

**NCFE CQ**

**Level 2**

**Wilderness Skills Range Techniques**

**Learning Outcomes**

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## Level 2 - Wilderness Skills Range Techniques – Learning Outcomes

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### Unit 1      Legalities, HSE considerations & responsibilities

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#### Learning Outcomes:

#### **The Learner will:**

Understand the Legalities, HSE considerations and Responsibilities associated with the sporting practice covered in this course.

#### **The Learner will**

##### 1.1

- a. Recognise the key legalities of owning, transporting & using the equipment on this course:
  - a) Prevention of Crime Act 1953
  - b) Restriction of Offensive Weapons 1959
  - c) Criminal Justice Act 1988 – Section 139
  - d) Offensive Weapons Act 1996
  - e) Knives Act 1997
  - f) Violent Crimes Reduction Act 2006
  - g) The 'THIS' List
  - h) Workplace (Health, Safety and Welfare) Regulations 1992 - Approved Codes of Practice & Guidance
  - i) Moral responsibility
- b. Evaluate the risks associated with the equipment used.
- c. Discuss the moral obligations with promoting the safe and responsible sporting practice within the confines of the UK law.

## The Learner can

### 1.2

- a. Identify key legalities associated with owning, transporting & using the equipment in this course.
- b. Suggest suitable PPE equipment, that may be used to mitigate the identified risks.
- c. Explain the moral obligation in ensuring the sport is promoted safely and responsibly, within the confines of the UK law.

## Range (explanation)

This unit works on a lecture then question and answer format. The outcome must ensure that the learner is aware of the importance of acting responsibly, safely and when using for sport or transporting the equipment, within the law as applicable in the UK.

## Internal Assessment Guidance – Unit 1

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
1.2a	Q/A and D	
1.2b	Q/A and D	
1.2c	Q/A and D	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

**Learning Outcomes:**

**The Learner will:**

Understand & demonstrate the fundamental mechanics, skills & appropriate refinements to develop basic throwing skills with Angel Axes using the full rotation technique.

**The Learner will**

2.1

- a. Understand the mechanics required for a successful stick in the target, using a basic full rotation technique.
- b. Develop the necessary skills to apply the basic full rotation technique with an angel axe.
- c. Compare corrective methods to improve their technique with an angel axe.

**The Learner can**

2.2

- a. Explain the mechanical influences on a basic full rotational throw.
- b. Demonstrate consistent sticks in a target with an angel axe.
- c. Identify safe adjustments to their techniques to improve performance effectively with an angel axe.

**Range (explanation)**

This unit is designed to provide the learner with the required understanding of the basic technique needed to safely use a rotational throw with a training angel axe from set distances.

## Internal Assessment Guidance – Unit 2

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
2.2a	Q/A and D	
2.2b	PD and D	
2.2c	Q/A and D	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

**Learning Outcomes:****The Learner will:**

Understand the mechanics, skills & appropriate refinements to develop more advanced throwing skills with purpose built throwing knives using the full rotation technique.

**The Learner will**

## 3.1

- a. Understand the mechanics required for a successful stick in the target, using the full rotation technique with a throwing knife.
- b. Develop the necessary skills to safely apply the full rotation technique with a throwing knife.
- c. Explore methods to improve their technique with throwing knives.
- d. Understand the associated risks with throwing knives.

**The Learner can**

## 3.2

- a. Explain the mechanical influences on a full rotational throw with a throwing knife.
- b. Demonstrate consistent sticks in a target with a throwing knife.
- c. Identify safe adjustments to their technique to improve performance effectively.
- d. Explain the risks associated with full rotational knife throws.

**Range (explanation)**

This unit requires the learner to demonstrate and explain how to effectively and safely use the full rotation technique to successfully stick a knife in a purpose made wooden target from set distances.

### Internal Assessment Guidance – Unit 3

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
3.2a	Q/A and D	
3.2b	Q/A and PD	
3.2c	Q/A and PD	
3.2d	Q/A and D	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

**Learning Outcomes:****The Learner will:**

Be able to demonstrate the mechanics, skills & appropriate refinements to develop more advanced throwing skills with purpose built throwing knives using the half rotation technique.

**The Learner will**

## 4.1

- a. Understand the associated risks with adding a half rotation with throwing knives.
- b. Adapt their technique to account for distance adjustments for added half rotations.
- c. Apply the proper grips for half rotation knife throws.
- d. Explore methods to improve their technique with throwing knives.

