



Personal Development Passport



BELONG BELIEVE ACHIEVE

The recent lock down has been really tough and we are aware that you were spending a lot of time on the computers

*We want you to have time for yourself
We want you to have fun
We want you to speak with friends & family
We want you to be creative*

The Personal Development Passport is a series of daily and weekly challenges and ideas that you can try, evidence and share if you would like to.

We want you to step away from screens for 1 hour a week and try something different that enhances your health and well-being and makes you feel good.

We have split them into 4 main areas, take your pick of the things that appeal to you. If you like you can share what you have done and evidence what you have tried:

TAKE A PICTURE

MAKE A FILM

WRITE A DIARY/BLOG

OR EMAIL TO YOUR FORM TUTOR/PROGRESS LEADER

*Pick at least one challenge a week.
Remember this is about trying something new or doing things that make you feel good!*

If you complete for points, please share with your House Leader.

*This is a chance to try new things and challenge yourself.
Choose things that maybe you have never done before.
Create new opportunities for yourself.
Design some challenges for yourself and your family.
Share your success with your friends and form tutor.*

All challenges should be completed based on current guidelines around social distancing and lock down regulations.
Some challenges may require adult supervision

Out of School

If you wish to participate for points, send evidence of your completed challenges to your House Leader; an email is fine. Explain what you have done, however, pictures or photographs would be great so we can celebrate all your great efforts!

EACH TASK IS WORTH 10 POINTS

St Anthony's – Mrs Rudd

St Aidan's – Mrs Chisnall

St Peter's – Miss Jordan

Sacred Heart – Mrs Hooper

St Elizabeth's – Miss Slater

St John Fisher – Mr Merrill

St Thomas More – Mr Oakley



Here are the challenges... “Getting Creative”

Create a completely original piece of artwork in ANY art form

Design and create a stop go animation

Create a collage of your experiences of the school closure

Write a short story

Write a script of an original piece of drama

Write and record a song

Write a children’s story book and illustrate it

Create your own Joe Wick’s style work out

Learn to knit

Design a stained glass window celebrating your House Saint

Bake and decorate a celebration cake or batch of cupcakes

Create a small flower garden at your home

Write a new national anthem

Create and design a new school magazine

Write a series of poems about anything

Create an at home lesson for a younger sibling and teach them the lesson

Create a Lego mega build

Design your dream house

Plant some seeds and see what you can grow

Design a stained glass window celebrating Key workers and our NHS

Write a prayer or booklet about your school House Saint

Here are the challenges... “Learn something new”

Research about the Saint of your school House, what can you find out about them?

Learn how to use sign language

Learn how to iron or do other household chores (safely and supervised)

Learn how to do face painting

Learn how to poach an egg

Learn how to put up a tent

Learn how to read a map and use it to go somewhere new

Learn some basic first aid

Learn how to make friendship bracelets

Learn how to make an origami butterfly or turtle



Well-being & Health

Start growing vegetables in your garden/back yard

Learn some yoga or complete a short daily workout

Start a journal to reflect on your day or feelings and try to complete it every day

Use a mindfulness colouring book

Do 20- 40 minutes of exercise every day – it really does make you feel good!

Learn how to knit/sew/crochet

Learn how to practice mindfulness (Use the weekly newsletter on the website to help get you started)

Read a new book

Complete a crossword or puzzle

Take a walk (using social distancing) and make a note of all of the wildlife that you spot

Talk a walk and use your senses to notice what's around you (sight, smell, taste, hear, touch)

Go for a long walk (using social distancing) collect 10 pebbles/stones and paint/decorate them

Call an elderly relative, see if you can do something for them

Learn some basic first aid skills

Plan a healthy meal and cook it

Play a game with your family

Keep a week- long journal of how you have taken care of your pet

Complete a jigsaw



Contributing to the Community

Complete a litter pick safely using protective gloves/litter grabber

Call an elderly relative

Call in on a neighbour and wave to them or chat through the window (keeping socially distant)

Make some cards and deliver them safely to the neighbours, friends and family

Bake cupcakes for neighbours or family



fitbit

Staff & Student Challenge!



STRAVA™

Over the remaining time in the academic year, students and staff can challenge themselves in running or walking the furthest distance possible by tracking their progress.

This can be tracked using apps like strava to monitor progress. Report your overall distance to your Progress Leader at the end of the half term and we will see who has gone the furthest.

Good luck to all staff on achieving your goals and achieving the furthest distance possible!

Next Steps

Pick a Challenge

Do it during your Personal Development time

Record what you do

Report what you did to your House Leader with evidence (photos, a diary etc)

Enjoy something different and challenge yourself!

Form Time

No Points

No points are available as the time is based on personal well-being and development, this will be during form time each week

Creative

Origami (youtube)
Design a jigsaw for a peer to complete
Design and play Bingo with a peer

New

Sign language (Firework by Katy Perry)
Compose a quiz on a relevant topic
Create a form display
Create a form anthem/poem

Well-being

List 3 good things about yourself
Design a Joe Wicks style work-out
Listen to an audio book
Try meditation on youtube or headspace
Yoga tutorial (youtube)

Community

Compose a community prayer
Learn the word "hello" in 3 other languages
Write letters to a local nursing home (Form Tutor to organise)