

Year 7 * You add 2 extra challenges!	Enjoyment 1 - 10 10 being the most!	Date completed/sign
Go paddle boarding		
Go to the local driving range		
Camp overnight at school		
Visit an aquarium		
Take part in a 5k colour, glow or mud run		
Use chopsticks to eat Chinese food		
Visit Lundy Island		
Complete diver training		
Learn 3 taekwondo moves		
Enter a local coastal walk/run		
Swim in the sea in the winter!		
Bake a rainbow cake		
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