

Session Plan – Team Challenges

Key Stage: 2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
To work in teams to identify, reason and use problem solving skills to combat different scenarios. Practise teamwork, cooperation, and communication skills.	Enjoyment Social and emotional awareness Activity skills Skills for life Increased motivation and appetite for learning Broadened horizons

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 i.e., for primary schools on ‘crossing the swamp’ participants could be told that they and their planks cannot fall into the swamp, otherwise the sneaky swamp monster will keep them on its island for the group to collect before reaching the designated safety zone. 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., shoelaces are tied and nothing big/ bulky/ sharp/ valuable objects in pockets. 	Team challenge buckets with accompanying folder
During the Session:	45 mins	<ul style="list-style-type: none"> Manage participants ensuring Health and Safety is always adhered to, i.e., only equipment permitted by the instructor can be used. Rotate participants so that all people have a go at each challenge. Motivate participants to effectively communicate with each other. Encourage participants to analyse the scenario prior to starting the individual activity. 	Team challenge buckets with accompanying folder

		<ul style="list-style-type: none"> • Refer to the Team Challenges folder to activity explanations. • Be enthusiastic! 	
Extension Activities:		<ul style="list-style-type: none"> • Create own adaptations to challenges. Please ensure that health and safety considerations are taken in account i.e., not using the planks as seesaws. 	
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 	