Cadet Vocational College

Scan here to access Unit 5 Learning Guide



SUBMISSION DEADLINE: 4 weeks after delivery is complete

BTEC L2

Teamwork and Personal Development in the Community

UNIT 5 WORKBOOK

Personal Development through Adventurous Activities

LEARNER NAME:	REFERENCE: VQ
EMAIL ADDRESS:	GROUP OR UNIT NAME:

Affix label here
(for Cadet Vocational College use)

LEARNER DECLARATION

I certify that the evidence submitted for this assessment is my own. I have clearly referenced any sources and any artificial intelligence (AI) tools used in the work. I understand that false declaration is a form of malpractice.

SIGNED:

DATE:

Example copy only - not for use

VERSION 3.2

Pearson Approved Centre. Centre number 01383

Welcome to the workbook

for Unit 5

This workbook is for you to submit your answers for the written tasks to complete 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 VQO, your tutor or email tpd@cvcollege.org and we will get back to you.

Referencing

You **must** use your own words to answer the tasks.

There may be an occasion when a quote from a resource (e.g. a website or a Cadet Vocational College learning resource) can be used to *support* your written answer. If you do this, you **must** use quotation marks, name the source and if applicable, state a page number. For example, "Having team members you trust is key to the success of any team." (Learning Guide, page 5).

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 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 your answers.

Example copy only - not for use

Icon key

Icon	Description
	**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 of the 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** Listen to feedback from others, i.e. your tutor or peers.
	**Reflecting** Learn from the experience to improve next time.

Teaching and learning

There are a number of teaching sessions for Unit 5. To find out more, please speak to your Teaching and Learning Manager or scan here for more details.

Scan me!

Example copy only - not for use

Unit 5

Personal Development through Adventurous Activities

Who delivered this unit? ...

Task 1: Describe adventurous activities provided by organisations (AC 1.1)

DESCRIBE two land-based and **two** water-based adventurous activities.

As the command verb is **DESCRIBE**, it is expected that you will write a detailed answer for **each** activity. You can strengthen your answer by using your own experiences to help provide the detail required.

Land-based adventurous activities
1.
2.

Water-based adventurous activities
1.
2.

Example copy only - not for use

Task 2: The benefits of adventurous activities

(AC 2.1 & 2.2)

You must first **IDENTIFY two** adventurous activities.

For **each** activity, you must give **three** detailed examples of how participating in the activity can benefit **personal development** and can benefit **organisations/others**.

As the command verb is **EXPLAIN**, you must **IDENTIFY** the benefit and give an example that relates to your chosen adventurous activity.

Adventurous Activity 1:	

Benefit for personal development	Example

Personal development

Example copy only - not for use

Task continued over the page.

Benefit for organisations/others	Example

Organisations/ others

Adventurous Activity 2:	

Benefit for personal development	Example

Personal development

Example copy only - not for use

Benefit for organisations/others	Example

Organisations/ others

Example copy only - not for use

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

IDENTIFY two adventurous activities (one land-based and one water-based). For each activity you must then **outline one safety** and **one environmental** factor.

For each factor, you must give reasons to **EXPLAIN** *why* it needs to be considered in relation to the activity identified.

Land-based Activity:	Land

Safety factor: *What safety factor must be considered when planning and participating in your adventurous activity?*	
Reason:	

Environmental factor: *How does the adventurous activity **impact on the environment?***	
Reason:	

Example copy only - not for use

Water-based Activity:	Water

<u>Safety</u> factor: *What safety factor must be considered when planning and participating in your adventurous activity?*	
Reason:	

<u>Environmental</u> factor: *How does the adventurous activity **impact on the environment?***	
Reason:	

Example copy only - not for use

Activity 1: Participate in adventurous activities

(AC 4.1, 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:

Look at the list below and select **two** adventurous activities that you have taken part in and are able to review.

✔		✔	
☐	**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:**

Example copy only - not for use

You should now complete a brief log of the **two** activities selected.

Activity	Date	Brief description of the activity

A tutor **must** then complete an observation record (VQF653) for the two activities that you have undertaken. You **must also** complete a small section of the form and comment on it. This can be found at the back of the workbook.

