

ACLE ACADEMY LIFE SKILLS LOCKDOWN CHALLENGE

Some challenges may require adult supervision. Yellow = 1 HP, Green = 2HP, Blue = 3 HP- send photos of yourself completing the task to your form tutor to claim your house points- photos will be only be shared with your permission

Change the duvet/ bedding on your bed	Clean (outside and in) your wheelie bin at home.	Run/ jog/cycle 3K	Weed the garden or complete some gardening activities	Prepare a meal for your family	Clean the inside of a car	Sort through your room and create a bag to give to charity/ donate to others	Do 10 press ups or burpees	Learn basic first aid skills and the recovery position	Put some printed photos in a photo album or frame/ display- or create a digital photo book
Fix a puncture on a bike	Clean out a pet's cage/ litter tray	Run/ jog/ cycle 5K	Help a parent and learn a new skill with a DIY job	Prepare a two course meal for your family	Wash the outside of a car	Clean the bathroom	Do 20 press ups or burpees	Learn how to fix something that is broken	Complete 100 steps ups on your stairs
Help to change a tyre on a car/ check tyre pressure and water/ oil.	Clean, organise and rearrange the kitchen cupboards	Run/ jog/ cycle 8K	Learn a new art/ craft skill	Write a letter to an elderly family member/ friend	Learn how to use a kitchen appliance you haven't used before	Learn how to give a foot massage	Do 30 press ups or burpees	Clean out and tidy the fridge	Go for a 45 minute walk

Clean the skirting boards and door frames and door knobs in the house	Learn how to use the washing machine	Run / jog /cycle 10K	Make a pasta sauce from scratch	Hoover and dust the house	Clean some windows in your home	Learn how to give a back massage	Do 40 press ups or burpees	Learn how to set a table for formal dining	Make a present/ gift for someone
Iron a pile of clothing	Create a 15 minute workout for your family	Change a light bulb	Complete a job/task for an elderly neighbour	Mop a floor	Learn how to count to 20 in another language (not French/German)	Learn 5 yoga moves and try them each day for a week	Learn how to read a map	Sew a button or hem	Play <i>Come Dine with me</i> with your family
Learn some greeting phrases in British Sign language. <i>Search BSL with Charlie</i>	Complete 100 squats	Create a playlist for each member of your family with their favourite songs	Create a time capsule	Make a card and send it to someone to say you are thinking of them	Learn a new card game	Learn CPR	Learn the highway code and road signs	Write a diary for a week	Help to sort the recycling.