



# PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Third and Fourth Classes

Lesson: 9 Rounders

## Venue

Yard/Hall

## Equipment

Beanbags, cones, tennis balls, tennis rackets or hurleys with big bas

Lesson  
**9**  
Rounders

**Strand Unit:** Sending, receiving and travelling

**Curriculum Objectives:**

Children to develop a range of striking skills

Children to develop a range of ball handling skills

- Striking a ball using a racket/hurley to a partner who catches it and throws it back, using underarm technique
- Striking a ball against a wall, using forehand and backhand technique

**Curriculum Objective:**

Children to create and develop games with a partner or in a small group

- Small-sided game, similar to rounders

**Strand Unit:** Understanding and appreciation of games

**Curriculum Objectives:**

Children to discuss and improve control in movement skills relevant to games

Children to develop an increased understanding of the use of space

Children to develop problem solving and decision making strategies, and an understanding of the tactics and strategies for use in modified game situations

Children to adapt rules to modify games and keep scores

**Linkage:**

Gymnastics - Strand unit: Movement (Balance)

Athletics - Strand unit: Running, Jumping, Throwing

## References

**Primary School Curriculum:**

Physical Education (1999)

Physical Education Teacher Guidelines (1999)

**Primary Schools' Sports Initiative**

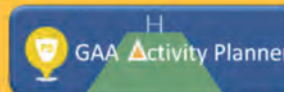
<http://www.ppds.ie/pcsparchive/pe/psai/clickme.html>

**Fun Do GAA Learning Resource Pack (2007)**



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**Strand: Games**

**Class Level: Third and Fourth Classes**

**Organisation**

- Divide the children into pairs
- Each pair has one racket/hurley and ball
- The children line up as in diagram



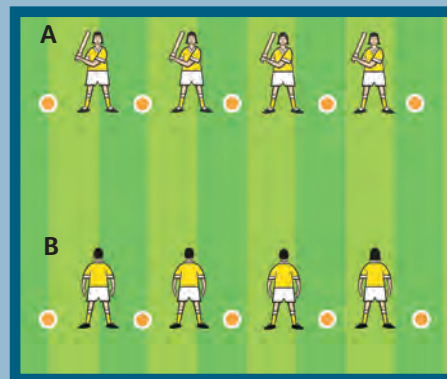
**Organisation**

- Divide the class into pairs
- Each child has a racket
- One ball to a pair



**Activity 1 - Striking the ball to a target**

- a) Overarm feed:**
- **B** takes the ball and feeds it to **A** to arrive at waist height
  - **A** bats the ball gently back to **B**, who catches it
  - Change over after ten bats
- b) Underarm feed:**
- The children repeat Activity 1 but this time **B** throws the ball gently underarm through the air to arrive at waist height
  - **A** bats the ball back through the air to **B**
  - Change over after ten backhand bats



**Teaching Points**

- **B** feeds the ball by bouncing it with a downward action
- **A** holds the bat at the start of the back swing, standing sideways to **B**
- Using the rounders bat grip, **A** brings the bat gently forward to hit the ball and continues the swing upwards

**Q** How can **B** help his/her partner?

**R** **B** must throw accurately so that hitting is possible

**Activity 2 - Squash**

- The children stand a reasonable distance from the wall
- In turn each strikes the ball as it returns from the wall
- Initially, allow the ball to bounce before striking; progress to striking continuously with no bounce



**Teaching Points**

- Move feet to place them side-on to the wall, the line of the feet determines the direction of the ball
- Strike using the forehand or backhand to suit the oncoming ball
- Encourage the children to think about placing the ball

**Q** What kind of shot will help to keep the rally going?

**R** An upward shot, a controlled shot

Strand: Games

Class Level: Third and Fourth Classes

Organisation

- Divide the group into two teams – batters and fielders
- The batter uses a racket or hurley with a big bas



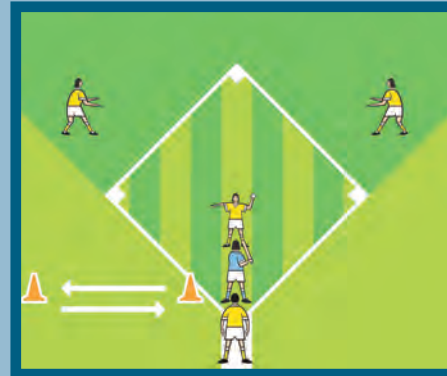
Organisation

- Form groups of five or six
- The children are placed as in the diagram
- The batter uses a racket or hurley with a big bas



