



## Physical Education and School Sport Suite of Qualifications

The 1st4sport Physical Education and School Sport Suite offer to you is a complete set of qualifications that can be used to qualify you to assist teaching / support the delivery of physical education and school sport with confidence. Achieve these qualifications and not only will you be meeting the minimum industry standards, but you will also be providing your learners with excellent quality assured learning opportunities in a school environment.

The Suite Includes:

- 1st4sport Level 2 Certificate in Supporting Learning 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
- 1st4sport Level 3 Award in Supporting the Delivery of Dance in Physical Education and School Sport

## 1st4sport Level 2 Certificate in: Supporting Learning in Physical Education and School Sport

### What is this qualification about?

The qualification was developed in partnership with the Association for Physical Education (afPE), to provide learners with an introduction to a number of roles in a physical education and school sport (PESS) setting, including assisting teaching, activity leadership and coaching for young people.

### What does this qualification cover?

The qualification provides learners with guidance on further opportunities, including how to contribute to PESS programmes as a sports leader, coach, volunteer and teaching assistant. You will learn about government education policy, national curriculum physical education, safe practice, health and fitness, childhood growth and development, the teaching/coaching process and how to plan and teach a small group of children within a class.

### Who is it suitable for?

This qualification is suitable for any person who is working in a school environment with children and young people. While this qualification is delivered through the medium of PESS, the skills may be used by learners working in other sporting environments, under appropriate guidance. You should be at least 16 years of age to enrol.

### What is the duration of the course?

The guided learning hours recommended are 158 and successful completion gives you 18 credits.

The course can take approximately 10-12 weeks to complete, but you have up to two years to finish once you register. The minimum amount of days recommended tutor contact days required to deliver the course is 10.

### How is it assessed?

It will be assessed by your tutor using a range of methods. You will be provided with a learner pack with assessment tasks detailed, employing a range of methods. These must all be completed satisfactorily to achieve the qualification. There will be two assessor observations of your teaching / coaching.

### How can I be confident of quality?

We use a number of associate tutors who are qualified physical education teachers and who are working at a national level. Some tutors are Ofsted trained, others have worked on international education programmes and have experience training teachers. One of the tutors authored this qualification. All of our tutors have attended a national afPE/1st4sport induction training course to deliver this qualification.

### How much will this cost?

It will cost you £895+vat. This includes your registration fee which we pay to 1st4sport on your behalf, planning, delivery, photocopying, resources, a course portfolio/learner pack, assessment, internal verification, two placement visits, course administration and certification.

## 1st4sport Level 3 Certificate in: Supporting the Delivery of Physical Education and School Sport

### What is this qualification about?

This qualification supports the achievement of the Governments school sport policy and lasting legacy of the 2012 Games. It qualifies you to deliver/support the delivery of low risk activities that contribute to a physical education and school sport programme through curriculum-based and/or extra-curricular activities; and prepares you for employment in a school sport setting through providing an introduction to opportunities for you to work as a physical education and school sport professional for: e.g. a higher level teaching assistant, teaching assistant, sports coach, sports development officer, sports volunteer or sports leader role. In March 2013 the Association for Physical Education stated that the minimum requirement for any adult working in a Physical Education or School Sport context must be working towards the Level 3 qualification by 2015. In addition to this qualification, where activities go beyond low risk, adults working in a school environment should also have a Level 2 National Governing Body Award qualification for each activity they deliver.

### What does this qualification cover?

The qualification comprises eight units. These units require you to show that you can effectively plan, conduct and evaluate PESS activity programmes, which meet the requirements of the qualification. The first four units satisfy the Award of Learning Support Assistant (LSA) and the safeguarding unit included also satisfies workforce induction under the Safeguarding legislation 2014. Other units include Communication and professional relationships, Schools as Organisations, Child and Young Person Development and Assessment for Learning.

### Who is it suitable for?

While it is delivered through the medium of PESS, the skills may be used by you to aspire to work in other sporting roles, such as coaching. Suitable prerequisites include the Level 2 PESS qualification, GCSE PE, Level 2 BTEC etc. You should be at least 16 years of age to enrol on the course.

### What is the duration of the course?

The guided learning hours recommended are 164 and this amounts to 28 credits. It can take approximately 10-12 weeks to complete, but you have up to 2 years to complete once you register.

### How is it assessed?

It will be assessed by your tutor using a range of methods. You will be provided with a learner pack with assessment tasks listed and these must all be completed. There will also be two assessor observations of your teaching / coaching.

How can I be confident of quality?

We use a number of associate tutors who are qualified physical education teachers and who are working at a national level. Some tutors are Ofsted trained, others have worked on international education programmes. One of the tutors was the author for this qualification and provides the national induction training for all tutors. All of our tutors have attended the induction training to deliver this qualification.

How much will this cost?

The course costs £895+vat. This includes your registration fee which we pay to 1st4sport on your behalf, planning, delivery, photocopying, resources, a course portfolio/learner pack, assessment, internal verification, two placement visits, course administration and certification.

