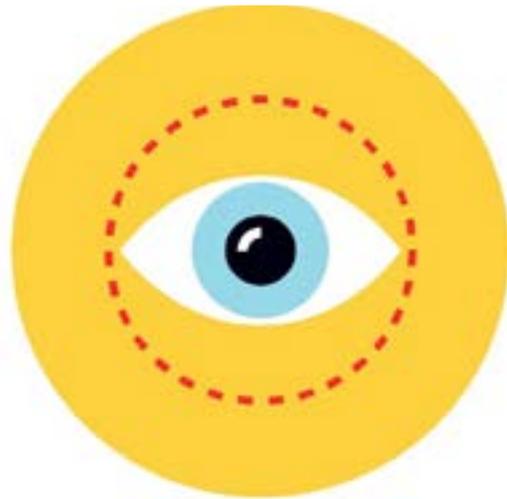
WATCH



LISTEN



SEE



DO



STRIVE

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?'

<https://www.tate.org.uk/kids/explore/who-is/who-pablo-picasso>

WATCH

Bitesize - Pablo Picasso

<https://www.bbc.co.uk/teach/class-clips-video/ks1ks2-art-and-design-pablo-picasso/zr8ccmn>

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

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 participant in a digital society? Do you want to develop your own ideas at a level suitable for your future workplace? A high-quality computing education 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 “someone” could be you!

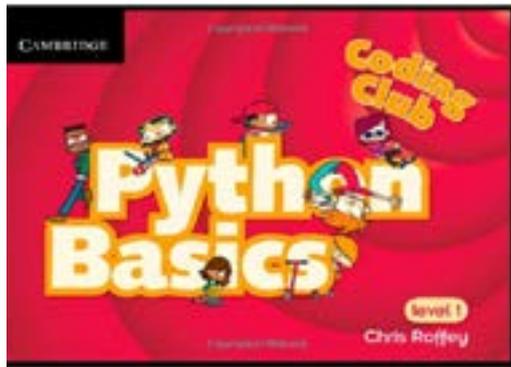
READ

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.

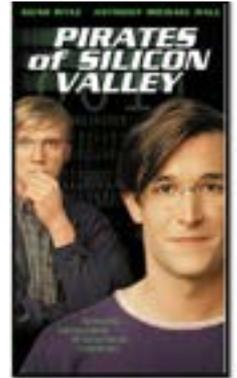
Where to find it: www.amazon.co.uk



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>



WATCH

Films about Computer Science:

- **Pirates of Silicon Valley.** This film provides a biographical peek into the early days of Microsoft and Apple and their founders.
- **TRON.** A hacker trying to prove that several computer programs were stolen gets transported into a computer, where he fights evil forces in an effort to replace them with a system security program.
- **Wargames.** Oops! An unsuspecting computer prodigy accidentally starts World War III when he hacks into a military computer to play a war game. Students can enjoy the ideas of computer control, automation, and the importance of being error free.

DO

Swift Playgrounds “Learn to Code 1”

Download the Swift Playgrounds app on your iPad and enjoy coding!



Playgrounds provides a testing ground that students can use to learn Swift programming. It has the capability of evaluating and displaying the results as they write the code, providing rapid feedback to our young programmers.



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! In addition to the lessons and extracurricular activities the Drama Department offer, 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 how to use the stage in interesting ways! 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 see something different to what you would normally watch. You may like it, or you may not, but everything you see will teach you something about the world of theatre.

READ

How about reading about theatre:

Reviews at Telegraph Culture Theatre

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

Actors biographies

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

WATCH

www.digitaltheatreplus.com has some recorded theatre of excellent quality. Well worth watching from home.

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 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 – Radio 4 interviews with famous and inspirational people.

