



For young people aged 10 - 14

# The Compass Award: Award Levels and Requirements

	Level 1	Level 2	Level 3	Level 4
<b>Physical Recreation</b> To encourage participation in physical recreation and improvement in physical fitness and performance.	Minimum 3 hours	Minimum 6 hours	Minimum 10 hours	Minimum 15 hours
<b>Hobbies/Skill</b> To encourage the development of personal interests and practical skills.	Minimum 3 hours	Minimum 4 hours	Minimum 10 hours	Minimum 20 hours
<b>Volunteering</b> To develop and encourage a sense of community spirit and responsibility to others.	Minimum 3 hours	Minimum 5 hours	Minimum 10 hours	Minimum 15 hours
<b>Exploration</b> To encourage a spirit of adventure and discovery.	Minimum 3 hours	Minimum 4 hours	Minimum 8 hours	2 days & 1 night





# Get inspired!

## Here are some activity examples...



### Physical Recreation

#### Individual Activities

- Bike riding
- Physical fitness program
- Swimming
- Hydrotherapy
- Physiotherapy
- Walking
- Wii Fit
- Trampolineing
- Yoga

#### Group Activities

- Basketball
- Cricket
- Netball
- Tennis
- Ten pin bowling
- Zumba
- Dancing
- Sailing
- Horseriding



### Hobbies/Skill

#### Arts

- Art and architecture appreciation
- Photography
- Pottery
- Drawing / Painting

#### Communications

- Computing (IT)
- Learn Auslan / Makaton
- Learning to use other communication devices
- Reading / writing
- Travel training

#### Crafts

- Cooking
- T-Shirt making / screen printing
- Knitting
- Jewellery making
- Doll making / wheat bag making

#### Music

- Singing / songwriting / instrument



### Volunteering

- Gardening
- Tree planting
- Making tactile pillows for young children
- Fundraising
- Meals on Wheels
- Lunch time community radio
- School monitor
- Club House Captain / School caption
- First aid
- Making festive cards and donating the proceeds to charity
- Film production on a pressing topic (ie. Cyber bullying)
- Hospital volunteer
- Library assistance
- Peer support
- Recycling



### Exploration

#### Day Trips

- Sporting facilities
- Historical buildings
- Churches
- Famous landmarks
- National parks
- Botanical Gardens
- Art galleries
- Zoo
- Planetarium
- Beach

#### Overnight trips

- Backpacker hostels
- Pitching a tent in the back yard
- Sleepover at school
- Spending the night in another respite service
- Spending the night at a friend's house
- Staying in a caravan park

Activities should be undertaken regularly, so it's a good idea to plan out your activities to take place over the course of a month, three months, or a year...