

# Permitted adaptations for YMCA Level 2 Certificate in Fitness Instructing – Exercise and Physical Activity for Children (500/8269/3)



## Overview

This document provides guidance on the permitted adaptations for assessment element 9: Final observation of practical teaching within the unit Instructing health related exercise and physical activity to children (T/600/9050). These adaptations are permitted in accordance with Ofqual, CCEA Regulation and Qualification Wales extraordinary regulatory frameworks (2020).

For ease of reference, the table within this document sets out the requirements for each of the assessment elements. This includes permitted adaptations to assessment elements 1 and 3 to allow eProctoring.

## Important information

The arrangements set out in this document may not apply to every learner. Permitted adaptations are optional and where assessment can take place as usual this is also permitted.

Centres must ensure that learners are fully prepared before any assessment takes place. This includes ensuring that both learners and their session participants are always safe and have agreed to the conditions of the adapted assessment. You may need to consider:

- how you will document agreement from the learner
- risk assessments of the assessment environment (including Covid-19 precautions)
- providing learners with additional guidance on remote assessment
- providing learners with an opportunity to practice adaptations before summative assessment
- how you will stop a learner if they are doing something unsafe.

You do not need approval to complete assessment adaptations outlined in this document, but you must seek approval before making any other changes.

In the current circumstances *and where adaption for assessment element 9 is being applied*, we would advise that learners and their participants are co-present with a member of centre staff. This means that we **advise against learners conducting a session with their peers and submitting a video for assessment in the current situation**. However, the independent assessor required in assessment element 9 can join via live video link as permitted in usual circumstances.

If you require any further support, guidance or advice in managing the adaption permitted for assessment element 9 described in the following table please contact us: [awards.quality@ymca.co.uk](mailto:awards.quality@ymca.co.uk)

## Permitted assessment adaptations for YMCA Level 2 Certificate in Fitness Instructing – Exercise and Physical Activity for Children

Unit	Assessment element	Current assessment method	Permitted assessment adaptation
Anatomy and physiology for exercise (H/600/9013)	Assessment element 1: Multiple choice theory paper	Face-to-face invigilation	eProctoring
Health, Safety and Welfare in a Fitness Environment (T/600/9016)	Assessment element 2: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required
Principles of exercise, fitness and health (A/600/9017)	Assessment element 3: Multiple choice theory paper	Face-to-face invigilation	eProctoring
Know how to support clients who take part in exercise and physical activity (M/600/9015)	Assessment element 4: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required
Planning health related exercise and physical activity for children (A/600/9048)	Assessment element 5: Planning worksheet	Learner Assessment Record (LAR)	No adaptation required
	Assessment element 6: Planning physical activity sessions for children	Learner Assessment Record (LAR) Requirement to plan 2 sessions; one session for children aged 5-11 and one session for children aged 12-15.	No adaptation required
Instructing health related exercise and physical activity to children (T/600/9050)	Assessment element 7: Instructing worksheet	Learner Assessment Record (LAR) and supplementary questions	No adaptation required
	Assessment element 8: On-course	Learner Assessment Record (LAR)	No adaptation required

	<p>observation of practical teaching</p>	<p>Requirement to deliver the physical activity session for children planned in assessment element 6 (session plan 1), in a <i>simulated session</i> using a minimum of six peers from the course participating as if they were the chosen age range.</p> <p>The assessor may be the tutor.</p>	
	<p>Assessment element 9: Final observation of practical teaching</p>	<p>Learner Assessment Record (LAR)</p> <p>Requirement to deliver the physical activity session for children planned in assessment element 6 (session plan 2), in a <i>real group of children</i> in the age range planned for session 2.</p> <p>The assessor must be independent (not the tutor).</p>	<p>This may be conducted as a simulated session using a minimum of six peers from the course, participating as if they were the chosen age range. The tutor must manage this simulation by providing individualised “behaviours” cards to each participant and clearly communicating to the learner being assessed the represented ages in the session. The behaviours cards should guide the group participants in the behaviours they should exhibit appropriate to the age of the child they are representing.</p> <p>Where equipment is used, the learner being assessed should inform the assessor after the session how they would take in to account the height and motor skills of children younger than their peers. The assessor is permitted to explore this aspect through limited questioning but should not lead the learner’s answers and, as questioning is not usually permitted, this should be limited only to the adaptation as permitted in this document.</p> <p>The assessor must be independent (not the tutor) – no adaptation to this requirement.</p>