

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

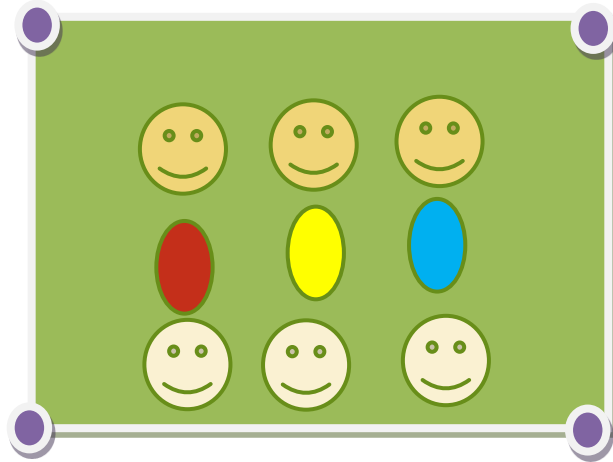
## **Lesson Plan 5**

**By Emma & Louise Byrne**



# Parent-Child Task 1: Hot Potato!

**Purpose:** Catching, Co-ordination



## How to Play:

- Child faces adult.
- They must pass the ball back and forth to one another by throwing the ball.
- Try not to let ball fall on the ground.

## Adaptation - Make it easier:

Shorter distance to pass ball.

## Progression - Make it harder:

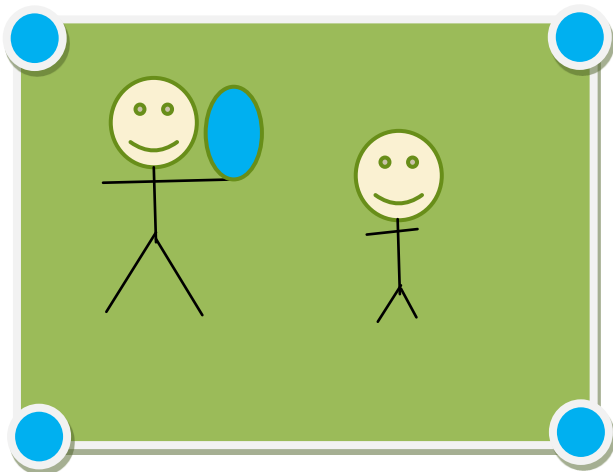
Longer distance.  
Different size ball eg tennis ball,  
reaction ball.

## Equipment:

Balls.

# Parent-Child Task 2: High Catch

**Purpose:** *Catching, Co-ordination*



## How to Play:

- Child and adult pair up.
- Child to hold ball out in one hand and child must jump up and try to catch the ball at highest point making the shape of a "W" with their hands.

## Adaptation - Make it easier:

Hold the ball lower in front of child.

## Progression - Make it harder:

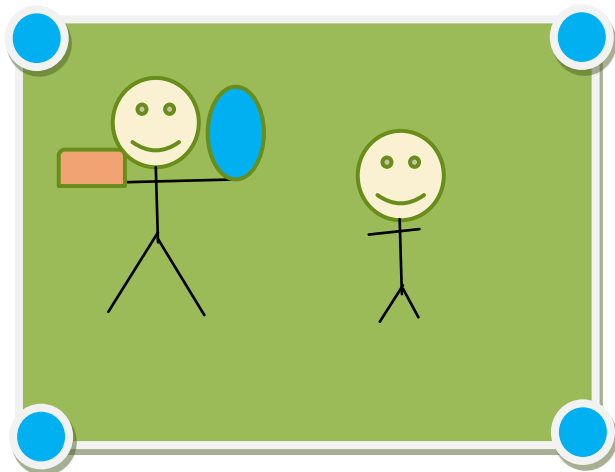
Hold the ball higher over child. Progress to throwing the ball up and child timing their jump and catching the ball.

## Equipment:

Ball

# Parent-Child Task 3: React

**Purpose:** Co-ordination, Catching



## How to Play:

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

## Adaptation - Make it easier:

Hold the items lower in front of child. Use a balloon.

## Progression - Make it harder:

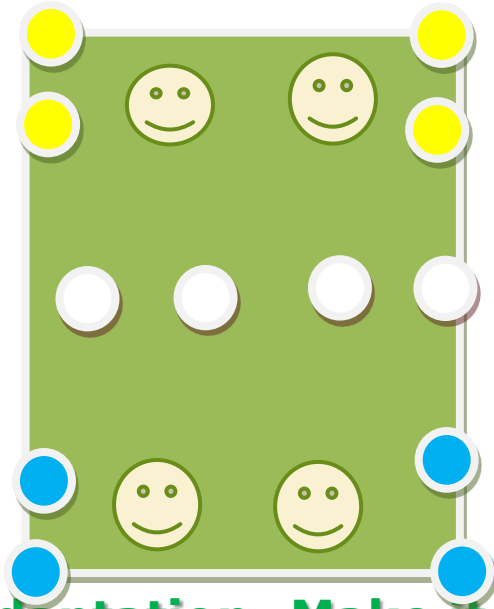
Hold the items higher over child. Child to start on their knees, lying down on their belly etc.

