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## Overview

This unit is about the competence you need to reflect on your practice. Reflecting on practice is a tool for self-evaluation and will enable you to develop and learn from assessing your own practice. The unit also includes taking part in continuous professional development and how this has been used to develop your practice.

The unit is divided into three parts. The first part describes the two things you have to do. These are:

1. reflect on practice
2. take part in continuing professional development

The second part describes the knowledge and understanding you must have.

The third part gives some examples and explanations of some words we use in the unit.

This unit is for experienced staff working directly with children and young people in a setting whose main purpose is to provide children and young people with opportunities for freely chosen self-directed play.

This unit is underpinned by the Playwork Principles and staff must be familiar with these and committed to them in their practice.

# SKAPW10 - SQA Unit Code FT4V 04

## Reflect on and develop practice

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### Performance criteria

- You must be able to:*
- P1 monitor processes, practices and outcomes from your own work
  - P2 obtain support from others when appropriate and report any concerns
  - P3 evaluate your own performance (achievements, strengths and weaknesses) using best practice benchmarks
  - P4 reflect on your interactions with others
  - P5 share your reflections with others and use their feedback to improve your own evaluation
  - P6 use reflection to solve problems
  - P7 use reflection to improve practice
- You must be able to:*
- Take part in continuing professional development**
- P8 identify areas in your knowledge, understanding and skills where you could develop further
  - P9 develop and negotiate a plan to develop your knowledge, skills and understanding further
  - P10 seek out and access opportunities for continuing professional development as part of this plan
  - P11 use continuing professional development to improve your practice.

### Knowledge and understanding

*You need to know and understand:*

- K1 how the Playwork Principles specifically relate to this unit
- K2 why reflection on practice and evaluation of personal effectiveness is important
- K3 how reflection can contribute to the development of:
  - K3.1 professional knowledge and skills
  - K3.2 confidence and self esteem
- K4 techniques of reflective analysis:
  - K4.1 questioning what, why and how
  - K4.2 seeking alternatives
  - K4.3 keeping an open mind
  - K4.4 viewing from different perspectives
  - K4.5 thinking about consequences
  - K4.6 testing ideas through comparing and contrasting
  - K4.7 asking `what if....?`
  - K4.8 synthesising ideas
  - K4.9 seeking, identifying, and resolving problems
- K5 reflection as a tool for contrasting what we say we do and what we actually do
- K6 how to use reflection to challenge existing practice
- K7 the difficulties that may occur as a result of examining beliefs, values, and feelings
- K8 how to assess further areas for development in your skills and knowledge through reflection, feedback and using resources such as the internet, libraries, journals
- K9 the importance of ensuring development plans are specific, measurable, achievable, realistic and time-bound
- K10 the availability and range of training and development opportunities in the local area and how to access these
- K11 the importance of integrating new information and/or learning in order to meet current best practice, quality schemes or regulatory requirements

### Additional Information

#### Glossary

##### **Best Practice Benchmarks**

A base line therefore minimum standard definition of good practice

##### **Continuing professional development**

An ongoing process to support your individual professional development; this could involve going on a course, or observing other members of staff doing things that are new to you, receiving instructions from other members of staff on new things you have to do, having the opportunity to practise new skills, reading playwork theory, relevant research

##### **Reflect**

Think in detail about, to show or express, contemplate, mull something over, ponder, look back on. 'Write and think about the reasons why ...' 'Make focused connections between your practice and your understanding of theory'.

##### **Others**

Colleagues and fellow professionals

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