Leinster GAA Nursery Programme 2016 Activities/Games
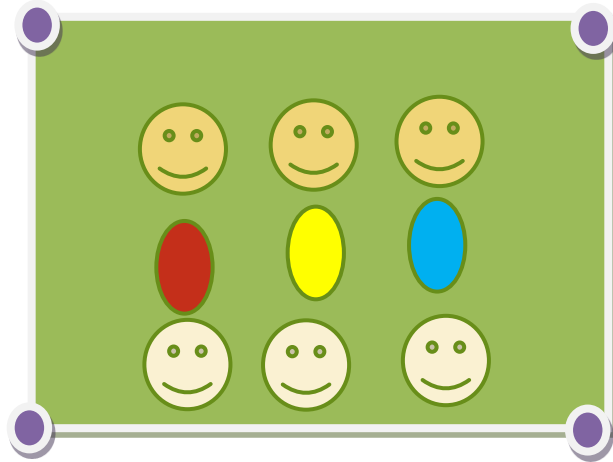
Lesson Plan 3

By Emma & Louise Byrne

Parent-Child Task 1: Balloon Volleyball

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

How to Play:

- Child faces adult.

- They must pass the balloon back and forth to one another.

- Try not to let balloon touch the ground.

Adaptation -Make it easier:

Shorter distance to pass balloon.
Children to catch with both hands.

Progression - Make it harder:

Longer distance.
Smaller balloon.
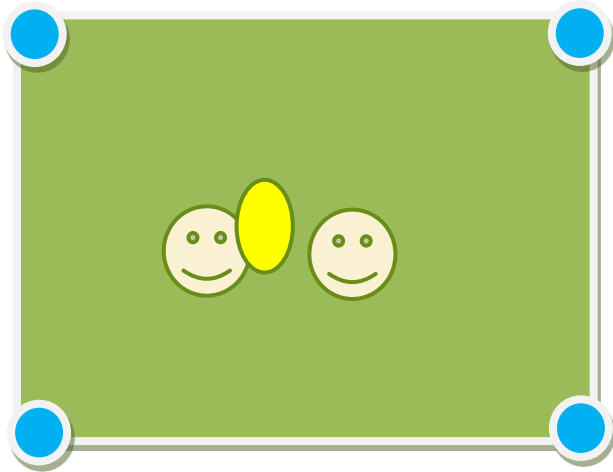Keep balloon up with only one hand.
Not aloud to catch it.

Equipment:

Balloons.

Parent-Child Task 2: Reaction Time

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

How to Play:

- Child faces adult.
- Adult holds a balloon out in front of child.
- Child must react and catch the balloon before it hits the ground.

Adaptation -Make it easier:

Adult holds balloon higher.
Adult counts down from 3 when dropping balloon.

Progression - Make it harder:

Adults to hold 2 balloons and only drops one balloon.
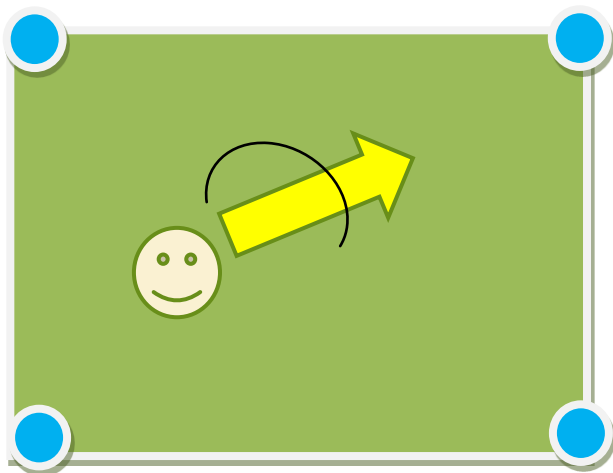Adult holds balloon at different height.
Vary start position for child. Ie. On their back.