## Equipment:

Balls, beanbags

# Activity 1: Pick up

**Purpose:** Recap skill of pick up from last week



## How to Play:

Set up 2 areas marked out with different coloured cones at either end of an area.

Place balls along the middle of the area.

Separate children into equal teams.

On whistle, children run into the middle picks one ball up and bounces it the whole way back and place it in their grid and go again.

## Adaptation - Make it easier:

Children to walk to get ball  
Smaller area

## Progression - Make it harder:

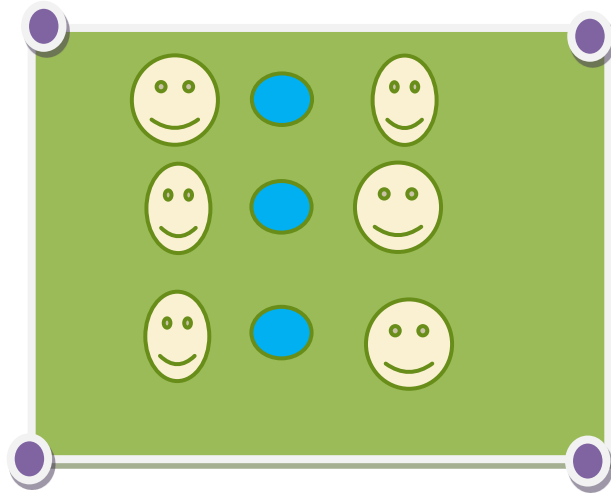
Bigger area.  
When all the balls are gone from the middle, children have to run to opposite grid and get one ball and return it to their grid.

## Equipment:

Balls, Cones

# Activity 2: Intro Handpass

**Purpose:** Handpass



## How to Play:

- Child faces adult.
- They must hand-pass the ball back and forth to one another.
- Use coaching cues for example “Off the shelf” etc

## Adaptation - Make it easier:

Smaller distance between parent and child

## Progression - Make it harder:

Larger distance between parent and child

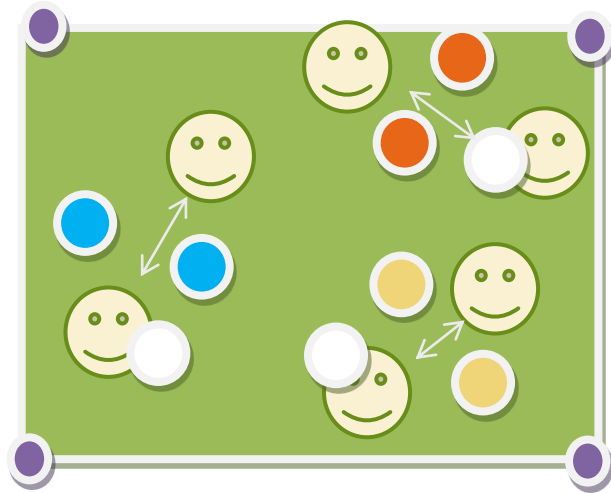
Move to receive ball

## Equipment:

Balls

# Activity 3: Through the gates

**Purpose:** Develop handpass



## How to Play:

- Set up numerous gates around the area.
- Parent-Child pairs up with one ball.
- You must hand pass ball through the gate and back and then move onto another gate.

## Adaptation - Make it easier:

Larger area. More gates.  
Bigger gates

## Progression - Make it harder:

Smaller gates.  
Different colour gate every time

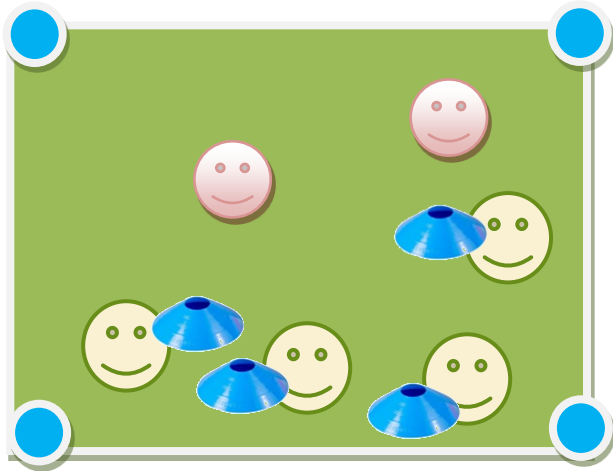
## Equipment:

Balls, cones



# Activity 4: Shamrocks & Leprechauns

**Purpose:** Agility & Running



## How to Play:

- Pick 2 children to be a "Leprechaun".
- Give all other children a cone.
- When a leprechaun catches you, you must give them your cone and get another cone from coach.
- Rotate roles so everyone gets to be a "Leprechaun".

