

State the different assessment methods available and explain the ones you would use for your subject area, including reference to initial assessment. State the types of assessment records you would complete and explain why

Assessment is a reflective tool designed to check understanding and development within any subject area. It is essential to begin a course with an assessment of students' prior learning in order for the teacher to pitch their teaching at the correct level and to ensure inclusion of all students learning needs. This initial assessment can take the form of questions and answers as part of icebreaker activities or open group discussion of previous knowledge. Alternatively individually completed quizzes or tests in the first week of teaching are a useful way to assess need and prepare students for the structure of ongoing assessment over the course duration. On the holistic health and wellbeing course assessment records begin during session one with an icebreaker to determine prior experience and open discussion on what holistic health and wellbeing means for individuals within the group

Having assessed prior learning, ongoing formative assessment ensures that students demonstrate progressive understanding of the learning objectives set for each teaching session. Ongoing assessment can take the form of observation of practical activities and/or group exercises during sessions; cumulative project or course work to form a final portfolio of achievement; or essays, extension work and learning journals; all of which provide feedback on learners' performance and act as a tool to diagnose strengths and weaknesses. These ongoing forms of assessment along with tutorials to discuss progress boost confidence and motivate and reassure learners that their understanding of the subject matter is moving in the right direction. On the holistic health and wellbeing course a work sheet is given out at each teaching session which incorporates discussion questions for the session and is designed to be taken home and completed as extension work. These work sheets are handed in during the following session and progress is documented throughout the course to assess progressive understanding. Alongside work sheets students are expected to keep a learning journal which encourages more personal reflection upon their learning experience. Learning journals are handed in weekly and documented as supporting evidence of understanding and development of the course objectives.

Having checked the progress of learners throughout the course it is important to have a summative form of assessment to ensure that the overall aims and objectives of the course have been met. The final assessment can take the form of a final exam in which weekly learning is brought together to

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assess students grasp of the subject matter as a whole. This final exam could be a written paper or a practical assessment where observation ensures that skills have been mastered to an acceptable standard. A final portfolio of work can also achieve this by drawing together work completed throughout the course as can presentations where students demonstrate their understanding pictorially and/or verbally. On the holistic health and wellbeing course work sheets and learning journals come together at the end of the course as a final portfolio of work which is handed in and discussed during a final tutorial. This final tutorial allows for discussion on ways in which the learning experience can be applied to individuals' lives in a sustainable way and gives the opportunity to determine future direction within the holistic health subject area.