

Facilitation Plan Template

***Note: All elements in this template are required unless marked as Optional.**

Title: Young Ninja Warrior Camp

Leaders: Tyraina Schupbach

of participants: 21

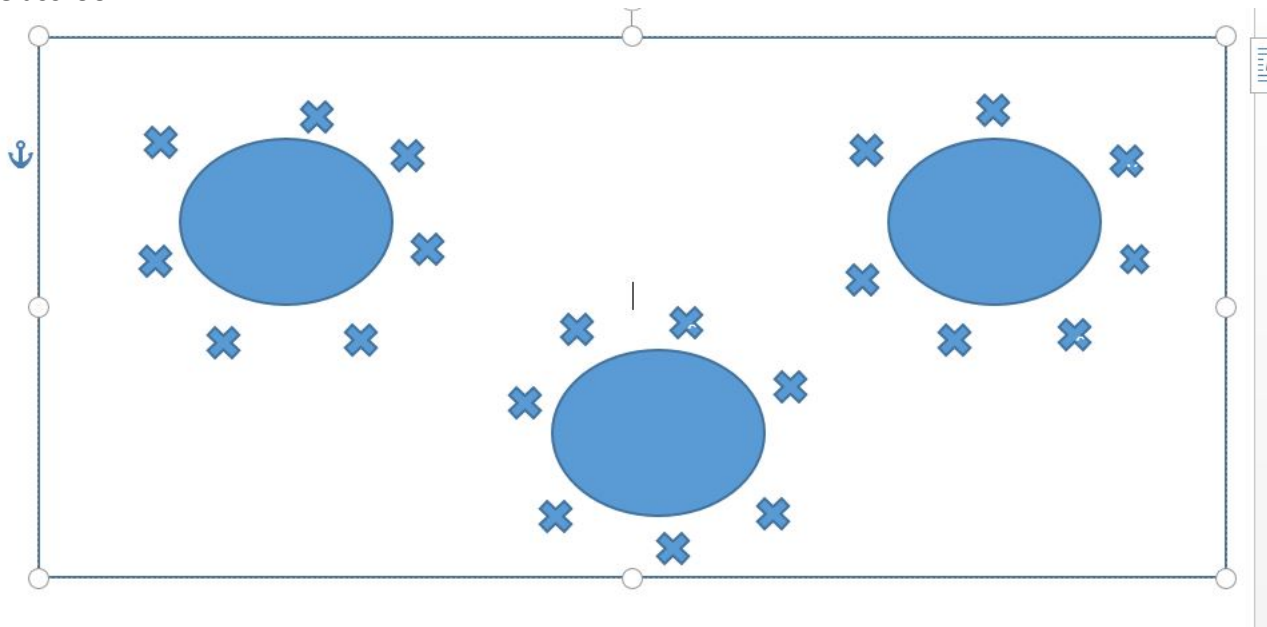
Ages: 8-10 years old

Theme: American Ninja Warrior

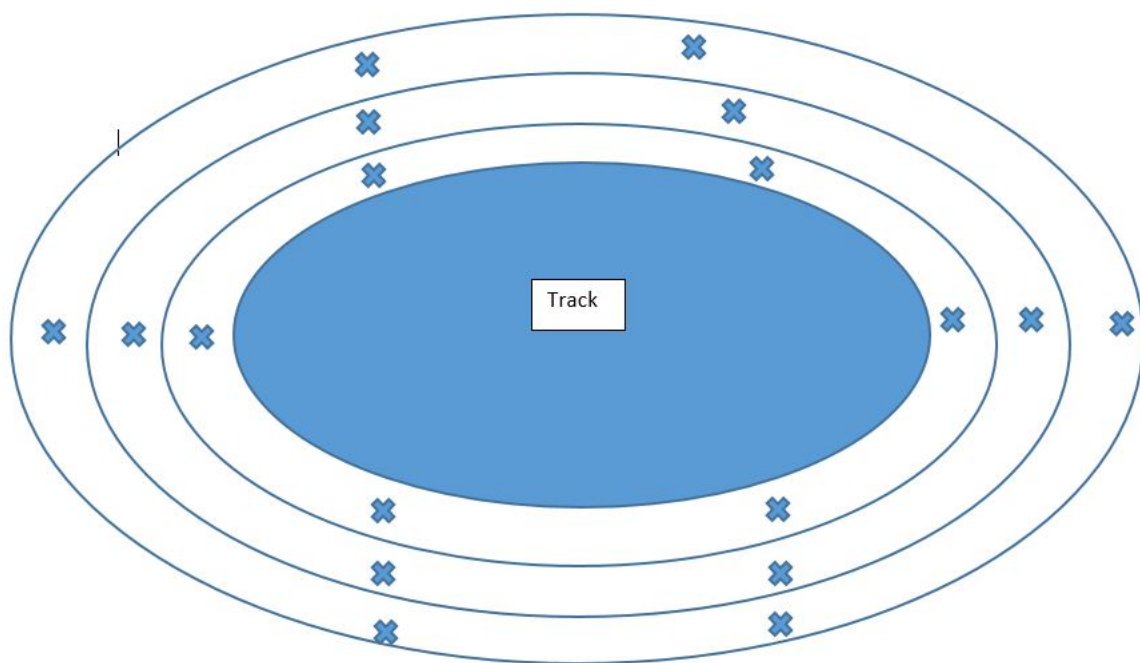
Ideal Location: Track and classroom

Equipment: Group division: 21 sticky notes. 7 red, 7 green, 7 blue. 3 cones: 1 red, 1 green, 1 blue.
Icebreaker: none
Activity 1: bandana, 3 scooters, 24 hula hoops (8 per group), 15 cones (5 per team)
Activity 2: markers and paper
Back pocket activity: 3 boards

Pre-Activity Diagram: Classroom



Track:



Goal

1. The goal of the facilitation is for individuals to understand basic knowledge of an obstacle course.

Goal & Objectives:

Objectives

2. Given a classroom, the participants will be able to draw their own obstacle course by the end of the facilitation.
3. Given a track, the students will be able to complete an obstacle course relay within a 20 minute time frame.

Risk Management Concerns:

Physical risks: participants could roll their ankle or fall while running.
Mental risk: Participants may not feel comfortable being with other people that they don't know.

Contingency Plan:

If the weather doesn't permit then the obstacle course can be held in a gym.
The obstacle course could be setup a little differently to make sure that If the facilitation will be held inside.

Length	Facilitation Portion	Description	Leader Name
1 minute	Facilitation Attention Getter (1 required)	Has anyone ever seen American Ninja Warrior?	Tyraina Schupbach
2 minute	Facilitation Introduction (1 required)	Hello, my name is Tyraina. I will be your facilitator today. Our theme today will be American Ninja Warrior. However, we will not be doing the obstacle courses by ourselves, but in groups. The overall theme will help you to learn what it's like to work in groups and how to create their own obstacle course.	Tyraina Schupbach
5 minutes	Group Division (at least 1 required)	Instructions for facilitator to complete/set up prior to facilitation. : The participants will be handed one of three different colored sticky notes: red, green, or blue. This will determine what group with will be in. They will then need to find a cone that is the same color. Script: I will be passing around a sticky note to each person. You will either receive a red, green, or blue sticky note. You will need to find that color cone on the track. (After finishing passing out the sticky notes) okay, I have finished passing out the sticky notes. Does anyone have any questions? Okay! Let's go line up next to the cones.	Tyraina Schupbach
10 minutes	Icebreaker (optional)	Name of activity: people within the group have to say their name, what school they go to, and what their favorite food is.	Tyraina Schupbach

		Instructions for facilitator to complete/set up prior to facilitation: none. Script: Okay, before we start our obstacle course relay I think it is important to meet the people that will be in the same group as you. So, if you say your name, what school you attend, and what your favorite food is. I'll go first. My name is Tyraina. I go to Illinois State University. My favorite food is spaghetti. Does anyone have any questions? Alright You can now get to know your group members.	
20 minutes	Activity 1	Name of activity: American Ninja Warrior relay Instructions for facilitator to complete/set up prior to facilitation: The start: three legged race. Will need a bandana. Second: scooter Third: hoop hop Fourth: none crab walk Fifth: cones Sixth: none Script: Now that we have learned everyone's names, we will start our first activity. We are going to do a relay obstacle course. I need two people from each group to volunteer to do a three legged race. Two people will tie a bandana around their ankle and make their way down the track. Every time you come to your team member on the track you will give them a high five. That lets them know that you are ready for them to complete their task. The second person in the relay will make their way down the track on a scooter. The person at the third station will jump through eight hula hoops. The fourth team member will do the crab walk. The fifth team member will weave through 5 cones. The last team member will run to the finish line. Are there any questions about the obstacle course? Okay, lets et started with the activity! Variation: If the three legged race makes the participants uncomfortable the activities could be changed so that there are individual stations. The first person that starts out the relay by speed walking. The seventh person would dribble the basketball.	Tyraina Schupbach
2 minutes	Transition 1	Good job everyone! If I could get everyone's help in picking up the equipment that would be great! We are going to make our way inside to the classroom. Everyone is going to draw their own obstacle course. Does anyone have any questions? Alright, let's go inside to the classroom.	Tyraina Schupbach
15 minutes	Activity 2	Activity: create your own obstacle course. Setup: students will need markers and paper.	Tyraina Schupbach

		Script: now that we have finished the obstacle course outside. It is your turn to draw your own obstacle course. This obstacle course can be individual or a relay. You can put whatever activities you would like in the obstacle course. (show the students the obstacle course that I created). There's markers and paper on the table for you. Is there any questions? Perfect, let's start creating your obstacle courses! Variation: The participants could work with their team members to create an obstacle course.	
5 minutes	Transition 2	Alright, it looks like everyone is starting to finish up with their obstacle course drawings. Can you please put the markers and paper back in the middle of the table? We are going to get together as a group before everyone goes. I have a few questions to ask everyone.	Tyraina Schupbach
5 minutes	Debrief (1 required)	1. Did you have fun today? What was your favorite activity? 2. Did you like creating your own obstacle course? What are somethings that you put in your obstacle course? 3. Did you like the group relay obstacle course? Why? 4. If there was one thing that you could change about the group obstacle what would it be? 5. Would you ever plan on doing an activity like this again? Why?	Tyraina Schupbach
2 minutes	Conclusion	Thank you for being a participant at Young Ninja Warrior camp. We learned how to work with others in our activities. I hope you all had fun and have a good night!	Tyraina Schupbach
10 minutes	Back Pocket Activity	Name of activity: walking on a log Instructions for facilitator to complete/set up prior to facilitation: set a board Script: the last activity we are going to do is called walking on a log. All 7 of the team members are going to stand on the log. The object of the game is for everyone to line up on the log by alphabetical order by first name. Your feet can only touch the board and not the ground. Is there any questions? Perfect! You may start! Variation: alphabetical order by last name.	Tyraina Schupbach

List all of the sources you used to create your facilitation plan in alphabetical order, following APA 6th edition format.

Resources:
