

QUEST Award

Introduction

The new QUEST Award is a way to formally recognise the extra activities our children do, beyond the curriculum.

We feel the five strands of the **QUEST Award: Question, Unite, Explore, Sport and The Arts** will help children who enhance their experience in education, either with our extracurricular activities, or their own interests beyond the school gates. To receive the QUEST Award the children must take part in an activity linked to each of the five aspects.

As we are in a state of lock down we now have a **Virus Version**.

What we are expecting?

Students can choose one project title to accomplish these five aspects or can do mini tasks for each one.

Mini Projects

Should be equivalent to an A4 page of feedback or review, as the emphasis is on the activity they take part in. Maybe a photograph of pupil undertaking the activity/ product they made. The teachers below have offered to help with any questions in the areas below.

Question

Mrs Litherland

w.litherland@st-christophers.org

Always challenge ideas. With the right question, one learns much more. How many stars are in the universe? How many viruses have we identified? Will Liverpool finally win the premier league? How should promotions and relegations be applied fairly? How much food can the UK produce? Do we need as many imports as we presently use?



Unite

Mr Pountain

c.pountain@st-christophers.org

Being part of a team and organisation is part of human society. At the moment, this is physically impossible, but through electronic media we can do this. There are some people who feel much more isolated than you. Could you send a hand written letter or email to someone, asking them a question on a topic, you know they are knowledgeable on? We have the school community itself and we are all connected through our shared experiences within school, trips or sporting fixtures. We are also connected by email.



Explore

Mr Stratton

g.stratton@st-christophers.org

Whilst we can only venture out for exercise, there's plenty of areas we can explore. If you jog or cycle safely, you can cover more ground and see much more. What local history is around where you live? Most people don't live very far from the Leeds-Liverpool canal, a great area to explore with parents. You could explore different authors, plan a holiday or gap year, look at different careers options or explore areas of the curriculum you have never studied. Have you even explored your own home? How old is it? Have you got a loft, or cellar? How do your radiators connect to the boiler?



Sport

Mr Black

n.black@st-christophers.org

Whilst team games are out of the question, there are so many individual aspects of sport you can learn or improve. You tube has thousands of fitness and technique videos you can watch and copy. Yoga and meditation are simple ways of getting in tune with your body. You don't need any specialist equipment for most of these. Just take care with weights- baked bean cans are a suitable substitute for most and your own body weight is great resistance. Don't attempt weights if you are under 14 years old.



The Arts

Miss Davies

h.davies@st-christophers.org

Can you absorb yourself in a book, film or musical without reaching for your phone? Can you sing, play an instruments or simply enjoy listening to those that can. Many audio books are free online at the moment. Foreign language courses are also free at the moment, can you improve the language you're studying or could you learn a new one. Maybe learn the language of your favourite holiday destination, write a note book of key phrases. Watch the TV programme, Race around the world, for inspiration.



Large Projects

These should be equivalent to five or more sides of A4 writing. The emphasis is on the individual presenting work in their own style. It could be a traditional booklet or PowerPoint. Other options include, newspaper, model, animation, YouTube style video, diary, piece of art work to name but a few.

A few ideas for project titles:

- Why do we import so much food into the UK (start by reading food labels)
- How is my fitness improved by walking for an hour a day (test heart rate before, during and after) compare to running or online fitness.
- Field to fork, how is our food produced?
- East Lancashire has a particularly damp climate, how did Gandhi end up in Darwen?
- Food diary, what am I actually eating?
- How old is your church, write letters to the older generation, for their memories, historical knowledge.
- Judo has much of its history in Japan, but why did it develop and how is it relevant today?
- Could you design an app/computer game for a target audience?
- Horses revolutionised farming, how do they remain important to society today?
- Plan and make a three course meal for the family, include nutritional information.
- Calculate the time on different household tasks as a percentage of day light hours.
- How much does it cost to run my household?
- Football requires all manner of skills, but how could speed and force be calculated in your garden?
- Our Trashion Show is famous in the NW and with top London designers. Can you make a piece of clothing out of trash, or upcycle an old item?



This is our first time through, in unusual conditions, we are aiming to inspire and motivate our children to think outside of the box.

The hand in date will be **FRIDAY 26 MARCH 2021** for any piece of work.

This could be posted to school, emailed to Mrs Litherland in the form of files, movies or photographs.

✉ w.litherland@st-christophers.org

🐦 @QuestAward

📍 St Christopher's Sixth Form | Queens Road West, Accrington, BB5 4AY

Microsoft Teams codes:

Join Science Club for numerous fun activities: **code khu1jcu**

Join Quest Awards for ideas of investigative projects for all ages: **code ldiviima**

Join Kung Fu to learn a new skill: **code k425cuy**