Improving Well-being Award

Loudoun Academy

Name: ______________________________
Guidance for Candidates

In this Unit, you will undertake an activity which is aimed at improving well-being. This could involve improving your own well-being, well-being in your school or local community, or the well-being of other people around the world.

In order to achieve the Unit you will have to gather a folio of evidence containing the following:

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Completed (✓/×)</th>
<th>Signed (Teacher)</th>
</tr>
</thead>
<tbody>
<tr>
<td>an indication of the activity you are going to complete to improve an aspect of well-being</td>
<td></td>
<td></td>
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<tr>
<td>a record of at least <strong>two</strong> targets that you have set to improve this aspect of well-being – these should be agreed with your teacher, lecturer or tutor</td>
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<tr>
<td>a detailed plan for the activity which will help you achieve your targets</td>
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<tr>
<td>a record which you have kept while you were carrying out your plan</td>
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<tr>
<td>confirmation from your teacher/lecturer/tutor that you have completed the activity</td>
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<tr>
<td>an evaluation and review of the activity and how well it helped you meet your targets for improving well-being.</td>
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</table>

The tasks which follow will help you to work through the Unit and gather the evidence you need. You can use the templates provided to record this evidence.
Task 1: Identify a way of improving well-being

Decide which aspect of well-being you want to improve and the way you are going to do this. You can record this in the spaces below.

1: The aspect of well-being I want to improve is:

I want to improve my own physical health and wellbeing

2: I am going to improve this aspect of wellbeing in order to achieve/be better/take part in

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
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________________________________________________________________________________________
Task 2: Set detailed targets to improve well-being

Now you have decided on the reason why you are going to improve physical well-being, you need to set at least two detailed targets for improving well-being in this way.

What things do you intend to change (sleep/diet) or carry out (additional physical activity) to ensure that you can achieve your goal?

You can record your targets in the space below:

My Targets are:

Target 1

Target 2

Target 3
Task 3: Develop a detailed plan for an activity to improve well-being

Now that you have identified at least two targets to work towards, you must choose an activity which will help you to meet your targets and then produce a plan. Your plan should include:

✦ the activity you have chosen
✦ the tasks you will need to complete
✦ the resources you will need to complete the tasks
✦ when you intend to carry out the tasks (time scale)

The tasks you identify need to help you to meet your targets to improve well-being. You should discuss your tasks with your teacher/lecturer/tutor so that you can be sure that the tasks you have chosen are suitable. You will then be able to identify the resources which will help you to carry out your tasks.

What sessions/ activities have you taken part in over the year during PE and/or outside of school that has helped you to improve your physical wellbeing?

These must be recorded over the page, describe each session/activity, detail resources and share how long you carried it out for.

Complete your plan over the page
# My Plan

**The activity I have chosen is:**

<table>
<thead>
<tr>
<th>Tasks</th>
<th>Resources</th>
<th>Timescale</th>
</tr>
</thead>
<tbody>
<tr>
<td>(What you will actually do to improve)</td>
<td>(balls / bike / hurdles)</td>
<td>(how long/often)</td>
</tr>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>6.</td>
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</table>
Tasks 4: Carry out your planned activity

Now you are ready to carry out your planned activity and complete the tasks which will allow you to meet your targets for improving well-being. As you complete your tasks you should keep a record of what you have done. You can use the log below, or another suitable way, to help you to do this.

<table>
<thead>
<tr>
<th>Date</th>
<th>What I did</th>
<th>Comments <em>(how you felt during/after session)</em></th>
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Assessor comment:

Assessor signature
Task 5: Evaluate and review your activity

You will now need to evaluate and review your activity. This means thinking about the activity and how it helped you to meet your targets for improving well-being. Some questions which might help you to do this are listed below:

What were the positive impacts of completing the activity, and were there any negative impacts?
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

In what way did the activity help or not help you to achieve your targets?
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________________________________________________________________________________________
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________________________________________________________________________________________

What would you have changed about the activity, if you could?
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________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

What have you learned about improving well-being as a result of completing the activity?
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________________________________________________________________________________________
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________________________________________________________________________________________