



# GAELIC FOOTBALL

## Teacher Guidance


### The Challenges

Challenge One- **Up & Over (ball handling)**


Challenge Two- **Great Escape (agility)**


Challenge Three- **Hoop Shoot (passing)**


### Equipment (based on Class of 30 working in pairs)

**15 x Medium Playground Sized balls** – if not, a volleyball, football, or dodgeball. 

**60 x markers** – if not, cones, floor lines or spots. 

**15 floor spots**- if not, cones or markers 

**15 x Hula Hoops** 

**Timer**- stopwatch; watch or phone 

If you do not have enough equipment to work in pairs pupils can work in 3s rotating pairs or rotate groups around the challenges.

### Implementation

Either show the **videos** to your pupils or demonstrate each challenge to them. Allow pupils to practise, before asking them or their partner to count their scores.

### Score Collation

Collect the **best** score of each pupil on the paper **scoresheet** provided or directly onto the **excel spreadsheet**. Scores taken on the paper scoresheet will need to be transferred to the excel spreadsheet. This excel spreadsheet is kept by the school. and not submitted. Inclusion of pupils' names is optional but can be useful for you to review school rewards and personal best achievement. The excel spreadsheet will collate the scores and provide you with an **average score** for each class in the yellow section. The excel spreadsheet allows six classes to be completed with a class sizes of up to 35. Additional spreadsheets can be used if required. The **excel spreadsheet can be found here** and the **paper scoresheet here**

### On Line Scoresheet

The **average scores** from the excel spreadsheet should be submitted online. The deadline for submission is **20 November 2020**. Please **click here to submit your average scores**.

### Spirit of the Games

As always we expect schools to observe the **Spirit of the Games Values**. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

**"I would prefer to fail with honour than win by cheating"**

**- Sophocles**





# GAE LIC FOOTBALL

## CHALLENGE 1 - UP & OVER

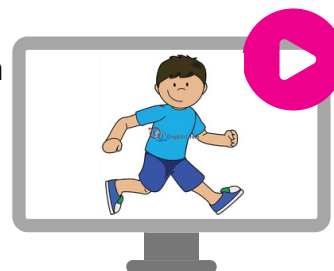
### SET UP

Place down a marker in a space, this will be your start position for the attempt.






### CHALLENGE VIDEO

Watch Nathan demonstrate the challenge



### EQUIPMENT

- **15 x Medium Sized balls** – if not, a volleyball, football, or dodgeball. 
- **30 x markers** – if not, cones, floor lines or spots. 
- **Timer**- stopwatch; watch or phone 

### TO PLAY

- Hold the ball in **two** hands behind your back.
- On 'GO' **throw** the ball **up & over** your head & catch the ball in front of your body with **both** hands.
- Once you have caught the ball, return the ball behind your back.
- Repeat the challenge as many times as possible.
- If you drop the ball at any point, restart from the start position.
- Practise the challenge before recording your best score.

### SCORING

- You score **1 point** for every successful catch.
- You have **60 seconds** to score as many points as possible.



### STEP ADAPTATIONS

	Simplify	Challenge
Space	Allow the ball to bounce before catching it.	Create a square using 4 cones, if you step out of the square during the attempt no point is scored.
Task	Throw the ball behind you and turn round to catch it.	Instead of putting the ball behind your back after catching, throw the ball back over your head to be caught behind your back to score 1 point and repeat.
Equipment	Use a bean bag.	Use a smaller ball, like a tennis ball.
People	Ask a partner to catch the ball that you throw from behind your back.	Ask a partner to select from a range of equipment for you to use during each attempt (bean bag, Tennis ball, Medium sized ball etc.).

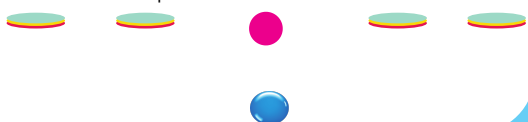


# GAEELIC FOOTBALL

## CHALLENGE 2 - GREAT ESCAPE

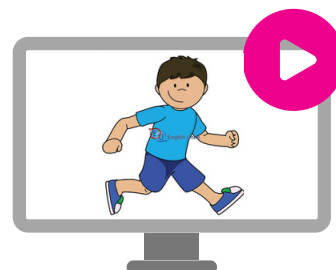
### SET UP

Place a floor spot down in the middle of your area (defenders start position). Place 2 'gates' 1 pace wide either side of the defenders start position (3 paces away either side) as scoring gates. The attacker stands 6 paces away from the defenders start position.







