



# PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Infants

Lesson: 2

## Venue

School Yard/Hall

## Equipment

Variety of footballs, cones, markers, beanbags

# Lesson 2

**Strand Unit:** Sending, receiving, and travelling

**Curriculum Objectives:**

- Children should be enabled to begin to develop kicking skills
- Dribbling a ball with the foot
- Controlling a ball with the foot by trapping or stopping it
- Kicking a ball to a partner along the ground using the inside and instep of the foot

**Strand Unit:** Creating and playing games

**Curriculum Objectives:**

- Children should be enabled to create and develop games in pairs
- Passing and trapping
- Shooting at goals

**Strand Unit:** Understanding and appreciation of games

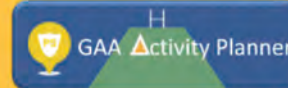
**Curriculum Objectives:**

- Children to talk about and develop movement skills relevant to games
- Children to develop problem solving and decision making strategies

**Linkage:**

- Gymnastics - Strand unit: Movement (Balance)
- Athletics - Strand unit: Running

Build your own Lesson Plans



Go to [learning.gaa.ie/planner/primary](http://learning.gaa.ie/planner/primary) to find out more

## References

**Primary School Curriculum:**  
Physical Education (1999)  
Physical Education Teacher  
Guidelines (1999)

**Primary Schools' Sports Initiative**  
<http://www.ppsds.ie/pcsparchive/pe/pspi/clickme.html>

**Fun Do GAA Learning Resource Pack** (2007)





### Strand: Games

#### Organisation

- Place the children in pairs
- One ball per pair



#### Organisation

- Place the children in pairs
- One ball per pair
- Partner A faces partner B, approximately 5m apart



### Class Level: Infants

#### Activity 1 - Dribbling

- Partner A dribbles the ball with their feet anywhere inside the hall or yard
- Partner B follows (without the ball)
- On a signal, trap the ball, i.e. stop the ball, using the ball of the foot
- B repeats
- Repeat entire activity where the children switch the ball quickly from A to B, i.e. A stops the ball on signal, B takes over the dribbling instantly



#### Teaching Points

- Begin at walking pace
- Use the inside and outside of your foot to control the ball
- Trap/stop the ball by placing the ball of the foot lightly on the ball
- Keep the ball close

**Q** Why should you try to keep the ball close?

**R** So that on the signal it is possible to stop it instantly

#### Activity 2 - Passing & Trapping

- Each child in Line A has a ball
- A kicks the ball to B
- B stops/traps it and returns to A
- Continue the activity for a set period



#### Teaching Points

- Kick using the inside of foot
- Stop/trap the ball using the ball of the foot
- The non-kicking foot remains at the side of the ball
- Start using the strong foot – then practice with the weak foot
- The receiver must watch the path of the ball
- Emphasise a firm trapping of the ball, followed by a quick return pass

Strand: Games

Organisation

- Place children in pairs, one ball to a pair
- Place a cone 5 meters in front of them



Organisation

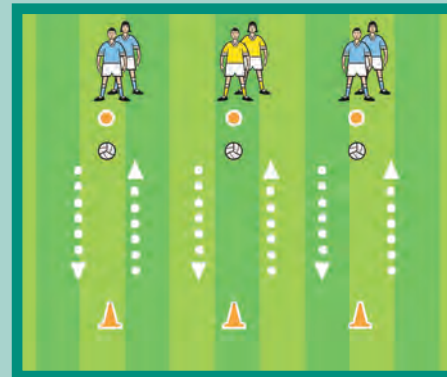
- Set up a course using cones or obstacles and a target or goal



Class Level: Infants

Activity 3 - Dribble Relay

- In turn each pair dribbles to the cone and back
- The last child to dribble places the ball in front of the team
- The winning team is the first team seated with the ball in possession
- Repeat this activity several times



Teaching Points

- Encourage the children to look up
- Emphasise controlled dribbling and trapping at each marker

**Q** What do you have to do to make sure that you avoid colliding with others?  
**R** Look up.

Activity 4 - Dribble & Shoot

- In turn, the children dribble the ball around the obstacles
- Tee it up on a marker and kick for goal



Teaching Points

- Use both feet when dribbling the ball
- Extend the arm on the non-kicking side to maintain balance

## Strand: Games

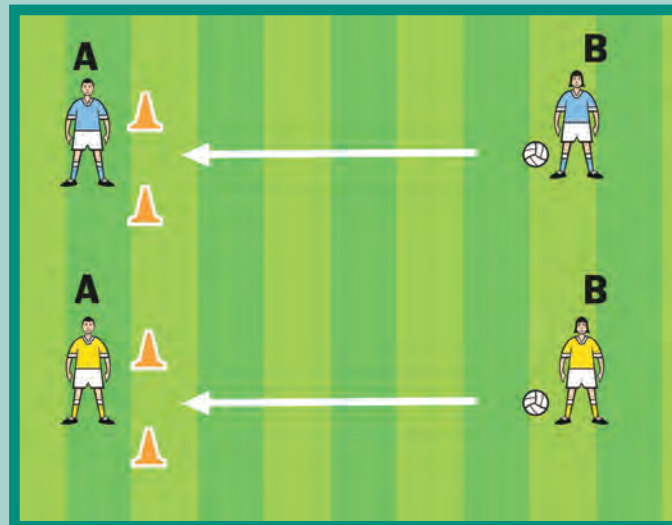
## Class Level: Infants

## Organisation

- Place the children in pairs - one ball per pair
- Using bean bags or cones, one child makes a goal in front of themselves

## Development - Shooting

- The children in Line A stand behind their goals
- Each child in Line B shoots at goal (five shots)
- A rolls the ball back to B
- A switches place with B so that A now shoots at goal



## Teaching Points

- Kick the ball with the inside of foot
- Ensure that A does not block the ball until it has passed the goal

**Q** How can you make it more difficult to score?

**R** Narrow the goal

- Widen or narrow the goal according to ability
- The aim is to have a high success rate to encourage the children

