

Year 10 Super-curricular activities



Name:

Tutor group:

Learning doesn't stop at the classroom door and can be very rewarding. You may choose to complete some of the optional activities in this booklet to extend your classroom learning (they're called 'super-curricular' activities).

These tasks are particularly helpful for extending and developing your understanding of your GCSE subjects. They may also inspire you to find out more and help you with your pathway decisions after GCSE.

Biology

During Year 10 in Biology you will learn about a range of topics including Infection and response, human interaction with the environment, the nervous system and the endocrine system. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- Research climate change. You could use some of the following articles from the Natural history museum or other sources. <https://www.nhm.ac.uk/discover/climate-change.html>
- Research a communicable disease and make a leaflet which provides information on causes, symptoms and treatments.
- Get a head start and use BBC bitesize to read about some of the topics you will be covering this year.

WATCH/LISTEN



- David Attenborough's speech at COP26 summit.
- Alex Jones: fertility and me.

Our Planet
My Witness Statement and
a Vision for the Future

David
Attenborough



READ

- The Biology Book: Big ideas simply explained.
- The Human Body Book - Richard Walker
- A life on our planet: My witness statement and a vision for the future - David Attenborough.

VISIT



- The Thackray Museum of Medicine.
- Take a virtual tour of The Science museum.

Business

During Year 10 in Business you will learn and develop a wide range of skills in the field of Business. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



Research what makes a good business idea, What is the role of a Business, Why do Businesses fail?

- Research a successful Business/Entrepreneur. Why are they successful?
- Get a head start and use BBC bitesize to read about some of the topics you will be covering this year.

WATCH/LISTEN



The Apprentice

- Dragons Den
- Inside the factory
- To help gain an insight into the dynamic world of Business

READ



- "Zero to One: Notes on Startups, or How to Build the Future" by Peter Thiel
- "The Lean Startup: How Today's Entrepreneurs Use Continuous Innovation to Create Radically Successful Businesses" by Eric Ries

VISIT



- The Alton Towers Visitor Centre
- Meadowhall Shopping Centre
- The Coca Cola Factory
- Cadbury World

Chemistry

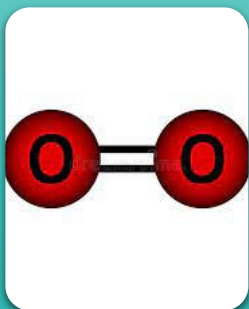
During Year 10 in Chemistry you will learn about a range of topics including Structure and Bonding, Controlling Reactions, Equilibria and Making Substances. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



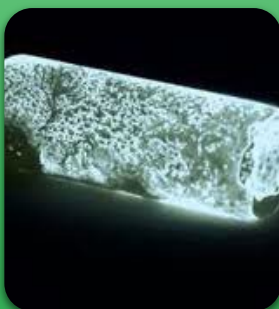
- Research an unknown scientist from the website <https://www.sutori.com/story/history-of-the-periodic-table-timeline--BqQECxPomTF3kTiAdpVakBjj>.
- Choose several ordinary items and explain what they are made of and how the bonding of that material helps the object to do its job.

WATCH/LISTEN



- This programme through BBC iPlayer.
- <https://www.bbc.co.uk/programmes/b08y016t>
- Dip in to some new Chemistry topics using <https://www.sciencedaily.com/>

READ



- This article from the New Scientist magazine <https://www.newscientist.com/article/mg24933180-600-were-running-out-of-lithium-for-batteries-can-we-use-saltinstead/>.
- Theo Grays Mad Science Experiments you could do at home but probably shouldn't
- The 13th element: The Sordid Tale of Murder, Fire and Phosphorus by John Emsley
- The Alchemy of Air: A Jewish genius a doomed Tycoon and the Scientific discovery that fed the word but Fueled the rise of Hitler by Thomas Hager

VISIT



- Make a virtual visit to the Science Museum and explore some of the objects and stories such as this <https://www.sciencemuseum.org.uk/objects-and-stories/everyday-wonders/building-modern-world-concrete-and-our-environment>.

Visual Arts and Expressive Arts

During Year 10 you will learn and develop a wide range of skills in your chosen art form. You may choose to complete some of the activities listed below to extend upon your classroom learning.



DO

Get involved in the extra-curricular dance activities or work with Miss Crossley to run your own club for key stage 3 students.

