

Personal Wellbeing NOCN Level 1 - Certificate in Personal Wellbeing (Long Term Plan)

Autumn Term	Unit	Learning Outcome	Assessment Criteria
	Independent Skills for Living in the Community (3 Credits)	1. Understand what a community is.	1.1. State the main components of a community. 1.2. Outline the links between an individual and the community in which they live.
		2. Know the use of buildings and facilities in own local area.	2.1. Outline the functions of: a) key buildings b) key facilities. 2.2. State how the functions are used to support people within the local community.
		3. Be able to apply independent skills in own community	3.1. State what is meant by independence. 3.2. State how this independence influences decisions within the community. 3.3. Identify when it would be appropriate to use own independent skills.
		4. Know the facilities and services available to the community.	4.1. Identify own needs within the community. 4.2. Outline ways in which these needs could be met.
		5. Understand own responsibilities as part of a community	5.1. List the ways in which an individual can influence their community: a) positively b) negatively. 5.2. Give examples of the consequences of individual's actions on others in the community.

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Local History Creative Project (3 Credits)	1. Know how to identify information about local history in preparation for a creative project.	1.1. Identify the historical period and events that the project will be based on. 1.2. Collect information about the period and events. 1.3. Identify themes and images for creative work.
	2. Know how to select resources and techniques for a creative project	2.1. State what kind of artefact will be produced. 2.2. State why this particular artefact suits the subject matter. 2.3. Identify necessary resources. 2.4. Identify suitable techniques.
	3. Be able to take part in a creative project based on local history	3.1. Create a piece of art with a local history theme. 3.2. State what went well. 3.3. State areas for improvement.

Spring Term	Unit	Learning Outcome	Assessment Criteria
Safe Independent Travel (3 Credits)		1. Know how to plan a given journey on public transport.	1.1 Identify the type of transport to be used. 1.2 Identify the route for the journey. 1.3 State the arrival and departure times. 1.4 State how the fare will be paid. 1.5 Identify the name or number of the correct bus, taxi or tram.
		2. Be able to travel a route safely and independently.	2.1 Identify an emergency contact person. 2.2 State the contact details of the emergency contact. 2.3 Identify possible hazards on the journey. 2.4 Carry out the journey independently and safely.

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	3. Be able to review a journey	3.1 State what went well with the journey. 3.2 State how the journey could be improved next time.
Using Kitchen Equipment (1 Credit)	1. Know about different types of kitchen equipment.	1.1. Give examples of large kitchen equipment and describe how they are used. 1.2. Give examples of small kitchen equipment and hand tools and describe how they are used. 1.3. State the safety requirements for using kitchen equipment.
	2. Be able to select and use kitchen equipment.	2.1. Select the correct equipment for routine tasks. 2.2. Use different kitchen equipment for routine tasks safely and hygienically. 2.3. Follow correct procedures when cleaning equipment.

Summer Term	Unit	Learning Outcome	Assessment Criteria
Teamwork (2 Credits)		1. Be able to work as part of a team.	1.1. Participate in a group discussion about objectives of a given task. 1.2. List task objectives identified by the team. 1.3. Plan with team members the activities requiring individual and team action to meet the objectives. 1.4. Describe own role in completing the task. 1.5. Carry out own role to the agreed standards and timescales.
Teamwork (2 Credits)		2. Be able to identify how to improve team working.	2.1. Outline what went well and why, with reasons. 2.2. Outline what could have gone better and why. 2.3. Describe at least one way to improve own team working in future.