

Session Plan – Slacklines

Key Stage: 1,2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
Encourage and support others To practice teamwork, cooperation, and communication skills. To develop balancing skills.	Enjoyment Confidence and Character Activity Skills Health and Well-Being

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 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., remove valuable and sharp objects from pocket. One person only on each slackline. 	Slacklines Mats
During the Session:	45 mins	<ul style="list-style-type: none"> Manage participants ensuring Health and Safety is adhered to at all times, i.e. make sure spotters are used. Rotate participants so that all people have a go. Motivate participants to get across. Be enthusiastic! 	Slacklines Mats
Extension Activities:		<ul style="list-style-type: none"> Competition 	
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. 	