



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 | Watch the sunset. | | | |
| 2 | Moral | Create a presentation about challenging a stereotype that has had an impact on you. | | | |
| 3 | Social | Learn about a local charity and find out how you can support them. | | | |
| 4 | Cultural | Interview someone from another culture. | | | |
| 5 | Healthy cooking | Cook a simple meal using the oven. | | | |
| 6 | Healthy foods | Plan and have a picnic | | | |
| 7 | Healthy activity | Go for a 5k jog. | | | |
| 8 | Healthy activity | Take part in a sports class you haven’t tried before. | | | |
| 9 | Healthy activity | Try a water sport. | | | |
| 10 | Reading | Read 3 new authors and recommend your favourite to a friend. | | | |
| 11 | Art | Visit an art gallery. | | | |
| 12 | ICT | Make your own video about your favourite sport/hobby. | | | |
| 13 | Music | Attend a concert/theatre performance. | | | |
| 14 | Money | Write a plan about how you will earn money when you are older from your own business or a career. | | | |
| 15 | Community | Organise an afternoon tea for parents and carers. | | | |
| 16 | Geography | Collect different types of stones and test which are best for skimming. | | | |
| 17 | History | Visit a historical site/building. | | | |
| 18 | Science | Visit a science laboratory. | | | |
| 19 | Visit | Visit a new city | | | |
| 20 | Social action | Do some litter picking in your local area (supervised by an adult). | | | |

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!