

Year 7 Super-curricular activities 2025-26



Name:

Tutor group:

Learning doesn't stop at the classroom door and can be lots of fun! You may choose to complete some of the optional activities in this booklet to extend your classroom learning (they're called 'super-curricular' activities). Be sure to bring your work in or take pictures of the activities you complete to show your teachers so that they can reward you with achievement points. If you complete 12 activities and cut out the record sheet at the back of this booklet to give into your college reception you will also get the open-mindedness badge to reward your curiosity.

Visual Arts and Performing Arts

During Year 7 you will learn and develop a wide range of skills in the fields of Art, Dance, Drama and Music. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- Ask your Art teacher about extracurricular Art Clubs and competitions. Practise your skills at home with any materials you have to hand by creating a smooth gradient from light to dark.
- Get involved with extra curricular dance opportunities such as Dance4. See Miss Crossley for more details.
- Get involved with extra curricular drama opportunities. See Mr Wilson for more details.
- Practice the music you are learning in class on whatever instrument you can access at home. This might include a keyboard, ukulele or keyboard app.

WATCH/LISTEN



- YouTube for clips on painting techniques and colour theory to understand how primary, secondary and tertiary colours work.
- Various styles of dance on music channels and YouTube.
- 'Film4- Actors on Acting' on YouTube .
- Live music programmes on BBC iPlayer paying attention to how the musicians communicate and the extraordinary level of detail that goes into every performance.

READ



- Doris Pilkington's 'Follow the Rabbit-Proof Fence', a book about three Aborigine girls who try to reclaim their home and culture. This will help give meaning to studying Aboriginal art in lessons.
- Padma Venktraman's 'A Time to Dance', the story of an Indian dance prodigy who refuses to give up on her dreams despite a life changing accident.
- The books of Roald Dahl in order to get to grips with how characters are created and developed for Drama.
- Leila Sale's 'This Song Will Save Your Life' about an outsider who finds her identity in music.

VISIT



- An art gallery; try Nottingham Contemporary or Lincoln Usher.
- A theatre to see a dance production or a local dance school to take part in lessons and activities.
- A theatre to see a drama production, don't forget about the productions of your local theatre groups such as Newark and Retford Operatic Societies.
- Use the 'WHAT'S ON' board in the Music Corridor and the promoted QR codes to find out about the various local music concert venues and other music events.

Design & Technology

During Year 7 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

- Check out Pinterest for some cool design inspirations and create an image board.
- Redesign something you own (e.g. phone, console, spoon, toy, clothing).
- Cook somebody else a sweet or savoury dish.
- Sample a new dish at home or restaurant, photo and review.
- Create a timeline of Design and Technology products.

WATCH/LISTEN



- Watch some of the videos on our D&T you tube channel https://www.youtube.com/user/TuxfordDESIGN/playlists?view_as=subscribe
- The YouTube channel "MAKE" for some awesome make ideas. (Make sure you're safe and supervised if you decide to have a go at any projects).
- National Geographic's 'Engineering Connections' presented by Richard Hammond.
- 'The Great British Bake off' or similar programme.



READ

- A design/make blog such as <https://makezine.com/>
- The brilliant online Design & Technology website <https://www.dezeen.com/>
- A food blog or recipe books of your own interest.
- William Kamkwamba's 'A Boy Who Harnessed the Wind'. The New York Times bestselling memoir of the heroic young inventor who brought electricity to his Malawian village.

VISIT



- The National Space Centre in Leicester to experience STEM in action.
- The National Railway Museum in York to investigate and be amazed by the history and future of rail transport, design and engineering.
- A food festival like those held at Clumber park, Hardwick Hall, Chatsworth.
- The Design Museum in London for an eclectic, epic mix of inspirational designs.

English

Students engage with English through a range of themes and projects, from the transition writing assignment and 'Welcome to Tuxfordia' to 'Myths and Legends' and 'Frankenstein' (the play). Reading, writing and spoken language skills are developed through these schemes. There's a wealth of fascinating learning activities that link directly or indirectly to our curriculum.

