



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Third and Fourth Classes

Lesson: 10 Football

Venue

Hall/Yard

Equipment

Footballs, cones, markers, bibs

Lesson
10
Football

Strand Unit: Sending, receiving and travelling

Curriculum Objective:

- Children to develop and practice a range of ball handling skills
- Children to develop and practice a range of carrying and striking skills
- Fist passing a ball through the air to a partner (stationary)
- Fist passing a ball through the air to a partner/team mate (moving)

Strand Unit: Creating and playing games

Curriculum Objectives:

- Children to develop games with a partner or small group
- Create a fist pass game - "Prisoner Ball" (Fistpass, catching and kicking game)

Strand Unit: Understanding and appreciation of games

Curriculum Objectives:

- Children to discuss and improve control in movement skills relevant to games
- Children to develop an increased understanding of the use of space
- Children to develop problem solving and decision making strategies, and an understanding of the tactics and strategies for use in modified game situations
- Children to adapt rules to modify games and keep scores

Linkage:

- Gymnastics - Strand unit: Movement (Balance)
- Athletics - Strand unit: Running, Jumping, Throwing

Build your own Lesson Plans
Go to learning.gaa.ie/planner/primary

GAA Activity Planner

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

- Divide the class into pairs
- One ball per pair



Organisation

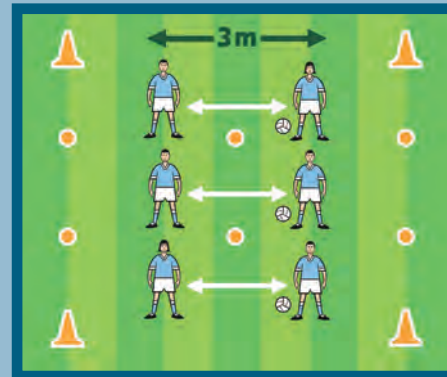
- Divide the class into groups of 8
- One ball per group
- Mark out a distance of approximately 8-10m using cones
- Four children line up at either cone



Class Level: Third and Fourth Classes

Activity 1 - Stationary Pass

- Each child in turn fist passes the ball to their partner
- The routine is continued for approximately 1 minute



Teaching Points

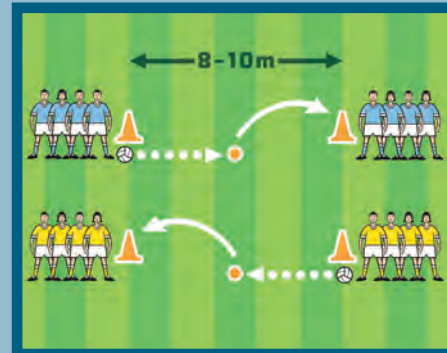
- Ensure each pair has adequate space to perform the technique in a stationary position
- Use both left and right hands to practice the first pass

Children discuss:

- Increasing or decreasing the distance between each other

Activity 2 - Move & Pass

- The child in possession jogs forward and fist passes the ball from the marker to the first child on the far side, who repeats the exercise
- Each child follows on to line up at the back of the opposite line



Teaching Points

- To increase the difficulty, increase the distance between the players

Q Why should you make sure you move through the ball when performing the fist pass ?

Strand: Games

Organisation

- Organise the players and the playing area according to the rules of the devised game



Organisation

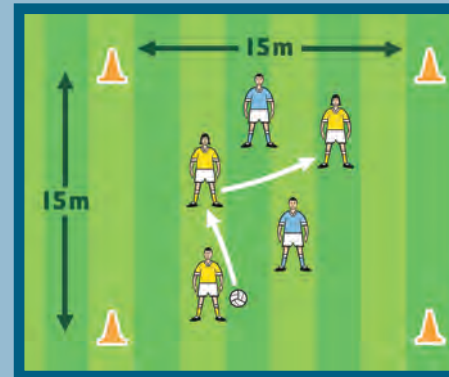
- Mark out a court using markers
- Mark out a centre net or barrier using cones to divide the court into two sides
- Divide the players into 2 equal teams; 3v3 or 4v4



Class Level: Third and Fourth Classes

Activity 3 - Create a Fist Passing Game

- The rules of the game are devised by the children
- Ensure the fist pass is a key skill of the game



Teaching Points

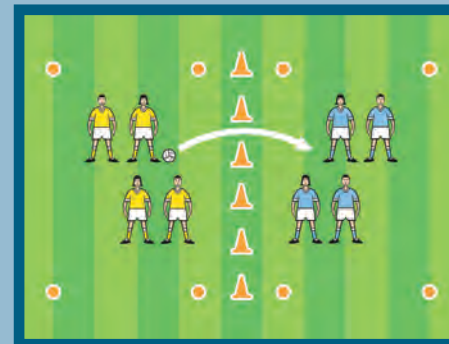
Group activity:

- 2 v 2 or 3 v 1, create a fist passing game with a target

Q Should the target be attempted from a set distance?

Activity 4 - Prisoner Ball

- The objective of the game is to kick the ball into the opponents section of the court
- If the ball is caught it is returned in the same way, but if the ball is not caught, the player who dropped it or who was nearest must surrender as 'prisoner' to the other side, effectively increasing their numbers
- The game is over when all the players of one team have been taken prisoner by the other



Teaching Points

Variation:

- Require the catcher to fist pass to a team mate immediately on landing before the ball can be kicked back to the opposite side

Strand: Games

Organisation

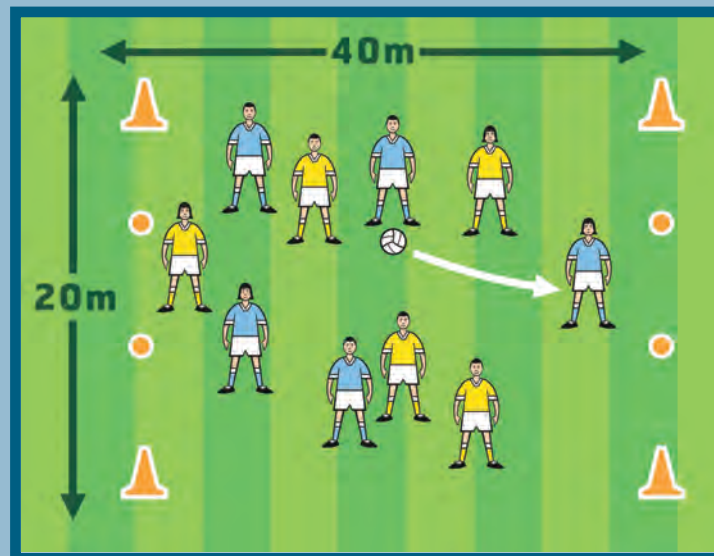
- Mark out a playing area 20m x 40m
- Place two markers at either end to form goals
- Divide the players into equal teams, no goalkeepers



Class Level: Third and Fourth Classes

Development - Goals Galore

- The objective of the game is to score goals against the other team
- Only the fist pass can be used to pass the ball and score



Teaching Points

- To increase the difficulty, introduce goalkeepers

