

Primary



Passport

Name _____

Class _____



WELCOME TO YOUR PASSPORT TO SUCCESS ACHIEVEMENT BOOK

We hope that you have had a fantastic launch event with your friends today and that you are now ready for all the upcoming challenges and fun we are going to set you over the next few months.

You need to keep this booklet safe as you will use it to collect all your evidence to show us you are a superstar.

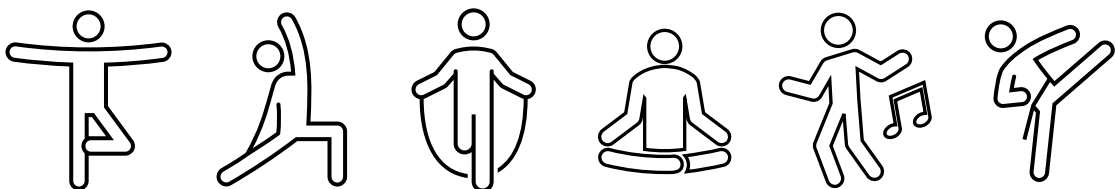
Remember no matter how big or small your achievement if you do your best you are winning.

Each week we will set you a little activity for you to do with either your friends or your family.









All you have to do is tell us in this book what you did to complete the activity and how much you enjoyed it.

We can't wait to see you at our club each week to share your experiences and to help you on your journey.

Good luck and we will see you soon.



ATTENDANCE

Week	Spirit	Did they attend?	Complete Healthy Homework	Signed by the member of staff
Week 1	Launch Event 			
Week 2	Teamwork 			
Week 3	Self-Belief 			
Week 4	Respect 			
Week 5	Passion 			
Week 6	Honesty 			
Week 7	Determination 			
Week 8	Celebration 			

WEEK 1

Healthy Homework

To prepare for week 2 the pupils must come up with a challenge for the other pupils to try at session No2

The challenge can be a team challenge or a puzzle or even a riddle.

WEEK 1 LAUNCH EVENT



At the launch event the pupils will have the opportunity to talk about 'breaking barriers' what they like and more importantly don't like about PE, Sport, and Physical Activity. We will then talk about the spirit of the games and how we can use these to help us achieve our dreams.



The activities at the launch event will include several team building and problem-solving activities to get the group working together as a team and help each other complete the challenges.

There will be no healthy homework after this session.

WEEK 2 TEAMWORK



Before we start the lesson, how do you feel?

How well do you work as part of a team?					
How good are you at listening to your friends' ideas?					
Do you like team sports?					

How do you feel at the end of the session?

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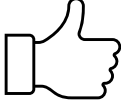


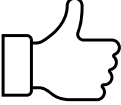

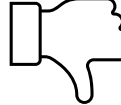
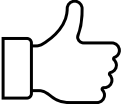

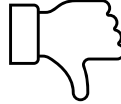
Healthy Homework

To work with a group of friends or your family to complete a challenge that your leaders will show you before the end of the session.

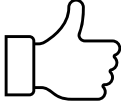


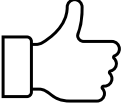

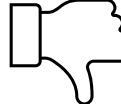



WEEK 8 SELF-BELIEF



Before we start the lesson, how do you feel?

How confident are you at the start of this session?					
How confident are you at completing a task with friends?					
How do you feel when asked to do something you haven't tried before?					

How do you feel at the end of the session?

How confident are you at the end of this session?					
Did you offer any ideas to the group?					
If I asked you to do something on your own now, how would you feel?					

Healthy Homework

They will all be set the same personal challenge and record their score ready for next week.

WEEK 4 RESPECT



Before we start the lesson, how do you feel?

Do you think rules are a good thing?					
How good are you at trying your friends' ideas?					
Do you ever argue with umpires/referees/friends when playing games?	YES				NO

How do you feel at the end of the session?

Do you think rules are a good thing?					
Do you think you would now change rules to make games more inclusive?					
Are you happy we have rules?					

