



Aodh Ruadh U6's

Week 9

Fundamental Movement Skills & Physical Literacy

Guided by
Move Well Move Often

6 Stations

Station 1
Throwing & Catching

Sailors in Troubled Waters

Bowling

Support the Scout

Station 2
Hopping & Skipping

Hoppy Copy Cats

Skipping Lanes

Hop Ball

Station 6
Jumping & Landing

Jump Wave

High Jump Low Jump

Track Star

Station 3
Kicking

Fairground Gallery

Hit the Target

Soccer Tag

Station 5
Running & Dodging

Captain's Deck

Chain Tag

Tag Tig

Station 4
Gymnastics

Acrosport Group

Balances

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 - Throwing & Catching

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

[Catching](#)

[Throwing](#)

Suggested games are as follows:

[Sailors in Troubled Waters](#)

[Bowling](#)

[Support the Scout](#)

Equipment Required:

Tennis Balls

Cones

Station 2 - Skipping & Hopping

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

[Hopping](#)

[Skipping](#)

Suggested games are as follows:

[Hoppy Copy Cats](#)

[Skipping Lanes](#)

[Hop Ball](#)

Equipment Required:

Cones

Tennis Balls

Hula Hoops

Station 3 - Kicking

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

[Kicking](#)

Suggested games are as follows:

[Fairground Gallery](#)

[Hit the Target](#)

[Soccer Tag](#)

Equipment Required:

Footballs

Station 4 - Gymnastics

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

Only perform balances if you are comfortable in doing so.

Balances are designed for three children at a time. It is suggested to add a fourth child to act as “spotter”

Encourage children to come up with their own variations where they add 4-5 people to a balance.

Suggested balances are as follows:

Acrosport Group Balances

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:

[Captain's Deck](#)

[Chain Tag](#)

[Tag Tig](#)

Equipment Required:

Bibs

Cones

Station 6 - Jumping & Landing

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

[Jumping](#)

[Balancing](#)

Suggested games are as follows:

[Jump Wave](#)

[High Jump Low Jump](#)

[Track Star](#)

Equipment Required:

Cones

Coloured Cards