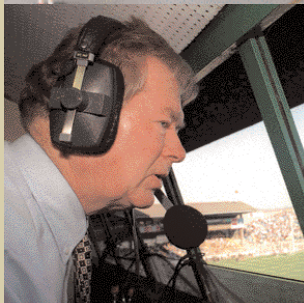
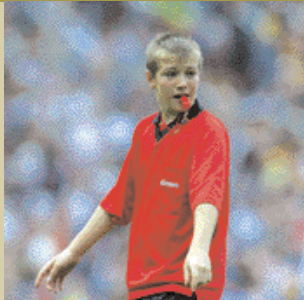




TEACHER CARDS SPHE

7

Social, Personal and Health Education and the GAA



- Taking care of my body
- Safety and protection
- Developing citizenship
- Media Education
- Feelings and emotions

Module

7

TO BE USED IN CONJUNCTION WITH
WORKSHEETS 7A TO 7G



www.gaa.ie



Strand: Myself

Strand Unit: Taking care of my body (Health and well being, Food and nutrition)

Encourage the children to:

- Appreciate the importance of good nutrition in staying fit and healthy.
- Realise the importance of being healthy in life and sport.
- Realise the importance of personal responsibility when eating a healthy and balanced diet.

WORKSHEET 7A

- Recognise the nutrients that are necessary in a balanced diet and in what foods to find them. The children will need to know the terms expressed on 7A and be able to recognise their importance.
- Explore the meaning of “fitness” and recognise the importance of regular exercise in staying fit and healthy. Explain the terms aerobic and anaerobic fitness to the children. **WORKSHEET 7B**
- Recognise the importance of hydration in sport.
- Recognise the factors that affect a healthy diet. The children could design Design a weekly diet for a healthy lifestyle.
- Examine the influence of GAA stars, ask the children to consider the type of lifestyle players may lead.

WORKSHEET 7C

Childhood obesity is an increasing health threat due to increased food intake and less physical activity. The increasing popularity of computer games and television has meant less time being spent on sport fields. GAA players can be ideal role models as they are accessible to schools and clubs.

Strand Unit: Safety and protection

- Explore the rules of the GAA and their importance to an enjoyable game. Through integration with history allow the children to study rule changes since the foundation of the GAA. While doing the worksheet the teacher should assign a role to each group member. The leader should ensure that the each person voices an opinion, the timekeeper should ensure the group answers all questions within the time allotted, the recorder will write the answers on the page and the reporter will read the answers. **WORKSHEET 7D, 7E**
- Make an illustration to show how players line out today
- Explore terms like “sportsmanship”, “Good winner”.
- Through the strand **Feelings and emotions**, the pupils could discuss the range of emotions felt during games and after games. The “*highs and lows*” of playing sport. The organisation of “Go-Games” with the emphasis on participation may improve the pupil’s attitudes to “*taking part*” rather than playing to win. See the resources section for more information on “Go-Games” and other GAA activities.
- Examine the importance of the referee.





Reading: The story of the referee WORKSHEET 7F

It may be possible to arrange a school "Go-Games" league (or small inter school "Go-Games" league) for and have senior pupils as referee, linesmen and umpires for the games. Have the pupils study the rules and ensure there is adequate supervision. The emphasis should be on participation and fun for everyone. Have the referees and pupils talk about and write about their experiences afterwards.

Integration with drama will allow pupils place themselves in the role of the referee.

- Identify places where it is safe to practise skills with friends and how to behave in a proper way while playing.
- Develop a responsible attitude towards the prevention of accidents and know what to do if an accident occurs.



Strand: Myself and the wider world

Strand Unit: Developing citizenship

- Explore the concept of the school community and the school team.
- Recognise the importance of local clubs to the community and acknowledge the role of coaches etc.
- Develop ways of working together and teamwork. Ask the children to consider how best to work as a team and encourage teammates.
- Develop the leadership skills of the children through discussing the importance of setting examples on the field. Not conceding frees, showing respect for referees etc. In groups ask the students to study the GAA Code of Best Practise for Youths.

WORKSHEET 7G. Each group could discuss the code under different headings:

- 1) Suggest additions to the Code.
 - 2) Discuss whether the Code is put into practise in their club/school.
 - 3) Design a code for coaches.
 - 4) Design a code for parents.
- Establish a sense of pride in the school community and the wider community.



Strand Unit: Media education

- Examine the role of media in GAA. Identify the different types of media coverage and the level of coverage for the different games.
- Examine the benefits of advertising and sponsorship in the GAA. Identify who are the beneficiaries. Allow the children compare the media coverage with that of other sports.
- Identify the audiences at which different advertisements are aimed.

