

## My Activity Passport

Name:

#### Start date:

End date:

Email: virtual.school@cheshirewestandchester.gov.uk Visit: www.cheshirewestvirtual.school



### My Activity Passport Make learning part of everyday life

In this Activity Passport there are 20 yearly challenges for you to complete. Some you might do at school, some at home and many outside in your local area or even on a holiday.

It is important that you have the chance to try things out and gain valuable experiences. Outdoor learning such as walking in a wood, building a sandcastle or just listening to a bird sing will expand your understanding of the world around you. It will also help with your well-being and enable you to develop confidence and resilience when encountering new experiences. Furthermore it could lead to a hobby or passion that could last for years to come.

Your challenge is to try a range of activities each year. To experience new things, to get a taste of the world around you, to see and do things that you would not normally do and venture to new places. Good luck.

#### Three and four-year-old's challenges

1	Visit a farm. Which animal is your favourite?
2	Paint a picture of yourself. Use a mirror to help
3	Plant some bulbs or seeds and watch them grow
4	Go on an autumn walk. How many different leaf colours can you see?
5	Make leaf rubbings
6	Make a sandwich
7	Taste a new fruit
8	Visit a place of worship. You could visit Chester Cathedral
9	Fly a kite
10	Make a paper boat and see if it floats
11	Perform your favourite song or rhyme
12	Re-tell a story you know well to someone
13	Post a letter
14	Look after a pet or walk a friend's dog. Learn about a new animal
15	Search for butterflies outdoors
16	Take a photograph
17	Make a treasure map
18	Dress up as a character (World Book Day, Comic Relief)
19	Look up where you live on a map
20	Have a teddy bear's picnic

# Five-year-old's activity challenges

1	Record different sounds and ask others to guess what they are
2	Make and taste chapattis or try a samosa or an onion bhaji
3	Make some biscuits
4	Make a puppet
5	Put on a shadow puppet show
6	Borrow books from a library
7	Look up at the stars on a clear night
8	Create a piece of art for an exhibition or competition
9	Go pond dipping and discover what is in a pond or rock pool
10	Jump the waves at a beach
-11	Go on a hunt for some insects or small creatures
12	Make a home for an insect or small creature
13	Create a collage using things you collected outside
14	Create a comic strip
15	Ask a friend to come and play
16	Roll down a hill
17	Make a daisy chain
18	Join a new club
19	Build a den
20	Perform in front of your friends or carers. You could dance, recite a rhyme, tell a joke or do a mime

#### Six-year-old's activity challenges

			Date
1	Help plan a party	v	Dutt
י 2	Play a board game		
2			
	Learn a poem off by heart		
4	Take a trip to the seaside or walk alongside a river or canal		
5	Bake a cake		
6	Buy something and check your change		
7	Write a weather report for your class		
8	Build a toy bridge and test its strength		
9	Learn the names of different trees		
10	Dress up as a superhero		
11	Learn to ride a bike		
12	Grow your own vegetables or herbs		
13	Pick blackberries or strawberries		
14	Get soaking wet in the rain or splash in puddles		
15	Go bird watching		
16	Play hide and seek		
17	Walk barefoot on the sand or on a nature trail		
18	Start your own collection and share it with your class		
19	Walk to a local landmark		
20	Make a mask		

#### Seven-yearold's activity challenges



		Date	
1	Compose a piece of music		
2	Take part in a Roman activity. You could walk the Roman wall, visit the amphitheatre, make a shield or Roman candle		
3	Eat something you've not tried before		
4	Create a mosaic		
5	Design and make a board game		
6	Create a soundtrack to go with a film or your favourite story		
7	Climb a tree		
8	Run through a field of grass or walk in a corn field		6
9	Make a musical instrument		~
10	Take a photograph of a special place		
11	Learn to swim		
12	Make something out of wood		
13	Cook outdoors		r
14	Learn to play a game of cards		à
15	Tell your class about your favourite character from a book		2
16	Produce rubbings. Try fossils, shells or bark		
17	Try yoga or a new exercise		
18	Eat something you've grown		
19	Visit an art gallery		5
20	Visit a castle	2	



#### Eight-yearold's activity challenges

1	Make chocolate or cook a chocolate treat
2	Learn about a famous artist
3	Write or perform a poem, rap or rhyme
4	Perform in a play or concert
5	Go to the theatre
6	Use a camera to document a performance
7	Learn to make a paper plane and fly it
8	Make a sculpture
9	Create or visit a sculpture trail. Try Runcorn Priory
10	Explore inside a cave
11	Walk through a forest
12	Learn about a new religion and/or visit a new place of wo
13	Make up your own game and teach it to someone
14	Visit a museum
15	Skim stones
16	Learn a French or Spanish song
17	Go swimming in a local pool or in the sea
18	Learn to sew on a button
19	Take part in a treasure hunt
20	Go hiking

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## Nine-year-old's activity challenges



- 1 Take part in a debate
- 2 Make and launch an air powered rocket or design a buggy that can move
- 3 Write a review of your favourite book or film
- 4 Learn something new about your local area
- 5 Use an OS map
- 6 Go orienteering
- 7 Do a blindfolded taste test
- 8 Write a story for a younger child
- 9 Make a large scale model such as a castle, dragon or a troll
- 10 Visit a science museum such as the Salt Museum, World Museum or Jodrell Bank
- 11 Write a play
- 12 Experience Victorian times in a school room or as a kitchen maid. You could visit Tatton Park or Wigan Pier
- 13 Put on a performance or take part in a school play
- 14 Make papier-mâché planets or animals
- 15 Climb something that is taller than you
- 16 Walk to the top of a hill such as Helsby or Old Pale Hill in Delamere
- 17 Write your name in hieroglyphs
- 18 Do something to improve your local area. You could plant a planter or design an anti-litter poster
- 19 Help to plan and cook a meal
- 20 Navigate a maze such as Speke Hall or Brimstage Maze in Wirral

## Ten-year-old's activity challenges

1	Keep a diary or make a journal
2	Take a trip on a train to somewhere new
3	Write a short profile of yourself
4	Learn to knit or sew such as a label on a uniform
5	Write a speech or do a presentation
6	Vote in a school election
7	Plan a tour around your local area or use a map
8	Learn information about someone you admire
9	Visit a local charity and find out how you can support them
10	Watch the news or read a news article
11	Design a product or business idea and pitch it to 'investors'
12	Choose objects to put in a time capsule or memory box
13	Go on a zip wire, rope swing or take part in an obstacle course
14	Sleep under canvas
15	Make a pudding or some pancakes
16	Build a raft, row a boat, canoe or try paddle boarding
17	See the sun set
18	See the sun rise
19	Go on a picnic
20	Visit a new city

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#### Useful websites

Active Cheshire Play Boxes - www.activecheshire.org/events-training/playbox Cheshire West and Chester Libraries - www.facebook.com/cwaclibrary Storyhouse Chester - www.storyhouse.com The Mersey Forest - www.merseyforest.org.uk Visit Cheshire - www.visitcheshire.com/chester West Cheshire Museums - http://westcheshiremuseums.co.uk Your West Cheshire - www.yourwestcheshire.co.uk



Go North Wales - www.gonorthwales.co.uk Visit Wirral - www.visitwirral.com Shropshire Tourism - www.shropshiretourism.co.uk

A copy of this Activity Passport can be found on the Virtual School website visit: www.cheshirewestvirtual.school