

Group: GAA Nursery	Venue: Hall (LESSON PLAN 6)
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: 13/05/2016	Focus of session: ABC's, Recap handpass, Intro kick pass
Equipment: Cones, Balls, Beanbags, Hoops, small balls, ladders, crocodile tags.	



<p style="text-align: center;"><u>Parent/Child Task 1:</u></p> <p>Name: Higher and Higher Duration: 5 mins Equipment: NA Description:</p> <ul style="list-style-type: none"> • 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. 	<p style="text-align: center;"><u>Parent/Child Task 2:</u></p> <p>Name: Grass Hoper Duration: 5 mins Equipment: Cones Description:</p> <ul style="list-style-type: none"> • 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.
<p style="text-align: center;"><u>Warm up: Toilet Tag</u></p> <p>Name: Toilet Tag Duration: 5 mins Equipment: 4 cones Description:</p> <ul style="list-style-type: none"> • 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. 	<p style="text-align: center;"><u>Activity 1- Recap Handpass (IDEA)</u></p> <p>Name: Handpass Challenge Duration: 5 mins Equipment: Balls Description:</p> <ul style="list-style-type: none"> • Child faces adult. • Ball is passed using the hand pass to each other. • Encourage children to use both hands.
<p style="text-align: center;"><u>Activity 2-Intro Kickpass (IDEA)</u></p> <p>Name: Through the goals Duration: 5 mins Equipment: Cones, balls Description:</p> <ul style="list-style-type: none"> • 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. 	<p style="text-align: center;"><u>Activity 3-Kicking Challenge</u></p> <p>Name: Kicking Challenge 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 kick ball through hoop from the ground. • Progress to kicking off the cone. • Progress to kicking from hands.

Activity 4- Obstacle Course

Name: Obstacle Course

Duration: 5 mins

Equipment: Cones, hoops, bean bags, ladders, shapes

Description:

- 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.

Activity 5: Mario and Luigis

Name: Mario and Luigis

Duration: 5 mins

Equipment: Balls, Hoops

Description:

- Get all children to line up on one side of area they are the luigis and marios.
- 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.

Activity 6-Bear Crawl Relay

Name: Bear Crawl Relay

Duration: 5 mins

Equipment: Cones

Description:

- 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.

Activity 7-Crocodile Tags

Name: Crocodile Tag

Duration: 5 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.

Notes:

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

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

