

**PASSMORES
KS4
PASSPORT
CHALLENGE**

APRIL 20TH – MAY 15TH 2020



This booklet comes with a number of challenges to engage your physical, mental and social well-being. We want you to learn, have fun and look after yourself and others.

**Can you complete the
Passport Challenge target?**

300 POINT CHALLENGE

**Can you complete 30 challenges during
the four weeks?**

Can you do more than 30?

WHAT TO DO NOW.....

1

Set a plan of how many challenges you want to complete each day – have a routine

2

Complete the activity and get an adult to check. You could even send a photo / video to your teacher on SMHW / via email

3

Tick the activity you have completed to keep track of your points tally

WHAT TO DO AFTER 4 WEEKS.....

1

Fill in and sign the back page of your booklet and put it into the stamped addressed envelope (this will be in your next pack).

2

Add in any other work you would like your teachers to look at – we will make sure they get it if their name is on the work as well as yours!

3

Post the envelope to school and get cracking with your new challenges which will have arrived already!

WELL-BEING

As a family, dance to your favourite song and if possible share.	Watch a film or TV show of your choice.	Complete 10 minutes of stretching every other day.	Read for 30 minutes each day.	Drink two litres of water a day.
10 points	10 points	10 points	10 points	10 points
As a family, chill out and meditate to some soothing, relaxing music for 30 minutes.	Write a poem or a story on what it is like to be part of your House. (Dragon, Griffin, Lion or Unicorn).	Plan a healthy meal, cook it with a family member and share the recipe or pictures with family or friends.	Find some positive quotes and discuss the meaning with family or friends.	Create a playlist or make a list of your top 10 songs and listen to them.
10 points	10 points	10 points	10 points	10 points
Have a whole day without your phone (lock it away or give to a parent).	Sing in the shower or bath (loudly) at a reasonable time!	Have a clear out of personal things, school bag or a drawer.	Write down how you are feeling and share with someone you trust.	Survive one day without the internet.
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

KINDNESS

Make someone a cup of tea or coffee.	Dry up and put the dishes away without being asked.	Contact someone you haven't spoken to in a while.	Send your tutor a message on SMHW or via email telling them how you are.	Take part in some quality family time, host a MAD time or a quiz.
10 points	10 points	10 points	10 points	10 points
When you are out for a walk, keep your distance, but smile at passers by.	Look through old photos and share with your friends and family.	Show 'thanks' to key workers by creating a poster, letter or video.	Give a compliment to three people.	Read a book or reading material to a parent / carer or younger sibling three times a week.
10 points	10 points	10 points	10 points	10 points
Tidy a room in the house, without being asked.	Draw a picture for a loved one.	Design a charity fundraiser for next year.	Help prepare and cook a meal for your family.	Do some ironing (with parental/carer supervision).
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

PHYSICAL ACTIVITY

Do a 10 minute workout to your favourite track incorporating jumps, twists, marching and jogging on the spot. Finish with some floor stretches.	How many kick ups can you complete with a ball or toilet roll? Video it and upload to twitter - @PassmoresPEdept if you can!	Complete the following up to three times a week - One minute plank One minute ski sit One minute press ups You may need to build up to this!	Do a 15 minute (gentle) workout starting with head rolls, work your way down your body all the way to your feet. Finish with 5 minutes of kicks with pointed toes.	15 minute torso and lower body workout incorporating lunges, balances, cycling sit ups (obliques – elbows to opposite knees). Finish with a plank for at least 30 secs.
10 points	10 points	10 points	10 points	10 points
Design your own 10 station circuit and complete it with a family member.	30 minute stretches session – hamstring stretch, quad stretch, calf stretch all done standing, knees in parallel. Finish with floor stretches.	Complete the sit up and bleep test. Try and beat your score each week. Find them on Youtube.	Complete a walk / run on the same route and keep a track of improvements – heart rate and time.	Create and complete a work out that will burn as many calories as a Big Mac!
10 points	10 points	10 points	10 points	10 points
Go for a 5K run / walk / bike ride.	Complete a Joe Wicks Body Coach workout.	Complete a PE workout of the day (uploaded to SMHW).	Complete an on-line yoga session.	Complete a least 3 'Just Dance' sessions in a row.
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

