



Super Curriculum

KS3 2019-20



Dear Parent, Carer and Student,

At Beverley Grammar School we wish to afford students every opportunity to develop their love of learning. In order to help them do this we have developed a *super curriculum*, which provides students with a range of suggested activities that take their regular curriculum beyond the classroom.

These activities can take many forms: reading; watching videos online; downloading podcasts; attending lectures; visiting museums; entering academic or artistic competitions.

Engaging in super curricular activities will help students develop a love for their favourite subject or subjects. It will also enable parents to suggest suitable activities/ undertake activities with your child.

This booklet is an introduction into the wide range of activities that students can undertake to help develop their knowledge and understanding of the world in which we live. You will be able to follow all hyperlinks on the online version of this booklet, available on the curriculum area of our website.

This booklet is by no means an exhaustive list, but it is more than enough to get students started on their journey. Please note that this is not a compulsory element of school; it is a smorgasbord of ideas and suggestions which will complement the great grounding students get within their classrooms.

Suggestions? If you have any suggestions for our super curriculum, please let us know and they may well make it into a future version.

G Chappell
Headteacher

<h1>Subject</h1>	<h1>KS3 Art, Craft & Design</h1>			
<p>Follow</p> <p>Find pieces of artwork right across Beverley by following the Beverley Town Trail. The map guides you around Beverley to find out, through sculpture, about the different activities and districts of the town in the medieval period.</p>	<p>Visit</p> <p>Visit Beverley Art Gallery - there is a permanent collection, local artists and some National level exhibitions too. You can also get involved with any of the workshops and talks on too.</p>	<p>Create</p> <p>Look at the work of Andy Goldsworthy and see what you can create in a local park, the beach or even in your garden!</p> 	<p>Participate</p> <p>Over the summer prepare work to enter into the Ferens Junior Open exhibition for under 15s.</p>	<p>Record</p> <p>Take a photograph based on each of these compositional elements: line, shape, colour, contrast, proportion and movement.</p>
<p>Create</p> <p>Try a 30 day drawing challenge to draw every day for a month. You can find prompts online if you need ideas or you can make your own lucky dip of ideas to choose from.</p>	<p>Compete</p> <p>Stretch your skills by entering the Nancy Rothwell Award for specimen and natural history drawings competing for cash and art prizes.</p> 	<p>Visit</p> <p>Visit the Ferens Art Gallery in Hull. This has a permanent collection as well as regular changes of exhibitions.</p>	<p>Follow</p> <p>Follow Hull Fish trail to find 41 sculptures by artist Gordon Young by following this handy map!</p>	<p>Communicate</p> <p>People around you often have hidden art and craft skills - talk to them! Do they knit, make ceramics, or do something more obscure like marquetry? Learn about and try out a new craft from the people that know you best!</p>
<p>Get Out!</p> <p>Get outdoors and follow the great tradition of artists working 'en pleine air'. Artists such as David Hockney and Vincent Van Gogh battle the elements to draw landscapes outdoors for an artwork that communicates the experience of being in a place.</p>	<p>Create</p> <p>Make an artwork that can be experienced by a person with poor or no vision.</p>	<p>Participate</p> <p>The Big Draw at Beverley Art Gallery in October is a free drop-in drawing event with professional artists. All materials are provided.</p>	<p>Record</p> <p>Make a visual journal by taking a photograph or making a drawing every day for a month. See this work by John Hewitt for inspiration.</p> 	<p>Visit</p> <p>Spend the day at Yorkshire Sculpture Park (YSP). YSP has a rolling series of open air and indoor exhibitions from big name and up-and-coming artists as well as events you can participate in. It is a beautiful site too!</p>

