

# Performance Evidence Guidance Form

iUSP145 – Planning health related exercise and physical activity for children

**A total of 3 health related exercises and physical activity for children performance evidence to be carried out and results documented**

To be completed by the lecturer and verified by the external examiner. Please attach a copy of this sheet to the front of each learner's completed treatment evidence form.

**Learner name:** \_\_\_\_\_

**Learner number:** \_\_\_\_\_

**Centre name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

	Please tick box:	Yes	No
Completed Physical Activity Readiness Questionnaire (PARQ) <ul style="list-style-type: none"> <li>Young person's registration form</li> <li>Conditions</li> <li>Parent/guardian declaration</li> </ul>			
Fitness test <ul style="list-style-type: none"> <li>Cardio-respiratory test including heart rate</li> <li>Flexibility test</li> <li>Muscle strength test</li> <li>Muscle endurance</li> </ul>			
Exercise/activity, including: <ul style="list-style-type: none"> <li>Health and safety</li> <li>Reasons for choice</li> <li>Warm up</li> <li>Cool down</li> </ul>			
Adaptation of exercise/activity for changing needs of children, including: <ul style="list-style-type: none"> <li>Change in activity</li> <li>Reason for choice</li> </ul>			
Child's feedback			
Communication skills and appropriate incentives			
Overall conclusion of the exercise session			

Self-reflection at the end of each exercise session		
<b>All performance evidence completed</b>		

**Please note;** each box must be ticked 'Yes' in order to gain a pass grade. If any area is answered 'No' the treatment evidence will be referred until the omitted section is completed.

External examiner name: \_\_\_\_\_

External examiner signature: \_\_\_\_\_ Date: \_\_\_\_\_

Lecturer/assessor name: \_\_\_\_\_

Lecturer/assessor signature: \_\_\_\_\_ Date: \_\_\_\_\_

Learner name: \_\_\_\_\_

Learner signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator