

— My —



— Journey —

My name 

\_\_\_\_\_

My age

\_\_\_\_\_

Date

\_\_\_\_\_



10x10 is a new initiative to support every child in Hackney to achieve 10 amazing activities by the time they are 10 years old

**Cllr Bramble**, Hackney Council

I introduced Hackney's 10x10 initiative as part of our continued determination to provide excellent opportunities for every child and deliver on the Mayor of Hackney manifesto. The programme will improve the confidence, cultural capital and the life chances of every child in Hackney.

We are proud of our reputation for being such a creative, diverse and inclusive borough and hope the 10x10 will develop a strong sense of identity and for all our children to feel a valued part of Hackney.

We are ambitious and want every child to access a broad range of activities and the 10x10 initiative enables us to support our children, schools and families.

**Jason Marantz**, Hackney Education

Hackney Education is proud of the excellent existing practice in our schools thanks to the dedication, hard work and effort of our school leaders, teachers and children. We acknowledge the impact of the demands of the education system and the cost of living crisis. These stresses directly impact our children and we continue to work together to raise the achievement of our children and create a borough in which all our children are confident and happy.

Through the 10x10 we will work with our schools and families, supporting our children to be aspirational, to develop new skills, opportunities and have greater outcomes.

## 10x10 ACTIVITIES

and any other achievements  
or experiences that you want to record

On each page you will find tips and suggestions for each activity. For some of these activities you will have to ask an adult to help you.

- ☐ Engage in exercise
- ☐ Have a musical experience
- ☐ Learn to swim
- ☐ Take part in drama and performing arts
- ☐ Visit the seaside and the countryside
- ☐ Experience museums, the theatre, galleries and heritage sites
- ☐ Take part in camping trips and overnight residentials
- ☐ Learn to ride a bike
- ☐ Take part in debating
- ☐ Use a library

## What other activities can you do?

## ACTIVITY 1

### ENGAGE IN EXERCISE

Exercise is scientifically proven to help build strong bones and muscles, helps keep your heart and lungs healthy and improves your fitness. It also has a positive impact on emotional and mental health, improves behaviour and concentration and helps you to sleep well! **Remember to drink water!**



#### Key Stage 1

#### CAN YOU:

Throw and catch a ball without dropping for 10 minutes?

Run on the spot for 40 seconds?

Dance for 10 minutes?

My favourite song is \_\_\_\_\_

How do you like to stay active?  
Do you need people to make any changes for you?



#### HOW DID EXERCISING MAKE YOU FEEL?

Use this space to write or draw about what you did

#### Key Stage 2

#### CAN YOU:

Make up a dance routine that uses a range of movements?

Run for a minute and improve your performances by going faster?

Develop your balance by standing on one leg and catching a ball?



Date Completed \_\_\_\_\_

Where did you go and who did you do the activity with?

How did it help you?

Is there a way this could have been adapted to suit your needs?

What I enjoyed most

How did it make you feel?

## ACTIVITY 2

### HAVE A MUSICAL EXPERIENCE

It's fun to listen to and make music. Have you noticed that music can match your mood? Some music is sad, other music sounds happy and makes you want to dance.



#### Key Stage 1

#### **CAN YOU:**

Put elastic bands on a saucepan and make **different pitched sounds**?

Find **music** to match your mood?

Use **your voice** expressively, loudly and quietly and sing different styles of songs such as rhymes and chants?



#### HOW WAS YOUR MUSICAL EXPERIENCE?

Use this space to write or draw about what you did



#### Key Stage 2

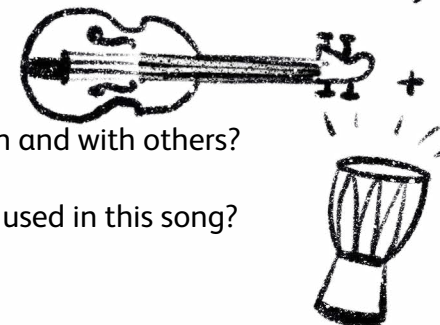
#### **CAN YOU:**

Listen to a **performance** of live music and describe what you enjoyed?

Write a **simple song** and sing it?

Play and perform a song on your own and with others?

