

GOLD AWARD

ARTS

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| 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 Become a zero hero in Term 3 | A6 Bake Off Challenge
Create a profiterole tower or similar 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 meal for your family PS |
| A16 Compose and perform a piece of music | | |

PHYSICAL

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| P3 Learn to juggle with 4 balls | P1 Camp out overnight and cook your meals over an open fire PS | P2 Recorded Challenge
Complete a 100K bike ride over one term or in one go PS |
| P6 Take part in the College tree planting | P4 Place in the top three of a sport house competition | P5 Represent the College in the varsity competition 5 times |
| P9 Volunteer as a sports leader for one full term - either in College or at a local club | 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 |
| P12 Represent a County level club team of your choice | P10 Teach a dance routine | P11 Support the officiating of a College fixture |
| P15 Record a run of 10K, walk 10K, or Cycle 15K or do 20,000 steps in a day | P13 Walk the full perimeter of Rutland Water in three weeks | P14 Complete 10,000 steps a day for 21 days in a row |
| | P16 Run 25K (accumulated this could be 5 x 5K or 5 x Park run) or do 80,000 steps in 5 days | |

CULTURE

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| C1 Contribute an article to the Catmose 'Connect' 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 of volunteer 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 4 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 | |