

TORCH Junior Trophy Challenge

In preparation for joining us in September at The Suthers School we've put together a specialised version of our TORCH trophy challenge for you to take part in.

Our TORCH trophy challenges give you lots of opportunities to embody our five character strengths; our current students have been working from their own list to compete to have their names inscribed on this year's trophy. As a special challenge, we've put together a list of junior challenges just for you. These will not only help you to prepare for some of the learning you will face in September but will also begin to develop our key character strengths in you, giving you the best possible start to your journey with us.

Your challenge is to complete at least one task from each of our character strengths (the more you complete, the more chance you have of winning the junior trophy). You'll need to keep evidence of completion, using our handy recording list on the last page will help, evidence can be in the form of a witness signature, photo, video or journal. Remember to also be creative, complete your challenges in any way you choose, you may want to brush up on your computing skills by presenting work in word or PowerPoint or create hand written and drawn work, we're open to any format.

Contents – Click the headings below to see the challenges for each character strength

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Tenacity: *To show the determination and self-discipline to keep going and succeed even in the face of obstacles*

| Challenge | Useful resources | ✓ | Evidence |
|---|--|---|----------|
| Complete a daily fitness routine (such as Joe Wicks) at least twice a week for 4 weeks | PE with Joe on YouTube – The Body Coach TV | | |
| Develop your skill in learning a language – brush up on your French by creating vocabulary banks for topics of your choice | Duolingo app | | |
| Learn the basics of British Sign Language by following free courses and guidance | www.british-sign.co.uk/ | | |
| Prepare and cook a healthy meal for your family | www.asdagoodliving.co.uk/food/recipes | | |
| Complete a puzzle a day from the maths challenge booklet provided | Problem Solving Booklet | | |
| Sign up to and get involved in the Summer Reading Challenge | www.summerreadingchallenge.org.uk | | |
| Audiobook challenge – Jungle Book - The Mowgli stories, Harry Potter and The Philosopher’s Stone, The Green Ember | Access these audio books for free at: https://stories.audible.com/discovery | | |
| Move more – keep a track of the amount of time you spend walking, running, cycling each week, aim to move for over 2 hours a week | | | |
| The tying your tie challenge, become an expert before September | Our student video ‘how to tie your tie’ will help with this | | |

Optimism: *To have confidence in a future full of possibilities and to hold on to the belief that a storm will always pass*

| Challenge | Useful resources | ✓ | Evidence |
|---|--|---|----------|
| I am, I can, I have activity – focus on the positives of you | I am, I can, I have activity sheet | | |
| Find your support network, an activity to reflect on who you have to help you – write your name in the middle and on every layer of the circle add the people who you have to support you with the closest being nearest to you | Support network activity sheet | | |
| 'Only One You' – listen to the story and then create your own piece of wisdom in the form of a poster along with a positive graffiti page like the one at the start of the story | Listen to 'Only One You' by Linda Kranz on YouTube | | |
| Create a set of 30 affirmation cards, one for every day of the month to remind you of an important message | You could use some ideas from 'Only One You' | | |
| Write a happy ending, choosing one of your favourite books, stories or films re-write with a totally happy ending | www.bbc.co.uk/newsround/45880633 | | |
| Make a list of everything you're looking forward to about starting secondary school | Use our student welcome video to help you think of ideas | | |
| Try a 30 minute yoga session to be awake and mindful | 'Yoga for Kids Play in the park Yoga with Adriene' – YouTube | | |
| Teach others: create a series of activities and posters to help younger children learn how to tell the time | You might want to use information and ideas from here: www.bbc.co.uk/bitesize/topics/zkfydcdm | | |

Respect: *To value ourselves and all those we encounter by acting and speaking with compassion, tolerance and understanding.*

| Challenge | Useful resources | ✓ | Evidence |
|---|--|---|----------|
| Support your parents and family by completing one daily chore | | | |
| Make a poster with all the advice you know for staying safe online | | | |
| Complete a random act of kindness | | | |
| Write a poem to read alongside our school motto of 'Work Hard, Be Kind'. What do those words mean to you? | BBC Bitesize English Literature: Poetry Workshop - Finding inspiration | | |
| Thank you letter; write a letter to a teacher, friend or someone who has helped you through primary school | BBC Bitesize KS3 How to write a formal letter | | |
| Create a top 5 book list to reflect on great books and to recommend to others, hopefully our example will inspire you to read some of our choices | Top 5 Book List Example and worksheet | | |
| Character profile of yourself – recognise your own strengths, weaknesses and qualities | Character profile activity sheet | | |
| Work through the activity booklet on 'Discover the UK Parliament' to broaden your knowledge of the UK system of government | Discover the UK Parliament booklet | | |
| To create a model piece of work showing the highest levels of presentation – choose a favourite poem to write out and illustrate | | | |

Curiosity: *To ask questions, enjoy exploring and be open to new ideas and different perspectives*

| Challenge | Useful resources | ✓ | Evidence |
|---|--|---|----------|
| Choose a topic of your choice: one you already know lots about or you're interested in, create a presentation based on it | | | |
| Think of a famous historical figure, research them and create a fact-file about them | Rosa Parks, Emmeline Pankhurst, Gandhi, Christopher Columbus... | | |
| Write and prepare a three minute speech after considering the following: 'Climate change is important but there's no emergency' | | | |
| Invent: research famous inventors and see how they created the next best thing...draw, label and propose a new invention of your own | | | |
| Watch a recommended documentary and create a poster of all the new facts you learned from it | 'Horrible Histories' 'Deadly 60' 'My Life' All available on BBC iPlayer | | |
| Keep a daily weather log / set up your own weather monitoring system outside | | | |
| Artist study – explore TATE Kids, find an artist that inspires you, find some information out about them and recreate one of their pieces of work | www.tate.org.uk/kids/explore | | |

Hard Work: *To recognise that there are no shortcuts and no excuses and that every member of the team has a contribution to make*

| Challenge | Useful resources | ✓ | Evidence |
|---|--|---|----------|
| Write a short story – create a storyboard to plan your ideas and get create with writing | | | |
| Write a set of 10 maths challenges for someone else to complete, use the questions you’ve been answering in the problem solving pack as inspiration | www.bbc.co.uk/programmes/p00rfvk1 | | |
| Research some of the world’s most famous scientists and create a set of top trump cards, using the template to summarise their achievements | www.bbc.co.uk/teach/class-clips-video/science-ks2-scientists-and-scientific-method/z43mbdm Top Trump cards activity sheet | | |
| Time tables challenge: time yourself completing the set of 100 questions, complete a further 10 times aiming to improve your time | Times Table Challenge Activity Sheet | | |
| Create a timeline of your history learning beginning in the Stone Age to 1066, the ordering activity will help to start your thinking | British History Timeline activity sheet | | |