



OXFORD
HIGH SCHOOL
GDST

The #Future Ready Programme





#FutureReady

Introduction to the Programme

At Oxford High Prep School, we believe in the development of the whole child and consider social and emotional development to be equally as important as academic achievement.

This is why we have reduced our set homework allocation and encourage girls to participate in the Future Ready Programme. The Future Ready Programme is a celebration of childhood and can be personalised and tailored to individual interests and strengths. Children work through progressive levels and complete a series of age-appropriate tasks, working towards the achievement of badges. The tasks are varied and wide ranging, spanning academia, sustainability, life skills and personal development.

We hope this programme will help to build well-rounded young people with many different passions who have a broad knowledge base, strong work ethic, self-belief, and confidence. We want girls at Oxford High Prep to be truly *#FutureReady*.

How It Works

Year Group	Badge	Number of available tasks	How to achieve the badge
Reception	Yellow Sunflower	40	No threshold. All pupils who participate will receive a badge
Year 1 & 2	Bronze Award	80	30 tasks must be completed to be awarded a halfway Bar 60 tasks must be completed to be awarded a full Sunflower Pupils have the option to complete 5 tasks of their own choosing at each stage

Year Group	Badge	Number of available tasks	How to achieve the badge
Year 3 & 4	Silver Award	80	30 tasks must be completed to be awarded a halfway Bar 60 tasks must be completed to be awarded a full Sunflower Pupils have the option to complete 5 tasks of their own choosing at each stage
Year 5 & 6	Gold Award	80	30 tasks must be completed to be awarded a halfway Bar 60 tasks must be completed to be awarded a full Sunflower Pupils have the option to complete 5 tasks of their own choosing at each stage



Weekly Homework Expectation

We have reduced our set homework allocation so that our girls have time to participate in the Future Ready Programme. However we do still recognise the importance of homework in consolidating learning and building on what has been covered in lessons.

The following table shows how many minutes each year group is expected to spend on their homework each week for their various subjects.

Year Group	Maths	Spelling	Reading	English Other	Science	Mandarin	Total (minutes)
Reception	5 (Doodle)	5 (HFW/ flashcards)	50 (10 a day)	5 (Big Talk)			65
1	15	10	50 (10 a day)	10 (Big Talk)			85
2	15	10	50 (10 a day)	10 (Big Talk)			85
3	30	10	50 (10 a day)	10 (Big Talk)			100
4	30	10	50 (10 a day)	10 (Big Talk)	Half Term Investigation	10	110
5	30	10	50 (10 a day)	10 (Big Talk)	Half Term Investigation	20	120
6	30	10	50 (10 a day)	10 (Big Talk)	Half Term Investigation	25	125



Task List: Reception

Task number	Task
1	Write a letter to a relative or friend
2	Make a fact book
3	Recite a short poem
4	Explain the life cycle of an animal
5	Pay for something in a shop
6	Weigh the ingredients for a recipe
7	Know how many days are in each month
8	Read a story book of your choice to a family member
9	Become an author - write your own story book
10	Clear away the table after a meal
11	Brush your teeth with no reminders for a week
12	Tell the time and know what time lunch is at school
13	Make your own bed for a week with no reminders
14	Know which is your left and right
15	Learn your date of birth
16	Learn how to use cutlery properly
17	Be able to put your shoes on the correct feet
18	Be able to put your coat on and do up the zip
19	Get dressed independently before school
20	Spend time with an elderly relative or friend and ask them some questions
21	Learn who to go to if lost and know what to say
22	Prepare your own snack
23	Make some jam tarts
24	Help to do some gardening
25	Make a den
26	Write instructions for looking after a plant
27	Fill up your own water bottle
28	Be able to explain exactly what a healthy and balanced meal includes
29	Learn to skip without a rope
30	Be able to take your jumper off and put it back on again

Task number	Task
31	Learn how to perform hopscotch
32	Take some leaf and bark rubbings
33	Make a home for a wild animal
34	Grow your own plant
35	Make a poster showing what can be recycled and the different bins to use
36	Find out where your food comes from
37	Do something kind for an elderly person
38	Help at home by putting your own toys away
39	Create a finger painting
40	Say 'I love you' to a family member in Chinese



