

## Key Stage One Learning for Life Challenges

Exceed Core Value	SOW Link S = Self, O = Others, W = World	Bronze	Silver	Gold
<b>INSPIRE</b>	Social Moral Spiritual and Cultural	Complete a 'random act of kindness' by doing something nice for a friend.	Learn how to organise household recycling and investigate how your household could reduce waste.	Join in with celebrations and festivals of all religions in school.
	Physical and Mental Wellbeing	Take part in a hobby, club, sport or activity out of school or during school.	Go for a walk outdoors! Enjoy the fresh air and talk about how being outside makes you feel!	Plan and prepare a healthy snack or simple meal with the help of your grown up.
<b>INCLUDE</b>	Equity and Diversity	Read a book about a character who has a different background to your own.	Research a different area, culture or place in which it is different to the place you live.	Write a letter with your grown up to 'send' to a pen pal from a different area! Can you talk about the place you live?
	British Values	Learn about one aspect of Doncaster's Heritage that interests you.	Learn about your school's rules and how they help you to understand the Rule of Law.	Visit a place you have researched or learnt about in RE.
<b>INTEGRITY</b>	Healthy Relationships	Help someone who is on the Buddy Bench.	Learn Lifesaving and first aid skills.	Teach a friend a life saving or first aid skill.
	Resilience	Use a knife and fork correctly to cut up your food.	Learn to take off your bedding and re-make your bed with clean sheets.	Learn to use the washing machine independently by selecting the correct programme and measure the right amount of laundry detergent.
<b>EXCEED</b>	Careers and Enterprise	Help your parents or grown up to load the washing machine, how does it work?	Learn how to organise the household recycling and help to recycle.	Set a budget for meals with your parents or carers and take some responsibility to buy the ingredients.
	Creativity and Expression	Contribute to an art or music event in or out of school.	Create a poster or flyer about something you would like to change in school.	Present to your Pupil Parliament the changes you would like to make or propose a new idea.