

Endorsement Criteria 1
Learning Programme.

DAY ONE

<u>TIME</u>	<u>ACTIVITY</u>	<u>DURATION</u>
830	Induction to include: <ul style="list-style-type: none">• Introduction and ice breaker• Overview of course• Overview of course outcomes• Learning needs• Confirmation of learner details	60mins
0930	Definitions and explanations of Movement Literacy (FUNdamentals) Definitions and explanations of Movement Literacy in water (fundamentals)	60 mins
1030	Review of LTAD, Human Body and Reasons for warm up and cool down Delivery of Prepared Aquatic Activities 6a and 6b	45 mins
1115	Break & get changed to go to Pool	15 mins
1130 (Poolside)	– Delivery of Prepared Activities 6c Tutor Demonstration	60 mins
1230	LUNCH	45 mins
1315	Effective Communication 5a, 5b, 5c, 5d, 5e	120 mins
1515	Break & get changed to go to Pool	15 mins
1530 (Poolside)	Practicing Delivery from Prepared Activity Cards Focussing on Effective Communication 5f and 5d	60 mins
1630	Review and Feedback on the Day	30 mins
1700	Home	

NOTES:

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DAY TWO

<u>TIME</u>	<u>ACTIVITY</u>	<u>DURATION</u>
0830	Arrival, Recap Day One on Pool Deck	10 mins
0840	Health & Safety in the Coaching and Teaching Environment. 4a, 4b, 4c	90 mins
1010	Break and change for poolside	20 mins
1030 (Poolside)	Poolside Session focus on Health and Safety in the coaching and teaching environment. Delivering FUNDamentals. Candidate to Review Risk Assessment on Pool deck 4d	90 mins
1200	LUNCH	45 mins
1245	Review and Feedback Task 4d	15 mins
1300	Roles & Responsibilities of the Support Coach/Teacher 3a and 3b	30 mins
1330	Planning and Preparation 2a, 2b, 2c Session Preparation 2d	90 mins
1500	BREAK	15 mins
1515 (Poolside)	Practicing Delivery from Prepared Activity Cards Using Prepared Session from 6d	90 mins
1645	Review and Feedback on the Day	15 mins
1700	HOME	

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DAY THREE

<u>TIME</u>	<u>ACTIVITY</u>	<u>DURATION</u>
0830	Review & Evaluation 1a, 1b, 1c, 1d	60 mins
0930	Supported planning of Practical Assessment Task	60 mins
1030	Break	15 mins
1045	Review and Revision of Course	60 mins
1145	LUNCH	30 mins
1215	Multiple Choice Exam (recommended 30 questions)	60 mins
1315	Break and Change for the Pool	15 mins
1330(<u>poolside</u>)	Poolside Session 15mins for each candidate Incorporating all aspects of course Incorporating specific FUNdamentals/fundamentals	120 mins
1530	Personal Evaluation One on one with tutor/assessor	90 mins
1700	Home	

NOTES: