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## Overview

This standard is about instructing health related exercise and physical activity sessions for children in the age range 5-15 inclusive.

The main outcomes of this standard are:

1. prepare children and environment for exercise and physical activity
2. instruct children in exercise and physical activity
3. close and reflect upon instructing children in exercise and physical activity

This standard is for instructors who prepare, instruct and review health related exercise and physical activity sessions for children.

## Performance criteria

### *You must be able to:*

1. prepare the environment and self for the physical activity session
2. Identify and select safe and correct equipment for the physical activity session
3. create a positive environment for all children to take part in physical activity
4. follow legal and organisational procedures for registering attendance
5. identify any new children, checking their level of experience and ability to undertake the session
6. carry out the appropriate screening process and collect any new information relating to the children's readiness to take part in the physical activity
7. inform the parent or carer of reasons why a child should not participate in the session
8. brief children on planned activities and provide ground rules for behaviour
9. provide information about the facility's emergency procedures and health and safety requirements for the session
10. confirm or revise your plans for the session, as a result of information gathered from children, parent or carer to ensure physical activity opportunity is relevant for children's needs
11. give explanations and demonstrations to the children to ensure that the activities are performed safely and correctly
12. provide the children with effective instruction, teaching and **motivational strategies** to carry out the physical activity session safely and effectively
13. give the children the opportunity to ask questions and respond to their queries
14. adhere to the planned timings for the session
15. follow legal and organisational procedures during the session
16. respond to children's performance and provide progressions or regressions to improve confidence and motivation to achieve the session objectives
17. give guidance to the children to ensure progressive physical skills are achieved by the build-up of physical activities
18. observe and manage the children's behaviour throughout the session
19. provide guidance and feedback in a positive manner which helps the children achieve their **objectives**
20. give the children the opportunity to reflect on the session and provide feedback to improve self-awareness and understanding
21. give the children a summary of your feedback on the session

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22. ensure the children have details about future physical activity sessions
  23. leave the environment in a condition acceptable for future use by yourself or others
  24. refer any health, safety or welfare issues in accordance with legal and organisational procedures

## Knowledge and understanding

### *You need to know and understand:*

1. the current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere
2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
3. the principles of anatomy and physiology including skeletal, neuromuscular, cardiovascular, respiratory, energy and digestive system
4. how to apply anatomy and physiology when delivering safe and effective sessions for a range of children
5. the components of health related fitness and how to apply these into a programme of exercise to suit your children's' needs
6. the health benefits of physical activity and risks of inactivity
7. the general healthy eating advice that can be given to children based on credible sources
8. ways of identifying and preparing safe and correct equipment and environments for the physical activity session
9. how to create a positive environment which will allow the children to have the confidence to take part
10. legal and organisational procedures for registering attendance
11. why you would identify any new participants
12. **methods** of screening and collecting any new information relating to the children
13. the occasions when you would advise a parent and or carer of reasons why a child should not participate in the session
14. the details you would provide to the children about planned activities
15. how to set ground rules for behaviour
16. how to confirm or revise your plans for the session so participants can take part in physical activity sessions
17. why you might need to revise your plans for the session
18. ways of developing and maintaining a stimulating atmosphere for children of this age group
19. how to give explanations and demonstrations to ensure that activities are performed safely and correctly
20. how to encourage children of this age group

21. different types of instructing and teaching methods and how they can be used to meet the children's needs
22. when to give children the opportunity to ask questions and respond to their queries
23. how to deliver exercise and physical activity sessions that are safe, effective and relate to the children's needs
24. ways of ensuring equal attention and encouragement to all children
25. observation techniques that will assist with the monitoring of safety and effectiveness of the exercise and physical activity
26. a range of alternative exercises and adaptations, including progressions or regressions to ensure the children are confident and motivated to take part
27. ways of gradually building up physical activities to ensure physical literacy are achieved
28. techniques for observing and managing children's behaviour throughout the session
29. when to provide guidance and feedback to help the children achieve their objectives
30. the methods of gathering feedback from children and others
31. ways of providing children with a summary of your feedback on the session
32. why you should give children the opportunity to reflect on the session and provide feedback to promote self-awareness and understanding
33. why the children should have information about future sessions
34. ways of leaving the environment in a condition acceptable for future use by yourself or others
35. specific procedures for reporting issues which are beyond your competence, responsibilities and accountability

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## Scope/range related to performance criteria

### Motivational Strategies

1. intrinsic
2. extrinsic
3. goal setting
4. incentives / rewards
5. behaviour change

### Objectives

1. improve social skills
2. encourage personal development
3. improve skills and techniques
4. provide opportunities for fun and enjoyment
5. improve health
6. improve physical literacy

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## Scope/range related to knowledge and understanding

### Methods

1. interview
2. questionnaire
3. verbal screening
4. observation

## Glossary

### **Physical Literacy**

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life

## Links to other NOS

This standard links to SKAEAF2, SKAEAF8 and SKAEAF20

SKAEAF7

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