

# West Berkshire Wellbeing Passport

Active, healthy living for young superheroes



This book belongs to:

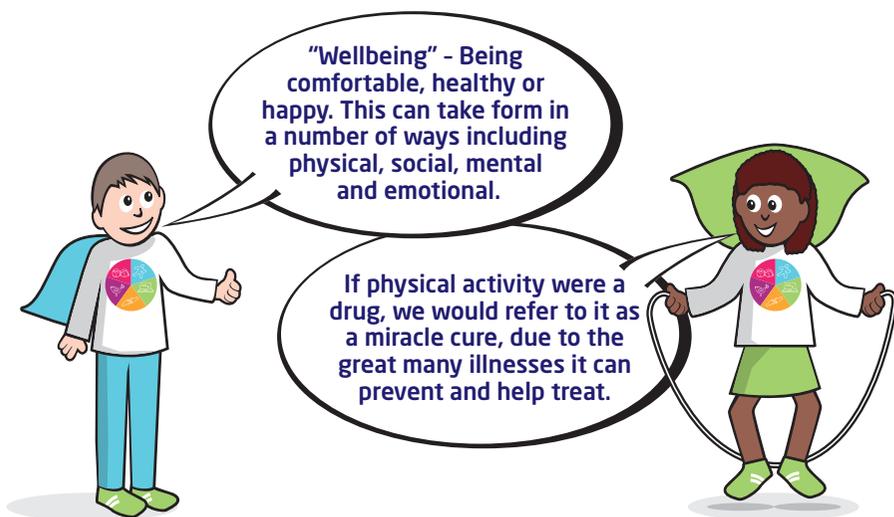
School:





## Key dates

10 October	Mental Health Day
13 November	Kindness Day
15-19 November	Anti Bullying week
18 March	World Sleep Day
22 March	World Water Day
7 April	World Health Day
16-20 May	Walk to School Week
3-10 June	Child Safety Week
12-17 June	Healthy Eating Week
20-25 June	National School Sport Week
27 July - 7 August	Commonwealth Games, Birmingham
6-31 July	UEFA Women's Football Euros



## Guide for teachers and parents

**The West Berkshire Wellbeing Passport has been created and designed specifically for children in Berkshire to provide ideas and challenges linking to the Public Health's five ways to wellbeing. The latest Chief Medical Officers report in 2019 recommended the following:**

Children and Young People (5 to 18 years)

- Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

It is fundamental that children and young people understand the wider meaning of wellbeing not just being physically active and healthy but healthy emotionally, mentally and socially. The passport will help young people within Berkshire to undertake fun and engaging activities and challenges creating awareness and learning around other important factors including sleep, friendships, good diet and nutrition, supporting and helping the environment all of which supplies essential elements for a healthy lifestyle.

### How to use the passport

The passport is designed to generate ideas, learning and activities and delivered at a pace and in a format that best suits the child and young person and the school. Activities are based around the five ways to wellbeing with termly activities to be completed separated as Autumn, Spring and Summer. Within each half term there is a activity and diet gauge where activity can be continuously recorded to help review their activity progress each term.

The passport can be embedded into the curriculum with weekly allocated time through PSHE or an equivalent subject. It can be utilised as an enrichment or after school activity or even be a homework resource to be completed at home. With each child and school different, the intention is that its designed to fit and add value to your education offer focusing on the wellbeing of every child and helping to embed good healthy choices and lifestyles that become part of a young persons DNA into adulthood.



# Your guide to your Wellbeing Passport

## Physical activity for children and young people

**Builds confidence & social skills**



**Maintains healthy weight**



**Develops coordination**



**Strengthens muscles & bones**



**Improves sleep**



**Improves concentration**



**Improves health & fitness**



**Makes you feel good**



**Sit less! Move more!**



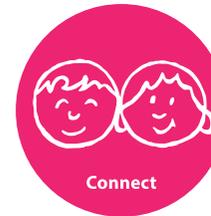
PLAY RUN WALK CYCLE DANCE  
SWIM SKATE SPORT PE  
SKIP CLIMB WORKOUT

Aim for 60 minutes of activity spread throughout the day!

Your activity should make you breathe a bit faster and make you warmer.



The Five Ways to Wellbeing are five simple things you can do as part of your daily life - at school, at home and in your community - to build resilience, boost your wellbeing and help you to keep well and healthy. These actions are known internationally as the Five Ways to Wellbeing. The Wellbeing Passport will help you, your classmates and family to build the Five Ways to Wellbeing into your day and week.



Connect

### Connect

Making a connection with other people can feel **Amazing!** Connecting with others can improve how you feel, helps you and the people you connect with feel to feel valued and cared for. You can connect with people in lots of different ways, the Wellbeing Passport is full of ideas. Try and connect with someone every day.



Be Active

### Be Active

When you are active it can make you feel **Great!** Being physical active, for 60 minutes a day, helps you to feel good, keeps you fit and helps you to sleep. The Wellbeing Passport gives lots of ways to be active throughout the day to help achieve the 60 minutes goal.



Keep Learning

### Keep Learning

Learning something new makes you feel **Awesome!** Learning is so much more than what you have to do in school. Learning something new or improving a skill can be fun, challenging, inspiring and can make a real difference about how you feel about yourself. The Wellbeing Passport will give you opportunities to learn and try new things out.



Give to Others

### Give to Others

Giving to others can you make you feel **Brilliant!** Any acts of kindness, whether small or large can make you feel happier and well. The Wellbeing Passport will encourage you over the next year to give to others in lots of different ways.



Take Notice

### Take Notice

Taking notice can really help you to feel **Calm.** There is so much to be aware of, but usually we are in too much of a rush to really notice our surroundings. Have you tried to stop and observe something closely? The Wellbeing Passport will give ideas on how to look at the world and your surroundings in a different way.



# Sporting Heritage and the History of Sport

## The story of the marathon

A lot of English words find their origin in Greek history and the history of the word 'marathon' is no exception.

Its history goes back to the battle of Marathon that took place between Greeks and Persians in around 490 BC. It was believed that the Persians outnumbered Greeks, however the Persians still got defeated.

Legend has it that, there was a man called Pheidippides, who ran from Marathon to Athens, about 40 km (25 miles), to announce the victory.

After breaking the news, he collapsed and died. In the memory of his historical run, the long run event was named as marathon and even the 1896 Olympic marathon was set at 40 km.



**Mental Health Day - 10 October**



# Walking challenge

## Increase your walking time challenge

Dedicate some time each day to go for a walk, time your walk each day and try to use the opportunity to involve others where possible. Can you walk with a friend or family member.

You should do 15 minutes walking on Monday and then you should increase your walking time each day. You decide by how much.

How many minutes can you achieve by the end of the week. Compare with friends in your class and see who is the time champion.

(Each walk needs to be completed once a day and in one attempt from start to finish. Be honest when recording your times.)

Day	Time spent walking	Tick when complete
Monday	15 minutes	
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



# Be active with a fitness circuit

## 1 Design a fitness circuit with six stations...

Write the names of the stations below and record how many of each activity you can do in 30 seconds (eg skipping, sit-ups, press-ups etc).

Choose activities you can do and enjoy. If you can't skip, don't worry. Keep practicing or do a similar task like throwing and catching to score points.

Activity 1  how many in 30 seconds?

Activity 2  how many in 30 seconds?

Activity 3  how many in 30 seconds?

Activity 4  how many in 30 seconds?

Activity 5  how many in 30 seconds?

Activity 6  how many in 30 seconds?

2 Can you get any friends or family to try? Can they beat your score?

3 Try the circuit again, can you beat your first score?



# 30 second family skipping challenge

## 1 Can you persuade your family to have a competition?

Count each of your family's skips for 30 seconds. Can you do the challenge every day and have a leaderboard?

Could you agree a prize or reward for the top skipper?

## 2 All about energy challenge

For activities like skipping you need energy. Foods with high carbohydrate can be good for energy. Look at your labels of all food and drink for a day and record the number of kilojoules (kj) or (kcal) you consume below:

**Top tip:** If you don't have a rope you can skip without one and count your jumps instead.

## Note down everyone's best scores:

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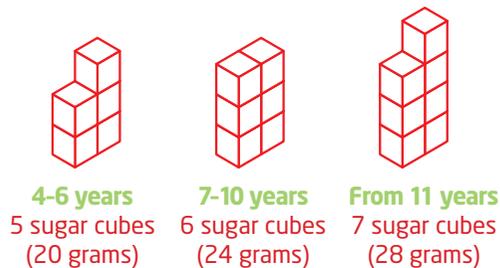
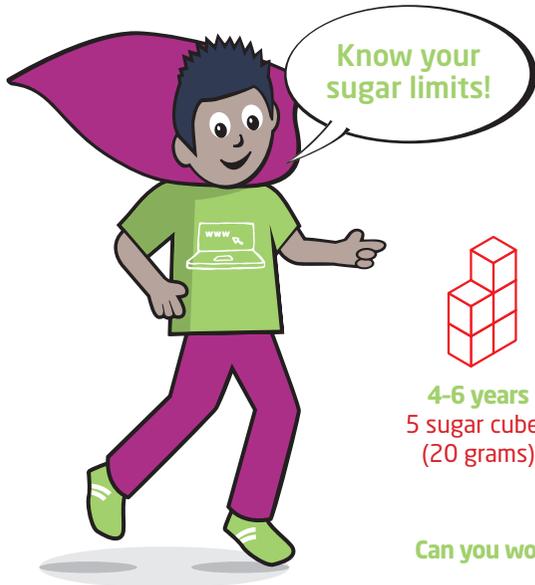
# Family snack challenge

## Sugar Swaps

Making sugar swaps can really help your teeth and body and how you feel.

### Did you know?

- A quarter of the sugar that children consume comes from sugary drinks.
- Too much sugar causes tooth decay and lead to other health problems.
- Children get a lot of their daily sugar from sugary drinks, sweets, biscuits, cakes, sugary cereals and yoghurts.
- Children are having eight sugar cubes too many each day, that's around 2,800 sugar cubes too many a year!
- You can use 'traffic light' labels on food packets to help you choose lower-sugar food and drink – try to go for more **greens** and **ambers** on the 'traffic light' labels on food packets and cut down on **reds**!



Can you work out how much one sugar cube weighs in grams?



# Family snack challenge

## Take a 7 day family snack challenge - tick each day you complete

**Day 1 - Fruity snack.** Try a new fruit today – how about a peach, pineapple chunks or a mandarin? **We did this**

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**Day 2 - Adventurous veggies.** Have a veggie snack such as carrot, pepper or cucumber sticks with a low-fat dip. **We did this**

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**Day 3 - Packaged snacks?** Stick to just two today. **We did this**

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**Day 4 - Say no to reds.** Choose foods with no red traffic lights indicated on the packets. **We did this**

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**Day 5 - Drink smarter.** Swap sugary drinks for sugar-free drinks or better still, water or milk. **We did this**

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**Day 6 - Five a day champions.** Try having five pieces of fruit and vegetables today. **We did this**

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**Day 7 - Create your own.** Think of what else you could do to make healthier decisions about your snacks. **We did this**

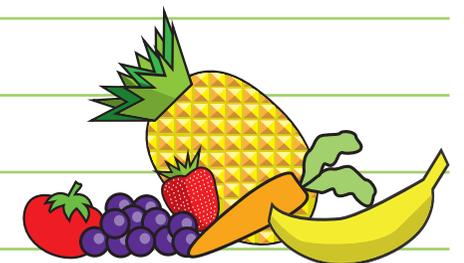
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## Make a Take Notice memory container...

