

Foundation 2 (F2)

STAGE FOCUS

Extension and Refinement of Movement



F2

Extension & Refinement
of Movement

Phase Descriptor

The emphasis during this phase is on further developing functional movement skills and the early acquisition of the specific skills of Gaelic Games. The child should have a number of years before participating in formal Gaelic Games competition.

Considerations for Development and Learning

The Player - The focus at this stage is non-formal competition structures that promote skill development, self-improvement and enjoyment rather than winning and results.

The Game - The game will enable players to master all fundamental movements bilaterally. Within this stage, basic skill acquisition becomes crucial so that the refinement of skills can properly occur at a later date as the child matures. Modified games are crucial in this regard and are achieved through the Go Games model.

Key Support Providers in the Environment

Coach - ensures that a progressive approach to developing the technical aspects of the game with a specific focus on deliberate play.

Parent/Guardian - supports the child and encourages play, exploration, enjoyment as well as some level of practice at home.

Teacher - at this stage there must be a strong partnership between the school and the club so that the child is exposed to a broad and balanced sports experience.

Approx. Age Range

7-12 years

Phase Outcome

To gain competence and confidence through quality exploration of many sports and activities.