



# KaziBantu

*Healthy Schools for Healthy Communities*

## **GRADE 6**

# **KAZIKIDZ TEACHING MATERIAL**

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**LESSON PLANS FOR**  
***Grade***

**6**



***Health & Hygiene  
and Nutrition***



***Physical  
Education***



***Moving to  
Music***



**KaziKidz**

Teaching Material for Schoolchildren



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## KAZIKIDZ INSTRUCTIONS FOR PHYSICAL EDUCATION CONTENT PILLAR

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

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



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

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

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

## GRADES

## SCHOOL LEVELS



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

# PHYSICAL EDUCATION



**KaziKidz**

Teaching Material for Schoolchildren





# Lesson tracker

Physical Education - Grade 6



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

Component	Term	Lesson Number	Lesson Content	Date
Physical Education	Term 1: Soccer	Lesson 1	Precision shooting	
		Lesson 2	Precision shooting	
		Lesson 3	Precision shooting	
		Lesson 4	Precision shooting	
		Lesson 5	Precision shooting	
		Lesson 6	Precision shooting	
		Lesson 7	Precision shooting	
		Lesson 8	Free fun lesson	
		Assessment: Soccer: Precision shooting		
	Term 2: Netball	Lesson 1	Muscle endurance	
		Lesson 2	Muscle endurance	
		Lesson 3	Muscle endurance	
		Lesson 4	Muscle endurance	
		Lesson 5	Muscle endurance	
		Lesson 6	Muscle endurance	
		Lesson 7	Muscle endurance	
		Lesson 8	Free fun lesson	
		Assessment: Netball: Muscle endurance		
	Term 3: Rhythmic movement	Lesson 1	Directions and movement repertoire	
		Lesson 2	Movement repertoire and isolations	
		Lesson 3	Movement and force	
		Lesson 4	Rhythm and body percussion	
		Lesson 5	Movement variations and levels	
		Lesson 6	Force and creativity	
		Lesson 7	Levels of movement	
		Lesson 8	Musicality and directions	
		Assessment: Rhythmic patterns/co-ordination		
	Term 4: Acrobatics and gymnastics	Lesson 1	Body tension and trust	
		Lesson 2	First figures	
		Lesson 3	Acrobatics	
		Lesson 4	Acrobatics and gymnastics	
		Lesson 5	Acrobatics and gymnastics	
		Lesson 6	Examination	
		Lesson 7	Examination	
		Lesson 8	Acrobatics and gymnastics	
		Assessment: Partner acrobatics		



# Soccer: Precision shooting

Physical education: Intermediate phase

## Equipment

- Balls
- Cones
- Stones

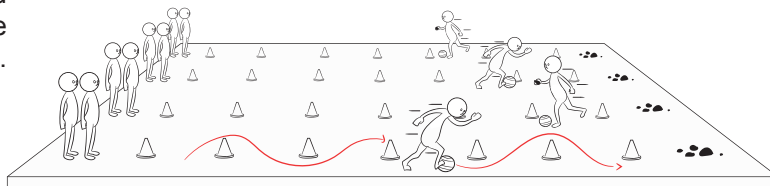
## Treasure island

Introduction  
Time: ~ 10 min

**What you need:** Balls, cones, stones

### How to play

The teacher divides the class into 4 teams. Each team has about 7 cones (slalom) in front of them (1m distance from one cone to the other). At the end of the slalom there is one spot with “diamonds” (stones). The learners have to dribble through the slalom, take a diamond and dribble back through the slalom. The team with the most diamonds wins the game.



### Goal of the game

- Learn to dribble fast and stay focused.

**What to watch for:** The learners have to do the dribbling course both ways. Tell the learners to make little but fast steps so that they can better control the ball.

Divide the group in two teams. One team does the exercise “The tunnel shot”. The other team plays the game “Precision wins”. First explain the exercise “Precision wins”, and let the learners play. The teacher then works with the other team. After 10 - 15 minutes change the team activities.

## The tunnel shot

Main part  
Time: ~ 10 min

**What you need:** Balls

### How to play

Ask the learners to get into groups of two learners. Each pair has one ball. One learner stands some meters away and opens his/her legs. The other learner now tries to shoot the ball through the legs of the first learner. After some tries the learners need to change their roles.



### Goal of the game

- Learn to shoot the ball accurately towards a target.

**What to watch for:** Tell the learners to try shooting at different distances. The greater the distance, the harder it gets.



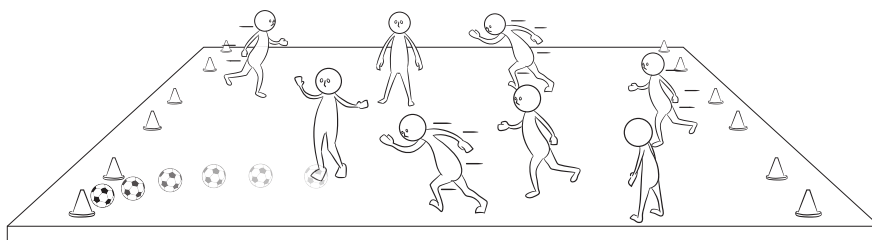
# Precision wins

Main part  
Time: ~ 10 min

**What you need:** Ball, cones

## How to play

The learners need to form two groups and play soccer against each other. On each end of the activity area are three little goals 1 meter wide, demarcated by cones. To score a point, the teams have to shoot precisely in one of the three goals on the opposite side of the field.



## Goal of the game

- Learn to shoot accurately in a real game situation.

**What to watch for:** Tell the learners that no goalkeeper is allowed within 2 meters in front of the little goals.

# Mystic knot

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The learners form teams of 10 and begin by holding hands with each other, sometimes crossing their arms. They don't give both hands to the same learner. When everyone is holding hands, the learners try to untangle the knot, but they are not allowed to release the hand of their partner.



## Goal of the game

- Concentrate on the task.

**What to watch for:** The learners are not allowed to lose the hands of their partner. Encourage the learners not to abandon but to resolve the problem.



# Soccer: Precision shooting

Physical education: Intermediate phase

## Equipment

- Balls
- Cones
- Stones

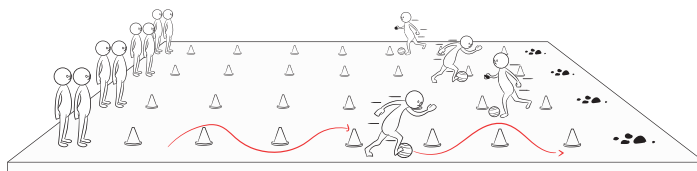
## Treasure island

Introduction  
Time: ~ 10 min

**What you need:** Balls, cones, stones

### How to play

The teacher divides the class into 4 teams. Each team has about 7 cones (slalom) in front of them (1m distance from one cone to the other). At the end of the slalom there is one spot with "diamonds" (stones). The learners have to dribble through the slalom, take a diamond and dribble back through the slalom. The team with the most diamonds wins the game.



### Goal of the game

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**What to watch for:** The learners have to do the dribbling course both ways. Tell the learners to make little but fast steps so that they can better control the ball.

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## The tunnel shot

Main part  
Time: ~ 10 min

**What you need:** Balls

### How to play

Ask the learners to get into groups of two learners. Each pair has one ball. One learner stands some meters away and opens his/her legs. The other learner now tries to shoot the ball through the legs of the first learner. After some tries the learners need to change their roles.



### Goal of the game

- Learn to shoot the ball accurately towards a target.

**What to watch for:** Tell the learners to try shooting at different distances. The greater the distance, the harder it gets.

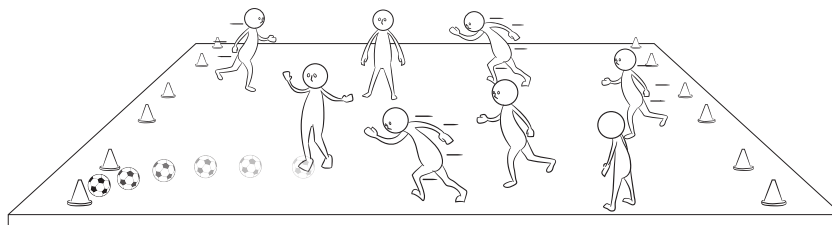
# Precision wins

Main part  
Time: ~ 10 min

**What you need:** Ball, cones

## How to play

The learners need to form two groups and play soccer against each other. On each end of the activity area are three little goals 1 meter wide, demarcated by cones. To score a point, the teams have to shoot precisely in one of the three goals on the opposite side of the field.



## Goal of the game

- Learn to shoot accurately in a real game situation.

**What to watch for:** Tell the learners that no goalkeeper is allowed within 2 meters in front of the little goals.

# Mystic knot

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The learners form teams of 10 and begin by holding hands with each other, sometimes crossing their arms. They don't give both hands to the same learner. When everyone is holding hands, the learners try to untangle the knot, but they are not allowed to release the hand of their partner.



## Goal of the game

- Concentrate on the task.

**What to watch for:** The learners are not allowed to lose the hands of their partner. Encourage the learners not to abandon but to resolve the problem.



# Soccer: Precision shooting

Physical education: Intermediate phase

## Equipment

- Cones
- Balls
- 8 water bottles

## Colour country

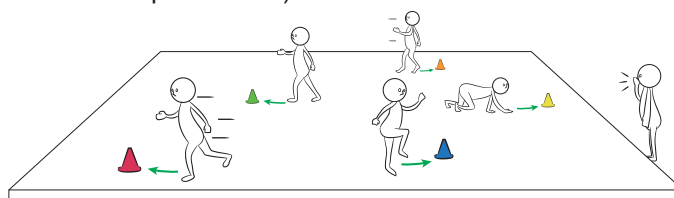
Introduction  
Time: ~ 10 min

**What you need:** Coloured cones

### How to play

Spread cones with different colours on the field at distances of at least 5 - 6 meters in between. Tell the learners how they have to move from one cone to the other. (See the examples below.) Then shout a colour. The learners have to find the right colour cones as quickly as possible and move towards those cones.

Examples of movement: Walking, running, hopping, crawling, walking as high as possible, walking as low as possible, hopping on one leg, etc. (Invent some of your own movement styles.)



### Goal of the game

- Listen to the instructions and find a solution as quickly as possible.

**What to watch for:** Tell the learners to look up so that they can see where the other learners are. This is also important during a soccer game.

Divide the class into two groups. One group must do the exercise "Hit the tower" with the teacher. The other group is playing the game "bottle soccer". First explain the exercise "Bottle soccer" then let the learners play and the teacher works with the second group. After 10 - 15 minutes change the groups.

## Hit the tower

Main part  
Time: ~ 10 min

**What you need:** Balls

### How to play

Form groups of two. Each pair has one ball. The learners stand a few meters apart. One learner passes the ball in order to hit the other learner below the knees. After some tries the learners change their roles.



### Goal of the game

- Learn to kick the ball accurately towards a target.

**What to watch for:** Tell the learners that they should try to kick from different distances. The greater the distance, the harder it gets.

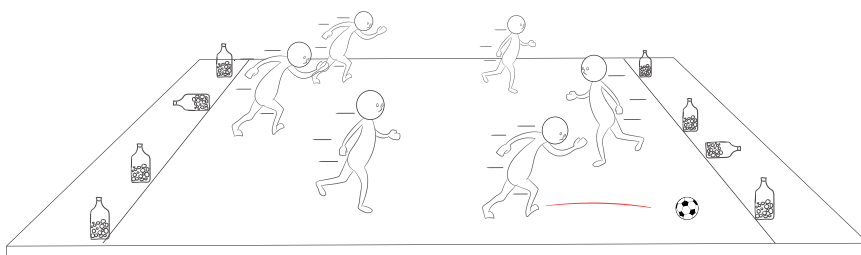
# Bottle soccer

Main part  
Time: ~ 10 min

**What you need:** 8 water bottles, ball

## How to play

The learners need to get into two teams. Each team receives 4 water bottles filled with some stones or sand. Each team then places the bottles on their baseline wherever they choose. The learners now play a “normal” soccer match but have to hit the water bottles. Each fallen water bottle scores the team a point.



## Goal of the game

- Learn to shoot accurately in a real game situation.

**What to watch for:** Tell the learners that no goalkeeper is allowed within 2 meters of the water bottles.

# Passing the ball

Cool down  
Time: ~ 10 min

**What you need:** Balls

## How to play

The learners form groups of two and each group is given a ball. They choose a suitable distance from each other and begin to pass the ball to each other, first with the dominant foot, then only with the non-dominant foot. If they are able to do so, they start to juggle the ball with their feet or they take the ball in their hands and try to kick the ball so that the other learner can catch it.



## Goal of the game

- Assist the learners to improve their passing skills.

**What to watch for:** Learners must be encouraged to vary and improve their ball skills.



# Soccer: Precision shooting

Physical education: Intermediate phase

## Equipment

- Cones
- Balls
- 8 water bottles

## Colour country

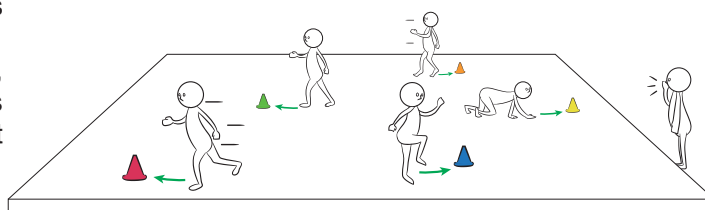
Introduction  
Time: ~ 10 min

**What you need:** Coloured cones

### How to play

Spread cones with different colours on the field at distances of at least 5 - 6 meters in between. Tell the learners how they have to move from one cone to the other. (See the examples below.) Then shout a colour. The learners have to find the right colour cones as quickly as possible and move towards those cones.

Examples of movement: Walking, running, hopping, crawling, walking as high as possible, walking as low as possible, hopping on one leg, etc. (Invent some of your own movement styles.)



### Goal of the game

- Listen to the instructions and find a solution as quickly as possible.

**What to watch for:** Tell the learners to look up so that they can see where the other learners are. This is also important during a soccer game.

Divide the class into two groups. One group must do the exercise "Hit the tower" with the teacher. The other group is playing the game "bottle soccer". First explain the exercise "Hit the tower" then let the learners play while the teacher works with the second group. After 10 - 15 minutes change the groups.

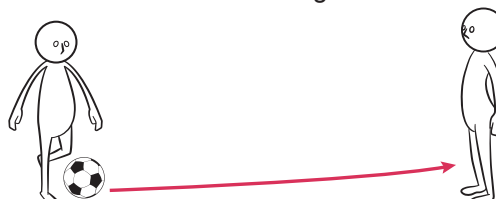
## Hit the tower

Main part  
Time: ~ 10 min

**What you need:** Balls

### How to play

Form groups of two. Each pair has one ball. The learners stand a few meters apart. One learner kicks the ball in order to hit the other learner below the knees. After some tries the learners change their roles.



### Goal of the game

- Learn to kick the ball accurately towards a target.

**What to watch for:** Tell the learners that they should try to kick from different distances. The greater the distance, the harder it gets.

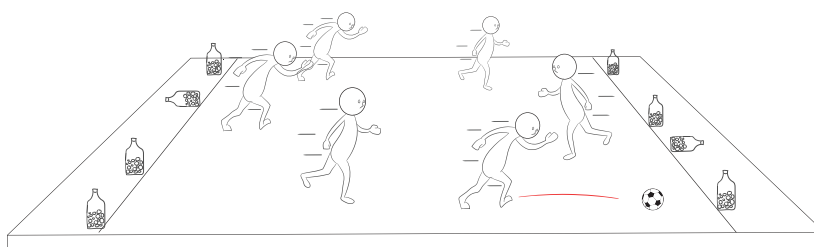
# Bottle soccer

Main part  
Time: ~ 10 min

**What you need:** 8 water bottles, ball

## How to play

The learners need to get into two teams. Each team receives 4 water bottles filled with some stones or sand. Each team then places the bottles on their baseline wherever they choose. The learners now play a “normal” soccer match but have to hit the water bottles. Each fallen water bottle scores the team a point.



## Goal of the game

- Learn to shoot accurately in a real game situation.

**What to watch for:** Tell the learners that no goalkeeper is allowed within 2 meters of the water bottles.

# Passing the ball

Cool down  
Time: ~ 10 min

**What you need:** Balls

## How to play

The learners form groups of two and each group is given a ball. They choose a suitable distance from each other and begin to pass the ball to each other, first with the dominant foot, then only with the non-dominant foot. If they are able to do so, they start to juggle the ball with their feet or they take the ball in their hands and try to kick the ball so that the other learner can catch it.



## Goal of the game

- Assist the learners to improve their passing skills.

**What to watch for:** Learners must be encouraged to vary and improve their ball skills.



# Soccer: Precision shooting

Physical education: Intermediate phase

## Equipment

- Balls
- Colour bands
- Water bottles
- Stones

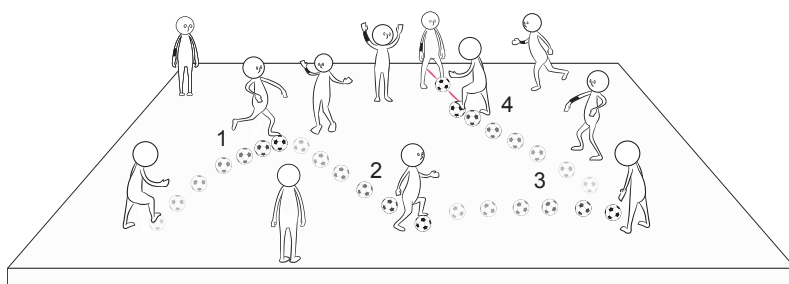
## The golden pass

Introduction  
Time: ~ 10 min

**What you need:** Ball, colour bands

### How to play

The teacher asks the learners to form teams of 5 - 10 players with different colour bands for each team. Two teams play against each other. To score a point a team needs to have 4 passes between players of the same team and finally kick the ball through the legs of another team player, who tries to position himself with his legs apart.



### Goal of the game

- Develop an understanding of being able to move into a free space and react quickly.

**What to watch for:** The learners are not allowed to move forward once they have caught the ball.

Divide the class into two groups. One group must do the exercise "Hit the tower" with the teacher. The other group is playing the game "Scoring mania". First explain the exercise "Scoring mania" then let the learners play while the teacher works with the second group. After 10 - 15 minutes change the groups.

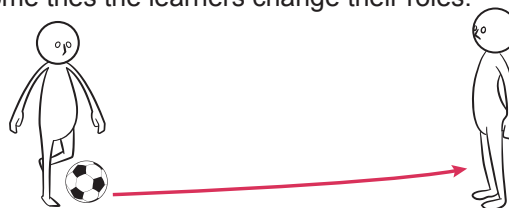
## Hit the tower

Main part  
Time: ~ 10 min

**What you need:** Balls

### How to play

Form groups of two. Each pair has one ball. The learners stand a few meters apart. One learner kicks the ball in order to hit the other learner below the knees. After some tries the learners change their roles.



### Goal of the game

- Learn to kick the ball accurately towards a target.

**What to watch for:** Tell the learners that they should try to kick from different distances. The greater the distance, the harder it gets.



