



# KaziBantu

*Healthy Schools for Healthy Communities*

## **GRADE 2**

# **KAZIKIDZ TEACHING MATERIAL**

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**LESSON PLANS FOR**

***Grade***

**2**



***Health & Hygiene  
and Nutrition***



***Physical  
Education***



***Moving to  
Music***



**KaziKidz**

Teaching Material for Schoolchildren



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## KAZIKIDZ INSTRUCTIONS FOR PHYSICAL EDUCATION CONTENT PILLAR

The *KaziKidz* toolkit is a holistic educational and instructional tool for primary school teachers and arose from the project *KaziBantu*. *Kazi* means “active” and *Bantu* means “people” in Swahili, one of the national languages of South Africa. The lessons have been designed in conjunction with South Africa’s Curriculum and Assessment Policy Statement (CAPS). Ready-to-use assessments can be found at the end of each section which may be integrated into formal assessments of learner performance and can supplement the school academic curricula. The aim is to lead learners through content, games and activities, and conducted in a joyful manner that encourages and promotes a healthy lifestyle throughout childhood into adolescence. By using *KaziKidz* you will be contributing to the wellbeing and health of your learners.

Physical Education (PE) plays a critical role in holistic childhood education and development. To be physically active contributes to the development of physical competence and fitness, as well as to the cognitive, social and emotional development of the child. Children should undertake 60 minutes or more of moderate-to-vigorous physical activity daily. The Healthy Active Kids South Africa Report Card (2016) has shown that children, particularly from marginalized communities, do not achieve the minimal daily physical activity recommendations. Some of the factors contributing to the absence or lack of physical education include poor community sport infrastructure and high percentages of television viewing. Schools play an important role in making a meaningful contribution to the goal of achieving the recommended daily physical activity guidelines by incorporating physical education lessons into the school curriculum. Since some schools are affected by inadequate and poor infrastructure (e.g. a grassed area of poor standard), lack of equipment and large class numbers, an attempt was made to include these factors in the design of the presented lesson plans in order to have fun together with the schoolchildren. The following physical education sports equipment was used as a tool in the lessons: skipping ropes, hoops, frisbees, self-made balls of varying sizes, beacons/cones and colour bands.



To make a meaningful contribution to health at schools, it is important for physical education classes to be conducted on a regular basis: 1 physical education lesson (40 minutes) during the 32 weeks of the school year ranging from grade 1 to grade 7. Establishing class procedures and routines at the beginning of the programme may encourage order in your class. This may take some time at first, but will prove helpful in ensuring an enjoyable class. *Kazi* and lesson plans in blue will guide you through the physical education teaching material.

**We wish you a lot of fun with the implementation of the *KaziKidz* teaching material and many great experiences with your schoolchildren.**

# OVERVIEW OF THE KAZIKIDZ PHYSICAL EDUCATION CONTENT PILLAR AND ASSESSMENT STRUCTURE

## GRADES

## SCHOOL LEVELS



	<b>Foundation Phase</b>	<b>Lessons: 32</b> <b>Assessment: 1</b>
		<b>Lessons: 32</b> <b>Assessment: 1</b>
		<b>Lessons: 32</b> <b>Assessment: 1</b>
	<b>Intermediate Phase</b>	<b>Lessons: 32</b> <b>Assessments: 4</b>
		<b>Lessons: 32</b> <b>Assessments: 4</b>
		<b>Lessons: 32</b> <b>Assessments: 4</b>
	<b>Senior Phase</b>	<b>Lessons: 32</b> <b>Assessments: 4</b>

# PHYSICAL EDUCATION



**KaziKidz**

Teaching Material for Schoolchildren





# Lesson tracker

Physical Education - Grade 2



This overview table should facilitate the tracking of the lessons and assessments.

Component	Term	Lesson Number	Lesson Content	Date
Physical Education	Term 1	Lesson 1	Locomotion	
		Lesson 2	Locomotion	
		Lesson 3	Locomotion	
		Lesson 4	Locomotion	
		Lesson 5	Perceptual motor	
		Lesson 6	Perceptual motor	
		Lesson 7	Perceptual motor	
		Lesson 8	Perceptual motor	
	Term 2	Lesson 9	Rhythm	
		Lesson 10	Rhythm	
		Lesson 11	Rhythm	
		Lesson 12	Rhythm	
		Lesson 13	Co-ordination	
		Lesson 14	Co-ordination	
		Lesson 15	Co-ordination	
		Lesson 16	Co-ordination	
		Assessment: Physical Education		
	Term 3	Lesson 17	Balance	
		Lesson 18	Balance	
		Lesson 19	Balance	
		Lesson 20	Balance	
		Lesson 21	Spatial orientation	
		Lesson 22	Spatial orientation	
		Lesson 23	Spatial orientation	
		Lesson 24	Spatial orientation	
	Term 4	Lesson 25	Laterality	
		Lesson 26	Laterality	
		Lesson 27	Laterality	
		Lesson 28	Laterality	
		Lesson 29	Sports and games	
		Lesson 30	Sports and games	
		Lesson 31	Sports and games	
		Lesson 32	Sports and games	
		Assessment: Physical Education		



# Locomotion

Physical education: Foundation phase

## Equipment

- About 10 balls
- Cones

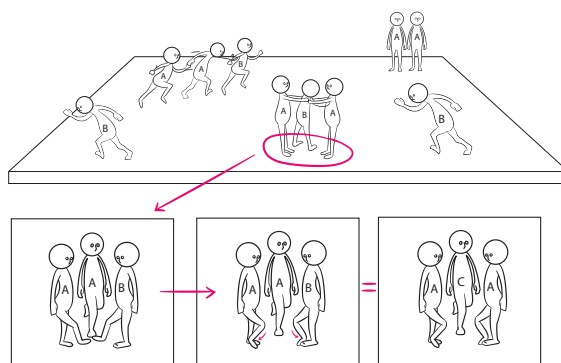
## The lucky one

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

Choose six groups of two learners, who are catchers. If a learner is caught by a pair, all three learners hold their foot in the middle. In the chorus, the learners say: "Who's the lucky one?" and either leave their foot in the middle or pull it back. Whoever is left alone is "the lucky one" and is free. For example: Two learners leave their foot where it was before, one learner pulls it back. So the learner who has pulled the foot back is the "lucky one". The other two build the new catcher team. When all three learners pull their feet back, or leave them in the middle, the chant is repeated together. To be fair, the catchers should not catch "the lucky one" right after the chant.



A CATCHERS B RUNNERS C THE LUCKY ONE

### Goal of the game

- To improve reaction skills

**What to watch for:** Fairplay. If it is too difficult for the catchers, limit the playing field further, or choose more catchers.

## Zombie ball

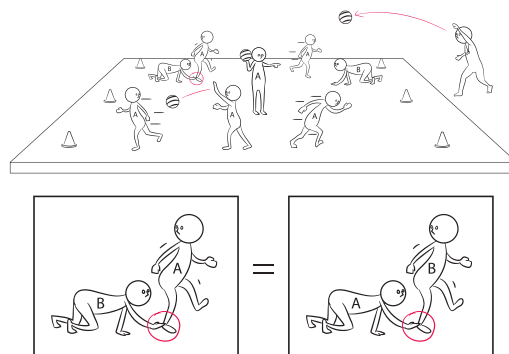
Main part  
Time: ~ 10 min

**What you need:** Balls, depending on the group size (4 - 7). (The more balls you add to the game, the more interesting it becomes.) Cones are required to mark the area.

### How to play

Mark an area with cones. The learners (villagers) spread out freely in that area. As soon as the game begins, the instructor throws four magic balls into the playing field. If a 'villager' can catch a ball, he can try to hit another 'villager' with the ball. If a 'villager' is hit, he becomes a 'zombie' and has to crawl on the ground like a 'zombie' (appropriate sounds are allowed). If a 'zombie' can touch a living 'villager', he becomes a 'zombie' and the other 'zombie' is released.

A VILLAGERS B ZOMBIES



### Goal of the game

- To improve reaction skills
- To elude the ball

**What to watch for:** Villagers' have to watch out for the magic balls, they transform them into 'zombies'! They should also watch out for the 'zombies' on the floor - they can also transform them!

# Relay running

Main part  
Time: ~ 10 min

**What you need:** Cones to mark the playing field

## How to play

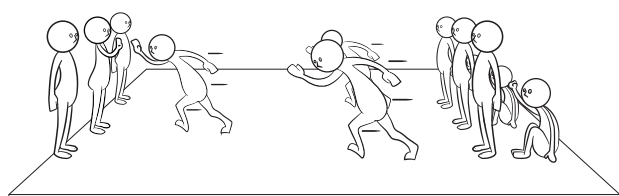
Split the group into six teams. Each team divides into two and sets up at the opposite sides of the room. When the teacher gives a signal the race starts: the first runner must run (or perform an action depending on the task) to the team standing on the opposite side, and give the first learner standing in line a 'high five'. Every learner that has finished two rounds must sit on the floor. The game stops when all learners have finished their runs.

**Task 1:** Run from one side to the other side

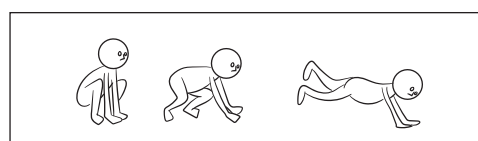
**Task 2:** Jump like a frog to the other side

**Task 3:** Run on all fours to the other side

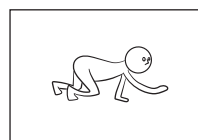
**Task 4:** Run backwards to the other side



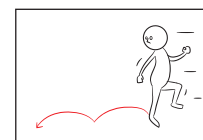
TASK 2



TASK 3



TASK 4



## Goal of the game

- To practise relay running with or without equipment

**What to watch for:** Tell the learners to play fair, and only go when the other teammate has arrived and clapped. Encourage the learners to fulfill the tasks correctly without cheating.

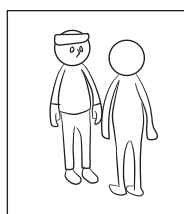
# Remember me?

Cool down  
Time: ~ 10 min

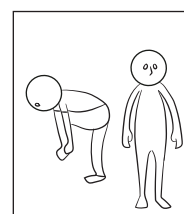
## How to play

Ask each learner to find a partner. The object of the game is to memorize what your partner is wearing and how it is worn. The learners will have 2 minutes to memorize everything about how their partner looks (for example, how their hair, pants, shirt, hands and feet look). Then ask the learners to turn around with their backs to their partners and change three things about their clothing (for example turning up sleeves, taking something off). After the teacher's signal, partners turn around and guess what has been changed. Each learner gets 5 chances to guess what is different about their partner.

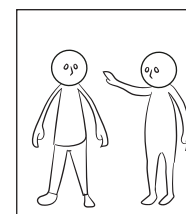
1



2



3



## Goal of the game

- As this is a memory game, the goal is to develop attention and memory skills.

**What to watch for:** Make sure the learners are able to identify changes in appearance and that they understand how to make changes to their appearance.





# Locomotion

Physical education: Foundation phase

## Equipment

- About 7 balls
- Cones

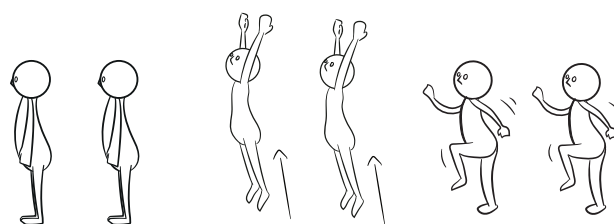
## Follow the leader

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The learners get into pairs. The person in the front (the leader) moves in various ways (walking, skipping, running, crawling, zigzagging etc.) while the partner tries to copy all the movements. After two minutes, change activities and swap leader and partner.



### Goal of the game

- Tell the learners to be creative and to try to invent or think of new movements.

**What to watch for:** Fairplay. If it is too difficult for the catchers, limit the playing field further, or choose more catchers.

## Grab the treasure chest

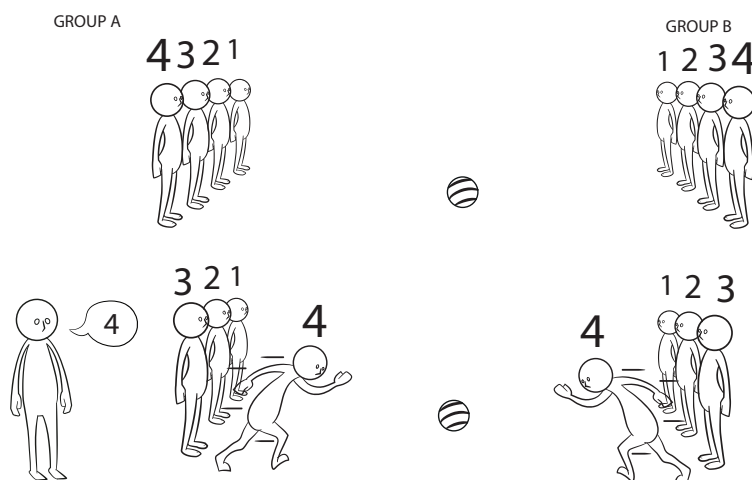
Main part  
Time: ~ 10 min

**What you need:** 2 balls (or items to use as 'treasure')

### How to play

Mark two playing fields and make four groups: A, B, C, D (Group A against B, Group C against D). Number the members of each group from 1 to the total number of members in that group. In the middle of the playing field is the 'treasure chest' (a ball, a shoe or something).

When the teacher shouts a number (for example 4), the number four member of every team runs and tries to grab the treasure chest in the middle. The team that manages to grab the most treasure is the winner.



### Goal of the game

- To grab the 'treasure' before your partner does

**What to watch for:** You can also shout two numbers, like 2 and 4, in which case four learners will have to run. Make sure that the other learners are always moving (skipping in their place).

# Zombie ball

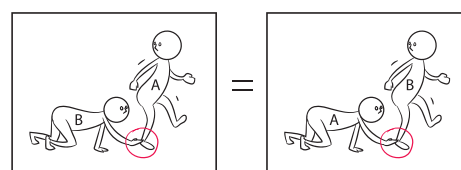
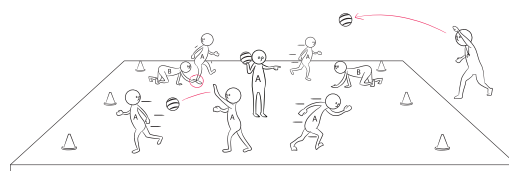
Main part  
Time: ~ 10 min

**What you need:** Balls, depending on the group size (4 - 7). (The more balls you add to the game, the more interesting it becomes.) Cones are required to mark the area.

## How to play

Mark an area with cones. The learners (villagers) spread out freely in that area. As soon as the game begins, the instructor throws four magic balls into the playing field. If a 'villager' can catch a ball, he can try to hit another 'villager' with the ball. If a 'villager' is hit, he becomes a 'zombie' and has to crawl on the ground like a 'zombie' (appropriate sounds are allowed). If a 'zombie' can touch a living 'villager', he becomes a 'zombie' and the other 'zombie' is released.

A VILLAGERS B ZOMBIES



## Goal of the game

- To improve reaction skills
- To elude the ball

**What to watch for:** Villagers' have to watch out for the magic balls, they transform them into 'zombies'! They should also watch out for the 'zombies' on the floor - they can also transform them!

# Roll like a ball

Cool down  
Time: ~ 5 min

The learners pretend to be a ball on soft ground (grass) – roll backwards and forwards from side to side, and around in a circular motion. They should wrap their arms around their knees and lift their feet off the ground.



## Goal of the game

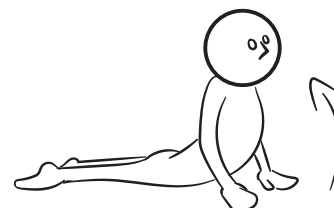
- To perform a non-locomotive spin – different ways of spinning, spinning alone

**What to watch for:** Tell the learners to make themselves as small as they can, then tense their bodies and roll around.

# Cobra stretch

Cool down  
Time: ~ 5 min

The learners must lie flat on their stomachs and then raise their upper bodies off the floor by pushing with their hands. They need to keep stretching until they feel their core muscles stretch. This should be done by stretching for about 10 seconds, followed by a rest of 10 seconds.



## Goal of the game

- To stretch the core muscles

**What to watch for:** Take care that the learners do not move their lower bodies, as the tension on the core should be maintained.



# Locomotion

Physical education: Foundation phase

## Equipment

- 1 ball
- Cones

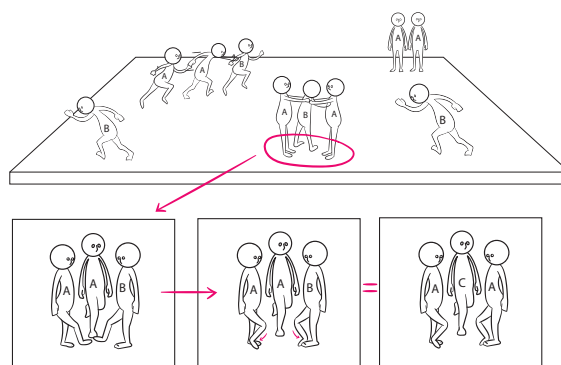
## The lucky one

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

Choose six groups of two learners, who are catchers. If a learner is caught by a pair, all three learners hold their foot in the middle. In the chorus, the learners say: "Who's the lucky one?" and either leave their foot in the middle or pull it back. Whoever is left alone is "the lucky one" and is free. For example: Two learners leave their foot where it was before, one learner pulls it back. So the learner who has pulled the foot back is the "lucky one". The other two build the new catcher team. When all three learners pull their feet back, the chant is repeated together. To be fair, the catchers should not catch "the lucky one" right after the chant.



A CATCHERS B RUNNERS C THE LUCKY ONE

### Goal of the game

- To improve reaction skills

**What to watch for:** Fairplay. If it is too difficult for the catchers, limit the playing field further, or choose more catchers.

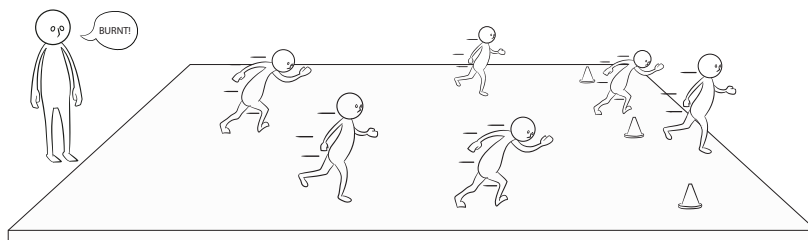
## Lava race

Main part  
Time: ~ 10 min

**What you need:** Cones, 1 ball

### How to play

**Task 1:** Mark a zone of about 15 m which represents a lava flow. The learners should try to sprint over the lava flow without burning their feet. 3 to 4 seconds after the start signal, the teacher shouts "burnt!" The learners who are still in the lava flow 'burn' their feet.



**Task 2:** Use the same zone as above. The learners line up in a starting position. The teacher rolls a ball. When the ball reaches the centre line (marked by cones), all the learners must run as fast as possible to the other side.

### Goal of the game

- To practise athletics, specifically sprinting

**What to watch for:** Make sure learners do not make false starts.

# Relay running

Main part  
Time: ~ 10 min

**What you need:** Cones to mark the playing field

## How to play

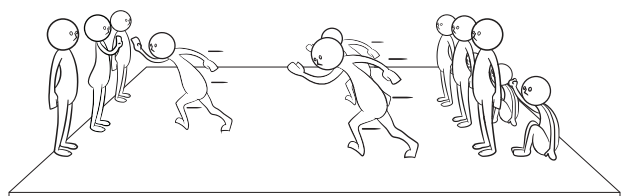
Split the group into six teams. Each team divides into two and sets up at the opposite sides of the room. When the teacher gives a signal the race starts: the first runner must run (or perform an action depending on the task) to the team standing on the opposite side, and give the first learner standing in line a 'high five'. Every learner that has finished two rounds must sit on the floor. The game stops when all learners have finished their runs.

**Task 1:** Run from one side to the other side

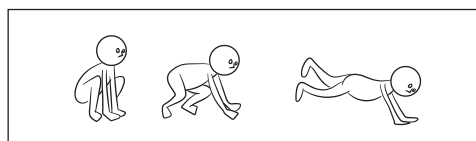
**Task 2:** Jump like a frog to the other side

**Task 3:** Run on all fours to the other side

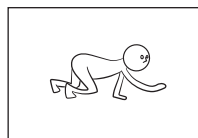
**Task 4:** Run backwards to the other side



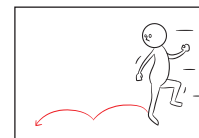
TASK 2



TASK 3



TASK 4



## Goal of the game

- To practise relay running with or without equipment

**What to watch for:** Tell the learners to play fair, and only go when the other teammate has arrived and clapped. Encourage the learners to fulfill the tasks correctly without cheating.

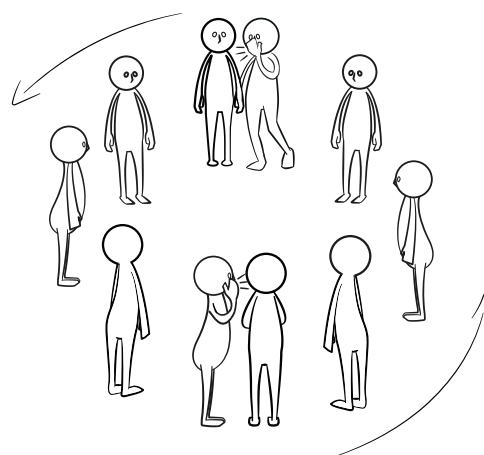
# The phone call goes around

Cool down  
Time: ~ 10 min

**What you need:** No equipment is required

## How to play

Build a big circle and select two learners standing on the opposite of each other to be the playmakers. Each of the two learners create their own short sentence, like: "Today is a good day," and whispers it to the learner next to him or her. Those two sentences are passed along from player to player in whispers around the circle, until the sentences arrive back at the two playmakers again. The playmakers confirm whether the sentence they heard was right or wrong. Then choose two new playmakers.



## Goal of the game

- To listen carefully, and to whisper quietly but clearly.

**What to watch for:** Tell the learners to whisper quietly but clearly, so that only the learner next to them can hear the sentence.



# Locomotion

Physical education: Foundation phase

## Equipment

- 2 balls
- Cones

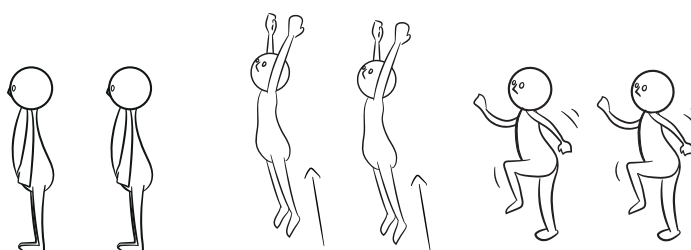
## Follow the leader

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The learners get into pairs. The person in the front (the leader) moves in various ways (walking, skipping, running, crawling, zigzagging etc.) while the partner tries to copy all the movements. After two minutes, change activities and swap leader and partner.



### Goal of the game

- Tell the learners to be creative and to try to invent or think of new movements.

**What to watch for:** Fairplay. If it is too difficult for the catchers, limit the playing field further, or choose more catchers.

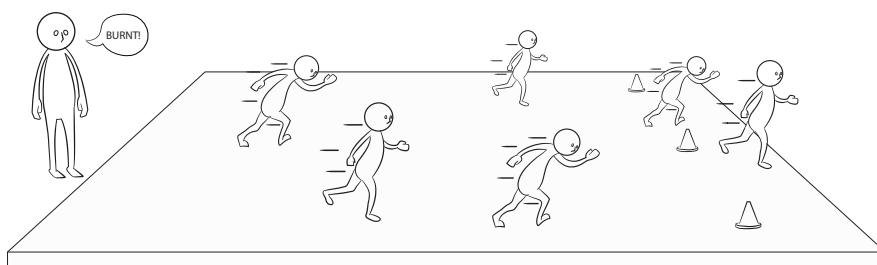
## Lava race

Main part  
Time: ~ 10 min

**What you need:** Cones, 1 ball

### How to play

**Task 1:** Mark a zone of about 15 m which represents a lava flow. The learners should try to sprint over the lava flow without burning their feet. 3 to 4 seconds after the start signal, the teacher shouts "burnt!" The learners who are still in the lava flow 'burn' their feet.