**The Learner can**

## 4.2

- a. Explain the risks associated with half rotational knife throws.
- b. Identify the correct distances for added half rotations for knife throws.
- c. Demonstrate the proper grips for this technique using throwing knives.
- d. Identify safe adjustments to improve performance effectively with throwing knives.

**Range (explanation)**

This unit requires the learner to demonstrate and explain how to effectively and safely apply the half rotation variation of rotational throwing to successfully stick a knife in a purpose made wooden target from set distances.

## Internal Assessment Guidance – Unit 4

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
4.2a	Q/A and D	
4.2b	Q/A and PD	
4.2c	Q/A and PD	
4.2d	Q/A and PD	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

### Learning Outcomes:

#### **The Learner will:**

Be able to demonstrate an understanding of the fundamental mechanics, skills & appropriate refinements to develop this advanced throwing no spin technique with a finger guide, using purpose built throwing knives.

#### **The Learner will**

##### 5.1

- a. Understand the mechanics required when using the advanced no spin finger technique with a throwing knife.
- b. Develop the necessary skills to apply the no spin finger technique with a throwing knife.
- c. Explore methods to improve their technique with throwing knives.
- d. Understand the associated risks with this technique.

#### **The Learner can**

##### 5.2

- a. Explain the differences in mechanical influence between rotational and no spin techniques.
- b. Demonstrate consistent sticks in a target with a throwing knife using no spin finger technique.
- c. Identify effective adjustments to their techniques to improve consistency.
- d. Explain the risks associated with no spin throws.

#### **Range (explanation)**

This unit requires the learner to demonstrate and explain how to effectively apply the advanced finger guided no spin throwing technique to safely & successfully stick a knife in a purpose made wooden target from dynamic distances.

## Internal Assessment Guidance – Unit 5

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
5.2a	Q/A and D	
5.2b	Q/A and PD	
5.2c	Q/A and PD	
5.2d	Q/A and D	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

**Learning Outcomes:****The Learner will:**

Be able to demonstrate an understanding of the fundamental mechanics, skills & appropriate refinements to develop this advanced throwing no spin technique with a thumb guide, using purpose built throwing knives.

**The Learner will**

## 6.1

- a. Understand the mechanics required when using the no spin thumb technique with a throwing knife.
- b. Develop the necessary skills to apply the no spin thumb technique with a throwing knife.
- c. Explore methods to improve their technique with throwing knives.
- d. Understand the associated risks with this technique.

**The Learner can**

## 6.2

- a. Explain the differences in mechanical influence between finger guided and thumb guided no spin techniques.
- b. Demonstrate consistent sticks in a target with a throwing knife.
- c. Identify effective adjustments to their techniques to improve consistency.
- d. Explain the risks associated with no spin throws.

**Range (explanation)**

This unit requires the learner to demonstrate and explain how to effectively apply the advanced thumb guided no spin throwing technique to safely & successfully stick a purpose built throwing knife in a purpose made wooden target from dynamic distances.

## Internal Assessment Guidance – Unit 6

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
6.2a	Q/A and D	
6.2b	Q/A and PD	
6.2c	Q/A and PD	
6.2d	Q/A and D	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

**Learning Outcomes:****The Learner will:**

Be able to demonstrate an understanding of the fundamental mechanics, skills & appropriate refinements to develop this advanced throwing no spin technique with a palm guide, using purpose built throwing knives.

**The Learner will**

## 7.1

- a. Understand the mechanics required when using the no spin palm technique with a throwing knife.
- b. Develop the necessary skills to apply the no spin palm technique with a throwing knife.
- c. Explore methods to improve their technique with throwing knives.
- d. Understand the associated risks with this technique.

**The Learner can**

## 7.2

- a. Explain the differences in mechanical influence between the no spin techniques.
- b. Demonstrate consistent sticks in a target with a throwing knife.
- c. Identify effective adjustments to their techniques to improve consistency.
- d. Explain the risks associated with no spin throws

**Range (explanation)**

This unit requires the learner to demonstrate and explain how to effectively apply the advanced palm guided no spin throwing technique to safely & successfully stick a purpose built throwing knife in a purpose made wooden target from dynamic distances.

