



# Care and Nurturing

## Assessment 5 of 5

### Project

CHCECE031 Support children's health, safety and wellbeing

CHCECE032 Nurture babies and toddlers

### Assessor Guide



## Assessment Instructions

### Task overview

For this assessment you need to create an information sheet as described in Task 1. Read each criterion carefully before completing the task.

### Additional resources

To complete this assessment, you will need to access:

- National Physical Activity and Sedentary Behaviour Guidelines for Australians
- Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)



## Assessment Information

### Submission

You are entitled to three (3) attempts to complete this assessment satisfactorily. Incomplete assessments will not be marked and will count as one of your three attempts.

All questions must be responded to correctly to be assessed as satisfactory for this assessment.

Answers must be typed into the space provided and submitted electronically via the LMS. Hand-written assessments will not be accepted unless previously arranged with your assessor.

### Reasonable adjustment

Students may request a reasonable adjustment for assessment tasks.

Reasonable adjustment usually involves varying:

- the processes for conducting the assessment (e.g. allowing additional time)
- the evidence gathering techniques (e.g. oral rather than written questioning, use of a scribe, modifications to equipment)

However, the evidence collected must allow the student to demonstrate all requirements of the unit.

Refer to the Student Handbook or contact your Trainer for further information.



Please consider the environment before printing this assessment.

## Task 1

For this assessment task you need to design and create an information sheet about the importance of physical activity that could be either emailed out to the families or displayed in the service. You can create the information sheet digitally, using Microsoft Word or any other software of your choice, or you can create it manually, on an A3 or A4 paper.

You will need to scan it (if created manually) and save it with the following naming convention:  
*CHCECE031\_CHCECE032\_Project\_Information sheet\_Student name\_yymmdd.*

For this assessment you will need to submit the assessment document and the information sheet.

Your information sheet will need to cover the following topics:

- a) the importance of adequate and appropriate physical activity for children aged 0-5
- b) recommendations for physical activity for children by the National Physical Activity and Sedentary Behaviour Guidelines for Australians and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)
  - appropriate activities for the following age-groups:
    - children birth to 1 year
    - children 1 to 2 years
    - children 3 to 5 years
    - children 5-12 years
- c) the importance of adequate rest and sleep for children:
  - children birth to 1 year
  - children 1 to 2 years
  - children 3 to 5 years
- d) recommendations of restful play activities for children who do not sleep in the afternoon
- e) environments that promote rest and sleep for children

The following information sheet checklist will be completed by the assessor to ensure you have covered all the requirements:

### Assessor instructions:

Students must design and create a parent information sheet either digitally, using Microsoft Word or any other software (such as Canva, PowerPoint, etc.) or manually on an A3 or A4 paper.

Student will need to scan the information sheet (if applicable) and save it using the given naming convention. Assessor must complete the following checklist to ensure all topics were covered and student met the assessment requirements. Assessor must make comments for each criteria to provide constructive feedback for the student.

Sample answers are provided for guidance.

Information sheet checklist <i>To be completed by the assessor</i>		
Student's information sheet briefly covered the following topics:	Was topic covered? [Yes / No]	Comments
a) The importance of adequate and appropriate physical activity for children aged 0-5	<input type="checkbox"/> Yes <input type="checkbox"/> No	Sample answer:

		<p>A proper balance of physical activity, sedentary behaviour and sleep is integral to healthy growth and development.</p> <p>Physical activities support many aspects of a child's development:</p> <ul style="list-style-type: none"> <li>• Cardiorespiratory and musculoskeletal fitness</li> <li>• Cognitive development</li> <li>• Psychosocial health and emotional regulation</li> <li>• Motor development</li> <li>• Body composition</li> <li>• Quality of life</li> </ul>
<p>b) Recommendations for physical activity for:</p> <ul style="list-style-type: none"> <li>➤ children birth to 1 year</li> <li>➤ children 1 to 2 years</li> <li>➤ children 3 to 5 years</li> <li>➤ children 5-12 years</li> </ul>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p>Sample answer: It's important that parents and carers support and encourage children to be active, to help them be healthier, happier, smarter and stronger.</p> <p><b>Birth to 1 year:</b> The child should engage in a variety of movements, such as floor-based play, crawling, pulling up and furniture surfing, at least twice a day. For babies not yet mobile, ensure they have 30 mins of tummy time, which includes reaching, grasping, pushing and pulling, each day.</p> <p><b>1 to 2 years:</b> The child should spend at least 180 mins a day doing a variety of activities, including energetic play, such as dancing, walking or running. More is better! Activities can include practising balancing, climbing, kicking, catching, throwing or rolling.</p> <p><b>3 to 5 years:</b> The child should spend at least 180 mins a day doing a variety of physical activities, including 60 minutes of energetic play. More is better!</p> <p>Activities should be more complex, such as obstacle courses, riding bikes and running, to practice and extend skills, such as balance, coordination, muscle strength, manipulation and agility.</p> <p><b>5-12 years:</b> At least 1 hour of moderate to vigorous activity involving mainly aerobic activities per day. Vigorous activities should be incorporated at least 3 days per week. Activities don't have to be organised or formal, and can include:</p> <ul style="list-style-type: none"> <li>• football</li> <li>• basketball</li> </ul>

		<ul style="list-style-type: none"> <li>• netball</li> <li>• bike riding</li> <li>• scooter riding</li> <li>• swimming</li> <li>• running</li> <li>• swinging on monkey bars</li> <li>• push-ups</li> <li>• dancing.</li> </ul>
<p>c) The importance of adequate rest and sleep for children:</p> <ul style="list-style-type: none"> <li>• children birth to 1 year</li> <li>• children 1 to 2 years</li> <li>• children 3 to 5 years</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>Sample answer:</p> <p>Children who regularly get an adequate amount of sleep have improved attention, behaviour, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.</p> <p><b>Birth to 1 year:</b> 14–17 hours (for those aged birth to three months) and 12–16 hours (for those aged four to eleven months) of good quality sleep, including naps</p> <p><b>1 to 2 years:</b> 11–14 hours of good quality sleep, including naps, with consistent sleep and wake-up times</p> <p><b>3-5 years:</b> Three to five (3-5) years</p>
<p>d) Recommendations of appropriate restful play activities for children who do not sleep in the afternoon</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>Quality sedentary activities include story time, singing, reading and working on puzzles. Screentime is not considered quality sedentary activity.</p>
<p>e) Environments that promote rest and sleep for children</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>Create a relaxing environment for sleeping children by playing relaxation music, reading stories, cultural reflection; turning off lights and ensuring children are comfortably clothed. The environment is tranquil and calm for both Educators and children. Sit near children encouraging them to relax and listen to music.</p>
<p>Is the information sheet presented in a concise and professional manner, suitable for families?</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>Information sheet must be presented in a concise and professional manner, suitable for families.</p>

### Assessment checklist:

Students must have completed all tasks within this assessment before submitting. This includes:

Created an information sheet (digitally or manually) that covers all requirements and submitted with the assessment document.	<input type="checkbox"/>
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**Congratulations you have reached the end of Assessment 5!**

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