

Group: GAA Nursery	Venue: Hall (LESSON PLAN 5)
Age: 5-6 Boys and Girls	No. Of Participants: Varies
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: 06/05/2016	Focus of session: ABC's, Recap pick up, Intro Handpass
Equipment: Cones, Balls, Beanbags, Hoops, small balls	



<p style="text-align: center;"><u>Parent/Child Task 1:</u></p> <p>Name: Hot Potato Duration: 5 mins Equipment: Balls Description:</p> <ul style="list-style-type: none"> • 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. 	<p style="text-align: center;"><u>Parent/Child Task 2:</u></p> <p>Name: High Catch Duration: 5 mins Equipment: Balls Description:</p> <ul style="list-style-type: none"> • 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.
<p style="text-align: center;"><u>Parent/Child Task 3:</u></p> <p>Name: React Duration: 5 mins Equipment: Balls, beanbags Description:</p> <ul style="list-style-type: none"> • Child faces adult. • Adult holds a ball and a beanbag out in front of child. • Parent to drop one of the items. • Child must react and catch it before it hits the ground. 	<p style="text-align: center;"><u>Activity 1- Recap Pick up (IDEA)</u></p> <p>Name: Grid Swap Duration: 5 mins Equipment: Cones, balls Description:</p> <ul style="list-style-type: none"> • 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.
<p style="text-align: center;"><u>Activity 2- Intro Handpass (IDEA)</u></p> <p>Name: Handpass Duration: 5 mins Equipment: Balls Description:</p> <ul style="list-style-type: none"> • Child faces adult. • They must handpass the ball back and forth to one another. • Use coaching cues for example “Off the shelf” etc 	<p style="text-align: center;"><u>Activity 3-Through the gates</u></p> <p>Name: Through the gates Duration: 5 mins Equipment: Cones, balls Description:</p> <ul style="list-style-type: none"> • 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.

<p style="text-align: center;"><u>Activity 4-</u> <u>Shamrocks and Leprechauns</u></p> <p>Name: Shamrocks and Leprechauns Duration: 5 mins Equipment: Cones Description:</p> <ul style="list-style-type: none"> • 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”. 	<p style="text-align: center;"><u>Activity 5: Target Practice</u></p> <p>Name: Target Practice! Duration: 5 mins Equipment: Balls, Hoops Description:</p> <ul style="list-style-type: none"> • Divide group into 3 groups. • Place hoops on goals. • Children attempts to throw ball through hoop. • Progress to handpass.
<p style="text-align: center;"><u>Activity 6-Treasure Chest</u></p> <p>Name: Treasure Chest Duration: 5 mins Equipment: Balls, bean bags, small balls Description:</p> <ul style="list-style-type: none"> • 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. 	<p style="text-align: center;"><u>Activity 7-Grid Swap v Parents</u></p> <p>Name: Grid swap v Parents Duration: 5 mins Equipment: Balls Description:</p> <ul style="list-style-type: none"> • Set up 2 areas marked out with different coloured cones at either end of an area. • Place balls along the middle of the area. • All parents to go to one grid, children to the other. • On whistle, players run into the middle picks up one ball and bounces on the way back.

Notes:

Please see Power Point slides for detailed description and diagrams of all activities.

Also view video clips for further clarification of games/activities.

