



Level 4 Qualification in Supporting Pupils' Wellbeing Through Physical Education

The Association for Physical Education (afPE) and SLQ Sports Leaders (SLQ) strongly believe that those teaching physical education are key to supporting the emotional wellbeing of our pupils through the curriculum. Its importance is a high priority; therefore we have developed a qualification that will increase the knowledge and understanding of the workforce at such a critical time.

Now, more than ever, we must place physical education, sport and physical activity at the heart of school life to ensure that all children and young people have access to a high quality offer that supports their physical health and emotional wellbeing. This, in turn, will result in a positive impact on their social and cognitive development. This online, accredited professional learning opportunity is not only timely, it will also support the profession to be a proactive part of the solution, which is to support all children and young people to achieve the best outcomes, in and beyond school.

“Physical health and mental wellbeing are interlinked, and it is important that pupils understand that good physical health contributes to good mental wellbeing, and vice versa.” - Department for Education (2020)

Written by:



Accredited by:



Key Outcomes

By undertaking the qualification, delegates will be able to:

- Explain the importance of emotional and social wellbeing to pupils' education and wider development
- Recognise current challenges to pupils' emotional and social wellbeing
- Advocate the role of physical education in promoting pupils' emotional and social wellbeing
- Plan, implement and evaluate physical education approaches that:
 - support pupils' emotional and social wellbeing within their own practice
 - enable pupils to take care of their own emotional and social wellbeing
 - assist colleagues to support pupils' emotional and social wellbeing in physical education
- Contribute to the promotion of pupils' emotional and social wellbeing across the school

Content of the Qualification

The qualification consists of the following 4 units and has a total qualification time of 30 hours:

Units All units are mandatory	Guided learning (tutor time)		
	Directed study		
	Total qualification time (TQT)		
Unit 1 – Understanding how physical education can impact on pupils' emotional and social wellbeing	4	3	7
Unit 2 – Implementing an emotional and social wellbeing-based approach to physical education	2	7	9
Unit 3 – Empowering pupils to take care of their own emotional and social wellbeing	2	6	8
Unit 4 – Drawing on physical education to influence the whole school to promote pupils' emotional and social wellbeing	2	4	6
	10	20	30

Delegates can be Primary or Secondary and **MUST** have Qualified Teacher Status (QTS) to undertake the Qualification

Cost

The recommended price per delegate to undertake the qualification is £350.

Become a Professional Learning Centre

If you would like to receive further information on how to become an approved Professional Learning Centre to deliver this qualification, please email: contact@sportsleaders.org

Register for more information

If you are interested in undertaking this qualification via one of SLQ Sports Leaders approved Professional Learning Centres, please visit www.sportsleaders.org/afPE-l4 and complete the form.