**Task 2:** Use the same zone as above. The learners line up in a starting position. The teacher rolls a ball. When the ball reaches the centre line (marked by cones), all the learners must run as fast as possible to the other side.

### Goal of the game

- To practise athletics, specifically sprinting

**What to watch for:** Make sure learners do not make false starts.

# Grab the treasure chest

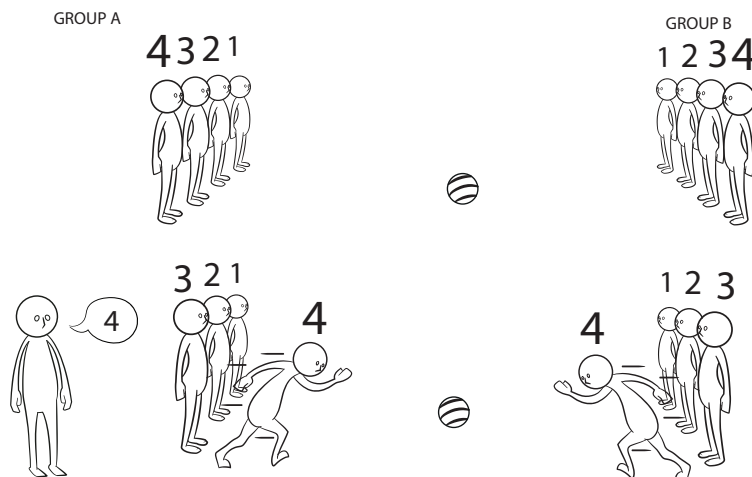
Main part  
Time: ~ 10 min

**What you need:** 2 balls (or items to use as 'treasure')

## How to play

Mark two playing fields and make four groups: A, B, C, D (Group A against B, Group C against D). Number the members of each group from 1 to the total number of members in that group. In the middle of the playing field is the 'treasure chest' (a ball, a shoe or something).

When the teacher shouts a number (for example 4), the number four member of every team runs and tries to grab the treasure chest in the middle. The team that manages to grab the most treasure is the winner.



## Goal of the game

- To grab the 'treasure' before your partner does

**What to watch for:** You can also shout two numbers, like 2 and 4, in which case four learners will have to run. Make sure that the other learners are always moving (skipping in their place).

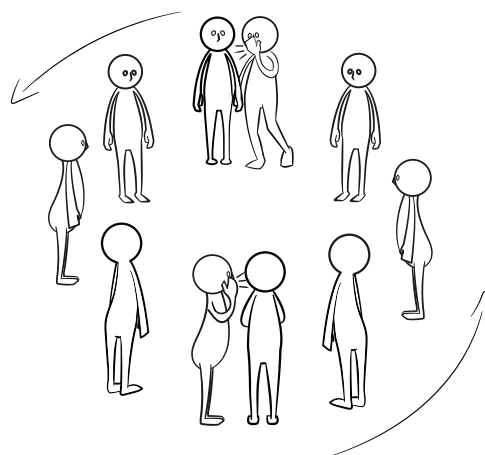
# The phone call goes around

Cool down  
Time: ~ 10 min

**What you need:** No equipment is required

## How to play

Build a big circle and select two learners standing on the opposite of each other to be the playmakers. Each of the two learners create their own short sentence, like: "Today is a good day," and whispers it to the learner next to him or her. Those two sentences are passed along from player to player in whispers around the circle, until the sentences arrive back at the two playmakers again. The playmakers confirm whether the sentence they heard was right or wrong. Then choose two new playmakers.



## Goal of the game

- To listen carefully, and to whisper quietly but clearly.

**What to watch for:** Tell the learners to whisper quietly but clearly, so that only the learner next to them can hear the sentence.





# Perceptual motor

Physical education: Foundation phase

## Equipment

- As many bean bags as possible
- About 8 balls
- 1 tennis ball

## Elephant ball

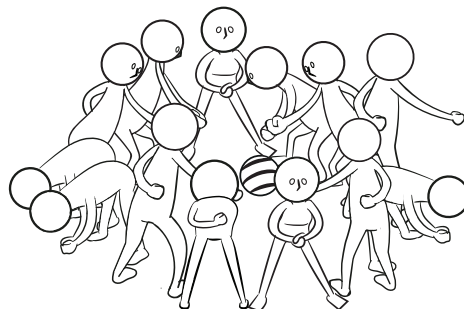
Introduction  
Time: ~ 10 min

**What you need:** 6-8 Balls

### How to play

Divide the learners into groups of 8. Ask each group to form a circle. Tell all learners to stand with their legs spread apart. There should be no space on the ground between each learner's foot, and the foot of the learner on either side. Ask the learners to clasp their hands in front of them, as though their arms are an elephant's trunk.

The goal of the game is to get the ball through the legs of the other learners – but also to protect the space between their own legs and to stop the ball going through. The learners cannot move their legs, but should use their “elephant trunks” to hit the ball and to protect their space. If the ball goes through a learner's legs, then the player may use one arm only. If the ball goes through a second time, the learner must turn around and continue playing, whilst facing the outside of the circle. The game is finished at the teacher's discretion.



### Goal of the game

- To develop strength, flexibility and ball skills

**What to watch for:** Check that the learners are keeping their legs spread apart. Also check whether the learners are able to get the ball through each other's legs.

## Develop your own tricks

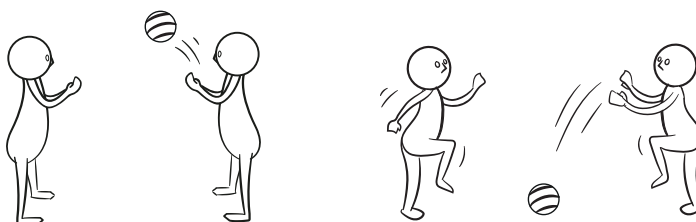
Main part  
Time: ~ 10 min

**What you need:** As many bean bags as possible

### How to play

The learners are to divide up in pairs. This game is for free play and allows time to experiment with different ways of using a bean bag or a ball:

- Throwing up in the air and catching
- Throwing and hitting balls in pairs
- Bouncing balls while marching on the spot, against a wall, around obstacles
- Alternate the bouncing beat
- Other creative alternatives



### Goal of the game

- To experiment with different ways of using a bean bag

**What to watch for:** If there are not enough bean bags available, make groups of 3 to 4.

# Beat the ball

Main part  
Time: ~ 10 min

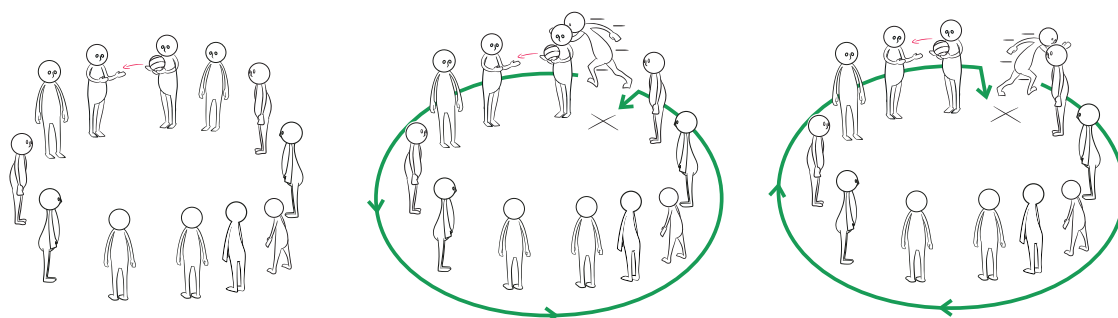
**What you need:** About 4 balls

## How to play

The learners stand in a circle of 15 to 20 learners with one ball, with a distance of 1 to 2 m between each other. One learner starts by passing the ball with their hand to the person on their right, and the learners then continue to pass the ball around the circle. Once the first player has passed the ball, that player has to run around the outside of the circle and back to his or her space before the ball reaches his space again.

**Round 1:** The learner runs the same way as the ball travels.

**Round 2:** The ball travels one way the learner runs the other.



## Goal of the game

- To improve the speed of sprinting, agility, co-ordination and ball skills

**What to watch for:** Check whether the learners are able to catch the ball. If not, tell them to make the circle smaller.

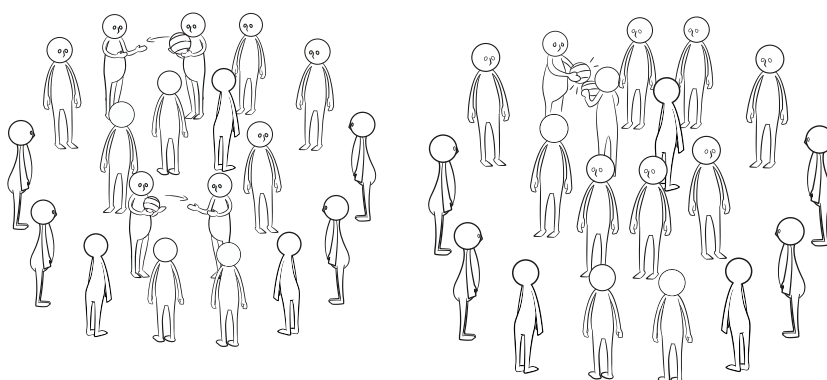
# Beat the bunny

Cool down  
Time: ~ 10 min

**What you need:** 1 tennis ball, 1 soccer ball

## How to play

Make a circle with 15 learners (the farmers). The other 15 learners (the bunnies) build a second circle facing the farmers. The bunnies' ball (a small ball) is first passed from person to person around the circle. When the 'bunny' is about half way around, the 'farmers' ball (a large ball) is started in the same direction. As soon as a 'farmer' manages to tap the ball of a 'bunny' that is standing face to face with him, the game finishes. Then swap the players.



## Goal of the game

- To improve ball skills

**What to watch for:** Check whether the 'farmers' are able to overtake the 'bunnies'.





# Perceptual motor

Physical education: Foundation phase

## Equipment

- Cones
- All available bean bags
- 4 balls

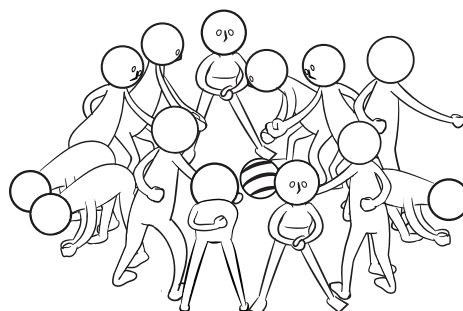
## Elephant ball level II

Introduction  
Time: ~ 10 min

**What you need:** About 24 balls

### How to play

Divide the learners into groups of 10. Ask each group to form a circle. Tell all the learners to stand with their legs spread apart. There should be no space on the ground between the foot of each learner and the learner on either side. Ask the learners to clasp their hands in front of them, as though their arms are an elephant's trunk. Place 2 to 4 balls and one tennis ball in the centre of each circle.



The goal of the game is to get the ball through the legs of the other learners – but also to protect the space between their own legs and stop the ball going through. The learners cannot move their legs, but should use their “elephant trunks” to hit the ball and to protect their space. If a ball goes through a learner's legs, then the player may use only one arm. If the ball goes through a second time, the learner should turn around and continue playing, facing the outside of the circle. The game is finished at the teacher's discretion.

### Goal of the game

- To develop strength, flexibility and ball skills

**What to watch for:** If it is too easy for one group, add balls.

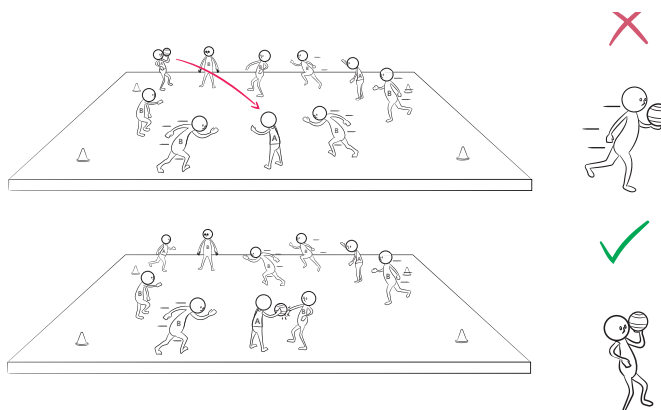
## Dab ball

Main part  
Time: ~ 10 min

**What you need:** About 3 balls

### How to play

Team A (10 to 12 players) tries to dab as many opponents as possible from Team B (10 to 12 players) with a ball. A hit is scored only when the opponent is touched with the ball (no shot!). The ball possession changes after 2 to 4 minutes. The aim is to reach the highest score. Change groups after the time has elapsed.



### Goal of the game

- To improve ball skills, to throw and catch balls, to improve reaction skills

**What to watch for:** Check whether the learners are fast enough to dab the opponents, and whether the learners are able to catch and throw balls. Learners are not allowed to walk with the ball.

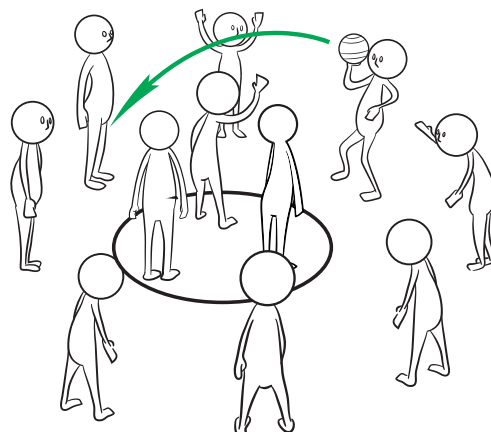
# The hungry crocodiles level I

Main part  
Time: ~ 10 min

**What you need:** About 5 balls

## How to play

10 learners stand in a circle around a big 'lake'. In the middle of the circle there are three hungry 'crocodiles'. The learners pass a ball with their hands - that represents food for the hungry crocodiles - across the lake, but not to the person directly next to them. If a crocodile in the middle intercepts the food, the one who passed it goes into the middle. Alternatively, the teacher can swap learners after a certain number of passes, regardless of interception. The teacher can also add a second ball into the circle.



## Goal of the game

- To improve ball skills, to throw and catch balls, to improve reaction skills

**What to watch for:** Check whether the crocodiles are able to catch the ball.

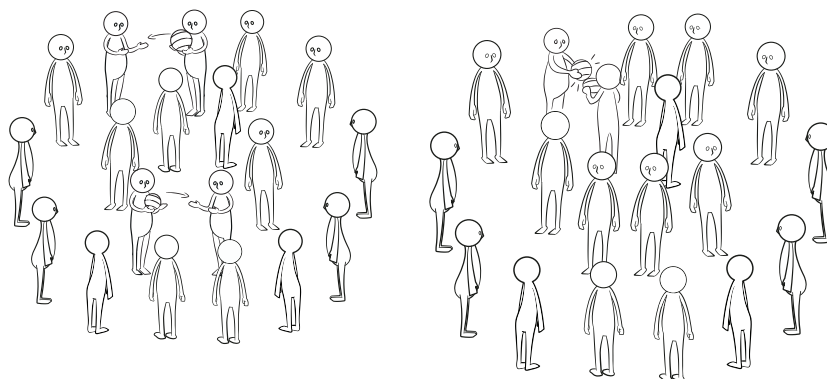
# Beat the bunny level II

Cool down  
Time: ~ 10 min

**What you need:** 1 small ball, 1 big ball

## How to play

Make a circle with 15 learners (the farmers). The other 15 learners (the bunnies) build a second circle facing the farmers. The bunnies' ball (a small ball) is first passed from person to person around the circle. When the 'bunny' is about half way around, the 'farmers' ball (a large ball) starts trying to catch the bunnies' ball. The bunnies ball always goes in the same direction, but the farmers' ball can take any direction. As soon as a 'farmer' can tap the ball of a 'bunny' that is standing face to face with him, the game finishes.



## Goal of the game

- To improve ball skills

**What to watch for:** Check whether the 'farmers' are able to overtake the 'bunnies'.



# Perceptual motor

Physical education: Foundation phase

## Equipment

- Cones
- All available bean bags
- 4 balls

## Elephant ball

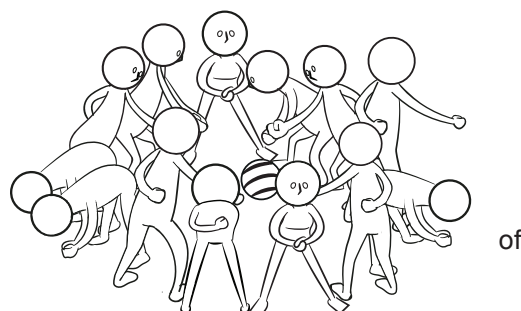
Introduction  
Time: ~ 10 min

**What you need:** About 24 balls

### How to play

Divide the learners into groups of 10. Ask each group to form a circle. Tell all the learners to stand with their legs spread apart. There should be no space on the ground between the foot of each learner and the learner on either side. Ask the learners to clasp their hands in front of them, as though their arms are an elephant's trunk. Place 2 to 4 balls and one tennis ball in the centre of each circle.

The goal of the game is to get the ball through the legs of the other learners – but also to protect the space between their own legs and stop the ball going through. The learners cannot move their legs, but should use their “elephant trunks” to hit the ball and to protect their space. If a ball goes through a learner's legs, then the player may use only one arm. If the ball goes through a second time, the learner should turn around and continue playing, facing the outside of the circle. The game is finished at the teacher's discretion.



### Goal of the game

- To develop strength, flexibility and ball skills

**What to watch for:** If it is too easy for one group, add balls.

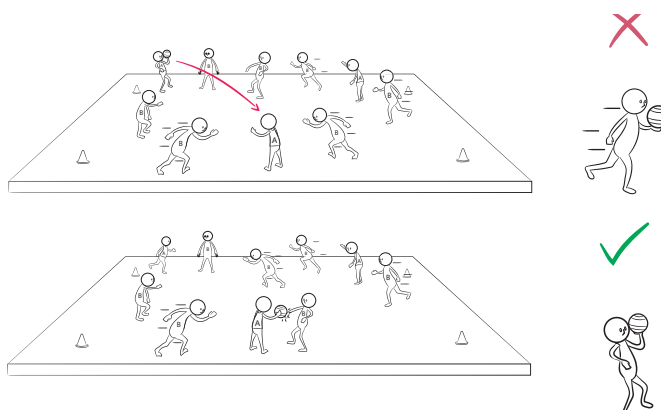
## Dab ball

Main part  
Time: ~ 10 min

**What you need:** About 3 balls

### How to play

Team A (10 to 12 players) tries to dab as many opponents as possible from Team B (10 to 12 players) with a ball. A hit is scored only when the opponent is touched with the ball (no shot!). The ball possession changes after 2 to 4 minutes. The aim is to reach the highest score. Change groups after the time has elapsed.



### Goal of the game

- To improve ball skills, to throw and catch balls, to improve reaction skills

**What to watch for:** Check whether the learners are fast enough to dab the opponents, and whether the learners are able to catch and throw balls. Learners are not allowed to walk with the ball.

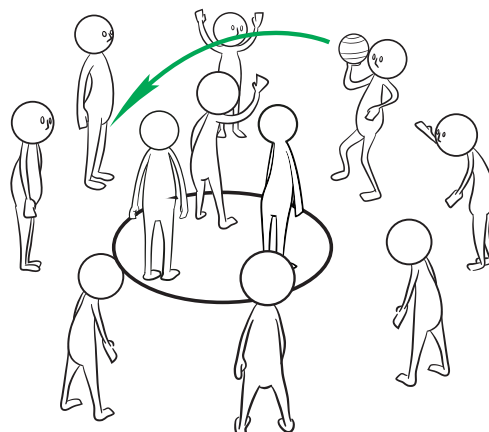
# The hungry crocodiles

Main part  
Time: ~ 10 min

**What you need:** About 5 balls

## How to play

10 learners stand in a circle around a big 'lake'. In the middle of the circle there are three hungry 'crocodiles'. The learners pass a ball with their hands - that represents food for the hungry crocodiles - across the lake, but not to the person directly next to them. If a crocodile in the middle intercepts the food, the one who passed it goes into the middle. Alternatively, the teacher can swap learners after a certain number of passes, regardless of interception. The teacher can also add a second ball into the circle.



## Goal of the game

- To improve ball skills, to throw and catch balls, to improve reaction skills

**What to watch for:** Check whether the crocodiles are able to catch the ball.

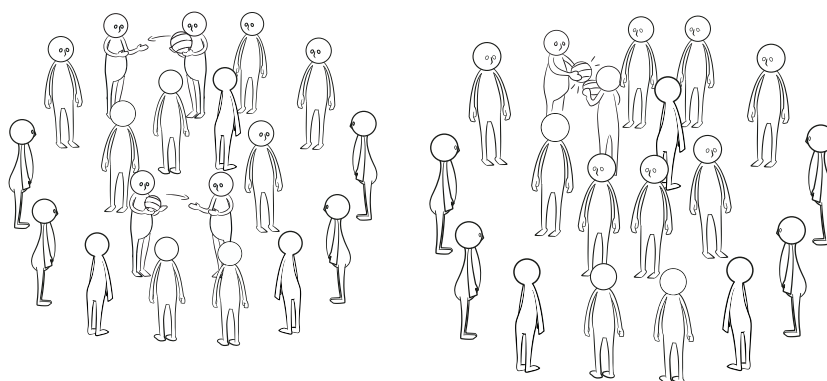
# Beat the bunny

Cool down  
Time: ~ 10 min

**What you need:** 1 small ball, 1 big ball

## How to play

Make a circle with 15 learners (the farmers). The other 15 learners (the bunnies) build a second circle facing the farmers. The bunnies' ball (a small ball) is first passed from person to person around the circle. When the 'bunny' is about half way around, the 'farmers' ball (a large ball) starts trying to catch the bunnies' ball. The bunnies ball always goes in the same direction, but the farmers' ball can take any direction. As soon as a 'farmer' can tap the ball of a 'bunny' that is standing face to face with him, the game finishes.



## Goal of the game

- To improve ball skills

**What to watch for:** Check whether the 'farmers' are able to overtake the 'bunnies'.



# Perceptual motor

Physical education: Foundation phase

## Equipment

- Cones
- All available bean bags
- 4 balls

## Run your age

Introduction  
Time: ~ 10 min

**What you need:** Cones

## How to play

Define a migration distance with cones, where the learners should run. Tell them to run the same amount of rounds, as their age.

## Goal of the game

- To raise the pulse

**What to watch for:** Help the learners to count the rounds.

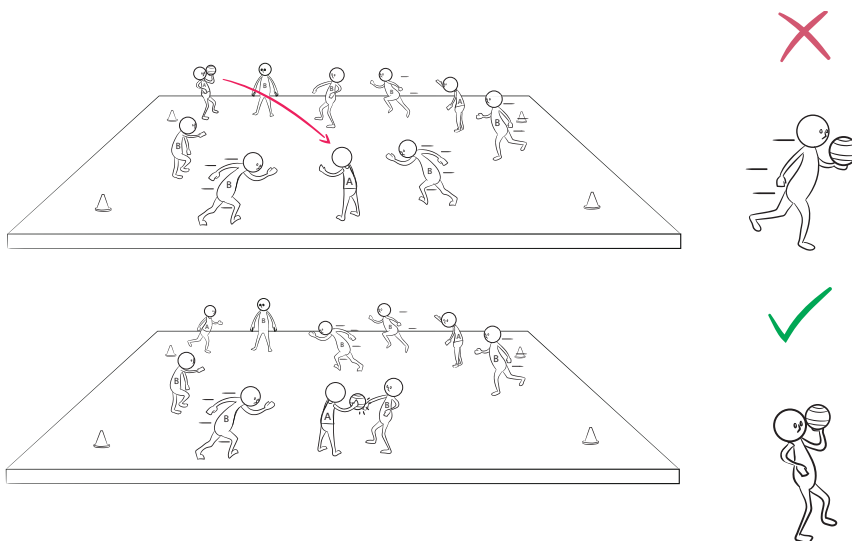
## Dab ball

Main part  
Time: ~ 10 min

**What you need:** About 3 balls

## How to play

Team A (10 to 12 players) tries to dab as many opponents as possible from Team B (10 to 12 players) with a ball. A hit is scored only when the opponent is touched with the ball (no shot!). The ball possession changes after 2 to 4 minutes. The aim is to reach the highest score. Change groups after the time has elapsed.



## Goal of the game

- To improve ball skills, to throw and catch balls, to improve reaction skills

**What to watch for:** Check whether the learners are fast enough to dab the opponents, and whether the learners are able to catch and throw balls. Learners are not allowed to walk with the ball.

