

Programme of study – CoPE 2020-21

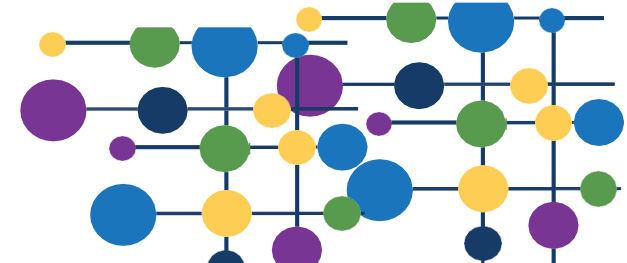
The CoPE curriculum is found in the student book, which comprises **13 modules**. The modules are divided into three sections; section A, B and C. Each section should take at least 10 hours to complete – 10 hours is worth one credit. Students will need 12 credits to gain the Certificate of Personal Effectiveness.

The module titles are: Communication; Citizenship and community; Sport and leisure; Independent living; The environment; Vocational preparation; Health and fitness; Work-related learning and enterprise; Science and technology; International links; Expressive arts; Beliefs and values; Combined studies (this module allows you to mix and match a combination of challenges from other modules).

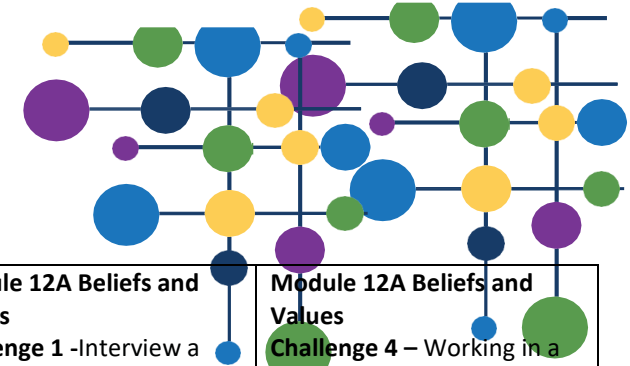
Students will produce a **portfolio of evidence** to demonstrate their achievements. Students must also demonstrate competence at Level 1 or 2 in the six CoPE skills units:

- Introduction to Working with Others
- Introduction to Improving own Learning and Performance
- Introduction to Problem Solving
- Planning and Carrying out a Piece of Research
- Communication through Discussion
- Planning and Giving an Oral Presentation

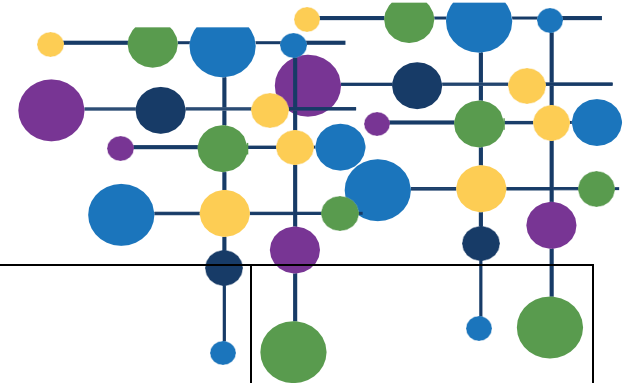
Year group	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
9	Module 1A Communication Challenge 1 – Give an illustrated talk about a topic of interest to a group of people and answer any questions	Module 1B Communication Challenge 1 - Write an illustrated short story for a younger age group and arrange to read your story to a group of children.	Module 3A Sport and Leisure Challenge 1 - Make a chart to show how you use your time during the week. Compare it with charts	Module 3A Sport and Leisure Challenge - 4 - Show that you have taken part in at least two of the following indoor activities	Module 4A Independent Living Challenge 1 - Find out how to deal with gas, electricity and water supplies safely. As part of your research,	Module 4A Independent Living Challenge 8 – You are moving to an unfurnished flat. You have only £1000 to buy everything you need.