## Internal Assessment Guidance – Unit 7

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
7.2a	Q/A and D	
7.2b	Q/A and PD	
7.2c	Q/A and PD	
7.2d	Q/A and D	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

### Learning Outcomes:

#### **The Learner will:**

Understand the mechanics, skills & appropriate refinements to develop more advanced throwing skills with purpose built throwing axes using the full rotation technique.

#### **The Learner will**

##### 8.1

- a. Understand the mechanics required for a successful stick in the target, using the full rotation technique with an axe.
- b. Develop the necessary skills to apply the full rotation technique with an axe.
- c. Explore methods to improve their technique with an axe.
- d. Understand the associated risks with this equipment.

#### **The Learner can**

##### 8.2

- a. Explain the mechanical influences on a full rotational throw with an axe.
- b. Demonstrate consistent sticks in a target with an axe.
- c. Identify safe adjustments to their techniques to improve performance effectively.
- d. Explain the risks associated with full rotational axe throws.

#### **Range (explanation)**

This unit requires the learner to demonstrate and explain how to effectively and safely apply the half rotation variation of rotational throwing to successfully stick a throwing axe in a purpose made wooden target from set distances.

## Internal Assessment Guidance – Unit 8

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
8.2a	Q/A and D	
8.2b	Q/A and PD	
8.2c	Q/A and PD	
8.2d	Q/A and D	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

### Learning Outcomes:

#### **The Learner will:**

Be able to demonstrate the mechanics, skills & appropriate refinements to develop more advanced throwing skills with purpose built throwing axes using the half rotation technique.

#### **The Learner will**

##### 9.1

- a. Understand the associated risks with adding a half rotation with throwing axes.
- b. Adapt their technique to account for distance adjustments for added half rotations.
- c. Apply the proper execution for half rotation axe throws.
- d. Explore methods to improve their technique with throwing axes.

#### **The Learner can**

##### 9.2

- a. Explain the risks associated with half rotational axe throws.
- b. Identify the correct distances for added half rotations for axe throws.
- c. Demonstrate the proper execution for this technique using throwing axes.
- d. Identify safe adjustments to improve performance effectively with throwing axes.

#### **Range (explanation)**

This unit requires the learner to demonstrate and explain how to effectively and safely apply the half rotation variation of rotational throwing to successfully stick a throwing axe in a purpose made wooden target from set distances.

## Internal Assessment Guidance – Unit 9

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
9.2a	Q/A and D	
9.2b	Q/A and PD	
9.2c	Q/A and PD	
9.2d	Q/A and PD	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

**Learning Outcomes:**

**The Learner will:**

Be able to demonstrate how to effectively and safely apply practice drills to improve competency for both static throws and dynamic throws.

**The Learner will**

10.1

- a. Use the drills shown to become more effective.
- b. Apply methods to improve muscle memory.
- c. Explore methods of subtly refining techniques.
- d. Understand the differences between static & dynamic techniques.

**The Learner can**

10.2

- a. Replicate a series of drills.
- b. Demonstrate a progression with skills for each technique.
- c. Identify appropriate technique refinements.
- d. Explain the differences between static & dynamic techniques.

**Range (explanation)**

This unit is designed to ensure the learner is able to safely develop the practical skills required to achieve successful sticks with the techniques in this course.

## Internal Assessment Guidance – Unit 10

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
10.2a	Q/A and PD	
10.2b	Q/A and PD	
10.2c	Q/A and PD	
10.2d	Q/A and D	

Q/A Question and Answer, PD Practical Demonstration, D Discussion

**Learning Outcomes:**

**The Learner will:**

Be able to demonstrate how to effectively repair and maintain the equipment being used.

**The Learner will**

11.1

- a. Select safe and appropriate equipment for use.
- b. Know how to manage breakages or damaged equipment effectively & safely.
- c. Understand how to maintain equipment for use.

**The Learner can**

11.2

- a. Evaluate equipment for safe use.
- b. Work independently to conduct effective repairs on the selected equipment.
- c. Maintain equipment for safe, effective and appropriate use.

**Range (explanation)**

In this unit the learner will apply the knowledge learned to demonstrate a competent level of understanding with how to repair and maintain the equipment being used for safe use.

## Internal Assessment Guidance – Unit 11

Learning Outcome:

Number	Type of evidence	Additional information (if applicable)
11.2a	Q/A and D	
11.2b	Q/A and PD	
11.2c	Q/A and PD	

Q/A Question and Answer, PD Practical Demonstration, D Discussion