Task List: Years 1 and 2

Task number	The great outdoors
1	Pick flowers from your garden for someone
2	Grow some vegetables
3	Write your name using nature
4	Make a bird house
5	Make up an outdoor game and teach it to a friend
6	Verbally give directions to a place you know
7	Fly a kite
8	Climb a tree
9	Identify some British trees by their leaves (See Woodland Trust ID kit)
10	Create a window box
11	Learn to skip backwards with a rope
12	Make 20 passes with a ball without dropping it
13	Go litter picking
14	Identify 5 wild flowers
15	Help someone to wash their car
16	Learn how to pitch a tent
17	Ride a bike without stabilisers
18	Set up and complete an obstacle course in your garden
19	Go for a walk with your family and notice all the different animals you see
20	Know how to use a compass

Task number	Get creative
1	Do some mindfulness colouring
2	Draw a picture of the special people in your life
3	Create a memory box
4	Design and make a sock puppet
5	Try body percussion - make a rhythm using clapping, patting, stamping and clicking
6	Pirates of the Caribbean soundtrack - either act it out or create a dance to it
7	Sew a simple item of your choice
8	Make your own fancy dress costume
9	Help to bake a cake and decorate it
10	Create a 3D model using junk modelling
11	Research something that interests you and make a powerpoint presentation on it
12	Make pancakes for your family
13	Draw a picture of yourself and label it with positive features about yourself
14	Make a short film or video
15	Draw a map which takes you from home to a place you know
16	Create a wordsearch
17	Recite some tongue twisters and make up one of your own
18	Play a game of scrabble or bananagrams
19	Learn to juggle
20	Make a photo collage of things that make you happy



Task List: Years 1 and 2

Task number	Community
1	Watch newsround and feedback to the class on a story that interested you
2	Make something useful out of recycling
3	Make a new friend and find out some facts about them
4	Know how to make an emergency call
5	Find the Oxford High School website on the internet
6	Write a party invitation
7	Donate something to charity
8	Use a map to navigate somewhere - plot your route and lead
9	Write a letter to your local MP about a community issue that is important to you
10	Make a poster on Google Docs suggesting ways to use less plastic
11	Teach your parents how to say some basic Chinese greetings e.g. ni hao, zaijian
12	Learn about your rights as a child in the UK
13	Learn to introduce yourself in a new language
14	Find out about your family history and create a family tree
15	Learn your address off by heart
16	Know the names of your neighbours
17	Keep a diary for 1 week detailing what you do out of school to show your teacher
18	Go swimming at your local pool
19	Make a card for someone in hospital, in a nursing home or who lives alone
20	Learn some rules to keep safe around strangers

Task number	Hands on
1	Play a board game with friends or family
2	Pack your school bag independently in the morning
3	Help someone to cook a meal
4	Learn to tie your shoe laces
5	Be able to cut safely with a dull knife
6	Do the washing up after a meal at home
7	Make a sandwich
8	Make your own bed in the morning
9	Tidy your room without being asked
10	Make a smoothie using healthy ingredients
11	Learn how to put a plaster on yourself
12	Tie your own hair up in a ponytail
13	Budget and save for something
14	Fold and put away your own clothes after they have been washed
15	Vacuum a room in your house
16	Pack a picnic basket
17	Be able to tell the time on an analogue clock
18	Set the table for dinner
19	Learn how to wrap a present
20	Choose your own clothes to wear one weekend

Task number	Own tasks
1	Bar 1
2	Bar 2
3	Bar 3
4	Bar 4
5	Bar 5
6	Sunflower 1
7	Sunflower 2
8	Sunflower 3
9	Sunflower 4
10	Sunflower 5