Healthy Homework

At playtimes and at home when playing games, think about the new spirit scoring and be considerate when playing against someone who isn't as good as them.

WEEK 5 PASSION



Before we start the lesson, how do you feel?

Have you found a physical activity you are passionate about?					
Do you have something else you are passionate about?					
Do your friends/family know about your passion?					

How do you feel at the end of the session?

Have you found a physical activity of your friends you would like to try?					
Are you looking forward to trying something new?					
Do you feel happy about sharing your passion with family & friends?					

Healthy Homework

You need to pick one of your friends' passions and give it a go, you need to evidence that they have done that.

WEEK 6 HONESTY



Before we start the lesson, how do you feel?

When playing games/activities are you always honest?					
Have you ever pretended to be injured/ill to get out of doing something?					
How do you feel when someone has been dishonest?					

How do you feel at the end of the session?

Do you think you will be more honest now when playing games/activities?					
Do you think honesty is the best policy?					
Even if it means losing, would you tell the truth?					

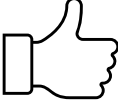


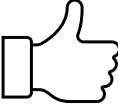

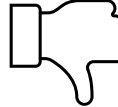
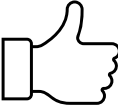

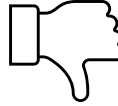
Healthy Homework

No homework this week just remember all the things you have learned since week one and continue to enjoy your activities.

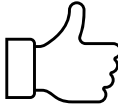
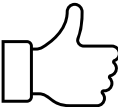

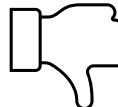
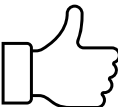
WEEK 7 DETERMINATION



Before we start the lesson, how do you feel?

Do you give up on tasks you don't think you can do?					
Can you think of a time when you found something hard but stuck with it?					
Can you think of a time when you found something hard and gave up?					

How do you feel at the end of the session?

Do you think you'll give up on something hard as easy now?					
How determined do you feel to accomplish the tasks set?					
How determined are you to take all your new skills and be more physically active?					

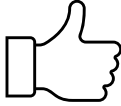

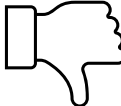
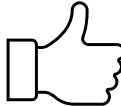

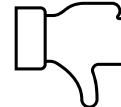


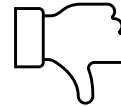
Healthy Homework

You need to recreate and play one of the mini challenges from today's session at home or with friends.
You need to record your evidence.



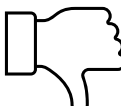


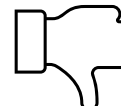


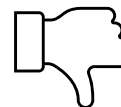
WEEK 8 CELEBRATION EVENT



Before we start the lesson, how do you feel?

How do you feel at the end of the session?

How did you feel on week 1?					
How do you feel at the end of week 8?					
Do you now feel happier doing physical activity?					

Healthy Homework

To continue with your journey, play games and have fun with your friends, find an activity that you really love doing and try and do it as much as possible.

Always remember, YOU CAN DO IT



EXTRA ACTIVITIES COLLECT 5 POINTS FOR EVERY ACTIVITY ACHIEVED



Activity	✓	Date
1. Learn a brand-new dance move		
2. Get up early enough to see the sun rise		
3. Pick up litter in your local area		
4. Try orienteering or geocaching		
5. Play an outdoor version of noughts and crosses draw the grid with chalk and use object to throw into the squares		
6. Find your tree twin use the lines in your hand to find a tree with the same trunk.		
7. Play Rock, Paper, Scissors but as a chase game		
8. Write a poem about your favourite activity, can you make it funny? Can you perform it to your class/friends/family		
9. Go rock pooling		
10. Help make a picnic and find a lovely place to have it.		
11. Host a snail race for your class/friends		
12. Learn how to tie some knots .		
13. Learn something new like how to knit or how to play a musical instrument or even how to play a new game.		
14. Make a quiz for your friends but with a twist, they must be physically activity. This could be a punishment if they get it wrong, like 5-star jumps.		