

ASDAN – Certificate of Personal Effectiveness

Level 1- Year 11

Overview: The ASDAN Level 1 Certificate of Personal Effectiveness (CoPE) is a substantial and wide ranging qualification the purpose of which is to enable candidates to develop and demonstrate a range of personal, key and employability skills, to broaden their experience and manage their learning in a variety of real life contexts. It therefore aims to teach candidates to understand, take responsibility for and learn from rich activities, rather than simply to experience them.

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| Week | Module/Skills | Objectives |
| 1 | Module 10: International LinksSection A Challenge 2 | With others, plan and carry out a survey in your school, college or centre to find out about one of the following:* Staff and students’ experiences of visiting, living or working abroad
* Links with organisations in other countries
* The range of different languages used by students or staff in your centre

Present your findings. |
| 2 | Module 10: International LinksSection A Challenge 2 |
| 3 | Module 10: International LinksSection A Challenge 4 | Imagine you are given a rail card that entitles you to free European rail travel for one month. Plan where you would go and what you would do. |
| 4 | Module 10: International LinksSection A Challenge 4 |
| 5 | Module 10: International LinksSection A Challenge 5**Planning and Carrying out a Piece of Research** | Research an international issue currently in the news. Take part in a discussion about it.  |
| 6 | Module 10: International LinksSection A Challenge 5**Planning and Carrying out a Piece of Research** |
| 7 | Module 10: International LinksSection A Challenge 6 | Choose one of the following activities:* Produce an illustrated study of a foreign city
* Collect and display stamps or labels from at least four countries
* Compare the weather in December and June of three holiday destinations with that at home
* Learn a song from another country

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| 8 | Module 10: International LinksSection A Challenge 6 |
| Half Term |
| 9 | Module 10: International LinksSection A Challenge 7 | Plan a holiday abroad and include at least 10 useful phrases in the language spoken there.  |
| 10 | Module 10: International LinksSection A Challenge 7 |
| 11 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** | This is an opportunity to further develop your skills and knowledge through an extended communications project of your choice. Produce an information video or PowerPoint presentation illustrating a particular topic of interest to you |
| 12 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** |
| 13 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** |
| 14 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** |
| 15 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** |
| Half Term  |
| 16 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** | This is an opportunity to further develop your skills and knowledge through an extended communications project of your choice. Produce an information video or PowerPoint presentation illustrating a particular topic of interest to you |
| 17 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** |
| 18 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** |
| 19 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** |
| 20 | Module 1: CommunicationSection C Challenge 1**Planning and Giving an Oral Presentation** |
| 21 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** | This is an opportunity to completed a period of health and fitness activities.Undertake one of the following:-training course for a recognised first aid qualification- training course in food safety- training course for a recognised personal survival award- expedition that involves being out overnight in your own shelter-extended health and fitness programme with appropriate supervision- Sports leaders award programme- Health and Safety training |
| 22 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** |
| Half Term |
| 23 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** | This is an opportunity to completed a period of health and fitness activities.Undertake one of the following:-training course for a recognised first aid qualification- training course in food safety- training course for a recognised personal survival award- expedition that involves being out overnight in your own shelter-extended health and fitness programme with appropriate supervision- Sports leaders award programme- Health and Safety training |
| 24 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** |
| 25 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** |
| 26 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** |
| 27 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** |
| 28 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** |
| Half Term |
| 29 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** | This is an opportunity to completed a period of health and fitness activities.Undertake one of the following:-training course for a recognised first aid qualification- training course in food safety- training course for a recognised personal survival award- expedition that involves being out overnight in your own shelter-extended health and fitness programme with appropriate supervision- Sports leaders award programme- Health and Safety training |
| 30 | Module 7: Health and FitnessSection B Challenge 1**Introduction to Improving Own Learning & Performance** |
| 31 | Preparing for Moderation – Internal Moderation. All work to be checked and verified. |
| 32 |
| Half Term |
| 33 | Preparing for Moderation – External Moderation.  |
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