Activity 3 – Four & Go

- When a batter comes to bat, they hit four balls, one after the other, into the playing space
- The balls can be hit from the ground, off tees, or from a self or drop feed
- When the last ball is hit, the batter runs between the marker cones as many times as possible
- The fielders must return all the balls to the home base – call ‘Stop’ when the last ball reaches home base

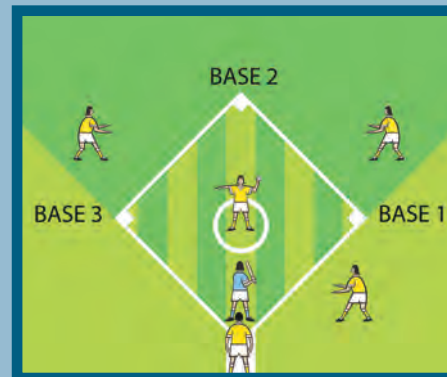


Development – Diamond Rounders

- The batter must hit the ball and reach base 3 before the bowler standing in the hoop receives the ball from the fielders
- Each batter receives three bowls in turn then the team change around

Rules

- Nobody can be caught out
- The batter must hit the ball to run
- If the batter has not reached base 3 there is no score



Teaching Points

- The line of the feet determines the direction of the ball
- Encourage the children to think about placing the ball

Q How can the children make the game more successful for the passers?

Q What changes can they make to give the interceptor a better chance of touching or catching the ball?

Teaching Points

Look for:

- the batter standing sideways to receive;
- the fielders having hands cradled ready to field and returning the ball to the bowler with an over arm throw;
- the bowler shouting stop when the ball arrives into his/her hands





# PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Third and Fourth Classes

Lesson: 10 Football

## Venue

Hall/Yard

## Equipment

Footballs, cones, markers, bibs

Lesson  
**10**  
Football

**Strand Unit:** Sending, receiving and travelling

**Curriculum Objective:**

- Children to develop and practice a range of ball handling skills
- Children to develop and practice a range of carrying and striking skills
  - Fist passing a ball through the air to a partner (stationary)
  - Fist passing a ball through the air to a partner/team mate (moving)

**Strand Unit:** Creating and playing games

**Curriculum Objectives:**

- Children to develop games with a partner or small group
  - Create a fist pass game - "Prisoner Ball" (Fistpass, catching and kicking game)

**Strand Unit:** Understanding and appreciation of games

**Curriculum Objectives:**

- Children to discuss and improve control in movement skills relevant to games
- Children to develop an increased understanding of the use of space
- Children to develop problem solving and decision making strategies, and an understanding of the tactics and strategies for use in modified game situations
- Children to adapt rules to modify games and keep scores

**Linkage:**

- Gymnastics - Strand unit: Movement (Balance)
- Athletics - Strand unit: Running, Jumping, Throwing

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GAA Activity Planner

## References

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### Strand: Games

### Class Level: Third and Fourth Classes

#### Organisation

- Divide the class into pairs
- One ball per pair



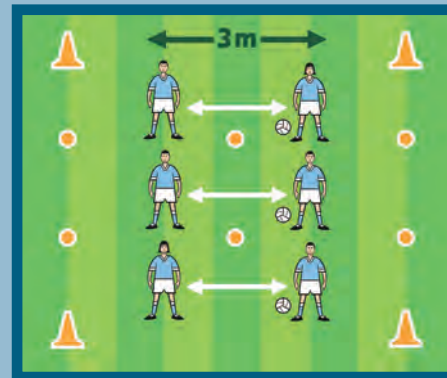
#### Organisation

- Divide the class into groups of 8
- One ball per group
- Mark out a distance of approximately 8-10m using cones
- Four children line up at either cone



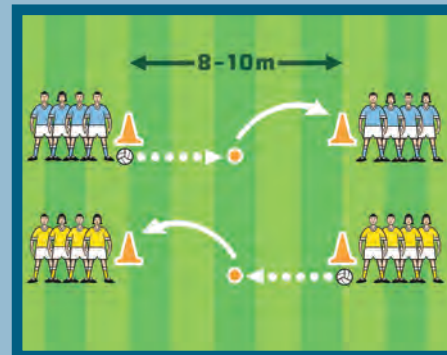
#### Activity 1 - Stationary Pass

- Each child in turn fist passes the ball to their partner
- The routine is continued for approximately 1 minute



