



# PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: First and Second Classes

Lesson: 8 Hurling

## Venue

School Yard/Hall

## Equipment

Helmets, hurleys, cones/markers, sliotars or tennis balls

ALL TEACHERS PLEASE NOTE:  
IF PERFORMING ANY STRIKING  
ACTIVITY CHILDREN  
MUST WEAR HELMETS

Lesson  
**8**  
Hurling

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

**Curriculum Objectives:**

Children to develop dribbling and striking skills

- Gripping and holding a hurley
- Dribbling and striking a ball for accuracy along the ground
- Striking a ball at a target

**Curriculum Objectives:**

Children to create and develop games in pairs

- "Pass the Guard"
- Striking game

**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

Children to apply simple rules to games

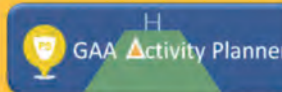
**Linkage:**

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)



## References

**Primary School Curriculum:**  
Physical Education (1999)  
Physical Education Teacher  
Guidelines (1999)

**Primary Schools' Sports Initiative**  
<http://www.ppps.ie/pcsparchive/pe/psai/clickme.html>

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





Strand: Games

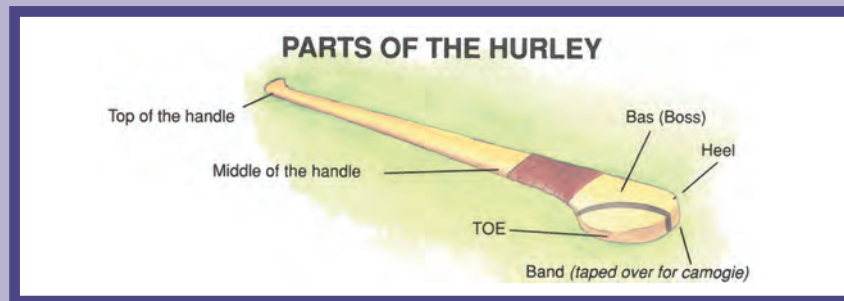
Class Level: First and Second Classes

Organisation

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

Activity 1 - a) Parts of the Hurley

- The class call out each part of the hurley, as the teacher points to it



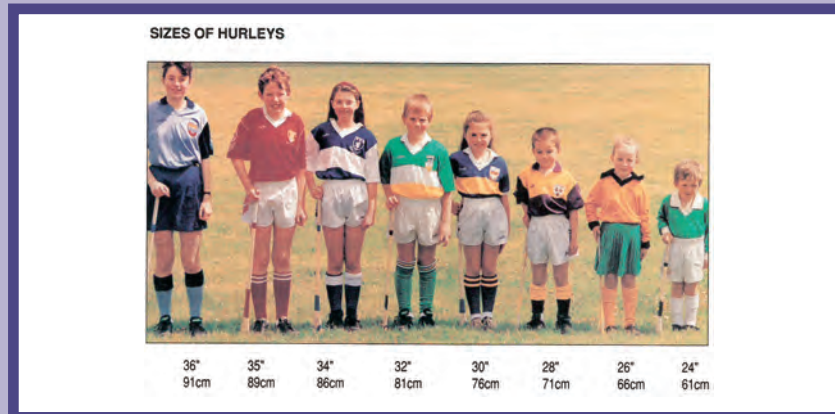
Teaching Points

- The teacher points out each part of the hurley – Top of handle, middle of handle, bas, toe, heel, band (no band or taped over for camogie)

Organisation

- Each child has a hurley
- The class gather around so that each child can see the teacher

Activity 1 - b) Hurley Size



Teaching Points

- Grip the hurley in the dominant hand at the top of the handle, as if shaking hands with it
- Hold the hurley by your side, keeping your arm straight
- Move the hurley in a pendulum motion; the heel of the hurley should rub gently off the ground
- The hurley is too big when the ground catches the pendulum motion of the hurley; replace the hurley and repeat the exercise until the correct sized hurley is found

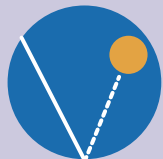
## Strand: Games

## Organisation

- Ensure each child has a hurley of appropriate size
- The class gather around so that each child can see the teacher

## Organisation

- Ensure each child has a hurley of appropriate size and has enough room to perform the activity safely



## Class Level: First and Second Classes

## Activity 1 - c) The Ready Position

- Practise the ready position in a stationary position, then walking and jogging



## Activity 1 - d) Hurley Extension

- The players hold the hurley by their side
- Trace an 'x' or 'w' on the ground
- Kick the bas of the hurley with each foot in turn in a stationary position; introduce walking and jogging
- Holding the hurley with one or both hands swing the hurley above the head



## Teaching Points

- Grip the hurley in the dominant hand as if shaking hands with it
- Hold the hurley out in front of the body with the bas flat; twist using the wrist
- Wave the hurley up and down to get a sense of the weight
- To move to the ready position, move the feet shoulder width apart
- Lift the hurley in front of the body to hold it with the non-dominant hand above the bas; the toe is pointed upwards

## Teaching Points

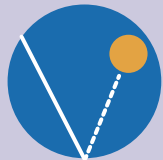
- Focus on moving the hurley using the wrist as opposed to the whole arm or forearm