DO



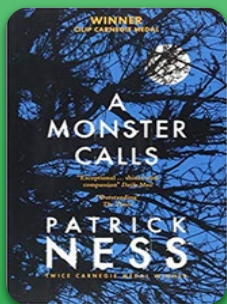
- Create a series of book reviews or illustrations to accompany your favourite texts.
- Explore new texts and writers at The British Library: <https://www.bl.uk/> or The Book Trust: <https://www.booktrust.org.uk/>
- Create a board game inspired by a book, poem, or play you have read.
- Produce your own newspaper or magazine.

WATCH/LISTEN



- TED-ED 'There's a Poem for That': <https://www.youtube.com/playlist?list=PLJicmE8fK0Egxi0hgy5Tw-NFyLcpJ4bzI>
- Akala's TEDx talk: Hip Hop or Shakespeare
- A film adaptation of your core texts: Frankenstein (the play), a novel, poetry
- Why you should read Charles Dickens: https://www.youtube.com/watch?v=5czA_L_eOp4
- TED-ED 'Where Did English Come From?': <https://www.youtube.com/watch?v=YEaSxhcns7Y>

READ



- Books that have won or been nominated for the CILIP Carnegie and Kate Greenaway Medals: <http://www.carnegiegreenaway.org.uk/>
- Poems from <https://www.poetryfoundation.org/learn/children>
- Newspaper articles or interviews.
- Other books by writers you have studied

VISIT



- Your local library or bookshop and ask for a recommendation!
- Your local theatre to watch a play.
- Nottingham Literary Festival or Newark Book Festival.
- Shakespeare's Globe Theatre.
- Newstead Abbey, the home of the poet Lord Byron.
- The Charles Dickens Museum

Geography

During Year 7 in Geography you will learn about a range of topics including 'Settle down' covering maps skills and settlement; 'Blame it on the weather man' about weather and climate; 'Our shrinking world' investigating development and globalisation; and 'Geography Rocks' looking at how natural processes shape the UK landscape. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- Collect weather information using methods on the Met Office website <https://www.metoffice.gov.uk/learning/weather-for-kids>
- Practise your map skills at <https://www.ordnancesurvey.co.uk/mapzone>
- Find examples of Fairtrade products by creating a collage of them
- Plan a tour of the UK using your map skills visiting rural and urban areas (you can use www.ordnancesurvey.co.uk to help you)

WATCH/LISTEN



- The BBC Weather for a week to learn about weather forecasting
- A global sporting event to learn about the distribution of sports across the world.
- Countryfile to learn about current UK issues affecting rural areas.
- Don't Panic - End Poverty documentary by Gapminder Foundation <https://www.gapminder.org/videos/dont-panic-end-poverty/>

READ



- 'The Other Side of Truth' by Beverley Naidoo - Refugees and immigration. Also read the sequel – 'Web of Lies'.
- 'The Cities Book' by Lonely Planet Kids to learn about other places.
- 'Stormy Weather' by Horrible Geography to discover how weather works.
- A chapter of 'How Bad are Bananas?' by Mike Berners-Lee to learn about carbon footprints

VISIT



- A coastal area with rock cliffs, identify what type of rock you see and describe how it looks
- A sporting venue e.g. leisure centre, football stadium to identify the benefits sports/leisure bring to a community.
- A UK city e.g. Nottingham, Lincoln, Sheffield, London to experience an urbanised area.
- An upland area of the UK e.g. The Peak District, Yorkshire Dales to experience a rural area
- A workplace in the primary, secondary or tertiary sectors.

Global Awareness

During Year 7 in Global Awareness you will learn about a range of topics including relationships, bullying, careers, money management, world issues, current affairs, and many other things. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- Write a letter to your MP about a local issue that concerns you.
- Have a go at a Mindfulness practice.
- Research the life of a famous displaced person/ refugee such as Malala or Mo Farah.
- Carry out one act of kindness every day for a week such as being a friend to someone who is upset, helping your parent/guardian to make tea.

WATCH/LISTEN



- The evening news once a week.
- The Netflix film, 'Refugee', to gain a better understanding of the experiences of displaced people. (This film is also suggested by Philosophy and Ethics)
- The film 'Hunt for the Wilderpeople', to learn about living in foster care.
- 'Question Time' to find out about different peoples' views about current affairs.