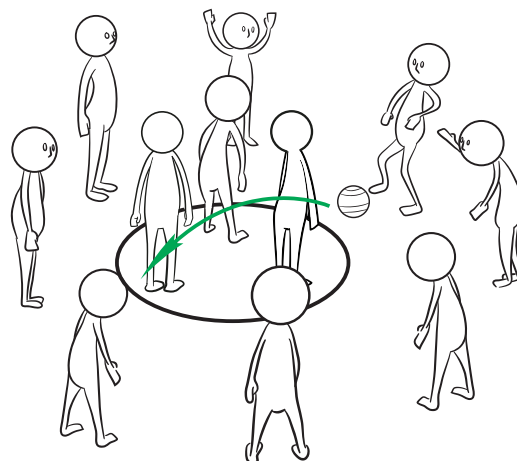
# The hungry crocodiles

Main part  
Time: ~ 10 min

**What you need:** About 6 balls (depending on the number of circles)

## How to play

Ten learners stand in a circle around a big 'lake'. In the middle of the circle there are three hungry 'crocodiles'. The learners pass a ball (that represents food for the hungry crocodiles) with their feet, across the lake, but not to the person directly next to them. If a 'crocodile' in the middle intercepts the 'food', the one who passed it goes into the middle. Alternatively, the coach can swap learners after a certain number of passes, regardless of interception. The coach can also add a second ball into the circle.



## Goal of the game

- To improve ball skills, pass a ball with the foot controlling it, to improve reaction skills, to try to foresee the actions of the opponent and teammates

**What to watch for:** Check whether the 'crocodiles' are able to interrupt the ball.

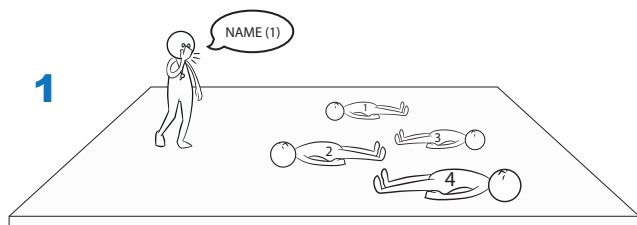
# Wake up

Cool down  
Time: ~ 10 min

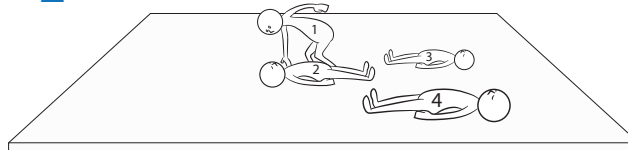
**What you need:** No equipment required

## How to play

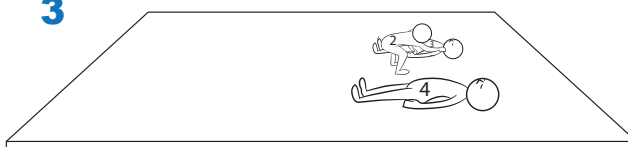
The learners spread out in the room, make themselves comfortable in one place and close their eyes. The teacher whispers one name. That learner has to get up and tap another learner to get up and so on. This continues until every learner is awake.



2



3



## Goal of the game

- To relax deeply and cool down

**What to watch for:** The learners should be quiet and do every movement on their tiptoes until every learner is awake.



# Rhythm

Physical education: Foundation phase

## Equipment

- Chalk pencils
- Little stones

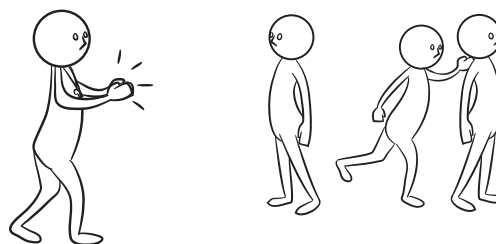
## The mechanic and the robots

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The learners form groups of three. One learner is the mechanic and the other two are the robots. Start with the two robots standing back to back. When the teacher starts to clap a rhythm, the robots begin to move straight forward. If the mechanic touches the shoulder of the robots they have to turn at a 90° angle. The goal of the mechanic is to bring the two robots together.



### Goal of the game

- To keep the beat of the music or drumming
- To improve reaction skills

**What to watch for:** Make sure the learners (the mechanic and the robots) are able to fulfill the task. If so, choose a faster clap rhythm. If not, slow down the clap rhythm

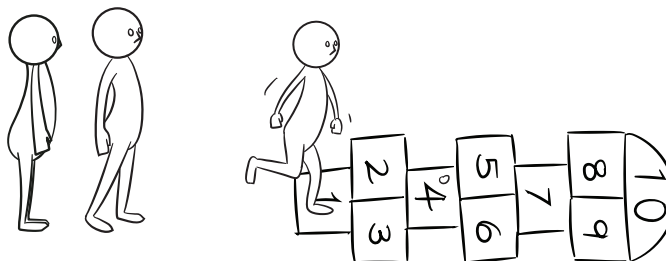
## Hopscotch

Main part  
Time: ~ 20 min

**What you need:** Chalk pencils, small stones

### How to play

The learners form groups of two or three. Each group designs their own Hopscotch-Playfield on the floor (with chalk pencils) and each player searches for a small stone. The game starts with the first learner throwing his or her stone onto the number one block of the play area, hopping on one foot onto the field, retrieving the stone and hopping back. The stone is then thrown onto the second block and retrieved and so on. Then it is the next player's turn. The game is finished when the player manages to reach the top of the field (the last block in the playing area) and hop back.



### Goal of the game

- To learn to hop and find their rhythm while hopping.

**What to watch for:** If the stone of the learner that is hopping lands in the wrong block on the field, or if the player touches the floor with two feet in the playing area, where it is not allowed, he or she loses his or her turn and it is the next player's turn.



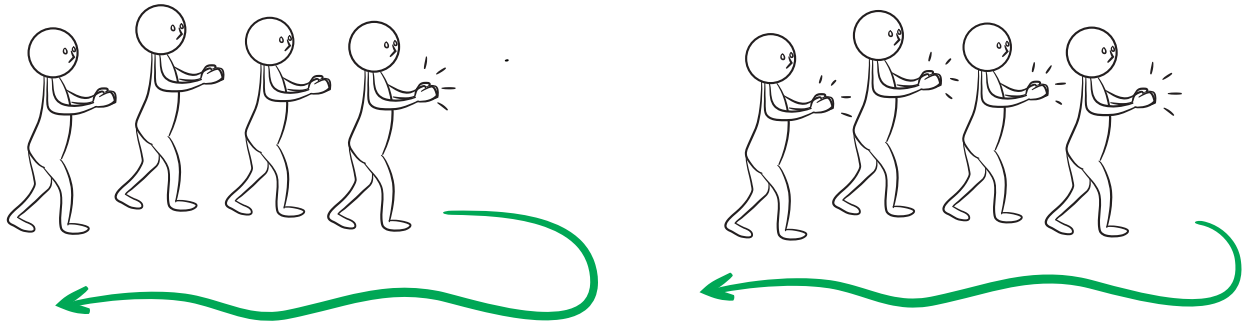
# Clap out the rhythm

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The learners walk around the sports field. One learner claps a rhythm of his or her choice. The others pick up this sound and imitate it.



## Goal of the game

- To learn to follow instructions, and to adapt and change the rhythm.

**What to watch for:** Change the leader every second minute.





# Rhythm

Physical education: Foundation phase

## Equipment

- Chalk pencils
- Small stones
- 6 - 8 Hula hoops

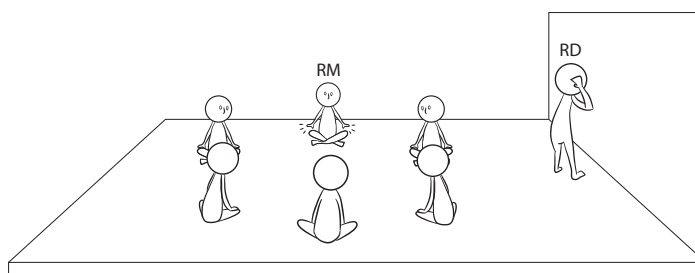
## Rhythm master – circle game

Introduction  
Time: ~ 10 min

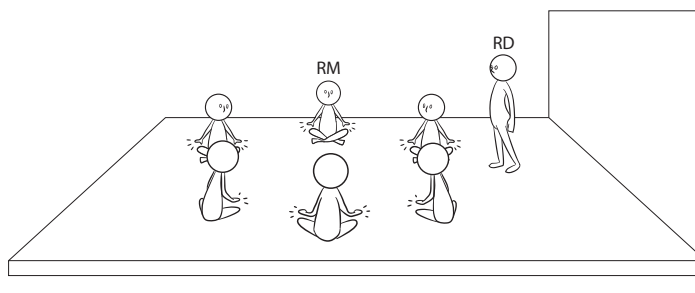
**What you need:** No equipment required

### How to play

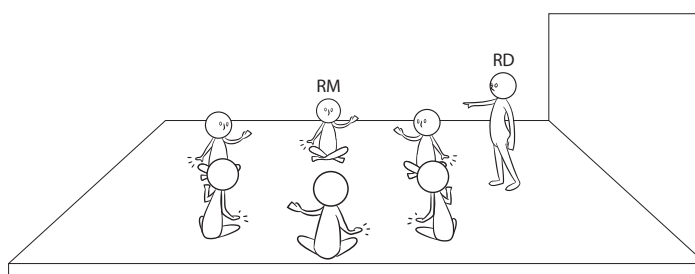
The learners sit in a circle and select one learner to be the 'Rhythm detective'. Ask the rhythm detective to walk over to a wall, face the wall, close his or her eyes and cover his or her ears. Now select one learner in the circle to be the 'Rhythm Master'. The rhythm master then chooses what movements the learners will carry out, and they imitate them. Always start with the rhythm master tapping his or her knees.



The teacher then asks the detective to return. The rhythm master will then change his or her movements and the other learners sitting in the circle copy.



The detective then has 3 chances to try and guess who the rhythm master is.



### Goal of the game

- To be able to quickly adapt to someone else's rhythm. To be creative and invent new rhythms.

**What to watch for:** Encourage the learners not to look at the rhythm master too often, and to talk about what movements or actions could be done, at the start of the activity.

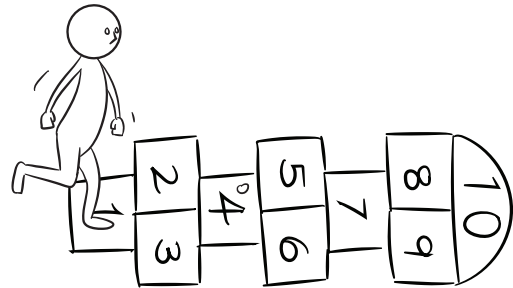
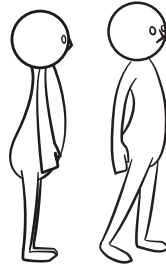
# Hopscotch

Main part  
Time: ~ 20 min

**What you need:** Chalk pencils, small stones

## How to play

The learners form groups of two or three. Each group designs their own Hopscotch-Playfield on the floor (with chalk pencils) and each player searches for a small stone.



The game starts with the first learner throwing his or her stone onto the number one block of the play area, hopping on one foot onto the field, retrieving the stone and hopping back. The stone is then thrown onto the second block and retrieved and so on.

Then it is the next player's turn. The game is finished when the player manages to reach the top of the field (the last block in the playing area) and hop back.

## Goal of the game

- To learn to hop and find their rhythm while hopping.

**What to watch for:** If the stone of the learner that is hopping lands in the wrong block on the field, or if the player touches the floor with two feet in the playing area, where it is not allowed, he or she loses his or her turn and it is the next player's turn.

# Go through the hoop

Cool down  
Time: ~ 10 min

**What you need:** About 6 - 8 hula hoops

## How to play

The learners divide into groups of 8 to 10. Each group forms a circle and the learners hold their hands. Every group receives a hula hoop which is held between two learners.

The hoop now 'walks' around the circle, passing around each learner's body. The grip should not be loosened and each learner has to move his or her whole body through the hoop.

Let the learners practise for 2 minutes. Then have a competition between the groups.



## Goal of the game

- The hoop should 'walk' around the circle as fast as possible and the learners should not let go of the hoop.

**What to watch for:** If a learner lets his or her grip on the hoop go, the learner is out of the game.



# Rhythm

Physical education: Foundation phase

## Equipment

- 1 Big skipping rope
- About 7 small skipping ropes
- 6 - 8 Hula hoops

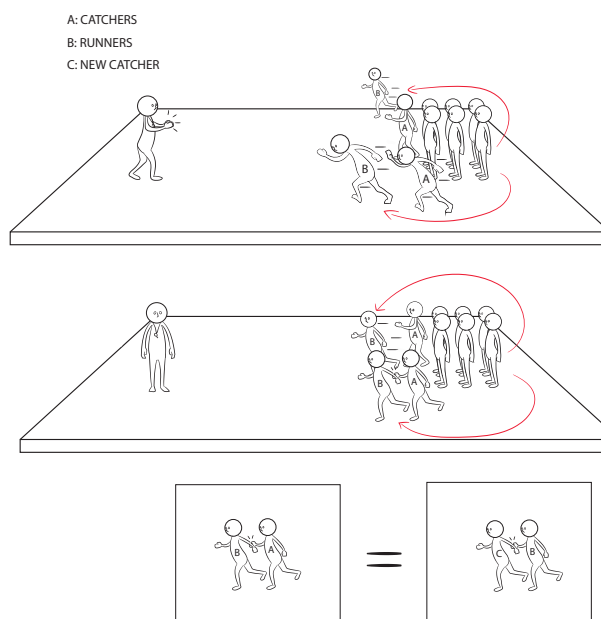
## Together we are strong

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The learners form pairs and stand in these pairs one behind the other. One person is the catcher in the front of the line. When the teacher claps his/her hands, the last pair in the line is runs, on the right and left side of the line, to the front. They then try to get together again.



If the catcher is able to touch one of the pair before they get together again, the touched learner is then the new catcher.

### Goal of the game

- To listen to the signal of the teacher and to elude and deceive the catcher.

**What to watch for:** The teacher should make about 4 stations of the same game, so that the pairs do not have to wait too long.

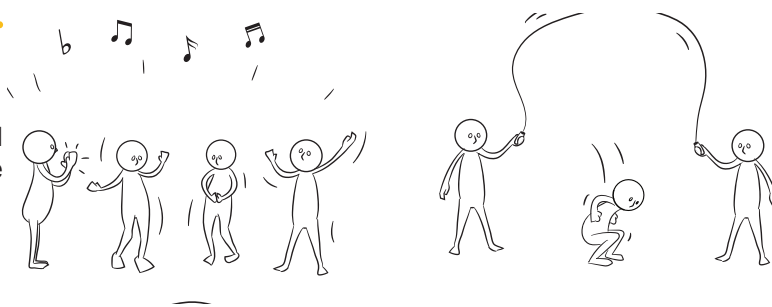
## Rope skipping together

Main part  
Time: ~ 10 min

**What you need:** One big skipping rope

### How to play

Two learners swing the skipping rope and a third jumps over it while the rest of the group sings rhymes.



### Goal of the game

- To jump to the rhythm

**What to watch for:** Check that everyone is involved and that jumpers change continuously.

# Skipping rope relay

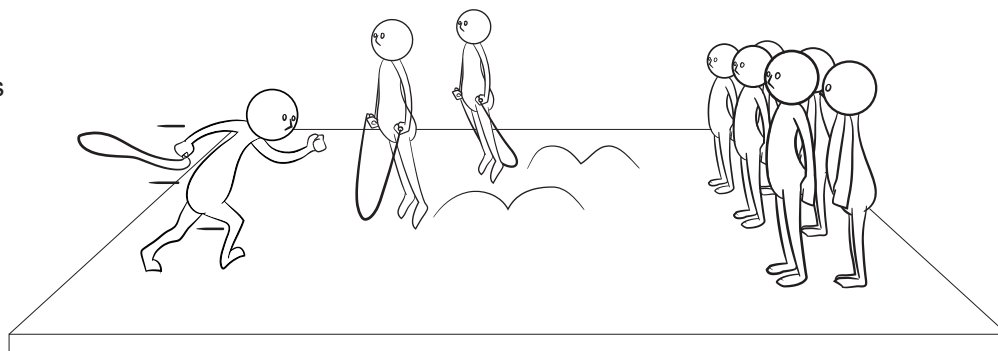
Main part  
Time: ~ 10 min

**What you need:** About 7 skipping ropes

## How to play

Form the learners into groups of 8. Each team lines up at the starting line. Give the first player in each team a skipping rope. When the relay race starts, the first player from each team jumps rope (skips) toward the finish line, turns around and runs back to the starting line. This learner passes the jump rope to the next player and this continues until all the learners in one team complete the race.

The first team to finish is the winner.



## Goal of the game

- To practise rope skipping, and skipping across a distance

**What to watch for:** The teacher should make sure that the learners skip over the rope, and do not walk with the rope in their hands.

# Go through the hoop

Cool down  
Time: ~ 10 min

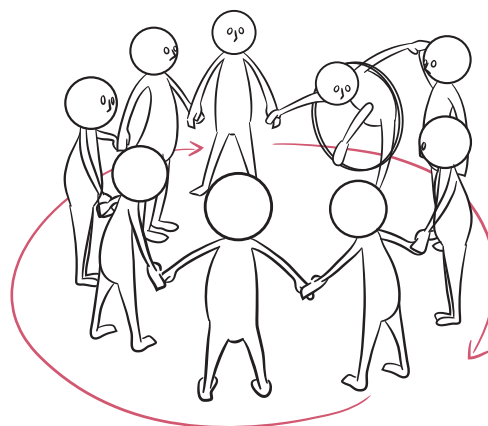
**What you need:** About 6 - 8 hula hoops

## How to play

The learners divide into groups of 8 to 10. Each group forms a circle and the learners hold their hands. Every group receives a hula hoop which is held between two learners.

The hoop now 'walks' around the circle, passing around each learner's body. The grip should not be loosened and each learner has to move his or her whole body through the hoop.

Let the learners practise for 2 minutes. Then have a competition between the groups.



## Goal of the game

- The hoop should 'walk' around the circle as fast as possible and the learners should not let go of the hoop.

**What to watch for:** If a learner lets his or her grip on the hoop go, the learner is out of the game.



# Rhythm

Physical education: Foundation phase

## Equipment

- 7 Small skipping ropes
- 1 Big skipping rope
- Music and a music box

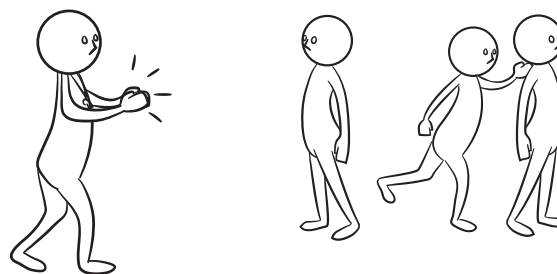
## The mechanic and the robots

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The learners form groups of three. One learner is the mechanic and the other two are the robots. Start with the two robots standing back to back. When the teacher starts to clap a rhythm, the robots begin to move straight forward. If the mechanic touches the shoulder of the robots they have to turn at a 90° angle. The goal of the mechanic is to bring the two robots together.



### Goal of the game

- To keep the beat of the music or drumming
- To improve reaction skills

**What to watch for:** Make sure the learners (the mechanic and the robots) are able to fulfill the task. If so, choose a faster clap rhythm. If not, slow down the clap rhythm

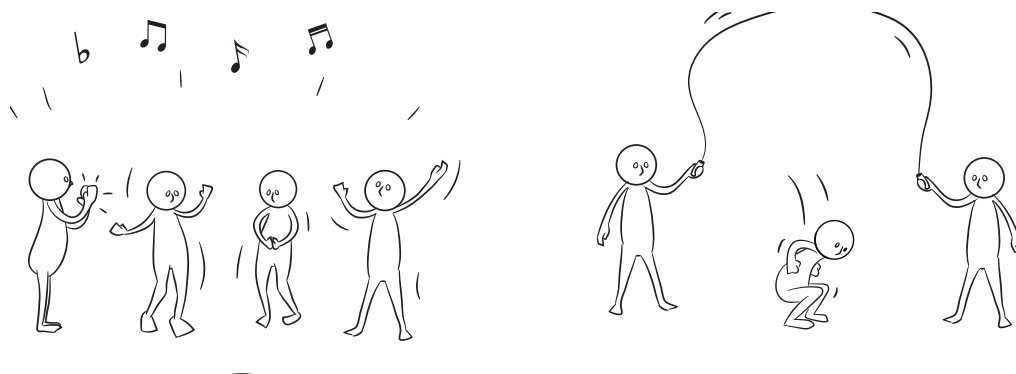
## Rope skipping together

Main part  
Time: ~ 10 min

**What you need:** One big skipping rope

### How to play

Two learners swing the skipping rope and a third jumps over it while the rest of the group sings rhymes.



### Goal of the game

- To jump to the rhythm

**What to watch for:** Check that everyone is involved and that jumpers change continuously.

# Skipping rope relay

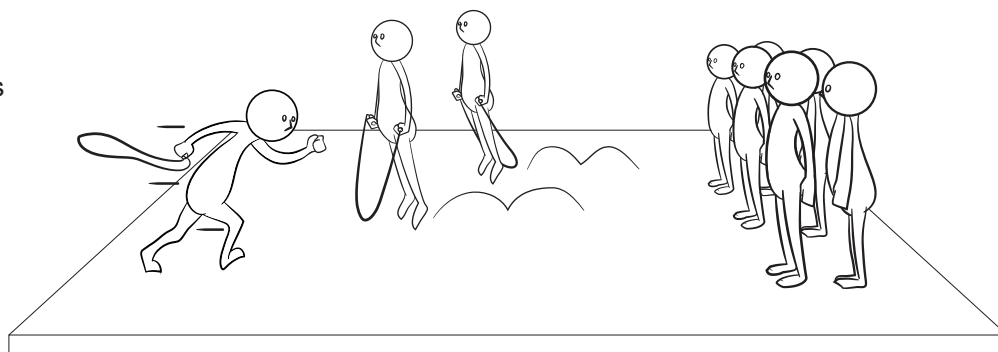
Main part  
Time: ~ 10 min

**What you need:** About 7 skipping ropes

## How to play

Form the learners into groups of 8. Each team lines up at the starting line. Give the first player in each team a skipping rope. When the relay race starts, the first player from each team jumps rope (skips) toward the finish line, turns around and runs back to the starting line. This learner passes the jump rope to the next player and this continues until all the learners in one team complete the race.

The first team to finish is the winner.



## Goal of the game

- To practise rope skipping, and skipping across a distance

**What to watch for:** The teacher should make sure that the learners skip over the rope, and do not walk with the rope in their hands.

# Move your body

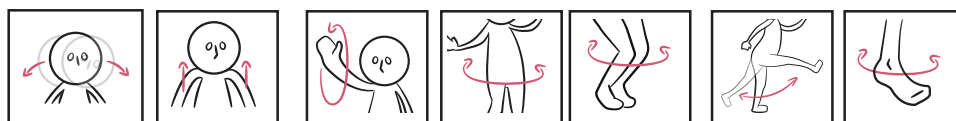
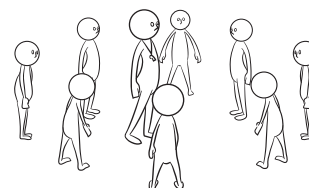
Cool down  
Time: ~ 10 min

**What you need:** Music may be added if desired

## How to play

The learners should form a big circle and follow the instructions of the teacher:

- Move your head from the right to the left side.
- Circle your shoulders forward and backward.
- Circle your arms forward and backward.
- Circle your hips the right way round, then the left way round.
- Put your knees together, bend them and circle them the right way round, then the left way round.
- Swing your leg forward and backward. Change legs.
- Circle your foot to the right side, then to the left side. Change the foot.



## Goal of the game

- To move various parts of the body

**What to watch for:** The learners should perform all the movements in an appropriate tempo: not too slow, not too fast.



