St Nicholas Catholic Sixth Form Super Curriculum

YOUR FUTURE FIRST



ENGAGE - REFLECT - SHARE



Super Curriculum

ENGAGE – REFLECT – SHARE

Any Super Curriculum activities are those that take your regular curriculum further. They take the subjects you study in the classroom beyond that which your teacher has taught you, or what you have done for homework. Within this booklet there are a range of activities, suggested by teachers for you to stretch yourself and explore your chosen subjects.

IMPORTANCE OF SUPER CURRICULAR ACTIVITIES

To do well at A Level, it's important to have:

- 1. Enthusiasm and curiosity for your chosen subjects
- 2. The capacity for Independent Study

Super curricular activities can help you:

- Choose a subject to study further
- Provide evidence on a Personal Statement or use at interview
- Develop important skills

THE SUPER CURRICULAR HOUR

By just adding in a hour a week of super curricular activities, you could be enhancing your grades and opening up more opportunities for your future simply by broadening your understanding of a particular subject areas. The following gives you an example of how you might wish to break down that hour.



Share = Share your thoughts and discuss your ideas

Engage

Go ahead and read/watch/listen etc... Don't just read for the sake of it, be intentional about it. Do your best to understand where the author is coming from and what points they are trying to get across.

There should be at least one bit of new information in the content you are going to examine in this booklet. This may be a some new research, a fresh perspective, or an original approach. It may be something you don't fully understand, especially if the topic is new to you.

To analyse this source properly, you need to dig deeper. Research the authority of the author, the claims they are making, and any words or content you don't understand.

The idea is to be able to fully comprehend the content contained in the source. If you don't, you won't be able to analyse it.

Reflect

After engaging with the source you should be able to summarise the main points of the piece in your own words. If you can't, go back and re-examine the source.

You now need to critically think about what you have just examined. You might ask yourself the following questions:

- 1. What do you think of the source you just engaged with and summarised?
- 2. Was it well written?
- 3. Was the information presented in a clear and compelling way?
- 4. More importantly, do you agree with the conclusions the author drew? Why or why not?

Share

After you've acquired new information, filtered it through your individual lens, and formed your opinion on the topic, you can then implement your new knowledge.

Write about it, bring it into lessons, essays where appropriate, talk to your friends and teachers about it and find more contrasting and comparable sources to see if your opinions and critical reflections might change.

Art & Design

Welcome to the Art & Design Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



ENGAGE – REFLECT – SHARE

READ

- The Paintings that Revolutionised Art Claudia Stauble
- Ways of Seeing John Berger
- The Art Book: Big Ideas Explained Simply DK
- Contre-Jour: A Triptych After Pierre Bonnard Gabriel Josipovici

WATCH

- The Lighthouse Virginia Wolf
- The Horses Mouth Joyce Car
- The Recognitions William Gaddis
- Ted Talk- how art technology and design can inform creative leaders
- Ted Talk every piece of art you have ever wanted to see up close and searchable

LISTEN

- Artists Network: 12 Top Art Podcasts to add to your lists click here
- What do artists do all day? <u>click here</u>
- Famous artist information <u>click here</u>
- Art galleries around the world <u>click here</u>

- Art & Design articles <u>click here</u>
- A Level Art & Design advice click here

Biology

Welcome to the Biology Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



ENGAGE – REFLECT – SHARE

READ

- Junk DNA Nessa Carey
- The Red Queen Matt Ridley
- Frankenstein's Cat Emily Athes
- A Short History of Nearly Everything Bill Bryson

WATCH

- Gorillas in the Mist (1988)
- Something the Lord Made (2004)
- Inherit the Wind (1960)
- Andromeda Strain (1971)
- Ted Talk A New Superweapon in the Fight Against Cancer click here
- Why Bees are Disappearing <u>click here</u>
- Why Doctors Don't Know About the Drugs They Prescribe click here
- Ted Talk Growing New Organs <u>click here</u>

LISTEN

- The Infinite Monkey Cage Podcast <u>click here</u>
- The University of Exeter Biological Research Podcast <u>click here</u>

- New Scientist <u>click here</u>
- The Lancet <u>click here</u>



Business Studies

Welcome to the Business Studies Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- The Young Entrepreneurs Guide to Starting and Running a Business Steve Mariotti
- Moneyball Michael Lewis
- Making you Money Work for You Paul Lewis
- Steve Jobs Steve Jobs

