**UNIT OVERVIEW:** UNIT 15 Promoting Health and Wellbeing

|  |
| --- |
| **Unit intention:** This unit gives you the opportunity to plan and carry out your own, small-scale, health education campaign by giving you the underpinning knowledge and understanding of the importance of health and wellbeing and how we can choose to affect both. The unit will also introduce you to the different approaches used in health education and its promotion, including the role of the media, allowing you to better plan and promote your campaign. You will understand that health education depends on changing people’s behaviour and you will have an opportunity to understand the various models of behaviour change and the factors that will influence individuals and their will to change.  |
| **Success criteria** | 🗸 | X |
| 1. Understand reasons for maintaining a healthy lifestyle
2. Understand the use of strategies and campaigns and the roles of professionals in promoting health and wellbeing
3. Understand factors that influence responses to the promotion of health and wellbeing
4. Be able to implement and evaluate a campaign promoting health and wellbeing
 |  |  |
| **Unit summative and formative assessment details:**This unit is internally assessed and externally moderated by OCRQuestioning Teacher assessmentSummative feedback (see PE policy) |
| **Home Learning (What and how often):**Research tasksGoogle Classroom to be used Students to be given homework at the teachers discretion to aid learning |
| **Topic Sequence**1. Understand reasons for maintaining a healthy lifestyle
2. Understand the use of strategies and campaigns and the roles of professionals in promoting health and wellbeing
3. Understand factors that influence responses to the promotion of health and wellbeing
4. Be able to implement and evaluate a campaign promoting health and wellbeing
 | **Recommended reading to support Home Learning:** Cambridge TECHNICALS Level 3 Book Adams, Riley et al.2021The care certificate standards - [**https://www.hee.nhs.uk/our-work/care-certificate**](https://www.hee.nhs.uk/our-work/care-certificate)**Recommended places to visit with your family:**Volunteering - <https://www.uclh.nhs.uk/work-with-us/volunteering>  |

|  |
| --- |
| **Success criteria** – Have you met them? Show your evidence in the boxes below. |
| **1.** |
| **2.** |
| **3.** |
| **4.** |
| **5.** |
| **6.** |
| **How will you improve your work?** |

**End of Unit EVALUATION**