

Unit 53: Provide Support for Leisure Activities

Unit code:	HSC 2010
Unit reference number:	F/601/8026
QCF level:	2
Credit value:	3
Guided learning hours:	20

Unit summary

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.

Assessment requirements

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.

Learning outcomes 2, 3 and 4 must be assessed in a real work environment.

Additional information

An **individual** is someone requiring care or support.

The **plan** will include ways to address and minimise risks and overcome difficulties relating to

- health and wellbeing
- the environment
- equipment and materials used
- abilities of individual and others
- others involved.

Active participation 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

Assessment methodology

Learners can enter the types of evidence they are presenting for assessment and the submission date against each assessment criterion. Alternatively, centre documentation should be used to record this information.

Learning outcomes and assessment criteria

Learning outcomes	Assessment criteria	Evidence type	Portfolio reference	Date
1 Understand the role that leisure activities play in wellbeing	<p>1.1 identify different activities that may be regarded as leisure activities</p> <p>1.2 explain how participation in leisure activities aids the wellbeing of individuals</p> <p>1.3 describe the potential benefits of trying out new leisure activities from time to time</p>			
2 Be able to support individuals to identify and plan for leisure activities	<p>2.1 identify with the individual their recreational needs, preferences and interests</p> <p>2.2 agree which new or existing leisure activities are likely to suit the individual's needs, preferences and interests</p> <p>2.3 agree with the individual the level and type of support needed for participation in a leisure activity</p> <p>2.4 work with the individual and others to develop a plan to support participation in a leisure activity</p>			

Learning outcomes	Assessment criteria	Evidence type	Portfolio reference	Date
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 active participation 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 name: _____ Date: _____
 Learner signature: _____ Date: _____
 Assessor signature: _____ Date: _____
 Internal verifier signature: _____ Date: _____
 (if sampled)