READ



- Ami Polonski 's'Gracefully Grayson' to learn about transgender issues.
- RJ Palacio's 'Wonder' to learn about living in a world where you are considered to be different.
- Angie Thomas's 'The Hate You Give' to read about a racially motivated shooting in America. There is an age recommendation of 12 for this book so check at home first.

VISIT



- A place of natural beauty such as the Peak District or the Major Oak in Sherwood Forest and take some time to appreciate the beauty.
- A museum in the UK and learn something new.
- A local historical monument or war memorial and take some time to read through the information and symbolism.

History

During Year 7 in History you will learn about a range of topics including the Vikings, the Norman Conquest, the Wonders of the Islamic Empire, Pocahontas and the English Civil War. You may choose to complete some of the activities listed below to extend upon your classroom learning.

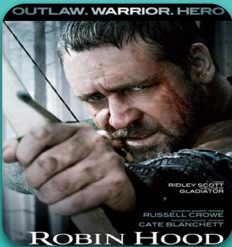
DO



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

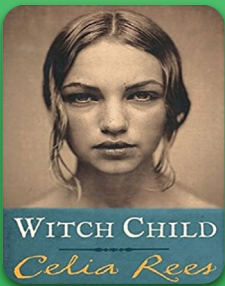
- Create a model of a Viking ship.
- Write a mini biography of the life of William Duke of Normandy.
- Create a story board for one of the battles from the English Civil War.
- Write a set of diary entries from the point of view of a black death sufferer

WATCH/LISTEN



- The film, 'Robin Hood' to learn about Middle Ages society. It is a 12A so ask for permission first.
- The film '1001 secrets and the library of Secrets' to learn about The technology of the Islamic Empire
- The programme, 'The Gunpowder Plot: Exploding the legend' on YouTube.
- Jorvik Viking podcast 'That JORVIK Thing podcast' <https://www.jorvikthing.com/podcasts/>

READ



- Norman the Norman from Normandy by Philip Ardagh (in school LRC)
- Riddle of the Runes, a Viking mystery by Janina Ramirez (in the LRC)
- Loki: a Bad God'd Guide to...series by Louie Stowell or Michael Morpurgo's 'Beowulf', to learn about Vikings.
- One of Terry Deary's 'The Tudor Chronicles'.
- Ghost Hawk by Susan Cooper (in the LRC) a book about a young Native American boy
- Celia Reed's 'Witch Child', a book set in 1659. A time of fear and persecution. Mary keeps a diary. It begins: *I am Mary. I am a witch...*
- Any of the 'I Was There' collection of books, to learn about events such as the Norman conquest, the Titanic, etc.
- Any of the Horrible Histories book/magazines.

VISIT



- Yorvik Viking Centre or the York Dungeons in York.
- Lincoln castle to see a motte and bailey castle and the Magna Carta
- The National Civil War Centre in Newark or complete the National Civil War Trail using the NCWT app.
- Eyam Museum in Derbyshire to learn about the plague

ICT & Computing

During Year 7 in ICT & Computing you will learn how to use a number of commercial software packages (e.g. Microsoft Excel and PowerPoint) to design and create, analyse data, and present ideas. You may choose to complete some of the activities listed below to extend upon your classroom learning.



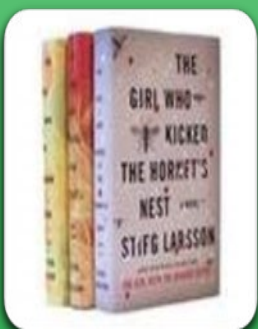
DO

- Try some microbit programming online - there's a simulator to show you what a real microbit would do when your program runs. www.microbit.co.uk/create-code
- Build your own mobile phone app using Appshed. www.appshed.com



WATCH/LISTEN

- The film 'Ready Player One', it is a 12A so ask for permission first. This film takes place in 2045, when much of humanity uses the virtual reality software OASIS to escape the desolation of the real world.
- The film 'Imitation Game', it is a 12A so ask for permission first. This film is about a mathematical genius who tries to crack the German Enigma Code in WW2 using an early computer.



READ

- Reshma Saujani's 'Girls who Code', this graphically animated book shows what a huge role computer science plays in our lives.
- Karen Blumenthal, 'Steve Jobs: The Man Who Thought Different'. This is a biography of the groundbreaking innovator.



