

# Trinity Challenge

**Name:** \_\_\_\_\_

**Form Group:** \_\_\_\_\_



Trinity Challenge is designed to offer students in Year 9 a range of opportunities outside the classroom to enable them to become resilient learners with a thirst for learning and new experiences.

In addition, this year we have extended the Trinity Challenge to act as a platform for students to complete specific tasks that will support them in their completion of the DofE Bronze award.

**Benefits for students taking part :**



**Have lots of fun!**



**Get healthier and happier!**



**Gain valuable skills!**



**Become more confident and independent!**



**Make memories that will last a life time!**



**Promote well-being!**



Work towards achieving your DofE Bronze Award



**How does Trinity Challenge 2023 work?**

As an academy, we challenge our students to take part in the Trinity Challenge. This involves participation in a range of tasks from the following areas:

- The Arts, Culture and Performance
- STEM
- Earthshot
- Wellbeing and Aspirations
- The Community

In addition, these challenges have been put into four DofE categories to support tracking of students progress towards the DofE Bronze Award.

We will support students to achieve the Trinity Challenge award by providing opportunities within the academy through the curriculum, Involvement club opportunities and academy trips throughout Year 9. Other challenges require students to go the extra mile and complete tasks outside of the academy. This can be independently or with friends or family.

The evidence for completion of these challenges will be tracked and recorded by form tutors, the Admin team in the academy, through attendance at certain events or from students bringing in evidence of completing the tasks during form time. This evidence can also be emailed to form tutors in the form of a photo or video. Alternatively, students may just wish to describe how they completed the tasks and the new skills they have developed in doing so.

**Students will be awarded the following rewards for completing the Trinity Challenges:**

Trinity Challenge Award:	Awarded for completing:
Bronze	15 Trinity Challenges
Silver	20 Trinity Challenges
Gold	25 Trinity Challenges





**TC1: Support at your local food bank**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.



**TC2: Support at an academy event / sports club / STEM club**

You will have an opportunity to complete this challenge as part of our Involve clubs.

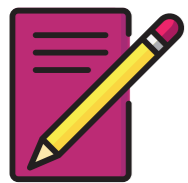
Evidence: Involve register tracked via admin.



**TC3: Coordinate a sports event within the academy or for a local team or club**

You will have an opportunity to complete this challenge as part of our Involve clubs and as part of the Involve clubs.

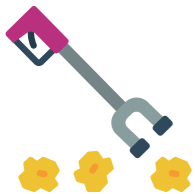
Evidence: Involve register tracked via admin.



**TC4: Write a letter to a friend or someone in your local community to lift their spirits**

You will have an opportunity to complete this challenge through Form.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC5: Take part in the Trinity community litter pick**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.



**TC6: Organise a community support event**

You will have an opportunity to complete this challenge as part of our Involve clubs and the sports leader programme.

Evidence: Involve register tracked via admin.



**TC7: Pledge to support your local environment**

You will have an opportunity to complete this challenge through Form during National Science Week.

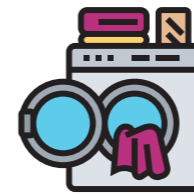
Evidence: The evidence will be tracked during form with your Form Tutor.



**TC8: Make a DIY rainwater collection butt**

(e.g. bucket, large plastic container) and use it to water some plants or grass. Take a photo of your collecting device.

Evidence: The evidence will be tracked via admin.



**TC9: Sort the washing in your home and put on a load of washing to support your family \*\***

An essential basic skill. Make sure you have some advice from an adult in your home before completing this task.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC10: Follow an orienteering trail and record your findings**

You will have an opportunity to complete this challenge as part of our DofE expedition.

Evidence: The evidence will be tracked via admin.



**TC11: Attend an academy sports / dance / PA club**

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.



**TC12: Run or swim a mile**

You will have an opportunity to complete this challenge within P.E. lessons or independently outside of the academy.

Evidence: The evidence will be tracked via admin.



**TC13: Represent the academy or community sports team**

You will have an opportunity to complete this challenge as part of our Involve clubs.

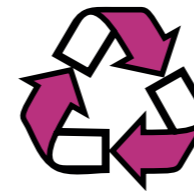
Evidence: Involve register tracked via admin.



**TC14: Attend a full day expedition and plan your expedition with a map and compass to find our way.**

You will have an opportunity to complete this challenge as part of our Involve club.

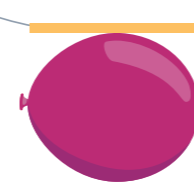
Evidence: Involve register tracked via admin.



**TC15: Plant something and help it grow**

You are to complete this challenge independently.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC16: Create a balloon rocket**

You will have an opportunity to complete this challenge as part of our Involve clubs

Evidence: The evidence will be tracked via admin.





**TC17: Cook a meal outside \*\***

You will have an opportunity to complete this challenge as part of our Involve clubs.

Evidence: Involve register tracked via admin.



**TC18: Research an inspiring individual and report your findings on how they changed the world today**

You will have an opportunity to complete this challenge as part of the Humanities Curriculum.