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

BBC Sounds Drama Podcasts

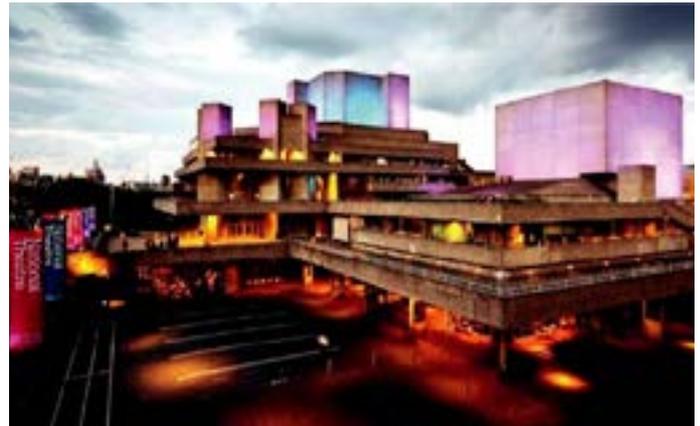
<https://www.bbc.co.uk/sounds/podcasts/drama>

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 drama clubs and workshops wherever possible.

There are so many to choose from all over London.

CLUBS

LAMDA at Portland Place School

email your drama teacher to find out more.

National Youth Theatre

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

Sylvia Young theatre School

<https://www.syts.co.uk/holidays>

Unicorn theatre

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

Stagecoach

<https://www.ukstagecoach.co.uk>

PROJECTS

- Learn a monologue two minutes long – focus on use of voice and movement appropriate for the character. Record it on your iPad.
- 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 PROJECTS

- Frantic Assembly and their style of theatre. How do they make a classic text appropriate for a young audience?
- On Sam Mendes and the comparisons between his film and stage design. Any crossovers between his themes and styles?
- On Bertolt Brecht, playwright and director. What are his theories and ideas and how are they implemented?

DESIGN TECHNOLOGY

SMART MATERIALS

SMART materials seem to be able to react / think in accordance with a stimuli being applied e.g. heat, light, electricity, and sound etc. A lot of everyday standard materials were developed for bigger and greater things. For example, tin foil was developed by NASA as a lightweight insulation material which is now used for cooking. Velcro was discovered by taking inspiration from nature (biochemistry) when someone was walking their dog and discovered a plant had hooked onto the dogs fur.

Task
Your Strive task is to independently research a range of SMART materials. Once you have done this you are to develop design ideas for a product that incorporates one or more SMART material into the design to enhance the products features. For example M&S developed a clothing range for young children that changed colour when it is very sunny / hot so parents know when to apply sun cream.

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
www.creativebloq.com
www.core77.com

WATCH

Watch the following video clips to help develop an understanding of the design task:

https://www.youtube.com/watch?v=zAJS9_Mg5jY
<https://www.youtube.com/watch?v=EikQOrLyc-A>
<https://www.youtube.com/watch?v=gsKWQN0ZdFI>
<https://www.youtube.com/watch?v=qVgpyLVTI9I>

LISTEN

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

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

In 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

DO

- **Mindmap** – This is a brainstorm of your initial thoughts about the project
- **Moodboard** – A collection of images that inspire you. These can include existing products, textures, patterns that interest you
- **Research** – Use primary (research you make yourself) and secondary research (e.g. the internet, books, magazines) to look into the problem you have decided to attempt to solve or improve. Look into more sustainable material and manufacturing processes.
- **Existing Product Analysis** – Designers regularly review existing products using the acronym ACCESS FM
- **Initial Design Ideas** – Develop 4 to 6 initial design ideas. Include annotation such as measurements, materials, and manufacturing processes e.g. laser cutting
- **Development** – This could include basic paper models, use of 3D modelling Tinkercad
- **Evaluation** – Include images of your final product. Link back to the group of people you are designing for and explain how it solves / improves their problem.



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 Byers

Billy Wild by Joanna Nadin

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://www.shakespearesglobe.com/whats-on/>
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!



LISTEN

To an audio book 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&

SEE

The Wallace Collection for incredible interiors and art. Go and do some creative writing!

<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://oldoperatingtheatre.com/>

The British Library to see priceless literary treasures
<https://www.bl.uk/>

Bush Theatre London - <https://www.bushtheatre.co.uk/>



DO

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

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

Attend a live poetry reading in London.

