



**Dance**

# **The Super Curriculum**

## The Super Curriculum

Super curricular 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've done for home learning. For example, you may go into more depth on something you picked up in the classroom, or learn about a new topic altogether.

These activities are normally in the form of extra reading but they can take many other forms, like watching videos online, downloading podcasts, attending lectures, visiting museums or entering academic competitions.

Engaging in super curricular activities will help you develop a love for your favourite subject or subjects. In this booklet, there are a range of activities, suggested by your teachers. They are by no means exhaustive lists but should get you started. I would encourage you to share ideas and opportunities you come across with your teachers so that, over time, the recommended activities in this booklet can grow.
















In the future, employers or universities will be interested to hear about what super curricular activities you have engaged in; they will be interested in what you have learnt and impressed by your efforts.

I wish you well in your pursuit of super curricular activities!

Dr Caroline Creaby  
Deputy Headteacher: Curriculum

## Super Curriculum – Year 7, 8 & 9

### Subject: DANCE

 <p><b>Research Fred Astaire</b> Research and write up your findings about the famous dancer</p>	 <p><b>Essential Guide to Dance</b> By Linda Ashley</p>	 <p><b>The Dancing Times</b> Read an article in the Dancing Times <a href="http://www.dancing-times.co.uk/">http://www.dancing-times.co.uk/</a></p>
 <p><b>Audition</b> Audition for a county dance company or Sandringham dance companies.</p>	 <p><b>Article</b> Interview one of the Sandpit crew about putting on a production in the theatre and write an article.</p>	 <p><b>Review</b> Write a review about a performance you have been to see at the Sandpit Theatre to go in the Sandprint.</p>
 <p><b>Alban Arena</b> Watch a dance performance at the Alban Arena.</p>	 <p><b>A performance at Sadlers Wells Theatre</b> Sadlers Wells is a theatre in Angel, which hosts a variety of dance works from contemporary to hip-hop companies.</p>	 <p><b>Musicals</b> Visit London's West End and watch a musical of your choice</p>
 <p><b>Move It Dance Event</b> Visit the U.K's biggest dance event: <a href="http://www.moveitdance.co.uk/">http://www.moveitdance.co.uk/</a></p>	 <p><b>Royal Opera House</b> Take a tour of the Royal Opera House</p>	 <p><b>Pineapple Dance Studio</b> Visit Pineapple and take part in a dance class if you can.</p>
 <p><b>Arts Award</b> Take part in Bronze and Silver Arts Award.</p>	 <p><b>House Choreography/House Arts</b> Assist your house in the two dance house events</p>	 <p><b>Warm-up and Cool Down</b> Lead a warm-up or cool down in your dance class or dance club</p>



Reading task



Writing task



Listening task



Watching task



Research task



Trip or visit


















Creative task



Student-led task

Super Curriculum – Year 10 & 11  
Subject: DANCE

 <b>The Stage Newspaper</b> <a href="https://www.thestage.co.uk/">https://www.thestage.co.uk/</a>	 <b>Fifty Contemporary Choreographers</b> By Martha Bremser & Lorna Sanders.	 <b>The Dancing Times</b> <a href="http://www.dancing-times.co.uk/">http://www.dancing-times.co.uk/</a>
 <b>Audition</b> Audition for a county dance company or Sandringham dance companies.	 <b>Article</b> Interview one of the Sandpit crew about putting on a production in the theatre and write an article.	 <b>Review</b> Write a review about a performance you have been to see at the Sandpit Theatre to go in the Sandprint.
 <b>Ted talks</b> 'A choreographer's creative process in real time'. <a href="https://www.ted.com/talks/wayne_mcgregor_a_choreographer_s_creative_process_in_real_time">https://www.ted.com/talks/wayne_mcgregor_a_choreographer_s_creative_process_in_real_time</a>	 <b>A performance at Sadlers Wells Theatre</b> Sadlers Wells is a theatre in Angel, which hosts a variety of dance works from contemporary to hip-hop companies.	 <b>Contact Choreography in Action</b> <a href="http://www.bbc.co.uk/education/clips/zhq97ty">http://www.bbc.co.uk/education/clips/zhq97ty</a>
 <b>Move It Dance Event</b> <a href="http://www.moveitdance.co.uk/">http://www.moveitdance.co.uk/</a> Visit the U.K's biggest dance event.	 <b>Victoria and Albert Museum</b> <a href="https://www.vam.ac.uk/">https://www.vam.ac.uk/</a> Visit the world's largest museum of decorative arts and design.	 <b>Danceworks Studio</b> Take part in a dance class at Danceworks studios.
 <b>Arts Award</b> Take part in Silver or Gold Arts Award.	 <b>Leadership</b> Lead or assistant running a club for younger students.	 <b>House Choreography/ House Arts</b> Lead your house in the two dance house events



Reading task



Writing task



Listening task



Watching task



Research task



Trip or visit


















Creative task



Student-led task

## Super Curriculum – Year 12 & 13

### Subject: DANCE

 <p><b>Dance History</b> Research the history of dance in Britain and produce a timeline</p>	 <p><b>Fifty Contemporary Choreographers.</b> By Martha Bremser &amp; Lorna Sanders.</p>	 <p><b>The Dancing Times</b> <a href="http://www.dancing-times.co.uk/">http://www.dancing-times.co.uk/</a></p>
 <p><b>Review</b> Write a review about a performance you have been to see at the Sandpit Theatre to go in the Sandprint.</p>	 <p><b>Create a choreography video</b> Create a video for younger students about the process of choreography and creating a dance</p>	 <p><b>Audition</b> Audition for a county dance company or Sandringham dance companies.</p>
 <p><b>Ted talks</b> 'A choreographer's creative process in real time'. <a href="https://www.ted.com/talks/wayne_mcgregor_a_choreographer_s_creative_process_in_real_time">https://www.ted.com/talks/wayne_mcgregor_a_choreographer_s_creative_process_in_real_time</a></p>	 <p><b>A performance at Sadlers Wells Theatre</b> Sadlers Wells is a theatre in Angel, which hosts a variety of dance works from contemporary to hip-hop companies.</p>	 <p><b>Rambert Dance Company</b> <a href="https://www.youtube.com/user/rambertdancecompany/featured">https://www.youtube.com/user/rambertdancecompany/featured</a></p>
 <p><b>Move It Dance Event</b> <a href="http://www.moveitdance.co.uk/">http://www.moveitdance.co.uk/</a> Visit the U.K's biggest dance event.</p>	 <p><b>Rambert Dance Company</b> Visit Britain's oldest dance company</p>	 <p><b>The Place</b> Take part in a dance class or holiday workshop at The Place <a href="http://www.theplace.org.uk/">www.theplace.org.uk/</a></p>
 <p><b>Arts Award</b> Take part in Silver or Gold Arts Award.</p>	 <p><b>Leadership</b> Lead a club for younger students.</p>	 <p><b>House Choreography/ House Arts</b> Lead your house in the two dance house events</p>



Reading task



Writing task



Listening task



Watching task



Research task



Trip or visit



Creative task



Student-led task



# **Sandringham School**

*'Everybody can be Somebody'*