

## HSC 2010: Provide support for leisure activities

Unit reference F/601/8026 Level 2

Credit value 3 GLH 20

**Unit aim** This unit is aimed at those working in a wide range of settings. This unit provides the learner with the knowledge and skills required to support and encourage individuals to access, participate in and review their leisure activities.

<b>Learner name:</b>	<b>CACHE Centre no:</b>
<b>CACHE PIN:</b>	<b>ULN:</b>

<b>Learning outcomes</b> The learner will:	<b>Assessment criteria</b> The learner can:	<b>Evidence record</b> e.g. page number & method	<b>Assessor judgement achieved</b> Initial and date
1. Understand the role that leisure activities play in well being.	1.1. Identify different activities that may be regarded as leisure activities.		
	1.2. Explain how participation in leisure activities aids the well being of individuals.		
	1.3. Describe the potential benefits of trying out new leisure activities from time to time.		
2. Be able to support individuals to identify and plan for leisure activities.	2.1. Identify with the <b>individual</b> their recreational needs, preferences and interests.		
	2.2. Agree which new or existing leisure activities are likely to suit the individual's needs, preferences and interests.		
	2.3. Agree with the individual the level and type of support needed for participation in a leisure activity.		

<b>Learning outcomes</b> The learner will:	<b>Assessment criteria</b> The learner can:	<b>Evidence record</b> e.g. page number & method	<b>Assessor judgement achieved</b> Initial and date
	2.4. Work with the individual and others to develop a <b>plan</b> to support participation in a leisure activity.		
3. Be able to encourage and support individuals to participate in leisure activities.	3.1. Support the individual in line with the plan and in a way that promotes <b>active participation</b> .		
	3.2. Provide encouragement and positive reinforcement for the activity.		
	3.3. Adjust support in response to any changes or difficulties encountered.		
	3.4. Describe how and when to access additional information or support about participation in a leisure activity.		
4. Be able to contribute to the review and revision of support for leisure activities.	4.1. Identify with the individual the process for reviewing their leisure activities.		
	4.2. Seek feedback from the individual on the leisure activity and the support provided.		
	4.3. Carry out agreed role in contributing to the review.		
	4.4. Implement agreed changes to the plan.		

**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: HSC 2010**

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

Assessor name:

Signature:

Date:

For e-portfolio a signature is not required, providing the learner has a personalised and secure login.

<b>Additional information about the unit:</b>	
Relationship to occupational standards – provided with the QCF unit	HSC210.
<b>Guidance for developing assessment arrangements for the unit:</b>	
Guidance for developing unit assessment arrangements – provided with the QCF unit	<p>An <b>individual</b> is someone requiring care or support.</p> <p>The <b>plan</b> will include ways to address and minimise risks and overcome difficulties relating to:</p> <ul style="list-style-type: none"> <li>• health and well-being</li> <li>• the environment</li> <li>• equipment and materials used</li> <li>• abilities of individual and others</li> <li>• others involved.</li> </ul> <p><b>Active participation</b> is a way of working that recognises an individual's right to participate in the activities and relationships of everyday life as independently as possible; the individual is regarded as an active partner in their own care or support, rather than a passive recipient.</p>
Additional unit assessment requirements - provided with the QCF unit	<p>This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.</p> <p>Learning outcomes 2, 3 and 4 must be assessed in a real work environment.</p>