

Course Description and Outline

Course Title	Health and Wellbeing for E2 ESOL Part 1		
Level of Course	Entry Level 2	Course Code	A7775
Duration in Weeks	10 weeks		
Brief Description of Course What will the course cover?	<p>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 children's health problems and access local services.</p> <p>There will be elements of ICT and Numeracy embedded in the course.</p>		
Entry Requirements	<p>Basic speaking, reading and writing – emerging E2 ESOL. Basic maths skills.</p>		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Know how healthy you are		
2	Make healthy choices (diet portion sizes and exercise)		
3	Make and change a doctor's appointment		
4	Understand about BMI		
5	Keep my home safe and have a basic understanding of first aid		
Equipment Required What will I need to bring to class?	Pen, pencil, folder, paper		
What courses can I go on to?	<p>Part 2 and 3 of Health and Wellbeing for E2 ESOL or any other non-accredited ESOL course including Job Search Skills, Digital Inclusion and Accessing Local Services.</p> <p>You can also go on to accredited Entry 2 ESOL classes if you need a certificate.</p>		

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

There is no exam for this course. You will be set goals by your tutor and complete a portfolio 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.3

