

A stylized background illustration. At the top is a globe showing the Americas. Below it is a modern city skyline with several skyscrapers. In the foreground, a silhouette of a construction worker wearing a hard hat is operating a large piece of construction machinery, possibly a bulldozer or excavator, with yellow sparks flying from the work area.

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with Principal
Learning**

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- ▶ Information Technology
- ▶ Manufacturing and Product Design
- ▶ Society, Health and Development
- ▶ Sport and Active Leisure

See inside for details ...

Learning for the life students want!

The most popular component of the 14-19 Diploma, Principal Learning is now being offered as a stand-alone qualification. It combines theory and practice to equip learners with the skills, knowledge and experience they need to progress to higher education or work.

Edexcel's own resources help ensure success

Edexcel has launched a suite of comprehensive teaching and learning resources for a range of subjects to help teachers deliver these new qualifications effectively and bring out the best in every learner. These resources were initially designed for the Principal Learning component of the 14-19 Diploma and are therefore suitable for both the Diploma and Principal Learning as a stand-alone qualification.

Resources for students

Bright and engaging **Student Books** really bring learning to life through links to the real world that help to introduce learners to their chosen industry.

Resources for teachers

Assessment and Delivery Resources with CD-ROMs provide everything you need to plan and deliver Principal Learning and personalise the learning experience for your students.

Also available

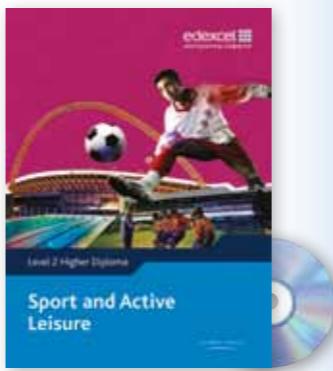


World of Work DVDs with Learning Resource Files

Bring the world of work straight to your classroom and inspire every learner with DVD footage of real industry settings, interviews with professionals and associated learning materials. Find out more and see samples at www.pearsonfe.co.uk/wow.

Find out more about Edexcel Principal Learning resources at www.edexceldiplomas.co.uk.

Edexcel's own resources to help ensure success



Student Book

978 1 846907 64 7 £18.99

Assessment and Delivery Resource with CD-ROM

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Personal, Learning and Thinking Skills features are embedded in every unit to enable learners to develop these important skills as they progress through the book.

1.8 Influences on lifestyle choices

Although you largely make your own choices about your lifestyle – whether positive or negative – we can all be influenced by people around us and the culture in which we have been brought up.

People influences

Family
From an early age the main influence on your lifestyle choices is your parents or guardians. As children you observe your parents' lifestyle choices and learn from these. For example, children whose parents eat a healthy, balanced diet are more likely to do so when they become adults.

Peers
Peer pressure is where a group of 'friends' encourages a person to change their behaviour or morals to fit in. It is common among young people but can occur in later life, e.g. workplace bullying. Peer pressure often leads to negative lifestyle choices, but can have positive effects, like peers encouraging one another to join a sports team.

Role models

Generally, role models are people you look up to who can positively influence your behaviour. There are many sporting celebrities people admire, such as David Beckham. They act as positive role models and encourage participation in sport. However, some role models could be seen to encourage negative lifestyle choices, such as footballers who carry out deliberately dangerous tackles.



Many sporting celebrities, like Rebecca Adlington, are seen as positive role models.

Personal, Learning and Thinking Skills

This activity will help to provide evidence of Independent Enquirer and Reflective Learner.

Over to you

* Which role models influence you?
* Do these role models encourage positive lifestyle choices, and if so how?

* Name two sporting role models. How do they encourage negative choices?

Image and the media
The media portray many role models as impossibly perfect-looking. Photos in magazines are often air-brushed, making females appear slimmer and males more muscular. Plastic surgery is used by many celebrities, and some models use drugs to stay slim. This obsession with image and achieving the 'perfect' body is thought to have played a significant role in the increase of drug misuse and eating disorders in young people today.

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Sample page from Sport and Active Leisure Student Book

Sport and Active Leisure

Student Book

- A bright and engaging textbook covers all the Principal Learning at Level 2 and brings learning to life through links to the real world, case studies and lively snapshots of real sport and active leisure settings.
- Embedded activities for functional skills and personal, learning and thinking skills ensure learners develop these skills as they progress.
- Includes links to work experience, helping students to apply what they have learnt to the workplace.

Assessment and Delivery Resources with CD-ROM

- Offers teachers complete support and guidance with planning, delivering and assessing every learner on the course.
- Contains a PDF of the **Student Book** so you have everything you need to plan your lessons in one place.
- Delivery plans and a bank of ready-made activity sheets support principal learning, functional skills and personal, learning and thinking skills, and dramatically reduce your planning time.
- A networkable and VLE-compliant CD-ROM contains electronic versions of everything in the printed pack that can be customised to suit your needs.

Unit Overviews offer an introduction to the unit and provide useful support with delivering this new course.

