

The logo for 'Kfa Youth Moves' features the letters 'Kfa' in a white, cursive font, followed by the words 'Youth Moves' in a bold, yellow, sans-serif font. A registered trademark symbol (®) is located at the end of the word 'Moves'. The entire logo is set against a white background with a blue curved border on the right side.

LEVEL 3 CERTIFICATE IN TEACHING FITNESS THROUGH MOVEMENT AND DANCE TO CHILDREN AND YOUNG PEOPLE

Children love movement classes where they can exercise, be creative and have fun, and this course will provide you with the knowledge and confidence to teach movement and dance to children. It will also provide you with recognised qualification that may lead to a possible new career opportunity.

There will be a new Youth Moves course commencing in October 2010 at Huntingtower Road Primary School, Grantham (close to the A1).

The information given on the following pages will tell you all you need to know to help you embark on the course with confidence and to proceed with clarity of aim and purpose

Minimum entry requirements

Candidates should:

- hold a recognised teaching qualification
- show written original evidence of the teaching qualification to a minimum of NVQ Level 2
- have evidence of recent teaching
- have the minimum levels of literacy and numeracy required to comply with the assessment criteria
- be willing to take an active part in the sessions, many of which will be of a practical nature
- be willing to explore and adopt the Code of Ethics of teachers of movement and dance
- be at least 17 years of age at the time of entry.

NOTE:

Candidates without knowledge or experience of Laban's Analysis of movement will need to attend a 12 hour Laban module prior to starting the course. Further details of this will be provided upon request.

Accreditation of Prior Experience and Learning (APEL)/Accreditation of Prior Achievement (APA) will be available, if potential candidates can demonstrate competence to the standards.

The 'Afa Youth Moves' logo features the word 'Afa' in the same stylized white font as the main logo, followed by 'Youth Moves' in a bold, blue, sans-serif font. The 'Youth' and 'Moves' are stacked vertically. A large, light blue curved graphic element is positioned behind the text, extending from the top right towards the center.

Aims of the qualification

- Promote physical fitness and a positive attitude to health, to children and young people through the practical application of Laban's Analysis of Movement
- Prepare candidates to provide sessions that promote fitness, enjoyment and friendship in a non-competitive atmosphere
- Improve, extend and adapt teaching skills
- Develop self confidence when teaching movement and dance to four to sixteen year olds
- Develop knowledge of the theory and practical application of Laban's Analysis to achieve fitness objectives when working with children and young people
- Encourage creativity in movement, in both the candidate and the sessions they prepare

Learning Outcomes

At the end of the course candidates will be able to:

- select music, accompaniment and diverse creative stimuli to enhance and support lesson objectives
- plan and prepare movement and dance lessons that are safe, effective and develop creativity
- evaluate and review movement and dance lessons
- use a range of teaching methods and teaching skills when presenting a movement and dance session to children and young people
- promote the health benefits of physical activity and healthy lifestyle to children and young people
- summarise the key issues concerning child protection

Duration of the course

- Sixty (60) guided learning hours plus directed study/flexible learning
- A further 12 guided learning hours are required for students without previous experience of Laban's Analysis of Movement

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Units to be covered on the course

The qualification comprises SEVEN mandatory units:

UNIT 01	The understanding of music, accompaniment and diverse creative stimuli
UNIT 02	Planning and preparing to teach movement and dance fitness to children and young people
UNIT 03	Evaluate and review movement and dance fitness sessions for children and young people
UNIT 04	Teach movement and dance fitness sessions to children and young people
UNIT 05	Promoting the benefits of regular physical activity and a healthy lifestyle to children and young people
UNIT 06	Understand developmental anatomy, physiology and child development
UNIT 07	Understand the responsibilities of a teacher of movement and dance fitness

PLUS: for candidates without previous knowledge and experience of Rudolph Laban's work, there is an additional 12 hour module

Assessment procedures

The qualification comprises seven units of study. Competence is assessed both throughout the course (Formative Assessment) and at the end of the course (Summative Assessment).

