

Participant Record Book

Name:

Welcome to JASS!

JASS is a wonderful opportunity for you to grow, develop and feel good about yourself. We hope that you enjoy using JASS.

For more information on JASS please visit: jasschools.org.uk/about/participants

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Personal Details

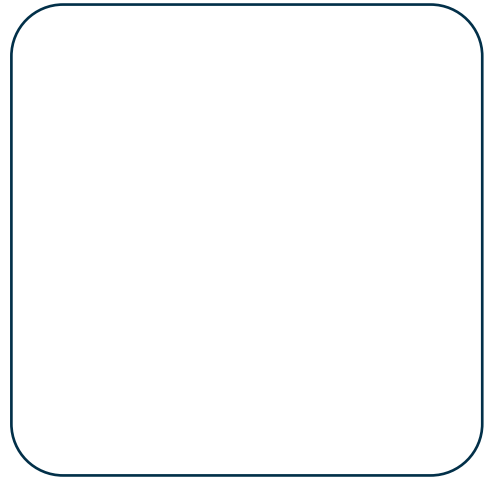
Name:

Class:

School/Group:

Award Level:

Teacher/Mentor:



My picture / photo.

Please complete this at the start of the award.

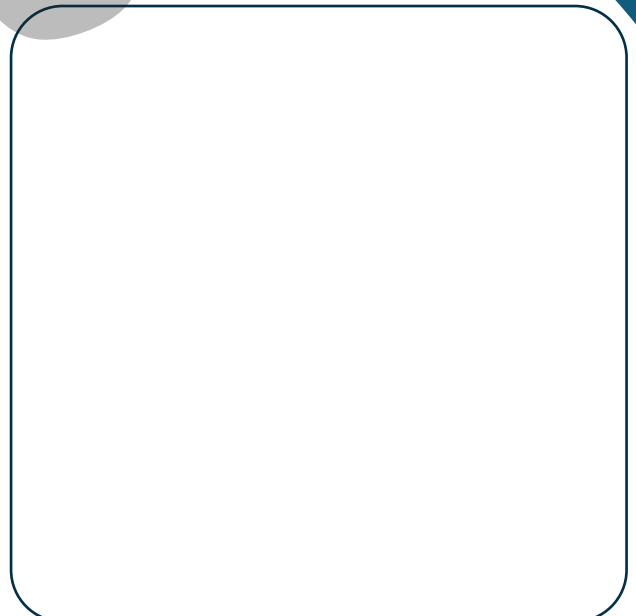
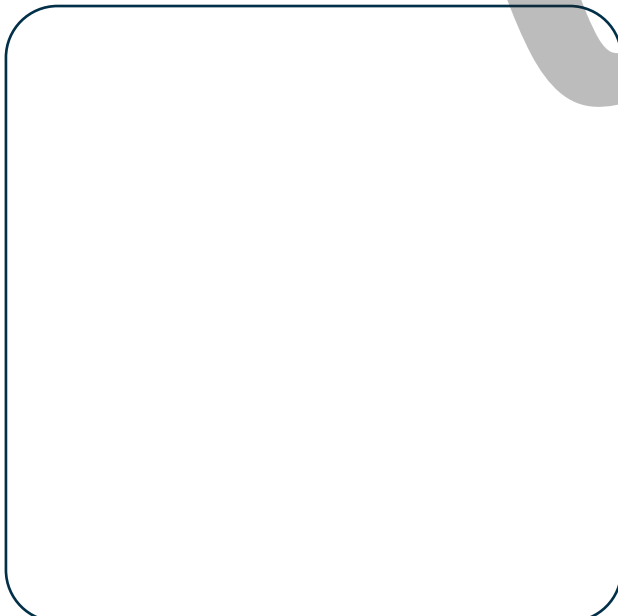
What are your hobbies? What do you like doing?













Write or draw what you like doing.



Write or draw what you are good at.

Write or draw what you are looking forward to.



I have learned new things			
I have become more active			
I have become more confident			
I have worked well with others			
The JASS programme has challenged me			

Participant: I am proud of the following achievements... (write or draw)

Participant: I have been challenged by... (write or draw)

Participant: My targets for the future are...

Mentor's comments:

Adventure

Here are some examples of activities you could do to complete the Adventure Section.



Play team building games



Build a den or put up a tent



Orienteering or hillwalking



Learn how to read a map

Complete this section before starting your activities.

Participant: Have you done something like this before?

YES/NO

Participant: Are you looking forward to doing this part of JASS and why?

YES/NO

Mentor/Participant: What do you want to achieve by doing this activity (Targets)?

