



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Infants

Lesson: 1

Venue

School Yard/Hall

Equipment

Traffic cones, hula hoops,
Various types of balls

Lesson 1

Strand Unit: Sending, receiving, and travelling

Curriculum Objectives:

- Children to develop ball handling skills
- Dribbling ball with hands
 - Rolling and throwing a ball to a partner
 - Rolling ball at target
 - Throwing ball into target
 - Catching the ball

Strand Unit: Understanding and appreciation of games

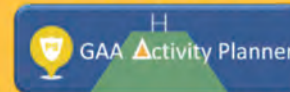
Curriculum Objectives:

- 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, Throwing

Build your own Lesson Plans



Go to 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/psai/clickme.html>

Fun Do GAA Learning Resource Pack (2007)

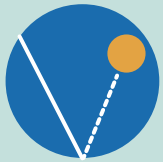




Strand: **Games**

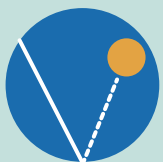
Organisation

- Each child has a suitably sized ball



Organisation

- The children sit with legs apart – either individually, facing a wall or in pairs facing each other (approximately two metres apart)



Class Level: **Infants**

Activity 1 - Ball Awareness

Pass the ball

- around the waist
- around two legs/one leg
- Under bent knees while sitting



Teaching Points

- Spread the fingers and cup the hand around the ball
- Try to keep the ball away from your body

Activity 2 - Explore

Explore

- Ask the children to explore ways of sending the ball to each other

Rolling

- Roll the ball back and forth between legs using both hands
- Kneel and roll the ball from side to side
- Roll the ball around half of your body
- Roll the ball against the wall and scoop it up

OR

- In pairs, roll the ball to a partner
- The children stand, bend and with one hand roll the ball to their partner



Teaching Points

- Through questioning, ensure that the children include throwing, rolling, kicking, heading, striking
- Flat hands on top of the ball
- Use both hands
- Use both hands to catch the ball
- Cuddle the ball against the chest
- One hand under the ball and the other lightly on top to balance

Strand: Games

Organisation

- The children work in pairs – one ball per pair



Organisation

- Place the children in groups of six
- Five form a circle with one in the middle as the leader
- The children are on their knees
- One ball per circle



Class Level: Infants

Activity 3 - Bounce & Catch

- Bounce the ball over and back



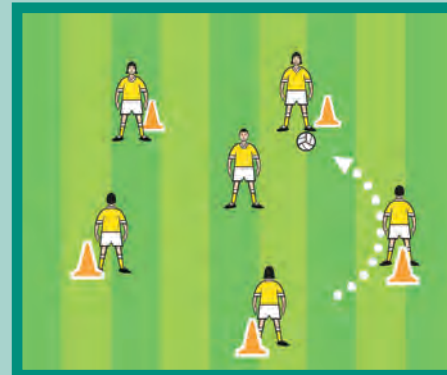
Teaching Points

- Encourage the children to experiment using both the left and the right hands

Q Can you bounce the ball without looking at it?

Activity 4 - Game: Circle ball

- The ball starts with the leader
- On a signal from the teacher, the leader rolls the ball to each child in turn
- When every child has had a turn the group all stand up
- The first group standing up are the winners



Teaching Points

- Ensure the children roll the ball and do not throw it

Strand: Games

Class Level: Infants

Organisation

- Each child has a ball
- Place a number of hoops on the ground and a target to aim for at the end of the course



Development - Bounce & Shoot

- Run through the playing area bouncing the ball in the hoops before throwing the ball to land in or hit the target/wall



Teaching Points

- Ensure the players have enough room to perform the exercise safely
- Eyes on target

Q What is more important here - to be quick or to be accurate?

