



JUNiOR

DUKE

EST. 2006

LIFE SKILLS AWARD FOR AGES 3-13



We will cover:

- What is the Junior Duke Award?
- Why are we offering the Award at school?
- What will your child need to do?
- How can you help at home, and why?



What is the Junior Duke Award?



- 10 age-appropriate levels of challenges aimed at developing independence, confidence and resilience
- challenges broaden horizons and develop awareness of others and our world
- completion of each level earns your child a certificate and metal badge



How each challenge is set out:

post-it explaining
relevance of the
challenge

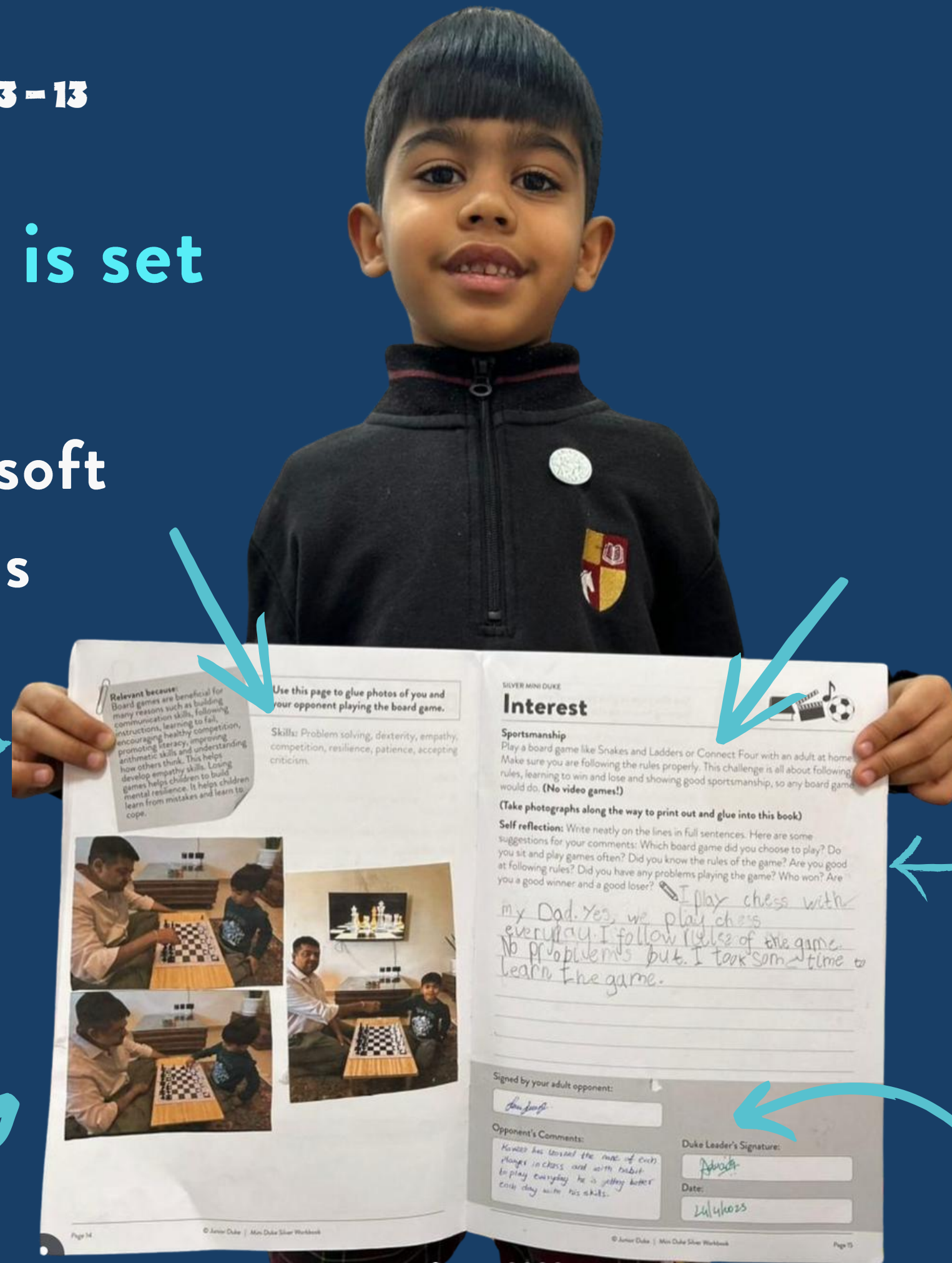
list of soft
skills

challenge
explained

self reflection
questions

space for
evidence

parent's comment &
assessor's signature



What kinds of challenges are involved?

