



Keep Me Healthy Passport Name _____

As part of our curriculum we aim to enrich the children’s experiences both inside and outside the classroom and as part of our homework we have set lots of challenges for the children to try and achieve. We have designed this passport to help you to have a chance to try things out, to get a taste of the world around you, to see and do things that you wouldn’t normally do, or go to places that you wouldn’t normally go and to meet people you wouldn’t normally meet. We think this passport will help you develop your character and support your wellbeing. You can develop your character from taking on challenges, pursuing your interests and talents and by doing things that are worth doing even when they are difficult and might not give us an immediate reward. We have also put in some ideas from the National Trust’s ‘50 things to do by the time you are 11 and ¾’ so if you enjoy completing our challenges you will find lots of other ideas on their website. Some of the challenges we will complete in school too.

	Intent	Challenge	S	H	Date
1	Spiritual	Try some children’s yoga.			
2	Moral	Lay/clear the table for dinner.			
3	Social	Meet a friends pet.			
4	Cultural	Listen to some music from another culture.			
5	Healthy cooking	Make a sandwich.			
6	Healthy foods	Try a food you have never eaten before.			
7	Healthy activity	Go paddling in a river/lake/sea.			
8	Healthy activity	Learn to hula-hoop.			
9	Healthy activity	Go for a walk/scooter/bike ride around the village.			
10	Reading	Read and learn a traditional tale by heart.			
11	Art	Make a sculpture using twigs/stones/leaves.			
12	ICT	Take photos of your interests and show them in class.			
13	Music	Play an instrument you haven’t tried before.			
14	Money	Pay for something in a shop by yourself.			
15	Community	Perform a song in front of some grown-ups.			
16	Geography	Go on a bus journey.			
17	History	Learn about a famous person in history.			
18	Science	Plant some wild/garden flowers.			
19	Visit	Visit a local attraction.			
20	Social action	Find out about a charity and donate some money to them.			

At the end of the year children will be awarded a certificate for completing their challenges.

Emerald – up to 10 challenges met

Sapphire – up to 19 challenges met

Diamond – all challenges met

Good luck on your Healthy Passport Quest!