VISIT

- The National Video Game Arcade in Nottingham.
- The National Museum of Computing in Bletchley Park. This is the former home to the code breaking team that helped Britain during World War II. If you can't visit, have a look at the NMoC website. www.tnmoc.org

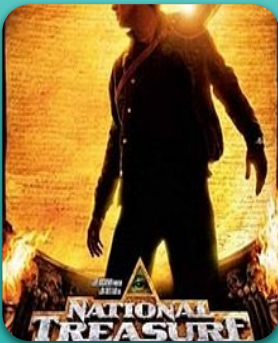
Mathematics

During Year 7 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.



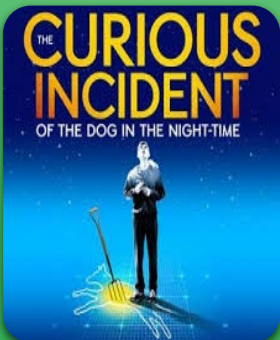
DO

- Play a game of chess, maybe as part of the chessclub, to build up your skills in logic and problem solving.
- Improve your numeracy skills by playing on the online maths games on www.mathplayground.com
- Visit www.parallel.org.uk by Simon Singh, MBE. A home for curious mathematical minds. 100% free. Teacher code: **32a029**



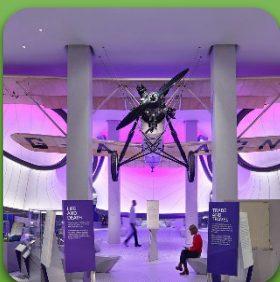
WATCH/LISTEN

- The film '**National Treasure**', lots of maths is used in the film to find the treasure.
- The film '**Hidden Figures**': An incredible true story about how three African-American female mathematicians at NASA who were instrumental in sending astronaut John Glenn into orbit.



READ

- Mark Haddon's '**A Curious Incident of a Dog in the Night-time**' which is the true story of a boy who sees the world differently. This is also a very good play.
- Professor Stewart's '**Cabinet of Mathematical Curiosities**' which is full of hidden mathematical gems.
- Hans Enzenberger's '**The Number Devil**' which is essential reading for anyone who has been mystified by maths.



VISIT

- **Bletchley Park** in Milton Keynes, once the top-secret home of the WW2 codebreakers. (This visit is also suggested by ICT and Computing).
- '**Mathematics: The Winton Gallery**' at the London Science Museum to find out how mathematics has shaped our world.

Philosophy and Ethics

During Year 7 in Philosophy and Ethics you will learn about a range of topics including religious practices, leaders and how to be a successful philosopher. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



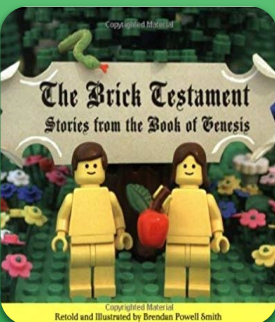
- Create a mandala using sand or flour. How does it feel to sweep/blow it away afterwards?
- Have a go at some guided meditation using an app like '10% Happier'.
- Write a list of modern day rules to live by.
- Visit operationmeditation.com and consider one of the questions raised.

WATCH/LISTEN



- 'Beyond Belief' on BBC Sounds, to listen to different opinions on current ethical issues.
- The film, 'The Truman Show', and consider what is reality is.
- The film, 'Refugee', to gain a better understanding of the experiences of displaced people.

READ



- 'The Brick Testament', read two stories and comment on how accurate they are.
- A newspaper, and look at how often religion is mentioned in current affairs.
- A book by Jodi Picoult, to consider ethical dilemmas. (My Sisters Keeper - Mrs Brooks favourite!). Some of the themes in some of Picoult's books are quite grown up so ask for permission first.

VISIT



- 3 different places of worship in one town or city and take photos to record your visit.
- A graveyard and look at what is drawn or written on graves, to consider changes in attitude to death and the afterlife.
- The Last Judgement fresco (look at it online), to consider Christian beliefs about what happens on judgement day.

Physical Education

During Key Stage 3 in Physical Education you will learn about a range of topics including; how to overcome an opponent, problem solving, developing and repeating techniques and analysing performances. These will be achieved through sports and activities, including; association football, badminton, handball, gymnastics, trampolining and athletics to name a few. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- 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.
- 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
- 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

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

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.

