



**JUNiOR**



**DUKE**

**EST. 2006**



# What's it all about?

- Junior Duke is a Life Skills award for children from ages 3-13 yrs.
- It was developed by Dawn Waugh and started in 2006.
- Children who try hard all of the time are recognised- not just for sports or academic subjects.



# It is all about developing...

- Independence
- Self-determination & confidence
- Self motivation
- Life skills



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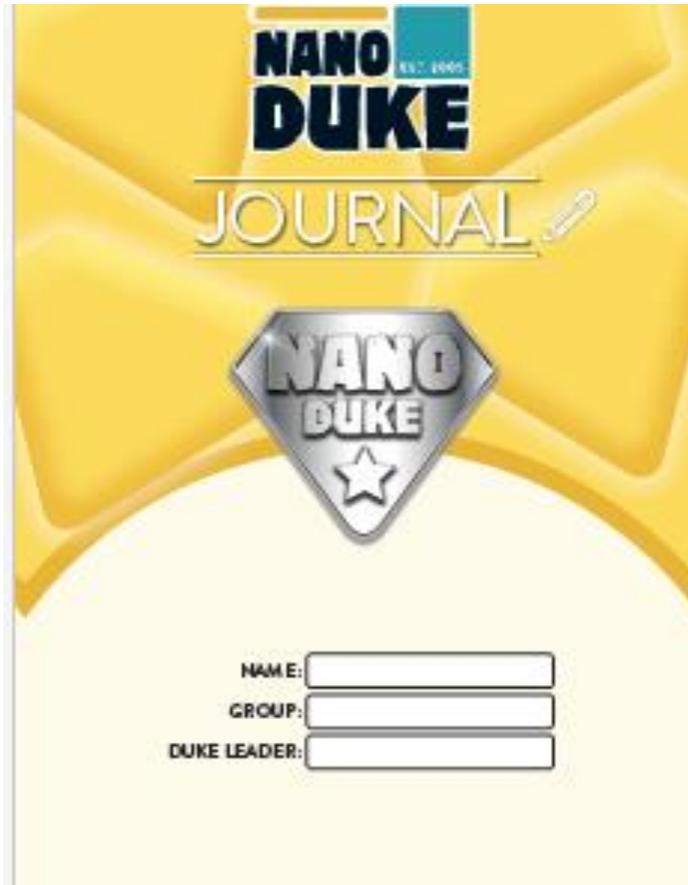


Watch this short clip about  
the Junior Duke Award

<https://www.youtube.com/watch?v=7YbtDn7fBbA>



# How do the children achieve their Award?





**Mini DUKE**  
**SILVER AWARD**  
**THE MINI DUKE**  
**JOURNAL** ✍️



NAME:   
CLASS:   
HOUSE:   
DUKE LEADER:

[WWW.JUNIORDUKE.COM](http://WWW.JUNIORDUKE.COM)

**Mini DUKE**  
**GOLD AWARD**  
**THE MINI DUKE**  
**JOURNAL** ✍️



NAME:   
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# Award Levels

- There are **10 levels** to the Award.
- Each level has a series of challenges for the children to complete over the year.





Nursery & Reception need to complete 7 out of 10 challenges to receive the certificate and badge.

Years 1 & 2 need to complete 10 out of 14 challenges to receive the certificate and badge.





# Nursery (Nano) Challenges

NANO DUKE

## Nano Challenges

To achieve the Nano Level you must complete 7 of the 10 challenges.

### HELPING OUT:

1. Once the washing has been done, be in charge of the pile of socks and match and join them together.
2. Once the dishes have been done, put all of the cutlery away in the correct sections in the drawer.
3. Match the recycling so that the plastics, glass, metal and paper are all in the correct bins.

### SELF CARE:

At least five days in a row, get dressed by yourself into your loose clothing such as joggers, t-shirt and sweatshirt then into your nightclothes at bed time.

### TIDINESS:

Make your bed every morning for a week by straightening your covers so that it looks as though it has never been slept in.

### RECOGNITION:

Aim to learn the names of at least five new varieties of each fruit and vegetable and taste some you haven't eaten before.

### WASHING:

Lots of things need washed every day and everything needs washed a little differently. Learn to wash your hands, hair, body, low window and mirror.

### COMMUNICATION:

- Ask to phone an older member of the family for a 'conversation'. Ask them about their day and tell them a story about something you have done.
- Draw a beautiful picture and put it in an envelope to post to someone special. It is kind to let people know you are thinking of them so ask an adult to scribe your message to go into the envelope too.

### SWIMMING:

Become more able in water. It may be being able to put your face in the bath, or it may be being able to jump into the swimming pool or swim further.

### GET CREATIVE:

Get creative by using a saw, a hammer and nails, a screw driver and screws. If you would rather, using screws to attach vegetables into a turnip can be easier than using wood.

### WILD IMAGINATION:

With as large a cardboard box as can be found, and possibly with a friend, what can you do with it?!

### READING & RHYMING:

- Choose a book to be read to you and, as the adult is reading, think of which think of which words could rhyme (rhyming books like The Gruffalo / Green Eggs and Ham are perfect for this task).
- Then put it away yourself - always with the spine out so that you can tell which book is which.



# Reception (Micro) Challenges

MICRO DUKE

## Level 1 - Micro Challenges

To achieve the Micro Level you must complete 7 of the 10 challenges.

### **SAFETY:**

- A. Learn to use a mobile phone (and house phone if you have one) to phone a friend or relative.
- B. Learn WHEN and HOW you might phone the emergency services.

### **SPEED DRESSING:**

Get dressed for school fully within two minutes - with two large items inside out to increase the difficulty!