### Take Notice

It can be tricky sometimes to stop and take notice of the world around us and our feelings. Taking notice can help our wellbeing and help us to feel good.

### Try this activity to help you Take Notice

Find a box, jar or plastic pot and you may want to decorate it.

Every day write on a piece of paper something you noticed during the day. It could be a smile from a friend, a thank you from a teacher, an animal you saw on the way to school, a funny shaped cloud, a strong feeling you had or a delicious meal.

At the end of each week take out your Take Notice notes and think about how you feel when you read the notes.

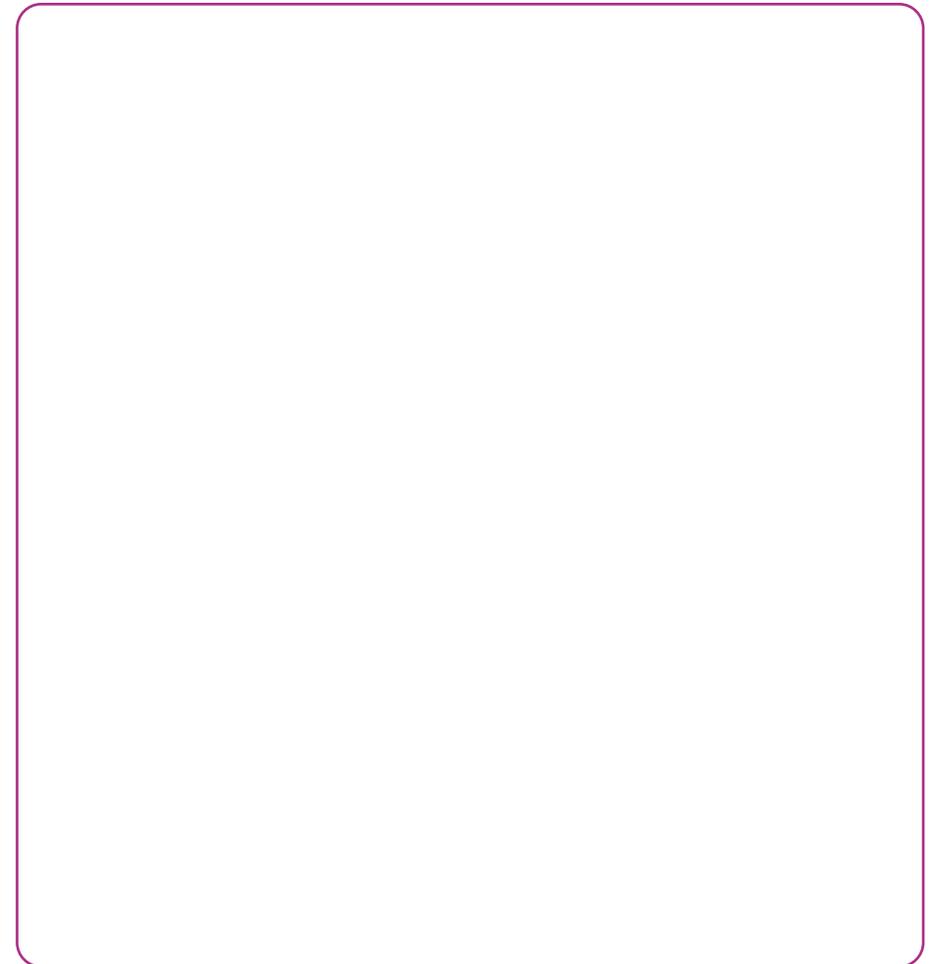
By the end of the year you should have a jar or pot full of interesting things you have noticed.



## Design your own Take Notice logo...

### Design a logo

Use this space to design your own Take Notice logo. Think about something you might enjoy noticing most; sport, animals or flowers, for example, as your starting point and make a simple symbol...





# Autumn activity barometer...

## Will you get Gold, Silver or Bronze?

Every time you complete an hour of activity at a school club or a local club shade in the time you have spent on this activity. You can include the time you spend doing your home challenges in this booklet as well.

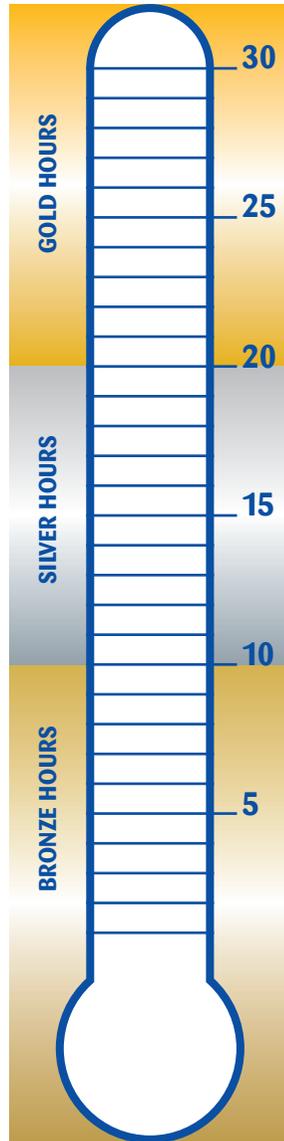
## Can you reach 30 hours this term?

Remember that 60 minutes of physical activity each day will mean you reach gold!

Each hour added is an hour closer to success!



Your parent or teacher can sign here when you've completed this section's tasks. **Well done!**  
Signature: \_\_\_\_\_

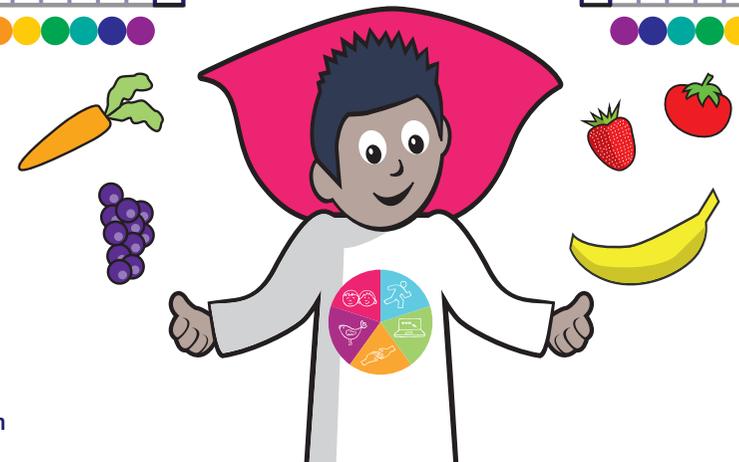
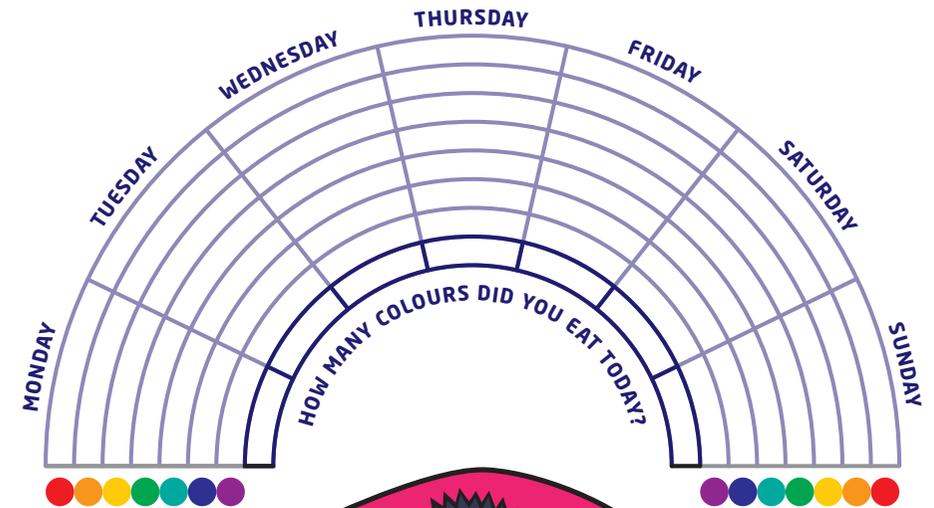


# Eat a rainbow!

## Heard of five-a-day?

To keep well we need to eat at least five portions of fruit and vegetables a day. To be super healthy it helps to eat differently coloured fruits and vegetables. **Use the chart below to keep track of how many colours you eat in a week.**

**Top tip:** A portion is as much as you can fit in the palm of your hand.





# Friendship Challenge

## Building a team to trust challenge

Complete the following task with your friends

Design an obstacle course which has various safe obstacles (check with an adult it's safe before you start).

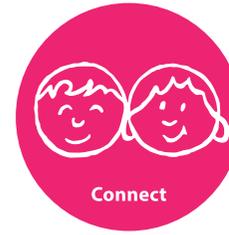
Can you stand at one end of the safe area and call instructions to your friend who will follow instructions whilst having his eyes closed? Can you get your friend to reach you without getting close to any obstacles?

Swap over and see if your friend can do the same. To be successful, its important to work as a team and be sensible and trust each other.

**Extension** Using a sheet of newspaper to help you to stand on if needed, how far can you get across a room without touching the floor?



**Extension 2** How can you adapt the challenge to suit any friends who have different abilities?



# Friendship Challenge

## This week you will need to complete three acts of friendship.

These can be any acts which shows kindness towards another individual. Please list the three act of friendships below:

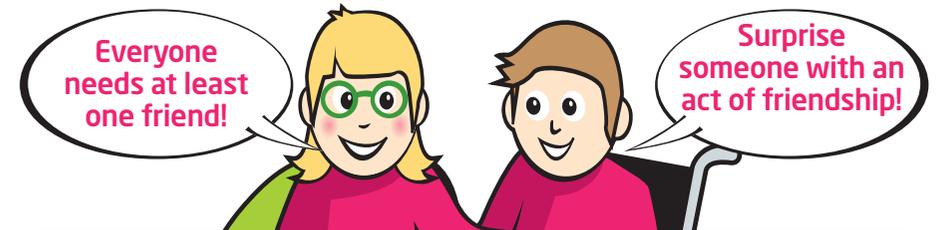
1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## Remember...

- Friends can be at school, on your street, or members of your family.
- Can you help wash the car or do some chores at home?
- Is there someone at school who would really enjoy joining your group to play with at break and lunchtime?



Anti-bullying Week - 15 to 19 November  
Kindness Day - 13 November



## River crossing teamwork challenge

### Work together to cross a river...

- 1 Using only three sheets of newspaper, can you get yourself and three friends or family members to cross a 5m space without touching the floor?
- 2 Can you do this in silence?
- 3 What's the quickest time you can do?
- 4 Can you do this with just two sheets?

**A good tip...** You need to work as a team to avoid ripping the newspaper!



## Courage through caving challenge

### Create your own cave...

- 1 Firstly get permission from your family to do this! Can you design a cave at home which you and friends can explore? Draw your design and list what you will use then ask permission to make the cave at home or in your garden.
- 2 Use blankets, to create a dark realistic atmosphere.

