



KaziBantu

Healthy Schools for Healthy Communities

GRADE 3

KAZIKIDZ TEACHING MATERIAL

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LESSON PLANS FOR
Grade
3



***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



	Foundation Phase	Lessons: 32 Assessment: 1
		Lessons: 32 Assessment: 1
		Lessons: 32 Assessment: 1
	Intermediate Phase	Lessons: 32 Assessments: 4
		Lessons: 32 Assessments: 4
		Lessons: 32 Assessments: 4
	Senior Phase	Lessons: 32 Assessments: 4

PHYSICAL EDUCATION



KaziKidz

Teaching Material for Schoolchildren





Lesson tracker

Physical Education - Grade 3



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	Locomotion	
		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	Spatial orientation	
		Lesson 26	Spatial orientation	
		Lesson 27	Laterality	
		Lesson 28	Laterality	
		Lesson 29	Laterality	
		Lesson 30	Sports and games	
		Lesson 31	Sports and games	
		Lesson 32	Sports and games	
		Assessment: Physical Education		



Locomotion

Physical education: Foundation phase

Equipment

- Cones
- Colour bands
- Obstacles

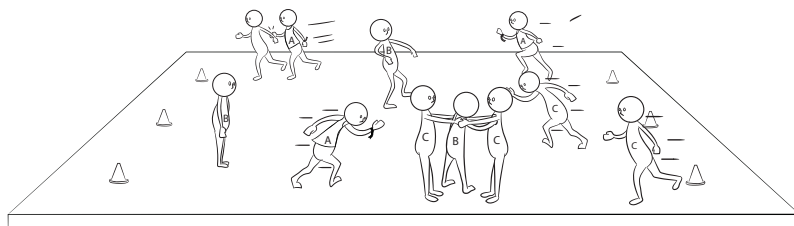
The ice monsters

Introduction
Time: ~ 10 min

What you need: Cones, colour bands

How to play

The teacher marks out an area with cones. There are eight “ice monsters” wearing colour bands (A). The ice monsters are the catchers. Every time an ice monster tags a learner, the learner is “locked up” (B). The learners who are not “locked up” yet and still freely running in the marked area are the “suns” (C) that can melt the frozen icicles: Two learners hold hands and enclose an icicle. The icicles are then free. Change roles often.



Goal of the game

- Run without bumping into each other.
- Play together and help each other.

What to watch for: Make sure the two learners who are freeing other learners are really holding onto each other's hands.

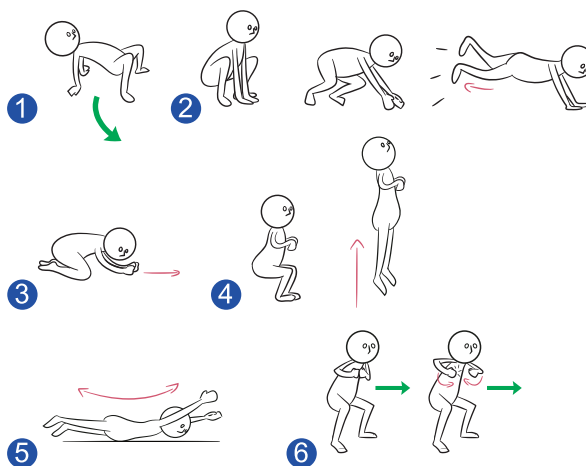
Animal walks

Main part
Time: ~ 10 min

How to play

Tell the learners to imitate the following animals. When they have imitated each animal discuss with the learners how you could imitate them best.

1. Crab walk: Start by squatting down close to the ground. Lean backwards and place your hands on the ground. Now walk sideways, while keeping your bottom off the ground and your back straight.
2. Frog jumps: Start in a squat position. Place your hands on the floor in between your knees. Using your feet, jump forward and land with your hands and feet on the ground.
3. Turtle crawl: Starting in the kneeling position, curl your back over and put your elbows on the ground. Keeping your bottom on your heels and your elbows and hands on the ground, pull yourself forward in slow motion.
4. Kangaroo jumps: Starting in a standing position, put both feet together and squat down. Jump as high as you can, using only your feet, and no hands.
5. Whale swim: Lying on your stomach, with your arms stretched in front of you, rock back and forth on your stomach. This takes a lot of core strength and can take some time to get used to.
6. Gorilla walk: Start in the squat position with your hands at your chest. Walk down the activity area while staying in the squat position. For added gross motor exercise, try beating your chest with your fists as you walk.



Goal of the game

- Simulation activities.

Animal walks

Continued

What to watch for: First let the learners find out the best solution themselves, then show or tell them how you would do the imitations.

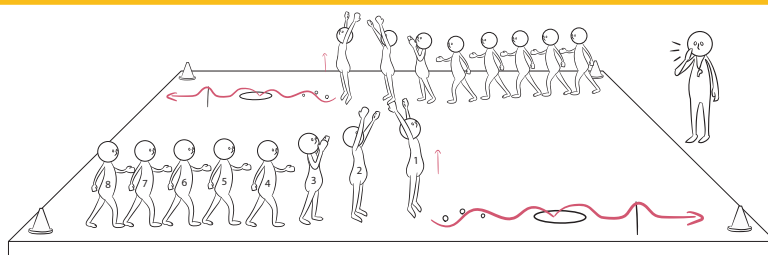
Follow the leader

Main part
Time: ~ 10 min

What you need: Cones, obstacles

How to play

Divide class into lines of 8 or more learners. Mark out an area with cones and put obstacles all over this area. The person in the front of each line (the leader) moves in various ways like walking, skipping, running, crawling, hopping, marching, galloping, jumping while standing, sprinting, and the others follow, imitating the movement. When the teacher blows the whistle, the leaders change and show a new movement.



Goal of the game

- Jump while standing: double take-off and single take-off.
- Follow visual instructions to walk, run, jump, skip, etc. Adapt to standing if surface is not suitable to for lying down)
- Athletics: sprinting.

What to watch for: Learners need to perform the movements correctly. If they are struggling with the movements, then focus on the movements which they find easier, such as walking, running and hopping.

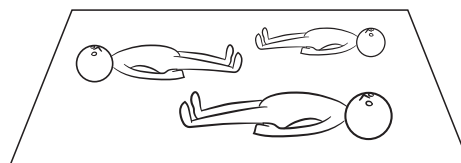
Cool down your body

Cool down
Time: ~ 10 min

How to conduct

Tell the learners to lie on the floor and close their eyes. After they have completed Tasks 1 to 6, tell the learners to slowly stand up.

1. Move your head from the right side to the left side and back for about 20 seconds.
2. Use your right arm to draw a big circle in the air. After a few repetitions change your arm and repeat the exercise.
3. Use your right leg and draw a big circle in front of you. After a few repetitions change your leg and repeat the exercise.
4. Circle your right hand in one direction and after a few repetitions change the direction.
5. Circle your left hand in one direction and after a few repetitions change the direction.
6. Roll sideways in both directions.
7. Tell the learners to move their whole body, stretch and pull.



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. Learn to isolate one part of the body.

What to watch for: Do the learners know the difference between right and left? Can they move their body parts in various directions?



Locomotion

Physical education: Foundation phase

Equipment

- Cones

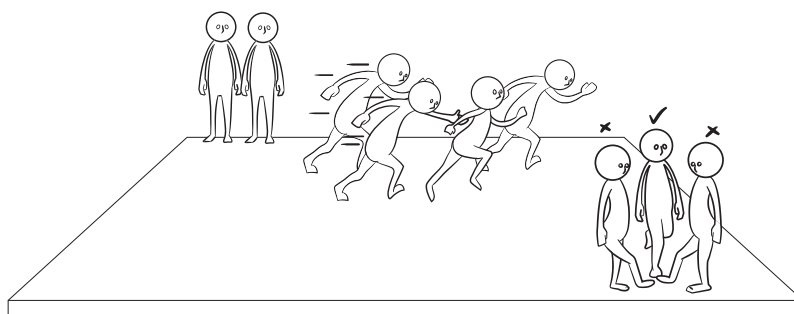
The lucky one

Introduction
Time: ~ 10 min

How to play

Choose six groups of two who are “catchers”. If a learner is caught by a couple, all three learners put a foot in the middle of the circle. In chorus, the learners say: “Who’s the lucky one?” and each chooses to leave his/her foot in the circle or pull it back. Whoever is the different, is “the lucky one” and is free.

For example: two learners leave their feet in the middle of the circle, one learner pulls his/her foot back. So the learner that has pulled their foot back is the “lucky one”. The other two become the new catcher team. When all three have pulled back their feet or left them in the middle, the chorus is repeated together. Fairly, the catchers should not catch “the lucky one” right after the chorus.



Goal of the game

- Reaction drills.

What to watch for: Fair play. If it is too difficult for the “catchers”, make the activity area smaller or choose more catchers.

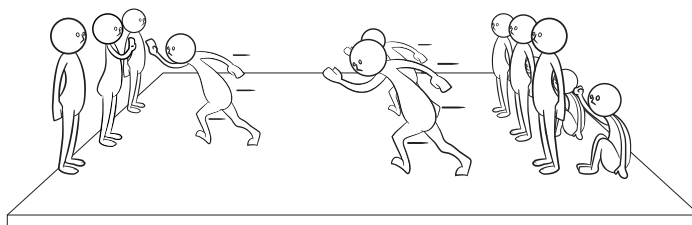
Relay running

Main part
Time: ~ 20 min

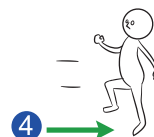
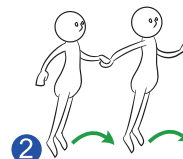
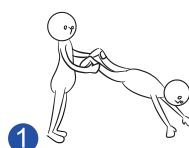
What you need: Cones

How to play

Divide the class into six teams. Each team divides again and sets up at the opposite sides of the activity area. When the teacher gives a signal the race starts: The first two runners must move (depending on the task) to the team members standing on the opposite side and give the first two learners standing in line a high five. Those learners then race to the other side. Every learner that has finished two rounds must sit on the floor. The game stops when all learners have finished their runs.



1. Wheel barrow: three-legged race → change roles.
2. Hopping and holding hands with the partner.
3. Each learner puts a ball between their legs and jumps to the other side without losing the ball.
4. Run backwards to the other side.



Relay running

Continued

Goal of the game

- Wheel-barrow, three-legged race.
- Hopping over a distance carrying something and holding hands with a partner.

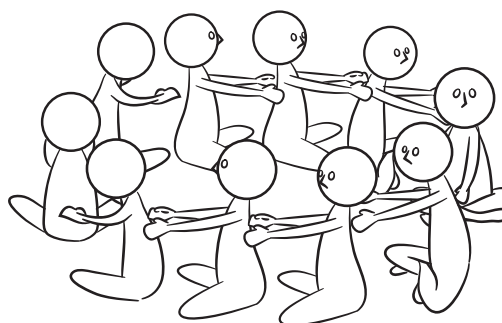
What to watch for: Tell the learners to play fairly and only go when the other teammates have arrived and high fived the next learners in the line. Encourage the learners to complete the tasks correctly without cheating.

Massage in a circle

Cool down
Time: ~ 10 min

How to perform

Learners sit in a circle and look at each other's backs. Learners massage the back in front of them until the teacher gives the signal to turn to the other side (after 2 minutes). Then they massage the next back in front of them.



Goal of the game

- Relax deeply while massaging someone else's back. Different formation: circle.

What to watch for: Learners should be aware of the other learners' feelings. Don't massage too hard or too soft.



Locomotion

Physical education: Foundation phase

Equipment

- Cones

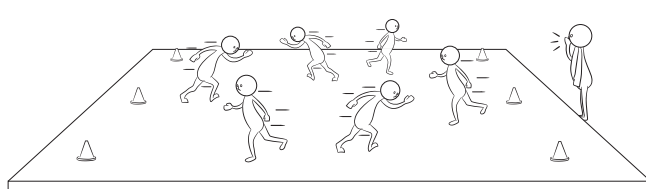
Traffic lights

Introduction
Time: ~ 10 min

What you need: Cones

How to play

Mark out an activity area with cones. Learners run freely around in the area. When the teacher calls any of the following colours, the learners must react. RED means "stop". YELLOW means "walk". GREEN means "run". Add variations, for example: YELLOW means "hop on one leg", or "high knees", etc.



RED



YELLOW



GREEN



Goal of the game

- Dodge each other and move in different directions.
- Use senses: hearing – listen to instructions while moving around.

What to watch for: Are the students performing the movements in a proper manner?

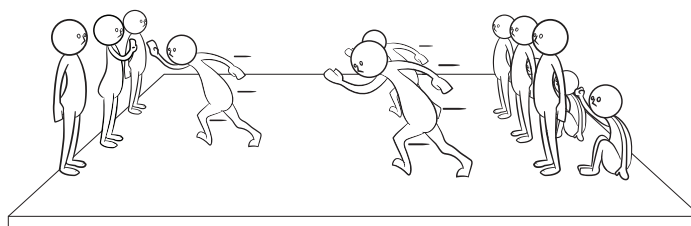
Relay running

Main part
Time: ~ 20 min

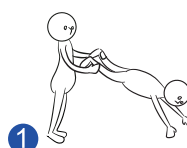
What you need: Cones

How to play

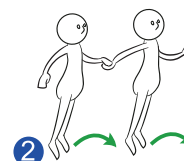
Divide the class into six teams. Each team divides again and sets up at the opposite sides of the activity area. When the teacher gives a signal the race starts: The first two runners must move (depending on the task) to the team members standing on the opposite side and give the first two learners standing in line a high five. Those learners then race to the other side. Every learner that has finished two rounds must sit on the floor. The game stops when all learners have finished their runs.



1. Wheel barrow: three-legged race → change roles.
2. Hopping and holding hands with the partner.
3. Each learner puts a ball between your legs and jump to the other side without losing the ball.
4. Run backwards to the other side.



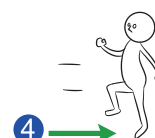
1



2



3



4

Relay running

Continued

Goal of the game

- Wheel-barrow, three-legged race.
- Hopping over a distance carrying something and holding hands with a partner.

What to watch for: Tell the learners to play fairly and only go when the other teammate/s have arrived and high fived the next learner in the line. Encourage the learners to fulfill the tasks correctly without cheating.

Roll like a ball

Cool down
Time: ~ 10 min

How to move

Each learner pretends to be a ball – roll backwards and forward, from side to side, and around in a circular motion. Wrap your arms around your knees and lift your feet off the ground.



Goal of the game

- Non-locomotor: spin – different ways of spinning, spin alone.

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



Locomotion

Physical education: Foundation phase

Equipment

- Cones
- 2 balls

Old witch

Introduction
Time: ~ 10 min

What you need: Cones

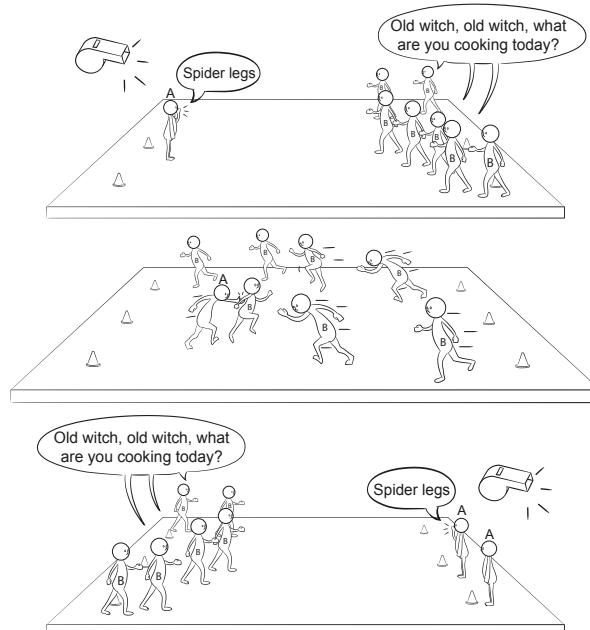
How to play

Mark out an activity area using cones provided. The size of a netball court is a good idea. Choose a learner to be the "old witch". He/she stands at one end of the playing area. The rest of the class stand at the other end of the playing area (the forest).

- When the teacher blows the whistle, the learners walk towards the old witch and shout: "Old witch, old witch, what are you cooking today?" The old witch can reply by saying any fruit or vegetable.
- Should the old witch reply saying "spider legs", the learners run as fast as possible to the other end of the playing area as the witch chases after them.
- If a learner is caught by the old witch, he/she also becomes an old witch.
- The game ends when the old witch and her team have caught everyone and there is nobody left on the other team.

Goal of the game

- Cross the field as quickly as possible without bumping into each other. React quickly and dodge each other skilfully.



What to watch for: Learners are not allowed to cheat. Learners have to move forward while calling out the sentence above.

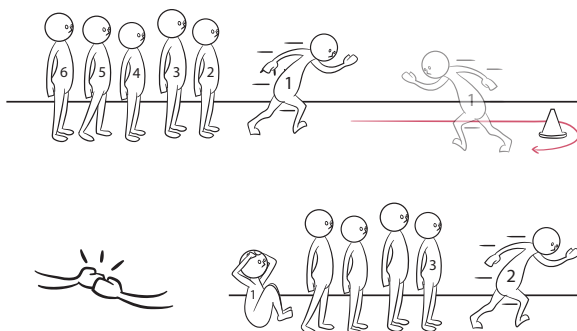
The race

Main part
Time: ~ 10 min

What you need: Cones

How to play

Divide the class into teams of 6 players. Each team stands behind a starting line. Team members should stand in a straight line behind one another. Designate a turning point (cones) 20 paces away. On the teacher's signal to run, players race as quickly as possible around the cones and back to the starting line. When they return to the starting point, they high five the next learner in their team, who will then carry out the same action. Once all team members have finished they must sit with their hands on their heads. The winning team is the first team to sit with their hands on their heads.



The race

Continued

Goal of the game

- Athletics: Sprinting.

What to watch for: The teacher should provide a running commentary whilst the learners are doing the actions and he/she can make it as varied and interesting as possible.

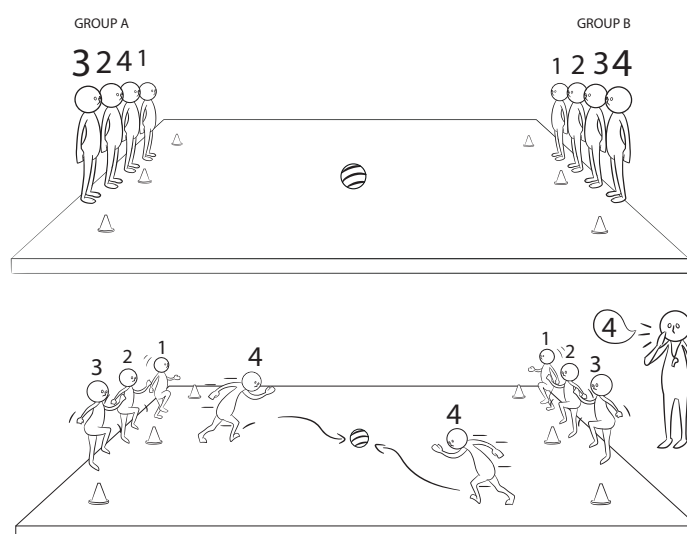
Grab the treasure chest

Main part
Time: ~ 10 min

What you need: 2 balls or shoes

How to play

Mark two activity areas and make four groups: A, B, C, D (Group A against B, Group C against D). Give each team member a number. In the middle of the playing area is the treasure (a ball, a shoe or something). When the teacher shouts a number (like four), the number four of each team runs and tries to grab the treasure chest in the middle. The other learners should constantly be moving (skipping on their place). The team that is able to grab the most treasure is the winner.



Goal of the game

- Grab the object before your “opposite number” does.

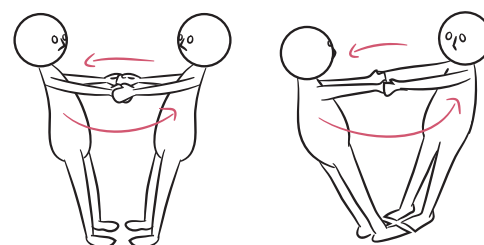
What to watch for: The teacher can also shout two numbers, like: 2 and 4. So four learners have to run. Make sure that the other learners are always moving (skipping on their place).

Spin around

Cool down
Time: ~ 10 min

How to conduct

The learners must find a partner, stand facing each other and join hands. Experiment to see which type of grip works best. With straight arms, lean away from each other and move the toes close to each other. Spin around slowly in different directions, taking tiny steps. Change partners.



Goal of the game

- Non locomotor: spin – different ways of spinning; spin with a partner.

What to watch for: Are the learners able to spin around? If not, try to give them advice.



