

Unit Title: Leading Group Physical Activity Sessions
Unit Level: Level 3
Unit Credit Value: 5
GLH: 30
LASER Unit Code: WJE852
Ofqual Unit Code: D/507/1645

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know how to prepare participants for a group physical activity session.	1.1	Explain why it is important to communicate the aims, objectives, benefits and activities included in the session to participants.
		1.2	Describe the appropriate clothing, footwear and equipment required for the activities.
		1.3	Explain why it is important to find out about participants' previous physical activity experiences.
		1.4	Explain why participants must be mentally and physically ready for the activities.
		1.5	Explain how to prepare participants mentally and physically for the activities.
		1.6	Explain the importance of providing the opportunity for participants to ask questions.
		1.7	Outline the methods that can be used to ensure participants understand what is expected of them.
2.	Be able to prepare participants for a group physical activity session.	2.1	Meet the participants on time.
		2.2	Help the participants feel welcome and relaxed.
		2.3	Follow appropriate procedures for recording attendance.
		2.4	Check participants' clothing, footwear and equipment are safe and appropriate.
		2.5	Explain the aims, objectives and benefits of the session to participants.
		2.6	Check whether participants have any relevant experience to build on.
		2.7	Demonstrate activities to participants with correct technique.
		2.8	Ensure participants are mentally and physically ready for the session.

Unit Title: Leading Group Physical Activity
Sessions
Unit Level: Level 3
Unit Credit Value: 5
GLH: 30
LASER Unit Code: WJE852
Ofqual Unit Code: D/507/1645

		2.9	Encourage participants to ask questions and provide clear and helpful responses to them.
		2.10	Check participants' understanding of the activities.
3.	Understand how to lead a group physical activity session.	3.1	Explain legal, ethical and health and safety requirements relevant to leading group physical activity sessions to include: <ul style="list-style-type: none"> a) Health and Safety at Work Act b) National Governing Body guidance/codes of conduct c) activity environment and equipment d) safeguarding.
		3.2	Explain how to plan aims, objectives and content of group physical activity sessions to include: <ul style="list-style-type: none"> a) warm-up b) main component c) cool-down.
		3.3	Describe the importance of using session plans and adapting these plans to meet individual and group needs, as required.
		3.4	Explain how to adapt session plans to meet individual and group needs, as required.
		3.5	Explain how to accommodate participants with different levels of ability during physical activity sessions.
		3.6	Describe behaviour management techniques that can be used when leading physical activity sessions.
		3.7	Give reasons why participants may require different levels of supervision during physical activity sessions.
		3.8	Explain why it is necessary to conduct appropriate pre-activity screening with participants to include: <ul style="list-style-type: none"> a) verbal screening b) PARQ (Physical Activity Readiness Questionnaire).

Unit Title: **Leading Group Physical Activity Sessions**
Unit Level: **Level 3**
Unit Credit Value: **5**
GLH: **30**
LASER Unit Code: **WJE852**
Ofqual Unit Code: **D/507/1645**

		3.9	Explain why it is important to coach participants on their technique/give feedback on performance.
		3.10	Describe different methods that can be used to motivate participants.
		3.11	Explain suitable record keeping procedures.
4.	Be able to lead a group physical activity session.	4.1	Maintain a safe and effective activity environment throughout the session.
		4.2	Conduct suitable pre-activity screening.
		4.3	Complete any necessary paperwork/records related to the session.
		4.4	Manage participant behaviour throughout the session.
		4.5	Lead safe and effective session components to include: a) warm-up b) main component c) cool-down.
		4.6	Provide participants with coaching on technique and performance, where appropriate.
		4.7	Provide appropriate motivation to participants.
		4.8	Use effective communication and interpersonal skills throughout the session.
		4.9	Accommodate participants with different levels of ability during the session by: a) progressing or regressing activities accordingly b) modifying/adapting the planned session to meet individual needs, as appropriate.
5.	Understand how to maintain and encourage effective working relationships during a group physical activity session.	5.1	Explain legal requirements, industry values and/or ethical codes that affect the relationship with participants.
		5.2	Explain how to establish a leadership role based on mutual respect.
		5.3	Explain ways of working that encourage communication and interaction between participants.

Unit Title: Leading Group Physical Activity
Sessions
Unit Level: Level 3
Unit Credit Value: 5
GLH: 30
LASER Unit Code: WJE852
Ofqual Unit Code: D/507/1645

		5.4	Explain how to balance the needs of individual participants with those of the group as a whole.
		5.5	Give examples of unacceptable behaviour that must be challenged.
		5.6	Explain why it is important to challenge unacceptable behavior.
6.	Be able to evaluate a group physical activity session.	6.1	Complete a written evaluation 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 d) reflection on own performance as the session leader.
		6.2	Prepare an action plan for improvement and/or progression of future sessions.

Assessment Guidance:
N/A

Additional Information:
NA