

## Life Skills Award – Secondary DRAFT

These awards are aimed to encourage our young people to learn those everyday skills which are such an important part of contributing to a household. They will learn that parents are not their servants. Instead they will realise that as a result of training they are being prepared for life itself.

It is intended that the students complete these task within a 12 month period.

These awards will be a special feature of the Annual Awards Night.

**Please make comments for new ideas or improvements via our website!**

Bronze level: Minimum commitment and complete 50 life skills

This is aimed at students aged 12-13

Silver Level: Middle commitment and complete 60 life skills

This is aimed at students aged 13-15

Gold Level: Greatest commitment and complete 75 life skills

This is aimed at students aged 15-18

Platinum Level: Greatest commitment and complete 90 life skills

This is aimed at students aged 16-18

	Bronze	Silver	Gold	Tally
<b>Practical</b>				
Use a map to help navigate while parent driving	Once	2 times	3 times	
Prepare shopping list for family groceries	2 times	4 times	6 times	
Check oil, and water level in car	2 times	4 times	6 times	
Carve family roast	Once	2 times	3 times	
Reach Grade one with any music instrument	All	All	All	
Sew on a button	Once	2 times	3 times	
Clean house 20 min	5 times	10 times	20 times	
Cook and prepare a two course meal for:	2 people	4 people	10 people	
Use public transport by yourself	Once	2 times	3 times	
Grow at least two vegetables from seed	All	All	All	
Do gardening for:	3 hours	6 hours	12 hours	
Grow two herbs	All	All	All	
Make an item of clothing	All	All	All	
Change a tap washer	All	All	All	
Do all own ironing	All	All	All	
Do a basic first aid course	All	All	All	
Catch 2 fish with a fishing rod	All	All	All	
Send a text message on a mobile phone	All	All	All	
Grow two flowers from seed	All	All	All	
Complete level 1 in a Rosetta Stone course	All	All	All	

	Bronze	Silver	Gold	Tally
Sweep paths fortnightly for:	1 month	2 months	3 months	
Enter an item in your local Show	All	All	All	
Cook a family meal	10 times	20 times	weekly	
Change a nappy	Once	2 times	3 times	
Mend clothes	Once	2 times	3 times	
Learn basic sewing on a sewing machine	All	All	All	
Mow the lawn	2 times	4 times	6 times	
Take phone message correctly	2 times	4 times	6 times	
Pack for self when going away	All	All	All	
Babysit	Once	2 times	3 times	
Get learners permit	All	All	All	
Get car licence	All	All	All	
Regularly use a diary for future events	All	All	All	
Make a gift for a family member	Once	2 times	3 times	
Do the shopping at supermarket	Once	2 times	3 times	
Change a bike tyre	All	All	All	
Change a car tyre	All	All	All	
Make breakfasts consistently	All	All	All	
Make own lunch consistently	All	All	All	
Is punctual and doesn't keep family waiting	Usually	Often	Consistently	
Interrupts parent appropriately	Usually	Often	Consistently	
Determines where north is by using a watch	All	All	All	
Room is neat and tidy	Usually	Often	Consistently	
<b>Social</b>				
Watch no TV for two months	All	All	All	
Write a thank you to someone outside the family	All	All	All	
Join and play in a sporting club for:	3 months	Six months	Season	
Says thank you and please consistently	All	All	All	
Come to ACC family camp	All	All	All	
Member of scouts or equivalent for 6 months	All	All	All	
Join a cultural club such as chess; drama; dance; book, debating; choir for six months	All	All	All	
Attend ACC leadership camp	All	All	All	
Be involved in a theatre production	All	All	All	
No computer games for three months	All	All	All	
Plan an event or party	All	All	All	
Write to a pen pal at least 5 times	All	All	All	
<b>Career</b>				
Learn to touch type 35wpm 98% accuracy	All	All	All	
Attend an open day at a University	All	All	All	
Spend 2 days on a working farm	All	All	All	
Prepare a resume with at least 2 referees	All	All	All	

	Bronze	Silver	Gold	Tally
Achieve a level II certificate at TAFE	All	All	All	
Successively save for a major purchase using a saving plan	All	All	All	
Deliver junk mail or local paper for 3 months	All	All	All	
Read age appropriate books:	5 books	10 books	20 books	
Open a bank account	All	All	All	
Get a bronze medallion (swimming)	All	All	All	
Get part time work (other than junk mail)	All	All	All	
Get a tax file number	All	All	All	
Write a letter of appreciation to a company for providing excellent service or for a product you are very satisfied with	All	All	All	
<b>Physical/Health</b>				
Do some orienteering	All	All	All	
30 press ups 60 sit ups (male)	All	All	All	
Go on at least 3 day bushwalk	All	All	All	
20 press ups; 40 sit ups (female)	All	All	All	
Juggle 3 balls 20 throws	All	All	All	
Climb Bluff Knoll	All	All	All	
Ride a bike 10 km	All	All	All	
Number of dental fillings	Less than 3	Less than 2	none	
Run 1500m in less than 7min (M) 8 min (F)	All	All	All	
Eat no "junk food" for two months	All	All	All	
<b>Civic</b>				
Spend 1 hour watching question time in state parliament	All	All	All	
Recite or sing the National Anthem	All	All	All	
Get a letter published in local paper	All	All	All	
Spend 1 hour watching a council meeting	All	All	All	
Meet local member of parliament	All	All	All	
Achieve an ACC community service award	All	All	All	
Attend an Anzac Day service	All	All	All	
Visit a recycle station	All	All	All	
Write a letter to a policeman to thank them for what they do	All	All	All	
Clean up rubbish in your street or local park	2 hours	4 hours	6 hours	
Look after friends or neighbours pet or garden while they are on holiday	All	All	All	
Make some gifts and hand out to neighbours at Christmas or other time.	All	All	All	
Help run a home garage sale	All	All	All	
Gives blood at blood bank	All	All	All	

	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Tally</b>
<b>Safety</b>				
Know internet safety rules	All	All	All	
Practiced home fire drill 2 times in one year	All	All	All	
Understand and can explain house safety: Electricity; Heaters; Pool; Chemicals	All	All	All	
Has turned off mains water	All	All	All	
Has turned off mains power	All	All	All	
Knows emergency number and when to use	All	All	All	