

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

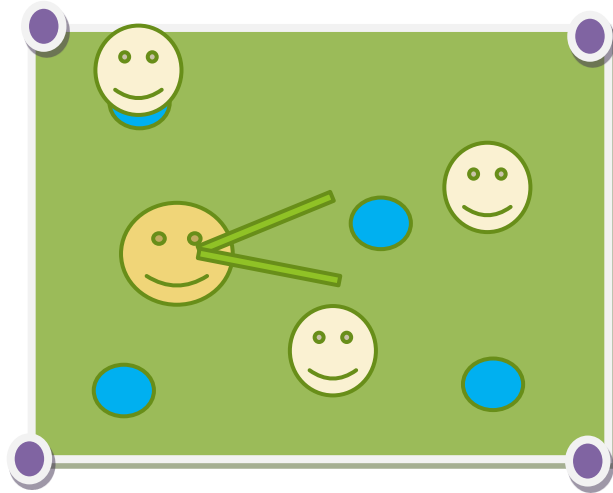
## **Lesson Plan 7**

**By Emma & Louise Byrne**



# 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:

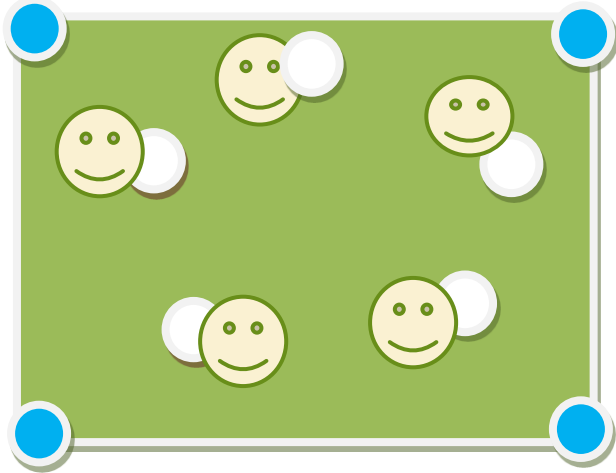
Add in more crocodiles.  
Less lilly-pads.

## Equipment:

Crocodile tags  
Cones  
Shapes

# Activity 2: Catching Challenge

**Purpose:** Catching-Recap



## How to Play:

- Set up area marked out with 4 cones.
- Give each child a ball.
- Challenge child to throw up their ball, touch their head and catch their ball.
- 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.

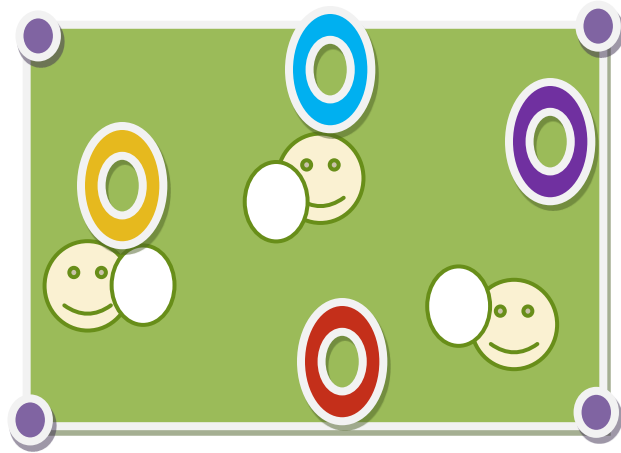
Use smaller ball e.g. Tennis ball

## Equipment:

Balls

# Activity 3: Bouncing Challenge

**Purpose:** Recap Bouncing



## How to Play:

- Set up area marked out with cones and hoops.
- The children are "polar bears"
- Give each child a ball "Fish".
- Children to try to catch their "fish" by bouncing their ball into a hoop and repeat.

## Adaptation - Make it easier:

Make area bigger with more hoops.

