



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Introduction

Welcome to the GAA's Céim ar Aghaidh **Physical Education** teaching resource which has been designed to assist Primary School Teachers to deliver the Games Strand of the national Physical Educational Curriculum through Gaelic games activities, covering Gaelic Football, Hurling/Camogie, Handball and Rounders. It is an addition to the GAA Céim ar Aghaidh/Step Ahead Resource Pack, which is a cross-curricular education resource supporting the wider Primary School Curriculum based on the theme of the GAA.

Planning

16 Lesson Plans, which meet the planning standards set forth in the NCCA National Primary School Curriculum, are presented here. Strand, Strand Units and Curriculum Objectives are provided in each lesson which address planning guidelines from the National Curriculum.

Linkage & Integration

Examples of linkage across the Athletics and Gymnastics Strands of the PE Curriculum are also referenced in each Lesson Plan. Suggestions for Integration across the other subjects of the wider Primary School Curriculum are also made (See Examples of Integration on Page 71).

Differentiation

The content of the Lesson Plans allows maximum participation for all children in the lesson. The lessons provide opportunities for achievement for each child. The activities in the lesson plans will allow the teacher to present each child with achievable tasks.

Assessment

Guidelines from your school's Assessment Policy should be followed when assessing the lessons from this resource. Two suggested assessment tools are the 'Two Stars and a Wish' tool and the 'U-Can Awards' skill challenges (See Pages 69 & 70).

Facilities & Equipment

All Lesson Plans are designed to run on a school yard or playing pitch. Many of the activities can also be run in an indoor hall with adequate space. Each Lesson Plan references the particular equipment required to organise the activities.

Understanding the Activity Icons

Throughout the Lesson Plans a series of icons are used to identify the type of Activity presented. Below is what they stand for.

Index

Infants

Lesson Plans 1-4

Lesson 1	Ball Handling & Movement Skills	Page 3
Lesson 2	Kicking and Movement Skills	Page 7
Lesson 3	Striking and Movement Skills	Page 11
Lesson 4	Carrying, Striking & Movement Skills	Page 15

First & Second Classes

Lesson Plans 5-8

Lesson 5	Rounders Activities	Page 19
Lesson 6	Gaelic Football Activities	Page 23
Lesson 7	Handball Activities	Page 27
Lesson 8	Hurling/Camogie Activities	Page 30

Third & Fourth Classes

Lesson Plans 9-12

Lesson 9	Rounders Activities	Page 35
Lesson 10	Gaelic Football Activities	Page 38
Lesson 11	Handball Activities	Page 42
Lesson 12	Hurling/Camogie Activities	Page 45

Fifth & Sixth Classes

Lesson Plans 13-16

Lesson 13	Rounders Activities	Page 48
Lesson 14	Gaelic Football Activities	Page 52
Lesson 15	Handball Activities	Page 56
Lesson 16	Hurling/Camogie Activities	Page 59

Understand the Icons



Basic Drill



Intermediate Drill



Advanced Drill



Ball Sense



Fun Routine



Set Play



Practice Play



Conditioned Game



Small-sided Game



Backs & Forwards



Full Game



Challenge



PE Céim ar Aghaidh

Teachtaireacht an Uachtarán



Is cúis mór áthais dom fáilte a fhearradh roimh an bhfoilseachán iontach seo a chabróidh lenár muinteoirí grá d'ár gcluichí Gaelacha a chothú agus a spreagadh sna scoileanna.

As a primary school teacher and someone with a profound interest in both Gaelic games and education, it gives me great pleasure to welcome the publication of this fantastic teaching aid that is the PE Céim ar Aghaidh Resource. I am glad to say that the GAA has been to the fore in the development of resources such as this and this latest project sees that trend continue.

The PE Curriculum notes that Gaelic Games should be given particular consideration as part of the games programme and our schools and the education sector as a whole are a major contributor when it comes to influencing and fostering an interest and love in our games. This is the first resource of its kind that promotes all codes within the Gaelic games family - Hurling/Camogie, Gaelic Football, Handball and Rounders – and this integrated approach I believe will very much define our success into the future.

Based on the structure of the PE Curriculum itself, the approach in developing this resource has been to design Lesson Plans appropriate to each of the four different class levels and the specific development of each child. I laud all of those who have been involved in this work from the outset and I look forward to its roll out and implementation where I believe it will greatly assist both pupils and teachers alike in emphasising the importance of physical education as part of a healthy and balanced lifestyle.

Rath Dé ar an obair,

Liam Ó Néill
Uachtarán Chumann Lúthcheal Gael





PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: **Games**

Class Level: **First and Second Classes**

Lesson: **7 Handball**

Venue

School Yard/Hall with a flat wall

Equipment

Handballs or tennis balls, cones, skittles

Lesson 7 Handball

Strand Unit: Sending, receiving and travelling

Curriculum Objectives:

Children to develop ball handling skills
Children to develop carrying and striking skills

- Ball Bounce
- Skittle Ball
- Handball Relay

Strand Unit: Creating and playing games

Curriculum Objectives:

Children to create and develop games in pairs

- Small-sided games (2 v 2)
- Handball tennis

Strand Unit: Understanding and appreciation of games

Curriculum Objectives:

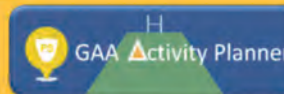
Children to talk about and develop movement skills relevant to games
Children to develop problem solving and decision making strategies
Children to apply simple rules to games

Linkage:

Gymnastics - Strand unit: Movement (Balance)
Athletics - Strand unit: Running, Jumping, Throwing



Build your own Lesson Plans
Go to learning.gaa.ie/planner/primary



References

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

Primary Schools' Sports Initiative
<http://www.ppsd.ie/pcsparchive/pe/pspi/clickme.html>

Fun Do GAA Learning Resource Pack (2007)





Strand: Games

Organisation

- Every child has a handball (or tennis ball), and is spread out across the hall/yard



Organisation

- Set up several skittles across the front of the wall
- In groups, children line up facing the skittles, approx 5 metres back



Class Level: First and Second Classes

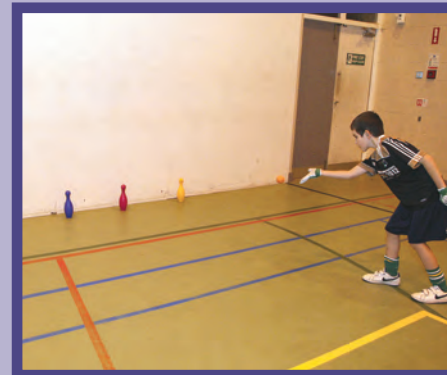
Activity 1 - Ball Bounce

- Each child jogs around the court bouncing a handball
- On the teacher's call they must; change direction, change hand used to bounce, use alternative hands, bounce ball under legs, dribble the ball, etc
- To progress, add obstacles to the playing area



Activity 2 - Skittle Ball

- In groups, children line up with a ball each
- Children must throw the ball, aiming to knock the skittles down
- Each group has one minute to knock down all of the skittles
- Progress to use the non-dominant hand



Teaching Points

- Increase speed of actions as co-ordination improves
- Keep eyes on the ball, whilst maintaining court awareness
- Fingers together and hand slightly

Teaching Points

- Ensure no balls are thrown/hit when someone is setting up skittles
- Strike ball at midline of the body

Strand: Games

Organisation

- Set up an obstacle course of a line of cones, with a target 'goal area' at the end of it
- In groups, children line up behind the first cone
- Have multiple smaller groups going at once to keep everyone involved



Organisation

- Use a line of cones to form a 'net' or dividing line
- 2 v 2, with each team on opposite sides of the net



