



SWEET

BTEC in Personal Growth and Wellbeing Level 1

As part of the course you will explore the following units:

Units



Book 1 Physical Health & Wellbeing

Fitter, Healthier, Happier



Book 2 Emotional Wellbeing

I've Got a Feeling



Book 3 Social Health & Wellbeing

Skills for Social Success



Book 4 Sexual Health & Wellbeing

Let's Talk About...



Book 5 Personal Identity

This is Me!



Book 6 Environmental Awareness

Our World, Our Future



Book 7 Financial Awareness

Making Money Work for Me!



Book 8 Personal Progress

Future Roles and Setting Goals

Content

Exam

Staff

Careers

Pupil
view

Video

Sweet teaches valuable skills to help students lead happier, healthier and more successful lives.

The intention of this course is to provide life skills which can then be applied in adulthood.

Learners gain valuable skills in wellbeing, confidence and resilience.

Exam

There is no exam in this subject.

Pupils progress through challenges, collecting evidence of achievements in a portfolio. This portfolio provides the basis for the internal assessment & certification.

Exam

Learners will aim to achieve a Level 1 Award in Year 10 and progress on to the Certificate in Year 11.

Level 1 Award is equivalent to half a D Grade GCSE.

*To achieve a Level 1 Award learners need to complete two of the units.

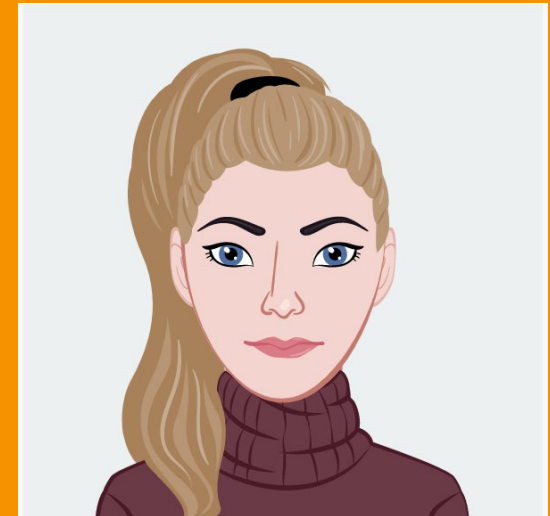
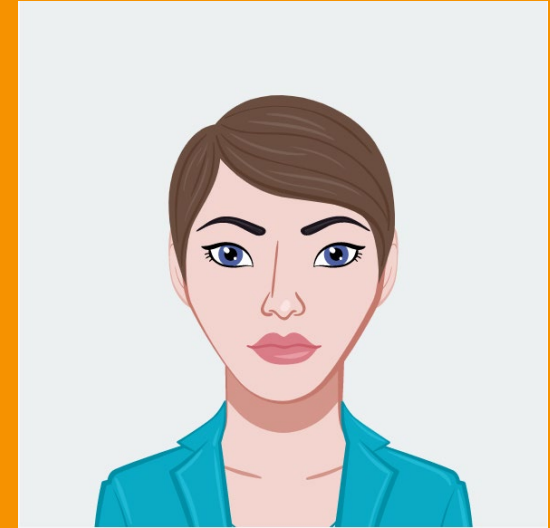
Level 1 Certificate is equivalent to a full D Grade GCSE.

*To achieve a Level 1 Certificate learners need to complete four of the units.

Staff

The teachers of this subject are:

- * Mrs Chilcott
- * Miss Butterworth



The young people studying for these qualifications are able to learn about real-life, relevant issues that will support them beyond education.

Mr Alan Tootill (Headmaster, Penyrheol Comprehensive School)

The life skills and knowledge gained can be applied in adulthood and for all career prospects.

Pupil
views

'Very enjoyable
and can help you
with life skills for
the future'-
Andrew

'You get to talk about
your own personal life
and difficulties, It makes
you feel comfortable
that everyone in the
class understands'-
Katelynne.

'I like that you have
class discussions
about the work
rather than just
writing'-Shahad