

Key Stage 2

Free Introduction

Ulster GAA

Coaching & Games Development

www.ulster.gaa.ie





New Primary School Teaching Resources:

Introduction:

Ulster GAA lead the way in the physical development of Primary School children, through our Foundation and Key Stage One and Two coaching programme and also the development of resources for club coaches and teachers who work with children at this level. As part of our on going support we have produced two new teaching manuals complete with lesson plans. These two new manuals have been produced by the Department of Education GAA Primary School coaches to assist teachers in the development of their games programme of study for Foundation (P1 & 2), Key Stage One (P.3 & P.4) and Key Stage Two (P.5, P.6 & P.7) children.



Background

The Foundation, Key Stage 1 manual covers the essential basic motor and fundamental movement and generic sport specific skills necessary for all future sporting activities and is a dissemination of our original Fundamentals manual. The key Stage 2 manual builds on the KS 1 material and covers all the Gaelic Football, Hurling and Camogie skills and contains material in lesson format from the Learn To Train Manual. These original manuals were praised by Istvan Balyi, who is acknowledged worldwide as the expert in the long term athlete development model, as an example of best practice.

Each resource covers all aspects of games covering agility, balance, coordination, running, jumping, handling, kicking and striking. The lessons have been specifically planned to cover tasks suitable for the various age groups and abilities. They follow a sequential progression of enjoyable challenging activities involving warm ups, games and skills. All lessons are produced on one card set out in a user friendly format with the warm up and game on one side and the related skill and final game on the other side.

These manuals will be used in Primary Schools throughout Ulster and further afield. The resources will be of great benefit to the majority of teachers in our Primary Schools, most of which are non PE specialists. They may also be adapted by club coaches as the material covers games and skills for under 6's, 8's 10's & U.12's thereby reaching a vast audience.

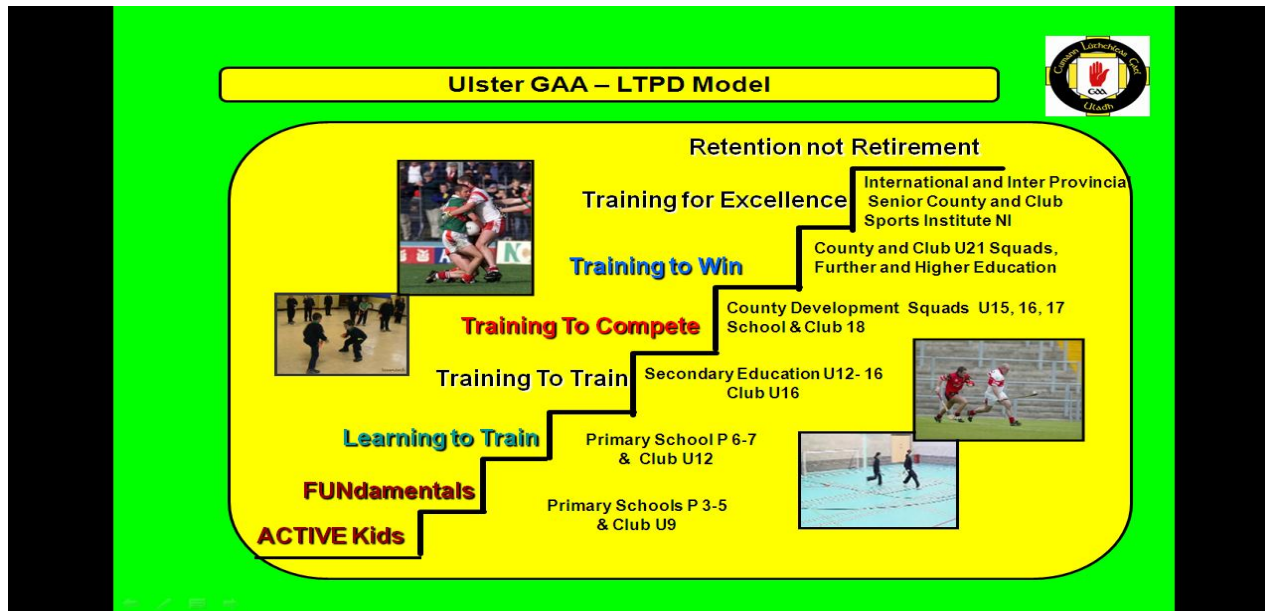
Ulster GAA Coaching Resources



Introduction:

Ulster GAA has, for many years been working at the forefront in the production of resources to develop our players as they progress along the 'Long Term Player Development Pathway' (LTPD).