Locomotion

Physical education: Foundation phase

Equipment

- Balls
- Cones

Experiment with the ball

Introduction

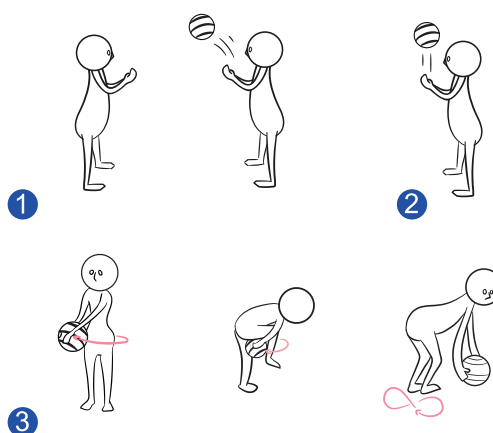
Time: ~ 10 min

What you need: About 30 balls

How to play

Make groups according to how many balls are available. If it's a class of 50 and there are only 10 balls, make groups of 5 players. Each group gets a ball and tries to complete the activities as follows:

1. Throw the ball from one to the other.
2. Throw the ball up into the air and catch the ball.
3. Take turns to move the ball around your body:
 - A. around the waist, both legs, one knee.
 - B. through the legs.
 - C. make a figure of 8 around the legs.



Goal of the game

- Get the feeling of the ball.

What to watch for: Make sure learners take turns. If more balls are available, make smaller groups or give a ball to every learner.

Hitting ball

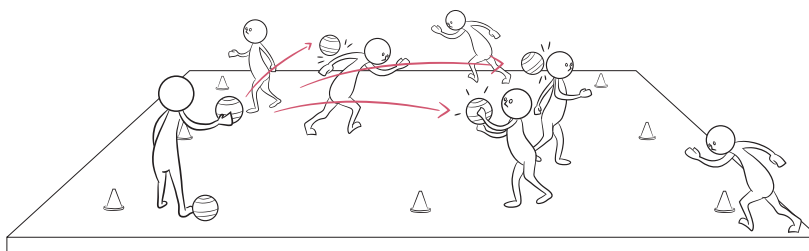
Main part

Time: ~ 10 min

What you need: 5 balls

How to play

The teacher marks out an activity area with cones and tells the learners to spread out freely inside the marked area. Choose 3 learners as "strickers", who are each given a ball. You can also add more players and balls if needed. The aim of the game is to strike someone with a ball. If a player gets hit by the ball, he/she has to run once around the sports field. The player can then go back to the activity area. If a player is able to catch the ball before being hit, he/she can continue playing. Learners should avoid hitting a player's head with a ball; but if it does, he/she can continue to play.



Goal of the game

- Ball skills.

What to watch for: Make sure that if a learner has been hit, he runs once around the playing area. Also make sure that learners are not throwing the ball at someone's head.

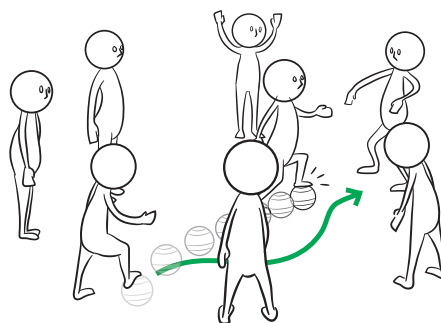
The one in the middle

Main part
Time: ~ 10 min

What you need: 6-8 soccer balls

How to play

Make groups of 8 - 10 learners. They should stand in a circle while one learner goes into the middle. The learners standing around the circle try to pass the ball to each other using their feet, as many times as possible, without letting the learner in the middle catch the ball. As soon as the learner in the middle catches the ball, another learner must go to the middle. The learner who the ball was caught from is the learner that should go to the middle.



Goal of the game

- The learners react quickly and pass the ball to the right person, so the learner in the middle cannot catch the ball.

What to watch for: Are the learners considering tactical aspects? Are they passing the ball to the right person?

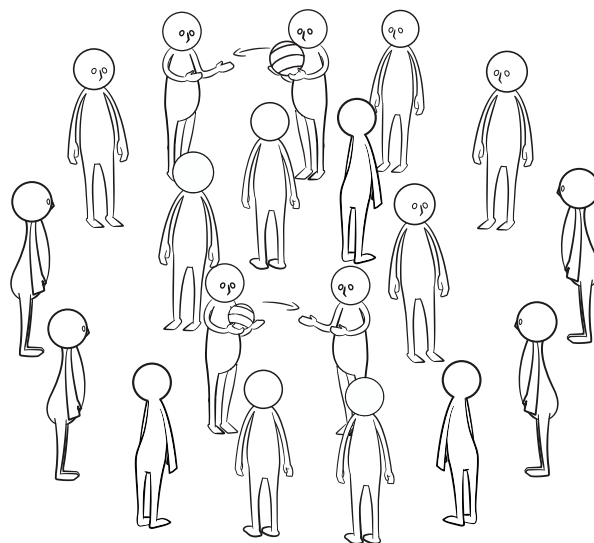
Beat the bunny

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). Another 15 learners (the bunnies) make a second circle facing the farmers. One circle inside the other. The bunnies' ball (a small ball) is started first by passing it from person to person around the circle. When the bunnies' ball is about half way around the circle, the farmers' ball (large ball) starts trying to catch the bunnies' ball. The bunnies' ball always keeps going in the same direction, 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

- Ball skills.

What to watch for: Are the farmers able to overtake the bunnies?



Perceptual motor

Physical education: Foundation phase

Equipment

- About 20 balls
- Colour bands

Shake the shadow

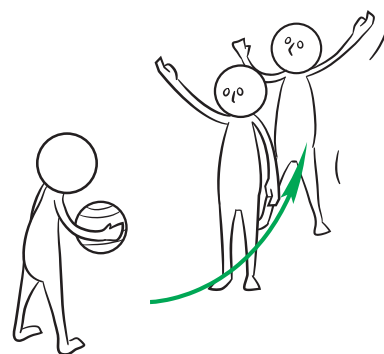
Introduction

Time: ~ 10 min

What you need: About 20 balls

How to play

Make groups of 3 learners. Each learner in the group has a role: the attacker, the thrower and the defender. Adapt number of learners in a group based on how many balls are available. For example, make larger groups with two attackers and two throwers; i.e. 5 learners in a group. The thrower attempts to pass the ball to the attacker. The defender shadows the attacker and attempts to intercept the ball. See who can intercept the most passes out of 10 attempts.



Goal of the game

- Tactical skills.
- Reaction drills.

What to watch for: Make sure to change roles after every 2 minutes.

Dab ball

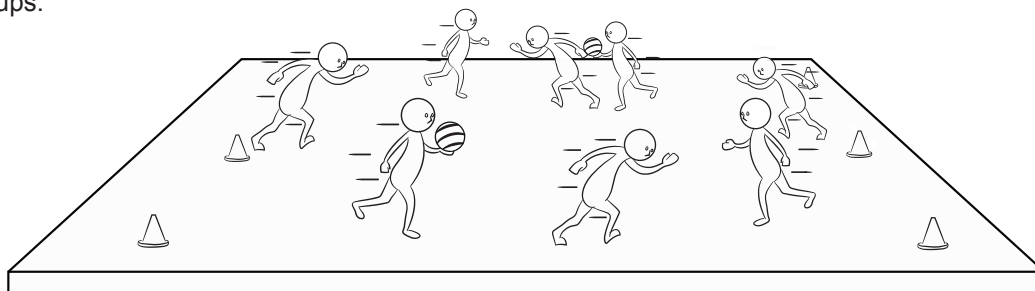
Main part

Time: ~ 10 min

What you need: About 3 balls

How to play

The teacher divides the learners into two even teams. Use different coloured bands for team recognition. Team A has a ball and tries to dab as many opponents as possible from team B with the ball. A hit is scored only when the opponent is touched with the ball. The ball possession changes after 2 - 4 minutes. Who scores the most hits? Change groups.



Goal of the game

- Improve ball skills, throw and catch balls, reaction drills.

What to watch for: Are the learners fast enough to dab their opponents? Are the learners able to catch and throw balls? Learners are not allowed to walk with the ball.

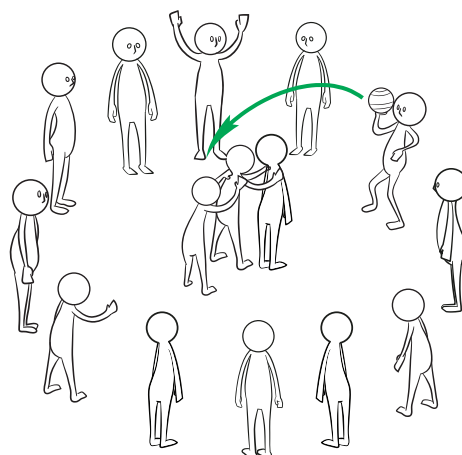
Protector dodge ball

Main part
Time: ~ 10 min

What you need: 2 soft balls per circle (about 12 balls)

How to play

Divide the class into teams of 10 - 15 learners who form a circle. Three learners are standing in one line behind each other inside that circle. The first 2 players in the line are the protectors and try to protect the learner standing at the back of the line from the players in the circle who will throw a ball and try to hit the back learner (below the waist). If the learner gets hit, choose another three players to go to the middle.



Goal of the game

- Protect players from being hit by a soft ball.

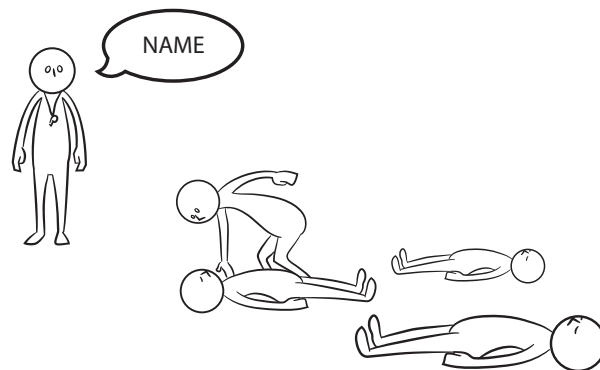
What to watch for: Make sure learners are throwing the ball below the waist. Tell the learners that it is not about a strong throw, but more about an accurate throw.

Wake up

Cool down
Time: ~ 10 min

How to conduct

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



Goal of the game

- To relax deeply and cool down.

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



Perceptual motor

Physical education: Foundation phase

Equipment

- Balls

Dribble the ball

Introduction

Time: ~ 10 min

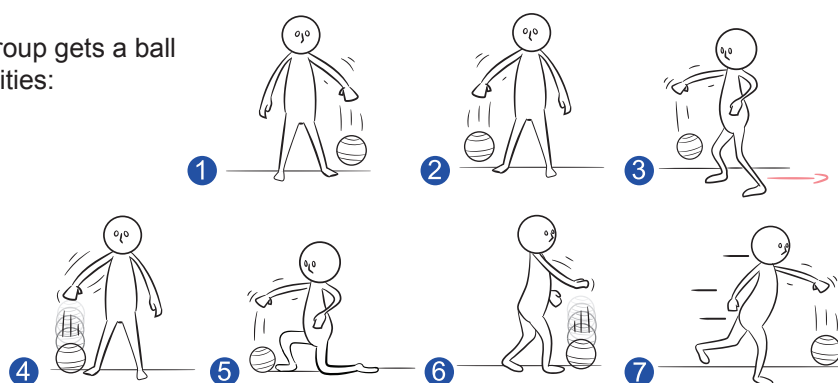
What you need: Balls

How to play

Divide the learners into groups. Each group gets a ball and tries to complete the following activities:

Dribble the ball:

1. 10 bounces with the left hand.
2. 10 bounces with the right hand.
3. Backwards.
4. Very quickly.
5. Kneeling on one knee.
6. Using fast dribble and slow feet.
7. Using slow dribble and fast feet.



Goal of the game

- Get the feeling of the ball.

What to watch for: Make sure learners alternate the ball. If more balls are available, give a ball to every learner.

Hitting ball: American version

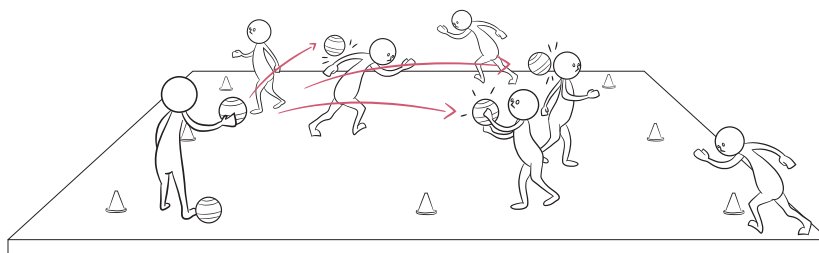
Main part

Time: ~ 10 min

What you need: 4-7 balls

How to play

Learners spread freely in the activity area. Use about four balls. You can also add more balls if needed. The aim of the game is it to strike someone 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 go back to the game when learner A has been hit and needs to go off the playing area. If a learner catches the ball or gets hit on the head, he/she can continue playing.



Goal of the game

- Try to catch and throw a ball accurately.

What to watch for: Make sure that if a learner has been hit they go outside the playing area.

Beat the ball

Main part
Time: ~ 10 min

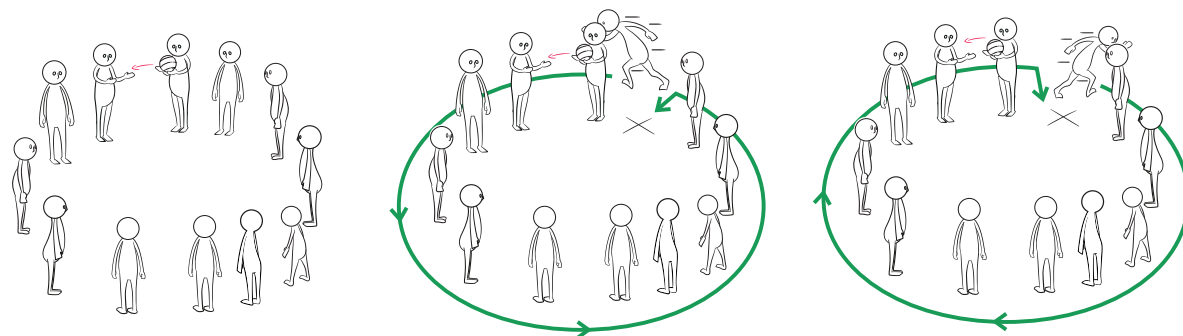
What you need: About 4 balls

How to play

Learners stand in a circle of 15 - 20 learners with one ball. There needs to be a distance of 1 - 2 meters between learners. The learner who starts with the ball passes it with his/her hand to the person on his/her right, who continues to pass round the circle. Once the first player passes, he/she must also run around the outside of the circle and back to his/her space before the ball reaches his/her space.

Round 1: The learner runs in the same direction as the ball is moving.

Round 2: The learner runs in the opposite direction to the ball.



Goal of the game

- Improvement of sprinting, agility, co-ordination and ball skills.

What to watch for: Are the learners able to catch the ball? If not, tell them to make the circle smaller.

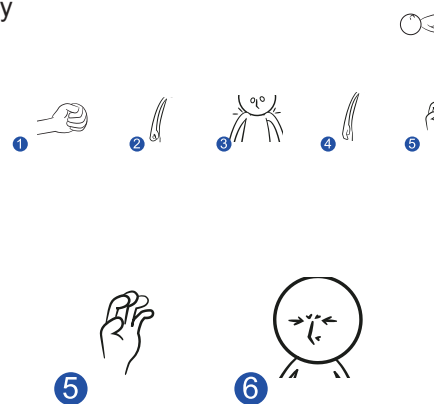
Tense and relax

Cool down
Time: ~ 10 min

How to conduct

Ask the learners to lie down on their backs with their arms at their sides, palms up. Tell the learners to follow your instructions until the whole body tenses and relaxes.

- Hands: Make a fist and squeeze tightly (2 - 3 sec) – Relax.
- Squeeze/tense arms and hands – Relax.
- Squeeze/tense shoulders – Relax.
- Squeeze/tense arms – Relax.
- Squeeze/tense hands – Relax.
- Squeeze/tense face – Relax.



Goal of the game

- Full body relaxation.

What to watch for: Make sure learners understand what you mean by "tension".



Perceptual Motor

Physical education: Foundation phase

Equipment

- Balls

Shake the shadow

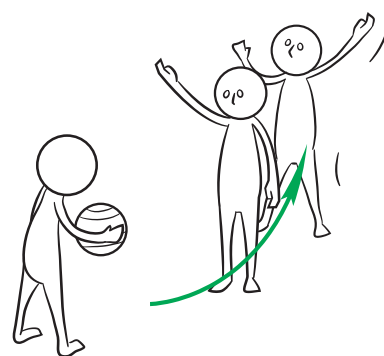
Introduction

Time: ~ 10 min

What you need: About 20 balls

How to play

Make groups of 3 learners. Each learner in the group has a role: the attacker, the thrower and the defender. Adapt number of learners in a group based on how many balls are available. For example, make larger groups with two attackers and two throwers; i.e. 5 learners in a group. The thrower attempts to pass the ball to the attacker. The defender shadows the attacker and attempts to intercept the ball. See who can intercept the most passes out of 10 attempts.



Goal of the game

- Tactical skills.
- Reaction drills.

What to watch for: Make sure to change roles after every 2 minutes.

Protector dodge ball

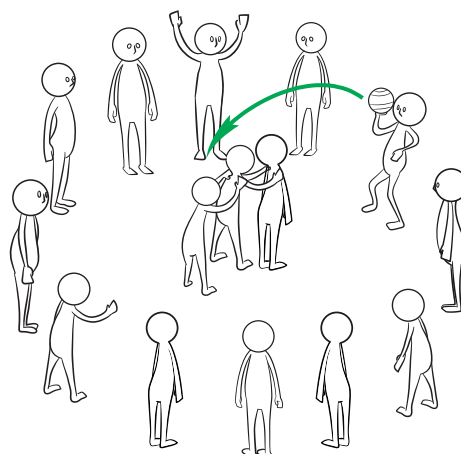
Main part

Time: ~ 10 min

What you need: 2 soft balls per circle (about 12 balls)

How to play

Divide the class into teams of 10 - 15 learners who form a circle. Three learners are standing in one line behind each other inside that circle. The first 2 players in the line are the protectors and try to protect the learner standing at the back of the line from the players in the circle who will throw a ball and try to hit the back learner (below the waist). If the learner gets hit, choose another three players to go to the middle.



Goal of the game

- Protect players from being hit by a soft ball.

What to watch for: Make sure learners are throwing the ball below the waist. Tell the learners that it is not about a strong throw, but more about an accurate throw.

Beat the ball

Main part
Time: ~ 10 min

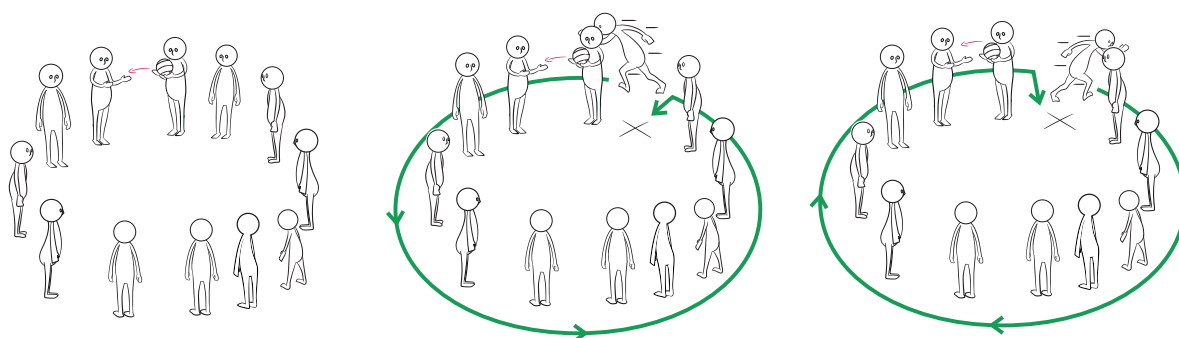
What you need: About 4 balls

How to play

Learners stand in a circle of 15 - 20 learners with one ball. There needs to be a distance of 1 - 2 meters between learners. The learner who starts with the ball passes it with his/her hand to the person on his/her right, who continues to pass round the circle. Once the first player passes, he/she must also run around the outside of the circle and back to his/her space before the ball reaches his/her space.

Round 1: The learner runs in the same direction as the ball is moving.

Round 2: The learner runs in the opposite direction to the ball.



Goal of the game

- Improvement of sprinting, agility, co-ordination and ball skills.

What to watch for: Are the learners able to catch the ball? If not, tell them to make the circle smaller.

