

# **Leinster GAA Nursery Programme 2016 Activities/Games**

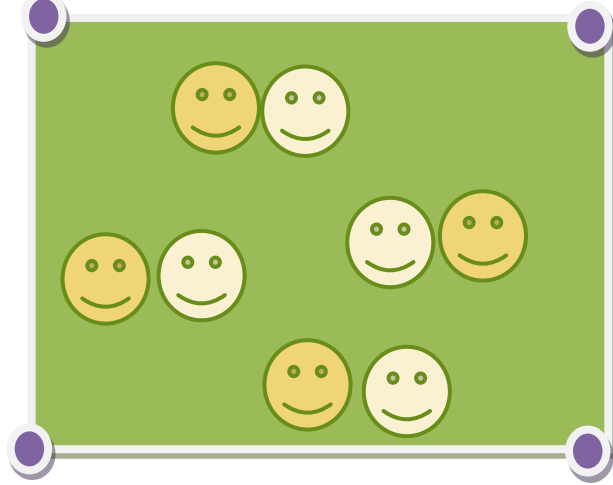
## **Lesson Plan 1**

**By Emma & Louise Byrne**



# Parent-Child Task 1: Mirror Mirror

**Purpose:** Introduce children and getting them comfortable to new setting



## How to Play:

- Child faces adult.
- Child must follow what adult does.
- If the adult touches their toes the child must do the same.
- Change over roles, the adult must now follow what the child does.

## Adaptation - Make it easier:

Slow down the mirror.

## Progression - Make it harder:

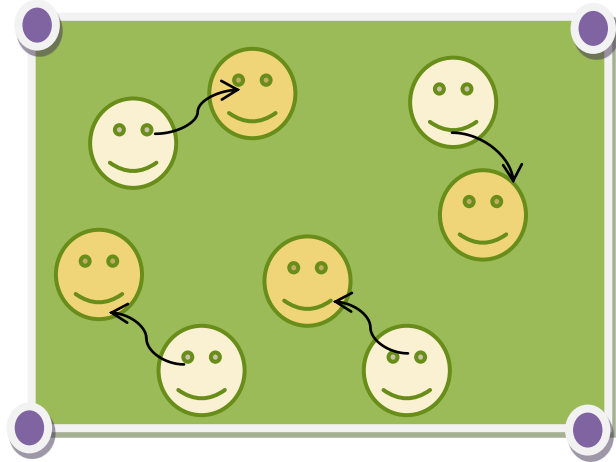
Get adults to complete movements faster and challenge the child by jumping, lying on their belly etc.

## Equipment:

4 cones.

# Parent-Child Task 2: Chasing Shadows

**Purpose:** Introduce children and getting them comfortable to new setting



## How to Play:

- Child lines up behind adult.
- They must follow adult wherever they go inside the area.
- If they touch the ground, the child must touch the ground.
- If they stop, the child must stop.

## Adaptation - Make it easier:

Get adult walking.

## Progression - Make it harder:

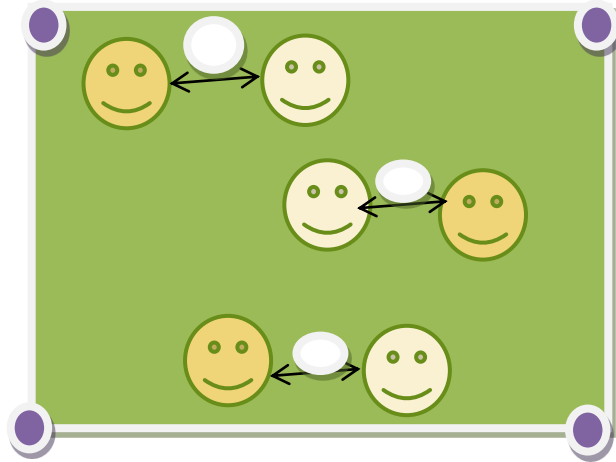
Challenge children by getting adults to jump, hop on one foot.

## Equipment:

4 cones.

# Parent-Child Task 3: Partner Pass

**Purpose:** *Introduce children and getting them comfortable to new setting*



## How to Play:

- Child and Adult partner up.
- Both child and adult sits on the ground with their legs apart and touching feet if possible.
- Each group is given a ball/balloon which is passed by passing to each other back and forth.

## Adaptation -Make it easier:

Get child and adult to come closer together.  
Use a balloon.

## Progression - Make it harder:

Get child and adult to spread away from each other.  
Get child and adult to stand up.  
Introduce rolling.

