

**PASSMORES  
KS3  
PASSPORT  
CHALLENGE II**

**MAY 18<sup>TH</sup> – JUNE 19<sup>TH</sup> 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?**

# **500 POINT CHALLENGE**

**Can you complete 50 challenges during  
the four weeks?**

**Can you do more than last time?**

# 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!

3

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

# WELL-BEING

Choose a personal goal you want to achieve, make a step by step plan.	Watch the Passmores Staff Videos on YouTube under Passmores Academy.	Take notice of things when you are out walking, take photos and find out what they are e.g. a tree or a flower	Get outside and get some fresh air for 20 minutes a day.	Talk to someone outside of your household, ring a family member or a friend.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
As a family, create a dance to your favourite song and share with others.	Find a quiet place at home to sit a relax for 15 minutes a day, breathe in and out slowly.	Skip for 10 minutes a day, use a dressing gown belt if you do not have a skipping rope.	Make a list of all the things you are grateful for and share them with someone.	Every day, do one thing that makes you happy; sing, bake, exercise, or play a game.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Create a 'Things I Appreciate' pot as a keepsake and add something every day.	Drink a pint of water as soon as you get up every day.	Read to someone else for 30 minutes a day.	Share your feelings with someone you trust.	Have a spring clean and get rid of anything you don't use anymore.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# KINDNESS

Contact someone you have not spoken to in a while.	Thank a teacher who has helped you throughout your time at Passmores.	Help out at home without being asked.	Take part in the 'Clap for the Carers' every Thursday at 8pm.	Share some of your completed challenges with your teachers or tutor.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Tidy a room in the house without being asked.	Plan, prepare then get up early and make breakfast for everyone.	Leave notes or messages for family members to find that will make them smile.	Find some jokes and share them with friends or family members.	Share some of your best memories from growing up with your family.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Leave a note for the postman or the refuse collector to say thank you.	Look through some old pictures that make you smile and share them with people.	Give someone a list of the things you love about them.	Make a list of all the things you could do to brighten up someone's day and do one each day.	Give a compliment to a different person every day.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# PHYSICAL ACTIVITY

Complete a PE workout of the day.	Complete a Joe Wicks workout.	Go for a 4K run / walk / bike ride. Keeping to social distancing rules.	Complete at least four 'Just Dance' sessions.	Learn / teach yourself to juggle.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Complete an online Yoga / Pilates session. There are lots of great beginner video's on YouTube.	Practice 'keep ups' with different types of balls. Set a target. If you reach it set another. Always try and get better.	Complete the PE department 'Home Learning' fitness test. One min press ups One min sit ups Timed plank One min squats One min jumping jacks	Complete the PE word of the week. Try teaching someone else about it too.	Complete the 'Home Made Hurdles' challenge from the Home School Athletics Style booklet shared on SMHW.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Complete the 'Lockdown Long Jump' challenge from the Home School Athletics Style booklet shared on SMHW.	Complete the 'On the Spot Sprinting' challenge from the Home School Athletics Style booklet shared on SMHW.	Complete the 'Stay at Home Shot Put' challenge from the Home School Athletics Style booklet shared on SMHW.	Complete the 'Isolation Javelin' challenge from the Home School Athletics Style booklet shared on SMHW.	Complete the 'Social Distancing 800m' challenge from the Home School Athletics Style booklet shared on SMHW.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**



# ART AND DESIGN

Make a children's puppet out of an old sock.	Design and make a pop-up book.	Design the greatest place on earth. Label its features.	Make a marble run. Make it out of recycling.	Redesign the logo of your favourite film.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Design a wall clock based on the work of your favourite artist.	Draw what you see from your window on three different days, each time use a different material Date your work.	Create a page of information on styles, famous icons, celebrities and fashion trends of a chosen decade.	Create your own artwork on a toilet roll tube inspired by your favourite film, book, artists or animal.	Create a detailed, textured drawing of something fluffy (pet, teddy, blanket) using a Biro/ballpoint pen.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Create a detailed self-portrait using tonal pencil or coloured pencil.	Create a 30 second video summing up life in lockdown.	Have a go at calligraphy and write a letter to your art teacher.	Make a board game to play with your family.	Choose your favourite book and illustrate part of the story.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# i-FUTURE