### Challenges

- Who can go through the cave the fastest?
- Explore the cave in lots of different ways eg. head-first, feet-first, facing up...
- Can you go through from opposite ends with a friend and get past each other in the middle?
- **Set up a treasure hunt** Who can find the most treasure?

**A good tip...** Invent an adventure story for your cave exploring.





# Looking after your oral health

## Smile!

The food you eat, the drinks you drink, brushing your teeth and of course visiting the dentist all help to keep your teeth strong and healthy.

In this book there are activities and helpful advice on making sugar swaps and eating a rainbow of fruits and vegetables. To really focus on your teeth you could keep a brushing diary.

## Top Tips

- It is essential to brush our teeth twice a day, once at night and once in the morning.
- After brushing it is important to spit but not rinse (this leaves a protective layer of fluoride on the surface of our teeth)
- Although sugar free or diet drinks (e.g. Diet Coke, Pepsi Max) do not contain sugar, the acid in these drinks can still dissolve our teeth away, making them smaller and sometimes painful. The best drinks are plain water and plain (non-flavoured) milk with no added sugar.



# Looking after your oral health

Write the day of the week in the diary below and tick each time you have brushed your teeth in the box for that day

DAY	Tick for every time you brush your teeth	
	Morning	Evening
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Weekly total		

## Remember you can stop tooth decay by:

- Consuming fewer sugary foods and drinks.
- Brushing teeth with a pea-sized amount of fluoride toothpaste last thing before bed and first thing in the morning.



# Give to Others checklist...

By giving time to friends, family, charities, your school and community, you can make others and yourself feel good. In the box below opposite on page 23, write down ideas on how you can give to others. Stuck for ideas? Here are some suggestions...

- Smile and be willing to give your time to someone in conversation
- Say thank you to someone who has helped you. Send a text, or message or write them a letter to show how much it meant to you.
- Give unwanted items to a local charity shop
- Donate your time to do something for someone else; help out your family, wash or dry up, carry shopping.
- Offer to help your parents or people you live with round the house
- Bake a cake and give it to someone
- Give some food to a food bank or raise money for charity
- Be a good role model for other children
- Picking up litter
- Holding doors open for classmates and teachers
- Picking up clothes, equipment, shoes left around the school
- Taking part in school activities
- Offer to take on extra responsibilities in your class and school
- Help at school events
- Say thank you to someone who has helped you.



# Give to Others checklist...

Write your ideas in the box about how you would like to Give to Others and then share with your teacher, friends and family.

How many can you complete in a week?

Activity	Tick when complete
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

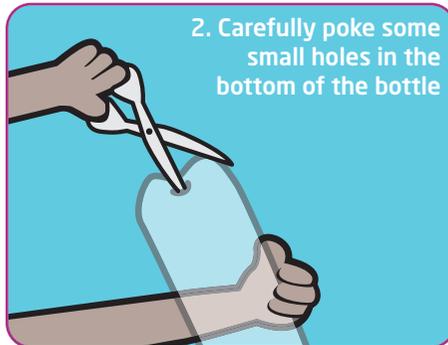


# Looking after our environment

## Did you know?

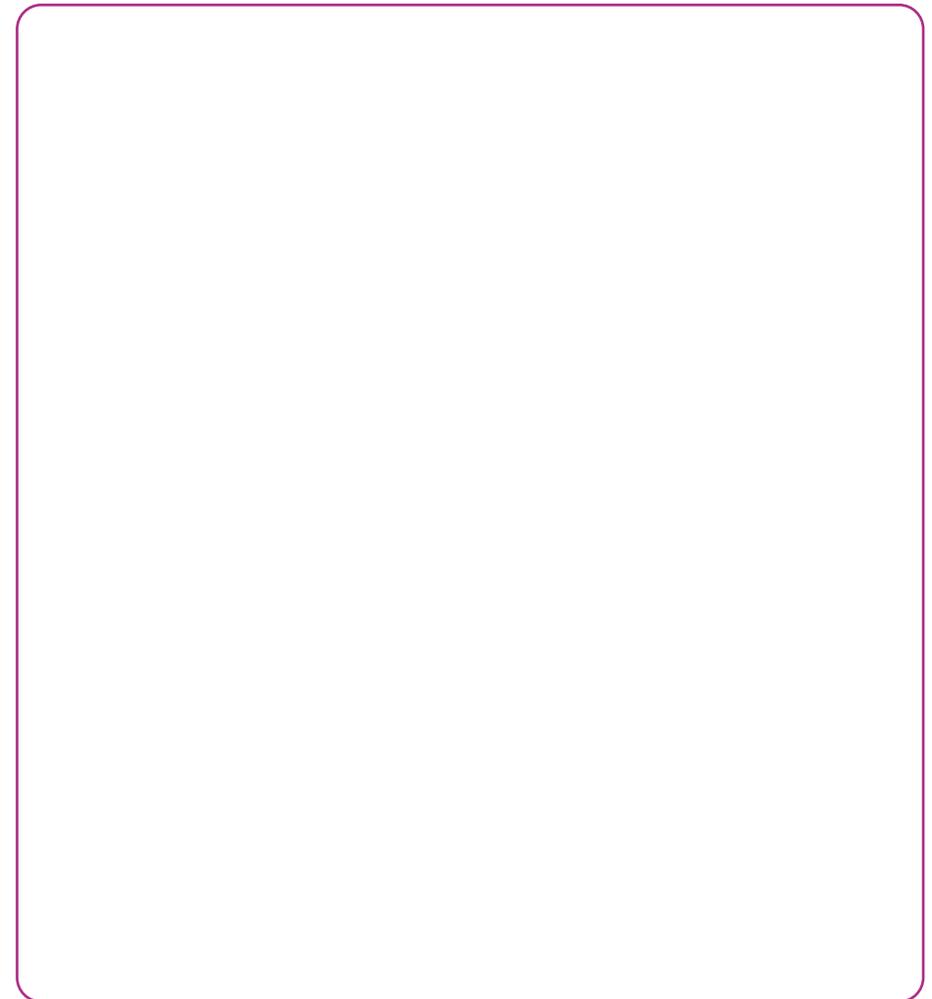
- If you lined up the plastic bottles thrown away every year, they would circle the Earth four times.
- The energy saved by recycling a glass bottle is equivalent to the energy used to power a light bulb for four hours.
- Glass can be recycled many times over.
- A single aluminum can will sit in a landfill for at least 500 years but all aluminum cans may be recycled!

## Make a recycled plastic bottle bird feeder (get an adult to help)...



# Looking after our environment

What else could you recycle to make a bird feeder? A milk carton or some other plastic packaging for example? Use this space to create your own bird feeder design then have a go at making it...





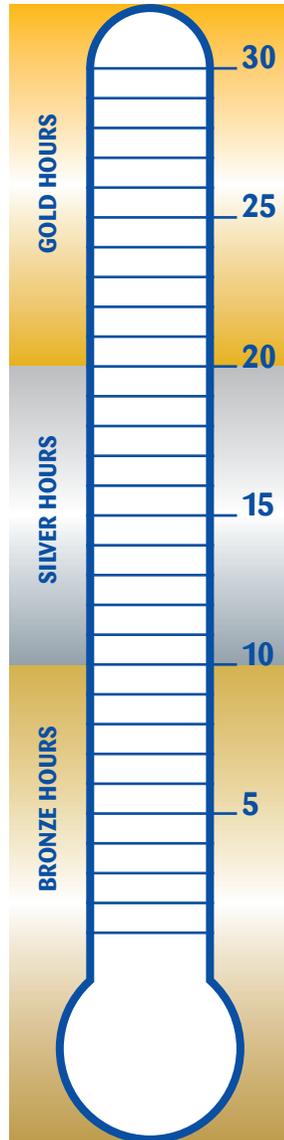
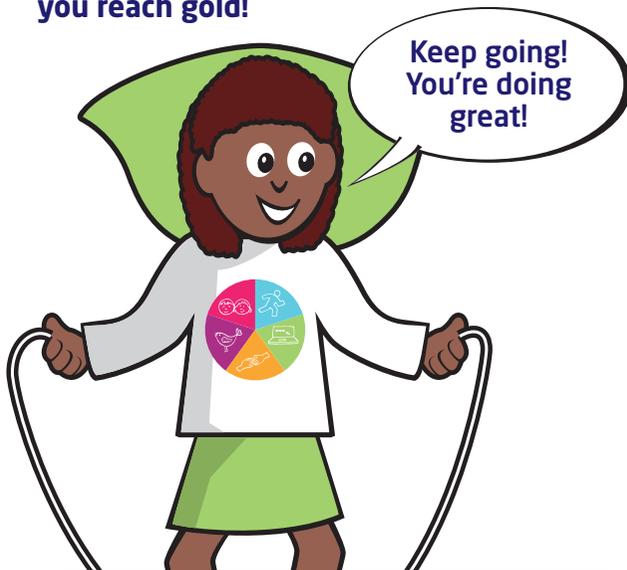
# Autumn activity barometer...

## Will you get Gold, Silver or Bronze?

Every time you complete an hour of activity at a school club or a local club shade in the time you have spent on this activity. You can include the time you spend doing your home challenges in this booklet as well.

## Can you reach 30 hours this term?

Remember that 60 minutes of physical activity each day will mean you reach gold!

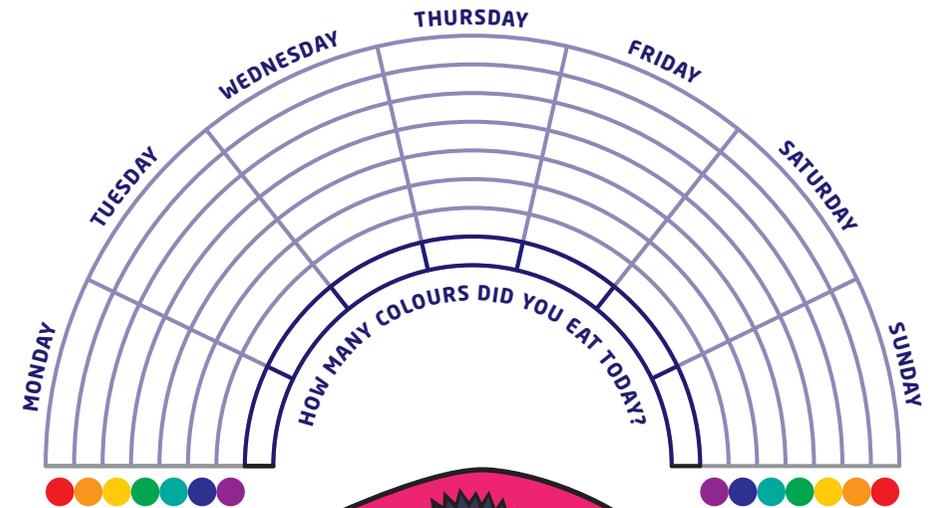


# Eat a rainbow!

## Heard of five-a-day?

To keep well we need to eat at least five portions of fruit and vegetables a day. To be super healthy it helps to eat differently coloured fruits and vegetables. **Use the chart below to keep track of how many colours you eat in a week.**

**Top tip:** A portion is as much as you can fit in the palm of your hand.





# Drink water for health

## Keep a bottle of water with you each day.

- 1 Find out how much water should you drink each by researching online.
- 2 Write down how much you should drink here
- 3 After exercise always make sure you drink a glass/small bottle of water.
- 4 Keep count of how many bottles of water you drink throughout the week and compare with your friends and family.

