

PANCo FAQs

What is a PANCo?

The Physical Activity and Nutrition Coordinator (PANCo) is a named and qualified member of staff who leads on health and wellbeing and champions best practice within an early years setting.

Why should a setting have a PANCo?

Having a PANCo in the nursery shows your commitment to appointing a well-being champion to lead and support change and improvement.

Is PANCo a qualification?

PANCo is a nationally accredited qualification that gives you full NCFE CACHE Level 4 Award: Promoting Health and Wellbeing through Physical Activity and Nutrition Co-ordination (PANCo) in the Early Years.

What level of qualification is PANCo?

Level 4

Are there any entry requirements for achieving PANCo?

You must be 18+ and ideally hold a full Level 3 early years/childcare qualification or equivalent. As a Level 4 CPD course, sufficient knowledge and experience is also acceptable.

This is a work-based qualification. Learners must be employed in an early years setting, working at a Level 3 or above to complete this qualification. If your employment status changes during the course, you must inform NDNA. Your course may be paused until you return to suitable employment.

Who is the PANCo qualification suitable for?

Early Years professionals, nursery owners, managers and team leaders working in early years settings

How long does it take to complete?

Three months from the date of registration. You must check your welcome email for your estimated end date. You will receive this within 48hrs of registration.

The course is based on 10 weeks of study with an expectation of about three hours per week study. An additional ten hours of workplace activities will be spread over this time. You then have two further weeks to access the course and to complete your portfolio.

How do you achieve PANCo status & what's involved?

NDNA offers a free 'Get up to speed with PANCo' course

<https://ndna.org.uk/panco/#getuptospeed> which assists settings in identifying whether the NCFE CACHE Level 4 training and qualification suits them. It only takes 20 minutes to complete and helps to identify which professionals are most appropriate to undertake the PANCo course. This course is optional however we would recommend taking this course.

<https://ndna.org.uk/panco/#getuptospeed>

Once your registration is complete you will:

- Complete the e-learning covering the underpinning knowledge
- Choose your project proposal
- Implement your project proposal and remember to get everyone involved
- Submit your finished portfolio for assessment.

How can I apply my learning to my work?

- The role of a PANCo involves applying knowledge and skills to lead and support change within the setting, liaising with external Health and Education professionals and providing advice and information for parents and carers.
- PANCos will also be expected to demonstrate leadership and mentoring skills, work collaboratively with others to lead change and ensure best practice and national recommended guidelines are met.
- The course is evidence-based and very practical. You can expect to be applying all that you learn directly into your practice.
- The emphasis of the programme is to put knowledge into context, so you will complete a PANCo Project Portfolio which will document your own health and wellbeing intervention, designed specifically for the Early Years setting where you work.

Is it online?

Yes, the course has been developed so that it is flexible and easily accessed from any device allowing you to work at your own speed, anywhere and in your own time with tutor support.

How much does it cost?

NDNA PANCo + Start Life Well Gold - £200 for NDNA members & £290 for non-members – [join us](#)

How do I get started?

Once purchased, the purchaser will immediately receive an order receipt and the learner will immediately receive communication direct from the Synap learner platform. Please look out for these emails.



Is PANCo suitable for settings in all nations?

The NCFE CACHE Level 4 PANCo Award is currently suitable for ENGLAND settings only

Will I receive a certificate?

Yes, learners will receive a NCFE CACHE: Level 4 Award in Promoting Health and Well-being through Physical Activity and Nutrition Coordination in the Early Years (PANCo) certificate.

The setting will receive the Start Life Well Award (Gold) Certification (valid for 12 months)

Are there any system requirements needed?

You will need Microsoft Word , Adobe Acrobat Reader, and web browsers such as Google Chrome, Apple Safari, or Internet Edge, in order to interact with the course.