



Health & Wellbeing



Assessment Record

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This is the formal assessment record which should be completed for each participant undertaking the programme

Module Title	Health & Wellbeing
Age Band:	14-18 Years
Participant Name:	
Club/Centre:	
Tutor:	



Learning Outcomes	Achieved (tick) & Date	Evidence Generated	Further Comments and/or Action Required
Module: Physical Health Lesson Title 1: Importance of Getting Active 1 To understand what physical activity is and why it is important. 2 To recognise and understand the motor skills required to get active. 3 To develop an individual action plan to incorporate more physical activity into the everyday routine of participants.			

<p>Module: Physical Health Lesson Title 2: Combating Inactivity 1 To recap the importance of physical activity when pursuing a healthy lifestyle. 2 To explore the concept of physical inactivity and why it has become prevalent. 3 To understand the consequences of an inactive/sedentary lifestyle. 4 To recognise and understand the strategies that can be used to overcome inactivity.</p>			
<p>Module: Physical Health Lesson Title 3: Sleep Deprivation 1 Young people to explore and understand the health benefits of getting their recommended sleep. 2 To explore and critically review the contributors that can impact sleep. 3 To identify and create strategies to overcome negative sleep patterns.</p>			
<p>Module: Social Wellbeing Lesson Title 4: Increasing Confidence 1 To understand what confidence is and why it is important. 2 To critically evaluate what elements in our lives can enhance increase or decrease confidence levels. 3 To learn practical ways to Increase confidence, resilience and self-esteem.</p>			

<p>Module: Social Wellbeing Lesson Title 5: Building Positive Relationships</p> <p>1 To understand what contributes as a positive relationship. 2 To explore the importance of positive relationships. 3 To understand why relationships can be challenging. 4 To consider what strategies can be used to overcome challenges.</p>			
<p>Module: Social Wellbeing Lesson Title 6: Young People & Social Media</p> <p>1 To understand the difference in social media and real-life relationships 2 Discuss the positive and negative impact of social media on relationships 3 To recognise and understand how social media influences our relationships and how to overcome this.</p>			
<p>Module: Emotional wellbeing Lesson Title 7: Positive Emotional Wellbeing</p> <p>1 To understand what is meant by emotional health. 2 To explore the factors that can impact emotional wellbeing 3 To understand the benefits of maintaining your emotional wellbeing. 4 To explore activities and strategies to maintain positive emotional health.</p>			

<p>Module: Emotional Wellbeing Lesson Title 8: Building Resilience 1 To explore what is meant by resilience and why it is important. 2 To review the different ways that you can build resilience 3 To equip young people with the knowledge on how they can apply these different approaches and become more resilient.</p>			
<p>Module: Healthy Eating Lesson Title 9: The Comprehensive Eatwell Guide 1 To explore each element of the Eat well guide in depth 2 To understand why each element is required to maintain a healthy lifestyle. 3 Participants to review and reflect on how this compares with their own dietary intake. 4 Understand the strategies on how they can better integrate the Eat Well guide to everyday practice.</p>			
<p>Module: Healthy eating Lesson Title 10: Understanding Labels 1 Participants to explore the importance associated with being able to understand and interpret food labels. 2 To understand the challenges faced by consumers. 3 To develop an understanding of the traffic light system for food categorisation.</p>			

Other comments:

Participant Signature:

I confirm all the programme learning outcomes have been satisfactorily achieved.

Tutor Signature:

Date:/...../.....

Verifier Signature:

Date:/...../.....

