

1st4sport Level 3 Certificate in Supporting Physical Development and Physical Activity in the Early Years



Qualification Specification

Qualification Overview:	This qualification has been designed to help upskill the early years workforce in the area of physical development, as well as to develop a lasting appreciation for healthy living and physical activity in both children and parents/guardians.						
Qualification Code:	601/6581/9	Level:	3	Age:	17	Registration Period:	3 years
Guided Learning (GL):	61 hours	Total Qualification Time (TQT):	129 hours	Credit Value:	28	Operational From:	01 Sept. 2015
Progression Opportunities:	This qualification prepares learners for employment in an early years environment such as a nursery, crèche or primary school, and also facilitates career progression. The qualification can supplement the established knowledge of a qualified teaching assistant or higher level teaching assistant (HLTA), as well as an established teacher						

Qualification Objective
What does this qualification cover?
This qualification has been designed to help upskill the early years workforce in the area of physical development for children aged 0–5, as well as to develop a lasting appreciation for healthy living and physical activity in both children and parents/guardians. It has been designed to develop the skills and knowledge required to enable learners to better understand the characteristics of physical development in the early years, to appropriately communicate progress or concerns, and to deliver purposeful physical activities that support a child’s physical development in the early years.
Who is the qualification for?
The qualification is designed for learners who already work, or aspire to work, in an early years environment, such as a nursery, crèche or primary school. The qualification may also help support learners if they plan to become, or are already, an au pair or child minder.
Who supports this qualification?
The qualification has been designed and developed in partnership with the Association for Physical Education (afPE), utilising their expertise in the area of physical education and school sport.
Qualification Progression
What future education could this qualification lead to?
Learners may wish to undertake the following qualifications to further develop their understanding in this area: <ul style="list-style-type: none"> • 1st4sport Level 3 Award in Supporting the Delivery of Dance in Physical Education and School Sport • 1st4sport Level 3 Certificate in Supporting the Delivery of Physical Education and School Sport • 1st4sport Level 3 NVQ Diploma in Supporting the Delivery of Physical Education and School Sport

What future employment could this qualification lead to?
This qualification prepares learners for employment in an early years environment such as a nursery, crèche or primary school, and also facilitates career progression. The qualification can supplement the established knowledge of a qualified teaching assistant or higher level teaching assistant (HLTA), as well as an established teacher.
Qualification Achievement
Entry Requirements for the Qualification
Prior to registration for the qualification learners are required to: <ul style="list-style-type: none"> • be appropriately identified • be at least 17 years of age • hold at least a Level 2 provision of physical education or related qualification; examples include: <ul style="list-style-type: none"> – 1st4sport Level 2 Certificate in Supporting Learning in Physical Education and School Sport – Level 2 Certificate in Children’s Care, Learning and Development – Level 2 Certificate for the Children and Young People’s Workforce • be able to communicate effectively in English (listening, speaking, reading and writing). <p>In the event a learner does not hold a full and relevant Level 2 qualification, access to the qualification can be granted through 12 months’ relevant work experience in an early years environment. This will need to be supported by a letter from the relevant employer.</p> <p>Prior to certification, learners must:</p> <ul style="list-style-type: none"> • be at least 18 years of age • hold, as a minimum, a current emergency aid certificate • have evidence of having undergone training in the protection of children and vulnerable adults from abuse if absent from their academic profile.

How is the Qualification Achieved?	
Achievement of the qualification is through attendance on a course of training and assessment. All assessment is contained within the learner portfolio provided by 1st4sport Qualifications.	
What will be assessed?	
Learners must:	
<ul style="list-style-type: none"> complete a series of written tasks linked to the assessment criteria prepare for, lead and review a physical development activity programme 	
How will it be assessed?	
This qualification contains a range of units to be completed by the learner. Each unit is comprised of a number of learning outcomes and identified assessment criteria to be completed.	
Learning Outcomes that begin 'The learner will understand ...' will be assessed through theory based activities.	
Learning Outcomes that begin 'The learner will be able to ...' are assessed through practical activities.	
For example:	
Learning outcomes	Assessment criteria
The learner will:	The learner can:
1 understand how to ensure participants' safety during sport specific coaching sessions	1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.
	1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.
2 be able to prepare resources for the coaching session	2.1 ensure that the identified resources meet the requirements of the activity.