Join the KS3 book club – visit the library for more details.

GEOGRAPHY

READ

Natural Landscapes

<https://www.theguardian.com/environment/2022/jan/13/plants-at-risk-of-extinction-as-climate-crisis-disrupts-animal-migration>

<https://ukcop26.org/pre-cop/youth4climate-2021/>

Human Landscapes

<https://secretldn.com/oxford-street-development-plans/>

<https://www.thegrocer.co.uk/high-street/how-can-we-stop-britains-high-streets-becoming-ghost-towns/654096.article>

WATCH

Indulge in Attenborough: Green Planet

<https://www.bbc.co.uk/programmes/m0013cl7>

Ring of Fire documentary

Insta Environmentalists:

<https://www.instagram.com/gretathunberg/?hl=en>

<https://www.standard.co.uk/escapist/earth-day-environment-influencers-instagram-2020-a4420656.html>

See the world through a different lens:

<https://www.netflix.com/title/80200047>

<https://www.bbc.co.uk/programmes/p02vyxqc>

<https://girlrising.org/documentaries/girl-rising>

SEE

Exhibits at the Natural History Museum- London and Tring:

<https://www.nhm.ac.uk/visit/tring.html>

Buy an OS Map and take an Urban Hike to a different neighbourhood in the city or a different part of the country.

DO

Become a young Environmentalist – join a clean-up or keep a diary of the seasonal species changes in your area.

<https://www.thames21.org.uk/river-foreshore-clean-ups/>
<https://www.wildlondon.org.uk/volunteer-with-us>

Celebrate Earth Day

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

Find out who your local MP is – write to them about environmental issues in your area.

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 – plan a relief strategy.

Make a flip book that tells the reader about a changing location*

Include:

- Geographical location
- Architecture and Infrastructure
- Demography
- Economy

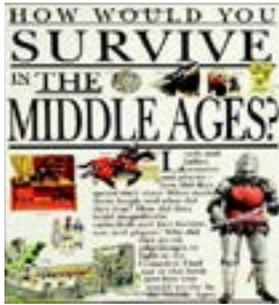
* Use both pictures and brief descriptions

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 by 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=Lu32GrsRJKo>
- A Knight’s Tale
- Richard The Lionheart And Saladin Holy Warriors Documentary

LISTEN

- Stuff You Missed in History Class podcast
- 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 Norman England
- Life in a castle

Design

Your very own castle

HISTORY

THE TUDORS

READ

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

<https://www.historyextra.com/period/tudor/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 by 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) by Susanna Davidson

Dangerous Days in Elizabethan England: Thieves, Tricksters, Bards and Bawds (Dangerous Days 3) by Terry Deary

The Spanish Armada: The Great Enterprise against England 1588 (General Military) by 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

In Our Time

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

Stuff you missed in History Class

<https://open.spotify.com/episode/7GfkLEwqDJCR5zonhg-Z2kN>

Princes in the Tower

<https://www.historyextra.com/tag/princes-in-tower-podcast/>

The Tudors

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

Radio 4 Great lives 'Elizabeth I'

History Extra 'Top Ten Tudor Stories'

Rex Factor - 40. Elizabeth I

The History Chicks - Queen Elizabeth I

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 I made it as number seven 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

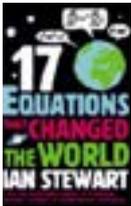
The activities suggested here are just for fun and for those that enjoy solving puzzles, learning some clever tricks, delving deeper into problems and knowing a bit more. Engaging with them can not only help you develop better problem solving skills whilst having some fun, but also to see patterns and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

Simpson book by Simon Singh

Fermat's last theorem by Simon Singh

Number devil - A mathematical Adventure by Hans Magnus Enzensberger

WATCH

Scam School: Magic tricks, bar bets, cheats, cons, pranks & scams at the bar and on the street!