#### Activity 2 - Move & Pass

- The child in possession jogs forward and fist passes the ball from the marker to the first child on the far side, who repeats the exercise
- Each child follows on to line up at the back of the opposite line



#### Teaching Points

- Ensure each pair has adequate space to perform the technique in a stationary position
- Use both left and right hands to practice the first pass

**Children discuss:**

- Increasing or decreasing the distance between each other

#### Teaching Points

- To increase the difficulty, increase the distance between the players

**Q** Why should you make sure you move through the ball when performing the fist pass ?

## Strand: Games

## Organisation

- Organise the players and the playing area according to the rules of the devised game



## Organisation

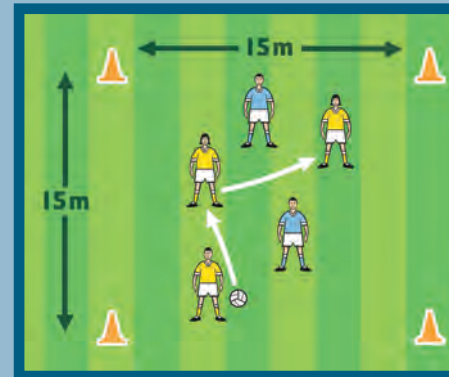
- Mark out a court using markers
- Mark out a centre net or barrier using cones to divide the court into two sides
- Divide the players into 2 equal teams; 3v3 or 4v4



## Class Level: Third and Fourth Classes

## Activity 3 - Create a Fist Passing Game

- The rules of the game are devised by the children
- Ensure the fist pass is a key skill of the game



## Teaching Points

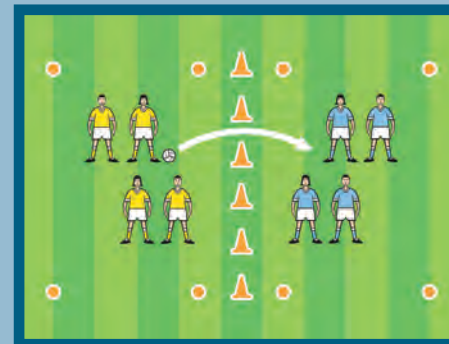
**Group activity:**

- 2 v 2 or 3 v 1, create a fist passing game with a target

**Q** Should the target be attempted from a set distance?

## Activity 4 - Prisoner Ball

- The objective of the game is to kick the ball into the opponents section of the court
- If the ball is caught it is returned in the same way, but if the ball is not caught, the player who dropped it or who was nearest must surrender as 'prisoner' to the other side, effectively increasing their numbers
- The game is over when all the players of one team have been taken prisoner by the other



## Teaching Points

**Variation:**

- Require the catcher to fist pass to a team mate immediately on landing before the ball can be kicked back to the opposite side

## Strand: Games

## Organisation

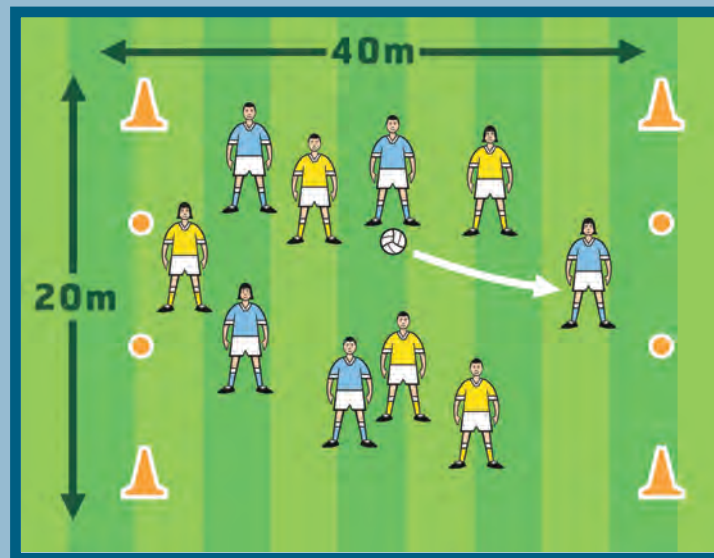
- Mark out a playing area 20m x 40m
- Place two markers at either end to form goals
- Divide the players into equal teams, no goalkeepers



## Class Level: Third and Fourth Classes

## Development - Goals Galore

- The objective of the game is to score goals against the other team
- Only the fist pass can be used to pass the ball and score



