

CU1559 Promote Young Children’s Physical Activity and Movement Skills

Aims

The unit is designed to introduce learners working with children in their early years to the importance of physical activity with an emphasis on gross motor and movement skills. It assesses the learners competence in planning and implementing physical activities and routines and encourages evaluation of the effectiveness of practice.

Credit 3

Level 3

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand the importance of physical activity and the development of movement skills for young children’s development, health and well being	1.1 Explain why physical activity is important to the short and long term health and well being of children 1.2 Explain the development of movement skills in young children and how these skills affect other aspects of development
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	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 2.2 Demonstrate in own practice how young children are kept safe when undertaking challenging physical activities 2.3 Explain the importance of natural outdoor environments for young children’s physical activity and movement skills

<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 in:</p> <ul style="list-style-type: none"> ▪ supporting physical activity ▪ supporting confidence and progression in movement skills <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>