Describe what information should be kept private and what is safe to share online. Explain the risks of sharing personal information online.	Using the Jed Careers website (de92avk5) make a careers quiz for a Year 6 student to complete.	Register with Careerpilot and find out about the different levels of qualifications there are. Write a brief summary of the level you would need to get to, to achieve your career goals.	Research a career that you have considered for yourself in the future. Make a timeline recording significant information.	Pick a religion and make an information leaflet. Things to include: - religious symbol - religious text/book - place of worship - artefacts
10 points	10 points	10 points	10 points	10 points
Write a thank you letter to a keyworker.	Think of at least 7 questions you could ask an inspirational person.	Find out about the different Age Ratings for films and TV programmes in the UK. Produce a short TV advert or story board to explain these.	Report a happy news story to share with family and friends.	Friends are important to us! Draw your friend and write 10 reasons why your friend is important to you.
10 points	10 points	10 points	10 points	10 points
Time Travelling Postcard! Write a postcard from your present self to yourself five years ago – what advice would you give them?	Time Travelling Postcard Now write a postcard from your future self – describe life as you hope it will be and what you have achieved.	You have landed on a deserted island and you need to create five laws for this island. What will happen if you do not follow each of these new laws?	Find out five facts about each of our political parties.	Register with Barclays Lifeskills as a young person and complete the Growth Mindset tasks.
10 points	10 points	10 points	10 points	10 points

**NUMBER OF POINTS:**

# EXPRESSION

Design a CD album cover of your own. Google the Top 100 album covers in order to get some inspiration, if you are able to.	As a family, write your own song and perform it. It should include two or three verses, a chorus and a short rap.	Make your own musical instrument and be able to play it to your family members. This weblink may help: <a href="https://www.wikihow.com/Make-a-Simple-Musical-Instrument">https://www.wikihow.com/Make-a-Simple-Musical-Instrument</a>	Find out which songs were popular in the year that each of your family members were born and listen to them.	As a family, watch a musical, music concert, music film or music documentary together. The BBC iPlayer may be able to inspire you here, if you are able to access it.
10 points	10 points	10 points	10 points	10 points
As a family, make your own music video.	Create a fact file about your favourite singer, band, musician, composer or style of music. This website may help <a href="https://factfile.org/">https://factfile.org/</a>	As a family, write down a singer, band or composer for every letter of the alphabet.	Watch this short animation <a href="https://www.youtube.com/watch?v=wUWIwjKvmY">https://www.youtube.com/watch?v=wUWIwjKvmY</a> Create a mind map of potential drama scenes you could create using themes in the clip.	Research various theatre design roles. Here's a starting point: <a href="https://www.bbc.co.uk/bitesize/guides/z39x34j/revision/1">https://www.bbc.co.uk/bitesize/guides/z39x34j/revision/1</a>
10 points	10 points	10 points	10 points	10 points
Write a 5-scene play based on your favourite fairy-tale/children's story.	Create a basic storyboard of the scenes in your play. Give detail on the action in each 'slide'.	Design the set or build a shoebox model of the set. Consider what the audience need to see to understand the time period and location.	Design costumes for the main characters in the play. Consider how clothing design and colours can communicate personality.	Write a review of a film you have seen - commenting on costume, set or acting and how this helped you understand the plot and characters.
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

