



Aodh Ruadh U6's

Week 8

Fundamental Movement Skills & Physical Literacy

Guided by
Move Well Move Often

6 Stations

Station 1
Jumping & Balance

Jack be Nimble

Detective Jumping

Human Ladders

Station 2
Kicking

Along the Line

Flick and Score

Through the Gate

Station 6
Throwing & Catching

Concentration Ball

Relay Throwing Race

Pass and Tag

Station 3
Skipping & Hopping

Letters

Time Bomb

Long Hop Relay

Station 5
Running & Dodging

Corner Relay

Name Tag

Three Blind Mice

Station 4
Gymnastics

Pencil Roll

Teddy Bear Roll

James Bond Roll

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 - Jumping & Balance

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

[Jumping](#)

[Balancing](#)

Suggested games are as follows:

[Jack be Nimble](#)

[Detective Jumping](#)

[Human Ladders](#)

Equipment Required:

Cones

Station 2 - Kicking

Descriptions of correct kicking technique can be found at the following link:

[Kicking](#)

Suggested games are as follows:

[Along the Line](#)

[Flick and Score](#)

[Through the Gate](#)

Equipment Required:

Cones

Footballs (Soft)

Hula Hoops

Station 3 - Skipping & Hopping

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

[Hopping](#)

[Skipping](#)

Suggested games are as follows:

[Letters](#)

[Time Bomb](#)

[Long Hop Relay](#)

Equipment Required:

Cones

1 Ball

Station 4 - Gymnastics

Descriptions of correct rolling technique can be found [here](#)

Suggested rolls are as follows:

Pencil Roll

Teddy Bear Roll

James Bond Roll

Equipment Required:

Mats or soft floor

Station 5 - Running & Dodging

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

[Running](#)

[Dodging](#)

Suggested games are as follows:

[Corner Relay](#)

[Name Tag](#)

[Three Blind Mice](#)

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:

[Concentration Ball](#)

[Relay Throwing Race](#)

[Pass and Tag](#)

Equipment Required:

Tennis Balls