World Water Day - 22 March



# Drink water for health

## Keep a weekly water diary. Try to have six glasses of water a day. Tick the boxes each time you have water.

Monday	<input type="checkbox"/>					
Tuesday	<input type="checkbox"/>					
Wednesday	<input type="checkbox"/>					
Thursday	<input type="checkbox"/>					
Friday	<input type="checkbox"/>					
Saturday	<input type="checkbox"/>					
Sunday	<input type="checkbox"/>					

Write down how you feel after a week of good hydration. Do you have better energy? Better sleep? Better concentration?





## Design your own tasty fruit kebabs

Can you design a variety of fruit kebabs and encourage friends and family to try them. Use as many different fruits as you wish and draw your favourite combination below:

### Some good tips...

If you'd like to try something new use different fruits like kiwis, mangoes or blueberries!

To really show off, cut a watermelon in half and place upside down on a plate and stick your skewers into the watermelon so people can easily help themselves!



## Energy-boosting smoothy recipes

Can you make one of the following fruit smoothies which are healthy and will provide a useful energy boost?

### Strawberry Shake

12 strawberries, 1 banana and 200ml of semi skimmed milk

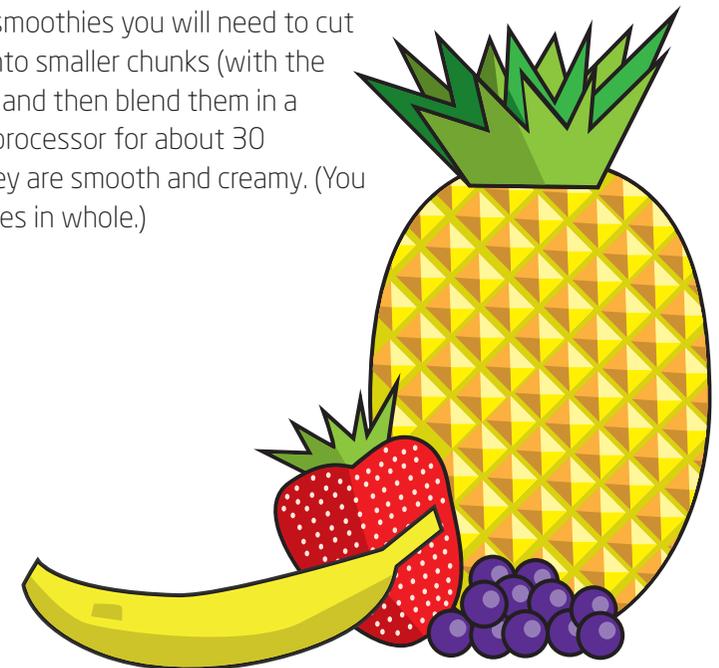
### Berry Boost

1 banana, 2 handful berries eg Blueberries, blackberries or raspberries, 150ml plain yoghurt, 60ml semi skimmed milk

### Tropical Tang

Half a pineapple, 1 small mango, 200ml orange juice

For each of the smoothies you will need to cut the larger fruit into smaller chunks (with the help of an adult) and then blend them in a blender or food processor for about 30 seconds until they are smooth and creamy. (You can put the berries in whole.)





# Create your own charity event

## Charity event

Can you complete a sponsored event either at home or at school which involves you getting active and raises money for a good cause?

Set a target for how much you want to raise using the barometer here. Use the markings to set targets to help you aim for your grand total.

Write down the name of your event and which charity the money will go to:

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# Healthy, charity cake sale

**Can you make healthy cakes or foods which could be sold to raise money for charity? Could you sell them at your school?**

Give your cakes a name and explain to buyers why they are healthy.

**Name of your cake:**

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Describe your cake, how you made it and the ingredients you used:

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## Find out more about water

### Did you know?

- Water is made up of two elements, hydrogen and oxygen. Its chemical formula is **H<sup>2</sup>O** which means each molecule of water is made up of two hydrogen atoms bonded to a single oxygen atom (you can read more about oxygen on page 66).
- Water is essential for life on Earth.
- Water is known as ice in its solid state while it is known as steam or vapour in its gaseous state.
- The freezing point of water is 0°C and the boiling point is 100°C.
- About 70% of the Earth's surface is covered in water.
- Ocean tides are caused by the gravitational pull of the moon and sun acting on ocean water as the Earth rotates.
- Seawater contains around 35 grams of dissolved salt in every kilogram. The salt changes the freezing point of the seawater to -2°C.



## Outdoor water games

### Water balloon time challenge

- Make a small hole with a pin in a balloon, then fill the balloon with water and throw the balloon to each other.
- The balloon becomes a small time bomb as the water runs out and the person left holding the empty balloon has to go and fill the balloon again for the next round!
- Tick when completed

### Water relay challenge

- Divide up into equal teams.
- Each team fills one bucket at a start line and adds a plastic cup for each team member to the bucket of water. Place another bucket at a finish line ready for a relay race.
- Running in turns, each team member takes a cup of water from the full bucket and adds it to the empty bucket before returning to the start for the next player to begin
- The first team to fill the bucket with water is the winner!
- Tick when completed





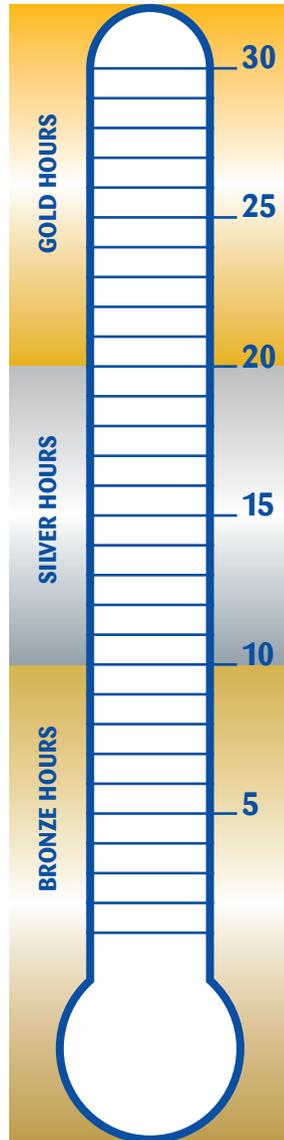
# Spring activity barometer...

## Will you get Gold, Silver or Bronze?

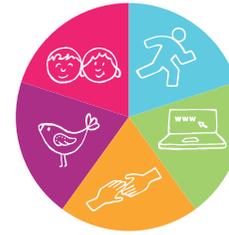
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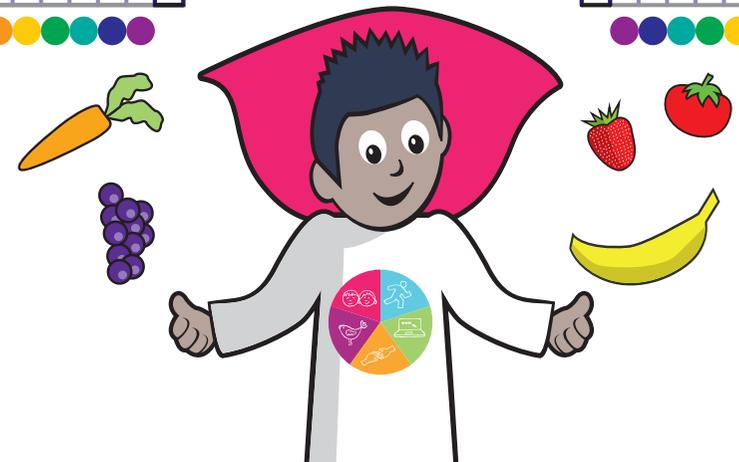
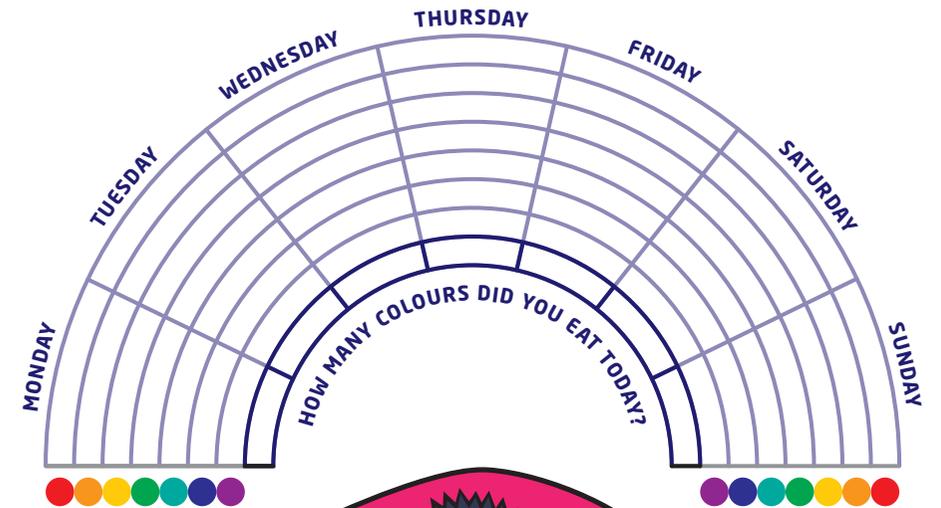


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**Top tip:** A portion is as much as you can fit in the palm of your hand.





# Sleep action plan



## Taking care of ourselves.

### A good night's sleep...

- Improves memory
- Helps us to learn better
- Helps us make good decisions
- Improves concentration and mood
- Boosts the immune system so we heal faster from illness
- Repairs our body repair our muscles, cells and organs and helps us to grow
- Helps us feel full after eating which means we find it easier to maintain a healthy weight.

### Quiz including two multiple choice questions (answers below)

Children aged 10 need to get 6 / 8 / 10 hours of sleep each night.

The average person spends 3,682 / 9,582 / 12, 582 days of their lifetime asleep.

A good night's sleep can improve a person's \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

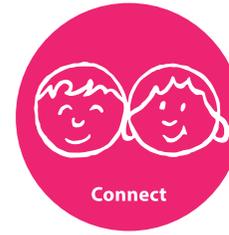
### Did you know?

Dolphins go to sleep with just one side of their brain? The other side stays awake to keep them swimming and to watch out for predators

### Why do young people of all ages need more sleep than adults?

The younger you are, the more sleep you need. This is because children and teenager's brains and bodies are still growing and a lot of the most important growing and repairing in our brain and body happens while asleep.

**World Sleep Day - 18 March**



# Sleep action plan

## Design an action plan to help a young person improve their sleep

Write or draw one idea in each box.

Daytime routine...

Bedtime routine...

Bedroom environment...

Top tip for better sleep...