### **INDEPENDENCE:**

- A. Although dentists suggest that parents brush your teeth until the age of 10, show you can brush your own teeth properly for two minutes.
- B. Once the washing has been done, put all of your clothes away properly in the right drawers or on hangers.

### **EXERCISE:**

Scoot, cycle, skate or skateboard. Choose a decent length of journey (such as to the park or the shop) and use your 'wheeled transport of choice' (cycling should hopefully be done without stabilisers) all of the way without any help.

### **THREE SKILLS:**

- A. Learn how to skip with a rope.
- B. Learn to cut out shapes and straight lines on paper with sharp, metal scissors.
- C. Draw a person with details like: clothes, hair, eyelashes and fingers (no stick people allowed!).

### **PRESENTATION:**

Wrap a present for someone, use sticky tape as neatly as you can and tie a bow around it.

### **HELPFULNESS:**

- A. When the shopping is done, put everything away in the right places.
- B. After you have finished eating, take your dishes to the sink and wash them.

### **BEING PREPARED:**

Without help, sharpen your pencils, pack your school bag and carry it to school every day for two weeks.

### **MEMORISING:**

Learn your address by heart.  
Learn to write and spell your name.  
Learn your date of birth.  
Learn your parents' full names.

### **ECO CHALLENGE:**

Pick a white flower like a daisy and put it in a little glass with food colouring and a little bit of water. Watch what happens over the next couple of days.



# Year One (Mini Silver) Challenges

SILVER MINI DUKE

## Level 2 - Silver Challenges

Unless otherwise agreed by your teacher, to achieve the Silver Level you must complete 10 of the 14 sections.

### **Cookery:**

Make a slice of toast

### **Creation:**

Build a den.

### **Domestic Challenge:**

- A - Tidy and vacuum
- B - Polish shoes

### **Interest:**

Play a board game - following rules and learning how to win and lose.

### **Tying Knots:**

Learn how to tie a:

- \* Double bow
- \* Figure of eight
- \* Reef knot

### **Reading:**

Read a selection of tongue twisters, poems and stories in your local dialect.

### **Exercise:**

Go on a long walk (2 hours is a good amount of time to be walking) and carry your own snacks etc. in a rucksack.

### **Drama:**

Ask an older member of your family about things they did when they were younger.

Choose the story about his or her life which you like best and get all of the details. Then retell that story to your class.

### **Safety:**

Learn your address and a helpful mobile phone number by heart. Learn how to use a phone to call the number you have memorised.

### **Eco Challenge:**

Plant bulbs or plants and seeds and learn how to look after them.

*Broadening horizons and raising awareness of cultures:*

### **My Bubble:**

Make a plan for if you ever get lost.

### **Taking Responsibility:**

Look after our planet by recycling and upcycling.

### **Our Future:**

Go on a nature walk/nature watch

### **Our World:**

Listen to music from different countries.



# Year Two (Mini Gold) Challenges

GOLD MINI DUKE

## Level 3 - Gold Challenges

To achieve the Gold Badge you must complete 10 of the 14 sections.

**Cookery:**

Make a sandwich, roll or wrap for lunch.

**Creation:**

Using something fiddly like Lego or an Airfix model, create something related to a school topic.

**Domestic Challenge:**

Wash something large like a car or windows etc. Learn what to use and how to do it properly.

**Interest:**

Play a strategic board game like Chess, Battleships, Cluedo etc.

**Music:**

Play Happy Birthday on a musical instrument.

**Writing:**

After receive a present or having a day out, write a letter of thanks.

**Exercise:**

Spend at least two hours on an outdoor adventure.

**Caring for Others:**

Make a cup of tea or coffee for an adult just the way they like it. Learn how to stay safe around a kettle.

**Safety:**

Learn the safety rules of fire. Learn how to build a fire. Toast a marshmallow.

**Eco Challenge:**

Weed a good-sized area of a garden. Learn the difference between plants and weeds.

*Broadening horizons and raising awareness of cultures:*

**Our World:**

Read a selection of story books from other countries to find out about the characters' different ways of life.

**Selflessness:**

Do kind things for two neighbours.

**Our Future:**

Create a bee garden.

**Taking Responsibility:**

Pack your own overnight bag.



# Junior Duke

## Develops:

- Independence
- Confidence
- Resilience
- Social and Emotional Wellbeing
- New skills





# How it's assessed

- Parents sign off the challenge and help their child with putting the evidence into the booklet for each particular challenge. Once you have signed off your child's challenge, your child then brings their booklet into school.
- Teachers then sign off the challenge in the booklet, and let me know!
- Adding to the 'Dot' sheet in your child's classroom
- Involving as many staff as possible to sign off your child's achievements
- House points to be given for each challenge completed (5)



# Differences between the 'Junior' and 'Mini' Duke

- Mini Duke is mostly assessed at home by parents/carers (photos/ summary and written comments)
- Parental comment box on each page.



# School Junior Duke Ambassador

Who do we know that could fulfil this role?



# Funding Junior Duke

We aim to cover the cost by holding a sponsored event on the 18<sup>th</sup> October so the children can raise as much as possible to cover the cost.

You should have all received the sponsor form!



# Sponsored Event

The House Challenge for this half term will be raising money to buy every child in the school a Challenge Award Book, an Award Certificate and a Badge.

We will aim to raise as much money as we can by taking part in the **“30 Minute Olympics”**.





# Junior Duke Displays

- In school, there is a display board outside of this hall where pictures of your children completing challenges will be posted by staff.
- There is also a display board in the foyer of the school office. This is for you to post your own pictures and samples of work completed by your children in undertaking a particular challenge.
- If you need any help in affixing your pictures to the display board, please ask a member of the office staff to help you!



# A huge thank you!

We are very excited to be starting on our Junior Duke journey this year and are already looking forward to the big award celebration which will take place next July!

