



# Aodh Ruadh U6's

## Week 4

### Fundamental Movement Skills & Physical Literacy

Guided by  
Move Well Move Often

# 6 Stations

## Station 1 Jumping & Balance

Creature Alley

Walk the Line

Jumping Stations

## Station 2 Side Stepping

Touch the Spot, Over the

Spot

Side Step to the Rescue

Go Get the Beanbag

## Station 6 Throwing & Catching

How Far Can You Throw?

Target Throw

Bounce and React

## Station 3 Kicking

Cat and Mouse Dribble

Statues and Dribblers

Hit the Target

## Station 5 Running & Dodging

Move Like an Animal

Release Tag

Chain Tag

## Station 4 Skipping & Hopping

Mouse in the House

Skipping Fitness Challenge

Saucers and Domes

# Overview

Participants are divided into groups of 6-10 based on class/age.

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Each group will stay at a station for 8 minutes then rotate. 1-2 coaches at each station who will stay there for the full night.

There are 3 suggested games for each station. Two will probably be enough for each group.

Games in **Yellow focus on skill development**. Games in **Red are more gamed based and suitable for 8-11 year olds**. Try do at least 1 yellow game with each group.

Games will be printed and left at each station for the night. Older groups can read the game-descriptors and organise it themselves if they like.

# Station 1 - Jumping & Balance

Descriptions of correct jumping & balancing technique can be found at the following links:

[Jumping](#)

[Balancing](#)

**Suggested games are as follows:**

[Creature Alley](#)

[Walk the Line](#)

[Jumping Stations](#)

**Equipment Required:**

Hula Hoops

Bean Bags

Long Rope

# Station 2 - Side-Stepping

Descriptions of correct side-stepping technique can be found at the following link:

[Side-Stepping](#)

**Suggested games are as follows:**

[Touch the Spot, Over the Spot](#)

[Side Step to the Rescue](#)

[Go Get the Beanbag](#)

**Equipment Required:**

Cones

Beanbags

Hula Hoops

# Station 3 - Kicking

Descriptions of correct kicking technique can be found at [the following link](#):

[Kicking](#)

**Suggested games are as follows:**

[Cat and Mouse Dribble](#)

[Statues and Dribblers](#)

[Hit the Target](#)

**Equipment Required:**

Footballs (Soft)

# Station 4 - Skipping & Hopping

Descriptions of correct hopping & skipping technique can be found at the following links:

[Hopping](#)

[Skipping](#)

**Suggested games are as follows:**

[Mouse in the House](#)

[Skipping Fitness Challenge](#)

[Saucers and Domes](#)

**Equipment Required:**

Cones

Hula Hoops

# Station 5 - Running & Dodging

Descriptions of correct running & dodging technique can be found at the following links:

[Running](#)

[Dodging](#)

Suggested games are as follows:

[Move Like an Animal](#)

[Release Tag](#)

[Chain Tag](#)

Equipment Required:

Bibs

Cones



# Station 6 - Throwing & Catching

Descriptions of correct throwing & catching technique can be found at the following links:

[Catching](#)

[Throwing](#)

**Suggested games are as follows:**

[How Far Can You Throw?](#)

[Target Throw](#)

[Bounce and React](#)

**Equipment Required:**

Badminton Shuttles