ASDAN

Independent Living Module 5

Health & Fitness

1. Learners are to take part in a programme to improve their Health and general fitness.

Or

Camp outside in their garden for **one night only** and cook themselves a meal of their choice.

Programme to Improve Health & Fitness

Learners are to carry out some individual fitness tests to assess their aerobic, muscular, flexibility and general body composition levels and record the initial findings.

This will identify their own strengths and weaknesses - Examples of tests that could be used are as follows:

Carry out bleep test (timed)

Carry out Sit Ups

Carry out a chosen Core Strength exercise

Carry out an Endurance exercise

Learners are to choose, plan (goal setting) and design their exercise programme based on the initial results and carry out their chosen exercise programme and document the findings each time they carry out their programme over a period of 2 weeks.

After the 2 week period, the learners are then to carry out the same initial tests again in the same order to see whether they have improved in any or all of the areas and document their findings.

Camp Outside in Garden and Cook a Meal

Learners are to erect a tent (if you have one) following the instructions, or something similar that you could sleep safely in for **one night** and cook themselves their own chosen meal.

Learners are to write a short report on what they did and how they did it and document what food they cooked themselves and why they chose this option.

Can you please witness that the above has been carried out and sign and date below to ensure we have documented evidence.

If you could take some photos of the learners dish that would be an advantage.

I can confirm that I have witnessed ..........................complete the above tasks on the ……………………… 2020.

Signed …………………………. Parent/Carer/Witness

If you have any problems with the above please contact your Tutor, Bryony at [bryony.reck-smith@macintyreacademies.org](mailto:bryony.reck-smith@macintyreacademies.org)