

Name: \_\_\_\_\_

VT Group: \_\_\_\_\_

# Rationale

Trinity Challenge is designed to offer students in Year 9 a range of opportunities outside the classroom to enable them to become resilient learners with a thirst for learning and new experiences.

In addition, this year we have extended the Trinity Challenge to act as a platform for students to complete specific tasks that will support them in their completion of the DofE Bronze award.

## 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



Work towards achieving your DofE Bronze Award

# Trinity Challenge 2022

## How does Trinity Challenge 2022 work?

As an academy, we challenge our students to take part in the Trinity Challenge. This involves participation in a range of tasks from the following areas:

- The Arts, Culture and Performance
- STEM
- The Outdoors
- Wellbeing and Aspirations
- The Community

In addition, these challenges have been put into four DofE categories to support tracking of student progress towards the DofE Bronze Award.

We will support students to achieve the Trinity Challenge award by providing opportunities within the academy through the Curriculum, Involve club opportunities and academy trips throughout Year 9. Other challenges require students to go the extra mile and complete tasks outside of the academy. This can be independently or with friends or family

The evidence for completion of these challenges will be tracked and recorded by form tutors, the Admin team in the academy, through attendance at certain events or from students bringing in evidence of completing the tasks during VT. This evidence can also be emailed to form tutors in the form of a photo or video. Alternatively, students may just wish to describe how they completed the tasks and the new skills they have developed in doing so.

**Students will be awarded the following rewards for completing the Trinity Challenges:**

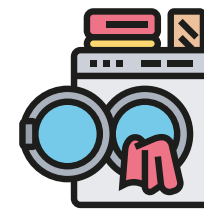
Trinity Challenge Award:	Awarded for completing:
Bronze	15 Trinity Challenges
Silver	20 Trinity Challenges
Gold	25 Trinity Challenges



**TC1: Support at your local food bank**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.

**TC9: Sort the washing in your home and put on a load of washing to support your family \*\***

An essential basic skill. Make sure you have some advice from an adult in your home before completing this task.

Evidence: The evidence will be tracked during VT with your Form Tutor.

**TC2: Support at an academy event / sports club / STEM club**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.

**TC10: Follow an orienteering trail and record your findings**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: The evidence will be tracked via admin.

**TC3: Coordinate a sports event within the academy or for a local team or club**

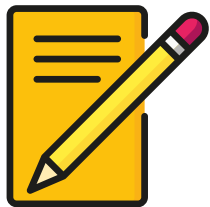
You will have an opportunity to complete this challenge as part of our Involve clubs and as part of the sports leader programme.

Evidence: Involve register tracked via admin.

**TC11: Attend an academy sports / dance / PA club**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.

**TC4: Write a letter to a friend or someone in your local community to lift their spirits**

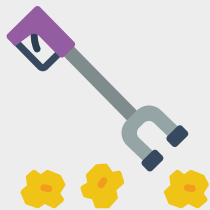
You will have an opportunity to complete this challenge through VT.

Evidence: The evidence will be tracked during VT with your Form Tutor.

**TC12: Run or swim a mile**

You will have an opportunity to complete this challenge within P.E. lessons or independently outside of the academy.

Evidence: The evidence will be tracked via admin.

**TC5: Take part in the Trinity community litter pick**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.

**TC13: Represent the academy or community sports team**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.

**TC6: Organise a community support event**

You will have an opportunity to complete this challenge as part of our Involve clubs and the sports leader programme.

Evidence: Involve register tracked via admin.

**TC14: Attend a full day expedition and plan your expedition with a map and compass to find your way**

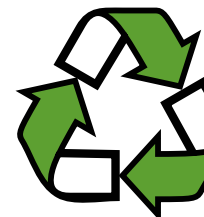
You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.

**TC7: Pledge to support your local environment**

You will have an opportunity to complete this challenge through the VT during National Science Week.

Evidence: The evidence will be tracked during VT with your Form Tutor.

**TC15: Complete the marble run challenge using recycled objects**

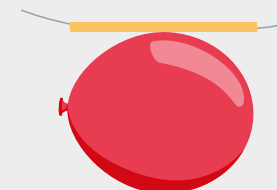
You will have an opportunity to complete this challenge by attending the academy sports tour.

Evidence: The evidence will be tracked during VT with your form tutor.

**TC8: Make a DIY rainwater collection butt**

(e.g. bucket, large plastic container) and use it to water some plants or grass. Take a photo of your collecting device.

