



Blessed Robert Sutton Catholic Voluntary Academy

Academic excellence, Spiritual Development and Social Awareness through Christ



At Blessed Robert Sutton Catholic Voluntary Academy, we strive for excellence in everything we do.

For us, academic excellence is about answering the questions that you want answered. Then it is about asking new questions and finding new answers. It is about being independent in your learning and in your thinking. It is about deepening and extending your knowledge beyond the limits of the school curriculum. It is also, as Einstein tells us, a never-ending process.

Your teachers have produced the Academic Excellence Programme – Super Curriculum to help you take a first step towards academic excellence.

We have recommended things to read, things to watch and listen to, places to visit, and things to do that we think will interest you and stretch your minds. **Now it is over to you!**

"Your talent is God's gift to you; what you do with it is your gift to God." Leo Buscaglia



Books

- "What if?" Randall Munroe
- "Unweaving the Rainbow" Richard Dawkins
- "Apollo 13", Lovell and Kluger
- "The body - a guide for occupants" by Bill Bryson
- "A short history of nearly everything" by Bill Bryson
- "The gene - an intimate history" by Siddharta Mukherjee
- "Being a dog" by Alexandra Horowitz
- "Are we smart enough to know how smart animals are?" by Frans der Waal
- "Storm in a Teacup: The Physics of Everyday Life", Helen Czerski
- "The Thing Explainer", Randall Munroe
- "The Origin of Species" Charles Darwin
- "Surely your joking Mr Feynman"

Name of Film

Apollo 13
First Man
The Core
The Age of Stupid
Jurassic Park
An Inconvenient Truth

KS4 Biology Super Curriculum

Websites/Documents/Podcasts

"The Infinite Monkey Cage" Podcast
"Seven Worlds, One Planet" – BBC Attenborough documentary.
"Bang Goes the Theory", BBC Series
"Supersize Earth", BBC Series
"Can Science Make me Perfect", BBC iPlayer
"TED Talks Daily"
"Inside Science", BBC Podcast
Micheal Mosely documentaries on Iplayer
"Seven Worlds, One Planet" – BBC Attenborough documentary.
"Bang Goes the Theory", BBC series.
"Supersize Earth", BBC Series
"Can Science Make me Perfect", BBC iPlayer
"Bill Nye Saves the World", Netflix

Name Of Task

Things to do:

Choose a task from the KS4 Activity Grid

Research Science courses at University.

Watch this Brian Cox Lecture: [Click here](#).

Watch an [explosives lecture](#) by Col D B Shaw (they don't do things like this anymore)

Why not grow your own plants in either a plot in your garden (if you have one) or just in pots or tubs. Growing potatoes is excellent revision of mitosis and a-sexual reproduction. Just take a couple of potatoes from a bag if you have some spare. Cut them in half and stick them in the ground about 60 cm deep. They will do the rest (well - when you include sunlight, carbon dioxide and water of course!)

Links to pre-recorded lessons to help you delve further

Greenshaw Academy: <https://www.youtube.com/channel/UCfrjZZrO08ud5b7p4Nf17pQ/playlists>
Oak Academy: <https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/science>
Khan Academy: <https://www.khanacademy.org/science>
Kay Science: <https://www.kayscience.com/#>
Century: <https://www.century.tech/>



