

# My Activity Passport

Name:

Start date:

End date:

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Visit: [www.cheshirewestvirtual.school](http://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.



# Five-year-old's activity challenges



Date

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

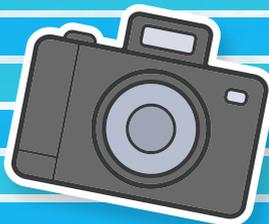
1	Help plan a party		
2	Play a board game		
3	Learn a poem off by heart		
4	Take a trip to the seaside or walk alongside a river or canal		
5	Bake a cake		
6	Buy something and check your change		
7	Write a weather report for your class		
8	Build a toy bridge and test its strength		
9	Learn the names 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-year-old'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		
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		
14	Learn to play a game of cards		
15	Tell your class about your favourite character from a book		
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		
20	Visit a castle		



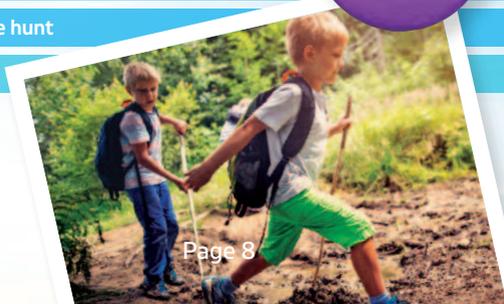


# Eight-year-old's activity challenges



✓	Date
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- |    |  |  |  |
|----|--|--|--|
| 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 worship |  |  |
| 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  |  |  |





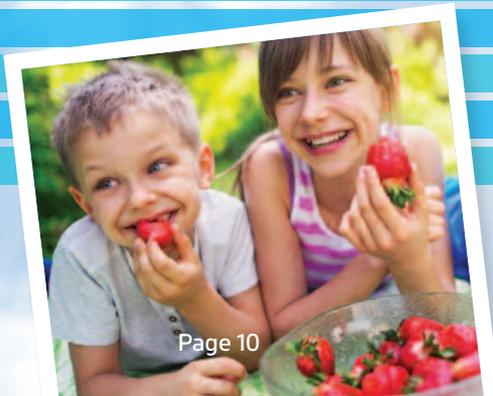
# Ten-year-old's activity challenges



Date



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		





Search



## Useful websites

Active Cheshire Play Boxes - [www.activecheshire.org/events-training/playbox](http://www.activecheshire.org/events-training/playbox)

Cheshire West and Chester Libraries - [www.facebook.com/cwaclibrary](http://www.facebook.com/cwaclibrary)

Storyhouse Chester - [www.storyhouse.com](http://www.storyhouse.com)

The Mersey Forest - [www.merseyforest.org.uk](http://www.merseyforest.org.uk)

Visit Cheshire - [www.visitcheshire.com/chester](http://www.visitcheshire.com/chester)

West Cheshire Museums - <http://westcheshiremuseums.co.uk>

Your West Cheshire - [www.yourwestcheshire.co.uk](http://www.yourwestcheshire.co.uk)

## Websites further afield

Go North Wales - [www.gonorthwales.co.uk](http://www.gonorthwales.co.uk)

Visit Wirral - [www.visitwirral.com](http://www.visitwirral.com)

Shropshire Tourism - [www.shropshiretourism.co.uk](http://www.shropshiretourism.co.uk)

A copy of this Activity Passport can be found on the Virtual School website  
visit: [www.cheshirewestvirtual.school](http://www.cheshirewestvirtual.school)