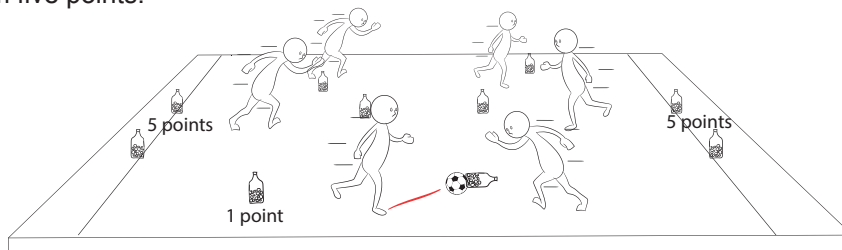
# Scoring mania

Main part  
Time: ~ 10 min

**What you need:** 10 water bottles filled with sand, ball

## How to play

Ask the learners to form two teams. Each team has 5 water bottles. Two water bottles are placed on the baseline on each side of the field. The other water bottles are spread on the field, three in each half, standing up. The two teams play against each other with normal soccer rules. To score they can hit one of the opponents' water bottles on the field with the ball, which gives one point or they can try to hit down one of the two bottles on the baseline which will give them five points.



## Goal of the game

- Learn to switch from an attacking position to a defending position.

**What to watch for:** Tell the learners that when their team has the ball, they should not stand in front of their own bottles to defend them but to rather move into a space in order to attack. They must run back to help their own team to defend when the other team has the ball.

# Soccer golf

Cool down  
Time: ~ 10 min

**What you need:** Balls, stones

## How to play

Ask the learners to form groups of two and to collect one stone per group. Each learner has a ball. The first learner starts by throwing the stone in a safe direction. His/her partner then throws his/her ball towards the stone. The goal is to land the ball as close as possible to the stone. Then the next learner does the same with his/her ball. The learner whose ball is closest to the stone gets one point. Which learner scores 10 points the quickest?



## Goal of the game

- Learn to estimate how much strength is needed when throwing the ball accurately to reach the stone.

**What to watch for:** Tell the learners that they should vary the distances of the stone that they throw. One close and one further away.



# Soccer: Precision shooting

Physical education: Intermediate phase

## Equipment

- Balls
- Water bottles
- Colour bands
- Stones

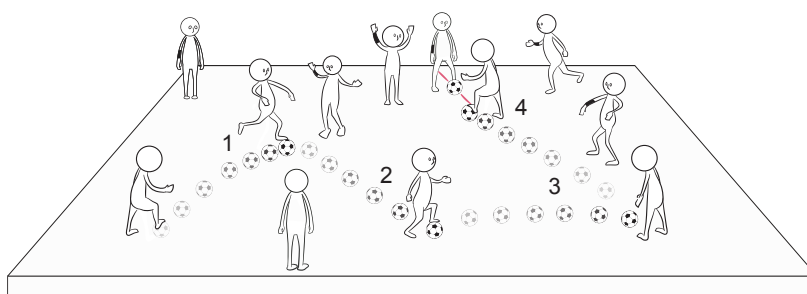
## The golden pass

Introduction  
Time: ~ 10 min

**What you need:** Ball, colour bands

### How to play

The teacher asks the learners to form teams of 5 - 10 players with different colour bands for each team. Two teams play against each other. To score a point a team needs to have 4 passes between players and finally kick the ball through the legs of a team player, who tries to position himself with his legs apart.



### Goal of the game

- Develop an understanding of being able to move into a free space and react quickly.

**What to watch for:** The learners are not allowed to move forward once they have caught the ball.

Divide the class into two groups. One group must do the exercise "Hit the tower" with the teacher. The other group is playing the game "Scoring mania". First explain the exercise "Hit the tower" then let the learners play while the teacher works with the second group. After 10 - 15 minutes change the groups.

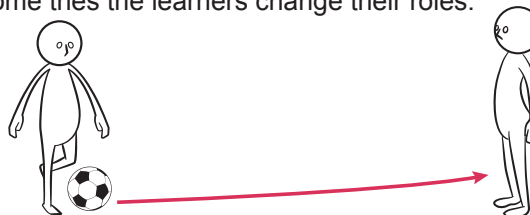
## Hit the tower

Main part  
Time: ~ 10 min

**What you need:** Balls

### How to play

Form groups of two. Each pair has one ball. The learners stand a few meters apart. One learner kicks the ball in order to hit the other learner below the knees. After some tries the learners change their roles.



### Goal of the game

- Kick the ball accurately towards a target.

**What to watch for:** Tell the learners that they should try to kick from different distances. The greater the distance, the harder it gets.

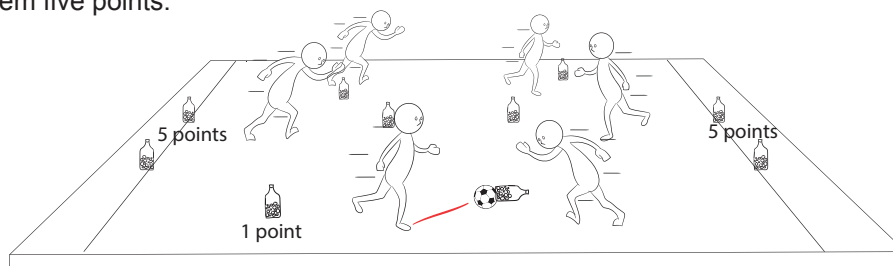
# Scoring mania

Main part  
Time: ~ 10 min

**What you need:** 10 water bottles filled with sand, ball

## How to play

Ask the learners to form two teams. Each team has 5 water bottles. Two water bottles are placed on the baseline on each side of the field. The other water bottles are spread on the field, three in each half, standing up. The two teams play against each other with normal soccer rules. To score they can hit one of the opponents' water bottles on the field with the ball, which gives one point or they can try to hit down one of the two bottles on the baseline which will give them five points.



## Goal of the game

- The learners learn to switch from an attacking position to a defending position.

**What to watch for:** Tell the learners that when their team has the ball, they should not stand in front of their own bottles to defend them but to rather move into a space in order to attack. They must run back to help their own team to defend when the other team has the ball.

# Soccer golf

Cool down  
Time: ~ 10 min

**What you need:** Balls, stones

## How to play

Ask the learners to form groups of two and to collect one stone per group. Each learner has a ball. The first learner starts by throwing the stone in a safe direction. His/her partner then throws his/her ball towards the stone. The goal is to land the ball as close as possible to the stone. Then the next learner does the same with his/her ball. The learner whose ball is closest to the stone gets one point. Which learner scores 10 points the quickest?



## Goal of the game

- Estimate how much strength is needed when throwing the ball accurately to reach the stone.

**What to watch for:** Tell the learners that they should vary the distances of the stone that they throw. One close and one further away.



# Soccer: Precision shooting

Physical education: Intermediate phase

## Equipment

- Balls
- Colour bands

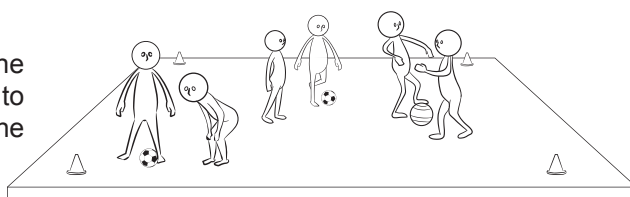
## The soccer ball robber

Introduction  
Time: ~ 10 min

**What you need:** Balls

### How to play

Ask the learners to make groups of two. Each group has one ball. One learner has the ball and the other learner tries to steal the ball. Learners may only use their feet to steal the ball or defend possession.



### Goal of the game

- Control the ball and defend against another learner.

**What to watch for:** The learners are only allowed to use their feet to steal the ball. They are not allowed to pull on their opponents' clothing or bodies.

Divide the class into two groups. One group must do the assessment with the teacher. The other group is playing Soccer. First explain the assessment then let one group play soccer while the teacher is assessing the learners. After 10 - 15 minutes change the groups.

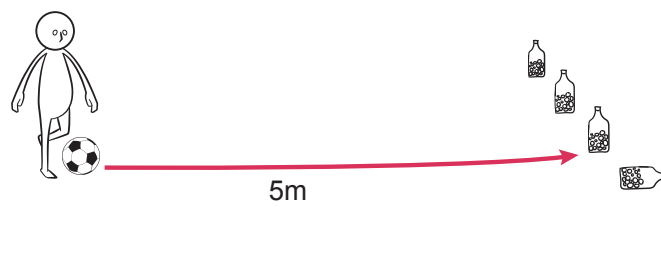
## Assessment: Precision shooting

Exam  
Time: ~ 10 min

**What you need:** 5 water bottles, ball

### How to conduct

The aim is to strike as many water bottles as possible. There are 5 bottles and the learners have 7 shots from a distance of about 5 meters. Every fallen bottle gives one point. The kids have two trials.



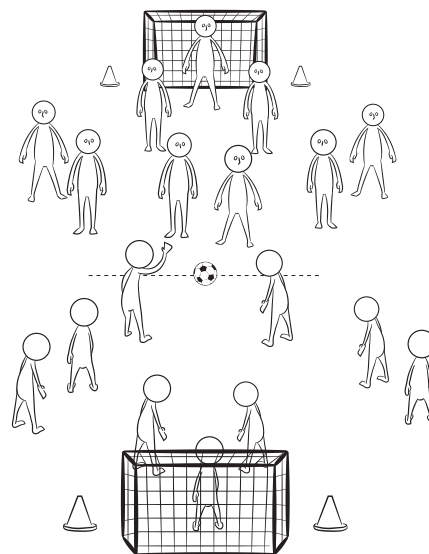
# Soccer

Main part  
Time: ~ 10 min

**What you need:** Balls, colour bands

## How to play

The learners form two teams. Each team has 9 players on the field plus one goalkeeper. The learners play a “normal” soccer game without any special rules. The extra players must change by themselves during the game.



## Goal of the game

- Resolve problems without a teacher.

**What to watch for:** Every learner should have a turn to be on the field. Tell the learners they have to change quickly.

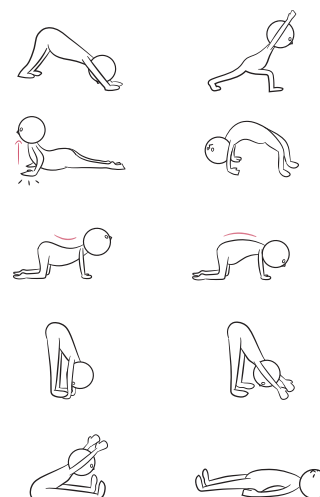
# Stretches in a circle

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to stretch

8 Figure, Straddle, Long Seat, and Arm Stretch. Reflection: Ask learners what they enjoyed, what they learnt while stretching and cooling down.



## Goal of the stretch

- Encourage more flexibility and to avoid health issues like muscle tightness.

**What to watch for:** Straight backs.



# Soccer: Free fun lesson

Physical education: Intermediate phase

## Equipment

- 12 hula hoops
- Cones

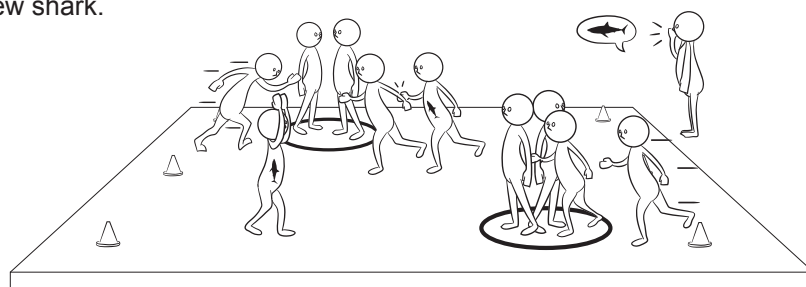
## Shark attack

Introduction  
Time: ~ 10 min

**What you need:** About 12 hula hoops, cones.

## How to play

The teacher marks out an activity area with cones. One of the learners is a “shark” and the rest are swimmers. Spread a number of hoops around the hall - these are “islands”. The learners “swim” or “surf” around the hall and around the hoops. The shark also swims around, hands on the head in the shape of a fin. When the teacher shouts “shark attack” the swimmers must get onto an island to avoid being caught by the shark. Every island can carry four learners. If any swimmers are caught, they then become a shark. After every “shark attack” the teacher can pick up one island and take it out of the game. The game has finished when every swimmer has become a shark. The game can be replayed with a new shark.



## Goal of the game

- To improve reaction time, agility and co-ordination.

**What to watch for:** The learners should move freely in the area and not always stay in one spot next to an island.

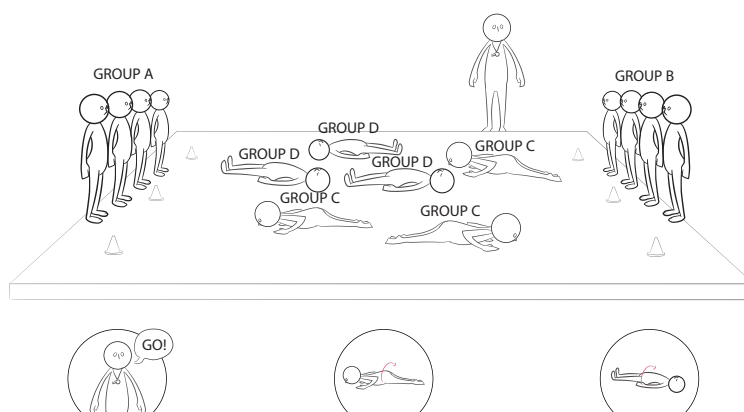
## Turn me

Main part  
Time: ~ 20 min

**What you need:** Cones to mark the playing area.

## How to play

Mark out an activity area with cones. Divide the class into four groups (A, B, C, D). Groups A and B stand at either end of the area. Groups C and D are spread out in the middle of the area (group C lying on their stomachs, group D lying on their backs). When the teacher shouts “Go”, group A must try to turn the learners from groups C and D onto their backs; group B tries to turn the learners onto their stomachs. After two minutes, the teacher stops the game and counts how many learners are on their backs and how many are on their stomachs. The roles between the groups are then changed.



# Turn me

Continued

## Goal of the game

- Build trust in each other.
- Cooperate.
- Body tension.

**What to watch for:** Learners on the floor need to be in good body tension to facilitate the work of the others.

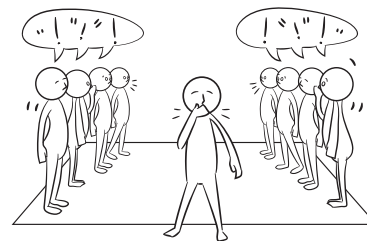
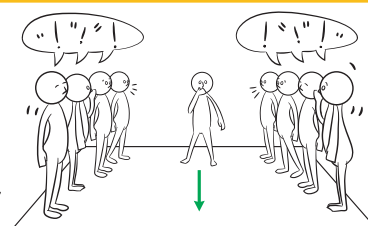
# Laughing valley

Cool Down  
Time: ~ 10 min

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

## How to play

The learners stand in two lines facing each other, approximately 1 meter apart. One learner then has to walk between the two lines of players, in "the valley". The person 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 player walking through the valley laugh before he/she reaches the end.



## Goal of the game

- Walk through the valley without laughing.

**What to watch for:** Learners who build the valley must try to do funny things to make the person who walks down the middle laugh.



# Assessment – Soccer: Precision shooting

## Frequency of participation:

If a learner was in the physical education lesson and participated well, he receives a “1” behind his name. If a learner was in the physical education lesson but did not participate well, he receives only a “0.5” behind his name. In total, the learner can get 20 points for his participation.

Level	Limited	Adequate	Proficient	Excellent
<b>Frequency of participation during Physical Education periods.</b>	0% = 0 points (did not participate at all) 1-5% = 1 point 6-10% = 2 points 11-15% = 3 points 16-20% = 4 points	21-25% = 5 points 26-30% = 6 points 31-35% = 7 points 36-40% = 8 points 41-45% = 9 points 46-50% = 10 points	51-55% = 11 points 56-60% = 12 points 61-65% = 13 points 66-70% = 14 points 71-75% = 15 points	76-80% = 16 points 81-85% = 17 points 86-90% = 18 points 91-95% = 19 points 96-100% = 20 points

## Movement performance:

The learner will be observed from the teacher for his precision shooting skills. He can get 10 points for his movement performance in total.

Skill	1	2	3	4	5
1. Try					
2. Try					

## Final evaluation table:

Description of competence	Points achieved	Percentage	Final mark
Outstanding achievement	24-30	80-100	7
Meritorious achievement	21-23	70-79	6
Substantial achievement	18-20	60-69	5
Adequate achievement	15-17	50-59	4
Moderate achievement	12-14	40-49	3
Elementary achievement	9-11	30-39	2
Not achieved	0-8	0-29	1





## Assessment – Soccer: Precision shooting

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

Grade: \_\_\_\_\_

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

[illegible]



## Assessment – Soccer: Precision shooting

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

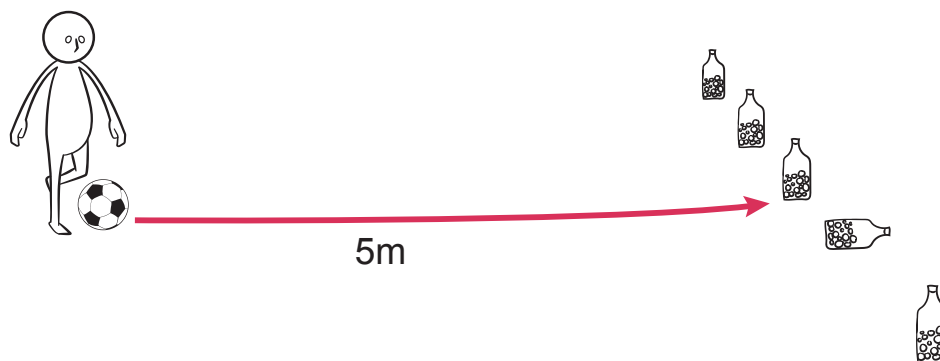
Grade: \_\_\_\_\_

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

### Movement Performance – Precision shooting

**Organisation:**

The aim is to strike as many water bottles as possible. There are 5 bottles and the learners have 7 shots from a distance of about 5 meters. Every fallen bottle gives one point. The learners have two trials.



Name	1	2	3	4	5
	1.				
	2.				
	1.				
	2.				
	1.				
	2.				
	1.				
	2.				
	1.				
	2.				



## Assessment – Soccer: Precision shooting

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

Grade: \_\_\_\_\_

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

[illegible]



# Netball: Muscle endurance

Physical education: Intermediate phase

## Equipment

- Balls
- Cones
- Colour bands

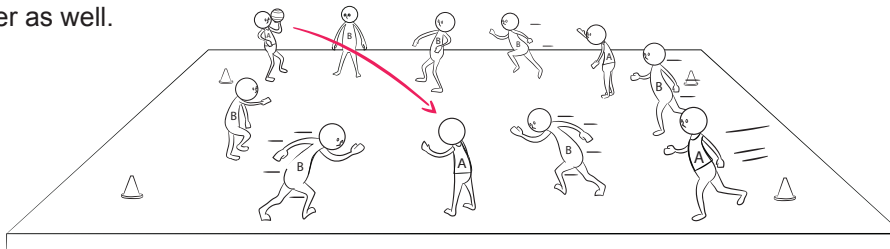
## Tag the enemy

Introduction  
Time: ~ 5 min

**What you need:** Ball and colour bands

### How to play

The teacher marks out an activity area with 4 cones. The area is smaller if there is a small group of learners and bigger if there are more learners. Designate four “catchers” and give them a ball. The catchers now have to pass the ball to each other and try to tag the other learners running around in the field. If a learner is tagged he/she becomes a catcher as well.



### Goal of the game

- Learn to collaborate and to find solutions to get to their goal.