Subject	KS3 Computer Science			
<p>Read Computational Fairy Tales by Jeremy Kubica</p> <p>A romp through the principles of computational thinking, illustrating high-level computer science concepts, the motivation behind them, and their application</p>	<p>Create Learn to program by watching programming tutorials on YouTube: Codecourse ChernoProject</p>	<p>Activity Programming challenges are a great way to develop programming skills, below are a few links to programming challenge websites: Coderbyte Codewars CodeinGame</p>	<p>Watch Watch videos on computing, programming and computer science on the following YouTube Channels: Computephile Derek Banas</p>	<p>Follow Science Daily - Keep up to date with developments in computer science with the following websites: Science Daily Follow Raspberry Pi related twitter feed for ideas on projects: Make Pi Computing</p>
<p>Listen To Beginner-friendly computer science podcasts at the following: Base CS Podcast Programming Throwdown Hanse1Minutes</p>	<p>Research Research into current trends in computer science and applications at the following open access journal: Lupine Publishers</p>	<p>Write Write a blog on your programming journey, read the following article on blogging for programmers: Write That First Blog: Blogging for Programmers</p>	<p>Read Communications of the ACM</p> <p>Keep up to date with developments in computer science by reading the communications of the ACM</p>	<p>Read Cracking Codes with Python by Al Sweigart</p> <p>Teaches complete beginners how to program in the Python programming language. The book features the source code to several ciphers and hacking programs for these ciphers.</p>

<p>Activity Find plenty of unplugged computer science activities at the following website: CS Unplugged</p>	<p>Activity Computer science for fun activities can be found at the following website: Computer Science for Fun</p>	<p>Visit Go on a virtual tour of a computing museum at the following website: The National Museum of Computing</p>	<p>Follow Follow developments in robotics and AI at the following website: Boston Dynamics</p>	<p>Create Create programs for challenges and competitions at the following website: HackerEarth</p>
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<p>Subject</p>	<p>KS3 Design and Technology</p>			
<p>Create A sketch book of drawings by following the tips found by watching the following youtube channels: Product Design Sketching A Sketch- a-day</p>	<p>Activity Have a go at some of the Engineering Challenge Cards from the Dyson Foundation found by following the link</p>	<p>Watch D&Tube Product Design Maker Product Tank The Product Design Show Adam Savage's Tested CAD Mania FW: Thinking How It's made</p>	<p>Create Plan a new recipe for a healthy meal/snack Use the BBC Good Food website to help you get started</p>	<p>Research Investigate the articles about things that interest you on https://www.howstuffworks.com/ Search for 'Engineering' on the top right and be amazed by the things you'll find out.</p>

<p>Listen</p> <p>Explore the following podcasts on a variety of D&T topics;</p> <p>Techstuff Podcast Invention Stuff you should know Savor</p>	<p>Watch</p> <p>Some of the Food related videos below;</p> <p>Michel Roux's Service The Savoy Food Inspectors SuperSize Me Film</p>	<p>Create</p> <p>Investigate and try to construct any of these;</p> <ul style="list-style-type: none"> ● Airfix ● Lego ● Mechano ● KNex ● Warhammer ● Model railways 	<p>Visit</p> <p>Come along and spectate at a Greenpower Race and Soapbox Challenge race. Check the school newsletter for dates.</p>	<p>Read</p> <p>How Technology works published by Dorling Kindersley 2019 How Food works published by Dorling Kindersley 2017 Thing Explainer By Randal Munroe 2017</p>
<p>Follow</p> <p>@BevgrammarDT on twitter for the latest news in the world of D&T</p>	<p>Write</p> <p>A food blog/diary to record your favourite foods</p> <p>You can find an example here.</p>	<p>Visit</p> <p>Beverley food festival Magna Manchester - Museum of Science and Industry London - V&A, The Design Museum York - Festival of ideas</p>	<p>Create</p> <p>Cook a healthy dish from one of the following supermarket websites;</p> <p>Waitrose Tesco</p>	<p>Activity</p> <p>Download any of the free software below and follow the tutorials (extra videos can be found on Youtube) to learn how to use it;</p> <p>SweetHome3D Onshape Google Sketchup Tinkercad</p>

