Unit 4222-218 Provide support for leisure activities (HSC 2010)

Level: **2**
Credit value: **3**
UAN: **F/601/8026**

Unit aim

This unit is aimed at those working in a wide range of settings. This unit provides the learner with the knowledge and skills required to support and encourage individuals to access, participate in and review their leisure activities.

Learning outcomes

There are **four** learning outcomes to this unit. The learner will:

1. Understand the role that leisure activities play in well being
2. Be able to support individuals to identify and plan for leisure activities
3. Be able to encourage and support individuals to participate in leisure activities
4. Be able to contribute to the review and revision of support for leisure activities

Guided learning hours

It is recommended that **20** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards

This unit is linked to HSC 210.

Support of the unit by a sector or other appropriate body

This unit is endorsed by Skills for Care and Development.

Assessment

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.

Learning outcomes 2, 3 and 4 must be assessed in a real work environment.

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Assessment Criteria

Outcome 1 Understand the role that leisure activities play in well being

The learner can:

1. identify different activities that may be regarded as leisure activities
2. explain how participation in leisure activities aids the well being of individuals
3. describe the potential benefits of trying out new leisure activities from time to time.

Outcome 2 Be able to support individuals to identify and plan for leisure activities

The learner can:

1. identify with the individual their recreational needs, preferences and interests
2. agree which new or existing leisure activities are likely to suit the individual's needs, preferences and interests
3. agree with the individual the level and type of support needed for participation in a leisure activity
4. work with the individual and others to develop a plan to support participation in a leisure activity.

Outcome 3 Be able to encourage and support individuals to participate in leisure activities

The learner can:

1. support the individual in line with the plan and in a way that promotes active participation
2. provide encouragement and positive reinforcement for the activity
3. adjust support in response to any changes or difficulties encountered
4. describe how and when to access additional information or support about participation in a leisure activity.

Outcome 4 Be able to contribute to the review and revision of support for leisure activities

The learner can:

1. identify with the individual the process for reviewing their leisure activities
2. seek feedback from the individual on the leisure activity and the support provided
3. carry out agreed role in contributing to the review
4. implement agreed changes to the plan.

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Additional guidance

- An **individual** is someone requiring care or support.
- The **plan** will include ways to address and minimise risks and overcome difficulties relating to
  - Health and well-being
  - The environment
  - Equipment and materials used
  - Abilities of individual and others
  - Others involved.
- **Active participation** is a way of working that recognises an individual's right to participate in the activities and relationships of everyday life as independently as possible; the individual is regarded as an active partner in their own care or support, rather than a passive recipient.