## Ideas Bank for the action plan - add yours above.

**Daytime:** Stay active, go outside in the daylight, drink water, eat well and spend time with friends and family

**Bedtime:** Have a bath or shower, clean your teeth, read, listen to music or an audio book, have a warm drink

**Bedroom:** keep your room clean and tidy, and gadget-free.

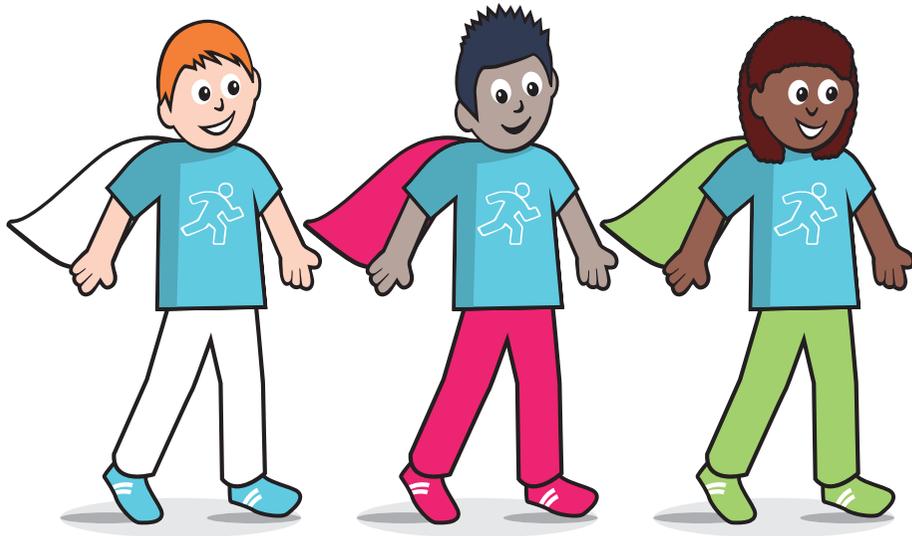
**Top Tip:** No sugary, fizzy drinks before bed, try stretching, write a note for your Take Note jar and go to bed at the same time each night



# Steps challenge

## Steps challenge

- Can you and your family walk at every opportunity instead of using the car?
- Can you and your family walk at every opportunity instead of using the car?
- On how many occasions this week did you manage to walk?



If you have access to a pedometer or step-counting app, record the number of steps you complete each day and record it here, try to ensure that your score each day is higher than the last to become a true walking champion!

Number of steps walked this week



# Traffic light fitness

## Judging the right pace...

Mark out a track or area using three different colour markers (red, yellow and green) and jog one lap as a warm up.

Jog one lap, but **use a watch or stop-watch to time yourself** making sure you **walk at each red cone**, **jog at each yellow cone** and **run fast at each green cone**.

## Remember, this is not a race!

Complete one more lap and time yourself, this time you must stay the same speed the whole way round. How close can you get to your previous time? Who can get the closest to their own time.

## A good tip...

It is not about how fast you can run, but about how good you are at judging your speed. The winner is the person who gets the closest to their own original time.

Challenge your friends, who is the pace champion?





# Playground games

There are many traditional playground games played across the world for many centuries. Some examples include: Stuck in the Mud, Tag, Capture the Flag, Treasure Hunt, Jump Rope, Duck Duck Goose.

## Research

Research a playground game using the internet and introduce to friends at lunchtime or family at home. Ensure the game is safe to play by checking with an adult or a teacher first.

## Games around the world

Can you find traditional playground games from other continents?  
There are many games from other cultures you can try and explore.



# Playground games

## Design your own playground game with a friend

Plan out your own game and give it rules, a title a winning objective. Use the chart below to help you make the rules for your game.

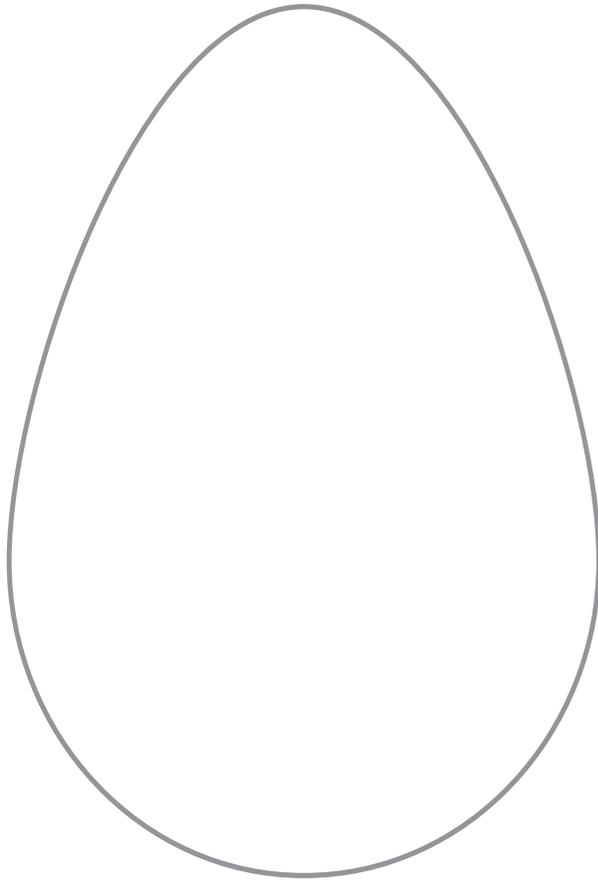
<b>Title of game</b>
<b>Summary of game</b>
<b>Rules</b>
<b>Objective</b>
<b>Equipment needed</b>
<b>Number of players</b>



# Create your own famous egg

## Create an egg person...

- 1 Get an adult to help you boil an egg
- 2 Draw a design for your egg person and come up with a name for him/her using this template.
- 3 Dress it up linking it to another culture using various materials – card, fabrics, and glue etc.



## Some good tips...

Think about other cultures/personalities, for example could your character wear different head-coverings or saris? Maybe they could be sporty?

## Think about this...

If you removed all materials what would you be left with?

**The message is that deep down we are all the same!**



# Create your own famous egg

## Who can make their egg person the most famous?

Can you take as many pictures of your egg in as many places as possible. Can you do as many activities as possible with your egg and take pictures of it to go into the school scrapbook?

## Can you list your top three activities/pictures of you and your egg person.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## What is the healthiest way to eat an egg? Why is it healthiest?

\_\_\_\_\_





# Enjoying animals and nature

## Did you know?

- Venus is the hottest planet in our solar system. At more than 800 degrees centigrade, it is even hotter than Mercury, despite Mercury being closest to the sun. The reason being that it has plenty of clouds and carbon dioxide that retain the heat it gets from the sun. Another reason to reduce our carbon emissions...
- Did you know that one tree can provide enough oxygen for two people to breathe for their entire lives?
- Did you know the Amazon rainforest produces half the world's oxygen supply? Check out page 66 to see how we get the rest of our oxygen...
- Did you know the Indonesian island of Bali has the world's largest variety of land-based flora?
- Almost 85% of plant life is found in the ocean.



# Enjoying animals and nature

## Make a teepee

Build a den, using branches stacked against a wall, fence or tree. Arrange the branches to make walls that are dense to provide good cover and remember to include a small opening that's just wide enough to crawl through. For a bigger challenge, can you make a freestanding teepee from branches?

- I did this

## Make a bug box

Make or find a small wooden box for the garden that you can fill with materials like pine cones, stones, bits of broken garden pots, twigs and dried grass to attract ladybirds, woodlice and other insects. If you're lucky you may even get a visit from a mouse or toad. You could also get an adult to help you drill holes in a dried log to provide a home for solitary bees and other insects.

- I did this





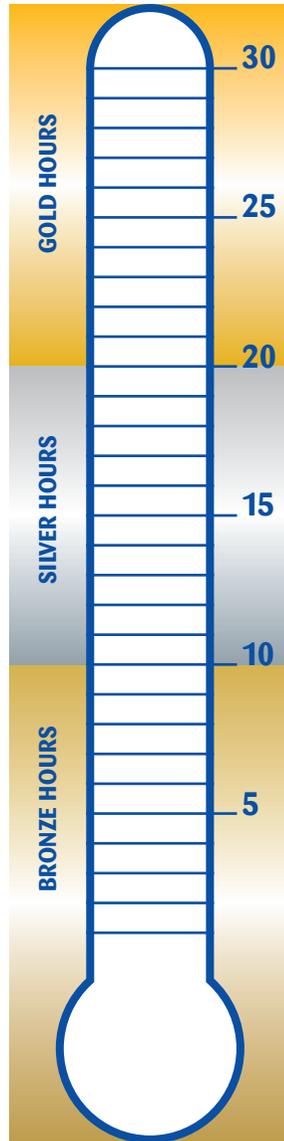
# Spring activity barometer...

## Will you get Gold, Silver or Bronze?

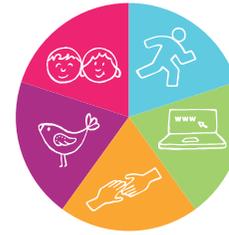
Every time you complete an hour of activity at a school club or a local club shade in the time you have spent on this activity. You can include the time you spend doing your home challenges in this booklet as well.

## Can you reach 30 hours this term?

Remember that 60 minutes of physical activity each day will mean you reach gold!



Your parent or teacher can sign here when you've completed this section's tasks. **Well done!**  
Signature:

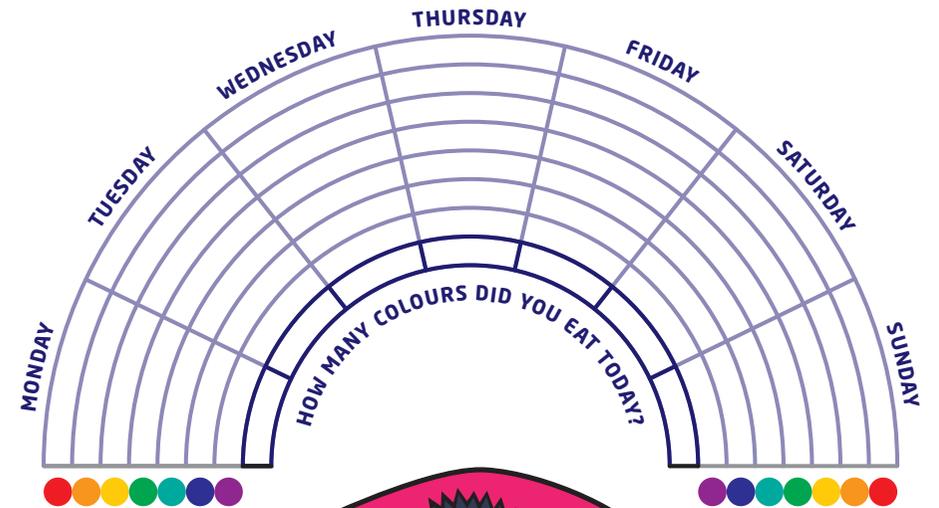


# Eat a rainbow!

## Heard of five-a-day?

To keep well we need to eat at least five portions of fruit and vegetables a day. To be super healthy it helps to eat differently coloured fruits and vegetables. **Use the chart below to keep track of how many colours you eat in a week.**

**Top tip:** A portion is as much as you can fit in the palm of your hand.





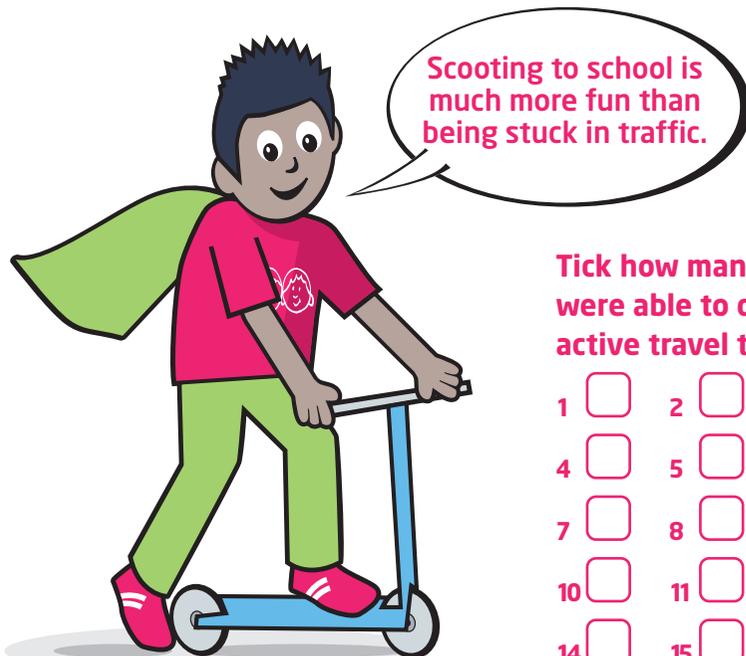
# Active travel

**Active travel is any journey where you are physically active whilst reaching your destination.**

Walking, running, cycling or scooting are all examples of active travel. It's really great if you are able to walk cycle or scoot to school as it helps gives you energy ready to learn.