Subject	KS3 English			
<p>Visit</p> <p>A nature reserve of your choice. Create a piece of descriptive writing around the theme of Nature. Alternatively, write to 'inform'; what did you see? Create a fact file with illustrations. Look at the links below for local reserves.</p> <p>https://www.ywt.org.uk/nature-reserves/north-cave-wetlands-nature-reserve https://www.yorkshirewater.com/things-to-do/tophill-low-nature-reserve</p>	<p>Write</p> <p>Follow this link for the next radio 2 short story competition entry. https://www.bbc.co.uk/programmes/articles/5DanzlFDywh9CFajNvth3/0/about-500-words</p>	<p>Research</p> <p>Research the history of children's literature. Create a document to outline your findings. https://www.bl.uk/romantics-and-victorians/articles/the-origins-of-childrens-literature http://theconversation.com/once-upon-a-time-a-brief-history-of-childrens-literature-75205 http://www.thesismag.com/2014/11/21/the-history-of-childrens-literature/</p>	<p>Create</p> <p>Read a collection of poems. You could focus on a favourite poet or focus on a theme. Create your own volumes of poems on a theme of your choice.</p>	<p>Research</p> <p>Use the following link http://victorianweb.org/authors/index.html Choose an author to research and consider why they are included in The Victorian Web.</p>
<p>Visit</p> <p>East Park during the month of June for The Big Malarkey Festival. Meet authors, illustrators, poets and performers whilst getting involved in some workshops.</p>	<p>Read</p> <p>Look at the list of '50 books to read before you die' and select at least 2 to read and enjoy. https://www.goodreads.com/shelf/show/50-books-to-read-before-you-die</p>	<p>Read</p> <p><i>A Christmas Carol</i> by Charles Dickens and watch The Muppets version</p>	<p>Visit</p> <p>Join your local library and read your chosen book for at least thirty minutes every day. Attend events at your local library.</p>	<p>Local</p> <p>Research the life and times of Hull's adopted, highly esteemed poet, Phillip Larkin. http://philiplarkin.com/</p>

<p>Read</p> <p><i>Animal Farm</i> by George Orwell and research the Russian Revolution. What links can you see between the novel and real life events?</p>	<p>Research</p> <p>Dolly Parton and the work she does to promote reading in schools. Read some of her books and her song lyrics. How could you contribute to her reading scheme? Can you write and perform your own song promoting reading?</p>	<p>Visit</p> <p>Go to the Freedom Festival in Hull or any other local music/ arts event. Write a review of an event/ act. Activity.</p> <p>https://www.freedomfestival.co.uk/freedom-festival/ https://www.humberstreetsesh.co.uk/</p>	<p>Read</p> <p><i>His Dark Materials</i> trilogy by Phillip Pullman</p>	<p>Visit</p> <p>Visit the amazing library at The University of Hull and get a feel for university life.</p> <p>https://www.hull.ac.uk/choose-hull/study-at-hull/library/visitors/index.aspx</p>
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<p>Subject</p>	<p>KS3 Geography</p>		
<p>Visit</p> <p>Visit The Deep in Hull to find out about the oceans lagoons, mangroves and freshwater areas of our planet.</p> <p>https://www.thedeep.co.uk/</p>	<p>Watch</p> <p>Documentary series on the Earth's Great Rivers. Particularly useful for Y8.</p> <p>https://www.bbc.co.uk/iplayer/episode/b0bx73pk/earths-great-rivers-series-1-1-amazon</p>	<p>Visit</p> <p>The Museum Quarter, Hull to find out about the history and importance of the city of Kingston Upon Hull.</p>	<p>Watch</p> <p>Find out all about the climates, plants and animals of the great continent, Africa. Particularly useful for Y7.</p> <p>https://www.bbc.co.uk/iplayer/episode/p010jc6r/africa-1-kalahari</p>

