

Pearson BTEC Personal Growth and Wellbeing | Level 2 Suite Summary

Unit Title and Learning Aims	Unit Aim/Purpose <i>The purpose of this unit is for learners to...</i>	Suggested assessment Task(s)
1. Maintaining Physical Health and wellbeing A. Investigate the factors that impact a healthy lifestyle B. Produce a plan to improve personal healthy lifestyle	Consider how diet, exercise and rest impact on having a healthy lifestyle. Learners should be aware of guidelines that support maintaining a healthy lifestyle and reflect on personal habits and routines to consider making improvements	Your task is to carry out research into healthy lifestyles. You will then select and present your findings in a format of your choice. You will reflect on your own lifestyle choices and consider how it may be improved and maintained using recommendations from other sources such as health campaigns and recommended guidelines. You will then compile a personal lifestyle plan highlighting areas that need to be maintained or changed with reasons behind them.
2. Appreciating Emotional Wellbeing A. Examine the impact of emotional wellbeing on self and others B. Evaluate ways to maintain healthy emotional wellbeing	Consider factors that may impact on their feelings and emotional responses. They should recognise the impact of situations that result in both positive and negative emotional responses and begin to think of ways to manage these	Your task is to produce advice to others on how to maintain emotional wellbeing when responding to an emotional change. You will provide guidance on how to recognise signs and symptoms of emotional ill health and at least two strategies that could be used to provide sources of support that can address the issues in the scenario. You will need to decide how to present your information using an appropriate format for your intended audience.
3. Developing Social Health and Wellbeing A. Examine factors that help develop effective social relationships B. Reflect on personal social skills and behaviours	Recognise the benefits of social interaction with others, considering opportunities to expand on relationships in a variety of settings and situations. They should also be aware of risks associated with meeting people on-line and be aware of the measures to take to minimise risk.	Your task is to select a chosen and non-chosen social relationship scenario, one being an online interaction. For each, examine the factors that impact on these relationships. You will then reflect on your personal social skills and behaviours in relation to each scenario showing how these impact on each of the social relationships. You will decide on an appropriate format to present your findings.
4. Maintaining Sexual Health and Wellbeing	Be aware and take responsibility for their own and others sexual health safety. Learners will need to know the facts that	Your task is to consider intimate relationships based on either your own experiences or given scenarios. You will need to consider types of intimate relationships and how they

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<p>A. Analyse the personal impact of intimate relationships</p> <p>B. Examine potential risks associated with intimate relationships</p>	<p>may put them at risk and how to minimise these.</p>	<p>help support your personal health and wellbeing. You need to consider potential risks and how to mitigate these by using examples to support your answer.</p> <p>You will also need to decide how to present your information in an appropriate format for your target audience.</p>
<p>5. Investigating Personal Identity</p> <p>A. Research factors that influence personal identity</p> <p>B. Examine the impacts of personal identity on self and others</p>	<p>Consider who they are, how they perceive themselves and how others perceive them</p> <p>They will consider factors and influences that have made them who they are today and how they want to be in the future</p>	<p>Your task is to produce material reflecting on your own personal identity that shows how you have become the person you are today including the factors that have influenced you as a person. You need to discuss what makes you unique to others and how aspects of your personal identity can be successfully utilized to make a positive contribution to society.</p> <p>Your material must be in an appropriate format.</p>
<p>6. Respecting Rights & Responsibilities</p> <p>A. Investigate the importance of rights and responsibilities</p> <p>B. Highlight the social responsibilities in relation to human rights</p>	<p>Be aware of personal rights and responsibilities and to encourage learners to exercise these rights with a positive effect on self and others. Learners will need to be aware of the historical events that afford their rights today and consider how they can maintain rights through social responsibility.</p>	<p>Your task is to work in a small group to produce information on a chosen human right. You will need to:</p> <ul style="list-style-type: none"> • Research the historical background • Recognise the organisations that work to promote this right • Consider the positive and negative impacts on individuals within society • Compare your chosen human right with one other country (culture) <p>You will present your information in an appropriate format for your purpose and audience</p>
<p>7. Developing Resilient behaviour</p> <p>A. Examine the importance of resilience and assertiveness</p> <p>B. Describe ways to be more resilient and assertive</p>	<p>Not give up when faced with challenging situations and problems, but to be able to apply their skills, knowledge and experiences in finding solutions to problems.</p>	<p>Your task is to provide responses to a given family scenario that involves several decision making processes affecting each family member. You will consider how resilience may help solve each of the problems, reviewing how these may have an impact on the individuals' wellbeing.</p> <p>The scenario presents the following problems:</p> <ul style="list-style-type: none"> • Family unable to pay this month's rent and needs to negotiate with the landlord • A parent/carer has been issued with a redundancy notice

