

FAIRFIELD HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

BTEC First Diploma in Sport

Unit 1 – Practical Outdoor and Adventurous Activities

Assessment Part 1

Assignment Context

You have just acquired the post of Teaching Assistant at Widnes Water Sports Centre. The role will require an all round understanding of outdoor and adventurous activities (OAA) skills as you will be supporting and developing the techniques of school children who use the facility.

This assignment will allow you to develop a greater appreciation of these performance, observation and leadership skills and prepare you for undertaking the support role as a teaching assistant in the centre. These opportunities will assist you in the developing the necessary skills to eventually gain National Governing Body (NGB) qualifications in a range of OAA activities

PRACTICAL OUTDOOR AND ADVENTUROUS ACTIVITY ASSIGNMENT

Part One

Scenario

You have just acquired the post of Teaching Assistant at Widnes Water Sports Centre. The role will require an understanding of OAA skills as you will be supporting and developing the techniques of School children who use the facility. As part of your induction you will go through a range of OAA to allow your bosses to see your practical potential before you assist in lessons.

Learning Outcomes

Outcome 1 - Be able to demonstrate skills and techniques associated with selected outdoor and adventurous activities.

Outcome 2 - Know about the organisation and provision of OAA.

Tasks:

In your lessons you will participate and reflect on your involvement in two outdoor and adventurous activities. You need to keep a diary of the skills and techniques you are using in each activity. You must also undergo independent research and prepare a short presentation on the two areas of OAA you are working on.

To achieve a PASS grade:

1. In your lessons **demonstrate** the skills and techniques appropriate to two OAA. **(P1)**
2. **Describe** the provision for and organisation of the two OAA you have selected **(P2)**

In order to achieve a Merit Grade, you must: -

Review your performance in each OAA and justify the choice of techniques you have used in each activity. **(M1)**

Undertake a comparison of the organisation and provision of the two OAA you are participating in. **(M2)**

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Practical Outdoor & Adventurous Activities

Assessment Part 2

Scenario

You have just acquired the post of Teaching Assistant at Widnes Water Sports Centre. Part of the new position you have acquired is to review the health and safety considerations employed in the centre. Your bosses have outlined that areas need improving after a spate of recent accidents.

Learning Outcomes

Outcome 3 - Understand health and safety considerations and environmental impacts associated with participation in OAA

Tasks:

Involvement in OAA has inevitable risks. You must review the Health and Safety considerations involved in participation and examine the environmental impact of the activities you are studying. You must present your bosses with a detailed information pack outlining your health and safety findings.

To achieve a PASS grade: -

Produce an information sheet that describes the health and safety considerations associated with the participation of the two selected OAA. **(P3)**

Produce a short presentation for your group that describes the environmental impact associated with participation in the two OAA. **(P4)**

Complete a risk assessment for one of your selected OAA **(P5)**

In order to achieve a Merit Grade, you must: -

Explain the health and safety considerations associated with participation in your two OAA. You must also discuss the precautions and actions you could take or use in relation to these considerations. **(M3)**

Explain the environmental impacts associated with the two OAA. You must also identify the precautions and actions that can be used to reduce them. **(M4)**

In order to achieve a DISTINCTION grade, you must ALSO: -

1. Explain the precautions and actions you could take, or be used in relation to health and safety considerations associated with participation in the two OAA **(D1)**
2. Explain the precautions and actions that can be taken, or used to reduce the environmental impacts associated with participation in two OAA. **(D2)**

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Assessment Part 3

Assignment Context

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Practical Outdoor & Adventurous Activities

Assessment Part 3

Scenario

You have just acquired the post of Teaching Assistant at Salford Water Sports Centre. Prior to working with others in the centre the management must be secure that you have sufficient knowledge and skills to support and advise others, knowing that the wrong information given can lead to unwanted accidents. By reviewing your own performance as a participant it will assist you in advising others on their techniques.

Learning Outcomes

Outcome 4 - Be able to review own performance in OAA

Tasks:

You must undertake a thorough review of your own performance to assist in your progress in both OAAs. Your reflective diary must outline the progress and developments you have made in both OAA areas.

To achieve a PASS grade: -

Undertake a review of your performance in both OAA. Describe your strengths and outline the areas you have recognised for improvement. **(P6)**

In order to achieve a Merit Grade, you must: -

Explain the strengths and areas for improvement you have identified in both OAA.

(M5 Part 1)

Produce an action plan which outlines recommendations on how you will make further developments in the areas identified for improvement. **(M5 Part 2)**

In order to achieve a DISTINCTION grade, you must ALSO: -

Justify the recommendations you have identified in areas for improvement, in your performance in OAA, and describe the specific related activities you will undertake. **(D3)**