

1. Regularly take part in physical activities over a period of **four to six** weeks. Keep a record showing your improvement. Your goal could be to develop in an activity or successfully complete a challenge.

- circuit training
- football skill training
- aerobic routine
- synchronised swimming routine
- Zumba aerobics
- tap dancing
- team sports
- charity swim
- long distance cycle ride
- incident hike
- athletic event
- pool life-saving test
- dance competition

- Mend or customise an item of clothing
- Cook and serve a two-course meal, for at least four people
- Fix a puncture or a dropped chain on a bike
- Wash up after a meal, making sure everything is clean and dry
- Use a washing machine to wash a load of clothes
- Iron your uniform shirt
- Change a lightbulb, in a ceiling light
- Set a heating timer and thermostat as needed for the time of year
- Clean a toilet, hob or oven
- Do another similar home skill