

EduTrend Contents

G4C · ADVENTURE AND OUTDOOR GAMES · HIGH SCHOOL

Outdoor Game Leaders

Plan and rehearse an outdoor games session for children aged 4 to 10, including boundaries and a return signal

Ages 14–18	Level: Advanced	75 minutes	Teams of 3–4 · up to 24	Activity 05

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 05 · AT A GLANCE

Outdoor Game Leaders

Teams choose an outdoor site and plan a 30-minute session for children aged 4 to 10. The plan includes a site walk, boundaries, a clear return signal, two games such as a colour hunt and a trail, easier and harder versions, and a risk-benefit summary. Teams rehearse with peers acting in role, while observers use a checklist, then revise the plan.

Learning outcomes

By the end of the session students can:

- plan an outdoor session;
- set boundaries and signals;
- write a risk-benefit summary;
- revise from observation.

KEY WORDS

site check · boundary · signal · risk-benefit · lead · revise

CURRICULUM LINKS

PE: leadership and outdoor activity. Child development. Geography: site survey.

1	2	3	4	5	6
WARM UP	**EXPLAIN**	**PLAY**	**ADAPT**	**TALK**	**COOL DOWN**
Get moving safely	One rule at a time	Short rounds	Easier or harder	What helped?	Calm and review

Materials (per team)

- Session plan template
- Risk-benefit form
- Observation checklist
- Whistles
- Worksheets 1, 2 and 3

Before the session

- Choose a safe rehearsal site.
- Print templates.
- Agree safeguarding rules for younger children.
- Plan teams.

SAFETY

Any session with younger children needs staff supervision and school safeguarding approval.

ACTIVITY 05 · SESSION PLAN

Step by step

Leaders should always walk the site before the session.

Time	What happens	Say or ask
0–10 min Brief	What makes outdoor play safe and rich?	*"What must happen before play?"*
10–35 min Plan	Site check, boundaries, games.	*"What is your return signal?"*
35–60 min Rehearse	Run on peers with observers.	*"Did everyone come back on the call?"*
60–75 min Revise	Use checklist to improve.	*"What will you change?"*

CHALLENGE CARD (print or copy onto the board)

Plan an outdoor session so well organised that young children can explore freely and come back the moment you call.

ACTIVITY 05 · FACILITATOR NOTES

The game know-how in brief

Walking the site, agreeing boundaries and practising a return signal are the three basics of safe outdoor play with children.

Outdoor games build balance, observation and steady risk-taking, benefits that leaders should protect while controlling serious hazards.

Common ideas to listen for

- “Explain boundaries once.” Walk them together.
- “Outdoor sessions run themselves.” They need planning.
- “Remove every challenge.” Keep proportionate challenge.

Adapting the activity

Support

Provide a partly completed plan.

Stretch

Add a wet-weather alternative.

WORKSHEET 1

Session plan

Name: _____ Class: _____ Date: _____

Complete each part.

Session plan

Part	Details
Site check	
Boundaries	
Return signal	
Game 1	
Game 2	
Adaptations	

WORKSHEET 2

Observation checklist

Tick and comment.

Observation checklist

Criterion	Yes/No	Comment
Boundaries clear		
Return signal works		
Everyone involved		
Games explained simply		
Hazards controlled		

WORKSHEET 3

Our revisions

After rehearsal.

We will change... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Plans safely	Leads clearly	Revises with evidence

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Outdoor Game Leaders is a sample activity from the EduTrend Contents G4C Adventure and Outdoor Games programme (high school, level: advanced). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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