# GEOGRAPHY

Produce a poster about reducing litter in your school.	What is your favourite topic in geography? Why?	List 15 European countries and 15 African countries.	Design a building that is hurricane proof.	Draw a map to show your route to school. Include at least 7 key points you pass.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Draw an illustrated timeline to show the events before, during and after a natural disaster of your choice.	Create a painting or drawing showing the natural features of a river and its valley.	Plan a trip visiting at least two continents. What 15 things would you have to pack and why?	Plan your dream holiday.	Explain how your dream holiday might be beneficial to local people but cause harm to the environment.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Watch one of the episodes from Race Across the World on BBC iPlayer (Series 1 is in Asia and Series 2 is in South America). What 5 new facts have you learned about the continent?	Create a rainforest or a desert in a box (shoe box? cereal box?) – include plants and animals.	Plan what a city might look like in the future. Consider transport, homes, businesses, water, electricity and waste.	Watch an appropriate film that is set in another country. Discuss the film with someone – what 5 things have you learnt about the place?	Have a conversation with someone about an issue in the news that links to geography.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>


**NUMBER OF POINTS:**

# HISTORY

Video yourself acting out a famous historical event as a charade.	Recreate a famous historical painting with family members and props around the house – take a photo of it and post it on your House's Twitter page if you can	Write an obituary of an interesting king or queen of England.	Choose an historical event and write a poem about it.	Build a model of a Motte and Bailey castle or a World War One trench.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Plan a history trip for primary school children in England. Explain what they will do there and why you have chosen that location.	Plan a history trip for secondary school children, to another country. Explain what they will do there and why you have chosen it.	Recreate an alternative feudal system. Use modern day images to show how the medieval system worked.	Research a famous family in history and create a family tree. Include pictures and detail to show why they are so well known.	Research a famous historical 'villain' and interview him/her. E.g. Jack The Ripper, Al Capone, Hitler.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Find a stone and paint the face of a famous person in history on it.	Write a paragraph on your favourite topic in history and explain why it interests you.	Find an interesting news story from the 1900s and write a review on it.	Find a picture of a famous person or historical event, stick it onto a piece of card and turn it into a jigsaw puzzle.	Write a letter to someone in hieroglyphics. Include a hieroglyphic alphabet so it can be translated.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# LANGUAGES AND FOOD