Budgeting

Risk taking

Chores

Dramatic reading

tooth brushing

Cooking

Adventure

Gift wrapping

Fire building

Why are we offering the Award at school?

Our students will:

- become more **capable & independent**
- fail a few times on the road to success and therefore develop **resilience**
- need to **persevere** in order that they complete a level
- feel immense **pride** on completion.





- each challenge shows a list of the **soft skills** children will be utilising
- to complete each challenge, children need to **problem solve** and **plan**
- your child's **time management** skills will be developed and they will begin to see that they can **achieve** whatever they choose!
- they may discover new **talents** or **passions**
- Most challenges will be completed at home but for each level we will aim to give children the opportunity to complete a couple of challenges at school



- After trialing this with Y1 and Y4 last year, we are rolling this out across the school
- Each class teacher will have responsibility for tracking and signing off tasks while I will oversee each year group, the progress and also talk to each class on what challenges they have been working on and any difficulties they have had.
- There are 5 check-in weeks across the year:
 - 7th December
 - 15th March
 - 30th June – Final submission
 - 18th January
 - 17th May



Nano Challenges

To achieve the Nano Level you must complete 7 of the 10 challenges.

HELPING OUT:

1. Once the washing has been done, be in charge of the pile of socks and match and join them together.
2. Once the dishes have been done, put all of the cutlery away in the correct sections in the drawer.
3. Match the recycling so that the plastics, glass, metal and paper are all in the correct bins.

SELF CARE:

At least five days in a row, get dressed by yourself into your loose clothing such as joggers, t-shirt and sweatshirt then into your nightclothes at bed time.

TIDINESS:

Make your bed every morning for a week by straightening your covers so that it looks as though it has never been slept in.

RECOGNITION:

Aim to learn the names of at least five new varieties of each fruit and vegetable and taste some you haven't eaten before.

WASHING:

Lots of things need washed every day and everything needs washed a little differently. Learn to wash your hands, hair, body, low window and mirror.

COMMUNICATION:

- Ask to phone an older member of the family for a 'conversation'. Ask them about their day and tell them a story about something you have done.
- Draw a beautiful picture and put it in an envelope to post to someone special. It is kind to let people know you are thinking of them so ask an adult to scribe your message to go into the envelope too.

SWIMMING:

Become more able in water. It may be being able to put your face in the bath, or it may be being able to jump into the swimming pool or swim further.

GET CREATIVE:

Get creative by using a saw, a hammer and nails, a screw driver and screws. If you would rather, using screws to attach vegetables into a turnip can be easier than using wood.

WILD IMAGINATION:

With as large a cardboard box as can be found, and possibly with a friend, what can you do with it?!

READING & RHYMING:

- Choose a book to be read to you and, as the adult is reading, think of which think of which words could rhyme (rhyming books like The Gruffalo / Green Eggs and Ham are perfect for this task).
- Then put it away yourself - always with the spine out so that you can tell which book is which.

Level 2 - Silver Challenges

Unless otherwise agreed by your teacher, to achieve the Silver Level you must complete 10 of the 14 sections.

Cookery:

Make a slice of toast

Creation:

Build a den.

Domestic Challenge:

A - Tidy and vacuum

B - Polish shoes

Interest:

Play a board game - following rules and learning how to win and lose.

Tying Knots:

Learn how to tie a:

- * Double bow
- * Figure of eight
- * Reef knot

Reading:

Read a selection of tongue twisters, poems and stories in your local dialect.