KS4 Unit 1 CHEMISTRY Super Curriculum

Name of Book	Subject Websites/Documents/Podcasts	Name of Film	Name Of Task
<p>The disappearing spoon,</p> <p>Around the World in 18 elements</p> <p>Natures Building blocks</p> <p>The Elements of Murder: A History of Poison</p> <p>Napoleon's Buttons: How 17 Molecules Changed History</p> <p><i>Write a short book review, explaining what you have learnt about the science in the book.</i></p>	<p>Websites</p> <p>Royal society of Chemistry - https://edu.rsc.org/student</p> <p>Documentaries (You Tube)</p> <p>Brainiac</p> <p>OR:</p> <p>https://www.youtube.com/watch?v=kqe9tEcZkno</p> <p>Podcasts</p> <p>https://www.chemistryworld.com/podcasts/book-club-the-periodic-table/3010663.article</p> <p><i>Use these excellent resources to read up on topics that interest you!</i></p>	<p><i>Write a short film review of each film you watch., explaining what you learnt about the science in it and how that is relevant to you.</i></p> <p>If you have Netflix type in science movies and a whole long list will pop up!! See below for some ideas!</p> <p>Particle fever</p> <p>Fed up</p> <p>Cosmos: A space-time Odyssey</p> <p>No Netflix never mind try</p> <p>Chemistry-volatile history (google it and you will find a number of films to watch)</p>	<p><i>Why not create a poster showing what you found interesting about the book, film etc. you have engaged with.</i></p> <p>You could write a blog or make a video there is no limit to what you could do!</p> <p>Links to pre-recorded lessons to help you delve further</p> <p>Greenshaw Academy: https://www.youtube.com/channel/UCfrjZZrO08ud5b7p4Nf17pQ/playlists</p> <p>Oak Academy: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4/subjects/chemistry</p> <p>Khan Academy: https://www.khanacademy.org/science</p> <p>Kay Science: https://www.kayscience.com/#</p> <p>Century: https://www.century.tech/</p> <p>BBC Bitesize: https://www.bbc.co.uk/bitesize/examspecs/z8r997h</p>

KS4 Product Design super curriculum

Name of Book	Subject Websites/Documentaries/Podcasts	Name of Film	Name Of Task
<p>List of books children could read:</p> <p><i>Write a short book review, explaining what you have learnt about the context in which the book is set.</i></p> <p>AQA GCSE (9-1) Design & Technology By M J Ross</p> <p>AQA GCSE 9-1 Revision Design & Technology By Collins</p> <p>Icons of Design- The 20th Century By Prestel</p> <p>Cookie By Jaqueline Wilson</p>	<p>Websites</p> <p>Iterative Design https://www.youtube.com/watch?reload=9&v=eWcFFmtlBt4</p> <p>https://www.youtube.com/watch?v=RnskSIA52pS Ergonomics or Human Factors https://www.youtube.com/watch?v=8Jnf1kwaDQC</p> <p>Inclusive Design https://www.youtube.com/watch?v=-iccWRhKZa8</p> <p>https://www.youtube.com/watch?v=pzKMNaJnt0</p> <p>Moral & Social Design https://www.youtube.com/watch?v=fjl-5VDRiTA</p> <p>Sketching skills https://www.youtube.com/watch?v=afui-aiWwMk&list=PL464150F7E94D52F4</p>	<p><i>Write a short film review of each film you watch., explaining what you learnt about the</i></p> <p>BBC Iplayer</p> <p>Bauhaus 100</p> <p>Taste Understanding Product Design https://www.youtube.com/watch?v=i69UOlvi89c</p>	<p>•</p> <p><i>Get inspired using these suggestions, or create some ideas of your own!</i></p> <p><i>Look at the variety of contexts below</i></p> <ul style="list-style-type: none"> • <i>Multi-functional living</i> • <i>Teenage Life Style</i> • <i>Nature and the environment</i> • <i>Making life more comfortable</i> • <i>Assisting the Disabled</i> • <i>Help in the Developing countries</i> <p><i>Look at each one and produce a spider diagram of as many situations and products that fit into these. Some products may occur many times. Think about as many users' and their needs as you can. Doodle simple images for these products.</i></p>



KS4 English Super Curriculum

Books

Set texts

Macbeth or Romeo and Juliet
Animal Farm or Blood Brothers
Jekyll and Hyde

Classic Writers

Charles Dickens
Jane Austen
Emily Bronte

Modern Writers

The Book Thief – Markus Zusak
The Lovely Bones – Alice Seabold
The Hate You Give – Angie Thomas
The Outsiders – S E Hinton
One of Us is Lying – Karen McManus
Uglies - Scott Westerfeld
The Maze Runner – James Dasher
Thirteen Reasons Why – Jay Asher
To Kill a Mocking Bird – Harper Lee
Catcher in the Rye – J D Salinger
Rebecca – Daphne De Maurier
Summer sisters – Judy Blume
1984 – George Orwell
The problem with forever - Jennifer Armentrout

