

Unit Title: **CYPOP4 Promote young children’s physical activity and movement skills**

Level: 3

Credit value: 3

Guided learning hours: 22

Unit accreditation number: M/601/0133

Unit purpose and aim

This unit aims to provide the knowledge, skills and understanding to introduce learners that are working with children in their early years to the importance of physical activity with an emphasis on gross motor and movement skills. The unit aims to develop competence in planning and implementing physical activities and routines and encourages evaluation of the effectiveness of practice. This unit is most suitable for those learners working in early years settings

Learning Outcomes	Assessment Criteria	Exemplification
<p>The learner will:</p> <p>1 Understand the importance of physical activity and the development of movement skills for young children’s development, health and well being</p>	<p>The learner can:</p> <p>1.1 Explain why physical activity is important to the short and long term health and well being of children</p> <p>1.2 Explain the development of movement skills in young children and how these skills affect other aspects of development</p>	<p>Movement skills may include:</p> <ul style="list-style-type: none"> travelling movements; where the child moves from one point to another such as running, jumping, skipping object control, such as throwing, catching and dribbling, which involve objects being sent, received, travelled with balance and co-ordination
<p>2 Be able to prepare and support a safe and challenging environment for young children that encourages physical activity and the development of movement skills</p>	<p>2.1 Prepare the environment and explain how it allows all children to develop, practice and extend their movement skills according to their age, needs and abilities</p>	<p>All Children may include:</p> <ul style="list-style-type: none"> girls and boys disabled children children with specific/additional needs children of different ages including babies

	<p>2.2 Demonstrate in own practice how young children are kept safe when undertaking challenging physical activities</p> <p>2.3 Explain the importance of natural outdoor environments for young children's physical activity and movement skills</p>	
<p>3 Be able to plan and implement physical activities for young children</p>	<p>3.1 Plan opportunities for physical activity for young children</p> <p>3.2 Explain how the plan</p> <ul style="list-style-type: none"> • meets the individual movement skills needs of children • includes activities that promote competence in movement skills • encourages physical play <p>3.3 Demonstrate in own practice how planned physical activities are implemented</p>	
<p>4 Be able to build opportunities for physical activity into everyday routines for young children</p>	<p>4.1 Explain the importance of building physical activity into everyday routines</p> <p>4.2 Demonstrate in own practice how young children are provided with opportunities for physical activity within everyday routines</p>	
<p>5 Be able to evaluate the effectiveness of provision in supporting young children's physical activity and movement skills</p>	<p>5.1 Assess effectiveness of planned provision</p> <ul style="list-style-type: none"> • in supporting physical activity • in supporting confidence and progression in movement skills 	<p>Assessing effectiveness of planned provision may include:</p> <ul style="list-style-type: none"> • observing and assessing children's participation and developmental progress • direct feedback from children on their participation in and enjoyment of activities

	<p>5.2 Identify and record areas for improvement</p> <p>5.3 Reflect on own practice in supporting young children's physical development and movement skills</p>	<ul style="list-style-type: none"> • feedback from parents, colleagues and others
--	---	--

Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment principles.

Assessment decisions for competence based learning outcomes (eg those beginning with 'Be able to') must be made in a real work environment by an occupationally competent assessor. Any knowledge evidence integral to these learning outcomes may be generated outside of the work environment but the final assessment decision must be within the real work environment.

This unit is competence based. This means that it is linked to the candidate's ability to competently perform a range of tasks connected with their work. This unit may be assessed using any method, or combination of methods, which clearly demonstrates that the learning outcomes and assessment criteria have been met. This unit requires workplace assessment of occupational competence.

Competence based assessment must include direct observation as the main source of evidence.

Guidance on assessment and evidence requirements

OCR does not stipulate the mode of delivery for the teaching of the content of this unit. Centres are free to deliver this unit using any mode of delivery that meets the needs of their candidates. Centres should consider the candidates' complete learning experience when designing learning programmes.

Details of relationship between the unit and national occupational standards

This unit has been developed by Skills for Care and Development in Partnership with Awarding Organisations. It provides a key progression route between education and employment (or further study/training leading to employment). It is directly relevant to the needs of employers and relates to national occupational standards developed by Skills for Care and Development.

As such, the unit may provide evidence for the following national occupational standards in the children and young people's workforce developed by Skills for Care and Development:

- CCLD 303: Promote children's development
- CCLD 307: Promote the health and physical development of children

Additional information

For further information regarding administration for this qualification, please refer to the OCR document '*Administrative Guide for Vocational Qualifications*' (A850).

The *OCR Children and Young People's Workforce Centre Handbook* contains important information for anyone delivering, working towards or involved with the Children and Young People's Workforce qualifications, of which this unit forms a part. This can be downloaded from OCR's website www.ocr.org.uk.

This unit is a shared unit. It is located within the subject/sector classification system 01 Health, Public Services and Care and 01.5 Child Development and Well Being.