



**PUPIL WORKSHEETS**  
**SPHE**

Social, Personal and Health Education and the GAA

**7**

7A: Eating a Balanced Diet

7B: Healthy Lifestyles

7C: GAA Role Models

7D: GAA Rules

7E: A History of GAA Rules

7F: Go Games Young Whistlers

7G: GAA Code of Ethics

Module

**7**

**WORKSHEETS**

**7A to 7G**



## Worksheet 7A: Eating a Balanced Diet

Nutrition is extremely important for our health. The food we eat gives us energy for school and your daily activities. Write a definition for the following terms:

Carbohydrates:

Protein:

Fat:

Vitamins:

Minerals:

Calcium:

Fibre:

### Food habits

We develop food habits when we are young and it can be hard to change these habits when we are older. If you are not eating a balanced diet you need to take responsibility for the food you eat.

Fill in the table below to show how you could improve you diet.

Meal	What I like to eat	A healthy alternative
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Supper		

### Discuss with your group and finish the sentences below:

Our school has a healthy lunch policy because \_\_\_\_\_

The benefits of a healthy and balanced diet are \_\_\_\_\_

GAA stars need a healthy diet because \_\_\_\_\_

It is important to eat breakfast because \_\_\_\_\_

Eating too much junk food can \_\_\_\_\_

How can we take responsibility for the food we eat? \_\_\_\_\_



## Worksheet 7B: Healthy Lifestyles

Exercise makes us feel better as when we exercise the body releases **endorphins** to our brain. These chemicals make us feel happier and self-confident. When we exercise we improve our **strength**, **stamina** and **suppleness**.

Other benefits of exercise are:

- The heart and muscles become larger, stronger and fitter.
- Being fit and healthy can help us to live longer.
- The lungs can take in more air which means we take in more oxygen.
- Our muscle tone is improved which helps our posture. This can prevent back pain.
- We can sleep better.

There are two types of exercise

- 1) **Aerobic**: This is usually over long distances and can be exercises like swimming, walking or jogging.
- 2) **Anaerobic**: This involves an explosive effort and can be exercises such as handball, hurling, camogie, gaelic football, rounders, short sprints and lifting things. When need to use both types of exercise to improve fitness but most important is that exercise is enjoyable. After exercise it is important to *hydrate* properly, this means we should drink plenty of water to replace the fluid that is lost.

### In your copy:

- 1) List some of the benefits of exercise.
- 2) Write a definition for the words in italics.
- 3) Write a list of your favourite exercises and say whether they are aerobic or anaerobic exercise.
- 4) What should we do after exercise?
- 5) Design a weeks exercise programme for your friend.



## Worksheet 7C: GAA Role Models

All GAA players follow a strict diet and exercise daily to make sure they are fit enough to compete in matches.

A) Choose your favourite GAA star and fill in this profile.

Name:	Age:
Sports played:	Club and County:
Position:	
Achievements:	
Picture/Photograph:	

B) Why do you admire this player? \_\_\_\_\_

\_\_\_\_\_

C) What type of lifestyle do you think this player has? \_\_\_\_\_

\_\_\_\_\_

D) What type of training do you think this person does each week? \_\_\_\_\_

\_\_\_\_\_

*Imagine you are a coach of this persons team, design a weeks exercise programme for the team. Make sure you include enough time for skills practise.*



## Worksheet 7D: GAA Rules

Discuss all the questions with your group, make sure that all group members get a chance to give their opinion.

Each group should have:

1. A Timekeeper	2. A Recorder	3. A Reporter	4. A Leader

The Rules of \_\_\_\_\_

List six rules of the sport you have chosen

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List any other reasons why a referee may need to give a free in this game:

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Why is the referee important in our games?

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What does the term "Sportsmanship" mean?

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Is it important to "play by the rules"? (Why?/Why not?)

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*"The important thing is not to win but to take part: the important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well"* (Baron De Coubertin, Founder of the Modern Olympic games). Do you agree or disagree with this statement? Discuss with your group

Would you like to be a referee? Why? / Why not?

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How can you help the referee during the game?

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## Worksheet 7E: A History of GAA Rules

Every game needs rules. This was no different back when hurling began in the 11th century.

However, the first set of rules did not emerge until 1869.

At this time there were 21 players on a team.

The players lined out in three sevens across the field.

