

Team Moana Optional Homework Challenges

Year 7



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!

	Academic Excellence	Self	Teacher	Parent
A 1	Research and read articles, collect quotes and gather data. Be a reporter. Write a letter to an editor promoting an issue that you are passionate about.			
A 2	Science and Technology: choose an everyday product and research its history and changes through time. Produce a "Product Timeline" with pictures and dates. Extension: project out what you think this product may become in the next few years.			
A 3	Improve your study skills: research the early migration of Ngai Tahu. Why, how and where did they settle in Te Wai Pounamu?			
A 4	Improve your writing skills: complete two pieces of writing and publish them both.			
A 5	Design your own challenge.			

	Excellence in the Arts	Self	Teacher	Parent
E 1	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.			
E 2	Take a series of photographs that depict your wider community. You need to think about lighting, angles and shot selection. Present nine images in an interesting way.			
E 3	Create a painting or use fabric to create an artwork. Document your planning process.			
E 4	Design a motif / logo that represent Team Four at Russley School, or your own classroom. Think about and include aspects that are important to the Team / class (car, model, coastline, mountains, marae, etc)			
E 5	Improve your confidence and skill: prepare and present a speech on a topic of your choice at our Team assembly.			

E 6	Join a community or school choir, orchestra or Kapahaka roopu participating in all rehearsals and performances for the year.			
E 7	Design your own challenge.			

	Giving	Self	Teacher	Parent
G 1	Give to children in need: plan and implement a scheme to raise money for a charity. Or, participate in a fund raising event.			
G 2	Give to your family: budget, shop and prepare two formal three course meals, including the menu, and cooking and presentation of the food. Include photographs of the meal and feedback from your guests.			
G 3	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)			
G 4	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)			
G 5	Give your skills to help others: Join a First Aid Club, join a surf lifesaving club or similar.			
G 6	Using a plastic ice-cream or drink container make it into something useful – a child's toy, a game, or grow something in it and give it to someone. Provide evidence or images.			
G 7	Design your own challenge.			

	Physical Activity, Health and the Outdoors	Self	Teacher	Parent
P 1	Improve your fitness over a four week period complete a run or walk of at least 60km or cycle 110km.			
P 2	Improve your swimming skills: swim a total of 1000m non-stop.			

P 3	Explore the outdoors: plan, prepare and complete an overnight tramp with a family member or friend. This includes meals and equipment.			
P 4	Undertake and complete an endurance event: participate in a triathlon, duathlon, cycle race etc.			
P 5	Compete in a sport for an entire season.			
P 6	Walk or run Hagley Park eight times (only one of the parks) over a period of time.			
P 7	Choose a physical activity, assess your current abilities using appropriate measurements then set reasonable goals for improvement. Generate a recording system and record your improvement.			
P 8	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, including your problems and challenges.			

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