What **instruments** do you think were used in this song?



Date completed \_\_\_\_\_

Where did you go?

How did it help you?

Is there anything that would have helped more?

What I enjoyed most

How did it make you feel?



## ACTIVITY 3

### LEARN TO SWIM

Splashing in the water is fun! Learning how to swim is a key life skill and helps you get stronger, build confidence and stay safe in water.



#### Key Stage 1

#### CAN YOU:

Go to a swimming pool near you?

Float like a starfish on your back?

What can you do **in the water** that you didn't know how to do before?

#### Things to pack for the pool:

- Goggles
- Swimwear/modest Swimwear
- A Swimming cap/ Soul cap for hair in braids or with more volume
- A Towel
- A Snack - swimming makes you hungry!



#### HOW WAS YOUR SWIM?

Use this space to write or draw about your pool adventure

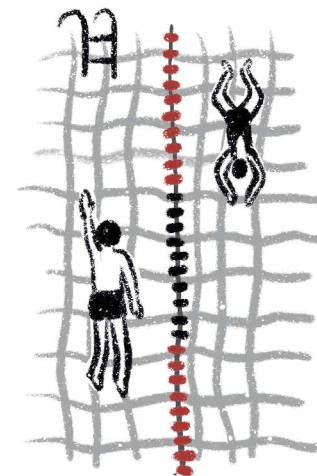
#### Key Stage 2

#### CAN YOU:

Go to a swimming pool near you?

Swim 25 metres confidently without touching the floor or the side of the pool?

Use a range of strokes such as breast stroke, front crawl, backstroke?



Date completed \_\_\_\_\_

Where did you go?

Who did you do the activity with?

What adjustments could be made to better suit your needs?

What I enjoyed most

How did it make you feel?

## ACTIVITY 4

### TAKE PART IN DRAMA AND PERFORMING ARTS

Taking part in drama and performance can help your communication skills and confidence. It gives you the chance to play characters, develop ideas, make up stories, and help you relate to different characters and cultures.



#### Key Stage 1

#### CAN YOU:

**Invent a fun adventure story** and perform it for family and friends?

**Read and reread a poem or a play,** perform it and think about its meaning?

**Use any props** to bring the story to life?

**Dress up as your favourite character** from a book or a film?



#### HOW DID YOU FEEL WHEN YOU PERFORMED?

What story did you tell?

Write or draw your character.

#### Key Stage 2

#### CAN YOU:

**Role play your favourite book/film?**

**Make a drama based on a story** and use your imagination to make up a new ending?

**Create a character** from a period of time and imagine what words they would use, how they might feel and what situation they may be in? Can they travel through time? How would your character change?



Date completed \_\_\_\_\_

How did you feel when you performed?

What story did you tell?

Write about your character.

Where did you go?

What did you learn?

Is there anything that would have helped more?

What I enjoyed most

## ACTIVITY 5

### VISIT THE SEASIDE AND THE COUNTRYSIDE

Being in nature can make you feel happy and relaxed. There are lots of plants, animals and beautiful landscapes for you to explore and enjoy.



#### Key Stage 1

#### CAN YOU:

Plan a fun day trip to the seaside or countryside with your family?

How will you get there? By:

Bus ☐ Train ☐ Car ☐ Bike ☐ Walk ☐

Did you see:

A beach  
A cliff  
A coast  
A forest



A hill  
A river  
A mountain  
A farm



A factory  
A house  
A port  
A harbour



WHAT HAVE YOU EXPERIENCED ON YOUR TRIP?

#### Key Stage 2

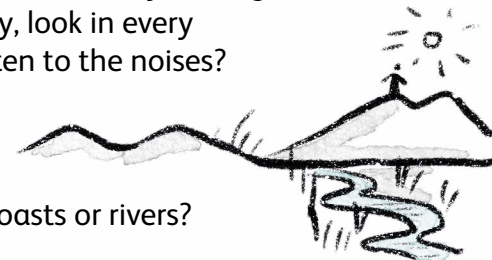
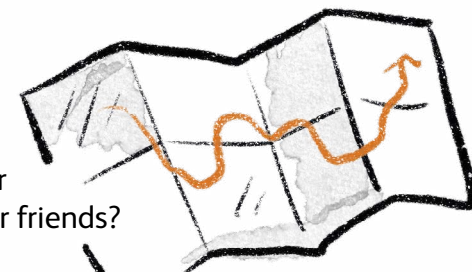
#### CAN YOU:

Plan a fun day trip to the seaside or countryside with your family, class or friends?

