



Prime Sports NW

Gaelic Football

Key Stage 2



Gaelic Football is a non-contact team game using a round soccer style ball played on a grass field. The teams can carry, kick or pass the ball but can only take 4 steps in possession. To score the ball needs to be kicked either over or under the crossbar of rugby style posts.

Target: Girls, Boys, disabilities and able bodied aged 7-11.

Background and Aims

- No previous experience assumed.
- Fast, fun, non-contact game using a football in a different way.
- Ability to adapt knowledge of other games to a new scenario.

Outline of Activities and Extensions

- This is a perfect activity for outdoors on grass or playground but skills can be practiced indoors in a school hall.
- Week 1: assessment and target setting
- Learning by fun, game based method.
- Skills: catch, hand-pass, kick from hand and ground.
- Evasion and side-stepping. When to run, counting steps, bounce/kick-up.
- "Tackling" discipline to ensure safety
- Decision making: when to kick, pass, fair-catch
- Week 6: evaluation and recommended progression
- Extension: full sized game involving the whole class
- Extension: Literacy, Gaelic history/poetry

Curriculum Links covered

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate, and apply basic principles of attacking and defending
- Develop flexibility, strength, technique, control and balance
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Outcomes

- Focus on jump and catch, evasion and decision making
- Improve teamwork, cooperation and develop discipline.
- Improve hand-eye co-ordination, concentration and control
- Build stamina, ability and awareness

Progression

- We follow guidelines from <http://www.britain.gaa.ie>

All equipment is provided

Teamwork - Respect - Enjoyment - Discipline - Sportsmanship

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