

# Little 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 Mini Crazy Carts, helmets, kneepads, elbowpads, cones, balance bag & contents (river stones, beanbags, hoops)
<b>Suitable Activity Areas:</b>	Flat court area clear of trip or slip hazards and any other obstructions.

## Session Set Up

Lay the helmets and PPE 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 and ensure all equipment is laid out attractively.

## Session Introduction & Welcome Activities

Welcome the group to the activity and explain that they are going to have a go on the Crazy Carts which will be fun and possibly even a challenge! However, before this, explain to the group that we need to ensure we are warmed up and able to balance well, so that we can successfully ride the Crazy Carts.

**Beanbag Race:** Split the participants into teams and place a beanbag at a marked distance away from each team. The first participant should run to the beanbag, and then place it on their head and walk carefully back to their team. The next participant then takes the beanbag, walks with it on their head to the marker, and leaves it there, running back to the team. The third participant would then do the same as the first participant, and so on. The first team all back behind their cone, cheering as loud as they can, are the winners.

## Balance Activities

**River Stones:** Lead the participants to the river stones and encourage them to make their way across these. Older, more confident children may like to simply walk across them, whereas younger children may feel more confident placing both feet on each stone before moving on to the next. If children are finding these easy, challenge them to place a hoop on each of their outstretched arms and keep both hoops in place while they walk across the river stones.

**Equipment Race:** Lay out a set of PPE for each participant in the centre of the activity area (ensuring there is plenty of space between 'sets'), and ask the participants to line up around the outside of the activity area. On your signal, each participant can race into the centre, pick up one item of PPE they require, and then race back to their start point, leaving the PPE there. They continue this until they have collected all of their PPE, and can then race to put the PPE on (parents and guardians may need to help with this!). You must check all PPE prior to participants getting on a Crazy Cart.

## Main body of Session

### Practical Content

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.

**Lane Riding:** Introduce the participants to the Mini Crazy Cart and explain and demonstrate how to get in, move the cart and steer (using the arrow on the steering wheel), and get off. Ensure parents and guardians are aware of the need to turn the Crazy Cart off before getting in or out. Once all participants are happy with how to move the cart, show each participants a 'lane' (made from cones) that they can try and ride down, without hitting any of the cones. At the end of the lane, the participants should dismount their cart and their parents / guardians can help them turn it around so they can ride back to the beginning.

**Relay:** Using the lanes from the previous activity, get the group into teams and allow one participant from each team to ride down to the end of the lane and back. 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.

**Slalom Riding:** Place some further cones into the lanes from the last activity, and show the group how to 'weave' in and out of the cones. They can then have a practice of slaloming in and out of the cones and then at the end of the course they can see if they can perform a 180 degree turn to return to the start.

**Stop & Start:** Ask the group to move around a marked area on their Crazy Carts. Parents / guardians can also move around the area, being careful to avoid any obstacles. Explain to the group that whenever they 'meet' someone (i.e. go past them), they have to stop their cart completely and give that person a high five. This game ensures that the group are able to stop successfully on their Crazy Carts.

**Turning:** Mark out a difficult turn with cones and see if the group can successfully navigate their cart through it. Parents and guardians can also be tasked with making the turn easier or more difficult dependent on the child's ability.

**Tail Spin:** If desired, children can try turning the steering wheel until it stops to make the Crazy Cart turn in a very tight circle. Allow children to do just 3-5 turns to avoid dizziness.

**Square Riding:** Mark out a large square with cones, and assemble the group at one of the corners. Firstly, allow the group to simply ride around the square, practicing turning around the corners. If children are struggling, they can stop at each corner and get help to move their cart. Next, explain that each side of the square has a different challenge for the participants. On the first side, they need to ride their crazy cart slowly and carefully, and then perform a 90 degree turn to prepare for the second side. On the second side, place a 'Stop' sign, and explain that the group need to stop halfway down the side before they are allowed to continue and turn again. The third side can be ridden as fast as possible, but the fourth has slalom obstacles in it that they need to try and avoid. Once everyone has had a turn, congratulate all the participants on their fantastic square riding and explain that you think they are ready for the track!

**Track Time:** Mark out a large track with cones and explain to the group that the next activities will all take place on this track. As much as possible, the track should be oval shaped like a race track. Allow the children three laps on the track to ensure they are confident.

**Follow the Leader:** Once the entire group is confident in going around the track, 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.

**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.

**Track Trial:** Introduce various obstacles into the track, using signs / cones or other kit. Some examples could be:

- A pedestrian crossing where the Carts need to stop and allow accompanying adults to 'cross the road'
- A set of traffic lights where an adult holds up red / green cones to signify if the group are allowed to continue riding or not
- A narrow road – cones placed closer together to form the track.
- 'Roadworks' – where the accompanying adults need to be in the road pretending to dig and the Carts need to stop and wait for them to exit the road.
- A low bridge – adults can hold a light pole or bamboo stick across the track and children need to duck down and make sure they pass underneath it

You could have a few turns around the track with different obstacles. Prior to the last turn round, show the children the 'Parking Lot' (area where you would like the Crazy Carts parked), and ask the group to put their cart and PPE in a space when they finish their last turn around the track.

## Review

Gather the group together once all PPE and carts have been 'parked', and congratulate the group on their Crazy Cart session. Invite each individual up to get a high five and applaud each child for their Crazy Cart progress. Certificates can also be awarded for winners of individual games, if desired.

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.