

Year 9 * You add 2 extra challenges!	Enjoyment 1 - 10 10 being the most!	Date completed/sign
Go abseiling		
Complete an indoor sky dive		
Go Paintballing		
Swim in the sea in the winter		
Go 24hrs without devices and raise money for a charity		
Cycle to 2 different towns using the local trail		
Visit a water park		
Tie-dye a shirt		
Cook on a BBQ		
Learn how to play an instrument		
Complete a SAS type overnight survival		
Learn First Aid		
Try out the high ropes		
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