



# Aodh Ruadh U6's

## Week 7

### Fundamental Movement Skills & Physical Literacy

Guided by  
Move Well Move Often

# 6 Stations

## Station 1 Jumping & Balance

Creature Alley

Walk the Line

Bunny Chase

## Station 2 Striking With Hand

Balloon Tennis

Overhead Volley

Balloon Ball

## Station 6 Throwing & Catching

Knock Em Down Pinball

Bounce and React

Bounce Pass

## Station 3 Dodging

Laughing Tag

Drop the Biscuit

Man From Mars

## Station 5 Running

Builders and Bulldozers

Tails

Rock, Paper, Scissors

Tag

## Station 4 Kicking

Beanbag Shadow

Happy Feet

Rebound Ball

# Overview

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

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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 game 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:**

[Creature Alley](#)

[Walk the Line](#)

[Bunny Chase](#)

**Equipment Required:**

Hula Hoops

Bean Bags

Long Rope

# Station 2 - Striking with Hand

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

[Striking With Hand](#)

Suggested games are as follows:

[Balloon Tennis](#)

[Overhead Volley](#)

[Balloon Ball](#)

Equipment Required:

Balloons

# Station 3 - Dodging

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

[Dodging](#)

**Suggested games are as follows:**

Laughing Tag

Drop the Biscuit

Man From Mars

**Equipment Required:**

Bibs

Cones

# Station 4 - Kicking

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

[Kicking](#)

**Suggested games are as follows:**

[Beanbag Shadow](#)

[Happy Feet](#)

[Rebound Ball](#)

**Equipment Required:**

Bean Bags

Soft Footballs

# Station 5 - Running

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

[Running](#)

**Suggested games are as follows:**

[Builders and Bulldozers](#)

[Tails](#)

[Rock, Paper, Scissors Tag](#)

**Equipment Required:**

Bibs



# Station 6 - Throwing & Catching

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

[Catching](#)

[Throwing](#)

**Suggested games are as follows:**

[Knock Em Down Pinball](#)

[Bounce and React](#)

[Bounce Pass](#)

**Equipment Required:**

Tennis Balls

Rebound Balls