Evidence: The evidence for this will be tracked via Humanities registers.



**TC19: Write a thank you letter**

You will have an opportunity to complete this challenge as part of the English Curriculum.

Evidence: The evidence for this will be tracked via English registers.



**TC20: Calculate your carbon footprint and write a short plan how you will reduce this.**

You are to complete this challenge independently.

Evidence: The evidence for this will be tracked during form with your Form Tutor.



**TC21: Change a bed**

An essential basic skill. You are to complete this challenge independently. Bring in or email a photo to your Form tutors as evidence.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC22: Write a book review for a book you have read**

You will have an opportunity to complete this challenge as part of the English Curriculum.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC23: Write a blog or make a pop video**

You will have an opportunity to complete this challenge as part of the Dance/ Performing Arts, Drama or ICT Curriculum.

Evidence: The evidence will be tracked via admin.



**TC24: Write to your MP about a cause you are passionate about**

You will have an opportunity to complete this challenge as part of the English and Humanities Curriculum.

Evidence: The evidence for this will be tracked via English and Humanities



**TC25: Perform or support at a music, dance, or drama event**

You will have an opportunity to complete this challenge through performing or supporting at the academy or an external event.

Evidence: The evidence for this will be tracked via admin.



**TC26: Start a collection**

You are to complete this challenge independently. Bring in or email a photo to your Form tutors as evidence.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC27: Debate a current issue**

You will have an opportunity to complete this challenge as part of the Humanities Curriculum.

Evidence: Involve register tracked via admin.



**TC28: Be able to say hello, goodbye, please and thank you in three languages**

You will have an opportunity to complete this challenge during form time on the European Languages' Day.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC29: Be able to say hello, goodbye, please and thank you in sign language**

There are resources available to support you with this on the internet. Complete this challenge independently.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC30: Cook and eat a meal from another culture \*\***

You will have an opportunity to complete this challenge as part of our Involve club programme.

Evidence: The evidence for this will be tracked via admin.



**TC31: Iron a shirt \*\***

You are to complete this challenge independently. Bring in or email a photo to your Form Tutors as evidence.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC32: Enter the puzzle of the week competition**

You will have an opportunity to complete this challenge during Maths Week in school.

Evidence: The evidence for this will be tracked via Maths registers.



**TC33: Take part in the hour of code**

You will have an opportunity to complete this challenge as part of the ICT Curriculum.

Evidence: The evidence for this will be tracked via ICT registers.



**TC34: Make something that moves**

You are to complete this challenge independently.

Evidence: The evidence for this will be tracked during form with your Form Tutor.



**T35: Read a poem in a foreign language**

You will have an opportunity to complete this challenge as part of the MfL Curriculum.

Evidence: The evidence for this will be tracked via MfL registers.



**TC36: Perform to an audience**

You will have an opportunity to complete this challenge as part of the Dance / Performing Arts and Drama Curriculum, by taking part in the academy show or taking part in one of our academy performance events.

Evidence: The evidence for this will be tracked via admin.



**TC37: Sew some seeds and watch them grow**

You will have an opportunity to complete this challenge as part of our Involve club programme or complete this independently.

Evidence: The evidence for this will be tracked via admin.



**TC38: Make a nature diary to record what wildlife you see outside your home**

You will have an opportunity to complete this challenge as part of our Involve club program or complete this independently.

Evidence: The evidence for this will be tracked via admin.



**TC39: Make a birthday / greeting card for a friend or family member**

You are to complete this challenge independently.

Evidence: The evidence for this will be tracked during form time with your Form Tutor.



**TC40: Learn the basic first aid**

You will have an opportunity to complete this challenge as part of the P.E. Curriculum.

Evidence: The evidence for this will be tracked via P.E. registers.



**T41: Take some photographs of your surroundings to produce an interesting photo collage**

You will have an opportunity to complete this challenge as part of the Photography Curriculum or complete this independently.

Evidence: The evidence for this will be tracked via Photography registers.



**TC42: Upcycle an unused product in your home to make something new \*\***

You are to complete this challenge independently.

Evidence: The evidence for this will be tracked during form time with your Form Tutor.



**TC43: Sew a button on \*\***

You will have an opportunity to complete this challenge as part of our Involve club programme or complete this independently.

Evidence: The evidence for this will be tracked via admin.



**TC44: Set up a treasure hunt for your family round your home and/or garden**

You will complete this challenge independently or can have fun doing this with your family or friends.

Evidence: The evidence for this will be tracked via admin.



**TC45: Learn to do a magic trick**

You will have an opportunity to complete this challenge as part of our Involve club programme. Or you can complete this challenge with family or friends.

Evidence: The evidence will be tracked through form time with your Form Tutor.



**TC46: Make a cake for a friend or neighbour \*\***

You are to complete this challenge independently.

Evidence: The evidence for this will be tracked through form time with your Form Tutor.



**TC47: Produce a weekly win diary of your successes for the week**

You are to complete this challenge independently. Bring in or email a photo to your Form Tutors as evidence.