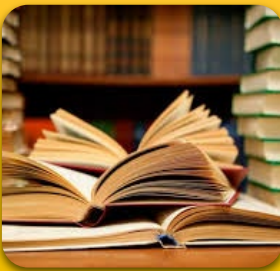
Practise drawing from *real* objects and people to refine your observational skills.



WATCH/LISTEN

Listen to 'The Dance Room' on apple podcasts.

Look up the Modern Masters episodes on Youtube and learn about one of the greats.



READ

Read the 'The Dancers' Study Guide' by Anthony King.

Read about a new artist or style. Start by browsing <https://www.tate.org.uk/kids/explore> and then let yourself go down a research wormhole!



VISIT

Local theatres to watch live dance performances or get involved in dance classes and workshops.

Local galleries and create drawings of your favourite pieces of art. Try Nottingham Contemporary or Lincoln Usher.

Creative iMedia

During Year 10 in Creative iMedia you will learn about visual identity and how to develop digital products. You will develop your graphic editing and animation skills. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



Practice your graphic editing skills using Inkscape which you can download for free from <https://inkscape.org/>

Practice your photo editing skills using Photopea
<https://www.photopea.com/>

Find tutorials for both on Youtube.

WATCH/LISTEN



- Find Nemo, Dory and Woody in this tour of the Pixar Studio in Emeryville, California <https://www.youtube.com/watch?v=cV3HcxiHwrY>
- Watch Abstract:The Art of Design - learn how design impacts every aspect of life
- <https://www.youtube.com/watch?v=LCfBYE97rFk>

READ



VISIT



- Visit the Emmerdale Set and learn how they turn script into screen.

Design & Technology

During Year 10 in Design & Technology you will learn, develop and refine a wide range of practical and design skills. Furthermore you will deepen your knowledge and understanding of the designed world. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



Create a plasticine model of a game or cartoon character.
Can you adapt the model using the scamper ideation technique?
Get some feedback from others...

. https://www.mindtools.com/pages/article/newCT_02.htm

WATCH/LISTEN



- Watch the video on how industrail steel rope is made.
- https://www.youtube.com/watch?v=s6gV_oW4P6U
- Create a presentation to showcase what you have learned.
- What proesses are involved? Where is industrail rope used?

READ



- Read through the booklet of inspirational designers on technology students website.
- Write a blog style post describing which designers have inspired you the most.
- https://www.technologystudent.com/pdf15/designers_booklet3.pdf

VISIT



- Visit the wensleydale creamery to taste a range of craft cheeses as well as learning how cheese is made.
- <https://www.wensleydale.co.uk/visit-us-i31>

English

You will be studying specific texts in the English Literature and English Language courses, so it is really helpful to broaden your experience of the subjects. These activities will peak your curiosity, as well as giving you greater knowledge of social and historical contexts and more practice of key skills.

DO



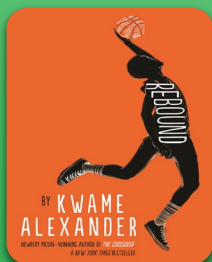
- Participate in the BBC Young Reporter initiative:
<https://www.bbc.co.uk/teach/young-reporter>
- Keep a list of questions you would like to have answered
- Play word and spelling game, such as at this site
https://www.spellzone.com/word_lists/games-199188.htm
- Write your own poems to express your thoughts and feelings

WATCH/LISTEN



- Listen to 'Books and Authors' BBC podcast
- Watch the TED Talk 'The Genius Puppetry Behind 'War Horse''
- Watch YouTube videos on the history of the English language
<https://www.youtube.com/watch?v=H3r9bOkYW9s>
- Watch videos on the history of English Literature
<https://www.youtube.com/watch?v=eU9pshEkwVE>

READ



- Read books suggested on the 'School Reading List' for Yr10 students: <https://schoolreadinglist.co.uk/reading-lists-for-ks4-school-pupils/suggested-reading-list-year-10-pupils-ks4-age-14-15/>
- Read news stories relevant to teenagers:
<https://www.independent.co.uk/topic/teenagers>
- Read non-fiction books, suggested in this list:
<https://www.readbrightly.com/nonfiction-books-for-teens/>

VISIT



- Visit Southwell Workhouse to discover more about nineteenth century life and gain knowledge of historical context for texts you will read
- Visit Bromley House library in Nottingham
- Visit local libraries, such as in Retford, Worksop, Newark and Lincoln

French

Throughout Y10 we nurture student' knowledge of the exciting world of French or speaking countries, exploring their customs and festivals and their way of life. You learn how to sound like a native and by the end of the year you will be able to talk about a multitude of real-life topics and themes with fluency! We promote the skills of listening, speaking, reading, writing and translation. We practise these skills by studying topics on my world, school and free time, global and social issues, and future ambitions. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- An app that allows you to learn languages using games <https://www.duolingo.com>
- Start learning today with flashcards, games and learning tools www.quizlet.com or create your own Blooket using AVOCADO words!
- Complete a task from our cultural menu set for homework.
- Use Memrise - practise a language using video clips of native speakers and fun games.

