

Level 6 - Gold Challenges

Requirements to achieve the Gold Level:

You must complete 7 of the 10 challenges.

Cookery:

Learn how to bake a loaf of bread. (Must be kneaded. No banana bread!)

Produce instructions and, along with your recipe, bring in photographic or video evidence.

Budgeting:

With your parents, agree on an amount you can spend on your packed lunches and snacks for a week. Plan what you will need.

Go to the supermarket and carefully select all you will need and can afford. Make your packed lunches for the week.

Swimming or Washing Dishes:

- Swim two lengths using 3 different strokes and show correct technique.
- Swim one length in T-shirt and shorts. Whilst in the pool, remove the extra clothes and then tread water for 30 seconds.
- Perform a safe sitting dive.
- Perform a handstand.
- Float to survive

Or, if swimming is not an option, wash and dry all of the dishes for a fortnight (without wasting water) and wipe the table daily.

First Aid/Sport:

Plan and go on a long family day adventure.

Before you go, consider all of the possible risks and prepare a suitable first aid kit to take along with you.

Interest:

Demonstrate how to fix a puncture. A bike wheel, puncture repair kit and pump will be supplied, but you may wish to bring your own. Make sure you have actually practised it physically before asking for an assessment date.

Computing Skills:

Make a PowerPoint (presentation) to share your knowledge of something important to you. It should be informative for your audience. Your presentation should include many different particular skills. (This COULD be linked to another challenge)

Music:

A. Research a composer

Or B. Give a solo performance in class or a school concert of a suitable piece agreed with your Instrumental Instructor.

Drama:

A. Live performance - **Without a book**, retell a favourite children's story to an Infant class.

Or B. Make a recording of you retelling the story for the Infant class to keep. You may wish to use music and sound effects.

Caring for others:

Knit or crochet. Learn how to make a 20cm SQUARE which will be added to other squares and made into blankets for children in Africa.

Eco Challenge

Grow something to eat.