**What to watch for:** The catchers are not allowed to run with the ball or throw it.

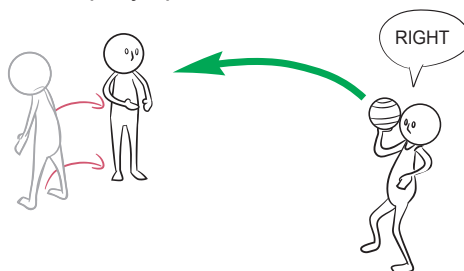
## Quick reactions

Introduction  
Time: ~ 5 min

**What you need:** Balls

### How to play

The learners form groups of 2. Each group has a ball. Learner 1 has the ball and is the passer. Learner 2 stands 3 meters ahead of learner 1, facing away from the thrower. Learner 1 with the ball calls either “left” or “right” and passes the ball in that direction. Learner 2 rapidly spins around to the left or right and attempts to catch the ball.



### Goal of the game

- Learn to react quickly and catch the ball.

**What to watch for:** If the learners struggle to catch the ball, tell them to adjust the distance between them.

While playing the game “Corner ball”, the teacher interrupts the game for 2 minutes and lets the learners do each of the Superman/Superwoman workouts. Stop the game 5 times, always after 4 minutes.

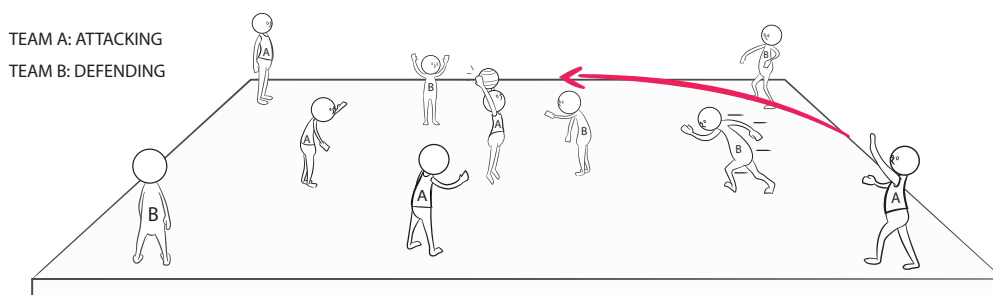
## Corner ball

Main part  
Time: ~ 10 min

**What you need:** Balls, cones, colour bands

### How to play

Mark out a playing area 15 m by 15 m. The teacher divides the class into two teams of 5 – 10 players, each with two players in diagonally opposite corners. The game begins with a “corner” player passing to a teammate. The attacking team aims to move the ball from one corner player to the opposite corner player. If the defending team intercepts a pass, they roll the ball to their nearest corner player and immediately become the attacking team. After intercepting the ball or after a goal is scored, the attacking team immediately transitions into defence. Regularly rotate the corner players. A team scores when the ball is passed successfully from one side to the other.



### Goal of the game

- Develop agility, footwork, ball handling, attacking skills, defence skills.

**What to watch for:** Stop the game from time to time if you see a great example of spatial awareness or shooting.

## Superman/Superwoman workout

Main part  
Time: ~ 10 min

**What you need:** Water bottles with sand (if you do not have enough, tell the learners to bring bottles filled with sand for the next lessons).

### How to play

**Wall sitting:** Sit with your back against a wall. The feet are parallel and the knees bent at an angle of 90°. (2 minutes)

**Planking:** The elbows are angled 90°. The body forms a line like a board. If the hips move up or down you must stop the exercise. (2 minutes)

**Reverse plank:** The body forms a line from the head to the feet. The elbows are at a 90° angle. As soon as the hips move down you must stop the exercise. (2 minutes)

**Hip lift:** The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise. (2 minutes)

1



2



3



4



# Superman/Superwoman workout

Continued

## Goal of the game

- Train for muscle endurance and learn to “feel” the body.

**What to watch for:** Tell the learners that it is not a problem if they cannot hold the exercise for two minutes. With more training, they will improve. If they cannot complete the exercise, they should have a little break of 10 seconds and then continue. Observe if the learners are doing the exercises as indicated. If not, try to correct them.

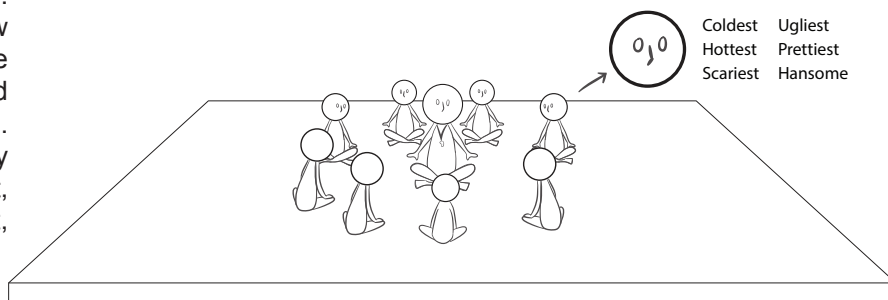
## 1, 2, 3 Freeze

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

Have the learners form a large circle, sitting down, facing inward with the teacher sitting in the middle of the circle. On the teacher's command “1, 2, 3, freeze”, all the learners in the circle must freeze while sitting down. If a learner moves, he/she is eliminated. Continue playing until only a few players remain. If you have a large group, make different circles and designate a leader for each circle. Tell the learners each round that they have to show a different face, coldest, hottest, scariest, ugliest, prettiest, most handsome face, etc.



## Goal of the game

- Cool down with a funny activity.

**What to watch for:** Learners cannot lie down, hold their heads up, or close their eyes. There is to be no arguing with the teacher when eliminated and only the teacher can eliminate learners.



# Netball: Muscle endurance

Physical education: Intermediate phase

## Equipment

- Balls
- Cones
- Colour bands

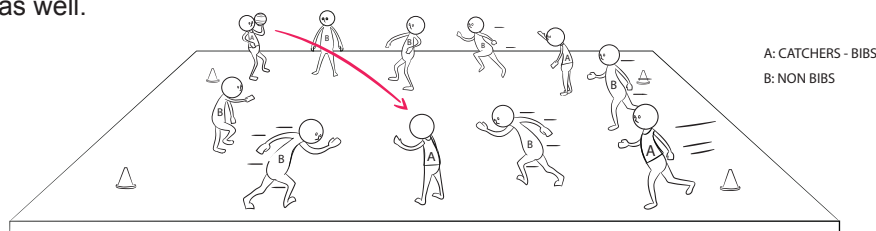
## Tag the enemy

Introduction  
Time: ~ 5 min

**What you need:** Ball and colour bands

### How to play

The teacher marks out an activity area with 4 cones. The area is smaller if there is a small group of learners and bigger if there are more learners. Designate four “catchers” and give them a ball. The catchers now have to pass the ball to each other and try to tag the other learners running around in the field. If a learner is tagged he/she becomes a catcher as well.



### Goal of the game

- Learn to collaborate and to find solutions to get to their goal.

**What to watch for:** The catchers are not allowed to run with the ball or throw it.

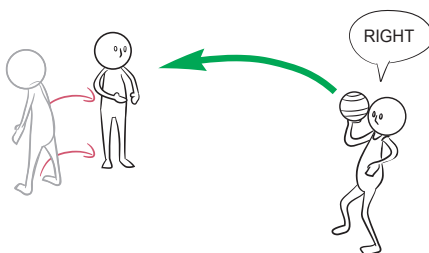
## Quick reactions

Introduction  
Time: ~ 5 min

**What you need:** Balls

### How to play

The learners form groups of 2. Each group has a ball. Learner 1 has the ball and is the passer. Learner 2 stands 3 meters ahead of learner 1, facing away from the thrower. Learner 1 with the ball calls either “left” or “right” and passes the ball in that direction. Learner 2 rapidly spins around to the left or right and attempts to catch the ball.



### Goal of the game

- Learn to react quickly and catch the ball.

**What to watch for:** If the learners struggle to catch the ball, tell them to adjust the distance between them.

While playing the game “Corner ball”, the teacher interrupts the game for 2 minutes and lets the learners do each of the Superman/Superwoman workouts. Stop the game 5 times, always after 4 minutes.

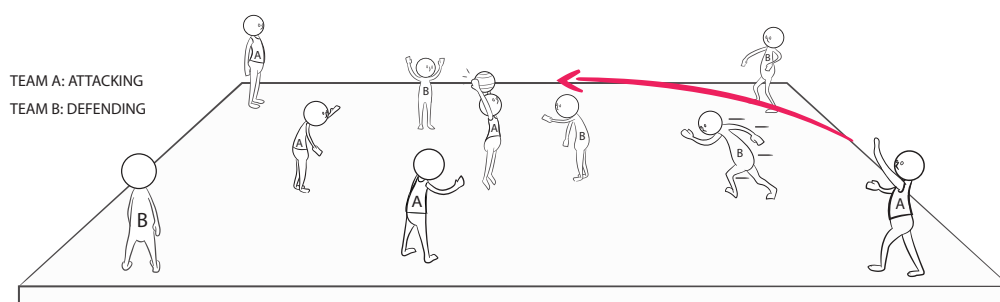
## Corner ball

Main part  
Time: ~ 10 min

**What you need:** Balls, cones, colour bands

### How to play

Mark out a playing area 15 m by 15 m. The teacher divides the class into two teams of 5 – 10 players, each with two players in diagonally opposite corners. The game begins with a “corner” player passing to a teammate. The attacking team aims to move the ball from one corner player to the opposite corner player. If the defending team intercepts a pass, they roll the ball to their nearest corner player and immediately become the attacking team. After intercepting the ball or after a goal is scored, the attacking team immediately transitions into defence. Regularly rotate the corner players. A team scores when the ball is passed successfully from one side to the other.



### Goal of the game

- Develop agility, footwork, ball handling, attacking skills, defence skills.

**What to watch for:** Stop the game from time to time if you see a great example of spatial awareness or shooting.

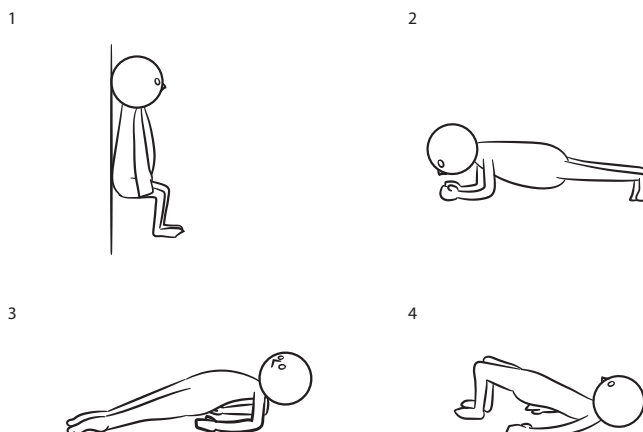
## Superman/Superwoman workout

Main part  
Time: ~ 10 min

**What you need:** Water bottles with sand (if you do not have enough, tell the learners to bring bottles filled with sand for the next lessons)

### How to play

1. Wall sitting: Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ . (2 minutes)
2. Planking: The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down you must stop the exercise. (2 minutes)
3. Reverse plank: The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you must stop the exercise. (2 minutes)
4. Hip lift: The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise. (2 minutes)





# Superman/Superwoman workout

Continued

## Goal of the game

- Train for muscle endurance and learn to “feel” the body.

**What to watch for:** Tell the learners that it is not a problem if they cannot hold the exercise for two minutes. With more training, they will improve. If they cannot complete the exercise, they should have a little break of 10 seconds and then continue. Observe if the learners are doing the exercises as indicated. If not, try to correct them.

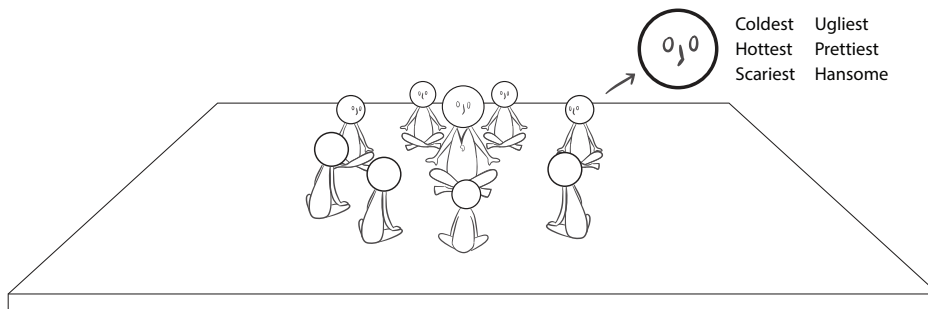
## 1, 2, 3 Freeze

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

Have the learners form a large circle, sitting down, facing inward with the teacher sitting in the middle of the circle. On the teacher's command “1, 2, 3, freeze”, all the learners in the circle must freeze while sitting down. If a learner moves, he/she is eliminated. Continue playing until only a few players remain. If you have a large group, make different circles and designate a leader for each circle. Tell the learners each round that they have to show a different face, coldest, hottest, scariest, ugliest, prettiest, most handsome face, etc.



## Goal of the game

- Cool down with a funny activity.

**What to watch for:** Learners cannot lie down, hold their heads up, or close their eyes. There is to be no arguing with the teacher when eliminated and only the teacher can eliminate learners.

**INFORMATION:** Tell the learners to bring 2 empty 1.5 litre bottles filled 2/3 with water or sand to have dumbbells for the next week's lesson.



# Netball: Muscle endurance

Physical education: Intermediate phase

## Equipment

- Balls
- Colour bands

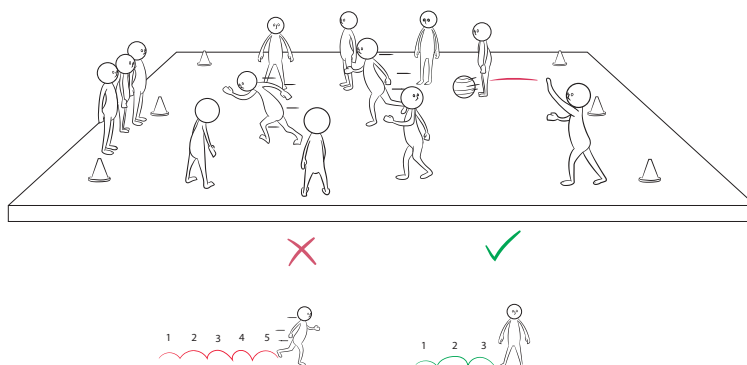
## Dodge ball

Introduction  
Time: ~ 10 min

**What you need:** Ball, colour bands

### How to play

Play the game with a netball. The objective of the game is to eliminate the opponents by throwing the ball at them. Players are not allowed to walk more than 3 steps. If a player is struck, he/she joins his/her team's row of eliminated players at the side of the play area. When an opponent is hit, the first player in the line re-joins the game.



### Goal of the game

- Learn to dodge and catch a ball.

**What to watch for:** Only a ball which hits the opponent below the hips is considered a strike. If a player catches the ball to defend himself, he is not out; if the ball drops it is considered as a strike. If the game takes too long, the team with the most players in the play-area may be declared the winners.

While playing the game Countdown - score, you interrupt the game for 2 minutes and let the learners do each of the Superman/Superwoman workouts. Stop the game 5 times, always after 4 minutes.

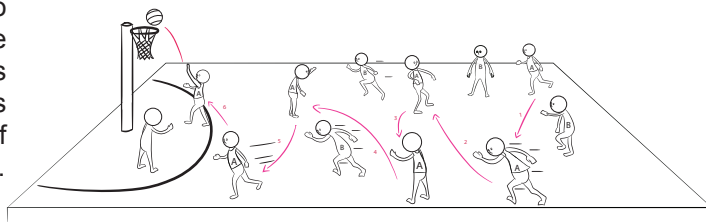
## Countdown - score

Main part  
Time: ~ 10 min

**What you need:** Balls, colour bands

### How to play

The teacher divides the class into 4 different teams. Two teams are playing on one side of the netball field; the other two teams are playing on the other side. There is one player from each team in the semi-circle in front of the hoop. The other learners are only allowed to run around outside the semi-circle. They have to give 5 consecutive passes to their own team members to be able to score. While they pass, the learners have to count down aloud "5, 4, 3, 2, 1". The sixth pass must be to their player in the semi-circle who tries to score. If a ball falls down or the learner in front of the hoop doesn't score, the other team gets the ball.



### Goal of the game

- Learners learn to find a gap to receive a pass on a small field.

**What to watch for:** The learners in the semi-circle should change often so that they move as well.

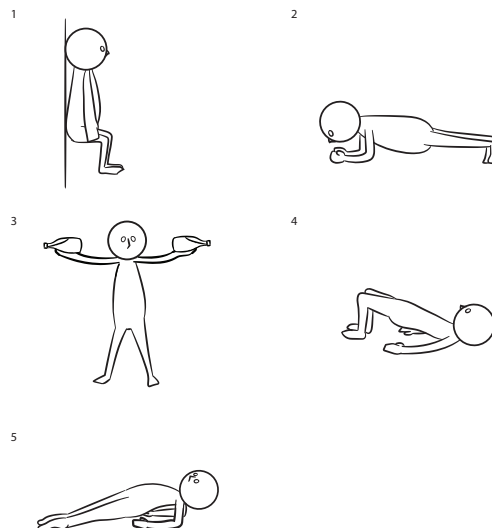
# Superman/Superwoman workout

Main part  
Time: ~ 10 min

**What you need:** Water bottles with sand

## How to play

1. Wall sitting: Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ . (2 minutes)
2. Planking: The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down you must stop the exercise. (2 minutes)
3. Aeroplane: Take two water bottles and fill them  $\frac{2}{3}$  with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished. (2 minutes)
4. Hip lift: The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise. (2 minutes)
5. Reverse Plank: The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you must stop the exercise. (2 minutes)



## Goal of the game

- Train for muscle endurance and learn to “feel” the body.

**What to watch for:** Tell the learners that it is not a problem if they cannot hold the exercise for two minutes. With more training, they will improve. If they cannot hold the position any longer, they should have a little break of 10 seconds and then continue. Observe if the learners are doing the exercises as indicated. If not, try to correct them.

## Statues

Cool down  
Time: ~ 10 min

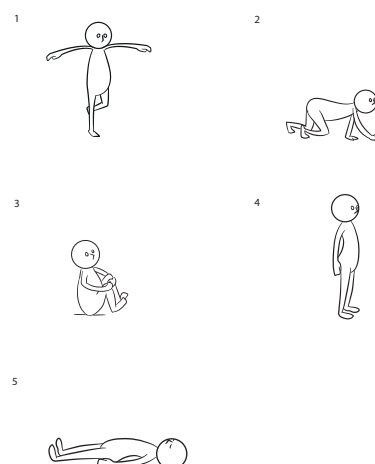
**What you need:** No equipment required

## How to play

Learners start off walking around the room. As you shout out poses, they have to freeze in that position for 3 seconds.

For example, you could shout:

1. Balance on one foot.
2. Crouch on hands and knees.
3. Sit on bottoms.
4. Freeze like a soldier and stand up straight.
5. Pretend to be asleep – this is a perfect pose to finish the lesson.



## Goal of the game

- Calm down and execute instructions from the teacher.

