



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:	9-13 Years
Participant Name:	
Club/Centre:	
Tutor:	



Learning Outcomes	Achieved (tick) & Date	Evidence Generated	Further Comments and/or Action Required
<p>Module: Physical Activity Lesson Title 1: Get moving</p> <p>1 Understand the importance of movements and how this relates to participation in physical activity. 2 Develop knowledge of movements needed to participate in physical activity. 3 Engage in a variety of activities to enhance motor skills.</p>			

<p>Module: Physical Activity Lesson Title 2: Combating Inactivity</p> <p>1 Progress from week 1 and reinforce the importance of physical activity 2 Detailed understanding into the consequences of inactivity 3 Identify and understand the barriers to participation in physical activity. 4 Young people to recognise and understand how to overcome these barriers.</p>			
<p>Module: Social Wellbeing Lesson Title 3: Increasing Confidence</p> <p>1 Understand the characteristics of confidence 2 Identify the factors that can increase or decrease confidence 3 Develop tools to increase your confidence</p>			
<p>Module: Social Wellbeing Lesson Title 4: Positive Relationships</p> <p>1 To explore what is meant by 'relationship' 2 To understand and explore different types of relationships 3 To learn how to build and maintain positive relationships</p>			

<p>Module: Social Wellbeing Lesson Title 5: Young People and the Internet</p> <p>1 To understand the difference between social media and real-life relationships. 2 Discuss the positive and negative impacts of social media on relationships. 3 To gain an understanding into how the media influences our relationships. 4 To understand what controls are available and what can be used to safeguard yourself.</p>			
<p>Module: Emotional Wellbeing Lesson Title 6: Understanding Emotions</p> <p>1 Young people will identify a variety of good and not so good emotions and build a vocabulary to describe their feelings. 2 Begin to recognise and manage the effects of strong feelings such as anger, sadness or loss. 3 Understand what strategies are available when experiencing emotions.</p>			
<p>Module: Emotional wellbeing Lesson Title 7: Managing Emotions</p> <p>1 Identify and understand that feelings can fluctuate quickly. 2 To understand that strong emotions can influence behaviour.</p> <p>3 Identify and understand appropriate strategies that can be used to manage strong feelings and emotions.</p>			

<p>Module: Emotional Wellbeing Lesson Title 8: Self Care 1 To understand the importance of hope when facing adversity and challenges. 2 To understand what self-care is and how we can apply the concept. 3 To identify and implement ways to inspire hope and practice self-care.</p>			
<p>Module: Healthy Eating Lesson Title 9: Eat Well Guide 1 To provide fundamental knowledge around the area of healthy eating. 2 To explore the barriers of healthy eating. 3 To build knowledge around the Eatwell guide. 4 Participants will be able to construct their own healthy eating action plan.</p>			
<p>Module: Healthy eating Lesson Title 10: Re-think your Drink 1 To understand the dangers associated sugary drinks. 2 To understand the benefits of drinking water. 3 Participants to develop strategies to replace fizzy drinks with water.</p>			

Other comments:

Participant Signature:

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

Tutor Signature:

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

Verifier Signature:

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

