

Leinster GAA Nursery Programme 2016 Activities/Games

Lesson Plan 6

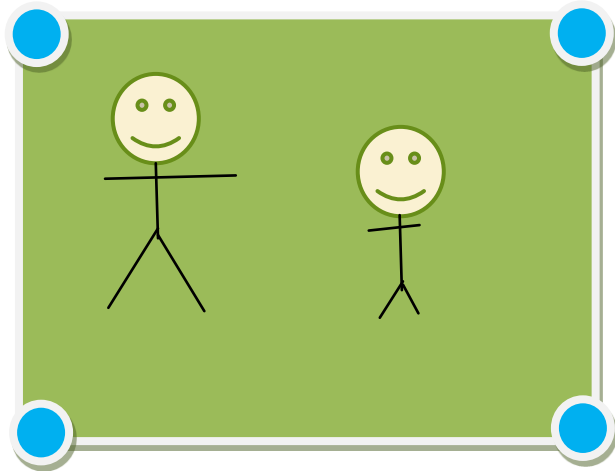
By Emma & Louise Byrne



Leinster GAA **GAMES DEVELOPMENT**

Parent-Child Task 1: Higher and Higher

Purpose: Co-ordination, Jumping



How to Play:

- Child faces adult.
- Adult places one arm outstretched and child must jump up and high 5 the adults hand.
- Adult to raise hand higher and higher each time

Adaptation - Make it easier:

Adult can kneel down or lower their hand to make it easier for child to high 5 them.

Progression - Make it harder:

Adults to raise their hand higher and can move their hand while child is jumping up. Child to start on their knees, lying down on their belly etc.

Equipment:

NA

Parent-Child Task 2: Grass Hoper

Purpose: Co-ordination, Jumping



Adaptation - Make it easier:

Smaller distance to jump.

How to Play:

Child and adult pair up.
Child to stand beside cone, child to try to jump as far as they can and count how many steps they jumped.
Adult tries to jump as far as they can.
Everyone must try to beat their score.
Progress to frog jumps.

Progression - Make it harder:

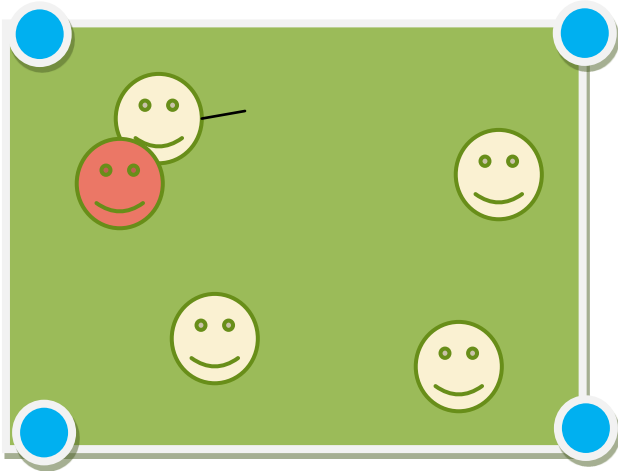
Place cone in front of child and get them to jump over it.
Jump from two feet and land on one.
Jump from one foot and land on one foot.

Equipment:

Cone

Warm Up: Toilet Tag

Purpose: Agility, Balance, Co-ordination



How to Play:

- Set up area with 4 cones.
- Pick one child to be the catcher.
- When the catcher touches you, you must pretend you are sitting on a toilet with your hand outstretched. To get free someone else must "flush" the toilet.
- You must make the flushing noise. Swap over roles

Adaptation - Make it easier:

Bigger area. Less catchers

Progression - Make it harder:

Smaller area, more catchers.
If caught you must complete 3 star jumps after you get flushed to get back into game

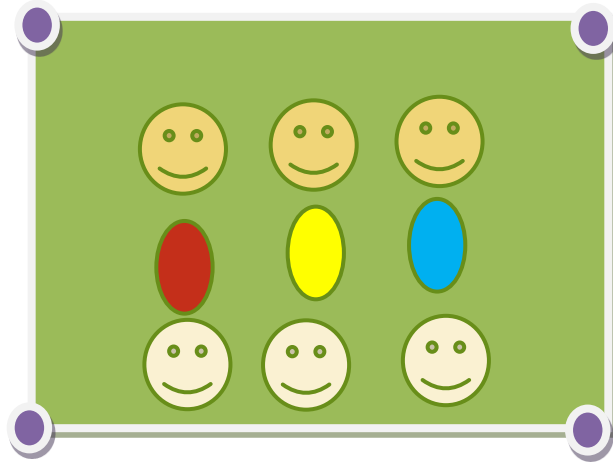
Equipment:

Cones

Activity 1:

Recap Handpass(IDEA)

Purpose: Recap Handpassing, Catching, Co-ordination



How to Play:

- Child faces adult.
- Ball is passed using the hand pass to each other.
- Encourage children to use both hands.

