



openawards

Open Awards Entry Level 1 Award and Certificate in Independent Living - Looking After Yourself and Your Home (RQF)

Award 603/2300/0

Certificate 600/7622/7



QUALIFICATION GUIDE

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Version Control	
January 2023	Updates made to pages 2, 3, 5 and 7. The Rules of Combination have been edited to ensure better clarity for the reader.

About the Qualification

Title	Open Awards Entry Level 1 Award and Certificate in Independent Living – Looking After Yourself and Your Home (RQF)
QAN	Award - 603/2300/0 Certificate - 600/7622/7
Sector	14.1 Foundations for Learning and Life
Level	Entry Level 1
Funding	Please click here for more information
Pricing Information	Please click here for more information
Review Date	31/08/2026

Ofqual Purpose	Recognise personal growth and engagement in learning
Ofqual Sub-Purpose	Recognise development of knowledge and/or skills to operate independently and effectively in life, learning and work

Total Qualification Time/Guided Learning	
Award	
Total Qualification Time (hours)	60
Guided Learning (hours)	60
Certificate	
Total Qualification Time (hours)	150
Guided Learning (hours)	150

Age Range and Restrictions:	
Pre -16	✓
16 – 18	✓
19+	✓
Any other restrictions specific to the qualification(s)	None

Any specified entry requirements
There are no age restrictions for working towards this qualification and no specific prior achievements required.

Recommended Assessment Method Summary

Learners will be required to complete a portfolio of evidence set and marked by the education provider and externally quality assured by Open Awards.

Candidates must provide sufficient evidence that they have the required knowledge, skills and understanding of the assessment criteria and that it is their own work.

Types of evidence could include:

- a) Observation of performance
- b) Questioning (written or oral)
- c) Practical Activities
- d) Photographs or videos
- e) Personal statements
- f) Project work
- g) Witness testimonies
- h) Group discussion
- i) Recognition of Prior Learning

Assessment practices must reflect the Equality and Diversity Policy of Open Awards.

Qualification Units

Rules of Combination	
Award	
Credit Value of the Qualification	6
Minimum Credits to be achieved at the Level of the Qualification	4
Mandatory Units A	1
Generic Unit Groups B1-B3	5
Certificate	
Credit Value of the Qualification	15
Minimum Credits to be achieved at the Level of the Qualification	8
Mandatory Units A	1
Optional Unit Group B1 a minimum of	3
Optional Unit Group B2 a minimum of	3
Optional Unit Group B3 a minimum of	3
The remaining 5 credits may be taken from any of the B1, B2 or B3 option unit groups.	5

(A) Mandatory Unit Group

QAC Code	Unit Name	Credits	Level
L/615/6927	Looking after Yourself and Your Home	1	Entry Level One

(B1) Household Skills

QAC Code	Unit Name	Credits	Level
F/615/5712	Cooking Techniques	3	Entry Level One
L/615/5714	Everyday Food and Drink Preparation	3	Entry Level One
Y/615/6929	Food Safety and Storage	3	Entry Level One
L/615/6930	Household Cleaning	3	Entry Level One
R/615/6931	Household Expenses	3	Entry Level One
Y/615/6932	Household Shopping	3	Entry Level One
R/615/5715	Kitchen Hygiene	1	Entry Level One
Y/615/5716	Make a Meal	3	Entry Level One
D/615/6933	Pet Care	3	Entry Level One
K/615/6787	Using Domestic Appliances	2	Entry Level Two

(B2) Personal Care

QAC Code	Unit Name	Credits	Level
H/615/6934	Choosing Clothing and Footwear	2	Entry Level One
L/615/5664	Emotional Wellbeing	2	Entry Level One
K/615/5588	E-Safety	3	Entry Level One
F/615/5726	Health and Fitness	3	Entry Level One
K/615/5851	Health and Fitness	3	Entry Level Two
K/615/6935	Looking after Clothes	3	Entry Level One
T/615/6792	Looking After Clothes	3	Entry Level Two
M/615/6936	Personal Care and Hygiene	3	Entry Level One
T/615/6937	Personal Health	3	Entry Level One
A/615/6938	Personal Presentation	3	Entry Level One
F/615/6939	Personal Safety	3	Entry Level One
L/615/6796	Personal Safety	3	Entry Level Two
J/615/5713	Understanding a Balanced Diet	3	Entry Level One

(B3) Personal Development and Leisure Activities

QAC Code	Unit Name	Credits	Level
R/615/7030	Accessing the Countryside	3	Entry Level One
Y/615/7031	Computer Games	1	Entry Level One
J/615/5596	Dealing with Problems	2	Entry Level One
F/615/5662	Developing Assertiveness	2	Entry Level One
Y/615/6946	Eating Out	3	Entry Level One
D/615/5796	Exploring Art	3	Entry Level Two
H/615/5704	Exploring Art	3	Entry Level One
T/615/5707	Exploring Dance	3	Entry Level One
A/615/5708	Exploring Music	3	Entry Level One
Y/615/6185	Exploring Music	3	Entry Level Two
J/615/6957	Exploring Performance	3	Entry Level One
D/615/6947	Gardening for Pleasure	3	Entry Level One
H/615/6948	Hobbies	2	Entry Level One
D/615/7029	Making Choices	1	Entry Level One
K/615/6949	Participation in Team Activities	3	Entry Level One
T/615/6811	Participation in Team Activities	3	Entry Level Two
A/615/5658	Personal Awareness	2	Entry Level One
A/615/6955	Self-Advocacy	3	Entry Level One
R/615/6945	Understanding Relationships	2	Entry Level One

Delivering this Qualification

Becoming a Centre

To deliver this qualification you must be a recognised Open Awards centre. For more information, head to our website or contact the team on 0151 494 2072

How to Deliver

To request to deliver this qualification, please login to [the Portal](#) and then click on 'Tracking' and 'Initiate a Workflow'. You will then need to select 'Apply to Deliver Regulated Qualification(s)'. For support with this process, please see the following document in the Portal 'Provider Portal Guidance – Qualification Approval' or contact the team on customerservices@openawards.org.uk or 0151 494 2072.

Registering Learners

Once you are ready to deliver this qualification, you will need to register your learners in line with the timescales below:

Short courses (15 weeks or less) within 25 working days of the course start date.
Full year long courses (over 15 weeks) within 60 working days of the course start date.

You will need to register your learners via the Open Awards [portal](#).

Quality Assurance and Standardisation

Delivery of this qualification must be done so in accordance with Ofqual regulatory guidelines and in line with Open Awards' quality assurance processes. Template forms and guidance documents are available via the Open Awards portal.

Centre Staff Requirements

Centres are responsible for ensuring that their staff are suitably skilled and experienced. Tutors/ assessors and internal quality assurance (IQA) staff must have relevant occupational knowledge and/or occupational competence at the same level or higher as the units being delivered.

Although not mandatory, best practice would be for Assessors to hold the relevant D32/D33/A1/AQA unit(s) and Level 3 Award in Education or Training. Likewise, best practice would be for Internal Verifiers to hold the relevant D34/V1/IQA unit(s).

Centres are responsible for notifying Open Awards of staff changes.

Training and support

Open Awards offers training and support events in Delivery & Assessment and Quality Assurance. These events are held throughout the year. Such events will also provide an opportunity to identify and share best practice. Up to date details of these training events are on our [website](#).

Internal Quality Assurance (IQA)

All centres delivering Open Awards provision must operate rigorous internal quality assurance systems. A centre must identify how they will internally quality assure and standardise their delivery and assessment before delivering a course.

External Quality Assurance (EQA)

Centre approval compliance monitoring and external quality assurance is carried out by Open Awards' Lead Quality Reviewers/External Quality Assurers who will confirm that the centre is assessing to standard and ensure that there are robust quality assurance systems embedded.

Please refer to Internal and External Quality Assurance within the Centre Handbook.

Standardisation

Centres are required to contribute to national standardisation as requested by Open Awards. Open Awards offers Standardisation events that are held throughout the year. Such events will also provide an opportunity to identify and share best practice. Up to date details of training and standardisation events can be found on our website.

For further guidance on Quality Assurance and Standardisation, please refer to the [Centre Handbook](#)

Recognition of Prior Learning and Achievement (RPL)

RPL is a method of assessment that considers whether a learner can demonstrate that they can meet the assessment requirements for a unit through knowledge, understanding or skills they may already possess. Evidence of learning must be sufficient, reliable and valid.

It is the responsibility of the centre to inform Open Awards at registration of any exemptions and/or equivalences for which a claim may be made. These claims will be subject to external verification by the Open Awards' Lead Quality Reviewer for the centre.

For more information, please see our Recognition of Prior Learning Policy found on the Open Awards [portal](#).

Appendices and Links

Appendix Name
Centre Handbook
Enquiries, Complaints and Appeals Policy
Equality and Diversity Policy
Invoicing Policy
Privacy Policy

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