



Keep Me Healthy Passport

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	Explore the wonders of a rock pool.			
2	Moral	Make your own bed.			
3	Social	Make a poster about children’s rights.			
4	Cultural	Learn about a famous person from another culture.			
5	Healthy cooking	Make your own salad.			
6	Healthy foods	Eat something you have grown.			
7	Healthy activity	Swim a width with no swimming aids.			
8	Healthy activity	Learn to do a forward roll.			
9	Healthy activity	Walk/ride/scoot to school for a whole week.			
10	Reading	Read/listen to a modern novel.			
11	Art	Design and make a board game.			
12	ICT	Take photos and make a presentation with them			
13	Music	Watch a musical theatre performance.			
14	Money	Buy something and check your change.			
15	Community	Attend a local event.			
16	Geography	Go on a train journey.			
17	History	Visit a local historical place.			
18	Science	Make a home for wildlife.			
19	Visit	Visit a library.			
20	Social action	Find out about a charity and raise some money for 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!