

# GOLD AWARD

## ARTS

- A1** Sewing Challenge  
make a garment of your choice **PS**
- A2** Attend an externally organised music event
- A3** Achieve the next level/grade in a musical instrument or in LAMDA
- A4** Have a speaking part in a Drama performance
- A5** Win a house competition
- A6** Bake Off Challenge  
Create a profiterole tower **PS**
- A7** Present an idea for improving College life to the student council
- A8** Attend at least one College trip and record a media review
- A9** Visit a museum or art gallery and write a review on a piece of art or artefact
- A10** Write your own original poem in your chosen MFL
- A11** Achieve the Gold Accelerated Reader badge
- A12** Eco Challenge  
Build a bird box **PS**
- A13** Create an original piece of art **PS**
- A14** Work as part of the tech team on a College production
- A15** Cooking Challenge  
Prepare and cook a 3 course family for your family **PS**
- A16** Compose and perform a piece of music

## PHYSICAL

- P1** Camp out overnight and cook your meals over an open fire **PS**
- P2** Recorded Challenge  
Complete a 100K bike ride over one term **PS**
- P3** Learn to juggle with 4 balls
- P4** Place in the top three of a sport house competition
- P5** Represent the College in the varsity competition 5 times
- P6** Take part in the College tree planting
- P7** Volunteer every week for a term at the Junior Park Run **PS**
- P8** Walk 75 miles in one term, log your miles on an App like Strava
- P9** Volunteer as a sports leader for one full term - either in College or at a local club
- P10** Teach a dance routine
- P11** Support the officiating of a College fixture
- P12** Represent a County level club team of your choice
- P13** Walk the full perimeter of Rutland Water
- P14** Complete 10,000 steps a day for 21 days in a row
- P15** Record a run of 10K, walk 10K, or Cycle 15K
- P16** Run 25K (accumulated this could be 5 x 5K or 5 x Park run)

## CULTURE

- C1** Contribute an article to the 'Catmose' magazine
- C2** Car maintenance  
Change a tyre **PS**
- C3** Create a 15 minute presentation on a humanities topic of interest
- C4** Organise a charitable event **PS**
- C5** Complete a one off charitable event raising a minimum of £200 **PS**
- C6** Complete 14 hours voluntary work around the Catmose College Community **PS**
- C7** Create a meal plan for your family for a week, including budget
- C8** Grow a plant from seed and successfully transfer to the garden
- C9** Assist a community club for a minimum of a 1 hour session for 12 weeks **PS**
- C10** Win an externally organised competition
- C11** Achieve your Gold Accelerated Reader badge
- C12** Have an article published in the local paper
- C13** Achieve a Gold house point award
- C14** Tutor a friend in a subject for a term
- C15** Design an independent game idea in your chosen software.
- C16** Write a job application in a foreign language
- C17** Submit a script for a YouTube Ted Talk
- C18** Create an infographic about a country of your choice
- C19** Create a video assembly for tutor groups
- C20** Complete unit 6 in a language of your choice in Duolingo