# Co-ordination

Physical education: Foundation phase

## Equipment

- Colour bands
- Cones
- 6 Soccer Balls

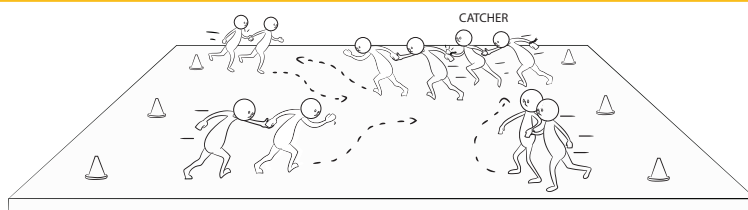
## Pairs tag

Introduction  
Time: ~ 10 min

**What you need:** Colour bands

### How to play

The teacher marks an area with cones. All the learners form pairs by holding hands. One of these pairs is the catcher, and is marked with a colour band. As soon as another pair is caught, this pair has to be marked with a colour band as well and becomes a catcher. The last pair left without a colour band wins the game.



### Goal of the game

- To co-ordinate with other teammates, as to where and when to run to escape the catchers.

**What to watch for:** Check that the learners always stay together. A pair can only tag another pair when they are holding each other's hands.

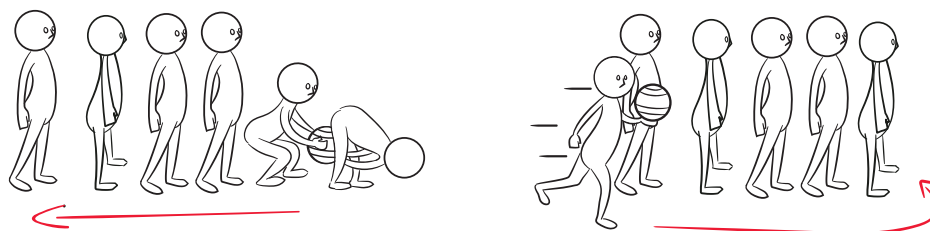
## The snake

Main part  
Time: ~ 10 min

**What you need:** 6 Balls (soccer balls)

### How to play

Divide the class into 6 groups. The learners stand behind each other with their legs open. The learner standing at the beginning of the line is given a ball. As soon as the teacher gives the start signal, learners pass the ball under the legs. When the ball reaches the last learner in the line, the learner takes the ball and runs to the top of the snake. Every learner has to pass the ball through twice. As soon as one group has finished, they can sit on



### Goal of the game

- To pass the ball under the legs with learners standing one behind the other

**What to watch for:** The teacher should tell the learners to stand as close to each other as possible, to be faster.

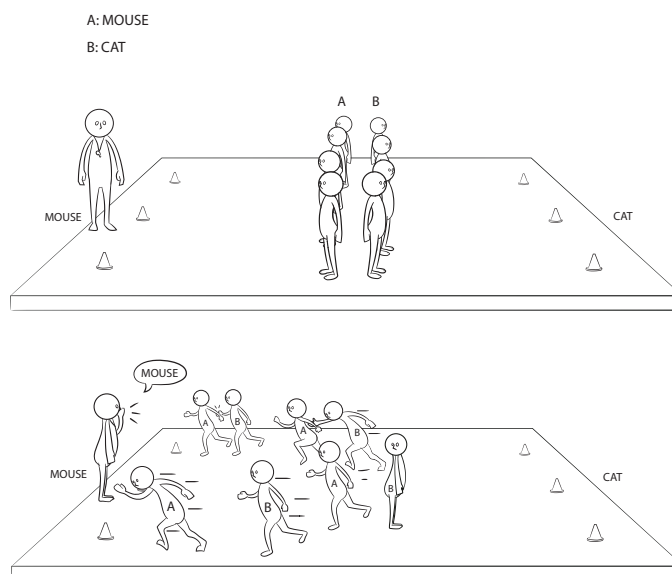
# Cat and mouse

Main part  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The learners stand in the middle of the playing field, back facing back, with a distance of about one meter between them. The leader defines an end zone on either side. One side is designated as the cat side and the other as the mouse side. When the teacher shouts mouse then the learners from the mouse side have to run to their end zone while the cats try to catch them.



## Goal of the game

- To practise reaction drills

**What to watch for:** The learners should concentrate and be quiet while waiting for the signal.

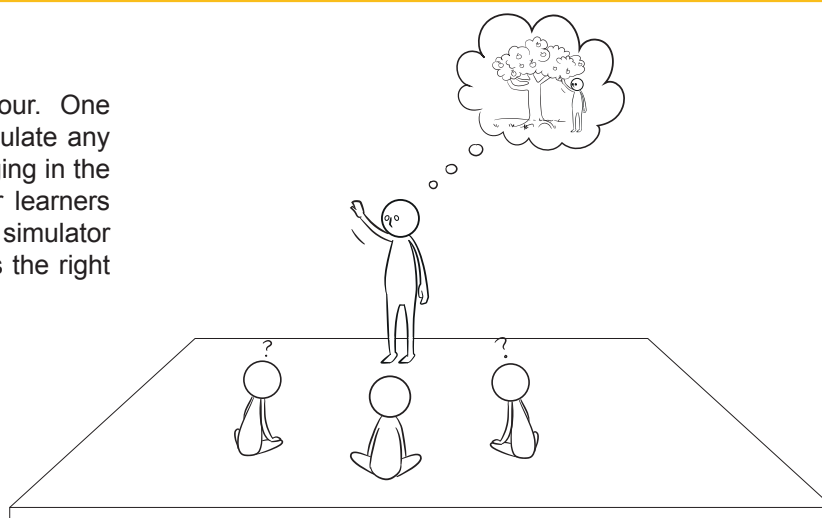
# Simulation activities

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

Divide the learners into groups of four. One learner is the simulator and tries to simulate any activity, for example picking apples, digging in the garden, sawing a plank, etc. The other learners have to guess what kind of activity the simulator is performing. The learner who guesses the right answer gets the next turn to simulate.



## Goal of the game

- To learn how to simulate certain activities

**What to watch for:** The teacher should check that every learner has at least one turn to be the simulator.





# Co-ordination

Physical education: Foundation phase

## Equipment

- Cones
- Netball Field
- Netball
- Big skipping rope

## Crab fight

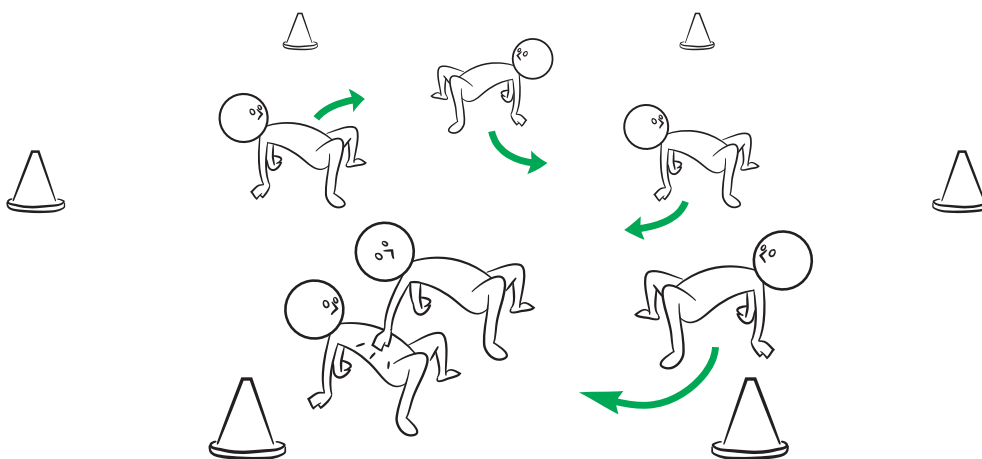
Introduction  
Time: ~ 10 min

**What you need:** Cones

## How to play

The teacher marks the playing area with cones and tells the learners to get onto all fours, belly to the air.

In this position they move forward and try to push the bottoms of the other learners onto the floor.



## Goal of the game

- To learn to co-ordinate their arms and legs while moving forward in different ways

**What to watch for:** The teacher should vary the size of the field. If it is too difficult for the learners, make the field bigger.

# Mini-netball

Main part  
Time: ~ 20 min

**What you need:** A netball field and a ball, a big skipping rope

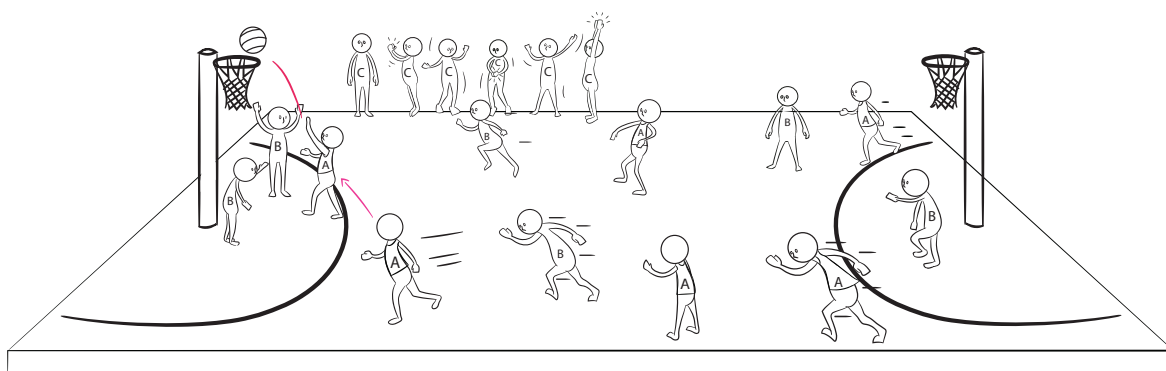
## How to play

Divide the class into 3 groups (A, B and C). Every game lasts 4 minutes. Learners pass the ball with their hands and try to strike the bucket.

Some rules:

- The ball can only be passed with the hands
- As soon as the ball touches the floor, the other group gets the ball
- When a group strikes the bucket, the other group gets the ball

4 min	A:B	C is rope skipping
4 min	B: C	A is rope skipping
4 min	C: A	B is rope skipping
4 min	A:B	C is rope skipping
4 min	B:C	A is rope skipping
4 min	C:A	B is rope skipping



## Goal of the game

- To throw a ball at a target

**What to watch for:** Since learners will be in their school uniform or white shorts and t-shirt, the teacher can mark them using the different colour bands provided. The third group waiting could skip OR they can do start jumps to keep active while the other two groups are playing

# Drawing message

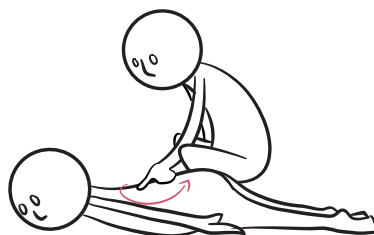
Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The teacher divides the learners into pairs. One learner lies on the floor while the other one 'paints' something on the back of the first learner, with a finger.

The learner lying on the floor has to guess what was drawn. After 4 to 5 drawings the learners change roles.



## Goal of the game

- To relax and cool down the body

**What to watch for:** The learners should be as quiet as possible during the exercise.



# Co-ordination

Physical education: Foundation phase

## Equipment

- Cones
- Netball Field
- Netball

## Crab fight

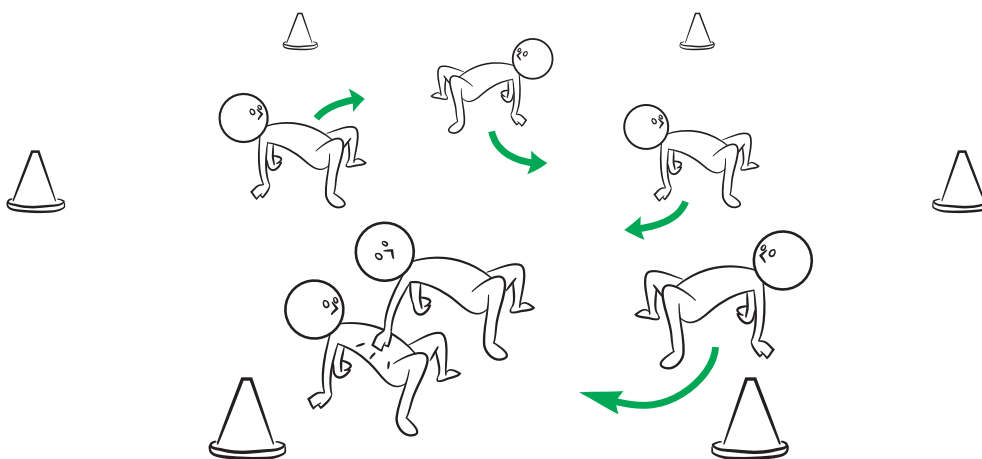
Introduction  
Time: ~ 10 min

**What you need:** Cones

## How to play

The teacher marks the playing area with cones and tells the learners to get onto all fours, belly to the air.

In this position they move forward and try to push the bottoms of the other learners onto the floor.



## Goal of the game

- To learn to co-ordinate their arms and legs while moving forward in different ways

**What to watch for:** The teacher should vary the size of the field. If it is too difficult for the learners, make the field bigger.

# Mini-netball

Main part  
Time: ~ 20 min

**What you need:** A netball field and a ball, a big skipping rope

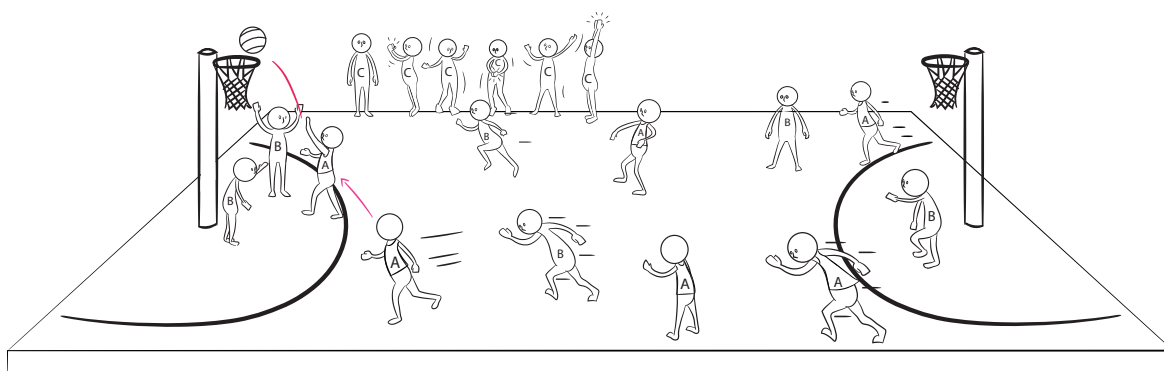
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4 min	A:B	C is rope skipping
4 min	B: C	A is rope skipping
4 min	C: A	B is rope skipping
4 min	A:B	C is rope skipping
4 min	B:C	A is rope skipping
4 min	C:A	B is rope skipping



## Goal of the game

- To throw a ball at a target

**What to watch for:** Since learners will be in their school uniform or white shorts and t-shirt, the teacher can mark them using the different colour bands provided. The third group waiting could skip OR they can do start jumps to keep active while the other two groups are playing

# Simulation activities

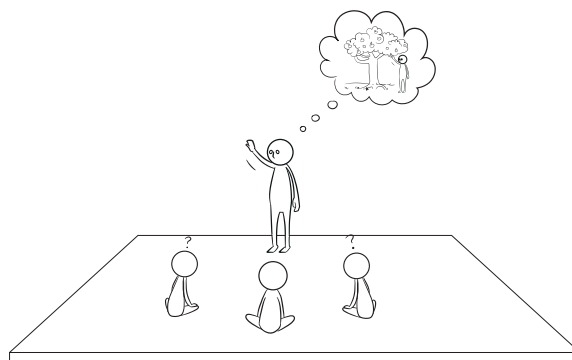
Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

Divide the learners into groups of four. One learner is the simulator and tries to simulate any activity, for example picking apples, digging in the garden, sawing a plank, etc.

The other learners have to guess what kind of activity the simulator is performing. The learner who guesses the right answer gets the next turn to simulate.



## Goal of the game

- To learn how to simulate certain activities

**What to watch for:** The teacher should check that every learner has at least one turn to be the simulator.



# Co-ordination

Physical education: Foundation phase

## Equipment

- Colour bands
- Cones
- 6 Soccer Balls

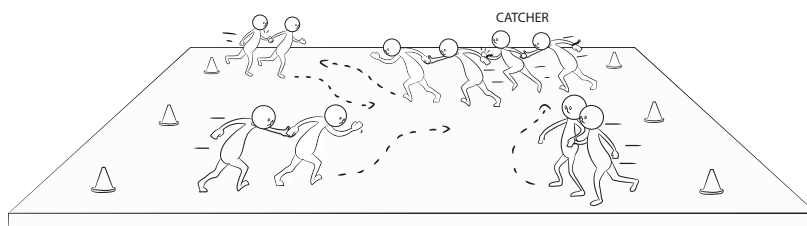
## Pairs tag

Introduction  
Time: ~ 10 min

**What you need:** Colour bands

### How to play

The teacher marks an area with cones. All the learners form pairs by holding hands. One of these pairs is the catcher, and is marked with a colour band. As soon as another pair is caught, this pair has to be marked with a colour band as well and becomes a catcher. The last pair left without a colour band wins the game.



### Goal of the game

- To co-ordinate with other teammates, as to where and when to run to escape the catchers.

**What to watch for:** Check that the learners always stay together. A pair can only tag another pair when they are holding each other's hands.

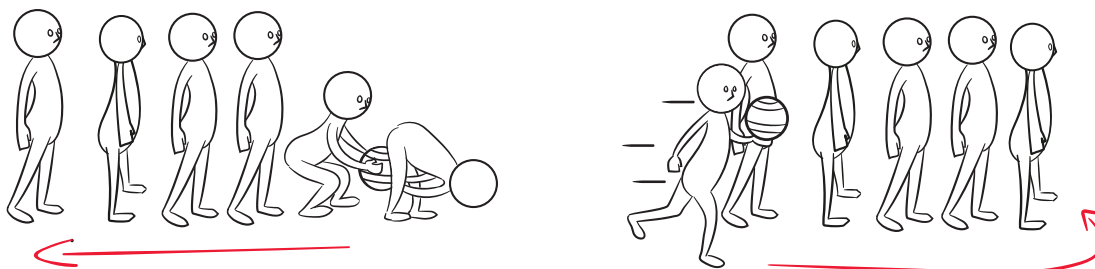
## The snake

Main part  
Time: ~ 10 min

**What you need:** 6 Balls (soccer balls)

### How to play

Divide the class into 6 groups. The learners stand behind each other with their legs open. The learner standing at the top of the line is given a ball. As soon as the teacher gives the start signal, learners pass the ball under the legs. When the ball reaches the last learner in the line, the learner takes the ball and runs to the top of the snake. Every learner has to pass the ball through twice. As soon as one group has finished, they can sit on the floor.



### Goal of the game

- To pass the ball under the legs with learners standing one behind the other

**What to watch for:** The teacher should tell the learners to stand as close to each other as possible, to be faster.

# Cat and mouse

Main part  
Time: ~ 10 min

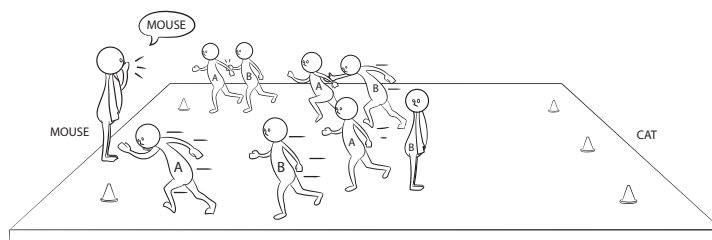
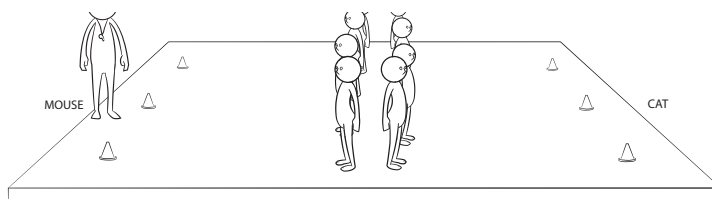
**What you need:** No equipment required

## How to play

The learners stand in the middle of the playing field, back facing back, with a distance of about one meter between them. The leader defines an end zone on either side.

One side is designated as the cat side and the other as the mouse side.

When the teacher shouts mouse then the learners from the mouse side have to run to their end zone while the cats try to catch them.



## Goal of the game

- To practise reaction drills

**What to watch for:** The learners should concentrate and be quiet while waiting for the signal.

# Drawing message

Cool down  
Time: ~ 10 min

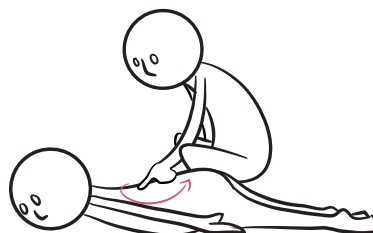
**What you need:** No equipment required

## How to play

The teacher divides the learners into pairs. One learner lies on the floor while the other one 'paints' something on the back of the first learner, with a finger.

The learner lying on the floor has to guess what was drawn. After 4 to 5 drawings the learners change roles.

The teacher divides the children into pairs. One child lies on the floor while the other is sitting on the back of the first child, with a finger. The child lying on the floor has to guess what was drawn. After 4 to 5 drawings the children change roles.



## Goal of the game

- To relax and cool down the body

**What to watch for:** The learners should be as quiet as possible during the exercise.



# Assessment: Physical education

First and last name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

**Rating:**      **5 points:** Meets the expectations with excellence

**3 - 4 points:** Meets the expectations

**1 - 2 points:** Doesn't meet all the expectations

**0 points:** Did not meet any expectations

	Term 1	Term 2	Term 3	Term 4
1) Participation				
2) Concentration / endurance				
3) Learning progress				
4) Meets the objectives of activities				
5) Social interactive skills				
6) Commitment/ attitude				
<b>Total points (max 30):</b>				
<b>Mark:</b>				

**General comments:**

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**Scale of achievement: Grading**

Total points	Percentage	Final mark
0-8	Not achieved	1
9-12	Elementary achievement	2
13-15	Moderate achievement	3
16-18	Adequate achievement	4
19-21	Substantial achievement	5
22-24	Meritorious achievement	6
25-30	Outstanding achievement	7



# Balance

Physical education: Foundation phase

## Equipment

- Cones
- Chalks

## Pirate ships

Introduction  
Time: ~ 10 min

**What you need:** Cones

### How to play

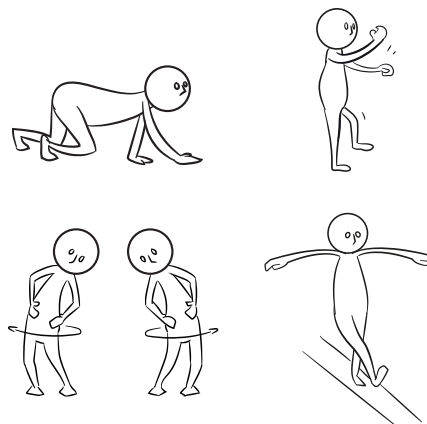
Mark out a specific area. The learners move freely (run, skip, hop) in the marked area and should pay attention for the following signals:

**Scrub the Floor:** Fall to your knees and pretend to scrub the floor.

**Climb the Rails:** Pretend to climb rails.

**Captain's Wife:** Put your hands on your hips and move in a circular motion.

**Walk the Plank:** Walk in a perfectly straight line, one foot exactly in front of the other, with arms outstretched to the sides.



### Goal of the game

- To react quickly; to listen to the teacher's instructions; to improve agility, balance and running

**What to watch for:** Make sure the learners listen carefully and check that they remember what the different instructions mean.

## Under the sea

Main part  
Time: ~ 10 min

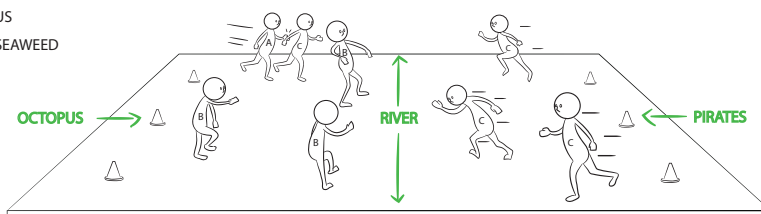
**What you need:** Cones

### How to play

One of the learners is the 'octopus', who is the catcher, standing on one side of the field of play (river). The other learners are 'pirates' and have to try and reach the other side of the room (river) without being caught by the octopus. If they are caught while trying to run across, they stand where they are caught and become 'funky seaweed'. A 'funky seaweed' stands on one foot and may NOT move his or her feet, but can catch others with his or her hands as they try to cross the river.

If the funky seaweed catches a learner trying to cross, that learner also becomes a funky seaweed. The objective of the game is to try and cross the river without being caught.

