



Health Related Activity for Children Specialist Module



Summative Assessment Details

There are 3 Assessment sections to be completed at the end of this module. All must be completed successfully in order to pass the overall module

1. Submission of 2 x videos of you teaching a class to 2 different age groups **(2 x 30%)**
2. An on-line Theory assessment **(30%)**
3. Work Experience Report **(10%)**

1. **Summative Practical Assessment Videos** (Weighting 2 x 30%)

- a) 2 x 20 min segments suitable for two different age groups.
 - i. You have a choice to choose to teach to any two of the age groups
 - a. 4-6 year olds
 - b. 7-9 year olds
 - c. 10-12 year olds
- b) Video Activity Session breakdown for each segment :
 - i. 5 minutes warm up
 - ii. 12 minutes high action phase/main activity (CV + LME)
 - iii. 3 minute cool down and stretch

Participants: A minimum of 4 participants is required in each class. The children chosen should be within the correct age group for the groups you have chosen. COVID 19 restrictions on 2m spacing should apply and it is preferable for the sessions to take place outdoors if possible or in a well ventilated large indoor area

The class may be located in the garden, sportsfield, sportshall or at another safe venue.

2. **On-Line Theory Assessment 1 hour: 40%**

Section A: 20 MCQ questions, 20 minutes duration **10%**

Section B: Mini Case Studies x 2, 40 minutes duration **20%**

Students will be provided with a short scenario relating to children and activities and will be required to answer 2 questions relating to each scenario.

Assessment submission

Your Course Co-Ordinator will be in touch with you closer to the assessment dates with 2 links.

1. One link will be to the on-line On-Line Assessment. You will be given a time span normally 3-4 days in which to complete the assessment.
2. Another link will be to a file request from NCEF Dropbox. You will use this link to upload your videos to NCEF.
3. You will be given a date and time by which the assessments need to be uploaded.

TIP: Don't leave it until the last minute in case you experience difficulties with editing or uploading your videos

First Aid Responder Certificate

All candidates must complete and successfully pass all areas of assessment and hold a current Occupational First Aid /PHECC certificate. Candidates will be required to present evidence that they hold a current Occupational First Aid/PHECC certificate before their results will be presented to the University of Limerick Examination Board.

3. Work Experience Details and Requirements

A: Observation:

Observe 1 Children's Fitness /Activity Sessions or a children's sport coaching session. Write a critical evaluation of each class and submit in your **Work Placement Folder**. Students should include the following information:

- i. Date/Venue
- ii. Time of the class
- iii. Approximate size of the class
- iv. Screening procedures used for the class

Students should reflect and write about each section of the class (Warm up, High Action Phase, Cool down) under the following headings.

- a. Was it effective?
- b. What was the instructor trying to achieve?
- c. What equipment (if any) was used?
- d. Organisation of the group
- e. Teaching and Safety Points
- f. Observation, correction and follow through
- g. Modifications that were given (if necessary) for individual needs

B: Teaching and Self-evaluation

Students will be required to plan, organise and teach 3 Children's Health Related Fitness Classes (20 minute activity sessions). Submit these 3 plans in your Work Placement Folder. Any two of these class plans can be adapted for use as plans for your Video Assessment submissions

(Blank Class Plan Templates are available for download on the E-hub website Lesson plans must be provided for each session to include details of

- Warm up
- Main / High Action Phase (CV + LME)
- Cool down
- **Self-Evaluation Report**
Students will be required to complete a self-evaluation report for **two** of the classes. Please submit in your **Work Placement Folder**. The following information should be included:

Section 1

- I. Date Venue
 - II. Time of class
 - III. Profile (age, number of participants etc)
 - IV. Screening procedures
- Any Changes you might make to the above and why.

Section 2

- I. 3 x Class Plans
- II. Rationale for the type of classes and exercises/activities selected

Section 3

- I. Evaluation of the class including:
 - a. Suitability of the structure, format and equipment used
 - b. Suitability of music (if used)
 - c. Effectiveness of the class
 - d. What changes if any will be made for the next class?

Section 4

- I. Evaluation of personal skills
 - a. Ability to explain teaching and safety points effectively
 - b. Ability to observe and successfully correct
 - c. Ability to adapt and modify for individual needs
 - d. What was good about your teaching skills and what would you need to work on?
 - e. Did you get any feedback and what methods did you use to encourage it?