**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 |  |  |  |

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| **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*