Adaptation - Make it easier:

Shorter distance to pass ball.

Progression - Make it harder:

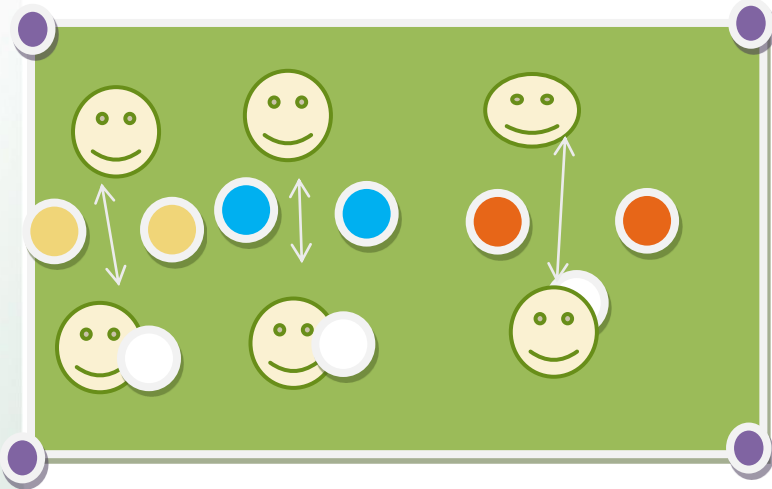
Longer distance.
Use both hands, one handpass with right hand next handpass with left hand.

Equipment:

Balls.

Activity 2: Through the goals (IDEA)

Purpose: Intro kickpass



How to Play:

- Set up numerous coloured goals across the area.
- Adults are one side of the goal with children the other.
- Ball is kickpassed through the goal.
- Encourage children to use both feet.
- Use coaching cues “off the laces” etc.

Adaptation - Make it easier:

Larger area. Bigger goals but children stand closer to the adult.

Progression - Make it harder:

Smaller goals but children stand further back from the adult.
Move through different goals after completing two successful kickpasses.

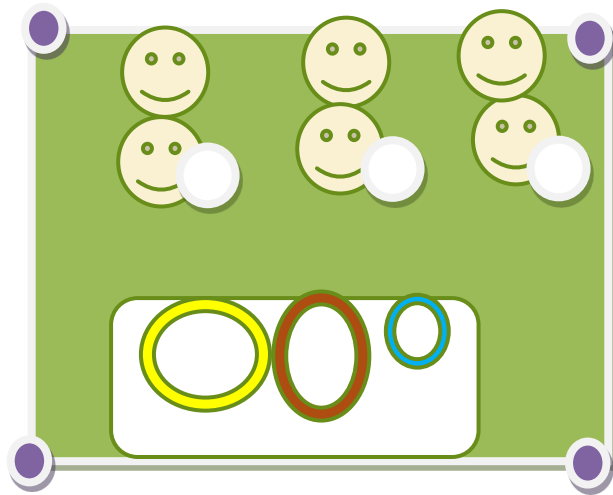
Equipment:

Balls, cones



Activity 3: Kicking Challenge

Purpose: Handpass, co-ordination



How to Play:

- Divide group into 3 groups.
- Place hoops on goals.
- Children attempts to kick ball through hoop from the ground.
- Progress to kicking off the cone.
- Progress to kicking from hands.

Adaptation - Make it easier:

Bring children closer to hoops.

Progression - Make it harder:

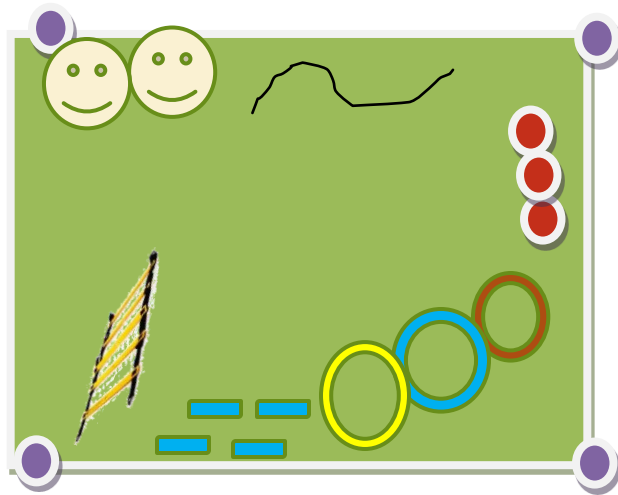
Children further away from hoops.
Kickpass the ball using both left and right feet.

Equipment:

Balls, Cones,
Hoops

Activity 4: Obstacle Course

Purpose: Agility, Balance, Co-Ordination



How to Play:

- Get all children to line up behind each other.
- Place equipment in a circle as in diagram.
- One child at a time must go through obstacles and high five next person.
- Children to encourage each other

Adaptation - Make it easier:

Easier obstacles.
Children can walk through the obstacles

Progression - Make it harder:

Harder obstacles.
Hoops on cones.