**What to watch for:** The learners should be calm during this exercise and try to focus on the teacher's instructions.



# Netball: Muscle endurance

Physical education: Intermediate phase

## Equipment

- Balls
- Colour bands

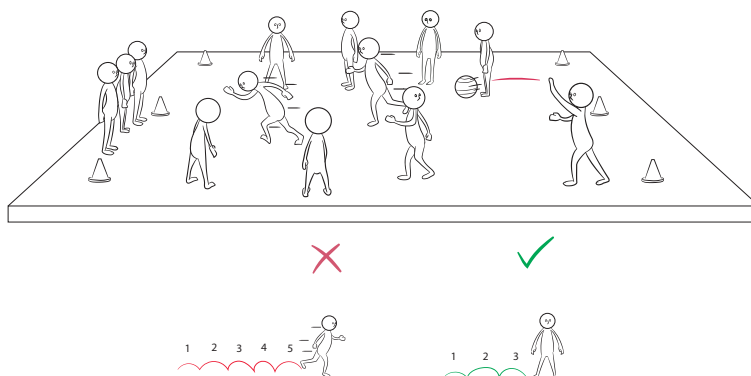
## Dodge ball

Introduction  
Time: ~ 10 min

**What you need:** Ball, colour bands.

### How to play

Play the game with a netball. The objective of the game is to eliminate the opponents by throwing the ball at them. Players are not allowed to walk more than 3 steps. If a player is struck, he/she joins his/her team's row of eliminated players at the side of the play area. When an opponent is hit, the first player in the line re-joins the game.



### Goal of the game

- Learn to dodge and catch a ball.

**What to watch for:** Only a ball which hits the opponent below the hips is considered a strike. If a player catches the ball to defend himself, he is not out; if the ball drops it is considered as a strike. If the game takes too long, the team with the most players in the play-area may be declared the winners.

While playing the game Countdown - score, you interrupt the game for 2 minutes and let the learners do each of the Superman/Superwoman workouts. Stop the game 5 times, always after 4 minutes.

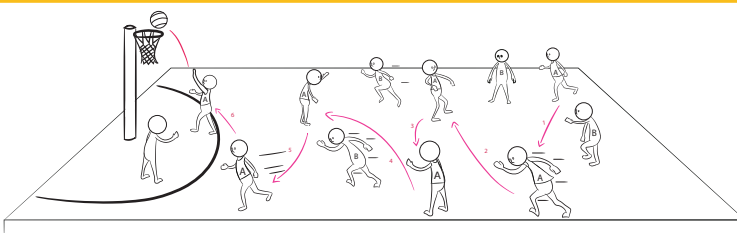
## Countdown - score

Main part  
Time: ~ 10 min

**What you need:** Balls, colour bands

### How to play

The teacher divides the class into 4 different teams. Two teams are playing on one side of the netball field; the other two teams are playing on the other side. There is one player from each team in the semi-circle in front of the hoop. The other learners are only allowed to run around outside the semi-circle. They have to give 5 consecutive passes to their own team members to be able to score. While they pass, the learners have to count down aloud "5, 4, 3, 2, 1". The sixth pass must be to their player in the semi-circle who tries to score. If a ball falls down or the learner in front of the hoop doesn't score, the other team gets the ball.



### Goal of the game

- Learners learn to find a gap to receive a pass on a small field.

**What to watch for:** The learners in the semi-circle should change often so that they move as well.

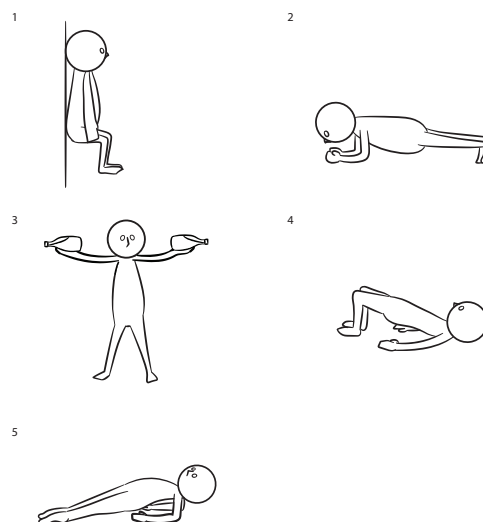
# Superman/Superwoman workout

Main part  
Time: ~ 10 min

**What you need:** Water bottles with sand (if you do not have enough, tell the learners to bring bottles filled with sand for the next lessons).

## How to play

1. Wall sitting: Sit with your back against a wall. The feet are parallel and the knees bent at an angle of 90°. (2 minutes)
2. Planking: The elbows are angled 90°. The body forms a line like a board. If the hips move up or down you must stop the exercise. (2 minutes)
3. Aeroplane: Take two water bottles and fill them 2/3 with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished (2 minutes).
4. Hip lift: The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise. (2 minutes)
5. Reverse Plank: The body forms a line from the head to the feet. The elbows are at a 90° angle. As soon as the hips move down you must stop the exercise. (2 minutes)



## Goal of the game

- Train for muscle endurance and learn to “feel” the body.

**What to watch for:** Tell the learners that it is not a problem if they cannot hold the exercise for two minutes. With more training, they will improve. If they cannot hold the position any longer, they should have a little break of 10 seconds and then continue. Observe if the learners are doing the exercises as indicated. If not, try to correct them.

## Statues

Cool down  
Time: ~ 10 min

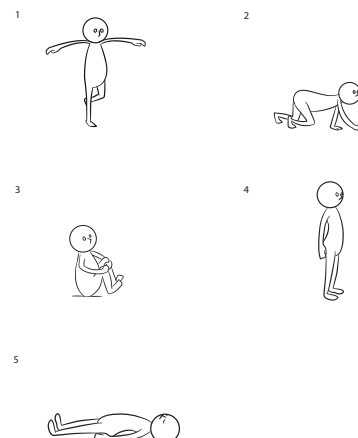
**What you need:** No equipment required

## How to play

Learners start off walking around the room. As you shout out poses, they have to freeze in that position for 3 seconds.

For example, you could shout:

1. Balance on one foot.
2. Crouch on hands and knees.
3. Sit on bottoms.
4. Freeze like a soldier and stand up straight.
5. Pretend to be asleep – this is a perfect pose to finish the lesson.



## Goal of the game

- Calm down and execute instructions from the teacher.

**What to watch for:** The learners should be calm during this exercise and try to focus on the teacher's instructions.



# Netball: Muscle endurance

Physical education: Intermediate phase

## Equipment

- Balls
- Cones

## Follow the leader

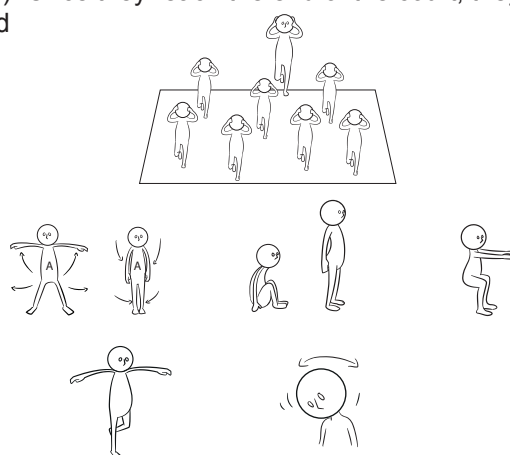
Introduction  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

Ask the learners to line up in 2 or 3 parallel lines at the end of the court, approximately 1.5 m from one another. Choose a leader who then starts to jog from one side to the other with their choice of warm ups and can switch at each third of the court if desired (if the warm up propositions are in a standing position the leader jogs and stops whenever he wants, does the exercise for 15 seconds and continues). Once they reach the end of the court, they jog back and the whole group repeats the exercise. After that round has finished, another person must become the leader.

- Hands on heads.
- Star jumps.
- Sit down/stand up - first slow then always faster.
- Squats.
- Turn arms.
- Turn left leg in a figure of eight.
- Turn right leg in a figure of eight.
- Stand on one leg.
- Turn the head to the right and to the left.
- Turn their hips.



## Goal of the game

- Copy the leader and warm-ups.

**What to watch for:** Choose another leader at the end of each completed warm-up, so that the learners can add to their movements.

While playing the game "Piggy in the middle", the teacher interrupts the game for 2 minutes and lets the learners do each of the Superman/superwoman workouts. Stop the game 5 times, always after 4 minutes.

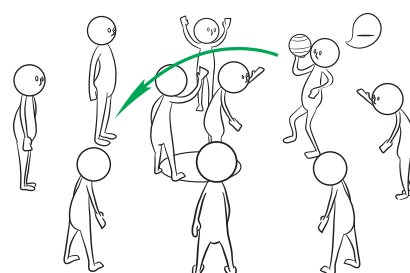
## Piggy in the middle

Main part  
Time: ~ 10 min

**What you need:** Balls

## How to play

Ask the learners to form groups of 10. Begin by forming a circle that has two of the group in the middle. The players who form the circle must pass the ball to one another using different techniques while calling out the recipient's name. If the ball is intercepted by one of the two players in the middle, the learner who tossed it should change places with the player in the middle who intercepted the pass.



# Piggy in the middle

Continued

## Goal of the game

- Learn to pass the ball and communicate with each other to find the most effective passing method. The learners also learn to intercept a pass.

**What to watch for:** If one learner stays too long in the middle, change roles between that catcher and one of the learners forming the circle. You can also add another catcher in the middle so that it becomes more difficult for the learners forming the circle to pass the ball.

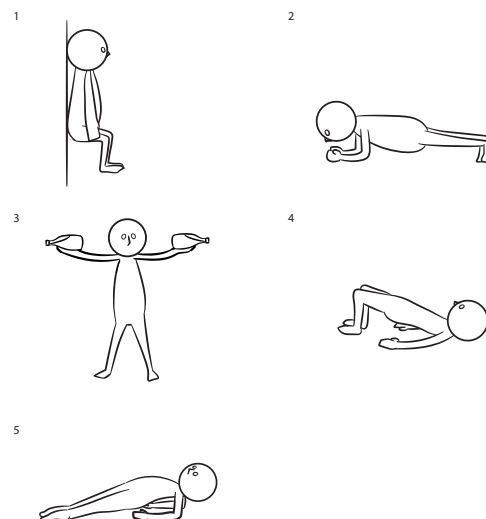
# Superman/Superwoman workout

Main part  
Time: ~ 10 min

**What you need:** Water bottles with sand

## How to play

- Wall sitting:** Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ . (2 minutes)
- Planking:** The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down you must stop the exercise. (2 minutes)
- Aeroplane:** Take two water bottles and fill them  $\frac{2}{3}$  with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished (2 minutes).
- Hip lift:** The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise. (2 minutes)
- Reverse Plank:** The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you must stop the exercise. (2 minutes)



## Goal of the game

- Train for muscle endurance and learn to “feel” the body.

**What to watch for:** Tell the learners that it is not a problem if they cannot hold the exercise for two minutes. With more training, they will improve. If they cannot hold the position any longer, they should have a little break of 10 seconds and then continue. Observe if the learners are doing the exercises as indicated. If not, try to correct them.

# Heel-to-toe-race

Cool down  
Time: ~ 10 min

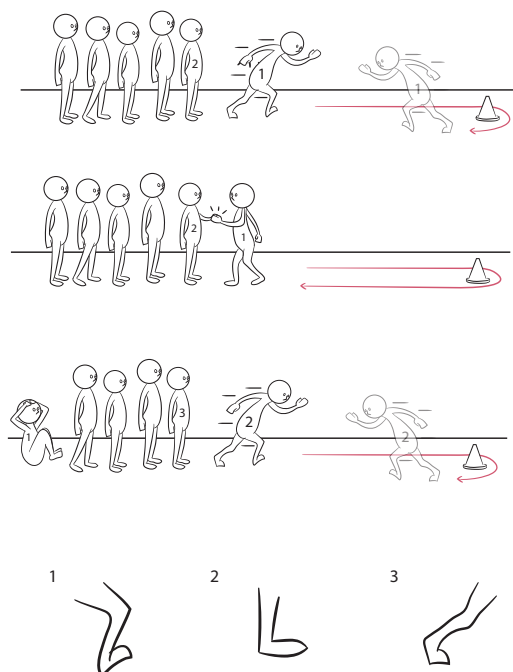
**What you need:** Cones

## How to play

Place the learners into teams. Each team stands behind a starting line. Team members should stand in a straight line behind one another. Designate a turning point 20 meters away using cones. On the teacher's signal to run, players race as quickly as possible to the turning point and back to the starting line. Make sure that the players run heel to toe throughout the duration of the race. When they return to the starting point, they high five the next person 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 all sitting with their hands on their heads.

# Heel-to-toe-race

Continued



## Goal of the game

- Keep your balance and be as fast as possible.

**What to watch for:** The learners have to run heel to toe.





# Netball: Muscle endurance

Physical education: Intermediate phase

## Equipment

- Balls
- Cones

## Shadows

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

Ask the learners to sit in pairs. One of the learners is then instructed to stand. When the teacher gives a signal, the standing learner runs away and the second learner begins to run after the first and stays as close as possible. Change the roles after 30 seconds.



### Goal of the game

- React correctly on signals and run behind another person.

**What to watch for:** Do not let the learners run after each other for more than 30 seconds. Give them a short break (30 seconds) before you change the learner's roles.

Divide the class into two groups. One group must do the assessment with the teacher. The other group is playing "piggy in the middle". First explain the assessment then let one group play "piggy in the middle" while the teacher is assessing the learners. After 10 - 15 minutes change the groups.

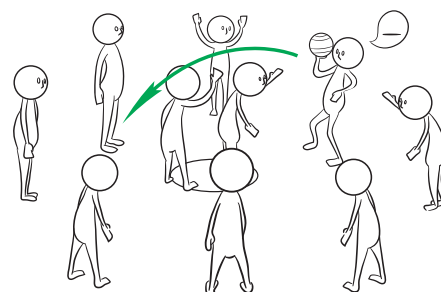
## Piggy in the middle

Main part  
Time: ~ 10 min

**What you need:** Balls

### How to play

Ask the learners to form groups of 10. Begin by forming a circle that has two of the group in the middle. The players who form the circle must pass the ball to one another using different techniques while calling out the recipient's name. If the ball is intercepted by one of the two players in the middle, the learner who tossed it should change places with the player in the middle who intercepted the pass.



### Goal of the game

- Learn to pass the ball and communicate with each other to find the most effective passing method. The learners also learn to intercept a pass.

**What to watch for:** If one learner stays too long in the middle, change roles between that catcher and one of the learners forming the circle. You can also add another catcher in the middle so that it becomes more difficult for the learners forming the circle to pass the ball.

# Assessment

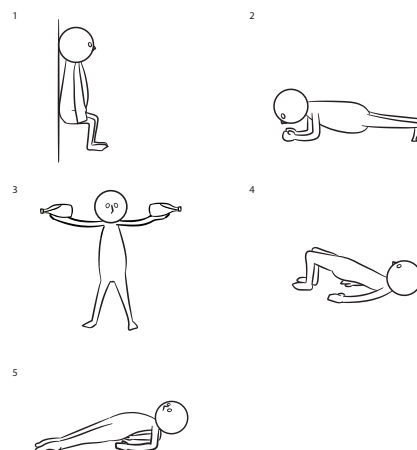
Exam  
Time: ~ 10 min

**What you need:** Water bottles with sand

## How to play

The learners are doing the muscular endurance exercises. There are 4 hula hoop rings on the floor. The teacher gives the sign to start the exercises. When a learner can't hold the position anymore, the learner has to go behind the ring where the teacher is standing in that moment (the teacher is changing his position only when the next criterion time is achieved). With each time criterion, the teacher switches the ring. In the end the teacher can mark which learner was able to hold the position how long.

1. Wall sitting: Sit with your back against a wall. The feet are parallel and the knees bent at an angle of 90°. (2 minutes)
2. Planking: The elbows are angled 90°. The body forms a line like a board. If the hips move up or down you must stop the exercise. (2 minutes)
3. Aeroplane: Take two water bottles and fill them 2/3 with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished (2 minutes).
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## Goal of the game

- Train for muscle endurance and learn to "feel" the body.

**What to watch for:** Tell the learners that it is not a problem if they cannot hold the exercise for two minutes. With more training, they will improve. If they cannot hold the position any longer, they should have a little break of 10 seconds and then continue. Observe if the learners are doing the exercises as indicated. If not, try to correct them.

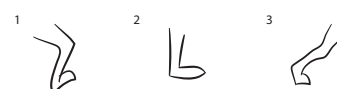
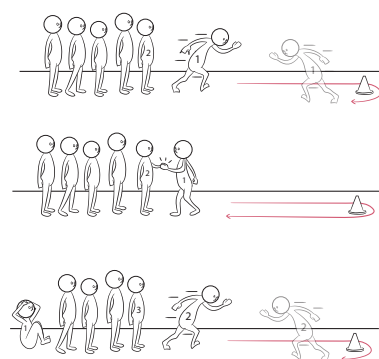
# Heel-to-toe-race

Cool down  
Time: ~ 10 min

**What you need:** Cones

## How to play

Place the learners into teams. Each team stands behind a starting line. Team members should stand in a straight line behind one another. Designate a turning point 20 meters away using cones. On the teacher's signal to run, players race as quickly as possible to the turning point and back to the starting line. Make sure that the players run heel to toe throughout the duration of the race. When they return to the starting point, they high five the next person 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 all sitting with their hands on their heads.



# Heel-to-toe-race

Continued

## Goal of the game

- Keep your balance and be as fast as possible.

**What to watch for:** The learners have to run heel to toe.



# Netball: Muscle endurance

Physical education: Intermediate phase

## Equipment

- Balls
- Cones

## Shadows

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

Ask the learners to sit in pairs. One of the learners is then instructed to stand. When the teacher gives a signal, the standing learner runs away and the second learner begins to run after the first and stays as close as possible. Change the roles after 30 seconds.



### Goal of the game

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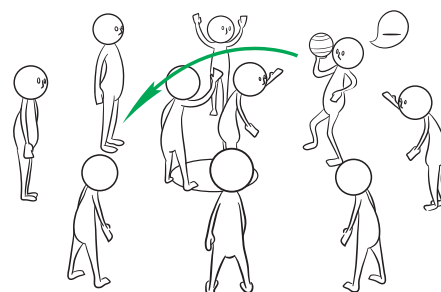
## Piggy in the middle

Main part  
Time: ~ 10 min

**What you need:** Balls

### How to play

Ask the learners to form groups of 10. Begin by forming a circle that has two of the group in the middle. The players who form the circle must pass the ball to one another using different techniques while calling out the recipient's name. If the ball is intercepted by one of the two players in the middle, the learner who tossed it should change places with the player in the middle who intercepted the pass.



### Goal of the game

- Learn to pass the ball and communicate with each other to find the most effective passing method. The learners also learn to intercept a pass.

**What to watch for:** If one learner stays too long in the middle, change roles between that catcher and one of the learners forming the circle. You can also add another catcher in the middle so that it becomes more difficult for the learners forming the circle to pass the ball.

# Assessment

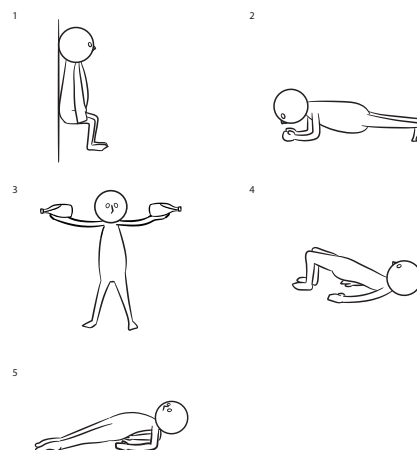
Exam  
Time: ~ 10 min

**What you need:** Water bottles with sand

## How to play

The learners are doing the muscular endurance exercises. There are 4 hula hoop rings on the floor. The teacher gives the sign to start the exercises. When a learner can't hold the position anymore, the learner has to go behind the ring where the teacher is standing in that moment (the teacher is changing his position only when the next criterion time is achieved). With each time criterion, the teacher switches the ring. In the end the teacher can mark which learner was able to hold the position how long.