<p>Watch</p> <p>Watch David Attenborough's Climate Change - The Facts</p> <p>https://www.bbc.co.uk/iplayer/episode/m00049b1/climate-change-the-facts</p>	<p>Create</p> <p>Imagine you are travelling through an extreme environment of your choice. Write a diary entry of a particularly difficult day. How did you feel, how did you survive?</p>	<p>Discover</p> <p>All about the tides. Useful for Y9, coasts and tidal energy.</p> <p>https://www.bbc.co.uk/iplayer/episode/m0005sx2/tide-series-1-1-understanding-the-tide</p>	<p>Visit</p> <p>The Holderness Coast, from Flamborough Head to Spurn Point. Flamborough Head also has the Living Sea Centre:</p> <p>https://www.ywt.org.uk/places-visit/flagship-sites/welcome-living-seas-centre-flamborough</p>
<p>Watch</p> <p>Watch the Planet Earth documentary series to find out about the wonders of our natural world and the impacts humans can have on them.</p> <p>https://www.bbc.co.uk/iplayer/episode/b0074s19/planet-earth-1-from-pole-to-pole</p>	<p>Visit</p> <p>The Natural History Museum and the Science Museum in London.</p> <p>These places tell you lots about the physical geography that has shaped our planet.</p>	<p>Watch</p> <p>The impacts Fashion can have on the environment.</p> <p>https://www.bbc.co.uk/iplayer/episode/b0bn6034/stacey-dooey-investigates-fashions-dirty-secret</p>	<p>Discover</p> <p>The issues and dangers surrounding nuclear energy sources: Chernobyl</p> <p>https://www.bbc.co.uk/iplayer/episode/b08650s6/inside-chernobyls-mega-tomb</p>

Subject	KS3 History			
<p>Visit</p> <p>Visit the East Riding Museum in Hull.</p> <p>https://www.hcandl.co.uk/museums-and-galleries/hull-and-east-riding-museum/hull-and-east-riding-museum</p>	<p>Read</p> <p><i>The Seeing Stone</i> - Kevin Crossley-Holland.</p> <p><i>The Diary of a Young Girl</i> - Anne Frank.</p> <p><i>War Horse</i> - Michael Morpugo.</p>	<p>Visit</p> <p>Visit Scarborough Castle to find out more about Medieval England as well as its involvement in the Civil War and role during WWI.</p> <p>https://www.english-heritage.org.uk/visit/places/scarborough-castle/things-to-do/</p>	<p>Visit</p> <p>Visit the Treasure House Museum and Beverley Art Gallery.</p> <p>https://www.eastridingmuseums.co.uk/find-a-museum/?entry=treasure_museum_gallery</p>	<p>Visit</p> <p>Visit Wilberforce House in Hull to find out more about the transatlantic slave trade and its abolition, as well as contemporary slavery.</p> <p>http://humbermuseums.com/museum-hull/wilberforce-house-museum/</p>
<p>Visit</p> <p>The Royal Armouries Museum in Leeds.</p> <p>https://royalarmouries.org/venue/royal-armouries-museum/</p>	<p>Research</p> <p>Look at the BBC iWonder resources on 'Why should I care about 1066?'</p> <p>http://www.bbc.co.uk/guides/zx2c4t6</p>	<p>Watch</p> <p>Watch the film <i>Dunkirk</i> (12A) and consider whether it matters if it is historically accurate or not.</p>	<p>Visit</p> <p>Skipsea motte and bailey castle to find out more about the Norman influence on Britain.</p> <p>https://www.english-heritage.org.uk/visit/places/skipsea-castle/history/</p>	<p>Research</p> <p>Look at the BBC iWonder resources on WWI.</p> <p>https://www.bbc.com/timelines/zobhn35</p>