CITIZENSHIP/ i-FUTURE

Choose your favourite brand e.g. McDonalds. On a sheet of paper design a visual report for the board of directors. The report must show the many effects of McDonalds temporary closure.	Write a business plan for Harlow Leisure Zone to help them once they are back up and running. What would your advice be? Prices? Staffing? Activities? Opening hours?	Supermarkets are expected to make a HUGE profit during this period. Write a letter to the Chief Executive of one of the supermarkets appealing to them to sponsor a charity of your choice.	Choose a character – e.g. the Prime Minister, an elderly person living alone, an NHS worker, a single father with three children under the age of 8. Write 5 diary entries for this person.	"Pregnant women who are in prison should be released immediately due to the Corona Virus" Write a journalist's article for a national newspaper arguing either for or against this statement.
10 points	10 points	10 points	10 points	10 points
Create a 'gratitude noticeboard' in your house. Involve your family in posting daily messages to each other.	Watch the Queen's speech which aired on Sunday 5 th April. Write / video your own speech to the nation.	Watch the daily news briefing at 5pm. Keep a log of who is taking it, what their role is and note down two or three key features of what was being said.	Produce your own word search with at least 20 things that you are currently missing in Harlow. Get a family member to complete it.	Complete an acrostic poem using the word CITIZENSHIP for Miss LeDain's display board!
10 points	10 points	10 points	10 points	10 points
As a child there are certain special rights that you have which have temporarily been suspended. Produce a poster / write a poem / essay on what you are missing and why.	Look at the National Day calendar and take part in one with your family. If you could have your own National Day what would it be and why? #CelebrateEveryDay	Stay at home, protect the NHS, save lives." As an advertising executive they have asked you to help them get this message across. How would you do it to have the most impact?	From your home, complete a study into how many people are out at certain times of the day. Record your results and produce an impact report to show the effects of people being asked to stay at home.	Write a list of 5 people in the public eye who the government should use to inspire us during lockdown. Why would they inspire you?
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

ART, DESIGN AND CREATIVITY

Take a photo yourself every day and create a time-lapse video. Type in 'time lapse selfie' to YouTube for some inspiration.	Research an artist of your choice and create either a PowerPoint or a video all about their life and their work.	Create a list of the foods that you have in your cupboards, fridge/freezer. Plan meals for yourself and people at home utilising the ingredients.	Create your own artwork on a toilet roll inspired by your favourite film, song, book, comic, game or artist. Search #pinkfloorollchallenge for inspiration.	Empty out your blazer pockets, school bag or a handbag, arrange the items into an interesting composition and create a tonal drawing.
10 points	10 points	10 points	10 points	10 points
Make a creative tik-tok, boomerang, time lapse or slow-mo video.	Create a self-portrait in the style of Picasso.	Practice drawing facial features.	Create a surreal room using the work of Dali to inspire you.	Have a look at Mr Doodle and have a go at creating your own large scale doodles.
10 points	10 points	10 points	10 points	10 points
Investigate repeat patterns and create one based on an insect theme.	Research 'tokidoki.it' and draw four different characters.	Find items around the house and make a creative piece of weaving.	Design a new swatch watch face and strap based on a theme of your choice.	Draw the view from your window (you could create a time-lapse of your drawing).
10 points	10 points	10 points	10 points	10 points
Cook a meal utilising ingredients at home. Draw a picture of the final outcome or take a photo of it.	Find something which is broken and fix it. Make notes on how you fixed it.	Evaluate a dish you have cooked. How successful was it? How could you improve it?	Find out what 'Upcycling' means. Find an unwanted product and turn it into something new.	Watch a food TV programme and review it.
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

ART, DESIGN AND CREATIVITY

'20 essential expressions' take a photo of somebody pulling different expressions.	'Photo diary for 30 days' Take one photo a day for 30 days capturing a moment during this time we have to stay at home.	Create a staying safe podcast for a 11-16 year old target audience.	Design a souvenir for the Victory in Europe day, 75th anniversary coming up in May.	Learn how to create an origami animal or flower.
10 points	10 points	10 points	10 points	10 points
Design an advert for a household product in the style of Pop Art. This could be in the form of the following... <ul style="list-style-type: none"> • Storyboard for a TV advert • Poster • Social media advert 	On a piece of paper or in a sketchbook, using a biro, fine liner or pencil, doodle 25 food and drink items. https://www.youtube.com/watch?v=QemcMpJvTEM	Photograph items in your house that form the letters for one of the following... <ul style="list-style-type: none"> • The words 'Be kind' • The words 'NHS our heroes' 	Design and make a postcard or card which can brighten up someone's day. Possible quotes to use... <ul style="list-style-type: none"> • You are my sunshine • When it rains look for rainbows • May your day be as amazing as you are 	'Photo scavenger hunt' <ul style="list-style-type: none"> • Door knob • Window • Favourite book • Water droplet • Something blue • Shadow • Tree • Zip • Your reflection • Rough texture
10 points	10 points	10 points	10 points	10 points
Create an episode of a new TV show at home. (You can film it, write a script or draw a storyboard).	Make a list of re-make movies. What has changed?	Re-create a mise-en-scene from a film of your choice at home. Use photographs or create a 60 second clip.	Draw a character or scene from your favourite book.	Name 10 different films from 10 different genres.
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

