

Pearson BTEC Personal Growth and Wellbeing | Level 1 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. Improving Physical Health and Wellbeing</p> <p>A. Identify factors that may influence physical health and wellbeing</p> <p>B. Plan a routine to show how to improve individual health and wellbeing</p>	<p>Demonstrate their understanding of physical health and well-being by identifying a range of factors that influence. They should then review their own personal routines and consider if and where improvements could be made.</p> <p>If more appropriate, they could produce a plan for another individual based on given lifestyle information explaining the suggested improvement advice.</p>	<p>Your task is to produce a plan to improve physical health and wellbeing for yourself or others.</p> <p>You need to consider:</p> <ul style="list-style-type: none"> • diet • sleep patterns • exercise <p>You will include as much information as you can so that you can identify areas to improve. You need to identify factors affecting physical health and how you measure the success of the plan.</p>
<p>2. Understanding Emotional Wellbeing</p> <p>A. Understand the importance of sharing emotions and feelings with others</p> <p>B. Explore ways to help share personal feelings with others</p>	<p>Be aware of situations affecting emotional well-being and the benefits of talking about these with others to find solutions.</p>	<p>Your Task is to provide a personal response to a given scenario based on Emotional Health and Wellbeing. You will consider the benefits and challenges associated with sharing personal information with others. You will need to prepare two approaches that you could take to address the given scenario/issue and decide on one that you are going to use. You will then take part in a discussion/role play demonstrating your understanding of the issues for your role and that of others using your decided approach.</p>
<p>3. Understanding the role of relationships in Social Health and Wellbeing</p> <p>A. Explore the benefits of different relationships</p> <p>B. Describe how personal skills can help form relationships</p>	<p>Recognise the benefits of social interaction and forming / maintaining personal relations. They should begin to explore types of relationships and know how to recognise those that are not fulfilling personal needs. They will then consider how their personal skills can aid the</p>	<p>Your task is to consider how relationships affect your life.</p> <p>You will need to consider:</p> <ul style="list-style-type: none"> • Types of relationships • The benefits of these relationships on your health and wellbeing • the personal skills that can be used to build and maintain effective relationships

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	forming, maintaining and ending of relationships.	You will decide how to present your information in an appropriate format.
4. Understanding Sexual Health and Wellbeing A. Explore factors that help develop and maintain a healthy intimate relationship B. Outline how personal skills may influence relationships	Be aware of sexual health and how it contributes to personal well-being. They should consider factors that help and hinder intimacy and the risks associated with this.	<p>Your task is to provide information on healthy relationships.</p> <p>You will outline factors in relation to starting, developing and ending a relationship. You should include the influence on your emotional wellbeing and consider the different personal skills you need at relationship stages.</p> <p>You will be given a scenario and asked to present materials in using either audio, visual, pictorial format of your choice.</p>
5. Developing Personal Identity A. Describe factors that impact on personal identity B. Summarise how individual personal identity contribute to social interactions	Reflect on previous life experiences and consider how this has shaped the person they are today. Consider the person they want to be in the future and how they will expand their awareness of self and the impact they have on others	<p>Your task is to consider how personal identity is influenced by personal experiences considering the positive and negative aspects that they present.</p> <p>You may need to consider the influences on the following:</p> <ul style="list-style-type: none"> • Family and friends • Religion • Culture • Media <p>You will then produce information outlining how personal identities can influence and affect social interactions (home, work, study, intimate relationships) e.g. teamwork, leadership skills, respect, compassion, kindness to self and others, assertiveness, self-reflection, resilience, flexibility, ability to accept feedback over bearing behaviours, passive responses.</p>
6. Understanding Your Rights & Responsibilities A. Describe a selection of key rights	Respect the rights afforded to them, particularly when comparing others who may not have the same rights for a variety	Your task is to show your understanding of a range of rights and the freedoms they can offer.

