

Poulton Lancelyn Personal Development Children's Challenge



Every year, we challenge you to complete the activities below. Take a picture of yourself completing the challenges and then, towards the end of the year, bring the pictures to school and make a collage of the activities.

If you are able to complete them all you will receive a certificate at our awards ceremony.

		Nursery Challenges	F1 Challenges	F2 Challenges	Year 1 Challenges	Year 2 Challenges	Year 3 Challenges	Year 4 Challenges	Year 5 Challenges	Year 6 Challenges
Charitable act/a good deed	1	Say please and thank you	Put your toys away	Help an adult to tidy your house	Donate old clothes	Bake a cake for someone else	Litter pick	Help an elderly person	Cook tea for your family	Complete a charitable act of your choice
Physical activity	2	Climb up an incline	Go on a scooter/trike	Slide down a slide	Swing on a swing	Have a water fight	Join a club	Play a new sport	Run 1 km	Attend a sporting event or participate in one
Learn a skill	3	Put on your coat	Put on your shoes	Zip up your coat	Complete a jigsaw	Make a den (inside or outside)	Learn how to play a card game	Learn to ride a bike or a scooter	Learn to swim	Learn basic 1 st aid
Speaking and listening	4	Talk about your family and pets	Talk about your favourite things	Tell your teacher about your weekend	Phone a family member	Try foods from around the world and talk about what you like	Take part in a quiz	Pay for an item at the shop	Complete a presentation about yourself	Be involved in a performance
Exploring the environment/nature	5	Go on a bug hunt	Take a nature photograph	Go on a treasure hunt	Feed the ducks	Have a picnic in a park	Go on a long walk	Visit a farm/meet a farmer	Climb a tree	Complete an orienteering challenge
Exploring the locality	6	Visit a park	Help pay at a shop	Stroll along a Wirral beach	Get a book from a Wirral library	Visit a place of worship	Travel on a train or bus	Visit a local museum	Draw the Liverpool skyline	Create a presentation of your favourite Wirral location
Geography/science	7	Explore objects that float or sink	Go on a nature walk	Splash in a puddle!	Measure the weather	Research a famous scientist	Pick fresh fruit	Grow a plant/vegetables	Use a map	To sleep somewhere else other than your bed!
Creativity/Arts	8	Paint a picture	Make a musical instrument	Have your face painted	Create art from nature	Make a dream catcher	Make something from recycling	Make a mini beast hotel	Study an artist	Have a theatre trip
Working for a purpose	9			Make a class time capsule to dig up in Y6	Watch fireworks and then make a picture	Write a book review	Enter a competition outside of school	Have a pen pal	Write to a celebrity	Make a book
Independence	10			Get yourself dressed	Tidy your room	Change your bed	Make a sandwich	tie your own shoe laces	Make a cup of tea	Have a responsibility

Rationale

No matter of class, race, gender, religion or location, we want all Poulton Lancelyn children to experience a rich childhood that capitalises on the local environment and culture of Wirral. The challenge aims to motivate the children to:

- explore their locality
- develop their independence
- grow their creativity and imaginations
- use their leisure time wisely
- become respectful citizens
- collaborate with others
- Spend time with loved ones
- enhance their cultural capital