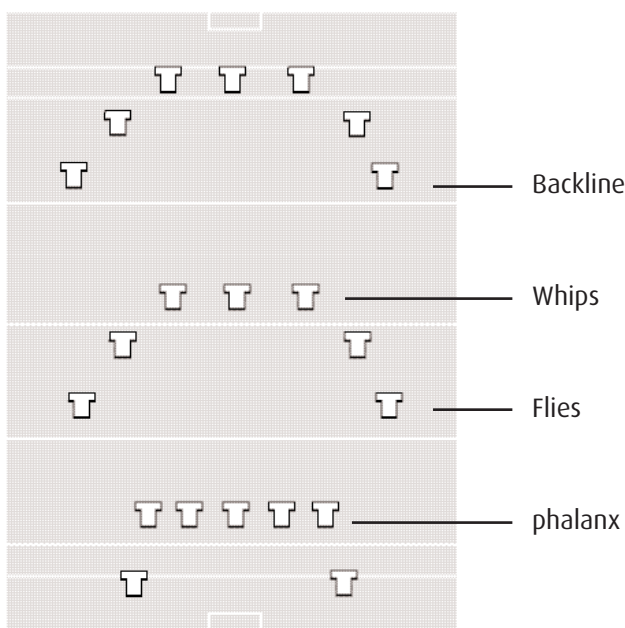
Each line had a special name, just like we do today.

The line of defenders was called the 'back line'.

The middle lines were called the 'whips' and the 'flies'.

The front line was called the 'phalanx'.

This diagram shows how the defenders lined out.



The phalanx lined across the centre of the pitch. They were usually older, stronger men who had the heaviest hurleys. They tussled for the ball against the other team's phalanx and then passed the ball to the whips.

The whips struck the ball down the wings for the flies.

The flies had the job of raising the ball and attempting a solo run to the goal.

There were no goalkeepers allowed in the game.

Once the goal was crossed the match was over.

However, it was not easy to score a goal. Often the whips would have to puck a long ball and attempt to outrun the defenders of the opposition team.

### Task 1:

Discuss with your group the above extract in the context of today's GAA rules.

### Task 2:

Visit [www.gaa.ie](http://www.gaa.ie) or [www.cul4kidz.com](http://www.cul4kidz.com) to research the rules of the GAA.



## Worksheet 7F: Go Games Young Whistlers



**Allianz-Cumann na mBunscol, Ath Cliath 'Junior Whistler Bambi Fasanya, Holy Trinity School, Donaghmede, in action at half-time in the the All-Ireland final in Croke Park.**

**Bambi Fasanya :**

*'I played in Croke Park in a Cumann na mBunscol final with my school but refereeing at the Mini-Sevens during the All-Ireland final was the best. The crowd was huge and I was nervous at first. I loved being in charge. It taught me how important the referee is in a game and I think it has made me a better player and I'm now able to appreciate the referee more'.*



**Allianz-Cumann na mBunscol 'Junior Whistlers' Bambi Fasanya, Holy Trinity NS, Donghmede and Sonia McGlynn, Scoil Treasa, Firhouse refereed the Mini-Sevens exhibition game during the All-Ireland final in Croke Park.**

**Sonia McGlynn :**

*Refereeing in Croke Park is the best thing that has happened to me in sport. It's completely different from playing. It has made me realise how difficult the job of a referee is. You have to be very fit, concentrate very hard and show the players that you are in charge. It's definitely something I'd like to do again'.*



## Worksheet 7G: GAA Code of Ethics

**Role of young people**

Young people must be encouraged to realise that they also have responsibilities to  
Treat others with fairness and respect.

**Young players should undertake to:**

- Play fairly, do their best and enjoy themselves
- Represent their family and Club with pride and dignity
- Shake hands before and after the game irrespective of the result
- Respect officials and accept their decisions gracefully
- Respect fellow team members giving them support when they do well or not so well
- Respect their opponents
- Accept apologies from opponents when they are offered
- Be modest in victory and gracious in defeat
- Set high standards of fair play for others to follow
- Adhere to proper standards of behaviour and the Club Code of Discipline
- Let the Coach know when they are unavailable for training and competition
- Approach the Club's Liaison Officer with any questions or concerns they may have

**Young people should not:**

- Cheat – always play by the rules
- Bully or take unfair advantage
- Shout at or argue with an official
- Tell lies about adults or other children
- Spread rumours

'Code of Best Practice for Youth Sport'

**Young people are intitled to:**

- Be safe
- Be happy, have fun and experience a sense of enjoyment and fulfillment
- Be treated with respect
- Comment and make suggestions in a constructive manner
- Be afforded appropriate confidentiality
- Be listened to and be believed

**Tasks:**

- 1) Evaluate how Go-Games and the U Can Skill awards are part of the GAA's Code Of Practice.
- 2) Discuss with your group how you can ensure that you obey the code.
- 3) Check out the GAA website to read other parts of the code.

