**Level 2 Sport**

# Sample Assessment task: notes for tutors

## Unit Title: Outdoor and Adventurous Activities

## Unit Code: K/615/8216

This is a scenario-based assignment which gives your learners the opportunity to demonstrate their understanding of different outdoor and adventurous activities, how to safely prepare for them, how OAA are organised and the provision available in the UK.

The assignment is split into five separate tasks: four demonstrating knowledge of OAA and the other demonstrating participating in OAA. The tutor should make sure that the tasks cover all the necessary content.

Across the five tasks, tutors should check that learners have included all the evidence they need to achieve the unit. If a significant aspect has not been addressed, learners should be given an additional opportunity to cover this aspect, e.g. through a short question and answer session or additional time to gather more detailed practical evidence of them performing in OAA.

If you choose to use this sample assignment, you should feel free to adapt the scenario or forms of evidence to make them more relevant to or appropriate for your learners.

Additional tasks are provided to enable learners to achieve Merit and Distinction. These are signposted. The assignments submitted by learners must achieve the learning outcomes and meet the standards specified by the assessment criteria for the unit as outlined below.

To achieve a merit or distinction grade, the learners must demonstrate that they have achieved all the criteria set for these grades. Where work for the pass standard is marginal, assessors can take account of any extension work completed by the learners.

Tutors may remove these additional tasks or make them compulsory depending on the abilities of students.

# Level 2 Outdoor and adventurous activities (OAA)

## Understanding Outdoor and Adventurous Activities

**Background**

You want to be an OAA instructor in the future and you have managed to secure a voluntary placement at an OAA centre over the summer where you will shadow and assist instructors who are teaching OAA to children and adults at various times during the day.

**Learning outcome 1: Know how OAA are organised and provided**

Before starting your placement, the manager wants you to demonstrate your knowledge of how OAA are organised and provided in the UK.

You must produce an informative guide in a format of your choice (for example a map) showing the location of local and national OAA providers in the UK, including activities they provide at them. You must also select two OAA activities and provide detailed information about how each is organised in the UK.

**Learning outcome 2: Know about the health and safety considerations in relation to OAA**

Health and safety is paramount before and whilst teaching OAA to individuals and groups of people. Your manager wants you to produce a poster which shows generic health and safety requirements in OAA. The poster should also detail the specific risks and hazards in a chosen OAA and the ways in which they can be reduced or removed.

**To achieve a merit, you must:**

Use a recognised risk assessment template (such as the college risk assessment template) to carry out a risk assessment of an OAA which may be performed at an OAA centre such as the one that you have secured a voluntary placement in.

**Learning outcome 3: Know about environmental impact in relation to OAA**

As part of your work experience at the centre, the manager has asked you to produce a short presentation on the environmental impact of OAA, the ways centres are built and the ways that centres such as the one that you have a voluntary placement at, has kept these impacts to a minimum.

**To achieve a distinction, you must:**

Give a specific example of an activity at the OAA centre that has been used to minimise negative environmental impact, strategies used and how effective they were.

**Learning outcome 4: Be able to demonstrate skills and techniques associated with OAA**

One of your roles at the centre during the placement will be leading small groups under the supervision of a qualified instructor in different OAA. Before doing this the manager wants to know that you are able to successfully perform the skills and techniques relating to the particular OAA.

Before commencing your placement, the manager wants you to put together a video montage of yourself participating in different OAA. You need to ensure the video montage includes footage of you demonstrating skills and techniques in at least two different types of OAA.

**To achieve a merit, you must include:**

Activities that allow you to show both physical (e.g mountain biking) and mental skills (e.g. orienteering). This evidence needs to be saved and passed to the manager on the first day of the placement.

**Learning outcome 5: Be able to review performance in OAA**

One major responsibility of an OAA instructor is being able to critically assess the performance of self and others in different OAA.

The manager wants you to produce a report outlining your strengths and weaknesses in different OAA and also the strengths and weaknesses of an individual you have instructed, to see if you have the required knowledge to work at the centre in the future. In order to do this, you will need to observe an individual taking part in different OAA activities and record your observations.

**To achieve a merit, you must:**

explain own strengths and weaknesses in detail saying why they are strengths and weaknesses (you should provide evidence to back up your self-assessment).

**To achieve a distinction, you must:**

propose strategies to help improve the weaknesses of yourself and the chosen individual and also detail how these strategies will help to improve performance in the OAA activities in the future.