

Session Plan – Human Hungry Hippos

Key Stage: 2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
To practice teamwork, cooperation, and communication skills. To encourage and support others.	Enjoyment Skills for Life

Suggested session format:

	Duration:	Activity	Resources
Session Preparation:		<ul style="list-style-type: none"> Activity area pre check Check group information – any medical needs, special requirements, group size etc. 	Activity Operating guidelines
Start/ Safety Talk	10 mins	<ul style="list-style-type: none"> Welcome & activity introduction. Set the scene – think about group and what they wish to achieve. Consider learning outcomes of group and individuals and reviewing thereof during the session Safety brief- highlight relevant safety points as listed in activity operating guidelines i.e., shoes must be removed. 	
During the Session:	45 mins	<ul style="list-style-type: none"> Manage participants ensuring Health and Safety is always adhered to, i.e., no participants are attempting flips or somersaults. Rotate participants so that all people have a go. Encourage all participants Be enthusiastic! Challenge the confident participants appropriately 	Helmets Neck braces Bungees Harnesses
Extension Activities:		<ul style="list-style-type: none"> Competition i.e., time-trials on how quickly they can collect all the balls. 	
Review:	5 mins	<ul style="list-style-type: none"> Confirm any learning that may have taken place. Ensure equipment is returned to reception ready for next group. Report any incidents/faults to office or line manager 	