



HOME LEARNING

Subject: PSHE

Time: 45min

Learning Objective: Challenge Week – doing something different

Rules and regulations:

- ❖ You MUST provide some sort of evidence to prove you have completed each task.
- ❖ Before completing each task, you will need to get permission from a parent/carer.
- ❖ You can work together with people at home to help you complete the challenge but YOU must be involved in each task.
- ❖ For each task, you will need to demonstrate a Take Care approach ensuring you are respectful towards other people.
- ❖ This challenge is solely based on having FUN!

Task:

You must complete at least three of the challenges, add up the points allocated to each task and send me your score and evidence by email. The highest scorer from each year will win a prize :0)

1	Read a book in the most unusual place you can think of (2Points)	
2	Write your own rap/song (3Points)	
3	Build the highest tower you can out of household items (2Points)	
4	Create an obstacle course in your garden or outside space (2Points)	
5	Build a den that can fit at least two people in (2Points)	
6	Dress somebody up in the craziest outfit you can think of (3Points)	
7	Create a video message which can be shared with family/friends/teachers (4Points)	
8	Have an indoor treasure hunt (3Points)	
9	Learn or choreograph a dance routine (4Points)	
10	Make an indoor restaurant and serve your family (5Points)	
11	Make a card for everyone at home (3Points)	
12	Arrange your food into an animal (2Points)	
13	Tidy your bedroom without being asked to by a parent (parents signatures required to confirm!) (3Points)	

14	Make a fitness routine and put your family through their paces (5Points)	
15	Give five compliments to people throughout the day (2Points)	
16	Have an upside-down meals day (breakfast for lunch etc) (2Points)	
17	Order your books alphabetically (5Points)	
18	Have a game of noughts and crosses (2Points)	
19	Sketch something in your house/garden (3Points)	
20	Tell a joke to make people laugh (2Points)	
21	Help your parent with a job/chore (5Points)	
22	Set up your own indoor bowling alley (2Points)	
23	Use the resources in your house to make a musical instrument (3Points)	
24	Create your own science experiment using the things you have at home(6Points)	
25	Complete 50 star jumps in one day (2Points)	
26	Design your own paper aeroplane (3Points)	
27	Sit quietly for 15 min doing nothing (no tv/phone/music) (3Points)	
28	Write you own children's story with illustrations (6 Points)	
29	Call a relative that you haven't spoken to in a while that would like to hear from you (3Points)	
30	Send three thank you notes/emails/texts for Christmas presents you received (6Points)	
31	Jog on the spot for 10 minutes (3Points)	
32	Write a list of all the things you are grateful for (3Points)	

Save your work:

If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to SAVE it with your name, the lesson you are doing and the date.

For example: T.Smith PSHE 8 April

If you would like us to see or mark your work please email it or send a photo of your completed work to:

zgolding@glebe.bromley.sch.uk

Thank you