	anning for Life Challenger	Date when		
Le	arning for Life Challenges	complete		Le
Self-Care	Learn to use the washing machine independently by selecting the correct programme and measure the right amount of laundry detergent.			Cooking and Nutrition
	Learn to wash and dry the dishes or load/ unload the dishwasher independently (be careful with knives and glasses!)			
	Learn to strip your bedding and re-dress your bed.			Managing Money and Budgeting
Environmental Awareness	Learn how to organise the household recycling and investigate how your household could reduce waste.			
	Walk, scoot or cycle to school or 'Park and Stride' at least twice per week for the WOW living Streets project at school. Or, set your own physical challenge to improve your fitness.			Personal
Become a 'Sheep Dip Super Star': Extend your knowledge of a topic, subject or important person that interests you. Share this information on SeeSaw, or create a Poster and bring into school.			Pen	Per

Learn	Date when complete			
Cooking and Nutrition	Plan, prepare and cook at least three nutritious two course meals independently (with supervision with the oven/ cooker). The meals must include all main food groups and be well balanced.			
Cool	Set a budget for the meals with your parents or carers and take some responsibility to buy the ingredients.			
Managing Money and Budgeting	Set yourself a savings challenge and record your savings on a spreadsheet (ICT).			
	Take part an event that will help your community i.e. a little pick or fundraising event. Decide an activity to do and how much you want to raise. Find out about the charity or community you are going to help.			
Personal Development	Take part in a hobby, club, sport or activity out of school. Show how you have been dedicated, improved your skills and enjoyed taking part.			
Per Devel	Learn basic first aid and lifesaving skills (this will be taught at school)			
Learn basic first aid and lifesaving skills (this will be taught at school in Year 5 and 6)				

Use this Learning for Life Record of Achievement to track your progress in developing important life skills at home and at school.

Every time you complete a challenge, bring the evidence of it

to your teacher and/or upload it to *Seesaw*. You can share a photo or any other evidence that you have developed each life skill.

Learning for Life Challenges <u>MUST</u> be done as well as the SeeSaw home learning that we expect all pupils to do.

SeeSaw HOMELEARNING IS:

1. TO READ FOR PLEASURE AT LEAST FIVE TIMES PER WEEK

2. COMPLETE THE ONLINE SeeSaw tasks



3. PRACTISE the SPELLINGS SENT HOME BY YOUR TEACHER

If you complete all your **Core Homework** and **Learning for Life Challenges** by the end of the school year, you will receive a special treat and join our Learners for Life, Hall of Fame!

