

Welcome

Welcome to JASS, an exciting, fun programme that will recognise all of your achievements, not only at school but also at home. There are four sections:

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

JASS is a fantastic way to prepare you in terms of work/enterprise, skills and culture. Many of the skills and experiences that you will gain whilst doing JASS will stay with you for life. After successfully completing all of the sections you will gain an award (certificate and badge). This will look great on college / university or employment applications.

“I really enjoy JASS – I get to do things I have not done before – I am getting involved in the school Pantomime and I wouldn’t have done that if I didn’t need to find something for ‘My Interests’. I did cycling for ‘Adventure’ and that was great fun!”

Each level requires an increased commitment, learning and challenge. You can start at any level; however your school / youth group will decide what level you will do first. The minimum amount of time for each level is recorded below. You can do more if you wish!

	My Interests	Get Active, Stay Active	Me and My World	Adventure
White	2 hours over a school term	2 hours over a school term	2 hours over a school term	1 hour
Yellow	3 hours over a school term	3 hours over a school term	3 hours over a school term	2 hours
Red	4 hours over a school term	4 hours over a school term	4 hours over a school term	2 hours
Green	5 hours over a school term	5 hours over a school term	5 hours over a school term	3 hours
Blue	6 hours over a school term	6 hours over a school term	6 hours over a school term	4 hours
Bronze	8 hours over a school term	8 hours over a school term	8 hours over a school term	4 hours
Silver	12 hours over a school term	12 hours over a school term	12 hours over a school term	5 hours
Gold	18 hours over two school terms	18 hours over two school terms	18 hours over two school terms	8 hours

Your school will decide if you will be completing JASS through eJASS, our on-line version, or if you will be using the paper resource and folder.



Within the three levels there are four sections. The sections are listed below with suggestions as to what you can do for each.

Get Active, Stay Active
<i>Focusing on encouraging regular physical activity</i>
<p>Examples:</p> <ul style="list-style-type: none"> • Walking / cycling to school • Football • Swimming • Athletics • Horse Riding • Hockey • Basketball • Rugby • Running / jogging / power walking
Me and My World
<i>A community or environmental project designed to learn more about the world</i>
<p>Examples:</p> <ul style="list-style-type: none"> • Volunteering • Fundraising (bake sales, painting finger nails, sponsored walks, coffee morning etc) • Collecting food for foodbanks • Park / beach litter pick • Roles within school e.g. Junior Road Safety Officer (JRSO), Pupil Mentor, charities committee • Creating an environment for birds and wildlife • Visiting your local old folks home or day centre
My Interests
<i>Focusing on pursuing a personal interest or encouraging a new one</i>
<p>Examples:</p> <ul style="list-style-type: none"> • Researching your favourite football / rugby team or player • Cooking / baking • Reading • Art and drawing • Origami • Any sport • Researching your favourite animal, for example doing a project on the jobs that dogs or horses have done over the centuries • Guides, Boys / Girls Brigade, Scouts • Stamp collecting
Adventure
<i>A teamwork challenge through involvement in an outdoor activity</i>
<p>This section is usually covered when you go on school camp. However if you are not going on school camp or you are doing JASS in a Youth and Community setting to might like to do the following:</p> <ul style="list-style-type: none"> • Orienteering in the school playground • A challenging walk or cycle

Frequently Asked Questions

“If I do football for get active stay active, can I do that for my interest as well?” – Not really. It needs to be a challenge. Maybe you could do a project on your favourite team / player.

“Does getting to the next level on my computer game count?” – JASS is about challenging and developing you as an individual or as part of a team. If you are really interested in computer games why don't you design a computer game with a safety message?

“I don't do any sport and I don't have any hobbies, what can I do?” Why don't you think about doing an activity that is for free? There are plenty of clubs and groups that meet up regularly that you can join.

Evidencing your Activities

In order for you to achieve your JASS award you must provide evidence as to what you have done. This can be in many different ways, for example:

- Photographs
- Copy of power point presentation or cue cards
- Drawings
- Timetables or graphs
- Certificates and badges
- A signature or endorsement from your coach / mentor
- Film clips
- Newspaper articles
- A report or story about your activity
- Copies of any emails / letters that you send
- Sports tracker apps

“My name is Christina. For the ‘Me and My World’ section I decided to do some volunteering. I had been living in Spain with my family so I had no idea where to start, so my mum helped me contact the volunteer centre. I found out about the riding for the disabled and decided to give it a go. I have learnt so much; from caring for the horse, working as part of a team, to talking to the disabled riders”



What's next? The 3 P's

Plan

Think about what you would like to do for your JASS and complete the planning page at the beginning of each section. Is the activity something that you do already and you want to improve on? For example, you are an excellent swimmer and can easily do twenty lengths at warm up. Could you challenge yourself to improve your stroke, increase your warm up to thirty lengths and improve your personal best swimming time?



Prepare

What materials will I need? Who will help me? How am I going to evidence my activity?

Permission

Do you need to ask for permission or help from an adult? If you are not sure check first!

Once you have finished your JASS section you will be asked the following questions: How did you get on with the activity? What did you learn – about the activity and yourself? This is an opportunity for you to think and reflect on your experience.

There is also a section for your mentor / leader to leave a comment.

And finally

Enjoy it!!!

