

# GOLD AWARD

## ARTS

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

## PHYSICAL

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|---|--|--|
| <b>P3</b> Learn to juggle with 4 balls  | <b>P1</b> Camp out overnight and cook your meals over an open fire <b>PS</b>                       | <b>P2</b> Recorded Challenge<br>Complete a 100K bike ride over one term or in one go <b>PS</b> |
| <b>P6</b> Take part in the College tree planting  | <b>P4</b> Place in the top three of a sport house competition                                      | <b>P5</b> Represent the College in the varsity competition 5 times                             |
| <b>P9</b> Volunteer as a sports leader for one full term - either in College or at a local club | <b>P7</b> Volunteer every week for a term at the Junior Park Run <b>PS</b>                         | <b>P8</b> Walk 75 miles in one term, log your miles on an App like Strava                      |
| <b>P12</b> Represent a County level club team of your choice                                    | <b>P10</b> Teach a dance routine   | <b>P11</b> Support the officiating of a College fixture  |
| <b>P15</b> Record a run of 10K, walk 10K, or Cycle 15K or do 20,000 steps in a day              | <b>P13</b> Walk the full perimeter of Rutland Water in three weeks                                 | <b>P14</b> Complete 10,000 steps a day for 21 days in a row                                    |
|   | <b>P16</b> 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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|--|---|--|
| <b>C1</b> Write an article about something you've done that you are proud of | <b>C2</b> Car maintenance<br>Change a tyre <b>PS</b>                              | <b>C3</b> Create a 15 minute presentation on a humanities topic of interest                  |
| <b>C4</b> Organise a charitable event <b>PS</b>                              | <b>C5</b> Complete a one off charitable event raising a minimum of £200 <b>PS</b> | <b>C6</b> Complete 14 hours of volunteer work around the Catmose College Community <b>PS</b> |
| <b>C7</b> Create a meal plan for your family for a week, including budget    | <b>C8</b> Grow a plant from seed and successfully transfer to the garden          | <b>C9</b> Assist a community club for a minimum of a 1 hour session for 4 weeks <b>PS</b>    |
| <b>C10</b> Win an externally organised competition                           | <b>C11</b> Achieve your Gold Accelerated Reader badge                             | <b>C12</b> Have an article published in the local paper                                      |
| <b>C13</b> Achieve a Gold house point award                                  | <b>C14</b> Tutor a friend in a subject for a term                                 | <b>C15</b> Design an independent game idea in your chosen software                           |
| <b>C16</b> Write a job application in a foreign language                     | <b>C17</b> Submit a script for a YouTube Ted Talk                                 | <b>C18</b> Create an infographic about a country of your choice                              |
| <b>C19</b> Create a video assembly for tutor groups                          | <b>C20</b> Complete unit 6 in a language of your choice in Duolingo               |  |