

## Key Stage Two Learning for Life Challenges

| Exceed Core Value | Key Stage Two<br>S = Self, O = Others, W = World | Bronze  | Silver   | Gold   |
|-------------------|--|---|--|--|
| <b>INSPIRE</b>    | Physical and Mental Wellbeing                    | Complete a 'random act of kindness' by doing something nice for a friend or a stranger. | Take part in a hobby, club, sport or activity out of school.                                     | Plan, prepare and cook three nutritious two course meals with supervision with the oven/ cooker.                                     |
|                   | Wider Opportunities and experiences              | Compose and record a piece of music.  | Compete in a sporting competition.   | Visit a residential care home and work with the residents.   |
| <b>INCLUDE</b>    | British Values                                   | Take part in an election.   | Contribute to delivering an assembly.  | Join in with celebrations and festivals of all religions in school.  |
|                   | Heritage and Community                           | Learn about one aspect of Doncaster's Heritage that interests you.                      | Learn how to organise household recycling and investigate how your household could reduce waste. | Improve or develop part of our local environment.  |
| <b>INTEGRITY</b>  | Healthy Relationships                            | Learn about wellbeing and mental health.  | Help someone who is on the Buddy Bench.  | Learn Lifesaving and first aid skills.   |
|                   | Citizenship & Responsibility                     | Contribute to a fundraising event in school.  | Learn to wash and dry the dishes or safely load and unload the dishwasher.                       | 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                           | Take part in careers week and identify a career that you might be interested in.        | Design, make and sell a product.   | 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.                                | Learn to swim.   | Sing in public.  |