

SILVER AWARD

ARTS

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| A1 Sewing Challenge: Learn a new technique, knitting, crochet, embroidery | A2 Cooking Challenge
Create a two course meal for your family PS | A3 Create a stop time animation and share with your tutor group |
| A4 Translate a poem into your chosen MFL from English | A5 Assist with costume or set design in a College production | A6 Visit a museum or art gallery and write a review |
| A7 Achieve a grade in a musical instrument or in LAMDA | A8 Prepare and deliver a presentation to your form or class group on a topic of your choice | A9 Attend a College trip and write a review for Connect |
| A10 Baking Challenge
Create a two tiered sponge cake PS | A11 Eco Challenge
Build a bug hotel | A12 Redesign a brand logo |
| A13 Create a jingle advertising your favourite food/brand | A14 Learn a new piece of music and perform either live or virtually | A15 Enter a regional art competition |
| A16 Become a zero hero in Term 2 | | |

PHYSICAL

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| P1 Record a 5k run or 5k walk PS | P2 Challenge
Complete and record a 10K bike ride PS | P3 Complete a week of meditation on Headspace |
| P4 Learn to juggle with 3 balls | P5 Represent College in a sports team of your choice in at least 3 matches | P6 Represent the College in the Varsity competition 3 times |
| P7 Volunteer to marshal at the Junior Park Run | P8 Learn and perform a dance routine with a friend | P9 Walk the dog every day for 2 weeks |
| P10 Complete 10,000 steps a day for 14 days in a row | P11 Attend an external fixture on 2 occasions, e.g. Leicester Tigers | P12 Bike to College for 2 weeks |
| P13 Take part in 2 Junior Park Runs | P14 Continue your news sport or activity for one month | |

CULTURE

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| C1 Visit a religious building and share the experience with your form | C2 Watch a Ted Talks and write a review | C3 Create a new board game |
| C4 Car maintenance
change light bulb or wipers PS | C5 Complete a charitable activity once a week for a term PS | C6 Complete a one off charitable event raising a minimum of £100 PS |
| C7 Complete 24 hours of volunteer work PS | C8 Demonstrate kindness to someone you don't know | C9 Read and record a summary of an article on an area of Humanities you are intrigued by. |
| C10 Grow a vegetable from seed | C11 Achieve your Silver Accelerated Reader badge | C12 Attend and complete tours for one College event |
| C13 Participate in the student council once a term | C14 Achieve a Silver house point award | C15 Be shortlisted for an externally organised competition |
| C16 Look after a family pet for 4 weeks PS | C17 Create a leaflet promoting your favourite holiday destination | C18 Produce a historical event in a box eg a WW1 trench |
| C19 Write a book review to be published in Connect | C20 Help out during an Elective over one term | C21 Achieve a Silver level Academic Scholarship |
| C22 Eco Challenge
Design a computer controlled ecohouse, describe how it is ecological | C23 Learn how to buy travel tickets in another language | C24 Create a geographical landscape in a box eg a volcano |
| C25 Learn how to change a plug PS | C26 Complete unit 4 in a language of your choice in Duolingo PS | C27 Litter pick around College for one lunchtime a week for one Term |
| C28 Volunteer for 7 hours helping the Catmose community | | |