



WELSH BACCALAUREATE National (Post-16)

Community Challenge
Colegau Cymru
Promoting health and wellbeing



Available for assessment from September 2015

"Chin up" club

PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit the community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

BRIEF

We all have a social responsibility and should be aware of the challenges and opportunities we may meet on a personal level in our local community: the local area, the nearest village, town or city. During this Challenge you will focus on real-life concerns and needs through activities which aim to make a difference in the community. You will need to consider whether you need to develop and extend your skills, knowledge and understanding to be able to successfully meet the needs of the Challenge.

You are required to develop an activity that will **promote health and well-being** amongst students and staff within your college environment.



Making friends and having good social links are known to be important in educational and social development and in gaining a well-rounded educational experience. To promote this you have been asked to run a **"Chin-Up" club** to promote positivity within the college environment. This will involve you as an individual or as a member of a team (3 – 6 members) using the skills you have developed as part of your Learning Programme to identify, plan, organising and carrying out activities/ programme of appropriate events for your chosen group in the college community. You are required to consider the resources needed as well as where and when your activities/events will take place, ensuring safe practice. You must actively engage with the activities/events over a period of at least 10 hours.

The programme could be delivered in lunchtime drop in sessions and would be available for college students and staff.

This Challenge will enable you to develop as effective and responsible members of your local community. In completing the Community Challenge you will be able to recognise the contributions you can make towards improving the community in which you live and the benefits this will have for yourself, for others and for the environment. You will demonstrate how you can create and manage an action plan when developing opportunities for the community and with the use of feedback can reflect and review your personal performance in planning and carrying out the activity.