A: OCTOPUS  
B: FUNKY SEAWEEED  
C: PIRATES



### Goal of the game

- To improve control, co-ordination and balance (balance on one leg) skills

**What to watch for:** The teacher should ensure fair play and that the learners do not cheat. Learners are allowed to change from one foot to another after a while.



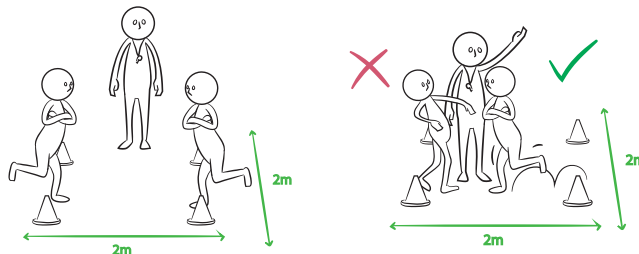
# Who rules the roost

Main part  
Time: ~ 10 min

**What you need:** Cones and chalk or something to mark the playing field

## How to play

Divide the learners into pairs. The learners should mark an area of 2 x 2 m (chalk, cones ...) The learners stand on one leg, with crossed arms. On a command, the two (one on one leg) bounce towards each other and try to push their opponent out of the field, or try to get their opponent to lose balance and place the second leg on the ground. A learner who puts down both feet, or steps out of the field of play, loses the round. After 2 minutes, change the pairs.



## Goal of the game

- To improve control, co-ordination and balancing skills

**What to watch for:** It is exciting when the winners of each round, and then of the final round, compete against each other and a final winner can be determined

# Stretches

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

**1. Learner's Pose:** Kneel with toes touching and knees spread apart. Slowly bend over and touch the forehead to the ground. Arms can be at the sides, palms facing up, or extended in front of the head with palms on the floor. Inhale and exhale slowly and deeply; hold for 3 to 5 breaths.



**2. Cat and Cow:** Start on all fours with the spine and neck in a neutral position. The back should be flat like a tabletop. Eyes should look straight down to the ground. Inhale, drop the belly down and slowly lift the neck and head up. This is the cow half of the pose — picture a cow's hollow back with bony hips. Next, whilst exhaling, lift the belly and spine so the back is arched like a cat's. Eyes look toward the bellybutton.



**3. Butterfly stretch:** In a seated position, bend the knees and place the soles of the feet together. Hold the ankles with the hands. The legs now form the butterfly "wings." Elbows can be between the legs or resting on the knees. Gently press the knees down to increase the stretch. To add a spine stretch, bend forward from the upper back and reach the forehead toward the feet.



**4. Work in pairs:** Face one another in a seated position with legs stretched out and feet of partners touching. Holding hands, pull and push forwards and backwards, with soles of feet together.



## Goal of the game

- To relax muscles and stretch them deeply.
- Cat and Cow is good for the spine and also strengthens the abdominal muscles.
- The Butterfly stretch works the inner thighs and echoes the criss-cross pose.
- The pair work stretches the hamstrings.

**What to watch for:** The learners should breathe deeply while stretching. The learners should never force the stretches, but go to a point where they can feel the stretch.



# Balance

Physical education: Foundation phase

## Equipment

- Colour bands
- 8 Bean bags
- Cones

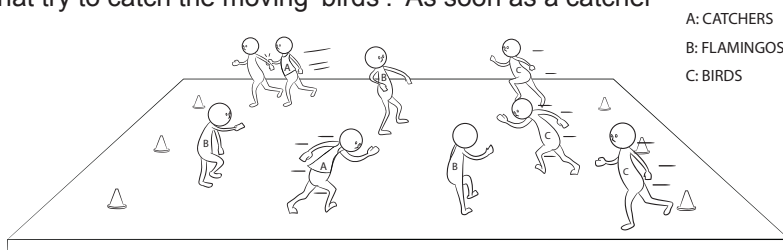
## Flamingo tag

Introduction  
Time: ~ 10 min

**What you need:** Colour bands, Cones

### How to play

The teacher marks an area with cones. The learners move freely in the room. The teacher selects about six catchers (to be marked with a colour band) that try to catch the moving 'birds'. As soon as a catcher can touch a bird, the bird becomes a 'flamingo' and should stand on one leg until another moving bird touches the flamingo. A learner who has become a 'flamingo' may count up to 10 and then change the leg, if he or she is not released for a long time. After a while, change roles.



### Goal of the game

- The catchers should transform as many birds as possible. The birds should escape as quickly as possible from the catchers.

**What to watch for:** Check whether it is too hard for the catchers, and if so, choose more catchers.

## Relay running

Main part  
Time: ~ 20 min

**What you need:** 8 Bean bags

### How to play

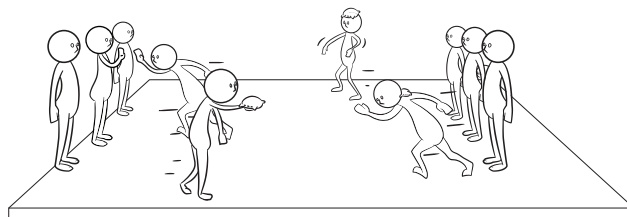
Divide the class into equal teams of about 8 to 10 members. Split each group into two equal-sized groups, A and B. The groups stand at either end of the hall in a line and face each other. When the teacher shouts "GO", the first members of groups A, standing at the top of the line, run towards group B. As soon as the runner has reached the first learner standing in line B, they need to give a 'high five'. Then runner B runs towards group A, claps, after which it is the next runner's turn, etc. After every learner has done Task 1, continue with the further tasks listed:

**Task 1:** Normal sprint

**Task 2:** Place a bean bag on your head and run as fast as possible to the other side.

**Task 3:** Place a bean bag on your neck and run as fast as possible to the other side.

**Task 4:** Place a bean bag on the back of your hand and run as fast as possible to the other side.



### Goal of the game

- To practice balancing a bean bag on different parts of the body

**What to watch for:** If a bean bag falls down, the learner has to go back to the place where it fell and can then keep going.

# Stretches

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

**1. Learner's Pose:** Kneel with toes touching and knees spread apart. Slowly bend over and touch the forehead to the ground. Arms can be at the sides, palms facing up, or extended in front of the head with palms on the floor. Inhale and exhale slowly and deeply; hold for 3 to 5 breaths.



**2. Cat and Cow:** Start on all fours with the spine and neck in a neutral position. The back should be flat like a tabletop. Eyes should look straight down to the ground. Inhale, drop the belly down and slowly lift the neck and head up. This is the cow half of the pose — picture a cow's hollow back with bony hips. Next, whilst exhaling, lift the belly and spine so the back is arched like a cat's. Eyes look toward the bellybutton.



**3. Butterfly stretch:** In a seated position, bend the knees and place the soles of the feet together. Hold the ankles with the hands. The legs now form the butterfly "wings." Elbows can be between the legs or resting on the knees. Gently press the knees down to increase the stretch. To add a spine stretch, bend forward from the upper back and reach the forehead toward the feet.



**4. Work in pairs:** Face one another in a seated position with legs stretched out and feet of partners touching. Holding hands, pull and push forwards and backwards, with soles of feet together.



## Goal of the game

- To relax muscles and stretch them deeply.
- Cat and Cow is good for the spine and also strengthens the abdominal muscles.
- The Butterfly stretch works the inner thighs and echoes the criss-cross pose.
- The pair work stretches the hamstrings.

**What to watch for:** The learners should breathe deeply while stretching. The learners should never force the stretches, but go to a point where they can feel the stretch.



# Balance

Physical education: Foundation phase

## Equipment

- Cones
- 8 Bean bags

## Pirate ships

Introduction  
Time: ~ 10 min

**What you need:** Cones

### How to play

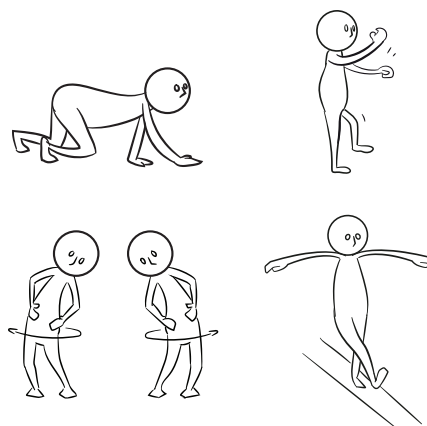
Mark out a specific area. The learners move freely (run, skip, hop) in the marked area and should pay attention for the following signals:

**Scrub the Floor:** Fall to your knees and pretend to scrub the floor.

**Climb the Rails:** Pretend to climb rails.

**Captain's Wife:** Put your hands on your hips and move in a circular motion.

**Walk the Plank:** Walk in a perfectly straight line, one foot exactly in front of the other, with arms outstretched to the sides.



### Goal of the game

- To react quickly; to listen to the teacher's instructions; to improve agility, balance and running

**What to watch for:** Make sure the learners listen carefully and check that they remember what the different instructions mean.

## Relay running

Main part  
Time: ~ 20 min

**What you need:** 8 Bean bags

### How to play

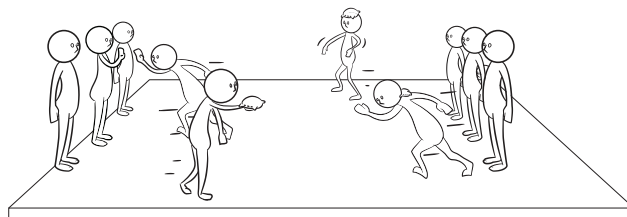
Divide the class into equal teams of about 8 to 10 members. Split each group into two equal-sized groups, A and B. The groups stand at either end of the hall in a line and face each other. When the teacher shouts "GO", the first members of groups A, standing at the top of the line, run towards group B. As soon as the runner has reached the first learner standing in line B, they need to give a 'high five'. Then runner B runs towards group A, claps, after which it is the next runner's turn, etc. After every learner has done Task 1, continue with the further tasks listed:

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**Task 3:** Place a bean bag on your neck and run as fast as possible to the other side.

**Task 4:** Place a bean bag on the back of your hand and run as fast as possible to the other side.



### Goal of the game

- To practice balancing a bean bag on different parts of the body

**What to watch for:** If a bean bag falls down, the learner has to go back to the place where it fell and can then keep going.

# Stretches

Cool down  
Time: ~ 10 min

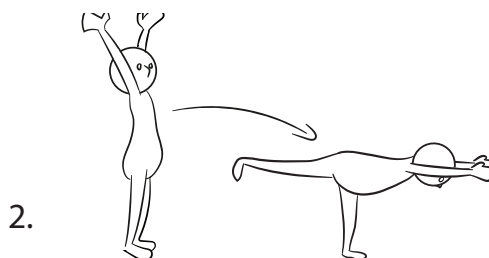
**What you need:** No equipment required

## How to play

1. **Learner's Pose:** Kneel with toes touching and knees spread apart. Slowly bend over and touch the forehead to the ground. Arms can be at the sides, palms facing up, or extended in front of the head with palms on the floor. Inhale and exhale slowly and deeply; hold for 3 to 5 breaths.



2. **Airplane:** Tense your whole body. Stand with feet together, arms at sides, and gaze at a spot on the ground about 5 feet ahead, for balance. Lift your left foot backwards in a straight line, at the same time bending forward until the left leg and chest are parallel to the ground. Switch sides and repeat. Be sure to keep the back flat, parallel to floor.



3. **Tow-party-airplane:** Divide the learners into pairs. One learner, the base, positions him- or herself on the floor on all fours and tries to maintain good tension. The other learner, the flyer, positions him- or herself on the back of the base. The flyer lies with his/her belly on the back of the base and tries to hold his/her body in full tension. Arms are stretched to the side. Switch roles and repeat.



## Goal of the game

- To cool down, improve balance, and introduce the learners to acrobatics

**What to watch for:** Check that the learners are able to keep their balance, and that they know how to tense their bodies.



# Balance

Physical education: Foundation phase

## Equipment

- 6 Colour bands
- Chalks
- Cones

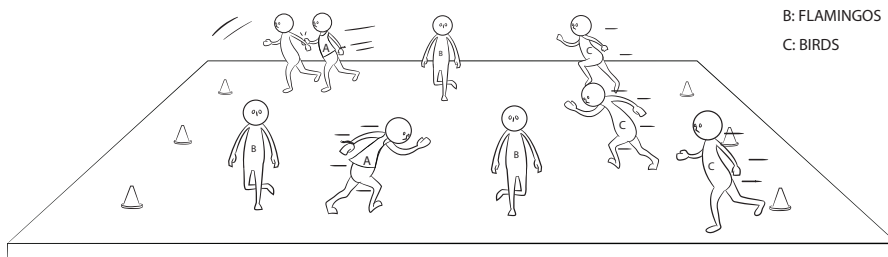
## Flamingo tag

Introduction  
Time: ~ 10 min

**What you need:** Colour bands, Cones

### How to play

The teacher marks an area with cones. The learners move freely in the room. The teacher selects about six catchers (to be marked) that try to catch the moving 'birds'. As soon as a catcher can touch a bird, the bird becomes a 'flamingo' and should stand on one leg until another moving bird touches the flamingo. A learner who has become a 'flamingo' may count up to 10 and then change the leg, if he or she is not released for a long time. After a while, change roles.



### Goal of the game

- The catchers should transform as many birds as possible. The birds should escape as quickly as possible from the catchers.

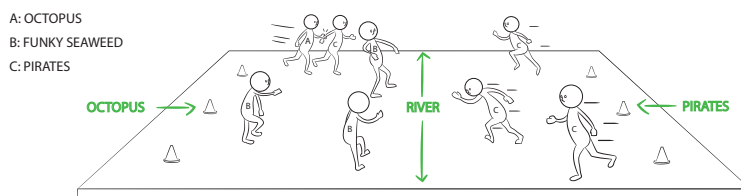
## Under the sea

Main part  
Time: ~ 10 min

**What you need:** Cones

### How to play

One of the learners is the 'octopus', who is the catcher, standing on one side of the field of play (river). The other learners are 'pirates' and have to try and reach the other side of the room (river) without being caught by the octopus. If they are caught while trying to run across, they stand where they are caught and become 'funky seaweed'. A 'funky seaweed' stands on one foot and may NOT move his or her feet, but can catch others with his or her hands as they try to cross the river. If the funky seaweed catches a learner trying to cross, that learner also becomes a funky seaweed. The object of the game is to try and cross the river without being caught.



### Goal of the game

- To improve control, co-ordination and balance (balance on one leg) skills

**What to watch for:** The teacher should ensure fair play and that the learners do not cheat. Learners are allowed to change from one foot to another after a while.

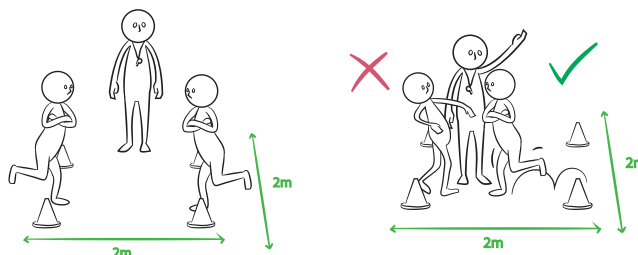
# Who rules the roost

Main part  
Time: ~ 10 min

**What you need:** Cones and chalk or something to mark the playing field

## How to play

Divide the learners into pairs. The learners should mark an area of 2 x 2 m (chalk, cones ...) The learners stand on one leg, with crossed arms. On a command, the two (one on one leg) bounce towards each other and try to push their opponent out of the field, or try to get their opponent to lose balance and place the second leg on the ground. A learner who puts down both feet, or steps out of the field of play, loses the round. After 2 minutes, change the pairs.



## Goal of the game

- To improve control, co-ordination and balancing skills

**What to watch for:** It is exciting when the winners of each round, and then of the final round, compete against each other and a final winner can be determined

# Stretches

Cool down  
Time: ~ 10 min

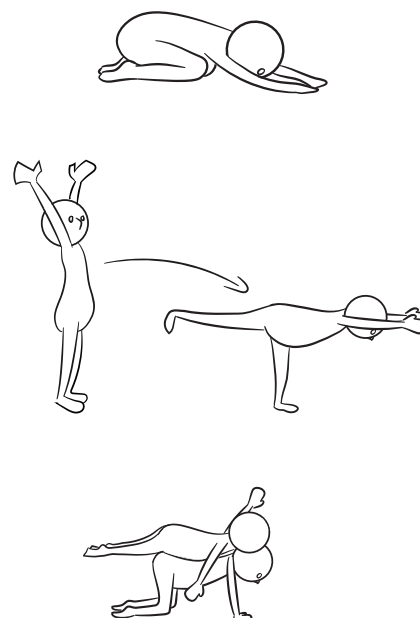
**What you need:** No equipment required

## How to play

1. Learner's Pose: Kneel with toes touching and knees spread apart. Slowly bend over and touch the forehead to the ground. Arms can be at the sides, palms facing up, or extended in front of the head with palms on the floor. Inhale and exhale slowly and deeply; hold for 3 to 5 breaths.

2. Airplane: Tense your whole body. Stand with feet together, arms at sides, and gaze at a spot on the ground about 5 feet ahead, for balance. Lift your left foot backwards in a straight line, at the same time bending forward until the left leg and chest are parallel to the ground. Switch sides and repeat. Be sure to keep the back flat, parallel to floor.

3. Tow-party-airplane: Divide the learners into pairs. One learner, the base, positions him- or herself on the floor on all fours and tries to maintain good tension. The other learner, the flyer, positions him- or herself on the back of the base. The flyer lies with his/her belly on the back of the base and tries to hold his/her body in full tension. Arms are stretched to the side. Switch roles and repeat.



## Goal of the game

- To cool down, improve balance, and introduce the learners to acrobatics

**What to watch for:** Check that the learners are able to keep their balance, and that they know how to tense their bodies.





# Spatial orientation

Physical education: Foundation phase

## Equipment

- Cones

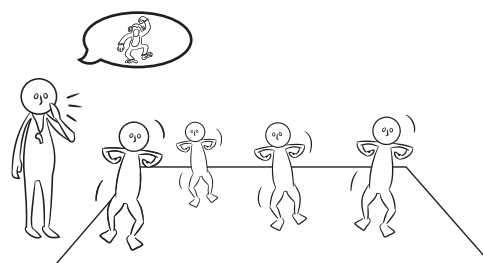
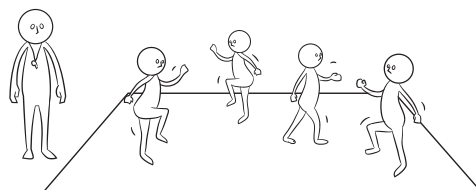
## Imitate animals

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The teacher should ask the learners to name any animals, birds or insects that fly, sneak, crawl or walk on two legs. He or she begins the game by telling the learners to skip around a specified area. When the teacher calls out a name of an animal, bird or insect, for example "mouse", the learners need to pretend to be that animal, such as a mouse, by crawling on the floor and making their bodies as small as possible. They can also try to imitate the particular sounds of that animal. The teacher calls out the name of a different bird, animal or insect every 30 to 45 seconds. The game ends at the teacher's discretion.



### Goal of the game

- The key to the game is that the learners make the right choice between crawling, walking and flying, depending on the name the teacher calls out. The learners should stretch and curl to make the body as tall or as small, as long or as short, as possible.

**What to watch for:** The teacher should try to choose many different animals, so that the learners have to move and stretch a lot.

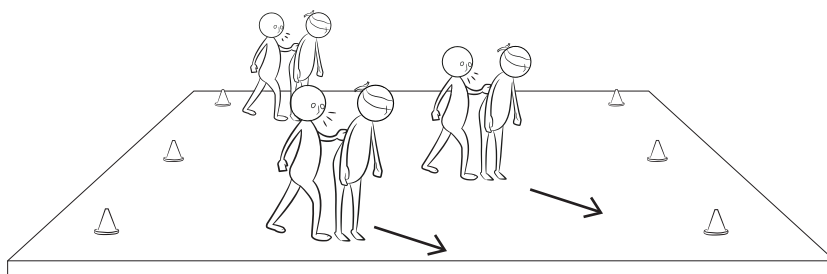
## Blind person's guide

Main part  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The teacher should divide the learners into pairs. One learner is the 'blind person's guide' and the other learner is the 'blind person'. The blind person closes his eyes or uses the colour band to cover the eyes. The guide calls out the directions: go straight forward, go to the right, go to the left, go backwards etc. The learners must change roles at the teacher's instruction.



### Goal of the game

- To improve spatial orientation, to learn to trust their partners, and to follow directions

**What to watch for:** The teacher should check that the learners's eyes are closed.



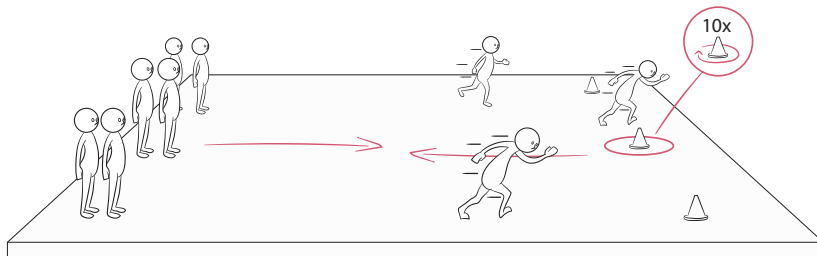
# Drunken sailor

Main part  
Time: ~ 10 min

**What you need:** One cone per group

## How to play

The teacher divides the learners into groups of 6, with the learners in each group standing in a line. This is a relay race. He or she places a cone 30 meters in front of each group. On the teacher's sign, the first learner of each group runs towards his/her cone. When at the cone, the learner must touch the cone with one hand, moving around the cone 10 times, and then run back to his/her group as fast as possible. Every learner runs twice. The first team to finish the race wins the game.



## Goal of the game

- To try to stay oriented, in spite of moving around the cone and becoming dizzy

**What to watch for:** The teacher should check that the learners are starting at the right time (when the team mate gives a runner a high five).

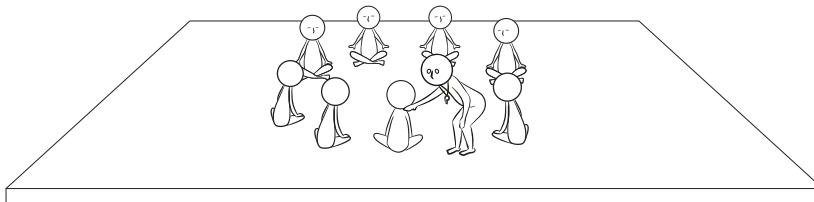
# The sandman

Cool down  
Time: ~ 10 min

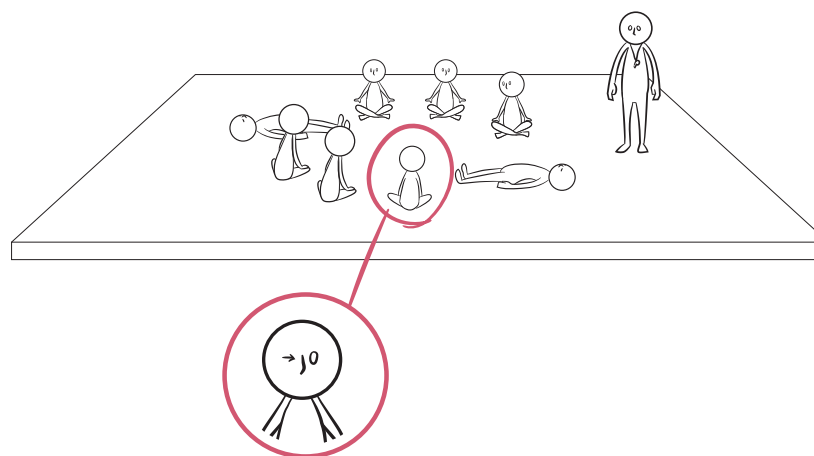
**What you need:** No equipment required

## How to play

The learners should form a large circle, sitting down and facing inward. All the learners close their eyes, while the teacher moves around the circle and taps one learner on the shoulder to be the 'sandman'.



The role of the sandman is to wink at other learners secretly. If a learner is winked at, he or she must "fall asleep", dramatically, and lie down. Learners may guess who the sandman is.



If they are correct, the game is over. If they are incorrect, they fall into a never-ending sleep. After one round has finished, change the sandman and start again.

