

Activity Passport



Know and explore yourself



Be creative



Be healthy



Be adventurous

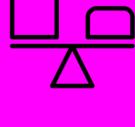


Help yourself and others



Learn skills for the future

Name: _____ Class: _____

Year 4 - In school						Year 4 - At home					
	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	Know what I do well and what I need to work on	Respond positively to new challenges	Keep a diary	Create a project about something new that interests me	Keep a 'Do Something Kind' calendar	Learn about and recognise at least 3 constellations	Go stargazing	Learn my address and parents' mobile numbers
	Create a stick nature story/journey	Learn how to play the ukulele	Make a musical instrument—a kazoo	Learn to weave using natural materials	Design and make a waistcoat	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
	Understand how to keep my teeth healthy	Improve skill and fitness with Active 30/30 challenges	Try a new sports/active club at school	Choose healthy break time snacks	Learn and practice mindfulness techniques	Plant it, Grow it, Eat it!	Keep an exercise/physical activity diary	Try an activity from the Change4Life website	Try new healthy foods	Learn how to make a fruit smoothie	Help to a meal prepare
	Try something new that is outside my comfort zone	Go on a nature hunt for mini beasts	Build a shelter/den outdoors	Try mountain biking	Make a bow and arrow	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	Go for a walk in the woods and learn to recognize different types of birds
	Represent Cleves	Take on a role of responsibility in my class/in the school	Show empathetic, inclusiveness and considerate to others	Work with peers to improve their work	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 be more nature friendly (e.g make a wildlife habitat)	Donate unwanted or unused items (toys or books) to charity	Raise money for charity	Keep my bedroom clean and tidy
	Use a billhook knife	Learn how to bake bread	Understand what it takes to be a responsible digital citizen	Learn how to read an ordnance survey map	To improve my touch typing proficiency	Make a bed including putting a duvet cover on	Learn how to thread a needle and sew on a button	To learn to tie a survival knot (Figure Eight, Bowline, Clove Hitch, Sheet Bend, Taut-Line Hitch)	Learn to say 'Hello' in a new language	Learn how to use a washing machine	To learn to recognise and understand common road signs
											Learn how to do a load of washing