

Leinster GAA Nursery Programme 2016 Activities/Games

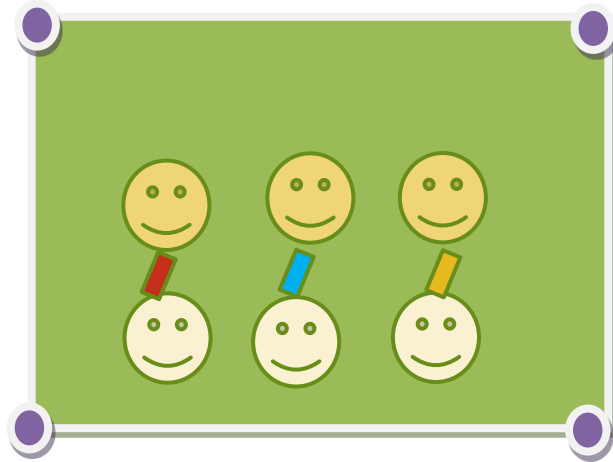
Lesson Plan 2

By Emma & Louise Byrne



Parent-Child Task 1: Bean Bag Toss

Purpose: Introduce children and getting them comfortable to new setting



How to Play:

- Child faces adult.
- They must pass the bean bag back and forth to one another.
- Try not to let bean bag touch the ground.

Adaptation - Make it easier:

Shorter distance to throw bean bag.

Throw & catch with both hands.

Progression - Make it harder:

Longer distance to throw bean bag.

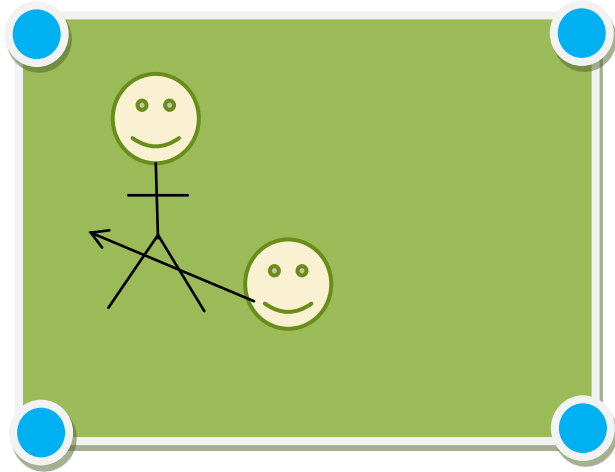
Throw and catch with only one hand.

Equipment:

Bean bags.

Parent-Child Task 2: Crawl and Jump

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



How to Play:

- Adult lines up with their legs apart.
- Child must crawl through their parents legs jump up and give a high five to their parent and repeat.

Adaptation - Make it easier:

Child to run around adult who has arms outstretched.

Progression - Make it harder:

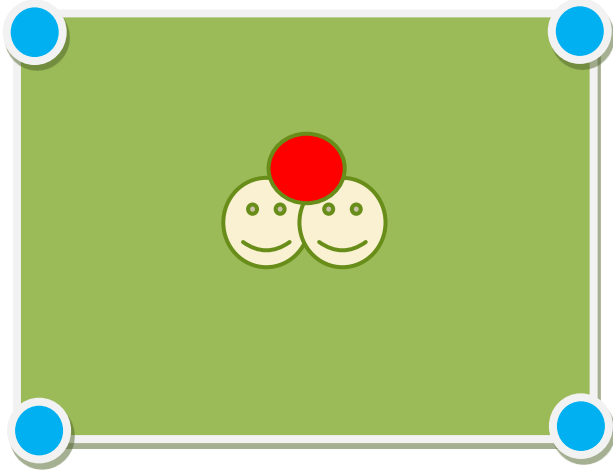
Adults to form a bridge with hands and feet.

Equipment:

NA

Parent-Child Task 3: Back to Back Pass

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



How to Play:

Adult must sit back to back with their child.
They must pass ball/balloon around moving from side to side.
Progress to standing up

Adaptation - Make it easier:

Child to roll ball to adult.