## Goal of the game

- To be attentive and try to track down the Sandman

**What to watch for:** The teacher must ensure that the learners are obedient and fall asleep if they are winked at.



# Spatial orientation

Physical education: Foundation phase

## Equipment

- Chalk, ropes, cones or shoes
- Different obstacles
- 12 hoops
- 10 ropes
- Cones

## Healthy or unhealthy?

Introduction  
Time: ~ 10 min

**What you need:** Either chalk, ropes, cones or shoes

### How to play

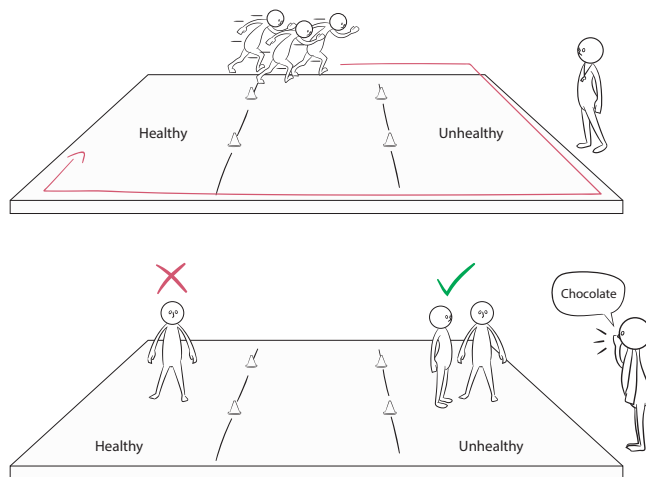
The teacher marks two areas on the sports field. One area is the 'healthy' area, the other area is the 'unhealthy' area. The learners should name any healthy food they know. Then they name types of food that are unhealthy.

The learners run around the entire area. The teacher names a type of food, for example, chocolate. If the learners think that the food is healthy, they should run to the 'healthy' area. If they think this food is unhealthy, they run to the 'unhealthy' area. The teacher then calls for a short break to discuss with the learners whether the food they decided was healthy or unhealthy in fact is, and why. Repeat the process.

For example: French fries: Unhealthy. The learners must run towards the unhealthy side. Ask the learners why this food is unhealthy. Possible answers: It is very fatty and does not have a lot of vitamins.

### Goal of the game

- To learn nutritional facts, and to raise the pulse



**What to watch for:** The teacher should talk directly to the learners and ask them about their knowledge.

## Blind person's guide

Main part  
Time: ~ 10 min

**What you need:** Different obstacles

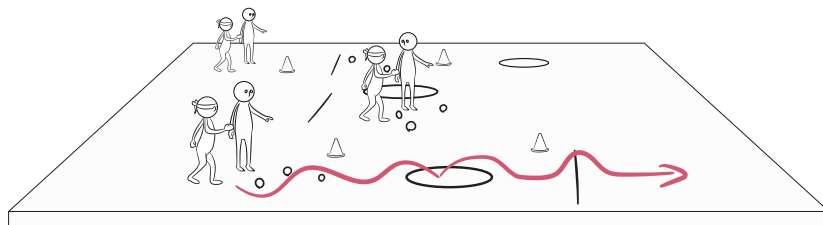
### How to play

The teacher distributes objects all over the playing field: hula hoops, ropes, balls, etc. Divide the learners into pairs. One learner is the 'blind person's guide' and the other learner is the 'blind' person (who has his or her eyes closed or covers eyes with colour band).

The guide names the directions: go straight forward, go to the right, go to the left, go backwards, jump, crawl etc. This time, the guide really needs to pay attention because there are a lot of obstacles around. The goal of the game is not to touch any obstacle. After the teacher's initial instructions, the learners must change their roles.

### Goal of the game

- To develop spatial orientation, to learn to trust their partners, to learn to follow directions, to avoid touching any obstacle



**What to watch for:** The teacher should ensure that the 'blind' person closes his or her eyes.

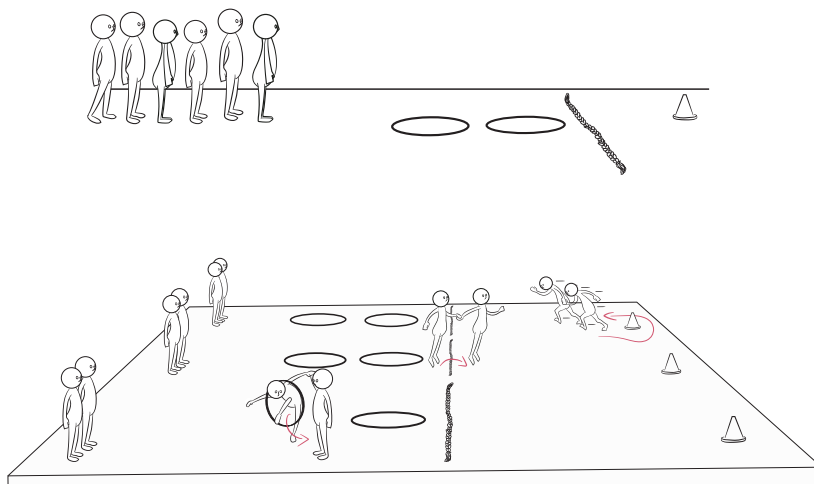
# Obstacle run

Main part  
Time: ~ 10 min

**What you need:** 12 hoops, 10 ropes, cones

## How to play

The teacher divides the learners into groups of 8 to 10 learners. The learners in each group stand in one line. This is a relay race. Place 2 hoops and one rope in front of each group, and a cone 30 meters from the front of the line (this marks the turning point). On the teacher's sign, the first two learners hold each other's hands and run towards the hoops. They go through both hoops, jump over the rope with both legs, run to the cone, and turn back to the group at that point. They must never let go of each other's hands. When the learners return to their rows, they should 'high five' the next two learners, so they can run the obstacles race.



## Goal of the game

- To jump over and move under obstacles, and to use the senses to navigate their bodies through various obstacles

**What to watch for:** If there are not enough hoops available, find other obstacles.

# The sandman

Cool down  
Time: ~ 10 min

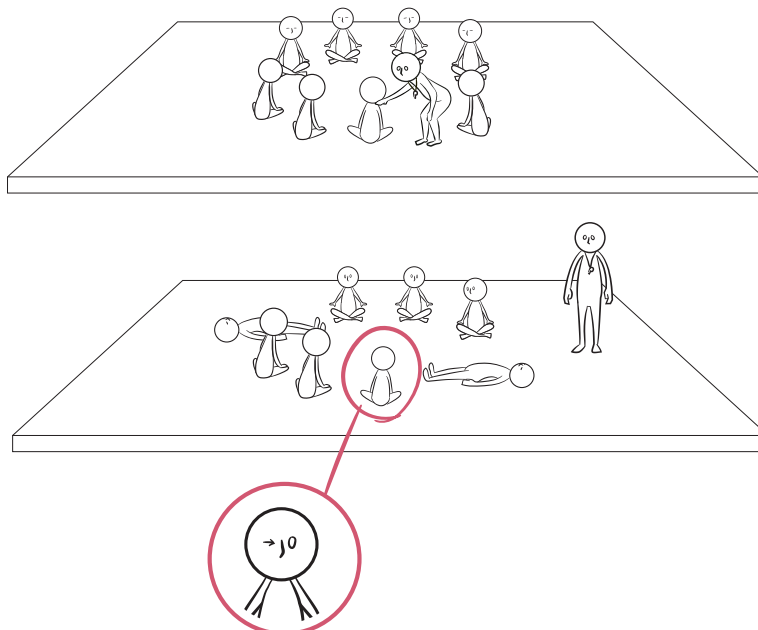
**What you need:** No equipment required

## How to play

The learners should form a large circle, sitting down and facing inward. All the learners close their eyes, while the teacher moves around the circle and taps one learner on the shoulder to be the 'sandman'.

The role of the sandman is to wink at other learners secretly. If a learner is winked at, he or she must "fall asleep", dramatically, and lie down. Learners may guess who the sandman is.

If they are correct, the game is over. If they are incorrect, they fall into a never-ending sleep. After one round has finished, change the sandman and start again.



## Goal of the game

- To be attentive and try to track down the Sandman

**What to watch for:** The teacher must ensure that the learners are obedient and fall asleep if they are winked at.



# Spatial orientation

Physical education: Foundation phase

## Equipment

- 12 Hoops
- 10 Ropes
- Cones

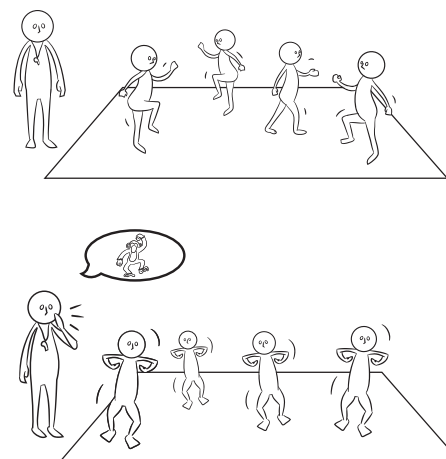
## Imitate animals

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The teacher should ask the learners to name any animals, birds or insects that fly, sneak, crawl or walk on two legs. He or she begins the game by telling the learners to skip around a specified area. When the teacher calls out a name of an animal, bird or insect, for example “mouse”, the learners need to pretend to be that animal, such as a mouse, by crawling on the floor and making their bodies as small as possible. They can also try to imitate the particular sounds of that animal. The teacher calls out the name of a different bird, animal or insect every 30 to 45 seconds. The game ends at the teacher’s discretion.



### Goal of the game

- The key to the game is that the learners make the right choice between crawling, walking and flying, depending on the name the teacher calls out. The learners should stretch and curl to make the body as tall or as small, as long or as short, as possible.

**What to watch for:** The teacher should try to choose many different animals, so that the learners have to move and stretch a lot.

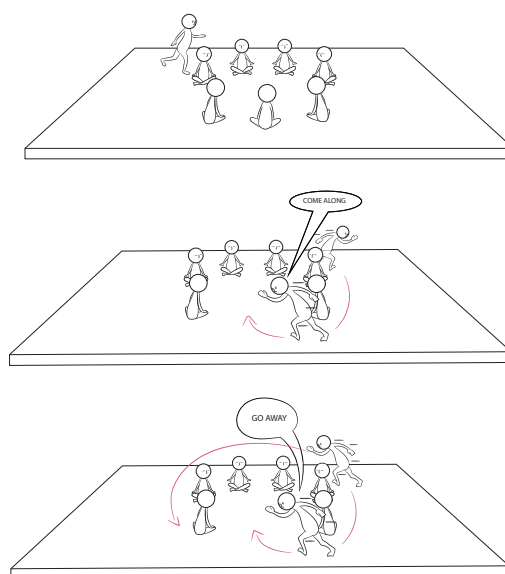
## Come along, get away!

Main part  
Time: ~ 10 min

**What you need:** Different obstacles

### How to play

The learners form a circle (facing each other) and close their eyes. They are the ‘villagers’, who are sleeping because it is night and they have had a long, hard day of work. One of the learners is the ‘tiger’, that is not part of the circle. He is creeping around the village and watching for a good opportunity for prey. Suddenly he stops and attacks the village: he nudges a villager on the back and tells him either: “Come along!” (which means the learner must run after the tiger) or “Get away!” (which means the learner must run around the circle the other way). The goal of the villager is to capture the tiger, before the tiger takes one of the villager’s places. The goal of the tiger is to run as fast as he can around the circle and to occupy the free place of the villager. If the tiger is faster than the villager, the villager becomes the new tiger, and the game starts again.



### Goal of the game

- To be attentive and always ready to run, to try to run as fast as possible, and to try to occupy the free place first

**What to watch for:** The teacher should check that all the learners close their eyes. The tiger should creep silently. After two rounds with the same tiger, change the roles and choose a new tiger.

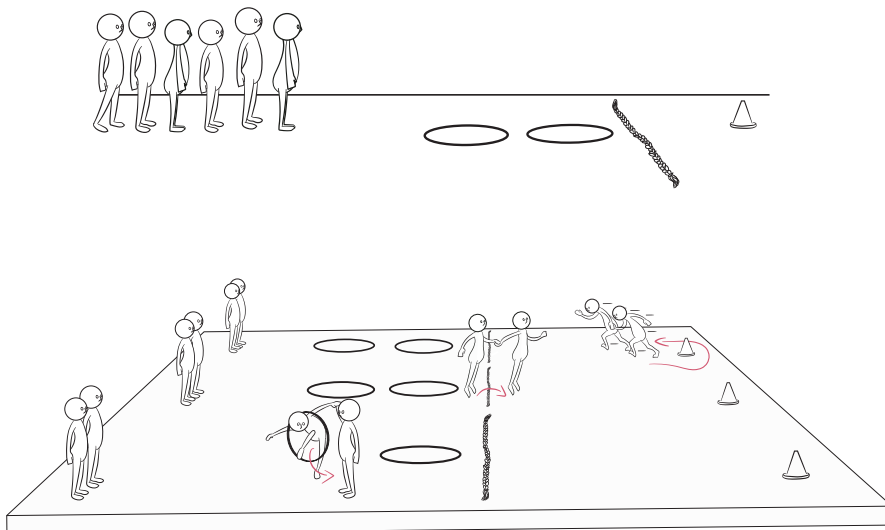
# Obstacle run

Main part  
Time: ~ 10 min

**What you need:** 12 hoops, 10 ropes, cones

## How to play

The teacher divides the learners into groups of 8 to 10 learners. The learners in each group stand in one line. This is a relay race. Place 2 hoops and one rope in front of each group, and a cone 30 meters from the front of the line (this marks the turning point). On the teacher's sign, the first two learners hold each other's hands and run towards the hoops. They go through both hoops, jump over the rope with both legs, run to the cone, and turn back to the group at that point. They must never let go of each other's hands. When the learners return to their rows, they should 'high five' the next two learners, so they can run the obstacles race.



## Goal of the game

- To jump over and move under obstacles, and to use the senses to navigate their bodies through various obstacles

**What to watch for:** If there are not enough hoops available, find other obstacles.

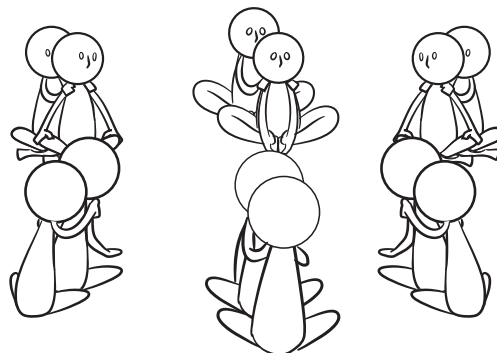
# Massage in a circle

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The learners sit in a circle with each learner facing the back of the learner next to him or her. Each learner massages the back in front of him or her until the teacher gives the signal to turn around and swap the massagers and backs (after 2 minutes). Each learner then massages the back of the next learner sitting in front of him or her.



## Goal of the game

- To relax deeply, whilst massaging the back of another learner

**What to watch for:** The teacher should ensure that the learners are aware of each other's feelings, and that they do not massage too hard or too soft.



# Spatial orientation

Physical education: Foundation phase

## Equipment

- Chalk or ropes or cones or shoes
- 10 Cones

## Healthy or unhealthy?

Introduction  
Time: ~ 10 min

**What you need:** Either chalk, ropes, cones or shoes

### How to play

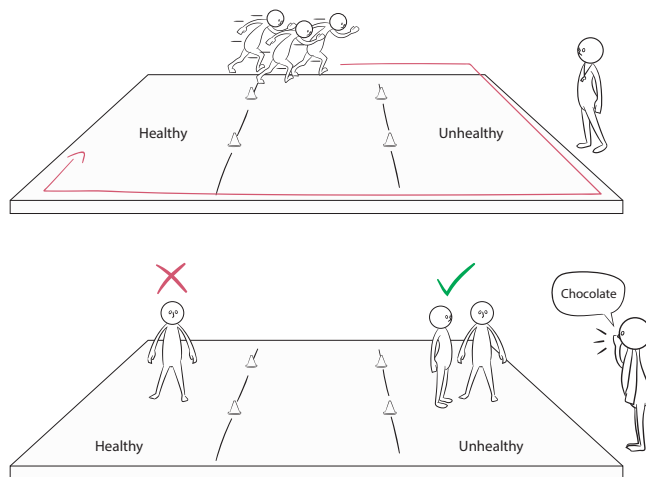
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The learners run around the entire area. The teacher names a type of food, for example, chocolate. If the learners think that the food is healthy, they should run to the 'healthy' area. If they think this food is unhealthy, they run to the 'unhealthy' area. The teacher then calls for a short break to discuss with the learners whether the food they decided was healthy or unhealthy in fact is, and why. Repeat the process.

For example: French fries: Unhealthy. The learners must run towards the unhealthy side. Ask the learners why this food is unhealthy. Possible answers: It is very fatty and does not have a lot of vitamins.

### Goal of the game

- To learn nutritional facts, and to raise the pulse



**What to watch for:** The teacher should talk directly to the learners and ask them about their knowledge.

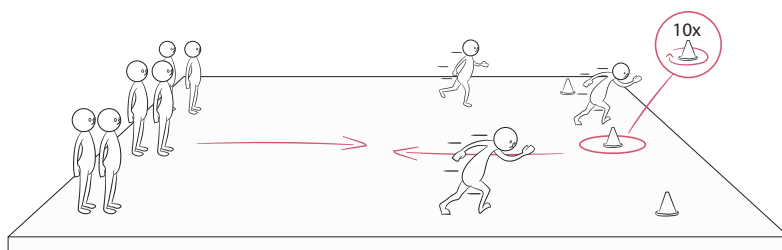
## Drunken sailor

Main part  
Time: ~ 10 min

**What you need:** One cone per group

### How to play

The teacher divides the learners into groups of 6, with the learners in each group standing in a line. This is a relay race. He or she places a cone 30 meters in front of each group. On the teacher's sign, the first learner of each group runs towards his/her cone. When at the cone, the learner must touch the cone with one hand, moving around the cone 10 times, and then run back to his/her group as fast as possible. Every learner runs twice. The first team to finish the race wins the game.



### Goal of the game

- To try to stay oriented, in spite of moving around the cone and becoming dizzy

**What to watch for:** The teacher should check that the learners are starting at the right time (when the team mate gives a runner a high five).



# Come along, get away!

Main part  
Time: ~ 10 min

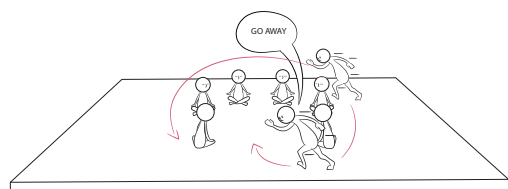
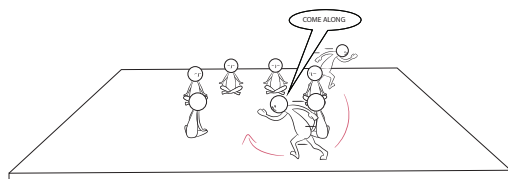
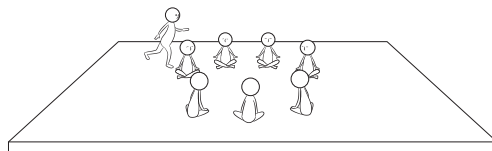
**What you need:** Different obstacles

## How to play

The learners form a circle (facing each other) and close their eyes. They are the 'villagers', who are sleeping because it is night and they have had a long, hard day of work.

One of the learners is the 'tiger', that is not part of the circle. He is creeping around the village and watching for a good opportunity for prey. Suddenly he stops and attacks the village: he nudges a villager on the back and tells him either: "Come along!" (which means the learner must run after the tiger) or "Get away!" (which means the learner must run around the circle the other way).

The goal of the villager is to capture the tiger, before the tiger takes one the villager's places. The goal of the tiger is to run as fast as he can around the circle and to occupy the free place of the villager. If the tiger is faster than the villager, the villager becomes the new tiger, and the game starts again



## Goal of the game

- To be attentive and always ready to run, to try to run as fast as possible, and to try to occupy the free place first

**What to watch for:** The teacher should check that all the learners close their eyes. The tiger should creep silently. After two rounds with the same tiger, change the roles and choose a new tiger.

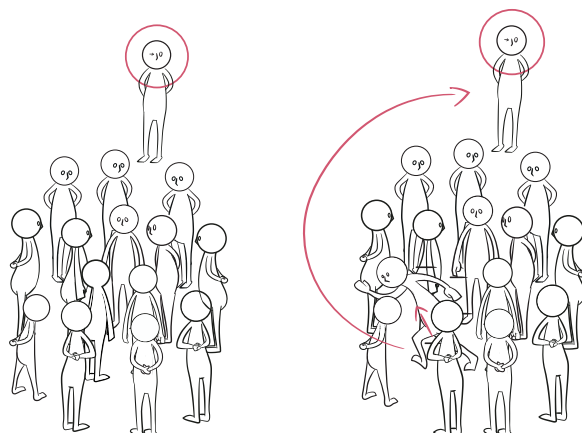
# Friend scout

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

Divide the learners into two teams and form two big circles. All the learners stand in pairs with a gap of half a meter between them. Players standing in the external circle have their hands behind their back. One player is alone (the 'blinker') and blinks to a player standing in the inner circle. This player tries to run as quickly as possible towards the blinker. The players in the external circle try to hold the runner back. The successful runner should become the new blinker and the blinker takes his/her place in the inner circle.



## Goal of the game

- To improve reaction time

**What to watch for:** The learners should be very attentive.



# Laterality

Physical education: Foundation phase

## Equipment

- 8 Balls
- 1 Hula hoop

## Pass the ball: Fireball

Introduction  
Time: ~ 10 min

**What you need:** About 8 balls

### How to play

The teacher divides the learners into circles of 7 to 10 learners. Every circle has one ball. The learners should keep the same order and repeat each round of tasks three times. The teacher tells the learners to imagine the ball is a fireball, and if a learner keeps it too long, he or she will get burned.

**Task 1:** Pass the ball with your dominant foot.

**Task 2:** Pass the ball with your non-dominant foot.

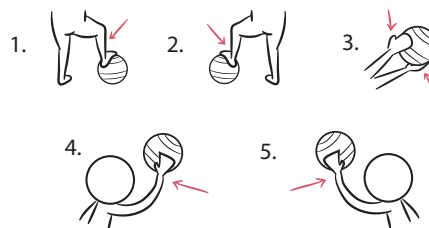
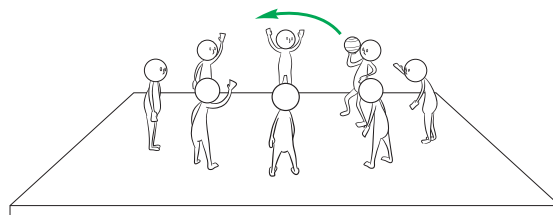
**Task 3:** Pass the ball with both hands.

**Task 4:** Throw the ball with your dominant hand.

**Task 5:** Throw the ball with your non-dominant hand

### Goal of the game

- The teacher should tell the learners to do a short trap and pass the ball directly to the next person. If it is too difficult, he or she should tell the learners to make the circle smaller.



**What to watch for:** The teacher should talk directly to the learners and ask them about their knowledge.

## Ostrich tag

Main part  
Time: ~ 10 min

**What you need:** 1 Hula hoop, 1 ball

### How to play

The teacher selects five catchers, who need to touch as many learners they can. The other learners fly and duck the catchers. As soon as a catcher has touched a free moving learner, he or she becomes an ostrich. The ostrich can be released by jumping on one leg to another ostrich, and giving it a 'high five'. After that both ostriches are free. After 4 to 5 minutes, change the catchers and also the task for the ostriches:

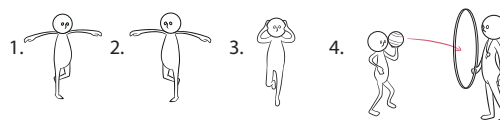
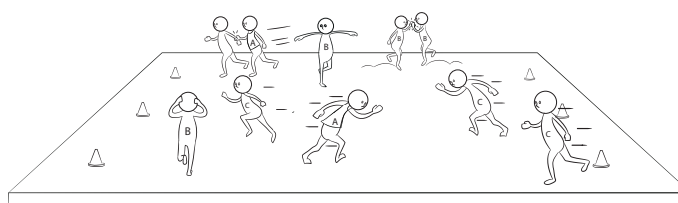
**Task 1:** Stand on the dominant leg.

**Task 2:** Stand on the non-dominant leg.

**Task 3:** Stand on the non-dominant leg, hands covering the ears.

**Task 4:** Go to the teacher who is holding a hoop. From a distance of 2 meters, throw a ball through the hoop (with dominant and then with non-dominant hand).

