

## LASER Entry Level Certificate in Independent Living (Looking After Yourself and Your Home) (Entry 1)

### Rules of Combination

To achieve the LASER Entry Level Certificate in Independent Living (Endorsed Pathway) (Entry 1), learners must achieve a minimum of 14 credits. 1 credit must be taken from the Mandatory Unit - Independent Living. The 13 remaining credits must be taken from one of the pathway groups (A or B). The choice of pathway will determine the endorsement of the qualification. Within the chosen pathway, 1 credit must be taken from the Mandatory Unit. A minimum of 3 credits must be taken from each of PG1-4. The learner must achieve a minimum of 8 credits at Entry 1. Units with the same title at different Entry Levels are not allowed.

### Mandatory group

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Independent Living	CAK956	M/600/6146	1	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Looking After Yourself And Your Home	CAK985	Y/600/6156	1	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>

### PG1 = Household Skills

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Basic Cooking Techniques	CAL080	J/600/6198	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Basic Cooking Techniques	CAL083	L/600/6199	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Basic Cooking Techniques	CAL084	T/600/6200	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Everyday Food and Drink Preparation	CAL087	L/600/6204	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Everyday Food and Drink Preparation	CAL088	R/600/6205	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Everyday Food and Drink Preparation	CAL118	Y/600/6206	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Food Safety and Storage	CAL119	K/600/6209	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Food Safety and Storage	CAL120	D/600/6210	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Food Safety and Storage	CAL121	H/600/6211	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Household Cleaning	CAL122	K/600/6212	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Household Cleaning	CAL123	M/600/6213	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Household Cleaning	CAL124	T/600/6214	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Household Expenses	CAL125	A/600/6215	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Household Expenses	CAL126	F/600/6216	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Household Expenses	CAL128	J/600/6217	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Household Shopping	CAL130	L/600/6218	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Household Shopping	CAL135	R/600/6219	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Household Shopping	CAL137	L/600/6221	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Kitchen Hygiene	CAL139	A/600/6201	1	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Kitchen Hygiene	CAL140	F/600/6202	1	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Kitchen Hygiene	CAL141	J/600/6203	1	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Make a Simple Meal	CAL142	R/600/6222	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Make a Simple Meal	CAL143	Y/600/6223	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Make a Simple Meal	CAL144	D/600/6224	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Recycling, Managing Waste	CAL146	H/600/6225	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Recycling, Managing Waste	CAL147	K/600/6226	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Recycling, Managing Waste	CAL149	M/600/6227	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Domestic Appliances	WJF528	M/507/2265	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Domestic Appliances	CAL154	T/600/6228	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Domestic Appliances	CAL155	A/600/6229	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>