Formative Assessment – Internal

Regular ongoing formative assessment of student progress by the tutor will ensure that all of the course work is completed before certification. Course work will include both written and practical:

Written:

- pre-course worksheets
- course worksheets:
- Developmental Anatomy & Physiology
- Acquiring Skill
- Child Development
- assignments:
- Healthy Lifestyle and Nutrition

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- Scheme of Work and Progressing Individual Lesson Plans to achieve medium and long term goals
- NSPCC *Keeping Children Safe in Sport*

Practical:

- 5 candidate lesson plans: (One for Key Stage 3; Two for Key Stage 2; Two for Key Stage 1)
- 5 candidate delivery checklists: (One for Key Stage 3; Two for Key Stage 2; Two for Key Stage 1)
- 5 candidate lesson evaluations: (One for Key Stage 3; Two for Key Stage 2; Two for Key Stage 1)

Summative Assessment – Internal

At the end of 60 guided learning hours there will be a practical teaching assessment of:

- a **complete lesson** to a group of either Key Stage 1 children (30 minutes) or Key Stage 2 children (45 minutes) to be decided by the candidate – with a minimum of 8 children
- a 5 minute self evaluation by the candidate
- a 15 minute viva with the assessor

The assessor will be working with very specific observational criteria.

The assessment verifier from QQA may be present

The course tutor will make the necessary arrangements and inform you of the procedures and assessment format

If there are fewer than eight children the assessments will only take place at the tutor/assessor's discretion

Candidates will be informed on the day of the practical assessment result

If re-assessment is recommended, the course tutor will discuss any necessary further training and a subsequent assessment date (when appropriate), will be arranged as soon as possible

Written – External

- 1 hour written theory paper with questions taken from the course work

This is verified by QQA. The results will be posted to the candidate

Candidates must successfully complete all assessments across the seven mandatory units to be awarded the KFA LEVEL 3 CERTIFICATE IN TEACHING FITNESS THROUGH MOVEMENT AND DANCE TO CHILDREN AND YOUNG PEOPLE

Candidates with Special Considerations

Support will be given where possible to candidates with practical assessment requirements.

Appeals procedure

Candidates have the right of appeal against any assessment decision.

Appeal against Formative Assessment:

In the unlikely event of an assessment decision being questioned the following procedure should be implemented:

- The candidate should raise the issue with the assessor concerned and discuss the problem
- If the matter cannot be resolved the candidate and the assessor should complete the Appeals form AP1 – refer to the end of this section
- The completed form should be sent to EMDP/KFAQQA Panel - the candidate should retain copies of AP1 for their own records
- The Verifier will investigate the appeal and communicate the decision to the candidate and assessor within 28 working days of receipt of AP1
- The decision of KFAQQA will be final

Appeal against Summative Assessment

Theory paper:

- Candidates may request a re-mark of their written paper.
- This request should be made in writing to EMDP/KFAQ within 14 days of receipt of their result
- The QQA Panel/Chief Examiner will investigate the appeal.
- QQA will communicate the decision to the candidate within 28 workings of receipt of the candidate appeal.
- The decision of QQA will be final.

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Practical:

If Candidates wish to appeal against their practical assessment result:

- The candidate should send the reason for appeal in writing to EMDP/KFAQ within 14 days of receipt of their result.
- Candidates should give full details of the assessment and include copies of ALL associated paperwork.
- The QQA Panel will investigate the appeal and communicate the decision to the candidate within 28 working days of receipt of the candidate's appeal.
- The decision of KFAQQA will be final.

Quality Assurance

QQA is responsible for appointing a Moderator and Verifier who will sample courses to ensure every candidate is having the same learning experience and is being assessed to the required standards.

After the Course

Once qualified you will be eligible to register as a Teacher with the KFA: This provides:

- Civil Liability Insurance - up to £5 million, including professional indemnity insurance
- Entry to the Register of Exercise Professionals at Advanced Instructor Level 3
- Reduced PPL for playing recorded music in public
- Resources for class members
- Newsletters - local, regional and national
- Access to events run by KFA locally, regionally and nationally
- Regular and ongoing professional development through local, regional and national training sessions
- Opportunities to progress to higher level qualifications
- Opportunities for employment and career development due to the increase in demand for classes in this age group

Please note:

Evidence of continuing professional development including training on disability awareness and first aid (general and pediatric) is a requirement of maintaining registration with the KFA

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Continuing professional development

- CYQ Level 3 Certificate in Advanced Fitness Instructing
- EMDP Certificate in Teaching Fitness through Exercise, Movement and Dance
- KFA Level 3 Certificate in Teaching Fitness through Movement and Dance to Older Adults
- KFA Level 2 Certificate in Teaching Chair Based Movement and Exercise to Older Adults
- OCR Certificate in Teaching Exercise and Fitness
- RNIB/KFA Certificate in Teaching the Visually Impaired
- KFA short course - Use of Small Apparatus
- KFA short course - Advanced Movement Study
- KFA Further Studies Course in Dance and Dance Activities Aligned to the National Curriculum