

Leinster GAA Nursery Programme 2016 Activities/Games

Lesson Plan 4

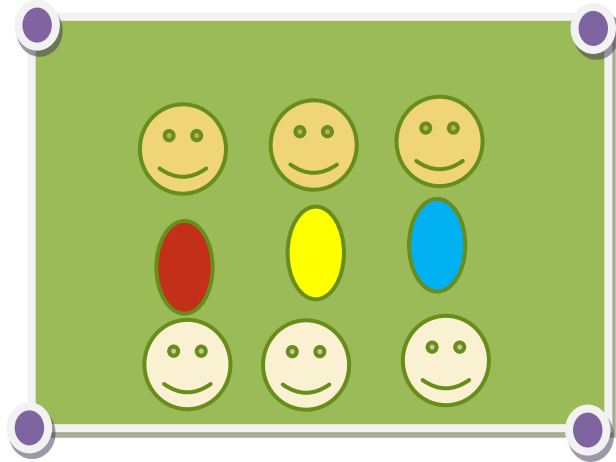
By Emma & Louise Byrne



Parent-Child Task 1:

Don't let the ball stop!

Purpose: Introduce children and getting them comfortable to new setting



How to Play:

- Child faces adult.
- They must pass the ball back and forth to one another using any body part (head, hands, feet)
- Try not to let ball stop.

Adaptation - Make it easier:

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

Progression - Make it harder:

Longer distance.
Tennis ball.
One touch only not allowed to catch it.

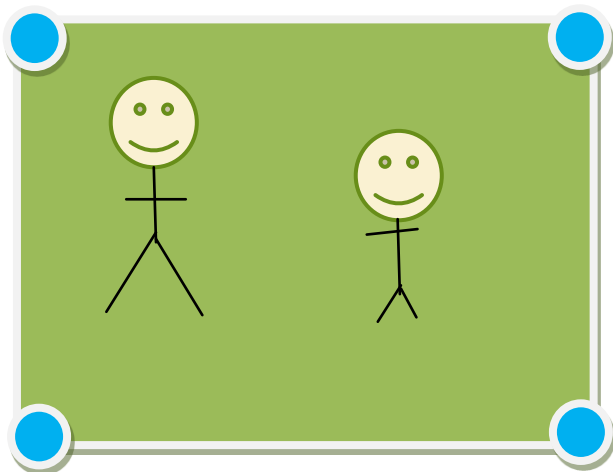
Equipment:

Balls.

Parent-Child Task 2:

Body Balance

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



How to Play:

- Child and adult pair up.
- Coach to call out a body part. Everyone must balance on that body part for 10 secs.
- Whatever position the child decides to balance the adult must copy.

Adaptation - Make it easier:

Easier body parts to balance on eg. Two feet.
Adults to help children balance on one foot.

Progression - Make it harder:

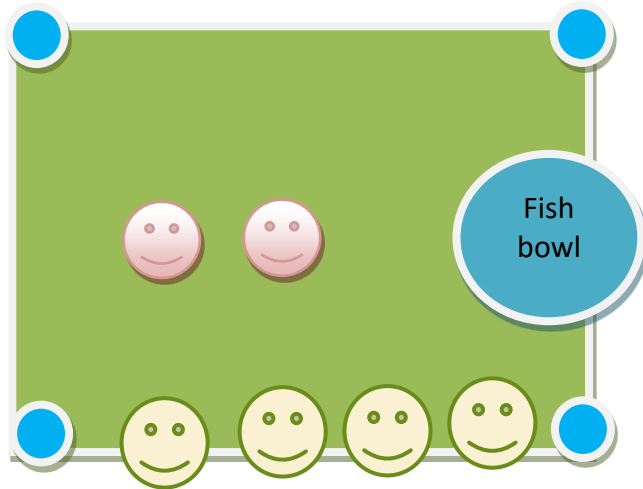
Harder body parts to balance on eg.
Bum, one hand and one foot.

Equipment:

NA

Activity 1: Shark Attack

Purpose: Agility & Running



How to Play:

- Line up group on one side of area.
- Give two children bibs who are the "Sharks".
- On your call the 'fishes' try to get to the other end of the grid without getting caught.
- If they get caught they go into the fishbowl where they have to do 5 star jumps and they are back into the game.

Adaptation - Make it easier:

Less Sharks
Larger Area

Progression - Make it harder:

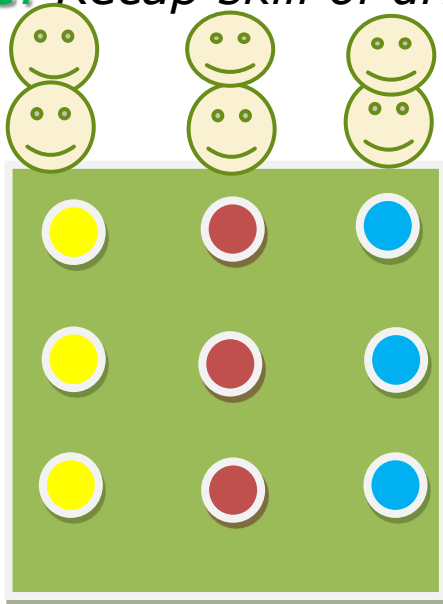
More Sharks
Smaller Area
More challenging activities to do in fish bowl eg. Burpie

Equipment:

Cones, Bibs

Activity 2: Skill of Dribbling

Purpose: Recap skill of dribbling from last week



How to Play:

Set up 3 cones in a line about 4 steps apart from each other. Separate children into equal teams.

Each group has a ball.

On whistle, first child in each group dribbles the ball in and out through their set of cones and back and passes the ball to next person

Adaptation - Make it easier:

Children to walk while dribbling their ball.

Larger distance between cones.

Progression - Make it harder:

Smaller distance between cones.
More cones.

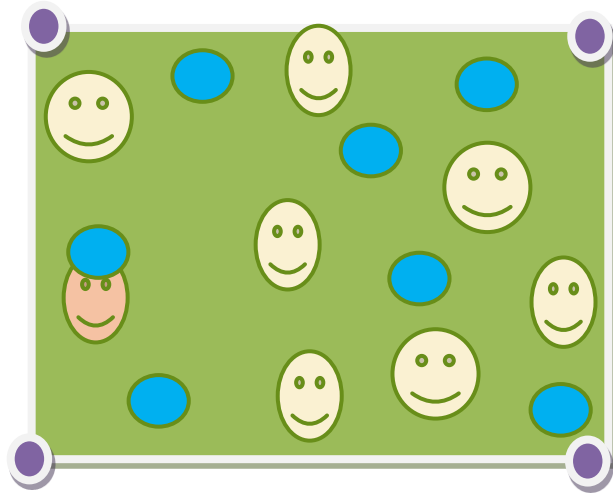
Taller cones so they must go around them.

Equipment:

Balls, Cones

Activity 3: Foxes and Hens

Purpose: Running, Jumping, Spatial Awareness



How to Play:

- Give one child a cone to place on their head. This person is the "FOX"
- "FOX" tries to run around and catch the hens.
- If a "HEN" gets caught they have to pick up a cone from the ground and they now become a "FOX"
- Continue until all hens are caught.

Adaptation - Make it easier:

Larger area.
"FOX" can only walk.

Progression - Make it harder:

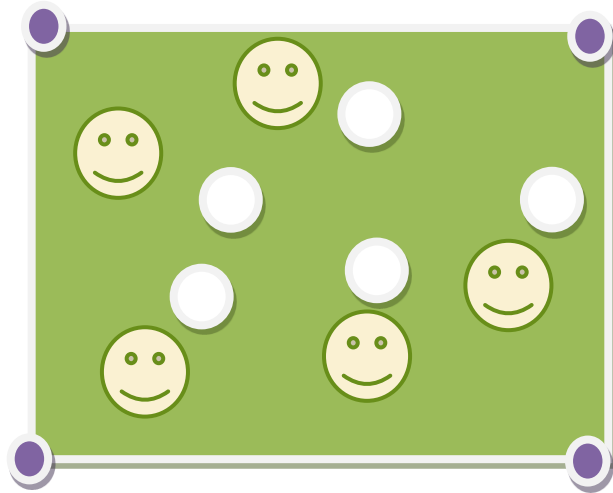
"HENS" to jump around on one foot
Add another "FOX"

Equipment:

Cones

Activity 4: Pick up the Rubbish

Purpose: Intro Pick Up, Co-Ordination



How to Play:

- Give each child a ball.
- Encourage children to place ball around on ground 2-3 steps in front of them.
- Challenge children to walk up beside the ball and scoop the ball up with both hands and hug the ball.
- Repeat.

Adaptation - Make it easier:

Larger area. Children to walk.
Children to start on their knees when practicing the pick up.

Progression - Make it harder:

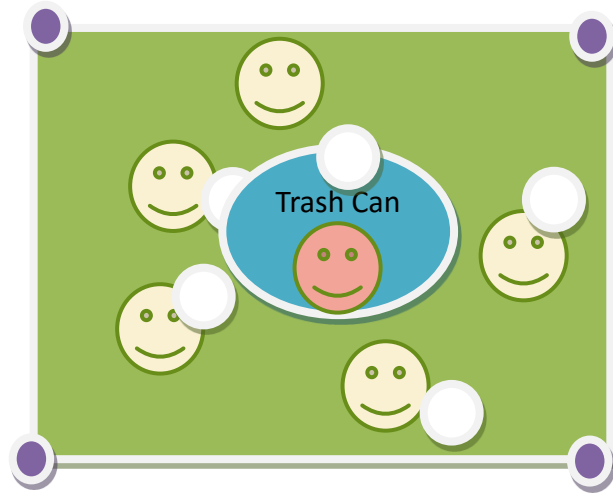
Once a child picks up their ball they must take 3 steps place the ball down and pick someone else's ball up. No ball around on the ground for more than 3 secs.

Equipment:

Balls

Activity 5: Trash Can

Purpose: Pick up, Co-Ordination



How to Play:

- Give each child a ball.
- Children to pick up the trash and place it in "TRASH CAN" marked out with cones.
- The coach is really messy and rolls balls back out.

Adaptation - Make it easier:

Larger area. Coach is slower at rolling out the balls.

Progression - Make it harder:

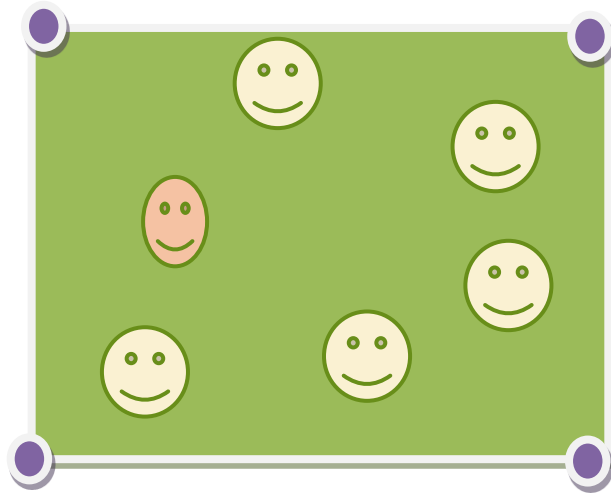
2-3 messy people in "TRASH CAN"
More balls.

Equipment:

Balls, Cones

Activity 6: Walk like an animal

Purpose: Agility, Balance, Co-Ordination, Running, Jumping



How to Play:

- Challenge children to walk around like different animals.
- Jump like a frog
- Walk like a giraffe
- Run like a cheetah etc.

Adaptation - Make it easier:

Larger area. Children to walk.
Slow down calls for different animals.
Pick easier animals.

Progression - Make it harder:

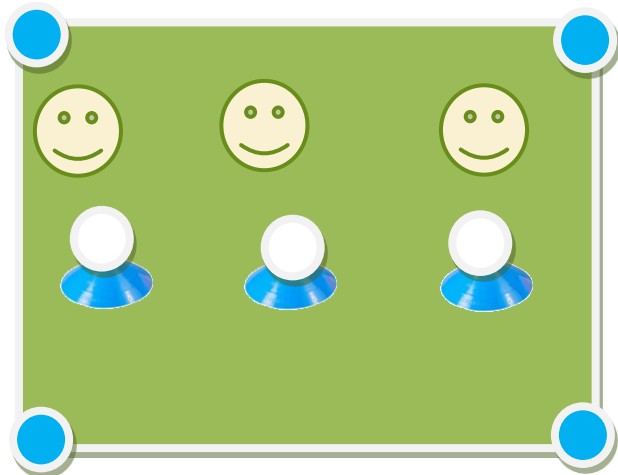
Speed up calls for different animals.
Pick harder animals.
Call out numerous animals after each other.

