

# PERSONAL LIFE SKILLS

10273/10274/10275/10276/10277/10278

Entry Level 3

Unit 4: Introducing personal health and wellbeing

## EVIDENCE BOOKLET

**CANDIDATE'S NAME** .....

The work that you submit for assessment must be your own. You must not copy from someone else or allow someone else to copy from you.

I confirm that this is all my own work.

Candidate's signature ..... Date .....

**CENTRE ASSESSOR'S NAME** .....

I confirm that I have read the Introduction to Tutors overleaf.

I confirm that I have authenticated the candidate's work and am satisfied that to the best of my knowledge the work produced is solely that of the candidate.

I confirm that I have marked this work and consider that it meets the assessment criteria.

Centre assessor's signature ..... Date .....

**INTERNAL MODERATOR'S NAME** ..... (if applicable)

Internal moderator's signature ..... Date .....

**SCRIBE'S NAME** ..... (if applicable)

Scribe's signature ..... Date .....

Please note:

The purpose of this evidence booklet is to provide a simple and manageable solution for gathering evidence for all units of this qualification.

**Tutors may change any task or part of a task to make the context more appropriate for their learners. However, alternative tasks must meet the assessment criteria. Please contact OCR for further guidance.**

**The assessment criterion/criteria (AC) are shown for each task throughout this booklet.**

All evidence **must** be marked before submission. This should be indicated through a tick and/or feedback comment on each marking point. Centre assessors should refer to the marking guidance for the unit when assessing the work.

Tutors should check that there are no gaps in the evidence. Incomplete evidence should not be submitted. Scribed work should be annotated with the scribe's initials.

If evidence is not to the required standard then alternative evidence should be substituted. If alternative evidence is submitted then this should be noted on the evidence checklist (available on our website [www.ocr.org.uk](http://www.ocr.org.uk)).

Do not submit the evidence in folders or plastic pockets but staple together the evidence sheets in an appropriate order. Do not submit group coursework, handouts or downloads (unless these are required to meet an assessment criteria).

Examiner-moderators will complete an electronic Centre Feedback Report Form (e-NQF6) for each batch submitted. Reports are accessed through OCR Interchange.

The QCA Accreditation Numbers for these qualifications are:

OCR Entry Level 3 Award in Personal Life Skills – 600/2370/3  
OCR Scheme Code: 10273

OCR Entry Level 3 Certificate in Personal Life Skills – 600/2371/5  
OCR Scheme Code: 10274

OCR Level 1 Award in Personal Life Skills – 600/2372/7  
OCR Scheme Code: 10275

OCR Level 1 Certificate in Personal Life Skills – 600/2373/9  
OCR Scheme Code: 10276

OCR Level 2 Award in Personal Life Skills – 600/2374/0  
OCR Scheme Code: 10277

OCR Level 2 Certificate in Personal Life Skills – 600/2375/2  
OCR Scheme Code: 10278

**The QCA Accreditation Number for this unit is:**

Unit 4: Introducing personal health and wellbeing      T/503/3211

This OCR evidence booklet remains live for the life of this qualification. Occasionally OCR may up-date the information within this booklet. Please refer to the updates section of the relevant qualifications on our website: [www.ocr.org.uk](http://www.ocr.org.uk) for details regarding amendments made to this booklet.

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# Task 1

## AC 1.1

Complete the diagram below. Identify which aspect of health and wellbeing it belongs to by writing the number in the relevant wellbeing balloon. An example has been completed for you.

Example

**1** ✓  
Having work, education and leisure activities that keep you interested

**2**  
Feeling of safety and security

Emotional health and wellbeing

**3**  
Being able to cope with demanding situations and circumstances

**4**  
Maintaining good health to weight ratio

**5**  
Being able to explore own feelings

What does it mean to be healthy?

**6**  
Having positive self-esteem and feeling good about yourself

**7**  
Getting enough rest and sleep

**8**  
Having supportive and happy relationships

**1**  
Mental health and wellbeing

Physical health and wellbeing

**9**  
Taking regular exercise

**10**  
Being able to express opinions

# Task 2

## AC 2.1, 2.2

Identify **two** factors and outline how they might affect personal health and wellbeing positively.

1.
2.

Identify **two** factors and outline how they might affect personal health and wellbeing negatively.

1.
2.

Outline **two** ways a person can stay:

<b>Physically healthy</b>	<b>Mentally healthy</b>	<b>Emotionally healthy</b>
1.		
2.		

