Gardening

Short Course student book

ASDAN

Name:

Centre:

Tutor:

Sample

Gardening Short Course student book

Contents

Introduction

Welcome to the Gardening Short Course

This Short Course accredits up to 60 hours of your gardening activities. It provides opportunities for you to develop gardening knowledge and skills and use them effectively.

We hope you enjoy choosing and completing the challenges and, as a result, become more confident in your knowledge of gardening issues.

Course aims

The Gardening Short Course will enable you to:
- learn and demonstrate the skills and techniques needed in gardening
- develop an awareness of how gardening promotes a healthier lifestyle and can have a positive impact on mental health and wellbeing
- grow your own food and learn how to use your produce to cook as part of a healthy, balanced diet
- gain an understanding of the importance of sustainable practice, and the positive impact that gardening has on the wider environment

Healthy living, mental health and wellbeing

Gardening activities promote a healthier lifestyle and can have a positive impact on your mental health and wellbeing.
- Gardening is good physical exercise – especially digging!
- Cooking with produce you have grown can result in a healthier diet.
- Concentrating on a gardening task helps you to focus and gives your mind a break.
- Spending time outdoors helps you to connect with nature and relax.
- Gardening is a good way to spend time away from screens and technology.
- Caring for plants gives you a sense of responsibility, which can boost your confidence.

How does a Short Course work?

Modules and challenges

This Short Course contains eight modules, each covering a different topic:

- Planting in the garden
- Growing food on the allotment
- Working under cover
- Wildlife in the garden
- Using your produce in the kitchen
- Construction in the garden
- Art in the garden
- Careers in gardening

Your Short Course Co-ordinator (tutor or teacher) will help you decide how many modules to do. You can complete your Short Course from just one module, or from a combination of modules.

Each module is divided into two sections: section A challenges are shorter tasks; section B challenges are longer projects. You can complete your Short Course from all section As, all section Bs or from a combination.

Hours and credits

Each section should take you at least 10 hours to complete – 10 hours is worth one credit. You have the option of accrediting up to 60 hours (6 credits).

⏱ **Hours completed**	10 hours	20 hours	30 hours	40 hours	50 hours	60 hours
★ **Credits gained**	1 credit	2 credits	3 credits	4 credits	5 credits	6 credits

Skills sheets

For chosen challenges, as well as completing the activity itself, you must show evidence of planning and reviewing the challenge using skills sheets.

The number and type of skills sheets required depends on the length of the Short Course you are working towards:

⏱ **Length of Short Course**	🗐 **Sets of skills sheets required**
10 hours (1 credit) or 20 hours (2 credits)	1 (skills sheet 1)
30 hours (3 credits) or 40 hours (4 credits)	2 (skills sheets 1 and 2)
50 hours (5 credits) or 60 hours (6 credits)	3 (skills sheets 1, 2 and 3)

Skills sheets are split into two parts:

- Plan – planning how to approach the challenge and deciding what you are going to do
- Review – reviewing what you did and evaluating what went well (and less well)

Your tutor will help you decide which challenges would be the most suitable to attach your skills sheets to.

ℹ Your tutor will provide you with these documents.

How does a Short Course work?

Summary of achievement

The summary of achievement is an opportunity to highlight some of your achievements and describe the skills you have developed.

You should describe at least one example of a challenge or activity where you have shown each skill.

ℹ Your tutor will provide you with this document.

Personal statement

The personal statement allows you and your tutor to reflect on what you have gained as a result of completing the Short Course and your plans for the future.

ℹ Your tutor will provide you with this document.

Supporting evidence

You will need to produce an organised portfolio of evidence that demonstrates your achievements. This will include your completed student book, skills sheets and summary of achievement.

Your portfolio must also include any other supporting evidence for your challenges.

Examples of evidence include:
- diaries or logs
- reports or essays
- witness statements
- surveys
- research
- annotated photos
- letters or emails
- diagrams
- notes
- PowerPoint presentations
- graphs and charts
- audio recordings
- video recordings

What do I need to do?

1   **Carry out your chosen challenge, collecting evidence as you do it**

File your evidence in your portfolio; see page 4 for more information about what can be used as evidence.
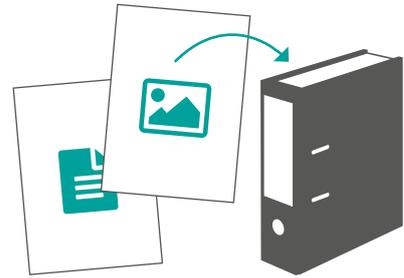
2   **Complete the boxes next to the challenge**

The skills tick boxes show the skills you have used during the challenge; see page 7 for more information about these skills.

The sign off boxes show where your evidence can be found, who has verified this and the date.

✔ **Skills I used:**
- ☐ Ability to learn
- ☐ Teamwork
- ☐ Problem solving
- ☑ IT skills
- ☐ Literacy
- ☐ Numeracy

✏ **Sign off:**
Evidence ref
- - - - - - - -
Verified by

Date

4   **Complete the relevant skills sheet if the challenge is being used for a skills sheet**

See page 3 for information about skills sheets.

ⓘ Your tutor will provide you with these documents.

5   **Fill in your completed challenge on the record of progress**

Use the record of progress (page 5) to keep a careful record of the challenges you have completed and the credits you have gained.
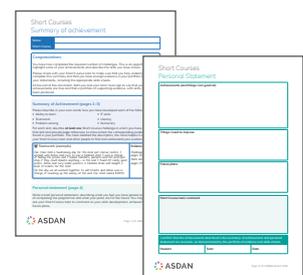
6   **Complete your summary of achievement and personal statement**

At the end of your Short Course, use these documents to review your experience; see page 4 for more information about these documents.

