



Australian Government

**Assessment Requirements for SISFFIT037
Develop and instruct group movement
programs for children**

Release: 1

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Modification History

Supersedes and is not equivalent to SISFFIT012 Instruct movement programs to children aged 5 to 12 years.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- develop and document one movement program for groups of children aged up to 12 years
- develop, document and instruct three group movement sessions, each with a minimum duration of 30 minutes and with at least six participants, that collectively target the following elements of physical literacy with exercises suited to the particular age group:
 - movement skills
 - moving with equipment
 - object manipulation
 - coordination
 - stability and balance
 - flexibility
 - agility
 - strength
 - muscular endurance
 - cardiovascular endurance
 - reaction time
 - speed
- for each of the above sessions:
 - complete participant pre-exercise screening processes using industry standard screening questionnaire and guidelines for children
 - consistently use instructional and communication techniques that are suited to participant age and stage of development
 - consistently engage children through positive feedback and reinforcement of strengths
 - cater to the individual needs of one child participant by modifying activities to suit
- according to actual participant interactions or case studies, evaluate the effectiveness of one children's group movement program, modify program and session content and document details of the evaluation and changes made.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- procedures for maintaining program documentation
- boundaries and responsibilities of fitness instructors in developing movement programs for children and relationship to duty of care
- legal and ethical requirements for fitness instructors specific to working with children:
 - working with children checks
 - obtaining informed consent from parents or guardians
- typical community and commercial contexts for the delivery of children's movement programs and how this may impact program development and delivery
- key considerations for program development and their application to developing children's movement programs:
 - objectives
 - benefits
 - environment requirements:
 - amount and nature of space required
 - acoustics
 - temperature
 - ventilation
 - hygiene and infection control precautions
 - security
 - participant pre-screening requirements
 - communication protocols
 - equipment requirements and use
 - participant to instructor ratio and maximum numbers
 - injury prevention strategies relevant to age group
- key purpose and content of established national guidelines that support the provision of fitness services to children:
 - movement guidelines for the early years, children and young people
 - Australian Physical Literacy Framework (or its successor):
 - guiding principles
 - components of the framework and domains
 - stages of development
 - elements of the physical domain and how they link to stages of development
 - industry standard pre-exercise screening questionnaire and guidelines for young people
 - industry-developed children's health and fitness services guidelines
- overview of the key stages of development and milestones for female and male children up to 12 years, and implications for exercise programming and instruction:

- physical
- social
- emotional
- cognitive
- language
- principles of safe practice when developing and instructing movement programs for children aged up to 12 years related to:
 - growth and maturation
 - coordination development and control
 - stability
 - posture
 - fundamental movement skills
 - aerobic capacity
- types of individual movement activities suited to children aged up to 12 years consistent with the Australian Physical Literacy Framework, and types of suitable equipment
- group instructional techniques and how they would be used with children:
 - optimum positioning of instructor
 - physical formation of group
 - movement breakdown and combination
 - combining explanation and demonstration
 - verbal and visual cueing
 - mirror imaging
- demonstration and instruction techniques appropriate for a range of children's ages and capabilities including cueing that is:
 - verbal
 - visual
 - tactile
 - kinaesthetic
- ways of varying instruction to cater for individual differences within a group
- communication techniques used for:
 - establishing rapport with groups of children
 - voice projection
 - motivating children through positive feedback and focusing on strengths
 - providing clear instruction that recognises stage of cognitive and language development:
 - using age-appropriate language
 - avoiding fitness terminology
 - providing constructive feedback and positive reinforcement
 - checking own understanding and the understanding of children
- key considerations for monitoring groups of young children in a movement session:

- level of supervision
- physical safety of children
- monitoring interactions between individual children
- format and inclusions of documented:
 - movement programs
 - movement session plans
- methods used to evaluate effectiveness of children's movement programs:
 - ongoing informal discussions with children, parents or carers
 - ongoing observation and measurement of improvements in children's physical capabilities
 - reflection on own performance.

Assessment Conditions

Skills can be demonstrated in:

- the workplace, or
- a simulated workplace set up for the purpose of skills assessment.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response.

Assessment must ensure the use of:

- interaction with participants; these can be:
 - children aged up to 12 years in an industry workplace, or
 - children aged up to 12 years who participate in simulated activities used for the purpose of skills assessment, or
 - individuals who role play children during simulated activities
- indoor or outdoor venue suited to the nature of the movement activity sessions
- equipment required for sessions
- industry standard pre-exercise screening questionnaires and guidelines for young people
- parental informed consent forms
- template group movement program and session plans
- procedures for maintaining program documentation.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a Certificate III or IV in Fitness, and have a collective period of at least two years' experience working in fitness instruction, where they have applied the skills and knowledge covered in this unit of competency; the two years' experience can incorporate full and part time experience, or
- be a registered or accredited practising health or exercise professional with a degree and experience relevant to this unit of competency.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>