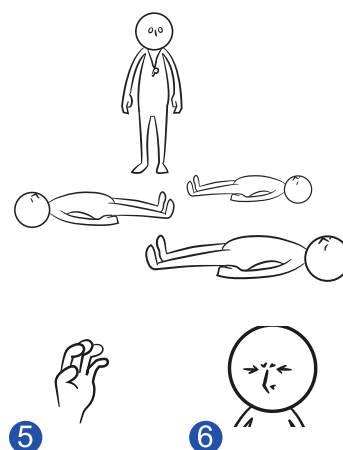
Tense and relax

Cool down
Time: ~ 10 min

How to conduct

Ask the learners to lie down on their backs with their arms at their sides, palms up. Tell the learners to follow your instructions until the whole body tenses and relaxes.

- Hands: Make a fist and squeeze tightly (2 - 3 sec) – Relax.
- Squeeze/tense arms and hands – Relax.
- Squeeze/tense shoulders – Relax.
- Squeeze/tense arms – Relax.
- Squeeze/tense hands – Relax.
- Squeeze/tense face – Relax.



Goal of the game

- Full body relaxation.

What to watch for: Make sure learners understand what you mean by "tension".



Rhythm

Physical education: Foundation phase

Equipment

- Music
- Music player
- As many skipping ropes as possible
- 8 hula hoops

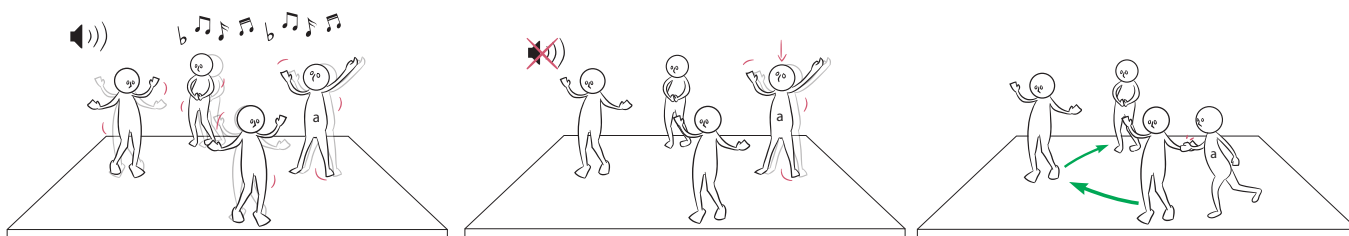
Freezing game

Introduction
Time: ~ 10 min

What you need: A music player and popular children's music

How to play

All children move freely to the music in the activity area. As soon as the music stops everyone needs to freeze and hold their position. The child who moves last needs to run around and touch all the players. After the loser of this game has done his/her task, the game starts again from the beginning.



Goal of the game

- Quick reaction time, movement to music, move to the correct rhythm, hold the same body position for a "longer" time.

What to watch for: Do the children move correctly to the rhythm? Do the children have good reaction times?

Rope skipping skills

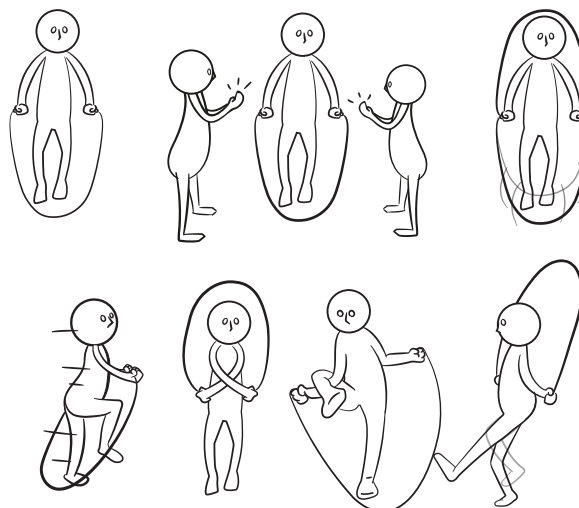
Main part
Time: ~ 20 min

What you need: Skipping ropes

How to play

Hand a skipping rope to each child. If there are not enough ropes available, make groups of two or three players. Tell the children to practise different skills such as:

- Rope skipping in groups of three.
- Double take-off.
- Single take off while running. Advanced movements such as cross over, double skip.
- Straddle cross.
- Front cross
- Leg over
- Swing kick
- 180° turn
- Side swing cross



What to watch for: Encourage the children to practise and take their time. To develop their skills, the children need a lot of time and repetition.

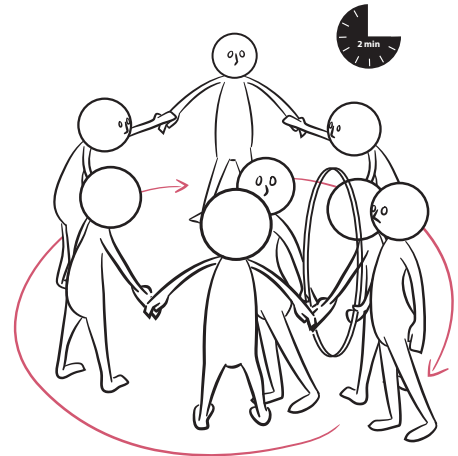
Go through the hoop

Cool down
Time: ~ 10 min

What you need: About 6 - 8 hula hoops

How to play

The children should get into groups of 8 - 10 players, form a circle and hold hands. Each group is given a hula hoop, which is held between two children. The children with the hoop now walk around the circle without releasing their grip. The other children standing in the group have to put their bodies through the hoop. Let the children practise for 2 minutes, then hold a competition between the groups.



Goal of the game

The children with the hoop should walk around the circle as fast as possible without letting go their hand grip.

What to watch for: As soon as any child releases his/her grip on the hoop, he/she is out of the game.



Rhythm

Physical education: Foundation phase

Equipment

- 3 pieces of music
- Music player
- Skipping ropes

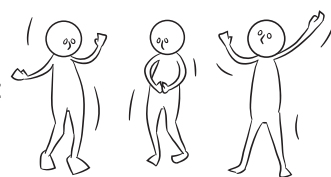
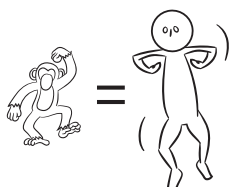
Monkey, snake or lion?

Introduction
Time: ~ 10 min

What you need: Three pieces of music, music player

How to play

The children hear three different songs. Each song represents an animal. For example: A - monkey, B - snake, C - lion.



Goal of the game

Differentiate between the different pieces of music and movements. Improvement of improvisation, rhythms and dance. Try to imitate the animals as accurately as possible.

What to watch for: Are the children able to switch between the different types of music? Are the children able to imitate the animals correctly?

Rope skipping skills

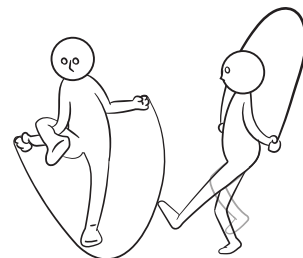
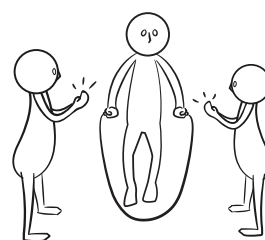
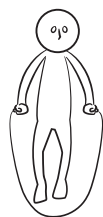
Main part
Time: ~ 20 min

What you need: Skipping ropes

How to play

Hand a skipping rope to each child. If there are not enough ropes available, make groups of two or three players. Tell the children to practise different skills such as:

- Rope skipping in groups of three.
- Double take-off.
- Single take off while running. Advanced movements such as cross over, double skip.
- Straddle cross.
- Front cross
- Leg over
- Swing kick
- 180° turn
- Side swing cross



Goal of the game

Develop skipping rope skills.

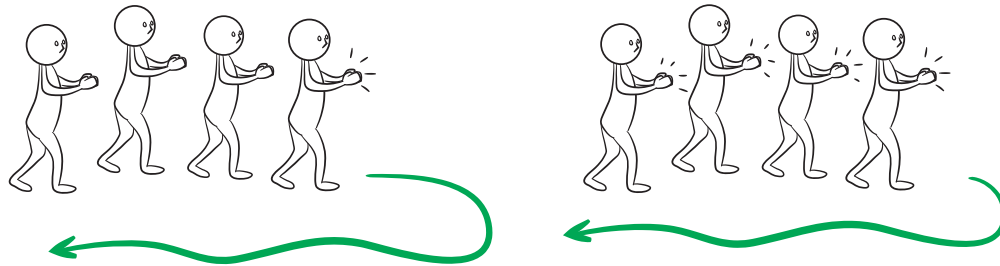
What to watch for: Encourage the children to practise and take their time. To develop their skills, the children need a lot of time and repetition.

Clap out the rhythm

Cool down
Time: ~ 10 min

How to play

The children walk around the sports field. A child gives a clapping rhythm. The others pick up this sound and imitate it.



Goal of the game

Follow instructions, adapt and change the rhythm.

What to watch for: Change the leader every minute.



Rhythm

Physical education: Foundation phase

Equipment

- Music player
- Music
- 1 long skipping rope

Get down

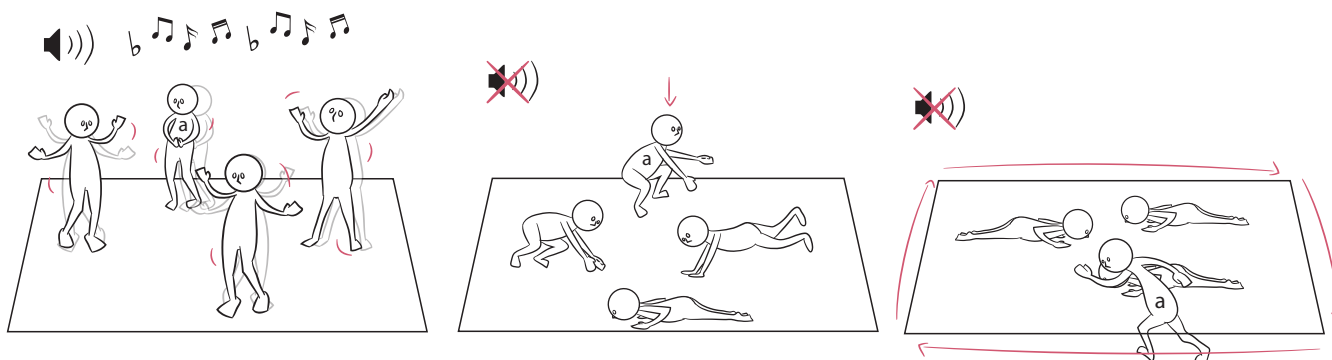
Introduction

Time: ~ 10 min

What you need: Music and a music player

How to play

All learners move freely to the music in the activity area. As soon as the music stops everyone needs to get to the floor as quickly as possible. The last learner to get down needs to run once around the playing area. After the loser of this game has done his/her task, the game starts again from the beginning.



Goal of the game

- Quick reaction time, movement to music, move to the correct rhythm.

What to watch for: Play the game on grass, not on concrete, otherwise the learners can get hurt.

Simon says: athletic skills

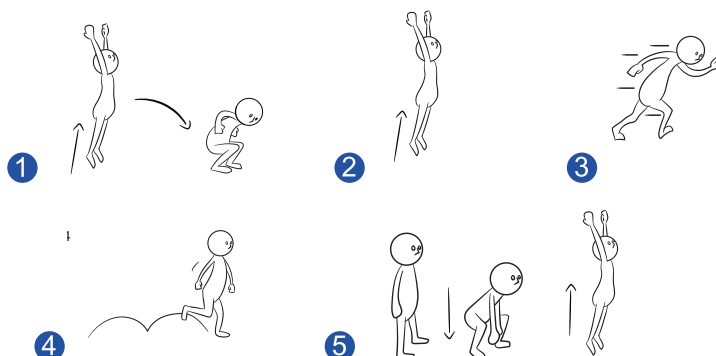
Main part

Time: ~ 10 min

How to play

The teacher takes the role of "Simon" and gives instructions to the learners. These should only be followed if prefaced with the phrase "Simon says". Players are eliminated from the game by either following instructions that are not immediately preceded by the phrase, or by failing to follow an instruction which does include the phrase "Simon says". Instruction examples:

1. Jump as far as possible.
2. Jump as high as possible.
3. Sprint as fast as possible to "X".
4. Hop on one leg.
5. Make 10 frog jumps.



Simon says: athletic skills

Continued

Goal of the game

- Practise athletic skills.

What to watch for: If a learner moves the wrong way, he/she has to do 10 jumping jacks.

Rope skipping together

Main Part

Time: ~ 10 min

What you need: One long skipping rope

How to play

Two learners swing the rope and a third learner jumps over it while the rest of the group sing rhymes. (Ugqaphu/ Kgati/ Ntimo)



Goal of the game

- Jump to the rhythm.

What to watch for: Everyone is involved and change continuously.

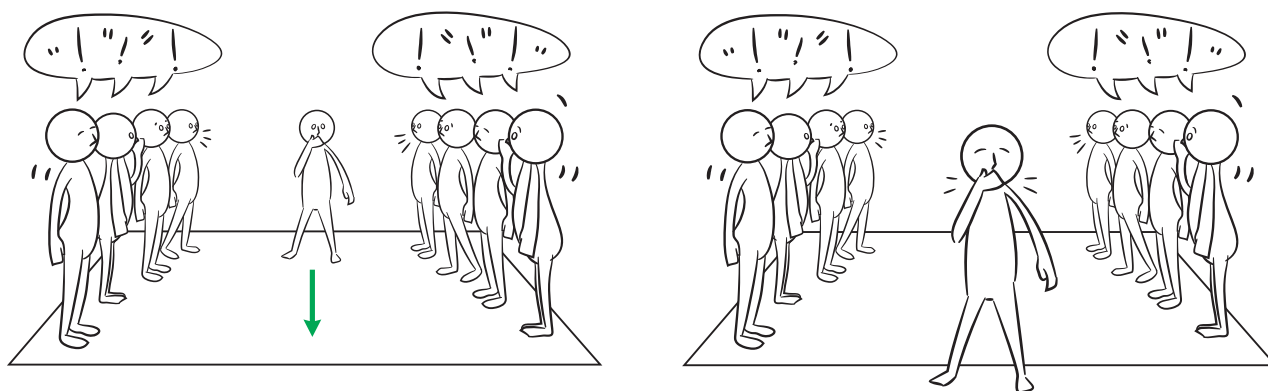
Laughing valley

Cool down

Time: ~ 10 min

How to play

Learners stand in two lines facing each other, about 1 meter apart. One learner then has to walk between the two lines of learners (the valley). The learner chosen to walk through the valley must make it to the other end without laughing. Those standing in the lines have to try to make the learner walking through the valley laugh before he/she reaches the end.



Goal of the game

- To walk through the valley without laughing.

What to watch for: Learners building the valley must try to do funny things to make the person in the middle laugh.



Rhythm

Physical education: Foundation phase

Grade 3 | Lesson 12 | Time: 40 min

Equipment

- 7 skipping ropes

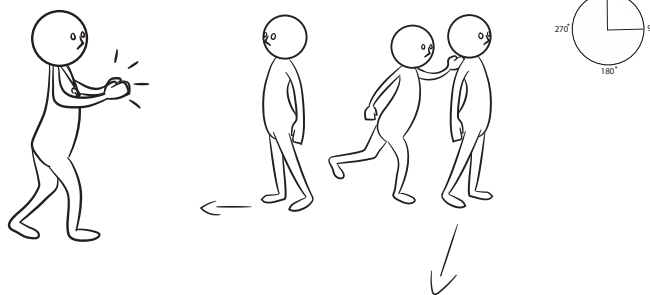
The mechanic and the robots

Introduction

Time: ~ 10 min

How to play

Divide the learners into groups of three. One learner is the mechanic and the other two are the robots. At the beginning, the two robots are 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 a robot, the robot must turn 90°. The goal of the mechanic is to bring the two robots together.



Goal of the game

- Keep the music beat or drumming going.
- Reaction drills.

What to watch for: Are the learners (the mechanic and the robots) able to fulfil the task? If so, choose a faster clapping rhythm. If not, slow down your clapping rhythm.

Simon says: athletic skills

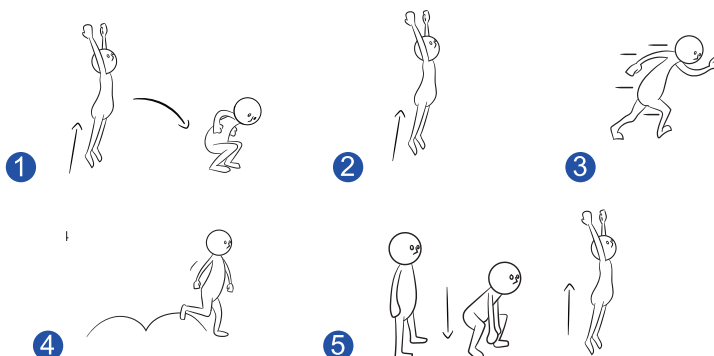
Main part

Time: ~ 10 min

How to play

The teacher takes the role of "Simon" and gives instructions to the learners. These should only be followed if prefaced with the phrase "Simon says". Players are eliminated from the game by either following instructions that are not immediately preceded by the phrase, or by failing to follow an instruction which does include the phrase "Simon says". Instruction examples:

1. Jump as far as possible.
2. Jump as high as possible.
3. Sprint as fast as possible to "X".
4. Hop on one leg.
5. Make 10 frog jumps.



Goal of the game

- Practise athletic skills.

What to watch for: If a learner moves the wrong way, he/she has to do 10 jumping jacks.

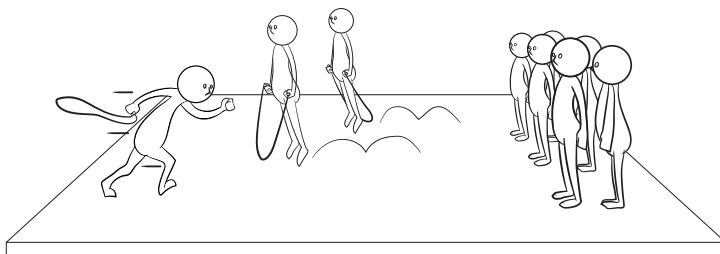
Skipping rope relay

Main Part
Time: ~ 10 min

What you need: About 7 skipping ropes

How to play

Divide the class into teams of 8 learners. Each team lines up at the starting line, one behind the other. Give the first player in each team a skipping rope. When the relay race starts, the first players from each team “jump-skip” toward the finish line, turn around and return to the starting line. Pass the skipping rope to the next player and continue until one team completes the race. The first to finish is the winner.



Goal of the game

- Practise rope skipping, skipping across a distance.

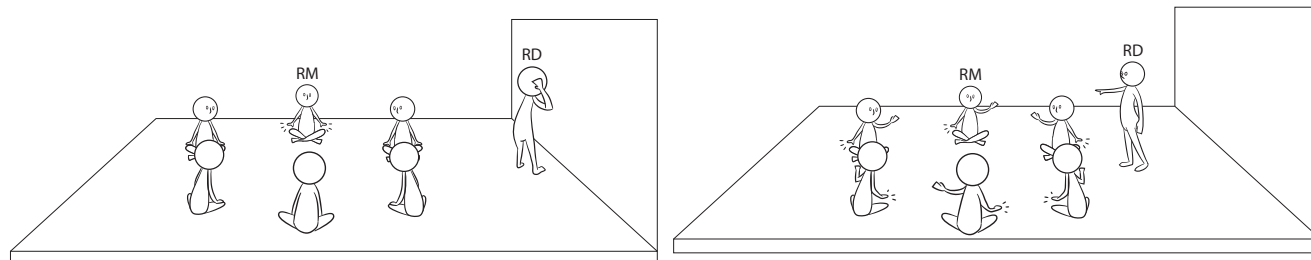
What to watch for: Tell the learners to jump-skip over the rope, not to walk with the rope in their hands.

Rhythm master - circle game

Cool down
Time: ~ 10 min

How to play

Tell the learners to 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/her eyes and cover their ears. Select one learner in the circle to be the “rhythm master”. The rhythm master then chooses what movements they will carry out and the rest will copy. Always start with the rhythm master tapping their knees. The teacher then asks the detective to return. The rhythm master will then change his/her movements and the other learners sitting in the circle copy the movements. The detective then has 3 chances to try and guess who the rhythm master is.



