



Active

The IFTL Childhood Pledge will support me to live an active and flourishing lifestyle so I can make informed and healthy decisions that have a positive effect on my own life and of those around me.

- Swim in a swimming pool
- Complete the daily mile
- Learn how to ride a bike safely
- Take part in a sports day
- Prepare, cook and eat a healthy meal

Arts

The IFTL Childhood Pledge will support me to explore my creativity and imagination whilst allowing me to develop my confidence through the enjoyment of the arts.

- Learn to play a musical instrument
- Recite a poem
- Perform for an audience
- Learn to sing as a group
- Paint using a part of my body

Culture/Heritage

The IFTL Childhood Pledge will support me to have an understanding and appreciation of where I belong within my community, my past, the values and beliefs of others and how all of this impacts on my future.

- Talk about/show something that is important to me.
- Visit a place of worship
- Take part in 'Cultural day'
- Walk around the local area
- Visit/be visited by someone from the local community.

IFTL Community

The IFTL Childhood Pledge will support me to work alongside my peers within my own school as well as schools throughout the Trust. We will celebrate each other's achievements and share our learning journey together.

- 'Pen Pals' in Year One and Year Four.
- IFTL Student Council Forum

Citizenship

The IFTL Childhood Pledge will support me to engage with others, to develop my understanding of my community and allow me to be a responsible and active citizen.

- Visit a residential home
- Make a card for someone older than me
- Donate to a food bank
- Run a stall at a fair
- Take part in a National Event (e.g. Odd Socks Day)

Environment

The IFTL Childhood Pledge will support me to know how to look after the world I live in. I will understand the impact I can have on the world around me and I will strive to care for and protect our planet.

- Complete a litter pick
- Look after an animal
- Grow something
- Go cloud watching
- Complete a year group recycling project

Life Skills

The IFTL Childhood Pledge will support me to learn about money, how to save and spend money sensibly. It helps me to develop my life skills which help me to contribute to my family, learning how to look after myself.

- Learn basic first aid
- Complete an Enterprise Challenge
- Bake something to eat
- Solve a problem with a friend
- Raise money for a charity

Visits / Visitors

The IFTL Childhood Pledge will support me to experience a range of adventures which will broaden my knowledge and understanding of the people and places around me. I will welcome visitors into my learning environment.

- Stay away from home
- Meet an author
- Learn about a member of the emergency services
- Take part in a workshop that will help keep me safe
- Go on a coach ride