WATCH/LISTEN



- You can watch any film or a series you already know in the language you study with subtitles. www.languagelearningwithnetflix.com/
- Follow some YouTubers who talk about French.
- Watch a Disney song in the language you are studying.
- HelloTalk connects you to people who speak the language you want to learn.
- Watch "News in Slow French" online

READ



- Choose a book from this list to discover new literature from a new culture matadornetwork.com/read/8-foreign-language-books-every-english-speaker-needs-read/
- Read a foreign newspaper, eg Le Monde
- Visit this website to practise reading skills www.atantot-extra.co.uk/index.php
- Use spreeder.com to type in a foreign text and outwit the reader - so much fun against the clock!!!

VISIT



- Visit music/dance festivals in Leeds to discover other cultures and traditions. (This is linked to activities suggested by CEA.)
- Visit a Christmas market either in the UK or abroad and look for foreign cuisine and influences.
- Visit Paris, Madrid or Berlin - actually or virtually!
- Visit historical sites when on holiday to know more about the culture.

Geography

During Year 10 in Geography you will learn about a range of topics including the Changing Economic World, Resource Management : Energy, The Living World & Coasts. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



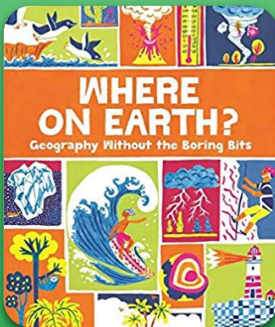
- Make a coastal model of the beach and include the processes and ways in which it maybe managed
- Use Google Earth to investigate the city of Lagos. Explore the streetview (check out the area they've reclaimed from the ocean)
- Sketch out all the components of the ecosystem in your garden or a nearby park.

WATCH/LISTEN



- Watch Planet Earth - Jungles and Planet Earth - Deserts to explore both the tropical rainforest and hot deserts biomes
- Take a look at the BBC documentary called "The Fifteen Billion Pound Railway" to investigate the new tube line in London
- Listen to the National Trusts' "50% renewable podcast series" - 5 episodes charting the progress being made regards green energy

READ



- There is No Planet B by Mike Berners-Lee
- Nigeria: What Everyone Needs to Know by John Campbell
- North & South: Britain's Economic, Social and Political Divide by David Smith
- Stand up and Whistle by Phyllis Perry
- Clifftoppers by Fleur Hitchcock

VISIT



- Any coastal area to see the features that exist there and the dominant processes acting to cause this. The Holderness coast and the Jurassic coast are two particular intriguing places
- Take a trip to resevoir like Ladybower in the Peak District or Carsington Water or even Rutland Water
- Any area of outstanding natural beauty in the UK. Male sure to enjoy the environment, considering all of its flora and fauna.

German

Throughout Y10 we nurture student' knowledge of the exciting world of German or speaking countries, exploring their customs and festivals and their way of life. You learn how to sound like a native and by the end of the year you will be able to talk about a multitude of real-life topics and themes with fluency! We promote the skills of listening, speaking, reading, writing and translation. We practise these skills by studying topics on my world, school and free time, global and social issues, and future ambitions. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- An app that allows you to learn languages using games <https://www.duolingo.com>
- Start learning today with flashcards, games and learning tools www.quizlet.com or create your own Blooket using AVOCADO words!
- Complete a task from our cultural menu set for homework.
- Use Memrise - practise a language using video clips of native speakers and fun games.

WATCH/LISTEN



- You can watch any film or a series you already know in the language you study with subtitles. www.languagelearningwithnetflix.com/
- Follow some YouTubers who talk about German.
- Watch a Disney song in the language you are studying.
- HelloTalk connects you to people who speak the language you want to learn.
- Watch "News in Slow German" online

READ



- Choose a book from this list to discover new literature from a new culture matadornetwork.com/read/8-foreign-language-books-every-english-speaker-needs-read/
- Read a foreign newspaper, eg DW.com
- Use spreeder.com to type in a foreign text and outwit the reader - so much fun against the clock!!!