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5. Reverse Plank: The body forms a line from the head to the feet. The elbows are at a 90° angle. As soon as the hips move down you must stop the exercise. (2 minutes)



## Goal of the game

- Train for muscle endurance and learn to "feel" the body.

**What to watch for:** Tell the learners that it is not a problem if they cannot hold the exercise for two minutes. With more training, they will improve. If they cannot hold the position any longer, they should have a little break of 10 seconds and then continue. Observe if the learners are doing the exercises as indicated. If not, try to correct them.

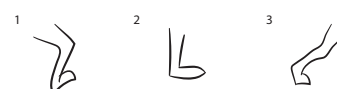
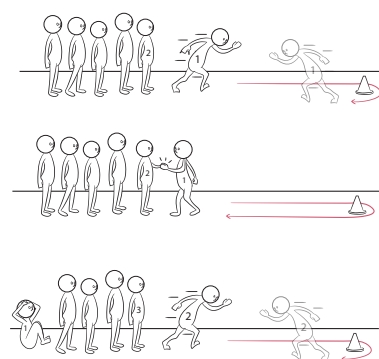
# Heel-to-toe-race

Cool down  
Time: ~ 10 min

**What you need:** Cones

## How to play

Place the learners into teams. Each team stands behind a starting line. Team members should stand in a straight line behind one another. Designate a turning point 20 meters away using cones. On the teacher's signal to run, players race as quickly as possible to the turning point and back to the starting line. Make sure that the players run heel to toe throughout the duration of the race. When they return to the starting point, they high five the next person 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 all sitting with their hands on their heads.



# Heel-to-toe-race

Continued

## Goal of the game

- Keep your balance and be as fast as possible.

**What to watch for:** The learners have to run heel to toe.



# Netball: Free fun lesson

Physical education: Intermediate phase

## Equipment

- 8 bean bags

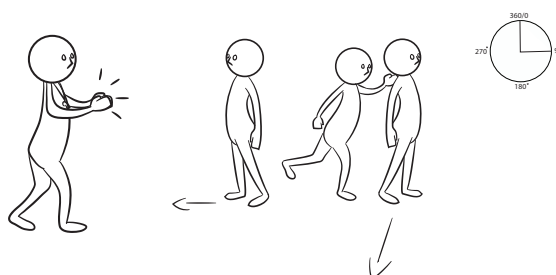
## The mechanic and the robots

Introduction  
Time: ~ 10 min

**What you need:** No equipment required

### How to play

The learners form groups of three. One learner is the mechanic and the other two are the robots. At the beginning the two robots stand back to back. When the teacher starts to clap a rhythm, the robots begin to move straight forward in time with the rhythm. If the mechanic touches the shoulder of the robots, they must turn 90° towards the shoulder that he/she touched. The goal of the mechanic is to bring the two robots together. The game ends when the two robots are facing each other.



### Goal of the game

- Keep the beat of the teacher's clapping.
- Reaction drills.

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

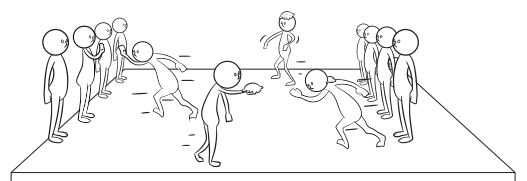
## Relay running

Main part  
Time: ~ 10 min

**What you need:** 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 completed this task, they must continue with tasks 2 to 4:



1. Task 1: Normal sprint.
2. Task 2: Place a bean bag on your head and run as fast as possible to the other side.
3. Task 3: Place a bean bag on your neck and run as fast as possible to the other side.
4. Task 4: Place a bean bag on the back of your hand and run as fast as possible to the other side.

### Goal of the game

- Balance a bean bag on different parts of the body while running.

**What to watch for:** If a bean bag falls down, the learner has to return to the starting line and repeat the task.

# Knee tag

Main part  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

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



## Goal of the game

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

**What to watch for:** Change partners after a while.

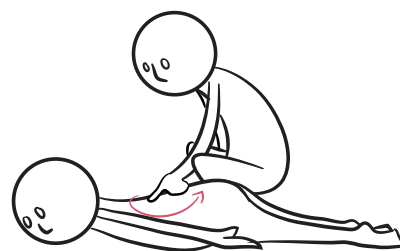
# Drawing message

Cool down  
Time: ~ 10 min

**What you need:** No equipment required

## How to play

The teacher asks the learners to get into groups of two. One learner lies face down on the floor while the other learner draws something with his/her finger on the first learner's back. The first learner has to guess what has been drawn. 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 the exercise.





# Assessment – Netball: Muscle endurance

**Frequency of participation:** If a learner was in the physical education lesson and participated well, he receives a “1” behind his name. If a learner was in the physical education lesson but did not participate well, he receives only a “0.5” behind his name. In total, the learner can get 20 points for his participation.

Level	Limited	Adequate	Proficient	Excellent
<b>Frequency of participation during Physical Education periods.</b>	0% = 0 points (did not participate at all) 1-5% = 1 point 6-10% = 2 points 11-15% = 3 points 16-20% = 4 points	21-25% = 5 points 26-30% = 6 points 31-35% = 7 points 36-40% = 8 points 41-45% = 9 points 46-50% = 10 points	51-55% = 11 points 56-60% = 12 points 61-65% = 13 points 66-70% = 14 points 71-75% = 15 points	76-80% = 16 points 81-85% = 17 points 86-90% = 18 points 91-95% = 19 points 96-100% = 20 points

**Movement performance:** The learner will be observed from the teacher for his muscle endurance. He can get 10 points for his movement performance in total.

Skill	1	2	3	4	5
<b>1. Try</b>	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Exercise 5
<b>2. Try</b>	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Exercise 5

**Final evaluation table:**

Description of competence	Points achieved	Percentage	Final mark
Outstanding achievement	24-30	80-100	7
Meritorious achievement	21-23	70-79	6
Substantial achievement	18-20	60-69	5
Adequate achievement	15-17	50-59	4
Moderate achievement	12-14	40-49	3
Elementary achievement	9-11	30-39	2
Not achieved	0-8	0-29	1



## Assessment – Netball: Muscle endurance

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

Grade: \_\_\_\_\_

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

[illegible]



# Assessment – Netball: Muscle endurance

## Movement Performance – Muscle Endurance

### Organisation:

The learners are doing the muscular endurance exercises. There are 4 hoola hoop rings on the floor. The teacher gives the sign to start the exercises. When a learner can't hold the position anymore, the learner has to go to behind the ring where the teacher is standing in that moment (the teacher is changing his position only when the next criterion time is achieved). With each time criterion, the teacher switches the ring. In the end the teacher can mark which learner was able to hold the position how long.

### Test 1:

Wall sitting: Sit with your back on the wall. The feet are parallel and the knees bent at an angle of 90°

#### Boys:

81-100 sec -> 4 Points  
51-80 sec -> 3 Points  
31-50 sec -> 2 Points  
0-30 sec -> 1 Point

#### Girls:

71-90 sec -> 4 Points  
41-70 sec -> 3 Points  
21-40 sec -> 2 Points  
0-20 sec -> 1 Point



### Test 2:

Planking: The elbows are angled 90°. Your body forms a line like a board. If the hips move up or down you must stop the exercise.

#### Boys:

81-100 sec -> 4 Points  
51-80 sec -> 3 Points  
31-50 sec -> 2 Points  
0-30 sec -> 1 Point

#### Girls:

71-90 sec -> 4 Points  
41-70 sec -> 3 Points  
21-40 sec -> 2 Points  
0-20 sec -> 1 Point



### Test 3:

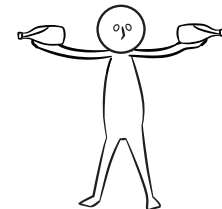
Aeroplane: Take two water bottles and fill them 2/3 with water. Hold your water dumbbells and hold them horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished.

#### Boys:

81-100 sec -> 4 Points  
51-80 sec -> 3 Points  
31-50 sec -> 2 Points  
0-30 sec -> 1 Point

#### Girls:

71-90 sec -> 4 Points  
41-70 sec -> 3 Points  
21-40 sec -> 2 Points  
0-20 sec -> 1 Point



### Test 4:

Hip lift: The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as your hip is going down and doesn't stay anymore in the plank position you have finished the exercise.

#### Boys:

81-100 sec -> 4 Points  
51-80 sec -> 3 Points  
31-50 sec -> 2 Points  
0-30 sec -> 1 Point

#### Girls:

71-90 sec -> 4 Points  
41-70 sec -> 3 Points  
21-40 sec -> 2 Points  
0-20 sec -> 1 Point





# Assessment – Netball: Muscle endurance

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

Grade: \_\_\_\_\_

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

**Test 5:**

Reverse Plank: The body forms a line from the head to the feet. The elbows are at a 90° angle. As soon as you go down with the hip you have to stop the exercise.

**Boys:**

81-100 sec -&gt; 4 Points

51-80 sec -&gt; 3 Points

31-50 sec -&gt; 2 Points

0-30 sec -&gt; 1 Point

**Girls:**

71-90 sec -&gt; 4 Points

41-70 sec -&gt; 3 Points

21-40 sec -&gt; 2 Points

0-20 sec -&gt; 1 Point

**Mark-points for the first and second try:**

Points	Mark-points	Points	Mark-points
20	5.00	10	2.50
19	4.75	9	2.25
18	4.50	8	2.00
17	4.25	7	1.75
16	4.00	6	1.50
15	3.75	5	1.25
14	3.50	4	1.00
13	3.25	3	0.75
12	3.00	2	0.50
11	2.75	1	0.25

Name	1	2	3	4	5
	1. _____				
	2. _____				
	1. _____				
	2. _____				
	1. _____				
	2. _____				
	1. _____				
	2. _____				



## Assessment – Netball: Muscle endurance

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

Grade: \_\_\_\_\_

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

Name	1	2	3	4	5
	1.				
	2.				
	1.				
	2.				
	1.				
	2.				
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	2.				



# Rhythmic movement: Directions & movement repertoire

Physical education: Intermediate phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Run to the beat

Introduction  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

## How to play

Play music/drums. Instruct learners: "Run across the entire movement area." Give one of the following instructions every 30 seconds:

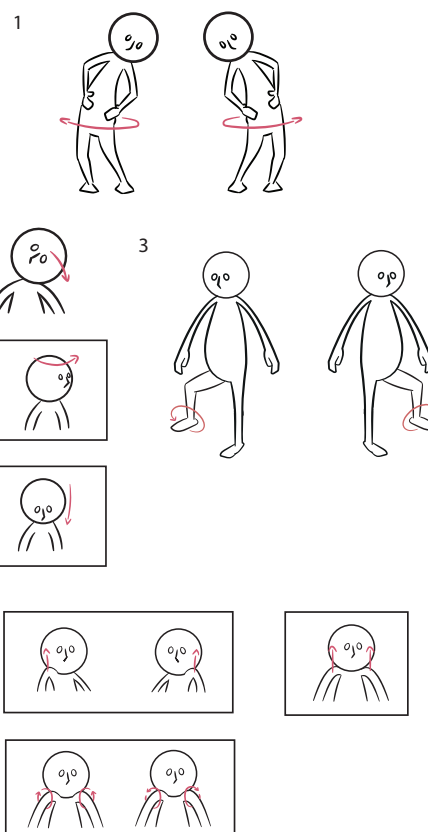
1. "Run backwards."
2. "Run sideways."
3. "Run forward."
4. "Change your run to a skip."
5. "Skip backwards."
6. "Skip sideways."
7. "Skip with a friend."
8. Repeat instructions in a different order.

## Mobilisation and isolations

Main part  
Time: ~ 10 min

## How to move

1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Neck movements:
  - a. Look straight ahead. Drop your right ear to your right shoulder. Repeat the same head movement to the left side.
  - b. Move your head to look over your right shoulder. Repeat over the left shoulder.
  - c. Move your head to look down to the floor, and then look up to the ceiling.
3. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
4. Shoulders:
  - a. Lift your right shoulder up and down. Then, lift your left shoulder up and down. Repeat both 5 times. Then, lift both shoulders up and down at the same time.
  - b. Roll your shoulders backwards. Start with small circles and make them bigger each time. Repeat the movements but now roll your shoulders forward.

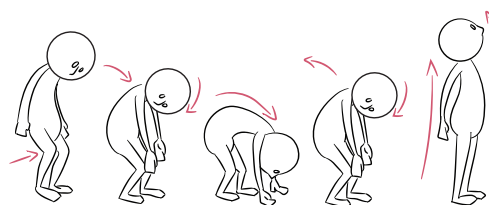


# Mobilisation and isolations

Continued

5. Roll down:
  - a. Stand with your legs slightly apart. Relax and bend your knees.
  - b. Slowly drop your chin to your chest.
  - c. Hang your arms and your body forward.
  - d. Bend your knees slightly. Keep your head tucked in.
  - e. Roll your body slowly all the way down to the floor. Try to touch the floor.
  - f. Slowly reverse and roll back up again. Bend your knees. Keep your head tucked in. Last thing to come up is your head.

5



## Favourite moves circle

Main part  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

### How to play

1. Make a circle. Play your music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Learners must copy the movement.
6. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.
7. After the above activity, instruct each learner: "Choose your 2 favourite movements from today's circle."

## Creative group activity: Favourite moves partner combination

Main part  
Time: ~ 10 min

### How to play

1. Find a partner
2. "Teach your 3 favourite movements to your partner."
3. "Add your 6 movements together to make a dance. Let the movements flow from one movement into the next."
4. Give learners 10 minutes to practise.

## Cool down

Cool down  
Time: ~ 10 min

Instruct learners to perform their new dance to the class, 3 groups (couples) at a time.



## Rhythmic movement: Movement repertoire and isolations

Physical education: Intermediate phase

### Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Favourite moves dance sequence

Introduction  
Time: ~ 10 min

**Accompaniment:** Play music/drums.

### How to play

1. Make a circle. Play some music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Instruct the learners to copy the first learner's movement and the second learner's movement in a continuous manner.
6. Instruct the third learner in the circle to contribute a movement.
7. Learners must copy movement 1, 2 and 3 in a continuous manner.
8. Instruct the fourth learner in the circle to present a new movement.
9. Learners must do movement 1, 2, 3 and 4 in a continuous manner.
10. Place learners in a circle of 5.
11. Instruct each circle to repeat the above activity in its smaller circle, and remember its 5 movements.

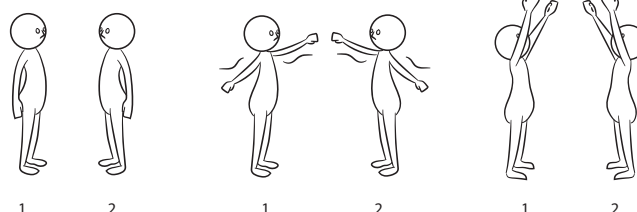
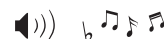
## Mirror mirror

Main part  
Time: ~ 5 min

### How to play

Two partners face each other. One learner is the "the person" and the other "the mirror". Movements must be slow (no fast movements).

1. "Stand facing your partner with a small space between you."
2. "Choose 'the person'."
3. Play slow music/drums: "Person, show slow movements."
4. "Mirror, copy the movements as precisely as you can."
5. After 1 minute: "Swap around! Mirror, now you lead."
6. After 1 minute: "Change leaders again. Now stand still and try to move only your head. Only head movements are allowed."
7. "Only upper body movements are allowed."
8. "Change leaders again."
9. "Use only your lower body part."
10. "Only fluent and slow movements."
11. "Try to move as big as you can. Only big movements are allowed."
12. "Move jerky! Move like a robot!"
13. Last round: "Move any way you want and make sure that your mirror is following you."





**Creative group activity: Movement sentence sequence**Main part  
Time: ~ 15 min**How to play**

1. Divide your class into groups of 5.
2. Instruct your learners to create a dance. "Put a dance together by using the following words: roll, twist, spin, jump, wiggle, collapse and end. Keep these words in the same order."
3. Give the learners 10 minutes to design their dance.

**Cool down**Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.



# Rhythmic movement: Movements and force

Physical education: Intermediate phase

## Accompaniment

- Use drums or play the Boxing song from the CD.
- Drum at a running pace.

## Intro ritual

Introduction  
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Cardio

Introduction  
Time: ~ 5 min

**Accompaniment:** Drum or play any song.

## How to play

Drum or play any song.

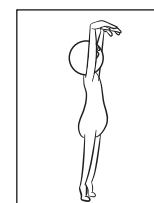
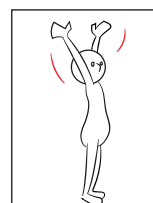
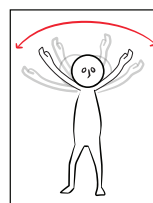
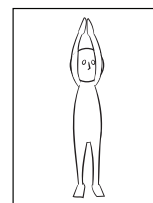
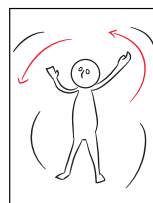
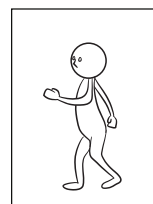
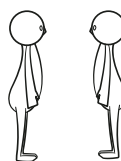
- "Dance around the room as you:
- "Move like a robot." (x 20 seconds)
- "Move like a snake." (x 20 seconds)
- "Move like the wind." (x 20 seconds)
- "Move like a robot." (x 20 seconds)
- "Move like a monster." (x 20 seconds)
- "Move like horse." (x 20 seconds)
- "Move like a lightning bolt that crash through the sky." (x 20 seconds)
- "Be the rain." (x 20 seconds)
- Repeat above instructions.

## Following movements

Main part  
Time: ~ 10 min

## How to play

1. "Find a partner."
2. "Face your partner."
3. "Choose a leader and a mirror."
4. "Leader must follow the instructions, mirror copy the movements."
5. "Listen carefully to the instructions."
  - "Slow movements."
  - "Fast movements."
  - "Big slow movements."
  - "Be a lightning bolt."
  - "Low movements."
  - "Be the wind."
  - "High movements."
  - "Be the rain."
6. "Change leaders. New leaders, do different movements."
7. Repeat instructions number 5.



# Creative movement activity

Main part  
Time: ~ 15 min

## How to play

1. Place learners into groups of 5.
2. "Today you are going to design a dance about a storm. First the wind begins to blow, then it rains softly and then loudly, and then the lightning bolts crash down to ground and across the sky as the thunder sounds loudly through the universe. How will you dance that?"
3. "Design a dance that represents a storm."
4. "Choose at least 6 different movements. String these together to flow from the one movement into the next."
5. Provide learners with 10-15 minutes to practice.
6. "It is show time. Sit where you are."
7. Instruct each group to show its dance to the class.

