

Unit Title:	Physical Education: Preparing For Sporting Activities
Unit Level:	Entry 2
Unit Credit Value:	1
GLH:	10
LASER Unit Code:	WJB215
Ofqual Unit Code:	J/503/4721

This unit has 2 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Be able to follow safe practices when participating in sporting activities.	1.1	Choose the correct equipment appropriate for sporting activities.
		1.2	Show safe practice when taking part in sporting activities.
2.	Be able to perform exercises appropriate as a warm up/cool down.	2.1	Perform a warm up/cool down: <ul style="list-style-type: none"> • stretching exercises • aerobic activities.

Assessment Guidance:
NA

Additional Information:
NA