ⓘ Your tutor will provide you with these documents.

At the end of your Short Course, your tutor will check your work and complete the tutor record on page 5. If you have met the requirements, your tutor will request your certificate from ASDAN.

Developing your skills

Core skills

Gardening activities provide an excellent opportunity to develop the following core skills:

⚙ Ability to learn

This skill is about how you manage your personal learning and development. It is about planning and working towards targets to improve your performance and reviewing your progress.

👥 Teamwork

This skill is about how you work with others when planning and carrying out activities to get things done and achieving shared objectives. This will involve working with a group of people.

🏃 Problem solving

This skill is about recognising problems and doing something about them. It is about using different methods to find a solution and checking to see if they work.

🖥 IT skills

This skill is about being able to make the best use of computers and other items such as printers, scanners and digital cameras. Being familiar with how to use this equipment is vitally important in the workplace and at home.

💬 Literacy

This skill is not only about how you talk to people but also about the ways you find out information and let other people know about your views and opinions. It also includes all aspects of writing and reading.

▦ Numeracy

This skill is about your ability to use numbers. If, for example, you've measured or calculated something you will have used numeracy skills. Being able to use numbers is a skill highly valued by employers.

✔ Recording core skills development

Next to each challenge is a set of tick boxes where you can record the skills you have used and developed during the activity.

Gardening skills

In addition to the six core skills above, the challenges in the Gardening Short Course will enable you to develop the following gardening skills:

• plant knowledge
• self-management
• responsibility
• perseverance
• physical fitness
• creativity

The gardening skills that you will develop are listed underneath each challenge, for example:

Gardening skills: Self-management | Physical fitness | Creativity

Module 1 Planting in the garden

The aim of this module is to develop your understanding of growing flowers and maintaining a garden. The module includes opportunities to visit other gardens and consider garden design, as well as taking responsibility for looking after a garden area of your own.

Module 1
Planting in the garden

Section A: Complete FOUR challenges over 10 hours for 1 credit

1 As part of a group, arrange to visit a local garden centre and make notes of all the different types of things they provide for the garden. Present your findings as a poster or draw a site map of the garden centres and label what you found in the different areas.

Gardening skills: Self-management | Creativity

✔ Skills I used:	✎ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

2 Identify the main features of a flower and explain the fertilisation process. Present this information on a poster for others to learn from.

Gardening skills: Plant knowledge

✔ Skills I used:	✎ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

3 Identify **at least five** different common weeds by using an app or making a set of picture reference cards. Share your knowledge with other people.

Gardening skills: Plant knowledge

✔ Skills I used:	✎ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

4 Find out what the difference is between annual plants and perennial plants. Take part in a group discussion about the advantages and disadvantages of having each type in a garden. Create a list of **at least five** examples of each type of plant.

Gardening skills: Plant knowledge

✔ Skills I used:	✎ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

Sample

Module 3
Working under cover

The aim of this module is to develop your understanding of the benefits of growing plants in warmer and more protected conditions. The module provides opportunities to visit hot houses, as well as learning how to maintain optimum growing conditions.

Module 3
Working under cover

Section B: Complete ONE or TWO challenges over 10 hours for 1 credit

1 Carry out research or organise and undertake a visit to find out how commercial greenhouses or polytunnels operate. Write a report and present your findings.

Gardening skills: Self-management

✔ Skills I used:	🖋 Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

2 Take responsibility over a period of time for monitoring conditions in your greenhouse or polytunnel (eg temperature, humidity). Keep a record of your readings and log what actions were taken to ensure optimum conditions were maintained to suit the needs of your plants.

Gardening skills: Self-management | Responsibility | Perseverance

✔ Skills I used:	🖋 Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

3 Produce a video, create a photo diary or write a regular blog charting progress over a period of time for **one** of the following:
- siting and constructing a greenhouse or polytunnel
- growing plants in a greenhouse or polytunnel

Gardening skills: Creativity

✔ Skills I used:	🖋 Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

4 Work with others to set up a mini-enterprise project or business based around produce from your greenhouse or polytunnel. You should aim to specialise in a limited product range.

Keep records of what has been done and how the business develops.

Gardening skills: Self-management | Responsibility | Perseverance

✔ Skills I used:	🖋 Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

Module 8 Careers in gardening

The aim of this module is to explore a wide range of career opportunities in horticulture and gardening. The module provides opportunities to experience work-based learning and to be inspired by other gardeners.

5   Maintain a vlog or blog documenting your garden-related activities. Keep a record of the number of hits you get.

Gardening skills: Self-management | Creativity

✔ Skills I used:	✏ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

6   As a group, take part in **at least one** competition or event run by a horticultural organisation. Describe how it could develop your skills and raise your profile in the gardening world.

Gardening skills: Self-management | Perseverance | Physical fitness | Creativity

✔ Skills I used:	✏ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

7   Research the costs involved in working as a self-employed mobile gardener. Include set-up costs and ongoing costs in your research.

Use this information to prepare a business plan.

Gardening skills: Self-management | Creativity

✔ Skills I used:	✏ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

8   Other agreed challenge:

✔ Skills I used:	✏ Sign off:
☐ Ability to learn	Evidence ref
☐ Teamwork	
☐ Problem solving	Verified by
☐ IT skills	
☐ Literacy	Date
☐ Numeracy	

Sample

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