

## Session Plan – Rafting

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| <b>Key Stage:</b> 2,3,4  | <b>Activity Aims &amp; Learning Outcomes (suggested content and uses of activity):</b>  |
| To learn how to paddle<br>To improve understanding of paddling technique<br>Encourage and support others | Enjoyment<br>Confidence and Character<br>Environmental Awareness<br>Activity Skills<br>Personal Qualities<br>Health and Wellbeing<br>Increased Motivation and Appetite for Learning<br>Broadened Horizons |

### 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 &amp; activity introduction.</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- fit all participants in a buoyancy aid and helmet and explain the danger of water.</li> </ul>  |  |
| <b>During the Session:</b>  | 45 mins          | <ul style="list-style-type: none"> <li>Go through the different pieces of equipment and demonstrate knots (instructions below).</li> <li>Provide support to the groups building their rafts.</li> <li>Demonstrate proper technique of paddling.</li> <li>Explain what to do if individuals fall into the water.</li> <li>Explain the safest method for getting on and off the water.</li> <li>Provide group participants with continuous development/ encouragement of new and existing skills.</li> <li>Rotate participants so that all people have a go.</li> </ul> | Appropriately sized Buoyancy aids, poles, ropes, helmets |

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|                              |        | <ul style="list-style-type: none"> <li>• Ensure safety throughout.</li> <li>• Encourage all participants</li> <li>• Be enthusiastic!</li> <li>• Challenge the confident participants appropriately</li> </ul>         |  |
| <b>Extension Activities:</b> |        | <ul style="list-style-type: none"> <li>• Introduce games to facilitate learning process.</li> <li>• Competitions &amp; Challenges</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 stored securely.</li> <li>• Report any incidents/faults to office or line manager.</li> </ul> |  |