

Fortnight 1	Fundamental Movement Skills			Motor Skills		Gaelic Football Skills
	1. Agility Station (Level 1)	2. Balance Station (Level 1)	3. Coordination Station (Level 1)	4. Throwing Station (Level 1)	5. Catching & Passing Station (Level 1)	6. Kicking - Beanbag Minefield
Fortnight 2	Fundamental Movement Skills			Motor Skills		Hurling Skills
	1. Running Station (Level 1)	2. Jumping Station (Level 1)	3. Agility Station (Level 2)	4. Throwing Station (Level 2)	5. Catching & Passing Station (Level 2)	6. Striking on the Ground
Fortnight 3 (Wednesday 15 th March)	Fundamental Movement Skills			Motor Skills		Gaelic Football Skills
	1. Balance Station (Level 2)	2. Coordination Station (Level 2)	3. Jumping Station (Level 2)	4. Throwing Station (Level 3)	5. Catching & Passing Station (Level 3)	6. Pick-Up and Thigh Solo
Fortnight 4	Fundamental Movement Skills			Gaelic Football Skills		Hurling Skills
	1. Agility Station (Level 3)	2. Running Station (Level 2)	3. Jumping Station (Level 3)	4. Kicking - Football Minefield	5. Kicking from the hand (1)	6. Dribble and Ground Strike in Pairs
Fortnight 5	Fundamental Movement Skills			Gaelic Football Skills		Hurling Skills
	1. Coordination Station (Level 3)	2. Balance Station (Level 3)	3. Running Station (Level 3)	4. Kicking from the hand (2)	5. Foot Solo and Shoot	6. Bean Bag Catch and Solo