Qualification Delivery
What workforce is needed to be able to deliver this qualification?
The recognised centre is required to have a qualified and competent qualification workforce in place which includes as a minimum.
<ul style="list-style-type: none"> a qualification administrator a qualification coordinator an appropriately qualified tutor an appropriately qualified assessor an appropriately qualified internal quality assurer (IQA).
Further information on workforce requirements is available from 1st4sport Qualifications on request.
What facilities are needed to be able to deliver this qualification?
The recognised centre is required to have one or more delivery sites which contain facilities to support the programme of learning and assessment. All training and/or assessment sites must include the following facilities:
<ul style="list-style-type: none"> a practical space (at least the size of a classroom) that includes a practical indoor playing area to cater for at least 20 learners; where a cohort exceeds 16 learners, a space larger than a classroom is required a theory space containing multimedia facilities such as data projector and laptop and/or an OHP, television and video recorder, flip charts and flip chart pens.
Further information on facility requirements is available from 1st4sport Qualifications on request.

What equipment is needed to be able to deliver this qualification?

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment. This may include

- beanbags (at least six)
- range of different balls
- range of rackets and bats
- cones (at least 10)
- hoops (at least five)
- floor markers
- gym mats
- dance scarves
- soft play equipment.

Further information on equipment requirements is available from 1st4sport Qualifications on request.

What qualification materials support this qualification?

This qualification is supported by a number of additional documents which must be read by all relevant personnel within recognised centres approved to offer this qualification. These include the *1st4sport Level 3 Certificate in Supporting Physical Development and Physical Activity in the Early Years*:

- *Qualification Manual*, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification
- *Unit Specifications*, detailing the Learning Outcomes and Assessment criteria for the qualification
- *Learner Portfolio*, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.
- *Delivery, Assessment and Quality Assurance Approach*, detailing the recommended learning programme, exemplar assessment answers and levels of attainment and guidance to the internal quality assurance

How much does this qualification cost?

Qualification registration and certification fees are available from 1st4sport Qualifications on request. Centres need to factor in facility and workforce costs in order to determine a Qualification Fee for learners.

How to apply to deliver this qualification

Contact 1st4sport Qualifications, requesting qualification approval for the *1st4sport Level 3 Certificate in Supporting Physical Development and Physical Activity in the Early Years*.

Tel: 0113 290 7610

Email: enquiries@1st4sportqualifications.com

Website: www.1st4sportqualifications.com

Contacts

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SkillsActive

Tel: 0330 004 0005

Website: www.skillsactive.com

Ofqual

Tel: 0300 303 3344

Email: public.enquiries@ofqual.gov.uk

Website: www.gov.uk/government/organisations/ofqual

Qualification Structure (Rule of Combination)

To qualify for the certificate, learners must successfully achieve 19 credits from the eight mandatory units.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Assess Physical Activities in an Early Years Environment	3	3	16	T/507/3126	Written Tasks, Observation of Delivery
Principles of Physical Development and Early Movement Skills in an Early Years Environment	3	3	20	J/507/3129	Written Tasks, Observation of Delivery
Principles of Safe Practice in Early Years Physical Activity Sessions	3	2	12	R/507/3134	Written Tasks, Observation of Delivery
Promoting Diversity, Equality and Inclusion in the Early Years Environment	3	2	14	D/507/3136	Written Tasks, Observation of Delivery
Promoting Health and Well-being in the Early Years	3	2	14	M/507/3139	Written Tasks, Observation of Delivery
Plan a Series of Physical Activity Sessions in an Early Years Environment	2	3	20	R/507/3490	Written Tasks, Observation of Delivery
Deliver Physical Activity Sessions in an Early Years Environment	2	2	15	K/507/3141	Written Tasks, Observation of Delivery
Review Physical Activity Sessions in an Early Years Environment	2	2	14	J/507/3146	Written Tasks, Observation of Delivery

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