

# Crazy Carts

## Session Plan

<b>Session Length:</b>	1 hour
<b>Session Aims:</b>	To provide participants with a fun, exciting experience on cutting edge equipment
<b>Equipment Required:</b>	6 X Crazy Carts, helmets, cones, buckets, cups, balls, decoration
<b>Suitable Activity Areas:</b>	Flat court area clear of trip or slip hazards and any other obstructions.

## Session Set Up

Lay the helmets out in size order and park the crazy carts up at the side of the activity area. Set up the first game ready to play.



## Session Introduction & Welcome Activities

Inform the group they are going to be taking part in a crazy carts session which will be fun, exciting and maybe even challenging for some. Ask if any of the group have had experience with a crazy cart before. Explain to the participants how to use the crazy cart.

**Anyone With...:** The group sits in a circle with each person sitting on a cone, with somebody in the middle. The individual in the middle must say a feature that may relate to some or all of the group members, for example, "Anyone with blonde hair". All the people in the circle with that feature (e.g. blonde hair) must stand up and swap seats (cone). The person in the middle must try to sit in a vacant space.

**Lap Practice:** Participants should get used to the carts by riding round a marked area. Each participant should do three laps each.

Each participant must be briefed fully to never take their feet or hands off the crazy cart whilst moving, this is to be monitored by the staff member in charge and any participant doing this must be given a warning and removed from the cart immediately.

## Main body of Session

### Practical Content

**Follow the Leader:** Once the entire group is confident in going around the course, choose a participant for each cart. Then choose a participant to lead the rest of the participants on Carts and get them to follow. This can be going forwards, backwards, in a circle etc. as long as the group are fully aware of how to control the Crazy Cart and stay within a marked area. All participants should take a turn at being the leader.

**Pursuit Race:** Two Carts start at opposite ends of a marked oval course and the participant who gets to within 2 metres of the other Cart or who has caught up on the other Cart the most, after 2 laps, wins.

**Cat and Mouse:** Choose one participant to be the “mouse” and they start off going around the track. Next allow the “cat” to start to chase the mouse. There can be a time delay of 5 seconds for example. If the group are good at this, introduce more carts as other animals such as “dog” etc.

**Time Trials:** This can be individual or team based. Participants do a set number of laps (e.g. three) around the oval course and the staff member times each participant. The aim is for the participants to get round the course as quickly as possible.

**Cone Slalom:** Cones are set out in a marked sequence and participants must weave in and out of the cones on their crazy cart all the way to the end and then back through the cones again to the start line. Points are deducted for hitting or knocking down a cone.

**The Difficult Turn:** A tight turn is marked out with cones. Participants must ride the crazy cart into the turn, make the turn and ride out again without knocking over any cones.

**Shooting Challenge:** Provide each team with 4 tennis balls uniquely identified. Each participant must drive around the oval course and throw one ball into the container (placed on the inside of the track). Once all participants in one team have had their attempt, add up the balls in the container. The team with the most balls wins (this is an accuracy competition not a speed race). If you have a large flat target, this can be placed on the floor and the participants have to throw the ball on to the target, and can be awarded different points, depending on where the ball lands.

**Relay:** Place cones down as a start line and then mark another line at the other end of the court/ activity area. Get the group into teams and one participant from each team will go at a time. When the first participant is back to the start line, they swap places with the next participant who then repeats the process. This continues until all participants have had a turn, and the first team back is the winner.

**Grand Prix:** Finish with the “Grand Prix” – the groups get into two teams and/or partners depending on the size of the group. The court is set up in the style of a track and flags/ tokens can be spread out in the area. The person in the Cart has to go around and collect as many tokens/coloured flags as possible. The team with the most back at the end is the winner. The tokens/flags can be worth different amounts of points. If unsure who is the winner it can be decided on time; for example, the quickest team back.

### Review

Congratulate all the individuals and announce the winners of the games played. A certificate can be awarded to the winners of the different games.

Remind the group of the aims of the session and what they should have developed:

- To provide guests with a fun experience using this exciting crazy cart
- Develop confidence and competence in riding a crazy cart
- Show and develop co-ordination.