



# STRIVE

YEAR 9



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



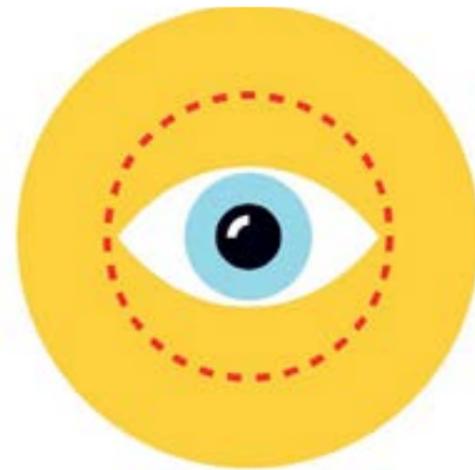
## WATCH



## 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.

### CONTENTS:

ART	6
COMPUTER SCIENCE	7
DRAMA	8
DESIGN TECHNOLOGY	9
ENGLISH	10
GEOGRAPHY	11
HISTORY: WORLD WAR I	12
HISTORY: WORLD WAR II	13
HISTORY: HOLOCAUST & COLD WAR	14
HISTORY: CIVIL RIGHTS	15
MATHEMATICS	16
MODERN FOREIGN LANGUAGES:	18
FRENCH	18
JAPANESE	20
CHINESE	21
RUSSIAN	22
SPANISH	23
ARABIC	25
MUSIC	26
PE:	
ATHLETICS	28
FOOTBALL	29
NETBALL	30
ROUNDERS	31
RUGBY	32
SCIENCE:	33
BIOLOGY	34
CHEMISTRY	35
PHYSICS	36
NOTES ON EXCITING DISCOVERIES	37

# 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?

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

ROA - Street Art

ROA - Urban Blog

ROA 'Cataclysm' Exhibition in Antwerp, Belgium

Magic City - The Art of the Street | Interview #19

[Urban Jungle feat. ROA - edit for Paris/NY/London/LA](http://UrbanJungle.com/feat-ROA-edit-for-Paris/NY/London/LA)

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

<https://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

<https://news.stlpublicradio.org/show/st-louis-on-the-air/2016-01-26/is-graffiti-art-and-what-is-the-difference-between-murals-and-legal-illegal-graffiti-in-st-louis>



## SEE

[ROA Street Art Tours in Shoreditch London](http://ROAStreetArtTours.com)

# COMPUTER SCIENCE

We have grown up in a world where technology is constantly evolving, creating new fields to explore and changing the way we work in every area from engineering and medicine to economics, fashion or design. Whatever your career plans, Computer Science is vital to develop your grasp of these ideas and concepts that will shape our world.

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 with limited exposure to Python.

Where to find it:

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

## WATCH

Films about Computer Science:

- Programming:  
**The Social Network (2010)**  
Harvard student Mark Zuckerberg creates the social networking site. That would become known as Facebook but is later sued by two brothers who claimed he stole their idea, and the co-founder who was later squeezed out of the business.
- Computers:  
**The Imitation Game (2014)**  
During World War II, the English mathematical genius Alan Turing tries to crack the German Enigma code with help from fellow mathematicians.
- Hackers:  
**Pulse (2006)**  
When their computer hacker friend accidentally channels a mysterious wireless signal, a group of co-eds rally to stop a terrifying evil from taking over the world

## 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/>

## LISTEN

BBC Radio 4 – Computing Britain

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

## DO

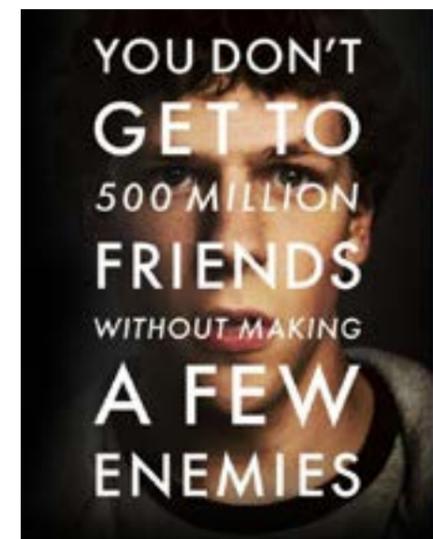
**Raspberry Pi Project:**

<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! 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](http://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 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 – 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

contact your drama teacher for more details.

