

BELIEVE TO ACHIEVE

PASSPORT 2 SUCCESS

NAME _____

SCHOOL _____



WELCOME

Hello and welcome to your activity passport.

We are hoping you have had an inspiring day today and would like to continue your journey on the Passport 2 Success project.

You need to use this passport to collect evidence of your achievements no matter how big or small.

There is a video to explain each of the 6 activities and you can do them in any order.

Why not invite friends and family to join you or you may even like a little time on your own.

Need a little motivation? Get in touch with your School Games Organiser who will help mentor and support you on your journey.

To view the activity videos
please visit

www.outdoorted.co.uk/p2s

www.outdoorted.co.uk/p2s

ACTIVITY 1 SELF BELIEF

SELF-BELIEF - MENTAL TOUGHNESS

Duncan our SGO for Hambleton has a nice quiet task to focus you and give you the power of positivity to believe in yourself.

Watch the video and then plan some time into your day just to be alone with your thoughts, it could be one minute to start building up to 10 mins by the end. No phones, no gadgets, just you think about something good you did today and think about something good you can achieve tomorrow.

Good luck & don't forget to evidence your challenge.



You can find the video for this task
Here - <https://youtu.be/LnPoltxQhSc>
Or
<https://www.outdoorted.co.uk/p2s>

Your task is to build up to giving yourself 10 minutes a day alone, without your gadgets, social media, phone etc just to have some thinking time, to think about all the good things you can do and all the good things you're going to do tomorrow.

Start off with 1 minute and build yourself up. Believe to Achieve.

Good luck and don't forget to provide evidence of your achievement.









EVIDENCE SHEET

How did you feel when you first saw your task?

How do you feel now you've completed the task?

Evidence box.

Record when you did it, how often, if you feel you achieved it or did better/worse than you thought.

Give this task a score on how well you think you did						
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SELF BELIEF

1

Set yourself a time and stick to it!

2

Ask people not to disturb you and if you are confident enough, tell them what you are doing.

3

Turn you phone Off

4

Always remain positive, you have accomplished more than your think

5

Guess the ten minutes and do not set an alarm/reminder!

6

Think of what you have achieved and set yourself a goal to improve on



Remember, it was the **Commonwealth Games** and not the Olympics that really introduced us to 15-year-old human dolphin Ian Thorpe in 1998. The Kuala Lumpur Games was where it all began as the Aussie wunderkind claimed four gold medals and entrenched himself in a level of superstardom only 15 yr olds could dream of. In '98, all breaking voice and flipper-like feet, teenage Thorpe somehow exceeded the lofty expectations that had come from his showings in World Championship competition and Games trials, claiming gold in the 200m (one-hundredth of a second off world record pace) and 400m freestyle, as well as the 4 x 100m and 4 x 200m (in world record time) relay teams.

For Thorpe, life would never be the same.

ACTIVITY 2 TEAMWORK

ECO-FRIENDLY



HEALTHY PLANET HEALTHY PEOPLE

Studies show that being active in nature can lead to nature connectedness which can support your own wellbeing. Everyone can play a part in being eco-friendly to make a positive difference to the world.

When was the last time you did any of the following.

- Recycle your waste?
- Thought about what you are buying, for example plastic bottles
- Used a reusable coffee cup/water bottle
- Dropped some litter?
- Walked past someone else's dropped litter?

You can become a eco-friendly leader for your school.
Click here to find out more

https://media.yourschoolgames.com/documents/Young_Leaders_Pupil_Booklet.pdf

We would like you to work as a team to 'clean up' an area that means a lot to you. This could be your school, your town/village, or a local nature reserve.

Think of a way to make it fun. Have you heard of plogging? Plogging is a way of combining litter picking with jogging and exercise.

Can you have a family competition to see who can collect the most litter on a walk.

Remember to stay safe, wear gloves, don't pick up broken glass and use a litter picker if you have one. Then can you recycle your litter.

Alongside this can you achieve all the below top tips?

Good Luck









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ECO friendly Top Tips



Save energy by turning off the lights when not in use.



Be mindful of how you use water. Conserving water means less waste runoff into the ocean.



