

Challenges

What can you do in one year? To be negotiated with a teacher and parent.

Primary/secondary (P/S)

Academic

1. Make a presentation to the class on a project set by your teacher. (P/S)
2. Contribute to an assembly. (P/S)
3. Lead a class assembly. (P/S)
4. Read 10 books or more in one half-term (appropriate to your reading age). (P/S)
5. Prepare a video or other media presentation on a topic that interests you. (KS2/secondary)
6. Lead a group project. (P/S)
7. Reach academic targets set by your teacher. (P/S)
8. Submit three consecutive extended writing tasks with no SPAG errors. (P/S)
9. Learn to speak another language and exchange information about yourself with someone else with confidence (level appropriate to your age and experience). (P/S)
10. Design and make a useful item for someone. (P/S)
11. Complete a mathematical problem(s) set by your teacher. (P/S)
12. Learn a new programming language and write code for an application or game of your choice. (S)
13. Research a famous author, designer, scientist, historical figure or your choice. (KS2/secondary)
14. Write a short story or poem and read it to an audience. (P/S)
15. Design a 3-D piece of art using mixed media for display in school. (P/S)

Performing Arts

1. Take a lead or support role in the school production or orchestra. (P/S)
2. Learn a new instrument and perform in front of an audience. (P/S)
3. Gain grade qualifications in an instrument. (S)
4. Learn to juggle. (P/S)
5. Sing a song in front of an audience. (P/S)
6. Perform a dance or gymnastic routine for an audience. (P/S)
7. See a live performance on stage. (P/S)

Cultural/life skills

1. Visit a museum or theatre. (P/S)
2. Visit another country. (P/S)
3. Make a friend from another country. (P/S)
4. Organise a student group to raise funds for a good cause. (KS2/secondary)
5. Lead an afterschool or lunchtime club of your choice each week. (KS2/secondary)
6. Take on community or volunteer work (school or local organisation). (P/S)
7. Take a leadership position in your school. (P/S)
8. Visit five local or national heritage sites in one year. (P/S)
9. Take responsibility for an animal's care (school pet?). (Primary)

10. Take part in a residential trip/stay one night away from home. (Year 1/2)
11. Take part in a residential trip for three days or more. (KS2/secondary)
12. Help a new pupil to school to settle and make friends or help a younger pupil to read. (P/S)
13. Make and eat a meal from four different cultural cuisines. (P/S)
14. Take part in a new religious or cultural event. (P/S)
15. Learn CPR/First Aid. (KS2/secondary)

Physical education

1. Compete in a sport of your choice in school or at a club. (KS2/secondary)
2. Join a local sports club and attend regularly. (P/S)
3. Represent your school or club in competitions. (P/S)
4. Set yourself gym goals and achieve them. (Secondary)
5. Set yourself outdoor challenges – miles covered in one day, climbing, cycling, etc. (P/S)
6. Perform a gymnastic routine in front of an audience. (P/S)
7. Swim 25 metres or more. (Primary)
8. Swim 30–40 lengths of a 25-metre pool. (KS2/secondary)
9. Complete a swimming lifeguarding qualification. (Secondary)
10. Learn to paddle board/surfboard/canoe/ski. (Secondary)
11. Learn and take lessons for a new sport. (P/S)
12. Cycle challenge distances set by your teacher. (P/S)
13. Achieve 15,000 steps per day in one month. (P/S)
14. Learn to skip/throw and catch. (Reception/KS1)
15. Learn to climb up and down a climbing frame unsupported. (Reception)
16. Learn to ride a bike and scooter. (Reception/KS1)
17. Join a scout group or similar organisation. (P/S)