Our experience has led to the original LTPD model being extended to include development of a younger age group through a Foundation, Key Stage One & Key Stage Two programme that complements the original 'Fundamentals', 'Learn to Train' and 'Train to Train' stages of the player development pathway.





As part of our on going support to teachers and coaches a series of coaching resources from our manuals can now be purchased from the Ulster GAA website www.ulster.gaa.ie to assist with the preparation of classes and coaching sessions that will challenge and improve students and players alike.

The sessions come in a structured format with progression from age 5-6 years through to adult. Rather than having to purchase an expensive manual coaches/teachers can now purchase only those sessions that will be relevant to the age group that they are coaching/teaching.

All sessions are easy to download and can be paid for using the on line Pay Pal account on the Ulster GAA home page. To download a session, simply identify the age group you are working with and the type of sessions that you would like to use to develop your class/team e.g. A teacher working with a group of Primary 3 pupils on handling skills should click on Key Stage One followed by Handling, the sessions will then be automatically downloaded to the teacher's computer following payment of the appropriate fee. Each session can be printed out or retained on the computer where a bank of resources can be built up over time.

Available Resources



Key Stage One - Ages 5-8

| | |
|------------------|---------------------------------|
| Handling Lessons | 32 Lessons + End of Stage Tests |
| Kicking Lessons | 32 Lessons + End of Stage Tests |
| Striking Lessons | 32 Lessons + End of Stage Tests |

Key Stage Two – Ages 8-11

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|------------------|---------------------------------|
| Football Lessons | 25 Lessons + End of Stage Tests |
| Hurling Lessons | 29 Lessons + End of Stage Tests |



Gaelic Start – Ages 4-9

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|--|---|
| Free Introduction – 44 slides | Warm Up Activities - 44 cards |
| Stretches - 22 cards | Additional Hurling & Football Skills & Games – 30 cards |
| Stations - 34 cards | Activity Planner - Weekly sessions – 36 weekly sessions for U-6 & U -8 |
| School/Home Activities - 39 cards | Family of Games - 31 cards |

Fundamentals – U.6 to U.9

| | | | |
|---|-----------|--|-----------|
| Free Introduction | 17 | | |
| ABC's – (Agility, Balance & Co-ordination) | 37 | RJT – (Running, Jumping & Throwing) | 45 |
| Kicking Activities | 28 | Catching & Passing Activities | 46 |
| Fundamental Games | 41 | Striking Activities | 38 |



Learn To Train – U.9 to U.12

| | | | |
|---|-----------|--|-----------|
| Free Introduction | 46 | | |
| Speed & Aerobic Training & Strength Training | 44 | Games for better team play & Tactical awareness | 26 |
| Nutrition, Hydration & Mental Training | 16 | Coaching skills & Code of conduct | 18 |
| Warm Up & Flexibility Activities | 29 | The Skills of Gaelic Football | 52 |
| Planning for games & Let's Go Games | 24 | The Skills of Hurling | 49 |



Train To Train – U.12 to U.14

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|---|-----------|--|-----------|
| Free Introduction | 13 | | |
| Conditioning & Core Strength Activities | 37 | Speed & Stamina Activities | 32 |
| Strength & Medicine Ball Running & Jumping | 40 | Principles of Play, Football Activities with a Purpose & Technical Development (Football) | 56 |
| Lifestyle Issues & Mental Skills Training | 21 | Principles of Play, Hurling Activities with a Purpose & Technical Development (Hurling) | 43 |