

## Session Plan – Water Wars

<b>Key Stage:</b> 1,2,3,4	<b>Activity Aims &amp; Learning Outcomes (suggested content and uses of activity):</b>
Encourage and support others	Enjoyment Health & Wellbeing

### Suggested session format:

	<b>Duration:</b>	<b>Activity</b>	<b>Resources</b>
<b>Session Preparation:</b>		<ul style="list-style-type: none"> <li>• Activity area pre check</li> <li>• Check group information – any medical needs, special requirements, group size etc.</li> </ul>	Activity Operating guidelines
<b>Start/ Safety Talk:</b>	10 mins	<ul style="list-style-type: none"> <li>• Welcome and activity introduction of activity. Explain the aim is to fire water balloons into the holes to try and get your opponent wet.</li> <li>• Set the scene – think about group and what they wish to achieve</li> <li>• Consider learning outcomes of group and individuals and reviewing thereof during the session</li> <li>• Safety brief- highlight relevant safety points as listed in activity operating guidelines i.e., remove valuable and sharp objects from pocket. One person only in a catapult at a time.</li> </ul>	
<b>During the Session:</b>	45 mins	<ul style="list-style-type: none"> <li>• Manage participants ensuring Health and Safety is always adhered to, i.e., only launch balloons from the catapults and do not throw them at each other.</li> <li>• Rotate participants so that all people have a go.</li> <li>• Motivate participants to catapult the water balloons.</li> <li>• Be enthusiastic!</li> </ul>	Water balloons, buckets, catapults
<b>Extension Activities:</b>		<ul style="list-style-type: none"> <li>• Competition- give points for getting the balloons in certain holes.</li> </ul>	
<b>Review:</b>	5 mins	<ul style="list-style-type: none"> <li>• Confirm any learning that may have taken place.</li> <li>• Ensure equipment is returned to reception ready for next group.</li> <li>• Report any incidents/faults to office.</li> </ul>	