

Wheelchair Basketball Experience Sample Session Plan

Scheme:		Trainers:	Andy/Lee
Date:		Objectives:	<ul style="list-style-type: none"> • Have FUN • Have a go at Wheelchair Basketball • Go away learning something new about disability
Time:			

Example Session 1

Time / Duration	Content	Training Method	Trainer activity	Trainee activity	Resources needed	Assessment methods	Led by
	Trainer / briefing Set up	Whole group discussion and presentation	Trainers set up room;		Kit bag Session plan		
(5 mins)	Health and safety/ how to use chairs	Whole group presentation	Demonstrate proper use of chair	Watch and ask questions	Wheelchairs	Directed questioning	Andy
(10 mins)	Push in a line	Whole group	Explain exercise movement in line	demonstrate	Wheelchairs	Observation.	Andy/Lee
(5 mins)	Push with Ball	Whole Group	Explain / demonstrate	Join in	Balls	Observation	Andy/Lee
(10 mins)	Passing and shouting	Whole group	Get into pairs, pushing side by side passing ball + when get to basket shoot	Learn to pass to each other then shout	balls	Observation through shooting methods	Andy/Lee
(25 mins)	game	2 groups	Get them in to two groups	Listen, observe and take part in the exercise, following trainers instructions	balls	Observation, directed questioning throughout by volunteers and trainers, questions at the end	Andy/lee
(5 mins)	Recap on session	Whole Group	Talk and what have they learnt today	Listen	Andy	Observation, directed questioning throughout by volunteers and trainers, questions at the end	Andy