

<b>Group:</b> GAA Nursery	<b>Venue:</b> Hall (LESSON PLAN 1)
<b>Age:</b> 5-6 Boys and Girls	<b>No. Of Participants:</b> 20
<b>Coaches:</b> Emma and Louise Byrne	<b>Safety Points:</b> Laces to be tied Beware of surrounding eg. Walls. Spread out cones to avoid children bumping into each other.
<b>Date:</b> 08/04/2016	<b>Focus of session:</b> ABC's, Catching and Balancing
<b>Equipment:</b> Cones, Shapes, Balls, Balloons, Poles, Bean Bags	



<p style="text-align: center;"><b><u>Parent/Child Task 1:</u></b></p> <p><b>Name:</b> Mirror Mirror  <b>Duration:</b> 5 mins  <b>Equipment:</b> 4 cones  <b>Description:</b></p> <ul style="list-style-type: none"> <li>• Child faces adult.</li> <li>• Child must follow what adult does.</li> <li>• If the adult touches their toes the child must do the same.</li> <li>• Change over roles, the adult must now follow what the child does.</li> </ul>	<p style="text-align: center;"><b><u>Parent/Child Task 2:</u></b></p> <p><b>Name:</b> Chasing Shadows  <b>Duration:</b> 5 mins  <b>Equipment:</b> 4 cones  <b>Description:</b></p> <ul style="list-style-type: none"> <li>• Child lines up behind adult.</li> <li>• They must follow adult wherever they go inside the area.</li> <li>• If they touch the ground, the child must touch the ground.</li> <li>• If they stop, the child must stop.</li> </ul>
<p style="text-align: center;"><b><u>Parent/Child Task 3:</u></b></p> <p><b>Name:</b> Partner Pass  <b>Duration:</b> 5 mins  <b>Equipment:</b> 4 cones, balls/balloons  <b>Description:</b></p> <ul style="list-style-type: none"> <li>• Child and Adult partner up.</li> <li>• Both child and adult sits on the ground with their legs apart and touching feet if possible.</li> <li>• Each group is given a ball/balloon which is passed by passing to each other back &amp; forth.</li> </ul>	<p style="text-align: center;"><b><u>Parent/Child Task 4:</u></b></p> <p><b>Name:</b> Balloon Relay  <b>Duration:</b> 5 mins  <b>Equipment:</b> 4 cones, Balloons  <b>Description:</b></p> <ul style="list-style-type: none"> <li>• Children line up on line with adults behind them.</li> <li>• A balloon is placed between their legs and they must jump out to the line and back and pass the balloon to the adult.</li> <li>• Repeat with adults.</li> </ul>
<p style="text-align: center;"><b><u>Warm Up A-Beans:</u></b></p> <p><b>Name:</b> Beans  <b>Duration:</b> 5 mins  <b>Equipment:</b> 4 cones  <b>Description:</b></p> <ul style="list-style-type: none"> <li>• Tell children that they are all beans.</li> <li>• When coach says running bean-Children run around the area.</li> <li>• Jumping bean-Children jump around the area etc.</li> </ul>	<p style="text-align: center;"><b><u>Warm Up B-Rocket Ship:</u></b></p> <p><b>Name:</b> Rocket Ship  <b>Duration:</b> 5 mins  <b>Equipment:</b> 4 poles, cones  <b>Description:</b></p> <ul style="list-style-type: none"> <li>• Split group up into 4 equal teams.</li> <li>• Place poles at slight angle into ground at each corner. Scatter cones around area.</li> <li>• Taking turns, first person from each group must run in pick up one cone "Fuel" and place it on their rocket ship and high five next person for him/her to go. One cone "fuel" at a time</li> </ul>

### Activity 1 Body Catch

**Name:** Clap, Clap, Catch

**Duration:** 5 mins

**Equipment:** 4 cones, balls, balloons

**Description:**

- Set up area marked out with 4 cones.
- Give each child a ball/balloon.
- Challenge child to throw up their ball/balloon, clap their hands and catch it again.

### Activity 2 Bean Bag Balance

**Name:** Bean Bag Balance

**Duration:** 5 mins

**Equipment:** Bean Bags

**Description:**

- Set up area marked out with 4 cones.
- Give each child a bean bag.
- Children walk around area balancing their bean bag on their head, toes, elbow etc.

### Cool Down:

**Name:** Cone on the head

**Duration:** 5 mins

**Equipment:** cones

**Description:**

- All children line up facing the coach.
- Each child is given a cone and asked to place it on the ground in front of them.

On coaches call, child touches their head, shoulder etc and when the coach shouts "CONE", the children race to pick up their cone and place it on their heads.

### Notes:

- Please see Power Point slides for detailed description and diagrams of all activities.
- Also view video clips for further clarification of games/activities.

