

**Unit Title:** Physical Performance Skills  
**Unit Level:** Entry 3  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** WJC642  
**Ofqual Unit Code:** M/506/0844

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand health and safety requirements to undertake activity.	1.1	Identify essential health and safety requirements.
2.	Be able to warm up and relax.	2.1	Participate in a warm up activity.
		2.2	Participate in a relaxation exercise.
3.	Understand the process of warming up and relaxation.	3.1	State the reasons for warming up and relaxation when performing.
4.	Be able to use basic improvisation and role-play techniques.	4.1	Participate in a simple role-play situation.
		4.2	Show basic emotion through body movement/dance or non-verbal communication.
		4.3	Outline how effective the results of the improvisation/role-play have been.
5.	Be able to work in a group to create a short performance.	5.1	Work positively with others to create a short performance.
		5.2	Perform a short performance to others and receive feedback.
6.	Know how to review own work.	6.1	State what s/he felt about own performance.

<b>Assessment Guidance:</b>
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NA
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<b>Additional Information:</b>
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