

CHATEAU DE LA BAUDONNIERE

SESSION PLAN AND RISK ASSESSMENT

AEROBALL

Session length : 75 minutes

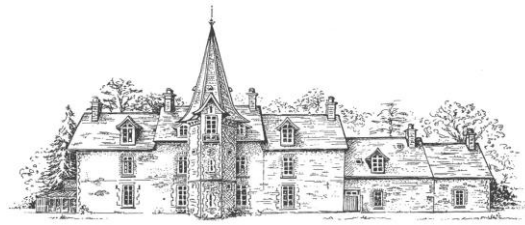
Instructor/participant ratio : 1/12

Session Aim : Introduce the children to the sport in a fun, interesting and safe way.
Learn the French expressions that are linked to the sport.

Equipment Required : Aeroball ball, a stop watch, a first-aid kit, a walky-talky. (If it has rained take 2/3 towels to dry the trampolines.)

Suitable Activity Area : Aeroball court.

<u>Time</u>	<u>Content of the activity</u>
-10	<u>Preparation of the activity</u> Check the group information: age, aptitude, experience and number of children. Check that you are aware of medical problems. Check the state of the 4 trampolines and make sure that there are no stones on them. Check the structure before starting the activity.
0	<u>Meet the group</u> Check the group: the correct group, the number of children, relevant medical information, suitable clothing, workbook, pen. (If it has rained, think to check if they have a second pair of socks with them). Take the group to the activity area.
5	<u>Presentation</u> Introduce yourself and the activity. Ask the children their names and write them on the whiteboard.



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Safety brief

- Take off shoes and glasses.
- Take off any jewellery/watches.
- Tie hair up.
- Empty pockets.
- NO SOMERSAULTS/NO BACKFLIPS
- Don't hang from the nets or the baskets.
- Don't sit on the edge of the trampolines.
- Only one person on a trampoline at one time.
- If there is someone in the group who has knee or ankle problems, he/she can wear a knee/ankle support if they have one.
- Tell the children that they must not put their hand in the protection that covers the ball.

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Main part of the activity

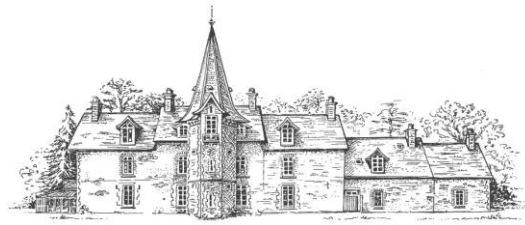
Explanation of the activity

- 4 people use the aeroball at one time and the other people can watch the activity.
- For aeroball, you need 2 teams of 2 people.
- Each match lasts EITHER 2/3 mins (it depends on the group) OR until one group reaches 20 points.
- It is important to pass and to shoot (team work).
- When they have the ball in their hands, they can only jump 3 times. After 3 jumps, they must pass or shoot.
 - One basket = 1 point if it is shot from straight on, 2 points if shot diagonally.
- If they hang from the nets or baskets, we give one point to the other team.

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Warm up

- Some ideas.
 - Ask the children what body parts are necessary for aeroball, then do exercises that work these body parts.
 - Ask the children to jump 3 times and then if you say « je passe » they mime passing a ball and if you say « je tire » they mime shooting. After that you get them to repeat



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« 1,2,3 je tire / 1,2,3 je passe. » This way the children get used to jumping just 3 times.

- 30 Explain how to jump correctly on the trampolines.
– it is necessary to bend the knees and to keep your back straight (do NOT lean backwards).

- 35 Divide the group into smaller groups. You need 4 people for aeroball and the rest of the group can watch. It is also possible to get the children to judge the match or to count the points.

To decide which team starts with the ball, you could get the children to answer a question. Eg. « Quelle est ta couleur préférée ? »

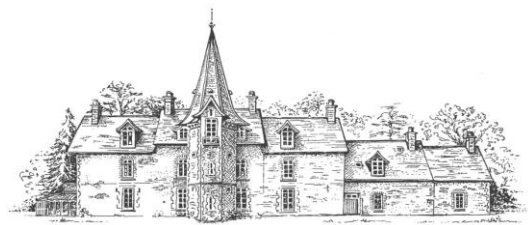
Before each match check that there are no stones on the trampolines. If needed, give the children the dustpan and brush, which are in the box under each trampoline, so they can get rid of any stones that are on the trampolines.

After 2/3 minutes you need to change the group. Get the children to count down in French at the end of each match.

After each match you need to give the children the dustpan and brush, which are in the box under each trampoline, so they can get rid of any stones that are on the trampolines.

Note the scores on the whiteboard. Ask the children to give the scores in French.

- 75 Review the activity (using an appropriate review tool as below) and the workbook. Don't forget to announce the winners if you organised a competition. Thank the group and go back to the Château with them. Make sure that the activity area is tidy.



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Review tools for aeroball :

What I learnt

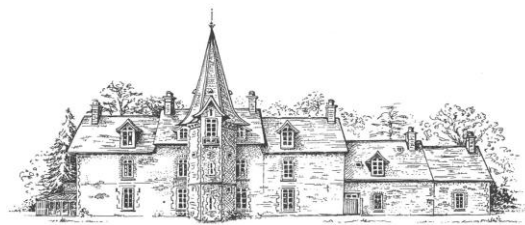
The scores

What I liked

Linguistic review

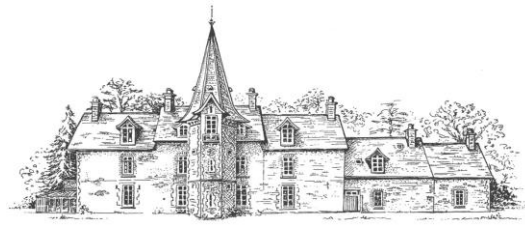
Risk Assessment

Hazard	Risk	Persons at risk	Level of probability	Control measure	Outcome
Over exertion	Muscle cramps	Group	Medium	Carry out an appropriate warm up before the activity.	Medium
Sprained ankle, knee....	Injury	Group	Medium	The instructors must carry out a warm up. Before the activity they must also check if there are any children in the group who have weak ankles or problems with their knees. These children can wear a knee or ankle support if they have one.	Medium
Bad movement	Injury, back ache	Group	Medium	The instructor will explain to the children how to jump to limit this risk = bend knees and keep back straight – not leaning backwards. He/ she will	



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				check the children's positions when jumping throughout the session.	
Slipping, tripping, falling	Injury	Group	Medium	If it is raining, dry the trampolines to make sure they are not slippery.	Medium
Cold weather	Illness	Group/instructor	Medium	Instructor to make sure that the children wear appropriate clothes.	Low
Hot weather	Dehydration and sunburn	Group/instructor	Medium	Instructor to give sun cream to the children and to make sure they drink often.	Low
Damaged equipment	Injury caused by damaged equipment	Group	Low	Equipment checked before the activity.	Low
Long hair/ jewellery	Necessary to cut hair or jewellery which get caught in the equipment	Group	Medium	Long hair must be tied back. Take off any jewellery or cover them with a plaster.	Low
No review of medical problems	Allergic reactions (asthma attack...)	Group	Medium	At the meeting point, find the group and check the medical	Low



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				information – asthmatic and people allergic to horses/llamas as they are often in the next field etc...	
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