Example copy only - not for use

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

REVIEW the **two** adventurous activities you selected earlier by completing the questions below:

Adventurous Activity 1:	

Activity 1

What personal development target did you set yourself? *This should be SMART*	
Specific	
Measurable	
Achievable	
Realistic	
Time-related	

How did the target help with your personal development?

Example copy only - not for use

You should now take a moment to reflect on the experience that you have had.

You need to consider the following questions:

- Did you achieve the target that you set for yourself (In full? In part?)
- **HOW** did this activity help you to meet your target?
- **IDENTIFY one** specific skill or technique you developed during this activity

Use the space below to:

- **IDENTIFY one** strength
- **IDENTIFY one** area for improvement and
- Consider **how** you are going to make this improvement? *(What exactly will you do to improve?)*

Task continued over the page.

Example copy only - not for use

Adventurous Activity 2:	

Activity 2

What personal development target did you set yourself? *This should be SMART*	
Specific	
Measurable	
Achievable	
Realistic	
Time-related	

How did the target help with your personal development?



Example copy only - not for use

You should now take a moment to reflect on the experience that you have had.

You need to consider the following questions:

- Did you achieve the target that you set for yourself (In full? In part?)
- **HOW** did this activity help you to meet your target?
- **IDENTIFY one** specific skill or technique you developed during this activity

Use the space below to:

- **IDENTIFY one** strength
- **IDENTIFY one** area for improvement and
- Consider **how** you are going to make this improvement? *(What exactly will you do to improve?)*

Congratulations - you have now completed all of the tasks in this unit.

Check your work before submitting for assessment!

Example copy only - not for use

This page is intentionally blank

Example copy only - not for use

Scan here for access to BTEC Level 2 resources

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

Supporting evidence for AC 4.1, 4.2, 4.3 & 4.4

Reference:	**VQ**
Learner name (CAPS):	

This section is to be completed by the learner:

Activity 1:		**Yes**	**No**
Did you hand in a consent form prior to the activity?			
Did you use the necessary kit and equipment correctly?			

	How would you rate your behaviour during this activity:		
	Needed to improve	Good	Excellent
Co-operation			
Adaptability			
Problem Solving			
Resilience			
Teamworking			

Activity 2:		**Yes**	**No**
Did you hand in a consent form prior to the activity?			
Did you use the necessary kit and equipment correctly?			

	How would you rate your behaviour during this activity:		
	Needed to improve	Good	Excellent
Co-operation			
Adaptability			
Problem Solving			
Resilience			
Teamworking			

Example copy only - not for use

This section is to be completed by an instructor, appropriate adult or peer.

I can confirm that:

- **the learner has taken part in two adventurous activities.** (As detailed above)
- **the learner has discussed personal development targets for each activity with a competent instructor.** They are recorded as part of Task 4.
- **the learner received feedback during and after each activity from a qualified instructor, to help them with their personal development.**

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

Any other supporting comments:

Witness signature:	*"I confirm that this is a true and accurate account"*		
Witness name (CAPS):			
Job role:		Date:	

Learner comment:			
Learner signature:		Date:	

When completed, this witness statement must be passed to the learner. The learner should then sign, date and comment on your feedback. The completed form must be submitted at the same time as the learner's work.

Example copy only - not for use

NOTES

Example copy only - not for use



Example copy only - not for use

All material contained in this workbook is copyright.

Users may make one copy or download once for personal use, but must not distribute or reproduce its content without the prior consent of Cadet Vocational College. It may not be reproduced under any circumstances by any other Educational Establishment, BTEC Delivery Centre or Commercial Organisation without the express permission of Cadet Vocational College.

Cadet Vocational College
3 Archipelago, Lyon Way, Camberley, Surrey GU16 7ER

01276 601701 | tpd@cvcollege.org | www.cvcollege.org

Pearson BTEC
Approved Centre

CVQO Ltd, operating as Cadet Vocational College
Charity Registered in England & Wales No. 1115234
Charity Registered in Scotland No. SC039261
Company Registered in England & Wales No. 5736932

Ofsted Good Provider

Copyright © 2025