Online Resources

The National theatre

BBC Bitesize

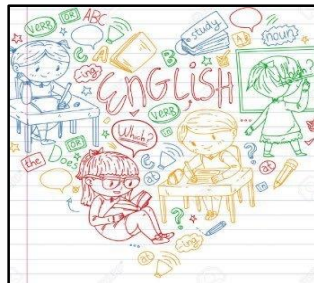
Litcharts

Mr Bruff on Youtube

Pixl Lit

Pixl Unlock

Seneca



Films

Freedom Writers
The King's Speech
Young Victoria
Dead Poets Society
Rain Man
Pride and Prejudice
Schindler's List
The Great Gatsby
Les Misérables
Great Expectations
An Inspector Calls
The Help
The Shawshank Redemption
Gone with the Wind
The Pursuit of Happiness
Minority Report
Shutter Island
Flatliners
The Butterfly Effect

Tasks

Get inspired using these suggestions, or create some ideas of your own!

Research and follow a recipe for a dish from either Shakespearian times or the Victorian Era

Learn a dish that is a 'classic' for your family Write the recipe so others can make it
Write a 500 word story

Write a letter to a family member. Include a happy memory that you have of them.

Write a poem about a character from a text you have read

Create a poster to illustrate a simile or metaphor

Create a board game for a text you have studied

Create a quiz on a topic or text you have studied, or an area of interest you have

Enter a writing competition

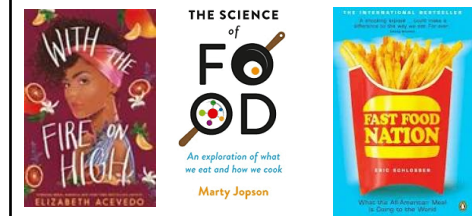
<https://www.bbc.co.uk/programmes/p00rfvk1>

<https://poetrysociety.org.uk/competitions/foyle-young-poets-of-the-year-award/>

<https://goape.co.uk/groups/schools/adventure-stories>

KS4 Food & Nutrition Super Curriculum

Name of Book	Subject Websites/Documents/Podcasts	Name of Film	Name Of Task
<p>List of books children could read.</p> <p>Write a short book review, explaining what you have learnt.</p> <p>Chew on this – Everything you don't want to know about Fast Food Eric Schlosser</p> <p>Fast Food Nation – What the all American Meal is doing to the World. Eric Schlosser</p> <p>The Science of Food Marty Jopson</p> <p>With the Fire on High By Elizabeth Acevedo</p>	<p>Websites</p> <p>Documentaries (You Tube)</p> <p>The food Inspectors How its made</p> <p>Podcasts</p> <p>BBC Teach: AQA Food preparation and Nutrition clips</p> <p>https://www.youtube.com/watch?v=d8W0xr7heJ4</p> <p>Love Food Love Science clips</p> <p>https://www.youtube.com/user/BritishNutrition</p> <p>Use these excellent resources to read up on topics that interest you!</p>	<p>Write a short film review on episodes you watch, explaining what you learnt giving examples.</p> <p>The Food Inspectors</p> <p>How its made from looking at everything from Shredded Wheat to Tasters.</p> <p>BBC I player</p> <p>Food: Truth or scare</p> <p>Series 5 Episode 1 and 2</p> <p>More episodes available The great British Bake off Junior Master Chef</p>	<p>Get inspired using these suggestions, or create some ideas of your own!</p> <p>https://www.bbc.co.uk/food/recipes</p> <p>https://recipes.sainsburys.co.uk/</p> <p>https://www.foodafactoflife.org.uk/recipes/</p> <p>realfood.tesco.com</p> <p>Try an NEA 1 food science investigation from the Nutrition Program Blog.</p> <div data-bbox="1538 808 1972 922"> </div> <p>Food Science you can eat By Jenny Ridgwell se simple ideas to teach complex food science stuff. Why do you need to know food science? – because it helps you cook better - watch The Great British Bake Off and see how they use food probes, timers and test and watch. This book is written for students to have fun with food and learn about food science.</p> <div data-bbox="2252 951 2440 1213"> </div>





