

## Session Plan – Aeroball

<b>Key Stage:</b> 1,2,3,4	<b>Activity Aims &amp; Learning Outcomes (suggested content and uses of activity):</b>
To learn how to play aeroball Encourage and support others Improve numeracy goals	Enjoyment Activity Skills Health and Well-Being

### 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 score points but throwing the ball into the top hole so that it goes down the netting and out of the bottom hole.</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 on each trampoline bed.</li> </ul>	
<b>During the Session:</b>	45 mins	<ul style="list-style-type: none"> <li>Manage participants ensuring Health and Safety is adhered to at all times, i.e. don't allow participants to climb the metal scaffolding of the Aeroball structure.</li> <li>Rotate participants so that all people have a go.</li> <li>Motivate participants to score goals.</li> <li>Be enthusiastic!</li> </ul>	Aeroball Balls
<b>Extension Activities:</b>		<ul style="list-style-type: none"> <li>Competition / round-robin competition</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>	