VISIT



- Visit music/dance festivals in Leeds to discover other cultures and traditions. (This is linked to activities suggested by CEA.)
- Visit a Christmas market either in the UK or abroad and look for foreign cuisine and influences.
- Visit Berlin - actually or virtually!
- Visit historical sites when on holiday to know more about the culture.

History

During Year 10 in History you will learn about a range of topics including the American West and Anglo Saxon and Norman England. You may choose to complete some of the activities listed below to extend upon your classroom learning.

Don't forget to look at the super curricular display in the bridge for some extra meanwhile elsewhere activities!

DO



- Find a song about the Wild West and rewrite the lyrics to cover the key elements of the American West that you are least confident on. Why not film it and put in on Tiktok?
- Make a model of the OK Corral saloon, around it write down all of the facts about crime in the American West.
- Create an Anglo Saxon outfit based on the life of a slave/gebur/ceorl/peasant/thegn/earl

WATCH/LISTEN



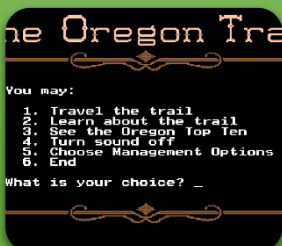
- Dances With Wolves, the Revenent, Tombstone are all great for understanding about life in the American West
- For Anglo Saxons: BBC class learning clips
- The Normans by Robert Bartlett. It is a three episode series that includes lots of brilliant pieces of information
- Look at the History flix sheets in your history class room. They include some great ideas for podcasts that you could listen to to help you.

READ



- There are lots of great books that support your learning in your history reading learning journey. This is in the front of your history book. Pick out a mixture of fiction and non fiction to really enhance your knowledge.
- Bury my Heart at wounded Knee is superb book for learning all about the American West
- Whilst the Norman the Norman series is a really fun way to engage your brain with the changes William made to England.

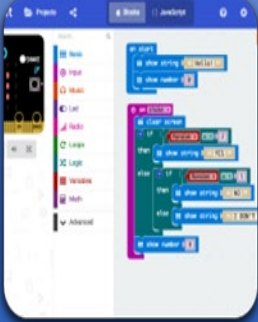
VISIT



- America would be a fantastic place to visit to support your GCSE history, however it is perhaps unrealistic to expect you to go. As such, many of the museums in America have made virtual tours available.
- For Anglo Saxon and Norman England you could go to : the collection in Lincoln, Jorvik - the Viking Museum, Castle Hill Motte and Bailey Castle in Wood Walton Cambridgeshire.

ICT

During Year 10 in ICT you will learn about user interface design principals and project planning techniques. You will also explore effective Digital Working Practices. You may choose to complete some of the activities listed below to extend upon your classroom learning.



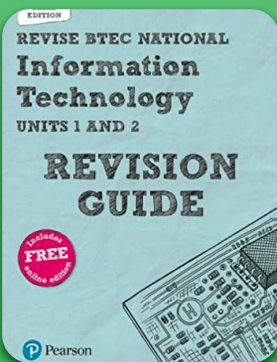
DO

- Research how to design an efficient user interface.
- Find out how modern teams use technology to work together more efficiently
- Investigate the Computer Misuse and Data Protection Acts.



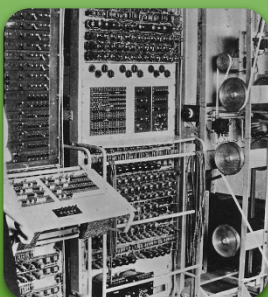
WATCH/LISTEN

- 12 Monkeys
- The Social Network
- Ex Machina
- TRON
- Enigma



READ

- **How to Speak Tech: The Non-Techie's Guide to Key Technology Concepts** by Vinay Trivedi
- **Pearson REVISE BTEC National Information Technology Revision Guide 3rd edition: for home learning, 2022 and 2023 assessments and exams (REVISE BTEC Nationals in IT)** by Ian Bruce
- **REVISE BTEC NATIONAL Information Technology: REVISION WORKBOOK** by Daniel Richardson



VISIT

- Bletchley Park
- PC World
- Academy open days

Mathematics

During Year 10 in Mathematics you will learn about a range of topics and how to apply these to problem solving. You may choose to complete some of the activities listed below to extend upon your classroom learning.



