

Unit Title: Delivering Group Physical Activity Sessions
Unit Level: Level 2
Unit Credit Value: 6
GLH: 48
LASER Unit Code: WJE813
Ofqual Unit Code: A/507/1510

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Be able to prepare for a physical activity session.	1.1	Prepare the equipment and facilities for the planned physical activity session.
2.	Be able to deliver a safe and effective physical activity session.	2.1	Describe the aims and content of the physical activity session they are leading.
		2.2	Lead a safe and effective warm up for the activity session.
		2.3	Communicate clearly with the participants according to their needs.
		2.4	Lead a safe and effective main component of the activity session.
		2.5	Motivate participants appropriately.
		2.6	Give feedback to participants in a clear and supportive manner.
3.	Be able to manage participants during a physical activity session.	3.1	Gain feedback from participants about the activities.
		3.2	Respond appropriately to participants' feedback about the activities.
		3.3	Demonstrate balancing the needs of individual participants with those of the group.
		3.4	Demonstrate how to reinforce safe and effective technique during the activity session.
4.	Be able to bring a physical activity session to an end.	4.1	Lead a safe and effective cool down for the activity session.
		4.2	Provide feedback and positive reinforcement to participants.
		4.3	Oversee participants' safe and orderly departure from the activity session.
		4.4	Leave equipment and facilities in a condition suitable for future use.

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5.	Be able to review a physical activity session.	5.1	Complete a written review of the session to include: <ul style="list-style-type: none"> a) safety and effectiveness of the session b) how motivational the session was for the participants c) changes/adaptations that could be made to the session.
		5.2	Prepare an action plan for improvement and/or progression of future sessions.

Assessment Guidance:

NA

Additional Information:

NA
