



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Infants

Lesson: 4

Venue

School Yard/Hall

Equipment

Flat markers, beanbags, small sponge balls, 16" hurleys/bats, baskets or hula hoops, beanballs

Lesson
4
Hurling

Strand Unit: Sending, receiving and travelling

Curriculum Objectives:

Children to develop carrying and striking skills

- Gripping a small hurley
- Carrying a beanbag on small hurley
- Tossing a beanbag from a small hurley
- Bouncing a ball on a small hurley

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, jumping and throwing

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>

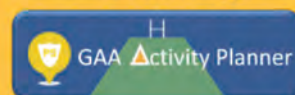
Fun Do GAA Learning Resource Pack (2007)



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Strand: Games

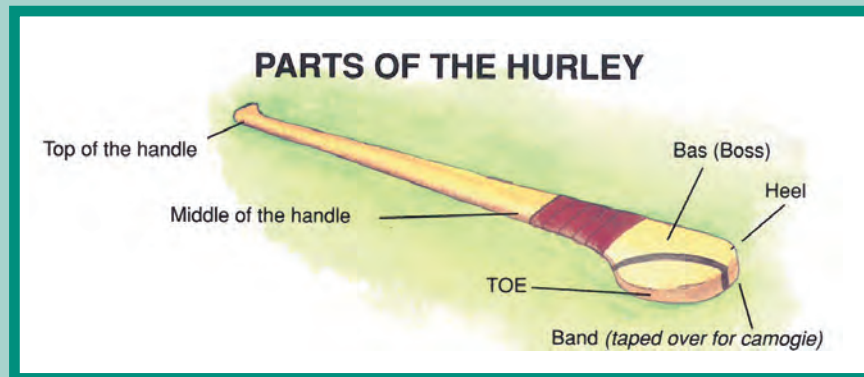
Class Level: Infants

Organisation

- The class gather around so that each child can see the teacher

1. Parts of the Hurley

- Show the children the parts of the hurley; handle, grip, heel, toe, bas



Teaching Points

- Check that the children are familiar with the parts of the hurley

Q What is the bas of the hurley for?

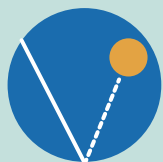
R To strike the ball

Strand: Games

Class Level: Infants

Organisation

- Make a lane using markers
- Place 3 small hurleys/wooden bats (max 16 inches in length) on the ground by the first marker
- Line children up in groups of approx. 3 behind the first marker
- Each activity is conducted in a lane



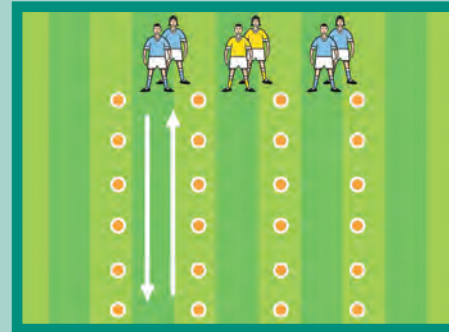
Activity 2 - Beanbag & Hurley

a) Run and Waggle Hurley

- On the whistle, the first child in each line will walk to the end of the lane, waggling the hurley up and down

b) Run and Waggle Hurley

- On the whistle, the first child in each line will walk to the end of the lane, carrying the beanbag on the bas
- Progress to repeat above while jogging



c) Carry and Toss Beanbag with Hurley

- On the whistle, the first child in each line will walk or jog to the end of the lane, carrying the beanbag on the bas of the hurley
- The child will attempt to toss the beanbag into a basket
- The child picks the beanbag up with the non-dominant hand and places it back on the bas of the hurley and walks back
- The child hands the bean bag to the next child at the front of the line
- Repeat until each child has three turns

d) Beanbag Drop and Scoop

- The child at the front of each line picks the beanbag up with non-dominant hand and places the beanbag on the bas of the hurley
- On the whistle, the child runs to the end of the lane and slides the beanbag off the hurley on to a marker
- The child then runs backwards to halfway back the lane and stops
- They then run forward again and scoop up the beanbag with the non-dominant / "catching hand" underhand
- The child turns around, places the beanbag back on the bas of the hurley and runs back to the beginning
- The child hands it over to the next child at the top of the line
- Repeat until each child has three turns

Teaching Points

- With the 'hurley hand', each child grips hurley, pressing the thumb on the handle
- Point the hurley forward and the 'toe' of the hurley facing away from the body to the dominant side
- Waggle the hurley up and down with the wrist, keeping the arm straight - call this the 'waggle grip'
- Keep the bas of the hurley flat
- Place the beanbag on the 'bas' of the hurley, keeping eyes on it

Q What must you do to make sure the beanbag does not fall off the hurley?

R Look at the target before tossing the beanbag.

Q Which way is the toe of the hurley facing?

Strand: Games

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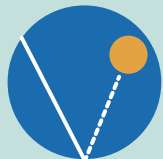
Organisation

- The children carry out this activity individually or in pairs
- Each child/pair has a small hurley and a small sponge ball



Organisation

- The children line up in teams of three behind one another along the length of yard/hall facing the cones, 3-5m away



Activity 3 - Bounce the ball on the hurley

- In a stationary position bounce the ball on the hurley
- Challenge the children to see how many bounces each can make
- Progress to doing this while walking



Teaching Points

- Point the hurley forward with the 'toe' of the hurley facing away from the body to the dominant side
- Keep the bas of the hurley flat
- Keeping eyes on the ball, hit gently with the bas of the hurley

Q Why do you keep your eyes on the ball?

Development - Hurley & Beanball Relay

- On a signal from the teacher, the first child from each team runs to the cone and back, carrying a beanball on the hurley
- The second child then does the same
- The teams must sit down/or crouch down when finished



Teaching Points

- With the 'hurley hand', each child grips hurley, pressing the thumb on the handle
- Point the hurley forward and the 'toe' of the hurley facing away from the body to the dominant side.
- Keep the bas of the hurley flat
- Place the beanball on the 'bas' of the hurley, keeping eyes on it
- Encourage children to use the non-dominant hand to transfer possession of beanball to teammate