Exercise:

Go on a long walk (2 hours is a good amount of time to be walking) and carry your own snacks etc. in a rucksack.

Drama:

Ask an older member of your family about things they did when they were younger.

Choose the story about his or her life which you like best and get all of the details. Then retell that story to your class.

Safety:

Learn your address and a helpful mobile phone number by heart.
Learn how to use a phone to call the number you have memorised.

Eco Challenge:

Plant bulbs or plants and seeds and learn how to look after them.

Broadening horizons and raising awareness of cultures:

My Bubble:

Make a plan for if you ever get lost.

Taking Responsibility:

Look after our planet by recycling and upcycling.

Our Future:

Go on a nature walk/nature watch

Our World:

Listen to music from different countries.

GOLD MINI DUKE

Level 3 - Gold Challenges

To achieve the Gold Badge you must complete 10 of the 14 sections.

Cookery:

Make a sandwich, roll or wrap for lunch.

Creation:

Using something fiddly like Lego or an Airfix model, create something related to a school topic.

Domestic Challenge:

Wash something large like a car or windows etc. Learn what to use and how to do it properly.

Interest:

Play a strategic board game like Chess, Battleships, Cluedo etc.

Music:

Play Happy Birthday on a musical instrument.

Writing:

After receive a present or having a day out, write a letter of thanks.

Exercise:

Spend at least two hours on an outdoor adventure.

Caring for Others:

Make a cup of tea or coffee for an adult just the way they like it. Learn how to stay safe around a kettle.

Safety:

Learn the safety rules of fire. Learn how to build a fire. Toast a marshmallow.

Eco Challenge:

Weed a good-sized area of a garden. Learn the difference between plants and weeds.

Broadening horizons and raising awareness of cultures:

Our World:

Read a selection of story books from other countries to find out about the characters' different ways of life.

Selflessness:

Do kind things for two neighbours.

Our Future:

Create a bee garden.

Taking Responsibility:

Pack your own overnight bag.

Level 4 - Bronze Challenges

To achieve the Bronze Badge: Unless agreed with your teacher, you must complete 10 of the 14 challenges.

Cookery:

Bake. Choose something you like to eat and bake it. Present the recipe properly.

Art/Craft:

Create an item made from papier-mâché. Be as creative and inventive as you can. It must be papier-mâché.

Swimming or Mopping:

- A. show how to enter and leave the pool safely.
- B. swim one length of your local pool on your front and one on your back
- C. demonstrate 2 floats
- D. Float to survive

Or, if swimming is not an option, learn to sweep and mop your floors!

First Aid:

- Learn, and be able to recite, the order of 'what to do in the event of an accident'.
- Know how to contact the emergency services and be able to give your address and home phone number as well as one of your parents' phone numbers. Be able to call the emergency services on any of the phones in your home without adult help.

Domestic Challenge:

Handwashing. Choose an item of dirty clothing about the size of a jumper (a little sock isn't enough!) and learn how to wash it properly by hand. Find out how best to squeeze the water out or spin it then dry it carefully.

Sport:

Make a presentation to your class sharing your knowledge of a sport or make a leaflet. Your information should be in two sections:

- Your experience of the sport
- Your research of a successful athlete in that sport.

Independence:

Walk to the local shop to buy something like milk.

Eco Challenge:

Find out how to read your electricity meter.

Week 1 - Take a reading at the start of the week, have a normal week, then take another reading at the end of that week. Do the calculations to work out how many units were used.

Week 2 - Take a reading, then make sure you turn off all of the lights and tv etc. when they are not in use...all week. Take a reading at the end of the week. Is there a difference in the week's usage?

Or, if you have no meter to read, help to save our world in a different way by planting a tree.

Interest:

Explain to your class about an item you have heard or read about in the news.

Communication:

Learn to use a form of sign language to sign a few phrases as well as a song or story for a class.

Broadening horizons and raising awareness of cultures around the world.:

My Country

Use a map app to give directions to a new destination.

Self Awareness

Which qualities make you 'you'?

