

Session Plan – 3/6 Bed Trampoline

Key Stage: 1,2	Activity Aims & Learning Outcomes (suggested content and uses of activity):
Learn how to bounce safely & enjoyably Improved fitness Have fun Encourage and support others	Enjoyment Activity Skills Health & Wellbeing

Suggested session format:

	Duration:	Activity	Resources
Session Preparation:		<ul style="list-style-type: none"> Activity area and equipment pre check as per ADIPS folder equipment checklist. Check group information – any medical needs, special requirements, group size etc. Set up 3/6Bed Trampoline ensuring your own safety at all times 	All signage Activity Operating Guidelines
Start/ Safety Talk	10 mins	<ul style="list-style-type: none"> Welcome & activity introduction. Set the scene – think about group and what they wish to achieve. Consider learning outcomes of group and individuals and reviewing thereof during the session Safety brief- introduce equipment highlight relevant safety points as listed in activity operating guidelines i.e., all persons must remove shoes and jewellery. Explain safety, waiting and access to equipment 	
During the Session:	45 mins	<ul style="list-style-type: none"> Provide group participants with continuous development/ encouragement of new and existing skills. Rotate participants so that all people have a go. Ensure safety throughout. Encourage all participants Be enthusiastic! Challenge the confident participants appropriately 	
Extension Activities:		<ul style="list-style-type: none"> Competitions i.e., how many bounces they can do within 1 minute. 	
Review:	5 mins	<ul style="list-style-type: none"> Confirm any learning that may have taken place. 	

		<ul style="list-style-type: none">• Ensure equipment stored securely and 3/6 Bed Trampoline left ready for next group.• If no group following, ensure equipment secured and fenced off.• Report any incidents/faults to office or line manager	
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