

Session Plan – Pedal Karts

Key Stage: 1,2,3,4	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 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. Explain the aim is to race around the track. 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 one person on a kart at a time. 	
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. don't crash into each other and keeping people off the track. Rotate participants so that all people have a go. Motivate participants pedal faster. Be enthusiastic! 	Pedal Karts
Extension Activities:		<ul style="list-style-type: none"> Competition / relay races 	
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. 	