Class Level: First and Second Classes

Activity 3 - Handball Relay

- In a relay race style, children dribble the ball between the cones and have a 'shot' at goal
- Progress difficulty by making a raised target the goal area, which requires the children to first bounce and then strike the ball towards the target with the hand



Development - Handball Tennis

- Children aim to strike the ball over the 'net', similar to tennis
- Once the ball is hit over the net, the opposing side must catch the ball before it bounces twice
- Points are scored if the ball bounces twice in the opponents side of the court
- Regress the game by throwing the ball over the net
- Progress the game by returning the ball via striking it over the net



Teaching Points

- Encourage use of both hands when dribbling the ball from side to side

Teaching Points

- Strike the ball at midline of the body
- The concept of the game is placement of shots as opposed to power
- Strike ball with closed fingers, and hands cupped





PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Third and Fourth Classes

Lesson: 11 Handball

Venue

School Yard/Hall with a flat wall

Equipment

Handballs or tennis balls, cones, multi-coloured hula hoops

Lesson 11 Handball

Strand Unit: Sending, receiving and travelling

Curriculum Objectives:

- Children to develop and practice a range of ball handling skills
Children to develop and practice a range of carrying and striking skills
- Hoop Bounce
 - "Keep the Kettle Boiling"

Strand Unit: Creating and playing games

Curriculum Objectives:

- Children to create and develop games in pairs
- Small sided games, 2 v 2 and "2 bounce"

Strand Unit: Understanding and appreciation of games

Curriculum Objectives:

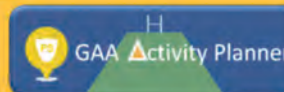
- Children to discuss and improve control in movement skills relevant to games
Children to develop an increased understanding of the use of space
Children to develop problem solving and decision making strategies, and an understanding of the tactics and strategies for use in modified game situations
Children to adapt rules to modify games and keep scores

Linkage:

- Gymnastics - Strand unit: Movement (Balance)
Athletics - Strand unit: Running, Jumping, Throwing



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References

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

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Strand: Games

Organisation

- Every child has a handball (or tennis ball), and is spread out across the hall/yard
- Spread multi-coloured hula hoops across the floor



Organisation

- In groups, children line up facing the wall, approx 2m back
- One handball per group



Class Level: Third and Fourth Classes

Activity 1 - Hoop Bounce

- Each child jogs around the court dribbling a handball
- The teacher calls a colour, to which the children must run to the nearest hoop of the same colour and bounce the ball in it



Activity 2 - Keep the Kettle Boiling

- Aim of the game is to hit as many consecutive shots as possible
- Ball can bounce twice before it must be returned against the front wall
- When a child hits his/her shot, she/he runs to the back of the line
- This continues until the ball is missed and the game restarts
- Progress the game by only allowing one bounce, or by using the non-dominant hand



Teaching Points

- Keep eyes on the ball, whilst maintaining court awareness
- Create a basket with the fingers to catch the ball

Teaching Points

- Encourage use of both hands to hit the ball
- Groups should work as a team to keep the rally going

Strand: Games

Organisation

- Set out a series of rectangular courts – approx 8m x 4m – with a cone in each corner
- Split the class into teams of two – two teams per court
- Cones on end-line act as goals
- One ball per court



Organisation

- In pairs, find a small free wall space
- One handball per pair



Class Level: Third and Fourth Classes

Activity 3 - 2 v 2

- The aim of the game is to strike the ball into the net (back of opponents court)
- Each team defends their goal by preventing the ball entering their 'net' using their hands
- The game can be modified to include larger numbers of players, or larger courts



Development - 2 Bounce

- Mini-Handball with modified rules and modified court size
- The aim is to strike the ball against the front wall before the ball bounces 3 times
- Children can return the ball after one or two bounces, or even on the fly (no bounces)



Teaching Points

- Encourage children to stay on their feet throughout the game
- Keep head over the ball and eyes on the ball when striking the ball

Teaching Points

- Encourage use of either hand to hit the ball
- Encourage children to play the ball away from their opponent

Q Why should you encourage playing the ball away from the opponent?





PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Fifth and Sixth Classes

Lesson: 15 Handball

Venue

School Yard/Hall with a flat wall

Equipment

Handballs, beanbags, cones

Lesson 15 Handball

Strand Unit: Sending, receiving and travelling

Strand Unit: Creating and playing games

Curriculum Objectives:

Children to develop further and extend ball-handling skills

Children to develop further and extend ball-striking skills

- Clear the Zone
- Name ball

Curriculum Objectives:

Children to create and develop games in pairs and with a small group

Strand Unit:

Understanding and appreciation of games

Curriculum Objective:

Children to discuss and improve control in movement skills relevant to games

Children to develop an understanding of the use of space in mini-games

Children to develop an understanding of the tactics and strategies for use in mini-games

Children to adapt rules for use in mini-games and keep scores of games

Children to avail of opportunities in the community to participate in games

Linkage:

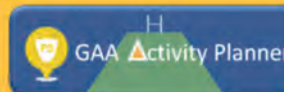
Gymnastics - Strand Unit: Movement (Balance)

Athletics - Strand Units: Running and Jumping



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Primary Schools' Sports Initiative

<http://www.ppsd.ie/pcsparchive/pe/psci/clickme.html>

Fun Do GAA Learning Resource Pack (2007)





Strand: Games

Organisation

- Divide the class into two teams – one group in either half of the yard/hall
- Place a line of markers across the middle of yard/hall as a halfway line
- Place up to 20 handballs or beanbags on the halfway line for start of the game



Organisation

- Divide the class into groups of three – 1v1 and a referee
- One ball per group
- Each group to find a space by a wall and make their own court



Class Level: Fifth and Sixth Classes

Activity 1 - Clear the Zone

- The activity starts by striking one of the handballs or beanbags into your opponent's half
- The aim is to strike all the handballs/beanbags out of your team's half using a handball strike
- Each game lasts approx 45 seconds
- Team with least number of handballs/beanbags in their half wins



Teaching Points

Encourage correct technique:

- Players should always be on their feet when striking
 - Facing sideways
 - Knees bent
 - Strike ball at midline of the body
- Strike handballs along the ground
- If a handball is bouncing high (above the knees), catch ball, set it on floor, and then strike

Activity 2 - Mini-handball

- 1v1 quick fire handball
- First to three points is the winner
- Each child per group takes a turn as referee



Teaching Points

- Encourage children to make their own rules e.g. space allowed, number of bounces before striking etc
- Encourage correct technique:
 - Fingers cupped
 - Facing sideways
 - Knees bent
 - Strike ball at midline of the body

Strand: Games

Organisation

- The children line up along the back of the yard/hall
- One ball is required



Organisation

- Divide the class into groups – pairs for singles (1v1) or 4's for doubles (2v2) matches
- Assign a referee per match
- One ball per group
- Each pair to find a space by a wall and make their own court
- Use a competition style format that rewards players for winning a game



Class Level: Fifth and Sixth Classes

Activity 3 – Name Ball

- The first child hits the ball off the wall
- They then call the name of another child who must hit the ball next
- Each child is allowed three lives
- If a child's name is called and they miss their shot, then they lose a life
- If a child hits an irretrievable shot, or calls the next player's name too late, then they lose a life
- The aim of the game is to be the last player standing



Development – King of the Courts

- Play according to the full rules of handball
- The idea is to win your way up to play in a final
- Singles or doubles who lose games continue to rotate and play each other
- Referees organise who plays who, until there is an eventual winner/s



Teaching Points

- Encourage use of either hand to hit the ball
- Children must work as a team to keep the rally going
- The next child's name must be called in adequate time for the next player to reach it
- Allow two bounces to decrease difficulty

Q Why should you keep your eyes on the ball as you strike it?

Teaching Points

- The player who is next on court to be designated referee

Q Do you pick your target before you strike?

