



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: First and Second Classes

Lesson: 5 Rounders

Venue

Yard/Hall

Equipment

Beanbags, cones, ropes, balls, hula hoops, footballs, beanballs or tennis balls

Lesson
5
Rounders

Strand Unit: Sending, receiving and travelling

Curriculum Objective:

Children to develop and practice ball handling skills

- Throwing a small ball or bean bag at target
- Rolling a small ball at target
- Throwing a small ball under arm

Strand Unit: Creating and playing games

Curriculum Objective:

Children to create and develop games in pairs or small groups

- Create a game, "Beat the ball home"

Strand Unit: Understanding and appreciation of games

Curriculum Objective:

Children to talk about and develop movement skills relevant to games

Children to develop problem solving and decision making strategies

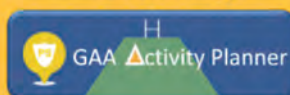
Children to apply simple rules to games

Linkage:

Gymnastics - Strand unit: Movement (Balance)

Athletics - Strand unit: Running, Jumping, 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.ppds.ie/pcsparchive/pe/psai/clickme.html>

Fun Do GAA Learning Resource Pack (2007)

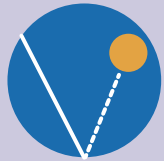




Strand: Games

Organisation

- Line the children up side by side
- In turn, the child tosses a beanbag or a beanball, using a one-handed underarm throw



Organisation

- Divide the class into groups of three or four
- Set up a cone or a marker as a target
- Begin with a football or bean ball before progressing to beanbag



Class Level: First and Second Classes

Activity 1 - Toss the Bag

- Throw the bags as far as possible or attempt to hit a target



Activity 2 - Knock the Cap

- In turns, the children throw the football, beanball or beanbag, trying to hit and knock the target



Teaching Points

- Ensure the children have enough room to perform the exercise safely
- Encourage the children to alternate arms when throwing
- Step forward with the foot on the opposite side to provide balance

Teaching Points

- Use a big ball and a two-handed technique to begin before progressing to a one-handed technique

Strand: Games

Organisation

- Spilt the class into groups of three
- The groups spread out around the playing area
- One beanbag, beanball or football per group



Organisation

- Divide the class into groups of three or four
- Allocate equipment to each group, i.e. three bean bags and one hoop or one beanbag and one rope



Class Level: First and Second Classes

Activity 3 - Piggy in the Middle

- One child is designated the 'piggy in the middle'
- The other children pass the ball around attempting to keep it away from the 'piggy in the middle'



Activity 4 - Create a Throwing Game

- Ask the children to create a game using the equipment provided



Teaching Points

- Throw a variety of bean bags, balls of various sizes and soft and hard balls
- Encourage the children to use different under-arm throwing techniques
- Ensure the children have enough room to perform the exercise safely

Q What can your partner do to make it easy for you to catch the ball?

Teaching Points

- Use a variety of throwing techniques

Strand: Games

Organisation

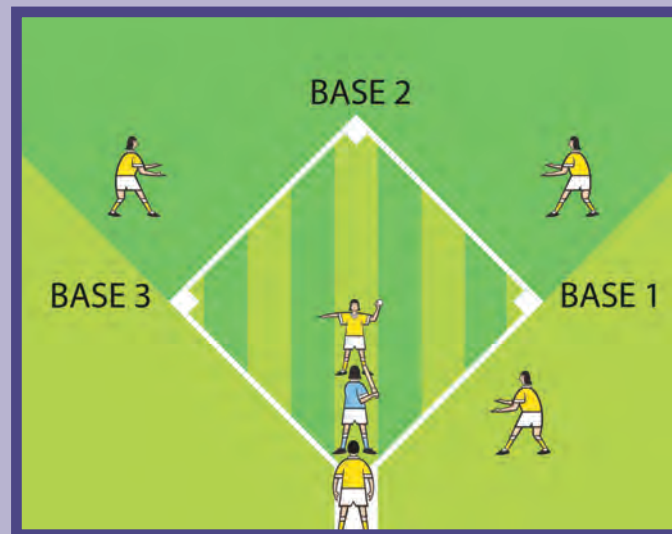
- Players take positions like they would in a game of Rounders
- Use a beanball or tennis ball



Class Level: First and Second Classes

Development - Beat the Ball Home

- The 'pitcher' stands at the base with the ball and pitches to the catcher
- As soon as the ball passes home base the batter does not attempt to hit it but drops the bat and runs for first base and on so he/she reaches home base
- The catcher throws to first base, then second, to third and home
- The batter attempts to reach home base before the ball



Teaching Points

- Encourage the children touch each base