KS4 Geography Super Curriculum

Books

- Dambisa Moyo [2010]: Dead Aid: Why aid is not working and how there is another way for Africa - Penguin.
- Ice Bound: A Doctor's Incredible Battle for Survival at the South Pole.
- Joe Simpson: Touching the Void
- Robert MacFarlane: The Wild places
- David Quammen - Wild Thoughts from Wild Places
- Mud, Sweat and Tears by Bear Grylls
- 100 Life-changing Travel Experiences (Lonely Planet)
- Alastair Humphreys, around the world by bike
- A Crack in the Edge of the World by Simon Winchester

Online Resources

https://www.coolgeography.co.uk/gcsen/physical_landscapes.php

<https://www.physicsandmathstutor.com/geography-revision/gcse-aqa/>

https://www.youtube.com/watch?v=79XTp12K_44

https://www.youtube.com/watch?v=-JxN_Tfuwh8

<https://www.bbc.co.uk/bitesize/examspecs/zy3ptyc>

Films

<https://www.youtube.com/watch?v=C6b3pQ8Tox0>

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

https://www.youtube.com/watch?v=0ULzxD3w_c8

<https://www.youtube.com/watch?v=p8flu1UMVA>

https://www.youtube.com/watch?v=79XTp12K_44

Tasks

Produce a file of case studies for Physical and Human Geography.

Produce revision “hyperlinks” for the six units that we study.

Compile a file of photographs that relate to the six units we are studying. These could be current events / news / artistic / historical. For example:

<https://www.bbc.co.uk/news/in-pictures-60661075>

KS4 History Super Curriculum

Topics	Books	Online Resources	Films	Tasks
America, Expansion and Consolidation c.1840-1895.	Ron Chernow: 'Grant' Elliott West: 'Contested Plains' Ibram X Kendi: 'Stamped from the beginning'	<ul style="list-style-type: none"> BBC Bitesize Lessons in History YouTube Spartacus Educational BBC Teach YouTube 2 minute History 	Dances with Wolves Last of the Mohicans Lincoln	Complete a timeline of each topic. Complete a series of flashcards on each of the key topics and have someone question you.
Conflict and Tension, c.1894-1918	Margaret Macmillan: 'The War that Ended Peace' Christopher Clark: 'Sleepwalkers' David Olusoga: 'The World's War: Forgotten Soldiers of Empire' Margaret Macmillan: 'Peacemakers'		All Quiet on the Western Front Warhorse 1917 The King's Man	Write your own exam question using the templates provided. Create a 5 minute starter activity to help you class revise an area you have previously struggled with but now feel confident on.
Britain: Health and the People c.1000-Present	John Hatcher: 'The Black Death'# Wim Blockmans and Peter Hoppenbrouwers: 'Introduction to Medieval Europe 300-1550' Ian Mortimer: 'A Time Traveller's Guide to Medieval England' Jack Hartnell: 'Medieval Bodies' Ian Mortimer: 'The Time Traveller's Guide to Elizabethan England' Helen Castor: 'Elizabeth 1' EP Thompson: 'The Making of the English Working Class'		Black Death	Write a film/book review and explain the connections with the topic we have studied.
Norman England c.1066-c.1100	Thomas Williams: 'Viking Britain' Marc Morris: 'The Norman Conquest' R. Liddiard: 'Castles in Context: power, symbolism and landscape, 1066-1500'		1066 Vikings The Last Kingdom	



