

NOCN Vocational Pathways Overview - Sport & Leisure Group 1

Phase 5

Term	Unit Title	Learning Objective	Assessment Criteria	Notes
Autumn Term Hand out w/c 7th Sept Hand in 23rd Oct.	Introduction to Sport and Leisure	1. Know duties, procedures and requirements relevant to own role in a sport and leisure environment.	1.1. Identify own duties. 1.2. State workplace requirements about: (a) Personal presentation (b) Timekeeping and attendance (c) Conduct towards others. 1.3. State why it is important to follow workplace procedures	
	Introduction to Sport and Leisure	2. Know about equipment used when working in a sport and leisure environment.	2.1. Name common items of equipment. 2.2. Use sport and leisure equipment to carry out tasks. 2.3. Give examples of how to care for and store items of sport and leisure equipment to maintain it in good order.	
	Introduction to Sport and Leisure	3. Know health and safety procedures for working in a sport and leisure environment.	3.1. State fire procedures. 3.2. State accident procedures. 3.3. Demonstrate how to follow health and safety procedures	
	Introduction to Sport and Leisure	4. Be able to communicate with others when working in a sport and leisure environment.	4.1. Give examples of information which should be passed on to: (a) A supervisor (b) Colleagues. 4.2. State how to respond to a complaint.	
Autumn 2 Hand out 2nd Nov Hand in 13th Dec	Participating in a leisure activities	1. Understand local leisure activities and how to access them.	1.1. Describe at least three locally based leisure activities. 1.2. Collect information on how to gain access to three local leisure activities. 1.3. Identify any costs involved in participating in three local leisure activities.	
	Participating in a leisure activities	2. Be able to participate in local leisure activities.	2.1. Describe any special equipment and/or clothing requirements for participating in different local leisure activities. 2.2. Identify their personal budget for three selected local leisure activities. 2.3. Participate in three local leisure activities for a given period.	

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	Participating in a leisure activities	3. Know key benefits of participating in leisure activities.	3.1. Outline at least two benefits from participating in local leisure activities. 3.2. Assess the personal benefits gained from participating in three local leisure activities.	
	Participating in a leisure activities	4. Know how to maintain health and safety when participating in leisure activities.	4.1. Identify health and safety issues relating to participating in three local leisure activities. 4.2. Explain how the identify health and safety issues can be addressed.	
Spring term Hand out w/c 4th Jan Hand in 12th Feb	Planning a fitness programme F/504/8200	1. Know the components of physical fitness.	1. Know the components of physical fitness.	
	Planning a fitness programme F/504/8200	2. Be able to assess own fitness level.	2.1. Assess own fitness level.	
	Planning a fitness programme F/504/8200	3. Be able to plan own fitness programme.	3.1. Set own fitness targets. 3.2. Plan a programme to meet own fitness targets.	
	Planning a fitness programme F/504/8200	4. Be able to implement own fitness programme.	4.1. Follow own fitness programme over a planned period of time.	
	Planning a fitness programme F/504/8200	5. Know how to overcome barriers to achievement of fitness goals.	5.1. Identify barriers to achieving own fitness goals. 5.2. Identify ways to overcome barriers to achieving own fitness goals.	
	Planning a fitness programme F/504/8200	6. Be able to review own fitness programme.	6.1. Assess own fitness programme, identifying what went well.	
Spring term	Sport and Active	1. Be able to find out about an aspect of	1.1. Plan which aspect of sport and active leisure will be researched. 1.2. Work as part of a team to research information.	

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Hand out w/c 22nd Feb Hand in 1st April	Leisure Project K/506/7954	sport and active leisure.		
	Sport and Active Leisure Project K/506/7954	2. Be able to demonstrate work-related skills as a project team member.	2.1. Use communication skills to present information clearly and accurately. 2.2. Make a positive contribution to the project as a team member. 2.3. Use self-management skills to meet deadlines and solve problems	
	Sport and Active Leisure Project K/506/7954	3. Be able to assess own work-related skills in researching an aspect of sport and active leisure.	3.1. Assess own work-related skills in researching an aspect of sport and active leisure.	
Summer term Hand out w/c 19th April Hand in 28th May	Taking part in exercise and fitness D/506/8065	1. Know about different exercise and fitness facilities.	1.1. Outline different exercise and fitness activities. 1.2. Identify different exercise and fitness facilities.	
	Taking part in exercise and fitness D/506/8065	2. Know how to take part in exercise and fitness safely.	2.1. Outline an induction process for an exercise and fitness activity. 2.2. Outline warm up and cool down activities.	
	Taking part in exercise and fitness D/506/8065	3. Be able to demonstrate work skills through participation in exercise and fitness activities.	3.1. Actively participate in exercise and fitness activities and demonstrate: a) Time management skills b) Appropriate dress for the activity c) Following instructions provided by the activity leader d) Following health and safety guidelines before, during and after activities.	
	Taking part in exercise and fitness D/506/8065	4. Be able to review own performance.	4.1. Identify own strengths and areas for improvement in exercise and fitness activities. 4.2. Suggest ways of improving own performances in one activity.	