<p>Visit</p> <p>Visit the Hands on History Museum in Hull to find out more about the story of Hull and its people.</p> <p>https://www.hcandl.co.uk/museums-and-galleries/hands-history-museum/hands-history-museum</p>	<p>Watch</p> <p>Watch the <i>The Boy in the Striped Pyjamas</i> (12A).</p>	<p>Visit</p> <p>Visit a Norman church, mentioned in the Domesday Book, in Garton-on-the- Wolds.</p>	<p>Research</p> <p>Find out about a remarkable prehistoric monument....</p> <p>https://www.natgeokids.com/uk/discover/history/general-history/skara-brae/</p>	<p>Visit</p> <p>Visit Clifford's Tower in York to find out more about William the Conqueror as well as antisemitism in Medieval England.</p> <p>https://www.english-heritage.org.uk/visit/places/cliffords-tower-york/</p>
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Subject	KS3 Maths			
<p>Download</p> <p>The Brilliant app in your App Store (or visit their website). The free version contains lots of challenges and problem solving activities in maths but also physics and computer science.</p>	<p>YouTube</p> <p>Check out the videos on Numberphile's YouTube channel. Videos about numbers and the interesting properties they have.</p>	<p>Read</p> <p>Have a browse through the pages (web and magazine) of Chalkdust Magazine - for the mathematically curious.</p>	<p>Listen</p> <p>A weekly science and mathematics programme, with past episodes available to download, tune in to The Infinite Monkey Cage on BBC Radio 4.</p>	<p>Puzzles</p> <p>Both BBC Radio 4 Today Programme and The Guardian, courtesy of Alex Bellos, produce puzzles - Radio 4 every day and The Guardian every second Monday.</p>
<p>Follow</p> <p>The Twitter account @mathshistory shares a daily fact about the history of maths, with a link to an article.</p>	<p>Read</p> <p>Have a look at Plus Magazine - articles and puzzles at lots of different levels.</p>	<p>Problem Solving</p> <p>Try your hand at some of the problems on the Maths Challenge website - lots of different levels of difficulty for all ages.</p>	<p>YouTube</p> <p>Have a look at Matt Parker's, aka Stand Up Maths, YouTube channel for interesting and funny mathematical tidbits.</p>	<p>Research</p> <p>Who are the people who have built Mathematics throughout history? Visit Mathigon to discover and research these men and women through their timeline. Why not check out the other areas, too?</p>

Play an Ancient Game

Download and try the Set Daily Puzzle App from your app store (or visit their website).

Create

John Napier created a simple calculator long before technology came along. Can you make one and learn how to use it?

Read

Did you know that the writers of the Simpsons and Futurama love Maths? Simon Singh explores this in his book The Simpson's and their Mathematical Secrets.

Watch

Find out all about fractals by watching The Colors of Infinity on YouTube.

Explore

Why not try some of the creative challenges on the Wild Maths website?

Subject	KS3 Modern Foreign Languages			
<p>Listen (German)</p> <p>Watch the German equivalent of Newsround to hear lots of language in context on lots of relevant topics. Make a list of the words that you recognise. Fast forward to the end for a brief weather forecast too. https://www.zdf.de/kinder/logo</p>	<p>Learn (French & German)</p> <p>Learn French or German on the go with these bitesize language learning podcasts.</p> <p>https://radiolingua.com/category/office-break-german/</p> <p>https://radiolingua.com/category/office-break-french/</p>	<p>Activity (French & German)</p> <p>Change the settings on your computer games such as Fifa so that you hear the commentary and navigate the options in French/German.</p>	<p>Read (French)</p> <p>This French news site for children posts one new story each day and has an excellent 'les info animées' section which attempts to explain serious subjects e.g. 'What is a black hole?' in a simplified and clear way. https://www.1jour1actu.com</p>	<p>Write</p> <p>Write a 'toolkit' of phrases that you would need to use on a day trip to France/Germany. Think carefully about what phrases you would need if you couldn't find anyone who speaks English.</p>
<p>Activity</p> <p>Visit this website to learn all sorts of cultural facts about Germany/France. Make a Top Ten of your favourite facts. https://germanculture.com/ua/</p> <p>https://www.opcities.org/teacherkit/countries/france.htm</p>	<p>Aspire (French & German)</p> <p>Years 8-9. Aim high in the annual Foreign Languages Translation Bee. Aspire to get to the national finals in Cambridge in the summer term by practising from the tool kit for each stage little and often.</p>	<p>Activity (French & German)</p> <p>Work through the French /German beginners and more advanced exercises on the website below: www.languagesonline.org.uk</p>	<p>Create (French & German)</p> <p>Research a French/ German-speaking country/region and make a fact file, podcast or video about it. Make sure that you use the correct accents if you do this electronically.</p>	<p>Read and Listen</p> <p>Explore some well known fables in different languages at https://www.thefablecottage.com/ All tales are available as an audio file with a transcript and are in multiple languages. Listen in French or German and then in English or vice versa.</p>

