

BTEC LEVEL 1: PERSONAL GROWTH AND WELLBEING (PGW)

The BTEC Level 1 Award in Personal Growth and Wellbeing qualification has been designed to engage learners through practical activities, encourage learning ownership, provide opportunities for personal reflection and promote progression to further study and future employment. This course is 100% coursework.

This qualification has been developed to recognise and reward the practical skills and knowledge learners have in obtaining and sustaining job roles. It has been designed to support and encourage learners to access employment opportunities under supervision.

Throughout the Key Stage, you will complete 4 units. Below is an example of the type of units you **may** be taught:

- Improving Physical Health and Wellbeing
- Developing Personal Identity
- Understanding your Rights and Responsibilities
- Finding ways to be Resilient
- Financial Commitments

What will the units entail?

Below is an outline of what some of the units studied throughout the course will focus on:

Improving Physical Health and Wellbeing

In this unit, learners will consider both positive and negative factors that may influence their lifestyle choices. They will spend time gathering information about aspects of their lifestyle that influence their health. They will then use their knowledge of appropriate food and drink, sleep patterns and their choice of physical activities, to create a routine for a day. They will then carry out the routine and review it. Learners will also examine the effect that drugs, alcohol, smoking and diet can have on levels of physical health and wellbeing.

Finding ways to be resilient

In this unit, learners will consider what resilience is and the factors that help people become more resilient. This unit will also help them to focus on how they can develop skills to increase their own confidence in dealing with difficult and challenging situations and ultimately improve their health and wellbeing.

Financial Commitments

In this unit, learners will find out how to make financial decisions. They will explore different financial products and services that are available to them and look at their advantages and disadvantages. They will understand how debt can occur, and how to manage it safely and access support if required. By the end of this unit, they should be able to prioritise their financial needs based on their goals and make realistic financial decisions based on these.

Assessment details:

Teacher assessment
Peer assessment
Practical work
Coursework
Oral presentations
Role-plays
Video-recording and analysis

Where can my qualification take me?

On completion of the qualification, pupils have the opportunity to progress to other vocational qualifications or employment in a particular vocational sector.

For further information contact: Mr Jethwa