

# Session plan and risk assessment

## Sport tournament

**Session length:** 90 minutes

**Instructor/participant ratio:** 1/40 (+teachers)

**Session aim:** to enable children to practise listening skills in French to understand instructions and to practise vocabulary liked with this activity + to build a good group atmosphere, to enable children to take part in various sports and to discover handball

**Equipment required:** the balls needed for the sports you have chosen to play, bibs, walky-talky and a first aid kit (take a cold spray with you as well)

**Suitable activity areas:** on the tennis court

**Time**                      **Content of the activity:**

-20

### **Preparation of the activity**

Check the information regarding the group: age, aptitude, experience and number of children.

Check that you are aware of medical problems.

Prepare your tournament for the sports you want to do and the rotation you will follow. Remember that each team needs to have the same number of goes for each sport.

You can use the aeroball but ONLY if the group doesn't have it on its programme.

Take the equipment needed out (bibs, balls). Check the tennis court is tidy.

If it's dark remember to turn on the flood lights.

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### **Meet the group**

Introduce yourself and describe the activity. Check the group: correct group, number of children, medical information, and correct clothing equipment (especially shoes). Escort the group to the tennis court.

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### **Presentation of the activity**

Divide the groups into teams with the bibs if necessary. Do not let the children chose their own teams because the last people chosen are often the same and it is damaging to their self-esteem.



Explain the rules for the sport chosen and show the group the limits of the game court for the sport chosen. You can find explanations for different sports in the file in the staff room.

You have to organise a warm up before to start the tournament. Be imaginative with this. You can use one of the sports for example and make an exercise/game around it.

Think about the number of children that take part in a game at the same time. For safety reason, you **can't have more than** 24 people practising on the sports pitch at the same time = 12 for the smaller pitches. **Note:** for basketball it's 5 against 5, but can go to 6 vs 6 if you don't allow dribbling ; for handball, it's 7 against 7, but you can go to 8 vs 8 ; for volley-ball, it's 6 against 6 with a rotation system ; for football on a pitch it's 5 against 5 but you can go to 7 vs 7.

NO CONTACT is allowed for ANY sport. Make sure the players know and respect this rule. You can adapt the other rules and/or equipment to the level, age and numbers you have (e.g.: play volley-ball with a soft ball, play on the smaller baskets for under 11 year olds...)

Each sport needs to be supervised by at least one adult (teacher or instructor). If you have aeroball in your tournament, an instructor has to supervise it.

For a group of 60 children, there will be 2 Instructors, so you can use another play area (fencing room, boules pitch, in front of the château,...)

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### **Review**

Be vigilant and keep an eye on your watch to stop the competition at the right time.

Review the activity using the appropriate review tools as listed below and language used. Announce the winner team.

Lead the group back to the château.

Don't forget to turn off the flood lights before leaving the pitch.

### **Review tools for Sport Tournament:**

What I liked

Positive feedback

Language linked with the activity

### **NB : NEW PITCH**



- ❖ It's possible for the children to use it with an adult present (teacher for the pitch, instructor for the homeball).
- ❖ It is possible to use it for evening activities : quiz, games, homeball, hockey. For hockey, make it clear that the stick must not leave the floor : they mustn't play golf with it. It's dangerous.
- ❖ For sports, 24 people can play at the same time: 12 (2x6) on the pitch, and 12 (4x3) in the 2 homeballs. For quiz, games etc there isn't really a limit on the number of people, it's up to you to see if they fit.

**IT IS NOT POSSIBLE to use the pitch to play football with Sixth Formers or adults.**

#### RISK ASSESSMENT

Danger	Risk	Persons at risk	Degree of probability	Control measure	Consequence
Tripping over or slipping	Injury	Instructor/group	Medium	Instructor to give a safety brief and to keep control of the group. Instructor to check that the children are wearing the correct equipment and shoes, to check that the tennis court is not too slippery if it's been raining.  Instructor to use the teachers to supervise the volleyball area.	Medium
Damaged equipment	Injury	Group	Medium	Instructor to check all the equipment before giving it to the children	Low
Twist a finger, ankle, ...	Injury	Group	Medium	Instructor to play some warm-up games, especially to prevent	Medium



				hand injuries while playing basketball or volley ball  Do not use balls that are too heavy	
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