**Little Heath Sixth Form**

**(Subject)** Personal Learning Checklist

**Student Name: ……………………….…………………………………..………**

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| **Unit 5:****Activities for Health and Well-being** | **Unit Code:****6942** |
| *Minimum Target Grade:* | *Aspirational Target Grade:* |

*KEY:* ***Red =*** *with difficulty* ***Amber*** *= not sure* ***Green*** *= yes*

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| **GCSE Re-Cap (Skills and Knowledge)** | **Red** | **Amber** | **Green** |
| * N/A
 |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skills**  | **Red** | **Amber** | **Green** | **To address this in my coursework I will:-** |
| * Be able to apply knowledge and understanding of the benefits of activities for the health and well-being of chosen service-users
 |  |  |  |  |
| * Be able to obtain relevant and extensive information from a wide range of sources
 |  |  |  |  |
| * Be able to carry out primary research to plan an appropriate activity with chosen service-users
 |  |  |  |  |
| * Be able to analyse and evaluate evidence, drawing valid conclusions and make well-reasoned judgements from the evidence presented
 |  |  |  |  |
| **Knowledge/Specification** |  |  |  |  |
| **AO1**Identify at least four examples of the types of activities you have considered doing with the service-user. For each activity, explain in detail the physical,intellectual, emotional and social benefits to the service-user.  |  |  |  |  |
| **AO2**Explain at least four of the benefits of the particular activity you have chosen.Relate the activity to Maslow’s theory to show how it will develop self-esteem and confidence and help enable the service-user to reach their full potential.Justify not choosing the other activities you considered in AO1. |  |  |  |  |
| **AO3**Plan the activity you have chosen to do with the service-user.Use at least **four** relevant sources of information of different types to help plan the activity.Give a step-by-step account of what you will do. |  |  |  |  |
| **AO4**Identify different methods of assessing activities and giving feedback such as witness statements from practitioners, the views of the service-users through questionnaires or interviews and written reflective reports. Discuss the benefits for the service-user, with well-reasoned and detailed conclusions (PIES benefits)Identify any problems and areas for improvement.Explain how the activity might be developed in the future. |  |  |  |  |

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| **Use the information on this checklist to make sure you complete all sections of your coursework**  |

**Grade tracking:**

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| --- | --- | --- | --- | --- | --- |
| *Grade* | *Date* | *Grade* | *Date* | *Grade* | *Date* |
|  |  |  |  |  |  |
| *Grade* | *Date* | *Grade* | *Date* | *Grade* | *Date* |
|  |  |  |  |  |  |

*Note: You should discuss this checklist regularly with your subject teacher/mentor*