**Session 1.1 Notes**

**First Prac**

**Scrums and Sprints**

In this session we will introduce you to the **Agile** method of working using Scrums and Sprints. Agile is a method of organising work built around small, incremental work tasks which build to a finished product. It was first proposed for the software industry in 2001 (<http://agilemanifesto.org/>), though it was being discussed as far back as 1970, and is now used in most major software production companies. It can now be found in many other areas of management (<http://agilemethodology.org/>) and uses two basic techniques, Sprints and Scrums.

**Sprints:** A sprint is a small, clearly defined piece of work which should be a complete shippable product or upgrade. Sprints can last for up to 30 days and always start with a Scrum meeting to determine the exact requirements. Sprints should be very clearly designed with SMART goals. (<http://scrumtrainingseries.com/SprintPlanningMeeting/SprintPlanningMeeting.htm>)

**Scrum:** This is a short meeting with a clearly defined purpose, often held each day and at the beginning of each Sprint. It is a chance for the team to get clear direction, develop Sprint documents and provide feedback to the client on progress. (<http://scrumtrainingseries.com/Intro_to_Scrum/Intro_to_Scrum.htm>)