Goal of the game

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

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



Co-ordination

Physical education: Foundation phase

Equipment

- Cones
- 4 bouncing balls
- 8 small balls
- 4 soccer balls

Crabs saying hello

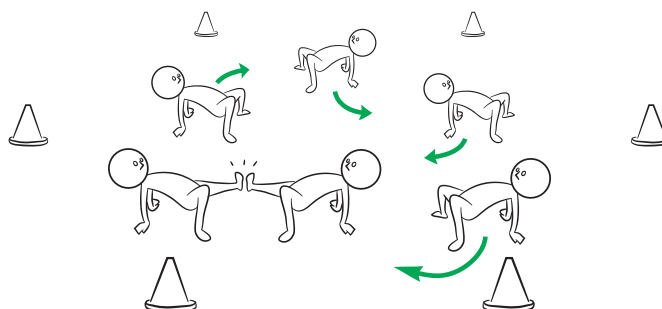
Introduction

Time: ~ 10 min

What you need: Cones

How to play

Mark out the activity area with cones. Tell the learners to go on all fours but with their backs to the floor. Then the learners “crab” around the activity area. Whenever they meet another crab, they greet each other by touching feet. Every learner has to touch at least 10 other crabs.



Goal of the game

- Foot-eye co-ordination, strengthen core.

What to watch for: Make the activity area big enough, so the crabs are not too close to each other.

Tekkers exercises

Main part

Time: ~ 20 min

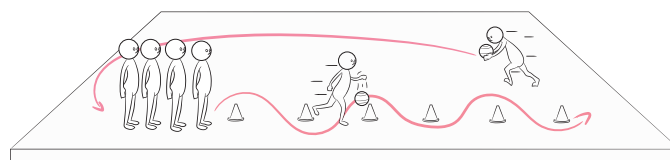
How to play

Divide the class into four groups. Prepare four stations. Let the learners practise at every station for 5 minutes.

Station 1: Basketball - dribble a ball zigzag through markers.

- **What you need:** Cones to mark the zigzag, 4 bouncing balls.
- **How to play:** Prepare a station with a zigzag route of about 20m. Learners need to pass through the route as fast as possible, while bouncing the ball with their favoured hand. At the “end” cone, they take the ball with both hands, run to the start and give the ball to the next person. There should always be three learners running at the same time.

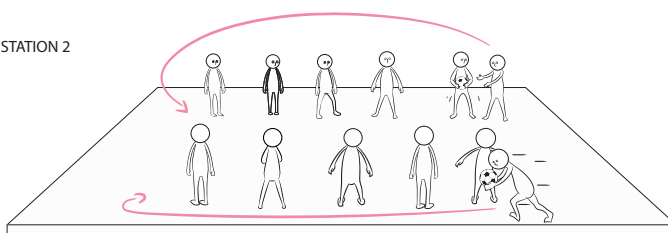
STATION 1



Station 2: Netball - pass while running.

- **What you need:** Cones, about 8 small balls.
- **How to play:** Make groups of two and mark two lines of about 20 meters. Tell the partners to stand, one on either line (A or B), and face each other. On the teacher’s start signal, they all jog sideways in one direction and pass the ball to their partner. When they reach the top of the line they make a sprint to the beginning of the line and start again.

STATION 2



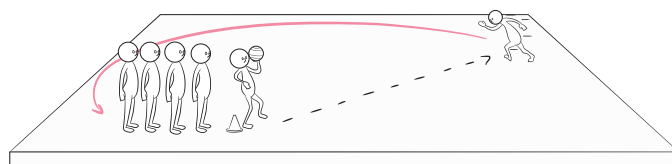
Skipping rope relay

Continued

Station 3: Rugby - running and passing the ball in a backline action.

- **What you need:** cones to mark the field, small balls.
- **How to play:** Learners must stand in a line, one behind the other. The first learner makes a sprint (catcher). When the second learner (passer) shouts: "catch", the catcher has to turn around and catch the ball thrown by the passer. The catcher runs back to the line and waits until it is his turn to throw the ball to the learner standing in front of him.

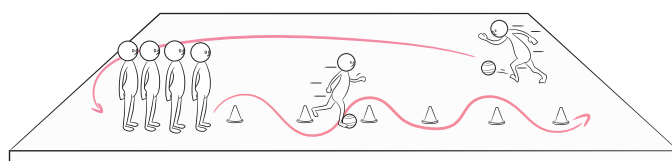
STATION 3



Station 4: Soccer - dribble the ball through markers.

- **What you need:** Cones to mark the zigzag, 4 soccer balls.
- **How to play:** Prepare a station with a zigzag route of about 20m. Learners need to pass through the route as fast as possible, while dribbling the ball through the zigzag. At the "end" cone, they dribble in a straight line to the start and pass the ball to the next person. There should always be three learners running at the same time.

STATION 4



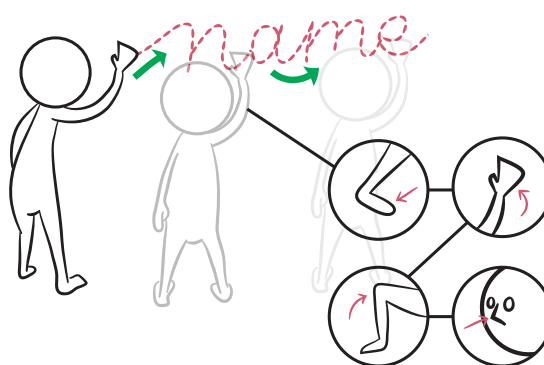
Body writing

Cool down

Time: ~ 10 min

How to conduct

Ask the learners to write their names in the air with a specific part of the body. You can choose to use, for example, the nose or the knee. Choose about 6 different body parts.



Goal of the game

- Learners should be able to write their names in the air with any body part required.

What to watch for: Are the learners focused and creatively involved?



Co-ordination

Physical education: Foundation phase

Equipment

- Colour bands
- Netball court
- A ball

Couple tag

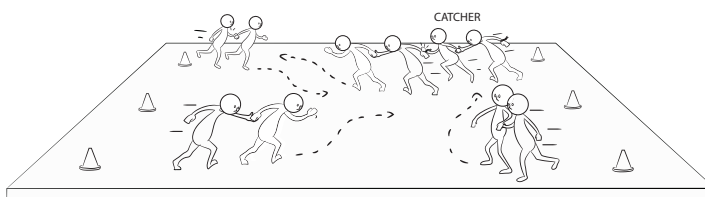
Introduction

Time: ~ 10 min

What you need: Colour bands

How to play

Mark out an activity area with cones. The learners get into pairs and hold hands. One of these couples is the “catcher”. The catchers are marked with colour bands. As soon as another couple is caught, they have to get colour bands as well and become “catchers”. The last couple without colour bands



Goal of the game

- Co-ordinate with other teammates, where and when to run to escape the catchers.

What to watch for: Do the learners always stay together? A couple can only tag another couple, when they are holding each other's hands.

Mini-netball

Main part

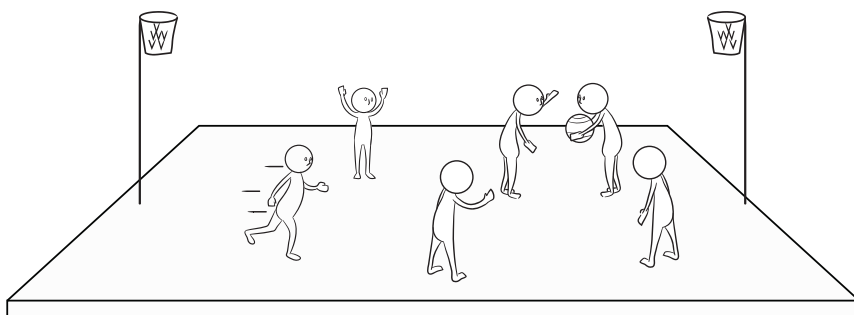
Time: ~ 20 min

What you need: A netball court and a ball

How to play

Split the class into 3 groups (A, B, C). Every game lasts 3 minutes. Learners pass the ball with their hands and try to strike the hoop. 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 hoop, the other group gets the ball.



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

Goal of the game

- Throw a ball at a target.

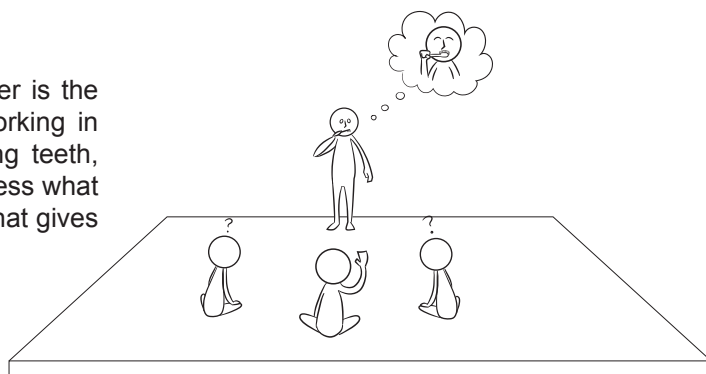
What to watch for: Mark every group in a different coloured band. The group waiting on the outside will practise their rope skipping skills.

Simulation activities

Cool down
Time: ~ 10 min

How to play

Divide the learners into groups of four. One learner is the simulator and tries to simulate an activity, like working in a field, digging in the garden, showering, brushing teeth, eating an apple, etc. The other learners have to guess what kind of activity the simulator is doing. The learner that gives the correct answer can do the next simulation.



Goal of the game

- Learn how to simulate certain activities.

What to watch for: Make sure that each learner gets a turn to be the simulator at least once.



Co-ordination

Physical education: Foundation phase

Equipment

- Cones
- 4 bouncing balls
- 8 small balls
- 4 soccer balls

Crab fight

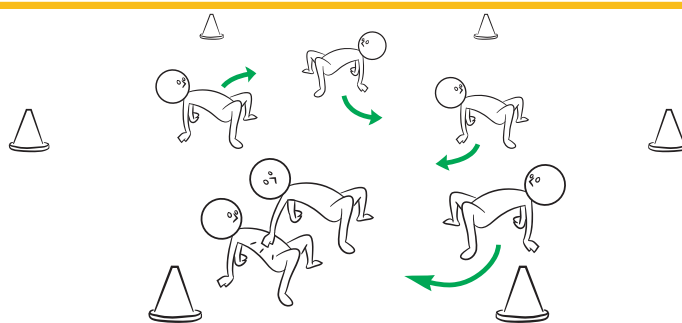
Introduction

Time: ~ 10 min

What you need: Cones

How to play

The teacher marks out an activity area using cones. The learners get onto all fours with their backs to the floor. When the teacher says “go”, they start moving forward and try to push the “butts” of the other players onto the ground.



Goal of the game

- The learners learn to co-ordinate their arms and legs while they move forward in different ways. Every learner has to try to push at least 5 other crabs.

What to watch for: Vary the field size. If the game is too difficult for the learners, make the field smaller; if it is too easy for the learners, make the field bigger.

Tekkers exercises

Main part

Time: ~ 20 min

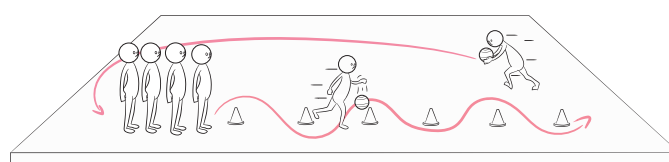
How to play

Divide the class into four groups. Prepare four stations. Let the learners practise at every station for 5 minutes.

Station 1: Basketball - dribble a ball zigzag through markers.

- **What you need:** Cones to mark the zigzag, 4 bouncing balls.
- **How to play:** Prepare a station with a zigzag route of about 20m. Learners need to pass through the route as fast as possible, while bouncing the ball with their favoured hand. At the “end” cone, they take the ball with both hands, run to the start and give the ball to the next person. There should always be three learners running at the same time.

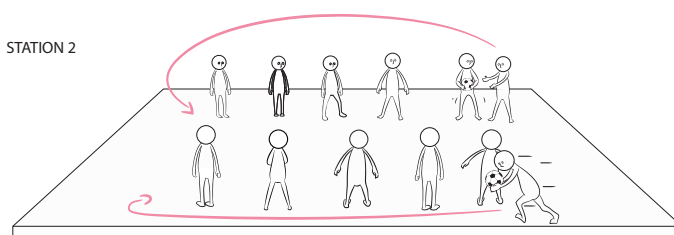
STATION 1



Station 2: Netball - pass while running.

- **What you need:** Cones, about 8 small balls.
- **How to play:** Make groups of two and mark two lines of about 20 meters. Tell the partners to stand, one on either line (A or B), and face each other. On the teacher's start signal, they all jog sideways in one direction and pass the ball to their partner. When they reach the top of the line they make a sprint to the beginning of the line and start again.

STATION 2



Skipping rope relay

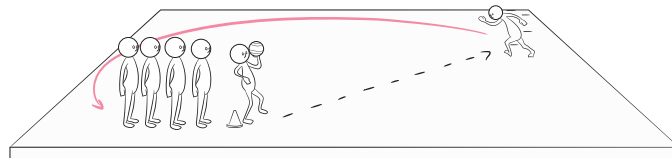
Continued

Station 3: Rugby - running and passing the ball in a backline action.

- **What you need:** cones to mark the field, small balls.
- **How to play:** Learners must stand in a line, one behind the other.

The first learner makes a sprint (catcher). When the second learner (passer) shouts: "catch", the catcher has to turn around and catch the ball thrown by the passer. The catcher runs back to the line and waits until it is his turn to throw the ball to the learner standing in front of him.

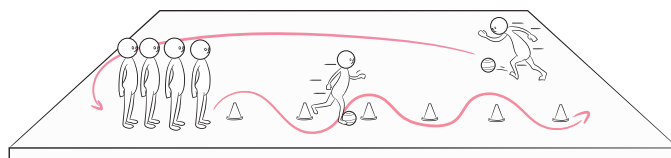
STATION 3



Station 4: Soccer - dribble the ball through markers.

- **What you need:** Cones to mark the zigzag, 4 soccer balls.
- **How to play:** Prepare a station with a zigzag route of about 20m. Learners need to pass through the route as fast as possible, while dribbling the ball through the zigzag. At the "end" cone, they dribble in a straight line to the start and pass the ball to the next person. There should always be three learners running at the same time.

STATION 4



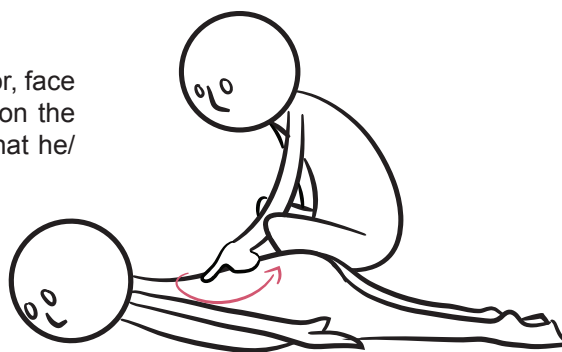
Body writing

Cool down

Time: ~ 10 min

How to perform

The learners get into groups of two. One learner lies on the floor, face down. The other learner draws something with his/her finger on the learner's back. The learner lying on the floor then guesses what he/she was drawing. After 4 - 5 drawings they change roles.



Goal of the game

- Relax and cool down the body.

What to watch for: Tell the learners to be as quiet as possible during this exercise.



Co-ordination

Physical education: Foundation phase

Equipment

- 6 Balls
- Cones
- Colour bands

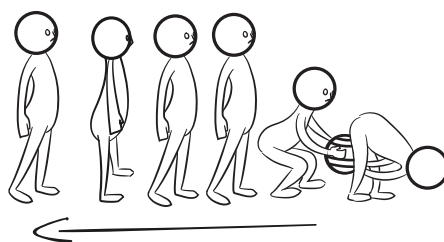
The snake

Introduction
Time: ~ 10 min

What you need: 6 balls (soccer balls).

How to play

Divide the class into 6 groups. The learners stand one behind the other with legs open. The learner standing at the front of the line gets a ball. As soon as the teacher gives the start signal, the learners pass the ball under their legs. When the ball reaches the learner at the back of the line, he/she takes the ball and runs to the top of the snake. Each learner has a turn to pass the ball through the snake twice. As soon as a group has finished, they must sit down.



Goal of the game

- To pass the ball under their legs while standing one behind the other.

What to watch for: Tell the learners to stand as close as possible to be faster.

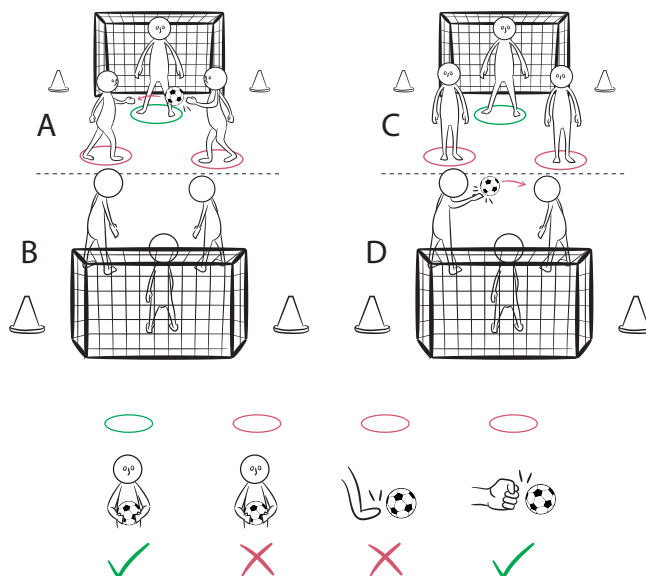
Hand soccer

Main part
Time: ~ 20 min

What you need: A big ball.

How to play

Mark out two playing areas with cones. In each playing area there are two goals (like in a soccer game). Divide the class into four groups (A, B, C, D). Every group has a goalie. The goalie is the only player that may catch or hold the ball. The game is exactly the same as the soccer game, but the learners are not allowed to kick the ball with their feet. They have to pass the ball with their hand/fist. After every goal, the game restarts at the middle line.



Game 1: 5 min.	A:B	C:D
Game 2: 5 min.	A:C	B:D
Game 3: 5 min.	A:D	C:B

What to watch for: Use same colour bands so learners can recognise their teammates.

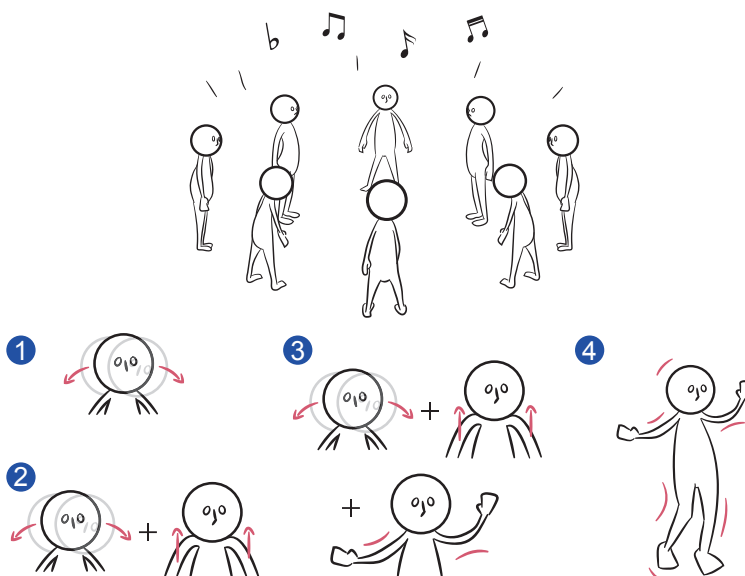
I move

Cool down
Time: ~ 10 min

How to play

Tell the learners to form a big circle. Then they all start singing and moving the following:

- “I move I move I move, I move my head, I move I move I move, I move my head” (learners move their heads).
- “I move I move I move, I move my shoulder, I move I move I move, I move my shoulder” (learners move their heads & shoulders).
- “I move I move I move, I move each arm,...” (learners move their heads, shoulders and arms)
- Learners move their upper bodies, their hips, their feet, their legs, their entire bodies.



Goal of the game

Co-ordinate different body movements, only move what is asked

What to watch for: Tell the learners to move only what is asked.



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				
Total points (max 30):				
Mark:				

General comments:

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

- Colour bands
- Cones
- Chalk
- 4 balls

Flamingo tag

Introduction
Time: ~ 10 min

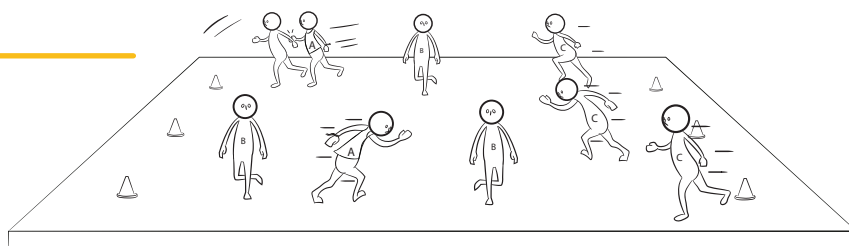
What you need: Colour bands, cones

How to play

The teacher marks out an activity area with cones. The learners move freely in the area. Choose about six “catchers” (give each one a colour band) who try to catch the “moving birds”. As soon as a catcher can touch a bird, the bird becomes a “flamingo” and needs to stand on one leg, until another moving bird touches him/her. If the learners are not released for a long time, they can count to 10 and change their legs. After a while, change roles.

