

**PASSMORES  
YEAR 9  
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 as well as yours!

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 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 and 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.	Learn / teach yourself to juggle.	Complete at least four 'Just Dance' sessions.	Complete a PE workout of the day.
<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 videos on YouTube.	Practice keepy 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	Go for a 5K run / walk / bike ride keeping to social distancing rules.	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:**



# CITIZENSHIP/ i-FUTURE

<p>Colonel Tom Moore has been an inspiration to all during the Corona Virus Lockdown and will be remembered as someone so positive during this period. Produce a biographical poster about Colonel Moore.</p>	<p>Imagine you are campaigning to become the Mayor of Harlow (this is fictional remember we don't have a Mayor). What changes would you bring in for the people of Harlow and why?</p>	<p>"The Equality Act" Research and Revise what we know about this law. When was it introduced, why it is important and who are protected in society because of this law? <a href="https://www.equalityhumanrights.com/en/advice-and-guidance/your-rights-under-equality-act-2010">https://www.equalityhumanrights.com/en/advice-and-guidance/your-rights-under-equality-act-2010</a></p>	<p>Take the Citizenship test – this is given to people who wish to become a British Citizen. Give the test to family members then produce a presentation with facts about some of the events asked in the questions – EG London 2012. <a href="https://www.theguardian.com/uk/quiz/2013/jan/27/british-citizenship-test-quiz-new">https://www.theguardian.com/uk/quiz/2013/jan/27/british-citizenship-test-quiz-new</a></p>	<p>Read about the people who have broken lockdown rules: <a href="https://www.bbc.co.uk/news/uk-52501417">https://www.bbc.co.uk/news/uk-52501417</a> Write a letter to rule breakers explaining the seriousness of their actions.</p>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
<p>Air pollution is believed to have got better since the lockdown. <a href="https://www.theguardian.com/environment/2020/mar/27/coronavirus-uk-lockdown-big-drop-air-pollution">https://www.theguardian.com/environment/2020/mar/27/coronavirus-uk-lockdown-big-drop-air-pollution</a> Read this article and make points about the improvement.</p>	<p>Using the skills you have gained from watching the clips about fake news versus factual news write your own 60 second news report. Stand in front of the mirror and read out your news report.</p>	<p>Equality Act Civil Court Case Read about this case: <a href="https://www.theguardian.com/uk-news/2019/aug/15/gay-marriage-cake-customer-takes-case-to-european-court">https://www.theguardian.com/uk-news/2019/aug/15/gay-marriage-cake-customer-takes-case-to-european-court</a> Why did it go to court? What was the outcome? What are your views?</p>	<p>Barbers offering haircuts "flouting law" <a href="https://www.bbc.co.uk/news/uk-england-52544748">https://www.bbc.co.uk/news/uk-england-52544748</a> Read this article and discuss it with someone at home. Why is the barber doing this? Are you sympathetic? What should happen?</p>	<p>Design a commemorative coin for 2020 to acknowledge the work of key workers during this time.</p>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
<p>There is much talk about the world being a kinder place after lockdown. Who are you going to be kinder to and why? It could be someone at home or helping a charity.</p>	<p>Rules in school – Remember when we brainstormed this at the beginning of year 9? What further rules would you like to see being brought in when we return to school?</p>	<p>With the facts design a poster/make an instagram video encouraging people to be more environmentally friendly after lockdown.</p>	<p><a href="https://www.bbc.co.uk/bitesize/articles/z7ndwtj">https://www.bbc.co.uk/bitesize/articles/z7ndwtj</a> Watch the clips and read the information about how to spot fake news.</p>	<p>The sale of alcohol has increased 20% since lockdown began. Design a poster encouraging people to drink safely.</p>
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# ART, DESIGN AND CREATIVITY

