

# Team Moana Optional Homework Challenges


## Year 8




**RUSSLEY**  
**SCHOOL**  
PROMOTING PERSONAL BEST


**In order to receive the Homework Challenge badge you:**


- ✓ Are required to complete a minimum of **seven** challenges
- ✓ May do more than seven challenges if you wish
- ✓ Must complete at least one challenge from each category
- ✓ May design your own challenges with the help of your parents and teachers.  
These must be approved by your teacher and presented on a Task Sheet before beginning the challenge.
- ✓ Must meet with your teacher to show that you have completed each challenge (self-check, parent check and some evidence).
- ✓ It is quality, not quantity that is important in these challenges. Take your time, plan well, and do each of your challenges with excellence!

	<b>Academic Excellence</b>	<b>Self</b>	<b>Teacher</b>	<b>Parent</b>
<b>A 1</b>	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.			
<b>A 2</b>	Science and Technology: reconstruct, recycle, and rejuvenate. Choose an old piece of clothing, metal, wood or electronics and make it into another product.			
<b>A 3</b>	Improve your study skills: research the early migration of Ngai Tahu. Why, how and where did they settle in Te Wai Pounamu? Research at least two prominent Ngai Tahu people.			
<b>A 4</b>	Improve your writing skills: complete three pieces of writing and publish them both.			
<b>A 6</b>	Recycling: find out how plastic is manufactured from raw materials. Is it a renewable material? Give examples. Explain why we need to recycle plastic and how recycling can be done. Extension: promote recycling in our school			
<b>A 7</b>	Design your own challenge.			


	<b>Excellence in the Arts</b>	<b>Self</b>	<b>Teacher</b>	<b>Parent</b>
<b>E 1</b>	Learn an instrument or craft or join a dance school / team during the year. Present a performance or something you made to your class or our Team.			
<b>E 2</b>	Take a series of photographs that depict your wider community. You need to think about lighting, angles and shot selection. Present twelve images in an interesting way.			
<b>E 3</b>	Create a painting or use fabric to create an artwork. Document your planning process.			
<b>E 4</b>	Design a motif / logo that represents Russley School. Think about and include aspects that are important to the school and our school community.			

<b>E 5</b>	Join a community or school choir, orchestra or Kapahaka roopu participating in all rehearsals and performances for the year.			
<b>E 6</b>	Design your own challenge.			

	<b>Giving</b>	<b>Self</b>	<b>Teacher</b>	<b>Parent</b>
<b>G 1</b>	Give to children in need: plan and implement a scheme to raise money for a charity. Or, participate in a fund raising event.			
<b>G 2</b>	Give to your family: budget, shop and prepare three formal three course meals with a theme, including the menu, and cooking and presentation of the food. Include photographs of the meal and feedback from your guests.			
<b>G 3</b>	Give to families in need: in groups (up to four) find a way to help those in need (food / goods collection for the Salvation Army, City Mission, SPCA, Food Bank etc)			
<b>G 4</b>	Give of your time: visit an elderly person 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.			
<b>G 5</b>	Give your skills to help others: Join a First Aid Club, join a surf lifesaving club or similar.			
<b>G 6</b>	Design your own challenge.			

	<b>Physical Activity, Health and the Outdoors</b>	<b>Self</b>	<b>Teacher</b>	<b>Parent</b>
<b>P 1</b>	Improve your fitness over a four week period complete a run or walk of at least 70km or cycle 120km.			
<b>P 2</b>	Improve your swimming skills over a period of time: swim a total of 1100m.			
<b>P 3</b>	Explore the outdoors: plan, prepare and complete a two night tramp or two overnight camps with a family member or friend. This includes meals and equipment.			

<b>P 4</b>	Undertake and complete an endurance event: participate in a triathlon, duathlon, cycle race etc.			
<b>P 5</b>	Compete in a sport for an entire season. Set performance goals and reflect on these.			
<b>P 6</b>	Walk or run Hagley Park ten times (only one of the parks) over a period of time.			
<b>P 7</b>	Choose a physical activity, assess your current abilities using appropriate measurements then set goals for improvement. Generate a recording system and record your improvement. Consult with an expert or coach and get professional advice.			
<b>P 8</b>	Research: what does 5+ a day mean? Do you meet the recommendations? Keep a detailed record of what you eat over a two-week period. Are you meeting the requirements? What could you do to improve?			

	<b>Service to the School Community and Environment</b>	<b>Self</b>	<b>Teacher</b>	<b>Parent</b>
<b>S 1</b>	Improve your skills: work as a school councillor, librarian, road patroller, mediator, tech monitor, lunch monitor, dishes monitor, wet day monitor, and gardener.			
<b>S 2</b>	Help make our school look great: choose an area of the school and improve it!			
<b>S 3</b>	Care for our younger children: organise a series of five lunchtime games or activities for Team Two pupils or teach them dance or an instrument.			
<b>S 4</b>	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.			
<b>S 5</b>	Design your own challenge.			