### CHALLENGE VIDEO

Watch Nathan demonstrate the challenge




### EQUIPMENT

- **60 x markers**- if not, floor sports, bean bags, cones 
- **30 x floor spots**- if not, cones or markers 
- **15 x Medium Sized balls** – if not, a volleyball, football, or dodgeball. 
- **Timer**- stopwatch; watch or phone 

### TO PLAY

- The attacker has a ball in their hand at their start position. The defender starts on their floor spot between the 2 scoring gates.
- To start the challenge the **attacker kicks OR bounces** (or just say GO) the ball up into their hands.
- The attacker **runs** towards 1 of the 2 scoring gates with the aim of running through the gate. If successful restart.
- The **defender** tries to **tag** the attacker with **2 hands on an the attackers arm** before they enter the gates. A successful tag stops play and you then restart.
- Practise the challenge before recording your best score.

### SCORING

- **Defenders** score **1 point** each time they tag the attacker with 2 hands before they get through a scoring gate. 
- **Attackers** score **1 point** each time they get through a scoring gate without being tagged.
- You have 60 seconds (1 minute) as both the **defender** and **attacker** (2 minutes in total)

### STEP ADAPTATIONS

STEP Adaptations	Simplify	Challenge
<b>Space</b>	Place the defenders start position 3 paces behind the scoring gates,	Reduce the distance between the 2 scoring gates from 6 paces to 3 paces.
<b>Task</b>	The defender can only move along the line and cannot move towards the attacker.	Double the points scored for 1 of the scoring gates 2 points (left) & 1 point (right)
<b>Equipment</b>	Attempt the challenge without the ball to focus on your decision making and agility.	Remove 1 of the scoring gates to see if the attacker can evade the defender to score.
<b>People</b>	Get your partner to observe each attempt and give support on what you can improve on.	Ask your partner to choose which gate for you to attempt to score though for double points.



# GAE LIC FOOTBALL

## CHALLENGE 3 - HOOP SHOOT

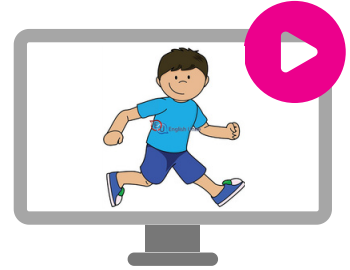
### SET UP

Place 2 markers, 1 pace apart from each other, then ask your partner to stand 3 paces away from the 1st marker holding the hoop out vertically between shoulder and waist height.



### CHALLENGE VIDEO

Watch Nathan demonstrate the challenge



### EQUIPMENT

- **15 x Medium Sized playground balls** – if not, a volleyball, football, or dodgeball.
- **30 x markers** – if not, cones, floor lines or spots.
- **15 x Hula Hoops**
- **Timer-** stopwatch; watch or phone

### TO PLAY

- There are **2 options** on how to pass the ball. 1. You can use a **closed fist** from the nearest marker to the hoop or 2. You can pass with your **hands** from the marker that is further away.
- On 'Go' the player with the ball attempts to **pass the ball forward** through the hoop.
- The player passing the ball must retrieve the ball and return to their chosen marker to start again. Repeat.
- Make sure you practise the challenge before recording your best score.

### SCORING

- **1 point** is scored when the ball is passed through the hoop from the furthest marker and **2 points** are scored if the ball is passed through using a closed fist from the closest marker.
- You have **60 seconds** the score as many points as possible.



### STEP ADAPTATIONS

	Simplify	Challenge
<b>Space</b>	Decrease the distance that your partner stands away from the 1 <sup>st</sup> marker.	Increase the distance of the markers from the hoop.
<b>Task</b>	Do not kick or bounce the ball at the start, just shout go.	Attempt the challenge using your non-dominant hand.
<b>Equipment</b>	Use a larger sized hoop.	Attempt the challenge with a smaller sized hoop.
<b>People</b>	Get your partner to give encouragement during your attempt.	Ask your partner to choose the type of pass you will use for each attempt.