

Silverdale Primary

School

PEAKS

CHALLENGES

Term 3 and 4

2017



Year 0 /1 PEAKS Challenges



* This is a voluntary home – school learning programme,

it does not replace reading and spelling homework.

* **You must complete 3 challenges per term with a total of 12 challenges completed for the school year.**
* You may complete more than 3 challenges if you wish.
* Each of the 3 challenges per term MUST come from a different section.
* In each section is a “design your own challenge.” You may write your own challenge with the help of your teacher or parents. Your own challenge must be approved by your teacher.
* All challenges MUST be recorded in some way. You may choose to complete the challenge log sheet or keep a record of your own. Completed challenges must be signed off by your teacher.
* Quality and not quantity is the main emphasis of this programme. Take time to complete each chosen challenge to the best of your ability.
* The most important thing to remember is to have…

**FUN!!**

**Year 0/1 PEAKS Challenges**

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| --- | --- | --- | --- |
| **Participation:** | **S** | **P** | **T** |
| * Do 1 chore per day for at least 1 week * Take responsibility for your pet for at least 1 week (feeding/cleaning etc) * Explain to your family how to fill a bucket. Draw 5 different ways you help to fill buckets of people in your family. * Communicate with someone in your family to find out something interesting about them - using the mail or email * Participate in a club/ team activity outside of school for a term. E.g. Pippins, cubs, sports teams, etc * Share a story or poem with someone in your family * Design your own challenge |  |  |  |
| **Environment:** | **S** | **P** | **T** |
| * Pick up rubbish within an area of your community e.g. park or beach * Grow and care for a plant/ insect, record the different stages of the plant’s growth/ insect’s life cycle * Re – use recyclable materials to create a musical instrument/ toy/piece of artwork * Map a sustainable journey e.g. catching the bus, scooter, car pool somewhere * Complete 4 walks in the outdoors with your family * Record the weather over a period of at least a week and draw conclusions from it eg. the coldest day was 3 degrees * Maintain a compost bin at home * Design your own challenge |  |  |  |
| **Action:** | **S** | **P** | **T** |
| * Keep my room tidy for at least a week * Pack and unpack my own bag everyday for the week we have school swimming with all the things I need. * Play a game using a small ball with my friends and or family. E.g. target throw, T. Ball, hit/ run * Be active everyday for a minimum of 30 minutes a day * Donate unwanted goods or toys to charity * Follow a recipe to prepare a treat or a meal * Keep a diary or journal over a term * Design your own challenge |  |  |  |

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| **Knowledge:** | **S** | **P** | **T** |
| * Write 5 facts about a sea creature * Collect and sort items (from nature) into groups and display my findings * Design a poster detailing how we care for our bodies e.g. brushing teeth etc * Visit the local library to choose at least 3 books to enjoy with my family * Retell a familiar story, adding sound effects and actions relevant to the story * Record my surname, address, phone number and birthday * Count to 20 or 50 (for a real challenge) both forwards and backwards * Complete and record a science experiment * Design your own challenge |  |  |  |
| **Skills:** | **S** | **P** | **T** |
| * Make up a dance to music and perform it to my family/class * Design a family crest * Create and practice an emergency action plan to keep your family safe in the event of a natural disaster * Make up a dance to music and perform it to my family/class * Make a timetable of a week in your life * Draw and name birds from your garden or local environment * Play a number board/card game and show fair play * Put my shoes on independently and do them up * Design your own challenge |  |  |  |

**PEAKS CHALLENGES LOG**

YEAR 1 2017

Name:

Room:



Activity Description:

**P**articipation **E**nvironment **A**ction **K**nowledge **S**kills

*(Please tick the challenge category)*

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| Date | Log entry.  Give a brief description of your ideas, planning and progress. | Discussed & signed by parent or teacher.  (Record any comments here) |
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