

#GAAPrimary Challenges

Issue 8

June 15th, 2020

Junior Infants to 2nd Class / P.1 to P.4

Weekly Curriculum Lesson Plans and Physical Activities for Primary School Children



@GAAlearning

gamesdevelopment@gaa.ie

Supported By




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Junior Infants
to 2nd Class
P.1 to P.4

Competition of the Week

Prepare a healthy meal.

Ask your parent/guardian to email a photo of your meal to gamesdevelopment@gaa.ie by

Friday June 19th

- Your name
- The name of your school and county
- The name of your local GAA club, if you have one.

Win complimentary Family Passes to the [Ericsson Skyline Tour](#)

Winners will be announced the following week on [@GAAlearning](#)

By sending the email, parents / guardians are consenting for the photos and details to be shared on official GAA online channels. See terms & conditions and data protection notice on learning.gaa.ie/primary-school for details.





Learning Activity 1: A Balanced Diet

Strand: Myself

**Strand Unit: Taking Care of my Body
– Food and Nutrition**

Aims:

1. To appreciate the importance of good nutrition in staying fit and healthy.
2. To recognise the importance of variety and a balance of foods in a healthy diet.
3. To develop an understanding that different foods have different benefits.



Suggested Activities”

1. A variety of factors influence what children eat. Explore these factors with the children under the following headings; taste, friends, parents, money, advertising, availability, culture and special occasions. Emphasise that unhealthy foods are advertised more than healthy foods.
2. Watch the short video: [Eat Well, Play Well \(Click here\)](#). This shows interviews with male and intercounty players who outline the importance of food and exercise and the interrelationship between health and performance. There is also an interview with a nutritionist who identifies what you should eat and what you should avoid.
3. Examine the children’s views on their diet once more. Using the food pyramid or balance of good health model, allow the children design a healthy diet for their favourite GAA star for a day. It should involve three main meals; breakfast, lunch and an evening meal. They must ensure that the correct proportions of the above food groups have been included. Ask the children to work together to complete Worksheet 7A. (Worksheet 7B should be used for schools in Northern Ireland.)
4. Stress the importance of hand washing after sports and exercise. The children should also be reminded about the importance of washing out drinks bottles and lunch boxes.



Worksheet 7A: Fuel For Your Day



Like any car or machine, your body requires good quality fuel. Food is the body's fuel. Good food gives the body the energy to do all the things you want to do, like running around with your friends and playing sports. Your body, like any machine, needs to be minded and treated with good care to work to its best. Treating your body well means eating well and getting lots of exercise.

1. Make a list of all the foods you ate yesterday and the activities you did.

Food I ate	Excercise I did

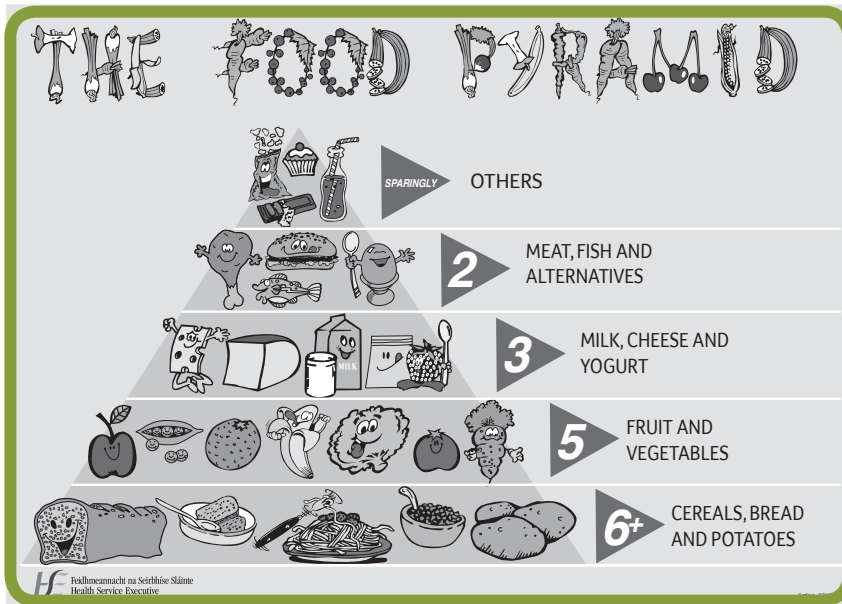
2. There are many foods that are good for us and many that are not. Foods or drinks that contain a lot of sugar should only be taken as treats (once or twice a week).

3. Write whether these foods are a healthy food or a treat.



Worksheet 7B: Healthy Eating

The healthy eating guide helps you to choose what you should eat. You need to eat different types of food so that you get all the right vitamins. If you eat a healthy diet you will have plenty of energy for playing hurling, camogie, Gaelic football, handball, rounders or your favourite hobby.



1. Why is it important to choose a healthy diet?

2. The foods I should eat most of are:

3. The foods I should eat least of are:

4. Plan your healthy meals for tomorrow using this grid.

Breakfast	
Snack	
Lunch	
Snack	
Dinner	

Don't forget you need to drink lots of water during the day to keep you fit.





