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**Tracking sheet –** **Wellbeing – Physical Activity**

This unit enables learners to explore and understand the benefits of being physically active as part of a healthy lifestyle. Learners will take part in physical activities and be encouraged to think about introducing higher levels of physical activity into their own lives.

**SCQF Level 4**

**Learner name Centre name**

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| **To do this you must** | **Evidence location** |
| 1. Understand how physical activity can support emotional and physical wellness | |
| * 1. State how physical activity can contribute to a healthy lifestyle |  |
| * 1. Give examples of how lack of physical activity can affect the human body |  |
| 1. Be able to plan for physical activity | |
| * 1. Identify resources and facilities which can support physical activity |  |
| * 1. Identify risks that may occur when taking part in physical activities |  |
| * 1. State how you could reduce the risks identified |  |
| 1. Be able to participate in physical activity | |
| * 1. Provide evidence of own participation in physical activities |  |
| 1. Review participation in physical activity | |
| * 1. Identify what you enjoyed about taking part in physical activities |  |
| * 1. Give examples of how you could make own life more physically active |  |
| **Assessor feedback** | |
|  | |
| **Assessor declaration** I confirm that the details above are correct, that the evidence submitted is the learner’s own work and that the learner meets all the requirements for the unit: | |
| Learner Name Assessor Name  Learner Signature Assessor Signature  Date Date | |