

Pearson BTEC Personal Growth and Wellbeing | Entry Level 3 Suite Summary

Unit Title and Learning Aims	Purpose statement <i>The purpose of this unit is for learners to...</i>	Suggested Assessment Task(s)
<p>1. Understanding Physical Health and Wellbeing A: Understand the role of physical health on health and wellbeing B: Describe ways to monitor physical health and wellbeing</p>	<p>Develop awareness of own physical health and well-being. To consider factors that influence lifestyle choices and participate in activities aimed at improving physical health and well-being</p>	<p>Your task is to find out and present information on benefits and risks to physical health and wellbeing and ways they could be monitored.</p> <p>You should consider:</p> <ul style="list-style-type: none"> • How physical activity/inactivity impacts on health and wellbeing • Benefits and risks affecting physical health and wellbeing • Ways to monitor physical health and wellbeing including technology, target setting and avoiding risks <p>You will present your information in an appropriate format.</p>
<p>2. Understanding Emotional Wellbeing A: Identify factors that can impact on emotional wellbeing B: Understand ways of improving and maintaining positive emotional wellbeing</p>	<p>Develop confidence in expressing their feelings to others. Recognising the benefits of sharing emotions and not keeping these to themselves</p>	<p>Your task is to reflect on how other people’s behaviour and life situations can affect emotional wellbeing.</p> <p>You will consider:</p> <ul style="list-style-type: none"> • Situations that can affect a person’s emotional wellbeing • Behaviours of others that influence emotional wellbeing • Factors that can influence emotional wellbeing <p>You will then consider a recent situation that you have experienced. You will need to describe the situation, identify the emotions you felt at the time and how you managed your emotions. Consider what you would do differently if you were to have a similar experience to improve and maintain positive emotional wellbeing.</p>

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		You will present your information in an appropriate format for your target audience.
<p>3. Recognising the importance of Social Health and Wellbeing</p> <p>A: Outline how relationships impact on personal health and wellbeing</p> <p>B: Describe personal skills and behaviours used in personal relationships</p>	<p>Reflect on current personal relationships and how these influence our social health and well-being.</p>	<p>Your task is to consider types of relationships and the impacts on health and wellbeing.</p> <p>You will consider:</p> <ul style="list-style-type: none"> • The types of relationships • The benefits of these relationships • The personal skills and behaviours that contribute to safe relationships <p>You will present your information in an appropriate format.</p>
<p>4. Being aware of Sexual Health and Wellbeing</p> <p>A: Identify factors affecting sexual health and wellbeing</p> <p>B: Use information to support sexual health and wellbeing in intimate relationships</p>	<p>Know the facts concerning sexual health and well-being, recognising reliable sources of information to be informed. Being aware of consequences relating to intimate relationships and developing mutual respect. and personal safety</p>	<p>Your task is to provide information on the factors affecting sexual health and wellbeing and where to go to get help and advice.</p> <p>You will need to consider:</p> <ul style="list-style-type: none"> • Characteristics of a healthy intimate relationship • The factors affecting sexual health in an intimate relationship • The reasons for seeking help and advice • The type of help and advice available <p>You will need to decide how to present your information in an appropriate format.</p>
<p>5. Becoming Self-aware</p> <p>A: Outline how factors can impact on self-awareness</p> <p>B: Explore ways to improve self-awareness</p>	<p>Begin to consider their own identity and how their attitudes, behaviours and values help shape this. They will also begin the think about how they are perceived by others and consider</p>	<p>Your task is to consider a range of different factors that can impact on how people see themselves.</p> <p>You will need to consider factors such as:</p> <ul style="list-style-type: none"> • Family • Religion

