



# Health and Wellbeing Curriculum Plan

## Qualifications

- Entry 1 Personal Progress
- Entry 1 & 2 Life Skills
- Entry 1 – 3 Independent Living
- Entry 3 & Level 1 Personal Development
- Entry 3 Healthy Living for Wellbeing & Mental Health
- Entry 3 Introduction to Safeguarding
- Level 1 Mental Health & Wellbeing
- Level 1 Personal Health and Wellbeing
- Level 1 Managing Personal Finance
- Level 1 Infection Control & Prevention
- Level 1 Preventing Plastic Pollution
- Level 1 & 2 Healthy Living
- Level 1 & 2 Environmental Sustainability
- Level 2 Mental Health Awareness

### Beginners Entry 1 and 2 Qualifications

### Improvers Entry 3 and Level 1 Qualifications

### Intermediate Level 2 Qualifications

## Short Courses and Workshops

- Mindfulness
- Personal Development
- Positive Thinking and Self Esteem
- Building Confidence
- Managing your Budget
- Cookery
- Art
- Crafts
- Pottery
- Print Making
- Upcycling
- Hill Skills and Navigation
- Healthy Hearts
- Gardening
- Sewing
- Dressmaking
- Needlecraft
- Felting

**Volunteer  
Work**

**Life Skills**

**Improved  
Health and  
Wellbeing**

**Further  
Study**

**Confidence**