Equipment:

NA

Activity 7: Blast Off!

Purpose: Kicking, Co-ordination



How to Play:

- Give each child a ball and get them to place their ball on their cone.
- On whistle, children to stand beside ball and kick ball "BLAST OFF" and retrieve ball.
- Adults to help children set ball onto cone.

Adaptation - Make it easier:

Stand beside cone to kick it
Try bigger ball or balloon

Progression - Make it harder:

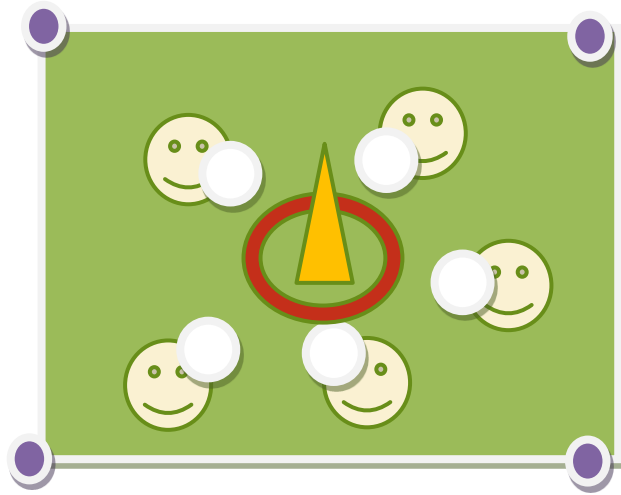
Remove cone.
Progress to kicking a rolling ball.

Equipment:

Cones, Balls

Activity 8: Bulls Eye

Purpose: Throwing, Co-Ordination



How to Play:

- Give each child a bean bag/ball and get child to stand on one shape.
- On whistle, children to aim at cone in middle of circle and try to hit it.
- Children to retrieve bean bag and repeat on whistle.

Adaptation - Make it easier:

Children placed closer to cone.

Progression - Make it harder:

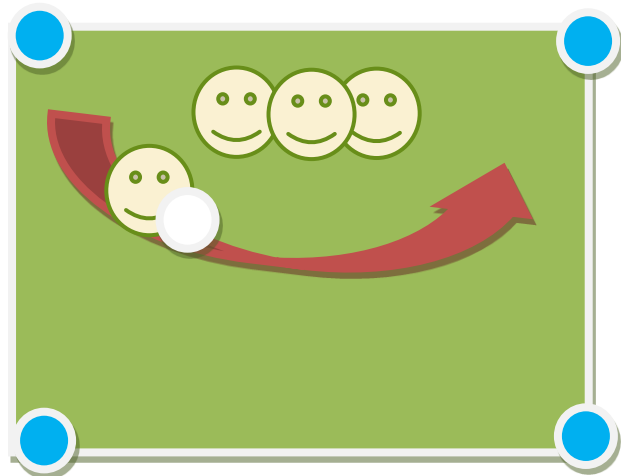
Children placed further away from the cone.

Equipment:

Balls, bean bags, hoop, cone

Cool Down: Through the legs

Purpose: Co-ordination, Rolling



How to Play:

- Get all children to line up behind one another with legs open.
- Get all adults to line up behind one another with legs open.
- Give each group a ball, ball starts with the first person in the group.
- On whistle, first person rolls the ball through their legs the whole way back to the last person who retrieves ball and runs up to the front and repeats by rolling the ball through their legs.
- First team out to a marker wins.

Adaptation - Make it easier:

Less children in each group.

Progression - Make it harder:

Over and under relay.

First person must pass ball over their head, second person must pass ball through their legs, third person must pass ball over their head....

Equipment:

Balls