



Towards Independence **Using Leisure Time**

Name:

Contents

Welcome	1
Record Boxes	2
Tutor Notes	3
Record of Activities	4
Levels of Support	6
Section A: Leisure in your home or centre	8
Section B: Collecting	10
Section C: Leisure in the community	12
Section D: Different leisure activities	14
Section E: A new indoor activity	16
Section F: A new outdoor activity	18
Section G: Activities with a partner	22
Section H: Activities in a group	24
Section I: Outdoor cooking	26
Section J: Project	28
Module Review	30
Next Steps	31

This module has been developed as the result of collaborative work between ASDAN and practitioners delivering the Towards Independence programme. Our thanks go to all those who contributed to the development of these materials.

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Welcome

You are starting a module called

Using Leisure Time

In doing the activities in this module you will be asked to:

- say
- show
- choose
- make things

You can say things by talking or signing, or by using any other means to let someone know what you want to say.

You can choose and show things by using:

- pictures
- digital recording
- other means
- photographs
- computer

or by telling someone else so they can write or do it for you. All the way through you can have as much help as you need.

As you complete each activity, you or your tutor can tick the box shown alongside the activity and the corresponding box on the **Record of Activities** page.

When you have finished the module, remember to complete the **Module Review** and **Next Steps** at the end of the book.

Record Boxes

At the end of each section you will find a page of record boxes:

This box can be used by your tutor to write an extra activity for you to do. This might ask you to practise some of the skills you have already shown, or it might ask you to do an extension activity.

This box can be used in any way to show your achievements throughout the section. It might also show what you need to work on next.

This box can be used to record your achievement by allocating a P level or other descriptor and subject area.

This box shows skills you have used well. These might be Basic Skills, Key Skills or other important life skills.

This box shows what sort of help you had.

This box shows where the work is kept in your ring binder (or other place).

The diagram shows a record box form with the following fields and sections:

- Activity: (with an optional field)
- Comments: (with a sub-field for Tutor/Supervisor/Learner and an optional field)
- P level or other centre assessment tool: (with an optional field)
- Subject area:
- Level of support:
- Skills:
- Evidence ref:
- Verified by:
- Date:

Your tutor will sign and date these boxes when all the other boxes have been filled in.

Levels of Support

Ask your tutor to talk to you about these:



NH No Help – you can do things on your own



SH Spoken/Signed Help – you are helped by someone speaking or signing suggestions to you



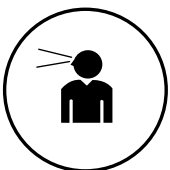
GH Gestural Help – you are helped by someone using hand signals or other gestural prompts



PH Physical Help – you are helped by someone holding you and/or helping you to move



SE Sensory Experience – you are given the opportunity of being involved through a sensory experience, e.g. hearing, touch, sight or taste



ER Experience Recorded – you are provided with an experience of the activity but are unable to take part

Section A:

Leisure in your home or centre

- 1 Show the leisure activities you do at home or at your centre.

For example:

- listening to music
- watching DVDs or TV
- drawing
- cooking
- looking after a pet
- jigsaws
- gardening
- making things
- playing games
- computer games
- other

- 2 Show the clothes you wear.

- 3 Show the equipment you need.

- 4 Show when you do the activity.

- 5 Show you know the safety rules.

- 6 Show the activity you like doing best.



Section A:

Leisure in your home or centre

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Section E:

A new indoor activity

1 Try a new indoor leisure activity.

For example:

- sport
- massage
- bowling
- theatre
- concert
- meeting friends
- museum
- health suite
- pub lunch
- exhibition
- craft activity
- other

2 Show the clothes you will wear.

3 Show the things you need.

For example:

- money
- sports kit
- other
- wash kit
- ticket

4 Show who you will go with.

5 Show how you will get there.

6 Take part in the activity safely.

7 Show whether you enjoyed the activity.



Section E:

A new indoor activity

Activity:

optional

Comments:

Tutor/Supervisor/Learner

optional

P level or other centre assessment tool:

optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Section J:

Project

In this section you can choose your own activity.

Here are some ideas:

- Take part in a residential experience.
- Make a presentation or display showing your favourite leisure activities
- Make a video showing your outdoor activity skills
- Make a packed lunch
- Prepare a first aid kit
- Plan a holiday or day out
- Take part in a fundraising activity (e.g. sponsored walk)
- Learn a new craft
- Start a new collection
- Other

- 1 Decide what your project will be.
- 2 Plan your project.
- 3 Make a list of the things you need.
- 4 Do your project.
- 5 Show what went well in your project.

A vertical checklist bar with six rounded rectangular boxes. The top box contains a black checkmark, while the other five boxes are empty.

Section J:

Project

Activity: optional

Comments: optional
Tutor/Supervisor/Learner

P level or other centre assessment tool: optional

Subject area:

Level of support:

Skills:

Evidence ref:

Verified by:

Date:

Next Steps

My next challenge:

Activities and modules that will help:

Who can help me and when:

Remember to record that you have completed this module and review on the **Record Page** in your **Starting Out** module.

Learner signature:

Tutor/supervisor signature:

Date:

Sample



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