KS4 PE Subject Super Curriculum

Books	Websites/Documentaries/Podcasts	Name Of Task
<p>Fever Pitch by Nick Hornby</p> <p>What made Maddy Run by Kate Fagan</p> <p>Undisputed Truth y Mike Tyson</p> <p>Open by Andre Agassi</p> <p>What a Flanker by James Haskill</p> <p>Ask a Footballer by Jams Milner</p> <p>The nowhere Men by Michael Calvin</p> <p>The boy in the Shed by Paul Ferris</p>	<p>Netflix Sunderland Til I Die Last Chance U</p> <p>Amazon Prime All or Nothing: NFL All or Nothing: New Zealand All Blacks</p> <p>METHODS OF TRAINING https://www.bbc.co.uk/bitesize/subjects/znyb4wx</p> <p>PRINCIPLES OF TRAINING https://www.youtube.com/watch?v=D-HK23r6DGg</p> <p>PLYOMETRIC TRAINING https://www.youtube.com/watch?v=vSzHLc-Br1Y</p> <p>CIRCUIT TRAINING https://www.youtube.com/watch?v=BB_hT9YJ2ro</p> <p>WEIGHT TRAINING https://www.youtube.com/watch?v=hn0hc5BkO3g</p>	<p>Things to do:</p> <p>Fitness program <i>After you have watched the methods of training clips you could put together a fitness program specific to yourself. You can then monitor this each week. Are you getting better?</i></p> <p>Couch to 5k https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/ <i>Can you complete the 5k before the end of lockdown?</i></p> <p>Running podcasts Keep on running with the Couch to 5K+ podcast series, designed for C25K graduates. Each 5K+ podcast provides a structured run with music and coaching to develop your running technique, speed and stamina https://www.nhs.uk/live-well/exercise/couch-to-5k-plus-running-podcasts/</p> <p>You could try Strength and Flex – a 5-week plan to improve your strength and flexibility, which can also benefit your running https://www.nhs.uk/live-well/exercise/get-fit-with-strength-and-flex/</p> <p>Fitness Studio Exercise Video – Different styles of exercise sessions. https://www.nhs.uk/conditions/nhs-fitness-studio/</p> <p>Joe Wicks https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ <i>Live every Monday, Wednesday and Friday at 9.00pm</i></p> <p>Write a book review of one of the recommended books</p> <p>Attend one of our virtual enrichment sessions.</p>
Name of Film	Links to pre-recorded lessons to help you delve further	
<p>Escape to Victory</p> <p>Field of Dreams</p> <p>Free solo</p> <p>Invictus</p> <p>Moneyball</p> <p>Rocky</p>	<p>ACRONIMS https://www.youtube.com/watch?v=ltbdab2l3CM</p> <p>REVISION https://www.youtube.com/watch?v=AxDwKP47BNA</p> <p>WALK AND TALK PAPER 1 https://www.youtube.com/watch?v=4RjAelq4L64</p>	



KS4 Physics Super Curriculum

Name of Book	Subject Websites/Documentaries/Podcasts	Name of Film	Name Of Task
<ul style="list-style-type: none">Electricity (How Does My Home Work?)Dkfindout! EnergyWizard: The Life and Times of Nikola Tesla: Biography of a GeniusAlternative energy for dummiesWind power for dummiesSustainable energy without the hot airThe Planets (2019) by Brian CoxWonders of the solar system by Brian CoxAn astronaut's guide to life by Chris HadfieldThe Darkest Dark by Chris Hadfield <p><i>Write a short book review, explaining what you have learnt about the context in which the book is set.</i></p>	<p>Websites Circuit simulation Static electricity simulation John Travoltage https://www.solarsystemscope.com/ https://www.nasa.gov/multimedia/imagegallery/index.html https://www.esa.int/ESA_Multimedia/Images</p> <p>Documentaries (You Tube) How the national grid works How do substations work How do electric transmission lines work https://energysavingtrust.org.uk/renewable-energy https://www.bbc.co.uk/bitesize/topics/zycbsrd How Green Energy Could Bring More Rain to Africa The story of energy Journey to the edge of the universe Stars in the sky</p> <p><i>Use these excellent resources to read up on topics that interest you!</i></p>	<p>The current war (2019) (12) Brian Cox documentaries on Iplayer The Martian (12A) Interstellar (12A) Gravity (12A)</p> <p><i>Write a short film review of each film you watch., explaining what you learnt about the Historical period set during the film.</i></p>	<ul style="list-style-type: none">Try and draw a circuit diagram for a light in your home that can be switched on or off with two or more switchesRecord the electrical power of the appliances in your homeCreate a static charge and stick a balloon to somethingTry to build up static charge on a plastic rod and bend waterMake an object that will move when hot air rises from your toaster (Convection) (Be careful)Create a marble run out of toilet roll tubesKeep a diary of every energy change you notice within a dayFind the most efficient appliance in your homeHow could you make the heating of your home in Winter more efficient?How could you reduce the energy bill for your home?Create a model solar systemDemonstrate the seasons using a football and a torchPaint a constellation using glow in the dark paint for your bedroom wallTry to recreate the solar system to scale using fruit or vegetables in the kitchenBuild a Lego rocketMake some solar system inspired cake pops
<p>Links to pre-recorded lessons to help you delve further</p> <p>Greenshaw Academy: https://www.youtube.com/channel/UCFrjZZrO08ud5b7p4Nf17pQ/playlists Oak Academy: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4/subjects/physics Khan Academy: https://www.khanacademy.org/science Kay Science: https://www.kayscience.com/# Century: https://www.century.tech/ BBC Bitesize: https://www.bbc.co.uk/bitesize/examspecs/z8r997h</p>			