### How can I be confident of quality?

We use a number of associate tutors who are qualified physical education teachers and who are working at a national level. Some tutors are Ofsted trained, others have worked on international education programmes. One of the tutors was the author for this qualification and provides the national induction training for all tutors. All of our tutors have attended the induction training to deliver this qualification.

### How much will this cost?

The course costs £895+vat. This includes your registration fee which we pay to 1st4sport on your behalf, planning, delivery, photocopying, resources, a course portfolio/learner pack, assessment, internal verification, two placement visits, course administration and certification.

# 1st4sport Level 3 NVQ Diploma in: Supporting the Delivery of Physical Education and School Sport

## What is this qualification about?

This qualification has been developed in partnership with the Association for Physical Education (afPE) and with the support of COMPASS - the association of sports and activity providers. It is a competence-based qualification that confirms occupational competency for those operating in a school sport setting and provides an introduction to further opportunities for you to work within physical education and school sport as higher-level teaching assistant, teaching assistant, sports development officer, sports coach, volunteer or leader.

## What does this qualification cover?

The qualification comprises twelve units of assessment. These units require you to show that you can effectively plan, conduct and evaluate PESS activity programmes, which meet the requirements of the qualification. The additional four units to the Level 3 Certificate include Organising and leading a sports event or competition, preparing for the mentoring role, Supporting gifted and talented learners and Facilitating community-based sport and physical activity. These units are work-based. In 2013 the Association for Physical Education stated that the minimum requirement for any adult working in a Physical Education or School Sport context must be working towards the Level 3 certificate qualification by 2015. The Level 3 Diploma covers the certificate requirements.

## Who is it suitable for?

While it is delivered through the medium of PESS, the skills may be used by you to aspire to work in other sporting roles, such as coaching. Suitable prerequisites include the Level 2 PESS qualification, GCSE PE, Level 2 BTEC and the Level 3 certificate in supporting the delivery of PESS etc. You should be at least 16 years of age to enrol on the course.

## What is the duration of the course?

To qualify for the 1st4sport Level 3 NVQ Diploma in Supporting the Delivery of Physical Education and School Sport, you must successfully complete/ have credit for all twelve units. These equate to 54 total credits and 283 guided learning hours (GLH). You have up to 2 years to complete the course.

## How is it assessed?

It will be assessed by your tutor using a range of methods. You will be provided with a learner pack with assessment tasks listed and these must be completed. There will also be two assessor observations of your teaching / coaching.

### How can I be confident of quality?

We use a number of associate tutors who are qualified physical education teachers and who are working at a national level. Some tutors are Ofsted trained, others have worked on international education programmes. One of the tutors was the author for this qualification and provides the national induction training for all tutors. All of our tutors have attended the induction training to deliver this qualification.

### How much will this cost?

The course cost will be a minimum of £895+vat. Additional costs will depend on arrangements for the work-based units. Price on application.

## 1st4sport Level 3 Award in: Supporting the Delivery of Dance in Physical Education and School Sport

### What is this qualification about?

The 1st4sport Level 3 Award in Supporting the Delivery of Dance in Physical Education and School Sport has been developed in partnership with the Association for Physical Education (afPE). It has been developed to provide you with the skills knowledge and understanding to allow the purposeful delivery of dance activity sessions within a Physical Education and School Sport environment. These skills include a deeper understanding of the benefits associated with dance, knowledge of a range of dance activities appropriate to learners in a given school setting (primary or secondary) and the ability to appropriately plan, delivery and review dance sessions linked to a relevant key stage.

### What does this qualification cover?

Successful achievement of the qualification enables you to apply the principles of dance sessions to a range of participant groups, supporting healthy lifestyles in early years, children and young adults. The qualification has been designed specifically to support the Health Agenda and to contribute to the overall health of school children both now and in the future. This qualification, in combination with other qualifications, may allow you to deliver independent dance sessions as part of the physical education national curriculum.

### Who is it suitable for?

This qualification is suitable for teachers of PE, teaching assistants and coaches working in a school setting. Please note, if you do not have qualified teacher status, suitable teaching qualifications or you do not have an appropriate Level 3 PESS qualification, you will only be permitted to provide support for the delivery of dance sessions under the supervision of a qualified member of school staff, such as a qualified teacher.

### What is the duration of the course?

The course duration is two days in length. 9:00am arrival for a 9:30am start until 4:00pm

### How is it assessed?

Candidates will be required to complete a learner portfolio after day 2 which includes the planning, delivery and evaluation of a minimum of four sessions. These sessions will need to be observed by a more experienced member of the school workforce.

### **How can I be confident of quality?**

We use a number of associate tutors who are qualified physical education teachers and who are working at a national level. Some tutors are Ofsted trained, others have worked on international education programmes. One of the tutors was the author for this qualification and provides the national induction training for all tutors. All of our tutors have attended the induction training to deliver this qualification.

### **How much will this cost?**

The course cost will be £350+vat which includes tutoring, assessment, a two-course luncheon, learner portfolio, registration and certification.