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| **Station 1: Astro Grass**  Mentors: Karen Alan C.  Warm Up -Introduce Yourself  AGILITY -DODGE THE DOME  JUMPING -GEAR CHANGE  Station 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 H  Warm Up -Introduce Yourself  AGILITY -DODGE THE DOME  JUMPING -GEAR CHANGE  Station 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 L  Warm Up -Introduce Yourself  AGILITY -DODGE THE DOME  JUMPING -GEAR CHANGE  Station 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 TBC  Warm Up -Introduce Yourself  AGILITY -DODGE THE DOME  JUMPING -GEAR CHANGE  Station 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 poles  Note- Balls on all stations: 10 x Grass, 12 X Astro |
| **Station 5: Astro (Gate End) Grass**  Mentors: Páidí + Steph Mike & TBC  Warm Up -Introduce Yourself  Station Activity:  ***IDEA Method: Introduce activity, Demo, Execute, Attend and Give feedback***  MATCH -BIBS V NON-BIBS  Equipment: 20 cones, 8 poles and 6 balls  Note- Balls on all stations: 10 x Grass, 12 X Astro |  |