EXPRESSION

Swap playlists with other members of your family and listen to some new music that you haven't heard before.	Prepare a 5 min talk on an important person from the world of music. Give the talk to a family member.	As a family, watch a musical, music concert, music gig or music documentary.	Invent a new dance to your favourite song and teach it to your other family members.	Create your own song or rap and perform it in front of family members. It should have 3 verses and a chorus.
10 points	10 points	10 points	10 points	10 points
Find out as much as you can about your favourite singer, band or composer and give a presentation to member of your family.	Plan a 15 minute drama warm up that includes an energising game, a concentration game and a relaxation activity.	Research different venue/stage types. Why would you choose this venue for a performance? What are the differences in impact on the audience.	Interview an older family member about what music was like in their childhood. How have things changed musically over the years?	Create a Mixtape Playlist for a loved one to show how much you care for them.
10 points	10 points	10 points	10 points	10 points
Watch an NT live broadcast of one of their plays... https://www.nationaltheatre.org.uk/nt-at-home	Write a review, focussing on how the actors successfully portrayed their characters.	Create a 'Guess The Intro' music game and play it with family	Learn a soliloquy or monologue of your choice (from a film, book or play)	Record yourself performing your speech. You can share this with your teacher via email should you wish.
10 points	10 points	10 points	10 points	10 points
Write/plan an opening to a play or use an existing opening scene from a play you know. Write detailed Stage Directions	Justify the impact of your directions on the audience.	Create a music quiz game and play it as a family.	Create your own musical using songs of your choice.	Draw a storyboard that summarises the plot in 10 pictures.
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

HUMANITIES

Write a rap battle between two famous people you have studied e.g. Harold and William. They have to say why they are the best. Upload to Tik Tok / Twitter	Find a geographical or historical picture. Back it with card and make a jigsaw out of it. Get a family member to make it and explain the picture to them.	Interview an older relative about their childhood. Ask a range of questions about their life and what their environment was like, and how life is different for them now. Write up your findings.	Play Your Cards Right: Make 52 cards with landmarks/people/events/places on them. Each card has a value depending on how important you think it is to the world today. E.g. the amazon rainforest? Play the game with your family.
10 points	10 points	10 points	10 points
Pick 24 countries or 24 famous historical figures and make a set of Top Trumps to play with your family.	Prepare a 5 min talk on an important person from history or geography. Give the talk to a family member.	Write and record your own horrible histories/geography song about something you have studied this year.	Plan a world trip, visiting at least 4 continents. List 30 items you would need to pack and say why you picked them.
10 points	10 points	10 points	10 points
What are your top 5 inventions in geography or history? Write some details about each one and explain why you think they are so important.	Your job is to promote Harlow as a tourist destination, what 5 historical and 5 geographical things would you include in your leaflet.	Write a pitch to a film producer about a film you would like to make based on a historical/geographical theme.	Watch an appropriate film that is set in another country or time. What have you learned about this place - minimum 10 facts and can be geographical or historical?
10 points	10 points	10 points	10 points

NUMBER OF POINTS:

