



## 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	Watch the sunset.			
2	Moral	Create a presentation about why laws exist.			
3	Social	Visit 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	Go for on 5 mile walk.			
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.			
14	Money	Earn some money for yourself by doing chores for family/friends.			
15	Community	Organise 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	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!