

With thanks to:

Parentikind

HOW
**ACTION FOR
CHILDREN**
WORKS



Every
Child
Should...



Proudly supporting
youth social action



Get in touch

We'd love to hear what you think about this list. Share your experience using #MyActivityPassport or email: activity.passport@education.gov.uk



Department
for Education



Name

Start date

End date

Nursery



Activity

	✓	Date:
1. Learn five Makaton signs	☐	
2. Paint a self portrait	☐	
3. Plant some bulbs and watch them grow	☐	
4. Go on a walk H Aut 1	☐	
5. Make some leaf rubbings	☐	
6. Make a sandwich	☐	
7. Taste a new food H Aut2	☐	
8. Make a flag for a sandcastle	☐	
9. Fly a kite H Spr 1	☐	
10. Make a paper aeroplane and see if it flies	☐	
11. Perform a song	☐	
12. Re-tell a story to an audience	☐	
13. Post a postcard H Spr 2	☐	
14. Play with sand outdoors	☐	
15. Make a bird feeder	☐	
16. Perform in the Christmas show	☐	
17. Make a map	☐	
18. Enjoy dressing up	☐	
19. Visit the beach H Sum 1	☐	
20. Have a picnic H Sum 2	☐	

The final activity passport challenge is one that can be completed at any time during key stage 2 (from years 3-6).

Complete a child led assembly

I completed a child led assembly about _____
on _____.

Signed

Head teacher



Activity

			✓	Date:
1.	Immerse yourself in nature	H	Sum 1	
2.	Enjoy a meal with school friends			
3.	Find patterns in nature			
4.	Swim unaided for 25 metres			
5.	Make some natural art			
6.	Vote in a school election			
7.	Plan a tour around your local area	H	Aut 1	
8.	Interview someone	H	Aut 2	
9.	Write a speech for an assembly			
10.	Learn how to access the news			
11.	Understand and use 6 figure grid references			
12.	Be able to use a compass			
13.	Complete some charity work	H	Spr 1	
14.	Take part in a Greek banquet			
15.	Make a memory board of primary school	H	S 2	
16.	Organise tea for parents and carers			
17.	Experience time on the water			
18.	See the sun set	H	Spr 2	
19.	Hold a conversation in another language			
20.	Visit another school			

The 'My Activity Passport' is filled with age-appropriate enrichment activities which will enable every child to enjoy new and varied experiences. It comprises the key areas of: drive and tenacity, sticking to the task at hand, understanding how to work towards long term goals and being able to pick yourself up and bounce back from life's challenges.

Giving young people the opportunity to try new things and develop new skills can be hugely beneficial. It can help young people to grow in confidence, expand their understanding of the world around them, or introduce a hobby or passion that could last for years to come. It can also help children to do better and achieve more at school.

The activities are designed to be accessible so that every child and family can get involved. We have worked collaboratively to produce and adapt the passport activities to Mersea Island School's own unique situation.

Each year group has twenty activities with fourteen being based in school and six activities to be completed at home. One will be completed as homework for each of the half terms throughout the year and it may be linked with your child's year groups theme for that half.

Children gain so much out of enrichment activities. They can broaden pupil's experiences, have fun and develop skills for life. Not everything can be taught in the classroom and a child's character, drive, resilience and ability to stick to a goal is just as important as their academic achievement.

I hope you and your child enjoys, and succeeds, in this exciting new journey.

Mrs Barnes (Outdoor Learning Co-Ordinator)

Reception



Activity

	✓	Date:
1. Go on a visit	☐	
2. Draw a self portrait	☐	
3. Be an amazing gardener	☐	
4. Go on an autumn walk H Aut 1	☐	
5. Make leaf rubbings	☐	
6. Make some popcorn	☐	
7. Taste a new fruit H Spr 2	☐	
8. Visit a place of worship	☐	
9. Fly a kite H Spr 1	☐	
10. Make a paper boat and see if it floats	☐	
11. Perform a song	☐	
12. Re-tell a story to an audience	☐	
13. Post a Christmas card H Aut 2	☐	
14. Play with water outdoors and get wet H Sum 2	☐	
15. Visit the beach	☐	
16. Perform in the Christmas Nativity play	☐	
17. Make a treasure map	☐	
18. Enjoy dressing up and acting	☐	
19. Look up where you live on a map	☐	
20. Have a teddy bears picnic H Sum 1	☐	