WATCH

- Capitalism: A Love Story (2009) Michael Moore
- The Big Short (2015) Adam McKay
- Wall Street (1987) Oliver Stone
- Ted Talk What Really Motivates People to be Honest at Work click here
- Ted Talk Chinese Business and Philosophy <u>click here</u>
- Ted Talk 2 Questions to Uncover your Passion click here

LISTEN

- BBC Business, Finance and Economics Podcast click here
- Top 25 Business Podcast <u>click here</u>

- Business News Daily <u>click here</u>
- Fundera Business Articles <u>click here</u>
- Economic Times <u>click here</u>
- Tutor 2 U <u>click here</u>

Chemistry

Welcome to the Chemistry Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



ENGAGE – REFLECT – SHARE

READ

- Periodic Tales: The Curious Lives of the Elements Hugh Aldersley-Williams
- The Science of Everyday Life: Why Teapots Dribble, Toast Burns and Lightbulbs Shine Marty
- Bad Science Ben Goldacre

WATCH

- Chemistry: A Volatile History <u>click here</u>
- Fantastic 4 (2015) Josh Trank
- Michio Kaku Explains the "Real" Science Behind the Fantastic 4 <u>click here</u>
- Ted Talk An Introduction to Chemistry <u>click here</u>
- Ted Talk The Incredible Chemistry Powering your Smartphone <u>click here</u>
- Ted Talk How Pollution is Changing the Ocean's Chemistry click here
- Ted Talk How Big is a Mole? <u>click here</u>

LISTEN

- Oxford University Chemistry Podcasts <u>click here</u>
- The Infinite Monkey Cage with Brian Cox and Robin Ince <u>click here</u>

- Elemental: The Periodic Table at 150 <u>click here</u>
- New Scientist Chemistry articles <u>click here</u>
- Batteries Should Not Burst Into Flames <u>click here</u>



Computer Science

Welcome to the Computer Science Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

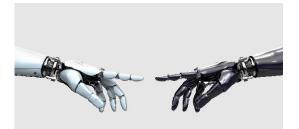
- Code: The Hidden Language of Computer Hardware and Software Charles Petzold
- Cracking the Coding Interview Gayle Leakmann McDowell
- Getting Started with Unity: A Beginner's Guide to Game Development Dr Edward Lavien WATCH
 - Hackers (1995) Iain Softley
 - The Matrix (1999) Lana and Lily Wachowski
 - The Imitation Game (2014) Morten Tyldum
 - Ted Talk The Birth of the Computer <u>click here</u>
 - Ted Talk A Computer that Works like a Brain <u>click here</u>
 - Ted Talk Shape Shifting Technology Will Change the Way We Work <u>click here</u>
 - Ted Talk How PhotoSynth Can Connect the World's Images <u>click here</u>

LISTEN

- Top 10 Podcasts for Programmers <u>click here</u>
- Oxford University Computer Science Podcasts <u>click here</u>

- Computer Science and Technology from MIT <u>click here</u>
- 600 free coding courses <u>click here</u>
- Build your own social media app from scratch <u>click here</u>

Design & Technology



Welcome to the Design Technology Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- The Design of Everyday Things Steve Krug
- Just Enough Research Erika Hall
- Design for Life Eric Meyer
- Soft city: Building Density for Everyday Life David Sim

WATCH

- Blade Runner Ridley Scott
- Dream Big: Engineering our World
- The Pixar Story (2007)
- Print the Legend (2014)
- Ted Talk The First Secret of Great Design <u>click here</u>
- Ted Talk How Art, Design and Technology Inform Creative Leaders click here
- Ted Talk How a Handful of Tech Companies Control Billions of Minds Every day click here

LISTEN

- Designed for Life <u>click here</u>
- Radiolab <u>click here</u>
- Your Undivided Attention <u>click here</u>

- Design and Technology Association click here
- Dezeen <u>click here</u>



Economics

Welcome to the Economics Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- The Big Short Michael Lewis
- Freakonomics Stephen J. Dubner & Steven Levitt
- Doughnut Economics Kate Raworth
- Alibaba: The House that Jack Ma Built Duncan Clark

WATCH

- Margin Call (2011) J.C. Chandon
- Capitalism: A Love Story (2009) Michael Moore
- Ted Talk What is Economic Value, and Who Creates It? <u>click here</u>
- Ted Talk The Paradox of Choice <u>click here</u>
- Ted Talk How the Blockchain Will Radically Transform the Economy <u>click here</u>
- Ted Talk Capitalism Will Eat Democracy, Unless We Speak Up <u>click here</u>

LISTEN

- EconTalk <u>click here</u>
- BBC Business, Finance and Economics Podcasts <u>click here</u>

