



INTRODUCTION

Why Home Learning is Important?

Learning at home is important for a number of reasons;

- Encourages your child to be active at home.
- Helps to connect with what they have learned in the nursery.
- Your child will want to tell you all about what they have learned in the club and your encouragement will give them the confidence to succeed.
- Encourages your child to make up and play their own games.
- Enables parents to play an active role in their children's physical development.

How to use this book

This book is divided into 3 sections.

Section 1: Activities for 4-5 year olds.

Section 2: Activities for 6-7 year olds.

Section 3: Progress Chart.

It is aimed at children between the ages of 4 and 7 years old who participate in a GAA club nursery programme.

Each page has a simple activity and skill that encourages your child to practice at home. Each learning activity is simple to understand and children follow their progress using the progress check at the end of the booklet.

Home Learning Features:

- Simple activity tasks related to Gaelic Games.
- Home Learning Skills activity.
- Fun Facts.
- Illustrations to engage all children.



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AGE

4-5

ACTIVITY

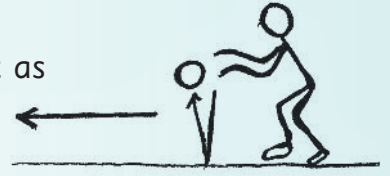
FUNDamental

SKILL

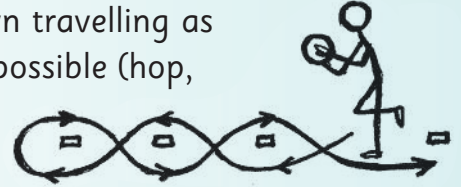
Agility

HOME EXERCISE

- (i) Hold ball in your hand. Run through obstacles as fast as you can. Bounce ball to advance.



- (ii) Mark out course about 10 steps from start to finish. Move up and down travelling as many different ways as possible (hop, skip, etc.). How many can you think of?

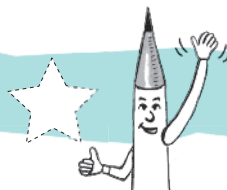
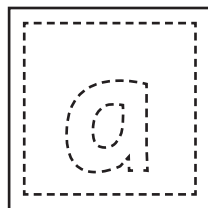
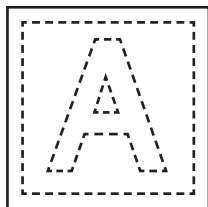


Colour the object that starts with **A**. Look at the letter **A** and **a** below. Trace over the dots, and practise writing this letter.



FUN fact

People can run faster than elephants



AGE

6-7

HOME EXERCISE

ACTIVITY

Football

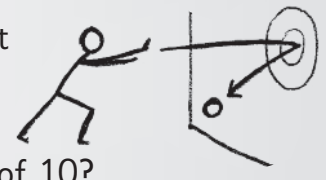
SKILL

Shoulder Throw

(i) Hold a football at shoulder height. Throw it 'shot putt style' as far as possible. Try to beat your record.

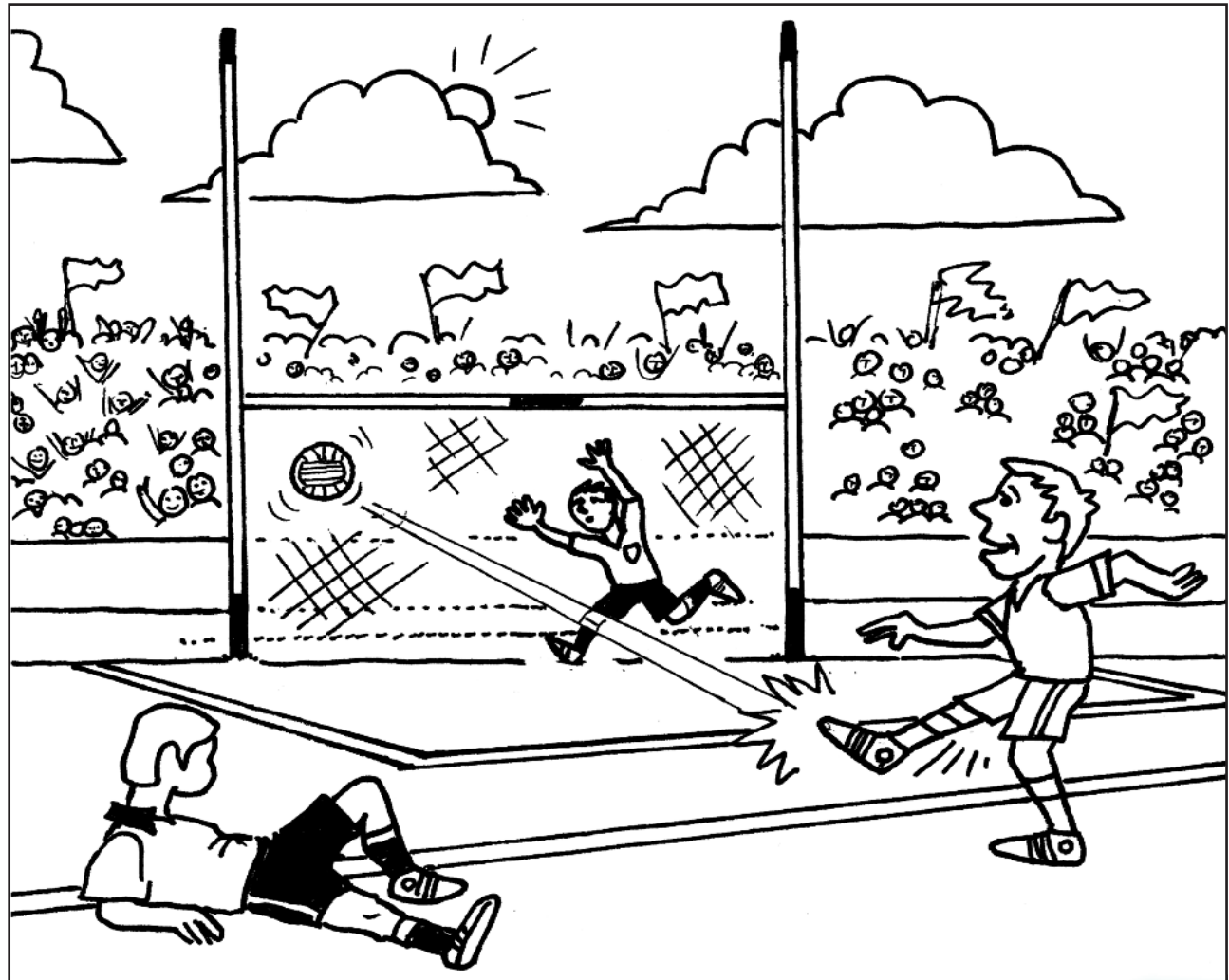


(ii) Throw football 'shot putt style' at a target (e.g. chalk outline of a circle on a wall). How many times can you hit the target out of 10?



TIP: Push ball using both hands.

COLOUR and WRITE



FUN fact

There are more than 2,500 GAA clubs in Ireland.



