

Notional learning hours	10
Level	E1
Preparing for Adulthood pathway	Good health; Independent living and housing
Subject area	PSHE
Vocational area	Computing
Skill	Ability to learn; IT skills
Learning aim	The learner will develop time management and self regulation skills by monitoring gaming habits.
Learning context	1:1, practical activity, reflection task, observation

Learning outcomes What the learner needs to know, understand or be able to do The learner will	Assessment criteria What the learner needs to demonstrate in order to meet the learning outcome The learner can
Monitor and record gaming and screen time over an agreed set period.	<ul style="list-style-type: none"> Record your gaming and screen time over at least three days in any preferred format with support from a tutor or family member Calculate total hours spent with support from a tutor
Create a weekly schedule that includes responsibilities, leisure time and essential needs.	<ul style="list-style-type: none"> Using a template as a guide and tutor support, create a weekly schedule Include essential responsibilities (i.e: school, tutoring, alternative provision sessions) Allocate time each day for leisure time and hobbies Include daily essential needs (i.e: meal times, showering, bedtime routine)
Identify signs of excessive screen use.	<ul style="list-style-type: none"> Identify at least two signs of too much screen time Link excessive screen time to at least two possible effects on sleep, self regulation or self care with tutor support
Reflect on how balanced gaming time effects	<ul style="list-style-type: none"> Explain at least two positives on the use of

Learning outcomes What the learner needs to know, understand or be able to do The learner will	Assessment criteria What the learner needs to demonstrate in order to meet the learning outcome The learner can
health and mood.	balanced gaming and mental health <ul style="list-style-type: none"> ● Identify two skills that can be learned from balanced gaming which can be transferred into real world ● Discuss how balanced gaming and screen time can impact daily life with a tutor

Assessment methodology	Linked to learning outcomes
Observation checklist	Monitor and record gaming and screen time over an agreed set period.
Labelled product, video or photographic evidence	Create a weekly schedule that includes responsibilities, leisure time and essential needs.
Record of oral questioning	Identify signs of excessive screen use.
Record of oral questioning	Reflect on how balanced gaming time effects health and mood.