

## Course Description and Outline

<b>Course Title</b>	Health and Wellbeing for Entry 1 ESOL Part A		
<b>Level of Course</b>	Entry Level 1	<b>Course Code</b>	A8174
<b>Duration in Weeks</b>	10 weeks		
<b>Brief Description of Course What will the course cover?</b>	The course will improve your confidence speaking English and develop your language skills related to health and wellbeing. The course will cover healthy diet, physical and mental health. You will also be able to talk about health problems to the doctor and access local health services. There will also be elements of ICT and Numeracy embedded in the course.		
<b>Entry Requirements</b>	Basic speaking, reading and writing – emerging E1 ESOL. Basic maths skills.		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Name 5 parts of your body.		
<b>2</b>	Describe basic symptoms.		
<b>3</b>	Identify 10 healthy/unhealthy foods.		
<b>4</b>	Describe different feelings e.g. I am happy, I feel sad...		
<b>5</b>	Follow directions to complete a short walk around your local area.		
<b>Equipment Required What will I need to bring to class?</b>	Pen, pencil, folder, paper		
<b>What courses can I go on to?</b>	Parts B and C of Health and Wellbeing for E1 ESOL or any other non-accredited course including Brush up your Grammar and Boost your Literacy or IT for ESOL. You can also go on to an accredited Entry 1 ESOL class if you need a certificate.		

**What examination or assessment will there be and what will it involve?**

**There is no exam for this course.** You will agree individual goals with your tutor and complete a folder of your work.

Please note on all examination courses, it is a requirement that you provide photographic proof of ID. This is for external awarding body and internal invigilation authentication purposes.

**How will I know I am making progress?**

You will have tutorials where you can talk to your tutor about your work.

**Is there anything else I need to know?**

Please remember if you miss 3 classes in a row or your attendance is below 80%, you will lose your place on the course. When attending class, you must bring to class all equipment to study (pens, paper, dictionary etc).

You must do your homework and any other tasks that your tutor asks you to do to enable you to achieve your learning goals. If you do not, then your tutor can remove you from the course.

If you cannot finish the course, you must tell your tutor as soon as possible.

**What if I want extra support? Contact the Learner Support & Advice Team**

The Learner Support & Advice Team can support learners achieve their education and employment goals. Information, advice & guidance is given on a range of issues including, financial support and support available for learners who are disabled and learners with learning difficulties, Come and see one of experienced and friendly advisors who can help you make the next step. For further information, text **IDEA** and your name to **07950 080 341** or email

**ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.4