## Progression - Make it harder:

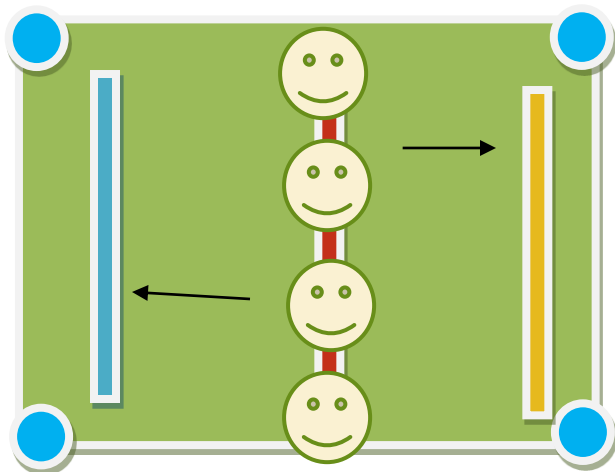
Make area bigger.  
Less Hoops.  
Bounce with one hand.

## Equipment:

4 cones, Hoops,  
Balls

# Activity 4: Ship, Sea, Shore

**Purpose:** Running, Listening to instructions, Turning



## How to Play:

Set up area as shown in diagram.

Get all children to line up along cones in the middle. This is the ship.

One side is the sea (blue cones) and other is shore (yellow cones).

On coaches call children must run to the area called out.

## Adaptation - Make it easier:

Coach to point in the direction of the area they have to go to.

## Progression - Make it harder:

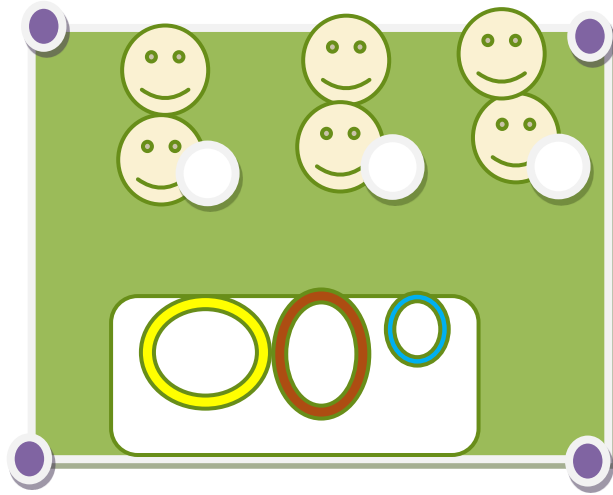
Coach to confuse children by pointing in opposite direction.

## Equipment:

Cones

# Activity 5: Handpass/Kicking Challenge

**Purpose:** Handpass, co-ordination



## How to Play:

- Divide group into 3 groups.
- Place hoops on goals.
- Children attempt to handpass ball through hoop
- Children attempt to kickpass ball through hoop

## Adaptation - Make it easier:

Bring children closer to hoops.

## Progression - Make it harder:

Children further away from hoops.  
Use both sides.

## Equipment:

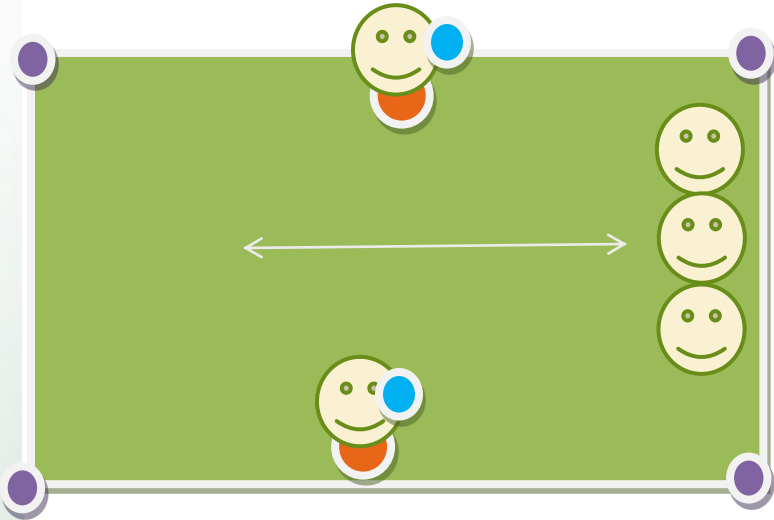
Balls, Cones,  
Hoops





# Activity 6: Rollerball

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



## How to Play:

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

## Adaptation - Make it easier:

Larger area. Only one fireball.

