

Unit Title: Taking Part In Sport
Unit Level: Level 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: WJC808
Ofqual Unit Code: Y/506/0952

This unit has 7 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Be able to participate in a sporting activity.	1.1	Identify a sport suitable to their particular needs and take part over a period of time.
2.	Know the physical and emotional benefits of sport.	2.1	List the main physical and emotional benefits of being actively involved in a sport.
3.	Understand the rules and tactics of the sporting activity.	3.1	Identify the essential rules and tactics of a chosen sport.
4.	Understand the importance of physical preparation prior to practical sessions.	4.1	Outline activities for suitable warm up session for chosen sport and demonstrate these regularly.
5.	Be able to take part in a warm up session.	5.1	Take part in a warm up session.
6.	Know own personal strengths and weaknesses and work on improving performance.	6.1	Identify areas of a sport activity which are easy.
		6.2	Identify areas of the activity which are challenging and suggest ways to improve performance.
7.	Understand the health and safety rules relating to sport.	7.1	List the health and safety considerations for chosen sport.

Assessment Guidance:

NA

Additional Information:

NA