

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

Autumn Term	Unit Title	Learning Objective	Assessment Criteria
	Healthy Lifestyles (2 Credits)	1. Understand the importance of a balanced diet to a healthy lifestyle.	1.1. State what is meant by a healthy and balanced diet. 1.2. Identify the essential food groups in a balanced diet.
	Healthy Lifestyles (2 Credits)	2. Know about the importance of exercise to a healthy lifestyle.	2.1. State how lack of exercise can affect the human body. 2.2. Outline the importance of physical activity to a healthy lifestyle. 2.3. Describe three different types of exercise/sport/activity.
	Healthy Lifestyles (2 Credits)	3. Understand the importance of emotional and mental well-being.	3.1. Outline the effects of stress on the human body. 3.2. State what is meant by emotional and mental well-being. 3.3. Outline how work/life balance can help maintain emotional and mental well-being.
	Understanding Stress (1 Credit)	1. Understand what is meant by 'stress.'	1.1. Outline what is meant by 'stress.' 1.2. Outline why human beings feel stress. 1.3. State when stress can be useful to an individual. 1.4. State when stress can be unhelpful to an individual.
	Understanding Stress (1 Credit)	2. Understand possible causes of stress.  3. Understand the effects of stress on an individual.	2.1. Identify possible causes of stress.  3.1. Outline how he/she felt in a stressful situation. 3.2. Identify how stress changed his/her behaviour.

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Understanding Stress (1 Credit)	4. Understand how stress can be managed.	4.1. Give examples of steps that could be taken to reduce stress in daily life. 4.2. Identify support available to individuals experiencing stress.
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Spring Term	Unit Title	Learning Objective	Assessment Criteria
Understanding Relationships (2 Credits)		1. Understand what is meant by 'a relationship.'	1.1. Outline the meaning of 'relationship.' 1.2. State the importance of relationships to self and others. 1.3. Give examples of different types of relationships. 1.4. Outline the importance of knowing and respecting boundaries within relationships.
Understanding Relationships (2 Credits)		2. Understand family relationships.	2.1. Identify different family roles and structures. 2.2. Outline own role/s within family. 2.3. State how relationships within a family change over time.
Understanding Relationships (2 Credits)		3. Understand personal and social relationships.	3.1. Identify the characteristics of personal and social relationships. 3.2. Outline the boundaries within each.
Understanding Relationships (2 Credits)		4. Understand working relationships.	4.1. State the difference between work and social relationships. 4.2. List the roles and responsibilities of an employer and employee in a working relationship. 4.3. Outline the boundaries within a working relationship.

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<p>Understanding Relationships (2 Credits)</p>	<p>5. Know how to behave appropriately in different relationships.</p>	<p>5.1 Identify skills needed to develop and maintain relationships. 5.2 Outline the importance of trust within a relationship. 5.3 State possible causes of conflict within a relationship and how these might be overcome.</p>
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<p>Teamwork Skills (2 Credits)</p>	<p>1. Understand the meaning of teamwork.</p>	<p>1.1. Define team and teamwork. 1.2. Identify effective team working skills and qualities.</p>
<p>Teamwork Skills (2 Credits)</p>	<p>2. Understand the role and responsibilities of team members.</p>	<p>2.1. Outline the role and responsibilities of different team members. 2.2. State own role within a team.</p>
<p>Teamwork Skills (2 Credits)</p>	<p>3. Know how to work within a team</p>	<p>3.1. Identify a team goal. 3.2. Work with others towards a common goal. 3.3. State how to overcome conflict within a team.</p>
<p>Teamwork Skills (2 Credits)</p>	<p>4. Know how to review performance of a team.</p>	<p>4.1. Outline the performance of the team. 4.2. Outline ways to improve own team working skills.</p>

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Summer Term	Unit Title	Learning Objective	Assessment Criteria
	Understanding Risk (1 Credit)	1. Be able to recognise situations that pose risk to self and others.	1.1. Identify situations that pose risk to self and others. 1.2. Identify a situation involving risk where pressure could be used to influence others.
	Understanding Risk (1 Credit)	2. Know how to assess and manage risk.	2.1. Outline the positive and negative aspects of risk. 2.2. Identify factors to consider when taking a risk.
	Understanding Risk (1 Credit)	2. Know how to assess and manage risk.	2.3. State why it is important to assess and manage risk. 2.4. Identify possible strategies to manage risk
	Understanding Risk (1 Credit)	3. Understand own response to risk.	3.1. Identify reasons for own risk-taking. 3.2. Outline feelings that risk-taking can give
	Interpersonal Communication Skills (1 Credit)	1. Understand the importance of effective interpersonal communication skills.	1.1. Explain the importance of the following elements of effective communication: (a) Active listening (b) Non-verbal communication (c) Appropriateness of language and tone. 1.2. Describe three situations in which good interpersonal skills are important. 1.3. Describe possible barriers to communication.

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Interpersonal Communication Skills (1 Credit)	2. Be able to demonstrate effective interpersonal communication skills.	2.1. Use the elements of effective communication listed above in both a formal and an informal setting. 2.2. Apply strategies to overcome barriers to communication. 2.3. Assess the effectiveness of own interpersonal communication skills.
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