

# PERSONAL LIFE SKILLS

10273/10274/10275/10276/10277/10278

Entry Level 3

Unit 4: Introducing personal health and wellbeing

## MARKING GUIDANCE

Assessment must take place before submitting candidate work to the OCR Examiner-moderator. This should be made evident by the centre assessor using annotations (ie ticks and comments).

Assessment criteria	OCR Task	Guidance
1.1 Identify aspects of good a) physical health and wellbeing b) mental health and wellbeing c) emotional health and wellbeing	1	Physical – 4, 7, 9 Mental – 1, 3, 5, 6 Emotional – 2, (5), 8, 10  Aspect 5 may also appear in emotional.
2.1 Identify factors that might affect personal health and wellbeing in a) a positive way b) a negative way	2	Candidates must identify <b>two</b> factors that affect health and wellbeing positively eg exercising to lose weight, take medication to maintain good health.  Candidates must identify <b>two</b> factors that affect health and wellbeing negatively eg relationship breaking up makes you upset.
2.2 Outline ways of staying a) physically healthy b) mentally healthy c) emotionally healthy	2	Candidates must give <b>two</b> examples for each. These should be positive actions rather than framed as not doing or avoiding something eg exercising, eating more fruit and vegetables rather than, not sitting at the computer all day and not having chips.
3.1 Identify personal choices that could affect health	3	Candidates are expected to give <b>three</b> personal choices, eg choosing to wear sun screen, choosing to exercise.

3.2 Identify benefits and risks of personal health choices	3	Candidates must identify <b>one</b> benefit eg sun bathing vitamin D/sense of well being and <b>one</b> risk for each eg sun burn/skin cancer. Risk and benefit must relate to the personal choice identified.
4.1 Identify sources of information about health and wellbeing	4	Candidates must identify <b>three</b> different sources of information. It is not sufficient to state 'the Internet', the specific source must be identified ie <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>