**Goal of the game:** To practise activities using the non-dominant side of the body; to balance on the non-dominant leg; and to throw a ball through a hoop with left and right hands alternatively.



**What to watch for:** Check that the learners have an upright and strong body position, so that they can keep their balance. Tell the learners to use their arms to keep their balance.



# Push-up fight

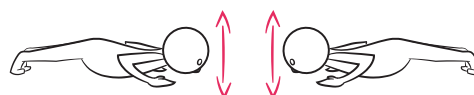
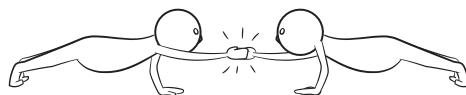
Main part  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

Divide the learners into pairs. Tell the learners to face each other and to move into a push-up position. They should repeat each task 3 times:

1. Clap each other's hands 20 times. Relax.
2. Boys: Do 7 push-ups. Girls: Do 5 push-ups. Relax.
3. On the teacher's signal, try to throw your partner off balance, by pulling their arms away. After two minutes, change pairs.



## Goal of the game

- To strengthen their bodies (core); to try to maintain balance; and to practise laterality.

**What to watch for:** The teacher should tell the learners to develop a technique to throw their opponent off balance. They should use both arms to fight.

# Bilateral breathing

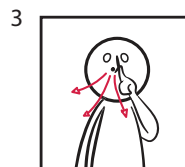
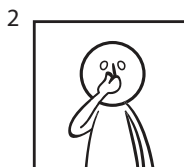
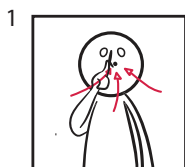
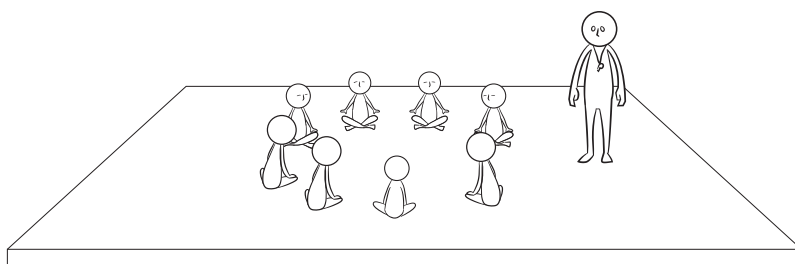
Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The learners sit down in a circle, close their eyes, and follow the instructions of the teacher. After one round, change sides. Complete the whole process a total of three to eight times:

1. Close the right nostril with the thumb of the right hand and inhale deeply through the left nostril for four seconds.
2. Hold both nostrils with the right thumb and the right ring finger and hold the air for about four seconds.
3. Finally, breathe as deeply as possible through the right



## Goal of the game

- To practise deep and rhythmic breathing, and to focus on laterality

**What to watch for:** The teacher should instruct the learners to breathe correctly and deeply.



# Laterality

Physical education: Foundation phase

## Equipment

- 1 Hula hoop
- 1 Ball
- Chalk or cones

## The wave

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The teacher divides the learners into circles of 7 to 10 learners. Every group has a leader. The leader always starts the wave by doing the task demanded. The wave moves to the right, until every learner has done the required task. The learners repeat every task three times and increase the speed in every round.

**Task 1:** Turn on the spot to the left side.

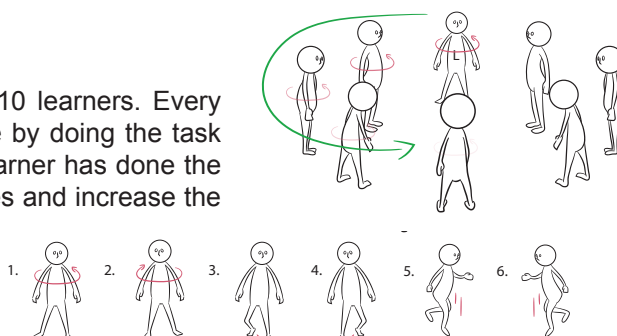
**Task 2:** Turn on the spot to the right side.

**Task 3:** Stamp with your right foot.

**Task 4:** Stamp with your left foot.

**Task 5:** Stand on your right foot and jump

**Task 6:** Stand on your left foot and jump.



### Goal of the game

- To learn to perform actions bilateral and avoid unbalancing.

**What to watch for:** Check whether the learners are able to change from right to left and whether there is a difference between the sides.

## Ostrich tag

Main part  
Time: ~ 10 min

**What you need:** 1 Hula hoop, 1 ball

### How to play

The teacher selects five catchers, who need to touch as many learners they can. The other learners fly and duck the catchers. As soon as a catcher has touched a free moving learner, he or she becomes an ostrich. The ostrich can be released by jumping on one leg to another ostrich, and giving it a 'high five'. After that both ostriches are free. After 4 to 5 minutes, change the catchers and also the task for the ostriches:

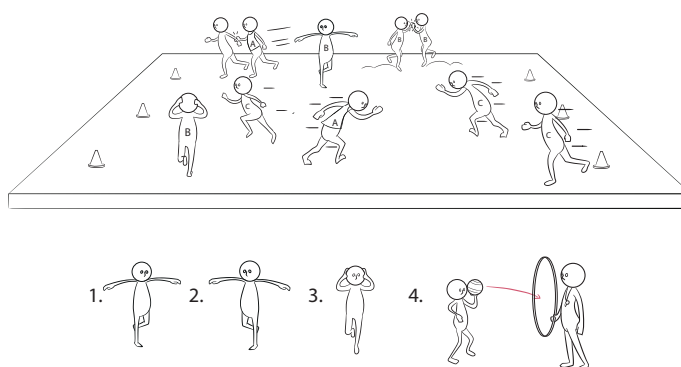
**Task 1:** Stand on the dominant leg.

**Task 2:** Stand on the non-dominant leg.

**Task 3:** Stand on the non-dominant leg, hands covering the ears.

**Task 4:** Go to the teacher who is holding a hoop. From a distance of 2 meters, throw a ball through the hoop (with dominant and then with non-dominant hand).

**Goal of the game:** To practise activities using the non-dominant side of the body; to balance on the non-dominant leg; and to throw a ball through a hoop with left and right hands alternatively.



**What to watch for:** Check that the learners have an upright and strong body position, so that they can keep their balance. Tell the learners to use their arms to keep their balance.

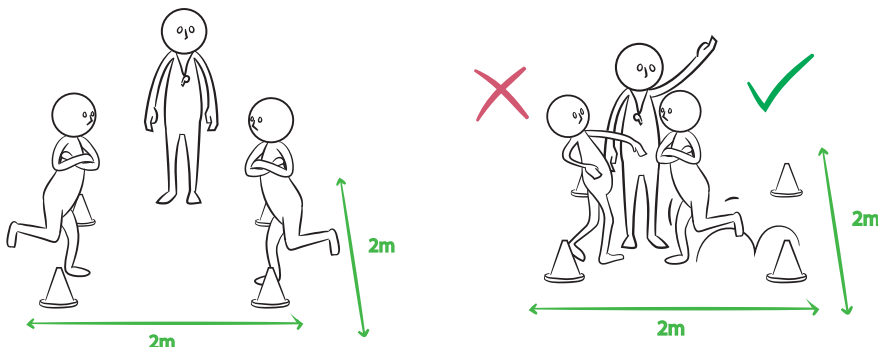
# Who rules the roost

Main part  
Time: ~ 10 min

**What you need:** Cones and chalk or something to mark the playing field

## How to play

Divide the learners into pairs. The teacher tells the learners to mark an area of 2 x 2 m (chalk, cones ...). The learners stand on their non-dominant foot, with crossed arms. On a command, the two (one on one leg) bounce towards each other and try to push their opponents out of the playing field, or to get the opponent to lose his or her balance and place the second leg on the ground. The learner who puts both feet on the ground, or steps out of the field, loses the round. After 2 minutes, change pairs.



## Goal of the game

- To improve control, co-ordination and balancing skills

**What to watch for:** It is exciting when the winners of each round and of the final round compete against each other, and a final winner can be determined.

# Bilateral breathing

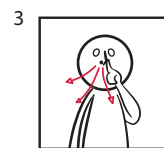
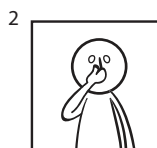
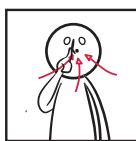
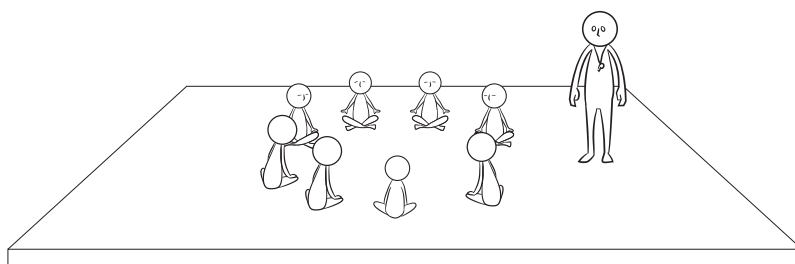
Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The learners sit down in a circle, close their eyes, and follow the instructions of the teacher. After one round, change sides. Complete the whole process a total of three to eight times:

1. Close the right nostril with the thumb of the right hand and inhale deeply through the left nostril for four seconds.
2. Hold both nostrils with the right thumb and the right ring finger and hold the air <sup>1</sup> for about four seconds.
3. Finally, breathe as deeply as possible through the right nostril for about eight seconds.



## Goal of the game

- To practise deep and rhythmic breathing, and to focus on laterality

**What to watch for:** The teacher should instruct the learners to breathe correctly and deeply.



# Laterality

Physical education: Foundation phase

## Equipment

- 8 Balls
- Cones or chalks

## Pass the Ball: Fireball

Introduction  
Time: ~ 10 min

**What you need:** About 8 balls

### How to play

The teacher divides the learners into circles of 7 to 10 learners. Every circle has one ball. The learners should keep the same order and repeat each round of tasks three times. The teacher tells the learners to imagine the ball is a fireball, and if a learner keeps it too long, he or she will get burned.

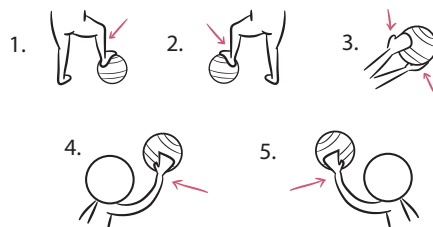
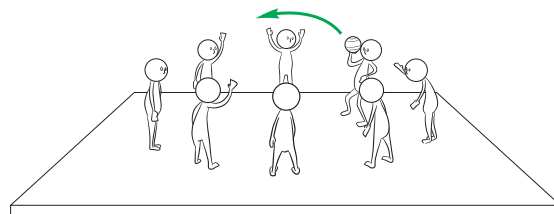
**Task 1:** Pass the ball with your dominant foot.

**Task 2:** Pass the ball with your non-dominant foot.

**Task 3:** Pass the ball with both hands.

**Task 4:** Throw the ball with your dominant hand.

**Task 5:** Throw the ball with your non-dominant hand



### Goal of the game

- The teacher should tell the learners to do a short trap and pass the ball directly to the next person. If it is too difficult, he or she should tell the learners to make the circle smaller.

**What to watch for:** The teacher should talk directly to the learners and ask them about their knowledge.

## Pirate Fight

Main part  
Time: ~ 10 min

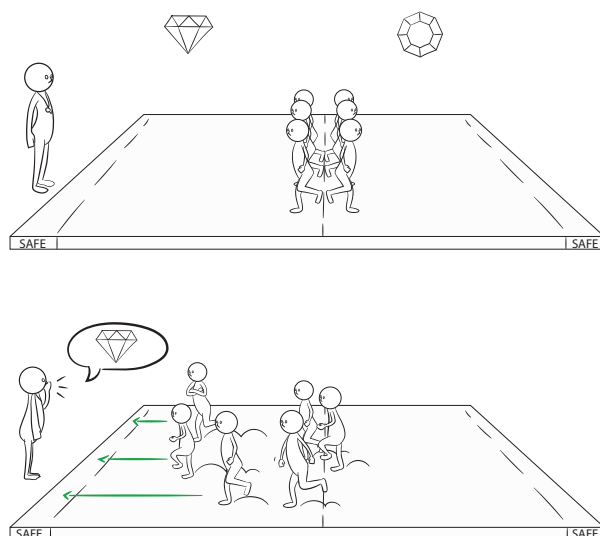
**What you need:** No equipment required

### How to play

The teacher divides the learners into two equal-sized teams which represent two pirate crews: The Diamonds and The Sapphires. He or she divides the play area into 4 sections, with 2 safety zones and 2 playing areas. The teacher asks the teams to line up along the centre line, with the learners standing on one foot, back to back. This is a tag game. When the teacher calls out "Diamonds" the Diamond pirates hop away and try to get to their safety zone before the other learners (Sapphire pirates) can catch them. When the teacher calls out "Sapphires" the game is repeated, but with the Sapphires and Diamonds swapping roles.

### Goal of the game

- To improve reaction skills, speed, and jumping on one leg



**What to watch for:** After every round, the teacher should tell the learners what leg they have to stand on: dominant or non-dominant. Check that pairs change. They should not play all the time with the same partner. They should also change the partner to get a new challenge.

# Who rules the roost

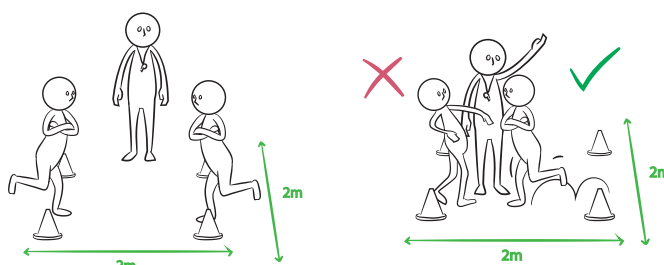
Main part  
Time: ~ 10 min

**What you need:** Cones and chalk or something to mark the playing field

## How to play

Divide the learners into pairs. The teacher tells the learners to mark an area of 2 x 2 m (chalk, cones ...). The learners stand on their non-dominant foot, with crossed arms.

On a command, the two (one on one leg) bounce towards each other and try to push their opponents out of the playing field, or to get the opponent to lose his or her balance and place the second leg on the ground, or steps out of the field, loses the round. After 2



## Goal of the game

- To improve control, co-ordination and balancing skills

**What to watch for:** It is exciting when the winners of each round and of the final round compete against each other, and a final winner can be determined.

# Isolations

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The teacher tells the learners to lie on the floor and close their eyes. He or she should instruct the learners to repeat each of the following tasks for about 20 seconds. After finishing Task 1 to 6, the learners should slowly stand up:

**Task 1:** Move your head from the right side to the left side and back.

**Task 2:** With your right arm, paint a big circle in the sky. After a few repetitions, change to the left arm.

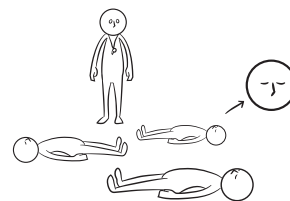
**Task 3:** With your right leg, paint a big circle in the sky. After a few repetitions, change to the left leg.

**Task 4:** Circle your right hand in one direction, and change the direction after a few repetitions.

**Task 5:** Circle your left hand in one direction, and change the direction after a few repetitions.

**Task 6:** Roll sideways to the right and then to the left.

**Task 7:** Move your whole body, stretch and pull.



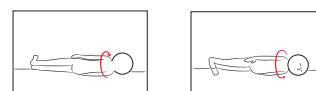
TASK 1



TASK 3



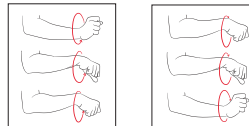
TASK 6



TASK 2



TASK 4 AND 5



TASK 7



## Goal of the game

- To feel and move the different parts of the body; to learn the difference between moving to the right and moving to the left; to learn to isolate one part of the body from the others.

**What to watch for:** The teacher should check that the learners are moving the required part in the required direction.



# Laterality

Physical education: Foundation phase

## Equipment

- 4 Balls

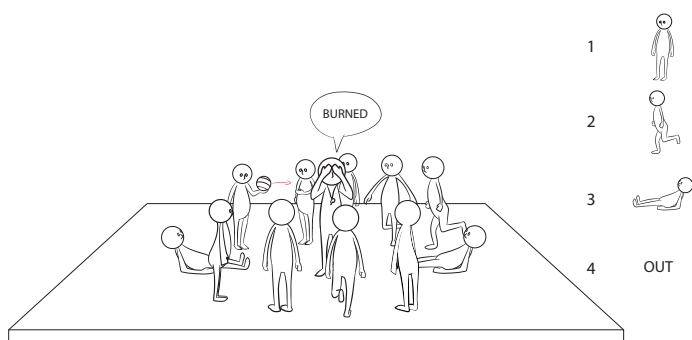
## Burned

Introduction  
Time: ~ 10 min

**What you need:** 4 balls

### How to play

The learners form a circle. Four learners hold a ball with their left hand. The game master, standing in the middle of the circle, gives a signal to start the game. One learner after the other hands the ball to the next learner with the left hand. The game master closes his eyes, mentally counts to 10 (he or she can vary the tempo of counting) and then shouts loudly: burned! Those players who are holding a ball at this time have to stand on their non-dominant leg. If they are burned twice, they have to lie on the floor and are out of the game. The player that is left standing on both legs at the end is the winner.



### Goal of the game

- To be able to stand on one leg for longer periods of time

**What to watch for:** If a learner gets tired (after 30 seconds) of standing on one leg for a long time, they are allowed to change the leg. If a learner drops the ball, he or she also has to stand on one leg.

## Push-Up Fight

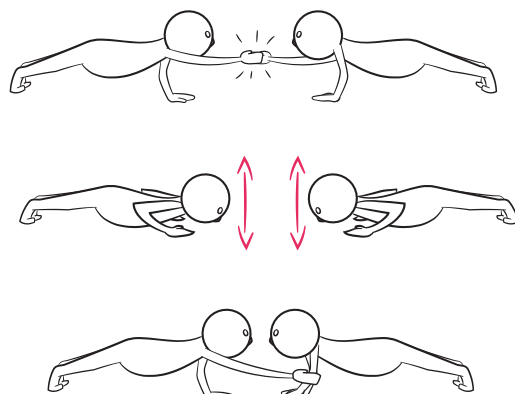
Main part  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

Divide the learners into pairs. Tell the learners to face each other and to move into a push-up position. They should repeat each task 3 times:

1. Clap each other's hands 20 times. Relax.
2. Boys: Do 7 push-ups. Girls: Do 5 push-ups. Relax.
3. On the teacher's signal, try to throw your partner off balance, by pulling their arms away. After two minutes, change pairs.



### Goal of the game

- To strengthen their bodies (core); to try to maintain balance; and to practise laterality.

**What to watch for:** The teacher should tell the learners to develop a technique to throw their opponent off balance. They should use both arms to fight.

# Knee Tag

Main part  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The teacher divides the learners into pairs. The learners face each other, and assume staggered stances. At the whistle, the learners attempt to touch the opponent's knees and at the same time avoid being touched. Every time a learner touches the opponent's knees, he or she scores a point. Learners should perform the game for approximately 15 to 30 seconds and then take a short break. The game can be repeated multiple times. After a while, the learners should change pairs.



## Goal of the game

- To learn to read and appropriately respond to their opponents' movements, speed and quickness

**What to watch for:** The teacher should check that the learners change pairs after a while.

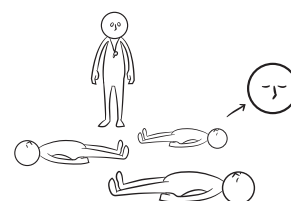
# Isolations

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The teacher tells the learners to lie on the floor and close their eyes. He or she should instruct the learners to repeat each of the following tasks for about 20 seconds. After finishing Task 1 to 6, the learners should slowly stand up:



**Task 1:** Move your head from the right side to the left side and back.

**Task 2:** With your right arm, paint a big circle in the sky. After a few repetitions, change to the left arm.

**Task 3:** With your right leg, paint a big circle in the sky. After a few repetitions, change to the left leg.

**Task 4:** Circle your right hand in one direction, and change the direction after a few repetitions.

**Task 5:** Circle your left hand in one direction, and change the direction after a few repetitions.

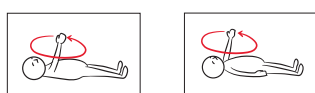
**Task 6:** Roll sideways to the right and then to the left.

**Task 7:** Move your whole body, stretch and pull.

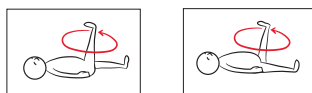
TASK 1



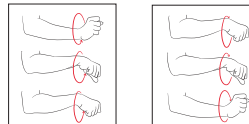
TASK 2



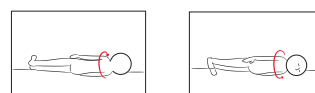
TASK 3



TASK 4 AND 5



TASK 6



TASK 7



## Goal of the game

- To feel and move the different parts of the body; to learn the difference between moving to the right and moving to the left; to learn to isolate one part of the body from the others.

**What to watch for:** The teacher should check that the learners are moving the required part in the required direction.





# Sports and Games

Physical education: Foundation phase

## Equipment

- Cones
- 6 - 10 Balls
- Bean bags

## Run your Age

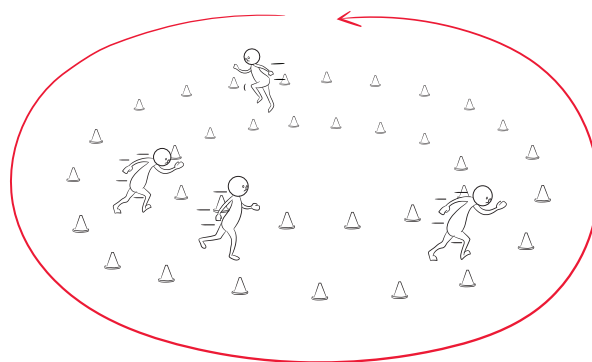
Introduction  
Time: ~ 10 min

**What you need:** Cones to mark the migration distance

### How to play

Define a migration distance that the learners should run. Tell them to run the same amount of rounds as their age.

8 YEARS OLD = 8 TIMES AROUND



### Goal of the game

- To raise the pulse

**What to watch for:** Help the learners to count the rounds.

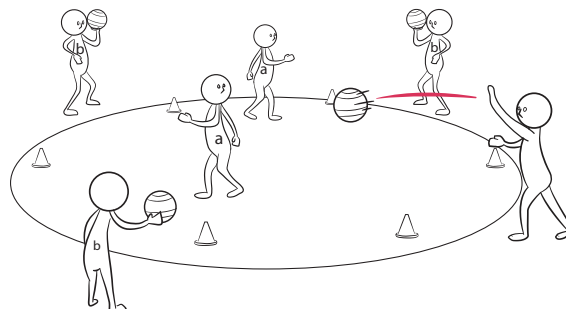
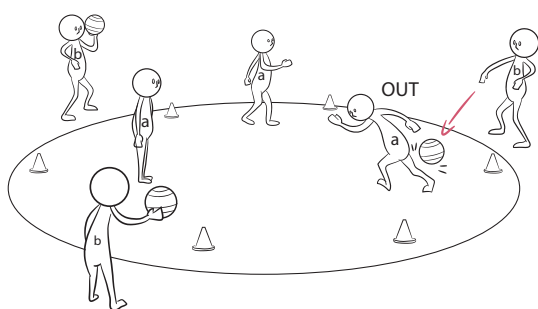
## Circle Dodge-Ball

Main part  
Time: ~ 10 min

**What you need:** 6 - 10 balls

### How to play

The teacher forms two teams. (If there is a large group, then form more than two teams). One team stands in the centre of a circle which is formed by the other team. The players on the outside now try to hit the learners in the middle of the circle with a ball. If the ball strikes a learner below the waist, he/she is considered to have been hit. The learner who has been hit joins the player forming the circle. The last player in the centre is the winner.