Equipment:

Balloons

Emma and Louise Byrne

LEINSTER

Leinster GAA **GAMES DEVELOPMENT**

Activity 1: Bridges and Rivers

Purpose*: Agility & Balance*

How to Play:

- Divide children into 2 groups.
- One group are "Bridges" and one group are "Rivers".
- "Bridges" balance on their hands and feet, while the "Rivers" crawl under the bridges.
- Change over roles.

Adaptation -Make it easier:

Children to stand upright with legs spread apart.

Progression - Make it harder:

Bridges must move using their arms and feet but must remain like a bridge for river to pass.
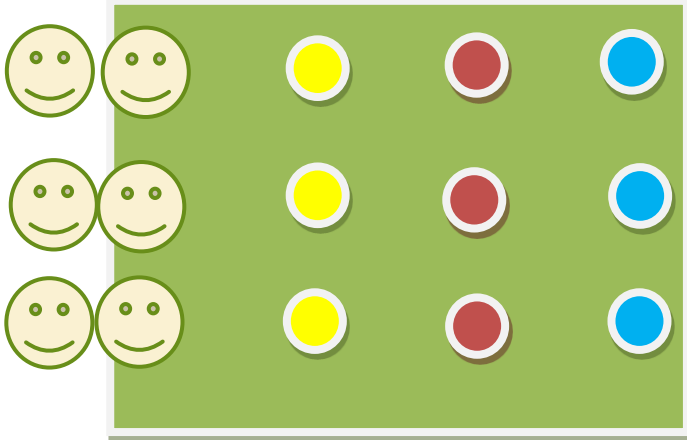
Equipment:

NA

Activity 2: Skill of Bouncing

Purpose: Recap skill of bouncing from last week

How to Play:

- Set up area marked out with shapes about 4 steps between each shape.

- Separate children into equal teams.

- Each group has a ball.

- On whistle, first child in each group bounces ball on each shape and back and hands the ball to next person in the group.

Adaptation -Make it easier:

Children to walk while bouncing their ball. They can bounce with both hands until they get used to bouncing and catching.

Progression - Make it harder:

Add in one child to walk beside the person who is bouncing the ball.
Designate different colours.
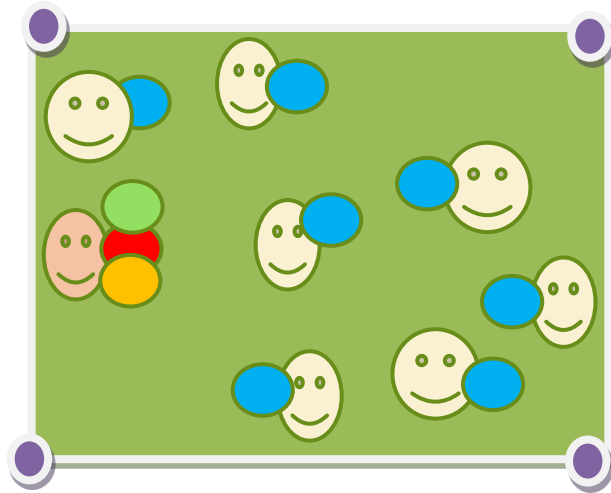Red=Right hand bounce.
Yellow=Left hand bounce
Blue=Both hands bounce.

Equipment:

Balls, Shapes

Activity 3: Crazy Cars

Purpose*: Running, Jumping , Spatial Awareness*

How to Play:

- Give each child a cone and tell them that they are all "driving a car".
- Put on their seatbelts.
- Go through the traffic light colours.
- Red light-STOP
- Yellow light-WALK
- Green light-RUN

Adaptation -Make it easier:
Larger area.
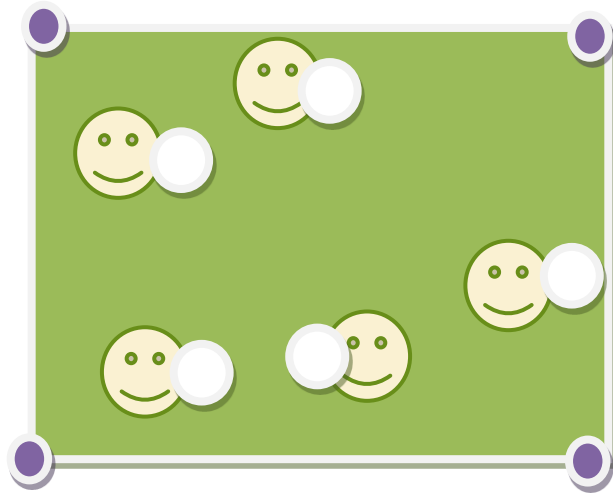Slow down traffic light calls.