- The Coronavirus is our Chance to Completely Rethink What the Economy is For click here
- Economics Online <u>click here</u>
- The Economy <u>click here</u>
- Undergraduate Economics modules <u>click here</u>

English Language

Welcome to the English Language Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- The History of Language <u>click here</u>
- A little book of Language David Crystal
- How Language Works David Crystal
- Dent's Modern Tribes: The Secret Language of Britain Susie Dent
- The Language Instinct Steven Pinker

WATCH

- The Kings Speech Film
- Dead Poets Society Film
- Ted Talk How to Get Your Brain to Focus <u>click here</u>
- Ted Talk How Language Shapes the Way We Think <u>click here</u>
- Ted Talk How to Trust Your Voice and Speak With Confidence Anywhere click here

LISTEN

- English Delight <u>click here</u>
- Lexis <u>click here</u>
- Word of Mouth <u>click here</u>
- VocalFri <u>click here</u>
- Accents, Do I Really Sound Like That click here

- Extended reading list <u>click here</u>
- English language Blog <u>click here</u>
- How 'Dad Jokes' can Improve Literacy <u>click here</u>



English Literature

Welcome to the English Literature Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- How to Read English Literature Terry Eagleton
- How Fiction Works James Wood
- The Art of Fiction David Lodge
- Doing English: A Guide for Literature students Robert Eaglestone

WATCH

- Brave New World V 1984 click here
- Hypernormalisation Adam Curtis Documentary click here
- Margaret Atwood Women in the World conference <u>click here</u>
- Ted Talk What Does Orwellian Actually Mean? click here
- Ted Talk Why People Need Poetry <u>click here</u>
- Ted Talk How did English Evolve <u>click here</u>
- Ted Talk Building Dystopia to Make Us Click on Ads <u>click here</u>

LISTEN

- The Allusionist Podcast <u>click here</u>
- Penguin's Guide to the 32 Best Literary and Book Podcasts click here
- Player FM English Literature Podcast links <u>click here</u>

- The Other Side of the Black Mirror: Literary Utopias Offer the Seeds of a Better Real Life <u>click here</u>
- The Handmaid's Tale: Will the Relentlessly Menacing Dystopian Fable Lose its Way? <u>click</u> <u>here</u>
- Dystopian Fiction Tells a Pretty Everyday Story for Many Women <u>click here</u>

French

Welcome to the French Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



ENGAGE – REFLECT – SHARE

READ

- The Count of Monte Cristo Alexandre Dumas
- The Hunchback of Notre Dame Victor Hugo
- Les Contes des Fees Madame d'Aulnoy
- La Peste Albet Camus

WATCH

- Amelie (2001) Film
- La Vie en Rose (2007) Film
- La Haine (1995) Film
- Represent Netfix
- Ted Talk The Secrets of Learning a New Language <u>click here</u>
- Ted Talk en Francais <u>click here</u>

LISTEN

- News in Slow French <u>click here</u>
- Coffee Break French <u>click here</u>
- LanguaTalk <u>click here</u>

- Start Your Day With a Little French <u>click here</u>
- Free language courses <u>click here</u>
- French Education <u>click here</u>
- La Baguette <u>click here</u>



Geography

Welcome to the Geography Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- Prisoners of Geography Tim Marshall
- Brick Lane Monica Ali
- The Happy City Charles Montgomery
- The Power of Place Harm De Blij

WATCH

- The Boy Who Harnessed the Wind
- Before the Flood (2016) Fisher Stevens
- An Inconvenient Truth and an Inconvenient Sequel (2006, 2016) Davis Guggenheim
- The Impossible (2012) J.A Bayona
- Slumdog Millionaire Danny Boyle
- Ted Talk Why You Should be a Climate Activist click here
- Ted Talk Mega Cities <u>click here</u>
- Ted Talk Maps that Show Us Who We Are <u>click here</u>

LISTEN

- Oxford University Geography Podcasts <u>click here</u>
- Royal Geographical Society <u>click here</u>
- The Documentary Podcast <u>click here</u>

- The Conversation <u>click here</u>
- BBC News <u>click here</u>
- The Guardian online <u>click here</u>

History

Welcome to the History Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



ENGAGE – REFLECT – SHARE

READ

- Austerity Britain: 1945-51 David Kynaston
- White Heat: A History of Britain in the Swinging Sixties Dominic Sandbrook
- Lovers and Strangers: An Immigrant History of Post-War Britain Clair Wills
- Becoming Dickens: The Invention of a Novelist Robert Douglas-Fairhurst