## Teaching Points

- To increase the difficulty, introduce goalkeepers





# PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Third and Fourth Classes

Lesson: 11 Handball

## Venue

School Yard/Hall with a flat wall

## Equipment

Handballs or tennis balls, cones, multi-coloured hula hoops

**Lesson**  
**11**  
**Handball**

**Strand Unit:** Sending, receiving and travelling

**Curriculum Objectives:**

Children to develop and practice a range of ball handling skills  
Children to develop and practice a range of carrying and striking skills

- Hoop Bounce
- “Keep the Kettle Boiling”

**Strand Unit:** Creating and playing games

**Curriculum Objectives:**

Children to create and develop games in pairs

- Small sided games, 2 v 2 and “2 bounce”

**Strand Unit:** Understanding and appreciation of games

**Curriculum Objectives:**

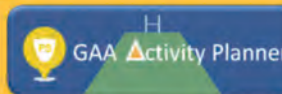
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**Linkage:**

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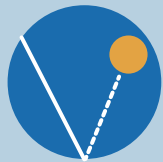




## Strand: Games

### Organisation

- Every child has a handball (or tennis ball), and is spread out across the hall/yard
- Spread multi-coloured hula hoops across the floor



### Organisation

- In groups, children line up facing the wall, approx 2m back
- One handball per group



## Class Level: Third and Fourth Classes

### Activity 1 - Hoop Bounce

- Each child jogs around the court dribbling a handball
- The teacher calls a colour, to which the children must run to the nearest hoop of the same colour and bounce the ball in it



### Teaching Points

- Keep eyes on the ball, whilst maintaining court awareness
- Create a basket with the fingers to catch the ball

### Activity 2 - Keep the Kettle Boiling

- Aim of the game is to hit as many consecutive shots as possible
- Ball can bounce twice before it must be returned against the front wall
- When a child hits his/her shot, she/he runs to the back of the line
- This continues until the ball is missed and the game restarts
- Progress the game by only allowing one bounce, or by using the non-dominant hand



### Teaching Points

- Encourage use of both hands to hit the ball
- Groups should work as a team to keep the rally going

## Strand: Games

## Organisation

- Set out a series of rectangular courts – approx 8m x 4m – with a cone in each corner
- Split the class into teams of two – two teams per court
- Cones on end-line act as goals
- One ball per court



## Organisation

- In pairs, find a small free wall space
- One handball per pair



## Class Level: Third and Fourth Classes

## Activity 3 - 2 v 2

- The aim of the game is to strike the ball into the net (back of opponents court)
- Each team defends their goal by preventing the ball entering their 'net' using their hands
- The game can be modified to include larger numbers of players, or larger courts



## Development - 2 Bounce

- Mini-Handball with modified rules and modified court size
- The aim is to strike the ball against the front wall before the ball bounces 3 times
- Children can return the ball after one or two bounces, or even on the fly (no bounces)



## Teaching Points

- Encourage children to stay on their feet throughout the game
- Keep head over the ball and eyes on the ball when striking the ball

## Teaching Points

- Encourage use of either hand to hit the ball
  - Encourage children to play the ball away from their opponent
- Q** Why should you encourage playing the ball away from the opponent?





# PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Third and Fourth Classes

Lesson: 12 Hurling

## Venue

School Yard/Hall

## Equipment

Hurling helmets, hurleys, cones, sliotars or tennis balls

Lesson  
**12**  
Hurling

**Strand Unit:** Sending, receiving and travelling

**Curriculum Objectives:**

- Children develop dribbling and striking skills
- Dribbling a ball on the ground with hurley
  - Striking and stopping ball with partner

**Strand Unit:** Creating and playing games

**Curriculum Objectives:**

- Children to create and develop games with a partner
- Striking a ball at a target
  - Striking a ball to a partner through a goal

**Strand Unit:** Understanding and appreciation of games

**Curriculum Objectives:**

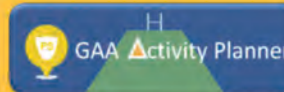
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### Strand: Games

#### Organisation

- Mark out a grid using cones
- Each child has a ball



#### Organisation

- Divide the class into pairs, facing each other approx 10m apart
- One ball per pair
- Place two cones midway between both pairs



