



Wellbeing and Arts Curriculum Plan 25-26

Wellbeing Adult Skills

Award in Personal Development Entry 3 A 54
Award in Progression Entry 3 G 30
Award in the Importance of Resilience and Grit Entry 3 A 20
Award in Healthy Living for Wellbeing and Mental Health Entry 3 10
Award in Introduction to Safeguarding Entry 3 10

Award in Personal Development L1 A 54
Award in the Importance of Resilience and Grit L1 A 20
Award in Progression L1 G 34
Award in Mental Health and Wellbeing L1 10
Award in Personal Health and Wellbeing L1 31
Award in Managing Personal Finance L1 31
Award in Healthy Living L1 21

Award in Healthy Living L2 21
Award in Mental Health and Wellbeing L2 A 30
Ascentis Short Qualifications (assessment test)

Individual Initial Assessments

Beginners / Entry Level Qualifications

Improvers / Level 1 Qualifications

Intermediate / Level 2 Qualifications

Wellbeing Tailored Learning

Beginners Courses & Workshops

Building Confidence and Self Esteem with Positive Thinking
Achieving Your Goals
Cooking on a Budget
Introduction to Mental Health
Supporting your Mental Health
Introducing Mindfulness
Hill Skills and Navigation

Improvers Courses & Workshops

Improvers Mindfulness
Hill Skills and Navigation

Intermediate Courses

Compassionate Mindful Resilience

Wellbeing Targeted Provision

Art for Wellbeing + title
Craft for Wellbeing + title
Stitch for Wellbeing + title
Drama for Wellbeing + title

Arts Curriculum

Beginners, Improvers and Intermediate Tailored Learning Courses and Workshops (Route 2)

Level Drawing + title
Level Painting + title
Level Ceramics + title
Level 3D Skills + title

Level Mixed-media + title
Level Papercraft + title
Level Craft + title
Level Textiles + title

Level Illustration + title
Level Printmaking + title
Level Photography + title

Art Adult Skills

Entry Level 3 Award in Skills for the Creative Industries

Confidence & Self-esteem

Further Study

Improved Wellbeing

Volunteering Employment

Creative Thinking