



Health and Wellbeing Curriculum Plan

Qualifications

Entry 1 in Personal Progress
 Entry 1- 3 in Independent Living
 Entry 1 - 2 in Life Skills
 Entry 3 Award in Personal Development
Entry 3 Award in Healthy Living for Wellbeing and Mental Health
Entry 3 Award in Introduction to Safeguarding
 Entry 3 Award in the Importance of Resilience and Grit

L1 Award in Personal Development
 L1 Award in the Importance of Resilience and Grit
L1 Award in Mental Health and Wellbeing
L1 Award in Personal Health and Wellbeing
L1 Award in Managing Personal Finance
L1 Award in Preventing Plastic Pollution
L1 Award in Healthy Living
L1 Award in Environmental Sustainability

L2 Award in Environmental Sustainability
 L2 Award in Healthy Living
 L2 Award in Mental Health and Wellbeing

Subject to funding
Short Qualifications

Individual Initial Assessments

Beginners Entry Qualifications

Improvers Level 1 Qualifications

Intermediate Level 2 Qualifications

Courses & Workshops

Beginners

Personal Development
 Positive Thinking & Self-Esteem
 Building Confidence
 Managing your Budget
 Cooking on a Budget
 Healthy Hearts
 Keeping Active from Home
 Keeping Calm and Carrying On
Taster courses for CLAS qualifications

Delivered at Beginner, Improver & Intermediate

Mindfulness
 Hill Skills & Navigation
 Drawing Skills
 Painting Skills
 Ceramic Skills
 3D Skills
 Photography Skills
 Printmaking Skills
 Mixed-media Skills
 Craft Skills
 Papercraft Skills
 Upcycling
 Sewing Skills
 Dressmaking Skills
 Textiles

Targeted provision

Art for Wellbeing + title
 Craft for Wellbeing + title
 Stitch for Wellbeing + title

Confidence & Self-esteem

Further Study

Improved Health & Wellbeing

Volunteering Employment

Creative Thinking