

1st4sport Level 1 Award for Activators (Inclusive Martial Arts)

Qualification Specification



About Us

Welcome to 1st4sport, established in 2000, 1st4sport Qualifications 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

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

Title:	1st4sport Level 1 Award for Activators (Inclusive Martial Arts)
Qualification Overview:	Prepares learners to facilitate extra-curricular inclusive martial arts activities in educational settings.
Qualification Code:	L1AACTIMA
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:	31/01/2023
Learner Registration Period:	1 year
Qualification Objective:	This qualification qualifies learners to become an activator in inclusive martial arts.
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 inclusive martial arts.

Qualification Progression

The qualification will enable successful learners to progress to a Level 2 Inclusive Martial Arts Coaching Course. 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)

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
Y/508/3955	Activator role	3
R/617/3776	Activate through inclusive martial arts	3

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

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:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 discuss the role	? organisation of activator sessions ? facilitation of activator sessions	
1.2 identify the responsibilities	? role models, codes of conduct and associated boundaries ? duty of care, inclusive, safe practice and safeguarding of participants in line with relevant legislation: ? Health and Safety at Work Act 1977: Safety ? Equality Act 2010: Inclusion ? Children's Act 1989: Safeguarding and DBS ? Data Protection Act: Data security ? the promotion of physical activity opportunities; supporting wellbeing through active and healthy lifestyles (during and after the programme) ? interaction and effective relationship management with volunteers, professionals and participants	

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

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 identify how to organise a session	<ul style="list-style-type: none"> ? nature and type of activities; considering the target audience ? different types of publicity and marketing; considering the target audience ? venue choice and bookings; considering 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	<ul style="list-style-type: none"> ? equipment checks and risk assessment ? registration (secure personal data collection, cash handling and records) ? induction: <ul style="list-style-type: none"> ? safety procedures (responsibilities and liabilities) ? programme aims, rules and identification of participant motives ? warm-up 	
2.3 identify how to facilitate activities during a session	<ul style="list-style-type: none"> ? using activities and games relevant to the type of session and participants; ensuring needs of participants are monitored and met throughout ? dynamic risk assessment 	
2.4 identify how to facilitate activities at the end of a session	<ul style="list-style-type: none"> ? cool down ? end session ? give further information / signpost to other activities 	

Unit Title	Activate through inclusive martial arts
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	R/617/3776
Unit Assessment Method(s)	<ul style="list-style-type: none"> - 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 skills in inclusive martial arts

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 Discuss the meaning of inclusive martial arts	<ul style="list-style-type: none"> • Inclusive martial arts definition • Inclusive martial arts philosophy • Inclusive martial arts principles 	
1.2 Identify activities or games that underpin fundamental martial arts skills	<ul style="list-style-type: none"> • Agility - Tag, Clothes Pegs, Tails, NSEW • Balance - Mat Wars, Max Kicks • Coordination - Chain tag, Moving Mats <p>Hand Techniques Front Punch Reverse Punch Low Block Outside Block Use of punch pads</p> <p>Kicks Front Kick Use of punch pads</p> <p>Escapes Escape 1 Escape 2</p> <p>Locks Wrist Lock 1 Wrist Lock 2</p> <p>Breakfalls Kneeling Side Breakfall Kneeling Back Breakfall</p> <p>Floor Work Floor 1 Floor 2</p>	

Learning Outcome: 2. Understand how to adapt inclusive martial arts activities for different audiences

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 Adapt inclusive martial arts activities to meet the needs of different 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>	

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 1 in coaching teaching, instructing or leading
- OR
- hold a recognised qualification in sport or physical activity
- AND
- 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 1 in coaching teaching, instructing or leading
- OR
- hold a recognised qualification in sport or physical activity
- AND
- 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 inclusive martial arts activities

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

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