## PG2 = Learning Skills

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Discussion Skills	WJF496	F/507/6367	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Discussion Skills	WJB227	D/504/3442	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Discussion Skills	WJF497	T/504/3494	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Introduction To Whole Numbers	WJF500	F/507/6546	1	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Introduction To Whole Numbers	WJB238	Y/503/3461	1	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Introduction To Whole Numbers	WJF501	D/503/3462	1	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Measure: Weight	WJF506	L/507/6372	1	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Measure: Weight	WJF507	T/507/6463	1	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Measure: Weight	WJC805	Y/506/0921	1	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Preparing To Write	WJF510	Y/507/6374	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Preparing to Write	WJB247	L/504/3517	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Preparing To Write	WJF511	K/504/3444	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading For A Purpose	WJF512	D/507/6375	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading for a Purpose	WJB248	F/504/3479	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading For A Purpose	WJF513	J/504/3502	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading For Information	WJF514	J/504/3449	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading for Information	WJB249	A/504/3500	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading For Information	WJF515	R/504/3518	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading Graphical Material	WJF516	H/507/6376	1	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading Graphical Material	WJB250	T/504/3480	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Reading Graphical Material	WJF517	F/504/3482	1	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Strategies for Reading	WJF520	D/504/3506	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Strategies for Reading	WJB262	F/504/3465	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Strategies for Reading	WJF521	A/504/3481	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Fractions	WJF529	K/507/6377	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Fractions	WJB270	D/504/3523	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Fractions	WJF530	J/507/6693	2	E3	14.2 Preparation for Work	<a href="#">View unit specification</a>
Using Money	WJF533	A/504/3478	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Money	WJB272	L/504/3453	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Money	WJF534	M/504/3512	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Using Shape	WJF539	R/504/3471	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Shape	WJB273	H/504/3460	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Shape	WJF540	L/504/3467	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Time	WJF541	R/504/3499	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Time	WJB274	J/504/3466	1	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Time	WJF542	Y/504/3536	1	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Whole Numbers	WJF543	D/507/6540	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Whole Numbers	WJF544	T/507/6544	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Using Whole Numbers	WJF545	A/507/6545	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Working With Fractions	WJF548	L/507/6694	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Working with Fractions	WJB281	Y/503/3475	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Working With Fractions	WJF549	D/503/3476	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Working With Measures	WJF550	M/507/6381	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Working with Measures	WJB282	A/503/3470	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Working With Measures	WJF551	J/503/3469	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Writing With Meaning	WJF554	T/507/6382	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Writing with Meaning	WJB283	Y/504/3441	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Writing With Meaning	WJF555	F/507/6384	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>

### PG3 = Personal Care PG3 = Personal Care

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Choosing Clothing and Footwear	CAL046	J/600/6251	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Choosing Clothing and Footwear	CAL053	L/600/6252	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Choosing Clothing and Footwear	CAL058	R/600/6253	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Drug and Alcohol Awareness	CAL061	T/600/6259	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Drug and Alcohol Awareness	CAL065	K/600/6260	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Drug and Alcohol Awareness	CAL070	M/600/6261	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Eating a Balanced Diet	CAL072	T/600/6262	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Eating a Balanced Diet	CAL075	A/600/6263	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Eating a Balanced Diet	CAL077	F/600/6264	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Health and Fitness	CAL079	Y/600/6268	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Health and Fitness	CAL082	R/600/6267	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Health and Fitness	BZX551	A/501/5194	3	E3	8.1 Sport, Leisure and Recreation	<a href="#">View unit specification</a>
Looking after Clothes	CAL085	R/600/6270	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Looking after Clothes	CAL086	D/600/6272	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Looking after Clothes	CAL089	R/600/6284	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Care and Hygiene	CAL090	M/600/6289	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Care and Hygiene	CAL091	H/600/6290	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Care and Hygiene	CAL092	K/600/6291	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Health	CAL093	A/600/6294	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Health	CAL094	F/600/6295	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Health	CAL095	L/600/6297	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Presentation	CAL096	M/600/6308	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Presentation	CAL097	T/600/6309	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Presentation	CAL098	M/600/6311	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Safety	CAL099	Y/600/6304	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Safety	CAL100	D/600/6305	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Safety	CAL101	H/600/6306	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>

## PG4 = Personal Development

Unit title	LASER Unit code	Ofqual Unit code	Credit value	Unit level	Sector	
Developing Assertiveness	CAK940	J/600/6475	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Developing Assertiveness	CAK941	Y/600/6478	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Developing Assertiveness	CAK942	Y/600/6481	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Making Choices	CAK943	M/600/6485	1	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Making Choices	CAK944	T/600/6486	1	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Making Choices	CAK945	A/600/6487	1	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Awareness	CAK946	A/600/6490	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Awareness	CAK947	F/600/6491	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Personal Awareness	CAK948	L/600/6493	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Self Advocacy	CAK949	Y/600/6495	3	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Self Advocacy	CAK950	H/600/6497	3	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Self Advocacy	CAK951	M/600/6499	3	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Understanding Relationships	CAK952	D/600/6501	2	E1	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Understanding Relationships	CAK953	K/600/6503	2	E2	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>
Understanding Relationships	CAK954	T/600/6505	2	E3	14.1 Foundations for Learning and Life	<a href="#">View unit specification</a>