

**Unit Title:** Taking Part In Sport  
**Unit Level:** Level 2  
**Unit Credit Value:** 3  
**GLH:** 24  
**LASER Unit Code:** WJD470  
**Ofqual Unit Code:** Y/505/1331

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand a sporting activity.	1.1	Explain the benefits of sport.
		1.2	Explain their choice of sporting activity.
		1.3	Discuss the specific benefits of chosen sport.
		1.4	Discuss rules for chosen sport.
		1.5	Explain consequences of not adhering to health and safety for chosen sport.
2.	Understand the importance of physical preparation.	2.1	Explain the basic physiological reasons for warming up before the sporting activity.
		2.2	Produce a plan for a warm up session.
		2.3	Implement planned warm up activities.
3.	Be able to improve performance in a sporting activity.	3.1	Participate actively in a sporting activity over a period of time.
		3.2	Demonstrate understanding of rules by leading a sporting activity.
4.	Be able to improve own performance in a sporting activity.	4.1	Identify personal strengths.
		4.2	Identify personal weaknesses.
		4.3	Set goals for improving progress.
		4.4	Record progress towards improving performance.

**Assessment Guidance:**

NA

**Additional Information:**

NA