****New Episodes Every Wednesday!****

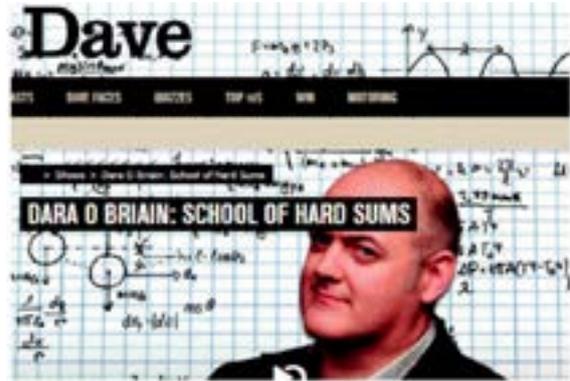
TestTube is a network for the young-at-mind where it's cool to be smart and curiosity is the fuel. We are a digital network, native to the internet where optimism travels, like a virus, at the speed of light. Our hosts are experts, not actors, and our shows are authentic, challenging and irreverent.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

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

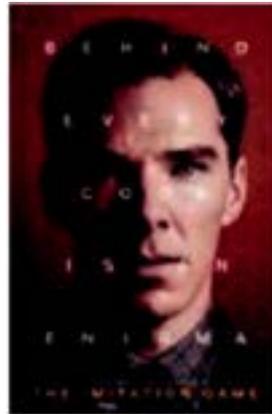
Other YouTube video links:

https://www.youtube.com/watch?v=-wkr_vf18cw

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



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



The Imitation Game

(2014)

Benedict Cumberbatch plays the story about Alan Turing.



A Beautiful Mind

A film from (2002) with Russell Crowe.



The Man who knew infinity
(2015)

Dev Patel plays the brilliant South Indian mathematician Srinivasa Ramanujan.



Good Will Hunting (1998)

with Matt Damon and Robin Williams.

The Beauty and Power of Mathematics
William Tavernetti | TEDxUCDavis

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

LISTEN

A Brief History of Mathematics Podcast

<https://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.

Curious cases of Rutherford and Fry

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.



Maths and Art

<https://tinyurl.com/ycuywo6a>

<https://tinyurl.com/y8xndpjr>

<https://tinyurl.com/ycfk6da7>

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

The murderous Maths website

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/>



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:

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

<https://www.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

Dimensione Suono

www.rds.it

Radio DeeJay

www.deejay.it

Radio Italia

www.radioitalia.it

Radio 1 Rai

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

SEE

Istituto Italiano di Cultura

<https://tinyurl.com/jruaku>

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 and organise a trip!

<https://www.italia.it/en>

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

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 this website and prepare a delicious meal.

www.giallozafferano.it

Watch the Italian news on <https://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
- 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 show 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

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://secretldn.com/kyoto-garden-tranquil-japanese-london/>

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

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/>

DO

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
<https://www.uk.emb-japan.go.jp/JAPANUKEvent/index.html>

CHINESE

By learning Chinese language & 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!

- 活着 (Huózhe) | "To Live"
<https://youtu.be/lyzRpEMnv98>
- 蓝风筝 (Lan fengzheng) | "The Blue Kite"
- 和你在一起 (He ni zai yiqi) | "Together"
- 变脸 (Bian Lian) | "The King of Masks"
- 秋菊打官司 (Qiu Ju da guan si) | "The Story of Qiu Ju"
- 饮食男女 (Yin shi nan nu) | "Eat Drink Man Woman"
- 大红灯笼高高挂 (Da hong deng long gao gao gua) | "Raise the Red Lantern"
- 我的父亲母亲 (Wode fuqin muqin) | "The Road Home"
<https://youtu.be/l-59DSjev4I>

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)

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://www.youtube.com/watch?v=CtDBJHVoGHs>

Classical films:

Крылья, dir. Лариса Шепитько (1966)

Утомлённые солнцем, dir. Никита Михалков (1994)

Кавказский пленник, dir. Сергей Бодров (1996)

Левиафан, dir. Андрей Звягинцев (2014)

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).

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.

