

# Intermediate Challenge

Canada is a country where people can be safe and free of persecution. It's a place we call home. That is why **Canada 150** is so important. It is a time for us to come together and celebrate our national pride and our amazing history; a time to reflect on what it means to be Canadian – *Strong and Free!*

In celebration of Canada's 150th birthday, you have an opportunity to earn a Rugged Canadian badge, if you choose to accept the challenge! The goals of this challenge are to encourage an adventurous spirit, increase physical fitness, develop personal interests and practical skills, foster independence and resiliency, and promote pride in being a Canadian.

You can start the activities this summer with your family and continue to work on them at school in the fall. You need to complete at least one activity from each category. We would like you to provide evidence that you have completed the activities such as a picture, a sample or a write-up of what you did.

There is a spot beside each of the category headings for your parent/guardian or teacher to initial & write the date you completed the activity.



## Challenge Completed and



### Status Earned!

Student's Name: \_\_\_\_\_

Student's Grade \_\_\_\_\_ Division \_\_\_\_\_

Student's Signature:

\_\_\_\_\_

Parent's Signature

\_\_\_\_\_

Teacher's Signature

\_\_\_\_\_

Date

\_\_\_\_\_



# Sunshine Hills Students, Are you up for the challenge....?



# Intermediate Students

**Choose one activity from each category:**

**1. Family History** \_\_\_\_\_

Research and present your family history and explain how you are Canadian.

**2. Literature** \_\_\_\_\_

Read a book by a Canadian author.

\_\_\_\_\_

Name of book & author

\_\_\_\_\_

Create a poster promoting this book (to encourage others to read it!). Be sure to include the book title & the author's name.

**3. Athletics** \_\_\_\_\_

- a. Try lacrosse.
- b. Play floor hockey, ball hockey, road hockey, mini-hockey or ice hockey.
- c. Try curling.
- d. Learn to skate –

Level Completed: \_\_\_\_\_

- e. Learn to swim –

Level Completed: \_\_\_\_\_

**4. Science & Technology** \_\_\_\_\_

- a. Research and report on a Canadian invention or inventor.
  
- b. Build of model of a Canadian invention.

**5. Outdoors** \_\_\_\_\_

- a. Hike
- b. Paddle a canoe or kayak or paddleboard, row a dory or skiff

**6. Home & Family** \_\_\_\_\_

- a. Research your family history or family tree.
- b. Make something uniquely Canadian in the kitchen like: bannock, sour dough bread, poutine, or a "square".
- c. Can something like jam or relish.
- d. Other family recipe. \_\_\_\_\_

**7. Personal Development** \_\_\_\_\_

Canadians are known around the world for their politeness and kindness. Doing something nice for someone else makes you feel warm and proud.

Commit a random act of kindness or do some volunteer work.

Write a paragraph about what you did or take some photos.

**8. Culture & Society** \_\_\_\_\_

- a. Research and present information about the provincial flags.
- b. Research one of our First Nations.
- c. Research a famous Canadian.
- d. Research unique Canadian celebrations and festivals.
- e. Attend a First Nations, cultural, or uniquely Canadian celebration or festival – take photos and write about your experience.

**9. Environment** \_\_\_\_\_

- a. Be able to identify ten different Canadian trees.
- b. Research an animal found in Canada and create a diorama of the where the animal lives.

**10. Arts** \_\_\_\_\_

- a. Research the "Group of Seven".
- b. Research Emily Carr.
- c. Paint something in the style of a famous Canadian.
- d. Create a model in the style of an Inuit carving.
- e. Create something in the style of Aboriginal art.

**11. Entertainment** \_\_\_\_\_

- a. Play a game invented by Canadians like Trivial Pursuit or Crokinole.
- b. Research and report on a famous Canadian singer or actor.

**12. Building** \_\_\_\_\_

Create and construct a functional item:

- a. Knit or crochet
- b. Quilt
- c. Build a model
- d. Build a bird house
- e. Other

**13. History** \_\_\_\_\_

- a. Research a defining moment in Canadian history.
- b. Design a Canadian stamp and explain what is featured in your design.
- c. Name and research the famous Canadians featured on the back of our bank notes.

**14. Citizenship** \_\_\_\_\_

Write down three qualities of what it means to be a good Canadian citizen.

