

## Session Plan – Air Rifles

<b>Key Stage:</b> 2,3,4	<b>Activity Aims &amp; Learning Outcomes (suggested content and uses of activity):</b>
To learn how to shoot an Air Rifle .177 To improve understanding of target sports Encourage and support others Improve numeracy	Enjoyment Confidence and character Activity Skills Skills for Life

### 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> </ul>	Activity Operating guidelines
<b>Start/ Safety Talk</b>	10 mins	<ul style="list-style-type: none"> <li>Welcome &amp; activity introduction.</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 persons must keep the gun pointing down the range.</li> <li>Explain safety, waiting and shooting lines</li> <li>Demonstrate proper technique</li> </ul>	
<b>During the Session:</b>	45 mins	<ul style="list-style-type: none"> <li>Supervise each participant first shot</li> <li>Observe technique and provide 1-1 coaching where necessary for those requiring assistance.</li> <li>Introduce archery games to facilitate learning process.</li> <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>	Rifles Targets Pellets
<b>Extension Activities:</b>		<ul style="list-style-type: none"> <li>Competitions</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 range left ready for next group.</li><li>• Report any incidents/faults to office or line manager.</li></ul>	
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