



# PEAKS Challenges



A home and school learning partnership for all  
students Years 1 – 8

## **Myths about homework**

Most of us have been brought up believing that homework is an important and necessary part of learning. That in-order to become successful we need to spend additional time at home completing tasks we learnt at school.

Just because that is the way it has always been doesn't make a particular method of teaching and learning the best way for these modern times. Some important questions to consider;

- What is homework?
- Does it develop good work habits?
- Does it improve educational outcomes?
- Does it engender a love for learning?
- Does it encourage positive family dynamics?
- Does it prepare students for high school?
- Does it acknowledge all the great learning that goes on outside of school?

In most cases the answer would have to be no. Therefore is there a better way to prepare our children for the future?

## **Why change?**

As our curriculum has been modernised so too should our approach to what is relevant learning. The NZ curriculum focuses on 5 Key Competency areas and 8 values. They are;

1. Managing self
  2. Participating & contributing
  3. Relating to others
  4. Thinking
  5. Using language, symbols & texts
- 
- a) Community & participation
  - b) Equity
  - c) Respect
  - d) Diversity
  - e) Integrity
  - f) Ecological sustainability
  - g) Innovation, inquiry & curiosity
  - h) Excellence

## **The way forward**

The Silverdale School P.E.A.K.S. challenge programme is an exciting initiative designed to encourage children to practise and demonstrate the key competencies and values outlined by the Ministry of Education. Children complete a choice of activities under the following headings;

- P** Participation
- E** Environment
- A** Action
- K** Knowledge
- S** Skills

Challenges may range from participating in sporting clubs and events to regular household chores and preparing a family meal. They are all designed to be relevant, as well as demand a level of commitment and enjoyment.

The number of challenges to be completed will vary depending on the age group;

- Year 1                      3 Challenges per term
- Year 2                      3 Challenges per term
- Year 3                      7 Challenges per year
- Year 4                      8 Challenges per year
- Year 5                      9 Challenges per year
- Year 6                      10 Challenges per year
- Year 7                      12 Challenges per year
- Year 8                      14 Challenges per year

Children who complete their PEAKS challenge programme will be honoured during the school's prize giving ceremony at the end of the year.

## **Some things will not change.**

Although the PEAKS challenge programme is voluntary, homework will continue to be given by all teachers in spelling, reading and basic facts on a weekly basis. It is essential that children continue to complete these tasks.

## Examples of PEAKS Challenge Programmes.

YEAR 1 PEAKS CHALLENGE				
P PARTICIPATION	E ENVIRONMENT	A ACTION	K KNOWLEDGE	S SKILLS
<ul style="list-style-type: none"> <li>Do 1 chore per day for a week</li> <li>Look after your pet for a week</li> <li>Communicate with someone you care about using the phone, mail, email. E.g. make a card and send it.</li> <li>Participate in a club / team activity outside of school for a term. E.g. Pippins, cubs.</li> </ul>	<ul style="list-style-type: none"> <li>How many ways can you find to save electricity e.g. Switch off lights</li> <li>Pick up rubbish (know how to sort rubbish at home)</li> <li>Grow and care for a plant. Draw the different stages of the plant.</li> <li>Re use recyclable material to create a musical instrument.</li> <li>I can complete 4 walks in the outdoors with my family</li> </ul>	<ul style="list-style-type: none"> <li>I know how to be sunsmart, and I practice sun smart behaviour. (I wear a hat, sunglasses and a t-shirt.)</li> <li>I can help to keep my room tidy</li> <li>Pack my own bag at school</li> <li>I can play a game using a small ball with my friends and / or family e.g. target throw, T. Ball, hit/ run</li> <li>I am active everyday for a min of 10 min</li> <li>Develop water confidence &amp; skills e.g. float, sit on bottom, blowing bubbles, floating kickboards, developing kick – move 1 to other side of pool, hold rail walk / let go, push off, towing</li> </ul>	<ul style="list-style-type: none"> <li>I can spell my name using sign language</li> <li>Complete a task following verbal instructions – making jelly, brush teeth, ready for bed</li> <li>I can communicate in 3 ways with someone I love without talking</li> <li>Make a collage/ display of everyday signs and symbols. Using magazines / newspapers</li> <li>I can go on a sound walk and identify the sounds I can hear.</li> <li>I can collect and sort items (from nature) into groups and record my findings using a graph.</li> </ul>	<ul style="list-style-type: none"> <li>I can learn a new song / poem</li> <li>Make up a dance to music and perform it for my family</li> <li>Design a family crest</li> <li>I can play a number board/ card game and show fair play.</li> <li>I can put my shoes on independently and do them up.</li> </ul>

YEAR 8 PEAKS CHALLENGES				
P PARTICIPATION	E ENVIRONMENT	A ACTION	K KNOWLEDGE	S SKILLS
<ul style="list-style-type: none"> <li>Take part in the 40hr famine and raise \$50</li> <li>Take responsibility for two aspect of household management for 2 terms</li> <li>Visit and provide a service to elderly residents of and institution 2 terms</li> <li>Champion and show understanding of a community issue by contacting appropriate media and authorities.</li> <li>Participate in an extra curricular activity/club for a year.</li> <li>Design your own challenge and discuss it with your teacher before proceeding.</li> </ul>	<ul style="list-style-type: none"> <li>Create an outfit made entirely of recyclable materials</li> <li>Produce an organic product to assist a family member or friend</li> <li>Develop an environmental programme to support ecological sustainability project e.g. design website, power point for assembly, play for a buddy class.</li> <li>Be responsible for a recycling programme at home (compost, worm bin, newspaper, bottles, cans etc)</li> <li>Design your own challenge and discuss it with your teacher before proceeding.</li> </ul>	<ul style="list-style-type: none"> <li>Join and participate in a sports club for a full season.</li> <li>Design and develop and do a personal fitness prog for 1 Term</li> <li>Participate in an overnight tramp</li> <li>Participate in a community sporting event. (Triathlon, Mayor's Bike Challenge, Shore to Shore)</li> <li>Improve swimming skills. Swim 200m non stop and record your time</li> <li>Walk family pet consistently for 4 weeks</li> <li>Design your own challenge and discuss it with your teacher before proceeding.</li> </ul>	<ul style="list-style-type: none"> <li>Design and build a motorised craft</li> <li>Create a piece of writing and submit it for publishing to a community publication.</li> <li>Enter an academic competition or quiz. (Australasian competitions, Mathex)</li> <li>Research and produce a project based on a unit of work from one of the 4 terms</li> <li>Plan and deliver a 10 min lesson and provide follow up activity</li> <li>Design and manufacture a board game to convey a message</li> <li>Design your own challenge and discuss it with your teacher before proceeding.</li> </ul>	<ul style="list-style-type: none"> <li>Be a member of a school arts group</li> <li>Use multi media to create a landscape with a message</li> <li>Learn an instrument for a full year.</li> <li>Write and perform a peak performance</li> <li>Perform a dance</li> <li>Design your own challenge and discuss it with your teacher before proceeding.</li> </ul>