

## Eco—Electricity Challenge

### This will take two weeks

Find out how to read your electricity meter.

Week 1-Take a reading at the start of the week, have a normal week with your household using electricity, then take another reading at the end of that week. Do the maths to work out how many units were used.

Week 2—Take a reading, then your job is to be in charge of making sure you turn off all of the lights and TV etc. when they are not in use...all week. Take a reading at the end of the week. Is there a difference in this week's usage?

Look at the calculations for the two weeks and ask what that means:

for them,  
for their parents  
and for the environment.

E.g When I did the experiment, I saved over 28 units in one week. One unit is nearly 20p at the moment so that is £5.80 saved in a week, £23.20 saved in a month and £278.40 saved in a year!

# Activity Passport



Know and explore yourself



Be creative



Be healthy



Be adventurous

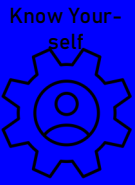







Help yourself and others



Learn skills for the future

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Year 5 - In school						Year 5 - At home						
 <p>Know Yourself</p>	Understand how I learn best and how I can be supported in my learning	Participate in a yoga session	Reflect on my time at Cleves and see how far I have come	Learn about changes that happen as I grow from birth to old age	Be resilient when things become challenging	Keep a diary	Create a project about something new that interests me	Keep a 'Do Something Kind' calendar	Set yourself a personal goal to achieve within (1–2 weeks)	Go stargazing, learn about and recognise at least 3 constellations	Learn my address and parents' mobile numbers	Keep a screen time diary
 <p>Be Creative</p>	Create a self portrait	Write and perform a poem	Learn how to play the hand bells and trumpet	Create a relief sculpture based on nature	Create a nature picture in a frame	Learn to play a musical instrument.	Create a piece of art based on a subject of my own choice	Learn to knit or crochet	Learn Origami	Create a self portrait that represents my character or things that are important to me	Learn a magic or Yo-Yo trick	Write a song, poem or a short story
 <p>Be Healthy</p>	Choose healthy break time snacks	Improve skill and fitness with Active 30/30 challenges	Try a new sports/active club at school	Cook vegetable broth (Pottage)	Learn and practice mindfulness techniques	Plant it, Grow it, Eat it!	Keep an exercise/ physical activity diary	Go for a 5 mile walk or bicycle ride	Try new healthy foods	Create and make a healthy salad	Try eating 7 a day for a week	Learn to cook a healthy meal
 <p>Be Adventurous</p>	Try something new that is outside my comfort zone	Learn how to worm charm	Experience something new e.g. ab-seiling, zip wire, ice skating	Try mountain biking	Explore the environment from an animals perspective	Build a snowman or a sandcastle	Learn how to play frisbee or a cartwheel or roller skate/skateboard	Try camping	Climb a tree (with an adult)	Catch a fish in a net and then let it go	Learn how to skim a stone	Go for a walk in the woods and observe types of wild-life
 <p>Help Yourself and Others</p>	Represent Cleves	Take on a role of responsibility in my class/ in the school	Show inclusiveness, kindness and consideration to others.	Work with peers to help their learning	Offer to do a job for an adult	Do a chore for a family member or friend	Learn some sign language	Help my local environment by going litter picking	Learn to say 'Hello' in 5 new languages	Raise money for charity	Learn how to use a washing machine	Sort and recycle effectively at home
 <p>Learn Skills For The Future</p>	Learn how to use a bow saw	Learn basic first aid	Understand what it takes to be a responsible digital citizen	Learn how to grow potatoes	Learn how to use kitchen utensils safely e.g knives	Complete the Eco Electricity Challenge.— see back for details.	Learn how to thread a needle and sew on a button	To learn to tie a survival knot (Figure Eight, Bow-line, Clove Hitch, Sheet Bend, Taut-Line Hitch)	Fix a puncture on a bicycle	Go shopping, pay in cash and calculate my change	Recognise and understand common road signs	Swim 25 meters