

1st4sport Level 1 Award for Activators (Multi-Skills)

Qualification Specification



About Us

Welcome to 1st4sport, established in 2000, 1st4sport are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced through the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers and learners.

Our Mission: To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

Our Direction: We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.

Qualification Specification

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| Title: | 1st4sport Level 1 Award for Activators (Multi-Skills) |
| Qualification Overview: | Gain the knowledge and skills to work as a multi-skills activator and facilitate extra-curricular activities in educational settings that encourage people to build active habits. |
| Qualification Code: | L1AACTMS |
| Qualification Regulation Number: | 601/8841/8 |
| Guided Learning Hours (GLH): | 6 |
| Total Qualification Time (TQT): | 6 |
| Credit Value (if applicable): | Not applicable |
| Operational Start Date: | 01/06/2016 |
| Qualification Review Date: | 31/03/2025 |
| Learner Registration Period: | 1 year |
| Qualification Objective: | This qualification qualifies learners to be a multi-skills activator; facilitate extra-curricular activities in education settings. |
| Qualification Purpose: | Prepare for employment in a broad occupational area. |

Who is this qualification for?

The qualification is designed for those who wish to become an activator in multi skills.

Qualification Progression

The qualification will enable successful learners to progress to a sports-specific coaching qualification. The skills and knowledge developed may also be used to enable learners to progress to other industry-relevant qualifications in coaching sport, activity leadership, higher education institution activity programmes, supporting PE in school sport and sports development.

Entry Requirements

Learners must be a minimum of 14 years old at registration and 14 years old at certification.

Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 14 years of age
- be able to undertake this assessment in English or Welsh (if available)

Assessment Methods

The assessment methods used in this qualification are:

- Coursework (in 2 of 2 mandatory units),
- Practical Demonstration/Assignment (in 2 of 2 mandatory units)

Reasonable adjustments can be applied to these assessments in line with 1st4sport Policy Statement: Access Arrangements.

Grading Methods

This qualification will be graded Pass / Fail.

Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

Mandatory Units

| Unit ID | Unit Title | GLH |
|------------|-------------------------------|-----|
| D/508/3956 | Activate through multi-skills | 3 |
| Y/508/3955 | Activator role | 3 |

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

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| Unit Title | Activate through multi-skills |
| Unit Aim | This component aims to develop the activator's understanding of their role and responsibilities. This component is designed to ensure duty of care through safe and equitable practice in the organisation and facilitation of active leisure activity sessions. |
| Unique Unit Number | D/508/3956 |
| Unit Assessment Method(s) | - Coursework - Practical Demonstration/Assignment |
| Assessment Specification | This unit will be assessed through a portfolio of evidence and practical observation. |

Learning Outcome: 1. Understand how to facilitate activities that underpin fundamental movement and sports skills

| Assessment Criteria The learner can: | Indicative Delivery Content |
|--|--|
| 1.1 Identify activities or games that underpin fundamental movement skills | Agility (start and stop, change direction, high and low) Balance (static balance and dynamic balance) Coordination (body and limb control; hand-eye, striking, sending, receiving, interception) |
| 1.2 Identify games and activities that underpin fundamental sport skills | Games categories (Invasion games, net/wall games, striking and fielding games, running, jumping and throwing games and creative movement activities) |

Learning Outcome: 2. Understand how to adapt multi-skills activities for different audiences

| Assessment Criteria The learner can: | Indicative Delivery Content |
|---|--|
| 2.1 Adapt multi-skills activities to meet the needs of difference audiences | <p>S.T.E.P. Principles</p> <p>Adaptation tool –powerful for when making session easier or more challenging.</p> <p>SPACE: Make the activity area bigger or smaller depending on the ability of the participants</p> <p>TASK: Plan activities that are appropriate to the ability of the participants</p> <p>EQUIPMENT: Use different material to suit the developmental age/ability of participants</p> <p>PEOPLE: Make groups larger or smaller to achieve some success</p> |

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|----------------------------------|--|
| Unit Title | Activator role |
| Unit Aim | This unit aims to develop the activator's understanding of their role and responsibilities. This unit is designed to ensure duty of care through safe and equitable practice in the organisation and facilitation of active leisure activity sessions. |
| Unique Unit Number | Y/508/3955 |
| Unit Assessment Method(s) | - Coursework - Practical Demonstration/Assignment |
| Assessment Specification | This unit will be assessed through a portfolio of evidence and practical observation. |

| Learning Outcome: 1. Understand the role and responsibilities of an activator | |
|---|--|
| Assessment Criteria The learner can: | Indicative Delivery Content |
| 1.1 Discuss the role of an activator | Include both the organisation of activator sessions and the facilitation of activator sessions |
| 1.2 Identify the responsibilities of an activator | <p>Include the context of being a role model and the requirements this includes such as role models, codes of conduct and associated boundaries, duty of care, inclusion, safe practice and safeguarding of participants. Alongside this, include the promotion of physical activity opportunities; supporting wellbeing through active and healthy lifestyles (during and after the programme) and the interaction and effective relationship management with volunteers, professionals and participants</p> <p>Additionally include the responsibilities in line with relevant legislation including current health and safety requirements, all related legislation linked with equality, equity, inclusion and diversity, all related legislation linked with data protection and management</p> |

Learning Outcome: 2. Understand how to organise and facilitate a session

| Assessment Criteria The learner can: | Indicative Delivery Content |
|---|--|
| 2.1 Identify how to organise a session | Include the nature and type of activities; considering the target audience; the different types of publicity and marketing; considering the target audience; the venue choice and bookings; the type of target audience; equipment planning; consideration of risks; access arrangements; consideration of participant with particular needs |
| 2.2 Identify how to facilitate activities at the start of a session | Make reference to equipment checks and risk assessment, registration (secure personal data collection, cash handling and records), induction, safety procedures (responsibilities and liabilities), programme aims, rules and identification of participant motives and warm-up |
| 2.3 Identify how to facilitate activities during a session | Make reference to using activities and games relevant to the type of session and participants; ensuring needs of participants are monitored and met throughout and a dynamic risk assessment |
| 2.4 Identify how to facilitate activities at the end of a session | Make reference to the cool down, end of session detail including giving further information / signposting to other activities |

Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

Tutor(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

- hold a recognised qualification at Level 2 in coaching teaching, instructing or leading
- hold a recognised qualification in sport or physical activity
- have attended an orientation into the qualification conditions related to training and assessment

Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

- hold a recognised qualification at Level 2 in coaching teaching, instructing or leading
- hold a recognised qualification in sport or physical activity
- have attended an orientation into the qualification conditions related to training and assessment

Internal Verifier(s) and Quality Assurer(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

- hold a regulated IQA qualification
- or
- hold a recognised qualification at Level 2 in coaching teaching, instructing or leading and
 - have attended an orientation into the qualification conditions related to internal quality assurance

Additional Qualification Requirements

The minimum venue, facility and requirements stated in the centre handbook apply.

In addition further qualification specific requirements are:

All delivery sites to have equipment to facilitate a range of multi-skills activities

This qualification is regulated by Ofqual (601/8841/8), CCEA and QiW (C00/1301/3 - Regulated).

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