

GOLD AWARD

ARTS

Sewing Challenge
make a garment of your choice

PS

Attend an externally organised music event

PS

Achieve the next level/ grade in a musical instrument or in LAMDA

PS

Have a speaking part in a Drama performance

PS

Become a zero hero in Term 3

PS

Bake Off Challenge
Create a profiterole tower or similar

PS

Present an idea for improving College life to the student council

PS

Attend at least one College trip and record a media review

PS

Visit a museum or art gallery and write a review on a piece of art or artefact

PS

Write your own original poem in your chosen MFL

PS

Achieve the Gold Accelerated Reader badge

PS

 **Eco Challenge**
Build a bird box

PS

Create an original piece of art

PS

Work as part of the tech team on a College production

PS

Cooking Challenge
Prepare and cook a 3 course meal for your family

PS

Compose and perform a piece of music

PS

PHYSICAL

 **Camp out overnight and cook your meals over an open fire**

PS

Recorded Challenge
Complete a 100K bike ride over one term or in one go

PS

learn to juggle with 4 balls

PS

Place in the top three of a sport house competition

PS

Represent the College in the varsity competition 5 times

PS

 Take part in the College tree planting

PS

Volunteer every week for a term at the Junior Park Run

PS

Walk 75 miles in one term, log your miles on an App like Strava

PS

Volunteer as a sports leader for one full term - either in College or at a local club

PS

Teach a dance routine

PS

Support the officiating of a College fixture

PS

Represent a County level club team of your choice

PS

Walk the full perimeter of Rutland Water in three weeks

PS

Complete 10,000 steps a day for 21 days in a row

PS

Record a run of 10K, walk 10K, or Cycle 15K or do 20,000 steps in a day

PS

Run 25K (accumulated this could be 5 x 5K or 5 x Park run) or do 80,000 steps in 5 days

PS

CULTURE

Write an article about something you've done that you are proud of

PS

Car maintenance
Change a tyre

PS

Create a 15 minute presentation on a humanities topic of interest

PS

Organise a charitable event

PS

Complete a one off charitable event raising a minimum of £200

PS

Complete 14 hours of volunteer work around the Catmose College Community

PS

Create a meal plan for your family for a week, including budget

PS

Grow a plant from seed and successfully transfer to the garden

PS

Assist a community club for a minimum of a 1 hour session for 4 weeks

PS

Win an externally organised competition

PS

Achieve your Gold Accelerated Reader badge

PS

Have an article published in the local paper

PS

Achieve a Gold house point award

PS

Tutor a friend in a subject for a term

PS

Design an independent game idea in your chosen software

PS

Write a job application in a foreign language

PS

Submit a script for a YouTube Ted Talk

PS

Create an infographic about a country of your choice

PS

Create a video assembly for tutor groups

PS

Complete unit 6 in a language of your choice in Duolingo

PS