WATCH

- Thatcher: A Very British Revolution: series 1-5 <u>click here</u>
- Andrew Marr's History of Modern Britain series click here
- Catastrophe 1914: Europe Goes to War <u>click here</u>
- Ted Talk Celebrating Britain's Rich Black History <u>click here</u>
- Ted Talk History is a Curious Thing <u>click here</u>
- Ted Talk The Political Progress Women Have Made, and What's Next click here

LISTEN

- Germany: Memories of a Nation <u>click here</u>
- Letter from America: Nixon to Carter 1969-80 click here
- The History Hour <u>click here</u>
- Witness Black History: Civil Rights Movement <u>click here</u>

- Why Society Needs Historians <u>click here</u>
- The "Knockout" Game, Race, and Fears of Urban Crime in America <u>click here</u>
- Parliamentary reform Acts click here
- World War One: 10 Interpretations of Who Started WW1 <u>click here</u>



Law

Welcome to the Law Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- Letters to a Law Student Nicholas McBride
- Bleak House Charles Dickens
- To Kill a Mockingbird Harper Lee
- Winning Arguments Jay Heinrichs
- Just Mercy Bryan Stevenson

WATCH

- Erin Brockovich (2000) Steven Soderbergh
- Presumed Innocent (1990) Alan J. Pakula
- A Few Good Men (1992) Rob Reiner
- Ted Talk Think Like a Lawyer <u>click here</u>
- Ted Talk How to Order Pizza Like a Lawyer <u>click here</u>
- Ted Talk We Need to Talk About Injustice <u>click here</u>

LISTEN

- The Lawyerist podcast <u>click here</u>
- Law in Action <u>click here</u>
- Court Junkie <u>click here</u>
- Serial <u>click here</u>

- The Law Society <u>click here</u>
- The Guardian <u>click here</u>
- The Conversation <u>click here</u>

Maths/F. Maths

Welcome to the Mathematics Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



READ

- Prelude to Mathematics W. W Sawyer
- Proofs From the Book Aigner and Ziegler
- The Joy of X Steven Strogatz
- Things to Make and Do in the 4th Dimension Matt Parker

WATCH

- The Man Who Knew Infinity (2015) Matthew Brown
- A Brilliant Young Mind (2015) Morgan Matthews
- The Imitation Game (2014) Morten Tyldum
- Hidden Figures (2016) Theodore Melfi
- Ted Talk The Mathematics of Love <u>click here</u>
- Ted Talk Why you Should Love Statistics click here
- Ted Talk Hire the Hackers <u>click here</u>

LISTEN

- Mr Barton Maths <u>click here</u>
- Podomatic <u>click here</u>

- Why Hipsters All Look Alike <u>click here</u>
- How Often You Should Beat Your Kids at Cards <u>click here</u>
- Is it True That Some People Can't Do Maths? <u>click here</u>
- Funny Problems <u>click here</u>



Music

Welcome to the Music Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



ENGAGE – REFLECT – SHARE

READ

- Holding the Note David Remnick
- This is your Brain on Music Daniel J Levitin
- Absolutely on Music Seiji Ozawa
- Major Labels: A history of popular music Kelefa Sanneh

WATCH

- Walk the Line (2005) James Mangold
- Cabaret (1972) Bob Fosse
- What Happened, Miss Simone? (2015) Liz Garbus
- Ted Talk Does Music Change a Child's Brain click here
- Ted Talk How Sampling Transformed Music <u>click here</u>
- Ted Talk The Transformative Power of Classical Music <u>click here</u>

LISTEN

- Lost Notes <u>click here</u>
- Dissect <u>click here</u>
- Song Explorer <u>click here</u>
- Desert Island Discs <u>click here</u>

- Pitchfork <u>click here</u>
- The Guardian music <u>click here</u>
- Rolling Stone <u>click here</u>
- The Electric Typewriter <u>click here</u>



Physical Education

Welcome to the Physical Education Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- Is Money Ruining 'Our' Beautiful Game? Summarise this article and share your thoughts.
- The Talent Code by Daniel Coyle 2009
- The Journal of Applied Physiology, Sport and Society
- It's Not About the Bike by Lance Armstrong 2000

WATCH

- Anatomy of an Olympian
- Icarus Russian Doping Scandal Netflix
- Supersize Me film
- The Last Dance Netflix
- The High-Performance Podcast

LISTEN

- The real Science of Sport Podcast
- Radio 5 Live
- <u>TalkSPORT Radio</u>
- BBC Sports Podcasts

