

Strand: Games

Class Level: First and Second Classes

Lesson: 6 Football

## Venue

School Yard/Hall

## Equipment

Footballs, cones, training poles

**Lesson**  
**6**  
**Football**

**Strand Unit:** Sending, receiving and travelling,

**Curriculum Objectives:**

Children to develop kicking skills

- Kicking a ball to partner along the ground
- Controlling a ball with foot
- Dribbling a ball with foot
- Kicking a ball at a target
- Kicking a ball from hands
- Kicking a ball to a partner

**Strand Unit:** Creating and playing games

**Curriculum Objectives:** Children to create and develop games in pairs

- Kicking a ball at a target
- Kicking a ball to a partner through a goal

**Strand Unit:** Understanding and appreciation of games

**Curriculum Objectives:**

Children to discuss 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](http://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.ppds.ie/pcsparchive/pe/pspi/clickme.html>

**Fun Do GAA Learning Resource Pack (2007)**



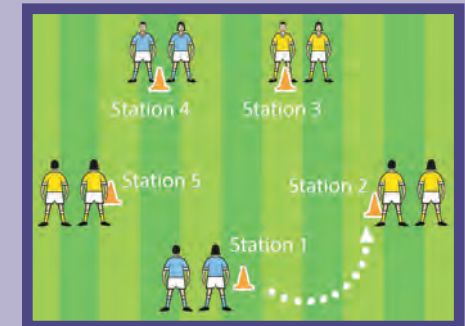


Strand: **Games**

Class Level: **First and Second Classes**

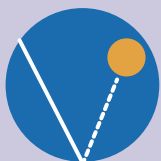
### Class Organisation: Stations

- The class is divided into five groups, and the equipment for the lesson is placed at five different stations
- Each group assembles at an assigned station
- Before the activities begin the groups are seated at the station assigned to them
- The activity to be performed is demonstrated
- Each child in turn carries out the required activity at the particular station and waits until each child in the group has had a turn before he/she repeats the activity
- A child who displaces any equipment should replace it correctly before the next child begins
- The groups rotate from station to station during the 'circuit' of activities
- Each group is allowed approximately five minutes at each station



### Organisation

- Each child has a football



### Station 1: Bounce & Kick

- In a stationary position drop the ball allowing it to bounce
- Kick the ball as it returns from the ground



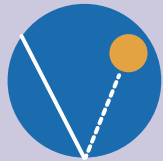
### Teaching Points

- Drop the ball from the hand on the kicking side
- Plant the non-kicking (supporting) foot beside the ball as it bounces

## Strand: Games

## Organisation

- Each child has a ball



## Organisation

- Use poles or cones to mark a target area at a wall



## Class Level: First and Second Classes

## Station 2: Off the Shelf

- Standing with the supporting foot forward, hold the ball in front of the body balanced on both hands
- Allow the ball to roll gently off the hands as if it were rolling off a shelf
- Kick the ball as it falls
- Initially this exercise may be easier to perform using a balloon



## Station 3: Kick from the Hand - Target 1

- Individually or in turn, the child kicks the ball to hit the target



## Teaching Points

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance

**Q** What would happen if you took your eyes off the ball?

## Teaching Points

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance
- Head down, eyes on the ball

**Q** What type of kick are you performing here?

**R** Punt kick – kicking ball straight on lace of shoe

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Organisation

- Divide the class to work in pairs
- One ball to a pair



Organisation

- Divide the class into two groups
- Each child has a set number of "lives"



Station 4: Kick from the Hand - Target 2

- Set up a target using markers
- Challenge the children to kick the ball through the gate to one another



Teaching Points

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance
- Head down, eyes on the ball

**Q** What is more important – kicking the ball as hard as you can or kicking through the gate?

Development - Station 5: Over the River

- The child kick passes the ball over a centre zone, "river", a net or guard
- If the ball drops in the centre zone the player who kicked it loses a life



Teaching Points

- Ensure the players have enough room to move around safely

