



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	Write a list of things 10 things you are grateful for.			
2	Moral	Take part in a debate about an environmental issue.			
3	Social	Write a story for reception children.			
4	Cultural	Cook a dish from another culture.			
5	Healthy cooking	Plan and make a meal for a family member.			
6	Healthy foods	Do a blind folded taste test.			
7	Healthy activity	Swim backstroke for 25 metres.			
8	Healthy activity	Go for on 5 mile walk.			
9	Healthy activity	Learn a new style of dance.			
10	Reading	Read a classic novel.			
11	Art	Draw/paint a still life of an animal/plant.			
12	ICT	Write a blog about your interests/talents.			
13	Music	Try and play a simple tune on a new instrument.			
14	Money	Learn about different ways to keep money safe.			
15	Community	Attend a local memorial service.			
16	Geography	Learn something new about your local area.			
17	History	Visit a museum.			
18	Science	Make and launch an air powered rocket.			
19	Visit	Sleep outside/camp out for a night.			
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!