

Introduction

Summary

This unit is about the competence you need to reflect on your practice. Reflecting on practice is a tool for self-evaluation and will enable you to develop and learn from assessing your own practice. The unit also includes taking part in continuous professional development and how this has been used to develop your practice.

The unit is divided into parts. The first part gives some examples and explanations of some words we use in the unit (page 2). The second part (pages 3-4) describes the four things you have to do. These are:

PW10.1 Reflect on practice

PW10.2 Take part in continuing professional development

The third part (page 5) describes the knowledge and understanding you must have.

Target Group

This unit is for experienced staff working directly with children and young people in a setting whose main purpose is to provide children and young people with opportunities for freely chosen self-directed play.

This unit is underpinned by the Playwork Principles and staff must be familiar with these and committed to them in their practice.

PW10 Reflect on and develop practice

What We Mean By Some of the Words Used in this unit

Best Practice Benchmarks

A base line therefore minimum standard definition of good practice

Continuing professional development

An ongoing process to support your individual professional development; this could involve going on a course, or observing other members of staff doing things that are new to you, receiving instructions from other members of staff on new things you have to do, having the opportunity to practise new skills, reading playwork theory, relevant research.

Reflect

Think in detail about, to show or express, contemplate, mull something over, ponder, look back on. Write and think about the reasons why ... Make focused connections between your practice and your understanding of theory..

Others

Colleagues and fellow professionals

PW10.1

Reflect on practice

The National Standard

What you must do

To meet the national standard, you must:

- 1 monitor processes, practices and outcomes from your own work
- 2 evaluate your own performance (achievements, strengths and weaknesses) using best practice benchmarks
- 3 reflect on your interactions with others
- 4 share your reflections with others and use their feedback to improve your own evaluation
- 5 use reflection to solve problems
- 6 use reflection to improve practice

What you must cover

From your work you must show you have met the requirements opposite.

PW10.2

Take part in continuing professional development

The National Standard

What you must do

To meet the national standard, you must:

- 1 identify areas in your knowledge, understanding and skills where you could develop further
- 2 develop and negotiate a plan to develop your knowledge, skills and understanding further
- 3 seek out and access opportunities for continuing professional development as part of this plan
- 4 use continuing professional development to improve your practice.

What you must cover

From your work you must show you have met the requirements opposite.

What you must know and understand

To be competent in this unit, you must know and understand the following

For the whole unit:

- K1 How the Playwork Principles specifically relate to this unit
- K2 Why reflection on practice and evaluation of personal effectiveness is important
- K3 How learning through reflection can increase professional, knowledge and skills
- K4 How reflection can enhance and use personal experience to increase confidence and self esteem
- K5 Techniques of reflective analysis:-
 - questioning what, why and how
 - seeking alternatives
 - keeping an open mind
 - viewing from different perspectives
 - thinking about consequences
 - testing ideas through comparing and contrasting
 - asking 'what if....?'
 - synthesising ideas
 - seeking, identifying, and resolving problems
- K6 Reflection as a tool for contrasting what we say we do and what we actually do.
- K7 How to use reflection to challenge existing practice
- K8 The difficulties that may occur as a result of examining beliefs, values, and feelings
- K9 How to assess further areas for development in your skills and knowledge through reflection, feedback and using resources such as the internet, libraries, journals
- K10 How to develop a personal development plan with objectives that are specific, measurable, achievable, realistic and with timescales
- K11 The availability and range of training and development opportunities in the local area and how to access these
- K12 The importance of integrating new information and/or learning in order to meet current best practice, quality schemes or regulatory requirements.