There are also lots of other places you could use active travel to get to.

**What's one journey you could safely take by walking, cycling or scooting instead of getting there by car or bus?**



**Tick how many times you were able to complete active travel this week...**

1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>
4	<input type="checkbox"/>	5	<input type="checkbox"/>	6	<input type="checkbox"/>
7	<input type="checkbox"/>	8	<input type="checkbox"/>	9	<input type="checkbox"/>
10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
14	<input type="checkbox"/>	15	<input type="checkbox"/>	16	<input type="checkbox"/>



# Active travel - the Green Cross Code

**Activity: can you learn and remember the Green Cross Code to help keep you safe when you are out and about. Try putting actions to each section and show them to a friend.**



Find a safe place to cross the road. Use pedestrian crossings, footbridges and traffic islands but **DON'T** cross between parked cars, on a bend or anywhere drivers can't see you.

Tick when you understand



**STOP** just before the kerb on the pavement and make sure that you can see the traffic.  
**DON'T** step on to the road yet.

Tick when you understand



**LOOK** all around you for traffic and other road users. Check to your right hand side first, then check to your left and then to your right again before you cross.

Tick when you understand



While looking you must also **LISTEN** carefully for traffic and other road users. Electric cars, bicycles and other road users can be almost silent, so be careful.

Tick when you understand



If it is **SAFE** and there is no traffic, walk straight across the road. Keep **looking and listening** while you cross the road.  
**DO NOT** walk diagonally and do not run.

Tick when you understand

Walk to School Week - 16 May



# Walk to school

## Walk to school challenge

### 1 Can you walk to school every day this week?

Make a note of how many days you manage to do this. (If you live too far away you could walk part of the way.)

I did this

2 Time yourself. Can you improve on your time each day? Share your results with your class next week.

I did this

3 On one of the days use a pedometer (or step counter app on your phone) to see how many steps you make in one day.

4 Create a leaderboard at school to see who is the steps champion. Can you beat your teacher/coach?

The number of days I walked to school

My best time for walking to school



# Ride to school

## Go Ride Challenge

How about riding or scooting to school this week? You can use a bike or any other set of wheels like rollerskates, a skateboard or a scooter if a bike is not available to you.

• Are you able to cycle to school this week?

• How many times have you used your bike this week?

## Make a cone slalom

Create a course (in a safe environment) for you and friends to see who can be quickest to complete the course. Use cones to practice weaving in and out.

## A good tip...

If you're not confident on your bike ask your school if they have a bikeability course you can join.





# Fruit treasure hunt

## Did you know?

### • Tomatoes are a fruit!

It is suggested that tomatoes are they are the most consumed fruit in the world! Confusion about whether a tomato was a fruit or a vegetable arose in the 1890s when the US Supreme Court ruled that they were a vegetable for import tax reasons.

### • Pumpkins and avocados are also fruits and not vegetables.

### • The first vegetables to be grown in space were potatoes.

In October 1995, NASA and the University of Wisconsin-Madison worked together to grow the ever first vegetable in space – a potato!

### • Modern, cold storage technology means that the apples you eat might be up to a year old.

### • Durian is the smelliest fruit in the world.

The durian grows on the Durio tree in Malaysia, Indonesia and Thailand. Due to its smells of rotten eggs, sweaty socks and garbage, many countries in the far east have banned the durian on all public transport.



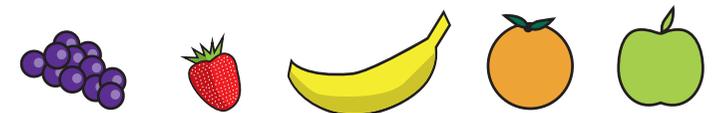
# Fruit treasure hunt

**Go shopping with your parents and try and find as many different colour fruits as possible. Can you find a fruit you have never tried before?**

## Five fruit treasure hunt

Choose five different coloured fruits when home and hide them around the house. Time a friend or family member how long it takes to find them giving them clues along the way. Then get them to hide the fruits for you to find.

Fruit	Friend's time	Your time
1		
2		
3		
4		
5		



## Make a fruit kebab

Use your treasure hunt fruits to create a multicoloured fruit skewer and enjoy sharing it with friends and family.



# Pay it forward

**Paying it forward is the idea that doing a good deed doesn't require that person doing something back in return. Instead they "pay it forward" and because of your kind act they then go and perform a kind deed for someone else.**

## Activity 1

Can you start a pay it forward act and just let the person know who you helped to pay it forward instead?

Think of some kind acts you could make. See some examples below and discuss with friends and identify your favourite three and who they will help and complete these tasks by the end of the week. Tick once completed:

### Could you...

- Help mum or dad lay the table, empty the dishwasher or wash up?
- Help wash the car or tidy up the garden if you have one?
- Invite someone at school who doesn't normally play to join in with a game?
- Invite a friend to come training with you at your local team if they have never been before?
- Save your loose change and donate the money to a good cause?

Pay it forward activity	Who it helps	Tick when complete



# Pay it forward

## Lunchtime equipment and giving to others challenge

This week you are tasked with giving to others and encouraging as many different activities to take place at breaktime and lunchtime. How many of the following challenges can you make happen this week?

Once completed tick the activity to show you have successfully completed this challenge...

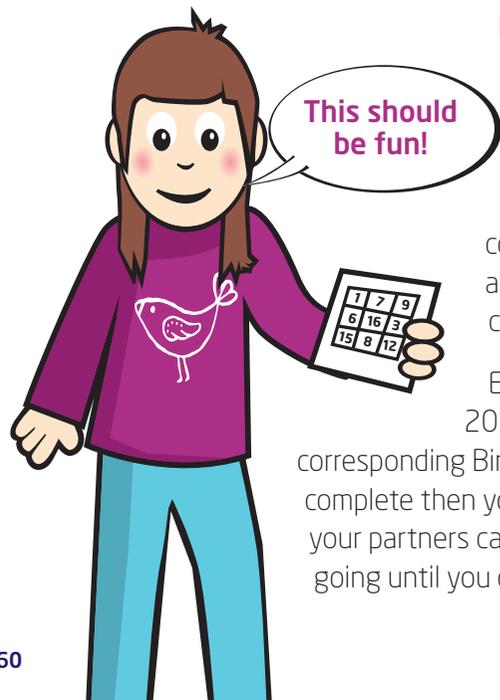
Activity/Challenge	Who was involved?	Tick when complete
Get 10 people to play tag		
Introduce a ball game to others using a football		
Introduce a ball game to others using a tennis ball		
Include two new friends you don't usually play with into a game		
Develop a game and get 10 people playing it just using cones		
Challenge 10 people to see how long they can skip for using a rope		
If someone is sitting alone, your challenge is to invite them to play		



# Physical Activity Bingo

You can play alone or against friends or family. Choose a random 9 numbers between 1 and 16 each and write them on a piece of paper with one number in each box. Use this box as a guide...


Write 1-16 on a piece of paper, cut them out and place them in a cup or container. When ready to play pull out a number and if you have that number cross it off on your sheet and perform the activity shown opposite.



**Round 1** Winner is the first player to get one line of three either across, down or diagonally.

**Round 2** Winner is the first player to get all numbers completed. You must complete the activity to be able to cross off the challenge.

Each activity must be completed in 20 seconds to cross off the corresponding Bingo number. If you are unable to complete then you can have another attempt but your partners can join in and support you and keep going until you can achieve that challenge.



# Physical Activity Bingo

Try and take notice of these activities and think about how they can be used each week to try and help improve your balance, strength, stamina and coordination. Take notice of your friends and others taking part and try and support and encourage them to complete activities.

This bingo card is for you to use once set up and these are the activities you need to complete for each number. **For each activity you need to continue for 20 seconds to complete the task or have to achieve the target number before the time runs out.**

<b>1</b> Do 20 star jumps	<b>1</b> Balance on one leg
<b>3</b> Do 12 press-ups	<b>4</b> Hold a seated position, back flat against a wall and hold knees bent
<b>5</b> Do 14 sit-ups	<b>6</b> Balance a book on your head without dropping it
<b>7</b> Do 12 knee to chest jumps while staying in one place	<b>8</b> Throw and catch a ball against a wall without dropping it ten times
<b>9</b> Keep a balloon or ball in the air	<b>10</b> Hold yourself in a press-up position
<b>11</b> Throw and catch a ball between alternative hands 10 times	<b>12</b> Throw an object into a target three times
<b>13</b> Jump back and fore over a line with both feet together 20 times	<b>14</b> Pass a ball around your waist continuously 12 times
<b>15</b> Bounce and call a ball off the floor 18 times	<b>16</b> Lay on your back and hold your legs straight off the floor



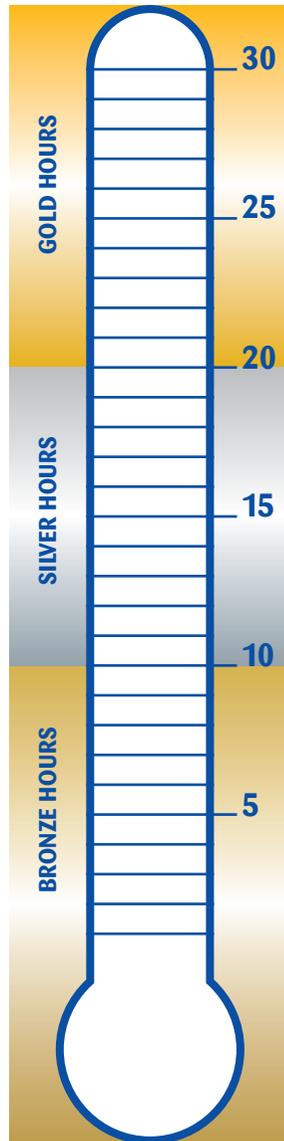
# Summer activity barometer...

