

Unit Title:	Making the most of leisure time
OCR unit number:	M29
Life and Living Skill Area:	Personal Skills
Level:	Entry 3
Credit value:	2
Guided learning hours:	20

Unit purpose and aim

The aim of this unit is to introduce learners to a range of leisure activities and encourage them to express their preferences for what they do in their leisure time.

Learning Outcomes	Assessment Criteria	Example of ways assessment criteria could be met
The Learner will: 1 Understand how to make use of their leisure time	The Learner can: 1.1 Identify ways in which they can use their leisure time 1.2 Identify the benefits of using their leisure time in different ways	To identify leisure pursuits Learners discuss what they currently do in their leisure time and what they would like to do; access their local community to identify any leisure opportunities available to them; research leisure opportunities using the internet or library. Learners provide a list of positive words/statements to describe the benefits of doing different activities eg "stop you being bored", "good to do different things", "meet different people", "learn new skills" etc. This can be done verbally/signed or written etc; learners interview other people to find out why they do certain activities; learners state the benefits of doing different activities.
2 Be able to participate in a range of activities	2.1 Take part in an activity which they find relaxing	Learners identify activities that can help a person to relax. Activities for relaxation could include yoga, painting, drawing, reading, music, going to the countryside, swimming, watching TV etc.

Learning Outcomes	Assessment Criteria	Example of ways assessment criteria could be met
	<p>2.2 Take part in an activity which they find challenging</p> <p>2.3 Take part in an activity which involves learning a new skill</p>	<p>Activities people may find challenging could include: doing a sporting activity they've not tried before, taking part in games and quizzes such as crosswords, attending a drama session, meeting new people.</p> <p>Learning a new skill could include: cooking a new recipe, learning a new language, learning a dance, learning to play a musical instrument, learning about a new sport etc.</p> <p>To support this learning outcome the learner may take part in a variety of taster sessions of different activities dependent on the abilities of the learner and availability of people to deliver the taster sessions.</p>
3 Carry out a review of the activities they have tried	<p>3.1 Identify what they enjoyed and did not enjoy about the activities</p> <p>3.2 Identify an activity they would like to try again</p>	<p>Learners provide at least one positive and negative aspect for activities they have tried as a whole. They may provide a verbal/signed, text/image-based description. The learner completes a simple evaluation after each activity or keeps a simple diary outlining activities they have tried.</p> <p>Learners state what activity they would like to try again; learners may use their evaluations to help make their decision. This may be completed - verbally, signed or in a text or image-based format - by the learners themselves.</p>

Assessment

This unit may be assessed using any method, or combination of methods, which clearly demonstrate that the learning outcomes and assessment criteria have been met.

Learners should provide at least one positive and one negative statement about each of the activities they have tried.

Possible ways of demonstrating that the assessment criteria have been met are provided in the third column of the unit, these are examples only, learners may demonstrate their ability to meet the criteria in many other ways.

Evidence requirements

The Record of Assessment and Evidence for this unit must be completed in full and signed by the assessor to confirm the evidence is authentic and meets the requirements of the learning outcomes and assessment criteria. The completed Record of Assessment and Evidence, together with any other appropriate form of evidence that has been generated for the unit, must be submitted for moderation.