

Unit Title: Physical Performance Skills	
Level:	Entry Three
Credit Value:	3
GLH:	30
OCNLR Unit Code:	LC1/E3/LQ/003
Ofqual Unit Reference Number:	F/505/0996

*This unit has 4 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Know about the processes of warming up and relaxation.	1.1. Identify essential health and safety requirements to undertake activity. 1.2. Participate in a warm up activity. 1.3. Participate in a relaxation exercise. 1.4. State the reasons for warming up and relaxation when performing.
2. Be able to use basic improvisation techniques.	2.1. Participate in a simple role-play situation. 2.2. Show basic emotion through non-verbal communication. 2.3. Work with others. 2.4. State how effective the results of improvisation are.
3. Be able to create a short performance.	3.1. Work positively with others. 3.2. Perform to others.
4. Be able to comment on own work.	4.1. State feelings about own performance.



## Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

**P = Prescribed** This assessment method *must* be used to assess all or part of the unit.

**O = Optional** This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam		Role play/simulation	P