Goal of the game

- Balance on one leg.



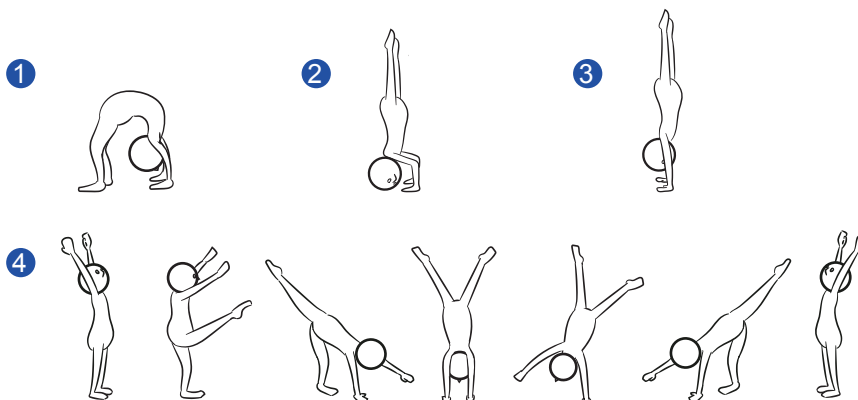
What to watch for: If it is too difficult for the “catchers”, choose more catchers

Acrobatics

Main part
Time: ~ 10 min

How to play

1. Crab stand
2. Head stand
3. Hand stand
4. Wheel



Goal of the game

- Gymnastics: head stand, hand stand, bridges stand.

What to watch for: Make sure the learners are helping each other and assisting the others in a careful manner.

Cock fighting

Main part
Time: ~ 10 min

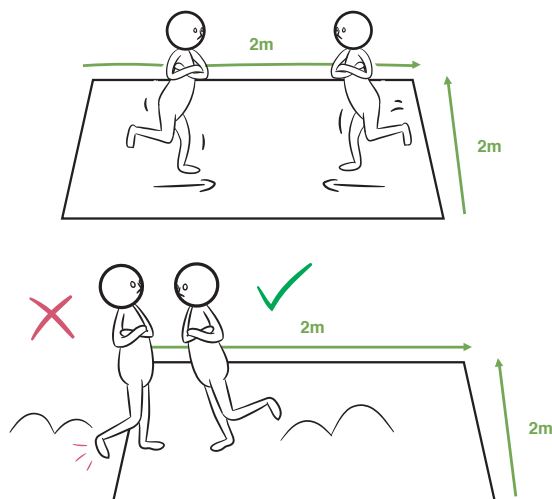
What you need: Colour bands, cones

How to play

Ask the learners to get into groups of two. Tell the learners to mark out an area 2 x 2 m (chalk or cones). Learners stand on one leg, crossed arms. On a command from the teacher, the two opponents (each on one leg) bounce towards each other and try to push each other out of the field, or to get them to lose their balance and place the second leg on the ground. Whoever steps down or steps out of the field loses the round. After 2 minutes, change pairs.

Goal of the game

- Control, co-ordination and balance skills.



What to watch for: Make sure that the learners keep their arms folded. It is exciting when the winners of each round compete in the final round and an overall winner can be determined.

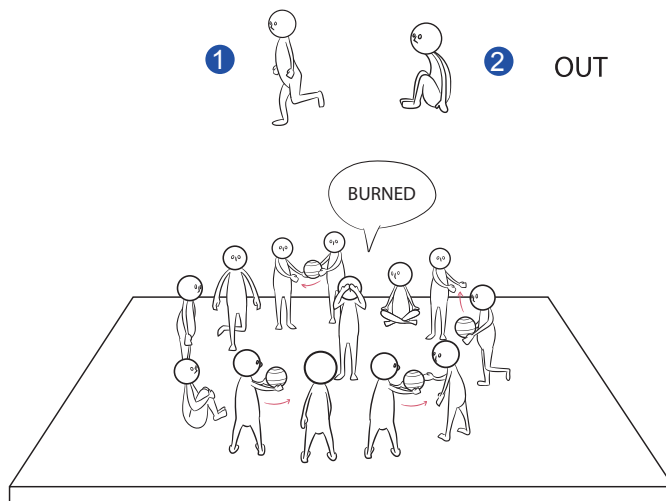
Burned

Cool down
Time: ~ 10 min

What you need: 4 balls

How to play

Ask the learners to form a circle. Four learners hold a ball. 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 with both hands to his/her right side. The game master closes his/her eyes, counts to ten in his/her head (the tempo of counting can be varied) and shouts out loudly: “burned”. Those players who are holding a ball at this time have to stand on one leg. If they are burned twice, they have to sit on the floor and are out of the game. The last player that is standing on both legs is the winner.



Goal of the game

To be able to stand on one leg over a “longer” period of time.

What to watch for: If a learner gets tired of standing on one leg for a long time, he/she is allowed to change legs.



Balance

Physical education: Foundation phase

Equipment

- Cones
- Chalk

- 8 bean bags

Traffic lights

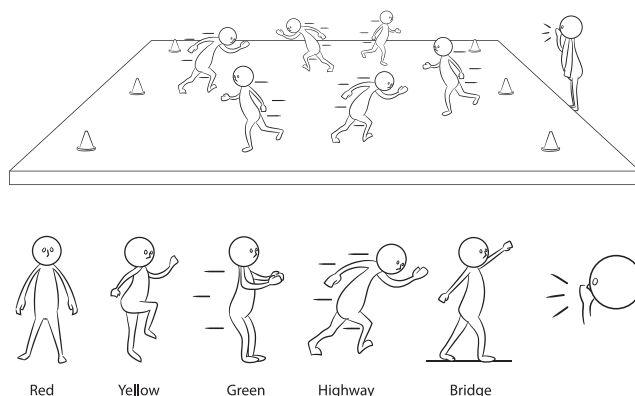
Introduction
Time: ~ 10 min

How to play

Ask the learners to run around freely in the activity area. When the teacher calls any of the following colours, the learners must react. Instructions: RED means "stop your car". YELLOW means "jog on the spot and get ready to take off". GREEN means "drive in your car". HIGHWAY means "short sprint". BRIDGE means "Walk, placing one foot in front of the other, as if you are balancing on a small bridge".

Goal of the game

Walk on a rope or line marked on the ground.



What to watch for: Are the learners performing the movements in a proper manner? If not, try to explain the game again and maybe use only two instructions (for example HIGHWAY and RED).

Relay running

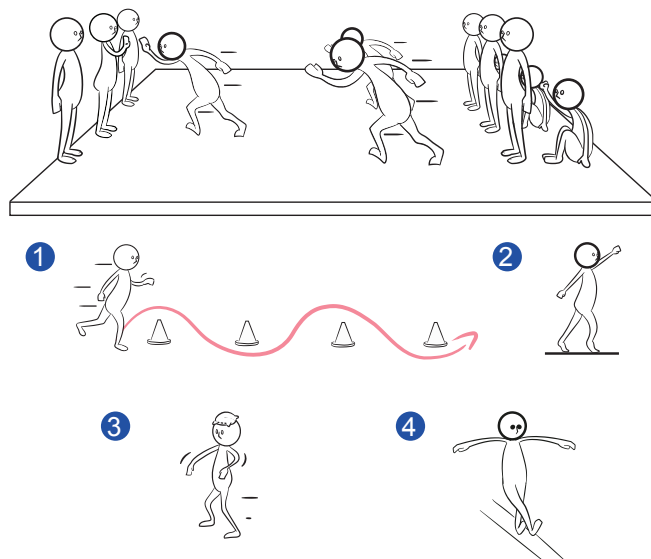
Main part
Time: ~ 20 min

What you need: Cones, chalk (to mark the line on the floor), 8 bean bags

How to play

Divide the class into equal teams of about 8 - 10 players. Divide each team into two groups, A and B. Now ask the groups to stand at either end of the hall in a line facing each other. When the teacher shouts "Go", the learner standing in front of group A runs towards group B. As soon as the runner has reached the first learner standing in line B, he/she must give them a high five and move to the back of line B. Then the front runner of group B runs towards group A, high fives the front learner and moves to the back of line A. It is then the next runner's turn. After every learner has done this task, they must continue with the following tasks:

- Task 1: Zigzag through markers (cones).
- Task 2: Walk on tiptoes on a line marked on the floor.
- Task 3: Balance a bean bag on their head.
- Task 4: Walk on heels on a line marked on the floor.



Relay running

Continued

Goal of the game

Develop different balance skills.

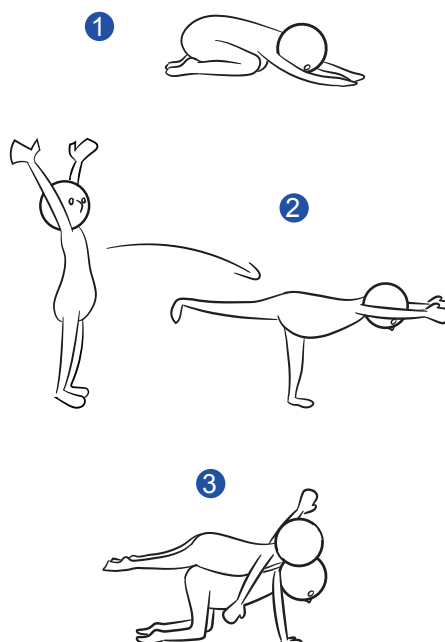
What to watch for: The teacher needs to make sure that the learners are fulfilling the tasks correctly, even though they are in a hurry.

Stretches

Cool down
Time: ~ 10 min

How to play

1. Child'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. Air plane: Tense the whole body. Stand with feet together, arms at sides, and gaze at a spot on the ground about 1.5 meters ahead for balance. Lift the left foot back, bending forward until the left leg and chest are parallel to ground. Then switch sides. Be sure to keep a flat back, parallel to the floor.
3. Two-party-airplane: The learners get into pairs. One child, the base, positions himself/herself on the floor on all fours and tries to be in good tension. The other child, the flyer, stations himself/herself on the back of the base. The flyer puts his/her belly on the back of the base and tries to hold the body in full tension. The flyer's arms are stretched to the side. Then switch roles.



Goal of the game

To cool down, improve the balance, introduction to acrobatics.

What to watch for: Are the learners able to keep their balance? Do the learners know how to tense their bodies?



Balance

Physical education: Foundation phase

Equipment

- Cones

Pirate ships

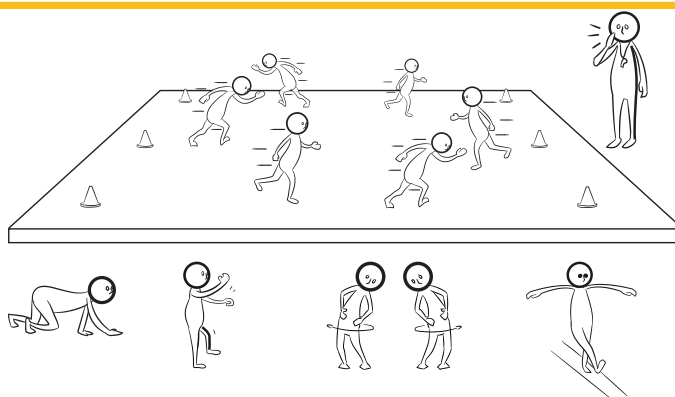
Introduction
Time: ~ 10 min

What you need: Cones

How to play

Ask the children to move freely (run, skip, hop) in the marked area and pay attention to 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 placed exactly in front of the other and with arms outstretched to the sides.



Goal of the game

React quickly, listen to the teacher's instructions and improve agility, balance and running.

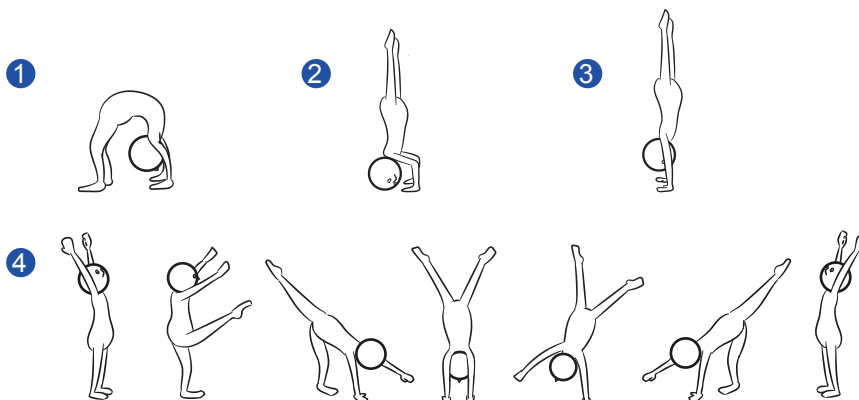
What to watch for: Do the children listen carefully and do they remember what the different instructions mean?

Acrobatics

Main part
Time: ~ 10 min

How to play

1. Crab stand
2. Head stand
3. Hand stand
4. Wheel



Goal of the game

- Gymnastics: head stand, hand stand, bridges stand.

What to watch for: Make sure the learners are helping each other and assisting the others in a careful manner.

Under the sea

Main part
Time: ~ 10 min

What you need: Cones

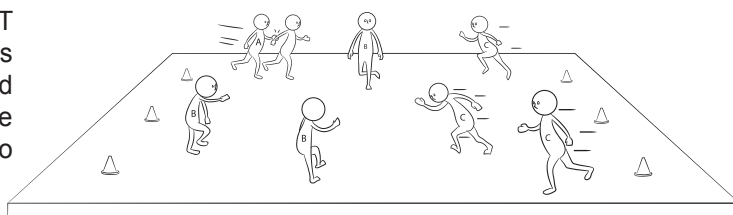
How to play

There is one octopus who is the “catcher” standing on one side of the activity area, the “river”. The other children are pirates and have to try to get to the other side of the river without being caught by the octopus. If they are caught while trying to cross, they stand where they are caught and become “funky seaweed”. Funky seaweed stand on one foot and must NOT move their feet but can catch others with their hands as they try to cross the river. If the funky seaweed catches someone trying to cross, they also become “funky seaweed”. The object of the game is to try to cross without being caught.

A: OCTOPUS

B: FUNKY SEAWEED

C: PIRATES



Goal of the game

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

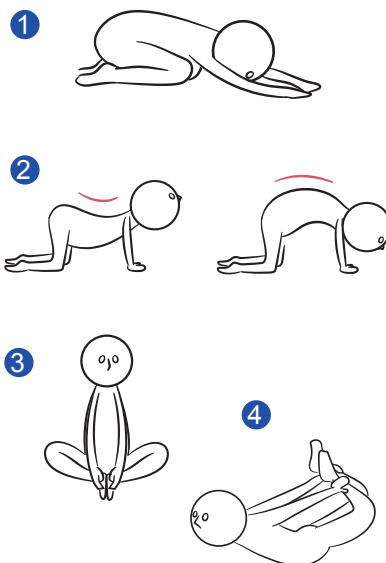
What to watch for: Draw attention to fair play and tell the children not to cheat. Children are allowed to change feet after a while.

Stretches

Cool down
Time: ~ 10 min

How to play

1. Child's pose: Kneel with toes touching and knees spread apart. Slowly bend over and touch the forehead to the ground. Arms are on the side or in front. 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, eyes look straight down, the back is flat like a tabletop. Cow: Inhale, drop the belly down and slowly lift the neck and head up. Cat: 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, place the soles of the feet together and hold them with the hands. The legs are now forming the butterfly “wings.” Elbows can be between the legs or resting on the knees. Gently press the knees down to increase the stretch.
4. Bow pose: Tell the children to lie on their belly with knees bent, tighten their abdominal muscles and flatten their belly against the floor. Hands are holding the feet. They should hold this position for 5 seconds.



Goal of the game

Cool down your body. Nice, deep stretches.

What to watch for: Every stretch should be held for 3 to 5 breaths. Stretches should be repeated three times.



Balance

Physical education: Foundation phase

Equipment

- Cones
- Chalk
- 8 bean bags
- Different obstacles

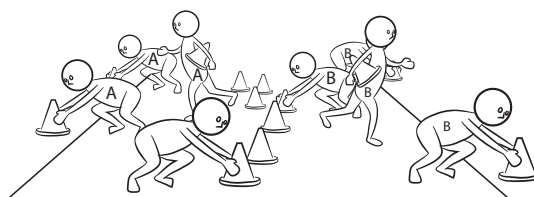
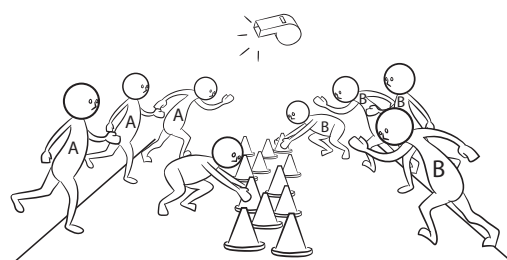
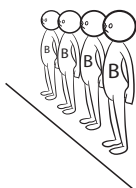
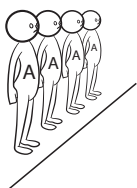
Collect berries

Introduction
Time: ~ 10 min

What you need: As many cones as possible

How to play

Divide the group into two different teams. Have each group stand at either end of the activity area. In middle of the “field”, spread out the cones (“berries”). When the teacher shouts “Go”, the learners must run to the centre of the field, take a cone (only one at a time), run back to their line and put it behind the line. When all the cones have been taken from the centre of the field, the teacher counts the cones of each group to determine the winner.



Goal of the game

- Raise the heart rate.

What to watch for: The learners should be able to stay on their feet when they pick up a cone and run around the field.

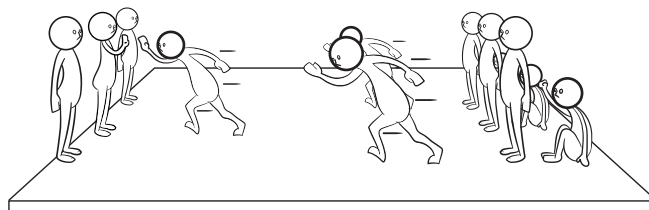
Relay running

Main part
Time: ~ 20 min

What you need: Cones, chalk (to mark the line on the floor), 8 bean bags

How to play

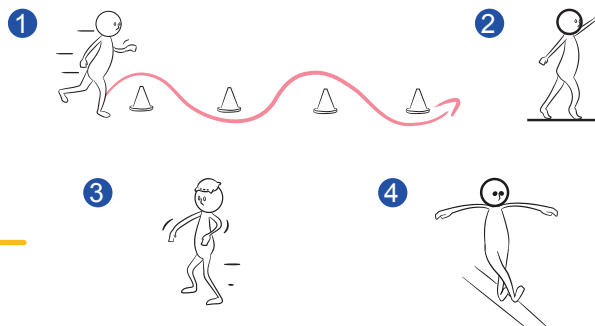
Divide the class into equal teams of about 8 - 10 players. Divide each team into two groups, A and B. Now ask the groups to stand opposite each other at either end of the activity area. In their group, learners should stand in a line behind one another. When the teacher shouts “Go”, the learner standing in front of group A runs towards group B. As soon as the runner has reached the first learner standing in line B, he/she must give them a high five and move to the back of line B. Then the front runner of group B runs towards group A, high fives the front learner and moves to the back of line A. It is then the next runner's turn. After every learner has done this task, they must



Relay running

Main part
Time: ~ 10 min

- Task 1: Zigzag through markers (cones).
- Task 2: Walk on tiptoes on a line marked on the floor.
- Task 3: Balance a bean bag on their head.
- Task 4: Walk on heels on a line marked on the floor.



Goal of the game _____

Develop different balance skills.

I hear you

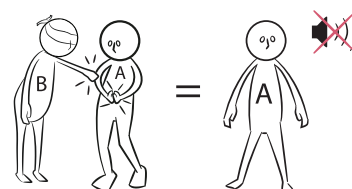
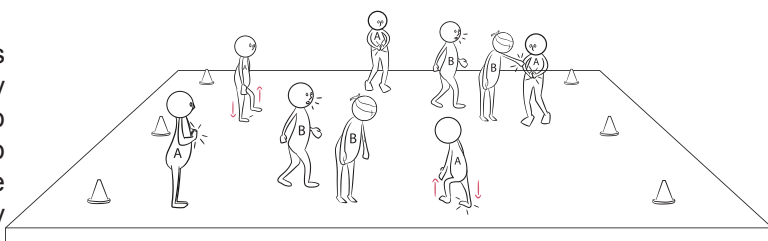
Cool down
Time: ~ 10 min

What you need: 1 cone per team, chalk

How to play

Mark out an activity area and divide the class into two groups, A & B. Group A spreads freely around the area and creates any sound (clap the hands, stamp the hands, snap the fingers). Group B gets into groups of two. One learner is the “blind person’s guide” and takes care of them by telling them if they are walking into something.

