

# Junior Duke

... in Year 4



# What is Junior Duke?

- 10 varied challenges that we complete in school
- You need to complete 7/10 challenges to get the award



Why did we  
do Junior  
Duke?

Builds your **confidence** and  
**independence** skills

A chance to learn NEW skills

Fits in with the Abbey Hey's principle  
of 'Education With Character'



## Our Year 4 Challenges



# Cooking Challenge



Domestic Challenge



# Computer Challenge



Wright Robinson



East Manchester

# Swimming Challenge



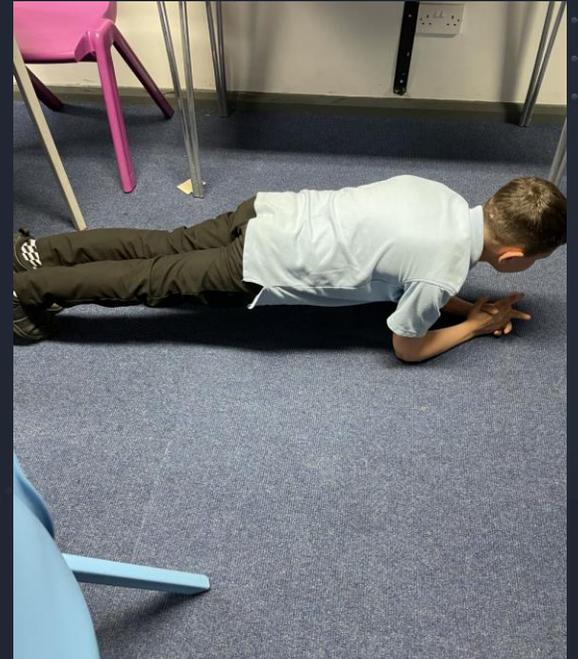
Lunge



Press Up



Squats



Plank

# Body Strength (Fitness Challenge)



Interest Challenge



# Eco Challenge



Triangular Bandage



Recovery Position



Choking

# First Aid

# Drama Challenge

(completing this week)



# How did we record Junior Duke?

We have a Junior Duke journal

Each challenge gets recorded in the journal

Your teacher/assessor checks you have completed the challenge and will sign your booklet

If you have 7 completed challenges at the end of the year, you will get a certificate

# Our Favourite Challenges – 4 Owl





Kristen – my  
favourite  
challenge

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Patrik – my  
favourite  
challenge





Joel – my  
favourite  
challenge

Jurcel – my  
favourite  
challenge

