
Marking Criteria

iUSP180 – Instructing health related exercise and physical activity to children

Learners must be able to demonstrate the following:

Appearance – 5 marks (1 mark each)

1. Clean, neat and appropriate work wear with minimal jewellery
2. Appropriate comfortable and clean footwear
3. Hair clean, neat and tied back/up if long
4. No body or breath odour
5. No chewing gum or sucking sweets

Child care – 5 marks (1 mark each)

1. Greeted and introduced self to children
2. Checked the children's level of experience/ability and physical/medical condition
3. Assisted children where appropriate
4. Displayed positive body language at all times
5. Respected children's needs throughout and checked children's comfort

Professional conduct – 5 marks (1 mark each)

1. Demonstrated knowledge of health & safety regulations
2. Registered the children in the correct way
3. Ensured equipment used was sanitised before and after use
4. Ensured equipment used was stacked away appropriately at the end of the session
5. Kept to the planned timing

Core teaching rationale – 5 marks (1 mark each)

1. Demonstrated a variety of correct teaching points
2. Recognised safety aspects
3. Identified and stated muscles used
4. Made adaptations where appropriate
5. Showed progression/regression where appropriate

Exercise/physical activity – 50 marks (see below)

1. Performed the correct warm-up for the appropriate session (8 marks)
2. Explained the exercise/activity simply and precisely (7 marks)
3. Correctly demonstrated the appropriate exercise/activity for the children involved (7 marks)
4. Communicated with the children appropriately (7 marks)
5. Ensured all children performed the exercise/activity correctly (7 marks)
6. Kept the children motivated and interested throughout the exercise/activity (7 marks)
7. Finished the exercise/activity appropriately (7 marks)

Feedback – 10 marks (see below)

1. Gave the children the opportunity to think about the session and ask questions (4 marks)
2. Allowed the children to provide feedback (3 marks)
3. Asked for feedback from adults/carers (3 marks)

Cueing – 5 marks (2.5 marks each)

1. Achieved precise, timely and effective cueing
2. Was precise when counting the time

Use of music – 5 marks (2.5 marks each)

1. Used appropriate music for the exercise/activity
2. Used the correct tempo of music for the exercise/activity

Voice projection – 10 marks (5 marks each)

1. Demonstrated effective use of the voice throughout
2. Was heard and understood by the whole class

Document History

Version	Issue Date	Changes	Role
1	04/02/2020	First Published	Assessment Lead for Sport