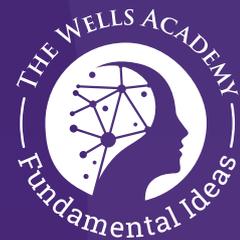




THE WELLS ACADEMY

FUNDAMENTAL IDEAS CHALLENGE



Our Fundamental Idea Challenge is designed to enrich your experience of the curriculum outside of the classroom while developing your character. The challenge comprises five categories, based on our core values and the Fundamental Ideas of our Personal Development curriculum.

There are 3 levels to our challenge: Bronze, Silver and Gold:



To achieve **BRONZE**, you must choose and complete 10 of the challenges below.



To achieve **SILVER**, you must choose and complete 20 of the challenges below.



To achieve **GOLD**, you must choose and complete 40 of the challenges below.

How can you demonstrate you have completed a challenge?

Once you have completed a challenge, you must provide evidence to Miss Bailey, who will confirm if you have met the criteria.

Good luck!

VALUES CHALLENGES

Integrity



Complete a litter pick in our local community



Send a letter of gratitude or a card to a member of staff in the academy



Volunteer your time (e.g. library, charity shop, community garden)



Write a reflection of when you did the right thing when nobody was watching

Resilience



Enter one of our art competitions



Write down something you learned from a time when things didn't go to plan

Ambition



Represent the academy in a sports fixture or competition



Play a part in our school production (on stage, backstage or front of house)



Visit a university or workplace and write a reflection



Create a vision board for your chosen future career



Have a piece of work recognised for high quality

Fundamental British Values



Write to your local MP about an issue you care about



Visit a place of worship



Collect a 'Values Stamp Card' from the library, follow the instructions to explore 3 books that reflect our Core Values or Fundamental British Values



HEALTH AND WELLBEING CHALLENGES



Plan and cook a healthy meal for your family



Join an academy sports club for at least one term



Compete in an event as part of our academy Sports Day



Learn basic first aid



Complete 150+ minutes of moderate to high intensity exercise (any activity that feels more strenuous/difficult than walking) in one week



RELATIONSHIPS CHALLENGES



Become a buddy for a new starter



Become an Anti-Bullying Mentor for a half term



Become a Language Ambassador



Volunteer as part of Duke of Edinburgh



LIVING IN THE WIDER WORLD CHALLENGES



Watch a live performance at the theatre



Visit a museum, exhibition or gallery



Find out about the city of Nottingham and present your research in a presentation or leaflet



Complete the Careers Fair Engagement Card



Attend a Work Insight/Careers visit



Learn to tie a tie



Read a map and plan a simple walking route



Go on a hike and document how you protected nature



Build a bug hotel or bird feeder from recycled materials



Complete the Duke of Edinburgh Expedition

EXPLORING YOUR OWN STRENGTHS AND INTERESTS



Recite a poem from memory to a small audience



Achieve over 70% completion rate on your Unifrog profile



Attend a job-specific Careers workshop



Complete the Duke of Edinburgh Bronze Award (Year 9)



Complete the Duke of Edinburgh Silver Award (Year 10/11)



Become a regular member of one of The Wells Academy Book Clubs



Collect a 'Library Rewards Stamp', read 3 books of your choice and win a golden token for the library vending machine



Draw, sketch or paint a view from a window in your home or a landscape of your choice

