



Year Group Annual Challenge

	Early Years	Lower Phase			Upper Phase		
	Reception	Y1	Y2	Y3	Y4	Y5	Y6
Physical (These will be tested in school)	Hula hoop 30 secs	Skip 10 times in 1 minute	Bounce and catch a ball 10 times in 1 minute	Dribble a ball over 10m coned course	Run 1 lap of field without stopping	Do 5 x keepie-uppies	Hold the plank position for 45 secs
	Hop scotch	Throw and catch a ball/beanbag to yourself 20 x in a minute	Touch your toes without bending knees	Do 30 Star jumps in a minute	Do 20 burpees in a minute	Do 20 squats in a minute	Swim 25m (any stroke) Bleep test level 6.0
Community Service	Donate to charity (e.g. put 20p in a charity can)	Donate a tin of food to the One Can Trust (Asda drop box)	Join a community service event (e.g. fundraiser, woodland clear up)	Raise money for charity i.e. do a sponsored event	Take part in a litter pick	Do a kind deed for a neighbour	Be of service to the school (School Council, Prefect, Play leader...)
Visits (nature)	Go on a teddy bear's picnic in a field/park Go to the woods	Climb a hill	Go and find a woodland flower display – snowdrop walk	Go on a waterside walk (not at the Rye)	Visit a nature reserve	Visit a Country Park	Climb the highest hill in an area
Visits (local tourist attractions landmarks)	Go on a bear hunt (from 101 things)	Rye Park river walk (above the river)	Wycombe Museum	Hellfire caves	Pick your own fruit (e.g. Copas Farm)	Dashwood Mausoleum	Bucks Railway Centre, Aylesbury or Steam train at Chinnor
Baking/cooking at home (parent help needed)	Make a sandwich	Make a jelly or cold dessert/pudding	Bake some biscuits	Bake a cake	Bake bread	Cook a hot dessert	Cook a main course for dinner
Arts	Make a macaroni necklace	Make a sock puppet	Create a picture with bark or leaf rubbings	Learn and recite a poem	Draw a picture (any style)	Make a collage	Upcycle something

Grow a plant	Plant and grow herbs	Plant and grow flowers or fruit			Plant and grow vegetables		
Reading	Visit a local library for story time	Visit a local library and borrow books			Visit High Wycombe Library and borrow books		
Real life skills	Know when your birthday is	Know your full home address	Know your parents' mobile number	Put a washing load on (parent help needed)	Make a cup of tea/coffee/hot chocolate (parent help needed)	Be able to sew a button on (parent help needed)	Be able to iron a shirt or pair of trousers (parent help needed)
Getting involved	Attend a free event at the Eden centre (Emergency services day, Eco Elves, Green Eden etc)	Regularly take part in an out of school activity e.g. Scouts, Brownies etc, Sports club, Swimming lessons					

<p>Beyond the basics...</p> <p>A different one must be completed each year.</p>	<p>Visit an art gallery</p> <p>Visit the seaside</p> <p>Visit a museum (not in High Wycombe)</p> <p>Camp out in a tent or sleep away from home for a night (without your parents)</p> <p>Attend a sporting or music event</p> <p>Go on a train</p> <p>Watch a show/pantomime/musical in a theatre (not cinema)</p> <p>Go ice skating or roller skating</p> <p>Visit a building of architectural interest (e.g. Stately home or in a major city – the Shard)</p> <p>Visit a tourist attraction that is not in High Wycombe</p>
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Bronze Certificate = 6 from the top section & 1 from the bottom section (different one each year)

Silver Certificate = 8 from the top section & 1 from the bottom section (different one each year)

Gold Certificate = 10 from the top section & 1 from the bottom section (different one each year)