## Progression - Make it harder:

Smaller area. More rollerballs.

## Equipment:

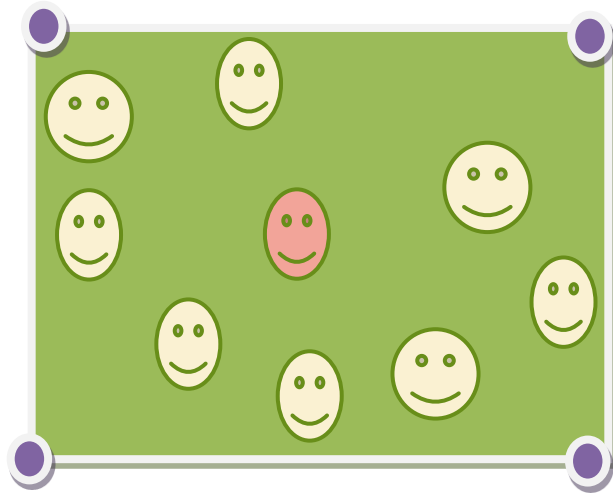
Balls, cones, shapes

# Activity 7: Stuck in the Mud

**Purpose:** Agility, Running, Crawling

## How to Play:

- Set up area with 4 cones.
- Pick one child to be the catcher.
- When the catcher touches you, you must stand with your legs apart.
- To get free someone else must crawl under your legs and you are free.
- Swap over roles.



## Adaptation - Make it easier:

Larger area. To free someone you have to give them a high five.

## Progression - Make it harder:

Add in more catchers.  
Smaller area.

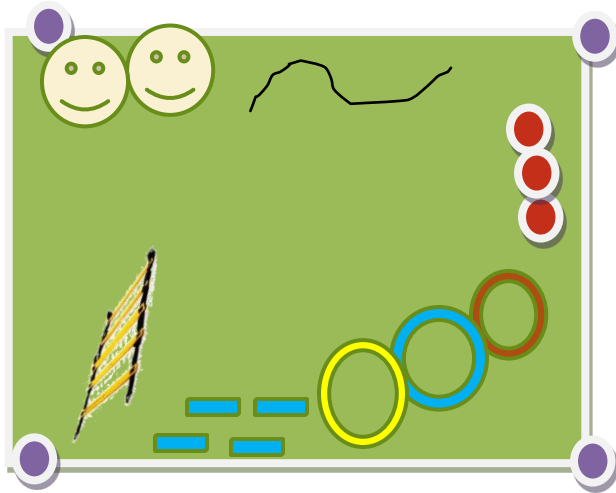
## Equipment:

NA



# Activity 8: 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:

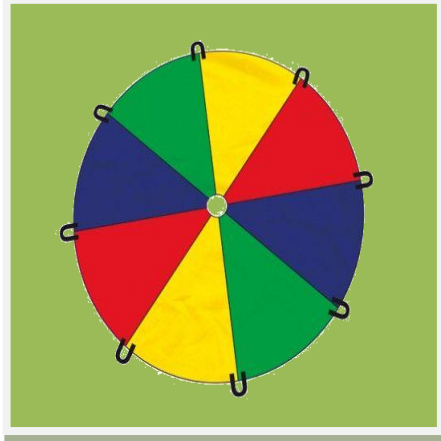
Cones, Hoops,  
Ladder, Rope,  
Shapes



# Activity 9: Parachute games

**Purpose:** Fun, Strength development

## How to Play:



- Get each child to hold onto a piece of the parachute.
- 1. Body parts-Coach calls out a body part and children must touch parachute using that body part. Eg. Knees etc.
- 2. Popcorn-Add in small balls and children attempt to pop the popcorn off the parachute.
- 3. Pancake-Children attempt to make a pancake from parachute by raising parachute up and count of 3 let go.

## Adaptation - Make it easier:

Adults to help shake the parachute

## Progression - Make it harder:

Less children shaking the parachute.

## Equipment:

Parachute-Small balls.