

Airboards

Session Plan

Session Length:	1.5-hour session
Session Aims:	A fun experience learning the basics of Airboarding
Equipment Required:	Airboards, helmets, pads and cones
Suitable Activity Areas:	Concrete style smooth surface/ indoor sports hall. Flat area checked thoroughly for slip and trip hazards. All sharp objects must be removed.

Session Set Up

Area should be set up ready for participant's arrival with equipment laid out in an attractive way and cones laid out showing the tasks that are going to be set throughout the session. Staff member should be kitted up with full PPE before arrival of participants.

Session Introduction & Warm Up Activities

Introduce the session, explain how the session is going to run and ask if anyone has ever used an Airboard before.

Steal: Place cones in a circle and ask the group to form a circle around the cones. Place yourself, with a tennis ball at your feet, in the middle of the circle. Explain that the aim of game is for participants to steal the ball from you. If they manage to do so they take your place in the centre of the circle. The person with the ball cannot move their feet or the ball. Participants must move towards the ball and try to take it from the person who is on guard. The person on guard can tap the hands and feet of the other participants in defence of the ball, if this happens the person who has been tapped must touch a cone before advancing again. Continue until everyone has had a go protecting the ball.

Correct Fitting of Helmets, pads and wrist guards

- First everyone needs to pad up.
- Get each guest to take a helmet of the right size. Put it on their head and check it is on straight, get them to clip the straps up. Strap should be tight but with space to fit 2 fingers in under the chin strap.
- Everyone should take knee and elbow pads – everyone's knees are bigger than their elbows, so bigger ones on knees, smaller onto elbows.
- Wrist guards – thumb through the hole, plastic on the inside – demonstrate and check.

Main body of Session

Introduce the Airboard. Explain the basics of how it works and demonstrate how to use, stand on the board, moving forward, stopping and stepping off. Ensure the participants are comfortable with the process of stopping and stepping off.

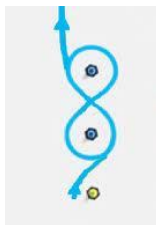
Practice: Split the group into 3's and allocate them a board. Ask the participants to find a space within the activity area and with the aid of their partners (or shadows) practice balancing on the board, moving forward and backwards, stopping and stepping off.

Bring the group back together after they have mastered this and introduce turning and allow the group, with aid of their shadow, to practice the following.

NB. The staff member must remain vigilant throughout to ensure participants are helping each other. If a participant is showing competence the staff member can allow them to continue through the session without their partner. However, if the staff member isn't confident in the participants ability they must continue with their partner until competent.

Straight Line Slalom: Set up cones in a line that the participants must weave in and out of and try to keep control of the Airboard. This can be done individually or as a relay race if the participants are confident and competent.

Figure of 8: Set up cones in a form of a figure of eight that participants must try to weave in and out of.



Round the Bend Twist: Mark out a tight turn with cones that participants must try to complete without knocking into any of the cones on their board.

Stop and Wait: Place two cones next to each other that the participant must Airboard towards and then attempt to stop as soon as they get in between the cones.

Limbo: Place a limbo stick in the activity area. The participants must try to Airboard towards it and then bend down to go underneath the limbo stick without knocking it off.

Grand Prix Circuit: If participants have been completing all of the above skills, set up a course where they have to move from one skill to the other and complete the whole course. This can be a race against the other participants e.g. time trials and encourage the group to cheer each other on as they complete the course.

Freestyle: Allow the group time towards the end of the session to practice any skills and show off to their friends and family. Demonstrate 360 degree turns and how participants can stop and turn quickly to give them some ideas on how to freestyle.

Relay Races: This can be done in the form of straight line races, lap relays or a relay where each team has to complete the Grand Prix Circuit after discussing which member of each team is going to take on each element.

Review and De-Kit

- Get the participants to pair up and take off all PPE.
- Get the participants to take helmets off.
- Ask all participants if they enjoyed their activity and promote future sessions.
- Ensure area is packed down, all PPE is packed away and area is clear and secure.
- Put Airboards on charge ready for next session.