Science

During Year 7 in Science you will learn about a range of topics including cells, reproduction, interdependence, substances and particles, forces, energy, electricity and space. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



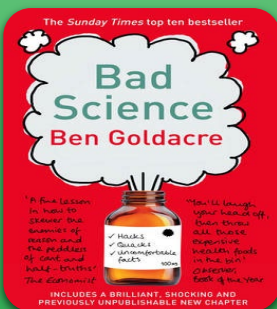
- Attend Science club.
- Visit www.sciencefun.org/kidszone/experiments and do some of the experiments at home.
- Go on a nature walk.
- Try growing cress under different conditions to see what happens.
- Try and grow the tallest sunflower.

WATCH/LISTEN



- The film 'Interstellar', it is a 12A so ask for permission first.
- The film 'Planet of the Apes', it is a 12A so ask for permission first.
- Any of the David Attenborough documentary series.

READ



- A science related book from Dorling Kindersley 'Big Ideas' series eg. 'The Science Book' and 'The Astronomy Book'. Simple Physics. These books present facts in very visual ways.
- Super Simple Physics from Doreen Kingsley.
- Ben Goldacre's 'Bad Science', a book that exposes dodgy data, ideas and theories.

VISIT



- Yorkshire Wildlife Park.
- Magna Science Centre in Templeborough.
- The Science Museum (Bradford, London, Manchester).
- Space Centre in Leicester. (This is also suggested by Design & Technology.)
- Jodrell Bank Cheshire

Modern Foreign Languages

Throughout the year 7 we introduce students to the exciting new world of Spanish, French or German speaking countries, exploring their customs and festivals. You learn how to sound like a native and by the end of the year you will be able to describe yourself with a rap, introduce yourself to a new friend and talk about sport! 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. You may choose to complete some of the activities listed below to extend upon your classroom learning.

DO



- Create flash cards with adjective and describing words.
- Visit Tourist Information sites to find out more about the country.
- Make a Quizlet/Memorise or Booklet of the key words from the topic you keep forgetting, based on AVOCADO words
- Cook a traditional foreign dish and take a photo of it. Tweet us about it! (This is linked to activities in Design and Technology)
- Use Puzzlemaker to create a variety of crosswords, wordsearches and other puzzles.

WATCH/LISTEN



- Watch YouTube videos of cartoons in the target language.
- Watch music videos of native artists, download the lyrics and sing along!
- Watch www.lyricstraining.com and play a beginner's game for your chosen language.
- Watch www.bbc.co.uk/languages clips on the topic area you need extra practise with.

READ



- Read supermarket labels when shopping to see if you can recognise any of the ingredients in the target language.
- Read Lydia Syson's 'A World Between Us' about a young nurse in the Spanish Civil War.
- Borrow a 'Reader' booklet from LRC.
- Look online for examples of road and shop signs in the target language.
- Try to translate a webpage into the target language.

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 historical sites when on holiday to know more about the culture.

Super curricular activities record

As you complete the activities fill in this record. Once you complete **12 activities** you will receive 10 achievement points. You will also be awarded your **open-mindedness badge** (if you haven't already earned it) to reward you for your curiosity.



Your name:

Activity 1

- What did you do?
- What did you learn?

Parental signature:

Activity 2

- What did you do?
- What did you learn?

Parental signature:

Activity 3

- What did you do?
- What did you learn?

Parental signature:

Activity 4

- What did you do?
- What did you learn?

Parental signature:

Activity 5

- What did you do?
- What did you learn?

Parental signature:

Activity 6

- What did you do?
- What did you learn?

Parental signature:

Activity 7

- What did you do?
- What did you learn?

Parental signature:

Activity 8

- What did you do?
- What did you learn?

Parental signature:

Activity 9

- What did you do?
- What did you learn?

Parental signature:

Activity 10

- What did you do?
- What did you learn?

Parental signature:

Activity 11

- What did you do?
- What did you learn?

Parental signature:

Activity 12

- What did you do?
- What did you learn?

Parental signature:



Once you have completed 12 activities and filled in this record sheet, cut it out and **give it into your college reception**. You will then receive the open-mindedness badge and 10 achievement points by the end of the half term.