Year 5



Activity

	✓	Date:
1. Take part in a debate	☐	
2. Learn something new about your local area	☐	
3. Play in a sporting competition	☐	
4. Visit a local museum	☐	
5. Use an OS map	☐	
6. Paint natural beach landscapes	☐	
7. Do a taste test	☐	
8. Write a story for the Reception class	☐	
9. Go bird watching H Spr 1	☐	
10. Create a historical shield	☐	
11. Prepare and put on a performance	☐	
12. Try an adventurous activity	☐	
13. Sew and make a pillow	☐	
14. Make a large scale model H Aut 1	☐	
15. Swim outdoors	☐	
16. Sleep in a tent for a night H Sum 1	☐	
17. Make an Egyptian artefact H Spr 2	☐	
18. Make a kite and fly it H Sum 2	☐	
19. Plan and cook a meal H Aut 2	☐	
20. Perform a song for the local community	☐	

Year 4



Activity

	✓	Date:
1. Share a story around the campfire	☐	
2. Do a litter pick in your local area	☐	
3. Write and perform a poem to your year group	☐	
4. Ask an elderly relative about their childhood H Aut 1	☐	
5. Chop up and taste green, yellow & red pepper	☐	
6. Look for evidence of WW2 around Mersea H Aut 2	☐	
7. Look for art around the island	☐	
8. Learn the names of 5 different trees	☐	
9. Whittle a magic wand	☐	
10. Go to the beach & skim some stones H Sum 2	☐	
11. Learn to sew on a button H Sum 1	☐	
12. Complete a blindfolded nightline	☐	
13. Go orienteering	☐	
14. Spot a constellation in the night sky H Spr 1	☐	
15. Explore food chains in the pond	☐	
16. Build a den H Spr 2	☐	
17. Go on a boat to Packing Marsh Island	☐	
18. Find out what happens at the lifeboat station	☐	
19. Find out about jobs people do on Mersea	☐	
20. Perform in front of your class	☐	

Year 1



Activity

	✓	Date:
1. Go on a boat trip	☐	
2. Make pictures using chalk outside	☐	
3. Dress up like a pirate	☐	
4. Make a puppet	☐	
5. Put on a shadow puppet show	☐	
6. Borrow a book from a library	☐	
7. Have some fun with sticks	☐	
8. Create a piece of art for an exhibition	☐	
9. Look up at the stars on a clear night H Spr 1	☐	
10. Visit the local museum	☐	
11. Go on a bike ride H Sum 2	☐	
12. Try crabbing	☐	
13. Go cloud watching H Spr 2	☐	
14. Go on a wintry adventure	☐	
15. Take part in play day H Sum 1	☐	
16. Learn a skipping rhyme	☐	
17. Wrap a gift H Aut 2	☐	
18. Create some wild art H Aut 1	☐	
19. Collect shells on the beach	☐	
20. Perform in front of your class	☐	

Year 2



Activity

	✓	Date:
1. Discover pond power	☐	
2. Play a board game H Spr 1	☐	
3. Learn a poem off by heart	☐	
4. Take a trip to the beach	☐	
5. Follow a recipe	☐	
6. Buy something and check your change H Spr2	☐	
7. Find a stone with a hole in it H Sum 1	☐	
8. Become a nature detective	☐	
9. Dress up as a Victorian child	☐	
10. Experience a Victorian classroom	☐	
11. Go on a trip to a museum	☐	
12. Prepare a patch and plant seeds and bulbs	☐	
13. Pick blackberries H Aut 1	☐	
14. Make a map and plot your way to school	☐	
15. Make a bug hotel H Aut 2	☐	
16. Learn a song in a different language	☐	
17. Go on a coach trip	☐	
18. Collect and identify at least 3 different shells H Sum 2	☐	
19. Walk to a local landmark	☐	
20. Make a house	☐	

Year 3



Activity

	✓	Date:
1. Go outdoors for maths	☐	
2. Eat an apple/pear straight from the tree	☐	
3. Go on a night walk H Spr 1	☐	
4. Make a wormery	☐	
5. Make a board game	☐	
6. Go outdoors and be inspired to write	☐	
7. Make a piece of natural artwork	☐	
8. Go on a plant scavenger hunt	☐	
9. Write a speech and tell it to your class	☐	
10. Sit around a campfire	☐	
11. Learn a game that your parents used to play H Sum 1	☐	
12. Whittle and make something out of wood	☐	
13. Try orienteering	☐	
14. Follow instructions and make a snack H Aut 2	☐	
15. Make music outside	☐	
16. Produce rubbings of fossils	☐	
17. Join a club or learn something new H Sum 2	☐	
18. Visit a local artist or gallery H Aut 1	☐	
19. Eat something you have never tried before H Spr 2	☐	
20. Look for patterns outdoors	☐	