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.stagecoach.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 Mendez 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

## Inclusive Design

Inclusive design is where you design to include a range of different people with varying needs. This can include physical disabilities such as partially sighted, unable to use limbs etc. The aim is to design a product that all different people can access and use.

## Iterative Design

The iterative design process is when you develop several versions and keep improving your ideas. A good example is Sir James Dyson took 5127 prototypes and 15 years to develop the world's first vacuum cleaner.

## 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.creativeblog.com](http://www.creativeblog.com)

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

## WATCH

[Big Life Fix: Getting Graham back on the slopes - BBC Stories - YouTube](#)

[Big Life Fix: Helping Kyle achieve his hairdressing dream - BBC Stories - YouTube](#)

[How Josh finally got to play with his friends - BBC Stories - YouTube](#)

[The man who could die from daylight - BBC Stories - YouTube](#)

## 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 **Thread Cult** episodes, 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

### TASK

Your strive task is to research and identify a group of people with a specific need. Look for a problem they are currently facing and develop a design solution to help solve / or improve their current situation. The BBC big life fix documentary is a good starting base for inspiration.

**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

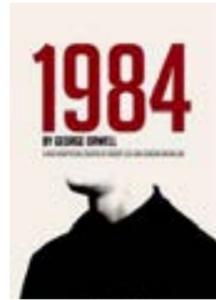
*"You develop the insight of an artist, the analytical precision of a scientist and the persuasiveness of a lawyer."*

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



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!

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

## SEE

The British Museum

Visit and dive into poetry led events at the Southbank:  
<https://southbankpoetry.co.uk/>

Attend a National Theatre adaptation:

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

Visit The Globe and check out their brilliant productions  
<https://www.shakespearesglobe.com/whats-on/>

Are there any similarities between comedies and tragedies?

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/>

**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 Needs to Address now

[https://www.youtube.com/watch?v=ofsncCF9O\\_U](https://www.youtube.com/watch?v=ofsncCF9O_U)

**Middle East**

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

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>

**Middle East**

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

A non-profit art gallery & bookshop supporting and promoting contemporary Arab culture in London.

## 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 powerpoint 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?

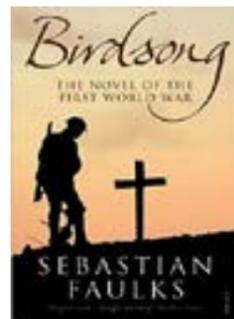
Do you think more effective help can be given? What should this be?

# HISTORY

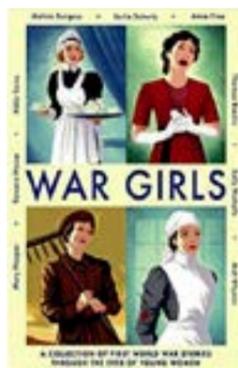
## WORLD WAR I

### READ

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

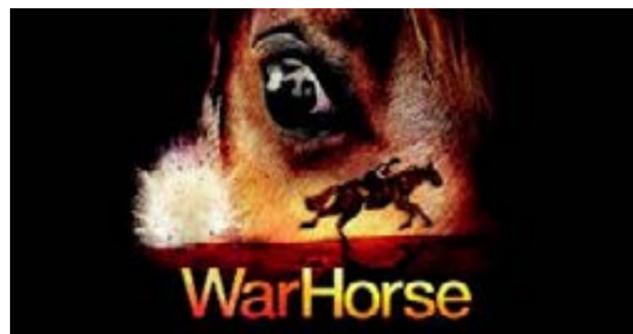


- **True Stories from World War I** by Peter Hepplewhite
- **War girls** by Adele Geras
- **Stories of World War One** by Tony Bradman
- **1914-18 Voices and Images of the Great War** by Lyn Macdonald
- **All Quiet on the Western Front** by Erich Maria Remarque



