Academic year 2021–22



SUBMISSION DEADLINE: 4 weeks after delivery is complete

BTEC LEVEL 2

Teamwork and Personal Development in the Community

UNIT 5 WORKBOOK

Personal Development through Adventurous Activities

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LEARNER NAME:

EMAIL ADDRESS: (capital letters)

CVQO REF: **VQ**

GROUP OR UNIT NAME:

Affix label here (for CVQO use)

LEARNER DECLARATION

The declaration must be signed by you (the learner). Unfortunately, any unsigned work cannot be accepted for marking.

"I certify that the work submitted in this workbook is my own."

SIGNED:

.....

DATE:

.....

Edexcel approved centre. Centre number 01383

BTEC Approved Centre from Pearson

Welcome to the workbook

for Unit 5

This workbook is for you to submit your answers for the written tasks required for Unit 5.

Further instructions are contained in the learning guide, which you should use to help you learn and understand how to complete the tasks. If you feel that you need support or assistance with completing the workbook please ask your tutor.

Referencing

Although you should try to use your own words throughout this workbook, there may be some answers where a quote from elsewhere is acceptable. If you do this, you must use quotation marks and name the source.

Glossary

The following command verbs introduce the different tasks in this workbook and their meanings are given below:

Describe	Think of this as answering the question 'what is it?' Include a linked series of relevant points to 'paint a picture with words'.
Explain	Think of this as 'how does something work?' You need to provide an explanation first and then give your reasons for doing so. Using words such as 'because' or 'therefore' will help you to do this.
Identify	This usually tests your skill of remembering information. You might select from a list of options, point something out, or give a list of main features.
Review	Look back over the topic or activity to provide a detailed evaluation with conclusions and decide what was effective or not. Using specific examples will add strength to answers.

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Icon key

Icon	Description
	**Learning outcome** Each unit has a series of learning outcomes which indicate the knowledge you are expected to demonstrate when you complete the accompanying tasks or activities.
	**Literacy** This will assess your understanding of the task and demonstrate the quality of your English skills, particularly your use of correct spelling, punctuation and grammar.
	**Task** This requires a written response which links to each assessment criteria (AC).
	**Activity** This requires you to complete a practical activity.

	**Learning** Learn the subject theory.
	**Doing** Put into practice what you have learnt.
	**Listening** Ask yourself how you performed. Listen to feedback from others, i.e. your tutor or peers.
	**Reflecting** Learn from the experience to improve next time.

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Unit 5

Personal Development through Adventurous Activities

Who taught this unit? ...

Task 1: Describe adventurous activities (AC 1.1)

Complete the table below to **DESCRIBE two** land-based and **two** water-based adventurous activities.

As the command verb is **DESCRIBE**, it is expected you include relevant points to 'paint a picture with words' for each answer.

Land-based adventurous activities
1.
2.

Water-based adventurous activities
1.
2.

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Task 2: The benefits of adventurous activities



(AC 2.1 & 2.2)

There are two parts to this task.

Part a.
Firstly, you need to identify **two** adventurous activities. For each one you then need to **EXPLAIN** three benefits for personal development an individual would gain from taking part in them.

As the verb is **EXPLAIN**, you must identify the benefit and then give a specific example relating to the activity you have identified, to show what you mean.

Adventurous Activity 1:	
1.	
2.	
3.	

Adventurous Activity 2:	
1.	
2.	
3.	

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Part b.
For the same activities you have listed in part a. you need to **EXPLAIN** three benefits of adventurous activities for your youth organisation or others.

As the verb is **EXPLAIN**, you must identify the benefit to your organisation or others and then give a specific example to show what you mean.

Adventurous Activity 1:	
1.	
2.	
3.	

Adventurous Activity 2:	
1.	
2.	
3.	

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Task 3: Understand the safety and environmental consideration associated with adventurous activities (AC 3.1 & 3.2)

You need to identify **two** adventurous activities (one land-based and one water-based). For each activity you must then **EXPLAIN** two **safety** factors and one **environmental** factor.

As the verb is **EXPLAIN** you **must** relate each answer **to the activity** and give a reason *why* the factor must be considered. This will help you to give the level of detail required.

Land-based Activity:	Land
Safety factor 1	
Safety factor 2	
Environmental factor 1	

Water-based Activity:	Water
Safety factor 1	
Safety factor 2	
Environmental factor 1	

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Activity 1: Participate in adventurous activities



(AC 4.2, 4.3 & 4.4)

To complete the next part of the unit you need to show that you can:

- Participate in **two** adventurous activities in line with personal development targets
- Meet responsibilities required for the activity
- Demonstrate expected behaviours throughout the activity

This is something that may be carried out independently or as part of the activities within your organisation.