Progression - Make it harder:

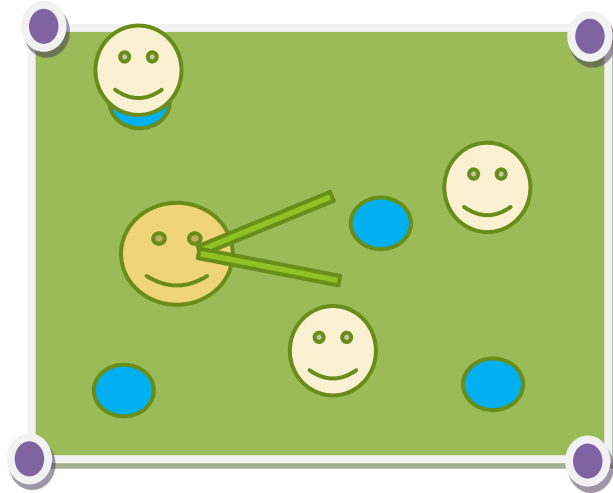
Try it standing up.

Equipment:

Balls/Balloons

Activity 1: Crocodile Tag

Purpose: Agility, Running, Jumping



How to Play:

- Set up area marked out with cones.
- Spread out some shapes around the area.
- Pick one child to be a crocodile. Give the child the crocodile tags.
- Everyone else are frogs and jump on a shape or "lilly-pad" and can stay on lilly-pad for 3 secs and then must move on.
- If a frog gets caught by the crocodile the frog must perform 3 star jumps and is let back into the game.

Adaptation - Make it easier:

Larger area. More lilly-pads.
Stay on lilly-pads for longer.

Progression - Make it harder:

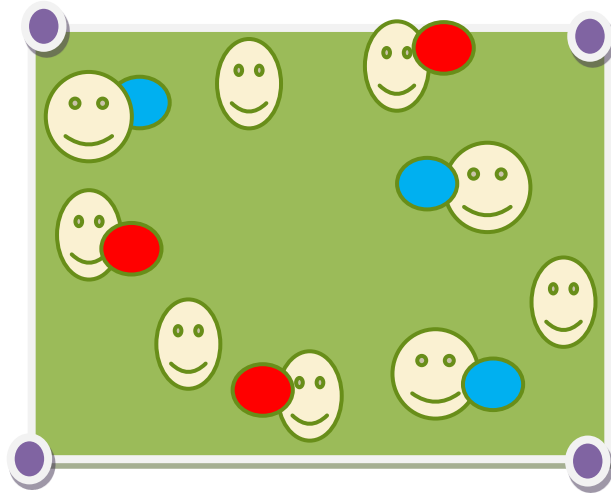
Add in more crocodiles.
Less lilly-pads.

Equipment:

Crocodile tags
Cones
Shapes

Activity 2: Ice Warriors

Purpose: Agility, Running



How to Play:

- Set up area marked out with cones.
- Pick 3 children a blue cone "ice" and 3 children a red cone "sun".
- "Ice" try to freeze as many people by tagging them.
- When you get tagged by an ice person you becomes frozen
- "Sun" try to free all of their frozen teammates by touching them with their red cone.

Adaptation - Make it easier:

Larger area. More "Sun"

Progression - Make it harder:

Add in more "Ice Warriors".

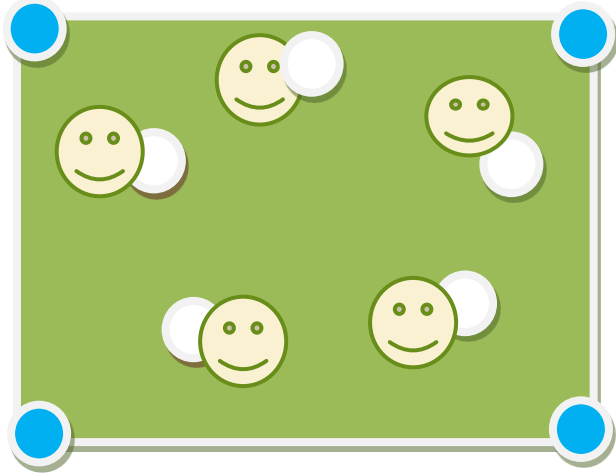
Equipment:

Red and Blue
Cones

Activity 3:

Head, Shoulders, Knees and Toes

Purpose: Catching-Recap from last week



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, touch their head and catch their ball/balloon.
- Repeat for shoulders, knees and toes.

Adaptation - Make it easier:

Children to practice with a balloon or bean bag.

Progression - Make it harder:

Encourage children to see can they perform all 4 body parts in a row without letting the ball touch the ground.

