# Unit 1.2 WB: Support healthy lifestyles for children through exercise

**Unit reference**  A/505/9809  
**Unit level**  2  
**Credit value**  1  
**GLH**  8  

## Unit aim

This unit provides the learner with the knowledge, understanding and skills to support healthy lifestyles for children through exercise.

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<tr>
<th>Learner name:</th>
<th>CACHE Centre no:</th>
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## Learning outcomes

**The learner will:**

1. Understand children’s need for exercise.  
2. Be able to support children’s exercise in an indoor and outdoor space.

## Assessment criteria

**The learner can:**

1.1. Outline the benefits of exercise for children.  
1.2. Identify the requirements of current frameworks for:  
   - outdoor access  
   - regular exercise for children.  
1.3. Evaluate national and local initiatives which promote children’s exercise.  
1.4. Describe benefits of working in partnership with parents/carers in relation to supporting children’s exercise.  
2.1. Plan an activity which supports children’s exercise in:  
   - an indoor space  
   - an outdoor space.

## Evidence record

*e.g. page number & method*
## Learning outcomes

The learner will:

## Assessment criteria

The learner can:

### 2.2. Implement an activity which supports children’s exercise in:
- an indoor space
- an outdoor space.

### 2.3. Reflect on an activity which supports children’s exercise in:
- an indoor space
- an outdoor space.

### 2.4. Make recommendations for providing inclusive indoor and outdoor provision for own setting.

## Evidence record

e.g. page number & method

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### Learner declaration of authenticity:

I declare that the work presented for this unit is entirely my own work.

Learner signature: ______________________ Date: __________

### Assessor sign off of completed unit: Unit 1.2 WB

I confirm that the learner has met the requirements for all assessment criteria demonstrating knowledge and skills for this unit.

Assessor name: ______________________ Date: __________

Signature: ______________________ Date: __________

For e-portfolio a signature is not required, providing the learner has a personalised and secure login.
### Additional information about the unit:

| Additional unit assessment requirements provided with the QCF unit | This unit must be assessed in line with the EYE assessment strategy and principles. |

### Guidance for developing assessment arrangements for the unit:

<table>
<thead>
<tr>
<th>Guidance for developing unit assessment arrangements – provided with the QCF unit</th>
<th>National and local initiatives</th>
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<tr>
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<td>Research national initiatives such as Change4life and Play England and how such initiatives promote children’s physical activity.</td>
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<td>Read through the Early Years Foundation Stage requirements with regard to free flow play as well as the National Curriculum requirements for physical activity.</td>
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Assessment Task: Unit 1.2 WB Support healthy lifestyles for children through exercise

Task 1 (assessment criteria 1.1, 1.2, 1.3 and 1.4)

It is important to raise awareness with parents/carers about the value of exercise for children.

Develop a resource which:

- outlines the benefits of exercise for children
- identifies the requirements of current frameworks for outdoor access and regular exercise for children
- describes benefits of working in partnership with parents in relation to supporting children’s exercise
- evaluates national and local initiatives which promote children’s exercise.