



SAMPLE

My Interests
Get Active, Stay Active
Me and My World
Adventure

JAS Booklet for



How does it work

- 1 Choose which JAS Level is best for you – White, Green, Gold. Each has a time requirement.

	JAS Level	White	Green	Gold
	Time commitment	1-2 hours on each of the 4 Sections	4-6 hours on each of the 4 Sections	8-12 hours on each of the 4 Sections

- 2 Complete self-selected activities for each Section to gain a Section Certificate.

4 Sections

My Interests	– a hobby, interest or skill
Get Active, Stay Active	– a sport or physical activity
Me and My World	– a community or nature-based project
Adventure	– outdoor activity

- 3 Share and record experiences using this JAS Booklet to help.
- 4 Present Section Certificates as you go along (cut them out from page 29).
- 5 Once all 4 Sections are completed, present your JAS Certificate.

There's no set time limit to complete Sections.

Starting and finishing can be at any time to suit pupils, educators and school/setting needs.

Whilst the Join in Award is for individuals, group and/or individual activity can be included.

Home-based activity can be included.

As the Join in Award Scheme is not accredited, evidence isn't needed for anyone else. Collect and record what works for you.

Welcome to JAS, the Join in Award Scheme!

What is it?

An entry-level, self-guided, easy-to-access award scheme.

A framework for a wide range of learning experiences to encourage, capture and recognise achievement.

Who is it for?

Children and young people aged 5–14, as well as older pupils with support needs and adults with learning difficulties.

It can be used in schools, outdoor centres, home education, residential and youth work settings.

How to use your JAS Booklet – Participant

- Come up with some ideas for each Section.
- Keep track of what you do in your JAS Booklet – either as you do things, or after.
- You might draw, paint, write words, use photos, create audio or video clips, stick things in, get comments from others...
- If you keep things in another place – because they don't go in your JAS Booklet – just make a note about it.
- If you need help – with ideas for activities, for keeping track, for recording – ask your Supporter.

How to support JAS Booklet use - Supporter

A Supporter can be a Teacher, Mentor, Club or Group Leader, Parent, Educator...

- Help come up with ideas for each Section.
- Encourage understanding of what JAS is, what participants are working towards.
- Help record activities and keep track of progress towards time commitments in a suitable and timely way, especially if activities are done in other settings.
- Help with the 'Completed' page (page 31). Confirm achievement, reflect and review, tease out learning, make connections with other educational or personal development outcomes...
- Present Section Certificates (page 29) – use every opportunity to celebrate milestones and successes.
- Present the JAS Certificate – at White, Green or Gold Level - once all 4 Sections are completed.



Please complete this as you start

Fill in the boxes with pictures, photos, drawings, words...

About me

Name

School/Group/Class/Other

I'm doing JAS Level

White

Green

Gold

Name of Supporter

Here's me

Things I like doing,
things I'm good at

Things I'm looking forward
to doing as part of my Join in
Award/JAS



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My Interests

a hobby, interest
or skill



● play a musical instrument

● sports team, player or athlete – find out about them

● trees, plants – unearth their stories

● animals – take care of a pet, find out about ones you see on tv

● draw, paint, sketch, make pictures

● cook, bake

● read



My Interests

a hobby, interest or skill

Record anything you like about things you do for
'My Interests'

Before starting

? What are you planning to do? Why?

? Have you done something like this before? If Yes, what?

? What are you looking forward to?

? Do you have any targets, or things you'd like to achieve?

Use this table to help plan and record your activity

Activity	For how long?	Supporter initials

My Interests

a hobby, interest or skill

Record anything you like about things you do for
'My Interests'

After completing your activities

? What was enjoyable? What was difficult?

? What did you learn about the activity?

? What did you find out about yourself?

Supporter's comments

SAMPLE



My Interests

a hobby, interest or skill

Record anything you like
about things you do for
'My Interests'

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My Interests

a hobby, interest or skill

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SAMPLE

Get Active, Stay Active

a sport or
physical activity



● walk, cycle or scoot to school

● netball

● dance

● football

● swim

● yoga

● hockey

● walk your/someone else's dog

● take a walk for someone else, share it with them – Proxy Walks



Get Active, Stay Active

a sport or physical activity

Record anything you like
about things you do for
'Get Active, Stay Active'

Before starting

? What are you planning to do? Why?

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a sport or physical activity

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Get Active, Stay Active

a sport or physical activity

Record anything you like
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SAMPLE

Me and My World

a community or
nature-based
project

- follow a local river
- write a letter to someone
- plant something – trees, bulbs
- make a bug hotel or bird box
- recycle, find out where something goes
- see what changes from one season to the next
- bioblitz – survey the amount of nature in school grounds
- find out about a local foodbank



Me and My World

a community or nature-based project

Record anything you like about things you do for
'Me and My World'

Before starting

? What are you planning to do? Why?

? Have you done something like this before? If Yes, what?

? What are you looking forward to?

? Do you have any targets, or things you'd like to achieve?

SAMPLE

Use this table to help plan and record your activity

Activity	For how long?	Supporter initials

Me and My World

a community or nature-based project

Record anything you like about things you do for 'Me and My World'

After completing your activities

? What was enjoyable? What was difficult?

? What did you learn about the activity?

? What did you find out about yourself?

Supporter's comments



Me and My World

a community or
nature-based project

Record anything you like
about things you do for
'Me and My World'

SAMPLE

Me and My World

a community or
nature-based project

Record anything you like
about things you do for
'Me and My World'

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Me and My World

a community or
nature-based project

Record anything you like
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SAMPLE

Adventure

outdoor activity



● put up a tent

● hillwalking

● build a den

● scavenger hunts

● use a map, navigation

● team building games

● geocaching



Before starting

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? Have you done something like this before? If Yes, what?

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? Do you have any targets, or things you'd like to achieve?

Use this table to help plan and record your activity

Activity	For how long?	Supporter initials

After completing your activities

? What was enjoyable? What was difficult?

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Supporter's comments

SAMPLE



Adventure

outdoor activity

Record anything you like
about things you do for
'Adventure'

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Adventure

outdoor activity

Record anything you like
about things you do for
'Adventure'

SAMPLE



This is to certify that

Has completed the
My Interests

Section of Join in Award Scheme
at _____ Level

Authorised by

Date

jas

JAS/Join in Award Scheme



This is to certify that

Has completed the
Get Active, Stay Active

Section of of Join in Award Scheme
at _____ Level

Authorised by

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JAS/Join in Award Scheme



This is to certify that

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Me and My World

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JAS/Join in Award Scheme

SAMPLE



Completed! Fill this in once you've done all four Sections

I've learned new things



such as...

I've been active



by doing...

I feel more confident



because of...

I worked well with others



when I did...

I'm proud of....

write or draw

Things I'd like to do next

write or draw

Things I've found hard...

write or draw

Supporter comments

Thank you for using JAS, the **Join in Award Scheme**.

Congratulations!

- If you've achieved your first certificate
- If you've tried something new
- If you've got better at doing something
- If you've been active
- If you've challenged yourself
- If you've done something with others
- If you've improved a place
- If you've made someone smile
- If you've enjoyed yourself
- If you've joined in



All purchases of JAS Booklets support Awards Plus – supporting achievement **for all** through youth awards.

To find out more visit awardsplus.org.uk



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