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<p>B. Identify ways to help encourage rights and responsibilities</p>	<p>of reasons. Recognise social, moral and political issues that require individuals to take responsibility in maintaining or improving individual rights</p>	<p>You should consider:</p> <ul style="list-style-type: none"> • What rights and responsibilities you have • Why these rights and responsibilities are important • What freedoms these rights can offer • How to champion these rights <p>The information you produce in response to this take should be in an appropriate format.</p>
<p>7. Finding ways to be Resilient A. Understand the impact of resilient behaviour in challenging situations B. Describe ways in which you can develop your own resilience</p>	<p>Know when to demonstrate resilient behaviours Acknowledge the impact of not being resilient and giving up when situations become too challenging. Recognising ways to help develop resilience in self and how these benefit personal growth and well-being.</p>	<p>Your task is to respond to given scenarios with challenging situations.</p> <p>You will need to consider:</p> <ul style="list-style-type: none"> • What about the situation is challenging • How you would choose to react to the situation • Why is it important to the pick the resilient choice <p>You will then consider how you can develop your own resilience in the future and present in an appropriate format.</p>
<p>8. Improving personal impact on the environment A. Identify an environmental issue and its impact B. Outline ways individual contributions can improve the environment</p>	<p>Understand an issue affecting the environment and make suggestions on how individuals may help improve it. Consider how actions may impact the chosen issues.</p>	<p>Your task, working individually is to produce a personal reflection on how you may contribute to improving the environment over a specific period of time.</p> <p>You will need to consider:</p> <ul style="list-style-type: none"> • Your current behaviour in relation to environmental issues • Ways that you can individually contribute to improving the environment • The importance of these contributions • How your contributions provide a positive impact on the environment

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		Your material must be produced in an appropriate format for the purpose and your target audience.
9. Financial Commitments A. Consider financial products that support health and wellbeing B. Outline a financial decision based on needs and ambitions	Be financially aware of their current and future money management. Gaining factual information to help inform lifestyle and career choices. Understand the impact of money of personal growth and development e.g. how it affects diet choices, leisure activities and emotional well-being	<p>Your task is to choose a situation or respond to a given scenario that requires a significant financial investment e.g. buying a house, car, setting up your own business</p> <p>You will need to consider:</p> <ul style="list-style-type: none"> • The financial products available to you • Short- and Long-term financial impacts and commitments <ul style="list-style-type: none"> ○ Including the risks and issues involved <p>You will need to present your work in an appropriate format</p>
10. Using External Opportunities for Learning A. Prepare for an external learning opportunity B. Participate in external learning experiences	Appreciate the learning opportunities available outside of the classroom/training room. Gather and manage information and convey findings to others in a format of personal choice.	<p>Your task is to participate in two external learning experiences. One involving a visit and one involving a guest speaker. You will prepare for each by deciding the information you need and how you will gather this e.g. by asking questions, collecting leaflets or taking photographs. You will then need to compile the information you have gathered into a suitable format of your choice.</p> <p>Your second task is to outline how you have benefited learning from external experiences and consider how this might relate to other learning opportunities.</p> <p>You will need to present this in an appropriate format.</p>
11. Supporting an Outdoor Learning activity A. Identify the benefits of outdoor learning	Make the most of learning in the environment, actively participating and seeing the benefits to personal health and well-being in self and others.	<p>Your task is to produce an outline of the benefits of outdoor learning on personal health and wellbeing, you will then assist in an outdoor activity.</p> <p>For the outdoor activity you will need to consider:</p>

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<p>B. Assist in an outdoor learning activity</p>		<ul style="list-style-type: none"> • Your role and responsibilities within the given activity • The preparation you need to carry out your role • The equipment requirements for your role in the activity • The health and safety requirements for your role in the activity • The learning objectives of the activity <p>You will need to provide evidence in an appropriate format of your contribution to the activity, this should include the preparation you undertook ahead of the activity and evidence of you contributing to the activity.</p>
<p>12. Produce a personal progression plan</p> <p>A. Produce a personal progression plan B. Communicate your personal plan with others</p>	<p>Produce a realistic plan outlining the stages towards achieving short and mid- term goals.</p>	<p>Your first assessment task is to produce a progression plan with short and mid-term goals.</p> <p>You will need to consider</p> <ul style="list-style-type: none"> • Your interests, ambitions and aspirations • Strengths and areas for improvement • Progression choices available to you e.g. further study, employment, work related learning • Setting tasks to achieve your goal • How to capture this information e.g. a flowchart, a table or presentation. <p>You will then be asked to share your personal progression plan with others, gain feedback and review and adapt it.</p>