

2021 - 2022 Micro and Mini Duke

Micro Duke	Safety	Speed Dressing	Independence	Exercise	3 Skills	Presentation	Helpfulness	Being prepared	Memorising	Eco Challenge
Reception	Learning how to use a mobile	Get dressed within 2 minutes.	Brush your teeth & put clothes away	Cycle without stabilisers or Scoot to the park	Cut with scissors, Skip with a rope, Draw a detailed person	Wrap a present with a bow.	Put the shopping away and clear your own dirty dishes and wash them	Sharpen your pencils and carry your bag to school every day for 2 weeks.	Learn your address, Learn your Date of Birth, Learn to spell your first and last names.	Feeding a white flower with food colouring to see what happens.
Silver Mini Duke	Cookery	Creation	Domestic Challenge	Interest	Tying Knots	Reading	Exercise	Drama	Safety	Eco Challenge
Year 1	Make toast	Build a den	Vacuum 2 rooms and Polish your shoes	Play board game - follow rules - win/lose	Reef, Double bow, Figure of eight	Tongue twisters and poems to help sounding out.	2 hour walk carrying back pack	Ask a Grandparent for a story of their life and retell to class	Learn address and mobile number and Learn to phone the emergency services.	Plant bulbs or seeds.
Gold Mini Duke	Cookery	Creation	Domestic Challenge	Interest	Music	Writing	Exercise	Caring for others	Safety	Eco Challenge
Year 2	Make a sandwich	Build something related to school topic from Lego or Airfix etc.	Wash something big like a car, windows, pet, bike etc.	Play a strategic board game like Chess or Battleships etc.	Learn to play Happy Birthday on a glockenspiel, keyboard or app on iPad etc.	After a great experience or a present, write a letter of thanks.	Lead an outdoor exercise e.g. hike, bike ride or water sports. Pack and carry your bag.	Learn to make a cup of tea or coffee for an adult.	Learn the safety rules of fire and build one with an adult. Toast a marshmallow.	Learn to weed.

2021 - 2022 Junior Duke Lower KS2

Bronze Junior Duke	Cookery	Art	Swimming or Mopping	First Aid	Domestic Challenge	Sport	Independence	Eco Challenge	Interest	Modern Languages
Year 3	Bake a favourite cake	Make something school-related or useful from papercache	A list of swimming skills or sweeping & mopping the kitchen.	Learn what to do in an emergency & be able to phone the emergency services on any phone	Learn to hand wash a large item of clothing	Try a new sport for four sessions & research a star in that sport. Present info to the class	Walk to local shop to buy milk. Cross roads and know the route.	Read the meter over 2 weeks. Deliberately use less electricity in week 2. Or plant a tree.	Retell a current news story including when, where, who, what etc.	Learn specific phrases in a new language.
Silver Junior Duke	Cookery	Eco Challenge	Swimming or Eggs	First Aid	Interest	Domestic Challenge	Time Management	Drama	Computer Technology	Modern Languages
Year 4	Make a pot of soup	Litter pick	A list of swimming skills or learning to cook eggs in 5 ways.	Applying a sling & helping a choking casualty.	Sew on a button, name tag and creation.	Set the table for a 3 course meal.	Set an alarm everyday for two weeks and get ready for school in time.	Dramatically read a favourite story to an infant class.	Create a party invitation	Write a postcard in a foreign language or learn a poem or song in foreign lang.

2021 - 2022 Junior Duke Upper KS2

Gold Junior Duke	Cookery	Budgeting	Swimming or washing dishes	First Aid/Sport	Interest	Computing Skills	Music	Drama	Caring for others	Eco Challenge
Year 5	Bake a loaf of bread	Plan and shop for snacks and lunches for a week	A list of swimming skills or clearing the table and washing dishes every day for a week	Before a long family adventure, assess the risks and pack suitable first aid kit to take.	Fix a puncture.	Learn to make a PowerPoint and present to your class.	Research a composer or perform a solo in front of an audience.	Without a book, using puppets or sound-makers, retell favourite story to infant class.	Knit or crochet a square, for a blanket.	Grow something to eat.
Platinum Junior Duke	Caring for Others	Averting Disaster	Happiness	Cookery	Sport	Drama	Domestic Challenge	Computer Skills	Trip Planning	First Aid
Year 6	Either A - help at a younger 'group' (sport/ Brownies etc.) 4 times or B - find something locally that needs fixed and write to get something done about it.	Learn to turn off electricity and water to your house and how to use a fire blanket.	Know what makes you happy (craft, sport etc.) and spend 2 hours doing it.	Cook a hot meal for your family's dinner - must include chopping, not just a frozen thing in the oven!	Pick a favourite sport you already participate in and push yourself to get better at skills and rules then ask a coach to check you can do what you said you can do.	A. Perform in a play in front of an audience or B. Write a short play or C. Make a dramatic movie trailer.	Learn to wash your sheets, dry them, iron the pillow and put them back on the bed. No help.	Design a web page with certain criteria and hyperlinks.	Using public transport to meet friends in town etc. - plan the trip, use timetables, know how long each leg of the journey should take, where to walk etc.	Knowing the signs of a heart attack and how to perform CPR.