<p>Activity (French & German)</p> <p>Create a resource that teaches a tense or a topic e.g. a How-to guide for the present tense endings</p>	<p>Watch (French & German)</p> <p>Watch a Disney film you know in French or German with subtitles in English. Make notes of any new words that you learn in English and French/German.</p> <p>Alternative search for "Peppa Pig in German/French" on YouTube.</p>	<p>Activity (French & German)</p> <p>Play Scrabble, Bananagrams, or other word games using only French or German words (you'll have to create some additional tiles on paper or card, featuring the relevant accents é, è ß etc.)</p>	<p>Read (French & German)</p> <p>Read magazines/ comics/books in other languages. Speak to your languages teachers for recommendations. Mrs Robertson has a small library in school and you can also find bargains in your Kindle library.</p>	<p>Speak (French & German)</p> <p>Tongue twisters are a great way to master pronunciation. Challenge yourself to learn three foreign language tongue twisters off by heart.</p> <p>http://www.tongue-twister.net</p>
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<p>Subject</p>	<p>KS3 Music</p>			
<p>Visit</p> <p>Beverly Minster to look at the organ or listen to some choir rehearsals.</p>	<p>Read/write</p> <p>Music reviews of new albums/live performances/your favourite artist. Familiarise yourself with the language used within the music industry.</p>	<p>Listen</p> <p>To lots of different live performances of your favourite songs on 'Youtube' to see how artists interpret music in different ways.</p>	<p>Create</p> <p>Use 'AudioSauna' (free music software on Google) to create your own Dance track online.</p>	<p>Watch</p> <p>Watch 'Into the Woods' on www.digitaltheatreplus.com</p>

<p>Visit</p> <p>Hull New Theatre or Hull Truck Theatre, see if you can pre-arrange a backstage tour to see the equipment and how it works.</p>	<p>Read</p> <p>Journals/autobiographies of your favourite musicians/artists to see how they became experts on their instruments.</p>	<p>Listen</p> <p>To anything! All music is good music and will teach you something. Try listening to a genre of music you wouldn't usually be interested in- you never know, you might like it!</p>	<p>Activity</p> <p>Try teaching someone in your family something you have learned this year in music. Teaching others helps you remember information/develops your skills further.</p>	<p>Activity</p> <p>Play 'Piano Tiles' or 'Guitar Hero'. They are a great way to develop your fine motor skills and sense of rhythm.</p>
<p>Visit</p> <p>Any of the free music festivals in Beverley (Early music festival/Chamber Music Festival/New Paths Music Festival/Beverley Fringe Festival).</p>	<p>Create</p> <p>Your own junk percussion- you can use anything (especially material that can be recycled). You can then create your own 'Stomp' style piece. Junk Percussion Stomp- Kitchen equipment and basketballs</p>	<p>Research</p> <p>Key features/elements of your favourite genre of music- you can then apply this to your own compositions. BBC Bitesize</p>	<p>Listen</p> <p>Record yourself performing a piece of music you have been working on and listen back to it. This will help you identify your areas of strength and development.</p>	<p>Activity</p> <p>Visit 'Teoria' and develop your listening skills. There are lots of exercises and activities to develop your ability to hear music in more detail. Teoria- ear training exercises</p>

<p>Subject</p>	<p>KS3 Physical Education</p>
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<p>Read</p> <p>Read any sports autobiography</p>	<p>Read</p> <p>Read BBC Sports News regularly</p>	<p>Create</p> <p>Create A timeline of the history of your chosen sport</p>	<p>Writing</p> <p>Write a glossary of the skills used in your sport</p>	<p>Writing</p> <p>Write A sports report for BGS newsletter</p>
<p>Watch</p> <p>Watch a sport of your choice at the elite level</p>	<p>Watch</p> <p>Watch any sporting documentary</p>	<p>Create</p> <p>Create a scrapbook of any sport, sportsperson or sporting event from social media.</p>	<p>Student Led</p> <p>Lead a group of students in a sporting competition</p>	<p>Student Led</p> <p>Attend a school sports club - consider trying a new sport or leading a warm up or cool down.</p>
<p>Visit</p> <p>Visit any sporting stadia</p>	<p>Visit</p> <p>Visit your local sport club facilities</p>	<p>Perform</p> <p>Perform for the school in any sport including House sports.</p>	<p>Perform</p> <p>Perform for a sports club</p>	<p>Perform</p> <p>Develop fitness through trying out a new sport or doing park run.</p>