### 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>

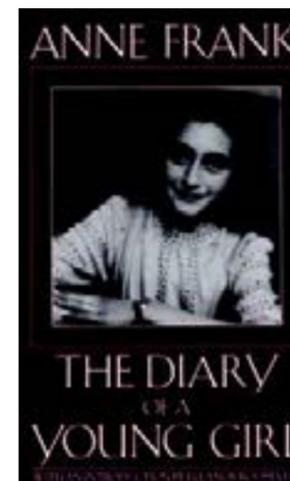
<https://www.bl.uk/world-war-one/themes/life-as-a-soldier#>

# HISTORY

## WORLD WAR II

### READ

- **Fatherland** by Robert Harris
- **Charlotte Gray** by Sebastian Faulks
- **The Reader** by Bernhard Schlink
- **Carries War** by Nina Bawden
- **When Hitler stole Pink Rabbit** by Judith Kerr
- **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 1939-1945** by A Calder
- **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



### 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



### LISTEN

- Letters from War Podcast
- The war/ PBS
- The History of WW11 Podcast
- The WW2 Podcast
- Escaping the Blitz
- D-Day

### SEE

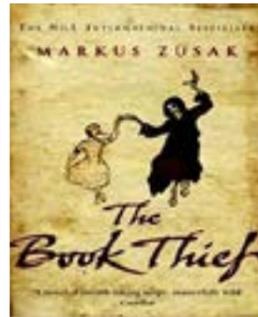
- Imperial War Museum
- Churchills War Room
- National Army Museum
- Battle of Britain Museum, Kent
- Bletchley Park Museum

# HISTORY

## THE HOLOCAUST

### READ

- The Boy in the Striped Pyjamas** by J. Boyne
- Goodbye to Berli** by C. Isherwood
- Alone in Berlin**, by H. Fallada
- The Kindly Ones** by J. Littell
- The Book Thief** by M Zusak
- 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/online-calendar/event/mafrstprgor0422>

### SEE

- Imperial War Museum
- The Jewish Museum
- The National Holocaust Centre and Museum  
<https://www.holocaust.org.uk/>

# 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** 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>
- <https://www.johndclare.net/GilesHillPodcasts.htm>
- LBJ's War
- Stuff you missed in History class - podcast

### 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

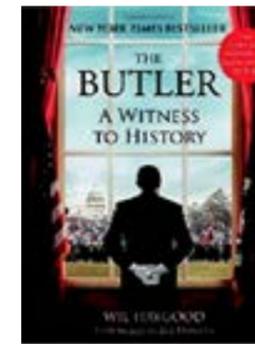
**Freedom's Daughters** by Lynne Olson

**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

**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

### 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?

### 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 Clif: 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://podcasts.apple.com/gb/podcast/stuff-you-missed-in-history-class/id283605519>

Black History / Civil Rights

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

### SEE

- Black Cultural Archives
- Black History Walks



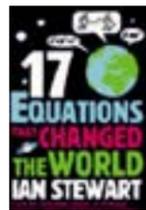
# MATHEMATICS

## 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



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.

## 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>

# MATHEMATICS

## LISTEN

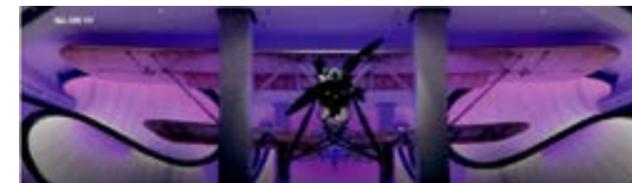
A Brief History of Mathematics  
<https://www.bbc.co.uk/programmes/b00srz5b>

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/p057wxw1>

Nrich – What if? problems

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

Solve a Rubik's cube

# 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.

## FRENCH

### 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?

# JAPANESE

## READ

(Free Japanese learning sites)

- Erin's Challenge, I can speak Japanese  
<https://www.erin.ne.jp/en/>
- Japanese in Anime & Manga  
<https://anime-manga.jp/en/>
- 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](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-59DSjev4l>

## LISTEN

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

**Learning apps:**

Top Crossing 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)**

## LISTEN

<https://www.russianartandculture.com/>  
Podcasts

<https://www.grad-london.com/explore/>  
Exhibition Audioguide

## SEE

Events:

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

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

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

## DO

Visit:

<https://www.dorichhousemuseum.org.uk/>

# 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

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.