## Adaptation - Make it easier:

One catcher, bigger area

## Progression - Make it harder:

More Leprechauns  
Smaller area

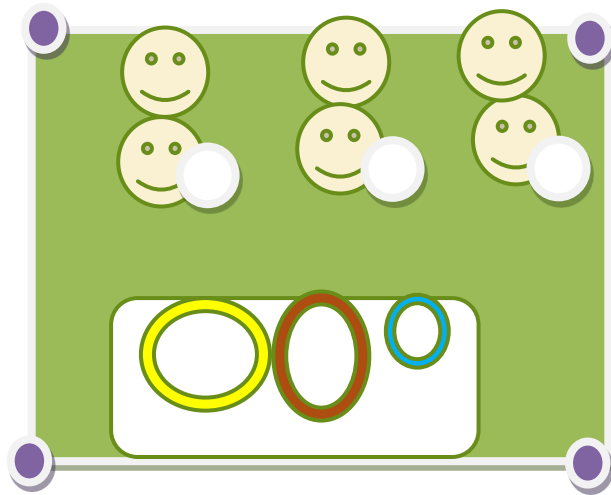
## Equipment:

Cones



# Activity 5: Target Practice

**Purpose:** Handpass, co-ordination



## How to Play:

- Divide group into 3 groups.
- Place hoops on goals.
- Children attempts to throw ball through hoop.
- Progress to handpass.

## Adaptation - Make it easier:

Bring children closer to hoops.  
Throw the ball.

## Progression - Make it harder:

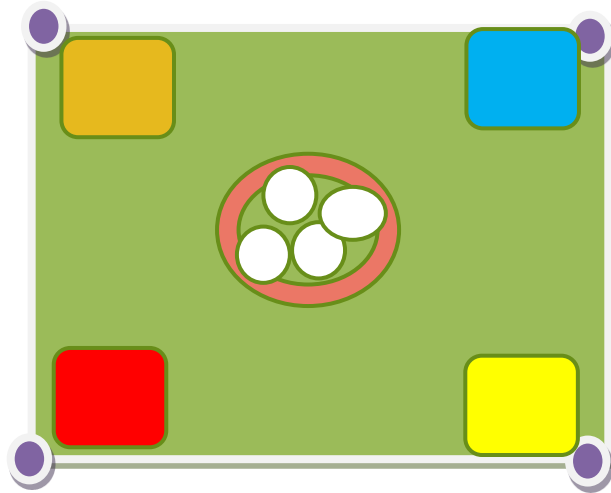
Children further away from hoops.  
Handpass the ball using both left  
and right hands.

## Equipment:

Balls, Cones,  
Hoops

# Activity 6: Treasure Chest

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



## How to Play:

- Place all balls, bean bags, tennis balls into the middle "treasure chest".
- Separate children into 4 equal groups in each corner of area marked out.
- On whistle, child runs in picks up one piece of treasure, runs back and high five the next person to go.

## Adaptation - Make it easier:

More treasure.  
Children to walk.

## Progression - Make it harder:

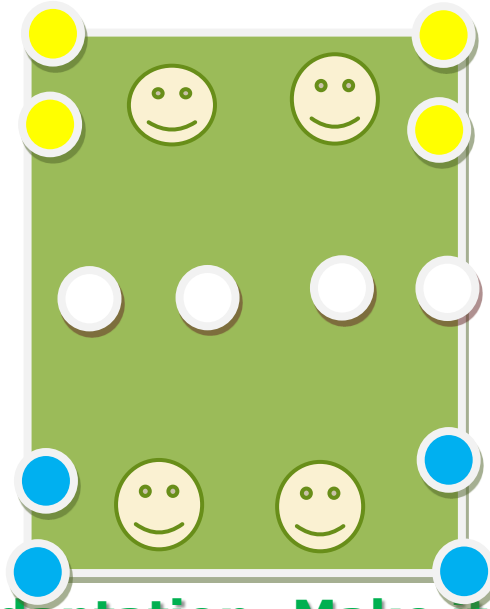
Less treasure, once treasure is gone from the middle, you can get treasure from another group.

## Equipment:

Bean bags,  
balls, etc

# Activity 7: Grid Swap v Parents

**Purpose:** Recap skill of pick up



## Adaptation - Make it easier:

Children to walk to get ball  
Smaller area

## How to Play:

Set up 2 areas marked out with different coloured cones at either end of an area.

Place balls along the middle of the area.

Separate adults to one grid and children to the other.

On whistle, everyone run into the middle picks one ball up and bounces it the whole way back and place it in their grid and go again.

## Progression - Make it harder:

Bigger area.

When all the balls are gone from the middle, children have to run to opposite grid and get one ball and return it to their grid.

## Equipment:

Balls, Cones