LANGUAGES

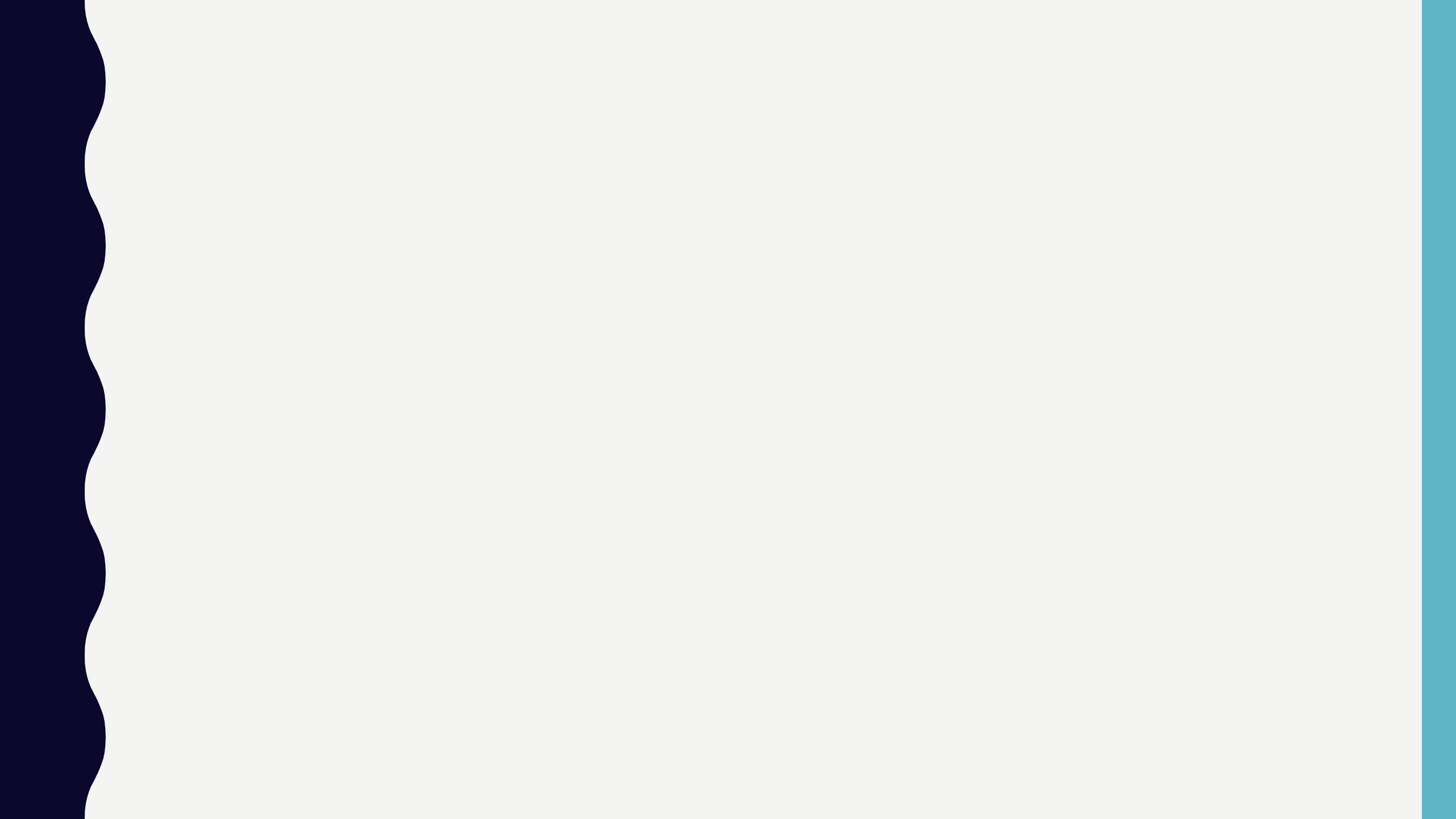
List as many aspects of grammar covered so far with an example.	Learn the lyrics to a French or Spanish song eg. Stromae or Shakira.	Teach another person a greeting or phrase in French or Spanish.	Plan a trip around French or Spanish speaking countries, and note down key vocabulary you need to use.	Change your phone settings to French or Spanish and have a conversation with at least two friends.
10 points	10 point	10 points	10 points	10 points
Interview an adult about the importance of languages.	Cook a French or Spanish dish e.g. croque monsieur or paella.	Create a language-based quiz on Kahoot.	Listen to a French or Spanish podcast.	Research jobs which require languages, and potential earnings.
10 points	10 points	10 points	10 points	10 points
Watch a film or TV series in French or Spanish.	Video yourself presenting the Spanish or French news.	Create a mind map of the topics and themes covered so far.	Describe your ideal city break or trip in French or Spanish.	Use a language-learning app for 30 minutes.
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