Use smaller ball e.g. Tennis ball

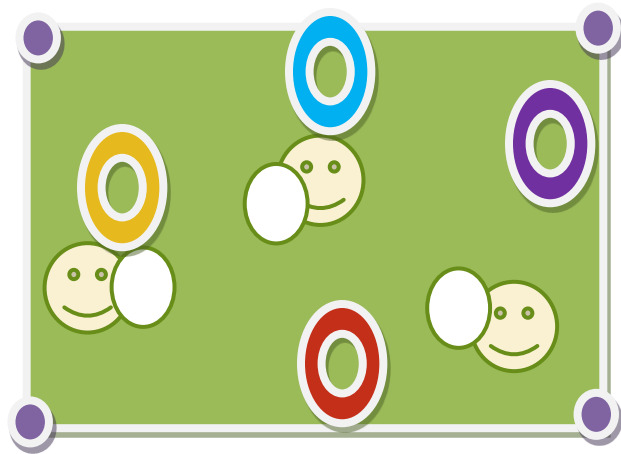
Equipment:

Balls/Balloons

Activity 4:

Intro skill of Bouncing-Minion Game

Purpose: Bouncing, catching



How to Play:

- Set up area marked out with cones and hoops.
- Tell children that they are all "Minions".
- Give each child a ball "banana".
- Minions to try to catch their "banana" by bouncing their ball into a hoop, catching it and bouncing it into a different hoop.

Adaptation - Make it easier:

Make area bigger with more hoops.

Progression - Make it harder:

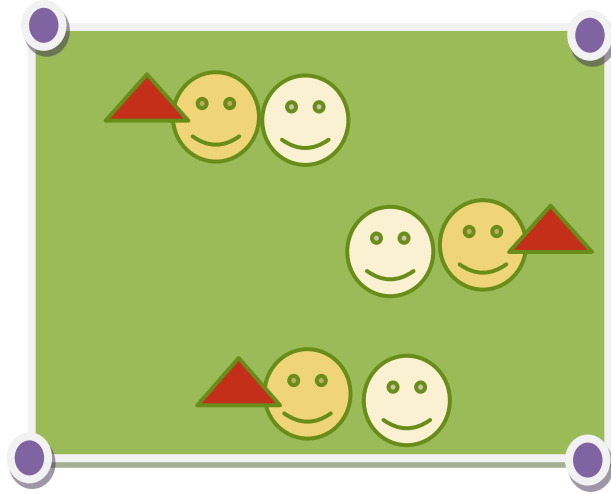
Make area bigger.
Less Hoops.
Bounce with one hand.

Equipment:

4 cones, Hoops,
Balls

Activity 5: Tag Tails

Purpose: Agility, Running



How to Play:

- Set up area marked out with cones.
- Give each child a bib/tag to tuck into their shorts/trousers.
- Get them to shake their tail feathers before the game starts.
- Once your bib/tag is gone, get another bib from the den with all the tail feathers.

Adaptation - Make it easier:

Larger area.
Two tails.

Progression - Make it harder:

Larger area.
Shorter time limit.

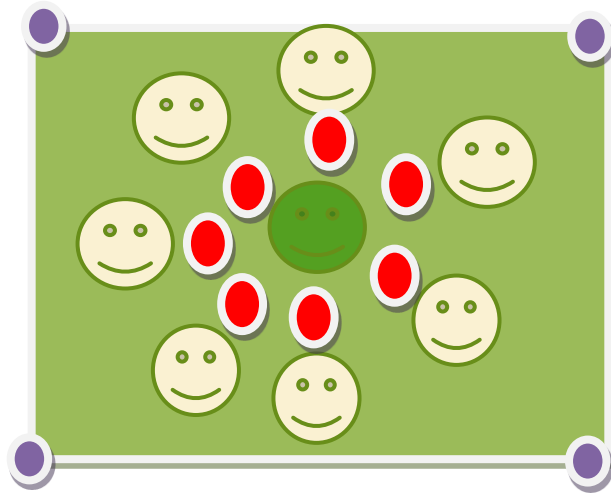
Equipment:

4 cones, Bibs



Cool Down: Cone on the Head

Purpose: Listening, Co-Ordination



How to Play:

- All children line up in a circle facing with coach in the middle.
- Each child is given a cone and asked to place it on the ground in front of them.
- On coaches call, child touches their head, shoulder etc and when the coach shouts "CONE", the children race to pick up their cone and place it on their heads.

Adaptation - Make it easier:

Coach talks slower and gives time for participants to perform task.

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 etc. Add in a ball beside the cone.

Equipment:

Cones