

<b>Unit Title:</b>	<b>Healthy living</b>
OCR unit number:	M9
Life and Living Skill Area:	Personal Skills
Level:	Entry 1
Credit value:	2
Guided learning hours:	20

## Unit purpose and aim

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To introduce learners to a healthy lifestyle by helping them to identify harmful activities.

This unit spans a range of achievement for learners working at the 'Initiation' to 'Application' stages of the Entry 1 Achievement Continuum.

Learning Outcomes	Assessment Criteria	Example of ways assessment criteria could be met
<b>The Learner will:</b> 1 Recognise what is needed to lead a healthy lifestyle	<b>The Learner can:</b> 1.1 Identify at least two different things they can do to contribute to a healthy lifestyle	<ul style="list-style-type: none"> <li>Communicating from options and choices which alternative would be part of a healthy lifestyle, for example, selecting a salad at lunchtime instead of chips; walking to shops instead of catching a bus</li> <li>Applying their knowledge of healthy lifestyle in an unsupported situation, for example, choosing to use the stairs instead of a lift; choosing to go to bed at a reasonable time</li> </ul>
2 Demonstrate how they can contribute to a healthy lifestyle	2.1 Participate in an activity to contribute to a healthy lifestyle	<ul style="list-style-type: none"> <li>Taking part in a daily exercise routine, for example, walking to the centre; completing an upper body wheelchair routine to music once a week</li> <li>Completing a daily diary to log, for example, the physical activity completed each day; the range/ quantity of food consumed each day.</li> </ul>

## Assessment

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Assessment of this unit must make use of the Entry 1 Achievement Continuum. Assessors will be required to indicate the stage on the continuum at which the learner has achieved the learning outcome.

This unit spans a range of achievement from the **initiation** to **application** stages of the Achievement Continuum. It may be assessed using any method, or combination of methods, which clearly demonstrate that the learning outcomes and assessment criteria have been met.

The examples provided above are just that: learners may demonstrate their ability to meet the criteria in many other ways. Learners are not expected to undertake all these activities in order to meet the assessment criteria.

## Evidence requirements

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Candidates must show that they can lead a healthy lifestyle and identify harmful activities this will be reflected in their Record of Assessment and Evidence.

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, must be submitted for moderation.

## Additional information

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The following documents must be used to record candidate evidence and their level of achievement on the Entry 1 Achievement Continuum:

- Entry 1 Achievement Continuum
- Record of Assessment and Evidence