



National Unit Specification: general information

UNIT Physical Education: Participating in Swimming Pool Activities
(Access 1)

CODE F35P 07

SUMMARY

This Unit is part of a suite of Access 1 Independent level Units. It is one of three Physical Education Units which have been designed to give candidates in a supported learning environment an opportunity to participate in physical activity appropriate to their individual needs. This Unit focuses on activities based in the swimming pool. No prior knowledge or experience of swimming pool activities is required. Candidates should be allowed to use their normal mode of communication while undertaking the Unit.

OUTCOMES

1 Participate in activities based in the swimming pool.

RECOMMENDED ENTRY

Entry is at the discretion of the centre.

CREDIT VALUE

1 credit at Access 1 (6 SCQF credit points at SCQF level 1*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Administrative Information

Superclass: MA

Publication date: February 2008

Source: Scottish Qualifications Authority

Version: 01

© Scottish Qualifications Authority 2008

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this Unit Specification can be purchased from the Scottish Qualifications Authority. Please contact the Customer Contact Centre, telephone 0845 279 1000.

National Unit Specification: general information (cont)

UNIT Physical Education: Participating in Swimming Pool Activities
(Access 1)

CORE SKILLS

There is no automatic certification of Core Skills or Core Skills components in this Unit.

National Unit Specification: statement of standards

UNIT Physical Education: Participating in Swimming Pool Activities (Access 1)

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Participate in activities based in the swimming pool.

Performance Criteria

- (a) Identify the activities to be completed.
- (b) Identify the skills needed to complete the activities.
- (c) Demonstrate these skills while completing the activities.
- (d) Use equipment safely while completing the activities.

EVIDENCE REQUIREMENTS FOR THIS UNIT

Candidates will participate in activities most suited to their individual physical ability.

Candidates must provide evidence relating to:

- ◆ **two** different group activities
- ◆ **two** different group skills for each activity
- ◆ and **one** piece of equipment for each activity

Written and/or oral and or other recorded modes of communication may be used to provide evidence in relation to Performance Criteria (a) and (b). Acceptable forms of candidate evidence may be, for example, oral communication, scribed written communication, or audio or video recording.

Performance evidence will be required in relation to Performance Criteria (c) and (d). This evidence can be recorded, for example, on an observation checklist, or by the use of audio or video recording or photographic evidence.

Each candidate should be allowed to provide evidence by the use of his/her normal mode of communication which may be verbal or non-verbal.

National Unit Specification: support notes

UNIT Physical Education: Participating in Swimming Pool Activities (Access 1)

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

The support notes outline the range of learning and teaching approaches, which are suitable for the diverse needs of different candidates.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours. However, the individual needs of candidates must be taken into account and some will require more than 40 hours to complete the Unit.

GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT

This is a free-standing Access 1 Independent level Unit. The content of the Unit gives candidates the opportunity to identify and participate in a variety of swimming activities and also to identify and demonstrate particular skills or techniques used in these activities. Candidates will also learn how to use equipment safely while participating in these activities.

It is expected that candidates will need some help to identify the swimming activities they should complete as the range of options may be restricted by the candidates capabilities. Despite this, candidates should be encouraged where possible to make their own choices in deciding which activities they will undertake.

The completion of any swimming activity is likely to involve a variety of skills and this Unit provides the chance for two of these skills to be highlighted to the candidate to emphasise his/her ability in some way — this could be a skill involving for example, physical dexterity, touch, strength, balance, control, speed, reflex, etc. It will be important to identify skills that the candidate has shown he/she is comfortable with as the intention is to encourage and build the candidate's confidence in these aspects of the activity.

Candidates who have completed this Unit may wish to study the other two Physical Education Units at Access 1 Independent level:

Physical Education: Participating in Individual Physical Activities (Access 1)

Physical Education: Participating in Group Activities (Access 1)

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Some candidates may need to use modified equipment to enable them to participate in swimming activities. The swimming activities to be completed will be based on the individual candidate's needs and abilities.

The following list provides some examples of possible activities, skills and equipment. The list is not exhaustive and lecturers/teachers should use activities that are appropriate for the candidates they are working with.

National Unit Specification: support notes (cont)

UNIT Physical Education: Participating in Swimming Pool Activities (Access 1)

Possible swimming activities	Possible skills for each activity	Equipment to be used safely
Swimming	Move in water; with or without using aids depending upon individual candidate. Use of Halliwick approach.	Pool, floats, rings, bands.
Water games eg Water Polo/Basketball/Football	Propelling ball/passing ball/ receiving ball/ scoring goal/trying to score goal.	Pool, ball, goals, basketball net.
Leisure Activities eg Flumes, water aerobics, play equipment (inflatables)	Type of equipment determines skills eg sliding, climbing on inflatables, diving.	Pool, flumes, inflatables.

Some activities that are included in this Unit could also apply to the two other Physical Education Units at Access 1 Independent level. However, it is strongly recommended that evidence of achievement from one Unit should not be used as evidence of achievement for any other Unit which covers the same task (for example the same swimming activity should not be used to provide evidence for the Individual Activities Unit and this Unit). Instead, candidates should be given the opportunity to repeat the assessment for the second Unit as this repetition gives them the opportunity to demonstrate the reinforcement and retention of skills.

This is a practical Unit which gives candidates the opportunity to participate in individual and/or group swimming activities within the context of physical education. This Unit allows candidates to develop their skills in swimming activities and to experience the pleasure and enjoyment that can be gained from taking part in physical exercise and sport. Candidates should be given positive encouragement throughout the completion of their activities to improve their confidence and to help them achieve at the highest level of performance they are capable of.

