



Movement in Gaelic Games

GAA Foundation Award



Movement in Gaelic Games - Outcomes

- By the end of this session participants will be able to:
 - Define Physical Literacy
 - Identify the importance of movement in Gaelic games
 - Organise appropriate activities to develop Physical Literacy

Definition

- Physical literacy can be defined as fundamental movement skills or core movement skills of Gaelic Games.

What are the types of Movement in Gaelic games?

Question



Answer

3 core areas of movement.

ABCs

A-Agility

B-Balance

C-Coordination

RJT

R- Running

J-Jumping

T-Throwing

CPS

C-Catching

P-Passing

S-Striking



Movement in Gaelic Games



- Some of the movement important to Gaelic games?



Movement in Gaelic Games - Agility

- Agility:
 - The ability to change direction quickly
 - Control the movement of the whole body.
 - Move in a variety of directions
 - Leading off both the left and right feet.



Movement in Gaelic Games - Balance

- Balance:
 - The ability to maintain stability
 - Players are often required to perform skills while off balance or while balanced on one foot.



Movement in Gaelic Games - Coordination

- Coordination:
 - The ability to move different body parts simultaneously or in sequence in order to perform a specific task.
 - Hand-eye coordination,
 - Foot-eye coordination
 - Hand-foot coordination



Movement in Gaelic Games - Running

- Running:
 - Forward, Backwards, Sideways, Diagonal
 - Variable speeds/distances
 - Accelerating and decelerating
 - Turning and Stopping
 - Random Running



Movement in Gaelic Games - Jumping

- Jumping:
 - Variety of Directions
 - Various Distances
 - Variety of Starting Positions



Movement in Gaelic Games - Throwing

- Throwing
 - Throwing involves hand eye coordination
 - Different objects – balls and bean bags, different sizes and weights and
 - Over various distances



Movement in Gaelic Games

- In groups take a Task Cards
- Within the group, identify the skill to be developed and its importance to Gaelic games
- Organise one of the activities & present one to the main group

Task

Summary.

- Physical literacy is the fundamental movements of Gaelic games
 - These include:
 - Agility, Balance, Coordination
 - Running, Jumping, Throwing
 - Catching, Passing, Kicking, Striking
 - it is crucial that these are developed at an early age – but should be practiced throughout a players career
 - Can be used as warm up activities for older and more experienced players

Movement in Gaelic Games – Outcomes Review

- By the end of this session participants will be able to:
 - Define Physical Literacy
 - Identify the importance of movement in Gaelic games
 - Organise appropriate activities to develop Physical Literacy

Thank you