Volunteer at clean-ups of your local beach, nature reserve, school, or town.



Recycle as much as you can

ACTIVITY 8 RESPECT

RESPECT PEOPLE SKILLS

Volunteering and helping - is designed to help you achieve the Respect - People Skills School Games Value.

Watch the video and click on the poster for some inspiration and tips that go with this activity.

Don't forget you can adapt this activity or even come up with your own. Good luck and don't forget to provide evidence of your achievement.



You can watch the video for respect here.

<https://youtu.be/fCO1VnWlwq0>

Offering your assistance and volunteering your time is the challenge designed to help you achieve the Respect- People Skills School Games Value.

How creative can you get with your volunteering?

- Help at an after-school club
- Help someone in your community
- Help at a local club
- Help at an upcoming event
-

Let your imaginations run wild, where can your offer of volunteering take you?









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RESPECT-PEOPLE SKILLS

HINTS & TIPS

Respect is caring enough to consider how words and actions impact others. Having respect is when you feel good about someone because of how they act. Showing respect is when you care how your actions impact others.

Do you clean up litter when you see it left on a table or on the ground?

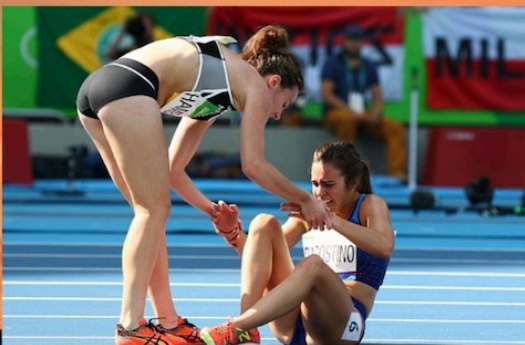
Do you use good manners when asking for or receiving something?

Do you follow the rules when playing a game?

Are you kind and polite to others, no matter who they are?

Do you look someone in the eyes when talking to them?

Are you patient and wait your turn to speak rather than talk over others?



Nikki Hamblin, an athlete from New Zealand, sacrificed her own Olympic race to help the US runner Abbey D'Agostino when she fell down and seriously injured her leg. Nikki supported her rival, and they completed the race together and showed the real "Olympic spirit."

ACTIVITY 4 PASSION

PASSION SPORTS & LIFE KNOWLEDGE

PASSION: Sports & Life Skills

What is the one thing you love to do the most? What makes you enjoy that thing so much? Have you ever wanted to share that excitement with a friend or family member?

Watch this short inspirational video about Passion and developing sport and life skills.



https://youtu.be/vjCg2E6s_o

Share your two main passions with a friend or family member.
You might even find a new passion too!

We would like you to try one of your friends' passions and get one of your friends to try one of your passions.

Find out a fact about your passion and one about your friends' passion.

Good luck and don't forget to provide your evidence of this task- we are excited to see what you are passionate about and share in the enjoyment



PASSION

This task is based around you finding out what you are passionate about, sharing that passion with others and developing life skills. Sport and physical activity teach us many life skills and help develop our resilience but also help develop good physical and mental health. We can enjoy many other things and these are often active and provide us with life skills too, like cooking, attending museums, nature trail walks and even watching sport on tv! Your challenge is to pick 2 things you are passionate about and do them with a friend or family member. You never know, they might have the same passion as you and you might gain a new passion by trying something they enjoy too!

Task:

Which leads me onto your challenge: pick two things you are passionate about. This could be walking, baking, cooking, playing games, going to a historical site, watching a sport on tv, dancing to youtube videos or testing out some new found skills. Over the next week, complete these activities with a family member or friend and share your passion with them. Then, ask them to share one of their passions with you.

Remember as always to provide evidence of your task completion and good luck!

Watch a sport or activity on TV or youtube.

Make a list of the things you would like to try and think you might become passionate about.

Research one of these and find out more information about it.

Find three friends or family members and ask them what they are passionate about and why.



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ACTIVITY 5 DETERMINATION

DETERMINATION HUNGER TO ACHIEVE

What's the one thing you've always wanted to try but something has always stopped you?