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		<ul style="list-style-type: none"> • One of the siblings has been rejected for a part time job • One of the siblings has not achieved the grades they were expecting <p>You will decide on an appropriate format to present your findings.</p>
8. Promoting Environmental Awareness A. Investigate issues affecting the Environment B. Engage in an environmental campaign	Be aware of environmental issues in self and others and actively demonstrate social responsibility. The unit requires learners to work collectively with others to help contribute to improving or sustaining global issues	<p>Your task, working in small groups, is to produce a campaign aimed at raising awareness of an environmental issue of your choice.</p> <p>You will need to research your subject, consider the issue that affects the environment, what you can do about it and advise what contributions can be made to protect the environment from this issue.</p> <p>Your material must be in an appropriate format.</p>
9. Being Financially Aware A. Examine sources of income and deductions on employment earnings B. Manage finances	Be aware of their own financial stability. They will consider income, expenditure and deductions to help manage their personal finances now and in the future	<p>You are reaching the end of your current studies and you are trying to decide what to do next. You need to think about two different routes and compare the financial implications of each. One must be an employment source of income.</p> <p>You could choose to further studies, take on an Apprenticeship, go into work or become self-employed. Before you begin, you need to consider how much you would like to earn, what will be deducted from your income. You will then prepare a budget on your net pay ensuring you have enough over for contingencies. You need to include clearly differentiate between essential and non-essential items in your budget. You also need to give detail on any potential causes of financial difficulties and how this could affect your health and wellbeing</p>
10. Learning from External experiences A. Participate in External Learning Experiences B. Review the impact of an External Learning experience	Identify and maximise learning opportunities outside of a formal learning environment and review the benefits they have on personal growth and wellbeing	<p>Your task is to consider a range of external learning experiences that you either identify for yourself or are given. The experiences may be given to you by your tutor or be experiences that are outside of your course. You will need to decide how you intend to make the most of each experience by identifying their learning opportunities in relation to your own personal and social development. Before engaging with the experience you will need to carry out some preparation work, this may include the logistics of being somewhere on time such as a placement visit, asking the right questions or gathering information. You will then take part in the experience, demonstrating appropriate</p>

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		behaviour and then evaluate your experience and the impact it has had on you personally.
11. Leading an Outdoor Activity A. Plan an Outdoor Activity B. Lead an Outdoor Activity	Recognise the potential benefits of learning from an outdoor environment. The expectation at this level is that learners will be able to lead an activity and see benefits for self and others	<p>Your task is to plan and lead an outdoor activity.</p> <p>Your plan needs to include what the activity is and its aim. You should also consider where the activity will take place, equipment needed and potential participants. You should ensure that you have considered potential risks and how you would address these.</p> <p>You will then lead your own outdoor activity based on the plan above. You need to ensure that you give clear messages to your participants while introducing, demonstrating and assisting during the outdoor activity. The activity should be approximately 15 minutes.</p> <p>You will be observed leading the activity.</p>
12. Producing a long-term personal progression plan A. Research opportunities for personal and professional progression B. Produce a personal progression plan	Plan for their future learning and careers by considering options, making informed decisions and setting targets for achieving goals. They will consider multi stages to achieve their desired outcome, recognising potential challenges, whilst seeking advice from others.	<p>Your assessment task is to develop a detailed personal progression plan that identifies the stages towards achieving your desired outcome. Firstly, you will need to find out the range of opportunities available to you in the short, mid and long term. Consider your own suitability to the final goal and reflect on your own skills and knowledge. Your plan will need to cover any entry requirements to your next stage progression. You will need to decide how to present your findings, perhaps a list of stages with accompanying comments, a flow chart. Report or presentation.</p>