## Will you get Gold, Silver or Bronze?

Every time you complete an hour of activity at a school club or a local club shade in the time you have spent on this activity. You can include the time you spend doing your home challenges in this booklet as well.

## Can you reach 30 hours this term?

Remember that **60 minutes of physical activity each day will mean you reach gold!**



Your parent or teacher can sign here when you've completed this section's tasks. **Well done!**  
Signature: \_\_\_\_\_

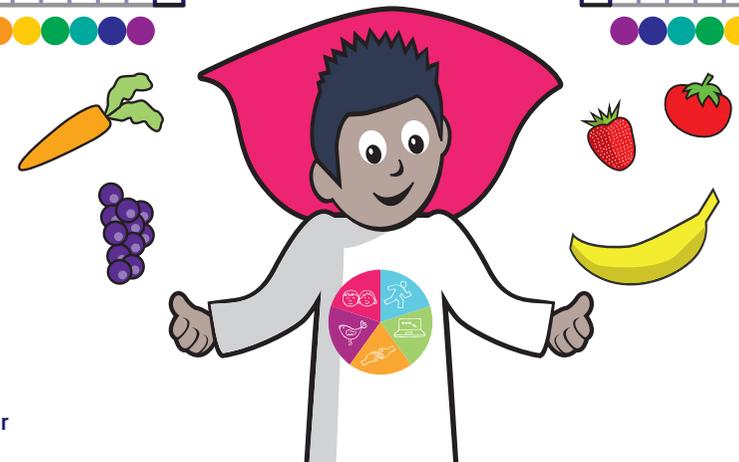
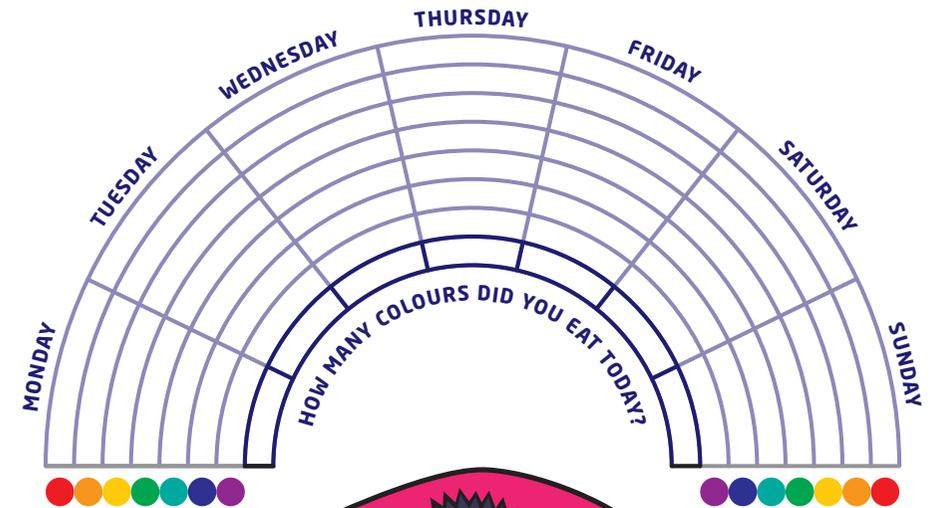


# Eat a rainbow!

## Heard of five-a-day?

To keep well we need to eat at least five portions of fruit and vegetables a day. To be super healthy it helps to eat differently coloured fruits and vegetables. **Use the chart below to keep track of how many colours you eat in a week.**

**Top tip:** A portion is as much as you can fit in the palm of your hand.





# Water safety

**When its summer and its hot outside it can be very tempting to cool off by going for a paddle or a swim in the nearest bit of water, but water can be very dangerous. Do you know how to keep safe around water?**

- **Can you tell how deep it is?**

Open water is often not very clear so you can't see how deep it is at the bottom, if you don't know, it's definitely not safe to go in.

- **Can you tell how cold it is?**

Even on a hot day, open water in England is likely to be very cold, so if you jump straight in your body could get shocked by how cold the water is causing you to panic and struggle.

- **Can you tell how fast it is?**

One of the biggest dangers with water is the current and the fact it is powerful and able to pull us one way or another, even if it seems gentle it can actually be very strong once we are in it.

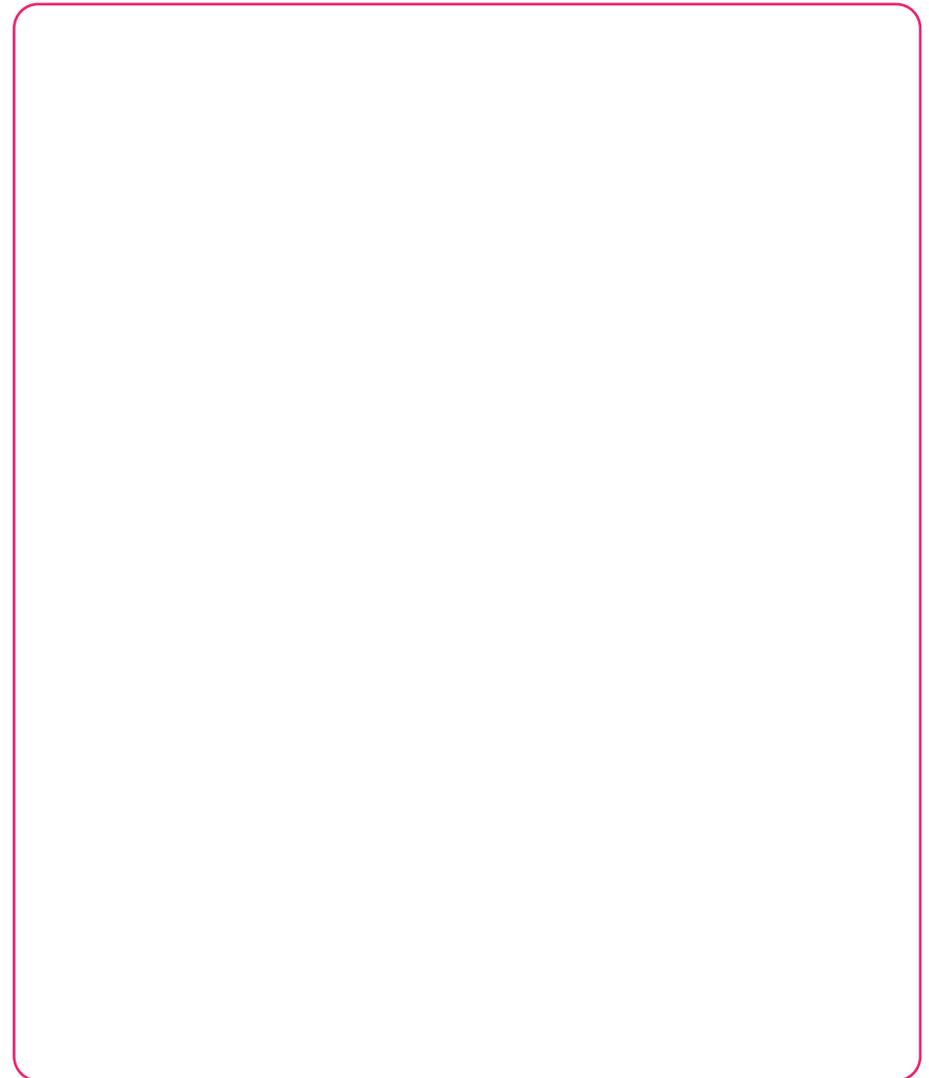


Drowning prevention week - 18 to 25 June



# Water safety

**Design a poster with ideas on how to stay safe near water here:**





## Oxygen facts

### Did you know?

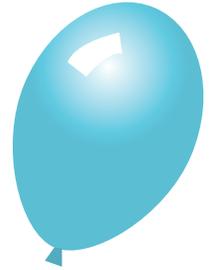
- Oxygen is a chemical element with the symbol **O**.
- It is the third-most common element in the universe, after hydrogen and helium.
- Two oxygen atoms usually bind to make dioxygen (**O<sup>2</sup>**), a colourless gas which has no taste or smell.
- Dioxygen makes up only 21% of the Earth's atmosphere. The rest of the air we breathe is 78% nitrogen with small amounts of argon, carbon dioxide, neon, helium, and hydrogen making up the difference.
- Most life on Earth takes in oxygen gas (**O<sup>2</sup>**) to use in respiration. Many organic molecules in living things have oxygen in them, such as proteins, nucleic acids, carbohydrates and fats.
- Water is a combination of hydrogen and oxygen **H<sup>2</sup>O**, which every living thing needs to survive.
- Plants and oceanic plankton make the Earth's dioxygen by photosynthesis, using the Sun's light to separate oxygen from water and carbon dioxide.

Reducing pollution  
keeps the air we  
breathe safe!



## Balloon challenges

### You will need some balloons and a timer or stopwatch for these balloon challenges:

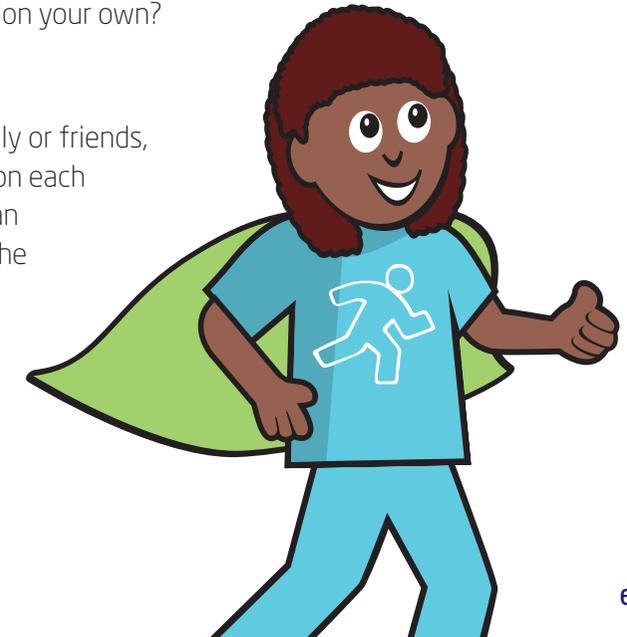


Time how long you can keep a balloon up in the air just using your head and feet - have five attempts and record your best time here:

Ask a family member or friend to join in and again, see how long you can keep a balloon up in the air just using just heads and feet - have five attempts and record your best time here:

How long can you keep two balloons up in the air at the same time on your own?

In a bigger group of family or friends, give everyone one balloon each and see how long you can keep all the balloons in the air between you. Work as a team and record your time here:





# Commonwealth games XXII

## What is the Commonwealth Games and where and when is it taking place?

The Commonwealth Games is an international multi-sport event involving athletes from the Commonwealth of Nations. The Games run from 28 July to 8 August 2022 and will be held in 14 venues across Birmingham.

### The Commonwealth Games in numbers...

- **XXII are the roman numerals for 22.**  
It will be the 22nd Commonwealth Games, in 2022!
- **11** - there will be eleven exciting days of sports and events
- **73 Commonwealth nations and connected territories are expected to take part**
- **2.4 billion** - the number of people within the Commonwealth

You can find out more at [www.Birmingham2022.com](http://www.Birmingham2022.com)



# Commonwealth flags quiz

## Can you recognise any of these 20 Commonwealth flags? Fill in your answers below each flag. (Answers inside back cover.)