The other person is the “blind person”. When the teacher gives the start signal, it is the task of the “blind person”, to search out the sounds and touch the learner making the sound. As soon as the learner has been touched by a blind person, they must be quiet. As soon as everything is quiet the game stops.



Goal of the game _____

Using senses: proprioception - navigate body through various obstacles.

What to watch for: Make sure that each learner has been in all three roles (sound maker, blind person, blind person’s guide). Place obstacles on the floor so it gets more difficult for the learners.



Spatial orientation

Physical education: Foundation phase

Equipment

- 5 tennis balls
- Chalk
- Cones

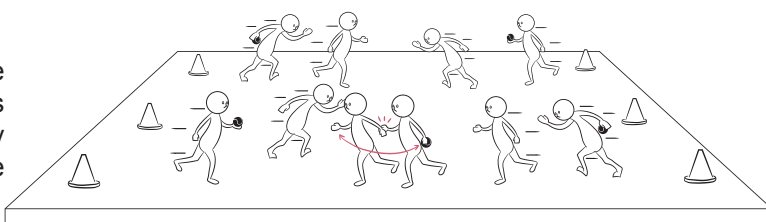
Catch and run

Introduction
Time: ~ 10 min

What you need: 5 tennis balls

How to play

Mark out an activity area using cones and choose 5 “catchers”. All the catchers receive a tennis ball so that they can be identified. If somebody gets caught they switch roles and exchange the tennis ball.



Goal of the game

- Change directions.
- Tag games.

What to watch for: If it is too easy or too difficult for the catchers, vary the size of the playing area or the number of catchers.

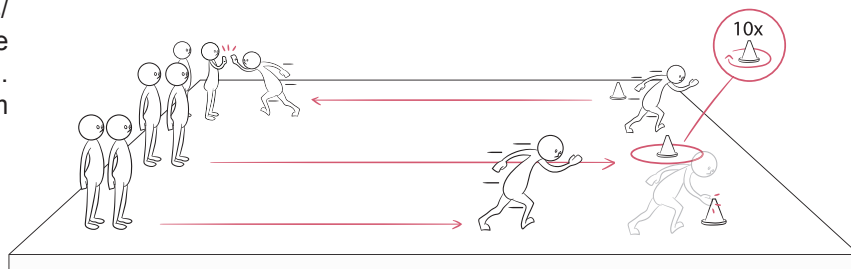
Drunken sailor

Main part
Time: ~ 10 min

What you need: 1 cone per group

How to play

Divide the learners into groups of 6. The learners in each group stand one behind the other. This is a relay race. Place a cone about 30 meters in front of each group. When the teacher gives the start signal, the front learner in each group must run towards the cone. On reaching the cone, he/she must touch the cone with 1 hand, turn around the cone ten times and run back to his/her group as fast as possible, high five the next player and go to the back of the line. Every learner runs twice. The first team finishing the race wins the game.



Goal of the game

The learners must try to stay orientated, even when everything around them is turning.

What to watch for: Learners must start at the right time (when the team mate gives him/her a high five).

Snail's relay run

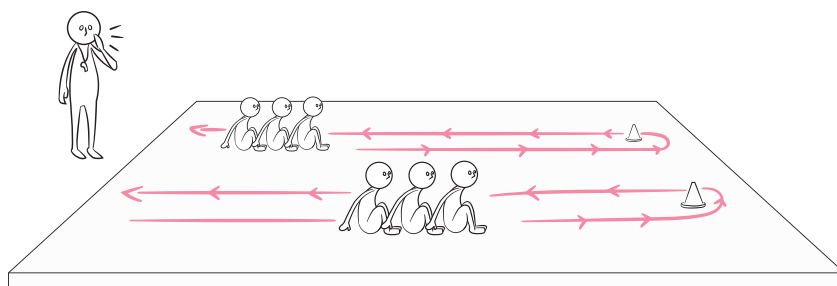
Main part
Time: ~ 10 min

What you need: 1 cone per team, chalk

How to play

Divide the learners into teams of 6. Mark a starting line using chalk and ask each team to sit on the ground in a straight line one behind the other.

The learners are to reach behind their backs and grab the ankles of the person behind them. The last row places their hands on the ground behind them. The challenge is for the group to move forward without disconnecting. Place a cone in front of each team about 6 meters away. When the teacher gives the start signal, the group tries to move forward as fast as possible to the cone, turn around it and come back. The team that gets back to the starting line first is the winner.



Goal of the game

Move a certain distance while connected as a group.

What to watch for: Give each team 2-3 minutes to practise. Make sure that the learners are comfortable in this activity. Allow them to let go if they feel too uncomfortable.

Massage in a circle

Cool down
Time: ~ 10 min

How to play

Learners sit in a circle and look at each other's backs. Massage the back in front of you until the teacher gives the signal (after 2 minutes) to turn sides. Then massage the next back in front of you.



Goal of the game

Relax deeply while massaging someone else's back. Different formation circle.

What to watch for: Learners should be aware of the other learners's feelings. Don't massage too hard or too soft.



Spatial orientation

Physical education: Foundation phase

Equipment

- Cones
- Different obstacles
- 12 hoops, 10 ropes, cones

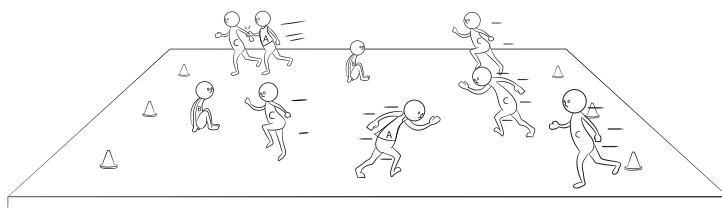
Don't smoke tag

Introduction
Time: ~ 10 min

What you need: Cones.

How to play

The teacher marks out an activity area and chooses 6 children to play the role of "cigarettes". The rest of the children are healthy and try to keep away from the "cigarettes". Children tagged by a "cigarette" get very sick and have to go into a squat position. After the cigarettes have tagged every child, change the roles.



Goal of the game

- Make the children aware of the negative effects of cigarettes (example: cancer).
- Changing direction
- Tag games

What to watch for: If it is too easy or too difficult for the catchers, vary the size of the playing area or the number of catchers.

Blind person's guide

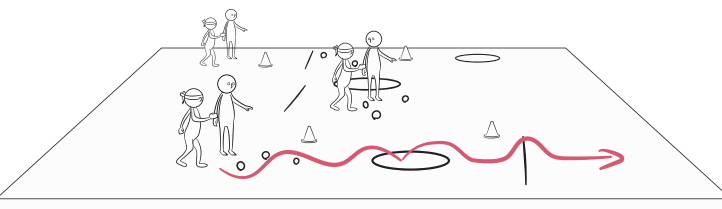
Main part
Time: ~ 10 min

What you need: Different obstacles

How to play

Distribute objects all over the athletics field: Hula hoops, ropes, balls, etc. Tell the children to get into groups of two. One child is the "blind person's guide", the other child is the "blind person", who keeps his/her eyes closed. The guide calls out the directions:

"go straight forward, go to the right, go to the left, go backwards, jump, crawl" etc. The guide really needs to pay attention because there are a lot of obstacles around. The goal of the game is to avoid touching any obstacle. The teacher gives a signal and the children must change their roles.



Goal of the game

Navigate a complicated obstacle course.

What to watch for: Make sure the blind persons really close their eyes.

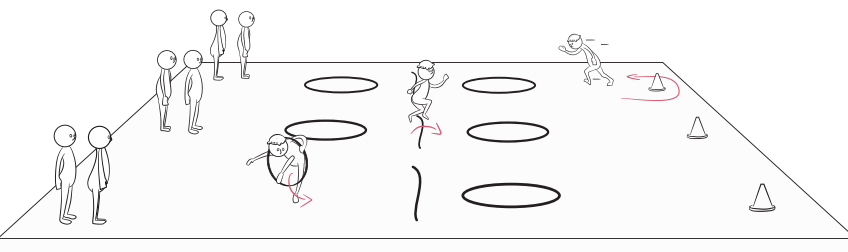
Obstacle run

Main part
Time: ~ 10 min

What you need: 12 hoops, 10 ropes, cones, bean bags

How to play

Divide the children into groups of 8 - 10, who stand one behind the other in a straight line. This is a relay race. About 30 meters away, place a cone (turning point). Place 2 hoops and one rope in front of each group, spaced between the starting line and the cone. On the teacher's signal, the first child standing



in the line places a bean bag on his/her head and tries to complete the obstacle run without dropping the bean bag: go through both hoops, jump with both legs over the rope, run to the cone, turn and run back to the group. As soon as the child is back, he/she needs to high five the next child standing in line, so the next team member can complete the obstacle run.

Goal of the game

Navigate a complex obstacle course.

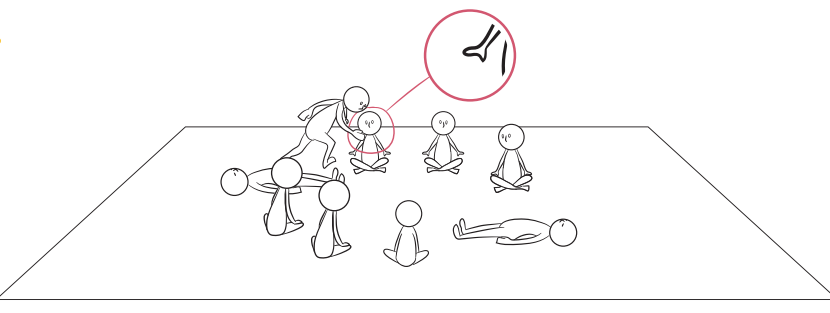
What to watch for: If there are not enough hoops available, look for other obstacles.

The sandman

Cool down
Time: ~ 10 min

How to play

Ask the children to form a large circle, sitting down, facing inward. Have all the children close their eyes. Go around the circle and gently tap one child on the shoulder to be the sandman. The role of the sandman is to wink at other children secretly. If you get winked at, you must "fall asleep" dramatically and lay down.



Children may make a guess as to 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

Children must be attentive and try to track down the sandman.

What to watch for: Children should be honest and fall asleep if they are winked at.



Spatial orientation

Physical education: Foundation phase

Equipment

- Chalk or ropes or cones or shoes
- 6 soccer balls

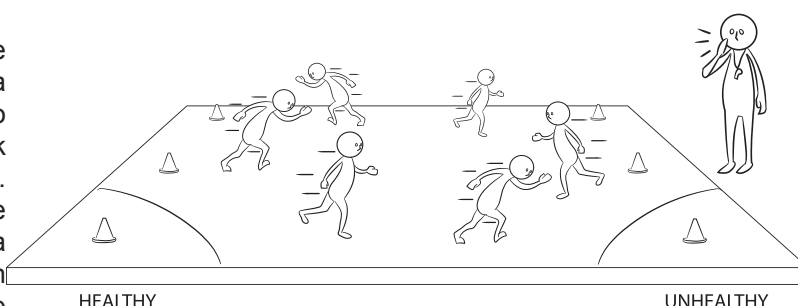
Healthy or unhealthy?

Introduction
Time: ~ 10 min

What you need: Chalk, ropes, cones or shoes

How to play

Mark out two areas in the sports field. One area is the “healthy” area, the other area is the “unhealthy” area. Ask the children to name any healthy food they know. Then ask them to name all sorts of unhealthy food. Tell the children to run around the area. The teacher continually calls out the name of a food, for example, chocolate. If the children



think that the food is healthy, they run to the healthy area, if they think that the food is unhealthy, they run to the unhealthy area. Then take a short break and discuss with the children whether the food you were calling out is healthy or unhealthy and why. Example: French fries: Unhealthy. The children must run towards the unhealthy side. Ask the children why this food is unhealthy. Possible answer: “It’s very fatty and doesn’t have a lot of vitamins”.

Goal of the game

Learn nutritional facts, raise the pulse rate.

What to watch for: Talk directly to the children. Call children out and ask them about their knowledge of healthy and unhealthy food.

Pass and score

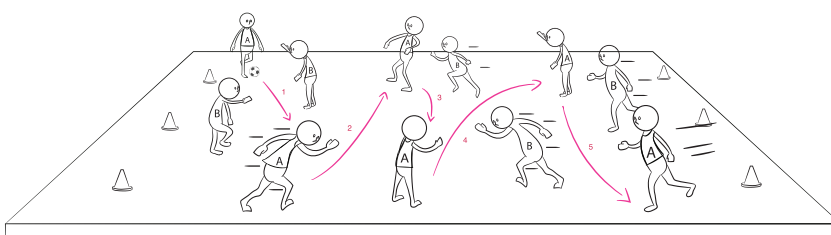
Main part
Time: ~ 20 min

What you need: 6 soccer balls

How to play

Divide the class into six teams and mark them in a different way so that children can recognize their teammates. Two teams are playing against each other with a soccer ball. A team can score a point when they are able to make five passes without being intercepted by the other team. After every 4 minutes, change the opposing teams.

TEAM A: COLOUR BANDS
TEAM B: NON BANDS



Pass and score

Continued

Game 1: 4 min.	A:B	C:D	E:F
Break			
Game 2: 4 min.	A:C	B:E	D:F
Break			
Game 3: 4 min.	A:D	B:F	C:E
Break			
Game 4: 4 min.	A:E	B:D	C:F
Break			
Game 5: 4 min.	A:F	B:C	D:E
Break			

Goal of the game

The children learn to look up, make passes and catch a ball.

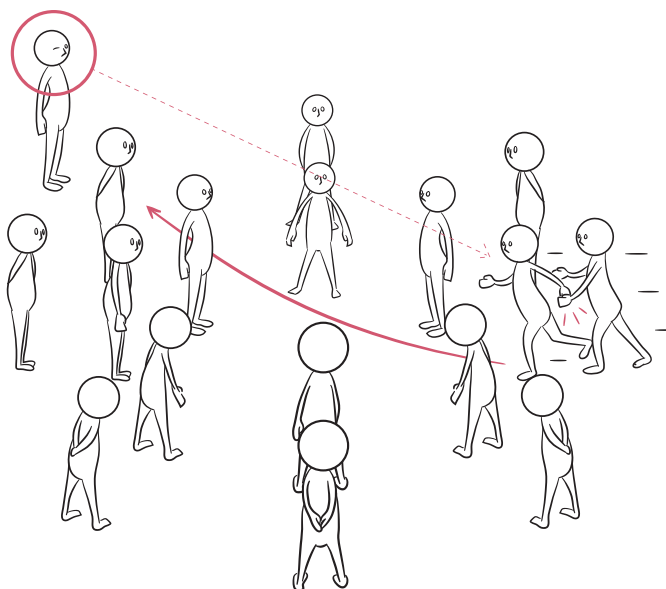
What to watch for: Are the children able to pass the ball? If not, enlarge the field.

Friend scout

Cool down
Time: ~ 10 min

How to play

Divide the class into two teams and form two big circles, one on the inside and one on the outside. All children stand in pairs (with a gap of half a meter). Players standing on the outer circle have their hands behind their backs. One player is alone “blinker” and blinks to a player standing in the inner circle. This player tries to run as quickly as possible towards the blinker. The player in the back tries to hold the child back. Is the flight successful, the one in the back gets the new “blinker”.



Goal of the game

Different formation circle.

What to watch for: Tell the children to be very attentive.



Spatial orientation

Physical education: Foundation phase

Equipment

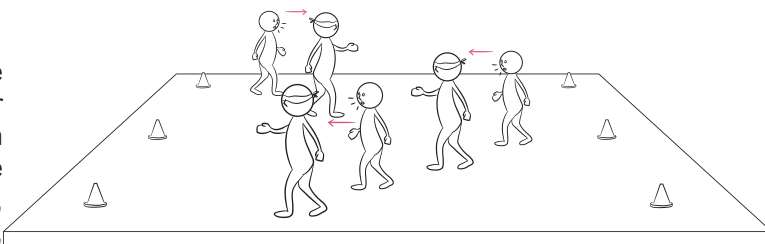
- 12 hoops
- 10 ropes
- Cones
- 8 bean bags
- Chalk
- Any obstacles

Blind person's guide

Introduction
Time: ~ 10 min

How to play

Ask the learners to get into groups of two. One learner is the "blind person's guide", the other learner is the "blind person". The blind person closes his/her eyes. The guide names the direction, "Go straight forward, go to the right, go to the left, go backwards etc." After a while, the learners must change roles.



Goal of the game

Spatial orientation, trust your partner, following directions.

What to watch for: Make sure the learners's eyes are really closed.

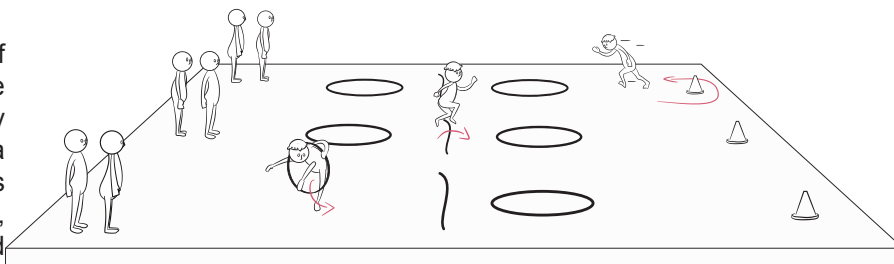
Obstacle run

Main part
Time: ~ 10 min

What you need: 12 hoops, 10 ropes, cones, bean bags

How to play

Divide the learners into groups of 8 - 10, who stand one behind the other in a straight line. This is a relay race. About 30 meters away, place a cone (turning point). Place 2 hoops and one rope in front of each group, spaced between the starting line and the cone. On the teacher's signal,



the first learner standing in the line places a bean bag on his/her head and tries to complete the obstacle run without dropping the bean bag: go through both hoops, jump with both legs over the rope, run to the cone, turn and run back to the group. As soon as the learner is back, he/she needs to high five the next learner standing in line, so the next team member can complete the obstacle run.

Goal of the game

Navigate a complex obstacle course.

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

Snail's relay run

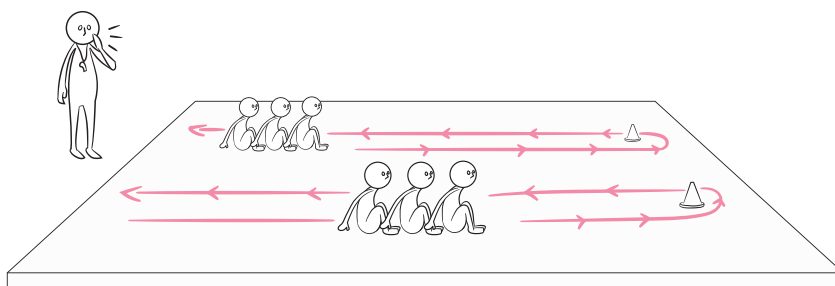
Main part
Time: ~ 10 min

What you need: 1 cone per team, chalk

How to play

Divide the learners into teams of 6. Mark a starting line using chalk and ask each team to sit on the ground in a straight line one behind the other.

The learners are to reach behind their backs and grab the ankles of the person behind them. The last row places their hands on the ground behind them. The challenge is for the group to move forward without disconnecting. Place a cone in front of each team about 6 meters away. When the teacher gives the start signal, the group tries to move forward as fast as possible to the cone, turn around it and come back. The team that gets back to the starting line first is the winner.



Goal of the game

Move a certain distance while connected as a group.

What to watch for: Give each team 2-3 minutes to practice. Make sure that the learners are comfortable in this activity. Allow them to let go if they feel too uncomfortable.

I hear you

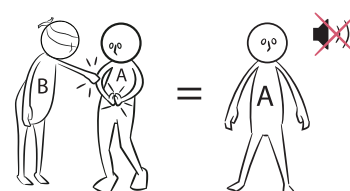
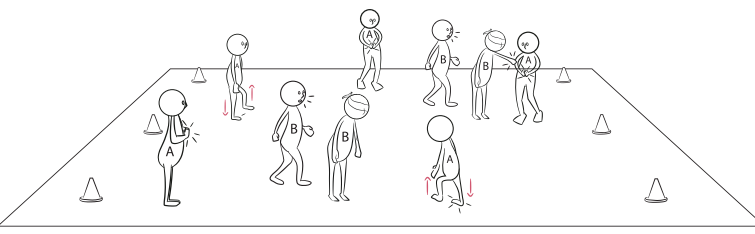
Cool down
Time: ~ 10 min

What you need: 1 cone per team, chalk

How to play

Mark out an activity area and divide the class into two groups, A & B. Group A spreads freely around the area and creates any sound (clap the hands, stamp the hands, snap the fingers). Group B gets into groups of two. One learner is the "blind person's guide" and takes care of them by telling them if they are walking into something.

The other person is the "blind person". When the teacher gives the start signal, it is the task of the "blind person", to search out the sounds and touch the learner making the sound. As soon as the learner has been touched by a blind person, they must be quiet. As soon as everything is quiet the game stops.



Goal of the game

Using senses: proprioception - navigate body through various obstacles.

What to watch for: Make sure that each learner has been in all three roles (sound maker, blind person, blind person's guide). Place obstacles on the floor so it gets more difficult for the learners.



Spatial orientation

Physical education: Foundation phase

Equipment

- 8 balls
- 1 hula hoop

- 1 ball

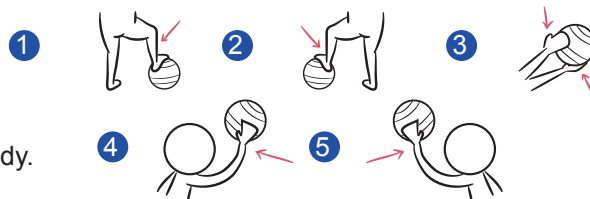
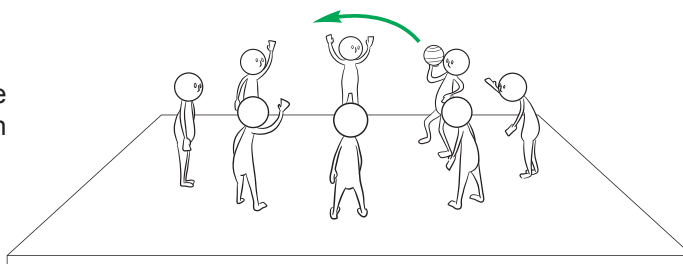
Pass the ball

Introduction
Time: ~ 10 min

How to play

Make a circle with 7-10 children. Every circle has one ball. Always keep the same order and repeat each round three times.

- Task 1: Pass the ball with the dominant foot.
- Task 2: Pass the ball with the non-dominant foot.
- Task 3: Pass the ball with both hands.
- Task 4: Throw the ball with the dominant hand.
- Task 5: Throw the ball with the non-dominant hand.



Goal of the game

- Practise activities using the non-dominant side of the body.
- Throw and catch with the non-dominant hand.

What to watch for: Are the learners able to change easily from their dominant to their non-dominant side? If it is too difficult tell the learners to make the circle smaller.

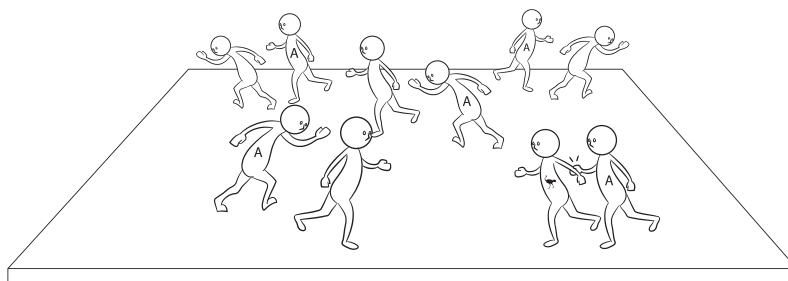
Ostrich tag

Main part
Time: ~ 10 min

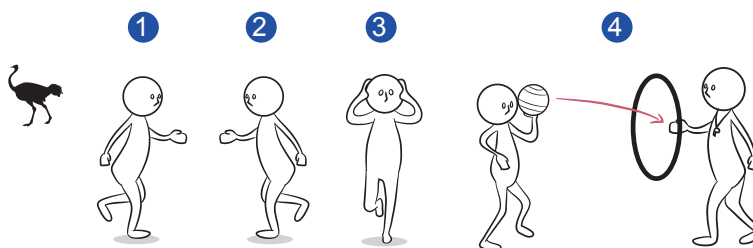
What you need: 1 hula hoop, 1 ball

How to play

Choose five “catchers”, who need to touch as many learners as they can. The other learners need to run and duck the catchers. As soon as a catcher has touched a free moving child, that learner becomes an “ostrich”. The ostrich can be released by jumping on one leg to reach another ostrich and give him/her a high five. After that both ostriches are freed. After 4 - 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, with 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 that hoop (with dominant and non-dominant hands).



Ostrich tag

Continued

Goal of the game

- Practise activities using the non-dominant side of the body.
- Balance on non-dominant leg.
- Throw a ball through a hoop with left and right hands.

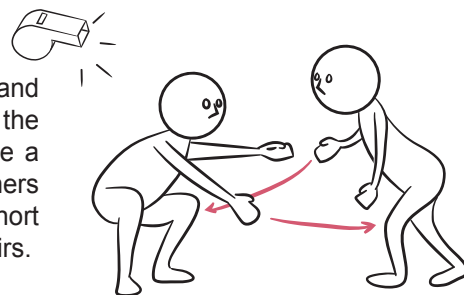
What to watch for: Make sure that the learners have an upright and strong body position so they can keep their balance. Tell the learners to use their arms to keep their balance.

Knee tag

Main part
Time: ~ 10 min

How to play

Ask the learners to get into groups of two. 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 knee he/she scores a point. The learners should play the game for approximately 15 to 30 seconds and then take a short break. The game can be repeated multiple times. After a while, change pairs.



Goal of the game

Learn to read, and appropriately respond to their opponents' movements and speed.

What to watch for: Change pairs after a while

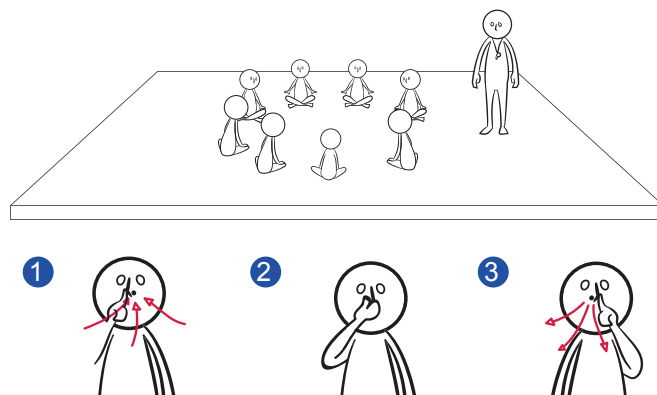
Bilateral breath

Cool down
Time: ~ 10 min

How to play

The class sits down in the circle, close their eyes and follow the instructions of the teacher. Afterwards they change sides. Carry out the whole process a total of three to eight times:

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



Goal of the game

Practise deep and rhythmic breathing. Support of laterality.

What to watch for: Tell the learners to breathe nice and deeply.



Spatial orientation

Physical education: Foundation phase

Equipment

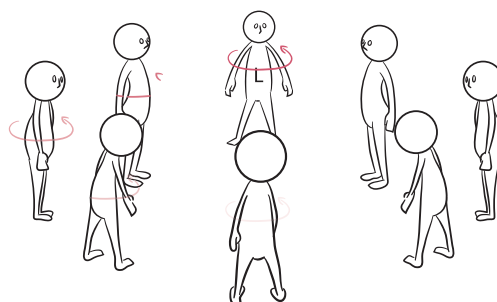
- 8 hula hoops
- 16 cones
- 8 tennis balls

The wave

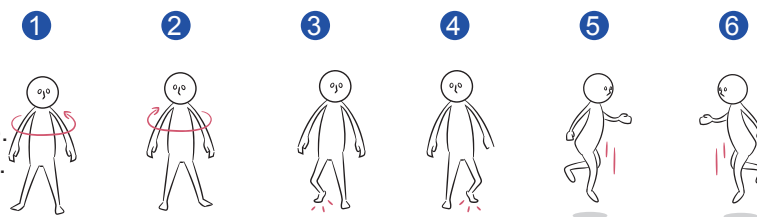
Introduction
Time: ~ 10 min

How to play

Ask the learners to make a circle with 7-10 players. Each group has a leader. The leader always starts the wave by doing the task required. Then the wave goes on to the right until every learner has done the task required. Repeat every task three times and try to get faster and faster 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, make a jump.
- Task 6: Stand on your left foot, make a jump.



Goal of the game

- Learners should learn to perform actions bilaterally and avoid over-balancing.
- Turn on the spot to the left and to the right.

What to watch for: Are the learners able to change easily from side to side? Is there a marked difference between the dominant and non-dominant side?

Courier game

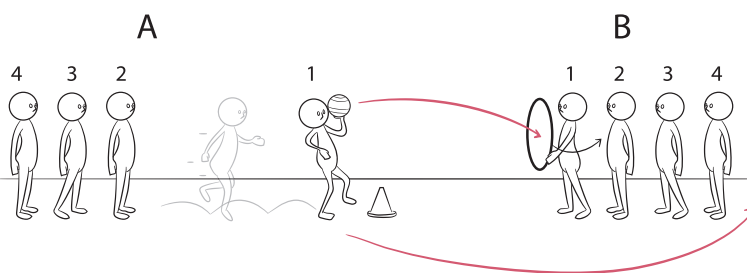
Main part
Time: ~ 20 min

What you need: 8 hula hoops, 16 cones, 8 tennis balls

How to play

Ask the learners to make teams of 8 players who are competing in a race. 4 learners are standing on one side of the marked playing area, 4 learners are standing on the other side (about 20 meters away).

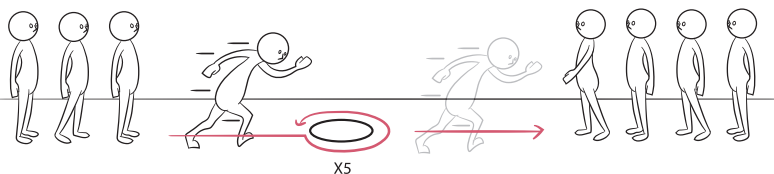
- First round: Both learners standing in front of the line are holding a hula hoop. On the teachers start signal, learner 1 from line A hands the hoop to learner 2 from line A and runs to the marked area where a ball is placed on the floor. Learner 1 tries to throw that ball through the hoop, that is held by learner 1 of line B. If successful, learner 1 of line A can add to the back of line B. Learner 1 of line B hands the hoop to learner 2 of line B, takes the ball and runs towards the marked area on the other side, where the action described is repeated. Every learner should run through the parkour once.



Courier game

Continued

- Second round: Repeat, but let the learners fulfill the tasks with the non-dominant leg and hand.
- Third round: Place a hula hoop in the middle of the race course. Learners run towards the hula hoop, run around the hoop 5 times to one side and 5 times to the other side, then run to their partners on the other side of the activity area.



Goal of the game

- Develop team spirit, encourage others, be able to fulfill bilateral tasks.

What to watch for: Tell the learners to motivate the other team members.

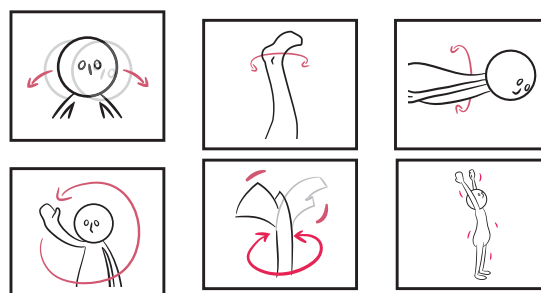
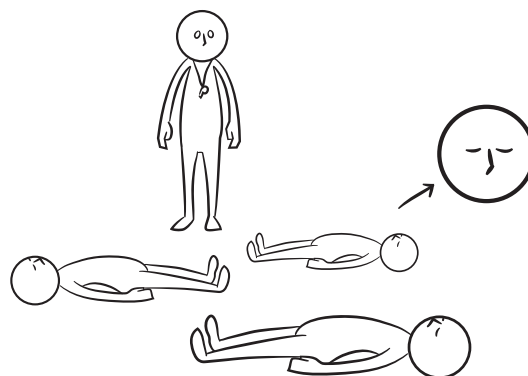
Isolations

Cool down
Time: ~ 10 min

How to play

Tell the learners to lie on the floor and close their eyes. Let them repeat every one of the following tasks for about 20 seconds. After they have completed Tasks 1 to 6, tell the learners to slowly stand up and then perform Task 7.

- Task 1: Repeatedly move your head from the right side to the left side and back.
- Task 2: Use your right arm to draw a big circle in the air. After a few repetitions change arms.
- Task 3: Use your right leg to draw a big circle in the air. After a few repetitions change legs.
- Task 4: Circle your right hand in one direction and after a few repetitions, change to the opposite direction.
- Task 5: Circle your left hand in one direction and after a few repetitions, change to the opposite direction.
- Task 6: Roll sideways in both directions.
- Task 7: Tell the learners to move their whole body, stretch and pull tight.



Goal of the game

Feel and move the different parts of your body. Learn the difference between moving to the right and moving to the left. Learn to isolate one part of the body from the others.

What to watch for: Make sure that the learners move each body part as requested.



Laterality

Physical education: Foundation phase

Equipment

- 4 balls

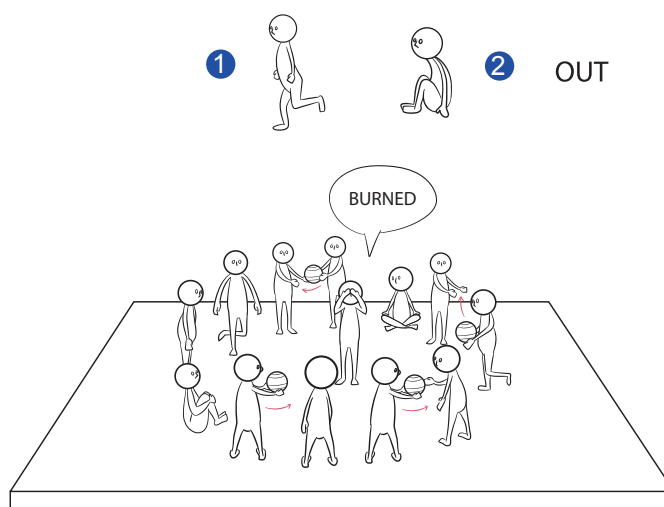
Burned

Introduction
Time: ~ 10 min

What you need: 4 balls

How to play

Ask the learners to form a circle. Four learners hold a ball. 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 with both hands to his/her right side. The game master closes his/her eyes, counts to ten in his/her head (the tempo of counting can be varied) and shouts out loudly: “burned”. Those players who are holding a ball at this time have to stand on one leg. If they are burned twice, they have to sit on the floor and are out of the game. The last player that is standing on both legs is the winner.



Goal of the game

To be able to stand on one leg over a “longer” period of time.

What to watch for: If a learner gets tired of standing on one leg for a long time, he/she is allowed to change legs.

Push-up fight

Main part
Time: ~ 10 min

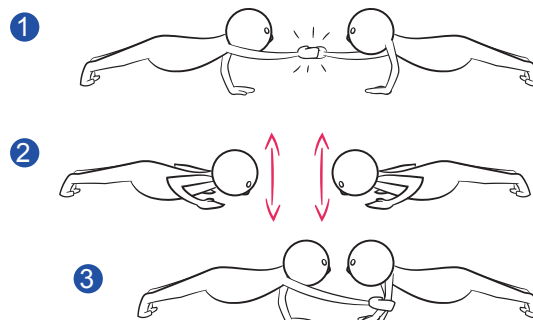
How to play

Ask the learners to make groups of two. Tell the learners to face each other and go to a push-up position. 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 unbalance your partner, by pulling their arms away. After two minutes, change pairs.

Goal of the game

To strengthen their bodies (core), try to keep their balance, practise laterality.



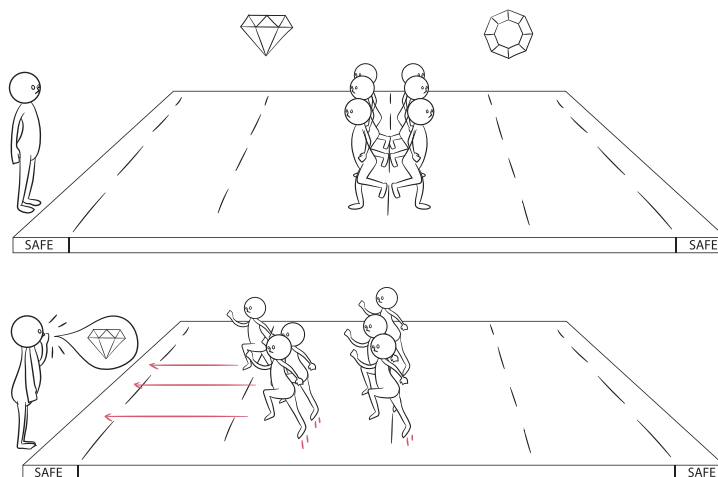
What to watch for: Tell the learners to develop a technique to unbalance their partner. Use both arms to fight.

Pirate fight

Main part
Time: ~ 10 min

How to play

Divide the learners into two equal teams that represent two different pirate crews, "The Diamonds" and "The Sapphires". Divide the play area into 4 sections with 2 safety zones and 2 playing areas. Ask the teams to line up along the centre line, standing on one foot, back to back. This is a tag game. When you call out "Diamonds", the diamonds jump away and try to get to their safety zone before a "Sapphire" can catch them. When you call out "Sapphires", it's the other way round.



Goal of the game

- Reaction drill, speed, jumping on one leg.

What to watch for: After every round tell the learners which leg they have to stand on, "dominant" or "non-dominant". Change pairs.

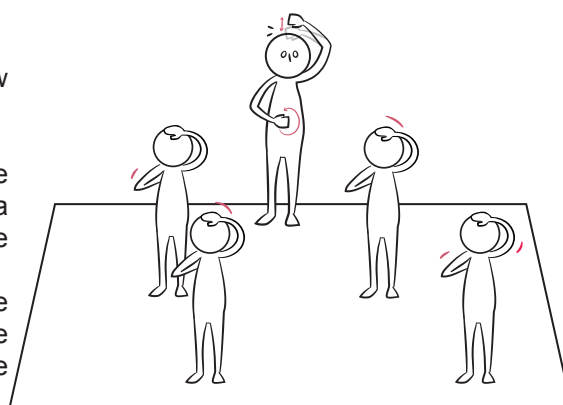
Brain fit course

Cool down
Time: ~ 10 min

How to play

Learners spread freely around the playing area and try to follow your instructions.

- Task 1:
 - Right arm: move the arm up to the chest, push it to the side and then push it down to the hips. Do this movement in a constant rhythm. If you are certain in this movement add the second arm:
 - Left arm: move the arm up to the chest, then push it to the side, take it back to the chest and then push it up to the sky. Do this movement in a constant rhythm. Use the same rhythm for both arms.
- Change arms
- Task 2: Your right arm is tapping your head, your left arm is circling on your belly. Try to switch sides or raise the speed.



Goal of the game

- Train your brain.
- Challenge yourself with co-ordination tasks.

What to watch for: Tell the learners to change arms, vary the tempo, add feet co-ordination.



Laterality

Physical education: Foundation phase

Equipment

- About 8 balls
- Chalk
- Cones

Pass the ball: Fireball

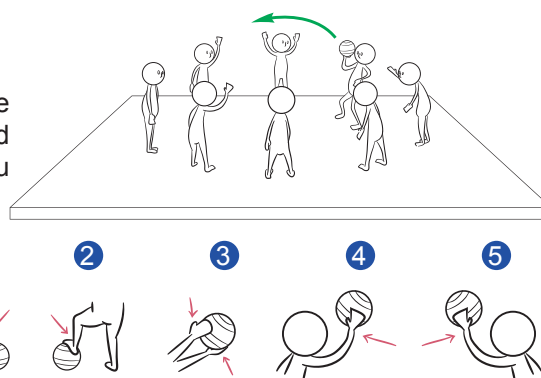
Introduction
Time: ~ 10 min

What you need: About 8 balls

How to play

Ask the learners to make a circle with 7 - 10 learners. Every circle has one ball. Always keep the same order and repeat each round three times. Imagine the ball is a fireball; if you keep it too long, you will get burned.

- Task 1: Pass the ball with the dominant foot.
- Task 2: Pass the ball with the non-dominant foot.
- Task 3: Pass the ball with both hands.
- Task 4: Throw the ball with the dominant hand.
- Task 5: Throw the ball with the non-dominant hand.



Goal of the game

Practise activities using the non-dominant body part, arms and legs. Kick a moving ball with the left and the right foot.

What to watch for: Tell the learners to do a short run and directly pass the ball to the next person. If it is too difficult tell the learners to make the circle smaller.

