

Activity Passport



Know and explore yourself



Be creative



Be healthy



Be adventurous

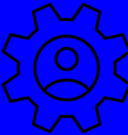




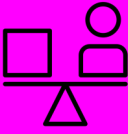


Help yourself and others



Learn skills for the future

Name: _____ Class: _____

Year 4 - In school						Year 4 - At home						
Know Yourself 	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	Keep a screen time diary
Be Creative 	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	Write a song, poem or a short story
Be Healthy 	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	Learn to cook a healthy meal
Be Adventurous 	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 bird watching (recognise different types of birds)	Go for a walk in the woods and learn to recognize different types of trees and plants.
Help Yourself and Others 	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	Sort and recycle effectively at home
Learn Skills For The Future 	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