

Contents of the Lessons

Move up a level

PSSI Homepage

STRAND ATHLETICS

Junior and Senior Infants

Lesson	Content
1	Running: distance/sprinting; jumping
2	Running: distance/sprinting; jumping
3	Running: distance/relay; throwing
4	Running: distance/sprinting/relay; throwing
5/6	Station teaching revising skills dealt with in the above lessons

First and Second Class

Lesson	Content
1	Running: distance/sprinting/relay; jumping for distance
2	Running: distance/sprinting/relay; jumping for distance
3	Running: distance/sprinting/relay; throwing,
4	Running: distance/hurdling; throwing
5/6	Station teaching revising skills dealt with in the above lessons

Third and Fourth Class

Lesson	Content
1	Running: distance/relay; jumping for distance
2	Running: distance/sprinting/relay; throwing (javelin)
3	Running: distance/sprinting/relay; jumping for distance; Throwing (shot put)
4	Running: distance/hurdling; jumping for distance; throwing (shot put)
5/6	Station teaching revising skills dealt with in the above lessons; Jumping for height

Fifth and Sixth Class

Lesson	Content
1	Running: distance/sprinting/relay; throwing (javelin)
2	Running: distance/relay; throwing (shotput)
3	Running: distance/hurdling /relay; throwing (discus)
4	Running: distance/sprinting; jumping for distance and height
5/6	Station teaching revising skills dealt with in the above lessons



Move up a level

PSSI Homepage

STRAND CREATIVE DANCE

Junior and Senior Infants

Lesson	Content
1	Explore moving different body parts
2	Explore body shapes
3	Explore body shapes
4	Explore body actions
5	Dynamics of strong and light
6	Dynamics of strong and light: story dance

First and Second Class

Lesson	Content
1	Explore moving different body parts
2	Explore body shapes
3	Explore body actions
4	Explore shape outline
5	Dynamics of strong and light
6	Dynamics of strong and light: story dance

Third and Fourth Class

Lesson	Content
1	Moving different body parts
2	Working with body shapes,
3	Develop body actions
4	Explore floor pathways
5	Dynamics of strong and light; story dance
6	Dynamics of strong and light, sudden and sustained; story dance

Fifth and Sixth Class

Lesson	Content
1	Body actions – shapes, levels, and directions
2	Develop Shape outline
3	Develop air and floor pathways
4	Dancing with a prop
5	Dynamics of strong and light, sudden and sustained; story dance
6	Dynamics of strong and light, sudden and sustained; story dance

Contents of the Lessons

Move up a level

PSSI Homepage

STRAND GAMES

Junior and Senior Infants

Lesson	Content
1-3	Throwing and catching activities using beanbags
4-5	Ball handling skills
6-8	Kicking skills
9	Striking skills using a racket
10	Striking skills using a stick

First and Second Class

Lesson	Content
1	Throwing and catching activities using beanbags
2-4	Ball handling skills
5	Station teaching revising ball handling skills
6-7	Kicking skills
8	Station teaching revising kicking skills
9	Striking skills using a racket
10	Striking skills using a stick

Third and Fourth Class

Lesson	Content
1	Ball handling skills
2	Station teaching/small sided ball handling games
3	Kicking skills
4	Station teaching/small sided kicking games
5	Striking skills using a racket
6	Station teaching revising racket skills
7	Striking skills using a stick
8	Station teaching/ small sided striking games

Fifth and Sixth Class

Lesson	Content
1	Ball handling skills
2	Small sided ball handling games
3	Striking skills using a hand – volley, small sided game
4	Striking skills using a hand – volley, small sided game
5	Kicking skills
6	Small sided ball handling games using an oval ball
7	Striking skills using a racket
8	Station teaching/small sided striking games

Contents of the Lessons

Move up a level

PSSI Homepage

STRAND GYMNASTICS

Junior and Senior Infants

Lesson	Content
1	Travel
2	Travel; Jumping
3	Travelling on hands and feet; Shape
4	Travel; Curling and Stretching; Rocking and Rolling
5	Travelling; Balance
6	Travelling; Balance; Sequence

First and Second Class

Lesson	Content
1	Travel; Jumping; Rolling
2	Travel; Curling and Stretching; Sequence
3	Travel; Jumping; Twisting and Turning; Sequence
4	Travel; Balance; Sequences
5	Sequences; Balance; Transfer weight
6	Travel; Pair Work

Third and Fourth Class

Lesson	Content
1	Travel; Balance; Sequences; Rolling
2	Travel; Shape; Balance
3	Rolling; Balance; Sequences; Partner work
4	Counterbalance; Pair sequence
5	Counterbalance; Pair sequence
6	Counterbalance; Pair sequence

Fifth and Sixth Class

Lesson	Content
1	Symmetry
2	Symmetry; Pair work
3	Asymmetry; Pair work
4	Symmetry and Asymmetry; Partner work; Specific skill
5	Counterbalance; Sequence; Specific Skill
6	Counterbalance; Sequence



Move up a level

PSSI Homepage

STRAND OUTDOOR & ADVENTURE

Junior and Senior Infants

Lesson	Content
1	Pre-orienteeing activity
2	Photostar orienteeing
3	Walking*
4	Outdoor challenge – Scavenger Hunt

First and Second Class

Lesson	Content
1	Pre-orienteeing activity
2	Photostar orienteeing
3	Snake walks/orientation
	To complete this strand, you should select suitable activities from both parts of the Walking Activities & Outdoor Challenges section.

Third and Fourth Class

Lesson	Content
1	Plans, Score orienteeing
2	Plans, Indoor orienteeing, Snake Walks
3	Photostar orienteeing
4	Star orienteeing, Memory star orienteeing
	To complete this strand, you should select suitable activities from both parts of the Walking Activities & Outdoor Challenges section.

Fifth and Sixth Class

Lesson	Content
1	Evaluation- Route sheets
2	Point to Point orienteeing
3	Score orienteeing
	To complete this strand, you should select suitable activities from both parts of the Walking Activities & Outdoor Challenges section.