

Gaelic Start

A fun introduction to Gaelic Sports through play for P1 and P2 children



Aghaderg/Ballyvarley will be starting a GAA Nursery programme in November for children in P1 and P2.

The programme is a fun introduction to GAA sports where children will spend time learning the fundamentals of games through play.

Registration and an introduction to the programme will be held in Ballyvarley Hall on Saturday October 30th at 10:00am.



IT IS IMPORTANT THAT PARENTS ATTEND
Places will be limited

If you have any questions in advance or cannot attend for any reason but would be interested in your child participating please contact:

Pat McGrath 07887 535 293 or by email ubr@iol.ie

Please complete in advance and bring with you to registration day

Name of Child:

D.O.B.: Age:

Parent:

Phone: Email:



Times that are suitable: (Order by preference 1,2,3)

Evenings: Mon Tue Wed Thu Fri **Mornings:** Sat

Times that do not suit: (Place x in box):

Evenings: Mon Tue Wed Thu Fri **Mornings:** Sat

Why is Sport Important?

Sport is a very important part our way of life. It is also one of the main ways to help children, young people and adults to keep fit and healthy and avoid becoming overweight. Many people do not get much exercise at work, and relax at home with television, so playing some sport can make a big difference to their health.

Sporting skills and enjoyment learned in childhood build foundations for enjoyment of sport throughout life. Sport is a way of making exercise an enjoyable and social event.

Playing sport:

- improves physical fitness
- improves confidence through learning skills and success
- helps children to learn to control their impulses - this is necessary for success in sport as well as social relationships
- helps build friendships
- starts lifetime interests
- helps children learn about rules and fair play
- helps children to cope with winning and losing
- helps children do better at school work.

Children and young people who play and enjoy sport are less likely to join in anti-social activities.

Starting sport

National Policy recommends that children should generally not play organised competitive sport until 8-10 years.

If children are started in competitive sport before they are emotionally or physically ready they are likely to experience disappointment and stress and may give up playing altogether.

Young children

- Children under 8 need to have the freedom to play, explore and learn the skills of throwing and catching, kicking and hitting a ball, jumping and running in an enjoyable way.
- It is having these skills that enables them to confidently move on to the next step.
- Parents can play an important role in playing games with children that help them to learn these skills in an enjoyable way without pressure. For example kicking a ball to each other in the backyard or park, throwing a ball through a hoop, or playing bat and ball games where everyone has a turn and the scores are not counted. Children need lots of practice at doing well before they can learn to lose.