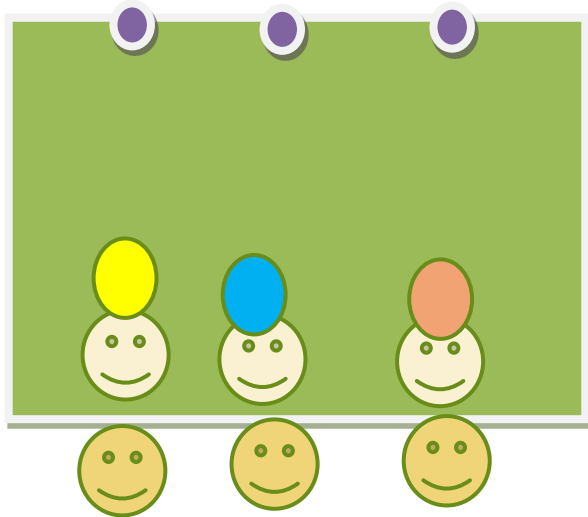
## Equipment:

Balls/Balloons

# Parent-Child Task 4:

## Balloon Relay

**Purpose:** Introduce children and getting them comfortable to new setting



### How to Play:

- Children line up on line with adults behind them.
- A balloon is placed between their legs and they must jump out to the line and back and pass the balloon to the adult.
- Repeat with adults.

### Adaptation - Make it easier:

Smaller distance to run.  
Children can carry the balloon in their hands.

### Progression - Make it harder:

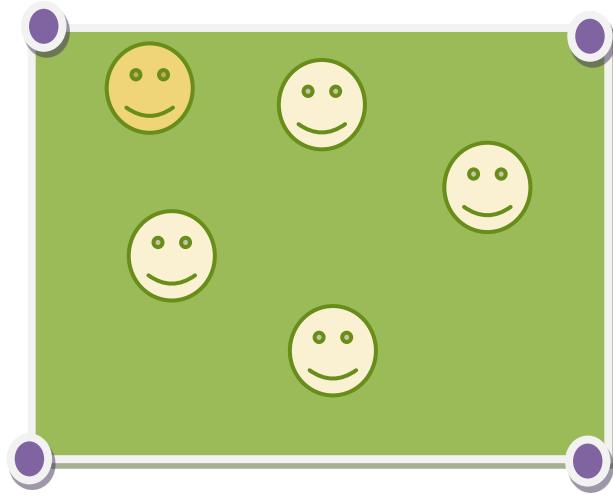
Make distance longer.  
If the balloon comes out from your legs you must run back to the start and start again.

### Equipment:

4 cones,  
Balloons

# Beans

**Purpose:** Agility, Running, Balance, Coordination



## How to Play:

- Set up area marked out with cones.
- Tell children that they are all beans.
- When coach says running bean-Children run around the area.

Jumping bean-Children jump around the area etc.

## Adaptation - Make it easier:

Smaller area.

Coach to slow down when giving commands.

## Progression - Make it harder:

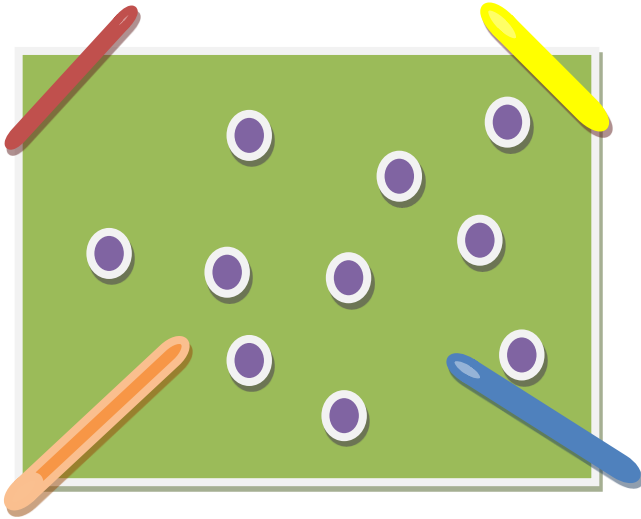
Challenge children with more difficult tasks. Belly bean-Lie on their belly. Tall bean-Stand up on their tippy toes.

## Equipment:

4 cones

# Rocket Ship

**Purpose:** Agility , Running, Coordination



## How to Play:

- Split group up into 4 equal teams.
- Place poles at slight angle into ground at each corner.
- Scatter cones around area.
- Taking turns, first person from each group must run in pick up one cone "Fuel" and place it on their rocket ship and high five next person for him/her to go.
- One cone "fuel" at a time.

## Adaptation - Make it easier:

Smaller area.  
More cones.  
More rockets.

## Progression - Make it harder:

Use different coloured cones eg. children must only pick up blue cones "fuel" for their blue rocket ship.  
Move in a different way each time.