**Hint:** find a list of commonwealth countries online and compare the flags above to the list...



## Give to others - Commonwealth Games 2062

**The Commonwealth Games has grown and developed over the years, with more countries and participants taking part.**

But what would the Commonwealth Games look like in 2062? Thinking creatively and imagine it taking place in West Berkshire in that year. How would technology work at that time and try to describe with words and drawings how you think it would look and what you would do if you were in charge of the 2062 Commonwealth Games?

### Commonwealth Motto

What would your one line motto be to help capture what your 2062 Commonwealth Games would be about?



## Give to others - Commonwealth Games 2062

**What sports would you include?**

Find out which sports take place in the 2022 Commonwealth Games. List five sports you would want to include in your 2062 Commonwealth Games (be creative and develop your own sports if able to as well as existing ones).

Sport	Description

### Giving to others

As 2062 Commonwealth lead you have money to give to each of the participating countries. Would you give each country an equal share? Would you give more to countries that are bigger and less to those that are smaller? Explain why. Would you let each country spend their money on whatever they wanted ? If yes, explain why. If not, explain what you would expect them to spend the money they received on.



## Try something new

### Can you attend an additional after school club this week which you don't normally attend?

How many friends can you persuade to try and take part in an extra activity this week?

Put the number of people in the box below who you have persuaded to go to an additional school sport activity this week.

The number of friends persuaded to try a new club

The name of the club attended

Did you make any new friends?

Would you go again?



## Try something new

### Here are a range of activities and sports

How many have you done before? How many are new since you started using the Wellbeing Passport? How many haven't you done but want to try? There are some gaps for you to add activities you take part in that we haven't thought of...

Tick all that apply	Have done before the passport	Have done since the passport	Will continue to do in future
Skateboarding			
Martial Arts			
Indoor Caving			
Den building			
Skipping			
Archery			
Golf			
Tennis			
Dodgeball			
Fitness Circuit			
Table Tennis			
Been for a walk with family			
Raising money for good causes			
Made new friends			



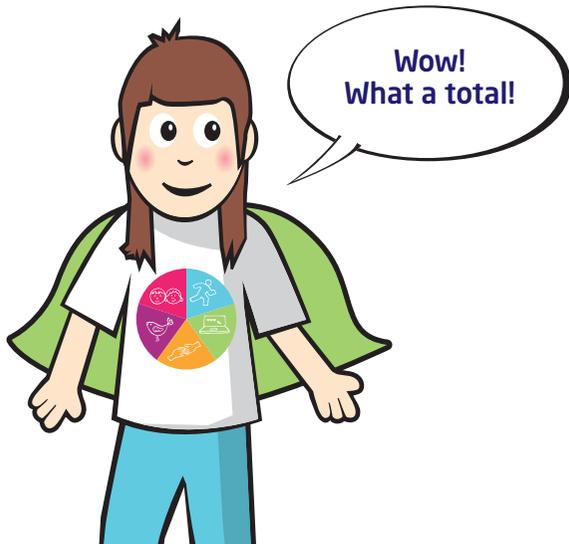
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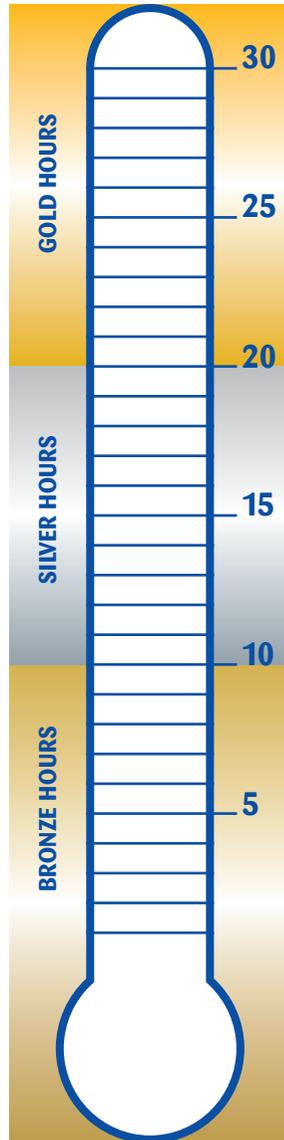
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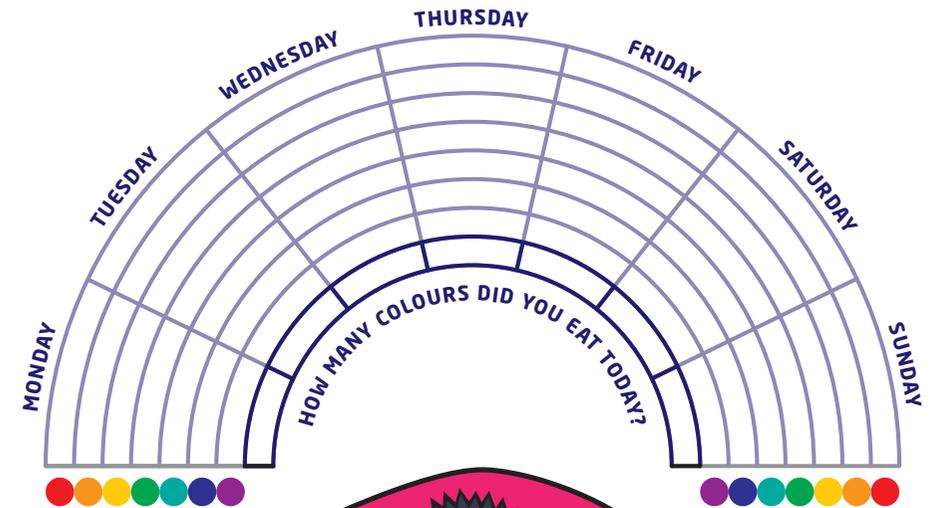


# Eat a rainbow!

## Heard of five-a-day?

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**Top tip:** A portion is as much as you can fit in the palm of your hand.





# Personal reflections

**What have you learnt?**

---

---

**What difference has it made?**

---

---

**Have you made any new friends? If so, who?**

---

---

**Have your family joined in?**

---

---

**Have you learned and specific new activities? If so, which ones?**

---

---

**List three physical goals or targets that you would like to achieve within the next 12 months**

1 

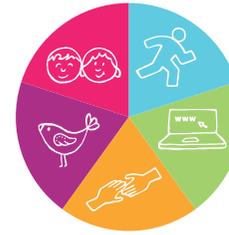
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2 

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3 

---



# Survey page 1

Please complete both pages of this survey and then tear out this page and give to your teacher.

Name (Optional)

School

Which activity you have enjoyed the most?

---

Which activity did you find the most challenging?

---

List any activities/ sports/ clubs/friends or healthy foods that are new to you since completing the Wellbeing Passport...

---

---

List three targets or goals you would like to challenge yourself with over the next year and try and achieve?

1 

---

2 

---

3 

---





## Survey page 2

Please complete both pages of this survey and then tear out this page and give to your teacher.

**Rate the following out of 10 (10 being best). Tick the circles.**

I feel I have a better understanding of how to be active and healthy and understand the importance of a good wellbeing.

1  2  3  4  5  6  7  8  9  10

I feel much fitter and physically better because of the Wellbeing passport.

1  2  3  4  5  6  7  8  9  10

I feel I am making much better dietary and food choices now because of the Wellbeing Passport.

1  2  3  4  5  6  7  8  9  10

I feel I am more aware of how important nature and the environment is and I feel I can make positive changes to help the environment now because of the Wellbeing Passport.

1  2  3  4  5  6  7  8  9  10

I have made new friends since using the Wellbeing Passport.

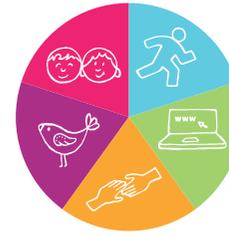
1  2  3  4  5  6  7  8  9  10

I have tried many new activities because of the Wellbeing Passport.

1  2  3  4  5  6  7  8  9  10

Would you like to access a Year 7 Secondary School Passport with more activities and opportunities if it was available? Tick yes or no...

**YES**  **NO**



## Your activity barometer and eat a rainbow totals...

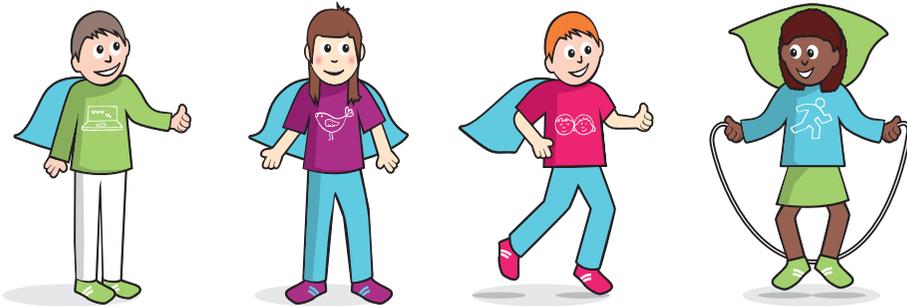
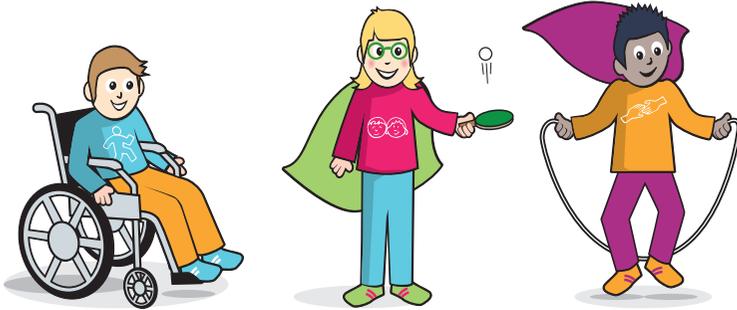
	Hours of activity (out of 30 each term)	Eat a rainbow (number per week)
<b>Autumn 1</b>		
<b>Autumn 2</b>		
<b>Spring 1</b>		
<b>Spring 2</b>		
<b>Summer 1</b>		
<b>Summer 2</b>		

(total score for the year)	Physical activity	Eat a rainbow
<b>Bronze</b> 	<b>30-60 hours</b>	<b>40-80 pieces of fruit</b>
<b>Silver</b> 	<b>61-120 hours</b>	<b>81-110 pieces of fruit</b>
<b>Gold</b> 	<b>121-160 hours</b>	<b>111-150 pieces of fruit</b>
<b>Platinum</b> 	<b>161-180 hours</b>	<b>151+ pieces of fruit</b>

Commonwealth flags quiz answers from page 69: 1 United Kingdom; 2 Cyprus; 3 Uganda; 4 Pakistan; 5 Belize; 6 Australia; 7 India; 8 Samoa; 9 Singapore; 10 Maldives; 11 Tonga; 12 Seychelles; 13 South Africa; 14 Zambia; 15 Kenya; 16 Dominica; 17 Lesotho; 18 Barbados; 19 Kiribati; 20 Canada.

# West Berkshire Wellbeing Passport

Active, healthy living for young superheroes



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