Task List: Years 3 and 4

Task number	Community & the wider world
1	Visit a place of interest related to something you are interested in
2	Get involved in a community project e.g. litter picking or tree planting etc.
3	Plan a party and cost it
4	Write a letter to someone that will make them smile
5	Telephone an elderly relative or family friend for a chat
6	Write a thank you letter to someone who has done something for you
7	Make a poster about somewhere you have been on holiday
8	Research the life of an inspiring woman
9	Read and understand a bus timetable
10	Go to an international supermarket to discover new products and ingredients
11	Find an interesting current affairs article and discuss it in school
12	Join a club outside of school
13	Demonstrate what to do to treat a bleeding nose
14	Learn how to treat a small cut or graze
15	Donate old toys or books to charity
16	List the main contents that should be in a first aid bag for a family day out
17	Teach someone younger than you how to cross the road safely
18	Perform a random act of kindness for a neighbour
19	Talk to someone with religious beliefs different to your own about a festival that they celebrate
20	Pay for something yourself and check the change is correct

Task number	The environment & great outdoors
1	Go for a run or long walk with someone in your family
2	Watch a documentary about an environmental topic. Summarise what you have learnt and share this
3	Build a den with a separate room and door
4	Build a bug home
5	Water and care for a plant for one term
6	Learn to do double skipping with another person
7	Make a bird feeder/fat bomb
8	Make a picnic lunch for family or friends
9	Draw a map of your local area with key landmarks and plot a route you do regularly
10	Recognise 3 different local birds and their song
11	Visit a garden centre and identify plants that attract bees
12	Have an outdoor play date with a friend
13	Go star gazing and learn how to identify a constellation
14	Learn how to dry or press flowers
15	Learn an old fashioned playground game and teach it to friends at breaktime
16	Come up with ideas to reduce energy usage and make a 'top tips' sheet
17	Make a note of all the different ways you use water at home
18	Create a nature-based 'cabinet of curiosity' using only things that have fallen to the ground e.g. acorn, stick, empty snail shell
19	Go berry picking
20	Do some weeding in the garden



Task List: Years 3 and 4

Task number	Wellbeing & personal care
1	Be able to put your own swimming cap on and tighten your own goggles
2	Take part in a guided meditation of mindfulness
3	Learn your address and the phone number of a parent/carer for use in an emergency
4	Programme an alarm clock to wake you up in the morning
5	Follow a recipe and prepare a simple meal
6	Try a new sport that you haven't taken part in before
7	Learn a yoga pose and practise it until you have mastered it fully and can hold it
8	Pack an overnight bag for yourself
9	Keep a feelings diary or journal for a week
10	Talk to an adult about your life and your hopes for the future
11	Wash, condition and dry your own hair
12	Learn how to sew a button
13	Learn how to separate clothes and use the washing machine
14	Help to mop/clean a floor at home
15	Make a gratitude jar containing everything you are thankful for
16	Be able to tie your shoelaces quickly into a double knot
17	Think of something you feel worried about and make a comic strip where the lead character overcomes the worry
18	Keep a sleep diary for one week
19	Be able to swim 25m, any stroke
20	Take part in a Joe Wicks workout

Task number	Creativity
1	Make fairy cakes or crispy cakes
2	Write a book review
3	Design and make a marble run
4	Design a house flag for your school house and give it to your Head of House
5	Make a recipe that requires you to measure mass of solids and volume of liquids accurately
6	Listen to a genre of music you have never listened to before
7	Learn to knit or crochet
8	Make your own musical instrument
9	Listen to someone perform live music
10	Perform something of your choice in front of an audience
11	Make a money box out of recycled materials
12	Write a song
13	Learn how to do origami & make some simple designs
14	Explore different types of dance and demonstrate some moves
15	Learn how to do bubble writing in different styles e.g. balloon, graffiti etc.
16	Make a stop motion animation with people (pixilation)
17	Research an artist/designer of your choice and create an art work in that style
18	Decorate some biscuits
19	Learn how to tie dye
20	Play a game of charades

Task number	Own tasks
1	Bar 1
2	Bar 2
3	Bar 3
4	Bar 4
5	Bar 5
6	Sunflower 1
7	Sunflower 2
8	Sunflower 3
9	Sunflower 4
10	Sunflower 5