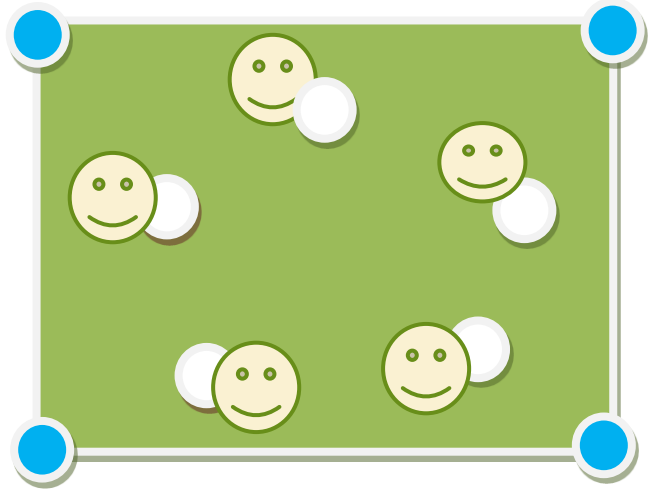
## Equipment:

Multi coloured cones, 4 poles.



# Body Catch: Clap, Clap, Catch

**Purpose:** *Catching, Co-Ordination*



## How to Play:

- Set up area marked out with 4 cones.
- Give each child a ball/balloon.
- Challenge child to throw up their ball/balloon, clap their hands and catch it again.

## Adaptation - Make it easier:

Children to practice with a balloon or bean bag.

## Progression - Make it harder:

Encourage children to see how many claps they can perform without letting the ball touch the ground.

Use smaller ball e.g.. Tennis ball.

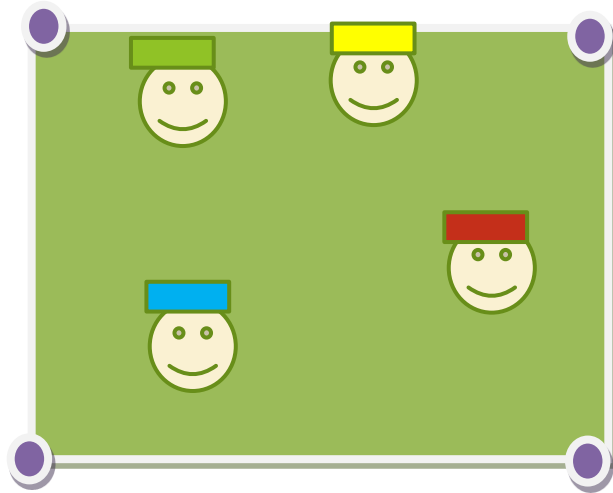
## Equipment:

Balls/Balloons



# Bean Bag Balance

**Purpose:** Running, Co-Ordination, Balance



## How to Play:

- Set up area marked out with cones.
- Give each child a bean bag.
- Children walk around area balancing their bean bag on their head, toes, elbows etc.

## Adaptation - Make it easier:

Use your hand to help keep bean bag on your head.  
Children to run while trying not to let bean bag fall off their head.

## Progression - Make it harder:

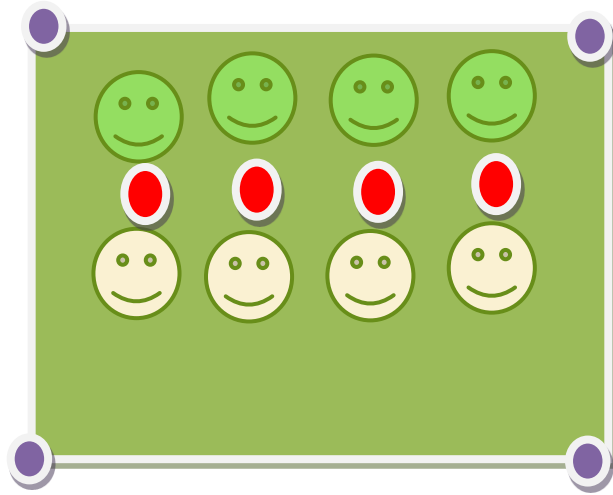
Bean bag to be balanced on different body parts eg. On your belly.

## Equipment:

4 cones, bean bags.

# Cool Down: Cone on the head

**Purpose:** Listening, Co-Ordination



## How to Play:

- All children line up facing their parent with a cone in the middle. Everyone takes one step back from the cone.
- On coaches call, everyone must touch their head, shoulder etc and when the coach shouts "CONE", the children race to pick up their cone and place it on their head before their parent gets the cone.

## Adaptation - Make it easier:

Coach talks slower and gives more time for each child to perform the call.

## Progression - Make it harder:

Coach talks faster and calls different body parts. Coach tries to trick children by pointing to a different body part each time.  
Talk in Irish.

## Equipment:

Cones