

Session Plan – Tunnels (TOL)

Key Stage: 1,2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
Work in teams of explore and navigate through the tunnelling system Practice teamwork, cooperation, and communication skills Enjoy, and appreciate, the outdoors and learning outside	Enjoyment Activity Skills Personal Qualities Key Skills Health and Fitness Broaden Horizons

Suggested session format:

	Duration:	Activity	Resources
Session Preparation:		<ul style="list-style-type: none"> • Activity area pre check • Check group information – any medical needs, special requirements, group size etc. • Unlock route checkpoint covers 	Activity Operating guidelines
Start/ Safety Talk:	10 mins	<ul style="list-style-type: none"> • Welcome and activity introduction of activity. • Set the scene – think about group and what they wish to achieve • Ask participants to put on a helmet. • Explain the route to participants. • Consider learning outcomes of group and individuals and reviewing thereof during the session • Safety brief- highlight relevant safety points as listed in activity operating guidelines i.e., nothing big, bulky, sharp or valuable in pockets. 	Helmets
During the Session:	45 mins	<ul style="list-style-type: none"> • Manage participants ensuring Health and Safety is adhered to at all times, i.e. helmets are kept on • Count how many people go into the system (both going in and coming out) • Keep in contact with participants as much as possible. • Rotate participants so that all people have a go. • Motivate participants to go through the tunnels. • Be enthusiastic! 	Helmets
Extension Activities:		<ul style="list-style-type: none"> • Create games to challenge confident participants i.e. time trials and reordering within the tunnels 	

Review:	5 mins	<ul style="list-style-type: none">• Do a headcount: ensuring all participants are out of the tunnelling system• Confirm any learning that may have taken place.• Ensure equipment is returned to reception ready for next group.• Make sure tunnels are locked• Report any incidents/faults to office.	
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