

Foundation 1 (F1)

STAGE FOCUS
Fundamental Movement Skills



Phase Descriptor

The emphasis during this phase should be placed on open play (general movement) with all children playing, exploring movement through new and fun experiences. Younger children will continue to participate in activities that are enjoyable and rewarding to them. The end product should be a fun and safe experience. Establishing a core set of motor skills related to Gaelic Games early in life enables children to gain a sense of achievement and establish a positive relationship with sport and physical activity.

Considerations for Development and Learning

The Player - Focus is on play and learning through the medium of play. General play at home, formalised play in the club nursery and that school.

The Game - The game is non-structured and structured play that develops fundamental movements of agility, balance and coordination while also including throwing, jumping catching, running, striking and kicking.

Key Support Providers in the Environment

Coach - ensure that FUN and enjoyment is central to all activities.

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

Teacher - at this stage the teacher should provide structured learning through play as part of the P.E. curriculum.

Approx. Age Range

4 - 6 years old

Phase Outcome

Develop players ability to 'move well' via Fundamental Movement Skills (FMS)