

Session Plan – Human Table Football

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 Health and Fitness

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., only move side to side and not forward and backwards. 	
During the Session:	45 mins	<ul style="list-style-type: none"> • Manage participants ensuring Health and Safety is always adhered to. • Rotate participants so that all people have a go. • Encourage all participants • Be enthusiastic! • Challenge the confident participants appropriately 	Harnesses Football
Extension Activities:		<ul style="list-style-type: none"> • Competition i.e., round robin/ knock out 	
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 	