

Level 5 - Silver Challenges

Requirements to achieve the Silver Level:

You must complete 7 of the 10 challenges.

Cookery:

Make a pot of soup and present the recipe

Eco Challenge:

Go on a litter pick to your local park, at the coast, by a loch/lake or in the countryside.

Swimming or Egg Challenge!:

- A. Demonstrate one length each of front crawl, breaststroke and backstroke
 - B. Collect something from the bottom of the pool
 - C. Demonstrate a float
 - D. Float to survive
- Or, if swimming is not an option for you, learn to cook eggs in 5 different ways!
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First Aid:

- Know how to look after an unresponsive casualty and put people of different sizes into the Recovery Position.
- Be able to demonstrate how to apply a sling and know when it should be done.
- Be able to demonstrate how to help a choking casualty..

Interest:

- Learn to sew!
- Sew on a button as well as a name tag or a patch
- Sew a 'creation'.

Domestic Challenge:

Learn how to set the table for a three course meal. This should include a napkin and glass..

Time Management:

Set an alarm every day for two weeks so that you can be up, have had breakfast and be ready to leave for school without any help or nagging.

Drama:

Dramatically re-tell a favourite 'Once upon a time' story to an infant class using suitable voices for the different characters.rs.

Computer Skills:

Use computer skills to create a Party Invitation. You must include all the details a guest will need to know. It can be any sort of party- e.g. Football Party, BBQ, Movie Party, etc. You should add at least one picture and at least two fonts. Most importantly your invitation must be well laid out and attractive. It must be your own invention - start with a blank page.

Body Strength:

Follow Coach Craig's video showing you how to perform various body strength exercises three times a week for one month.