



Give yourself a challenge  
and try something new



# Mark Zuckerberg



In 2016 Zuckerberg plans to develop an artificial intelligence system to help run his life.

“My personal challenge for 2016 is to build a simple AI to run my home and help me with my work.”

“You can think of it kind of like Jarvis in Iron Man.”



Zuckerberg announced a second goal of running 365 miles this year on his Facebook page.

Zuckerberg also set up a public Facebook group called “A Year of Running”, in which users can track his progress and discuss their own fitness goals for 2016.

# New Year's Resolutions





From a list of 101:

1. Travel the world.
2. Learn a new language.
3. Run a marathon.
4. Take up a new sport.
5. Scuba dive/snorkel with marine life.
6. Follow the Inca Trail.
7. Do an extreme sport.
8. Climb a mountain.
9. Learn a strategy game.
10. Be a mentor to someone.
11. Sing to an audience.
12. Do volunteer work.

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# 50 things to do before you're 11 <sup>3</sup>/<sub>4</sub>

Fancy exploring the outdoors, learning new skills and trying new things? Grab your gear and start ticking off some of our 50 things to do before you're 11 <sup>3</sup>/<sub>4</sub>



# Eich 50 o bethau Your 50 things

## FFORIWR EXPLORER



41  
Plannwch o, tyfwch o, bwytwch o  
Plant it, grow it, eat it



42  
Nofio yn y môr  
Go swimming in the sea



43  
Adeiladu raft  
Build a raft



44  
Gwyllo adar  
Go bird watching



45  
Ffeindio'ch ffordd efo map a chwnpawd  
Find your way with a map and compass



46  
Rhoi cynnig ar ddringo creigiau  
Try rock climbing



47  
Coginio ar dan gwersyll  
Cook on a campfire



48  
Dysgu sut i Farchogaeth ceffyl  
Learn to ride a horse



49  
Ffeindio geocelc  
Find a geocache



50  
Canwio i lawr afon  
Canoe down a river

## TRACIWR TRACKER



31  
Hela chwilod  
Hunt for bugs



32  
Ffeindio grifft broga  
Catch a frogspawn



33  
Dal deilen sy'n disgyn  
Catch a falling leaf



34  
Dilyn olion anifeiliaid gwyllt  
Track wild animals



35  
Darganfod beth sydd mewn pwll  
Discover what's in a pond



36  
Gwneud cartref i anifail gwyllt  
Make a home for a wild animal



37  
Edrych ar greaduriaid rhyffedol mewn pwll glan môr  
Check out the crazy creatures in a rock pool



38  
Magu glöyn byw  
Bring up a butterfly



39  
Dal cranc  
Catch a crab



40  
Mynd am dro natur yn y nos  
Go on a nature walk at night

## CEIDWAD RANGER



21  
Hel anwyar duon sy'n tyfu yn y gwyllt  
Pick blackberries growing in the wild



22  
Archwilio tu mewn i goedden  
Explore inside a tree



23  
Ymweld â fferm  
Visit a farm



24  
Mynd am dro'n droednoeth  
Go on a walk barefoot



25  
Gwneud tramped gwair  
Make a grass trumpet



26  
Chwilota am ffosilau ac esgyrn  
Hunt for fossils and bones



27  
Syllo ar y sêr  
Go star gazing



28  
Dringo bryn anferth  
Climb a huge hill



29  
Archwilio ogof  
Explore a cave



30  
Dal bwystfil dychrynyllyd  
Hold a scary beast

## DARGANFYDDWR DISCOVERER



11  
Mynd am reid hir iawn ar feic  
Go on a really long bike ride



12  
Gwneud llwybr gyda ffyn  
Make a trail with sticks



13  
Gwneud teisen fwd  
Make a mud pie



14  
Codi argae ar draws nant  
Dam a stream



15  
Chwarae yn yr eira  
Play in the snow



16  
Gwneud cadwyn llygad y dydd  
Make a daisy chain



17  
Trefnu ras falwod  
Set up a snail race



18  
Creu celfyddyd wyllt  
Create some wild art



19  
Rasio darnau o bren ar afon  
Play pool sticks



20  
Neidlo dros y tonnau  
Jump over waves

## ANTURIWR ADVENTURER



1  
Dringo goedden  
Climb a tree



2  
Rholio i lawr bryn mawr iawn  
Roll down a really big hill



3  
Gwersylla yn y gwyllt  
Camp out in the wild



4  
Adeiladu den  
Build a den



5  
Sglenio carreg  
Skin a stone



6  
Rhedeg o gwmpas yn y glaw  
Run around in the rain



7  
Hedfan barcud  
Fly a kite



8  
Dal pysgodyn mewn rhwyd  
Catch a fish with a net



9  
Bwyta afal yn syth o goedden  
Eat an apple straight from a tree



10  
Chwarae concyrs  
Play conkers

# Enriched Curriculum

“The Enriched Curriculum has been designed to broaden student experience and develop skills.”

## Three different categories:

- **Citizenship, Service, Enterprise and Leadership.**
- **Curriculum and Cultural Enrichment.**
- **Personal Leisure, Health and Wellbeing.**





Students follow two year cycles of the Enriched Curriculum.

- Year 7 & 8 – Bronze Certificate
- Year 9 & 10 – Silver Certificate (Year 11 if necessary)
- Year 12 & 13 – Gold Certificate

To gain the certificate students will need to complete at least one activity from each of the 3 categories.

They will have the flexibility to choose more options from their favoured category over the length of the two years.