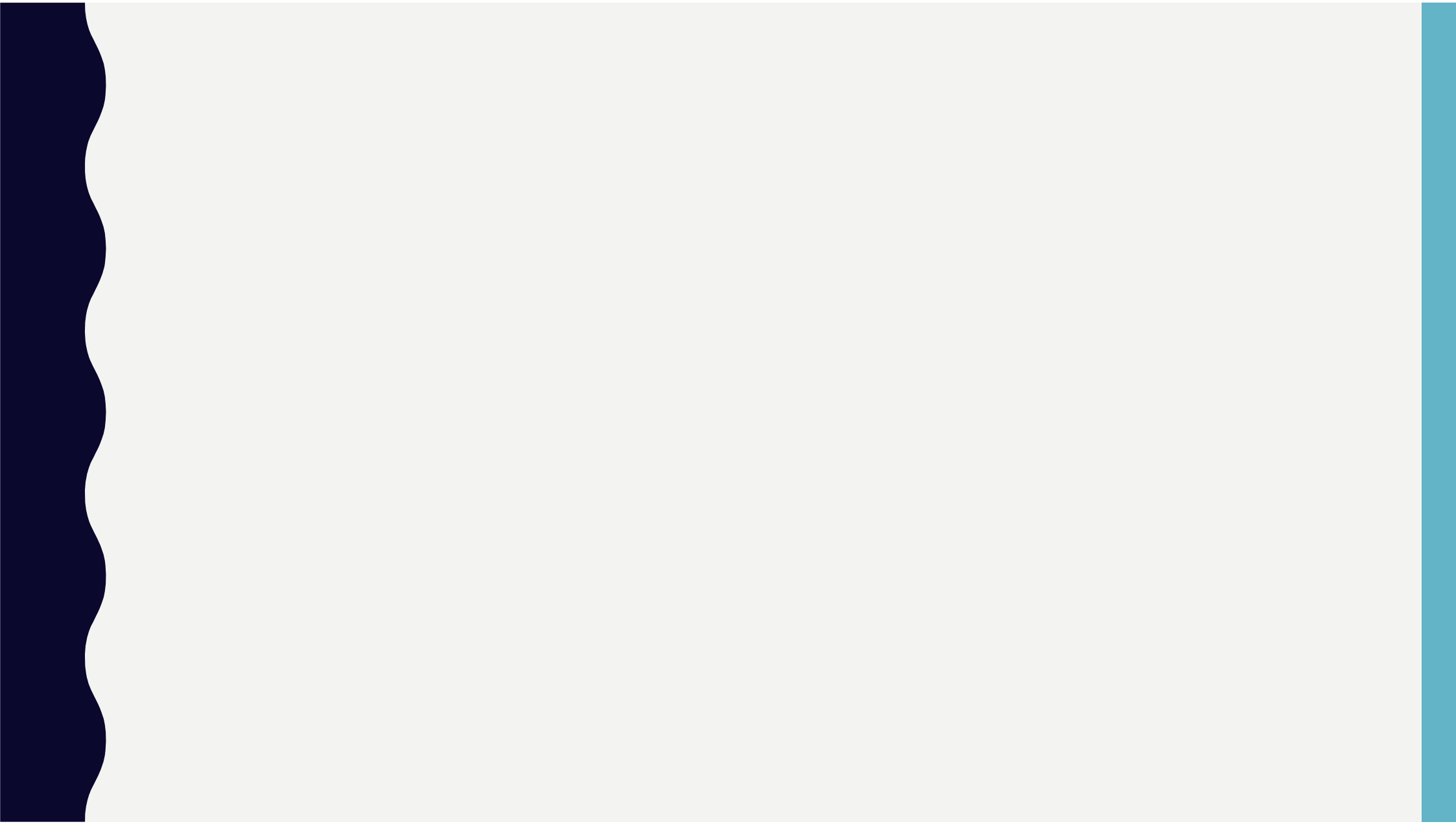
Design a showstopper cake for a birthday celebration.	Interview an adult about what their favourite meal would be and why?	Use a language learning app for 30 minutes every week.	Look up a French or Spanish musician and name/listen to three of their songs. Can you translate one?	Create your own ideal snack. Include the ingredients and packaging too.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Design a healthy eating plan (breakfast, lunch and dinner).	Research and write about a French or Spanish speaking country. 	List five monuments that can be found in this country and explain their origins.	Try some food or a random snack you've never tried before and review it.	Watch a food related TV programme and review it.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Learn the 'Happy Birthday' song in French or Spanish.	Make or design a French or Spanish themed meal and / or dessert.	Imagine you are interviewing someone about their lockdown experience. What questions would you ask them in French or Spanish?	Create a quiz on France or Spain and test someone in your household.	Research a famous chef, what interesting facts can you find about them?
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# COMPUTER SCIENCE

Design 10 icons for a new phone operating system e.g. settings, mail	Design a game that could be played on a smartphone or tablet.	What do the letters WIMP stand for in an operating system?	Create a display to illustrate WIMP for a named operating system.	Write the decimal numbers from 1 to 20 in binary.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Name 4 desktop operating systems and three smart phone operating systems.	Draw and label a complete desktop computer system with mouse, keyboard, printer and scanner.	Draw and label three different types of computer storage device.	What is the difference between hardware and software? List 3 of each.	What is the difference between a cyborg and a robot?
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Draw or find a picture of a cyborg you have seen in a film or TV programme. Name the film or programme.	Draw or find a picture of a robot you have seen in a film or TV programme. Name the film or programme.	Find out what sensors are used on a smart phone and describe what they are used for. E.g. accelerometer, microphone, fingerprint...	The letters AI refer to artificial intelligence. Describe one film or TV programme in which AI appeared.	Watch an episode of BBC Click and write a short report about an article that you found interesting.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**





