



Group: GAA Nursery	Venue: Hall (LESSON PLAN 2)
Age: 5-6 Boys and Girls	No. Of Participants: 20
Coaches: Emma and Louise Byrne	Safety Points: Laces to be tied Beware of surrounding eg. Walls. Spread out cones to avoid children bumping into each other.
Date: 15/04/2016	Focus of session: ABC's, Recap Catching and Intro to Bouncing
Equipment: Cones, Shapes, Balls, Balloons, Bean Bags, Tags	

Parent/Child Task 1:

Name: Bean Bag Toss

Duration: 5 mins

Equipment: Bean Bags

Description:

- Child faces adult.
- They must pass the bean bag back and forth to one another.
- Try not to let bean bag touch the ground

Parent/Child Task 2:

Name: Crawl and Jump

Duration: 5 mins

Equipment: 4 cones

Description:

- Adult lines up with their legs apart.
- Child must crawl through their parents legs jump up and give a high five to their parent and repeat.

Parent/Child Task 3:

Name: Back to Back Pass

Duration: 5 mins

Equipment: Balls/balloons

Description:

- Adult must sit back to back with their child.
- They must pass ball/balloon around moving from side to side.
- Progress to standing up.

Activity 1-Crocodile Tag:

Name: Crocodile Tag

Duration: 7 mins

Equipment: Crocodile Tag, Shapes, Cones

Description:

- Spread out some shapes around the area.
- Pick one child to be a crocodile. Give the child the crocodile tags.
- Everyone else are frogs. Frogs can 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.

Activity 2: Ice Warriors

Name: Ice Warriors

Duration: 7 mins

Equipment: Red/Blue cones

Description:

- Pick 3 children a blue cone "ice" and 3 children a red cone "sun".
- "Ice" try to freeze as many people by tagging them.
- When you get tagged by an ice person you becomes frozen
- "Sun" try to free all of their frozen teammates by touching them with their red cone.

Activity 3-

Recap Skill of the Body Catch (IDEA)

Name: Head, Shoulders, Knees and Toes

Duration: 7 mins

Equipment: Balls/Balloons

Description:

- Give each child a ball/Balloon.
- Challenge child to throw up their ball/balloon, touch their head and catch.
- Repeat for shoulders, knees and toes
- Challenge child to touch all 4 body parts and catch their ball/balloon before it hits the ground.

Activity 4-Intro skill of Bouncing- Minion Game:

Name: Minion Game

Duration: 7 mins

Equipment: Balls, Hoops, Cones

Description:

- Set up area marked out with cones and hoops.
- Tell children that they are all “minions”.
- Give each child a ball “banana”.
- Minions to try to catch their “banana” by bouncing their ball into a hoop, catching it and bouncing it into a different hoop.

Activity 5 Tag Tails

Name: Tag Tails

Duration: 5 mins

Equipment: 4 cones, bibs/tags.

Description:

- Set up area marked out with cones.
- Give each child a bib/tag to tuck into their shorts/trousers.
- Get them to shake their tail feathers before the game starts.
- Once your bib/tag is gone, get another bib from the den with all the tail feathers.

Cool Down:

Name: Cone on the head

Duration: 5 mins

Equipment: cones

Description:

- All children line up in a circle facing with coach in the middle.
- 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.