KS4 RE Subject Super Curriculum

Books

- The Philosophy Files by Stephen Law
- The Philosophy Gym by Stephen Law
- The God Delusion by Richard Dawkins
- I am Malala by Malala Yousafzai
- A history of God by Karen Armstrong
- My Sister's Keeper by Jodi Picoult
- Me Before You by Jojo Moyes
- The Help by Kathryn Stockett
- The Shack by William P Young

Name of Film

- Million Dollar baby
- Me Before you
- Bend it Like Beckham
- The Help
- Bruce Almighty
- Soul
- The Two Popes

Websites/Documents/Podcasts

The Good Place (Netflix)

Four people and their otherworldly frenemy struggle in the afterlife to define what it means to be good.

The Two Popes (Netflix)

Behind Vatican walls, the conservative Pope Benedict XVI and the liberal future Pope Francis must find common ground to forge a new path for the Catholic Church.

The Big Questions

The Big Questions- Nicky Campbell hosts a series of moral, ethical and religious debates

Around the world in 80 faiths- Pete Owen Jones presents the definitive guide to faith on earth, with eighty rituals across six continents in the space of a year.

Unorthodox (Netflix) - Learn about the orthodox Jewish tradition through a drama series.

- Home - RE: Online (Click on the 'Subject Knowledge' tab)
- BBC - Religion: Religions

Links to pre-recorded lessons to help you delve further

<https://classroom.thenational.academy/units/christian-beliefs-and-teachings-700f>
<https://classroom.thenational.academy/units/matters-of-life-and-death-da6c>
<https://classroom.thenational.academy/units/crime-and-punishment-b900>

Name Of Task

Things to do:

Option 1: Choose any 3 pieces of media. Try to choose a variety (e.g. a documentary, a film and a book). Write a 1000 word essay to the following question: 'Religious belief should not be expressed in media forms.' Discuss.

Option 2: Get creative! Why not try producing your own short story, blog, script or artwork. Choose any religious theme of your choice. Here are some ideas:

- Evil and suffering
- Belief in God
- Love
- War
- Prejudice and discrimination
- Creation and/ or stewardship
- Medical issues
- Atheism

Option 3: Choose an ethical issue (war, crime, death penalty, medical ethics, sexuality, human rights, the role of women, discrimination or any that you choose). Find out different religious and non-religious views on your chosen issue and produce a report or PPT that outlines them, includes case studies and gives your own view on the issue.

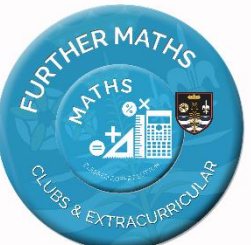
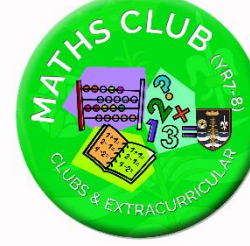
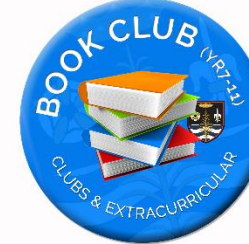
Option 4: Use the BBC news website to find examples of how religious communities have helped others during the pandemic, you may also want to do a more general search on Google. Present your findings in a poster or PPT.



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Academic excellence, Spiritual Development and Social Awareness through Christ

Why not try one of our lunchtime / after school clubs...
Check out your Form Board for the full list and times...



"Your talent is God's gift to you; what you do with it is your gift to God." Leo Buscaglia

THE SUTTON
EXPERIENCE