Evidence: The evidence will be tracked via admin.

**TC16: Create a balloon rocket**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: The evidence will be tracked via admin.





### TC17: Cook a meal outside \*\*

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.

MEDIUM

EASY



### T18: Research an inspiring individual and report your findings on how they changed the world today

You will have an opportunity to complete this challenge as part of the Humanities Curriculum.

Evidence: The evidence for this will be tracked via Humanities registers.

EASY



### TC19: Write a thank you letter

You will have an opportunity to complete this challenge as part of the English Curriculum.

Evidence: The evidence for this will be tracked via English registers.

HARD



### TC20: Take part in a 'kitchen sink' practical at home

You will have an opportunity to complete this challenge as part of the Science homework tasks in Year 9.

Evidence: The evidence for this will be tracked via Science registers.

EASY



### TC21: Change a bed

An essential basic skill. You are to complete this challenge independently. Bring in or email a photo to your VT tutors as evidence.

Evidence: The evidence will be tracked during VT with your Form Tutor.

EASY



### TC22: Write a book review for a book you have read

You will have an opportunity to complete this challenge as part of the English Curriculum.

Evidence: The evidence for this will be tracked via English registers.

EASY



### TC23: Write a blog or make a pop video

You will have an opportunity to complete this challenge as part of the Dance/ Performing Arts, Drama or ICT Curriculum.

Evidence: The evidence will be tracked via admin.

HARD



### TC24: Write to your MP about a cause you are passionate about

You will have an opportunity to complete this challenge as part of the English and Humanities Curriculum.

Evidence: The evidence for this will be tracked via English and Humanities.



### T25: Perform or support at a music, dance, or drama event

You will have an opportunity to complete this challenge through performing or supporting at the academy or an external event.

Evidence: The evidence for this will be tracked via admin.

HARD



### TC26: Start a collection

You are to complete this challenge independently. Bring in or email a photo to your VT tutors as evidence.

Evidence: The evidence will be tracked during VT with your Form Tutor.

MEDIUM



### TC27: Debate a current issue

You will have an opportunity to complete this challenge as part of the Humanities Curriculum.

Evidence: Involve register tracked via admin.

MEDIUM



### TC28: Be able to say hello, goodbye, please and thank you in three languages

You will have an opportunity to complete this challenge during VT on the European Languages' Day.

Evidence: The evidence will be tracked during VT with your Form Tutor.

EASY



### TC29: Be able to say hello, goodbye, please and thank you in sign language

There will be resources during Language Week to support this task.

Evidence: The evidence will be tracked during VT with your Form Tutor.

EASY



### TC30: Cook and eat a meal from another culture \*\*

You will have an opportunity to complete this challenge as part of our Involve club programme.

Evidence: The evidence for this will be tracked via admin.

EASY



### TC31: Iron a shirt \*\*

You are to complete this challenge independently. Bring in or email a photo to your VT Tutors as evidence.

Evidence: The evidence will be tracked during VT with your Form Tutor.

EASY



### TC32: Enter the puzzle of the week competition

You will have an opportunity to complete this challenge during Maths Week in school.

Evidence: The evidence for this will be tracked via Maths registers.

MEDIUM



### TC33: Take part in the hour of code

You will have an opportunity to complete this challenge as part of the ICT Curriculum.

Evidence: The evidence for this will be tracked via ICT registers.

HARD



### TC34: Make something that moves

You will have an opportunity to complete this challenge as part of our Involve club programme.

Evidence: The evidence for this will be tracked via admin.

HARD



### TC35: Read a poem in a foreign language

You will have an opportunity to complete this challenge as part of the MfL Curriculum.

Evidence: The evidence for this will be tracked via MfL registers.

MEDIUM



### TC36: Perform to an audience

You will have an opportunity to complete this challenge as part of the Dance / Performing Arts and Drama Curriculum, by taking part in the academy show or taking part in one of our academy performance events.

Evidence: The evidence for this will be tracked via admin.

HARD



### TC37: Sew some seeds and watch them grow

You will have an opportunity to complete this challenge as part of our Involve club programme or complete this independently.

Evidence: The evidence for this will be tracked via admin.

MEDIUM



### TC38: Make a nature diary to record what wildlife you see outside your home

You will have an opportunity to complete this challenge as part of our Involve club program or complete this independently.

Evidence: The evidence for this will be tracked via admin.