### Goal of the game

- To learn to throw a ball and at the same time to avoid getting hit

**What to watch for:** Learners have to hit the other learners below the waist with the ball.



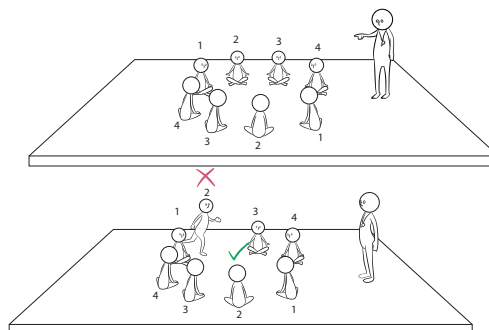
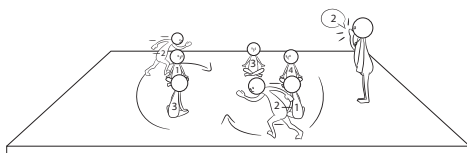
# Circle Chase

Main part  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The players sit in a large circle and face the centre. The leader allocates a number from 1 to 4, to each player. When the leader shouts a number (from 1 to 4), the learners who have been allocated that number have to stand up and run anti-clockwise around the circle. The first learner to reach his/her original place wins the round.



## Goal of the game

- To learn to concentrate, to hear when the learner's number is called, and to react in the appropriate manner

**What to watch for:** Play this game 15 to 20 times. The teacher could make it more difficult by instructing the learners to switch numbers after a period of time.

# Standing Balances

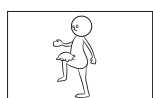
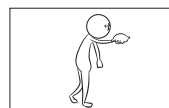
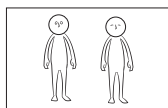
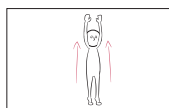
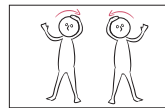
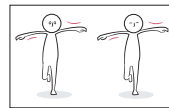
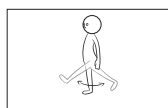
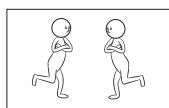
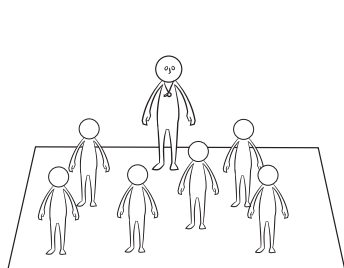
Cool down  
Time: ~ 10 min

**What you need:** Bean bags

## How to play

The learners stand in front of the teacher wherever they want to, but they have to be able to see the leader. The leader then gives instructions, such as:

- Stand on one leg like a flamingo / do that on both sides.
- Stand on one leg and swing the other one like the pendulum of a big, old clock.
- Stand on tiptoe.
- Stand on both feet with eyes open, then shut.
- Stand on one foot with eyes open, then shut.
- Bend your head from side to side.
- Stand on both feet, then on one leg, and balance a bean bag on different parts of your body, hand, arm, knee, foot and head.



## Goal of the game

- To improve balancing skills

**What to watch for:** Make sure the learners are able to perform each task. If not, let them do the tasks in pairs, so that they can support one another lightly during the exercises.



# Sports and Games

Physical education: Foundation phase

## Equipment

- 4 - 7 Balls

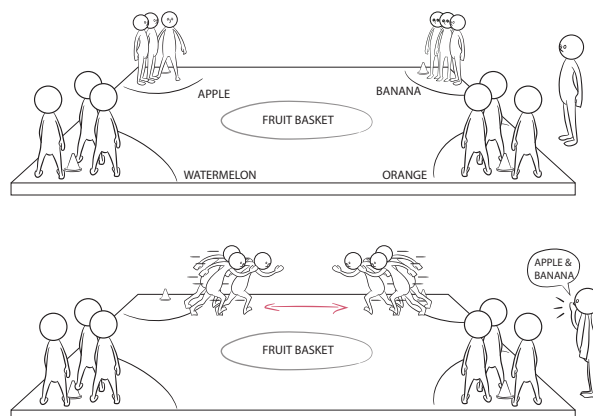
## Fruit Basket

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

Divide the class into 4 groups and have the groups move into each corner of the area. Give each group a fruit name, such as apple, orange, banana and watermelon. When you call two of the fruit names, the two groups with those names have to change places by sprinting to the other corner. They maintain the same name throughout the game. When you call "Fruit Basket", all of the learners run and sit in the centre of the area. You can also change the sprinting action, for example to hopping, skipping, bunny-hopping, frog-hopping.



### Goal of the game

- To run without bumping into each other, and to listen carefully to the teacher's instructions

**What to watch for:** The teacher should make sure the learners know when it is their turn.

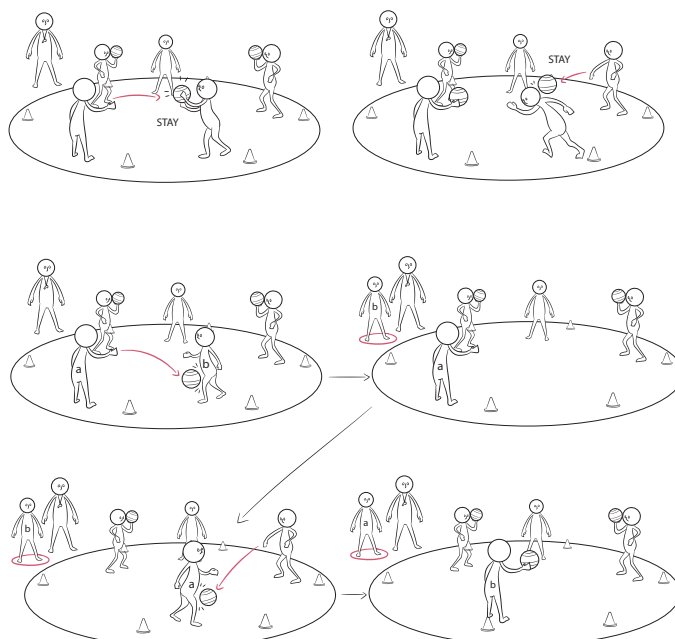
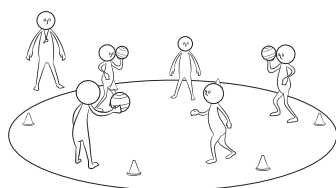
## Sitting Ball: American Version

Main part  
Time: ~ 10 min

**What you need:** 4 - 7 Balls

### How to play

The learners spread out freely around the room. Use about four balls, and add more balls if needed. The aim of the game is to strike another learner with the ball. If learner A hits learner B with the ball, learner B has to go outside the playing area (stand next to the teacher) and can only return to the game when learner A has been hit, who then has to leave the playing area. If a learner can catch the ball, he/she can go on playing, and also if the ball hits the head.



### Goal of the game

- To try to catch and throw a ball precisely

**What to watch for:** Make sure that if a learner has been hit, he or she leaves the playing area.

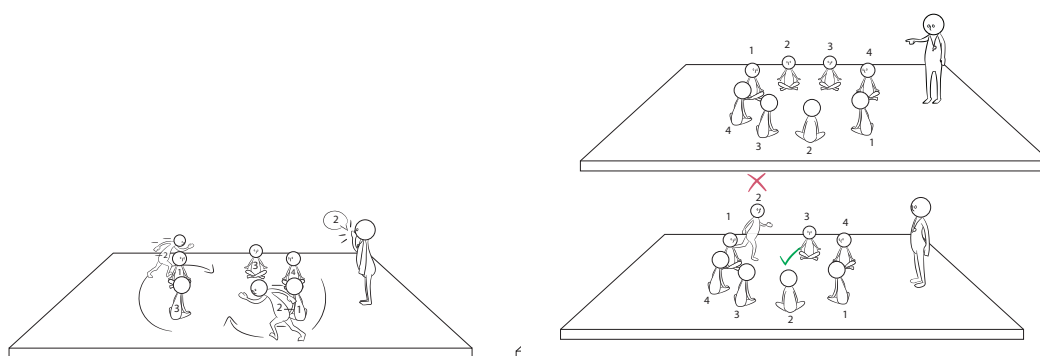
# Circle Chase

Main part  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The players sit in a large circle and face the centre. The leader allocates a number from 1 to 4, to each player. When the leader shouts a number (from 1 to 4), the learners who have been allocated that number have to stand up and run anti-clockwise around the circle. The first learner to reach his/her original place wins the round.



## Goal of the game

- To learn to concentrate, to hear when the learner's number is called, and to react in the appropriate manner

**What to watch for:** Play this game 15 to 20 times. The teacher could make it more difficult by instructing the learners to switch numbers after a period of time.

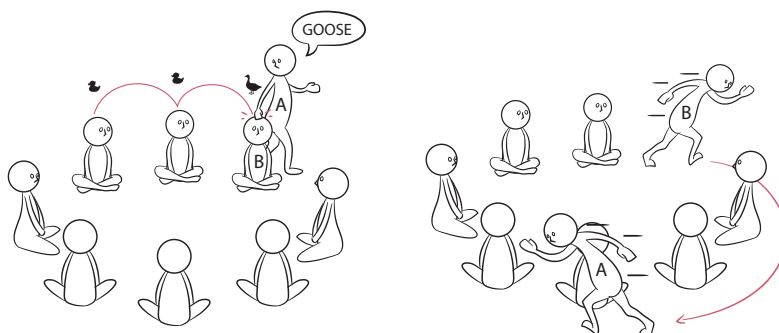
# Duck Duck Goose

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The learners sit in a circle and one learner walks around the outside of the circle tapping each learner on the head and saying 'Duck, duck, duck, duck'. When the learner taps a head and says 'goose', the seated learner then has to chase the learner that tapped his/her head, around the outside of the circle. The 'goose' has to try and catch the first learner before he/she sits back in his/her space. If the 'goose' catches the learner being chased, that learner sits in the middle of the circle. The 'goose' now becomes the new catcher. The learner sitting in the middle leaves the centre when the next person is caught.



## Goal of the game

- To improve reaction time, co-ordination and speed

**What to watch for:** If the group is too big, make two or three circles.



# Sports and Games

Physical education: Foundation phase

## Equipment

- Cones
- 6 - 10 Balls

## Run your Age

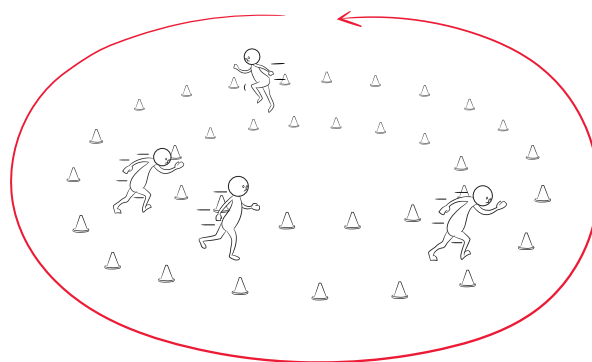
Introduction  
Time: ~ 10 min

**What you need:** Cones to mark the migration distance

### How to play

Define a migration distance that the learners should run. Tell them to run the same amount of rounds as their age.

8 YEARS OLD = 8 TIMES AROUND



### Goal of the game

- To raise the pulse

**What to watch for:** Help the learners to count the rounds.

## Heads or Tails

Main part  
Time: ~ 10 min

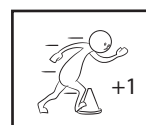
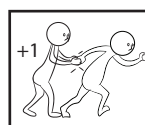
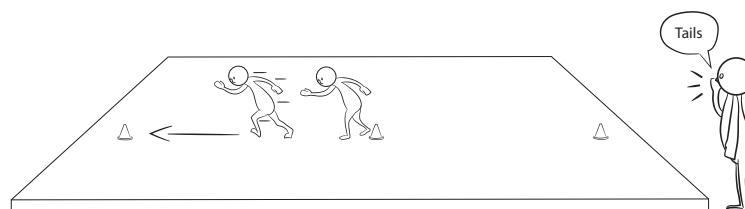
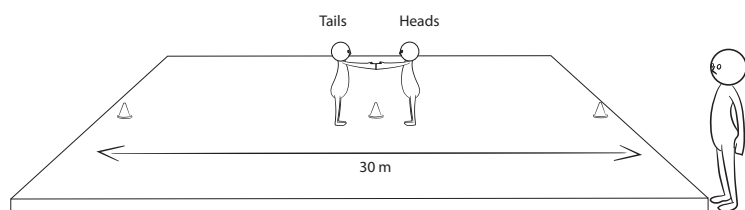
**What you need:** Cones

### How to play

Two cones are placed 30 m apart, and another cone is placed halfway between the two. At the centre cone, two children face each other with their hands outstretched and their fingertips touching, directly over the cone.

The teacher designates one player as heads and the other as tails. The teacher can shout anything he wants: either heads or tails. The designated athlete turns and attempts to sprint past the cone originally placed behind him, before being tagged by the other athlete.

Points are given to any athlete who makes it to the scoring zone without being tagged, or to any player who tags the fleeing runner outside of the designated safe area.



### Goal of the game

- To develop quickness and reaction time

**What to watch for:** Change pairs after a while

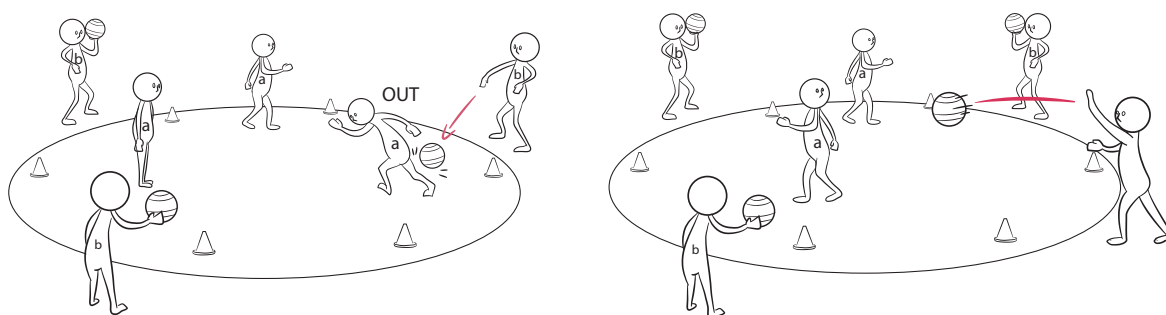
# Circle Dodge-Ball

Main part  
Time: ~ 10 min

**What you need:** 6 - 10 balls

## How to play

The teacher forms two teams. (If there is a large group, then form more than two teams). One team stands in the centre of a circle which is formed by the other team. The players on the outside now try to hit the learners in the middle of the circle with a ball. If the ball strikes a learner below the waist, he/she is considered to have been hit. The learner who has been hit joins the player forming the circle. The last player in the centre is the winner.



## Goal of the game

- To learn to throw a ball and at the same time to avoid getting hit

**What to watch for:** Learners have to hit the other learners below the waist with the ball.

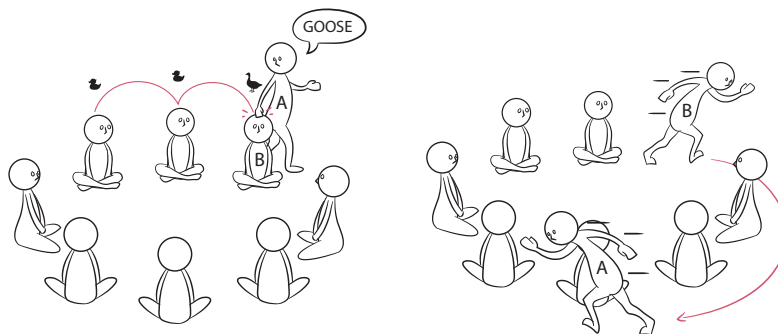
# Duck Duck Goose

**What you need:** No equipment required

## How to play

The learners sit in a circle and one learner walks around the outside of the circle tapping each learner on the head and saying 'Duck, duck, duck, duck'. When the learner taps a head and says 'goose', the seated learner then has to chase the learner that tapped his/her head, around the outside of the circle.

The 'goose' has to try and catch the first learner before he/she sits back in his/her space. If the 'goose' catches the learner being chased, that learner sits in the middle of the circle. The 'goose' now becomes the new catcher. The learner sitting in the middle leaves the centre when the next person is caught.



## Goal of the game

- To improve reaction time, co-ordination and speed

**What to watch for:** If the group is too big, make two or three circles.



# Sports and Games

Physical education: Foundation phase

## Equipment

- 4 - 7 (Soft) Balls
- Cones
- Bean bags

## Indians and Teepees

Introduction  
Time: ~ 10 min

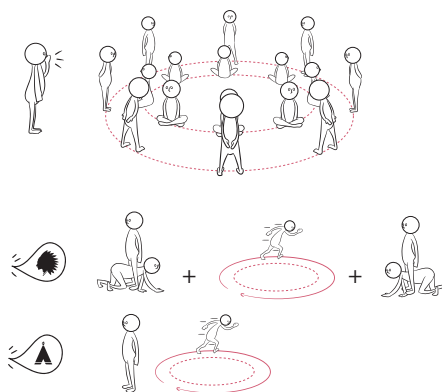
**What you need:** No equipment required

### How to play

This game can be played with the whole class. The learners find a partner and then the whole group makes a circle. One partner is the 'Indian' and sits on the ground on the inside of the circle, cross-legged. The other partner is the 'Teepee' and stands facing his/her partner with his/her legs apart, on the outside of the circle. To commence play, tell the learners which way around the circle they will be running. Point the way as the game starts. The leader shouts 'Indians' or 'Teepees'. On shouting 'Indians', they must go into their teepees (through their partners' legs); run as fast as they can around the outside of the circle back to their teepee; and enter through their partners' legs again, then sit down cross-legged. On shouting 'Teepees', the learners standing on the outside must run around the circle and get back to their positions as quickly as possible. Then switch groups.

**Goal of the game:** To listen carefully and react quickly when it's one group's turn. The learners should run, not walk, in order to improve their cardiovascular fitness

**What to watch for:** No pushing of other learners is allowed. Overtaking must take place around the outside of other runners.



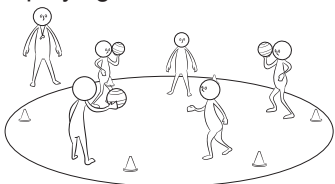
## Sitting Ball: American Version

Main part  
Time: ~ 10 min

**What you need:** 4 - 7 Balls

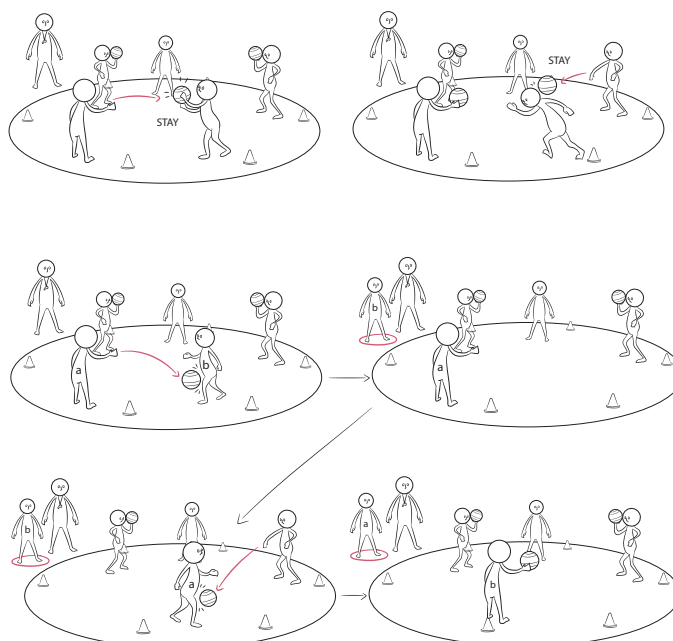
### How to play

The learners spread out freely around the room. Use about four balls, and add more balls if needed. The aim of the game is to strike another learner with the ball. If learner A hits learner B with the ball, learner B has to go outside the playing area (stand next to the teacher) and can only return to the game when learner A has been hit, who then has to leave the playing area. If a learner can catch the ball, he/she can go on playing, and also if the ball hits the head.



### Goal of the game

- To try to catch and throw a ball precisely



**What to watch for:** Make sure that if a learner has been hit, he or she leaves the playing area.



# Heads or Tails

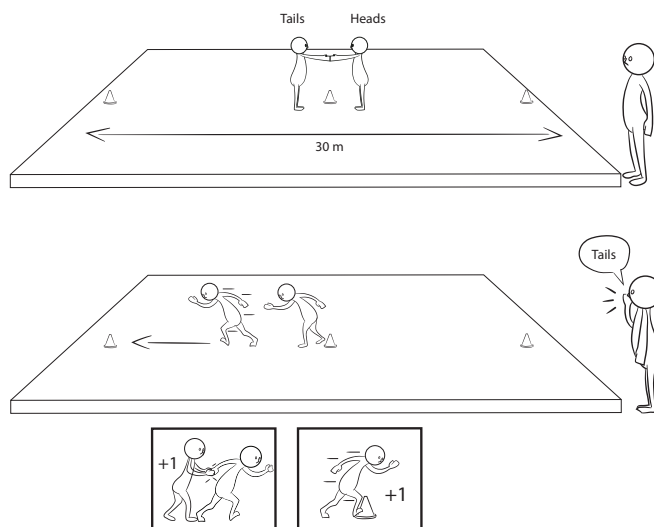
Main part  
Time: ~ 10 min

**What you need:** Cones

## How to play

Two cones are placed 30 m apart, and another cone is placed halfway between the two. At the centre cone, two learners face each other with their hands outstretched and their fingertips touching, directly over the cone.

The teacher designates one player as heads and the other as tails. The teacher can shout anything he wants: either heads or tails. The designated athlete turns and attempts to sprint past the cone originally placed behind him, before being tagged by the other athlete.



## Goal of the game

- To develop quickness and reaction time

**What to watch for:** Change pairs after a while

# Standing Balances

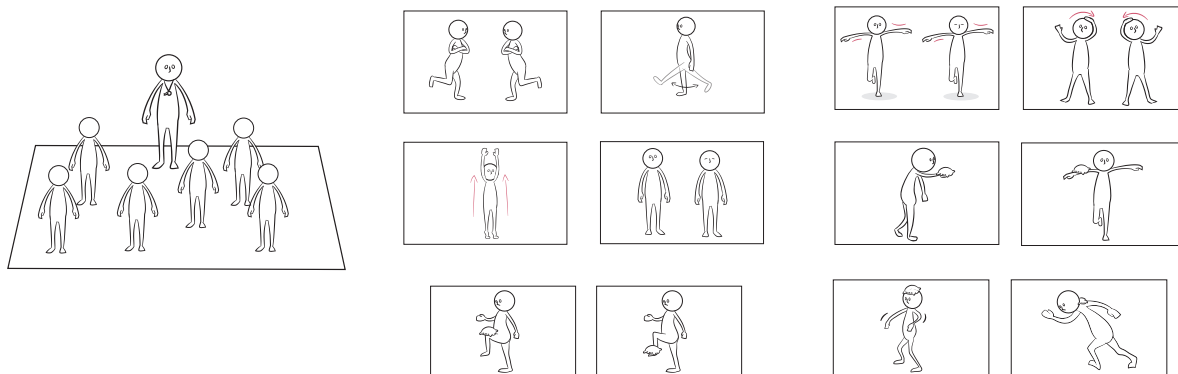
Cool down  
Time: ~ 10 min

**What you need:** Bean bags

## How to play

The learners stand in front of the teacher wherever they want to, but they have to be able to see the leader. The leader then gives instructions, such as:

- Stand on one leg like a flamingo / do that on both sides.
- Stand on one leg and swing the other one like the pendulum of a big, old clock.
- Stand on tiptoe.
- Stand on both feet with eyes open, then shut.
- Stand on one foot with eyes open, then shut.
- Bend your head from side to side.
- Stand on both feet, then on one leg, and balance a bean bag on different parts of your body, hand, arm, knee, foot and head.



## Goal of the game

- To improve balancing skills

**What to watch for:** Make sure the learners are able to perform each task. If not, let them do the tasks in pairs, so that they can support one another lightly during the exercises.



# Assessment: Physical education

First and last name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

**Rating:**      **5 points:** Meets the expectations with excellence

**3 - 4 points:** Meets the expectations

**1 - 2 points:** Doesn't meet all the expectations

**0 points:** Did not meet any expectations

	Term 1	Term 2	Term 3	Term 4
1) Participation				
2) Concentration / endurance				
3) Learning progress				
4) Meets the objectives of activities				
5) Social interactive skills				
6) Commitment/ attitude				
<b>Total points (max 30):</b>				
<b>Mark:</b>				

**General comments:**

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**Scale of achievement: Grading**

Total points	Percentage	Final mark
0-8	Not achieved	1
9-12	Elementary achievement	2
13-15	Moderate achievement	3
16-18	Adequate achievement	4
19-21	Substantial achievement	5
22-24	Meritorious achievement	6
25-30	Outstanding achievement	7



# GOOD LUCK!