DO

- Have a go at the numerical equivalent of wordle! Can you guess the calculation in 6 attempts? <https://nerdlegame.com/>
- How about a game of Yahtzee? A dice game that involves lots of luck, but you can also make strategic mathematical choices. It's not how you bowl, it's how you roll!



WATCH/LISTEN

- The film '**x+y**': A socially awkward teenage math prodigy finds new confidence and new friendships when he lands a spot on the British squad at the International Mathematics Olympiad.
- '**The Theory of Everything**' is a 2014 biographical romantic drama film directed by James Marsh. Set at the University of Cambridge, it details the amazing life of the theoretical physicist Stephen Hawking.



READ

- **Chaos** by James Gleick: Chaos is what happens when the behaviour of a system gets too complicated to predict; the most familiar example is the weather, which apparently cannot be forecast accurately more than five days ahead.
- **Euclid's Window: The Story of Geometry from Parallel Lines to Hyperspace** by Leonard Mlodinow: Anyone who thought geometry was boring or dry should prepare to be amazed.



VISIT

Magna Science Adventure Centre - Rotherham. A fantastic day out, Magna Science Adventure Centre is a hands-on experience packed with interactive exhibits. Explore the wonders of science and technology in our four pavilions – Air, Earth, Fire and Water.

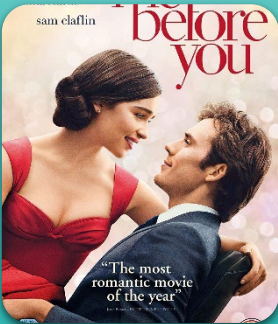
Philosophy and Ethics

During Year 10 in Philosophy and Ethics you will learn about a range of topics. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- Write a letter to a Christian about an area of their beliefs. Bring it to your Philosophy and Ethics teacher so that it can be sent!
- Look into a war other than the ones you have studied in class. Do you think that the war was justified? Would Thomas Aquinas?



WATCH/LISTEN

- Listen to a podcast by Panpsycast. Possibly Episode 9 about the Cosmological Argument.
- Watch 'Me before You' and reflect on the issue of Euthanasia.



READ

- The God Delusion by Richard Dawkins
- Feminists don't wear Pink and Other Lies by Scarlett Curtis
- After the Fire by Will Hill



VISIT

- Visit three different denominational churches and draw a diagram showing the similarities and differences you notice between them

Physical Education

In year 10 Physical Education you will learn about a vast range of topics, such as the anatomy & physiology of the human body, sports psychology, training methods & socio cultural influences in sport. In addition you will have the opportunity to prepare participants to take part in sport, improve others participation rates and develop their fitness levels. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- Plan and lead a physical activity session beyond the classroom in your local community
- Participate in an Inter College sports event.
- Attend an extra-curricular sports club at Tuxford Academy.
- Represent the Academy and your club in a competitive sporting fixture against another school.
- Take part in a recreational activity e.g. cycling, swimming, walking, running.
- Record a physical activity session each week using apps such as Strava or Apple Watch

WATCH/LISTEN



- An annual sporting event e.g. Grand National, FA Cup final, Wimbledon.
- Watch Sports Personality of the Year
- Watch a sports documentary, e.g. The Last Dance, Future of Womens Football
- Watch a youtube clip about a sport which is being studied in a unit of work in PE.
- Watch a programme/documentary around health and well-being
- Listen to a podcast such as High Performance from Jake Humphreys

READ



- An autobiography about a sporting icon.
- A sports magazine e.g. cycling/golf/fishing.
- An article from a newspaper focussed on sport.
- The rules associated with sports studied in Physical Education.
- A media platform e.g. BBC Sport
- Read the PE Review
- Read around the future content of your course

VISIT



- A local leisure centre, e.g. Retford, Ollerton, Newark
- A live sporting event.
- Clumber Park, Sherwood Pines to take part in a 5km park run.
- Any facility associated with sport in the UK e.g. a climbing centre, sking centre, Sherwood Pines (Red run)
- An international sporting venue e.g. Olympic Stadium, Nou Camp, Wimbledon.

