

Session Plan – Rock

Key Stage: 1,2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
To learn how to climb To improve understanding of climbing Encourage and support others	Enjoyment Confidence and character Social and emotional awareness Activity Skills Health & Fitness

Suggested session format:

	Duration:	Activity	Resources
Session Preparation:		<ul style="list-style-type: none"> Activity area and equipment 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 and activity introduction of activity. 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., all shoes must be tightened securely, and pockets emptied. 	
During the Session:	45 mins	<ul style="list-style-type: none"> Manage participants ensuring Health and Safety is always adhered to, i.e., only up to 2 people allowed on the rock at a time. Rotate participants so that all people have a go. Be enthusiastic! 	The Rock
Extension Activities:		<ul style="list-style-type: none"> Competition i.e., times 	
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 	