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://www.nationalgallery.org.uk/media/15357/trail-spanish-masterpiece.pdf>

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

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

- بدالاً يف لبون ؤزئاج ىلع زئاح - ظوفحم بيجن ؤيثالث
- يملاعلا بدالال نم - ؤنمدو ؤيلك
- ثارت - ؤيلو ؤيل فلأ
- نيسح هط - مايالا

For beginners

- ؤفلتخم تاعبط - احج رداون
- نأرقلا نم صصق

WATCH

You Tube Channels

<https://tinyurl.com/ybwsu6fp>

<https://www.youtube.com/channel/UCe09BMfvorkA6dXgb4huuw>

<https://tinyurl.com/y8ozaxqt> (Egyptian dialect)

<https://tinyurl.com/ybrnum6>

<https://tinyurl.com/ybg7k8f6>

Live TV

<https://www.bbc.com/arabic>
(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

Websites

<https://www.teachalmasdar.com>

<https://bookstolearnarabic.wordpress.com>
(free download)

<https://www.almaany.com>
(translator)

<http://arabalicious.com/index.html>

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>

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/>

MUSIC

DO: 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
 DJing lessons

See Mr Hill or Miss Boyle for an application form.

DO: 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?
Guitar Ensemble	Monday lunchtime 12:50-13:45	Room 2 Mr Hill & Mr McCarthy	Guitars provided!
Percussion Ensemble	Wednesday lunchtime 12:50-13:45	Room 2 Mr Jesson & Mr Morrison	All abilities welcome!
Theory Club	Tuesday & Wednesday lunchtime 12:50-13:45	Room 42 Ms Bottrill	Learn theory from scratch or improve your existing knowledge
PPS Choir	Thursday lunchtime 13:15-13:45	Drama Studio Mr Hill & Miss Boyle	Range of songs and styles.
Year 6 & 7 Choir	Friday lunchtime	Drama Studio Miss Boyle	A varied repertoire of songs.

If you already play an instrument or have singing lessons:

What?	When?	Where?	Other Info?
Woodwind Ensemble	Thursday lunchtime 12:50-13:45	Room 1 Mr Slack	For all woodwind players
Brass Ensemble	Friday lunchtime 12:50-13:45	Room 1 Mr Brown	For all brass players.
Chamber Choir	Monday lunchtime 13:15-13:45 & Thursday after school 16:00-17:00	Room 1 Miss Boyle	For singers – audition required
PPS Strings	Friday lunchtime 12:50-13:45	Room 2 Mr Jenkinson	For all string players
Vocal Coaching	Friday lunchtime 12:45-13:30	Room 44 Ms Ryder	For singers who want to work on individual songs

DO: PERFORM

If you already play an instrument or have singing lessons:

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
Woodwind Ensemble	Monday Lunchtime 12:45-13:30	Room 1 Mr Slack	For all woodwind players.
Brass Ensemble	Thursday lunchtime 12:45-13:30	Room 44 Mr Bentley	For all brass players.
Chamber Choir	Thursday after school 16:00-17:00	Room 44 Mr Bentley	For all brass players
PPS Strings	Friday lunchtime 12:50-13:30	Room 1 Miss Boyle	For all string players
PPS Jazz Band	Friday lunchtime 12:45-13:30	Room 2 Mr Hill	For brass, woodwind and rhythm section (bass, piano, drums, guitar)

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>

- There are numerous magazines, autobiographies, and instructional books out there to be inspired by. Here are some to get you started:
Athletics Weekly available at newsagents or online at: AW - The best coverage of the No.1 Olympic sport (athleticsweekly.com)
- **The First Four Minutes** by Roger Bannister
The story of the greatest athletics feat in history is told by the very man who did it. His quest to run the first sub-four-minute mile is beautifully regaled.
- **Faster than Lightning: My Story** by Usain Bolt
- **Twin Ambitions – My Autobiography**: The story of Team GB's double Olympic champion by Mo Farah
- **Jessica Ennis: Unbelievable – From My Childhood Dreams to Winning Olympic Gold** by Jess Ennis

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 and 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:

BBC Radio Five Live – for all sport.