Our Future

Consider how far the food in your home has had to travel.

Our World

Flags of the World. Recreate five flags.

Level 5 - Silver Challenges

Requirements to achieve the Silver Level:

Unless otherwise agreed, you must complete 10 of the 14 challenges.

Cookery:

Make a pot of soup and present the recipe.

Eco Challenge:

Go on a litter pick to your local park, at the coast, by a loch/lake or in the countryside.

Swimming or Egg Challenge:

A. Demonstrate one length each of front crawl, breaststroke and backstroke

B. Collect something from the bottom of the pool

C. Demonstrate a float

D. Float to survive

Or, if swimming is not an option for you, learn to cook eggs in 5 different ways!

First Aid:

- Know how to look after an unresponsive casualty and put people of different sizes into the Recovery Position.
- Be able to demonstrate how to apply a sling and know when it should be done.
- Be able to demonstrate how to help a choking casualty.

Interest:

- Learn to sew!
- Sew on a button as well as a name tag or a patch
- Sew a 'creation'.

Domestic Challenge:

Set the table for a three course meal. This should include a napkin and glass.

Time Management:

Set an alarm every day for two weeks so that you can be up, have had breakfast and be ready to leave for school without any help or nagging.

Drama:

Dramatically read a favourite 'Once upon a time' story to an infant class using suitable voices for the different characters.

Computer Skills:

Use computer skills to create a Party Invitation. You must include all the details a guest will need to know. It can be any sort of party- e.g. Football Party, BBQ, Movie Party, etc. You should add at least one picture and at least two fonts. Most importantly your invitation must be well laid out and attractive. It must be your own invention - start with a blank page.

Body Strength:

Follow Coach Craig's video showing you how to perform various body strength exercises three times a week for one month.

Broadening horizons and raising awareness of cultures around the world:

My Country

Go on a scavenger hunt for the oldest things in your area.

Selflessness

Do three selfless acts of kindness.

Our Future

Work on reducing your carbon footprint.

Our World

Find out which countries are on the same lines of latitude and longitude as the country where you live.

Level 6 - Gold Challenges

Requirements to achieve the Gold Level:

Unless otherwise agreed, you must complete 10 of the 14 challenges.

Cookery:

Bake a loaf of bread. (Must be kneaded. No banana bread!)

Produce instructions and, along with your recipe, bring in photographic or video evidence and a slice to be taste-tested!

Budgeting:

With your parents, agree on an amount you can spend on your packed lunches and snacks for a week. Plan what you will need.

Go to the supermarket and carefully select all you will need and can afford. Make your packed lunches for the week.

Swimming or Washing Dishes:

- Swim two lengths EACH of 3 different strokes and show correct technique.
- Swim one length in T-shirt and shorts. Whilst in the pool, remove the extra clothes and then tread water for 30 seconds.
- Perform a safe sitting dive.
- Perform a handstand.
- Float to survive

Or, if swimming is not an option, wash and dry all of the dishes for a fortnight (without wasting water) and wipe the surfaces properly daily.

First Aid/ Risk Assessment:

According to where you live, prepare and plan for a natural disaster eg. earthquake, flood, forest fire, hurricane etc. Prepare a grab bag and know what to do. Consider all possible risks and prepare a suitable First Aid kit as well as everything you will need to take.

Interest:

Demonstrate how to fix a puncture. Ask your teacher if a wheel, puncture repair kit and pump will be supplied or if you should bring your own. Make sure you have actually practised it physically before asking for an assessment date.

Computing Skills:

Make a PowerPoint (presentation) to share your knowledge of something important to you. It should be informative for your audience. Your presentation should include many different particular skills. (This COULD be linked to another challenge)

Music:

A. Research a composer

Or B. Give a solo performance in class, in a school concert or organised concert outwith school. You should play a suitable piece agreed with your Instrumental Instructor.

Drama:

A. Live performance - Without a book, retell a favourite children's story to an Infant class.

Or B. Make a recording of you retelling the story for the Infant class to keep. You may wish to use music and sound effects.

