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| **Station 1: Astro Grass**Mentors: Karen Alan C.Warm Up -Introduce YourselfAGILITY -DODGE THE DOMEJUMPING -GEAR CHANGEStation Activity:***IDEA method: Introduce activity, Demo, Execute, Attend and give feedback***1. **CO-ORDINATION - BODY BALANCE 1**
2. **CO-ORDINATION -LADDER HOPSCOTCH**
3. **THROWING – 2 HANDED OVERARM THROW**
4. **THROWING – 2 HANDED UNDERARM THROW**

Equipment: 20 cones, 2 Ladders, 12 balls (soft on Astro, hard on grass)Note- Balls on all stations: 10 x Grass, 12 X Astro | **Station 2: Astro Grass**Mentors: Barry D Brian HWarm Up -Introduce YourselfAGILITY -DODGE THE DOMEJUMPING -GEAR CHANGEStation Activity:***IDEA Method: Introduce activity, Demo, Execute, Attend and give feedback***1. **AGILITY – TEAM MINEFIELD**

Equipment: 20 cones + Equipment for minefield (hoops, flat cones, triangle cones etc)Note- Balls on all stations: 10 x Grass, 12 X Astro |
| **Station 3: Astro Grass**Mentors: Tommy H Mark LWarm Up -Introduce YourselfAGILITY -DODGE THE DOMEJUMPING -GEAR CHANGEStation Activity: ***IDEA method: Introduce activity, Demo, Execute, Attend and give feedback***1. **KICKING -THIGH SOLO**

Equipment: 12 balls (soft on Astro, hard on grass)Note- Balls on all stations: 10 x Grass, 12 X Astro | **Station 4: Astro Grass**Mentors: Eanna TBCWarm Up -Introduce YourselfAGILITY -DODGE THE DOMEJUMPING -GEAR CHANGEStation Activity: ***IDEA method: Introduce activity, Demo, Execute, Attend and give feedback***1. **RUNNING – RUN AND TURN**
2. **RUNNING -STRAIGHT SLALOM RUN**

Equipment: 20 cones, 6 cones with polesNote- Balls on all stations: 10 x Grass, 12 X Astro |
| **Station 5: Astro (Gate End) Grass**Mentors: Páidí + Steph Mike & TBCWarm Up -Introduce YourselfStation Activity: ***IDEA Method: Introduce activity, Demo, Execute, Attend and Give feedback***MATCH -BIBS V NON-BIBSEquipment: 20 cones, 8 poles and 6 ballsNote- Balls on all stations: 10 x Grass, 12 X Astro |  |