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. Reinas
10. Even 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

# SPANISH

## LISTEN

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

Songs for beginners:  
Bebe 'La tierra tiene fiebre' 'Malo'



## SEE

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

London:  
Instituto Cervantes  
(15-19 Devereux Ct, London WC2R 3JJ)  
Canning House  
(14-15 Belgrave Square, Belgravia, London SW1X 8PS)  
National Gallery, Spanish masterpieces trail:  
[https://www.nationalgallery.org.uk/media/15357/trail\\_spanish-masterpiece.pdf](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

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

- بدلاً يف لبون قزئاج ىلع زئاح - ظوفحم بيجن قيثالث
- يملاعلا بدالال نم - قنمدو قئيلك
- شارث - قئيلو قئيل فلأ
- نيسح هط - مايال

### For beginners

- قفلتخم تاعبط - احج رداون
- نأرقلا نم صصرق

## WATCH

### You Tube Channels

<https://www.youtube.com/channel/UCe09BMfvorkA6dXgb4huu>

<https://tinyurl.com/ybrnums6>

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

### If you already play an instrument or have singing lessons:

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

## DO: 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.

### These groups are open to everyone

What?	When?	Where?	Other Info?
<b>Rock Band</b>	Monday lunchtime 12:45-13:30	Room 2 Mr Hill	Open to all guitarists (bass and electric), keyboard players and drummers
<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.

# 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 (<https://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** – <https://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 (<https://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  
<https://www.uka.org.uk/officials/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 football stadium being built in London 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:  
<https://www.Englandfootball.com/play/youth-football>

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: <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>

<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](http://www.sportplan.net) and following the link below. This includes coaching videos and many practice drills and activities.

Netball Drills - Sportsplan Videos.

<https://www.sportplan.net/s/Netball/how-to-read-the-play.jsp>

**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/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?
<b>MSPQQ Netball League (U13, U15, U17)</b>	Autumn/ Winter Term
<b>Westminster Netball League (U12 – U16)</b>	Autumn/ Winter Term
<b>Westminster Netball Tournament (U12 – U16)</b>	Autumn/ Winter Term
<b>FHS Netball Tournament (U13 and U15)</b>	Autumn Term
<b>ISA London North Netball Championships</b>	Winter Term
<b>ISA National Netball Championships</b>	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://www.roundersengland.co.uk/members-club/become-a-fan/>

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:**

<https://www.roundersengland.co.uk/learn/coaching/>

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:**

<https://www.roundersengland.co.uk/learn/umpiring/>

# 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: Guinness Pro 14 (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

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

- **A Kids' guide to the Periodic Table: Everything you need to know about the elements** by Edward P Zovinka and Rose A Clark
- **Top Trumps Chemistry Elements Cards** by Royal Society of Chemistry
- **Lift the flap periodic table** by Alice James
- **The element in the room: investigating the atomic ingredients that make up your home** by Mike Barfield
- **A really short History of Nearly Everything** by Bill Bryson
- **Plant Cells Vs Animal Cells** by Rebecca Woodbury
- **What's Alive** by Kathleen Weidner
- **Biology through a microscope** by Chris Hallski
- **The world of the microscope**
- **A Beginner's Guide to Electricity and Magnetism**
- **Charging about: The story of electricity** by Jacqui Bailey
- **No one is too small to make a difference** by Greta Thunberg
- **Greta's story: The school girl who went on strike to save the planet** by Valentina Camerini

## WATCH

Horizon BBC  
<https://www.bbc.co.uk/programmes/b006mgxf>  
Jimmy's Food Factory  
<https://www.bbc.co.uk/programmes/b00vt0sj>  
How to build BBC TWO  
Dara O Brian's Science Club  
<https://www.bbc.co.uk/programmes/b037mkj3>  
A documentary about elements and the periodic table:  
<https://www.youtube.com/watch?v=C35y2dC85O8>  
Ted Talk – The Wacky History of Cell Theory – Lauren Royal-Woods  
<https://www.youtube.com/watch?v=4OpBylwH9DU>  
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? By Sean Davis  
[https://www.youtube.com/watch?v=08z\\_xV-szwM](https://www.youtube.com/watch?v=08z_xV-szwM)  
Ted Talk – How atoms bond – By George Zaidan and Charles Morton  
<https://www.youtube.com/watch?v=NgD9yHSJ29I>

## LISTEN

To a podcast on the elements:  
<http://www.rsc.org/periodic-table/podcast>

People fixing the world.