Progression - Make it harder:
Add in speed bumps (Cones to jump over)
Get them to reverse their car-going backwards looking over their shoulder.

Equipment:
Cones

Emma and Louise Byrne   Leinster GAA **GAMES DEVELOPMENT**

Activity 4: Body Parts on the Ball

Purpose: *Intro Ball Control, Dribbling, Kicking, Co-Ordination*

How to Play:

- Give each child a ball.
- Encourage children to move the ball around the area using various body parts.
- Coach to call out a body part and children must touch the body off the ball. E.g., Knee, toe, head etc

Adaptation -Make it easier:

Larger area. Children to walk. Slow down calls for body parts. Pick easier body parts.

Progression - Make it harder:

Speed up calls for body parts. Pick harder body parts. Challenge children to use both feet. Call out numerous body parts after each other.
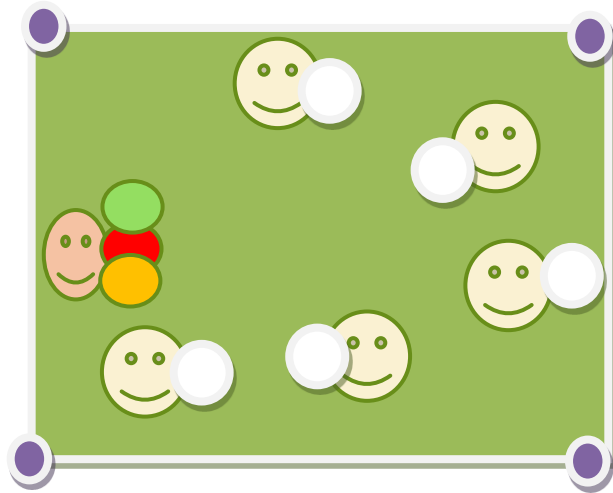
Equipment:

Balls

Emma and Louise Byrne

Leinster GAA **GAMES DEVELOPMENT**

LEINSTER

Activity 5: Traffic Lights

Purpose: Ball Control, Dribbling, Co-Ordination

How to Play:

- Give each child a ball.
- Children to dribble and move ball around the area keeping ball close to themselves and using both feet.
- Go through the traffic light colours.
- Red light-STOP AND TRAP BALL
- Yellow light-WALK WHILE DRIBBLING
- Green light-RUN WHILE DRIBBLING

Adaptation -Make it easier:

Larger area. Children to walk. Slow down calls for body parts. Pick easier body parts.

Progression - Make it harder:

Speed up calls for body parts. Pick harder body parts. Challenge children to use both feet. Call out numerous body parts after each other.
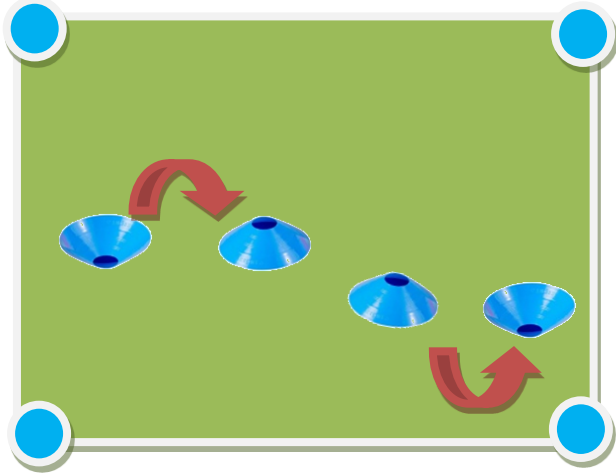
Equipment:

Balls

Emma and Louise Byrne Leinster GAA **GAMES DEVELOPMENT**

Activity 6:
Dishes and Domes

Purpose: *Co-ordination, running and agility*

How to Play:

- Split group into two teams. Get them to name their team.
- Then give one group the task of turning all cones up "DISHES" and the other team the task of turning them down "DOMES".
- They must stop and put their hands in the air when you blow the whistle at the end.
- You must then count to see which team is the winner.

