Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Practical Sport

Graded Unit Reference Number: GA33SPO17

Ungraded Unit Reference Number: GA33SPO17

Module: Sports and Exercise

Level: 3

Credit Value: 3

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to apply skills, techniques and tactics in an individual sport	1.1 Demonstrate skills techniques and tactics in an individual sport. Individual sports (e.g. tennis, golf, boxing, badminton, dance, squash, swimming, rock climbing/bouldering, athletics, cycling, table tennis)
	1.2 Demonstrate appropriate selection and execution of skills and techniques in an individual sport (e.g suitability, based on opponents)
	1.3 Demonstrate creativity and flair in an individual sport (e.g. a shot through the legs in tennis)
	1.4 Demonstrate the use of tactics and strategies in an individual sport (e.g. attack, defence, counterattack, based on opposition)
	1.5 Demonstrate decision-making in an individual sport (e.g. club selection in golf)
	1.6 Demonstrate the ability to manage/maintain own performance in an individual sport (e.g. conserving energy in early rounds of boxing)

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	1.7 Demonstrate adaptability during performance (e.g. changing tactics to maintain a lead in cycling)
2. Be able to apply skills, techniques and tactics in a team sport	2.1 Demonstrate skills techniques and tactics in a team sport Team sports (e.g. doubles tennis, doubles badminton, doubles squash, football, futsal handball, basketball, volleyball, cricket, netball, hockey, rugby)
	2.2 Demonstrate appropriate selection of skills and techniques in a team sport (e.g. suitable to ability, based on opposing team)
	2.3 Demonstrate creativity and flair in a team sport (e.g. overhead bicycle kick in football)
	2.4 Demonstrate the use of tactics and strategies in a team sport (e.g. attack, defence, counterattack, based on opposition)
	2.5 Demonstrate decision making in a team sport (e.g. pass selection in basketball)
	2.6 Demonstrate awareness of own role within and contribution to the team in a team sport (e.g. who covers which area of the court in doubles tennis)
	2.7 Demonstrate adaptability during performance in a team sport (e.g. changing fielding positions for left or right-handed batters in cricket)
3. Be able to apply skills and knowledge in outdoor and adventurous activities	3.1 Demonstrate skills and knowledge in outdoor and adventurous activities (e.g. hiking, orienteering, canoeing, snowboarding, skiing)
	3.2 Demonstrate skills and knowledge required for participation in outdoor and adventurous activities, i.e. • health and safety appropriate for activity (e.g. warm clothing for snowboarding) • communication skills • use and care of equipment (e.g. using correct carabiners in rock climbing) • emergency procedures (e.g. a first aider being available during potholing) • team working and leadership skills (e.g. different roles in orienteering)

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4.	Be able to officiate in sport and physical activity	4.1 Demonstrate the roles of officials when officiating in sport and physical activity (e.g. referee, umpire, timekeeper)
		4.2 Demonstrate the responsibilities of officials when officiating in sport and physical activity (e.g. uphold rules and regulations, ensure participant safety, scorekeeping, completing match reports)
		4.3 Demonstrate applying rules and regulations relevant to the sport or physical activity when officiating in sport and physical activity i.e. • consistently (e.g. non-biased) • accurately • with confidence (e.g. decisions made with authority) • showing understanding of the activity (e.g. game management, allowing play to develop where possible within rules and regulations)
		4.4 Demonstrate effective communication when officiating in sport and physical activity (e.g. using appropriate signs, signals and terminology)
		4.5 Maintain good positioning when officiating in sport and physical activity (e.g. to ensure view is not obstructed, keep up with play)

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