Spend 5 minutes being totally silent and really looking all around you, taking time to look up at the sky, look in every direction, look at the ground and listen to the noises?

Find where you went on a map?

Did you spot any hills, mountains, coasts or rivers?



Date completed \_\_\_\_\_

What have you experienced on your trip?

How was it different to where you live?

What did you enjoy the most and how did it make you feel?

How do you think the landscape has changed over time?



## ACTIVITY 6

### EXPERIENCE MUSEUMS, THEATRES, GALLERIES AND HERITAGE SITES

Hackney and London have lots of free places where you can have inspiring and creative experiences, helping you understand, question and explore the world, different opinions and ideas.



#### Key Stage 1

#### CAN YOU:

Visit somewhere locally?

In Hackney you can find:

Hackney Empire  
Autograph Gallery  
Hackney Museum  
St Augustine's Tower

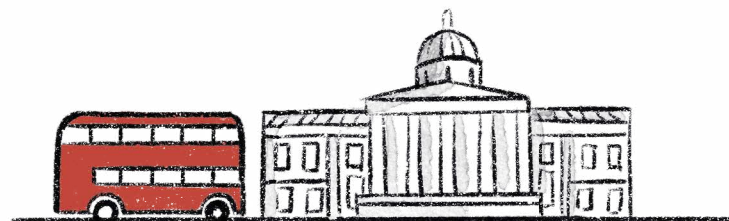


**Get on a bus** and visit one of London's big art galleries?  
For example the Young V&A in Bethnal Green

**BRING THIS BOOKLET AND A PEN WITH YOU**  
MAKE A SKETCH OF A PAINTING,  
SCULPTURE/PERFORMANCE OR SITE YOU SAW

#### Key Stage 2

#### CAN YOU:



**Get on a bus** and visit one of London's free famous art galleries?

For example

The National Gallery  
Tate Modern  
V&A East Stratford  
Or the National Portrait Gallery



Date completed \_\_\_\_\_

**BRING THIS BOOKLET AND A PEN WITH YOU AND  
MAKE A DRAWING OR NOTE OF YOUR VISIT**



Where did you go?

Who did you visit with?

What inspired you?

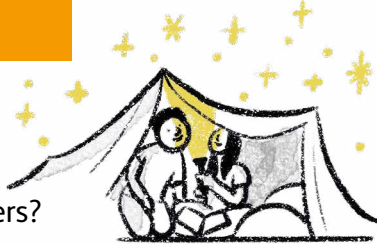
What did you enjoy most?



## ACTIVITY 7

### TAKE PART IN CAMPING TRIPS AND OVERNIGHT RESIDENTIALS

Sleeping away from home in a tent or somewhere different can be a real adventure and can help develop your confidence and independence... what will you pack in your bag?



Key Stage 1

**CAN YOU:**

Plan a camping trip with your parents/carers?

Camp out in your very own living room and make a den. All you need is a big sheet, some chairs or a table.

Can you make it cosy inside - with cushions, blankets, a torch?

Look at the night sky through the window or go outside with your parents/carers when it is dark to look for the moon and stars.

#### WHAT CAN YOU SEE AND HEAR?

Use this space to write or draw about what you did.



Key Stage 2

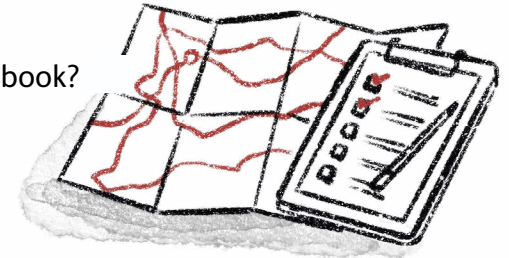
**CAN YOU:**

Plan a camping trip or overnight trip with your family? Maybe you could visit friends or family?

Get organised and make a list for packing what you may need to take with you?

Plan a walk and pack a favourite book?

What can you see and hear?



Date completed \_\_\_\_\_

How did you feel before you went?

How did you feel afterwards?

What did you enjoy most?

Where did you go?

Who did you visit with?

What inspired you?

## ACTIVITY 8

### LEARN TO RIDE A BIKE

Being able to ride a bike will help you to get around quickly, makes you stronger and builds confidence. It's a great way to have lots of fun and is also good for the environment. Our local parks have safe places to cycle and scoot. Adapted bikes ALSO help build core strength if you have a physical disability or health condition.



#### Key Stage 1

##### CAN YOU:

Use the 10x10 map to find your local green space?

Pedal without wobbling or losing control?

Practise walking on a balance beam in the park?

Can you turn around obstacles safely?



#### HOW WAS YOUR BIKE RIDE?

Did you wear a helmet?

Use this space to write or draw about what you did.

#### Key Stage 2

##### CAN YOU:

Use a map to find your local park?

Understand traffic signals, signs and road markings?

Start and stop with more confidence?



Date completed \_\_\_\_\_

What did you see?

How did you stay safe?

How was your bike ride?

Where did you go?

Is there anything that would have helped more?

How did it make you feel?

## ACTIVITY 9

### TAKE PART IN DEBATING

Debating can help you to learn new words, build your confidence, helps you think clearly under pressure and develop presentation skills and critical thinking.



#### Key Stage 1

#### CAN YOU:

Discuss a topic you are both interested in?

Make 3 key points for your debate and speak in front of someone else?

Listen to someone else and summarise their argument?



Use this space to write or draw about what you did  
What did you enjoy most?

#### Key Stage 2

#### CAN YOU:



Choose a book you are interested in and take turns in reading and listening with a friend?

Discuss the book with a friend?

Make an argument for and against the book?

Think about a local or national issue that is really important to you and prepare arguments for and against?



Date completed \_\_\_\_\_

What have you learned from this activity?

How did it make you feel to speak in front of others?

How does it make you feel to be listened to when you speak?

How did it help you?

How did it make you feel?

## ACTIVITY 10

### USE THE LIBRARY

A library is a magical place full of books. They're like doors that open to exciting new worlds. Here you can find lots of different stories and books about topics you are interested in. And they are free! Join the library, borrow books, join a club, play games, take part in fun school holidays activities.



#### Key Stage 1

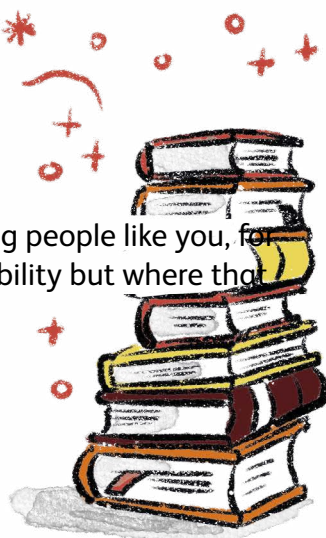
#### CAN YOU:

Ask the **librarian** for a book in the language you speak at home?

Ask the **librarian** if they have books about young people like you, for example a story about someone who has a disability but where that isn't the focus of the story?

Go to a **library** and choose a book to borrow?

Can you ask your librarian about **events and clubs happening at the library**?



#### WHICH BOOK DID YOU CHOOSE?

Describe or draw what your book is about

If you don't have a library card they are free and easy to get from your local library.

#### Key Stage 2

#### CAN YOU:

Join the **library** and find a book on your favourite subjects?

Join the **Great Hackney Libraries Quest** ? (get stamps, win certificates and prizes)

Read a **wide range** of fiction, myths, legends, modern fiction, classics, poetry, plays, non-fiction and reference books or textbooks?

Write a **book review** and recommend a book to a friend?

Take part in **fun activities** in school holidays at your local library?

Date completed \_\_\_\_\_



Which book did you choose?

Which library did you visit?

Who did you go with?

What did you enjoy the most?

How did it make you feel?







What else would you like to achieve?

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### Guide for adults

Scan the QR code which will take you to the 10x10 Website where we share a map of ideas and links to providers connected to each of the 10 activities.

