

1st4sport Level 1 Award for Activators (Parkour/Freerunning)

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 (Parkour/Freerunning)
Qualification Overview:	Prepares learners to facilitate extra-curricular Parkour activities in educational settings.
Qualification Code:	L1AACTPK
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 Parkour.
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 parkour.

Qualification Progression

The qualification will enable successful learners to progress to a sports-specific coaching qualification. 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
F/615/0946	Activate through parkour	4

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 parkour
Unit Aim	This unit aims to develop the activators ability to plan, facilitate and reflect on activities using a parkour theme.
Unique Unit Number	F/615/0946
Unit Assessment Method(s)	<ul style="list-style-type: none"> - Coursework - Practical Demonstration/Assignment
Assessment Specification	There are no additional assessment requirements.

Learning Outcome: 1. Understand how to facilitate activities that underpin fundamental Parkour/Freerunning skills

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 basic principles of Parkour/Freerunning	? Definition: Art du Deplacement, Parkour, Freerunning ? Philosophy ? Terminology	
1.2 Identify the fundamental Parkour/Freerunning skills	? Jumping ? Quadrapedal (crawling) ? Vaults ? Underbar ? Landing and rolling	
1.3 Identify Parkour/Freerunning skill components	<p>Jumping activities, flow and safety:</p> <ul style="list-style-type: none"> ? Standing jumps ? Precision jumps ? Height jumps ? Clearance jumps ? Running jumps ? Drop jumps <p>Quadrapel activities, flow and safety:</p> <ul style="list-style-type: none"> ? Cat balance ? Monkey walking <p>Vault activities, flow and safety:</p> <ul style="list-style-type: none"> ? Cat-Pass ? Slide Monkey <p>Underbar activities, flow and safety</p> <ul style="list-style-type: none"> ? Rail mounts and agility ? Move through, under and over ? rails and gaps <p>Basic landing and rolling activities, flow and safety:</p> <ul style="list-style-type: none"> ? Basic landing ? Precision landing ? Rolls 	

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.

The recognised centre is required to recruit and deploy approved tutors. The tutors are responsible for the delivery and assessment of the qualification and are required to:

- hold a recognised qualification at Level 2 in coaching Parkour/Freerunning, or
- have attended the Introductory CPD Award in Teaching Parkour/Freerunning
- 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.

The recognised centre is required to recruit and deploy approved assessors. The assessors are responsible for the delivery and assessment of the qualification and are required to:

- hold a recognised qualification at Level 2 in coaching Parkour/Freerunning, or
- have attended the Introductory CPD Award in Teaching Parkour/Freerunning
- 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.

The recognised centre is required to recruit and deploy approved internal quality assurers responsible for the internal quality assurance activities. Internal quality assurers are required to:

- hold a regulated IQA qualification
- or
- hold a recognised qualification at Level 2 in coaching Parkour/Freerunning
 - 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: The recognised centre is required to have one or more delivery sites with facilities to support the programme of training and assessment. All delivery sites must include the following:

- an area suitable in size and of safe construction for a maximum of 16 learners

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must comply with accepted health and safety practice for Parkour/Freerunning and must include:

- 2 x horses
- 1 x large horse
- 12 mats (approx. 2m x 1m)
- 2 x floor beams/fenders
- or a Parkour UK mobile Parkour park.

The recognised centre must ensure that all learners and persons being coached wear appropriate sports apparel.

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

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