COMPUTER SCIENCE

<p>Should we be concerned about replacing repetitive jobs with computers in the future? Suggest three positive and three negative issues.</p>	<p>The use of “big data” has been much more widespread than ever before. Firms such as Google, Amazon and Facebook all have lots of data about us all. This data could include health issues. Write a paragraph about the positive and negative elements of companies knowing and sharing our health data without our knowledge.</p>	<p>A tech firm has developed a wearable wristband that monitors your heart rate and tracks your location. What are the potential security risks of this?</p>	<p>A recent show of BBC Click highlighted concerns about facial recognition. Write a paragraph that highlights two positive and two negative views relating to facial recognition.</p>	<p>Computers are partly made of expensive and rare elements. Newer technology is often more powerful and feature rich than previous generations. What is your opinion regarding how long we should keep our current technology and how we should dispose of existing items?</p>
<p>10 points</p>	<p>10 points</p>	<p>10 point</p>	<p>10 points</p>	<p>10 points</p>
<p>Mobile phones have a very short lifespan. What impact could this have on the environment?</p>	<p>Which types of jobs are the most likely to remain unchanged over the next 10 years?</p>	<p>A recent series of TV shows have looked at autonomous cars. Write a paragraph that identifies three positive elements of self-driving cars and three concern.</p>	<p>Which types of jobs do you believe are likely to be lost due to technology developments in the next 10 years.</p>	<p>How is 5G technology different to the previous types of telecommunications systems we have had before? Why might some people express concerns as individuals and as a Government?</p>
<p>10 points</p>	<p>10 points</p>	<p>10 points</p>	<p>10 points</p>	<p>10 points</p>

NUMBER OF POINTS:



Name:

Year:

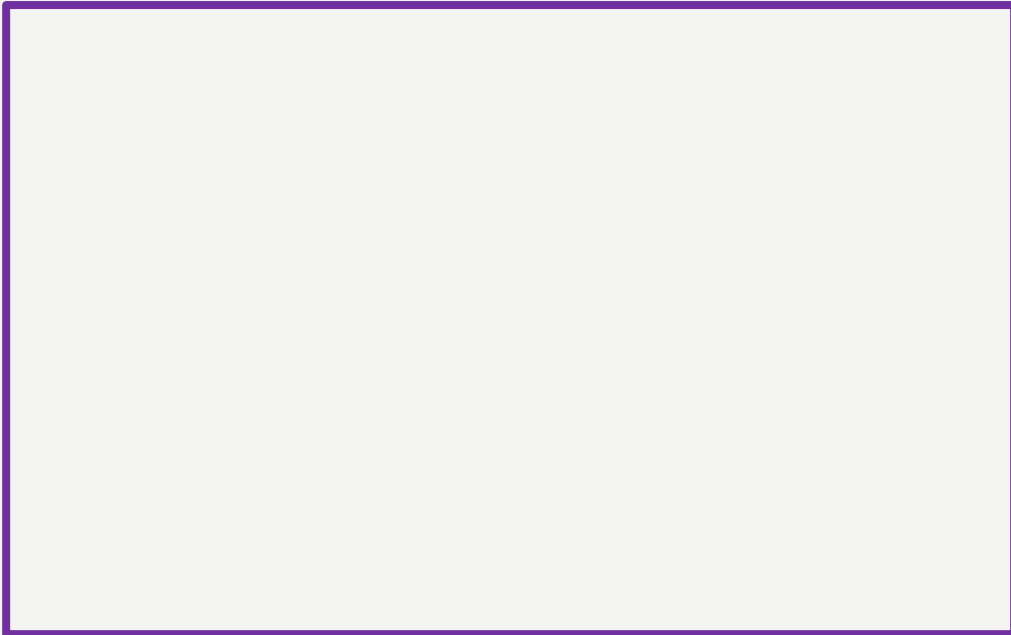
**Tutor
group:**

ACTIVITY	NUMBER OF POINTS	ADULT SIGNATURE
WELL-BEING		
KINDNESS		
PHYSICAL ACTIVITY		
CITIZENSHIP / i-FUTURE		
ART, DESIGN AND CREATIVITY		
EXPRESSION		
HUMANITIES		
LANGUAGES		
COMPUTER SCIENCE		

PASSPORT CHALLENGE NUMBER OF POINTS

GIVE US YOUR FEEDBACK

WHAT WENT WELL?



EVEN BETTER IF?

