**Fit for All Outline Activity Plan and Enrichment Organisation Name**

**In line with the Chief Medical Officer’s Physical Activity Guidelines, participants will usually take part in physical activity which for one hour per session.** Most of the young people taking part in our sessions have special educational needs and disabilities: physical activities will tend to be more customised and may be of a different average duration.

In general, physical activity in our sessions will take the form of (tick as appropriate):

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| PLAY |  | WALK/RUN |  | CYCLING |  | SWIMMING |  | SPORTS |  |
| FOREST SCHOOL |  | PE/GYM |  | DANCE |  | CIRCUS SKILLS |  | RIDING |  |

OTHER MAIN ACTIVITY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**We will enrich the activities** **for young people** taking part in our sessions by creating opportunities for them: to experience new things; learn and practice new skills; gain confidence and resilience through special challenges etc. eg through: Trips out to leisure centres, museums and other places of interest; Arts/Craft Activities; Food Related Activities; Sports Enrichment; Forest School; Music; Treasure hunts; Picnics; Animal experiences; Gardening and growing; Conservation activities…

Please add examples of one or more planned enrichment activity here:

Further sheets and more detailed session plans may be added.