Cock fighting on the non-dominant foot

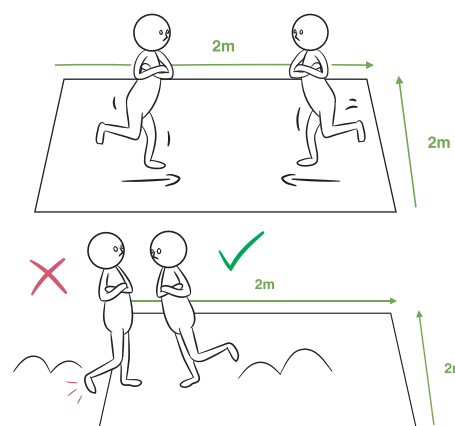
Main part
Time: ~ 10 min

How to play

Ask the learners to get into groups of two. Tell the learners to mark out an area 2 x 2 meters (chalk, cones). Learners stand on the non-dominant leg, crossed arms. On a command, the two opponents (each on one leg) bounce towards each other and try to push each other out of the field, or to get them to lose their balance and place the second leg on the ground. Whoever steps down or steps out of the field loses the round. After 2 minutes, change pairs.

Goal of the game

Control, co-ordination and balance skills.



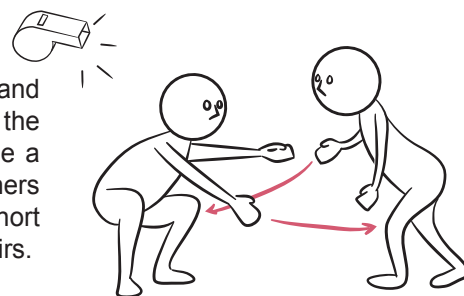
What to watch for: Make sure the learners cross their arms. It is exciting when the winners of each round compete in the final round and an overall winner can be determined.

Knee tag

Main part
Time: ~ 10 min

How to play

Ask the learners to get into groups of two. 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 knee, he/she scores a point. The learners should play the game for approximately 15 to 30 seconds and then take a short break. The game can be repeated multiple times. After a while, change pairs.



Goal of the game

Learn to read, and appropriately respond to, their opponents' movements and speed.

What to watch for: Change pairs after a while.

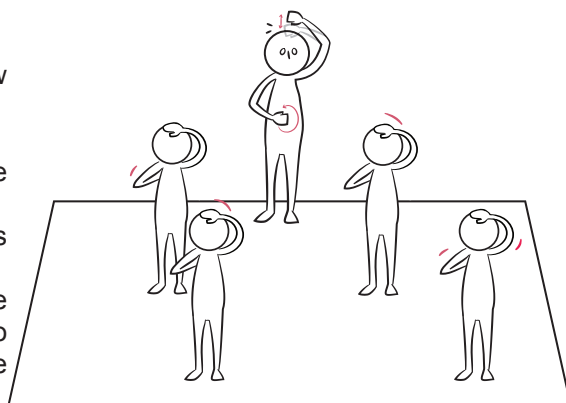
Brain fit course

Cool down
Time: ~ 10 min

How to play

Learners spread freely around the playing area and try to follow your instructions.

- Task 1:
- Right arm: move the arm up to the chest, push it to the side and then push it down to the hips. Do this movement in a constant rhythm. If you are certain in this movement add the second arm:
- Left arm: move the arm up to the chest, then push it to the side, take it back to the chest and then push it up to the sky. Do this movement in a constant rhythm. Use the same rhythm for both arms.
- Change arms
- Task 2: Your right arm is tapping your head, your left arm is circling on your belly. Try to switch sides or raise the speed.



Goal of the game

- Train your brain.
- Challenge yourself with co-ordination tasks.

What to watch for: Tell the learners to change arms, vary the tempo, add feet co-ordination.



Laterality

Physical education: Foundation phase

Equipment

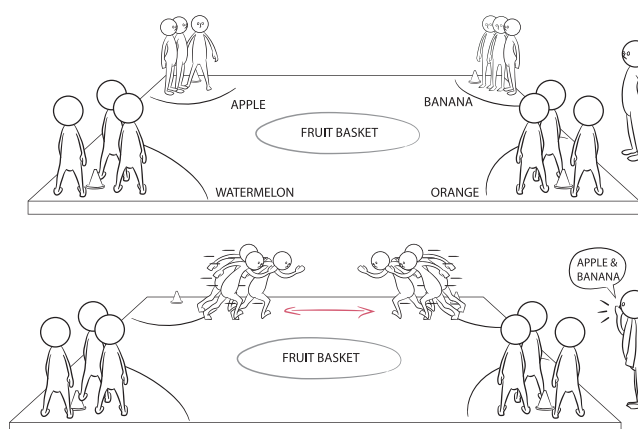
- Netball court
- Netball

Fruit basket

Introduction
Time: ~ 10 min

How to play

Divide the class into 4 groups and have them move into each corner of the activity area. Give each of the groups a fruit name such as apple, orange, banana and watermelon. When you call two of the fruit names, those groups 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 movement as you go by asking them to hop, skip, bunny hop and frog hop.



Goal of the game

- Run without bumping into each other.
- Listen carefully to what the teacher says.

What to watch for: Do the learners know when it's their turn?

Mini-netball

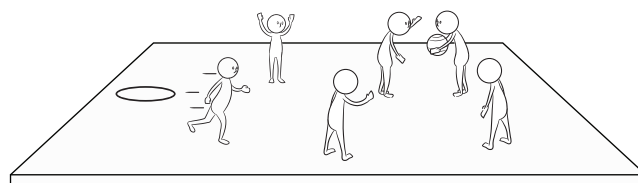
Main part
Time: ~ 20 min

What you need: A netball court and a ball

How to play

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



Goal of the game

Throw a ball at a target.

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

What to watch for: Mark every group with different colour bands. The group waiting on the outside will practise their rope skipping skills.

Duck duck goose

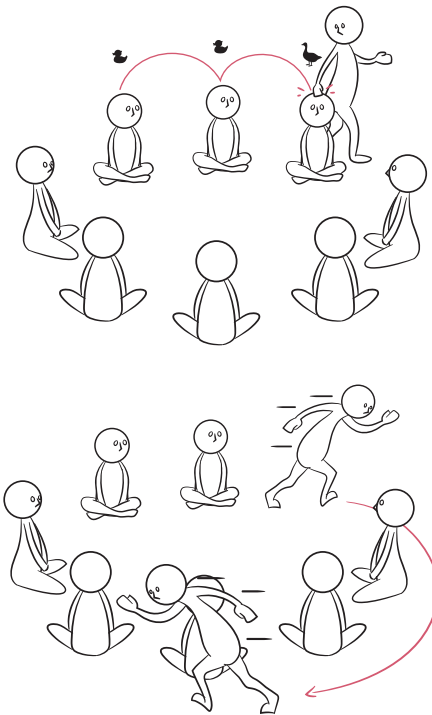
Cool down
Time: ~ 10 min

How to play

Learners sit in a circle and learner A walks around the outside of the circle tapping each learner on the head and saying “duck, duck, duck, duck”. When learner A taps a head and says “goose”, the learner sitting becomes the goose and then has to chase learner A around the outside of the circle. The goose has to try to catch learner A before sitting back in his/her space. If the goose catches learner A, then learner A sits in the middle of the circle. The goose then takes over the role of learner A. The person sitting in the middle leaves the centre and joins the circle when the next person is caught.

Goal of the game

- Improvement of reaction, co-ordination and speed.



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



Sports + games

Physical education: Foundation phase

Equipment

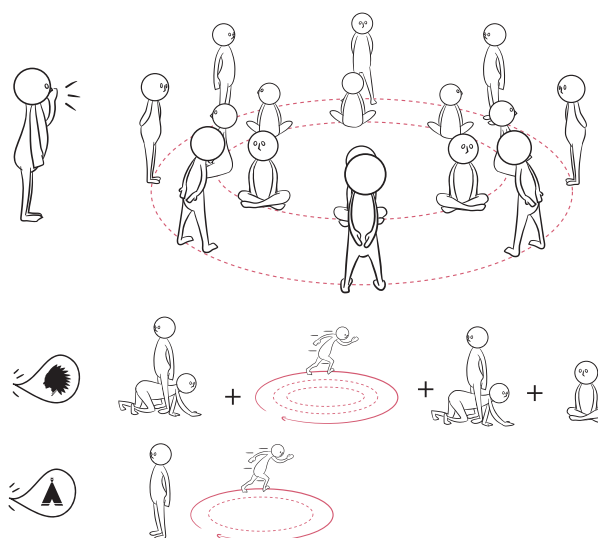
- 3 soccer balls
- Bean bags

Indians and tepees

Introduction
Time: ~ 10 min

How to play

This game can be played with the whole class. Learners find a partner and then the whole group makes a double circle. The inside partner is the 'Indian' who sits cross-legged on the ground. The outside partner is the 'Tepee' who stands facing his/her partner with legs apart. To 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 'Tepees'. On 'Indians' they must go into their tepees (through their partner's legs) and run as fast as they can around the outside of the circle back to their tepees and enter through their partner's legs again and sit down cross-legged. On 'Tepees' 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

The learners must listen carefully and react quickly when it's their turn. Learners should run and not walk, so that they can improve their cardiovascular fitness.

What to watch for: No one is allowed to push other learners. Overtaking must be around the outside of other runners.

Pass and score

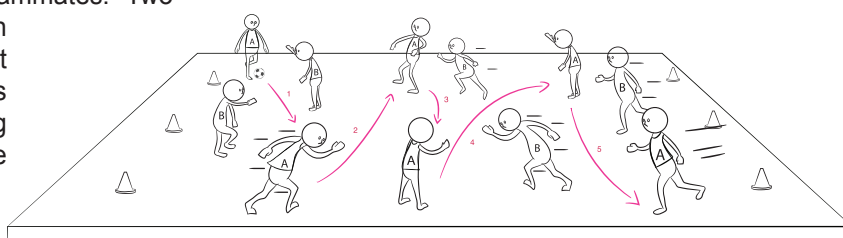
Main part
Time: ~ 20 min

What you need: 3 soccer balls

How to play

Divide the class into six equal teams and mark each team in a different way (coloured colour bands), in order for the learners to recognise their teammates. Two teams are playing against each other with a soccer ball. A team can score a point when they are able to make five passes without being intercepted by the opposing team. After every 3 minutes, change the opposing teams.

TEAM A: COLOUR BANDS
TEAM B: NON BANDS



Pass and score

Continued

Goal of the game

The learners learn to look up, make passes and catch a ball.

Game 1: 3 min.	A:B	C:D	E:F
Break			
Game 2: 3 min.	A:C	B:E	D:F
Break			
Game 3: 3 min.	A:D	B:F	C:E
Break			
Game 4: 3 min.	A:E	B:D	C:F
Break			
Game 5: 3 min.	A:F	B:C	D:E
Break			

What to watch for: Are the learners able to pass the ball? If not, enlarge the playing area.

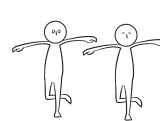
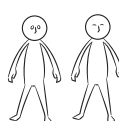
Standing balances

Cool down
Time: ~ 10 min

How to play

Ask the learners to stand, spread out in the activity area. They must be able to see the leader. The leader then gives instructions like:

- Stand on one leg like a flamingo, then use the other leg.
- Stand on one leg and swing the other leg like a pendulum of a big, old clock.
- Stand on tiptoes.
- Stand on both feet with eyes open, then eyes closed.
- Stand on one foot with eyes open, then eyes closed.
- 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 learners' balance skills.

What to watch for: Are the learners able to perform the task? If not, let them do the tasks in pairs so that they can support each other while they execute the task.



Sports + games

Physical education: Foundation phase

Equipment

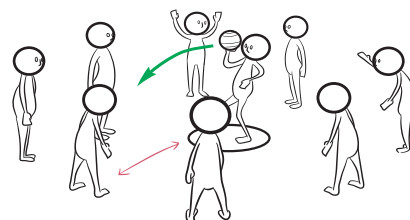
- 3 soccer balls
- 6 balls
- Cones

Pass and follow

Introduction
Time: ~ 10 min

How to play

Ask the learners to get into groups of 8 - 10 players. The player in the centre of the circle passes the ball to a player standing on the outside of the circle. He/she follows their pass and exchanges places with the player they passed to. That player then passes to another player on the outside.



Goal of the game

Learners learn how to pass a ball accurately.

What to watch for: Groups should not be bigger than 10 learners.

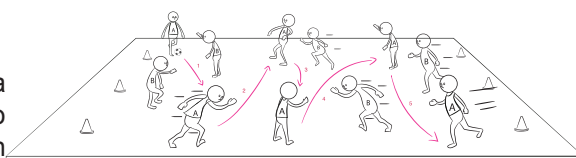
Pass and score

Main part
Time: ~ 10 min

What you need: 3 soccer balls

How to play

Divide the class into six equal teams and mark each team in a different way (coloured colour bands), in order for the learners to recognise their teammates. Two teams are playing against each other with a soccer ball. A team can score a point when they are able to make five passes without being intercepted by the opposing team. After every 2 minutes, change the opposing teams.



TEAM A: COLOUR BANDS
TEAM B: NON BANDS

Game 1: 2 min.	A:B	C:D	E:F
Break			
Game 2: 2 min.	A:C	B:E	D:F
Break			
Game 3: 2 min.	A:D	B:F	C:E
Break			
Game 4: 2 min.	A:E	B:D	C:F
Break			
Game 5: 2 min.	A:F	B:C	D:E
Break			

Goal of the game

The learners learn to look up, make passes and catch a ball.

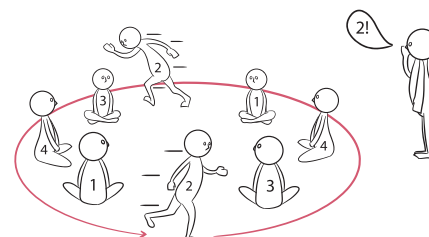
What to watch for: Are the learners able to pass the ball? If not, enlarge the playing area.

Circle chase

Main part
Time: ~ 10 min

How to play

The teacher allocates a number from 1 to 4 to each player. When the leader calls a number, the learners concerned have to stand up and run anti-clockwise around the circle. The first learner who reaches his/her starting place first wins the round.



Circle chase

Main part
Time: ~ 10 min

Goal of the game _____

The learners need to be focused, listen well and react in an appropriate manner.

What to watch for: Are the learners able to pass the ball? If not, enlarge the playing area.

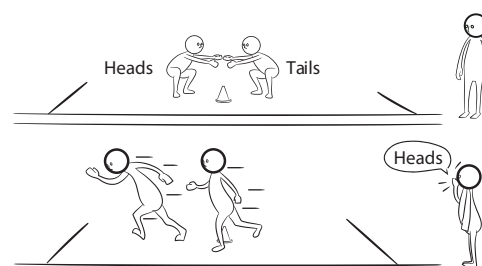
Heads or tails

Main part
Time: ~ 10 min

What you need: Cones

How to play

Place two cones 30 m apart and another cone halfway between them. 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 then calls "heads" or "tails". The designated player turns and attempts to sprint past the cone originally behind him, before being tagged by the other player. Points are given to any player 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 _____

Develop speed and improve reaction time.

What to watch for: Change pairs after a while.

Cool down your body

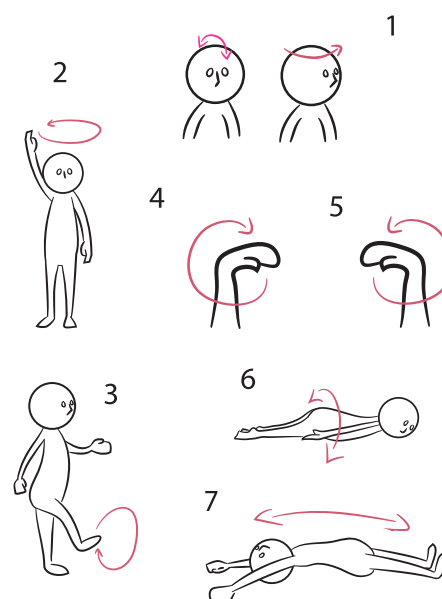
Cool down
Time: ~ 10 min

How to play

Tell the learners to lie on the floor and close their eyes. Let them repeat each task for about 20 seconds. After finishing Tasks 1 to 6, tell the learners

to slowly stand up.

- Task 1: Move your head from the right side to the left side and back.
- Task 2: Take your right arm and draw a big circle in the air. After a few repetitions change arms.
- Task 3: Take your right leg and draw a big circle in the air. After a few repetitions change legs.
- Task 4: Circle your right hand in one direction and change direction after a few repetitions.
- Task 5: Circle your left hand in one direction and change direction after a few repetitions.
- Task 6: Roll sideways in both directions.
- Task 7: Tell the learners to move their whole body, stretch and pull.



Goal of the game _____

To improve learners' balance skills.

What to watch for: Are the learners able to perform the task? If not, let them do the tasks in pairs so that they can support each other while they execute the task.



Sports + games

Physical education: Foundation phase

Equipment

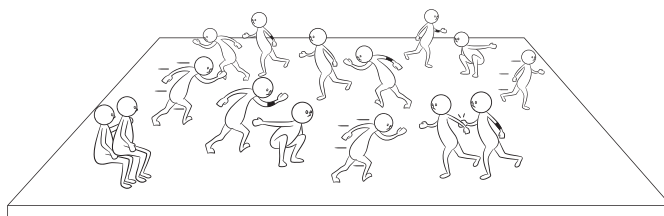
- 2-4 soft balls
- 4-7 balls

Toilet tag

Introduction
Time: ~ 10 min

How to play

Mark out a playing area with cones. Choose about 6 catchers. The rest of the learners need to run freely around the marked area. As soon as a learner is touched by a “catcher”, he/she needs to go into a squatting position and stretch out one arm to the side, pretending to be a toilet. As soon as another learner sits down on the toilet and presses down the outstretched arm (flushing) the learner is freed. After 3 - 4 minutes, change the catchers.



Goal of the game

Learners run in different directions without bumping into each other.

What to watch for: Make sure the learners wait in the squatting position and don't get up before another learner has freed them.

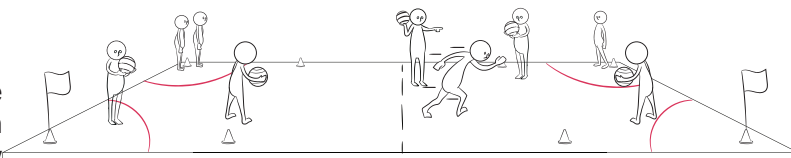
Capture the flag

Main part
Time: ~ 10 min

What you need: 2-4 soft balls.

How to play

Divide the learners into two teams and allocate one half of the playing area to each team. Each team chooses a base position, where they keep their “flag” (cone) and a prison, where they will keep their prisoners. Each team now tries to capture the other team's flag. Whenever a team member ventures into the other team's territory, he/she is at risk of being hit by their balls. When caught, he is taken to their prison, where he must remain until he is freed (touched) by one of his team members. When someone manages to capture the other team's flag without being hit by a ball, and return with it to their own territory, his/her team wins.



Goal of the game

Be quick and agile, play as a team and try to develop a tactic.

What to watch for: If the game is too difficult for the learners, use more balls. If there are too many learners in one game, split the class and make two games.

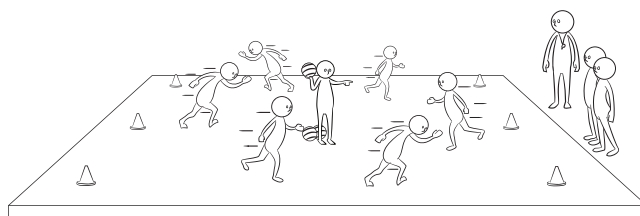
Sitting ball: American version

Main part
Time: ~ 10 min

What you need: 4-7 balls.

How to play

Ask the children to spread freely around the activity area. Use four balls. You can also add more balls if needed. The aim of the game is to strike someone with the ball. If child A hits child B with the ball, child B has to go outside the playing area and stand next to the teacher. He/she can only go back to the game when child A has been hit and needs to go off the playing area. If someone catches the ball, he can go on playing. If the ball hits a learner's head, he/she will not be required to leave the playing area.



Goal of the game

Try to catch and throw a ball accurately.

What to watch for: Make sure that if a learner has been hit, they get off the playing area.

Massage in a circle

Cool down
Time: ~ 10 min

How to play

Learners sit in a circle all looking at the next child's back. Each learner must massage the back of the learner in front of him/her for 2 minutes. The teacher gives the signal to turn the other way and massage the next child's back.



Goal of the game

Relax deeply while massaging someone's back. Different formation: circle.

What to watch for: Learners should be aware of the other learners's feelings. Don't massage too hard or too soft.



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				
Total points (max 30):				
Mark:				

General comments:

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!