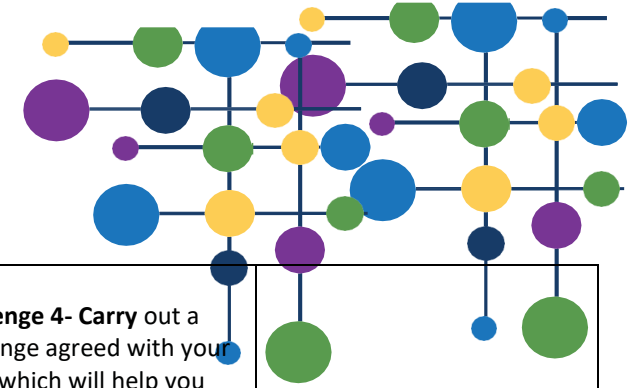
	<p>Challenge 2 – Show that you can obtain information on a topic you are interested in, using at least two of the following methods</p> <ul style="list-style-type: none"> • From a telephone conversation • Using the internet • Listening to a radio or TV programme • From Newspapers/magazines • Interviewing someone <p>Challenge 4 – Prepare for, and then take part in, a group discussion and make notes on the main points raised</p> <p>Challenge 5 – Find out how to use a piece of equipment or make something that is new to you.</p> <p>Challenge 9 – Role play or discuss a situation where a friend comes to you for help on one of the following situations</p> <ul style="list-style-type: none"> • They have been sexually or racially harassed • They want to leave home • They have been bullied on their way home • They have been advised to have a test for an STI 	<p>Challenge 5 – Design a way of presenting the Declaration of Human Rights in an interesting way to a younger audience.</p>	<p>produced by several other people.</p> <p>Challenge 2 Visit two of the following and report back on them:</p> <p>Museum Theme park Library Sports centre Wildlife centre Other agreed visit Club for your own age group</p> <p>Challenge 3 Identify a leisure activity that you would like to try. Find out more about it and how you could become involved. Try it out</p>	<ul style="list-style-type: none"> • Table Tennis • Squash • Volleyball • Indoor football • Badminton • Basketball <p>Challenge 8 - Interview a keen amateur or professional sports person. Find out about their training programme.</p>	<p>locate the gas, electricity and water supplies and find out how to turn them off. You should also know how to contact the gas, electricity and water services in an emergency</p> <p>Challenge 2 -Plan and prepare a balanced two-course meal or packed lunch for one of the following</p> <ul style="list-style-type: none"> • An elderly person • A teenager • Someone on a calorie controlled diet • A family with two children under five years old <p>Challenge 4 - Select three items of clothing made of different materials and show how they should be washed</p>	<p>What would you need, how would you get it and how much would it cost?</p> <p>Challenge 9 - By visiting clothes shops and looking at a mail order catalogue, identify clothes suitable for a job interview and work out the cost. What are the advantages and disadvantages of paying with cash, debit card, credit card, cheque and by instalments?</p>
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<p>10</p>	<p>Module 11 B Expressive Arts Challenge 4 - Do one of the following Write a short piece of drama Work out a dance routine Make a piece of jewellery, pottery or sculpture Take photographs and print them Produce a short piece of film Make an item using textiles Produce a drawing or painting Produce a print or piece of graphic design work Challenge – 5 Give a talk or presentation about one of the following:</p> <p>An investigative process you were involved in A performance you have seen A piece of art work A presentation/performance you took part in A problem you have solved creatively</p>	<p>Module 2B Citizenship and Community Challenge 1 – Senior citizens xmas party Complete community work over 10 hours for one credit</p> <p>This should include:</p> <p>Careful preparation so that your targets clearly show what you need to achieve What support you will need Following a plan to meet your targets Reviewing what you have learnt</p>	<p>Module 11A Expressive Arts Challenge 1 - On your own or with others, go to one of the following:</p> <p>Art gallery or exhibition, Craft fair or exhibition, Cinema, Theatre Concert, Dance performance Other agreed place</p> <p>Produce a review of the exhibition or performance. Challenge 2 – Produce an illustrated study of the life and work of a famous Actor , Dancer, Author, Poet, Filmmaker, Designer, Celebrity</p> <p>Challenge 3 - Interview someone who makes a living from a creative activity. Prepare questions and present your findings. Challenge 5 – Do one of the following: Compose a piece of music Write a short story, a poem or lyrics for a song Write a short piece of drama Work out a dance routine Make a piece of jewellery, pottery or sculpture Take photographs and print</p>	<p>Module 12B Beliefs and Values Challenge 1 Carry out an in-depth study on one of the following faiths: Christianity Islam Judaism Hinduism Sikhism Buddhism Other: Challenge 2- Research issues and attitudes on one of the following issues: Abortion Euthanasia Marriage Capital punishment Asylum seekers</p>	<p>Module 12A Beliefs and Values Challenge 1 -Interview a member of one particular religion about Their beliefs Festivals and celebrations Key figure/founders/leaders</p> <p>Challenge 2 - Visit a place of worship and produce an illustrated report on the following: Visible symbols Holy books, writings The building itself and its use</p> <p>Challenge 3 – Find out about someone famous whose <i>religious faith</i> inspired them to care for others e.g. William Booth, Helen Keller, Mahatma Gandhi, Malcolm X, Dr Barnado, Martin Luther King, Mother Teresa, Florence Nightingale</p>	<p>Module 12A Beliefs and Values Challenge 4 – Working in a group find out about the work of one of the following: Oxfam Children in Need The Red Cross Amnesty International Medecins Sans Frontieres Other agreed organisation:</p> <p>Challenge 7 - As a group make a list of the ten human rights which your group feel are the most important. Compare your list with the United Nations Universal Declaration of Human Rights and discuss how it differs from your own.</p>
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			<p>them</p> <p>Produce a short piece of film</p> <p>Make an item using textiles</p> <p>Produce a drawing or painting</p> <p>Produce a print or piece of graphic design work</p> <p>Challenge 6- Take part in a group activity to produce somethings for others to enjoy. This could be an exhibition, display, show, play, mural, video etc</p>			
11	<p>Module 8A - Work Related Learning and Enterprise</p> <p>Challenge 1 – Talk to a Connexions/Careers advisor or your tutor and start to make plans for the next stage of your education You may need to find out about</p> <p>Qualifications available to you Training and Further Education options Opportunities for employment</p>	<p>Module 8A - Work Related Learning and Enterprise</p> <p>Challenge 5 – Interview at least two people (or invite at least two people to speak to your group) who have different jobs and find out</p> <p>Why they went into their job</p>	<p>Module 7A – Health and Fitness</p> <p>Challenge 1 - With others, carry out a survey of personal hygiene products for men and women. Report on the main kinds of product, their uses and cost. Show you understand the importance of personal hygiene.</p>	<p>Module 7A – Health and Fitness</p> <p>Challenge 5 - show accidents can be avoided in three of the following areas Kitchen Garage/Shed Living room Bathroom Garden</p>	<p>Module 5A – The environment</p> <p>Challenge 1 - Choose one of the following: Follow a public footpath taking note of the Countryside Code Visit a local park or beauty spot Present a report of what you saw, including sketches or photographs of interesting items.</p>	<p>COPE PAPERWORK ESSENTIAL DOCUMENTS</p>



