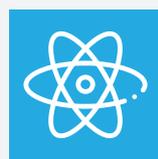




TRINITY CHALLENGE

Trinity Academy Halifax



Name: _____

VT Group: _____

Rationale

Trinity Challenge 2020 is designed to provide a range of opportunities that can be completed from home.

This will help our students to develop their character, resilience and skill set but also provide much needed well-being support during this challenging period.

Our students that are still accessing the school provision and those in 'self-isolation' will have access to the Trinity Challenge 2020.

Benefits for students taking part



Have lots of fun!



Get healthier and happier!



Gain valuable skills



Become more confident and independent



Make memories that will last a lifetime



Promote well-being

Some of these challenges also provide evidence for the DofE Bronze award

[#DofEwithadifference](#)



How does Trinity Challenge 2020 work?

As a school, we challenge our students to take part in Trinity Challenge 2020.

Every Tuesday we will set our students 5 weekly challenges through our [Trinity Challenge 2020 Instagram site](#). Each challenge includes a range of activities from boiling an egg to completing a 'tik tok' dance, to develop student skills and have fun.

To support our students with these challenges our eager staff at Trinity have produced videos of 'how to' complete each challenge. We invite our students to upload their own videos or photos on to the Instagram site to show them taking part and share the new skills they have developed.

Alternatively, students without an Instagram account can email photos or videos of them taking part in the Trinity Challenges to the Trinity Challenge email account:
trinitychallenge@trinityacademyhalifax.org

Please note the maximum length of each video is 60 seconds and we ask that all students uploading videos ensure the content is appropriate content to be viewed by school.

The evidence for the completion of these tasks will be tracked each week, and two students, one from each phase, will be awarded Trinity challenge 2020 star of the week. This will be posted on both our Trinity Challenge 2020 **Instagram site** and on the school **Twitter feed**.



Below are the new Trinity challenges for the next ten weeks.

We ask that when taking part in the starred activities you must seek adult supervision to ensure you stay safe. **

Week 1

- Iron a shirt **
- Boil an egg **
- Sew on a button
- Do a jigsaw
- Complete 30 press ups

Week 2

- Chop an onion **
- Make a cup of tea or coffee for someone in your household **
- Read a book and write or film yourself reviewing the book
- Take part in the MfL quiz
- Take part in Mr Martin's PE lock down challenge

Week 3

- Watch a classic Disney film
- Do an online yoga class
- Watch a Trinity Jackanory clip and write a review
- Create a quiz for one of the subjects you've been learning this week and virtually quiz your friends
- Find a fun craft activity online and have a go!

Week 4

- Make a cooked breakfast **
- Make your bed
- Make up a 'tik tok' dance and perform and record this
- Clean and tidy your bedroom
- Play Pictionary

Tip!

Tick your challenges off each week to keep track!

Week 5

- Feed a pet or tend to a plant
- Make a cake **
- Complete the plank challenge
- Challenge someone in your home to a game of cards or board game
- Write a letter to a friend or someone in your local community to lift their spirits

Week 6

- Read a chapter of a book to someone in your household
- Create a written news broadcast on a topic you have learnt about in one of your subject areas
- Practice skills for your favourite sport
- Try an online well-being or mindfulness course or app
- Make perfectly boiled rice or pasta **

Week 7

- Learn first aid with the St John Ambulance: sja.org.uk
- Take some photographs of your surroundings to produce an interesting photo collage
- Research your family: set up a family tree online and use resources to find out about them
- Learn to build a website
- Make something that moves

Week 8

- Make a birthday/ greeting card for a friend or family member
- Learn to do a magic trick
- Make a skype chat/ face time/ WhatsApp call with a friend to keep in touch
- Set up a treasure hunt for your family round your home and/or garden
- Produce a weekly win diary of your successes for the week

Week 9

- Learn sign language: British – sign.co.uk
- Write a letter or email to your local MP about something you are passionate about
- Sort the washing in your home and put on a load of washing to support your family
- Do the 'keep up' challenge
- Sew some seeds and watch them grow

Week 10

- Make a nature diary to record what wildlife you see outside your home
- Make a blog
- Create a rainbow picture for the NHS heroes
- Design a fitness routine for your family to put them through their paces
- Up cycle an unused product in your home to make something new

Useful links to support your completion of the challenges:

- **Trinity Challenge email account:** trinitychallenge@trinityacademyhalifax.org **to upload videos or pictures of completed challenges**
- **#DofEwithadifference – lots of other ideas you could try.**



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