

Health and social care

Entry Level 3: Introduction to creative and leisure activities for children and adults (A/501/7219)

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Illustrated by Julian Mosedale; Willie Ryan/Illustration Ltd; Neil Webb/Debut Art; Vicky Woodgate.

Picture research by Jane Smith

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This material is provided as an additional and optional resource for tutors and teachers to use and adapt when delivering a programme of units for their learners. For learners to achieve units within a Skilled for Life programme, it is important that every assessment criterion is assessed, fully met and noted. The resource sheets provided for each unit will enable learners to produce evidence for certain criteria. It is not envisaged that solely by completing the resource sheets, learners will fully meet all the criteria. It is the responsibility of tutors and assessors to ensure that all criteria are properly assessed and the evidence recorded appropriately.

Introduction

Our Skilled for Life resources are designed to provide you with ideas for delivering the unit content and engaging tasks and activities that will help learners work towards assessment.

The materials consist of stand-alone sheets that can be used in a range of ways to suit most situations. Whether you are working in a classroom or a less formal learning environment, with individual learners or with groups, it is hoped that you will find these sheets and the accompanying tutor guidance notes useful.

The sheets are in pdf format; they are downloadable and may be photocopied for use only within your institution. Alternatively, learners can access them on-screen – the write-in sections are interactive so that answers to activities can be recorded electronically.

Each sheet addresses one or more of the assessment criteria in the unit (A.C.s are clearly marked at the top of each page). Page 1 of each sheet provides a starter stimulus or introductory idea based around the suggested unit content in the specification; it can be used to explain key concepts, or as the basis for a discussion. You could use the stimulus to draw together key learning points and encourage learners to engage with the topic or concept from the outset. There is plenty of scope for you to introduce your own content or ideas as well.

Page 2 of each sheet includes tasks that will consolidate learners' knowledge and understanding and, in some cases, may provide evidence for assessment.

This tutor guidance document provides detailed suggestions for how to use each of the resource sheets in the unit, and includes tips and advice together with suggested extension activities, alternative ideas, useful reference sources and answers to activities where applicable.

Unit overview

This unit introduces learners to the wide range of suitable creative, play and leisure activities that both adults and children may take part in when using health- and social-care services. Learners will also learn about how to develop and demonstrate the work-related skills that they need when joining in creative, play and leisure activities; for example, self-management and communication skills, or demonstrating that they can work in a way that is safe for themselves and other people.

Learning and teaching activities in this unit

Resource sheet 1: What fun we had

The purpose of this sheet is to introduce the learner to creative and play activities for children.

You could begin by encouraging learners to think of as many examples as they can of activities they experienced as children. You may wish to create a spider diagram collating their responses. You could differentiate between creative activities, such as painting, collage or modelling, and leisure activities, such as singing, outdoor play and games.

A range of practical activities could be included in sessions so that learners can get some hands-on experience; for example, making up different types of paint, mixing colours, setting up equipment and clearing away. The learner could bring in games of their own to demonstrate. You may also wish to provide video clips of children playing indoors and outdoors for learners to watch.

Learners could make a list of the practical activities they have taken part in and, with help, note what they have done well.



As an extension activity, you may also wish to organise visits to local activity providers or to the library, where learners could choose books and read each other a story. Learners may wish to choose a book they particularly enjoy and then evaluate why this is the case. You may wish to invite a visiting speaker to attend a session, such as play leaders or other childcare practitioners.

Activity 1: Activities for children

In the activity, learners are asked to create a poster showing examples of creative and play activities for children. The activity sheet provides a plan for learners to complete as part of their preparation, encouraging them to consider what they need to include on their poster and to ensure

that they include at least three examples of creative activities and three examples of play activities.

You may need to remind the learner about the differences between creative activities and play activities – you could refer back to the spider diagram created in the previous lesson.

The learner will need access to magazines and the Internet to complete the poster, and can choose whether to use words, attach pictures or use a combination of both. They could be asked to present their poster to the group to explain their ideas more fully.

Resource sheet 2: Adults' free time

The purpose of this sheet is to introduce learners to creative and leisure activities for adults.

You could begin with a brainstorming session about what they like to do in their spare time. Prompt them to think about what other people might like to do, including adults in different age groups such as the elderly.

Learners could work together in small groups to discuss their ideas. Alternatively, you could prepare a board with two columns headed 'Creative' and 'Leisure', and then provide learners with sticky notes with the aim of getting them to think of examples of these types of activities and place their sticky notes in the appropriate column on the board.

A range of practical activities could be included in class so that learners can get some hands-on experience. They could bring in games, crosswords and word searches that adults may enjoy or they may wish to list activities they have joined in with in the past and discuss what they have done well.

You may also wish to organise a visit to the library to explore the range of books, media and activities that are available or invite an activities co-ordinator in to talk about their role. You could also explore provision of creative and leisure activities in the local area; for example, colleges.

Activity 2: Activities for adults

In the activity, learners are asked to create a poster showing examples of creative and leisure activities for adults. The activity sheet provides a plan for learners to complete as part of their preparation, encouraging them to consider what they need to include on their poster and to ensure that they include at least three examples of creative activities and three examples of leisure activities.

