



Knowledge Focus: Understanding health promotion to support completion of NEA Task 2.

Promoting and maintaining health and well-being

Skills, knowledge and understanding to be developed in this Learning Plan:

In this unit, you will learn about how organisations like Public Health Wales help people stay healthy and improve their well-being. You will identify and describe what these organisations do and understand how they support individuals and communities. You'll explore different types of health promotion materials, such as posters and campaigns, and begin to analyse how these messages are shared with the public and which ones are most effective.

You will also learn how health is measured and monitored using tools like BMI, blood pressure, and other indicators. You'll be able to explain how these indicators work and why they are important for different age groups. As you progress, you'll identify both positive and negative influences on health, such as lifestyle choices, environment, and stress. You will reflect on your own health and suggest ways to improve it.

By the end of this unit, you will be able to evaluate real health campaigns, create your own promotional materials, and clearly explain your ideas. You will also develop key skills such as researching, analysing, and communicating effectively. Most importantly, you will begin working on your NEA (Non-Exam Assessment) and start writing Task 2 of your coursework: your very own health promotion campaign.

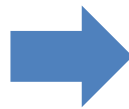
Key terms to be learned in this

LP:

Public Health, Well-being, Health Promotion, Public Health Wales, Campaign, Lifestyle Factors, Health Indicators, Monitoring, Target Audience, Influences, Preventative Care, Empowerment, Communication, Intervention, Non-Exam Assessment (NEA)

Week/Wythnos 1 - 2 Learning Objectives:

- **Identify** the role of Public Health Wales in supporting health and well-being.
- **Explain** how Public Health Wales supports individuals to maintain health.
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Objective assessments:

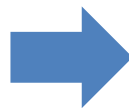
- I can find and explain what Public Health Wales does.
- I can describe how it helps people stay healthy.

Homework/Gwaith cartref: Research a Public Health Wales campaign and write a summary explaining its aims and target group.

Set:
Due:

Week/Wythnos 3 Learning Objectives:

- **Understand** the purpose of health promotion materials.

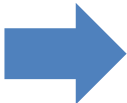
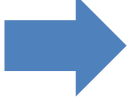

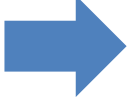


Objective assessments:

- I can explain how organisations support people's health.
- I can give examples of support they provide.

Homework/Gwaith cartref: Collect and evaluate three examples of health promotion materials. Write notes on their strengths and weaknesses.

Set:
Due:

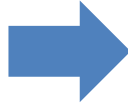
<p><i>Week/Wythnos 4 Learning Objectives:</i></p> <ul style="list-style-type: none"> • Analyse different health promotion methods and their impact. 		<p><i>Objective assessments:</i></p> <ul style="list-style-type: none"> - I can compare different ways health messages are shared. - I can say which are most effective and why. 	<p>Homework/Gwaith cartref:</p> <p>Prepare a comparison chart of two health promotion campaigns, noting their methods and audience reach.</p> <p>Set: Due: 25th January 2025</p>
<p><i>Week/Wythnos 5 Learning Objectives:</i></p> <ul style="list-style-type: none"> • Explain how health is measured and monitored using indicators. 		<p><i>Objective assessments:</i></p> <ul style="list-style-type: none"> - I can name indicators like BMI and blood pressure. - I can explain what they tell us about health. 	<p>Homework/Gwaith cartref:</p> <p>Research three health indicators and write a short report on how they are used.</p> <p>Set: Due: 20th January 2025</p>
<p><i>Week/Wythnos 6 Learning Objectives:</i></p> <ul style="list-style-type: none"> • Evaluate the importance of monitoring health across the life cycle. 		<p><i>Objective assessments:</i></p> <ul style="list-style-type: none"> - I can explain why we check health at different ages. - I can suggest what to measure for each life stage. 	<p>Homework/Gwaith cartref:</p> <p>Create a presentation on how health indicators vary across life stages.</p> <p>Set: Due:</p>
<p><i>Week/Wythnos 7 Learning Objectives:</i></p> <ul style="list-style-type: none"> • Identify positive and negative factors influencing health and well-being. 		<p><i>Objective assessments:</i></p> <p>Be able to:</p> <ul style="list-style-type: none"> - I can list good and bad things that affect health. - I can explain how they affect people's lives. 	<p>Homework/Gwaith cartref:</p> <p>Keep a 3-day diary logging factors that affect your or someone else's health positively or negatively.</p> <p>Set: Due:</p>

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Week/Wythnos 7 Learning Objectives:

- **Outline** lifestyle factors affecting health and well-being and suggest improvements.



Objective assessments:

- I can explain how lifestyle choices affect health.
- I can suggest simple ways to live healthier.

Homework/Gwaith cartref:

Research common lifestyle risks and create an advice leaflet with tips to promote healthy choices

Set:

Due: