

CASTLEKNOCK GAA CLUB

Suggested activity for Nursery groups

Typical Nursery Session

This particular session is designed in a station format. The routines in this may be taken and used to suit whatever resources your group has (ie equipment, coaches etc). You may decide to use 2 activities per week for your group or you may use them all. You decide!

AGE: 5-6

EQUIPMENT NEEDED: Footballs, cones, ladders, balloons, bean-bags, hurdles and hula hoops.

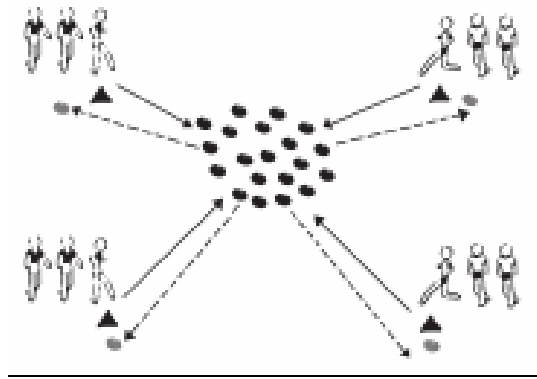
WARM UP:

- 1. Stuck in the Mud:** Use cones to mark out a square area which the children must remain inside. Choose 3/4 taggers who must try to catch the other children within the square. Once tagged, the person must stand still with their legs opened and may only move again once someone crawls through their legs. (N.B. change taggers regularly).
- 2. Shadow Run:** Put children into pairs and give each a number, i.e. 1 and 2. Start off with number 1 as the leader who moves about while being followed by number 2. 2 scores a point if he/she can reach 1 when the coach shouts stop and 1 scores a point if he/she is not within touching distance.

ACTIVITIES:

GAME:

Rob the Nest: Use the cones to mark out a square area and scatter the footballs within the square. Divide the children into 4 teams. Each team has its own corner of the playing field. When whistle blows, child leaves their corners, collects one ball and returns to corner. Next child repeats. When all the balls have been collected, children can 'rob' from other corners. Winning team is the one with the most balls. Have children roll, bounce, throw and catch balls while taking them to their corner. Game is over when coach blows his/her whistle!



ACTIVITIES:

1. 2 children roll a ball to one another. Increase distance between them and get them to roll the ball while kneeling and crouching. Get them to stop the ball with their hands, feet, elbows, tummy etc.



2. (LADDERS). Place ladder on ground with a cone a few metres from the end. First child holds a football and runs through the

ladder placing one foot in each space, runs out around the cone and back to start of group. Ball is handed to next person and repeats. Introduce variety of ways to travel through the ladders (e.g. 2 feet in each space, hop scotch etc.)

3. Mark out 3/4 lines by placing 5 cones in each line, using the first cone in each as a starting point. First child weaves in and out through the cones while holding or bouncing the ball (depending on their level of coordination) and then back through the cones where he hands the ball to the next person. Ensure variety by instructing the children to hold the ball on their head, or out in front of body. Introduce relay races using the same format.



4. Children form a semi circle around the coach. Coach throws a football to the first child and continues until all the children have had a go. Each child then has a go at standing in the middle.



5. (BEANBAGS, HURDLES & HULA HOOPS). 2/3/4 groups with 5 members in each group. Each member of the group stands at a cone that is approximately 2/3 metres from the next group member. Person at the back starts with a beanbag and underarm throws it to the next member of the group. When the beanbag reaches the front of the line the child carries the beanbag as he jumps over hurdles and attempts to throw it into a hula hoop that is positioned close to the last hurdle. A point is awarded to the group if successful. Child retrieves beanbag and returns to the end of the line and everyone in the group moves one cone closer to the front.

6. (AGILITY POLES). Mark out a course using the agility poles that requires multiple changes in direction. Children zig-zag through the course without touching the poles, bouncing the football throughout the course. Return to start and next child goes.

Circuit Layout

