**Year 4 Honour Challenge**

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| **Academic Excellence** | Date completed | Supervising Adult Initial | Teacher Initial |
| A1 | Complete Maths or Literacy Activities set by teacher |  |  |  |
| A2 | Improve your communication skills: (*Year 4 standard*) Be a reporter - Report an event and present it to a class |  |  |  |
| A3 | Improve your science and technology skills: Design and build a craft that floats or complete 2 simple science experiments at home and present your findings to the class. |  |  |  |
| A4 | Japanese Hiragana Challenge (see website or Japanese wiki for details). |  |  |  |
| A5 | Improve your spelling skills: Show improvement on at least 12 spelling tests over the year (3 per term) |  |  |  |
| A6 | Improve your reading skills:  read for 200 nights over the school year. |  |  |  |
| A7 | Design your own Academic Excellence Challenge |  |  |  |

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| **Physical Activity and the Outdoors** | Date completed | Supervising Adult Initial | Teacher Initial |
| P1 | Improve your fitness: Over a four week period, complete a run, walk or cycle for at least 20km |  |  |  |
| P2 | Improve your swimming skills: Swim a total of 400m non-stop |  |  |  |
| P3 | Explore the outdoors: With a family member or family friend, complete a challenging walk of at least 3kms *(Mt Tamborine has a number bush walks of this distance)* |  |  |  |
| P4 | Undertake and complete an endurance event: Participate in a triathlon, Airport Marathon Junior Dash 2km, cycle race etc |  |  |  |
| P5 | Compete in a team sport for an entire season – attending training and games |  |  |  |
| P6 | Walk or run from Main Beach SLSC to the Seaway and back with a family member |  |  |  |
| P7 | Design your own Physical Activity and the Outdoors Challenge |  |  |  |

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| **Creative Arts** | Date completed | Supervising Adult Initial | Teacher Initial |
| C1 | Create a piece of art inspired by an aboriginal dreaming story – present it to your class. |  |  |  |
| C2 | Create an inspirational pamphlet that highlights the value and importance of accepting the ANGELS Challenges in Yr 4 – show it to a group of current year 3s. |  |  |  |
| C3 | Be involved in a group (not class group) performance (music or dance) for a school audience |  |  |  |
| C4 | Participate in the choir or band, attending all rehearsals and performances |  |  |  |
| C5 | Perform a musical or Speech and Drama piece for your Year Level |  |  |  |
| C6 | Engage in the Arts outside of school time, eg. Ballet, Theatre Company etc. |  |  |  |
| C7 | Design your own Creative Arts Challenge |  |  |  |

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| **Service & Giving** | Date completed | Supervising Adult Initial | Teacher Initial |
| S1 | Give to people in need: Give 50% of your pocket money to a worthy cause for one month *(e.g: Caritas, St Vincent De Paul etc)* |  |  |  |
| S2 | Give to your family: Prepare three meals or do three jobs for your family *(e.g: vacuum the house, clean the bathroom)* |  |  |  |
| S3 | Give your skills to help others: Join a Surf Life Saving Club or similar |  |  |  |
| S4 | Help make our school look great: Collect rubbish on the same day of the week for a term e.g: every Wednesday. |  |  |  |
| S5 | Join a community group: Show how through this you have helped others *e.g. Cubs, Scouts, Brownies, Guides, Church group*. Prepare a presentation on how your involvement with this group has helped others. |  |  |  |
| S6 | Care for the other children: Organise a series of three lunchtime games and activities for children from the MacKillop Centre |  |  |  |
| S7 | Design your own Service & Giving Challenge |  |  |  |

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| **Environmental** | Date completed | Supervising Adult Initial | Teacher Initial |
| E1 | Reduce traffic pollution. Active travel to school once per week for a term – walk with the Walking School Bus, ride your scooter or bike etc.  |  |  |  |
| E2 | Bring in a nude lunch 3 times a week for one term |  |  |  |
| E3 | Be a water monitor at home. Eg. Turn taps off when you are brushing your teeth for a term. Time your family in the shower for a week. Brainstorm ways you can save water. |  |  |  |
| E4 | Turn off lights when you leave a room and turn off electricity at the power point when you are not using appliances. |  |  |  |
| E5 | Plant a seed (plant or vegetable) and document its growth until it flowers or fruits. |  |  |  |
| E6 | Environmental Challenge – see website for details. |  |  |  |
| E7. | Design your own Environmental Challenge |  |  |  |

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| **“Design your own”** | Date completed | Supervising Adult Initial | Teacher Initial |
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**Here are some Handy Hints:**

* Plan ahead. Mark the challenges you plan on completing throughout the year. Ask an adult to help you. You could speak about family plans for the year and see where they could possibly fit into a challenge. Thorough planning will save any last minute rushing to get them finished.
* Set timelines for challenges *(when do you expect to get them done?)*
* Remember that you can do as many ‘Design your own’ challenges as you like. The other challenges are merely suggestions! Keep in mind that they are to challenge YOU!
* Think carefully about how you are going to present your evidence of completed challenges. Remember there are many different ways of presenting – E.g. Poster, photos, ticket stub, menu, brochure, certificate, reports, Keynote, checklists, WIKI, the list is endless… Be as creative as you like and remember that it doesn’t have to cost anything!!!

Have fun challenging yourself and remember that you are working towards this…

