



IDEAS AND EXPLANATIONS

My chosen charity and my ideas about ways to support it	This is an important part of the award. You will need to think about a charity or cause which really matters to you and maybe your family too and then find a way to help. Over the years, children have organised sales and events to raise money – but they’ve also raised awareness too through filmmaking and speeches in assembly.
Active Citizenship in the school community for a period of at least 4 months	This section is about doing things to make your school a better place. Actions could include positions of responsibility in school, helping others through schemes like peer mediation or peer mentoring. Basically, it’s about trust and responsibility and giving up your own time to bring about positive change in your school.
At least one act of Active Citizenship in the local community	This is about making your locality a better place. Over the years, pupils have taken part in environmental cleans, helping at brownies/cubs/sports clubs and looking after people in the community.
A physical hobby which I have taken part in for at least 4 months	A hobby which makes you sweat a bit: football, dance, running, cycling etc etc
A non-physical hobby I have taken part in for at least 4 months. ONE OF THESE HOBBIES MUST BE NEW TO YOU	Lots to choose from here: reading, Arty hobbies, musical hobbies, cooking, baking, making things.... The list goes on! Don’t forget to take up a new hobby: one that really interests you. This might be the one that changes your life!

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Adventure Training – including residential experience This can be backdated to Y5	This involves sleeping away from home (and not at your granny's!) Sleeping away from home and family is an important part of becoming independent – and makes you appreciate your home more! This section is also about taking part in activities which scare you – and then give you a great buzz- like abseiling, climbing, kayaking etc. Most schools have opportunities for these – but there are some locally too.
Planet Pledge	This will be a promise that you make to the planet whilst you are taking part in the award. You will need to research ways to help save the environment and take action on one thing. These might include making decisions about re-using, recycling or reducing. It might be about planting or growing. Whatever you choose, it will be an action which will contribute to the sustainability of our planet.

Answers to frequently asked questions:

- Apart from the residential section, everything needs to be carried out during your time in Year 6
- Yes, you can work with other children to plan and run events and for other projects. Working with others is part of the fun!
- You will need your own portfolio – paper or electronic – up to you, but you will need evidence to show to your assessor
- Yes – you do need to complete every section. You have a full year for this, so there are really no excuses!
- This award is about becoming independent and taking responsibility for yourself and your actions. Although others can help, it needs to be your own work and your own thoughts!
- Assessment Day is scary – but you will feel really proud to show someone all that you've done. It can be hard to talk to someone new – but you can do it! Your assessors want you to pass!