

BRONZE AWARD

ARTS

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| A1 Learn how to sew on a button | A2 Cooking Challenge
Create a one course meal for your family PS | A3 Create a postcard for a College team e.g. sport |
| A4 Complete a painting and share your finished artwork | A5 Enter a College house competition | A6 Create a pudding or dessert |
| A7 Write a story about a trip you have taken (minimum 1000 words) | A8 Attend an online creative arts event and write a review | A9 Go on a photo walk, find something from each colour of the rainbow |
| A10 Attend a College trip or Art Workshop | A11 Perform as part of a College ensemble | A12 Complete a performance either on stage or as part of the tech team or orchestra |
| A13 Compose a piece of music using your smartphone (garageband) | A14 Eco Challenge
Build a bird feeder for your garden PS | A15 Baking Challenge
Make a cake PS |

PHYSICAL

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| P1 Learn to skateboard or rollerskate PS | P2 Recorded Challenge
complete a 5Km bike ride, run 2Km or walk 2Km in one go PS | P3 Camp out for the night PS |
| P4 Learn to juggle with 2 balls | P5 Attend one full term of a College sports club | P6 Train with a local sports team |
| P7 Enter a College sports house competition | P8 Take part in the Junior Park Run | P9 Learn how to play a new sport or physical activity |
| P10 Walk 25 miles in one term, log your miles on an App like Strava | P11 Learn a new dance routine | P12 Encourage a friend to join a sports team with you |
| P13 Bike to College for a week | P14 Attend an external fixture, e.g. Leicester Tigers game | P15 Represent the College in the Varsity competition |
| P16 Represent the College in a sports team of your choice in at least one match. | P17 Walk the dog everyday for a week | P18 Average 10,000 steps a day for 7 days |

CULTURE

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| C1 Learn a poem in your chosen MFL to recite | C2 Create an environmental poster to help raise awareness | C3 Wash a family member's/ neighbour's car PS |
| C4 Complete one task to help out at home each day for 7 days | C5 Complete a one off charitable event raising £30 | C6 Enter an externally organised competition |
| C7 Take part in the Spelling Bee competition | C8 Complete unit 2 in a language of your choice in Duolingo | C9 Use a revision schedule for your key assessment |
| C10 Successfully look after a houseplant for 4 weeks | C11 Identify examples of igneous, sedimentary and metamorphic rocks | C12 Attend and help out in one College event |
| C13 Go to the Theatre and watch a performance | C14 Learn to play a new board or card game | C15 Visit a castle, cathedral or stately home PS |
| C16 Take a selfie at a historic location, place of worship or geographical location | C17 Take part in a debate during tutorial | C18 Achieve a Bronze house point award |
| C19 Learn to change a lightbulb | C20 Write a book review | C21 Car maintenance
Check the levels and refill the oil & water PS |
| C22 Design a 2D piece of technology to fulfill an ecological need | C23 Learn a magic trick | C24 Attend a concert |
| C25 Complete 12 hours of volunteer work | C26 Donate old clothes to a charity | C27 Achieve your Bronze Accelerated Reader badge |
| C28 Learn about a different culture/ country and create a poster or powerpoint about what you have discovered PS | C29 Litter pick around College one lunchtime | C30 Attend an enrichment group at College |
| C31 Keep a diary of looking after a pet for a week | C32 Create a 4 slide Powerpoint about your favourite musician or sport personality | C33 Average under 2 hours of screentime per day for 7 days |
| C34 Complete 3.5 hours voluntary work around the Catmose College Community | | |