**Name:**

**Year:**

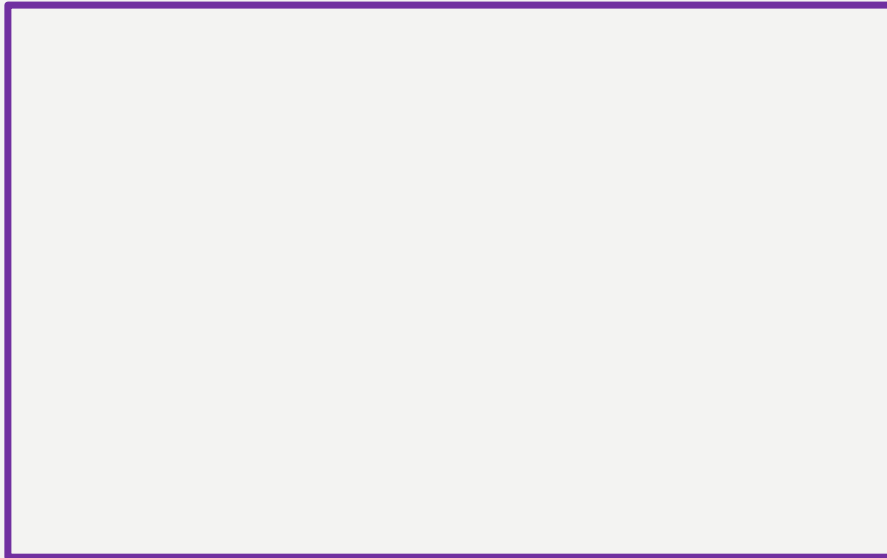
**Tutor  
group:**

ACTIVITY	NUMBER OF POINTS	ADULT SIGNATURE
WELL-BEING		
KINDNESS		
PHYSICAL ACTIVITY		
ART AND DESIGN		
EXPRESSION		
GEOGRAPHY		
HISTORY		
LANGUAGES AND FOOD		
COMPUTER SCIENCE		

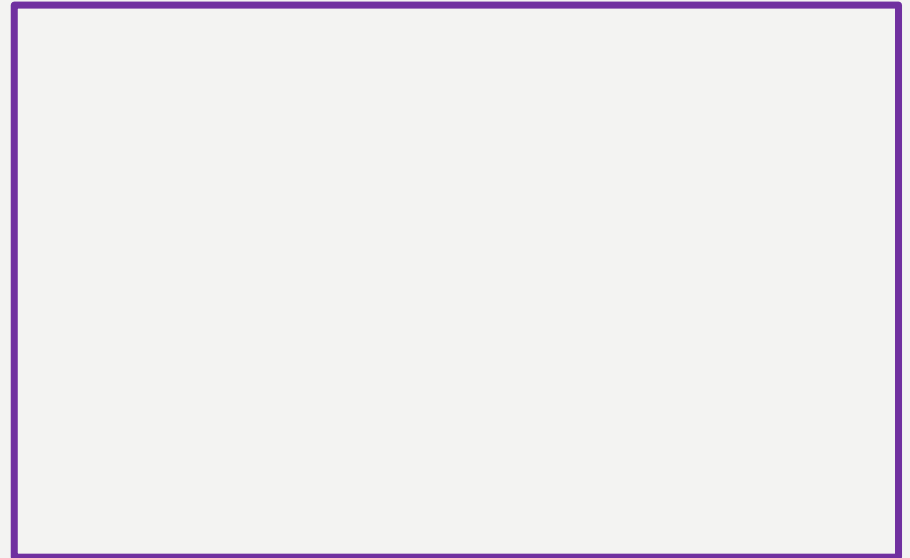
**PASSPORT CHALLENGE NUMBER OF POINTS**

# GIVE US YOUR FEEDBACK

**WHAT WENT WELL?**

A large, empty rectangular box with a purple border, intended for users to write their feedback on what went well.

**EVEN BETTER IF?**

A large, empty rectangular box with a purple border, intended for users to write their feedback on how things could be improved.