

# CC1 (Norfolk) Gold Award



# Challenger Gold

# Challenger Gold

## Table Of Contents

About the Gold Award	3
What will the students gain?	4
The key achievements from the programme will be	6
Term 1 - Gold Programme	7
Term 2 - Gold Programme	8
Term 3 - Gold Programme	10
Objectives and Outcomes	11
Find out how your school can take part in	14

## Challenger Gold

"The ultimate aim of character education is the development of good sense or practical wisdom; the capacity to choose intelligently between alternatives.

This capacity involves knowing how to choose the right course of action in difficult situations and it arises gradually out of the experience of making choices and the growth of ethical insight."

*A Framework for Character Education in Schools, Jubilee Centre for Character and Virtues, University of Birmingham*

## About the Gold Award



The Gold Award is based on a proven model of delivery that combines physical activities, verbal communication and written work.

It is designed to help students develop teamwork, problem-solving, leadership and communication skills as well as boosting their self-esteem and confidence.

The award is a great opportunity for pupils age 8 and up, to enjoy, have fun whilst learning and gaining skills for life.

# Challenger Gold

Participants who complete the award gain recognised awards in First Aid, Navigation skills, Environment (John Muir), and a completion certificate.

This programme is delivered over an Academic Year and is split into three elements.

Term 1 – Individual values, including Remembrance

Term 2 – First Aid, Navigation, Bush Craft and team building

Term 3 – Community project including John Muir when project is approved.

The programme is taught by our instructors who have 16 years of experience within education and over 50 years of military experience. We like to think that they are an inspirational role models to young people.

We are currently delivering Challenger Gold in:

**The Pilgrim Federation:** Hingringham VC Primary and Walsingham Primary



## What will the students gain?

The CC1 (Norfolk) Gold's Award gives young people the opportunity to explore aspects of their character they may not have had the chance to develop so far in their school lives. The award gives pupils and understanding of what can be achieved through perseverance. It also improves motivation and encourages the development of the attributes needed to form positive relationships, including respect, empathy and trust.

### Resilience

Determined, Pride, Motivated, Perserverence

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## **Leadership**

Responsibility, Direction, Delegating, Assertiveness

## **Problem Solving**

Logical, Critical, Organised, Analytical

## **Interpersonal skills**

Self-regulation, Motivating, Mentoring, Empathy

## **Communications**

Engaging, Listening, Articulate, Openness

## **Teamwork**

Trusting, Respect, Participation, Cooperation

## **Confidence**

Courage, Trust, self-belief

# The key achievements from the programme will be

- Improved self-confidence which they can apply to all areas of their life.
- A stronger understanding of the benefits of being a team player.
- Improved communication skills, helping them to succeed socially and academically.
- An increase ability to solve problems both at school and outside of the classroom.
- A sense of achievement when completing a Community project



# Term 1 - Gold Programme

Good health, Optimism, Confidence, Self-awareness, Empathy, Respect, Self-belief




## Personal Development

## Relationships



Resilience, Courage, Self-control, Teamwork, Problem-solving, Responsibility, Kindness





# Term 2 - Gold Programme

Modules	Key Components	Time
Team Building	Importance of working as a team.	4 hours
	Command task activities. Reflections	
Navigation	Draw a map	1 hour
	NSEW Orientating a map	1 hour
	Treasure Hunt	2 hours
Bush craft		
	Shelter building	2 hours
	Fire lighting	2 hours

## Challenger Gold

Basic First Aid	Introduction and Heart Attack	2 hours
	CPR and recovery position	2 hours
	Chocking and bleeding	2 hours
	Remembrance	Watching (knowledge and skills development)
	How to remember.	2 hours
Celebration	Graduation and reflection of the Gold Award	2 hours

# Term 3 - Gold Programme




Modules	Key Components	Time
Social Project	Plan	3 hours
	Do	2 hours
	Review	1 hour
	Community Project	
		
Celebration	Graduation and reflection of the Gold Award	2 hours



# Objectives and Outcomes



## Challenger Gold

Subject	Objective	Outcome
First Aid 	To teach lifesaving skills so that they can save life; prevent injuries from becoming worse; and prevent further casualties	Self-Esteem Caring  Courage Respect  Self-belief Responsibility  Compassion
Navigation 	To introduce the basics of navigation.	Promote self-belief  Resilience  Trust
Bush Craft 	To introduce the basics of survival skills within an outside environment (shelters, fire building and field cooking).	Resilience Confidence  Self-control Appreciation

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### Team Building



To encourage team building with the use of challenges.

Optimism  
Cooperation

Confidence  
Teamwork

Passion  
Compassion

Problem-solving

### Remembrance



To reinforce the students understanding of what Remembrance means, how we remember and given from a soldier's point of view

Empathy  
Compassion

Gratitude  
Respect

Appreciation

### Community Project

To reinforce all of the elements that have been taught during the course.



