



Physical Activity

Community

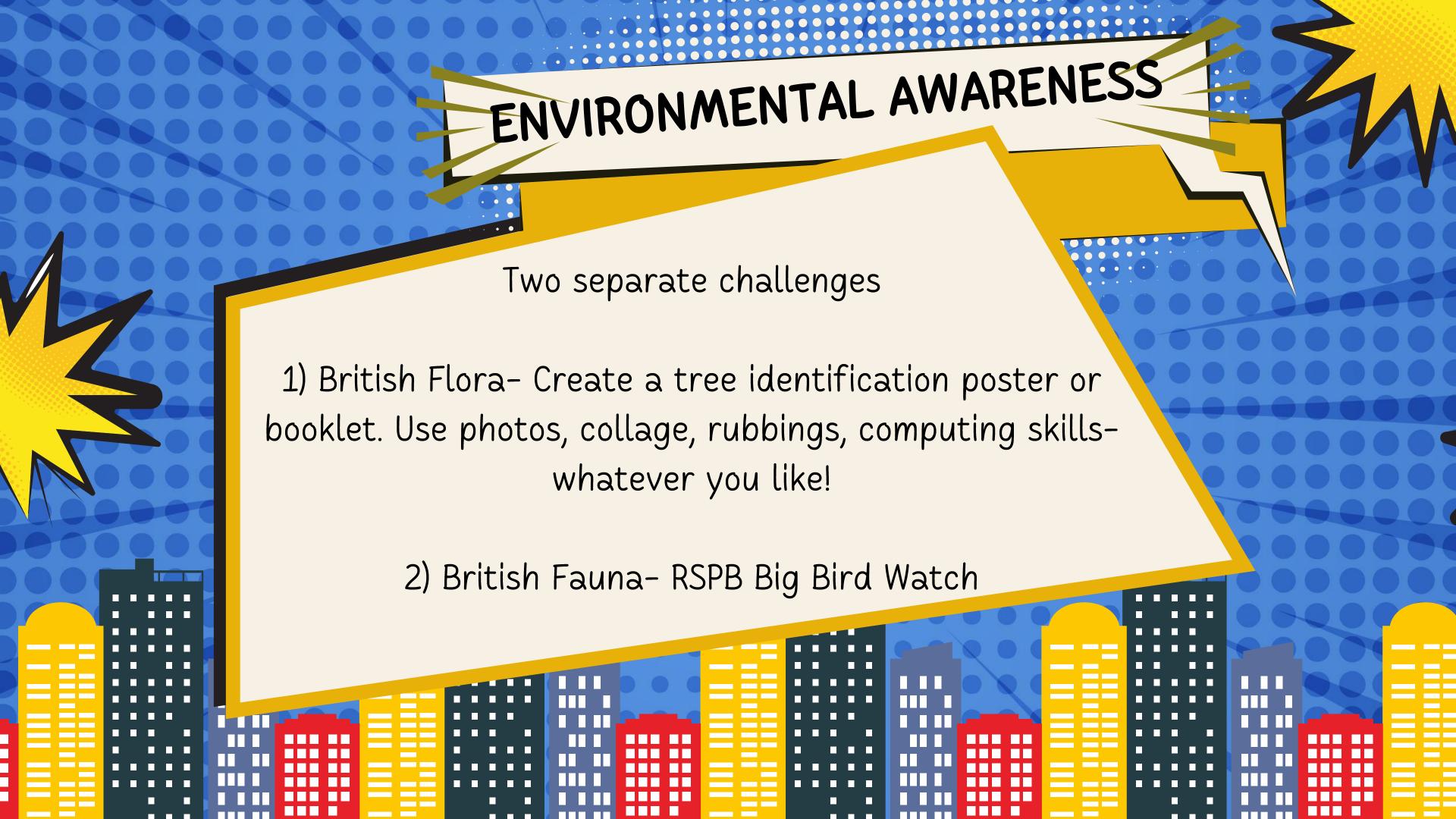
Life Skills

Expedition

Environmental Awareness



- Complete 30 hours of physical activity and sport.
- This can include any clubs you already attend, both in and out of school.
- Record in your booklet and an adult (parent, carer, coach, club leader) signs it off.







Complete 15 hours of community service.

You can contribute to your local area and gain new skills.

You can complete this at a place of your choice.

Examples: Rainbows, National Trust, individual tasks such as baking a cake for a neighbour, odd jobs for family,



Complete a list of important life skills throughout the year and get an adult at home to sign them off.

Examples-Making a meal, basic sewing skills, making a bed, ironing, using the washing machine, making a phone call, basic hygiene.

Presentation skills- Plan and deliver a 2-3 minute presentation to a panel. You can choose your own topic!

## WHAT DO I DO WHEN I COMPLETE AN ELEMENT?

When you complete an element, bring your booklet to Mrs Wade to be signed off. You will then receive a certificate for each completed element. There are 5 to collect! You need to make sure you organise your time to meet the deadlines.









Talk to your adults at home and let them know you would like to sign up.

Get your adult to sign up via ScoPay by Monday 29th September 2025- £5 cost to enter that you 'pay back' throughout the year.

Collect your Waverley Abbey Challenge booklet from me on the set date.

Keep an eye on the noticeboard for updates!

