

Session Plan – Frisbee Golf

Key Stage: 1,2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
Encourage and support others Improve numeracy	Enjoyment Confidence Social Awareness Activity Skills Personal Qualities Key Skills Health and Fitness Broadened Horizons Increased Motivation and Appetite for Learning

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. 	Activity Operating guidelines
Start/ Safety Talk:	10 mins	<ul style="list-style-type: none"> Welcome and activity introduction of activity. Explain the aim is to get the Frisbee into the box. Give participants score cards. 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- highlight relevant safety points as listed in activity operating guidelines i.e., do not throw the frisbees towards anyone. 	Score Cards
During the Session:	45 mins	<ul style="list-style-type: none"> Manage participants ensuring Health and Safety is adhered to at all times. Rotate participants so that all people have a go. Motivate participants to score goals. Be enthusiastic! 	Score Cards, Boxes, Frisbees
Extension Activities:		<ul style="list-style-type: none"> Competition/ make the distance to throw further away. 	
Review:	5 mins	<ul style="list-style-type: none"> Confirm any learning that may have taken place. Ensure equipment is returned to reception ready for next group. Report any incidents/faults to office. 	