**King’s Park Secondary**

****

**S4 Wellbeing Award**

**Level 4**

**Name:**

**Course structure**

**2 units:**

**Exploring wellbeing – PSE**

**Improving wellbeing - PE**

**Why complete the wellbeing award?**

1. **To learn about the different types of wellbeing and how things affect it.**
2. **To take part in activities designed to try and improve your wellbeing**
3. **It is an official SQA qualification**
4. **You will develop a number of key skills for life and work**
5. **You can put it on your ucas form or on your cv to help you apply for jobs**

**How do you pass or fail?**

1. **Complete your log book in PSE**
2. **Complete your log book in PE**
3. **Bring your PE kit regularly**
4. **Participate with an acceptable level of effort.**

**Unit 2: Improving wellbeing**

Please select what area of wellbeing we will be focusing on by highlighting in red.

1. **Personal wellbeing**
2. **Community wellbeing**
3. **Global situation**

What area of the aspect you have chosen will we focus on (highlight in red)

1. **Physical wellbeing**
2. **Mental wellbeing**
3. **Social wellbeing**
4. **Emotional wellbeing**

What are the benefits to you of improving physical wellbeing?

Where and when do we have opportunity to improve your physical wellbeing?

**Target setting**

Physical wellbeing target 1

Physical wellbeing target 2

**Initial fitness testing**

60m sprint time:

Beep test score:

**Final fitness testing**

60m sprint time:

Beep test score:

**Training plan**

**School curriculum**

Netball, Football, Athletics, Cross-country, volleyball, basketball, hockey, rounders, dodgeball, fitness room, fitness block, body pump, handball, badminton

**School clubs**

**Outside of school**

In all activities I will need to try my best to focus on my goals of achieving more speed and stamina. This will be at the front of my mind and I will try and sprint as often as possible in these activities and to run for long periods of time without giving up or stopping.

The activities will take place over the course of a full academic school session and all necessary equipment will be provided for me in school. Activities outside of school I will be responsible for ensuring I have in place.

**Evaluation**

**What were the positive impacts of completing your training?**

**In what way did the activities help you to achieve your targets?**

**What would you have changed about the activity?**

**What did you learn about improving physical wellbeing?**