To give back to a community.

## Challenger Gold

This is all aimed at improving the individuals' self-esteem, self-discipline, resilience, and self-belief. This is both in the classroom and personal space, allowing them the courage to express their feelings and concerns.

# Find out how your school can take part in the CC1 (Norfolk), Challenger Gold Award

Contact us:

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We have delivered to:

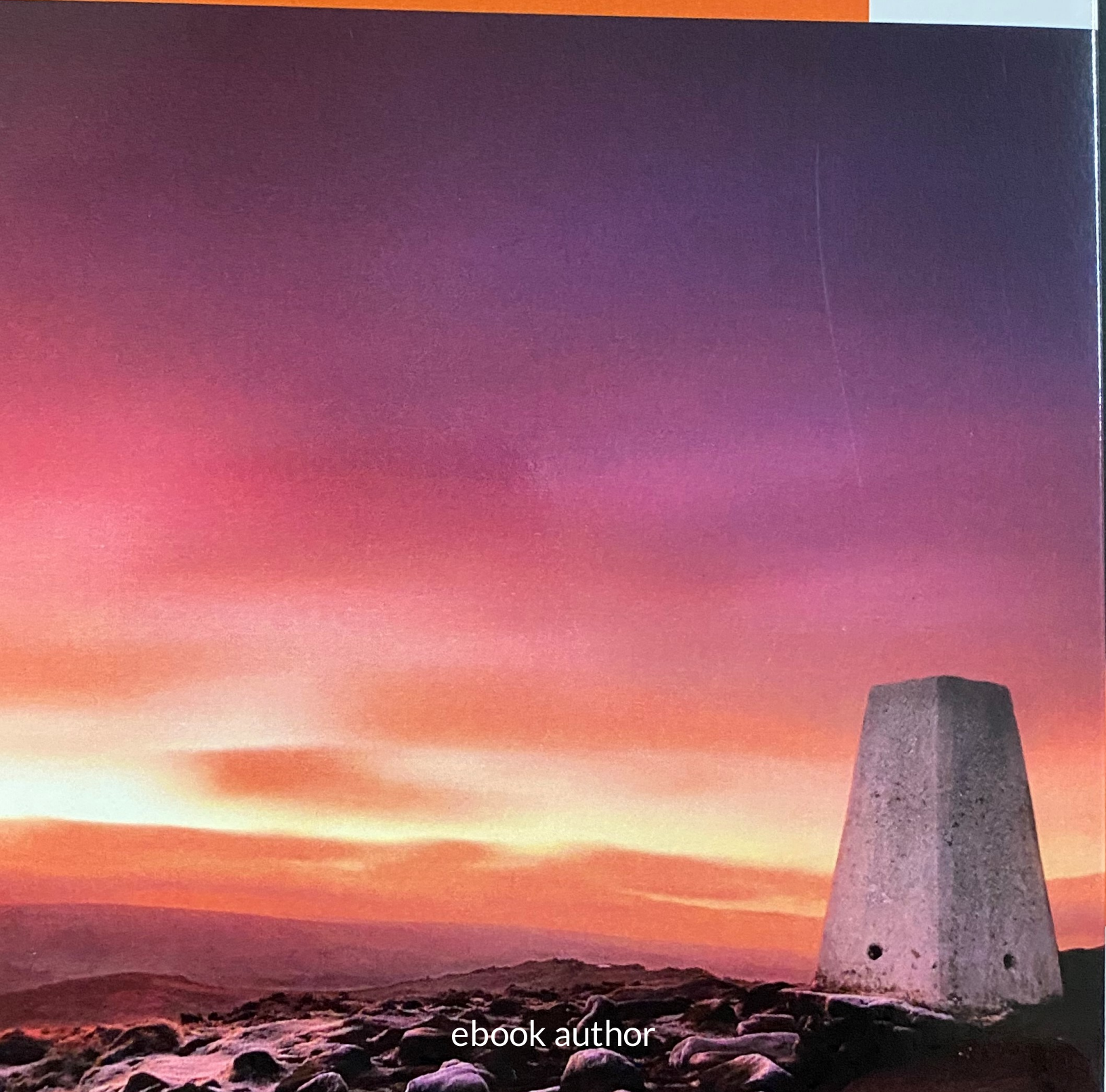
White Woman Lane Junior school, Old Catton Junior school, Horsford CofE Primary, Hainford Primary Partnership School, Frettenham Primary Partnership School, St Faiths CofE Primary School, St Josephs College (Ipswich)

# Challenger Gold

## OS EXPLORER

1:25 000 scale      4 cm to 1 km - 2½ inches to 1 mile

custom  
**made**



ebook author