



Plymstock School

Achieving Excellence through Curriculum and Culture





What are Supra-Curricular Activities and Why Should I Bother?

- You've all heard of extra-curricular activities; things like sport, games, clubs and community activities that you do outside of your studies. But what about super/supra-curricular activities?
- Super/Supra-curricular activities, like extra-curriculars, are things that you do *outside* the classroom, but the difference is that they *relate to your studies*. They are activities that *extend*, or *stretch* your knowledge *beyond* what you do within the school curriculum.
- So, why should you be bothered with them?



- If you are genuine that you want to learn about biology, economics, marketing, creative writing, physiotherapy or engineering, then why on earth would you decide to restrict your learning entirely to the classroom? Why wouldn't you find other ways to learn?
- Want to learn all about marine biology? Just do it; find ways to learn about marine biology!".



If you can find some interesting, different ways to learn about your subject, it will have at least three benefits:

1. You are going to do better in your A Level studies, as your understanding of the subject will be both broader and deeper.
2. You are going to find out if you really do want to study the subject at university or forge a career with a subject as the baseline. If you find yourself dreading the idea of looking at super-curricular activities for the subject you are looking to study at university or subject that the career you are interested in stems from, then maybe you need to think again, and find a different subject. If, on the other hand, you find yourself getting drawn in, and finding yourself truly immersed in a lecture, a book, or a podcast, then maybe you have found the right subject, and this will give you the confidence you need to go for it!
3. You'll have loads to write about when you put together your UCAS Personal Statement or apprenticeship applications (and at interview). By making the effort to stretch your knowledge beyond what you have studied in the classroom, you'll demonstrate that you have done your research and are motivated to pursue that subject/career.

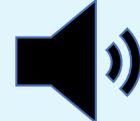


SUPER-CURRICULAR



Reading
(books, articles, websites, journals...)

Listening
(podcasts, news programmes...)

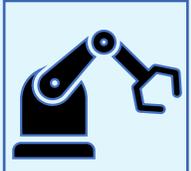


Watching
(films, documentaries, TED Talks, YouTube...)

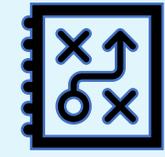


Writing
(EPQ, essays, articles, blog posts...)

Societies
(debating, politics, poetry, coding...)



Projects
(programming, robotics, host event...)



Competitions
(Olympiad, CREST, Essay competitions...)

Trips
(museums, galleries, exhibitions, tours...)



Academic Courses
(MOOCs, lectures, seminars, webinars...)

Experiences
(work experience, summer school...)





Read

It could be as simple as reading more about your subject; pushing yourself to read more widely around the subject you are considering, whether it's books, journals, newspaper articles.

You could read more great novels by the authors you've been studying at school. You could read more about quantum physics, about philosophy, about political history, or whatever area you are most interested in. You could find relevant journals and newspapers that are related or linked to the course you are studying. Take out a subscription to The Economist, National Geographic, New Scientist or History Today.

Watch and listen

And it's not just all about reading, you can listen to podcasts, or watch videos such as TED talks.

Many universities will provide excellent resources for those who are looking for more - in particular, the University of Cambridge produces an amazing list of books, websites, podcasts, places and other activities that you can do to explore the subjects.

Attend university taster events

Many universities also put on taster days, taster courses and taster lectures. Some will be in person, some online, but all are designed to give you an experience of what it will be like to study that subject at university. Keep an eye out for this month's Opportunities Bulletin.



Take online courses

You can find a fantastic resources; a huge array of short video courses from universities that explore different subjects, aimed squarely at prospective students (some of these even come with accreditation).

Visit

You can also just go and visit places to learn more. In an ideal world, you'd visit Stratford-upon-Avon if you are into Shakespeare, you'd go to Bletchley Park if you are into computing, and The V&A in South Kensington if you are into art and design.

That may not be possible for everyone, but most of you will have access to local galleries, museums, places of history and libraries. So seek them out and consider it all to be part of your learning.

And just do it

Super/Supra-curricular can also be about just doing. In every corner of the world, you'll find maths, coding, poetry or essay competitions. You'll find orchestras and bands in every town. If you are a creative type, you can just draw, paint, photograph. But do it for your own interest, not just for the assignments you are set. And note that while for an applicant to Engineering, playing in an orchestra is *extra-curricular*, for an applicant to Music, it's definitely *super-curricular*.



Volunteering/Ambassador is through our Give an Hour programme and can be completed in or out of School/College.

Volunteering work could include all or some of the following:

Representing the school at open evenings as a Student Ambassador.

Supporting with school events such as sports day, concerts or school productions

Supporting the running of school sports teams (ktyrrell@plymstockschool.org.uk)

Being a student subject leader (email HODs or one of your subject teachers).

Being a student tutor

Leading student interview panels

Volunteering in the Library (kbartlett@plymstockschool.org.uk)

Volunteering with the reading/literacy programme or homework club

Volunteering with Age UK

Deadline for completion: April 2027.



How to achieve the award: what is required?

Bronze Award

- Attend the annual Supra Curriculum Conference
- Complete one additional academic study activity
- Complete 12 hours of volunteering
- Record the activities in individual Supra Curricular Booklet.



Silver Award

- Attend the annual Supra Curriculum Conference
- Complete three additional academic study activities
- Complete 20 hours of volunteering
- Carry out Ambassador work at your School/College
- Record the activities in individual Supra Curricular Booklet.



Gold Award

- Attend the annual Supra Curriculum Conference
- Complete five additional academic study activities
- Complete 30 hours of volunteering
- Carry out Ambassador work at your School/College
- Record activities in individual Supra Curricular Booklet
- Complete a 1000 word essay discussing one of your supra curriculum lectures



ANNUAL SUMMER CONFERENCE

Every year, students across all WeST Sixth Forms will come together to take part in our Annual Summer Conference. This will take place in June and is made up of lectures and seminars that build powerful knowledge across a range of topics. Provisional Date: Friday 10th July 2026