Equipment:

Cones, Hoops,
Ladder, Rope,
Shapes

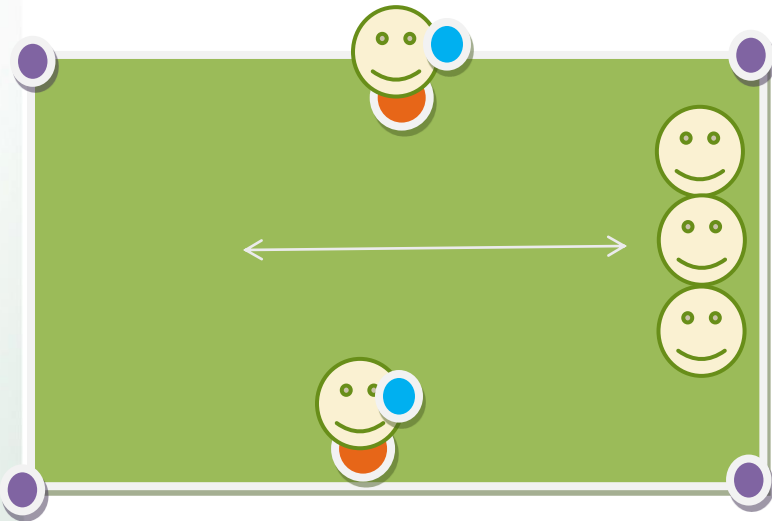


Emma and Louise Byrne

Leinster GAA **GAMES DEVELOPMENT**

Activity 5: Mario and Luigis

Purpose: Agility, Spatial awareness, jumping, running, throwing



How to Play:

- Get all children to line up on one side of area they are the marios and luigis.
- Give 2 children 2 fireballs each and get them to stand on a shape either side of area.
- On whistle, marios and luigis attempt to get across area without getting hit by the fireballs.
- Change roles.

Adaptation - Make it easier:

Larger area. Only one fireball.

Progression - Make it harder:

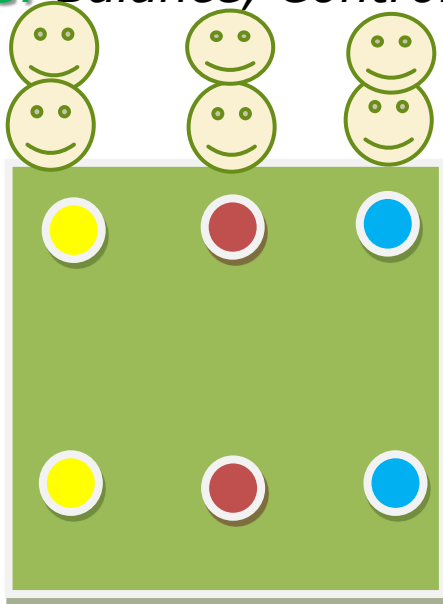
Smaller area. More fireballs. One mario/luigi runs at a time.

Equipment:

Balls, cones, shapes

Activity 6: Bear Crawl Relay

Purpose: Balance, Control, Fundamental movement patterns



How to Play:

- Split children into 4 equal teams by different colours.
- On whistle, first person to bear crawl out to cone, touch cone with their hand and run back in and high five next person.
- Children to encourage their friends.

Adaptation - Make it easier:

Smaller area.

Progression - Make it harder:

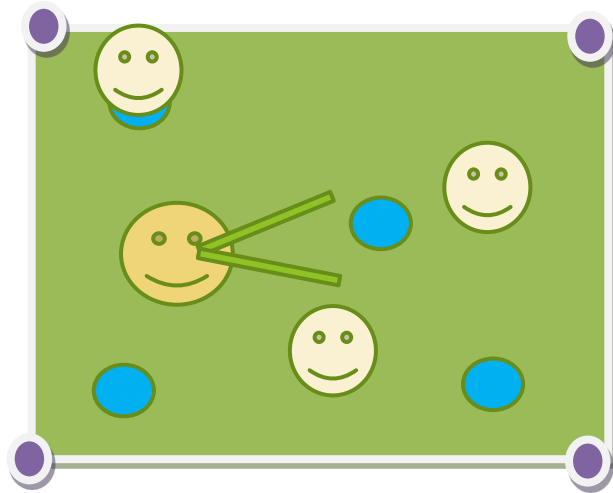
Children must perform movement for both out and in sections of the relay.
Longer distance to travel.

Equipment:

Cones

Activity 7: 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 "lily-pad" and can stay on lily-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 lily-pads.
Stay on lily-pads for longer.

Progression - Make it harder:

Add in more crocodiles.
Less lily-pads.

Equipment:

Crocodile tags
Cones
Shapes