To evidence Activity 1 you will need to:

Read through the list of activities and tick at least **TWO** adventurous activities that you have taken part in. Evidence of this assessment will then be verified by CVQO.

✔		✔	
☐	**Hill walking**	☐	**Coasteering**
☐	**Camping**	☐	**Flying**
☐	**Canoeing**	☐	**Gliding**
☐	**Kayaking**	☐	**Sailing**
☐	**Orienteering**	☐	**Rowing**
☐	**Mountain-biking**	☐	**Caving/potholing**
☐	**Stand up paddle boarding**	☐	**Pony trekking**
☐	**High ropes**	☐	**Windsurfing**
☐	**Rock climbing**	☐	**Archery**
☐	**Abseiling**	☐	**Skiing**
☐	**White-water rafting**	☐	**Other activity. Please detail:**

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You should now complete a brief diary log of **TWO** activities that you have taken part in:

Activity	Date	Brief description of the activity

A tutor **MUST** complete an observation record (VQF653) for the **two** activities you have undertaken. This can be found at the back of the workbook.

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Task 4: Review adventurous activities for personal development (AC 4.1, 4.3, 4.4, 5.1, 5.2 & 5.3)



To complete Task 4 you need to **REVIEW two** adventurous activities by completing the questions below.

Adventurous Activity 1:	

Part a.

What personal development target did you set yourself? *This should be SMART. See your Learning Guide for a reminder.*
HOW did this target help with your personal development?

Part b.

Did you....	Yes	No
Did you hand in a consent form prior to the activity?		
Did you use the necessary kit and equipment correctly?		

Part c.

How would you rate your behaviour during this activity:	Needed to improve	Good	Excellent
Cooperation			
Adaptability			
Problem solving			
Resilience			
Team working			

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Part d.

Did you achieve the target you set yourself in Part a.? *(In full? In part?)*	…
HOW did this activity help you to meet your target?	…
Identify <u>one</u> specific skill <u>or</u> technique you developed during this activity	…
Strength **Identify <u>one</u> strength**	…
Improve **Identify <u>one</u> area for improvement**	…
HOW are you going to make this improvement? *(What exactly will you do to improve?)*	…

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Adventurous Activity 2:	

Part a.

What personal development target did you set yourself? *This should be SMART. See your Learning Guide for a reminder.*
HOW did this target help with your personal development?

Part b.

Did you….	Yes	No
Did you hand in a consent form prior to the activity?		
Did you use the necessary kit and equipment correctly?		

Part c.

How would you rate your behaviour during this activity:	Needed to improve	Good	Excellent
Cooperation			
Adaptability			
Problem solving			
Resilience			
Team working			

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Part d.

Did you achieve the target you set yourself in Part a.? *(In full? In part?)*	…
HOW did this activity help you to meet your target?	…
Identify <u>one</u> specific skill <u>or</u> technique you developed during this activity	…
Strength **Identify <u>one</u> strength**	…
Improve **Identify <u>one</u> area for improvement**	…
HOW are you going to make this improvement? *(What exactly will you do to improve?)*	…

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BTEC Level 2 Teamwork and Personal Development in the Community
Unit 5: Personal Development through Adventurous Activities

For completion by an instructor, VQ Officer or an appropriate assessor

CVQO registration number:	**VQ**
Learner name(CAPS):	

This form can provide evidence that the learner has:

- Participated in at least two adventurous activities in line with personal development targets
- Met responsibilities required for each activity
- Demonstrated expected behaviours throughout the activity

The learner has taken part in two adventurous activities:

Activity undertaken:

Date:

Activity undertaken:

Date:

I can confirm:

- Personal development targets for each activity were discussed with a qualified instructor. They are recorded as part of **Task 4** ☐
- The learner met responsibilities required for each activity (e.g. completing a consent form and using kit and equipment correctly) ☐

The learner demonstrated expected behaviours throughout each activity with a qualified instructor. Please provide at least one example with detail (e.g. the learner demonstrated effective teamworking by….)

Any other tutor comments:

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Learner comment:			
Learner signature:		Date:	

Tutor signature:	*"The learner received feedback during and after each activity from a qualified instructor to help them with their personal development"*		
Tutor name (CAPS):			
Job role:		Date:	

When completed this tutor testimony must be passed to the learner. The learner can then sign, date and comment on your feedback and submit it with their work.

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