



Focus Awards Level 3 Certificate in
Teaching Yoga to children aged 5-16 (RQF)

603/3525/7

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Qualification Summary

Level	Sector	Qualification Type
3	Sports, Leisure and Recreation	Occupational Qualification
Total Qualification Time	Credit Value	Guided Learning Hours
288	29	197
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	16



Focus Awards Level 3 Certificate in Teaching Yoga to children aged 5-16 (RQF)

QRN: 603/3525

GLH: 197

TQT: 288

Credit: 29

Qualification Purpose:

The Focus Awards Level 3 Certificate in Teaching Yoga to Children Aged 5-16 (RQF) is aimed at those learners who are experienced in Yoga and are keen to gain a better understanding of the principles that underpin Yoga for children aged 5 -16.

The Focus Awards Level 3 Certificate in Teaching Yoga to Children Aged 5-16 (RQF) will provide learners with the skills, knowledge and experience necessary to teach a range of yoga postures, breathing and mindful methods to groups of children aged 5 – 16.

The purpose of the Level 3 Certificate in Teaching Yoga to Children Aged 5-16 (RQF) is to equip established yoga practitioners with an understanding of the philosophy of yoga which underpins postures; to give them the skills to plan a group practice and to review and adapt this for different age ranges; to equip them with a range of breathing and relaxation techniques to apply in their teaching. To understand the abilities of children aged 5-16 and create specific yoga classes for each age range. To empower children aged 5-16 to understand methods for coping, de-stressing and advancing their fitness.

Age Range

Entry is at the discretion of the centre. However, learners should be aged 16 to undertake this qualification.

Geographical Coverage

This qualification is available in England.

Learner Entry Requirements:

A learner must have previously completed a Level 2 Certificate in Fitness Instructing qualification, other than this Focus Awards do not set any other entry requirements for the qualification; however, other requirements may be required by the centre.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'. A copy is available for download from the Focus Awards website at the following url: <https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

Assessment Methods

This qualification is Internally Assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- Assessor observation
- Witness testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Progression Routes

Learners seeking progress from this qualification can advance their skills further through the following:

- Focus Awards Level 4 Diploma in Teaching Yoga (RQF)

Supporting Material and Useful Websites

- <https://focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Understand key health and safety protocols when working with children	K/617/1838	3	3	20
Understanding an overview of Yoga	A/617/1827	3	4	30
Preparing to deliver a yoga session for children aged 5 – 16	A/617/1830	3	7	47
Developing a range of asana to meet the needs of mixed ability children aged 5 - 16	M/617/1842	3	7	45
Plan and teach a yoga session for all age groups	J/617/1832	3	8	55

Staff Requirements

Requirements for Tutors/Instructors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for Assessors

Assessors will be required to hold, or be working towards a relevant assessing qualification. This includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment
- Level 3 Award in Assessing Vocationally-Related Achievement
- Level 3 Certificate in Assessing Vocational Achievement

Focus Awards will however; consider other relevant assessing qualifications upon submission.

Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor.

Assessors must also be able to show they are occupationally competent within the sector area

Requirements for Internal Quality Assurers (IQA)

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.