



LEARNING JOURNEY

Gaelic Football

F - A - C - T

This unit will develop many of the key movement skills within Gaelic. Key movement skills such as passing, catching, moving with the ball and dodging which are essential in all sports will be focussed upon. Many of these skills will facilitate future learning not only in this unit but across a wide range of sports from Football to Netball.

You will start off by developing your understanding of the basic rules of Gaelic to allow you to participate fully in gameplay moving forwards. This will progress onto the key fundamental skills of the game. There will be opportunities to evaluate your own performance in opposed and unopposed practises.

During the second half of this curriculum, you will learn attacking and defensive strategies to implement into the game. Parts of this unit will focus on developing your self-regulation through officiating small practices with Honesty.

Tenacity, Dispossession,
Composed, Opposed,
Unopposed.

WE ARE HERE

Gaelic

Open hand pass
Unopposed

Hand pass,
moving with
the ball
Unopposed

Solo pass and
moving with
the ball
Composed

Ball handling
skills in
competitive
practices.
Composed

Solo pass
under
pressure.
Composed

Contesting for
possession.
Tenacity

What is the why behind your
lesson today?

Block down,
contesting
possession
Tenacity

Punt kick
Unopposed/
Opposed

Hook kick
Composed/
Opposed

Shooting for
points
Composed/
Tenacity

Game Play
Composed/
Tenacity

What will you include in your
warm-up today?