HARD



### TC39: Make a birthday / greeting card for a friend or family member

You will have an opportunity to complete this challenge as part of the Art Curriculum or complete this independently.

Evidence: The evidence for this will be tracked via Art registers.

EASY



### TC40: Learn basic first aid

You will have an opportunity to complete this challenge as part of the P.E. Curriculum.

Evidence: The evidence for this will be tracked via P.E. registers.

HARD



### T41: Take some photographs of your surroundings to produce an interesting photo collage

You will have an opportunity to complete this challenge as part of the Photography Curriculum or complete this independently.

Evidence: The evidence for this will be tracked via Photography registers.

EASY



### TC42: Upcycle an unused product in your home to make something new

You will have an opportunity to complete this challenge as part of the Product Design Curriculum or complete this independently.

Evidence: The evidence for this will be tracked via Product Design registers.

MEDIUM



### TC43: Sew a button on \*\*

You will have an opportunity to complete this challenge as part of our Involve club programme or complete this independently.

Evidence: The evidence for this will be tracked via admin.

MEDIUM



### TC44: Set up a treasure hunt for your family round your home and/or garden

You will complete this challenge independently or can have fun doing this with your family or friends.

Evidence: The evidence for this will be tracked via admin.

MEDIUM



### TC45: Learn to do a magic trick

You will have an opportunity to complete this challenge as part of our Involve club programme. Or you can complete this challenge with family or friends.

Evidence: The evidence for this will be tracked via admin.

MEDIUM



### TC46: Make a cake for a friend or neighbour \*\*

You will have an opportunity to complete this challenge as part of our Involve club programme.

Evidence: The evidence for this will be tracked via admin.

EASY



### TC47: Produce a weekly win diary of your successes for the week

You are to complete this challenge independently. Bring in or email a photo to your VT Tutors as evidence.

Evidence: The evidence will be tracked during VT with your Form Tutor.

HARD



### TC48: Read a chapter of a book to someone in your household

You are to complete this challenge independently. Bring in or email a photo to your VT Tutors as evidence.

Evidence: The evidence will be tracked during VT with your Form Tutor.

EASY



**TC49: Research a famous scientist and record how they changed the world today**

EASY

You will have an opportunity to complete this challenge through VT during National Science Week.

Evidence: The evidence will be tracked during VT with your Form Tutor.



**TC50: Sustainable diet**

Switch to a more sustainable diet for one week and write a food diary to record and rate your enjoyment

Evidence: The evidence will be tracked during VT with your Form Tutor.

Above are the list of 50 Trinity Challenges for 2022 - 2023. We ask that when taking part in the starred activities you must seek adult supervision to ensure you stay safe. \*\*

Please note to achieve the DofE Bronze award you will need to complete 15 of the skills challenges over a 6 - 9 month period. All the blue skills are 'Life skills' and so students could complete a range of these to meet the requirements for the Skills section.



## Reflection

How did these experiences help you learn something new, develop as an individual, prepare for life, or understand the world better?

### Term 1

What experiences or new skills have you developed this term?

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Which challenges do you aim to complete next term?

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What life skills have you learnt this term?

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### Term 2

What experiences or new skills have you developed this term?

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Which challenges do you aim to complete next term?

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What life skills have you learnt this term?

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### Term 3

What experiences or new skills have you developed this term?

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Which challenges do you aim to complete next term?

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What life skills have you learnt this term?

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Reflection

How did these experiences help you learn something new, develop as an individual, prepare for life, or understand the world better?

Term 4

What experiences or new skills have you developed this term?

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Which challenges do you aim to complete next term?

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What life skills have you learnt this term?

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Term 5

What experiences or new skills have you developed this term?

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Which challenges do you aim to complete next term?

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What life skills have you learnt this term?

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Term 6

What experiences or new skills have you developed this term?

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Which challenges do you aim to complete next term?

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What life skills have you learnt this term?

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Name:

Level:

Timescale:

Use the table below to mark off the challenges you have completed.

TC1	TC2	TC3	TC4	TC5
TC6	TC7	TC8	TC9	TC10
TC11	TC12	TC13	TC14	TC15
TC16	T17	TC18	TC19	TC20
TC21	TC22	TC23	TC24	TC25
TC26	TC27	TC28	TC29	TC30
TC31	TC32	TC33	TC34	TC35
TC36	TC37	TC38	TC39	TC40
TC41	TC42	TC43	TC44	TC45
TC46	TC47	TC48	TC49	TC50

A series of horizontal dashed lines for taking notes.





