

#GAAPrimary Challenges

Issue 8
June 15th, 2020


3rd to 6th Classes / P.5 to P.7

Weekly Curriculum Lesson Plans and Physical Activities for Primary School Children



gamesdevelopment@gaa.ie

Supported By



3rd to 6th
Classes
P.5 to P.7

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.





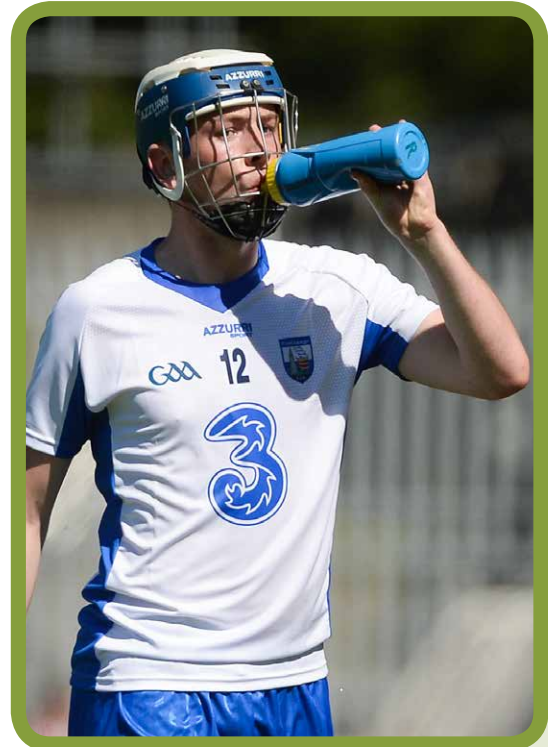
Learning Activity 1: A Balanced Diet

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

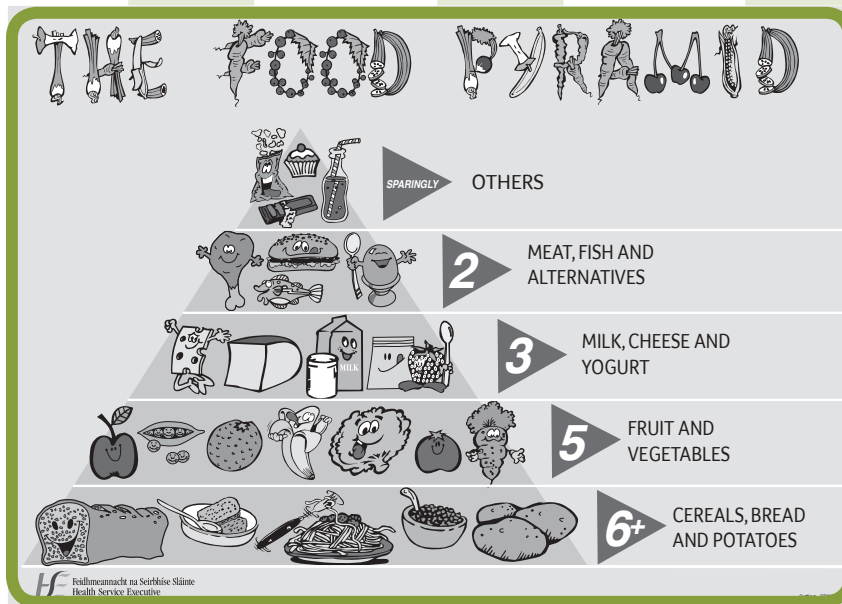
You need to eat a lot of different foods to stay fit and healthy as food is fuel for your body. The food you eat gives you energy for school and your daily activities but you need to eat the right food and the right amounts. If you put bad fuel in your car, the car will splutter and won't work properly, our bodies are the same.

Fun Food Facts:

1. Food can take two days to travel through your body.
2. A sip of milk takes six seconds to reach your stomach.
3. 1.7 litres of saliva is produced each day.
4. Different parts of your tongue taste different things. The tip tastes sweet and salty things, the back tastes bitter things and the sides taste sour things.
5. Your taste buds can change as you grow older so in a few years you might eat some things you thought were disgusting before.

Experiment Time

Put tiny bits of lemon, sugar, vinegar and salt on your tongue to find out where your taste buds are. Taste buds tell your brain if something is sweet, sour, salty or bitter.



This diagram is a great guide to the amount of each type of food we should eat each day. It also shows how much of these foods are needed to help keep you healthy.

Examine this diagram and discuss with a partner the different foods which you could eat for a balanced meal at breakfast, lunch and dinner.



Worksheet 7B: Fuel For Your Day

You need to eat a lot of different foods to stay fit and healthy as food is fuel for your body. The food you eat gives you energy for school and your daily activities but you need to eat the right food and the right amounts. If you put bad fuel in your car, the car will splutter and won't work properly, our bodies are the same.

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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: Exercise

No matter what the weather is like or how many friends are around, there's always a way to be active and have fun. Here's how.

1. When it's just you.

Sometimes being by yourself gives you a chance to practice skills. If you play camogie/hurling, try hitting a tennis ball against a brick wall. Hit the ball at a different height and speed each time and try to control the ball on the hurley with fewer touches. When you play with your friends again, they'll be amazed at what you can do.

Write some more things to do when it's just you.

2. When there are two of you.

If it is just you and a friend hanging out and you are looking for something to do there are plenty of ways to exercise. You could play handball against a wall or practice your catching for Gaelic football.

Write some more things to do when there are two.

3. Be Wise, Exercise.

Watch the "Be Wise, Exercise" section of the DVD, then write one important piece of information below that you have learned.

Don't Be Thirsty.

When you're exercising in the heat, it is very important to remember to drink lots of water even if you don't feel thirsty. Hot temperatures make you sweat more when you're exercising, so you must replace the water you lose to prevent heat exhaustion.

Use this table to design a week of physical activity.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	Time	Time	Time	Time	Time	Time



GAA

GO
GAMES

SKILL
CHALLENGES

Learning Activity 3

Physical Education

Strands: Athletics; Games

Strand Units: Running, Jumping and Throwing; Sending, Receiving and Travelling; Understanding and appreciation of Games and Athletics

SKILL CHALLENGES CIRCUIT

MONDAY



Wall Strike & Catch

TUESDAY



Wall hand Pass

WEDNESDAY



Jab Lift

Click images
and watch
following
videos

FRIDAY



High Catch

THURSDAY



Solo Run

For more Skill Challenges,
see learning.gaa.ie

TEACHER
NOTES

3

GAA
GO
GAMES SKILL
CHALLENGES



SKILL CHALLENGES CIRCUIT

DAY	SKILL	SCORE
MONDAY	Wall Strike & Catch	
TUESDAY	Wall hand Pass	
WEDNESDAY	Jab Lift	
THURSDAY	Solo Run	
FRIDAY	High Catch	
TOTAL		




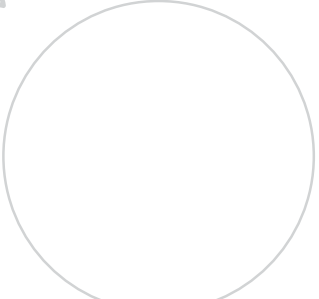
MY GAA TIME CAPSULE


MY NAME IS



I AM

YEARS OLD


CLUB



BOOT SIZE


MY FAVOURITES

SPORT: _____

POSITION: _____

PLAYER: _____

STADIUM: _____

KIT: _____

SONG: _____

I LOVE GOING TO MATCHES WITH: 

WHAT I LOVE ABOUT MY GAA CLUB:



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.

