

focus Using leisure time



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Welcome

You are starting a module called

Using leisure time

As you work through the activities in this module you will be asked to:

- speak
- listen
- record
- write
- make choices
- make things

You may choose to sign your answers.

Your evidence may include:

- photographs
- work done on a computer
- sound/video recordings
- completed worksheets

As you complete each activity, you or your mentor can tick the box alongside the activity and the corresponding box on the **Record of progress** (pages 4-5).

When you have finished this module, remember to complete the **Review** and **Next steps** sections at the end of the book.

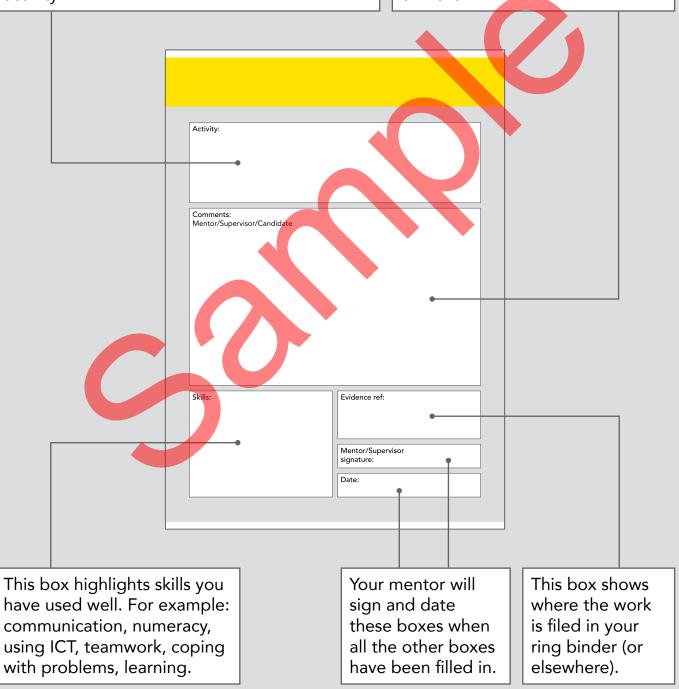


Record boxes

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

Your mentor can use this box 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.



Section 1 Leisure at home

| 1 | Show the leisure activities you do at home or at your centre. For example: | |
|---|---|---|
| | • listening to music | |
| | watching DVDs or TVdrawing | |
| | • cooking | |
| | looking after a petjigsaws | |
| | • gardening | |
| | • making things | |
| | playing gamescomputer games | |
| | • other | |
| | | |
| | | |
| | Show the clothes you wear. | ш |
| | | |
| | | |
| j | Show the equipment you need. | Ш |
| | | |
| | | |
| Z | Show when you do the activity. | Ш |
| | | |
| _ | | |
| 5 | Show you know the safety rules. | Ш |
| | | |
| | | |
| 6 | What do you like doing best? | |

Section 1 Leisure at home

| Activity: | |
|---------------------------------------|------------------------------|
| Comments: Mentor/Supervisor/Candidate | |
| Skills: | Evidence ref: |
| | Mentor/Supervisor signature: |
| | Date: |

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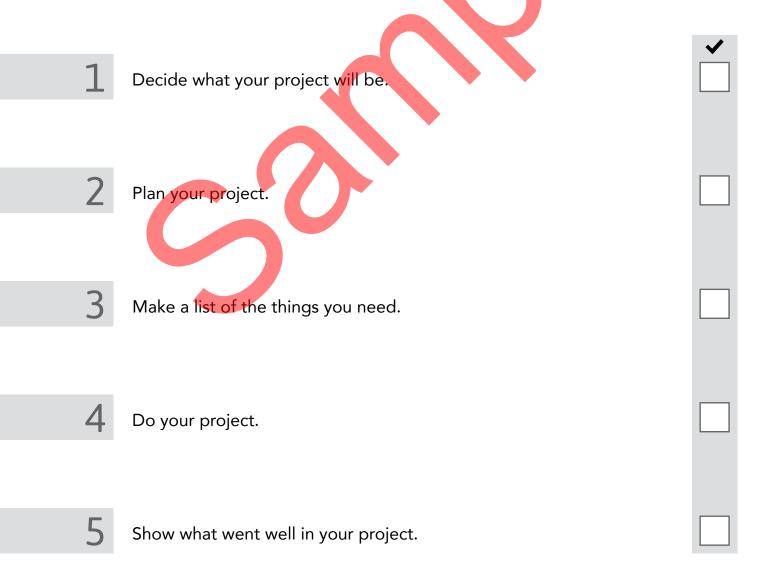
Section 10

Project

In this section you can choose your own activity.

Here are some ideas:

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



Section 10

Project

| Activity: | |
|---------------------------------------|------------------------------|
| Comments: Mentor/Supervisor/Candidate | |
| Skills: | Evidence ref: |
| | Mentor/Supervisor signature: |
| | Date: |

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Other modules in the Focus series:

| Getting started | FOCUS01 |
|------------------------------|---------|
| Communication: introduction | FOCUS02 |
| Communication: progression | FOCUS03 |
| Horticulture | FOCUS04 |
| Independent living | FOCUS05 |
| Meal preparation and cooking | FOCUS06 |
| Money | FOCUS07 |
| Numeracy: introduction | FOCUS08 |
| Numeracy: progression | FOCUS09 |
| Using computer technology | FOCUS10 |
| Using transport | FOCUS12 |