1

Positive lifestyle choices and sport and active leisure

Unit Overview

This first unit explores the positive lifestyle choices a person can make in order to lead a healthy and active life. The physical, psychological and social benefits of choosing to lead a healthy and active lifestyle are covered, which lay the foundations for a number of the other units in this qualification. This unit links closely with Unit 2, Unit 3 and Unit 7.

Learning outcomes

LO1: Know about healthy lifestyles
LO2: Know about influences on lifestyle choices
LO3: Understand the importance of participation in sport and active leisure
LO4: Understand how lifestyle choices impact on the health and wellbeing of individuals and society
LO5: Understand how lifestyle changes improve health and wellbeing

The following table shows how these learning outcomes are covered in this resource.

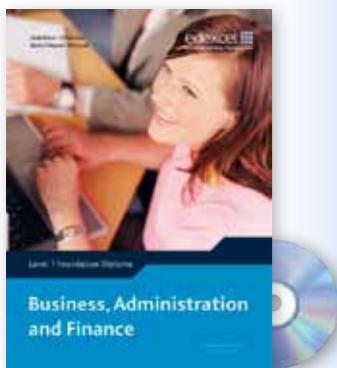
Topic	Learning outcomes covered	ABR resources
1.1 Health and wellbeing	LO1	Activity sheet 1.1 Activity sheet 1.2 Activity sheet 1.3 Activity sheet 1.4 Case study 1
1.2 Positive lifestyle choices and their effects	LO1, LO4	Activity sheet 1.3 Activity sheet 1.4 Activity sheet 1.6 Activity sheet 1.7 Case study 1

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Sport and Active Leisure
Level 2 Higher Diploma Unit 1

page 1 of 11

Sample page from Sport and Active Leisure Assessment and Delivery Resource



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Level 3 Advanced

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Business, Administration and Finance

Level 1 Foundation

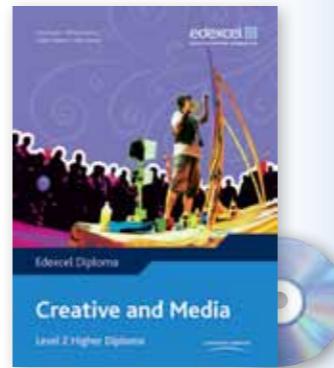
- Covers all the Principal Learning at Level 1 through a bright and engaging **Student Book**, accompanied by an **Assessment and Delivery Resource with CD-ROM** containing a PDF of the entire **Student Book**, delivery plans, model assignments and a bank of ready-made and customisable activity sheets.

Level 2 Higher

- Covers the Principal Learning at Level 2 with a **Student Book** providing differentiated activities to encourage learners to apply their skills and knowledge to real-life settings.
- The **Assessment and Delivery Resource with CD-ROM** offers complete support for planning, delivering and assessment, as well as specific guidance on the Project and working with local employers.

Level 3 Advanced

- An **Assessment and Delivery Resource with CD-ROM** contains the unit specification and delivery plans, as well as a range of activity sheets for each unit and assessment guidance, with model assignments for each internally assessed unit.



Level 1 Foundation

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Teacher Resource Disk	978 0 435500 46 7	£130.00 (+VAT)

Level 2 Higher

Student Book	978 0 435499 28 0	£17.99
Assessment and Delivery Resource with CD-ROM	978 0 435499 29 7	£160.00 (+VAT)

Level 3 Advanced

Teacher Resource Disk	978 1 846903 56 4	£199.00 (+VAT)
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Creative and Media

Level 1 Foundation

- The engaging **Student Book** covers all the Principal Learning at Level 1 and brings learning to life through links to the real media world.
- The **Teacher Resource Disk** helps with planning, delivery and assessment with a PDF of the **Student Book**, delivery plans, functional skills and personal, learning and thinking skills activities, and model assignments.

Level 2 Higher

- Lively snapshots of real workplaces and case studies in the **Student Book** bring Principal Learning to life, plus a dedicated section on the Project provides in-depth support for the skills and preparation learners need.
- The **Assessment and Delivery Resource with CD-ROM** provides ready-made materials to facilitate planning, delivery and assessment.

Level 3 Advanced

- A **Teacher Resource Disk** contains the unit specification and delivery plans, as well as a range of activity sheets for each unit and model assignments for each internally assessed unit.

Construction and the Built Environment

Level 1 Foundation

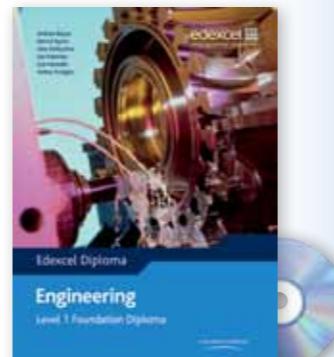
- Brings learning to life through links to the real construction world with a **Student Book** that covers all the Principal Learning at Level 1.
- The **Teacher Resource Disk** provides everything you need to plan your lessons in one place.

Level 2 Higher

- The **Student Book** brings Principal Learning to life with case studies and motivating activities, plus a dedicated section on the Project offering guidance and advice.
- Ready-made and customisable materials on the **Assessment and Delivery Resource with CD-ROM** facilitate planning, delivery and assessment.

