

Fírpark Prímary Community Challenge

Firpark Primary School invite all our pupils to take part in our new Firpark Community Challenge. The Challenge is offered to all P1 to P7 pupils and has two levels, Sapphire (P1-P4) and Emerald (P5-P7).

The challenge will require pupils to participate in activities under the following four categories: service, skills, physical and adventure. Participation will encourage children to develop confidence, new skills and a sense of responsibility.

What you need to know:

- The challenge will begin on Monday 1st June 2020 and you will have three weeks to complete the assigned hours and miles. The challenge will finish on Monday 22nd June.
- Details of how to sign up are at the bottom of the page. When you have signed up, you will be added to the Community Challenge Dojo group.
- Children will be required to share photos and other evidence of their efforts on the Dojo page.
- Children will receive a certificate to celebrate their achievements.

Requirements:

	Sapphire (P1-P4)	Emerald (P5-P7)
Service	4 hours	6 hours
Skills	4 hours	6 hours
Physical	4 hours	6 hours
Adventure	3 miles	5 miles.

Registration:

To register your child, please email murdochl@firpark-pri.n-lanark.sch.uk by Wednesday 28th May 2020. It would be fantastic to see lots of Firpark pupils rising to the challenge. When you have registered, Mrs Murdoch will send you further details. Remember siblings, adults and staff can all take part too!

Example activities for each category (you can choose your own if you wish):

Service

- Organise a fundraising activity which can be completed safely at home.
- Helping around the house e.g. making bed, cleaning dishes, hoovering, washing and cleaning the car etc.
- Make cards, homemade gifts or write letters for family members, neighbours, or friends.
- Complete an online course such as First Aid, or Makaton/Sign Language.
- Help your siblings with their home learning activities.

<u>Skills</u>

- Learn new ICT skills e.g. coding, creating an advert or film clip, or improving your typing and iPad skills.
- Learn how to cook or bake in the kitchen.
- Learn how to play a new instrument or improve your skills on one you already play.
- Learn and perform a dance/drama piece or create an art piece.
- Learn more about the world outside through photography, gardening or researching animals/plants.

Physical

- Walking or running
- Participating in a new sport which can be learned safely at home.
- Improving skills in a sport you enjoy e.g. football, basketball, or gymnastics.
- Improving fitness e.g. participating in daily fitness classes.
- Creating a dance or gymnastics sequence.

<u>Adventure</u>

- Walking in the forest or countryside.
- Complete a series of walks.
- Opportunity to follow or create a map of a walk you complete.
- Build a fort, den, or shelter.
- Go on an adventure to discover what is within your local area.