



Healthy Me 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 $\frac{3}{4}$ ' 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	Do a random act of kindness for another child.			
2	Moral	Keep your room tidy.			
3	Social	Join a residential trip for a sleepover.			
4	Cultural	Learn about a festival from another culture.			
5	Healthy cooking	Cook outdoors.			
6	Healthy foods	Try food from a European country.			
7	Healthy activity	Swim breast stroke for 10 metres.			
8	Healthy activity	Go for a 2 mile walk.			
9	Healthy activity	Try a high ropes/climbing activity.			
10	Reading	Read an article from a newspaper.			
11	Art	Produce rubbings of fossils.			
12	ICT	Take a photo and change it using technology.			
13	Music	Compose a piece of music.			
14	Money	Make a choice to save instead of spend your own money.			
15	Community	Attend a local group/club.			
16	Geography	Use an Ordnance Survey map.			
17	History	Learn to play a game of cards.			
18	Science	Make and perform a shadow puppet show.			
19	Visit	Visit an old building.			
20	Social action	Take part in the Gift of Giving Project.			

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

Bronze – up to 10 challenges met

Silver – up to 17 challenges met

Gold – all challenges met

Good luck on your Healthy Passport Quest!