DT: Learn more about Sustainable Design. Visit DT Task 1 on Show my homework for resources.	DT: Design and make a desktop game that can be played with a small group of people.	DT: Visit SMHW Task 2: Follow the web link. Watch the revision video and read through the page. Produce a mind map of all the different types of paper and board.	DT: Practice your 3D design skills by drawing a handheld electronic device. Choose a device like a games controller, phone or computer mouse.	DT: Watch this video on graphene <a href="https://www.youtube.com/watch?v=iesabKMjB4Y">https://www.youtube.com/watch?v=iesabKMjB4Y</a> . Tell someone about this new material.
10 points	10 points	10 points	10 points	10 points
Textiles: Create a page of information on styles, famous icons, celebrities and fashion trends of a chosen decade.	Textiles: Go to <a href="https://www.walfordcraftmarket.co.uk/">https://www.walfordcraftmarket.co.uk/</a> and find a lockdown craft to do. Photograph it.	Textiles: Create a set of instructions on how to hand applique. Create a piece of hand applique if you have the resources.	Textiles: Go to <a href="https://www.designersnexus.com/">https://www.designersnexus.com/</a> Use the fashion templates to design a garment for lockdown.	Textiles: Create a piece of weaving using recycled items from around the house.
10 points	10 points	10 points	10 points	10 points
Art: Create a detailed, textured drawing of something fluffy. (Pet, teddy, blanket etc) using a Biro/Ballpoint pen.	Art: Create a 30 second video summing up 'Life in Lockdown'.	Art: Have a go at calligraphy and write a letter to your art teacher.	Art: Draw what you see from your window.	Art: Choose your favourite book and illustrate part of the story.
10 points	10 points	10 points	10 points	10 points
Art: Create a self-portrait using coffee, ketchup or spices. Check out our Pinterest for inspiration.	Art: Write a letter to your favourite artist telling them why you like their artwork. This should be at least one page of A4.	Art: Research a Portrait artist and create either a Research Page, PowerPoint or Video about their life & work.	Art: Recreate your favourite piece of art using people and objects around your home. Check out 'Between Art & Quarantine'	Art: Collect flowers, leaves and create #facethefoliage masterpiece
10 points	10 points	10 points	10 points	10 points

NUMBER OF POINTS:

# ART, DESIGN AND CREATIVITY

Food: Cook a vegetable using three different cooking methods. Taste test the cooked product and rate its appearance, flavour and texture.	Food: Create a mind map to show all the different products that are produced from milk.	Food: Look at 10 different food items in your home and analyse how they are packaged. Is their packaging suitable? How could it be improved?	Food: Cook a dish which contains a milk product in its recipe. Create a set of step by step instructions for each stage of making. You could include photographs.	Food: Find out what fruits and vegetables are grown in the UK. You could draw a map to show which is grown in each region of the country.
10 points	10 points	10 points	10 points	10 points
Media: Choose a film of your choice and create a demographic mind-map of its target audience.	Media: Create a leaflet with different camera angles explaining what each one is.	Media: Create a how to use "Basic Photoshop guide."	Media: From a film or tv show choose a character and create a character analysis.	Media: Create a VLOG of your choice using the correct angle and lighting this may include food, gaming, magazine reviews and films.
10 points	10 points	10 points	10 points	10 points
Photography: Take 10 unique or abstract photos of one subject.	Photography: Choose one object and place and take photos of it from four different corners. See if you can get four different angles.	Photography: Find the alphabets in different objects. See if you can do all the letters.	Photography: Draw and label a DSLR camera in detail.	Photography: Take photos using props and create edit different backgrounds from the world. See you can be a traveller.
10 points	10 points	10 points	10 points	10 points
Media: Create a new TV drama series for Netflix with a proposal of why they should pick yours.	Media: Analyse a magazine cover, who is their target audience?	Media: Watch a music video representing women and explain why it does so.	Media: Create a step by step iMovie user guide.	Media: Write a film review on Inside out. What does each character represent?
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-minute 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. You can find some of these on iPlayer.	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.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Find out as much as you can about a singer, band or composer of your own choice and give a presentation to member of your family.	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.	Create a 'Guess The Intro' music game and play it with family.	Create a music quiz game and play it as a family.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Research the theatre practitioner Konstantin Stanislavski. Draw up bullet points that summarise your findings.	Research the theatre practitioner Antonin Artaud and the style he is known for: Theatre of Cruelty. Create a spider gram of your findings.	Create a drama workshop warm up – theme of your choosing. It must include at least one physical activity, one co-operation activity, one concentration activity and one relaxation activity.	<a href="https://www.franticassembly.co.uk/frantic-digital">https://www.franticassembly.co.uk/frantic-digital</a> Choose one video to watch from this website by Frantic Assembly. Summarise your learning in a document/format of your choice.	Research the theatre practitioner Bertolt Brecht. Create a profile of him based on your findings. This can be done digitally or on paper.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
<a href="https://www.dailyactor.com/monologues-for-teens/">https://www.dailyactor.com/monologues-for-teens/</a> Choose a monologue and learn it. You can record yourself performing this and submit it to your teacher if you want to.	Create (draw/make/do electronically) a set design for a play of your choosing. Consider the time period, location and style of the play in your design.	What makes a great actor? Carry out some research on an actor/actors of your choosing. Respond to the question above in an essay.	Write a list of 10 plays or musicals you want to go and see once Lockdown is lifted. Give clear and valid reasons for each answer.	Imagine 'Lockdown Life' is a new devised piece of theatre you are creating. Draft a synopsis and give some detail on scenes you would include and why.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