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	whether they wish to maintain or change these perceptions.	<ul style="list-style-type: none"> • Culture • Social experiences • Media • Peers <p>You will then produce a personal response to show the ways in which someone can develop their self-awareness, choosing an appropriate format to present your work.</p>
6. Recognising Your Rights & Responsibilities A. Outline rights that are important B. Describe individual responsibilities within society	Recognise a range of personal rights and responsibilities. They should be aware that these may change as their role in society develops. In recognising responsibilities, they will begin to develop empathy and respect for others that will impact on their own personal attitudes, values and opinions.	<p>Your task is to identify a selection of rights in society and why they are important.</p> <p>You will need to consider:</p> <ul style="list-style-type: none"> • Your personal rights • Your responsibilities • The importance of these within society <p>You will present your information in an appropriate format for your target audience.</p>
7. Exploring Resilience A: Recognise how resilient behaviour may support decision making B: Outline the impact of resilient behaviour on personal health and wellbeing	Understand what resilience is and how it can be used in a variety of challenging situations. Learners will consider the benefits of being resilient on the personal health and well-being and begin to find ways to develop their resilient skills.	<p>Your task is to provide information on either a given scenario or your own personal response in highlighting the importance of resilience in dealing with challenging situations.</p> <p>You will need to consider:</p> <ul style="list-style-type: none"> • Making decisions in response to challenging situations • Deciding appropriate resilient behaviour • The positive and negative impact of resilient behaviour on personal growth and wellbeing <p>You will present your information in an appropriate format of your choice</p>
8. Becoming more Environmentally Aware	Consider their social responsibility in protecting the environment. Working as	During your learning you will have covered many environment issues.

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<p>A: Describe environmental issues B: Produce an environmental campaign in a group</p>	<p>a member of a group, exploring ways to raise awareness</p>	<p>Your task is to consider some of these issues and as a group discuss which one to choose to raise awareness as part of a group campaign.</p> <p>You will need to consider</p> <ul style="list-style-type: none"> • What the environmental issue is • The aim of your campaign • How to promote your campaign • How your role contributes to the group aim <p>The evidence for this unit will be the final group campaign and your individual contribution within it.</p>
<p>9. Explore the importance of money A: Understand the impact money can have on lifestyle B: Explore ways in which a financial situation can be improved</p>	<p>Develop initial awareness of the role of money and its impact on personal growth and well-being. How it affects lifestyle choices such as diet and exercise and how financial difficulties may impact negatively on relationships</p>	<p>Your task is to provide a personal response to a given individual's financial scenario. You will need to consider the spending patterns of your given individual and draw conclusions on how these may affect their personal health and well-being, you should consider how money may impact on:</p> <ul style="list-style-type: none"> • Diet • Physical health • Relationships and social interaction • Emotional well-being <p>You will then need to consider ways the individual may improve their financial status and give a brief outline on how this will improve health and wellbeing.</p> <p>You will present your findings in an appropriate format of your choice.</p>
<p>10. Participating in External Learning Experiences A: Take part in external learning experiences B: Describe the benefits of external learning experiences</p>	<p>Take part in a range of external activities and recognise the benefits for personal growth and well-being</p>	<p>As part of this unit you will need to take part in at least two different external learning experiences, one must be a visit to an appropriate location, e.g. a museum and the other must be a guest speaker. To start you should prepare for each experience, researching the location you are visiting, highlighting the most useful areas to see and study, looking into the past of the speaker, preparing a list of questions to ask.</p>

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		During the experiences you should produce a record, using appropriate format e.g. written, visual, audio, and use these to reflect on what you've gained and learnt from the experiences e.g. wider knowledge, understanding, helping you achieve your goals, help inform career choices, impact on health and wellbeing.
11. Participating in an Outdoor Learning Activity A: Participate in an outdoor learning activity B: Describe the benefits of outdoor learning	Engage positively in a range of outdoor activities and provide a personal response to how they may benefit health and well-being	<p>Your assessment task is to prepare and participate in an outdoor learning activity.</p> <p>When you are preparing for the outdoor activity, consider any equipment, questions to ask, checklists, time considerations you may need.</p> <p>When participating in the activity, you will need to keep a record of your experience, that may include written, audio or visual formats.</p> <p>After the activity you should outline the benefits the activity has had on your personal health and wellbeing e.g. developing social skills, increased awareness of abilities, improved fitness, emotional benefits, wider awareness of the environment.</p>
12. Planning your Personal Progression A: Explore progression opportunities B: Produce a personal progression plan	Plan for their next steps for progression. Using given information, they will consider the stages required in achieving their short-term goals, gaining basic information and seeking advice and guidance from others where necessary	<p>Your task is to produce a realistic progression plan. In order to do this, you will need to carry out a self-assessment on your skills, qualities, hobbies/interests, areas you are good at, past experiences, as well as, areas you think you can improve on. You will then consider the opportunities available to you.</p> <p>Using this information compile your progression plan in a format of your choice. You will need to include short term realistic goals, potential obstacles and how you would overcome them.</p>