You may need to remind the learner about the differences between creative activities and leisure activities – you could refer back to the sticky note board created in the previous lesson.



As an extension activity, learners could be asked to research their local area to find out what creative and leisure activities are available; for example, sports facilities, classes, book groups, etc. They should prepare a list of opportunities and be prepared to speak briefly about each one.

The learner will need access to magazines and the Internet to complete the poster and can choose whether to use words, attach pictures or use a combination of both. They could be asked to present their poster to the group to explain their ideas more fully.

Resource sheet 3: Your skills (1)

The purpose of this sheet is to introduce the learner to the work-related skills that they will need when creating and managing children's creative and play activities.

You may wish to begin by defining the word 'skill'; for example, a skill is something that you are able to do, such as following instructions properly, reading or listening. Ask learners what skills they think they will need at work and make a list on the board. You could expand on each one and encourage them to describe why they need that particular skill. You will need to ensure that you include safety considerations; for example, using scissors or slip and trip hazards.

Distribute the resource sheet and review each example, encouraging the learners to tick each skill they feel they have already demonstrated.

Activity 3: Taking part (1)

In this activity, learners must show that they can participate in a creative or play activity for children by demonstrating the necessary work-related skills. You will need to organise an activity for the group to take part in or encourage the group to agree the activity with you. The learner will need to demonstrate the skills that they have developed in previous practical sessions.

The plan provided on the activity sheet can be completed in advance. It encourages the learner to think about how they will effectively participate in the activity. You will need to offer support as required so that they are suitably prepared before the activity takes place.

A report template for an assessor observation has been provided in the answer section for Activity 3.

Resource sheet 4: Your skills (2)

The purpose of this sheet is to introduce the learner to the work-related skills that they will need when creating and managing adults' creative and leisure activities.

You may wish to begin by recapping the word 'skill' and discussing the wide range of skills required when working with adults; for example, when working with people with learning disabilities or elderly people with physical or memory problems.

Distribute the resource sheet and review each example, encouraging the learners to tick each skill they feel they have already demonstrated.

Activity 4: Taking part (2)

In this activity, learners must show that they can participate in a creative or leisure activity for adults by demonstrating the necessary work-related skills. You will need to organise an activity for the group to take part in or encourage the group to agree the activity with you. The learner will need to demonstrate the skills that they have developed in previous practical sessions.

The plan provided on the activity sheet can be completed in advance. It encourages the learner to think about how they will effectively participate in the activity. You will need to offer support as required so that they are suitably prepared before the activity takes place.

A report template for an assessor observation has been provided in the answer section for Activity 4.

Useful resources

Textbooks

- Featherstone S, Ingham I: *The Little Book of Outdoor Play*; Featherstone Education 2001, ISBN 1902233743
- Featherstone S, Persse L: *The Little Book of Messy Play*; Featherstone Education 2002, ISBN 1904187099
- Frankel J, Hobert C, Walker M: *A Practical Guide to Activities for Young Children*, Nelson Thornes 2005, ISBN 074879252X

Journals

- *Child Education*
- *Nursery World*
- *Play Today*
- *Play Words*

Websites

- www.abcteach.com – Source of free printable worksheets
- www.bigeyedowl.co.uk – Guide to information and resources for children's activities
- www.child-central.com – Website dedicated to child development and learning
- www.excellencegateway.org.uk – Source of teaching and learning materials
- www.pitara.com/activities – Sources for activities for children
- www.underfives.co.uk – Pre-school education and learning information and resources

Answers to activities

Activity 1: Activities for children

Learner's own answer.

Examples of activities:

- Creative activities for children aged 3–11 years: painting (bubble painting, splatter painting); printing; modelling (junk, play doh); collage; drama
- Play activities for children aged 3–11 years: language activities (books, rhymes); music (singing, dancing); indoor games (board, computer); role-play; sand; water; outdoor play; climbing; ball games; outings

Activity 2: Activities for adults

Learner's own answer.

Examples of activities:

- Creative activities for adults: painting (oil, water colour); drawing (charcoal, pastel, inks); photography; drama; pottery/clay modelling
- Leisure activities for adults: reading (books, newspapers, large print books and newspapers, hearing books); exercise (exercise classes, walking); gardening/growing; outings (to museums, galleries, gardens); games (word games, puzzles, quizzes, computer)

Activity 3: Taking part (1)

Learner's own answer.

An assessor observation report template is included below:

Creative and play activity assessor observation report	
Learner name:	Activity:
Give a brief overview of the activity and note how the learner demonstrated the relevant evidence:	
Skills	Evidence
Self-management	
Communication	
Working safely	
Tutor/observer name:	Date:

Activity 4: Taking part (2)

Learner's own answer.

An assessor observation report template is included below:

Creative and leisure activity assessor observation report	
Learner name:	Activity:
Give a brief overview of the activity and note how the learner demonstrated the relevant evidence:	
Skills	Evidence
Self-management	
Communication	
Working safely	
Tutor/observer name:	Date: