


Getting Active



These are examples of some of the things that you could do to achieve credits. If you have any other ideas remember to ask to see if they could count.

	<h2>Getting Active</h2>
Learning Strengths	<ul style="list-style-type: none"> • Collaboration • Focus • Perseverance • Resilience
Achievements	<ul style="list-style-type: none"> • Representing the school in a sports fixture • Showing excellent commitment and effort in a sporting club • Showing determination to succeed in adventurous and challenge activities • Winning a sports award in sports day • Receiving a swimming badge/certificate • Come to school on your bike for two weeks • Complete a Bikeability course • Lead a school wake up, shake up
External Achievements	<ul style="list-style-type: none"> • Earning a new grading award/belt • Winning a 'season' award at a sports club e.g. 'Players' Player'. 'Coach's Player of the season'. • Receiving a swimming badge/certificate • Being part of a sporting team/club • Entering a sporting competition • Help prepare a healthy meal (from scratch) for your family with adult supervision • Attending a sport event. e.g. a professional football match, athletics competition, Wimbledon • Try a new sport that you have not tried before e.g. tennis, badminton, chess • Go out running regularly with a member of you family or take part in a fun run • Helping you parents with the gardening on at least 3 occasions • Visit a nature site e.g. Kingsbury Water Park, Lickey Hills, Wyre Forest etc