**NUMBER OF POINTS:**

# HUMANITIES

Define and draw a doodle for the following key terms: <b>Ecosystem, Food Chain, Food Web</b> <b>Primary consumer</b> and <b>Nutrient Cycle</b>	Create a <b>mind-map</b> to revise deforestation in Malaysia and include the following headings: <b>Location, Causes, Impacts</b> ( <i>Social, environmental, economic</i> ) and <b>Solutions</b>	Create a game of snakes and ladders about what happened during the rebellion of Hereward the Wake 1071. Ladders – good things for Hereward and snakes are bad things for him.	Create a detailed mind map of Anglo-Saxon England. Include pictures, dates and specific information. Headings Social structure/trade and economy/ religion/village life/life in a Buhr.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Explain the role of decomposers in the nutrient cycle (4 marks) - <i>Because/ Therefore/ As a result/ This means that...</i>	Draw an animal and a plant from a cold environment and label to explain how they have adapted to the colder climate.	Plan the following question. 'Explain why there was a succession crisis in England in 1066.' (12 marks) Three separate reasons with details e.g. more than one person claimed the throne.	Write and perform a rap battle for your family between the different rival claimants to the throne 1066.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Describe four development opportunities that can be found in a cold environment you have studied. <b>Svalbard is your case study</b>	How and why has the demand for food and water in the UK changed?	Make or draw your own Motte and Bailey castle. Make sure to label it and colour it. When finished take a picture and send to your teacher.	Design the front page of a newspaper about the Norman Earls planning a revolt at Ralph de Gaul's wedding. Who was involved? What were their plans? Why were they angry?
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Evaluate the effectiveness of strategies used to manage a cold environment (9 marks) <i>Intro</i> <i>On the one hand</i> <i>On the other hand</i> <i>Judgement</i>	Which is the odd one out and why? 1 a) Water stress b) Water deficit c) Water security d) Water scarcity 2 a) hydroelectric power b) oil c) biomass d) solar panels	The Feudal System and the Domesday Book - Watch this youtube clip or use your class notes and answer the following: 'Describe two features of the Domesday Book.'	Anglo-Saxon Society   GCSE History Revision   Anglo-Saxon & Norman England Watch this youtube clip or use your class notes and answer the following: 'Describe two features of Anglo-Saxon Society.' 4 marks
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>

Helpful geography websites:

<https://www.internetgeography.net/aqa-gcse-geography/>

<https://www.bbc.co.uk/bitesize/examspecs/zy3ptyc>

**NUMBER OF POINTS:**

# LANGUAGES

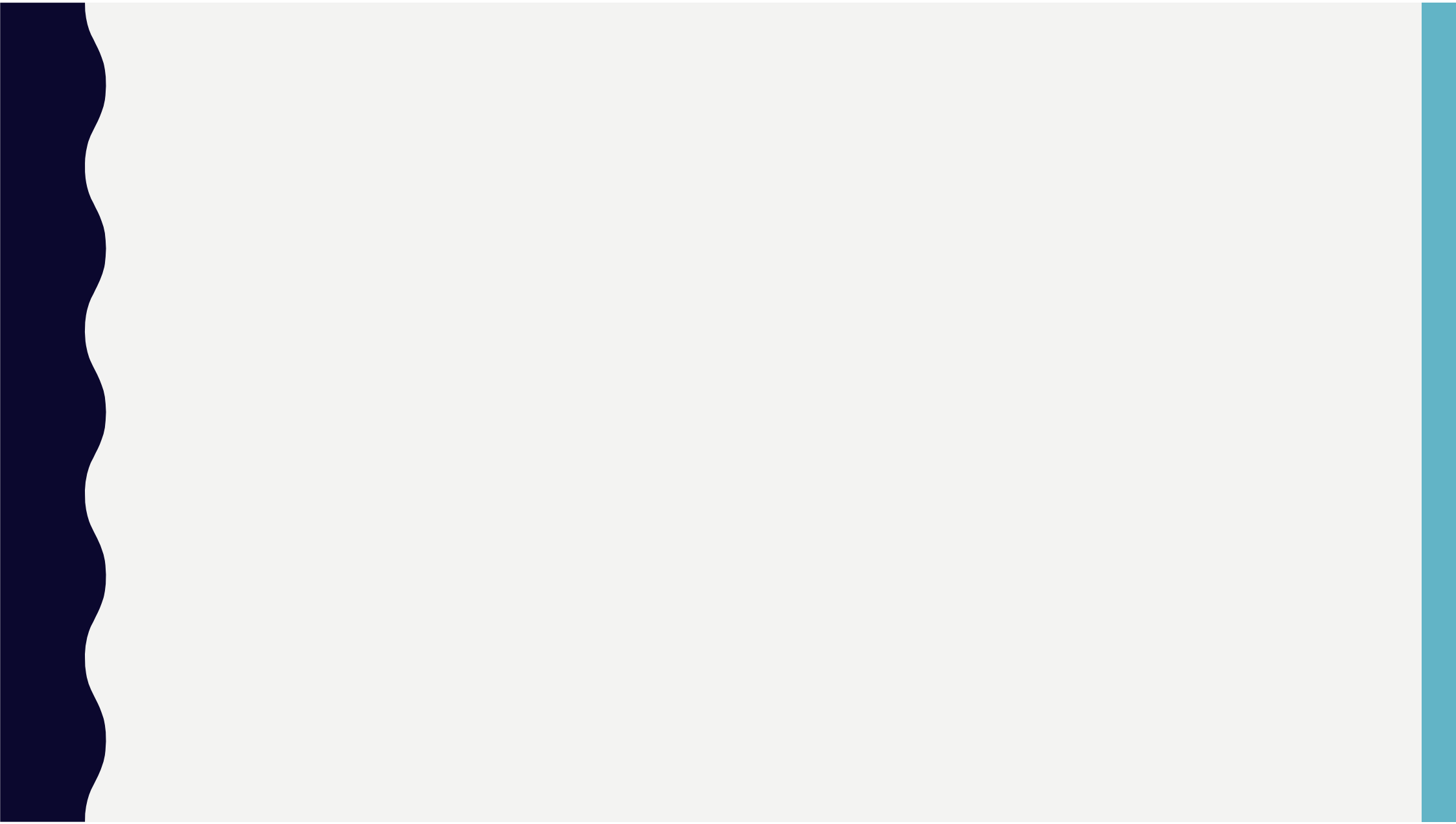
Practise telling the time in French/Spanish.	Watch an episode of Peppa pig in French/Spanish. Explain what happens.	Create your own Kahoot quiz on the topic 'clothes' in French/Spanish.	Listen to a French/Spanish podcast. What did you choose and why? What did you learn from listening to it?	Create and make a French/Spanish dish with a step by step guide.
<b>10 points</b>	<b>10 point</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Describe your family in French/Spanish Include name, age, hair/eye colour & personality (80-90 or 130-150 words).	Describe your best friend in French/Spanish Include name, age, hair/eye colour & personality (40-50 or 80-90 words).	Create your own Quizlet quiz on the topic 'TV' in French/Spanish.	Translate into French/Spanish: The cafe is in front of the beach. There is an ice rink behind the bowling alley. The theatre is next to the cinema and the beach.	Translate into French/Spanish: My best friend is called Andy. He is quite tall and has blue eyes. He is very chatty and has lots of friends.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Watch an episode of Friends in French/Spanish.	Complete 30 minutes of Duolingo exercises each week.	Change your phone setting to French/Spanish for at least one hour every week.	Complete a French/Spanish GCSE listening paper from <a href="http://revisionworld.com">revisionworld.com</a>	Create a Tiktok video of a 'funny' translation in French/Spanish.
<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

