



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	Keep a diary for a week about the feelings you experienced.			
2	Moral	Clean out/help wash the car.			
3	Social	Make up your own game and teach it to others.			
4	Cultural	Learn about a new religion.			
5	Healthy cooking	Make a dessert.			
6	Healthy foods	Try 3 new fruits/vegetables you have never eaten.			
7	Healthy activity	Choreograph your own dance.			
8	Healthy activity	Go for a 2km run.			
9	Healthy activity	Swim front stroke for 15 metres.			
10	Reading	Read 5 books by the same author.			
11	Art	Create a mosaic.			
12	ICT	Create a photo-collage of one of your interests.			
13	Music	Make up new lyrics to your favourite song.			
14	Money	Save up to buy something you would like.			
15	Community	Pick litter in your local area.			
16	Geography	Go stargazing.			
17	History	Take part in a Roman banquet			
18	Science	Make a your own model boat and see if it floats.			
19	Visit	Visit a castle.			
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!