# Task 3

## AC 3.1, 3.2

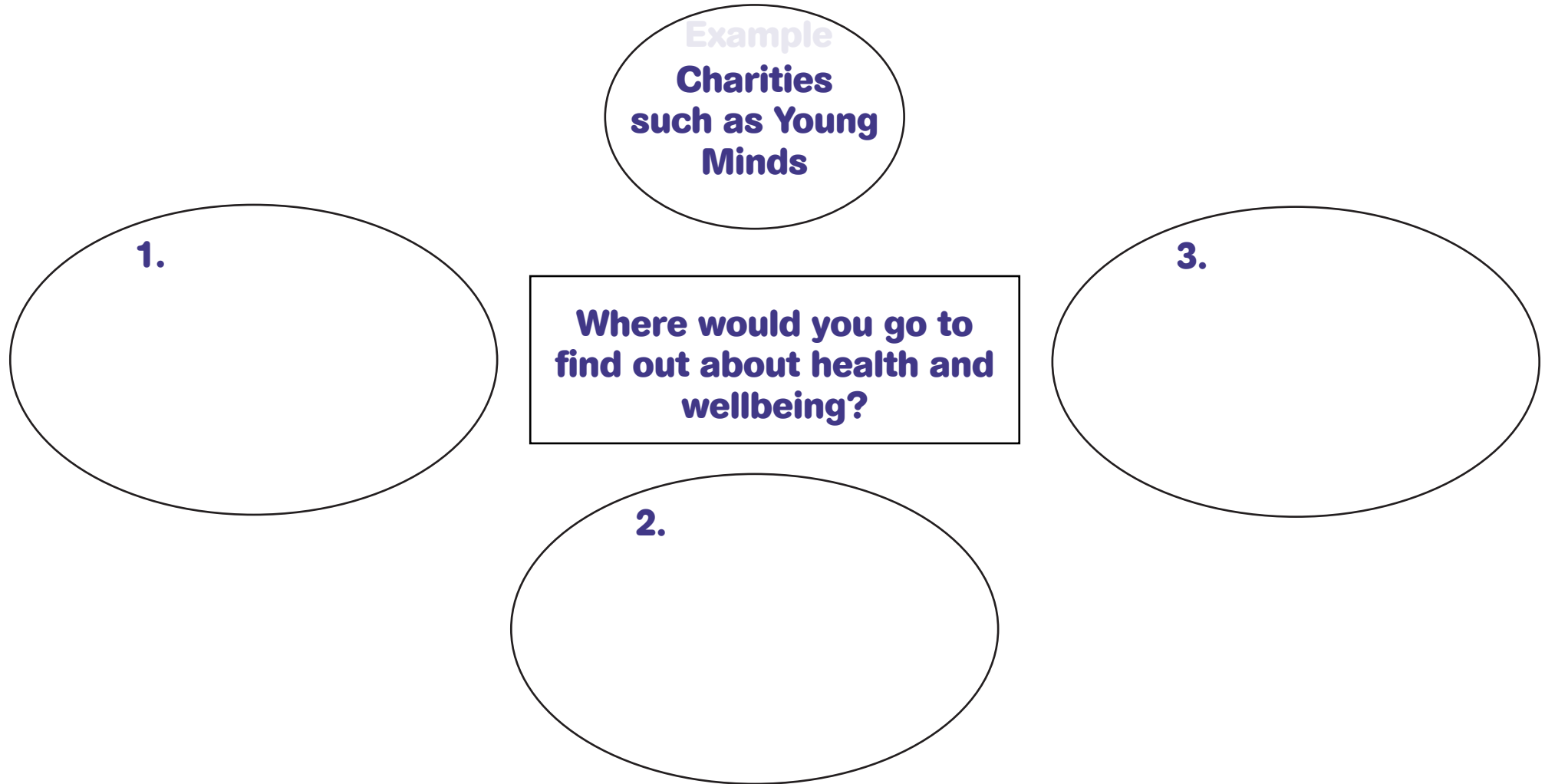
List **three** personal choices that a person might make that could affect their health. For each of the choices identify one benefit **and** one risk. An example has been completed for you.

CHOICE	BENEFIT	RISK
Example Smoking	Relaxes you	Risk of disease
1.		
2.		
3.		

# Task 4

## AC 4.1

Complete the diagram below to identify **three** sources of information about health and wellbeing. An example has been completed for you.



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