

SILVER AWARD

ARTS

Sewing Challenge: learn a new technique, knitting, crochet, embroidery

A4 Translate a poem into your chosen MFL from English

A7 Achieve a grade in a musical instrument or in LAMDA

A10 **Baking Challenge**
Create a two tiered sponge cake

A13 Create a jingle advertising your favourite food/brand

A16 Become a zero hero in Term 2

Cooking Challenge
Create a two course meal for your family

A5 Assist with costume or set design in a College production

A8 Prepare and deliver a presentation to your form or class group on a topic of your choice

A11 **Eco Challenge**
Build a bug hotel

A14 Learn a new piece of music and perform either live or virtually

A15 Enter a regional art competition

A3 Create a stop time animation and share with your tutor group

A6 Visit a museum or art gallery and write a review

A9 Attend a College trip and write a review

A12 Redesign a brand logo

CULTURE

C1 Visit a religious building and share the experience with your form

C4 **Car maintenance**
change light bulb or wipers

C7 Complete 24 hours of volunteer work

C10 Grow a vegetable from seed

C13 Participate in the student council once a term

C16 Look after a family pet for 4 weeks

C19 Write a book review

C22 **Eco Challenge**
Design a computer controlled ecohouse, describe how it is ecological

C25 Learn how to change a plug

C28 Complete 7 hours voluntary work around the Catmose College Community

C2 Watch a Ted Talks and write a review

C5 Complete a charitable activity once a week for a term

C8 Demonstrate kindness to someone you don't know

C11 Achieve your **Silver** Accelerated Reader badge

C14 Achieve a **Silver** house point award

C17 Create a leaflet promoting your favourite holiday destination

C20 Help out during an Elective over Term 1

C23 Learn how to buy travel tickets in another language

C26 Complete unit 4 in a language of your choice in Duolingo

C27 Litter pick around College for one lunchtime a week for one Term

C3 Create a new board game

C6 Complete a one off charitable event raising a minimum of £100

C9 Read and record a summary of an article on an area of Humanities you are intrigued by.

C12 Attend and complete tours for one College event

C15 Be shortlisted for an externally organised competition

C18 Produce a historical event in a box eg a WW1 trench

C21 Achieve a **Silver** level Academic Scholarship

C24 Create a geographical landscape in a box eg a volcano

C27 Litter pick around College for one lunchtime a week for one Term



PHYSICAL

P1 Record a 5k run

P4 Learn to juggle with 3 balls

P7 Volunteer to marshal at the Junior Park Run

P10 Complete 10,000 steps a day for 14 days in a row

P13 Take part in 2 Junior Park Runs

P2 **RecordedChallenge**
Complete and record a 10K bike ride

P5 Represent College in a sports team of your choice in at least 3 matches

P8 Learn and perform a dance routine with a friend

P11 Attend an external fixture on 2 occasions, e.g. Leicester Tigers

P14 Continue your news sport or activity for one month

P3 Complete a week of meditation on Headspace

P6 Represent the College in the Varsity competition 3 times

P9 Walk the dog every day for 2 weeks

P12 Bike to College for 2 weeks