Evidence: The evidence will be tracked through form-time with your Form Tutor.



**TC48: Read a chapter of a book to someone in your household**

You are to complete this challenge independently. Bring in or email a photo to your Form Tutors as evidence.

Evidence: The evidence will be tracked through form time with your Form Tutor.



**TC49: Research a famous scientist and record how they changed the world today**

You will have an opportunity to complete this challenge through form time during National Science Week.

Evidence: The evidence will be tracked during form with your Form Tutor.



**TC50: Sustainable diet**

Switch to a more sustainable diet for one week and write a food diary to record and rate your enjoyment

Evidence: The evidence will be tracked during form with your Form Tutor.

Above are the list of 50 Trinity Challenges for 2023 - 2024. We ask that when taking part in the starred activities you must seek adult supervision to ensure you stay safe \*\*

Please note to achieve the DofE Bronze award you will need to complete 15 of the skills challenges over a 6 - 9 month period. All the blue skills are 'Life skills' and so students could complete a range of these to meet the requirements for the Skills section.

**Reflection Example:**

Which challenges have you completed this term?

I have completed challenge 45 learning to a magic trick which I did at home and challenge 36 perform to an audience which I completed in my English lessons by doing Trinity Talks.

Which challenges do you aim to complete next term?

Next term I want to complete challenge 31 iron a shirt so I can help out with the washing at home.

What life skills have you learned from the challenges you have completed this term?

The skills I have learned this term from these challenges is how to present to an audience, this has made me much more confident. This will be good for the next time I have to do Trinity Talks in school.



**Reflection**



How did these experiences help you learn something new, develop as an individual, prepare for life, or understand the world better?

**Term 1**

Which challenges have you completed this term? .....

Which challenges do you aim to complete next term? .....

Life skills have you developed from the challenges you have completed this term? .....

**Term 2**

Which challenges have you completed this term? .....

Which challenges do you aim to complete next term? .....

Life skills have you developed from the challenges you have completed this term? .....

**Term 3**

Which challenges have you completed this term? .....

Which challenges do you aim to complete next term? .....

Life skills have you developed from the challenges you have completed this term? .....



How did these experiences help you learn something new, develop as an individual, prepare for life, or understand the world better?

**Term 4**

Which challenges have you completed this term? .....

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Which challenges do you aim to complete next term? .....

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Life skills have you developed from the challenges you have completed this term?

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**Term 5**

Which challenges have you completed this term? .....

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Which challenges do you aim to complete next term? .....

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Life skills have you developed from the challenges you have completed this term?

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**Term 6**

Which challenges have you completed this term? .....

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Which challenges do you aim to complete next term? .....

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Life skills have you developed from the challenges you have completed this term?

.....

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Name:

Level:

Timescale:

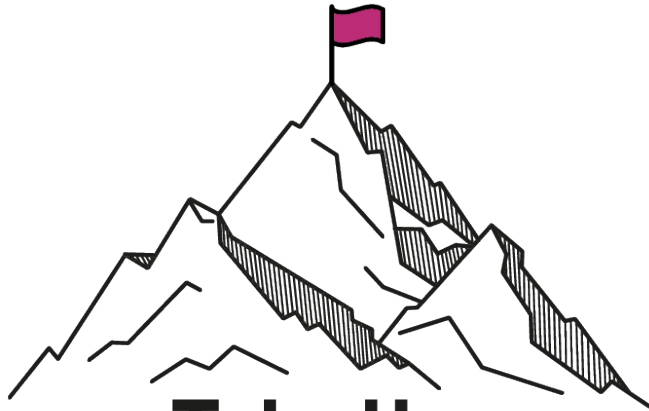
Use the table below to mark off the challenges you have completed.

<b>TC1</b>	<b>TC2</b>	<b>TC3</b>	<b>TC4</b>	<b>TC5</b>
<b>TC6</b>	<b>TC7</b>	<b>TC8</b>	<b>TC9</b>	<b>TC10</b>
<b>TC11</b>	<b>TC12</b>	<b>TC13</b>	<b>TC14</b>	<b>TC15</b>
<b>TC16</b>	<b>TC17</b>	<b>TC18</b>	<b>TC19</b>	<b>TC20</b>
<b>TC21</b>	<b>TC22</b>	<b>TC23</b>	<b>TC24</b>	<b>TC25</b>
<b>TC26</b>	<b>TC27</b>	<b>TC28</b>	<b>TC29</b>	<b>TC30</b>
<b>TC31</b>	<b>TC32</b>	<b>TC33</b>	<b>TC34</b>	<b>TC35</b>
<b>TC36</b>	<b>TC37</b>	<b>TC38</b>	<b>TC39</b>	<b>TC40</b>
<b>TC41</b>	<b>TC42</b>	<b>TC43</b>	<b>TC44</b>	<b>TC45</b>
<b>TC46</b>	<b>TC47</b>	<b>TC48</b>	<b>TC49</b>	<b>TC50</b>









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