Operation Ouch!

Scientifically

The infinite monkey cage with Brian Cox and Robin Ince.

Chemistry of your life podcast – Spotify

C&EN'S Stereo Chemistry Podcast – Spotify

## SEE

**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>

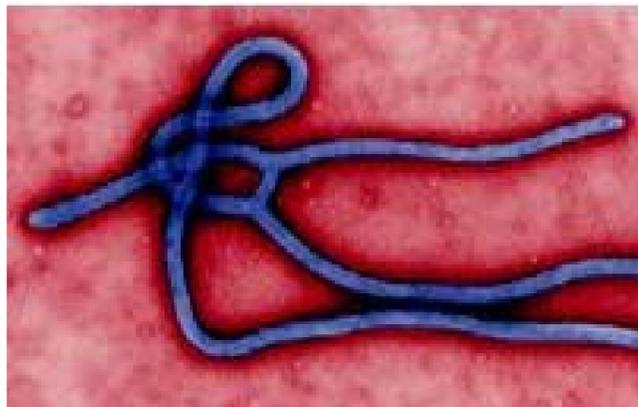
**National Space Centre, Leicester**  
<https://spacecentre.co.uk/>

**We the Curious, Bristol**  
<https://www.wethecurious.org/>

## DO

Magnet Academy  
<https://nationalmaglab.org/education/magnet-academy/try-at-home>  
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/>

# SCIENCE 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)  
'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>

## 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:

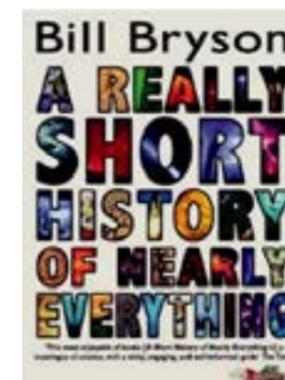
<http://www.edenproject.com/>

## 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/>

# SCIENCE 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>

## 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

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/whats-chemistry/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!

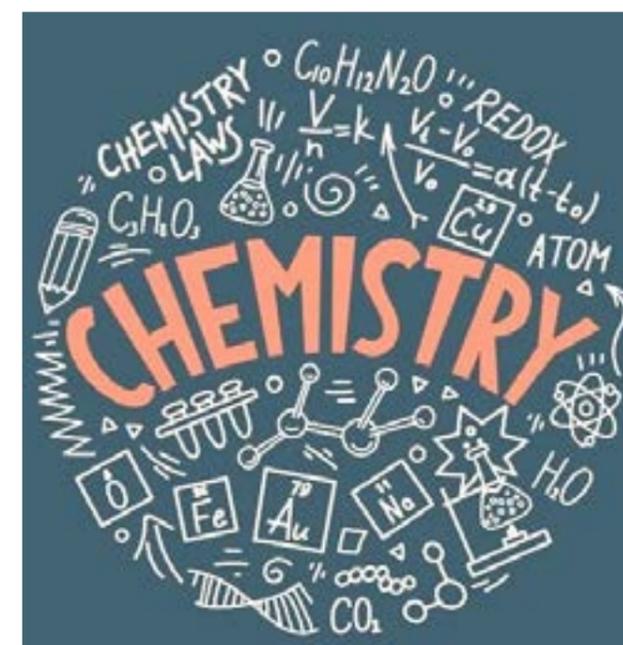
Lava lamp  
<http://www.sciencekids.co.nz/experiments/easylavalamp.html>

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>

Atomis (app store)  
A fun way of memorising the periodic table









Portland Place School

56-58 Portland Place,  
London  
W1B 1NJ

020 7307 8700  
[admin@portland-place.co.uk](mailto:admin@portland-place.co.uk)  
[www.portland-place.co.uk](http://www.portland-place.co.uk)

**α+** Alpha Plus  
group

the Gold Standard in education

Portland Place School is part of the Alpha Plus Group of Schools and Colleges