Physics

During Year 10 in Physics you will learn about a range of topics including XXXX. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO

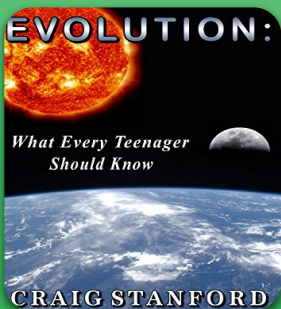


- Use the dark sky discovery website to find your nearest dark sky site - how much more can you see in the sky at night?
- Explore the energy sources that your energy provider uses - how much comes from renewable energy? What renewable energy do they use?



WATCH/LISTEN

- The film, Radioactive (about the work of Marie Curie)
- The film, Apollo 13 (an absolute classic and one of the most technically accurate!)



READ

- Six Easy Pieces - Some essentials from physics explained by Nobel Prize winner, Richard Feynman



VISIT

- The Royal Observatory, Greenwich
- Lincolnshire Aviation Heritage Centre
- Brunel Museum, London

Psychology

During Year 10 in Psychology you will learn and develop a wide range of skills including analysis and evaluation. You will look at 8 different topics over the 2 years including: Memory, Perception, The Brain and Psychological Problems. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



Design your own psychological study in an area that you're interested in. Consider what research method you would use and how it would work. Then think critically about it and explain how it could be improved. You could design multiple different studies, each with a different research method.

WATCH/LISTEN

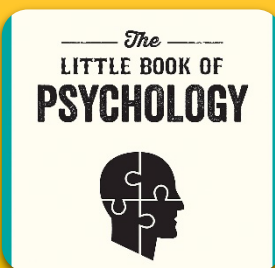


Podcast: Psych Crunch

There's plenty of documentaries on Netflix that are relevant. Examples include:

- The mind explained
- Babies
- The world within- 'React'

READ



-The BPS research digest is a weekly blog you can read that contains multiple recent articles on new research

-The book of the half term which is on display in every Social Science classroom. Previous books include:

The Man Who Mistook His Wife for a Hat.
The Little Book of Psychology
Quirkology

VISIT

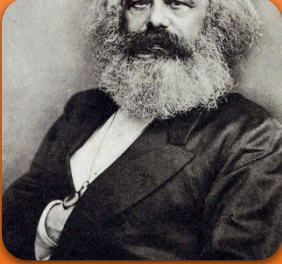


- Freud Museum- London
- London Zoo- phobias exhibition
- The Museum of Brands, Packaging & Advertising

Sociology

During Year 10 in Sociology you will learn and develop a wide range of skills. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



Follow contemporary Sociologists online e.g. Laura Bates, Owen Jones

Get involved in politics- read each parties manifestos and link to the theories we have studied

WATCH/LISTEN



Educating Yorkshire/Manchester/East End (Channel 4od)

All Sociology Podcasts

All Sociology YouTube Videos

Great British School Swap

READ



Sociology Review Articles (available on your teams page)

Owen Jones- Chavs

Laura Bates- Girl Up

Florence Given- Girls don't owe you pretty

VISIT



Victoria and Albert Museum of Childhood

Spanish

Throughout Y10 we nurture student' knowledge of the exciting world of Spanish or speaking countries, exploring their customs and festivals and their way of life. You learn how to sound like a native and by the end of the year you will be able to talk about a multitude of real-life topics and themes with fluency! We promote the skills of listening, speaking, reading, writing and translation. We practise these skills by studying topics on my world, school and free time, global and social issues, and future ambitions. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- An app that allows you to learn languages using games <https://www.duolingo.com>
- Start learning today with flashcards, games and learning tools www.quizlet.com or create your own Blooket using AVOCADO words!
- Complete a task from our cultural menu set for homework.
- Use Memrise - practise a language using video clips of native speakers and fun games.

WATCH/LISTEN



- You can watch any film or a series you already know in the language you study with subtitles. www.languagelearningwithnetflix.com/
- Follow some YouTubers who talk about Spanish.
- Watch a Disney song in the language you are studying.
- HelloTalk connects you to people who speak the language you want to learn.
- Watch "News in Slow Spanish" online

READ



- Choose a book from this list to discover new literature from a new culture matadornetwork.com/read/8-foreign-language-books-every-english-speaker-needs-read/
- Read a foreign newspaper, eg El País
- Use speeder.com to type in a foreign text and outwit the reader - so much fun against the clock!!!

VISIT



- Visit music/dance festivals in Leeds to discover other cultures and traditions. (This is linked to activities suggested by CEA.)
- Visit a Christmas market either in the UK or abroad and look for foreign cuisine and influences.
- Visit Madrid - actually or virtually!
- Visit historical sites when on holiday to know more about the culture.

