

# Level 7 - Platinum Challenges

## Requirements to achieve the Platinum Level:

You must complete 7 of the 10 challenges.

### Caring for Others:

A - Pupils should involve themselves actively in the local community once a week for a month or on four hour-long occasions at least over and above what they already do.  
 OR B. Look around your local neighbourhood for something that needs to be improved.

You should then draw up a proposal or a plan to rectify the problem and write to the appropriate business or local government body.

### Averting Disaster:

Find out how to turn off the electricity and water to your house as well as how to use a fire blanket.

### Happiness:

Know yourself and what makes you happy. As long as it doesn't harm or upset anyone else, spend a few hours doing whatever it is that makes you happy.

### Cookery:

Following a recipe, cook a hot meal for your family's dinner.

### Sport and Body Strength:

Two things:  
 A. Pick a sport in which you participate regularly. Pick a selection of skills to perfect.  
 and B. Follow Coach Craig's guide to do perfect body strength exercises over the course of a month.

### **Drama:**

Choose one of the following options:

- A.** Perform in front of an audience as a principal role in a school show.
- B.** Write a short play.
- C.** Using imagination and technology skills, make a movie trailer.

### **Domestic Challenge:**

Take the sheets off your bed, learn how to use the washing machine, hang them out to dry or use the tumble drier, iron the pillow case and put them back on to your bed.

### **Computer Skills:**

Design a web page to include: A coloured background.

- Two different sized titles (headings).
- A picture on the right hand side of the page, and one on the left.
- At least two different font faces.
- 3 hyperlinks connecting the page to relevant internet sites.

### **Trip Planning:**

Making sure that you are safe, plan a trip using a timetable (bus, train or other transport). Know the time you need to arrive and work out the details of your trip.

### **First Aid:**

- Know how to spot the signs of a suspected heart attack and what to do.
- Know when to use CPR and show how to perform it properly.
- Know the mobile numbers of two responsible adults.