



# Central Academy



## Family Learning

This booklet contains different tasks based on the five strands of the

- ☺ Be Healthy
- ☺ Stay Safe
- ☺ Enjoy and Achieve
- ☺ Make a positive Contribution
- ☺ Achieve Economic Well Being

Our hope is that these tasks will not be too time consuming but will enable you and your child to work together to increase their knowledge of the world outside school.

**Students will work through the booklet to achieve Bronze, Silver and Gold Awards**

# Bronze Award

The following 5 tasks need to be completed in order to achieve your Bronze award.

## TASK 1



**Stay Safe** - Research and put together a First Aid Kit

## TASK 2

**Enjoy and Achieve** - Choose a pop song and find out about the group or singer.



## TASK 3



**Be healthy** - Make your family a fruit smoothie or fruit salad.

## TASK 4

**Make a positive contribution** - Clean out the rooms in your house and see what you can recycle



## TASK 5



**Achieve economic well-being** - Shop with your family and add up how much money is spent on different things.

Evidence needs to be placed in the booklet for the different tasks.

Hand your booklet to your Form Tutor when the Bronze award is completed!!

Each task is broken down into **MUST**, **SHOULD** and **COULD** outcomes.

The **COULD** outcome is the most difficult.

To receive your Bronze award you need to complete at least 2 of the 5 tasks including the **COULD** outcome. **GOOD LUCK!!!**

# Task 1

## Stay Safe



For this task you:

**MUST** Find out what to include in a First Aid Kit and make one to keep in your house.

**SHOULD** Find somewhere to keep the First Aid Kit in your house.

**COULD** produce a leaflet explaining what someone should do if they have an accident.

### EVIDENCE

In this box you need to put a photograph of your first aid kit in your house and a list of the contents. Also attach your leaflet. You also need to include where you will keep the First Aid kit and why.

# Task 2

## Enjoy and Achieve



**MUST** Choose your favourite pop song, find out who sang it and when it was released.

**SHOULD** Include in your report more information about the group or singer, for example when they got together and any other songs they have sang.

**COULD** Write 300 words on the group or singer and attach a photograph/picture of them.

### **EVIDENCE**

Write your 300 words here and attach a photograph of the singer/group.

# Task 3 Be Healthy



**MUST** Make a fruit smoothie or fruit salad for you and your family including as many different fruits as you can.

**SHOULD** See if your family can guess what is in your smoothie or salad from what they can see and taste

**COULD** Create a name for your smoothie or salad and write a description as to how you made it.

## **EVIDENCE**

**In this box you need to put a photograph of you making your fruit smoothie or fruit salad and the name you created for it.**

**List your ingredients, how many people guessed what was in it and some of the guesses that were wrong.**

# Task 4

## Make a positive contribution



**MUST** Get your family to help you go round your house to find things you don't need that could be recycled, for example: clothes, shoes, bottles, paper etc....

**SHOULD** Take the recycling to the charity shop or the bins provided where you live,

**COULD** write a report on why it is important to recycle things we don't want.

### **EVIDENCE**

**In this box you need to list all the things you recycled and where you took them. Also provide a photograph of you and your family doing the recycling.**

**If you completed the *COULD* outcome you also need to attach your report.**

# Task 5

## Achieve economic well-being



**MUST** Go shopping as a family to one of the supermarkets.

**SHOULD** Put the different things you buy into different categories, for example: fruit, vegetables, cans etc.

**COULD** Add up the totals spent on the different categories and come up with a final total without using a calculator.

### EVIDENCE

Fill in this table with the amounts your family spent on the different categories

Category	Amount Spent
Fruit	
Vegetables	
Canned goods	
Frozen food	
Dairy (eggs, milk etc.)	
Bread	
Deserts	
Toiletries	
Meat	
Other (Please list	
<b>TOTAL SPENT</b>	£____.____

# Silver Award

The following 5 tasks need to be completed in order to achieve your Silver award.

## TASK 1



**Stay Safe - Do a risk assessment of your house.**

## TASK 2

**Enjoy and Achieve - Write a news story about a current issue for Year 6 students to read**



## TASK 3



**Be healthy - Keep track of the exercise your family does in a week.**

## TASK 4

**Make a positive contribution - Learn to use sign language.**



## TASK 5

**Achieve economic well-being - Work out the cost of cooking a meal for your family.**



Evidence needs to be placed in the booklet for the different tasks.

Hand your booklet to your Form Tutor when the Silver award is completed!!

Each task is broken down into **MUST**, **SHOULD** and **COULD** outcomes.

The **COULD** outcome is the most difficult.