Watch this inspirational video about determination and set your own goals to achieve something that will make you proud no matter how big or small it will appear to other people.



<https://youtu.be/madRZUt1rro>

Set your own goals to achieve something that will make you proud no matter how big or small it will appear to other people.

Pick something you have wanted to do or try for a long time and keep trying until you achieve it.

Could be anything from learning to play an instrument, learning how to skateboard.

Keep trying no matter how long it takes.



DETERMINATION

1 YOU CAN DO WHATEVER YOU WANT!

2 You will fail, it's part of the process.

3 Asking for help is not a sign of weakness, it's a sign of wanting to learn.

4 Be consistent and set yourself a timeline, remember you may not hit this target on the first attempt!

5 Never ever 'quit'! Giving up is easy and if everything we wanted was easy, we would have nothing to strive for!

6 Enjoy the process and feeling of accomplishment.



Kirsty Howard attracted world attention when she joined David Beckham in launching the Manchester Commonwealth Games in 2002. Throughout her life, Kirsty, from Wythenshawe, Manchester, raised more than £7.5m for Manchester's Francis House Children's Hospice. Kirsty was the only British child - and one of only two worldwide - born with a back-to-front heart.



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ACTIVITY 6 HONESTY

HONESTY PLANNING FOR SUCCESS

Can you think of a time when you were dishonest? Was it to get out of being in trouble? was it to help a friend? Can you think of a time when you knew someone was being dishonest and how that made you feel?

Being honest is the only way that you can achieve things in life that will make you happy, will make others happy and allow you to achieve them in the easiest way you can.



<https://youtu.be/Ya3XXJMbEUA>

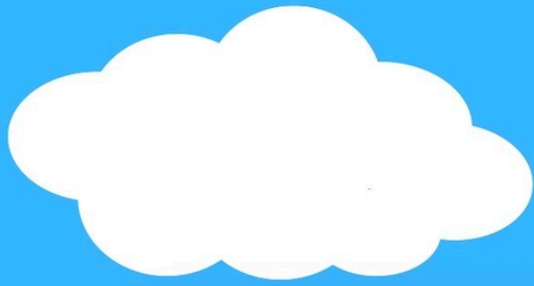
Your challenge for honesty is to walk 7 miles in 7 days. We want you to enjoy time in the outdoors. Statistically people who feel a connection to nature improve their mental health & wellbeing.

Take notice of your surroundings, enjoy the outdoors with your friends.

How you achieve your 7 miles is up to you but planning your miles and when to do them will be the key to success.

Invite friends, family to join you, organise a walk at school during dinner time.

See the hints and tips sheet for more ideas.



7 MILES IN 7 DAYS CHALLENGE

Inspirational hints and tips

First decide if you want to complete this in one day or over several days

Set yourself some fun challenges along the way. Can you hop, skip jump your way through a mile



Why not ask family or friends to join you on your walks?

Set yourself a hard task such as you're not allowed to look at your phone while out walking

Discover your local area, try to spot things you have never seen before.

Don't forget to collect evidence for your passport. We can't wait to hear all about it







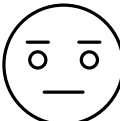



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Your thoughts.

We would like to know your thoughts and feelings about all things related to the Passport 2 success. Your feedback can make it better for future pupils.

You can include any information that you might think will help but also about how proud you're feeling about all the things you've achieved on your journey, were you nervous, have you made new friends, have you found a new passion, only share with us what you feel comfortable with. Only you, your member of staff who has supported you on your journey and the event organiser will see this. You can hand it in anonymously on your celebration day.

Simply grab a piece of paper and write down your thoughts

Two chapters

Launch Day, how did you feel at the start and by the end. Are you looking forward to the project or are you feeling nervous

End of the project, what did you enjoy the most? how do you feel now you've completed it? Do you think it has had a positive impact?

These are just a few examples of what you can mention in your two chapters.

Thank you for being part of this journey, we really hope you have enjoyed it.

**Good luck from School Games Organisers
Stacey Howard, Duncan Burgess, Lynsey Carruthers,
all your school team and Bewerley Park Outdoor Education
Centre.**



**North Yorkshire
Outdoor Learning Service**