### Class Level: Third and Fourth Classes

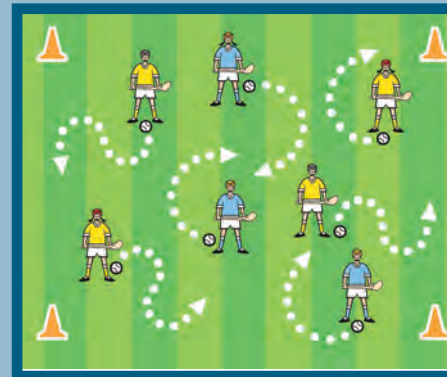
#### Activity 1 - Possession Dribble

##### a) Single Players

- The children dribble around the grid, keeping their own ball under control, while trying to knock another player's ball out of the grid by pushing it or flicking it
- When a child's ball is knocked out of the grid, they must leave the grid

##### b) Two tacklers

- Play the game with two designated tackling players and five players in possession



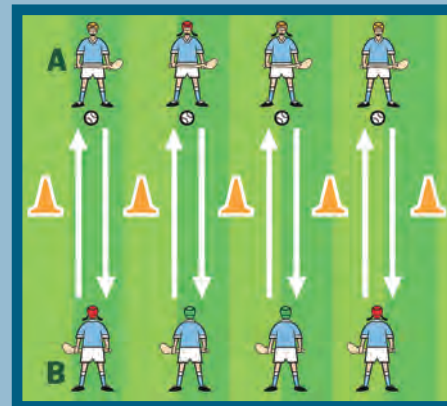
#### Teaching Points

**Hurleys cannot be raised above knee level**

**Children discuss:**  
How best to find space to maintain possession of ball

#### Activity 2 - Striking in Pairs: Accuracy

- Each child in turn strikes the ball on the ground through the cones to their partner who blocks it and strikes back
- Alternate striking using the dominant and non-dominant sides
- A score may be awarded for every successful strike between the cones



#### Teaching Points

- The children should look at the ball when striking
- Encourage accuracy rather than force
- Decrease the width of the goals as skill level improves

**Q** What happens if you lift your head when striking the ball?  
**R** You lose track of the ball

**Strand: Games**

**Class Level: Third and Fourth Classes**

**Organisation**

- Set up a course of four goals, one at each corner of a grid - 20m x 20m approx
- Each goal is less than 2m wide
- Divide the class into teams of four players



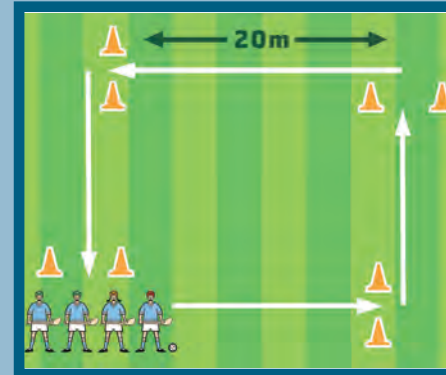
**Organisation**

- The children pair off and face each other 10m apart, using two cones as a goal for each
- Allow children to modify dimensions of the grid for the 3v3 game



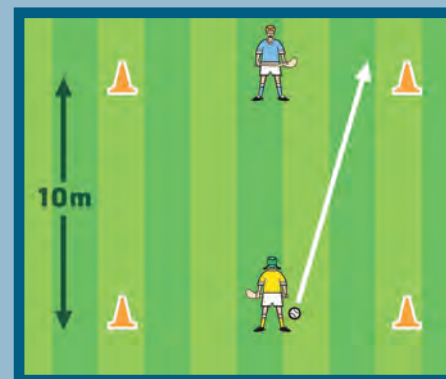
**Activity 3 - Golf Goals**

- The children, in relay, attempt to strike the ball through each goal, counting the number of shots it takes from start to finish
- The first player takes the first shot, the second player takes the second shot, and so on
- The team who completes the course in the least number of shots wins



**Development - Goal to Goal**

- a) 1v1**
  - Each child, in turn, attempts to score a goal past their partner
  - Award one point for every goal scored with the dominant side and two points for every goal scored with the non-dominant side
- b) 3v3**
  - Increase teams to 3v3



**Teaching Points**

- The children should look at the ball when striking
  - Encourage accuracy rather than force
  - Decrease the width of the goals as skill level improves
- Q** What happens if you lift your head when striking the ball?  
**R** You lose track of the ball

**Teaching Points**

- The children should watch the ball when striking
- Encourage power and accuracy
- Decrease the width of the goals as skill levels improve

