



# Scarborough College

## LOCKDOWN LEARNING JOURNAL

&

## CO-CURRICULAR CHALLENGE



Your Learning Journal is a place for you to record daily reflections on your learning during Lockdown

Each week there is space for you to record your biggest learning achievement and your target for the next week. You should do this every Friday.

Your Learning Journal will be shared with your tutor. Each week you need to show evidence that you have reflected on your daily learning using the 5 Step Reflection Process explained below. Your tutor will talk to you about your reflections, your achievements and your targets in your live meetings with them.

### The 5 Step Reflection Process

1. Find the right space and time **once a day** to record your journal entry.
2. Always set aside **fifteen minutes**. Doing this every day will make it a good habit.
3. Close your eyes and reflect on your day.
4. Ask yourself these **three** questions:
  1. What have I found easy today?
  2. What have I found harder today?
  3. What is one thing I need help with?
5. Record your answers in your journal.

If you would like more space to type up your learning reflections you can create additional blank pages in your Journal.

# Lockdown Journal

Week	Reflections
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
 	<p>My achievement of the week:</p> <p>My target for next week:</p>

# Co-curricular Challenge

## What is the SC Lockdown Co-curricular Challenge?

The four week Co-curricular Challenge is our special programme designed for Lockdown. It brings together Games, Yorkshire Grit, Enrichment and the Five Ways to Wellbeing to keep you active, channel your creativity, help you serve others and develop new skills.

## What is the Challenge Grid?

The grid suggests challenges you can complete during Lockdown and invites you to come up with some of your own. The challenges are organized in four colour-coded zones:

ACTIVITY

CREATIVITY

SERVICE

SKILL

## How many challenges should I complete?

As a minimum, you should aim to complete **at least one** challenge per week from each of the four zones. If you fulfil the minimum requirement, you will be in with a chance of gaining a bronze certificate at the end of the four weeks. If you want to gain a silver or gold certificate, you will need to complete more challenges.

## What should I do for Games, Yorkshire Grit and Enrichment?

For Games sessions, you can choose challenges from the green **Activity** boxes. For Yorkshire Grit and Enrichment, you can choose challenges from the blue **Creativity** boxes, the yellow **Skill** boxes, or the orange **Service** boxes.

## What should I do if I am doing DofE?

You can use any of your DofE activities towards the Lockdown Challenge.

## What can I use to help me complete the musical challenges?

For the musical activities, Mrs Leeson will be adding material to the music Google Classrooms to help and inspire you.

## What should I do when I complete a challenge?

When you successfully complete a challenge, record your score in the relevant box on the blank copy of the challenge grid. You can count one challenge **a maximum of four times** towards your final total over the half term.

When you complete a challenge you must also fill in your evidence sheet recording the date you completed the challenge, the type of challenge and your evidence of completion. Your evidence can be a photograph, a screenshot, a video, a recording, or the object you created. You need an adult to witness that you completed the challenge on your own in the time stated.

# Co-curricular Challenge

How many points do I need to get a certificate?

BRONZE	180 points
SILVER	240 points
GOLD	300 points

Certificates will only be awarded to pupils who have completed challenges in all the zones: activity, creativity, service and skill. To receive a gold certificate you must have completed at **least one** activity in **each** of the four zones **every** week.

<b>Creativity:</b> Completion of a cookery recipe = 10 points	<b>Activity:</b> Run. Scarborough Strava Club using app.	<b>Service:</b> Service to a local community = points dependent on service.	<b>Skill:</b> Plan identification. Use a guide (book or online) to identify plants on a walk = 5 points.	<b>Activity:</b> Free choice. Please submit to Mr Robson by email for approval. Include as much detail as possible.	<b>Skill:</b> Mindfulness activity = 5 points.
<b>Skill:</b> Learn a new song, sing it and record it = 30 points.	<b>Creativity:</b> Learning rope knots = 5 points per knot mastered successfully and successfully taught to someone else.	<b>Activity:</b> Walk. Scarborough College Strava Club using app.	<b>Creativity:</b> Origami challenges = 5 points per challenge mastered.	<b>Skill:</b> Any LAMDA lesson or practice.	<b>Creativity:</b> Free choice. Please submit to Mr Robson by email for approval. Include as much detail as possible.
<b>Activity:</b> Stair climb.	<b>Skill:</b> Learn a new instrument if you have access to one. 1 hour of practice per week = 10 points.	<b>SC LOCKDOWN CO-CURRICULAR CHALLENGE</b>		<b>Service:</b> Gardening.	<b>Skill:</b> Learn a new instrumental piece for your instrument, play and record it = 40 points.
<b>Creativity:</b> Create a treasure hunt with clues around the garden/house = 10 points.	<b>Activity:</b> Circuit training in garden (with adult supervision).	<b>30 minutes = 5 points 1 hour = 10 points (unless stated otherwise)</b>		<b>Activity:</b> Cycle. Scarborough College Strava using app.	<b>Creativity:</b> Build a den = 10 points.
<b>Skill:</b> Free choice. Please submit to Mr Robson by email for approval. Include as much detail as possible.	<b>Creativity:</b> Historical figure decorated egg = 10 points.	<b>Service:</b> Free choice. Please submit to Mr Robson by email for approval. Include as much detail as possible.	<b>Skill:</b> Make an instrument out of things at home, then record yourself = 5 points for making instrument; 5 points for performance.	<b>Creativity:</b> Write a short story or poem = 10 points.	<b>Activity:</b> Sports challenges posted on College Social Media.
<b>Creativity:</b> Lockdown vlog. A minimum of 1 video per week. Each video should last at least 2 minutes = 40 points.	<b>Activity:</b> PE with Joe Wicks at 9am weekday mornings.	<b>Creativity:</b> Nature photography. Photograph subjects such as the sky, insects, pollen in a flower, a bird, the clouds, a tree trunk, etc. = 10 points.	<b>Activity:</b> Mr Cowlshaw's Fitness Challenge.	<b>Service:</b> Dog walking.	<b>Creativity:</b> Set an orienteering course (with directions & pacing) around the garden = 10 points.

# Co-curricular Challenge



		TOTAL POINTS			
		<input type="text"/>			

Record your scores in the grid as you complete the challenges