Task List: Years 5 and 6

Task number	Home and community
1	Learn how to change a lightbulb safely with a grown-up
2	Demonstrate putting someone into the recovery position
3	Read a story to a relative
4	Learn how to tie a tie
5	Empty the dishwasher and re-stack it for one week
6	Be responsible for the upkeep of your bedroom - tidy, vacuum, make bed etc.
7	Take out the recycling regularly at home
8	With an adult supervising, iron some of your own clothing
9	Demonstrate basic CPR
10	Donate some old clothes to a children's charity
11	Open a bank account
12	Know how to repair a bicycle puncture
13	Plan an event to raise money for a good cause
14	Sew a name label onto an item of your school uniform
15	Create a weekly shopping list for your family on a budget
16	Keep a diary or calendar up to date for one term

Task number	Get creative
1	Take a photo every day for one week of something that makes you smile and create a display
2	Find out about a female composer and try to listen to recordings of her work
3	Create a portrait using mixed media
4	Use binary code to create a simple image on a piece of squared paper. Code to be written for each line
5	Learn how to do a french plait
6	Write a script and record your own movie
7	Record yourself performing something at home
8	Keep a holiday diary to share with your teacher
9	Design a multiple choice quiz using Google Forms
10	Make a model out of lego or other construction materials
11	Make a pop-up greeting card for a special occasion
12	Paint a landscape picture
13	Make a paper aeroplane that can fly more than 3m
14	Do some cross stitch
15	Make a friendship bracelet for someone
16	Write a poem or short story

Task number	Get active
1	Test how many goals you can score in 1 minute in netball. Practise every day for a week then retest
2	Create a small wild patch in your garden to encourage wildlife
3	Camp out overnight
4	Complete a 5km challenge e.g. walking, cycling, riding, running etc.
5	Keep an exercise diary for one week and make sure you are doing 1 hour per day
6	Plant some bulbs in the Autumn and watch them bloom in Spring/Summer
7	Learn how to set and light a fire (under adult supervision)
8	Swim outdoors
9	Travel to a known location independently (with permission) e.g. walk home from school
10	Take part in a regular sports or activity club outside school
11	Enter a competition of your choice
12	Play football in the park or playground
13	Choreograph a group dance and perform it
14	Do a park run
15	Learn how to play capture the flag
16	Play in a school sports team against another school



Task List: Years 5 and 6

Task number	Inspiration and discovery
1	Create a poster about a current female scientist who inspires you
2	Learn some basic phrases in a new language
3	Listen to a podcast and report back
4	Read a news article and discuss it with an adult
5	Teach someone else how to do origami
6	Visit a museum
7	Film an episode for newsround
8	Learn how to successfully complete a rubix cube
9	Learn and perform a magic trick
10	Visit an art gallery and feedback on your favourite artist/exhibit
11	Discover some of your family history
12	Visit a nature reserve
13	Know 8 capital cities
14	Watch newsround every day for one week
15	Listen to a Ted Talk
16	Take part in a debate

Task number	Food and drink
1	Order for yourself and your family at a restaurant
2	Forage for food in the hedgerows e.g. blackberries/ elderflowers, and know what you are picking
3	Prepare your own school snack for two weeks
4	Make pizza dough
5	Go to a Chinese restaurant and order your meal or drink in Chinese
6	Bake something gluten free and nut free to bring in to school for your class to enjoy
7	Plant at least 2 types of vegetable and harvest them
8	Learn how to bake a loaf of bread
9	Learn how to make pastry and make a pie - sweet or savoury
10	Visit a local market to buy food rather than the supermarket
11	Make a smoothie or milkshake
12	Calculate the food miles of your breakfast for one week
13	Go fishing
14	Using a checklist, make sure you eat 5 fruit and veg every day for one week
15	Draw an 'Eatwell Plate' showing the different foodgroups and examples
16	Go vegan or vegetarian for 1 week

Task number	Own tasks
1	Bar 1
2	Bar 2
3	Bar 3
4	Bar 4
5	Bar 5
6	Sunflower 1
7	Sunflower 2
8	Sunflower 3
9	Sunflower 4
10	Sunflower 5





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