Learning Activity 2: A Balanced Lifestyle

Strand: Myself

**Strand Unit: Taking Care of my Body
-Health and Wellbeing**

Aims:

1. To encourage children to increase the amount of exercise they take every week.
2. To understand and appreciate what it means to be healthy and to have a balanced lifestyle.



Suggested Activities:

1. Explore and recognise the importance of regular exercise in staying fit and healthy. The children should realise that they have some responsibility for their health and that this responsibility increases as they get older.
2. Watch the short video: [Be Wise Exercise Well \(Click Here\)](#). This shows interviews with players and coaches on fitness and exercise and the role it plays in the game.
3. The children could work in groups to complete Worksheet 7C.
4. The children could design a weekly exercise plan for a healthy lifestyle.



Worksheet 7C: Healthy Eating

The healthy eating guide helps you to choose what you should eat. You need to eat different types of foods so that you get all the right vitamins. If you eat a healthy diet you will have plenty of energy for playing hurling, camogie, Gaelic football, handball, rounders or your favourite hobby.



1. Why is it important to choose a healthy diet?

2. The foods I should eat most of are:

3. The foods I should eat least of are:

4. Plan your healthy meals for tomorrow using this grid.

Breakfast	
Snack	
Lunch	
Snack	
Dinner	

Don't forget you need to drink lots of water during the day to keep you fit.



Learning Activity 3:

Physical Education

Strands: Athletics; Games

Strand Units: Running, Jumping and Throwing; Sending, Receiving and Travelling

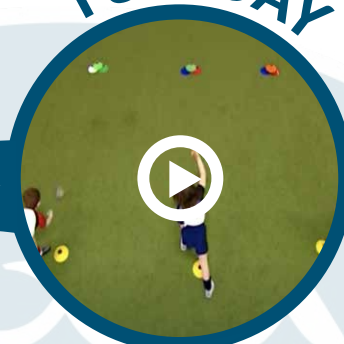
MOVEMENTS SKILLS CIRCUIT

MONDAY



Throwing

TUESDAY



Bounce & Catch

WEDNESDAY



Agility

Click images and watch following videos

FRIDAY



Throwing / Striking / Kicking - Crossbar Challenge

Throw, kick or strike a ball, attempting to hit a crossbar (or similar marking on a wall)

THURSDAY



Running

For more movement skill challenges, see learning.gaa.ie

The Two Stars and a Wish recording sheet provides the children with a resource where they can record their own learning from each lesson and also record what they would like to learn in future lessons. The child must identify two things they have learned and one thing they wish to learn.

This can be used with the children for reflecting on the movement skill challenges

Here is an example as to how a child might fill it in.

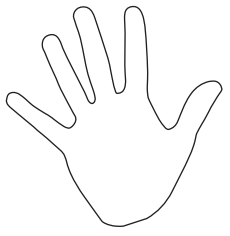


Two Stars	Wish
Today I learned how to bounce the ball with my left hand. Today I learned how to catch a high ball.	I wish that I could bounce the ball when running.



Make your own 'Two Stars and a Wish' recording sheet for each child.

Two Stars	Wish



OUR HANDPRINTS



Draw around the hands of all the people living
in your home here (in different **COLOURS**).



MORE GAA PRIMARY SCHOOL LEARNING RESOURCES

learning.gaa.ie/primary-school

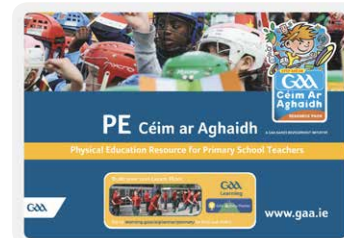
GAA Activity Planner

The GAA Activity Planner has been designed to help Teachers and Coaches to identify activities suitable for players/pupils and to build sessions and PE lessons from these activities. It contains hundreds of activities for developing Movement Skills, Hurling, Gaelic Football, Handball and Rounders. You can save sessions/lessons on a pdf document. Most of the activities also have a brief instructional video which can be shown on the class whiteboard. You can access this resource for free by registering on the GAA Learning & Development Portal



Céim ar Aghaidh/Step Ahead Resource

Céim ar Aghaidh/Step Ahead Resource is a set of learning resources for Teachers and pupils based on the enjoyable theme of gaelic games. It aims to deliver a range of exercises used to support teaching in a variety of subject areas. These can be adapted to suit children of varying abilities through differentiated tasks. In keeping with the ethos of the GAA, the material is designed to promote participation for all, both on and off the field.



The GAA's P.E. Céim ar Aghaidh is a teaching resource and has been developed to assist Primary School Teachers to deliver the Games Strand of the national Physical Educational Curriculum through Gaelic games activities covering Gaelic Football, Hurling/Camogie, Handball and Rounders.

Tá na leaganacha Gaeilge seo de na háiseanna a chur ar fail freisin.

