

Strand: Games

Class Level: Infants

Lesson: 3

Venue

School Yard/Hall

Equipment

Beanbags, cones, light sponge/plastic balls, markers

Lesson 3

Strand Unit: Sending, receiving and travelling

Curriculum Objectives:

- Children to develop ball handling skills
- Carrying a beanbag on different parts of the body
 - Dribbling a ball with hand
 - Striking ball along the ground with hand
 - Striking a ball against a wall with hand
 - Striking a ball at target using hand

Strand Unit:

Understanding and appreciation of games;

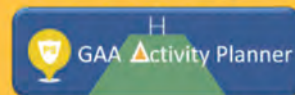
Curriculum Objectives:

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.pfds.ie/pcsparchive/pe/psii/clickme.html>

Fun Do GAA Learning Resource Pack (2007)





Strand: Games

Class Level: Infants

Organisation

- Each child has a ball
- The children occupy a space in the hall/yard, standing approximately 1m from the wall



Organisation

- Each child has a ball or one per pair
- The children occupy a space in the hall/yard
- Place cones randomly around the hall/yard



Activity 1 - Ground Wall Strike

- Strike the ball with the open hand from approximately 1m from the wall
- Stop the ball before each strike
- Progress by striking the ball continuously with the closed fist instead of the open hand



Activity 2 - Hand Dribble

- Dribble the ball around the cones using the open hand
- Practice using both the left and right hands
- Challenge the children further by giving each a number of lives; each time a player hits a cone with a ball they lose a life



Teaching Points

- Place the feet side on to the wall
- Face the non-striking shoulder to the target
- Practise using both the left and right hands

Q Which way should the palm or closed fist be facing?

Teaching Points

- Ensure the children have enough room to move around safely
- Children should look up frequently to track the paths of others

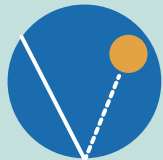
Q Why is it important to keep the ball close to your hand?

Strand: Games

Class Level: Infants

Organisation

- The players work in pairs
- Mark a gate for each pair using 2 markers



Organisation

- Each child has a ball or one per pair
- The children occupy a space in the hall/yard standing approx 1m from the wall



Activity 3 - Hand Strike: Through the Gates

- Each child, in turn, strikes the ball through the gate to their partner
- Practise striking both with and without stopping the ball
- Practise using the open hand and the closed fist



Teaching Points

- Place the feet side on to the gate
- Face the non-striking shoulder to the target
- Practise using both the left and right hands

Q Which way should the palm or closed fist be facing?

Activity 4 - Hand Bouncing Wall Strike

- Bounce the ball and strike it off the wall
- Continue to strike the ball as it returns from the wall at the top of every bounce



Teaching Points

- Place the feet side on to the wall
- Face the non-striking shoulder to the target
- Practise using both the left and right hands

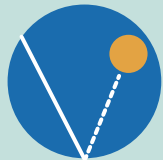
Q Why is it important to keep the ball close to your hand?

Strand: Games

Class Level: Infants

Organisation

- Each child has a beanbag
- The children occupy a space on the hall/yard



Organisation

- The children line up in groups
- One ball per group
- Set up cones as targets approximately 5m from each group



Activity 5 - Beanbag Hand Balance

- Extend one arm out in front of the body; balance the bean bag in the open hand
- Walk around the playing area
- Progress to bouncing the bean bag in the hand
- Progress further by using a small ball
- The children should walk, jog or hop



Development - Hand Strike: Target Game

- The children strike the ball to hit or knock a cone
- Use an open hand and fist on alternate goes



Teaching Points

- Keep the arm and hand rigid
- Practise using the left and right hands
- The children must take care to avoid each other

Q When hopping, which are the best areas to balance the bag?

Teaching Points

- Place the feet side on to the target
- Face the non-striking shoulder to the target

Q Why do you look at the target before you strike

