



Sample

focus

Using leisure time



ASDAN

Contents

Welcome	1
Record boxes	2
Notes for mentors	3
Record of progress	4
Activities	
• Section 1 Leisure at home	6
• Section 2 Collecting	8
• Section 3 Leisure in the community	10
• Section 4 Different leisure activities	12
• Section 5 A new indoor activity	14
• Section 6 A new outdoor activity	16
• Section 7 Activities with a partner	20
• Section 8 Being in a group	22
• Section 9 Taking part in outdoor cooking	24
• Section 10 Project	26
Review	28
Next steps	29

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.

Activity:

Comments:
Mentor/Supervisor/Candidate

Skills:

Evidence ref:

Mentor/Supervisor
signature:

Date:

This box highlights skills you have used well. For example: communication, numeracy, using ICT, teamwork, coping with problems, learning.

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

This box shows where the work is filed in your ring binder (or elsewhere).

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 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

What do you like doing best?



Section 1

Leisure at home

Activity:

Comments:
Mentor/Supervisor/Candidate

Sample

Skills:

Evidence ref:

Mentor/Supervisor
signature:

Date:

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

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.



Section 10

Project

Activity:

Comments:
Mentor/Supervisor/Candidate

Sample

Skills:

Evidence ref:

Mentor/Supervisor
signature:

Date:

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



FOCUS11/1