Subject	KS3 PSHE			
<p>Listen</p> <p>Download a mindfulness or relaxation podcast or app and use it for one month. Track your progress and get other family members involved.</p>	<p>Activity</p> <p>Learn how to become a peer-mentor. Make a list of the skills you will need</p>	<p>Read</p> <p>Business for Beginners By Lara Bryan and Rose Hal</p>	<p>Activity</p> <p>Have a technology free day for one day a week for one month. Track what you spend your time doing instead and get other family members involved.</p>	<p>Read</p> <p>Living with a Willy by Nick Fisher</p> <p>**Does contain some slang words - written by a teenage boy for students going through puberty**</p>
<p>Information/Support</p> <p>Visit the local built Thirteen website to raise awareness of a range of topics from Emotional Health to Employment to LGBTQ to Online Safety.</p> <p>Purpose built to support and inform young people. Includes a wide range of additional websites to widen your awareness.</p> <p>http://www.thirteen.me.uk/</p>	<p>Activity</p> <p>Commit to volunteering once a week and gain a VYPER volunteering award.</p> <p>30+ hours Bronze 60+ hours Silver 90+ hours Gold 400+ hours Outstanding achievement Award</p> <p>https://www.ervas.org.uk/youngpeople/vyper/</p>	<p>Create/Competition</p> <p>Create an anti-racism themed piece of artwork or creative writing.</p> <p>Enter it into the Show Racism The Red Card Competition, entries open Sept 19 for March 20.</p> <p>https://www.theredcard.org/competitions</p>	<p>Activity</p> <p>Learn how to become a member of the KS3 Student Leadership Group.</p> <p>Make a list of the skills you may require and the examples you can share that will help to demonstrate why you are an appropriate candidate.</p>	<p>Watch</p> <p>Watch film 'Pay It Forward'. (2000)</p>

<p>Watch</p> <p>Watch film 'Wonder' (2017)</p> <p>For use on activity to the right → https://www.nhs.uk/change4life/food-facts</p> <p>https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/#:~:text=XR2uK,TKU</p>	<p>Activity</p> <p>Write a diary for a week, which tracks your food, drink, exercise, technology usage, and mindfulness activities. Then reflect and review how you could make sensible adjustments to help improve your physical and mental well being.</p> <p>**Remember you could have a chat with the school nurse for ideas and advice**</p>	<p>Activity/Challenge</p> <p>In February we celebrate Random Acts of Kindness Day, but kindness does not need to be limited to a single day and can be shown in any manner of ways. Examples of kindness can be small but make a huge difference to someone's day.</p> <p>Challenge yourself to show kindness is some way on a daily basis.</p>	<p>Activity</p> <p>Learn how to become involved in the Not In Our Community Youth Summit and become an Ambassador.</p> <p>Work with the local organisation to raise awareness of Child Sexual Exploitation and Criminal Exploitation.</p> <p>See Mrs Good if you are interested.</p> <p>http://notinourcommunity.org/ambassador/</p>	<p>Research</p> <p>Research how you could influence the democratic process through the local Youth Parliament and British Youth Council.</p> <p>www.byc.org.uk</p> <p>http://www.ukyouthparliament.org.uk</p>
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<p>Subject</p>	<p>KS3 Religious Education</p>			
<p>Read</p> <p>Read the BBC news website.</p>	<p>Watch</p> <p>Watch The Matrix. Think about how this links to religion.</p>	<p>Visit</p> <p>Take a virtual tour a place of religious pilgrimage.</p>	<p>Watch</p> <p>Watch The Invention of Lying. Think about how this could be used to explain the origins of religion.</p>	<p>Watch</p> <p>Andrew Marr 'History of the World: Into the light' on iPlayer.</p>

