



**YEAR 7**

**MASTER  
MISSION**

**NAME:**

**FORM:**

# BRONZE LEVEL



Task	Start Date	Deadline	Type of Challenge	Challenge	Challenge Level
TASK 1	30th October	13th November	Design Technology	Design and build a new object that you think will make your life more interesting or enjoyable	Bronze
TASK 2	13th November	27th November	Physical Education	Complete 2 hours of exercise. Keep a sports log of the sport you do and take photos!	Bronze
TASK 3	27th November	11th December	Food Technology	Cook a healthy meal (or design a healthy recipe) for you and your family/friends. Explain the health benefits of the meal to encourage others to eat healthier	Bronze CERTIFICATE

Task 1: Design and build a new object that you think will make your life more interesting or enjoyable



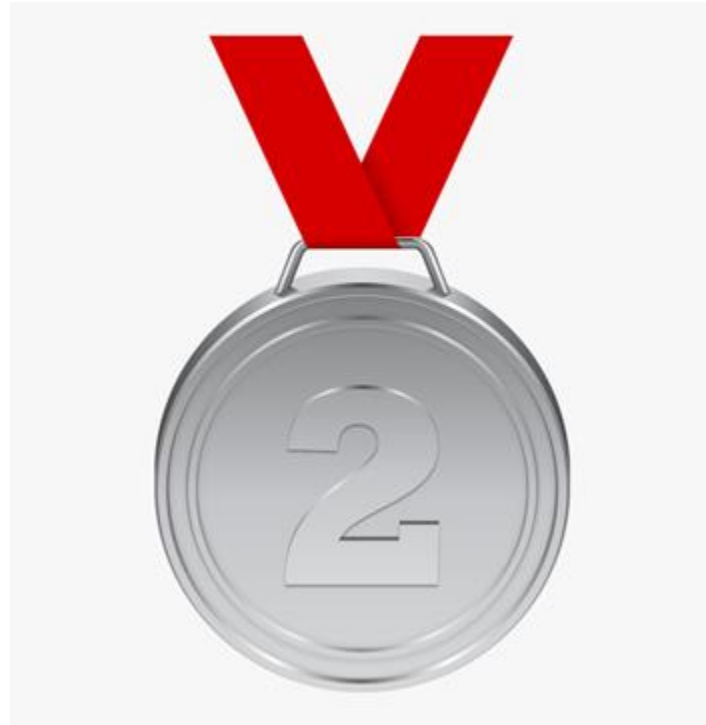
Task 2: Complete 2 hours of exercise. Keep a sports log of the sport you do and take photos!



Task 3: Cook a healthy meal (or design a healthy recipe) for you and your family/friends. Explain the health benefits of the meal to encourage others to eat healthier



# SILVER LEVEL



Task	Start Date	Deadline	Type of Challenge	Challenge	Challenge Level
TASK 4	8th Jan	22nd Jan	Art	Create a piece of art, music or a performance	Silver
TASK 5	22nd Jan	5th Feb	English	Design a 'Word of the Day' calendar for the month of February, including 29 ambitious words, with their definitions in your own words	Silver
TASK 6	5th Feb	19th Feb	Geography	Design a travel guide for a country in the world that you would really like to visit	Silver
TASK 7	19th Feb	4th Mar	Persuasive Writing	Write a letter to a local politician about an issue you are passionate about	Silver
TASK 8	4th Mar	18th Mar	Local Studies	Draw a map of a Cornwall and label all of the key towns/sites on to your map. Identify what these sites are famous for	Silver
TASK 9	18th Mar	1st Apr	History	Design an information poster explaining the importance of a event from history that you find really interesting	Silver CERTIFICATE



Task 4: Create a piece of art, music or a performance



Task 5: Design a 'Word of the Day' calendar for the month of February, including 29 ambitious words, with their definitions in your own words



Task 6: Design a travel guide for a country in the world that you would really like to visit



Task 7: Write a letter to a local politician about an issue you are passionate about



Task 8: Draw a map of a Cornwall and label all of the key towns/sites on to your map. Identify what these sites are famous for



Task 9: Design an information poster explaining the importance of a event from history that you find really interesting



# GOLD LEVEL



Task	Date	Deadline	Type of Challenge	Challenge	Challenge Level
TASK 10	15th Apr	29th April	Foreign Languages	Record a planned 1 minute conversation in either French, Spanish, German, Mandarin, Italian, Portuguese, etc. (any language that is not your native tongue)	Gold
TASK 11	29th Apr	13th May	Public Speaking	Write a speech about something you are passionate about. Recite it and then voice record	Gold
TASK 12	13th May	27th May	Community Service	Do a good deed a day for each day for the next fortnight. Keep a log and ask a member of staff / adult to sign off to say you've helped	Gold
TASK 13	27th May	10th June	Memory Recall	Memorise something of your choice which includes more than 25 of something (e.g. how to count to 100 in French, or all of the monarchs in England since 1066) and recite what you have memorised to your guardians / member of school staff	Gold
TASK 14	10th June	24th June	Design	Design your own book cover, or video game	Gold
TASK 15	24th June	8th July	Health and social care	Plant and grow a seed and nurture it over the next two weeks. Keep a journal noting the progress	Gold CERTIFICATE



Task 10: Record a planned 1 minute conversation in either French, Spanish, German, Mandarin, Italian, Portuguese, etc. (any language that is not your native tongue)



Task 11: Write a speech about something you are passionate about. Recite it and then voice record



Task 12: Do a good deed a day for each day for the next fortnight. Keep a log and ask a member of staff / adult to sign off to say you've helped



Task 13: Memorise something of your choice which includes more than 25 of something (e.g. how to count to 100 in French, or all of the monarchs in England since 1066) and recite what you have memorised to your guardians / member of school staff



Task 14: Design your own book cover, or video game cover



Task 15: Plant and grow a seed and nurture it over the next two weeks. Keep a journal noting the progress





**Congratulations!**

**#TeamLiskeard**