- Lance Armstrong: Antihero <u>click here</u>
- The Burdened Walk of Tiger Woods <u>click here</u>
- FourFourTwo <u>click here</u>
- Rugby Pass <u>click here</u>

Physics

Welcome to the Physics Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



READ

- Surely You're Joking Mr Feynman: Adventures of a Curious Character Richard Feynman
- Moondust: In Search of the Men who Fell to Earth Andrew Smith
- Quantum Theory Cannot Hurt You Marcus Chown
- A Short History of Nearly Everything Bill Bryson

WATCH

- Gravity (2013) Alfonso Cauron
- Interstellar (2012) Christopher Nolan
- The Imitation Game (2014) Mortem Tyldum
- Ted Talk Is There More Than One Universe? Click here
- Ted Talk The "Smoking Gun" Data <u>click here</u>
- Ted Talk The History of the Universe click here
- Ted Talk Giant Telescopes and Detectors <u>click here</u>

LISTEN

- Titanium Physicists <u>click here</u>
- BBC Science <u>click here</u>
- TWIS <u>click here</u>

- Black Holes <u>click here</u>
- Hiding Objects from Heat Sensing Cameras <u>click here</u>
- How Quantum Mechanics Lets Heat Cross a Vacuum click here



Psychology

Welcome to the Psychology Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- Bad Pharma Ben Goldacre
- Behind the Shock Machine Gina Perry
- The Man who Mistook his Wife for a Hat Oliver Sacks
- Emotional Intelligence: Why It Can Matter More than IQ Daniel Goleman

WATCH

- Body Clock: What Makes us Tick? click here
- Stacey Dooley on the Psych Ward <u>click here</u>
- Ted Talk How to Make Stress Your Friend click here
- Ted Talk This Could Be Why You Are Depressed or Anxious click here
- Ted Talk What Makes People Happy and Lead a Long Life <u>click here</u>
- Ted Talk Am I Not Human <u>click here</u>

LISTEN

- Psychology and Black Lives Matter <u>click here</u>
- Super Psychology <u>click here</u>
- All in the Mind <u>click here</u>

- Lockdown is the World's Biggest Psychological Experiment <u>click here</u>
- Cognitive Behavioural Therapy for Psychosis <u>click here</u>
- How Fear of the Coronavirus is Changing Our Psychology <u>click here</u>

Religious Studies

Welcome to the Religious Studies Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.



ENGAGE – REFLECT – SHARE

READ

- Zealot: The Life and Time of Jesus of Nazareth Reza Aslan
- Misquoting Jesus: The Story Behind Who Changed the Bible and Why Bart D Ehrman
- The Power of Now: A Guide to Spiritual Enlightenment Eckhart Tolle
- Person of Interest J Warner Wallace

WATCH

- The Book of Eli (2010)
- The Matrix (1999)
- Schindler's List (1994)
- Dogma (2001)
- Ted Talk Faith and the Power it Brings You <u>click here</u>
- Ted Talk When God Talks Back click here
- Ted Talk How I Met God in a McDonalds <u>click here</u>

LISTEN

- Thinking Faith <u>click here</u>
- Pray As you Go <u>click here</u>
- Bible in a year <u>click here</u>

- The Work of the People <u>click here</u>
- World Religion <u>click here</u>
- The Conversation <u>click here</u>
- BBC <u>click here</u>



Spanish

Welcome to the Spanish Super Curriculum. Below you will find a whole host of things to do to stretch yourself beyond the classroom curriculum.

ENGAGE – REFLECT – SHARE

READ

- La Sombra Del Viento Carlos Ruiz Zafon
- La Casa en Mango Street Sandra Cisneros
- El Coronel No Tiene le Escriba Gabriel Garcia Marquez
- Todos Mis Cuentos Ana Maria Matute

WATCH

- Land Without Bread (1933)
- Spirit of the Beehive (1973)
- Women on the Verge of a Nervous Breakdown (1988)
- Summer 1993 (2017)
- Ted Talk Do you Want to be Bilingual <u>click here</u>
- Ted Talk the Secrets of Learning a New Language <u>click here</u>
- Ted Talk 10 things Polyglots do Differently <u>click here</u>

LISTEN

- Simple Stories in Spanish <u>click here</u>
- News in Slow Spanish <u>click here</u>
- Radio Ambulante <u>click here</u>

- Spanish News articles <u>click here</u>
- National Geographic <u>click here</u>
- Articles about Spain <u>click here</u>



ST NICHOLAS CATHOLIC SIXTH FORM

YOUR FUTURE FIRST