<p>Read</p> <p>BBC iWonder article 'Why do millions gather in Mecca every year?'</p> <p>http://www.bbc.co.uk/guides/zgymxnb</p>	<p>Create</p> <p>Create a model of a Hindu temple</p>	<p>Read</p> <p>Christianity - <i>Read The Lion the Witch and the Wardrobe</i> by CS Lewis.</p>	<p>Attend</p> <p>A local Alpha course.</p>	<p>Visit</p> <p>Take a real or virtual guided tour of Beverley Minster, and find out about the history and importance of the building in Christianity.</p>
<p>Watch</p> <p>An introduction into the 5 main religions.</p> <p>https://ed.ted.com/lessons/the-five-major-world-religions-john-bellamey</p>	<p>Read</p> <p>Read the story of Job and look up the meaning.</p>	<p>Research</p> <p>Read and research Plato's analogy of The Cave.</p>	<p>Read</p> <p>The Egg by Andy Weir.</p>	<p>Listen</p> <p>Listen to a call to prayer at a local mosque or the bells at your local church.</p>

<p>Subject</p>	<p>KS3 Science</p>
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<p>Read</p> <p>A book by Lord Robert Winston</p>	<p>Watch</p> <p>"A Human Body" on youtube</p>	<p>Observe</p> <p>Animals such as birds in Spring and contribute to the RSPB Big Garden Birdwatch</p>	<p>Research</p> <p>A scientist such as Niels Bohr</p>	<p>Visit</p> <p>The Streetlife Museum</p>
<p>Watch</p> <p>Brian Cox's The Planets on youtube</p>	<p>Create</p> <p>Create a Steve Spangler Style video of a science experiment you have done at Home</p> <p>https://www.stevespanglerscience.com</p>	<p>Read</p> <p>Why we sleep by Matthew Walker</p>	<p>Write</p> <p>A letter to your MP about an environmental issue you care about</p>	<p>Visit</p> <p>The Maritime Museum</p>
<p>Do</p> <p>Carry out the red cabbage indicator practical</p>	<p>Watch</p> <p>The BBC's "The Twins Lab"</p>	<p>Undertake</p> <p>Some bee-friendly gardening</p>	<p>Visit</p> <p>The Space Centre at Leicester / The Science Museum in London / Manchester Museum of Science & Industry</p>	<p>Visit</p> <p>Bempton Cliffs to see puffins</p> <p>Watch Cool Science Experiments on YouTube.</p>

KS3 Great books to inspire...

This is a collection of books or audiobooks handpicked by your teachers at Beverley Grammar School

<i>Lord of the Flies</i> William Golding	<i>Of Mice and Men</i> John Steinbeck	<i>The Singing Tree</i> Kate Seredy	<i>The Secret Diary of Adrian Mole</i> Sue Townsend	<i>Alice's Adventures in Wonderland</i> Lewis Carroll
<i>The Diary of a Young Girl</i> Anne Frank	<i>Animal Farm</i> George Orwell	<i>Around the World in Eighty Days</i> Jules Verne	<i>The Hobbit</i> JRR Tolkien	<i>The Outsiders</i> SE Hinton
<i>Harry Potter and the Philosopher's Stone</i> JK Rowling	<i>Dracula</i> Bram Stoker	<i>Northern Lights</i> Philip Pullman <i>Sapiens:</i>	<i>The Adventures of Huckleberry Finn</i> Mark Twain	<i>The Hunger Games</i> Suzanne Collins
<i>One Day in the Life of Ivan Denisovich</i> Aleksandr Solzhenitsyn	<i>Bounce</i> Matthew Syed	<i>Raspberries on the Yangtze</i> Karen Wallace	<i>Sophie's World</i> Jostein Gaarder	<i>Goodnight Mr Tom</i> Michelle Magorian
<i>Frankenstein</i> Mary Shelley	<i>Treasure Island</i> Robert Louis Stevenson	<i>The Phantom Tollbooth</i> Norman Juster	<i>A Series of Unfortunate Events</i> Lemony Snicket	<i>A Brief History of Humankind</i> Yuval Noah Harari