

ACTIVITY ORGANISATION AND RISKS ASSESMENTS

AEROBALL

Activity duration : 1h15 Staff/participants : 1/14

Objectifs : Learn french expressions associated to the activity. Initiate kids about aeroball.

Necessary equipment : an aeroball ball, a first aid kit, a walkie talkie. (If it's raining, bring two/three towels with you to wipe down the trampolines.)

Where : Aeroball structure. We have two structures on site. You need to organise when you use the structure with many groups.

Activity preparation (minimum 10 minutes before the activity)

Check all the informations about the groupe : age, capacity, experience and number of participants. Make sure you've got all the medical informations. Check how many groups are doing aeroball at the same time to be well organised about the utilisation of the structures. Be careful with Normandie Expérience and LGF groups.

Pick up your group

Be on time at the meeting point ! Check if everybody is here and the equipment for each participants of the activity = medical necessary, good clothes, journal, pen, in case of rain one more pair of socks.

Presentation

Introduce yourself and the activity. Ask each kids to introduce themselves and write their names on the board. When you present the activity, don't forget to explain very clearly all the safety rules and make sure that everybody understand it.

Safety instructions

- Take off your shoes and glasses (if possible).
- Take off your jewelry /watches.
- Tie your hair back.
- Empty your pockets.
- **NO BACKFLIPS.**
- Do not hang on the net or the baskets.
- Do not seat on the structure.
- Only one person per trampoline.
- Explain about the back and joints injuries with aeroball. Explain clearly how to jump (bend your knees and don't lean back)

How to play aeroball ?

- Aeroball it's 2 against 2. Only 4 people can play at the same time.
- When you have the ball, you can do only 3 jumps. After those 3 jumps, you need to shoot or pass the ball. Do not hesitate to change the rules to encourage passes.
- Straight shot is 1 point, diagonal shot is 2 points.
- You can organise all the matches by a limit of time (3 min maximum) or stop to play when a team reach a certain number of points (first team with 10 points for example).
- If someone hang on the net or the baskets, give 1 point to the other team.

Warm up

Before any physical activity, it is mandatory to do a warm up. Even more true with aeroball because it's very intense.

- Few warm up ideas for aeroballe :
 - Ask the kids wich body parts they need to practice aeroball and do exercices to warm up those body parts.
 - Ask the kids to jumps 3 times and if you say "I pass" they have to mime pass and if you say "I shoot" they have to mime shoot. After, you make them repeat "1,2,3 I shoot/ 1,2,3 I pass"

Practice

Before the activity, make sure that the structure is in good condition Check also the condition of the trampolines. **Before each match**, check that there is no stones on the trampoline. If it's necessary, you can give to the kids a dust pan and brush to remove the stones. You can find it under each structure in a wood box.

Don't forget to explain how to jump correctly on the trampolines = **bend your knees** when you jump and **keep your back straight** (Do not lean back).

Split the group in teams. 4 people for one match. The rest of the group stay and watch. You can make them participate by judging or counting the points.

To decide which team start with the ball, it is possible to ask a question in French. Ex : " What is your favorite color ?" (You can use your imagination).

Every 3 min maximum, change the players. You can also count the last 10 seconds with the rest of the kids, they will love it !

Write the scores on the board.

Aeroball activity is not the best to practice French. Try to involve the kids as mush as possible when they watch. (Make them count, being the refery, give the score to the instructor,...)

Workbook

The workbook exercises are about the actions / body parts during the activity and the game rules. It can be useful at the beginning to explain the activity and the vocabulary, but it also can be used at the end as feedback about what they learned.

End of the activity

Don't forget to celebrate the winner if you made a competition. Ask the kids about their feelings / thoughts and test the vocabulary learned.

(Body parts, aeroball actions, numbers, and all the vocabulary about sport)

Correct the workbook if you didn't. Say thank you to the group and remind them the following part of the program. (Meals, small jobs, workbook)

Tyding up

Make sure to tidy all the equipment correctly, in the right place. **The towels used must go into the laundry basket next to the washing machine to be cleaned.** If the aeroball balls are wet, put them in drying room to make them dry and don't forget to communicate, otherwise it's a waste of a time for the next person.

RISKS ASSESSMENTS

Danger	Risque	Personne en danger	Degré de probabilité	Moyen de contrôle	Bilan
Excessive tiredness, Brutal move	Muscle cramps, muscle strain	Group	Medium	Do an appropriate warm up with the group before practicing.	Moyen
Ankle sprain, Knee sprain,...	Injury	Group	Medium	Instructors must do a warm up. Check before the activity if there is kids with medical issues, ankle or knee protection. Explain the right technique for jumping.	Moyen

Danger	Risk	People in danger	Probability	Moyen de contrôle	Results
Wrong move	Back pain, Injury	Group	Medium	The instructor will explained how to jump correctly on the trampoline and avoid back pain = keep your back straight and don't lean back. The instructor will be focus on this during all the activity.	Medium
Slip	Injury	Group	Medium	If it's raining, wipe down the trampolines to prevent the slides.	Medium
Cold weather	Illness	Group/ Instructor	Medium	The instructor must ask the kids to wear appropriate clothes.	Low
Hot weather	Dehydration and surburn	Group/ Instructor	Medium	The instructor gives sunscreen and water to the kids as many time as necessary and during the break.	Low
Damaged equipment	Injury due to a contact with the damaged equipement	Group	Low	Equipment checked before the activity.	Low
Long hair or jewelery	Cut the hair or the jewelery stuck in the equipment	Group	Medium	Long hair needs to be tied back. Take off jewelery or putt a plaster on it	Low
Wrong knowledge of the medical problems	Allergic reaction (asthma attack,...)	Group	Medium	At the meeting point, find the group and check the medical informations - the asthmatics and people with allergies (Poneys / lamas in the field next to the structure)	Low