

Personal Wellbeing Overview

Phase 5

Term	Unit Title	Learning Objective	Assessment Criteria	Notes
Autumn Term Hand out w/c 7th Sept Hand in 23rd Oct.	Understanding Relationships A/503/1007 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. 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	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	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.	
	Understanding Relationships	5. Know how to behave appropriately in different relationships.	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.	
Autumn 2 Hand out 2nd Nov Hand in 13th Dec	Understanding Stress J/503/1012 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	2. Understand possible causes of stress.	2.1. Identify possible causes of stress.	

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	Understanding Stress	3. Understand the effects of stress on an individual.	3.1. Outline how he/she felt in a stressful situation. 3.2. Identify how stress changed his/her behaviour.	
	Understanding Stress	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.	
Spring term Hand out w/c 4th Jan Hand in 12th Feb	Understanding Risk A/503/1010 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	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. 2.3. State why it is important to assess and manage risk. 2.4. Identify possible strategies to manage risk	
	Understanding Risk	3. Understand own response to risk.	3.1. Identify reasons for own risk-taking. 3.2. Outline feelings that risk-taking can give.	
Spring term Hand out w/c 22nd Feb Hand in 1st April	Teamwork J/503/0992 2 Credits	1. Understand the meaning of teamwork.	1.1. Define team and teamwork. 1.2. Identify effective team working skills and qualities.	
	Teamwork	2. Understand the role and responsibilities of team members. different team	2.1. Outline the role and responsibilities of different team members. 2.2. State own role within a team.	
	Teamwork	3. Know how to work within a team.	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.	
	Teamwork	4. Know how to review the performance of a team.	4.1. Outline the performance of the team. 4.2. Outline ways to improve own team working skills.	

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Summer term Hand out w/c 19th April Hand in 28th May	Interpersonal Communication Y/503/0978 1 Credit	1. Understand the importance of effective interpersonal communication skills.	1.1. Outline the importance of the following elements of effective communication: (a) Active listening (b) Non-verbal communication (c) Appropriateness of language and tone. 1.2. Give examples of three situations in which good interpersonal skills are important. 1.3. Identify possible barriers to communication.	
	Interpersonal Communication	2. Be able to demonstrate effective interpersonal communication skills.	2.1. Use the elements of effective communication listed above in a given situation. 2.2. Identify a strategy to overcome a barrier to communication in a given situation. 2.3. Identify areas for further development in own interpersonal communication skills.	
Summer term Hand out w/c 7th June Hand in 14th Jun	Healthy Lifestyles A/503/0973 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. 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	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	
	Healthy Lifestyles	4. Know how to improve own lifestyle.	4.1. Give positive and negative points of own lifestyle in relation to physical and mental health, and emotional well-being. 4.2. Identify sources of information and/or support and how they can be accessed. 4.3. Outline a plan to improve own lifestyle.	

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Autumn 1 term	Belief and Values L/503/0962 1 Credit	1. Understand what is meant by “beliefs”.	1.1. State what is meant by “beliefs.” 1.2. Identify own beliefs. 1.3. Give examples of the beliefs of other people/groups.	
	Belief and Values	2. Understand what is meant by “values”.	2.1. State what is meant by “values”. 2.2. Identify values commonly held by a specific group of people. 2.3. Identify own values. 2.4. Give examples of the values held by other people/groups.	
	Belief and Values	3. Understand how values and beliefs can influence attitudes, opinions and behaviour.	3.1. State how own values and beliefs have influenced attitude/opinion and behaviour in a given situation. 3.2. State how the values and beliefs of a given group have influenced their attitudes /opinions and behaviour	
Autumn 2 term	Valuing Equality and Diversity F/600/7804 2 Credits	1. Understand aspects of equality	1.1. Define the term “equality” 1.2. List the key legislation 1.3. Give examples of inequality in a range of situations 1.4. Identify bodies who work on equality issues	
	Valuing Equality and Diversity	2. Understand aspects of diversity	2.1. Define the term “diversity” 2.2. List the key legislation 2.3. Give examples of positive and negative stereotyping 2.4. Give examples of how diversity can benefit society	
	Valuing Equality and Diversity	3. Understand aspects of discrimination example of indirect	3.1. State the difference between discrimination and prejudice 3.2. List the areas of discrimination covered by legislation 3.3. Give an example of direct discrimination 3.4. Give an example of indirect discrimination	
Spring 1 term	Enrichment Activity - Personal Well-Being	1. Be able to take part in an enrichment activity relevant	1.1. Contribute to agreed tasks in an enrichment activity relevant to personal well-being. 1.2. Outline the aims and objectives of the activity.	

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	M/503/0971 1 Credit	to personal well-being.		
	Enrichment Activity - Personal Well-Being	2. Understand the value of taking part in an enrichment activity.	2.1. Outline own contribution to the agreed enrichment activity. 2.2. Outline the knowledge and/or skills gained as a result of the activity. 2.3. State the benefits of the activity for self and others.	
Spring 2	Making Decision Y/503/0981 1 Credit	1. Understand the range and nature of decisions to be made.	1.1. Give two examples of decisions made by individuals on a daily basis. 1.2. Give examples of possible life changing decisions. 1.3. Give two examples of decisions made by a group.	
	Making Decision	2. Understand the factors involved in making a decision.	2.1. List factors to be considered in making a specific decision. 2.2. Outline the result of a decision and the way the decision was made	
	Making Decision	3. Understand how to learn from mistakes.	3.1. State the consequences of a decision that caused problems. 3.2. State how the decision might have been made differently to improve the outcome	
Summer term	Individual Rights and Responsibilities in Society J/503/0975 1 Credit	1. Understand that individuals have rights.	1.1. Outline what is meant by 'rights.' 1.2. Name one piece of current legislation relating to an individual's rights in society. 1.3. Identify own rights as an individual in society.	
	Individual Rights and Responsibilities in Society	2. Understand the responsibilities of individuals.	2.1. Outline what is meant by 'responsibilities.' 2.2. Identify the personal, social and legal responsibilities of an individual in society.	
	Individual Rights and Responsibilities in Society	3. Understand factors that affect an individual's rights and responsibilities.	3.1. Outline factors that can affect an individual's rights. 3.2. Outline factors that can affect an individual's responsibilities.	