








GOLD AWARD CADETS WILL:

<p>Presenting Ourselves</p> 	<ul style="list-style-type: none"> ✓ Develop an understanding of effective communication ✓ Recognise different ways in which we communicate with others ✓ Use appropriate language and develop inter-personal skills ✓ Practise communicating in difficult situations
<p>Keeping Safe and Helping Others</p> 	<ul style="list-style-type: none"> ✓ Learn how to help someone who is choking ✓ Learn how to help someone who is unresponsive / breathing ✓ Learn how to help someone who is unresponsive / not breathing ✓ Complete a Knowledge Review of content from each award
<p>The Pioneer Way</p> 	<ul style="list-style-type: none"> ✓ In sequence, accurately record 16 points of a compass rose ✓ Describe the difference between True, Grid and Magnetic North ✓ Using a compass, follow instructions to find a direction of travel
<p>Knowing Ourselves</p> 	<ul style="list-style-type: none"> ✓ Explore the challenges faced when moving to secondary school ✓ Understand the skills required for a successful transition ✓ Reevaluate their core skills to evidence their progress across the awards
<p>Command Tasks</p> 	<ul style="list-style-type: none"> ✓ Working in groups, tour through a virtual English woodland ✓ Gather information about species found there from fact-file cards ✓ Use this knowledge to engage in competition with others
<p>Target Sports*</p> 	<ul style="list-style-type: none"> ✓ Complete a Target Sports Knowledge Review Quiz ✓ Operate the <i>SureShot</i>® safety bow from the standing position ✓ Release at the smallest targets requiring the greatest skill
<p>Service Activity</p> 	<ul style="list-style-type: none"> ✓ Help organise, take part and lead a school-based activity that benefits others ✓ Give up their own time after-school to help plan the activity ✓ Evaluate their contribution and the overall success of the activity

*As an alternative to Target Sports schools have the option to deliver the team game *Duo-Ball* unique to the Pioneer Cadets Gold Award.