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When organizing a sports activity session, a number of factors need to be considered



Venue



Equipment



Timing



Supervision



Contingency

TOPIC AREA 3

Safety Considerations when planning an activity session

Risk Assessment



Checking Equipment



Emergency Procedures



First Aid

Meeting the demands of a group



Intro/Cool-Down



Warm-Up/Cool-Down



Skill & Technique Development

SPORT STUDIES R185

Organisation of an Activity Session - Factors to Consider



Safe Practice
Keeping all participants safe



Timing
Planning the length of each part e.g. warm-up, progressive drills.



Adaptability
Adapting to the requirements of the participants



Reliability
For example, being punctual

TOPIC AREA 4



After delivering your activity session, you must always consider:

-What went well?

-What did not go well?

-What could be improved for the future?



The evaluation of an activity session should enable more effective planning for future sessions.

TOPIC AREA 5