While it is intended that candidates should engage in the total learning experience, it is recognised that some candidates may require to spend longer on certain Performance Criteria. Teachers/lecturers are encouraged to provide a range of enriched experiences, which take account of the needs of the learner and the process of learning. Teachers/lecturers should decide, on the basis of individual candidate needs, where the emphasis of learning should lie and when specific Performance Criteria should be assessed and recorded.

Teachers/lecturers are encouraged to provide a range of enriched experiences, which take account of the needs of the learner and the process of learning.

National Unit Specification: support notes (cont)

UNIT Physical Education: Participating in Swimming Pool Activities (Access 1)

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

Teachers/lecturers should provide adequate opportunities for formative assessment to take place prior to candidates undertaking the required Unit assessment which is recorded for assessment purposes. This Unit can be assessed in several ways depending on the candidate. Candidates can identify the activities and skills in a number of ways: oral communication, identifying pictorially, written communication and/or use of augmentative technology

- ◆ PC (a) Identify the activities to be completed.
Two different activities need to be identified; however, they do not need to be identified at the same time. This can take place on two separate occasions.
- ◆ PC (b) Identify the skills needed to complete the activities.
Two different skills for each activity need to be identified. The identification of two skills for each activity can take place on separate occasions prior to completing the activity.
- ◆ PC (c) Demonstrate these skills while completing the activities.
Several activities can be attempted but only evidence relating to the completion of two different activities must be collected. Evidence should be collected to show that the candidate can demonstrate two skills. An observation checklist can be used to record completion of the activities or alternatively a video recording could be used as evidence. Where a video is made this could be used for candidates to view their performance in the activity and identify skills they might be using.
- ◆ PC (d) Use equipment safely while completing the activities.
The teacher/lecturer should explain to the candidate how and why equipment should be used before the activity is attempted. For example, candidates should not enter the pool until instructed to do so, candidates should only enter the pool when wearing their normal buoyancy aids, candidates should not remove any buoyancy aids while in the pool unless their instructor tells them to do so.

A record of all assessment instruments used and recorded evidence of candidate performance should be retained for verification purposes. Records must be kept of candidate performance. These could be in the form of checklists completed by a responsible person observing the performance or recording the responses to questions. These may also be in the form of, for example, photographs or a video or audio recording of the candidate's response. All evidence must be signed and dated by the teacher/lecturer who assesses the evidence and authenticates it as an accurate record of the work of the named candidate.

National Unit Specification: support notes (cont)

UNIT Physical Education: Participating in Swimming Pool Activities (Access 1)

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by information and communications technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

CANDIDATES WITH DISABILITIES AND/OR ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

National Unit Specification: Assessment Checklist Exemplar

UNIT Physical Education: Participating in Swimming Pool Activities
(Access 1)

Exemplar Assessment Checklist

NOTE: This example is offered as a guide and illustrates an assessment for swimming activities.

Candidate Name: Sheila Sim

Activity: Swimming		
Performance Criteria	Evidence Requirements	Date/signature
PC (a) Identify the activities to be completed.	Sheila stated that she wanted to swim a breadth of the pool wearing her armbands.	22/11/06 <i>B Brown</i>
PC (b) Identify the skills needed to complete the activities.	Sheila stated that in order to swim a breadth, she would have to kick her legs and use her arms.	22/11/06 <i>B Brown</i>
PC (c) Demonstrate these skills while completing the activities.	During the lesson today, Sheila managed to swim a breadth of the pool, stopping only twice on the way.	12/12/06 <i>B Brown</i>
PC (d) Use equipment safely while completing the activities.	Sheila blew up her armbands before putting them onto her arms in the correct position.	12/12/06 <i>B Brown</i>

National Unit Specification: Assessment Checklist Exemplar (cont)

UNIT Physical Education: Participating in Swimming Pool Activities
(Access 1)

Activity: Playing water basketball		
Performance Criteria	Evidence Requirements	Date/signature
PC (a) Identify the activities to be completed.	Sheila said that she wanted to join the game of water basketball the class was playing today.	12/1/07 <i>B Brown</i>
PC (b) Identify the skills needed to complete the activities.	Sheila stated that in order to play she would have to be able to throw the ball at the basket and swim to get the ball.	12/1/07 <i>B Brown</i>
PC (c) Demonstrate these skills while completing the activities.	Sheila participated in the game by swimming around the pool and shooting at the basket when she was close enough.	13/2/07 <i>B Brown</i>
PC (d) Use equipment safely while completing the activities.	Sheila used the steps into and out of the pool safely. Sheila used all equipment safely.	14/3/07 <i>B Brown</i>

The candidate has successfully completed this Unit <i>B Brown</i> 14/3/07

National Unit Specification: Assessment Checklist Exemplar (cont)

UNIT Physical Education: Participating in Swimming Pool Activities
(Access 1)

Blank Exemplar Assessment Checklist

Candidate Name:

Activity:		
Performance Criteria	Evidence Requirements	Date/signature
PC (a) Identify the activities to be completed.		
PC (b) Identify the skills needed to complete the activities.		
PC (c) Demonstrate these skills while completing the activities.		
PC (d) Use equipment safely while completing the activities.		

Activity:		
Performance Criteria	Evidence Requirements	Date/signature
PC (a) Identify the activities to be completed.		
PC (b) Identify the skills needed to complete the activities.		
PC (c) Demonstrate these skills while completing the activities.		
PC (d) Use equipment safely while completing the activities.		

The candidate has successfully completed this Unit

Signature/date