

Unit Title: Physical Education: Frequent And Regular Physical Activity For Health, Fitness And Well-Being
Unit Level: Entry 2
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJB212
Ofqual Unit Code: H/503/4726

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Be able to perform regular exercise.	1.1	Take part in physical activity on a regular basis.
2.	Be able to use a fitness circuit.	2.1	Select a basic fitness circuit.
		2.2	Perform a basic fitness circuit.
3.	Be able to perform a method of fitness training.	3.1	Perform a basic fitness session using an appropriate method of training.

Assessment Guidance:
NA

Additional Information:
NA