Complete this section after finishing your activities.

Participant: How did you get on with the activity?

Participant: What did you learn about the activity/about yourself?

Leader/Mentor's Comments:

Signed:

Participant

Mentor

Teacher/Youth Worker

Adventure: Time Requirements

Award	Advised Academic Year		Commitment
	Scotland	England	
White	P1	Reception	1 hour
Yellow	P2	Year 1	2 hours
Red	P3	Year 2	2 hours
Green	P4	Junior 3	3 hours
Blue	P5	Junior 4	3 hours
Bronze	P6	Junior 5	3 hours
Silver	P7	Junior 6	5 hours
Gold	S1 & S2		8 hours

HIGHLIGHT THE AWARD YOU ARE DOING

Use this table to help record your progress

What activity did you complete?	How long did it take?	Signed off by mentor

Record your evidence here

We would suggest a minimum of three pieces of evidence. Some evidence suggestions are:
Badges, Certificates, Photographs, Drawings, Written Content, Graphs, Charts, Mentor Statements.

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Get Active Stay Active

Get Active Stay Active

Here are some examples of activities you could do to complete the Get Active Stay Active Section.



Walk, cycle or scoot to school



Take part in sport or dance



Skipping



The Daily Mile

Complete this section before starting your activities.

Participant: Have you done something like this before?

YES/NO

Participant: Are you looking forward to doing this part of JASS and why?

YES/NO

Mentor/Participant: What do you want to achieve by doing this activity (Targets)?

Complete this section after finishing your activities.

Participant: How did you get on with the activity?

Participant: What did you learn about the activity/about yourself?

Leader/Mentor's Comments:

Signed:

Participant

Mentor

Teacher/Youth Worker

Get Active Stay Active: Time Requirements

Award	Advised Academic Year		Commitment
	Scotland	England	
White	P1	Reception	2 hours
Yellow	P2	Year 1	3 hours
Red	P3	Year 2	4 hours
Green	P4	Junior 3	5 hours
Blue	P5	Junior 4	6 hours
Bronze	P6	Junior 5	8 hours
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Gold	S1 & S2		18 hours

HIGHLIGHT THE AWARD YOU ARE DOING

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My Interests

Here are some examples of activities you could do to complete the My Interests Section.



Cooking or
baking



Learn to play a
musical instrument



Art & Design



Taking care of
a pet

Complete this section before starting your activities.

Participant: Have you done something like this before?

YES/NO

Participant: Are you looking forward to doing this part of JASS and why?

YES/NO

Mentor/Participant: What do you want to achieve by doing this activity (Targets)?

Complete this section after finishing your activities.

Participant: How did you get on with the activity?

Participant: What did you learn about the activity/about yourself?

Leader/Mentor's Comments:

Signed:

Participant

Mentor

Teacher/Youth Worker

My Interests: Time Requirements

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White	P1	Reception	2 hours
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Me and My World

Here are some examples of activities you could do to complete the Me and My World Section.



Plant spring bulbs



Build a bug hotel



Write a letter to someone



Collect items for a foodbank

Complete this section before starting your activities.

Participant: Have you done something like this before?

YES/NO

Participant: Are you looking forward to doing this part of JASS and why?

YES/NO

Mentor/Participant: What do you want to achieve by doing this activity (Targets)?

Complete this section after finishing your activities.

Participant: How did you get on with the activity?

Participant: What did you learn about the activity/about yourself?

Leader/Mentor's Comments:

Signed:

Participant

Mentor

Teacher/Youth Worker

Me and My World: Time Requirements

Award	Advised Academic Year		Commitment
	Scotland	England	
White	P1	Reception	2 hours
Yellow	P2	Year 1	3 hours
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This is to certify that

Has completed the
My Interests
Section of Junior Award Scheme for Schools
at _____ Level

Authorised by

Date

jass
Junior Award Scheme for Schools




This is to certify that

Has completed the
Adventure
Section of Junior Award Scheme for Schools
at _____ Level

Authorised by

Date

jass
Junior Award Scheme for Schools



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Me and My World
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Junior Award Scheme for Schools



This is to certify that

Has completed the
Get Active Stay Active
Section of Junior Award Scheme for Schools
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jass
Junior Award Scheme for Schools

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Thank you for supporting JASS

For a full and comprehensive guide on how to deliver JASS please visit
jassschools.org.uk/about/schools-organisations

If you are a parent or carer and you wish to find out more information on JASS and how you can support the young person, please visit:
jassschools.org.uk/about/jass

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To purchase more booklets, please visit: jassschools.org.uk/order

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Company Number: SC184821
Charity Number: SC027771

