

Name

Class

THERE ARE PLENTY OF OPPORTUNITIES TO
EXTEND YOUR LEARNING OUTSIDE OF
SCHOOL.

LISTED HERE ARE A NUMBER OF DIFFERENT
IDEAS FOR ACTIVITIES YOU CAN DO EITHER
AT HOME OR ADVENTURES YOU CAN HAVE ON
YOUR TRAVELS.

MAKE THE MOST OF THE OPPORTUNITES
AVAILABLE TO YOU TO ENHANCE YOUR
LEARNING IN YOUR SUBJECTS /TOPICS

*Tick once you have completed the
activity. Gather evidence to prove that
you have completed the task.*



UNITED KINGDOM OF
GREAT BRITAIN &
NORTHERN IRELAND



PASSPORT

THINGS YOU CAN DO!

1. Research an Olympic sport.
2. Create a poster to explain what sportsmanship is. Remember to show the different qualities a good sportsperson should display.
3. Create a timeline to show the history of orienteering.
4. Find equipment around the house to create an obstacle course.
5. Compose a set of warm-up exercises to show your family and friends.
6. Make up a new playground game and write down the 'rules of your game' and 'how to play'. Teach somebody else how to play your game.
7. Find objects around your garden or home (e.g. stones, sticks, leaves etc.) to make repeating patterns. Run around or in and out of your pattern.
8. Make shapes using your whole body or body parts E.g. Can you bend your body in a *n* shape and make a triangle or use your fingers to make a square?
9. Create a fact file about your favourite sporting hero.
10. Create a list of interview questions you would ask a sporting hero.



11. Improve your personal best.
12. Create an exercise log to show your 'active' daily activity.
13. Design a poster which encourages people to live a healthy lifestyle. Include information about how to exercise and healthy eating.
14. Practise your timetables whilst skipping. Count each of the skips you can do in 1s, 2s, 5s, 10s, 100s, 9s etc.
15. Have a run around and hunt in for different items (e.g. stones, sticks, leaves, toys, cars, books etc). What calculations can you do with these objects?
16. Practise different types of jumps; jumping for height, jumping for distance or combination jumping (e.g. hop, step, jump). Estimate the distance then measure your jump when you've finished.
17. Set up some athletic challenges for yourself e.g. How far can you throw a ball? How fast can you sprint a set distance between 2 markers? How long can you run for without stopping? How far can you jump from 2 feet to 2 feet just using the strength in your legs? Record your score and then have a second attempt to try and beat them.
18. Choreograph a dance.
19. Make your own Supermovers routine





HEALTHY EATING!

1. Write a poem about 'Healthy Eating'. Include different fruits and vegetables that you like to eat.
2. Design a nutritional meal for somebody else to make.
3. Compare the diets of people living in London during the Victorian times and now. What is similar? What has changed?
4. Using pictures from food magazines and food packaging, create a display of healthy foods.
5. Write a food diary.
6. Create your own milkshake or smoothie recipe using fruit or vegetables.
7. Make your own fruit kebabs.
8. Write your own recipe for a healthy meal.
9. Using the food scanner app (change4life) scan the bar codes of different food to see nutritional information.
10. Make a healthy swap.



PLACES YOU COULD VISIT!

1. Go on a noticing walk, appreciating the natural world around you. Take photos of things that are beautiful, interesting or awe-inspiring.
2. Go to an adventure playground at a local park.
3. Join a local sports club.
4. Walk to the top of a hill.
5. Go on a walk and make a tally chart of the types of different things you see e.g. flowers/ birds/ colours of cars/ insects. Draw a graph to show the number of different items you found and talk about which were the most and least popular.
6. Go on a reading walk as a family and make a point of trying to read the different signs and notices that you see on the way (e.g. road signs, house names, posters etc).
7. Attend an after school club.
8. Go swimming.
9. Go orienteering.
10. Play a new sport.