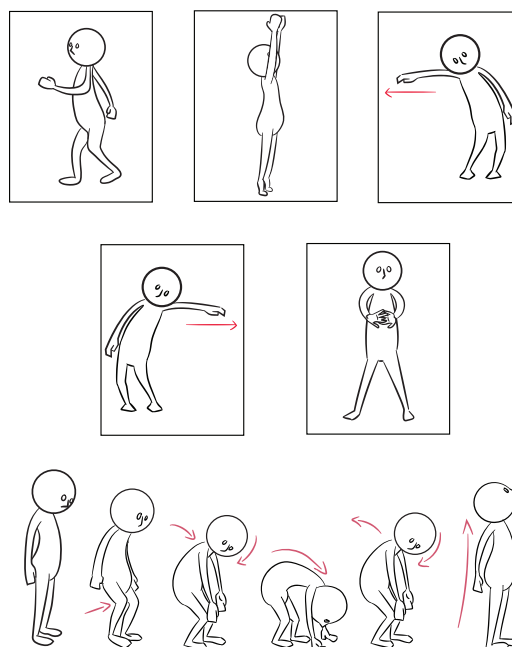
## Outro

Cool down  
Time: ~ 5 min

## How to stretch

As teacher read these instructions in a calm voice:

1. "Stand in a circle and do everything in a slow, flowing movement."
  - "Make any slow movements."
  - "Stretch up tall to the sky and relax."
  - "Reach with your one arm to the side and relax."
  - "Reach with your other arm to the side and relax."
  - "Reach with both arms forward into the circle and relax."
  - "Roll down your spine (vertebrae by vertebrae – bend your knees)." "Roll up your spine (vertebrae by vertebrae – bend your knees)."
  - "Relax everything."
  - "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."





## Rhythmic movement: Rhythm and body percussion

Physical education: Intermediate phase

### Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Name game

Introduction  
Time: ~ 5 min

### How to play

Orientation: "Clap your hands and say your name and surname in time to the beat. How many beats does your name and surname have?"

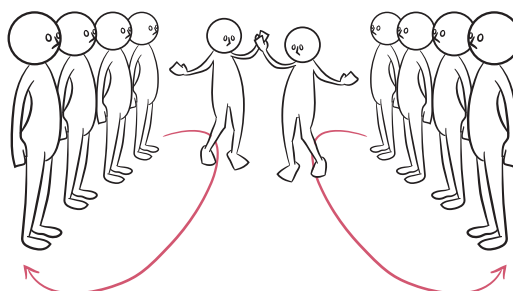
1. Make a circle.
2. Learners must walk on the spot to keep the beat (i.e. r – l – r – l).
3. Choose the starting learner. "Say your name and surname in time to the beat. Let the class repeat the name and surname while clapping.

## Soul train

Main part  
Time: ~ 5 min

### How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



## Rhythm circle

Main part  
Time: ~ 5 min

### How to play

1. Make a circle. Stomp a rhythm with your feet (r-l-r-l). Instruct learners to stomp the rhythm with you.
2. Clap your hands once on every second foot (for example the left foot).
3. Once learners are comfortable with the rhythm, start the game:
4. "Everybody stomp your feet. One learner claps his/her hands once and passes the rhythm on to the next learner in the circle.
5. Start slow. "Keep the beat steady." ("Do not go faster!")
6. The learner who fails must run around the circle and join the game again. Allow the first round to be a practice round.

## Body percussion circle

Main part  
Time: ~ 5 min

### How to play

1. Stand in a circle.
2. Create a short rhythm pattern using body percussion (i.e. clapping, snapping fingers, slapping thighs, stamping feet, clucking, whistling, etc.).
3. Everyone must repeat the same rhythm pattern. Keep a steady beat. Continue until everyone is comfortable with the rhythm.
4. Appoint the next learner to create a different rhythm pattern.
5. Give 10 learners a chance to share their rhythm patterns.

## Creative group activity: Body percussion sequence

Main part  
Time: ~ 10 min

### How to play

1. Make groups of 5.
2. Instruct learners to make different sounds and rhythms by using the body (i.e. clapping, clicking, stomping, slapping the chest, etc.).
3. Instruct learners to choose 5 different body percussion movements and make a dance.
4. Give learners 10 minutes to practise.

## Cool down

Cool down  
Time: ~ 10 min

**Instruct** each group to present its body percussion sequence to the class.



## Rhythmic movement: Movement variations and levels

Physical education: Intermediate phase

### Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Move! But how?

Introduction  
Time: ~ 5 min

**Accompaniment:** Play music.

### How to play

Play music and instruct learners to run around to the beat. Give one of the following movement instructions every 30 seconds:

1. "Run around the movement area."
2. "Walk through the mud."
3. "Run on ice."
4. "Walk through a thick forest."
5. "Rush to the bus."
6. "Walk through water."
7. "Run over hot sand."
8. "Walk barefoot on stones."
9. "Dance slow motion."
10. "Clean your house in fast motion."

## Freeze 'n copy

Main part  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

### How to play

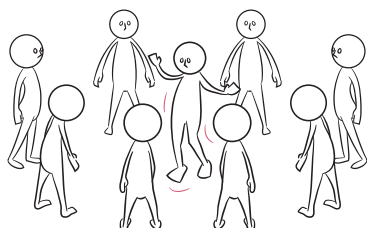
1. Play music/drums: "Move freely to the music." (Move across the entire area learners has to move).
2. Stop music/drums: "Freeze! Do not move!"
3. Repeat the above 5 times.
4. Play music/drums: "Move!"
5. Stop music/drums: "Pose!" (A big creative freeze position, "use your arms and levels!").
6. As teacher, choose your favourite pose and instruct your learners: "Copy (e.g Vuyo's) position as fast as you can."
7. Play music/drums: "Dance!"
8. Stop the music: "Pose!"
9. "Copy (e.g. Siphe's) position."
10. Repeat the above 10 times.

## Dance circle

Main part  
Time: ~ 5 min

### How to play

Stand in a big circle. Choose a learner to go to the middle of the circle. The chosen learner must present a movement to the rest of the learners. Learners must copy the movement. After 16 counts, the middle learner must choose another learner to go into the middle. Repeat the game until about 10 learners have had a chance to enter the circle.



## Group puzzle dance

Main part  
Time: ~ 15 min

### How to play

1. Divide your class into groups of 5.
2. Instruct each group to design a dance. "Today, each learner must get a chance to suggest one movement. In total, your dance will have 5 movements. One from each learner in your group."
3. "Design an ending position in three levels."
4. After 5 minutes, say: "Also add a change of formation into your dance."
5. Give learners 15 minutes to design their own dance.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.



# Rhythmic movement: Force and creativity

Physical education: Intermediate phase

## Accompaniment

- Use drums or play any song of choice.
- Drum at any beat and rhythm you like.

## Intro ritual

Introduction  
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Cardio game

Introduction  
Time: ~ 5 min

**Accompaniment:** Drum or play any song.

### How to play

Drum or play any song.

1. "Dance around the room as you:
  - "Move like a monster." (x 20 seconds)
  - "Move like a snake." (x 20 seconds)
  - "Move like the wind." (x 20 seconds)
  - "Move like fire." (x 20 seconds)
  - "Move in a circle."
  - "Move like a robot." (x 20 seconds)
  - "Move like elephant." (x 20 seconds)
  - "Move like a lightning bolt that crash through the sky." (x 20 seconds)
  - "Be the rain!" (x 20 seconds)
  - "Draw a circle in the sky."
2. Repeat above instructions.

## Atom game

Introduction  
Time: ~ 5 min

### How to play

1. Let someone drum at any beat and stop whenever he/she likes.
2. "When the music stops, get into groups and follow the instructions."
3. Instructions for each time the music stops:
  - "Groups of 3: "freeze! Only one hand and two feet touching the ground."
  - "Groups of 4: let only three feet, two hands and one knee touch the ground."
  - "Groups of 3: 1 shoulder, 3 feet, and 2 hands need to touch the ground. Hold the position."
  - "Groups of 4: 1 bottom, 2 feet, 2 hands need to be on the ground."
  - "Groups of 2: 1 hand and 1 foot. Hold the position."
  - "Groups of 4: 2 hands and 4 feet. Try moving around like this."
  - "Groups of 3: 4 hands and 2 feet. Try moving around like this."

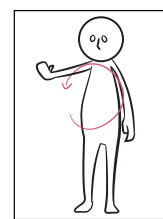
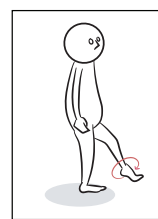
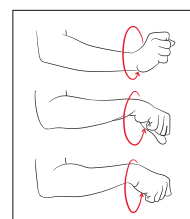
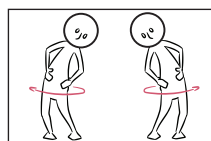
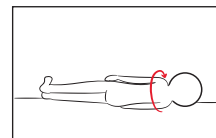
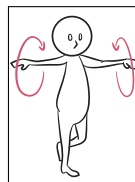
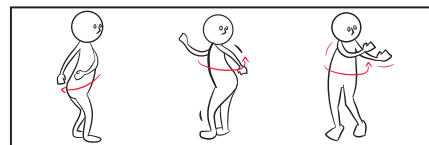


# The elements rotate

Main part  
Time: ~ 10 min

## How to play

- “Can you think of different ways to rotate/circle your body?”
  - “Turn!”
  - “Find three different ways to turn.”
  - “Circle your arms.”
  - “Roll to the side.”
  - “Circle your hips.”
  - “Twist your wrist.”
  - “Circle your ankles.”
  - “Circle mix your arms in front of your stomach.”
- “Let us think about the different elements.”
  - Earth.
  - Fire.
  - Water.
  - Wind.
- “How would you move to each Element?”
  - “Fire moves fast and with a lot of force.”
  - “Wind can be soft and gentle or strong a stormy.”



## Creative movement activity

Main part  
Time: ~ 10 min

## How to play

- “Get into groups of 5.”
- “Choose 1 element as a theme (i.e. fire).”
- “Design a dance about your element. Use at least 3 rotations in different forms (i.e. turn, roll, circle arms). Also use different levels of movement. You need a total of 8 different movements.”
- Give the learners 10-15 minutes to practise their sequence.
- “It is show time. Sit where you are”
- Instruct each group to show its dance to the class.”

## Outro

Cool down  
Time: ~ 5 min

## How to stretch

- “Close your eyes and lie down.”
- “Tense up your whole body as much as you can, hold it for 10 seconds, and relax again. Do it 3 times.”
- “Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts.”



# Rhythmic movement: Levels of movement

Physical education: Intermediate phase

## Accompaniment

- Use drums or play any song of choice.
- Drum at different speeds and rhythms.

## Intro ritual

Introduction  
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Follow the leader

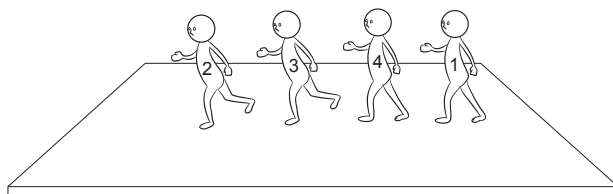
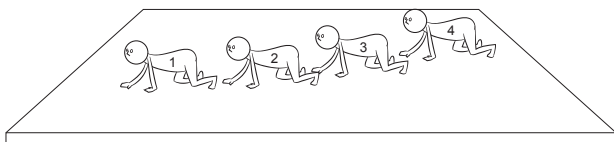
Introduction  
Time: ~ 5 min

**Accompaniment:** Use drums.

### How to play

Use drums. Change the speed of the beat often.

1. "Make groups of four."
2. "Stand in a line, next to each other."
3. Choose a leader for each group.
4. "Leader, move at different levels i.e. do high, medium or low level movements."
5. After 1 minute: "Change leader."
6. "New leader, move at a different level."
7. After 1 minute: "Change leader."
8. "New leader, do different movements at different levels."
9. After 1 minute: "Change leader again."
10. "New leader, do your own movements at different levels."



## Pose game

Introduction  
Time: ~ 5 min

**Accompaniment:** Drum or play any song.

### How to play

Drum or play any song. Stop and start the beat often.

1. "Dance around the room, when the beat stops, get into a group, and pose using different levels. Hold every position until the music starts again."
2. Each time the music stops, read a different instruction.
  - "Groups of 3: 3 levels."
  - "Groups of 4: 4 levels."
  - "Groups of 5: 5 levels."
  - "Groups of 6: 3 levels."
  - "Groups of 2: 1 level."
  - "Groups of 4: 3 levels."

## Creative movement activity

Main part  
Time: ~ 10 min

### How to play

1. Place learners in groups of 5
2. "Design a dance that includes 3 different levels, 2 rotations and 2 jumps."
3. Give them at least 15 minutes to practise their dance.

## Show down

Main part  
Time: ~ 10 min

### How to play

1. "This is a movement battle (competition)."
2. "Stand in a circle."
3. As teacher, choose the first 2 groups that will compete with each other.
4. Instruct the two groups: "Stand in the middle of the big circle, facing each other."
5. Start the drumming/song.
6. "The one group performs its dance to the other group."
7. "Straight after, the second group must perform its dance (whilst facing the first group)."
8. "The rest of the class decides which group wins. The winning group stays in the circle to compete in the next round."
9. As teacher, make sure each group has a chance to perform in the circle."

## Outro

Cool down  
Time: ~ 5 min

### How to stretch

As teacher read these instructions in a very calm voice:

1. "Close your eyes and sit down."
2. "Imagine:
  - Your body heats up.
  - Feet, legs, upper body, arms, hands become very hot.
  - After a while, someone pours cool water overhead.
  - This regulates your temperature from your head, to your shoulders, to your stomach down to your hips, legs, and feet."
3. "Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



# Rhythmic movement: Musicality and directions

Physical education: Intermediate phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Move to the beat

Introduction  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

### How to play

Play music/drums. Instruct learners: "Run around the whole movement area." Give one of the following instructions every 30 seconds:

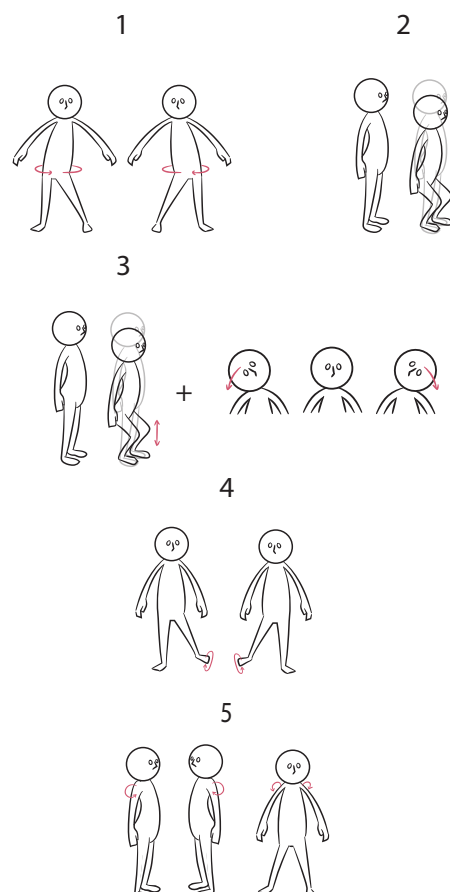
1. "Run backwards!"
2. "Run sideways!"
3. "Switch between running forwards, backwards and sideways."
4. "Change the speed of your running every 10 counts. (Run fast and slow)."
5. "Walk and breathe."
6. "Dance and add a freeze every 5 counts."
7. "Run, stop and continue with long steps."
8. "Fall and roll on the floor between your movements."
9. "Walk and breathe."
10. "Combine all the actions: backwards/forwards/sideways, speed change, falling, stop and go."

## Mobilisation and isolations

Introduction  
Time: ~ 5 min

### How to play

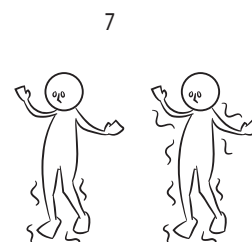
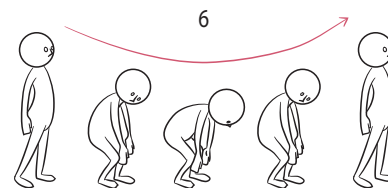
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees slightly over your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.



## Mobilisation and isolations

Continued

6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend over your toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
  - d. Slowly reverse and roll back up again.
    - i. Bend your knees.
    - ii. Keep your head tucked in.
    - iii. Last thing to come up is your head.
    - iv. Lengthen your spine to the ceiling, shoulders down.
  - e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.



## Freeze number 1, 2 and 3

Main part  
Time: ~ 10 min

**Accompaniment:** Play music/drums.

### How to play

Play music/drums and tell your learners to move freely to the music.

1. Stop music/drums: "Freeze! This freeze position is your position one. Remember your position 1."
2. Play music/drums: "Move!"
3. Stop music/drums: "Position 1!"
4. Play music/drums: "Move!"
5. Stop music/drums: "Freeze in a different position. This is your position 2. Remember position 2!"
6. Play music/drums: "Move on the floor."
7. Stop music/drums: "Freeze on the floor. This is position number 3."
8. "Repeat your 3 freeze positions."
9. Tell them to switch directly from movement 1 to number 2 and last to number 3.

## Partner freeze combination in a square

Main part  
Time: ~ 10 min

### How to play

1. Make groups of two.
2. Tell your learners to choose 4 freezes out of the 6 in total.
3. "Imagine a square. Every freeze must happen in a corner of your square. Use travelling movements to move from corner to corner. So, pose, travel, pose, travel, pose, travel and pose."
4. After 5 minutes, say: "Make sure that each movement flows smoothly from one movement into the next. Give learners 10 minutes to practise."

## Cool down

Cool down  
Time: ~ 10 min

Instruct learners to perform their new dance to the class, 3 groups (couples) at a time.



# Assessment – Rhythmic patterns/coordination

**Frequency of participation:** If a learner was in the physical education lesson and participated well, he receives a “1” behind his name. If a learner was in the physical education lesson but did not participate well, he receives only a “0.5” behind his name. In total, the learner can get 20 points for his participation.

Level	Limited	Adequate	Proficient	Excellent
<b>Frequency of participation during Physical Education periods.</b>	0% = 0 points (did not participate at all) 1-5% = 1 point 6-10% = 2 points 11-15% = 3 points 16-20% = 4 points	21-25% = 5 points 26-30% = 6 points 31-35% = 7 points 36-40% = 8 points 41-45% = 9 points 46-50% = 10 points	51-55% = 11 points 56-60% = 12 points 61-65% = 13 points 66-70% = 14 points 71-75% = 15 points	76-80% = 16 points 81-85% = 17 points 86-90% = 18 points 91-95% = 19 points 96-100% = 20 points

**Movement performance:** The learner will be observed from the teacher for his rhythm and social skills. He can get 10 points for his performance in total.



## Assessment – Rhythmic patterns/coordination

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

Grade: \_\_\_\_\_

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

[illegible]



## Evaluation sheet – Rhythmic patterns/coordination

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

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

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

**Rating:**      **2 points:**      Meets the expectations with excellence

**1 point:**      Meets the expectations

**0.5 points:**      Doesn't meet all the expectations

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

	Term 3
1) Concentration/endurance	
2) Learning progress	
3) Meet the objectives of activities	
4) Social interactive skills	
5) Commitment/attitude	
<b>Total points (max 10):</b>	
<b>Final mark:</b>	

**General comments:**

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Total Points	Achievement Description	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





# Acrobatics & gymnastics: Body tension and trust

Physical education: Intermediate phase

## Equipment

- Cones
- Mats (if available)
- 15-20 balls
- 5 colour bands
- 10 hula-hoops

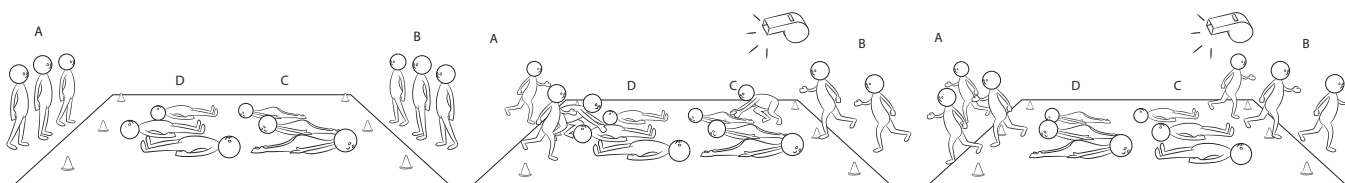
## Turn me

Introduction  
Time: ~ 10 min

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

## How to play

Mark out an activity area with cones. Divide the class into four groups (A, B, C, D). Groups A and B stand at either end of the area. Groups C and D are spread out in the middle of the area (group C lying on their stomachs, group D lying on their backs). When the teacher shouts "Go", group A must try to turn the learners from groups C and D onto their backs; group B tries to turn the learners onto their stomachs. After two minutes, the teacher stops the game and counts how many learners are on their backs and how many are on their stomachs. The roles between the groups are then changed.



