



Lancaster Royal Grammar School

Summer challenge 2019

This is the information that you need about the LRGS Summer Challenge 2019. The holiday is 7 weeks long – 49 days or 70000 minutes! That leaves plenty of time to challenge yourself in the following four areas. There are some ideas here – but these are just to help you think of your own!

L **Lang. and Lit.**

You could: Read something challenging / learn a different alphabet / read a new series of books / write a letter for publication in a newspaper / speak a foreign language abroad / write poetry / start a blog / do Duolingo in a new language / enter a competition / write a book review / write a short story?

R **Ex-R-cise**

Could you: Run, walk or cycle 100 miles / run every day / climb something tall / swim somewhere / practice press-ups, handstands or the plank / parkrun / cha cha slide challenge / dig / explore under your own steam / compete / speed up / dance / move more / learn a new sport or skill?

G **Go green**

Think global, act local: Eliminate plastic / reduce, reuse, recycle / grow something / carbon offset / try living off-grid / research an environmental issue / walk somewhere you normally drive / create a piece of art from natural materials / create a wildlife habitat / learn to identify 20 bird species / forage?

S **Social and service**

Praesis ut prosis: Volunteer / support a charity / plan and cook a meal for your family / organise an event for younger relatives / do something useful for an elderly relative / get sponsored / do something practical to help out / litter pick / make your street a better place / sort out your old toys for a charity shop?

We are very much looking forward to hearing about the challenges you set yourself. Surprise us. Good luck!

FAQs

- **What is the deadline?**

Hand in evidence from your summer challenge to your form tutor by the end of the second week of term (September 13th).

- **How do I show that I have done a challenge?**

It is up to you how you record your achievements. For example it could be a parental signature, something you made or created, or photos, a film, a log or a diary.

- **What are you looking for?**

This isn't a box-ticking exercise – this is about learning without limits! Challenge yourself to try out something new.

- **How much time do I need to spend?**

This is entirely up to you. The Summer Challenge doesn't need to be very time-consuming, but it should push you to try something you might not otherwise have attempted.

- **Do I need to complete all four areas?**

Yes – even if you do something quite big for one or two, and much smaller for the others.

- **Can I work in a group?**

If you want to, yes.

- **Can I use something I'm doing for my DofE?**

Yes, that's great.

- **Will there be prizes?**

Yes – both for effort, and also for creativity and imagination in any of the sections.