

BELIEVE TO ACHIEVE

COMMONWEALTH PASSPORT

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 Commonwealth activity passport 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/commonwealth



ACTIVITY 1

MENTAL TOUGHNESS

www.outdoorted.co.uk/commonwealth

Date:

How do you feel after seeing what you need to do?

How do you feel after completing the task?

Evidence Box



ACTIVITY 2

BREAKING BARRIERS

www.outdoorted.co.uk/commonwealth

Date:

How do you feel after seeing what you need to do?

How do you feel after completing the task?

Evidence Box



ACTIVITY 3

PEOPLE SKILLS

www.outdoorted.co.uk/commonwealth

Date:

How do you feel after seeing what you need to do?

How do you feel after completing the task?

Evidence Box



ACTIVITY 4

SPORTS & LIFE KNOWLEDGE

www.outdoorted.co.uk/commonwealth

Date:

How do you feel after seeing what you need to do?

How do you feel after completing the task?

Evidence Box



ACTIVITY 5

HUNGER TO ACHIEVE

www.outdoorted.co.uk/commonwealth

Date:

How do you feel after seeing what you need to do?

How do you feel after completing the task?

Evidence Box



ACTIVITY 6

PLANNING FOR SUCCESS

www.outdoorted.co.uk/commonwealth

Date:

How do you feel after seeing what you need to do?

How do you feel after completing the task?

Evidence Box

Use this page to help you plan, jot down your thoughts or even doodle. Don't forget to use your PE department and School Games Organisers to help you on your journey.

WHAT NEXT?

Now that you have completed all 6 activities, take some time out to think about what your favourite activity was, which activity surprised you the most and which activity you are most proud of achieving.

Email your SGO to tell them your good news and they will invite you to the celebration event.

Favourite activity & why?

Which activity surprised you the most & why?

Most proud and why?

Day 1: Tick the box that best describes how you feel

Questions



1. How did you feel this morning?

2. How do you feel about PE?

3. If something is tough, how do you feel?

4. When things go wrong how do you feel?

5.

Last Day: Tick the box that best describes how you feel

Questions



1. How did you feel this morning?

2. How do you feel about PE?

3. If something is tough, how do you feel?

4. When things go wrong how do you feel?

5.