	<p>Complete an Action Plan showing what you need to do next in order to be successful.</p> <p>Challenge 3 - Improve your understanding of the job application process by completing two of the following</p> <p>Writing a letter of application Writing a CV Completing an application form</p> <p>Challenge 4 - Visit a place where you could undertake further training or education Identify at least one course that might suit you and make a list of the reasons why this (or these) course(s) might be enjoyable Your evidence should include the course details from the place you visit</p>	<p>What training/qualifications they needed</p> <p>Challenge 9 - Have a real (or mock) interview for a job. Your evidence must show that you: Made a list of the skills and qualities you need for that job Thought of at least two questions that you could ask about the job during the interview Dressed appropriately and conducted yourself well</p>	<p>Challenge 2 - Keep a record of what you eat over two days Make a list of what a balanced diet should include and compare with your own diet Compare results with others and discuss how your diets could be healthier.</p> <p>Challenge 4- show that you know how to deal with three of the following.</p> <p>Cuts grazes and nosebleed, Electric shocks Minor burns and scalds Sprained wrist or ankle Suspected broken bones Fainting</p>	<p>Challenge 6 - Show that you understand basic road safety for two of the following Pedestrian Cyclist A learner driver A motorcyclist</p>	<p>Challenge 4- Carry out a challenge agreed with your tutor which will help you appreciate or improve the environment</p> <p>Challenge 5 – As a group, carry out a survey of your establishment and decide what needs to be done to improve the way it looks Present a report with action points</p> <p>Challenge 6 - Work in a group to improve the look of a garden or area of waste ground</p> <p>Challenge 7 - Collect articles from local or national newspapers or magazines relating to a recent ecological/environmental problem</p>	
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