



## Lockdown 3 2021 Pupil Pledge

Welcome to your Lockdown Pupil Pledge. This has been created to be completed in lockdown, taking into consideration the current national circumstance. As you complete an item, email your form tutor your evidence to get your points awarded on bromcom.

### YEAR 7

- Read a new book
- Learn how to cook and make a family meal at home
- Complete a daily 20 minute walk for one week
- Research ways in which to make your family more eco friendly
- Create a collage of your experiences since the school closure
- Complete some mindfulness colouring in <https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>
- Write a letter to someone to let them know you are missing them/thinking about them
- Take part in one of our extra curricular lockdown activities

### YEAR 8

- Read a new book
- Learn how to cook and make a family meal at home
- Complete a daily 20 minute walk for one week
- Research ways in which to make your family more eco friendly
- Create a collage of your experiences since the school closure
- Complete some mindfulness colouring in <https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>
- Write a letter to someone to let them know you are missing them/thinking about them
- Take part in one of our extra curricular lockdown activities

### YEAR 9

- Read a new book
- Learn to cook a new meal
- Create and design a new school magazine
- Design and perform a 15 minute fitness circuit
- Complete a daily 25 minute walk for one week
- Learn 10 phrases in 3 new languages
- Design a board game
- Take part in one of our extra curricular lockdown activities

### YEAR 10

- Write a CV
- Read a new book
- Learn to cook a new meal
- Participate in a community project/raising money for charity
- Design and perform a 15 minute fitness circuit
- Complete a daily 25 minute walk for one week
- Learn some basic first aid
- Take part in one of our extra curricular lockdown activities

### YEAR 11

- Write a CV
- Read a new book
- Cook a two course meal
- Research local colleges or apprenticeship
- Participate in a community project/raising money for charity
- Complete a daily 30 minute walk for one week
- Design and perform a 25 minute fitness circuit
- Take part in one of our extra curricular lockdown activities

### YEAR 12/13

- Read a new book
- Write a CV / Personal statement
- Cook a three course meal
- Research universities and subject requirements
- Apply for a provisional driving licence
- Volunteer in the local community
- Raise money for a charitable cause
- Complete a daily 30 minute walk for one week
- Design and perform a 25 minute fitness circuit
- Take part in one of our extra curricular lockdown activities