

## SKAD458 (SQA Unit Code - FT7V 04)

### Instruct children in health related exercise and physical activity



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#### Overview

This standard is about delivering structured health related exercise and physical activity sessions for apparently healthy children in the age range 5-15 inclusive. The instructor needs to communicate and demonstrate skills and techniques in a way appropriate to the children's level of understanding, giving them the opportunity to take part in physical activity and providing clear and positive feedback, motivation and support.

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

1. prepare children for exercise and physical activity
2. instruct children in exercise and physical activity
3. support children to take part in exercise and physical activity
4. bring an exercise and physical activity session to an end

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

This standard is for instructors who plan, conduct and review exercise and physical activity sessions for children in the age range 5-15.

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### Performance criteria

*You must be able to:*

#### **Prepare children for exercise and physical activity**

- P1 arrive in time to set up the session, meet the children punctually and make them feel welcome and at ease
- P2 ensure you have the appropriate resources available for the planned session
- P3 follow the correct procedures for registering the children's attendance
- P4 check children's level of experience and ability for the session, identifying any new participants
- P5 screen for any illnesses or injuries and advise children of any reasons why they should not participate in the session
- P6 provide the children with clear information about the activities you have planned for the session
- P7 give the children clear information about the ground rules for behaviour and the reasons for these
- P8 advise the children of the facility's emergency procedures and health and safety requirements for the session
- P9 confirm or revise your plans for the session if necessary

*You must be able to:*

#### **Instruct children in exercise and physical activity**

- P10 ensure children are appropriately dressed for the activities
- P11 develop and maintain an atmosphere of fun and enjoyment
- P12 prepare the children for the session using safe and effective warm ups
- P13 make sure that explanations and demonstrations are technically correct as appropriate to the children's needs and level of experience and the activity
- P14 communicate with the children in a way that is appropriate to their needs, is fun and motivates them to take part
- P15 give the children the opportunity to ask questions and respond appropriately to their queries
- P16 ensure that the children take part in the session in a safe manner
- P17 keep to the planned timing for the session
- P18 apply an appropriate code of practice during the session for all children

*you must be able to:*

#### **support children to take part in exercise and physical activity**

- P19 give children attention and motivation as appropriate to their needs
- P20 observe children's activity throughout the session
- P21 check regularly for the children's ability to perform the exercises and provide appropriate progressions and regressions accordingly
- P22 use appropriate methods to correct and reinforce technique
- P23 build physical activities gradually as appropriate to the children
- P24 observe and manage children's behaviour throughout the session

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- P25 provide guidance and feedback which is timely, clear and helps children achieve the objectives
- P26 adapt the activities to respond to the changing needs of the children during the session

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### Knowledge and understanding

*You need to know and understand:*

#### **Components of fitness in relation to physical activity for children**

- K1 the barriers and motivations to participation with particular reference to the stages of maturation in children
- K2 the importance of promoting the whole concept of health and fitness to children including: daily exercise, nutrition, wellness, play and overall healthy lifestyle
- K3 guidelines for the amount of physical activity for the health and well-being of children
- K4 the agencies involved in promoting activity for children's health in the UK

*ou need to know and understand:*

#### **Anatomy and physiology**

##### **Bones and joints**

- K5 bone formation with particular emphasis on potential injuries resulting from intense training changes relating to bone density, joint stability, function and posture and potential injuries resulting from intense training
- K6 the implications of growth and development during the various stages of child development
- K7 preventative measures to avoid growth related injuries

##### **Muscular system**

- K8 the benefits of strength gains in children

##### **Cardiovascular system**

- K9 general responses of the cardiovascular system to training in children: heart and lung size, stroke rate, heart rate and breathing
- K10 ways of monitoring levels of exertion in children
- K11 list the benefits of cardiovascular training in children
- K12 the importance of rehydration and body heat regulation in children and how to take account of these

*You need to know and understand:*

#### **Social, emotional and psychological considerations**

- K13 the benefits of children taking part in regular physical activity
- K14 positive ways of promoting these benefits to parents/carers
- K15 the role of the instructor in providing solutions to assist in the promotion of confidence with children
- K16 the motivational factors that may assist younger participants to adhere to physical activity
- K17 the common physical and psychological barriers to physical activity that children may face and how to respond to these
- K18 strategies to build into a session plan to assist motivation

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*You need to know and understand:*

#### **For the whole standard**

- K19 national guidelines for safeguarding children
- K20 the aims of the programme that you are delivering
- K21 the needs and potential of the children involved
- K22 the types of special needs that children may have and how to adapt your plans, yourself and the equipment and facilities to meet these needs
- K23 the purpose and value of warm-up and cool-down
- K24 why children need to understand the purpose and value of warm-up and cool-down
- K25 safe and effective warm-up and cool-down activities for children involved in health related physical activity and exercise
- K26 reasons for temporary deferral of exercise
- K27 how music can enhance a session and the suitability of speed and type of music for the participants and section of the class
- K28 legalities of the use of music
- K29 effective cueing
- K30 a range of basic physical activities that are safe and appropriate for children; safe and effective alignment of exercise positions
- K31 a range of alternative activities for adaptation or progression
- K32 the purpose of physical activities, how to break exercise/movements down to their component parts
- K33 how to develop participant co-ordination by building exercises/movements up gradually
- K34 the importance/ methods of voice projection
- K35 the information that you must give to other people who are involved in the session
- K36 the principles of behaviour management when working with children in the age range 5-15

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### Additional Information

#### Scope/range related to performance criteria

1. **Sessions**
  - 1.1. promote and enhance activity levels
  - 1.2. improve social skills
  - 1.3. personal development
  - 1.4. improve skills and techniques
  - 1.5. provide opportunities for fun and enjoyment
  
2. **Methods**
  - 2.1. changing positions
  - 2.2. asking questions
  - 2.3. making adaptations
  - 2.4. verbal communications
  - 2.5. visual communications

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**Suite** Instructing Exercise and Fitness

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