## Goal of the game

- Build trust in each other.
- Cooperate.
- Body tension.

**What to watch for:** Learners on the floor need to be in good body tension to facilitate the work of the others.

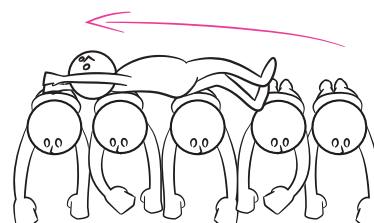
## Trunk transport

Main part  
Time: ~ 10 min

**What you need:** Soft ground: grass or mats

## How to play

Divide the class into groups of 12 learners. Tell them to lie on the ground as close as possible to each other, stomach down. One learner is the trunk and lies with his/her back on the other learners. When the teacher gives the start signal, all the learners start to roll in one direction and the trunk will be transported in that direction. As soon as the last learner is free, he/she must run to the front of the line so the trunk can roll further.



## Goal of the game

- Learn how to handle body contact.
- Trust each other.
- Cooperate.
- Body tension.

**What to watch for:** Let the learners practise rolling in advance.

# Apple shake

Main part  
Time: ~ 10 min

**What you need:** Two balls per group

## How to play

The class is divided into groups of two. A represents a tree. He/she holds two apples (two balls) in his/her hands and raises his/her arms as high as possible. B aims to shake the apples down. B holds A by the shoulders and shakes A. A tries to hold himself so steady that the apples do not fall from his hands. Reverse roles. (The learner standing in front of the other learner can really hold the learner with both hands to shake him.)



## Goal of the game

- Partner exercises, dealing with body contact, keep body tension, development of body perception.

**What to watch for:** Make sure learners understand what you mean by “body tension”.

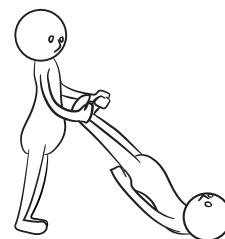
# Spaghetti test

Main part  
Time: ~ 10 min

**What you need:** Soft floor, like grass or mats.

## How to play

A is on his back and represents an uncooked spaghetti stick (whole body is tense). B controls A by lifting both feet of A. A should be in a straight line only - the shoulders should be on the floor. Change roles. (The learner shouldn't be only on his head but still on his shoulders.)



## Goal of the game

- Partner exercises, dealing with body contact, keep body tension, development of body perception.

**What to watch for:** Make sure each learner's body is in a straight line. The buttocks should be pulled up tight.

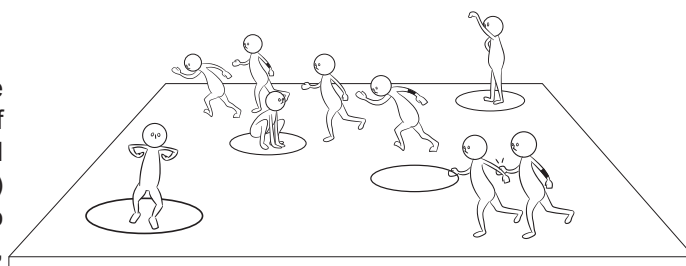
# Zookeeper tag

Cool down  
Time: ~ 10 min

**What you need:** Cones, 5 colour bands, 10 hula hoops

## How to play

Mark out an activity area with cones. Choose five “zookeepers” to be the catchers and give each of them a colour band. All the other learners are “wild animals”. Place 10 hula hoops (animal enclosures) around the activity space. Ask all “wild animals” to spread out around the activity area. On your signal, the “zookeepers” try to tag the wild animals. When a wild animal is tagged, it must go to an “enclosure” and freeze in the shape of an animal. Another wild animal can free a frozen animal by guessing what kind of animal the learner is imitating and lifting the hula hoop over his/her head. (It would be nice if the learners in the hula hoops really try to imitate an animal, for example an elephant, a monkey or a lion).



## Goal of the game

- Fun activity.
- Imitation.
- Run and dodge players.

**What to watch for:** Switch the “zookeepers” every 1 - 2 minutes.



## Acrobatics & gymnastics: First figures

Physical education: Intermediate phase

### Equipment

- 12 hula hoops
- Cones
- Balls

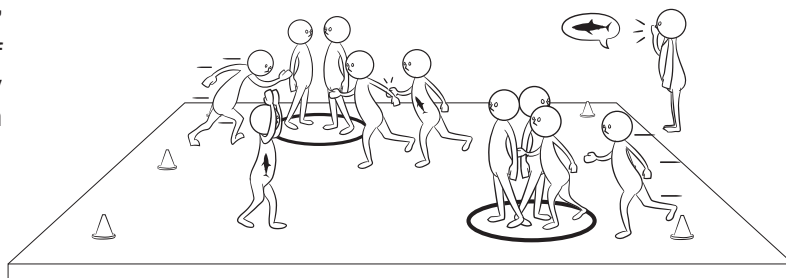
## Shark attack

Introduction  
Time: ~ 10 min

**What you need:** About 12 hula hoops; cones to mark the activity area.

### How to play

Mark out an activity area with cones. One of the learners is a shark, the rest are swimmers. Around the activity area, spread a number of hoops, which are islands. The learners "swim, surf" around the area and around the hoops. The shark also "swims" with his/her hands on his/her head in the shape of a fin. When the teacher shouts "shark attack" the swimmers must get onto an island to avoid being caught by the shark. Every island can carry four learners. Any swimmers who are caught become "sharks". After every "shark attack" you can pick up one island and take it out of the game. The game is finished when every swimmer has become a shark. You can then choose a new shark.



### Goal of the game

- Improve reaction time, agility and co-ordination.

**What to watch for:** The learners should move freely in the room and not always stay in one spot (next to an island).

## Apple shake

Main part  
Time: ~ 5 min

**What you need:** Two balls per group.

### How to play

The class is divided into groups of two. A represents a tree. He/she holds two apples (two balls) in his/her hands and raises his/her arms as high as possible. B aims to shake the apples down. B holds A by the shoulders and shakes A. A tries to hold himself/herself so steady that the apples do not fall from his/her hands. Reverse roles.



### Goal of the game

- Partner exercises dealing with body contact, keep body tension, development of body perception.

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

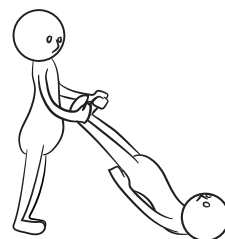
## Spaghetti test

Main part  
Time: ~ 5 min

**What you need:** Soft floor, like grass or mats.

### How to play

Learner A is on his back and represents an uncooked spaghetti stick (whole body is tense). B controls A by lifting both feet of A. A should be in a straight line - only the shoulders should be on the floor. Change roles.



### Goal of the game

- Partner exercises, dealing with body contact, keep body tension, development of body perception.

**What to watch for:** Make sure each learner's body is in a straight line. The buttocks should be tightly pulled up.

## Table top position

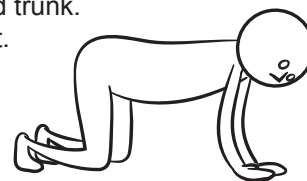
Main part  
Time: ~ 5 min

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

### How to play

Show the learners how to make a clean and stable table top position. This position is a basic position for acrobatic tricks:

- Hands are under the shoulders, shoulder-width at right angles to the ground and trunk.
- Knee hip width vertically under the buttocks, right angle in the knee and hip joint.
- Straight, stable back, belly retracted and pelvis tilting high towards the navel.
- Head in extension of the spine.



### Goal of the game

- Preparation for pyramid forms.
- Keep body tension, development of body perception.

**What to watch for:** Make groups of two so that the learners can observe and correct each other's mistakes.

## Simple pyramid

Main part  
Time: ~ 5 min

**What you need:** Soft ground like grass.

### How to play

Learner A is in a bank position, learner B is standing over the shoulders of A, legs spread. Learner C stands on A's buttocks and rests with his/her hands on B's shoulders.

- B walks away so C can stand alone.
- C can try to stand on one leg. B can help as a railing.



### Goal of the game

- Cooperation.
- Get used to body contact.
- Training of balance and body tension.

**What to watch for:** Make sure learners are not standing on each other's spines.

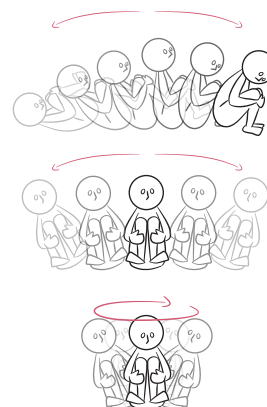
# Roll like a ball

Cool down  
Time: ~ 5 min

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

## How to play

The learners must pretend to be a ball – roll backwards and forwards from side to side, 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:** The learners should make themselves as small as they can, then tense their bodies and roll around.

# Cobra stretch

Cool down  
Time: ~ 5 min

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

## How to stretch

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



## Goal of the stretch

- Stretch the core muscles.

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



# Acrobatics

Physical education: Intermediate phase

## Equipment

- Cones
- 6-8 hoops

## Crabs saying hello

Introduction  
Time: ~ 10 min

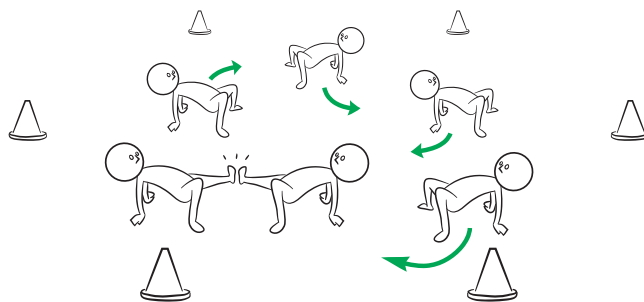
**What you need:** Cones to mark out the activity area.

### How to play

Mark out an activity area with cones. Tell the learners to go on all fours with their backs to the floor. Then the learners “crab” around the playing area. Whenever they meet another “crab”, they greet each other by touching their 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 that the crabs are not too close to each other.

## Spaghetti test

Main part  
Time: ~ 5 min

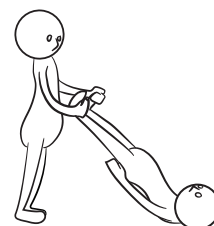
**What you need:** Soft floor, like grass or mats.

### How to play

Learner A is on his back and represents an uncooked spaghetti stick (whole body is tense). B controls A by lifting both feet of A. A should be in a straight line - only the shoulders should be on the floor. Change roles.

### Goal of the game

- Partner exercises, dealing with body contact, keep body tension, development of body perception.



**What to watch for:** Make sure each learner's body is in a straight line. The buttocks should be tightly pulled up.

## Table top position

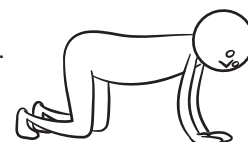
Main part  
Time: ~ 5 min

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

### How to play

Show the learners how to make a clean and stable table top position. This position is a basic position for acrobatic tricks:

- Hands are under the shoulders, shoulder-width at right angles to the ground and trunk.
- Knee hip width vertically under the buttocks, right angle in the knee and hip joint.
- Straight, stable back, belly retracted, pelvis tilting high towards the navel.
- Head in extension of the spine.



## Table top position

Continued

### Goal of the game

- Preparation for pyramid form.
- Keep body tension, development of body perception.

**What to watch for:** Make teams of two so that the learners can observe and correct each other's mistakes.

## Simple pyramid

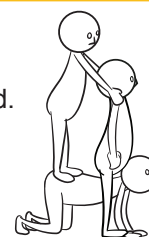
Main part  
Time: ~ 5 min

**What you need:** Soft ground like grass.

### How to play

Learner A is in a table top position, learner B is standing over the shoulders of A, legs spread. Learner C stands on A's buttocks and rests with his/her hands on B's shoulders.

- B walks away so C can stand alone.
- C can try to stand on one leg. B can help as a railing.



### Goal of the game

- Cooperation.
- Get used to body contact.
- Training of balance and body tension.

**What to watch for:** Make sure learners are not standing on each other's spines.

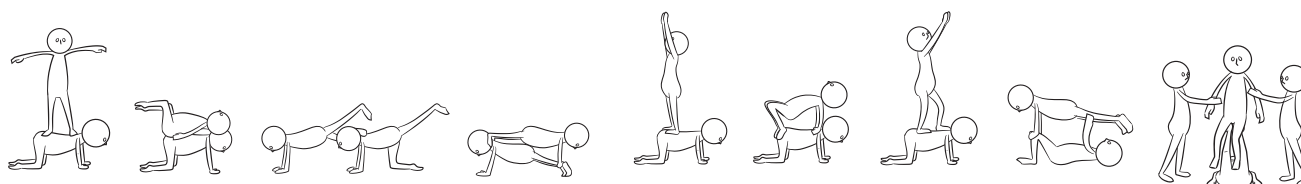
## Partner acrobatics

Main part  
Time: ~ 5 min

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

### How to play

Learners have learned how to keep body tension and how to cooperate. Now let them try themselves. The learners get into groups of 3. Let them try out the following pyramids without any more information. The teacher walks around and helps each group to be creative and form different pyramids.



### Goal of the game

- Practise partner acrobatics.
- Stabilization, creativity, body tension, cooperation, trust.

**What to watch for:** Go around and help the learners if they are not able to imitate the pictures.

# Go through the hoop

Cool down  
Time: ~ 10 min

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

## How to play

Learners need to get into groups of 8 – 10. They must form a circle and hold hands. Every group gets a hula hoop, which is held by two learners. The “hoop” now walks around the circle without letting go of their grip. This means that the other learners have to put their bodies through the hoop. Let the learners practise for 2 minutes. Then have a competition between the groups.



## Goal of the game

- The “hoop” should walk around the circle as fast as possible without letting go of the hand grip.

**What to watch for:** As soon as any learner lets go of his/her grip, they are out of the game.





# Acrobatics & gymnastics

Physical education: Intermediate phase

## Equipment

## I move

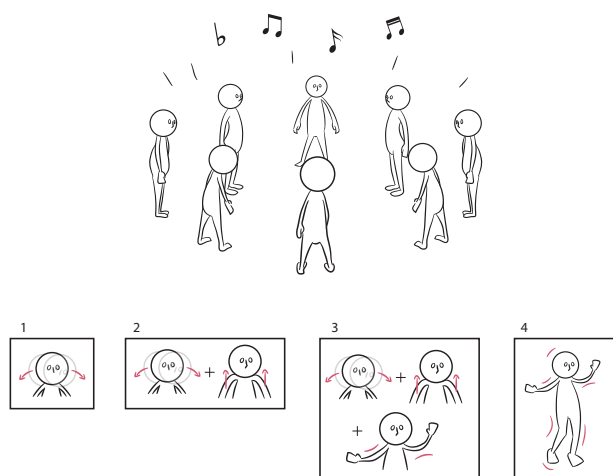
Introduction  
Time: ~ 10 min

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

### How to play

Ask the learners to form a big circle. They all start singing and moving as follows:

- "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

- To be able to co-ordinate different body movements, only move body part that is requested.

**What to watch for:** Tell the learners to only move the body part that is requested.

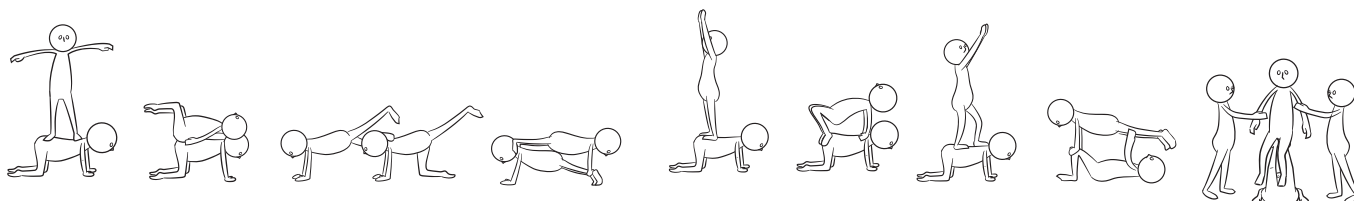
## Partner acrobatics: Repetition

Main part  
Time: ~ 10 min

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

### How to play

Ask the learners to get into groups and let them practise the following pyramids.



### Goal of the game

- Practise partner acrobatics.
- Stabilization, creativity, body tension, cooperation and trust.

**What to watch for:** Walk around and help the learners if they are not able to imitate the pictures.

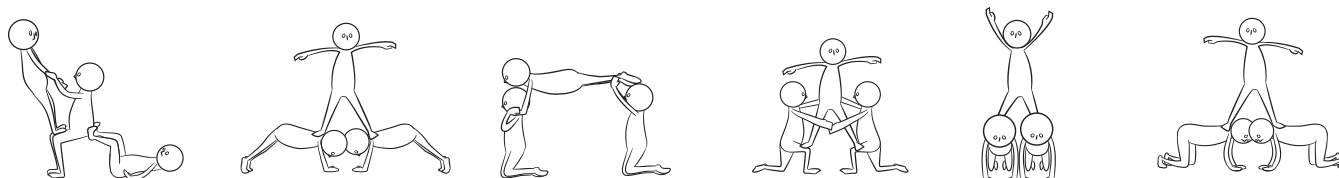
# Pyramids of 3

Main part  
Time: ~ 10 min

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

## How to play

Learners have learned how to keep body tension and how to cooperate. Now let them try by themselves. Make groups and let them try out the following pyramids without any more information. Walk around and help the learners to become creative and demonstrate different pyramids.



## Goal of the game

- Practise pyramids.
- Stabilization, creativity, body tension, cooperation, trust.

**What to watch for:** Walk around and help the learners if they are not able to imitate the pictures.

# Massage in a circle

Cool down  
Time: ~ 5 min

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

## How to play

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

# Explain exam exercise

Exam  
Time: ~ 5 min

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

## How to explain

Learners get into groups of 6. Each group must show 5 different pyramids.

- 2 different partner acrobatics:  
Make groups of two. Each learner in the group performs at the same time. The teacher gets to see 3 pyramids.
- 2 different pyramids of 3:  
Make groups of 3. Each learner in the group performs at the same time. The teacher gets to see 2 pyramids.
- 1 pyramid of 6:  
The whole group performs at the same time. The teacher gets to see 1 pyramid.

# Explain exam exercise

Continued

**Criteria:** Fill out a profile for each learner, watch for precision and a quick build up. Every pyramid must be held for at least 5 seconds.

	Term 4
1. Concentration/endurance	
2. Learning progress	
3. Meet the objectives of activities	
4. Social interactive skills	
5. Commitment/attitude	
<b>Total points (max 10)</b>	
<b>Final mark:</b>	

## Goal of the exam

- Precision.
- Body tension.
- Cooperation.

