

# Activity Passport



Know and explore yourself



Be creative



Be healthy



Be adventurous

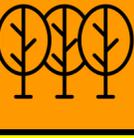


Help yourself and others



Learn skills for the future

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

Year 5 - In school						Year 5 - At home						
<b>Know Yourself</b> 	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	Learn about and recognise at least 3 constellations	Go stargazing	Learn my address and parents' mobile numbers	Keep a screen time diary
<b>Be Creative</b> 	Create a self portrait	Write and perform a poem	Learn how to play the hand bells and trombone	Create a relief sculpture based on nature	Create a tree 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
<b>Be Healthy</b> 	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	Try an activity from the Change4Life website	Try new healthy foods	Create and make a healthy salad	Try eating 5 a day	Learn to cook a healthy meal
<b>Be Adventurous</b> 	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 wildlife
<b>Help Yourself and Others</b> 	Represent Cleves	Take on a role of responsibility in my class/ in the school	Teach a skill to another year group	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 be more nature friendly (e.g make a wildlife habitat)	Donate unwanted or unused items (toys or books) to charity	Raise money for charity	Learn how to use a washing machine	Sort and recycle effectively at home
<b>Learn Skills For The Future</b> 	Learn how to use a bow saw	Learn basic first aid	Understand what it takes to be a responsible digital citizen	Improve my touch typing proficiency	Learn how to use kitchen utensils safely e.g knives	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	Go shopping, pay in cash and calculate my change	Recognise and understand common road signs	Swim 25 meters