

Session Plan – Night Line

Key Stage: 1,2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
To work in teams to navigate the course To practice teamwork, cooperation, and communication skills.	Enjoyment Confidence Key Skills

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. Explain the aim is to get around the course blind folded. Team members should give the blind folded individual instructions. • Set the scene – think about group and what they wish to achieve. For older groups- can you beat the clock? Can you beat your personal best? For primary school groups- how far can you go without removing the blind fold? • 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., suitable footwear must be worn and securely tightened. 	
During the Session:	45 mins	<ul style="list-style-type: none"> • Manage participants ensuring Health and Safety is always adhered to, i.e., ensure the group is all going in the same direction and respecting each other's space and pace. • Rotate participants so that all people have a go. • Encourage all participants. • Be enthusiastic! • Challenge the confident participants appropriately i.e., holding cups of water 	Blindfolds
Extension Activities:		<ul style="list-style-type: none"> • Competition i.e., time-trials • Make adaptations to the course; please ensure that health and safety considerations have been considered. i.e., don't allow participants to do the course without a spotter. 	

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	
----------------	--------	---	--