Adaptation -Make it easier:

Walk while playing the game.
Less cones.
Smaller area.
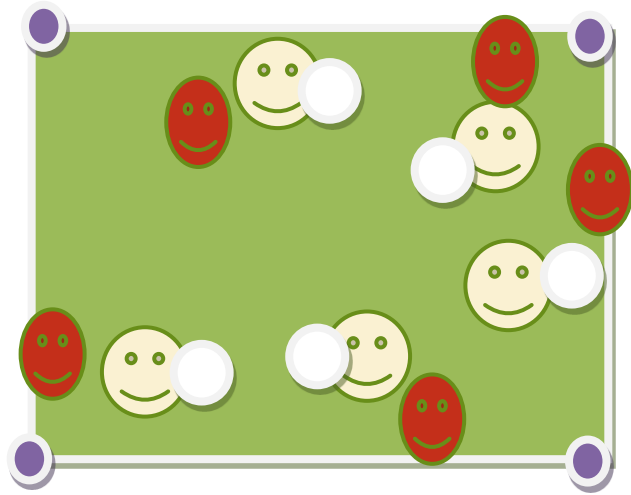Coach against all children.

Progression - Make it harder:

Larger area
Uneven teams
More cones
You cannot turn over the same colour cone twice in a row.

Equipment:

Cones

Emma and Louise Byrne

Leinster GAA **GAMES DEVELOPMENT**

Activity 7: Keep Ball

Purpose: *Ball Control, Dribbling, Co-Ordination*

How to Play:

- Give each child a ball.
- Children to dribble and move ball around the area keeping ball close to themselves and using both feet.
- Adults to try to get ball off their child.

Adaptation -Make it easier:

Larger area. Adults to walk or go on their needs.
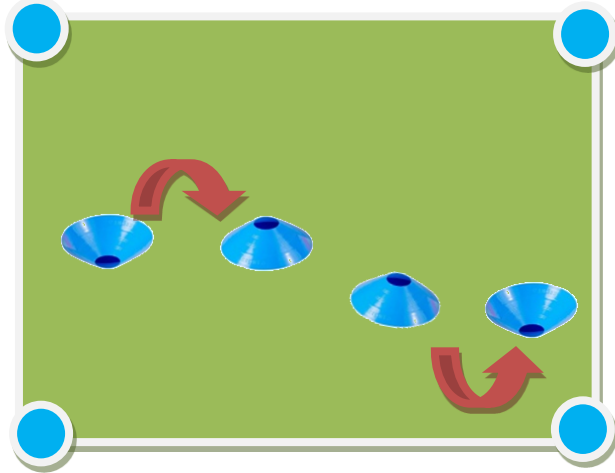
Progression - Make it harder:

Smaller area, Increase the number of players in the area.

Equipment:

Balls

Emma and Louise Byrne

Leinster GAA **GAMES DEVELOPMENT**

Cool Down:
Dishes and Domes v Adults

Purpose: *Co-ordination, running and agility*

How to Play:

- All adults are "DOMES"
- All children are "DISHES"
- Everyone must stop and put their hands in the air when you blow the whistle at the end.
- You must then count to see which team is the winner. ***ALWAYS THE CHILDREN!***

Adaptation -Make it easier:

Adults must walk while playing the game.
More children than adults.

Progression - Make it harder:

Larger area
More cones
You cannot turn over the same colour cone twice in a row.

Equipment:

Cones

Emma and Louise Byrne

LEINSTER   Leinster GAA **GAMES DEVELOPMENT**