

## Session Plan - Abseiling

<b>Key Stage:</b> 2,3,4	<b>Activity Aims &amp; Learning Outcomes (suggested content and uses of activity):</b>
To learn how to abseil To improve understanding of abseiling If time permitting, how to control descent Encourage and support others	Enjoyment Confidence & character Activity Skills Skills for life 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> <li>• Set up tower ensuring your own safety at all times</li> </ul>	Abseil set/(s) as required Activity Operation guidelines
<b>Start/ Safety Talk</b>	10 mins	<ul style="list-style-type: none"> <li>• Welcome and introduction of activity</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- introduce equipment highlight relevant safety points as listed in activity operating guidelines i.e., all hair must be tied back.</li> <li>• Demonstrate proper technique Demonstrate how-to put-on harness &amp; helmet</li> <li>• Explain safety, waiting and access to tower</li> </ul>	
<b>During the Session:</b>	45 mins	<ul style="list-style-type: none"> <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> <li>• Ensure safety throughout.</li> <li>• Encourage all participants</li> <li>• Be enthusiastic!</li> <li>• Challenge the confident participants appropriately</li> </ul>	Abseil participant equipment as required

<b>Extension Activities:</b>		<ul style="list-style-type: none"> <li>• Introduce challenges i.e., hands on head/ swapping shoes</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 and tower left ready for next group. If no group following ensure equipment derigged and put away</li> <li>• Report any incidents/faults to office or line manager.</li> </ul>	