

Sample

Raising Aspirations
Supporting Resources
Looking After Myself

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Introduction

This resource pack has been created to support the delivery of the Raising Aspirations module Looking After Myself.

The pack contains a selection of worksheets and templates to provide evidence for activities undertaken in each section of the module book. Generic resources have also been included to support activities in any section as appropriate.

Gathering evidence

There is not a set format for evidencing. All learners have different strengths and different ways of accessing the Raising Aspirations modules, so there is no prescriptive format or method for evidencing work. This flexibility can be bewildering at first and one way of combating the uncertainty is to ask yourself the following questions when you add work to the evidence folder:

- Does this piece of work demonstrate the skills that the section or activity is asking for?
- Does this piece of work show what the learner can do?
- If the learner is sharing this piece of work with someone else, is there enough explanation to show what they have actually done?
- Has enough care been taken to ensure that the way the work is presented shows the learner's achievements as fully as possible?

If you can answer 'yes' to all of these questions then your learner has produced work that will amply meet the requirements.

What evidence is acceptable?

All the Raising Aspirations modules explain at the outset that evidence can take a variety of forms. For example:

- photographs
- videos
- worksheets
- audio recordings

It is not a requirement to use all of the above methods but it is expected that a variety of methods will be used to show the diverse ways that the module has been accessed.

Nor is the above list of methods exhaustive. As a practitioner, you will choose the methods that best suit your learners and show their strengths. For example, if a learner cannot communicate verbally then you will not choose to make an audio recording of their response, however their gestural response could be captured on video.

Section 1: Being active

How I keep active

Name:

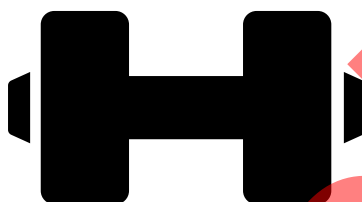
Date:

Show which activities you do to keep yourself active:

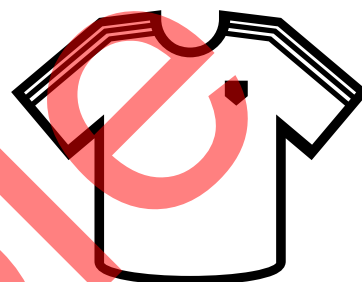
swimming



going to the gym



team sports



running



walking



cycling



dancing



Say how often you do these activities:

.....

.....

.....

.....

.....

Section 2: Healthy eating

Healthy and unhealthy foods

Name:

Date:

Show foods that are healthy for you:

chocolate



fruit



vegetables



lean meat



crisps



water



fizzy drinks



wholemeal bread



fast food



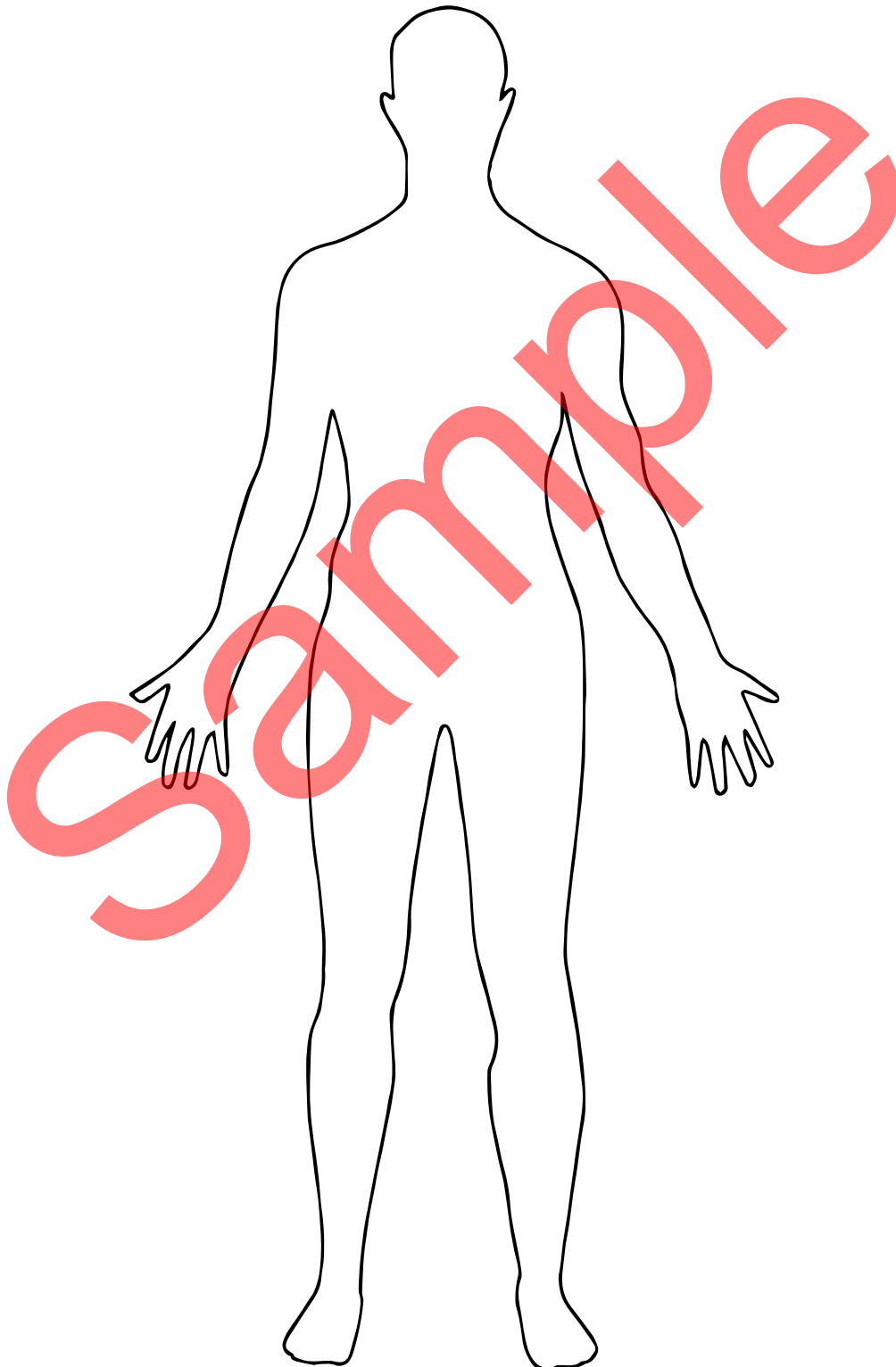
Section 3: Personal hygiene

Personal hygiene chart

Name:

Date:

Mark the areas of the body where it is important to maintain personal hygiene:



Section 5: Local health services

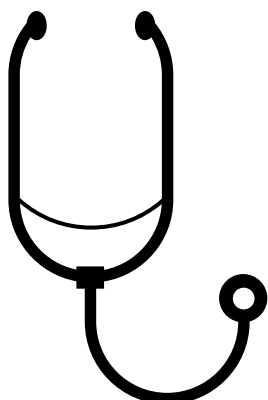
Local health services

Name:

Date:

Show which health services you are able to access in your area:

doctor



dentist



optician



hospital



clinic



pharmacy



Say how often you need to use these services:

.....

.....

.....

.....

.....

Looking After Myself

Activity log

Name:

Section/activity:

What I did:

Date:

<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>
<input type="text"/>	→	<input type="text"/>

Sample

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