To receive your Silver award you need to complete at least 3 of the 5 tasks including the **COULD** outcome. **GOOD LUCK!!!**



# **EVIDENCE**

**In this box you need to write your report for the *COULD* outcome:**

# Task 2

Enjoy and  
Achieve



**MUST** choose a topical news story and write a newspaper article about it to be read by Year 6 students.

**SHOULD** Include relevant pictures for the story and interviews with the people who were there.

**COULD** Let members of your family read the article and say what they think, you could then make any changes they suggest.

## **EVIDENCE**

**In this box you need to either write or attach your newspaper article.**

**If you have done the COULD outcome you also need to include the feedback from the people who read the article.**

# Task 3

## Be Healthy



**MUST** keep a diary of all the exercise your family does in a week.

**SHOULD** say what exercise the different people did and or how long.

**COULD** Draw up an exercise plan for the different people in your family for the following week.

### **EVIDENCE**

**In this box you need to write your diary account and attach your exercise programme for the next week.**

# Task 4

## Make a positive contribution



**MUST** learn to say at least 3 sentences in sign language or Braille.

**SHOULD** learn to say 5 sentences in sign language or Braille.

**COULD** get someone in your family to test you on the sentences you have learnt until you know them off by heart.

Useful websites: [www.british-sign.co.uk](http://www.british-sign.co.uk) <http://indynersds.com/braille01.htm>

### EVIDENCE

**In this box attach a photograph of you doing sign language and the sentences you learnt.**

**Or write the sentences you have learnt in Braille.**

**Someone in your family must sign at the bottom to say they have tested you on the sentences you have learnt.**

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_

# Task 5 Achieve economic well being



**MUST** produce a menu for a meal for your family and work out how much it would cost.

**SHOULD** Cook the meal for your family and serve it to them.

**COULD** Cost a menu that includes a starter, main course and desert for your family.

## EVIDENCE

In this box you need to write the menu and the total cost. Also include a photograph of your family enjoying the meal you prepared.

If you did the *COULD* outcome also attach your menu and the cost for the starter, main course and desert.

Signed \_\_\_\_\_

Date \_\_\_\_\_

# Gold Award

The following 5 tasks need to be completed in order to achieve your Gold award.

## TASK 1



**Stay Safe - Produce a leaflet that explains road safety to young children**

## TASK 2

**Enjoy and Achieve - Create a family scrap book including a family tree.**



## TASK 3



**Be healthy - Plan a countryside walk for you and your family**

## TASK 4

**Make a positive contribution - Conduct a recycling survey in your local area**



## TASK 5



**Achieve economic well-being - Plan your dream trip for you and your family**

Evidence needs to be placed in the booklet for the different tasks.

Hand your booklet to your Form Tutor when the Gold award is completed!!

Each task is broken down into **MUST**, **SHOULD** and **COULD** outcomes.

The **COULD** outcome is the most difficult.

To receive your Gold award you need to complete at least 4 of the 5 tasks including the **COULD** outcome. **GOOD LUCK!!!**

# Task 1

## Stay Safe



**MUST** Produce a leaflet that explains road safety to children

Aged 5-7 years old.

**SHOULD** Include roads and streets in your local area in your leaflet.

**COULD** Include photographs of someone using the road safety rules as an example.

### **EVIDENCE**

In this box attach your leaflet on road safety for children aged 5-7 years old.

# Task 2

## Enjoy and Achieve



**MUST** create a family scrap book including anything you and your family have done together. E.g. pictures, tickets etc.

**SHOULD** create a family tree and include it in your scrap book

**COULD** research your family's history and include some interests facts about your heritage.

Useful websites: <http://www.genesreunited.co.uk/> <http://www.your-family-history.com/>

### **EVIDENCE**

In this box attach your family scrap book.

# Task 3

## Be Healthy



**MUST** plan a countryside walk in an area close to your home. It could be a local park or grassland area. Include a map in your plan.

**SHOULD** Plan alternative routes for people in your family who are young or have difficulty going up too many hills.

**COULD** include photographs of you and our family taking part in the walk you have planned.

### **EVIDENCE**

In this box attach your map of the walk you have planned and any photographs you have taken of you and your family doing the walk.

# Task 4 Make a Positive Contribution



**MUST** find out how much recycling your family does in a week. And then estimate how much your family would recycle in a year.

**SHOULD** conduct a survey of people you know in your road as to how much recycling they do and what they recycle.

**COULD** suggest ways more recycling could be done in your area.

## EVIDENCE

In this box record your results of the recycling in your house, your survey and any suggestions for more recycling.

# Task 5

## Achieve Economic well-being



**MUST** Plan your dream trip to anywhere in the world. You must include cost of travel, how you would get there, spending money.

**SHOULD** Produce a spread sheet showing all the costs for the different parts of your trip and the amount of people going.

**COULD** produce costings for day trips and any extras you want as part of your trip.

### **EVIDENCE**

In this box put the details of your dream trip including all costings and spread sheet.