

## Session Plan – 360 Traverse

<b>Key Stage:</b> 1,2,3	<b>Activity Aims &amp; Learning Outcomes (suggested content and uses of activity):</b>
To learn how to climb To improve understanding of climbing Encourage and support others	Enjoyment Health & Fitness

### 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 and equipment 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.</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., all shoes must be tightened securely, and pockets emptied.</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., using the spotting technique.</li> <li>Rotate participants so that all people have a go.</li> <li>Be enthusiastic!</li> </ul>	360 Traverse
<b>Extension Activities:</b>		<ul style="list-style-type: none"> <li>Competition i.e., times</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>	