## Strand: Games

## Class Level: First and Second Classes

## Organisation

- Each child has a hurley of appropriate size and a ball
- Use cones or markers to dribble around



## Organisation

- Children form a circle around the teacher

## Activity 2 - Hurley Dribble

- Children dribble their ball around the markers, moving in different directions



## Activity 3 - "C-shaped" swing

- The children swing the hurley, hitting an imaginary ball on the ground while stationary
- Progress to children hitting an imaginary ball on the ground, while walking around in a circle



## Teaching Points

- Use two hands to dribble using both sides of the hurley bas
- Look up frequently to track the paths of other players

- Q** How will you use the stick to stop the ball
- R** Place the flat area of the stick in the path of the ball

## Teaching Points

- Adopt the Ready Position
- Place the feet shoulder width apart
- The dominant hand is at the top of the handle
- Slide the non-dominant up, locking the hands together
- Bend the elbows to raise the hurley
- Swing the hurley down with a wristy C-shape action
- Strike the imaginary ball with the bas of the hurley
- Follow through to shoulder height
- Keep looking at ball throughout

## Strand: Games

## Class Level: First and Second Classes

## Organisation

- Divide the class into pairs, facing each other approx 10 m apart at cones
- One ball per pair



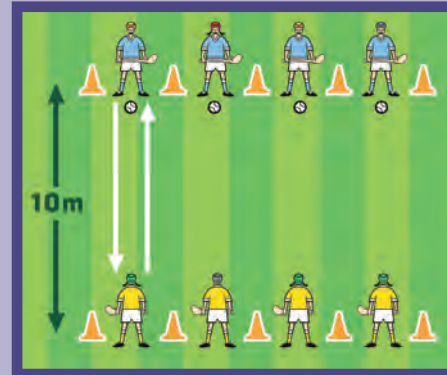
## Organisation

- The children work in pairs approx 10 metres apart
- Position other children as guards who are allowed to block the ball but not move from their positions



## Activity 4 - Striking in Pairs

- Each child in turn strikes the ball to their partner, who blocks it and strikes back



## Development - Pass the Guard

- The child strikes the ball to their partner along the ground to "pass the guards"



## Teaching Points

The children should watch the ball when striking

- Encourage accuracy rather than force
- Decrease the width of the goals as skill level improves

**Q** What happens if you lift your head when striking the ball?

**R** You lose track of the ball

## Teaching Points

- Move the feet to place them side on to the target
- Practice striking off the right and left sides





# PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Third and Fourth Classes

Lesson: 9 Rounders

## Venue

Yard/Hall

## Equipment

Beanbags, cones, tennis balls, tennis rackets or hurleys with big bas

Lesson  
9  
Rounders

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

**Curriculum Objectives:**

Children to develop a range of striking skills

Children to develop a range of ball handling skills

- Striking a ball using a racket/hurley to a partner who catches it and throws it back, using underarm technique
- Striking a ball against a wall, using forehand and backhand technique

**Curriculum Objective:**

Children to create and develop games with a partner or in a small group

- Small-sided game, similar to rounders

**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

## 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)**



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GAA Activity Planner



### Strand: Games

### Class Level: Third and Fourth Classes

#### Organisation

- Divide the children into pairs
- Each pair has one racket/hurley and ball
- The children line up as in diagram



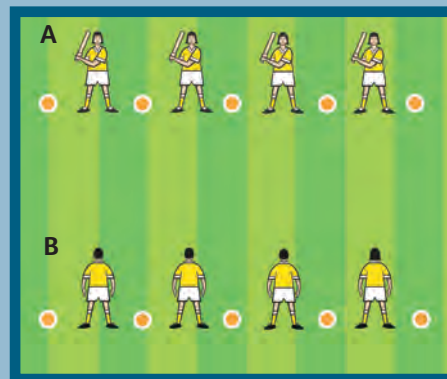
#### Organisation

- Divide the class into pairs
- Each child has a racket
- One ball to a pair



#### Activity 1 - Striking the ball to a target

- a) Overarm feed:**
- **B** takes the ball and feeds it to **A** to arrive at waist height
  - **A** bats the ball gently back to **B**, who catches it
  - Change over after ten bats
- b) Underarm feed:**
- The children repeat Activity 1 but this time **B** throws the ball gently underarm through the air to arrive at waist height
  - **A** bats the ball back through the air to **B**
  - Change over after ten backhand bats



#### Teaching Points

- **B** feeds the ball by bouncing it with a downward action
- **A** holds the bat at the start of the back swing, standing sideways to **B**
- Using the rounders bat grip, **A** brings the bat gently forward to hit the ball and continues the swing upwards

**Q** How can **B** help his/her partner?

**R** **B** must throw accurately so that hitting is possible

#### Activity 2 - Squash

- The children stand a reasonable distance from the wall
- In turn each strikes the ball as it returns from the wall
- Initially, allow the ball to bounce before striking; progress to striking continuously with no bounce



#### Teaching Points

- Move feet to place them side-on to the wall, the line of the feet determines the direction of the ball
- Strike using the forehand or backhand to suit the oncoming ball
- Encourage the children to think about placing the ball

**Q** What kind of shot will help to keep the rally going?

**R** An upward shot, a controlled shot