

## Session Plan – Cresta Run

<b>Key Stage:</b> 1,2,3,4	<b>Activity Aims &amp; Learning Outcomes (suggested content and uses of activity):</b>
To practice teamwork, cooperation, and communication skills. To work in teams to race down the track against your friends.	Enjoyment Health and 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 introduction of activity</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., a helmet must be worn and keep hands and feet inside the carts at all times.</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., participants must wait in the carts before all 4 have come to a stop.</li> <li>Rotate participants so that all people have a go.</li> <li>Motivate participants to move their cart up the pathway and into their lane.</li> <li>Help participants get into carts at the top of the track.</li> <li>Encourage all participants</li> <li>Be enthusiastic!</li> </ul>	Helmets Karts
<b>Extension Activities:</b>		<ul style="list-style-type: none"> <li>Timed races/ personal best</li> <li>Use questioning: how can you go quicker/ slower?</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 or line manager</li> </ul>	