BBC iPlayer Radio – for all sport 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>

DO: 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!

Open Meetings

During the indoor and outdoor season there are open meetings happening all across London and further afield. These are a great opportunity to achieve a valid competitive time or distance and gain you a national ranking. For details of where to find open meetings throughout the year visit:

Fixtures Lookup (thepowerof10.info)

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>

PE 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.

READ

Books - There are a number of excellent autobiographies that various players, ex-players and managers have written over the years, full of interesting tales from their experiences as a professional player! The majority of well known players and managers have a book so Google your favourite players & managers and get reading (e.g. Alex Ferguson, Roy Keane, Andrea Pirlo, Zlatan Ibrahimovic, Pep Guardiola, etc)

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.

With a new London football stadium at Tottenham, why not take in a stadium tour to get some inside information on how the elite players prepare for a match day in one of the greatest stadiums in the world.

LISTEN

Podcasts – There are some brilliant football podcasts available via different podcast and streaming apps (e.g. Spotify, YouTube, etc). PPS recommendations would include: Sky Sports Football Podcast, The Gary Neville Podcast, The Peter Crouch Podcast, Football Weekly & The Athletic Football Podcast but there are plenty more out there – go and explore!

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.



DO: 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 footballers 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:

<https://www.Englandfootball.com/run/referees>

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:

<https://www.Englandfootball.com/run/coaches>



PE NETBALL

Netball is a fantastic sport played by over 155,000 women every week. It is a 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.englishnetball.co.uk/my-game/schools/>

You can read all about the sport at [England Netball](#) which has links to all facets of the game, including coaching, training and news about the national squads. You can also improve your knowledge of playing skills and tactics by looking at www.sportplan.net and following the link below. This includes coaching videos and many practice drills and activities.

[How To Read The Play Netball Drills.](#)

Sportsplan Videos

Netball (Know the Game) by All England Netball Ass
Netball: Steps to success by Wilma Shakespear

WATCH & VISIT

See a netball match like the Commonwealth Games, Birmingham 2022 - 29 July to 7 August 2022. Team England are defending champions following their triumph on the Gold Coast in 2018. Tickets for current England Netball events can be found here

<https://www.englishnetball.co.uk/tickets/>

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. Some suggestions:

BBC Radio Five Live – for all sport.

BBC iPlayer Radio – Categories Sport

DO: 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:

England Netball | Coaching

<https://www.englishnetball.co.uk/get-involved/coaching/>

Gain a qualification as an official:

<https://www.englishnetball.co.uk/get-involved/officiating>



PE 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

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 tool kit – 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/>

DO: 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/>

DO: 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.



DO: 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/>

PE 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

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 - Brian O'Driscoll - Jonny Wilkinson

Shane Williams - Jonah Lomu - Jason Robinson

Paul O'Connell - Billy Vunipola

WATCH

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.

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

LISTEN

There are many excellent podcasts out there. BBC Radio 5 live - Rugby Union Weekly - Downloads
The Good, The Bad & The Rugby on Apple Podcasts



SEE

As well as the Aviva Premiership in England there are also extremely competitive and entertaining leagues worth watching including: The Guinness PRO14 (Wales, Ireland and Scotland), French Top 14 (France) and Super Rugby (Southern Hemisphere).

<https://www.eticketing.co.uk/rfu>

DO: 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/>

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!

DO: 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 visit:

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

&

<https://www.englandrugby.com/participation/refereeing>

DO: 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.