Find out how a smart phone can be used to identify where you are located.	Create a table that compares 3 features of solid state, magnetic media and optical media storage.	Pictures on smartphones are often stored with metadata. What is this metadata?	Create a poster to display the 4 types of social engineering techniques: blagging, phishing, pharming and shouldering.	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 point</b>	<b>10 points</b>	<b>10 points</b>
Describe, in as much detail as you can, the difference between optical and magnetic storage media.	Draw or find an image of a command line interface and a graphical user interface. Describe one advantage and one disadvantage of each.	Describe the purpose of the following utility programs: encryption, defragmentation, compression and backup software.	Create a labelled picture of a computer system with 4 types of input device, 4 output devices, a main case for 'processing' and a hard drive for 'secondary storage'.	Sketch or find a picture of an embedded and non embedded computer. Identify two key differences between the amount of ROM and RAM, processing power or the amount of secondary storage.
<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>	<b>10 points</b>
Create two labelled diagrams that show the differences between a bus and star network.	Name 4 different operating systems and describe 6 of the tasks they need to carry out.	Describe an ethical and a legal concern when sharing music and films online.	Complete the "PA COVID binary test" on SMHW.	Complete the "PA COVID hardware and software test" 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:**





Name:

Year:

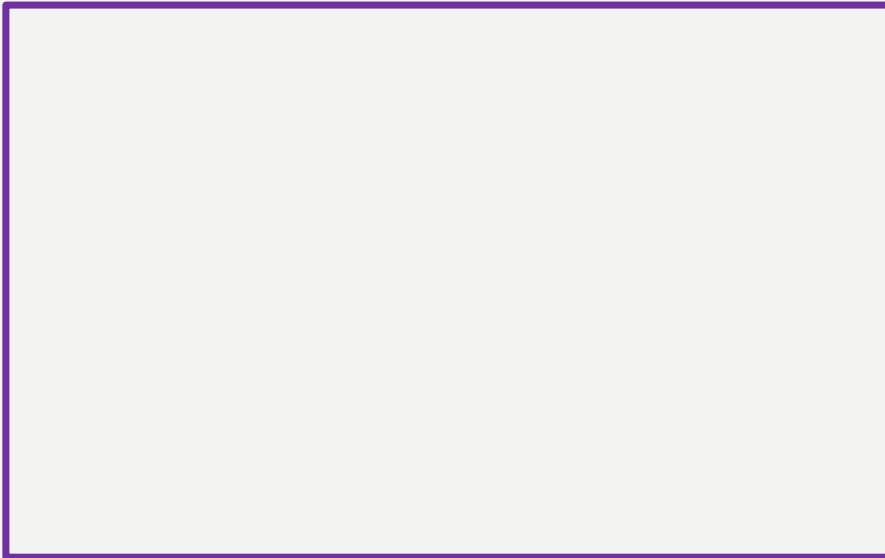
Tutor group:

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

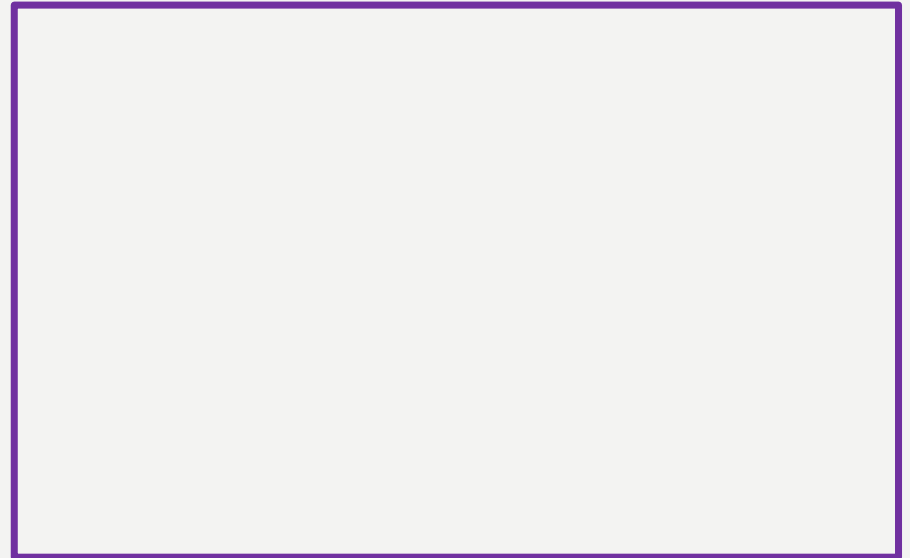
**PASSPORT CHALLENGE NUMBER OF POINTS**

# GIVE US YOUR FEEDBACK

**WHAT WENT WELL?**

A large, empty rectangular box with a purple border, intended for writing feedback on what went well.

**EVEN BETTER IF?**

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