Level 3 Advanced

- A **Teacher Resource Disk** contains the unit specification and delivery plans, as well as a range of activity sheets for each unit and model assignments for each internally assessed unit.



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Level 2 Higher

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Level 3 Advanced

Teacher Resource Disk	978 1 846903 55 7	£199.00 (+VAT)
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Engineering

Level 1 Foundation

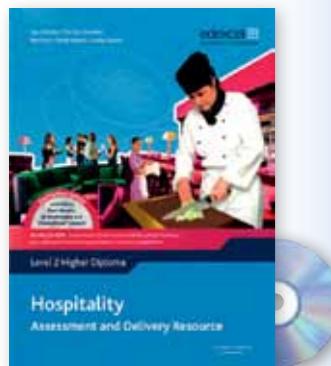
- The **Student Book** covers all the Principal Learning at Level 1 and brings learning to life through links to the real engineering world.
- The **Teacher Resource Disk** provides everything you need to plan your lessons in one place with a PDF of the **Student Book**, delivery plans, functional skills and personal, learning and thinking skills activities, and model assignments.

Level 2 Higher

- The **Student Book** brings Principal Learning to life with case studies and motivating activities, while a dedicated section on the Project offers guidance and advice to help ensure success.
- The **Assessment and Delivery Resource with CD-ROM** provides ready-made materials to facilitate planning, delivery and assessment.

Level 3 Advanced

- A **Teacher Resource Disk** contains the unit specification and delivery plans, as well as a range of activity sheets for each unit and model assignments for each internally assessed unit.



Level 1 Foundation

Level 1 Foundation

- An **Assessment and Delivery Resource with CD-ROM** provides complete support for delivering the course and assessing every learner.
- Covers all six units with customisable delivery plans, sample lesson plans, ready-made worksheets and fact sheets to save planning time.

Level 2 Higher

- The Level 2 **Assessment and Delivery Resource with CD-ROM** covers all seven units with customisable delivery plans, sample lesson plans, ready-made worksheets and fact sheets to provide complete support for delivering and assessing the course.

Level 3 Advanced

- The Level 3 **Assessment and Delivery Resource with CD-ROM** covers all ten units with the unit specification, customisable delivery plans and assessment guidance, as well as activity sheets to develop personal, learning and thinking skills, and functional skills.

Level 2 Higher



Level 3 Advanced



Assessment and Delivery Resource with CD-ROM

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Assessment and Delivery Resource with CD-ROM

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Assessment and Delivery Resource with CD-ROM

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Hospitality



Level 1 Foundation

Manufacturing and Product Design

Assessment and Delivery Resource with CD-ROMs for Levels 1, 2 and 3

Each Assessment and Delivery Resource:

- offers teacher/tutors complete support and guidance with planning, delivering and assessing every learner on the course
- delivers each unit using a topic-based approach, with clear labelling of the learning outcomes
- provides suggested delivery plans for each unit to give you a good starting point for planning the whole course
- contains photocopyable activity sheets and case studies to help your students explore all aspects of theory and practice.

A networkable and VLE-compliant CD-ROM:

- provides electronic copies of the activity sheets and case studies (in Microsoft Word) which can be fully customised to meet the needs of you and your students
- contains electronic copies of the delivery plans and lesson plans for each unit so you can adapt these for your own use
- contains the Edexcel unit specifications so you have full information for each unit in one place.

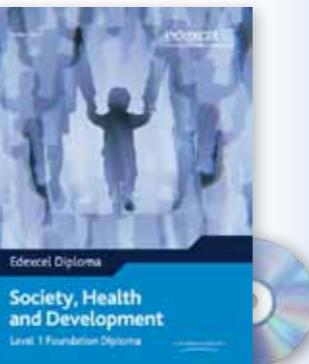
Level 2 Higher



Level 3 Advanced



Society, Health and Development



Level 1 Foundation

Level 1 Foundation

- The **Student Book** brings learning to life through links to real-life settings and covers all the Principal Learning at Level 1.
- The **Teacher Resource Disk** contains a PDF of the **Student Book** units, as well as delivery plans, activities for functional skills and personal, learning and thinking skills, and model assignments to help with planning, delivery and assessment.

Student Book

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Teacher Resource Disk

978 0 435471 69 9 £130.00 (+VAT)

Level 2 Higher

- The **Student Book** covers Principal Learning at Level 2 with lively snapshots of real workplaces, case studies, and magazine-style features, plus dedicated assessment advice and project guidance.
- The **Assessment and Delivery Resource with CD-ROM** offers ready-made, customisable materials to facilitate planning, delivery and assessment.

Student Book

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Teacher Resource Disk

978 0 435401 07 8 £130.00 (+VAT)

Level 2 Higher

Level 3 Advanced

- This **Teacher Resource Disk** contains the unit specification and delivery plans, as well as a range of activity sheets and model assignments for each internally assessed unit.

Student Book

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Assessment and Delivery Resource with CD-ROM

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Level 3 Advanced

Teacher Resource Disk

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