**What to watch for:** Before the test, let the learners practise once.



# Acrobatics & gymnastics

Physical education: Intermediate phase

## Equipment

- Cones
- 5 colour bands
- Hula-hoops

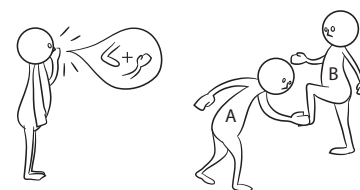
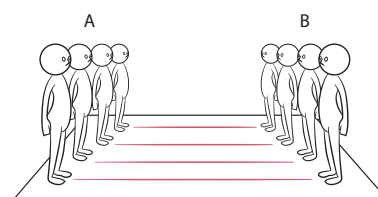
## Back to back

Introduction  
Time: ~ 10 min

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

### How to play

Divide the class into 2 rows that stand facing each other, about 3 meters apart. Learners facing each other are partners. When the teacher calls out the names of two body parts (for example, hand and foot) the learners must rush towards each other and execute the task (partner A puts his hand on partner B's foot). If the teacher calls "Back to back", partners must stand back to back, lock arms, sit down and stand up together.



### Goal of the game

- Co-ordinate parts of the body. Be able to tense the body for the "back to back" task.

**What to watch for:** Are the learners able to execute the "back to back" task? If not, give them advice on how to manage the task.

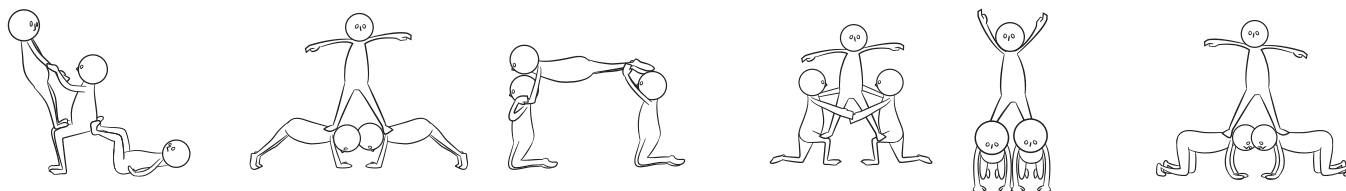
## Pyramids of 3: Repetition

Main part  
Time: ~ 10 min

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

### How to play

Learners have learned how to keep body tension and how to cooperate. Now let them try themselves. Make groups and let them try out the following pyramids without any more information. Walk around and help the learners to become creative and form different pyramids.



### Goal of the game

- Practise pyramids.
- Stabilization, creativity, body tension, cooperation, trust.

**What to watch for:** Walk around and help the learners if they are not able to imitate the pictures.

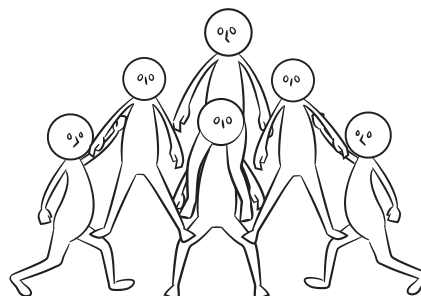
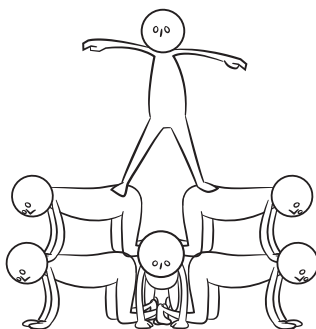
# Pyramids of 6

Main part  
Time: ~ 10 min

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

## How to play

Make groups of 6 learners and let them try out the following pyramids without any more information. Walk around and help the learners to become creative and form different pyramids.



## Goal of the game

- Practise pyramids.
- Stabilization, creativity, body tension, cooperation, trust.

**What to watch for:** Walk around and help the learners if they are not able to imitate the pictures.

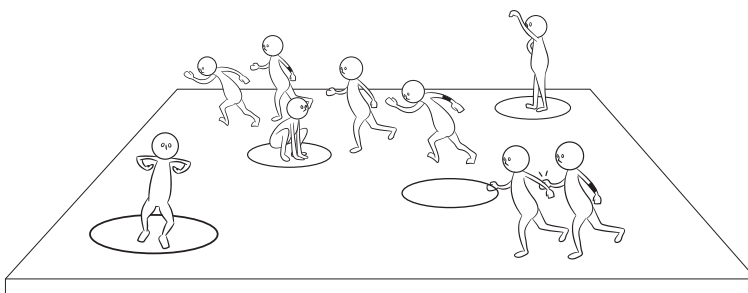
# Zookeeper tag

Cool down  
Time: ~ 10 min

**What you need:** Cones, 5 colour bands, 10 hula hoops.

## How to play

Mark out an activity area with cones. Choose five “zookeepers” to be the catchers and give each of them a colour band. All the other learners are “wild animals”. Place 10 hula hoops (animal enclosures) around the activity space. Ask all “wild animals” to spread out around the activity space. On your signal, the “zookeepers” try to tag the wild animals. When a wild animal is tagged, he/she must go to an “enclosure” and freeze in the shape of an animal. Another wild animal can free a frozen animal by guessing what kind of animal the learner is imitating and lifting the hula hoop over his/her head.



## Goal of the game

- Fun activity.
- Imitation.
- Run and dodge players.

**What to watch for:** Switch the “zookeepers” every 1 - 2 minutes.



# Acrobatics & gymnastics: Examination

Physical education: Intermediate phase

## Equipment

- 5 tennis balls
- Cones
- Soccer field + soccer goals
- Soccer balls

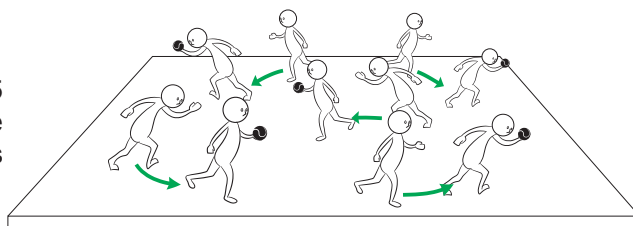
## Catch and run

Introduction  
Time: ~ 10 min

**What you need:** 5 tennis balls, cones.

### How to play

The teacher marks out an activity area and chooses 5 catchers. All the catchers receive a tennis ball so that the other learners can identify the catchers. If someone gets caught they switch roles and exchange the tennis ball.



### Goal of the game

- Run in different directions without bumping into others using all available space.

**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.

## Exam exercise: First trial

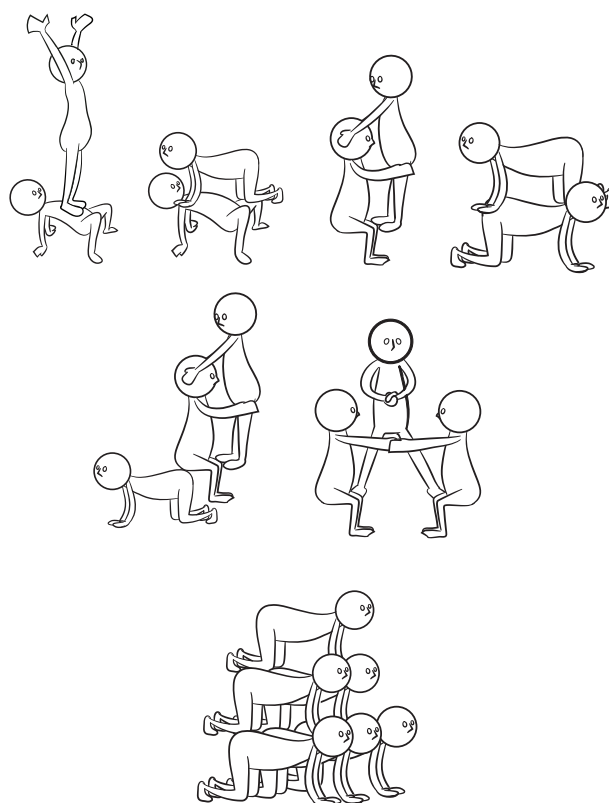
Exam  
Time: ~ 20 min

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

### How to explain

Learners get into groups of 6. Each group must show 5 different pyramids.

- 2 different partner acrobatics:  
Make groups of two. Each learner in the group performs at the same time. The teacher gets to see 3 pyramids.
- 2 different pyramids of 3:  
Make groups of 3. Each learner in the group performs at the same time. The teacher gets to see 2 pyramids.
- 1 pyramid of 6:  
The whole group performs at the same time. The teacher gets to see 1 pyramid.



## Exam exercise: First trial

Continued

**Criteria:** Fill out a profile for each learner, watch for precision and a quick build up. Every pyramid must be held for at least 5 seconds.

	Term 4
1. Concentration/endurance	
2. Learning progress	
3. Meet the objectives of activities	
4. Social interactive skills	
5. Commitment/attitude	
<b>Total points (max 10)</b>	
<b>Final mark:</b>	

### Goal of the exam

- Precision.
- Body tension.
- Cooperation.

**What to watch for:** The other learners can practise while you are assessing.

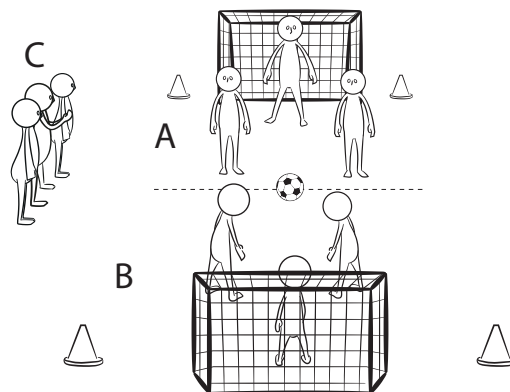
## Free soccer game

Cool down  
Time: ~ 10 min

**What you need:** Soccer field, soccer ball, 2 goals.

### How to play

Let the learners that have finished their exam play a free soccer game. Learners must get into 3 groups that they organise independently. Two groups must play against each other. After every goal scored, the losing team must leave the game and the winners play against the team that are sitting out.



### Goal of the game

- Independent organization by the learners: autonomy and responsibility.

**What to watch for:** Choose 3 captains, one for each group. Let them lead the group and give them the responsibility for a fair and honest game.



# Acrobatics & gymnastics: Examination

Physical education: Intermediate phase

## Equipment

- Cones
- Netball field
- Netball

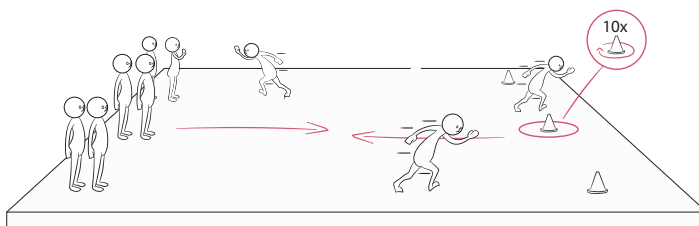
## Drunken sailor

Introduction  
Time: ~ 10 min

**What you need:** 1 cone per group.

### How to play

Ask the learners to make groups of 6, standing in succession in one line. This is a relay race. In front of each group you place a cone within 30 meters. On the teacher's signal, the first learner from each group must run towards his/her cone. When they reach the cone, they must touch the cone with 1 hand, turn around the cone ten times and then run back to their group as fast as possible. Each learner runs twice. The first team finishing the race wins the game.



### Goal of the game

- Stay orientated even when everything around them is turning.

**What to watch for:** Learners can only start running when the team mate gives them a high five.

## Exam exercise: Second trial

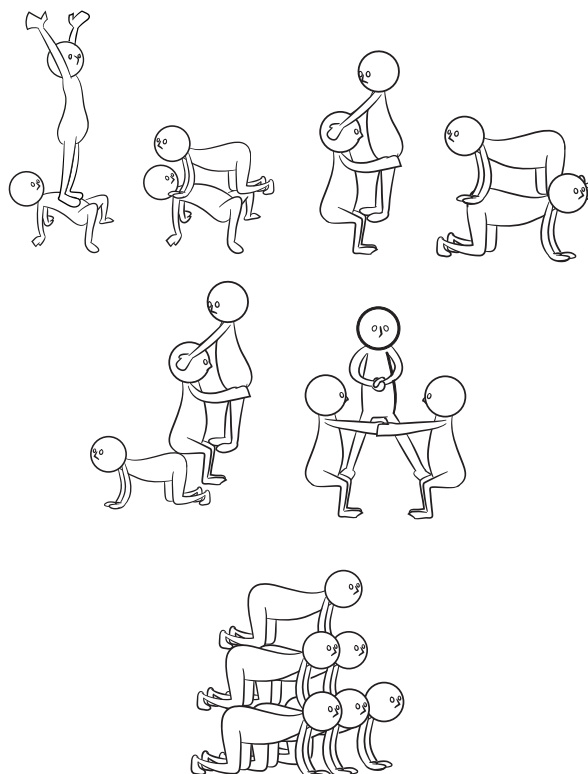
Exam  
Time: ~ 20 min

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

### How to explain

Learners get into groups of 6. Each group must show 5 different pyramids.

- 2 different partner acrobatics:  
Make groups of two. Each learner in the group performs at the same time. The teacher gets to see 3 pyramids.
- 2 different pyramids of 3:  
Make groups of 3. Each learner in the group performs at the same time. The teacher gets to see 2 pyramids.
- 1 pyramid of 6:  
The whole group performs at the same time. The teacher gets to see 1 pyramid.





## Exam exercise: Second trial

Continued

**Criteria:** Fill out a profile for each learner, watch for precision and a quick build up. Every pyramid must be held for at least 5 seconds.

	Term 4
1. Concentration/endurance	
2. Learning progress	
3. Meet the objectives of activities	
4. Social interactive skills	
5. Commitment/attitude	
<b>Total points (max 10)</b>	
<b>Final mark:</b>	

### Goal of the exam

- Precision.
- Body tension.
- Cooperation.

**What to watch for:** The other learners can practise while you are assessing. Try to get more points than in the first trial. Only the better trial of the two counts in the end.

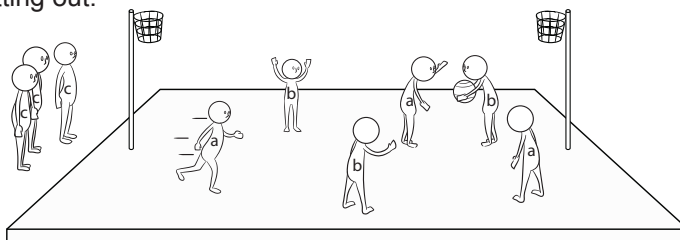
## Free netball game

Cool down  
Time: ~ 10 min

**What you need:** Netball field and hoops, ball.

### How to play

Let the learners that have finished their exam play a free netball game. Learners must build three groups independently. Two groups must play against each other. After each goal has been scored, the losing team must sit out, the winners play against the team that was sitting out.



### Goal of the game

- Independent organization by the learners: autonomy and responsibility.

**What to watch for:** Choose 3 captains, one for each group. Let them lead the group and give them the responsibility for a fair and honest game.



# Acrobatics & gymnastics

Physical education: Intermediate phase

## Equipment

- 2-3 balls

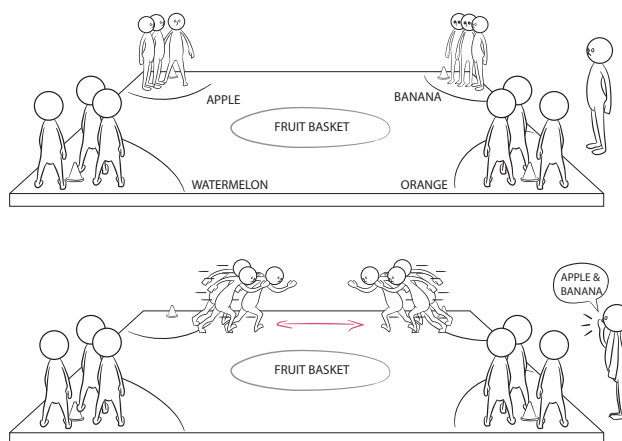
## Fruit basket

Introduction  
Time: ~ 10 min

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

### How to play

Divide the class into 4 groups and have them move into each corner of the demarcated area. Give each of the groups the name of a different fruit, e.g. 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 activity area. You can also change the movement as you go, hopping, skipping, bunny hopping, frog hopping.



### 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?

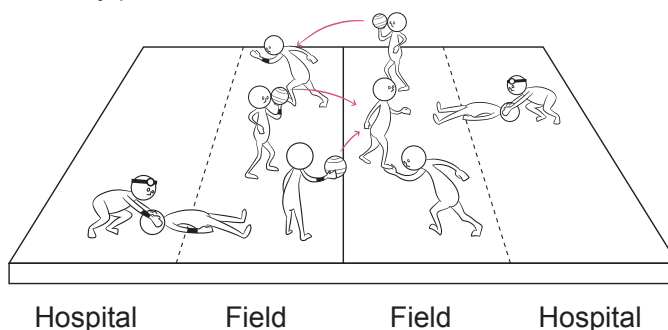
## The doctor

Main part  
Time: ~ 20 min

**What you need:** 2-3 balls.

### How to play

Divide the learners into two teams and allocate each team one half of the activity area and a ball. The players try to hit players from the opposing team. Each team secretly picks one of their team mates to be the "doctor". The doctor has the power to bring a team mate back into the game if he/she has been hit by a ball, by pulling them to the hospital (marked area at the back of the playing field). If a player is hit, he/she must sit down immediately. It is then up to the doctor to try to rescue their team mate without getting hit. Once the doctor is hit by the ball the rest of the team cannot be helped and are out if they have been hit.



### Goal of the game

- Avoid the ball, try to play as a team and always keep the doctor safe; improvement of marksmanship.

**What to watch for:** The game is to find and catch each team's doctor.

# Massage in a circle

Cool down  
Time: ~ 10 min

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

## How to play

Ask the learners to sit in a circle and look at each other's backs. They all face the same direction. Ask the learners to massage the back in front of them until the teacher gives the signal to turn to the other side (after 2 minutes). 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 feelings. Don't massage too hard or too soft.



# Assessment – Partner acrobatics

**Frequency of participation:** If a learner was in the physical education lesson and participated well, he receives a “1” behind his name. If a learner was in the physical education lesson but did not participate well, he receives only a “0.5” behind his name. In total, the learner can get 20 points for his participation.

Level	Limited	Adequate	Proficient	Excellent
<b>Frequency of participation during Physical Education periods.</b>	0% = 0 points (did not participate at all) 1-5% = 1 point 6-10% = 2 points 11-15% = 3 points 16-20% = 4 points	21-25% = 5 points 26-30% = 6 points 31-35% = 7 points 36-40% = 8 points 41-45% = 9 points 46-50% = 10 points	51-55% = 11 points 56-60% = 12 points 61-65% = 13 points 66-70% = 14 points 71-75% = 15 points	76-80% = 16 points 81-85% = 17 points 86-90% = 18 points 91-95% = 19 points 96-100% = 20 points

**Movement performance:** The learner will be observed from the teacher for his acrobatic and social skills. He can get 10 points for his performance in total.



## Assessment – Partner acrobatics

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

Grade: \_\_\_\_\_

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

[illegible]



# Assessment – Partner acrobatics

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

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

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

**Rating:**      **2 points:**      Meets the expectations with excellence

**1 point:**      Meets the expectations

**0.5 points:**      Doesn't meet all the expectations

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

	Term 4
1) Concentration/endurance	
2) Learning progress	
3) Meet the objectives of activities	
4) Social interactive skills	
5) Commitment/attitude	
<b>Total points (max 10):</b>	
<b>Final mark:</b>	

**General comments:**

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Total Points	Achievement Description	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!

