



Aodh Ruadh U6's

Week 5

Fundamental Movement Skills & Physical Literacy

Guided by
Move Well Move Often

6 Stations

Station 1
Hopping & Skipping

Rabbit in the Burrow

Hopping Tag

Dog and Bone

Station 2
Side Stepping

Hoop Tag

Lose Your Partner

Side Step, Pass, Tag

Station 6
Throwing & Catching

Hoop Ball

Tennis Ball Drop

React and Catch

Station 3
Striking With Hand

Knock Down

Football Handball

Hoop Bounce 2

Station 5
Running

Captain's Deck

Scavenger Hunt

Horses and Jockeys

Station 4
Jumping & Landing

Jumping Jamie

Jockeys Up

Crocs

Overview

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

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 - Hopping & Skipping

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

[Hopping](#)

[Skipping](#)

Suggested games are as follows:

[Rabbit in the Burrow](#)

[Hopping Tag](#)

[Dog and Bone](#)

Equipment Required:

Hula Hoops

Bean Bags

Station 2 - Side-Stepping

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

[Side-Stepping](#)

Suggested games are as follows:

[Hoop Tag](#)

[Lose Your Partner](#)

[Side Step, Pass, Tag](#)

Equipment Required:

Cones

Beanbags

Hula Hoops

Station 3 - Striking with Hand

Descriptions of correct striking with hand technique can be found at the following link:

[Striking With The Hand](#)

Suggested games are as follows:

[Knock Down](#)

[Football Handball](#)

[Hoop Bounce 2](#)

Equipment Required:

Footballs (Soft)

Hula Hoops

Station 4 - Jumping & Landing

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

[Jumping](#)

[Landing](#)

Suggested games are as follows:

[Jumping Jamie](#)

[Jockeys Up](#)

[Crocs](#)

Equipment Required:

Cones

Hula Hoops

Station 5 - Running

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

[Running](#)

Suggested games are as follows:

[Captain's Deck](#)

[Scavenger Hunt](#)

[Horses and Jockeys](#)

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:

[Hoop Ball](#)

[Tennis Ball Drop](#)

[React and Catch](#)

Equipment Required:

Tennis Balls

Reaction Balls