SCIENCE 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>



SCIENCE 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>

DO

Experiment:

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.html>

Write:

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:

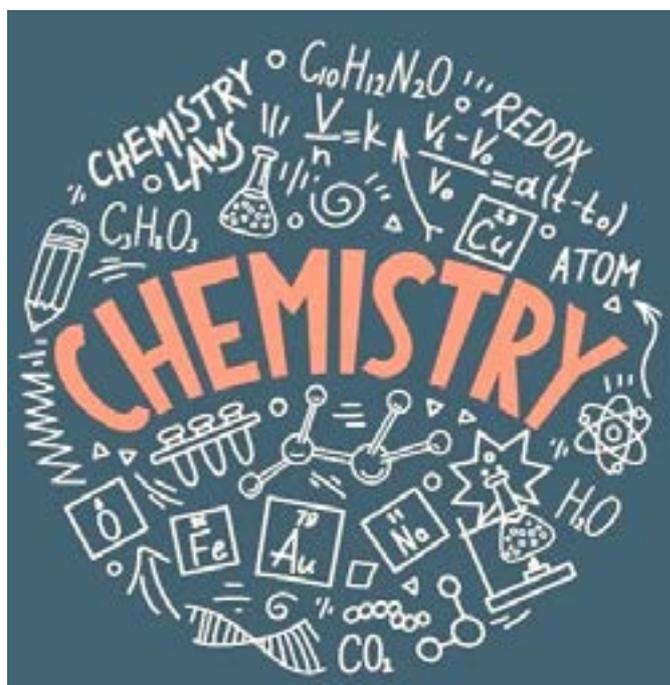
Make an infographic on your chosen chemical topic:

<https://www.acs.org/content/acs/en/education/students/highschool/chemistryclubs.html>

Play:

Interactive games:

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



SCIENCE PHYSICS

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

READ

How to be a scientist by Steve Mould

Super Scientists – 40 inspiring icons by Anne Blanchard

Women in Science: 50 Fearless Pioneers Who Changed the World by Rachel Ignatofsky

Science Lab by Robert Winston

Solids, Liquids, Gases, and Plasma by David A. Adler.

Many kinds of Matter: A look at Solids, Liquids, and Gasses by Jennifer Boothroyd.

Plant Cells Vs Animal Cells by Rebecca Woodbury

What's Alive by Kathleen Weidner

No one is too small to make a difference Greta Thunberg

Greta's story: The school girl who went on strike to save the planet by Valentina Camerini.

Powerful Force (Extreme Science) by John Richards

Forces (Boom Science) By Gorgia Amson-Bradshaw

LISTEN

1. BBC Sounds Free Podcasts
2. Operation Ouch!
3. How to vaccinate the world scientifically
4. 30 animals which made us smarter
5. The infinite monkey cage with Brian Cox and Robin

SEE

8 Experiments You Can Do At Home

<https://www.businessinsider.com/8-awesomely-simple-science-experiments-you-can-do-at-home-2016-7?r=US&IR=T#tornado-in-a-bottle-1>

Science Experiments To Do At Home

<https://www.sciencefun.org/kidszone/experiments/>

23 Easy Science Experiments for Kids You Can Do at Home With Everyday Items.

<https://www.goodhousekeeping.com/life/parenting/g32176446/science-experiments-for-kids/>

WATCH

Hidden Figures - This inspiring true story of African American women at NASA in the 1950s and '60s helps shine a light on the need for humans even as technology continues to automate.

Underwater Dreams - An underdog tale, this documentary tells the story of a robotics team from a lower-income high school that took on university teams -- including MIT -- in an underwater robotics competition.

Ted Talk – The Wacky History of Cell Theory – Lauren Royal-Woods

<https://www.youtube.com/watch?v=4OpByIwH9DU>

Ted Talk – The Science of Cells That Never Get Old – Elizabeth Blackburn

<https://www.youtube.com/watch?v=2wseM6wWd74>

Ted Talk – Can we solve global warming? Sean Davis

https://www.youtube.com/watch?v=08z_xW-szwM

Easy on the eye:



DO

The Science Museum, London

<https://www.sciencemuseum.org.uk/home>

Natural History Museum, London

<https://www.nhm.ac.uk/>

The Old Operating Theatre

<https://oldoperatingtheatre.com/>

Royal Observatory Greenwich, London

<https://www.visitlondon.com/things-to-do/place/3967238-peter-harrison-planetarium>

National Space Centre, Leicester

<https://spacecentre.co.uk/>

We the curious, Bristol

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

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



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