Caring for others:

Knit or crochet. Learn how to make a 20cm SQUARE which will be added to other squares and made into blankets for children in Africa.

Eco Challenge:

Grow something to eat. **This challenge takes a long time so start planning now!**

Broadening horizons and raising awareness of cultures around the world:

My Country

Top Ten Tourist Must-sees.

Taking Responsibility

For two weeks, be responsible for three separate chores.

Our Future

Food waste - look for ways to reduce food waste in your home.

Our World

Crafts from around the world.

Level 7 - Platinum Challenges

Requirements to achieve the Platinum Level:

Unless otherwise agreed, you must complete 10 of the 14 challenges.

Caring for Others:

A. Once a week for two weeks or on two hour-long occasions, involve yourself actively in the local community. This must be over and above what you already do.

Or

B. Look around your local neighbourhood for something that needs to be improved.

Draw up a proposal or a plan to rectify the problem and write to the appropriate business or local governing body.

Averting Disaster:

Find out how to turn off the electricity and water to your house as well as how to use a fire blanket.

Happiness:

Know yourself and what makes you happy. As long as it doesn't harm or upset anyone else, spend a few hours doing whatever it is that makes you happy.

Cookery:

Following a recipe, cook a hot meal for your family's dinner.

Sport and Body Strength:

Two things.

A. Pick a sport in which you participate regularly. Pick a selection of skills to perfect.
and

B. Follow Coach Craig's guide to complete perfect body strength exercises over the course of a month.

Drama:

Choose one of the following options:

A. Perform in front of an audience as a principal role in a school show.

Or

B. Use AI to write a short story where you are the main character. Read it to a class.

Domestic Challenge:

Take the sheets off your bed, learn how to use the washing machine, hang them out to dry or use the tumble drier, iron the pillow case and put them back on to your bed.

Computer Skills:

- Design a web page to include: A coloured background.
- Two different sized titles (headings).
- A picture on the right hand side of the page, and one on the left.
- At least two different font faces.
- 3 hyperlinks connecting the page to relevant websites.

Trip Planning:

Making sure that you are safe, plan a trip using a timetable (bus, train or other transport). Know the time you need to arrive and work out the details of your trip.

First Aid:

- Know how to spot the signs of a suspected heart attack and what to do.
- Know when to use CPR and show how to perform it properly.
- Know by heart the mobile numbers of two responsible adults

Broadening horizons and raising awareness of cultures around the world.:

Other Countries

Plan a totally different kind of holiday somewhere you have never been before.

Taking Responsibility

Watch over a younger child or pet and make sure they are safe and entertained.

Our Future

Use less water.

Our World

Plan a celebration for a festival or holiday you don't usually recognise.

What will your child need to do?

They will need to:

- **choose which of the challenges they would like to complete**
- **listen at school and work with you at home to complete each challenge**
- **Once a term they will need to meet with me to explain more about each challenge to an adult - we are pushing them out of their comfort zone!**
- **ask their teachers/Mr Steward if they need help**
- **write their self reflections in full sentences (parents can write on younger children's behalf)**
- **attach evidence of them completing each challenge**
- **sort problems for themselves!**



How can you help at home, and why?

- Encourage your child to work on their challenges
- ‘guide’ them instead of ‘doing’ things for them
- forgive the mess
- allow more time for tasks to be completed
- take photos of them throughout the process & print them out
- allow them to fail a few time and embrace the ‘struggle’ as this will help them to develop resilience



How can you help at home, and why?

Most importantly, have fun with your child as they try these new tasks!

Embrace the madness; they will only be little for a short amount of time!

They love you, want to spend time with you and want to impress you!



First Aid



Next Steps

- This presentation will be sent out to all parents in Park Life
- Please talk to your child about taking part and whether they would be interested
- I'll send out a Microsoft Form in Park Life for you to confirm if you wish for your child to take part.
- Pay £10 per child on parent pay so we can order booklets and badges (to be set up).
- An assembly will be held for children taking part after half term (when resources have been ordered)





**LIFE SKILLS AWARD
FOR AGES 3 – 13**

