

# Te Kōhure: Striving for Excellence Award

## In order to receive an Excellence Badge you:

- are required to complete each **'must do'** task and a minimum of one **'can do'** task in each section (you can do more if you choose).
- must meet with your teacher to show that you have completed each challenge and had this checked by your parent.
- need to plan well, take your time, and complete each of your challenges with excellence. It is quality, not quantity that is important in these challenges.
- can achieve this badge both in Year 7 and Year 8 or work towards it across both years (if you wish to receive this award twice in Year 8 you would need to repeat the 'must do' activities and then complete different 'can do' activities).
- If you have an idea for your own challenge (a can do for any of the sections), have a chat with Mr Innes before you begin this challenge. Who knows it might even be added to this list for others in the future.

## Academic Excellence

MUST DO	Self	Parent	Teacher
Memorise your mihi and present this confidently to your class.			
CAN DO	Self	Parent	Teacher
Research an issue; read articles, collect quotes, and gather data, be a reporter, write a letter to an editor promoting an issue that you are passionate about.			
Improve your writing skills: complete three pieces of writing and publish them all.			
Read a picture book in te reo to your class and buddy class (you need to have practised this to be able to read it fluently and with expression).			
Research a Māori legend and come up with a way to present a summary in a creative way. This may be a video presentation, a poster, or a slide show, you can choose how to present this to your class.			
Learn the basics of a new language; greetings, colours, numbers, alphabet, and common phrases.			



## Excellence in the Arts, Science and Technology

MUST DO	Self	Parent	Teacher
Learn an instrument or craft during the year. Present a performance of something you made to your class or share a recording of you doing this with your class, <b>OR</b> Create an original game on Scratch/GameFroot or similar. Your game will need an end goal, at least two levels, some way of collecting points, penalties, and lives, present to the class or team.			
CAN DO	Self	Parent	Teacher
Take a series of photographs that depict your wider community. Think about lighting, angles and shot selection, present twelve images in an interesting way and present to the class or team.			
Create a painting or use fabric to create an artwork: document your planning process and present to the class or team.			
Plant an edible crop / fruit / vege, herb: find a container or part of the garden and plant, fertilise, water and monitor the growth, recording weekly what you do (photos), including your problems and challenges - present to the class or team.			
Using <a href="https://codeclub.nz/page/code-club-projects">https://codeclub.nz/page/code-club-projects</a> select a project from either Scratch, HTML & CSS, Python, or Blender and work through until completed - present to the class or team.			
Digital storytelling: using iMovie or similar, retell a picture book. This could be done with actors, using claymation, lego, etc, be creative - present to the class or team.			
Binary: learn how to code using binary, create a secret message, a set of clues, or something that someone must decode in binary - present to the class or team.			

## Giving Excellence by Serving Others

MUST DO	Self	Parent	Teacher
Cook for your family: budget, shop and prepare two formal three course meals, including the menu, cooking and presentation of the food. Include photographs of the meal and feedback from your guests. You will present these in class.			
CAN DO	Self	Parent	Teacher
Give to others in need: plan and implement a scheme to raise money for a charity, <b>OR</b> Participate in a fund-raising event and document your process.			
Give of your time: visit an elderly relative you know at least eight times over two terms. During these visits find out ways that you can help (gardening, dishes, reading to them etc). Keep a diary, either visually or written.			
Improve your skills: work as a school councillor, house captain, librarian, road patroller, mediator, sound technician or sports monitor.			
Care for our younger children: organise a series of five lunchtime games or activities for Te Kākano pupils or teach them a dance or use an instrument.			
Join a community group and show how through this you have helped others (Scouts, Keas, Guides, Church group etc) for two terms. Record and share your achievements with the class or team.			

## Physical Activity Excellence

MUST DO	Self	Parent	Teacher
<p>Improve your fitness by completing one of the following over a four week period and record how and when you have done this:</p> <ul style="list-style-type: none"> <li>• run or walk at least 70km</li> <li>• cycle 120km</li> <li>• swim 1100m</li> </ul>			
CAN DO	Self	Parent	Teacher
Explore the outdoors: plan, prepare, and complete an overnight tramp with a family member or friend. This includes meals and equipment. Record and show the class.			
Undertake and complete an endurance event: participate in a triathlon, duathlon, cycle race etc, provide evidence.			
Compete in a sport for an entire season (outside of school) and provide evidence.			
<p>Represent the school in either two events at a zones competition</p> <p><b>OR</b></p> <p>Go to two separate zones competitions in the year.</p>			